

# SenseWear Armband Specifications

## Package Includes

- SenseWear Armband
- SenseWear Armband Strap
- USB Cable
- User Guide

## System Requirements

- PC with USB Port
- Windows XP (32 bit), Windows Vista (32 bit and 64 bit) and Windows 7
- 256 MB RAM or higher

## Size and Weight

Length: 55mm (2.2")

Width: 62mm (2.4")

Height: 13mm (0.5")

Weight: 45.4g (1.6oz)



## Battery and Memory

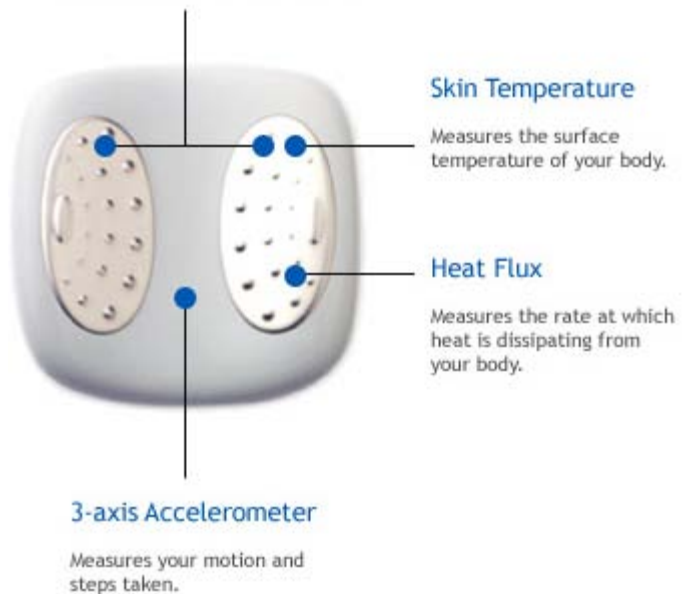
- Battery type: Internal lithium polymer cell battery
- Battery life: about 5-7 days under steady use
- Charge time: approximately 3 hours
- Memory capacity: about 28 days under steady use

## Accuracy System

- Total calories for free living activities: mean error < 10%
  - Total minutes of physical activity: mean error < 5%
- British Journal of Sports Medicine, July 2010*

### Galvanic Skin Response

When you sweat, your skin becomes more electrically conductive. This measurement helps to see how active you are.



### Accelerometer (3-axis)

- Calibrated range is +/-1 .0g
- The minimum resolution is 0.01g
- Two-standard-deviation error of +/-0.08g on all axes

### Heat Flux

- Calibrated Range is 0.0 W/m<sup>2</sup> to 300.0W/m<sup>2</sup>
- A minimum resolution of 1.0W/m<sup>2</sup>
- Two-standard-deviation error of +/-10.0W/m<sup>2</sup>, 0 to 30W/m<sup>2</sup>
- Two-standard-deviation error of +/-35.0%

otherwise

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## Radio

- RF Frequency: 2.4GHz
- Transmitter output power: <1mW

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## Environmental Requirements

- Water resistance: IP64 classified
- Operating temperature/humidity: +5°C to +40°C (40°F to 104°F) / 5 - 95% RH non-condensing
- Storage temperature/humidity: -20°C to +60°C (-4°F to 140°F) / 5 - 95% RH noncondensing

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## Materials

### Armband

- ABS
- Polycarbonate
- Thermoplastic polyurethane
- 304 grade stainless steel

### Adjustable strap/wing assembly

- Nylon
- Polyester
- Lycra (no latex content) or polyisoprene
- Polycarbonate
- Thermoplastic polyurethane
- Silicone

## Galvanic Skin Response

- Calibrated Range is 56kOhms to 20MOhms (50.0 nSiemens – 17.0 μSiemens)
- Two-standard-deviation error of +/-9.0 nSiemens, 50 to 225 nSiemens
- Two-standard-deviation error of +/-4.0% otherwise

## Skin Temperature

- Calibrated Range is 20.0°C to 40.0°C
- A minimum resolution of 0.05°C
- Two standard deviation accuracy of +/-0.8°C