

## **Body sensors improve the performance of the CSKA Moscow and the UD Almería**

LOCATION: Almería

DURATION: 1:36

**RESUMEN:** Realtrack Systems is an Andalusian enterprise that has developed several informatics systems that improve the performance of elite athletes. Among their clients is the UD Almería soccer club, the CSKA Moscow and the Latvia's National Soccer Team. Also the Russian National Ski Team has used this system to train for Sochi's Winter Olympics. Their products are also used in gyms and for research in the fields of health and sports to provide information in real time about the execution of physical exercises.

### **VTR:**

To plan each one of these exercises, the Unión Deportiva Almería sports club has the assistance of a complex informatics system developed by an Andalusian enterprise. It monitors the activity of players using a device that contains three types of wireless sensors that measure heart rate or the oxygen saturation levels in muscles.

**ISABEL PÉREZ**  
**Manager of Realtrack**  
**Systems**

*"Now we are using a device to monitor in real time integrating our app Quiko. This device is placed in the muscle of the athlete and this way we can monitor oxygen saturation in real time."*

This system has crossed borders reaching teams placed at the international top not only in football but also in other fields.

**ISABEL PÉREZ**  
**Manager of Realtrack**  
**Systems**

*"The CSKA Moscow, the Latvian National Soccer Team, the Russian National Biathlon Team, also the Russian National Ski Team, that have trained using our device for Sochi's Olympics."*

These sensors allow us to have an insight into the activity of athletes, and this way improving their performance through personalized trainings.

**SERGIO PARDO**  
**Physical trainer UD Almería**

*"Apart from GPS it also includes many sensors that give you a lot of possibilities and many data. Using that data we can plan many works and trainings."*

**MARCOS TÉBAR**  
**Player UD Almería**

*"It can be personalized for each individual and well, you can manage your body depending on the levels the program is registering."*

Informatics systems that from Almería have found a place among the greatest professionals of high performance sports.

**For more information or support please call +34 662 369 820 or email**  
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