

BRING THE SCIENCE TO THE SIDELINES



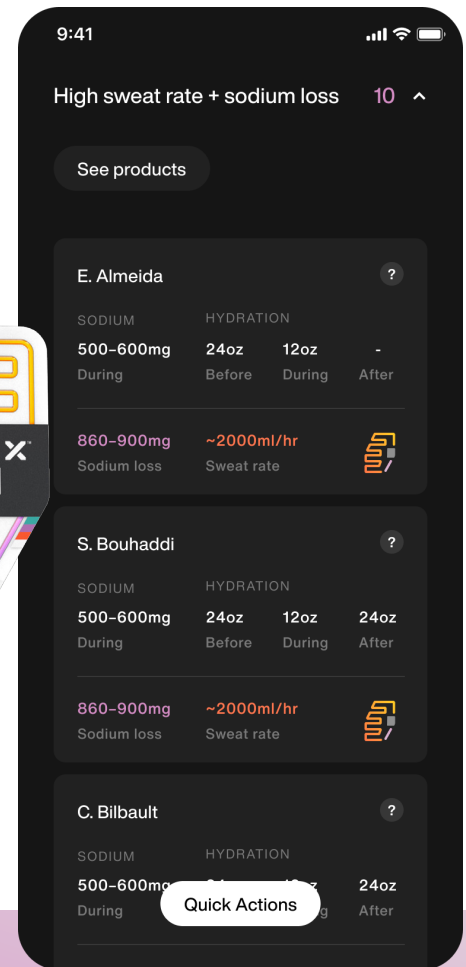
Introducing Gx Teams

The scientists at the Gatorade Sports Science Institute have spent decades innovating and improving the way we measure and analyze athlete sweat. Now, GSSI is helping you apply that science to your team's preparation and recovery routines with an easy-to-use mobile app.

Why is sweat testing important?

Every athlete sweats differently, so they all need different amounts of fluid and electrolytes to be optimally hydrated, properly fueled, and perform at their best. The data gathered from sweat testing allows you to both prioritize your attention to higher-need athletes and educate them on why they should hydrate properly.

Sweat testing with Gx Teams measures how heavily your athletes sweat and how much sodium they lose—creating personalized sweat profiles and providing targeted hydration recommendations for before, during, and after team workouts.



1

TRACK

- Create teams and invite athletes so you can easily manage their hydration needs.
- Customize and schedule single or recurring workouts with your teams based on type, duration, and intensity.
- Access a global overview of the hydration and recovery needs of your teams in just a few taps.

2

MEASURE

- Scan sweat patches directly into Gx Teams after a workout to generate individualized sweat data for your athletes.
- Weigh athletes before and after workouts to accurately calculate fluid loss and generate post-workout hydration recommendations.
- Share feedback with your athletes to help them gain a better understanding of exactly what their body is losing during activity.

3

ANALYZE

- Easily identify and prioritize higher need athletes who may be more at risk of not getting enough fluids.
- Use the results gathered from your team's sweat tests to unlock individualized performance data for each one of your athletes.
- Keep your athletes safe and accountable by tracking progress, setting reminders, and scheduling future workouts.

4

OPTIMIZE

- Access science-backed hydration and product recommendations based on sweat testing results.
- Send athletes automated pre-workout hydration reminders and keep them in the loop for upcoming workouts
- Implement preparation and recovery plans at both the individual and team levels.

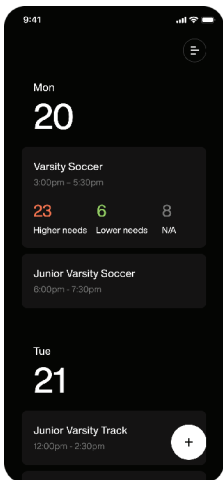
LEARN MORE AT:

GatoradePerformancePartner.com/GxTeams

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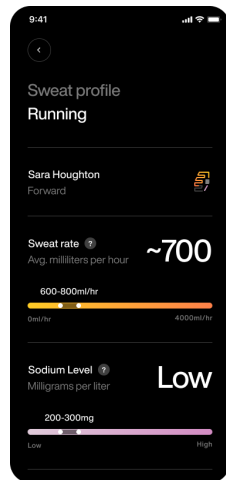
Gx Teams App Overview

Apply GSSI sports science to your workouts, create team rosters, and manage the preparation and recovery needs of your athletes.



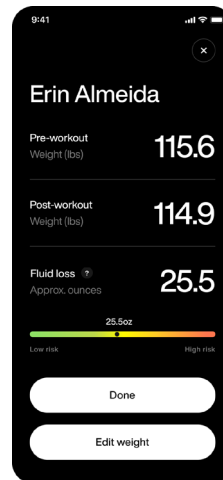
Full team schedule at a glance

See each workout with athletes grouped by higher and lower needs.



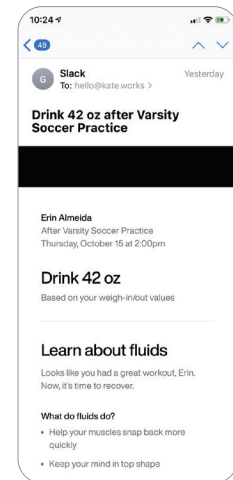
Individual athlete sweat profiles

View athlete profile details, sweat profiles and notes trainer has entered.



Digitize your weigh-in/outs

Generate post-workout recommendations by digitizing fluid loss calculations.



Athlete hydration notifications

Send athletes personalized hydration recommendations & recovery education.

Gx SWEAT PATCH

Follow these steps to achieve successful Gx Sweat Patch scan results. To learn more about the patch, and to ensure your sweat test meets the criteria necessary for valid results, visit the link below.



Apply

1. Clean inner left forearm with an alcohol swab 2–3" from elbow
2. Let dry for 30 seconds
3. Press and hold for 10 seconds with the "G" facing the athlete

Workout

4. Wear patch during a single workout (running or strength training; not both)
5. 20 minutes to 2 hour workout
6. Patch's orange channel should show some color, but not overflow

Scan

7. Scan patch in a well-lit area
8. Patch must still be on the athlete's arm
9. Athlete must not cool down or begin another workout

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