



DesiQner

Quick Guide

Overview

List of Sessions
Click to expand/collapse

Session is viewable, only

Public session

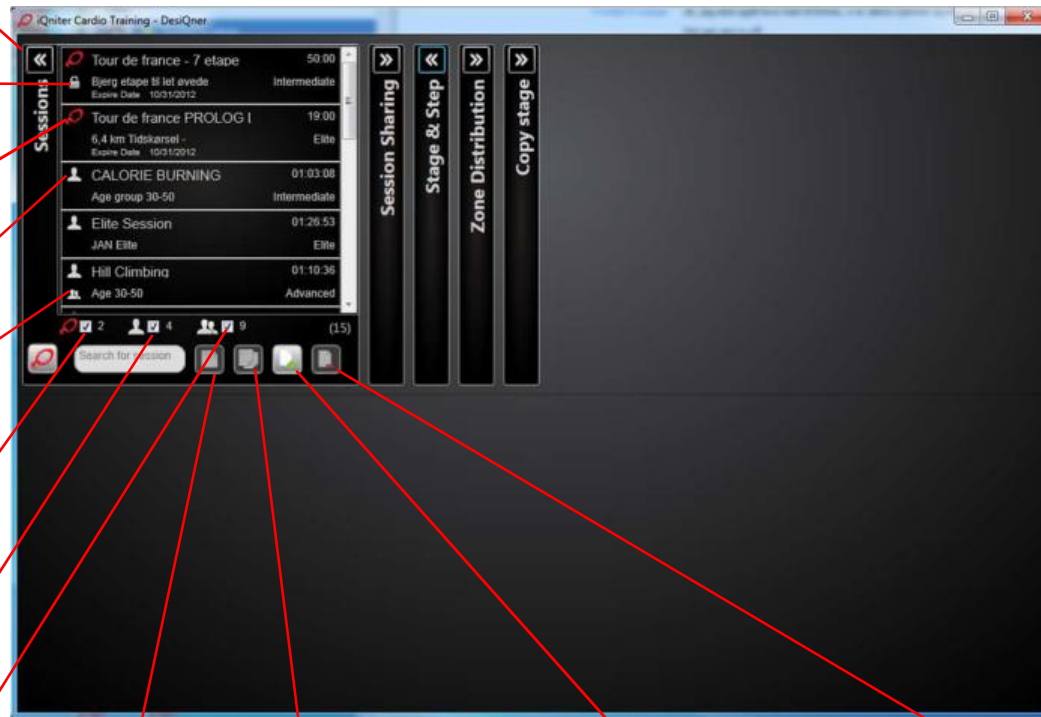
Own session

Shared session

Include public sessions
in session list

Include own sessions in
session list

Include others shared
sessions in session list



Copy session

Delete session

Open selected session
(double click)

New session

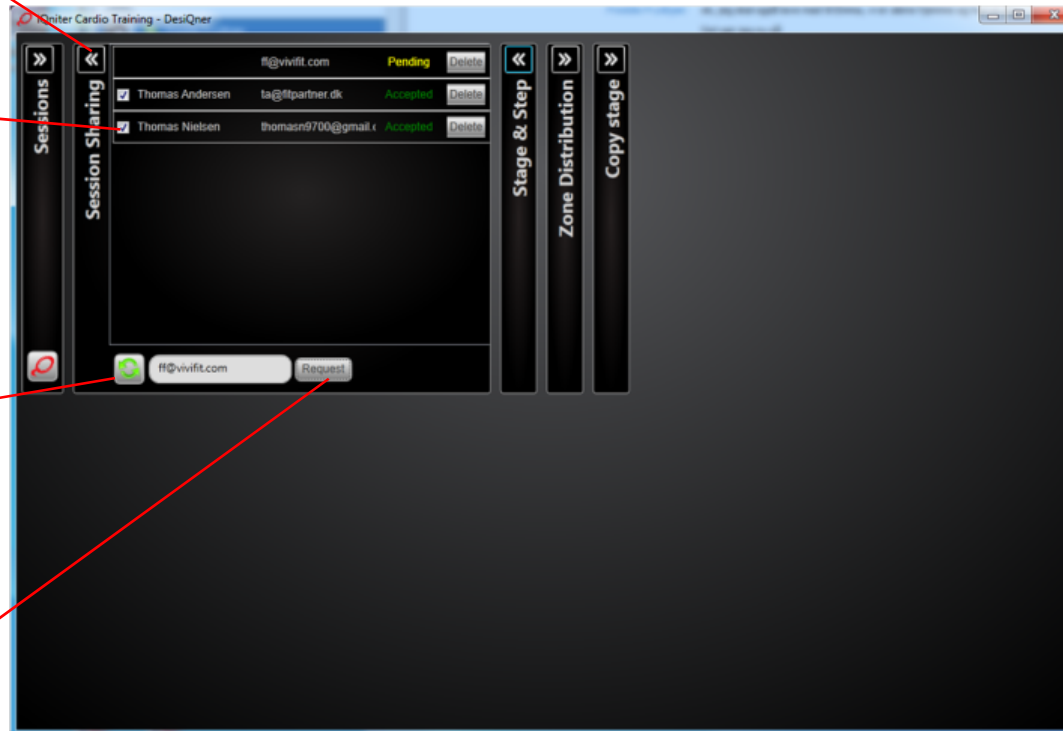
Session Sharing

List of DesiQner users with whom you are sharing sessions
Sessions marked 'Shared' are visible by all you share with

When checked -
view sessions from
this user in your
session list

Refresh to update
sharing status

Request sharing of
sessions with user
having the specified
email



Open Session

Overview information for the open session

Those you share sessions with may copy your session

Close open session

Save open session

Zoom out on the open session graph

Zoom in on the open session graph

Zoom to standard view of open session graph

Selected stage. Click green area to select. Double click left/right mouse button to move selected stage left or right

Session name. Displayed when opening the session in the fitness club

Session detailed description

Session category. Visible in the session list downloaded to the fitness club

Print open session

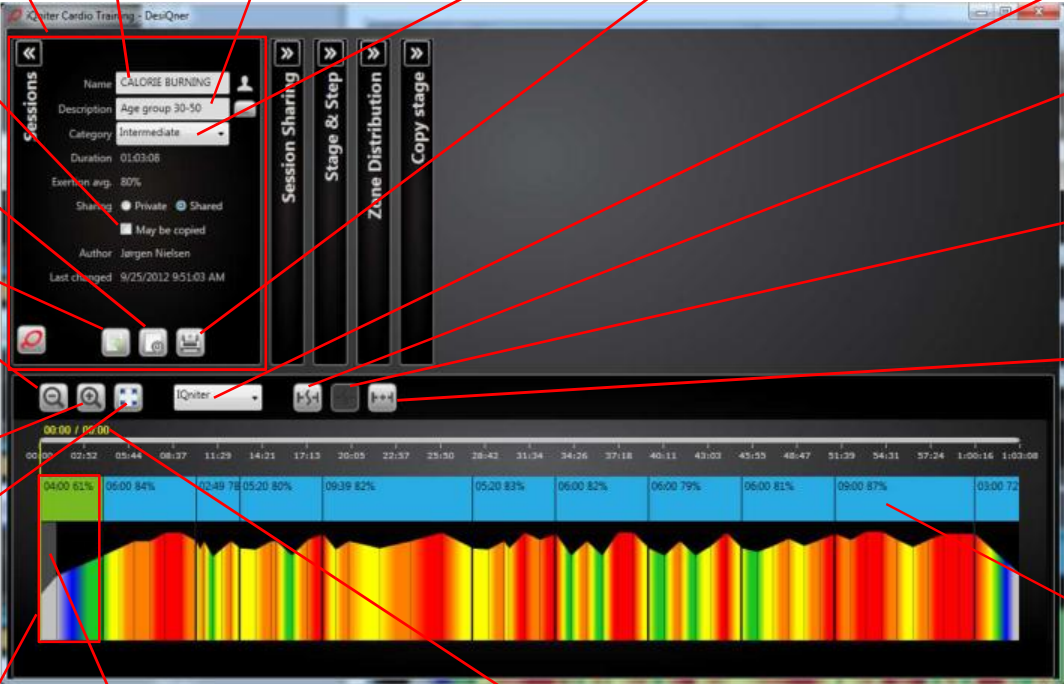
Select Intensity Scale. Values are saved as 1-100%.so scale can be freely selected when replaying the session in the fitness club

Splits the selected step in two having equal size

Splits the selected step based on cursor position

Merges selected step with next step

Stage duration an average intensity of the stage



Selected step. Click to select. Double click left/right mouse button to move selected step left or right. Mouse wheel to increase/decrease intensity

Cursor time: Current stage time / Session Time

Stage & Step Edit

Instructor Cue Card information related to the selected **stage**. Shown to the instructor together with Step Cue Card in the fitness club

Description related to selected stage. Shown in the fitness club

Select previous or next step

Select previous or next stage

New, Copy, Delete Stage. New stage is inserted after selected stage

Edit step intensity. Values are shown in selected intensity scale, but stored in 1-100% scale. Can also be adjusted with mouse wheel.

New, Copy, Delete Step. New steps inserted after selected step



Instructor Cue Card information related to the selected **step**. Shown to the instructor in the fitness club.
Note: **Duration, Intensity, Exerciser Position and Cadence is automatically added to the Step Cue Card. Instructor Cue Card information is optional.**

Select Cadence for selected step. When RPM is selected the RPM can be entered below

Select Exerciser Position for selected step

Select Duration for selected step

Zone Distribution

Shows distribution of the designed training according to scale for the whole session, selecte stage or selected step, respectively.



Copy Stage

List of available sessions to copy stages from.
Double click to show graphics

Select stage to copy.
Click on a stage and drag & drop it on the session in the bottom of the screen.
The copied stage will be inserted after the stage on which it is dropped

Public session

Own session

Shared session

Zoom in on the open session graph

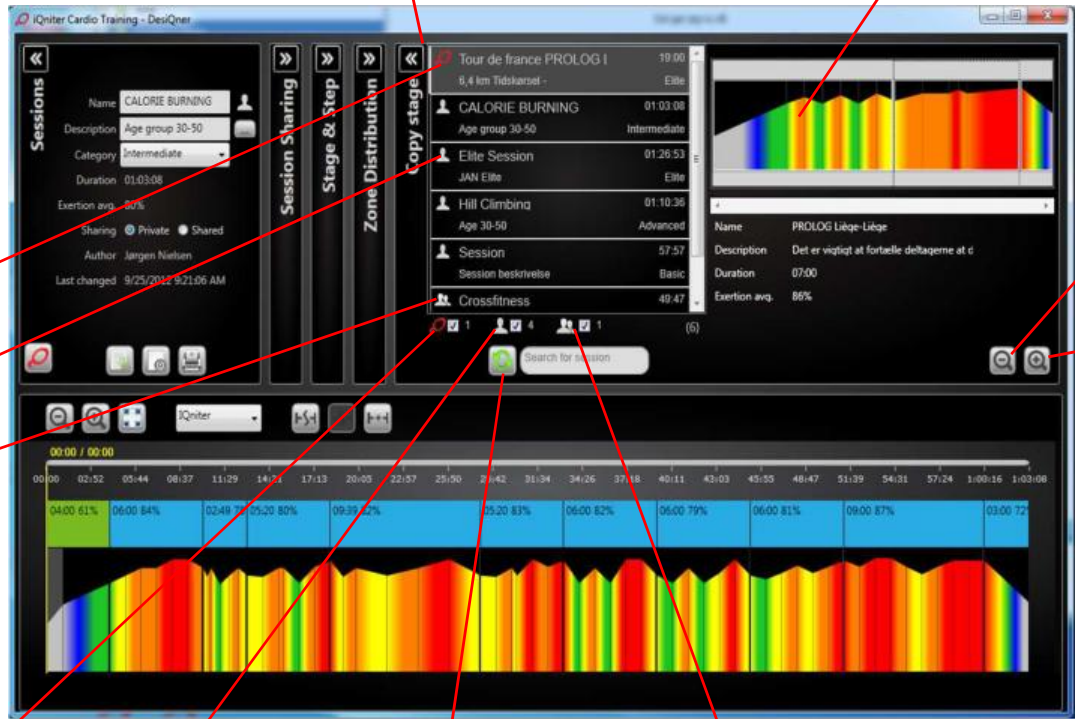
Zoom in on the open session graph

Include public sessions in session list

Include own sessions in session list

Refresh list of sessions

Include others shared sessions in session list



Music

Mouse Over shows music album and file path

Columns can be rearranged by drag/drop

Music available from the selected folder

Refresh music list from current music folder

Select music folder

Selected music to play

Export music attached to the open session to the USB-drive

Shows the current music folder. The icon indicates if music from sub-folders are included in the music list

Split Step in two equal sizes

Play/Pause selected music from the music list

Indicates that the stage has attached music. When a red slash is shown across the music icon then the media is not available in the current music list.

Search in the music list

The bar indicates music duration compared with stage duration.
Green: Equal duration
Red: Music shorter
Yellow: Music longer

Clear all music associated to the open session

Music cursor

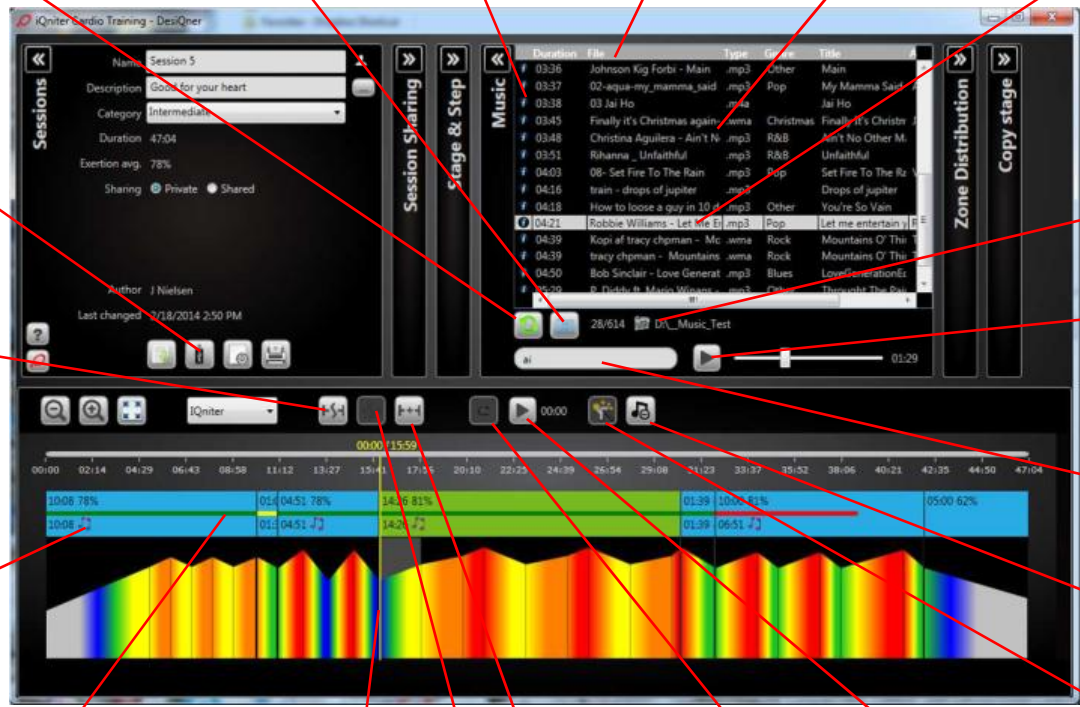
Merge selected and next step

Play/Pause music associated with the current stage

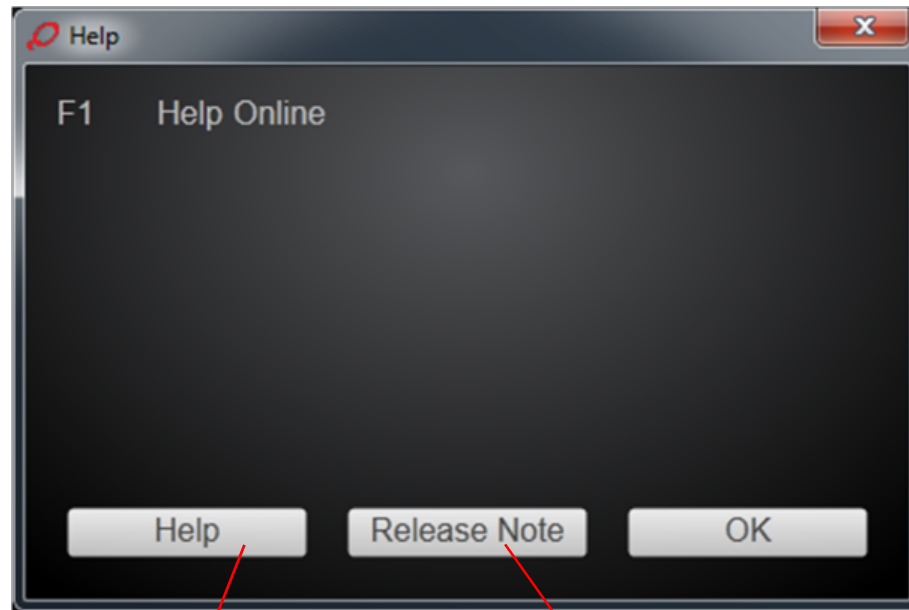
Adjust music to stage

Split step at Music Cursor position

Replay the last 5 seconds



Online Help



Press F1 or 'Help' button to access on-line Quick Guides.

Press 'Release Note' button to access Release Note overview.