CLOUD PRO

POWERED BY GYM AWARE

gymaware.com
info@gymaware.com

GYM/AWARE

TABLE OF CONTENTS

1. DIFFERENCE ANALYSIS

Coaches are able to track changes via percentage in performance between dates for each exercise with this report. The coaches can also easily compare performances between athletes, the whole team or specific individual athletes. This report gauges the magnitude of change between testing sessions, preseason and post competition performances.
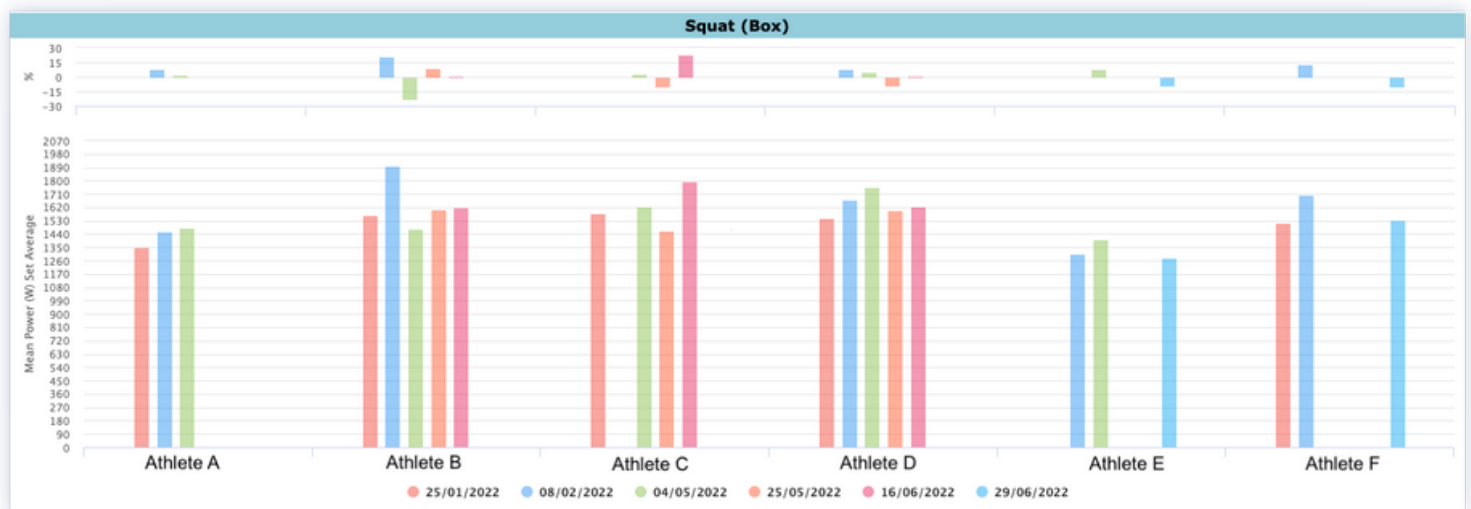
2. SET RANKED GRAPH

This provides coaches with a quick snapshot of a chosen parameter (in this instance - Relative Power (W/kg) based on best set) that ranks the players based on the exercise done for the day.

This is useful in seeing the spread of a team, ranking athletes, stimulating competitiveness and identifying any stand out athletes.

Squat (Back) 03/01/2022
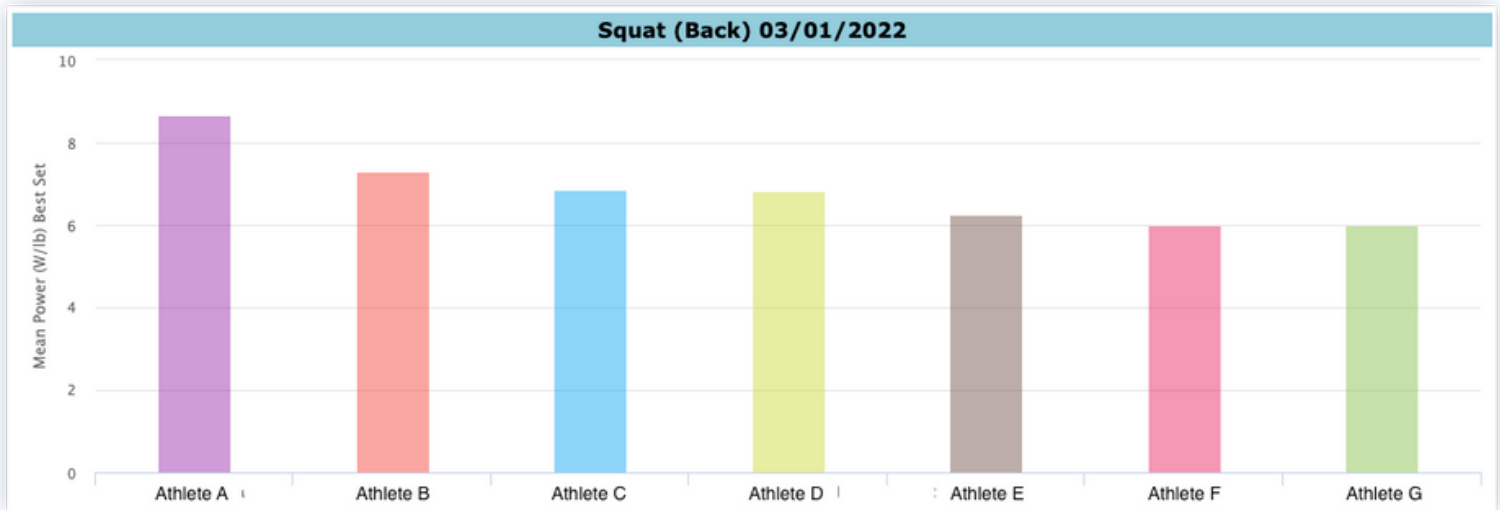
3. ATHLETE EXERCISE COMPARISON

This provides an overview of selected exercises for individual athletes with the option of 4 parameters that are changeable depending on the coaches needs.

Being able to compare selective parameters between exercises might be able to present coaches with some insight to an athletes performance for certain exercises. Based on this graph, coaches are able to compare lower body versus upper body, which provides asymmetry possibilities between lower and upper body in regards to power
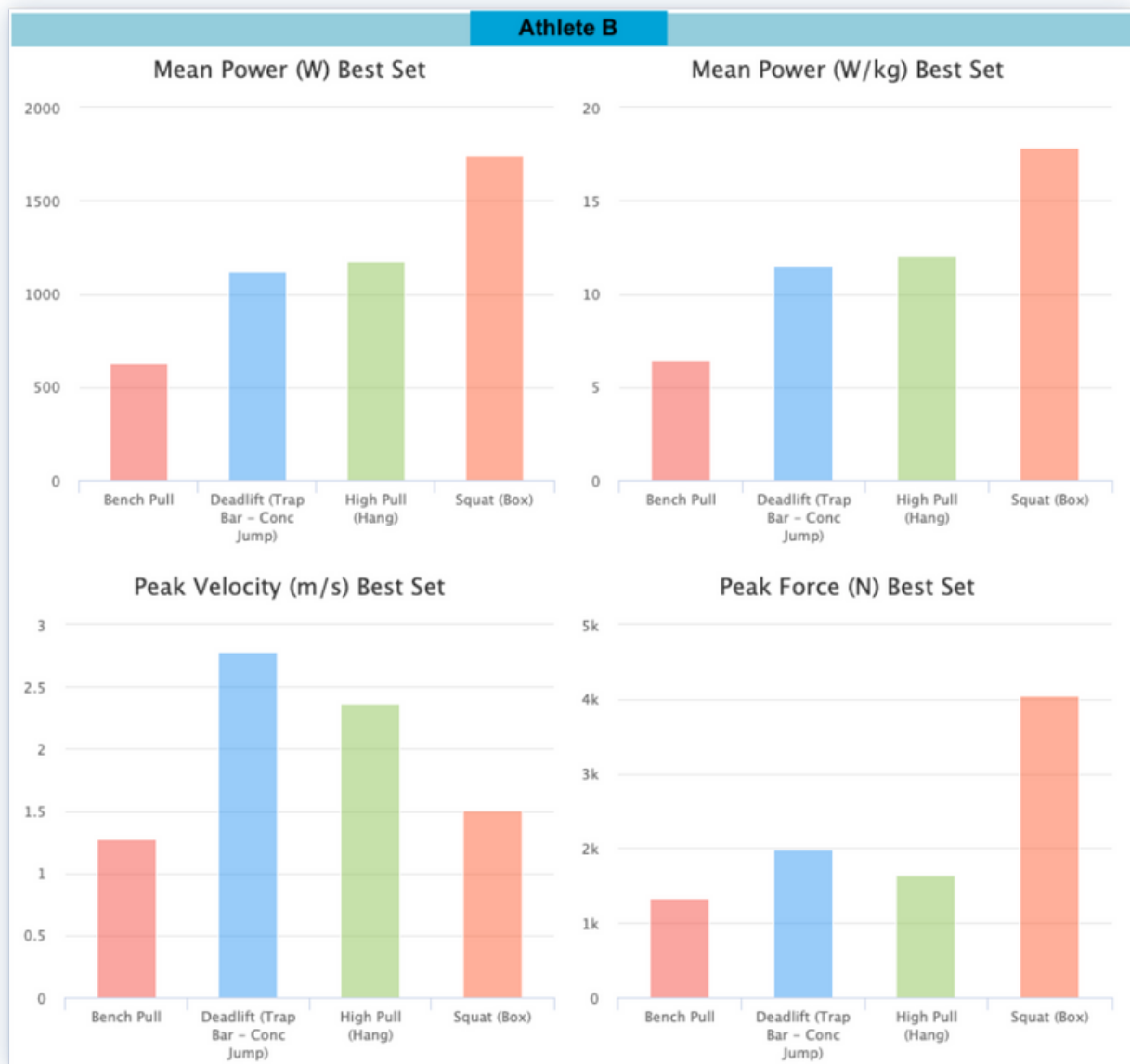
4. WEIGHT & VELOCITY PROFILE

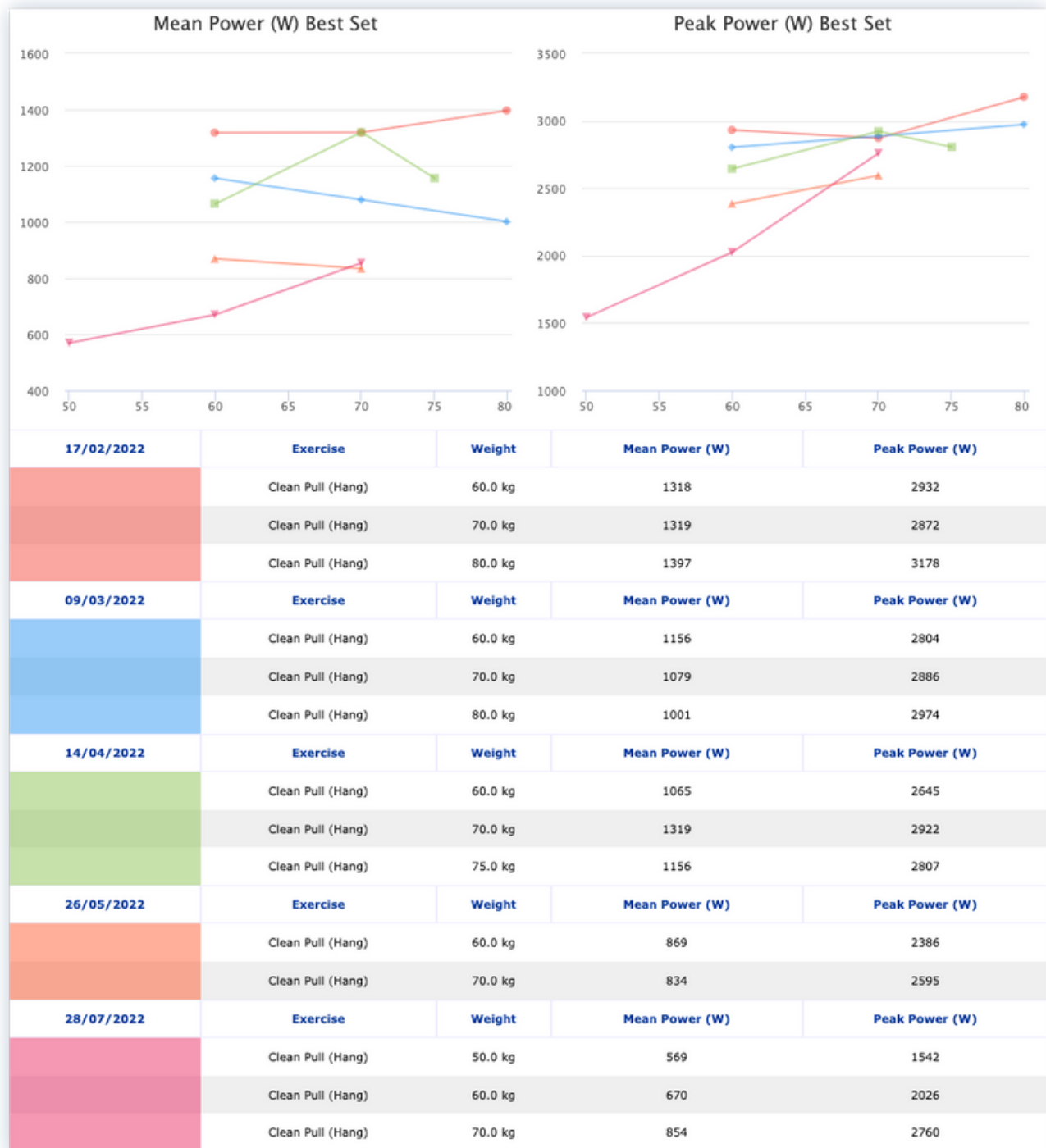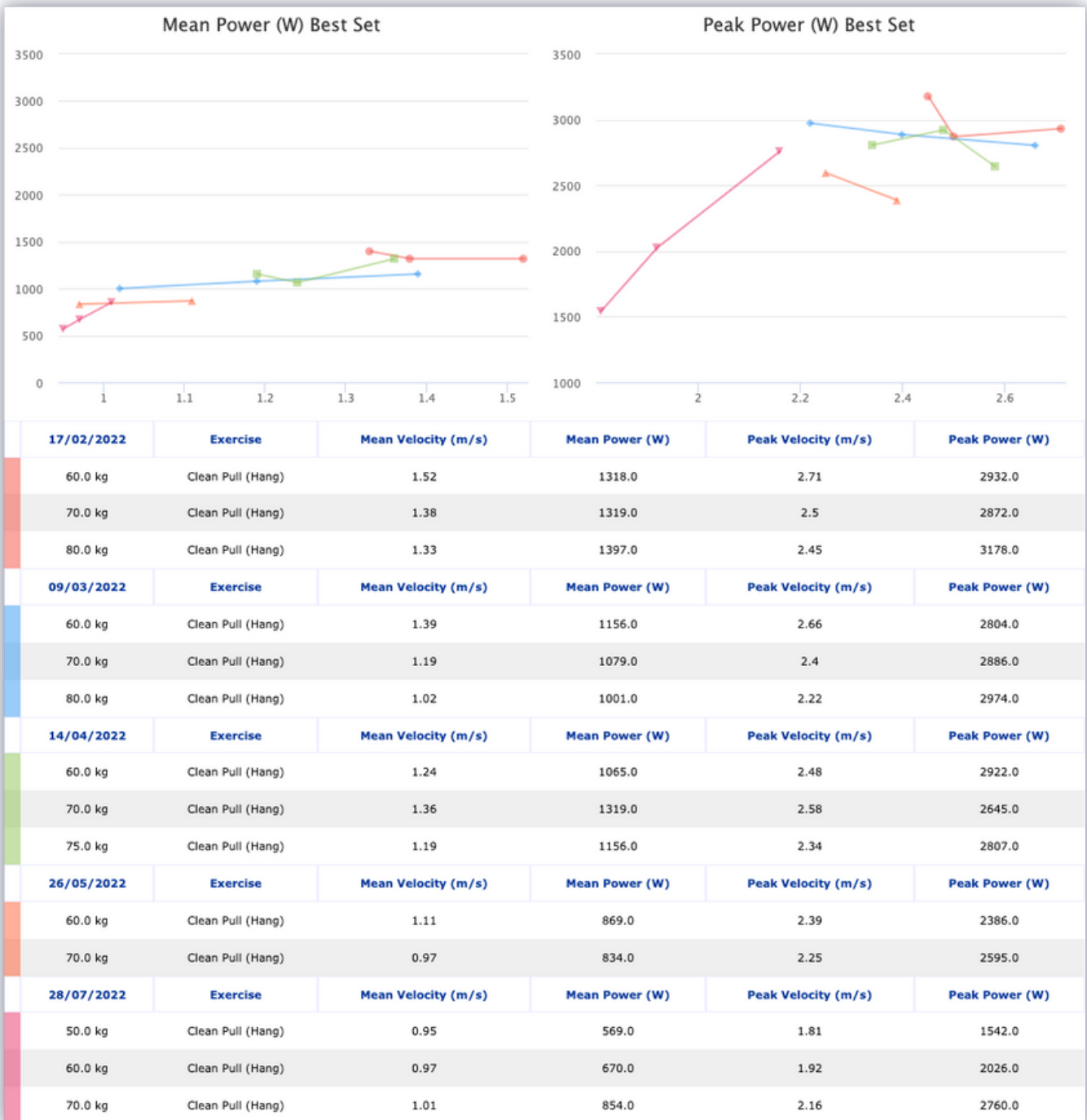a. Weight Profile: This relationship is usually a curved shape where the peak power will occur in a moderate load range. This marks the optimal load that an individual athlete can produce a maximum power output. Having a range of load for a peak power output can modify athletes' training sessions by not having to lift at maximum weight.

This is useful for coaches to track any training-induced adaptations and modify training load as necessary.

17/02/2022	Exercise	Weight	Mean Power (W)	Peak Power (W)
	Clean Pull (Hang)	60.0 kg	1318	2932
	Clean Pull (Hang)	70.0 kg	1319	2872
	Clean Pull (Hang)	80.0 kg	1397	3178
09/03/2022	Exercise	Weight	Mean Power (W)	Peak Power (W)
	Clean Pull (Hang)	60.0 kg	1156	2804
	Clean Pull (Hang)	70.0 kg	1079	2886
	Clean Pull (Hang)	80.0 kg	1001	2974
14/04/2022	Exercise	Weight	Mean Power (W)	Peak Power (W)
	Clean Pull (Hang)	60.0 kg	1065	2645
	Clean Pull (Hang)	70.0 kg	1319	2922
	Clean Pull (Hang)	75.0 kg	1156	2807
26/05/2022	Exercise	Weight	Mean Power (W)	Peak Power (W)
	Clean Pull (Hang)	60.0 kg	869	2386
	Clean Pull (Hang)	70.0 kg	834	2595
28/07/2022	Exercise	Weight	Mean Power (W)	Peak Power (W)
	Clean Pull (Hang)	50.0 kg	569	1542
	Clean Pull (Hang)	60.0 kg	670	2026
	Clean Pull (Hang)	70.0 kg	854	2760

GYM/AWARE

4. WEIGHT & VELOCITY PROFILE

b. Velocity Profile: Coaches can use this to track session to session fluctuations and adjust velocity targets based on the power output. This offers insight into exercise prescription with velocity rather than %1RM. Coaches are able to individualize training load at the velocity zone desired for a maximum power output


17/02/2022	Exercise	Mean Velocity (m/s)	Mean Power (W)	Peak Velocity (m/s)	Peak Power (W)
60.0 kg	Clean Pull (Hang)	1.52	1318.0	2.71	2932.0
70.0 kg	Clean Pull (Hang)	1.38	1319.0	2.5	2872.0
80.0 kg	Clean Pull (Hang)	1.33	1397.0	2.45	3178.0
09/03/2022	Exercise	Mean Velocity (m/s)	Mean Power (W)	Peak Velocity (m/s)	Peak Power (W)
60.0 kg	Clean Pull (Hang)	1.39	1156.0	2.66	2804.0
70.0 kg	Clean Pull (Hang)	1.19	1079.0	2.4	2886.0
80.0 kg	Clean Pull (Hang)	1.02	1001.0	2.22	2974.0
14/04/2022	Exercise	Mean Velocity (m/s)	Mean Power (W)	Peak Velocity (m/s)	Peak Power (W)
60.0 kg	Clean Pull (Hang)	1.24	1065.0	2.48	2922.0
70.0 kg	Clean Pull (Hang)	1.36	1319.0	2.58	2645.0
75.0 kg	Clean Pull (Hang)	1.19	1156.0	2.34	2807.0
26/05/2022	Exercise	Mean Velocity (m/s)	Mean Power (W)	Peak Velocity (m/s)	Peak Power (W)
60.0 kg	Clean Pull (Hang)	1.11	869.0	2.39	2386.0
70.0 kg	Clean Pull (Hang)	0.97	834.0	2.25	2595.0
28/07/2022	Exercise	Mean Velocity (m/s)	Mean Power (W)	Peak Velocity (m/s)	Peak Power (W)
50.0 kg	Clean Pull (Hang)	0.95	569.0	1.81	1542.0
60.0 kg	Clean Pull (Hang)	0.97	670.0	1.92	2026.0
70.0 kg	Clean Pull (Hang)	1.01	854.0	2.16	2760.0

GYM/AWARE

5. TREND COMPARISON

At an individual and team level, this report is useful for longitudinal analysis of data. As you track your athletes across the board depending on your training blocks, rehabilitation, pre and post competition performance.

Decline in performance could indicate to coaches other forms of stressors in their athletes life that might not be physical fatigue related.
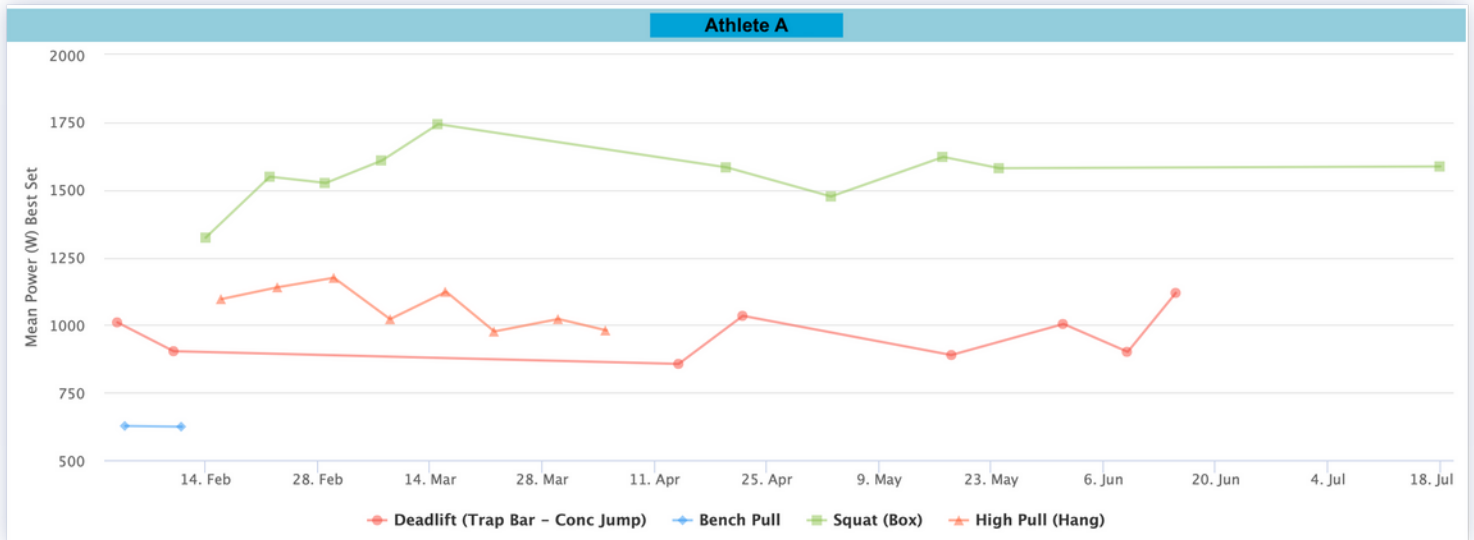
- **Individual against Squad Average**
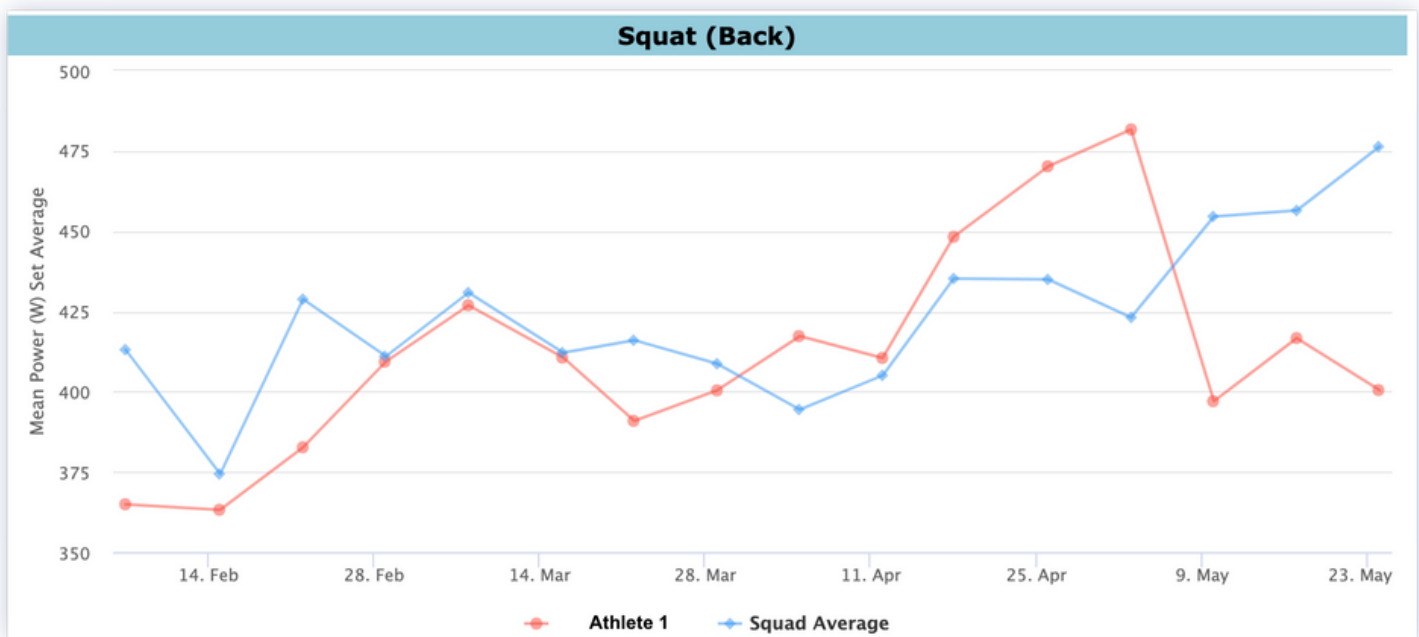
This report is useful to track individual athletes longitudinally against the selected squad average.
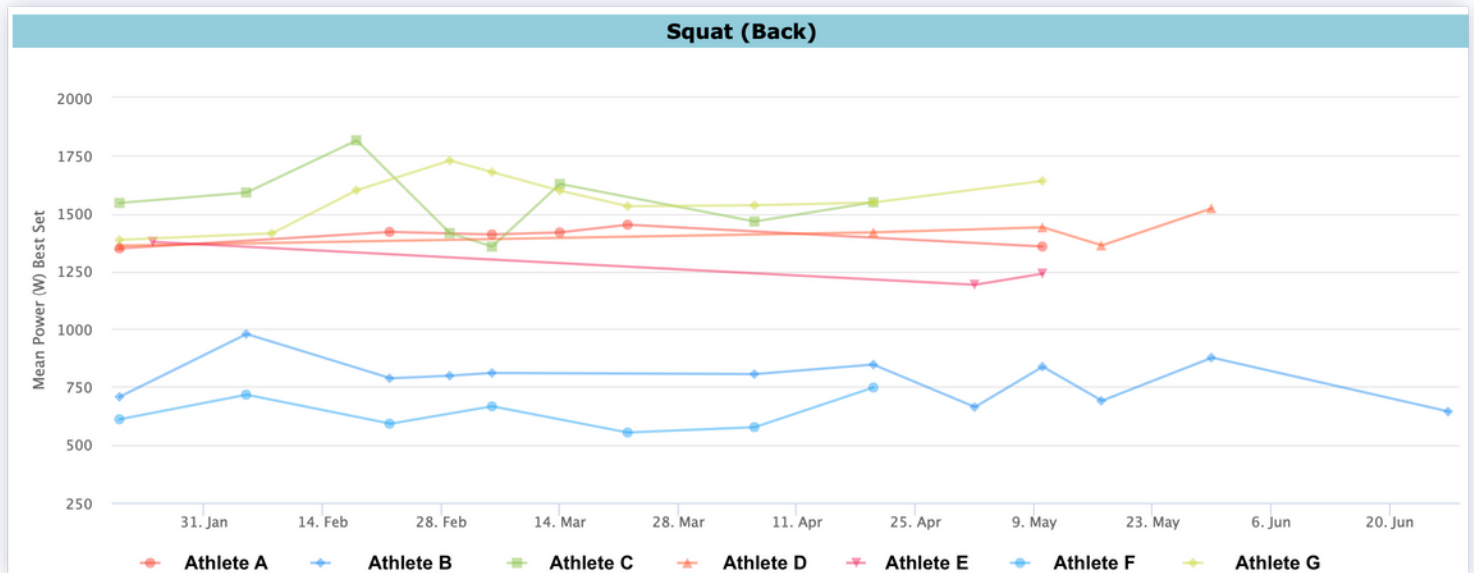
- **Exercise comparison for each athlete**

This report compares multiple exercises done during the selected period of time for an individual athlete. Coaches find this beneficial to track across a season of different training blocks and tapering periods.

- **All athletes in the Squad**

This report compares individual athletes for a selected exercise. This is useful in comparing athlete performance against other team mates and identifying your highest and lowest performing athletes visually.

GYM/AWARE

6. SINGLE PARAMETER TREND

This report is useful for coaches that want to track one weight across a period of time to see the progress relative to velocity in this example. We can see the change in velocity with a specific load especially if coaches would like to track next day performance to set the velocity target.

With the example below, this athlete shows a decrease in the last session squatting at 130 lb, this could be an indication of fatigue or other stressors in life which could make the athlete more injury prone. The coach could use this report to increase the velocity target at the next training session to see if that would increase her performance.