

KYMIRA

Functional Performance Specialist and Director of Functional Performance for San Francisco 49ers, Elliott Williams, gives an insight into how implementing KYMIRA® products helped him maintain his energy levels





“Whether I am going for a bike ride, run, obstacle course training or simply playing dad, KYMIRA® has impacted my overall energy, and the quality of my day to day experiences in all of those fields.”

I basically got involved with KYMIRA® through research and interest. It started out as a simple search to find something different than traditional compression. Once I saw the concept, read the research, and already had a base understanding of Infrared wave length and its biological impact, it was a no brainer for me to be involved and use the product.

KYMIRA's® technology is not just a theory, its application made too much sense. Obviously there is always some trepidation when trying something at a higher price point with such great claims in regards to recovery. That said, when I initially tried my sleep kit for the first week, my Heart Rate Variability (HRV) spiked and stabilised, that alone, accompanied with the amount of deep sleep and overall readiness I felt was a significant boost to my energy levels and overall quality of function from day to day. Anything that leads to a better quality sleep cycle is just a piece to the performance and recovery puzzle. The product has met the expectations I initially had, and somewhat exceeded them as well. It is something I lean on daily to help me being the best version of myself.

Life's about balance and energy to me. If I have the ability to recharge my battery faster, and sustain that charge for longer periods of time, I feel like that is a win and that is what I'm finding with KYMIRA® products. We, the team and I, are currently in the part of our schedule that demands our attention and clarity for long training hours. This is my 5th year working this penum, and this is the best and most prepared that my body has felt day-to-day since I can remember. I attribute that to a multitude of things, but KYMIRA® is the one value add I have had this year. “I personally wear my training shirt and shorts or tights every day, and have no plans to change that model for myself.”

I haven't had any real problems with the kit, KYMIRA® is not the end all be all, it is a part of the process to return to homeostasis and to increase the ability to biologically heal and recover after a heavy day of strain. That said, it is an integral part for me to maximise my energy production and state on a daily basis.

“I've been working with infrared (IR) via the Joovv system for some time now and am a huge believer in the benefits for both performance, as well as recovery. With KYMIRA® I have been able to take the benefits of IR on my runs, and cycling as well as the strength gains I see in the weight room and in my obstacle course training, and apply them to my every day life.”

The team and I are using KYMIRA® products especially pre training, while we prime ourselves for activity, immediately after training, as well as for travel. The travel aspect is where I see the best and most immediate benefit. We know blood flow lessens while sitting for extended periods of time. While traveling I notice that my feet and ankles, hands and fingers, knees and shoulders simply are not as achy as they used to before using the KYMIRA® kit, nor do they swell nearly as much. That is a huge benefit.

Since using KYMIRA® products my overall blood oxygen levels are constantly at a 98-100% no matter at what time I test them. “I've seen improvements in my resting heart rate, HRV, sleep quality as well as a multitude of other subjective findings, my function scores are through the roof. I also get the added benefit of true recovery and hormonal balance with the KYMIRA® Infrared products. By producing increased circulation and tissue oxygenation it has helped to reduce fatigue during training, as well as helping maintain energy throughout my 15 hour work day to prep me for family life where my energy is equally necessary.”

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