

ATHLETIC PERFORMANCE PROGRAMME

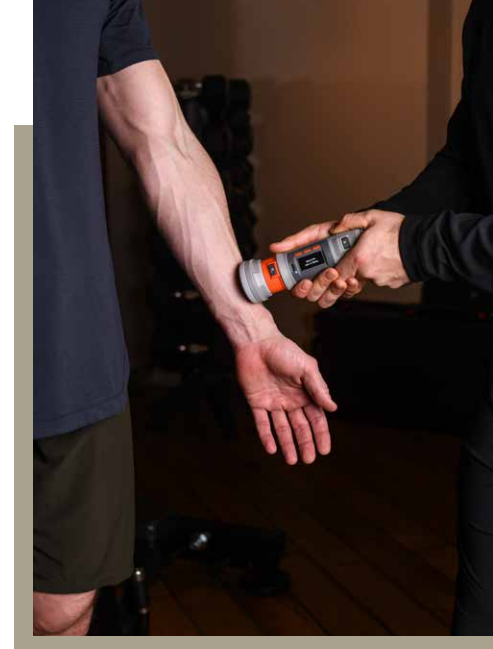
The logo consists of a bold, white, sans-serif letter 'K' followed by a stylized 'X'. The 'X' is formed by two overlapping, slightly offset 'X' shapes, creating a sense of depth and movement. The entire logo is centered within a large, thin white circle that overlaps with other similar circles in the background.

**KX**

ACHIEVE PEAK PERFORMANCE WITH KX



**KX**



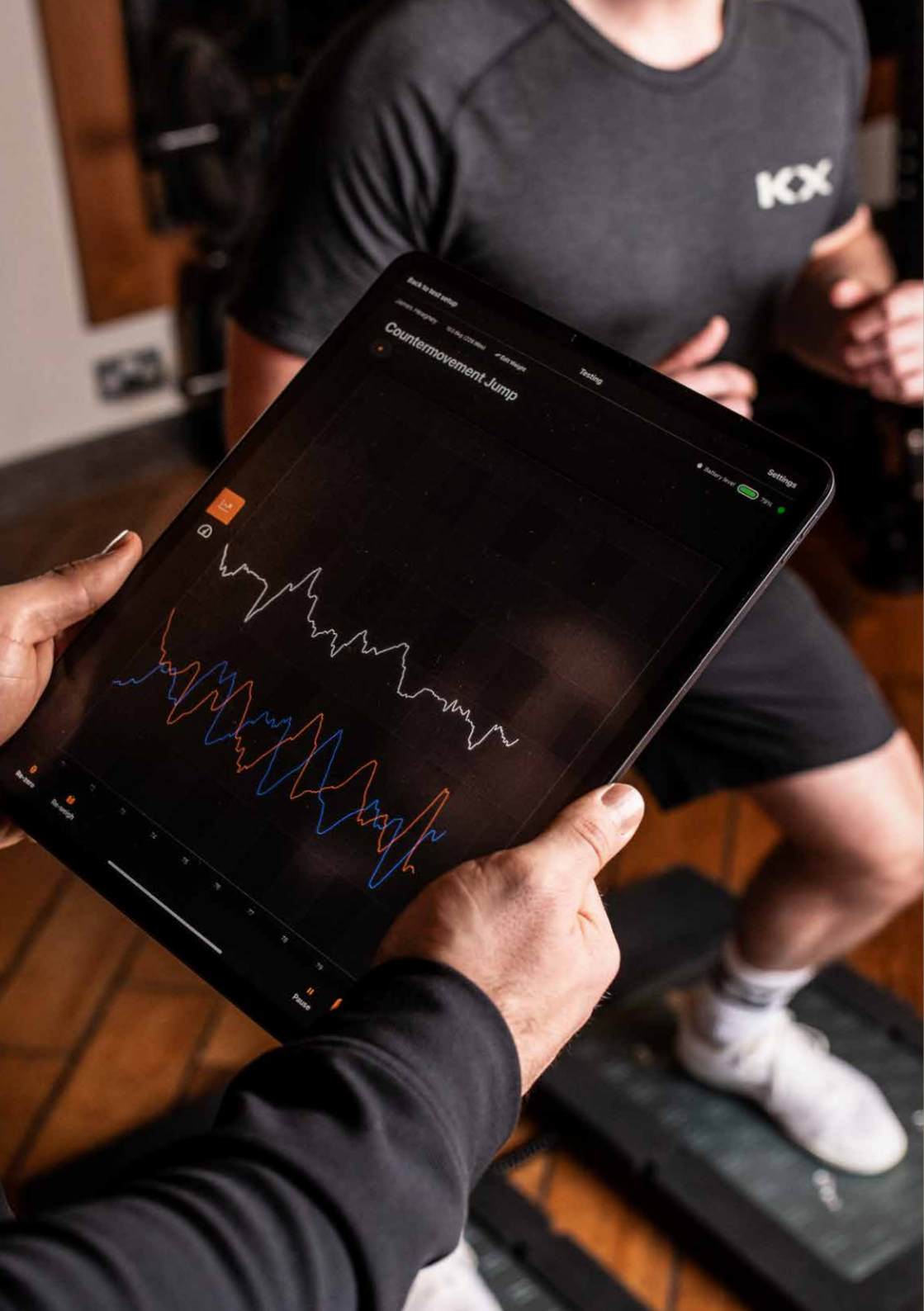
## ACHIEVE PEAK PERFORMANCE WITH KX

The Athletic Performance Programme (A.P.P) is a 6-week programme focussed on achieving peak performance for those who participate in recreational sport or wish to maximise their human potential.

Made up of 20 1:1 PT sessions, including comprehensive athletic testing usually reserved to Elite sports teams on week 1 and 6. You will receive a full data breakdown of multiple strength qualities such as reactive, explosive, maximal and dynamic strength.

Designed for peak performance, this industry-leading programme uses cutting-edge science in sports testing to identify metrics that will refine your training regime to make you look & feel stronger, fitter and more powerful.

The Athletic Performance Programme incorporates your personalised data to create a training program that tracks the velocity, speed, and strength of every rep you perform in the gym. Transforming your weaknesses into your strengths.



The athletic testing involves strength and range of motion tests across the following body parts:

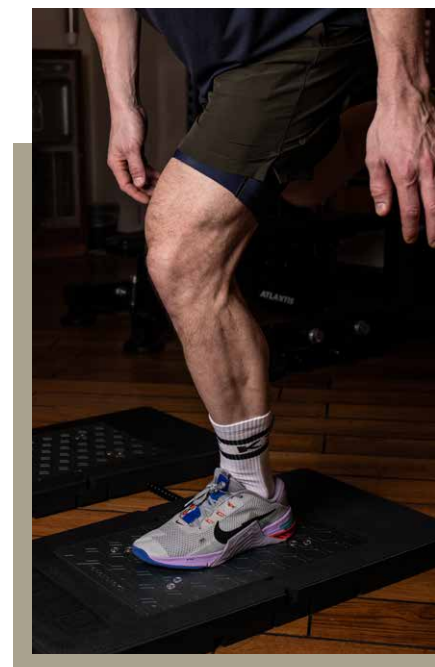
- Upper Body
- Neck
- Shoulder
- Scapula
- Elbow
- Wrist

Tests are performed on ForceDecks for fast and accurate analysis of your strengths and imbalances, gathering real-time feedback on isometric, dynamic and ballistic movements.

Previously force plates were limited to laboratories and elite sporting teams. Now ForceDecks' lightweight, portable, affordable force plates can provide you with objective data on strength and imbalance.

Whether you're looking to treat musculoskeletal, neurological, orthopaedic, geriatric or sports-related conditions, ForceDecks allow you to monitor rehabilitation progress, injury risk, collect baseline data and improve outcome.

Prices start from £3,995, inclusive of a one-month membership to our world-leading health & wellness club.



## BENEFITS INCLUDE

- Post workout recovery shakes
- Optimising Human performance
- Identify strengths & weaknesses
- Injury prevention
- Lean muscle development
- Improved strength and vitality
- Improved speed, strength, and power

All benefits will be data driven that we share with you every step of the way

