



Peak *Performance*

Enhance your performance

Unlock your athletic potential with our Peak Performance program, designed to elevate your skills and performance in your chosen sport. For Football Players, Golfers, Race Car Drivers, Horse Riders, Runners, Swimmers, and so on. This tailored program focuses on enhancing strength, speed, agility, and endurance through specialized training techniques.

Peak *Performance*

Phase I: Adaptation

Focus

Build consistency, develop strength and enhance recovery.

Fitness Focus

16x Personal Training Session 60min

Recovery Support

4x Cryotherapy
2x Manual Stretching
12x Hyperbaric Oxygen Therapy
1x MXL IDome Triple Detox

Intentional Wellness

1x Muscle Recovery 90min
1x The Sleep Ritual 90min

16 PT | 19 Recoveries | 2 IW

Phase II: Performance

Focus

Progression to higher intensity and volume, enhancing muscular endurance and cardiovascular performance.

Fitness Focus

16x Personal Training Session 60min

Recovery Support

4x Cryotherapy
2x Manual Stretching
12x Hyperbaric Oxygen Therapy
1x MXL IDome Triple Detox

Intentional Wellness

1x Muscle Recovery 90min
1x Cryo Firm 90min

16 PT | 19 Recoveries | 2 IW

Phase III: Optimization

Focus

Peak performance, maximum recovery, and final refinement

Fitness Focus

16x Personal Training Session 60min

Recovery Support

4x Cryotherapy
2x Manual Stretching
12x Hyperbaric Oxygen Therapy
1x MXL IDome Triple Detox

Intentional Wellness

1x Muscle Recovery 90min
1x The Wandering Vagus Nerve Support 120min

16 PT | 19 Recoveries | 2 IW

T A L I S E

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