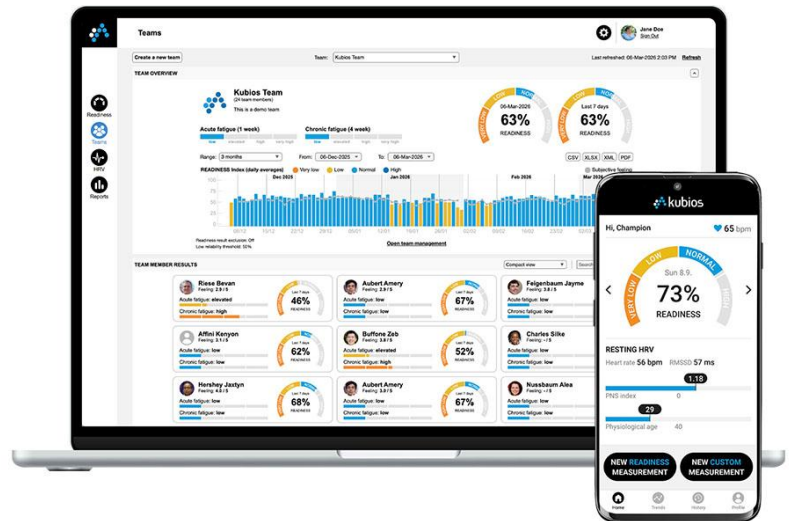


KUBIOS HRV TEAM READINESS

Heart rate variability (HRV) based readiness monitoring software for sports and wellness professionals, featuring detailed analytics for physiological performance.



Quick start guide

1. Get a license

Purchase a license (**S**, **M** or **L**) at kubios.com/hrv-team-readiness.

Install Kubios HRV Team Readiness ([download installer](#) for Win/macOS).

Login or create a Kubios account, and activate the software with your Admin license key (only Admin can create teams).

2. Create a team

Create your first team and invite members with the Invite Key.

Team members start measuring their daily readiness with Kubios HRV app (e.g., a 3 min resting HRV every morning at supine position, while breathing normally, avoid talking).



3. Monitor & optimize

Monitor individual and team readiness, assess fatigue, and track HRV trends.

Optimize your training with HRV:

- ✓ Improve performance using HRV-guided training and HRV analytics
- ✓ Learn how members recover from training and other stressors
- ✓ Avoid injuries and overtraining

Features

Operating system

- Compatible with Windows and macOS (see [system requirements](#)).

Complimentary mobile app

- Members can use the free Kubios HRV app, available for Android and iOS.
- **Readiness measurement mode:** Quick morning HRV measurements using just a smartphone (see [how it works](#)) or a chest strap HR sensor. Includes subjective feeling (1-5) and manager-controlled functionality.
- **Custom measurement mode:** Record specific HRV sessions, such as training or sleep.

Trusted analytics

- Validated pre-processing with measurement quality indication.
- Detailed HRV analytics including resting HR, PNS index, RMSSD, SDNN, LF & HF powers, and respiration rate (RESP).

- **Readiness index (0-100%):** Reliable measure of an individual's physiological readiness:

VERY LOW (0-25%)

LOW (25-50%)

NORMAL (50-75%)

HIGH (75-100%)

NOTE: The Readiness index adapts to each member's unique HRV baseline. This calibration typically takes 2-3 weeks, after which accuracy is optimized.

Readiness module

- Individual readiness trends, daily HRV scores, and subjective feeling.
- Optimized fatigue alerts tracking both acute and chronic load.

Teams module

- Create and delete teams, manage members, edit team features, and control how the app behaves for the team members.
- Team overview providing a quick summary of all members' readiness status.

HRV module

- **Data management:** Use Kubios data browser to manage measurements made with the Kubios HRV app, or import training data in FIT format.
- **Training analytics:** Physiological performance analytics, including HR, training effect (TRIMP), ventilatory thresholds (VT1 and VT2), and heart rate recovery (HRR).

Reports and export options

- Generate readiness reports (PDF) and export readiness data (CSV, Excel, XML).

Pricing & licensing

- 1-year subscriptions are available on our product page. Choose from three standard team sizes:
 - Small** (max 10 members)
 - Medium** (max 25 members)
 - Large** (max 50 members)
- Contact us for larger teams or custom enterprise solutions.

Installation and license activation

Installation

- Download the Kubios HRV (Team Readiness) installer from www.kubios.com/download.
- Install the software on your computer (you need admin privileges).

NOTE: The required Matlab Runtime (MCR) is automatically included in the installers.

Getting started

- When you start the software for the first time, you need to login with your Kubios user account.
- After logging in, you will be asked to activate the software using your license key (this will link the license to your Kubios user account).

NOTE: The license allows you to use the software on one computer at a time (one active session), but you can have the software installed in more than one computer.

Your Kubios username (your email address)

NOTE: Does not need to be the same email address you used for purchasing the license!

If unchecked, you need to login every time you open the software.

If you don't have a Kubios user account yet, please register an account here.

Click here if you have forgotten your password or want to change it.

Kubios HRV Team Readiness | User interface

The Team Readiness software consists of four modules: 1) Readiness module, 2) Teams module, 3) HRV module, and 4) Reports module. The modules are described in detail in the following pages.

Create a new team

Select which team to view

Edit settings

Your Kubios account settings

Refresh team readiness data

Manage your team

Select team member result view

Readiness Module

Teams Module

HRV Module

Reports Module

Team Overview

Kubios Team (b39bcdda)
(23 team members)

Acute fatigue (1 week): 68% READINESS

Chronic fatigue (4 week): 68% READINESS

Range: 3 months | From: 10-Feb-2026 | To: 11-May-2026

READINESS index (daily averages)

Team Member Results

Member	HRV (bpm)	RRMSD (ms)	HRV (bpm)	RRMSD (ms)
Hanson Doug 43 years 180 cm 72 kg	61	34	62	26
Preston Craig 54 years 182 cm 86 kg	38	57	40	51
North Andreas 61 years 183 cm 71 kg	48	35	49	27
Norton Johnny 69 years 182.3 cm 80.02 kg	55	21	50	143
Barnard Penny 50 years 167 cm 60 kg	55	34	58	37
Graham Mick 43 years 180 cm 76 kg	68	12	78	17

Teams module | Creating and managing teams

Creating a team: Click the **Create a new team** button and provide a name and optional description. Please note that you can create multiple teams, as long as the total number of members across all teams remains within your purchased license limit.

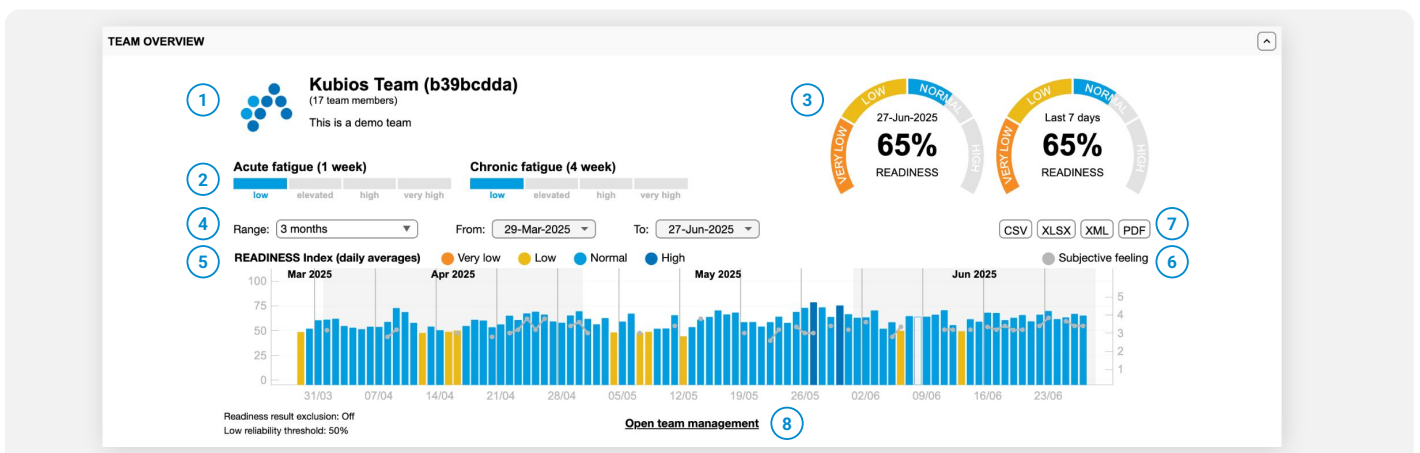
Managing teams: Team management options available at the Teams module include:

1. Edit team name
2. Edit team description
3. Create an Invite Key for the team (people can join your team by giving this key in Kubios HRV mobile app)
4. Select team members who are included in results/reports
5. Change selected member's role (Analyst can analyze team data; Manager can analyze/manage team)
6. Remove selected member from team
7. Hide readiness results from team members (if selected, team members can perform measurements normally, but they will not see readiness results or trends on the app)
8. Set Readiness relaxation period
9. Set Readiness measurement duration
10. Enable custom measurements for team members
11. Delete a team (NOTE: Deleting a team does not delete any readiness data, it only removes the team and all member associations)

Teams module | Team overview

Team readiness results overview: The Team Overview panel (Teams module) shows readiness results averaged over selected team members, including:

1. Team logo, name, number of members, and description
 2. Acute and chronic fatigue*
 3. Readiness index value for today and last 7 days*
 4. Range selection for team readiness data
 5. Readiness index (0-100%) trend* (unfilled bar indicates insufficient data)
 6. Subjective feeling (1-5) trend*
 7. Export team's readiness data in CSV, Excel, or XML, and save reports in PDF
 8. Open team management
- * Results are averaged over the selected team members



Teams module | Team member results

Team member readiness results: The Team Member Results panel (Teams module) shows a summary of readiness results for each of the selected team members. You can select between detailed view, compact view and timeline view.

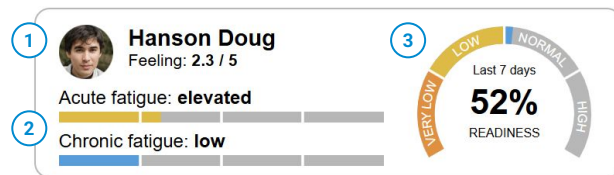
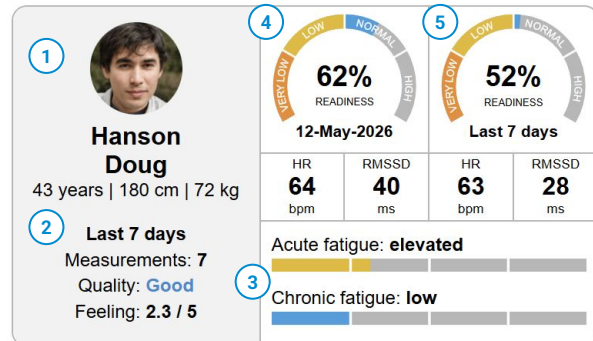
Detailed view:

1. Member name, age, height and weight (if available)
2. Nbr of readiness measurements, their quality and subjective feeling over the last 7 days
3. Acute and chronic fatigue
4. Readiness index and HRV scores for the last day
5. Readiness index and HRV scores over the last 7 days

Compact view:

1. Member name and subjective feeling over the last 7 days
2. Acute and chronic fatigue
3. Readiness index over the last 7 days

Timeline view: Quick overview of all members' readiness index, subjective feeling, and measurement quality over the selected time period.



Readiness module | Daily results

Daily readiness results and RR data: The Daily Results panel (Readiness module) shows readiness results for the selected team member and selected day. The results include:

1. Readiness index (0-100%) ([Read more](#))
2. HRV scores including resting HR, RMSSD, [PNS & SNS indexes](#), respiratory rate, etc.
3. Subjective feeling on scale 1-5 (if available)
4. Acute and chronic fatigue (low-very high) ([Read more](#))
5. Physiological age ([Read more](#))
6. Change to Previous or Next day
7. Show/Hide raw RR interval data
8. Raw RR interval data associated with the readiness results (Note: beat correction is applied for the RR data prior to readiness analytics)

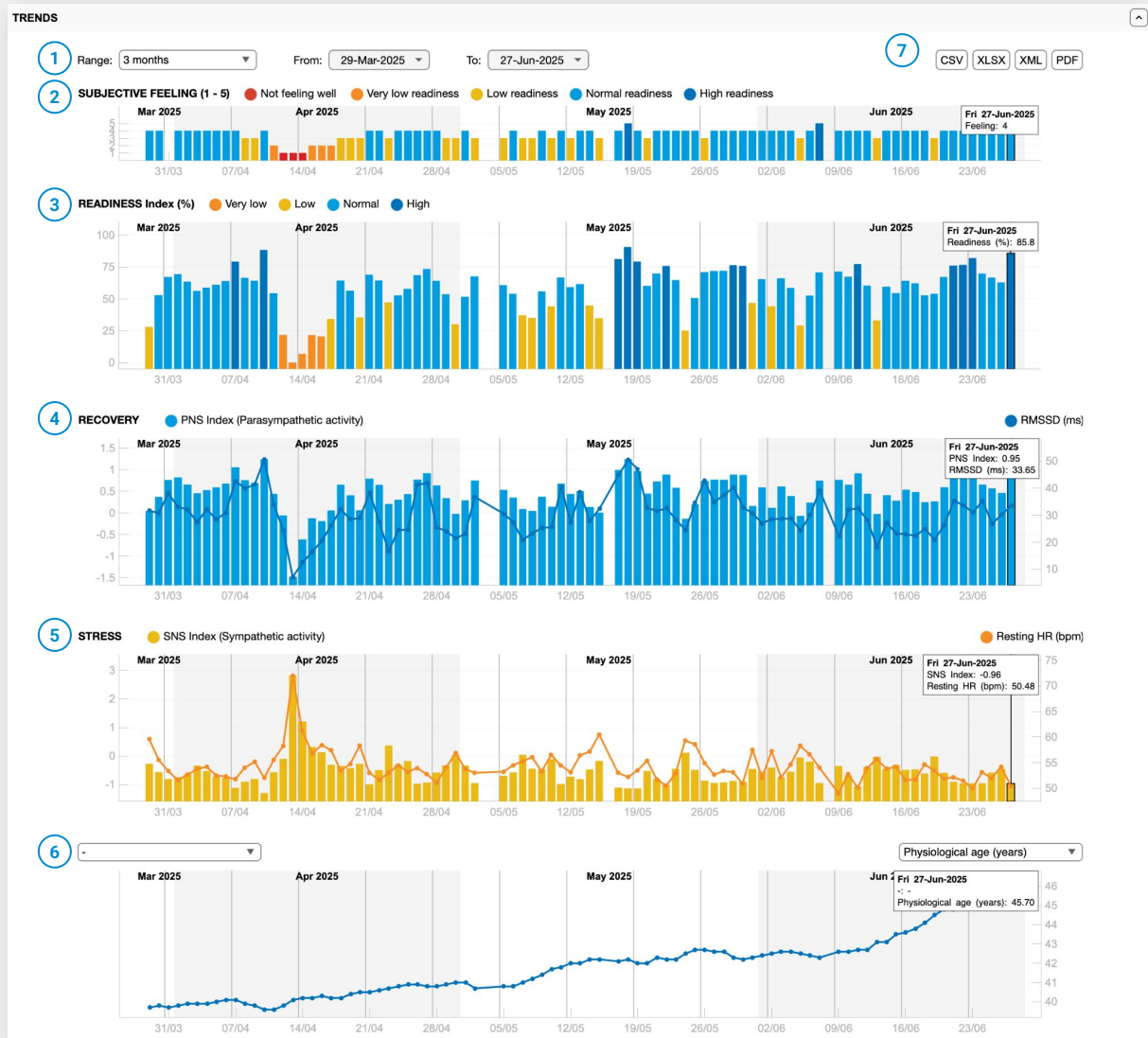


Readiness module | Trends

Readiness and HRV trends: The Trends panel (Readiness module) shows daily readiness and HRV score trends for the selected team member, including:

1. Range selection for readiness data visualization (1-month, 3-months, 6-months, 1-year, or custom range)
2. Subjective feeling trend on scale 1-5 (if available)
3. Readiness index trend on scale 0-100%, where low quality measurements are shown on transparent or unfilled bars. Normal readiness (50-75%) indicates that member's resting HRV is within normal range compared to their past readiness measurements.
4. Trend of parasympathetic nervous system (PNS) activity associated with recovery, represented by PNS index and RMSSD
5. Trend of sympathetic nervous system (SNS) activity associated with stress, represented by SNS index and resting HR
6. Trends of two freely chosen HRV parameters
7. Data export options including exporting member's numeric readiness data (CSV, Excel and XML) as well as readiness report (PDF report).

NOTE: Click on any bar to see data labels and daily result.



HRV module | Data management

Data management: In the Data management section, you can choose the analysis type, open files, and control how your data is analyzed. This section consists of three panels, with the main functionalities described below:




1. Open a local data file (FIT format) for analysis.
 2. Open Kubios Data Browser to select a measurement you or your team members recorded with the Kubios HRV App.
 3. Close the current data file.
 4. Open the Route Explorer (requires GPS data).
 5. Export analysis results in CSV and PDF formats.
 6. Choose the analysis type from the available options:
 - **Training analysis:** Dedicated physiological performance analytics for sport and exercise sessions.
 7. View basic details about the measurement.
 8. Assign the measurement to a specific team member and edit their demographic data, if necessary.
 9. View raw measurement data (ECG, PPG, etc.).
 10. View HRV data (HR or RR, as defined in HRV options).
 11. Adjust the analysis period by dragging the start and end boundaries on the HRV axes.
 12. Edit HRV options
- NOTE: Hold **Ctrl** (Windows) or **Cmd** (Mac), then click and drag on the HRV axes to set the view to selection, mark/unmark noise, or to set a specific analysis period.

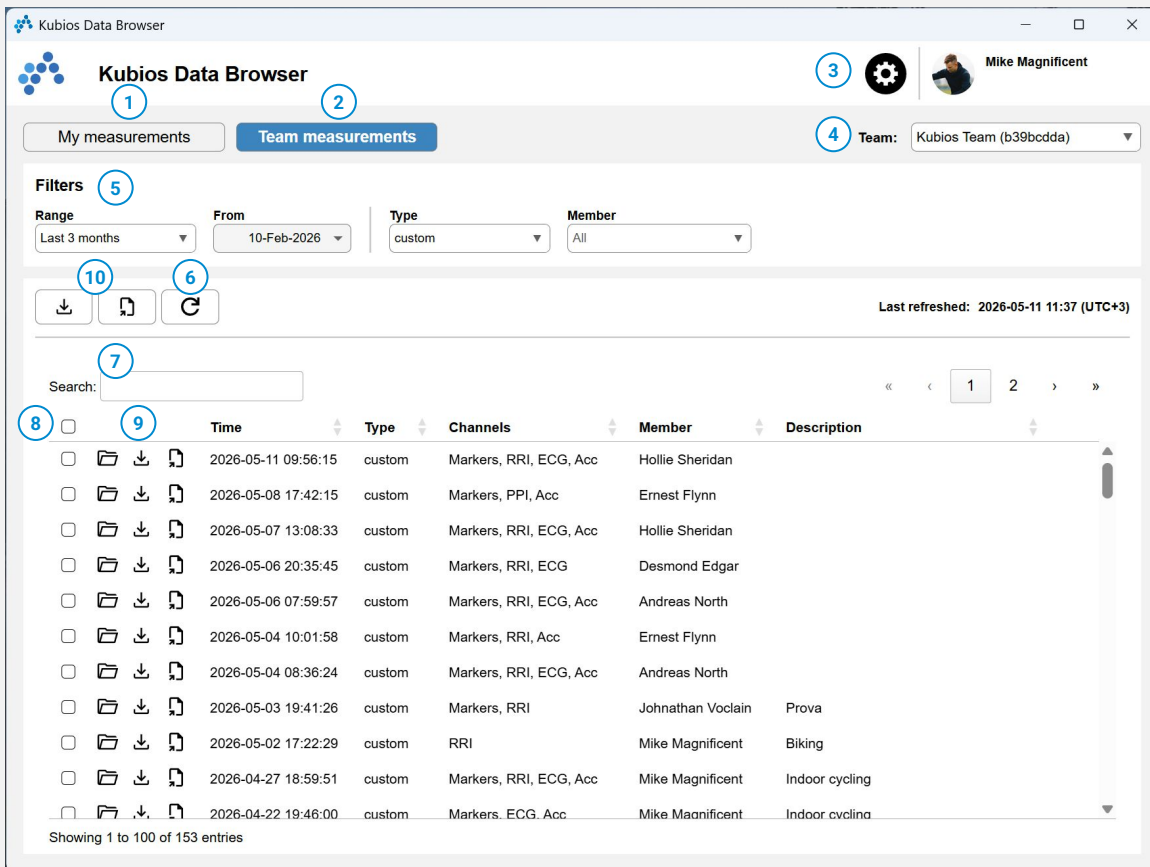
The screenshot displays the Kubios HRV software interface with several panels and plots. At the top, there are navigation icons (1, 2, 3) and a dropdown menu (6) set to 'Training analysis'. The main area is divided into three sections:

- MEASUREMENT INFORMATION:** Contains two panels:
 - Measurement (7):** File name: Max test and VT.kdf; Date and time: 19-Jun-2024 2:55 PM (UTC+3); Length: 00:54:30; Channel label [type]: ECG [ECG]; Sampling rate (Hz): 250; Description: Max bicycle ergometer test followed by VT1 and VT2 intervals.
 - Subject (8):** Set subject information from: Kubios Team (b39bccdda) | Doug Hanson. Fields include Name (Doug Hanson), ID, Date of birth (20-Oct-1975), Gender (Male), Weight (kg) (82), Height (cm) (187), Max HR (bpm) (185), Resting HR (bpm) (55), and VO2 max (ml/kg/min).
- ECG / PPG / Measured Parameters (9):** A plot showing ECG data over time (11:55:10 to 11:55:30).
- HRV (10):** A plot showing Heart rate (bpm) over time (11:55:10 to 12:45:10). A shaded 'Recovery' period is highlighted between approximately 12:15:10 and 12:25:10. A 'Show options' button (12) is at the bottom.

HRV module | Data management

Opening data files: You can open measurements recorded with the Kubios HRV App for analysis using the Kubios Data Browser. Alternatively, you can open local data files in FIT format. Note: Beat-to-beat data (RR or IBI data) is required for HRV analysis. The main functionalities of the Kubios Data Browser are described below:

1. View your own measurements
2. View team members' measurements
3. Kubios Data Browser settings, including download cache and export format options
4. Select team (in case you are managing several teams)
5. Filter measurements based on range, from date, type (readiness or custom), and team member
6. Click the Refresh button to fetch the latest measurements from the cloud.
7. Use the Search box to enter free-text and find matches across member names, data channels, and measurement descriptions.
8. Use the tick boxes to select specific measurements, for example to export multiple data files at once.
9. Measurement specific action button:
 -  Open the data file for analysis
 -  Download the data file into local cache
 -  Export the data file in CSV or EDF format
10. Download to local cache or export selected measurements.



The screenshot shows the Kubios Data Browser interface. At the top, there are tabs for 'My measurements' (1) and 'Team measurements' (2). On the right, there are settings for the user 'Mike Magnificent' (3) and a dropdown menu for the team 'Kubios Team (b39bcdda)' (4). Below this is a 'Filters' section (5) with dropdowns for 'Range' (Last 3 months), 'From' (10-Feb-2026), 'Type' (custom), and 'Member' (All). A row of action buttons (10) includes a download icon, a folder icon, and a refresh icon (6). A search box (7) is located above a table of measurement entries. The table has columns for 'Time', 'Type', 'Channels', 'Member', and 'Description'. Each row has a checkbox (8) and a folder icon (9) for actions. The table shows 153 entries, with the first 100 displayed. The last refreshed time is 2026-05-11 11:37 (UTC+3).

	Time	Type	Channels	Member	Description
<input type="checkbox"/>	2026-05-11 09:56:15	custom	Markers, RRI, ECG, Acc	Hollie Sheridan	
<input type="checkbox"/>	2026-05-08 17:42:15	custom	Markers, PPI, Acc	Ernest Flynn	
<input type="checkbox"/>	2026-05-07 13:08:33	custom	Markers, RRI, ECG, Acc	Hollie Sheridan	
<input type="checkbox"/>	2026-05-06 20:35:45	custom	Markers, RRI, ECG	Desmond Edgar	
<input type="checkbox"/>	2026-05-06 07:59:57	custom	Markers, RRI, ECG, Acc	Andreas North	
<input type="checkbox"/>	2026-05-04 10:01:58	custom	Markers, RRI, Acc	Ernest Flynn	
<input type="checkbox"/>	2026-05-04 08:36:24	custom	Markers, RRI, ECG, Acc	Andreas North	
<input type="checkbox"/>	2026-05-03 19:41:26	custom	Markers, RRI	Johnathan Voclain	Prova
<input type="checkbox"/>	2026-05-02 17:22:29	custom	RRI	Mike Magnificent	Biking
<input type="checkbox"/>	2026-04-27 18:59:51	custom	Markers, RRI, ECG, Acc	Mike Magnificent	Indoor cycling
<input type="checkbox"/>	2026-04-22 19:46:00	custom	Markers, ECG, Acc	Mike Magnificent	Indoor cycling

Showing 1 to 100 of 153 entries

HRV module | Training analysis

Training analysis: The Training analysis type provides dedicated physiological performance analytics for sport and exercise sessions ([read more](#)). Results are displayed across four panels (three for training metrics and one for heart rate recovery), with the main functionalities described below:

- Choose training metric from the available options:
 - Heart rate (HR)
 - Heart rate reserve (HR reserve)
 - Training effect (TRIMP)
 - Respiratory rate (RESP)
 - Ventilatory thresholds (VT1 & VT2)
 - Oxygen uptake (VO2)
 - Measured parameters (e.g. speed, altitude, etc.)
- View heart rate recovery (HRR) data (if recovery data is available for the exercise session).
- Open info dialogs for details and tips relating to the different training metrics.
- View results for the selected training metric.
- Hold Ctrl (Windows) or Cmd (Mac), then click and drag to view training metrics for a specific selected period.
- Use the Route Explorer for route highlighting and segment selection.

Training analysis Autodetect recovery period

HEART RATE

1 Heart rate 3

Heart rate graph showing HR [bpm] vs Time [hh:mm:ss]. A selection box highlights a period from 15:12:00 to 16:12:00, with a peak of 158 bpm at 01:01:08. 5

Heart rate 4

	Avg [bpm]	Min [bpm]	Max [bpm]
Whole exercise	142	124	164
Selection	145	130	164

	0%	50%	100%
Maximum	0.0%	0.0%	00:00:00
Hard	25.6%	00:24:24	
Moderate	74.4%	01:10:52	
Light	0.0%	00:00:00	
Very light	0.0%	00:00:00	

Relative to max. HR (185 bpm).

TRAINING EFFECT

VENTILATORY THRESHOLD

Ventilatory threshold graph showing VT [l/min] vs Time [hh:mm:ss]. A selection box highlights a period from 15:12:00 to 16:12:00, with a peak of 1.61 at 01:01:08.

Ventilatory threshold

	Avg	Min	Max
Whole exercise	1.12	0.68	1.79
Selection	1.20	0.78	1.79

	0%	50%	100%
Above VT2	0.0%	0.0%	00:00:00
VT1 - VT2	90.1%	01:25:51	
Below VT1	9.9%	00:09:25	

HEART RATE RECOVERY

Heart rate recovery graph showing Heart rate [bpm] vs Time [s]. A selection box highlights a period from 0 to 60 seconds, with a peak of 158.2 bpm and a recovery value of 130.3 bpm.

Route Explorer

Map type: Satellite 6 Route highlight: heart_rate

Date and time:
 Start: 2025-05-17 14:42:00 (UTC+3)
 End: 2025-05-17 16:54:50 (UTC+3)
 Description: running_generic

Route total:
 Distance: 21.51 km
 Speed: 9.7 km/h
 Time: 02:12:50
 Ascent: 200 m
 Descent: 193 m

Selection:
 Distance: 15.74 km [5.76 - 21.51 km]
 Speed: 9.9 km/h
 Time: 01:35:17 [00:37:36 - 02:12:53]
 Ascent: 158 m
 Descent: 148 m

heart rate:
 Min: 128 bpm
 Max: 164 bpm
 Avg: 144.73 bpm

Current point:
 Distance: 9.59 km
 Speed: 9.3 km/h
 Time: 01:01:09
 Grade: 0 %
 heart rate: 159 bpm

Reports

Readiness reports: In the Reports module, you will find the last (max. 50) PDF reports that you have generated. The reports panel includes options to:

1. Select report types to view (All, User, or Team reports)
2. Select a specific report from the list
3. Save the report in your computer
4. Report view options (e.g. zooming)
5. Download and print the report
6. Delete the report
7. Delete all reports

REPORTS

3 reports (max. 50)

- 1 All Reports
- 2 Readiness Report Mike Magnificent Full Report (12-May-2026 12:47 PM)
- 3 Training Report John Doe Full Report (12-May-2026 12:47 PM)
- 4 Team Readiness Report Doug Hanson Full Report (12-May-2026 12:36 PM)

7 Delete All Reports

Readiness Report (Mike Magnificent) - 12-May-2026 12:47:58

6a4e91d2-1a2e-43... 1 / 2 101% +

5 Save as 6 Delete

Readiness Report

90-DAY READINESS TRENDS (DAILY VALUES)
12.02.2026 - 12.05.2026

Mike Magnificent

Age (years)	53	HR (bpm)	55
Height (cm)	181	RMSSD (ms)	35
Weight (kg)	78	PNS Index	0.57
BMI (kg/m ²)	23.8	SNS Index	-0.66
HR rest (bpm)	55	Subjective feeling	3.7
HR max (bpm)	175	Acute fatigue: low	
Physiological age	48		

Last 7 days

77% READINESS

Last 4 weeks

72% READINESS

READINESS (Last 90 days)
Range: 12.02.2026 - 12.05.2026 Measurements: 6.9/week (89/90) Readiness result exclusion: None

SUBJECTIVE FEELING (1-5)

16/02 23/02 02/03 09/03 16/03 23/03 30/03 06/04 13/04 20/04 27/04 04/05 11/05

READINESS INDEX (%)

16/02 23/02 02/03 09/03 16/03 23/03 30/03 06/04 13/04 20/04 27/04 04/05 11/05

READINESS SUMMARY

Readiness	Avg	SD
64%	53%	59%
51%	57%	55%
59%		

Feeling	Avg	SD
3.5	3.2	3.2
3.2	3.3	3.3
3.3		

Highest readiness (7 days): 81% Fri 03.04 - Thu 09.04
Lowest readiness (7 days): 21% Fri 06.03 - Thu 12.03

Readiness vs. Feeling correlation

0.73

Settings

Software settings: In software settings, you can:

1. Check for software updates and your license(s)
2. Edit your Kubios user account
3. Choose color theme (Dark/Light)
4. Choose language and localization settings
5. Readiness module options: choose default trend range, when to auto-refresh results, HRV parameters for custom trend plot, and quality threshold for excluding readiness results.
6. Teams module options: choose default trend range, when to auto-refresh results, team member viewing mode, and threshold for reliable team readiness results.
7. HRV module options: choose preferred units for speed, distance, and altitude.
8. Reports module options: choose paper size and PDF graphics style..

Further reading

Expand your knowledge of heart rate variability, training optimization, and recovery by exploring our expert articles at kubios.com/blog:

- **Understanding HRV readiness score:** Discover how HRV reveals your physiological readiness, what the different readiness score categories mean, and what's their impact on training and stress management.
- **Accuracy of smartphone-based HRV measurement:** Discover how the Kubios app's readiness measurement uses smartphone-based seismocardiography (SCG) to deliver highly reliable, wearable-free HRV metrics.
- **HRV-guided training:** Learn how adjusting your workout intensity based on daily HRV readings can help optimize athletic performance and recovery.
- **Managing fatigue with HRV:** Gain insights into the underlying causes of fatigue and learn how to differentiate between acute and chronic fatigue.
- **HRV: An objective measure of stress:** Discover why heart rate variability (HRV) is the ultimate objective tool for tracking daily stress, monitoring your recovery, and stopping burnout before it happens.



Ready to optimize your team's performance?

[SIGN UP NOW](#)

or contact us:

sales@kubios.com