

## Athletes for Hex athletes help measure muscle oxygen levels consumed

The team at Humon decided to launch a Hex Fitness Tracker that measures the oxygen level of muscles for athletes.

The team at Humon decided to launch a Hex Fitness Tracker that measures the oxygen level of muscles for athletes.

Humon's chief executive and co-founder, Alessandro Babini, said: *"The market for dedicated clothing for athletes so far has focused on heart rate measurement, which is quite limited in However, by measuring the amount of oxygen that the muscle group is using, the athlete can achieve optimal levels of exercise without exceeding the limit . "*

Like Moxy sensors, Humon Hex uses LEDs to emit near-infrared light into human tissue to measure the muscle's hemoglobin saturation. It is then possible to calculate muscle oxidation (SmO<sub>2</sub>). Originally a MIT research project, Humon claimed Humon Hex was the first clinically certified device to use optical sensors to monitor oxygen levels in the muscle without intruding inside. body (noninvasively).



Humon Hex was originally designed to be worn on the thighs, as for athletes in jogging and cycling. This makes the device useful for many high-intensity athletes, but manufacturers think that some athletes have successfully used wearable devices on other agencies. , such as on their biceps.

Humon Hex transmits its data in real time via Bluetooth to the iPhone or Android application or compatible Garmin smart watch. Each device costs \$ 275 and is shipped at the end of February.

See more:

1. Thanko's portable battery for mobile devices
2. Do you know how to wear a watch so beautiful?
3. Instructions for syncing multiple devices with BitTorrent Sync

You finished reading the article "**Athletes for Hex athletes help measure muscle oxygen levels consumed**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

---