



GET STARTED

Cardio Training

BasiQ

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Cardio Training Start-Up

BasiQ is the simple way to use iQniter Cardio Training. You don't need to be an expert or have a login. You only need to follow a few steps and then the participants are able to see their heart rate on the Group Screen.

To start Cardio Training click on the iQniter Cardio Training icon on your desktop **1**. A small 'Launcher' window will appear (must always be running), and two screens will appear: A Group Screen and an Instructor Panel. The Group Screen is for the participants and the Instructor Panel is for instructor's use. Here you can adjust your settings etc.



Instructor Panel - Overview

First time you open Cardio Training you will see the Instructor Panel. Before you are ready to use Cardio Training, you need to check a few settings to make sure the application is running correctly. If you see a yellow triangle **1** then iQniter Cardio Training is off-line and there is no connection to the iQniter cloud service. In that case, the training data will not be uploaded after end of session (but will be uploaded later when the cloud connection is established again).

Make sure the Team Pod or Team Receiver is connected **2**. Indicates that the Team Pod (antenna) is not connected. Green **3** indicates that you have a connection and you can see how many Team Pods and Team Receivers are connected. If you have a green light **3** the system should be ready for receiving heart rate data from the participants.

To know what application version you are running, click on the iQniter logo **4**.

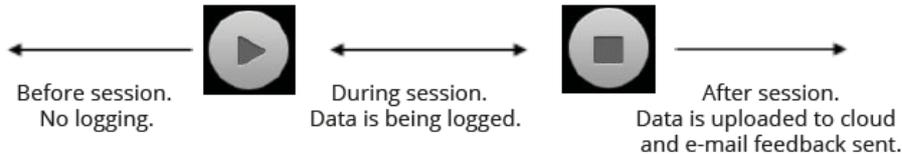
If you need any further help click at the  **5**. Here you can see help on F-keys and a link to our on-line guides.



Start-Up BasiQ

To start a BasiQ session click on the button  **1.**

Click at the  to open for Check-In for participants and click at the padlock to close for further participants Check-in.



Participants, who wear an iQniter belt registered in AdmiQ and is in range of the receiver, can be seen on the screen.

The session is started by pressing  and logging of the participant's data is started (not uploaded to the cloud yet).

When you press the  then the session is finalized and logging is stopped. Afterwards data from the session is automatically uploaded to the cloud. Shortly after, the participants will receive e-mail feedback from the session and the participant's workout data is uploaded to the participant's Movescount account.



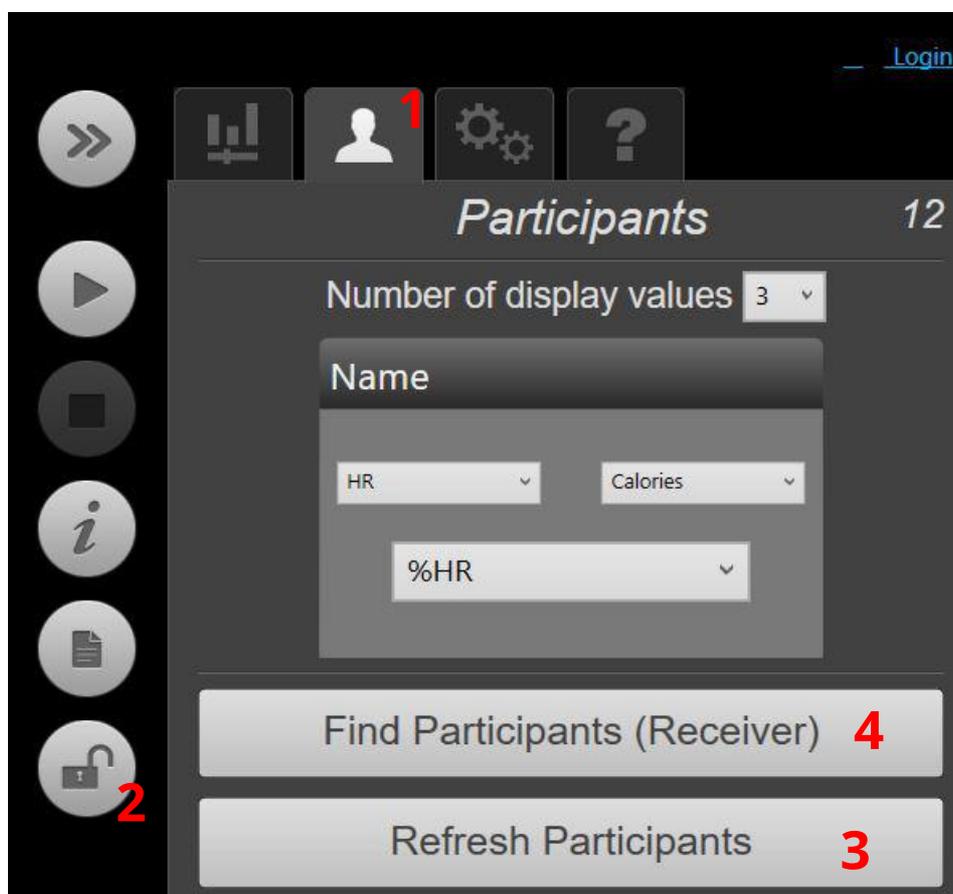
Open for Participants and Synchronize Data

Whenever you want to run a session, for example indoor cycling, functional training, TRX, or indoor running you only need to follow a few steps so the participants can see their heart rate on the Group Screen.

If you need to change the measures shown for the participants, then click on the settings tab  **1**.

You must click on the  **2** to open for participants' Check-in (receipt of HR signals from the belts) and also close the padlock if you don't want the participants to Check-in during the current session.

We recommend you close the padlock when a session is started, so people in another training area e.g. functional training not will show up on the Group Screen.



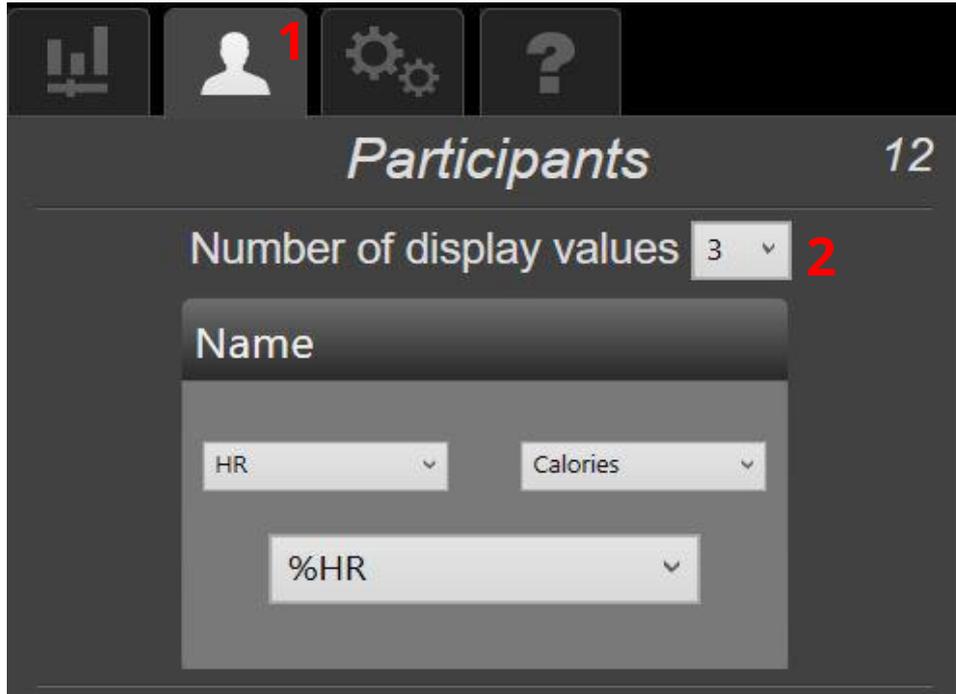
If someone during the session has for an example changed his Maximum Heart Rate or Nickname in AdmiQ, click on 'Refresh Participants' **3** which synchronizes the changed data from the cloud. If a non-participating exerciser shows up on the Group Screen (e.g. exercising in the adjacent room and within range of the Team Receiver), then this participant can be manually signed out by clicking on the exerciser tile on the Instructor Panel and the Check-Out button, and the exerciser will disappear from the Group Screen. If a participant by accident should be signed out, then participants can be signed in again by opening the Padlock and pressing 'Find Participants' **4** (the Team Receiver re-scans and finds all participants within range).

Change Group Screen Exerciser Measures

Cardio Training (for all three operational modes BasiQ, BiQing or Qntinuous) gives the option to change the exerciser measures on the Group Screen depending on the purpose that is trained by.

Click on the participant's tab  **1**.

Change the 'Numbers of displays values' as you like **2**. In BasiQ and Qntinuous mode we recommend that you train with Maximum Heart Rate percentage as target and set the %HR is in the middle.



The instructor is usually placed in the top left corner of the Group Screen and marked with green colour. Who is shown as instructor can be changed by clicking on the participant's tile and then clicking on 'Instructor'.

Finalizing a Session

When the session is completed, remember to press the Finish button. Then the logged workout data will be saved to disk on the Cardio Training computer, which then starts uploading the data to the iQniter cloud if connected to the internet. Usually it takes only a few seconds, but dependent on internet connection speed it may take minutes. Therefore, we recommend to let Cardio Training run for a couple of minutes after pressing Finish.

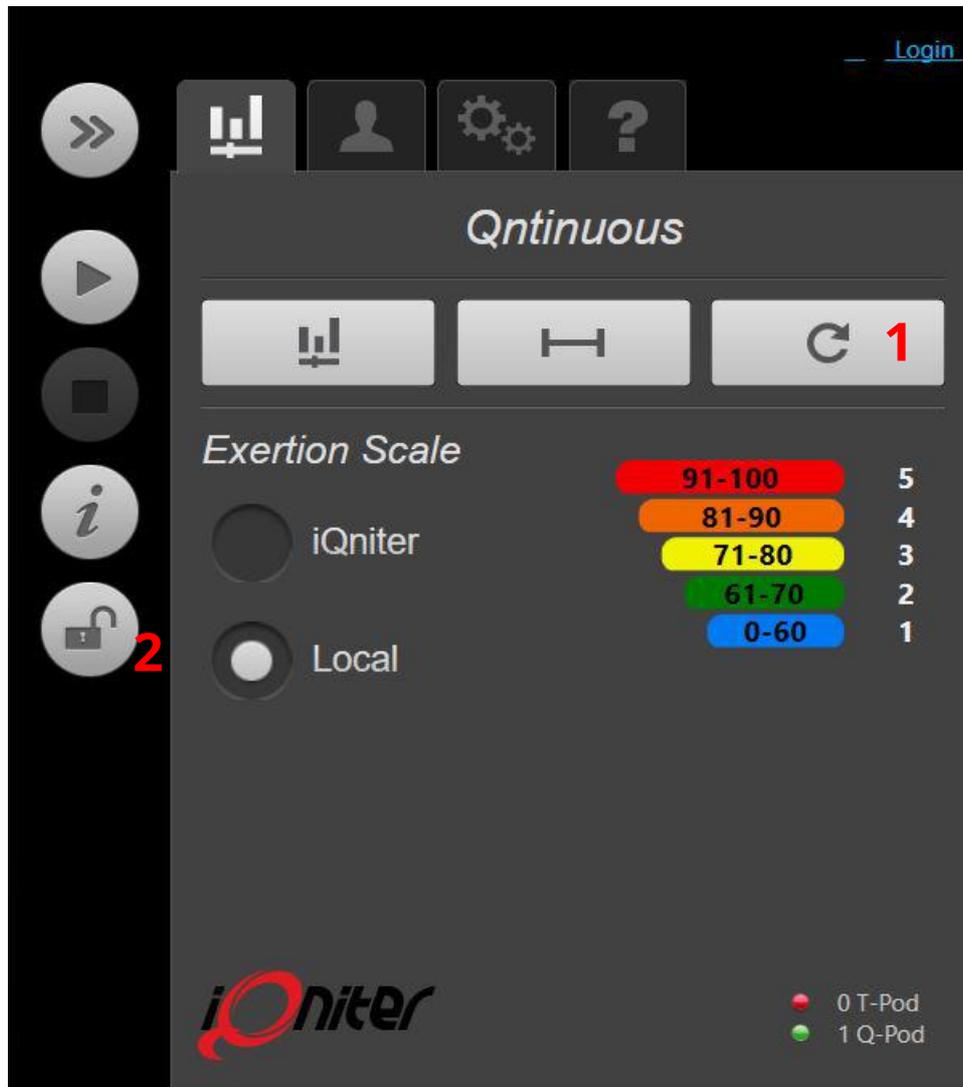
Start-Up Qntinuuous

iQniter Cardio Training can also be applied in e.g. Cardio or Strength areas of the fitness club, i.e. operate in an unmanned mode (without instructor). We call it 'Qntinuuous' mode.

To start click on the Qntinuuous button  **1** and press the Start button.

Click on the  **2** to open for participants' Check-in. Do NOT click at the padlock again because this will prevent further participants Checking in.

What makes Qntinuuous different from BasiQ and BiQing is that Qntinuuous is unmanned and if you stop training, leave the room or the distance to the Team Receiver is to long for more than 10 minutes, then the workout will automatically finalize, your workout data will be uploaded to the cloud and you will receive the email feedback.





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