

Participant #	Baseline averages	OPUS averages	% Change	Conclusion
1 (25 y/o Male)	Push-ups: 88.5 Dips: 72 Squats: 133.5 Lunges: 124.5	Push-ups: 112.5 Dips: 110.5 Squats: 181 Lunges: 144	Push-ups: ↑27.11% Dips: ↑53.47% Squats: ↑35.58% Lunges: ↑15.66%	OPUS increased overall athletic performance 32.95%
2 (20 y/o Female)	Push-ups: 90 Dips: 65.5 Squats: 127.5 Lunges: 104	Push-ups: 95.5 Dips: 111 Squats: 168.5 Lunges: 114.5	Push-ups: ↑6.11% Dips: ↑69.46% Squats: ↑32.15% Lunges: ↑10.09%	OPUS increased overall athletic performance 29.45%
3 (22 y/o Female)	Push-ups: 108.5 Dips: 116.5 Squats: 197.5 Lunges: 152.5	Push-ups: 122 Dips: 150 Squats: 216 Lunges: 158	Push-ups: ↑12.44% Dips: ↑28.75% Squats: ↑9.36% Lunges: ↑3.60%	OPUS increased overall athletic performance 13.53%
4 (25 y/o Male)	Push-ups: 48 Dips: 53 Squats: 91.5 Lunges: 118	Push-ups: 49.5 Dips: 62.5 Squats: 116.6 Lunges: 121	Push-ups: ↑3.12% Dips: ↑17.92% Squats: ↑27.32% Lunges: ↑2.54%	OPUS increased overall athletic performance 12.72%
5 (25 y/o Male)	Push-ups: 65.5 Dips: 75.5 Squats: 105.5 Lunges: 87	Push-ups: 69.5 Dips: 90 Squats: 125.5 Lunges: 100	Push-ups: ↑6.10% Dips: ↑19.20% Squats: ↑18.95% Lunges: ↑14.94%	OPUS increased overall athletic performance 14.79%
11 (22 y/o Male)	Push-ups: 91 Dips: 72.5 Squats: 140.5 Lunges: 126.5	Push-ups: 96.5 Dips: 104 Squats: 167 Lunges: 120	Push-ups: ↑6.04% Dips: ↑43.44% Squats: ↑18.86% Lunges: ↓5.13%	OPUS increased overall athletic performance 15.80%
12 (21 y/o Male)	Push-ups: 130 Dips: 107 Squats: 113 Lunges: 103	Push-ups: 140 Dips: 137.5 Squats: 141.5 Lunges: 107.5	Push-ups: ↑7.69% Dips: ↑28.50% Squats: ↑25.22% Lunges: ↑4.36%	OPUS increased overall athletic performance 16.44%
13 (24 y/o Male)	Push-ups: 117.5 Dips: 83 Squats: 74.5 Lunges: 53.5	Push-ups: 127.5 Dips: 94 Squats: 102.5 Lunges: 60.5	Push-ups: ↑8.51% Dips: ↑13.25% Squats: ↑37.58% Lunges: ↑13.08%	OPUS increased overall athletic performance 18.10%
14 (25 y/o Male)	Push-ups: 122.5 Dips: 71.5 Squats: 76 Lunges: 63.5	Push-ups: 137.5 Dips: 81.5 Squats: 92.5 Lunges: 77	Push-ups: ↑12.24% Dips: ↑13.98% Squats: ↑21.71% Lunges: ↑21.25%	OPUS increased overall athletic performance 17.29%
15 (26 y/o Male)	Push-ups: 79.5 Dips: 70 Squats: 81 Lunges: 85.5	Push-ups: 69 Dips: 72.5 Squats: 94.5 Lunges: 96.5	Push-ups: ↓13.20% Dips: ↑3.57% Squats: ↑16.66% Lunges: ↑12.86%	OPUS increased overall athletic performance 4.97%

Table 1. Results from *OPUS* users including overall percent change from baseline and percent changes for each particular exercise

