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The spirit of rivalry hit the first spark

The very first idea of the Sport Performance Recorder saw the daylight in a thrilling context. **FRWD** was invented on a mountain biking trail in Finland. Rivalry between friends initiated the idea. The inventor and developer of the **FRWD**, Ville Kampman, was left behind by his friend. Later on he pondered his own performance: What went wrong? When and where? How to compare performances? How the excitement could be measured and relived? Finally something revolutionary was discovered. An idea of a new sports technology innovation gathered together a highly-motivated group of experts in medicine, electronics, high-tech design and marketing.

WWW.FRWD.COM

ELEVATE YOUR SPORTS ADDICTION TO A NEW LEVEL

FRWD Sport Performance Recorder

FRWD Sport Performance Recorder is the most advanced sports analysis tool ever designed. It is the first one to combine GPS, altitude meter and heart rate monitor.

Record to improve your performance

FRWD Sport Performance Recorder is easy to use. It records every moment and detail of your outdoor sports experience; total, average and peak values. All data is permanently stored into the **FRWD** Recorder Unit.

During the performance **FRWD** records route, location, speed and distance based on GPS as well as heart rate, altitude, temperature and air pressure. **FRWD** makes it easy to follow and improve your training plan and optimize techniques. First of all, **FRWD** motivates you to do it better.

Replay to relive the excitement

After the activity the recorded performance is replayed, analyzed and compared by using the **FRWD** Replayer PC Software. You can relive your performance and the excitement all over again. The software enables a comprehensive analysis with a variety of features, such as animated 2D/3D graphics, and it has a race mode to compare performances.

Patrick Blom, **FRWD** Recorders Team

"The device is extremely easy to use and it works reliably. **FRWD** benefits me in gear testing and in monitoring my heart rate and fitness improvement. The best thing is, though, that now it's possible to relive the best experiences, arrange speed races and compare performances."



FRWD

Sport Performance Recorder

ADDICTION ACTIVATED

[ENGLISH]

FRWD/OLA

» FRWD Recorder Unit

The **FRWD Recorder Unit** records every moment of your performance

The arm attachable **FRWD Recorder Unit** is extremely easy to use. All functions work with a simple push of a button.

You can select a recording interval for 1, 2, 3, 4 or 5 seconds. **FRWD** records every moment and detail of your outdoor sports experience from every angle.



The **FRWD Replayer PC Software** is most powerful sports analysis tool

After the performance you sit down next to your computer, and then you replay, analyze and compare the recorded data with the **FRWD Replayer PC Software**.

Easy to use software shows the whole performance as 2D/3D animated graphics. You can also compare the performances as a race. The versatile analyses of speed and heart rate are extremely accurate.

The route profile can be examined point by point or you can playback the entire session. The speed, heart rate, altitude, pitch angle, temperature and E-rate indicators show the performance data as a whole or with selected details.

Data measured during the performance:

- » Route » Location » Speed » Time » Distance
- » Heart rate » Altitude » Air pressure » Temperature

FRWD Sport Performance Recorder

FRWD Recorder Unit

Easy to use one button user interface

Data measured during the performance:
Route - Location - Time - Speed - Distance - Heart rate - Altitude - Temperature - Air pressure

GPS

- Route, speed and distance measured accurately by using Global Positioning Satellites (GPS)
- Absolute altitude of the starting point (max altitude from sea level) measured with GPS
- 12 channel GPS receiver, location accuracy less than 3m (90% time) *
- GPS speed measurement accuracy better than 0.2m/s (50%) **
- Distance accuracy typically less than 1% ***

Altimeter/barometer

- Relative altitude (max altitude from starting point) measured with barometer
- Precision altimeter accuracy down to 1m
- 0,015 degree resolution air pressure measurement
- 0,015 degree resolution temperature measurement

* Measurement accuracy is relative to received GPS signal strengths and dependent
**
*** also of FRWD Recorder Unit<->satellites line-of-sight quality.

Heart rate monitor

- +/- 1bpm heart rate measurement accuracy
- Heart rate received through heart rate transmitter belt
- Compatible with most heart rate transmitter belt models

User selectable recording interval:
1,2,3,4 or 5 seconds

Unlimited amount of lap/route marks

8MB internal flash memory

Possibility to record several performances in a row

GPS status indicator led

Heart rate status indicator led

Sound indicators

Shock and water resistant

Dimensions 115x73x24mm

Weight 87g (without batteries)

Operation time up to 15hA (2100mAh NiMH rechargeable batteries 2xAA)

Operation temperature -10°C to +40°C

2D/3D route profile

Data profile

Temperature

Pitch angle

Altitude

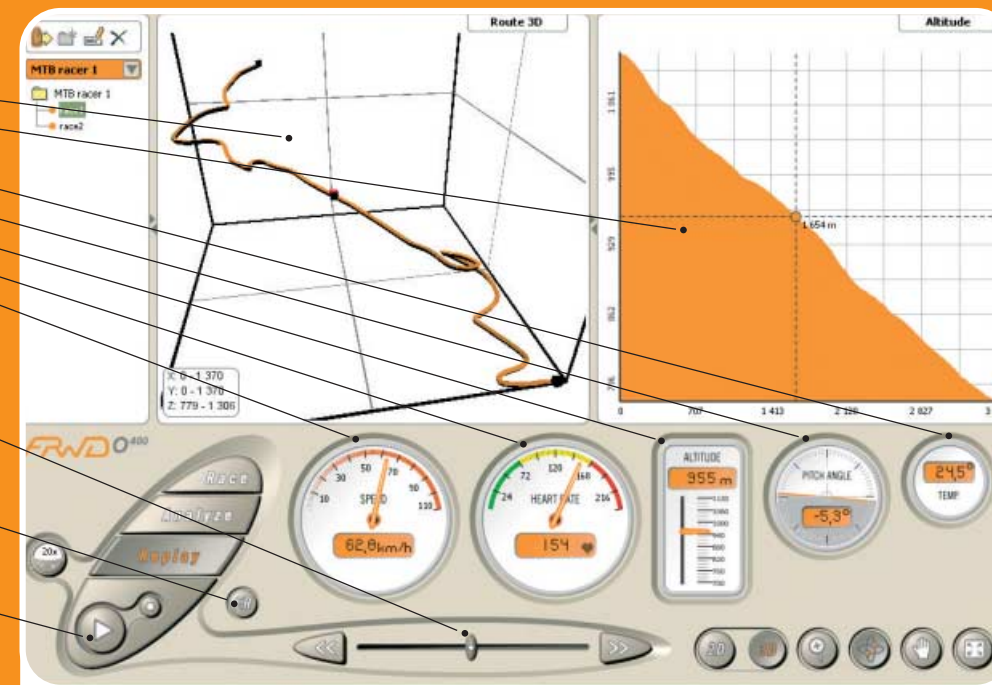
Heart rate

Speed

Analyze your performance second by second

E-Rate: even the excitement is measured

Replay the performance



Replay mode

» The FRWD Replayer PC Software

Replay Mode

The **Replay Mode** shows the route and altitude profile as it was recorded. The mode is used to extensively replay the recorded performance. You can examine the performance point by point or playback the entire session from beginning to the end. Speed, heart rate, altitude, pitch angle, temperature and E-Rate indicators show performance data during the replay session.

Analyze Mode

The **Analyze Mode** shows the performance as a whole. Speed, heart rate and altitude data profiles as well as total, average and peak values for all recorded data are shown in this mode. With the advanced analysis features you get important data to improve your performance and training, and to follow your plan. Detailed graphical and numerical analysis of heart rate and race data are available in the **FRWD 0400** product version.

Race Mode

The **Race Mode** allows you to compare as many as five performances at the same time. You can simulate a race between the performances and analyse the race data. Virtual competitions between friends can be organised by sending performances via e-mail.

The first sports experience simulator in the world!

The **FRWD Replayer Virtual Mode** is the new extraordinary feature to relive the performance in 3D virtual reality. The 3D landscape is simulated by the data recorded with the **FRWD Sports Performance Recorder**. 3D animation of the **FRWD Virtual Mode** follows the best standards of PC games. You can e.g. choose between different characters, "camera angles" and landscapes. **FRWD Replayer Virtual Mode** is available on **FRWD Internet Store: www.frwd.com**



Analyze mode



Race mode



Virtual mode