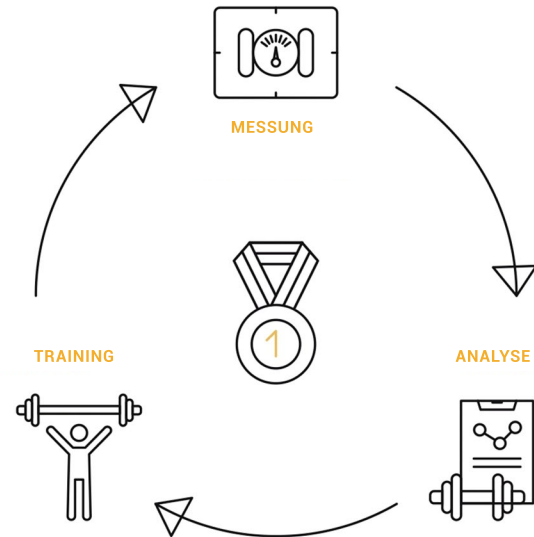# CYCCESS®

The most reliable training system ever.

With CYCCESS we have created a unique measuring technology. Through targeted performance control, athletes of all disciplines achieve top performance. At the same time, our system ensures responsible use of human resources.

This opens up a new dimension in sport:

- Absolute top performance
- Highest possible health stability
- Right on time

MESSUNG

TRAINING

ANALYSE

> "Our method has been evaluated with more than a hundred thousand measurements in top elite sport. In February 2020, the European Patent Office confirmed the novelty of the method."
>
> Dr. Harald Pernitsch

> "With the development of our CYCCESS technology, we were able to solve the central problem for sports training - the determination of the current state of recovery or fatigue. We have thus created the most basis for maximally effective training."
>
> Dr. Harald Pernitsch

01 High-precision performance measurement

The performance measurement on our measuring plate records the **actual condition** of the athletes. We have developed a special procedure to measure the effects of previous training on the muscles, nervous system and overall stress on the muscles, nervous system and overall resilience. These are the most important starting conditions for successful training.

02 Evaluation and individual planning

The evaluation is carried out with the help of the Cyccess software! Our unique algorithm calculates the load capacity or the training capacity from the performance measurement, whereby the training can be planned individually and precisely.

The percentage value shows **WHAT and HOW MUCH** training should be done to achieve the best effect. The calculation of the value is very complex and includes a variety of factors - from muscular fatigue to general stress.
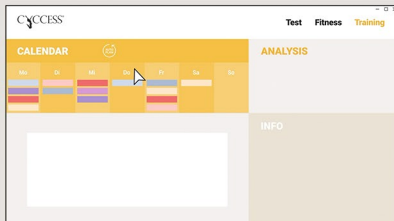
03 Your training – precise & effective

Now it's up to you to do the training consistently and precisely, because the more precise the training, the more effective it will be!
Your perfect training plan is created from more than 5.000 exercises listed in the Cyccess software. Thereby each individual exercise is parameterised and animated.

After a training phase of 1-2 weeks, another test is carried out and the training is adjusted again. In this way, overloads and undesirable developments are avoided, which always ensures an optimal effect of the training.