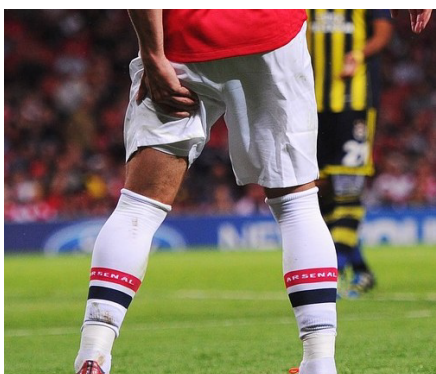


WORLD NEWS

FOLLOWING THE EVOLUTION OF ECCENTRIC RESISTANCE TRAINING

THE GLOBAL
HAMSTRING PROJECT
ENHANCEMENT
PREVENTION
REHAB



WORDS FROM THE EDITOR-IN-CHIEF






Dear reader and nHANCE follower,
This October Newsletter is dedicated to the upcoming 2nd International Global Hamstring Project that will take place in Barcelona in the last week of November. Here, you will find the final program and any information needed to register and be part of this important event.
The "Global Hamstring Project" is an annual forum bringing together coaches, clinicians and researchers to present and discuss concepts, ideas and new methods to enhance athletic performance and prevent and combat hamstring injury in sports. Why, for example, does it appear that some clubs year after year show terrible hamstring muscle strain statistics, and others consistently do very well over time? Is it a secret to this? Numerous sports medicine conferences and gatherings around the globe deal with the hamstring injury treatment and rehab. The goal of this forum is simply to enhance **athletic performance** by building speed, power and functionality of hamstring, and working proactively to avoid injury.

David Perez
Editor-in-Chief



THE 2ND INTERNATIONAL "GLOBAL HAMSTRING PROJECT" IN BARCELONA, NOVEMBER 28, 2015

PROGRAM

09:00	Per Tesch	PhD. Karolinska Institutet, Founder nHANCE™ driven by YoYo™ Technology, Stockholm, Sweden. "The Global Hamstring Project".
09:15	Kristian Berg	Dr. Naprapathy. Rygg & Idrottsskadekliniken, Stockholm, Sweden. "The underappreciated complex anatomy and function of the hamstring muscle group".
09:30	Henk Kraaijenhof	Hollistic Track & Field Coach, Helping the best to get better. Laren, The Netherlands. "When hamstring becomes an Achilles' heel. A practical approach to prevent and treat hamstring problems in athletes".
10:30		Coffee Break
11:00	Julio Tous Fajardo	PhD. Strength & Conditioning Coach of the Italian National Football Federation, La Laguna, Tenerife, Spain. "My approach to prevent hamstring injuries in professional athletes while enhancing speed and agility".
12:00	Mateja Fritz	RPT. Optimal Fysik, Stockholm, Sweden. "Treating tendon injury and hamstring muscle strain using ultra-sound guided EPI® technique and YoYo™ technology".
12:15	Srećko Mijatović	RPT. Cortex Training Center, Belgrade, Serbia. "Enhancing speed, strength and power and preventing injury with YoYo™ Technology: My Approach!"
12:45	Rodrigo Fernandez-Gonzalo	PhD. Karolinska Institutet, Stockholm, Sweden. "Exercise models to prevent hamstring injury in elite soccer players. What muscles are actually targeted? An exhaustive study employing functional MRI".
13:30		Lunch
14:45	Jordi Garcerán	Hollistic Sports Coach & Advanced Personal Trainer. Paradise, Mataro, Spain. "Hands-On exercise using YoYo™ technology. My favorite exercises for brute eccentric power or functionality – more than hamstring only".
16:00		Wrap-up

Where: TecnoCampus, Mataro (Barcelona), Spain
When: 09.00-16.00; 28/11/2015
Invited: Coaches, Clinicians, Researchers, Athletes, Team Managers etc.

Host: **nHANCE™**
Driven by YoYo Technology™



WORLD NEWS

How to get there:

Suggestions where to stay:

Attendance Fee:

By car from Barcelona (C-32) or Girona; by train from Pl. Catalunya; by air to either Girona or Barcelona (El Prat). Ibis, Barcelona Mataro or Hotel Atenea Port Barcelona Mataro, both situated right on the beach. €245 (deadline: 21/11); **Early Bird: €195** (deadline: 20/10).

How to

Register & Pay:



Bank wire transfer to account number (IBAN) SE58 6000 0000 0000 4244 6309; BIC/Swift: HANDESS; Accountant: YoYo Technology AB, Pryssgrand 10, 113 51 Stockholm, Sweden.

Important: Provide Name, Title, Affiliation, e-mail and mobile tel along with bank wire transfer copy to: info@nhance.se

WORD FROM THE FOUNDER

The very best athletes typically have the ability to analyze and assess the outcome of their exercise training efforts. Some just do what they are told to do in the hope the coach knows the right thing to do. We believe in exchanging experiences, ideas and knowledge with an open mind! The **"Global Hamstring Project"** is all about bringing together experts who are actively involved in high performance sports from different angles. We are all needed! We don't care about high-profile titles or degrees at this forum. It boils down to sharing and contributing to the benefit of all. Join the 2nd Annual Global Hamstring forum in Barcelona. We dare to Share!



Per Tesch, Professor
Founder
nHANCE driven by
YoYo™ Technology

VISITING AJACCIO – HOME OF NAPOLEON

In past Newsletters we have spotlighted some of the very best football clubs in the World being dedicated long-time users of our YoYo™ products. Among those are Juventus FC, Manchester United, Paris Saint-Germain, Real Madrid and FC Barcelona, to name a few. This month we acknowledge Corsica team **AC Ajaccio**. Founded in year 1910 in the city of Ajaccio, home to Napoleon Bonaparte, the club currently play the first ever season in French Ligue 1. Picture shows strength and conditioning coach (Préparateur Physique) **Sébastien Lopez Guia** supervising Ajaccio players on the nHANCE™ Squat powered by YoYo™ technology.

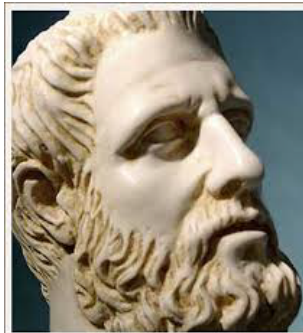


DEAR CHILD HAS MANY NAMES!

In year **1880** (yes, more than 130 years ago!) American Medical Doctor, **Geo H Taylor**, described and pictured an exercise targeting the hamstring muscle group using no equipment whatsoever. Dr. Taylor published this information, including detailed prescriptions, in the text **"Health by Exercise"**. Many years later, others have named this exercise the "Russian leg curl", "Russian lean", "Russian ham curl", "Kneeling Russian hamstring curl". With lack of respect for, or acknowledgement to Dr. Taylor's work, more than 100 years later, Scandinavians in the rehab field adopted a name inferred this exercise evolved from the "Nordic" countries. Dr. Taylor should have been recognized by now, or time to introduce the "American Hamstring" or "Taylor's Curl". Who knows, perhaps this exercise was "invented" in the ancient Greece? *Nothing is new under the sky!*



WHAT IS NOT USED IS WASTED



Said by
**Hippocrates circa
400 BC**

OPEN YOUR MIND ABOUT HAMSTRING TRAINING

Can we learn from how bodybuilders work out their hamstring? Sure we can! These muscles are not developed and sculptured by a single leg curl exercise! What we all can learn from these athletes is, how to target each of the individual muscles that make up the hamstring and agonist muscles. They have mastered it! Are they less prone to sustain injury because of the massive size and power? Perhaps not! Do they run faster! Perhaps not! But, great Spanish and Atlético Madrid defender **JuanFran** (here on the YoYo™ Leg Curl) and his coaches and support team, can certainly benefit from understanding which muscles are kicked in for any given exercise.



nHANCE

YoYo Technology AB, Pryssgrand 10, SE 118 20 Stockholm | info@yoyotechnology.com