FITNESS & EXERCISE

Scosche RHYTHM simplifies fitness monitoring

By C.C. Weiss
October 16, 2012

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The button's on the RHYTHM control music

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In a world of complex fitness monitors, the Scosche RHYTHM Armband Pulse Monitor keeps things light and simple. The fitness monitor eliminates the heart rate strap common in other monitors and uses a lightweight interface to keep you focused on the workout, not a complex array of buttons and features.

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Scosche – a company known for creative i-accessories – has made the RHYTHM about as streamlined as possible. The only physical buttons are dedicated toward wireless control of the music on a connected device, with the buttons on the device's face allowing users to play and skip tracks and adjust volume.

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The RHYTHM straps around an arm and measures a pulse using a combination of two alternating LEDs and a photo sensor. With the help of an integrated accelerometer and a paired 3G/4G device, it calculates calories burned, speed, pace, route and distance. A rechargeable lithium-ion battery provides up to six hours of monitoring.

The RHYTHM works with iPhone, iPad, iPod Touch and Android devices and connects via Bluetooth from up to 33 feet (10 m) away. A free app allows users to design and analyze workouts. Similar to the Pear Sports Square One, the app has an integrated virtual trainer that provides verbal prompts to keep users on track while working out.

Data is stored in the cloud, allowing users to access it from any Internet-enabled device and share via Facebook and Twitter. An integrated calendar feature also keeps track of workouts over time.

Scosche launched the RHYTHM last month and it is available now at a variety of retailers for US$100.

Source: Scosche

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C.C. Weiss

Chris joined the New Atlas team in 2011 and now serves as the automotive and campers editor, traveling extensively to gather the latest news on cars, outdoor sports gear and other innovations designed to help people experience and enjoy the greater world around them.

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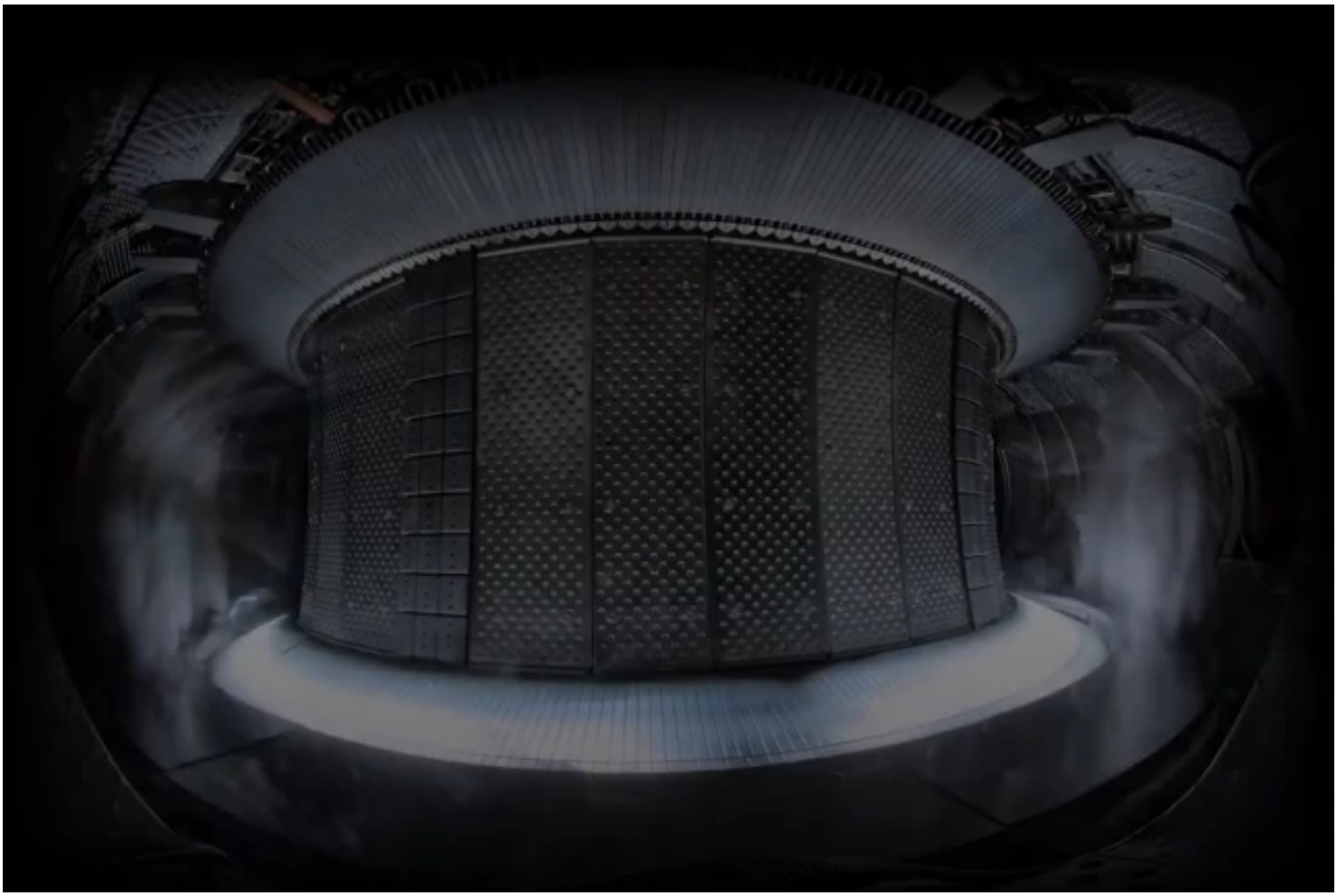

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