



POWERED BY:



FUSIONETICS

GET STARTED

You will receive an email with a link and temporary password to access your account.

Go to: fusioneticsportsscience.com
RE-SET PASSWORD

DO YOUR PROGRAM



15

minute program



3-7 days/week

Perform exercises for recommended sets & reps



Select green dates on Training Calendar
Click ME: Self-Care
Play videos for demos and instructions

PROFILE PAGE

PROFILE INFO

TRAINING CALENDAR

SCORES

RANKINGS

EXERCISE PROGRAM



GET PREPPED!

Log in and visit our store for all of your equipment and supplement needs.

KNOW YOUR SCORE

BEST	GOOD	POOR
= 75.00-100	= 50.00-74.99	= 0.00-49.99

BEST

- Indicates Good Movement Efficiency
- How to maintain:
 - Do ME Self-Care Program 3x week
 - Perform a proper warm-up before activity

GOOD

- Indicates Moderate Movement Efficiency
- How to improve:
 - Do ME Self-Care Program 3-5x week
 - Work with a Fusionetics Practitioner 1-2x week
 - Perform a proper warm-up before activity

POOR

- Indicates Poor Movement Efficiency
- How to fix:
 - Further testing and evaluation highly recommended
 - Do ME Self-Care Program 5-7x week
 - Work with a Fusionetics Practitioner 2-3x week
 - Perform a proper warm-up before activity

