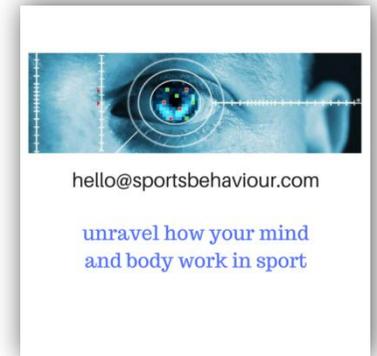


The Support Report – Sports Science for Everyone

- Physical – how the body responds to conditions of training (either you get fit quick, or it takes you time)
- Genetic – how you apply your genetic gifts (you have to be masterful and work at it or it comes naturally)
- Body – how your body carries out functions (with finesse or power)
- Mind – how your mind works in the social environment (involvers love interaction with people, visionaries compete against themselves)



Physical:
Fast or Slow Responder?

- **Your results show you are more of a 'Fast Responder'**
- good results are achieved from periods of focussed training
- you benefit from shorter sets where you can go 'all out' and from frequent competition
- you need to remember to put the base work in to build stamina
- consistency can be gained through progressive training cycles
- you can build muscle quickly - make sure it's the right type and avoid muscle damage

Genetic:
Masterful or Natural?

- **Your results show you are more 'Masterful'**
- you will benefit from a well planned and thought through approach so you can maximise your efforts
- use your marvellous work ethic to achieve
- your environment should allow you to work on all aspects in a considered and constructive way
- you'll be motivated by varied and wide ranging activities

Body:
Finesse or Power?

- **Your results show you are more 'Finesse'**
- chose activities that have complexity of co-ordination as these match your body function
- longer workouts or training sets will help you develop rhythm and reach your sweet spot
- challenge yourself as you are able to master the finer aspects of activities
- you will be at an advantage doing activities that require control, technique and posture

Mind:
Involver or Visionary?

- **Your results show you are more of an 'Involver'**
- you must choose activities which match your high levels of energy and have a focus for you to achieve
- you will be motivated by social interaction in a lively environment
- avoid routine and seek varied, interesting, fun and tough activities
- you need reward for performance, stimulation and worthy competitors
- make sure you slow down sometimes, force yourself to relax and think about the 'here and now'

For an in-depth assessment, please visit sportsbehaviour.com