# TENDO Unit

*YOUR INTELLIGENT WEIGHT TRAINING*

## SOFTWARE

## User Manual

# Contents

Please check our web site www.tendosport.com for latest **updates** for the Tendo Power Analyzer software.

# 1. Introduction

*You will need the following items to use the TENDO Power Analyzer software:*
**A) TENDO Power Analyzer Microcomputer**



Either   Power Analyzer – WL            or            Power Analyzer

**B)   Tendo Bluetooth set (which includes):**



Microcomputer Bluetooth              Computer Bluetooth          set number

**C - TENDO Power Analyzer software installation CD**

-The minimum computer requirement:

- o   The minimum computer requirement:Processor 1.6GHz, RAM 512Mb,
- o   Operating system Windows XP, Windows Vista, Windows7, Windows 8, 32bit or 64 bit.

# 2. Installation

Previous versions of the Tendo Weightlifting Analyzer software do not work with the new Power Analyzer system so please first uninstall your existing software.

## 2.1 Uninstalling TENDO Power Analyzer software

- -   Click Start – Settings – Control Panel – select Add or Remove Programs
- -   Select TENDO Power Analyzer
- -   Follow the instructions given on the screen to complete uninstallation

Or Click Start  - All Programs -  Tendo Power Analyzer – Uninstall
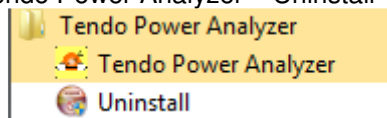


## 2.2 Installing new TENDO Power Analyzer software

The Computer program has an AutoPlay feature that will automatically start the setup screen for the software program when the CD is placed in the computer. Run the installation by following the steps.

If you are installing a program manually, follow these steps.
- -   *Insert CD in your PC CD-ROM drive*
- -   *Select My Computer and select the CD drive*
- -   *Click setup.exe and follow the instructions given on screen to complete the installation*
- -   *When the installation is complete, a new program called TENDO Power Analyzer will be added to your system. Also an icon will be placed on your computer desktop.*

*Tendo Power Analyzer desktop icon*

## 2.3 Driver Installation

Before you use the Tendo Power Analyzer software, it is necessary to install the drivers for the Tendo Bluetooth. **Your computer does not recognize the Tendo Bluetooth as a bluetooth device, but as a USB Serial (COM..). Every Tendo Bluetooth device is paired, so the user does not need to pair the Bluetooth Devices**

Follow the steps below to install Windows drivers:

1. Open Windows Device Manager.

2. In the Device Manager make sure the device you're attempting to install is not already listed from past install attempts. If the device is found, highlight it and remove it from Device Manager to prevent any conflicts during the install.

3. Plug the Tendo Computer Bluetooth (with USB connector) to the computer.

4. New hardware wizard should appear if Windows detects the new hardware. Using this wizard you should be able to point Windows to the folder containing your drivers either on the CD, or the folder containing the files you downloaded.

If Windows does not detect any new hardware, open the Control Panel and double-click the Add hardware icon to run the hardware detection wizard. You will have an option to tell Windows you have a disk containing the drivers for your new hardware device, just point to the directory containing the drivers for your device and click.

Once drivers have been installed reboot the computer.

*1 -   Run the **Found New Hardware Wizard**  for Tendo Bluetooth (USB Serial) to assist you in setting up the new device.*

*Click **Next***



2. Select the " **Search for a suitable driver for my device(recommended)** ". Click Next
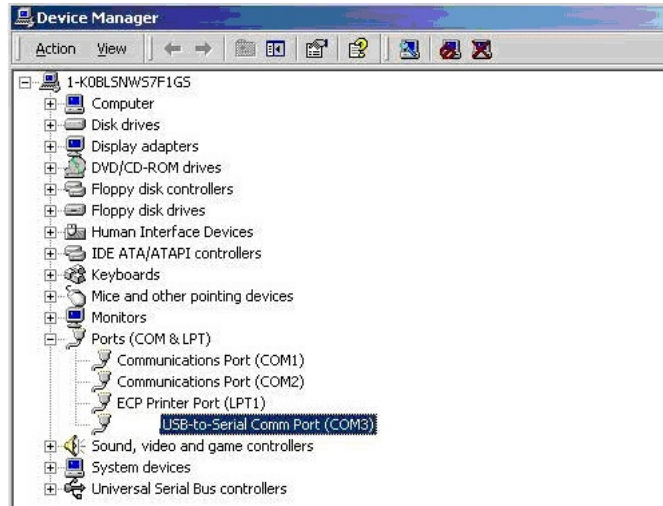
4

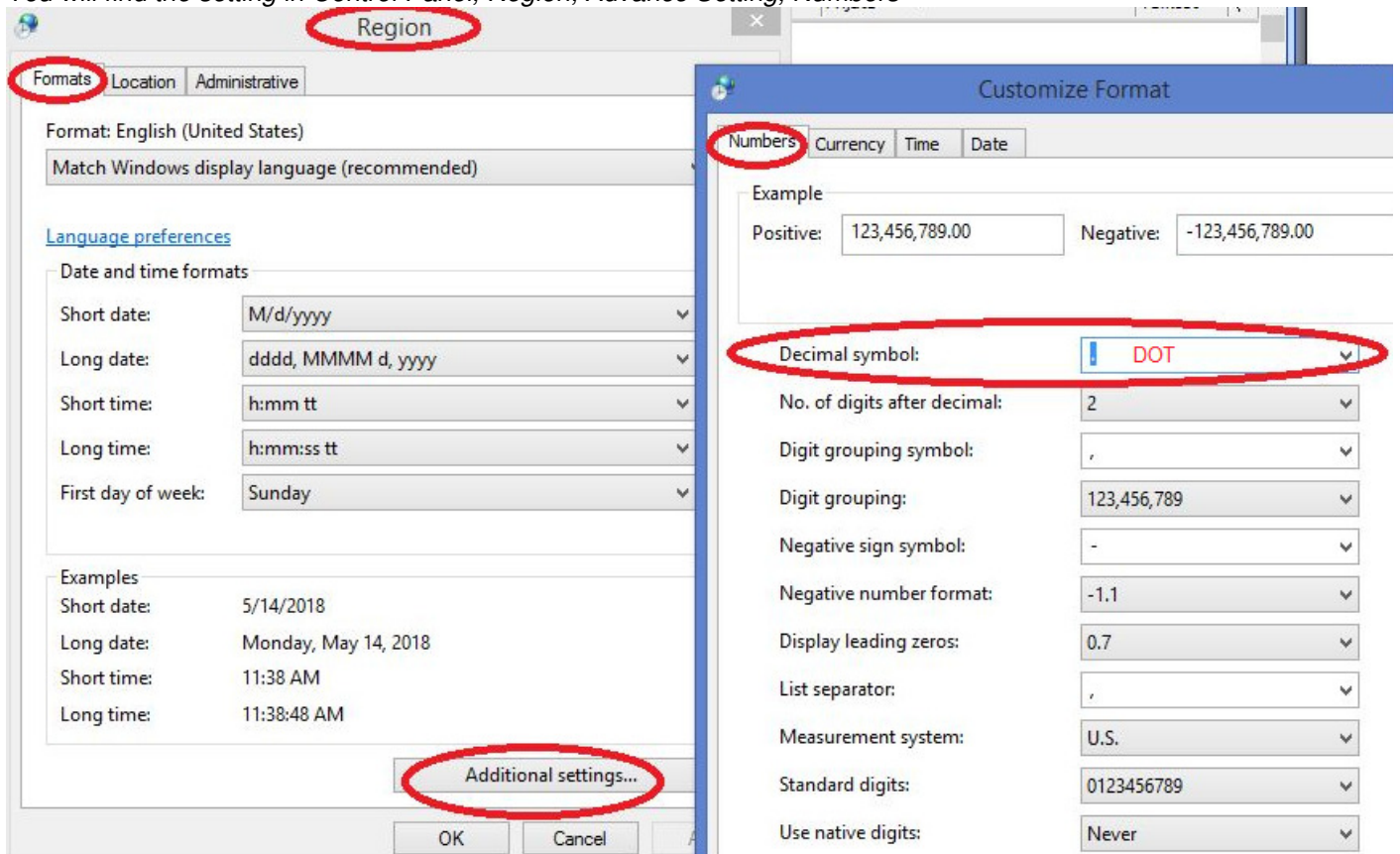*3. Windows will detect the USB Device. Click Next.*



4. Click Finish to let Windows copy the required files to your hard disk.



*5. . You can check the Device Manager and see that the USB Serial Port (COM..) is listed*

**Important notice:**
**Please check a format of the decimal symbol. The setting needs to be to DOT.**
*You will find the setting in Control Panel, Region, Advance Setting, Numbers*



**The wireless bluetooth connection works only if the Tendo Computer Bluetooth and the Tendo Microcomputer Bluetooth have the same Set Number.**

# 3. Connecting microcomputer and computer.

1. Switch on the microcomputer.
2. Plug the Tendo Microcomputer Bluetooth connector into the connector on the top of the microcomputer
3. Plug the Tendo Computer Bluetooth (USB connector) into the appropriate USB connector on your computer.
4. **Wait untill blue LED of the Bluetooth indicates connection** - still blue light
5. Open Tendo Power Analyzer software

*Microcomputer Bluetooth*                    *Computer Bluetooth*

**It is highly recommended to use full charged batteries for microcomputer if the Tendo Bluetooth connection is used.**

*If microcomputer battery voltage is low, the microcomputer does not transfer the data to the computer.*

**To reset the Bluetooth connection, unplug the USB Tendo Computer Bluetooth from your computer and plug it in again and wait until the blue LED is on; this indicates connection. *(The microcomputer unit must be turned on)***

# 4. Indication of the connection

**LED light**

Tendo Bluetooth Set

**Tendo Bluetooth**

Blue LED light indicates correct wireless connection between a microcomputer and a computer.
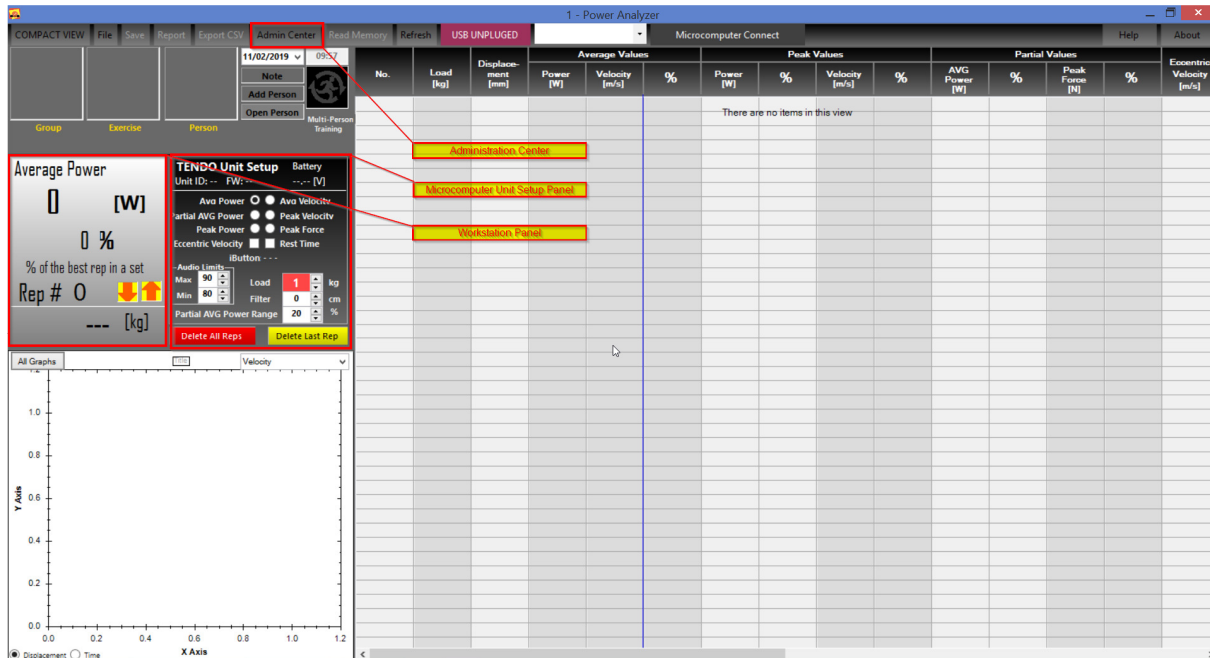Green LED light indicates the connection is lost.

# 5. STARTING TENDO Power Analyzer (TPA) program:

To Start the Tendo Power Analyzer program, double-click on the Tendo Power Analyzer icon on your computer

desktop.

When you open the application you will see this program window:



## WORKSTATION

You will see 'Workstation 1' is in the middle upper part of the software window. If you would like to connect more Tendo Units to the computer software you need additional Tendo Bluetooth package. Then you have to open more panels, each denoting their workstation e.g. 'Workstation 2' etc
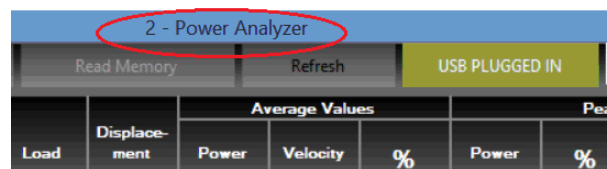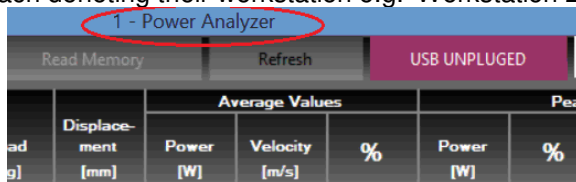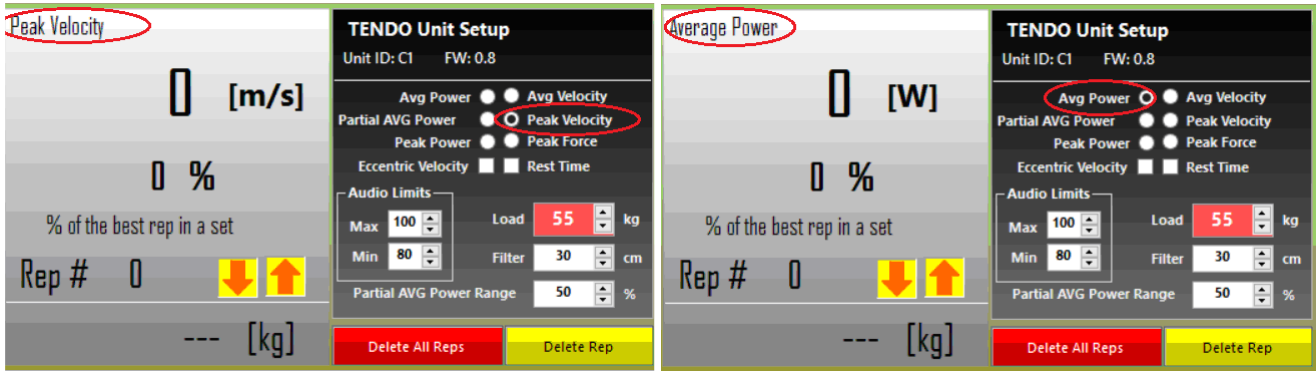


**The Tendo Power Analyzer software has 3 sections.**

- Workstation panel of values
- Table
- Graph

**Workstation panel of values**:

*You can view any parameter (Avg Power…Peak Force) of recorded information by simply clicking on the dot.*

This part is dependents on the microcomputer setting.

**Microcomputer Setup Panel:**

It is also possible to change the microcomputer settings directly from this '**WORKSTATION**' panel on your computer.

*1 Parameters displayed in the microcomputer upper display (**Avg.Power ...Peak Force**)*
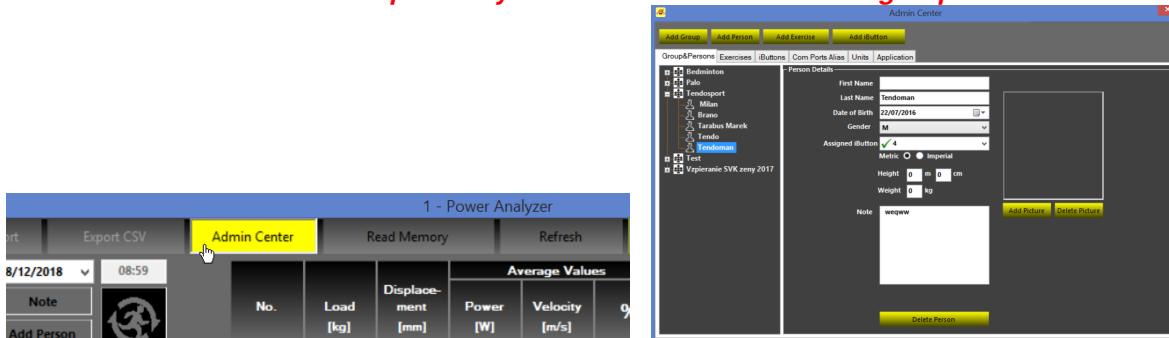
*2 Settings limits for audio signal, load, filter, range for partial, average power and range for peak force, eccentric velocity and rest time.*
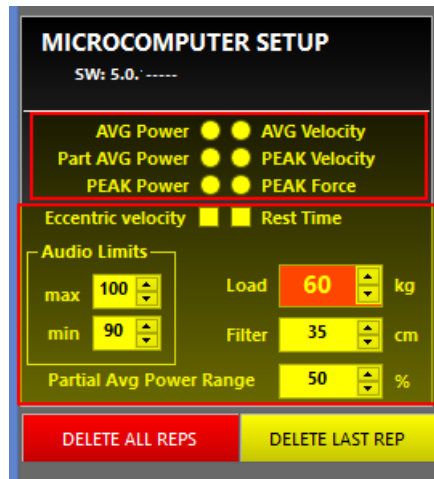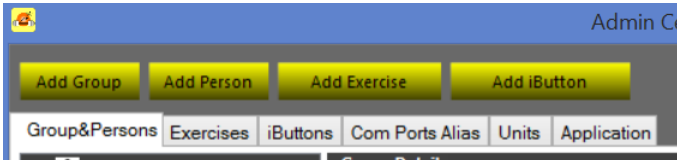


# 5.1 Administration Center

Before you start using the system, it is recommended to fill in the Administration Form to create database/groups:

*Click "Admin Center" at the top bar of your screen and the database/groups will be shown*





*You will find there list of groups and persons, exercises, iButtons, Com Ports, Units and data directory in Application*

**Add Group -** Click "Add Group" – write down the group name and click SAVE to save new group.
It is also possible to add a photo of a group. Click SAVE to save new group or any new updated info.
The photo of the group will appear in the list of the groups and on the main window of the software.
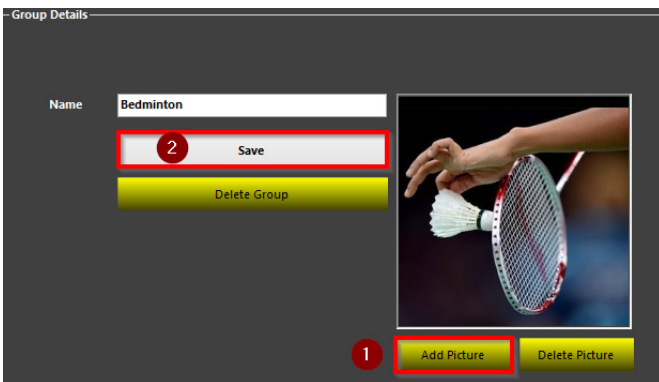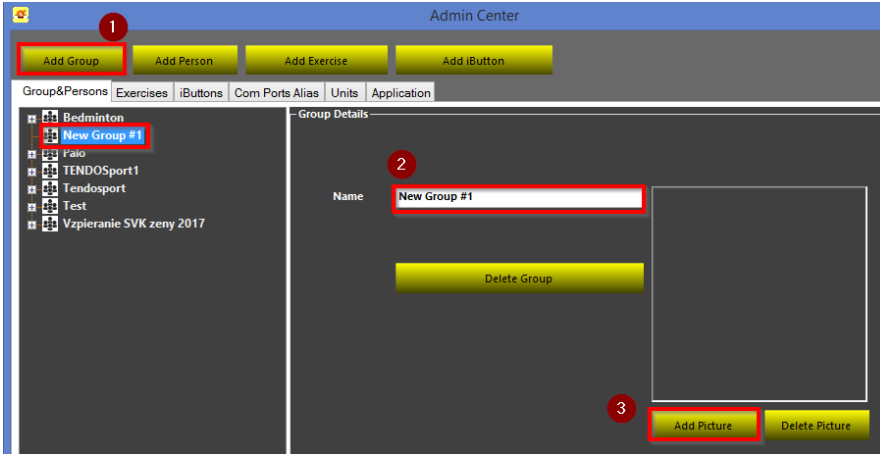




If you want delete group, select group and click "Delete" to delete particular group. If a particular group is deleted and contains saved data under this group, it is possible to open it using File command.



**Add Person** - Select Group, click "Add Person", fill in personal details. It is possible to update personal details anytime. After the personal details are updated, click SAVE to save new person or updated infor.
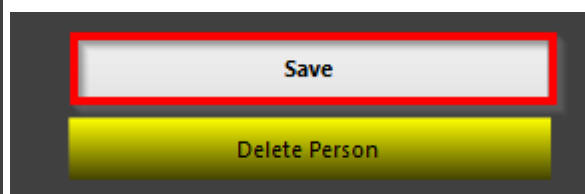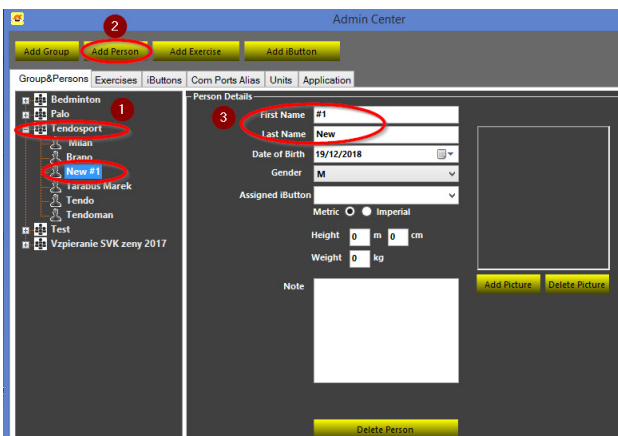


If you want to delete a person, select the person and click "Delete" to delete the particular person.
It is also possible to add a photo of a person. Click SAVE to save new person or any updated info.

The photo of the person will appear in the list of persons and on the main window of the software.
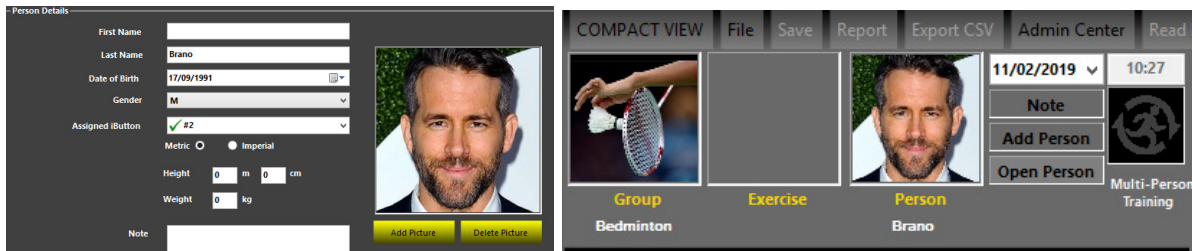


**Add Exercise** - Select "Exercises" and click "Add Exercise", write name of the exercise.
It is also possible to add a photo of an exercise. Click SAVE to save new exercise or any updated info.
The photo of the exercise will appear in the list of exercises and on the main window of the software.
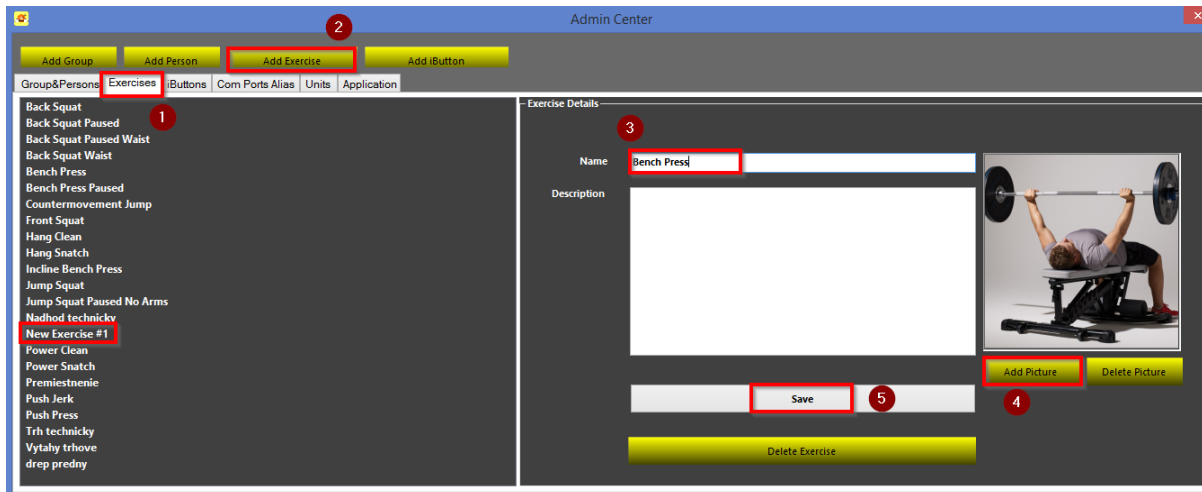


If you want to delete an exercise, select the exercise and click "Delete" to delete the particular exercise.
If a particular exercise is deleted and contains saved data under this exercise, it is possible to open it using File command.
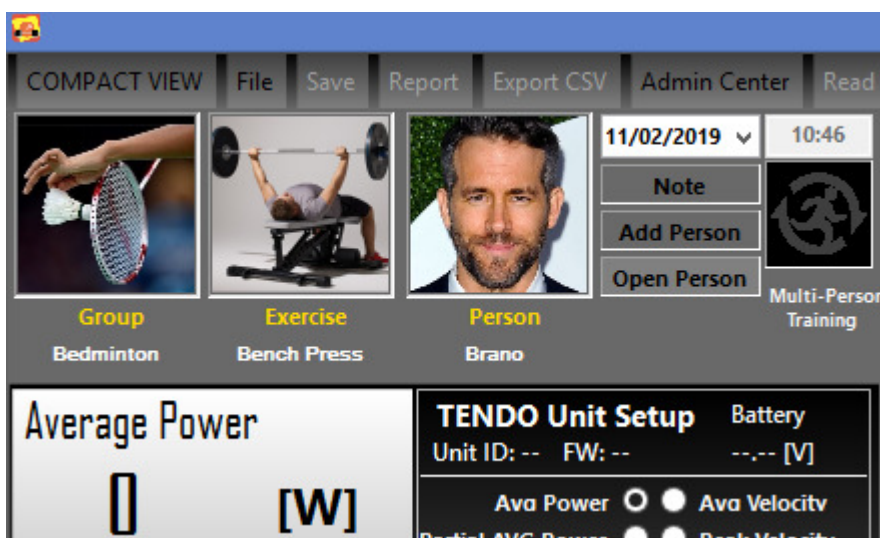




## Recommendation:

We recommend to add the pictures in shape of square.

**Add iButton** - An iButton is a microchip, which is used for a personal identification in a training, by simply touching the iButton Reader of the microcomputer unit.

***It is needed the software to be connected with the Tendo Unit, to add new iButton to list of iButtons.***

Select iButtons and click on "Add iButton" to add a new dongle (Personalized tracking device). Assign a number or a name of the iButton chip. Click SAVE to save new iButton.
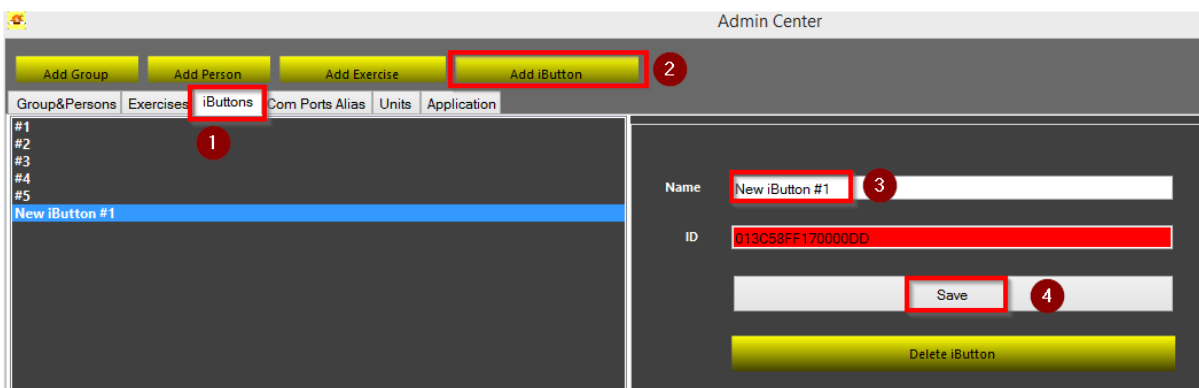


*If you want to delete the iButton, select the particular iButton and click "Delete" to delete the particular iButton.*

If the database of the iButtons is created, it is possible to assign a particular iButton to a particular person.
Click Group & Persons. Select Group and Person. Person details will open. Click Assigned iButtons to open list of iButtons.
Assign particular iButton (not assigned for this group) to particular person.
Each change is automatically saved in the Admin Center. There is not needed to click Save button.
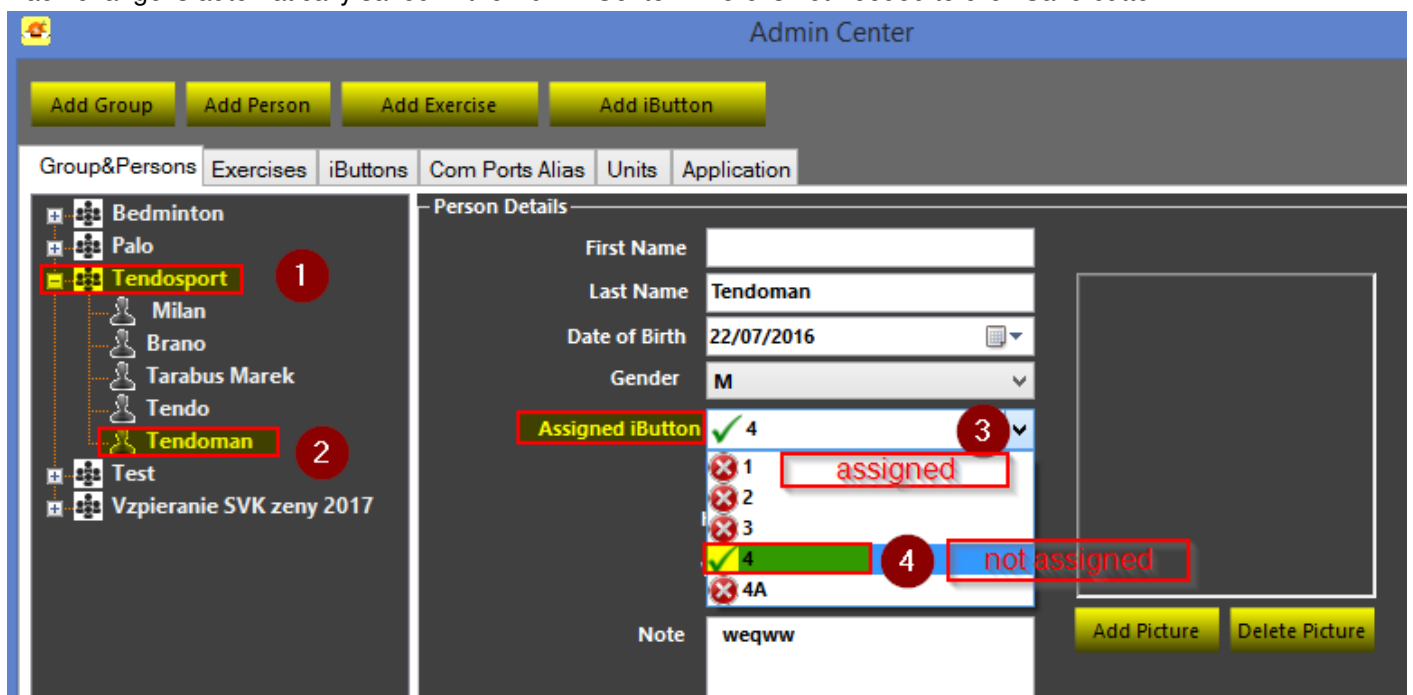


**Com Ports Alias** - If the USB Tendo Bluetooth is connected to the computer, the Tendo software displays a set number for each connected USB Tendo Bluetooth automatically.

It is possible to change the name of the Tendo Bluetooth set or add new name for the Tendo Bluetooth.
It is not recommended to change the Bluetooth set number, only to add additional name to the set number.
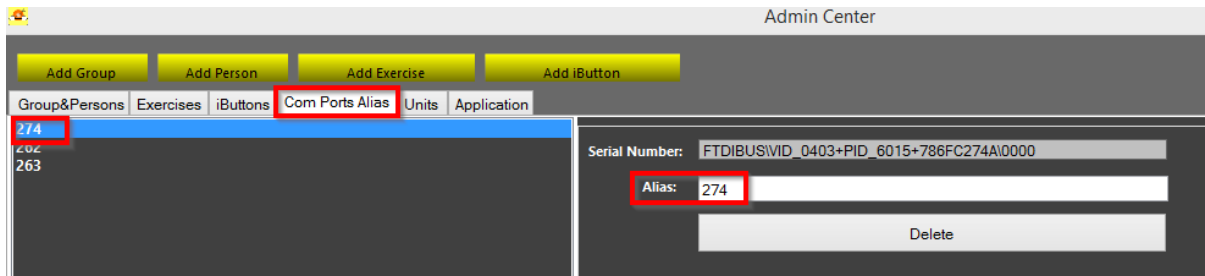


- Click Com Ports Alias, select Tendo Bluetooth set number displayed in the software form list of COM Ports.
- Add the additional name to the Bluetooth number.
- Click Save

**Units -** It is possible to select units of measurement for the Tendo software.
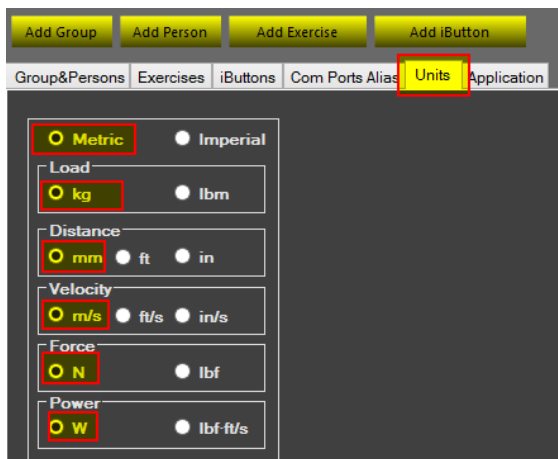


## Application

**Data directory -** Database directory will be collated automatically

**The location of the TENDO Power Analyzer database is in the following directory:**
*C:\Users\.......\Documents\ Tendo Sports Machines\Group\Exercise\Name*
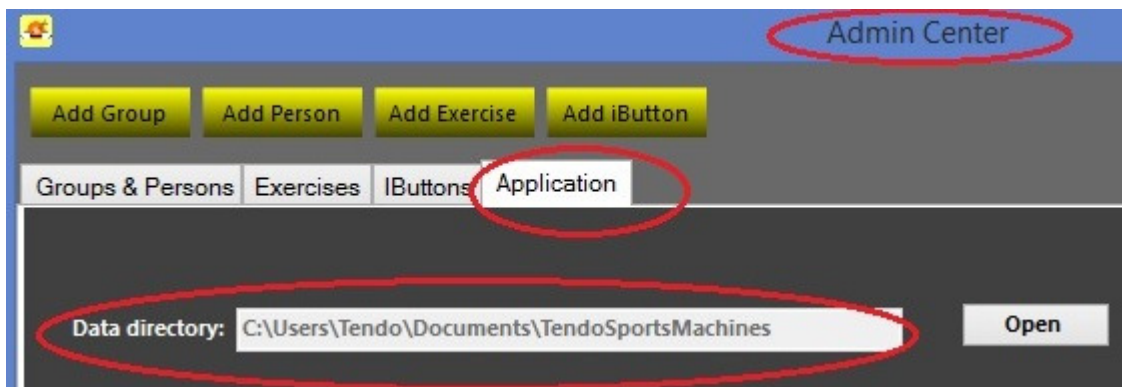


**Language** – Click on *"Select Language"* and choose a language of your choice. You can choose between English and Mandarin Chinese.
Click OK to confirm your selection.

**Close Admin Center and select Group, Exercise and Person prior to start measurement for identification of the measurement.**
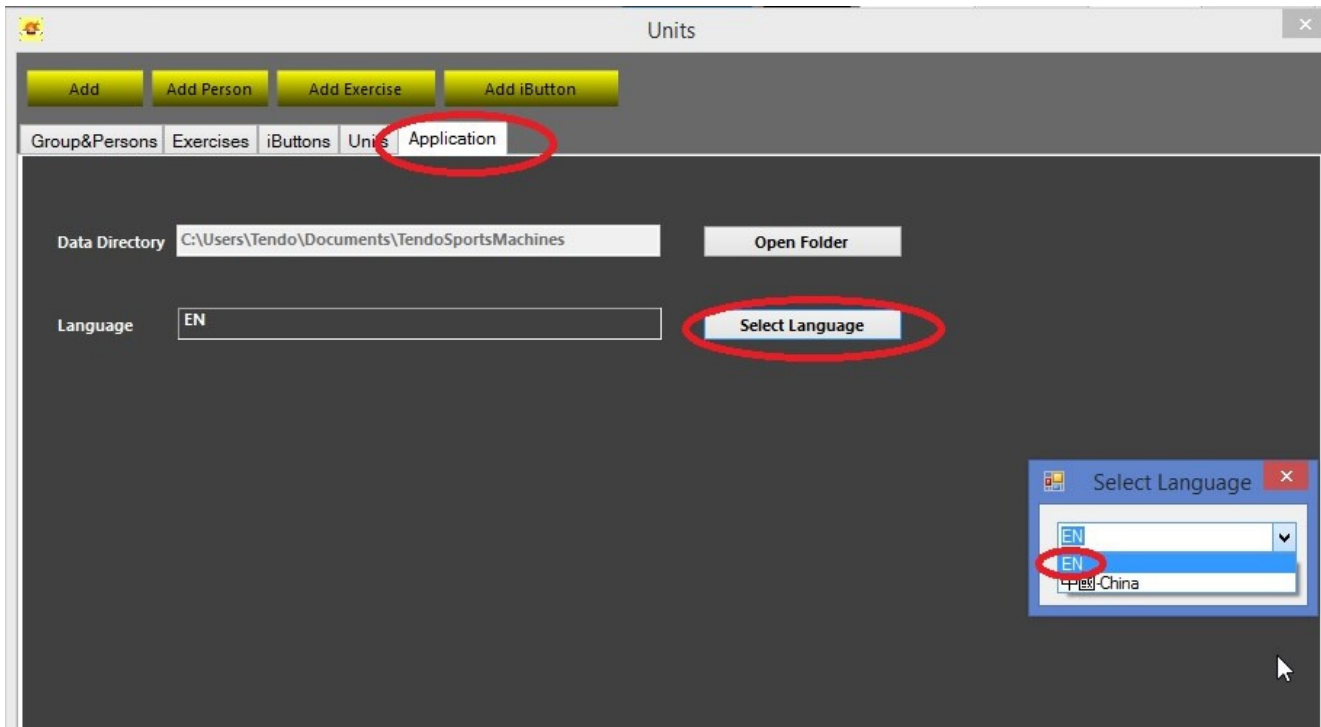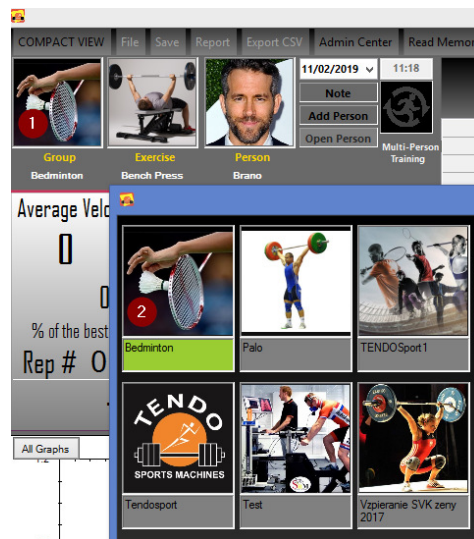
**Click on Group, Exercise or Person panel to open list of groups, exercises or persons and select particular group, exercise or person by clicking on the particular selection.**



**There are two modes to work from - On-Line and Off-Line.**

- **On-Line** simply means the Tendo Microcomputer is linked to your computer via Bluetooth and the data is collected instantly (in real time.)
- **Off-Line** simply means that the data are stored in the computer and the Micro computer is not connected.

# 6. Online mode

**TENDO Power Analyzer program is online connected to microcomputer**

## 6.1  A connection with Microcomputer,

1. *No USB Bluetooth plugged in (black fields)*
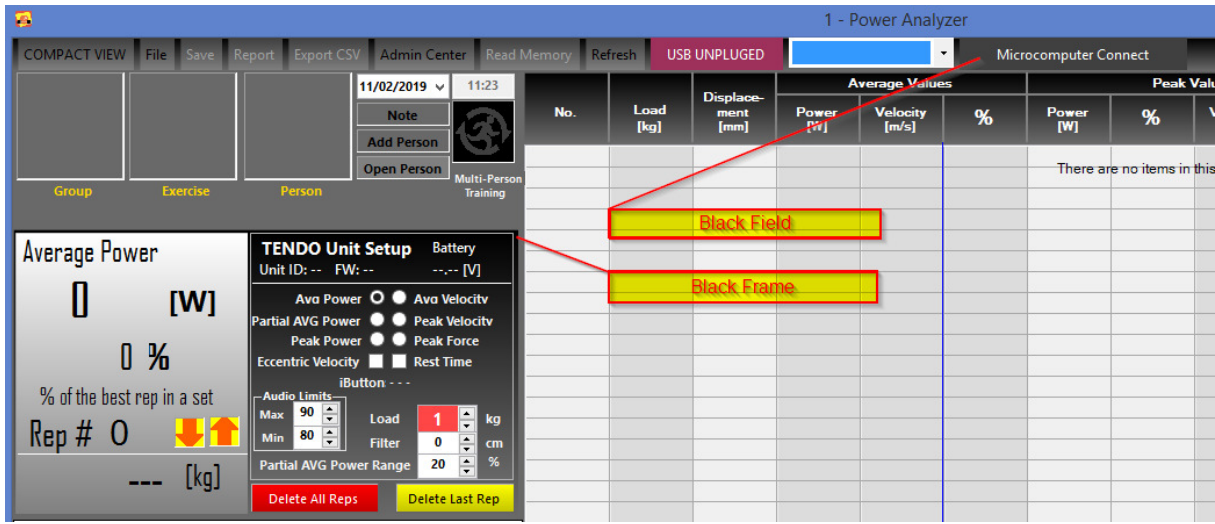


2. *Switch the microcomputer unit on and plug the Tendo Microcomputer bluetooth to the microcomputer unit.*
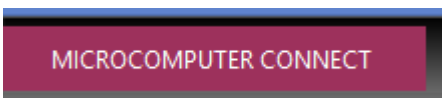


*Plug the USB Bluetooth to the computer (software recognize it. If not, click Refresh USB) (red fields)*



*Tendo Bluetooth LED blue lights indicate the bluetooth connection between the microcomputer unit and the computer is OK. Red field indicate the Tendo Computer Bluetooth is plugged in.*
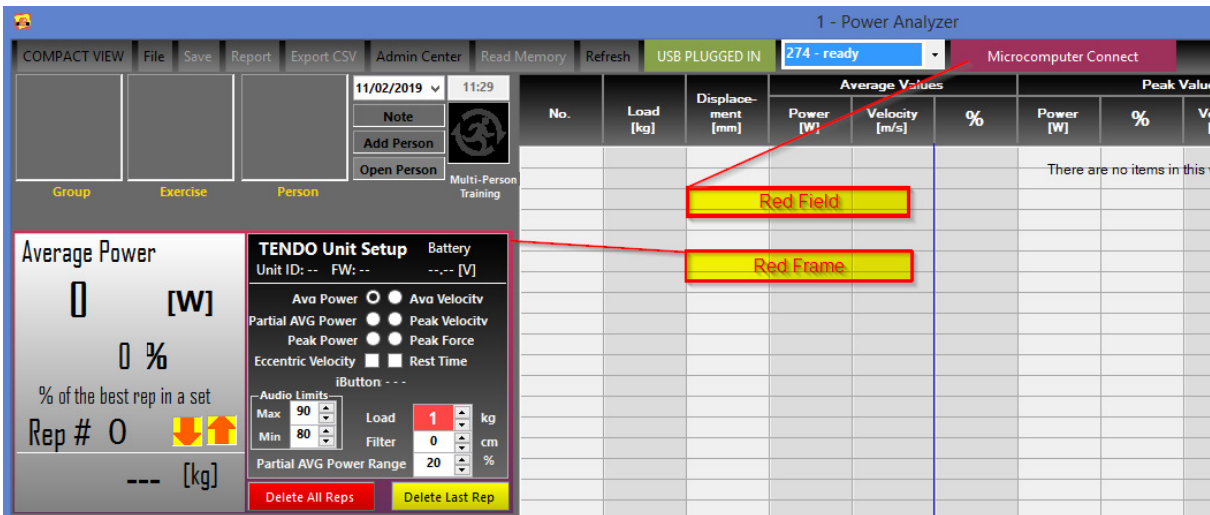
3. Click " Microcomputer Connect"



*Indication of the correct connection: Microcomputer is switched on and the connection between the software and the microcomputer is OK.*
*(green fields)*
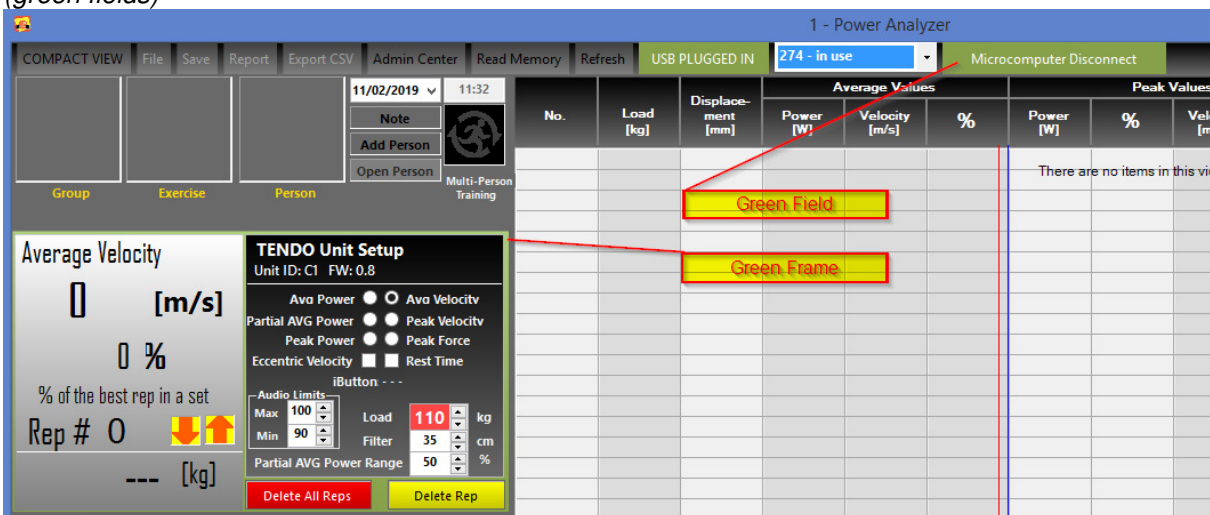


Program detects the Tendo Bluetooth Set number automatically. (USB Plugged In field is green)

**If you open multiple Tendo Power Analyzer programs for connection of more Tendo Units, you have to choose different TENDO Bluetooth Set number (not used) for each program window.**

**Click Connect only if there is blue LED light in Bluetooth devices, which indicates correct wireless connection between a microcomputer and a computer.**
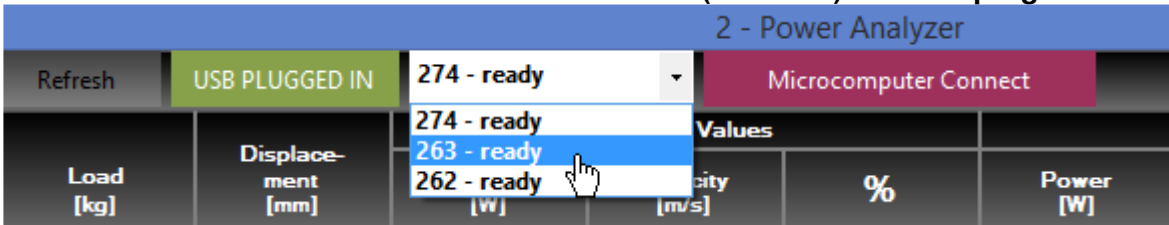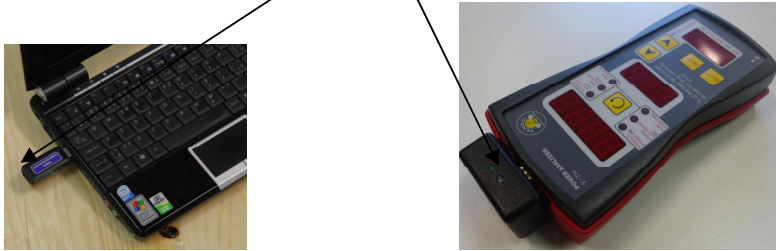


If the communication between the computer and the microcomputer is lost, or the microcomputer is switched off and then again the microcomputer unit is swithed on, the software will reconnect with the microcomputer automatically. Clicking on "Microcomputer Connect" is necessary only when the software is opening.
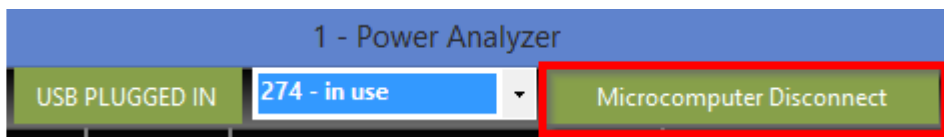
The software indicates it by flashing the colors (red and yellow) of the Microcomputer connection button.



**If there is still no connection, unplug the USB Bluetooth and plug it again or close the TPA software and open it again**.

*If still there is not a connection, restart your computer.*

**To disconnect** connection click "Disconnect".



## More microcomputer units connected to the computer

If you would like to connect more microcomputers to the Tendo software in your computer, you need additional Tendo Bluetooth Sets.  Plug in another Tendo Computer Bluetooth (USB connector) into the appropriate USB connector on your computer. If you do not have more USB connectors available on your computer, it is possible to use the USB Hub. Then open new Tendo Power Analyzer software window by clicking on the Tendo Power Analyzer desktop icon. New window will open as 2- Power Analyzer. This way is possible to open desirable number of the Tendo Unit connections.
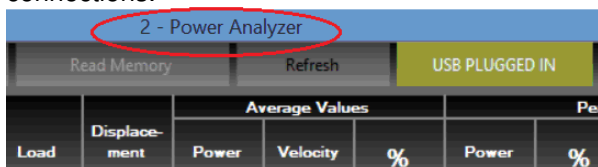


(black fields of the microcomputer connection button indicates offline mode) - Disconnected to the microcomputer unit

*Then select new unused number of the Tendo Bluetooth Set and click to the Microcomputer Connect button.*
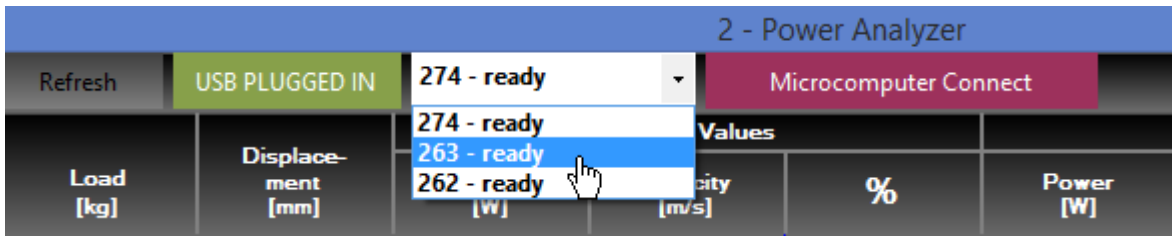


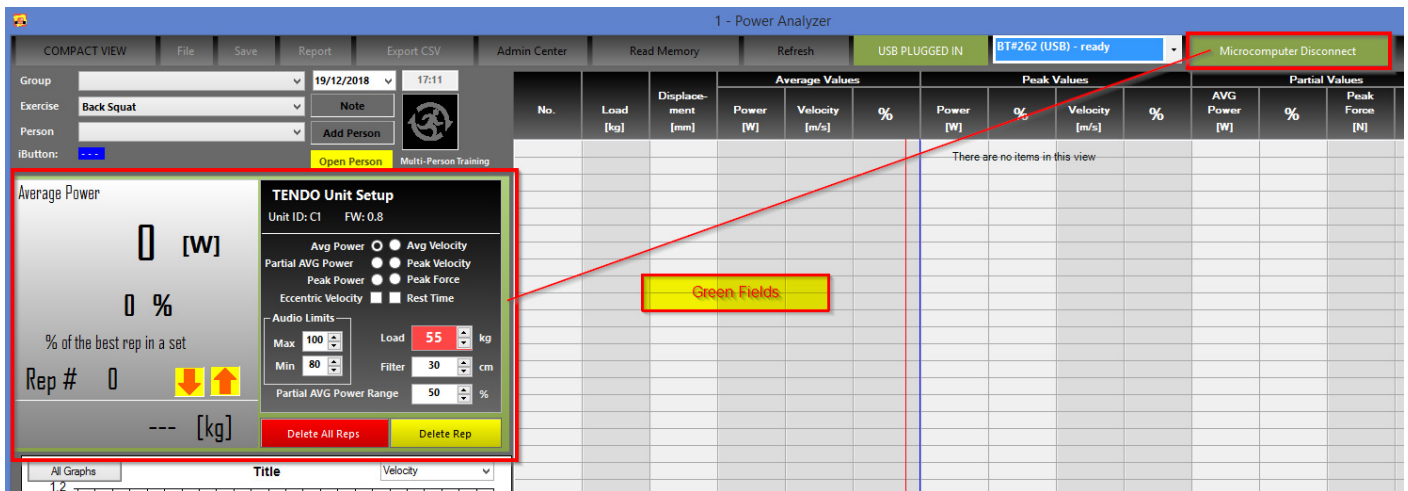*Green field of Microcomputer connection button indicates correct connection between the microcomputer unit and the Tendo computer software*



***If the software detects several Tendo Bluetooth Sets,** it* is necessary to choose different number (not in use) for each program window.
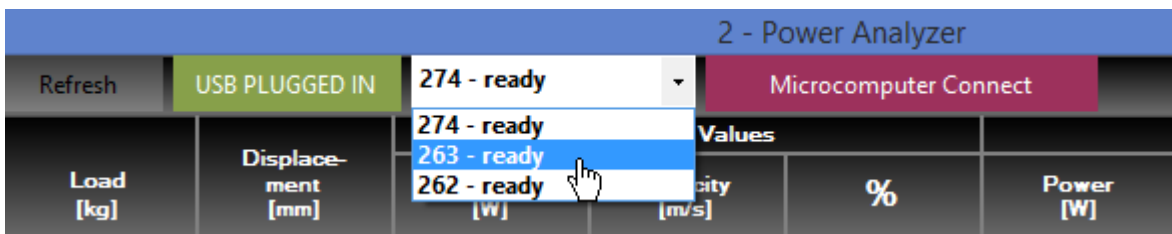


## 6.2 Microcomputer setting:

The program reads actual microcomputer setting (if not, press Reset button). It is possible to change settings by using the microcomputer itself or using the TENDO Power Analyzer program. To change the microcomputer settings, use setup panel - Audio signal, Load, Filter, Percent value for Partial average power and peak force).
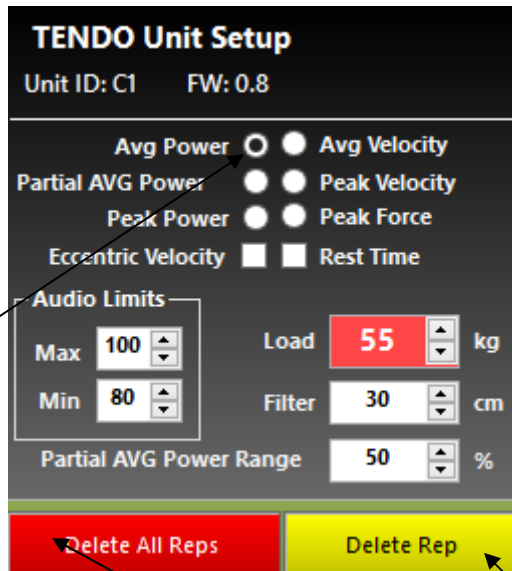
Parameters which are displayed in upper microcomputer display or in the numerical Workstation panel of the Tendo software.

At the bottom of the Tendo Unit setup panel there are 2 buttons. DELETE All REPS and DELETE REP.

**Caution !: Make sure you save the data before using Delete All Reps command. Delete Rep command deletes the selected repetition only.**

**If you want transfer data saved in the microcomputer memory, press the Read Memory button. Data is transferred to the software without graphs.**
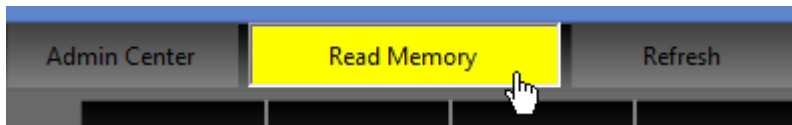


**Tendo Power Analyzer software window with measured data.**

On the left hand side you can see the Panel of Values for actual or selected repetition. In the blue field you will be able to see the recorded Watts, Load, % of Maximum for e.g. Rep Number 13. This is for Average Power.

**The color of this panel is identical with a color of the bar graph in the table.**
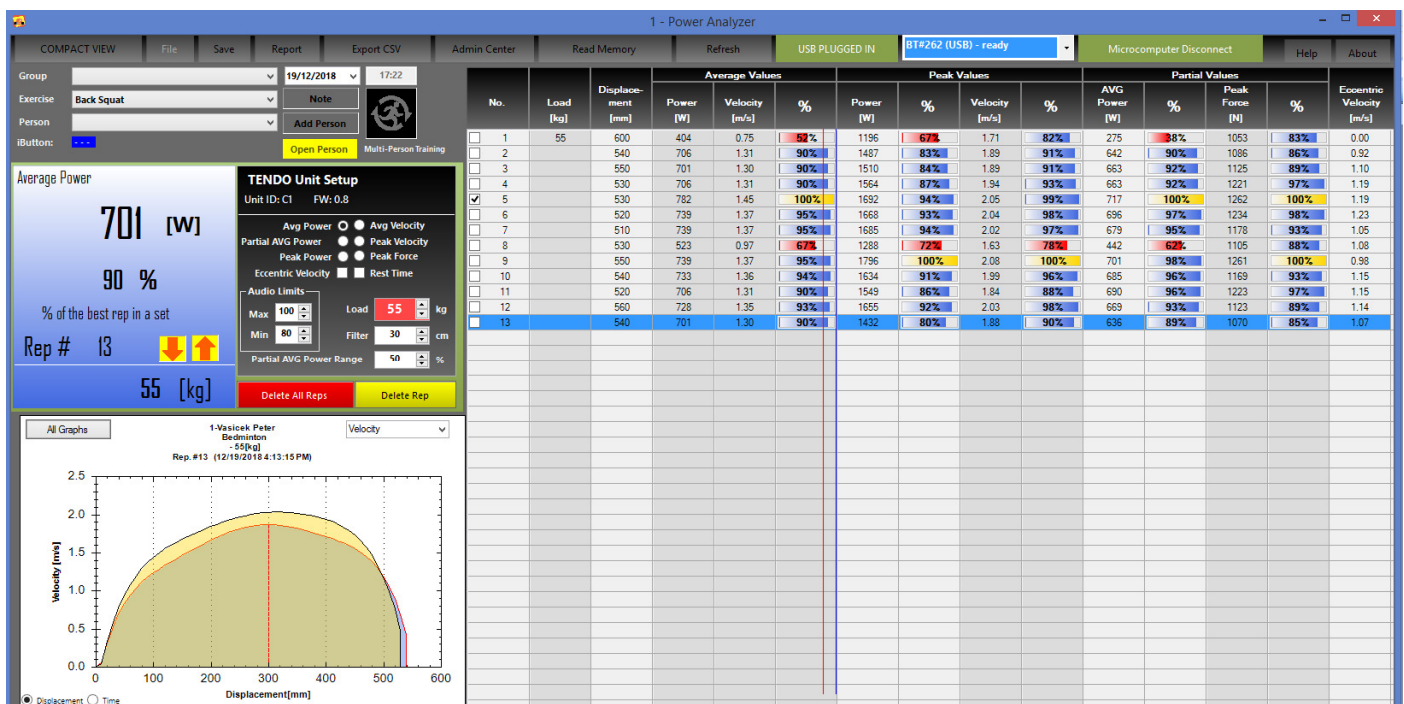
## 6.3 Save Data

If data are collected from the exercise, it is possible to save them by clicking ''Save'' button.
**Prior the saving data, fill in information about group, exercise and person to identify a file.**
Then click „Yes" to confirm.



If you did not fill in "Personal Info" (Group, Exercise, Person), the software saves file in the Tendo Sports Machines Temporary Files.
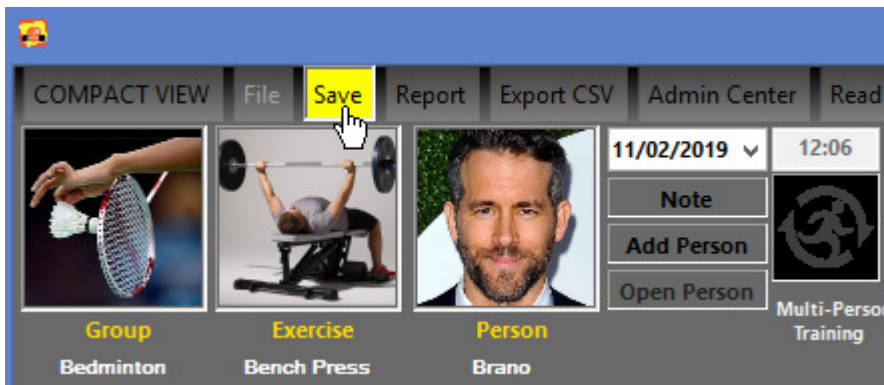
The File name is possible to rename anytime.

**Each workstation window works independently. The workstations which are not connected are possible to use in offline mode and opening the saved files. If the system is connected online, it is not possible to open saved files.**

## 6.4. Partial Average Power

Partial Average Power is the value of average power, which is measured from the start (0) of the exercise to a certain predefined percentage value of the range of motion. The Default setting is 50%.
The settings range from 1 to 100%
  It is possible to change the range for the partial average power measurement.
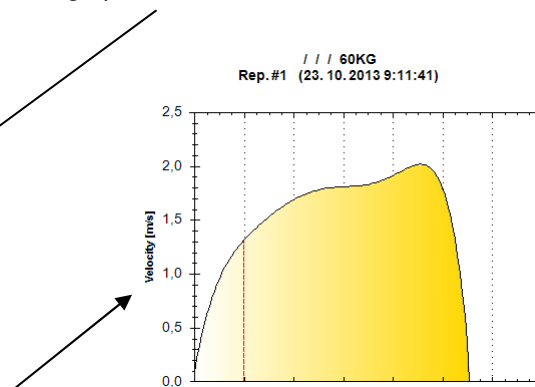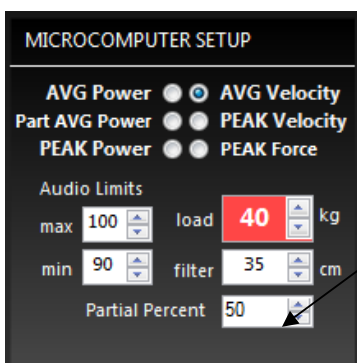


The value of the partial range is also shown as a vertical red line on the  "Velocity – Displacement (Time)" graph. The range for measurement for Partial Average Power is from 0 to the red vertical line.

**Peak Force** measurement has the same range setting as Partial Avg. Power.
It means the system finds the peak force for the set range (0 to a previously predefined percent value of the range of motion). The default setting is also 50%.

# Why Partial Average Power (PAP)?
# PAP is the best way to measure Rate of Force development (RFD)

Sometimes the average or peak power are not sufficient parameters for the assessment of athlete's qualities in weight training. This is because many athletes, in an effort to reach a maximum power value, try to accelerate at the end of movement. By doing this, they obtain a high average and peak power, but those parameters are misleading. Simply said, accelerating at the end is too late!. They have high average and peak power values but a low RFD - rate of force development. The Rate of force development (RFD) is a key factor in sports performance where explosiveness is required. The Partial Average Power will help emphasize RFD.
**If the RFD is what you interested in select Partial Average Power setted for 50%.**

## 6.5 Multiple microcomputer units connected to the computer

It is possible to select a compact view of the Tendo Power Analyzer software window.
Click on Compact View command and you will see a panel for the Tendo Unit setup and Panel of Values for each software window.
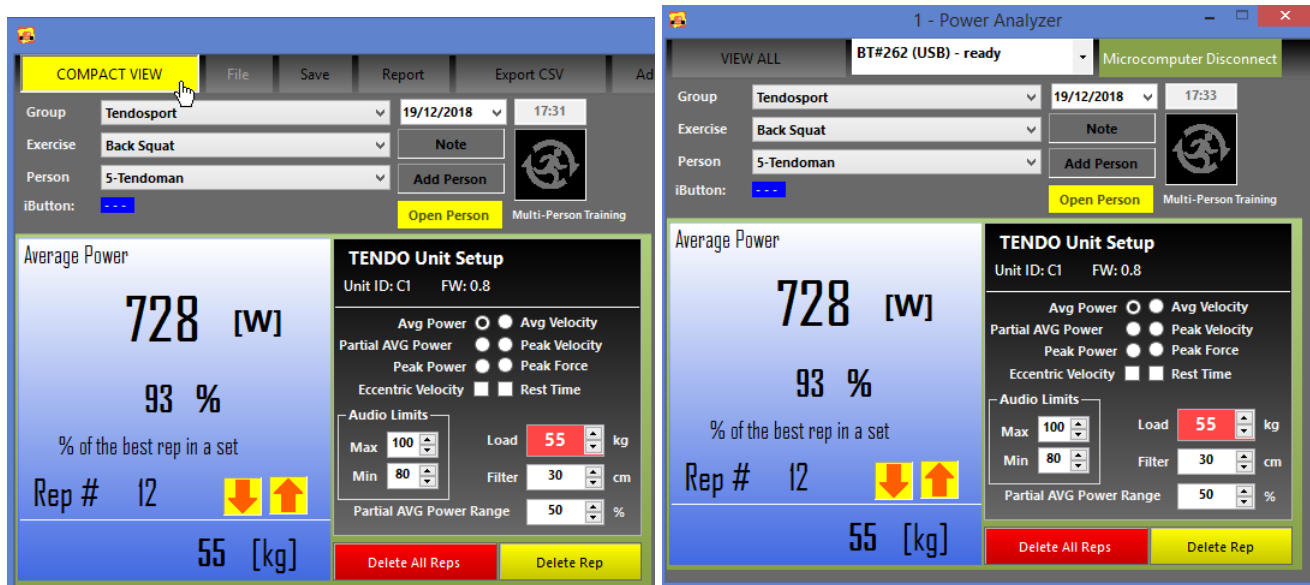


To return to full screen view, click to View All command.
If you would like to connect more microcomputers to the computer, you will need additional Tendo Bluetooth Sets.
Plug another Tendo Computer Bluetooth (USB connector) into the appropriate USB connector on your computer.
Then open a new Tendo Power Analyzer software window by clicking on the Tendo Power Analyzer desktop icon.
A new window will open as Workstation 2.
If you select the Compact View, it is possible to amalgamate the software windows on a computer screen.
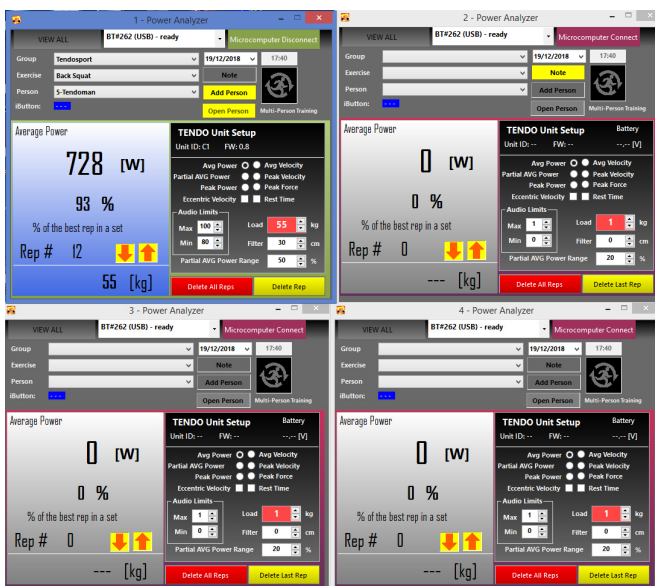
It is also possible to **change the software window dimmension**. Place your mouse cursor on a bottom right corner (or side line) of the software window, press left button of your mouse and hold. Then you can change the software window to the desirable dimensions.
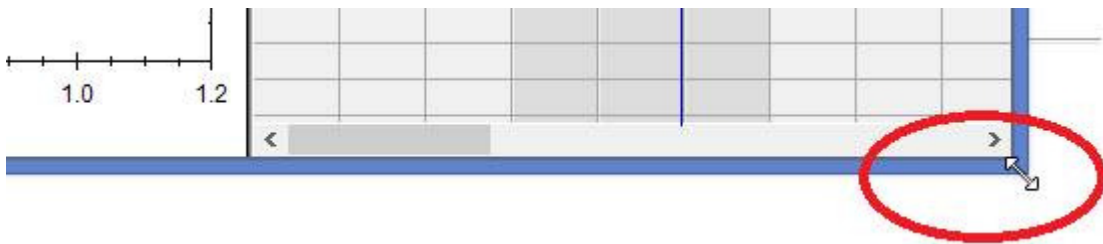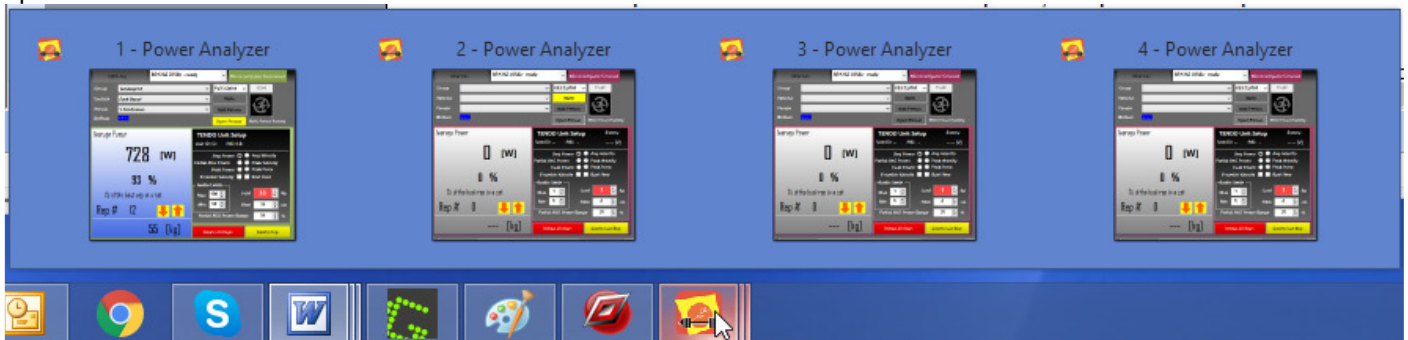


**How move the software window.**

Place the mouse cursor on upper bar of the software window. Press left button of your mouse and you can move the software window anywhere on your computer screen.
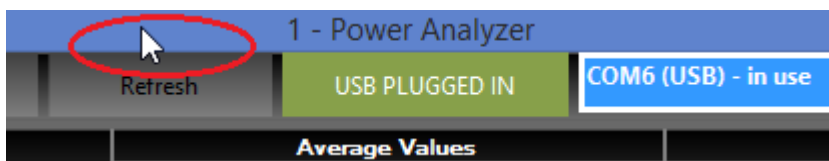


If you click on the Tendo Power Analyzer software icon placed on a lower bar of your computer, you will see all opened Tendo software windows.



# 7. Offline mode:

If the microcomputer is not connected to a computer, it is possible to open saved files from the database and analyze the measurements:

Click "**File**" on workstation panel and select the group, exercise, and name and select particular file from database.
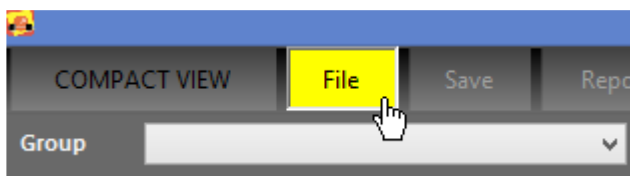


**For fast search, fill in Personal Info and click "Open"**

**Database directory C:\Users\.......\Documents\ Tendo SportsMachines\Group\Exercise\Name**

## 8. Analyzing Results

The program has 2 sections for analyzing results - Charts and Tables
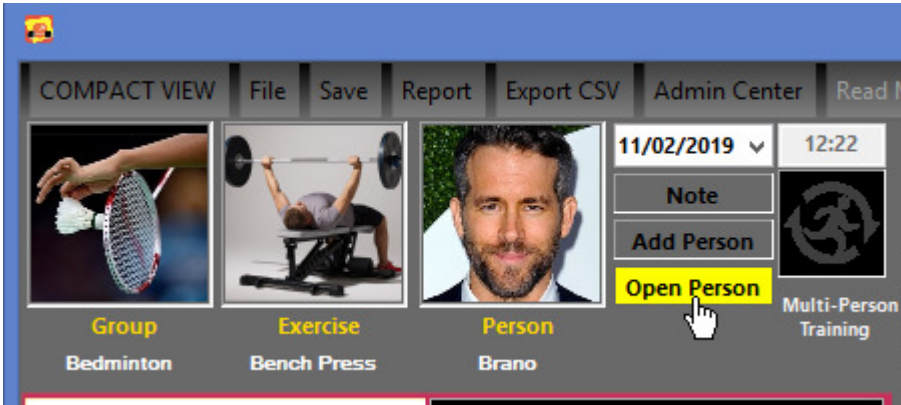


## 8.1 Table section

| No. | Load [kg] | Displacement [mm] | Average Values | | | Peak Values | | | | Partial Values | | | | Eccentric Velocity [m/s] |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | Power [W] | Velocity [m/s] | % of best rep | Power [W] | % of best rep | Velocity [m/s] | % of best rep | AVG Power [W] | % rep | Peak Force [N] | % rep | |
| ☑ 1 | 65 | 780 | 1141 | 1.79 | 100% | 2294 | 73% | 2.39 | 88% | 1071 | 100% | 1595 | 100% | 0.00 |
| ☐ 2 | | 660 | 650 | 1.02 | 57% | 2469 | 79% | 2.38 | 87% | 446 | 42% | 1580 | 99% | 1.24 |
| ☐ 4 | | 600 | 886 | 1.39 | 78% | 1963 | 63% | 2.09 | 77% | 835 | 78% | 1346 | 84% | 0.97 |
| ☐ 5 | | 720 | 981 | 1.54 | 86% | 2441 | 78% | 2.36 | 86% | 918 | 86% | 1348 | 85% | 1.34 |
| ☐ 6 | | 750 | 1052 | 1.65 | 92% | 2463 | 79% | 2.36 | 86% | 969 | 90% | 1476 | 93% | 1.32 |
| ☐ 7 | | 730 | 860 | 1.35 | 75% | 2292 | 73% | 2.31 | 85% | 714 | 67% | 1202 | 75% | 1.09 |
| ☐ 8 | | 760 | 1084 | 1.70 | 95% | 2960 | 95% | 2.66 | 97% | 981 | 92% | 1455 | 91% | 1.28 |
| ☐ 9 | | 750 | 1084 | 1.70 | 95% | 3129 | 100% | 2.73 | 100% | 969 | 90% | 1563 | 98% | 1.28 |
| ☐ 10 | | 660 | 1007 | 1.58 | 88% | 2741 | 88% | 2.45 | 90% | 924 | 86% | 1509 | 95% | 1.34 |
| ☐ 11 | | 800 | 1064 | 1.67 | 93% | 3027 | 97% | 2.68 | 98% | 975 | 91% | 1506 | 94% | 1.22 |
| ☐ 12 | | 730 | 1084 | 1.70 | 95% | 2816 | 90% | 2.53 | 93% | 1020 | 95% | 1534 | 96% | 1.27 |

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The table section contains

*Repetition Number, Load, Displacement,*
*Average Power, Average Velocity, and Percent of the best rep. – for average value*
*Peak Power, Percent of the best rep. for peak power*
*Peak Velocity, Percent of the best rep. for peak velocity*
*AVG Partial Power – partial average power for predefined range from 0 to setting value*
*Percent of the best rep. – for partial average power*
*Peak Force - for predefined range from 0 to setting value*
*Percent of the best rep. – for peak force*
*Eccentric Velocity - average velocity in downward movement*


***Coloured Column "% of the best rep" represents column chart "Percent Value of Best of power, velocity and force.***

**Column colors –**   depends on the audio signal settings.

**Yellow column**    each repetition with a value, performed **above upper limit** of the audio signal.
**Blue column**        each repetition with value, performed **between upper and lower limit** of audio signal.
**Red column**         each repetition with value, performed **below lower limit** of audio signal.
Blue (or grey row) represents actual repetition displayed in Graph Section e.g. Rep 12 is highlighted in example above.

# 8.2 Graph Section

*There are 4 graphs shown in this program section.*
- **Velocity - Displacement / Time**
- **Force -  Displacement / Time**
- **Power -  Displacement / Time**
- **Velocity and Power – Load for average values of power and velocity**

To change the graph, just click to particular parameter from the menu.
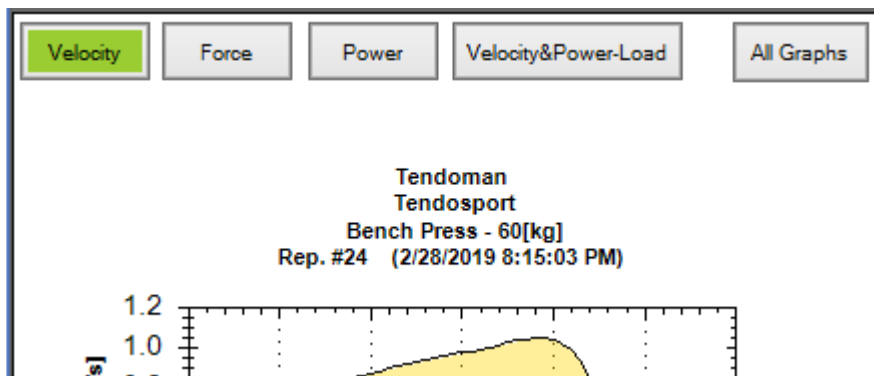


It is possible to select Displacement or Time axis by clicking on the Option Button, located at the bottom of the graphs.
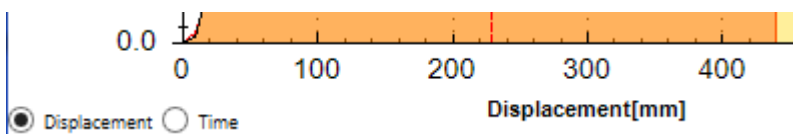


There are two curves in each graph.
The black curve is for repetition with maximum value of Average Power or Velocity or for marked repetition.
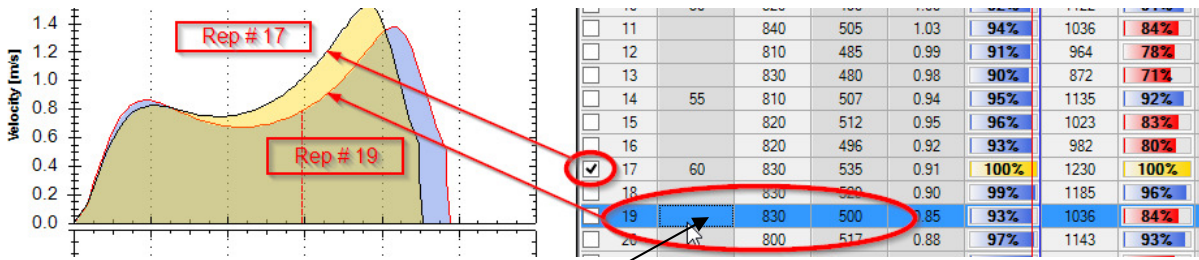
The colored curve is for selected repetition.

*Click All Graphs to view all graphs.*



*Window for All Graphs is independent and can be moved anywhere on the computer screen.*
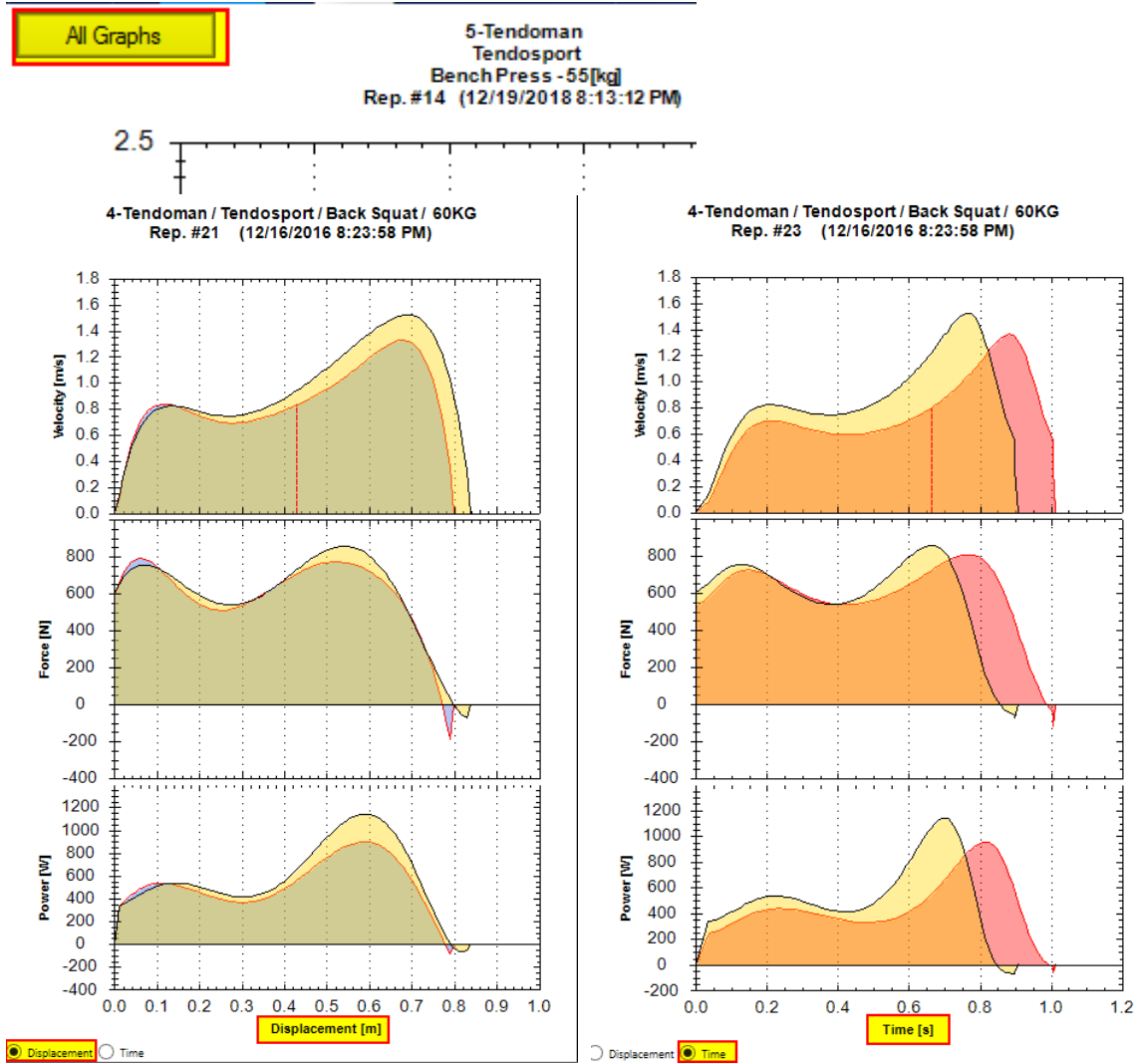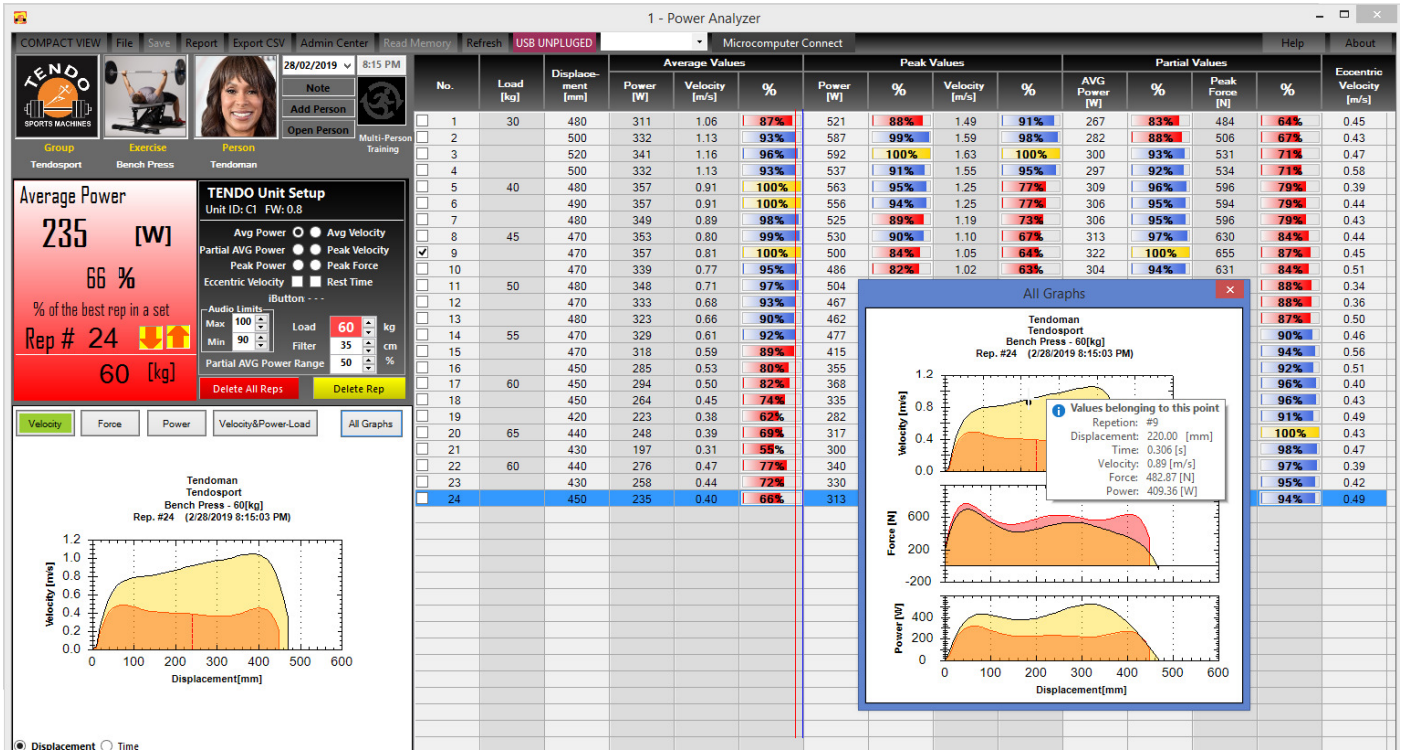
# Velocity & Power - Load graphs

If you perform the exercise with more than 3 different weights, the Tendo software displays the Velocity – Load line and Power – Load curve. It is for average values of Power and Velocity.

If you set a Minimal Velocity Threshold, the software will calculate estimated 1 RM.

The Minimal Velocity Threshold depends on exercise and also can differs from athlete to athlete.

For example for Back Squat is MVT around 0.35 m/s.

Bench Press – MVT is around 0.17 m/s



.
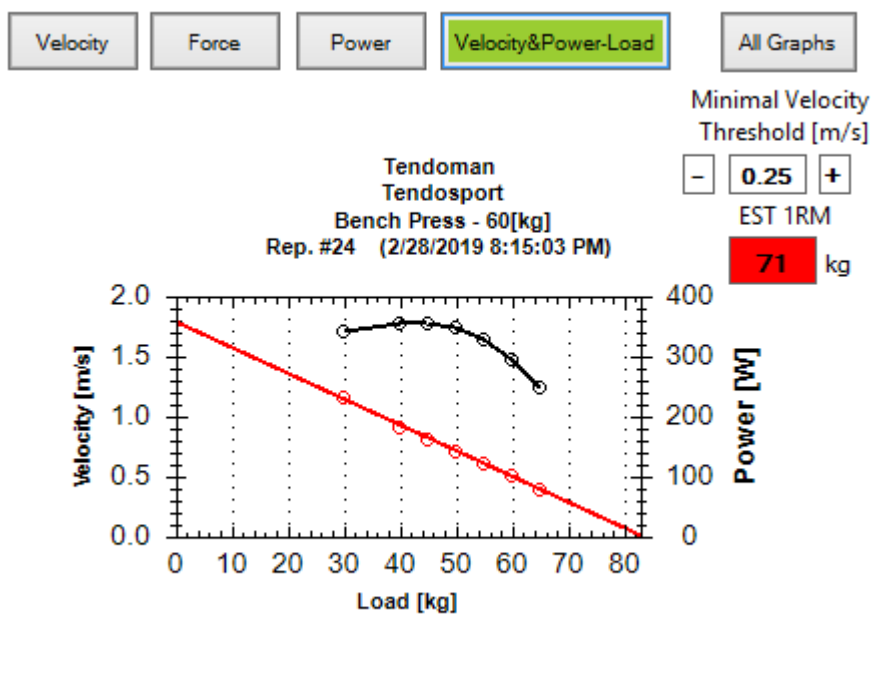
## 8.3 Working with the graph

If you place your cursor on a selected point of the "Velocity – Displacement (Time)" curve, actual values of displacement, time, velocity, force and power are displayed.



Recommendation:
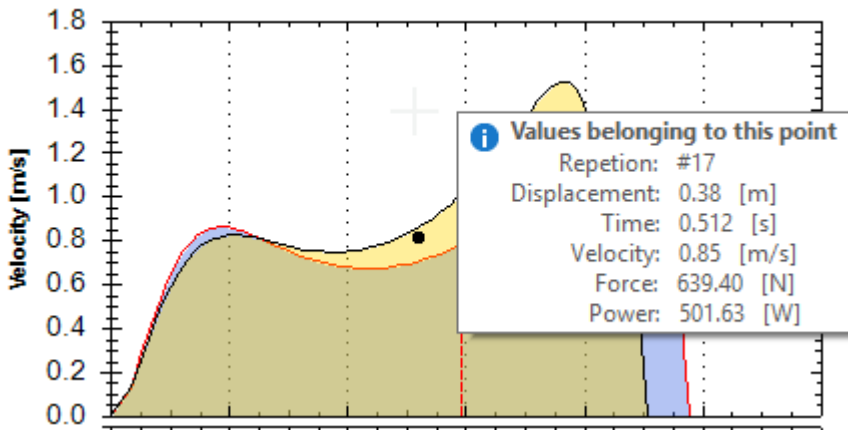
It is possible to open the Tendo Power Analyzer program several times. The purpose for the multi opening of the program is to track more workstations or to compare 2 or more different files.

1. Click "Restore Down" button on the upper right corner of the program, to make each window smaller*.*
2. Go to the lower right corner of the program window, click and hold left mouse button and you can change the program window dimension.
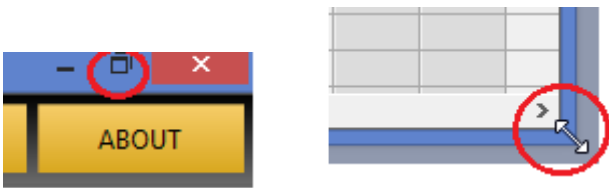


Open selected file in each opened Tendo Power Analyzer program window and you get 2 or more independent measurements on the computer screen.
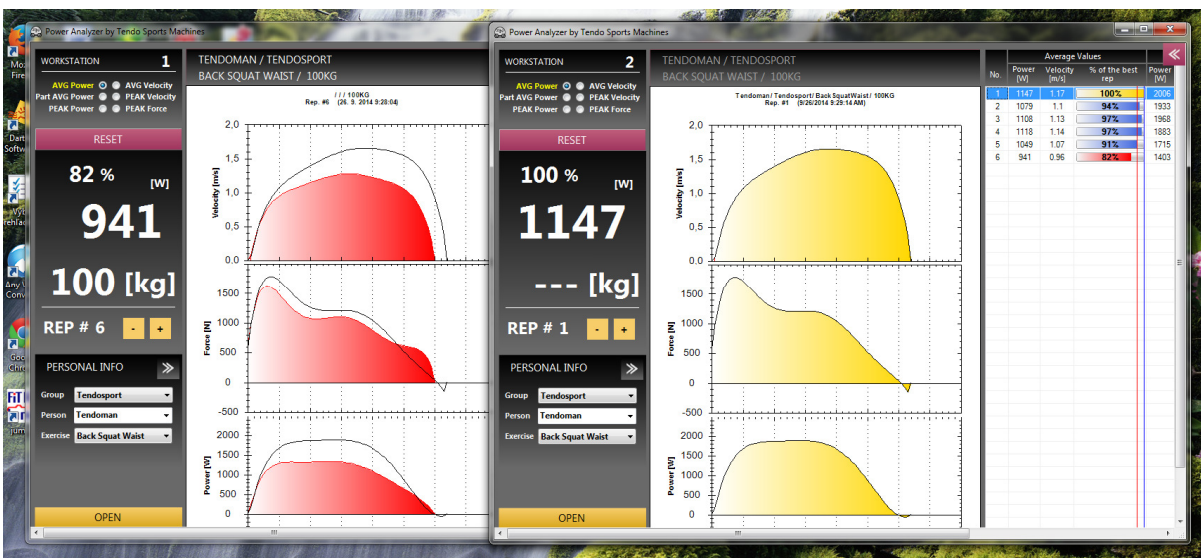


**You can create any combination of the program windows**.

Move the cursor to the graph area. Click the right button of a mouse and a command window will appear. Select the command you want to use and click the left mouse button.



You can also "**Zoom**" any part of the graph. Press the left button of the mouse – hold and stretch the window to the part of the graph you want zoom and release the left mouse button.



| *Default View* | *Zoom View* |

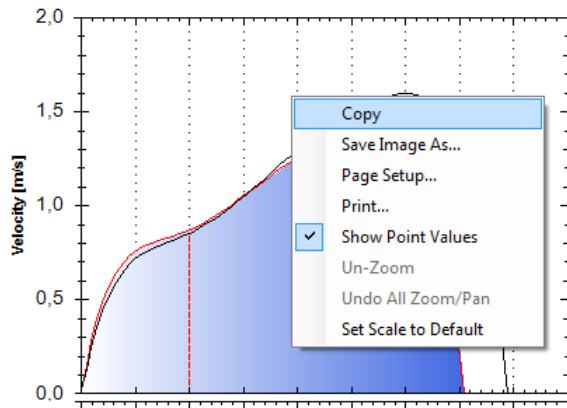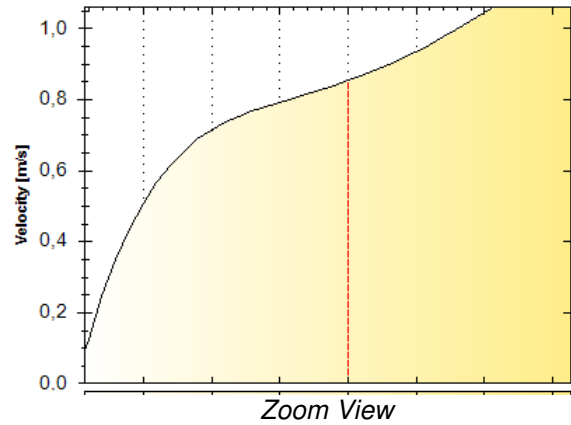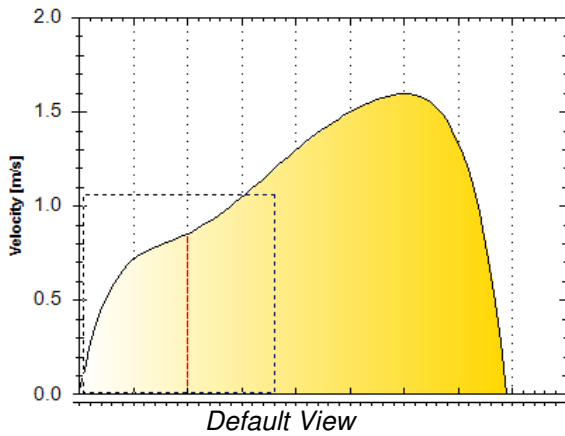**Back to Default View** – click the right button of the mouse and select "Set Scale" to "Default " or "Un - Zoom".

# 8.4 Exporting data

Tendo Power Analyzer program allows you to export data.
To open the file, click „Report" on the top tool bar of the workstation.

2 Report Sheets will come up in an excel spreadsheet or equivalent:

There are 2 Report Sheets

   1.   Summary of the exercise set

**[EXERCISE SUMMARY REPORT]**

| Name | Tendoman | | Group | Tendosport |
|------|----------|---|-------|-----------|
| Exercise | Back Squat | | Note | |
| Load | 100 | kg | | |
| Date | 13. 10. 2014 5:17 PM | | | |

| | AVERAGE | | | PEAK | | | | PARTIAL AVERAGE | |
|---|---|---|---|---|---|---|---|---|---|
| # | Power [W] | Velocity [m/s] | % | Power [W] | % of the best | Velocity [m/s] | % of the best | Power [W] | % of the best |
| 1 | 922 | 0,94 | 94 | 1616 | 98 | 1,39 | 97 | 241 | 81 |
| 2 | 981 | 1 | 100 | 1643 | 100 | 1,43 | 100 | 275 | 92 |
| 3 | 941 | 0,96 | 96 | 1425 | 87 | 1,29 | 90 | 285 | 96 |
| 4 | 961 | 0,98 | 98 | 1504 | 92 | 1,33 | 93 | 298 | 100 |
| 5 | 922 | 0,94 | 94 | 1367 | 83 | 1,25 | 87 | 297 | 100 |
| 6 | 873 | 0,89 | 89 | 1130 | 69 | 1,11 | 78 | 285 | 96 |
| 7 | 824 | 0,84 | 84 | 1144 | 70 | 1,1 | 77 | 278 | 93 |
| 8 | 784 | 0,8 | 80 | 980 | 60 | 0,96 | 67 | 277 | 93 |

2. Raw Data for each repetition from the exercise set.

**[EXERCISE SUMMARY REPORT]**

| | Group | Tendosport | | Load | 100 | kg |
|---|---|---|---|---|---|---|
| | Name | Tendoman | | Note | | |
| | Exercise | Back Squat | | | | |
| | Date | 13. 10. 2014 5:17 PM | | | | |

R E P E T I T I O N   N U M B E R   1

| # | DISPLACEMENT [m] | TIME [s] | VELOCITY [m/s] | FORCE [N] | POWER [W] |
|---|---|---|---|---|---|
| 0 | 0 | 0 | 0 | 608 | 0 |
| 1 | 0,01 | 0,040656 | 0,0488 | 869 | 110 |
| 2 | 0,02 | 0,066128 | 0,2109 | 1066 | 332 |
| 3 | 0,03 | 0,086456 | 0,3452 | 1210 | 509 |
| 4 | 0,04 | 0,104112 | 0,4557 | 1310 | 648 |
| 5 | 0,05 | 0,119936 | 0,5457 | 1373 | 754 |
| 6 | 0,06 | 0,134672 | 0,6187 | 1406 | 834 |
| 7 | 0,07 | 0,148296 | 0,6774 | 1416 | 893 |
| 8 | 0,08 | 0,161384 | 0,7244 | 1407 | 934 |
| 9 | 0,09 | 0,173968 | 0,7618 | 1386 | 962 |
| 10 | 0,1 | 0,186216 | 0,7917 | 1356 | 980 |
| 11 | 0,11 | 0,198056 | 0,8158 | 1320 | 992 |
| 12 | 0,12 | 0,209608 | 0,8355 | 1281 | 999 |
| 13 | 0,13 | 0,220768 | 0,8521 | 1242 | 1003 |

## 8.5 Print data

**Export data to e.g. the Microsoft Excel program and use print commands.**

**It is useful to archive the data periodically (at the end of training cycle, or season) and then delete old files from the program database because the database has a lot of information and will reach a very big size quickly.**

**WARNING:** Do not use the system in places subject to excessive humidity, dust, shock or vibration. Protect the unit from becoming wet and do not drop or strike the unit against hard objects.

*Please check our web site www.tendosport.com for the latest updates of Tendo Power Analyzer software.*