



GymAware Power Tool 5 Specifications

The Power Tool 5 represents the state of the art in power monitoring for elite sport. Approved by Apple's rigorous MFi program for use as an iPhone/iPad/iTouch accessory, you can be confident you made the right choice in selecting GymAware Power Tool.

Accuracy and Reliability

Intra-Set TEM (repeat standardised sets)*

Distance	0.00m
Velocity	0.01m/s
Set Duration	0.02s

Intra-Device TEM (standard sets done on different Power Tools)*

Distance	0.00m
Velocity	0.01m/s
Set Duration	0.02s

* based on [this](#) study conducted on the AIS on CalRIG

Device

Measurement Specifications

Distance Resolution	0.3mm
Distance Range	3m
Variable Rate Sampling(VRS) base rate	115200 Hz
VRS Timer resolution	8.6s
VRS Downsample Rate	50Hz
Angle Resolution	0.1°
Angle Range	-13° to +50°
Max Velocity	7m/s

Technical Specifications

Battery	Rechargeable 2.2Ah Li Polymer
Battery life	11 hours continuous use
Interface	Bluetooth Class 1 with Apple wireless iAP protocol
Weight	900g
Dimensions	115x85x85