

REFLEXIVE
PERFORMANCE
RESET®

RPR®



WHERE **PERFORMANCE** STARTS

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PERFORMANCE
RESET

RPR®

**WHAT
IS
RPR?**

The only system in the world that anyone can follow to create improvements in their own mental & physical performance.

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IF YOU TAKE ONE THING OUT OF TODAY:

To get the most out of training,
you must address the
NEURO part
of the NEUROMUSCULAR
system **first**.

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THE CONCEPT:

**RPR shows you how to optimize your
neurological system**

What do you do when you walk into a dark room?



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FEEL WHAT THAT MEANS:

Have you ever *felt* neurological change?

1. **Baseline** - Arm Test
2. **Intervention** - Chest Breath Hold
3. **Retest** - Arm Test
4. **Intervention** - Cross Crawl, Belly Breathing
5. **Retest** - Arm Test

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RPR IN ACTION:

Find the biggest opportunity for improvement using one of the RPR tests.

1. **Baseline** Select a Test.
2. **Intervention** Select Wake Up Drills.
3. **Retest**

BUY-IN TESTS	
HIP EXTENSION RANGE OF MOTION	HIP EXTENSION STRENGTH
QUAD FLEXIBILITY	HAMSTRING RANGE OF MOTION
ANTI-ROTATION	ABS

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ANTI-ROTATION TEST

TEST INSTRUCTIONS

Choose two athletes to perform the wake up drill on each other. Ideally, find your emotional leaders of the class or the locker room.

- Perform the test and note speed and strength of response
- Have one athlete perform the anti-rotation wake up drill on the other
- Perform the test again and note any changes in response
- Have the two athletes change roles and repeat



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WHY RPR WORKS

You are under constant stress which has a negative impact on how you function.

RPR's simple system of breathing and tactile input changes how you respond to that stress so you feel better, move better, and live a better life.

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Branches of the Autonomic Nervous System (ANS) Measured by HRV

Sympathetic Nervous System (PNS)

- Controls stimulation of “fight-or-flight” stress response
- Needed for short-term survival



Parasympathetic Nervous System (PSNS)

- Controls stimulation of “rest-and-digest” activities essential for recovery
- Needed for long-term survival

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Autonomic Nervous System Divisions

Sympathetic Nervous System

Prepares the body for intense physical activity

Increase Heart Rate and Blood Pressure

Triggers release of Adrenaline and noradrenaline

Breaks down glycogen stores into glucose



Parasympathetic Nervous System

Relaxes the body and slows high energy functions

Decrease Heart Rate and Blood Pressure

Triggers release of acetylcholine

Increase glycogen storage



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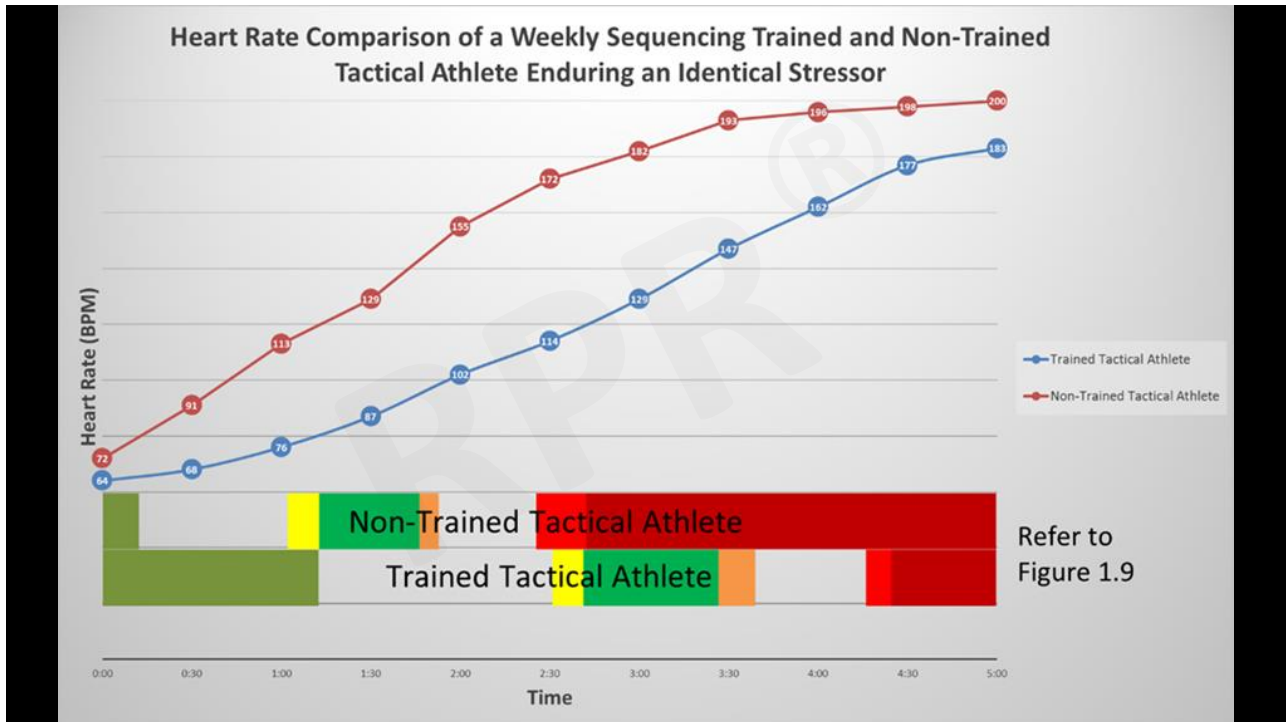
- Sympathetic vs. Parasympathetic
 - Sympathetic is highly active in stressful situations - increased heart rate
- Excessive leads to sub-optimal decisions/performance
- Vital in controlling responses and maintaining composure
- Can be controlled through proper training and other forms of stress inoculation

Heart Rate and Tactical Athlete Performance					
HR: 60-80	HR: 115-120	HR: 120-145	HR: 145-150	HR: 170-175	HR: 175-200
Normal Resting Heart Rate	Fine Motor Skill Deteriorates	Optimal Survival & Combat Performance for: Complex Motor Skills Visual Reaction Time Cognitive Reaction Time	Complex Motor Skills Deteriorate	Cognitive Processing Deteriorates Loss of Peripheral Vision (Tunnel Vision) Loss of Depth Perception Loss of Near Vision Auditory Exclusion (Tunnel Hearing)	Irrational Fighting or Fleeting Submissive Behavior Gross Motor Skills (Running, Charging) at Highest Performing Levels

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REFLEXIVE PERFORMANCE RESET | **RPR**


THE CO-FOUNDERS



CHRIS KORFIST
WORLD-RENOWNED
SPEED COACH

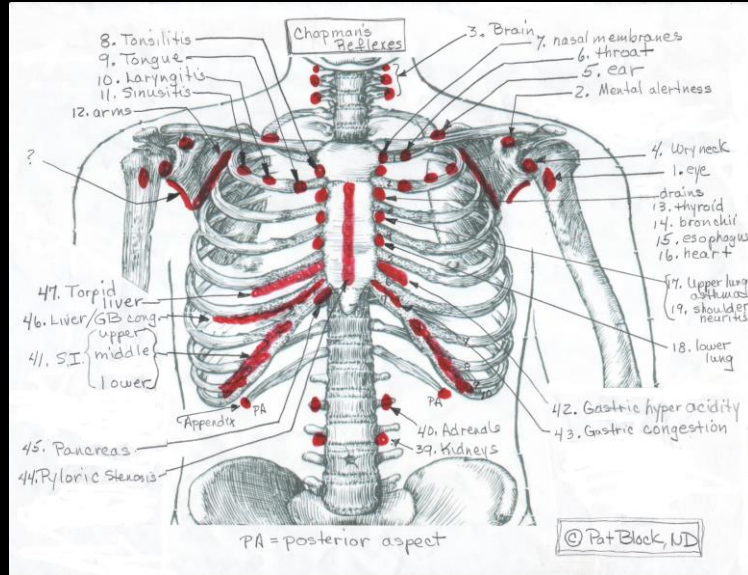


CAL DIETZ
CREATOR OF
TRIPHASIC TRAINING



JL HOLDSWORTH
WORLD CHAMPION
POWERLIFTER

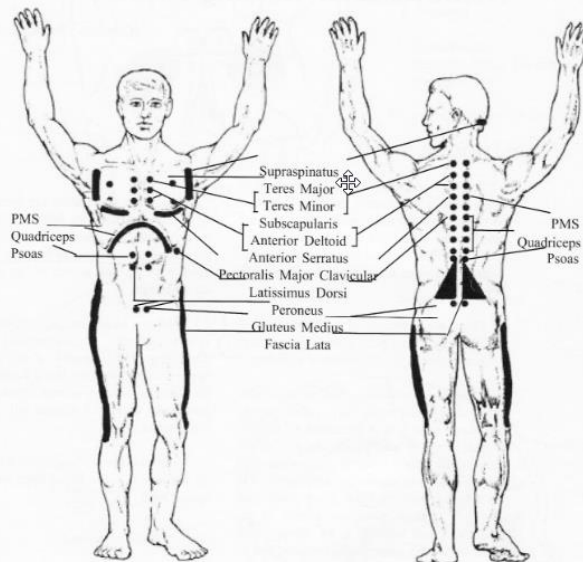
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Touch for Health 1 Neurolymphatics

(Note: all neurolymphatics are stimulated bilaterally, except the following on the front of the body:
Pectoralis Major Clavicular, Pectoralis Major Sternal, and Latissimus Dorsi.)



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HOW RPR WORKS

Your nervous system controls everything in your body.

RPR gives you a simple map of how your nervous system works and teaches you how to follow it.

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OUR CURRENT LENS

THE MECHANICAL PARADIGM

Muscles create movement.

Stretch and strengthen.

Issues primarily local.

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OUR NEW LENS

THE NEUROLOGICAL PARADIGM

Nervous system initiates movement.

Neurology determines length and strength.

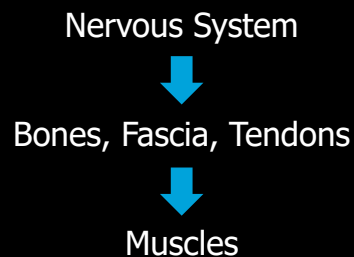
Issues primarily global.

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ORDER of Operations

NEUROLOGICAL BEFORE MECHANICAL



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KEY TERMS REDEFINED

	MECHANICAL LENS	NEUROLOGICAL LENS
ACTIVATION	Warm Up	Neurological Sequencing
NERVOUS SYSTEM WORK	Potentiation	Optimizing Firing Pattern
AUTONOMIC NERVOUS SYSTEM	Rest/Recover & Fight/Flight/Freeze	Performance & Survival

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RESULTS YOU WANT: GLUTE ACTIVATION

DESIRED RESULTS:	GLUTES PRIMED FOR TRAINING BEST AVAILABLE HIP RANGE OF MOTION
MECHANICAL LENS:	GLUTE BRIDGES & CLAMSHELLS
NEUROLOGICAL LENS:	OPTIMIZE FIRING PATTERN FIRST

WHICH LENS BRINGS THE RESULTS WE WANT?

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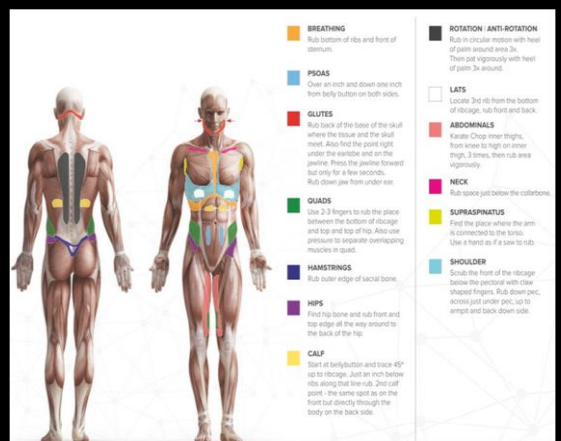
WHY RPR WORKS:

IT ALLOWS PEOPLE TO RESET HARMFUL COMPENSATION PATTERNS THAT CAUSE PAIN AND LIMIT PERFORMANCE.

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HOW DOES IT WORK



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REFLEXIVE PERFORMANCE RESET | **RPR**



Before *After*

REFLEXIVE PERFORMANCE RESET | **RPR**

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CORE PHILOSOPHY | WHAT AND WHY

WHY YOU SHOULD USE IT:

DRASTICALLY CHANGE YOUR TEAMS PERFORMANCE AND REDUCE INJURY

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CORE PHILOSOPHY | WHAT AND WHY

HOW DO YOU USE IT?



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LEARN TO THRIVE

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PERFORMANCE EFFECTS OF RPR

Three-Time Olympic Hockey Player

Using standard bike interval test for three **Three-Time Olympic Hockey Player**

Using standard bike interval test for three years, heart rate was consistently 160 beats per minute.

The same workout after introduction of RPR was completed at 140 beats per minute.

Army Ranger on Return From Deployment

For two years unable to sleep for longer than two hours at a time.

The night after introduction to RPR, slept for 13 hours.

NCAA Division One Athletes

Previously unable to recover between sprint intervals.

See next slides.

en sprint intervals.

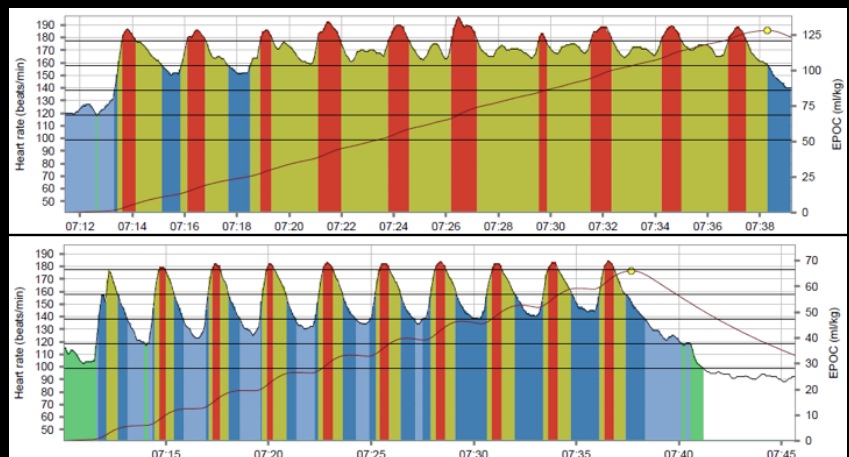
See next slides

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ESTABLISHING BUY IN | EXPLAINING RPR

Athlete #1



Before: 83% of the test was performed in the top two heart rate zones.

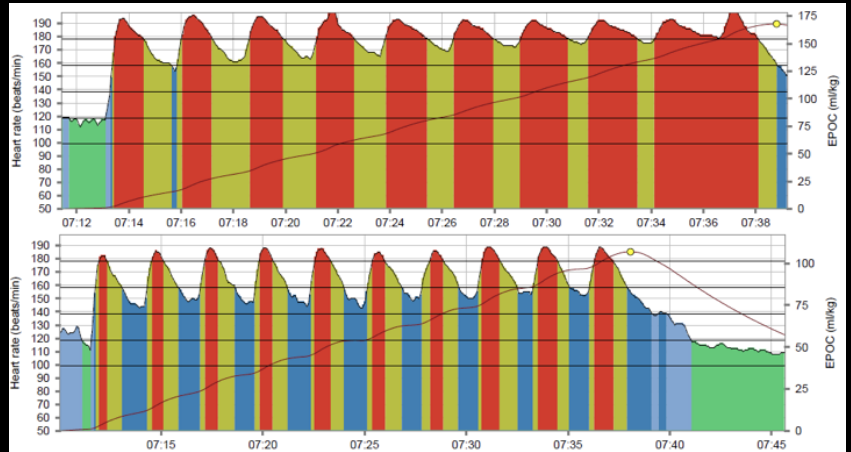
After: Only 30% of the test reached those top two zones.

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ESTABLISHING BUY IN | EXPLAINING RPR

Athlete #2



Before: 91% of the test was performed in the top two heart rate zones.

After: Only 48% of the test reached those top two zones.

Result: *By recovering faster, this athlete has the capacity*

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RPR + ATHOS

**Crazy Results Following a Post
ACL Return to Train.**

**Athlete – 2 Months in Hard Training
Protocol**

Training Was Going Well

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RPR + ATHOS

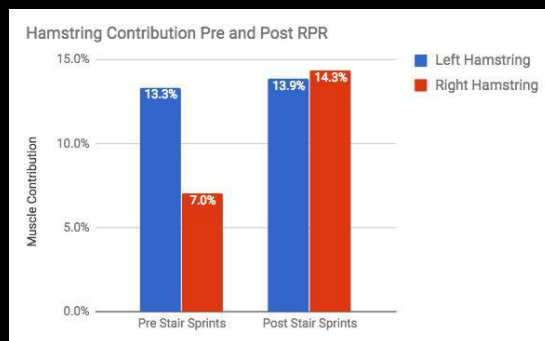
Strength Levels in Legs Equal

Many exercise revealed no strength issue – in previous 2 months

What was Found was lack of activation at High Velocity Movements-Sprinting up Stairs

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Hamstring RPR + Impacting Contribution

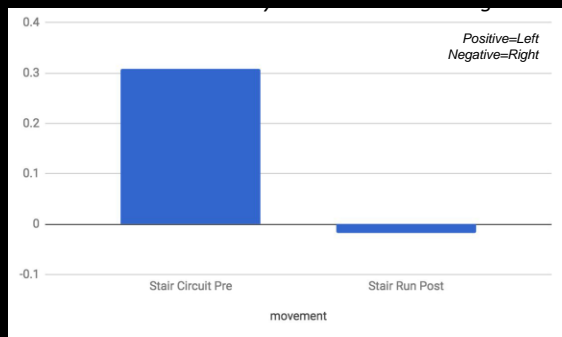


	Left Hamstring	Right Hamstring
Pre	13.3%	7.0%
Post	13.9%	14.3%



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Hamstring RPR + Eliminating Imbalance



	Hamstring Balance
Pre	30% Left
Post	1% Right

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Quad RPR + Eliminating Imbalance



Step Up	Ave. Quad Balance
Pre	28.8% Right
Post	.3% Right

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RPR + ATHOS Take Away

**With ATHOS You Can Spot Potential Issues
Before They Appear**

**RPR Can Fix Issues in Seconds That
Exercise Will Take months**

**These Two combinations Prevent Issues
Months before Injury Appears**

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Everything I Know May Be Wrong

- Exercise Concepts & Selection –
 - Squats and Bracing the Core example
 - Core Training – Squeezing the Toe
 - Exercises – Lunges – Step up
 - Bench Press
 - Lat pull down
- Reverse Hypers – Glute ham hypers
- Pull up
- Curls
- Triceps push Down
- The Bridge
- Typical Kettlebell Swings

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REFLEXIVE PERFORMANCE RESET®

Basic RPR Breath Reset Effects

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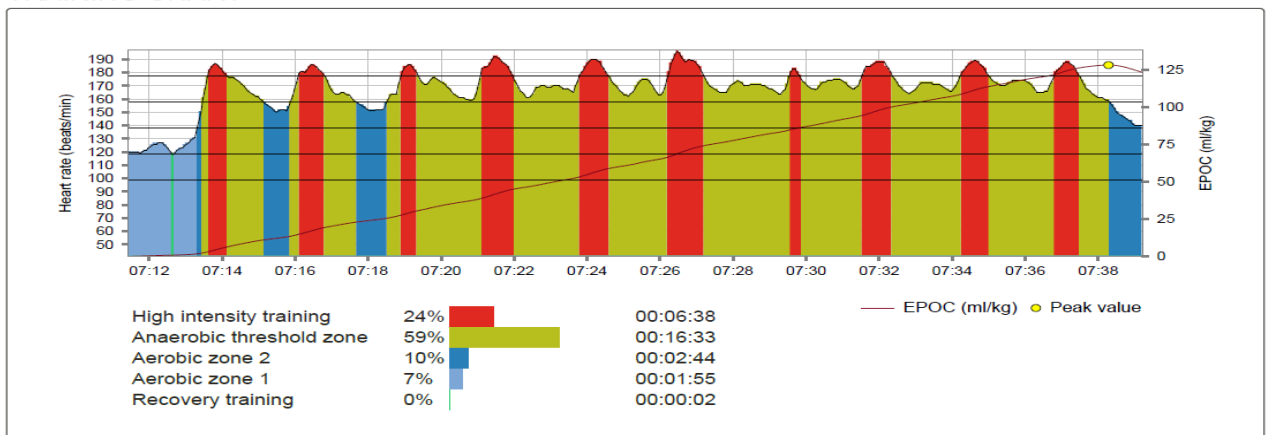
We Address the Main Cause of the Breathing Issue

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- Much quicker transition from sympathetic to parasympathetic
- Increases nose breathing capacity which improves nitric oxide, a powerful immune-boosting molecule that is produced in the sinuses during nose breathing (not mouth breathing)
- 3 Time olympian Bike Workout - HR 160 b.p.m. for three years
 - HR at 140 b.p.m. RPR Breathing Reset and same workout
- Army ranger had been sleeping in two hour intervals for years
 - Slept 13 hours in the first night after reset
- The training system can be more specific for alactic (short sprint system) and lactate system if breathing is optimal and you're only taxing the system you're wishing to train

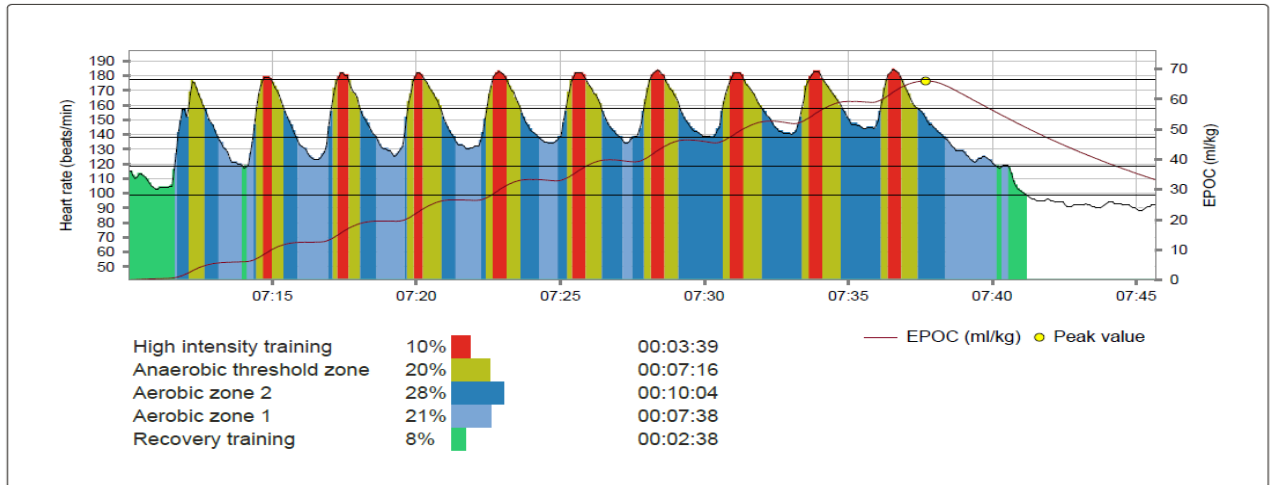
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TRAINING CHART

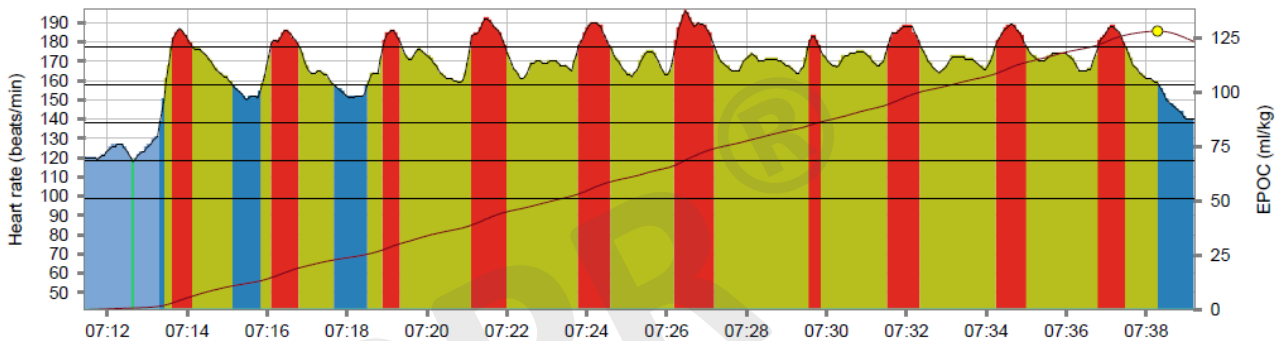


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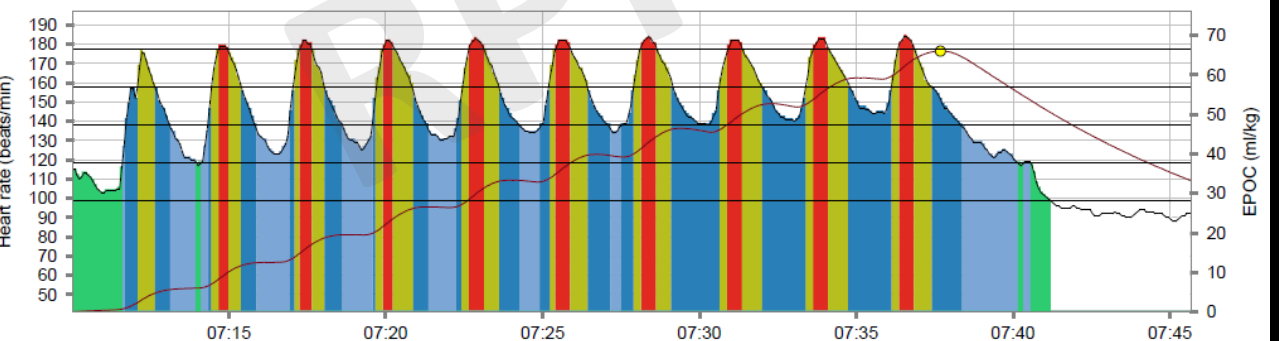
TRAINING CHART



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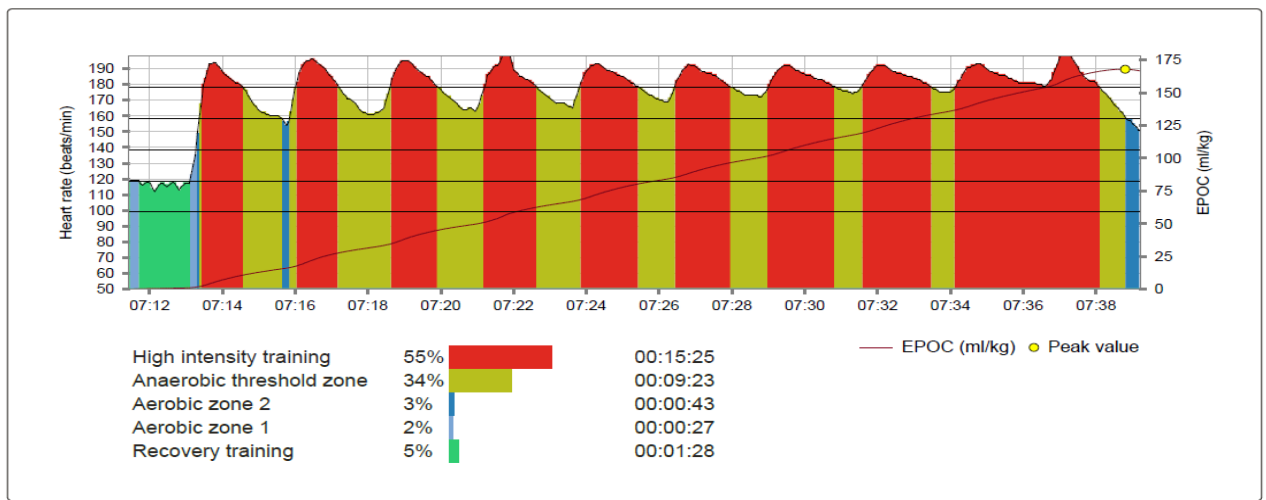
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- Change occurs in 6 days
 - First Test - 83% of the test was completed in the first two HR zones
 - 6 Days Later - 30% of the test was completed in the first two HR zones
- Increase in substrate dynamics
- More efficient breathing patterns
- Recovered faster between sets
- Same exercise was not as intense

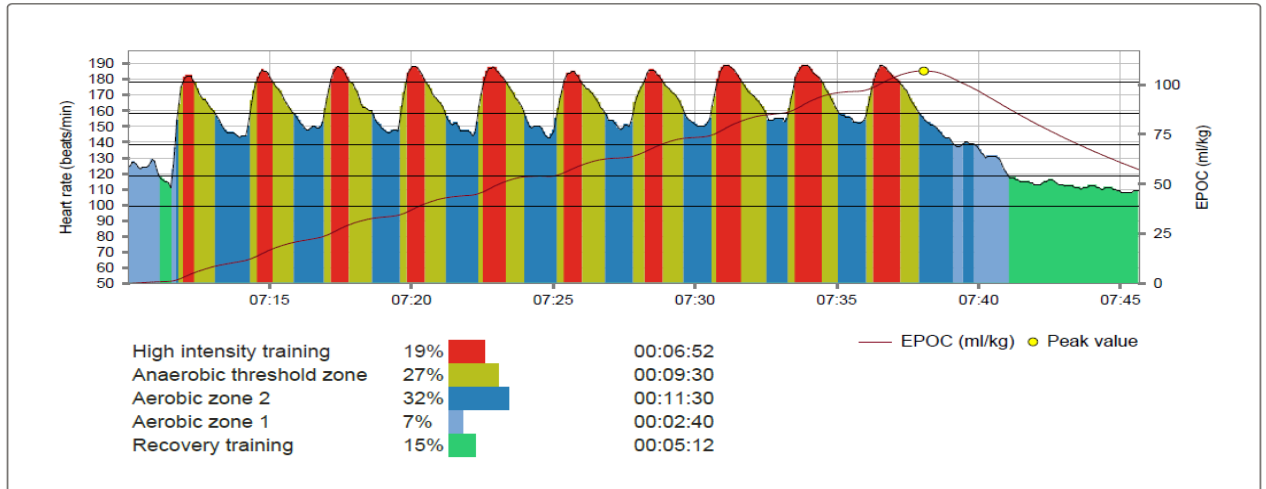
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TRAINING CHART

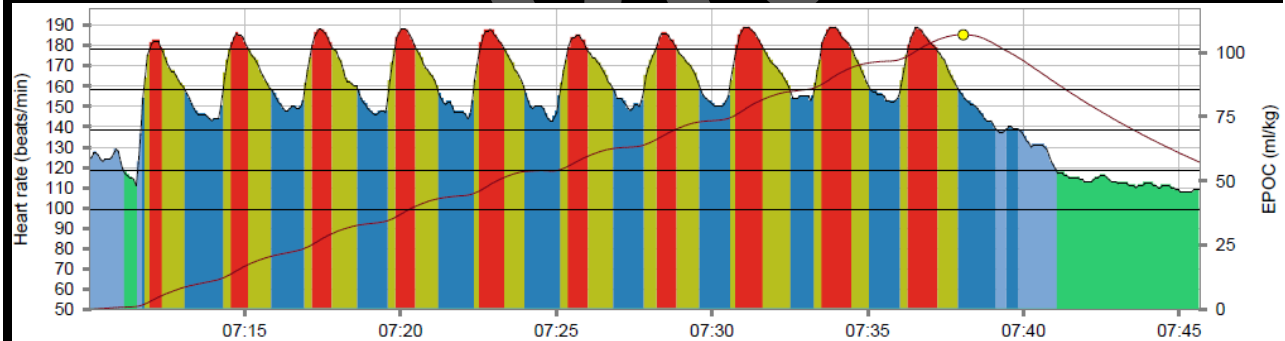
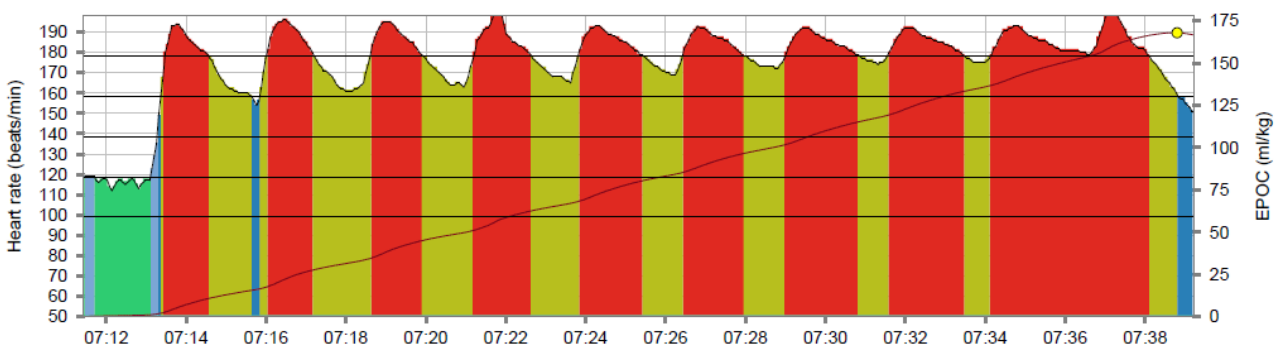


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TRAINING CHART



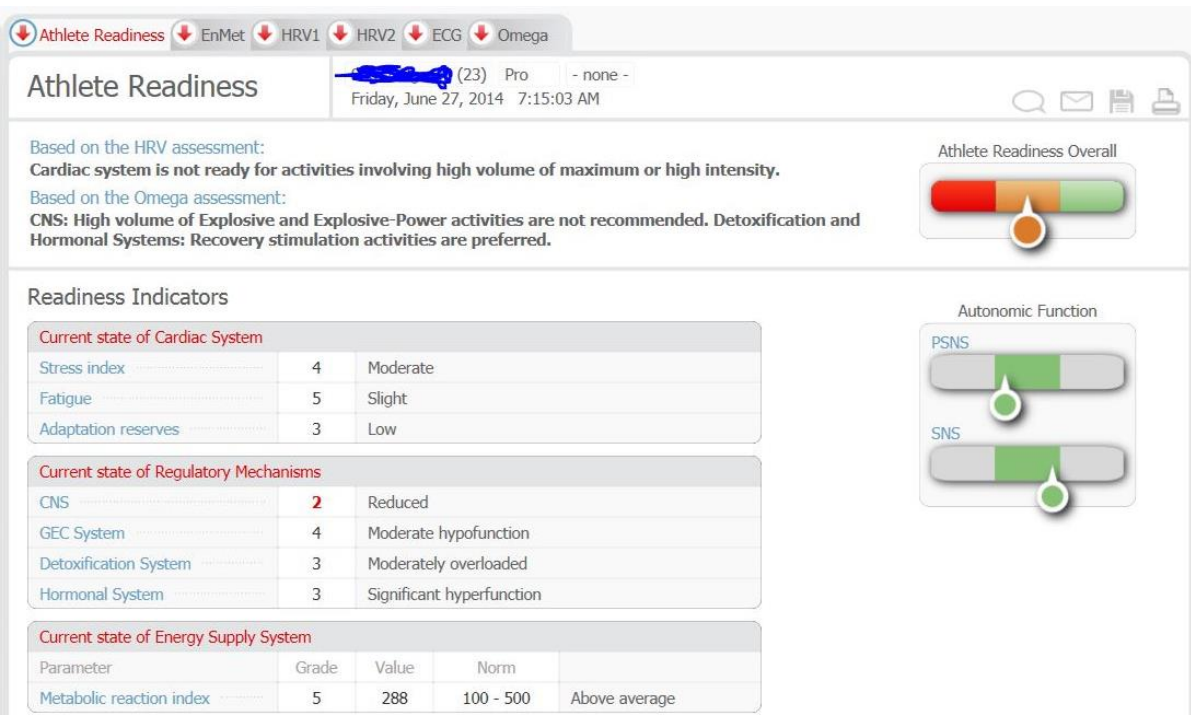
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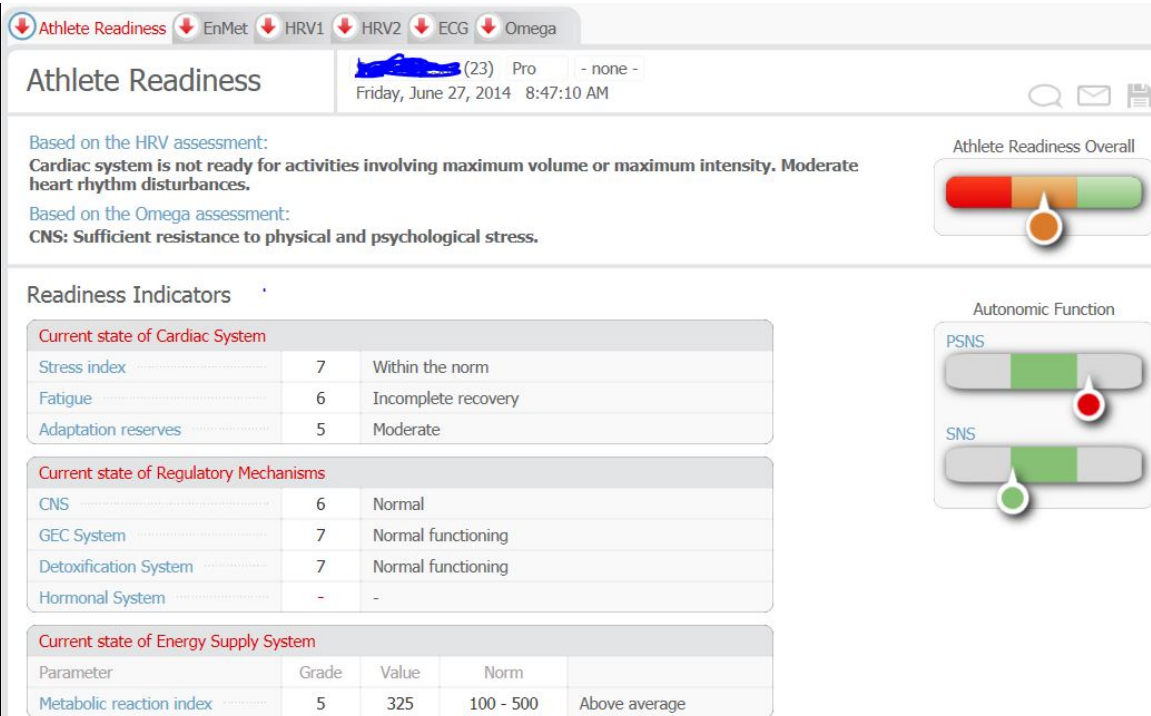
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- Change occurs in 6 days
 - First Test - 91% of the test was completed in the first two HR zones
 - 6 Days Later - 48% of the test was completed in the first two HR zones
- Increase in substrate dynamics
- Notice the time spent in the bottom three heart rate zones in the first test was 10%, and 54% in the second test

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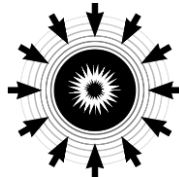
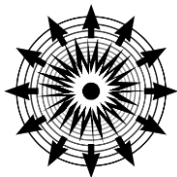
tension decreases blood flow by 30%

10%

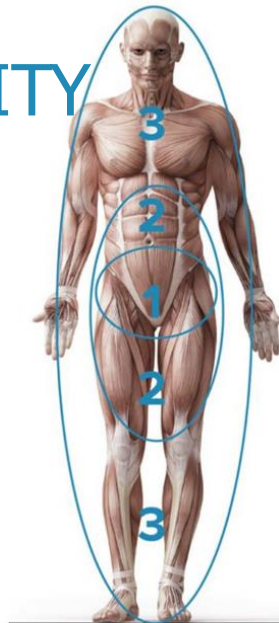
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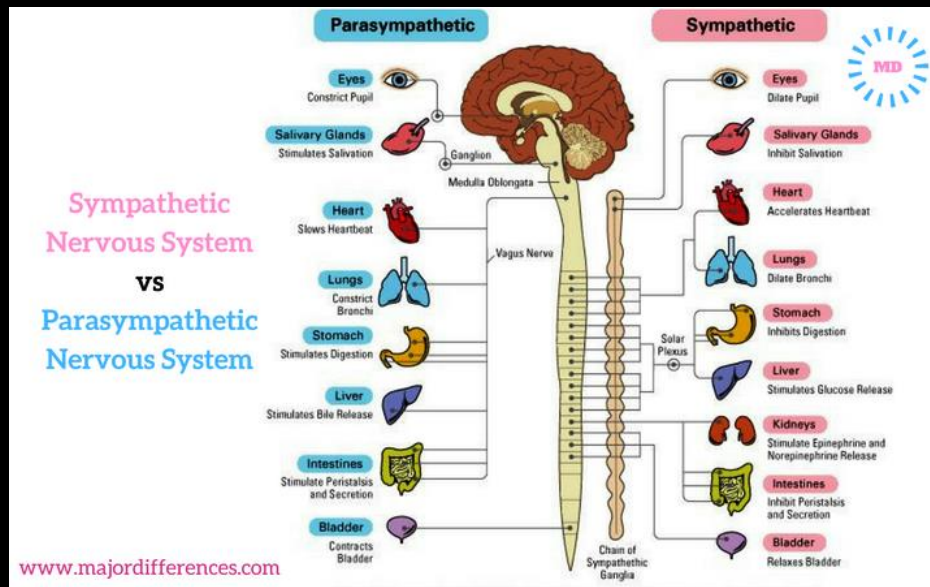
PROXIMAL STABILITY **BUILDS** DISTAL MOBILITY



EXPLOSION vs IMPLOSION



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BREATHING RPR

PERFORMANCE RESET

IN DEPTH | BREATHING

- With your hands between your ribs and hips, breathe in through the nose and out through the mouth.
- Feel expansion in your hands all the way around, from front to back.
- If you're not able to find breath down in the belly, try these tactics:
 - Lay down on back with knees bent and feet flat on the floor
 - Pinch the nose like a Breathe Right Strip
 - Press the Teletubby point (right at the top of the head)



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Restricted forced inhalation

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RPR + ATHOS Take Away

With ATHOS You Can Use as Screening Tool

With RPR + ATHOS Speed up the Rehab Process with the Right Patterns

Athos Create Awareness – Biofeedback

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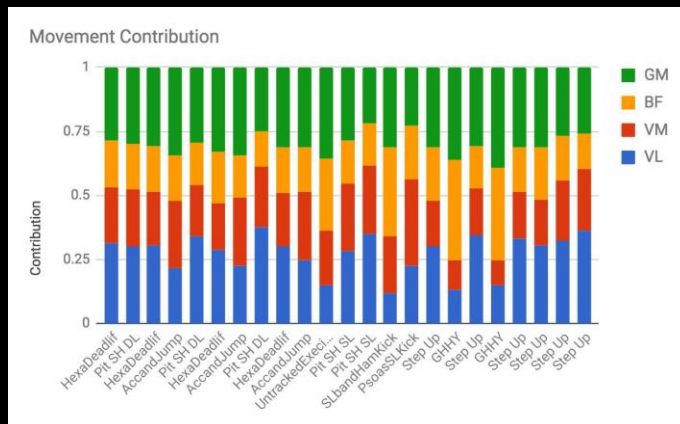
RPR + ATHOS Take Away

**When Program Because Sports specific –
Coaches will Choose most important
exercise for Specificity – then they would
Build assistant exercise based off feed
back from Athos**

**Example – Peaking Programs are Quad
Dominate Workout – you pick Peaking
posterior Exercises as Assisted
Double Leg Band Hamstring Kick**

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Movement Contribution



Contribution	Best
Quads	Step Ups, Pit Shark DL
Hamstring	GH HYPR, SL Band Ham Kick
Glutes	Conditioning Circuit and GH HYPR

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