

Hosand Store

Hosand Technologies

HRV Basic Kit



A new outlook on heart rate variability

Now, with **Hosand**'s method it is possible to monitor all **changes** in the "overall evaluation grid" of each athlete: fitness coaches can modulate in advance each workload for each athlete..

Physical activity is one out of existing variables that effects the "overall grid" of an athlete.

With **Hosand Recovery Valuation** you can verify personal **recovery status**, such as the day after an intensive training or after a competition.

Hosand Recovery Valuation underline individual reaction using a simple **test made at rest**.

The test requires very **few minutes**: fitness coaches can choose between making the test directly "on the field" or giving a **MINIcardio Pro** to each athlete asking him/her to **make it at home**, in a total relax habit, and then download data **later on**.

Once data has been **downloaded** into your computer, it only requires to indicate in the training record the precise moment of beginning of the test and the software will execute the **data analysis**, showing it with an **easy reading evaluation grid**.

HRV BASIC Kit composition :

- 1 MINIcardio Pro
- 1 MCSOFT (software for data analysis)
- 1 30 pz. electrodes pack
- 1 manual
- 1 IrDA USB key

requisiti minimi di sistema:

- Windows XP OS Service Pack 3 o later
- PC with Pentium® III 800 MHz processor or better
- 512 MB RAM

[more info on hosand.com](#)

[Vendor Information](#)

Customer Reviews: There are yet no reviews for this product.
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