



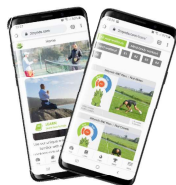
2MYNDS MIND OVER MUSCLE

MIND-BODY TRAINING

2Mynds

Time to give your mind a workout?

Do your nerves get the better of you sometimes? Have you been ahead in your competition but let it slip away because you lost focus? Do you perform better in training than in competition? Try the intuitive online platform and fun workouts in our mobile app! Or find a coach near you who uses the 2Mynds system to help you get a mental edge.



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2MYNDS MIND OVER MUSCLE

MIND-BODY TRAINING



Mind-Body Training

We have all experienced how our mind can interfere with our performance. Talking about it can only do so much - skills need training. Mind-body training...



Mind and body

Over time, mental and physical training have become the domain of distinct experts: physical coaches or therapists on one side and mental coaches on the other. Unfortunately, there is not a single activity that is completely mental or physical. Our brain is a physical organ and our mind and body are package deal. 2Mynds breaks with the paradigm and trains your mind and body together!



Functional training

In 2Mynds mind-body training (MBT), physical exercises are used to create progressive stress in the workout. The gradually increasing heart rate and adrenaline ensure that the mental skills are trained at stress levels that are representative of what athletes experience in competition. 2Mynds is the first system to use these types of workouts and we are pioneers in functional mind-body training.