

XP1

SOFTWARE UPDATE

v. 3.10

OXEFIT

WHAT'S NEW

- »X **New Assessments**
Discover Your Power, Balance, and Progress
- »X **Countermovement Jump**
Unlock Explosive Power and Recovery
- »X **Static Balance**
Measure Stability, Symmetry, and Control

Hey OxeSquad! Here's what's new in the latest XP1 software release.

Countermovement Jump Assessment

The Jump Assessment now combines **both-leg jump assessments** with each of the single-leg jumps into a single assessment. So now, with one click you can do all three tasks for a more detailed view of side-to-side performance.

What This Means for You

By measuring each leg independently, this assessment helps uncover hidden imbalances that may affect movement quality, recovery, and performance. Whether you're an everyday athlete or elite performer, these insights help you train smarter, not just harder.

Results break down into six key categories:

- **Jump Performance** - Overall jump output
- **Force Distribution** - How force is distributed during the jump
- **Explosive Timing** - Speed of takeoff and power generation
- **Rate of Force Development** - How quickly force is produced
- **Peak Force Output** - Maximum force produced
- **Symmetry & Coordination** - Side-to-side balance and control

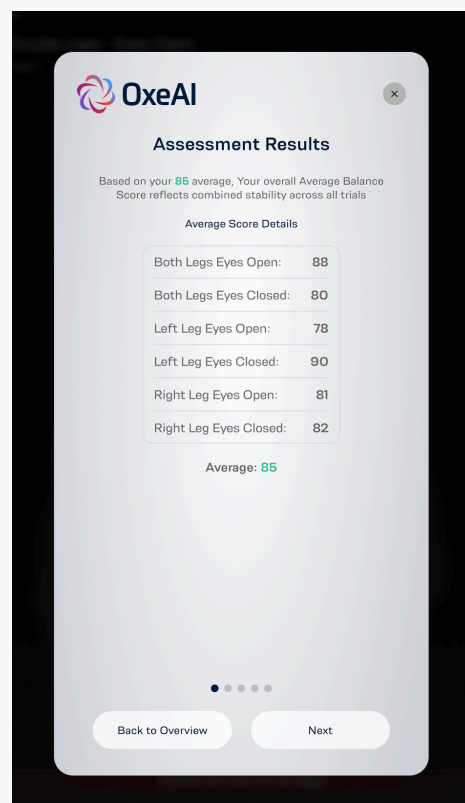
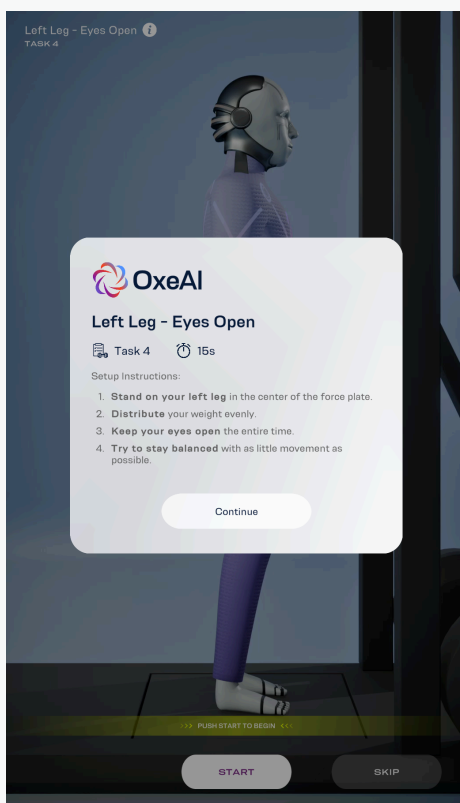
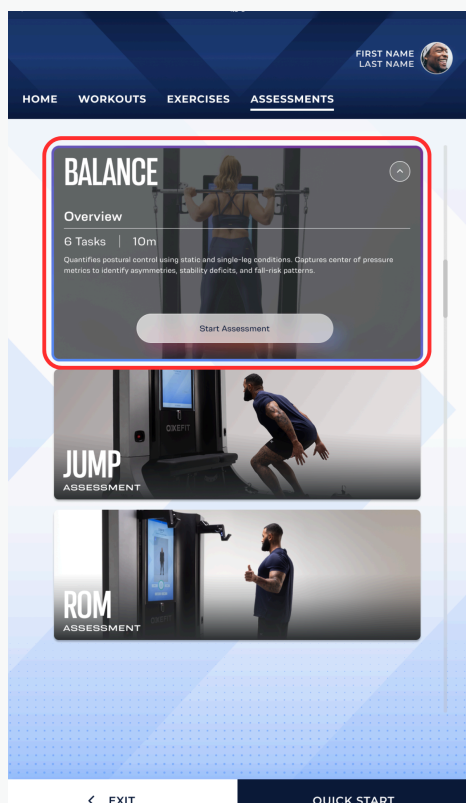
New Assessment: Static Balance

Get centered and stay strong! Our brand-new Static Balance assessment is here to help build the foundation for everything else you do. Through guided standing tasks using both legs and single-leg challenges, this assessment measures stability, symmetry, and control across changing demands.

What you'll discover:

- **Comprehensive Balance Score** — An overview of stability and postural control
- **Symmetry Analysis** — A comparison of left and right side performance

With regular testing, it becomes easier to spot early signs of fatigue or imbalance, track progress over time, and make more informed recovery and training decisions.



Learn more about the new Balance Assessment here: [XPI • Balance Assessment](#)

Ready to Get Started?

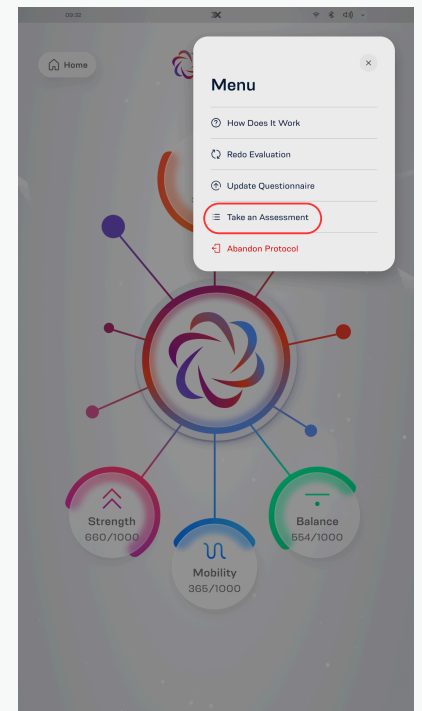
Starting an assessment is simple:

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

OR

- On the **OxeAI screen**, tap the menu icon and select **Assessments**

Then pick your assessment to begin!



Discover Your Results

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