



UpRight Movement is now affiliated with HRV4Training, www.hrv4training.com. Together UpRight Movement and HRV4Training can help you to manage your training and recovery, to reduce **injury** potential and perform at your best. Maximize your **performance** and health with **Heart Rate Variability**. – Now you can also share your HRV automatically with your Coach!

Join Team UpRight Movement for expert remote training readiness coaching!

The Power of HRV4Training Coach

HRV4Training Coach system is designed to make it easy for coaches and group leaders to optimize the health and performance of their group with ease.

- Individualize exercise recommendations on the fly
- Target especially stressed individuals for better recovery tactics
- See how activities affect each Member on a daily basis
- Your imagination is the limit!

Joining a Team

After downloading the HRV4Training app your coach will send you an email request, which can be found in your apps Settings / Data sharing settings for HRV4Training Coach. The Team name is: [UpRight Movement](#).

HRV4Training Coach uses advanced Heart Rate Variability algorithms and individualized trending to help you optimize your goals, prevent overtraining and improve performance. No sensors needed.

HRV4Training Coach:

- The balance and strength of your Autonomic Nervous System
- Your body's ability to perform each day
- When and how to prioritize recovery for maximum results

Find out if your Sympathetic (Performance) Nervous System is dragging you down or if your Parasympathetic (Recovery) System is strong enough to reach your goals.

Main Features

- **HRV-based advice** to help you adjust your trainings based on objective measures of **recovery**.
- **Advanced analysis of acute HRV changes to analyze the impact of training load on your physiology and recovery.**
- **Multi-parameter long-term trends to better understand the big picture.**
- **Tag everything (sleep, trainings, stress, travel, diet, alcohol intake, injuries, etc.)**
- **Custom correlations of physiological data** and your **tags**
- Configurable measurement (**single** or **orthostatic**, duration between 1, 3 or 5 minutes, **paced breathing** between 6 and 10 breaths per minute).
- Extracts, stores and lets you export the following **heart rate variability features**: heart rate, AVNN, SDNN, rMSSD, pNN50, LF (0.04-0.15 Hz) and HF (0.15-0.40 Hz).
- **Population summaries** and comparisons to put your data into perspective.

Take control of your stress and recovery today with UpRight Movement and HRV4Training Coach.

*Note: [Works with Bluetooth 4.0 Smart compatible heart rate monitor or simply your finger using the phone camera.](#)

Power Your Recovery, Health and Performance with HRV4Training Coach within UpRight Movement's [Recommended Products](#) Fitness section Page. For further assistance see UpRight Movement's [Regenerations Guidelines](#).