



**SPT<sup>®</sup>**

# HEART RATE VEST

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# PUSH THE TEMPO

## CONDUCTIVE HEART RATE VEST

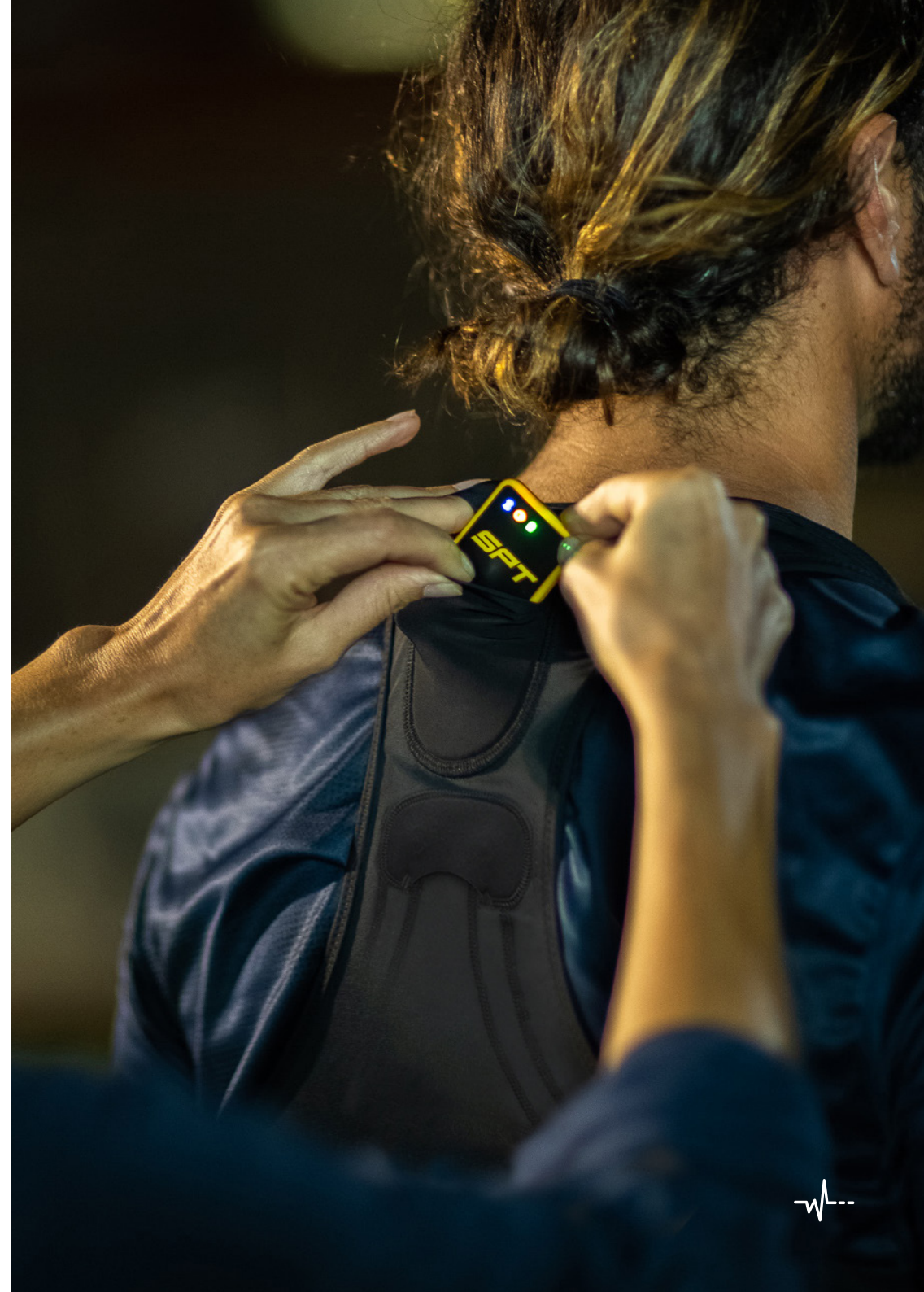
The SPT heart rate vest enables users to connect and collect both GPS and heart rate data efficiently. The vest provides an ideal non-invasive method to accurately measure physiological performance through in-built conductive sensors which detect electrical signals from the wearers heartbeat. By removing hardware on the sternum and locating it next to the SPT device, **athlete safety is at the forefront of the design.**

## HEART RATE MONITOR

The HR monitor securely clips into the vest and is housed in an elastane pocket so there is no need for a separate garment or strap. Once activated, the heart rate data is transmitted directly to the SPT device via Bluetooth.

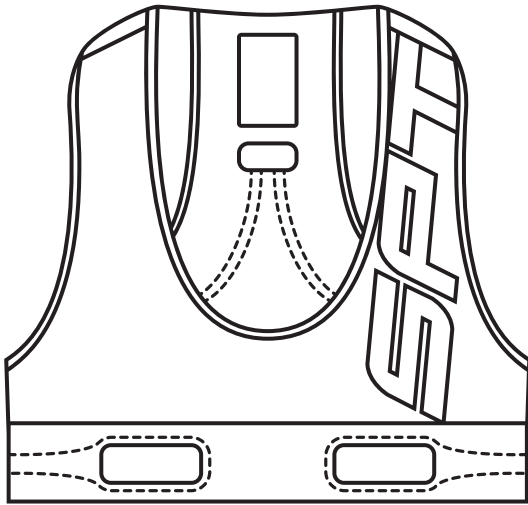
## GAMETRAKA INTEGRATION

The heart rate data transmitted and recorded to the SPT device is easily and simply uploaded to the GameTraka cloud-based software. Now players and teams can gain further insight into both external and internal loading data.





# PRODUCT SPECIFICATIONS



## VEST FEATURES

- ✓ Single integrated garment
- ✓ HR pocket away from sternum for athlete safety
- ✓ Secure cover and clips to protect HR monitor
- ✓ Embedded HR electrode sensors





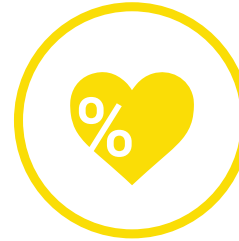


# HEART RATE METRICS

**WITH THE EXTRA ABILITY TO COMBINE AND ASSESS INTERNAL LOAD AND ITS RELATION TO EXTERNAL LOAD DEMANDS, DECISIONS AROUND TRAINING AND MATCH PLAY ARE MORE INFORMED.**

The underpinning concepts behind heart rate data relates to the physiological stress that an athlete is placed under during either training or competition. The duration of time an athlete spends in specific heart rate zones shed light on the potential training benefits of that particular session.

Having the insights that internal loading can provide, coaches can now set out specific objectives of both training drills and training sessions. Taking this concept one step further, GameTraka will provide coaches with a long term overview of an athlete's overall fitness.



## EFFICIENCY INDEX

The relationship between external load (work rate) and internal load (heart rate).



## MAXIMUM HEART RATE

The maximum beats per minute (bpm) recorded for the duration of the performance.



## TIME IN RED ZONE

The total percentage of time spent during a performance at above 90% of the estimated maximum heart rate.



## AVERAGE HEART RATE

The average beats per minute (bpm) recorded for the duration of the performance.



**STOP GUESSING.**  
START MEASURING.

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