

Nikolai Fischer

Performance & Recovery Specialist

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PROFILE

Performance & recovery specialist with 10+ years of experience in mobility, fascia therapy and structured training systems.

Focused on improving movement quality, reducing pain and delivering measurable long-term results in professional environments.

PROFESSIONAL EXPERIENCE

Self-Employed Performance & Bodywork Specialist | 2015 – Present

- Designed and implemented structured performance and recovery programs
- Specialized in mobility optimization, fascia therapy and posture correction
- Delivered measurable improvements in performance and pain reduction
- Built long-term client relationships through reliability and consistency
- Maintained high service standards in structured environments

CORE COMPETENCIES

Mobility & Posture Optimization	Fascia Therapy & Recovery Systems
Performance Training	Pain Reduction & Movement Quality
High-End Client Experience	Structured Work Approach