

Workout mirrors can be downright creepy. Some people with odd narcissistic streaks may enjoy watching themselves contort and sweat while "Let's Get Physical" blares through overhead speakers, but most people probably do not. Furthermore, mirrors aren't exactly a precise way to gauge your workout moves - you often have to angle your head uncomfortably to try to catch a glimpse of your form. And what constitutes an efficient stretch for one person might result in a hospital visit for another, so there's a potential for error. In today's evermore connected world, there are better ways to track your exercise routines. There are a whole lot of wearable fitness gadgets right now, such as the FitBit, Jawbone UP and Nike FuelBand. Most of them employ a collection of accelerometers and gyroscopes to gather basic data about your movements. These are great for tracking your activity levels over the course of an entire day, offering estimates for fundamentals such as steps taken and calories burned.

(Image: <https://images.pexels.com/photos/14623742/pexels-photo-14623742.jpeg>) It aims to ratchet up exercise tracking to a higher degree of precision using more refined data, thanks to a bevy of sensors directly tracking electrical activity generated by 22 groups of hardworking muscles. The Athos system is designed for casual athletes as well as those who are trying to maximize their fitness and looking for any possible edge to get ahead of their competition. Deployed properly, Athos garments help you gauge your effort and even find correct form, and as a result, they may help you avoid an injury that sets your training back weeks or months. It could also be used for physical rehabilitation, assisting people who need to carefully monitor their strain and exertion levels, particularly for muscles that are struggling to heal. Like almost all contemporary workout trackers, Athos connects to your smartphone. As you run, jump, stretch or skip, you can watch the real-time data displayed through the Athos app to see how much (or how little) you're exerting specific areas of your body, as well as your effort level as whole.

With that data, you can decide whether to pull back and protect yourself or keep pushing to get the most out of your time-crunched workout schedule. So, [buy alpha surge male](#) how do these stretchy, sensor-laden garments kick your workouts into overdrive? Not only can they recommend the best routines to improve your performance, but they'll help you overcome mental hurdles, too. Quality personal trainers are also expensive. That was a motivating factor for electrical engineering students Christopher Wiebe and Dhananja Jayalath, who thought it would be great to have useful feedback from a digital device that cost a fraction of a human trainer. As they worked on their studies at the University of Waterloo in Ontario, Canada, they set aside their free time for developing a fitness product that would offer more feedback than any other. They opted for electromyography (EMG) sensors that sit right on the surface of your skin, where they collect data about the electrical impulses flowing through the muscles below. [external page](#)

EMG sensors have a plethora of uses in biology and medicine. Researchers use them to better understand neuromuscular activity and to create a clearer picture of what exactly happens when muscles work correctly - and also when they don't. Your muscles are made up of many individual cells that in turn make up muscle fibers. When your brain tells your bicep to start pumping those huge weights, it sends an electrical signal to those fibers, which immediately contract. As they contract, they produce an electrical signal that's much different than the ones created by a muscle at rest. The Athos sensors detect more than just whether a muscle is firing; they can also see just how much that muscle is exerting itself. That's vital data for a fitness garment. Which metrics does Athos clothing track, and [buy alpha surge male alpha surge male performance support alpha surge male performance support alpha surge male supplement](#) how could the system overhaul and improve your fitness regimen? Engineers integrate these tiny chips into products that track your baseball or golf swing, your smartphone's position, your car's navigation system or, if you're more military-minded, your missile guidance system.

Athos uses a six-axis accelerometer as a cornerstone of its capabilities. But muscle activity tracking is

what makes Athos stand out from a field of accelerometer-based competitors. Paired with the Athos software, the system can track muscle effort, muscle toning and muscle fatigue, [Alpha Surge Male testimonials](#) all of which are important to understanding how your body is responding to a particular activity. The sensors also help the core unit determine what's called your maximum voluntary contraction, or MVC. In essence, when you first use the system, you calibrate it by doing some basic exercises. Using that data, the core determines your MVC, which is the upper end of safe exertion for someone working out alone at home. As of April 2015, the Athos collection comprises a shirt and a pair of shorts. Both are made from a stretchy and snug compression-type material that conforms to just about any body type. The clothing is designed for both [Alpha Surge Male testimonials](#) and female body types, and the fabric wicks away sweat while it simultaneously collects data.

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