Output Sports

All-in-one human performance platform using a single wearable sensor for athletic testing, monitoring, and programming in strength & conditioning and rehab.

https://www.outputsports.com

Overview

Output Sports is an end-to-end human performance platform that utilizes a single, portable Inertial Measurement Unit (IMU) sensor, the Output Capture V2, and accompanying software (Output Capture Mobile App and Output Hub) to test, monitor, analyze, report, and program athletic performance.

Core Value Proposition

The system is designed to replace multiple cumbersome and expensive lab-grade devices (like force plates, linear position transducers, and goniometers) with a single, cost-effective, and highly portable solution. It is validated by scientific research to provide data with up to 99% of the accuracy of gold-standard lab equipment, offering game-changing efficiency for coaches and practitioners.

Key Features and Capabilities

All-in-One Testing: Measures over 200 sensor-based exercises spanning Velocity-Based Training (VBT), power and jumps (CMJ, Drop Jump, RSI), mobility, strength, stability, endurance, and wellness.

VBT & Load-Velocity Profiling: Automatically generates Load-Velocity Profiles and allows coaches to prescribe workouts with target velocities and real-time feedback to drive athlete intent.

Performance Hub: A cloud-based platform (Output Hub) for advanced charting, profiling, and analysis on an individual or group level, allowing for data visualization and automated performance reports.

Programming & Workflows: Coaches can create and prescribe custom workouts, readiness protocols, and training flows directly to athletes via their personal mobile app.

Readiness Monitoring: Customizable readiness dashboards use a 'traffic light' visualization to quickly identify at-risk athletes and guide daily training decisions.

Portability: The matchbox-sized sensor and mobile app allow for testing and tracking anywhere—in the weight room, on the field, or on the road.

Target Users and Use Cases

Output Sports is primarily used by strength and conditioning coaches, sports scientists, and physical therapists. Its customer base includes elite sports organizations (NFL, NBA, MLB, Premier League clubs, Olympic athletes), university athletic programs (NCAA), high schools, and rehabilitation clinics. The system is scalable for both small facilities and large organizations managing over 1,000 athletes.

Key Features

- Velocity-Based Training (VBT)
- Jump and Power Metrics (CMJ, DJ, RSI)
- Mobility and Movement Assessment
- Athlete Readiness Dashboards
- Workout Programming and Flows
- Output Hub Performance Management
- 200+ Sensor-Based Exercises
- Real-Time Feedback and Leaderboards

Pricing

Model: subscription

Combines a software and sports-science support subscription with a one-off payment for the sensor hardware kits. Pricing is customized based on the organization's needs and scale.

Target Company Size: small, medium, enterprise

Integrations

TeambuildR, Movella, Kinduct, Teamworks AMS (Smartabase), Kitman Labs, RockDaisy, Opteamal

Compliance & Certifications

GDPR