

Simple and Effective AI Tools You Can Use Today

Do you have an LLM at work?



Do you feel more productive?

How we got our people
to be productive with AI



Workflows



**CUSTOM
GPTS**



NotebookLM

START



Biomechanical Analysis and Strategic Footwear Selection for the High-Output Long-Distance Athlete

The current landscape of high-performance running footwear for the 2025 and 2026 seasons is defined by an unprecedented convergence of polymer science, structural engineering, and individualized biomechanical analysis. For the powerful long-distance runner—an athlete characterized by high force production, substantial body mass, or an aggressive gait—the selection of footwear transcends aesthetic preference, becoming a critical factor in kinetic efficiency and musculoskeletal longevity. This report provides a comprehensive technical examination of the footwear ecosystem, evaluating how specific midsole geometries, chemical compositions of foams, and mechanical propulsion systems interact with the high-output athlete's unique stride.

Kinetic Energy Management and the Biomechanics of Power

The fundamental challenge for a powerful runner lies in the management of vertical ground reaction forces (F_z). During the gait cycle, the impact force can reach multiples of an athlete's body weight. For a runner with significant muscular power, the rate of force development ($\frac{dF}{dt}$) is often higher, placing greater demand on the midsole to dissipate energy before it reaches the bone and soft tissue structures of the lower extremities. This is modeled by the impulse-momentum theorem, where the impulse (J) is the integral of force over time: ▾





LEADS



CRM



FINANCE



Classify



Prioritise



Deconstruct



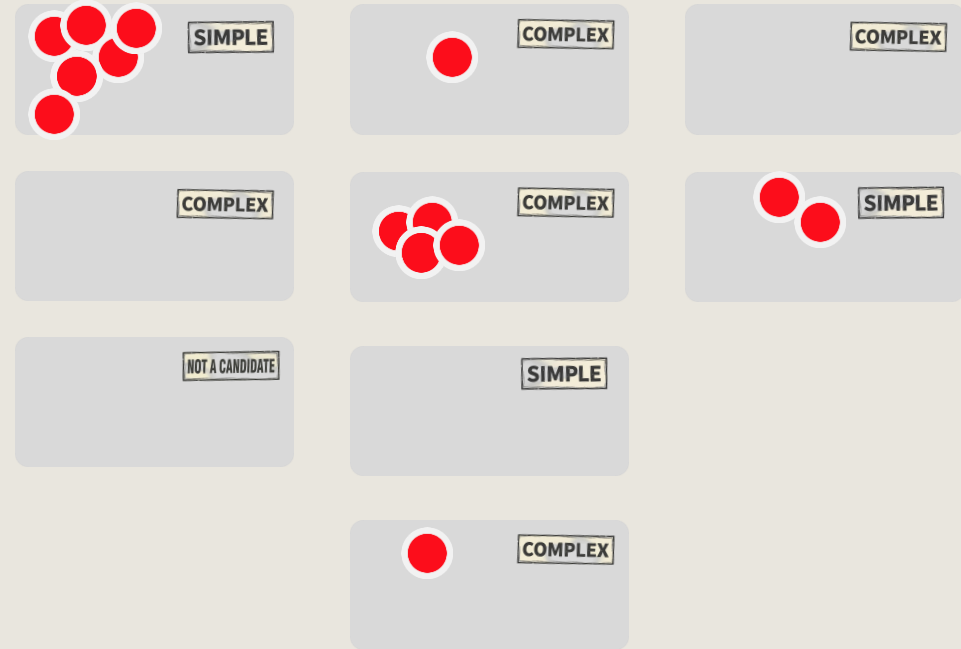
Classify

SIMPLE

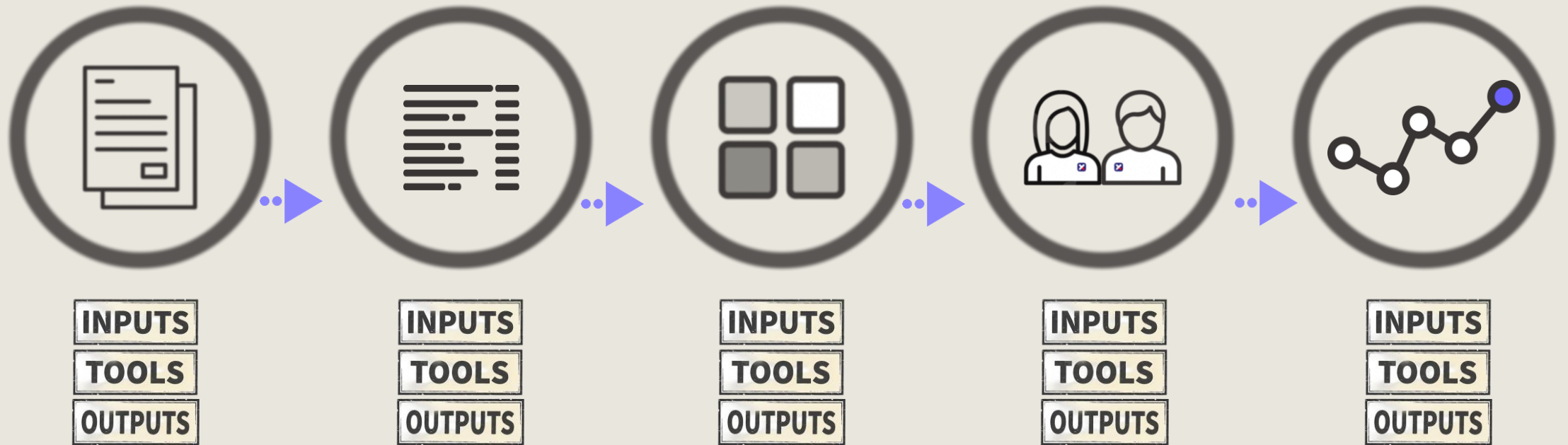
COMPLEX

NOT A CANDIDATE

Prioritise



🔍 Deconstruct





LEADS



CRM



FINANCE



LEADS



BROWSE



LIST



READ



SEARCH



MESSAGE

RELEVANCE BOT

4 new leads. Add to Hubspot?

CYRUS FACCIANO

Yes



LEADS



CRM



FINANCE

Single interface for all work?



Google Antigravity



OpenAI Codex





Hubspot CRM

JARED LANGGUTH

Save Chris as the main contact for Chorus

What deals are in closing?

CLAUDE 4.0

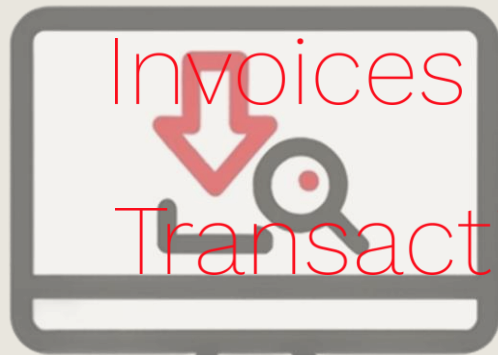
There are two Chorus company entries.
Merge together?

EB?

JARED LANGGUTH

What upcoming tasks do we have this week?

Yes



Invoices

Transactions

Metrics

LEADS



CRM



FINANCE

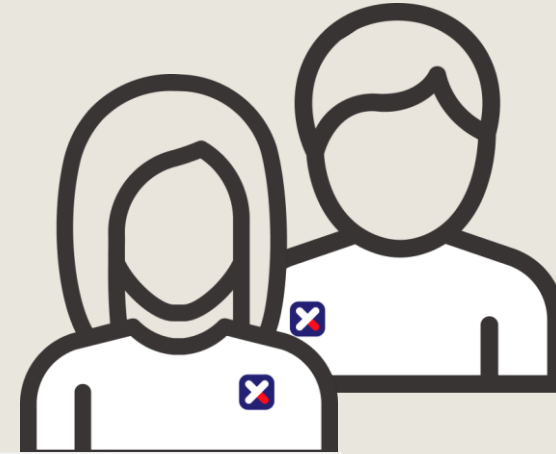
Month end. Done.



Agent Skills



Nika & Sam



Ruffles

Hello AI, Goodbye Slog.

Turning AI talk ✨
into AI tasks

#DoLessMore XISY

CTA copy here >

📍 🔍 🗑️ ⋯ 📌

Ruffles

Hello Problem, Meet AI.

Swipe right on ROI ✨

#DoLessMore XISY

CTA copy here >

📍 🔍 🗑️ ⋯ 📌

Ruffles

Co-Pilot's not going to help your problem

Put capable Agents
to work ✨

#DoLessMore XISY

CTA copy here >

📍 🔍 🗑️ ⋯ 📌

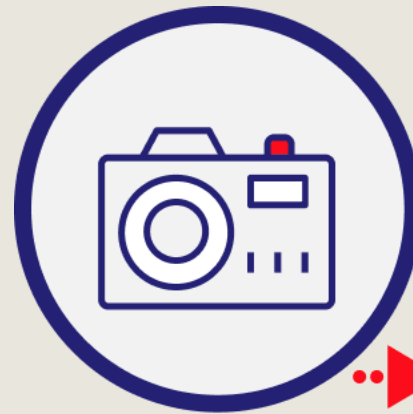
Nika & Sam



AUDIENCE



SCRIPT



IMAGE



CAMPAIGN



Wiki for your agent
@karpathy



Squad processes

Company history

Case studies

Blogs

Brand details

Services

Internal tools

Agile standards

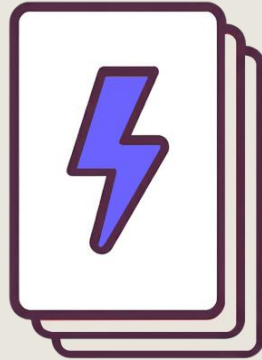


One brain
Every agent

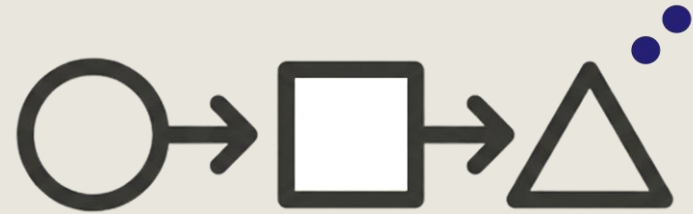
Ray



WIKI

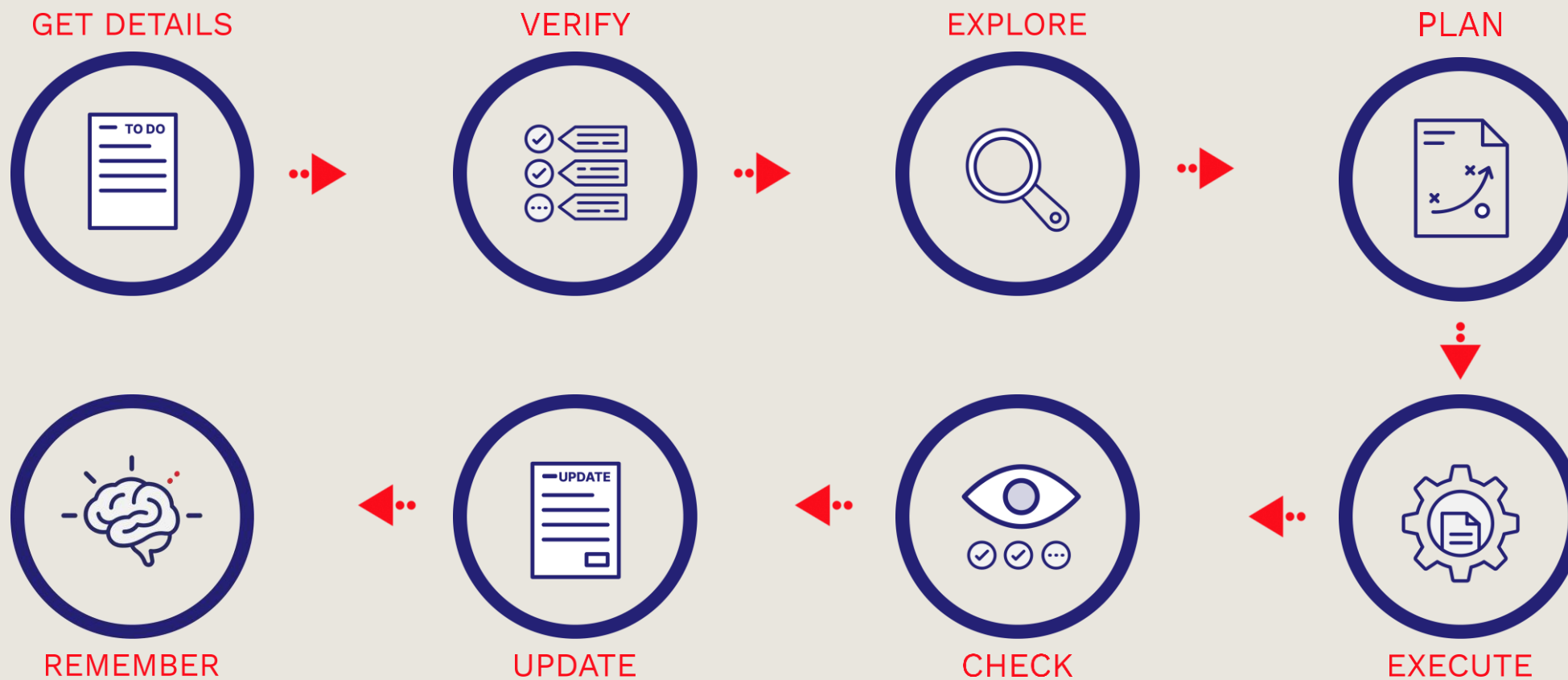


SKILLS



PROCESS FLOW

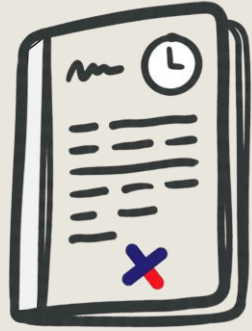
Ray



2 days work
in 1 hour



DEMO



AGM
meeting
minutes

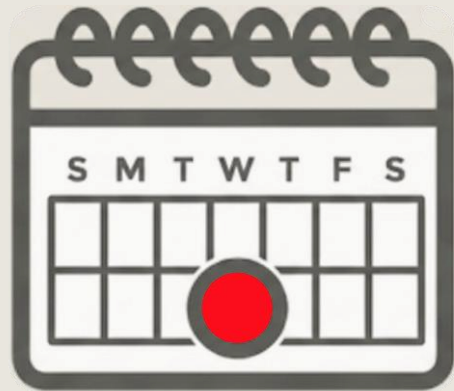


Project
“gotcha’s”



Collate
emailed
reports

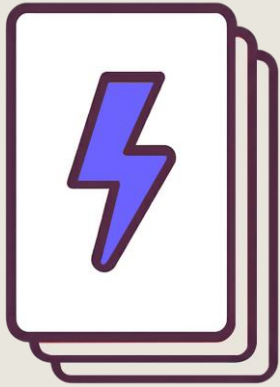
AI sharing sessions



Every 2 weeks



Everyone shares



SKILLS



WIKI



SELECT