

Bringing focus and mobility to coaching

Firstbeat Sports

Firstbeat Sports Sensor and Live app

are a data collection solution designed to bring increased focus and mobility when using the Firstbeat Sports system in team sport monitoring.

The Firstbeat Sports Sensor attaches to the textile belt and is worn by the athlete. The Sensor automatically records R-R intervals and stores data in its internal memory. Data calculated and analyzed by the Sensor is visible via the Live app, allowing coaches to monitor players in real time on the move.

Recorded data can be downloaded from the Sensor and synchronized to Firstbeat Sports Cloud for post-session analysis using the Live app.





Firstbeat Sports Sensor

Technical specifications

The Firstbeat Sports Sensor's in-built memory frees coaches from a receiver or laptop during sessions, and an embedded processor ensures load calculations from multiple locations are readily available for post-session analysis.

- **Memory capacity:** 12-18h R-R data
- **Battery life:** 160h with CR2025 user replaceable coin cell battery
- **Weight:** 10g (0.35 oz.) including the battery
- **Transmission protocol:** Bluetooth Smart
- **Compatibility:** Full feature support only with Firstbeat Sports Live app; Works as a standard Bluetooth device with watches and mobile apps
- **R-R recording accuracy:** < 2ms
- 9-Axis motion sensor (accelerometer, gyroscope and magnetometer)
- Wireless firmware update
- Firstbeat software + analysis library
- Textile strap (Movesense connector)
- Water resistant 30m / 100ft
- Developed, designed and manufactured in Finland

Firstbeat Sports Sensor

In practice

The Firstbeat Sports Sensor starts automatically with RR-I validation algorithms. If R-R data is not detected, Sensor powers off after one minute allowing enhanced battery life and accurate measurements.

Each Sensor is paired with an athlete profile visible in the Firstbeat Sports Live app. Profile background information is stored to the Sensor for real-time analysis.



While recording, the following real-time training metrics are tracked:



Heart rate (HR), Average HR, Lowest HR, Peak HR



Time in Heart Rate Zones (1 - 5)



Excess Post-Exercise Oxygen Consumption (EPOC)



Training Impulse (TRIMP), TRIMP/min



Training Effect (aerobic, anaerobic)



Calories

When the Firstbeat Sports Sensor is taken off, the recording stops after a few minutes and enters standby mode, from which it then powers off completely after 15 minutes. When in standby mode, you can download measurement data to the Firstbeat Sports Cloud via the Live app, providing quick, effortless and accurate data for post-analysis.

Firstbeat Sports Live app

Technical specifications

Firstbeat Sports Live app is an iPad application developed for team training load monitoring and data collection. With Live app you can pair Firstbeat Sports Sensors with athlete profiles, monitor athlete training load metrics in real time and download data from Sensors after training sessions.

- iPad application
(Bluetooth 4.0 and IOS version 11 and later)
- Profile pairing with Sports Sensor
- Live view to Sports Sensor's advertisement data
- Transmission range: up to 200m / 650 ft
- Measurement downloads from Sensors:
 - Mass download from 40+ sensors
(6 sensors simultaneously from queue)
 - Multiple iPads can be used to download data
 - Download time approx. 7 sec/device for 2-hour session
- Sync with Sports Cloud
- Ability to use for 2 weeks offline
- Compatible only with Firstbeat Sports Sensor

The Firstbeat Sports Live app will be available in the following languages: English, Finnish, Spanish, French, German, Portuguese (Brazil).





PHYSIOLOGICAL ANALYSIS FOR PROFESSIONAL COACHING

Firstbeat Sports is the only solution supporting 24/7 training optimization in a single platform. Our stress and recovery analysis is based on identifying individualized patterns of HRV and heart rate. Tracking of body functions includes; Oxygen consumption, respiration rate, EPOC and energy expenditure. With superior range and actionable feedback reporting, Firstbeat allows you to effectively collect, analyze and interpret internal player performance data on the go!

Ask for more information

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