

## Compex SP 8.0

# Compex SP 8.0 Wireless Muscle Stimulator User Manual

Model: SP 8.0

Brand: Compex

## INTRODUCTION

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The Compex SP 8.0 Wireless Muscle Stimulator is an advanced training aid designed for athletes and individuals seeking to enhance muscle performance, aid recovery, and manage pain. Utilizing sophisticated muscle intelligence technology, this device delivers precise electrical impulses to muscle groups, adapting to your unique physiology for optimal results.

This manual provides comprehensive instructions for the safe and effective use of your Compex SP 8.0. Please read it thoroughly before operating the device.



Image: The Complex SP 8.0 Wireless Muscle Stimulator, showing its display and control buttons.

## SAFETY INFORMATION

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Always adhere to the following safety guidelines to prevent injury or damage to the device:

- Do not use the device if you have a pacemaker, implanted defibrillator, or any other implanted electronic device.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, including but not limited to heart conditions, epilepsy, or pregnancy.
- Do not apply electrodes over open wounds, rashes, swollen, red, infected, or inflamed areas, or skin eruptions.
- Keep the device and accessories out of reach of children.
- Use only Compex-approved accessories and electrodes.
- Do not immerse the device in water or other liquids.
- Avoid using the device while driving or operating machinery.

## PACKAGE CONTENTS

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Verify that all items are present in your Compex SP 8.0 package:

- Compex SP 8.0 Stimulator Unit
- 4 Wireless Modules (Pods)
- Charging Dock
- Set of Snap Electrodes (various sizes)
- USB Charging Cable
- Power Adapter
- Carry Case



## SETUP

### 1. Charging the Device and Modules

1. Connect the USB charging cable to the charging dock and then to the power adapter. Plug the adapter into a wall outlet.
2. Place the Compex SP 8.0 stimulator unit into the designated slot on the charging dock.
3. Place the four wireless modules (pods) into their respective slots on the charging dock.
4. Allow the device and modules to charge fully before first use. The charging indicator lights will change when charging is complete.



Image: The Compex SP 8.0 stimulator unit and its wireless modules placed in the charging dock.

### 2. Attaching Electrodes to Modules

1. Ensure your skin is clean and dry before applying electrodes.
2. Snap the electrodes onto the wireless modules. Each module typically connects to two electrodes.
3. Peel the protective film from the electrodes and apply them firmly to the desired muscle area. Refer to the device's on-screen guidance for correct electrode placement for specific programs.





Image: A close-up view of a Compex wireless module with two snap electrodes connected, ready for application.

## OPERATING INSTRUCTIONS

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### 1. Powering On and Program Selection

1. Press and hold the power button on the stimulator unit to turn it on.
2. Navigate through the menu using the directional buttons to select your desired program (e.g., Endurance, Strength, Pain Relief, Recovery). The device will display recommended electrode placements for each program.
3. Confirm your selection to start the program.



Image: A user holding the Compex SP 8.0 stimulator unit, with wireless modules and electrodes attached to their legs, demonstrating in-use operation.

## 2. Adjusting Intensity

During a program, use the intensity buttons to increase or decrease the stimulation level for each channel. Adjust the intensity until you feel a strong, comfortable muscle contraction. Avoid discomfort or pain.

## 3. Muscle Intelligence (MI) Technology

The Compex SP 8.0 incorporates advanced MI technology to optimize your sessions:

- **MI-SCAN:** This feature scans the muscle and automatically adjusts the stimulator parameters to your unique physiology, ensuring personalized and effective stimulation.
- **MI-ACTION:** Optimizes session effectiveness by combining voluntary muscle contractions with electrostimulated contractions, providing greater control over your workout.
- **MI-TENS:** Facilitates easier adjustment of stimulation levels for anti-pain programs, helping to ensure optimal pain relief results.
- **MI-AUTORANGE:** Automatically determines the most appropriate level of stimulation, ensuring you receive the optimum performance without manual adjustment.

## MAINTENANCE

### Cleaning the Device

Wipe the stimulator unit and modules with a soft, damp cloth after each use. Do not use abrasive cleaners or immerse the device in water.

### Electrode Care and Storage

- After each session, carefully remove the electrodes from your skin and reattach them to their protective film.
- Store electrodes in a cool, dry place, preferably in their original sealed bag or the device's carry case.
- Replace electrodes when they lose their adhesiveness or if they cause discomfort during use.

### Battery Care

To prolong battery life, fully charge the device and modules regularly, even if not in frequent use. Avoid completely draining the batteries before recharging.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No stimulation or weak stimulation	Electrodes not properly attached; Electrodes worn out; Low battery; Module not paired.	Ensure electrodes are firmly attached to skin; Replace old electrodes; Recharge device and modules; Re-pair modules with the stimulator unit.
Device does not turn on	Battery is completely drained.	Place the device in the charging dock and allow it to charge for at least 30 minutes before attempting to power on again.
Skin irritation under electrodes	Poor skin preparation; Electrodes used too long; Allergic reaction.	Clean and dry skin thoroughly before application; Do not use electrodes for extended periods; Discontinue use and consult a doctor if irritation persists.

## SPECIFICATIONS

- **Model:** Compex SP 8.0
- **Item Weight:** 200 Grams
- **Item Dimensions (LxWxH):** 5.91 x 13.39 x 11.81 inches
- **Manufacturer:** Compex
- **Part Number:** CO1 2539116\_Schwarz
- **Model Year:** 2015
- **First Available:** November 13, 2014

## WARRANTY AND SUPPORT






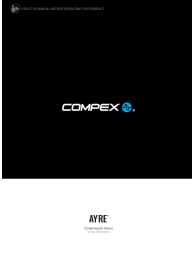
For information regarding warranty coverage, product registration, or technical support, please refer to the official Compex website or contact Compex customer service directly. Keep your proof of purchase for warranty claims.

**Online Resources:** Visit the official Compex website for additional user guides, FAQs, and video tutorials.

**Customer Service:** Contact details for customer support can typically be found on the Compex website or in the packaging materials.



## Related Documents - SP 8.0

	<p><a href="#">Compex Sport Elite 2.0 User Manual - Muscle Stimulation &amp; TENS Guide</a></p> <p>Comprehensive user manual for the Compex Sport Elite 2.0, detailing muscle stimulation (EMS) and Transcutaneous Electrical Nerve Stimulation (TENS) programs for performance enhancement and pain relief. Includes safety information, device operation, and troubleshooting.</p>
	<p><a href="#">Compex EDGE 3.0, PERFORMANCE 3.0, SPORT ELITE 3.0 Quick Start Guide</a></p> <p>Quick start guide for Compex EDGE 3.0, PERFORMANCE 3.0, and SPORT ELITE 3.0 muscle stimulators. Learn about intended use, contraindications, setup, charging, and electrode placement.</p>
	<p><a href="#">Compex Fit 5.0, SP 6.0, SP 8.0 Quick Start Guide &amp; User Manual</a></p> <p>Comprehensive quick start guide and user manual for Compex Fit 5.0, SP 6.0, and SP 8.0 electrical stimulation devices. Learn setup, usage, and safety guidelines for pain management, muscle recovery, rehabilitation, and fitness.</p>
	<p><a href="#">Compex Fit/SP Series Quick Start Guide - Setup and Usage</a></p> <p>Get started quickly with your Compex Fit 1.0, Fit 3.0, SP 2.0, or SP 4.0 electrical muscle stimulator. This guide provides essential instructions for setup, electrode placement, and program selection.</p>
	<p><a href="#">Compex for Cycling: Enhance Performance and Recovery</a></p> <p>Discover how Compex electrostimulation can optimize your cycling preparation, improve performance, and accelerate recovery. Explore Compex devices, programs, and training plans for cyclists.</p>
	<p><a href="#">Compex Ayre Compression Boots User Manual and Guide</a></p> <p>Official user manual for the Compex Ayre Compression Boots, detailing setup, operation, maintenance, and safety information for temporary relief of muscle aches and improved circulation.</p>