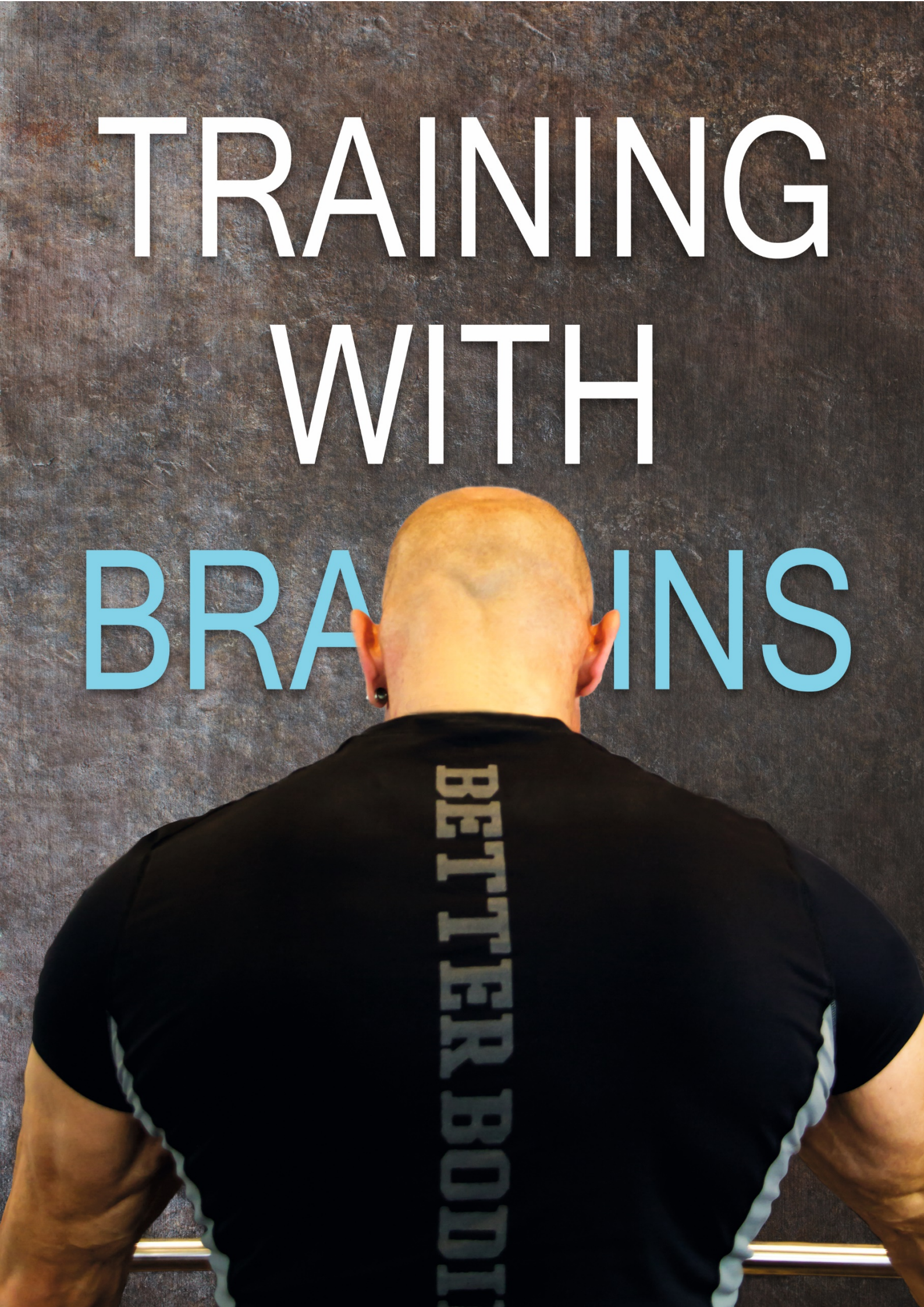
TRAINING WITH BRAINS



„Personalised training is the building block for a perfect athlete and the motivator for maximum performance...“

Mike Sehr
in person...

CHARACTER

Communicative | Creative |
Imaginative | Direct & open |
Ambitious | Inquiring |
Reliable

PERSONAL DETAILS

Born 19.02.1967 in Andernach

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INTERESTS

Fitness
Bodybuilding
Nutrition
Pinstripes
Mountain-biking
Motorbikes

LANGUAGES

German
English

The 6 pillars of my success...
MUSCLES
STRENGTH
ELASTICITY
SPEED
NUTRITION
WATER

Experience and knowledge

ATHLETE. BOBSLEDDER.
BODYBUILDER. PERSONAL TRAINER

1998 - 1999
USA / LA Gold`s Gym Venice Beach
Personal trainer / coach

2000 - 2005
D / FFM Bodytown Frankfurt am Main
Gym owner

2005 - 2006
UAE / Dubai
Personal trainer / coach

2006 - 2018
D / Germany-wide
Personal trainer / coach

2019
CH / Zürich
Personal and fitness trainer
FC Zürich

The experience and training I have gained in professional competitive sport, be it as an athlete, bobsledder or power athlete, have made me what I am today. Knowledge in individual areas, as well as the combination of this knowledge and specific preparation are the key to my success. All of this experience from training with brains, nutrition with the right amount of hydration and appropriate supplements, together with my iron will, have made me the ultimate athlete and I'm able now to share my knowledge with others.

Sporting successes

ATHLETICS DECATHLON

- Juniors' Decathlon Champion
- Southern Germany Champion, junior high jump
- Hesse Champion, 4 x 100 m relay

BOB SPORT

Winter sports bobsledder since 1989

- Junior World Champion, two-man and four-man
- Two-man starting World Champion in Monaco
- BMW Nations Cup Winner on Lake Königsee
- German two-man Champion
- World Cup winner
- EC runner-up & third place in two-man event
- Qualification for the Olympic Games
  in Albertville & Lillehammer

BODY-BUILDING

(20 years of amateur competitive sports)
Professional in physical and fitness sports since 1995:

- Overall winner of Southern Germany Championship in 1996
- Multiple times Hesse Champion
- German Champion at the German Open 1997
- Multiple times German Vice-Champion
- Overall winner, International Rhine-Necker Cup 2002
- European Vice-Champion
- Third in the World Championship

THE PERFECT ATHLETE

This arguably the greatest goal of every top athlete. Whether it be in individual or team sports. Everyone wants to bring their best performance and attain their goals. However this is only possible with personalised training and the adaptation of exercise to the individual's body and type of sport.

Through the targeted analysis of muscles, strength, elasticity, speed and nutrition, it is possible to train the body in a specific way and achieve the best possible performance as a result. Through my own training and experience in the field of professional high-end sports, personalised training is possible. I offer you professional, personalised training and coaching.
Through this, I support the athlete personally on a 1:1 basis as their trainer and provide them with an efficient, tailored concept that is adapted exclusively to their needs.
Their health history, personal, team and club goals are all taken into account as part of this concept.

With my training / coaching, I offer you a personalised training concept based on the 6 pillars of "training with brains" - namely: muscles, strength, elasticity, speed, nutrition and water.

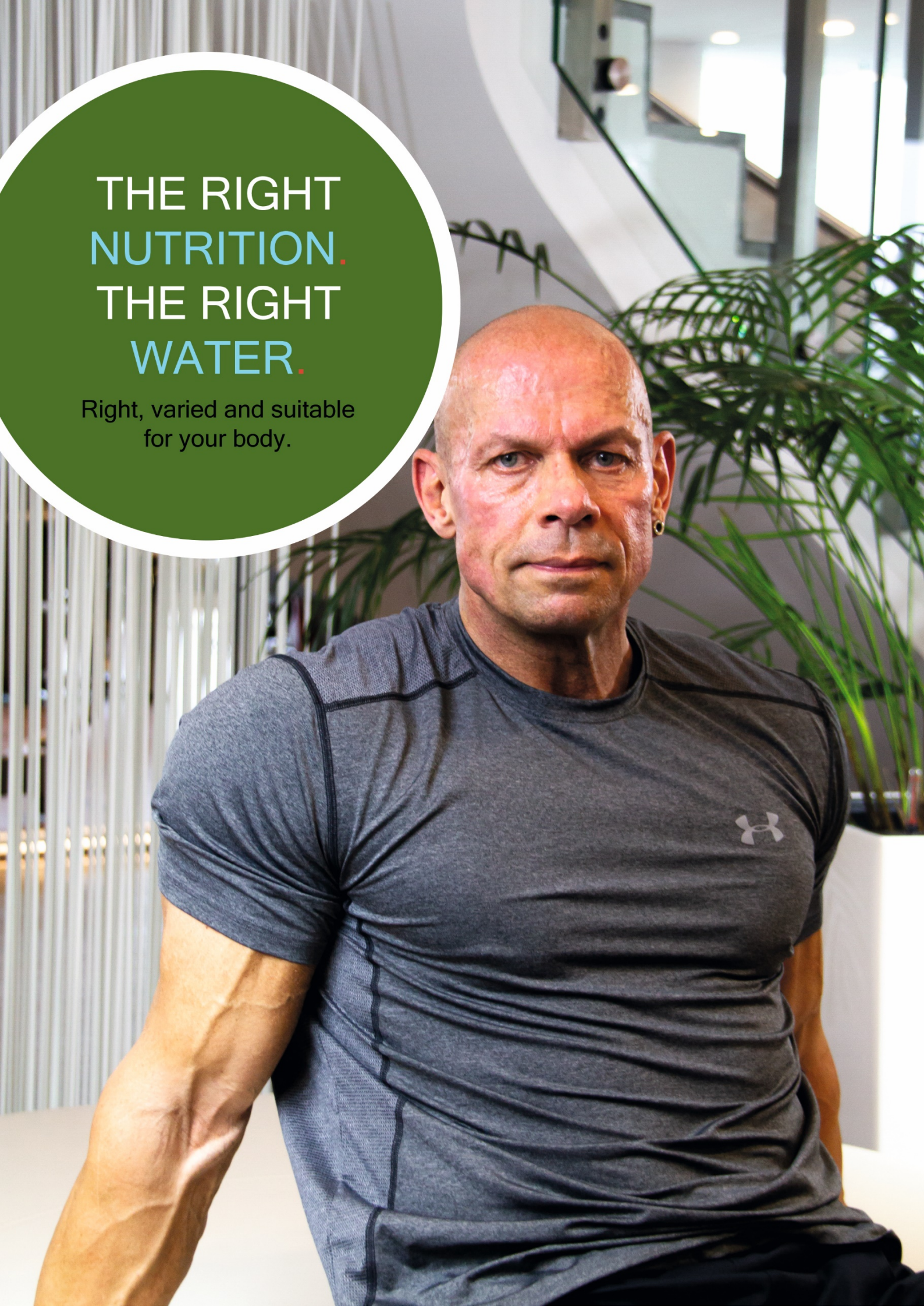
Adapted to your type of sport, you therefore receive professional support with nutrition, training and motivation for your inner athlete.

BECOMING THE PERFECT ATHLETE

with personalised training

MIKE SEHR
TRAINING WITH BRAINS.

For the perfect body


THE RIGHT
NUTRITION.
THE RIGHT
WATER.
Right, varied and suitable
for your body.

MIKE SEHR TRAINING WITH BRAINS.

For the perfect body

CHANGE YOUR WATER AND YOU'LL CHANGE YOUR LIFE

What if someone were to say to you that they were working on a product that looks like water, feels like water and actually is water, but it's not the normal water you know from the tap or the supermarket. Tap water and mineral water have nothing to do with vital spring water in terms of energy. Although tap water is one of the most stringently monitored foods, it is often chlorinated and contains residue of medications, heavy metals and all kinds of chemicals.

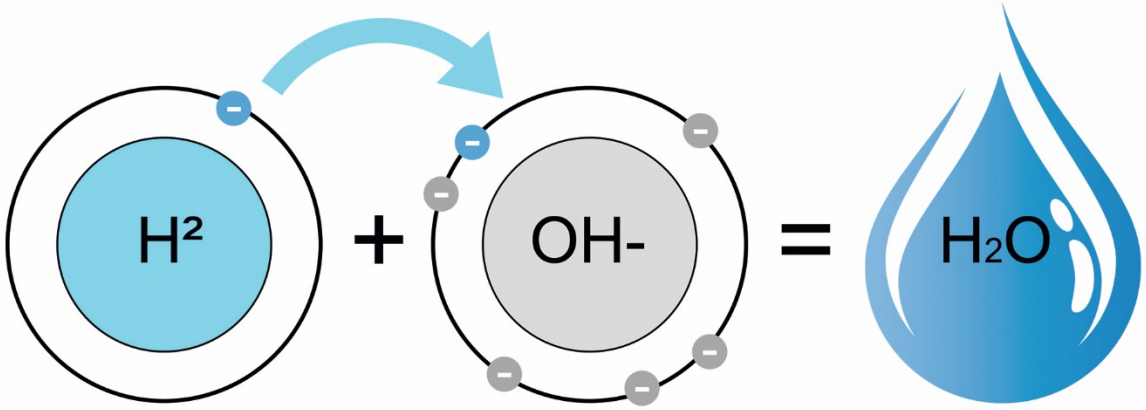
Performance athletes, be they footballers, fitness athletes or triathletes, produce oxidative stress. So the more they train or the longer their training takes, the greater the production of free radicals, causing "oxidative stress". Muscle tension during short, intense training, either with dumbbells or during sprints, can cause oxidative stress. They have a role to play in the development of chronic overload response such as increased fatigue, which can then lead to micro-injuries in the muscles. In other words, when we train at high intensity, the muscles contract and cause oxidative stress. Since most types of high-performance sport take place in the anaerobic oxygen zone, this excess oxygen causes highly reactive particles known as free radicals.

THE WATER I LIVE AND TRAIN WITH PREVENTS THIS!

Unsere Zellen haben eine begrenzte Kapazität das zelleigene Antioxidative System hochzufahren. Deswegen kann das antioxidative System mit Leistungssport kippen. Schweres und lange andauerndes Training generiert eine hohe Anzahl freier Radikale, die dazu führen können, dass die Pufferfähigkeit des Systems überschritten wird und die Sportler wie Profifußballer einen hohen Oxidativen Stress ausgesetzt werden.

Wir erzeugen diese Moleküle, die jeden Tag in unserem Körper Schaden anrichten, sei es durch Rauchen, UV-Strahlen, Elektrosmog, Umweltverschmutzung oder intensives Training im Leistungssport.

Das kleinste bekannte Molekül ist das Vitamin C, das Moleküle mit dem ich arbeite ist um ein Vielfaches kleiner und somit so klein, dass es problemlos in jede Zelle des Körpers eindringen und in Sekunden die Blut-Hirn-Schranke überwinden kann.
Und somit gibt das Wasser dann seine positiv geladenen Elektronen an die freien Radikale ab und entschärft so die negative Wirkung der freien Radikale.



Active hydrogen

Free radicals
in our body
Hydroxyl radical

Pure water

THE BENEFITS OF MY WATER

- Lubricates joints and muscles
- Alleviates inflammation, e.g. my arthrosis
- Detoxifies the entire body
- Improves blood circulation
- Better performance during prolonged training
- Rapid recovery after intense strain
- Rapid recovery of muscles and micro-injuries after intense matches
- Keeps lactate levels low during endurance performances
- Better uptake of supplements
- Ensures a stable immune system
- Positive, relaxed feeling for the body
- Much better sleep and therefore better overnight recovery

Water will change your life

Water modified your life

„ Targeted training with the, special water designed especially for the athlete and type of sport they practise, that's success…“

www.mikesehr.de

MIKE SEHR | Perfect Body.
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