



**THE VISION**

# Hyperbolic Sports Performance

Specialized NMF Training Designed  
To Give You An Edge

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# Application of NMF

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**W**elcome to the future of athletic performance. Neuro-Muscular Facilitation (NMF), is the evolution of a technique commonly used in physical therapy since the 1960s, Transcutaneous Electrical Nerve Stimulation (TENS).

Prepare for a Paradigm Shift: Embracing the Extraordinary Transformation. At Litty Co., we are revolutionizing what we know about NMF and unlocking its true potential to take athletic performance to extraordinary heights.

Traditional TENS applications have primarily focused on pain management and denervated skeletal muscle. However, with our **Hyperbolic Suit**, we are pushing the boundaries and reshaping the landscape of athletic performance. By combining artificial stimulation of muscular tissues with voluntary movement patterns and external load over a 6-week period, we facilitate a stronger neuro-muscular connection. This results in unparalleled overall strength output, as demonstrated by the groundbreaking research of Hortobagyi and Maffiuletti (2011).

When it comes to athletic performance, our goal is to optimize three key factors: **Strength, Power, and Endurance**. Through the remarkable adaptability of the human body, NMF enables us to unlock the full potential of each of these factors, while minimizing the external physical load placed on athletes during training.

It's time to revolutionize the way we approach performance training.

While TENS technology is not new, we at Litty Co. are on a mission to redefine its possibilities. Join us on this exhilarating journey as we reshape the future of athletic performance and unlock the true potential within you. Get ready to go beyond what you ever thought possible with **The Hyperbolic Suit**. The power to achieve greatness is in your hands.

## Efficacy

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**W**hen it comes to adopting a new training technique, efficacy is paramount. It must bring a substantial leap forward, revolutionizing what is already being done. Enter NMF (Neuro-Muscular Facilitation), the cutting edge of performance training that is about to reshape the landscape of athletic excellence.

In the realm of professional athletics, the margin between Silver and Gold, between a championship and "next year," is often incredibly narrow. With the implementation of NMF training, we are creating a whole new realm of victory, just like the extraordinary gap Usain Bolt established in his record-breaking 100m sprint in 2009. (Bolt himself was among the first to embrace an early form of NMF training.)

Extensive research throughout the twenty-first century has uncovered remarkable physiological benefits that translate into exceptional performance. Pioneering researcher Andre Filipovic, in his 2012 publication, revealed staggering findings: after a stimulation period of 3-6 weeks, athletes experienced significant gains in maximal strength, speed strength, power, vertical jump height, and sprint times. These improvements were nothing short of extraordinary, propelling athletes to new heights.

*“After a stimulation period of 3-6 weeks, significant gains ( $p < 0.05$ ) were shown in maximal strength (isometric  $F_{max}$  +58.8%; dynamic  $F_{max}$  +79.5%), speed strength (eccentric isokinetic  $M_{max}$  +37.1%; concentric isokinetic  $M_{max}$  + 41.3%; rate of force development + 74%; force impulse + 29%;  $v_{max}$  + 19%), and power (+67%). Developing these parameters increases vertical jump height by up to +25% (squat jump +21.4%, countermovement jump +19.2%, drop jump +12%) and improves sprint times by as much as -4.8% in trained and elite athletes.”*

But the advantages of NMF training extend beyond physical performance alone. Scientific studies have shown positive effects on psychophysiological responses, including decreased anxiety, improved sleep patterns, increased energy levels, and reduced onset muscle soreness. In other words, NMF training unlocks the full potential of athletes, allowing them to give their best in every program, minimizing fatigue and maximizing performance output.

Welcome to the future of training, where we break through barriers, redefine limits, and achieve unparalleled success. Get ready to elevate your game, unleash your potential,

and revolutionize your athletic journey with NMF training. The possibilities are limitless, and your triumph awaits.

## Efficiency

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**A**s the second factor to consider in adopting a new training method, efficiency takes center stage, and our revolutionary system delivers remarkable results while seamlessly integrating into your existing training regimen.

With the Hyperbolic Suit, you can achieve unparalleled efficiency in as little as 20 minutes. By increasing neuromuscular activation, this cutting-edge technology allows you to maximize your workload in a shorter timeframe. Imagine reducing the time spent on scheduled strength training, giving you the opportunity to focus more on honing your skills and perfecting mechanics.

But our system isn't limited to preseason training alone. In a groundbreaking study published in *The Journal of Sports Science and Medicine*, professional soccer players incorporated a form of NMF training into their midseason routine from weeks 7 to 14. The results were astounding:

- Increased single leg strength output
- Enhanced linear and change of direction sprinting
- Heightened vertical jump performance
- Increased kick velocity with the dominant foot

Embodying the essence of ideal performance training, our philosophy is simple: "Get more, for less." Experience the benefits of reduced training time, decreased load on your body, minimized injury management, and reduced fatigue. In return, you'll witness amplified strength, explosive power, enhanced muscle recruitment, and transformative results.

Unlock the potential of your athletic performance and embrace the future of training. The Hyperbolic Suit empowers you to achieve more with less, elevating your performance to extraordinary heights. It's time to rewrite the rules of training efficiency and experience the remarkable difference it makes in your pursuit of greatness.

## Competition Preparation

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**S**tep into the Hyperbolic Suit and experience the pinnacle of athletic preparation. In our specialized system, this cutting-edge suit takes your training to extraordinary heights by enhancing oxygenated blood flow throughout your entire body. The result? A state of flow that unlocks the optimal level of physical and mental priming for competition.

Imagine a seamless fusion of body and mind, where every movement is executed with precision and grace. The Hyperbolic Suit's advanced design stimulates increased blood circulation, delivering a surge of oxygen to your muscles, organs, and brain. This heightened oxygenation

amplifies your physical capabilities, boosting endurance, strength, and agility to unparalleled levels.

But it doesn't stop there. As oxygen-rich blood courses through your veins, your mental acuity sharpens. The state of flow induced by the Hyperbolic Suit ignites a heightened focus and concentration, allowing you to enter a realm of peak performance. Your mind becomes finely tuned, eliminating distractions and elevating your competitive edge.

Whether you're sprinting down the track, diving into the pool, or stepping onto the court, the Hyperbolic Suit transforms your training sessions into transformative experiences. It prepares your body and mind for the ultimate competition, enabling you to unleash your full potential with each and every performance.

Get ready to redefine your limits, push beyond boundaries, and surpass your own expectations. The Hyperbolic Suit is your key to unlocking the flow state, propelling you to reach new heights of athletic greatness. Are you ready to step into the future of athletic performance?



[The efficacy and safety of whole-body electromyostimulation in applying to human body: based from graded exercise test](#)

Yong-Seok Jee; *J Exerc Rehabil.* 2018 Feb; 14(1): 49–57. Published online 2018 Feb 26. doi: 10.12965/jer.1836022.011

[Effects of a Whole-Body Electrostimulation Program on Strength, Sprinting, Jumping, and Kicking Capacity in Elite Soccer Players](#)

Andre Filipovic, Marijke Grau, Heinz Kleinöder, Philipp Zimmer, Wildor Hollmann, Wilhelm Bloch *J Sports Sci Med.* 2016 Dec; 15(4): 639–648. Published online 2016 Dec 1.

[Electromyostimulation—A Systematic Review of the Effects of Different Electromyostimulation Methods on Selected Strength Parameters in Trained and Elite Athletes](#)

Filipovic, Andre; Kleinöder, Heinz; Dörmann, Ulrike; Mester, Joachim  
*Journal of Strength and Conditioning Research: September 2012 - Volume 26 - Issue 9 - p 2600-2614*

[Effects of Loaded Squat Exercise with and without Application of Superimposed EMS on Physical Performance](#)

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[Electromyostimulation--a systematic review of the effects of different electromyostimulation methods on selected strength parameters in trained and elite athletes](#)

Filipovic A, Kleinöder H, Dörmann U, Mester J. Electromyostimulation--a systematic review of the effects of different electromyostimulation methods on selected strength parameters in trained and elite athletes. *J Strength Cond Res.* 2012;26(9):2600-2614. doi:10.1519/JSC.0b013e31823f2cd1