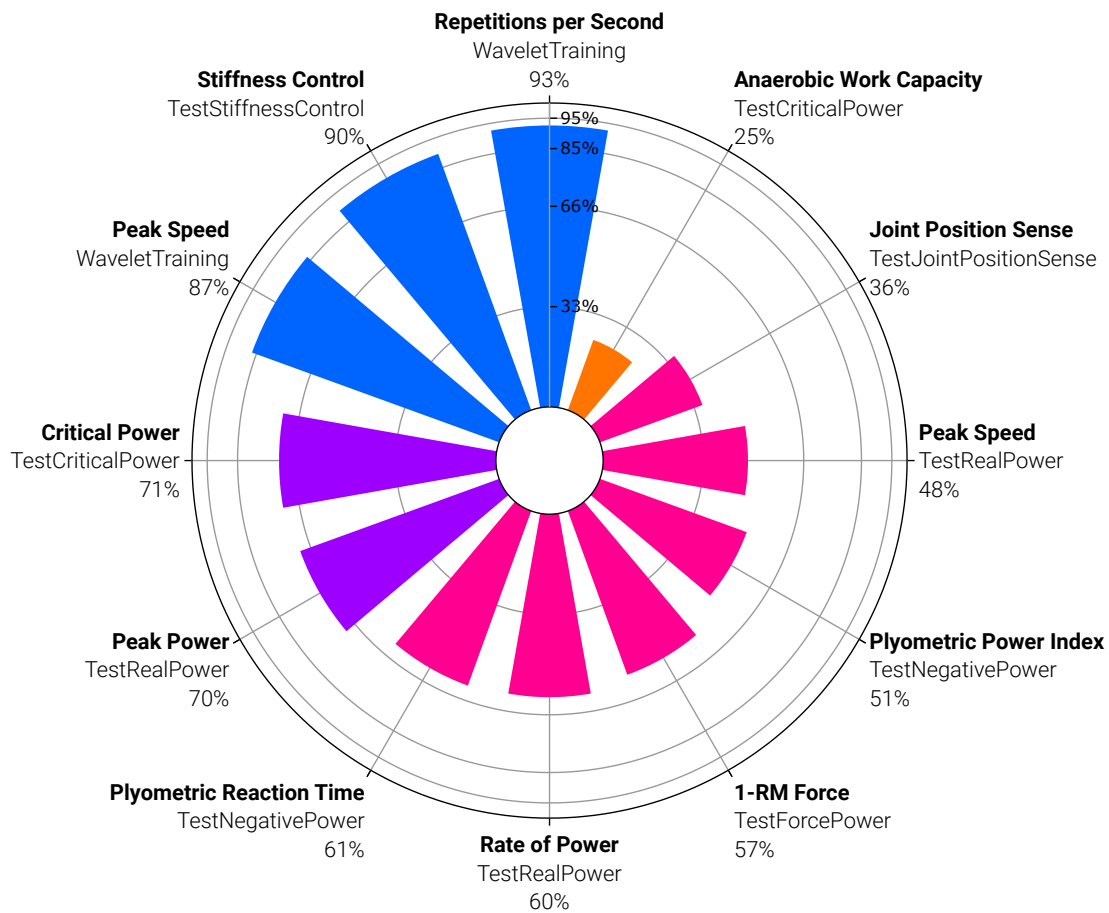




# Your Insights Report

**Username** marius\_dirian  
**Full Name** -  
**Supervisor Name** Leopoldo  
**Gender** Male  
**Date of Birth** 1985-11-30  
**Age Group** 30 - 50  
**Weight / Height** 78 kg / 178 cm  
**Fitness Category** Fitness  
**Group** ddrobotec Team  
**Category / Indication** -  
**Training Period** 30-05-2023 - 17-05-2024



### Repetitions per Second very good

Data Source: Wavelet Training

Trend in 349-day period:

**+22.3%**      **+24.8%**  
left                  right

L/R asymmetry: **excellent** (2.0%)

The repetition rate is a measure of how quickly you can move your legs. The repetition rate correlates positively with your walking speed. It is a reliable measure for assessing and monitoring your functional status and overall health.

### Stiffness Control very good

Data Source: Test Stiffness Control

Trend in 353-day period:

**+8.2%**      **-78.7%**  
left                  right

L/R asymmetry: -- (60.6%)

Dynamic knee stability is highly relevant for running, jumping, climbing, skiing or cycling. Knee stiffness control indicates how good you are at stiffening and stabilizing your knee joint through coordinated muscle activity. It is assessed by measuring the deviation from a target knee angle while you leg is being disturbed. Lower is better!

### Peak Speed very good

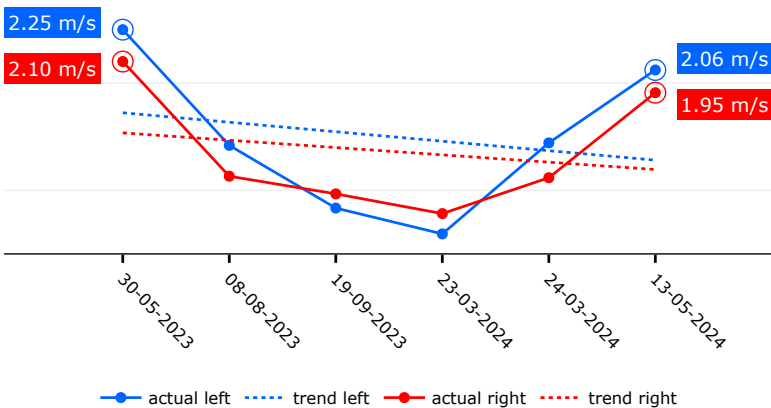
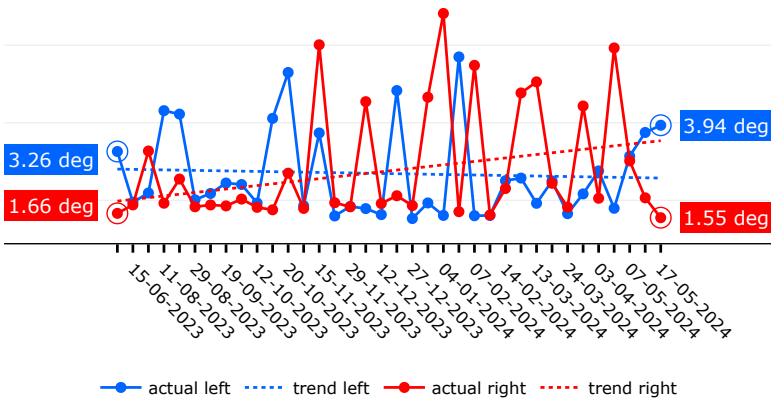
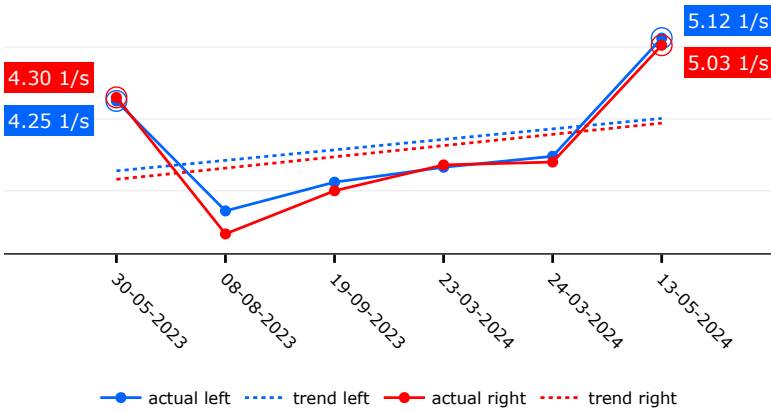
Data Source: Wavelet Training

Trend in 349-day period:

**-11.9%**      **-9.6%**  
left                  right

L/R asymmetry: **very good** (5.1%)

Speed is a measure of how quickly you can move your legs. Peak speed on the ddrobotec correlates positively with your walking speed. It is a reliable measure for assessing and monitoring your functional status and overall health. It is measured in meters per second.



### Reaction Time good

Data Source: Ballvin Dodge Ball

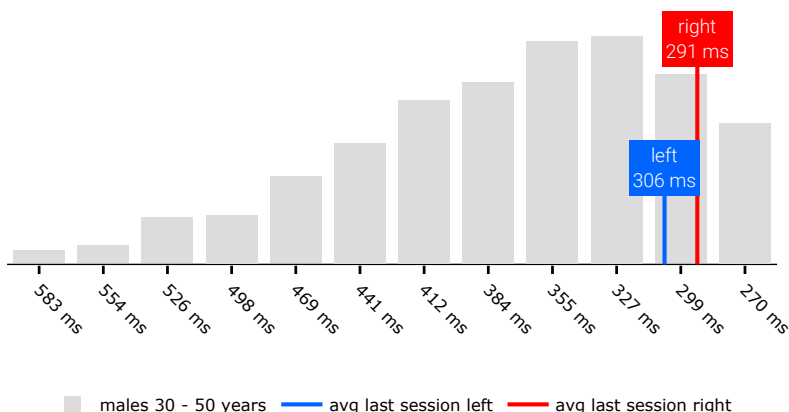
In your age and fitness category you are better than

**75%** **83%**

of all males left of all males right

L/R asymmetry: **excellent** (4.7%)

The reaction time indicates how quickly you can respond to a visual signal when it appears. It is the time interval between when the stimulus is presented, and when you complete your task. The visual choice reaction time is a type of reaction time that is very important to drivers, pilots and security guards. Lower is better!



### Peak Power good

Data Source: Test Reactive Power

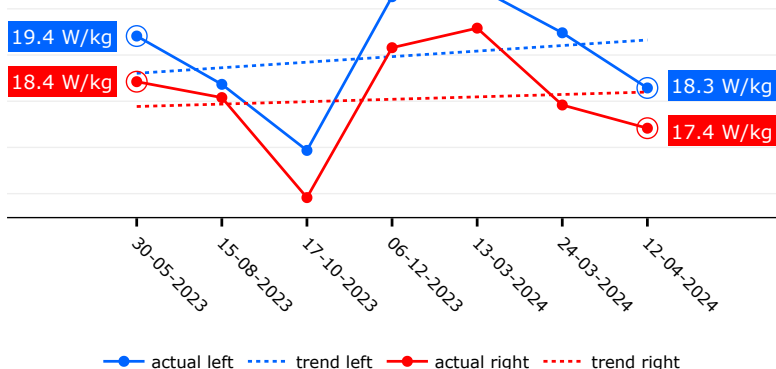
Trend in 318-day period:

**+3.9%** **+1.7%**

left right

L/R asymmetry: **excellent** (4.8%)

Your power is an indicator of your vitality and peak performance. It is also a strong predictor of functional limitations, and declines from an earlier age and at a faster rate than muscle mass and strength. Power can be trained and increased at any age. Peak muscle power is the product of muscular force and velocity of movement.



### Critical Power good

Data Source: Test Critical Power

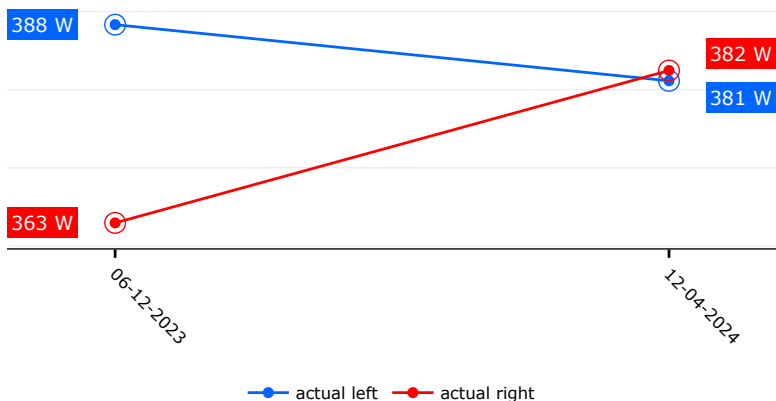
Trend in 128-day period:

**-1.9%** **+5.4%**

left right

L/R asymmetry: **exceptional** (0.3%)

Your critical power (CP) is the power that you can maintain for more than 30 minutes without fatigue. CP is an indicator of your aerobic fitness and can be used to set training loads and training zones. It is a predictor of functional limitations and declines from an earlier age and at a faster rate than muscle mass and strength. It is measured in W.



### Peak Power good

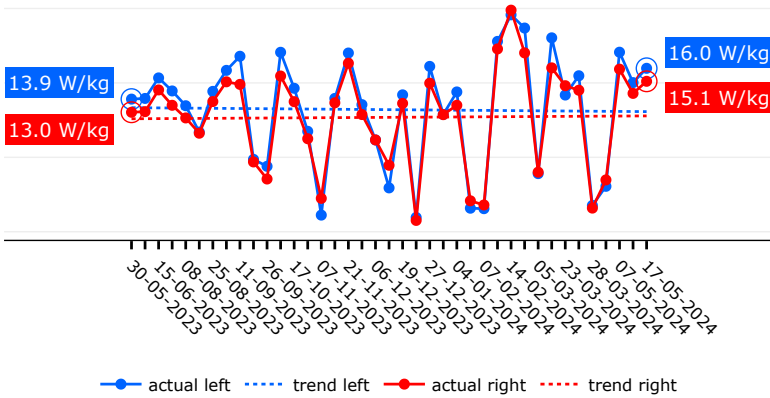
Data Source: Test Real Power

Trend in 353-day period:

**-2.0%**      **+1.5%**  
left              right

L/R asymmetry: **very good** (5.5%)

Your power is an indicator of your vitality and peak performance. It is also a strong predictor of functional limitations, and declines from an earlier age and at a faster rate than muscle mass and strength. Power can be trained and increased at any age. Peak muscle power is the product of muscular force and velocity of movement.



### Rate of Power good

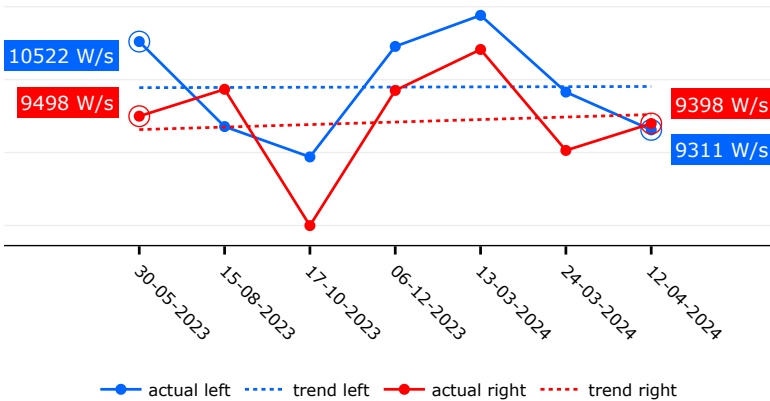
Data Source: Test Reactive Power

Trend in 318-day period:

**+0.2%**      **+2.2%**  
left              right

L/R asymmetry: **exceptional** (0.9%)

The rate of power development (RPD) is a measure of your explosive power. It is defined as the rate at which the contractile elements in your muscles can generate power. Higher values of RPD are directly linked to a better jumping, running, sprinting, cycling and even golfing performance.



### Plyometric Reaction Time average

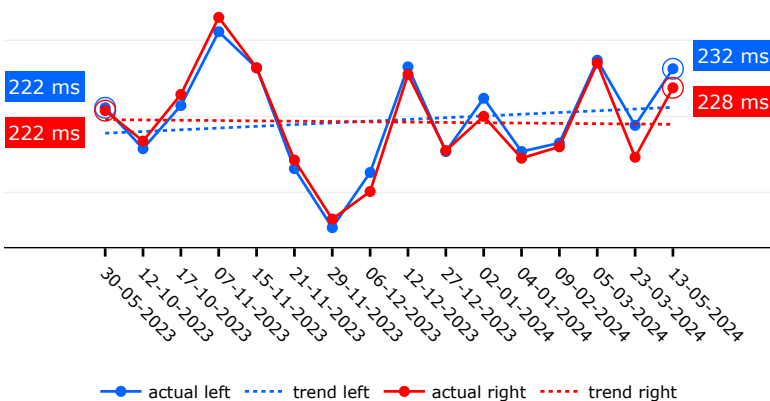
Data Source: Test Negative Power

Trend in 349-day period:

**-3.2%**      **+0.6%**  
left              right

L/R asymmetry: **excellent** (2.2%)

The reaction time is a measure of how quickly you can respond to a sensory stimulus. It is the time interval between when the stimulus is presented, and when you complete the movement or your task. Lower is better!



### Rate of Power average

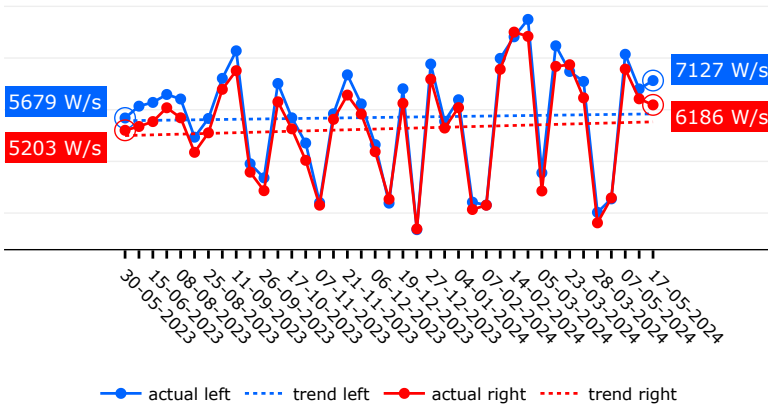
Data Source: Test Real Power

Trend in 353-day period:

**+4.7%** **+10.6%**  
left right

L/R asymmetry: **good** (13.2%)

The rate of power development (RPD) is a measure of your explosive power. It is defined as the rate at which the contractile elements in your muscles can generate power. Higher values of RPD are directly linked to a better jumping, running, sprinting, cycling and even golfing performance.



### 1-RM Force average

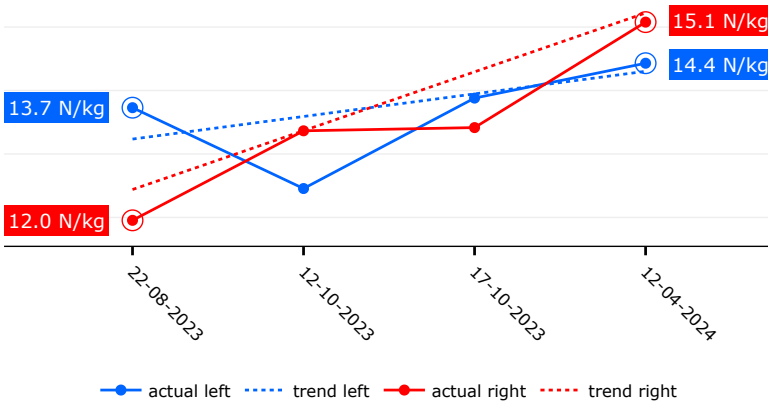
Data Source: Test Force Power

Trend in 234-day period:

**+8.1%** **+22.4%**  
left right

L/R asymmetry: **excellent** (4.3%)

The One Repetition Maximum (1-RM) is the maximum amount of force developed in one controlled repetition. The 1-RM can be used as an upper limit to set the load for an exercise as a function of the exercise goal (as a percentage of the 1-RM).



### Plyometric Power Index average

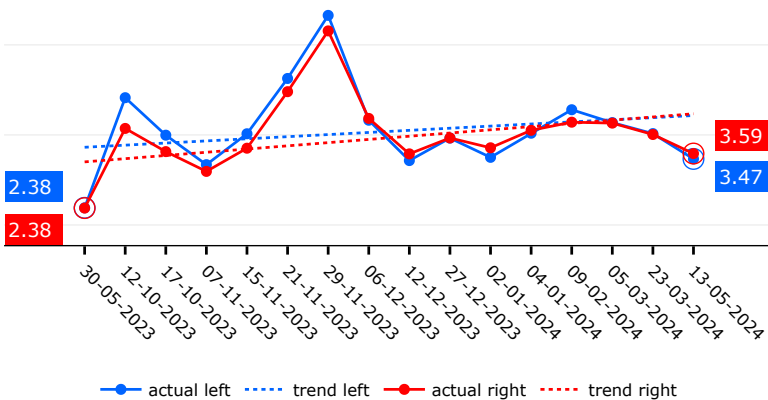
Data Source: Test Negative Power

Trend in 349-day period:

**+18.9%** **+31.4%**  
left right

L/R asymmetry: **excellent** (3.3%)

The plyometric power index (PPI) is the ratio of the peak positive (concentric) power and the peak negative (eccentric) power. It is a measure of reactive jump capacity and displays how a person copes with and performs plyometric activities.



### Reaction Time average

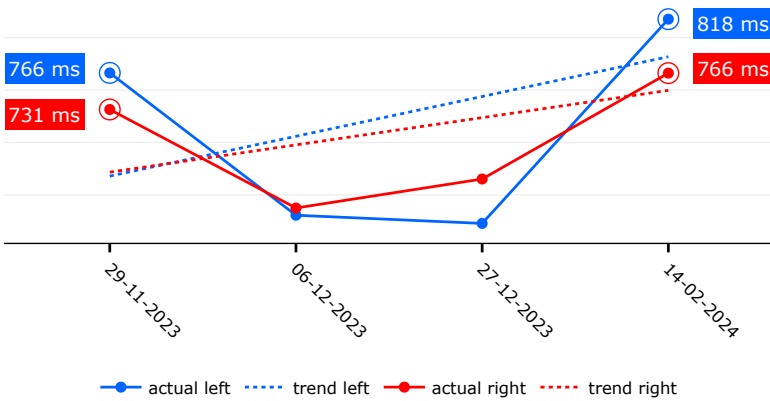
Data Source: Ballvin Size Matters

Trend in 77-day period:

**-17.1%**      **-11.6%**  
left                  right

L/R asymmetry: **very good** (6.3%)

The reaction time indicates how quickly you can respond to a visual signal when it appears. It is the time interval between when the stimulus is presented, and when you complete your task. The visual choice reaction time is a type of reaction time that is very important to drivers, pilots and security guards. Lower is better!



### Peak Speed average

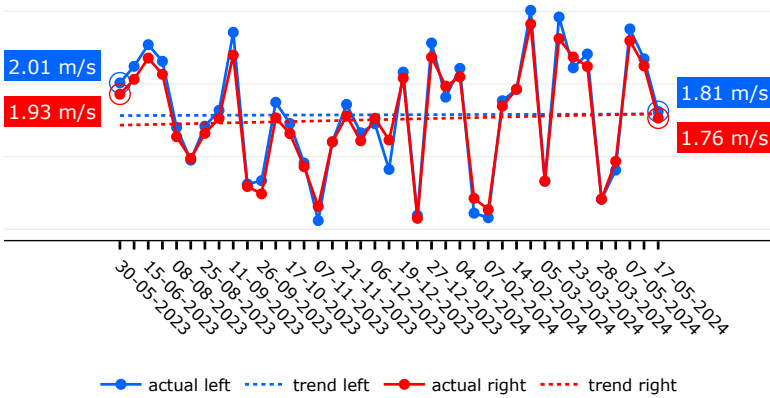
Data Source: Test Real Power

Trend in 353-day period:

**+0.6%**      **+4.6%**  
left                  right

L/R asymmetry: **excellent** (2.5%)

Speed is a measure of how quickly you can move your legs. Peak speed on the ddrobotec correlates positively with your walking speed. It is a reliable measure for assessing and monitoring your functional status and overall health. It is measured in meters per second.



### Joint Position Sense average

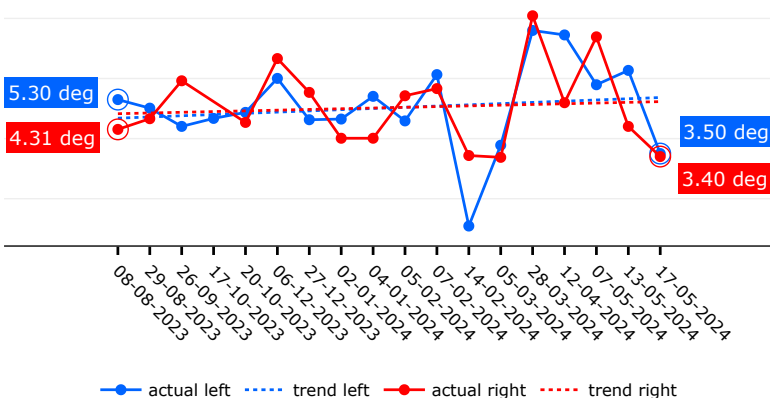
Data Source: Test Joint Position Sense

Trend in 283-day period:

**-14.7%**      **-8.3%**  
left                  right

L/R asymmetry: **excellent** (2.9%)

Knee joint proprioception is essential for neuromotor control. The joint position sense refers to your ability to reproduce a given target knee angle in absence of visual feedback. It is measured as the deviation from the previous perceived target knee angle. Lower is better!



### 1-RM Force fair

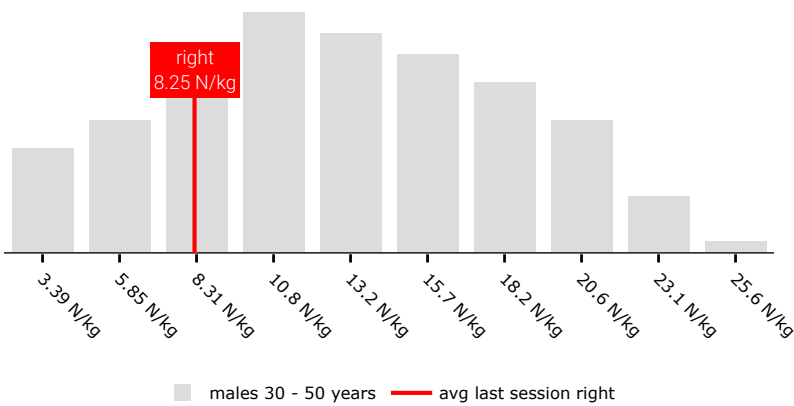
Data Source: Test Unilateral One Rep Max

In your age and fitness category you are better than

- **30%**  
- of all males right

Your asymmetry cannot be calculated.

The One Repetition Maximum (1-RM) is the maximum amount of force developed in one controlled repetition. The 1-RM can be used as an upper limit to set the load for an exercise as a function of the exercise goal (as a percentage of the 1-RM).



### Anaerobic Work Capacity fair

Data Source: Test Critical Power

Trend in 128-day period:

**+60.6%**      **-99.4%**  
left              right

L/R asymmetry: -- (99.8%)

Your anaerobic work capacity (AWC) can best be seen as the size of your anaerobic energy tank. The larger this tank, the more power you can release above your critical power. When the AWC tank is empty, you are no longer able to ride or run above your threshold point and you need to recover. It is measured in J.

