

Pro Sport Format – Recovery

STARPOOL

wellness concept

The Challenges of Professional Sport

The athletic performance requires both physical and mental effort.

Main problems in the Pro Sport Leagues:

- Too many games
- Poor/too short rest
 - Mental Health
- Physical performance

In the Professional Sport, rest and recovery play a paramount role, as much as training and effort.

*“For us Recovery means 60/70% of in-season training time”**

*Elliott Williams - San Francisco 49ers Performance Coach

The value of recovery

The right recovery contributes to added values:

- **Athletes:** focus on health delivers long-lasting **careers**



- Injuries and underperforming risks **prevention**



- Better performances means a **happier audience**



The value of recovery

Factors that impact sport performance: at the basis of the pyramid there are **Sleep** and **Recovery**

Physical recovery: it allows your body to trigger the necessary processes of reconstruction and regeneration. In pro-sport the quality of recovery is the basis to restore effective muscle strength

Mental recovery has multiple benefits: reduction of injury risks, precision increase, quick decision-making ability, better sleep and fast recovery after intense physical effort

Our formats for professional sport



Anton Bernard, former captain of Hockey Club Bolzano Foxes and of the Italian Men's National Hockey Team.

Recovery Lab

35-100
sqm

The best support for the team

The format relies on:

A Format designed to adjust to different contexts and spaces inside the Performance Center



Recovery Room

22-28 sqm

The best support for every athlete

The format relies on:

A Format designed to allow athletes to benefit from the best technologies for recovery even at home



Starpool Programs

1
Warm-Up


Goals

- Mental focus
- Passive muscle warm-up

This phase before the physical effort is crucial to prepare the body and reduce the risk of injury

PROGRAM

INFRARED THERAPY + **DRY FLOAT THERAPY** + **BRAIN TRAINING**



Sport Infrared Cabin + Zerobody Dry Float + Mindfulness or Breathing techniques

2
Recovery

Goals

- DOMS reduction (muscle soreness and stiffness after an effort)
- Reduction of overexertion risk
- Better quality of sleep
- Treatment of acute injury

The phase after the workout aims to ensure full recovery and top performance at all time

PROGRAM

COLD THERAPY + **INFRARED THERAPY** + **FINNISH SAUNA** + **DRY FLOAT THERAPY**



Zerobody Cryo or Ice Bath + Sport Infrared Cabin + Sport Sauna + Zerobody Dry Float

Starpool Programs

3
Rest day

Goals

- Stress Management**
Available only with Recovery Station
- Sleep**
Available only with Recovery Station
- Health Booster**
Available only with Recovery Class

On the rest day, athletes can follow a program aimed at preventive care and psycho-physical resilience

PROGRAM

COLD THERAPY + **INFRARED THERAPY** + **FINNISH SAUNA** + **DRY FLOAT THERAPY**



Zerobody Cryo or Ice Bath **Sport Infrared Cabin** **Sport Sauna** **Zerobody Dry Float**

4
Injury management

Goals

- Treatment of sub-acute injury**
- Reduction of edema worsening, inflammation and pain**
- Treatment of muscle contractures**

In case of injury the technologies which come with our Recovery Lab technologies help athletes to get back on your feet as soon as possible

PROGRAM

DRY FLOAT THERAPY + **COLD THERAPY**



Zerobody Dry Float **Zerobody Cryo or Ice Bath**

Starpool Products

Sport Sauna

The Finnish sauna, thanks to its **dry and intense heat**, maximizes the effectiveness of training programs and contributes to raising sport performance to top levels.

Sport Sauna combines the quality and innovation of our products with an **ergonomic and functional design**, developed to become integral part of the areas dedicated to recovery.

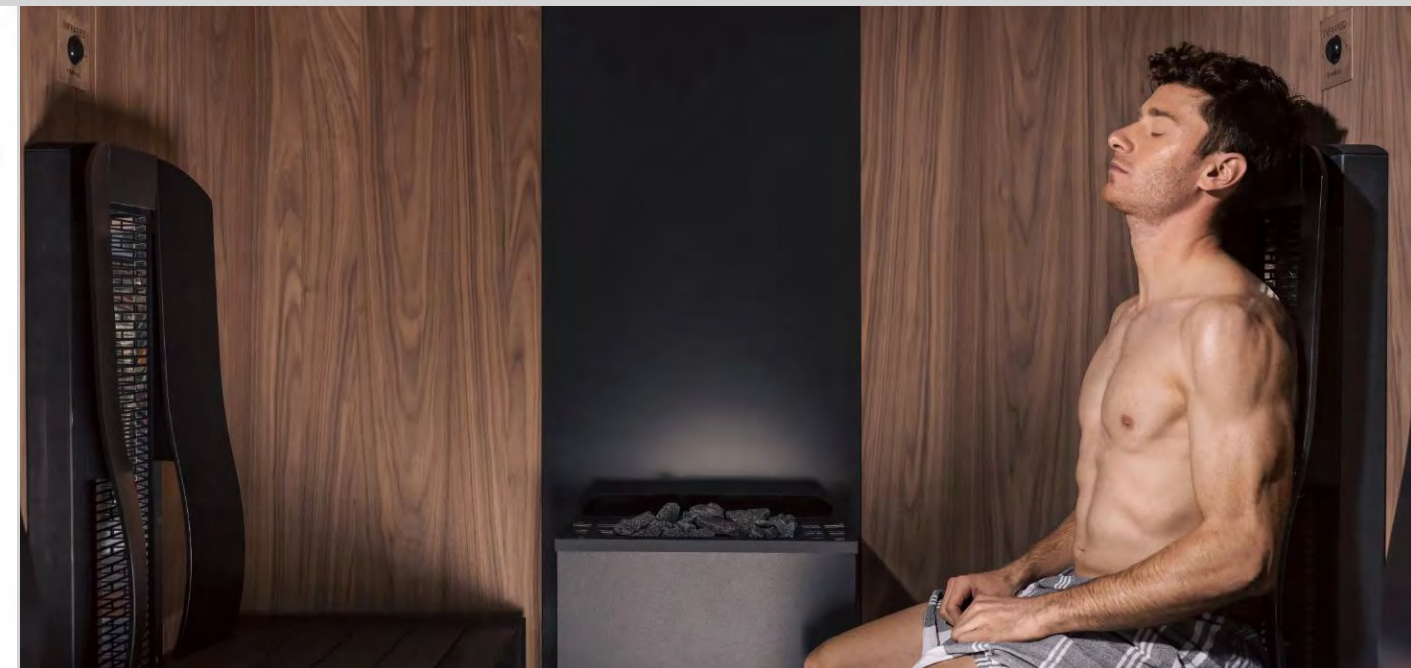


Sport Infrared Cabin

A cosy and functional environment that **makes the most of the regenerating power of infra-red rays**, and that can quickly transform into a Finnish sauna.

The ergonomic seat, which transfers deep heat thanks to the special lamps installed on the backrest, makes this the ideal solution to complete training and performance programs with the **Infrared Therapy**. Thanks to the electric stove, this cabin can also easily be transformed into a Finnish sauna, characterised by a regenerating, **dry and intense** type of heat.

Sport Infrared Cabin is the result of our experience in the world of Wellness, to bring all **the benefits of heat to the world of sports** with functionality and versatility.



Starpool Products

Zerobody Cryo

Zerobody Cryo is the Starpool revolution in the world of Cold Therapy. Innovative in its simplicity, safety and accessibility, it features a **patented membrane that wraps the body entirely without the need to get wet**, at a functioning temperature of 4-6°C in a safe and non-invasive environment.

A less intense solution that brings the same benefits as cryotherapy and immersion in icy water.



Ice Bath

Ice Bath is a simple and versatile solution to enjoy actual baths in icy water and have all the benefits of the cold therapy. Ideal for athletic recovery for professional sports and gyms, **it is available in two versions: pro**, a 4-seater pool designed for the recovery areas that are used simultaneously by groups of athletes; and **personal**, a 2-seater pool that is perfect for individual use.

Through the touch-screen display, you can regulate water temperature from +4°C to +38°C, making Ice Bath a perfect solution for hot baths and Kneipp Therapy too. A practical button also allows for the fast and daily activation of the **systems of water recirculation and ozone disinfection**.



Starpool Products

Zerobody Dry Float

Zerobody Dry Float is a one-of-a-kind system that **allows body and mind to recover their energy** easily and effectively by reproducing the effects of zero gravity. The body floats over 400 litres of warm water, without the need to get undressed or wet. It is a technological innovation that produces a positive impact on stress, muscle and joint pain, sleep, focus, and psycho-physical recovery.

Zerobody Dry Float is available in two versions: **pro**, ideal for exclusive use, thanks to the software that allows to customise the session; and **personal**, perfect for an independent use in a Recovery Class designed for significant clients' flow.



Key Opinion Leaders



Thank you.

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