

# AIS Physiology Set Profile Report

Name : John Example  
 Gym: AIS-Strength & Conditioning  
 Body Mass: 85.0  
 Report Date: August 18th, 2005  
 Report generated by: Example Reports  
 Results: July 21st, 2003



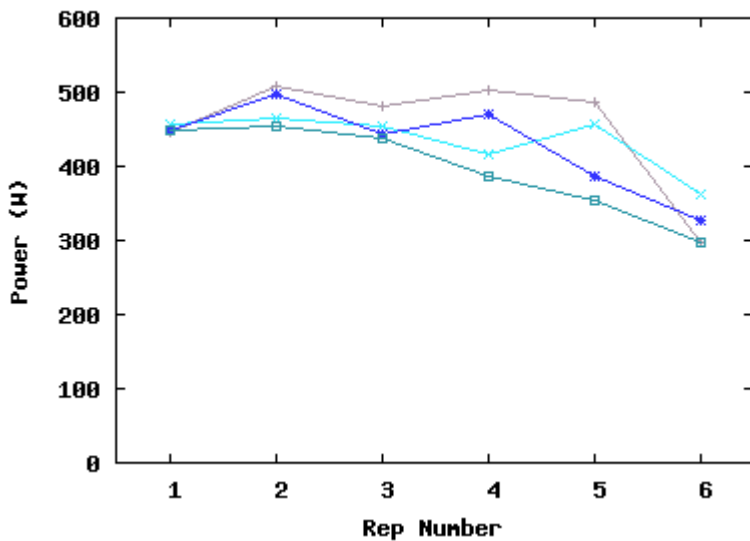
AUSTRALIAN  
INSTITUTE OF SPORT

- Bench Press. (60.0kg) at 9:20
- Bench Press. (65.0kg) at 9:22
- Bench Press. (67.5kg) at 9:24
- Bench Press. (67.5kg) at 9:26

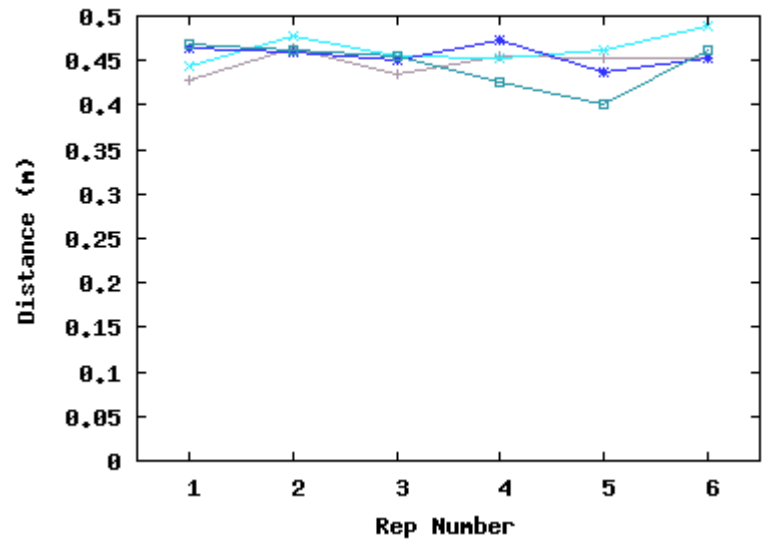
## Why is this report important?

This report displays an athlete's performance during each set. It shows how different variables, such as power and distance change from the start to the finish of a set. They enable you to gauge lifting consistency, and can be useful for monitoring fatigue from within the set and for monitoring fatigue between sets. It can be used to show the effect of changing lift weight, determine optimum workloads for athletes as well as left limb and right limb comparisons.

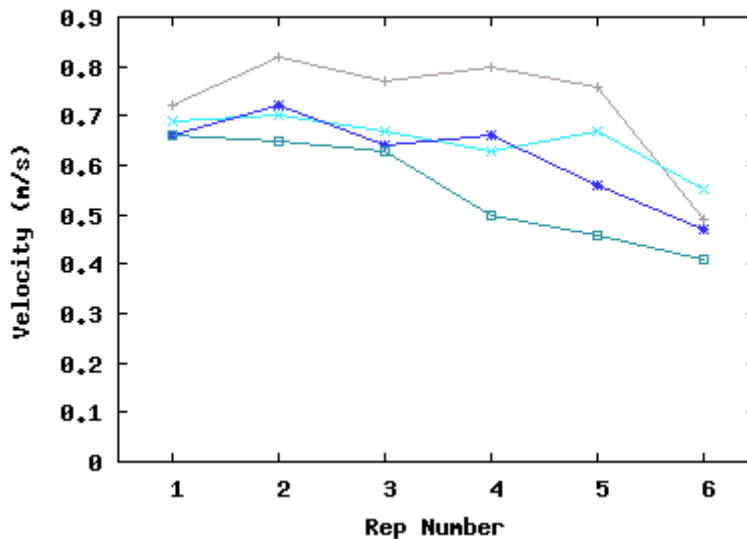
Peak Power measured in Watts.



Distance measured in metres.



Peak Velocity measured in m/s.



Concentric Duration measured in seconds.

