

ENHANCED PERFORMANCE & ACCELERATED RECOVERY

Red Light Therapy (RLT) is a safe and effective way to enhance performance. Clinical studies have consistently shown that red light therapy improves strength, endurance, speed and muscle growth.

RLT fires up your mitochondria so that your energy levels go through the roof and you will feel really energised. Muscles are packed with mitochondria, so PBM is particularly effective!

Fitness trials concluded that RLT significantly improves muscular performance and accelerates recovery. These showed significant improvements in measures related to performance of peak strength (44% increase in strength), max repetitions, speed and endurance. Time to exhaustion increases significantly and it prevents muscle fatigue with significant reduction in lactic acid production, allowing you to workout harder and for longer!

RLT improves oxygenation and cellular repair. It allows your red blood cells to carry more oxygen. This enhances your circulatory system and blood flow literally increases, bringing with it numerous benefits and micro nutrient delivery to your muscles.

RLT enhances muscle hypertrophy and strength. The few small studies demonstrated the potential to improve muscle gains by over 50% over an 8 week training program. These studies also demonstrated decreases in markers of inflammation and muscle atrophy, while protein synthesis and oxidative stress defences were up regulated.

RLT achieves rapid recovery, less soreness, reduced fatigue, and decreased inflammation. It is effective at significantly reducing DOMS and is more effective than cryotherapy in this area.

RLT is a solution to speed up the healing process and help your injury recover quicker, including damaged muscles, ligaments and bones. The studies show benefits in healing tendons and sprains, increasing creation of blood vessels, and enhanced overall inflammatory process and greater functionality of joint despite injury.

