

HOW IT WORKS

THE SUUNTO DUAL COMFORT BELT

The Suunto Dual Belt is a comfortable heart rate belt optimized for indoor and outdoor exercise. It is compatible with most cardio equipment, as well as iQniter Cardio Training and all Suunto heart rate monitors.



The Team POD is the focal point of the iQniter Cardio Training system. The POD communicates with a computer through a USB cable and receives ANT signals from up to 72 heart rate belts from up to 100 metres/330ft away.



Software Options Include:

BasiQ: The core system with movescount integration, which can be expanded with:

BiQing: Expanded module designed specifically for indoor cycling classes.

Session Designer: Design custom workout sessions with variable stages, steps, and cue cards for instructors and participants.

DISTRIBUTED BY:

Sonic Fitness

1- 416-383-0260

Toll free in USA and Canada

1-800-26-SONIC (267-6642)



REAL DATA, REAL BENEFITS, REAL RESULTS.

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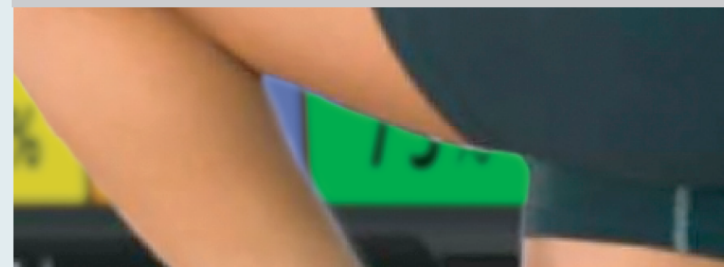


iQniter
cardio training
Powered by SUUNTO

TRAIN SMARTER

with iQniter Cardio Training

Automatic real-time heart rate monitoring, detailed feedback reports, and real training benefits for clubs and participants.



WHAT IS IQNITER CARDIO TRAINING?

iQniter Cardio Training is a system for displaying real time heart rates, and for recording and tracking workout results. It enables smarter, more effective group and individual training using compelling visuals, and comprehensive reports.

Using iQniter Cardio Training is as easy as connecting the Team POD to a computer, and putting on a Suunto Dual Comfort heart rate belt. Both instructor and participants can see their workout information in real time.

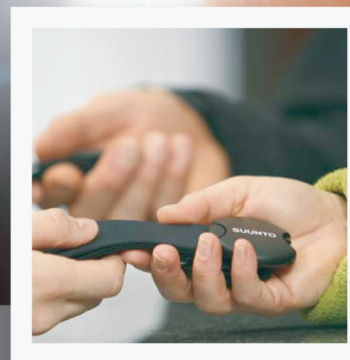
A detailed class summary and personalized reports are sent to both instructors and students by E-mail within five minutes of the completion of a workout. These reports offer a wealth of information detailing how participants are responding to the training, and progressing over time.

iQniter Cardio Training training reports will also be sent to your training diary on Suunto's online sports community, Movescount.com. You will receive an invitation to join Movescount.com automatically after your first training session.



Reports can be reviewed with an entire class or individually to optimize a training program.

Movescount
Powered by Suunto



MAKE EVERY MOVE COUNT

GET INVOLVED!

Register at reception and get a Suunto heart rate belt.

GET STARTED!

Put on the Suunto heart rate belt, and join one of the classes, or exercise freely in a designated area covered by iQniter Cardio Training.

GET GOING!

Receive personal feedback reports and see the results of your effort.

