

It's in your hand: Intelligent training with the "Lactate Scout" by SensLab

Sports and health are coming together – to get the desired success in training like burning fat, building muscles and optimising condition, every sportsman needs an "intelligent" training. Today, some people uses pulse meters (e.g. the Polar watches) and electronic aids at home trainers: But the typical impression trough jogging, in fitness-studios or sport-events is heavy sweating, red faced and "out-burned" people. This way of training "to give all" may be well intentioned, but it doesn't help much: It's a real hazard especially for the ambitious sportsmen!



Professional trainers and athletes create training plans regarding the actual and individual fitness. An important parameter for doing this is – better than the measuring of insure pulse values - the chemical condition of human blood: Testing the lactate between training phases is a very precise method to determine the own level of capability and endurance. Our body gets energy normally with oxygen, then more and more with new produced lactate by strain – and reduces it normally again. When the strain grows – trough running, spinning or rowing faster and stronger e.g. – the production and reduction of lactate comes to a higher level. The best training is to hold the balance between producing and reducing the lactate on the highest possible level: The expert talks of the "lactate steady-state" about 4 mmol/l. At this level of strain the body gets the most positive effects as mentioned above! But, by training too hard, the body can't hold this balance and produces excessive too much lactate in shortest time: Too much acid circulates trough the body at the time, there is pain, the fitness goes down and one risks to damage the own health.

For a long time, the measuring of lactate wasn't possible without big expansive medical equipment. With the new "Lactate Scout", invented by the Biotech-company SensLab (Leipzig/Germany, founded 1995 and developing different biosensor applications for sciences and laboratories), an interesting pocket device for everybody will be introduced into the European market: This handy lactate-meter uses the latest one-way stripes for very small droplets of blood (0,5 µl). Pricking the finger with a painless lancing device, the sensor sips the droplet in and gives the result in 15 seconds: No other device works so fast, and with the high accuracy, the big display, the easy use with scroll wheel, the comfort memory for 250 measurements, 10 measuring programs and the PC-link included it's an unique piece of high-technology in your hand!

The Lactate Scout also notes temperature, date and time of measuring also; supported from the latest versions of analysing software, everybody can create his own optimised training program on the PC. After introduction in this summer, the Lactate Scout will have first clients in fitness areas, physiotherapies, at doctors and sport-teams – but the easy use, the attractive design and reasonable price of € 379,- for the whole equipment-set (incl. device, sensors, belt-case, lancing set, batteries and other. Without tax and shipping costs) promises very positive response from "non-professional" ambitious sportsmen also. Further information about specifications and dealers is available in the Internet (www.senslab.de) or by email (info@senslab.de).