



AdmiQ

Quick Guide

Member Belts

Email used to send feedback reports and upload to Movescount. Should be unique.

If checked, the Individual Training Report is sent to the specified email address

Heart Rate Max is important to set correct in order to train effectively.

FTP (Functional Treshold Power). Only available when BiQing is enabled.

Administrator Login. May be required for some of the views.

Sensor Id must be unique and a valid iQniter Sensor Id:
 - iQniter Dual Belt
 - iQniter Smart Sensor

Indicates that the participant is instructor. The first participant checking in will appear as instructor (green circle) on the group screen.
Note:
Instructor can be changed by clicking on another participant on the Instructor Panel

Sensor ID	Email	Feedback	First Name	Last Name	Nickname	Birth Date	Gender	HR Max	Weight	Height	FTP	Activity	Instructor
90000007	ann.nisson@gmail.com	<input checked="" type="checkbox"/>	Ann	Nisson	Ann	4/8/1975	Female	180	106	5'0"	200	6	<input type="checkbox"/>
90000008		<input type="checkbox"/>	Beth	Ruber	Beth	4/23/1996	Female	211	121	6'00"	200	6.5	<input type="checkbox"/>
90000011		<input type="checkbox"/>	Brian	Stone	Brian	11/18/1989	Male	180	179	6'00"	200	7	<input type="checkbox"/>
90000005		<input type="checkbox"/>	Bush	Kate	Kate	4/15/1963	Female	184	121	6'00"	200	6	<input type="checkbox"/>
90000003		<input type="checkbox"/>	Charlot	Hemington	Charlot	4/30/1991	Female	180	132	6'03"	200	6	<input type="checkbox"/>
90000012		<input type="checkbox"/>	Heather	Wilson	Heather	10/26/1980	Female	181	180	6'00"	200	8	<input type="checkbox"/>
90000006		<input type="checkbox"/>	John	Cash	John	2/21/1974	Male	202	174	5'10"	200	5	<input type="checkbox"/>
90000009		<input type="checkbox"/>	Kelly	Peters	Kelly	4/2/1997	Female	180	126	5'00"	200	8	<input type="checkbox"/>
90000010		<input type="checkbox"/>	Lisa	Hemington	Lisa	3/11/1988	Female	192	132	6'00"	200	9	<input type="checkbox"/>
90000004		<input type="checkbox"/>	Mona	Summer	Mona	8/22/1972	Female	188	128	5'00"	200	8.5	<input type="checkbox"/>
90000001		<input type="checkbox"/>	Sally	Andersson	Sally	1/21/1969	Male	210	190	6'03"	200	6	<input checked="" type="checkbox"/>
90000002		<input type="checkbox"/>	Thomas	Gray	Thomas	2/22/1980	Male	185	176	6'01"	200	7	<input type="checkbox"/>

Search member

Export belt and member data to file

New belt and member record

Edit selected member record

Delete selected member record

Help Button

Edit Member/Belt

Creating new or editing member and belt information is not possible when off-line.

Feedback must be checked together with a valid email to receive the Individual Training Report

Email used to send Individual Training Report and to upload training data to Movescount

Indicates that the member is instructor. If checked, the member will appear as instructor on the Group Screen.

Nickname (max 10 characters) is shown on the Group Screen

Remainder for the AdmiQ user to inform the member that Member and Belt information is uploaded to iQniter Cloud service. Must be checked to save information.

Calculate HR Max from Gender and Birth Date

FTP (Functional Treshold Power). Only available when BiQing is enabled.

Belt Registration date and place. When hovering the text a tooltip shows when the Member and Belt record has been created and modified.

New Member/Belt

Creating new or editing member and belt information is not possible when off-line.

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. This is indicated by the text under Sensor Id and pop-up in the bottom of the dialog.

The screenshot shows the 'New Heart Rate Belt' dialog box. It contains the following fields and controls:

- Sensor Id: [Empty text box]
- Email: [Empty text box]
- Email Coach: [Empty text box]
- Feedback:
- First Name: [Empty text box]
- Last Name: [Empty text box]
- Nickname: [Empty text box]
- Gender: [Dropdown menu]
- Birth Date: [Date picker]
- HR Max: [Spin box with value 200] and [Calculate button]
- Weight: [Spin box with value 70] lbs
- Height: [Spin box with value 5'11"] feet/inches
- Activity Level: [Dropdown menu]
- Instructor:
- Member Informed:
- Belt Registration: [Two empty text boxes]
- Buttons: [Save] [Cancel]



The screenshot shows the 'Edit Heart Rate Belt' dialog box. It contains the following fields and controls:

- Sensor Id: 90000007
- Member belt already created in this club
- Email: ann.nilsson@gmail.com
- Email Coach: ann.coach@yahoo.com
- Feedback:
- First Name: Ann
- Last Name: Nilsson
- Nickname: Ann
- Gender: Female
- Birth Date: 4/8/1975
- HR Max: [Spin box with value 196] and [Calculate button]
- Weight: [Spin box with value 106] lbs
- Height: [Spin box with value 5'07"] feet/inches
- Activity Level: 6 - Heavy exercise, regularly 1-3 hours per week
- Instructor:
- Member Informed:
- Belt Registration: [Empty text box] iQniter Fitness
- Buttons: [Info icon] Member belt already created in this club [Checkmark icon] [Cancel]

Training Reports (History)

Select session to view
(download of report)

View Summary Report
(double-click selected)

Resend Summary Report
to email recipient

Resend Summary
Report to instructor

The screenshot shows the 'Training Data' section of the iOniter application. It features two main data tables. The first table, 'Sessions (3)', lists training sessions with columns for Start Time, Duration, Session, Participants, Instructor, and Report. The second table, 'Participants (12)', lists individual participants with columns for Start Time, Duration, Instructor, Name, Nickname, and Report. Below each table are buttons for 'View', 'Resend', and 'Send to'. Red lines connect callout boxes to specific elements in the interface.

Select participant to view
(download of report)

View Individual Report
(double-click selected)

Resend Individual Report
to email recipient

Resend Individual Report
to the participant

Settings - Information

Club Information should be maintained and up to date.

The screenshot shows the 'Settings - Information' page for a club. The interface has a dark header with navigation tabs: Belts, Training Data, Settings, and Advertisement. Below this is a sub-header with tabs: Information, Club, Cardio Training, and Administrators. The 'Information' tab is active, displaying a form with the following fields:

Club ID	11139	Contact Information	
Club Name		First Name	Peter
Address		Last Name	Hansson
Zip Code		Phone	
State		Email	peter@iqniter.com
City			
Country	Denmark		
License key			
Expire Date	BASIQ		
	BIQING		
Created	6/4/2013 11:30:22 AM		
Modified	4/17/2015 9:21:39 AM		

At the bottom right of the form are buttons for 'Save', 'Cancel', and a help icon (?).

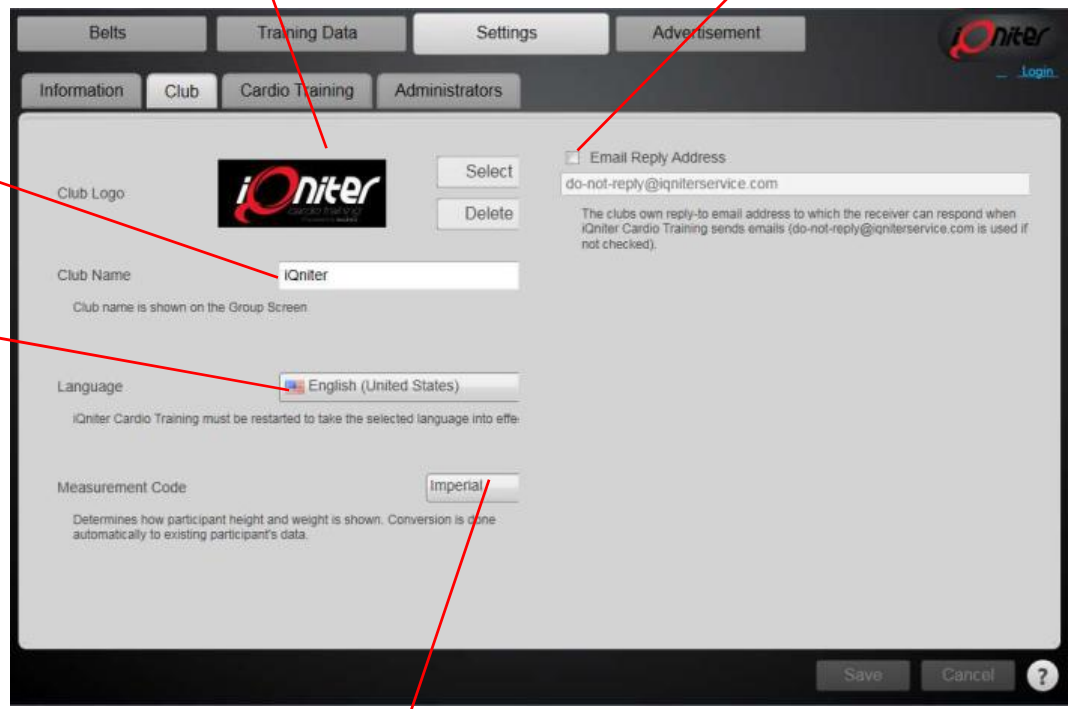
Settings – Club (applies to all computers in the club)

Club name shown in Cardio Training (upper right corner of Group Screen if no logo is selected).

Club logo shown in Cardio Training (upper right corner of Group Screen and printed on Participant Training reports. PNG or JPG format, max. 50KB

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

Select desired language. AdmiQ must be restarted. The selected language is used in all the clubs Cardio Training and AdmiQ applications.



Select Measurement Code

Settings – Cardio Training (Control on Computer, Club or Chain Level)

Show all settings or show only settings changed from default

'Turn on' to set the setting on the selected level of control:
 - Chain
 - Club
 - Specific computer

Set the value for the setting

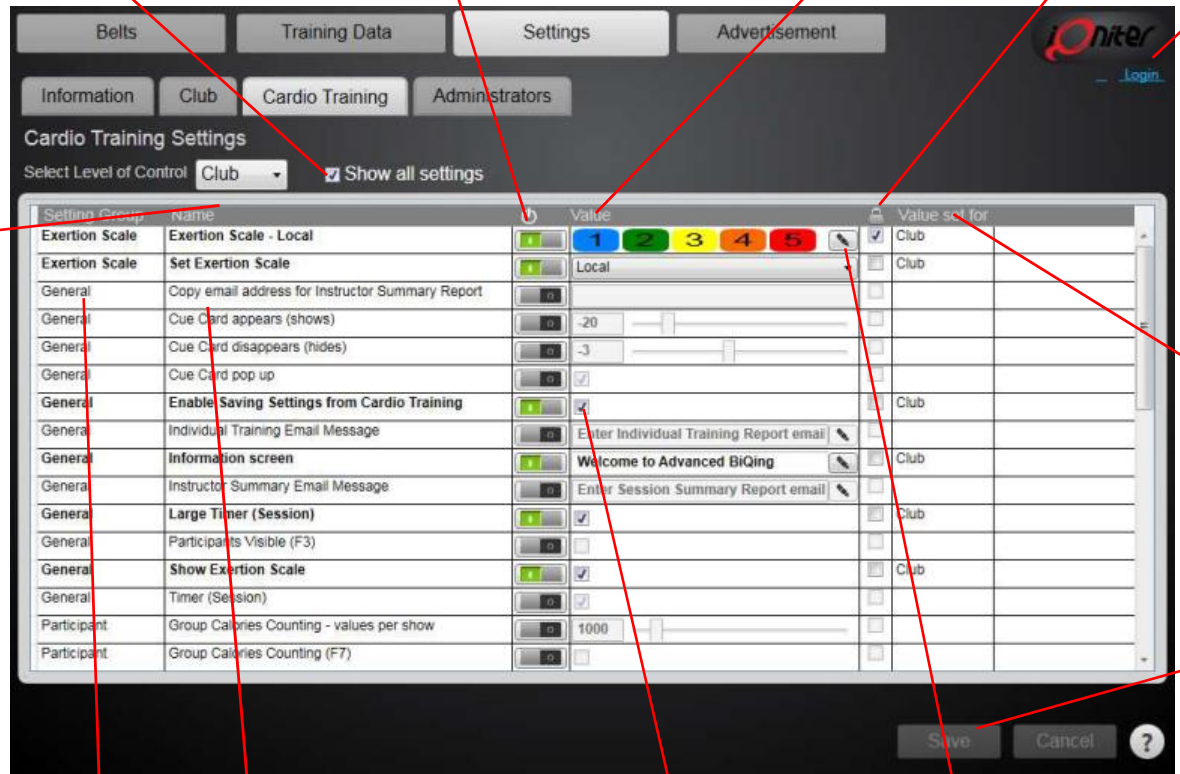
If checked, then the setting cannot be changed on a lower level of control.

To changes settings, Login is required

Select level of control:
 - Chain
 - Club
 - Computer

The settings can be set for each individual Cardio Training, for the club, or for 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.



Grouping of settings

Name of the Setting

Enable/disable saving settings from Cardio Training

Edit the Local Exertion Scale

The value is set on the shown level

Save changed settings

Settings – Local Training Zones (Customized)

The screenshot shows a window titled "Exertion Scale - Local" containing a table of training zones. The table has four columns: Name, Scale, Min HR (%), and Max HR (%). The rows represent different levels of exertion, each with a corresponding color and a scale level. Callouts point to various elements: "Text related to the training zone." points to the 'Name' column; "Set upper limit of the training zone" points to the 'Max HR (%)' column; "Set scale color" points to the color swatch; "Set text color" points to the text color swatch; "Scale level (automatically calculated)" points to the 'Scale' column; "Lower limit of training zone (automatically calculated)" points to the 'Min HR (%)' column; "Add new Training Zone" points to the 'New' button; and "Delete selected Training Zone" points to the 'Delete' button.

Name	Scale	Min HR (%)	Max HR (%)
Very easy work	1	0	60
Easy work	2	61	70
Moderate work	3	71	80
Hard	4	81	90
Extremely hard work	5	91	100

Buttons: New, Delete, Close

Advertisement - Top Banner in Cardio Training

Active advertisements are shown in rotation 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. Max 3 advertisements can be active at the same time.

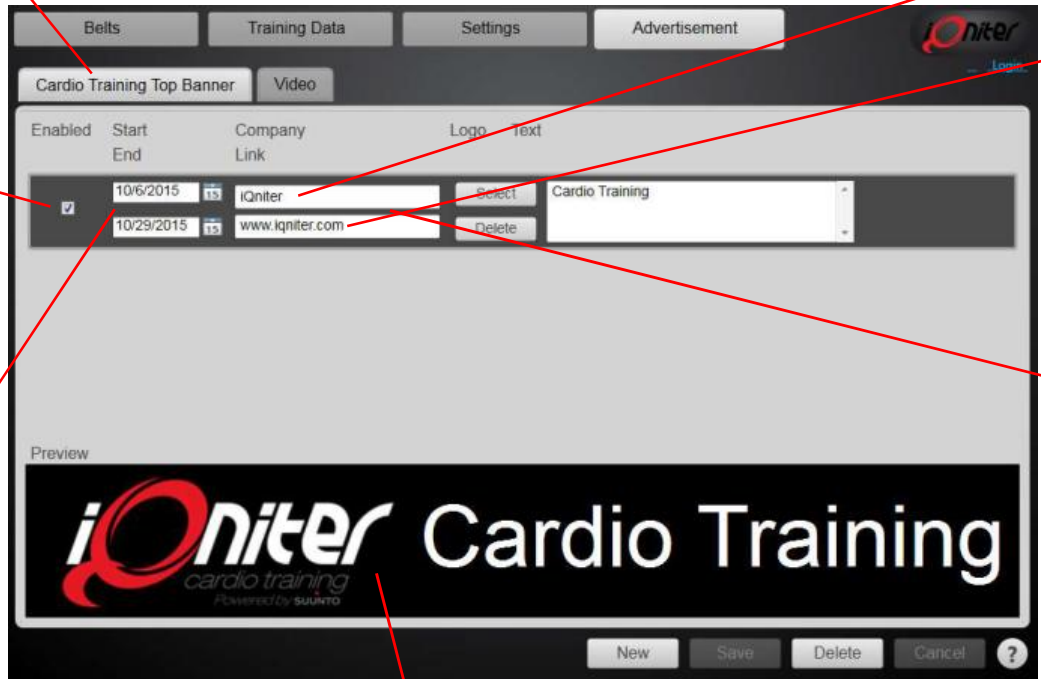
Company Name to be shown together with the logo in the bottom of the Individual Training Report (not shown on Group Screen).

If checked, the advertisement is enabled. Max 3 Advertisements can be enabled at the same time.

Link (URL) to be shown together with the logo in the bottom of the Individual Training Report Report (not shown on Group Screen).

Start Date and End Date for the Advertisement

Text to be shown together with the logo on the Group Screen (not shown in Individual Training Report).



Preview of the selected advertisement as it will be seen on the Group Screen

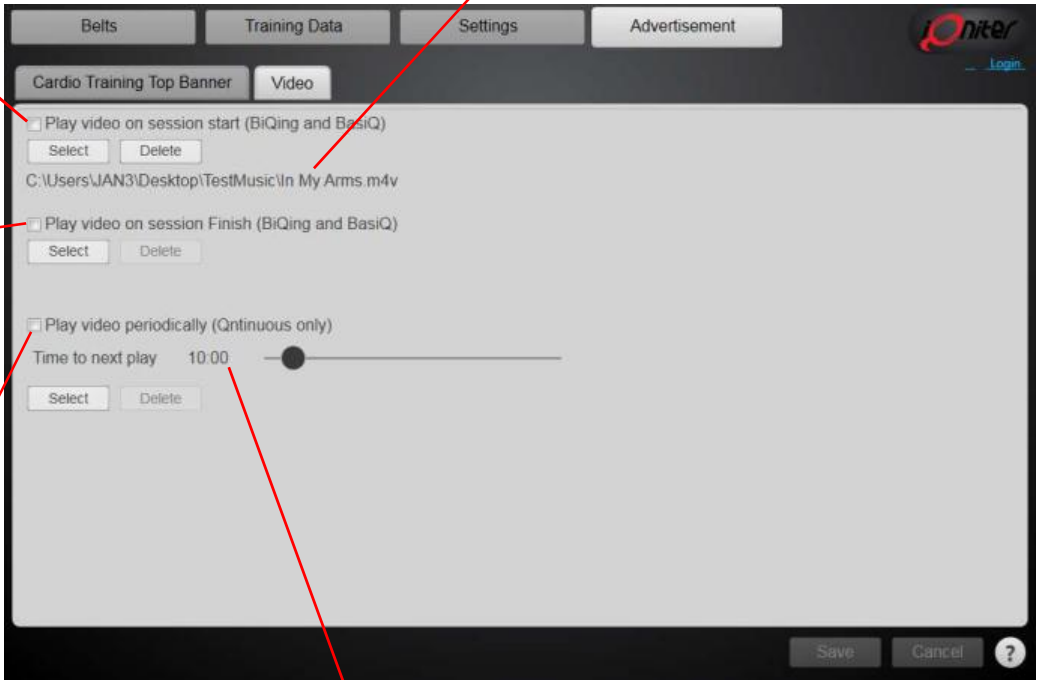
Advertisement – Video

Select video to play on session start.
(BasiQ and BiQing) mode.

File path to the video file

Select video to play
on session finish.
(BasiQ and BiQing)
mode.

Select video to play
repeatedly
(Qntinous) mode.



Select time to next play of the
advertisement video