

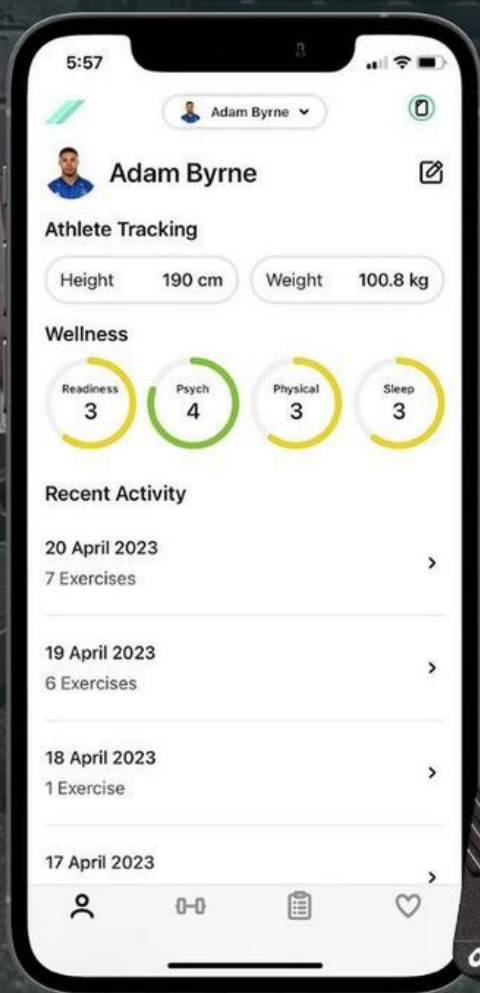
INTRA-SET FEEDBACK:

How does it help? >>>

Receiving velocity feedback on each rep has been shown to improve performance over time.



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



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



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

In contrast:



Receiving **average velocity data** after the set and getting **video feedback** on each set had **no effect** on performance



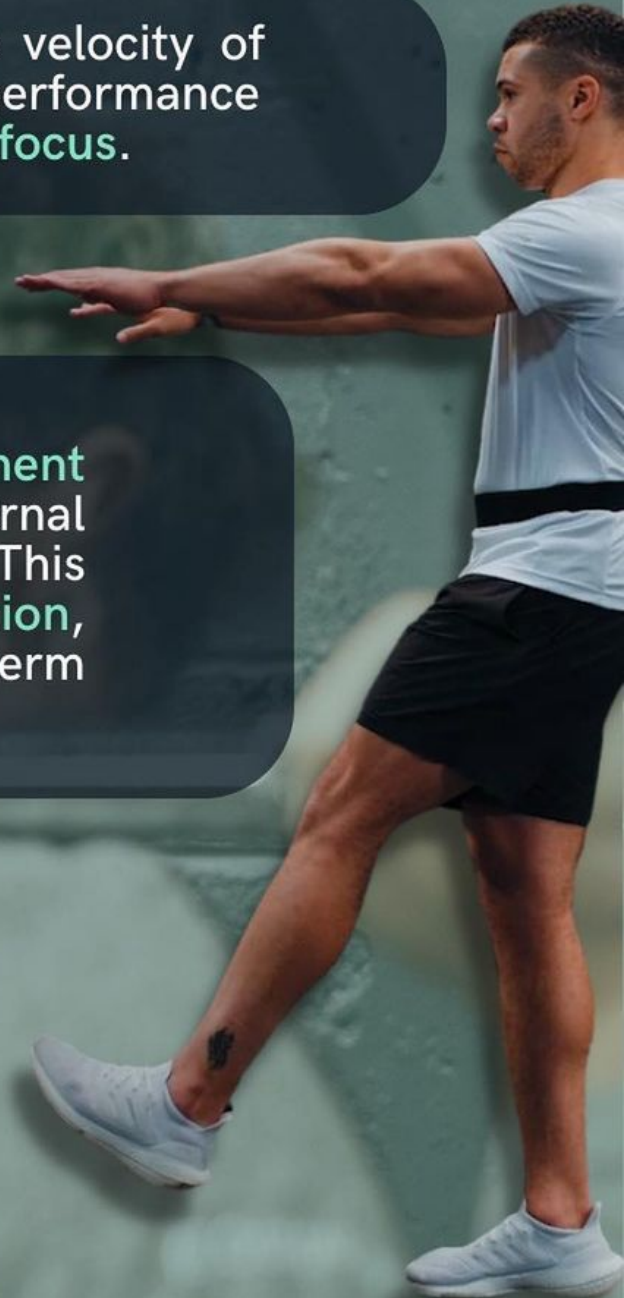
Receiving **no feedback** at all actually led to **decreases** in athlete performance.

These results highlight the importance of providing athletes with **specific and frequent feedback** during training to maximise performance outcomes.

How does it help?

Receiving feedback based on the velocity of each repetition completed may aid performance by aiding in **maintaining an external focus**.

This means focusing on **movement outcomes** rather than the internal mechanics of the movement. This external focus can **enhance motivation**, which is important for long-term training success



If interested...

In availing of the benefits associated with intra-set velocity feedback, Output Sports have got you covered.



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

www.outputsports.com