

INVESTIGATION INTO THE IMPACT OF THE LIMITLESS YOU PEAK PERFORMANCE PROGRAM ON PERFORMANCE OF ATHLETES

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Introduction

The Limitless You Peak Performance Program (LYPPP) has been meticulously compiled to serve as a multifaceted assessment program. The three core objectives of this holistic program are to improve **cognitive ability**; **reduce stress** beliefs; and **enhance performance**. This tripod of outcomes supports augmented brain-body balance and ultimately pledges improved overall performance.

Aim

The purpose was to determine the performance levels of professional athletes by using the LYPPP.

Methods

The research undertook an observational, cross-sectional design. The method including performing test on **40** (males & females) **professional athletes**. The measurements were divided into three sub-categories, each comprising a battery of tests to assess the following: **health-related** fitness index; **skill-related** fitness index; and **brain fitness** index. Data and statistical analysis were done by means of descriptive statistics, whereby performance means and standard deviations were determined.

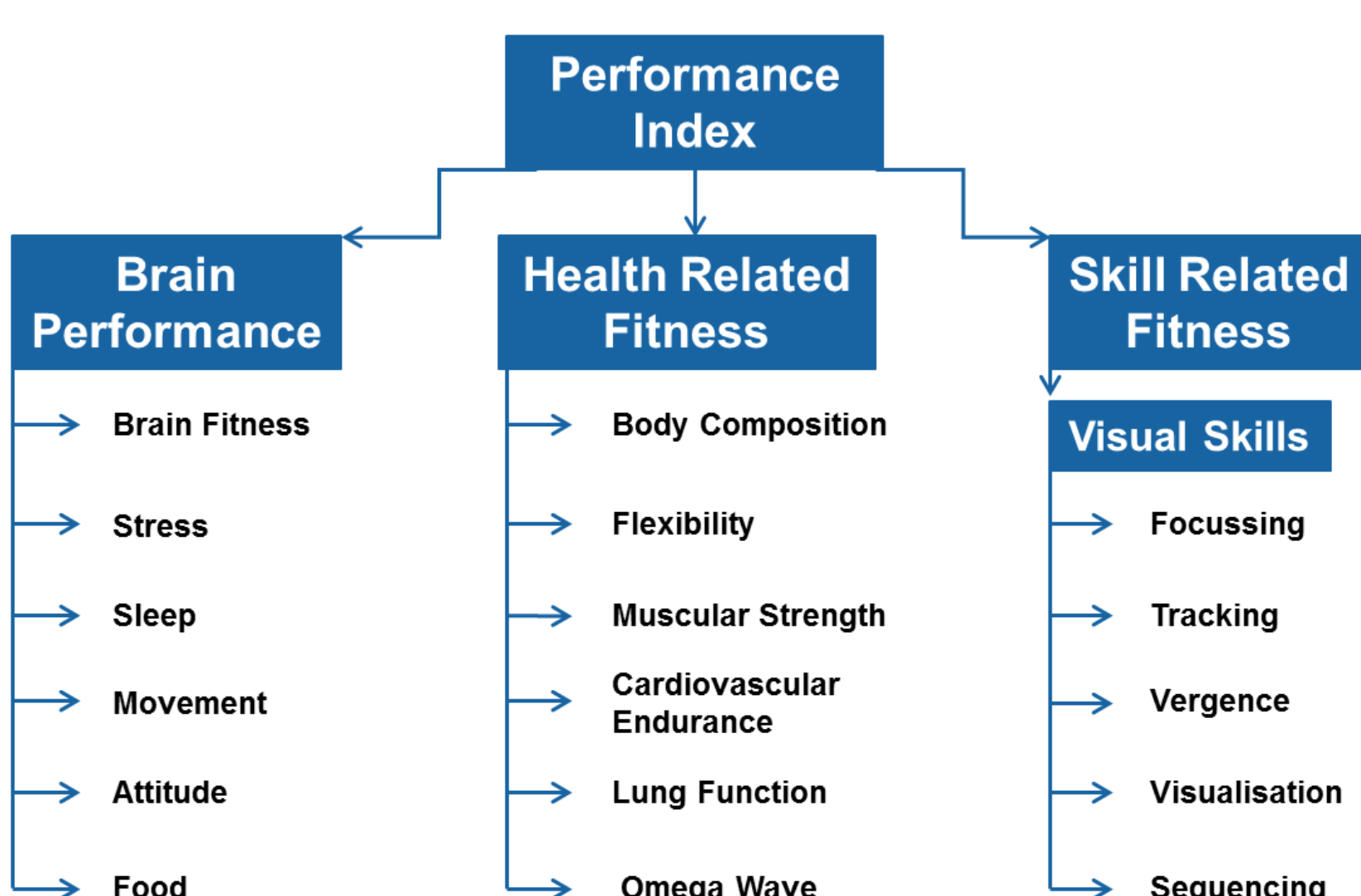


Figure 1: Performance Index

Results

Results of the health related fitness are summarized in Table 1, the skill related fitness results are summarized in Table 2 and the brain related fitness results are summarized in Table 3.

Table 1. Health Related Fitness Results

	Mean	Standard Deviation	Normal Ranges
Height (cm)	174.38	1.57	-
Weight (kg)	69.75	2.94	-
Cardio Stress Index (%)	26	2.94	Below 30
Heart Rate (Bpm)	70.31	2.34	Below 80
QRS Duration (ms)	90.28	1.93	60 - 110
Systolic BP (mmHg)	124.83	2.03	Below 140
Diastolic BP (mmHg)	77.62	1.48	Below 90
Blood Lactate (mg/dl)	1.54	0.19	Below 1
Blood Glucose (mg/dl)	4.84	0.12	Below 6.1
Blood Cholesterol (mg/dl)	3.72	0.18	Below 5.1
Body Fat (%)	9.69	1.08	5 - 12
VO ₂ Max (ml/kg/min)	52.7	2.28	44 - 48

Table 2. Skill Related Fitness Results

	Mean	Standard Deviation	Normal Ranges
Focussing (Letters/min)	47.45	3.72	More than 59
Tracking (Letters/min)	48.62	3.49	More than 59
Visualisation (sec)	35.89	3.22	Less than 41
Eye-Hand Coordination (sec)	34.07	3.26	Less than 26
Vergence (cm)	2.55	0.68	Less than 2.56
Sequencing (Level)	2.21	0.15	More than 3
Hand-Ball-Toss (#)	21.86	1.04	More than 23
Static Balance-Left (sec)	8.77	1.14	More than 40
Static Balance-Right (sec)	12.37	2.6	More than 40

Table 3. Brain Related Fitness Results

	Mean	Standard Deviation	Norm
Brain Fitness	4.88	1.36	Closer to 10
Stress	7.13	1.46	Closer to 10
Sleep	6.5	0.93	Closer to 10
Attitude	7.63	1.41	Closer to 10
Movement	8	1.51	Closer to 10
Food	6.75	2.19	Closer to 10
Brain Performance (%)	67.63	9.24	Closer to 100

Conclusion

The main contributing factors to high level performance were divided into health related fitness, skill related fitness and brain fitness and were deemed to encompass anthropometry, sports vision techniques, sports specific testing, six brain performance drivers, physical and motor skills, respectively. It can be concluded that the holistic approach of the LYPPP leads to augmented brain-body balance assessment.