Firstbeat SPORTS is a software tool for professional use in sports testing, coaching, individual athlete and team performance analysis. The method is based on advanced analysis of beat-by-beat heart rate data and heart rate variability.

**KEY FEATURES**

**Real-Time Monitoring**
Monitor the training load and intensity of players in real time and make sure that each player is reaching the goals set for the workout.

**Quick Recovery Test**
Assess players’ recovery in 5 minutes. Instant group feedback provides a recovery score (0-100%) and recovery progress at individual and group level.

**Overnight Recovery Test & Daily Stress Assessment**
Detect early signs of overtraining and see how daily stress factors influence the body.

**Dashboard View & Reporting**
Manage training load and recovery via single platform and identify players with increased risk for injury and overtraining.
Real-Time Monitor
Monitor up to 80 players: Heart rate, %HRmax, %VO₂max, EPOC, Training Effect, TRIMP, 1-5 color coded training zones, kcal, timer with laps, follow-up view.

Recovery and Stress Assessment
Overnight Recovery Test: HRV based recovery index, scaled recovery index (%), stress and recovery reactions (time, proportions), heart rate information (min/avg/max), follow-up view of recovery progress.
Quick Recovery Test: 5-minute test for groups providing HRV based recovery score (%) for team and individual level, recovery progress (direction), individual follow-up view.
Daily Stress Report: Physiological state detection showing stress, recovery and physical activity periods during the measurement period.

Fitness Testing
VO₂max assessment for YoYo fitness test (IR1 & IR2), Beep test, Conconi test (cycling and running) and for freely editable submaximal and maximal fitness test protocols for cycling, rowing, running and walking.
Firstbeat running test providing VO₂max estimate from every running session which are recorded with speed and distance data.
VO₂max follow-up report showing changes in VO₂max during the follow-up period.

Cloud Sync
Enables shared database with other SPORTS users, remote data uploading and cloud-like back-ups.

Efficient Reporting
PDF and CSV reports: Group and individual level reporting for training, stress, recovery, fitness testing and HRV derived variables.
Reports available in English, French, Spanish, German, Italian, Russian, Portuguese and Finnish.

Export and Import Features
Data export in CSV files for single measurements and for multi-measurements.
Profile and data exports/imports in FBE-file format (compatible with other Firstbeat products). GPS data export (GPX).
RR-I data import (SDF, HRM, FIT formats) from Polar Team2, Polar Precision Performance, Catapult, Acentas.

Extended HRV and Data Analysis Tools
Option to export second-by-second data or summary data for corrected and raw RR-I data, HR, %HRmax, VO2, %VO₂max, EPOC, Training Effect, RespR, Ventilation, EE, fat and carbohydrate expenditure, RMSSD, HF, LF, VLF, TRIMP (summary), Recovery Index (summary).
Option to view and print HR and HRV variables in graphs from the selected time period.

System Requirements and Compatible Hardware
Windows OS. Screen resolution 1024 x 760.
Direct upload from Firstbeat: Bodyguard, Team Receiver, Dongle. Suunto: Team POD, Memory Belt, T6, Movescount (Ambit 1, 2, 3).

Firstbeat Bodyguard 2
Weight: 24g
Size: 47mm x 63mm x 11mm
Battery: Rechargeable Li-Poly battery
Battery life: 144 hours
IP class: IP52 during measurement, IP22 cable unattached
Measurement accuracy: 1 ms
Recording capacity: Over 20 days
3D accelerometer: 12.5Hz, Resolution 8bit, G-scale 4G

Firstbeat Team Receiver
Receiver10: 25-meter range, 10 HR belts
Receiver30: 200-meter range, 30 HR belts
Receiver80: 200-meter range, 80 HR belts
Transmission protocol: 868/915 MHz
Size (receiver30 & 80): 175x55x80 mm , 175g
Recommended use: Indoor and outdoor

Firstbeat Textile Heart Rate Belt
Weight: 45g
Size: Adjustable strap length 600-880mm, width 30mm
Transmission protocol: 915/868 MHz and BTLE 4.0
Battery life: 360 hours (CR2032, self replaceable)
IP class: Water resistant to 30m/100ft
Measurement accuracy: 1ms
Internal memory: 12 500 beats
Material: Textile strap with snap-on attached central module
Compatibility: Firstbeat Team receiver10,30,80 (RTX4 models), BTLE supported devices and mobile apps