



Fitness Check taken to new Levels in area of sports, fitness and wellness.

What Can Pre-Fit Do?

Constitutional Muscle Analysis

Weights used too heavy? Neck and Back muscles stiff from office work? The Pre-fit Scan ferrets out these strained muscles and weak spots in the joint and spinal column, displays them graphically and recommends the appropriate training program.

Optimum Training Time

What time of the day is the body ready for training? Traditional Chinese medicine (TCM) teaches that the human body alternates between rest and active phases. In the active phase, the muscle respond extremely well to training; in the rest phase, they are quite sensitive and injury prone. Prefit®Bodyscan registers the athlete's status and calculates the optimum time of day for training.

Fitness and dietary tips

Forget rest periods while training? Ate too much high-protein and too little high-fiber food? Is the Body getting enough fluids? Based on the whole-body function measurement, Prefit®bodyscan determines what the body needs and where the athlete has given it to "too much of a good thing". The individualized fitness and dietary hints tops off the training plan.

Training Effectiveness

Prefit® bodyscan ascertains the athlete's dynamics (i.e. the body's ability in training to quickly access the available energy reserves). This ability is the basis of effective training. Based on the dynamics value, the trainer can determine how demanding the training plan should be.

Acid-Base Balance

Hyperacidity increases the risk of injury and often leads to a break in training. The accumulation of acids in the organism might be due to poor dietary habits. Also, an adequate hydration helps maintain acid/base equilibrium. Prefit® bodyscan measures whether the body has a tendency to hyperacidity.

Determining Optimum Training & Pulse Rate

At what pulse rate does the body burn fat? Which range maximizes endurance? Prefit® bodyscan individually determines the optimum range of the training pulse frequency.

Pre-Fit In Action!

Benefits to Fitness Studio

- Individualized determination of the optimum training plan for each customer.
- Time-saving complement to your standard fitness check
- Recognition of muscle problem zones
- Reliable basis for dietary consultation
- More breadth and competence in your range of services offered.

Benefits to Physiotherapist

- Recognition of muscle problem zones
- Additional information about the patients physical resistance
- Check-up on therapeutic results.

Benefits for the Team

- Individualized determination of optimum training plan for each athlete.
- Recognition of muscle problem zones.
- Optimum care and supervision of team members
- More competence for safe and healthy training.

