

SHFT ONE – Your personal Running coach

SHFT ONE is the first worldwide digital running coach who is talking to you and analyzes your running technique in real time. SHFT ONE helps you progressively improve your running shape to make you a faster, more persistent and injury-free runner.



available free of charge for iOS and Android. The app is constantly expanded and optimized by new options and functions.

Included in delivery: One sensor, a USB charging cable.

EAN: 0735255112672

MSRP: 119,-€

SHFT ONE is the World's Most Intelligent Virtual Running Coach. It's built to help you perfect your technique, correct bad habits and make sure you run right. Unlike the Shft Pro, the SHFT ONE uses only one sensor attached to your foot to get data on your running technique. However, no performance measurements are determined as with the SHFT PRO. It combines a vast amount of collected running data with advanced analysis, animations and real-time coaching.

Whether you're training to run your first 5k or to make the Olympic team, this breakthrough technology will give you new insights into your running technique as well as coaching on how to improve your running and reduce the risk of injuries. Running will never be the same again.

FUNCTION



The sensor is attached to the foot and is equipped with an accelerometer, a gyroscope (position sensor) and a magnetometer. After a short run analysis, SHFT ONE can evaluate your running style using different metrics. During the course, you will receive training instructions and feedback to optimize your running technique. The

focus of the training is, for example, on increasing the step frequency, reducing the ground contact time, and optimizing the footrest. The app can also be used without the coaching function to record and then evaluate your run. The evaluation is done via the SHFT app, which is

COMPARISON CHART OF THE MEASURABLE METRICS

	SHFT PRO	SHFT ONE
Time	X	X
Distance	X	X
Speed	X	X
Steps per minute	X	X
Landing position	X	X
Ground Contact Time	X	X
Time in Air	X	X
Landing angle	X	X
Step Length	X	X
G Landing	X	X
Body Bounce	X	-
Power	X	-
Brake effect	X	-
Running efficiency	X	-

TECHNICAL INFORMATION

- Bosch sensors
- 3 axis accelerometer
- 3 axis gyroscope
- 3 axis magnetometer
- Sampling rate 400 & 500 Hz
- Bluetooth low energy 4.0
- Battery 110 mA
- Battery life 6 hours
- Battery complete charge 2 hours
- Processor 8051

App (Available at the [Apple App Store](#) and [Google Play Store](#)):

