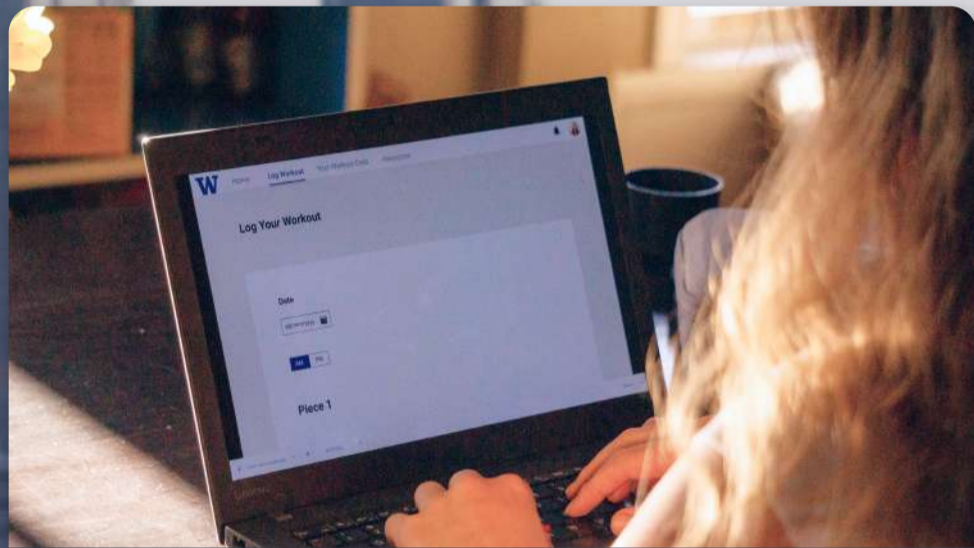


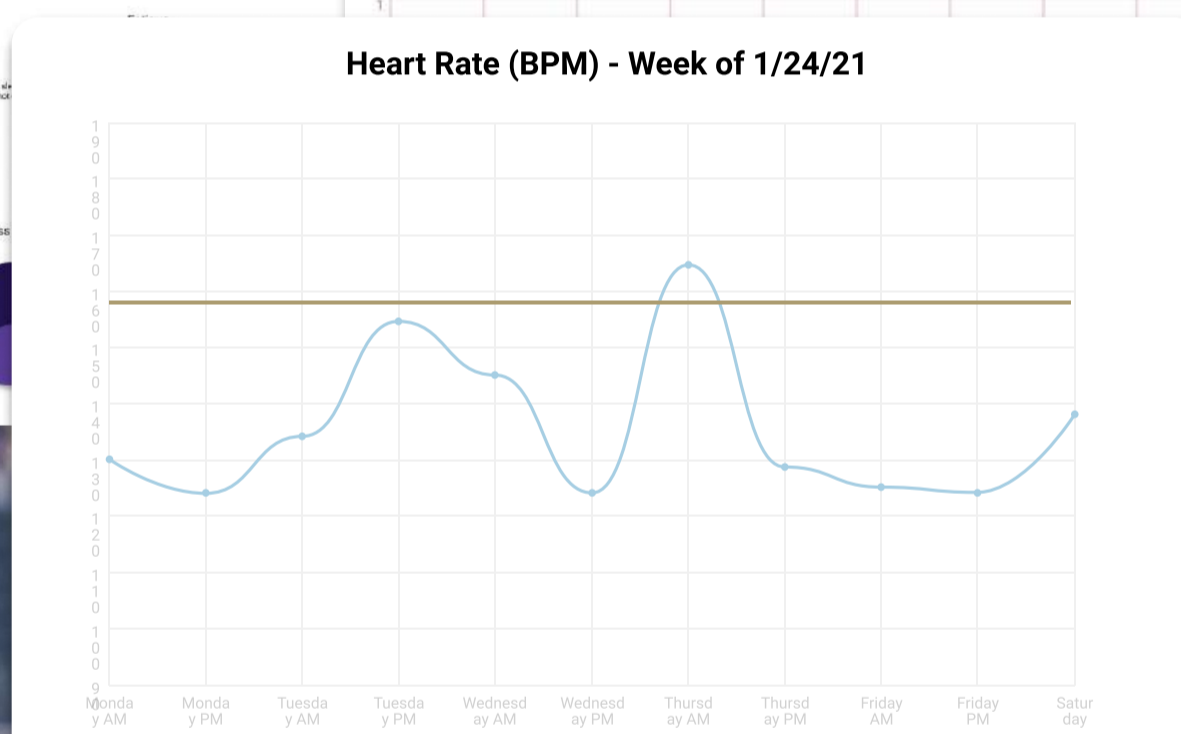
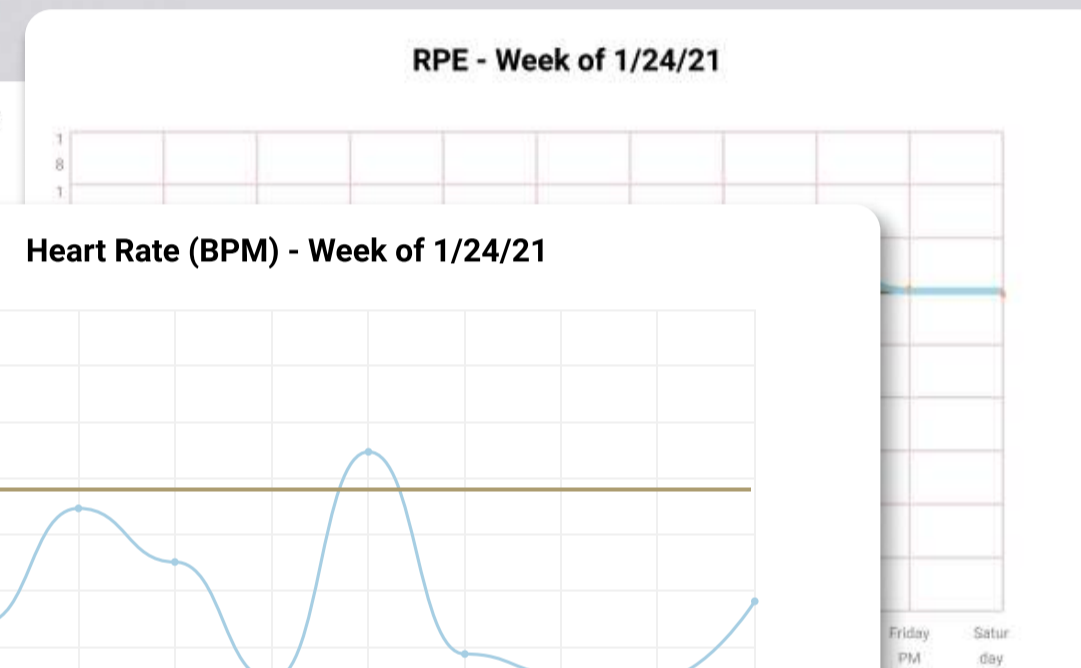
Over **70%** of the women's rowing team struggle with overtraining every year.

Our Goal?

To bring that number down to 0



Log Workouts Efficiently



Visualize Key Performance Indicators



Train Better

Overtraining can often be hard to define, let alone diagnose. With our visualization, we aim to bridge this gap

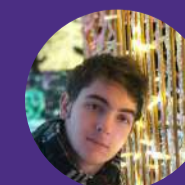
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