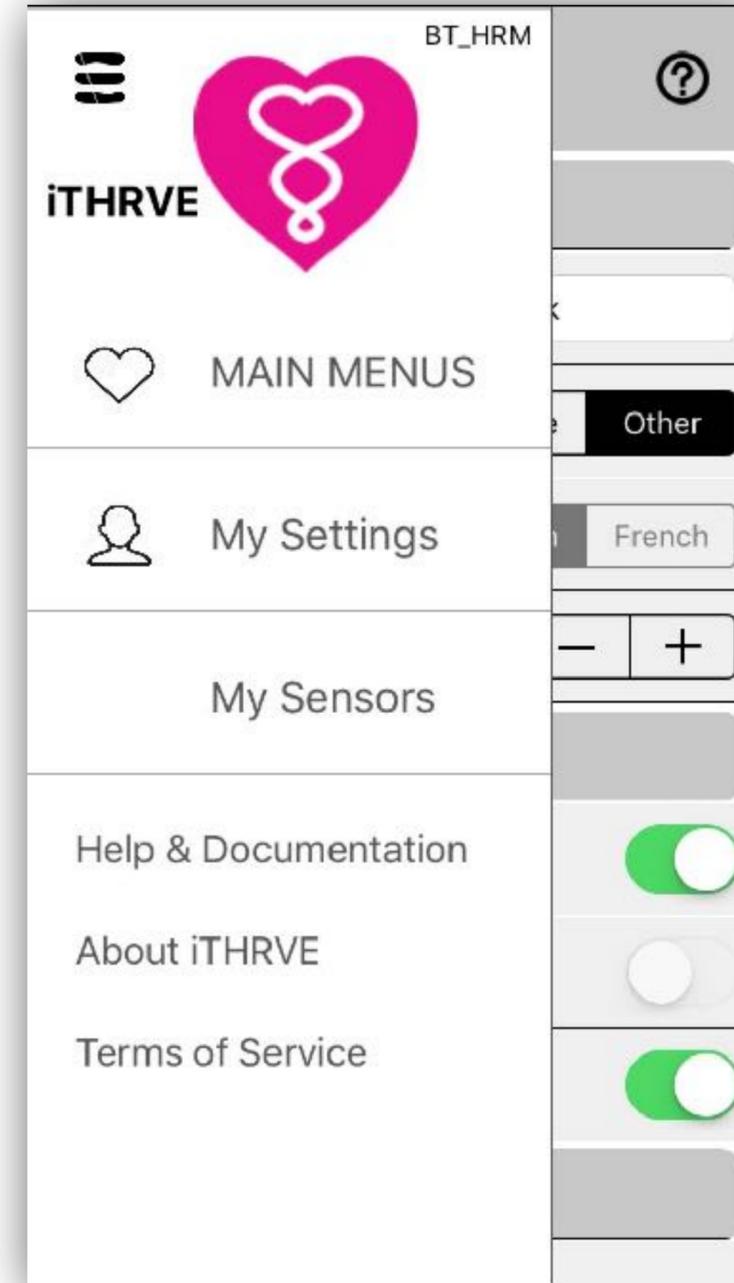
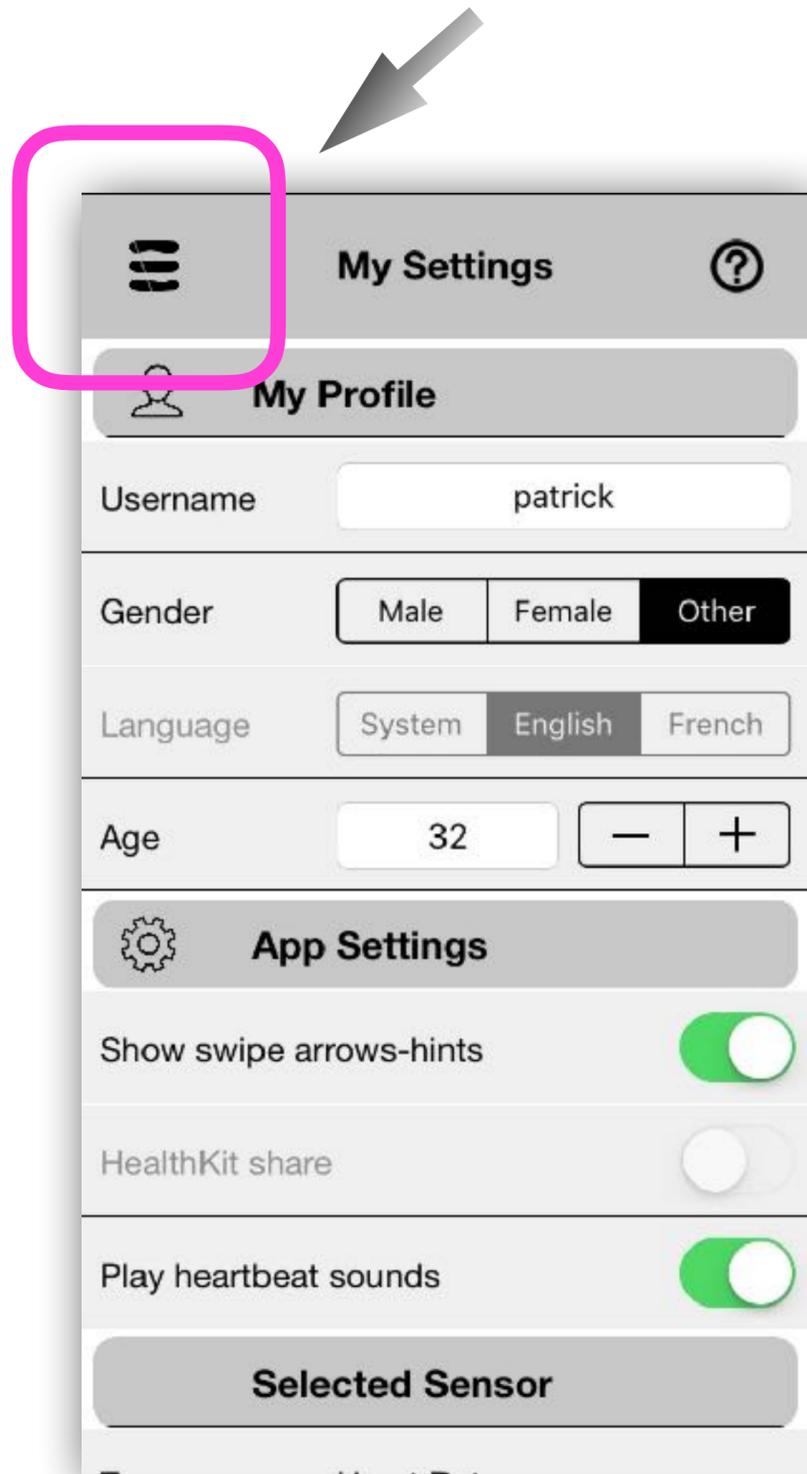


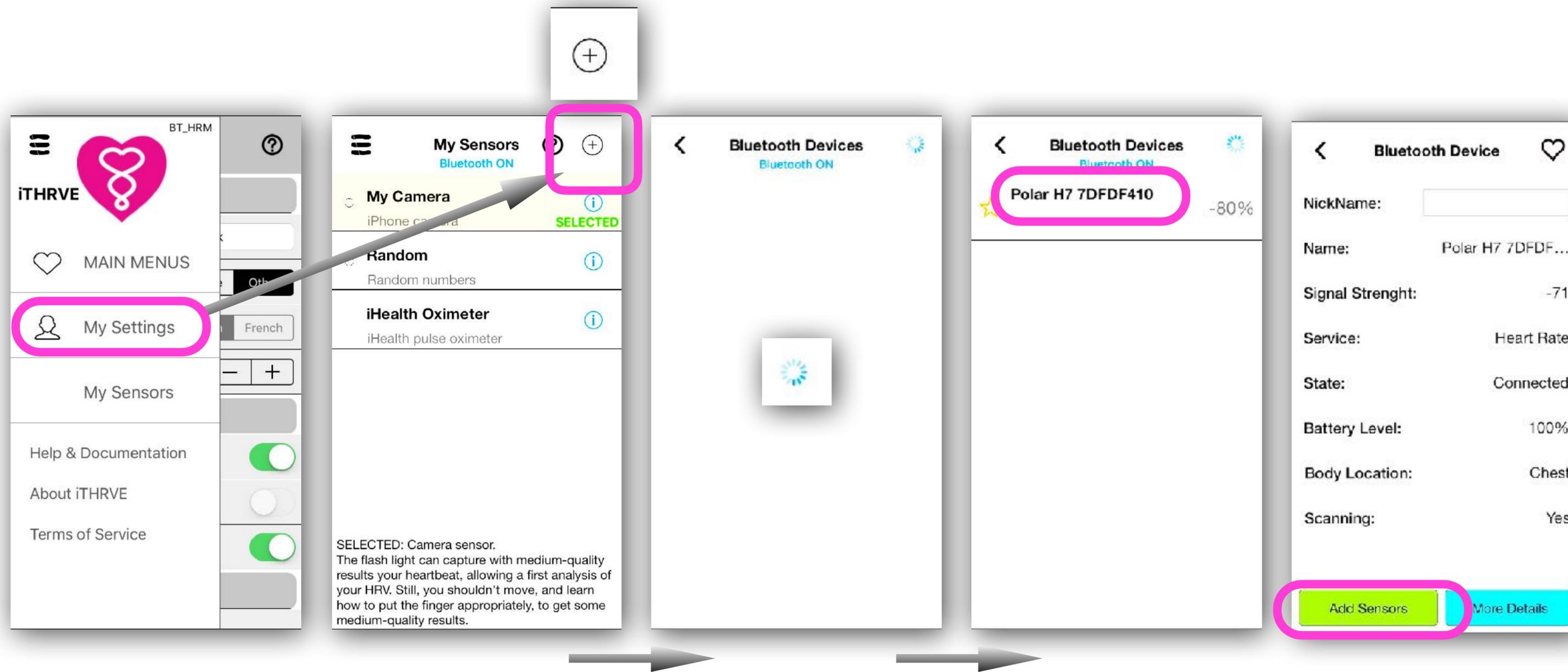
**Insert
Your Name, Your Gender & Your Age**

**Leave the swipe arrows selected.
They will help you during the first uses
of the app.**

**Turn OFF or ON the heart beats
sounds. Better to leave them ON for
the first use of the app.**



Selecting a new HRV Bluetooth sensor



Selecting a new HRV Bluetooth sensor



My Sensors Bluetooth ON

- My Camera (iPhone camera)
- Random (Random numbers)
- iHealth Oximeter (iHealth pulse oximeter)
- Polar H7 7DFDF410** (SELECTED)

SELECTED: Polar heartbeat sensor

Recording [SHORT] [LONG]

My Sensors Bluetooth ON

- My Camera (iPhone camera)
- Random (Random numbers)
- iHealth Oximeter (iHealth pulse oximeter)
- Polar H7 7DFDF410** (SELECTED)

SELECTED: Polar heartbeat sensor

Recording [SHORT] [LONG]

iTHRVE BT_HRM

- MAIN MENU
- My Settings
- My Sensors (SELECTED)
- Help & Documentation
- About iTHRVE
- Terms of Service





BT_HRM

iTHRVE

MAIN MENUS

My Settings

My Sensors

Help & Documentation

About iTHRVE

Terms of Service

Other

French

- +



CAMERA
Respi GOLD
iOS camera

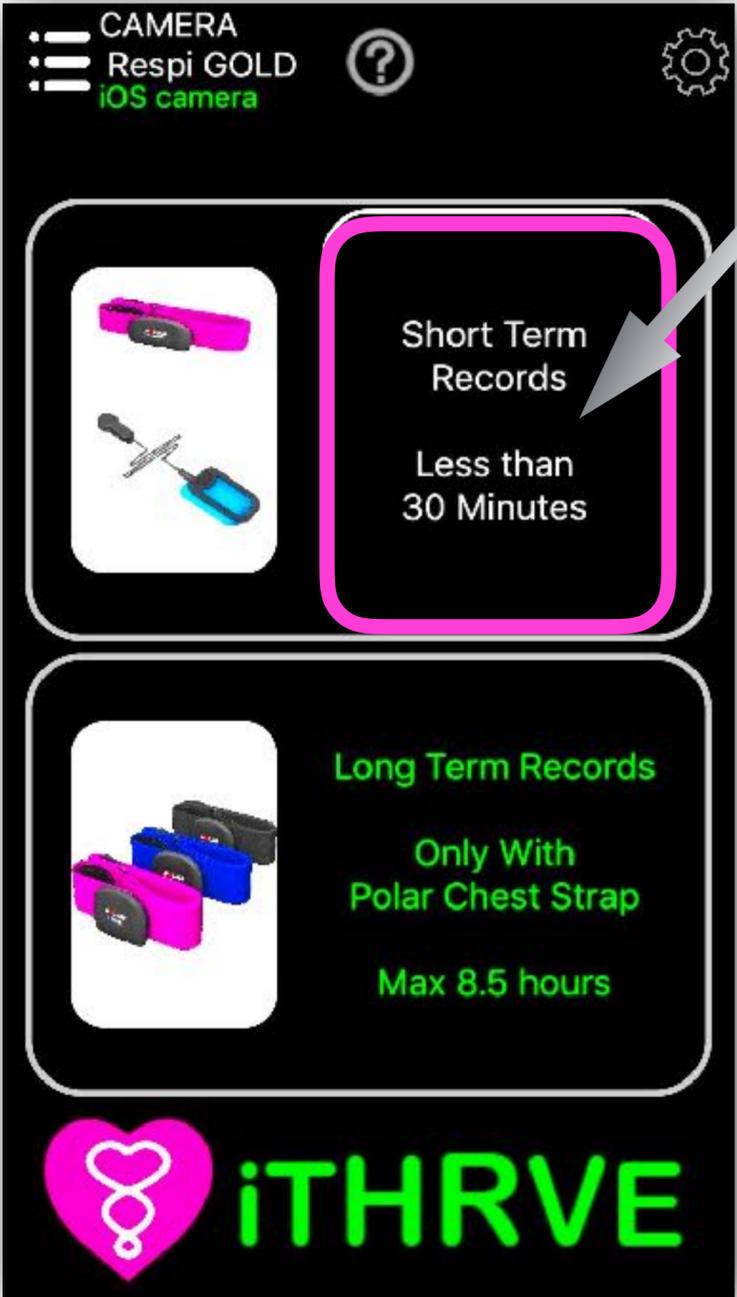
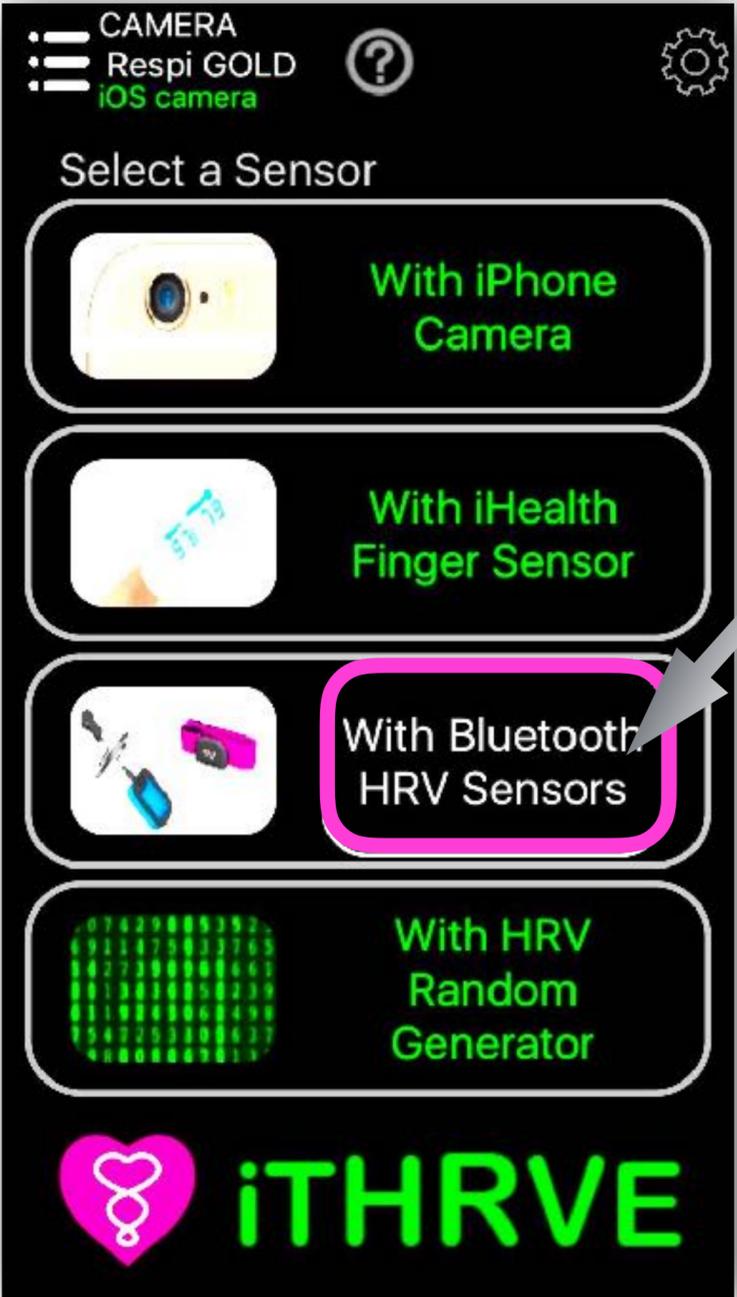
Select :

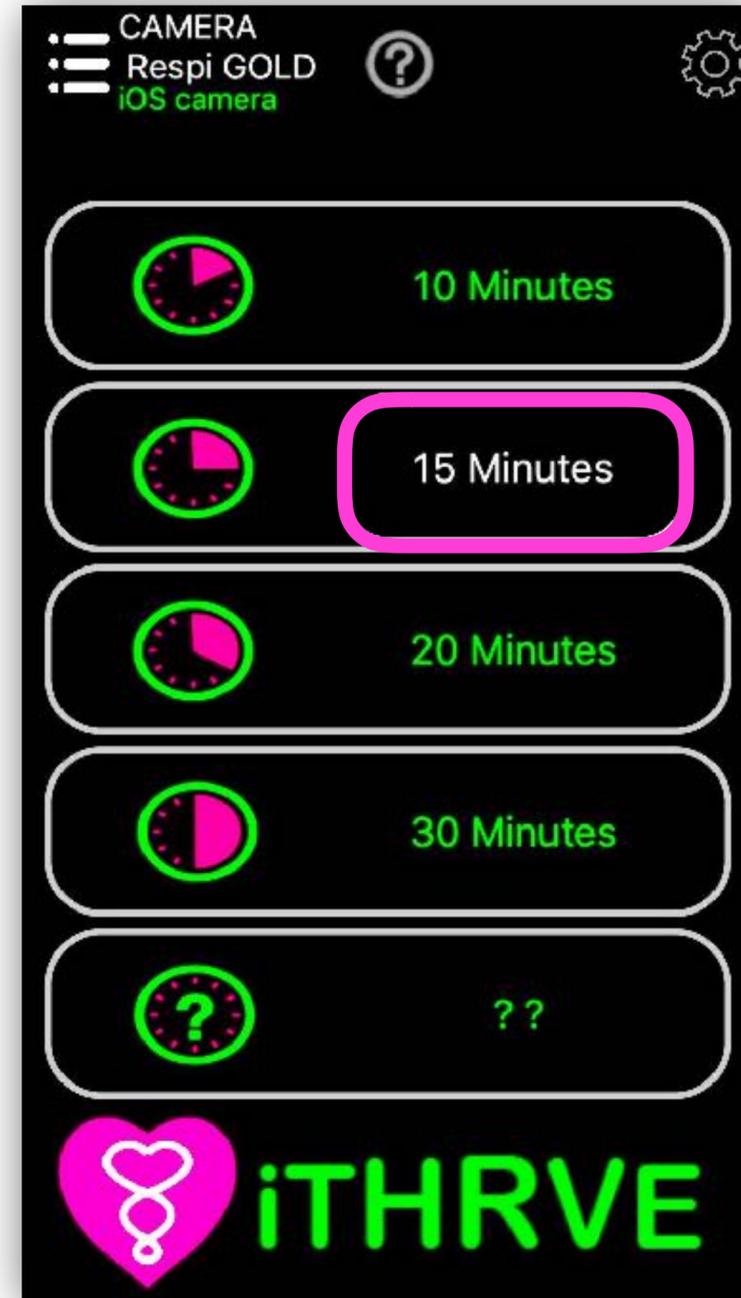
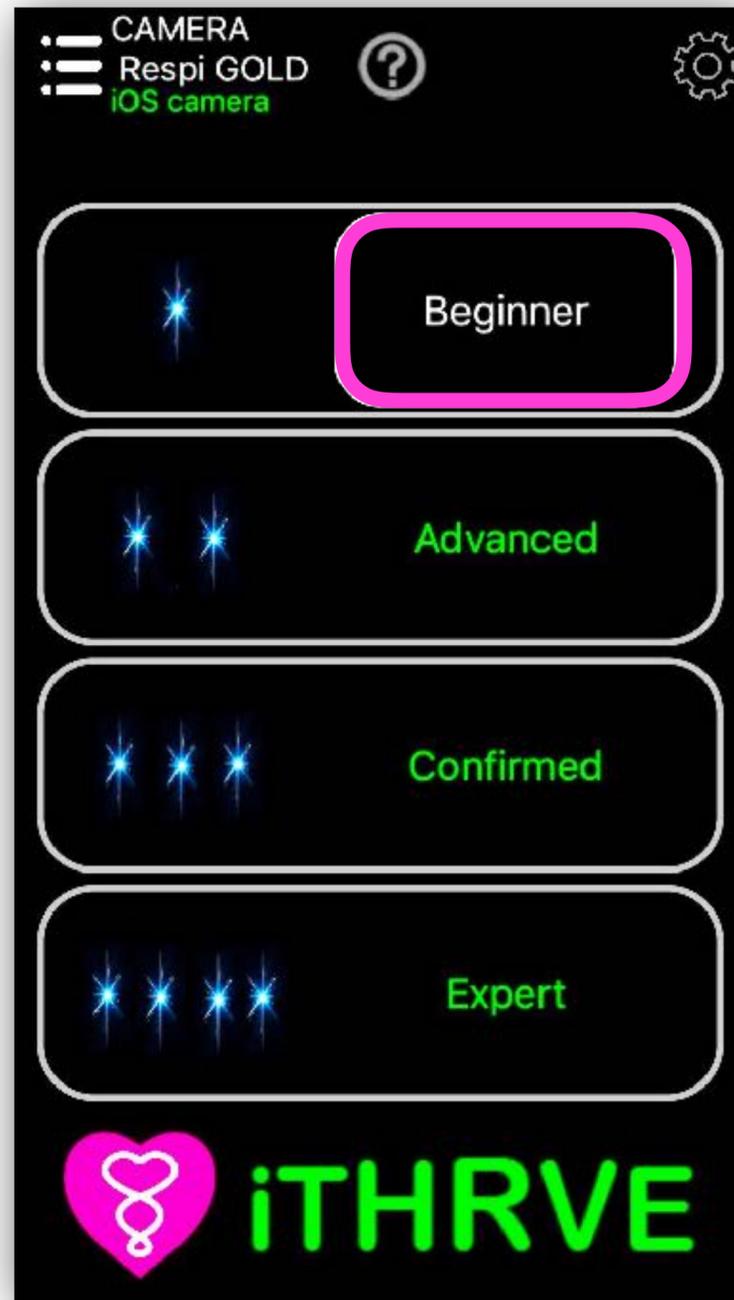
Training & Recording

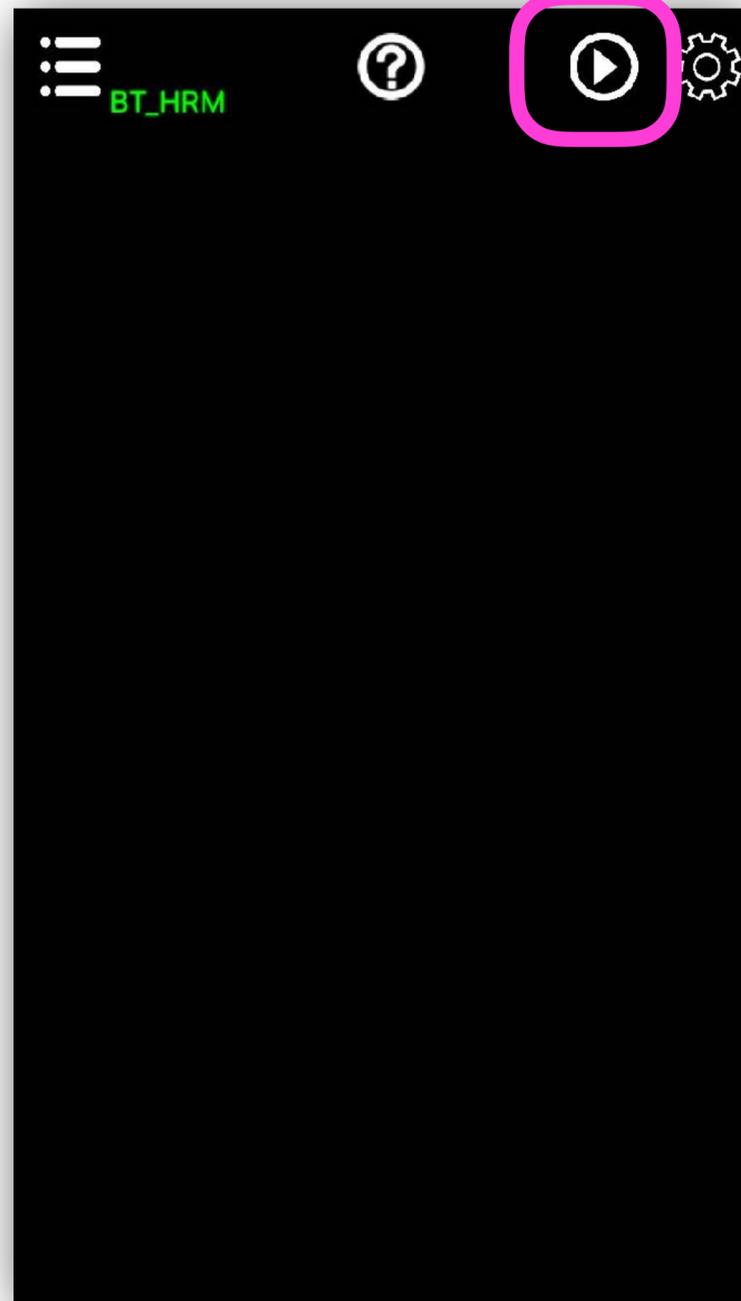
Progress

FILE MANAGER
Training & Records

iTHRVE







Heart Rate



Remaining Time

Heart Rate Variability

VLF, LH, HF Waves

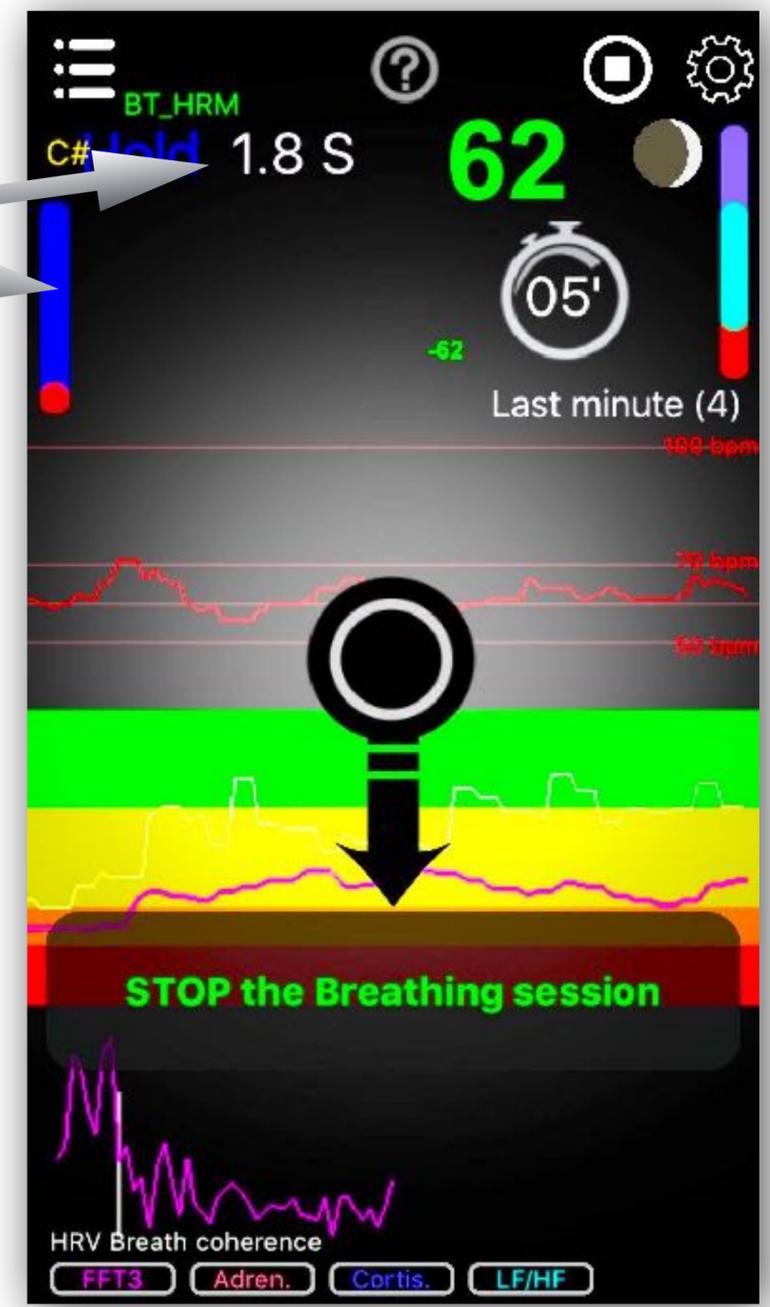
Heart Rate Spectrum

Buttons to show/hide parts of the display

To start/stop a breathing session



Breath in/out



After 1 minute

Waves & Spectrum



Coherence displays



Slide left or right
this part of the screen
to switch between
these 2 display options

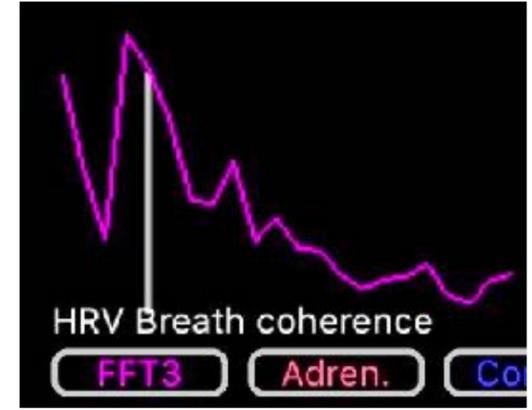


After 2 minutes

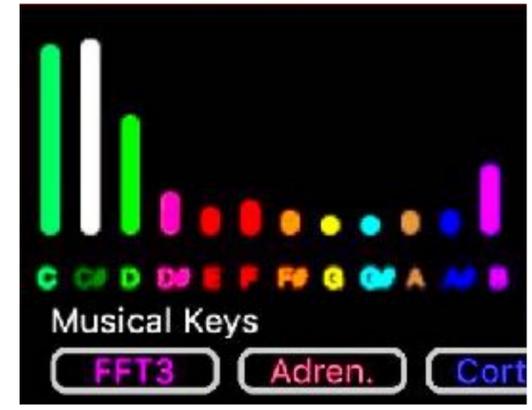


Slide left or right
this lower part of the
screen
to switch between
these display options

HRV
FFT3
Coherence



Music
Keys



After minimum 4 minutes

press **STOP**
for analysis



