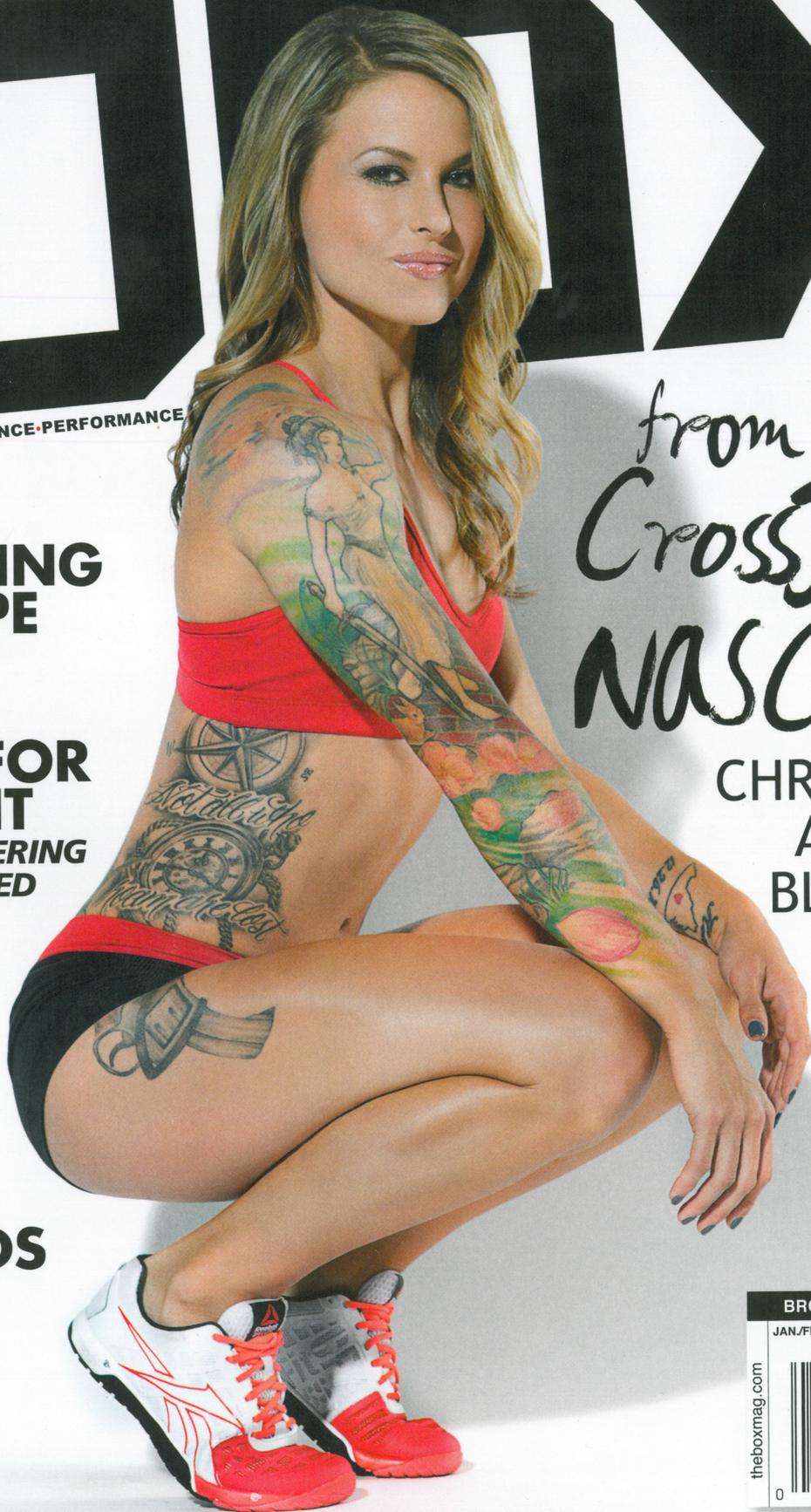


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SHOCKING DEVELOPMENTS: THE MARC PRO



>> The Marc Pro Muscle Conditioning Device is a convenient and portable electrical muscle stimulation (EMS) unit that has become popular with pro athletes and serious CrossFitters. EMS is not new. Hucksters originally marketed it as an alternative to weight training — just plug in and build muscle. Those claims were bunk, but it turns out that EMS is extremely valuable for recovery and adaptation.

The Marc Pro generates strong muscle contractions that set off a tsunami of biochemical reactions (hence the name Marc: Muscle Activated Recovery Cascade). These contractions move metabolic waste out of the muscle and usher in oxygen and nutrient-rich blood to nourish tissue. Because the contractions are non-fatiguing, the Marc Pro also works brilliantly as a warm-up for the specific muscle groups that will be targeted in a WOD.

The benefits of regular use of the Marc Pro are progressive. Over time, the

electro-stimulated contractions develop new capillaries that increase the amount of blood that can pass through muscle. Clinical studies done on the Marc Pro show that after 10 weeks, the subjects who used it after workouts experienced greater gains in muscle strength and reduced feelings of fatigue.

Plus, it's incredibly easy to use. It features four contacts, each pair running from a separate channel with its own intensity gauge and control. The contacts have generously long cables, so one pair can stimulate a quad or calf while the other can attach to traps or deltoids. Placing the reusable electrodes on the body is a pleasant form of trial and error. When the contractions begin, it quickly becomes apparent where they are doing the most good.

The Marc Pro retails for \$650 and comes with unlimited telephone and Web support, as well as a 30-day money-back guarantee. For more information, go to marcpro.com.

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