HRV Measurement in the Field of Sports

creating healthy choices
JOYSYS

Sportsmen in the professional and amateur area, have found the benefit of using the information created by HRV measurement with the ChronoCord® 8 in their training.

With measurement of the HRV, you can define recoveries (and most important the quality of recoveries) and with this information the efficiency of your training schedule can be increased.

Especially important for the regeneration is a good night's sleep, on which various factors have considerable influence. In the evaluation report, you can see the quality of your sleep and together with our measurement partners, our Joysys staff or with your coach you can improve it.

Get advice on HRV and training control in one of our measuring points or directly at Joysys. Our staff is at your disposal.

To change the values of the HRV measurement in the desired direction, talk to your nutritionist, coach and / or contact Joysys directly.

Offer for sports clubs

- Official ChronoCord® Club Certificate
- Price reduction on group measurements with associated evaluation
- 15% discount for seminars and workshops

-15%

Satisfied users in the field of sports

„Thanks to measurements with the ChronoCord® 8 I was able to analyze the recovery and regeneration phases and to adjust and adapt my training accordingly. The ChronoCord®8 has become part of my competition preparation.“

Martin Benedikt (31), 2010 WBPF Europeans Championship 3rd place, 2011 WBPF Europeans Championship 2nd place, 2011 WFF Mr. Universe 2nd place, 2016 WFF World Championship 3rd place.

„If you only ever give 90% in training, then you will only ever give 90% when it matters.“
Michael Owen