FOR HUMAN PERFORMANCE

DEMO REPORT 2025

DECEMBER 2025

WORKLOAD MONITORING
MYOSKELETAL ANALYSIS

POWERED BY

artemYs

CONTENTS

TERMS & CONDITIONS

PURPOSE

This report has been prepared by EVO Human Performance, following an on-demand request and focuses exclusively on the performance and physical condition of the team players. The analysis is based on data collected from specific match dates and monitoring periods, as requested by the club's technical staff

This document serves as a complementary evaluation to the data routinely available through the artemYs platform, offering additional insight into the player's physical profile and performance over the observed period.

artemYs

artemYs is a BioEngineering Tool, powered by Artificial Intelligence that monitors the lower limb myoskeletal system, while providing personalized athlete performance monitoring.

RESULTS

RESULTS

The artemYs incorporated modules are those of:

Acute-to-Chronic Workload Ratio (ACWR)

A new approach for this well-studied ratio was developed and adopted. The workload is precisely calculated via exerted forces (linear and angular acceleration) and demarcated to personalized zones, while an optimized mathematical equation is used.

[Detect any out-of-limits measurement, or else: ACWR < 0.8 or ACWR > 1.3-1.5]

Zone 6 Percentage

Leveraging the personalized zones, the workload percentage in the upper zone 6 is calculated, giving extra meaningful insights.

Muscle Capacity Ratio

After predicting the Ground Reaction Forces (GRF) via AI, EVO4HP's proprietary algorithms calculate the muscle capacity of each player - a first-ever method to the market.

[Detect any out-of-limits measurement, or else: capacity > 100]

Additional Charts

Besides the above components, at the end of this report, a series of additional charts are provided which reflect team-wise and position-wise insights, in favor of the performance staff.

TYPICAL CASE EXPLAINED

SAMPLE PLAYER

The case of the Sample Player exemplifies how the artemYs system can effectively monitor both the workload and musculoskeletal health of athletes. Initially, we utilize the Acute: Chronic Workload Ratio (ACWR), derived from the total acceleration which aggregates the acceleration across all three axes.

The accompanying chart illustrates the progression of this metric over time, plotting ACWR values on the Y-axis against time on the X-axis. As outlined by Gabbett in his 2016 study, it is critical that the ACWR remains within predefined thresholds—specifically between a lower limit of 0.8 (indicated in yellow) and an upper limit of 1.3 (also in yellow). Importantly, it should never surpass the maximum threshold (marked in red). This visual representation aids in understanding how the metric fluctuates within these bounds, ensuring safe and optimal conditioning.

Acute-Chronic Workload Ratio, Sample Player

Chart 1

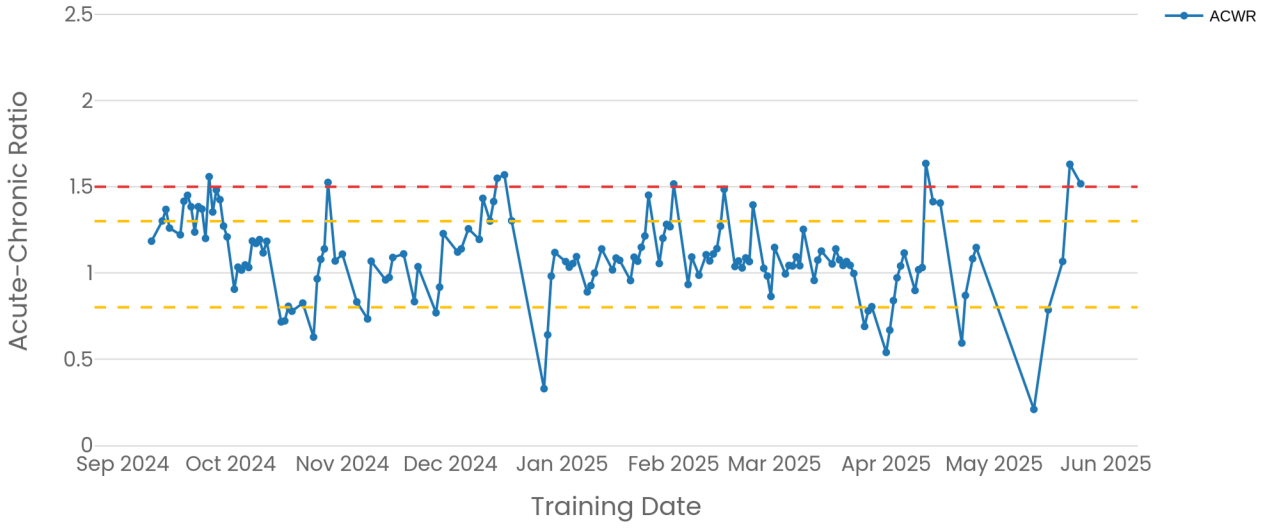


Chart 1 shows that the ACWR for Sample Player during the monitoring period averaged around 0.80, with fluctuations ranging from 0.50 to 1.50. This ratio indicates a generally balanced workload, with most values falling within the safe training zone (0.80 to 1.30). However, there were minimal instances where the ACWR dipped below 0.50, indicating rare periods of reduced training intensity and peaked at 1.60, highlighting a limited potential risk of overtraining.

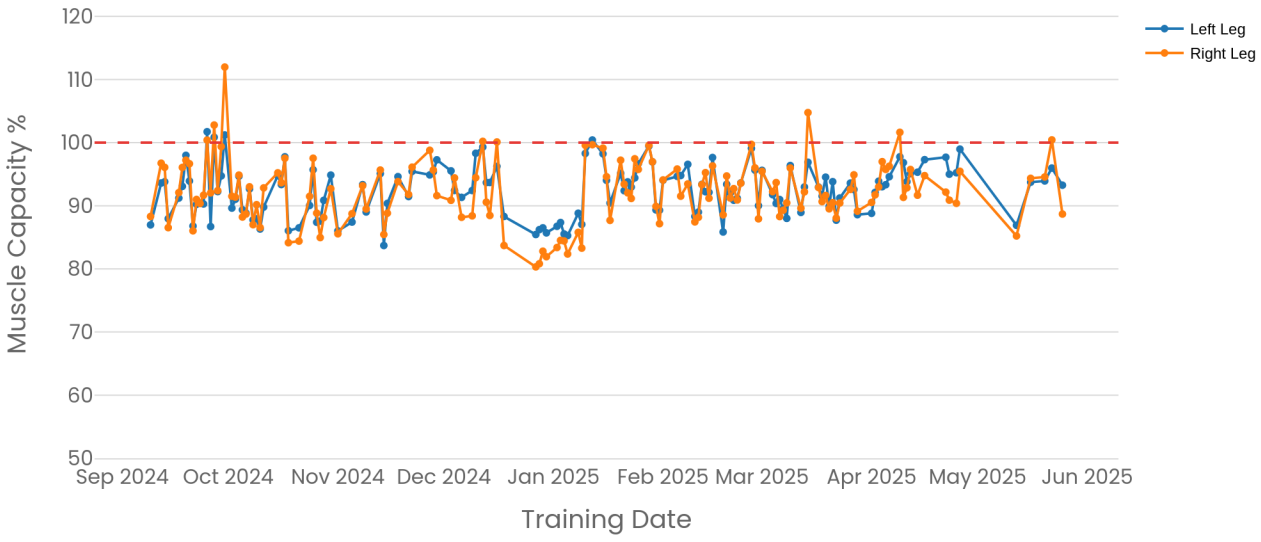
Chronic workload (CWL) reflects the long-term training load and is crucial for understanding the athlete's overall conditioning and readiness. Chart 2 shows a consistently high chronic workload, with only minimal fluctuations, reflecting a well-managed training program that balances intensity and recovery.

Chronic Workload, Sample Player

Chart 2

Muscle Capacity, Sample Player

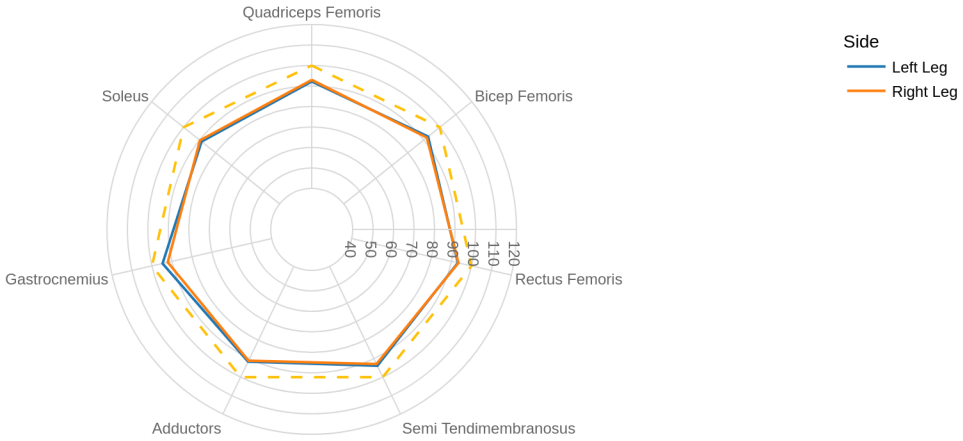
Chart 3



Finally, it is the myoskeletal component. This section monitors each leg's muscle unit and how far from its capacity it is stressed. Otherwise, each muscle unit is loaded due to the forces/momentums exerted during the training/game sessions and through this analysis artemYs shows whether it is overloaded and how much. Ideally, a muscle unit is safe not to surpass (frequently) the 100% capacity limit. For the case of Sample Player, Chart 3 depicts that the player shows stress loads that are mainly way under the upper limit. Nevertheless, there are specific dates when his muscles experience remarkable stress loads.

Muscle Capacity per Leg, Sample Player

Chart 4



An alternative depiction, like that of Chart 4, demonstrates all the monitored lower limb motor units' muscle capacity per leg for the period of evaluation. By highlighting with yellow color the 100% muscle capacity, we are capable to check if any motor unit surpasses that limit, thus it is excessively loaded. In this case, Sample Player seems to maintain his motor units inside the "safe" zone. This depiction is based on an average assessment, hence the excessive loads analyzed in Chart 3, are counteracted by the rest instances where the muscles are not adequately loaded.

The muscle capacity data suggests that Sample Player''s muscles are generally well-conditioned, with balanced capacity across both legs. The upward trends in the adductors and quadriceps femoris indicate positive adaptations to training. However, the downward trend in the rectus femoris warrants attention to prevent potential imbalances or injuries.

CONCLUSION

The analysis of Sample Player's workload and muscle condition highlights an overall well-managed training regimen. The Acute-Chronic Workload Ratio (ACWR) remained mostly within the safe range of 0.8 to 1.3, with occasional peaks approaching 1.5, suggesting brief periods of intensified load. Chronic workload peaked in mid-October, followed by a controlled decline and stabilization, ensuring adequate recovery. Muscle capacity analysis revealed mild asymmetries between the left and right legs, particularly in the Adductors and Gastrocnemius, which may indicate areas of potential imbalance or fatigue. Overall, the training load appears balanced, but careful monitoring is necessary to prevent long-term issues and optimize performance.

RECOMMENDATIONS

Monitor ACWR:

- Ensure ACWR remains within the optimal range (0.8 - 1.3)
- Address occasional spikes above 1.5 to reduce the risk of overload

Targeted Strengthening:

- Implement tailored strength and stability programs for weaker muscle groups

Maintain Consistent Chronic Workload:

- Gradually increase workload to avoid sharp peaks while ensuring long-term load stability
- Use planned deloading phases to allow for recovery and muscle adaptations

PLAYER SPECIFIC REPORTS

PLAYER SPECIFIC REPORTS

The next charts provide a similar assessment for the rest Team players, as far as their workload and myoskeletal state are concerned.

Football Player 1

Chart 1

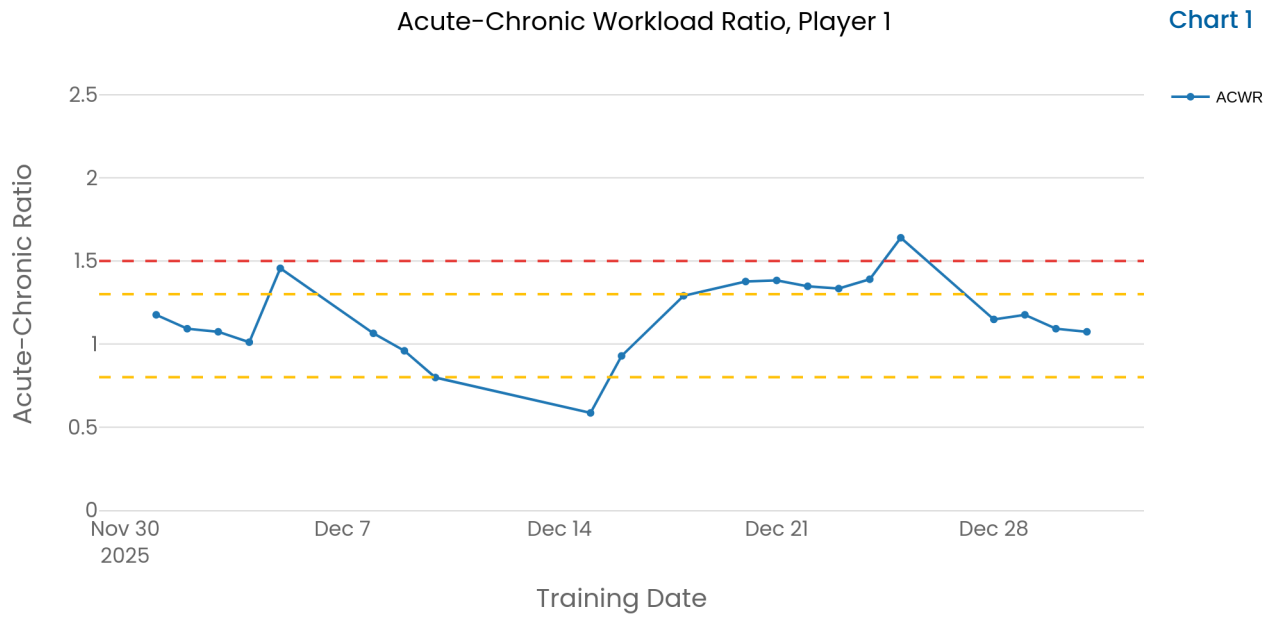
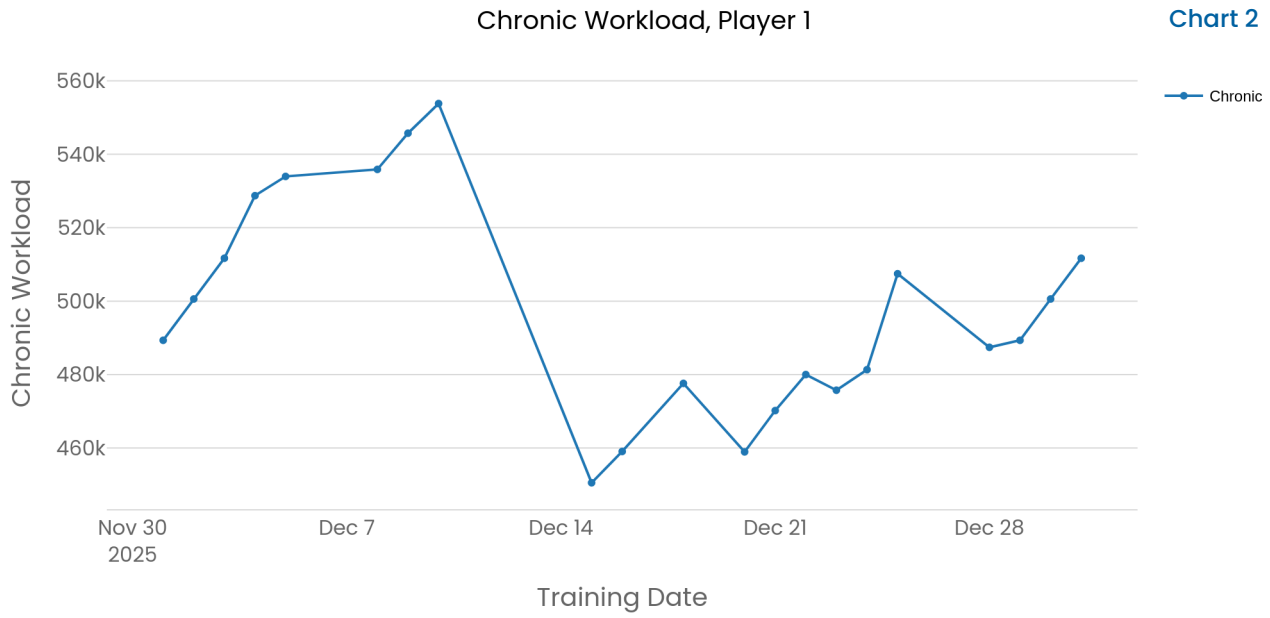


Chart 2



Player 1's ACWR graph shows fluctuations around the optimal performance range, peaking just above 1.5 before stabilizing. To maximize performance, the aim should be to maintain this ratio between 0.8 and 1.3 to ensure consistency and avoid spikes. Recent training adjustments appear effective, contributing to improved steady-state performance. For sustained success, continue monitoring and adapt training loads to keep the ratio within this optimal window, ensuring peak readiness and efficient recovery.

Player 1's chronic workload indicates a period of high training intensity in early December, followed by a decrease and subsequent recovery towards the end of the month. This pattern highlights the player's ability to handle varied workload levels, suggesting a strong training adaptation. To maximize performance, maintaining consistency in recovery practices will be crucial during intense phases. This will ensure peak performance while optimizing load management over time, supporting sustained high-level play throughout the season.

Chart 3

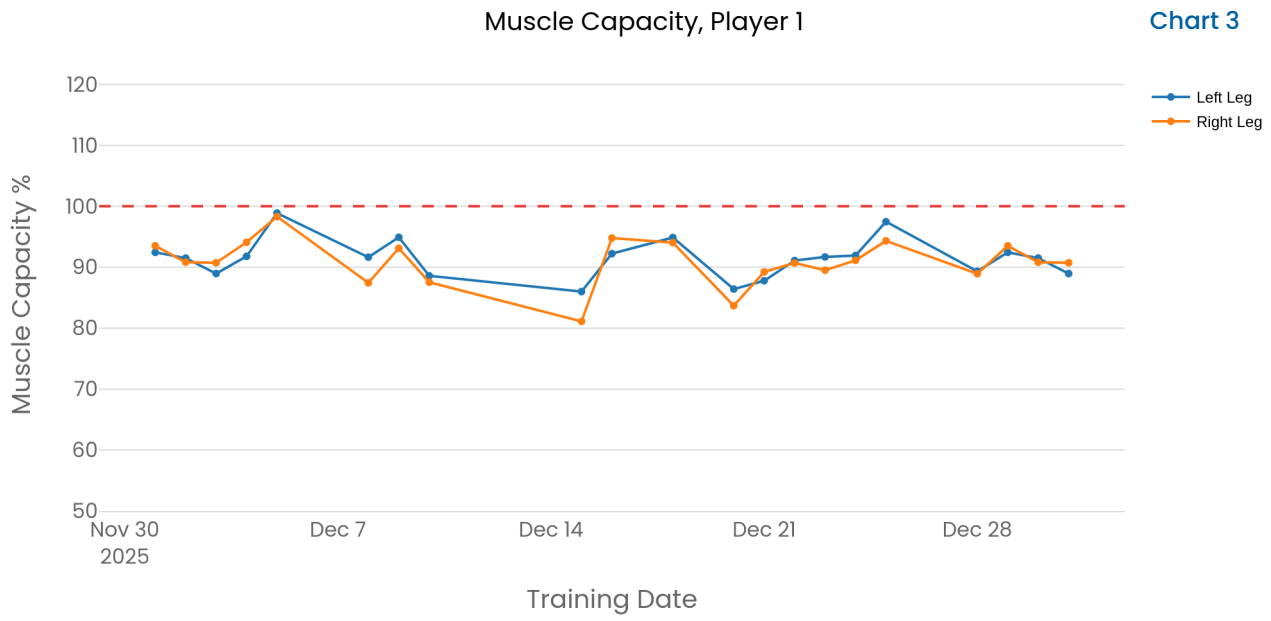
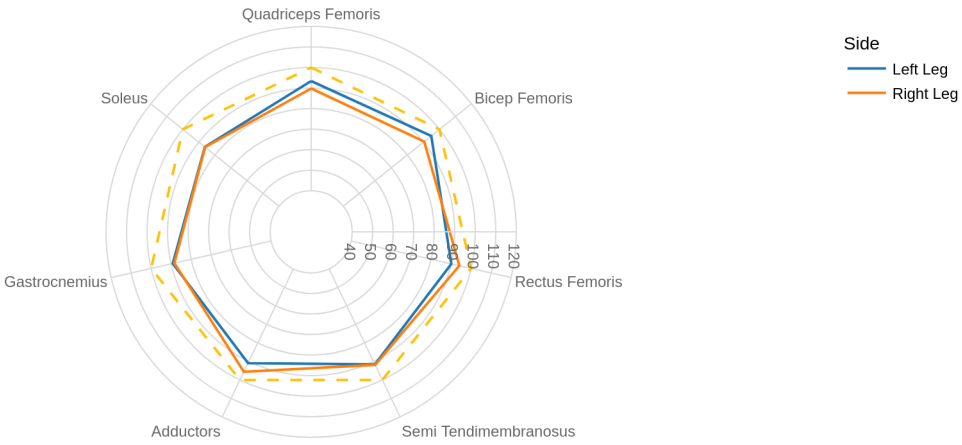


Chart 4



Player 1's muscle capacity demonstrates impressive consistency and symmetry between both legs, with values predominantly around 90-100%. The trends indicate balanced muscle development, crucial for effective performance. Occasional minor dips, noted below 90%, suggest areas for potential optimization. Emphasizing targeted strength training and recovery techniques can help sustain high capacity levels, ensuring peak performance. The balanced muscle performance across key muscle groups like quadriceps and hamstrings is noteworthy. Focusing on maintaining symmetry and enhancing these strengths will be beneficial for Player 1's overall athletic prowess.

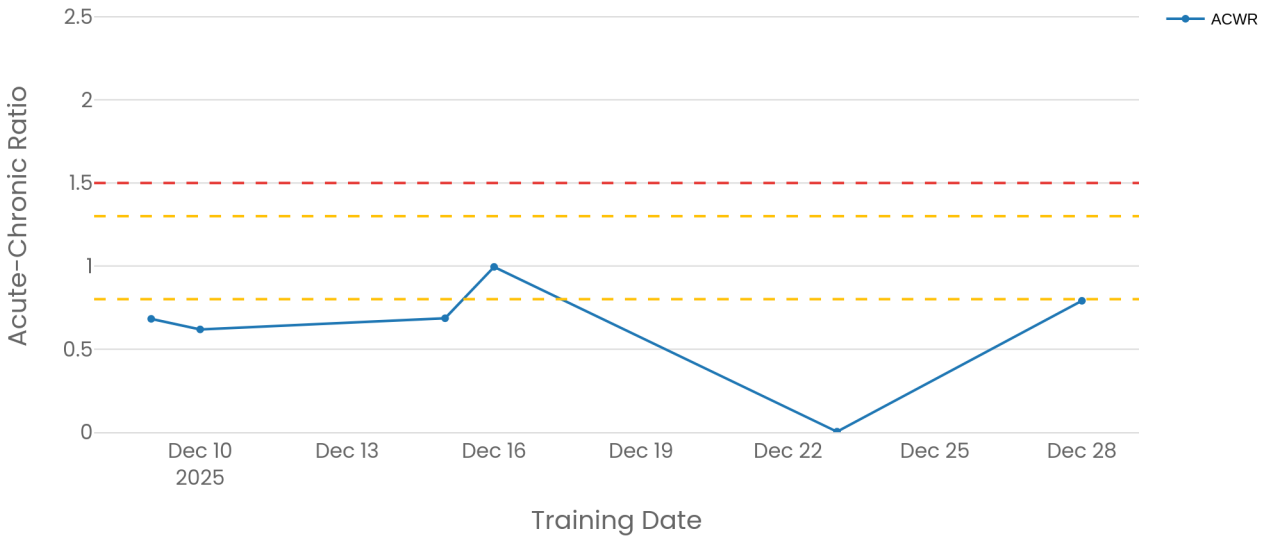
CONCLUSION

Player 1 has demonstrated considerable potential in maximizing performance through consistent adaptations to training regimens. By effectively managing the acute-to-chronic workload ratio (ACWR), there's an opportunity to achieve steady-state performance, aligning the ratio consistently between 0.8 and 1.3. This balance ensures optimal readiness and efficient recovery. Furthermore, by maintaining an impressive balance and symmetry in muscle capacity, particularly in key muscle groups, Player 1 can continue to enhance overall athletic prowess. Targeted strength training and recovery techniques will be pivotal in sustaining muscle capacity above 90%. Through disciplined load management and strategic recovery practices, Player 1 is well-positioned to deliver sustained high-level performance throughout the season.

Football Player 2

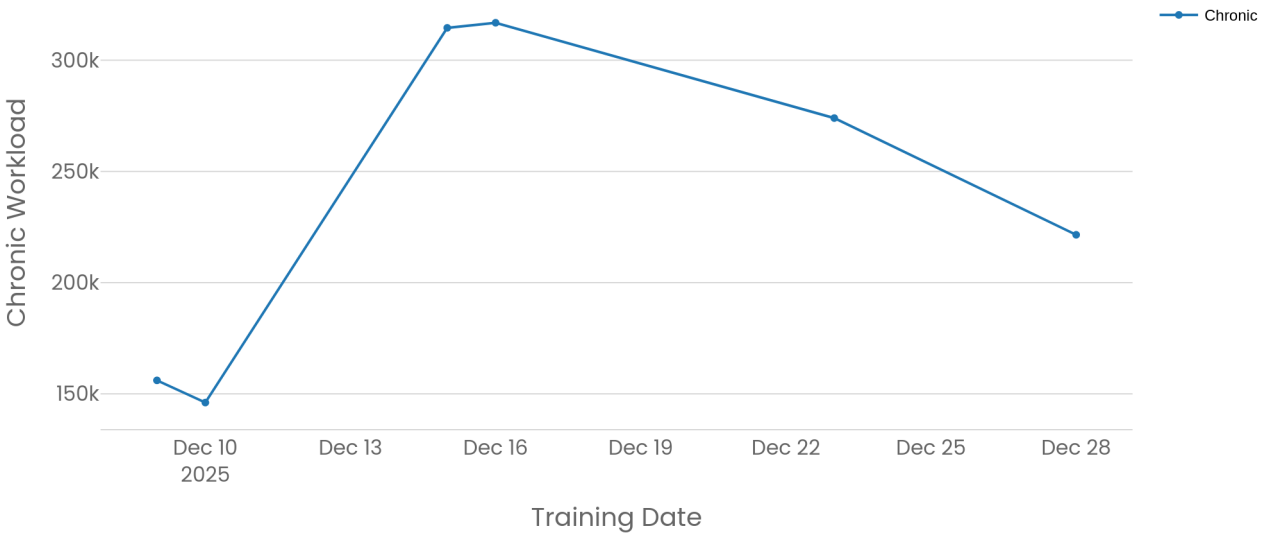
Acute-Chronic Workload Ratio, Player 2

Chart 5



Chronic Workload, Player 2

Chart 6

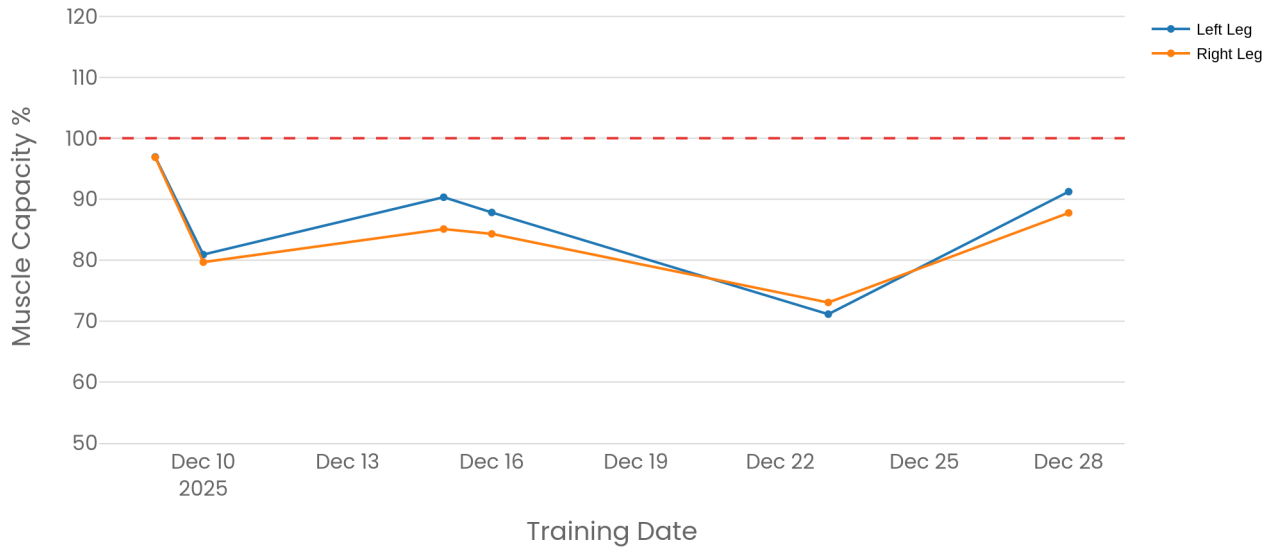


Player 2's ACWR chart demonstrates effective load management, remaining consistently within the optimal range. The peak observed around Dec 16 suggests a productive training boost, pushing performance potential without exceeding safe limits. The subsequent dip shows recovery and adaptation, aligning well with periodized training principles. Balancing spike and recovery phases, Player 2 can maximize performance capacities while efficiently managing workload. Continuation of this balanced approach will sustain performance improvements and readiness throughout the competitive season.

Player 2's chronic workload shows a notable peak around mid-December, indicating an increase in training intensity during this period. This suggests a focus on boosting performance for upcoming matches. Post-peak, there's a gradual decline, which may be strategically planned to manage recovery while maintaining performance levels. Continuously monitoring these fluctuations allows for optimized training load management, ensuring that Player 2 remains at peak readiness without the risk of overtraining.

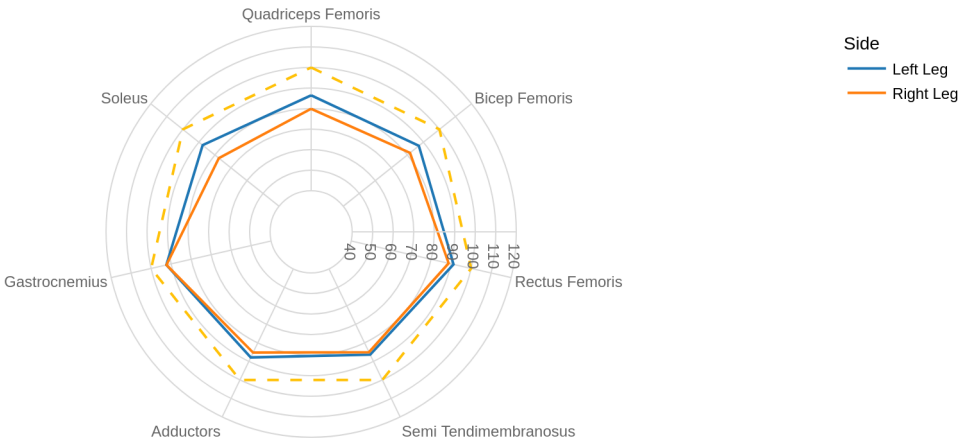
Muscle Capacity, Player 2

Chart 7



Muscle Capacity per Leg, Player 2

Chart 8



Player 2's muscle capacity demonstrates well-balanced and symmetrical performance across both legs, with most values consistently within an optimal range of 80-100%. The parallel trends observed reinforce the player's consistent development and effective training regimen. Notable variations below optimal levels highlight opportunities to optimize recovery strategies and further enhance performance. Focusing on maintaining this balance and addressing minor fluctuations will help in maximizing overall muscle efficiency and capacity, ensuring peak performance while minimizing fatigue.

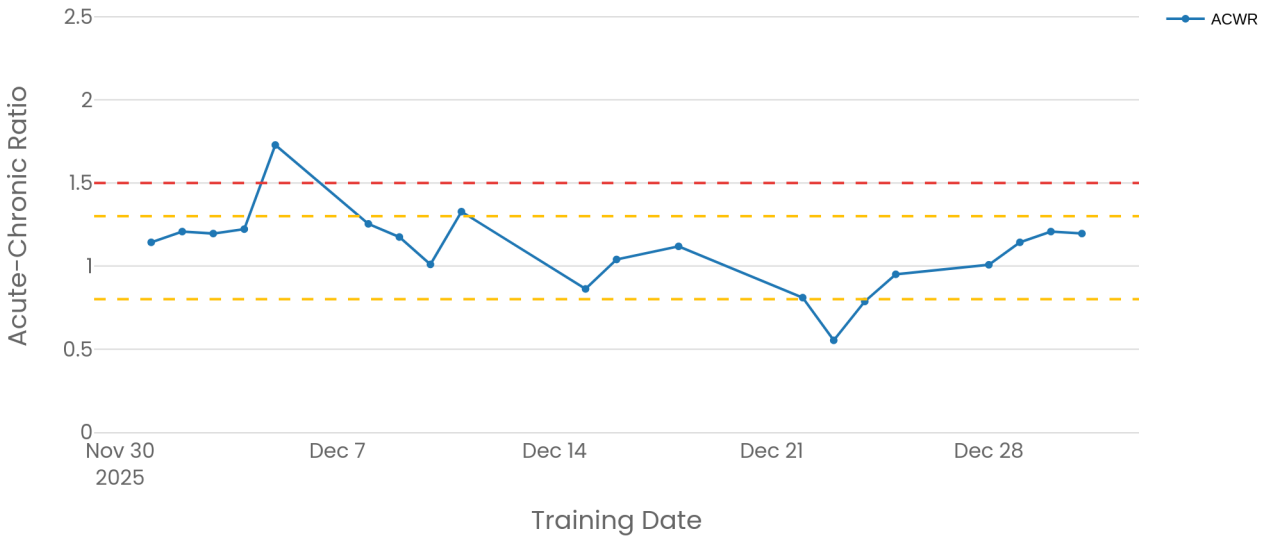
CONCLUSION

Player 2 has showcased impressive consistency and adaptability in their training and performance, as evidenced by their adept load management according to the ACWR chart. The strategically planned peaks and troughs observed, particularly around mid-December, highlight a focused effort on enhancing performance while allowing for essential recovery periods. This approach aligns with well-principled periodization techniques, optimizing readiness and performance output during competitive phases. Furthermore, Player 2's muscle capacity is well-maintained, with balanced performance across both legs, supporting their overall durability and efficiency on the field. Continued emphasis on these tailored strategies will ensure sustained performance excellence and resilience, keeping Player 2 primed and ready for the demands of the season.

Football Player 3

Acute-Chronic Workload Ratio, Player 3

Chart 9



Chronic Workload, Player 3

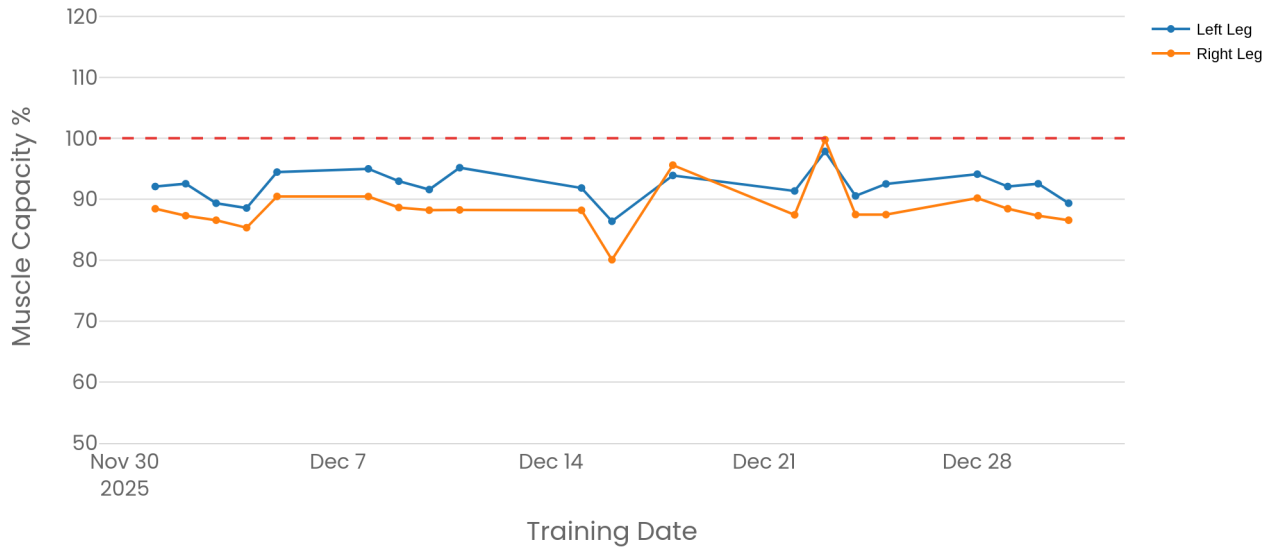
Chart 10

Player 3's ACWR chart reveals a well-managed workload, with ratios mostly within the optimal range, suggesting a balanced training routine. During the period, there was a peak that was efficiently addressed, returning to stability. Consistent monitoring ensures workload adjustments maintain performance levels. Emphasizing recovery and strategic conditioning will further enhance this player's output on the field. The steady progression and controlled variations indicate a strong foundation in workload management, crucial for sustained performance and adaptation.

Player 3's chronic workload chart shows a significant increase in training load, peaking around mid-December before a gradual decrease towards the end of the month. The initial rise indicates a solid ramp-up in training, which can enhance performance and endurance. Maintaining a balanced workload will be crucial to sustaining peak performance levels. Incorporating recovery periods during high workloads can help maximize training benefits and boost overall athletic output. Adjustments aligned with this data could lead to optimal performance enhancement.

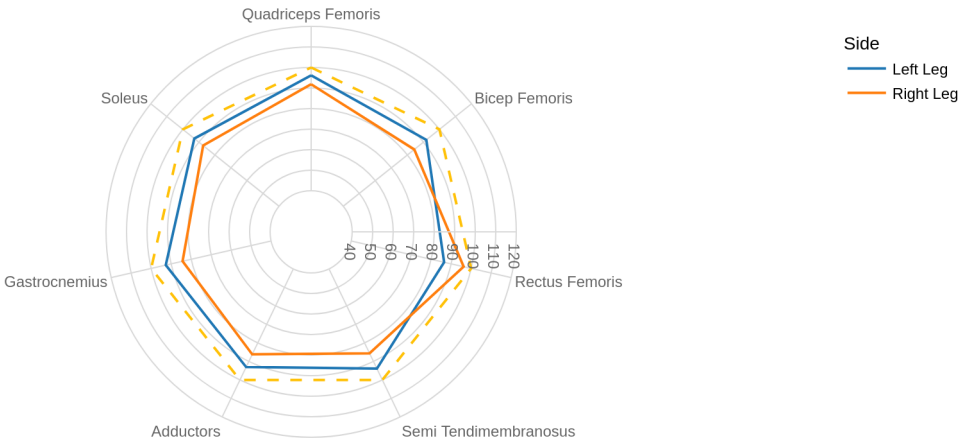
Muscle Capacity, Player 3

Chart 11



Muscle Capacity per Leg, Player 3

Chart 12



Player 3's muscle capacity evaluation reveals well-balanced performance in both legs, maintaining an optimal range close to 90-100% overall. The alignment between the left and right legs indicates symmetrical muscle strength, essential for effective and stable athletic performance. Some minor fluctuations below 80% may suggest opportunities to fine-tune training for peak capacity. Emphasizing balanced conditioning and recovery routines can further enhance performance consistency, ensuring that temporary dips are quickly addressed for sustained athletic achievement. Overall, the data speaks to a strong foundation of muscle robustness.

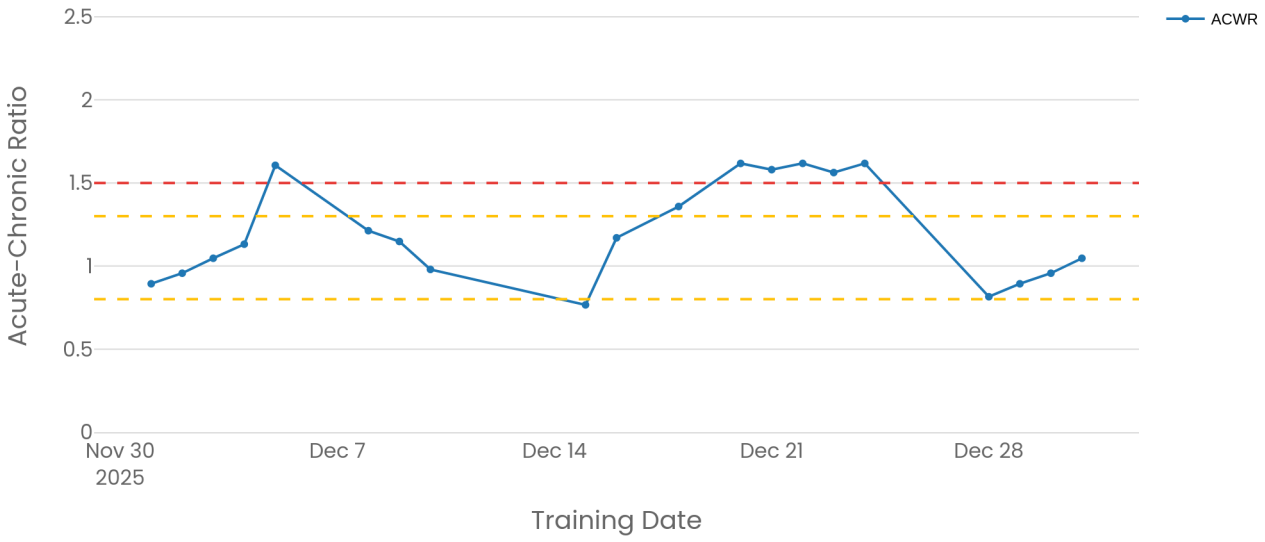
CONCLUSION

Based on the provided data and commentary, Football Player 3 demonstrates a robust foundation in both workload management and muscle capacity, which are pivotal for maximizing on-field performance. The player's well-managed ACWR and chronic workload indicate a strategic approach to training, facilitating peak endurance and performance levels. The balanced increase in training load, followed by appropriate recovery periods, suggests an ability to adapt and optimize physical output effectively. Moreover, the symmetrical muscle strength between both legs highlights an even capacity for movement and agility. By continuing to prioritize strategic conditioning and recovery, Player 3 is well-poised to maintain and potentially enhance their athletic capabilities, ensuring sustained success.

Football Player 4

Acute-Chronic Workload Ratio, Player 4

Chart 13



Chronic Workload, Player 4

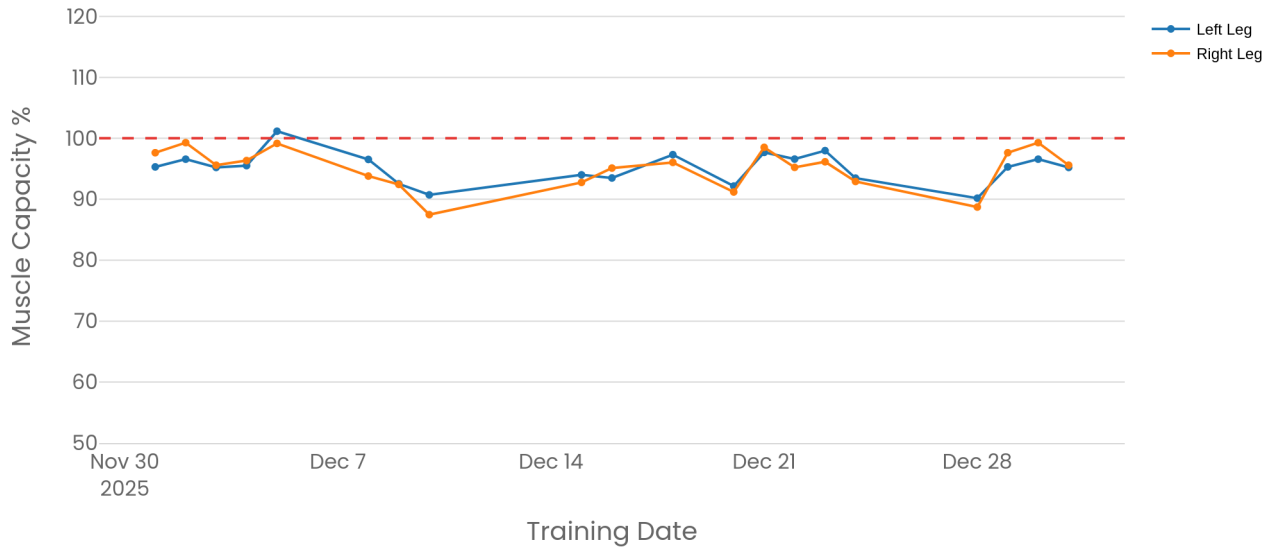
Chart 14

Player 4's ACWR demonstrates periods of peak workload surpassing the optimal range briefly in early December, followed by stabilization. To maximize performance, maintaining workloads within optimal levels is crucial, which occurred successfully post-mid December. Encouraging a consistent, moderate increase can sustain performance gains while avoiding excessive strain. Tailored training adjustments can be implemented to enhance recovery and peak periods, optimizing training cycles for this player. Adjusting intensity in response to workload spikes will maintain these balanced levels.

Player 4's chronic workload shows a significant fluctuation, with a peak followed by a notable drop, and then a gradual increase toward the end of the period. This pattern indicates a strategic tapering period, possibly designed to optimize performance and recovery. The gradual increase in workload towards the end suggests a targeted approach to regaining peak performance levels. This dynamic management of workload is crucial for maintaining long-term effectiveness and ensuring that the player remains prepared for upcoming competitive demands.

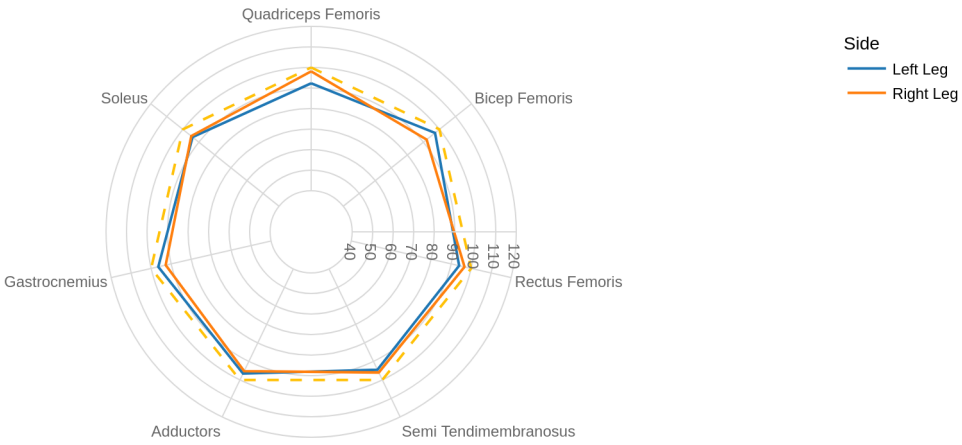
Muscle Capacity, Player 4

Chart 15



Muscle Capacity per Leg, Player 4

Chart 16



Player 4's muscle capacity analysis reveals consistent performance with both legs maintaining optimal capacity levels near 100%. The balance between the left and right legs ensures symmetrical muscle function, crucial for maximizing athletic performance. Occasional slight decreases suggest minor fluctuations, emphasizing the importance of targeted recovery techniques to sustain peak readiness. Focusing on maintaining this equilibrium, and refining specific muscle groups, will support continued strength and endurance throughout crucial training periods. Regular assessment will optimize performance and enhance overall efficiency on the field.

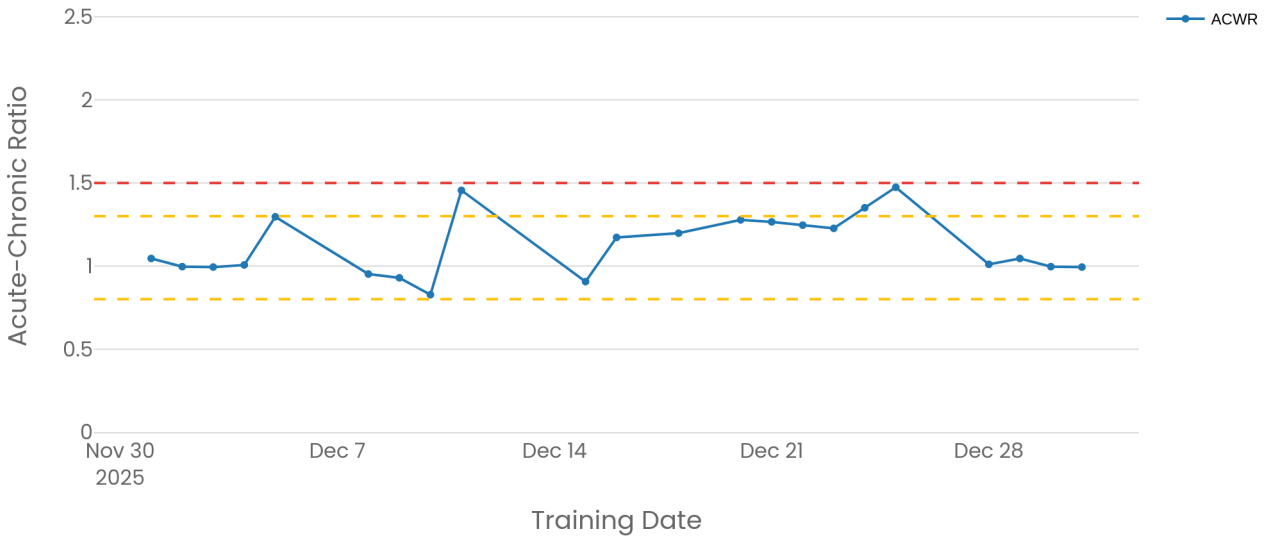
CONCLUSION

Final Conclusion for Football Player 4: Football Player 4 demonstrates a commendable ability to maintain performance through strategic workload management and muscle capacity optimization. Throughout the season, effective adjustments to the acute to chronic workload ratio (ACWR) highlighted the importance of keeping within optimal workload thresholds, crucial for sustaining peak performance. A dynamically managed tapering period allowed for both recovery and a subsequent performance elevation, showcasing a targeted approach to periodization and training intensity. The player's consistent muscle capacity, with symmetrical leg strength, further supports their athletic prowess, ensuring balanced performance on the field. To maximize future potential, focusing on tailored recovery techniques and consistent workload evaluations will be key for meeting the demands of competitive play.

Football Player 5

Acute-Chronic Workload Ratio, Player 5

Chart 17



Chronic Workload, Player 5

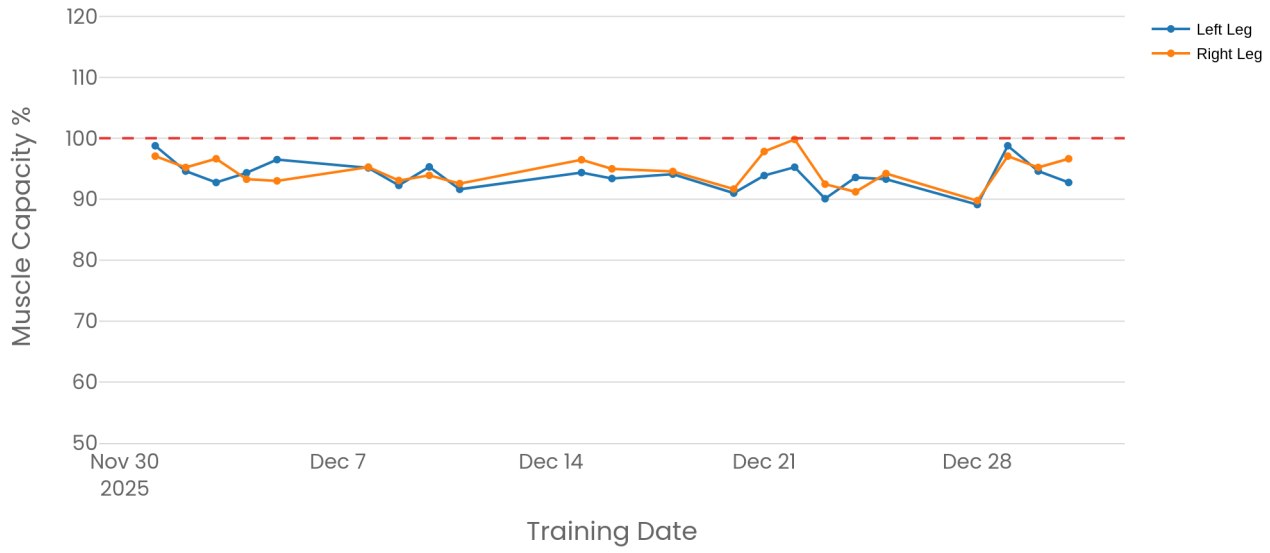
Chart 18

Player 5's ACWR remains mostly within the optimal range, suggesting a well-maintained training balance. There are slight increases around December 7 and 14, indicating effective workload spikes that likely enhance fitness gains. The subsequent stabilization demonstrates an adept adjustment to these periods, reflecting strategic workload management. Maintaining this balanced approach will help sustain peak performance and ensure readiness for upcoming challenges. Regular monitoring will ensure adaptability, aligning training demands with performance goals efficiently.

Player 5's chronic workload shows significant fluctuations, with a notable dip around mid-December followed by a sharp recovery. The initial steady increase suggests a solid foundation, while the bounce back indicates resilience and effective load management. To maximize performance, maintaining a balance between workload peaks and recovery periods is crucial. This approach fosters sustained high performance levels as training demands escalate. Consistency in monitoring and adjustments can further optimize Player 5's training regimen.

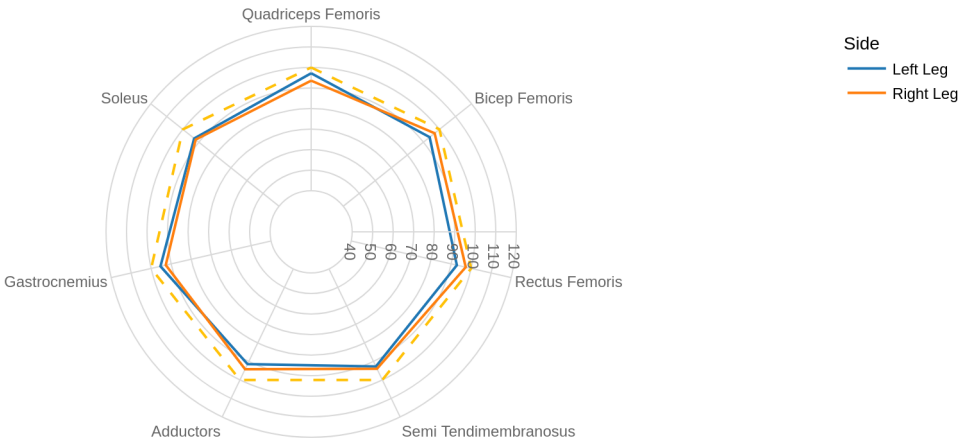
Muscle Capacity, Player 5

Chart 19



Muscle Capacity per Leg, Player 5

Chart 20



Player 5 demonstrates a commendable muscle capacity balance between both legs, maintaining values mostly within the optimal range of 90-100%. This symmetry indicates a well-rounded muscle development across key muscle groups. Consistent performance is evident from the small fluctuations in muscle capacity, suggesting effective training adaptations. Minor dips seen should be monitored to enhance resilience and endurance. Continuous focus on strengthening exercises will benefit long-term performance, ensuring both stability and power are sustained throughout the season. Overall, Player 5 is well-positioned to maximize on-field performance.

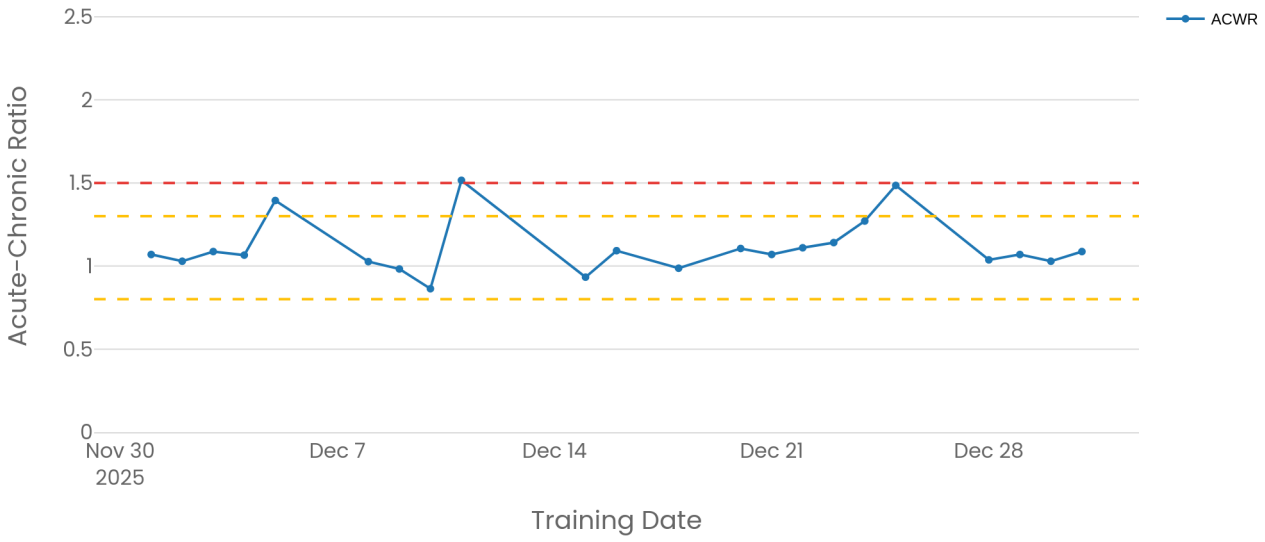
CONCLUSION

Player 5 consistently demonstrates a high-caliber performance profile on the field, owing to an impeccable balance in training workload and muscle capacity. By maintaining the ACWR mostly within the optimal range, this player showcases strategic workload management that enhances fitness gains while preparing for future challenges. The ability to bounce back from fluctuations in chronic workload highlights a solid foundation and effective load management, promoting sustained peak performance. Commitment to maintaining muscle capacity between both legs underscores well-rounded development, essential for agility and power. To further optimize performance, continued monitoring and strategic adjustments will ensure adaptability, aligning with evolving performance objectives. Overall, Player 5 is effectively positioned to capitalize on their athletic capabilities.

Football Player 6

Acute-Chronic Workload Ratio, Player 6

Chart 21



Chronic Workload, Player 6

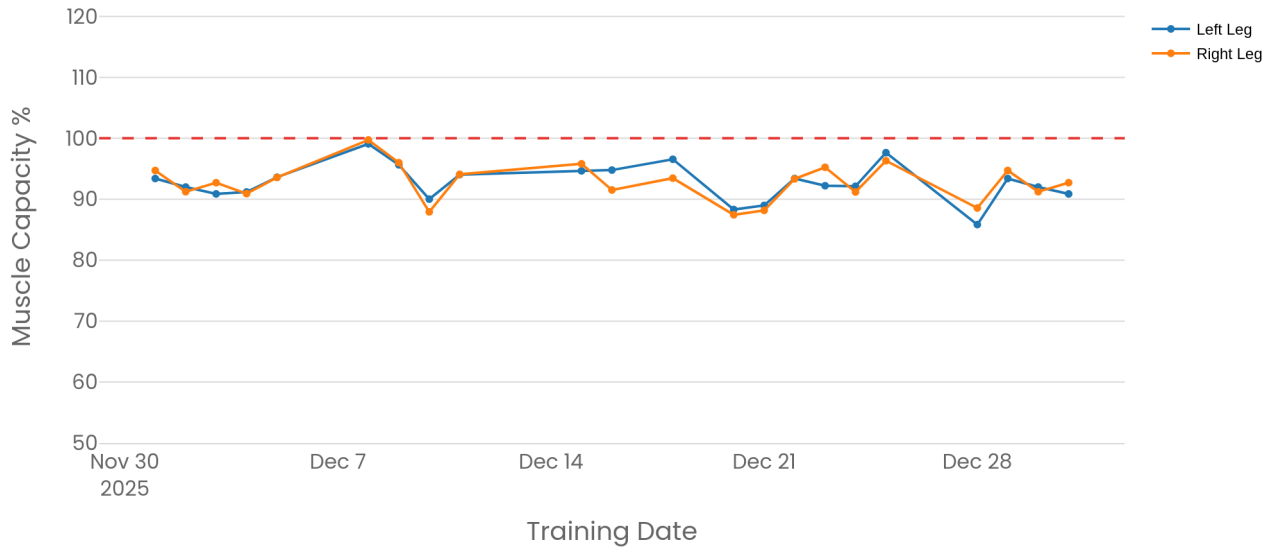
Chart 22

Player 6's ACWR varies between 1.0 and 1.4, peaking at 1.5 in early December. To enhance performance, maintaining workload consistency is key. This involves a careful balance to promote adaptation without overloading. Given the trend, it's advisable to monitor training intensities closely and ensure adequate recovery. Prioritizing strategic training sessions aligned with these ratios will help optimize the player's performance while maintaining the workload within favorable thresholds.

Player 6's chronic workload chart reveals an overall high workload throughout the monitoring period, with a significant dip followed by a steady recovery. The initial peak reflects intense training regimens, bringing Player 6's fitness to a commendable level. The strategic load reduction around mid-December likely allowed for recuperation, resulting in a gradual performance enhancement towards the end of the month. Maintaining a balance in workload intensity while allowing for adequate recovery will be key to maximizing Player 6's performance potential.

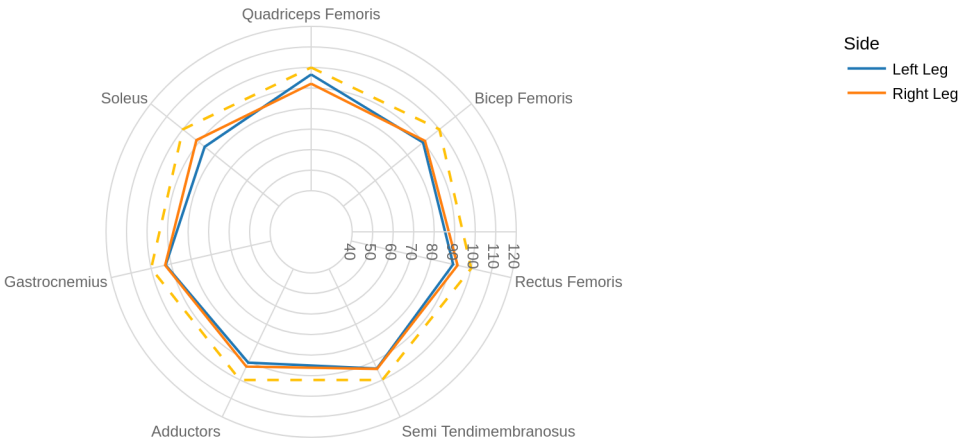
Muscle Capacity, Player 6

Chart 23



Muscle Capacity per Leg, Player 6

Chart 24



Player 6's muscle capacity reveals a well-balanced performance between the left and right legs, consistently maintaining an optimal range of 80-100%. While occasional fluctuations occur, particularly dipping below 90%, these are generally rare, indicating overall robust conditioning. The parallel trends across the legs showcase symmetrical muscle development, with strengths in areas such as the quadriceps and biceps femoris. To further maximize performance, focusing on maintaining this balance and addressing any slight capacity variations could enhance overall agility and strength on the field.

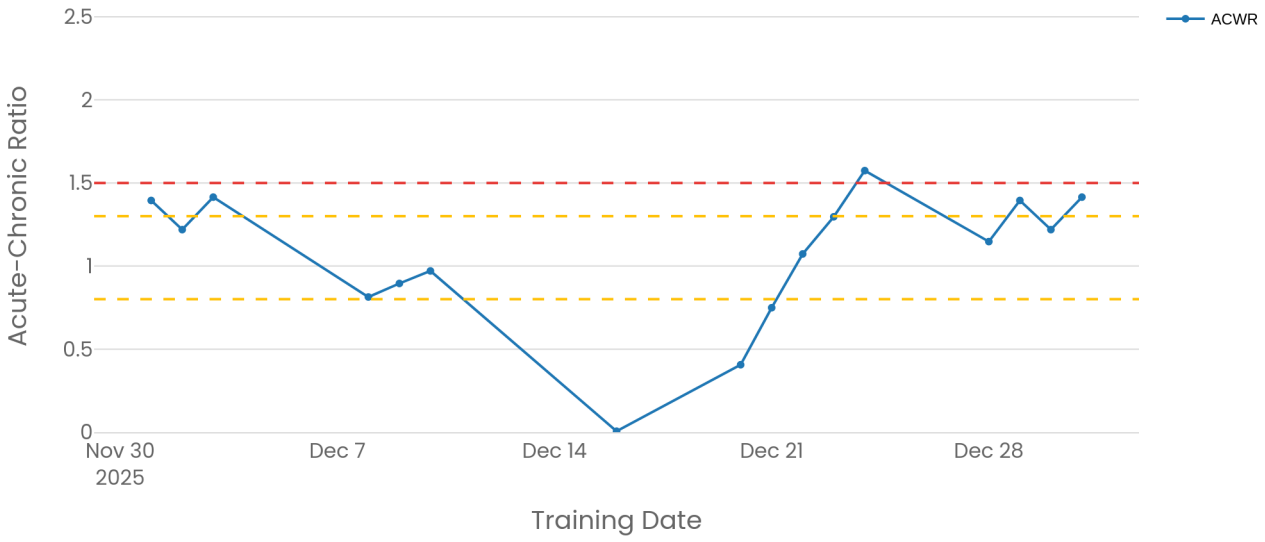
CONCLUSION

Player 6 has shown a commendable ability to maintain a balanced workload while achieving high performance levels. The player's ACWR and chronic workload metrics indicate a strategic approach to training, characterized by careful management of intensities and recovery periods. This strategic calibration has facilitated a steady enhancement of fitness and performance, particularly noticeable towards the end of monitored periods. Furthermore, the player exhibits robust symmetrical muscle capacity, reflecting organized conditioning and targeted strength development. To maximize performance further, sustained attention to workload balance and muscle capacity optimization will be critical. By continuing to align training sessions with these insights, Player 6 can achieve peak performance consistently and contribute significantly on the field.

Football Player 7

Acute-Chronic Workload Ratio, Player 7

Chart 25



Chronic Workload, Player 7

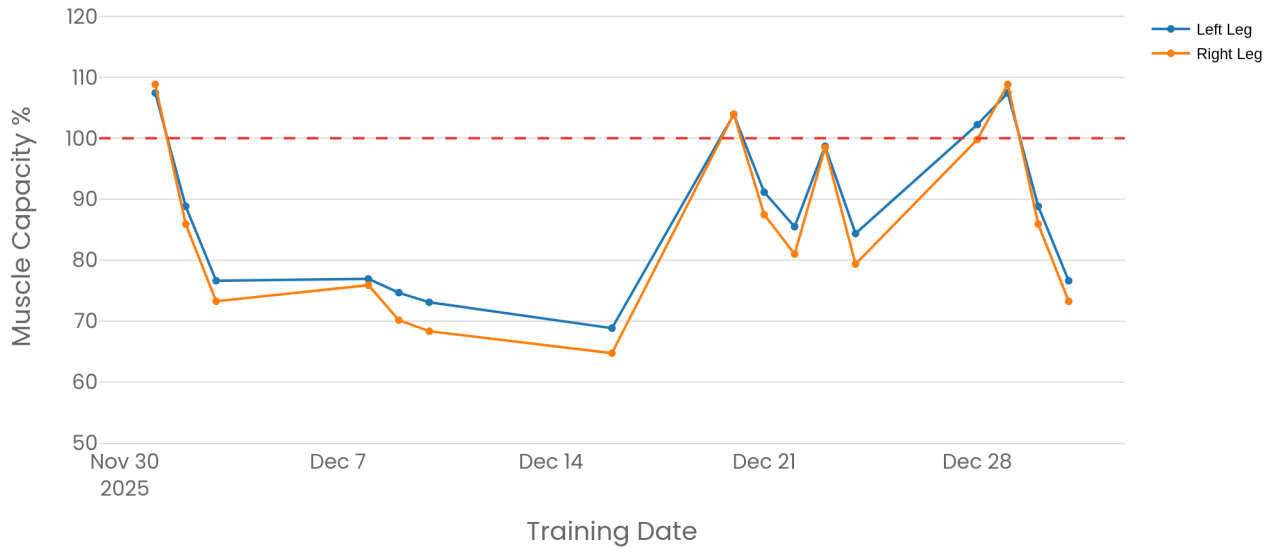
Chart 26

Player 7's ACWR is fairly consistent, maintaining close to the optimal range, peaking slightly above 1.5 occasionally. This pattern illustrates effective training adaptation. The mid-December dip suggests a period of reduced load, potentially offering a beneficial recovery phase. The rebound towards the end of December, into slightly higher ratios, indicates increased intensity. For ongoing performance maximization, balancing load to sustain within the 0.8 to 1.3 range should optimize adaptation, ensuring readiness and resilience for competitive play.

Player 7's chronic workload fluctuates with a peak around mid-December, reflecting increased training intensity during that period. The subsequent decline suggests a period of reduced load, likely for recovery or tapering before another planned uptick. This pattern supports strategic load management, maintaining performance while preventing excessive fatigue. Ensuring periods of high workload are balanced with adequate recovery will maximize Player 7's performance consistently. A steady increase towards the end indicates preparation for upcoming demands.

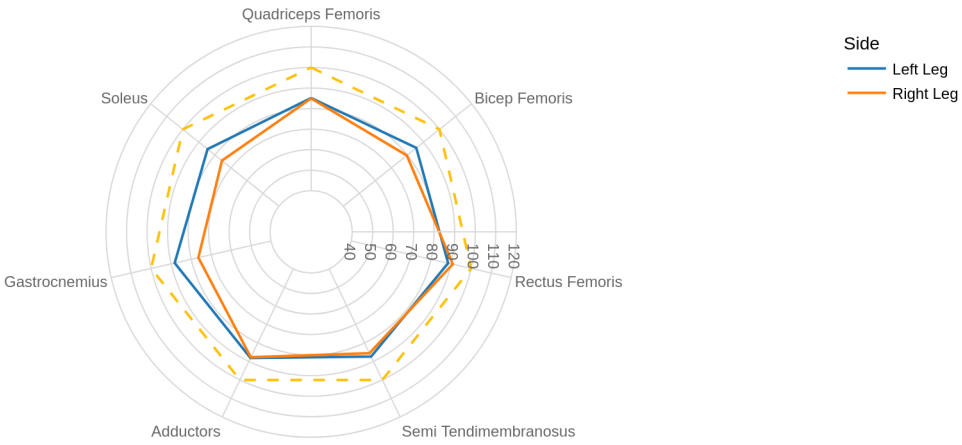
Muscle Capacity, Player 7

Chart 27



Muscle Capacity per Leg, Player 7

Chart 28



Player 7 demonstrates a balanced muscle capacity across both legs, maintaining performance within an ideal 80-100% range most of the time. This indicates strong, symmetrical leg development. Notable peaks suggest periods of intensive training effectiveness. However, brief drops below optimal levels point to opportunities for optimizing rest and recovery strategies to sustain high performance. The consistent pattern across individual muscles further highlights a stable physique, setting a strong foundation for ongoing strength and conditioning enhancement to maximize on-field potential.

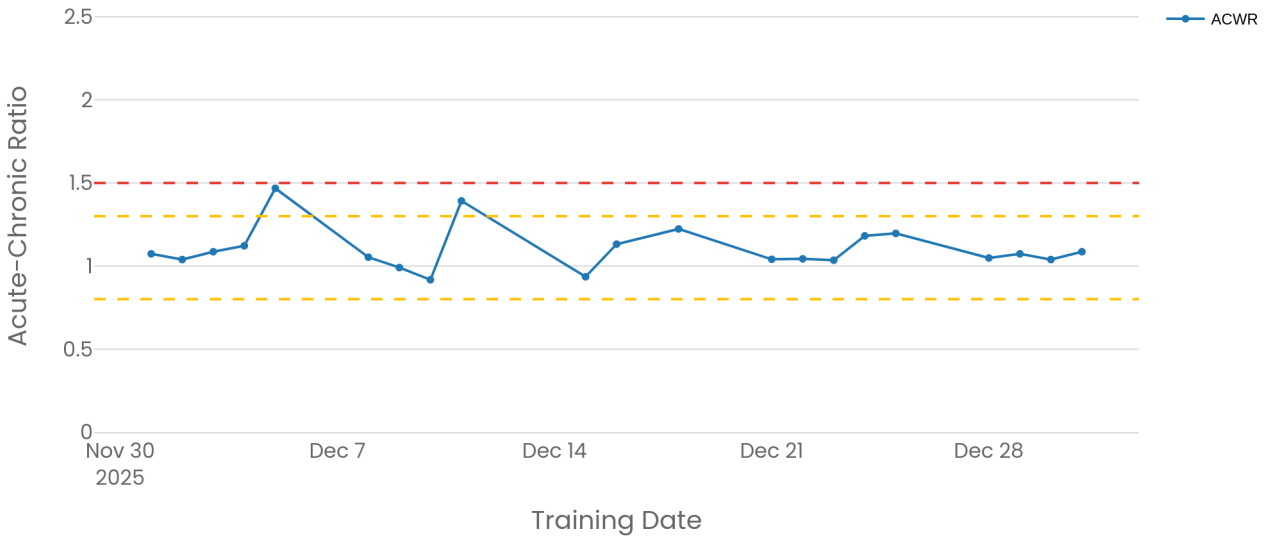
CONCLUSION

Football Player 7 has shown admirable performance dynamics, underscored by effective training adaptations and strategic load management. Maintaining a consistent ACWR, mainly within the optimal range, has finely balanced his readiness and resilience for competitive play. With chronic workload peaks around mid-December followed by strategic dips, Player 7 sustains performance while mitigating excessive fatigue, seamlessly transitioning into higher intensity phases. His balanced muscle capacity, particularly symmetry in leg development, highlights a robust physical foundation. To maximize ongoing performance, a continued focus on balanced training loads, incorporating adequate recovery phases, will be crucial. This approach ensures not only readiness but also enhances the player's capacity to meet upcoming competitive demands efficiently.

Football Player 8

Acute-Chronic Workload Ratio, Player 8

Chart 29



Chronic Workload, Player 8

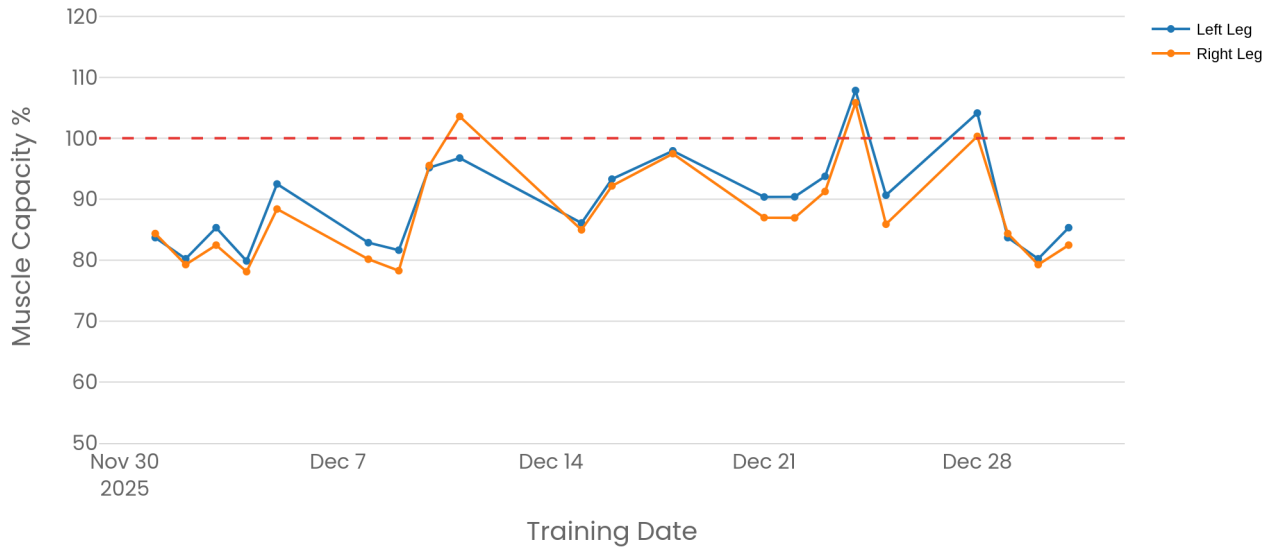
Chart 30

Player 8's Acute-Chronic Workload Ratio demonstrates a controlled workload management strategy. The ACWR remains generally stable around the optimal range of 0.8 to 1.3, indicative of consistently balanced training loads. A slight peak was observed around December 7, briefly exceeding 1.5, which suggests an intensive training phase. Subsequently, adjustments brought the ratio back within safe limits. This consistency in workload ensures optimal performance levels, highlighting effective planning and strategic training intensity adjustments to enhance Player 8's overall fitness and readiness.

Player 8's chronic workload demonstrates a dynamic training regimen with noticeable fluctuations but generally high intensity. The initial increase suggests adaptation to a rigorous schedule, while subsequent spikes and declines indicate strategic variation. This approach is vital for optimizing performance levels and maintaining peak fitness. Focusing on recovery periods during workload drops could further enhance endurance, ensuring Player 8 meets consistent training demands effectively. Adapting training intensity to sustain these patterns would maximize overall performance outcomes.

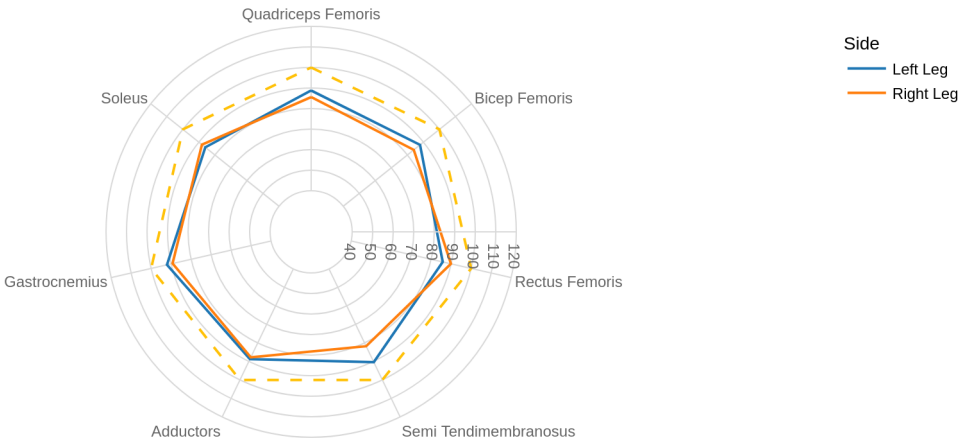
Muscle Capacity, Player 8

Chart 31



Muscle Capacity per Leg, Player 8

Chart 32



Player 8's muscle capacity analysis shows commendable balance between both legs, with trends closely aligned and capacities generally between 80-100%. This optimal range will facilitate strong and symmetrical performance. However, occasional drops indicate periods where targeted recovery and focused conditioning should be prioritized. Enhancing endurance and maintaining consistent training routines will support ongoing improvement. The radar chart also reveals well-rounded development across specific muscle groups, suggesting a comprehensive training regimen. Regular monitoring and adjustments will further maximize Player 8's muscle performance potential.

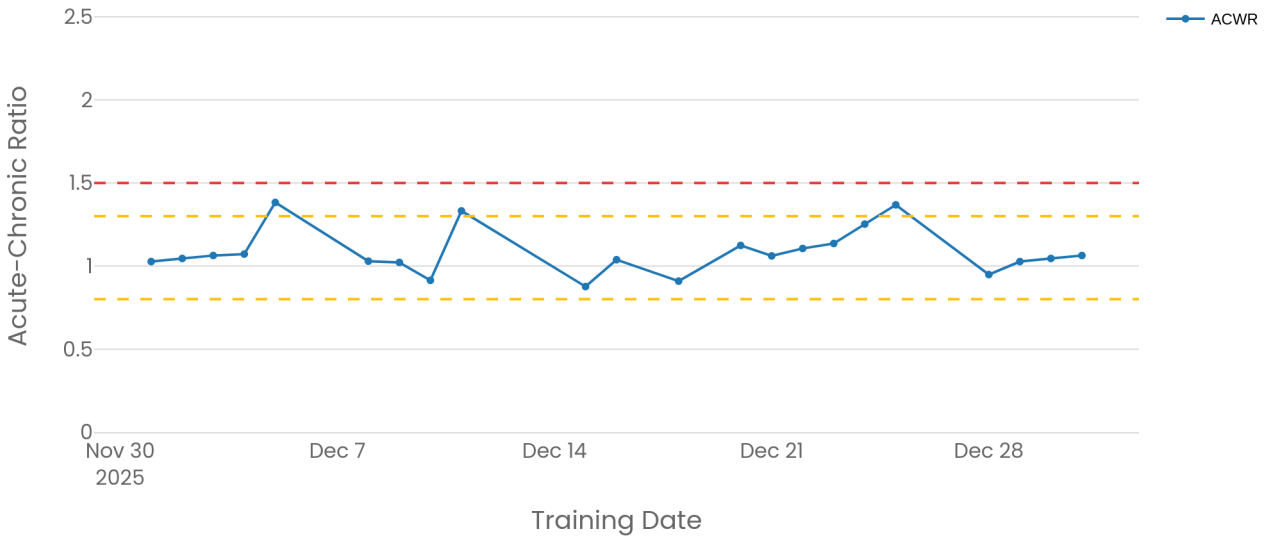
CONCLUSION

In conclusion, Football Player 8 demonstrates a well-rounded and strategically managed approach to training, characterized by a consistently stable Acute-Chronic Workload Ratio (ACWR) and high-intensity chronic workload. These indicators suggest effective planning and adaptation to rigorous demands, ensuring sustained peak performance levels. The dynamic fluctuations in training intensity, complemented by strategic recovery periods, highlight a commitment to maintaining endurance and readiness. Furthermore, the balanced muscle capacity analysis showcases a symmetrical and holistic development, critical for strong on-field performance. By continuing to refine and monitor these aspects, Player 8 can optimize performance outcomes and enhance long-term fitness.

Football Player 9

Acute-Chronic Workload Ratio, Player 9

Chart 33



Chronic Workload, Player 9

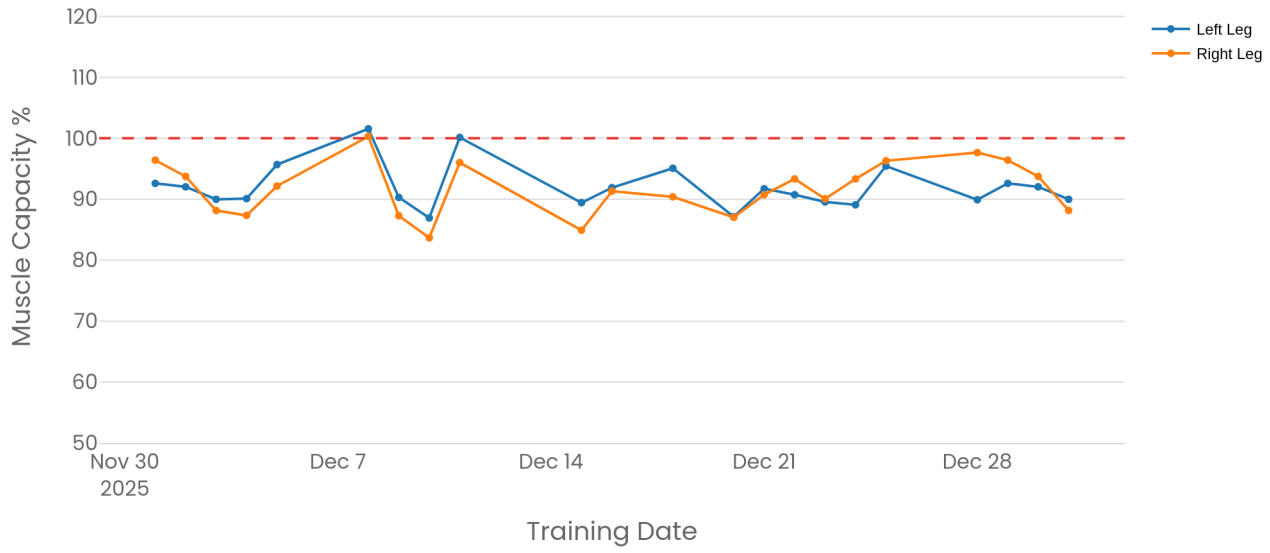
Chart 34

Player 9's ACWR remains consistently within optimal limits throughout the observed period, peaking slightly above 1.5 briefly. This indicates a well-managed balance between training demands and recovery, essential for maximizing performance. Maintaining this equilibrium will enhance Player 9's ability to sustain high-intensity outputs during matches. Focusing on continuous improvements in training while keeping the workload within these ranges is key to achieving peak performance and ensuring long-term consistency in Player 9's contributions to the team.

Player 9's chronic workload chart demonstrates a pattern of fluctuating training demands over the period, peaking around early December. The observed workload variations highlight the importance of balancing intensity and recovery to optimize performance. By managing these peaks effectively, Player 9 can maintain high performance levels while avoiding excessive fatigue. This strategic workload adjustment will ensure consistent performance, allowing the player to maximize training benefits and sustain optimal on-field output throughout the season.

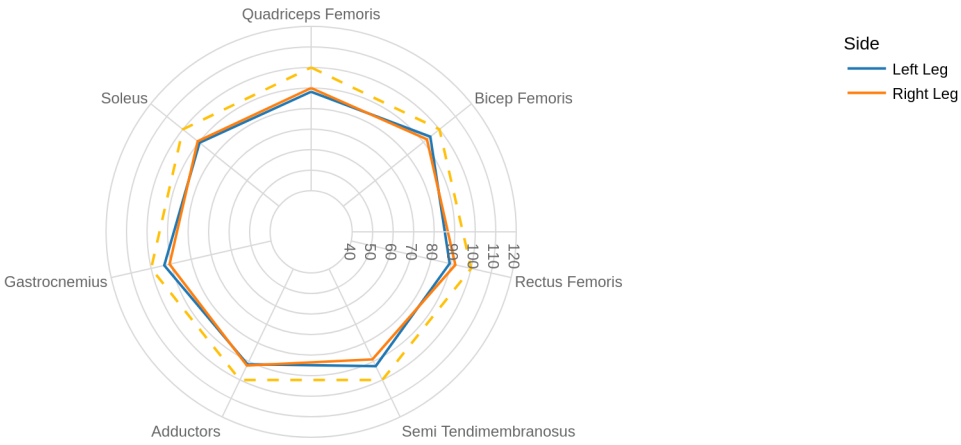
Muscle Capacity, Player 9

Chart 35



Muscle Capacity per Leg, Player 9

Chart 36



Player 9's muscle capacity displays a robust and balanced performance between both legs, maintaining an optimal capacity range around 90-100%. The data indicates well-synchronized muscle development, with both left and right legs reflecting parallel trends in strength and endurance. Occasional dips below the optimal threshold suggest opportunities for targeted strength training, ensuring steadier performance. Focusing on maintaining these optimal levels can enhance stamina and overall efficiency on the field, allowing Player 9 to maximize performance consistently through dynamic and demanding match situations.

CONCLUSION

Player 9 exhibits a commendable and well-balanced approach to training and performance, maintaining optimal ratios of training load and recovery, which augments performance longevity and match stamina. The consistency in Athletic Community Workrate Ratio (ACWR) and strategic management of training peaks have been pivotal, enabling sustained high-intensity outputs. The player's muscle capacity displays a solid foundation, with balanced development between both legs, reinforcing strength and endurance. To capitalize on these strengths, continuous focus on precise workload management and targeted strength training will elevate Player 9’s performance further. This approach primes Player 9 for dynamic match situations, ensuring superior on-field contributions and sustained athletic excellence.

TEAM BASED REPORT

TEAM ANALYSIS REPORT

In this section, a series of visualizations is shared in order to help deduct useful insights as far as the overall squad is concerned.

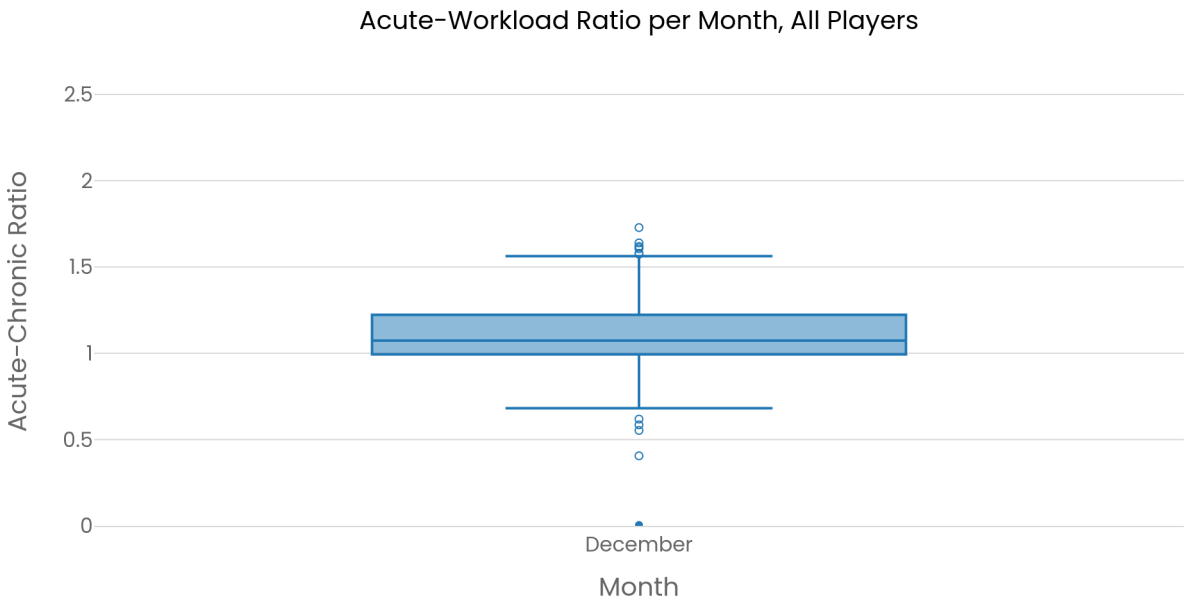


Chart 37

The December box plot for Team Acute Workload Ratio indicates a well-maintained balance in player workloads. The median ACWR is slightly above 1, within the optimal range, reflecting consistent workload management. While there are some outliers above 1.5, suggesting occasional workload spikes, the overall distribution remains tightly clustered, minimizing risk of overtraining. The lower variability seen here points to effective monitoring and adjustments in training sessions, ensuring players are neither overburdened nor under-challenged. This controlled approach suggests a strategic emphasis on stability, promoting sustained performance levels across the team during this period.

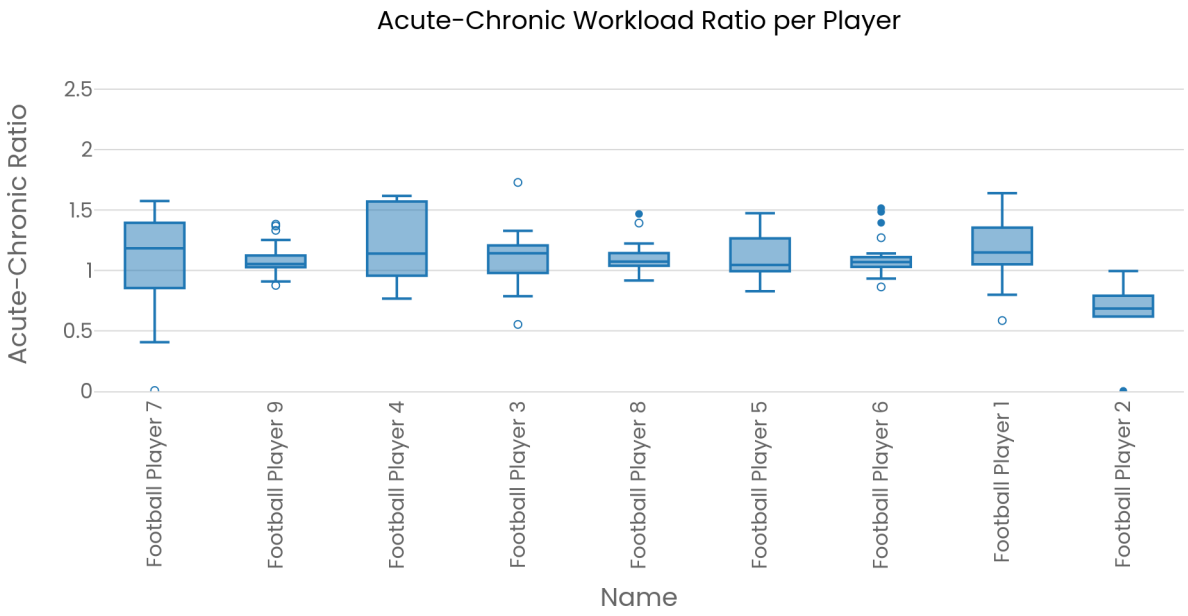


Chart 38

Chart 38 represents the overall ACWR across each player, for the time period of interest. What we want to see here is boxes as much above as possible from 0.8 and under 1.3 values.

The "Team ACWR per Player" chart presents a detailed look at each player's Acute-Chronic Workload Ratio, which is vital for assessing training loads over time. A noteworthy observation is the balance between high ACWR values and consistency. For instance, Football Players 1 and 4 exhibit elevated ACWRs, peaking at 1.6394 and 1.6176, respectively. This suggests they handle higher workloads effectively. Meanwhile, Player 2's lower values, notably dipping to 0.0031, indicate room for increased workload to boost performance. Players like 3, although fluctuating, also show significant peaks, surpassing 1.7, which suggest periods of intense productivity. An ideal paradigm would involve most players maintaining ACWR within a range typically considered optimal (0.8-1.3), facilitating adaptation without excessive fluctuations. This balance supports sustainable performance enhancement. Players consistently under 1.0, especially those below 0.8, might benefit from progressively increased workloads. For optimized workload management, aligning individualized training approaches to these ratios ensures players operate within their optimal efficiency, fostering a robust, adaptable team dynamic over extended periods. Monitoring these metrics can guide tailored training regimes, maximizing collective team performance.

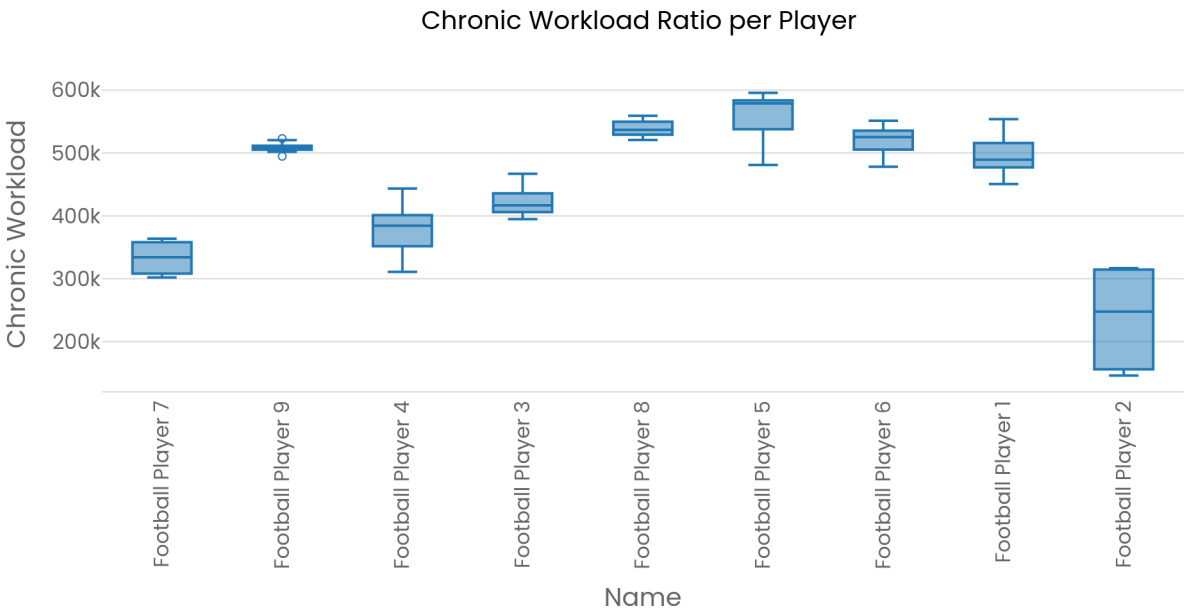


Chart 39

The "Team Chronic Workload Ratio per Player" chart offers a comprehensive insight into each player's contribution and workload consistency over the analyzed period. Notably, Football Player 5 stands out with consistently high chronic workload values, peaking frequently, showcasing their significant and constant involvement in training sessions. Similarly, Football Player 8 maintains high median values, indicating a sustained workload over time, reflecting their contribution to the team's performance dynamics. On the opposite end, Football Player 2 shows considerably lower chronic workload values, suggesting either a strategic management of their workload or a different role within the team that demands less intense engagement. Football Player 7 also exhibits lower chronic workload figures, yet shows an upward trend towards the later data points, indicating increased involvement as months progressed. Football Players 1, 6, and 9 display a balanced workload distribution, with substantial median figures and occasional peaks, illustrating their stable and significant roles in the team's routine. This balance highlights their consistent input, which is crucial for maintaining team performance. The variability in Football Player 3's workload points towards a rotating involvement, which might suggest strategic workload management to enhance specific performance periods. Overall, this chart reveals diverse workload strategies, with some players facing higher training demands consistently, while others reflect targeted or gradually increasing engagement. Understanding these patterns is essential for optimizing training regimens and managing player output effectively to sustain high team performance.

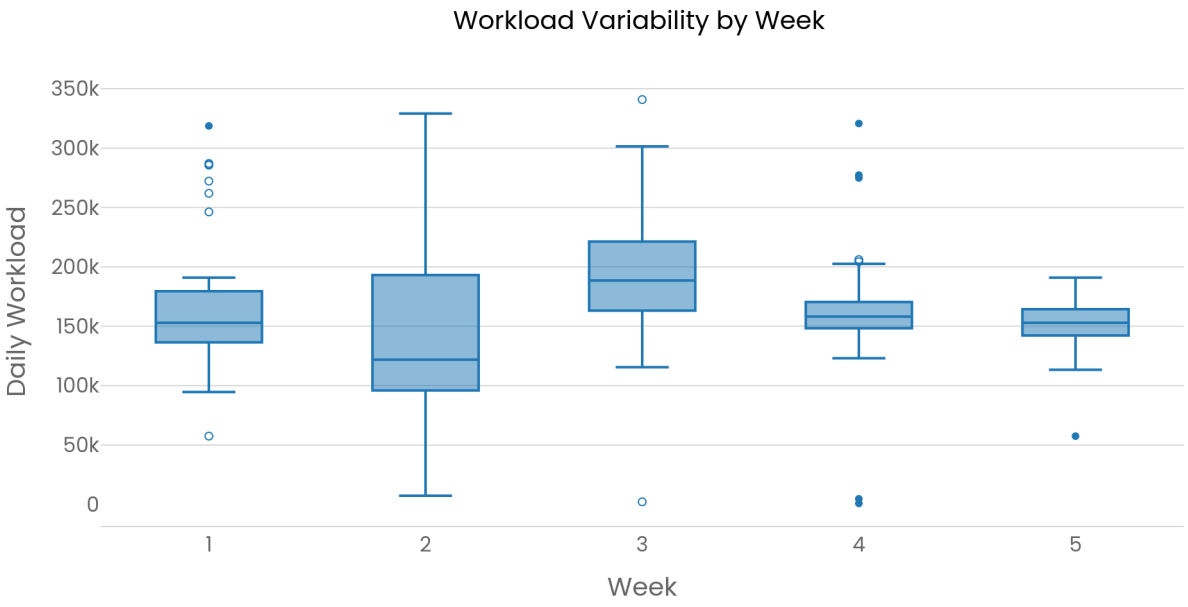


Chart 40

The workload variability chart reveals distinct fluctuations. Week 2 shows the widest interquartile range, indicating significant variability in training load, potentially for peak conditioning. Weeks 4 and 5 display more consistent workloads, essential for maintaining stability in training intensity. Outliers in weeks 1 and 3 suggest occasional spikes, requiring careful monitoring to ensure balance in training demands and recovery.

Chart 41

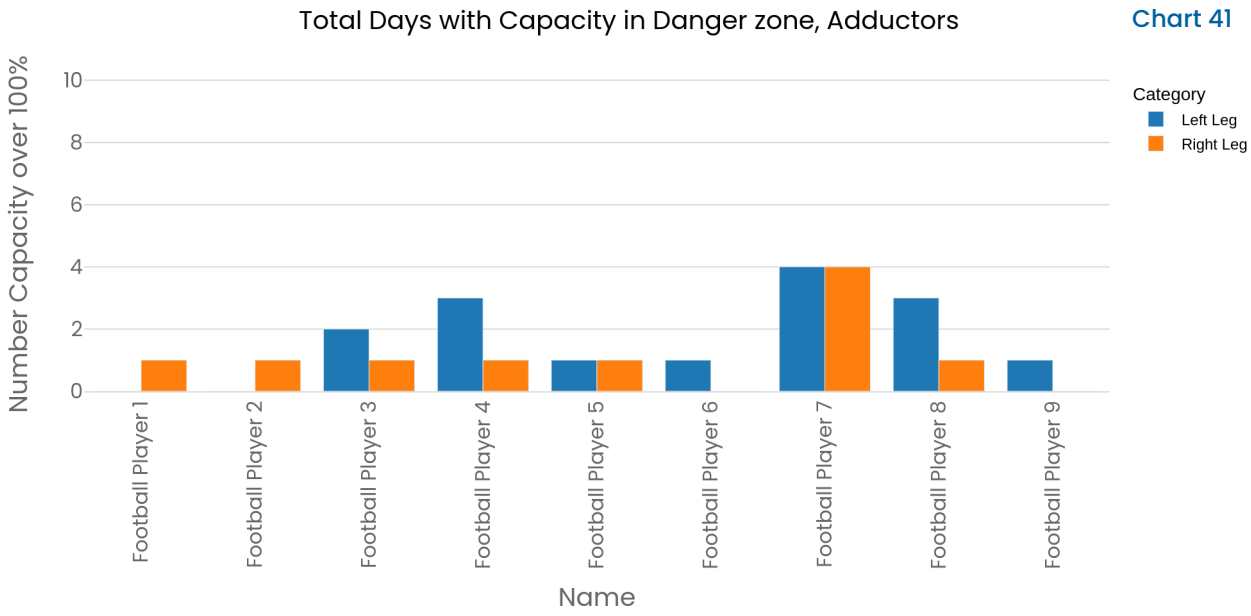
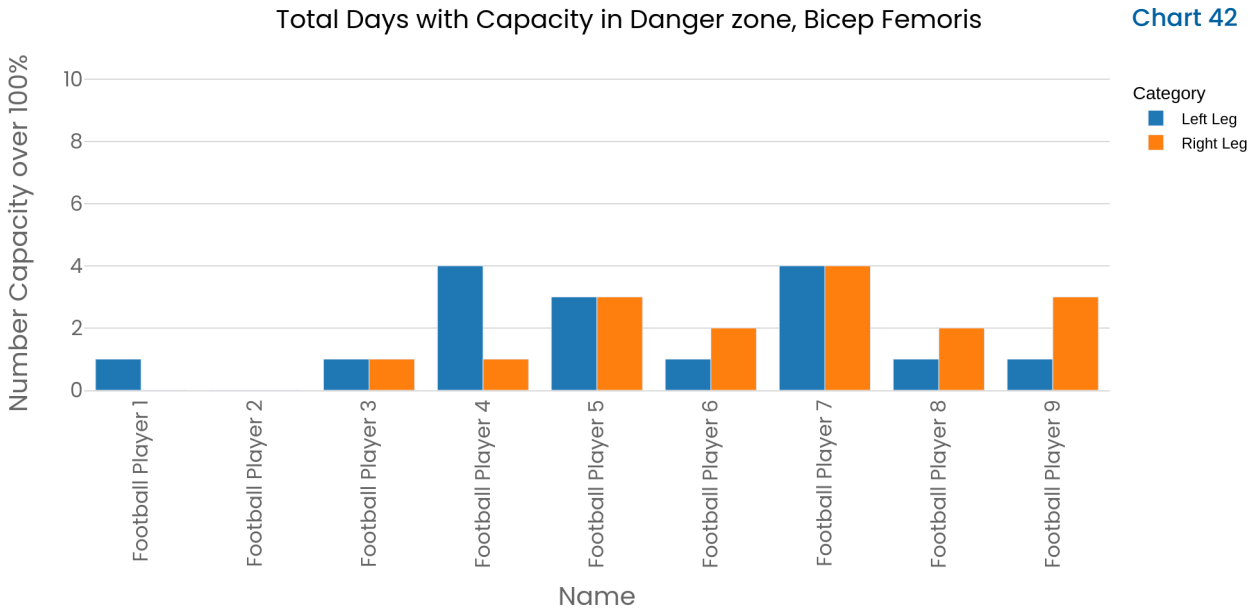
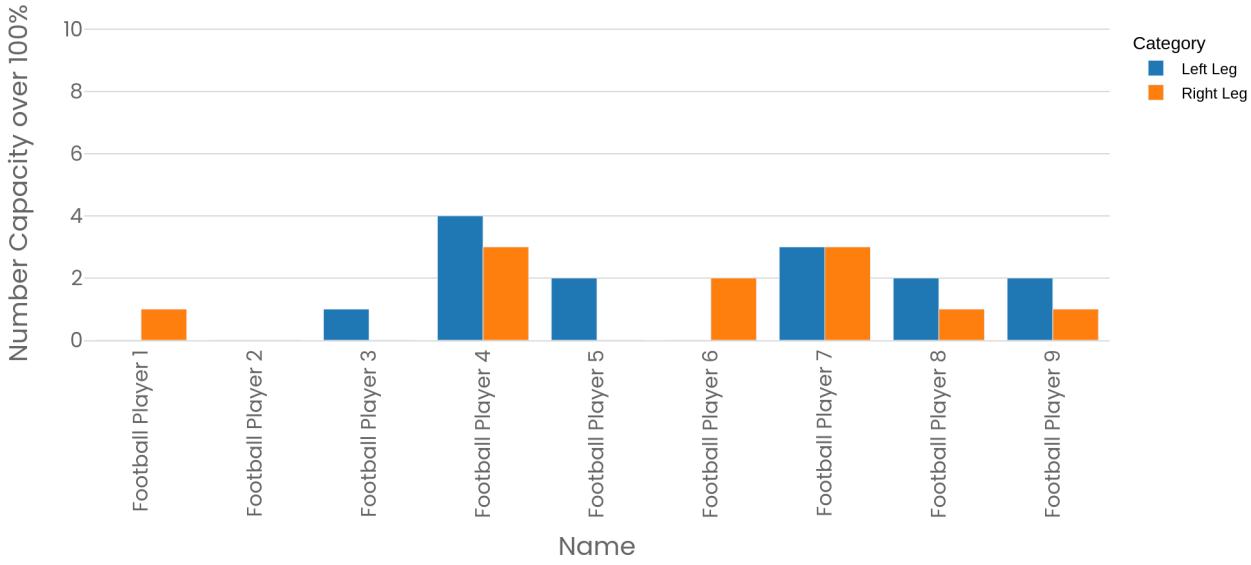


Chart 42



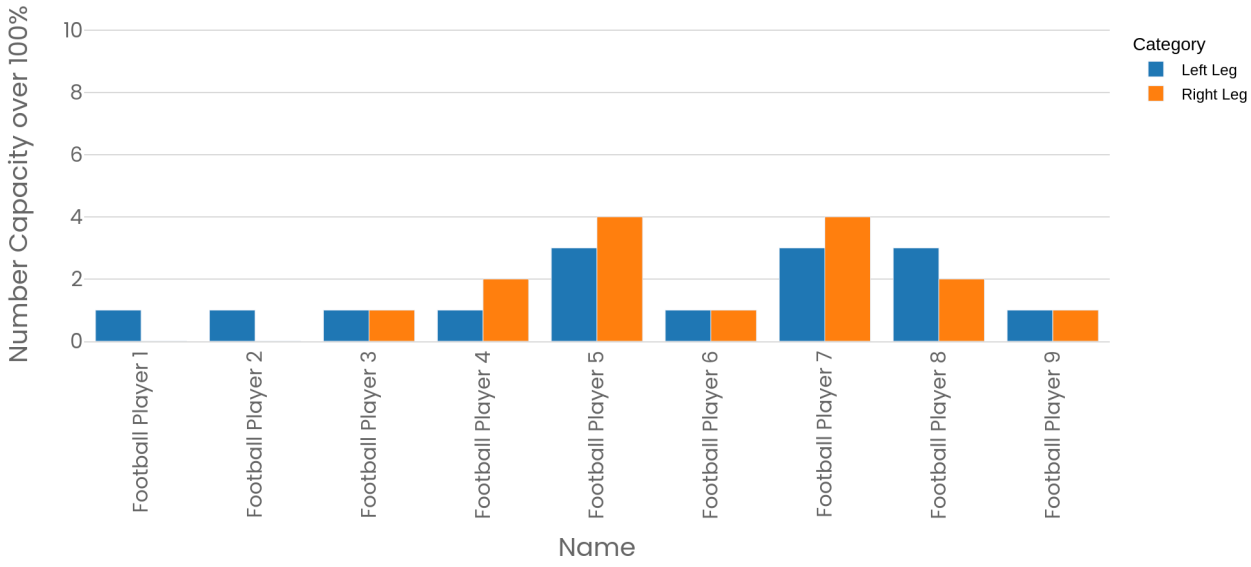
Total Days with Capacity in Danger zone, Gastrocnemius

Chart 43



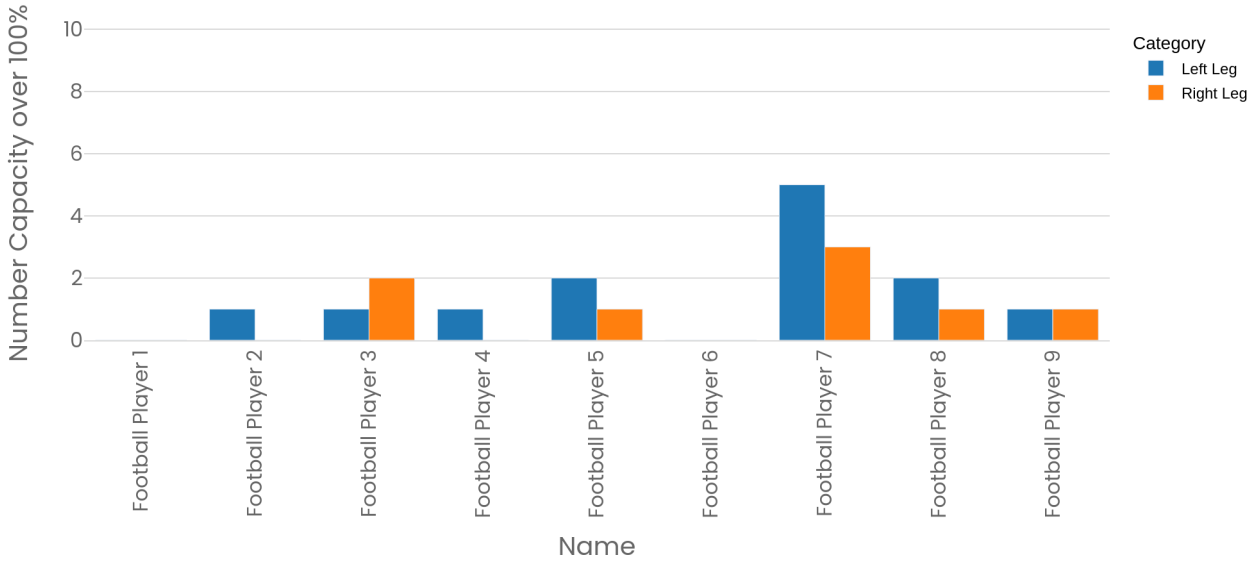
Total Days with Capacity in Danger zone, Quadriceps Femoris

Chart 44



Total Days with Capacity in Danger zone, Rectus Femoris

Chart 45



Total Days with Capacity in Danger zone, Semi Tendimembranosus

Chart 46

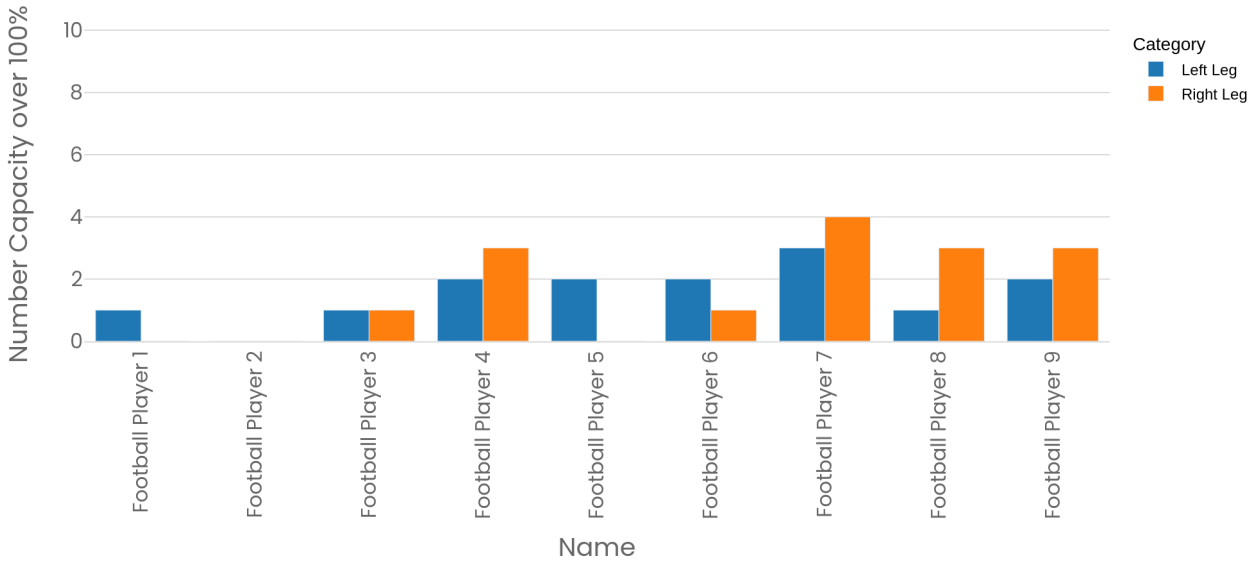
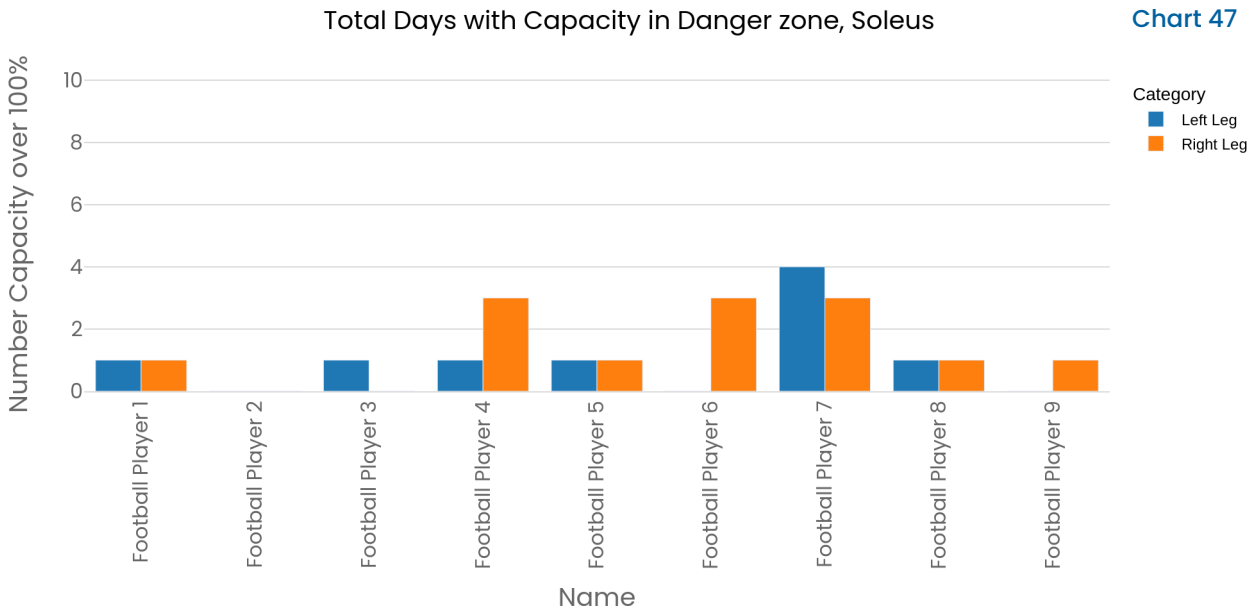


Chart 47



The data illustrates the number of days each player's muscle groups entered the capacity danger zone. Football Player 7 showed significant overcapacity in multiple muscle groups, particularly the adductors and soleus, indicating a need for targeted management to optimize performance. Similarly, Player 4's bicep femoris and gastrocnemius muscles frequently reached high capacity, suggesting a focus on balancing left and right leg usage. Player 8 and Player 9 demonstrated moderate levels of muscle strain across various groups, suggesting they are not currently at high risk but should maintain monitored workloads to prevent escalation. Players 1 and 2 exhibited minimal muscle overcapacity, pointing to well-managed training loads. However, Player 3's adductors showed higher tension in the left leg, which may require adjustments to ensure balance. Overall, a strategic approach, emphasizing personalized training and recovery, can help maintain these athletes within optimal capacity ranges, enhancing team performance while mitigating the risk of excessive strain. This data-driven insight aids in tailoring player-specific programs, ensuring each player remains agile, strong, and prepared for optimal performance.

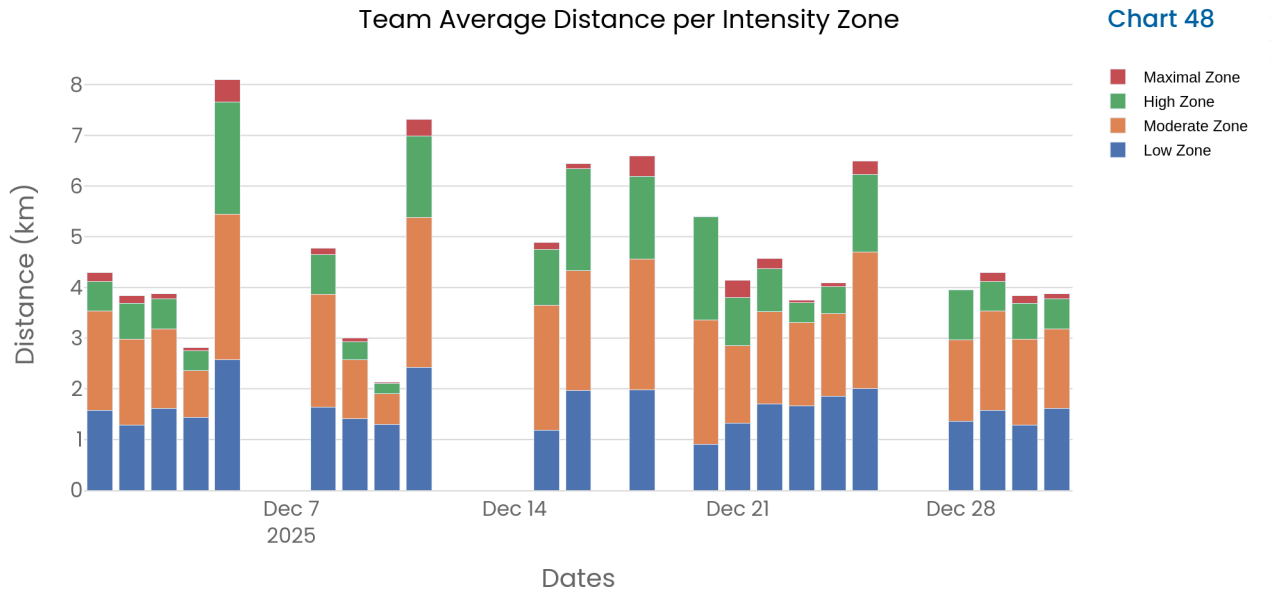


Chart 48

The team's performance reflects a consistent reliance on low and moderate intensity zones, with the majority of distance covered in these areas. High and maximal intensity zones contribute less overall but are strategically utilized, particularly on December 14th. This distribution highlights an effective balance in training intensity, optimizing endurance while reserving peak efforts for needed moments.

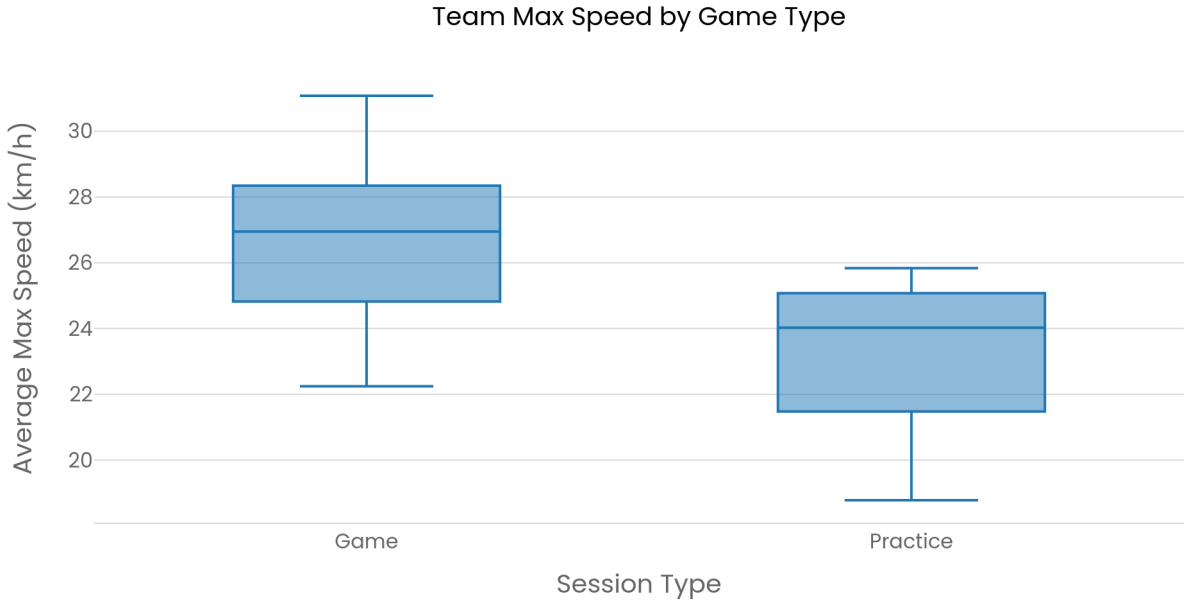


Chart 49

Average maximum speeds are significantly higher in games compared to practice sessions, indicating elevated intensity and competitiveness during match conditions. The wider range in games suggests more variability in player performance, reflecting potential strategic bursts of speed crucial for competitive advantage.

POSITION BASED REPORT

POSITION BASED REPORT

This section depicts a series of visualizations across different positions.

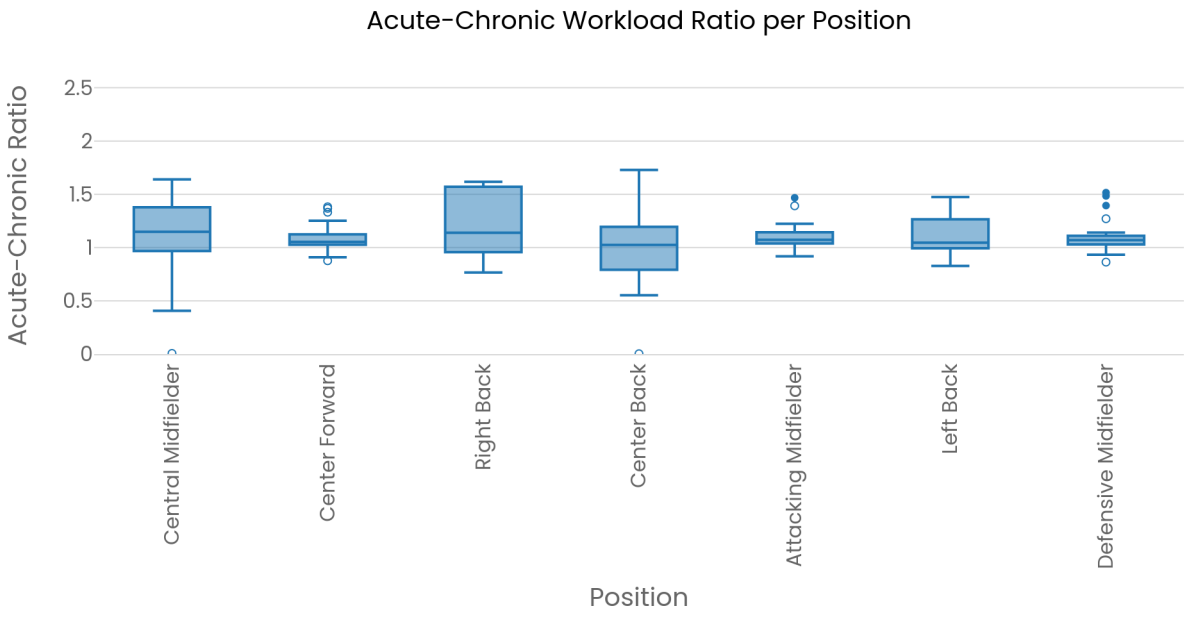


Chart 50

The ACWR chart illustrates a generally balanced workload across positions, with medians near the optimal range of 1.0 to 1.3. Central Midfielders and Center Backs show slightly higher variability, indicating flexible workload adaptations to game demands. Meanwhile, Center Forwards and Defensive Midfielders exhibit more consistency, suggesting stable engagement levels. Right Backs and Left Backs fall within a similar range, reflecting well-managed workload adjustments. This balance across positions suggests effective workload management contributing to sustained performance levels.

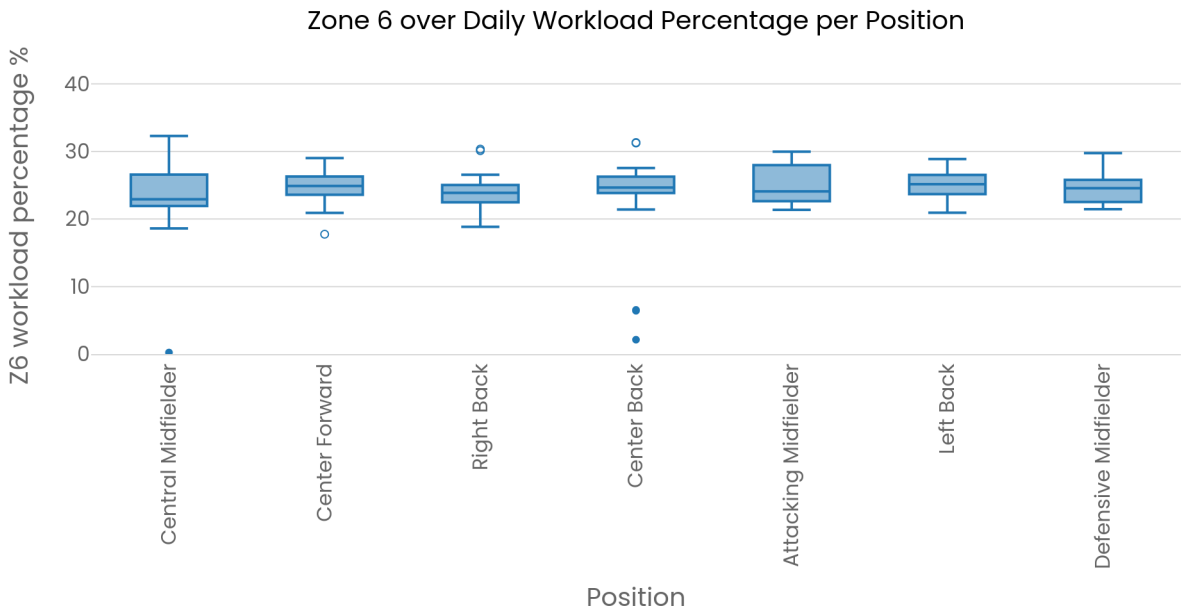


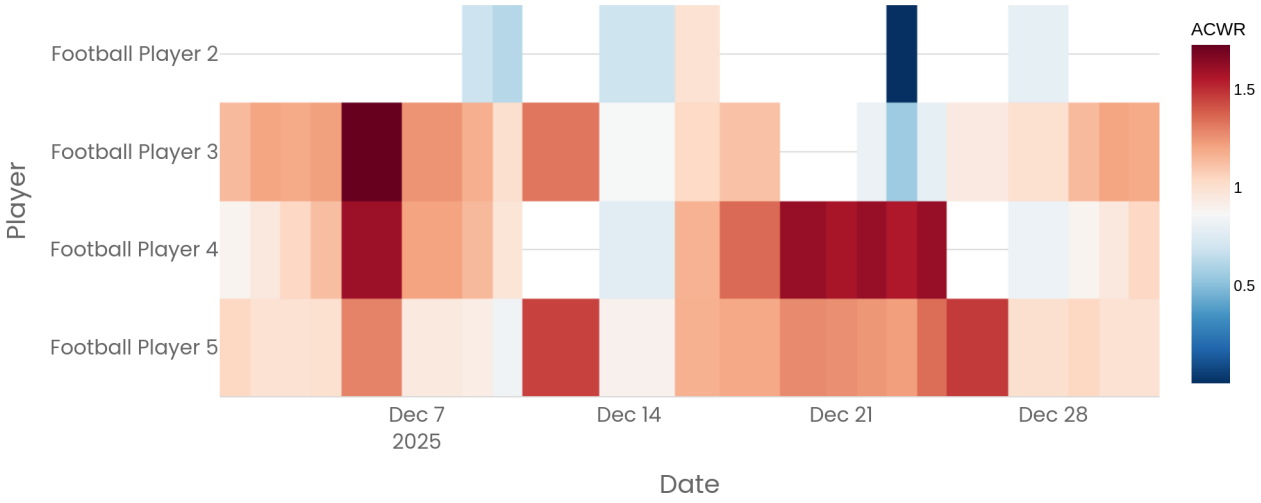
Chart 51

Chart 51 shows, for each position, what percentage of the daily workload comes from activity in Zone 6. This helps highlight which positions contribute more of their effort in the highest intensity zone, revealing role-specific demands and intensity profiles across the team.

The Zone 6 workload percentage analysis reveals central midfielders often have a higher intensity workload, with notable variability and outliers indicating occasional peaks in performance demand. Compared to other positions, both central and attacking midfielders consistently contribute more to the highest intensity zone, emphasizing the demanding nature of their roles. Conversely, defenders, especially center backs, exhibit lower variability and less frequent spikes, suggesting a steadier endurance requirement. This distribution highlights the varying physical demands across positions, with midfielders regularly exerting at higher intensities, necessitating tailored conditioning programs to optimize each position's performance and workload management.

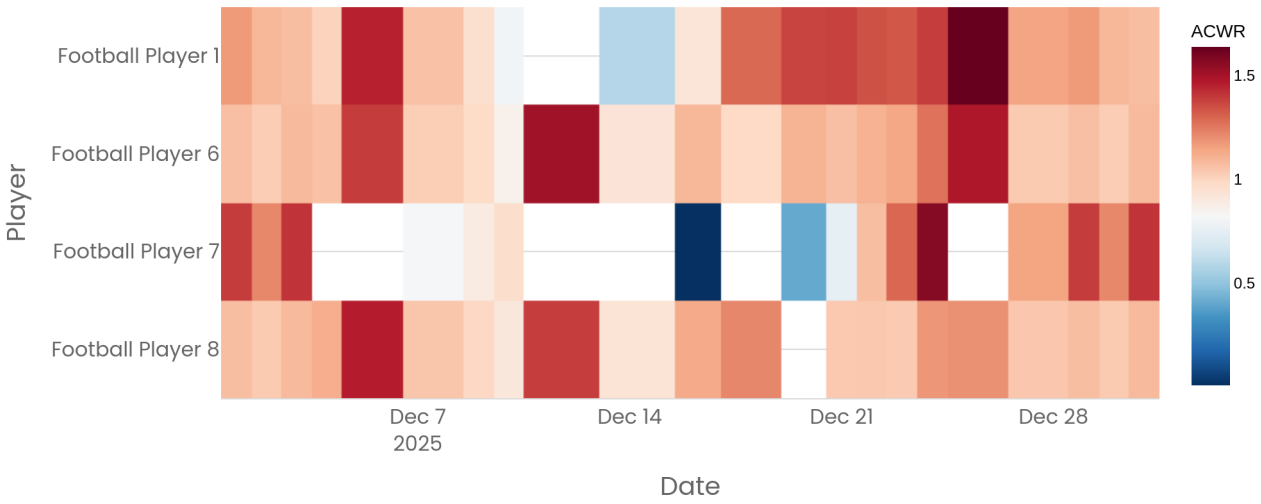
ACWR Risk Heatmap, Defenders

Chart 52



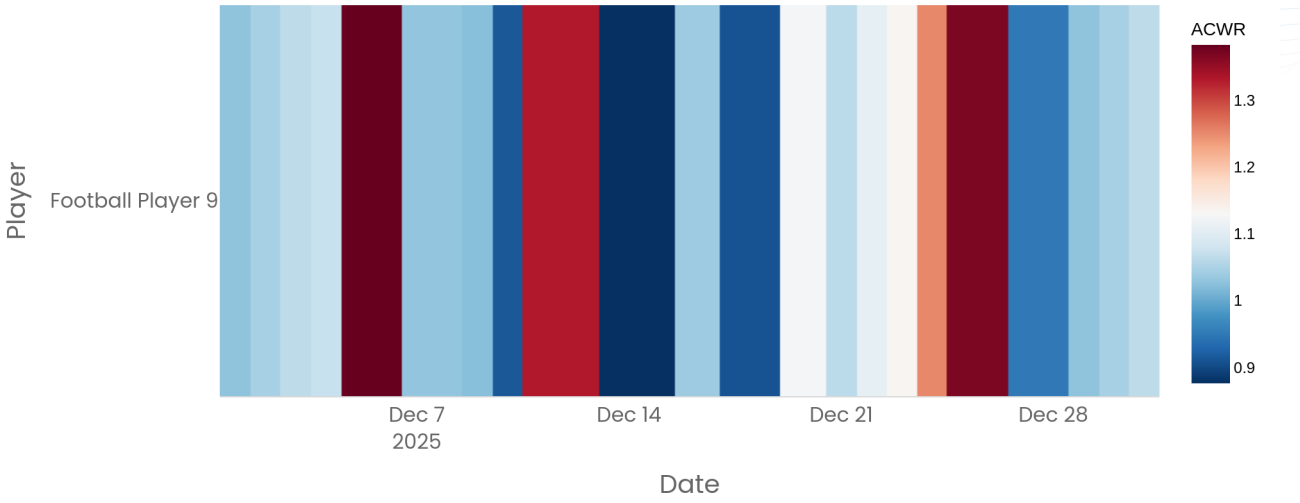
ACWR Risk Heatmap, Midfielders

Chart 53



ACWR Risk Heatmap, Attackers

Chart 54



In December 2025, analyzing the ACWR heatmaps for defenders reveals fluctuating workload management. Early in December, there is a consistent risk slightly above the optimal range, which stabilizes towards mid-December, indicating better-managed workloads. However, a spike occurs in late December, which may prompt a strategic reassessment to avoid potential overtraining. For midfielders, a similar pattern emerges. Initial weeks of December show a high workload risk, particularly impacting several players. As the period progresses towards mid-month, some players experience alleviated workloads, although spikes remain evident, notably around mid to late December. This suggests ongoing efforts to stabilize workloads while maintaining performance levels. Attackers present a unique profile with consistently managed ACWRs within the optimal range, except for noticeable increases from mid to late December. This indicates that workload management strategies for attackers are generally effective, yet vigilance is necessary to prevent potential downward trends. Overall, the team displays varied workload management success across positions, with periods necessitating focused adjustment to maintain balance. Emphasis on regular monitoring and tailored recovery protocols could enhance performance sustainability across all roles.

CHIEF EXECUTIVE OFFICER'S MESSAGE

Sofia Pomvakidou
CEO EVO Human Performance

At EVO Human Performance, innovation in sports performance monitoring isn't about adding complexity — it's about creating clarity. That's why we built artemYs, our precision analytics platform designed to help athletes, coaches and performance professionals turn complex data into meaningful, actionable insights.

Whether it's managing training loads, tracking asymmetries, or understanding readiness, we believe true progress doesn't happen by chance — it's engineered with intent, structure and purpose.

VISION ■

We empower athletes by creating personalized digital twins with biomechanical analysis, offering precise, actionable insights for peak performance. Our goal is to unify the global sports community through a scientifically validated, standardized system, ensuring clear, universal communication among athletes, coaches, and sports professionals worldwide.

MISSION ■

Our vision is to lead digital health in sports, making advanced, personalized care simple and accessible for every athlete and club. We strive to set the global standard for myoskeletal mapping, transforming complex data into clear, actionable insights that redefine athlete performance and wellbeing.

CORE VALUES

INTEGRITY

We conduct our business with honesty and uphold the highest ethical standards, building trust with our stakeholders.

INNOVATION

We embrace creativity and innovation, continuously improving our processes, products, and services to stay ahead of the curve.

CUSTOMER-CENTRITY

Our customers are at the heart of everything we do, and we strive to exceed their expectations through exceptional service and value.

CONTACT

We'd love to answer your questions! At EVO, we pride ourselves on being accessible, responsive, and dedicated to your success. Reach out to us anytime—we're here for you.

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