

www.performanceLABpro.com

... for top performance in elite sports

... and many further areas ...

Please do not hesitate to contact us in case of any questions:

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S198-GB – PerformanceLab – V2

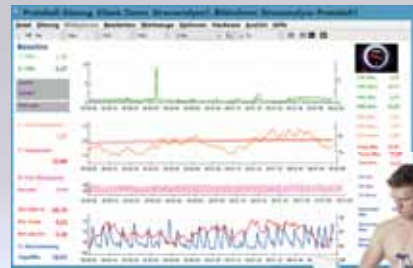


Performance  LAB^{Pro}

Physical and mental fitness in sports peak performance



Physiologies



Messuring and analysing physiological parameters

- Heart rate Variability
- Pulse
- Muscle activity
- Skin temperature
- Skin conductance
- Respiration



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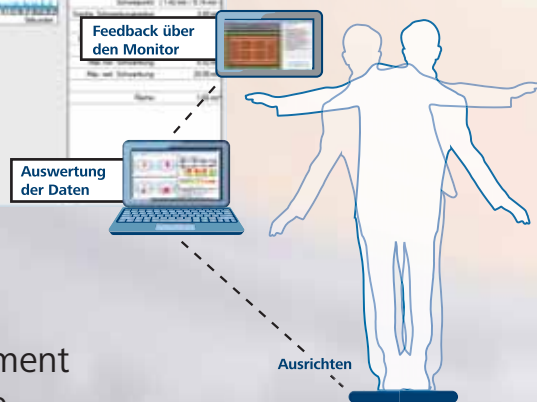
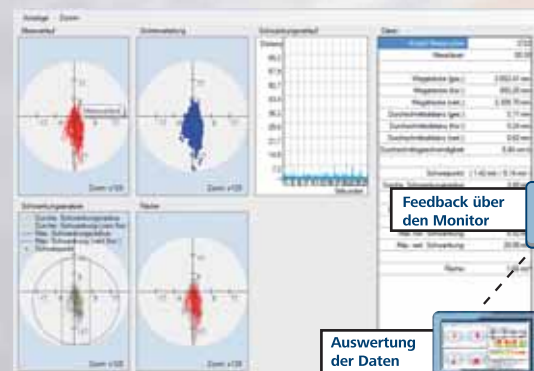
Neurofeedback



Enhancing neuronal control

- Integrating targetted action and focus
- Automating neuronal tasks

Balance and Coordination



Being balanced

- Targetting movement
- Steadfast posture
- Postural self awareness
- Equilibrium
- Relaxation
- Muscle coordination

Eyetracking



Having ones' target in sight ...

- Mobile eyetracking
- Visual control
- Synchronisation with movement

Biofeedback



Physiological parameters improving personal control

- Stress- and anxiety regulation
- Controlled relaxation
- Improving reaction skills
- Focus and concentration
- Self regulation
- Blending out distracting thoughts
- Improving self regeneration