

EQUIVITAL PRO-SPORT

MAXIMUM PERFORMANCE



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EQUIVITAL

PRO-SPORT

Personal

PERSONAL TRAINING

Equivital **Pro-Sport Personal** is for the individual who is training with a purpose:

- to ensure an optimum fitness regime
- to increase endurance or exercise intensity
- Emulate a professional training environment

Monitor for under and over training and track session to session performance variability.

Pro-Sport uses core measures of the body's physiology to provide an accurate assessment of your daily session, essential to an effective training regime.

REAL TIME PERFORMANCE VIEW

Your session can be viewed in real time directly on a laptop, PDA or mobile phone, or can be downloaded after a training session for further analysis. When used in combination with a GPS enabled mobile phone, speed and distance information can also be viewed.

Equivital Live enables a trainer to monitor your session in real time and act as a safety back up for lone training.

Base your training schedule on real feedback and results.



TRAINING SESSION ANALYSIS

Simple to use, the Equivital **Pro-Sport** software suite allows access to your session information within minutes. Alternatively, data can be exported to a Microsoft Excel compatible file for further analysis. Additionally, all your training information can be uploaded to your personal page on the **Equivital Live website*** www.equivital-live.com - you can then share your performance data and training tips with other users.

*additional subscription required



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PROFESSIONAL FITNESS MONITORING SYSTEM BASED ON ADVANCED SCIENCE

Pro-Sport Team is designed specifically for the trainer of an amateur or professional team and features full group analysis and reporting capabilities.

In addition to all the Individual measurements described, the *Pro-Sport Team* software package also gives you the ability to view up to 22 players' measurements at the same time and analyse that data within minutes.



Heart rate



Body position, motion and speed



Breathing rate and effort



Skin and core body temperature

Body load, G-force and impact

Pedometry

Metabolic expenditure and exercise intensity

Physiological strain index



EQUIVITAL



PRO-SPORT

Club

HELPING YOU TO CREATE A REAL HEALTH-CENTRIC ETHOS

Equivital **Pro-Sport Club** has been created specifically for gyms and health clubs with multiple sites. This allows club members to access their health information from almost anywhere! Equivital **Pro-Sport** makes health an important part of your members' lives.

Features

- Individual and multiple user modes with real time viewing and tracking of performance
- Impact and water resistant design enables Equivital **Pro-Sport** to deal with the rigours of heavy training regimes
- Real time viewing and tracking of performance
- Easy to use retrospective performance data analysis
- Multiple viewing tools available, including PDA, laptop and bespoke options

Benefits

- Medically approved - alerts can be set based on medical advice to aid rehabilitative training
- Intelligent individual and group training session analysis - data can be stored on a memory stick
- **Pro-Sport Club** gives all the usability of the **Pro-Sport Individual** and **Team** systems
- An introductory session is provided free of charge, helping us to understand any special requirements that your club may have and ensure that all of your system needs are met

At the end of this session we will design a detailed proposal which demonstrates how your organisation can get maximum benefit from the **Pro-Sport Club System**. The system can be as small or as integrated as you like - you decide.



Live web monitoring of performance during races and other competitive events



EQUIVITAL

PRO-SPORT

Personal

Team

Club

ACTIVE MONITORING

Equivital is the world's most advanced health monitoring system for active individuals, tested in extreme training environments.

Equivital **Pro-Sport** enables an individual or team in training to benefit from an in depth analysis of their training sessions on the day and over the season.

Equivital Pro-Sport is available in 3 versions suited to a range of fitness monitoring requirements:

Pro-Sport Personal

Pro-Sport Team

Pro-Sport Club

OPTIMISING PERFORMANCE

Light weight and simple to use, **Equivital Pro-Sport** accurately provides vital information during and after your training session.

Using multiple measures **Pro-Sport** gives the most advanced measurement of metabolic and calorie expenditure currently available.



REAL TIME

Equivital Pro-Sport enables the performance of individuals and teams to be monitored in their natural performing environment, not just in the gym. Featuring a lightweight sensor, proven in the most extreme environments, **Equivital Pro-Sport** can transmit real time information on up to 22 individuals at the same time.

KEY MEASUREMENTS

- Heart rate and breathing rate
- Breathing effort
- Skin and core body temperature
- 3-axis accelerometer giving body load, G-force and impact
- Pedometry
- Metabolic expenditure and exercise intensity
- Physiological strain index

ADDITIONAL CAPABILITIES

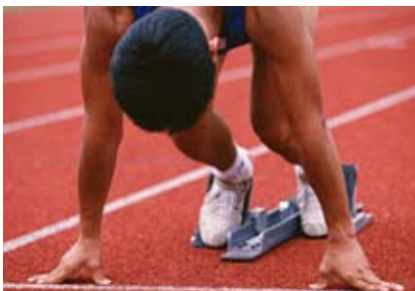
- GPS route tracking, speed and distance
- Access to on line fitness community via the Equivital Live web site

MAXIMUM PERFORMANCE

PRO-SPORT TECHNICAL SPECIFICATIONS

EQUIVITAL PRO-SPORT TECHNICAL SPECIFICATIONS

Internal memory	2Gb micro SD
Interface	Class 1 Bluetooth (100m)
Power source	2 x 1.5v AAA LR03 Alkaline cells or 3.7V 740mA Li-ION rechargeable cell (Recharge Time: From Flat 1hr)
Operating temperature	-10°C to +55°C
Operating Humidity	0% to 95% RH Non-Condensing
Storage Temperature	-20°C to +65°C
Storage Humidity	0% to 95% RH Non-Condensing
Environmental Protection	IP67 (0.4m/30mins)
Weight	SEM - 75g
Accreditation	Medical CE - ISO 13485-2003 EN60601-1 FCC Part 15



Pro-Sport Personal



Pro-Sport Team



Pro-Sport Club

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