



HiPer Sports

We Power You. You Stun the World.

S10 Health's HiPer Sports program is based on science built by Sports Medicine Doctors

Sports can be an emotional experience with the excitement of triumph to the devastating pain of loss. As a result, the outcome of losing often creates mixed emotions.

- **Have you ever worked with 100% effort and yet under-performed than your ability?**
- **Have you started with a great game plan and however you encounter problem after problem such as a bad start, or an opponent who is 'on fire', or a bad officiating?**
- **You are injured and pretty soon you get the feeling in your stomach that today is not your day?**
- **Have you ever had trouble after facing a defeat to attain the confidence before the next event?**

S10 Health's HiPer Sports Program Value Proposition:

"To win always" is every sportsperson's dream. You train hard with your coach, mastering the skills and techniques, creating an inspirational vision of your dream. These alone do not ensure you a competitive winning edge. Striving to win is the essence of sports. We nurture you to be the best on and off the playing field. S10 Health's HiPer Program will make every day your masterpiece by defeating the pressure, creating physical excellence and a relaxed winning readiness.

With S10 HiPer Sports program we can help you

- Understand the root cause for **under performance** and provide a **plan**
- With sports-specific high performance **functional fitness training**
- Sustain energy with **sports nutrition**
- **Perform flawlessly** under pressure and win with **Sports Psychology**
- **Prevent & manage sports injury** through **Sports Medicine**

How does HiPer work?

S10 Health's HiPer Sports can help athletes get into the game safely and perform at peak. HiPer helps sports professional enhance physical performance and health, helping them reach their goals.

- **Step I** Individual, Association or Educational institution signs up for the program
- **Step II** Assessment & Sports specific goal modeling
- **Step III** Personalised training, diet and activity plan created by Sports Medicine Doctor
- **Step IV** Plan orientation and plan enablement in the APP
- **Step V** Daily training schedule and diet alerts
- **Step VI** Feedback and corrective actions

Just implement our program, you will be amazed by the results. In 90 days, HiPer Sports will become your way of life.

What our patrons think of HiPer..

The S10 Health High Performance program enabled me to quickly recover from my shoulder and spine injury which helped me perform to my full potential in highly competitive international tournaments.

Mohit Mayur, Professional Tennis Player, Chennai

S10 HiPer Sports program gave me the speed and agility to play soccer with more focus. Now I can quickly change direction to sprint with right balance and enhanced fitness level.

Jerry, Soccer Player, Chennai

S10 HiPer Sports program increased my core strength and pace to have better control over my footwork.

Owais, Soccer Player, Chennai

With S10 HiPer Sports program I have improved kicking the ball by undergoing soccer bio-mechanics which has perked up my performance.

Bharath, Soccer Player, Chennai

S10 HiPer Sports program has increased my stamina and muscular flexibility with the specialized neuromuscular training. This helped in improving my jumping skill and aerial performance.

Kevin, Soccer Player, Chennai

I developed severe back pain due to practising yoga. I came to S10 Health and subscribed for the Sports Medicine program. My pain got relieved in two weeks because of the right diagnosis and exercises provided by Sports Medicine Expert.

Eric, International Yoga Practitioner & Trainer, Argentina

HiPer Sports Program Offerings

HiPer Sports Program	HiPer Sports Basic	HiPer Sports Pro	HiPer Sports Elite
High Performance Programs	Age group 6 to 17	Professionals	Champions
Program Duration	1 year	1 year	1 year
Optimum Assessment Program			
Bio Mechanics	Talent Identification	Yes	Yes
General Health	Yes	Yes	Yes
Bio Chemistry	Optional	Yes	Yes
Genetic Assessment	Optional	Optional	Optional
Biological Age Assessment	Optional	Optional	Optional
High Performance Goal Modeling	Functional Fitness only	High Performance goal setting	Advanced Athletics Performance goal setting
Specialist Consultation & Oversight	Yes	Yes	Yes
Plan Coverage			
Sports Nutrition Plan	Personalised Diet plan	Personalised Diet plan	Special Diet plan
High Performance Sports Specific Training	Personalised Functional Fitness	Yes	Yes
Posture & Body Mechanics	Yes	Yes	Yes
Specific Medical Needs	Overcoming gender specific hormonal issues, injury and medical conditions	Overcoming gender specific hormonal issues, injury and medical conditions	Overcoming gender specific hormonal issues, injury and medical conditions
Mental Conditioning	No	Sports Psychology	Sports Psychology
Sportsware & Technology Recommendation	Yes	Yes	Yes
Sponsorship, Marketing & Endorsement	No	No	Yes (Program Specific)
Rehabilitation	No	Scientific integrated therapy voucher @ S10 HiPer Centre	Scientific integrated therapy voucher @ S10 HiPer Centre
Injury Prevention	Basic Program	Pro Program	Elite Program

HiPer Sports: HiPerformance the S10ing way



Revitalise your energy system, Hormonal balance, Increase tissue reparative capacity
State of mind, Six degree of freedom

S10 HiPer Sports program provides complete plan through scientifically designed programs for aspiring sportspersons to continuously improve their endurance and achieve high performance.

S10 HiPer Sports program consists of eight training programs as “INPUTS” namely 3+VO2 Max Elite, 3+Muscle Mechanics, 21+ Flexibility Bio-Mechanics, 3+Balance Exercises, Specialised GAIT Training, 11+Warm Up Exercises, Mental Conditioning and Sports Specific Diet which translates into realistic perceivable “OUTCOMES” leading to peak performance in the form of 6 Degree Flexibility, High Power, Perfect Balance, Perfect Kinematics, High Endurance, Increased Speed, Be Focused and Prevent Injury.

Depending on the sports person’s fitness level and their chosen goal, input training components will be customised. HiPer is highly personalised and would depend on the sport and the fitness level of the individual.

Get in touch



Visit www.s10health.com

Mail your queries to hiper@s10health.com

Call 044 40 510 510 (9AM - 9PM) and ask for #HiPerSports

HiPer Sports Training Centres



Nungambakkam

S10 Health Sports Medicine & High Performance Centre
No 102, Mahalingapuram Main Road,
Nungambakkam, Chennai - 600 034

Guindy

S10 Health Sports Medicine & High Performance Centre
No 21, Race Course Road,
Guindy, Chennai - 600 032

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