

ARP POV Sport – YOUR ATHLETIC PERFORMANCE MANAGER

by  MyARP



THE ARP POV SPORT IS INTENDED FOR THE FOLLOWING APPLICATIONS

- The ARP POV Sport is intended to stimulate healthy muscles in order to improve or facilitate muscle performance.
- The ARP POV Sport is not intended to be used in conjunction with therapy or treatment of medical diseases or medical conditions of any kind. The ARP POV Sport is not designed for use on injured or ailing muscles and its use on such muscles is contraindicated.
- The POV Sport's electrical impulses allow triggering action potential on motoneurons of motor nerves (excitations). These excitations of motoneurons are transmitted to the muscle fibers via the motor endplate where they generate mechanical muscle fiber responses that correspond to muscle work. Depending on the parameters of the electrical impulses (pulse frequency, duration of contraction, duration of rest, total session duration), different types of muscle work can be imposed on the stimulated muscles.
- The various types of muscle work that the POV Sport can impose on the stimulated muscles are able to improve or facilitate muscle performance.
- The ARP POV Sport is considered a technique of muscle training.

TECHNOLOGICAL CHARACTERISTICS

The system consists of a table top electrical generator producing optimal continuous or interrupted electrical impulses through user electrodes. Control parameters are firmware controlled through an LCD touch screen.

ACCELERATE

RECOVER

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MyARP

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SPECIFICATIONS

This device should not be used at extreme temperatures below 32° F (0° C) or above 100° F (38° C) or especially near fire. If this occurs, the device will need to warm up or cool off for approximately one hour before it is used again. The device can be stored at temperatures from 0° F (-18° C) to 110° F (43° C). Exposure to temperatures outside this range will void the warranty. The ARP POV SPORT is normally used indoors. It can be used outdoors but should not be exposed to rain, snow, condensing fog, or condensing humidity, and should not be subjected to long-term exposure to direct sunlight.

- Main Pulse frequency — 10 to 245 pulses per second (PPS); adjustable.
- Main Pulse duration — 375 μ s.
- Background Pulse frequency — 10 kHz carrier signal
- Background Pulse duration — 25 μ s
- Output Power — Between 0 and 0.65 watts RMS.
- Balance — Output Power can be divided between 2 output channels in any proportion.
- Polarity — Direction of electron flow is reversible
- Battery — Lithium-Ion Battery
- External Power Supply — 100/240 volts, 50/60 Hz input; 16.8 volt DC output

The signal generated by the ARP POV Sport consists of a 10 kHz carrier signal (background pulse) that is expressed continuously over a lower frequency main pulse that can be varied between 10 and 245 PPS (Hz). Both main and background pulses have a characteristic RC charge/ discharge spike shape. The effective frequency of the waveform is 10 kHz, regardless of the PPS setting. When power is delivered to the user during an application, the power output of the ARP POV Sport will be reduced from its no-load levels in direct proportion to the load impedance presented by the body of the user (refer to the following table).

Load Resistance	Output Voltage
500 Ω	17 Vrms
2 k Ω	30 Vrms
10 k Ω	40 Vrms

CONTRAINDICATIONS

ARP POV SPORT should not be used:

- On users with implanted electrical devices
- Over known cancers
- On pregnant women

WARNINGS

ARP Manufacturing, LLC makes the following warnings:

- If you are in the care of a physician, consult with your physician before using this device.
- Do not apply stimulation over your neck because this could cause severe muscle spasms resulting closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, with could be lethal.
- Do not apply stimulation over painful areas. If you have painful areas, you should consult your physician before using this device.

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- ARP POV SPORT should not be used over swollen, abraded, infected or inflamed areas on skin eruptions, e.g. phlebitis, thrombophlebitis, or varicose veins. It should only be used on areas of intact skin.
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- Do not apply stimulation when the user is in the bath or shower.
- Do not apply stimulation while sleeping.
- Do not apply stimulation while the user is driving, operating machinery, or during any activity in which electrical stimulation can put the user at risk of injury.
- ARP POV SPORT should not be used on children, if it has not been evaluated for pediatric use.
- Do not use ARP POV SPORT with an external power source during storms.
- If ARP POV SPORT is used on persons who have communicable diseases, the sponges should not be used by, or shared with, other users.

PRECAUTIONS

ARP Manufacturing, LLC further states the following precautions should be observed:

- Long term effects of chronic electrical stimulations are unknown.
- ARP POV SPORT should not be applied transcranially (across the head) since the effects of stimulation of the brain are unknown. Electrodes should not be placed on opposite sides of the head.
- The safety of electrical stimulation during pregnancy has not been established.
- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium.
- Adequate precautions should be taken in the case of persons with suspected or diagnosed heart problems.
- Adequate precautions should be taken in the case of persons with suspected or diagnosed epilepsy.
- Use caution if there is a tendency to bleed internally following acute trauma or fracture.
- After recent surgical procedures muscle contractions may disrupt the healing process.
- Use caution when applying over a menstruating uterus.
- Use caution when sensory nerve damage is present by a loss of normal skin sensation.
- Keep this device out of reach of children.
- Use this device only with the leads, electrodes, and accessories recommended by the manufacturer.

CAUTION

ARP Manufacturing, LLC further states that caution should be observed in the presence of the following:

- Because of the vasodilation effects of electrical stimulation, people with unknown conditions (epileptic, cardiac, cerebral, and vascular conditions, etc.) may experience untoward effects such as dizziness, nausea, profuse perspiration, or fainting. If this occurs, cease application immediately and seek a physician to ascertain the underlying cause(s) of said untoward effects.

ADVERSE REACTIONS

ARP Manufacturing, LLC makes known the following adverse reactions:

- Users may experience skin irritation and burns beneath the stimulation electrodes applied to the skin reactions from the device.
- Users may experience headache and other painful sensations during or following the application of electrical stimulation near the eyes and to the head and face.
- Users should stop using the device and should consult with their physicians if they experience adverse reactions from the device.

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