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[Innovation](#) > [Sport & Fitness](#) > [Smart trainer helps runners avoid injuries](#)

SMART TRAINER HELPS RUNNERS AVOID INJURIES

 SPORT & FITNESS

US-based sportswear company have released a new trainer that enables wearers to measure their fitness and modify their workouts accordingly.

For wearable tech, the future is bright with analysts claiming the industry will hit USD 14 billion this year. Estimates suggest that 411 million smart wearable devices, worth a staggering USD 34 billion, will sell in 2020. In line with this growth, Springwise has written about an increasing number of wearables, most of them also focusing on sports and physical fitness. **This** data capturing insole can tell doctors what is wrong with an athlete's foot, and **this** in-ear personal trainer provides fitness training according to biometric data and the wearer's environment. Now US sportswear brand Under Armour have designed the UA SpeedForm Gemini 3 RE, a smart running shoe that let users know if they are in good enough shape to run.

The trainer is an evolution of a previous model from the company. It also features the same sensor technology which measures pace, cadence and miles. What makes this footwear different from previous iterations however, is the Jump Test feature which will determine muscle fatigue. The shoe connects to MapMyRun and measures the average air time of a jump sequence to indicate muscle fatigue. This helps track an athlete's recovery status over time and also provides guidance on how to alter the intensity of a workout. The shoe also comes with an accompanying app from Under Armour which allows wearers to track and store their data.

As Mike Lee, chief digital officer at Under Armour, explains, "We are taking a scientific approach to recovery... We know one of the biggest problems runners face is pushing through pain and fatigue,

leading to injury. The Jump Test in MapMyRun is a critical first step for runners and will help avoid the 'training hangover' many athletes face."

The shoe retails at USD 160 and became available for pre-order on January 5th this year. Could this technology also be used to encourage older people to exercise without fear of injury?

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