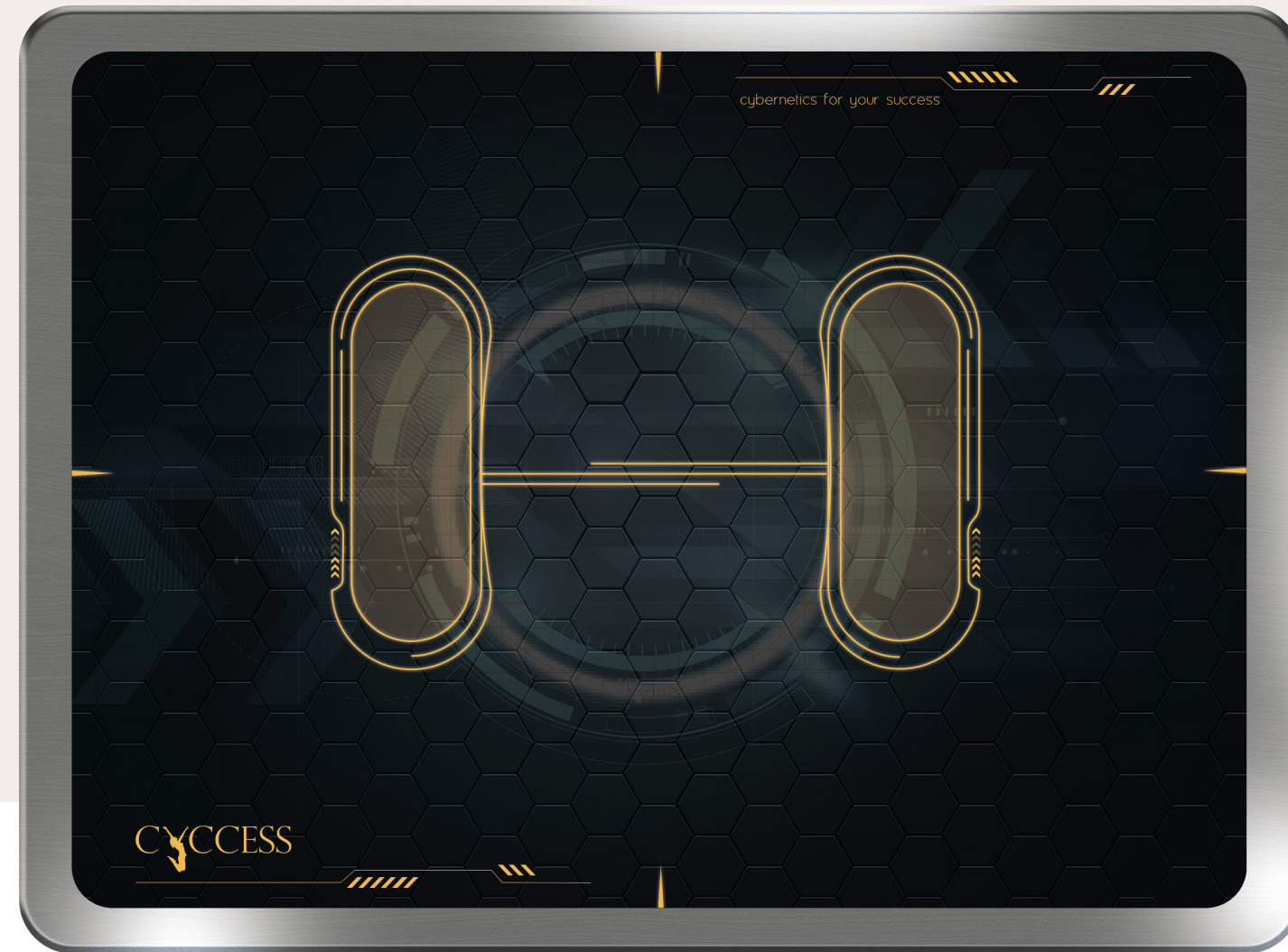


# ACCESS<sup>®</sup>

Success in professional sports





**The most reliable training system ever.**



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

Through targeted performance control, all sports teams achieve top performance.

At the same time, our system ensures stable performance and high health stability.

**This opens up a new dimension in sport.**





**Perfect  
team  
performance.**

# Maximum talent development.



**Optimal injury prevention.**



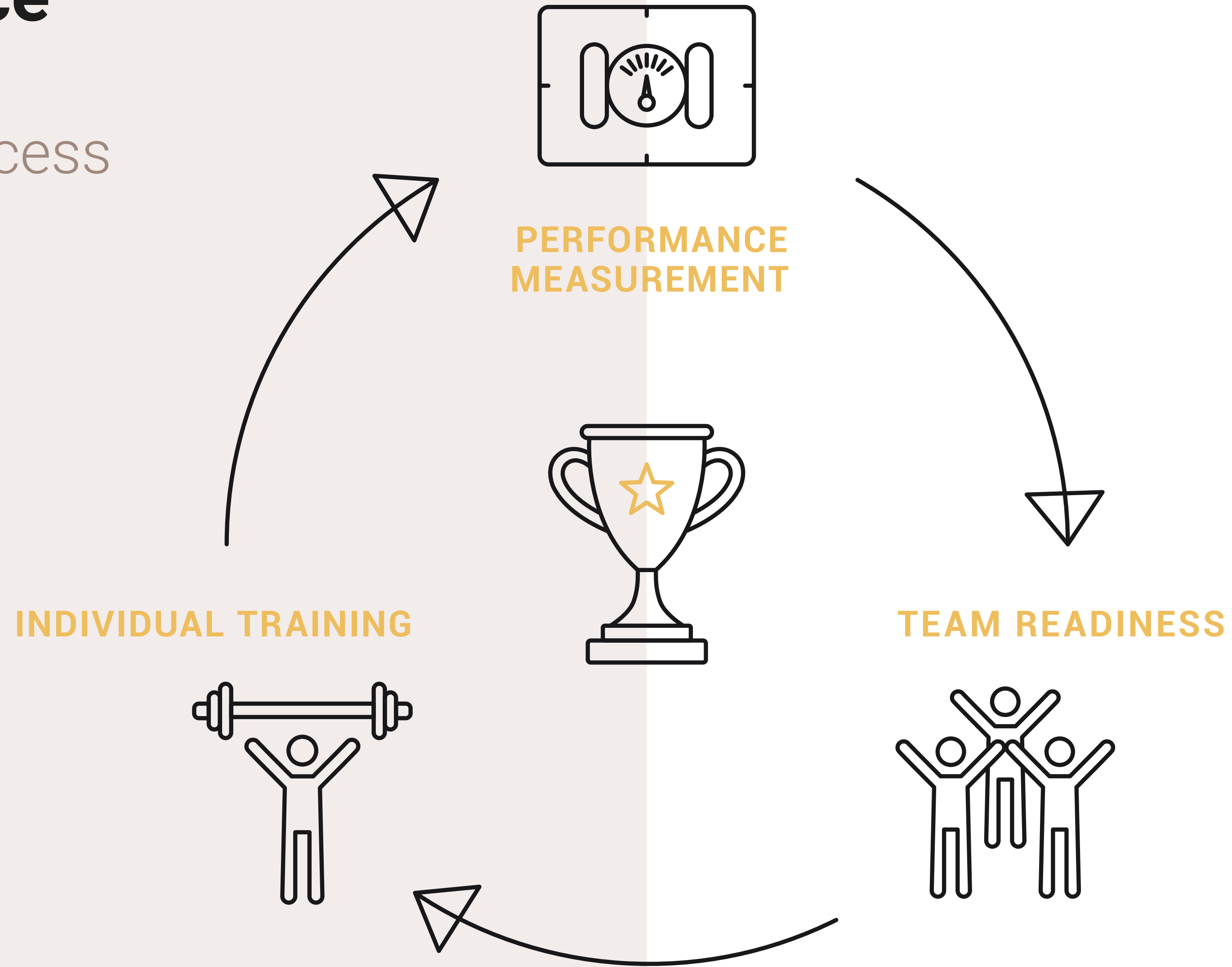
# Performance Control — the key to success



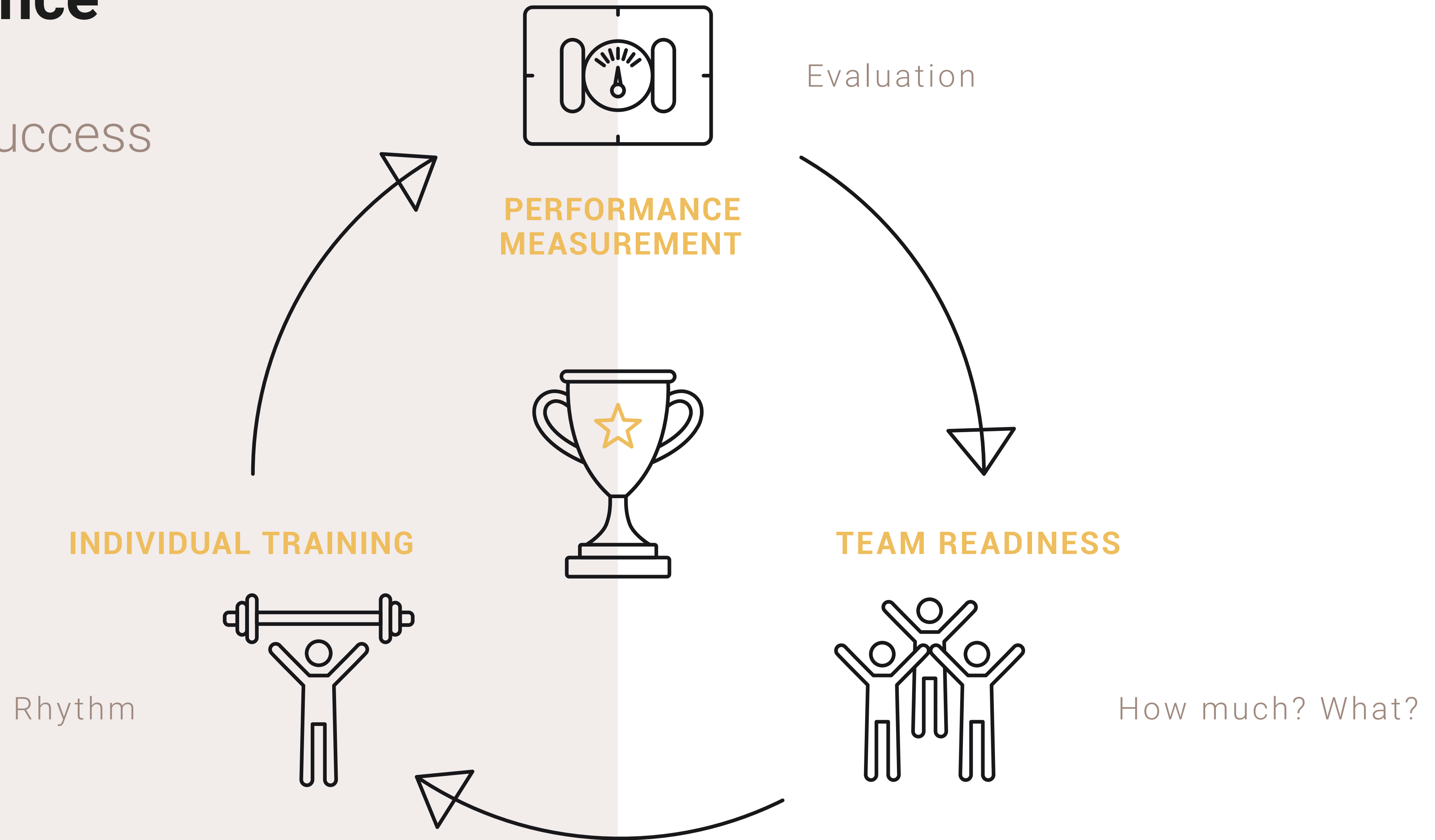
# Performance Control – the key to success

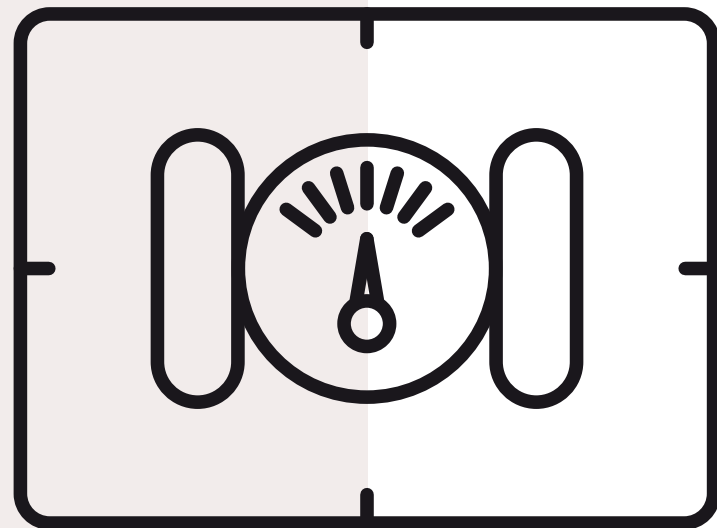


# Performance Control – the key to success



# Performance Control – the key to success





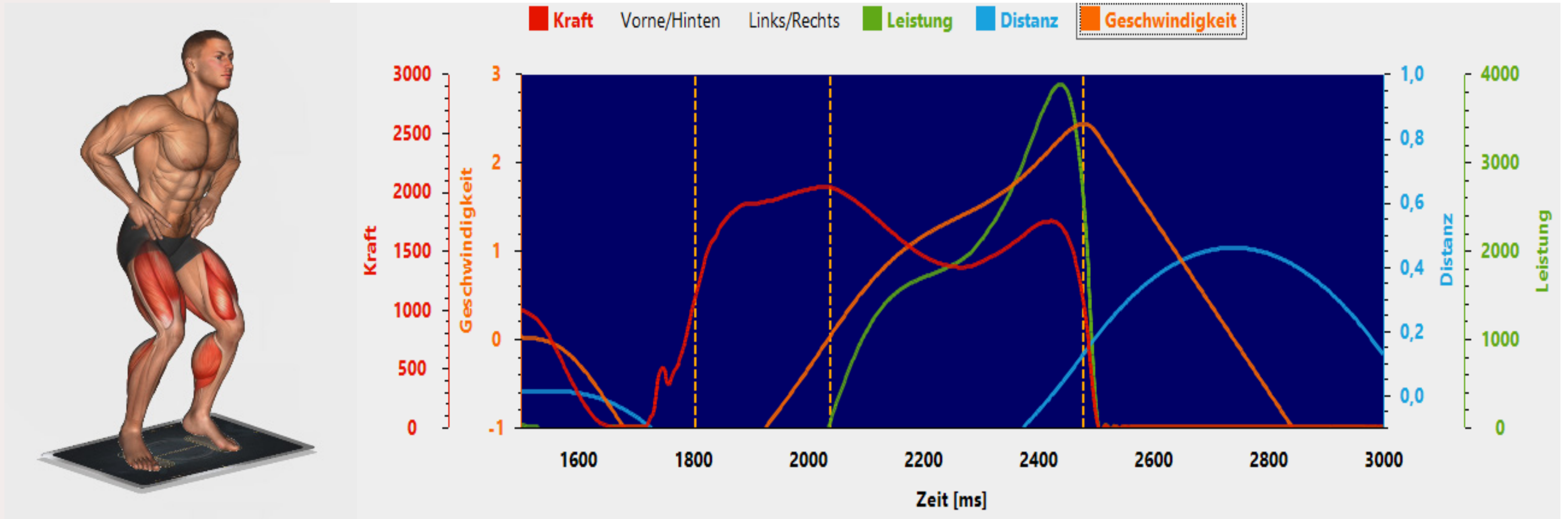
# HIGH-PRECISION PERFORMANCE MEASUREMENT

- Safety through measurement – for athletes and coaches
- Current performance – team control
- Simple test execution – immediate feedback

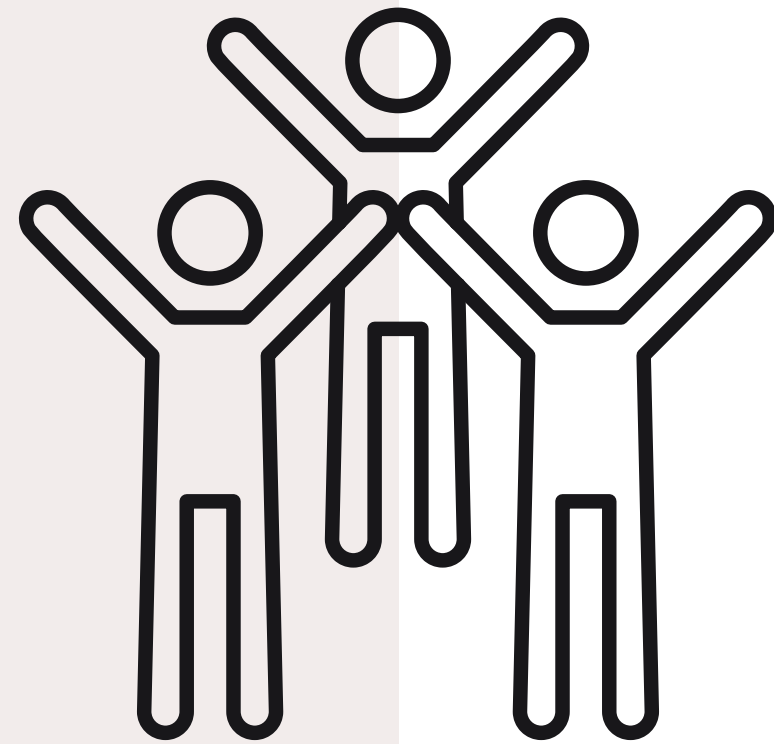
Performance  
Control –

01

# HIGH-PRECISION PERFORMANCE MEASUREMENT



Measurement graphic in the Cyccess® software

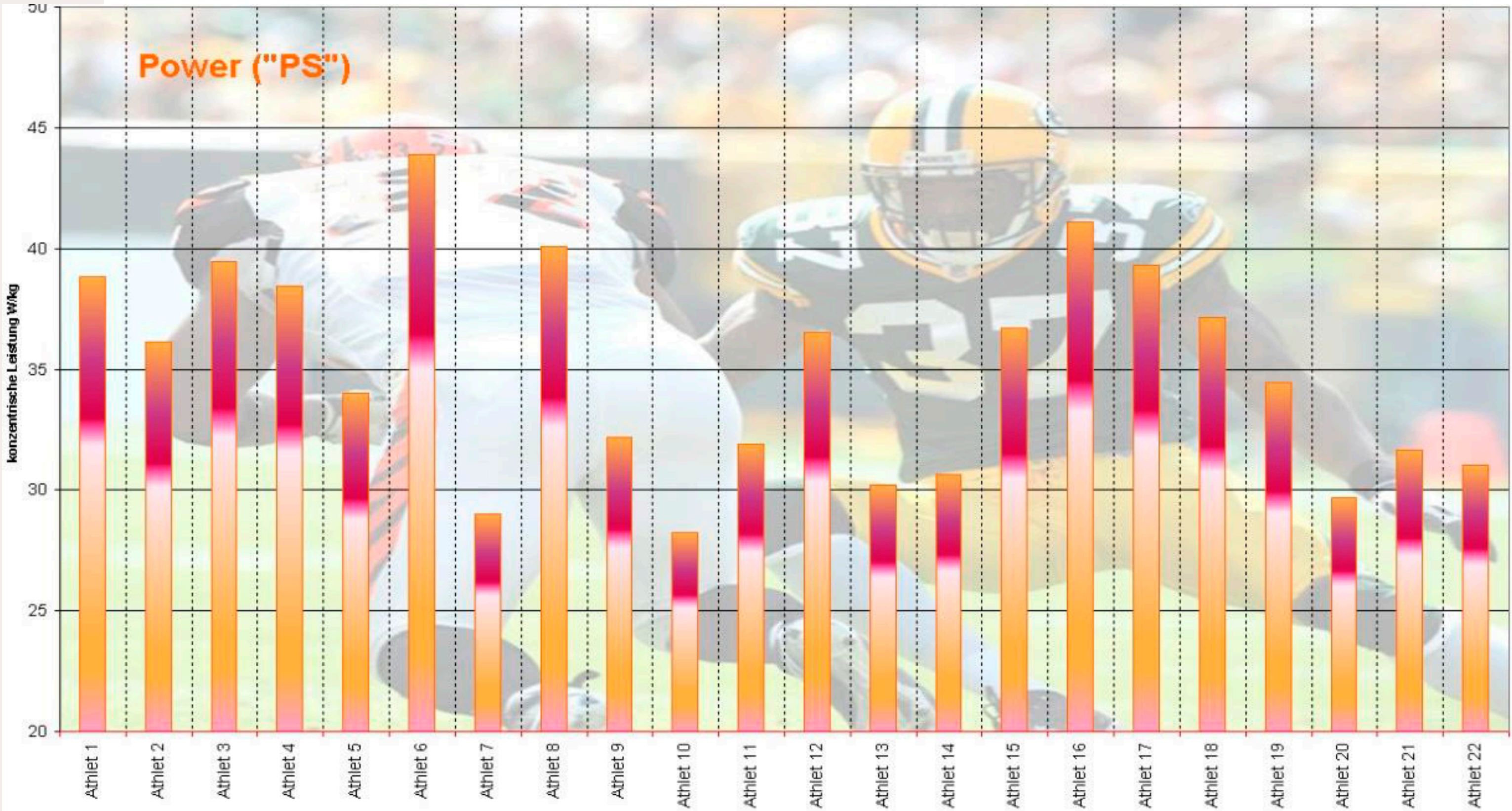


# MAXIMUM TEAM PERFORMANCE

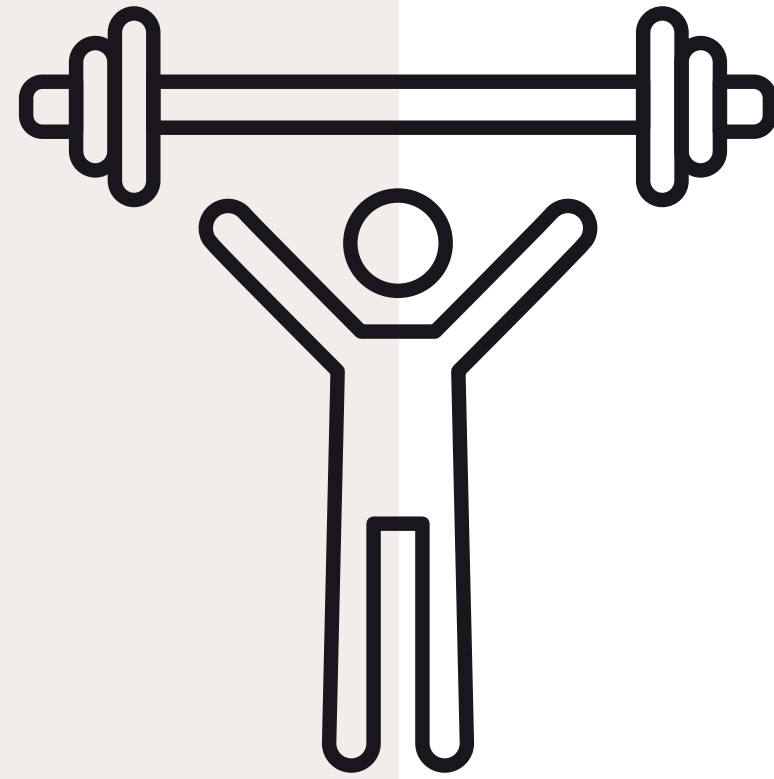
- Measured readiness – **Coach Assistance**
- Recognition of individual development potential
- Calculation of the maximum load capacity

Performance  
Control –  
02

# MAXIMUM TEAM PERFORMANCE



Team evaluation in the Cyccess® software



# INDIVIDUAL TALENT DEVELOPMENT

- Calculation of special training programmes
- Development of individual strengths
- Stable performance



Performance  
Control –

03

# INDIVIDUAL TALENT DEVELOPMENT

TE: Kraft "SK 1b" 6 Übungen 84 WH 1,2WE

<p><b>Stabilisierungsprünge</b></p> <p>Serie(n) <b>3 x 4</b> WH</p>  <p>deep jump lene hard</p> <p>Belastungsbereich: SK</p> <p>Last</p> <p>vorwärts, seitwärts, von Erhöhung auf Boden od. Matte -</p>	<p><b>Ausfallschrittsprünge KH</b></p> <p>Serie(n) <b>3 x 6</b> WH</p>  <p>Belastungsbereich: EK</p> <p><b>30kg</b></p> <p>Last</p> <p>Hüftbreiter Stand, Hantel mit gestreckten Arme</p>	<p><b>Schrittsprünge</b></p> <p>Serie(n) <b>3 x 10</b> WH</p>  <p>Belastungsbereich: SK</p> <p>Last</p> <p>weit-hoch; Arme im Nacken, Hüfte; od.</p>
<p><b>Sprungkomb. e-w-r</b></p> <p>Serie(n) <b>3 x 3</b> WH</p>  <p>elastodynamic max tension</p> <p>Belastungsbereich: SK</p> <p>Last</p> <p>elasto-weich- reaktiv</p>	<p><b>Stiegensprünge</b></p> <p>Serie(n) <b>3 x 6</b> WH</p>  <p>Belastungsbereich: SK</p> <p>Last</p> <p>sharp short high</p> <p>2kurze Stiegen, um Schwung zu holen - 3. Stiege gerade</p>	<p><b>Umsetzen</b></p> <p>Serie(n) <b>3 x 3</b> WH</p>  <p>Belastungsbereich: EK</p> <p><b>60kg</b></p> <p>Last</p> <p>Hüftbreiter Stand, Powerposition</p>

Training plan in the Cycccess® software

# Enthusiastic users



# Enthusiastic users



Clubs.  
Youth academies.  
Sports federations.

Sports academies.  
Players.

**Enthusiastic  
users**



**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?**





# CYCESS<sup>®</sup>

Success in professional sports

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