



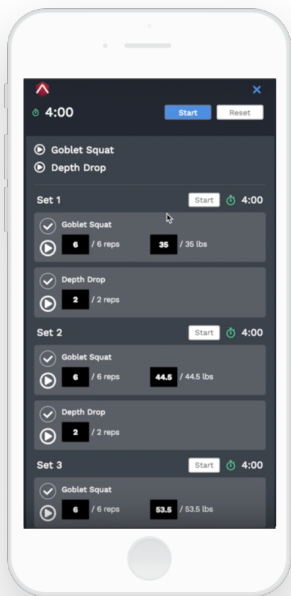
SPARTASCIENCE

Sparta Plan Overview

Scan. Plan. Train

Sparta Science optimizes health and performance for athletes, warfighters, and individuals with evidence-based movement scans and data-driven exercise prescriptions that increase resilience, predict injuries and speed efficient rehabilitation. The Sparta System, comprised of force plate hardware and machine learning software, is powered by a database of nearly one million scans and thousands of injuries to assess movement health and injury risk in seconds.

Sparta Planning



Sparta Planning is a mobile-friendly app that puts a personalized training plan in the hands of each individual.



Personalized Plans

Each person has unique needs which we identify with the scans. The Sparta Scan™ is comprised of multiple assessments available on the Sparta Platform: The Jump Scan, Balance Scan, Plank Scan. Based on the results from the Sparta Scans, the individual is given a personalized plan to improve their performance and reduce the predicted injury risk.



Train Anywhere

Train whenever, wherever you are with our mobile-friendly app. Plans are built for training with varieties of levels of equipment so you have options if you are training at home or at any kind of gym.



Autoregulation

Individualization is made possible by autoregulation. Our unique methods allow each individual to progress at their own rate for optimal safety and best outcomes.

"With Sparta, as an athlete, you know your strength coach has your best interest at heart - they're going to adapt your workouts for what you need today! So the educational piece becomes about the individualization of the Planning."

- Ali Kershner, Sports Performance Coach, Kansas University