

## System components details.

### The telemetry module

- Battery usage up to 700-900 hours (two to three years according to usage)
- Powered by a CR2032 3V lythium battery, easily found at cheap price everywhere (provided).
- Works with market-standard chest belt (5 kHz)
- Backs-up up to 160' of heart rate trace, that can be downloaded to PC later on.
- About 40 g of weight, 6 mm thickness.

### Receiver

- Small in size, USB operated, allows for a crystal clear signal receival up to 200 m from the telemetry module when in open field.

### Synchro box

- Designed to synch signals coming from up to 32 telemetry modules.
- Switches telemetry modules on and off via radio at session start and finish.

### SW200 software

- Analyse, organise and shows heart rate values, traces, statistical data.
- Turns linear regression statistical analysis into a game, handles custom protocols and match lactate acyd data for advanced analysis.

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# TMpro

Your best choice  
in team coaching.



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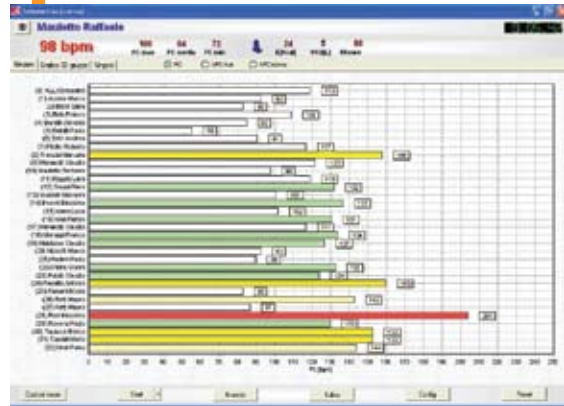


## Best system ever!

HOSAND® TMpro is the **heart rate telemetry system** of choice to monitor **up to 32 athletes in real time** during technical or physical training.

TMpro innovative system allows to:

- **watch and save** heart rate values in **real time**, providing a continuous and immediate monitoring action on athletes;



- **immediately analyse** the response of each athlete so to react precisely on work load. **Each training will turn to individual and performance will optimize dramatically.**

Such a result is made possible due to a database for each athlete, comprised of **sessions archives, ana-graphical and technical data.**

HOSAND® TMpro can receive signals from **telemetry modules set**

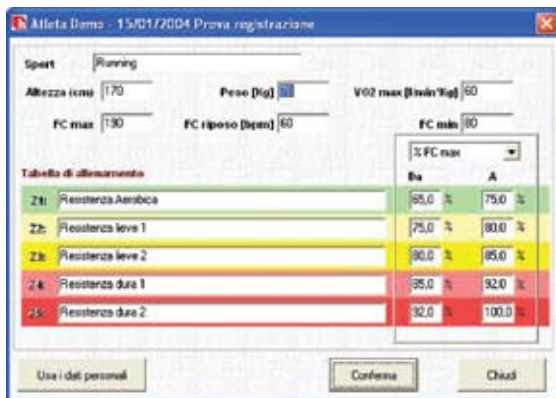
**at 200 mt far away** (in open field). Such unparalleled reliability in radio signals,

typical of HOSAND systems, is obtained by using the most modern technologies in filtering interferences.

The system is then packed with the most advanced **tools for statistical analysis and graphical processing within a user interface made for ease of use.**

## Train a group. Work individually.

For each athlete, for each sport, with TMpro you are given the possibility to define **up to 29 combinations of six work zones** based either on heart rate bpm, %HRmax or %HRreserve, with colours being assigned to zones so to allow immediate visual interpretation of physical status and response to exercises. An individual database so to tune TMpro to each athletes' individual and unique characteristics.



With a choice of three different graphical representations, you can always watch the show the way you like. The **group view with coloured bars**, colours according to training zones, will immediately pop up the physical

response of each athlete to the training, and put it in comparison with the whole group.

The **virtual athlete, representing the mean average of the whole group** to will provide a prospective evaluation of various configuration (i.e.: team A vs. team B, front line vs. defence line)

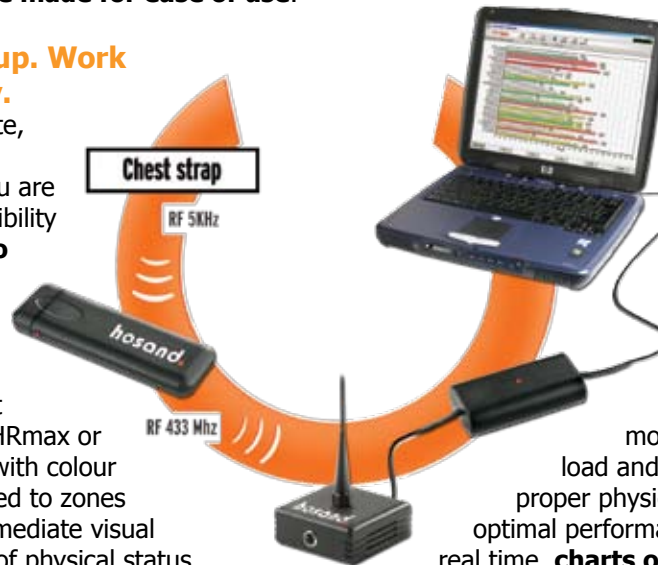
## We have it all.

**Monitoring one athlete full training session** is just one click away, and once there you can **interact according to athlete's feedback**

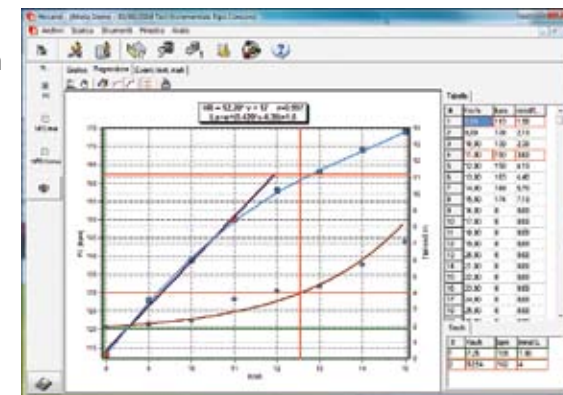
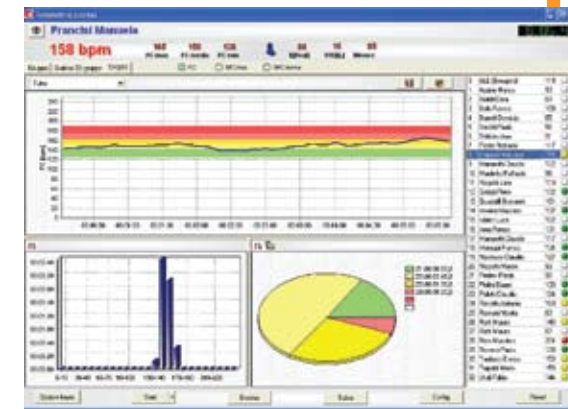
modifying work load and thus granting proper physical recovery and optimal performance. Statistical, real time, **charts of the amount of time spent in each training zones** are immediately available, together with heart rate distribution and **statistical overall data, to track achievement from session to session.**

## Overall training.

HOSAND® TMpro **telemetry system turns every technical training into a physical training**, as indicated by most up to date theories in physical training: check work-load feedback in real time and interact according to it. Thus it will be easy and convenient to **analyse each training**



**session with test results**, sometimes done only at season beginning, so to **create a feedback loop through a careful set up of the training zones**. The data collected during test sessions in gyms turns into training zone that are accurately set up and turns each and every training session on field in a test. Better: in actual physical training!



**Hosand TMpro. You train hard. You know for sure.**