

SYNCHRONIZED SWIMMING PERFORMANCE TRAINING

# INTRODUCTION PACKET

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Individualized sport-specific biomechanical training with structured exercise and practice.

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NAIROBI FITNESS SPORTS ACADEMY





From perfectly timed formations to breathtaking lifts and underwater choreography, synchronized swimming is a discipline that requires incredible strength, breath control, flexibility, and team harmony.

What we do?

Starting with The NBOFITNESS REHAB PROTOCOL™ sport-specific assessment, we build you up to be the ultimate human performance machine that can jump higher, move faster, strike harder, and recover quicker than the competition. Through individualized sport-specific biomechanical training, we reconstruct the way your body moves so that every jump, pivot, and swing works with maximum force and minimum waste.

# NBOFITNESS

# MEET YOUR STARTING TEAM

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**Evans Mwaniki, PT**

*Physiotherapist*



✉ [evans@nbofitness.com](mailto:evans@nbofitness.com)

Mwaniki is a dedicated Christian currently serving as the CEO at Nairobi Fitness Consulting; Healthcare Economist; Obesity & Human Performance Rx. Specialist; The Rehab Cafe Show Host & Bulletin Author; and as an Orthopaedic & Sports Medicine Physiotherapist at The Nairobi Hospital.

# PROJECT TIMELINE

01

## Initial Assessment & Onboarding (Week 1)

We begin with a sport-specific comprehensive health and movement assessment to establish your baseline. This includes posture analysis, mobility screening, and a functional performance questionnaire.

02

## Data Analysis & Program Design (Week 1)

We analyze your assessment data, medical history, and lifestyle inputs. Your program will address both corrective priorities and long-term performance goals, integrating mobility, strength, and metabolic conditioning.

03

## Program Orientation & Education (Week 1)

You'll be introduced to your tailored sport-specific program structure & guided through exercise techniques, breathing mechanics, and progression logic. Understand the "why" and perform each movement safely & effectively.

04

## Implementation & Guided Sessions (Weeks 2-8)

Your supervised sessions begin—focused on restoring movement efficiency, improving functional strength, and enhancing recovery. Adjustments are made in real-time based on your feedback and performance data.

05

## Progress Evaluation & Adjustment (Week 9)

We conduct a re-assessment to measure improvements in mobility, strength symmetry, and if any, pain reduction. Your program is then refined to align with your evolving goals and adaptive responses. Special population considerations included.

06

## Continuation Plan & Performance Integration (Ongoing)

You'll transition into the next training phase — This phase ensures continuity, accountability, and sustained results.

# WE FOCUS ON:

- Improving muscular strength and joint mobility.
  - Improving lung capacity and oxygen utilization efficiency.
  - Improving neuromuscular coordination.
  - 3-days per week individual training (Virtual/ Home/ Private Gym)
  - Obesity Treatment expert guidance
  - Exercise Therapy personal training only
  - Precision Nutrition (optional add-on)
  - Psychological Rehab (optional add-on)
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## 01

### **Personalized Exercise Therapy Programs**

Integration of corrective exercise, mobility training, and functional strength conditioning to restore balance, enhance resilience, and reduce movement inefficiencies. Your sessions are data-informed and progressively structured to ensure measurable improvement.

## 02

### **Functional Performance & Rehabilitation Coaching**

Through one-on-one sessions, our specialists coach you in movement precision, breathing mechanics, and energy efficiency. We bridge therapy with athletic conditioning, ensuring you move better, recover faster, and perform stronger.

## 03

### **Ongoing Monitoring, Progress Tracking & Lifestyle Integration**

We provide continuous monitoring and progress reviews—integrating sleep, nutrition, and recovery habits into your plan. Using performance analytics & structured feedback loops, we help you sustain your gains and transition seamlessly into higher-performance living.



# NEXT STEPS



*Thank you!*

Choose between a **6-month or a 12-month engagement** of 3-days per week individual training (Virtual/ Home/ Private Gym) for consistent progress, measurable, sustainable results and outcomes.

- **Bi-annual** session-based medical support package (pricing, twice per year)
- **Annual** commitment-based medical support package (pricing, once per year)



Tel: +254 725 25 1930

[www.nbofitness.com](http://www.nbofitness.com)

[info@nbofitness.com](mailto:info@nbofitness.com)

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