

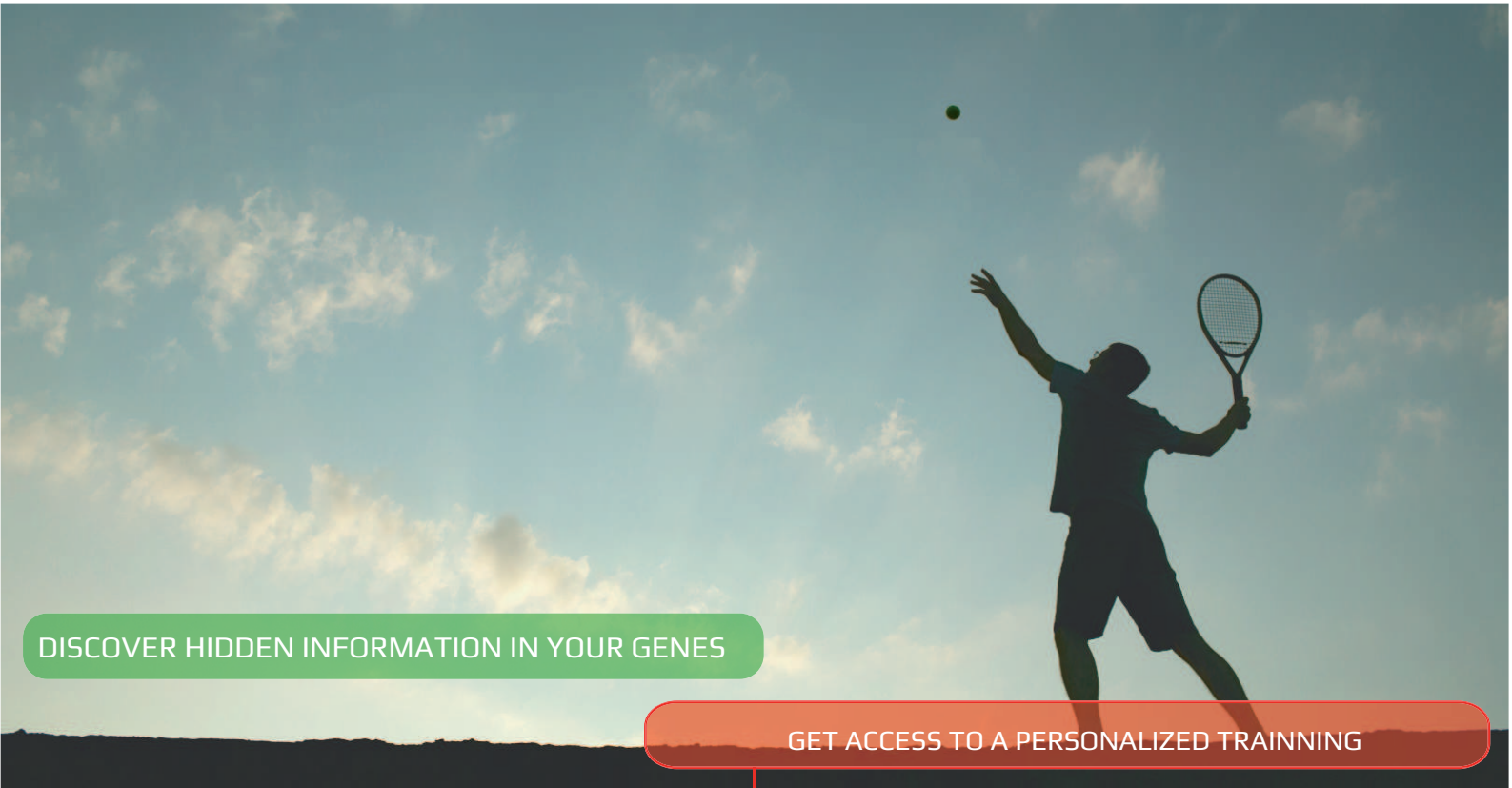


Genetics & New Technologies in Sport Performance



GENETIC **TENNIS** KIT





DISCOVER HIDDEN INFORMATION IN YOUR GENES

GET ACCESS TO A PERSONALIZED TRAINNING



The **GENETIC TENNIS KIT** allows the player, both **amateur and professional**, to customize like never before your workouts and your nutrition **to get the maximum performance**.

The **GENETIC TENNIS KIT** offers the player **personal and exclusive information** on genetic composition and how it influences different aspects that surround this **sport and nutrition**. In this way, the player will be able to know firsthand how their genetic factors are influencing for example their ability to withstand long tournaments, their hydration needs during competition, their tolerance to physical stress, etc.

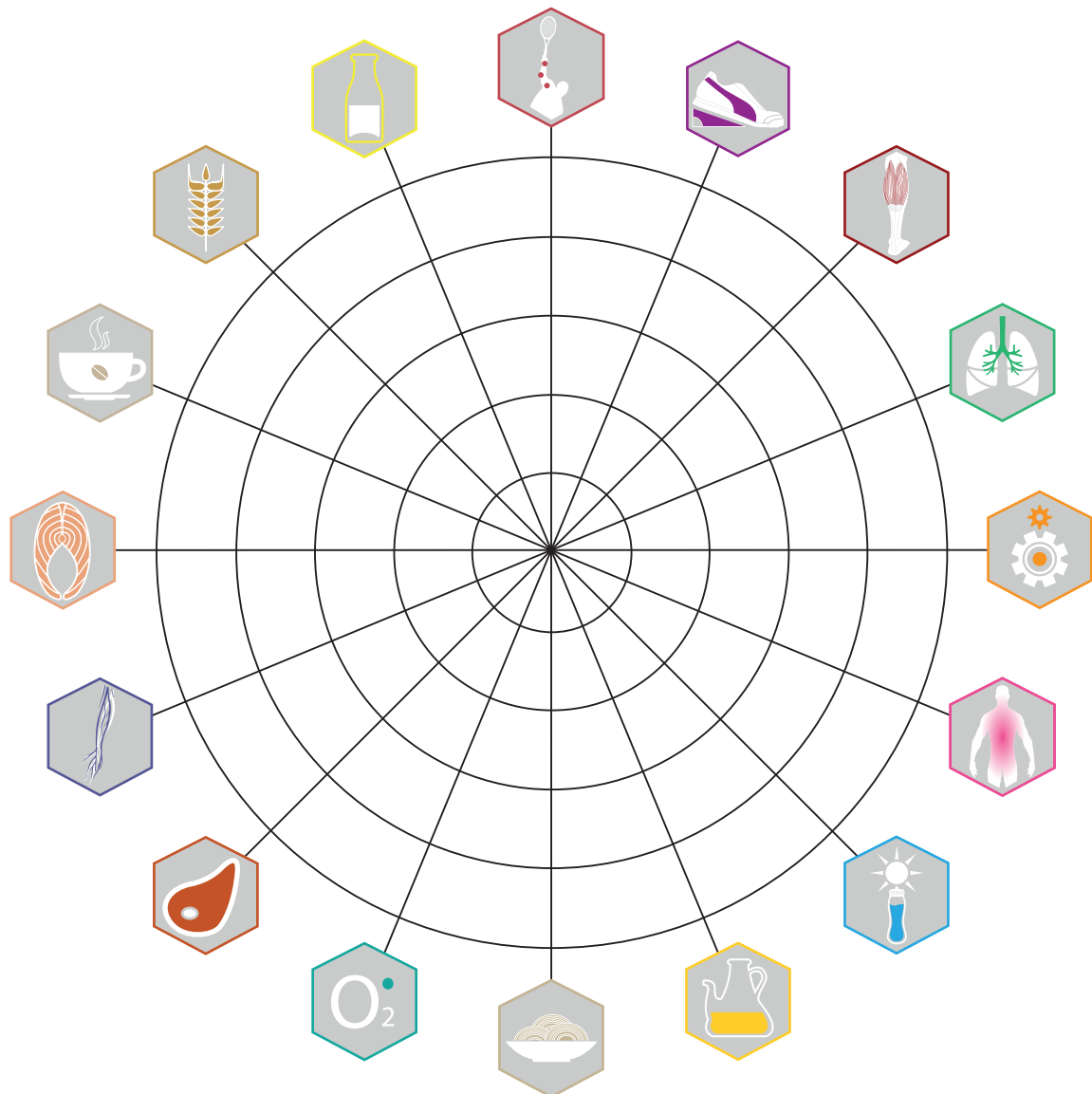
In addition, along with your results, you will get advice, **EXERCISES AND GUIDELINES SPECIFICALLY ADAPTED TO YOUR GENETIC CHARACTERISTICS** that allow you to **modulate your workouts and your nutrition in an advantageous and healthy way**.



PERSONAL DATA

GENETIC KIT ORDER BY:

GENERAL RESULTS GRAPHIC



— YOUR RESULTS
— GENERAL POPULATION

THE GENETIC TENNIS KIT INCLUDES:



1- Personal and exclusive information about its genetic composition



2- Practical advice and personalized activities and nutrition guidelines

For this purpose, we will evaluate relevant aspects in this sport, such as:

INJURY RISK



Individual susceptibility of the tennis player to injuries resulting from sports practice, such as muscle, joint, ligamentous, tendinous, etc. injuries. It is also advantageous information to be able to plan an optimal individual recovery after training and competition. It will evaluate factors such as:

- The risk to **accumulate muscular damage**, and therefore to suffer muscular injuries
- The **resistance of ligaments and tendons** and their risk to suffer injuries in the same ones
- The ability to **remove damaged tissue and regenerate it again**
- The **risk of muscle cramps**

From your results you will be offered **customized guidelines of preventive exercises to reduce your personal risk to injury**

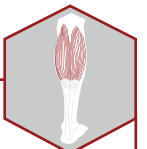
ROM & REACTIVITY



The genetic composition is evaluated in relation to the **reactivity capacity of the ligaments and tendons**, and how it influences the **movements and strokes** in terms of **contraction time muscle and joint stability**.

From your results you will be offered **customized guidelines** aimed at **enhancing your characteristics and improve your strength and speed**.

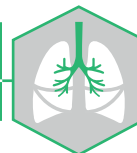
MUSCULAR FIBERS TYPOLOGY



Through this kit you will be able to know your genetic predisposition relative to the **composition and distribution of muscle fibers** in your body and **how they influence your sports performance**.

From your results you will be provided with a series of **personalized exercises** so that you can **enhance your characteristics and achieve greater efficiency in your performance in relation to your strength and speed**.

AEROBIC POWER and RSA



The information obtained through this analysis will allow the tennis player to have information on their genetic predisposition to **possess a greater or lesser basal aerobic capacity, as well as on the capacity for improvement through a concrete training.**

From their results, they will **consider the most beneficial training strategies**, so that they can optimally **increase their capacity and aerobic power and consequently improve their CAPACITY TO REPEAT SPRINTS (Repeated Sprint Ability) and explosive actions.**

METABOLIC FATIGUE



Metabolic fatigue analysis will provide the tennis player with information about his/her genetic **predisposition to resist the intensity of training and competition avoiding overloading the body and leading to the dreaded overtraining.**

From your genetic results you will be given advice so that you can **control your daily fatigue state and avoid getting overtrained.** In addition you will be presented with personalized relaxation strategies to **IMPROVE YOUR RECOVERY.**

INFLAMMATION

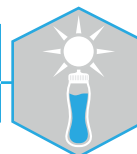


During intense exercise, as a result of the stress to which the organism undergoes, a controlled inflammatory response occurs with the objective of repairing the damaged tissues and producing the adaptive response. Through this analysis, the player will obtain information about his/her genetic predisposition to generate a **greater or lesser inflammatory response in response to exercise and its repercussion on sports performance** (premature fatigue, increased loads in training, etc.) **and on Process of Muscular Recovery.**

Based on your results, you will be offered practical tips to **avoid excessive swelling and customized guidelines for more effective muscle recovery.**

In addition, in relation to your nutrition you can get relevant information to tennis such as:

HYDRATION AND HEAT TOLERANCE



It includes information about its genetic **predisposition to mobilize water through the body and its ability to control body temperature**. In this way, the **hydration and acclimatization needs are reported both during daily training and competition**.

Based on the genetic results, **personalized tips and guidelines will be offered** so you can: **control the water you lose during workouts** and hydrate accordingly to **avoid dehydration**, as well as **training guidelines for a good acclimatization** so you don't lose performance due to temperature.

LIPIDS ASSIMILATION



It includes **information on the genetic predisposition to assimilate lipids and be able to use them as an energy source during exercise**.

According to your results, you will be given **personalised nutritional advice** to develop the **best strategy for your organism to get energy optimally during training sessions and competition**.

CARBOHYDRATES ASSIMILATION



This includes information on your genetic **predisposition for the assimilation of carbohydrates and how can you use them as an energy source during exercise**.

Depending on your genetic results, you will be given **personalized nutritional guidelines** so that you can use **the best nutritional strategy that allows your body to be optimally energized**.

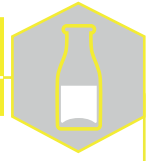
DETOXIFICATION



When training and competing, our muscles generate substances that must be eliminated from the body, **free radicals**. For this, our cells possess a series of enzymes that perform this function. With this analysis, the tennis player will know **his/her ability to eliminate these free radicals from his/her body**.

According to his/her results, the tennis player will have **personalized practical advice to avoid the accumulation of these substances** after the training.

LACTOSE INTOLERANCE



The use of ergogenic products and/or supplements containing lactose may lead to a decrease in the performance of tennis player who are intolerant of this compound. This intolerance can occur in ages between 15-25 and even in later ages.

Through this analysis, **the tennis player will know his/her genetic predisposition to present lactose intolerance and act accordingly to avoid losses in his/her performance.**

GLUTEN INTOLERANCE



Through this analysis the player will be able to know his/her genetic **predisposition to present gluten intolerance** and to act accordingly so as to **avoid damages to his/her health and losses in his /her performance**, due to the malnutrition and intestinal inflammation.

CAFFEINE METABOLISM



The use of caffeine as an ergogenic or stimulant supplement will be conditioned by its **rate of metabolism**, which may become less effective and even harmful if its dosage does not adjust to the rate of metabolism.

Through this kit, the tennis player will be able to obtain information about his/her **ability to metabolize caffeine and how to adapt his use in training and competition in the most advantageous way.**

OMEGA-3 SUPPLEMENTATION



The importance of omega-3 fatty acids in daily diet generally goes beyond the health benefits, as they are **especially useful for the tennis player, reducing inflammation, increase strength, reduce fatigue, etc.** For this reason, an adequate intake of omega-3s can contribute to improving the player performance.

Through this kit, the tennis player will be able to obtain information about his/her **ability to absorb omega-3 fatty acids and how to adapt his/her supplementation in training and competition in the most advantageous way.**

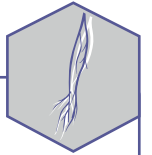
SUPPLEMENTATION WITH IRON



High intensity sports like tennis can reduce the levels of iron in the tennis player. **Its deficiency can compromise muscle function and limit the ability to work.**

Through this analysis, the tennis player will be able to obtain information about his/her **ability to assimilate iron and how to adapt his/her use in training and competition in the most advantageous way.**

VASCULAR TONE



The information obtained through this analysis will allow the tennis player to know the **efficiency of his/her body to bring oxygen and nutrients to the muscles**, and how this can influence their energy efficiency to support long-term matches.

Based on the results, the tennis player will have **practical advice to promote the arrival of oxygen and substrates to the muscles for maintaining an optimum power for the longest possible time.**

In summary, this genetic analysis provides the tennis player with **exclusive information about the relationship between the different aspects of this sport and their own personal characteristics** related to their genetic composition. In such a way that, from this information, it is possible to **program in a totally personalized way both the training and the competition itself**, introducing those measures according to their genetic profile that are considered appropriate in order to **increase their sports performance and decrease the risk of injury.**

