



ActiTrainer Specifications



PHYSICAL ACTIVITY MONITORING



The triaxial ActiTrainer Actigraph provides the same physical activity measurements as the GT3X with the addition of heart rate monitoring capability, an ambient light sensor and a real-time OLED display window.

ActiTrainer Hardware Features

Dimensions

The ActiTrainer is lightweight and compact with a weight of 1.8 ounces and dimensions of 3.4" x 1.3" x 0.6" (8.6 cm x 3.3cm x 1.5cm). The ActiTrainer should be secured at the waist using a neoprene pouch and elastic belt. When collecting heart rate data, the Polar chest strap should be worn across the sternum.

Organic LED (OLED) Display

The ActiTrainer features an Organic LED (OLED) display which allows the user to monitor certain activity parameters and device battery voltage in real-time. The OLED screen displays heart rate, calories burned, steps taken, pace, distance and activity intensity level. If desired, the display window can be disabled at any time to preserve battery life.

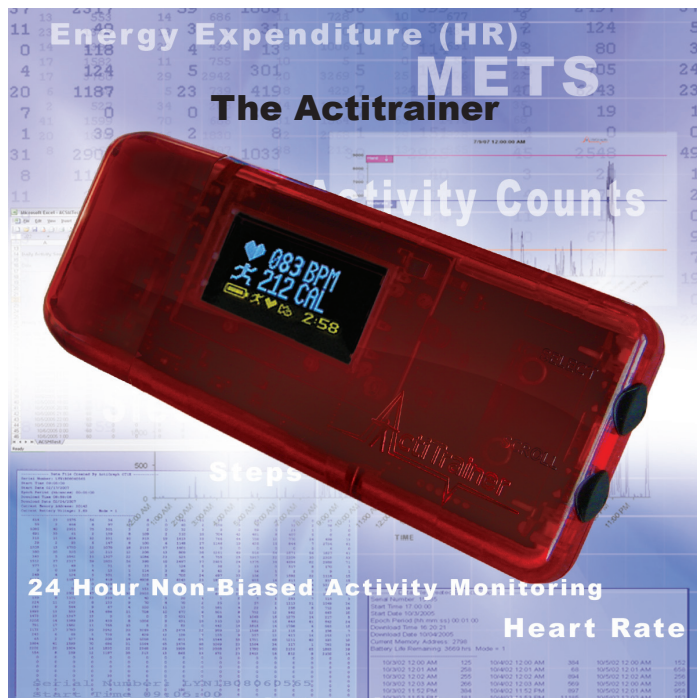
Direct USB Connection

The ActiTrainer has an integrated USB plug similar to that of a USB flash drive, which functions as a downloading port as well as a connection for recharging the battery.

Rechargeable Battery

The ActiTrainer's rechargeable Lithium Ion battery is capable of providing power for over 14 days without recharging*. It takes approximately three hours to charge a fully depleted battery.

*when display is disabled.



Storage Capacity

The ActiTrainer contains 4 MB (four megabytes) of flash memory and is capable of storing up to 277 days worth of data in its most common configuration. Similar to hard drives in a computer, the ActiTrainer's flash memory is non-volatile, meaning that it holds its content without the need of a power supply. In the event of a complete power loss, data is safely stored and accessible once the unit is connected to a power supply.

Ambient Light Sensor

The ActiTrainer's photodiode based light sensor objectively measures and records ambient light levels. With a measurement range of 350 nm to 800 nm (600 nm peak), a high sensitivity, and a linear response, the ActiTrainer's light sensor provides valuable information about the subject's environment.