

Holographic Enterprises LLC



Acupressure Using Holographic Technology

100% All Natural, Drug-Free Approach To:

Address Pain

Improve Sleep

Enhance Athletic Performance

Maximize Fat Loss

Study: Holographic Enterprises Performance Disc Study

The purpose of the study is to test the effectiveness of the Performance Disc.

The study was conducted with two Groups:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Group I	⊘	✓	⊘	✓	⊘	✓
Group II	✓	✓	✓	✓	✓	⊘

⊘ = The Participants did **not** wear the Performance Disc when performing the events

✓ = The Participants **did** wear the Performance Disc when performing the events

Group I will provide an indication of the immediate differences in the utilization of the Performance Disc vs. not using the Disc.

Group II will provide an indication of the effects of progressively using the Performance Discs to train with over a 5 week period. The comparison will be between the Group ability to perform the athletic events detailed below without ever using the discs, in relationship to a 5-week training cycle while utilizing the discs constantly.

- During the first 5 weeks, Group II participants will perform the events with the discs, utilizing the same placement points as Group I participants. During Week 6, the participants will perform the events **without** discs.

The study will consist of four events, with two students per event. The four events are as follows:

1. Mile Run
 - a. Measure and compare the speed at which each participant runs 1 mile
2. 40 Yard Sprint
 - a. The participants will complete 6, 40-yard sprints, with a 2-minute break in between each 40-yard sprint
3. Bench Press
 - a. The bench press will be performed in a series of 3 sets, each consisting of 8 reps. The study will measure the maximum weight the participant can perform for the 8 reps.
4. Leg Press
 - a. The leg press will be performed in a series of 3 sets, each consisting of 8 reps. The study will measure the maximum weight the participant can perform for the 8 reps.

- ⊘ = The Participants did **not** wear the Performance Disc when performing the events
 ✓ = The Participants **did** wear the Performance Disc when performing the events

Group I

⊘	✓	⊘	✓	⊘	✓
6/17	6/24	7/1	7/8	7/15	7/22

Mile Run

Participant A	6:42 ⊘	6:33 ✓	6:40 ⊘	6:30 ✓	6:37 ⊘	5:40 ✓
Participant B	7:27 ⊘	7:13 ✓	7:20 ⊘	7:08 ✓	7:18 ⊘	6:20 ✓

40 Yard Sprint

Participant A	4.61 ⊘	4.59 ✓	4.55 ⊘	4.52 ✓	4.51	4.50 ✓
Participant B	4.74 ⊘	4.72 ✓	4.69 ⊘	4.61 ✓	4.61	4.60 ✓

Bench Press

Participant A	150 lb ⊘	155 lb ✓	160 lb ⊘	170 lb ✓	170 lb ⊘	175 lb ✓
Participant B	235 lb ⊘	245 lb ✓	250 lb ⊘	260 lb ✓	260 lb ⊘	275 lb ✓

Leg Press

Participant A	150 lb ⊘	300 lb ✓	305 lb ⊘	360 lb ✓	370 lb ⊘	380 lb ✓
Participant B	150 lb ⊘	300 lb ✓	305 lb ⊘	320 lb ✓	320 lb ⊘	340 lb ✓

Group II

✓	✓	✓	✓	✓	⊘
6/17	6/24	7/1	7/8	7/15	7/22

Mile Run

Participant A	6:36 ✓	5:55 ✓	5:49 ✓	5:45 ✓	5:31 ✓	5:48 ⊘
Participant B	5:59 ✓	5:47 ✓	5:30 ✓	5:20 ✓	5:18 ✓	5:20 ⊘

40 Yard Sprint

Participant A	4.65 ✓	4.63 ✓	4.59 ✓	4.53 ✓	4.50 ✓	4.50 ⊘
Participant B	4.56 ✓	4.54 ✓	4.52 ✓	4.52 ✓	4.5 ✓	4.50 ⊘

Bench Press

Participant A	205 lb ✓	215 lb ✓	225 lb ✓	235 lb ✓	245 lb ✓	245 lb ⊘
Participant B	225 lb ✓	240 lb ✓	250 lb ✓	260 lb ✓	275 lb ✓	275 lb ⊘

Leg Press

Participant A	150 lb ✓	290 lb ✓	300 lb ✓	330 lb ✓	350 lb ✓	350 lb ⊘
Participant B	150 lb ✓	290 lb ✓	300 lb ✓	330 lb ✓	350 lb ✓	350 lb ⊘