

hosandGT.a

HARDWARE KIT

Telemetry module

- **the only system in the world suitable for swimmers**
- up to 200 m (100 m when in water), can easily cover a football field from corner to corner in any condition (groups of athletes, athletes running)
- two pieces to make it easy to swap the telemetry module from one athlete to another when purchasing a small system
- no need for special chest belts: it works with the belts that you already have (as long as they are standard ones)
- no rechargeable batteries, one lythium battery lasts more than 800 h, and it's the same you will use for the chest belts.
- no switches (for improved resistance to sweat and for no accidental switch off), it switches on and off via radio
- backup memory against computer failures of about 160'
- beat-to-beat telemetry module compatibile (single athlete telemetry), to perform high definition telemetry suitable for heart rate variability analysis.



Receiver kit

- antenna is usb powered
- extension cord (80 m) for an additional antenna

System upgrade policy

- minimum kit of just three athletes,
- no additional costs when purchasing additional kits (which is: a 5 users system costs as a 3 user system + 2 additional kits)
- GT.a can be obtained by purchasing the Advance KIT, which includes a complimentary MINicardio PRO to perform Heart Rate variability Analysis.

Software

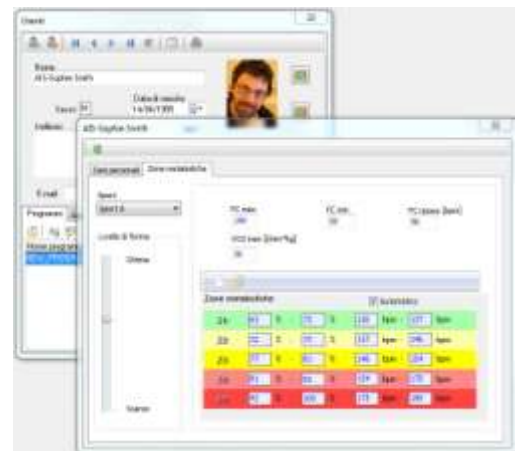
- Multilanguage (EN, IT, DE, ES, FR and others) and multi OS (Windows XP, VISTA, Seven)
- monitoring of up to 32 people at the same time
- up to six coloured work zone per person (minimum one, maximum 6), defined according to percentage of max HR.



- zone colour can be customised according to user's preference and rationale.
- work factor for each work zone can be customised according to up-to-date researchs (default values always being available)
- full featured athletes' database that will record all sessions, include them in a calendar, divide them by month, arrange them in a training book, move across athletes, import, export, send them by email.
- quick input of data (name / birthday), full information data (name / birthday / gender / photo / notes / email / telephones / program type / training type / training level / job activity / max heart rate / min HR / rest HR / weight / height / % body fat / VO2max / zones definition) with calculated data such as (ideal weight / BMI / ideal BMI / theoretical daily caloric requir. / training advice)



- advanced archive features, that will allow user even to define multiple data for the same athlete, according to name of the "training program" and to quickly and easily manage up to thousands of different athletes.
- advanced team function that allows to group athletes into teams, even more than one team. Teams can be used for both group post-analysis and for telemetry.
- telemetry could be activated for individual users, adding them up one by one by choosing them from the archive and assigning a telemetry module number to each of them; by adding up a group (modules number will be assigned in a row and can be changed before starting telemetry). Mixed conditions are possible.



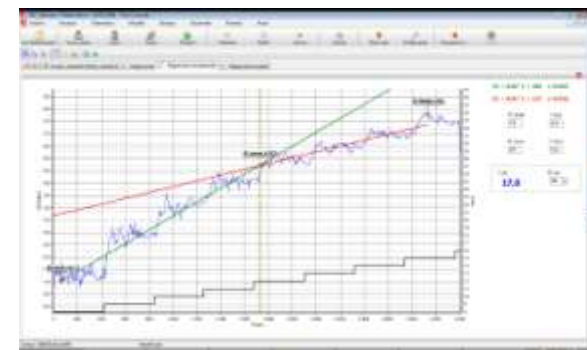
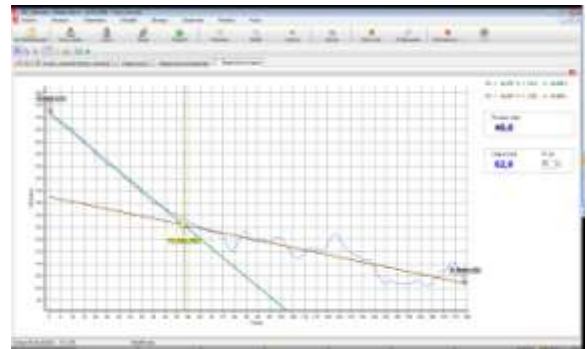
- advanced configuration feature, that will allow user not to recreate telemetry combination each time is available and user can just save and the load team configuration by the name of it, which is useful when dividing a team in attackers, midfielders and defenders and want to to have a very quick start.
- simplified, one-click, athlete in and athlete out feature, without stopping telemetry, similarly one-click group in group out feature.

- view HR in terms of bpm, % of HRmax, or % of HRreserve
- view telemetric data in four different layouts: with "tachometers" (three different graphics), athletes' photos, coloured bars, and individual graphical data with real-time statistics and group bars on the left (so that even when looking at an individual, you never lose the group)
- in the individual layout, colour zones, as well as statitc data, can be hidden, and axis can be set to auto-set to values for a better view of data.



- work zones configuration can be arranged in templates and loaded onto a group or whole telemetry with one click
- Training exercises, in term of time spent in each work zone, can be prepared in template forms and applied to one group, and viewed in tachometer and photo layout as well.
- maximize screen feature, that tries to get the most out of available pixels, particularly useful in fitness class sessions.
- real-time group event marker: one click set a marker to everybody and lets user assign a text to it.

- Advanced reporting functions, in PDF or in printed copy, with possibility to define what charts to include and to fine tune the graphical aspects with templates (weight / body fat / fat weight / kcal input / kcal output / HR max / HR min / HR avg / Total training time / HR st. Dev / VO2 in litres / time in each training zone /
- Heart rate variability analysis, also available in real time with the specific beat-to-beat module with full featured parameters (some parameters are: diffusion plot / SD1 / SD2 / SDRR / SD12 / balance parasympathetic and sympathetic / spectral analysis / VLF, LF, HF powers)



Hosand GT.a currently is the most advanced tool both in telemetry and in post-analysis. Its features can be made as easy as those of Hosand GT, or as complete as the user might think of.

Heart rate variability analysis is the most advanced tool available up to day, and can deliver information capable of spotting physical status of athletes and provisioning their performance before time. Only similar tool available in the market, is Omegawave (worth tens of hundreds of euro).

