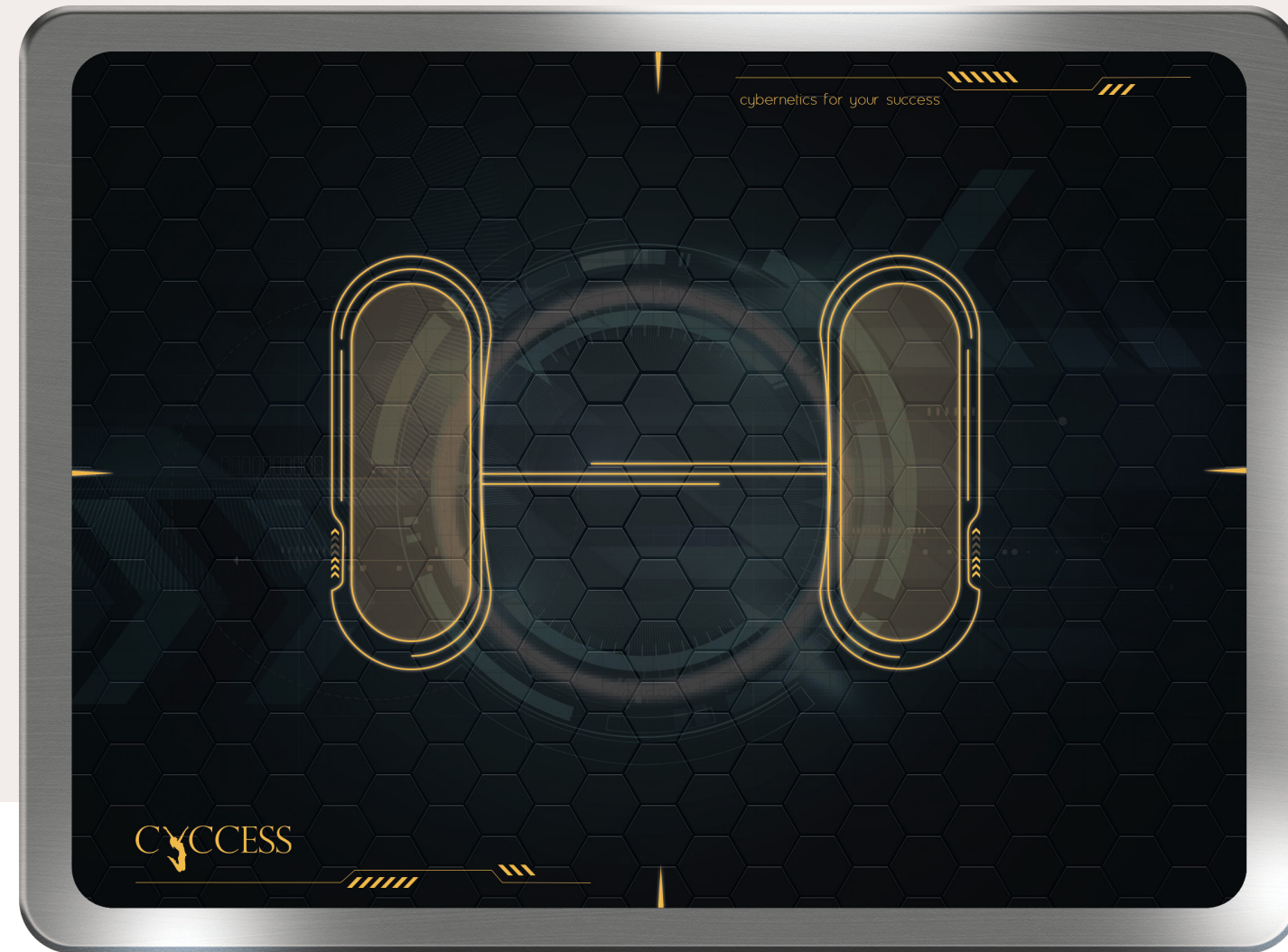


CYCCCESS[®]





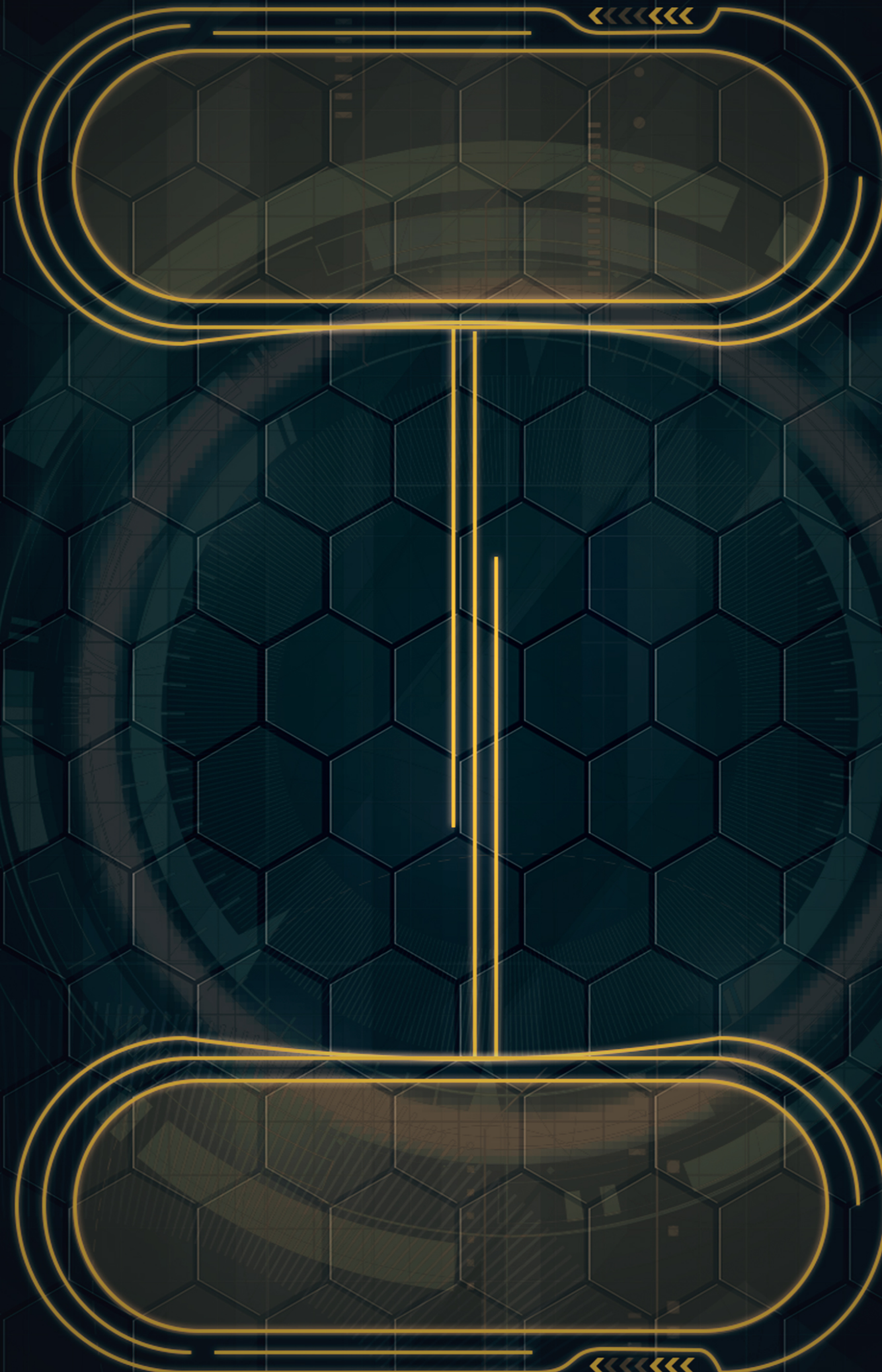
The most reliable training system ever.



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

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





We have packed the complex technology into a highly **user-friendly** **application that can be easily used by everyone.**



For professional teams.

And individual professionals.



For fitness.



And therapy.

Cyccess® is ready for you.

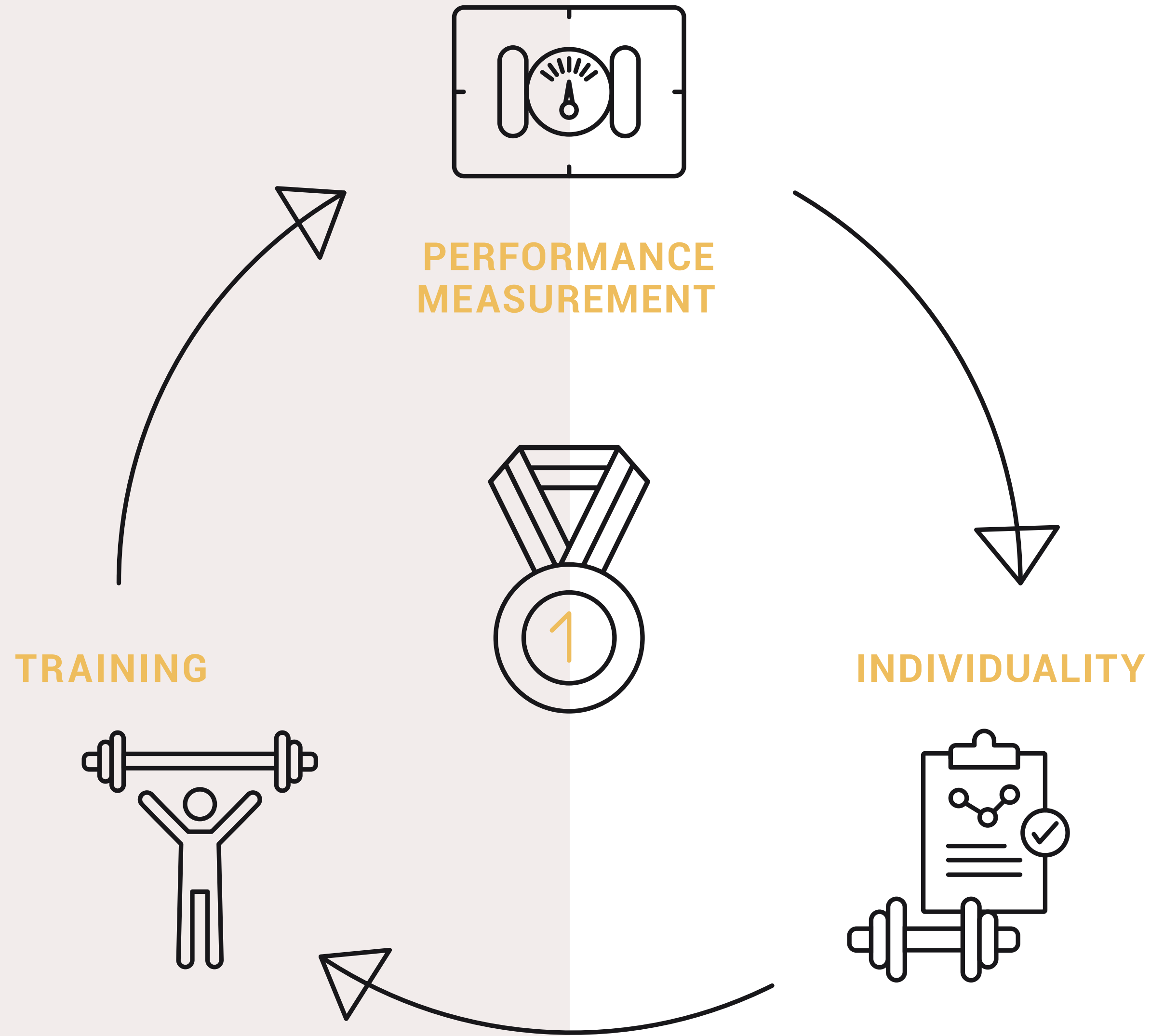


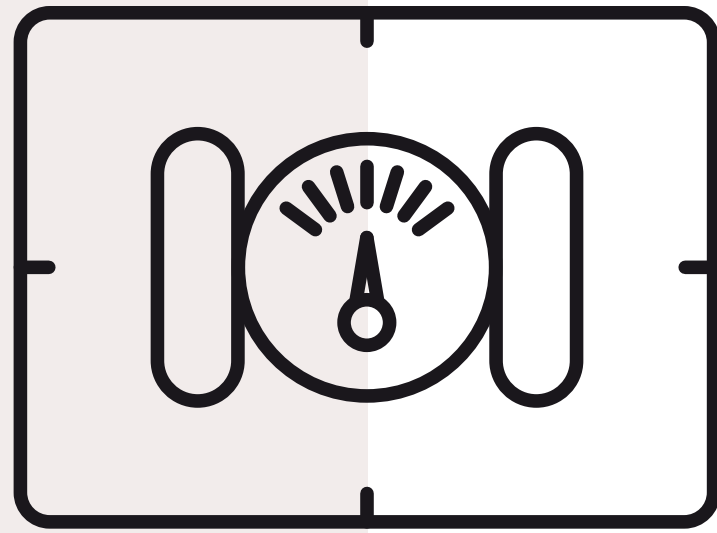
Performance Control — the key to success

Performance

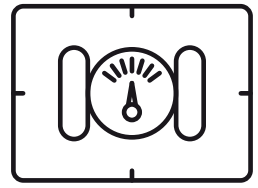
Control –

the key
to success

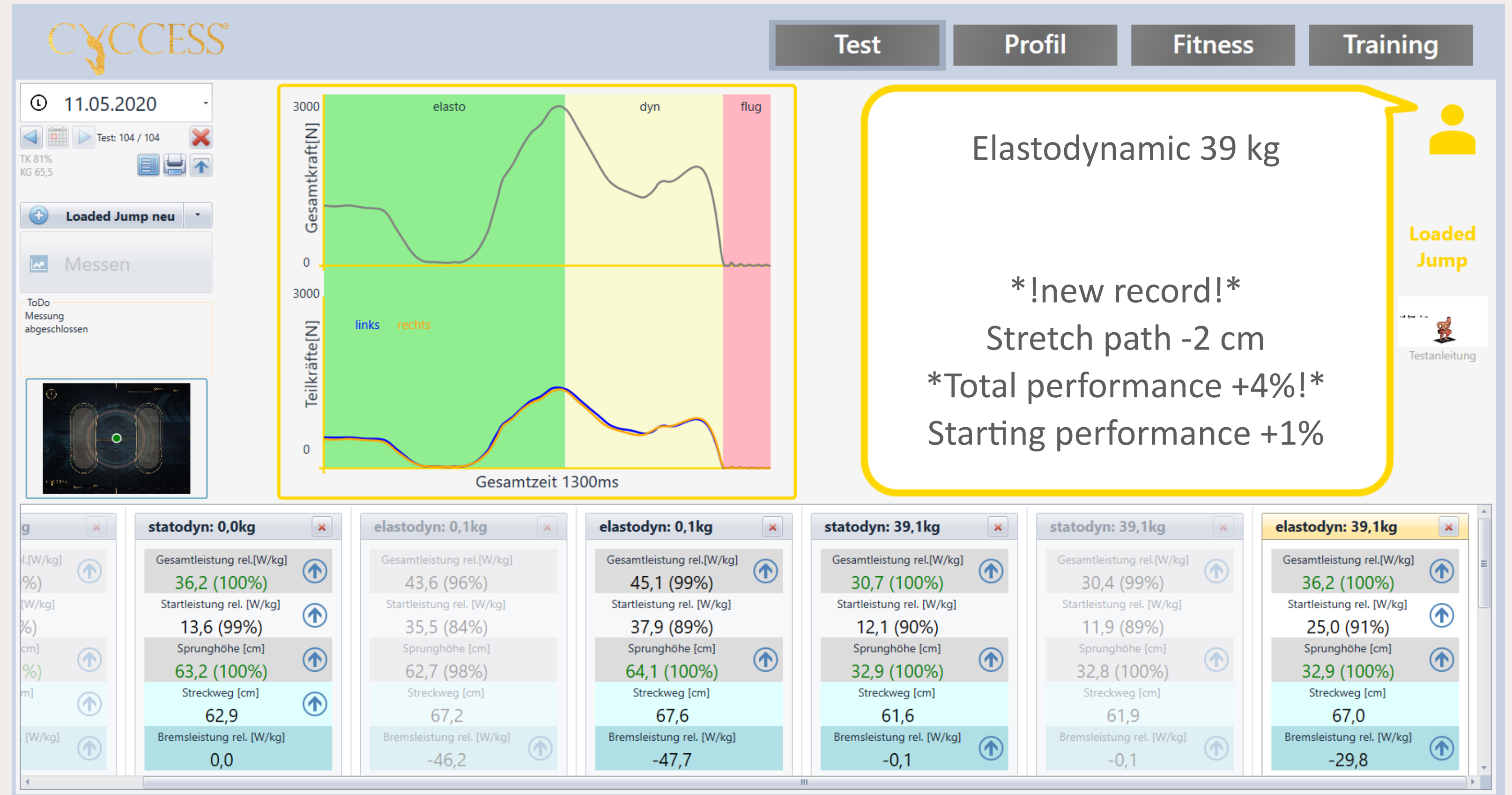




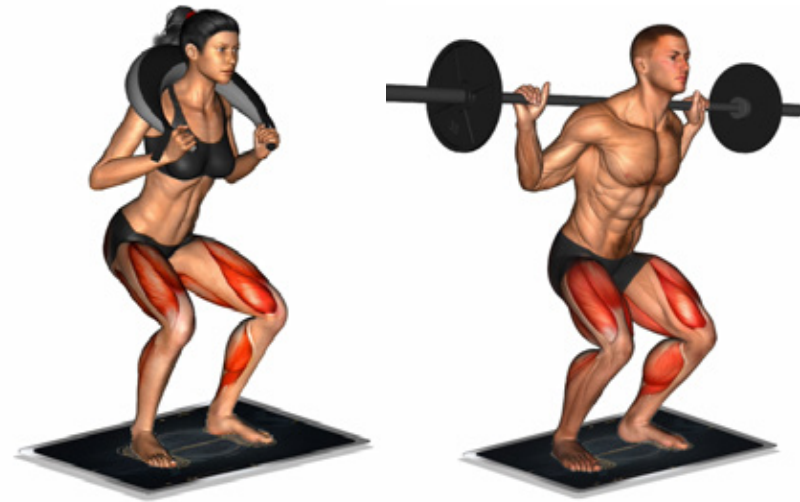
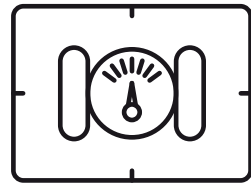
01 PERFORMANCE MEASUREMENT



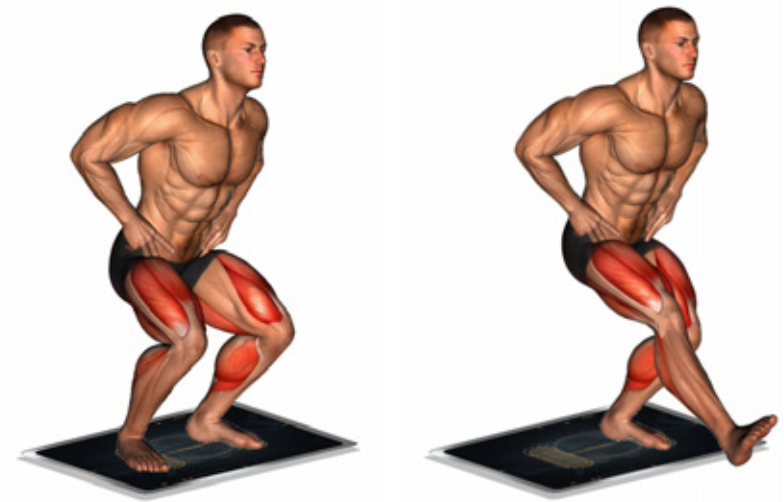
High-precision performance measurement



Test view in the Cycccess® software



Loaded Jump



Single Jump

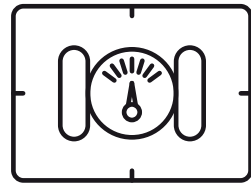


Reactive Jump



Isometrics

Integrated test modules



Simple, automated test execution with the assistant

Video test instructions.

Automatic action-form recognition.

Movement execution control.

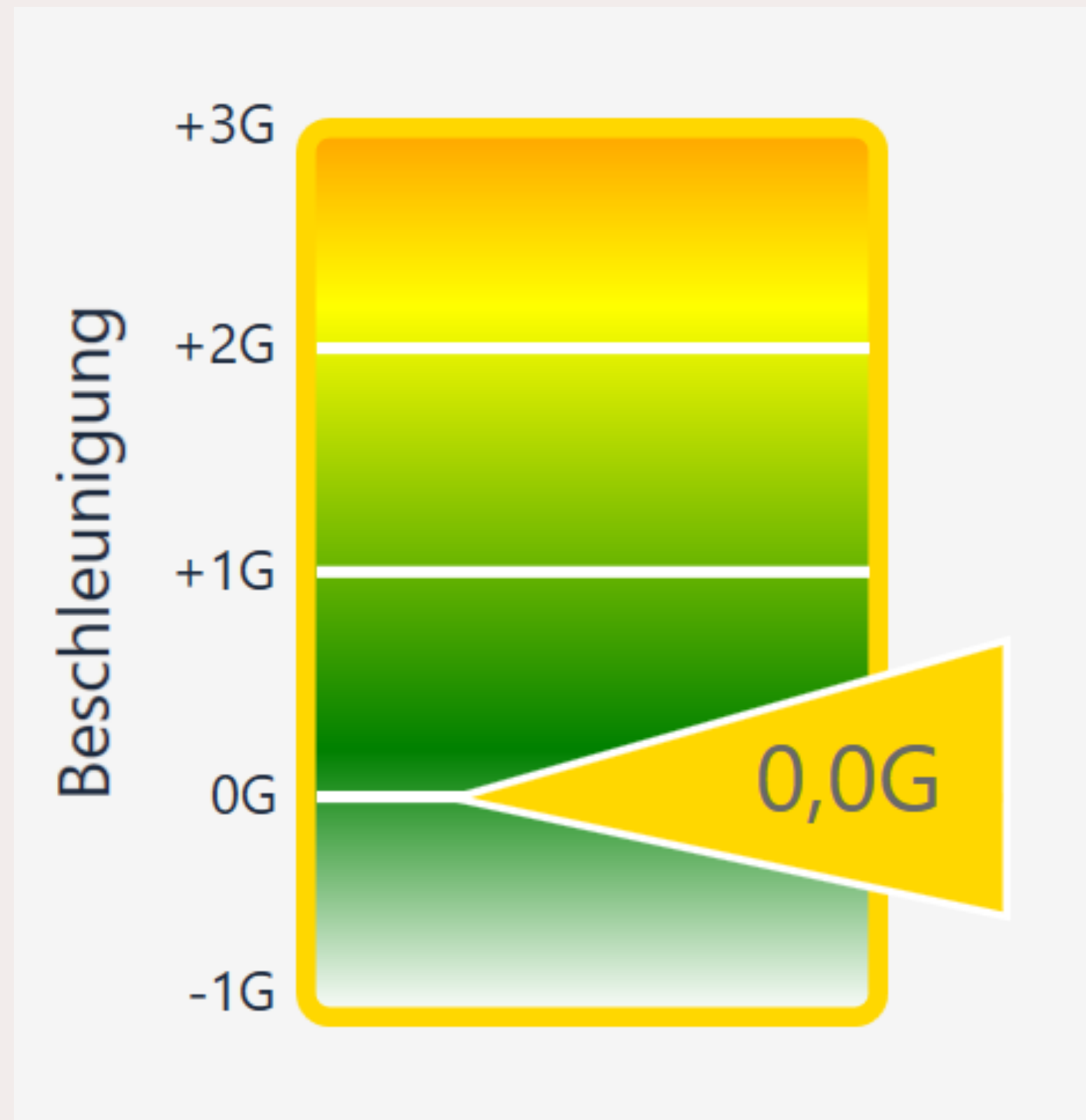
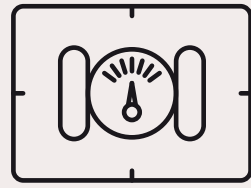
Undefined 0kg

"-> stand more still for statodyn!"
" -> swing faster for elastodyn!"

Loaded Jump

Testanleitung

Assistance in the Cycccess® software

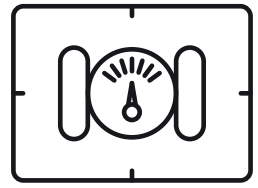


G-Sensor Cyccess® Software

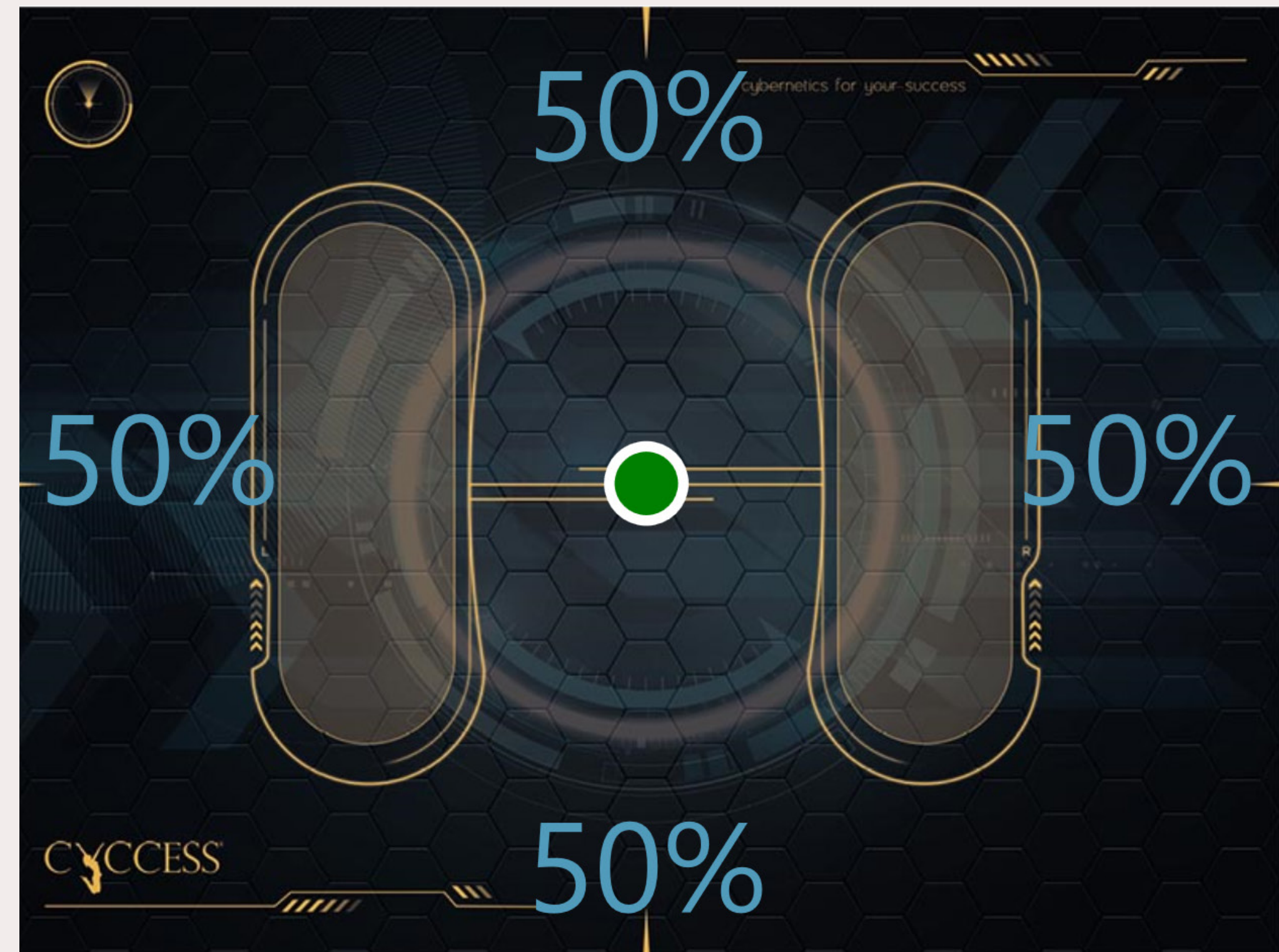
Simple, automated test execution with the assistant

Real-time views.

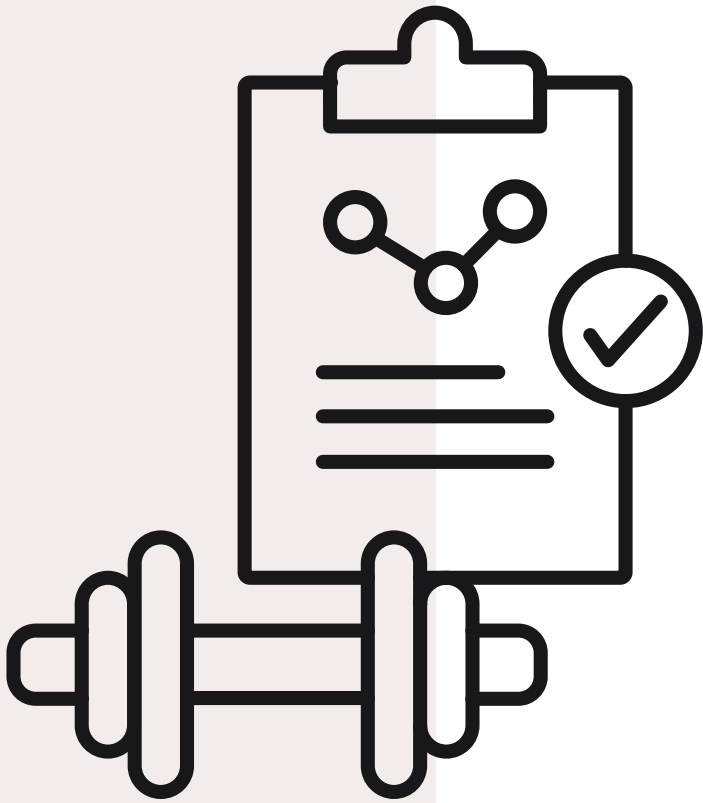
Precise sequence control.



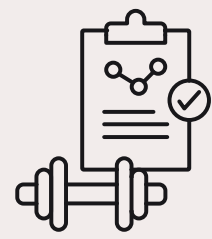
Feedback training with the balance graphic



Strength distribution display in the Cyccess® software

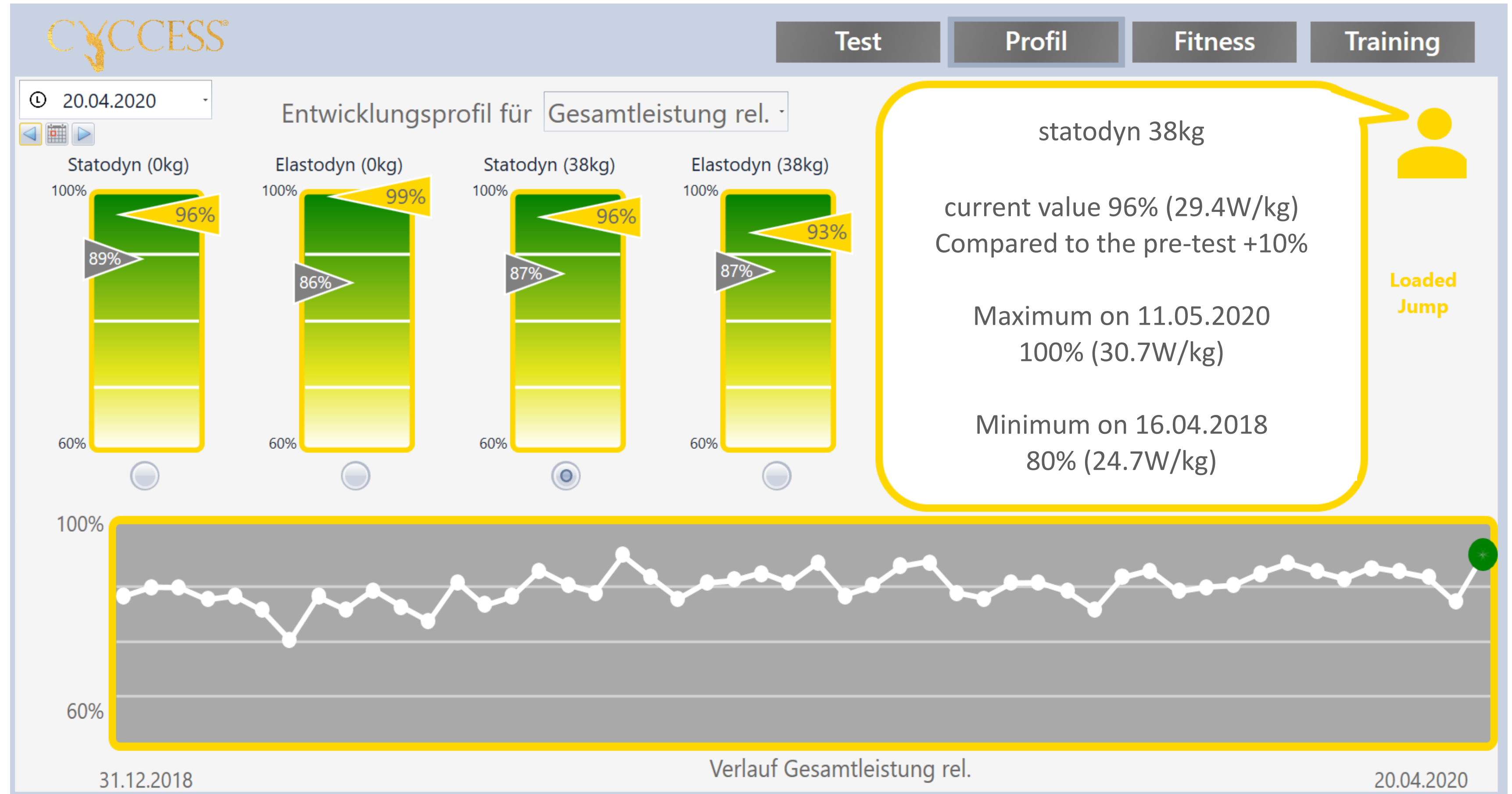


02 INDIVIDUALITY

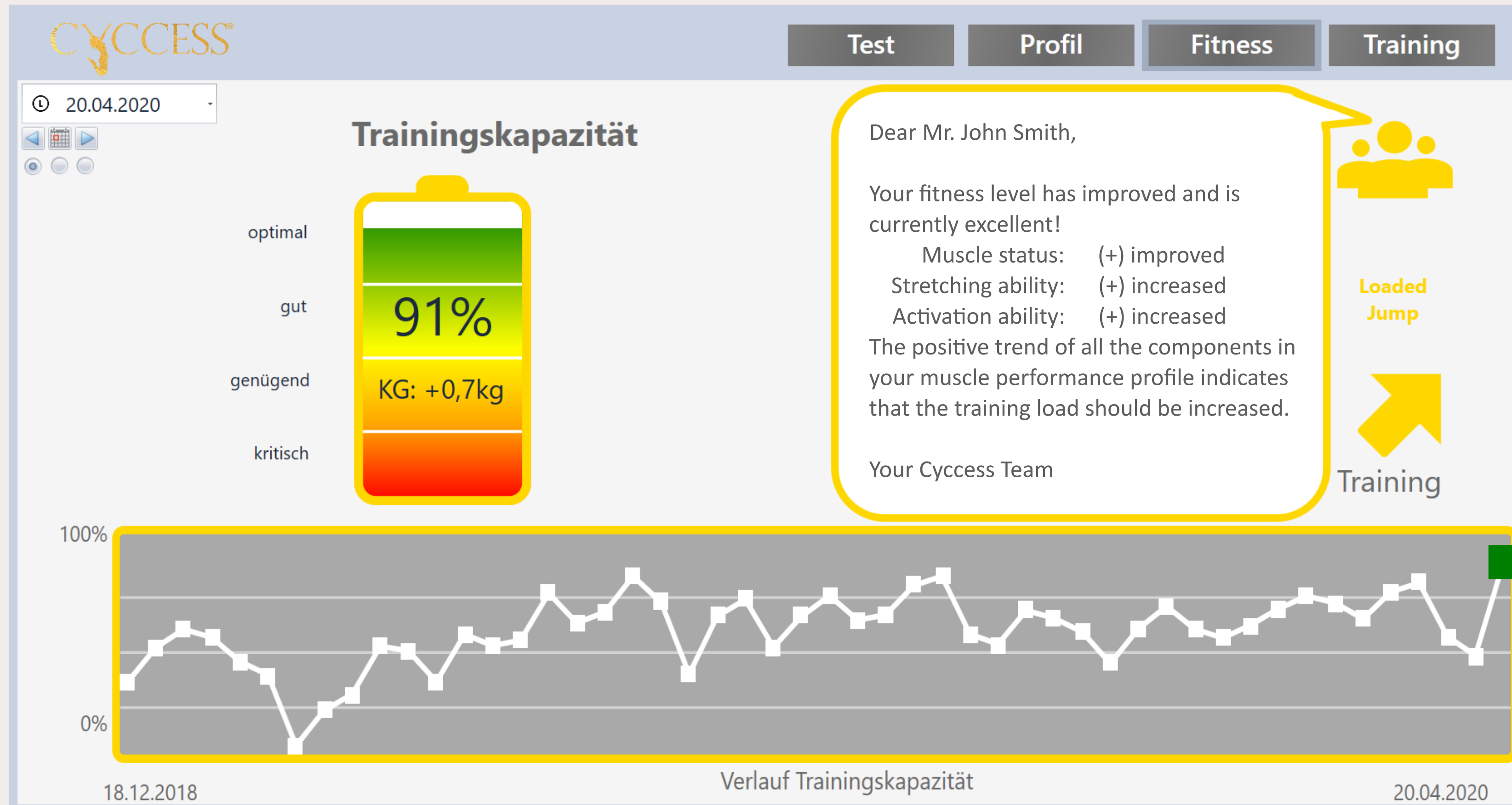
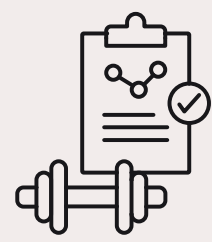


Individual profile

All the details at a glance



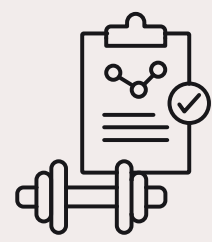
Individual profile display in the Cycccess® software



Fitness view in the Cycccess® software

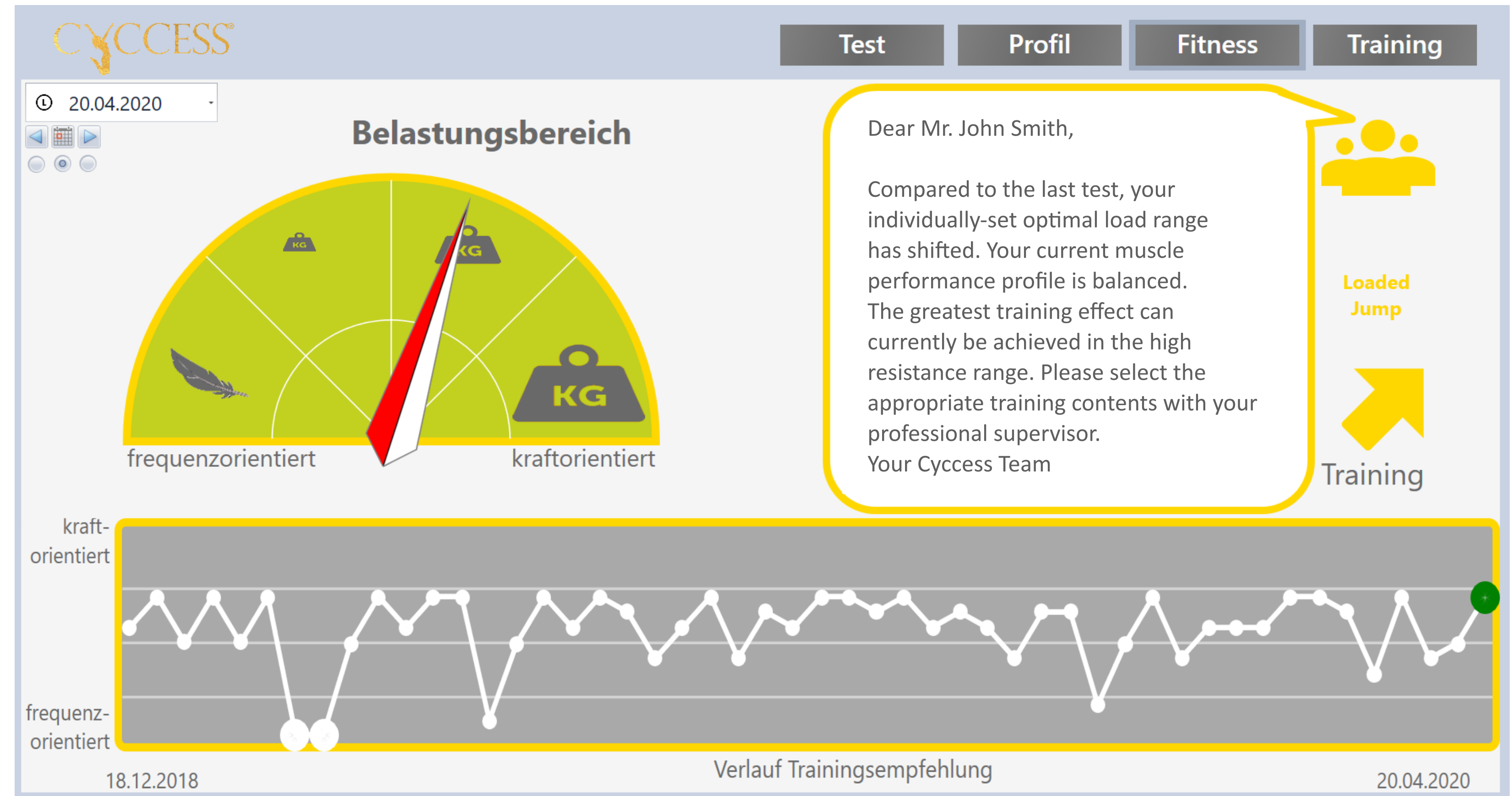
Measured load capacity

The right
load amount

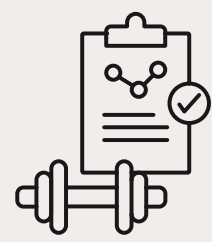


Measured load range

Individual potential

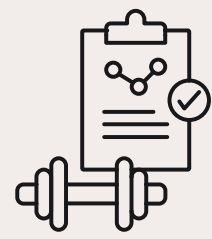


Fitness view in the Cycccess® software



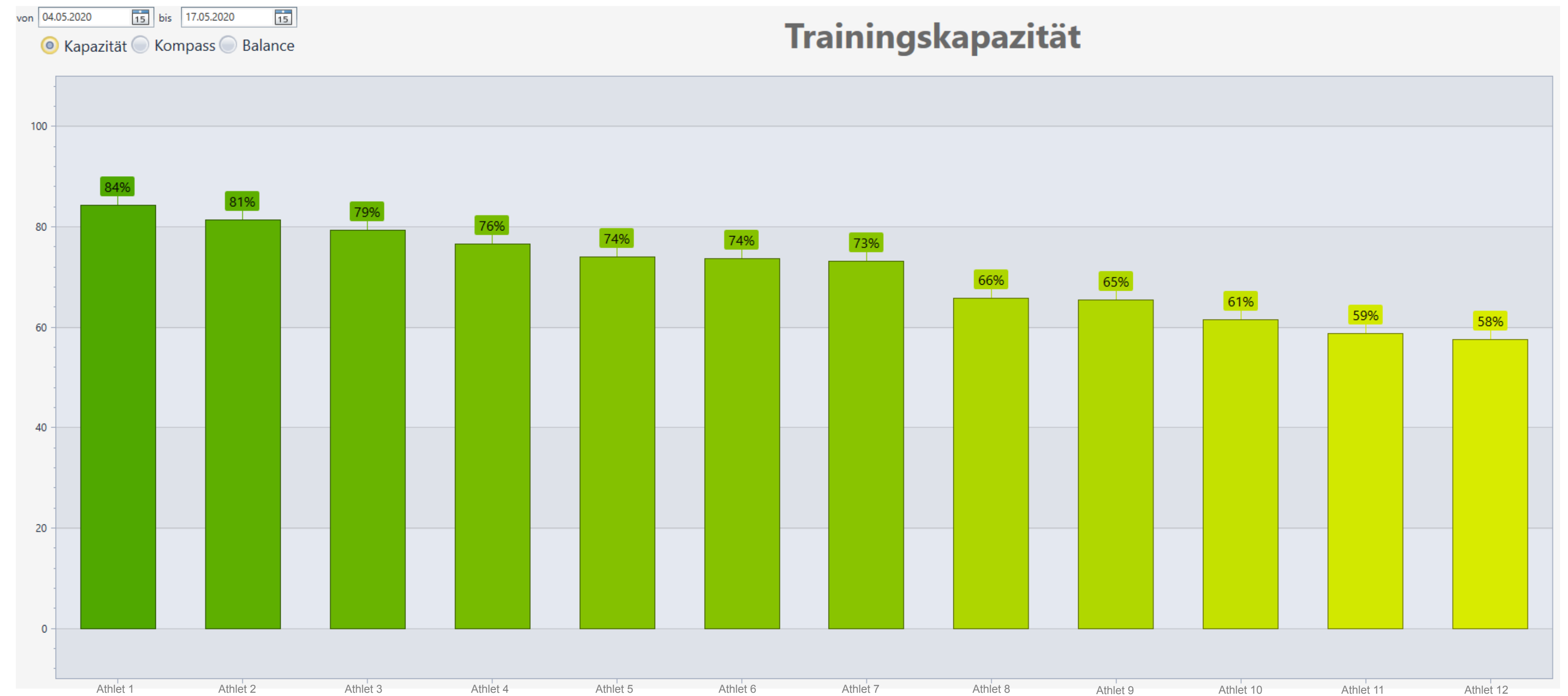
Balance graphic in the Cycccess® software

**Measured
imbalance**
Movement quality

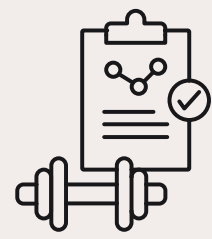


Overview – Group Profile

Maximum team
performance

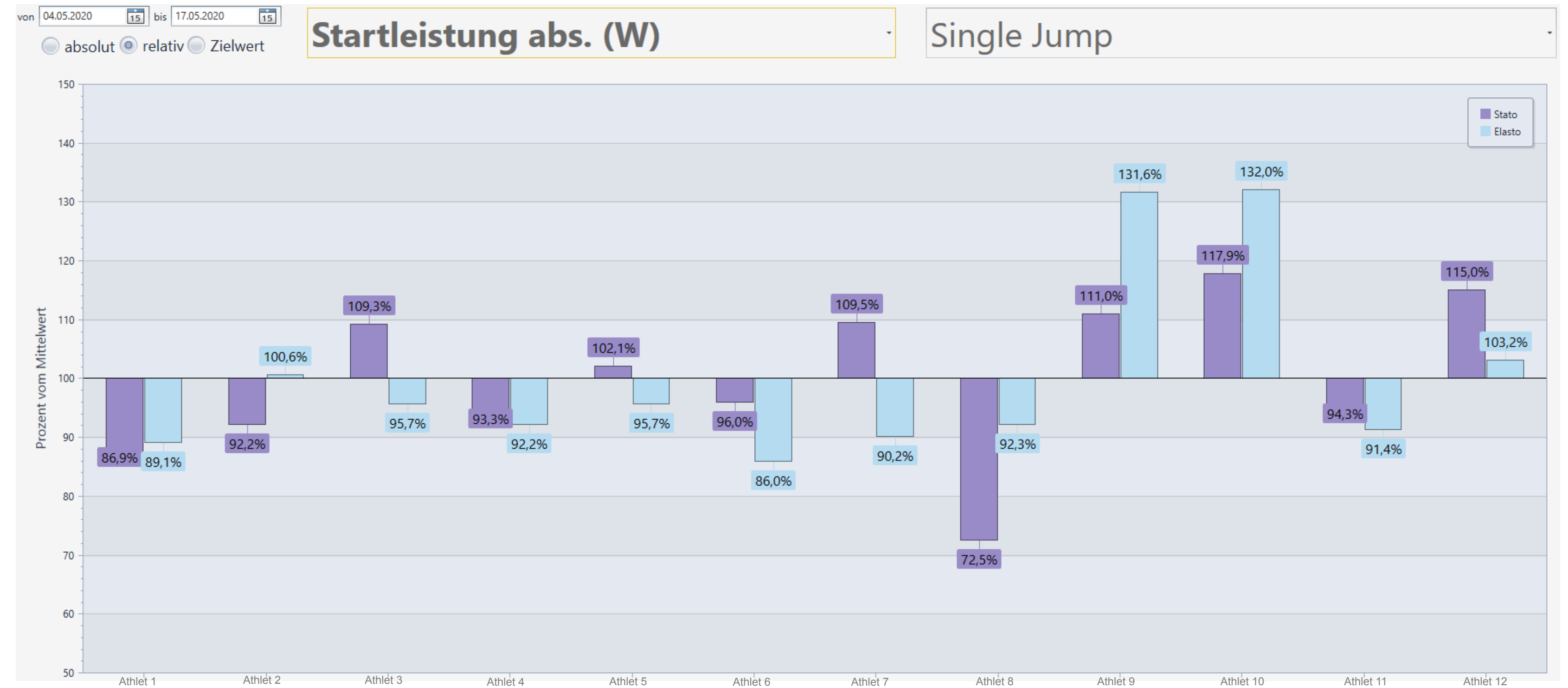


Group profile in the Cyccess® software



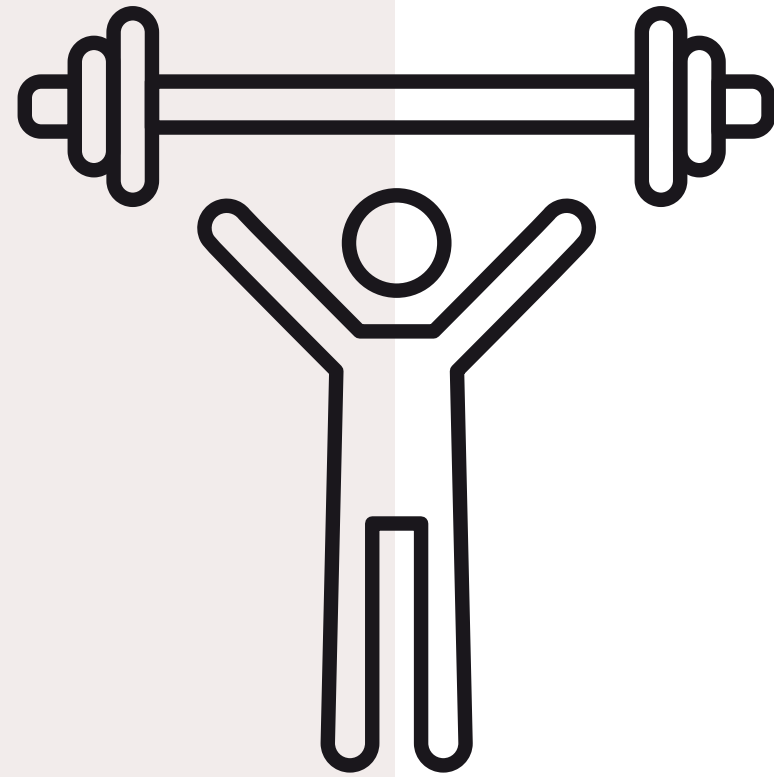
Overview – Group Profile

Coach
Assistance

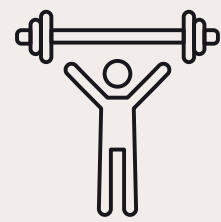


Group profile in the Cyccess® software

Performance
Control –



03 TRAINING



The screenshot displays the 'Training' view in the Cycccess software. At the top, there are navigation tabs for 'Test', 'Profil', 'Fitness', and 'Training'. The main header shows the 'Wochenplan: 13. - 19.04.2020' and the category 'Entwicklung - Aufbau1'. The training plan is organized by day, with each day's entry showing the training type (TE), specific exercises, duration, and workload (WE). A yellow callout box provides a personalized message to 'Max' summarizing the weekly schedule: 7 TUUs (23 exercises) totaling 8.2 WUs, with a breakdown of 63% strength (59 sets, 301 repetitions), 15% endurance (60 min), and 12% speed (12 sets, 180 sec). Below the callout, a 'Trainingsverlauf pro Woche mit Soll- Istdifferenz' table compares the planned workload for weeks 14, 15, and 16 against the actual workload, showing a 'Kategorieabweichung!' for week 14. The interface also includes a 'Loaded Jump' icon and a warning message about plan updates.

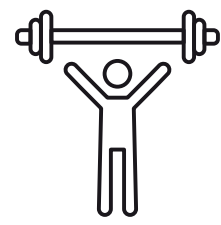
Day	TE	Exercises	Duration	WE
Mo. 13.	Kraft	"Kmax 1a Block" 4 Übungen	75 WH	1,3WE
Di. 14.	Schnelligk.	"S_lak1 spez." 2 Übungen	180 Sek.	1,0WE
Mi. 15.	Ausdauer	"A-GB" 1 Übungen	60 min	1,2WE
Do. 16.	A.G.T.	"Rumpf Ball" 5 Übungen	300 WH	0,8WE
Do. 16.	A.G.T.	"Slackline" 1 Übungen	24 WH	0,1WE
Fr. 17.	Kraft	"Kpot+ 6b" 5 Übungen	180 WH VA! 169%	3,0WE
Sa. 18.	Kraft	"SK/S 2a" 5 Übungen	46 WH	0,9WE
So. 19.				

KW 14: 06. - 12.04.2020		KW 15: 13. - 19.04.2020		KW 16: 20. - 26.04.2020	
EP: W 1/2	Soll 100% Test +10%	EP: W 2/2	Soll 100% Test +10%	EP: W 1/4	Soll 100% Tes
Ist 6,5 WE	Diff. -0,6 WE	Ist 8,2 WE	Diff. 1,0 WE	Ist 8,3 WE	Diff. 1,0 WE

Training view in the Cycccess® software

Intuitive training tool

Planning
Documentation
Analysis



Automatic training plan

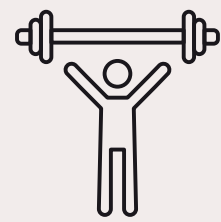
Calculation of a 4-week plan.

Continuous adjustment
after each test.

Manual revision possible.

The screenshot shows the 'Trainingskonfiguration' window for 'Max Mustermann, letzter Test: 12.02.2020'. It features two main panels: 'Kategorieverteilung' and 'Werteinheitvorgaben'. The 'Kategorieverteilung' panel includes sliders for 'Kraft' (30), 'Kraft-ausdauer' (40), 'Ausdauer' (20), and 'AGT' (10), with a 'Zielauswahl' dropdown set to 'Fitness'. Below these are options for 'Motorik' (neutral), 'Trainingslevel' (Fortgeschritten), checkboxes for 'Funktion Knie eingeschränkt' and 'Funktion Rücken eingeschränkt', and a 'Maximalpuls' input set to 0. The 'Werteinheitvorgaben' panel has a slider for 'Profi (tägliches Training)' and 'Anfänger (1 training pro Woche)' with a value of 6.5. At the bottom, 'Trainingstage' are selected for Montag, Mittwoch, and Freitag. Buttons for 'Abbruch' and 'Speichern und aktualisieren' are at the bottom right.

Plan settings in the Cycccess® software



The screenshot displays the Cycccess software interface with the following training units:

- TE: Kraftausd. "60 Sek.-Zirkel - KAfm" 8 Übungen 480 WH 1,0WE**
 - Rad**: 2 x 60 WH, Belastungsbereich mittel, Last Ausdauer.
 - Brustpresse**: 2 x 30 WH, Belastungsbereich mittel, Last Rücken liegt an, Griffe Höhe Brust-Daumenlänge.
 - Rückenstrecker**: 2 x 30 WH, Belastungsbereich mittel, Last Polster höhe Schulterblätter, Oberkörper vorne.
 - Beinbeuger Curl**: 2 x 30 WH.
- TE: Ausdauer "A-GB" 1 Übungen 45 min Dauer: 45 min 0,9WE**
- TE: Ausdauer "A-Intervall GB/ÜB/SB" 9 Übungen 40 min Dauer: 40 min 0,9WE**
- Cardio** (4 units):
 - 10 Min., GB 60-70%, Belastungsbereich -.
 - 3 Min., ÜB 70-80%HF, Belastungsbereich -.
 - 5 Min., GB 60-70%, Belastungsbereich -.
 - 3 Min., GB 60-70%, Belastungsbereich -.
- TE: Kraft "Beine/Rumpf1 - Kpot+" 8 Übungen 156 WH 2,0WE**
- TE: Kraft "Beine/Schultern1 - Kpot" 8 Übungen 186 WH 1,5WE**
- Strength Training** (4 units):
 - Frontkniebeuge tief**: 3 x 10 WH, Belastungsbereich K.p.t., Last Beugen bis Oberschenkel knapp unter.
 - Ausfallschritt-KB LH**: 3 x 10 WH, Belastungsbereich K.p.t., Last Schrittlstellung, nach vorne über Zehen beugen.
 - Kreuzheben gestreckt KH**: 3 x 10 WH, Belastungsbereich K.p.t., Last Hantel mit gestreckten Armen neben Körper.
 - Beinstrecker einbeir**: 3 x 10 WH.

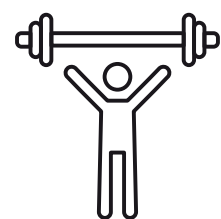
Predefined training units in the Cycccess® software

Sports-specific training catalogues

Special training units for each target group.

Created by experts as extendable templates.

All contents parameterised for analysis and documentation.















Optimal contents

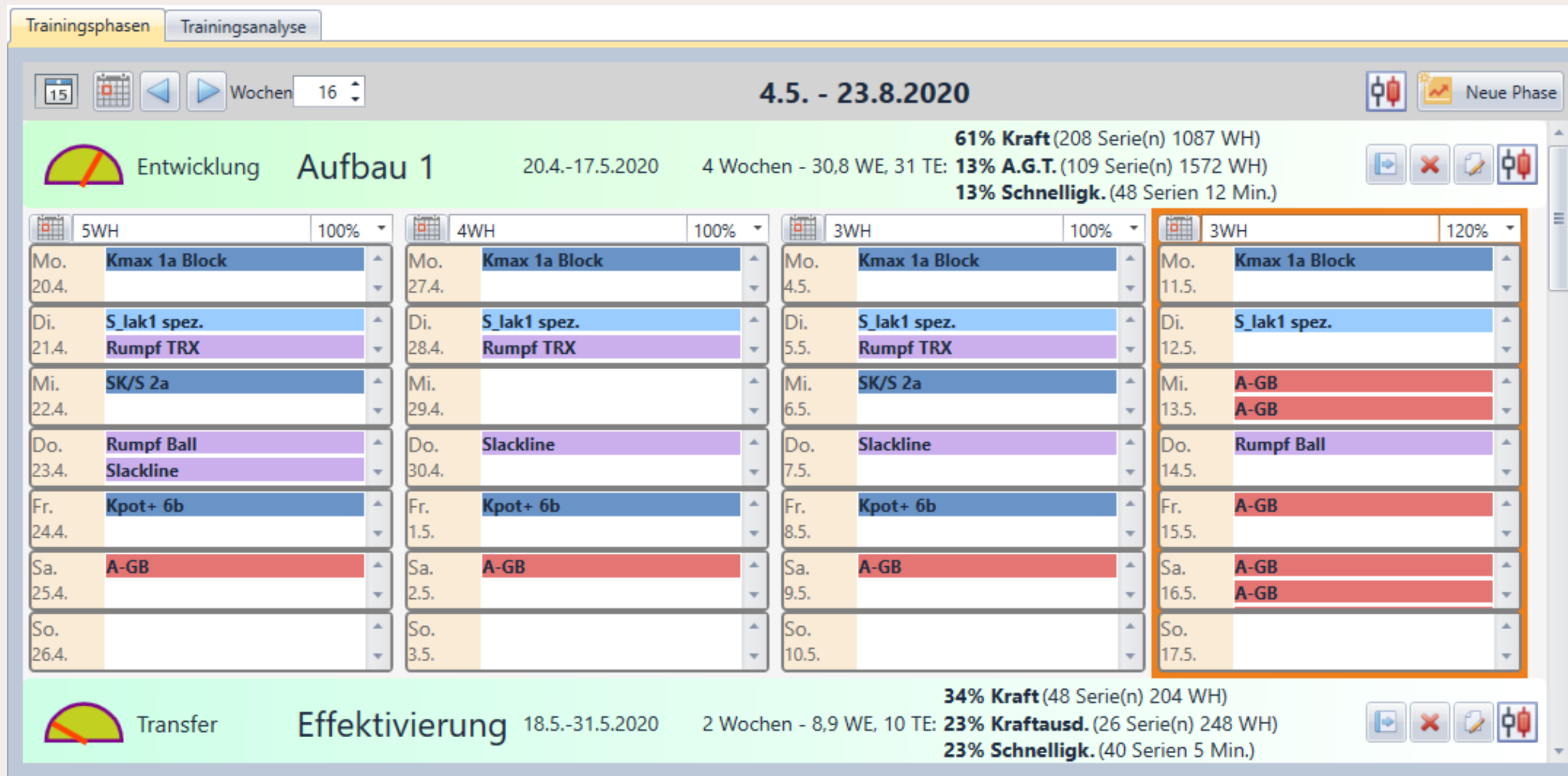
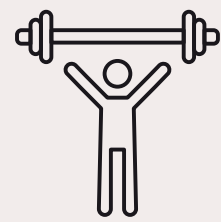
More than 500 selected exercises.

3D animated videos.

Categorised by load range, motor function, device, execution.

Biceps Curl sitzend Serie(n) 3 X 12 WH  Belastungsbereich: K Basis Last: - Schulterbreiter Untergriff, aufrecht sitzend, Oberarm am Körper halten	Brust Serie(n) 3 X 10 WH  Belastungsbereich: Bew Last: -	Brustpresse Serie(n) 2 X 60 WH  Belastungsbereich: Afm Last: - Rücken liegt an, Griffe Höhe Brust-Daumenlänge, Schultern tief
Brustpresse Serie(n) 3 X 12 WH  Belastungsbereich: K Basis Last: - Rücken liegt an, Griffe Höhe Brust-Daumenlänge, Schultern tief	Burpees KH Serie(n) 2 X 60 WH  Belastungsbereich: KAuf Last: - Aus dem Stand nach unten gehen, Hände absetzen, Beine nach hinten springen	Butterfly stehend Serie(n) 3 X 12 WH  Belastungsbereich: K Basis Last: - Leichter Ausfallschritt, Schultern senken, Griffe nehmen
Butterfly liegend Serie(n) 3 X 12 WH  Belastungsbereich: K Basis Last: - Rückenlage Bank, Seilzug Schulterhöhe greifen, Handfläche zeigt nach oben.	Butterfly Maschine Serie(n) 3 X 12 WH  Belastungsbereich: K Basis Last: -	Butterfly Seil Serie(n) 2 X 60 WH  Belastungsbereich: KAuf Last: - Schlaufe mit Armen vor dem Körper halten, Ellbogen leicht gebeugt, Körper
Butterfly von unten Serie(n) 3 X 12 WH  Belastungsbereich: K Basis Last: - Schulterbreiter Stand, Arme sind am Körper leicht gebeugt, Schultern senken	Bicycle Crunch Serie(n) 3 X 15 WH  Belastungsbereich: Stab Last: -	Cardio 90 Min.  Belastungsbereich: GB 60-70% Last: - Laufband, Stepper, Radergo

Exercise catalogue in the Cycccess® software



Training – planning overview

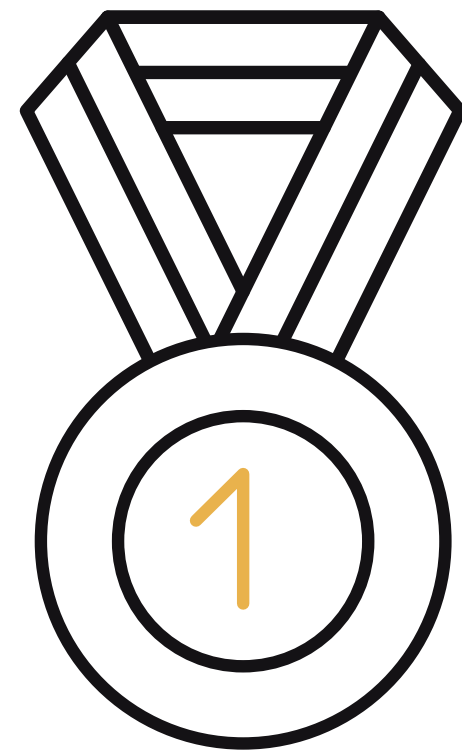
Medium- and long-term
planning overview.

All the targets in view.

Phase planning in the Cyccess® software

Your comfort with the Cyccess® software.

- Windows 10+
- Server database optional
- Auto-update
- Personal ID licence
- User administration
(coach, athlete, admin)
- Training catalogues can be
customised and extended
- Target values for sport groups



Are you ready?



CYCCCESS[®]



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