

GARMIN

owner's manual

FORERUNNER® 50

with ANT+Sport™ wireless technology



Garmin Forerunner 50 Manual

Leon Friedrich Lorenz

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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Wearable Sensor Technology for Monitoring Training Load and Health in the Athletic Population Billy Sperlich,Hans-Christer Holmberg,Kamiar Aminian,2020-02-13 Several internal and external factors have been identified to estimate and control the psycho biological stress of training in order to optimize training responses and to avoid fatigue overtraining and other undesirable health effects of an athlete An increasing number of lightweight sensor based wearable technologies wearables have entered the sports technology market Non invasive sensor based wearable technologies could transmit physical physiological and biological data to computing platform and may provide through human machine interaction smart watch smartphone tablet bio feedback of various parameters for training load management and health However in theory several wearable technologies may assist to control training load but the assessment of accuracy reliability validity usability and practical relevance of new upcoming technologies for the management of training load is paramount for optimal adaptation and health

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Concepts of Physical Fitness: Active Lifestyles for Wellness Charles Corbin,Karen Welk,2008-10-30

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