

»»XS1

SOFTWARE UPDATE

v. 2.8

»»OXEFIT

WHAT'S NEW



Assessments

Your Baseline for Smarter Training



Cardio Endurance

Measure Aerobic Output and Recovery



Static Balance

Measure Stability, Symmetry, and Control

Hey OxeSquad! Here's what's new in the latest XS1 software release.

We're excited to bring Assessments to the XS1 experience. This feature offers a smarter way to measure performance, establish a baseline, and bring more clarity to every workout ahead.

What Is an Assessment?

Assessments are quick, data-driven check-ins designed to help you better understand where your body is today, spot small wins, and feel more confident heading into every workout. In less than 10 minutes, the XS1 captures key metrics tied to output and recovery, offering a more informed way to measure progress across sessions.

Powered by OxeAI, Assessments make it easier to understand how the body responds to exercise and recognize improvement along the way. Every assessment adds another layer of insight to help guide what comes next. Let's dive into what's new!

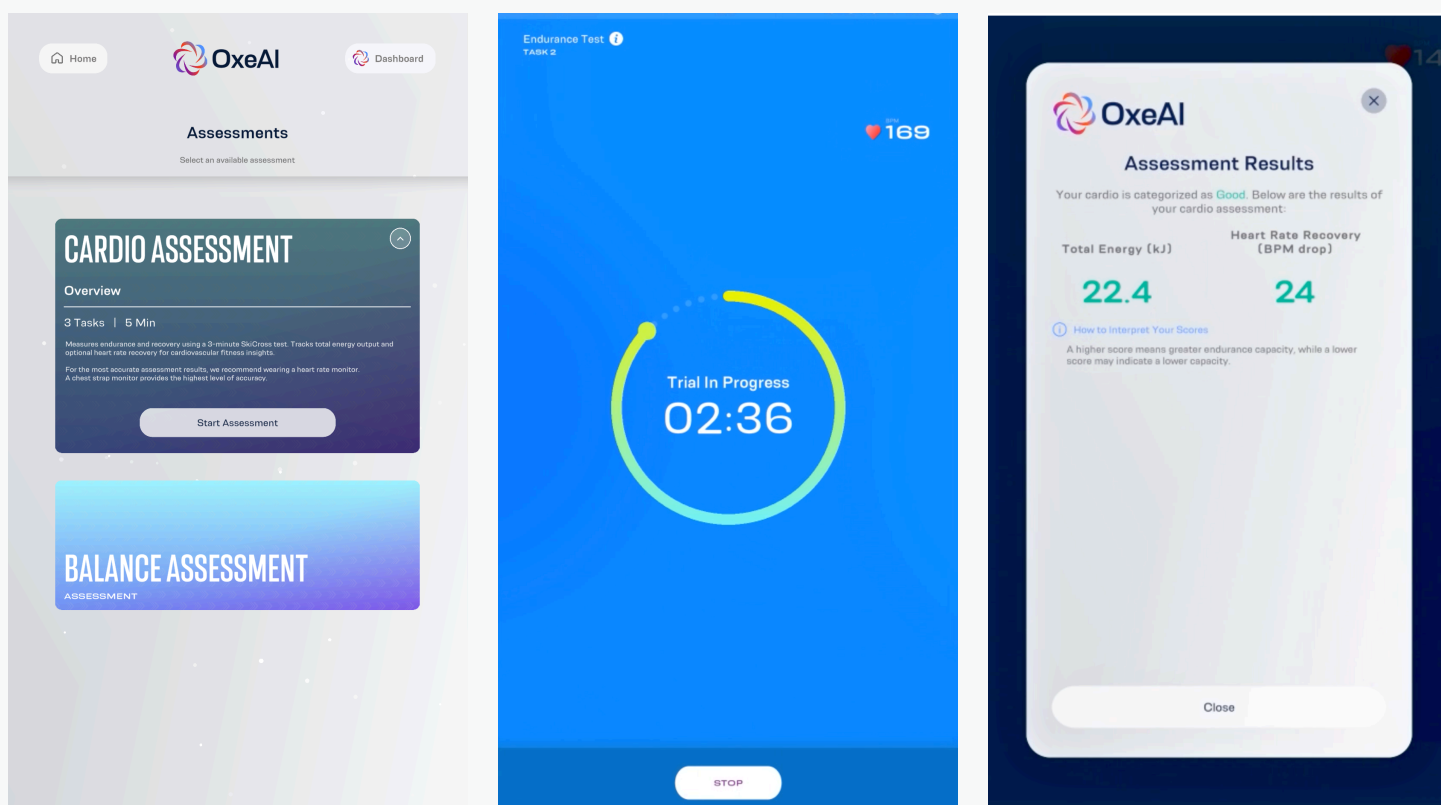
New in Assessments

Cardio Endurance

Ready to test your endurance limits? In just five minutes, Cardio Endurance helps you better understand your aerobic performance and recovery. Using **Ski Cross**, this assessment measures total energy output and, when paired with a Bluetooth heart rate monitor, shows how quickly your heart rate recovers after effort. It's a simple way to see how endurance builds over time, and measure how the body adapts to training.

What you'll see:

- Total Energy Output
- Heart Rate Recovery (**with connected heart rate monitor**)



Understanding Your Results — Cardio Endurance results focus on two key indicators: **Total Energy Output** and **Heart Rate Recovery**.

- Total Energy Output reflects how much effort the body sustained during the assessment, serving as a benchmark for endurance.
- Heart Rate Recovery measures how quickly your heart rate drops after exertion.

Together, these metrics help illustrate performance capacity and recovery efficiency.

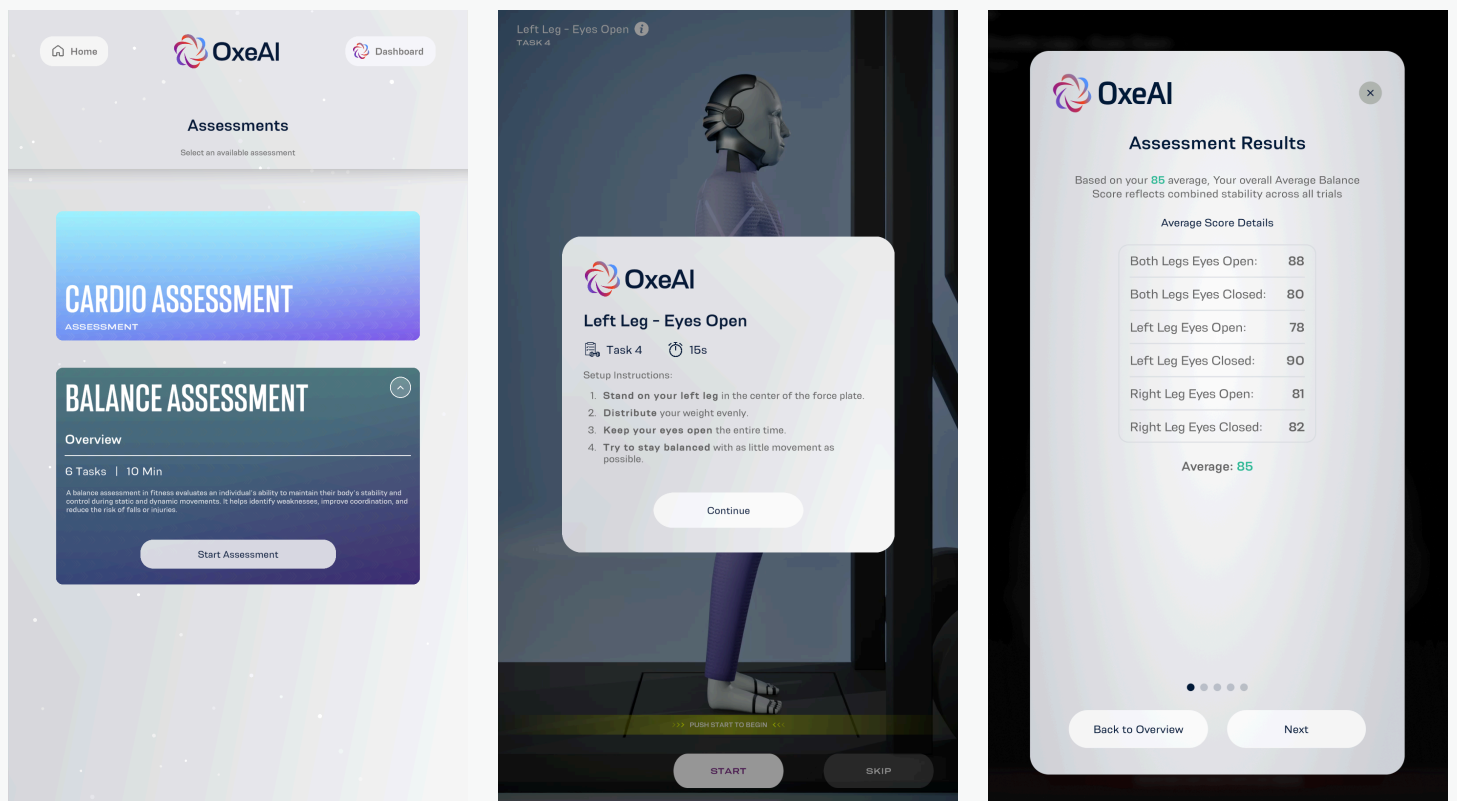
Learn more about the new Cardio Assessment here: [XSI • Cardio Assessment](#)

Static Balance

Get centered with Static Balance! Through a series of guided standing tasks using both legs and one leg at a time, this assessment measures stability, symmetry, and control. These insights reveal how the body maintains balance and responds to change. With regular testing, it becomes easier to see progress, spot early signs of fatigue or imbalance, and make smarter recovery and workout decisions.

What you'll see:

- Comprehensive Balance Score
- Symmetry Analysis



Understanding Your Results — Static Balance results focus on two core metrics: **Comprehensive Balance Score** and **Symmetry Analysis**.

- The Comprehensive Balance Score provides an overall view of balance and postural control across all six trials.
- Symmetry Analysis compares left and right leg performance to help highlight side-to-side imbalances.

With progression, these results demonstrate how balance and stability are improving to support stronger movement in daily life. **Learn more about the new Balance Assessment here:** [XSI • Balance Assessment](#)

Ready to Get Started?

- Navigate to the **Home screen** and tap **Assessments** located at the top.

OR

- From the **OxeAI** screen, tap the menu in the top-right corner and select **Assessments**.

Then pick your assessment to begin!

Discover Your Results

After completing the assessment, the XSI will instantly display your results. A comprehensive report will also be accessible in your profile or **OxeLead** shortly after.

