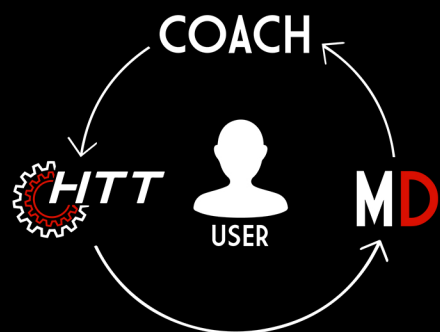


REVOLUTIONARY TRAINING FOR AMAZING PERFORMANCE

MagneticDays is more than a smart trainer but a cycling lab with a scientific approach and unlimited possibilities. The MagneticDays Training Philosophy is based on the use of physiological parameters for each user/client, in order to obtain a top workout.



THE MAGNETICDAYS LABORATORY

The MagneticDays Indoor Training System is totally calibrated on the physiological parameters of each athlete (automatically).

The identification of athletic training form (by an incremental test protocol) is the first step of the System.

On the basis of data collected during this first training protocol, is possible to obtain new custom built training programs!

The hardware has almost infinite possibilities and is an instrument both the user/athlete and (especially) the MagneticDays coach can integrate through specific software.

Our System guarantees the supply of custom built workout through the scientific survey. This evolution give us the possibility to optimize your indoor training and performance with a specific calibration of each workout.

HOW THE SYSTEM WORKS

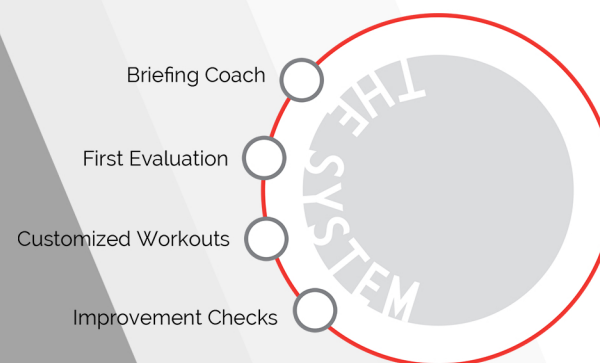
Everything is based on a first briefing session with a MD Coach, where the user/client defines own goals.

Second step is the start evaluation of athletic training form in order to understand the real physiological parameters of the athlete.

Third step is represented by first 6 built training programs (duration: 60 minutes for each) that are different from each other.

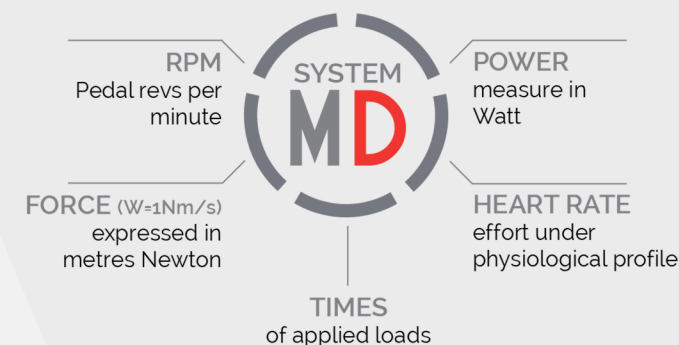
The last part of these programs include additional parameters that allow to create next workouts.

One workout (duration: 60 minutes) is characterized by continuous changes in rhythm and resistance (from 60 to 80) also thanks to the accurate work made by the magnetic break (robotized).



TRAINING

The scientific survey for each user/client is the heart of everything. Here's the 5 key factors detected by MagneticDays:



HIGHT TECH TRAINING

HTT Methodology represent the most scientific built training programs that are currently possible, going beyond the concept of Power (Watt) and distinguishing it from its 2 fundamental components: Force (Newton) and RPM (Revolution Per Minute).

Through the control of Force and RPM, we can help each user/client to improve own physiological features with the goal to optimize wellness and performance.

The hundreds of training programs are built as structures of Offset and Percentages. The physiological parameters (in real time) for each user/client are inserted in the System, so the software can develop the built training program and upload it in the list of workouts to be performed. There are different tools that are used during each workout: Auto Watt, Auto Newton, Watt Progression/Watt Regression, Newton or RPM, Ideal Rhythms, Joule Progression and more.

IMPROVE YOURSELF

start now, follow us and visit our website

WWW.MAGNETICDAYS.COM



TRAINING DEMO

Below you will find a detailed description of various steps about this training demo that you will try in this occasion.

This typology of training is based on 2 hypothetical values, 220 Watt and 85 RPM, but you can insert your personal value (if known) in the workout field *.

INTERMEDIATE STEP

30" of recovery as AUTO WATT with a value in the amount of 50% of own reference value.

APP - WORKOUT UPLOAD

MD001JA

Workouts (MD Training)

REFRESH

Demo Training HTT

Watt: 220

START TRAINING

HTT

Metod. UFFICIALE MagneticDays

Type: Autogest

WATT VALUE INPUT *

Box for entering the Watt reference value of the training.
In this field you can edit the parameters of the workout by entering your personal value.

STEP 1

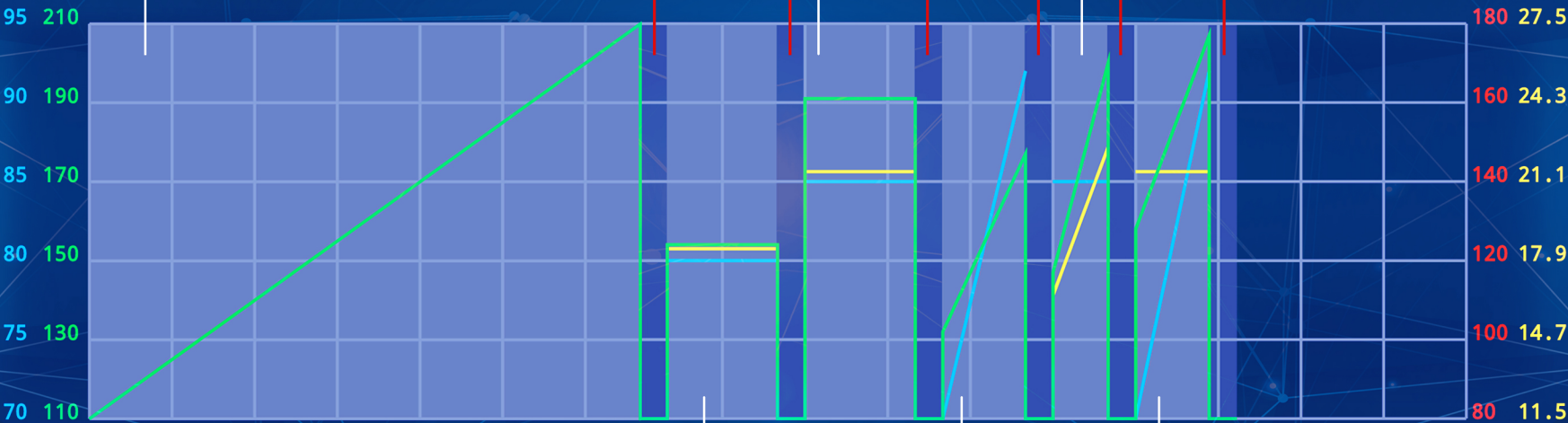
INCREMENTAL TEST PROTOCOL
Starting from a value in the amount of 50% of own reference value, MD System improves the Power of 1 Watt per 6" (free RPM).
The test ends when the subject has reached maximum effort and therefore cannot proceed further with the test.
Observational analysis is the MD Coach's active examination of an athlete's performance to determine their personal values at any given time.
[In this case, test stopped after 4']

STEP 5

2' of AUTO NEWTON with an Offset value in the amount of -3 Newton of own reference value.
Newton are constants also changing RPM.
Variations of RPM determine relative variations of Watt in order to maintain constant Newton.

STEP 9

Example of NEWTON PROGRESSION (60 seconds) with a start Offset value in the amount of -8 Newton and final Offset value in the amount of -2 Newton of own reference value.
Progression: 1 Newton per 10 seconds.
During this progression, user/athlete will keep constant his RPM at own reference value (85).



STEP 3

2' of AUTO WATT with a value in the amount of 70% of own reference value.
Watt are constants also changing RPM or Gears.
[You can understand how, with the MagneticDays System, the use of your gears is USELESS]

STEP 7

Example of WATT PROGRESSION (90 seconds) with a start value in the amount of 60% and final value in the amount of 80% of own reference value.
Progression: 1 Watt per 2 seconds.
During this progression, user/athlete will be change his cadence from 70 to 90 RPM.

STEP 11

Example of RPM PROGRESSION with constant Newton (80 seconds).
Newton are fixed with an Offset value in the amount of -3 Newton of own reference value.
User/client will be start to cycle from 70 RPM to 90 RPM (from start Offset -15 Newton to final +5 of RPM reference value).
Variation: 2 RPM per 8 seconds.