

Impulse Phase

Location Logo

User/Patient Name

Your Name

58% @ 5 seconds

% of Improvement over Baseline

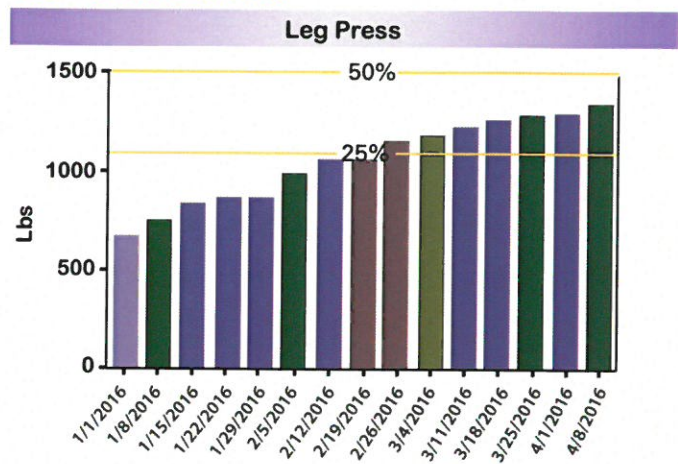
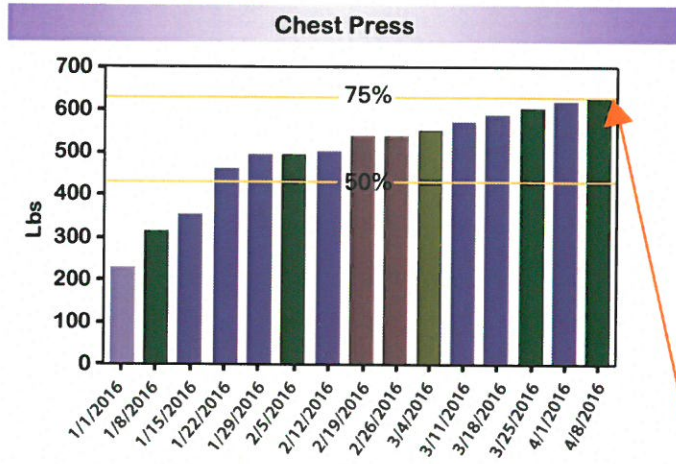
Time of Hold

Maximum Load/Duration

# Aevum wellness

Max: 627 @ 5 seconds

Max: 1318 @ 5 seconds



Session Dates @ Seconds Under Load

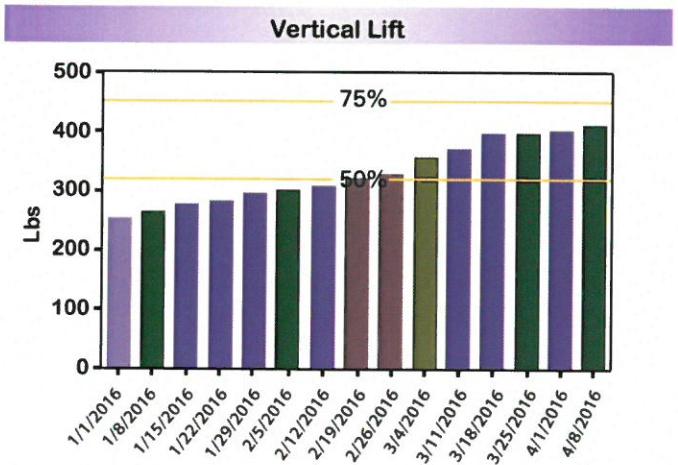
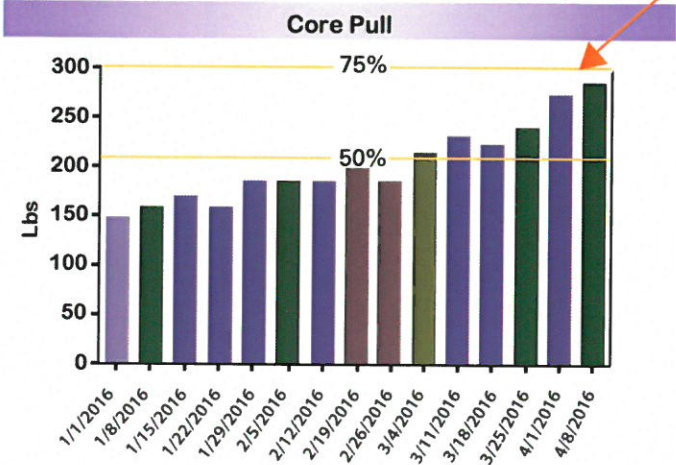
Session Dates @ Seconds Under Load

Date of Sessions

Normative Comparison of Similar Users, Age and Number of Sessions Considered

Max: 280 @ 5 seconds

Max: 407 @ 5 seconds



Session Dates @ Seconds Under Load

Session Dates @ Seconds Under Load

Analysis and Recommendations:

Performance Summary with Recommendations

You are making progress in all exercises with the exception of the Core Pull. This could simply mean for one reason or another you had less than perfect form in the exercise, possibly you did some exhausting activity with the Core Pull target muscle groups which would pre-exhaust you, or even that your mind may have not been as focused on the task at hand as in previous exercise sessions. No matter the reason for this lack of progress, as it is only one out of the four exercises, and is likely an anomaly, which doesn't necessarily indicate overtraining. SUGGESTION: Stay on current recovery schedule.

Legend:

- < week rest
- 1 week rest
- 2 weeks rest
- 3 weeks rest
- 4 weeks rest
- Trend Line
- Similar Users