

Properties and Program Uses of vita-life® R-System's "fitness" and "wellness" chipcard

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Auto

Automatic mode selects the corresponding program between I and I2, depending on the current time. If the treatment exceeds the time in the program range, then the set program is retained. The program uses the next time period only after a new application unit is selected.

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P 13 Local

Local / treatment with a local applicator.

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P 14 Probe

Pen / treatment with a pen-like applicator.



P 16 Warm-up

Prepares the organism for stress; facilitates faster performance readiness and reduces the risk of injury. Supports and shortens the warm-up phase.

Warming up means preparing the sportsman in the physical or psychological area for the stresses in training and competition. The program has the effect that the ability to perform is already improved right from the beginning: better heat production in the muscles and faster metabolic processes for the provision of energy. Increasing the body temperature causes the speed of the nerve impulses to increase, the increase in the muscle temperature reduces the elastic and viscous resistance in the muscle. This results in an improvement in the muscle contraction speed. The P16 program is a type of passive warm-up and supports active warm-ups; it cannot fully replace active warm-ups though.



P 17 Strength

Increases the maximum strength and the muscle contraction speed. An addition to conventional strength training. Above all to improve the intense, short-term ability to withstand stress, e.g. in football, alpine skiing, body building.

The parameter "Strength" never appears in various types of sports as an abstract "true form", but is also a combination or mix of condition and physical performance factors. Program P17 supports the nerve/muscle system and results in optimum contractions. It can be used before or during strength training and ideally supports dynamic and static maximum strength training.



P 18 Elasticity

Improves the speed of the maximum short-term strength development and the effect of explosive movements in jumping competitions, sprinting and throwing sports. Increases the speed of the muscle contractions. Should be used after a series of treatments with program P17 "Strength".

"Elasticity" means the nerve/muscle system's ability to recover from resistance with the highest possible contraction speed. The total elasticity is acquired from the starting force, explosive strength and the maximum force. Program P18 supports the muscle contraction speed if used prior to elasticity training.



P 19 Aerobic Endurance

To increase performance in endurance sports: improves the oxygen absorption of the muscles, activates slow muscle fibers. Sporting types: long distance running, marathons, triathlons, etc.

"Endurance" is understood to be the general psychophysical ability to withstand signs of fatigue. During socalled aerobic endurance, the energy availability is predominantly due to the oxygen absorption. There is no oxygen deficit. Program P19 optimizes the capacity to transport oxygen and the blood distribution. It can be applied prior to or during all types of endurance sports.



P 20 Anaerobic Endurance

Optimizes the endurance profile for extremely high short or medium term sports stresses such as middledistance racing, short-distance swimming and bicycle sprints. Improve the muscles' lactic acid capacity.

When developing abilities in the anaerobic area, the oxygen absorption is insufficient to be able to supply sufficient energy; this causes the formation of lactic acid. The body becomes over-acidic, the muscle tires and the organism is forced to slow down its activities. Program P20 optimizes the increased circulation in the working muscular system; it improves the oxygen and nutrient supply and disposes of ballast materials. This is mainly used before and during extremely high sporting stresses with short-term or mediumterm endurance sports.



P 21 Capillarisation

Increases the arterial circulation in the muscles and develops the capillaries, especially in the area of the fast muscle fibers. Ideal addition to anaerobic endurance training. Regulates circulation in the area of maintaining general health. Improves the blood flow in the veins and helps with "heavy legs".

Although only three to five percent of all capillaries in the body are open when at rest, all the capillaries are open and expand when under endurance stress. The number of open capillaries increases by a factor of 30 to 50 under stress; the better the basic endurance, the better the density of the capillaries and therefore the supply basis of the muscular system. Promotes the capillarisation of fast contracting muscle fibers. Should be used during training for elasticity sports types and as an addition to anaerobic endurance training.



P 22 Tonolysis

Similar effect as stretching and loosening up exercises.

This program helps to solve cramps and protective muscle positions. It promotes the compensating of dysbalances and relieves acute muscle cramps and pain.



P 23 Active Rest

Improves circulation, accelerates the reduction of ballast materials, contributes towards the production of endorphins. Minimizes the effects of stiff muscles. Restores full ability to perform after a supreme effort in the shortest possible time.

To support the regeneration process, it is important to rest actively and cool down after training or competition. As a result of the formation of lactic acid during stress, the muscular system becomes over-acidic and the muscles tire. To counteract this, active rest forces the muscular system to transport away the waste products as a result of the increase heart/circulatory system activity and improved circulation. Program P23 improves the blood circulation and lowers the muscle tone. Waste products are removed more quickly and glycogen is inserted faster. This is how still muscles can be prevented.



P 24 Relaxation

General, relaxed and regulatory effect on the organism. Improves circulation, frequently with a pain-relieving effect.

Program P24 has a casual, relaxing, cramping relaxing effect. It should be used mainly after strenuous training and competitions with high stress factors. Also extremely suitable for mental training, e.g. in conjunction with "breathing training".

Programms	P24	P23	P22	P21	P20	PI9	PI8	PI7	PI6	PI4	PI3
Wellness											
Fitness											