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Adidas micoach watch

Tipfitness Bracelet Support PlatformsAndroid, iOS, Windows Phone Material Bracelet/Strapasiconic Colour/Strap Bracelet, White Adjustment Length Bracelet/Straps Distinctive sizes of non-removable straps (SCHV)34x12.17 mm Availability of the Tipsvetody Diagonal0.8 Screen Available Oft Length 184mm (small), 207mm (large); The miCoach train and performance app provides access to hundreds of free cardio training programs as well as energy and flexibility training complexes; USB loading dock before buying check the specifications and trims of the seller Type Clock Operating SystemAndroid Support platformsAndroid, Windows Vibration Color Case Black Material Bracelet/Strapasikon Color Bracelet/StrapBlackTherly Way of Displaying Time Digital (Electronic) Type of Waterproof Scratch-Resistant Glass, WR20 (2 atm) Bracelet Length Adjustment/Strapasikon Strap Sizes48.4x15.6 mm Weight80.5 g Presence of a Pointe screen, touch, With Backlight Diagonal1.45 Resolution184x184 Number of pixels per inch (PPI)179 AudioMP3 Reading, AAC, OGG Video Headphone Jack Missing Mobile Internet Missing GPSs InterfacesBluetooth 4.0, OMAP4430, 1200 MHz Processor Cores2 Integrated Memory Quantity4 Go RAM Volume512 Mb Surveillance, Physical Activity Sensors, Gyroscope, Light Sensor, Timewatch Built-in Heart Rate Monitor 410 mAh Type Battery Connector to Load a Stolen Cradle Before Buying Clarify Specifications and Trims From Adidas Smart Run Smart Watch Design Is More Focused on Male Users , that the watch is quite massive and heavy. The side surfaces are equipped with aluminum inserts, there is also a frame of the same material, encircling the screen. The strap is wide, rubber, complemented by a frame for better attachment. Of course, the device may interest girls who are not indifferent to the sport, but it is unlikely that their choice will be the determining factor will be the outside of the device. When you wear watches are comfortable, which is especially important during exercise. There are no drawbacks when using the watch, the information is read even in bright light. The body itself is perfectly protected from blows and sprays, but taking a shower with the watch manufacturer does not recommend. You just need to choose the necessary cycle of loads, and the training schedule will be created. On screen, you can watch videos that will show you how to do it properly Exercise. Training is a lot, and it is best to familiarize yourself with each of them on the watch itself. There are also features that have become the norm for smartwatches - built-in music player, notifications, alarm clock and so on. The watch cannot be activated either via the computer or smartphone, it requires a wireless network. After that, you must enter your data, for which you must register in the system developed by Adidas. The data is entered with a virtual keyboard, the solution is not the most convenient, but since it is a one-time operation, you can be patient. For the user has developed several training scenarios, which depend on sex, his condition and desired tasks. To extend the working time, the device can automatically switch to sleep mode, but if you want to see constantly the results of the training on the screen, it can be activated in the settings. It's easy to do with the clock. You have to choose the desired cycle of loads, the watch evaluates fitness by a fitness test, and then creates a training schedule. You can also watch videos directly in the watch, which will clearly show how to perform exercises, and at the same time the number of approaches. But there are also strange moments. For example, you want to run. The GPS starts automatically, but inside it works very poorly. Therefore, it does not determine the position of the owner card and with it drains the battery. And you can't run, because training can't start until the GPS hasn't won. So you have to think about it before you start training, given this behavior of the watch system. The offers a set of sensors, which include GPS, heart rate sensor and accelerometer. Despite the fact that the device runs Android Jelly Bean, the Google platform here will say nothing. You can't put software here, the possibilities are strictly limited. But you can update the firmware by air, you only need the presence of a nearby wireless network. In the watch there is a dual-core Texas OMAP4430 processor with a frequency of 1.2 GHz, 512 MB of RAM, 4GB of clean memory, of which 3 remains for the user. In fact, this memory is relegated to music, nothing more to add to the device will not work. Given that the device does not have a speaker or connector under the headphones, songs can only be listened to through a Bluetooth headset, which will have to be purchased separately, it is not included in the package. You can move in a simple way, flipping through the pages sideways. Then you can see the subpoints that open with vertical sweep. The watch can track the following parameters: heart rate, calories, distance, route, speed, training time, rhythm, step frequency, autocrugions, manual segments. During the training, indicators are displayed, individual training screens are created, where 1 to 4 indicators are displayed. If you like to run, you Run Score. It shows a figure between 0 and 1000 after a race. Here you can evaluate your abilities, the higher the number - the better. The system can also show how much the owner of the smartwatch will be able to overcome the distance of 5, 10, 21 or 42 km. To do this, there are four areas of color that clearly demonstrate the pulse. A fitness test is organized to find out what you can do to get started. This is a 12-minute workout, accompanied by vocal instructions. I note that the system supports different language packages, including the Russian language. Then, while you practice, you should retest to see which parts of your body should work harder. You do the training plan, and the screen displays exercises. As they progress, you need to mark each item in order to move on to the next. If you wish, you can create separate workouts with different loads: fitness assessment, improved training opportunities, improved level of play, maintaining freshness and enjoyment of exercise. In the case of the Adidas model, the 410 mAh battery is used. Comparable. The hours will last a few days if they are used only as a means of indicating the time, but in the training mode, they sit much faster. The charge lasts 2 to 3 hours. Naturally, this creates additional drawbacks. Copying music also goes through this connector, you can't stream songs via Bluetooth. By listening to music, you can define the ratio of the volume of music and the volume of the coach's voice. Coach.

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