iNSPiRETEK

User Data Report

CONFIDENTIAL - DO NOT DISTRIBUTE • © INSPIRETEK

REAL WORLD STUDY

The consequences of positive and negative mental and physical events for athletes and young people is an area of great importance. Whilst extensive data is readily available for elite level athletes thanks to the utilisation of athlete management systems (AMS) there is a knowledge and data gap when it comes to grassroots athletes. Moreover, while some AMS solutions may focus on biometric data with the goal of performance improvements, there is mounting evidence that athlete mental health and wellbeing is being overlooked or ignored in many instances. The negative outcome of this has been displayed recently in elite athletes such as Simone Biles and Naomi Osaka.

Based on a recent 90 day study conducted by iNSPIRETEK, a group of gymnasts were observed by coaches and through utilsation of the infinite app. A number of important insights and data points were uncovered:

•The cohort was 49% more likely to have pain on the left side of their body compared to the right side. All were right handed.

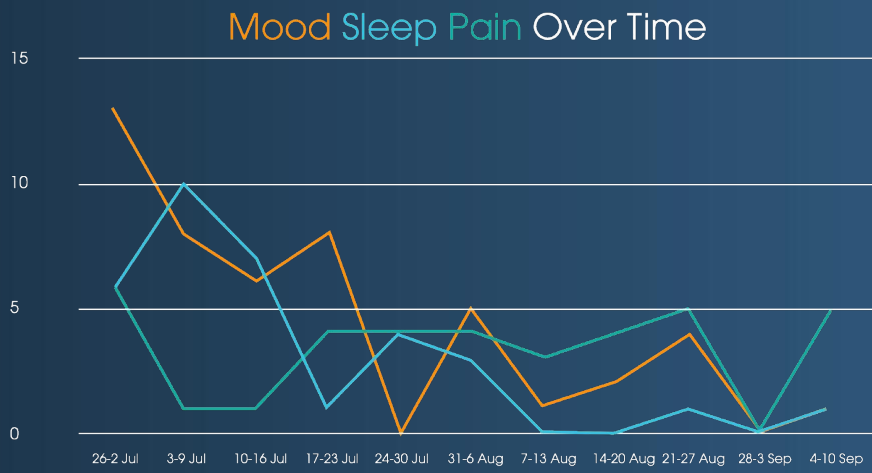
•Data reflected a 90% improvement in sleep from the first week to the last week of the data set

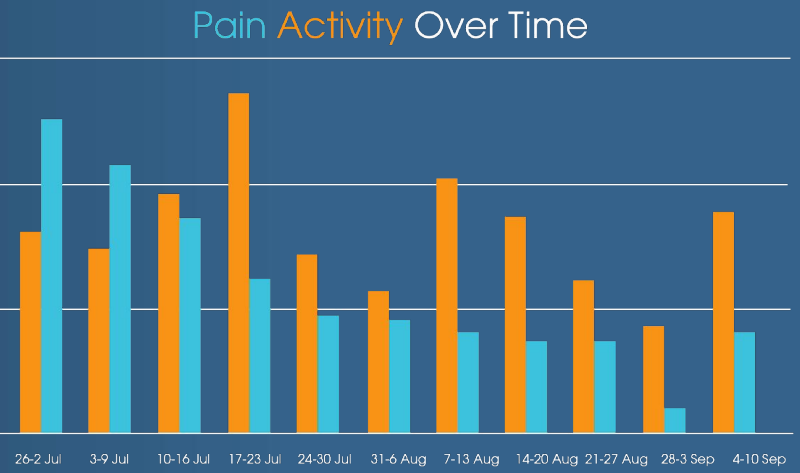
•Heavy levels of fatigue were reduced by 84% from the first month to September

•Of all the pain levels, moderate was the highest reported at 41.5% while extreme was the least reported at 1.1%

CONFIDENTIAL - DO NOT DISTRIBUTE • © INSPIRETEK

REAL WORLD SOLUTION





84%

reported reduction in fatigue over 90 day period

90%

Reduction in sleep below 6 hours over 90 day period

CONFIDENTIAL - DO NOT DISTRIBUTE • © INSPIRETEK

PRODUCT USAGE

In recent months we have implemented a number of key UI and feature updates along with backend improvements to our app and web platform, based on extensive user research and product analysis.

Both platforms have experienced significant increases across product and user metrics.

Of particular note is the increase in biometric tracking activity on the infinite app, as can be seen on this page and the following.

Biometric activity and program views are key metrics in measuring product engagement and stickiness.

infinite

518%

Increase in unique biometric entries since October 21 compared to March 22

852

Average programs viewed per month

12

Average sessions per active device in April 22

insight

1200%

Increase in customer sign ups since October 21 compared to March 22

1708

Engaged sessions since October 21

5.3

Average engaged sessions per user

CONFIDENTIAL - DO NOT DISTRIBUTE • © INSPIRETEK

CONFIDENTIAL • DO NOT DISTRIBUTE • © INSPIRETEK