

## THE PROBLEM

Bilateral Deficiency, the difference between two sides of the body in terms of strength. If the problem is significant and isn't corrected, it can lead to biomechanical imbalance and overuse injuries and muscle strains. The goal is Bilateral Equivalency, where equal force, amount, or value (range of motion) is applied to limbs offering the same effect, capacity, and function.

## THE SOLUTION

RPM<sup>2</sup> is designed for runners, cyclists and triathletes. It is designed to measure bilateral equivalence, gait analysis, and cycling mechanics (including built in power meter).

For cyclists, RPM<sup>2</sup> is the only footbed Cycling Power Meter in the world and measures both right and left leg power, as well as collective power and cadence. RPM<sup>2</sup> also measures force when cycling, which can be viewed around the crank in 12 different positions. RPM<sup>2</sup> fits comfortably in your shoe, which means it can be used on any bike, any time, and anywhere.

For runners, RPM<sup>2</sup> is the only footbed Running Power meter in the world that measures force and calibrates to the specific athlete. It streams real-time power during the run. Without force, power cannot accurately be calculated. RPM<sup>2</sup> calculates force directly from the footbed, so nothing is inferred.

RPM<sup>2</sup> gait measurements include step time, ground contact time, flight time, cadence, and sequential force strike (heel, mid-foot, and fore-foot strike). Just like in cycling, the RPM<sup>2</sup> power meter numbers show left and right leg power, as well as collective power and cadence. Cadence is adjustable to fit your training needs. You have the ability to assess gait every 30 seconds post run. This allows for beginning, mid, or end race assessments to determine when and how improvements are needed

Although RPM<sup>2</sup> is designed to work with your smart phone, use of the smart phone is not required. What this means is that you can command your inserts, leave your phone in a secure location while you ride, or run, and upon return simply click on the app and RPM<sup>2</sup> will automatically upload your data to the history file.

Range of motion and force exercises are designed to show bilateral equivalence and allow the coach or athlete to make adjustments in strength and conditioning exercises to correct any bilateral equivalence issues.. Live streaming from RPM<sup>2</sup> range of motion and force distribution exercises allows athletes and coaches to augment training regimens to meet the needs of the athlete in regard to achieving bilateral equivalence, and thus, higher performance.

ANT+ and .FIT compatible and you can send information to coaches via an app driven coach share feature, which also links directly to TrainingPeaks.

RPM<sup>2</sup>™ and Paul Swift (bikefit.com), have teamed up and have scientifically tested RPM<sup>2</sup>™ affording bike fitters the ability to test clients both on and off the saddle. Additionally, RPM<sup>2</sup>™ can help bike fitters maximize power and symmetry