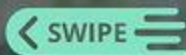
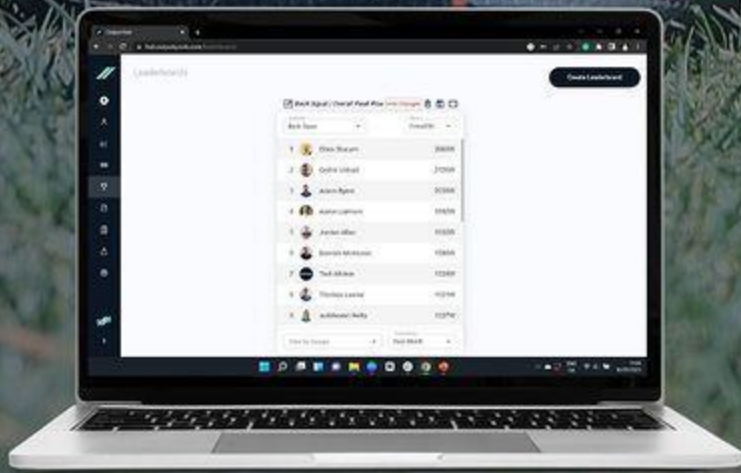


DRIVING **PLAYER INTENT** IN THE **GYM** AND ON **THE PITCH**



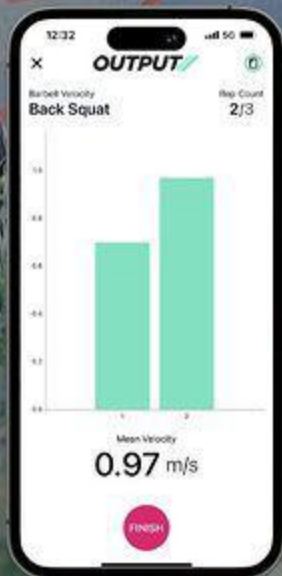
How does it work?

Discover how using Output tech can improve player performance over time.



Real-time feedback:

Athletes that receive **auditory** and **visual** feedback about the velocity of their reps see significant **performance improvements**. Output provides:



Auditory feedback: Real-time velocity feedback in the form of beeps/tones.



Visual feedback: Real-time velocity feedback on charts/graphs.

Leaderboards:

Create competition between players and boost motivation during sessions with Output's leaderboards feature which can be displayed on a large screen for all athletes to see.

Leaderboards

Create Leaderboard

Straight Leg Raise | Range of Motion

Rank	Name	Value
1	Damien McKeown	128"
2	Kelly Murtagh	127"
3	Sean McVeigh	122"
4	Deirdre Murray	116"
5	Test Athlete	115"
6	Elizabeth Kinsella Kent	109"
7	Darragh Whelan	100"
8	Adam Byrne	98"
9	Julian Eberle	98"
10	Martin O'Reilly	94"

Bilateral CMJ | Jump Height

Rank	Name	Value
1	Cathy Goulding	76.5cm
2	Deirdre Murray	56.7cm
3	Aoibheann Reilly	42.7cm
4	Emily Lane	40.4cm
5	Elizabeth Kinsella Kent	38.7cm
6	Karina Araujo	38.5cm
7	Nina Pichler	32.4cm

Squat Jump

Rank	Name	Value
1	Chris Slocum	1851W
2	Aaron Lammone	1527W
3	Jordan Allan	800W
4	Martin O'Reilly	690W

Filter by Groups: Female (X) | Time Period: All Time

Filter by Groups: | Time Period: Past Month

Workout builder:

Drive **exercise intent** and **goal-setting** with repeatable exercise protocols and training interventions. Create a key **workout** using any of the exercises in the Output system for players to follow.

