Perform better with Life Kinetik®

Brain - Based Training Model for Elite Performance
The Life Kinetik formula:

visual acuity
+ mental stimulation
+ physical activity
= better performance
Main components:

- science of movement and training methodologies
- functional anatomy
- modern brain research
- functional optometry
General effects of the training

- stress reduction
- better relaxation
- better concentration and memory
- better and faster learning
- improvement of mental and physical performance
- fewer errors
- increased self confidence
Effects of the training in sports

- faster processing of information
- better recuperation through higher quality sleep
- increased ability to “see the field“
- increased capacity for recognizing patterns of play
- increase of spatial awareness and orientation
- higher levels of concentration for longer periods
- less performance anxiety
- better teamwork
Science

Pilot study done by the YourPrevention™ Institute (2014). Saliva-, urine-, and long term-HRV were measured. Eleven adults completed twelve 60 minute Life Kinetik training sessions in 12 weeks.

Part of the participants with improvement and their increase-value

<table>
<thead>
<tr>
<th>Metric</th>
<th>% Improvement</th>
<th>Increase Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concentrative-associative brain function</td>
<td>73%</td>
<td>+ 5.85%</td>
</tr>
<tr>
<td>Recuperation reaction</td>
<td>75%</td>
<td>+ 32.49%</td>
</tr>
<tr>
<td>Regeneration during sleep</td>
<td>63%</td>
<td>+ 10.91%</td>
</tr>
<tr>
<td>Quality of the stressors-marker</td>
<td>60%</td>
<td>+ 13.93%</td>
</tr>
<tr>
<td>Quality of the stress-marker</td>
<td>60%</td>
<td>+ 9.44%</td>
</tr>
<tr>
<td>Burn-out-risk reduction</td>
<td>50%</td>
<td>+ 7.66%</td>
</tr>
<tr>
<td>Noradrenalin</td>
<td>63%</td>
<td></td>
</tr>
<tr>
<td>Serotonin</td>
<td>63%</td>
<td>+ 12.34%</td>
</tr>
<tr>
<td>Dopamine level</td>
<td>100%</td>
<td>+ 17.73%</td>
</tr>
</tbody>
</table>

100% of the participants improved in at least two sections.

On average participants improved in 5 out of 9 sections.

tested with the Integral Stress Test™ (Copenhagen Burnout Inventory, Efford-Reward-Imbalance Questionaire, BioAging®-System, Landolt-Test, HRV-measurement,)
Life Kinetik training areas

- adaptable body control
- visual system
- cognitive skills
Life Kinetik training areas

- adaptable
- body control

perfect cooperation between the three dimensions of the brain
As part of his Master thesis at the FH Wiener Neustadt, Austria, Clemens Maurer researched the effect of Life Kinetik (2014). 15 youth elite soccer players performed 8, 1 hour, Life Kinetik training sessions in 8 weeks.

**Increase in goal shooting performance**

<table>
<thead>
<tr>
<th></th>
<th>Life Kinetik</th>
<th>Control Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Test</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Post Test</td>
<td>11.5</td>
<td>10.5</td>
</tr>
</tbody>
</table>

**Increase in passing performance**

<table>
<thead>
<tr>
<th></th>
<th>Life Kinetik</th>
<th>Control Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Test</td>
<td>58</td>
<td>59</td>
</tr>
<tr>
<td>Post Test</td>
<td>56.5</td>
<td>57.5</td>
</tr>
</tbody>
</table>

Based a test by Schöllhorn et al. Tested with the Loughborough Soccer Passing Tests (LSPT)

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Adaptable body control:

1. Movement change

2. Movement pattern

3. Movement flow
The synaptic model:
Science

Study of the Central Institute of Mental Health, Germany, 2014 with MRT-scans. 21 of 32 adults performed over 13 weeks eleven 60 minute trainings.

Improvement of connectivity in the following brain areas

- auditory perception and motor coordination
- planning, execution, control and working memory, error detection
- frontal eyefield and visual cortex
- visuo-motor coordination

tested with MRT-scans
Dopamine and learning

- high dopamine level → better learning + creativity

- unfamiliar movement tasks
- + change as soon as routine occurs
- + fun

= high dopamine output

= Life Kinetik®
Life Kinetik training areas

visual system

the basic requirement for body coordination
As part of his Master thesis at the FH Wiener Neustadt, Austria, Clemens Maurer researched the effect of Life Kinetik (2014). 15 youth elite soccer players performed 8, 1 hour, Life Kinetik training sessions in 8 weeks.

**visual acuity improvements**

<table>
<thead>
<tr>
<th>Category</th>
<th>Life Kinetik</th>
<th>Control Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phoria</td>
<td>+12.50%</td>
<td>-1.33%</td>
</tr>
<tr>
<td>Fusion</td>
<td>+23.42%</td>
<td>+0.00%</td>
</tr>
<tr>
<td>Vision</td>
<td>+4.75%</td>
<td>-21.84%</td>
</tr>
<tr>
<td>Stereopsis</td>
<td>+35.75%</td>
<td>-12.20%</td>
</tr>
<tr>
<td>Target fixation</td>
<td>+3.11%</td>
<td>+9.08%</td>
</tr>
<tr>
<td>Field of view 1</td>
<td>+23.42%</td>
<td>+4.54%</td>
</tr>
<tr>
<td>Field of view 2</td>
<td>+11.75%</td>
<td>+5.72%</td>
</tr>
<tr>
<td>Total</td>
<td>+11.75%</td>
<td>+0.95%</td>
</tr>
</tbody>
</table>

Tested with the Bernell-O-Scope, Smilie-Test, Van-Orden-Stern, Field of view test.

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Visual system:

1. Tracking eye movement

2. Field of view

3. Eye focusing
Life Kinetik
Training areas

Cognitive skills

to process as much information as possible as fast as possible
Science

Study conducted by Christian Reus as part of his master thesis at the TU Darmstadt, 2012. Elite junior soccer players performed 15 30 minute Life Kinetik training sessions over a 6 week period.

- **increase in concentration**
  - Life Kinetik: +33.68%
  - Control group: +18.78%

- **increase in reaction speed**
  - Life Kinetik: +14.83%
  - Control group: +10.03%

- **error rate change**
  - Life Kinetik: +48.77%
  - Control group: -41.39%

Tested with the attention-burden-test after Brickenkamp (d2-R) and the Vienna Determination test.
Cognitive skills:

1. Working memory

2. Perception

3. Recalling information
Cognitive skills:

- Working memory
- Concentrated working at high speed
- Fluid intelligence
- Attention
Cognitive skills:
As part of his final exam, Florian Feltes researched the effect of Life Kinetik at the education training center in Vettweiß, Germany (2011). 27 students absolved 20 6-minutes Life Kinetik training session in 4 weeks.

<table>
<thead>
<tr>
<th>Motor Performance Increase</th>
<th>Cognitive Performance Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>ability to combine movements</td>
<td>spatial-visual tasks</td>
</tr>
<tr>
<td>rhythmic ability</td>
<td>mathematics abilities</td>
</tr>
<tr>
<td>balance ability</td>
<td>memory performance</td>
</tr>
<tr>
<td>reaction ability</td>
<td>deductive reasoning</td>
</tr>
<tr>
<td>adaptability</td>
<td>verbal fluidity</td>
</tr>
<tr>
<td></td>
<td>the ability to understand and interpret verbal relationships correctly</td>
</tr>
</tbody>
</table>

Tested with the coordination test for children KTK from Kiphard and Schilling and the test system for School- and educational advice PSB-R 6-13 from Horn
As part of his final exam, Florian Feltes researched the effect of Life Kinetik at the education training center in Vettweiß, Germany (2011). 27 students absolved 20 6-minutes Life Kinetik training session in 4 weeks.

**Science**

### Motor Performance Increase

- **Life Kinetik**
  - Pre test: 94
  - Post test: 112
  - Increase: +18.4%

- **Control Group**
  - Pre test: 95
  - Post test: 107
  - Increase: +1.84%

### Cognitive Performance Increase

- **Life Kinetik**
  - Pre test: 157
  - Post test: 173
  - Increase: +16.3%

- **Control Group**
  - Pre test: 155
  - Post test: 156
  - Increase: +1.1%

 Tested with the coordination test for children KTK from Kiphard and Schilling and the test system for School- and educational advice PSB-R 6-13 from Horn.
Opinions about Life Kinetik:

„Through Life Kinetik I recognized how important it is, to combine constantly changing coordinative exercises including training of the visual system. If the eyes are not working perfectly together in difficult situations, it becomes extremely difficult to respond correctly.”

Manuel Neuer, goal keeper of FC Bayern Munich and the German National Soccer Team; World Champion 2014
Opinions about Life Kinetik:

„I like Life Kinetik very much, because it encourages me when I am always shown tasks, which I have never done before. Then my ambition shows up and I want to master these very often funny exercises. I am convinced that this helps me in my development!“

Mats Hummels, central defender of FC Bayern Munich and the German national team; World Champion 2014
Opinions about Life Kinetik:

„Life Kinetik is, if I am honest, one of the most exciting things that I discovered in my job in the last years!“

Jürgen Klopp, Head Coach Liverpool FC
Practical approach:

- total training time of 60 minutes per week is sufficient
  - perfect program for off-days
  - minor physical impact - no injury risk
  - easy to do while on the road
- improvement increase without practicing sports specific
Life Kinetik possibilities:

- Life Kinetik courses with certified Life Kinetik trainer
- Life Kinetik in rehabilitation
- Life Kinetik in athletic training
- Life Kinetik in youth development
- Life Kinetik during warm-up
Everything comes to him who hustles while he waits.

Thomas Alva Edison (1847 – 1931)