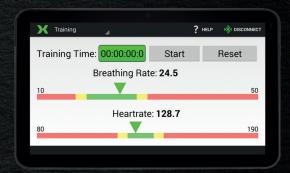


3 STEPS TO YOUR RESULT

Start the app on your tablet

 Put on the Zone-X mask and chest strap and connect the tablet with the Zone-X mask over Bluetooth.



Performance Test Heartrate: 48.0 Breathing Rate: 12.0 Stop Recording Compute Breathing Limits Test Time: 00.00.01:0 Started recording into file zone XLog_2009-07-04_(04-1)-66_(NBIT-46CT Low

Start performance test

- 2 minutes measurement at rest
- Increasing strain over 12-15 minutes to maximum performance of the test person.
- 2 minutes measurement at rest

B Results in seconds

- Install the Zone-X software and simply connect the tablet via USB to PC or laptop.
- Specify personal data and fill in the performance log.
- Then click ,calculate', and you will get the results of the performance test in PDF form (see sample evaluation).

