

In early 2020, an external research study was completed in Technical University of Dublin. The below summarises the findings:

Back Squat						
	Mean Velocity			Peak Velocity		
	R-value	RMSE	MAE	R-value	RMSE	MAE
Fast	0.983	0.080	0.068	0.975	0.098	0.080
Medium	0.971	0.059	0.041	0.971	0.073	0.055
Slow	0.975	0.048	0.031	0.966	0.085	0.070
All data	0.98	0.064	0.047	0.97	0.086	0.068

Bench Press						
	Mean Velocity			Peak Velocity		
	R-value	RMSE	MAE	R-value	RMSE	MAE
Fast	0.990	0.044	0.020	0.987	0.050	0.019
Medium	0.993	0.032	0.020	0.980	0.055	0.034
Slow	0.979	0.037	0.022	0.947	0.068	0.048
All data	0.99	0.038	0.02	0.98	0.058	0.034

