

OPTICAL HEART RATE MONITOR



GH-207
User Manual

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Thank you for purchasing the Globalsat GH-207 Heart Rate Monitor! Let's learn more about this exciting product.

About 3ATM Water Resistance

Suitable for daily use. Splash/rain resistant. **NOT suitable** for showering, bathing, swimming, snorkeling, water related work and fishing.

REMARK: NOT SUITABLE FOR DIVING.

About IPX7 Water Resistance

Suitable for indoor/outdoor use in the presence of rain, snow or brief splashes of water. **NOT suitable** for any immersion of more than 1 meter, regardless of duration of immersion, or any immersion of more than 30 minutes, regardless of depth of immersion.

IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS



ALWAYS CONSULT YOUR PHYSICIAN BEFORE YOU BEGIN OR MODIFY ANY EXERCISE PROGRAM.

- 1 To prevent risk of fire, chemical burn, electrolyte leak, and/or injury from the unit's internal Lithium-polymer battery:
 - 1.1 Do not attempt to remove the case-back or exterior shell of the unit, or to remove its non-user-replaceable battery.
 - 1.2 Do not leave the unit exposed to a heat source or a high-temperature location (such as in the sun or in an unattended vehicle). To prevent damage, store the unit out of direct sunlight.
 - 1.3 Do not puncture or incinerate the unit.
 - 1.4 When storing the unit for an extended time, keep it in the 32 to 77°F (0 to 25°C) temperature range.
 - 1.5 Charge the unit only within the 32 to 113°F (0 to 45°C) temperature range.
 - 1.6 Do not operate the unit outside the 14 to 140°F (-10 to 60°C) temperature range.
 - 1.7 Contact your local waste disposal department to properly recycle or dispose of the unit or its

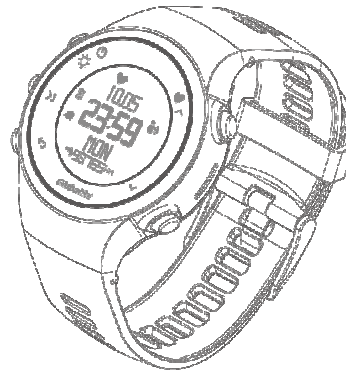
[TOC](#)

battery.

- 2 Use only the charging cable supplied.
- 3 This unit is not a medical device and is not recommended for use by persons with serious heart conditions. Always consult your physician before beginning or modifying an exercise program.
- 4 Do not attempt to read the unit's display while moving: this is unsafe and distracting, and could result in an accident or collision. Read the display only when you can safely do so.
- 5 Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
- 6 Avoid press the key under water.
- 7 Do not store the watch where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

What's Included

- 1 Globalsat Heart Rate Monitor GH-207
- 2 Clipper type Charger
- 3 Quick Start Guide

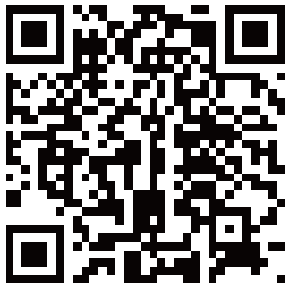


Getting Start

For first use, please follow these general steps to get started:

- 1 Charge your watch.
- 2 Configure your watch.
- 3 Pair BLE HRM belt (optional)
- 4 Go for a WORKOUT
- 5 Get [gRun](#) on your smart phone
- 6 Upload your WORKOUT to gRun
- 7 Upload your WORKOUT to [Sports4U.pro](#)
- 8 [Get more information](#)

Download gRun



Available on the
App Store



ANDROID APP ON
Google play

Keys



Power
Backlight

- Push to turn backlight on / off.
- Hold to turn watch on / off.
- Under workout mode, hold to **finish** and **save** the workout, after workout saved will turn off the watch.



Start
Pause
Save

- Push to enter menu, select a highlighted menu, or confirm to start a run or setting and returns to previous screen.
- Push to bypass searching for HRM.
- Under workout mode, push to **pause** the run, push again and hold to **finish** and **save** the workout.



Back
Resume

- Push to return to previous menu.
- Push to pause under workout

	<p>Up Previous Increase PPG Heart Rate Measure</p>	<ul style="list-style-type: none"> ● Push to display seconds, step count and distance walked in mini page under Time Mode. ● Push to moves up in a screen, highlight previous item in a menu. ● Push to switch page up under Workout Mode. ● Hold to turn on/off heart rate measuring under Time Mode
	Down // next // Decrease	<ul style="list-style-type: none"> ● Push to display seconds, step count and distance walked in mini page under Time Mode. ● Push to moves up in a screen, highlight next item in a menu. ● Push to switch page down under Workout Mode.

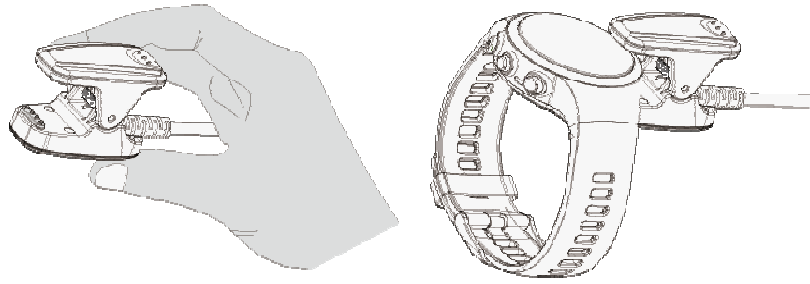
Icons


	HR	<ul style="list-style-type: none"> ● Heart rate measuring status. Turn solid when Heart Rate under measuring, flashing if still searching for heart rate signal. Stop flashing in 5 min.
	Battery	<ul style="list-style-type: none"> ● Displaying battery status, icon flashing and buzzer alert when battery down below 15%. ● Icon flashing and buzzer alert again when battery down below 5%, and watch automatically turn off.
	Alarm	<ul style="list-style-type: none"> ● Alarm icon will display when clock configured
	Steps	<ul style="list-style-type: none"> ● Number after this icon will display steps count or switch by (Up or Down) to total workout distance.
	Phone	<ul style="list-style-type: none"> ● Phone connection status. Stays solid when connection alive, flashing and beep when connection broken. Icon will turn off when the watch enter workout mode.

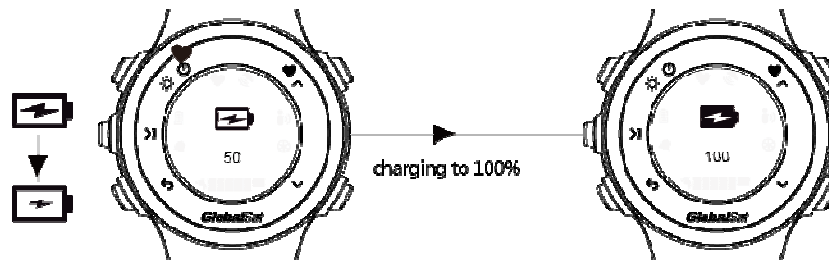
Charge your watch

Before you start use the watch, fully charge the battery using your computer or a wall outlet as a power source.

- 1 Attach the charging cable clip to the watch so the clip's pins align with the contacts on the back of the watch.



- 2 Turn off the watch before charging may reduce charging time less than 2 hours.
- 3 Select a power source:
 - 3.1 Computer: Insert the free end of the charging cable into a powered USB port on your computer.
 - 3.2 Wall outlet: Insert the free end of the charging cable into a USB power adapter, then insert the adapter into a wall outlet.
- 4 Let the battery charge at least 3 hours. The  flashes during charging or the battery icon in the center of screen turns solid static if your turn off as below.



When you connect the watch to a power source, the watch will turn on in charging screen. Charge the watch until the battery icon stays still as above.

Maximizing battery life








Use this procedure to maximize the time range of your watch's rechargeable battery:

- 1 Use your watch without recharging until the last battery indicator segment disappears and the empty indicator begins flashing. If the watch display goes blank, you can still proceed with this process as long as the display has been in the state for no more than one or two days.
- 2 Fully charge the watch battery for at least 3 hours, until the battery level indicator no longer blinking.
- 3 Repeat this procedure twice more.

NOTE: Repeat this procedure every two months if the watch is not used or recharged regularly.


Configure your watch for First Use

The first time you power on the watch, you will set up language, units, date/time, time format and personal profile.

- 1 Press and hold  for more than 2 sec to power on the watch. The watch then begins the first-time setup process.
 - 1.1 If first-time setup does not begin, press  to go to the main menu, then select **SETTINGS > ABOUT > RESET > OK!** The watch then enters factory reset process and turn power back on automatically.
- 2 Follow the instructions shown in the watch's display, using , , ,  and .

Configure your watch before workout

This section intends to assist you to customize your GH-207. The sequence of items is referring to the actual watch screen except PAIR due to its importance we move it to independent session.

1. GENERAL
 - 1.1 Language
 - 1.1.1 Currently offer English only. We will provide more language options for your choice in near future.
 - 1.2 ALARM
 - 1.2.1 When you set up a time and turn alarm **ON**, you will receive buzzer alerts when time is up. Also the vibration alert if you turn on alarm vibration (**SETTINGS > GENERAL > VIBRATION > ALARM > ON**).
 - 1.3 DATE, TIME
 - 1.3.1 To choose 24H or 12H system.
 - 1.3.2 Configure your local date and time.
 - 1.4 SOUND
 - 1.4.1 Turn **ON** in **KEY**, buzzer will beep when you push buttons.
 - 1.4.2 Turn **ON** in **WORKOUT**, buzzer will beep in a unique sound when you push  to **GO**, **PAUSE** for a run.
 - 1.5 VIBRATION
 - 1.5.1 Vibration alert for **ALARM**, **TARGET** and **NOTICE**.
 - 1.5.2 Turn **ON** for **ALARM** to vibrate when set up time is up.
 - 1.5.3 Turn **ON** for **TARGET** to vibrate when you out of target zone that you've indicted.
 - 1.5.4 Turn **ON** for **NOTICE** to vibrate when a notification received from your phone (Incoming Calls, Message or Phone Lost).

1.6 UNITS

1.6.1 To choose English system (Inch/lb) or Metric system (cm/Kg).

1.7 DOZE MODE

1.7.1 Enable for power saving. The screen will doze whenever it stays idle (no key interrupt) for total 5 min.

1.7.2 Screen should wake up when motion detected.

2. TARGET (Target Zone)

2.1 Default value is **OFF** that has no target zone alert during your workout.

2.2 There're HR (heart rate), PACE and SPEED to be your training target zone.

2.3 You can preset each minimum and maximum value.

2.4 Choose one of them to be your target zone.

2.5 Whenever you are over or lower than your configured target zone, the watch will alerts you by buzzer and [vibrator](#) (if you turn **ON** in **SETTINGS > GENERAL > VIBRATION > TARGET**).

3. DISPLAY

3.1 GH-207 provides you 3 pages and 1 mini page.

3.2 Default settings:

3.2.1 Page 1: Chrono / Speed

3.2.2 Page2: Distance / Pace

3.2.3 Page3: HR / Calories

3.2.4 Mini Page: Time (Local time)

3.3 Selections: Chorno, Distance, Speed, Average Speed, Pace, Average Pace, Time, HR, Average HR, Calories, OFF (Display empty).

3.4 Each page display allows you to show 2 values in your own preference.

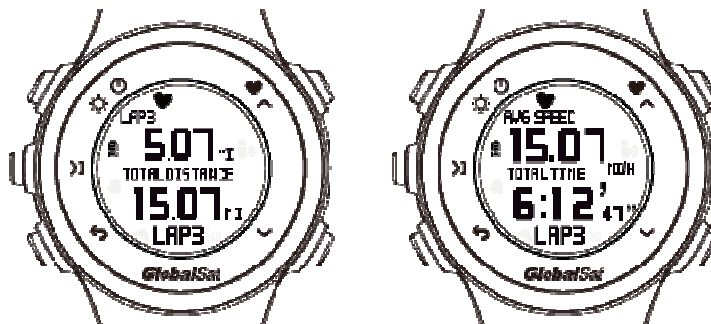
3.5 For Mini page selection: Chorno, Speed, Avg speed, Pace, Avg pace, Time, HR, Avg HR, Calories, Lap number, OFF.

4. Auto Lap

4.1 Go **SETTINGS > AUTO LAP** to choose Auto Lap by DISTANCE

4.1.1 Configure the distance you want to automatically count the lap.

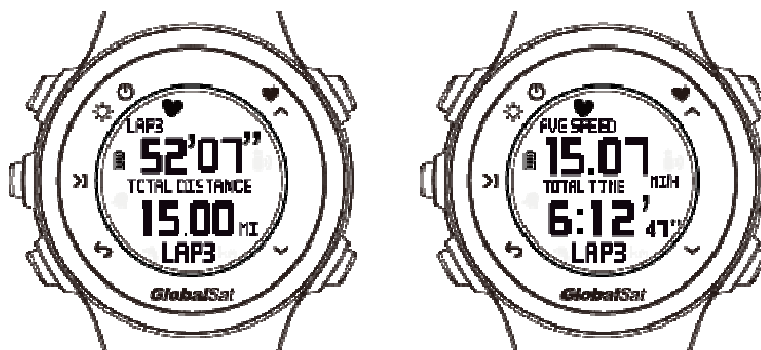
4.1.2 Once your run reach the distance you configured for a lap, the screen will display like below for 4 seconds and go back to the page you've configured



4.2 Go **SETTING > AUTO LAP** to choose Auto Lap by TIME

4.2.1 Configure the time you want to automatically count the lap.

4.2.2 Once your run reach the time you configured for a lap, the screen will display like below for 4 seconds and go back to the page you've configured.



5. USER

5.1 To set up your own weight, height, gender and birthday for better calculations.

6. PAIR

6.1 If you have and prefer to use BLE HRM chest belt, please go [\(Pair BLE Heart Rate Monitor \(HRM\) chest belt\)](#) for paring.

6.2 For Phone paring, please go [\(Pair with your phone\)](#).

7. About

7.1 VERSION

7.1.1 FIRMWARE

7.1.1.1 Here shows you the main firmware version. Ex. F-0GH-2X-1501152, 150115 is the date of FW released which is 2015 Jan 15th.

7.1.2 BLE FW

7.1.2.1 Here shows you the BLE firmware version. Ex. F-BLE-29-1503271, 150327 is the date of FW released which is 2015 Mar 27th.

NOTE: *To check firmware information, please refer to Get More Information.*

7.2 RESET

7.2.1 Allow you to reset the watch back to factory setting.

7.2.2 Default value is **DON'T!!** in case incidentally trigger reset.

7.2.3 Even **OK!** Was pushed, double confirmation will reserve a second chance.

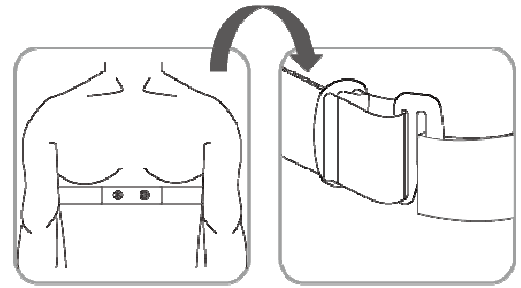
Pair BLE Heart Rate Monitor (HRM) chest belt

NOTE: *if you don't have a BLE Heart Rate Monitor, you can skip this section.*

Wear the Bluetooth Low Energy (BLE) heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your run.

- 1 Wrap the strap around your chest, and connect the strap hook to the loop.
- 2 Connect the heart rate monitor module to the strap.
- 3 Wet the electrodes (Location A and B) on the back of the strap to create a strong connection between your chest and the transmitter.

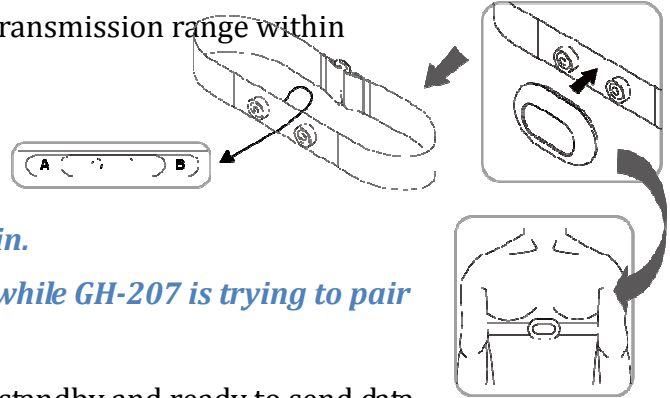
NOTE: Some heart rate monitors have a contact patch. Wet the contact patch.



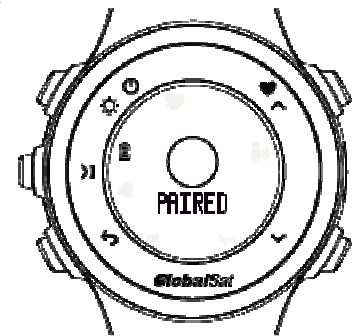
- 4 Bring the watch in front of you and ensure the transmission range within (2m) of the heart rate monitor.

TIP: If the heart rate data is erratic or does not appear, you may have to tighten the strap on your chest or warm up for 5 to 10 min.

NOTE: Move away (20m) from other sensors while GH-207 is trying to pair with your heart rate monitor



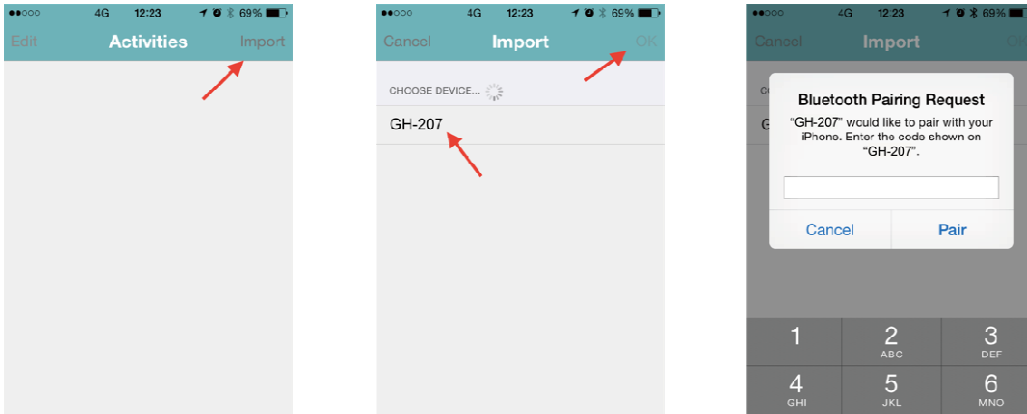
- 5 After you put on the heart rate monitor, it is on standby and ready to send data.
- 6 Go to your watch, enter **SETTINGS > PAIR > HR SENSOR > ON**, start pairing for 60 sec. Please follow the display instruction.
- 7 When you see **PAIRED** on screen, your watch now paired and remembers this HRM belt.



Pair with your phone

1. Pair with iPhone
 - 1.1 Turn on your watch.
 - 1.2 Enter **SETTINGS > PAIR > PHONE**, Push **▶** to broadcasting for phone pairing. You will see WAIT! and flashing **📶** on the screen.
 - 1.3 Turn on Bluetooth in your iPhone.
 - 1.4 Enter gRun
 - 1.5 Tap on Import which in the top right corner in the Activities page. gRun will search for GH-207.
 - 1.6 When gRun see your **GH-207**, tap on **GH-207** and tap **OK** on the top right corner.
 - 1.7 There will be a number input dialogue pop up on iPhone screen.

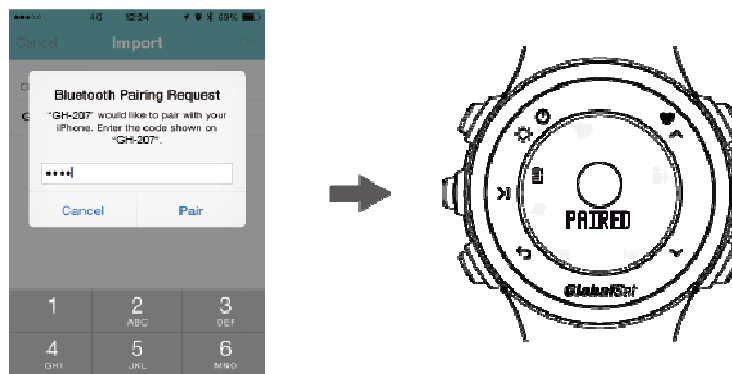




1.8 Meanwhile, the watch will show you a 4 digits number.

1.9 Input this number in your gRun dialogue to pair. You will see screen on watch like below.

Leave phone pair setting on your watch at **ON**.



2. Pair with Android phone

2.1 Turn on your watch.

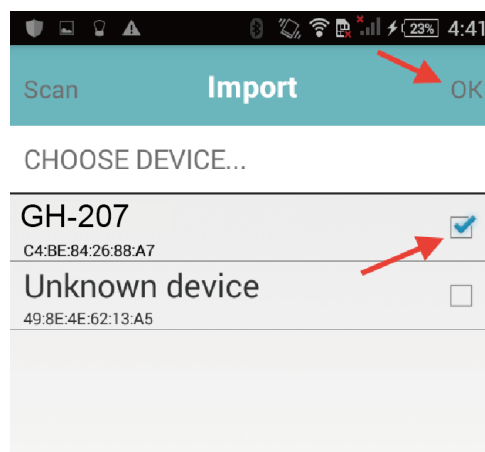
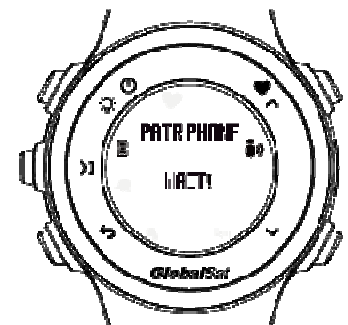
2.2 Enter **SETTINGS > PAIR > PHONE**, Push **>** to broadcasting for phone pairing. You will see **WAIT!** and flashing **📶** on the screen.

2.3 Turn on Bluetooth in your Android phone.

2.4 Enter gRun

2.5 Tap on Import which on the top right corner of the Activities page. gRun will search for GH-207.

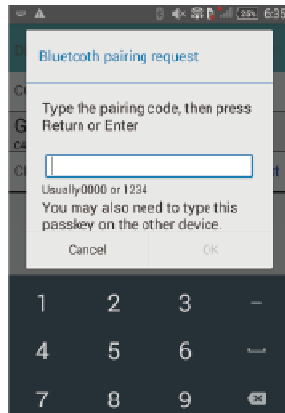
2.6 When gRun see your **GH-207**, check on **GH-207** and tap **OK** on



[TOC](#)

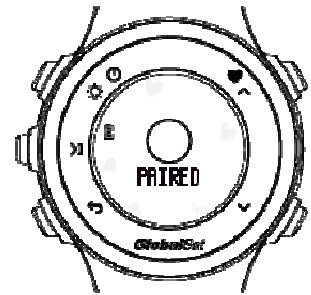
the top right corner.

- 2.7 There will be a number input dialogue pop up on Android phone screen. Check on your watch screen, a 6 digits number will shows. Input this number in your Android phone and tap on **OK**.








- 2.8 Watch will show you **PAIRED** when this process success. Leave phone pair setting on your watch at **ON**.



NOTE: If you switch **SETTINGS > PAIR > PHONE** to **OFF** on your watch, you will need to **Forget or Unpaired device GH-207** at your phone > **Settings > Bluetooth**, and go through this pairing process again.

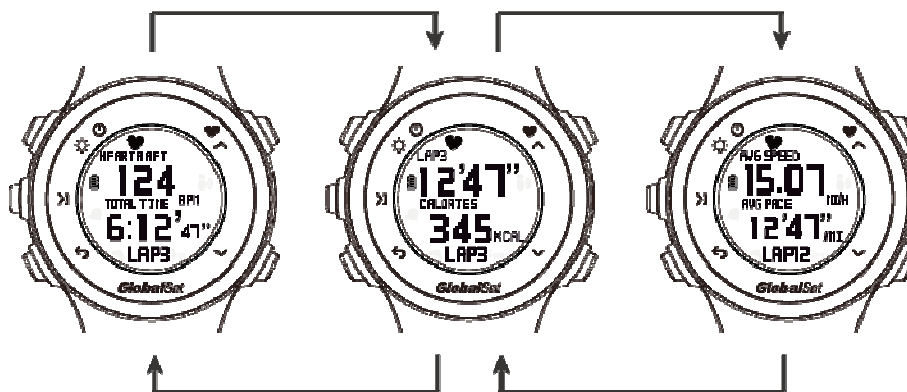


Go for a Workout


- 1 Hold  to turn on the watch.
- 2 Push  go **WORKOUT** to choose either run.
 - 2.1 Your watch will first search the HRM belt that you paired before for up to 20 sec. If you didn't pair any HRM belt before or it detected it in 20sec, then initiate optical HRM to detect your heart rate for up to 30 sec.
 - 2.2 Automatically show you **READY?** If HRM belt linked.



TIP: Push  to see **READY?** for you prepare to run, Push  again to see **GO!** and start chrono.
 - 2.3 Push  to **GO!** for a run.
- 3 Checking your current workout
 - 3.1 The stopwatch provides three pages to display real-time workout data. Each page includes one or two field and a mini page. (Configure your watch)

3.2 During a run, push  or  to travel between pages.



4 Stop and save your workout








4.1 Push  to pause your workout.

4.2 Push  again to resume the workout or hold  to trigger workout saving process bar. When the saving bar fills up, workout saved and finished.

4.3 Release  before bar fills up will return to workout pause status.

Check your Heart Rate in Time Mode








NOTE: You can check your current heart rate in beats per minute (bpm) whenever you want under time mode.

- 1 Under Time Mode, hold   for few seconds.
- 2 Heart Rate sign start flashing on the top of screen for initiate and detecting your heart rate for 40 sec.
- 3 Checking your heart rate until you hold again   for another few seconds to quit from heart rate checking.
- 4 When you manually terminate heart rate measuring, Average heart rate would show on the screen.
- 5 Push  to see Maximum heart rate, push  again to see Minimum heart rate and push  again to go back to Time Mode.

Review your WORKOUT

In the watch:

NOTE: The watch can store up to 50 workout data. You can enter HISTORY page to review each saved data.

- 1 Open a workout data, push  and  to HISTORY > WORKOUT > ARCHIVE.
- 2 Use  and  to find the workout data you want to review.
- 3 Push  to see confirm open the data.
- 4 Push  to enter TRAIN INFO for detail info or  to select DELETE to erase this workout data.

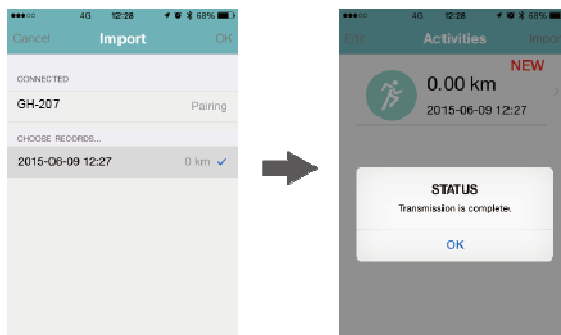
Data	Description
XX-XX-XX	Date of workout saved (YY-MM-DD, Ex. 15-06-09 = 2015 9 th June)
Time	Total elapsed time of the workout
Distance*	Total distance traveled during the workout
Avg Speed*	Average speed over the entire workout
Avg Pace*	Average minutes per mile or km
Lap*	Number of laps in the workout (up to 99 laps)
Kcal	Estimated quantity of calories burned during the workout
Average HR	Average heart rate per minute during entire workout (HRM belt required)
Time % in target zone*	Total time of within indicated target zone during entire workout. (Show in percentage)

* These data were generated by inner pedometer throughout simulated algorithm.

In your Smart Phone

NOTE: You need to download gRun on your smart phone and pair with your watch first. (Pair your phone)

- 1 iOS
 - 1.1 Turn on your watch.
 - 1.2 Turn on Bluetooth in your iPhone.
 - 1.3 Enter **gRun > Activities**, your phone will connect to the watch automatically.
 - 1.4 Tap on **Import** which on the top right corner of the Activities page.
 - 1.5 Tap on **Paired** behind GH-207 already paired, then tap **OK** on the top right corner.
 - 1.6 Wait for a while, you will see records list down on the data you want to upload to gRun.
 - 1.7 Now you can select your training record and transfer to gRun. Check on the record and tap **OK** on top right corner.



1.8 After transmission completed, a **STATUS** message will pop up.

2 Android

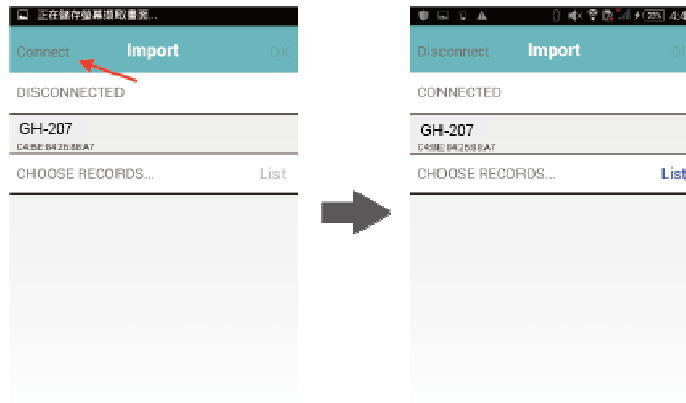
2.1 Turn on your watch.

2.2 Turn on Bluetooth in your Android phone.

2.3 Enter gRun > Activities

2.4 Tap on **Import** which on the top right corner of the Activities page.

2.5 Select your GH-207 and tap on **Connect** that on the top left corner. After connected, tap on highlight **List and OK** to fetch data list from GH-207.



2.6 Checked the data you want to transfer and tap on **OK** in the top right corner.

2.7 After transmission completed, a **STATUS** message will pop up.

NOTE: The List and Data transfer may take minutes, please kindly wait.

In Sport4U.pro

- 1 You may register in **gRun > Profile > Cloud Upload** or go register on website Sport4U.pro.
- 2 Go to Download to find USB driver if you are using Windows system (not required for Mac) and install it.

The screenshot shows the 'List' view of the gRun app. It displays a table of recorded activities for the device GH-207. The table has columns for date and time, distance, and a checkbox for selection.

Date and Time	Distance	Selection
2015-01-04 22:12	4.78 km	<input checked="" type="checkbox"/>
2015-01-04 22:09	17.00 m	<input type="checkbox"/>
2015-01-04 12:42	24.00 m	<input type="checkbox"/>
2015-01-02 17:10	0.00 m	<input type="checkbox"/>
2015-01-02 17:07	0.00 m	<input type="checkbox"/>

- 3 Download and install the PC Tool
- 4 Connect your GH-207 to your PC or Laptop with the clip USB cable.
- 5 Run PC Tool to upload your data to Sport4U.pro.
- 6 Now you can review your data in Sport4U.pro.

Review your daily walks

NOTE: GH-207 built-in pedometer upon own developed algorism counts your daily walks and steps during your workout.

- 1 Go HISTORY > PEDOMETER to check your steps record and data management.
- 2 STEP LIST
 - 2.1 Under step list, you will see steps data files by date up to 7 records.
 - 2.2 The day 8th record will push day 1st out of list.
 - 2.3 Push **↵** to check each data. Each data listing Total steps, Distance in Km or miles depends on your setting and Calories in Kcal.
- 3 FEAT
 - 3.1 Records all steps and distance you have taken since you start with this GH-207 till now. This is more like your walking achievement.
 - 3.2 You can reset to 0 by reset to factory setting in **SETTINGS > ABOUT > RESET > OK!**
- 4 RESET
 - 4.1 The **RESET** in here only works for the daily works. It can not clear your record in **FEAT**.

Device Information

GH-207 Specifications

Battery type	Rechargeable, built-in lithium-polymer battery
Battery life	Up to 20 hours in workout mode Up to 7 days in watch mode
Operating temperature range	From 14 to 140°F (-10 to 60°C)
Charging temperature range	From 32 to 113°F (0 to 45°C)
Radio frequency / protocol	Wireless 2.4GHz communication protocol
Water rating	3 ATM*

*The device withstands pressure equivalent to a depth of 30m. See [About 3ATM Water Resistance](#)

Federal Communication Commission Interference Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Radiation Exposure Statement:

The product comply with the FCC portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Device Care

Cleaning the Watch

NOTE:

1. *Do not use a sharp object to clean the watch.*
2. *Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.*
3. *Thoroughly rinse the watch with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.*

- 1 Wipe the watch using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

Cleaning the Heart Rate Monitor

A build up of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

Keep the transmitter strap in a cool and dry place to maximize the heart rate sensor battery lifetime. Never put the strap in a washing machine or dryer.

- 1 Rinse the strap after every use.
- 2 Hand washes the strap occasionally, using a tiny amount of mild detergent, such as dishwashing liquid.

Troubleshooting

Replace Heart Rate Monitor Battery

NOTE: If you cannot link to your paired Heart Rate Monitor Belt, maybe the battery required replacement.







- 1 Four screws are on the back of heart rate monitor module.
- 2 Remove four screws and you can replace the new CR2032 battery.
- 3 Keep the battery away from children.

NOTE:

- 1 *Never put batteries in mouth.*
- 2 *Do not use a sharp object to remove battery.*
- 3 *If swallowed, contact your physician or local poison control center.*
- 4 *Replaceable coin cell batteries may contain perchlorate material*
- 5 *Contact your local waste disposal department to properly recycle the battery.*
- 6 *Special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate .*

Reset the Watch

If your GH-207 stops responding, you may need to reset it. Your data or settings will not erase.

- 1 If the display stuck without responding, hold   for 10 sec above to turn screen off.
- 2 If the watch doesn't power on by 2 sec hold on   and you are sure the battery charged, hold   for 10 sec to reset and power on.

More Information

1. Go to www.globalsat.com.tw
2. Go to [Product / Sport Outdoor](#).
3. Select your product.
4. Or mail to service@globalsat.com.tw

Appendix

Heart Rate Zone Calculations

Zone	% of Max Heart Rate	Perceived Exertion	Benefits
1	50 ~ 60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60 ~ 70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70 ~ 80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80 ~ 90%	Fast pace and a bit uncomfortable, breathing	Improved anaerobic capacity and threshold, improved speed

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		forceful	
5	90 ~ 100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power
