

*“The heart has reasons,  
that reason cannot know.”*

*Blaise Pascal*

Until now.



## Hosand<sup>®</sup> AQUA.

**Real time heart rate telemetry system for water sports. The ultimate knowledge.**



[www.hosand.com](http://www.hosand.com)



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# AQUA: let's get physical.

# h

HOSAND® AQUA is the only heart rate telemetry system capable of monitoring a group of **swimmers**, at the same time, in **REAL TIME** during your training sessions. **No cables, no fuss, real data, reliable data!**

It is the first one ever to allow visualising and showing in real time heart rates of the swimmers, in order to **monitor** them and their **physical response to training**: because you want effective training, aimed at results, with efficiency in mind.

The system was developed together with EIS in UK and the Italian Swimming Federation at Hosand labs and it is the only ever to cover the **whole olympic swimming pool** and to reach 150m in open water.

A special top vest has been designed to accommodate the **radio transmitter on the back, between shoulder blades**, for comfort and hydrodynamicity, and to **keep chest belt** in place.

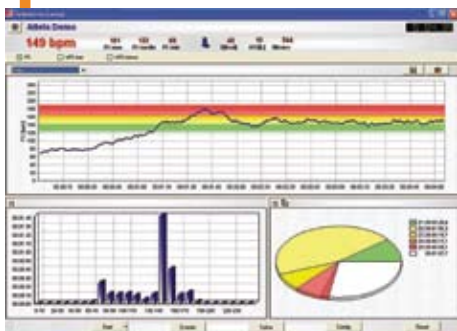


**Easy to use** and clear to read statistics and test protocols complete one of the most valuable tools in scientific training.

Bar chart, with **bars coloured according to working zones** gives immediate overview of physiological response for each athlete. At glance!

And the virtual "group athlete", the mean average of the whole group, summarises data.

When optimizing recovery of swimmers, when aimed at achieving best physical condition, one single click allows to check one single athlete during training or testing. **Real time evaluation** and modification of training and/or exercise intensity, direct coaching is finally objectively possible. **Statistical information on time working zone** and **metabolic data** are available both in real-time and off-line for a thoroughful analysis.



## System details

### TX200 h2o telemetry module

- Worn between shoulder blades.
- Long lasting, low cost 3V batteries (up to 2 years with 1h daily use).
- Compatible with all analog 5 kHz chest belts.
- Stores up to 2h 45' activity for off line download when telemetry can't be used.
- Specifically designed top vests to hold in place both transmitter and chest belt.

### Antenna

- Small in size and powered by USB cord, receives up to 150m.
- 80m extension cord available to extend radio range.

### Syncro box

- Multiuser oriented: up to 32 athletes together, in real time.
- Turns on and off telemetry modules with no physical switch needed.

### Every athlete is very unique.

Hence, for each athlete, and for each specific training activity, we allow definition of up to **six working zones**, related to either **BPMs**, **%HRmax** or **%HRres** each one coloured differently so to make metabolic inner work analysis swift and immediate;

the system also includes **testing protocols** for HRmax and other metabolic parameters and a detailed athlete database make the software the best tool to follow up athletes' **performance improvements**.



**AQUA. Wherever you go, go with all your hearth.**

**hosand.**  
OPTIMIZE YOUR LIFE