

## Інструкція з реєстрації та користування особистим кабінетом для Compex FIT 5.0, SP 6.0, SP 8.0



Реєстрацію та користування особистим кабінетом рекомендовано проводити у браузері Mozilla Firefox.

1. Для реєстрації перейдіть за посиланням [https://www.complexwireless.com/en\\_EU/auth/register](https://www.complexwireless.com/en_EU/auth/register)

Заповніть відповідні поля: електронна адреса, прізвище та ім'я, країна, пароль, повторіть пароль, виберіть стать, рік народження, прийміть умови користування. Натисніть кнопку REGISTER.

COMPEX Wireless: your personal coach online

COMPEX WIRELESS

## CREATE YOUR ACCOUNT

test.complex.sp8@gmail.com

Stepan G

Ukraine

•••••

•••••

male  female

1984

Yes, please keep me updated on Complex news

I accept terms and conditions\*

**REGISTER**

\*indicates required field

COMPEX Wireless your personal coach online

WELCOME

My Objectives

- Improve quadriceps strength (Explosive strength)
- Increase your muscle volume (Muscle building)
- My planning
- Optimize my overcompensation (Posture)

My Programmes

Active history

- Explosive strength 1
- Part 2
- Part 3
- Muscle building 1
- Posture

|                      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|--------|---------|-----------|----------|--------|----------|--------|
| Explosive strength 1 |        |         |           |          |        |          |        |
| Part 2               |        |         |           |          |        |          |        |
| Part 3               |        |         |           |          |        |          |        |
| Muscle building 1    |        |         |           |          |        |          |        |
| Posture              |        |         |           |          |        |          |        |

2. На вашу електронну адресу буде відправлено лист із підтвердженням реєстрації.

The image shows a web browser window displaying the registration confirmation page for the CompeX website. The browser's address bar shows the URL: `https://www.compexwireless.com/en_EU/auth/confirmation-sent`. The page features a dark blue header with the CompeX logo and navigation links: HOME, PRODUCT INFO, CHAMPIONS STORIES, EMS, FAQ, MEDIA, WIRELESS COACH, and STORE. A banner image shows four CompeX cycling computers (SP 6.0, SP 8.0, Fil 5.0, and another SP 6.0) and a muscular cyclist. A blue circular badge on the right says "European consumer choice". On the left, there are orange navigation buttons: COMPEX STORE, COMPEX PRODUCTS, COMPEX WIRELESS, and WIRELESS COACH. The main content area is dark blue with the text: "Thanks for registering. Confirmation has been sent to your e-mail address."

your personal | X +

os://www.compexwireless.com/en\_EU/auth/confirmation-sent

Пошук

COMPEX STORE CHOOSE LANGUAGE SHARE f | t

COMPEX  
gent training partner

DISCOVER THE  
COMPEX WORLD

COMPEX  
STORE

COMPEX  
PRODUCTS

COMPEX  
WIRELESS

WIRELESS  
COACH

HOME PRODUCT INFO CHAMPIONS STORIES EMS FAQ MEDIA WIRELESS COACH STORE

European  
consumer  
choice

Thanks for registering. Confirmation has been sent to your e-mail address.

### 3. Перейдіть за посиланням у листі для підтвердження реєстрації.

The screenshot shows a Gmail interface with a confirmation email from 'Compex' (compexwsnoreply@contentforces.pl) received 13:42 (5 minutes ago). The email content is as follows:

Hello,

This is a confirmation e-mail.

Thank you for registering. To confirm your e-mail login, follow the instructions below.

CONFIRM E-MAIL AND LOGIN

1. Go to the following link:  
[https://www.compexwireless.com/en\\_EU/auth/confirmation/token/ebff9df7-473f-42de-8cef-16e2cc358ed4](https://www.compexwireless.com/en_EU/auth/confirmation/token/ebff9df7-473f-42de-8cef-16e2cc358ed4)
2. Follow the instructions on the web page that opens.

At the bottom of the email, there is a response box with the text: "Натисніть тут, щоб [Відповісти](#) або [Переслати](#)".

At the bottom of the page, there is a status bar showing "Використано 0 Гб (0%) з 15 Гб" and links for "Керувати" and "Умови - Конфіденційність".

4. Перейдіть за посиланням [https://www.complexwireless.com/en\\_EU/auth/login](https://www.complexwireless.com/en_EU/auth/login) та увійдіть в особистий кабінет, використовуючи електронну адресу і пароль.

The image shows a browser window with the URL [https://www.complexwireless.com/en\\_EU/auth/login](https://www.complexwireless.com/en_EU/auth/login). The website header includes the Complex logo, navigation links (HOME, PRODUCT INFO, CHAMPIONS STORIES, EMS, FAQ, MEDIA, WIRELESS COACH, STORE), and utility links (COMPLEX STORE, CHOOSE LANGUAGE, SHARE). A banner features four fitness trackers (SP 6.0, SP 8.0, Fit 5.0, and WIRELESS) and a muscular man. A 'European consumer choice' badge is also present.

On the left sidebar, there are four orange buttons: COMPLEX STORE, COMPLEX PRODUCTS, COMPLEX WIRELESS, and WIRELESS COACH.

The main content area displays the login form with the text "ALREADY REGISTERED? PLEASE LOGIN:". The form includes a text input for the email address (test.compex.sp8@gmail.com), a password input field, a "Remember me" checkbox, a "Password forgotten" link, and a "Sign Up" button. A blue "GO" button is highlighted with a red border.

To the right, a preview of the user dashboard is shown. It features a "WELCOME" message, "My Objectives" (e.g., Improve endurance strength, Increase your muscle volume), "My Programmes" (e.g., Active recovery, Endurance strength 1), and a calendar view for December 2014.

5. Виберіть модель вашого пристрою та натисніть кнопку SAVE.

our personal X +

://www.compexwireless.com/en\_EU/my-settings/chose-device

Пошук

COMPEX STORE CHOOSE LANGUAGE SHARE f | t

mpex  
ent training partner

DISCOVER THE  
COMPEX WORLD

COMPEX STORE

COMPEX PRODUCTS

COMPEX WIRELESS

WIRELESS COACH

HOME PRODUCT INFO CHAMPIONS STORIES EMS FAQ MEDIA WIRELESS COACH STORE

European consumer choice

Please select your Compex Wireless device

Compex Wireless

Fit5.0

SP6.0

SP8.0 ✓

Time

Language

English

Save

- Перейдіть на вкладку SUPPORT та завантажте програмне забезпечення для синхронізації вашого пристрою із особистим кабінетом. В залежності від того яку операційну систему Ви використовуєте, виберіть потрібне посилання.

Wireless: your personal X +

https://www.compexwireless.com/en\_EU/support/support

Пошук

COMPEx STORE CHOOSE LANGUAGE SHARE f | t

HOME PRODUCT INFO CHAMPIONS STORIES EMS FAQ MEDIA WIRELESS COACH STORE

Compex®  
Your intelligent training partner

DISCOVER THE COMPEX WORLD

COMPEX STORE

COMPEX PRODUCTS

COMPEX WIRELESS

WIRELESS COACH

MY DASHBOARD MY SETTINGS QUICK START GUIDE **SUPPORT** LOGOUT

WELCOME  
Stepan G

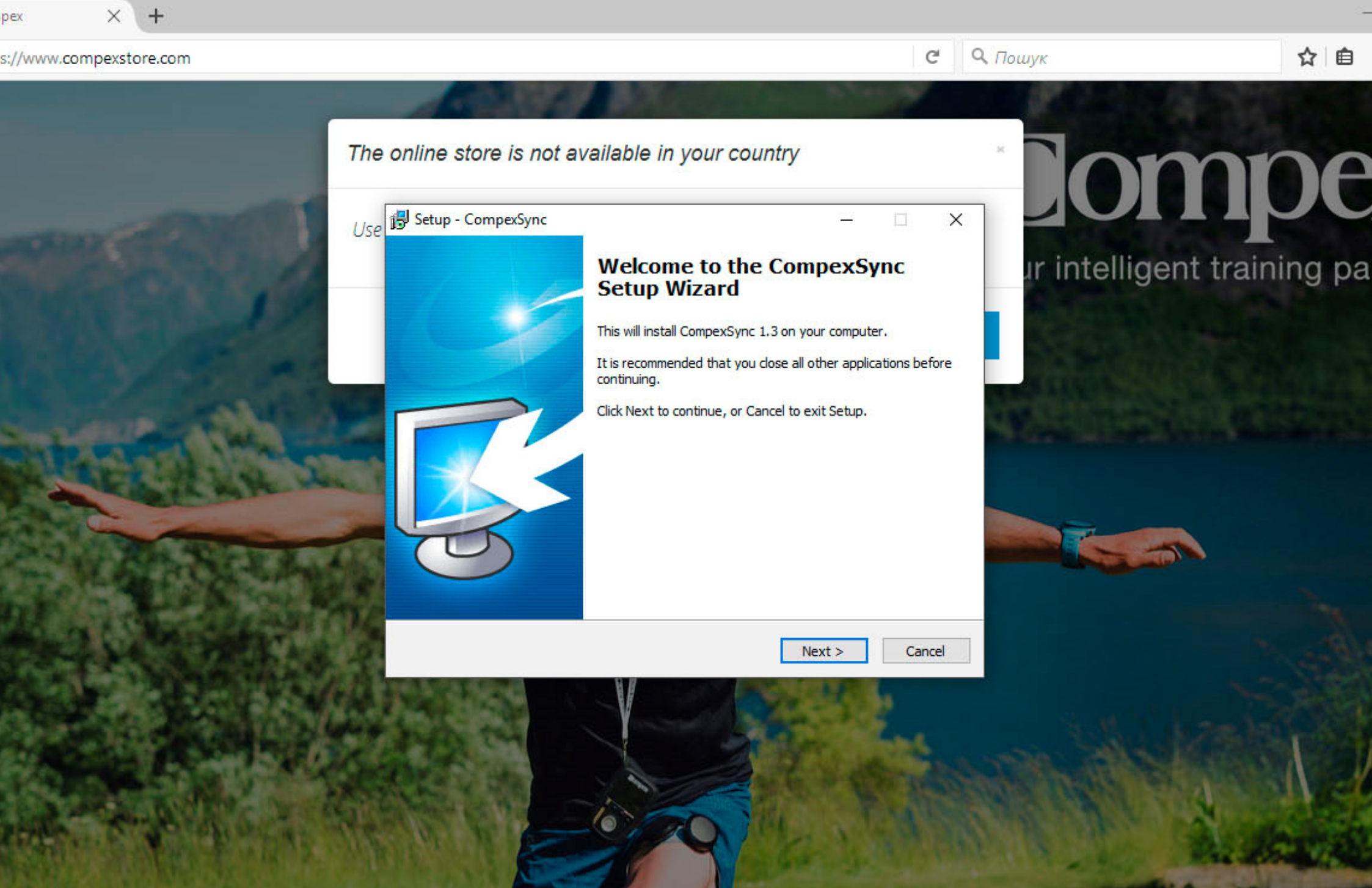
**Download synchronization software**  
[Windows \(10, 8, 7, Vista, XP\)](#)  
[Mac OS \(≥ 10.6\)](#)

**Download synchronization software installation procedure**  
Windows (10, 8, 7, Vista, XP)  
Mac OS (≥ 10.6)

**Manual**  
User manual

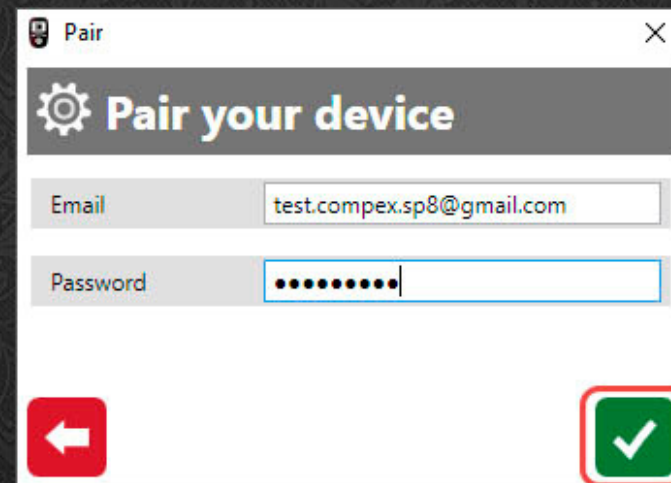
European consumers choice

## 7. Встановіть програмне забезпечення CompexSync на комп'ютер.






8. Під'єднайте апарат до комп'ютера кабелем, що входить до комплекту. У вікні, що з'явиться, вкажіть електронну адресу і пароль, які Ви зазначали під час реєстрації. Апарат буде синхронізовано із Вашим обліковим записом.





Pair

 **Pair your device**

Email

Password

9. У особистому кабінеті на вкладці MY SETTINGS прогляньте інформацію про свій апарат.

The screenshot shows a web browser window with the URL [www.compexwireless.com/en\\_EU/my-settings](http://www.compexwireless.com/en_EU/my-settings). The page features a navigation menu with options: MY DASHBOARD, MY SETTINGS (highlighted with a red box), QUICK START GUIDE, SUPPORT, and LOGOUT. Below the navigation, there are links for MY SETTINGS and RESET PASSWORD. The main content area is titled "WELCOME Stepan G" and contains two sections: "Device settings" and "User's settings".

**Device settings**

|                      |                     |                        |
|----------------------|---------------------|------------------------|
| Device Type          | SP8.0               | <a href="#">change</a> |
| Paired Device S/N    | YRP020157           |                        |
| Language             | English             |                        |
| Last synchronization | 2017-05-13 12:17:46 |                        |

**User's settings**

|         |                           |
|---------|---------------------------|
| E-mail* | test.compex.sp8@gmail.com |
| Name    | Stepan G                  |

[Edit](#)

10. На вкладці MY DASHBOARD -> CALENDAR Ви можете планувати свої тренування, додаючи їх у свій розклад ( тільки для SP 8.0 ), а також переглядати вже проведені тренування.

less: your personal X +

https://www.complexwireless.com/en\_EU/dashboard#calendar\_ 🔍 Пошук ☆ 📄

DISCOVER THE COMPEX WORLD

COMPEX STORE

COMPEX PRODUCTS

COMPEX WIRELESS

WIRELESS COACH

MY DASHBOARD MY SETTINGS QUICK START GUIDE SUPPORT LOGOUT

SCHEDULE CALENDAR ADD OBJECTIVE

WELCOME  
Stepan G

My Objectives

My planning

May 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| + 1    | + 2     | + 3       | + 4      | + 5    | + 6      | + 7    |
| + 8    | + 9     | + 10      | + 11     | + 12   | + 13     | + 14   |
| + 15   | + 16    | + 17      | + 18     | + 19   | + 20     | + 21   |
| + 22   | + 23    | + 24      | + 25     | + 26   | + 27     | + 28   |
| + 29   | + 30    | + 31      | + 1      | + 2    | + 3      | + 4    |

Ви можете додавати Цілі, обираючи вид спорту, вид тренування і конкретну ціль тренування.

your personal X +

https://www.complexwireless.com/en\_EU/dashboard#calendar\_



Пошук



DISCOVER THE COMPLEX WORLD

COMPLEX STORE

COMPLEX PRODUCTS

COMPLEX WIRELESS

WIRELESS COACH



MY DASHBOARD

MY SETTINGS

QUICK START GUIDE

SUPPORT

LOGOUT

SCHEDULE

CALENDAR

ADD OBJECTIVE

WELCOME

Stephan D

My Objectives

My planning

11-05-2017



I want to add:

Objective

Programme

Task

Note

Ankle Twist Prevention



Save

Friday

Saturday

Sunday

5 +

6 +

7

12 +

13 +

14

+

15 +

16 +

17 +

18 +

19 +

20 +

21

+

22 +

23 +

24 +

25 +

26 +

27 +

28

+

29 +

30 +

31 +

+

+

+

+

# WELCOME

Stepan G

## My Objectives

My planning

Please use the selector to find your objective

Select a sport

Running half marathon

Select a category

Conditioning

Select a body zone



- + Improve my core stabilisation
- + Optimise my overcompensation
- + Improve quadriceps endurance
- + Prepare my half-marathon (3 trainings/week)
- + Prepare my half-marathon (5 trainings/week)

Prepare my half-marathon (3 trainings/week)

Add to my objectives

Objectives

Prepare for a half marathon by combining electrostimulation and running.

Benefits of

Electrostim

the muscle

recovery p

recover fa

Explanation

This objec

The transp

factors wh

Voluntary

these two

suitable fo

their capacity to use oxygen in larger quantities, which contributes to improving endurance performance. Adding a capillarisation session after your long weekly run also enables you to develop the network of microscopic blood vessels (capillaries) found in your muscles to further increase your level of endurance. Post-training recovery will be significantly accelerated by doing a Compex recover session.

The last week before the race the overcompensation effect triggered and improved with several electrostimulation sessions helps you to be ready for the race.

### Add to my objectives

Name\*

Prepare my half-marathon (3

Date\*

11.05.2017

- Start date
- End date

Cancel

Create an Objective

MY DASHBOARD

MY SETTINGS

QUICK START GUIDE

SUPPORT

LOGOUT

SCHEDULE

CALENDAR

ADD OBJECTIVE

Objective has been added successfully

# WELCOME

Stepan G

## My Objectives

- My planning
- Prepare my half-marathon (3 trainings/week)  
End date 14.07.17

| ◀ May 2017 ▶                       |                 |               |          |                                  |          |                 |
|------------------------------------|-----------------|---------------|----------|----------------------------------|----------|-----------------|
| Monday                             | Tuesday         | Wednesday     | Thursday | Friday                           | Saturday | Sunday          |
| 1                                  | 2               | 3             | 4        | 5                                | 6        | 7               |
| 8                                  | 9               | 10            | 11       | 12                               | 13       | 14<br>Endurance |
| 15<br>Running<br>Training recovery | 16<br>Endurance | 17<br>Running | 18       | 19<br>Running<br>Capillarization | 20       | 21<br>Endurance |
| 22<br>Running<br>Training recovery | 23<br>Endurance | 24<br>Running | 25       | 26<br>Running<br>Capillarization | 27       | 28<br>Endurance |
| 29<br>Running<br>Training recovery | 30<br>Endurance | 31<br>Running | 1        | 2<br>Running<br>Capillarization  | 3        | 4<br>Endurance  |
| 5<br>Running<br>Training recovery  | 6<br>Endurance  | 7<br>Running  | 8        | 9<br>Running<br>Capillarization  | 10       | 11<br>Endurance |

Ви можете додавати Програми тренувань на певний день.

The screenshot shows a web browser window with the URL [www.complexwireless.com/en\\_EU/dashboard](http://www.complexwireless.com/en_EU/dashboard). The page features a navigation menu with options like 'MY DASHBOARD', 'MY SETTINGS', 'QUICK START GUIDE', 'SUPPORT', and 'LOGOUT'. Below this, there are links for 'SCHEDULE', 'CALENDAR', and 'ADD OBJECTIVE'. A message 'Item has been deleted' is visible. The main content area is titled 'WELCOME' and includes a 'My Objectives' section with a list of tasks. A calendar grid is displayed, showing dates from Friday to Sunday. A modal window is open over the calendar, titled '17-05-2017', and contains the text 'I want to add:'. Underneath, there are four options: 'Objective', 'Programme', 'Task', and 'Note'. The 'Objective' option is selected, and a dropdown menu shows 'Get a 6 pack'. A 'Save' button is also visible.

our persona X +

www.complexwireless.com/en\_EU/dashboard

Пошук

European consumer choice

MY DASHBOARD MY SETTINGS QUICK START GUIDE SUPPORT LOGOUT

SCHEDULE CALENDAR ADD OBJECTIVE

Item has been deleted

WELCOME

My Objectives

- My planning
- Prepare my half-marathon (trainings/week)  
End date: 14.07.17

17-05-2017

I want to add:

- Objective
- Programme
- Task
- Note

Get a 6 pack Save

Friday Saturday Sunday

5 + 6 + 7 +

12 + 13 + 14 +

15 + 16 + 17 + 18 + 19 + 20 + 21 +

22 + 23 + 24 + 25 + 26 + 27 + 28 +

29 + 30 + 31 +





Ви можете додавати свої Завдання і Нотатки на певний день.

www.compexwireless.com/en\_EU/dashboard

SCHEDULE CALENDAR ADD OBJECTIVE

Program has been added successfully

WELCOME  
Stepan G

My Objectives

- My planning
- Prepare my half-marathon (trainings/week)  
End date 14.07.17

17-05-2017

I want to add:

- Objective
- Programme Ankle Twist Prevention Save
- Task**
- Note**

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 31

1 2 3 4 5 6 7 8 9 10 11



**11.** Під'єднайте апарат до комп'ютера, щоб завантажити створені Вами Цілі, Програми тренувань, Завдання і Нотатки на апарат. Синхронізація відбудеться автоматично.

Open [www.compexwireless.com](http://www.compexwireless.com)

Sync

Pair...

Unpair...

Settings...

About...

Exit

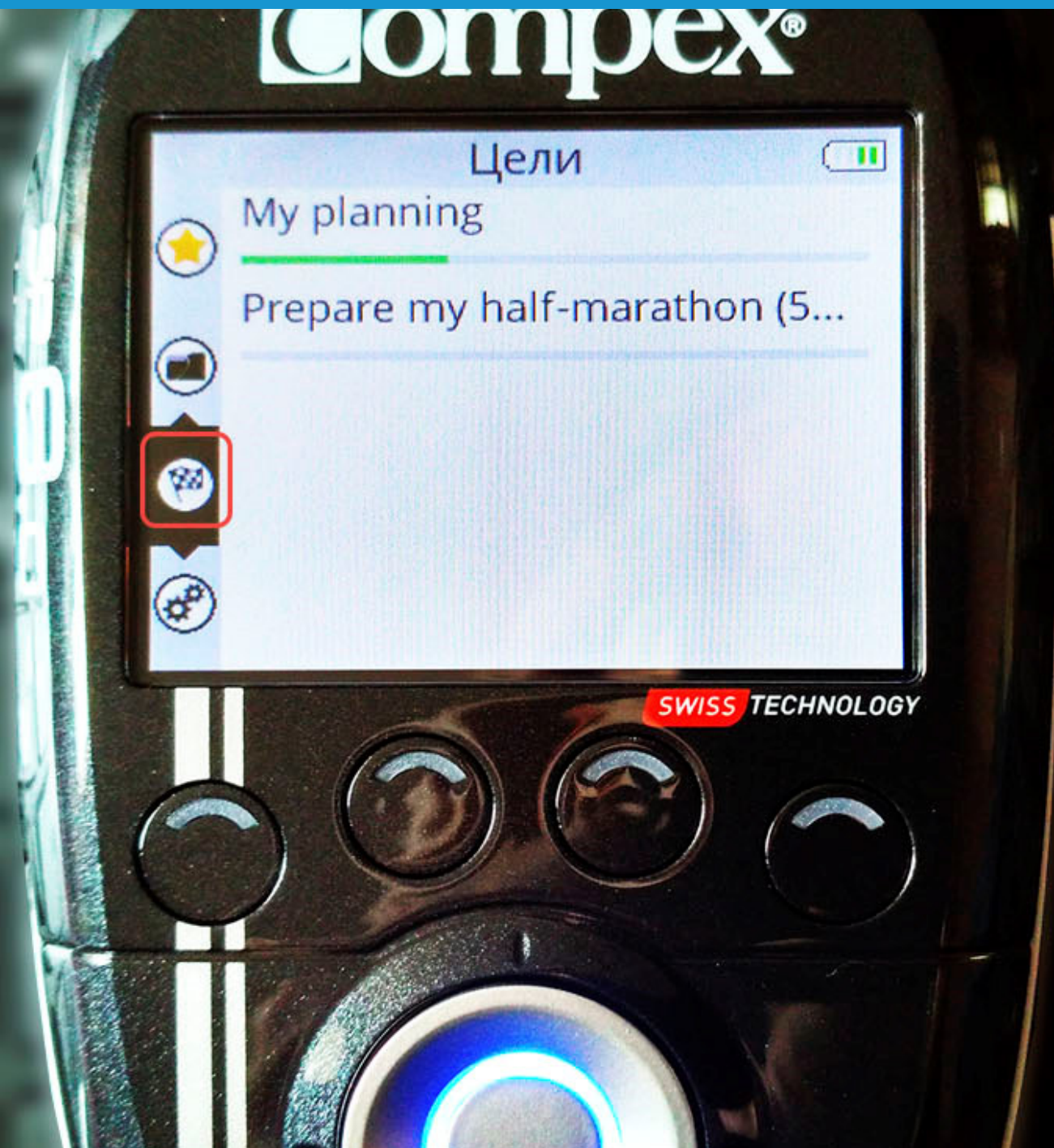


ENG

16:17  
14.05.2017



12. На електростимуляторі у меню Цілі Ви можете переглянути заплановані тренування, вибрати і запустити відповідні програми тренувань.



# Compex®

Выбрать пункт



**Running**

Запланировано на 14.05.17



Strength



Running

Training recovery



Running

SWISS TECHNOLOGY

**Comrex**<sup>®</sup>

Ваш умный партнер в тренировках

ВАШ РОЗУМНИЙ ПАРТНЕР В ТРЕНУВАННЯХ

[comrex.com.ua](http://comrex.com.ua)