

THE LEADER IN SPORTS PERFORMANCE MONITORING

FIRSTBEAT SPORTS



"Firstbeat is the premier heartrate monitoring technology available. It allows us to make smarter, more informed decisions about all aspects of our training."

Josh Bonhotal, Assistant Director of Sport Performance, Purdue University

- **OPTIMIZE GAME DAY PERFORMANCE**
- **INDIVIDUALIZE TRAINING LOAD IN REAL-TIME**
- **UNDERSTAND PLAYERS' RECOVERY AND READINESS**
- **PREVENT INJURY AND OVERTRAINING**

400+

SPORTS TEAMS OPTIMIZE PERFORMANCE WITH FIRSTBEAT

OUR CUSTOMERS INCLUDE

Soccer Manchester City, Hannover96, Valencia CF, Sevilla FC, Seattle Sounders, FC Basel, Spain National team

Ice Hockey Buffalo Sabres, San Jose Sharks, New York Rangers, Pittsburgh Penguins, Vancouver Canucks, Toronto Maple Leafs

Basketball Chicago Bulls, Brazilia (BZ), University of Wisconsin, Purdue University, University of New Mexico, Kent State University

Rugby Australian Rugby Union, England Rugby Union, France Rugby Union, Wales Rugby Union

Other sports Buffalo Bills (NFL), Port Adelaide FC, Lawn Tennis Association (LTA), Redbull US, Olympic training centers and universities

94%
OF COACHES
RECOMMEND

"Firstbeat has really helped us understand more about our players and motivated the players to understand more about training, recovery and lifestyle."

Tom Sheriff, Saracens Rugby Club



TRAINING
LOAD



RECOVERY



READINESS



VO₂
max
FITNESS



HEART RATE
VARIABILITY



PHYSIOLOGICAL INSIGHTS FOR SPORTS PERFORMANCE

Firstbeat is a research based company with 15 years of experience in heart rate variability (HRV). Headquartered in Finland, we are dedicated to help teams and individuals reach their potential by providing accurate data on stress, recovery and exercise.

Firstbeat analytics is used by elite sports teams, preventive health care professionals and leading consumer products brands worldwide.



ASK FOR MORE INFORMATION

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ARE YOUR PLAYERS TRAINING HARD ENOUGH?

REAL-TIME MONITORING

Monitor the training load and intensity of athletes in real time.

ARE THEY RECOVERING OPTIMALLY?

RECOVERY TESTS

Understand players' readiness and identify stress factors that affect training and recovery.

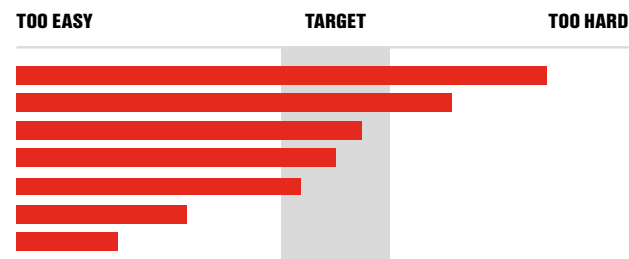
PLAY STRONG THROUGHOUT THE SEASON!

PERFORMANCE

Make better coaching decisions.

MONITOR GROUP PERFORMANCE

Make sure your team and each player is reaching the goals set for the workout



QUICK RECOVERY TEST

Screen the readiness of the whole team in just 5 minutes



OVERNIGHT RECOVERY

Detect early signs of overtraining using a novel overnight recovery test



STRESS ASSESSMENT

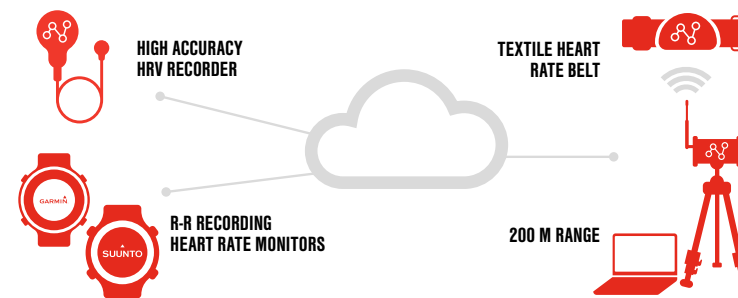
Identify stress factors and recovery strategies in daily life, 24h.



PHYSIOLOGICAL ANALYSIS FOR PROFESSIONAL COACHING

Designed for professional sports coaching, the Firstbeat SPORTS is the only solution supporting 24/7 training optimization in a single platform. Our stress and recovery analysis is based on identifying individualized patterns of heart rate variability (HRV) and heart rate. Tracking of body functions includes oxygen consumption, respiration rate, EPOC and energy expenditure. Firstbeat allows coaches to effectively collect, analyze and interpret performance data of the players. Superior range, automated processes and actionable feedback reporting support training decisions –on the go!

SINGLE PLATFORM



ALL-IN-ONE PLATFORM

Easy to use solution that integrates training and recovery. Real time tracking of up to 80 players simultaneously and cloud based data sharing and uploads from anywhere.

TRACK AEROBIC AND ANAEROBIC LOAD



ASSESS FITNESS LEVEL

See the training progress with VO₂ MAX test