

# FIRSTBEAT SPORTS

Firstbeat SPORTS is a software tool for professional use in sports testing, coaching, individual athlete and team performance analysis. The method is based on advanced analysis of beat-by-beat heart-rate data and especially heart-rate variability.

- Real time heart-rate monitoring
- Recovery test
- Training load assessment
- Individualized training for teams
- Evidence based support for critical training decisions

## FIRSTBEAT SPORTS TEAM PREMIUM PACK CONTENT



- 1x Firstbeat SPORTS permanent software license
- 1x Firstbeat team receiver with antenna, cable and tripod
- 30 heart rate monitoring belts in HR mesh holders
- 3x Firstbeat BODYGUARD 2 RR-I sensor with 50 electrodes
- Printed user manual and tutorial videos in USB stick.
- Firstbeat team bag

### Contact information

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## SOFTWARE FEATURES

<b>Real time monitor</b> <ul style="list-style-type: none"> <li>Monitor up to 50 players: Heart rate, % HRmax, %VO2max, EPOC, Training Effect, TRIMP, 1-5 color coded training zones, kcal, timer with laps, follow-up view</li> </ul>
<b>Recovery and stress assessment</b> <ul style="list-style-type: none"> <li>Overnight recovery test: HRV based recovery index, scaled recovery index (%), stress and recovery reactions (time, proportions), Heart rate information (min/avg/max), follow-up view of recovery progress</li> <li>Quick recovery test: 5-minutes test for groups providing HRV based recovery score (%) for team and individual level, recovery progress (direction), individual follow-up view for the last 6 days.</li> <li>Daily stress report: Physiological state detection showing stress, recovery and physical activity periods during the measurement period.</li> </ul>
<b>Fitness testing</b> <ul style="list-style-type: none"> <li>VO2max assessment for YoYo fitness test (IR1 &amp; IR2), Beep test, Conconi test (cycling and running) and for freely editable submaximal and maximal fitness test protocols for cycling, rowing, running and walking.</li> </ul>
<b>Server synchronization</b> <ul style="list-style-type: none"> <li>Enables shared database with other SPORTS users, remote data uploading and cloud-like back-ups</li> </ul>
<b>Efficient reporting</b> <ul style="list-style-type: none"> <li>PDF and CSV reports: Training report, fitness report, daily stress report, recovery test report, fitness test reports, fitness test follow-up report, data analysis report, Group training report, Quick recovery test report (group report), data export (csv), multidata export ("group csv report").</li> <li>Reports available in English, French, Spanish, German, Italian, Russian and Finnish</li> </ul>
<b>Export and Import features</b> <ul style="list-style-type: none"> <li>Data export in csv files for single measurements and for multimeasurements</li> <li>Profile and data exports/imports in FBE-file format (compatible with Firstbeat SPORTS, ATHLETE and HEALTH)</li> <li>GPS data export</li> <li>Data import (SDF, STE, HRM) from Polar team2, Polar precision performance, Suunto Training manager, Catapult, Acentas, FRWD</li> </ul>
<b>Extended HRV and data analysis tools</b> <ul style="list-style-type: none"> <li>Option to export second-by-second data or summary data for corrected and raw RR-I data, HR, %HRmax, VO2, %VO2max, EPOC, Training Effect, RespR, Ventilation, EE, fat and carbohydrate expenditure, RMSSD, HF, LF, VLF, TRIMP (summary), Recovery index (summary)</li> <li>Option to view and print HR and HRV variables in graphs from the selected time period</li> </ul>
<b>System requirements and compatible hardware</b> <ul style="list-style-type: none"> <li>Windows XP, Vista, 7, screen resolution 1024X760</li> <li>Direct upload from: Firstbeat BODYGUARD 2, Team receiver, Dongle, Suunto team POD, PC POD, Movestick, Memory belt, t6, t6c, t6d, Polar RS800, RS800cx, CS600, S810, Acentas team receiver, Garmin Forerunner 610 and 910XT</li> </ul>

## HARDWARE FEATURES

Firstbeat BODYGUARD 2	
Weight: 24g	
Size: 47mm x 63mm x 11mm	
Battery: rechargeable Li-Poly battery	
Battery life: approximately 144hrs	
IP class: IP67	
Measurement accuracy: 1 ms	
Recording capacity: approximately 20 days	
Firstbeat Team Receiver	
Range: 200meters	
Transmission protocol: BlueRobin	
Max. users: 80 Heart rate data Beat-to-beat (RR-i)	
Size: 175x55x80 mm	
Weight: 175g	
Recommended use: Indoor and outdoor	
Firstbeat Heart rate Belt	
Transmission protocol: BlueRobin	
Heart rate data: Beat-to-beat (RR-i)	
Supported devices: Firstbeat team receiver	
Material: Plastic with textile strap	