

Title (en)

METHOD FOR DETERMINING EXERCISE STRENGTH AND DEVICE USING THE SAME

Title (de)

VERFAHREN ZUM BESTIMMEN DER TRAININGSKRAFT SOWIE DIESES VERFAHREN VERWENDENDE VORRICHTUNG

Title (fr)

PROCEDE DE DETERMINATION DE LA FORCE D'UN EXERCICE ET DISPOSITIF CORRESPONDANT

Publication

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Application

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Abstract (en)

When a measurement starts, exercise equipment detects an electrocardiographical signal (ST1), starts controlling a work load (ST4) and calculates a heart rate and a value of heart rate variability power (ST5, ST6). After a warmup starts when a temporal period of two minutes elapses (ST7) the equipment automatically controls a ramp load (ST9). In step ST9, a predetermined ramp load variation rate is set for each of temporal periods of three minutes, four minutes, five minutes, and six minutes or more having elapsed since the warmup started. Thus the provided exercise equipment allows each individual to have an exercise with an appropriate load. <IMAGE>

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