

Heart Rate Monitors and Pedometers

Polar heart rate monitors show students, in detail, the effect of any exercise on their body by measuring their heart rate. This means you can objectively assess students of all abilities while safely motivating them with instant feedback on their activity. Ultimately, heart rate monitoring ensures all students are exercising within the right intensity, helping them reach their full potential.

The Polar Heart Rate Monitor

- Helps you teach your students about how to exercise in the correct zone and what the benefits are of doing this
- Gives your class accurate, real-time feedback on any exercise
- Easily builds individual and class reports of a student's progress

Exercising in the right heart rate zone

While your heart rate monitor helps you to find your personal exercise intensity, it also tells you what zone you should be training at for optimum results. Target heart rates and heart rate zones are calculated as percentages of the maximum heart rate (HRmax) and are displayed on screen to keep you on the right track.

E600



E40



Every campus has 26- E40's and 6- E600

The YAMAX SW200 Digi-Walker Step Pedometer

Highly accurate Digi- Walker SW-200, Japanese designed, steps only.

The SW 200 is one of the world's most respected pedometers for its excellent reliability and accuracy. Use while walking, hiking, jogging or running.

Every campus has at least 50 pedometers.

