

Moxy's Hockey HIIT™ Packages



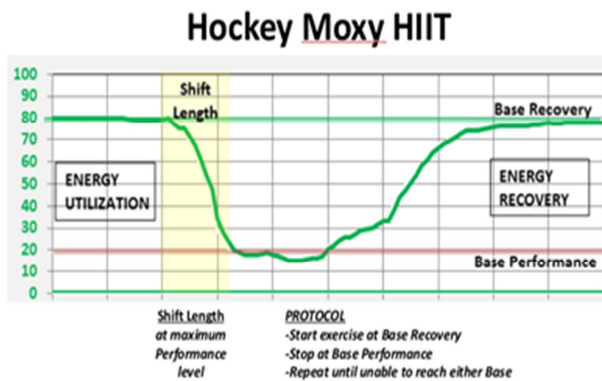
Moxy's Hockey HIIT Packages™ were designed specifically to improve a team's competitiveness by providing individual physiological based performance feedback to coaches & trainers in real time. By delivering the worlds most **accurate** and **actionable** Oxygen & Hemoglobin (SmO2 & tHb) information, the Moxy assists coaches & trainers as they guide their athletes during hockey specific training protocols.

Breakthrough Results That Your Players & Fans Will Love!

Leveraging the breakthrough Moxy HIIT technique developed and executed at the Junior Levels in Canada and with Professionals throughout Europe, we've established a protocol that seamlessly works into your slideboard* regimen.

The results are nothing short of amazing:

- Expanded strength & endurance
- Faster recovery
- Reduce overtraining (less injury)
- Improved shift performance
- Improved individual performance
- Improved team performance (The sum of parts!)
- Extended ice time
- Strategies based on Physiological facts



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Moxy's Hockey HIIT Packages™ - When Performance Matters

In collaboration with top Canadian and European performance Physiologists, Coaches and Players, Moxy has created two High Intensity Interval Training Packages specifically focused on Hockey: the **HIIT Performance Package™** & the **Team Advanced Integration Package™**. Taking advantage of standard stopwatch based protocols in use across the sport, the Moxy's market leading SmO2 & tHb NIRS based information allows coaches to see and understand what is limiting their player's performance.

Adding real time data to the coach's visual experience, coaches are able to streamline workouts that maximize effort and reduce injury while ensuring that training decisions are no longer based on assumptions about the athlete but made on solid physiological markers that helps individualize the player's regimen.

Moxy's Hockey HIIT™ Performance Package™

The Performance Package™ was built to have immediate impact on your players' performance. Adapting the Moxy to HIIT protocols used in slideboard work, the offering includes all you'll need to be up and running in no-time. We've included all of the hardware, software, training, and support you need to implement High Intensity Interval Training for Hockey using your own slideboards. The solution is turnkey and designed to integrate into present processes.

- Full package ready to use at your facility – literally right out of the box
- Ability to precisely assess an athlete's present performance & limitations
- Integrate into your present protocols
- Physiologically based and individualized
- Training for both use & application of the technology
- Exclusive coaching on Moxy's proprietary RIP (Recovery Intensity Profile) development and the Moxy HIIT protocol
- Ongoing consultative support



The Deliverables:

I. Technology

- 8 Moxy Sensors with charger and cables
- Storage & Charging Case
- Tablet PC, ANT+ Dongle
- Software – Loaded on PC it includes 8 User Software & Moxy's RIP / HIIT 2.1 Protocol Software for Tracking and Analyzing RIP and HIIT Data
- Pre-loaded Links to all of the Training Materials, Moxy PC App
- PDF and Glossy print outs of the detailed training schedule

II. Comprehensive Video Instruction & Training Materials,

- Comprehensive tutorial on Muscle Oxygen Physiology
- How To Attach the Sensor Video
- How to Setup the Slide Board Video
- Software Setup
- How to perform and analyze a RIP tests
- HIIT Physiology (Comprehensive)
- How to do a HIIT Training Day
- Course Video, HIIT Physiology Course Video, Hockey specific Interviews & Program Overview

III. Consultative Support

- 4 Hours of Consulting via video, phone, e-mail and/ or with online collaboration
- Data / protocol design
- Performance analysis support
- Expandable to onsite or comprehensive classroom setting.



Moxy's Hockey HIIT Team Advanced Integration Package™

The Team Advanced Integration Package™ was developed for larger organizations whose commitment to metric based physiology training requires that all team members participate in acquiring the needed expertise. The Advanced Integration Package builds on the Technology and Physiological training of the Performance Package but includes advanced on-site consultation, training and customized design support. The Advanced Package certainly includes slideboard protocols but the consultative focus becomes comprehensive expanding into S&C and onto the ice.

- Performance protocol Design consultation integrating with your teams training regimen. Design is developed remotely in collaboration with your team prior to any on site event
- 1-3 days of onsite classroom and hands on training
- Advanced HIIT & RIP (Recovery Intensity Profile)procedural design
- Advanced performance metric design and analysis training
- Post implementation support

For larger organizations who have integrated physiologically based coaching methods into their system, The Advanced Integration Package offers an effective way to leverage the advances in Oxygen based performance training. This package includes all of the hardware, software and video training of the Performance Package but we've added a full consultative engagement.

The Deliverables:

I. Technology

- 8 Moxy Sensors with charger and cables
- Storage & Charging Case
- Tablet PC, ANT+ Dongle
- Software – Loaded on PC it includes 8 User Software & Moxy's RIP / HIIT 2.1 Protocol Software for Tracking and Analyzing RIP and HIIT Data
- Pre-loaded Links to all of the Training Materials, Moxy PC App
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- How to perform and analyze a RIP tests
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Moxy's Hockey HIIT Team Advanced Integration Package™

III. Consultative Collaboration and On-site engagement

- 1-3 day physiologically based training session hockey training experts from Next Level SP or Swinco Performance Labs
- Customized protocol design based on your specific application
- Technical design & support for implementation
- Data analysis / performance review and collaboration
- 60 day post implementation remote support



Want to learn more? Contact a Moxy representative:

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Moxy Package & Technical Fact Sheet

Technical Information

Package Technology

- 8-Sensors - ready to use
- 8-Unit Charging Case
- Windows 10 Tablet PCs preloaded with software
- Tablet Stands
- DropBox Cloud Data Management System allows instant access to data anywhere in the world
- Tape, connectors and other miscellaneous gear

About The Moxy Monitors

- Moxy is a Continuous Wave NIRS system that uses light sources at 680, 720, 760, and 800 nm
- Moxy uses 2 send to receive spacings of 12.5 and 25 mm. This allows it to read the muscle oxygenation through about 12 mm of skin and fat
- Moxy algorithm is the only algorithm based on a Monte Carlo model of epidermis, dermis, adipose and muscle. This allows it to measure SmO₂ with useful accuracy on a scale of 0% to 100% and to maximize sensitivity to the muscle layer while minimizing sensitivity to the skin and fat
- Moxy Updates at 0.5 Hz in Default Mode or 2 Hz in high speed mode
- Battery life is 3 hours minimum
- 7 hours of data can be stored on each sensor
- Data is broadcast wirelessly live via ANT+ so data from multiple sensors can be collected simultaneously on one PC