

NOWMON

-  **Measure Your HRV**
-  **Optimize Your Training**
-  **Maximize Your Result**



- ▶ Do Smarter Training by Your Health Coach
- ▶ Effective tool to monitor your daily recovery
- ▶ Help you with more efficient exercise
- ▶ Help fitness trainer to manage their client

NOWMON



Usage NOWMON in Fitness Center

Daily checking of Body Condition & Exercise Intensity before training



Overtraining is a result of an imbalance between exercise and recovery that physically increases your risk of injury and builds up fatigue.

It also make your body and mind nervous, which can affect your mental health.

In the process of exercise, body recovery can be decreased in short-term, but steady exercise fundamentally increases body recovery.

By measuring your HRV, NOWMON represents exercise readiness to find out how hard train as you prevent overtraining.

NOWMON



Feature



Heart Rate

Normal range of heart rate is between 60 and 90 beat per minute. But in someone such as athletes, it may be lower.



Endurance

It indicates your Endurance Level by analyzing your heart rate/gender/age.



Body Condition

It indicates your body condition & readiness to find out how hard push yourself without overtraining.



Exercise Intensity

It recommends a proper exercise intensity level (1~3 Levels: Light, Normal, Hard) to optimize your training based on your body condition.



Body Recovery

It indicates how much adaptable to the stress and how fast recover from training fatigue.



Mental Condition

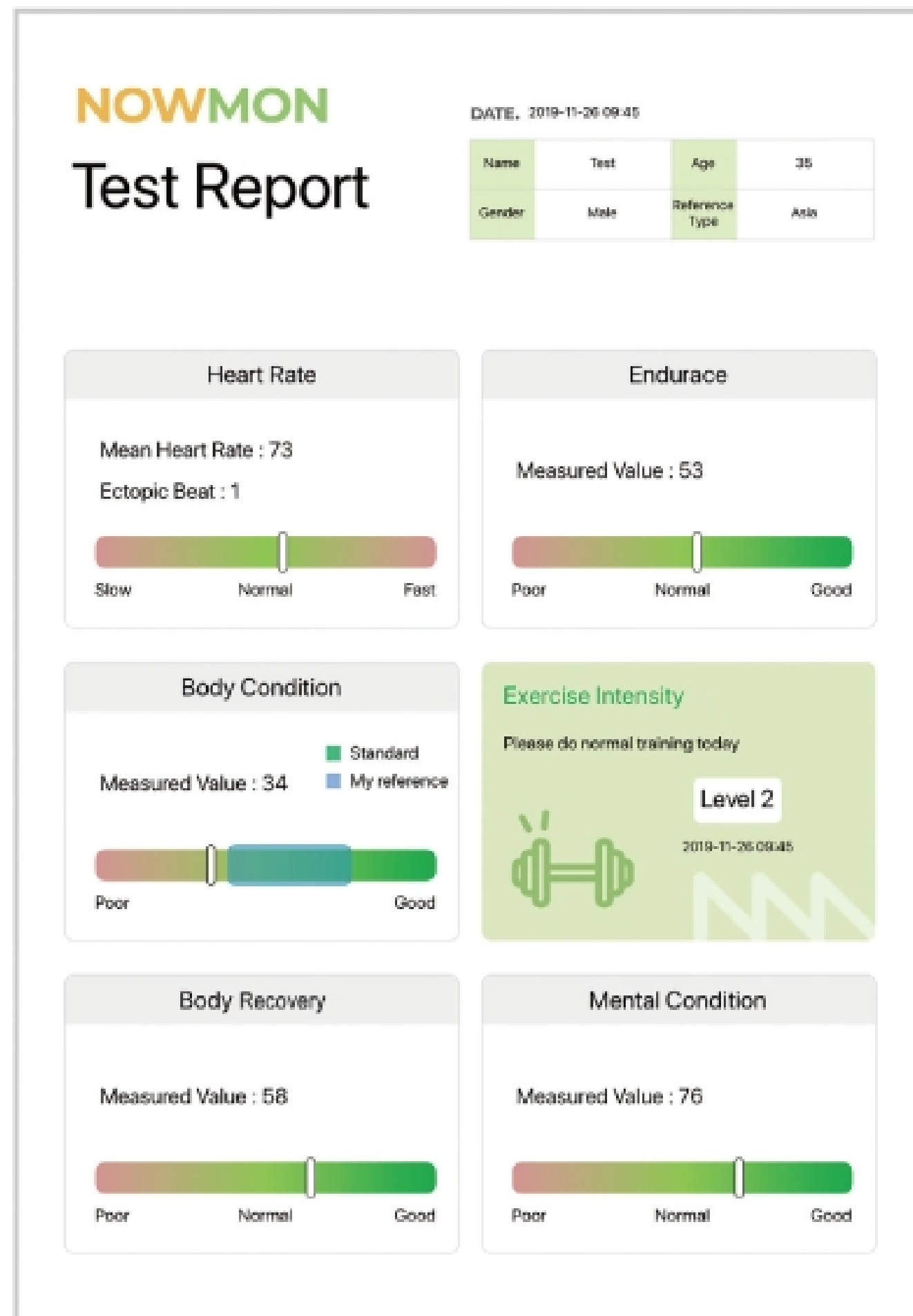
It indicates the degree of the emotional stress (Anxiety/Worry/Anger/Tension/Lethargy) which is suffering mentally.

The trend of each parameters

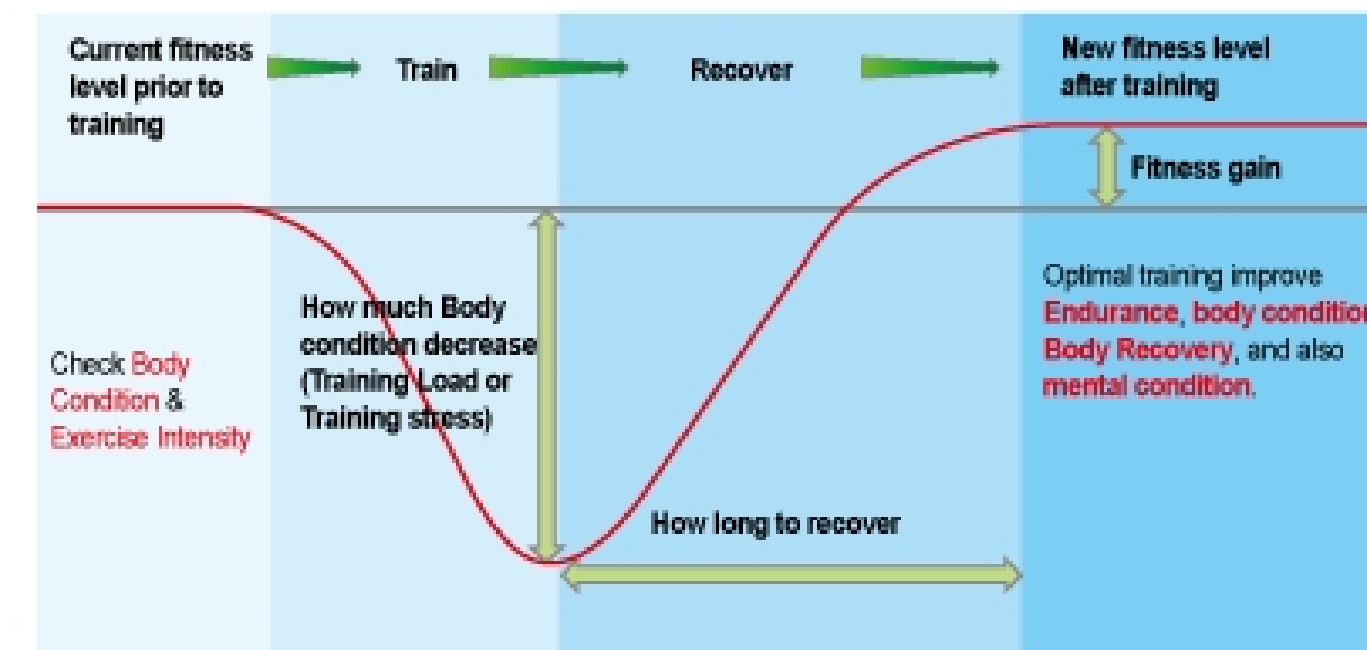


Test Result

Sharing of result paper



The Basics What Happens When You Train



1. You can enjoy harder training if your body condition is under unstressed and may not suffered over-training injuries.
2. Excessive exercise intensity may lead to longer recovery time and poor training effect.
3. Lower exercise intensity may lead to shorter recovery time but poor effect.
4. Daily detection of “exercise intensity” and “body condition” leads to optimize recovery time and maximize training effect.

Managing Your Training with NOWMON

By measuring your HRV, you can make smarter training decisions about how much volume and intensity are appropriate on any given day.

During intense periods of training, it is common to see days with Green zone on the Body Condition – suggesting you are under some moderate amount of fatigue. This is normal and a part of the training process.

When indicator of Body Condition locates on Red zone, you may need some of heading or aware that you are in an overstressed and over trained state.

With NOWMON, you can make a decision for fine-tune of your training and also get better results for not only physical health but also emotional health.

Specification

Recommended Specification & O/S

- Android Ver. 4.4.2 and above
- iPhone 4s & iPad 3 and above

Connectivity & Power

- Bluetooth (BLE 4.0 and above)
- USB TYPE-C
- Rechargeable Lithium Battery (3.7v dc)

Measurement Time

- 60~70 sec.

Parameters

- Mean Heart Rate, Ectopic Beat
- Endurance
- Body Condition
- Exercise Intensity
- Body Resilience
- Mental Condition



As wellness product, NOWMON is not used for medical purpose



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