

PULSE

THE OPERATING SYSTEM FOR FEMALE PERFORMANCE



BUILT FOR FEMALE. NOT ADAPTED FROM MEN.

A female-specific operating system combining cycle intelligence, wellbeing, medical and performance insights.

Traditional athlete monitoring system

Designed primarily around male performance models.

TYPICALLY TRACK

- ✓ GPS & external load
- ✓ Training volume
- ✓ Physical testing
- ✓ Heart rate & HRV
- ✓ Injury & availability

WHAT'S MISSING FOR WOMEN

- ✗ No menstrual-cycle intelligence
- ✗ Limited female-specific context
- ✗ Symptoms disconnected from performance
- ✗ Generic thresholds (male-based)
- ✗ Lack of holistic view (mental, physical & hormonal)



Most athlete monitoring systems were built around physical performance data and later adapted for women's teams.

The female athlete reality

Performance is influenced by more than physical load.



Menstrual cycle
Phases, symptoms, flow



Sleep & recovery
Sleep quality, fatigue



Mental wellbeing
Mood, stress, motivation



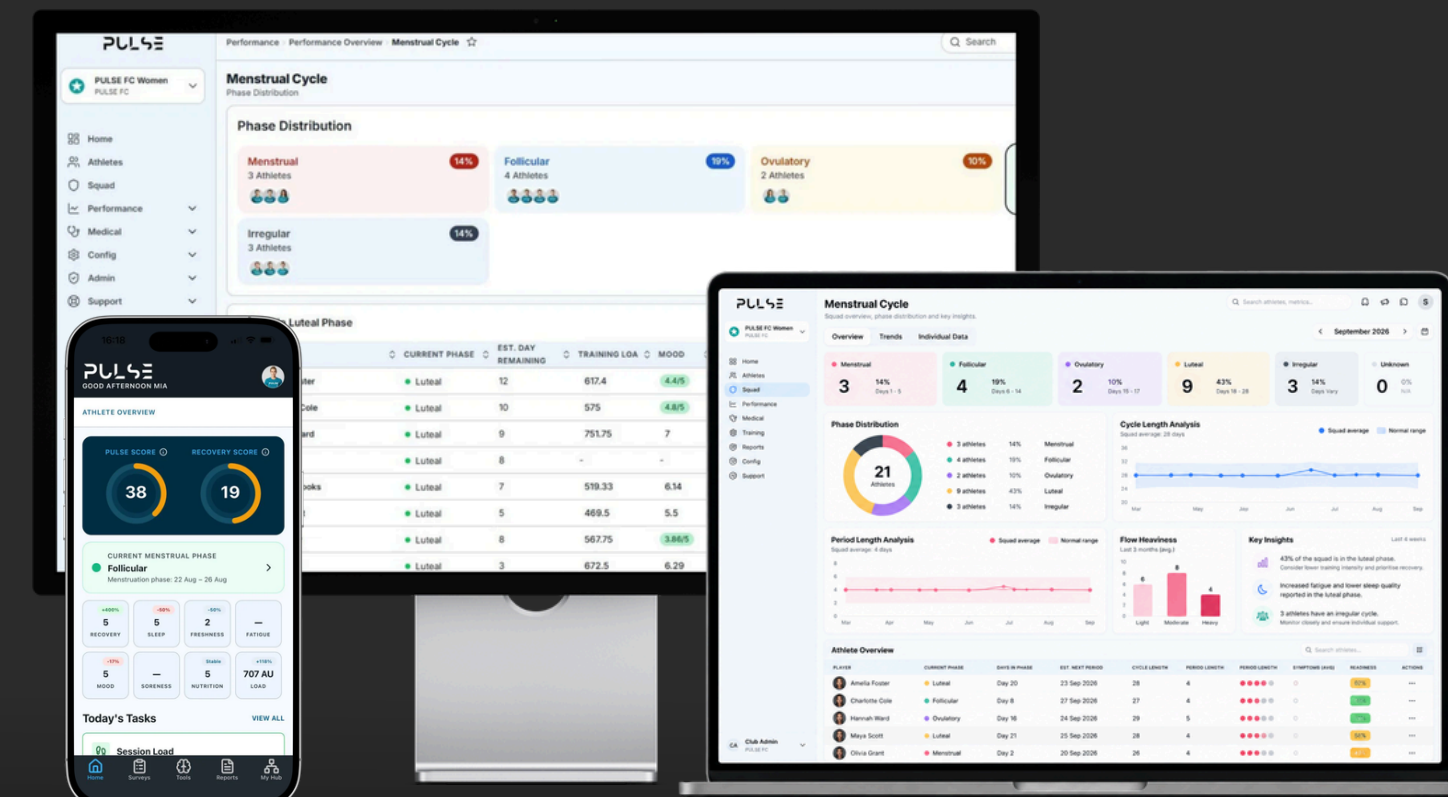
Training response
How the body adapts



Medical status
Injuries, illness, restrictions

These factors are interconnected and vary across each athlete.

PULSE FEMALE ATHLETE INTELLIGENCE



- ✓ Automatic cycle phase detection
- ✓ Relationship between cycle, wellbeing and performance
- ✓ Menstrual symptoms & flow tracking
- ✓ Squad-level menstrual insights
- ✓ Phase-aware training and recovery insights
- ✓ Individual athlete recommendations



CYCLE INTELLIGENCE

Understand each athlete's biological context and its impact on performance.



INTEGRATED MONITORING

Connect cycle, wellbeing, medical and performance data in one platform.

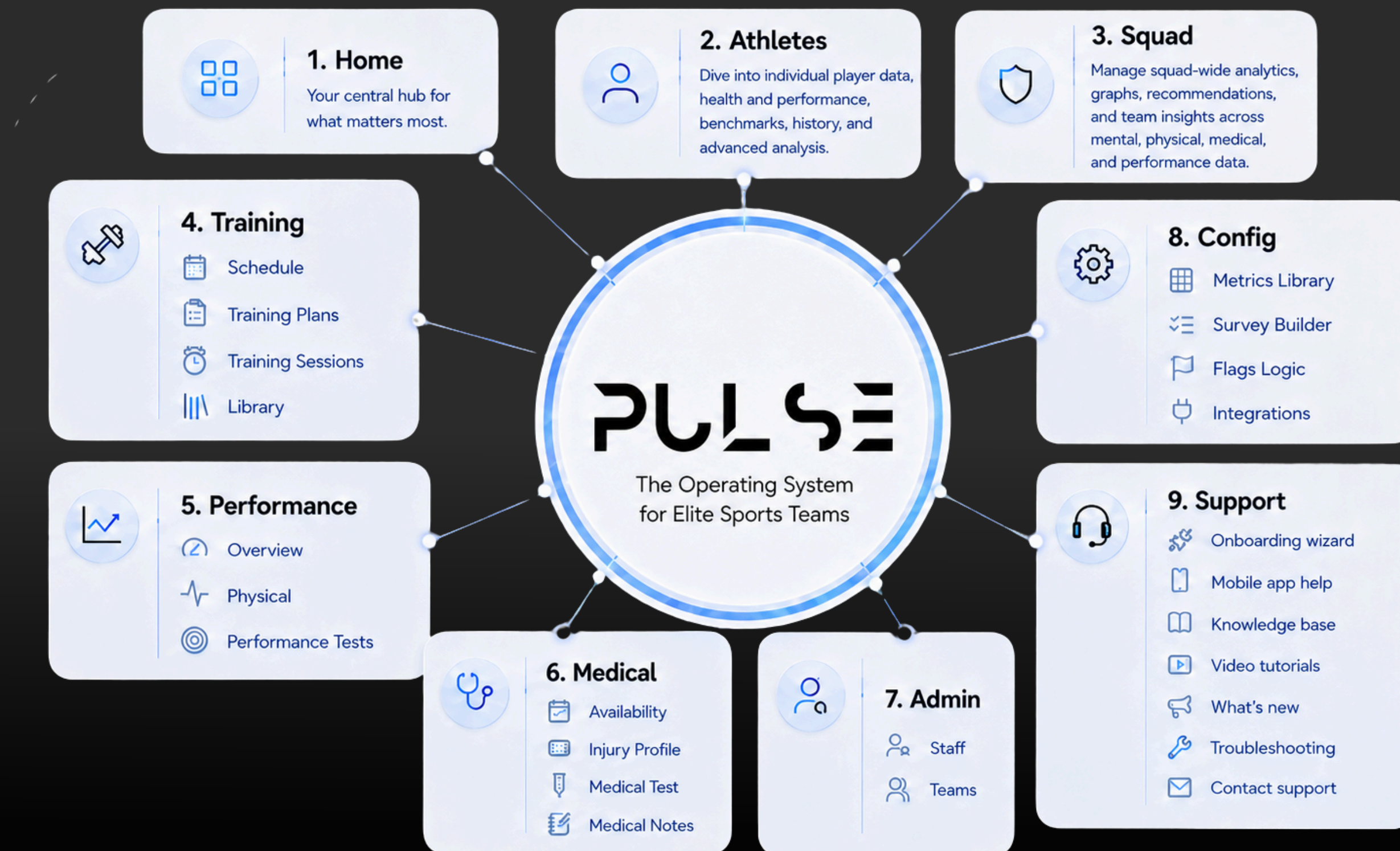


ACTIONABLE DECISIONS

Turn complex data into clear recommendations for training, recovery and player care.

SYSTEM OVERVIEW

One Female Operating System connecting athlete monitoring, analysis, workflows and decision-making.



SYSTEM FEATURES

A summary of all features 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.

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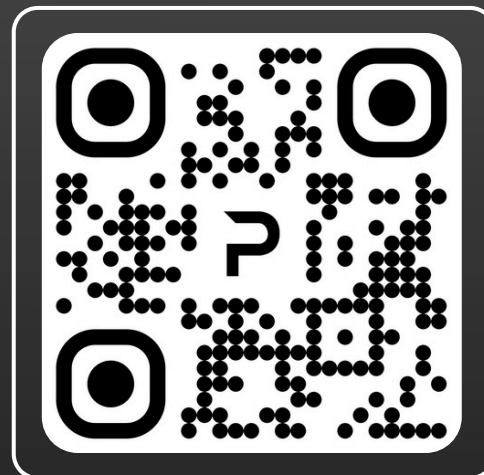
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