

## **Polar Team2 Pro Set Solution Is Official Heart Rate Training System for the Atlanta Falcons**

Bio-Medicine.Org

LAKE SUCCESS, N.Y., Sept. 7, 2011 /PRNewswire/ -- As NFL coaches and players face a dramatically shortened pre-season to ramp-up their strength and conditioning programs, one team's preparation will be gaining a competitive edge as it defends its NFC South title during the 2011 NFL season. Today, Polar USA and the Atlanta Falcons announced that the Polar Team2 Pro set solution has been designated the "Official Heart Rate Training System" of the Atlanta Falcons.

In using the Team2 Pro set throughout the 2011 season, the Falcons will gain unique insights into player capabilities using heart rate-based training sessions to optimize their fitness levels, prevent overtraining, and help eliminate injuries. Polar Team2 Pro set will give the Falcons coaching staff the ability to record and study the entire team's fitness data in real time. By taking into consideration each individual's training load, or the cumulative effect of recent training sessions, coaches and trainers can develop personalized practice regimens. From the real time heart rate data retrieved, coaches can assess how much energy players expended, how hard their bodies were impacted and how much recovery time they'll need to maximize performance on game day and throughout the season.

"Polar Team2 Pro is having a positive impact on our efforts to educate our players on workload and recovery," said Jeff Fish, Director of Athletic Performance for the Atlanta Falcons. "With the individualized, objective data from the Team2 system, we're now able to make individual player assessments and design training regimens that align with our team, game day, and season requirements."

One of the most important aspects the Falcons have gleaned from the Polar Team2 technology is the workload and recovery time associated with every player on the team. The data collected is incredibly accurate and personalized based on each player's age, height, weight and fitness level.

"We will always be  
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