

peloton

fuel for the ride.



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MARC PRO

Everything you know about recovery is wrong: ice doesn't help, it may actually hurt; compression and massage may be the right idea, but an inefficient way to get it done; your Monday recovery ride is just right, but 24 hours too late. This is the world according to Marc Pro, and if they are right it will change everything.

Effective recovery is simply a matter of getting waste left over from effort out and re-supplying muscles with the fuel they need. As it happens this is not so simple to do. The lymphatic system is tasked with removing these wastes, and it is a passive system, meaning there is no heart to keep it flowing. The only way to get it working is to compress the muscle around it. Of course the last thing anyone wants to do after a tough bike ride is go for another ride, which is exactly why all these alternatives—ice, compression, massage—have sprung up. Who wants to tell Contador he

needs to go for a 30-minute spin after he summits Alpe d'Huez this July?

Marc Pro has a solution. Their unit stimulates muscles with small electrical pulses delivered from reusable electrodes. The muscle stimulation creates no fatigue within the muscle, does not require any aerobic effort and after the initial shock of having your muscles seemingly grow a mind of their own, the effect is quite relaxing. Recent studies have not only shown that electrical stimulation for recovery works, it may actually be a cue to tell your body to create more capillaries. This not only turbo-charges recovery further, it allows the muscle to do more work in the first place.

Two electrodes on each quad would be a typical way to recover after a ride, instead, after a three-hour day in the saddle we used the unit on the right leg only, leaving the left leg unrecovered. We felt if there was any

noticeable difference in the way the legs felt there may be some truth to Marc Pro's claims. The results were nothing short of astounding. With each pedal stroke, the left leg felt tight and dead, a feeling we associate with the day after a hard ride. The right leg, the recovered leg, felt fresh and strong, ready for more miles and more high-end effort. It was night and day, a feeling that could not be ignored. The Marc Pro works.

Perhaps this is because the unit was born from the medical field and makes no claims about creating six-pack abs or letting you sit on the couch and get fit. The concept was initially designed to reduce dramatic swelling after injury, recovering muscle after exercise is easy for Marc Pro. At \$650 for a unit, the Marc Pro is a bargain. It's the same price as a new Garmin and less expensive than a cheap set of wheels—and it will make you much, much faster than either one. *\$650 (with four months of electrodes; \$9 for replacement electrodes); marcpro.com*]p[