

<b>Complex Program</b>	<b>Time ON</b>	<b>Time OFF</b>	<b>Frequency (Relative)</b>	<b>Ratio of Work/ Recovery</b>
<b>Sport</b>				
Strength	4	22	High	0.18
Explosive Strength	3	30	High	0.10
Endurance	7	3	Moderate	2.33
Potentialiation	Pulsing/Building		Low to High	
Resistance	7	10	Moderate/High	0.70
Hypertrophy	4	10	Moderate/High	0.40
Concentric	1.5 ( <i>Decreasing Intensity</i> )	20	High	0.08
Eccentric	2 ( <i>Increasing Intensity</i> )	20	High	0.10
Plyometry	22 sec. cycles		Low to High	n/a
Stretching	6	26	Low to Moderate	0.23
Active Recovery	Pulsing		Low/Moderate	n/a
Regeneration	Pulsing		Low/Moderate	n/a
<b>Pain</b>				
Sophisticated Tens	Steady Current		Low	n/a
Endorphinic	Pulsing (Moderate)		Low/Moderate	n/a
Contracture	Pulsing (Slow)		Low	n/a
Cervical Pain	Pulsing (Fast)		Low/Moderate	n/a
Thoracic Back Pain	Pulsing (Fast)		Low/Moderate	n/a
Low Back Pain	Pulsing (Moderate)		Low/Moderate	n/a
Lumbosciatica	Pulsing (Moderate)		Low/Moderate	n/a
Lumbago	Pulsing (Slow)		Low	n/a
Arthralgia	Steady Current		Low	n/a
Epicondylitis	Steady Current		Low	n/a
Cramp Prevention	Pulsing (Fast)		Low/Moderate	n/a
<b>Rehabilitation</b>				
Disuse Atrophy	6	9	Moderate/High	0.67
Muscle Growth	6	7	Moderate	0.86
Reinforcement	5	12	Moderate/High	0.42
<b>Vascular</b>				
Capillarization	Pulsing (Fast)		Low/Moderate	n/a
Heavy Legs	Pulsing (Fast)		Low/Moderate	n/a
Drainage	5	25	Moderate	0.20
<b>Fitness</b>				
Muscle Starter	7	10	Moderate/High	0.70
Muscle Building	7	13	Moderate/High	0.54
Aerobic	7 ( <i>Pulsing</i> )	5	Low/Moderate	1.40
<b>Aesthetic</b>				
Muscle Tone	7 ( <i>Pulsing</i> )	12	Low/Moderate	0.58
Muscle Firming	9 ( <i>Pulsing</i> )	9	Low/Moderate	1.00
Shaping	6	13	Moderate/High	0.46

Table created by Derek M. Hansen