



# Enhancing Performance and Reducing Stress in Sports: Technological Advances (Cognitive Systems Monographs)

*Tijana Ivancevic, Helen Greenberg, Ronald Greenberg*

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This book is designed to help athletes and individuals interested in high sports performance in their journey towards the perfection of human sports abilities and achievements. It has two main goals: accelerating the acquisition of motor skills and preparing and vigilantly reducing the recovery time after training and competition. The Diamond Sports Protocol (DSP) presents state-of-the-art techniques for current sport and health technologies, particularly neuromuscular electrical stimulation (Sports Wave), oxygen infusion (Oxy Sports), infrared (Sports Infrared Dome) and lactic acid cleaning (Turbo Sports). The book suggest DSP as an essential part of every future athlete's training, competition and health maintenance. The book is for everyone interested in superior sports performance, fast and effective rehabilitation from training and competition and sports injury prevention.

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