

PERFORMANCE LAB

(lead by world class performance staff)



**HOW? PERFORMANCE PROTOCOL
USING LATEST MODERN
TECHNOLOGY**

**FOR WHO? TOP-SPORTERS, CLUBS,
FEDERATIONS, INDIVIDUALS**



HOME AWAY FROM HOME



Facilities

All our apartments come with great facilities and services. The following are just a few of the main facilities included by default with our apartments.



FLOOR HEATING



WASHER & DRYER



BICYCLE WORKSHOP



FITNESS ROOM



FLAT SCREEN TV



ENSUITE BATH



BIKE WASH



PARKING



SPARE PARTS



SINGLE BEDS



CAMERA SURVEILLANCE



BIKE RENTAL



RESTAURANT



KITCHEN



MINI BUS



MEETING ROOM



BIKE ROOM

NORMOBARIC

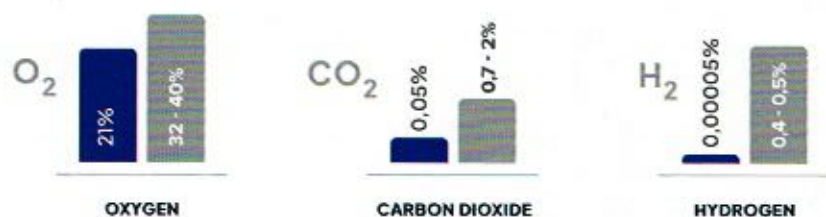


AIR PRESSURE - EARTH'S ATMOSPHERE

1000 hPa

AIR PRESSURE - NORMOBARIC CHAMBER

1500 hPa



"You are what you train"

Be a part of an exciting RESEARCH STUDY in improved recovery and well being.

HYDROGEN is a major important factor in Normobaric healthcare. Both drinking redox water in the chamber and experiencing the Normobaric balance of gases O₂, CO₂, H₂ supports better health and improved performance. The increased level of hydrogen and O₂ partial pressure in a normobaric chamber atmosphere contributes to faster neutralisation of oxidants and counteracts the negative effects of oxidative stress.

all enquiries: info@flcp.be

EARTH'S ATMOSPHERE

NORMOCARE CHAMBER

PRESSURE	1 bar	1.5 bar
OXYGEN LEVEL	21%	32-40%
CARBON DIOXIDE LEVEL	0.05%	0.7-2%
HYDROGEN LEVEL	0.00005%	0.4-0.5%



World Class Performance Center FLCP

info@flcp.be

Teirlinckstraat 24, 9660
Brakel, Belgium

A professional performance institute.

Improved recovery, full body composition, nutritional advice, professional tests, optimise training program, trainings advice, be part of a research study

SPORTERS: cyclists, footballers, runners, hikers, contact sports....

Partnerships with sport doctors, trainers, coaches, psychologists...

Using the latest CPET cardiopulmonary exercises testing/ lactate tests, VO2max, metabolic rate,

Creates your individual fitness and performance mapping of your current health

Full body-composition, nutritional advice DEXA-SCAN

ROOM 207

Tel: +32486460484



PERFORMANCE
LAB

Flanders
Cobblestone
Paradise



A professional performance LAB
Luxury athlete facilities
Normobaric healthcare

NORMOBARIC HEALTHCARE

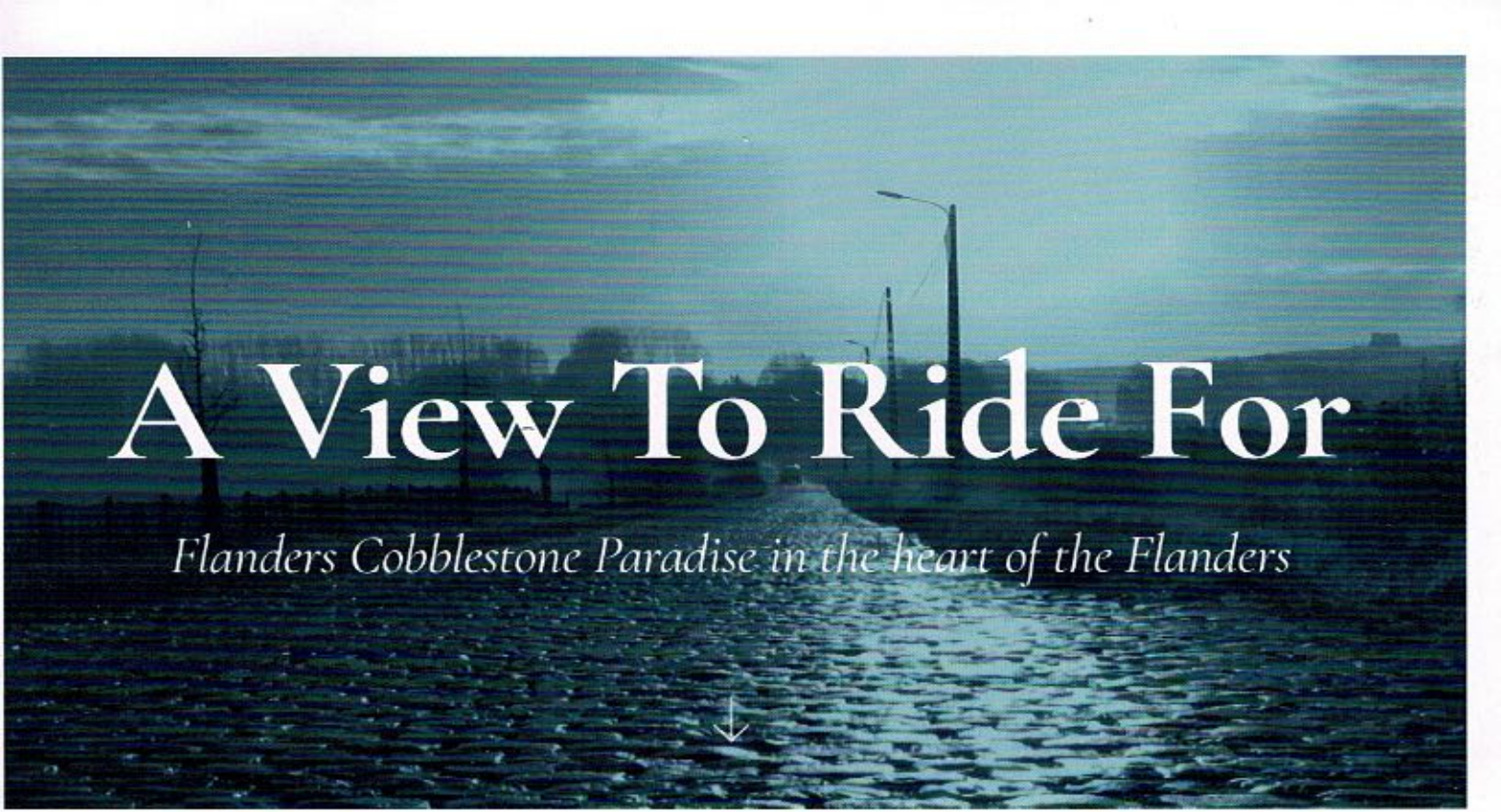
HOW? accelerating stem-cell growth by up to 8 times

Improved recovery time. **FASTER** recovery from injury or illness



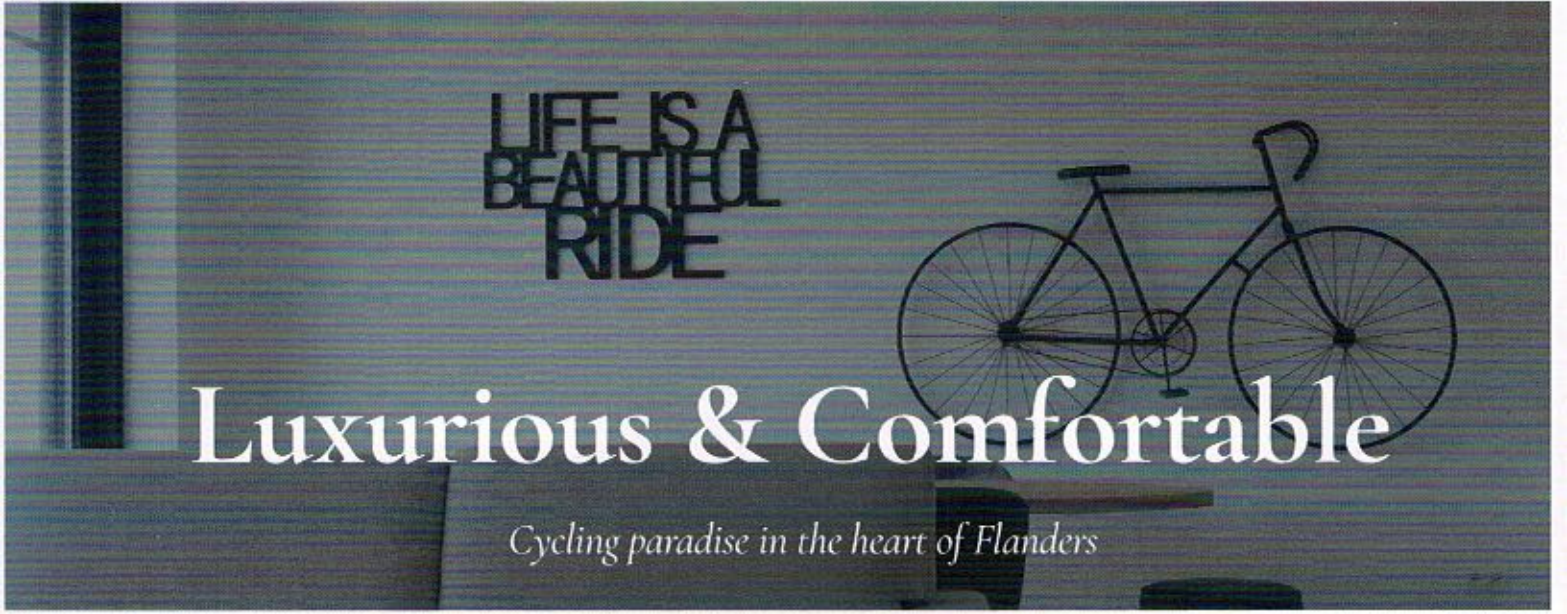
FOR WHO? IMPROVE HEALTH, SPORTERS, BEAUTY
, BUSINESS MEETINGS, TEAM BUILDING, EXPERIENCE
WEEKENDS





A View To Ride For

Flanders Cobblestone Paradise in the heart of the Flanders



LIFE IS A
BEAUTIFUL
RIDE

Luxurious & Comfortable

Cycling paradise in the heart of Flanders

RESEARCH
GROUP FLCP
UCL

