



GET STARTED

BasiQ



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iQniter Studio Start-Up

BasiQ is the simple way to use iQniter Studio. 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 iQniter Studio click on the iQniter Studio icon on your desktop (1). A small 'Launcher' window (2) 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.

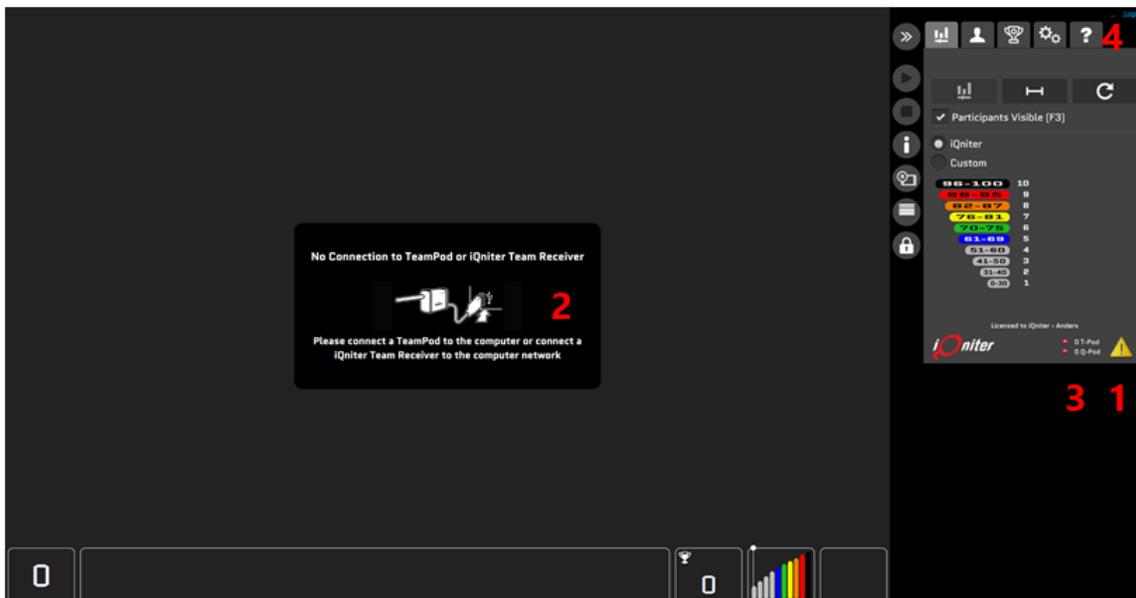


Instructor Panel - Overview

The first time you open iQniter Studio you will see the Instructor Panel. Before you are ready to use iQniter Studio, you need to check a few settings to make sure the application is running correctly. If you see a yellow triangle (1) then iQniter Studio is offline and there is no connection to the iQniter cloud service. In that case, you cannot select sessions, and 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 Receiver antenna (or the Team Pod) is connected (2). Red (3) indicates that the Team Receiver is not connected. Green (3) indicates that you have established a connection and you can see how many Team Receivers (and Team Pods) are connected. If you have a green light (3) the system should be ready for receiving heart rate data from the participants and Power data from your equipment/bikes, if they transmit these data (applies to Team Receiver, only).

If you need any further help, click the ? (4). Here you can see help on F-keys and a link to our online guides.



Start-Up BasiQ

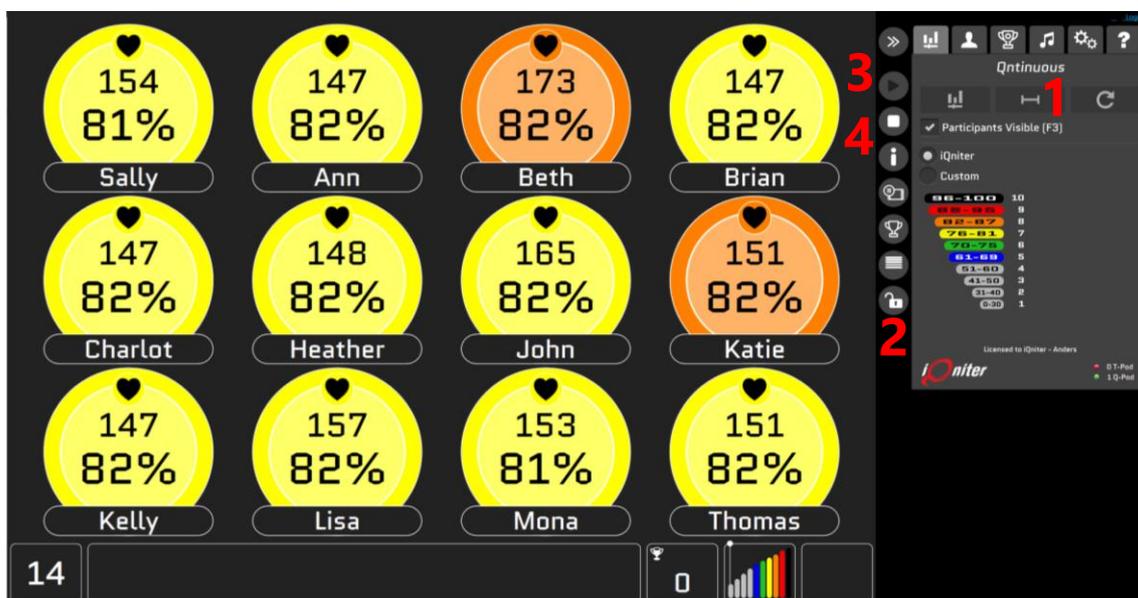
To start a BasiQ session click on the button (1).

Click at the (2) 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  (3) and logging of the participant's data is started (not uploaded to the cloud yet). When you press the  (4) 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 My iQniter account.



Open for Participants

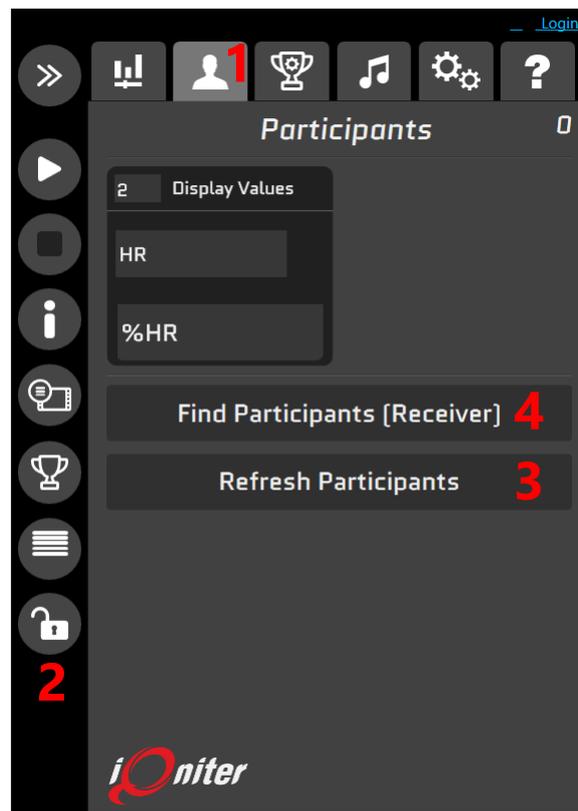
Whenever you want to run a session, for example indoor cycling, functional training, TRX, or indoor running you only need to follow a few steps so the participants can see their heart rate or power/cadence on the Group Screen.

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 or power from the equipment)

and close the padlock if you don't want the participants to Check-in during the current session.

We recommend closing the padlock (2) when a session is started, so people in another training area, e.g. functional training, will not show on the Group Screen.



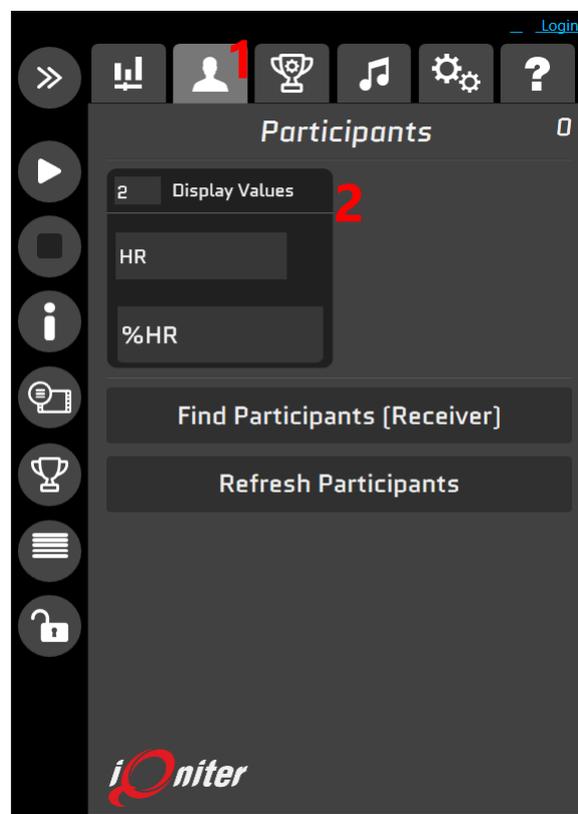
If a participant during the session has e.g. changed his Maximum Heart Rate or Nickname in AdmiQ, click on 'Refresh Participants' (3) which synchronizes the changed data from the cloud. If a non-participating exerciser shows up on the Group Screen (e.g. exercising in the adjacent room and within range 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, after which the exerciser will be removed from the Group Screen. If a participant by accident 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

iQniter Studio (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 iQniter Studio 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 iQniter Studio run for a couple of minutes after pressing Finish.

Start-Up Qntinuous

iQniter Studio 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 'Qntinuous' mode.

To start click on the Qntinuous 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 Qntinuous different from BasiQ and BiQing is that Qntinuous is unmanned and if you stop training, leave the room or the distance to the Team Receiver is too 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.

Qntinuous

Participants Visible [F3]

iQniter
 Custom

96-100	10
88-95	9
82-87	8
76-81	7
70-75	6
61-69	5
51-60	4
41-50	3
31-40	2
0-30	1

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0 T-Pod
1 Q-Pod

2



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