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METASWIM Performance Diagnostics learns to swim.

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Meta Sport® Studio is co-financed by funds of the European Union and Free State of Saxony.



METASWIM

Cardiopulmonary Exercise Testing in the Water

Thanks to Cardiopulmonary Exercise Testing systems, swimmers now benefit from efficient performance diagnostics too. Not only in endurance sport such as running, biathlon or bicycling, top trainers and sports scientists rely on the detailed results of mobile Cardiopulmonary Exercise Testing (CPET) systems to precisely determine an athlete's performance and to set up individually optimised training schedules. CORTEX enables you to conduct innovative tests of performance physiology in water using **METASWIM** which was explicitly developed for swimmers.

Thanks to specifically designed snorkels for backstroke and free-style, physical fitness and performance can be examined there where the athlete is in his or her element: in the flow channel, in the pool or in open water.

High wearing comfort, spray water protection and active saliva removal ensure the athlete's mobility and correct measuring results. During the performance test, the proven CORTEX telemetric device sends **precise data** wirelessly to the MetaSoft® Studio software and this way guarantees an **exact analysis of physical parameters**. Even the heart rate can be measured **reliably** during workout.

Both the Institute of Applied Training Sciences (Institut für Angewandte Trainingswissenschaften = IAT) in Leipzig (Germany) and the Russian Olympic Centre currently use this **unique Cardiopulmonary Exercise Testing system** for swimmers. If you wish to know more about how to use **METASWIM** in your training centre, please contact us to make an appointment for a meeting or telephone advice.

„In the past, we have already used the mobile and portable CORTEX CPET systems for performance diagnostics. Now we have chosen to use METASWIM as well because we are convinced that cardiopulmonary exercise testing systems should be used in competitive swimming too.“

Mrs. Dr. Anneliese Berbalk, IAT Leipzig

IAT Institut für Angewandte
Trainingswissenschaft
Forschung für den Leistungssport

METASWIM at a glance

- **breath by breath CPET system**
- **almost unlimited test time**
- **specifically designed snorkels incl. active removal of saliva**
- **battery-operated measuring unit with a running time of up to 8 hrs without battery change**
- **wireless data transmission to measuring PC**
- **reliable heart rate measurement**
- **easy cleaning and disinfection of the snorkels and the measuring unit**

