

IONITER

GET STARTED

DesiQner



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DesiQner Login

When you open DesiQner, a login window shows up (1).

Now login to your account with your User Login (Email) and Password (2). If you haven't created an account, then Sign Up (3).

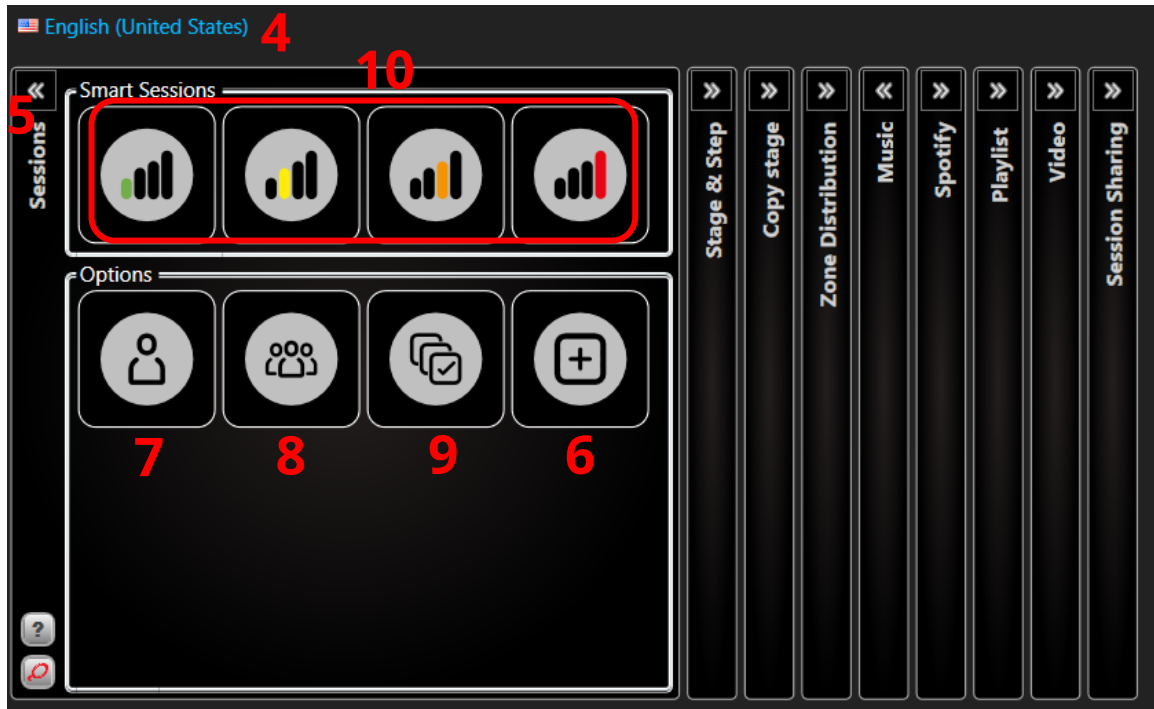
DesiQner data is in the cloud, be sure that you have internet connection.



After successful login you arrive at the DesiQner start screen. Here you can select your preferred language (4). Restart the program if you have chosen another language.


Under the Sessions tab (5), you can start to create a new session from the bottom (6). You can also select an already created session and edit this. Here you can choose from your own sessions (7), friends' sessions (8) or all available sessions (9). You can also choose between available Smart Sessions, that has been divided into different difficulty levels (10)


Moreover, on the right side of the screen, a number of panes related to the session can be expanded, these will be explained in more detail below.



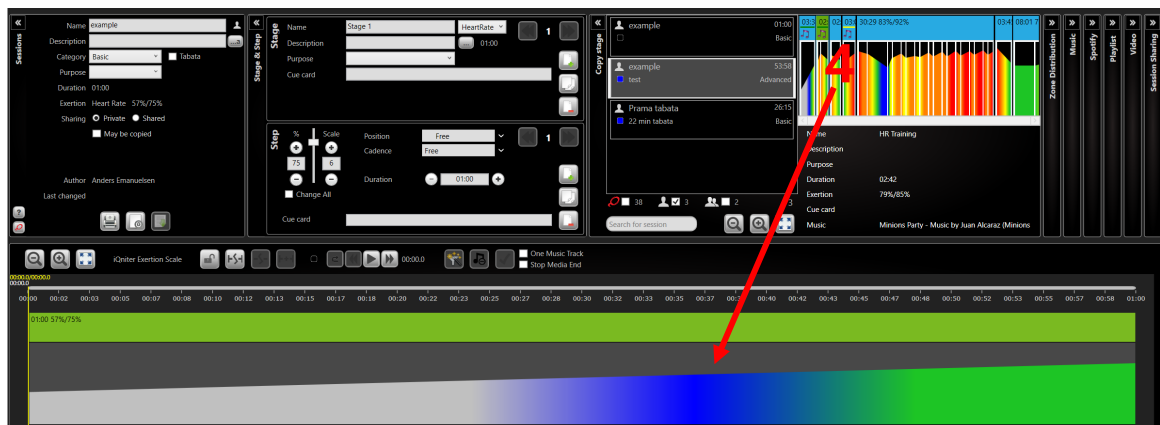
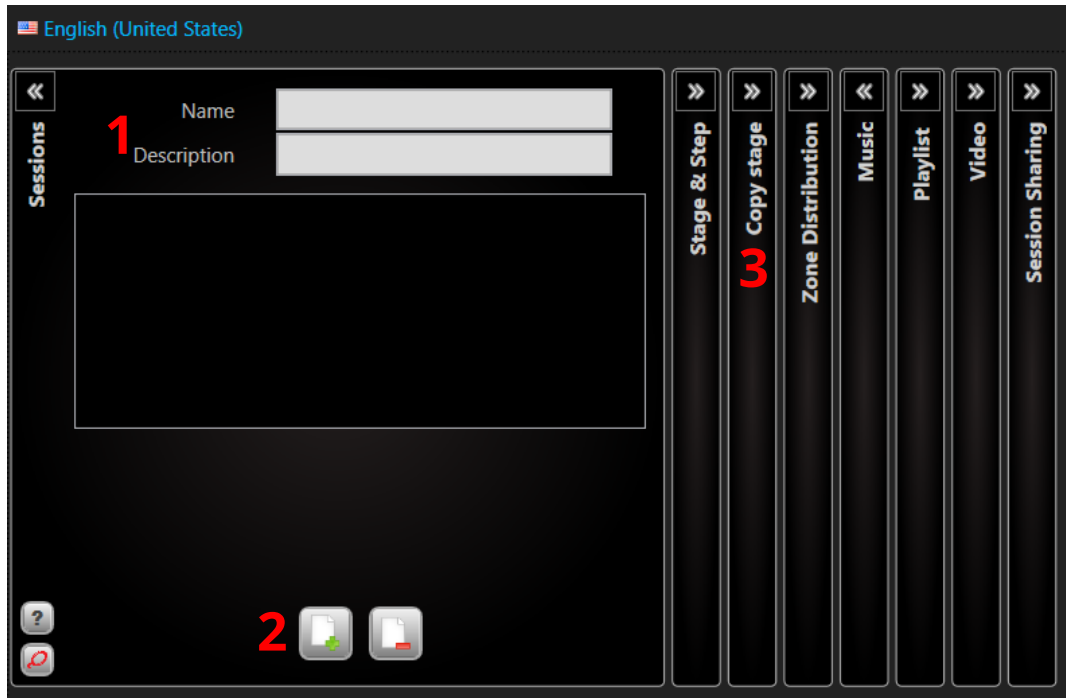
Creating a New Session

DesiQner is now ready for you to start designing your training session.

Click  to create a new session. Now you can give the session a name and a description (1).

Once you have named and described your new session, click the  (2) and you are now ready to design your first session.

If you want to take an outset in a previously generated session stage, you can select one as template by dragging the stage from the '[Copy stage](#)' pane (3) to the area (4).



New Session - The First Stage

A session consists of a stage(s), which can be divided into steps. When creating the first stage, steps is not shown in the graphic. You will only see the stage as one step with one intensity target, one average heart rate measure and zone colour.

In the Session panel (1), the category of the session can be defined, if the session is as a Tabata, and whether the session is private or [shared](#). Lastly, the exertion level of the session is displayed (average HR% and max HR% of the session).

In the Stage panel (2), you can name the first stage e.g. 'Warm up' and give it a description.


In the Step panel (3), you can enter the wanted minutes and seconds for the step duration. Enter the wanted intensity for the step. Also, you can define the position on the bike and cadence.

You have the option of inserting Cue Card's (4). You have two kind of Cue cards – one showing in IQNITER Studio on stage start and one on step start. In DesiQner, you can make your individual hints for the Cue cards. Cue cards is the instructors secret to add individual hints. It gives the instructor freedom and the opportunity to have an overview of the session while focusing and motivating the participants.

Now you decide how to run the stage. You have set up some basic guidelines for the stage with duration and intensity zone.

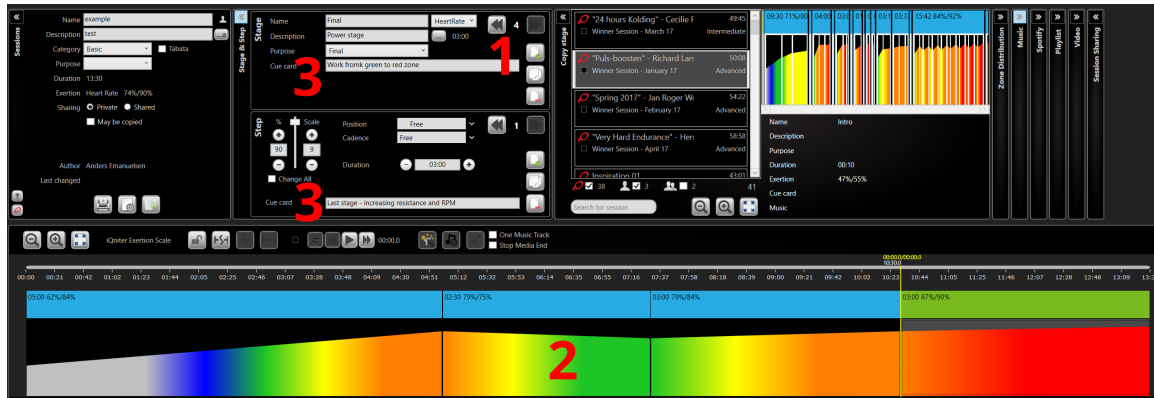


New Session - The Next Stages

Now continue designing the next stage by clicking on the  (1) in the Stage pane. Name the stage and give it a description and repeat the procedure from the first stage. Set in stages until you have a session with the desired duration (2).

You can fill out the Cue Card for each stage and step, with information for yourself or information you want to give the

participants during the session (3). The Cue Cards pop-up on the instructor screen - and only on the instructor screen - seconds before each shift of step or stage during the session. You can edit settings for Cue Cards to pop-up in IQNITER Studio.



Stages with Steps

Most blocks are composed of steps, and these can be displayed in the session to build up.

Create a new stage, name it e.g. 'HR Training' and add a description. By default, new stages have one step of 1-minute duration.

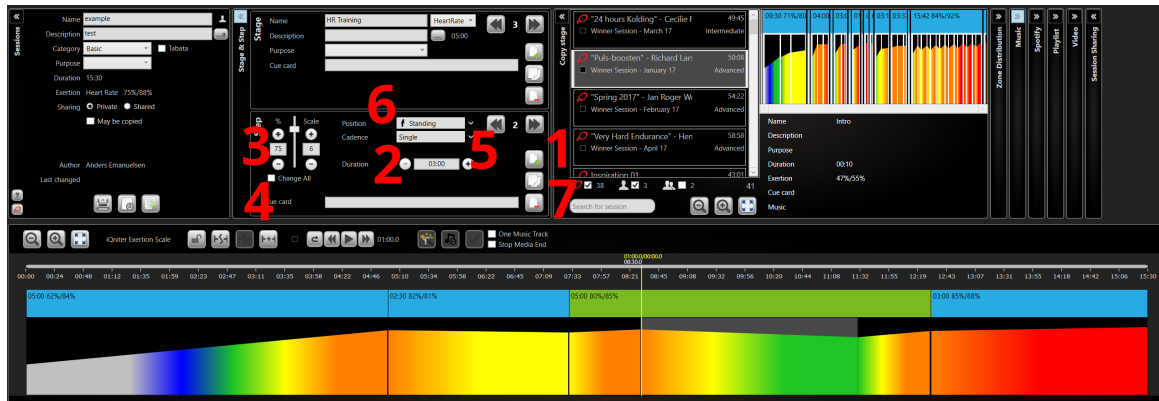


Click the (1) in the step panel below the stage pane. You have now created a new step having a 1-minute duration in the current stage.

You now have two steps in your stage. Adjust the step's duration (2) and intensity (3). By marking the 'Change All' flag, it is possible to adjust the intensity of all steps in the session at the same time (4). Adjust the cadence (5) and position on the bike (6) as preferred.

Make sure that the intensity of the individual steps and duration are realistic, so the step intensity target at the end of the step is achievable. Be careful not to make the steps too short. Steps shorter than 15 seconds can be too hard, if you are changing to another intensity zone in the step.

If you want to repeat a step in the stage, you can copy the step by clicking the copy icon (7). Then you can click on the step in the bottom pane and drag it to the location in the stage as desired.



In the event you want to insert a stage relating to Power instead of heart rate, change the value to Power (FTP) (8) and design the stage. FTP is basically similar to HR, however the profile looks different (9) and the scale is different (FTP can be above 100) (10). Note the ability to combine HR stages and Power stages within the same session.

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Copy Stages

If you have previously made a stage that you would like to use again in your new session, you can copy it from the previous session.

Click on the double arrows of the Copy Stage pane (1). Find the session you want to copy from and double click to make it appear in the right pane. Now you can see the stages that makes up the session you want to copy from.

Click on the top of the stage you want to copy (2) and drag it to the new session you are designing. You can drag the stage to the wanted position of the session. You can also move a stage within the session and copy a stage within the session by pressing 'Shift' while dragging (3).

1

2



Tabata Stage

Tabata can be used for circle training such as CrossFit, Functional Training, High Intensity Interval Training (HIIT) and more.

When you want to create a Tabata session you need to mark the Tabata (1). You can adjust the working and rest duration as you like (2).

The 'Lock Steps' (3) function is only featured in the design of Tabata. Here, it is possible to lock all steps identical to the first step in the stage.




Integrate Music and Video

Indoor Cycling sessions normally run synchronized with music, using either an individual track that last a few minutes or a combination of tracks in a longer mix. You have the option to integrate music into your session, so the music is synchronized with the stages.

Click the double arrow on the Music pane (1). Select the folder on your computer that contains your music (2). Make the program import your files, so you can make a playlist (3).

Select the track you want to use, click on it and drag it down to the stage it belongs to. If the stage length does not fit with the music length, you will be prompted what to do. Choose one of the solutions to make the stage duration fit the track duration (4).

To save the music related to the session, click the  (5) in the Session pane on the left. You can define a directory where the program will save the music, this can be a local directory, or you can locate a USB memory stick (6). If the directory is not set, the program will export to a USB memory stick as default.

Video files (1) can be imported like music files. Not all music and video types are compatible (hover the Type column header in the Music Panel). Video files are handled like other music files. In addition, the video is showing in the Video panel (7).

7

1




It is possible to integrate Spotify® and DesiQner. For more information on this, please go to:

https://iqniter.com/wp-content/uploads/2019/02/GET-STARTED-Spotify-Sessions-v1_1.pdf.

Split Stages into Steps to fit Musical Choreography

When a music track is attached to the stage, then by listening to the music you can split the stage into steps using the music buttons (1).

Click on the  (2) (switches to Pause button) to start playing the music attached to the stage (3) and notice the yellow music time cursor moves (4).

Listen to the music and click the 'Split Step' button (1) when you hear the music where you want to split the step according to the choreography.



Check Music or Video and Delete Music or Video

You can check if all the tracks are ready to play by clicking the Check music button (1).

The music or video can be deleted from the stage by clicking the 'Clear Music' button in the 'Stage' panel (2).

The music or video can be deleted from the entire session by clicking on the Delete Music button in the Music Edit panel (3).

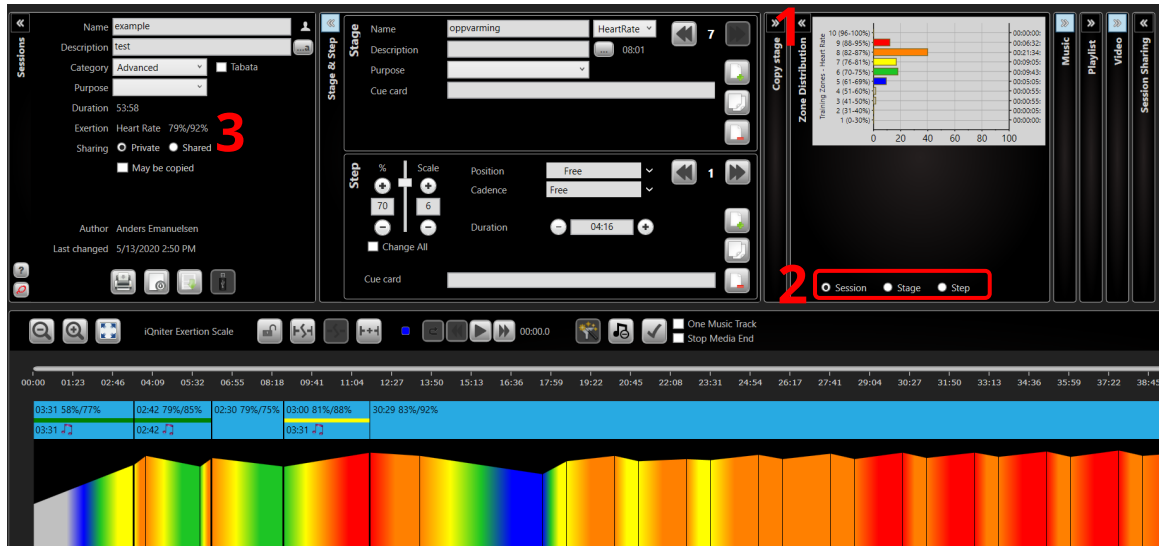


Zone Distribution

You can check the intensity distribution of your session. Click the double arrows 'Zone Distribution' (1).

You can choose whether you want to see the zone distribution for the entire session, a selected stage or a selected step (2).

In the Session pane you can also see the average and maximal intensity (percentage of Heart Rate Maximum) during the entire session (3).



Share Sessions with Friends

Upon opening the Session panel (1), you can see all available sessions (public IQNITER sessions, own sessions and sessions shared by your friends (2)). Please pick the sessions you want to see and search from. You can search a specific session by description in the Search panel (3).

You can copy a session if you want to change it and keep the version you copy from (4). You can also delete session that you have created (5).



Choose who you want to share your sessions with (6). You can accept or reject a friend request (7). By entering an email address, you can request a friend to sharing sessions (8).

Sessions are mutually shared which means that those of your sessions you have chosen to share are visible to all your friends you have accepted to share sessions with and vice versa. For a session to be shareable, remember to check the 'Share Session' mark in the 'Open Session' panel (see picture on page 6)

Please note, the Session Sharing panel is only available, when no session is opened.



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