

FIRSTBEAT SPORTS MONITOR PERFORMANCE MONITORING SYSTEM

Firstbeat Sports helps you make better coaching decisions with objective data about player performance and readiness. The method for tracking training loads and recovery is built on advanced analysis of heart rate variability. Monitoring and sharing critical performance data across the coaching staff is now easier than ever.

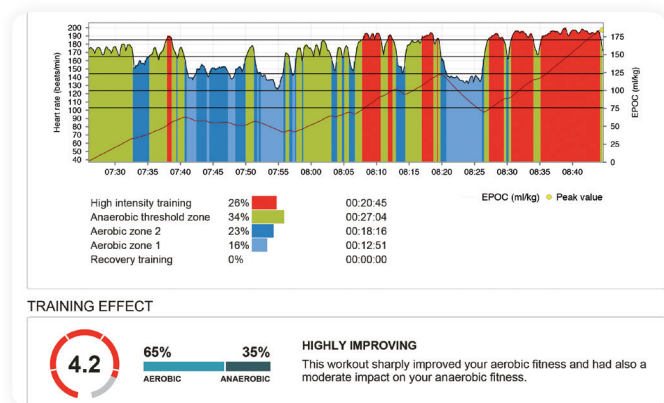
KEY FEATURES

REAL-TIME MONITORING



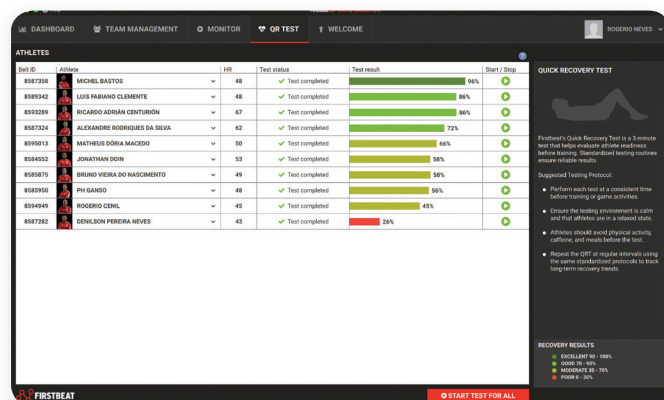
Monitor the training load and intensity of players in real time and make sure that each player is reaching the goals set for the workout.

AUTOMATED REPORTING



Instant feedback motivates and educates the players and serves as a time-efficient way for coaching staff to receive insights from training sessions.

QUICK RECOVERY TEST



Assess players' recovery in 3 minutes. Instant group feedback provides a recovery score (0-100%) and highlights the players with increased risk of injury & overtraining.

DASHBOARD VIEW



Cloud based dashboard view provides instant information on team performance status and helps to identify players with increased risk for injury and overtraining.



FIRSTBEAT SPORTS - TRUSTED BY OVER 700 ELITE SPORTS TEAMS.

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DATA SHEET

SPORTS MONITOR

Real-Time Monitor

Monitor up to 100 players: Heart rate, %HRmax, Training Effect with breakdown for aerobic and anaerobic load, TRIMP, 1-5 color coded training zones, kcal, timer with laps.

Quick Recovery Test

Quick Recovery Test: 3-minute test for groups providing HRV based recovery score (%) with adaptive baseline scaling for each individual.

Dashboard view

Browse training history and compare players and groups for selected variables.

Cloud Sync and efficient reporting

SPORTS Monitor works in offline mode and syncs the data with SPORTS CLOUD whenever the online access is available. Online access provides automated group and individual training reporting via e-mail (PDF) including time in zones, laps, Training Effect, EPOC, TRIMP and weekly training load follow-up.

CLOUD DASHBOARD

Access to team performance data anywhere. Provides overview for training load and recovery measurements and allows the coaching staff to create reports from previous training sessions.

SYSTEM REQUIREMENTS AND COMPATIBLE HARDWARE

SPORTS Monitor

Compatible hardware

Windows OS and MAC.

Firstbeat heart rate belt,
Team receiver

Language (UI + reports)

Eng, Ger, Fra, Spa, Por, Fin



FIRSTBEAT TEAM RECEIVER

Receiver10 25-meter range, 10 HR belts
Receiver100 200-meter range, 100 HR belts
Transmission protocol 868/915 MHz
Size (receiver100) 175x55x80 mm, 175g
Recommended use Indoor and outdoor



FIRSTBEAT TEXTILE HEART RATE BELT

Weight 45g
Size Adjustable strap length 600-800mm,
width 30mm
Transmission protocol 915/868 MHz and BTLE 4.0
Battery life 360 hours (CR032, self replaceable)
IP class Water resistant to 30m/100ft
Measurement accuracy 1ms
Internal memory 12 500 beats
Material Textile strap with snap-on attached
central module
Compatibility Firstbeat Team receiver10, 100
(RTX4 models), BTLE supported
devices and mobile apps