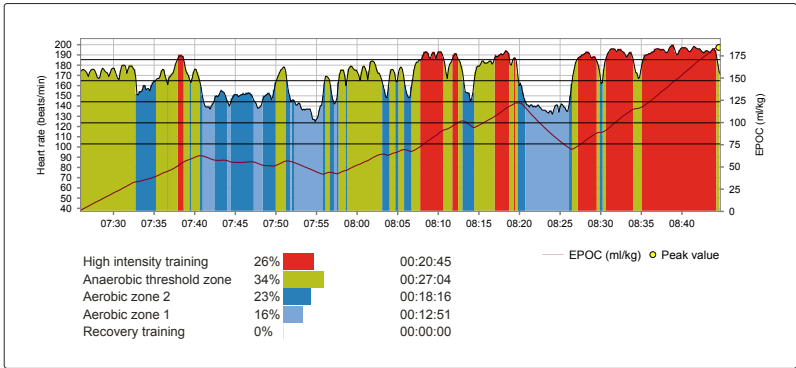


FIRSTBEAT SPORTS TEAM LITE - EXAMPLE REPORTS

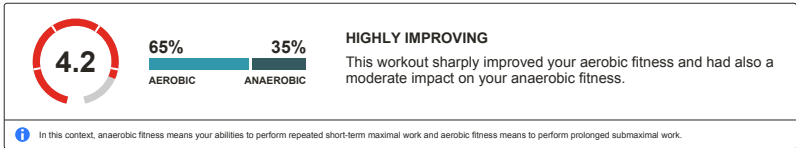
INDIVIDUAL REPORT

TRAINING REPORT			
Measurement start time: Fri 12 Jun 2015 07:25			
BRUNO VIEIRA DO NASCIMENTO		Exercise summary:	
Age	20	TRAINING TYPE	Football
Height (cm)	179	TRAINING EFFECT	4.2
Weight (kg)	66	TRIMP	185
Resting HR	37	DURATION	01:18:50 hh:mm:ss
Maximum HR	206	HR low/avg./high	125/169/200 bpm
Activity Class	8.0	CALORIES	1027 kcal
		carbs / fats	648/379 kcal
		NOTES:	

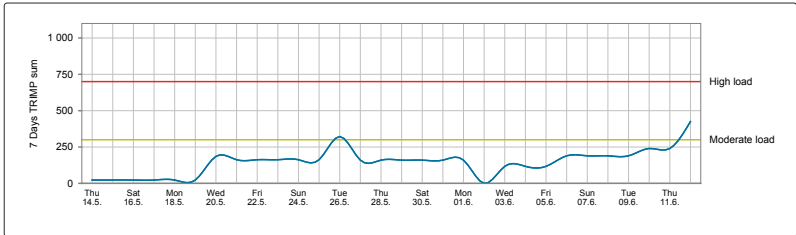
TRAINING CHART



TRAINING EFFECT



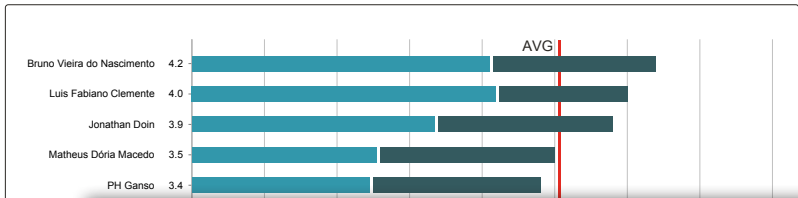
TRAINING LOAD



GROUP REPORT

TRAINING GROUP REPORT			
Measurement start time: Fri 12 Jun 2015 07:25			
	TRAINING EFFECT	TRIMP	INTENSITY (%HRmax)
São Paulo FC	3.5	140	68%
Goal keepers (1)	3.1	108	60%
Strikers (2)	3.6	140	70%
Midfield (4)	3.4	135	67%
Defenders (3)	3.9	156	71%

TRAINING EFFECT DISTRIBUTION



TRAINING DETAILS											
Name	Duration	Time in training zones	Intensity (%HRmax) Avg.	Intensity (%HRmax) Max.	EPOC	TRIMP	TRIMP (7 days)				
São Paulo FC	01:18:27	10% 00:08:10 30% 00:23:48 30% 00:23:14 19% 00:14:46 11% 00:08:33	68%	93%	121	140	338				
Bruno Vieira do Nascimento	01:18:50	26% 00:20:45 34% 00:27:04 23% 00:18:16 16% 00:12:51 0% 00:00:00	78%	96%	184	185	425				
Luis Fabiano Clemente	01:16:13	14% 00:10:37 47% 00:27:04 31% 00:23:29 9% 00:06:51 0% 00:00:00	74%	94%	158	156	422				
Jonathan Doin	01:18:47	21% 00:16:44 27% 00:16:27 21% 00:21:06 10% 00:18:30 0% 00:08:08	71%	96%	149	157	411				
Matheus Dória Macedo	01:18:39	12% 00:09:41 25% 00:19:21 21% 00:16:10 17% 00:13:33 25% 00:19:55	63%	97%	128	127	215				
PH Ganso	01:18:40	5% 00:06:41 35% 00:26:55 26% 00:20:26 19% 00:14:14 13% 00:10:07	67%	96%	107	137	210				
Michel Bastos	01:18:40	1% 00:00:45 35% 00:27:11 46% 00:36:05 9% 00:07:08 10% 00:07:47	69%	88%	104	137	362				
Denilson Pereira Neves	01:18:39	5% 00:04:17 21% 00:16:56 39% 00:30:25 21% 00:16:26 11% 00:08:36	64%	92%	106	120	309				
Ricardo Adrián Centurión	01:18:43	10% 00:07:30 40% 00:31:06 23% 00:18:18 21% 00:16:22 7% 00:05:40	70%	92%	107	148	392				
Rogério Cenil	01:18:39	3% 00:02:29 24% 00:16:50 31% 00:24:38 21% 00:19:49 17% 00:13:14	60%	88%	86	108	281				
Alexandre Rodrigues da Silva	01:18:45	3% 00:02:33 21% 00:16:46 30% 00:23:30 31% 00:24:03 15% 00:12:04	65%	92%	80	125	358				

FIRSTBEAT SPORTS TEAM - EXAMPLE REPORTS

INDIVIDUAL REPORT

Training Report

Person: Athlete (Example) John

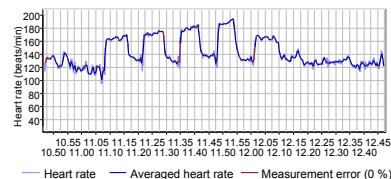
Date: 11.12.2015

Background information

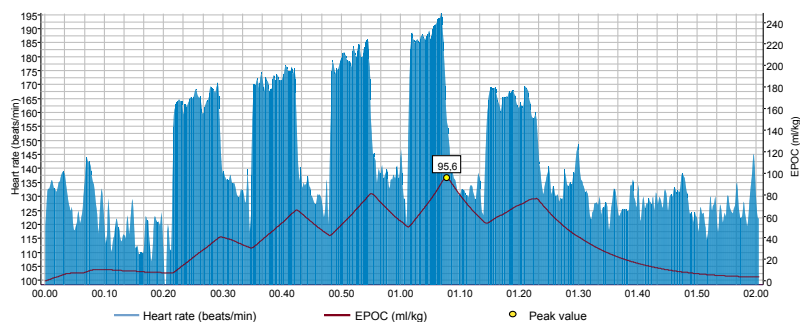
Age 27
Height (cm) 184
Weight (kg) 79
Resting heart rate 34
Maximum heart rate 200
Activity class 8

Measurement information

Measurement length 02:00:26
Measurement time 10.46.42 - 12.47.08
Lowest heart rate 100
Highest heart rate 195
Average heart rate 143



Training Chart



Training Effect



3.2

Improving training effect

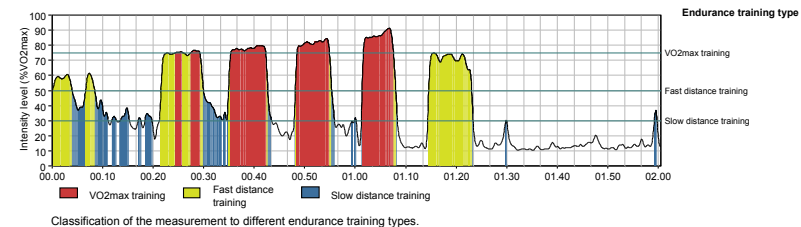
This workout improved your aerobic fitness and had some impact also on your anaerobic fitness.

In this context, anaerobic fitness means your abilities to perform repeated short-term maximal work and aerobic fitness means to perform prolonged submaximal work.

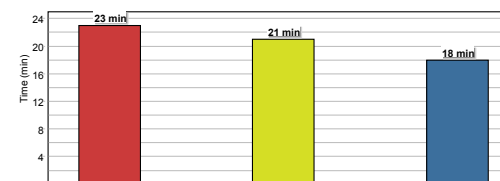
Notes

Interval training

Endurance Training Classification

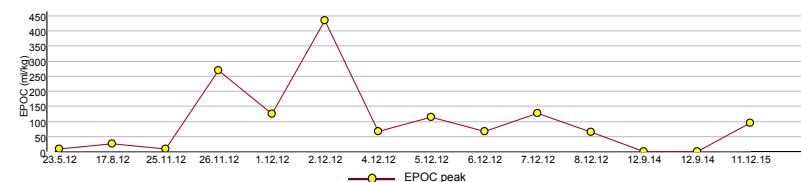


Classification of the measurement to different endurance training types.

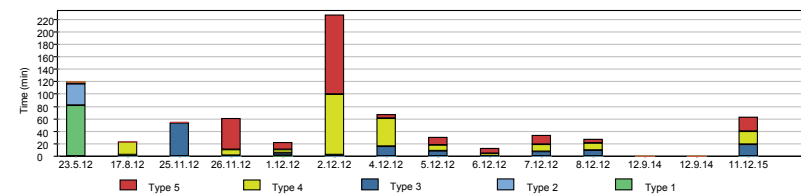


The total duration of exercise during the measurement was 1h 3min. Time at different types of endurance training during the measurement is illustrated in the graph.

Training Follow-Up



EPOC peak values during the follow-up period.



Training durations in different training types during the follow-up period.

FIRSTBEAT SPORTS TEAM - EXAMPLE REPORTS

GROUP REPORT

Training Effect Group Report

Group name: All

Group information

Group size 16 (f.0, m:16)
Age average 22.4 (18 - 30)
BMI average 22.9 (21.3 - 24.5)
METmax average 16.5 (15.7 - 17.4)
Activity class average 8.5 (8.5 - 8.5)

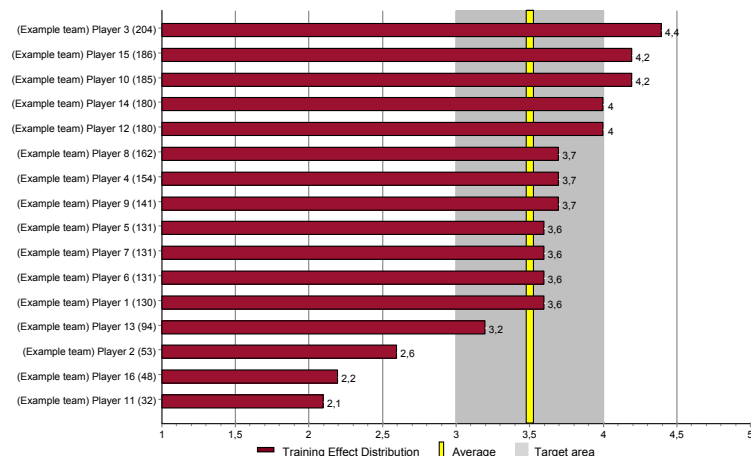
Measurement information

Measurement count 16
Measurement length avg. 01:10:29
Measurement lengths 00:00:00 - 01:15:16
Measurement dates 8.4.2011

Notes



Training Effect Distribution



Distribution and average of %. Darkened area displays the set exercise target area. The figure after the person's name indicates the achieved EPOC-level.



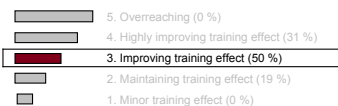
EPOC

EPOC (Excess Post-exercise Oxygen Consumption) is a physiological measure of training load. EPOC peak is the general disturbance to homeostasis brought on by exercise.

Training Effect Distribution

Training Effect is a measure of the fitness effects that the exercise has to cardio-respiratory system.

Training Effect (1-5)



Training Effect's mode is highlighted. Figure after Training Effects description shows the groups proportional Training Effect distribution.

Statistics

Name	Recovery follow-up					Recovery level	
	Five days ago	Four days ago	Three days ago	Two days ago	One day ago	Current	Weekly average
Player 5 (Example)						20	20
Player 4 (Example)						46	46
Player 7 (Example)						51	51
Player 13 (Example)						53	53
Player 2 (Example)					68	68	68
Player 9 (Example)						69	69
Player 10 (Example)						69	69
Player 8 (Example)						69	69
Player 1 (Example)					68	69	68
Player 3 (Example)					83	83	83
Player 6 (Example)						88	88
Group recovery follow-up from the previous 6 days.						62	62

Statistics

Name	Measurement duration	Endurance Training Classification					Heart Rate		Oxygen Consumption ml/kg/min (%VO2max)	
		Type 1	Type 2	Type 3	Type 4	Type 5	Average	Range	Average	Maximum
(Example team) Player 3	1h 14min			23 min	23 min	25 min	160	103 - 184	37 (68%)	48 (88%)
(Example team) Player 15	1h 14min			29 min	18 min	23 min	150	94 - 180	37 (65%)	51 (89%)
(Example team) Player 10	1h 14min			30 min	28 min	13 min	166	110 - 193	37 (66%)	48 (85%)
(Example team) Player 14	1h 14min			25 min	24 min	22 min	159	109 - 189	36 (66%)	49 (89%)
(Example team) Player 12	1h 14min			29 min	26 min	18 min	159	113 - 190	37 (66%)	50 (90%)
(Example team) Player 8	1h 14min			26 min	22 min	14 min	149	87 - 186	34 (59%)	49 (86%)
(Example team) Player 4	1h 14min			31 min	36 min	3 min	161	109 - 191	34 (63%)	45 (85%)
(Example team) Player 9	1h 14min			28 min	33 min	7 min	159	109 - 189	34 (62%)	47 (84%)
(Example team) Player 5	1h 14min			38 min	36 min	0 min	152	121 - 176	34 (63%)	44 (81%)
(Example team) Player 7	1h 14min			35 min	34 min	3 min	159	113 - 190	33 (61%)	45 (84%)
(Example team) Player 6	1h 15min			35 min	22 min	12 min	158	107 - 194	35 (61%)	51 (88%)
(Example team) Player 1	1h 15min			32 min	34 min	3 min	157	106 - 186	34 (61%)	46 (83%)
(Example team) Player 13	1h 14min			37 min	29 min	2 min	140	94 - 172	30 (56%)	44 (84%)
(Example team) Player 2	1h 15min			44 min	13 min	0 min	140	94 - 180	25 (48%)	42 (80%)
(Example team) Player 16	1h 14min			50 min	14 min	0 min	135	102 - 174	25 (46%)	44 (81%)
(Example team) Player 11	9 min			1 min	6 min	0 min	163	118 - 187	36 (64%)	45 (81%)
Average		0 min	0 min	31 min	25 min	9 min	154	106 - 185	34 (61%)	47 (85%)

Endurance training classification types are measurement specific.

Set Training Effect target area