

## Smoky Cat Software releases Heart Graph v3.9 with Apple Watch support

Published on 07/01/15

Oxford-based Smoky Cat Software today announced that Heart Graph version 3.9 with added support for importing Apple Watch data is now available to download on the App Store. Heart Graph plots a high resolution graph of heart rate during exercise and allows comparison of those graphs and other workout statistics between sessions. Heart rate data from the Apple Watch can be imported through the Health app after a workout has been completed, enabling, for example, heart rate zones analysis.

Oxford, United Kingdom - Smoky Cat Software today announced that Heart Graph version 3.9 is now available on the App Store for iPhone(R), iPad(R) and iPod touch(R). Heart Graph lets users see graphically how their heart rate behaves during exercise or other periods of time, and supports comparison of the heart rate graph and other statistics across sessions.

New with v3.9, Apple Watch(R) users can now import heart rate data after their workout is complete (via the Health app), allowing access to Heart Graph's existing features such as heart rate zone analysis and comparison of workout statistics. Support for recording resting heart rate with either a Bluetooth sensor or Apple Watch has also been added, extending the statistics available for users to monitor their body and the effectiveness of training over time.

In addition to importing data from workouts, heart rate from any arbitrary time period of up to 24 hours can be imported from the Health app, allowing analysis of longer periods of heart rate data. Note that some features of the app require access to real-time heart rate data, something that is only currently possible with Bluetooth sensors, not the Apple Watch with iOS8 and WatchOS 1.0.

"The essence of Heart Graph is providing users the ability to assess the way their body is responding to training over time" says Thomas Wright, founder of Smoky Cat Software. "The Apple Watch is bringing heart rate monitoring to a huge number of people who didn't have access to such information previously, and being able to make sense of that data is vital for making the most of exercising. Looking at resting heart rate compared to heart rate during workouts gives another piece of the puzzle, and is another example of how Heart Graph can support users in maximising the benefits of their workouts."

Features of Heart Graph include:

- \* Display a plot of heart rate against time during workouts or for other periods of activity
- \* Review all workouts offline (e.g., to spot trends in training)
- \* Add textual notes to each workout (e.g., to record details of a particular session, sets, reps, general health etc.) and search for workouts based on the notes entered
- \* Share workout data with friends via email or Facebook
- \* Device rotation to landscape for iPhone and iPod touch maximises screen area for graphs

Beyond the basics, a single \$2.99 (USD) In-App Purchase will enable the Premium Features of the app, giving users access to more in-depth comparison and additional features to support their workout:

- \* View the time spent in each of five configurable heart rate zones during each session
- \* Compare workout statistics (such as resting, max and mean heart rate) over time to look for trends in training
- \* Automatically import new Workouts from the Health app as they become available
- \* Import data from the Health app for a custom time period of up to 24 hours

- \* Record resting heart rate
- \* Calculate calories burned during each workout
- \* Import and export workout data from other apps or your computer using Garmin TCX format files
- \* Export data to CSV file for further analysis in software such as Excel
- \* Save workouts to Dropbox as TCX or CSV files
- \* Attach an image of the heart rate graph and heart rate zone summary to emails or Facebook posts for sharing with others

Heart Graph can be used for all types of aerobic exercise including running, cycling, rowing or gym work. For those users with Bluetooth sensors providing real-time data, optimised features for gym-based activities such as kettlebells, weights and circuits provide support while working out. In particular, a workout plan for your entire session can be created ahead of time, detailing the different sets you want perform, including which exercise, what weight to use, the number of reps or the period of time to exercise for. When working out, Heart Graph will execute these plans: the app shows users exactly what's on the schedule, and moves from one set to the next after a fixed period of time or when heart rate drops below a certain level. Features taking advantage of real-time heart rate acquisition include:

- \* Compare heart rate from a "reference set" in a previous workout to the current session
- \* Create pre-planned training sessions that the app will automatically execute - no need to remember what's coming up next
- \* Share pre-planned training sessions with friends and other Heart Graph users
- \* Audible alarm when heart rate changes zone or reaches a preset maximum value
- \* Audio rep counting (never lose count) - simply make a noise every time a rep is completed and the app indicates when all reps complete
- \* Automatic timer for time-based sets to indicate when the work is done
- \* Side-by-side comparison of the reference set graphs from multiple selected workouts

#### App Requirements:

- \* iOS version 7.0
- \* iPhone, iPod touch or iPad
- \* A compatible heart rate sensor: either low-energy bluetooth (BTLE), ANT connected using the Wahoo Fitness Key, or any sensor that writes data to the Health app, such as the Apple Watch.

Heart Graph 3.9 is free to download worldwide, exclusively through the App Store in the Health and Fitness category. Supported languages are English, Russian, and both simplified and traditional Chinese.

#### Heart Graph 3.9:

<http://smokycatsoftware.co.uk/>

#### Download from iTunes:

<http://itunes.apple.com/app/heart-graph/id591655999>

#### Short App Tutorial Videos:

<http://smokycatsoftware.co.uk/pub/tutorial-videos/>

#### Screenshot (iPhone):

[http://smokycatsoftware.co.uk/Images/iPhone\\_5s\\_WorkoutReview\\_fullRes.png](http://smokycatsoftware.co.uk/Images/iPhone_5s_WorkoutReview_fullRes.png)

#### Screenshot (iPad):

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

[http://smokycatsoftware.co.uk/Images/iPadAir\\_WorkoutReview\\_fullRes.png](http://smokycatsoftware.co.uk/Images/iPadAir_WorkoutReview_fullRes.png)

App Icon:

[http://smokycatsoftware.co.uk/pub/wp-content/uploads/2014/12/ApplicationIcon\\_152.png](http://smokycatsoftware.co.uk/pub/wp-content/uploads/2014/12/ApplicationIcon_152.png)

Located in Oxford, United Kingdom, Smoky Cat Software was founded in 2012 by Dr Thomas Wright, DPhil. All Material and Software Copyright (C) 2015 Thomas Wright, Smoky Cat Software / All Rights Reserved. Apple, iPhone, iPad, iPod touch and Apple Watch are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

###

Thomas Wright  
Founder

[thomas.wright@smokycatsoftware.co.uk](mailto:thomas.wright@smokycatsoftware.co.uk)

\*\*\*\*\*

Link To Article: <https://prmac.com/release-id-75642.htm>

\*\*\*\*\*