

Fitness Report on the Effectiveness of the Enesys Performance High-Intensity Training Program

A group of ten individuals participated in a study evaluating the impact of the *Enesys Performance* specialized high-intensity training program. The participants underwent a series of fitness assessments before and after completing 18 training sessions, with eight individuals successfully finishing the program and repeating the tests to measure their progress.

The results demonstrated significant improvements in several key fitness parameters.

Anthropometric measurements showed reductions in body weight and body fat percentage, reflecting positive changes in body composition. Flexibility in the lower back and hamstrings also improved, indicating enhanced mobility.

Lower-body power assessments, including squat jump, countermovement jump, and countermovement jump with free arms, revealed increased jump height and improved reactive strength index (RSI) scores. Isokinetic strength testing at 60 and 300 degrees per second indicated gains in lower-body strength and explosive power. Although absolute quadriceps strength slightly decreased post-training, these values improved when expressed relative to the participants' reduced body weight.

Cardiovascular endurance improved notably, with faster running times and increased VO_2 max scores, highlighting better aerobic capacity. The Wingate anaerobic power test further supported these findings, demonstrating improvements in peak power output relative to body weight. Additionally, a reduced power drop during the Wingate test suggested that participants were now better able to sustain high-intensity efforts for longer periods, indicating enhanced anaerobic endurance.

Statistical analysis using SPSS confirmed these improvements, with significant changes observed in several measured variables. While absolute values for quadriceps strength and

handgrip strength showed slight declines, their relative improvements reinforce the overall effectiveness of the Enesys Performance program. A detailed summary of mean values and standard deviations is provided in the supplementary table.

In conclusion, the *Enesys Performance* training program proved effective in improving body composition, cardiovascular fitness, and lower-body power, while also enhancing the participants' ability to maintain high-intensity exercise. The observed physiological adaptations suggest that the program successfully promoted both aerobic and anaerobic development.

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