



Quantifying Excellence

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WHY?

HOW?

Why EliteForm?

- Objective vs. Subjective
- Teaching
- Efficiency
- Accessibility
- High Tech

Why EliteForm?

- User Friendliness
 - In The Office
 - On The Floor
 - After The Session

Navigator «

Workouts

Filters (CLICK TO SHOW)

Search...


Sample

Athletes


Reports

Getting Started

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StrengthPlanner Overview



Creating Workouts



Adding Athletes



Creating Strength Cards

Recent News

- [Creighton's Championship Center brings wow factor for recruits](#)
- [How Chip Kelly is using tech to make the Philadelphia Eagles fly](#)
- [A data-driven approach to training](#)
- [Kansas' Hudy, high-tech weight room secret weapon](#)

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1-866-865-1336



Sample

Logged in as Zach Witherspoon (SIGN OUT)

Team Setup Help

Add Edit Copy Paste Create Superset Undo Superset Delete

Sample - Sunday, January 1 All Changes Saved. WORKOUT STRENGTH CARDS

Cycle 1

Week 1

Monday, January 2

- Coaches Note (Private Between Coaches)
- Athlete Note (Shared Between Coaches & All Athletes)

1 Main Workout

EXERCISES	SETS x REPS	REP INFO	LOAD (1 RM%)	REST (m:s)	TARGET	DIRECTIONS
Select Exercise				00:00	-	
Choose a						
Back Squat						
Bench Press						
Power Clean						
Select Exercise				00:00	-	

Enter a Strength Card Note Title here... (Prints below the exercises on the Strength Cards)

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Sample

- Cycle 1

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Team Setup | Help

Add Edit Copy Paste Create Superset Undo Superset Delete

Sample - Sunday, January 1 All Changes Saved.

WORKOUT STRENGTH CARDS

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Sample

Cycle 1

Cycle 1

Week 1

Monday, January 2

- Coaches Note (Private Between Coaches)
- Athlete Note (Shared Between Coaches & All Athletes)

1 Main Workout

EXERCISES	SETS x REPS	REP INFO	LOAD (1 RM%)	REST (m:s)	TARGET	DIRECTIONS
Power Clean	3x2		60/65/70	1:30	PV -1 1.9	
Bench Press	3/3/2/2/2		65/75/80/-/-	3:00	AV -1	
Back Squat	5/3/1		65/75/80	2:00	AV -1	Get your depth!
DB Row	4x5	each arm		00:00	-	
Select Exercise				00:00	-	

Choose an Exercise Group...

EXERCISES	SETS x REPS	REP INFO	LOAD (1 RM%)	REST (m:s)	TARGET	DIRECTIONS
Select Exercise				00:00	-	

Enter a Strength Card Note Title here... (Prints below the exercises on the Strength Cards)

Athletes

Reports



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Team Setup Help

Navigator

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- Filters (CLICK TO SHOW)
- Search...
- 1 RM Tests
- Power RM Tests
- Performance Tests
- Strength Cards
- Body Compositions

Pete, Pistol

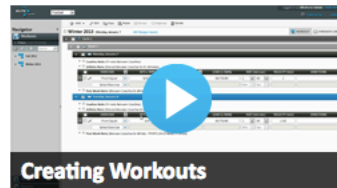
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Sample

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Team Setup Help

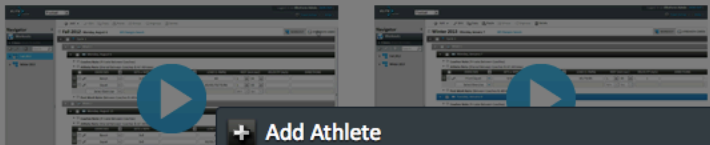
Navigator

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Pete, Pistol

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Adding Athletes

+ Add Athlete

First Name: (Required)
Last Name: (Required)
Athlete email: (Required)
Password: (Required)

Starting Season:

Position:

Category:

Birthdate:

Body Comp:

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Reports




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Navigator

- Workouts
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 - Search...
 - 1 RM Tests**
 - Power RM Tests
 - Performance Tests
 - Strength Cards
 - Body Compositions
- Pete, Pistol
- Reports

1 RM Tests All Changes Saved.

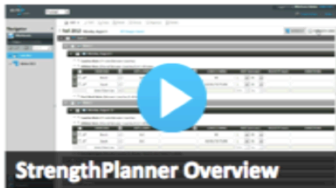
Search All Athletes... Arrange By: **Last Name** First Name Year in School

Date: 2017/04/21	Back Squat	Bench Press	Power Clean	Body Weight	Area of Correction
 Pete, Pistol Senior	Best Prescribed: 500	400	300		
	Current Prescribed: 500	400	300	200	
	New: <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

- Navigator**
- Workouts
 - Athletes
 - Reports
 - Athlete Session Summary
 - Best Velocity
 - Lowest Velocity
 - Velocity/Power/Volume
 - Daily Exercise
 - PowerRM Comparison
 - PowerRM Trending
 - Competition Leaderboard
 - 1RM Comparison
 - Body Weight
 - Performance Tests
 - Username/Emails

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Report View



AllReps 4/24.xlsx (Read-Only)

Search in Sheet

Home Layout Tables Charts SmartArt Formulas Data Review Developer

Font: Arial, Size: 10, Bold, Italic, Underline, Text Color, Background Color, Paragraph Spacing, Alignment, Number, Format (Normal, Bad, Good, Neutral, Calculation, Check Cell), Cells, Themes

	A	B	Last Name	First Name	Exercise	Set Number	Rep Number	Load Factor	Actual Weight	Avg Velocity	Peak Velocity	Avg Power	Peak Power	Actual Rest	Positions	Categories	Q
28	#####	16:16:08.035524	Abraham	Tre	Power Clean	1	3	0.7	160	1.42	2.1	1012.59	1497.12	0	WR	Offense, Zach	Freshman
29	#####	16:16:08.035524	Abraham	Tre	Power Clean	1	2	0.7	160	1.47	2.12	1045.64	1508.41	0	WR	Offense, Zach	Freshman
30	#####	16:16:08.035524	Abraham	Tre	Power Clean	1	1	0.7	160	1.38	2.09	980.27	1489.19	0	WR	Offense, Zach	Freshman
31	#####	16:12:50.269750	Abraham	Tre	Bench Press	2	2	1	250	0.2	0.41	218.61	455.21	0	WR	Offense, Zach	Freshman
32	#####	16:12:50.269750	Abraham	Tre	Bench Press	2	1	1	250	0.33	0.53	361.59	587.05	0	WR	Offense, Zach	Freshman
33	#####	16:11:24.564180	Abraham	Tre	Bench Press	1	2	1	250	0.17	0.42	194.37	467.28	0	WR	Offense, Zach	Freshman
34	#####	16:11:24.564180	Abraham	Tre	Bench Press	1	1	1	250	0.27	0.53	302.96	589.66	0	WR	Offense, Zach	Freshman
35	#####	11:10:26.589146	Aganon	Josh	Bench Press	2	2	1	255	0.23	0.52	257.02	584.96	0		Offense	Freshman
36	#####	11:09:22.070146	Aganon	Josh	Bench Press	2	1	1	255	0.33	0.55	374.96	620.76	0		Offense	Sophomore
37	#####	11:09:22.070146	Aganon	Josh	Bench Press	1	2	1	255	0.33	0.51	371.02	575.53	0		Offense	Sophomore
38	#####	11:08:03.598146	Aganon	Josh	Bench Press	1	1	1	255	0.34	0.48	386.39	539.54	0		Offense	Freshman
39	#####	11:08:03.598146	Anderson	Darius	Bench Press	2	2	1	345	0.39	0.79	600.53	1209.54	0		Defense, Akeem	Freshman
40	#####	11:08:02.116359	Anderson	Darius	Bench Press	2	1	1	345	0.31	0.64	470.66	979.33	0		Defense, Akeem	Freshman
41	#####	11:07:46.030751	Anderson	Sebastian	Back Squat	3	2	0.8	325	0.4	0.68	573.97	978.27	0		Offense, Derek	Freshman
42	#####	11:07:03.814915	Anderson	Sebastian	Back Squat	3	1	0.8	325	0.53	0.93	766.99	1339.03	0		Offense, Derek	Freshman
43	#####	11:06:30.503199	Anderson	Sebastian	Back Squat	2	2	0.8	325	0.49	0.91	708.22	1311.03	0		Offense, Derek	Freshman
44	#####	11:06:30.503199	Anderson	Sebastian	Back Squat	2	1	0.8	325	0.56	0.92	803.66	1325.84	0		Offense, Derek	Freshman
45	#####	11:06:25.804146	Anderson	Sebastian	Back Squat	1	2	0.8	325	0.4	0.6	572.33	871.94	0		Offense, Derek	Sophomore
46	#####	11:06:25.804146	Anderson	Sebastian	Back Squat	1	1	0.8	325	0.54	0.91	777.12	1313.01	0		Offense, Derek	Sophomore
47	#####	11:06:19.051977	Anderson	Darius	Bench Press	1	2	1	335	0.39	0.76	586.38	1134.19	0		Defense, Akeem	Freshman
48	#####	11:06:00.288178	Anderson	Darius	Bench Press	1	1	1	335	0.46	0.7	681.76	1050.08	0		Defense, Akeem	Freshman
49	#####	11:06:00.288178	Anderson	Sebastian	Bench Press	2	2	1	305	0.32	0.94	431.81	1270.36	0		Offense, Derek	Freshman
50	#####	11:05:42.645379	Anderson	Sebastian	Bench Press	2	1	1	305	0.34	1.08	458.59	1462.15	0		Offense, Derek	Junior
51	#####	11:05:23.341379	Anderson	Sebastian	Bench Press	1	2	1	305	0.29	0.92	397.83	1252.85	0		Offense, Derek	Junior
	#####	11:05:17.280262	Anderson	Sebastian	Bench Press	1	1	1	305	0.39	0.82	523.5	1108.57	0		Offense, Derek	Freshman

Normal View Filter Mode Sum=0

Competition

- Individual Competition
 - Red/Green/Gold
- Position Groups/ Levels
- Offense vs. Defense
- Team vs. Standard
 - 70% Olympic Movements
 - 80% Strength Movements

Evaluating Bar/Speed

Percentage	Peak Velo (m/s)
60	2.1
65	2
70	1.9
75	1.8
80	1.7
85	1.65
90	1.55

Percentage	Avg Velo (m/s)
60	0.7
65	0.65
70	0.6
75	0.55
80	0.5
85	0.4
90	0.3



Why EliteForm?

- Equalizes Staff Experience
 - Each coach has the ability to hold every athlete to the same standard, regardless of experience.

Is it worth the
investment?