FITLABTEAM

MONITOR YOUR TEAM IN REAL TIME

FITLAB TEAM IS THE MONITORING TOOL THAT ALLOWS YOU TO TEST THE HRV STATE OF YOUR ATHLETES AND MEASURE THE CARDIAC WORKLOAD IN REAL TIME DURING YOUR TRAINING SESSIONS

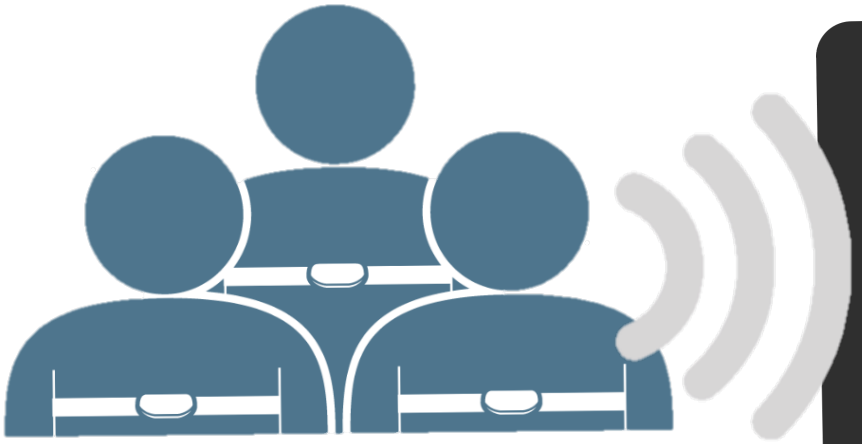
MONITOR THE **CARDIAC** PERFORMACE OF YOUR ATHLETES

Assess your team readiness and stress levels by means of HRV tests at rest and monitor training sessions to obtain stats in real time.

HRV test at **rest**

Training sessions in **real time**

SEND DATA IN **REAL TIME**



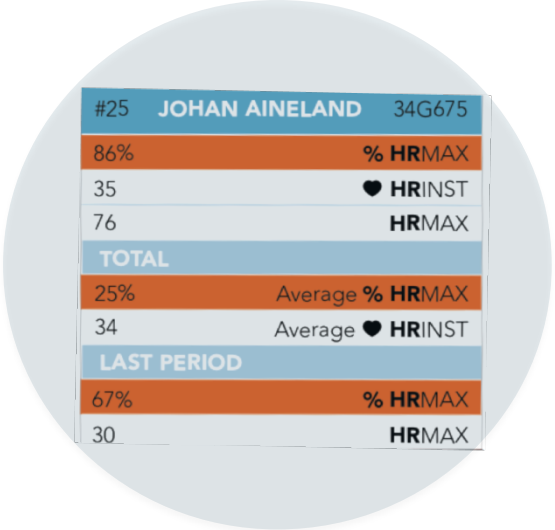
Monitor your team thanks to the Bluetooth LE protocol. HR sensors are attached to each user. The data sent by them are gathered and showed in real time, along with individual and global statistics.

RECORD **HRV** TEST AT REST

Make HRV tests at rest to know:

- ✔ HR at rest
- ✔ HRV parameters
- ✔ Stress Indexes

MONITOR YOUR TRAINING SESSIONS TEAM IN **REAL TIME**



Monitor your training sessions in real time:

- ✔ Internal workload (global and individual)
- ✔ % HR max
- ✔ Instant HR
- ✔ Average % HR max and average HR
- ✔ Record events during the session

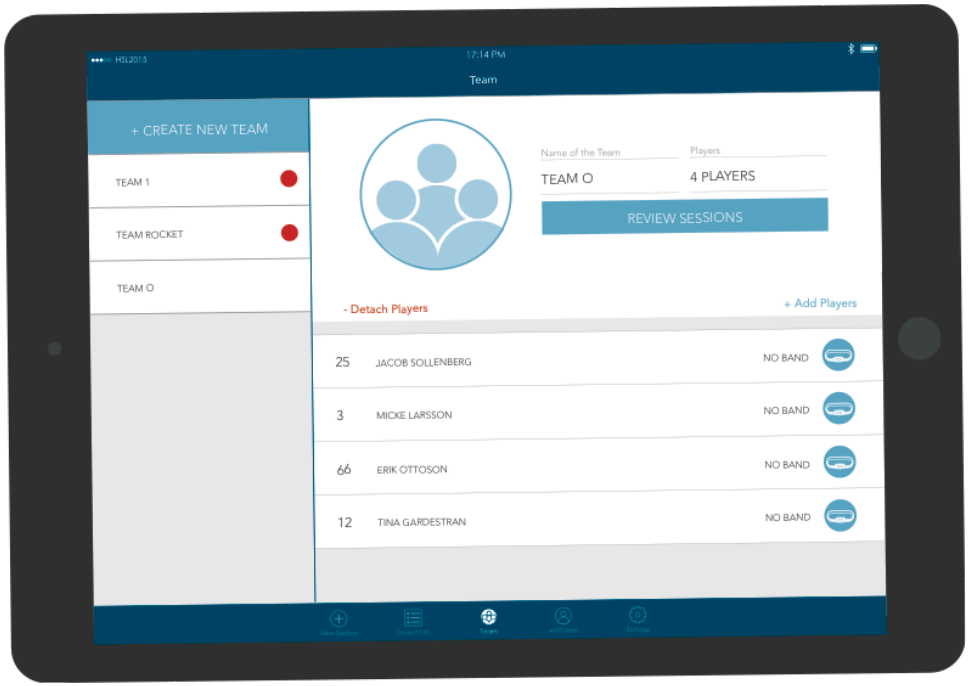
ASSESS THE STATUS OF YOUR ATHLETES WITH PERSONALIZED **QUESTIONNAIRES**

Assess the psychological and behavioral aspects of your athletes with specific questionnaires:

- ✔ Mood state
- ✔ Recovery and effort perceptions
- ✔ Stress levels

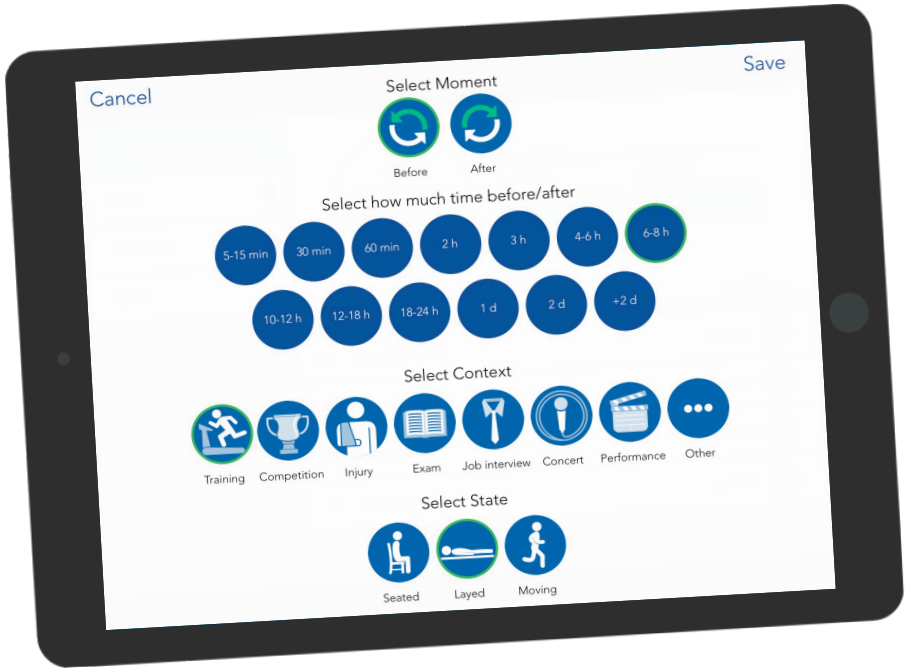
...moreover, you can ask for customized questionnaires to evaluate whatever you need!

CREATE YOUR **TEAMS** AND ADD YOUR **PLAYERS**



✔ Create as many teams as you need to group your different athletes

CONFIGURE YOUR **TRAINING SESSIONS**



Configure your settings to specify the actual conditions of the training sessions:

- ✔ Select the moment with respect to the session
- ✔ Specify time intervals
- ✔ Choose the context
- ✔ Select the position of the athletes during the tests

OBTAIN **INSTANT REPORTS** OF YOUR TRAINING SESSIONS

Obtain instant reports of your players:

- ✔ Individual heart rate graphics
- ✔ Stats for training events
- ✔ Other parameters: % HR max, TRIMP, etc.

OBTAIN DETAILED ANALYSIS ON YOUR **WEB AREA**

All the results obtained from the monitored sessions can be sent to your supervisor web area in order to get expert analyses and further management tools:

- ✔ HRV plots and parameters
- ✔ Historical charts
- ✔ Comparative indexes
- ✔ Export your training sessions
- ✔ In addition, you can monitor your athletes

WEB ANALYSIS FOR SUPERVISORS

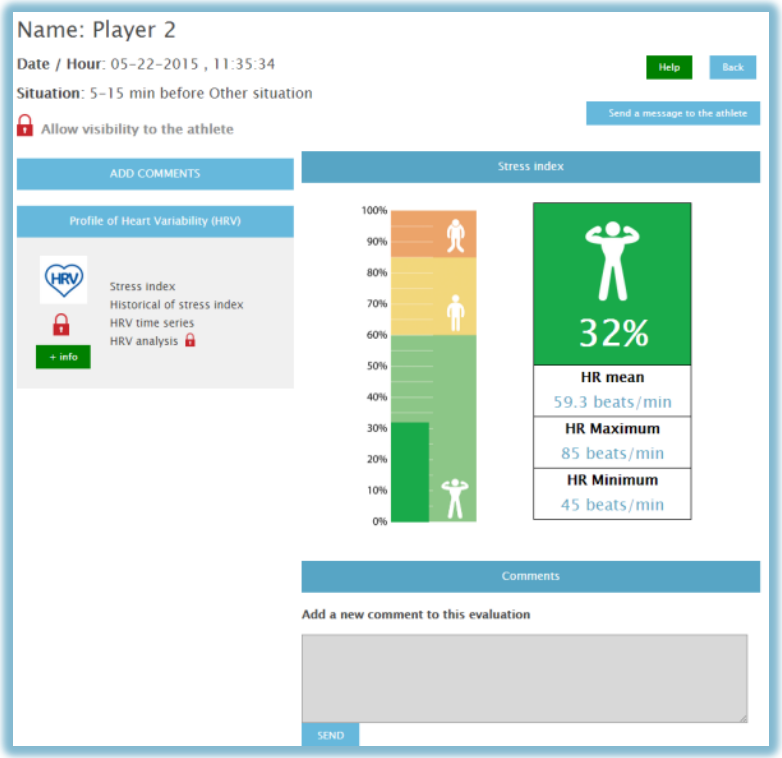
SUPERVISE YOUR ATHLETES

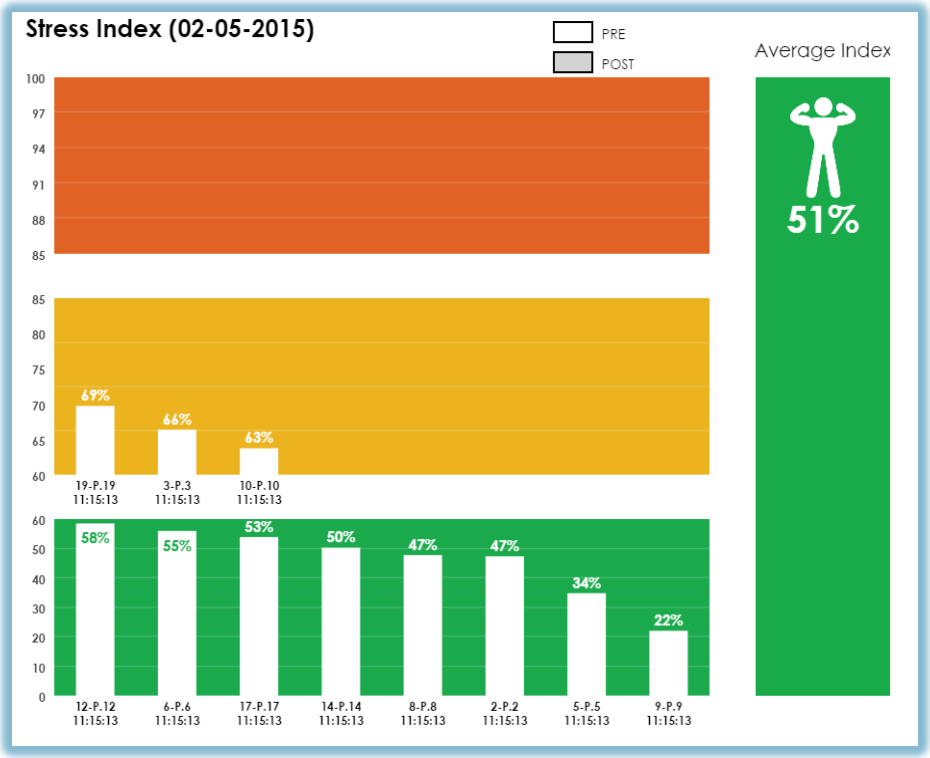
As a coach/supervisor, your are able to:

- ✔ Supervise the state of your athletes
- ✔ Exchange messages with the athletes
- ✔ Visualize results individually and collectively to see the evolution of a particular athlete or the assessments of your group
- ✔ Get useful data from heart rate during training sessions as well as at-rest circumstances, measure the weight evolution and answers to questionnaires of your athletes
- ✔ Multiple type of charts and tables to display information
- ✔ Export data to different formats (Excel, etc.)
- ✔ Get periodic reports of your assessments via email

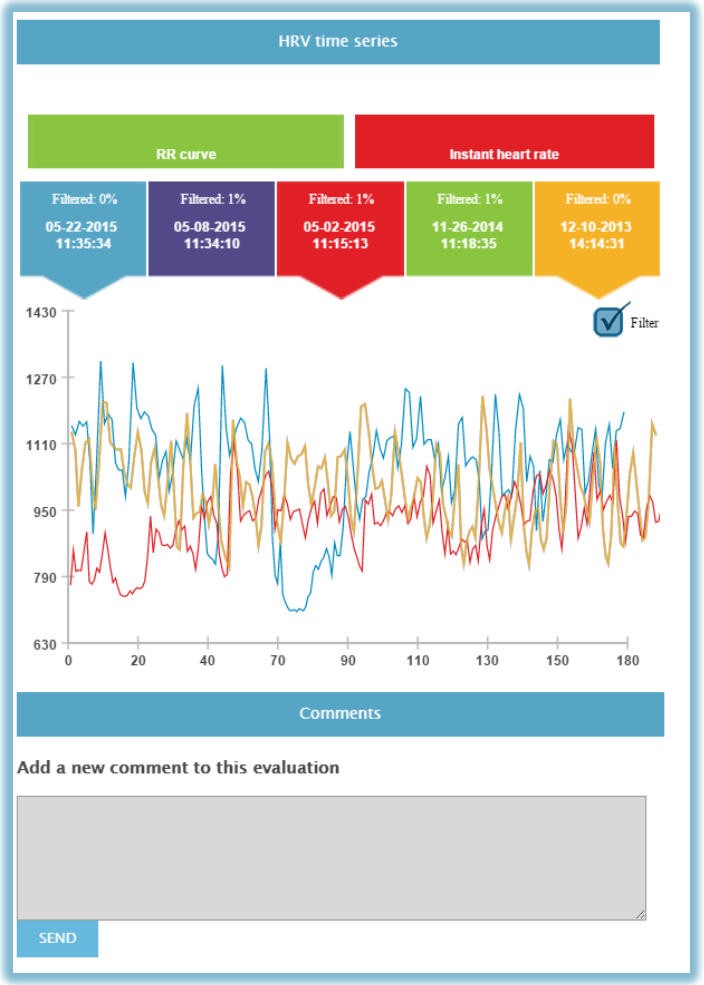
HRV ANALYSIS AT REST

The HRV analysis (5 or 10 minutes) at rest provides you with the Stress Index of your athletes



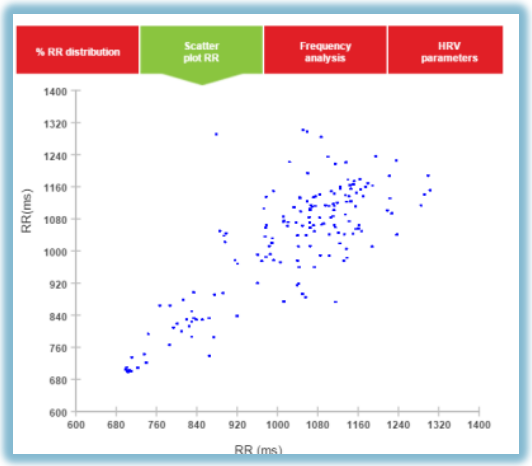


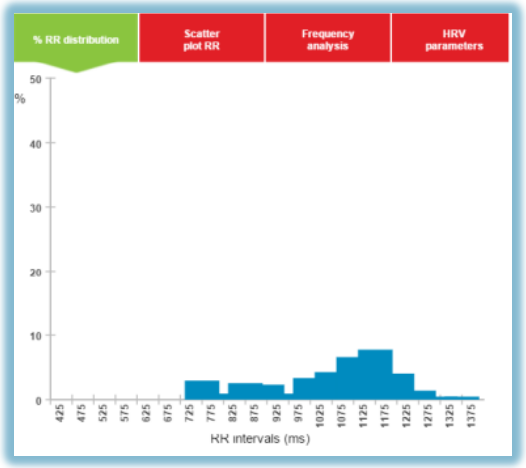
HRV ANALYSIS AT REST



- Examine the RR and HR time series of your assessments and compare them with each other

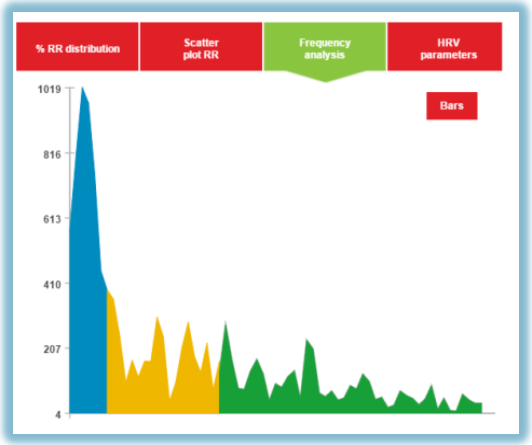
HRV ANALYSIS AT REST

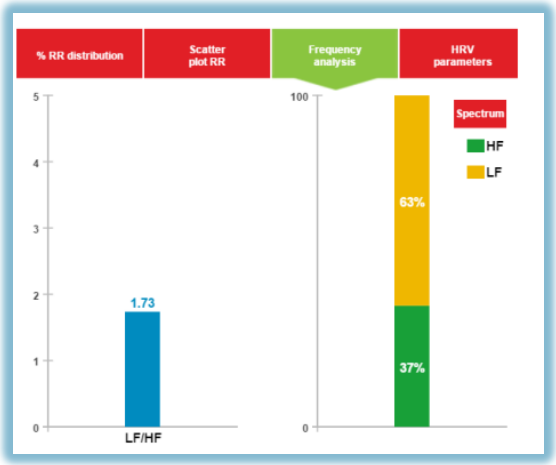




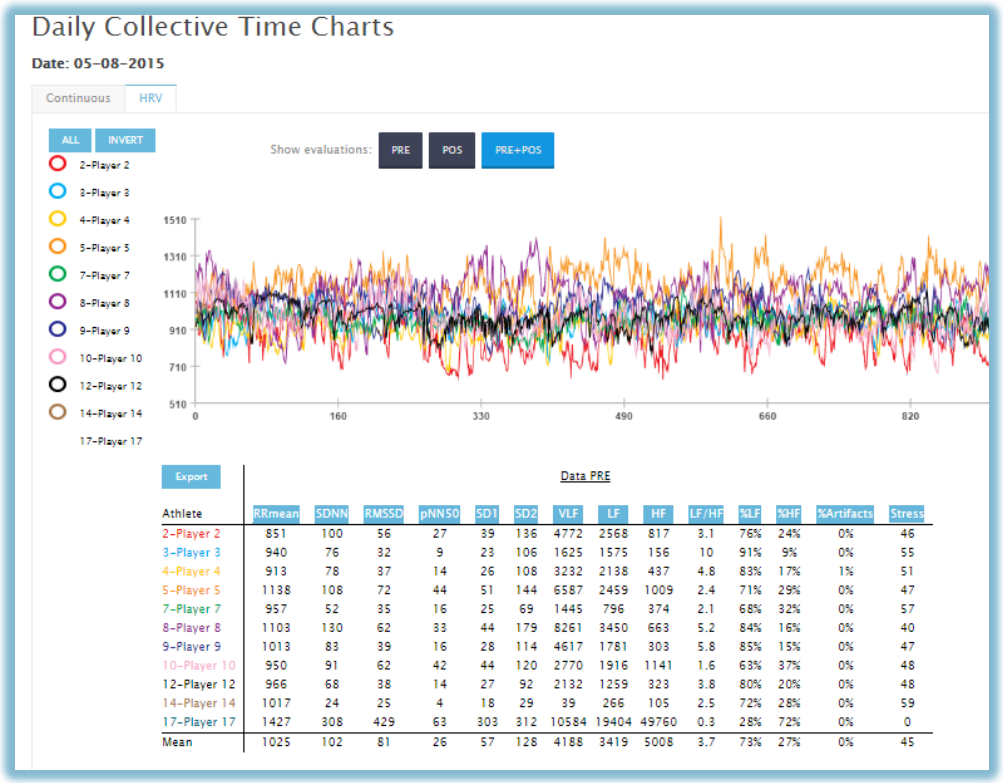
- ✔ Analysis of all heart beats
- ✔ Histograms and Poincaré charts
- ✔ Temporal domain parameters
- ✔ Frequency domain parameters

HR mean	RR mean	VLF Pow.	LF/HF
58.5	1025.61	22000.34	1.73
HR minimum	SDRR	LF Pow.	%LF
45.97	146.22	4036.9	63.45%
HR maximum	RMSSD	HF Pow.	%HF
85.59	89.4	2324.97	36.54%





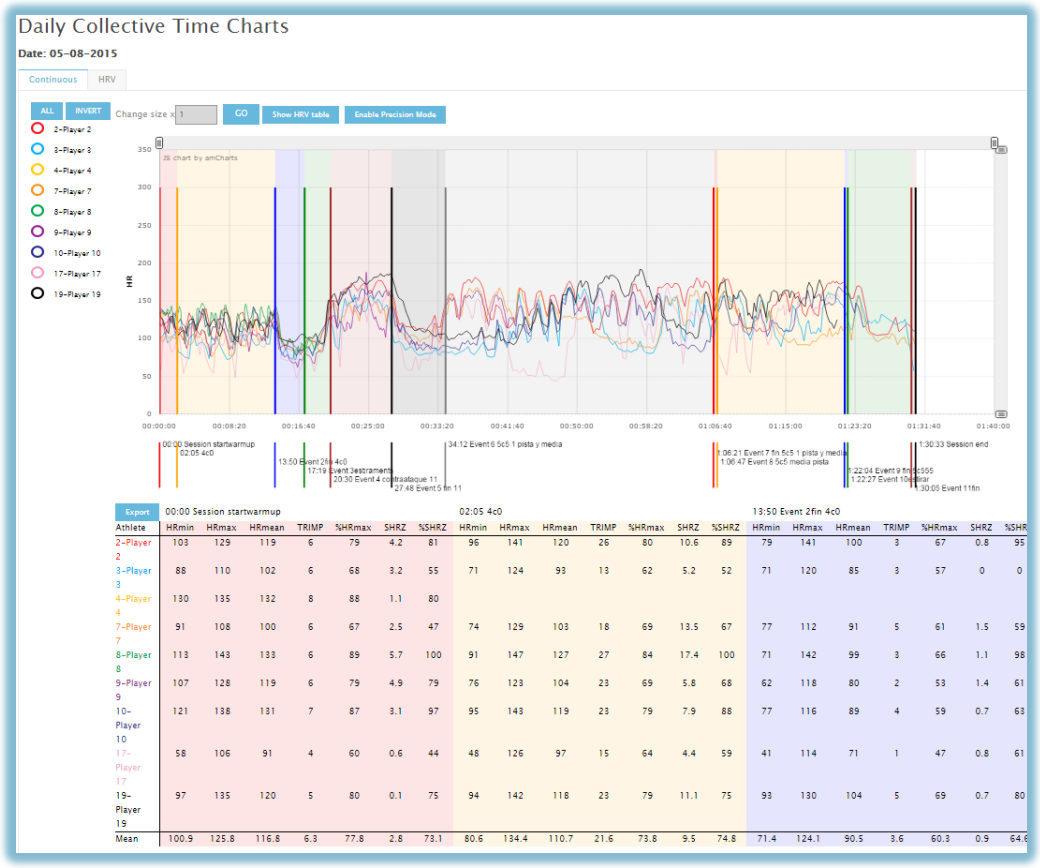
HRV ANALYSIS AT REST



Athlete	RRmean	SDNN	RMSSD	pNN50	SD1	SD2	VLF	LF	HF	LF/HF	%LF	%HF	%Artifacts	Stress
2-Player 2	851	100	56	27	39	136	4772	2568	817	3.1	76%	24%	0%	46
3-Player 3	940	76	32	9	23	106	1625	1575	156	10	91%	9%	0%	55
4-Player 4	913	78	37	14	26	108	3232	2138	437	4.8	83%	17%	1%	51
5-Player 5	1138	108	72	44	51	144	6587	2459	1009	2.4	71%	29%	0%	47
7-Player 7	957	52	35	16	25	69	1445	796	374	2.1	68%	32%	0%	57
8-Player 8	1103	130	62	33	44	179	8261	3450	663	5.2	84%	16%	0%	40
9-Player 9	1013	83	39	16	28	114	4617	1781	303	5.8	85%	15%	0%	47
10-Player 10	950	91	62	42	44	120	2770	1916	1141	1.6	63%	37%	0%	48
12-Player 12	966	68	38	14	27	92	2132	1259	323	3.8	80%	20%	0%	48
14-Player 14	1017	24	25	4	18	29	39	266	105	2.5	72%	28%	0%	59
17-Player 17	1427	308	429	63	303	312	10584	19404	49760	0.3	28%	72%	0%	0
Mean	1025	102	81	26	57	128	4188	3419	5008	3.7	73%	27%	0%	45

- ✔ Temporal domain parameters: RRmean, SDNN, RMSSD, pNN50, SD1, SD2
- ✔ Frequency domain parameters: VLF, LF, HF, %LF, &HF, LF/HF
- ✔ Stress Indexes

ANALYSIS OF THE TRAINING SESSIONS

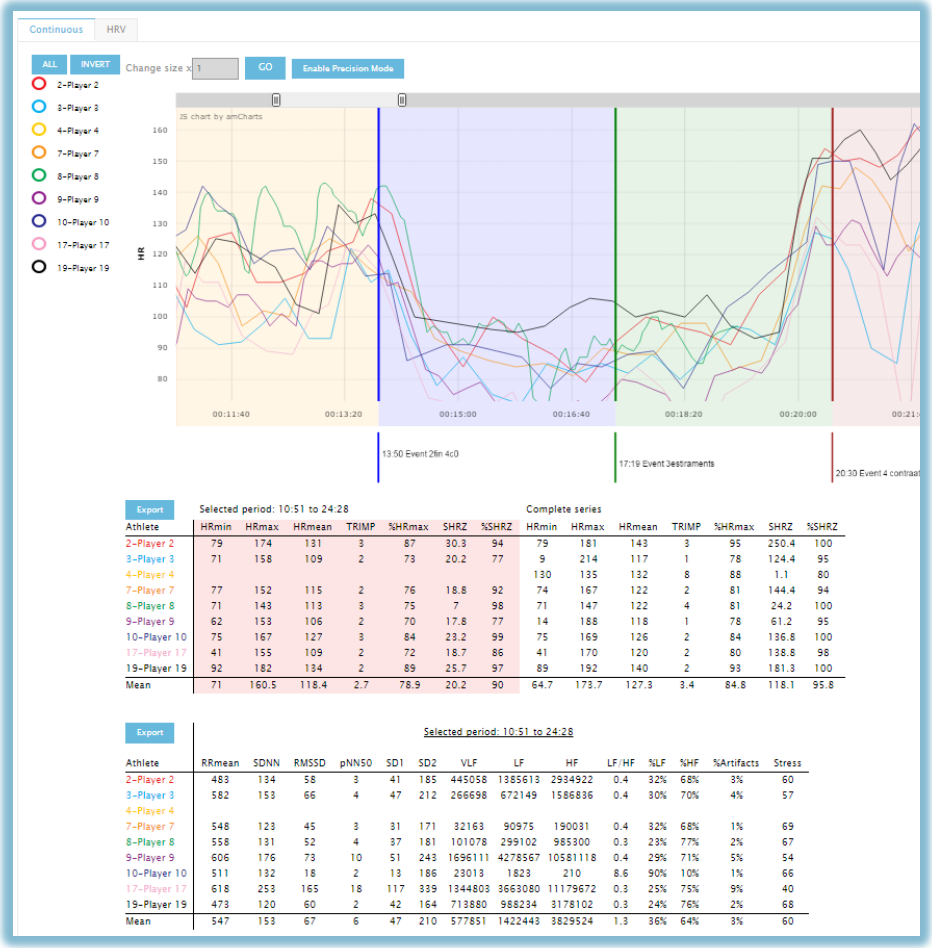


Export

Athlete	00:00 Session startwarmup							02:05 4c0							13:50 Event 2fin 4c0						
	HRmin	HRmax	HRmean	TRIMP	%HRmax	SHRZ	%SHRZ	HRmin	HRmax	HRmean	TRIMP	%HRmax	SHRZ	%SHRZ	HRmin	HRmax	HRmean	TRIMP	%HRmax	SHRZ	%SHR
2-Player 2	103	129	119	6	79	4.2	81	96	141	120	26	80	10.6	89	79	141	100	3	67	0.8	95
3-Player 3	88	110	102	6	68	3.2	55	71	124	93	13	62	5.2	52	71	120	85	3	57	0	0
4-Player 4	130	135	132	8	88	1.1	80														
7-Player 7	91	108	100	6	67	2.5	47	74	129	103	18	69	13.5	67	77	112	91	5	61	1.5	59
8-Player 8	113	143	133	6	89	5.7	100	91	147	127	27	84	17.4	100	71	142	99	3	66	1.1	98
9-Player 9	107	128	119	6	79	4.9	79	76	123	104	23	69	5.8	68	62	118	80	2	53	1.4	61
10-Player 10	121	138	131	7	87	3.1	97	95	143	119	23	79	7.9	88	77	116	89	4	59	0.7	63
17-Player 17	58	106	91	4	60	0.6	44	48	126	97	15	64	4.4	59	41	114	71	1	47	0.8	61
19-Player 19	97	135	120	5	80	0.1	75	94	142	118	23	79	11.1	75	93	130	104	5	69	0.7	80
Mean	100.9	125.8	116.8	6.3	77.8	2.8	73.1	80.6	134.4	110.7	21.6	73.8	9.5	74.8	71.4	124.1	90.5	3.6	60.3	0.9	64.8

- ✔ HRV parameters
- ✔ TRIMP and SHRZ values
- ✔ Time Intervals marked in the training sessions

ANALYSIS OF THE **TRAINING SESSIONS**



Export

Selected period: 10:51 to 24:28

Complete series

Athlete	HRmin	HRmax	HRmean	TRIMP	%HRmax	SHRZ	%SHRZ	HRmin	HRmax	HRmean	TRIMP	%HRmax	SHRZ	%SHRZ
2-Player 2	79	174	131	3	87	30.3	94	79	181	143	3	95	250.4	100
3-Player 3	71	158	109	2	73	20.2	77	9	214	117	1	78	124.4	95
4-Player 4								130	135	132	8	88	1.1	80
7-Player 7	77	152	115	2	76	18.8	92	74	167	122	2	81	144.4	94
8-Player 8	71	143	113	3	75	7	98	71	147	122	4	81	24.2	100
9-Player 9	62	153	106	2	70	17.8	77	14	188	118	1	78	61.2	95
10-Player 10	75	167	127	3	84	23.2	99	75	169	126	2	84	136.8	100
17-Player 17	41	155	109	2	72	18.7	86	41	170	120	2	80	138.8	98
19-Player 19	92	182	134	2	89	25.7	97	89	192	140	2	93	181.3	100
Mean	71	160.5	118.4	2.7	78.9	20.2	90	64.7	173.7	127.3	3.4	84.8	118.1	95.8

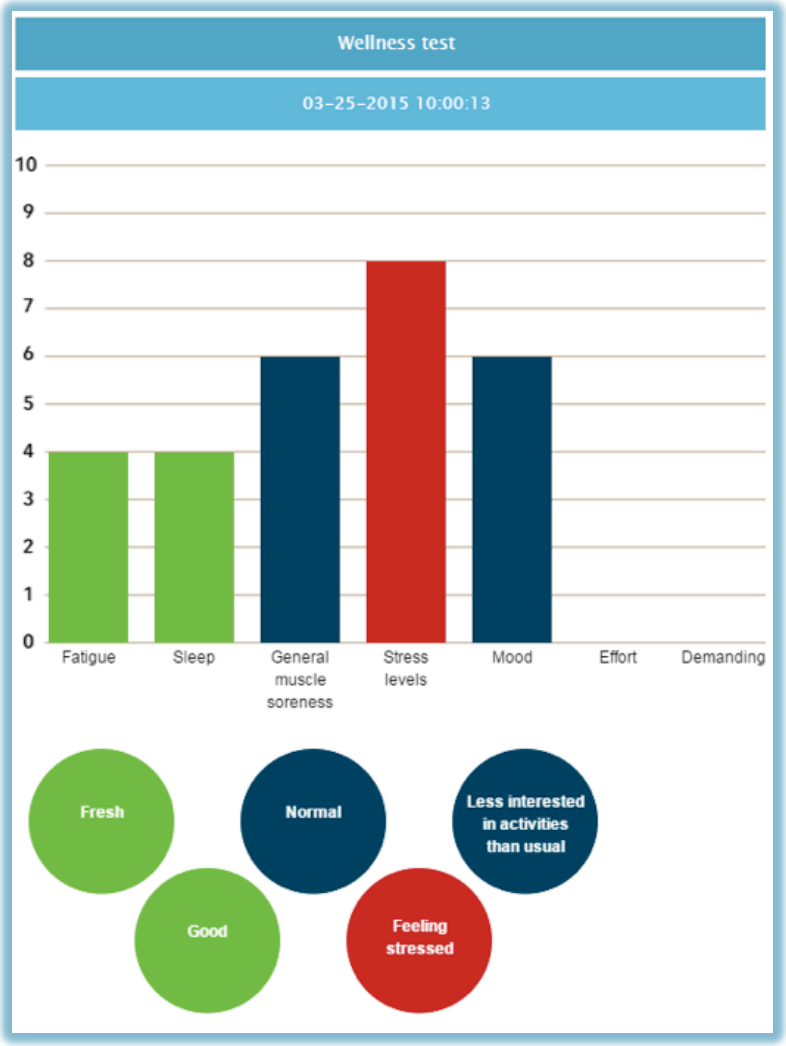
Export

Selected period: 10:51 to 24:28

Athlete	RRmean	SDNN	RMSSD	pNN50	SD1	SD2	VLF	LF	HF	LF/HF	%LF	%HF	%Artifacts	Stress
2-Player 2	483	134	58	3	41	185	445058	1385613	2934922	0.4	32%	68%	3%	60
3-Player 3	582	153	66	4	47	212	266698	672149	1586836	0.4	30%	70%	4%	57
4-Player 4														
7-Player 7	548	123	45	3	31	171	32163	90975	190031	0.4	32%	68%	1%	69
8-Player 8	558	131	52	4	37	181	101078	299102	985300	0.3	23%	77%	2%	67
9-Player 9	606	176	73	10	51	243	1696111	4278567	10581118	0.4	29%	71%	5%	54
10-Player 10	511	132	18	2	13	186	23013	1823	210	8.6	90%	10%	1%	66
17-Player 17	618	253	165	18	117	339	1344803	3663080	11179672	0.3	25%	75%	9%	40
19-Player 19	473	120	60	2	42	164	713880	988234	3178102	0.3	24%	76%	2%	68
Mean	547	153	67	6	47	210	577851	1422443	3829524	1.3	36%	64%	3%	60

✔ Select particular intervals and extract HR and HRV parameters of such regions

ASSESS THE ATHLETE'S STATE WITH **QUESTIONNAIRES**



- ✔ Fatigue
- ✔ Sleep
- ✔ General muscle soreness
- ✔ Stress levels
- ✔ Mood
- ✔ Effort
- ✔ Demanding

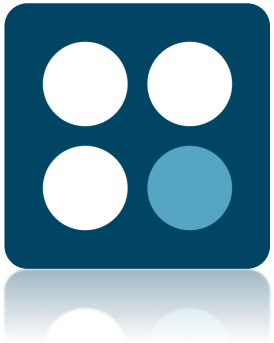
ADDITIONAL FITLABTECH PRODUCTS

CHECK OUT OUR DIFFERENT

FITLABTECH

PRODUCTS

FitLab Free



FitLab CardioCheck

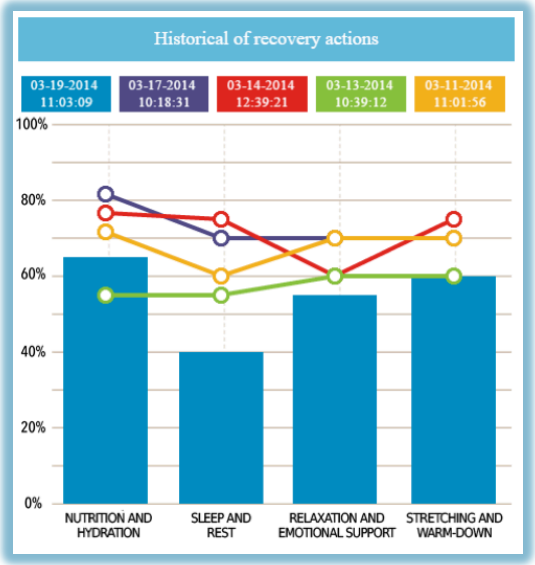
FitLab W8

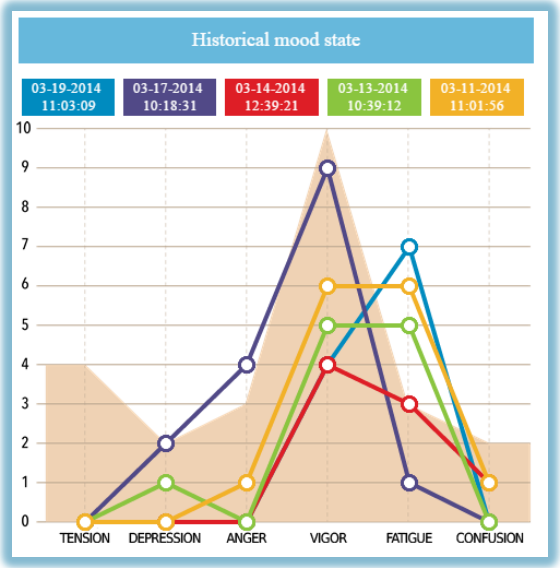
MONITOR AT DISTANCE WITH **FITLAB FREE** AND **FITLAB CARDIOCHECK**

FitLab Free

FitLab CardioCheck

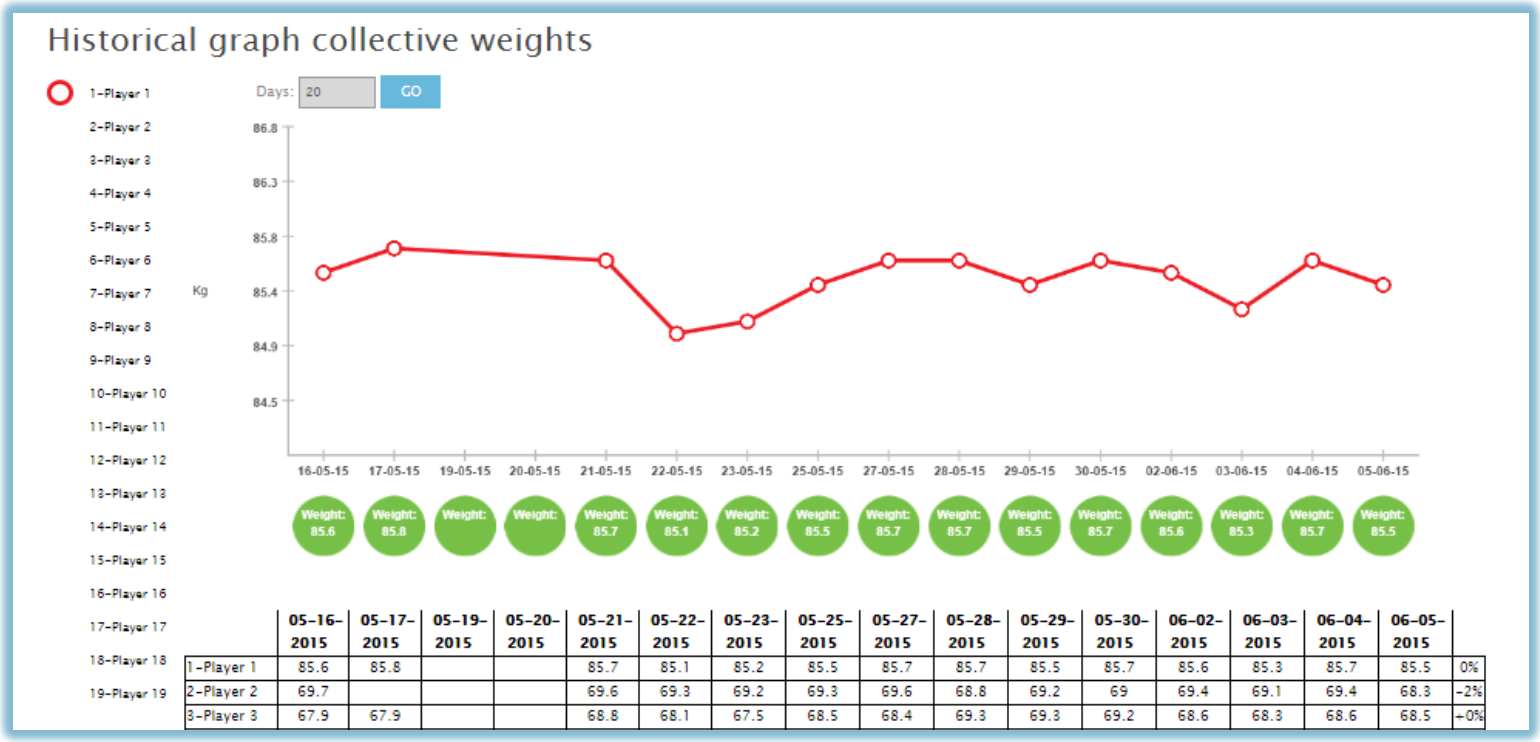
- HRV at rest
- Mood state
- Effort and recovery perceptions
- Recovery actions





CONTROL THE **WEIGHT** OF YOUR ATHLETES

- ✔ Record the weight of your athletes with **FitLab W8** and a Bluetooth scales
- ✔ Compare and view historical charts



	05-16-2015	05-17-2015	05-19-2015	05-20-2015	05-21-2015	05-22-2015	05-23-2015	05-25-2015	05-27-2015	05-28-2015	05-29-2015	05-30-2015	06-02-2015	06-03-2015	06-04-2015	06-05-2015	
1-Player 1	85.6	85.8			85.7	85.1	85.2	85.5	85.7	85.7	85.5	85.7	85.6	85.3	85.7	85.5	0%
2-Player 2	69.7				69.6	69.3	69.2	69.3	69.6	68.8	69.2	69	69.4	69.1	69.4	68.3	-2%
3-Player 3	67.9	67.9			68.8	68.1	67.5	68.5	68.4	69.3	69.3	69.2	68.6	68.3	68.6	68.5	+0%

Health &
Sportlab

www.healthsportlab.com

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