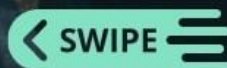


IMPROVE WEIGHT ROOM FLOW WITH LIVE MODE



**Understand your athletes'
performance while they train.**

Discover how live mode can create the optimum training environment for your athletes.

OUTPUT //

Real-time information for your weight room

When you have many Output sensors and Capture apps running in your weight room, live mode is a fantastic way to gain a full understanding of what's happening across all athletes throughout the session.



VBT//



RSI//



JUMPS//



MOBILITY//



NORDICS//



STABILITY//



STRENGTH//



CONTACTS//



SLAMS//



BALANCE//



STRENGTH
ENDURANCE//

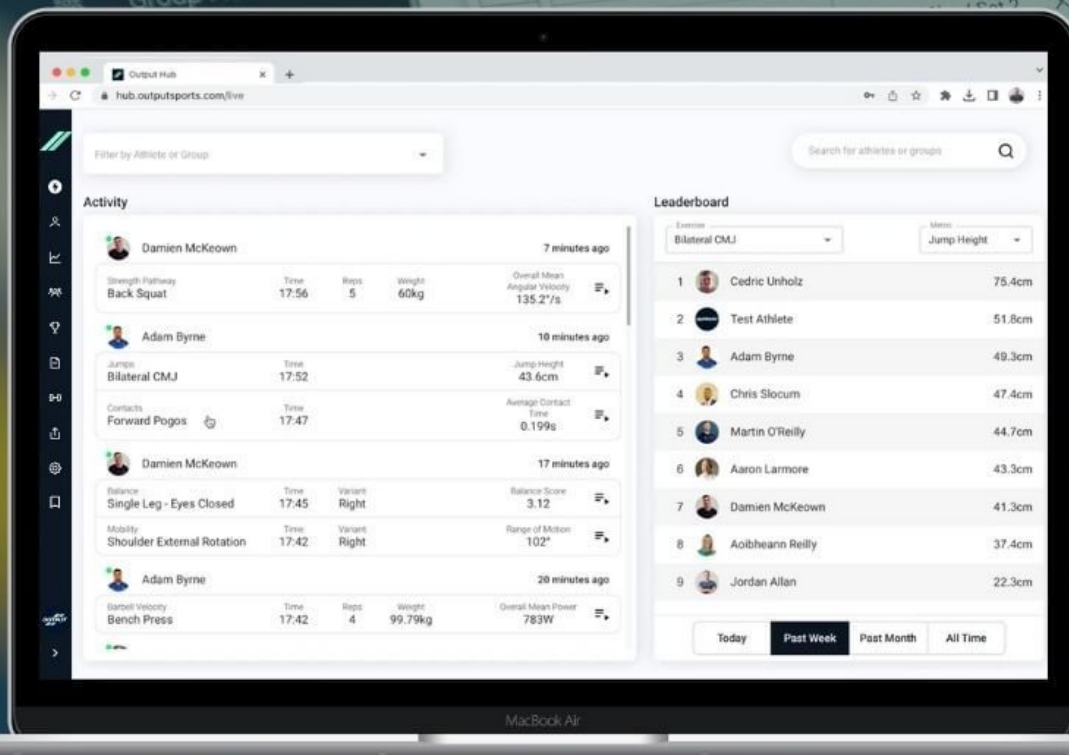


WELLNESS//

Live mode is like a **newsfeed** for everything that happens during the session across our 12 main modules.

The coach's leaderboard:

Each athlete will have a green symbol beside their name for the duration of their session. As they complete each exercise, real-time performance data will populate on the coach's leaderboard, giving you the ultimate overview of your athletes' performance.



Other great features include:



Another thing you will see in the Output system is that **personal bests get flagged**, and that's a great way to create a bit of competitive intent across your athletes.



You can **instantly filter the leaderboard** to highlight the **metric of importance**, the time period of interest, and even filter by subgroups of athletes that perform in a certain sport.

Watch our **video walkthrough** of live mode in action today!

Get a sense of how live mode works in the real world and how it could enhance your weight room flow!

