# NEW FEATURE
Introducing 1RM!

Learn how our latest feature can streamline the coaching process and further individualize training for athletes.

Individualize training:

With the 1RM feature, coaches can create workouts using percentages of an athlete's 1RM for a particular exercise. This means each athlete can be prescribed weights that are tailored to their relative strength levels, and absolute training loads are automatically calculated for the athlete.
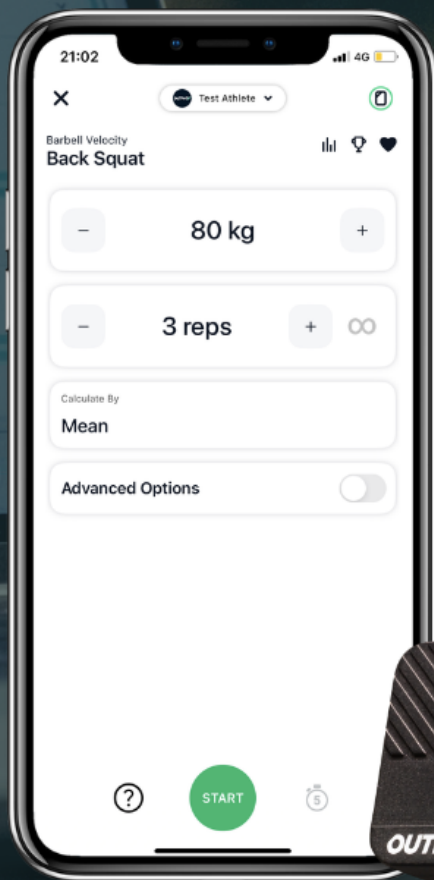
For example, if a coach prescribes 3 sets x 3 reps @ 80% 1RM for an athlete with a 1RM of 100kg, Output's Capture App will automatically calculate the starting load to be 80kg. This saves time for both coaches and athletes, and ensures it is always clear which load should be used.

Gauge athlete progress:

Using the Mayhew et al. formula, the app assesses an athlete's training data to determine if they have exceeded their 1RM and hit a new personal best, giving them a prompt to both update this value and celebrate their progress.

For example, if an athlete's previous barbell squat 1RM is 100kg and they perform 100kg for three reps, according to the Mayhew et al formula, their new 1RM is:

114kg

This is a clear marker of progression which proves highly insightful for the coach and athlete.
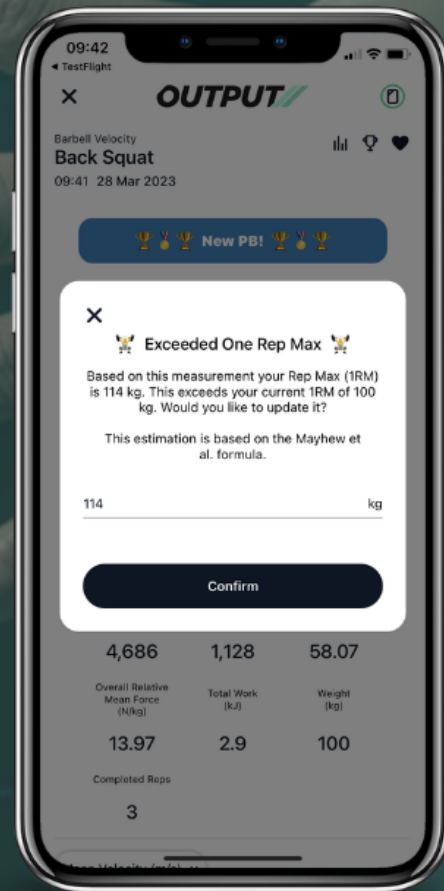
Coaches save time:

The 1RM feature saves the coach valuable time to focus on doing what matters most, working with the athlete. Use the Output Hub to bulk update 1RMs, assign percentages of 1RM to your workouts and update athlete 1RMs as they progressively get stronger.
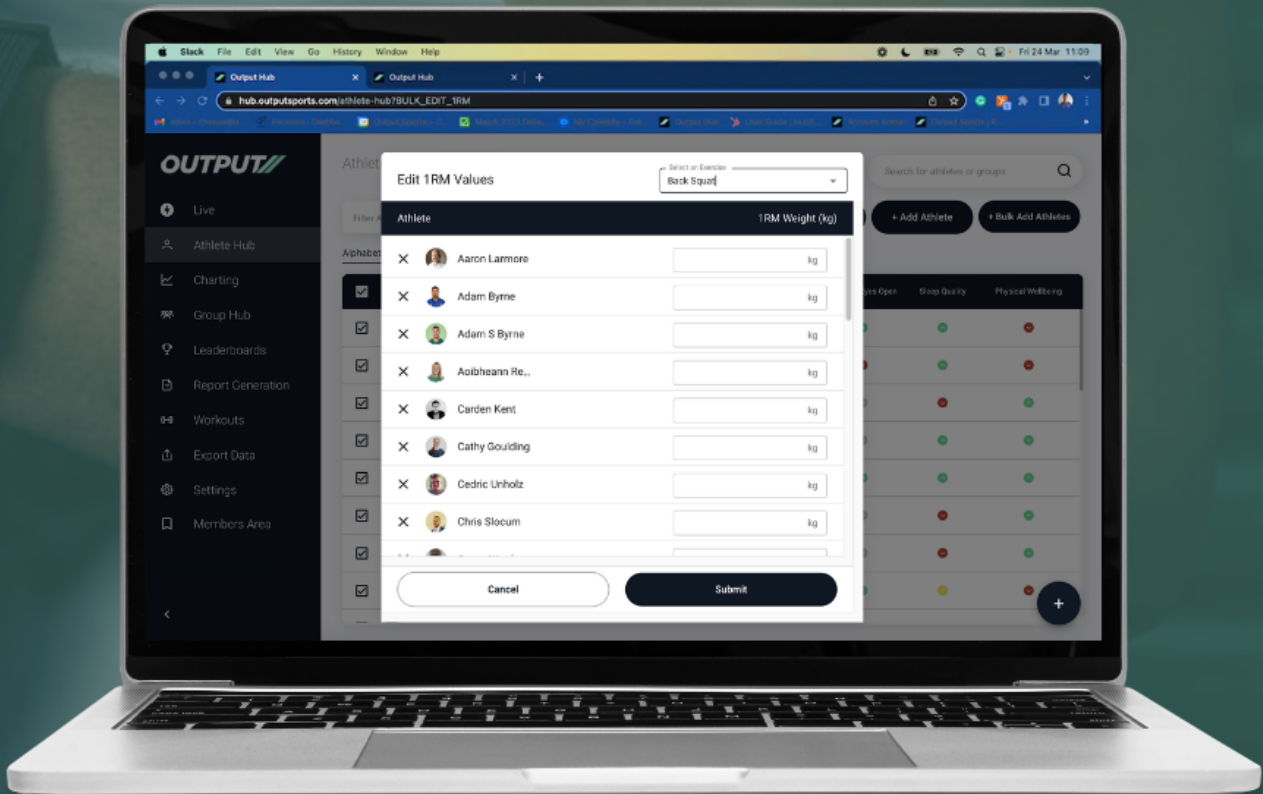
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Try 1RM today!

Use our brand new feature to individualise your athletes' training, gauge their progress, gain valuable insights and save time!

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Contact us today to learn more!

www.outputsports.com