GET STARTED

Cardio Training

AdmiQ

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AdmiQ Overview

AdmiQ is the administrative part of the iQniter system. Here you can register belts and manage various settings including all the settings for Cardio Training on different levels: Cardio Training computer (training zone/area), club or chain. As a receptionist you can do simple settings such as adding a new belt or editing a member's belt. As an administrator you have the opportunity to set up advertisements and more.

When you open AdmiQ you will see 'Belts' **1** as start screen. In the top you see 3 other options; 'Training Data', 'Settings' and 'Advertisement'.
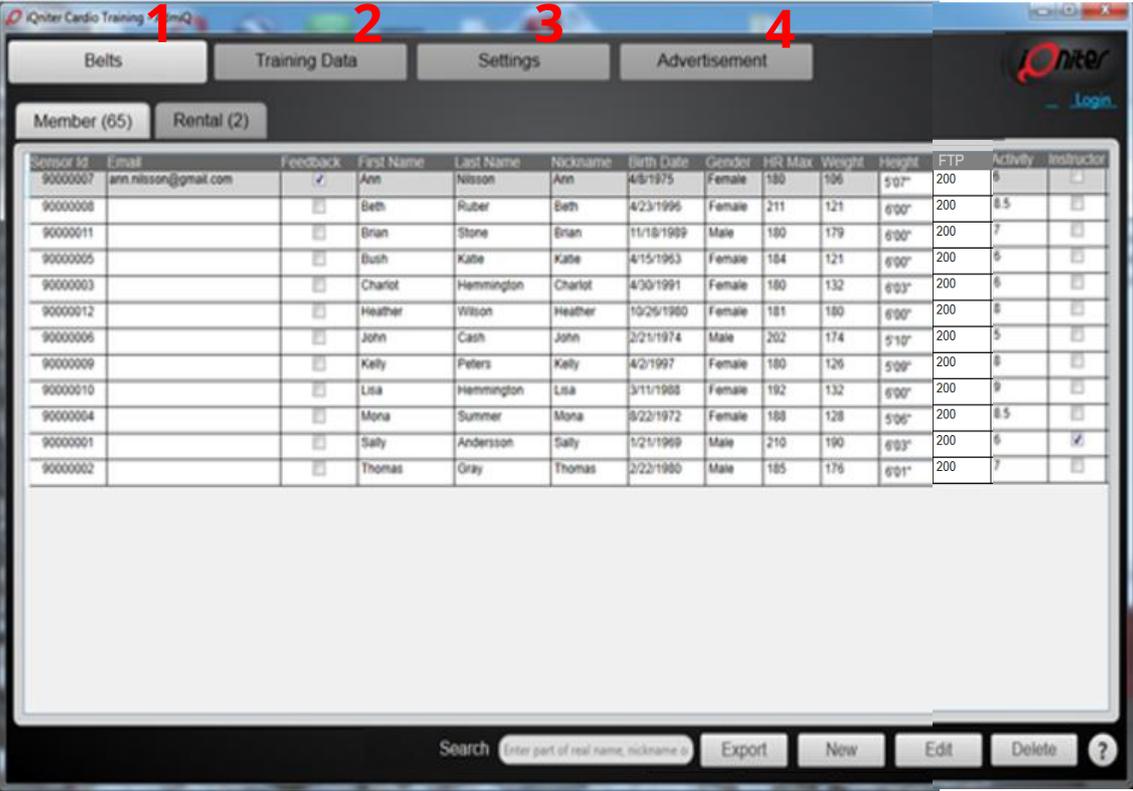
In 'Belts' **1** you can create a new, edit or delete a belt including related member data. You can also change if the members should have e-mail feedback or if the member is to be automatically shown as instructor on the Group Screen.

In 'Training Data' **2** you find training reports. It is possible to resend a report or send it to for example a coach.

In 'Settings' **3** Edit Club information, language and logo. In settings you also decide the Cardio Training settings on different levels – training zone (computer), club or chain.

In 'Advertisement' **4** Create advertisement as a Cardio Training Top Banner or a Video on the Group Screen.

AdmiQ requires cloud connection, so it is not possible to create or change information when off-line.
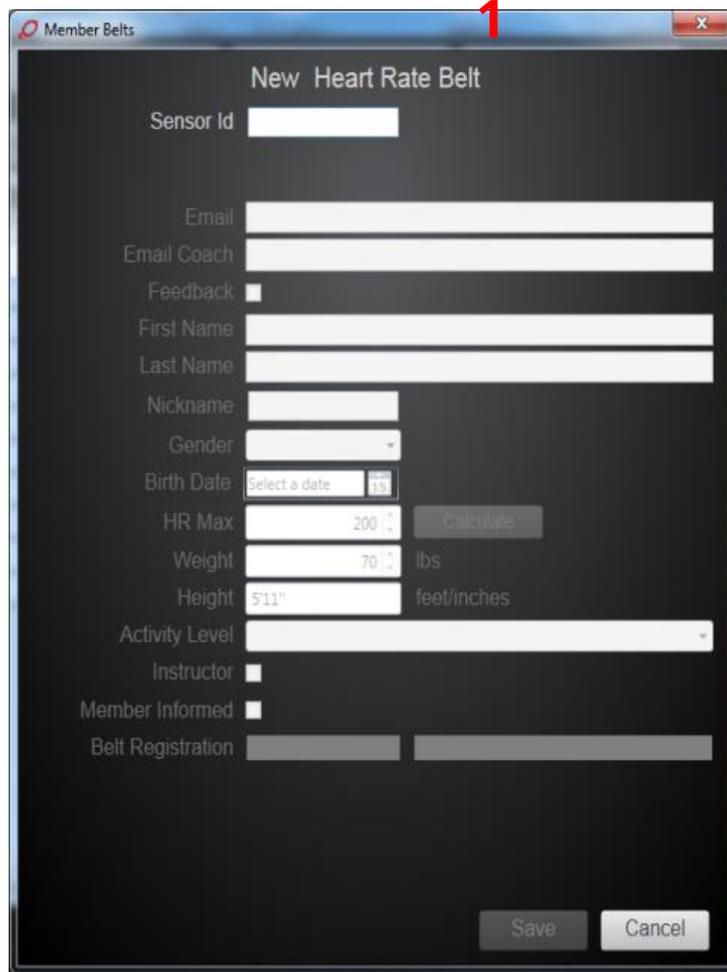
Create a New Member

Everyone who has an iQniter heart rate belt must be registered in AdmiQ in order to show up on the Cardio Training Group Screen.

To register a new belt, click the bottom 'New' **5** and a window will pop-up **1**. Please fill in all the required information's.

If an already created belt is entered, then the 'New Heart Rate belt' form switches to 'Edit Heart Rate Belt' for editing the found belt and related member data. You cannot get through before entering a valid sensor ID.

Edit a Member's Belt

A person's Maximum Heart Rate is mainly genetically determined, but sometimes the members want to change their Maximum Heart Rate or FTP (Functional Threshold Power) values.

To edit a belt and related member data, click (select) a belt and click the button 'Edit' (or double click the belt line). The Edit window will pop-up **1** and you can edit the belt and member data.

When making a new belt, always inform the member that member and belt information is uploaded to the iQniter cloud service. Must be checked to save information.

If a member is an instructor, remember to ✔ **2** so the member will appear as an instructor on the Group Screen in Cardio Training.
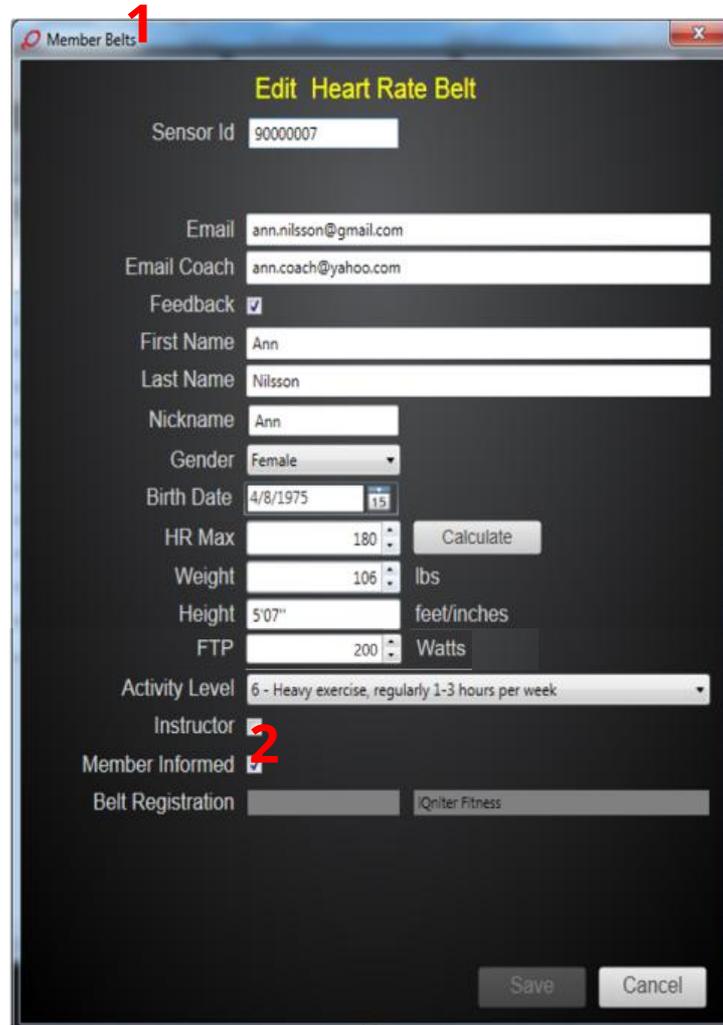
Advertisements – Cardo Training Top Banner

Top Banner advertisements can be shown after end session. You make these settings in AdmiQ. We recommend that it's an administrator in the club who makes the advertisement settings.

Go to 'Advertisements' and 'Cardio Training Top Banner' and select 'New' **1**. Select a start and end date **2**. Start and end dates are defining the advertising period.

No start date → advertisement runs from the created.

No end date → advertisements runs 'for ever'.

Add the advertising text you want to show **3**. For example: "3 hours Indoor cycling Marathon this Saturday" You can see a preview in the lower part of the screen **6**.

Add your company name and Link (URL) to be shown together with the logo in the bottom of the Individual Training Report (not shown on Group Screen) **4**.

Please ✔ and your advertisement is enabled **5**. Maximum 3 advertisements can be enabled at the same time.

Active advertisements are shown one at a time repeatedly on the
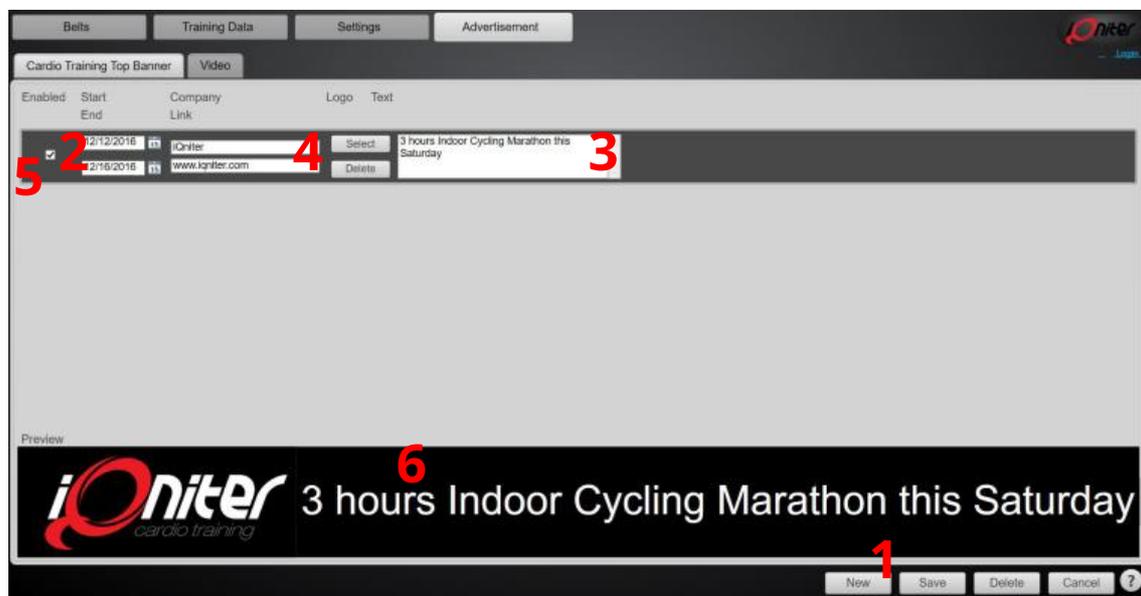
Group Screen after end of session. An advertisement is active if it is enabled and current date is within Start Date and End Date. All active advertisements will be added to the bottom of the Individual Training Reports.

Advertisements - Video

You can also select video to play repeatedly (Qntinuous) mode **3**. Qntinuous mode is mostly used in unmanned cardio areas. Fitness clubs have the opportunity to make advertisements – for example internal events and sponsored.

Go to 'Advertisements Video' and click on 'Select' **1**.

You can choose to select video to play on Session Start. (BasiQ and BiQing) mode.

Or you can choose to select a video to play on Session Finish **2**. (BasiQ and BiQing) mode.

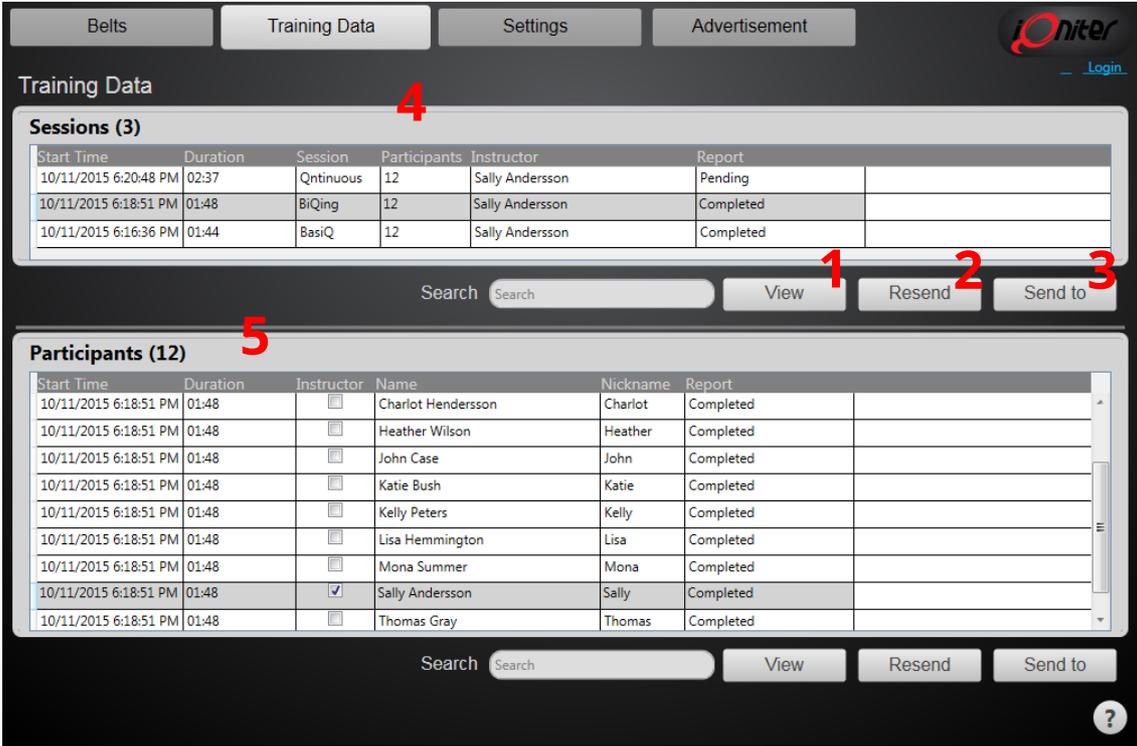Select time to next play of the advertisement video **4**.
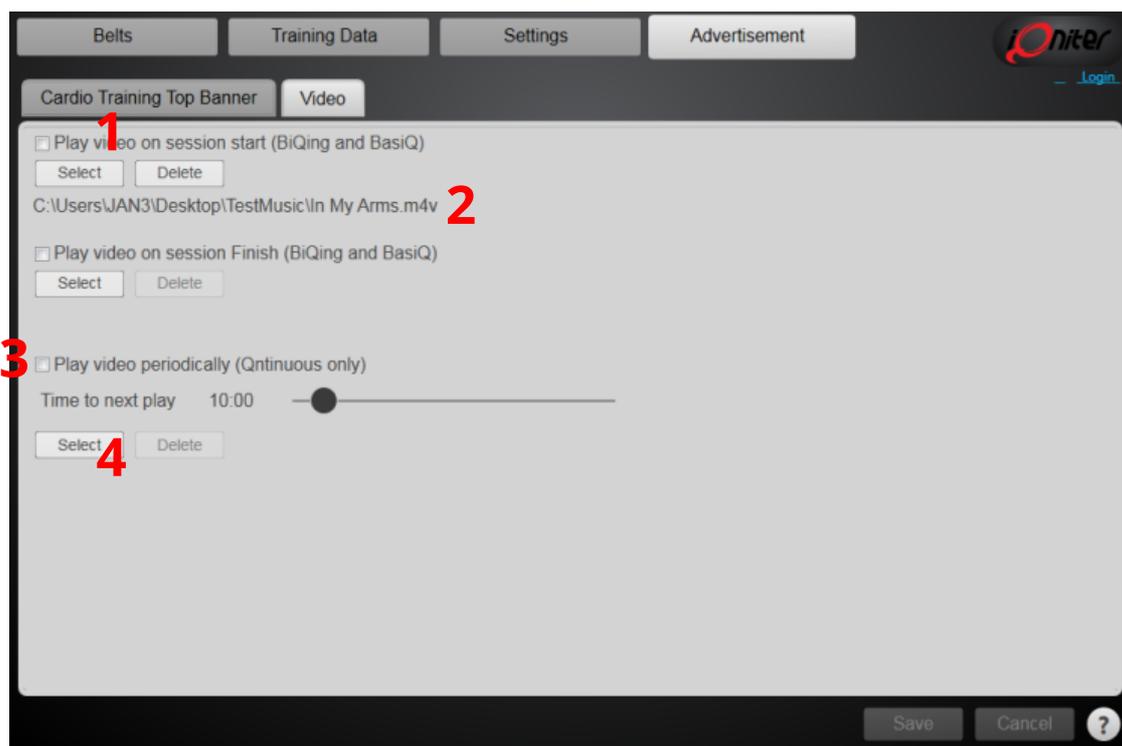
Training Reports

Here you can view training reports and resend the reports.

If you are an instructor or manager you can 'View' **1** a Summary Reports, 'Resend' **2** or 'Send to' **3** a specific email.

You can also see how many participants **4** who joined the session and which class it was.

Participants **5** can also 'View', 'Resend' and 'Send to' a specific email.

Information and Club Settings

It is very important that Club Information is maintained and up to date.

First go to 'Settings' and 'Information's' to update your club information's and contact person. You can also see your clubs License Key and License Expire Date.
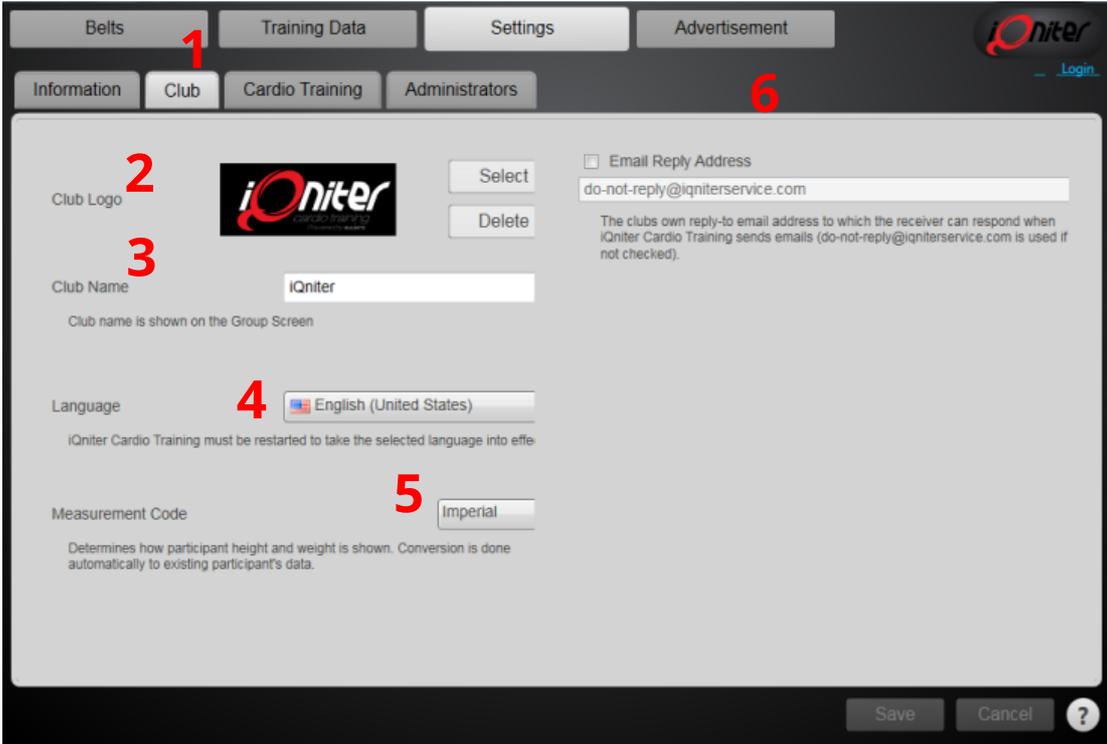
Go to 'Settings' and 'Club' **1**.

Add your Club Logo **2** which will be shown in Cardio Training (in the upper right corner on Group Screen and printed in the top of trainings reports. (PNG or JPG format, max. 50KB). Add also your

club name **3** which is shown in Cardio Training if no logo is present.

When changing the desired language AdmiQ must be restarted **4** The selected language is used in all the clubs Cardio Training and AdmiQ applications. Cardio Training must also be restarted.

Change measurement code **5** for choosing between Metric and Imperial.

If ✔ a reply email address can be specified, which will be used as 'from-email' on the sent training reports **6**.

Cardio Training Settings

Computer, Club or Chain

Cardio Training settings can be managed and controlled for each compute, so different settings may apply to e.g. Biking and Areobics. It is also possible to define setttings shared for all computers in the club and all computers in the chain.

In AdmiQ you can define the Cardio Training settings for different levels: chain, club or Cardio Training computer (training zone or room).

Go to 'Settings' and 'Cardio Training' **1**.

You must decide what level you want to do the settings for: Chain, Club or Computer **2**. The settings can be set for each individual Cardio Training, for the whole club (all Cardio Training computers in the club), or for the whole fitness chain (all Cardio Training computers in the chain). Values set for the individual Cardio Training overwrites the values set for the club, unless it is locked on Club level. Similar for values set on Chain level.

It is valuable for the club to use the 'lock' function to save settings on different levels. For example, the instructor cannot make all the changes he may want, if the chain has common rules for the all club. All Cardio Training settings, such as for example leader board and score, can be done in both AdmiQ and Cardio Training.
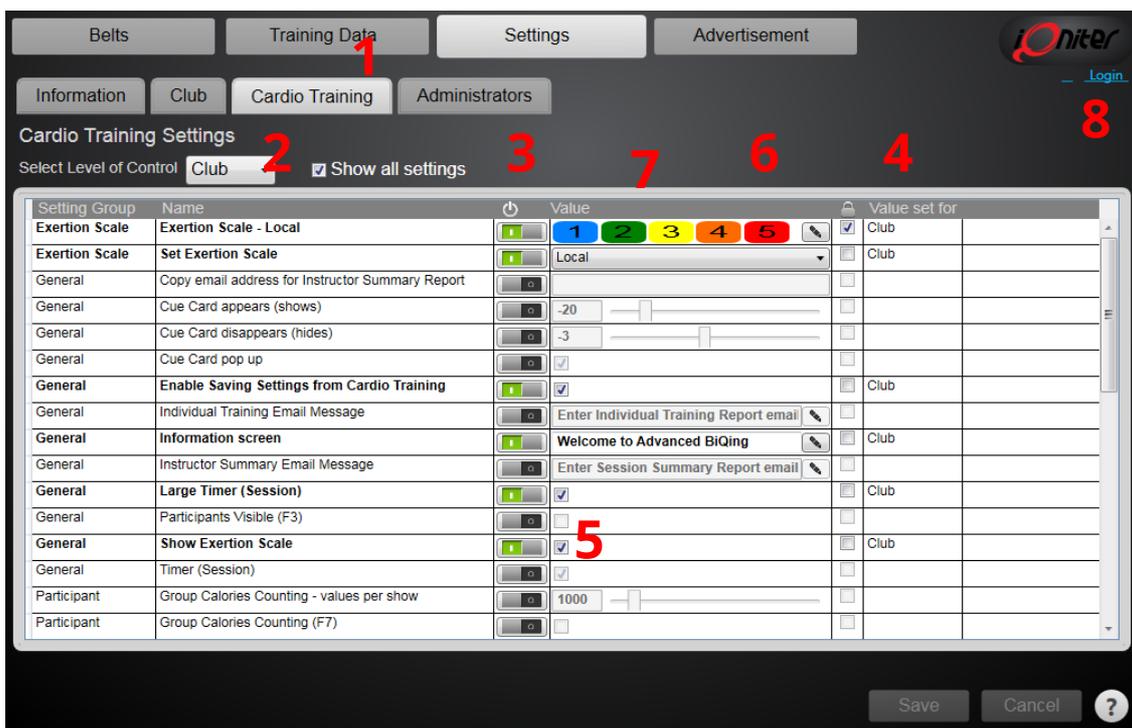
Choose which level you want the settings on 'Select Level of Control': Chain, club or Computer **3**. The value is set on the shown level **4**. So if you have chosen club, then you are editing Cardio Training settings for all computers in the club. If you have chosen a specific computer, then you are editing settings for this specific Cardio Training computer, only.

To change a setting it must first be Enabled **5**. Grayed out (dimmed) is default which means that the default value is used or the value set on a higher level. You can activate defining a setting by clicking on it and it will turn green. Then you can set the desired value for this specific setting on this specific level.

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You see in the column header **2** if a settings is is set for the chain, club or computer. For example you can activate settings for Score Counting, Cue Cards and so on in AdmiQ by activating it and you will see on the right side if it is a setting for Club, Chain or Computer **4**.

If you train indoor cycling or functional training it is not necessarily the same scale you need. You have the option to set the 'Value' to the Local Exertion Scale **6**.

If ✔is set in the 'Locked' column (the padlock) then the setting cannot be changed on a lower level of control **7** – and it cannot be changed in Cardio Training.

If settings are not locked from AdmiQ, then settings defined on computer level overwrite settings defined on club and chain level, and settings defined on club level overwrite settings defined on chain level. If a setting is locked on (e.g. on club level) then it overwrites the setting for all computers in the club and this setting cannot be changed from Cardio Training.

Local Training Zones

(Customized) Settings

If you train indoor cycling and functional training it is not necessarily the same intensity zone (Exertion Scale) you want to use. If you use one Cardio Training computer in indoor cycling and another Cardio Training computer in the functional training area, then Edit the Local (Custom) Exertion Scale so it fits your type of workout.

Go to 'Settings' and 'Cardio Training' 'Values'.

We recommend that the perceived exertion is adjusted to the 'physiological feeling' in your body for the various zones – and should fit the corresponding colour **1** and **4**. For example, red zone should always be extremely hard work.

The standard iQniter Exertion Scale is derived from the Borg-Scale compressed to 10 zones 1-10. You can also choose to set you own Local Exertion Scale having from 2 to 20 zones. When setting the training zone values, the lower limit of training zone is automatically calculated **2**.

The scale level is automatically calculated **3**.

Add 'New' Training Zone **5** or 'Delete' selected Training Zone **6**.
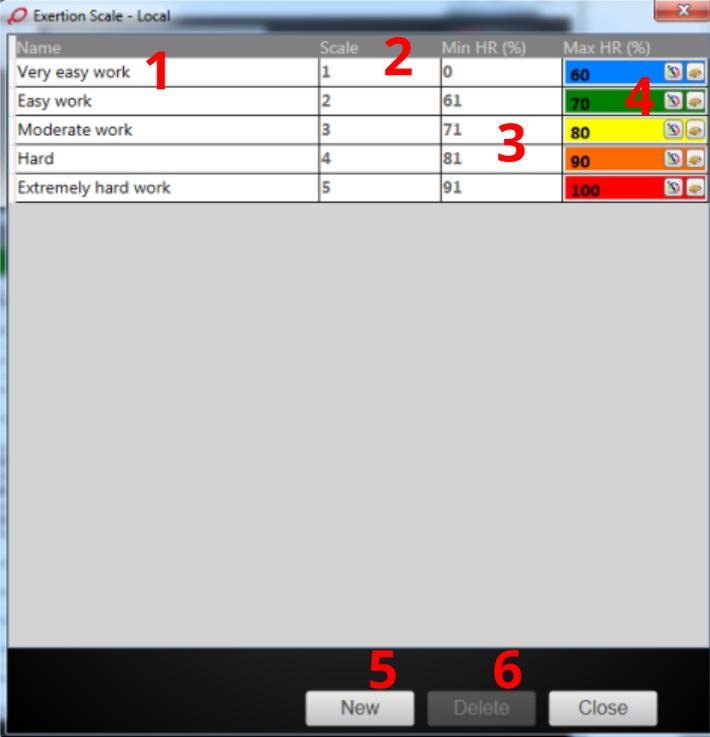
Administrators

Administrators (club or chain level) can be defined in AdmiQ. Until now user access control has been implemented in DesiQner. Now user access control has also been introduced in AdmiQ and Cardio Training:

AdmiQ: Administrator login on club or chain level. Club administrators have access to update settings in effect for the club, while chain administrators have access to update settings in effect for the whole chain. Chain administrators have access to AdmiQ through the installation in one of the clubs within the chain.

Cardio Training: Instructor login for access to own and shared sessions (as today) and administrator login required updating iQniter Team Receiver configuration settings.

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