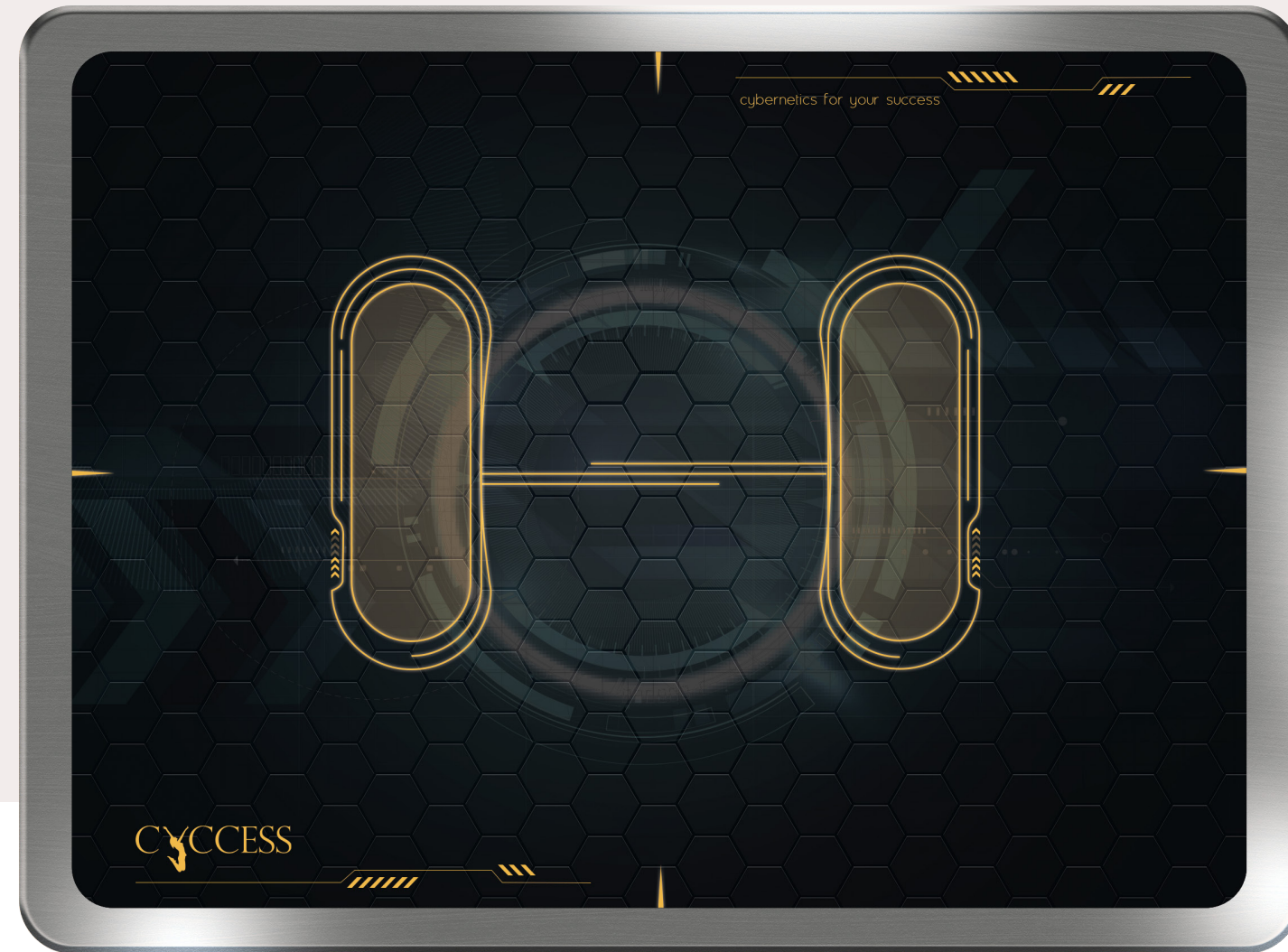


CYCLIC SUCCESS[®]

Fitness with success





The most reliable training system ever.



**With CYCESS we have
created a unique
measurement technology**
that opens up completely
completely new dimensions
for fitness sport in its entirety.

Our goal was to use
our experience from
professional sports
**to create the most
reliable fitness
training ever.**





**So effective that
in each unit how
you feel you are
getting closer to
your **goal.****

So fascinating
that the effort put
into the training
vanishes behind
the **sense of
achievement.**

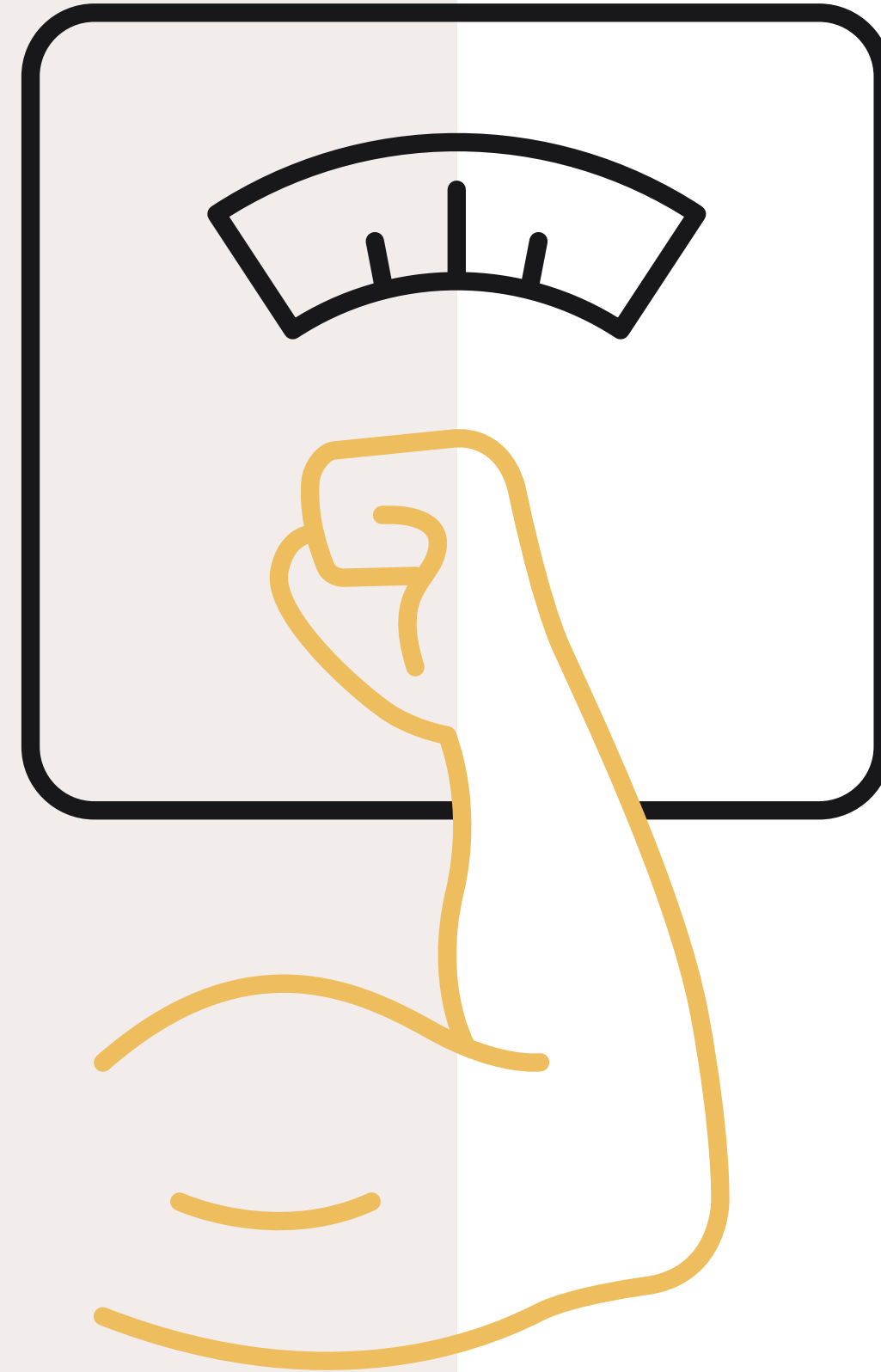


**You have a goal –
Cycceess® will lead you to success.**

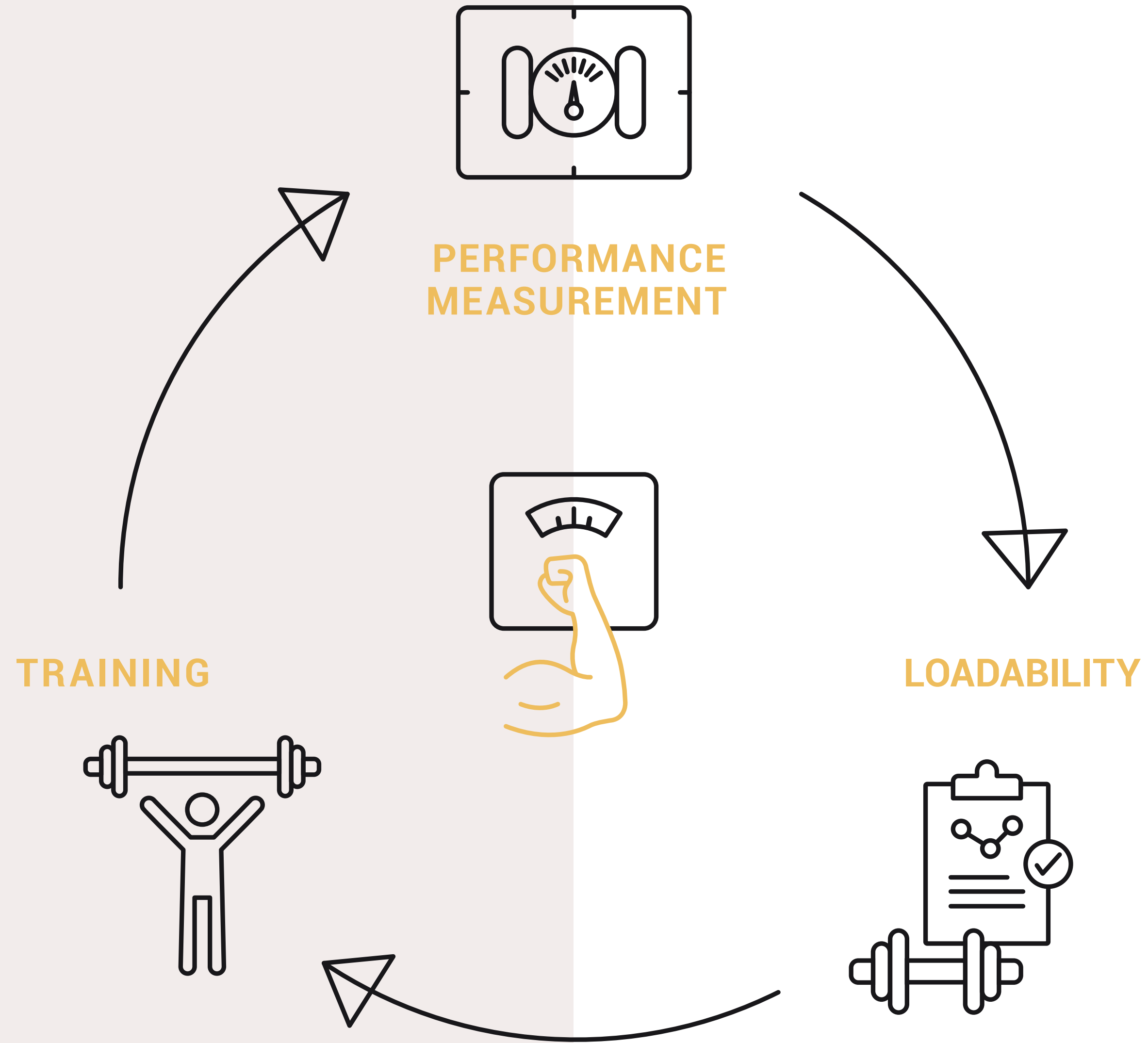


Performance Control — the key to success

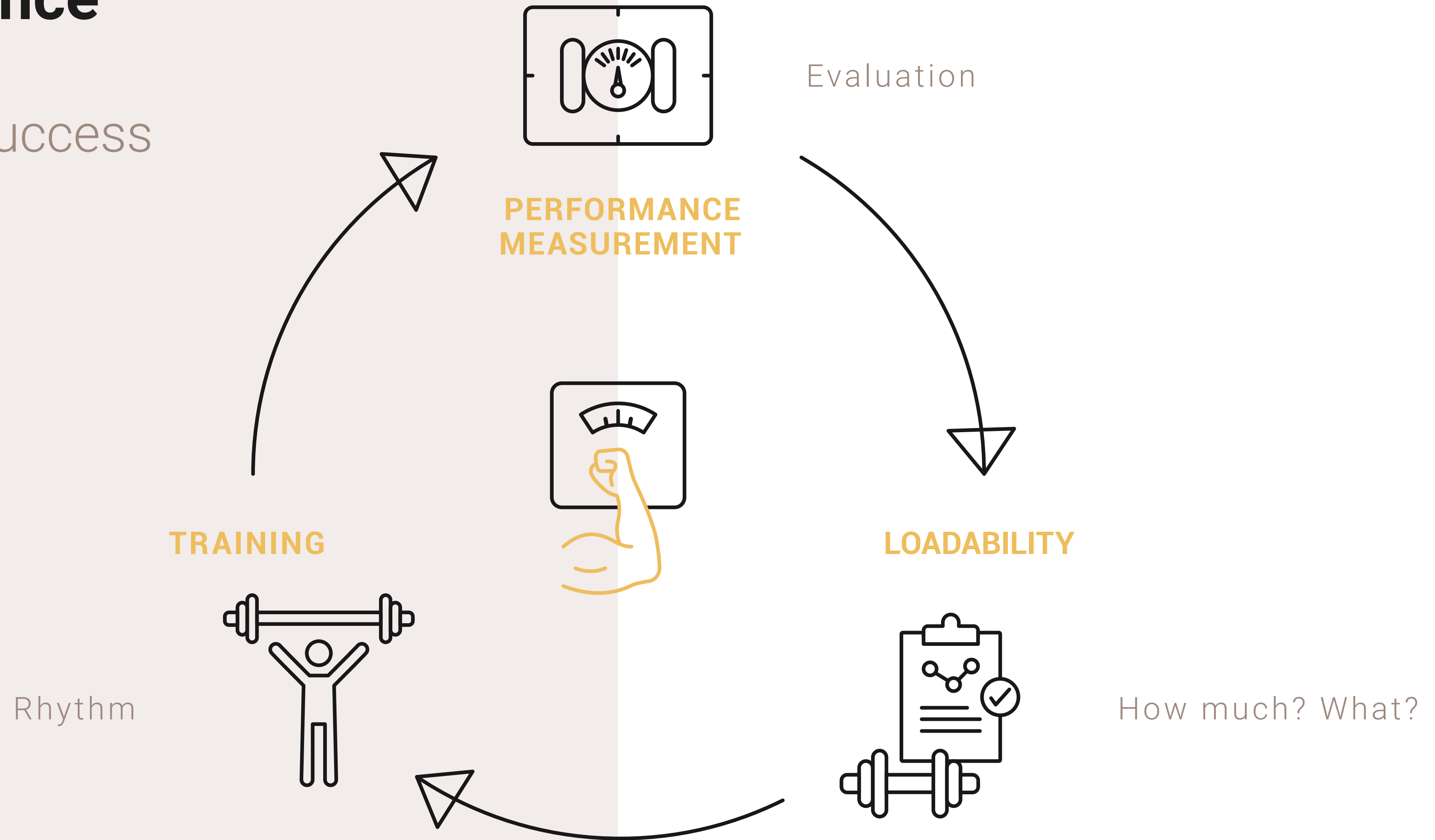
Performance Control – the key to success

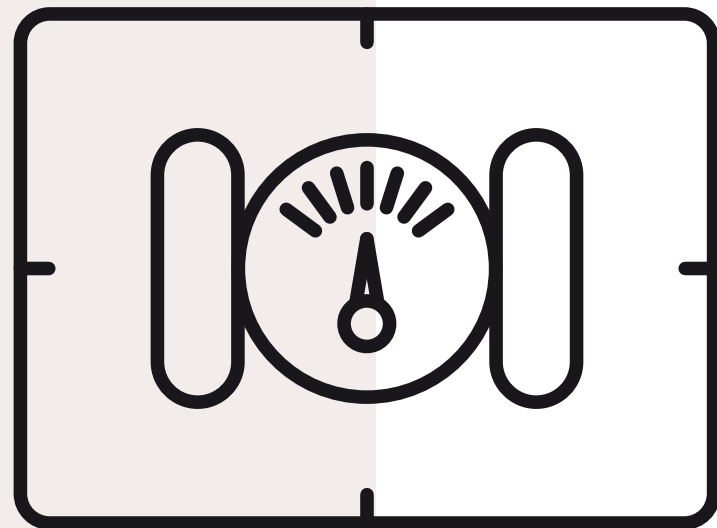


Performance Control – the key to success



Performance Control – the key to success





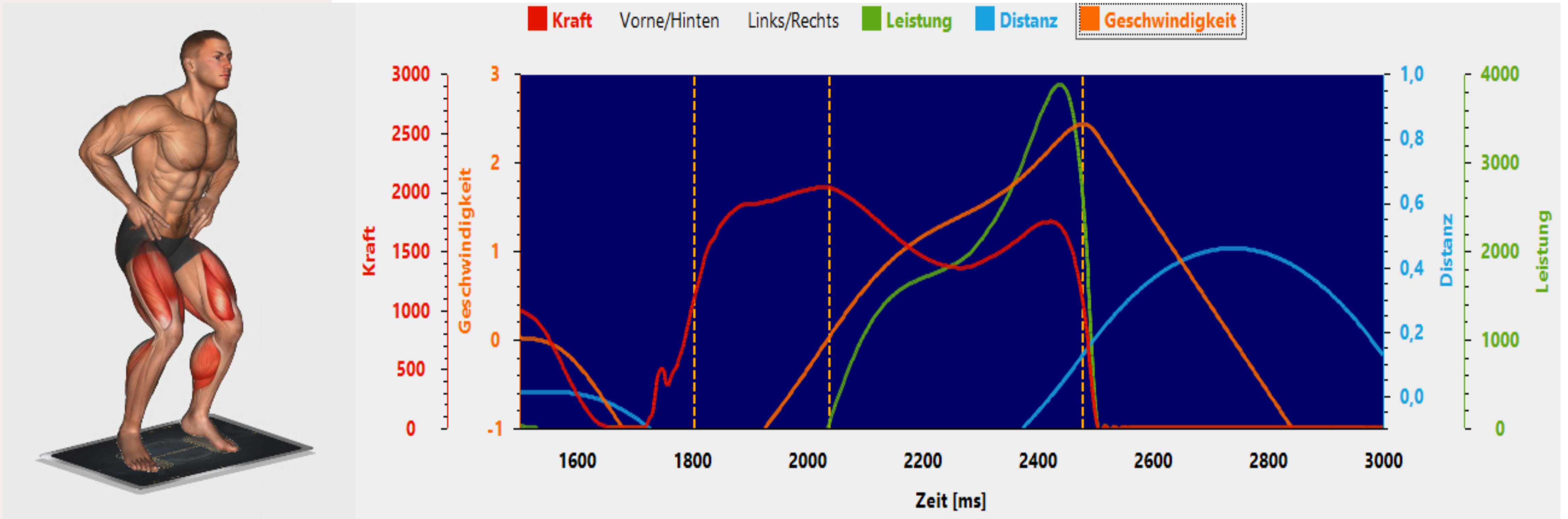
HIGH-PRECISION PERFORMANCE MEASUREMENT

- Precise measurement of the current condition – **maximum safety**
- Stress parameters included
- Simple test execution

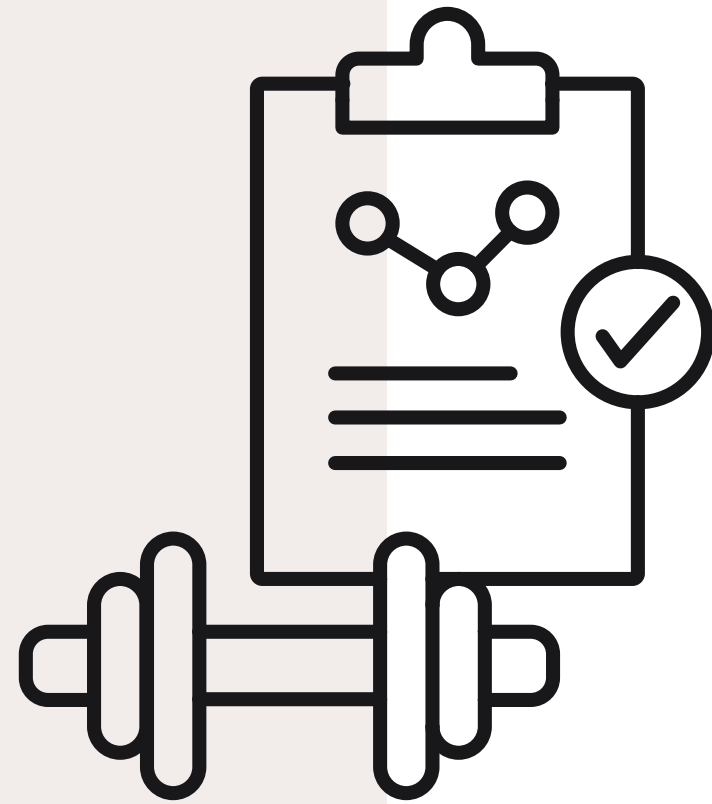
Performance
Control –

01

HIGH-PRECISION PERFORMANCE MEASUREMENT



Measurement graphic in the Cyccess® software



MAXIMUM LOADABILITY

- Calculation of the maximum load capacity
- Long-term systematic development
- No more overtired muscles
- The **optimal** load amount

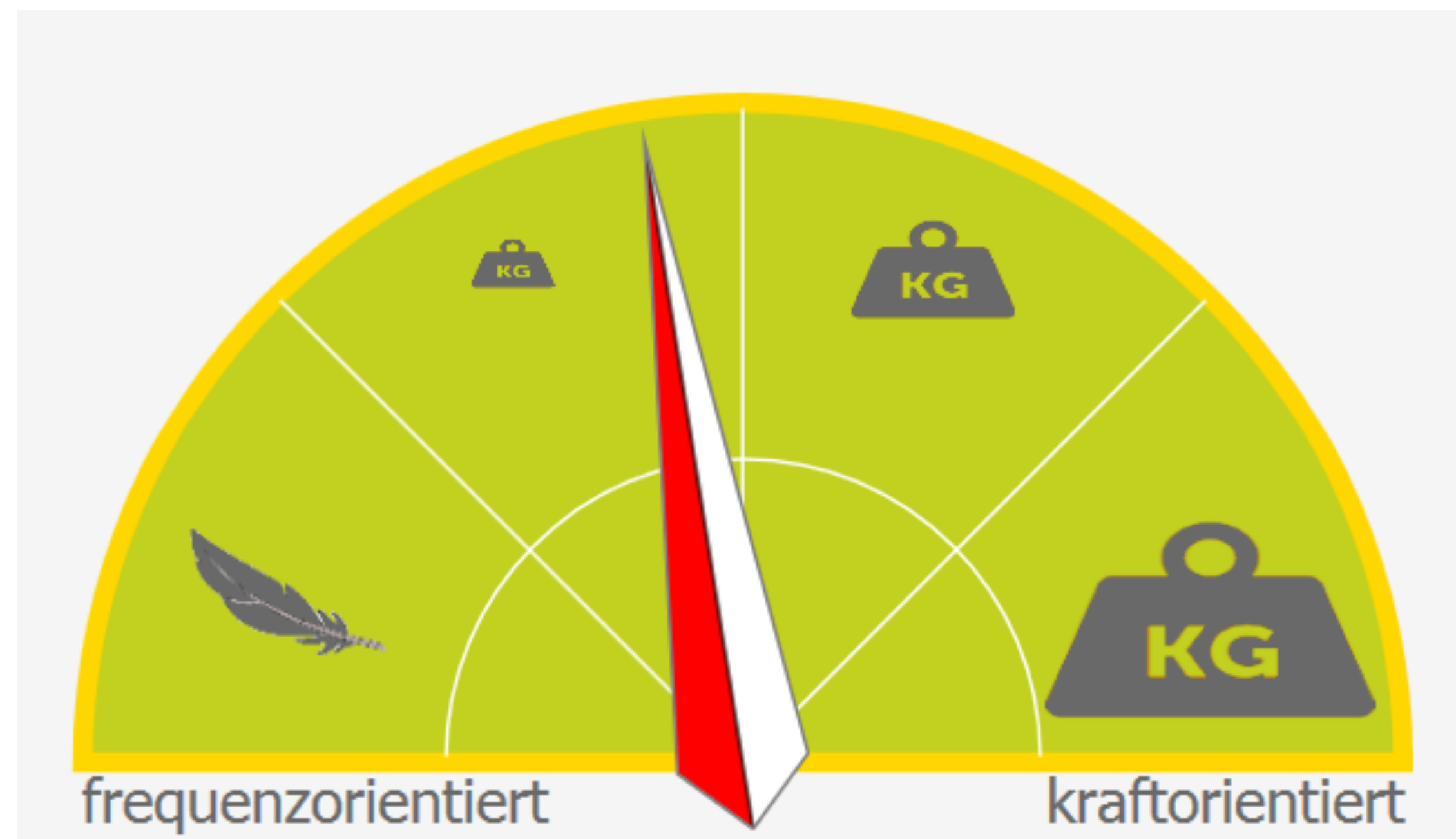
Performance
Control –

02

MAXIMUM
LOADABILITY



Training capacity in the Cyccess® software

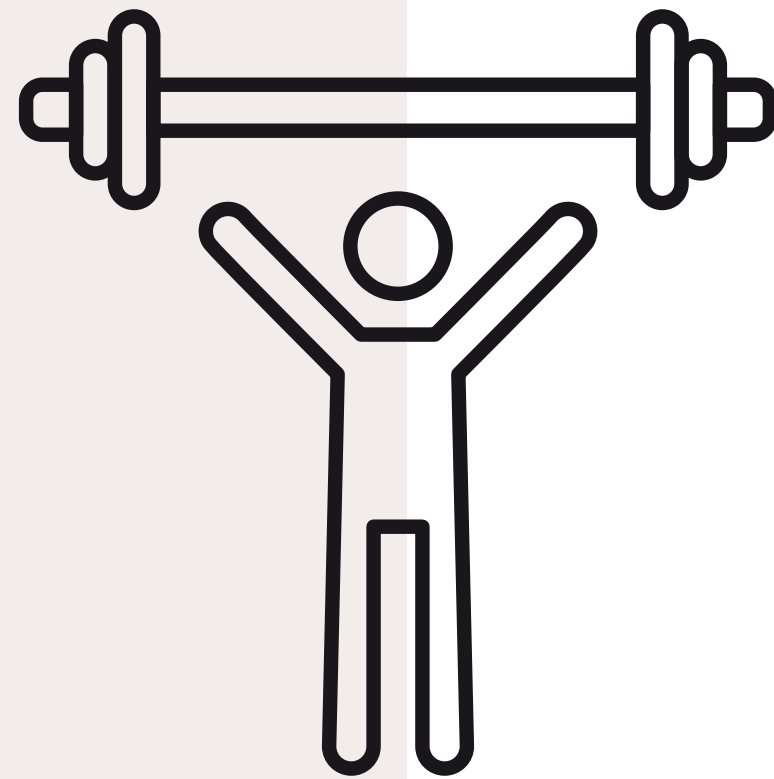


Training compass in the Cyccess® software

Performance

Control –






03



OPTIMAL TRAINING PLAN

- Precisely calculated training plan
- Less training – **more effect**
- Sustainable training effect

OPTIMAL TRAINING PLAN

<p>Hip-Bridge</p> <p>Serie(n) 2 x 15 WH</p>  <p>Stab Belastungsbereich</p> <p>Schulterlage, Bein angewinkelt - Becken nach oben</p>	<p>Side-Bridge</p> <p>Serie(n) 2 x 15 WH</p>  <p>Stab Belastungsbereich</p> <p>gerader Seitstütz - Becken senken und heben</p>	<p>Supine-Crunch</p> <p>Serie(n) 2 x 15 WH</p>  <p>Stab Belastungsbereich</p> <p>Armstütz, Füße in Schlaufen</p>
<p>Cardio</p> <p>10 Min.</p>  <p>GB 60-70% Belastungsbereich</p> <p>Laufband, Stepper, Radergo</p>	<p>Cardio</p> <p>3 Min.</p>  <p>ÜB 70-80%HF Belastungsbereich</p> <p>Laufband, Stepper, Radergo</p>	

Training plan in the Cycccess® software

Enthusiastic users



Enthusiastic users



Cycccess Center.
Personal trainer.



Fitness studios.
Psychotherapy.

**Enthusiastic
users**



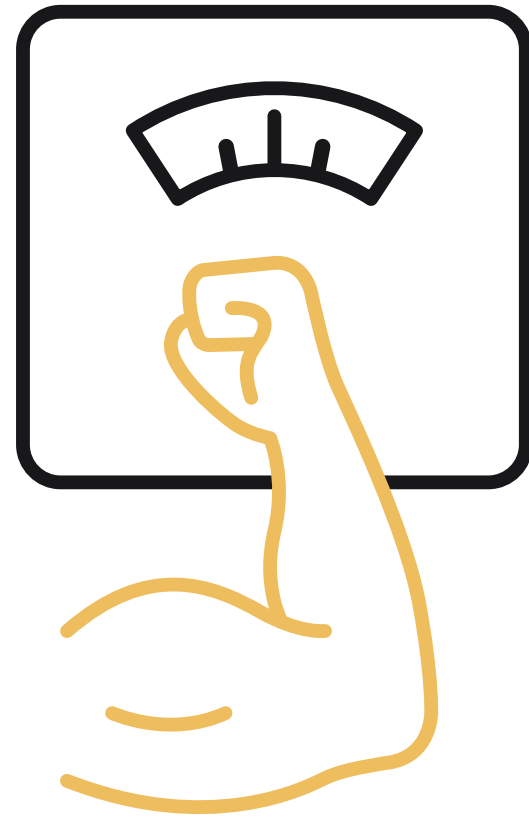


In my 20 years as a trainer I have helped lots of people achieve their goal, whether children or athletes training for the Olympic Games, and covering everything from fitness sport to psychotherapeutic training support.

No matter whether it's a marathon, return-to-play or finding a life balance, the "secret of success" works according to the same principle everywhere and lies in "the art of the correct training amount and control", which is only possible with Cyccess."

Mag. Robert Treitinger

Trainer, fitness expert, life-balance coach



Are you ready?





CYCESS[®]

Fitness with success

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