



SPORTSFREQ

stay CLEAN – improve PERFORMANCE

RESULTS

1st team professional football players results

Report on test study including results from the use of SportsFREQ.



SPORTSFREQ

stay **CLEAN** – improve **PERFORMANCE**

DAY 1

TRAINING: *track and ball*

RESULTS

The results and tests have been achieved in non-scientific cooperation between a top football league club that plays internationally and their 1st team players.

Results and tests are anonymous with a summary and an average of the tests are held by performance. In this summary, there are personal results and tests that only the club has access until.

TEAM

We chose a physical training day on grass with 14 men in attendance. Two teams were chosen without knowing why. Each team consisted of 1 goalkeeper, 3 defenses and 3 attackers.

One team only received water and warm up, the other team (called SportsFREQ TEAM) got a **PROFESSIONAL PERFORMANCE Protocol for football** applied on the body, with the help of the sportsFREQ rep and two coaches. They got water and warm up. They then did normal training as before an important match.



SportsFREQ disc

14 men

2 teams

1 goalkeeper

3 defenses

3 attackers

SportsFREQ TEAM



PROFESSIONAL
PERFORMANCE
PROTOCOL

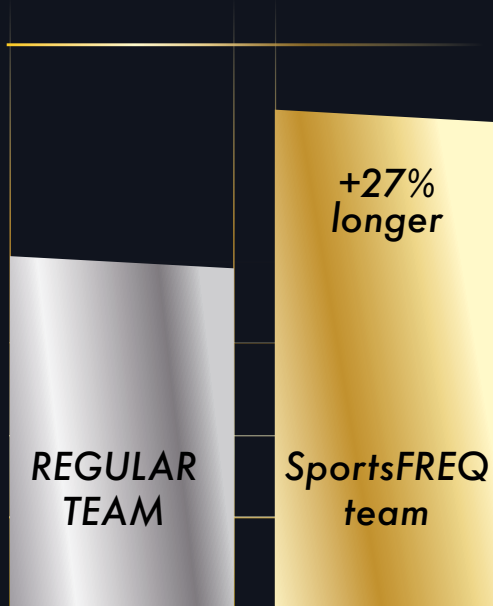
& WATER

REGULAR TEAM

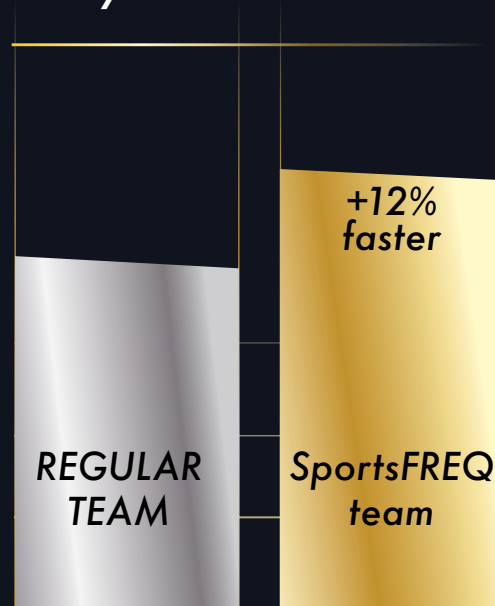
WITHOUT
SPORTSFREQ
PROTOCOLS

& WATER

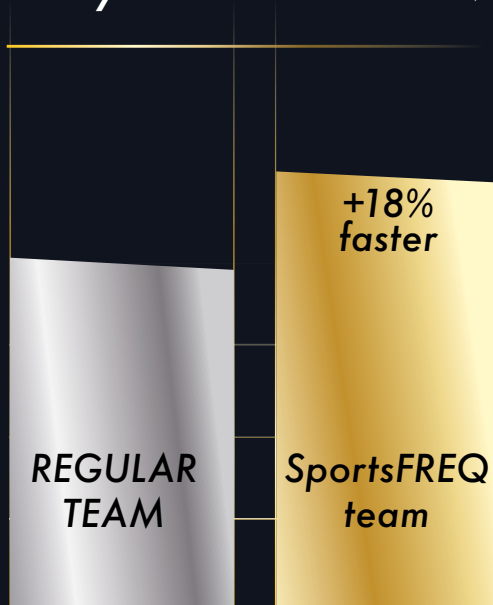
Exercise 1. Run for 30 seconds!



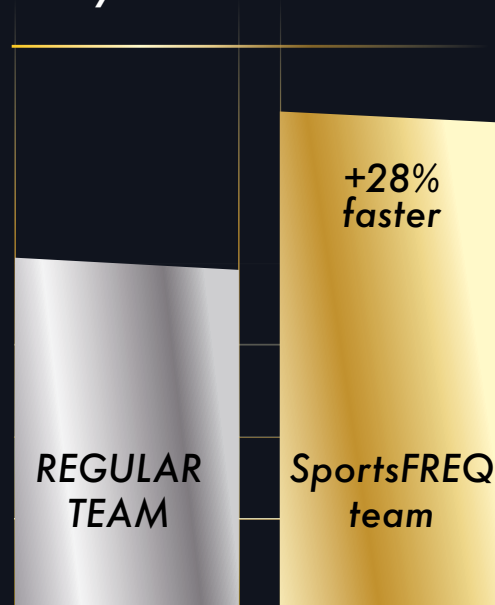
Exercise 2. Run your fastest at 30M



Exercise 3. Run your fastest at 60M



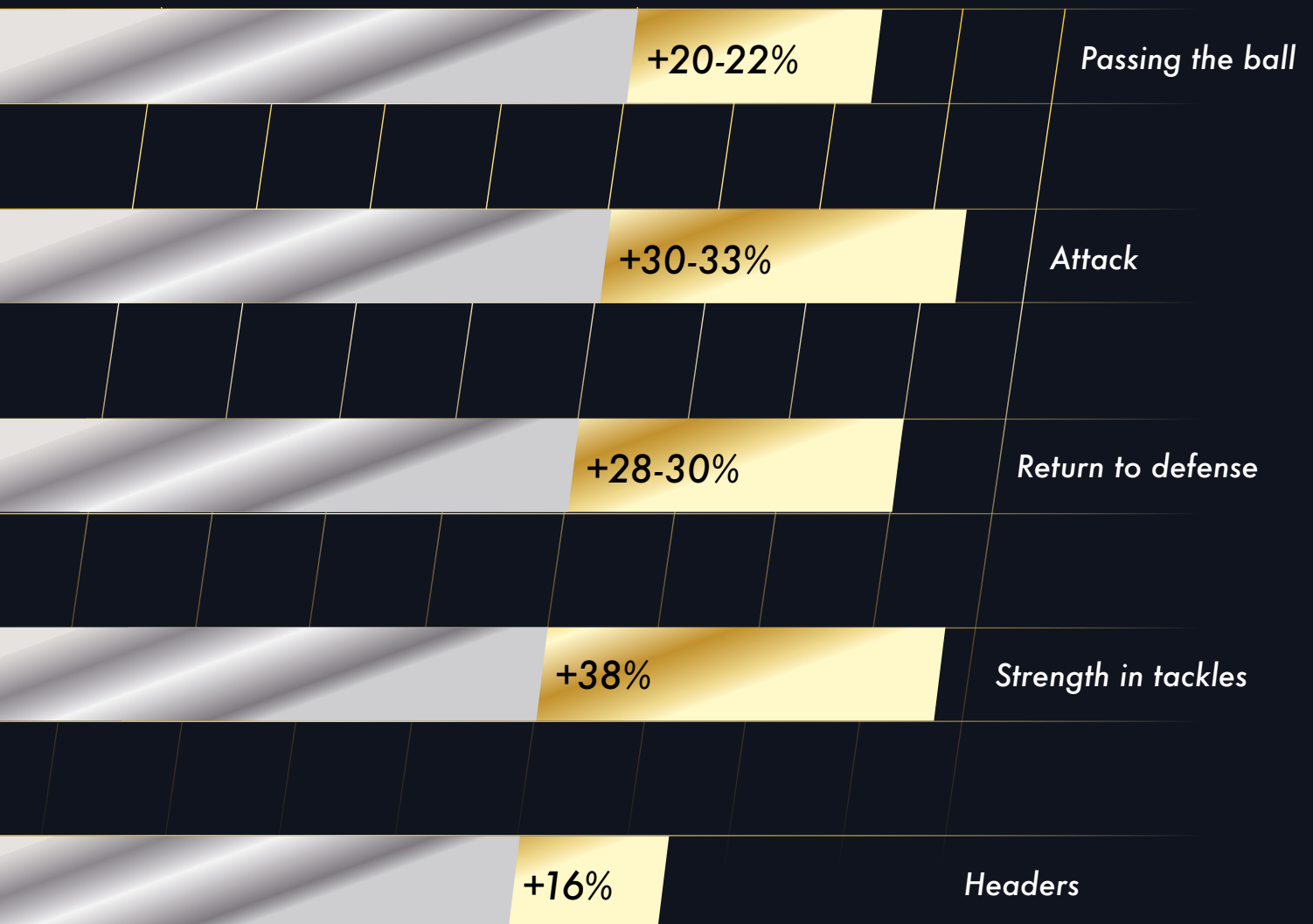
Exercise 4. Run your fastest at 100M



Regular ball training

REGULAR TEAM

SportsFREQ TEAM



SPORTSFREQ

stay **CLEAN** – improve **PERFORMANCE**

Report on Test and Results for the use of SportsFREQ at 1. Team football players.

After playing



- 2 X 30 MIN
- 2 X 7 MEN
- 100% EFFORT

**44%
more
energy**

Overall impression, the team with SportsFREQ protocols could play 44% longer versus the team without SportsFREQ. When everything is evaluated overall, the results were very remarkable and very surprising to the Club director, thereapist and coaches!!

2 hours break

REGULAR Team

- minor injuries
- a lot of tenderness
- a lot of lactic acid
- would require a lot of time for massage

VS.

SportsFREQ TEAM

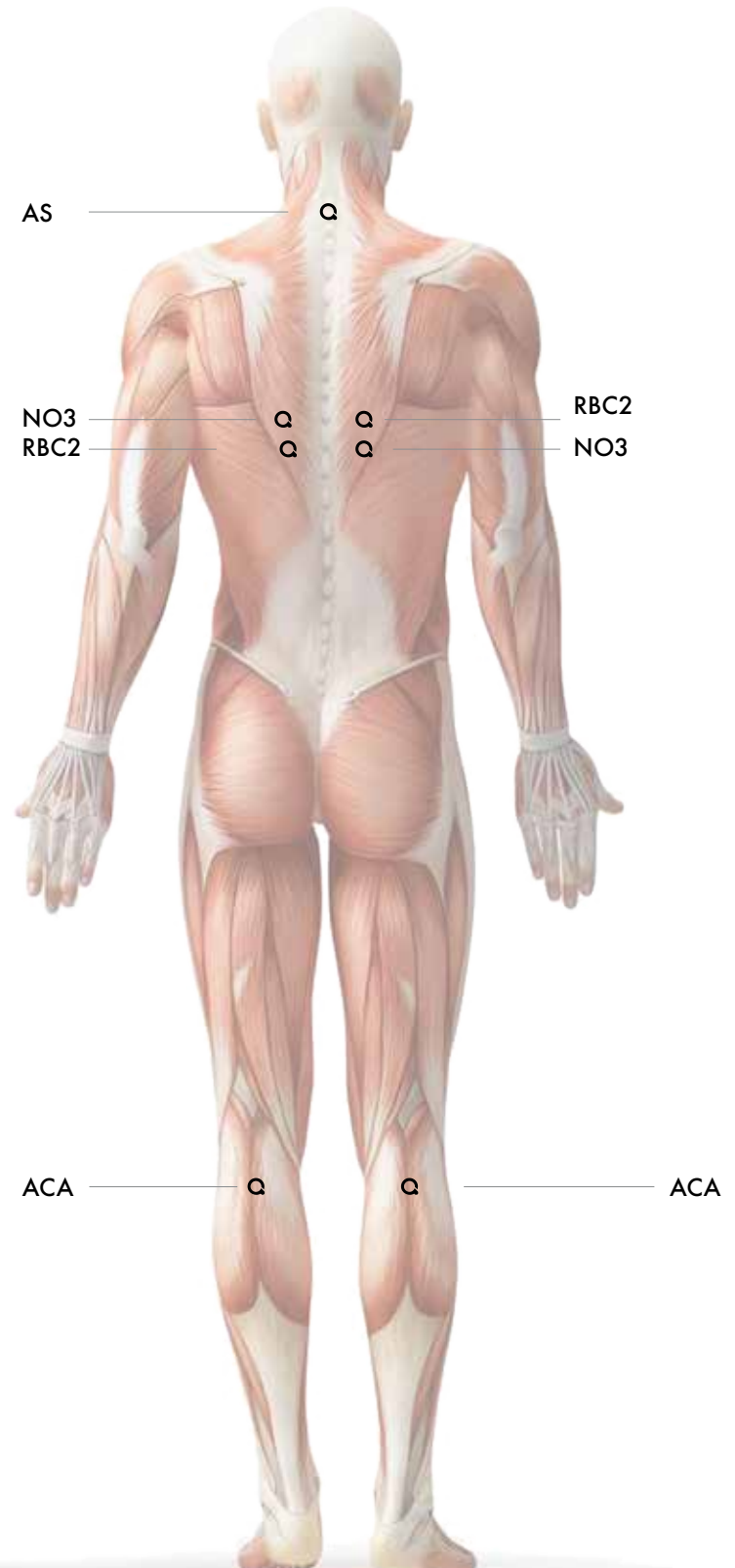
- one tiny injury
- no soreness
- no lactic acid
- only a few required a massage
- players asked for a lot of water



RECOVERY discs on next page

Football PRO PERFORMANCE Standard

discs PROTOCOL





Add RECOVERY discs on players which the will wear till next morning

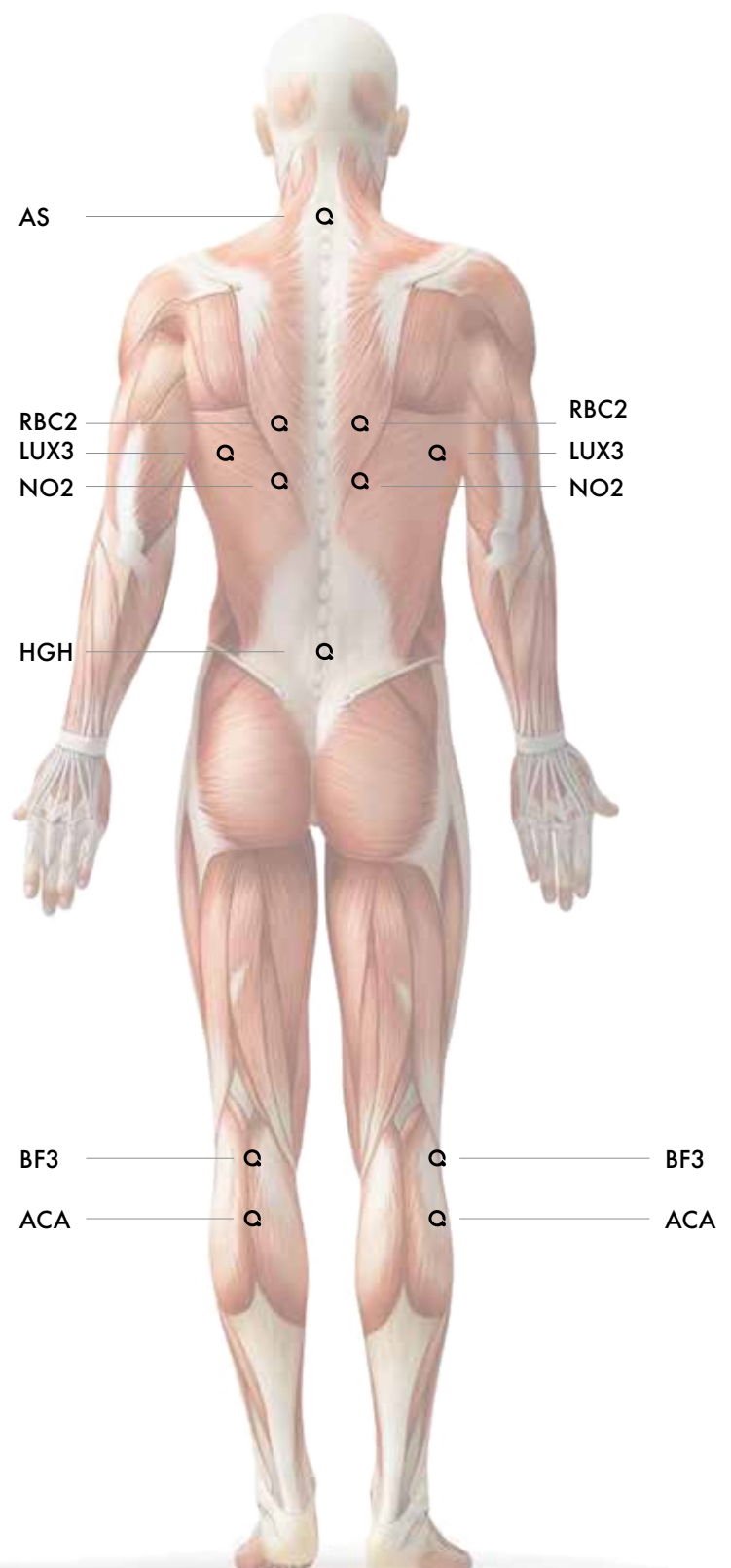
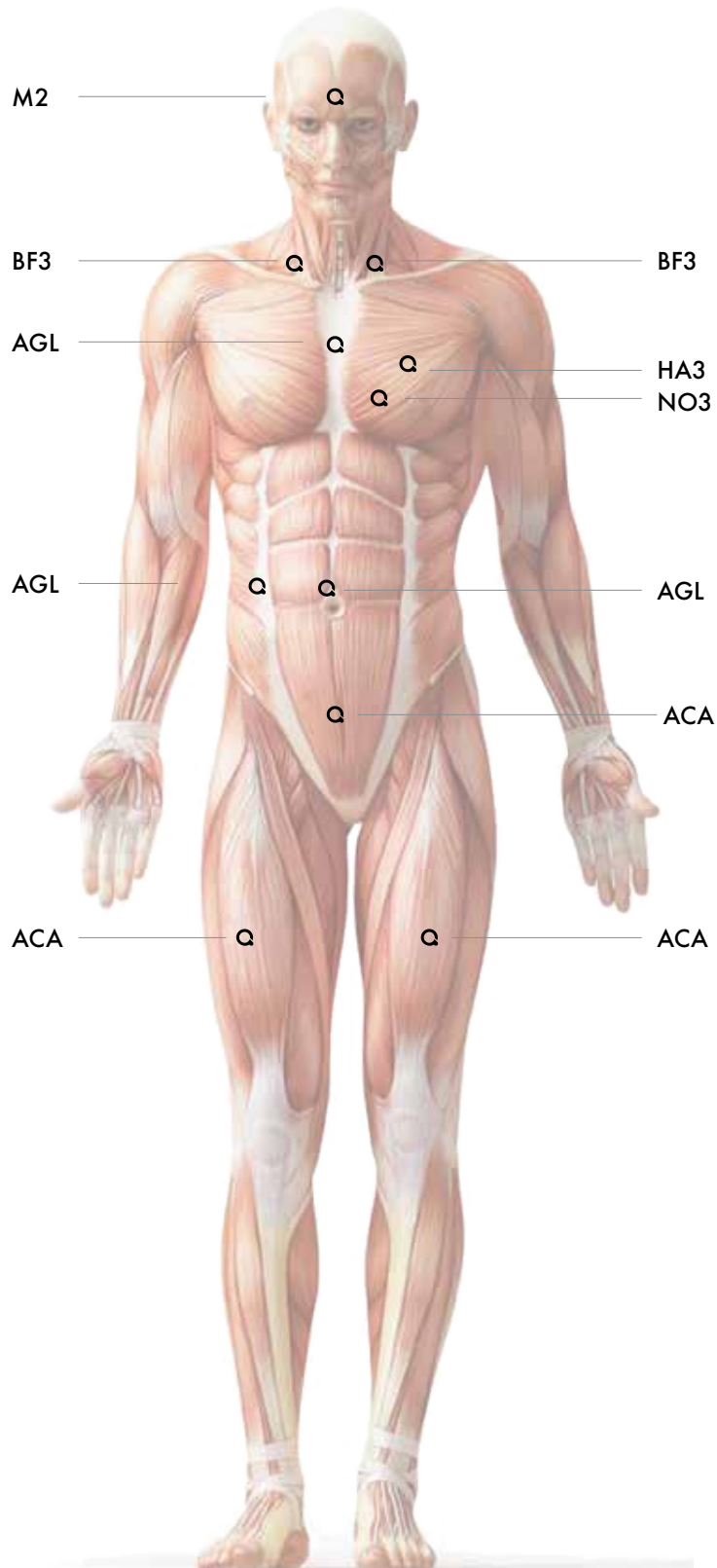


PERFORMANCE discs off the players

RECOVERY discs on which they will sleep

Football PRO RECOVERY Standard

discs PROTOCOL





SPORTSFREQ

stay CLEAN – improve PERFORMANCE

DAY 2

Morning exercises in strength training machines.

IMPORTANT:

These are difficult measurable elements, but strongly contribute to a better performance on the pitch.

- **better quality sleep**
- **more relaxed muscles**
- **more mental energy/surplus etc**

It should be noted that everyone in this team had

slept better



was more rested



had more energy



NO INJURIES- NO SORENESS - NO LACTIC ACID!!

Below is an average both in terms of previously obtained results and the results achieved here and now. There are some fluctuations in the group, which is quite normal. A single player almost doubled +100% in all exercises.

As it appears in the results, overall progress is highest in the number of repetitions of the same weight. In a longer test run, we have seen an increase in the actual strength so they can add more weight to their training. There are no Testosterone discs used in these tests.

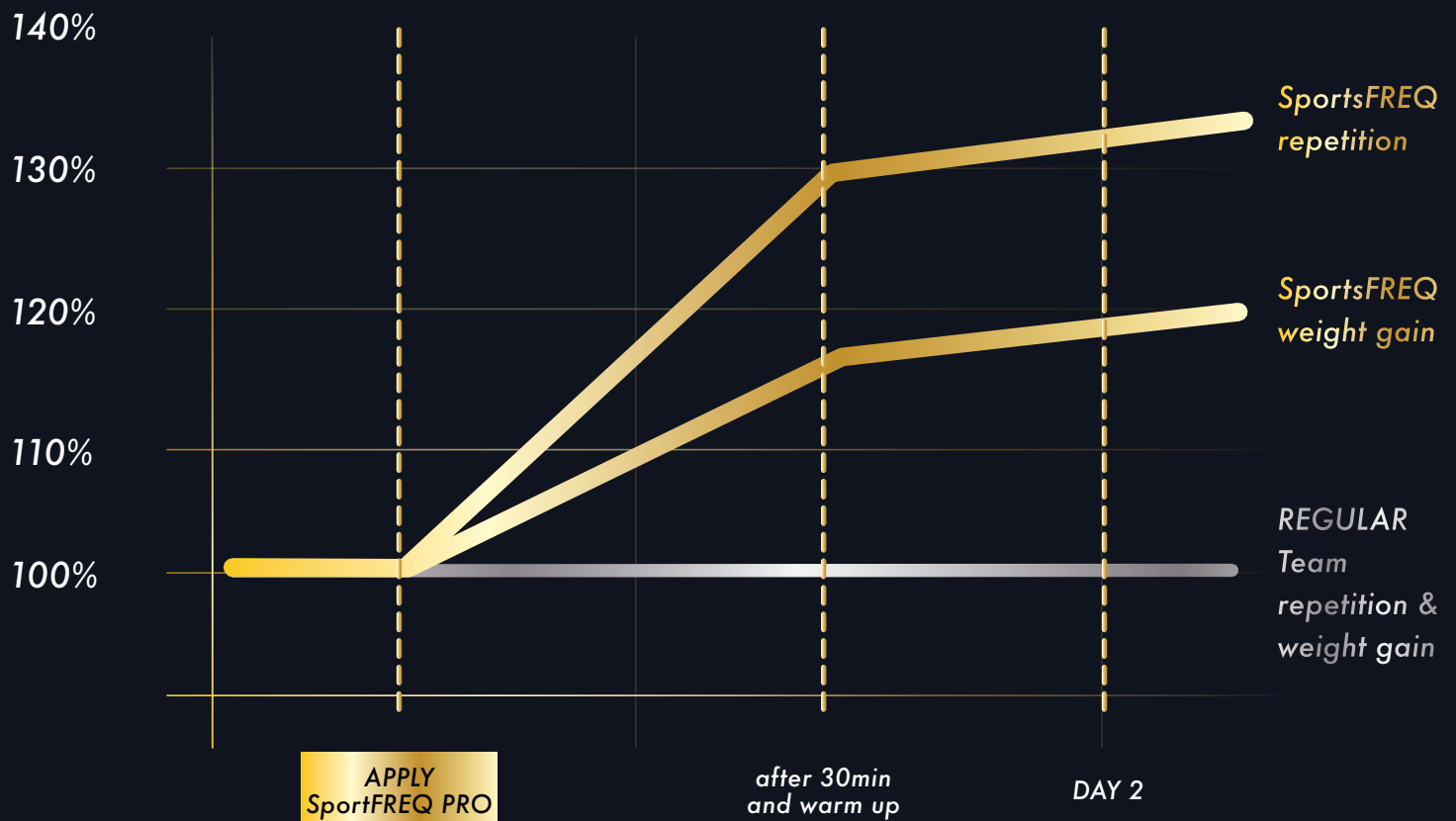
Training 1



Chest muscles

In chest training, you mainly use the large chest muscle (Pectoralis major). In addition, the triceps brachii, the siphonous chest muscle (Serratus), the shoulder muscles (Deltoideus), the elbow muscular (Anconeus), and the little chest muscle (Pectoralis minor).

Dumbbell Pressure: This exercise is on the chest muscle (Pectoralis major), the triceps brachii and the shoulder muscles (Deltoideus)



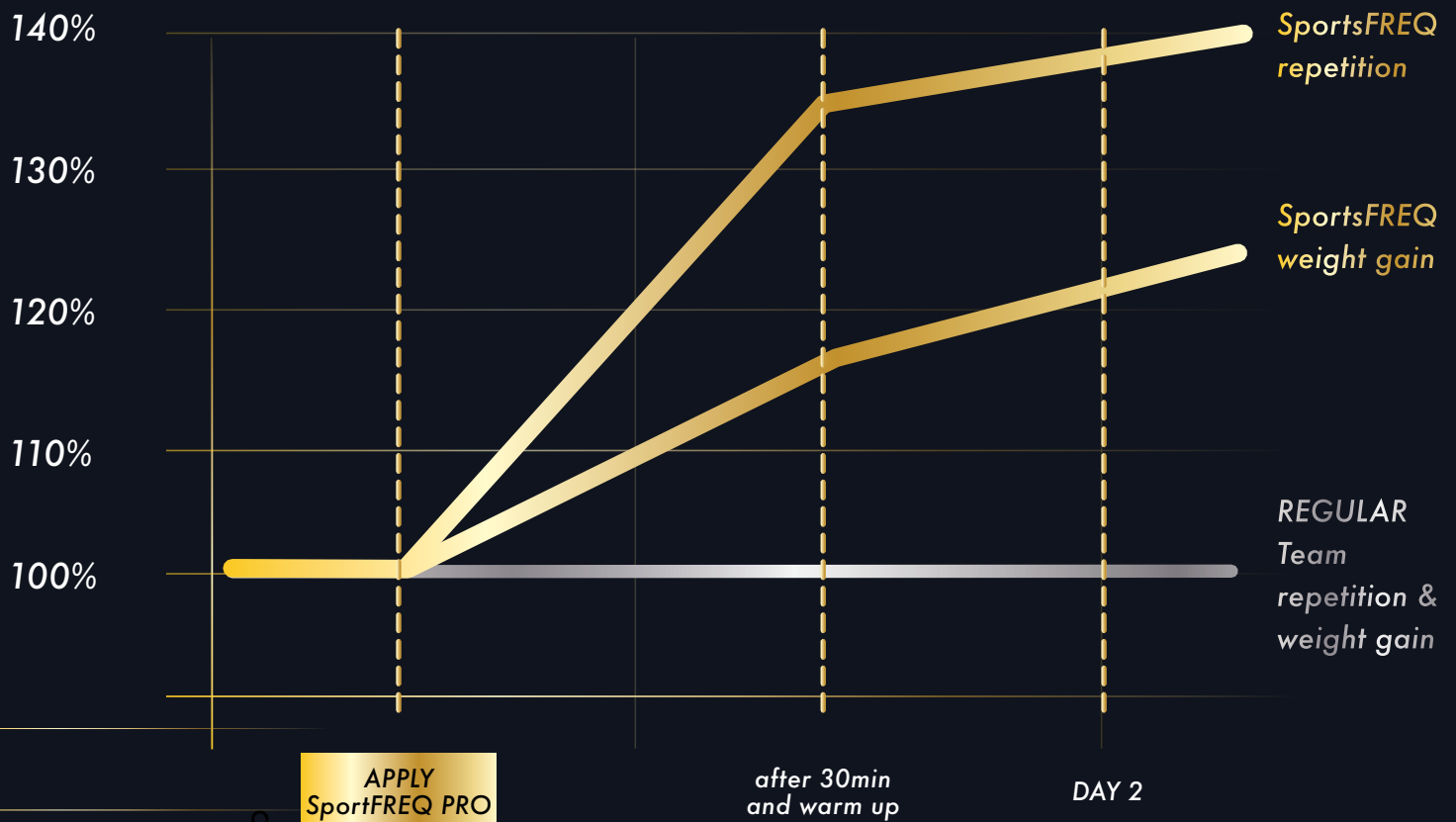
Training 2



Bench press

Bench press is a great exercise for the front of the upper body. In this case, multiple joints are activated simultaneously, namely shoulder, elbow and wrist.

The responsible muscles are called the breast muscles (Pectoralis major) and the (Triceps) while the wrists work static, ie. That they develop power to stabilize the joint without moving. In addition, the shoulder muscles (Deltoideus) also work. Despite the many muscle groups involved in this exercise, bench press is called a chest exercise as it is this muscle group that is responsible for the largest part of the power production in the exercise.



Training 3

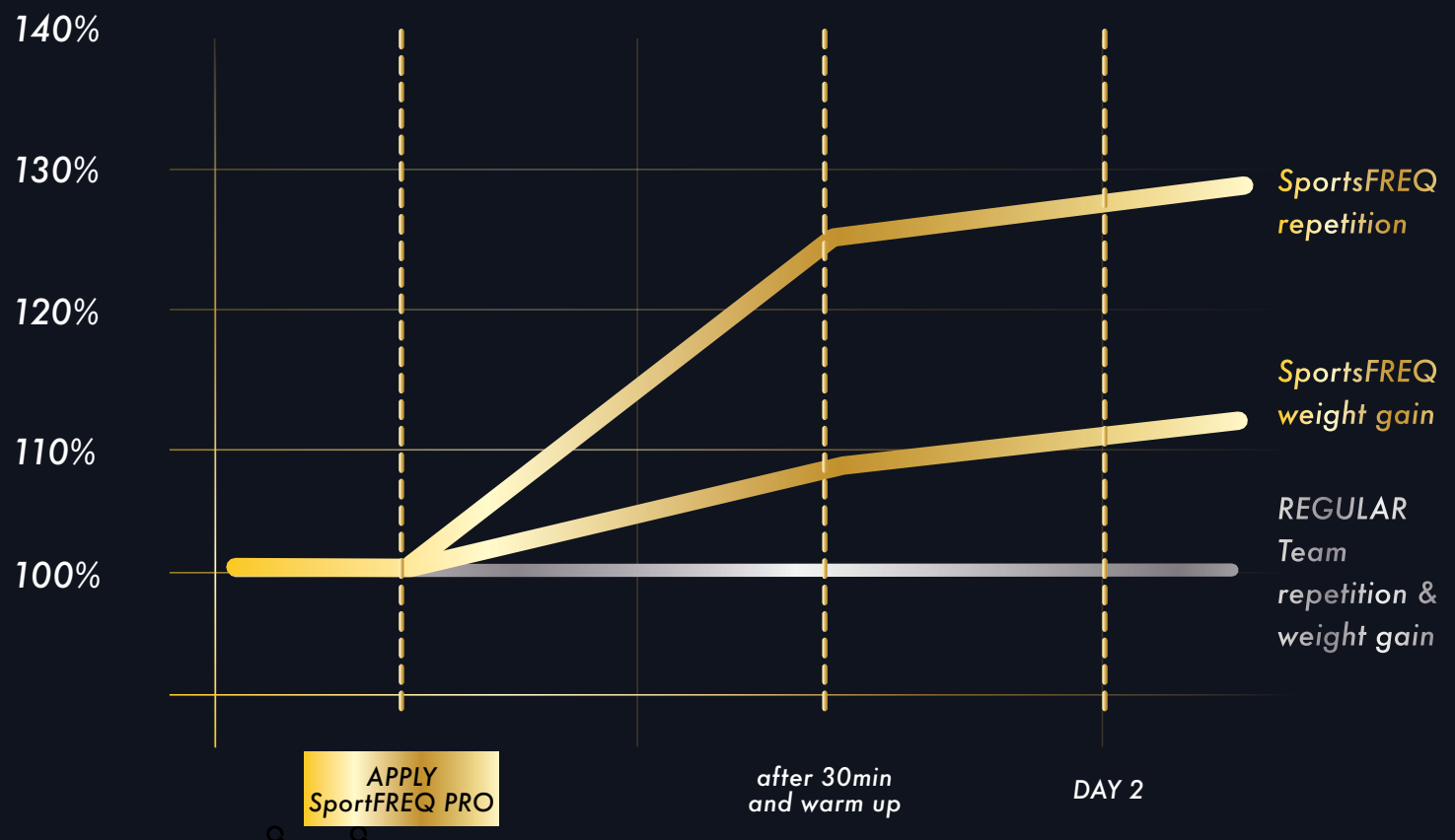


Power clean

Power clean activates the gluteal maximus, the muscles of the lower leg and behind the knee, the shoulder muscles and the skull? muscles are mainly used.

Power clean

Frivend floor: In this exercise, the Gluteus maximus, the Biceps femoris, semimembranosus, semitendinosus, Soleus, Gastrocnemius, Deltoideus and Trapezius are mainly used.



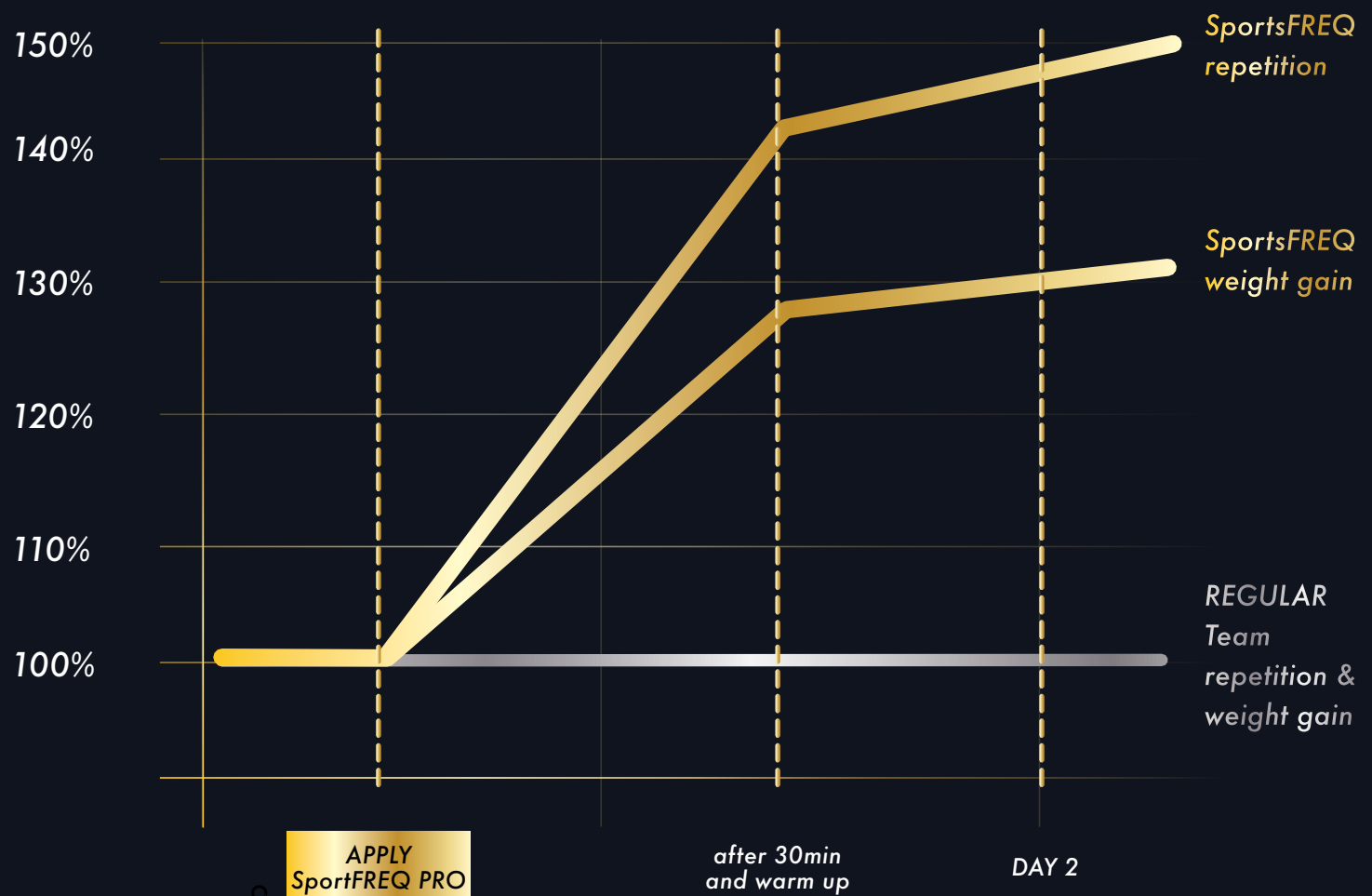
Training 4



Leg muscles

Which muscles are in play

The major muscles when exercising are the four-headed knee strings (Quadriceps), Gluteus maximus and partly medius, the adductors, longus and brevis, Semimembranosus, semitendinosus and biceps femoris and Gastrocnemius and soleus.



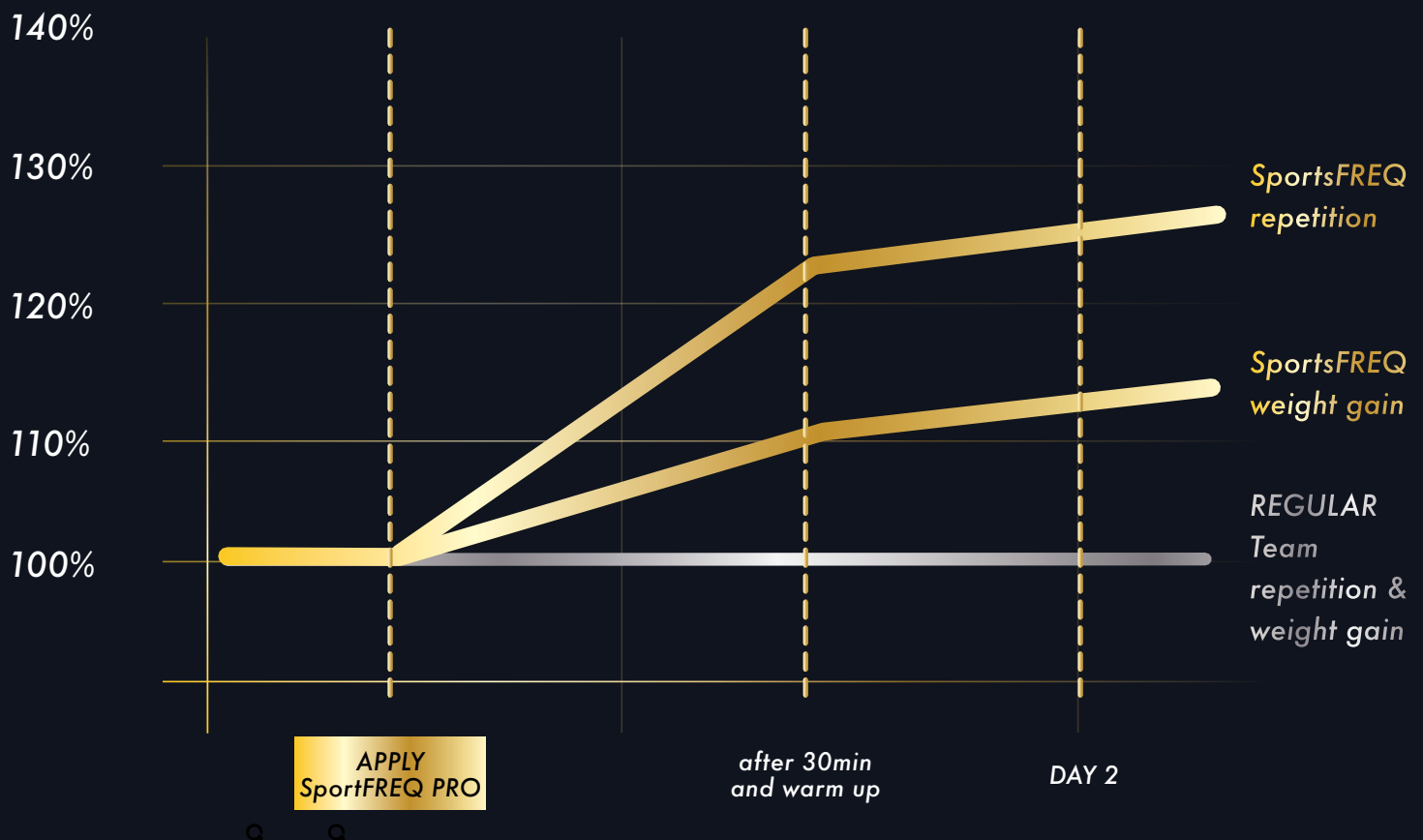
Training 5



Back muscles

As you train your back, the broad spinal cord (Latissimus dorsi), Teres Major, the rhombus muscles (Rhomboides) and the muscular muscles (Trapezius) are the main muscles. In addition, you can train the back extensors (Erector Spinae), the rotator cuff, the shoulder elevator (Levator scapulae), and the two-headed arm flexors (Biceps brachii).

Seated row wide grip: This exercise mainly uses the broad back muscle (Latissimus dorsi), the two-legged armbows (Biceps brachii, Brachialis and Brachioradialis). In addition, the rhomboids muscles (Rhomboides), the trunk muscle (Trapezius), Teres Major and some of the rotator cuff (Infraspinatus and Teres minor) are used.



The Club presidents comment

“Adding Professional SportsFREQ Protocols to any Europe top 100 team will make them in the top 5, the advantages are really amazing”.

It has been agreed that neither the club's name nor the player's names may be mentioned in connection with the use of this test for now.

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