



Training Metrics & Performance Parameters

	Parameter	Description	Why It Matters	Unit	Formula / Notes	Available/Optional
RC	Repetition Count	Number of reps performed	Motivation boost, habit formation, and effort tracking	Count	Core metric for all users	Yes
RR	Real-Time Resistance	Live resistance feedback	Adds motivation and clarity to workouts with bands	Kg	Especially important in home band training	Yes
TV	Total Volume	Total work = force × reps	Tracks load over time and supports progress tracking	Number	$\Sigma (\text{Force} \times \text{Reps})$	Yes
AF	Average Force per Rep	Avg weight per rep in a set	Shows consistency and effort quality	Kg	—	Yes
PF	Peak Force (Max Weight)	Max weight applied during a rep or set	Measures strength gains and max effort	Kg	—	Yes
EX	Explosiveness	Speed to reach max force	Key for explosive/power training	sec	—	Optional
FI	Fatigue Index	Force drop across set or session	Detects endurance limits and recovery needs	% (from peak)	$(\text{Start Force} - \text{End Force}) \div \text{Start Force} \times 100$	Optional
SI	Session Intensity Score	Weighted score for workout intensity	Helps compare session loads or athlete readiness	Number	$\text{PF} \times \text{Reps} \times \text{Tempo} \times \text{Fatigue} \times \text{Symmetry}$	Optional
FC	Force Curve / TUT	Force over time graph within rep	Assesses rep quality and tempo control	sec	Related to rep speed and tension	Optional
RD	Rep Duration	Time per rep (eccentric + concentric)	Tracks control, tempo, and training intent	sec	—	Optional
CS	Consistency Score	Similarity across reps (force, speed, ROM)	Flags technique breakdowns and fatigue onset	%	Based on variance metrics	Optional
SY	Symmetry Between Arms	Force comparison L/R	Tracks imbalances for rehab or balanced training	% (vs strong)	Left ÷ Right	Optional
ROM	Range of Motion	Measured movement distance or angle	Evaluates mobility, quality of movement	Cm or Δ angle	Via calibrated band stretch	Optional
TP	Tempo / Rep Speed	How fast or slow reps are	Improves control, safety, and engagement	sec	Affects Time Under Tension	Optional
RT	Rest Time Between Sets	Pause between sets	Tracks pacing, recovery, and program consistency	sec	Auto-tracked or manual entry	Optional
ST	Streak / Habit Score	Days trained weekly	Reinforces long-term fitness habits	Days/week	Weekly active session count	Optional