

Introducing The PRS For Athletes



ARPWAVE
Move Freely Without Pain

www.ARPWAVE.com
(952) 431-9708

Proven Results!



Dwight Freeney
All Pro NFL Defensive End
Indianapolis Colts

Used by 2000
of the most
elite athletes
in the world
to improve
performance
and prevent
injury



Tim Thomas
All-Star NHL Goalie
Stanley Cup Champion

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Every Athlete Can Use The PRS



- Neuro Preparation
- Neuro Recovery
- Neuro Skill Training
- Neuro Flexibility Training

Neuro Preparation



- The Old Way to warm up by stretching and jogging does NOT allow you to demonstrate your skills at their highest level.
- You do not drive a Model T
- Why do you prepare the old way?

Neuro Preparation

- The NEW way of preparing for any competition or activity
- The Key to performance is controlled by your nervous system not your muscles.
- With Neuro Preparation you will be able to instantly change your ability to demonstrate your skill



Neuro Preparation

To prepare every muscle for a workout or competition only takes a few minutes



Neuro Recovery



The key to ALL training...
is recovery.

How do you recover now?

- Ice?
- Massage?
- Stim?

... This is the OLD WAY!

Neuro Recovery

What are the typical results of recovering the OLD WAY?

- Sore Stiff Muscles
- Inability to perform at a high level
- INJURY



Neuro Recovery



- Benefits
- Eliminates sore stiff muscles instantly
- Increases ability to perform at a high level
- Drastically reduces muscle-tendon-ligament injuries

Neuro Recovery



With Neuro-Recovery you are NOT working on the muscles to recover, you are working on the nervous system which controls the recovery.

Neuro Skill Training

- Skill is learned through repeating a movement pattern thousands of times
- You have heard ...you are what you repeatedly do



Neuro Skill Training

- What IF you repeat the movement pattern wrong?
- Is it practice makes perfect or PERFECT practice makes perfect
- What IF there was a way to make all practice PERFECT?
- What would the result be?



Neuro Skill Training



- The nervous system controls our movement pattern
- With Neuro Skill Training you can get thousands of PERFECT repetitions in making practice PERFECT

Neuro Skill Training



- We will custom design programs for you for any type of skill training.

Neuro Flexibility Training



- How do you get more flexible now?
- This is the OLD way

Neuro Flexibility Training

The NEW way of increasing flexibility:

- The nervous system is the software which controls your muscles which is your hardware
- The OLD way Only works on the hardware your muscles
- The NEW way with Neuro Flexibility Training works on the software your nervous system which controls your muscles



Start PRS Today!



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