



12.12.24 (Day 1)

27 curls with 1 minute rest each without ACP

Afterwards

1 x 2 minutes ACP

= 20 Curls

1 x 2 minutes ACP

= 16 Curls

- Total 94 curls

13.12.24 (Day 2)

Similar result without ACP

But significant performance increase in the application with ACP

14.12.24 (Day 3)

Already an enormous increase in performance without ACP and an even greater increase with ACP

14.12.24 (Day 4)

Significant performance improvement after ACP

15.12.24 (Day 5)

It is clear to see that an extreme increase in performance is already noticeable even without the use of ACP

Conclusion

If you were to use ACP on a daily basis, you would also achieve a significant increase in basic physical and fitness performance in the long term.

= As the trainer writes in the text below (see analysis), performance can be increased 10-fold.

Curls with barbell 30 kg

Test subject: Daniel Huhn; coach of ECDC Memmingen

12.12.2024	13.12.2024	14.12.2024	15.12.2024	16.12.2024
13 1 minute break 8 1 minute break 4 1 minute break 2	13 1 minute break 7 1 minute break 3 1 minute break 1	16 1 minute break 12 1 minute break 8 1 minute break 6 1 minute break 5 1 minute break 2	20 1 minute break 16 1 minute break 13 1 minute break 10 1 minute break 10 1 minute break 6	20 1 minute break 16 1 minute break 15 1 minute break 14 1 minute break 11 1 minute break 10 1 minute break 8 1 minute break 8 1 minute break 6 1 minute break 4 1 minute break 4 1 minute break 2
ALPHA COOLING 20 ALPHA COOLING 16 ALPHA COOLING 11 ALPHA COOLING 9 ALPHA COOLING 9 ALPHA COOLING 7 ALPHA COOLING 10 ALPHA COOLING 5 ALPHA COOLING 5 ALPHA COOLING 2	ALPHA COOLING 19 ALPHA COOLING 17 ALPHA COOLING 13 ALPHA COOLING 12 ALPHA COOLING 10 ALPHA COOLING 10 ALPHA COOLING 10 ALPHA COOLING 8 ALPHA COOLING 5 ALPHA COOLING 4 ALPHA COOLING 2	ALPHA COOLING 20 ALPHA COOLING 18 ALPHA COOLING 14 ALPHA COOLING 12 ALPHA COOLING 12 ALPHA COOLING 11 ALPHA COOLING 9 ALPHA COOLING 7 ALPHA COOLING 7 ALPHA COOLING 5 ALPHA COOLING 2 ALPHA COOLING 1	ALPHA COOLING 19 ALPHA COOLING 15 ALPHA COOLING 15 ALPHA COOLING 12 ALPHA COOLING 10 ALPHA COOLING 10 ALPHA COOLING 8 ALPHA COOLING 7 ALPHA COOLING 7 ALPHA COOLING 6 ALPHA COOLING 6 ALPHA COOLING 5 ALPHA COOLING 5 ALPHA COOLING 4 ALPHA COOLING 4 ALPHA COOLING 2	
Net power Without ACP 27	Net power Without ACP 24	Net power Without ACP 49	Net power Without ACP 75	Net power Without ACP 118
Net power With ACP 94	Net power With ACP 110	Net power With ACP 118	Net power With ACP 135	

This test proves the extreme increase in performance / highly significant condition maintenance with **ALPHA COOLING**

Training duration of 5 consecutive days in total, with a 4.3-fold increase in performance. Without any significant muscle soreness. Without taking performance-enhancing supplements.

It can be assumed that the output can also be increased 10-fold with a longer cycle.