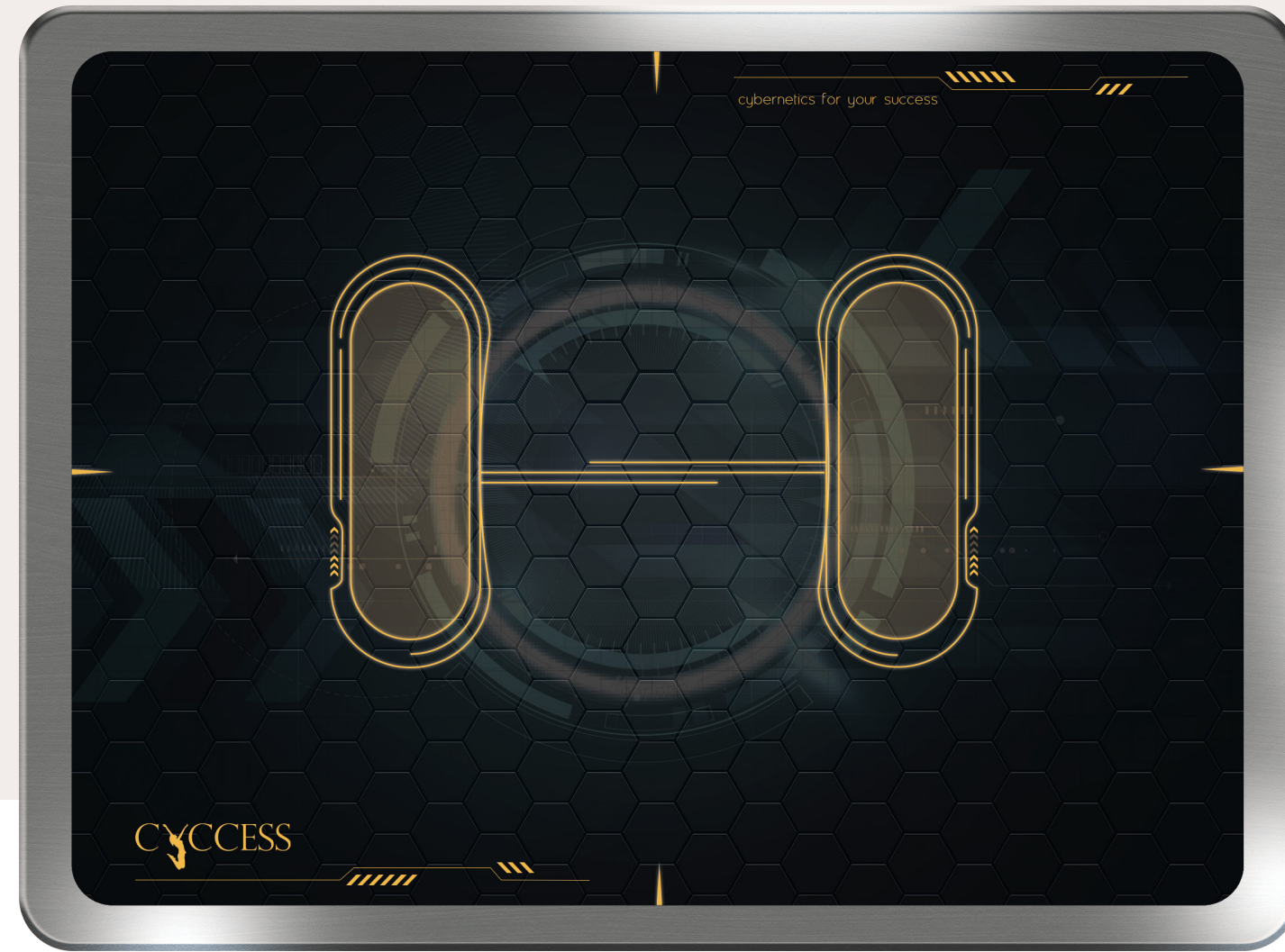


CYOCCESS[®]

Success in professional sports





The most reliable training system ever.



**With CYCESS we have
created a unique
measurement technology.**

Through targeted performance control, athletes of all disciplines achieve top performance.

At the same time, our system ensures the responsible use of human resources. **This opens up a new dimension in sport.**



**Absolute top
performance.**



Highest-
possible
health
stability.



Right on time.

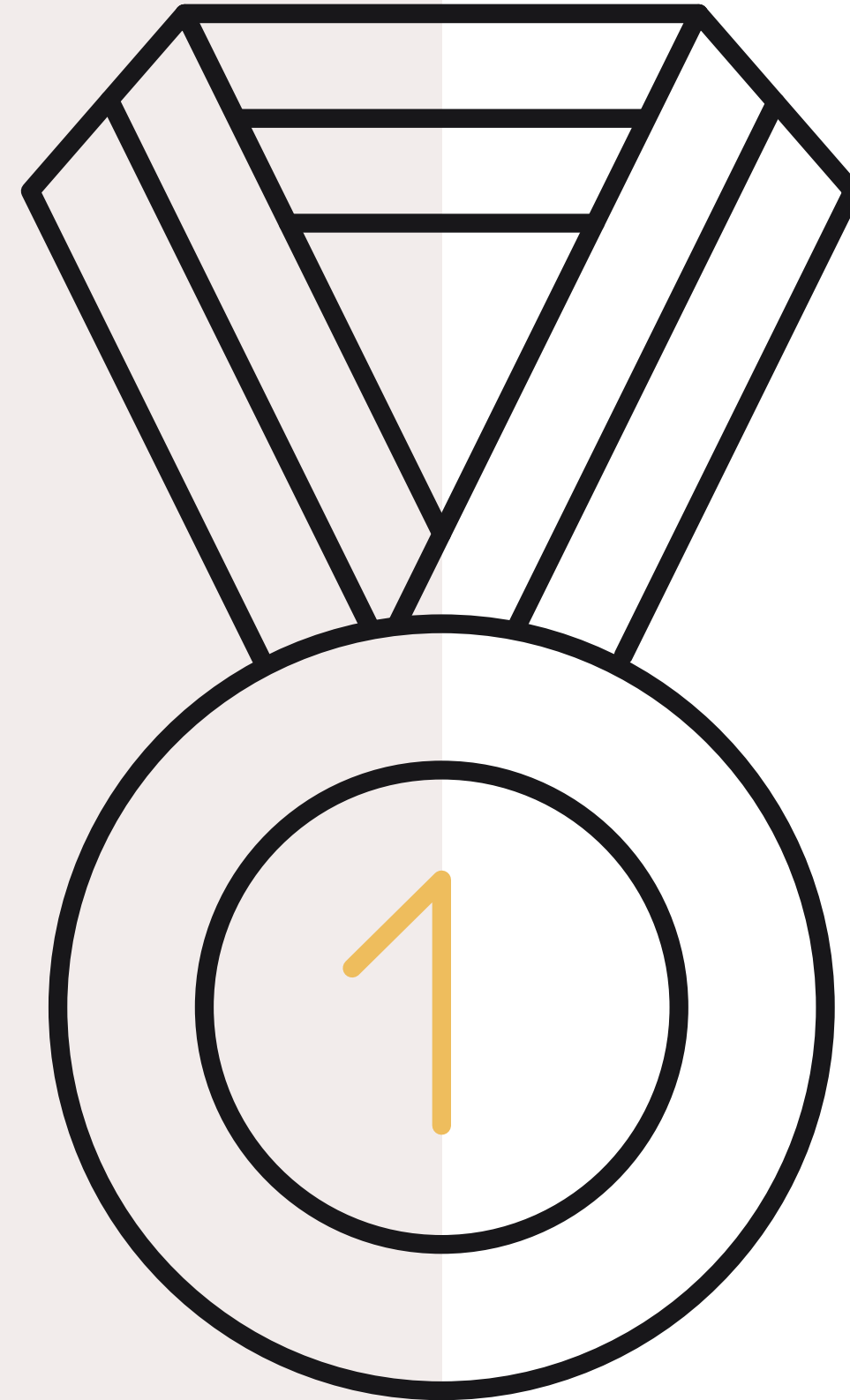


Performance Control — the key to success

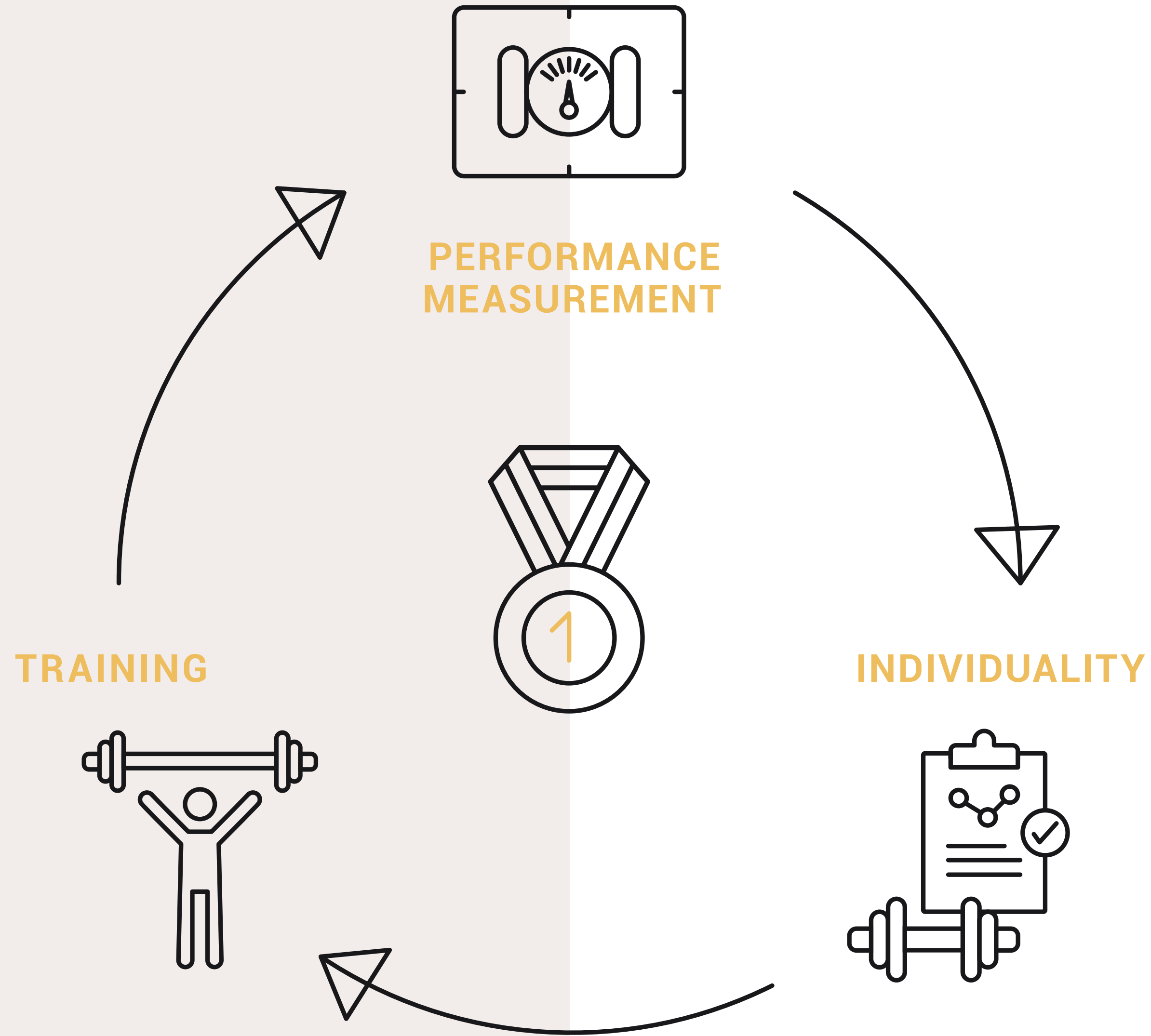
Performance

Control –

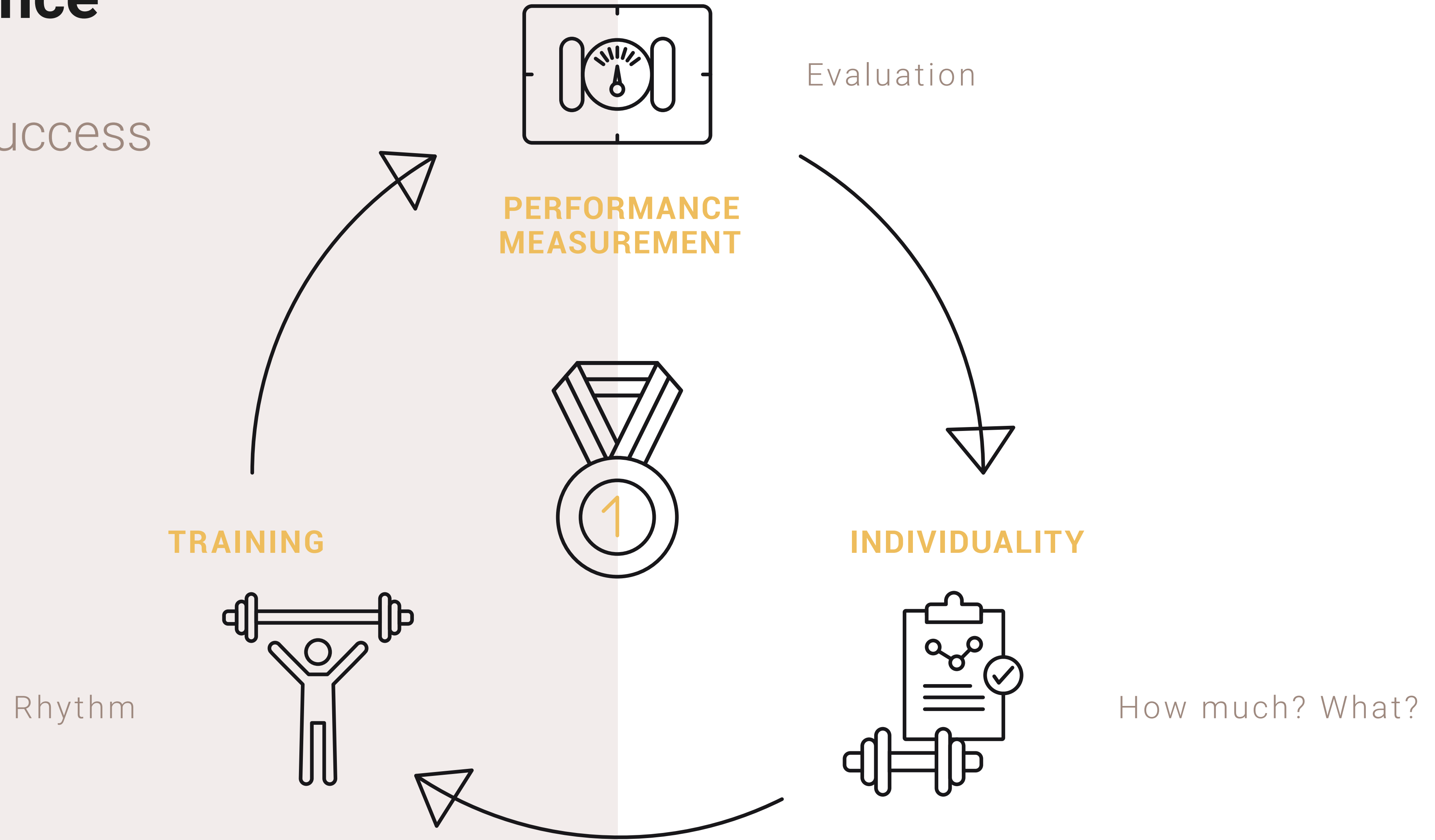
the key to success

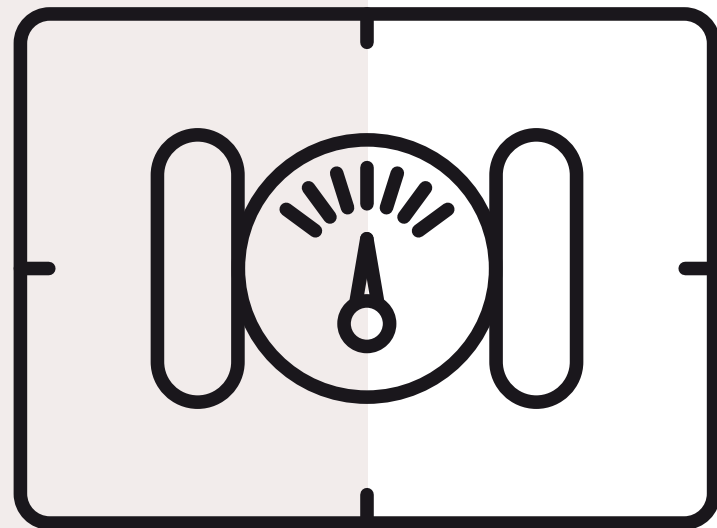


Performance Control – the key to success



Performance Control – the key to success





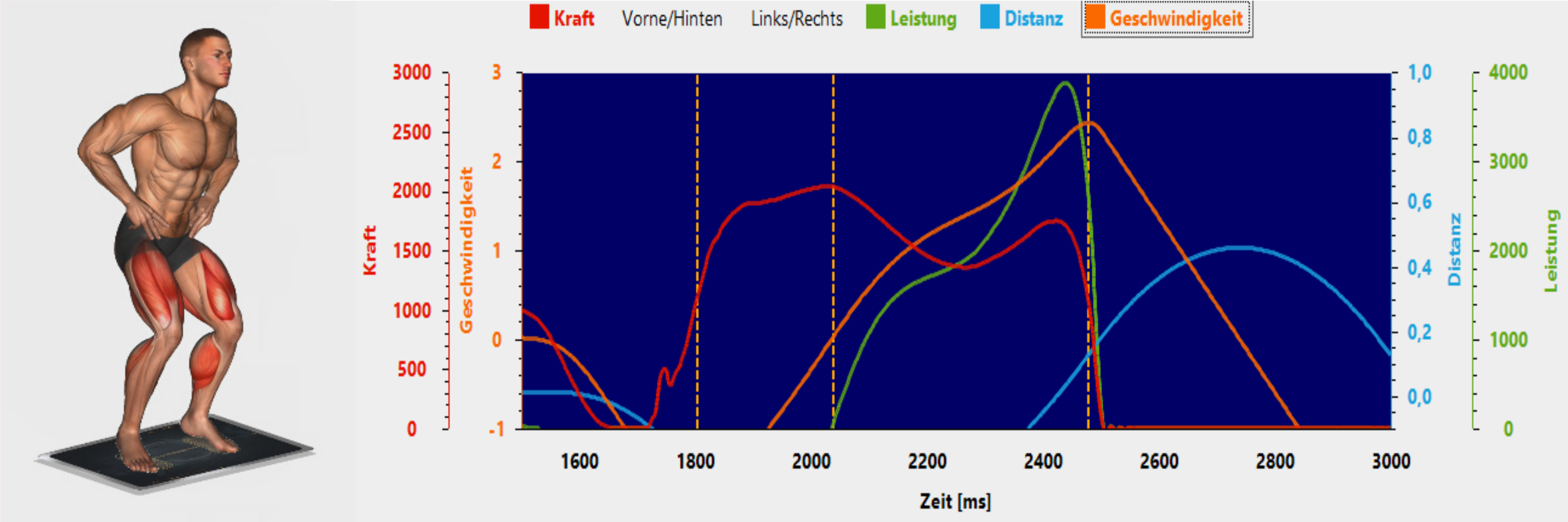
HIGH-PRECISION PERFORMANCE MEASUREMENT

- Safety through measurement – convinced athletes
- Current performance – controlling
- 1 test design for all sports
- Simple test execution, mobile use also possible

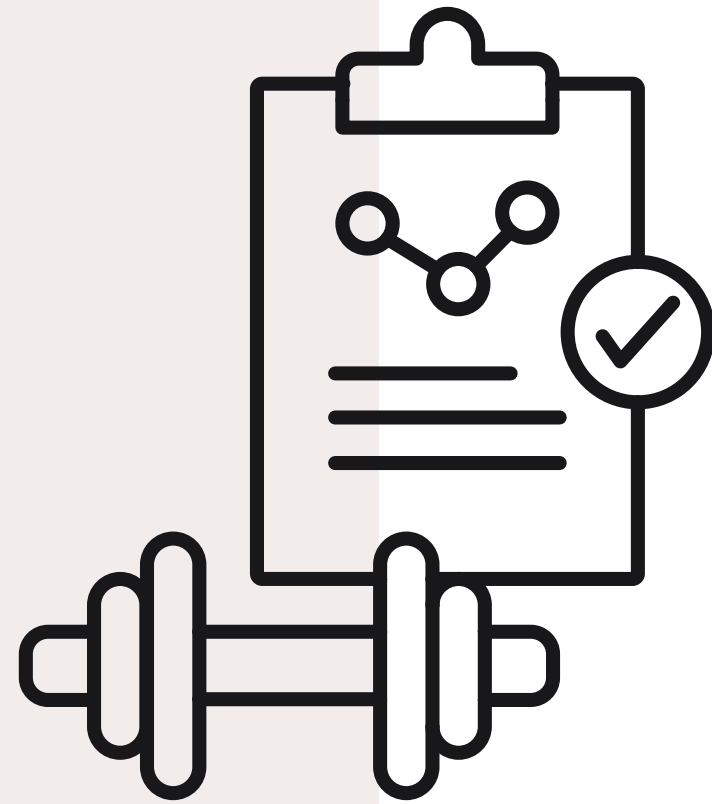
Performance
Control –

01

HIGH-PRECISION
PERFORMANCE MEASUREMENT



Measurement graphic in the Cyccess® software



MAXIMUM INDIVIDUALITY

- Recognising potential – every person is unique
- Measured load capacity – the right amount
- Calculated training plan with optimal content
- Highly sensitive control of the total load

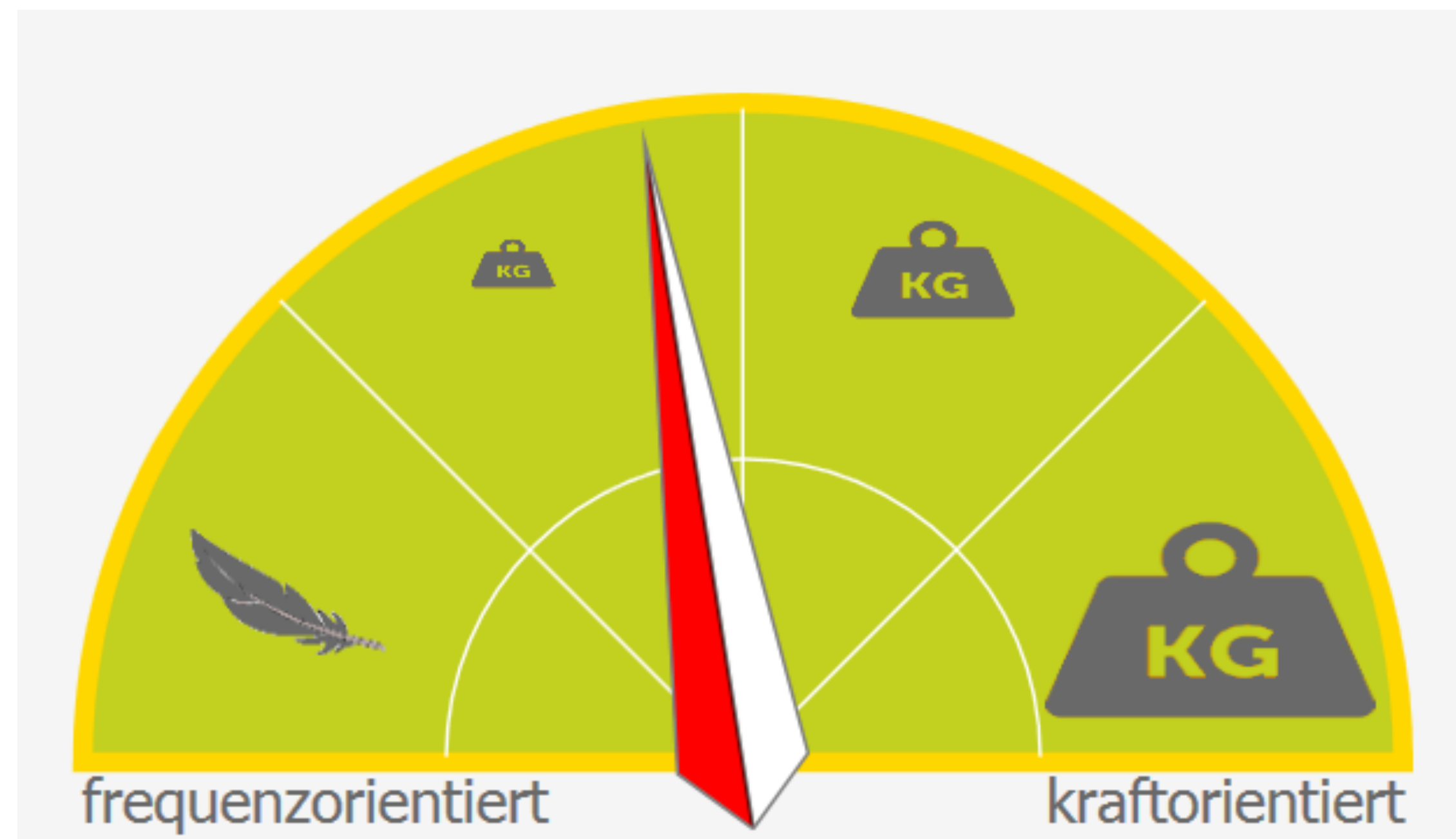
Performance
Control –

02

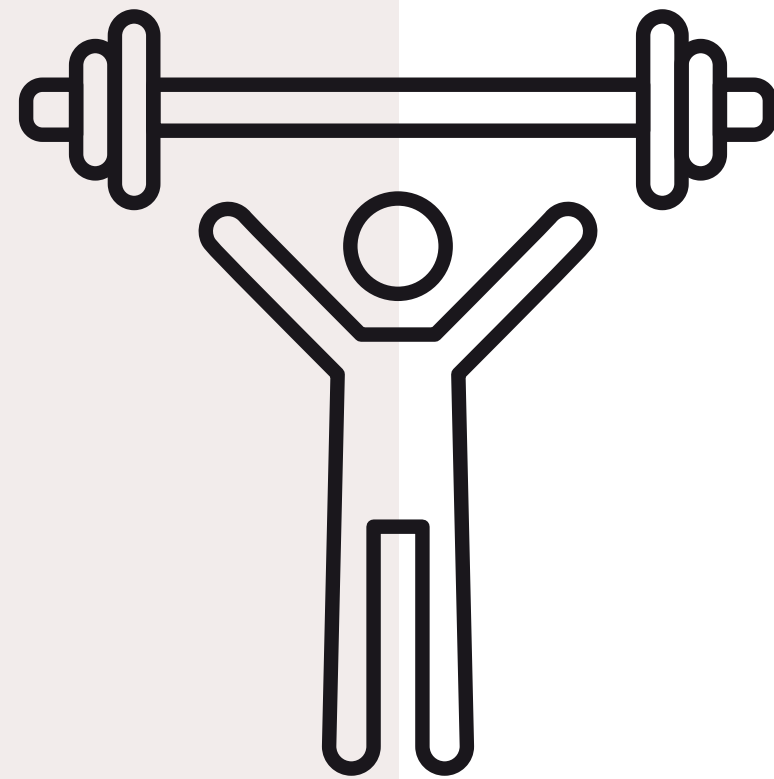
MAXIMUM
INDIVIDUALITY



Training capacity in the Cyccess® software



Training compass in the Cyccess® software



INTUITIVE TRAINING TOOL

- The best exercises categorised and evaluated
- Sports-specific training catalogues can be expanded at will
- Easy to understand for athletes
- Planning, analysis and documentation in one

Performance
Control –
03

INTUITIVE TRAINING TOOL

Wochenplan: 13. - 19.04.2020

Entwicklung - Aufbau1

Mo. 13. TE: Kraft "Kmax 1a Block" 4 Übungen 75 WH 1,3WE

Beuger Serie(n) 2 x 6 Last Maschine, Theraband...	Frontkniebeuge tief Serie(n) 7 x 5 Last 100 Beugen bis Oberschenkel knapp unter	Kniebeuge Sumo LH Serie(n) 2 x 5 Last 100 Breiter Stand, Knie bleiben über den Zehen!	Kreuzhebe Serie(n)
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Di. 14. TE: Schnelligk. "S_lak1 spez." 2 Übungen 180 Sek. 1,0WE

TE: A.G.T. "Rumpf TRX" 10 Übungen 300 WH 0,8WE

Mi. 15. TE: Mischkategorie "A-GB" 3 Kategorien VA! 52% 0,9WE

Cardio 20 Min. GB 60-70% 140 H Laufband, Stepper, Radergo	Ausfallschritt-KB LH Serie(n) 3 x 6 Last Schrittstellung, nach vorne über Zehen beugen.	Hüftbrücke Serie(n) 2 x 6 Last gestreckte Beine, Ellbogen zum Boden	Kniebeuge Serie(n)
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Do. 16. TE: A.G.T. "Rumpf Ball" 5 Übungen 300 WH 0,8WE

TE: A.G.T. "Slackline" 1 Übungen 24 WH 0,1WE

Fr. 17. TE: Kraft "Kpot+ 6b" 5 Übungen 180 WH VA! 169% 3,0WE

Dear Max,
Your individual weekly schedule consists of:

- 8 TUs (36 exercises) - total 8.7 WUs
- 53% strength:
52 set(s) 267 repetitions
- 19% cardio machine training:
43 set(s) 624 repetitions
- 11% speed:
12 sets 180 sec.

Your personal Cycccess coach

Loaded Jump

Plan aktualisieren wird in der Vergangenheit nicht unterstützt
letzter Test 12.02.2020

Trainingsverlauf pro Woche mit Soll- Istdifferenz

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% Test +10%
Ist 6,5 WE Diff. -0,6 WE	Ist 8,7 WE Diff. 1,5 WE	Ist 8,3 WE Diff. 1,4 WE
Kategorieabweichung!		

Training plan in the Cycccess® software

Enthusiastic users



Enthusiastic users



Olympic training centres.
Sports federations.

Centres of excellence.
Athletes.



**Enthusiastic
users**



Enthusiastic users



University institutes.
Training therapies.

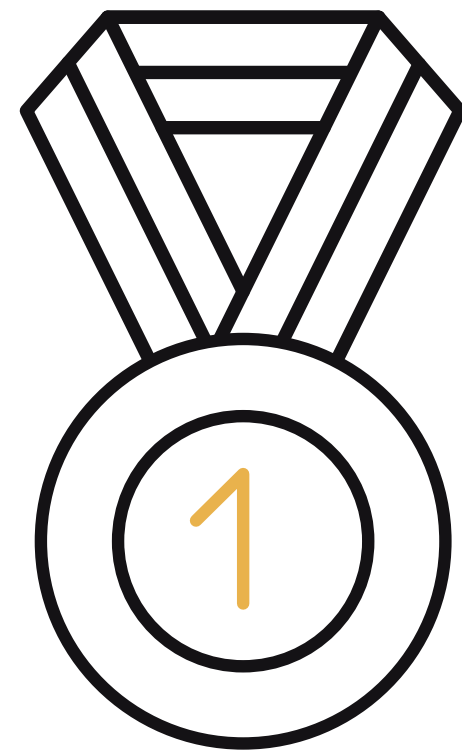


What makes it special is the unique combination of technical know-how and practical sports expertise – something that impresses us time and again!

We currently use the system to support 12 national teams."

Dr. Klaus Hübner

Head of Sport Physiology Strength at the Federal Office of Sport
Maglingen & Swiss Olympic Medical Center



Are you ready?





CYCCCESS[®]

Success in professional sports

W www.cycccess.com

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T +43 664 5421698