FIRSTBEAT

Firstbeat Sports solution

Firstbeat Sports app* and sensor bring focus and mobility to coaching.

Accessing key insights is easier than ever before, whether on the move during practice or during post-analysis. The app and Sensor solution lets you focus on optimizing performance using Firstbeat's advanced performance analytics.

Mobile and streamlined process
Sensor's in-built memory eliminates need for a receiver or laptop at the side of practice.

Effortless & automatized data upload
One-button process to upload data to Sports cloud system using Firstbeat Sports app.

Intensity and training load in real time
See a player's TRIMP/min, Training Effect results in real time via the Firstbeat Sports app - a Firstbeat exclusive.

Simultaneous real-time monitoring
Multiple staff can access real-time data using several iPads. Collect data from several different locations/player groups.

Automatic and continuous load calculation
In-build memory and embedded processor mean continuous load calculation regardless of range.

Analyze data collected even when not present at a session and have complete data sets available for post analysis.

Global compatibility
Data collection is possible anywhere in the world to accommodate for teams travelling for competition/ training.

Movement load analytics
Collect movement data and see the external load of your athletes to complete the training picture with Firstbeat's Movement Load and Movement Intensity.

Coach access to Firstbeat Sports app available on iOS devices. Athlete access available on iOS and Android devices.

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Firstbeat Sports
Advanced performance analytics

Firstbeat Sports delivers the scientific insights you need to offer personalized training guidance. We give you the physiological information to optimize performance, reduce injuries, and fast-track player development. Insights derived from heart rate and heart rate variability data unlock the power of individualized training and recovery guidance.

Solution hardware and software

Firstbeat Sports Sensor

The Firstbeat Sports Sensor is a lightweight, swim and shock proof sensor which connects to a textile belt worn by athletes. It is used to collect player data on training load and recovery in real time and for post-session analysis.

Memory:	approx. 12-18 hours
Battery duration:	approx. 160 hours (CR2025, self-replaceable)
Weight:	10g incl. battery
Connectivity:	BLE compatible devices, Firstbeat Sports app
IP class:	waterproof 30m / 100ft
Sensors:	9-axis motion sensor and ECG based RR-I detection
Firmware updates:	via Firstbeat Sports app

Firstbeat Sports App

The Firstbeat Sports app provides the most efficient and mobile real-time monitoring experience yet.

System requirements:	Sports app for coaches: iPad with Bluetooth 4.0 and later, iOS version 11.0.0 and later; Sports app for Athletes: iPhone application (Bluetooth 4.0 and iOS version 12 and later) and Android application (Bluetooth 4.0 and Android version 8 and later)
Real-time display:	HR, %HRmax, EPOC, Aerobic TE, Anaerobic TE, TRIMP, TRIMP/min, ML*, ML/min*
Data downloads:	Mass download from 40+ Sensors; max. range 20m
Range:	up to 200m
Languages:	English, Spanish, German, Finnish, French, Portuguese (Brazil)

*Firstbeat Sports Premium

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