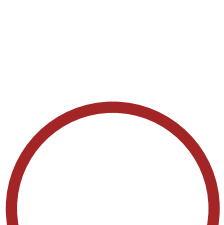
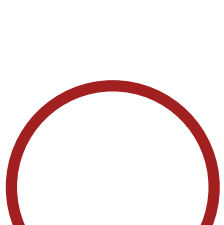
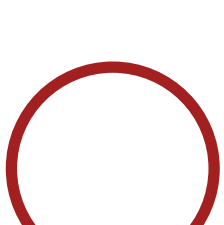
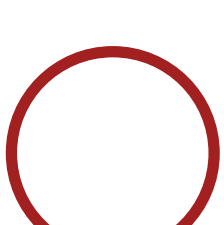
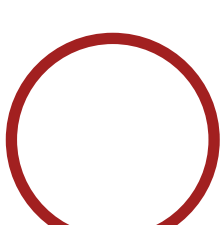
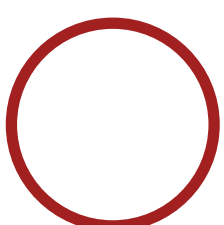
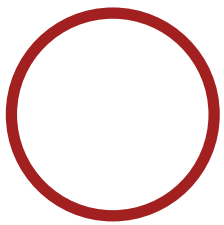
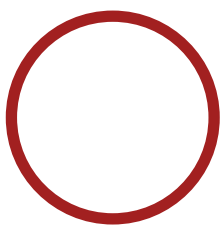
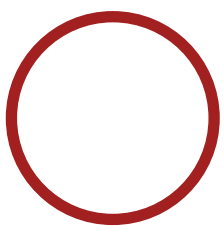
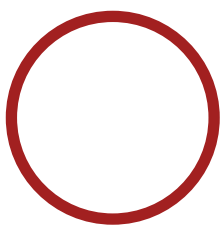




CYBER ATHLETIKS
ESPORT SPECIFIC TRAINING



SLEEP HYGEINE

Start to unwind for bed and experiment with what works best for you.

*take short breaks throughout training after matches