



**HUMAN
PERFORMANCE
SERVICES**

Our Human Performance Services are designed with a focus on finding real, measurable performance improvements. Working alongside your performance staff and coaches we start with an assessment of an athlete's goals and ambitions; where they want to get to and what they want to achieve.

Our expert team then develops a specific session plan utilising our technology and capability to provide data driven performance improvements.

Biomechanical and Aerodynamic Capability

The key goals of our biomechanics service is to improve comfort and mechanical effectiveness, and to increase muscular power delivered to the pedal. We look at how the body and bike interact, and how we can change position setup and technique to achieve these goals.

We can integrate this approach into the aerodynamic positional optimisation, allowing us to establish the functional window. This ensures any position is not just powerful and effective, but also aerodynamic.

Our biomechanics sessions are delivered by a Chartered Physiotherapist ensuring that each session is clinically approved and provided to the highest standard. We also offer wind tunnel only sessions which offers the opportunity to assess body position, bike, equipment and clothing.

We can then make recommendations that reduce the area presented to the wind, or modify the shape or surface characteristics to change the flow of air.



Bespoke Performance Consultancy

Our Performance Consultancy allows us to create bespoke solutions, or if needed connect you with our specialist partners. This allows us to tailor our delivery to give maximum impact to teams ensuring programmes are practical and deliver value for money.

Market Leading Equipment Combined with in-house technology

We use the latest industry-leading R&D and technology, in order to get the best results from brands specialising in sports performance optimisation. We combine this with our own Vorteq developed tools and equipment to tailor our capability.

