

Now At Vero Fitness!

SMARTfit®

Your Brain Matters

Achieve Peak Performance with Gamified Neurofunctional Training for Athletes:

- Make quicker, smarter decisions while moving.
- Execute physical and mental skills more efficiently.
- Process what they see faster so they react faster.
- Improve focus, balance, coordination, and speed.
- Get into the flow/zone quickly.

Parietal Lobe
Sensory - Rich Activities
Visual - Spacial Demands
Object - Based Activities

Frontal Lobe
Cognitively Demanding Activities
Open Skill Activities
Resistance Training
Mind-Body Exercise



Occipital Lobe
Visual - Spacial Demands
Visual - Attention Demands
Motor Control & Stimulation



Temporal Lobe
Cardiovascular Exercise
Closed Skill Activities
Generalized Physical Activity

Cerebellum
Coordinative Exercise
Skill & Motor Learning
Open Skill Activites



"If you want to increase the speed of your game, you will have to develop quicker minds rather than quicker feet."
- Ralf Rangnick, Professional Football Coach



Train the Brain and Body for the Game's Most Demanding Moments



- Decision Making Under Pressure
- Focus & Attention
- Physical & Mental Endurance
- Impulse Control
- Balance
- Physical Speed & Agility
- Cognitive Agility & Processing Speed
- Ball Placement & Accuracy
- UFC & Boxing
- Lateral Footwork
- Peripheral Vision Training
- Return-to-Play Rehab