

HOW IT WORKS

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THREE POSSIBLE WAYS FOR EFFECTIVE TRAINING WITH MYSPER

There are three different possible ways to use MYSPER for your training. All three ways are based on the MYSPER workout generator (you can read more about this in the article “Workout Generator Information”), which puts together the workouts in all three cases. We’d like to shortly introduce all three ways:

WORKOUTS ONLY

This way is perfect for athletes, who want to work out regularly short and intensive, without steadily increasing the training intensity. The athlete just has to do his workout every day, by tapping on the button “Workout”. Depending on how much time the athlete has, he/she can choose the workout category for every single training. Push Messages remind the athlete not to forget his training.

MYSPER BRINGS VISIBLE RESULTS

Due to its highly intensive workouts, the training with MYSPER doesn’t take much time but brings you visible results in a few weeks.

15 minutes training with MYSPER is as effective as one hour endurance running.

It’s training philosophy is based on the high intensity interval training but was further developed by highly respected trainers of different sports and studied physiotherapists. The result is the most effective training ever.

WORKOUTS & TESTS

You need MYSPER Premium for this way of training. First, the athlete has to complete a performance test. After finishing the test, MYSPER has an additional workout category “individual workout”. In this category, the workout generator compiles the training based on the athletes individual test results. Every two weeks the athlete is asked to do a new performance test, for creating a new base for the workout generator. That usually leads to a steadily increasing training intensity and also steadily increasing performance.

10 WEEK CHALLENGE

With the MYSPER 10 Week Challenge even beginners have the opportunity to increase their performance very fast and become a real athlete. The challenge splits in 10 single weeks, where the athlete has to collect a specific amount of credits to unlock the next week. If the athlete taps on “Workout” in the challenge tab, the workout generator compiles the workout based on the missing credits and the remaining time in the challenge week. Due to constantly increasing credits from week to week, this is the most challenging but also most effective way of training in MYSPER.

BONUS: BATTLES UND TEAMS

In addition and complementary to the three ways of training, athletes have the opportunity to compare their results in battles of teams. Battles and Teams do not replace one of the three ways described before they are intended for additional motivation.