

CardioCoach Monitor™ PC Software

CardioCoach™

Product Description

The CardioCoach Monitor PC software provides an optional user interface for the CardioCoach products. It is intended for trainers who want computer support to create customized workouts based on the VO₂ test results. It also allows the expert trainer to view the data generated during the CardioCoach test and utilize their own expertise to analyze the results.

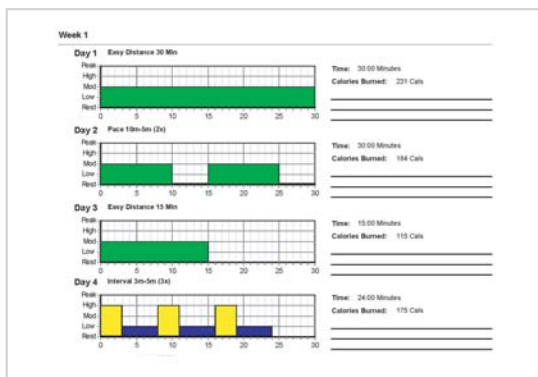
Most CardioCoach models are designed to work without the need for a personal computer. This is a key feature of the CardioCoach family of products: accurate fitness assessments with very simple user interface. The CardioCoach Monitor PC software simply provides additional options for the more experienced trainer.

Features

- View CardioCoach data with various graphs
- Override automated anaerobic threshold
- Network the CardioCoach data and Print functions
- Use any Windows compatible printer to print report
- Create customized work out plans

Create Customized Workouts

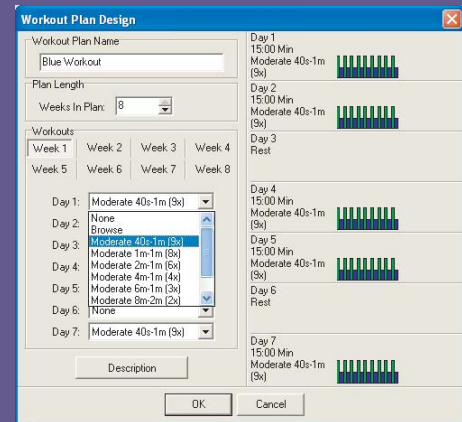
The CardioCoach Monitor helps trainers to create and print customized workout plans tailored to their customer's Target Workout Zones from their CardioCoach test results. The workout plans are printed as simple colored charts that show your customer which Target Workout Zone to exercise at and for how long. Your customer's information is automatically incorporated into the workout from their VO₂ test.



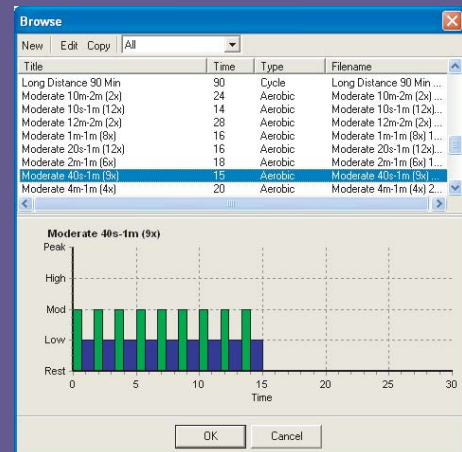
Workout plans are printed using the customer's VO₂ test results.

8 Weeks of Daily Workouts

Workout Plans are customizable to meet your needs. Each workout plan may contain up to 8 weeks of daily workouts. Its easy to create your own workout plans and distribute them between locations.



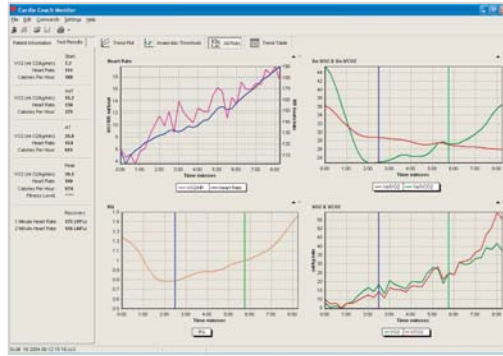
Daily workouts are easy to create. They simply consist of series of steps, each step of the workout gives your customer a target heart rate and a length of time to maintain that heart rate.



Expert Use of CardioCoach data:

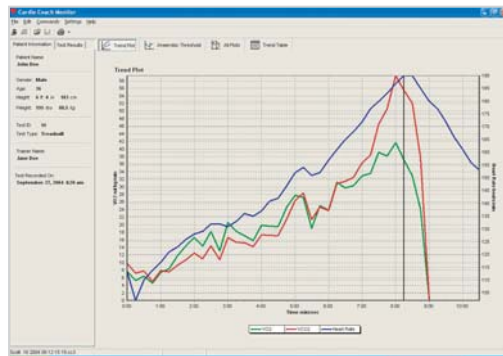
View the Data:

Various graphs are provided to allow you to view into the data during the test and after the test. Many ways of viewing the data is available.



Managing the Graded Exercise Test:

During the exercise test you can view a plot of the VO_2 , VCO_2 , and Heart Rate versus time. Viewing the data makes it easier to perform a good quality graded exercise test by allowing you to see if there is a linear workload increase.



Anaerobic Threshold Detection:

The CardioCoach is unique since it automatically determines Anaerobic Threshold (AT). In the past users typically determined AT by analyzing graphs of data. This takes someone with expertise and training. Using the software expert users can use their own expertise to adjust the anaerobic threshold detection. For CardioCoach models with carbon dioxide (CO_2) capabilities the PC software allows you to choose either the Ventilatory Threshold method or the V-Slope (RQ) method for anaerobic threshold.

CO_2 Analysis:

For CardioCoach models with CO_2 the CardioCoach Monitor PC software provides key user interface functions. The software automatically detects that the CO_2 data is available and enables the CO_2 related features.

Requirements

- Requires CardioCoach firmware version 3.02 or greater
- Windows XP, 2000, 98, Me
- Ram 64 MB with 98/Me, 128 with XP/2000
- Processor 500 mhz or better, 1 ghz with Windows XP/2000.



ORDERING INFO:

Have unit number available when placing order

PART NO.	PRODUCT NAME / (Qty)
9FG00166	CardioCoach Monitor Software Kit
Contents	<input type="checkbox"/> PC Software on CD <input type="checkbox"/> 9 Pin Serial Cable <input type="checkbox"/> Manual



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