CYCCESS®

Cyccess – Cybernetics for your success

Goal

Monitoring athletes' training, competition and recovery leads to best performance and injury prevention!

Philosophy

The key of the system is to determine the optimal training load that the neuromuscular system can tolerate – **to develop the highest possible performance.** Cyccess scientifically analyses the resistance of the neuromuscular system and determines the existing load resistance respectively training capacity.

Technology

Cyccess means combining science, technology and experience in sports, in order to achieve the best results. Specifically developed **force plates** and a highly specialised **software** are used to measure muscle performance and movement quality. From this, the load resistance of the neuromuscular system and perfectly adapted training are calculated fully automatically – to achieve top performance in competition.

Physiology

Our method is based on repeated performance measurements during standardised jumps. The nerve-muscular system is loaded differently in each case due to different forms of jumping. The precise sensors of the force plates record the finest differences with approx. 100 parameters per jump. This enables an immediate evaluation of the physical state of recovery or the existing resistance to stress.

History

Over the past 20 years, the founders of Cyccess have developed the most precise measuring system for monitoring the reaction to training programmes of top athletes (e.g. Austrian Ski Team etc.). The aim of the development was absolute reliability, a clear and automated interpretation of the data and a simple, mobile applicability of the system. The cooperation of physiologists, sports specialists and mechatronic engineers led to CYCCESS.

Application

A highly reliable system for all sports. It enables safe training, tailored to the individual athlete, for best results. No more experimentation and training errors! **CYCCESS calculates the optimal training load from the collected data according to health and performance development.** The system reliably warns of changes in physical resilience – neuromuscular, immunological, psychological – in order to optimally adapt the training load. **Find your performance limit!**

Advantages of the certified system:

- Absolute peak performance
- Lowest risk of injury
- Maximum safety of training load
- Best results in rehabilitation

Train less, but much more effectively!

Reach your limits and win!