

miCoach Zone User Manual

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micoach

1 Welcome to miCoach

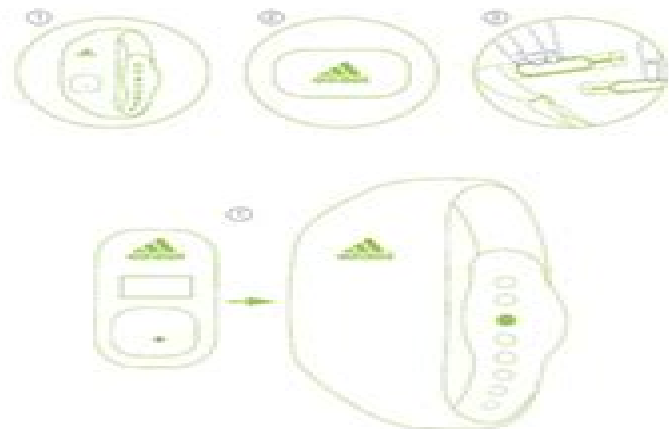
miCoach is your personal training solution, designed to help motivate and coach you towards reaching your fitness goals. Whether you're just starting out or training for your third marathon, miCoach combines real-time coaching with an intelligent web application so you make the most of every session.

1.1 miCoach Zone

miCoach zone is the perfect product to start exercising with. Simply input your age, miCoach Zone calculates your target training zones and you're good to go.

LED lights in the wristband clearly display your heart rate zone as you run, making it easy for you to train at the right intensity.

- 1 miCoach Zone module and wristbands
- 2 Heart Rate Monitor
- 3 Textile Transmitter Strap



Micoach User Guide

Glenda Wright



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Information technology and the information sciences have been part of our lives for some time now They have revolutionized the healthcare system changing the whole health landscape as well as health culture New devices sources of data and roles for all those involved in healthcare are being developed as a result This book presents the proceedings of the 25th European Medical Informatics Conference held in Istanbul Turkey in August September 2014 The conference aims to present the most recent developments in biomedical informatics The book is divided into 15 sections which include decision support systems and clinical practice guidelines improved healthcare through informatics data analysis mobile health technology and system evaluation and text mining The final two sections present posters from the conference The book will be of interest to all those in the healthcare sector researchers and practitioners alike who develop evaluate or work with information technology

Official Railway Guide ,1984-04 **Sports Science Research and Technology Support** Jan Cabri,João

Barreiros,Pedro Pezarat Correia,2015-10-07 This book constitutes thoroughly revised and selected papers from the Second International Congress on Sports Science Research and Technology Support icSPORTS 2014 held in Rome Italy in October 2014 The 8 thoroughly revised and extended papers presented in this volume were carefully reviewed and selected from originally 131 submissions

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