

Heart Rate, Speed, Cadence and Power can now be uploaded to TrainingPeaks.com from the iPhone and iPod touch

SMHEART LINK™ wireless bridge by iTMP Technology enables uploads of key fitness metrics to Peaksware's fitness training log

Lafayette, CO, March 13, 2009 -- Peaksware, LLC and [iTMP Technology, Inc](#) (iTMP) announce a revolutionary new upload capability enabled by the iPhone and iTMP's new wireless bridge known as SMHEART LINK™. iPhone and iPod touch users can now upload sensor data such as heart rate, speed, cadence and power data to their Peaksware online training log at [TrainingPeaks.com](#) with little more than the tap of a button.

"When you combine the simplicity and convenience of iPhone apps with rich Internet applications like TrainingPeaks.com, tracking your training becomes easier than ever before," said Donavon Guyot, CEO of Peaksware. "Now workout data from heart rate monitors, speed and cadence sensors and even power meters can be tracked on Apple's unparalleled touch screen and effortlessly uploaded to your TrainingPeaks account."

"We are honored to be working with TrainingPeaks, the industry-leading software for workout data recording and analysis," added Michael Williams, CEO of iTMP. "By providing an even easier and faster

way to upload data from a wide variety of heart rate and power devices, we will help make the use of this amazing software even more accessible to everyone.”

SMHEART LINK is dual-mode analog and digital, meaning it can pick up signals from most of the leading heart rate monitors including analog devices from Accumen, Highgear, New Balance, Nike, Numetrex, Oregon Scientific, Polar, and Reebok, and digital devices like CycleOps, Garmin and Timex Ironman Racer, as well as a growing list of other fitness sensors made by companies in the ANT+ alliance. Examples include Garmin’s GSC-10 Speed and Cadence sensor, Star Trac’s cadence sensor for the SPINNING Computer and the the Quarq CinQo power meter.

Two of iTMP’s iPhone apps upload data directly to Training Peaks:

- **iRPM+™ - Bike Computer/Heart Monitor** is a cardio fitness system and cycling computer that works with SMHEART LINK to track any cardio exercise, anywhere. [Download iRPM+™ for free in the iTunes App Store.](#)

- **iBPM+™ - Heart Rate Monitor** allows the iPhone to double as a heart rate monitor tracking cardio exercise indoors or out.

Both apps are available free for a limited time on the iPhone App Store. [Download iBPM+™ for free in the iTunes App Store.](#)

About Peaksware: [Peaksware, LLC](#), founded in 1999, develops software systems to help motivated individuals and professionals

achieve health, fitness and peak performance. In addition to the world's leading online training and nutrition log, TrainingPeaks.com, Peaksware also produces the desktop products Device Agent and WKO+. Each of these products is sold both direct to consumers and can also be customized in a white label format for enterprise customers. For more information or to discuss business development opportunities contact info@peaksware.com. Read more news at Blog.TrainingPeaks.com.

About iTMP Technology, Inc: iTMP Technology, Inc. was founded in Santa Barbara, California, to revolutionize the world of fitness and health metrics monitoring. iTMP has partnered with fitness industry leaders to bring cardiovascular training and cycling metrics to the iPhone and iPod computing platforms. With iTMP's SMHEART LINK wireless bridge, athletes can track their cardio workouts anywhere. For more information, please visit <http://www.SMHEARTLINK.com>

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