

## METHOD

### Training

#### **Boscosystem method™**

Do you know what training means? Which difference exists between training and physical exercise?  
Training is the planning and systematic execution of muscular exercise in order to improve specific abilities and to reach predefined objectives.

The modern training methodology is based on fundamental principles developed from years of experience, scientific research and a deep knowledge of adaptation biology.  
Indeed not the usual programs provided in most of the gyms.

Training is a serious and sophisticated tool, a precise strategy that transforms the body and the mind.  
Nothing is left to chance.

### Shape and Function

#### **Shape follows function**

For us shape follows function. For this reason we design our products starting from a deep knowledge of the human body. And for this our products should not be simply bought but understood, exactly as your body should be understood and respected.

That is not only true for elite athletes but for anyone because the principles, the basic rules of training remain the same even when the objectives change drastically.

A strategy cannot be planned if not starting from some certain elements.

This is why *functional evaluation* (evaluation of the physical capabilities and needs of the subject through a number of tests) of the subject is a fundamental prerequisite in order to set up any sort of training and to dose the workload, allowing its careful variation on the basis of the individual answers.

Exercises, workload in terms of **intensity**, **volume** and **frequency** are all factors to plan and control during the **macro and the micro-cycle** to increase the effectiveness and the efficiency of the entire process.

### Focusing on the aims

#### **Training is a systematic change of the body's structure**

Training is a process of systematic and focused alteration of the body's structure, metabolism and functional capabilities.

All the exercises must be chosen on the basis of the modifications that are to be induced.

Exercises and equipment depend on the objectives and not vice versa.

Understanding the process of adaptation of the human body to external stimuli means accepting that a defined border between health and disease does not exist.

What exists is an equilibrium, a personal homeostasis to be achieved and maintained through the correct type of exercise, a balanced nutrition and a precise choice of the workloads according to the different moments of life the individual is facing.

### Calibration and technologies

#### **The beauty and uniqueness of an athletic gesture are rooted in our nature**

The perfection, the beauty and the elegance of an athletic gesture are rooted in the uniqueness of the biological nature of human beings.

This principle of individuality together with other principles of the **methodology of training** are valid for all of us, and not only for athletes, because they are related to our biological structure.

The ability to produce muscular work, that is meant to move and to carry out exercise, comes from the interaction of genetic, structural, physiological, psychological and biomechanical factors.

Thus the Boscosystem method is based on a careful calibration of workloads, in order not to waste time and in order to do only what is necessary in order to reach the objectives identified together with the subject.

To facilitate the application of our method we use only our **patented technologies** for testing, monitoring and training.