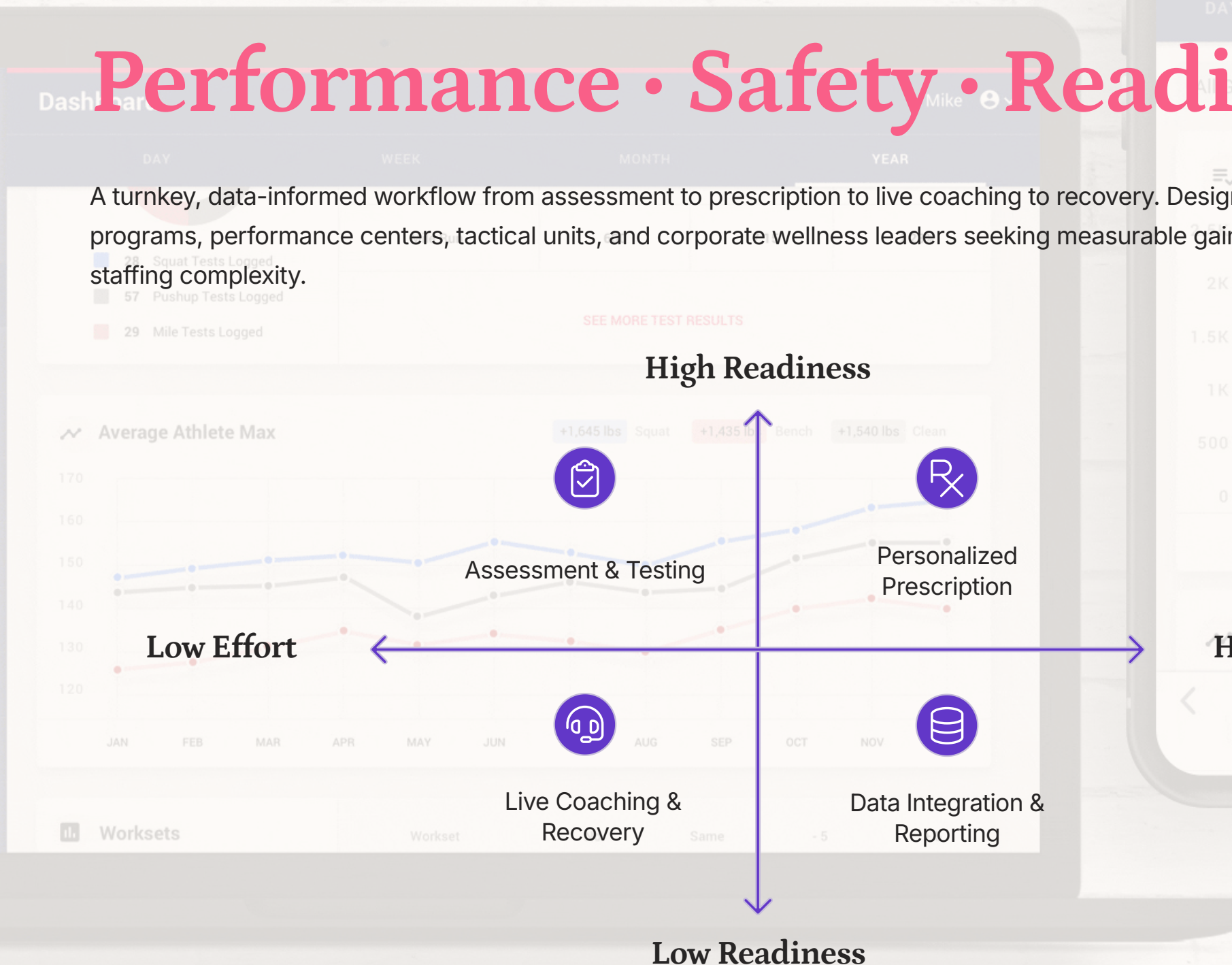




BioInsights Partner Tech Stack

Performance • Safety • Readiness

A turnkey, data-informed workflow from assessment to prescription to live coaching to recovery. Designed for athletic programs, performance centers, tactical units, and corporate wellness leaders seeking measurable gains without adding staffing complexity.



Our Technology Partners

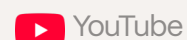


We orchestrate best-in-class technologies to deliver a comprehensive performance and safety ecosystem. Each partner brings specialized expertise in their domain, creating a seamless integration that enhances athletic performance while minimizing risk.

Our partnership approach eliminates the complexity of managing multiple vendors, providing you with a single point of contact for implementation, training, and ongoing support across the entire tech stack.



B2B Solutions | Bioinsights



BioInsights

The Bio Insights podcast explores how physiological data relates to our health, happiness, and performance. Life offers many choices, but fear of the unknown...



Performance & Readiness Stack

Who This Is For

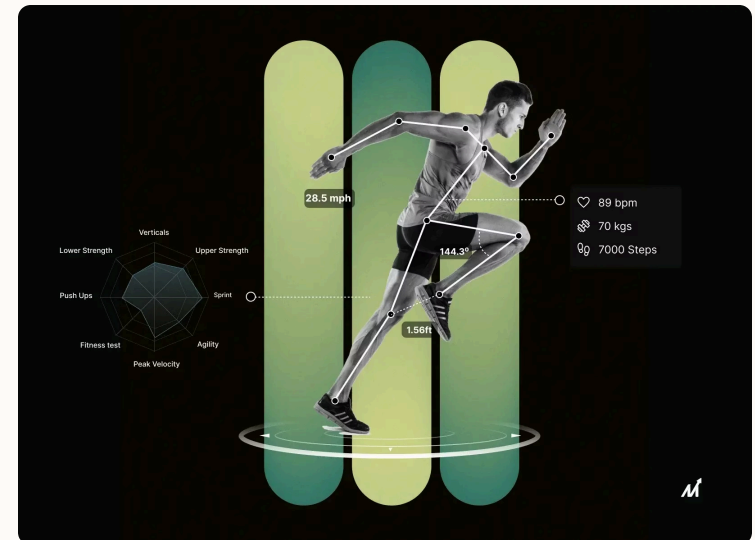
Athletic programs, performance centers, tactical units, and corporate wellness leaders seeking measurable gains without adding staffing complexity. Organizations that need objective data to drive training decisions and reduce injury risk.

What You Get

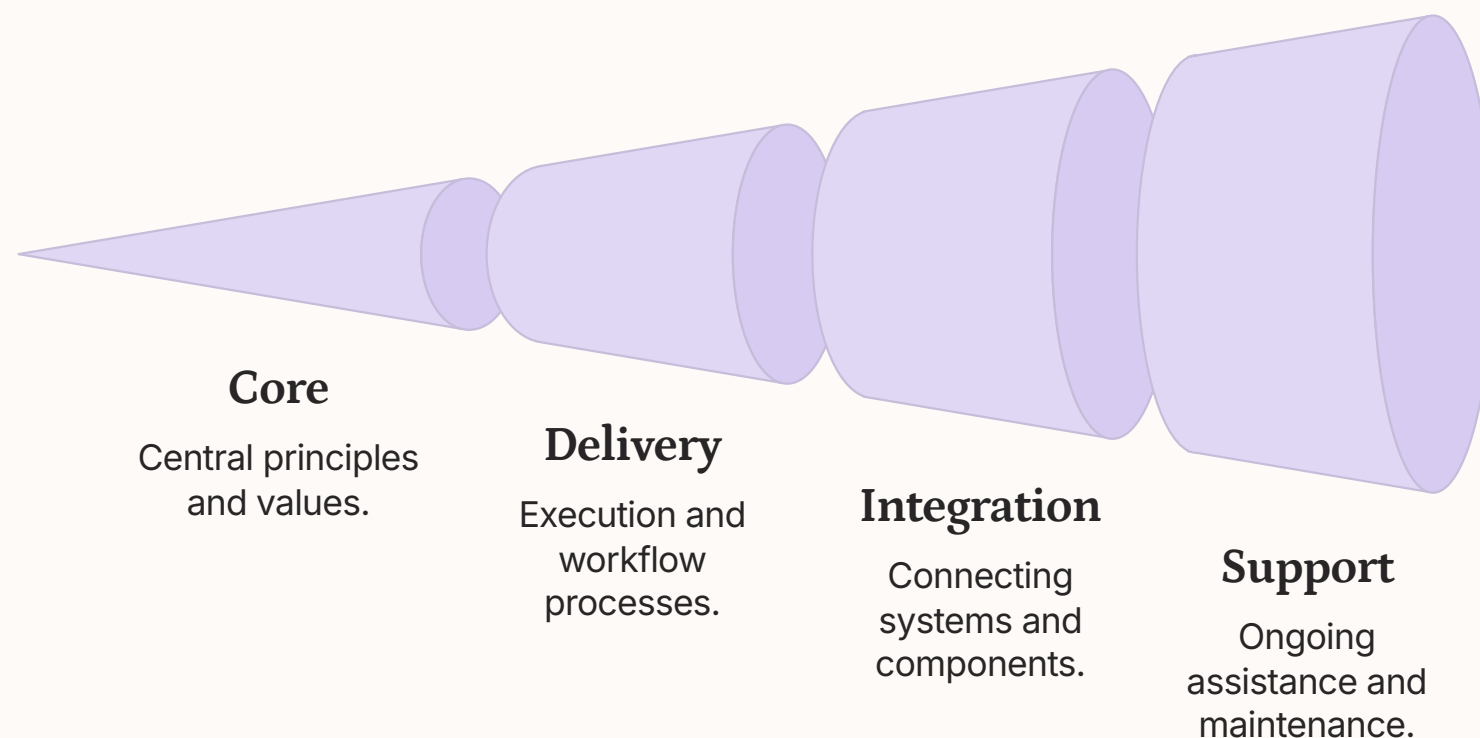
A turnkey, data-informed workflow from assessment → prescription → live coaching → recovery. Complete integration with your existing protocols, enhanced by real-time feedback and automated reporting systems.

Why BioInsights

We orchestrate the tech, train staff, and deliver dashboards and playbooks that stick—no rip-and-replace required. Our approach builds on your current systems while adding the precision and automation your program needs to excel.



📄 **Key Differentiator:** Unlike point solutions that create data silos, our integrated stack provides unified insights across all performance and safety metrics.



Key Outcomes We Target



Power & Velocity Intent

Increase medicine-ball and rotary power patterns through real-time feedback and objective measurement. Athletes see immediate results, driving higher training intensity and better adaptations.

Session Quality & Buy-In

Live feedback creates athlete engagement and accountability. When athletes can see their numbers improve in real-time, training quality and motivation increase dramatically.

Hydration Intelligence

Smart decisioning in heat and travel conditions through non-invasive sweat-rate monitoring. Prevent cramping and performance drops with individualized hydration strategies.

Recovery Optimization

HRV monitoring combined with subjective load tracking provides clear recovery signals. Coaches know when to push and when to pull back, optimizing adaptation while reducing overreaching.

Injury Risk Reduction

Decrease soft-tissue and overuse injuries through smarter load progressions. Objective metrics guide training decisions, reducing guesswork and preventable setbacks.

Proven Results

+8%

Med-Ball Velocity

Collegiate golf program improvement in 8 weeks with corresponding club speed gains

+12%

Attendance Rate

High school football program during 6-week pre-camp preparation period

-35%

Hydration Flags

Reduction in heat-related performance drops through smart monitoring

-28%

Cramp Incidents

Fewer heat-related issues while maintaining full sprint exposure volumes

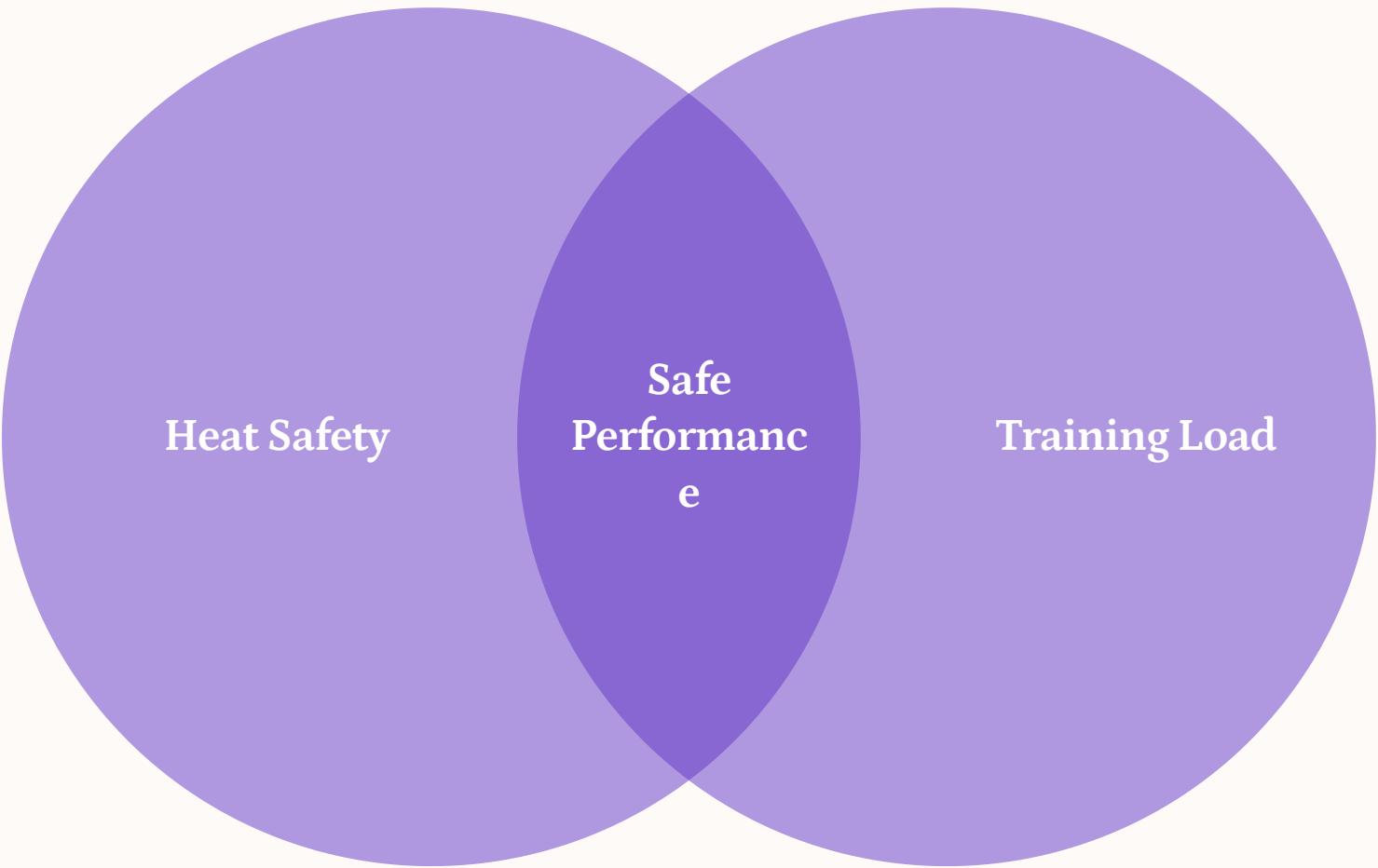
These case snapshots represent real-world implementations across different sports and training environments. Each program maintained their existing training structure while adding the precision and safety our technology stack provides.

Collegiate Golf Case Study

8-week implementation focusing on rotary power development. Athletes used MovefactorX for daily power assessment and progression tracking, resulting in measurable improvements in both laboratory metrics and on-course performance.

High School Football Program

6-week pre-camp preparation emphasizing heat acclimatization and injury prevention. HYDROSENSE monitoring prevented heat-related incidents while maintaining full training intensity throughout the preparation period.



How The Stack Works

01

Assess & Motivate — MovefactorX

Quantify power, speed, trajectory, and loading angles with instant feedback. Use for screens, warm-up readiness, rotary power assessment, and return-to-play checkpoints. Athletes receive immediate performance data, creating motivation and objective benchmarks for progression.

02

Program & Coach — RampFitness

Periodized templates covering plyometric, power, strength, and conditioning phases aligned to live performance data. Session cards and constraints-led drills maintain training exposure while intelligently managing load progression and recovery needs.

03

Hydrate & Protect — HYDROSENSE

Non-invasive sweat-rate and electrolyte insights with on-device alerts and simple hydration rules. Real-time monitoring prevents heat-related performance drops and provides individualized fluid replacement strategies for each athlete.

04

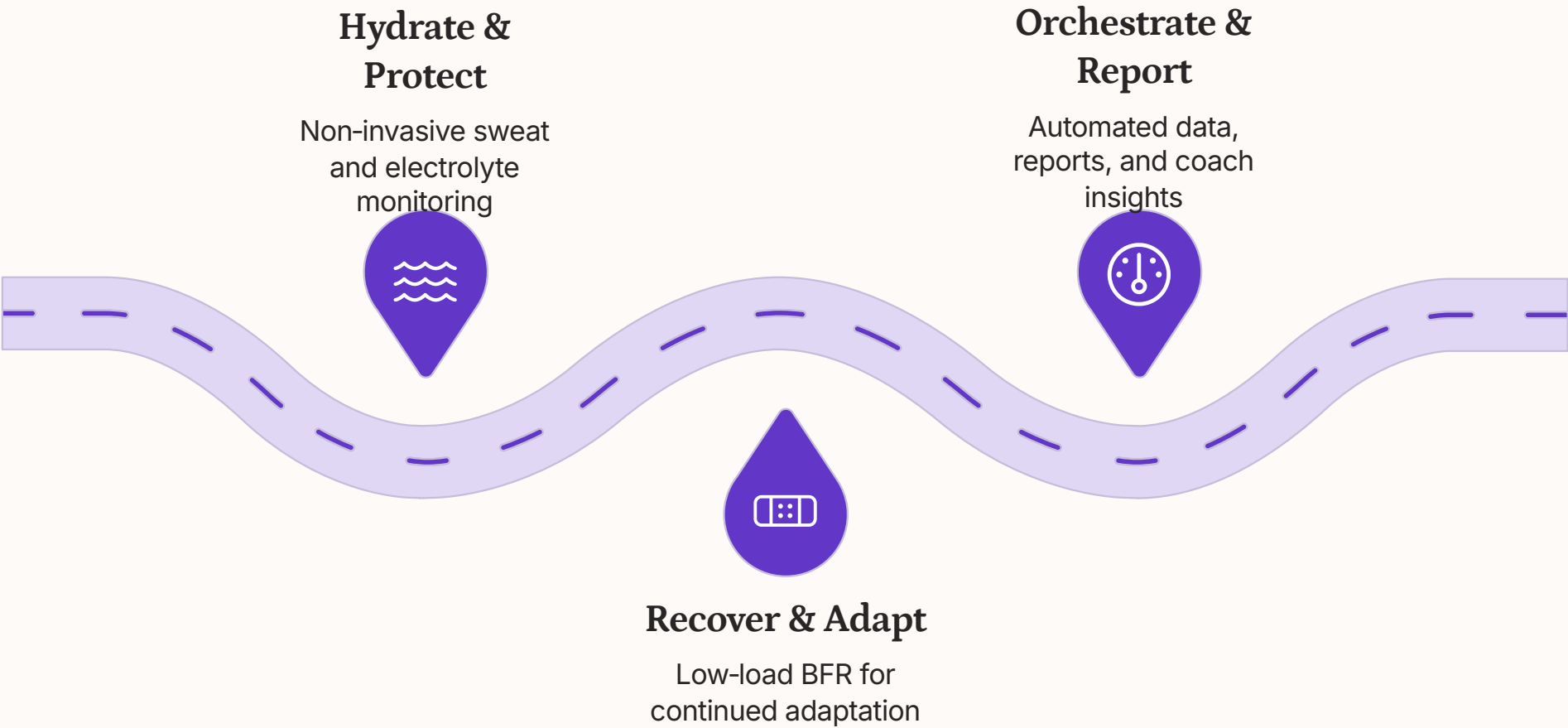
Recover & Adapt — B3 Science BFR

Low-load strength and hypertrophy training with individualized occlusion ranges. Enables continued adaptation during deload phases, injury recovery, or when traditional loading isn't tolerated due to joint or soft-tissue constraints.

05

Orchestrate & Report — Selfoops + BioInsights

Automated systems nudge compliance, collect RPE and soreness data, and pipe key performance indicators to a unified dashboard. Weekly "Performance Pulse" reports provide actionable insights for coaches and administrators.



Data Signals & Monitoring

Performance Metrics

- Ballistic peak and mean velocity with rep-to-rep decay analysis
- Power output across multiple movement patterns
- Exposure counts for jumps, throws, and sprints with intensity distribution
- Movement asymmetries and compensation patterns

Safety & Recovery Indicators

- Hydration risk flags with sweat-rate monitoring and personalized fluid targets
- HRV trends versus individual baseline with sleep quality integration
- Subjective recovery metrics combined with objective physiological data
- Load progression markers preventing overuse and overreaching

Deployment Timeline

- **Week 0-1:** Staff onboarding and baseline KPI establishment
- **Week 2-3:** First training cycle goes live with hydration and BFR integration
- **Week 4-6:** Progression algorithms activated with first performance case report
- **Week 7-8:** Program iteration based on data with outcomes publication

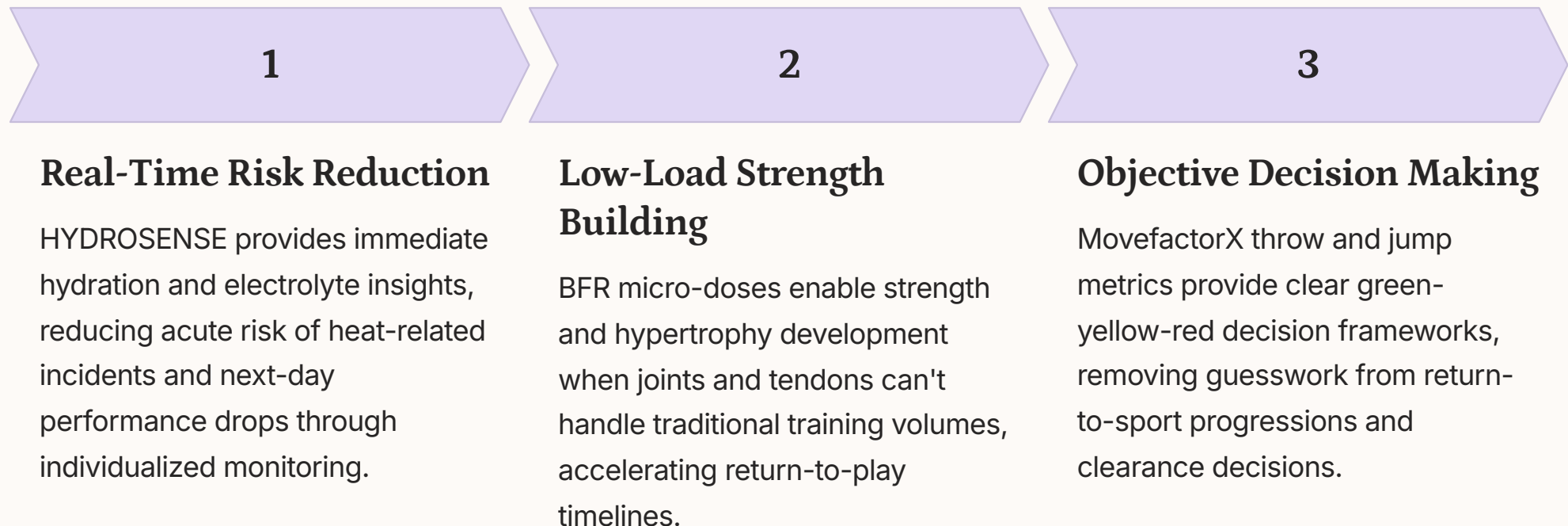


 **Integrated Approach:** All metrics feed into a single dashboard, eliminating data silos and providing comprehensive athlete insights.

Safety & Return-to-Play Focus

Problems We Solve

Heat, travel, and condensed schedules create avoidable downtime through cramping, soft-tissue injuries, and missed training exposures. Traditional rehabilitation approaches often lag when conventional loading isn't tolerated, extending return-to-play timelines unnecessarily.



Stakeholder Benefits

Athletes/Employees: Clear performance targets, reduced uncertainty, and faster return to full participation with objective feedback.

Coaches/PT/AT: Actionable metrics seamlessly integrated into existing session structures without disrupting established workflows.

Administrators/Risk: Documented protocols, fewer preventable incidents, and clean reporting for compliance and liability management.

Sample Protocols & Implementation

1

MovefactorX Return-to-Train Power Ladder

Day 1-3: Isometric holds and sub-maximal throws at 60-70% peak velocity baseline

Day 4-7: Graduated intent sets with rep-to-rep decay monitoring (target <10% drop)

Clearance Gate: Resume full patterns when intensity holds with low asymmetry indicators

2

HYDROSENSE Heat & Travel Policy

Risk Flagging: Alert when sweat rate exceeds individual thresholds or high chloride detected

Real-Time Coaching: Proactive hydration prompts ahead of cramp risk windows

Post-Session Intelligence: Individualized hydration reports with team-level dashboard for coaches

3

B3 Science BFR Micro-Dosing

Frequency: 2-3 sessions per week using low-load protocols (20-30% 1RM)

Applications: Deload phases, tendon-sparing volume, post-operative transitions per clinical guidance

Individualization: Personalized occlusion ranges based on limb circumference and vascular assessment

4

RampFitness Adaptive Templates

Travel-Friendly: Hotel and field-compatible circuits mapped to current hydration status and HRV trends

In-Season Efficiency: 20-minute activation primers and post-competition recovery flows

Load Management: Automatic progression adjustments based on accumulated training stress and recovery metrics

Start Your Pilot Program



Map Sessions & Constraints

30-minute consultation to understand your current protocols, identify integration points, and establish success metrics aligned with your program goals and operational requirements.



Deploy & Train

Ship complete technology stack, conduct staff training sessions, and establish baseline KPIs. Full deployment typically completed within 1-2 weeks with minimal disruption to existing operations.



Execute Sprint & Measure

Run 6-8 week implementation sprint with continuous monitoring and support. Conclude with comprehensive outcomes report and long-term rollout plan based on your specific results.

Pilot Proof Points We'll Capture

- Incident rate reduction (cramps/heat flags) per 100 training sessions
- Days-to-clearance improvements for minor soft-tissue injuries
- Compliance rates with hydration protocols and BFR micro-dosing
- Readiness score agreement between subjective reports and HRV trends
- Training exposure maintenance during return-to-train progressions

[Request Pilot Scope](#)



Ready to transform your program? Our integrated approach delivers measurable results while seamlessly integrating with your existing protocols and staff workflows.