



To: Whom It May Concern

O2X Human Performance, in Scituate, Massachusetts, is the sole source provider for the following materials:

- **O2X Tactical Athlete Certification Program –**
Description: O2X provides a 32-hour scientifically backed education and training certification program through the O2X Eat, Sweat, and Thrive methodology tailored to tactical athlete skill sets. The program’s intent is to maximize functional mental and physical performance, decrease injuries, extend the operational career, and overall health and effectiveness of tactical athletes. O2X curricula analyzes demands of tactical athletes to include maximum power output, maximum strength output, prolonged exertion times, variable terrain, extreme environments, asymmetrical movements while using heavy loaded gear. The O2X Human Performance program takes over 50 years of combined Special Operations expertise and implements a holistic approach to maximize tactical athletes’ performance combining physical preparation, nutrition, sleep, and stress awareness and mitigation as well as resilience. This program brings 12 subject matter experts from around the country to deliver engaging and personalized presentations for each of the program sessions. O2X will identify weaknesses and teach sustainable training specific to a tactical athlete’s operational lifestyle. This unique combination of the comprehensive Eat, Sweat, Thrive methodology, delivered by this team of elite specialists does not exist outside of O2X.
- **O2X Human Performance Workshop Materials –**
Description: Each participant receives a 300-page workshop manual that is the original creation of O2X based on the methodology of Eat, Sweat, and Thrive. The manual contains cutting edge education on mental performance and readiness; sleep optimization and hygiene; stress management; PTSD, Suicide and Depression awareness; Conditioning; and Nutrition tailored toward tactical athletes. No other vendor or distributor sells these materials; they must be purchased through the O2X workshops.
- **O2X Tactical Athlete Portal –**
Description: An extensive library of O2X training plans, videos, and educational materials on maximizing performance in conditioning, nutrition, and mental performance. Each member will have 24 / 7 reach back support through O2X’s “Ask an Expert” for the duration of their membership. This comprehensive portal of O2X resources and reach-back support from human performance specialists is unique to O2X.
- **O2X Mobility Screening and Prehabilitation Programs –**
Description: A series of standardized movements and exercises to identify joint imbalances, asymmetries and variances outside of normative ranges in the individual, for the purpose of recognizing predispositions to injury. Results are paired with an



individualized comprehensive exercise guide, for the purpose of mitigating preventable injuries. These exercises will increase strength, stability, mobility, and balance, resulting in increased neuromuscular control. The process, reporting, and technology integration are proprietary and not available outside of O2X.

- **O2X Body Composition Analysis –**
Description: The O2X specialist team has created a comprehensive evaluation of body composition analysis results based on their cumulative experience in each lane of human performance. Experts from the fields of conditioning, nutrition, sleep science, and mental performance have collaborated to create a detailed report and incremental improvement programming based on body composition results that is unique to O2X.
- **O2X Human Performance Assessment Tool –**
Description: An O2X proprietary virtual assessment of individuals designed to bring more self-awareness and deliver personal customization on how to optimize and sustain high levels of performance. The assessment topics include - Stress, Resilience, Nutrition, Conditioning and Sleep. The software will generate an individual report for each participant as well as organizational report provided to staff at the conclusion of the workshop.

Company Description:

O2X is the leader in Human Performance education. Our mission is simple: to train elite organizations, teams, and individuals to Rise Higher and reach peak performance. O2X provides world-class education and training on maximizing Human Performance. The O2X team includes U.S. & U.K. Special Operation veterans with over 50 years experience and 80+ Human Performance specialists with a passion for helping others achieve optimal human performance.

If you have further questions regarding this sole source letter, please contact us according to the information on this letterhead.

Sincerely,

Adam La Reau

Adam C. La Reau, Co-Founder
O2X Human Performance

Paul McCullough

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