



www.TheSystem.ca (416) 635-9537 yusuf@thesystem.ca

RAISE YOUR GAME & PERFORM AT YOUR BEST WITH NEXT LEVEL ATHLETIC PERFORMANCE!

Health & Athletic Performance Beyond Numbers...

Function Beyond Form...

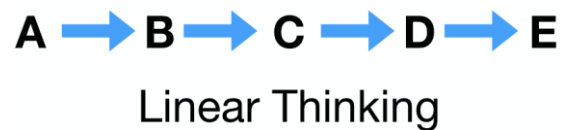
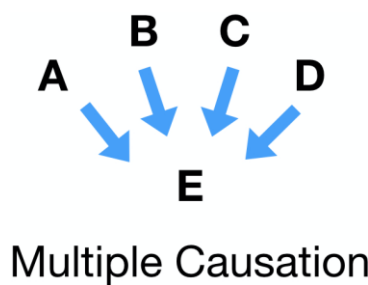
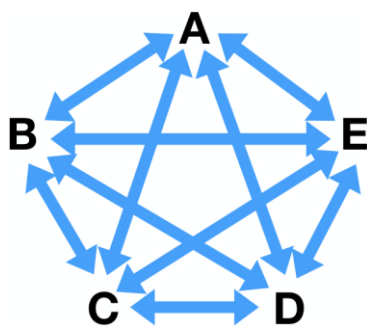
Results Beyond Traditional forms of Conditioning, Nutrition & Regeneration...

Integrity Over Profits... Service Beyond Expectations

The Mission

"Simplicity is Complexity in Reverse. Changing the Standard in Athletic Preparation"

- To deliver athletic performance:
 - ✓ In Less Time
 - ✓ With Less Effort
 - ✓ With Less Injury Potential
 - ✓ With Faster Recovery
 - ✓ With Greater Knowledge
 - ✓ By Working Smarter, Not Just Harder
- Via a 'boutique-styled', comprehensive, personalized "**360-Degree Integrated Approach**" to high performance athletic program design, health & wellness that identifies & addresses the blockages to athletic prowess.
- The "**360-Degree Integrated Approach**" involves looking at a query from a '**Quantum Perspective**' vs. Multiple Causation Approach or a Linear Perspective



Quantum Perspective vs. Multiple Causation vs. Linear Thinking

The Approach

The “**360-Degree Integrated Approach**”, encompasses **4 areas** of Investigation & Enhancement:

1. **Physical & Structural** (i.e. neurological patterning, posture, speed, strength, power, endurance, flexibility, & mobility)
2. **Biochemical** (i.e. pre-during-post exercise nutrition, hydration, alkalinity, endocrine, digestion, assimilation, liver detoxification, elimination, brain health, mitochondrial health, stress response, hormones, inflammation)
3. **Environmental Modifications** [Recovery (i.e. sleep, sauna, self-soft tissue release, home corrective exercises, lifestyle, daily ergonomics & environment (toxins))]
4. **Psychological** (i.e. Somato-emotional)



TheSystem.ca “360-Degree Integrated Approach” to Athletic Performance & Wellness

(See Appendix for greater detail)

The Clientel

Our clients are highly motivated, goal orientated individuals who excel at their chosen sport to the highest degree. They range from top level amateurs, to professionals. They are hard-working individuals in their own right, but wish to obtain further insights on how they can improve. Their biggest challenge is shifting through the vast amounts of information available today with respect to appropriate conditioning & regeneration today. We provided an informed sounding board, playing with ideas & concepts, that might work for them.

Our clients also value their privacy, as we do as well, w.r.t. to our proprietary assessment, regeneration & conditioning methodology. To this we have, the utmost respect, and conduct our craft in the strictest of confidence w.r.t. our business relationship. We do not use our clients for gratuitous marketing or shameless self-promotion, nor do we take credit for their performances, as this would be an insult to their own hard work & to others who have helped them, well before we entered into the picture, instead we let our craft do all the talking. We would like to say “we just are”.

Our clients appreciate the level of professionalism, passion, enthusiasm, commitment, as well as, the exceptional service, we bring to the conditioning & regeneration table. Our clients are those select individuals that strive for the “**5-D's**”:

1. **Desire** to want to be better
2. **Dedication** to their craft
3. **Discipline** to stick with a program
4. **Drive** to reach their goals
5. “Want to be **e’D’**ucated”

“Catch a fish for a man, & he eats for that day. Teach him how to fish, & he feeds himself for a lifetime”

The Target Market

1. The youth or junior athlete who wishes to make the cut for a team
2. The high school athlete who wishes to obtain a scholarship to a college or university
3. The rookie that wants to improve his/her performance
4. The chronically injured player that can't seem to shake off a nagging injury
5. The player who is in a 'slump' & can't quite figure out why they are there
6. The high performer who wants to maintain & improve his/her current level of athletic performance
7. The veteran who can perhaps extend his/her career for a couple more years to increase their financial stability
8. The corporate executive that wants to enhance & maintain their wellness & athletic prowess

The Benefits

"Send us your athlete, & we'll send you back a better one"

- ✓ Boutique-Style Service for Discerning Individuals
- ✓ Building One Athlete at a Time
- ✓ **33+ Years** of Proven Hands-On Real-World Experience Consulting to:
 - World-Class Athletes
 - Chronically Injured
 - Concussed Athletes
 - College Athletes
 - High School
 - Youth Athletes
 - Active Individuals
- ✓ Stress Reduction & Sleep Quality
- ✓ Reduction in Pain & Discomfort from Muscle Spasms, Repetitive Strain Injuries & Concussion Symptoms
- ✓ Improved Metabolic Function
- ✓ Improved Posture & Breathing
- ✓ Improved Sport Vision
- ✓ Improve Balance & Co-ordination
- ✓ Improved Driving, Work-Place, Sport & Sleep Ergonomics
- ✓ Increased Muscle Pliability (Flexibility + Mobility + Elastic Strength)
- ✓ Improved Foot & Gait Mechanics
- ✓ Improved Speed, Strength, Endurance & Power Proportionate to You & Your Chosen Sport
- ✓ Improved Agility
- ✓ Learning Practical Regenerative Methodologies & Post Activity Fuel Restoration
- ✓ Practical Monitoring of Training Response
- ✓ Decreased Injury Potential
- ✓ Decrease Symptoms associated with Repetitive Strain Injuries, Concussions & Other Sports Related Injuries
- ✓ Increased Athletic Performance
- ✓ Increased Longevity in Your Sport

"Results in less time, with less effort, with less cost, with faster recovery & less injury potential"

The Solution

"Custom Comprehensive Solutions Surpassing Traditional Athletic Conditioning & Regeneration"

We provided personalized, creative "out-of-the-box" ***"360-Degree Integrated Approach"*** to conditioning, regeneration, injury rehab & nutrition, performance via:

- Integrated assessment
- Personalized conditioning
- Personalized regeneration program
- Personalized monitoring program

The Requirements for Athletic Performance

- Calming the Central Nervous System, via decreasing Vagus nerve tone, improving Cranial-Sacral Fluid Dynamics & addressing any Somato-Emotional issues
- Proper Cellular Hydration, Alkalinity & Mitochondrial Function
- Addressing over Sympathetic / Adrenal dominance with Parasympathetic C.N.S. functioning
- Proper Postural Neurology (eyes, skin, jaw alignment, feet & vestibular functioning)
- Addressing Abnormal Fascial Tension Patterns (in bone, organ, muscle, nerve, ligaments & tendon) & replace them with Ideal Fascial Tension Patterns
- Determining Body Type & Conditioning Age vs. Biological Age (helps to assign proper conditioning loads)
- Determine Regeneration Potential (state of current fatigue & regeneration methods to address it)
- Proper Breathing Mechanics
- Proper Sport Vision
- Proper Choice of Foods
- Proper Metabolic Function (i.e. Digestion, Assimilation, Circulation, Endocrine, Lymphatic, Detoxification, Elimination, Brain Health, Mitochondrial Health, Stress Response, Decreased Inflammation)
- Proper Flexibility, Mobility & Strength in: Toes, Feet, Ankles, Hips, Mid-Section, Upper Back, Neck, Shoulders
- Athletic Planning of Speed, Strength, Power & Endurance (i.e. Periodization)
- Employment of Practical Regenerative Methodologies
- Establishing Proper Gait Mechanics & Shoes
- Proper Post Activity Fuel Restoration & Collagen Regeneration
- Monitoring of Training Response
- Enhancing Quality Sleep (sleep ergonomics, pre-sleep routine, good sleep environment)
- Proper Lifestyle Habits (sport, driving & work ergonomics, sleep-wake routine, de-stressing)
- Good Social Life (surrounded by positive people)
- Good Spiritual Life (meditation & prayer)
- Toxin Free Environment (purposeful & incidental)

“Greater than 70% of Athletes Become Injured Annually & of those Injuries, Contusions, Sprains & Strains Account for Approximately 90% of those Traumas”

Who is Yusuf Omar?

“A perennialist, progressive, out-of-the-box thinker”

At the tender age of 4 years old, Yusuf suffered a Traumatic Brain Injury (TBI), but despite this incident, Yusuf managed to pull through the TBI, where he was left with the inability to both speak & walk, as well as take care of himself. But somehow or the other, with dogged determination, Yusuf managed to pull out of the TBI, & live a ‘normal’ life. However, Yusuf still suffered for most of his life, with Post Concussion Symptoms. At the age of 30, whilst attending a seminar on fascial distortion & cranial work, a colleague at the seminar, performed some work on him, that changed his life from that point on wards. Finally, he was partially free from a majority of the Post-Concussion symptoms.

In 1996, after over a decade of conditioning, competing in provincial & national cycling events, Yusuf made a full-time commitment to try & make it on the Olympic team for 1000m track cycling, but due to the concussion symptoms, he could only muster up being 4 seconds shy of Olympic standard. Since then, he has retired from full-time competitive cycling, & has grown from this journey from: concussion survivor, to Olympic-calibre athlete, to Masters Track & Field athlete (unofficial 100m in 11.1 sec at age 52), to **“Integrated High-Performance Athletic Enhancement & Regeneration Specialist”**. Who knows whether the work that was performed on him the following year, might have catapulted him to the Olympics?

Yusuf is known to most, as a **“Physical & Regeneration Mercenary for Hire”**, & is regarded as one of the top athletic speed & conditioning movement specialists. He also brings to the table a tremendous amount of ‘in-the-trenches’ experience, as well as a myriad of formal educational background, to enhance athletic performance in “less time, with less effort & less injury potential.”

Yusuf currently focuses his passion, the past **33+ years of educational knowledge & real-life experiences**, to assist aspiring athletes from all ages, abilities (ranging from amateur youth & high school athletes, to various semi-pro & professional organizations) & from various sporting events.

This approach has effectively helped many an athlete, prepare for competition via an ingenious methodology of specialized conditioning (speed, strength development, regeneration & planning) & tailored to each athlete’s unique idiosyncrasies. Yusuf is able to extrapolate cause-and-effect relationships between trained movement & performance, as well as, between nutrition & performance, better than most anyone in the field of conditioning, regeneration & physical therapy.

Yusuf, gives athletes a chance at longevity in their respective chosen sport. Yusuf’s hope is that the athlete’s that he works with, will be able to avoid the many challenges that arose when he was at the top of his game & then learn to overcome them. If need be, Yusuf has access to an elite team of training, nutrition & sports therapy professionals at his disposal.

Yusuf is a relentless life-long student, embarking on & discovering all he can, by enrolling in numerous courses, to learn on how to deal with, not only concussions, but regeneration, high performance conditioning & sports nutrition.

Yusuf is also a sought-after presenter, sharing innovative **“33+ years of in-the-trenches”**, proven protocols for developing faster & stronger athletes & enhancing regeneration.

Certification & Education:

- Diploma in Osteopathy
- Cranial-Sacral Certificate
- Visceral Manipulation Certificate
- Certified Integrated Functional Medicine Coach
- Yoga Exercise Specialist Level 1
- Posturologist Level 1

Certification & Education (Cont'd):

- Posturologist Level 2
- Canadian Society for Exercise Physiology (CSEP) Certified Clinical Exercise Physiologist
- Canadian Society for Exercise Physiology (CSEP) High Performance Specialist
- Athletic Therapy Certificate (York U.)
- Personal Trainer Certificate (York U.)
- Bachelor of Physical Health & Education Degree (BPHED)
- Certified Myofascial Structural Integration Body Worker
- Certified Functional Medicine Coach
- Tensegrity Myofascial Release Level 1
- Tensegrity Myofascial Release Level 2
- Tensegrity Myofascial Release Level 3
- Symmetry Corrective Exercise Specialist Level 1
- Symmetry Corrective Exercise Specialist Level 2
- Symmetry Corrective Exercise Specialist Level 3
- National Coaching Certification Program Level 5 (Theory – York U. independent study)
- National Coaching Certification Program Level 1 Track & Field Coach
- National Coaching Certification Program Level 2 Track & Field Coach
- Thai Yoga Massage (current study)

Developed:

A unique proprietary approach to the assessment & correction of the root cause(s) of most biochemical problems, where training and other forms of intervention have not been successful, often giving **results past 90%+, in a very short period of time, with faster recovery, with less injury potential & with less effort**

Experience:

Yusuf has worked with & has been consultant to various high-profile professional athletes & teams from multiple sports, such as:

- Football
- Basketball
- Baseball
- Soccer
- Volleyball
- Ice hockey
- Figure skating
- Archery
- Tennis
- Squash
- Race walking
- Track & Field events (100m, 200m, 400m, 800m, 1500m, 3000m, pole vault, long jump, high jump)
- Wrestling
- Bicycle road & velodrome racing
- Swimming
- Golf
- Rhythmic Gymnastics
- Triathlon
- Automobile Racing

Yusuf served as the apprentice to one of the world's foremost experts on applied biochemistry and ergogenic aids for sports. During this time, he learned the in's & outs of the sports supplement industry, and traveled the world researching the best raw materials sources & the best nutritional supplement protocols

Author:

- Book ***"Fat Loss & Lifestyle"***
- 2 Chapters (**Power Training for Sport** and **Periodization: The Theory & Methodology of Training 4th edition**) ***both of which have been translated into 18 different languages*** and are used as standard coaching text in higher learning institutions around the world
- 2 videos on ***"Off-Ice Conditioning for Hockey"***
- Participant in a **2016 IAAF Quarterly Journal Round-Table Discussion** article on **"Regeneration"**
- ***"Long-term Planning for Youth"***
- ***"Overtraining"***
- ***"Regeneration"***
- ***"Detraining"***
- ***"Trainability of Children"***
- ***"Monitoring of Training"***

Educator:

- A frequent Guest Lecturer at York University
- Given numerous talks to various private audiences

Inventor:

- Dual-Pivot Reverse Hyperextension
- Multi-Angle Foot & Ankle Strengthening Device
- Rotational Abdominal Apparatus
- Scapular Friendly Bench

Testimonials - Validation of Experience & Knowledge

"Athletes & coaches are constantly seeking methods to maximize performance. It has been my experience that *the best methods & techniques come from the trainers who think 'outside-the-box'. These trainers are the true pioneers, pushing the boundaries of human limits. Yusuf Omar is one of these select few individuals. I have personally experienced & observed the results of his methods, methods that are light years ahead of what is currently considered ground-breaking*"

Dr. Nikos Apostolopoulos Ph.D. – Recovery & Regeneration Specialist, Founder of "Stretch Therapy" & "Microstretching"

"...Yusuf is an excellent speed & strength conditioning, & regeneration specialist...I have personally worked with him for over 13 years now, & referred him to various consulting contracts in various sports, ranging from cycling, hockey, swimming & many others... he has an excellent grasp of Regeneration and Periodization (i.e. an elite level planning tool used by numerous national teams around the world). Due to his understanding of such concepts, I have on several occasions, have asked him to lecture for me in my absence. I would highly recommend him for work with in planning, regeneration & conditioning for high-performance athletes."

**Dr. Tudor O. Bompas, Ph.D. – World Renowned Planning Specialist & "Father" of Western Periodization
Professor at York University, Toronto, Specializing in Elite Coaching Methodology**

"Yusuf is extremely knowledgeable in the areas of Elite Level Planning, Speed & Power Development, as well as Strength Training for Speed-Power sports. I have worked with Yusuf in the development of videos regarding "off-ice conditioning for hockey players" and have asked him to guest lecture on occasion at York University..."

**Dr. Dave Chambers, Ph.D. – Professor at York University, Toronto, Specializing in Elite Coaching Methodology
Former Assistant Coach to the Quebec Nordiques (Now the Colorado Avalanche N.H.L. team)**

"In the time that I worked with Yusuf, he was among the most honest and exceptional and creative forces in the sports training and planning industry. He introduced me to several techniques that radically changed my perspective on training and diet methods for elite athletes. "

Dr. Michael Hollis B.Sc., N.D. - Naturopathic Doctor at Link Medical Center, San Francisco

Testimonials - Validation of Performance Experience

"On December of 1999, I had the rare privilege of integrating as a professional soccer coach the Ben Johnson International Team a group of professionals that also included Mike Hollis a nutritionist, Yusuf Omar Regeneration/ Planning & Conditioning Specialist.

Our mission was to provide services to North African National Soccer Team with a comprehensive program, in terms of coaching, recovery & regeneration and nutrition to perform at the highest level. It was then that I got to know Yusuf Omar well, both at the personal and professional level and as time went by, it was easy to identify that Yusuf, is equally blessed on both aspects

Personally, he is extremely caring and passionate about any fellow human being and professionally, an endless researcher of new methods and understanding of how the mind and body works making him in my opinion second to none, of all the people on his field of expertise that I had the opportunity to meet and deal with throughout the World, in terms of training, recovery & regeneration and physiotherapy. Yusuf's approach to treat the root of the problem in detail, instead of the symptoms, sets him far apart from most of the conventional practitioners. I've witnessed many times while working abroad with Yusuf, how much his professional peers from different countries such as Italy, Germany and Spain had praise and the highest regards for his talent and knowledge.

Unfortunately for me, I was diagnosed with a sciatica pinched nerve that for 4 months prevented me from performing my simple daily routines and movements such as sitting or lying down to rest or to sleep, driving the car etc. not to mention the incapability of performing my soccer duties as a professional coach. The agonizing pain and total discomfort, it was at times unbearable and causing a profound negative emotional effect on my life as it persisted. Thanks to Yusuf and his treatment methodology I'm now fully recovered. Yusuf, words cannot describe

how grateful I am for everything you've done for me; your expertise and professionalism is of the highest calibre, your kindness and friendship is endless and priceless."

Armando Costa - Licensed FIFA Coach & Former Head Coach for the Brampton Lions Soccer Club

"...Yusuf worked with our national swimmers in the area of strength, flexibility and power training...the learning curve that our staff went through as well as the improvements by our national swimmers was tremendous...Yusuf's time with our club will benefit our swimmers for a very long time."

Chuck Meklensek - Head Coach for Etobicoke Swimming, National Squad

"Mr. Omar was extremely thorough in implementing a program complete with a comprehensive initial assessment; dietary recommendations; seminar and workouts. He focused his approach to address the specialized needs of our team and our goal of interest increasing overall athleticism."

During the course of this program, Mr. Omar took every opportunity to educate us on the theories of conditioning, met with parents, kept a vigilant eye for a player's performance and provided us with a unique format of reporting. To date, the girl's overall conditioning has increased over 20%"

Tony D'Amato – Licensed FIFA Coach & Head Coach Etobicoke Energy Soccer Club OYSL Girls U14

"Yusuf has worked with me as a high-performance conditioning & regeneration specialist, and has helped me maintain peak condition as a competitive sprinter. Working with Yusuf, my times have dropped from 10.56 sec to 10.10 in less than 4 weeks, with proper nutrition, regeneration and speed training. He is very capable and knowledgeable specialists in the field of long-term planning, regeneration, strength, speed training."

Antonio Williams – Bahamian National Team "B" 100m Sprinter

"The things that impress me most about Yusuf is his Knowledge base, experience, and having a very unique approach of identifying and addressing areas of concern or weakness and strengthening those areas rapidly. I definitely noticed a reduction in restrictive movement and as a result my injury potential was significantly reduced."

Yusuf can help anyone improve their health and fitness and add to their quality of life by reducing muscle imbalances as well as other issues that lead to physical and mental stress. Since I started with Yusuf my injury potential has completely minimized, my strength, conditioning, power, speed, endurance and flexibility have increased exponentially and as a result my performances have improved significantly."

Colin Ramasra – Professional Squash Player ranked #233 in the world, #1 in Trinidad & Tobago

"My training partner Troy Dos Santos highly recommended Yusuf."

What I find unique about Yusuf's program is he has specific sport over sight that he can administer into the rehab and re-conditioning training. He also has vast level of knowledge that has helped me become more aware of how to train more effectively helping improve my overall performance."

It took me about 4 weeks of the training before I saw the results. The execution of my runs became more efficient. Any person looking to improve their performance will benefit from working with Yusuf. His Knowledge and ability to break athletes down is a gift that you can't learn. Any athlete working with Yusuf will be at an advantage over their competitors (i.e. service, obtained better performance, professionalism, higher standard of business practice, able to deliver performance in a very short period of time with "outside the box" conditioning & regenerative methods)."

Mike Whitely - Long Jumper (best performance 7.60m)

"I am a teaching professional who suffers from osteoarthritis of the hip...as a result has become quite immobile and the surrounding muscles have become quite weak. After 2 years of training with Yusuf, I am now able to perform exercises that are unheard of from people in my condition. I recently did a deadlift bettering my record by 100lbs."

Michael Zimmerman - Former Director of Tennis Mayfair Racquet & Fitness Clubs

"High performance conditioning, injury prevention, results with less effort and time delivered."

Lui Iaconetti – Head Coach North York Hearts Soccer Club

"I've worked with Yusuf for many years. He's been a phenomenal trainer and has helped me in so many ways. His anatomical knowledge and progressive/holistic approach have been instrumental in allowing me not only to recover from injury-but to really reconstitute how my body responds to training. He's helped to regain and rebuild a solid"

foundation of strength and flexibility while helping me understand the intricacies and nuances of training. I highly recommend Yusuf to anyone serious about their training."

Steve Ballstadt – Principle Percussionist "Blueman Group" Live Theater Production Boston, M.A., U.S.A.

"An amazing 'System', that help me prepare for my try-out with the Toronto Blue Jays"

Damien Blen – Cuban National Baseball Team Member

"A hidden gem, when it comes to physical preparation & regeneration for high performance hockey"

Jamie Sokolsky – OHL Player for the Belleville Bulls Hockey Team & 6th Round Draft Pick by the Philadelphia Flyers

Testimonials - Validation of Concussion & Injury Rehab Experience

"I have been working with The System for approximately 4 months. A friend recommended me to The System and at first, I was skeptical but after speaking with Yusuf I realized that everything he does aims to better me as an athlete as well as a better person. And even after a few weeks I noticed huge changes in my performance, my flexibility and the strength that I needed to become a better sprinter. The things that impressed me the most about the system was that Yusuf used techniques that you normally wouldn't see. I noticed an immediate change due to ongoing activation of my nervous system. Yusuf was very professional and he taught me how to listen to my body so that I don't push myself to the point where I injure myself. Since I began working with Yusuf, **I have dropped three seconds in the 400m and I plan to drop another three seconds in a few months.**

Overtime after working with the system I've noticed that my spring after my foot touches the ground is becoming more powerful so I'm spending less time on the ground which means that most the time I am in the air which equals to faster times and less work and stress loads on my body. I have also noticed a reduction of restrictive movements as well as a lesser risk of injury potential which is a big thing for me since I had big problems with my hamstrings in the past and now that I've learned to listen to my body and react to what it's telling me my injury potential has reduced exponentially."

Marcus Collins – 400m High School Athlete, 3rd in OFSAA

"I was referred to Yusuf by a friend of mine who was once one of the nation's top squash players. Seeing his physical condition improve over a short period of time really interested me into working with Yusuf to help me resolve these issues, which I have lived with for over a decade. I was impressed with the attention to detail approach throughout the assessment and the knowledge received during the session to help educate me on how to prevent future injuries. My condition has improved significantly working with Yusuf. **The symptoms from Concussion Syndrome have reduced a lot, which in turn has allowed me to train again at a level required for me to achieve my personal goals. The fundamentals taught to me by Yusuf have made me understand the necessary steps and precautions to be taken in order to decrease my injury potential. I am much stronger, my range of motion has improved, and I'm able to train without fear of residual issues arising after an intense training session. It's one thing to perform at a high level but another to actually perform these athletic abilities consistently without fear of injury or reprisal."**

Troy Dos Santos - 100 meters in 10.26, Former Canadian National Team Member

"He's a genius! I've known Yusuf since I was 14yrs old. As a young aspiring cyclist, he took me under his wing and taught me what real training is all about. His views on training and recovery are unparalleled and I started producing results very quickly winning races in my age category.

In 2012 I went snowboarding in Vail Colorado. A few nasty spills later, **I had a concussion and an injured shoulder/rotator cuff. Most likely a nerve impingement. I didn't even bother going to the doctor. I walked into his office a mess, but walked out 3hrs later 'floating'. I had regained full mobility in my shoulder and drastically minimized the 'foginess' associated with concussions. I was in awe!**

In 2000, I severely sprained my left ankle. Torn ligaments, swollen, black and blue. With his treatment protocols, I was walking within 3 days and had fully recovered and resumed training within 3 weeks. This would normally be a one-two month process anywhere else. 3 weeks! Very impressive! These are just a few notable stories of many that I have. I would highly recommend his services if you are looking to:

- **Achieve peak physical fitness for competition in any sport**

- **Recover from long standing injuries that has EVERYONE else baffled.**

This guy is the real deal!"

Adrian Gorizzan - Former competitive National Junior Level Road & Track Cyclist

"Over several years of receiving therapy from many different physio and massage therapists, Yusuf has been the only one able to give me lasting results. **Yusuf has been able to address the root cause of my recurring sport injuries in order to allow me to train better and more effectively in less time that I thought possible.**"

Matt Loparco – 110m Hurdler, York University Varsity Team

"My son went to Yusuf Omar in 2011 when he was 15 years old. **He had suffered a reoccurring ankle problem, which had been going on for about 6 months. Prior to this he had been to a physiotherapist, a chiropractor and a sports medicine doctor. Their diagnosis altered from a chronic sprained ankle to a broken bone in his foot. One of the specialists stated it would be unlikely he would ever be able to run competitively again which caused major frustration for Ben.** A coach at Variety Village where Ben trained recommended, he goes to Yusuf.

From the moment Ben met with Yusuf we knew Ben was in good hands. **Yusuf took the time to understand the real nature of Ben's injury and worked extensively with him to ensure the injury was treated appropriately. Yusuf explained how Ben's alignment had been affected and through intensive therapy and support Ben was able to recover 100% from his injury and began to perform and train better than ever. As a result, Ben has had a very successful running career to date and is now headed to University of Toronto and will be a member of the elite U of T track team.**

We owe so much to Yusuf, for his time, his patience and his expertise. I truly believe without his amazing insight into Ben's injuries and his understanding of the human body, Ben would not be training and running competitively today. We have recommended Yusuf to many athletes Ben has trained with and the results have always been beyond expectation. Both Ben and I highly recommend Yusuf and believe he has made a lasting impact on Ben's athletic abilities."

Laurie Campbell - CEO Credit Canada Debt Solutions

"There is no doubt Yusuf has a gift. He worked with **my son after he sustained a concussion in a hockey game. He brought my son to a state of normality, which we thought he would never get back. He genuinely cares about his patient's well-being and consistently asked about his progress.** I recommend him to everyone I speak with that has problems of any nature."

Marisa Duarte – Vice President of Appliance Repair

"Yusuf has a unique understanding that we weren't able to find in any therapist or doctor. Also, **Yusuf works on fixing problems not just a "band-aid" approach."**

Rachel Glynn - 800m Runner, University of Southern California NCAA Division 1

"I met with Yusuf and appreciated his passion for sport and his knowledge of how the body works and heals. **Not only could Yusuf help with the healing, but he could also be my trainer to keep me strong, while recovering, and not over-work my injuries."**

Ally Christiani - 200m / 400m Runner, Illinois State University (ISU), NCAA Division 1

"I was referred by a friend to see Yusuf. I could feel my body wasn't functioning as efficiently as it should be, but couldn't figure out why. **Physiotherapists were working treating local issues in my body, while Yusuf was able to pin point the actual cause of the issue and help alleviate it. He has a wealth of knowledge and parts of the work he does is almost magical. I still can't believe how simple he makes things,** but it works, and after a few sessions I'm on feeling much better. Great job Yusuf!"

Paul Rabindran – Store Manager at Costco.ca

"I engaged Yusuf's help 2 years ago for a squash knee injury. **He has an amazing knowledge of human body and function from a multi-disciplinary approach. I was back to playing squash within a few months and avoided unneeded surgery for a slight meniscus tear. If you are looking for a quick fix, you are in the wrong place. If you are looking for sustained results, and are prepared to do your homework, Yusuf is great."**

Phil Mercurio – Senior Manager IBM Canada

“The work done here on treating concussions and injuries transcends anything I have seen in the mainstream regiment. Yusuf has a profound understanding of what it means to be a "healer." If you really want to "get better" or just take your training to another level, I would invite you to come in and see him.”

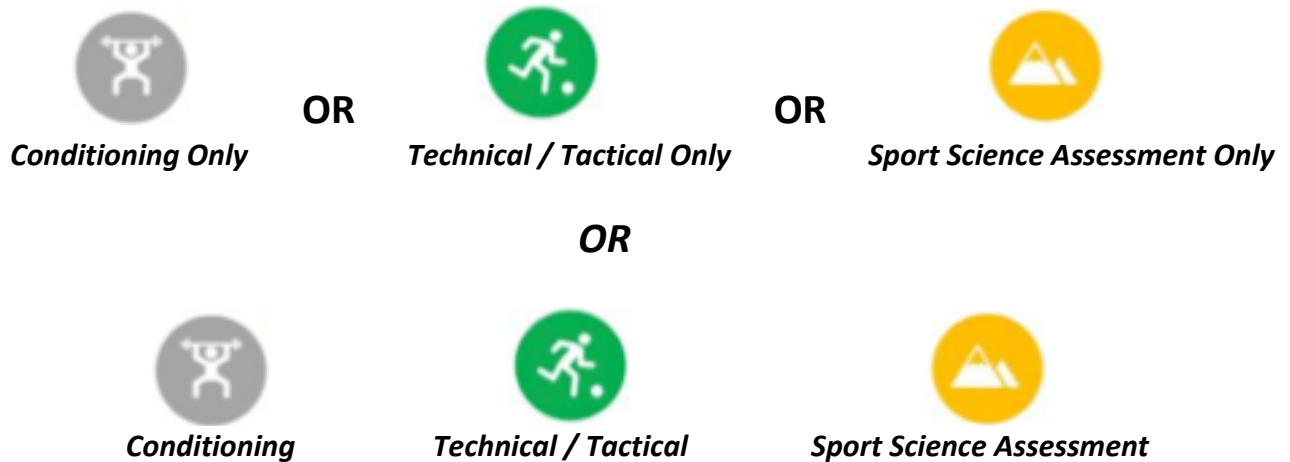
Paul Burke – *Manager Air Canada*



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APPENDIX

Typical High-Performance Centers



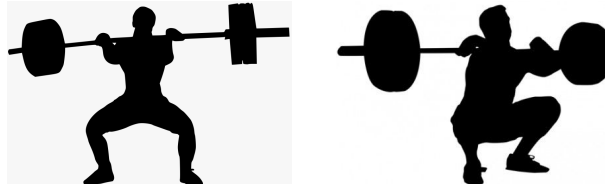
TheSystem.ca “360-Degree Integrated Approach”



LIFESTYLE. REGENERATION. CONDITIONING. SPORT.

Applying the concepts from engineering & architecture (*i.e. Alignment, Stability, Material Mailability*), when fascial system, articular system & musculo-skeletal systems are balanced there is:

- reduced pain
- increased range of motion
- less injury potential
- more power
- more speed
- more strength
- greater muscle elasticity
- less energy is required to perform athletic & life activities



Poor Alignment, Poor Stability, Poor Mailability vs Good Alignment, Good Stability, Good Mailability

“TheSystem.ca has been tried & tested with some of North America’s top athletes”

TheSystem.ca is a methodology broken down into **6 Steps**:

1. Assess

- Lifestyle Ergonomics
- Work Ergonomics
- Metabolic
- Postural
- Range of Motion
- Strength local & global

2. Review

3. Plan

4. Implement

Step A

- Apply various regenerative modalities to address chronically injured tissues

Step B

- Correct fascial or connective tissue structural alignment and mobility
- Decrease stiffness
- Decrease pain & discomfort

Step C

- Acquire Active Range of Motion (AROM)
- Retrain the nervous system to handle the increased mobility
- Increase Pliability (mobility + flexibility + elasticity)

Step C

- Increase Strength
- Increase Power
- Increase Elasticity
- Increase Speed

5. Monitor

6. Regenerate

LIFESTYLE. REGENERATION. CONDITIONING. SPORT.