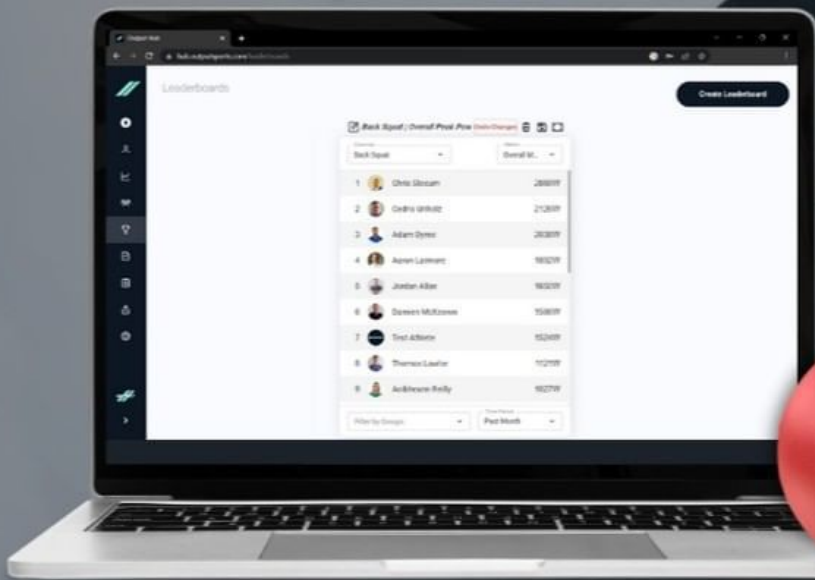


DRIVING **ATHLETE INTENT** IN THE GYM AND IN **THE RING**



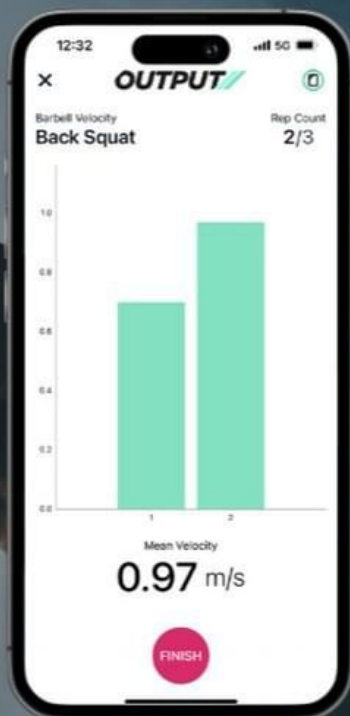
How does it work?

Discover how using Output tech can improve athlete 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:



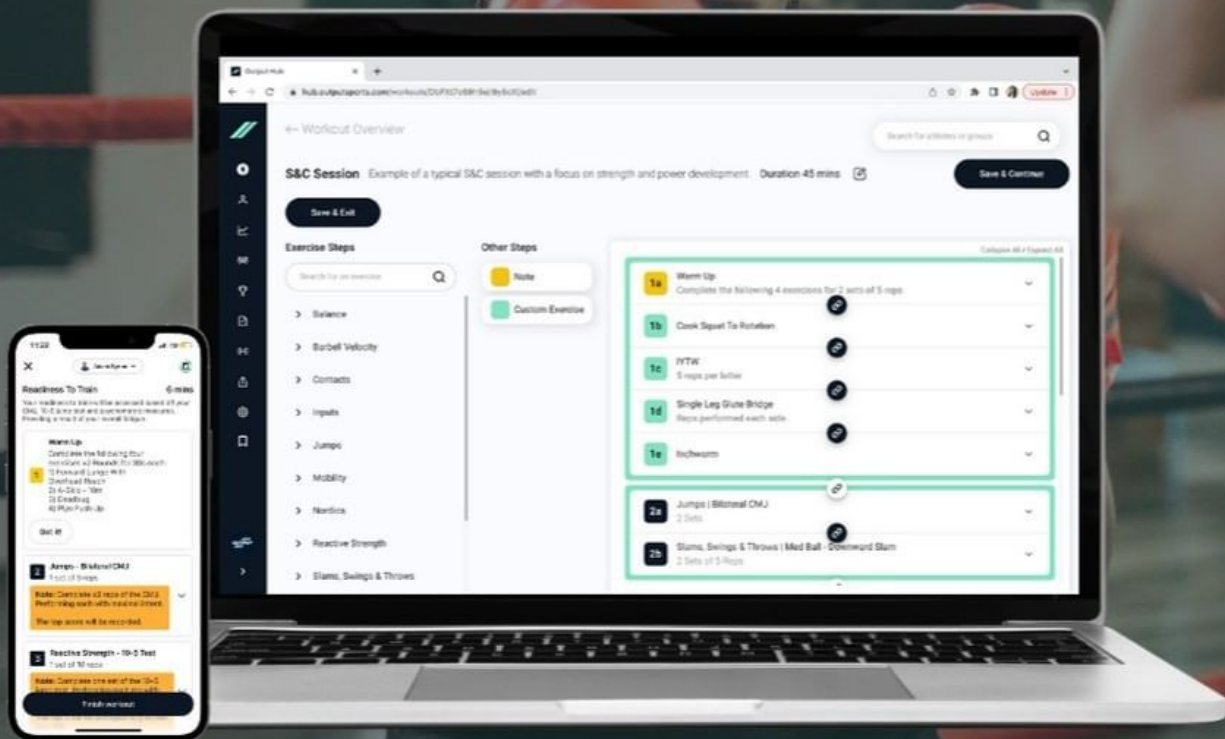
Auditory feedback: Real-time velocity feedback in the form of beeps/tones.



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

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.



Leaderboards:

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

The screenshot displays the 'Leaderboards' page on a web browser. The URL is 'hub.outputsports.com/leaderboards'. The page features three columns of leaderboards for different exercises. Each column has a title, a dropdown for the exercise name, a dropdown for the metric, and a list of athletes with their names, profile pictures, and scores. There are also filters for 'Filter by Groups' and 'Time Period' at the bottom of each column.

Exercise	Metric	Rank	Name	Score
Straight Leg Raise	Range of Mot...	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	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	Overall Mean ...	1	Chris Slocum	1851W
		2	Aaron Larmore	1527W
		3	Jordan Allan	800W
		4	Martin O'Reilly	690W