

# GYM AWARE

#1 IN THE WEIGHT ROOM  
LIFT YOUR GAME





# MOTIVATE ATHLETES, MEASURE PROGRESS & TRAIN FOR PERFORMANCE

## VELOCITY BASED TRAINING

Use velocity to determine load, optimize and individualize your athletes strength training. Remove the guesswork; set target zones based on training goals (Strength, Power or Speed). Use big screen TV's to display team summaries on the Velocity and Target Zone boards.



## POWER & STRENGTH ANALYSIS

Power is the key factor for producing game winning performances. Measure your athletes efforts in the weights room, benchmark and track performance with inbuilt protocols. Power drives the fastest sprints and breaks the hardest tackles; **by training for Power you are training to win.**



## GYMAWARE CLOUD

Yearly subscription option for teams which gives full access to inbuilt reporting functions, training boards, leader-boards and on-line analysis with a secure login via [GymAware.com](http://GymAware.com).



*"I have said it before and I will say it again, GymAware is the absolute Rolls Royce of VBT devices. If you want to examine velocity, movement and performance in the weight room, this thing can do it. It's a game changer for VBT."*

J. Bryan Mann, PhD  
University of Missouri

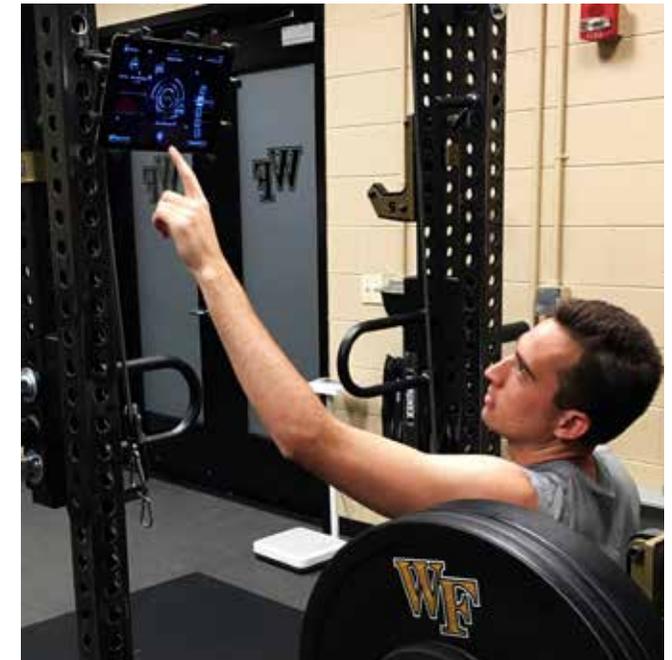


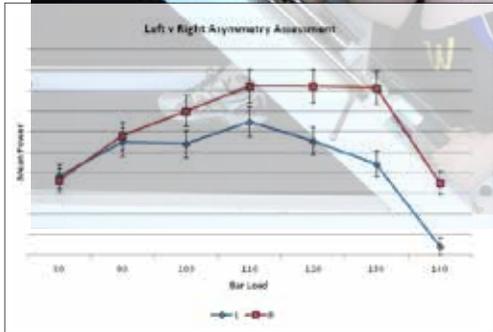
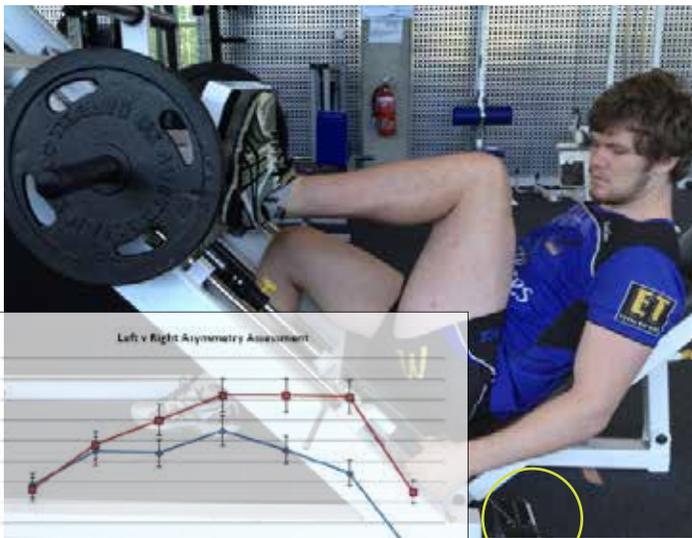
## LEADER-BOARD

Motivate your athletes to perform at their best by providing instant feedback in the weight room. Display the Leader-board on a big screen to create a competitive environment and real intent to lift.

## REAL-TIME FEEDBACK

The unrivaled iPad App provides rep by rep feedback on key metrics. Athletes are challenged on each and every rep. Competition has never been greater.





### REHABILITATION

Monitor limb asymmetries and differences due to injury or imbalance. Compare pre and post results over time. Be assured the athlete is ready to return to competition.



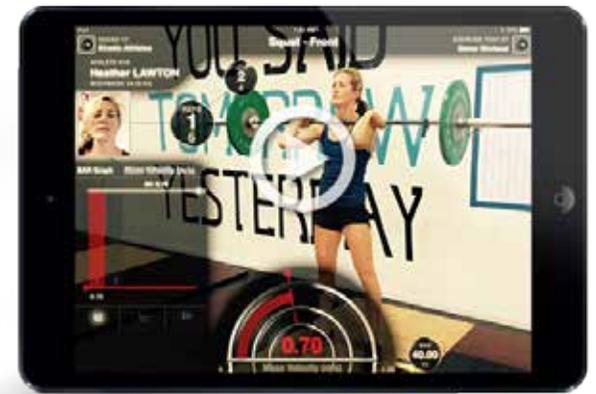
### JUMP TESTING

Power output during a jump is a key indicator of athletic ability. Evaluate Jump Height, Squat Depth, Power and Velocity. Easily monitor fatigue with long-term tracking reports.



### 1RM PREDICTION

Use GymAware to predict a 1RM without the need to go to failure. The report accurately calculates a 1RM for core exercises such as Squat, Dead-lift and Bench Press.



### VIDEO ANALYSIS

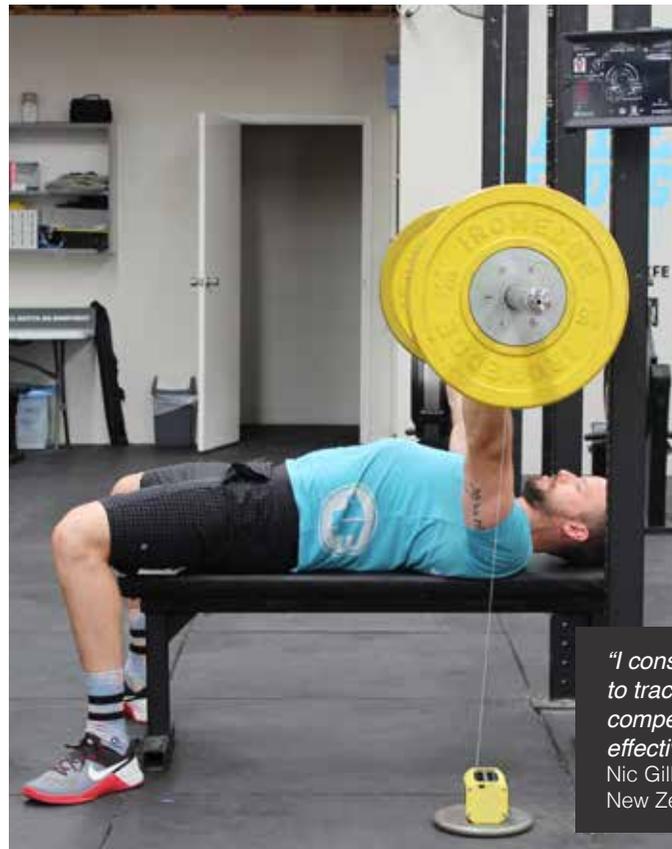
Use the iPad to record and replay video on lift technique. Give feedback whilst recording metrics such as velocity, power, distance and bar path. Replay and share the video instantly via your favorite social media platform.



### GYMAWARE - THE GOLD STANDARD

Coupled with an industry leading App and optional Cloud service, GymAware is the most accurate and capable Power/Velocity measurement system in the world. It is robust, portable and easy to use.

Used by thousands of athletes, coaches, professional sporting teams, and sports scientists across the world. **GymAware's extensive features and versatility make it the #1 choice.**



*"I constantly use objective information from GymAware to track performance, training stimulus and to create competition. The system is easy to use, reliable, and effective"*

Nic Gill - Head Strength & Conditioning Coach, New Zealand All Blacks





10%  
20%  
30%  
40%  
50%  
60%  
70%  
80%  
90%

STARTING  
STRENGTH

>1.3m/s

SPEED/  
STRENGTH

1.3 - 1m/s

STRENGTH/  
SPEED

1 - 0.75m/s

ACCELERATIVE  
STRENGTH

0.75 - 0.5m/s

ABSOLUTE  
STRENGTH

<0.5 m/s

*"No longer am I solely responsible for motivation within the weight room. The real-time feedback and the Leader-boards, sure helped increase lifting intent. Players now compete on each and every rep!"*

Leigh Woodbridge  
Strength & Power Coach; Canberra Raiders



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