

Title (en)  
METHOD OF CHARACTERIZING PHYSICAL PERFORMANCE

Title (de)  
VERFAHREN ZUR BESCHREIBUNG PHYSIKALISCHER LEISTUNG

Title (fr)  
METHODE DE CARACTERISATION D'UNE PERFORMANCE PHYSIQUE

Publication  
**EP 1802234 A1 20070704 (EN)**

Application  
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Priority

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Abstract (en)  
[origin: WO2006042415A1] A method of measuring physical workload for a task is provided. After receiving task execution data, an exerted energy value is calculated in response to the received task execution data. A physical performance index value is then generated based the exerted energy value. The exerted energy value can be calculated based on a calculated work value, which itself is based on the received task execution data. A physical performance device, such an exercise machine, can be characterized based on the performance index value. The method can include compiling a physical performance device profile including the physical performance index value, and optionally transmitting the profile to a storage means. The method can also include identifying a functional muscle group associated with the device. The measured physical workload can be a measured value of user performance, which can be compared to a target value to determine a user's physical performance.

IPC 8 full level  
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