

MYSPE R WORKOUT GENERATOR



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WORKOUT GENERATOR? WHY?

Many competitors use fixed workouts with always the same exercises in the same order. This way makes it easy for the athletes to remember how the workout works and makes the workout results comparable. But this way has some significant disadvantages. The athlete's body gets used to the training and the adaption process gets weaker and weaker. Also these workouts could get boring after some time.

That's why we build the MYSPER Workout Generator. The worldwide unique algorithm generates workouts, which are absolutely unique and appropriate from a sport scientific point of view.

MYSPE R 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.

HOW IT WORKS

For every different training focus in MYSPER there are different workout categories. For any of these categories, we developed a general pattern, how the workout should be structured. That means we made a preset, which muscle group should be stressed with which intensity to what time as well as how high the entire exercise intensity should be.

All exercises got tagged with information like the complete exercise intensity as well as how intense the exercise is for the different muscle groups.

All the workout generator has to do now, is to fill the given structure with the best fitting exercises. So every generated workout is absolutely unique and appropriate from a sport scientific point of view.

THE EVOLUTION

As key feature of MYSPER, the generator was developed for more than one year. In innumerable tests, the algorithm got tuned and optimized. Again and again we generated workouts, performed and evaluated them. The algorithm got better and better until the actual version creates consistently good, and challenging workouts.