



UNIQUE TRAINING METHODS

AIS Stretching—Dynamic Flexibility

Specific stretching techniques to increase flexibility, mobility, and muscle health.

Foam Rolling

Myofascial release techniques eliminate muscle knots, increase blood flow, and enhance removal of waste products.

Swisswing®

Biomechanical stimulation designed to reduce tightness, increase blood flow and release waste products.

Cold tubs

Cryotherapy reduces inflammation and waste build up, promoting greater recovery.

REGEN Log

Set weekly schedule and REGEN needs. Track impact of training and interpret results. Ensures the athlete is at optimal readiness to complete.

Nutritional Review—Hydration

Review weekly fuel intake and impact. Analysis of current hydration level.

ACTIVE MUSCLE RELEASE

REGEN Training

The **active** approach to optimal recovery and muscle health.

Keep up with the physical demands of training and the season. Better yet, stay ahead of the game with SPI REGEN methods that allow your body to rebuild and recover quicker, taking your performance to an unknown level.

Performance is dictated on preparation and readiness. What are your methods of enhancing recovery and accelerating progress?



BMR 2100

EXPERIENCE THE BENEFIT

- Accelerated recovery
- Greater performance
- Improved flexibility, muscular health
- Sustain high level training
- Positive mental impact
- Reduced soreness, injury
- Full year effectiveness:
 - Pre-event readiness
 - In-Season sustainability
 - Post-Season recovery
 - Return to Play, post injury

MUSCLE MEETS TECHNOLOGY.

SPI REGEN Training features:



Swisswing® strikes a new path in the implementation of BMS theory. Swisswing® generates a circular, defined, and controlled actuation of the stimulation unit. This is a unique application of the BMS theory.

REGEN Training utilizes the Swisswing® during SPI developed sequences that target the athlete's needs of mobility, muscle release, and recovery.

The Principal of Stimulation with Swisswing®

The principal of Swisswing® is based on an action of rotation and tension. By this unique patented stimulation, cells are not just compressed, but – as illustrated below – stretched, massaged, and smoothed out.



BIOMECHANICAL STIMULATION

ACCELERATE

REGEN Services: YOUR RECOVERY

- Drop in Fee
- Punch Card
- Monthly Access
- TEAM Rates

Contact SPI to implement REGEN into your training

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