

LEADERBOARD



RATIONALE

Leaderboard is the latest GymAware feature designed to motivate your squad of athletes while training in the weight room. As each athlete completes their set, the data collected is streamed live to the GymAware online account which is then displayed on a large, wall mounted TV monitor.

The leaderboard ranks the athletes based on performance variables of power, velocity, and displacement (height).

The result is a competitive weight room where athletes develop a winning mentality and train to their maximum potential.

SETUP

From your GymAware Online account select 'Launch' under Leaderboard located on the left hand side of the dashboard screen. From your iOS device, under the 'Config' menu select 'Leaderboard Results'. Please note Leaderboard is not available with GymAware Lite.

From the Leaderboard view you can select different squads and performance variables you wish to rank. You are also able to choose the ranked data from the last 6 hours up to a maximum of 4 weeks. This can be useful if you want to rank different athletes who trained in different sessions.

We recommend displaying the Leaderboard on a large TV or monitor fixed in a prominent position on the gym wall. The display can be achieved via your iOS device connected to Apple TV OR by simply connecting your laptop via a VGA cable. Both methods duplicate the Leaderboard display allowing clear feedback to your squad. Ensure you have your iOS device set to 'Auto Sync Sets' to server. Select this option under 'Config' > 'Settings'. Once the session is underway and an internet connection is present, data is automatically Sync'd to the server and the LEADERBOARD updates every 20s.

BENEFITS TO THE ATHLETES

The LEADERBOARD provides the motive for all athletes and sports persons to test themselves against their peers, achieving objective lifting parameters and meeting individual and squad goals.

A motivated squad, performs more work as a group whilst boosting team camaraderie and togetherness. Immediate feedback from an objective, visual source has been shown to support increases in peak performance by boosting motivation.



BENEFITS TO THE COACH

The Leaderboard feature is best utilised with a minimum of 4 GymAware units across multiple lifting platforms. Training the entire squad simultaneously creates a competitive environment and encourages peak performance through instant visual feedback.

This saves the coach time preventing the need to complete repeated sessions with a fragmented squad. All athletes train together which builds team spirit and breeds a winning mentality.

REFERENCES

Effect of instantaneous performance feedback during 6 weeks of velocity-based resistance training on sport-specific performance tests.

Randell AD1, Cronin JB, Keogh JW, Gill ND, Pedersen MC.