



# AI ELITE SPORTS

*Applied science for immediate results  
for elite players and coaches*

***FITNESS***





For elite athletes and visionary instructors, architects of sports mastery:

**UNLEASH YOUR ABSOLUTE POTENTIAL AND ACHIEVE PERFORMANCE SUPREMACY.**

With **AI DIAMOND TOTAL**, master the synergistic science of movement—integrating proprioceptive neuroscience, dynamic gesture physics, functional geometry, and precision biomechanics—to sculpt competitive intelligence and execution of universal significance in your discipline.

**AI ELITE SPORTS**

# INTRODUCTION

## What is AI Elite Sports?

*We are a cutting-edge multidisciplinary team where the vast experience of elite coaches and athletes harmoniously converges with the rigor of applied science (physics, biomechanics, neuroscience, and functional anatomy). Our mission is to reveal the secrets to comprehensively optimize athletic performance, taking your potential and that of your athletes to previously unimaginable heights. We seek to equip you with in-depth, eminently practical, and data-backed knowledge for elite-level execution and understanding.*

## The Challenge in Sport

*Traditional methods, while rich in experience and intuition, often reach an evolutionary ceiling or lack the solid scientific foundation to ensure consistent and personalized effectiveness. In today's era, technology inundates us with a massive volume of data; however, its true potential is wasted if it is not subjected to rigorous scientific analysis that allows for accurate interpretation and effective strategic application, separating signal from noise and turning information into actionable knowledge.*

## The AI Elite Sports Solution: Science in Action

*AI Elite Sports builds a vital bridge between cutting-edge science and everyday sports practice. We transform complex scientific principles (such as advanced biomechanics, applied physics, dynamic movement geometry, and proprioceptive neuroscience) into accessible, actionable, and immediately impactful tools and methodologies. We provide you with the keys not only to understanding the fundamental science behind every movement, but also to applying effective strategies that translate into remarkable, rapid, and, crucially, sustainable results, giving you a decisive and lasting competitive advantage.*

## Are you ready for the ultimate transformation?

*For the Elite Player: Are you interested in a methodology that combines your invaluable on-court experience with a deep understanding of the biomechanics, physics, and geometry that govern your every move? Are you ready to radically expand your understanding and mastery of your body with the precision of applied science and, on that foundation, catapult your individual performance to an elite level reserved only for legends?*

*For the Visionary Instructor: Are you interested in a methodology that combines your experience and that of your athletes with a deep and applicable knowledge of the biomechanics, physics, and geometry essential to high-performance sport? Are you ready to radically expand your teaching arsenal with the precision of applied science and, on that foundation, take your athletes' athletic performance to an elite level, while consolidating your own mastery and leadership as a cutting-edge coach?*





# SCIENCE APPLIED TO SPORTS PERFORMANCE

## Fundamental Scientific Principles

- *ADVANCED PROPRIOCEPTION: High-fidelity internal awareness and feedback for exquisite motor control, nanometer precision, and optimal coordination.*
- *FUNCTIONAL ANATOMY AND APPLIED BIOMECHANICS: Study of body structure and its dynamics to achieve optimal alignment and activation in each gesture, maximizing efficiency.*
- *ELITE SENSING AND PERCEPTION: Superior ability to capture, process, and integrate critical information from the environment and the body, enabling instant adaptation and decision-making.*
- *DYNAMIC GEOMETRY OF MOVEMENT: Conscious mastery of angles, trajectories, planes and levers that govern mechanical efficiency and optimal technical expression.*
- *APPLIED PHYSICS TO SPORTS GESTURE: Understanding and practical application of laws of motion, force dynamics, energy, and fluid principles to optimize actions.*
- *PRECISION KINESIOLOGY (KINETICS AND KINEMATICS): Analysis of forces that cause movement and their description (sequence, momentum transfer) for superior power and efficiency.*
- *NEUROBIOMECHANICS OF PERFORMANCE: Integrating biomechanical principles with neuromuscular control and motor learning for superlative technical execution and constant adaptation.*



## Emphasis on Rapid Results and Optimized Efficiency

- *ACCURATE BIOMECHANICAL DIAGNOSIS:* Identify and correct key biomechanical errors and suboptimal patterns through direct interventions.
- *ACCELERATED NEURO-ACTIVATION:* Implement specific exercises to rapidly enhance proprioception, sensing, and neuromuscular coordination, achieving perceptible improvements.
- *EVIDENCE-BASED MONITORING:* Using objective data and quantitative metrics to measure ongoing progress, validate interventions, and fine-tune training.
- *DIRECT TRANSFER TO COMPETITION:* Design interventions and exercises with high transferability to the competitive gesture, ensuring that improvements translate quickly into in-game performance.

## Elite Coach Training (Principles and Methodology)

- *ADVANCED THEORETICAL-PRACTICAL DOMAIN:* Provide a robust conceptual framework and scientific understanding (biomechanics, physics, geometry) of the "why" of each technique.
- *DATA INTERPRETATION AND SCIENTIFIC APPLICATION:* Provide training in the expert interpretation of data and metrics for effective translation into individualized training strategies.
- *SCIENTIFIC-TECHNICAL SYNERGY AND CONTINUOUS EVOLUTION:* Promote collaboration and constant feedback between scientists and coaches for continuous updating, innovation, and optimization.
- *DEVELOPMENT OF CUTTING-EDGE PEDAGOGICAL SKILLS:* Training in elite teaching and communication methodologies to convey complex knowledge in a clear, effective, and inspiring way.

## Elite and Promising Player Development (Key Principles)

- *SUPERIOR CONCEPTUAL AND TECHNICAL MASTERY:* Internalize the scientific "why" (biomechanics, physics, geometry) of each technique for masterful execution.
- *DATA-DRIVEN SELF-ASSESSMENT AND OPTIMIZATION:* Interpret personal metrics and scientific feedback to continuously adjust and optimize your own performance.
- *EVOLUTION AND SYNERGY MINDSET:* Commitment to continuous learning, personal innovation, and proactive collaboration for optimization.
- *ELITE GAME INTELLIGENCE AND ADAPTABILITY:* Apply complex knowledge intuitively and effectively in-game, adapting technique and tactics to the moment.



# DEVELOPMENT OF **ELITE PLAYERS**

Progression in 3 Mastery Levels - 24 sessions / level

## ADVANCE LEVEL I

Elite technical-conceptual foundation with AI DIAMOND principles, error correction, and advanced body/proprioceptive awareness.

Objective: Deep understanding of the technical "why" for solid progression.

## ADVANCE LEVEL II

Advanced scientific application to dynamic and complex games. Optimizing biomechanical efficiency, decision-making speed under pressure, and superior motor adaptability for a decisive tactical and energetic advantage.

## ELITE LEVEL ★★★

Sports mastery through comprehensive skill consolidation. Mastery in high-level competition, performance under pressure, precise self-analysis/self-correction, and cutting-edge mental/strategic preparation for superior game intelligence.

## MAIN OBJECTIVE (PLAYERS):

- Elite biomechanical, proprioceptive, and coordination fundamentals; efficient mastery of basic movements and elimination of crucial errors.

## KEY CONTENT MODULES (PROGRESSIVE FOR PLAYERS):

- SCIENTIFIC FOUNDATIONS OF MOVEMENT: AI DIAMOND Principles, individualized biomechanical analysis, development of advanced proprioception and elite sensorization.
- PHYSICS AND GEOMETRY APPLIED TO GESTURE: Mastery of fundamental actions; optimization of center of mass, levers, and efficient generation/transfer of force/spin.
- SENSORIMOTOR INTEGRATION AND SCIENTIFIC PREVENTION: Synergy between sensory perception and precise motor execution; optimization of kinetic chains and active injury prevention (biomechanics).
- NEUROBIOMECHANICS OF PERFORMANCE: Enhancing decision-making under pressure and superior motor adaptability; optimal integration of neuromuscular control and accelerated motor learning.
- ELITE PERFORMANCE AND SELF-MANAGEMENT STRATEGIES: AI DIAMOND Science in competitive strategy; scientific personalized injury prevention; self-management optimization (performance/recovery).



# ELITE INSTRUCTOR TRAINING

3 Progressive Specialization Modules - 12 hours / module

## MODULE I

AI DIAMOND Scientific Foundations and Initial Application (Player Advance I).

Objective: Master AI DIAMOND cross-cutting principles and its underlying transformational pedagogy.

## MODULE II

Scientific Performance Optimization (Player Breakthrough II).

Objective: Apply cutting-edge physics, geometry, and neurobiomechanics; integrate advanced techno-analysis; and design high-impact, personalized programs.

## MODULE III

Master's Degree in Elite Development and Transformational Leadership.

Objective: Guide players to peak performance (Elite Level); master advanced strategic instruction (tactics, mindset, resilience); provide inspiring leadership and mentoring.

## KEY CONTENTS (INSTRUCTORS):

- AI DIAMOND PHILOSOPHY AND PEDAGOGY: Advanced Proprioception, Functional Anatomy, Applied Biomechanics; Precise Biomechanical Diagnosis; Exclusive Methodologies.
- APPLIED PERCEPTUAL-MOTOR SCIENCES: Sensing / Elite Perception, Dynamic Geometry; Transformative Exercise Design (motor foundation, technical-tactical understanding).
- MOVEMENT SCIENCES AND ADVANCED MOTOR CONTROL: Applied Physics, Precision Kinesiology, Neurobiomechanics (Fundamentals, Level I); Biomechanical Analysis Technology (Basic / Advanced).
- CUTTING-EDGE SCIENTIFIC APPLICATIONS: Advanced physics/geometry techniques and tools; designing highly efficient/specific drills.
- APPLIED NEUROBIOMECHANICS FOR COMPETITION: Optimizing decision-making/ adaptability in real-life scenarios; Designing individualized programs (Level II); Analyzing high-performance case studies.
- ELITE PEDAGOGY AND LEADERSHIP: Teaching Cutting-Edge Tactical Intelligence, Winning Mindset, Effective Leadership/Mentoring; Expert Video Analysis for Feedback/ Correction.
- COMPREHENSIVE PROFESSIONAL DEVELOPMENT: Guide to Professionalism for Athletes; Instructor Ethics; AI DIAMOND International Excellence Certification.

## AI DIAMOND PROFESSIONAL OPPORTUNITIES NETWORK:

Preferential access to a global pool for certified instructors. Includes: positions in AI DIAMOND Academy/ Affiliated Centers, strategic collaborations (clubs/federations), scouting, R&D, high visibility in international directories, and prestigious networking/referrals.



# THE **AI DIAMOND** DIFFERENCE BY **AI ELITE SPORTS**

## **YOUR STRATEGIC ALLIANCE FOR UNPRECEDENTED SPORTING EXCELLENCE**

*Choosing AI Elite Sports and our AI DIAMOND methodology means investing in a comprehensive and scientifically validated transformation of your performance and training capabilities. Discover the pillars that establish us as your ultimate partner in your pursuit of athletic mastery:*

### **KEY BENEFITS OF THE AI DIAMOND METHODOLOGY:**

- *EXPONENTIAL PERFORMANCE OPTIMIZATION: Unlocking and accelerated elevation of your technical and physical potential, with significant and measurable improvements in optimized timeframes, thanks to the precise scientific identification and correction of limiting factors.*
- *GLOBAL ELITE COACH TRAINING: Transforming instructors into cutting-edge experts, equipping them with comprehensive scientific expertise (biomechanics, physics, geometry, applied neuroscience) and AI DIAMOND methodological tools to exponentially enhance their capacity for analysis, intervention, and development of world-class talent.*
- *RIGOR AND UNQUESTIONABLE SCIENTIFIC EVIDENCE: A methodology of surgical precision, validated by the irrefutable principles of biomechanics, applied physics, neuroscience, and quantitative data analysis, which transcends intuition to be based on scientific certainty.*
- *360° HOLISTIC ATHLETE DEVELOPMENT: Synergistic optimization of all dimensions of performance: superior technical efficiency, intelligent physical power, exquisite neuromuscular coordination, advanced proprioception, mental agility, strategic vision, and scientific injury prevention.*
- *ATHLETE EMPOWERMENT AND INTELLIGENT AUTONOMY: We develop superior body awareness and proprioceptive control, along with a deep understanding of movement science, enabling athletes to become the architects of their own performance, empowered by self-management and continuous optimization toward mastery.*
- *DECISIVE AND SUSTAINABLE COMPETITIVE ADVANTAGE: Developing an arsenal of skills and game intelligence that confers a distinctive and lasting technical-tactical superiority, establishing a standard of excellence that redefines the limits of performance and ensures long-term success.*
- *ELITE KNOWLEDGE AND COMMUNICATION ECOSYSTEM: Creating a unified scientific and conceptual technical language (AI DIAMOND Principles and Methodology) that catalyzes synergy and top-level understanding among athletes, coaches, and the entire multi-disciplinary team, accelerating collaborative learning and innovation.*
- *LEADERSHIP IN INNOVATION AND CONSTANT EVOLUTION: Privileged access to a living methodology, at the forefront of research and development (R&D&I), that proactively integrates the latest advances in sports science and technology to ensure competitive edge and ever-expanding knowledge.*





# **AI DIAMOND** ELITE DEVELOPMENT HUB

## **YOUR DIGITAL ECOSYSTEM FOR CONTINUOUS GROWTH 24/7**

*Our platform and mobile app are a natural extension of this excellence, ensuring that your development and support are seamless:*

### *FOR THE ELITE PLAYER:*

*Your evolution toward mastery knows no bounds with our AI DIAMOND e-learning platform. Access 24/7 an arsenal of cutting-edge content, personalized plans, and the wisdom of your coaches. Become an active participant in your progress: record your performances, upload them for detailed scientific analysis, and receive precise feedback. It's your ultimate tool to internalize every concept, perfect every movement, and maintain a direct connection to excellence, ensuring measurable and barrier-free progression.*

### *FOR THE VISIONARY INSTRUCTOR:*

*Multiply your impact and redefine your teaching with the AI DIAMOND e-learning platform. Extend your influence beyond the field by offering ongoing training and detailed follow-up. Design and share your courses, tutorials, and multimedia work plans. Encourage excellence by asking your players to upload videos for your expert review and transformative feedback. This way, you create a dynamic and personalized learning ecosystem where each athlete maximizes their potential and you consolidate your leadership as a global elite trainer.*

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# WHY CHOOSE AI ELITE SPORTS?

## Important benefits

- *FAST AND MEASURABLE RESULTS: Significant performance improvement in a short period of time.*
- *SHORT-TERM TRAINING. ELITE KNOWLEDGE FOR COACHES: Cutting-edge tools and methodologies to enhance your work.*
- *SOLID SCIENTIFIC BASIS: Methodology validated by science and data.*
- *COMPREHENSIVE OPTIMIZATION: Improving technique, strength, coordination, and injury prevention.*
- *ATHLETE EMPOWERMENT: Increased body awareness and ability to make informed decisions.*



## Executive Directorate

**CEO – CÉSAR PÉREZ-TORMO MARTÍNEZ-CABOT**

*CFO Chief Financial Officer – Director Financiero – **Srta. María***

*CTO Chief Technology Officer – **Andrés Michel** (CTO Adders Up)*

*CAIO Chief Artificial Intelligence Officer & CDO Chief Data Officer – **Josep María Turú***

*CPO Chief Product Officer – **Dr. Marcos Serrano***

## Technology and Innovation

*Lead Sports Data Scientist – **Dr. Marcos Serrano***

*Machine Learning Engineer & Software Engineering Manager – **Andrés Michel** – CTO (Adders up)*

*Senior Data Staff Physicist – **Rocío Gómez Robles***

## Operations and Support

*Head of Sports Partnerships – **César Pérez-Tormo Martínez-Cabot***

*Customer Success Manager (Sports Tech) – **César Pérez-Tormo Martínez-Cabot***

*Legal & Compliance Officer – **Gabinete Jurídico Pérez Tormo Abogados***

## Product and Business

*Head of Sports Analytics – **César Pérez-Tormo Martínez-Cabot***

*Product Manager – **Josep María Turú***

*Business Development Manager (Sports Tech) & Sales Director (B2B Sports Data Solutions) – **César Pérez-Tormo Martínez-Cabot***



# HEAD COACH: MASTER **DON SERGI RODRÍGUEZ**

DEGREE IN PHYSIOTHERAPY

MASTER'S DEGREE IN NUTRITION, PHYSICAL ACTIVITY, AND SPORTS

SPORTS FITNESS COURSE

PARTICIPANT IN 6 INTERNATIONAL EUROPEAN BODYBUILDING CHAMPIONSHIPS. BEST 5TH PLACE IN EUROPE.

OVERALL CHAMPION IN THE CLASSIC PHYSIQUE CATEGORY 2024.

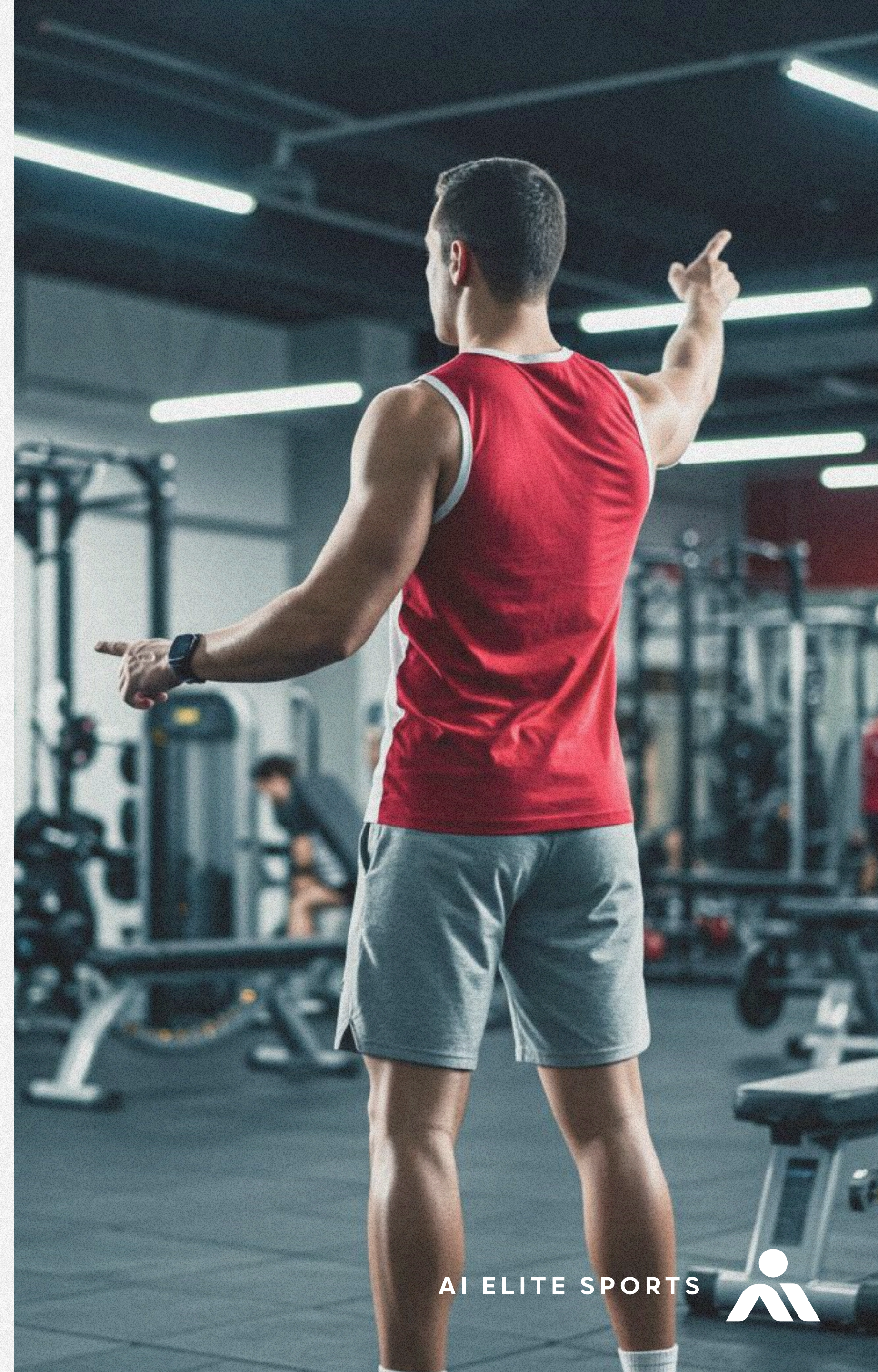
2022 – REGIONAL CHAMPIONSHIP OF CATALONIA

2020 – EUROPEAN CHAMPIONSHIP (IFBB – CLASSIC PHYSIQUE)

5TH PLACE IN THE CLASSIC PHYSIQUE CATEGORY



*I'm not afraid of making mistakes. I'm afraid of standing still. Evolution is action. And well-directed action is what transforms bodies, minds, and destinies."*



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