СИСТЕМА ФИТНЕС-ТЕСТИРОВАНИЯ Polar BodyAge

ПРЕИМУЩЕСТВА

- оценка физического и функционального состояния
- создание программы тренировок
- контроль эффективности тренировок
- наглядное представление результатов
- удобство для клиента и тренера

концепция Polar BodyAge

- **простые тесты для оценки силы, выносливости, гибкости**
- **понятная оценка результатов на основе сравнения биологического и паспортного возраста**
- **автоматическое создание оптимальной программы тренировок**

система фитнес тестирования Polar BodyAge мотивирует клиентов к тренировкам, покупке дополнительных услуг и этапным тестированиям, предоставляя результаты в понятном для клиента виде – отличия его биологического возраста от паспортного.

комплектация Polar BodyAge

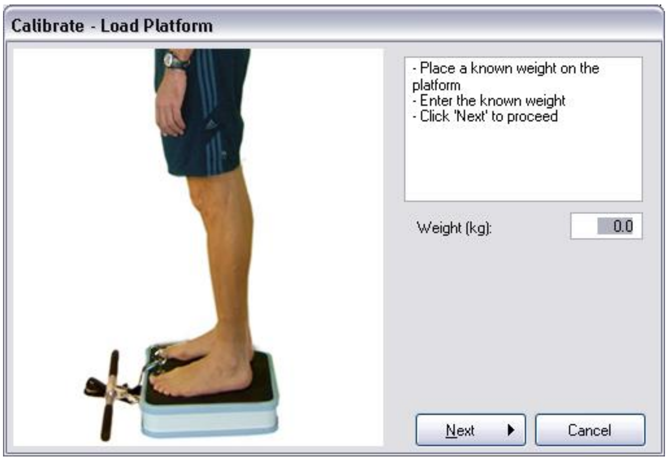
1. Система Polar BodyAge (тонометр, калипер, весостановая платформа, ресивер, приемный модуль)
2. Монитор
3. Принтер
4. Клавиатура
5. Нагрудный датчик WearLink®+ W.I.N.D.
6. WindLink приемник
7. FlowLink

дополнительное / совместимое оборудование

1. Анализатор состава тела Tanita BF 350, Tanita BC-418
2. Велоэргометр Monark 828, Ergofit, Magnum
3. Беговая дорожка TrackMaster

порядок тестирования с Polar BodyAge

1. Опросная часть	Заполнение формы с вопросами по состоянию здоровья
2. Антропометрия	Ввод данных роста, веса, артериального давления

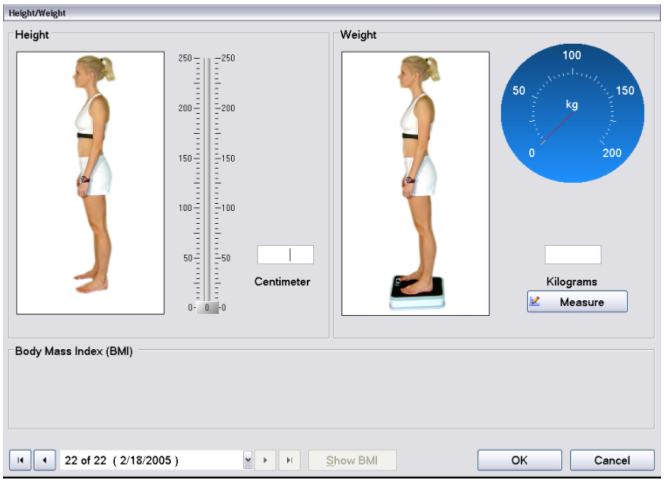


Calibrate - Load Platform

- Place a known weight on the platform
- Enter the known weight
- Click 'Next' to proceed

Weight (kg): 0.0

Next
Cancel

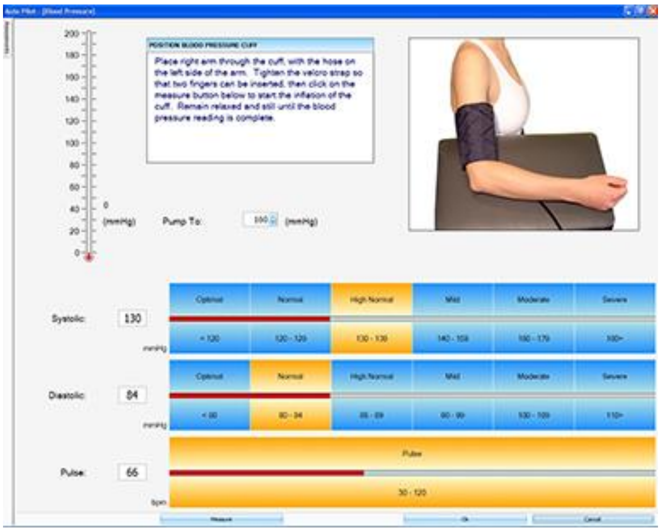


Height/Weight

Height
250
200
150
100
50
0
Centimeter
Weight
100
50
150
kg
0
200
Kilograms
Measure
Body Mass Index (BMI)

22 of 22 (2/18/2005)

Show BMI
OK
Cancel



Auto Pilot - [Blood Pressure]

POSITION BLOOD PRESSURE CUFF

Place right arm through the cuff, with the hose on the left side of the arm. Tighten the velcro strap so that two fingers can be inserted, then click on the measure button below to start the inflation of the cuff. Remain relaxed and still until the blood pressure reading is complete.

Pump To: 180 (mmHg)

Systolic: 130 mmHg

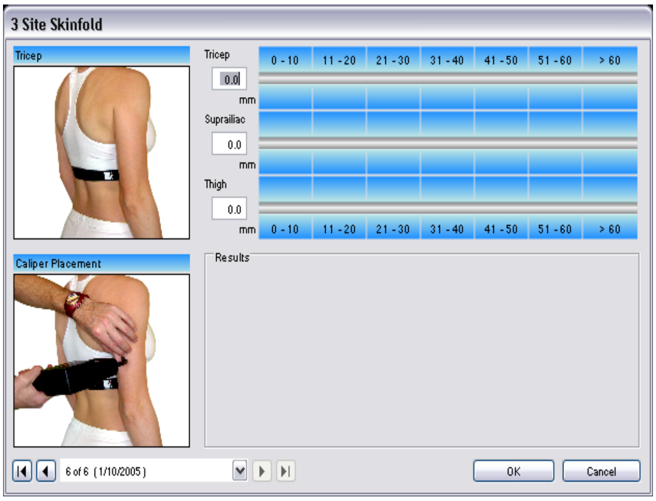
Diastolic: 84 mmHg

Pulse: 66 bpm

200
180
160
140
120
100
80
60
40
20
0
0
(mmHg)
Optimal
Normal
High Normal
Mild
Moderate
Severe
< 120
120 - 129
130 - 139
140 - 159
160 - 179
180>
Optimal
Normal
High Normal
Mild
Moderate
Severe
< 80
80 - 84
85 - 89
90 - 99
100 - 109
110>
Pulse
30 - 120
Measure
Ok
Cancel

3. Оценка состава тела

С использованием калипера

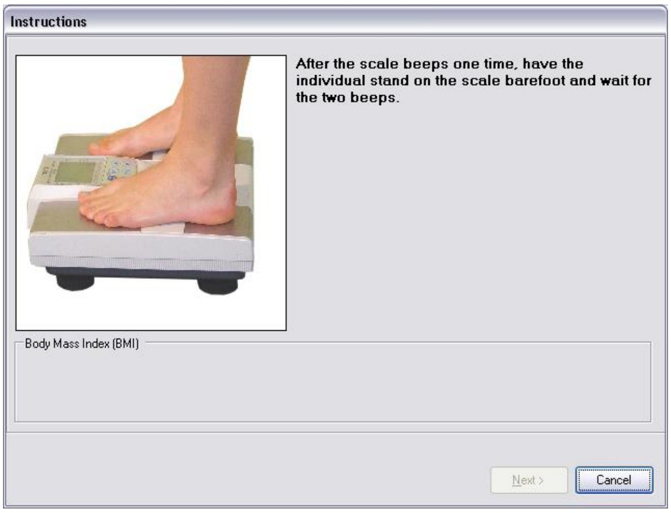

3 Site Skinfold
Tricep
Caliper Placement
0 - 10
11 - 20
21 - 30
31 - 40
41 - 50
51 - 60
> 60
Results
6 of 6 (1/10/2005)
OK
Cancel

Tricep 0.0 mm

Suprailiac 0.0 mm

Thigh 0.0 mm

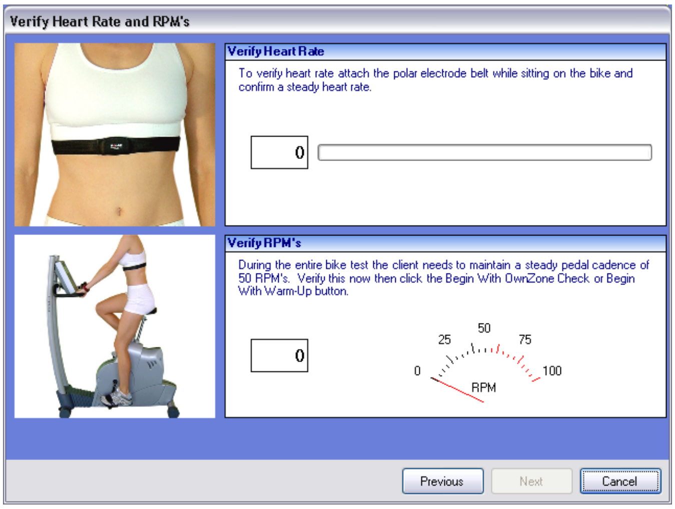
Либо с анализатором Tanita BF-350


Instructions
Body Mass Index (BMI)
Next >
Cancel

After the scale beeps one time, have the individual stand on the scale barefoot and wait for the two beeps.

4. Оценка аэробных возможностей

С помощью фитнес-теста Polar (в покое, без нагрузки)


Verify Heart Rate and RPM's

Verify Heart Rate

To verify heart rate attach the polar electrode belt while sitting on the bike and confirm a steady heart rate.

0

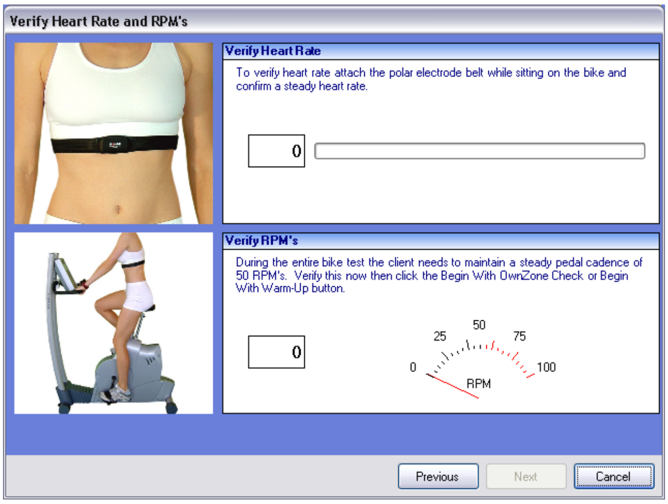
Verify RPM's

During the entire bike test the client needs to maintain a steady pedal cadence of 50 RPM's. Verify this now then click the Begin With OwnZone Check or Begin With Warm-Up button.

0

0
25
50
75
100
RPM
Previous
Next
Cancel

Либо с эргометром Monark 828


Verify Heart Rate and RPM's

Verify Heart Rate

To verify heart rate attach the polar electrode belt while sitting on the bike and confirm a steady heart rate.

0

Verify RPM's

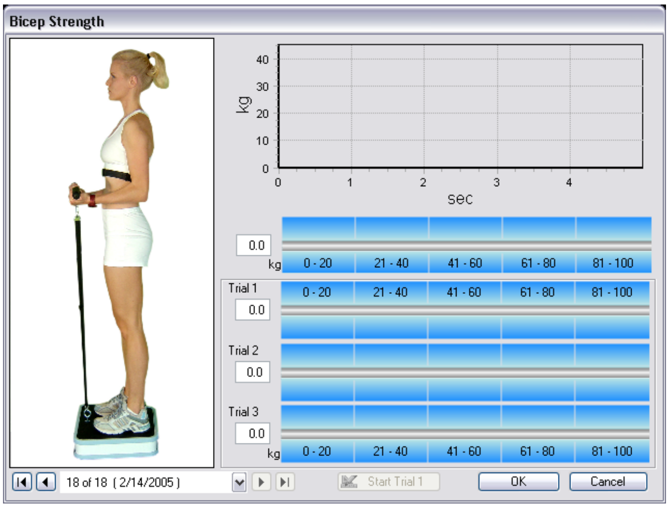
During the entire bike test the client needs to maintain a steady pedal cadence of 50 RPM's. Verify this now then click the Begin With OwnZone Check or Begin With Warm-Up button.

0

0
25
50
75
100
RPM
Previous
Next
Cancel

5. Оценка силы и силовой выносливости

Динамометрия


Bicep Strength

0.0 kg

Trial 1 0.0

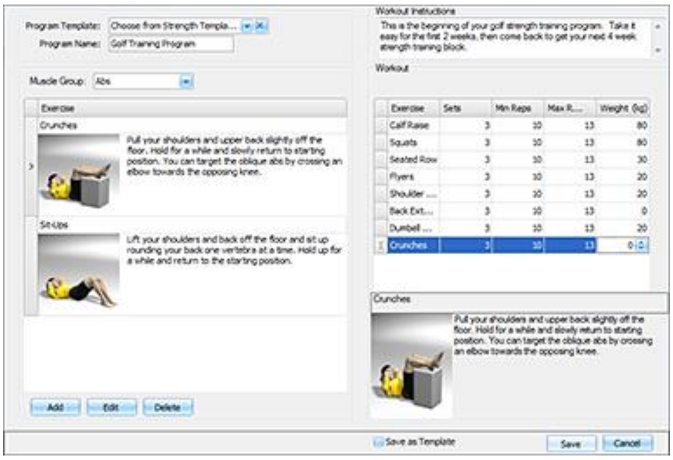
Trial 2 0.0

Trial 3 0.0 kg

18 of 18 (2/14/2005)

40
30
20
10
0
kg
0
1
2
3
4
sec
0 - 20
21 - 40
41 - 60
61 - 80
81 - 100
Start Trial 1
OK
Cancel

Силовые тесты


Program Template:
Choose from Strength Templa...
Program Name:
Golf Training Program
Muscle Group:
Abs
Exercise

Crunches

Pull your shoulders and upper back slightly off the floor. Hold for a while and slowly return to starting position. You can target the oblique abs by crossing an elbow towards the opposing knee.

Sit-Ups

Lift your shoulders and back off the floor and sit up rounding your back one vertebra at a time. Hold up for a while and return to the starting position.

Add
Edit
Delete

Workout Instructions

This is the beginning of your golf strength training program. Take it easy for the first 2 weeks, then come back to get your next 4 week strength training block.

Workout

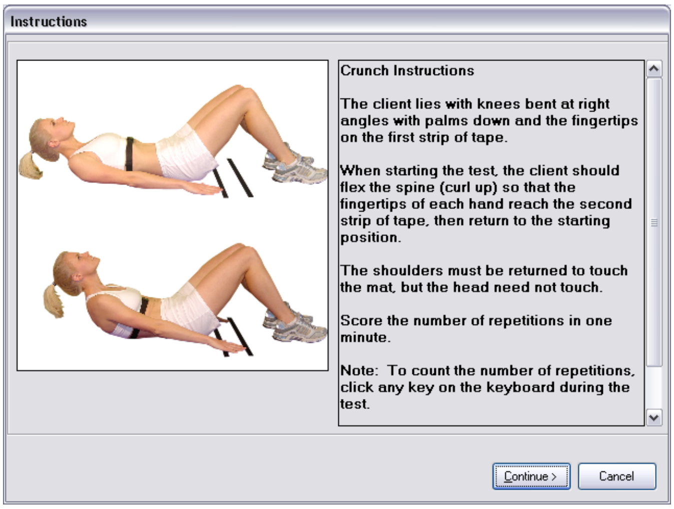
Exercise	Sets	Min Reps	Max R...	Weight (kg)
Calf Raise	3	10	13	80
Squats	3	10	13	80
Seated Row	3	10	13	30
Flyers	3	10	13	20
Shoulder ...	3	10	13	20
Back Ext...	3	10	13	0
Dumbell ...	3	10	13	20
Crunches	3	10	13	0

Crunches

Pull your shoulders and upper back slightly off the floor. Hold for a while and slowly return to starting position. You can target the oblique abs by crossing an elbow towards the opposing knee.

☐ Save as Template

Cancel


Instructions

Crunch Instructions

The client lies with knees bent at right angles with palms down and the fingertips on the first strip of tape.

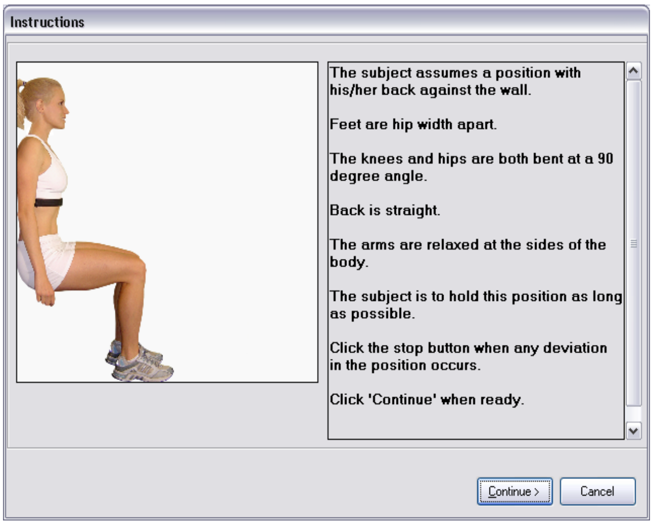
When starting the test, the client should flex the spine (curl up) so that the fingertips of each hand reach the second strip of tape, then return to the starting position.

The shoulders must be returned to touch the mat, but the head need not touch.

Score the number of repetitions in one minute.

Note: To count the number of repetitions, click any key on the keyboard during the test.

Cancel


Instructions

The subject assumes a position with his/her back against the wall.

Feet are hip width apart.

The knees and hips are both bent at a 90 degree angle.

Back is straight.

The arms are relaxed at the sides of the body.

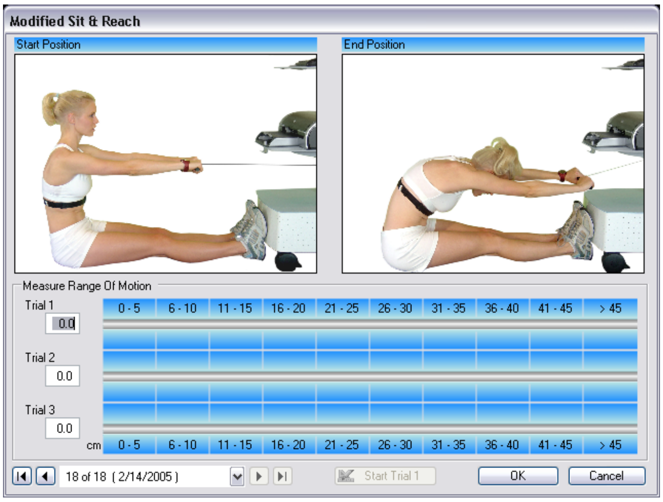
The subject is to hold this position as long as possible.

Click the stop button when any deviation in the position occurs.

Click 'Continue' when ready.

Continue >
Cancel

6. Оценка гибкости


Modified Sit & Reach
Start Position
End Position
Measure Range Of Motion
0 - 5
6 - 10
11 - 15
16 - 20
21 - 25
26 - 30
31 - 35
36 - 40
41 - 45
> 45
cm
Start Trial 1
OK
Cancel

Trial 1: 0.0

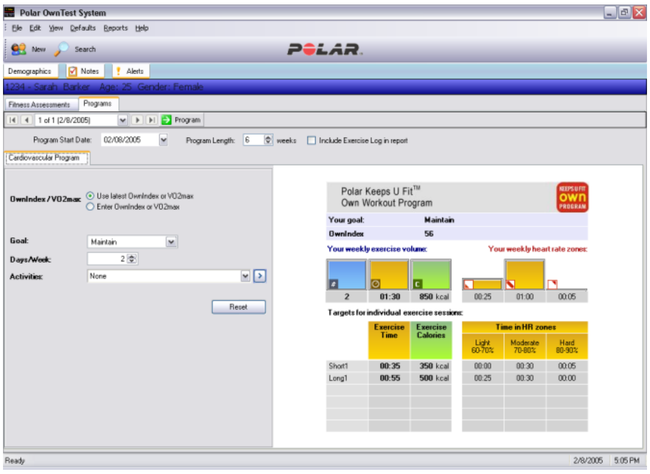
Trial 2: 0.0

Trial 3: 0.0

18 of 18 (2/14/2005)

7. Создание программы тренировок

Аэробная


Polar OwnTest System
File Edit View Defaults Reports Help
New
Search
POLAR
Demographics
Notes
Alerts
Fitness Assessments
Programs
Program
Cardiovascular Program
Reset
Ready

1234 - Sarah Barker Age: 25 Gender: Female

1 of 1 (2/8/2005)

Program Start Date: 02/08/2005 Program Length: 6 weeks ☐ Include Exercise Log in report

OwnIndex / VO2max: ● Use latest OwnIndex or VO2max ○ Enter OwnIndex or VO2max

Goal: Maintain

Days/Week: 2

Activities: None

Polar Keeps U Fit™
Own Workout Program

Your goal: Maintain

OwnIndex 56

Your weekly exercise volume: 2 01:30 850 kcal

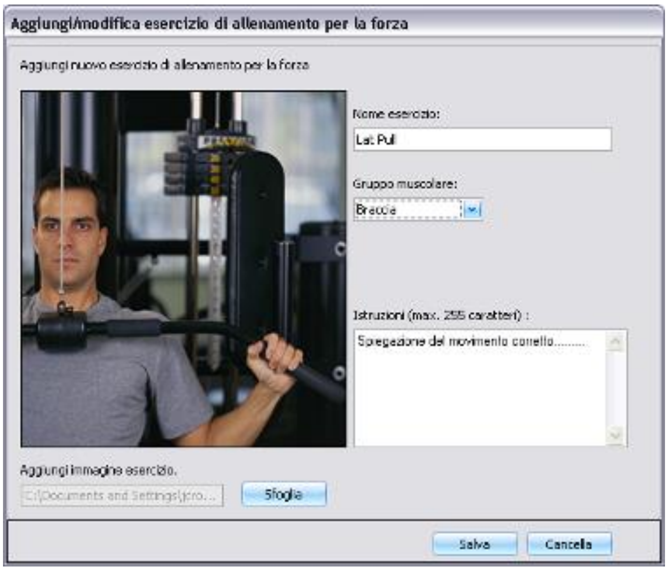
Your weekly heart rate zones: 00:25 01:00 00:05

Targets for individual exercise sessions:

	Exercise Time	Exercise Calories	Time in HR zones		
			Light 60-70%	Moderate 70-80%	Hard 80-90%
Short1	00:35	350 kcal	00:00	00:30	00:05
Long1	00:55	500 kcal	00:25	00:30	00:00

2/8/2005 5:05 PM

Силовая


Aggiungi/modifica esercizio di allenamento per la forza
Sfoglia
Salva
Cancella

Aggiungi nuovo esercizio di allenamento per la forza

Nome esercizio: Lat Pull

Gruppo muscolare: Braccia

Istruzioni (max. 255 caratteri) : Spiegazione del movimento corretto.........

Aggiungi immagine esercizio. C:\Documents and Settings\cro...

Автоматическая загрузка программы тренировок в пульсометр Polar.

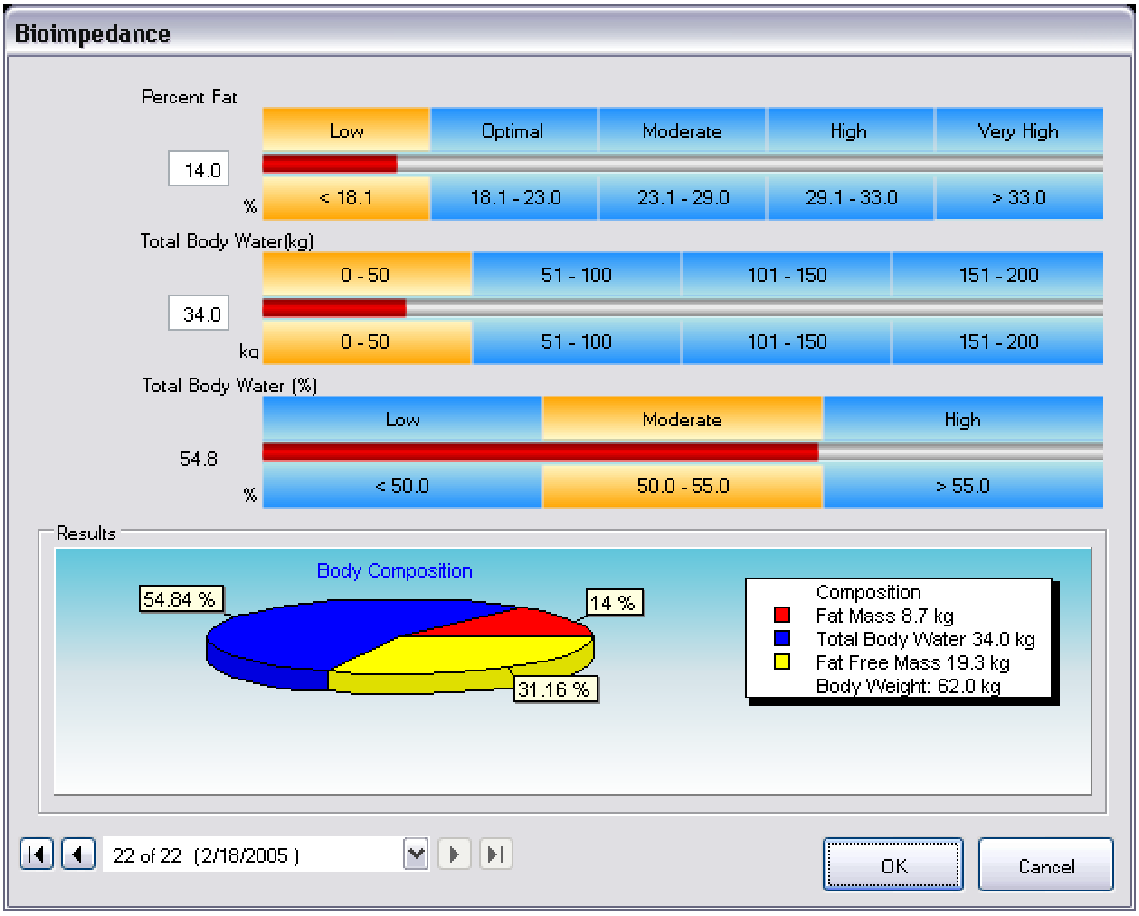
Polar BodyAge

FlowLink

пульсометр Polar

8. Создание отчетов

Анализ состава тела



Bioimpedance

Percent Fat

14.0 %

Low	Optimal	Moderate	High	Very High
< 18.1	18.1 - 23.0	23.1 - 29.0	29.1 - 33.0	> 33.0

Total Body Water(kg)

34.0 kg

0 - 50	51 - 100	101 - 150	151 - 200
0 - 50	51 - 100	101 - 150	151 - 200

Total Body Water (%)

54.8 %

Low	Moderate	High
< 50.0	50.0 - 55.0	> 55.0

Results

Body Composition

54.84 %

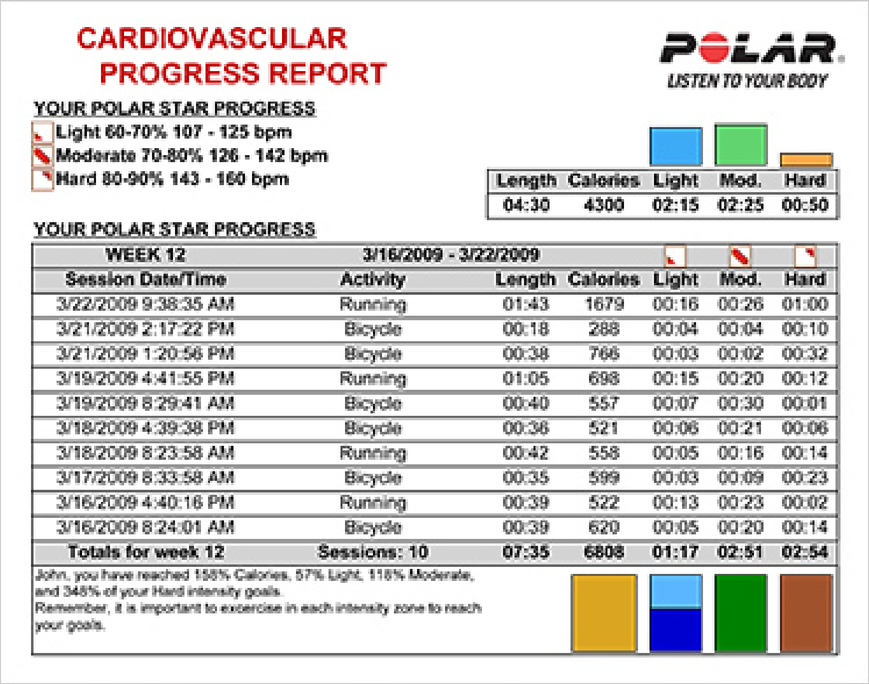
14 %

31.16 %

Composition
🟥 Fat Mass 8.7 kg
🟦 Total Body Water 34.0 kg
🟨 Fat Free Mass 19.3 kg
Body Weight: 62.0 kg

22 of 22 (2/18/2005)

Прогресс в кардио-тренировках



CARDIOVASCULAR PROGRESS REPORT

POLAR
LISTEN TO YOUR BODY

YOUR POLAR STAR PROGRESS

- Light 60-70% 107 - 125 bpm
- Moderate 70-80% 126 - 142 bpm
- Hard 80-90% 143 - 160 bpm

Length	Calories	Light	Mod.	Hard
04:30	4300	02:15	02:25	00:50

YOUR POLAR STAR PROGRESS

WEEK 12	3/16/2009 - 3/22/2009					
Session Date/Time	**Activity**	**Length**	**Calories**	**Light**	**Mod.**	**Hard**
3/22/2009 9:38:35 AM	Running	01:43	1679	00:16	00:26	01:00
3/21/2009 2:17:22 PM	Bicycle	00:18	288	00:04	00:04	00:10
3/21/2009 1:20:56 PM	Bicycle	00:38	766	00:03	00:02	00:32
3/19/2009 4:41:55 PM	Running	01:05	698	00:15	00:20	00:12
3/19/2009 8:29:41 AM	Bicycle	00:40	557	00:07	00:30	00:01
3/18/2009 4:39:38 PM	Bicycle	00:36	521	00:06	00:21	00:06
3/18/2009 8:23:58 AM	Running	00:42	558	00:05	00:16	00:14
3/17/2009 8:33:58 AM	Bicycle	00:35	599	00:03	00:09	00:23
3/16/2009 4:40:16 PM	Running	00:39	522	00:13	00:23	00:02
3/16/2009 8:24:01 AM	Bicycle	00:39	620	00:05	00:20	00:14
Totals for week 12	**Sessions: 10**	**07:35**	**6808**	**01:17**	**02:51**	**02:54**

John, you have reached 158% Calories, 57% Light, 118% Moderate, and 348% of your Hard intensity goals.
Remember, it is important to excercise in each intensity zone to reach your goals.

Графический отчет (пример)

Биологический возраст

Индекс массы тела

Артериальное давление (сист)

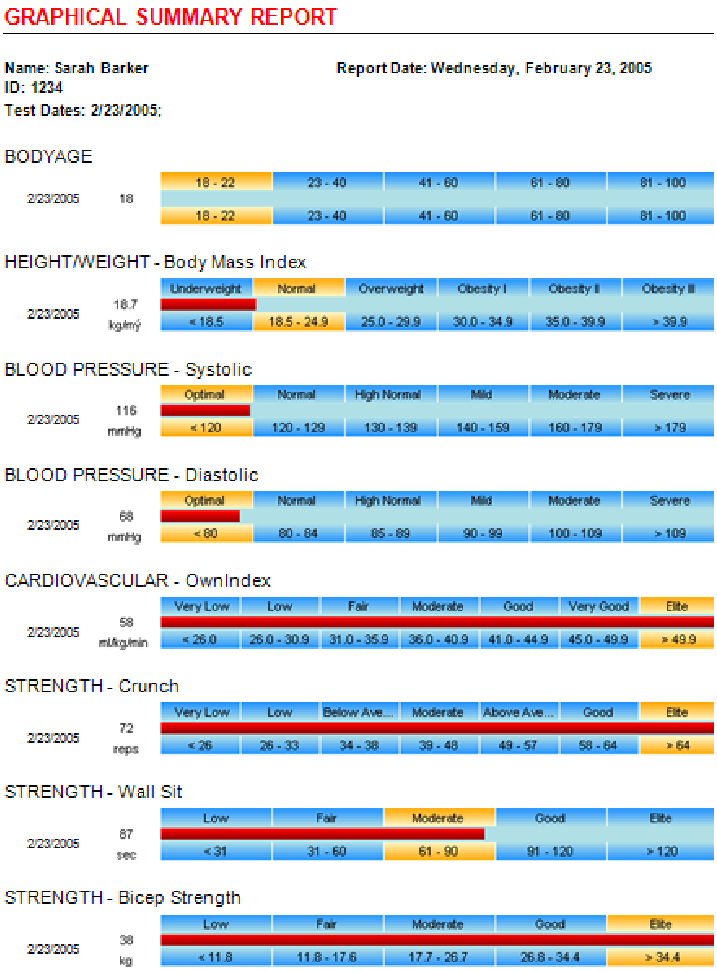
Артериальное давление (диаст)

Аэробный фитнес (OwnIndex)

Силовая выносливость

Силовая выносливость

Сила



GRAPHICAL SUMMARY REPORT

Name: Sarah Barker
ID: 1234
Test Dates: 2/23/2005;

Report Date: Wednesday, February 23, 2005

BODYAGE

2/23/2005 18

18 - 22	23 - 40	41 - 60	61 - 80	81 - 100
18 - 22	23 - 40	41 - 60	61 - 80	81 - 100

HEIGHT/WEIGHT - Body Mass Index

2/23/2005 18.7 kg/m²

Underweight	Normal	Overweight	Obesity I	Obesity II	Obesity III
< 18.5	18.5 - 24.9	25.0 - 29.9	30.0 - 34.9	35.0 - 39.9	> 39.9

BLOOD PRESSURE - Systolic

2/23/2005 116 mmHg

Optimal	Normal	High Normal	Mild	Moderate	Severe
< 120	120 - 129	130 - 139	140 - 159	160 - 179	> 179

BLOOD PRESSURE - Diastolic

2/23/2005 68 mmHg

Optimal	Normal	High Normal	Mild	Moderate	Severe
< 80	80 - 84	85 - 89	90 - 99	100 - 109	> 109

CARDIOVASCULAR - OwnIndex

2/23/2005 58 ml/kg/min

Very Low	Low	Fair	Moderate	Good	Very Good	Elite
< 26.0	26.0 - 30.9	31.0 - 35.9	36.0 - 40.9	41.0 - 44.9	45.0 - 49.9	> 49.9

STRENGTH - Crunch

2/23/2005 72 reps

Very Low	Low	Below Ave...	Moderate	Above Ave...	Good	Elite
< 26	26 - 33	34 - 38	39 - 48	49 - 57	58 - 64	> 64

STRENGTH - Wall Sit

2/23/2005 87 sec

Low	Fair	Moderate	Good	Elite
< 31	31 - 60	61 - 90	91 - 120	> 120

STRENGTH - Bicep Strength

2/23/2005 38 kg

Low	Fair	Moderate	Good	Elite
< 11.8	11.8 - 17.6	17.7 - 26.7	26.8 - 34.4	> 34.4

Динамика результатов тестирования

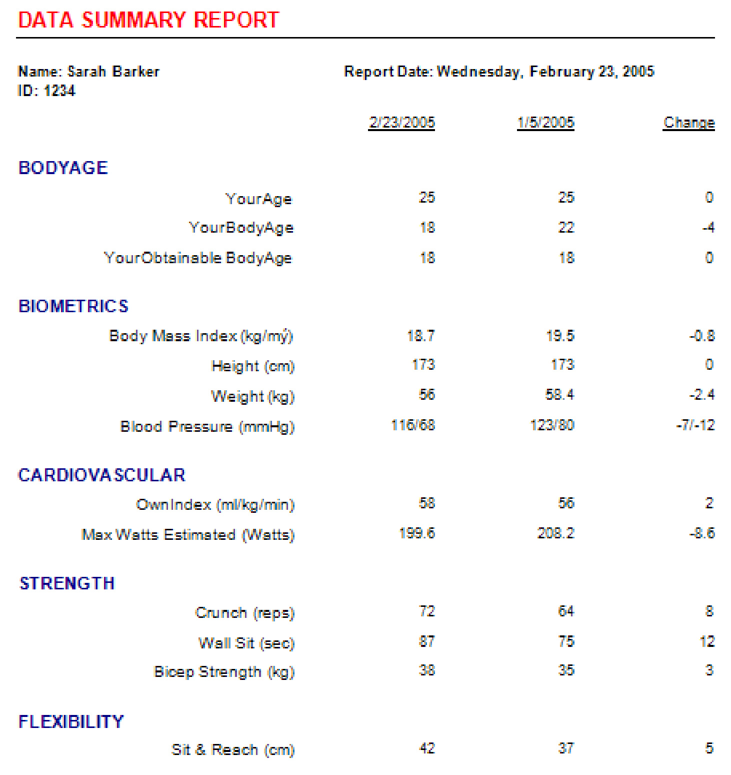
Биологический возраст

Индекс массы тела
Рост
Вес
АД

Аэробный фитнес
(OwnIndex)
Максимальная мощность

Силовые тесты

Гибкость



DATA SUMMARY REPORT

Name: Sarah Barker
ID: 1234

Report Date: Wednesday, February 23, 2005

	2/23/2005	1/5/2005	Change
BODYAGE			
YourAge	25	25	0
YourBodyAge	18	22	-4
YourObtainable BodyAge	18	18	0
BIOMETRICS			
Body Mass Index (kg/mý)	18.7	19.5	-0.8
Height (cm)	173	173	0
Weight (kg)	56	58.4	-2.4
Blood Pressure (mmHg)	116/68	123/80	-7/-12
CARDIOVASCULAR			
OwnIndex (ml/kg/min)	58	56	2
Max Watts Estimated (Watts)	199.6	208.2	-8.6
STRENGTH			
Crunch (reps)	72	64	8
Wall Sit (sec)	87	75	12
Bicep Strength (kg)	38	35	3
FLEXIBILITY			
Sit & Reach (cm)	42	37	5

www.fit-test.ru

fitnespost@gmail.com