

Zephyr™ PSM Training



The Zephyr™ Physiological Status Monitoring (PSM) Training system takes the market leading BioHarness™ technology and integrates it with software that offers team measurement and analysis capabilities. Using heart rate, breathing rate, posture, activity and skin temperature in a single solution gives high visibility and context for performance monitoring and analysis.

PSM Training Applications

With real-time monitoring of up to 64 people simultaneously the PSM Training system offers unparalleled visibility of squads during training, as well as the ability to compare, contrast and analyse performances after the event. Designed for managing multiple subjects, the PSM Training system allows the configuration of hundreds of individuals for data collection, analysis and reporting as part of a team, or individually.

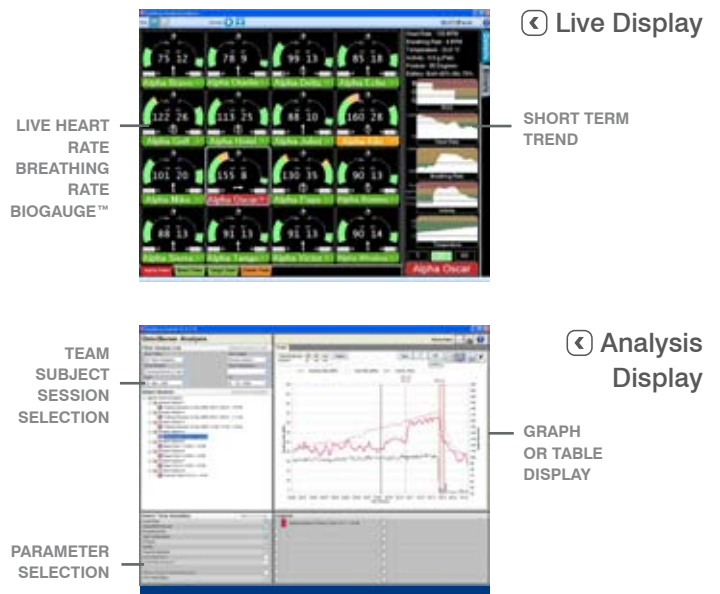
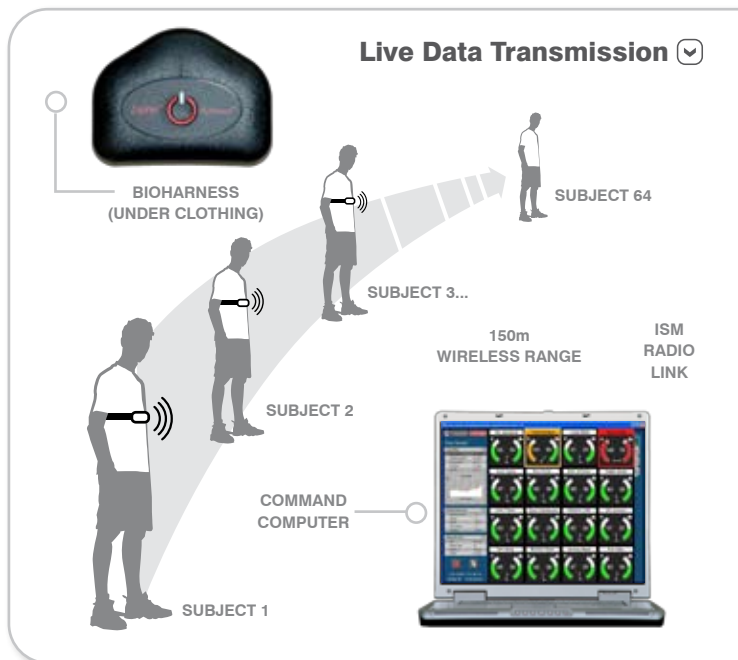
PSM Training Advantage

The comprehensive data gathered combines physiological and motion-based parameters to give context to performance analysis. Zephyr's BioSense™ algorithms combine breathing rate, heart rate and activity monitoring to allow automatic detection of ventilatory threshold and heart rate recovery, while the visibility provided by the whole system also allows simple real-time interpretations for conditions such as dehydration, heat stroke risk, and fatigue.

LIVE DISPLAY SHOWS ALL PLAYERS ON THE FIELD



ZEPHYR PSM TRAINING SYSTEM



PSM Training benefits

- **Detection and monitoring of ventilatory (anaerobic) threshold.**
 - Valid method of monitoring fitness.
 - Removes the need for a mask for laboratory-based ventilatory threshold tests.
 - Allows breathing rate-triggered monitoring of anaerobic threshold for intensity-based training.
- **Detection and display of heart rate recovery**
 - Easy to use, valid method of monitoring fitness and fatigue.
 - Valid indicator of degree of heat stress.
- **Simultaneous monitoring of heart rate, breathing rate, skin temperature, activity and posture.**
 - Provides context to situations, allowing real-time decisions to be made.
 - Eliminates the need for multiple devices.
 - Automated fitness test with named beacons.
- **Comprehensive analysis capabilities**
 - Allows detailed analysis of an individual's training and performance.
 - Allows trend analysis of individuals over multiple sessions or sub-sessions.
 - Allows comparisons between individuals quickly and easily.
 - Quantifies fitness and fatigue via monitoring of anaerobic threshold and heart rate recovery.
- **Robust**
 - Patented BioSense™ algorithms and mechanical design address noise and movement artefact issues that affect other systems.
 - Transmission range is suitable for stadium or laboratory use.
- **Patented Smart Fabric strap**
 - Chest strap or shirt options
 - Unobtrusive – no restriction to wearer activity
 - Comfortable and easy to wear over long periods
 - Washable

PSM Training capabilities

Monitors heart rate and breathing rate, temperature, accelerometry, calories and workload.

IR skin temperature measurement

Activity measurement via 3D accelerometry.

Measurement and monitoring of fitness and fatigue via ventilatory threshold detection, and heart rate recovery.

Monitors up to 64 people simultaneously in real-time.

Capacity to manage hundreds of athletes in a single analysis and reporting system.

Ideal for management of fitness and performance within a squad, team or organisation.

Comparative analysis.

Logs and transmits

In-built wireless connectivity to at least 150 meters.

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Zephyr™ Measure Life... Anywhere