PULSE MENU

Choose your PULSE LIVE Experience

You may have read the book already. This evening is about **your player**. The first 50 registered sports professionals each receive one PULSE LIVE Experience for one professional football player. As with any good menu, you don't choose everything at once, but the dish that makes the biggest difference today for your player or your club.

WHAT IS A PULSE LIVE EXPERIENCE?

The same training session triggers a different biological response in every player. PULSE brings six signals from the body together into one word for today. No extra dashboard, but a shared language for player and staff. The decision stays with the people who have always made it.

START
The body is ready. Today the pace can go up.

ADAPT
The body is adjusting. Today you fine-tune.

PROTECT
The body is asking for space. Today you protect what you are building.

HOW IT WORKS

1

Choose at home

Take your time with the menu and think of one player and what they need most today.

2

Claim in Antwerp

On Tuesday, December 15, you confirm your choice together with us. We ask for no information about your player in advance.

3

Start the program

The CosmoPulse team guides the start, so you see what PULSE makes visible for your player.

THE MENU

01

Back to the match

The way back is never a straight line.

FOR WHOM A player returning to the field after an injury.

WHAT WE WORK ON From individual training to team training and match minutes. We look at how the player responds to increasing load, so early complaints stand out early.

> Every step up in load is a question to the body. We listen to the answer before the next step follows.

02

Fit on the road

A boarding pass is not a body clock.

FOR WHOM A player with long trips, late journeys home or changing kickoff times.

WHAT WE WORK ON Aligning sleep, nutrition and training times with the travel rhythm and the player's biological clock.

> The plane lands on time. Sleep, hunger and recovery arrive at their own pace.

03 Explosive until minute 90

The last sprint starts with the first.

FOR WHOM A player who starts strong but loses explosiveness later in the match.

WHAT WE WORK ON Building speed, repeated sprints and endurance step by step, according to the demands of the position.

> Fuel only counts once it reaches the muscle, in the last ten minutes too.

04 Ready to come off the bench

Those who play little must be ready when it counts.

FOR WHOM A squad player who gets few match minutes and may suddenly be needed.

WHAT WE WORK ON Shaping the training week so the player is ready to come on or to start.

> A substitute's week is a different week from a starter's. It deserves a plan of its own.

05 Available in a packed calendar

Recovery is not a break, it is part of the plan.

FOR WHOM A starter who combines short recovery windows with many match minutes.

WHAT WE WORK ON Aligning training, recovery and playing time per block of matches with how the player processes the successive efforts.

> The night after the match is part of the plan, just like the day after.

06 From academy to first team

Read the player, not the birth certificate.

FOR WHOM A young professional talent moving up to the first team.

WHAT WE WORK ON Aligning the load of youth matches, individual training and the first team, with attention to growth and recovery.

> Two players born in the same year can be in a very different biological chapter.

07 Sharp under pressure

The final decision still needs a brain.

FOR WHOM A player who keeps going physically, but anticipates or decides more slowly when fatigued.

WHAT WE WORK ON Training perception, anticipation and decision-making at moments when the effort builds up.

> The best pass begins before the ball arrives, even when the legs get heavy.

08 Longer at the top

A living system adapts all the time.

FOR WHOM An experienced professional who wants to keep playing a key role over several seasons.

WHAT WE WORK ON Aligning strength, speed, recovery and match minutes so the player can keep using their qualities for the long run.

> Recognizing signals before they become complaints, so a player can keep doing what they love for longer.

Claim your choice in Antwerp

Remember the number of your dish. On the evening of PULSE LIVE, we confirm together which player and which program your PULSE LIVE Experience is for. Every guest also goes home with a signed book.

Tuesday, December 15

4 pm to 10 pm

Flanders Meeting & Convention Center Antwerp