

# Robo-Athletes

From virtual reality to electromagnetic tags, technology is taking the training, rehab, and performance of athletes into the superhuman realm.



## **Motion-tracking 3D glasses**

Particularly popular with baseball players, these VR headsets create 3D versions of pitchers from uploaded videos for batters to practice against.

## **Connexion kiosks**

Used by the NBA, this 10-foot-tall booth features an AI-powered virtual assistant that guides players through an evaluation to analyze tears, strains, and other health data to help prevent injuries.

## **Radio-frequency identification (RFID) chips**

Teams across sports use these electromagnetic tags to track performance. In football, they are used to measure speed, separation in pass routes, and the distance and velocity of a pass.

## **Sleep-monitoring devices**

Because of late-night games and early-morning practices, sleep is a major issue for athletes, which is why sleep-tracking devices have become an important tool in their training arsenal. Coaches use the data from these devices to adjust practice loads and customize training based on the previous night's sleep.

## **Wearable robots**

Originally designed for the military and to help people regain the use of their arms and legs, these biometric exoskeletons are being used by athletes for injury rehab and to evaluate movement and speed.