

# IDIAG MOXY

The oxygen monitor of your muscles



## The revolution in training control and performance diagnostics

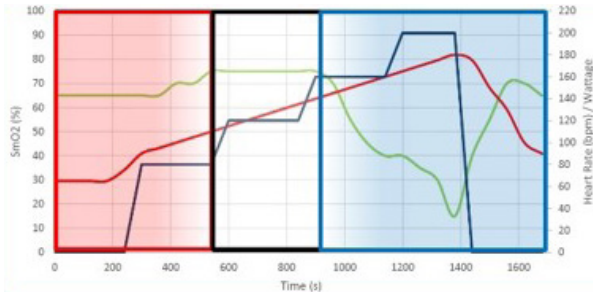
IDIAG Moxy is a muscle oxygen monitor designed for athletic professionals and athletes. IDIAG Moxy uses near-infrared (NIRS) spectroscopy to provide accurate real-time measurements of relative muscle oxygen saturation (SmO<sub>2</sub>). SmO<sub>2</sub> can be used to increase training efficiency and effectiveness. IDIAG Moxy is a new, exciting technology that significantly improves training support, training recommendations and basic understanding of exercise physiology.

## Why you need the IDIAG Moxy for your training:

- Direct, continuous measurement of oxygen saturation SmO<sub>2</sub>
- Real-time feedback for immediate adjustment of training intensity
- Small, waterproof, portable
- Wireless transmission of data
- Non-invasive, no blood, no masks



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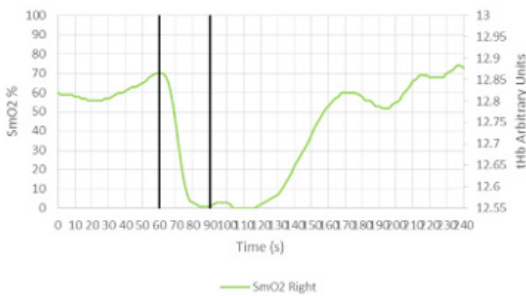
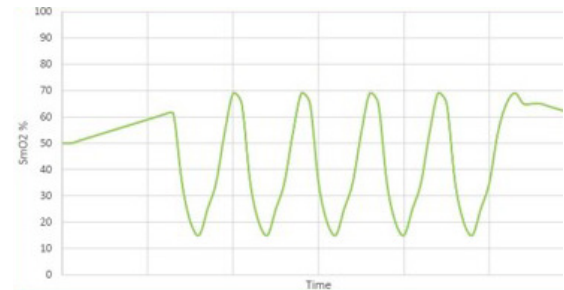


## ENDURANCE TEST

Through a simple step-test protocol, free of complicated or invasive methods, the IDIAG Moxy can deliver important physiological data to help establish individual training recommendations.

## INTERVAL - HIIT

Direct feedback of intensity duration and recovery enable efficient interval training and reduce risk of over-training. With the IDIAG Moxy users can monitor and adjust training intensity at any time.



## SPORT SPECIFIC

Testing and training monitoring in the field is now possible thanks to IDIAG Moxy. The picture on the left is a 30 second shuttle-run test and recovery on ice from a professional hockey player.

