

iQniter

IQNITER SMART SENSOR
USER GUIDE





WELCOME

Get Connected, Get Motivated, Get Results

This is a user guide for iQniter Smart Sensor which is an extended version of the Suunto Smart Sensor especially for use in group training studios equipped with iQniter Cardio Training. Like the Suunto Smart Sensor, the iQniter Smart Sensor can also be used together with Suunto watches, Suunto Movescount App or Bluetooth Smart Phone Apps.

The iQniter Smart Sensor comes with a soft, comfortable HR Smart Sensor belt.



www.iQniter.com

GETTING STARTED

Register your iQniter Smart Sensor on **my.iqniter.com**. Then follow a few simple steps, and you will be ready to use your iQniter Smart Sensor.

WEARING A HEART RATE (HR) BELT

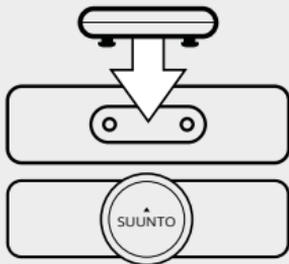
- 1** Snap the sensor firmly into the strap connectors
- 2** Adjust the belt length as needed
- 3** The strap is placed on the chest just under the breast line in direct contact with your bare skin.
- 4** Moisten the belt electrode areas (rubber sections on the reverse side) with water or electrode gel
- 5** Put the belt on so that it fits snugly and the iQniter logo is facing up in the center of the chest
- 6** To use your iQniter Smart Sensor with iQniter Cardio Training in the studio ensure that it is properly registered on my.iqniter.com
- 7** To use with watch or app you need to pair your iQniter Smart Sensor with the device.



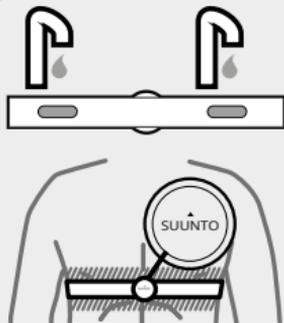
The HR belt turns on automatically when a heartbeat is detected.

Register your belt on my.iqniter.com

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GET MOST OUT OF YOUR HR BELT

No matter the fitness goals you have for your training, you will achieve them by training with the right intensity. HR is the best indicator to gauge training intensity. HR is also used to gauge recovery, stress levels and optimising all your training sessions.

FOR PROPER FUNCTION

- Ensure that the strap contact points (electrodes) are wet and in direct contact with the skin. (NOT OVER A BRA OR T-SHIRT)
- Adjust the heart rate belt and make sure that it fits tight and right on the breast line

MEMORY FUNCTION

The iQniter Smart Sensor has a memory function. When the iQniter Smart Sensor is used and the Suunto watch or Movescount App are not available, the iQniter Smart Sensor retains the training data in memory and is then auto-uploaded when in proximity to a Movescount enabled device or Suunto watch again. When used together with iQniter Cardio Training the memory function is not used.



**Scan here for more
information and
news about iQniter**



MAXIMUM HEART RATE

Maximum Heart Rate (MHR) is the age-related number of beats per minute of the heart when working at its maximum. Originally, MHR was calculated at 220 minus your age in years for men and 226 minus your age for women, but research has found that this method is only valid for 50% of the population. iQniter therefore recommends that you do a HR test. Getting the most out of your workouts and finding your MHR require a MHR test. This test can be conducted on a bike or treadmill. If there are known heart conditions or health issues a Sub-Maximum HR test can be conducted. Consult your training coach or fitness center for more information.

TRAINING WITH HEART RATE

Once an individual has their personal MHR they can then train with confidence in the correct zones for maximum results. Simply by following the MHR percentage that is outlined by the instructor, trainer or coach. See example training zone definitions below.

ZONE	% OF HR MAX	TOTAL
5	92 - 100	10 - 20 MIN
4	87 - 91	20 - 30 MIN
3	82 - 86	30 - 60 MIN
2	72 - 81	1 - 2 HOURS
1	60 - 71	1 - 4 HOURS



PEAK TRAINING EFFECT (PTE)

PTE indicates the impact of a training session on your maximum aerobic performance. The success of your training is dependent on three factors; Duration, Intensity and Repetition. This information is based on your MHR and the results are divided into 5 levels. More detailed information can be found in the Suunto Training Guidebook – www.Suunto.com.

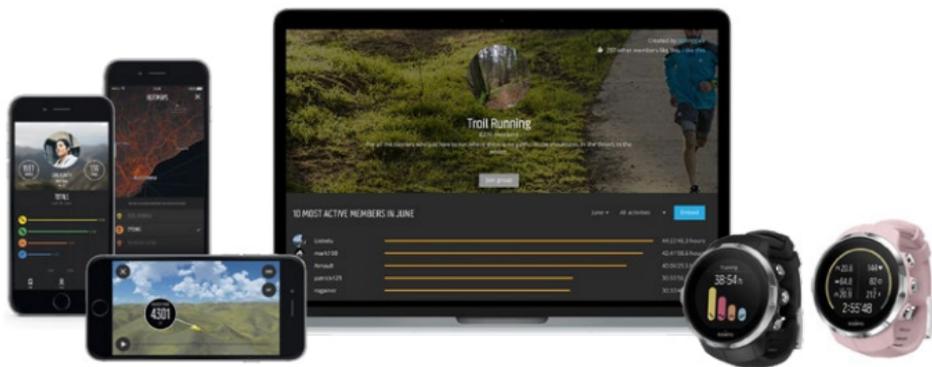
TRAINING EFFECT	DESCRIPTION
5 OVERREACHING	Very strong improvement in the fitness level where the session is followed by a sufficiently long recovery period.
4 POWERFUL ENHANCEMENT	Powerfully improve your fitness, but it requires 2-3 quiet days / training sessions before the next hard session.
3 IMPROVE	Improves fitness level and does not require such a long recovery time.
2 MAINTAIN	Sufficient to maintain fitness and positively improve the cardio system.
1 RECOVERY	Promotes regeneration and basic form, but is not sufficient to improve the fitness level significantly.

 JOIN US!

Movescount
Powered by Suunto
.com

Movescount is Suunto's online training portal that stores all your workouts in Suunto's online training diary. In Movescount you can schedule workouts, share 'moves' with friends on social media, integrate with other apps and find your local training coach.

Movescount is free. Simply register at **movescount.com** with the same email address as you used to register in iQniter and your iQniter workouts will be seamlessly uploaded to your diary.



Ver. 4

iQniter

www.iQniter.com • info@iQniter.com



 **GET SOCIAL!**



#iqniter

#iqniter



TROUBLESHOOTING

CHECK YOUR BELT

- Electrodes must be moist and in proper contact with skin. Unstable HR signals may be due to dry skin contact with belt. In some cases it may be necessary to move the strap a bit to get connected.
- Ill-fitting strap, too loose against skin and electrode loses contact with skin
- Strap not over heart, ensure sensor is in center of chest and electrodes in contact with skin directly under breast line
- Strap can provide years of use if properly cared for, however it will wear and need replacing
- Low battery (life is approximately 200 hours with normal use)
- Damaged Sensor contacts (with care remove one contact at a time, don't push the sensor/transmitter from the belt)
- The elastic strap has a max stretch of 15 %. Different strap sizes are available.

TROUBLESHOOTING IN THE GYM

For troubleshooting when you use the iQniter Smart Sensor together with iQniter Cardio Training in the gym, please follow this additional guide line:

- 1 Check that the sensor ID is correctly registered at my.iqniter.com or in the AdmiQ-registration program at the gym.
- 2 Cardio Training related troubleshooting (consult the instructor or reception in the gym. Refer to installation guide at www.iqniter.com.)

Please note that iQniter Cardio Training only works with “Q” Smart Sensors (white front). Suunto Smart Sensors (black front) are not applicable.

BATTERY

The iQniter Smart Sensor uses a 3-Volt lithium cell CR2025. With Suunto Movescount App, you can check the battery status from the device information when the iQniter Smart Sensor is paired.

REPLACING THE BATTERY

- 1 Remove the sensor firmly from the belt
- 2 Open the battery cover
- 3 Replace the battery (Smart Sensor CR2025). Ensure that the battery switch (red arrow 3) is NOT UNDER the battery.
- 4 Place the new cover with sealing ring. First inset the cover in the battery switch side (red arrow 4)
- 5 Firmly close the battery cover (red arrow 5)

Note: We recommend always to use a new cover to ensure a proper sealing when replacing battery





SAFETY

WARNING: Only for recreational use.

WARNING: Always consult your doctor before beginning an exercise program. Overexertion may cause serious injury.

WARNING: Allergic reactions or skin irritations may occur with any product that is in contact with skin, even though our products comply with all industry standards. In such event, stop use immediately and seek medical attention.

WARNING: People who have a pacemaker, defibrillator, or other implanted electronic device use the transmitter belt at their own risk. Before starting the initial use of the heart rate belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and heart rate belt when being used simultaneously. Exercise may include some risk, especially for those who have been sedentary. We strongly advise you to consult your doctor prior to beginning a regular exercise program.



CARE AND SUPPORT

CAUTION: Do not pull the iQniter Smart Sensor module off the belt. This may damage the belt connectors. Unsnap one side at a time.

CAUTION: Do not machine wash the iQniter Smart Sensor module. Machine washing damages the module.

NOTE: Both the iQniter Smart Sensor module and belt should be rinsed with fresh water after each use. The belt should be machine washed in 40° C after every 2-3 exercises. See the belt tag for further washing instructions.

NOTE: You do not need to replace the iQniter Smart Sensor module; only the Suunto Smart Sensor belt strap may eventually need replacing after extended use.

NOTE: Dry skin under the belt electrodes, a loose belt, and synthetic shirt materials can cause abnormally high heart rate readings. Moisten the belt electrodes well and tighten the belt to avoid heart rate peaks. If you are otherwise concerned about your heart rate, please consult a doctor.

NOTE: When changing battery, we strongly recommend using a new original cover to ensure proper sealing and avoid moist inside the sensor

NOTE: Limited warranty 1 year. For personal use only. In case the usage pattern is for multiple users, the warranty is void.



COMPLIANCE

EU radio directive

Hereby, Suunto Oy, declares that the radio equipment type MOVESENSE is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:
www.Suunto.com/EUconformity.

FCC

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This product has been tested to comply with FCC standards and is intended for home or office use. Changes or modifications not expressly approved by Suunto could void your authority

to operate this device under FCC regulations.

IC

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme aux normes RSS hors licence d'Industrie Canada. Son utilisation est soumise aux deux conditions suivantes: (1) cet appareil ne doit pas causer d'interférences, (2) cet appareil doit accepter toute interférence, y compris les interférences pouvant entraîner un fonctionnement non désiré de l'appareil.