



GROUP HEART RATE TELEMETRY – CARDIO-HIIT



An ideal tool for:
PERSONAL TRAINERS and
FITNESS CENTERS WITH HIGH-INTENSITY CARDIO-HIIT ACTIVITIES

Someone once said... **"What can't be measured, can't be improved."**



CARDIO TRAINING SYSTEM

REAL-TIME TRACKING, MONITORING AND MEASUREMENT OF:

- Heart rate
- Calories
- % Heart rate with personalized %HR calculation %HR
- With color-coded target zones

SAFETY

By viewing the real-time heart rate data of all users, it's possible to verify whether recovery is occurring within the expected timeframe based on each client's profile. The trainer can detect warning signs that may indicate a need to stop the exercise or recommend a check-up by a medical professional.

COMPATIBILITY

While we can provide compatible heart rate monitors, the Cardio Training System by Telegim is also compatible with most monitors that transmit via ANT+ and with Polar H7(*).



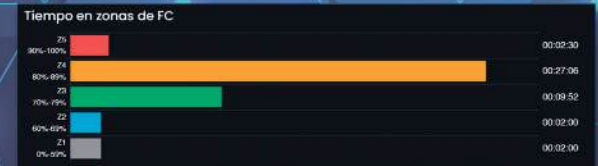
MONITOR YOUR USERS' TRAINING



TRAINING HISTORY



Clients have personalized access via APP/WEB to view their sessions, training history, and track their progress.



MASTER ACCESS
Authorized staff have reserved access to view all users' sessions and workouts.

Alumno	%	Fecha
1. EUI-va Grupos I	97.94%	2024-02-08
2. EUI-va Grupos I	97.62%	2024-02-08
3. EUI-va Grupos I	97.42%	2024-02-08
4. EUI-va Grupos I	97.40%	2024-02-08
5. EUI-va Grupos I	96.90%	2024-02-08
6. EUI-va Grupos I	96.88%	2024-02-08
7. EUI-va Grupos I	96.88%	2024-02-08
8. EUI-va Grupos I	96.88%	2024-02-08
9. EUI-va Grupos I	96.88%	2024-02-08
10. EUI-va Grupos I	96.88%	2024-02-08

5 DISTINCT TARGET HEART RATE ZONES		
%FC		
≥ 90%	Z5	MAXIMUM INTENSITY
80%-89%	Z4	HIGH INTENSITY
70%-79%	Z3	MODERATE WORK
60%-69%	Z2	ENDURANCE
≤ 59%	Z1	WARM-UP ACTIVE RECOVERY

OPTIONALLY, OUR SOFTWARE CAN INCLUDE A **WORKOUT GRAPH CREATOR**



TELEMETRY + WORKOUT GRAPH

The system allows workout graphs to be displayed directly on the same screen used for telemetry, or optionally on a second screen.

Trainers can create graphs with intensity targets, total and partial times, providing visual support during training sessions. Having tables and graphs integrated within the same software facilitates class development. Animated graphs serve as an essential visual guide and support during sessions.



%HR WORKOUT GRAPH

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