Title (en)
METHOD AND APPARATUS FOR CONTROLLING AND GUIDING OF FITNESS TRAINING

Title (de)
VERFAHREN UND VORRICHTUNG ZUR STEUERUNG UND LEITUNG VON FITNESS-TRAINING

Title (fr)
PROCEDE ET APPAREIL PERMETTANT DE SURVEILLER ET DE GUIDER UN ENTRAINEMENT PHYSIQUE

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Abstract (en)
[origin: WO2006037846A1] The invention concerns a method and equipment for controlling and guiding of fitness training in a fitness training room provided with at least fitness training devices (3). The exercisers are provided with heart rate measuring means, such as heart rate bands (2), by means of which the exercisers' heart rate is measured during the fitness training performance. According to the invention, the measured heart rate information is passed substantially in real time and wirelessly to an electronics unit (7) provided in each fitness training device (3), from which unit the heart rate information is passed further to a system computer (11) controlling fitness training performances.

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