



MORE INFORMATION:  
[www.frwd.com](http://www.frwd.com)

FRWD Technologies Ltd.  
[info@frwd.com](mailto:info@frwd.com)

## PRODUCT PACKAGES<sup>2</sup>

### FRWD B<sup>100</sup>

FRWD B<sup>100</sup> 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
- FRWD Replayer Base PC Software (CD)
- FRWD Mobile Player mobile software (CD)
- Manuals (CD)

### FRWD B<sup>600</sup>

FRWD B<sup>600</sup> is the keep-fit enthusiast's choice. The PC Software version is FRWD Replayer Pro.

The package includes:

- Recorder
- Arm strap
- FRWD Replayer Pro PC Software (CD)
- FRWD Mobile Player mobile software (CD)
- Manuals (CD)
- Heart rate transmitter belt
- Battery charger and 4 rechargeable batteries

## TECHNICAL INFORMATION

### 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 <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 (Outdoor Mode 1s recording interval / Indoor Mode always)

#### PC CONNECTION/BLUETOOTH

- Wireless Bluetooth connection
- Serial Port Profile (SPP)
- Bluetooth v2.0 (Class III; operating range 10 metres)
- Baud rate 115200

#### MEMORY

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

#### RECORDER OPERATION TIME

- Outdoor Mode: 1s recording interval 10h, 6s recording interval 60h
- Indoor Mode: 500000 heart rate pulses, equivalent to a 5-day measurement

#### BATTERY OPERATION TIME

- Outdoor Mode: 12h
- Indoor Mode: 1 day

#### DIMENSIONS AND WEIGHT

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

#### POWER SUPPLY

- Three AAA batteries (rechargeable NiMH batteries recommended)

#### REAL-TIME NAVIGATION MESSAGES

- Supports NMEA-0183 messages (GGA, GSV, GSA, RMC)
- Sends location data that is compatible with the most popular navigation softwares (e.g. TomTom, Navicore)

### SYSTEM REQUIREMENTS

#### FRWD Replayer: PC

- Operating system: Win 98, ME 2000 or XP
- Processor Intel Pentium 500<sup>®</sup> MHz or equivalent
- 256MB RAM (512 MB recommended)
- 1024x768 video/card display

#### FRWD Mobile Player: MOBILE PHONE

- Symbian S60 platform 2.0 or later (OS 7.0 or later)
- Wireless Bluetooth connection
- Serial Port Profile (SPP)
- Fits in the mobile phone's memory

The connection between the recorder and a mobile phone works when the mobile phone is within Bluetooth range of the Recorder Unit.

# SPORTS<sup>2</sup>

FRWD B Series  
FRWD Outdoor Sports<sup>2</sup> Computer



## SPORTS COMPUTER<sup>2</sup>

FRWD IS THE MOST ADVANCED SPORTS COMPUTER IN THE WORLD. When you do sports, FRWD measures, shows and records everything essential. After your performance it offers the best sports aftermaths there are. FRWD displays data better, more visually, and is more entertaining and useful than any other device. 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.

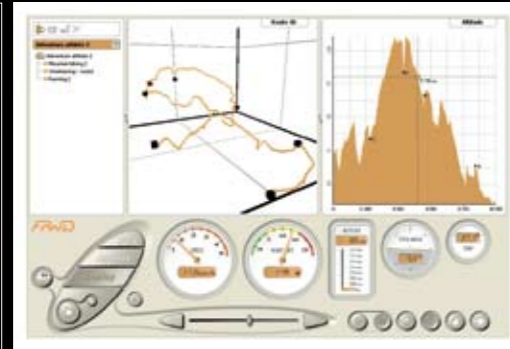
FRWD IS FOR ALL WHO EXERCISE. FRWD is the new dimension in sports, SPORTS<sup>2</sup>.



FRWD Heart rate transmitter belt



FRWD Mobile Player



FRWD Replayer PC Software

## RECORDING PERFORMANCES<sup>2</sup>

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 exercise 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 Bluetooth connection to computer and mobile phone
- 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
- Supports Bluetooth GPS – NMEA navigation messages; compatible with the most popular navigation softwares (e.g. Navicore, TomTom)

## MONITORING PERFORMANCES<sup>2</sup>

HOW MUCH DO YOU WANT TO IMPROVE YOUR CONDITION DURING YOUR EXERCISE? How much longer do you have to go to achieve your goal? FRWD Mobile Player mobile software's Training Effect tells you the impact the exercise has on your body in real time. You can choose how much you want your condition to improve from five steps.

IN ADDITION TO TRAINING EFFECT you will also see all the essential details of your performance while you are doing your sport. The FRWD Recorder sends the information of your performance to your mobile phone in real time. From your mobile phone you can see e.g.

- Heart rate
- Speed
- Distance
- Time consumed
- Altitude
- Minimum, average and maximum values of heart rate, speed and altitude
- Route

You can also set audio signals for heart rate and speed.

FRWD Mobile Player works in Symbian S60 Series mobile phones.

## AFTERWARDS ANALYSIS<sup>2</sup>

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. For example, heart rate, EPOC and Training Effect analyses with graphs give detailed information on the efficiency of your training. You can also export the data to a text file for further analysis and research.