

Comment lancer le monitoring temps réel?










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Branchez l'antenne sur un port USB

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Firstbeat SPORTS

File View Tools Reports Fitness Tests Help

 **Name** JANE ATHLETE (EXAMPLE)
Age 34 **max HR** 192 **Min HR** 38 **METmax** **Activity class** 8

Measurements

Date ▾	Start time	End time	Duration	Measurement type	State	Measurement error	File name	Notes
06/06/2013	22:58:36	07:26:20	08:27:44	Night	Analyzed	0%		Night measurement; fully recovered
04/06/2013	16:00:37	18:10:07	02:09:30	Jogging	Analyzed	1%		Recovery training
02/06/2013	23:15:40	08:11:52	08:56:12	Night	Analyzed	5%		Night measurement; stress reactions because of f
01/06/2013	18:02:10	19:33:50	01:31:40	Running	Analyzed	2%		Hard training

Cliquez ici

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Vérifiez que les ceintures soient bien détectées

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Appuyez sur « Start Monitoring »

