

June 2010, 2020

Cardio Training (v.3.4)

- The Group Screen Classic view has got a brush-up:
 - Current Stage in the top and Current Session in the bottom of the screen of Classic view is adopted from Modern View
 - Texts has been enlarged to increase visibility
 - Timers for Step, Stage and Session have been optimized. Larger text and progress visible in the timer border.
 - Option for Custom logo have been added to the bottom of the group screen.
- The Settings dialog has been rearranged a bit to support a logical grouping, including a Group tab.
- New settings
 - Show Current Target: The current target is shown at the step cursor position in Current Stage.
 - Timer value border indication: Show the timer value graphically on the border.
 - Custom logo: Show Custom logo
 - Custom wide logo: Show Custom wide logo
 - iQniter wide logo: Show iQniter wide logo
 - Group Score popup: Enable the total group score pops up on the group screen (also the Score function F6 must be enabled).
 - Auto-start session after end of pre-session video
 - Stage text: Show stage name
 - Stage wide text: Show stage name in wide format
- Score Calculation:
 - The Qpoints/Score function is simplified. Now only Qpoints are available (the old score counting is removed). Max 100 Qpoints achievable per session.
 - Qpoints for heart rate sessions are now achieved continuously over the step (not only at the step transition) – like achieving Qpoints for Power and Tabata sessions. Thresholds for Qpoints calculation in Heart Rate Sessions are now +/- 1 %HR, +/- 3 %HR, and +/- 5 %HR
 - Thumb-up is shown at step end, if 80% of achievable Qpoints has been reached during the step (if the Thumb-up setting is enabled).
- The following settings has been removed:
 - Flashing Thumb Up
- Added Session Sequences in Cardio Training, so not only a single session profile, but a set of session profiles can be selected for automatically execution in sequence.
- Added Spinning® symbols for step types
- Added support for Polar H9 and Keiser M7i
- Updated Team Receiver firmware to version 3.0.6
 - Various Bug-fixes

Release Notes



- Fixed Polar OH1 issue
- Only one click required to start pre-session video
- Various text translations

AdmiQ (v.3.4)

- Various Bug-fixes
 - Bug when defining Custom Power Scale is fixed

DesiQner (v.3.4)

- Added support for Mac operating system “Catalina”
- Added Purpose field to designed sessions and stages
- Added feature for increasing and decreasing intensity level for all steps simultaneously
- Added Movement symbols as alternative to Position and Cadence
- Added support for copy session including Spotify® tracks
- Added support for saving session music to user specified drive for copy session including Spotify® tracks