



BasiQ

Quick Guide

Launching iQniter Cardio Training

This window must always be running (besides Instructor Panel and Group Screen) when Cardio Training is started.



Starts Instructor Panel and/or Group Screen. Only one Instructor Panel can be started. More Group Screens can be started simultaneously.

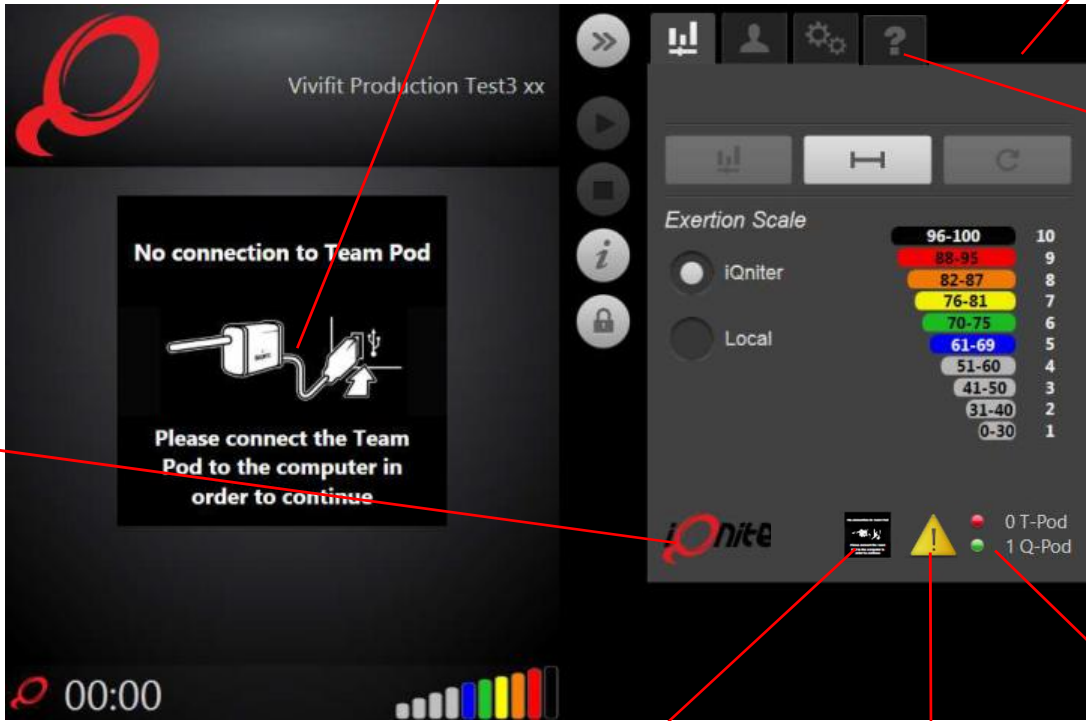
Start-up (Instructor Panel)

Indicates that the TeamPod (antenna) is not connected.
Clicking on the figure makes it disappear, and it will not appear until Cardio Training has been restarted.

When the menu tabs are closed, clicking the upper right corner toggles the window frame enabling moving and resizing the window

Help Button.

Click to open the 'About' dialog including application version



Indicates that the TeamPod (antenna) is not connected.
Connected TeamPODs are indicated with green background and number of connected TeamPods. This always shows the true connection status.

Shown if Cardio Training is started Off-line.

Showing number of Team Pods and Team Receivers connected

Group Screen

Initially, the iQniter splash screen is shown.

The iQniter Splash screen is removed by opening the padlock  on the Instructor Panel

The Window frame can be toggled on/off by double clicking in upper right corner of the Group Screen

Indicates instructor. Can be changed any time during session by clicking on the participant to be instructor



Elapsed session time

Exertion scale

Group Screen – Exerciser Measures



- HR
- %HR
- Cadence (BiQing only)
- Power (BiQing only)
- Scale
- Calories
- Score
- %FTP (BiQing only)
- Power/Weight (BiQing only)
- PTE – Peak Training Effect
- Recovery Time

Instructor Panel

Start and reset session:
When the session is finished, exerciser data are shown until the session is reset. Also reports are sent to the exercisers and data are uploaded to Movescount

The main interface displays a grid of participants with their names, scores, and percentages. A settings panel on the right shows 'BasiQ' mode and an 'Exertion Scale' with various ranges and colors. A 'Start session' button is at the top left.

Name	Score	Percentage
Sally	191	91%
Ann	157	87%
Beth	192	91%
Brian	157	87%
Charlot	157	87%
Heather	161	89%
John	169	84%
Katie	168	91%
Kelly	157	87%
Lisa	144	75%
Mona	163	87%
Thomas	169	91%

Start session

Select mode and Exertion Scale tab

Participants tab

Settings tab

BiQing mode

BasiQ mode

Qntinuous mode

Finish session

Show information screen

Open/Close for participant registration.
Note:
This button also removes the Group Screen "splash screen"

The inset window shows a participant's name and three buttons: 'Instructor', 'Check Out', and 'Cancel'.

Click sets this participant as 'Instructor' (green dot)

Checks out this participant.
Note:
Check in again requires click on 'Reset TeamPOD' or resetting session

Instructor Panel – Leaderboard

Ranking column, always visible

Exerciser nickname column, always visible

Selectable columns from the Settings/Leaderboard panel, 1-5 columns. The first column is used for ranking.

Rank	Name	Energy	%HR	HR	Power	%FTP
1	Brian	34	75	135	427	214
2	Thomas	30	74	136	326	163
3	John	28	71	144	428	214
4	Sally	28	70	147	444	222
5	Tylor	25	75	135	383	192
6	Sandy	25	72	143	349	175
7	Susan	25	73	139	418	209
8	Kelly	21	75	135	419	210
9	Charlot	21	72	139	427	214
10	Beth	20	70	147	397	199

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Instructor Panel – Menu Tabs

Exertion Scale tab

Select Qntinuuous

Select Session (BiQing required)

Select BasiQ

Participants data tab

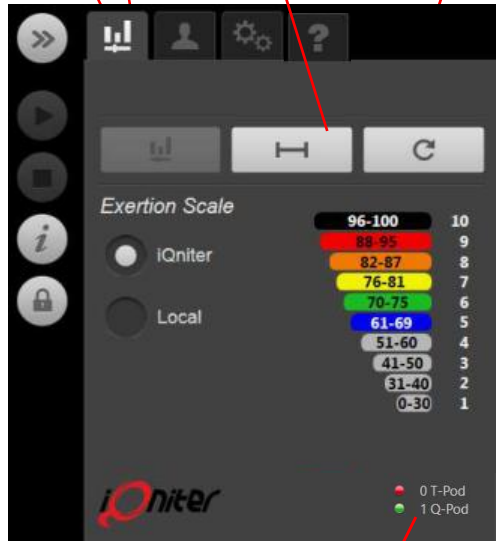
Select number of data to show for each participant on the Group Screen

Select measure to show

Settings tab

Opens Setting Details dialog

Saves all settings including Exertion Scale tab and Participants tab

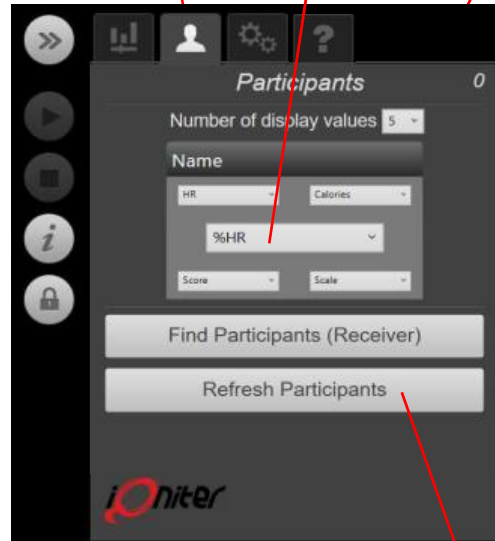


Selected Exertion Scale

About' dialog

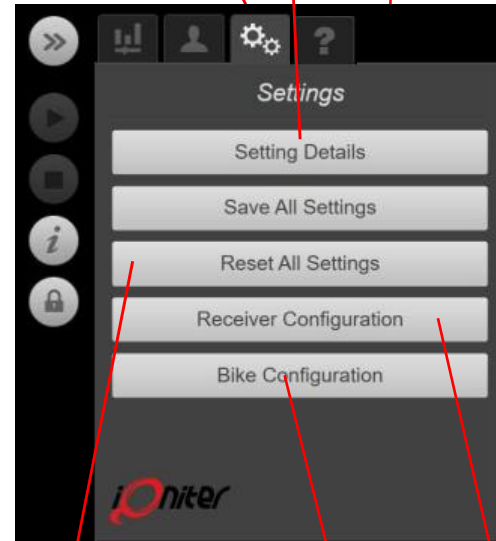
Exertion Scale selection

Showing number of Team Pods and Team Receivers connected



Synchronize exerciser data from cloud

Resets the TeamPOD and starts searching participants (heart rate belts in range). The padlock must be open

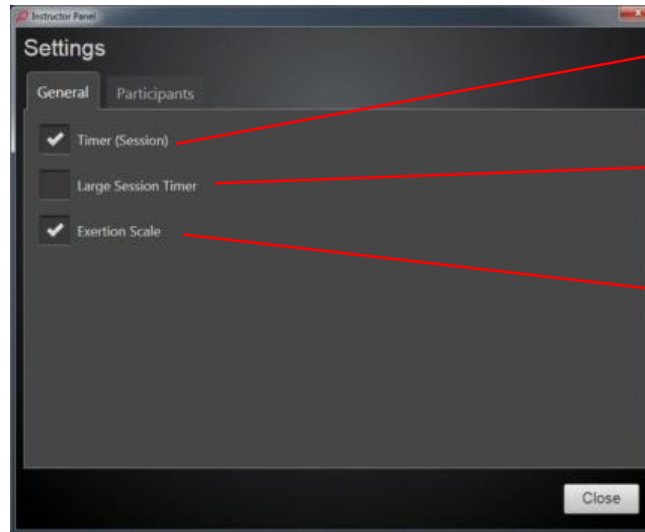


Open Bike configuration view

Reset all settings to club default.

Open Team Receiver configuration view

Instructor Panel – Settings Tab



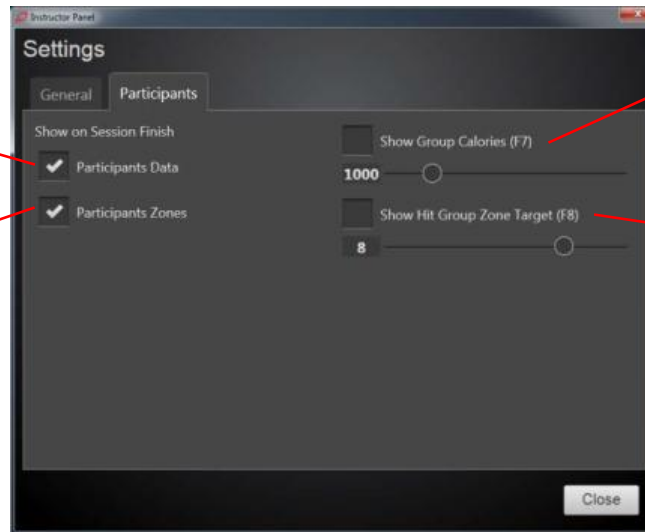
Show elapsed session time in bottom of Group Screen

Show large session timer in the bottom of the Group Screen

Show Exertion Scale in bottom of Group Screen

Show Average/Peak and Total values on session finish

Show Zone Chart and calories burned on session finish



Show (popup on Group Screen) the total calories burned by all participants each time the number set below is reached

Show (popup on Group Screen) each time all participants are within the zone set below. (In BiQing mode the current Step target is used)

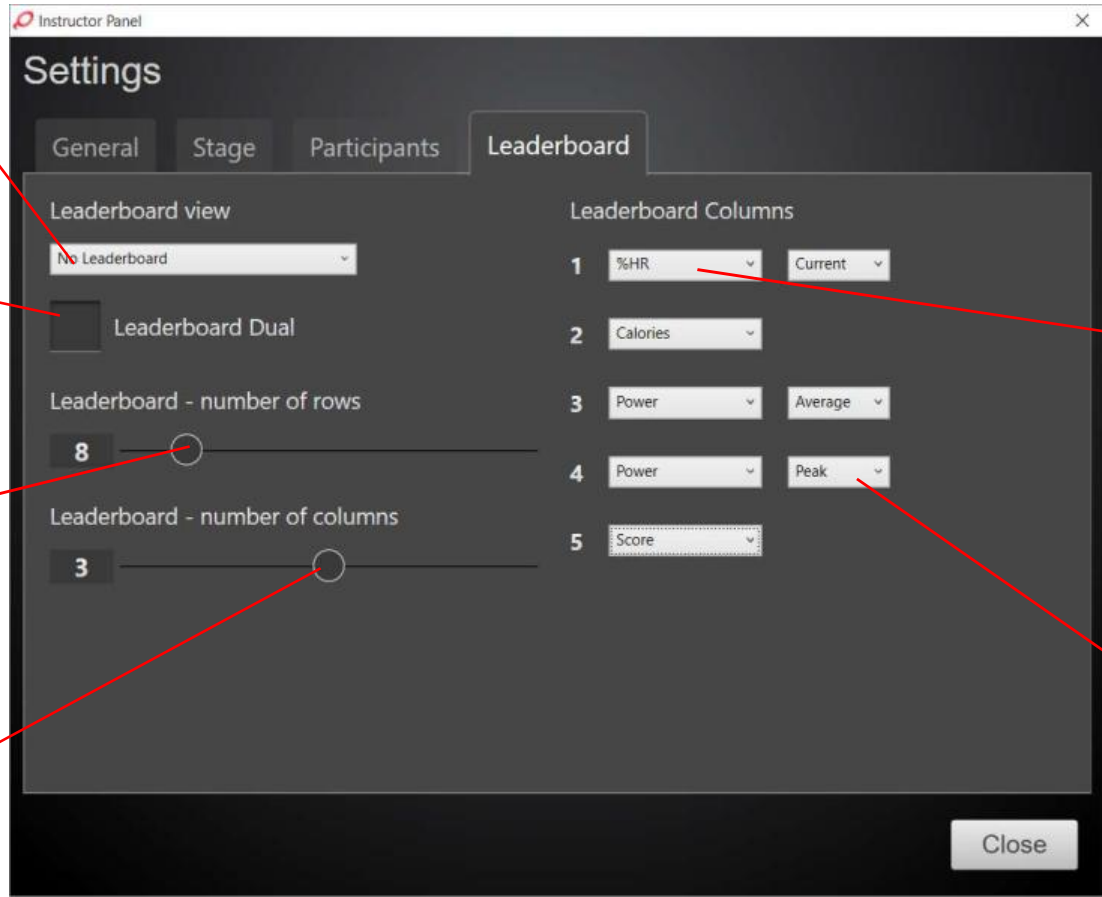
Instructor Panel – Settings Tab - Leaderboard

Select:
- No Leaderboard
- Leaderboard, only
- Vertical Split
- Horizontal Split

When checked the leaderboard is shown as a two-column leaderboard

Select number of rows to show in the leaderboard

Select number of columns (besides rank and exerciser nickname) to show in the leaderboard. The first column is used as ranking value.



Select value to show in the respective leaderboard column. When available the type (Current, Average, Peak) selectbox is visible.

Select type of value to show:
- Current
- Average
- Peak

Instructor Panel – Settings Tab – Receiver Configuration

Number of Team Pod's connected

Team Receiver is available and online

Team Receiver has previously been registered and is offline

Enable/Disable Team Receiver for this Cardio Training

Name/Identification of Team Receiver

The screenshot shows the 'Receiver Configuration' window with the following data:

Online	Enabled	Name	IP Address	Firmware	Status
Green circle	Checkmark	BiQing	192.168.1.41	Update	Updated
Red circle	Checkmark	Aerobic	192.168.1.100		
Red circle	Checkmark	00:50:C2:34:F5:71	192.168.1.57		
Red circle	Checkmark	00:50:C2:34:F7:15	192.168.1.53		

Buttons at the bottom: Reset, Save, Close

The Team Receiver's IP-address on the network.

Manual update of Team Receiver firmware. Hovering the button show firmware version number.

Shows status of Team Receiver firmware.