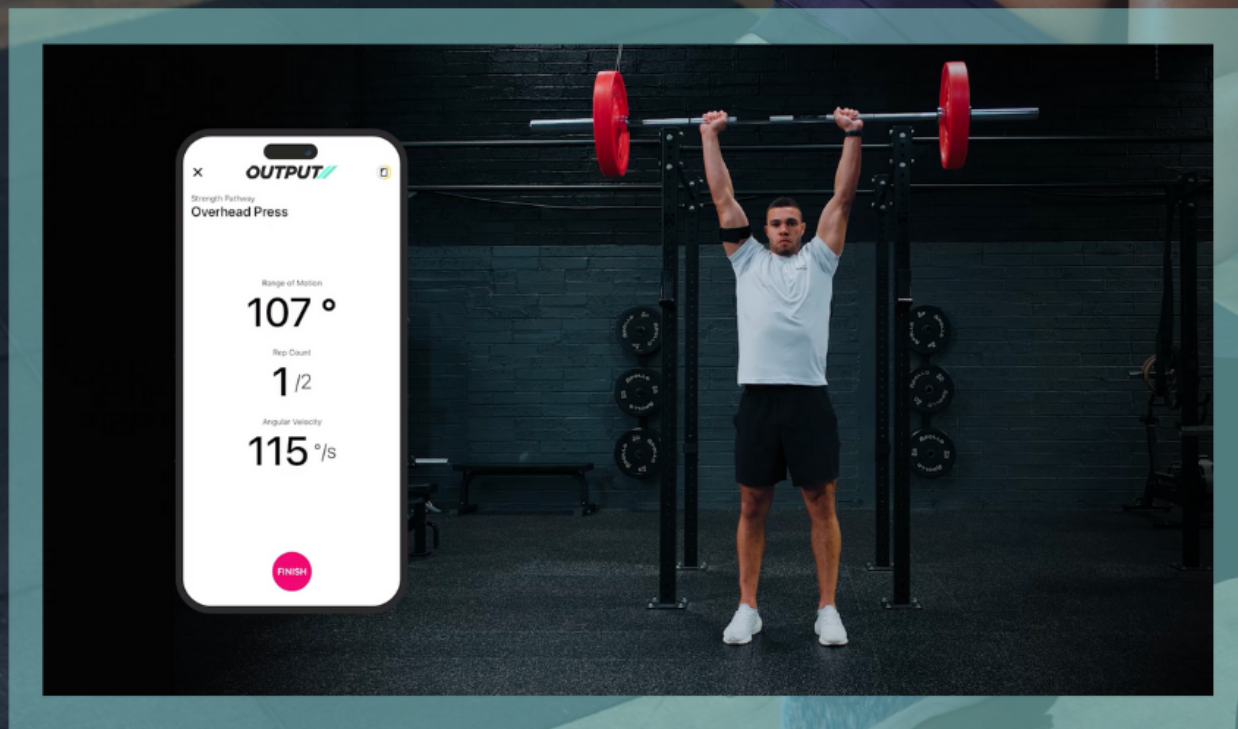




# WHAT IS THE STRENGTH PATHWAY?



Test velocity while also achieving the desired range of motion and technique



# Background:


During Output Sports founders Dr. Martin O'Reilly and Dr. Darragh Whelan's PhD research, it was discovered that:


For many of the athletes, the sagittal plane range of motion of their key joint for each exercise was **significantly reduced in their max-strength sets** in comparison to their preceding warm-up and sub-maximal sets.



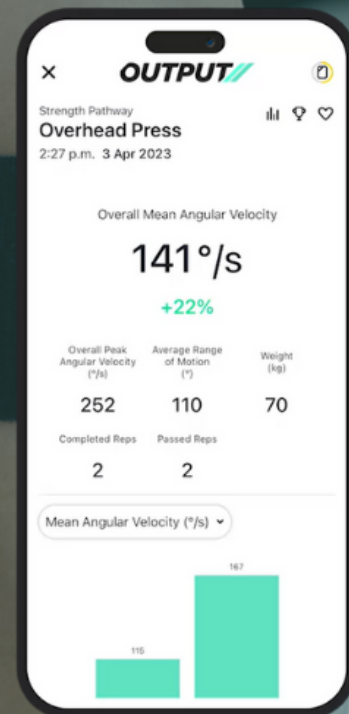
# Strength Pathway was created:

The strength pathway aims to provide the value that VBT data does, but with the **added assessment of ROM** in the dominant limb in an exercise e.g. the thigh in a squat or the upper-arm in a bench press. This is to aid the athlete in completing an exercise with **desired technique and intensity**. It measures:

 Mean angular velocity

 Peak angular velocity

 Range of motion



# Applications of angular velocity-based training:

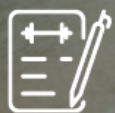
There are many applications of A-VBT used by practitioners to allow for performance and technique biofeedback:



Rep max strength testing



Objective max-reps strength endurance assessments



Specificity in S&C and physio programming



Understanding the relationship between body-position and power production



# Try Strength Pathway today:

To objectively mark the end point of rep max tests,  
understand your athletes' sticking points and more!



Contact us today to learn more or visit the link in our bio!

[www.outputsports.com](http://www.outputsports.com)

