

BodyMedia Armband Specifications

Package Includes

- BodyMedia® Armband
- BodyMedia Armband Strap
- USB Cable
- User Guide

System Requirements

- PC or Mac with USB Port
- Windows XP (32 bit), Windows Vista (32 bit and 64 bit), and Mac OS X v10.5 on Intel platform
- 256 MB RAM or higher
- Online Subscription Required

Size and Weight

Length: 55mm (2.2")
Width: 62mm (2.4")
Height: 13mm (0.5")
Weight: 45.4g (1.6oz)



Battery and Memory

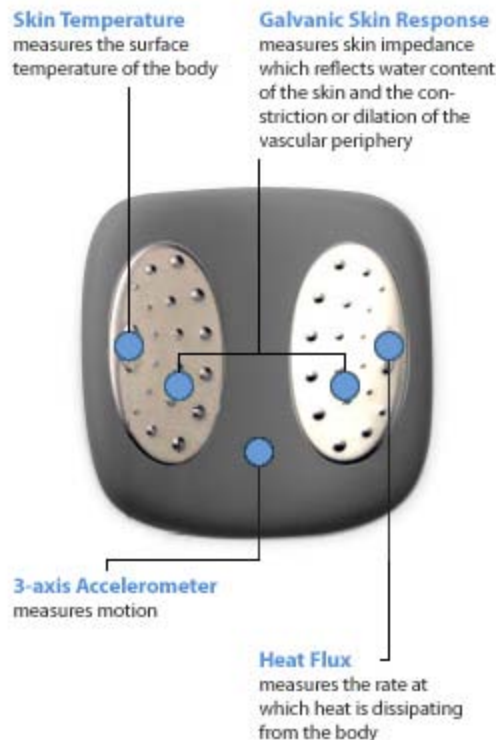
- Battery type: Internal lithium polymer cell battery
- Battery power: about 5-7 days under steady use

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 2008



Accelerometer (3-axis)

- Calibrated range is +/- 2.0g
- The minimum resolution is 0.01g
- Two-standard-deviation accuracy of +/- 0.05g, up to 1.0g on longitudinal axis
- Two-standard-deviation accuracy of +/- 12.0% of expected value otherwise on the longitudinal axis
- Two-standard-deviation accuracy of +/- 0.06g up to 1.0g on the transverse axis
- Two-standard-deviation accuracy of +/- 12.0% of expected value otherwise on transverse axis
- Two-standard-deviation accuracy of +/- 0.06g up to 1.0g on the forward axis
- Two-standard-deviation accuracy of +/-

Charge time: approximately 3 hours

- Memory capacity: about 14 days under steady use

12.0% of expected value otherwise on forward axis

Radio

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

Environmental Requirements

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

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

Accessories



BodyMedia Display

The Display gives you minute-to-minute, real-time updates on your daily progress - so you'll always know how close you are to reaching your goals. The Display includes a watchband and a clip; wear it on your arm, or clipped to your shirt or bag for constant feedback!