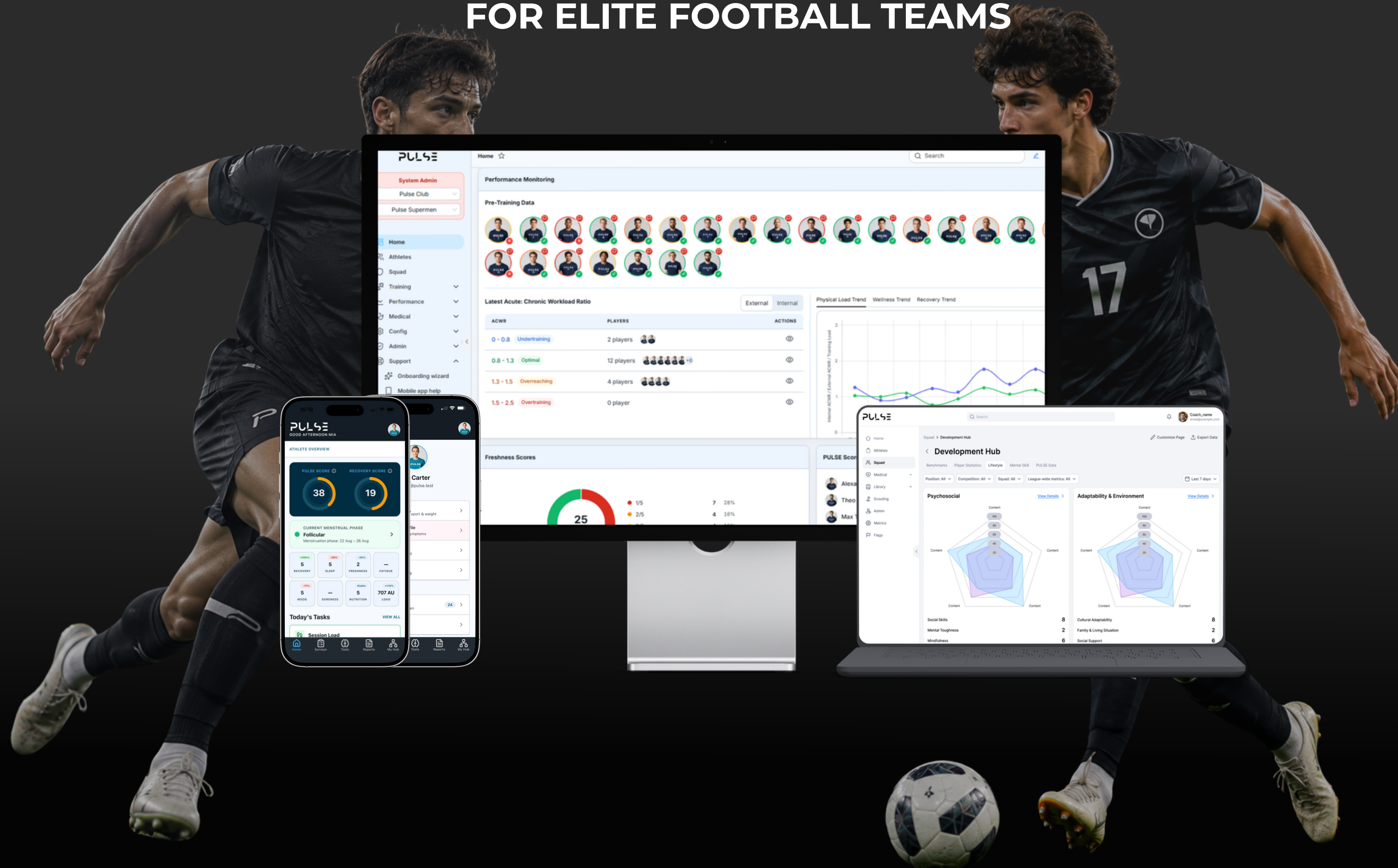


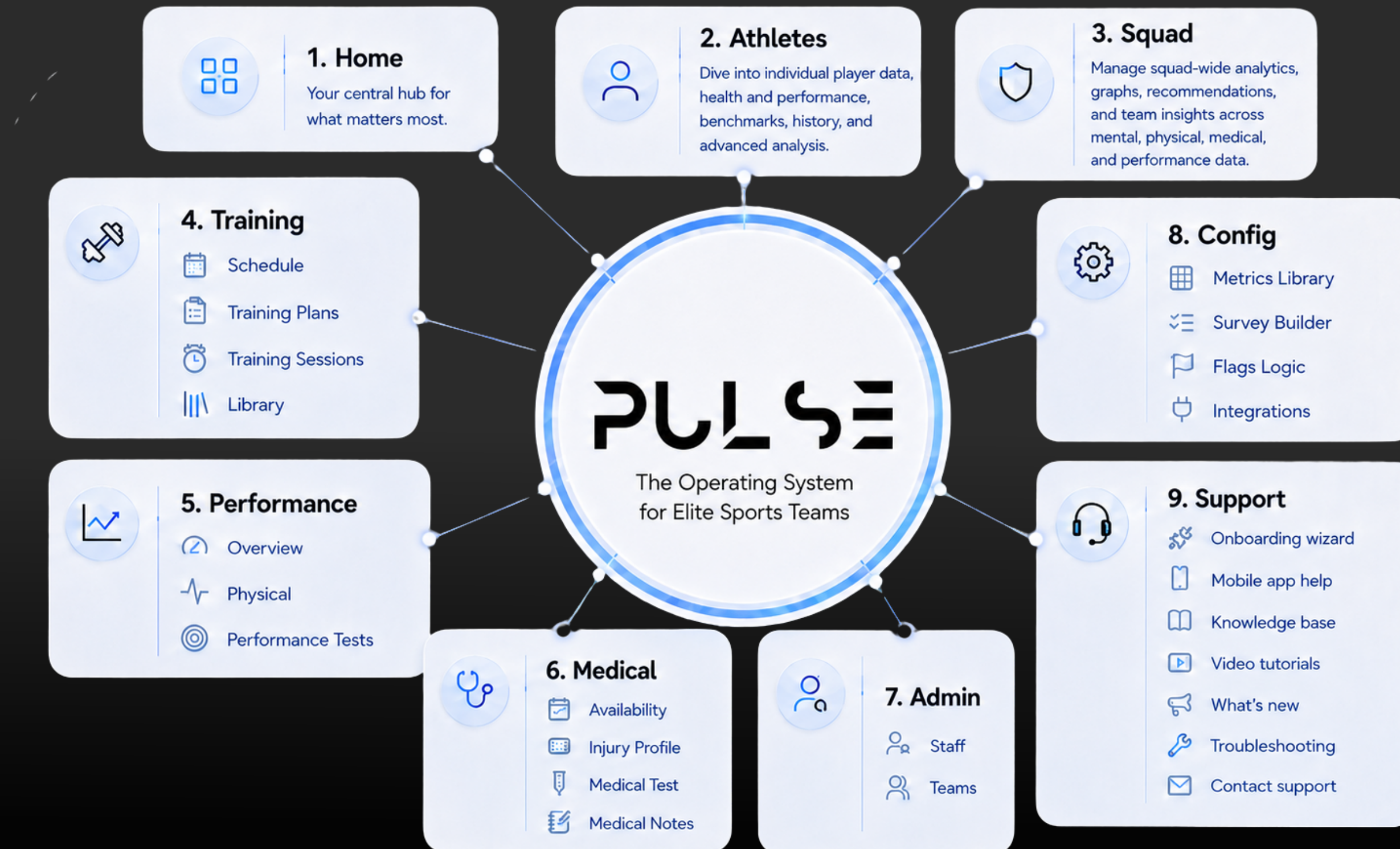
PULSE

THE OPERATING SYSTEM FOR ELITE FOOTBALL TEAMS



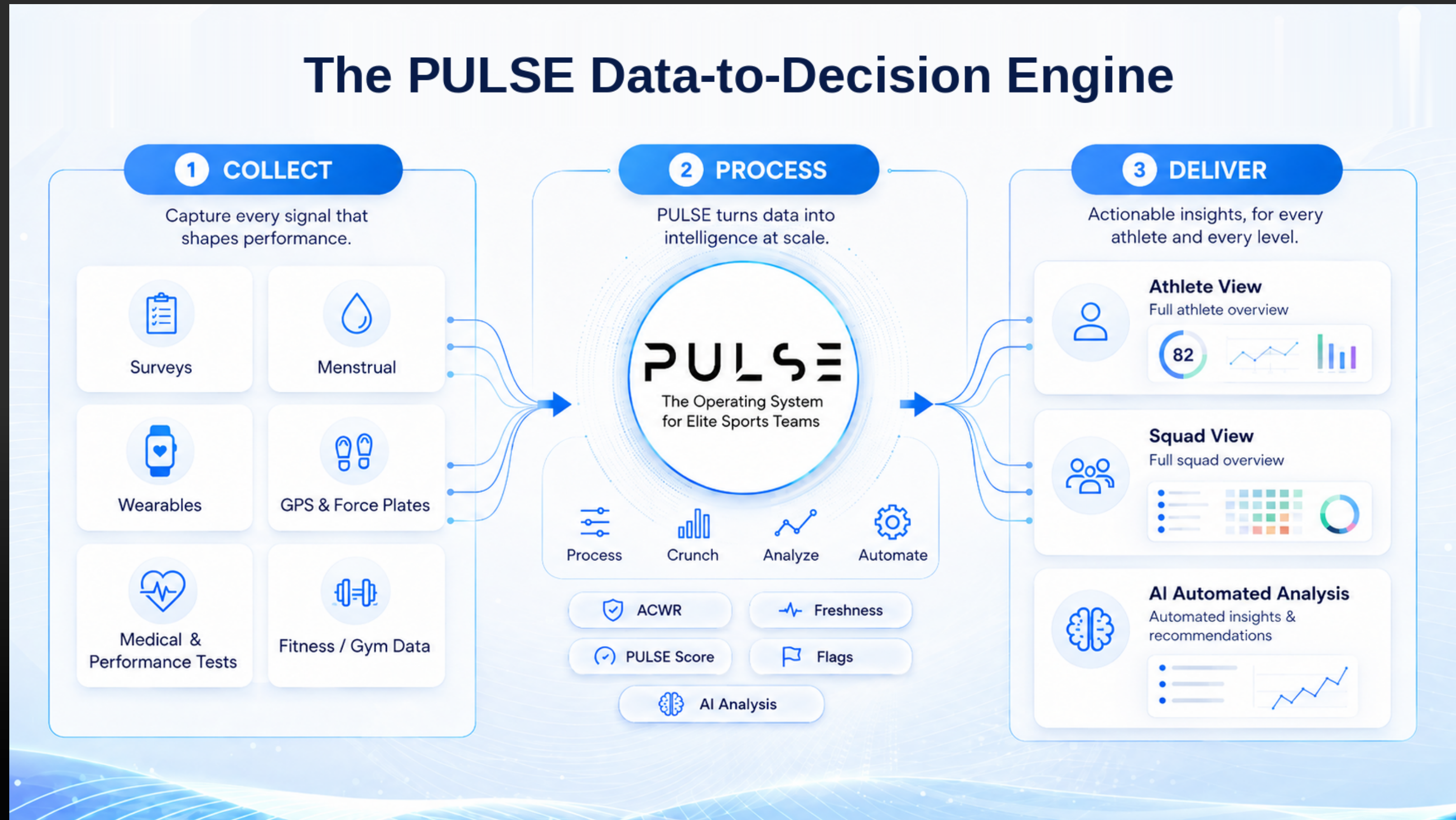
SYSTEM OVERVIEW

One operating system connecting athlete monitoring, analysis, workflows and decision-making.



SYSTEM FLOW

The PULSE Data-to-Decision Engine: moving from raw athlete and training data to actionable insights.



SYSTEM FEATURES

A summary of the feature depth of our operating system.

Capability	Key functionalities
Athlete Readiness & Wellbeing	Daily wellness monitoring • Mood, stress, sleep, nutrition, fatigue & soreness • Pulse Score • Recovery Score • Freshness / readiness • Personal baselines & trends
Training Load & Performance	RPE & internal load • GPS / external load • Combined load • ACWR • Session history • Workload trends • Targets, benchmarks & multi-metric comparisons
Squad & Individual Analytics	Full squad overview • Individual athlete profiles • Custom dashboards & widgets • Historical analysis • Configurable graphs • Athlete vs squad benchmarks • Performance trends
Medical, Injury & Availability	Injury records • Medical warnings • Athlete availability • Clinical notes • Medical testing • Injury history • Return-to-Play stages & progress • Medical restrictions
Performance Testing	Physical & performance test batteries • Longitudinal results • Athlete and squad benchmarks • Progress tracking • Test history • Integration with testing technologies
Female Athlete Monitoring	Menstrual-cycle tracking • Symptoms & flow • Cycle-phase prediction • Phase distribution across the squad • Historical cycle insights • Phase-aware training, recovery & wellbeing guidance
Training Builder, Planning & Management	Exercise & drill libraries • Session templates • Training plans • Session scheduling • Parallel training groups • Player/staff assignment • Medical adaptations • Session editing & history
Calendar & Team Operations	Squad & personal calendars • Training, match & meeting schedules • Attendance • Athlete appointments • Staff availability • RSVP & reminders • Post-session workflows
Athlete App & Self-Development	Daily & post-session check-ins • Personal reports • Performance Profile • Goals & reflection • Mental Skills Training • Recovery routines • Personal notes • Individual progress insights
Surveys & Data Collection	Custom survey builder • Multiple question formats • Athlete/squad assignment • Scheduled surveys • Reminders • Branching logic • Daily, session and specialised questionnaires
Communication & Collaboration	Staff–athlete messaging • Group communication • Shared & private notes • Sticky notes • Alerts & notifications • Cross-department information sharing
AI Decision Support	Physical & mental analysis • Injury-risk intelligence • Automated athlete overviews • Automated Flags • Evidence-based recommendations • Squad Morning Brief • Training/load guidance
Integrations & Data Connectivity	GPS systems • Wearables • Apple Health / Health Connect • VALD • Fitness/GYM & testing data • Unified metric history
Security, Roles & Club Configuration	Role-based permissions • Medical/privacy controls • Multi-team athletes • Multi-squad management

... and much more.

IMPLEMENTATION PLAN

ALL IN ONE: GPS, RPE, EXCEL, COMMS

+30%
WORKLOAD EFFICIENCY/WEEK

MANUAL → AUTO ANALYSIS / DATA GATHERING

+4Hrs
SAVED PER DAY

PLAYER MANAGEMENT

PLAYER FLAGGING / WARNING: TOP 5 HIGH-RISK PLAYERS PER WEEK
FRESHNESS: WEEKLY INSIGHTS ON IDEAL LINE-UP

BETTER COMMUNICATION

CONNECTING DEPARTMENTS TOGETHER
STAFF-TO-PLAYERS COMMUNICATION

TRAINING OPTIMISATION

INDIVIDUALISE TRAINING
FASTER TRAINING SET-UP

PLAYER SKILL DEVELOPMENT

FASTER WEAK POINTS DETECTION
IMPROVE TRAINING TO DEVELOP GAPS
PREPARE PLAYERS FROM YOUTH TO 1ST TEAM

INJURY PREVENTION

-92%
INJURY PREVENTION ➤ *3 PLAYERS OUT FOR 1 MONTH = 30K LOSS*

PERFORMANCE INCREASE

+12%
PERFORMANCE IMPROVEMENT

MENTAL HEALTH ISSUES PREVENTION

3
DEPRESSION SYMPTOM DETECTION

1-3 MONTHS
SHORT TERM

3-6 MONTHS
MID TERM

6+ MONTHS
LONG TERM

PULSE

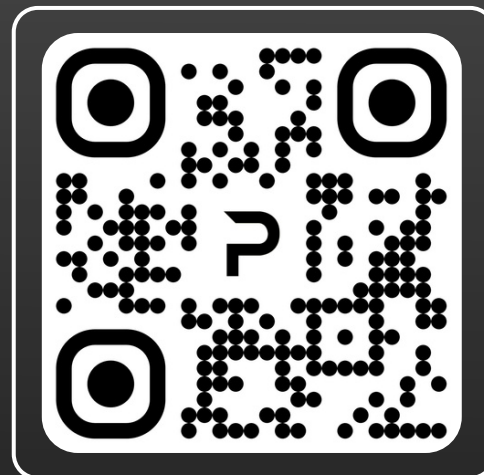
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