

# HIMS

## HEART RATE INTERVAL MONITORING SYSTEM



The cost of the HIMS CD is R1200 including postage and you will receive the following:

- An explanation of how to use the HIMS
- An audio copy of the running test
- Log sheets to capture the relevant data required from players
- A rating scale to quantify change over time
- Normative data
- Fax your order/proof of payment from attention J Durandt +27 21 6595601 ([jdurandt@ssisa.com](mailto:jdurandt@ssisa.com))

### ORDER FORM

Please send me a copy of the Heart Rate Monitoring System (HIMS)

#### My Details Are:

Title ..... First Name ..... Surname .....

Postal Address .....

..... Postal Code .....

Tel no: Home ( ) ..... Work ( ) .....

Cell no ..... E-mail .....

#### Method of Payment:

1.  Credit card

Card No.

Expiry Date     CVC

Cardholder's name ..... Cardholders Signature .....

2.  Internet transfer (Please fax proof of payment)

#### Bank Details:

Sport Science Institute of South Africa  
Standard Bank: Wynberg, Cape town South Africa  
Acc:271629169  
Br Code, 025309  
Swift code: SB2AJJ