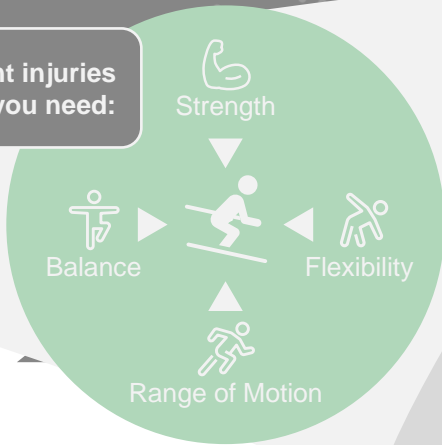


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In 2020 alone, 420'000 people injured themselves enjoying the sports they love. 40'000 of these injuries were of high or intermediate severity. Even helping to prevent a tiny fraction of these accidents is motivation enough for us.

To prevent injuries you need:



How does strength training improve these attributes?



## 1. Optimizing central nervous system (CNS)

Better «neural drive», due to training of maximal strength leads to more precise recruitment of muscle fibers and later onset of CNS fatigue. This can make the difference between Après Ski or Heli!

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*Ciao Bella! Wa meinsch, gsehnd mir üs im Dracula spöter?... Super, i muess nurno kurz uf en athlet vo mir luegä... [Swiss German pickup line]*



## 2. Cardio-vascular System

A higher cardio-vascular reserve leads to better judgment through more blood oxygenation and better control of the muscles. That's why expanding your cardio-vascular capacity can make the difference between "Jagertea" or surgery!

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## 3. Musculoskeletal System

During good strength training puts high mechanical loads on muscle, bone, ligaments and joints. This leads to maximal strength increases and a resilient musculoskeletal system. This can make the difference, coming season, between Club Dracula or Traumata!

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On the one hand, you are strengthening all the tissues that could break as a result of an accident and on the other hand you prevent such an accident from occurring by forcing your central nervous system to work quicker and more effective.

