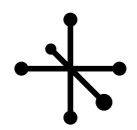


# GET ASSESSED.

**DISCOVER PRECISELY WHICH BODY REGIONS NEED TO BE STRONGER AND FASTER.**



The Proteus system is a patented physical assessment and resistance training platform that is proven to dramatically improve movement health, strength, and power.



Test full body strength and speed in 5 minutes.



Track your improvement every time you test.



Compare yourself to thousands of professional, college, and high school athletes.



Get hyper-personalized training program recommendations.



Trusted by MLB teams and hundreds of MLB players and elite baseball trainers to improve strength and speed.



Founded in 2016 • Spun out of MIT • Based in Brooklyn



[PROTEUSMOTION.COM](https://proteusmotion.com)

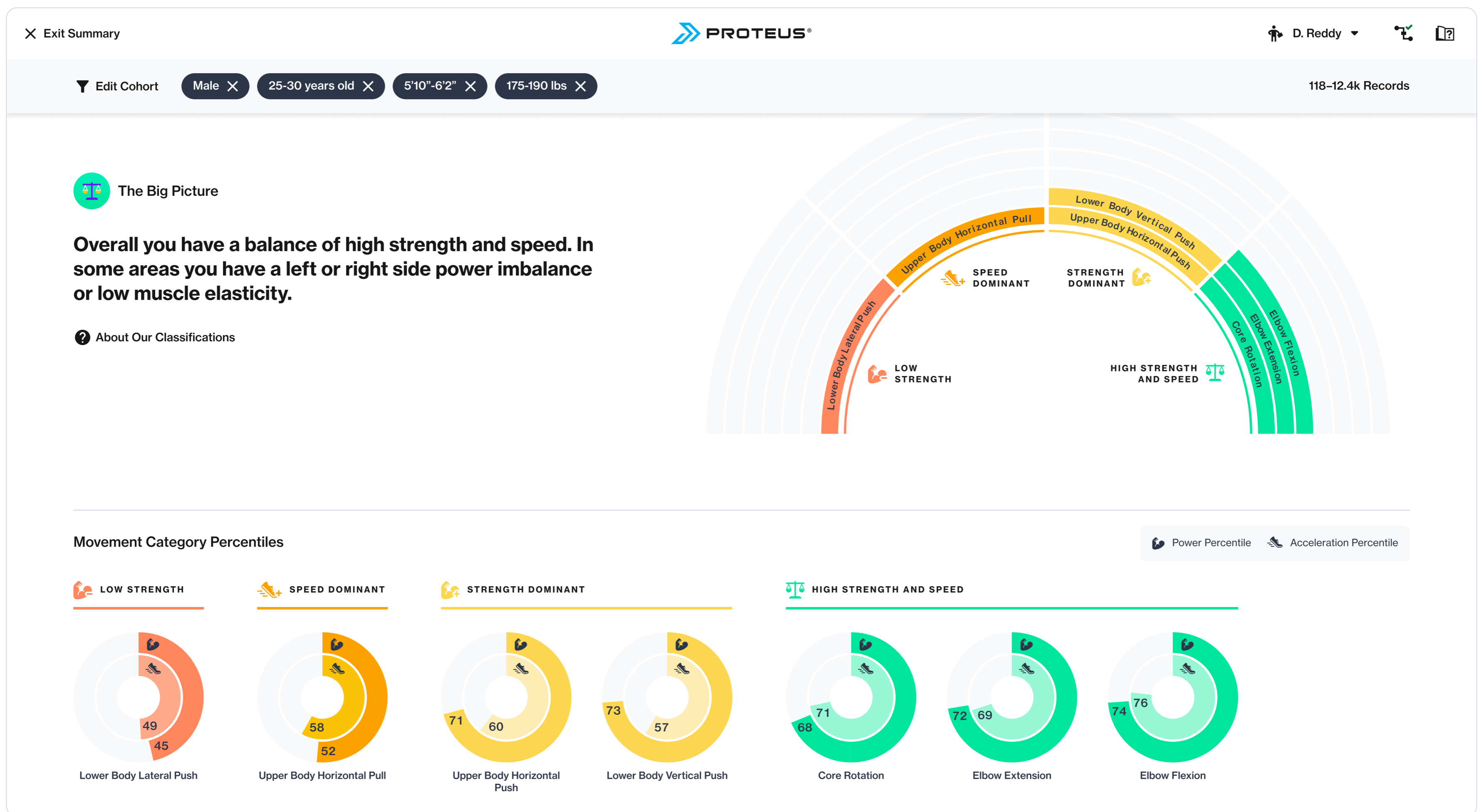


[PROTEUSMOTION](https://www.instagram.com/proteusmotion)



[@PROTEUSMOTION](https://www.youtube.com/@proteusmotion)





Understand where every movement is classified on the force velocity spectrum. See how power and acceleration stack up against any given athletic cohort.

#### Low Strength

**Train Strength**  
Introduce high force, low velocity movements.

#### Lower Body Lateral Push

**RECOMMENDED EXERCISES**  
Lateral Split Squat  
Lateral Sled Drag  
Crossover Lunge  
Lateral Bound on Proteus

You are 8% stronger on your right side  
Work your left side to correct the imbalance.

#### Speed Dominant

**Train Power**  
Train at moderate force and moderate speeds to increase power output.

#### Core Rotation

**IMBALANCE** **LOW ELASTICITY**

**Power**  
75th Pctl  
321 WATTS

**Acceleration**  
79th Pctl  
19 M/S<sup>2</sup>

**Included Movements**  
Straight Arm Trunk Rotation (Plyo) (Right) 720 RECORDS  
Straight Arm Trunk Rotation (Plyo) (Left) 720 RECORDS  
Straight Arm Trunk Rotation (Left) 1,421 RECORDS  
Straight Arm Trunk Rotation (Right) 1,411 RECORDS

**Recommended Exercises**  
Med Ball Seated Twists  
Cable Rotation  
Med Ball Lateral Toss  
Plyo Wall Ball Toss  
Straight Arm Trunk Rotation on Proteus

You are 6% stronger on your right side  
1% SINCE LAST TEST  
Work your left side to correct the imbalance.

You're only exerting 2% elasticity to generate power  
1% SINCE LAST TEST  
Incorporate plyometric training into programming to improve efficiency of force energy transfer.

Receive training recommendations for every movement to inform individualized program development.

Identify side imbalances and elasticity for movement categories.

Repeat tests to track improvement.

## About Proteus

Proteus Motion works with the world's leading fitness, sports medicine, and sports performance institutions.

Trusted by tens of thousands of users across all ages and abilities, including notable athletes Patrick Mahomes, Kerri Walsh Jennings, Justin Verlander, Damian Lillard, and John Rahm.

Proteus patented the first ever way to quantify functional strength.

Clinically proven by the Hospital for Special surgery to produce to provide 2x more muscle activation than cable machines or free weights.

Proteus systems are installed in over 45 states across the US and Canada.



Founded in 2016 • Spun out of MIT • Based in Brooklyn

PROTEUSMOTION.COM PROTEUSMOTION @PROTEUSMOTION