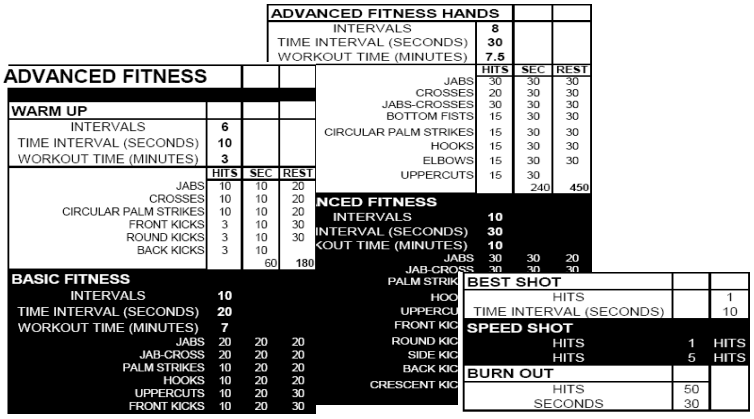
Herman Training System

Hybrid Offering	
Brief description	The Herman Digital Interactive Training System is a computerised training system consisting of sensors, a digital trainer device, targets, software programs and personal workout plans. The system is suitable for fitness, martial arts, boxing, and other sports.
Hybrid offering's industry	Preventive healthcare
Company details	
Garri Productions www.goherman.com	Founded in 2003 as a television and video production company, Garri Productions has expanded into the fitness world, first with its 'Fit to Defend' DVD and then with its patented 'Herman Digital Interactive Training System'.
Company's industry	Sports electronics
Country of origin	USA
Dimensions	
Product dimension	A central component of the system is the Herman Digital Trainer—a small device with electronic display and memory. Herman Sensors measure the power and speed for single and multiple strikes. The Digital Trainer then calculates extensive score tables. The Herman Sensors can be placed on various surfaces and equipment such as freestanding bags, hanging bags, hand-held targets and focus targets.
Service dimension	Based on scores, the system gives individual feedback on techniques and workouts. As a user progresses, the more advanced programs can be downloaded from the website or by an instructor and uploaded on a user's Herman (via USB cable). With each program level, the length of each exercise interval increases and the rest time between each decreases. The system can be combined with the exercises of Herman's 'Fit to Defend' DVD program.
Other links	
Other Crucial Dimensions	
Hybrid orientation	Product oriented
Community as service	No
Target market	B2C
Revenue model	One time

Images

Product dimension

Service Dimension



ADVANCED FITNESS HANDS

INTERVALS	8
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	7.5

	HITS	SEC	REST
JABS	30	30	30
CROSSES	20	30	30
JABS-CROSSES	30	30	30
BOTTOM FISTS	15	30	30
CIRCULAR PALM STRIKES	15	30	30
HOOKS	15	30	30
ELBOWS	15	30	30
UPPERCUTS	15	30	
		240	450

ADVANCED FITNESS

WARM UP

INTERVALS	6
TIME INTERVAL (SECONDS)	10
WORKOUT TIME (MINUTES)	3

	HITS	SEC	REST
JABS	10	10	20
CROSSES	10	10	20
CIRCULAR PALM STRIKES	10	10	20
FRONT KICKS	3	10	30
ROUND KICKS	3	10	30
BACK KICKS	3	10	
		60	180

NCED FITNESS

INTERVALS	10
NTERVAL (SECONDS)	30
KOUT TIME (MINUTES)	10

JABS	30	30	20
JAB-CROSS	30	30	30
PALM STRIK			
HOO			
UPPERCU			
FRONT KIC			
ROUND KIC			
SIDE KIC			
BACK KIC			
CRESCENT KIC			

BASIC FITNESS

INTERVALS	10
TIME INTERVAL (SECONDS)	20
WORKOUT TIME (MINUTES)	7

JABS	20	20	20
JAB-CROSS	20	20	20
PALM STRIKES	10	20	20
HOOKS	10	20	20
UPPERCUTS	10	20	30
FRONT KICKS	10	20	30

BEST SHOT

HITS		1
TIME INTERVAL (SECONDS)		10

SPEED SHOT

HITS	1	HITS
HITS	5	HITS

BURN OUT

HITS	50	
SECONDS	30	

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