

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

A

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.

I3

P I3 Local

Local / treatment with a local applicator.

I4

P I4 Probe

Pen / treatment with a pen-like applicator.



P I6 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 so-called 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 middle-distance 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 medium-term endurance sports.

