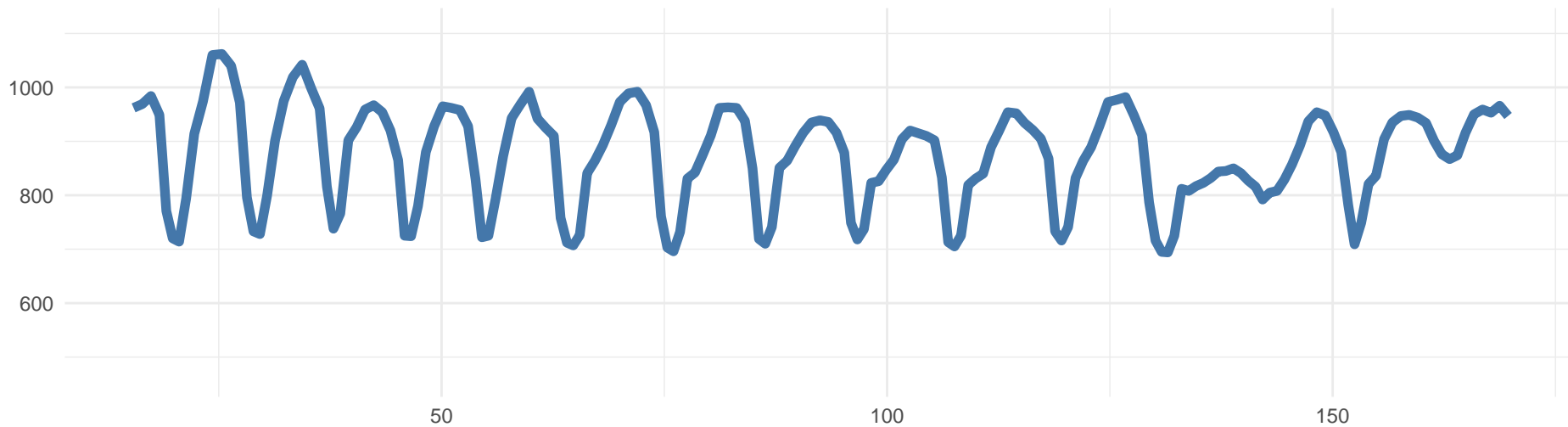
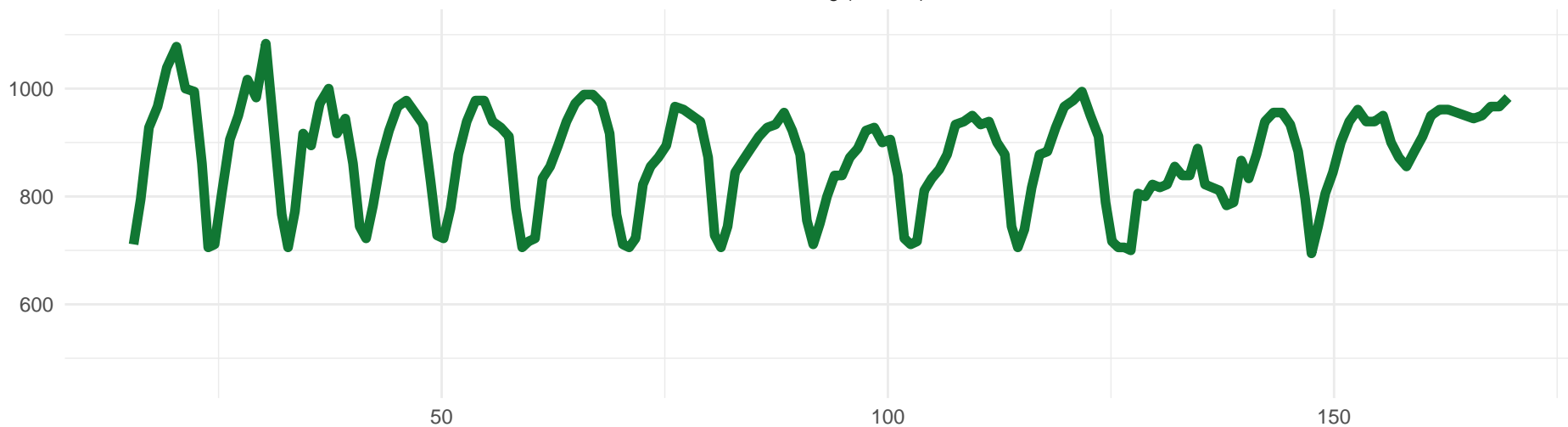


rMSSD – Polar H7: 56.5 ms – HRV4Training: 61.5 ms – Zoom HRV: 88.4 ms – Zoom HRV (corrected): 67.1 ms

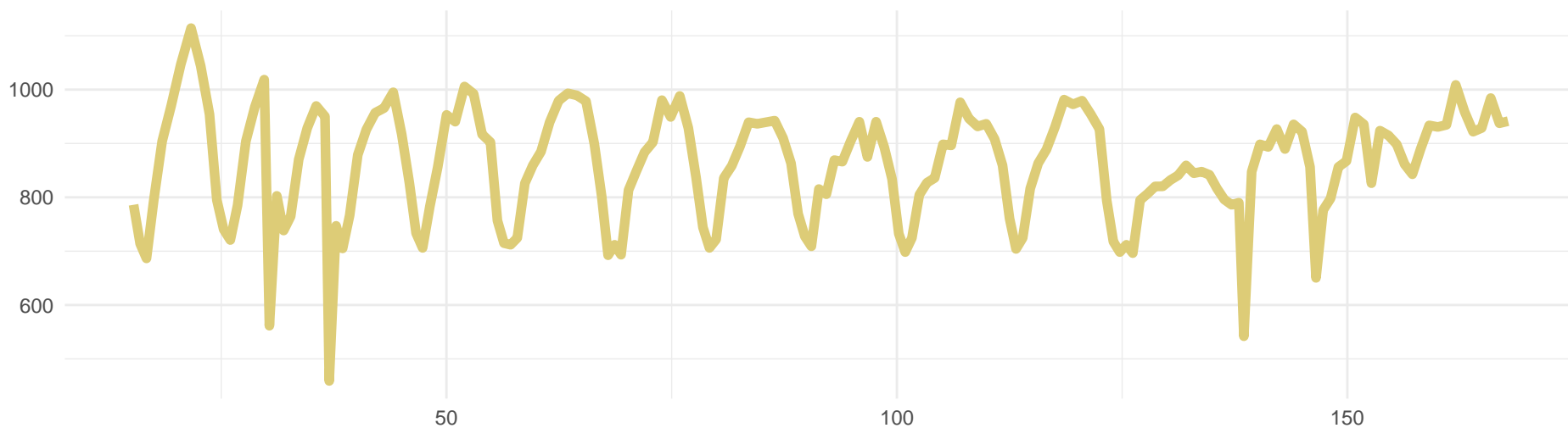
Chest strap (Polar H7)



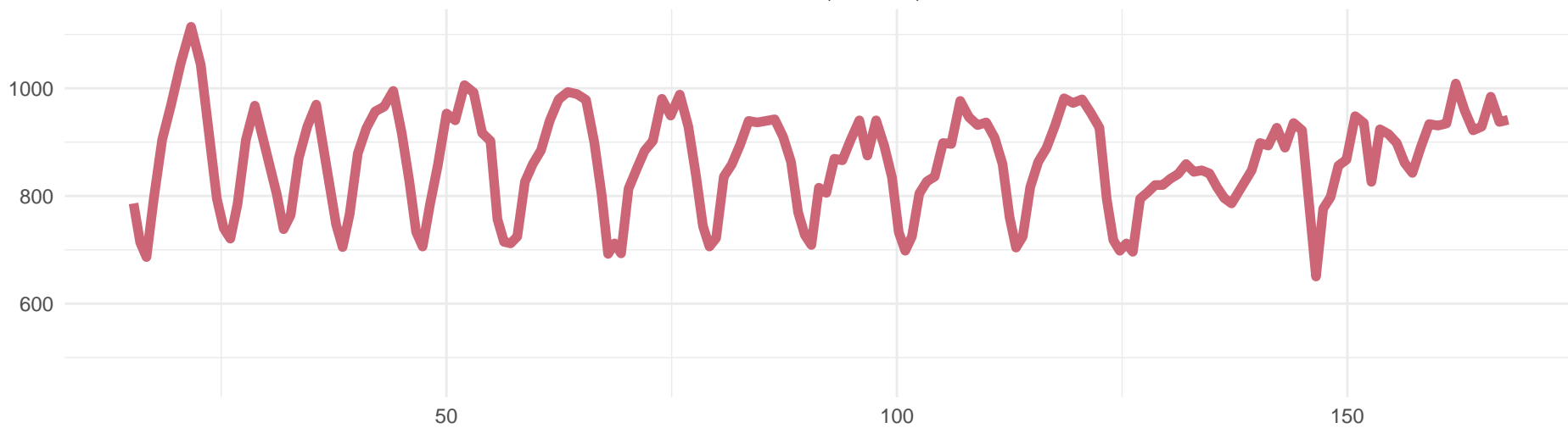
HRV4Training (camera)



Zoom HRV



Zoom HRV (corrected)



Timestamp