



MORE INFORMATION:
www.frwd.com

FRWD Technologies Ltd.
info@frwd.com

PRODUCT PACKAGES²

FRWD W¹⁰⁰ (with FRWD Replayer Base Software)

FRWD W¹⁰⁰ is for those who exercise for pleasure and want to improve their condition. The PC Software version is FRWD Replayer Base.

The package includes:

- Recorder
- Arm Strap
- Wrist Display
- FRWD Replayer Base PC Software (CD)
- Manuals (CD)
- USB-dongle

FRWD W⁶⁰⁰ (with FRWD Replayer Pro Software)

FRWD W⁶⁰⁰ is the keep-fit enthusiast's choice. The PC Software version is FRWD Replayer Pro.

The package includes:

- Recorder
- Arm Strap
- Wrist Display
- FRWD Replayer Pro PC Software (CD)
- Manuals (CD)
- USB-dongle
- Heart rate transmitter belt
- Battery charger and 4 rechargeable batteries

TECHNICAL SPECIFICATIONS

FRWD RECORDER

GPS

- Route, speed and distance measurement
- Absolute altitude measurement (altitude from sea level)
- 12-channel GPS receiver
- Location measurement accuracy < 3 metres 90% of time*
- Distance accuracy > 99%*
- Speed measurement accuracy < 0,2m/s (50%)*

*) Measurement accuracy is dependent on the quality of the received GPS signal.

ALTIMETER/BAROMETER

- 3D route, speed and distance measurement
- Relative altitude measurement (altitude from starting point)
- Altimeter accuracy generally < 1m (+/- 0.5 millibar relative air pressure measurement)
- Temperature measurement resolution < 0.2 degrees

RECEPTION OF HEART RATE

- Heart rate measurement accuracy +/-1 bpm
- 30-240 bpm heart rate range (Outdoor Mode)
- 1-240 bpm heart rate range (Indoor Mode)
- Reception of heart rate from a transmitter
- Compatible with most common heart rate transmitter belts from other manufacturers
- Recording of RR interval heart rate data (1s recording interval Outdoor Mode/Indoor Mode always)

PC CONNECTION

- Wireless connection

WRIST DISPLAY CONNECTION

- 2,4GHz wireless RF link

MEMORY

- 16 MB internal flash memory
- Possibility to save an unlimited number of performances and lap marks within the memory limits

MEMORY CAPACITY

- Outdoor Mode: 1s recording interval approx. 10h, 6s recording interval approx. 60h
- Indoor Mode: 500 000 heart rate pulses, equivalent to 5 days measurement

BATTERY OPERATION TIME

- Outdoor Mode: ~12h (3x800 mAh)
- Indoor-Mode: ~24h (3x800 mAh)

DIMENSIONS AND WEIGHT

- 95x55x15 mm
- 85g (inc. 3xAAA NiMH)

POWER SUPPLY

- Three AAA batteries (rechargeable NiMH batteries recommended)

FRWD WRIST DISPLAY

BATTERY OPERATION TIME

- Training Mode (active RF-link, room temperature): ~500h
- Time Mode (room temperature): ~1 year

DIMENSIONS AND WEIGHT

- 46 mm wide, 18 mm thin
- 50g

POWER SUPPLY

- Coin battery (CR2032)

SYSTEM REQUIREMENTS

FRWD Replayer: PC

- Operating system: Win2000 or XP
- Processor Intel Pentium 500[®] MHz or equivalent
- 512 MB RAM
- 1024x768 video/card display

SPORTS²

FRWD W Series
FRWD Outdoor Sports² Computer

[EN]

SPORTS COMPUTER²



FRWD is the most advanced sports computer in the world. When you do sports, FRWD records everything essential and shows the values in real time. After your performance it offers the best sports aftermaths there are. FRWD displays data more visually than any other device, and is more useful and entertaining. Using FRWD is extremely easy.

The same FRWD can be used for running, skiing, mountain biking, inline skating, sailing, skydiving, orienteering, climbing – for nearly every sport.

FRWD is for all who exercise. FRWD is the new dimension in sports, SPORTS².



FRWD Heart Rate Transmitter belt



FRWD Wrist Display



FRWD Replayer PC Software

RECORDING PERFORMANCES²

GO HAVE SOME FUN. FRWD records your exercise with a single push of a button.

INDOOR-MODE brings FRWD also indoors. You can analyse all the exercises you do in the same FRWD Replayer PC Software.

FRWD RECORDER'S MOST IMPORTANT FEATURES:

- Records
 - In Outdoor Mode: route, speed, distance, heart rate or RR-heart rate, altitude and pitch angles
 - In Indoor-Mode: RR-heart rate
- Easy to use: one operation button
- Recording interval: Outdoor Mode 1-6s and Indoor Mode 1s
- Operation time
 - 1s- 10h and 6s-60h (Outdoor-Mode)
 - 500000 heart rate pulses, equivalent to 5 days measurement (Indoor Mode)
- RR-heart rate storage with 1s recording interval
- Wireless connection to the computer and the wrist display
- Compatible with most common heart rate transmitter belt models
- Possibility to store lap marks during performance
- Possibility to record several performances successively
- Shockproof and splash waterproof

MONITORING PERFORMANCES²

FRWD Wrist Display shows all essential values in real time during your performance: speed, distance, heart rate, duration, time, altitude and heading. Because of FRWD Wrist Display's big screen, all information is presented clearly and can be followed also when you're moving fast. FRWD Wrist Display is light weight and extremely durable.

FRWD Wrist Display's Training Effect tells you the impact the exercise has on your body in real time. You only have to decide from five steps how much you want your condition to improve during your exercise and see yourself proceed towards your goal on the wrist display's screen.



AFTERWARDS ANALYSIS²

FRWD REPLAYER BASE AND PRO ARE THE WORLD'S TOP PC SOFTWARES FOR ANALYSING SPORT PERFORMANCES. YOU CAN RELIVE YOUR BEST MOMENTS, ANALYSE, COMPARE AND COMPETE.

THE MOST IMPORTANT FEATURES OF THE FRWD REPLAYER BASE PC SOFTWARE ARE:

- Replay Mode / Analyze Mode / Race Mode
- 2D/3D routes
- 2D route on map
- Heart rate and speed graphs, and an altitude profile
- Total, average and peak values of heart rate, speed, distance and altitude
- Analysis of a selected range of a performance
- Comparison of 2-5 performances
- Sending performances via e-mail
- Export to Google Earth

IN ADDITION TO THESE FEATURES, FRWD REPLAYER PRO'S ANALYSIS TOOLS GIVE YOU THE POSSIBILITY TO DIVE TO THE CORE OF YOUR PERFORMANCE.

FRWD REPLAYER PRO'S ADDITIONAL FEATURES INCLUDE E.G.:

- EPOC, Training Effect, Ventilation, Energy expenditure, Oxygen consumption, Respiration rate and heart rate analyses with graphs
- Detailed heart rate analysis
- Comparison charts in the Race Mode
- Export to a text file for further analysis and research