



ActiTrainer™ Specifications

The ActiGraph ActiTrainer activity monitor uses a solid state, triaxial accelerometer to measure the amount and frequency of human activity. In addition to providing activity measurements such as activity counts and vector magnitude, energy expenditure, steps taken, activity intensity levels, and subject position, the ActiTrainer has heart rate monitoring capability and a real-time OLED display window. The ActiTrainer is a valuable tool when heart rate information is desired alongside objective activity data.



ActiTrainer

ActiTrainer Hardware Features

Dimensions

The ActiTrainer is lightweight and compact with a weight of 1.8 ounces and dimensions of 3.4" x 1.3" x 0.6" (8.6cm x 3.3cm x 1.5cm). The ActiTrainer should be secured at the waist using a neoprene pouch and elastic belt. When collecting heart rate data, the Polar chest strap should be worn across the sternum.

Organic LED (OLED) Display

The ActiTrainer features an Organic LED (OLED) display which allows the user to monitor certain activity parameters and device battery voltage in real-time. The OLED screen displays heart rate, calories burned, steps taken, pace, distance and activity intensity level. If desired, the display window can be disabled at any time to preserve battery life.

Direct USB Connection

The ActiTrainer has an integrated USB plug similar to that of a USB flash drive, which functions as a downloading port as well as a connection for recharging the battery.

Rechargeable Battery

The ActiTrainer's rechargeable Lithium Ion battery is capable of providing power for over 14 days without recharging*. It takes approximately three hours to charge a fully depleted battery.

Storage Capacity

The ActiTrainer contains 4 MB (four megabytes) of flash memory and is capable of storing up to 198 days of data in its most common configuration. Similar to hard drives in a computer, the ActiTrainer's flash memory is non-volatile, meaning that it holds its content without the need of a power supply. In the event of a complete power loss, data is safely stored and accessible once the device is connected to a power supply.

Ambient Light Sensor

The ActiTrainer's photodiode based light sensor objectively measures and records ambient light levels. With a measurement range of 350 nm to 800 nm (600 nm peak), a high sensitivity, and a linear response, the ActiTrainer's light sensor provides valuable information about the subject's environment.

*with display is disabled.