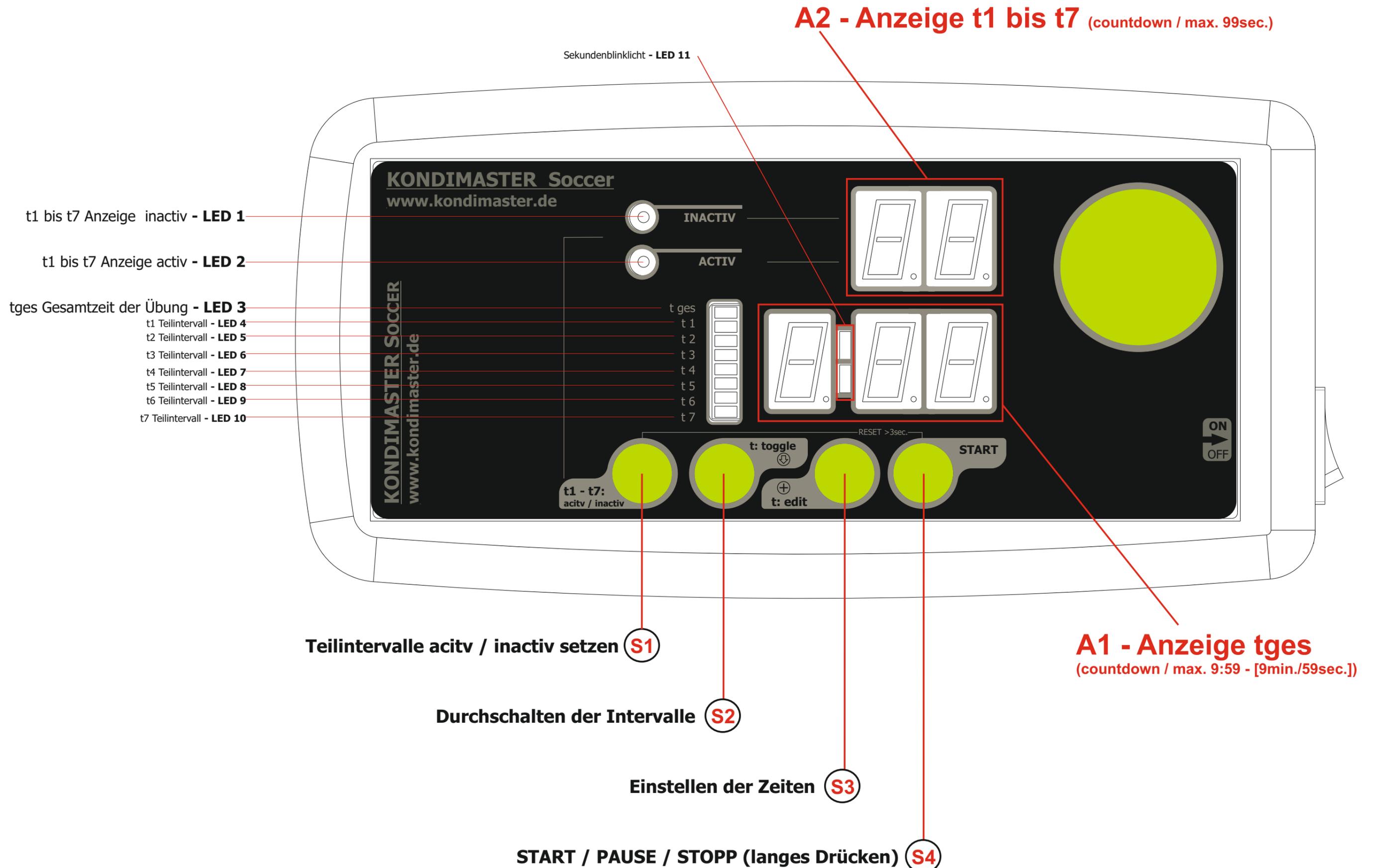
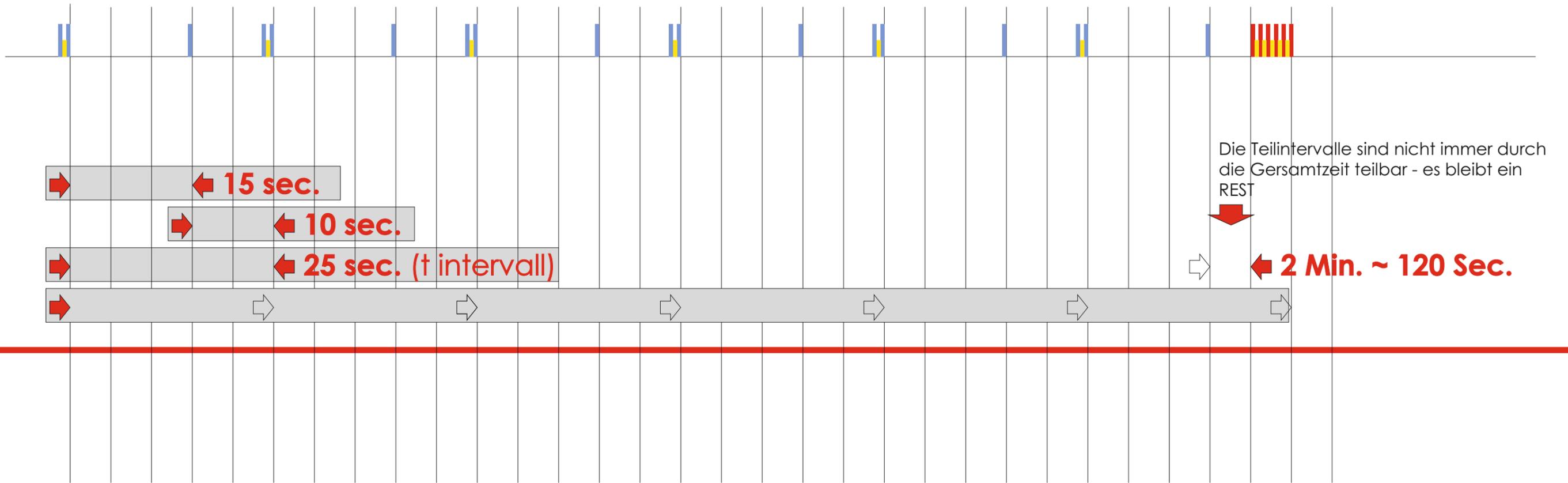


Bedienungsanleitung
KondiMaster FITNESS / SOCCER



Beispiel 1:
 Gesamtzeit 2 min.
 $t_1 = 15\text{sec. activ}$ / $t_2 = 10\text{ sec. activ}$ / $t_3 = 5\text{sec. inactiv}$ / $t_4 = 32\text{sec. inactiv}$ / $t_5 = 2\text{sec. inactiv}$ / $t_6 = 20\text{sec. inactiv}$ / $t_7 = 30\text{sec. inactiv}$
 $t_{\text{intervall}} = t_2 + t_3 = 25\text{sec.}$



Bereich	Signal am Anfang von tx	t intervall		Bemerkung
t = 0-10 sec.	0,4	0,4		
t = 11-20 sec.	0,4*0,1*0,4	0,9		
t = 21-30 sec.	0,2*0,2*0,2*0,2*0,2	1		
t = 31-40 sec.	0,2*0,1*0,2*0,1*0,2*0,1*0,2	1,1		
t = 41-50 sec.	0,15*0,1*0,15*0,1*0,15*0,1*0,15*0,1*0,15	1,25		
t = 51-60 sec.	0,4*0,2*0,8	1,4		
t = 61-70 sec.	08*0,2*0,8	1,8		
t = 71-80 sec.	0,4*0,2*0,4*0,2*0,4*	1,6		
t = 81-90 sec.	0,4*0,2*0,4*0,2*0,4*0,2*0,4*	2,2		
t = 90-99 sec.	0,2*0,2*0,4*0,2*0,4*0,2*0,8*	2,4		
Ende der Übung	0,1*0,1*0,1*0,1*0,1*0,1*0,1*0,1*0,1*0,1	1,1		6 short peep AFTER t ges

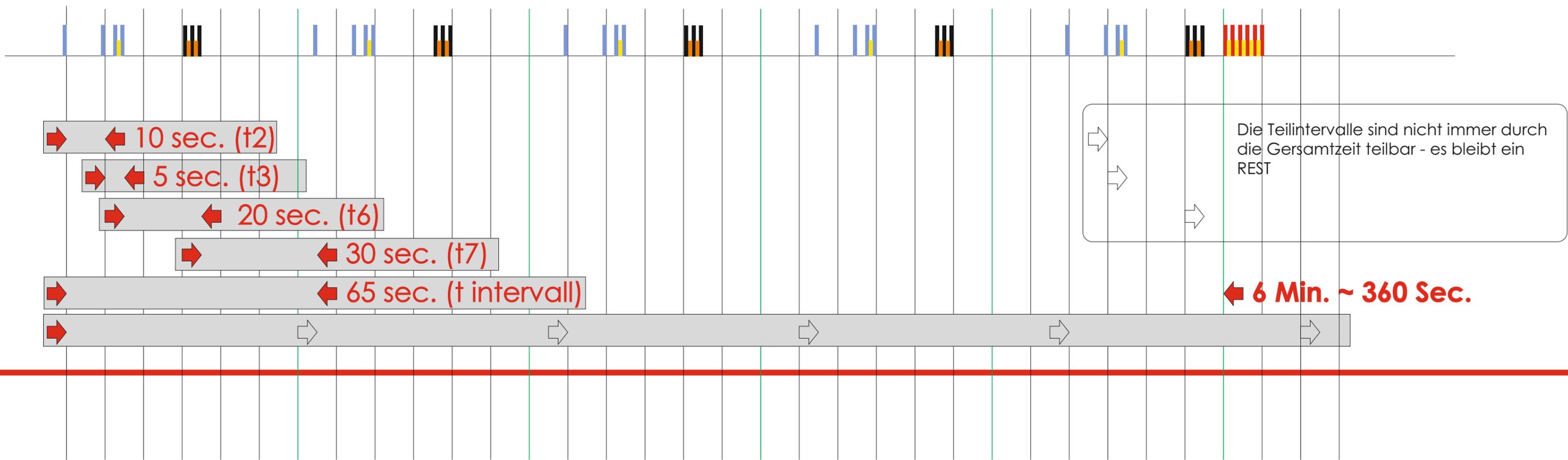
VARIABLE - beep length:

- (brown balk) >>> 0,1 sec.
- (brown balk) >>> 0,15 sec.
- (black balk) >>> 0,2 sec.
- (blue balk) >>> 0,4 sec.
- (green balk) >>> 0,8 sec.

VARIABLE - gap (silence between beep):

- (yellow balk) >> 0,1 sec.
- (orange balk) >> 0,2 sec.
- (lila balk) >> 0,5 sec.

Beispiel 1:
 t_{ges} = Gesamtzeit 6 min.
 $t_1 = 15\text{sec. } \textit{inactiv}$ / $t_2 = 10\text{ sec. } \textit{activ}$ / $t_3 = 5\text{sec. } \textit{activ}$ / $t_4 = 32\text{sec. } \textit{inactiv}$ / $t_5 = 2\text{sec. } \textit{inactiv}$ / $t_6 = 20\text{sec. } \textit{activ}$ / $t_7 = 30\text{sec. } \textit{activ}$
 $t_{\text{intervall}} = t_2 + t_3 + t_6 + t_7 = 65\text{sec.}$



Bereich	Signal am Anfang von tx	t intervall		Bemerkung
t = 0-10 sec.	0,4	0,4		
t = 11-20 sec.	0,4*0,1*0,4	0,9		
t = 21-30 sec.	0,2*0,2*0,2*0,2*0,2	1		
t = 31-40 sec.	0,2*0,1*0,2*0,1*0,2*0,1*0,2	1,1		
t = 41-50 sec.	0,15*0,1*0,15*0,1*0,15*0,1*0,15*0,1*0,15	1,25		
t = 51-60 sec.	0,4*0,2*0,8	1,4		
t = 61-70 sec.	0,8*0,2*0,8	1,8		
t = 71-80 sec.	0,4*0,2*0,4*0,2*0,4*	1,6		
t = 81-90 sec.	0,4*0,2*0,4*0,2*0,4*0,2*0,4*	2,2		
t = 90-99 sec.	0,2*0,2*0,4*0,2*0,4*0,2*0,8*	2,4		
Ende der Übung	0,1*0,1*0,1*0,1*0,1*0,1*0,1*0,1*0,1*0,1	1,1		6 short peep AFTER t ges

VARIABLE - beep length:

- (brown balk) >>> 0,1 sec.
- (brown balk) >>> 0,15 sec.
- (black balk) >>> 0,2 sec.
- (blue balk) >>> 0,4 sec.
- (green balk) >>> 0,8 sec.

VARIABLE - gap (silence between beep):

- (yellow balk) >> 0,1 sec.
- (orange balk) >> 0,2 sec.
- (lila balk) >> 0,5 sec.