



PROJECT Name: Gym DOLPHIN
BIG IDEA: MEDICAL ATHLETIC
SUPPORT



ESSENTIAL QUESTION: HOW can we
HELP relieve soreness in
ATHLETES?

Team Members: ANDY G, GRAY M,
JAMISON R

SCHOOL/organization Name:
PEAK TO PEAK CHARTER SCHOOL
LOCATION: LAFAYETTE, COLORADO,
UNITED STATES OF AMERICA



WHAT CHALLENGE DOES YOUR PROJECT ADDRESS?

Within This project or, Gym Dolphin addresses the challenge of soreness in muscles. Wearing a compression garment for 24 hours after exercise can reduce DOMS and speed up recovery of muscle function. Compression garments hold the muscles in place and increase blood flow for faster recovery. By providing clothing that adapts to these needs, we are able to create clothing fit for any type of athletes.



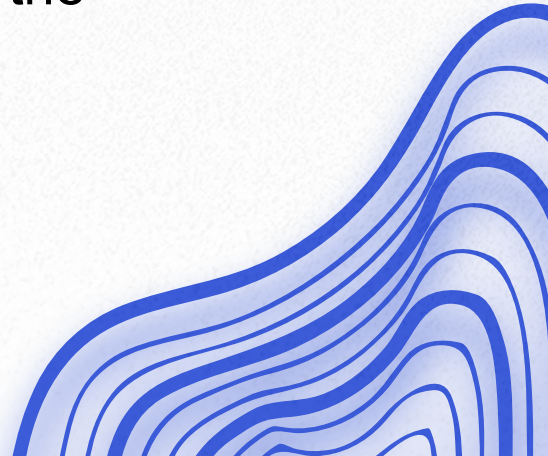
WHY DOES YOUR TEAM CARE ABOUT THIS TOPIC?

As a team, all of us have performed athletic activities and have experienced the pain of having sore muscles. By using reusable materials and fabrics within the product, it shows that we care about the Earth and the future of humanity. In a world full of polluting, clothing industries, we want to help create a more sustainable environment, to help the environment and the future.



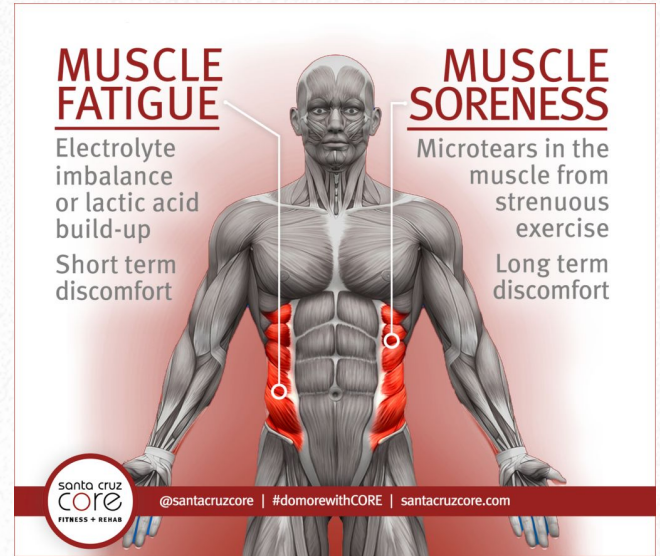
HOW IS IT a real world Problem or concern? WHAT'S at stake?

Within a world of technology, it becomes more and more important for humanity to perform athletic activities. When performing such activities, often there becomes soreness within the muscles. The health and fitness of athletes is at stake. As well as the sustainability of the environment.



WHERE DID YOU START

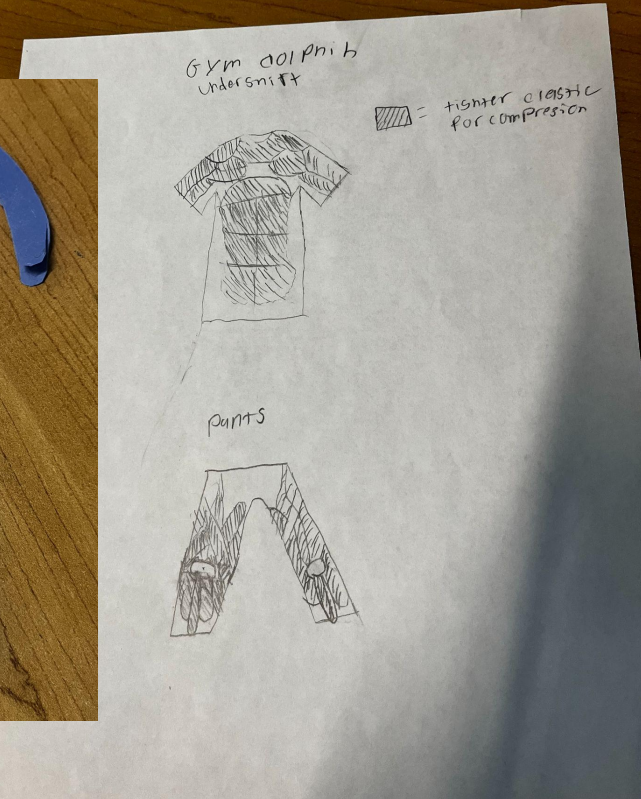
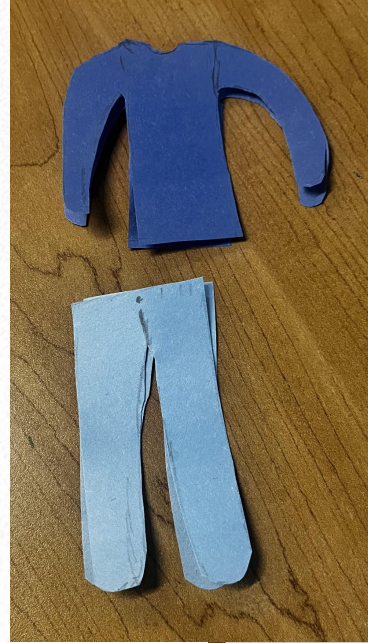
We gained inspiration from compression on muscles, and the amount of relief it gives. By providing clothing with such compression aspects, we are able to relieve athletes of the pain from sore muscles.



BLUEPRINT



First blueprint of the articles of clothing. Includes the pants and the shirts with the “design” to optimize the amount of soothing given to the muscles.



HOW DOES YOUR PRODUCT COMPARE TO SIMILAR PRODUCTS?

Looking at larger brands such as Nike and Adidas and the compression pants that they provide we notice a trend of high prices and lower efficiency and effectiveness. In order to create a unique product different from such, we must create a product that is sustainable for the environment, lower priced and more efficient.

ACTION: TECHNOLOGY



Through using the intense amounts of technology available to us. We would use the technology to optimize the efficiency of our product. Our product could use an app to control the areas of compression to optimize the compression for the user. This mechanism allows for more customization and more relief.

FEEDBACK/EXPERT

In order to conduct feedback to improve our idea, we could consult a doctor or one who has experience with sore muscles. These people have a profession in learning the layout of the muscles confined within the human body, by asking them we can optimize our product to match the muscles.

EVOLUTION



The whole idea of Gym dolphin began with the simple design of a set of compression clothing. Through looking at the competition, our idea evolved to become different from those other compression clothes. It then began to become an item that is customizable and fit to the athlete, conducting a simple change as such allows for the idea to fold into a unique idea. With this change we also began to think about using sustainable materials.

UN SUSTAINABILITY GOAL

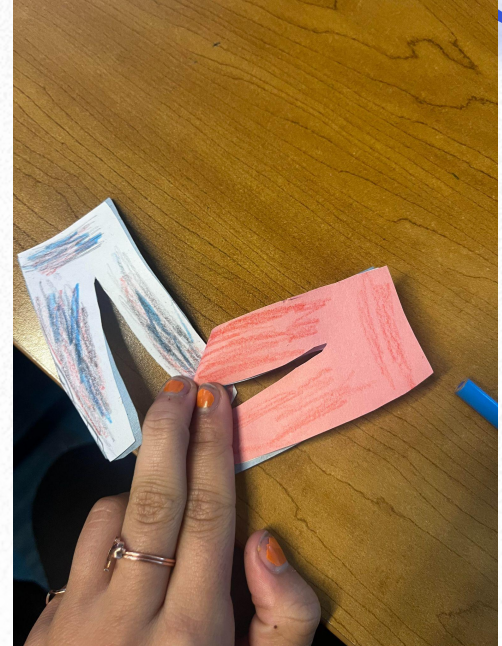
Our idea falls under the categories of UN sustainability goals, 3, 9 and 13. Our product allows for a more healthy population, allows for more efficient and optimal for a more sustainable industry and ultimately helps prevent excess pollution.

Goals

3

Ensure healthy lives and promote well-being for all at all ages

PROTOTYPE



PROTOTYPE

