



**GET STARTED**

IQNITER Studio



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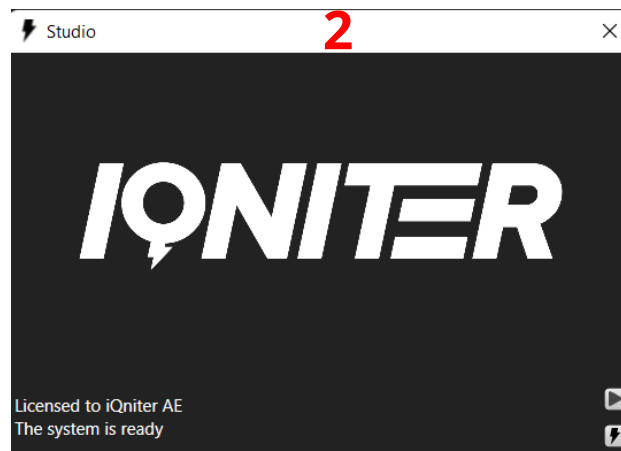
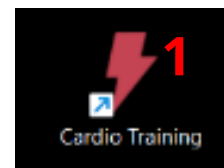
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## IQNITER Studio Start-Up

With IQNITER Studio you can choose your own created sessions in DesiQner or you can get started quickly by applying the predefined IQNITER Smart sessions. IQNITER Studio provides a lot of fun and motivating features, that is going connect individual and group training at the same time and take your participants onto another level.

To start IQNITER Studio click on the IQNITER Studio icon on your desktop (1). A small 'Launcher' window will appear (2) (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.



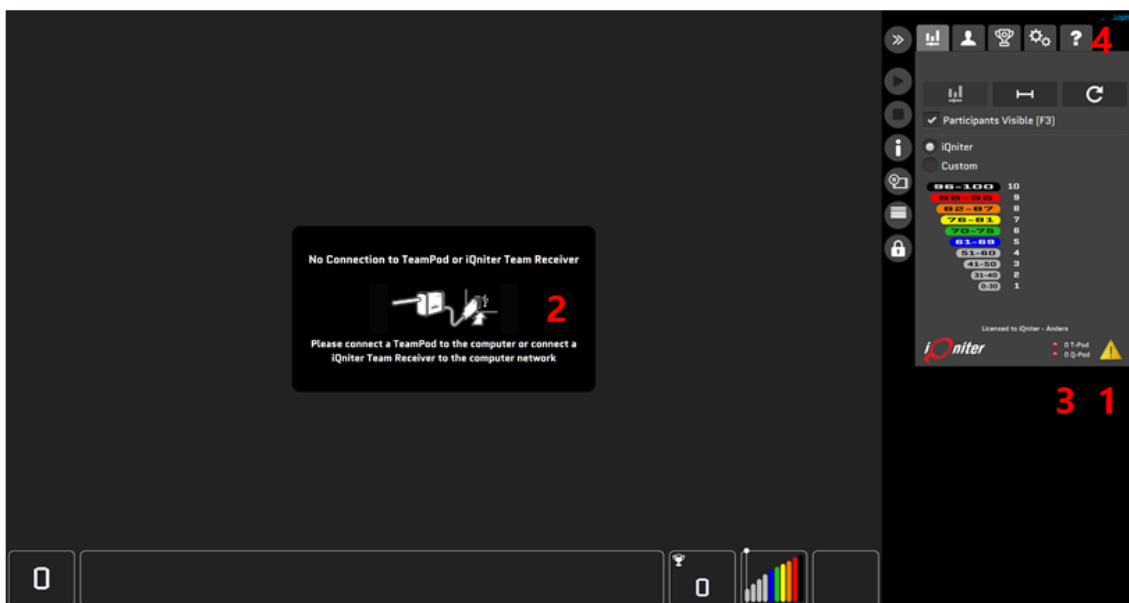
## Instructor Panel Overview

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).



## Starting a session in IQNITER Studio

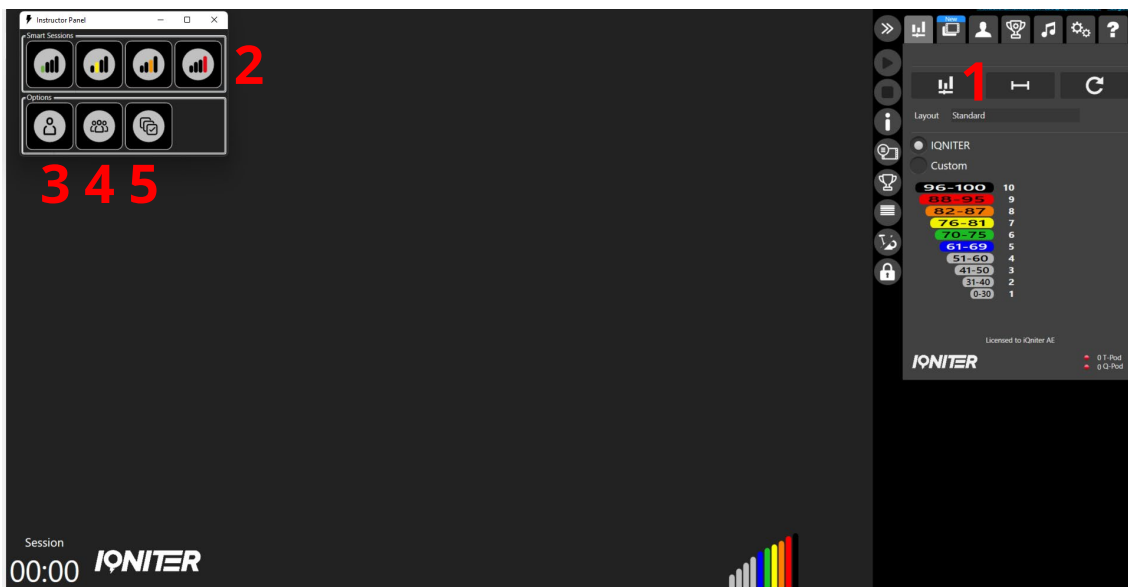
IQNITER Studio includes three operational modes: Session with Profile, Session – no Profile and Qntinuous – no Profile. Each mode includes separate options to perform your session. The following section will primarily focus on sessions with profile.

## Session with Profile

A session with profile can be performed with heart rate as well as [power](#)



A pop-up window will appear where you can select predefined IQNITER Smart Sessions grouped in levels from beginner to elite (2), your own created sessions (3), shared sessions (4) and all sessions (5). Choose which one you like.



It is possible to toggle the various options to find the session you want, in the panel to the right (6) (green indicates on, red indicates off). The training profile of the session you clicked on is shown in the bottom (7). Press 'Select' (8) or double-click a session to choose the selected session.





## Session – no Profile

Session – no Profile mode includes the option to perform training without a profile. For more information, please go to:

<https://iqniter.com/wp-content/uploads/2018/09/GET-STARTED-BasiQ.pdf>

## Qntinuous – no Profile

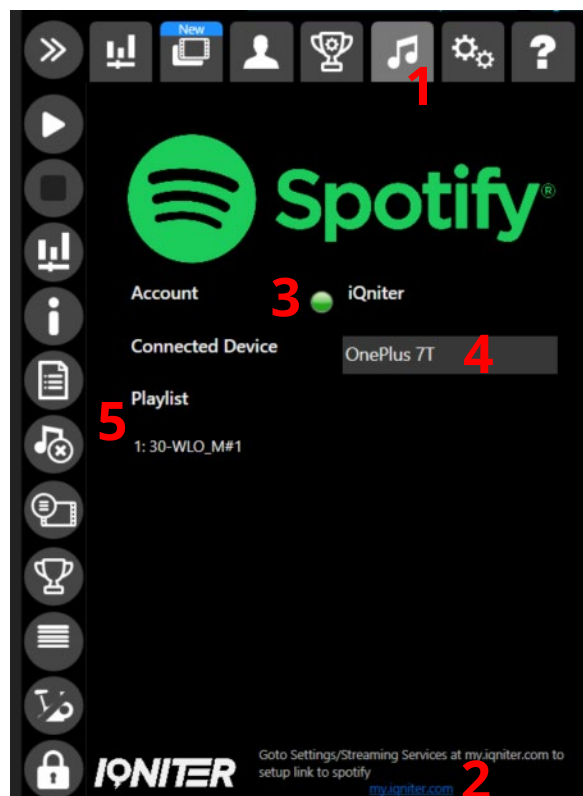
Qntinuous – no Profile mode provides continuous monitoring of training and will send workout result feedback. What makes Qntinuous – no Profile different from Session with Profile and Session – No Profile is that Qntinuous – no Profile is unmanned and if you stop training, leave the room or the distance to the Team Receiver is to 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.

## Music attached to session profiles

### Spotify®

You have the option to integrate music into your sessions, so the music is synchronized with the stages. For this, there are two options:

- Connect to your Spotify® account in IQNITER Studio
- Use a transportable USB containing the music



# IQNITER

For more information on Spotify® and IQNITER Studio, please go to:

[https://iqniter.com/wp-content/uploads/2019/02/GET-STARTED-Spotify-Sessions-v1\\_1.pdf](https://iqniter.com/wp-content/uploads/2019/02/GET-STARTED-Spotify-Sessions-v1_1.pdf)

Please note: Your Spotify® player must be running on the computer (or another device), connected to the speakers in the studio, and you must be logged into Spotify® with the same account as you have registered at My IQNITER:



<https://my.iqniter.com/account/streaming-services/spotify>

## Music from file

When you select a session with music using a USB, then IQNITER Studio automatically searches the USB for music. NOTE, the folder containing the music on the USB should be termed 'SessionMusic' for IQNITER Studio to detect the music correctly. This is the USB default search path. If specified in AdmiQ, any network path can be specified.

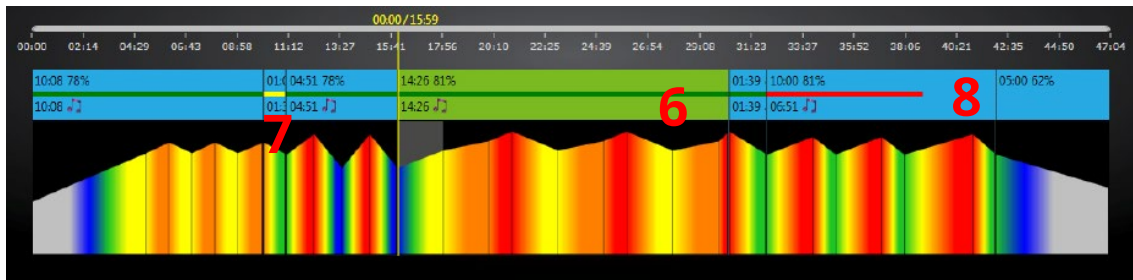
The following section explain various details associated with music in BiQing.

If the music is not aligned with the block (to short) then a warning will pop-up. We recommend you do the checking's in DesiQner and make sure the music is integrated with the blocks. Please see info about music below.

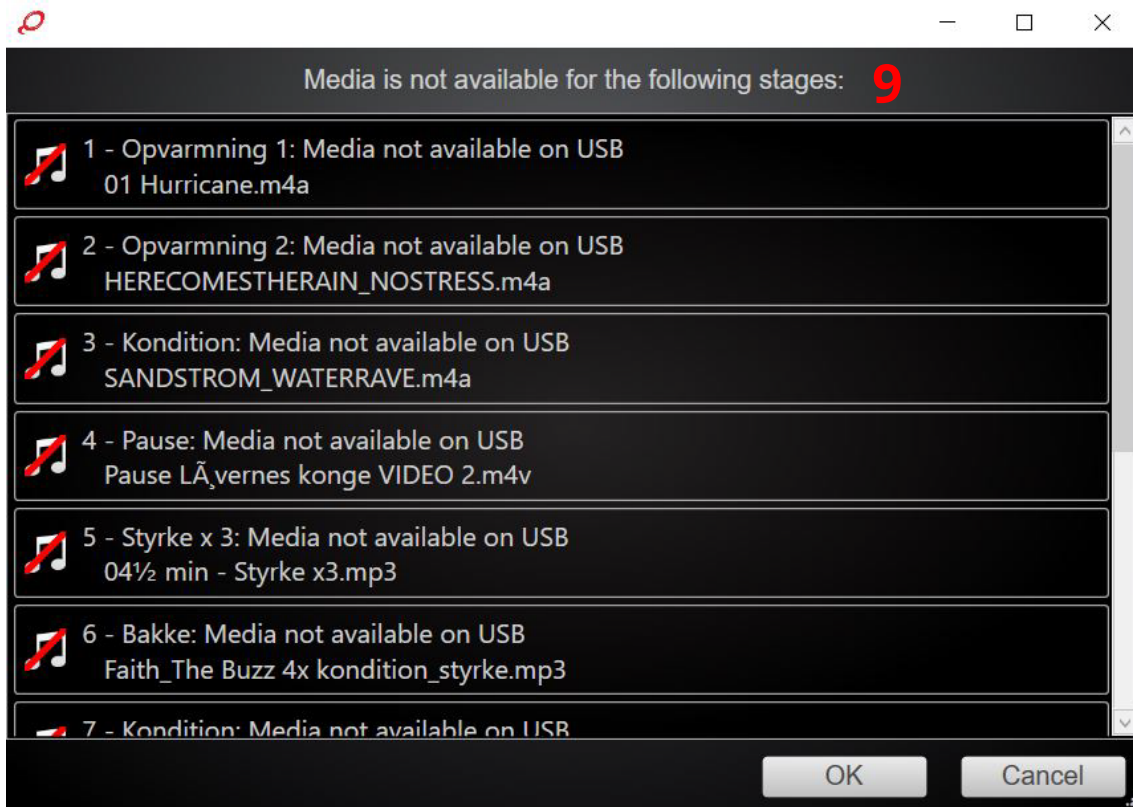
-  The music fits to the block (6)
-  The music track is longer than the block and the next music track will start from the new block (7)



→ The music is too short (8)

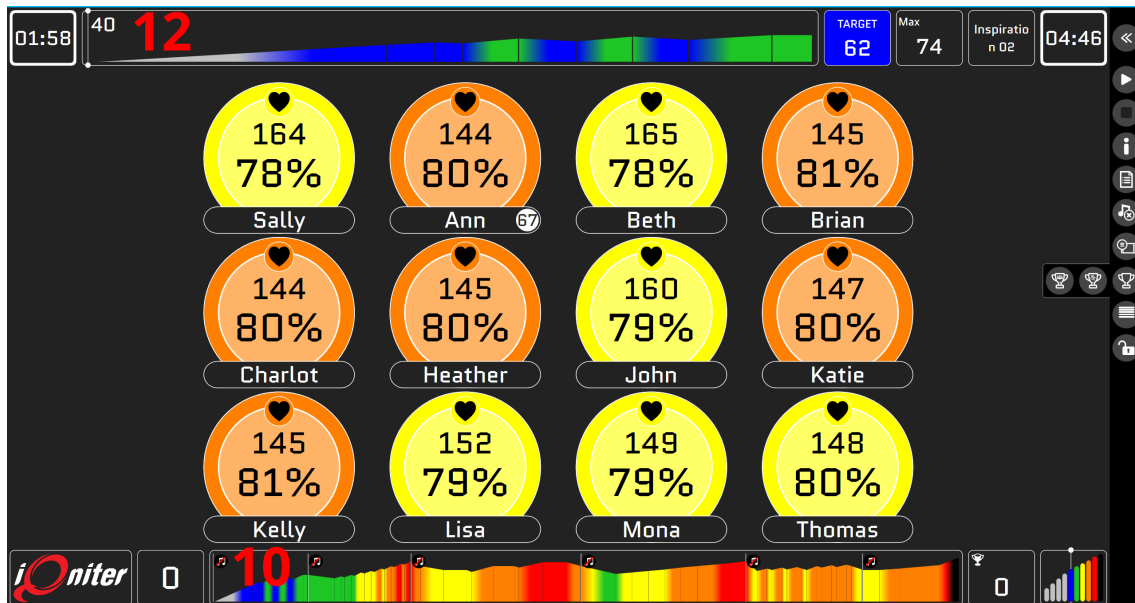


If music related to the chosen session is not available or cannot be read from the correct music path, then a warning pop-up window will show up (9).

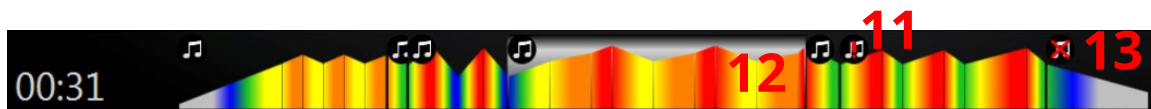


If you press 'OK' anyway then you will see the sessions with red icons (10) which means music is not related to the session. If you for example want to use a friend's session but will use your own

music it is possible, IQNITER Studio just give you the warning so that you are aware that the music is not related and synchronized with to the session.



Music is associated with the stage (11), the Current Stage (shown in the top of the Group Screen as well) (12), the music is associated with the stage, but is not available on the USB-drive (13).



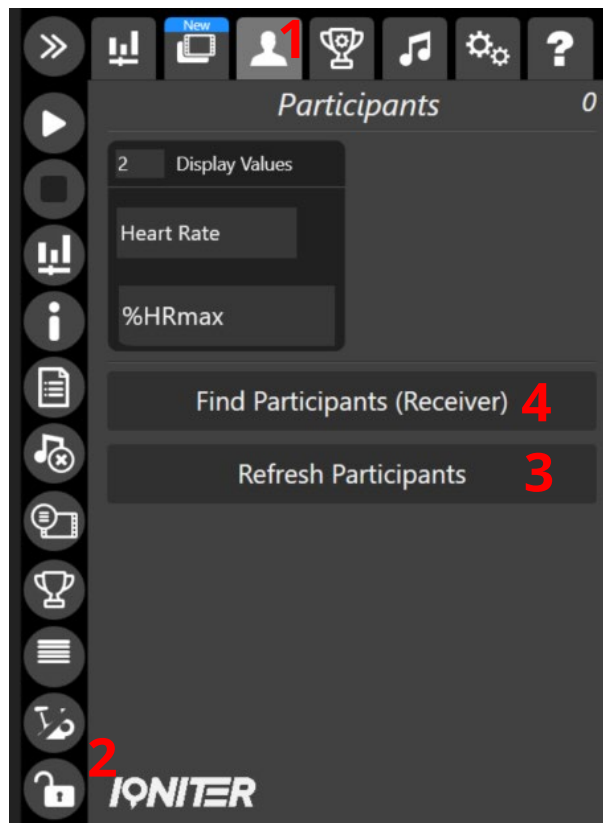
## Open for Participants

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.





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).

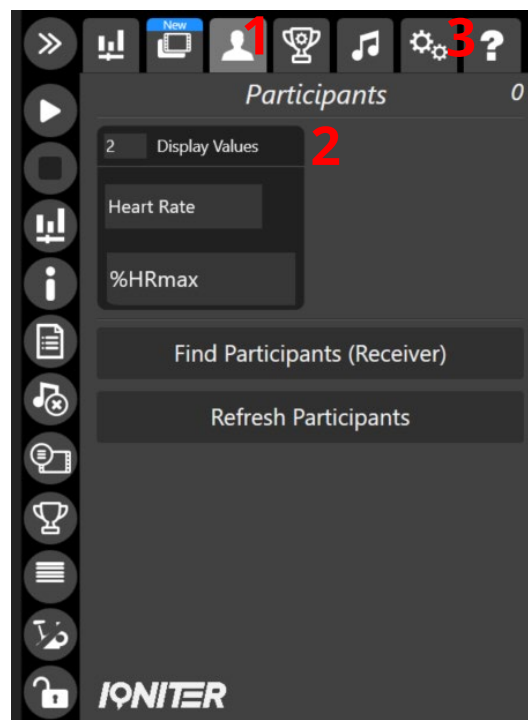
## Change Group Screen Exerciser Measures

IQNITER Studio (for all three operational modes) gives the option to change the exerciser measures on the Group Screen, depending on the purpose that is trained by.

In BiQing the options are more extensive – you can for example train after Watt and Qpoints.

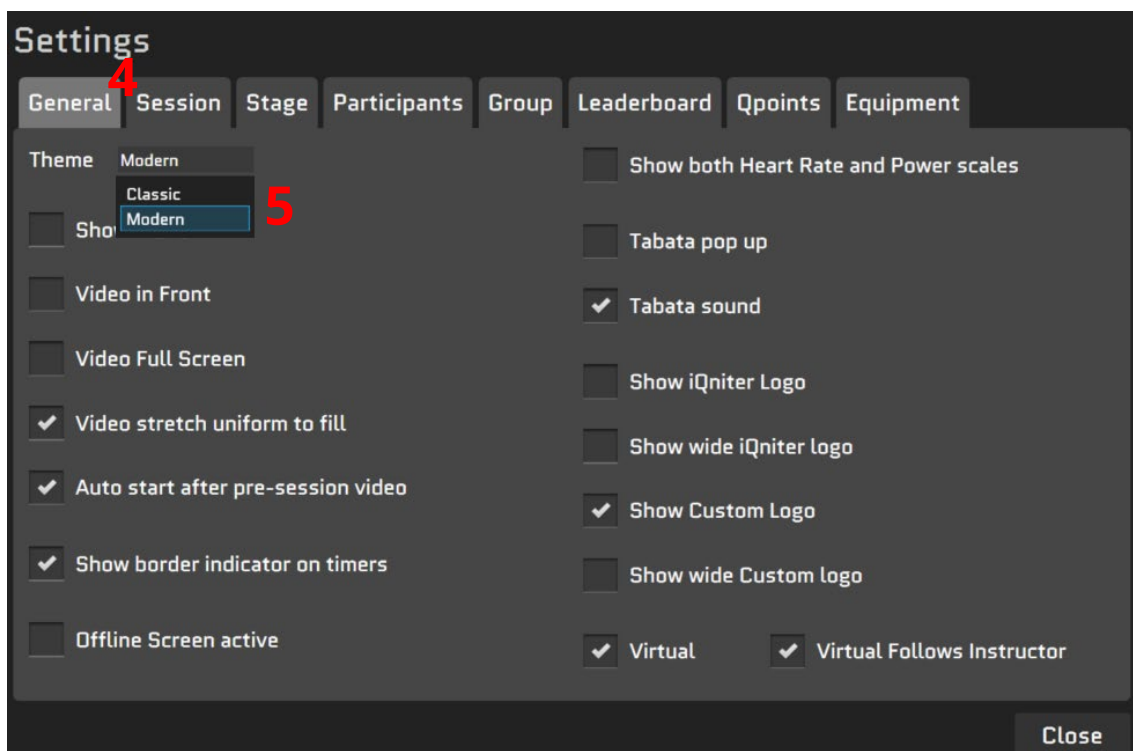


Change the 'Display values' as you like (2). We recommend that the exercises measure in the middle is defined by the purpose you train after. If you train using pulse the %HR should be in the middle, whereas if you train using Watt the %FTP should be in the middle.





The instructor is usually placed in the top left corner of the Group Screen and marked with green colour (Classic Theme, only). Who is shown as instructor can be changed by clicking on the participant's tile and then clicking on 'Instructor'.

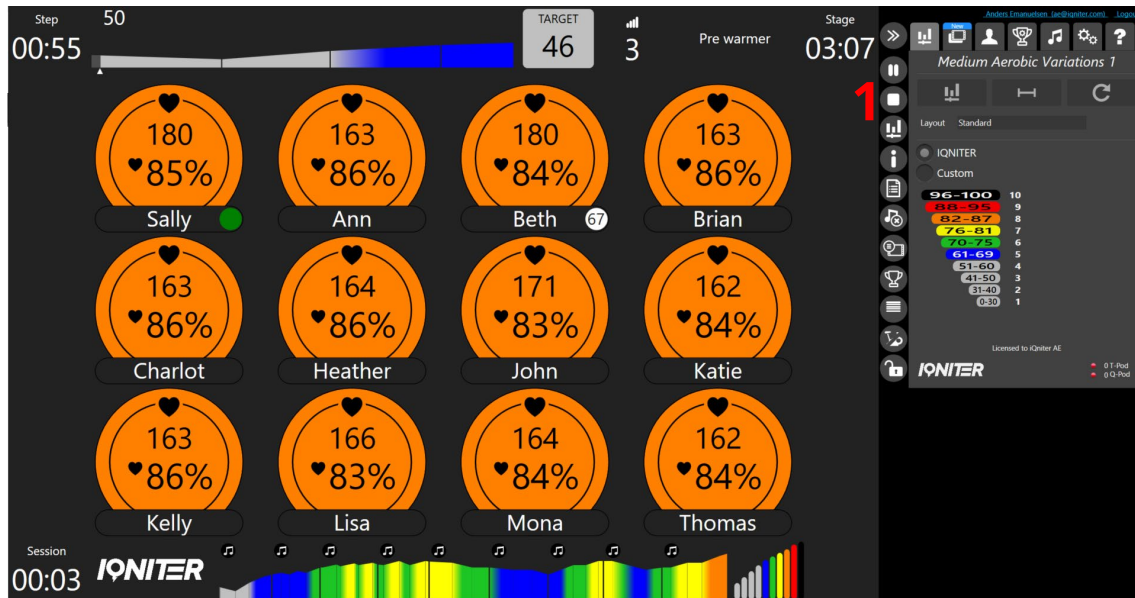


## Finalizing a Session

When the session is completed, remember to press the Finish button (1). 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 letting IQNITER Studio run for a couple of minutes after pressing Finish.



As instructor, you are able to make various settings in IQNITER Studio – for example [Qpoints](#), [Leaderboard](#), [Challenge](#) and [Cue Cards](#). Settings which is being made in IQNITER Studio only works for the specific studio in your fitness centre.

AdmiQ gives you the opportunity to make the same settings and more, but the difference from the settings in AdmiQ and in IQNITER Studio is that in IQNITER Studio the settings is only been made for the specific studio where the instructor is using IQNITER Studio. In AdmiQ you can control the settings on fitness centre level or on studio level, and you can 'lock' settings and then the instructor doesn't have the opportunity to change settings when it is 'locked'.

For more information on AdmiQ, please go to:

<https://iqniter.com/wp-content/uploads/2018/09/GET-STARTED-AdmiQ.pdf>

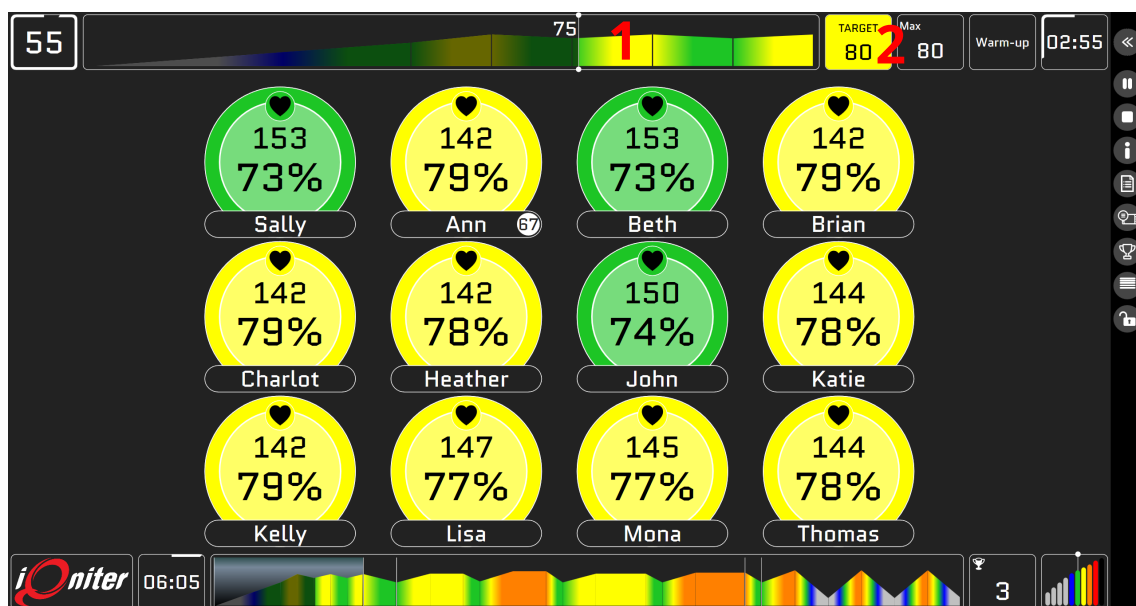
## Qpoints achievement

When running the IQNITER studio with session profile (BiQing), you have the opportunity to add motivational features. For example, you can train after 'Qpoints' and compete with your best buddy. Qpoints are always counted continuously during the full session.

The exerciser is awarded Qpoints continuously over the duration of a step (1), when the HR% target (2) is obtained within three threshold limits:

- Full score of Qpoints if the HR% deviates  $\pm 1$  HR% from the HR% target
- 0.6 times the score of Qpoints if the HR% deviates  $\pm 3$  HR% from the HR% target
- 0.2 times the score of Qpoints if the HR% deviates  $\pm 5$  HR% from the HR% target

For example, if you stay within the threshold boundaries of the target HR% continuously over the duration of a step, then you will be awarded the maximal possible amount of points. It is possible to be awarded a max of 100 Qpoints per session.







**Settings**

**3**

General Session Stage Participants **Group** Leaderboard Qpoints Equipment

☒ Show Group Qpoints [F6] **4**

500

☐ Show Group Calories [F7] **5**

1000

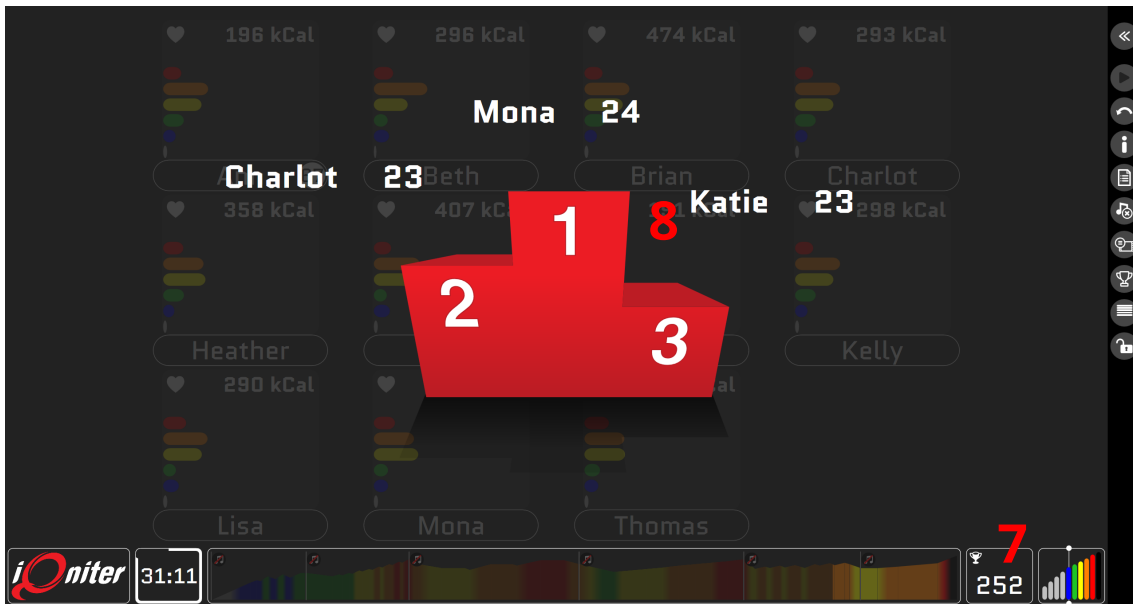
☐ Show when Group hits Target Zone [F8] **6**

Heart Rate **8**

**5**

Close





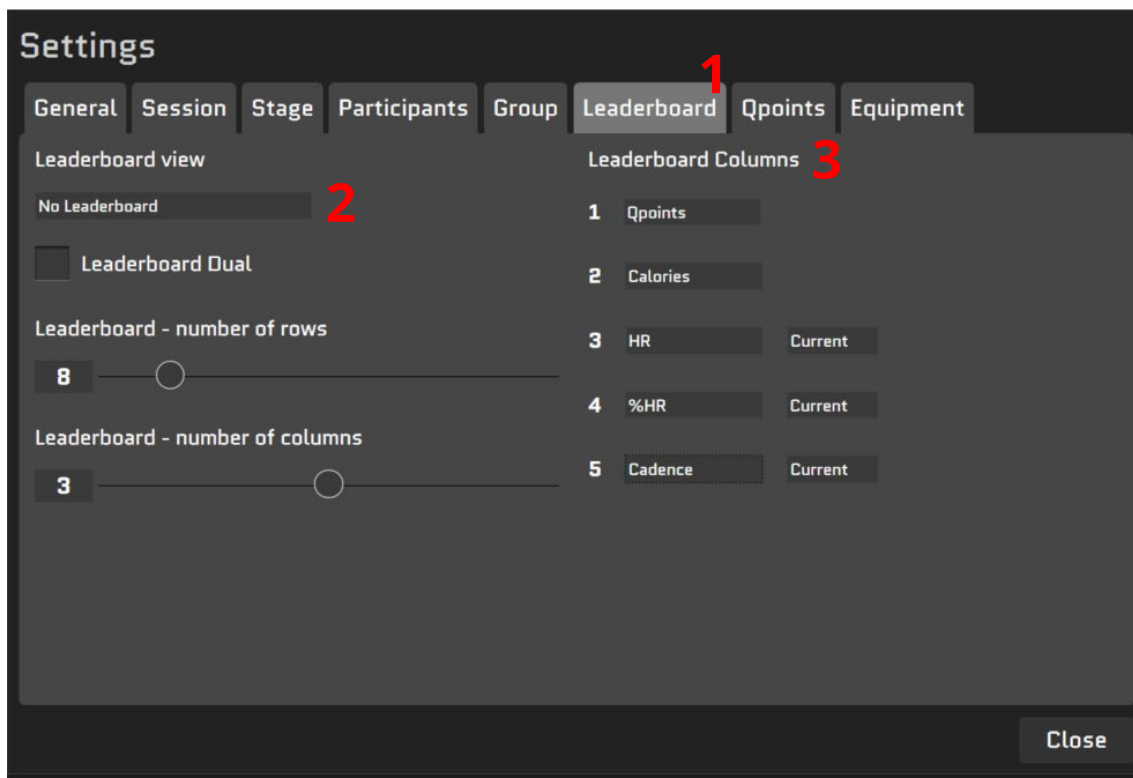
## Leaderboard Settings

Leaderboard is a way to show ranking. It is very fun and motivating if you for example choose 'Qpoints' as number 1, then the participants must hit specific targets to be in front and get points (see [Qpoints](#)). The leaderboard gives you the opportunity to compete with your best buddy.



Choose for example 'Leaderboard Vertical Split' (2).

To change what must be focus on during the session go to 'Leaderboard Columns' (3). Choose up to 5 columns to show on the Group Screen.

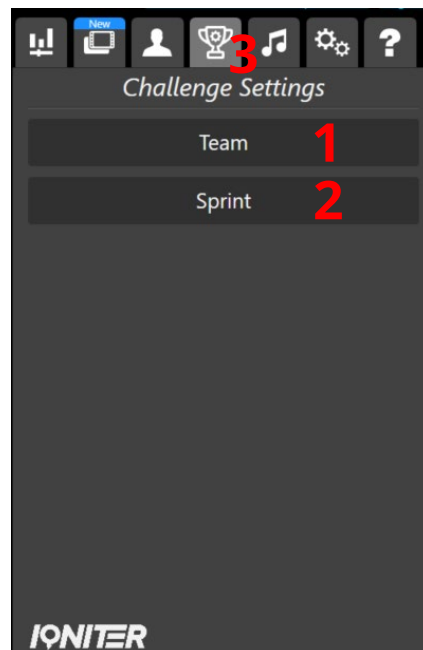


An example of the leaderboard display is shown below.

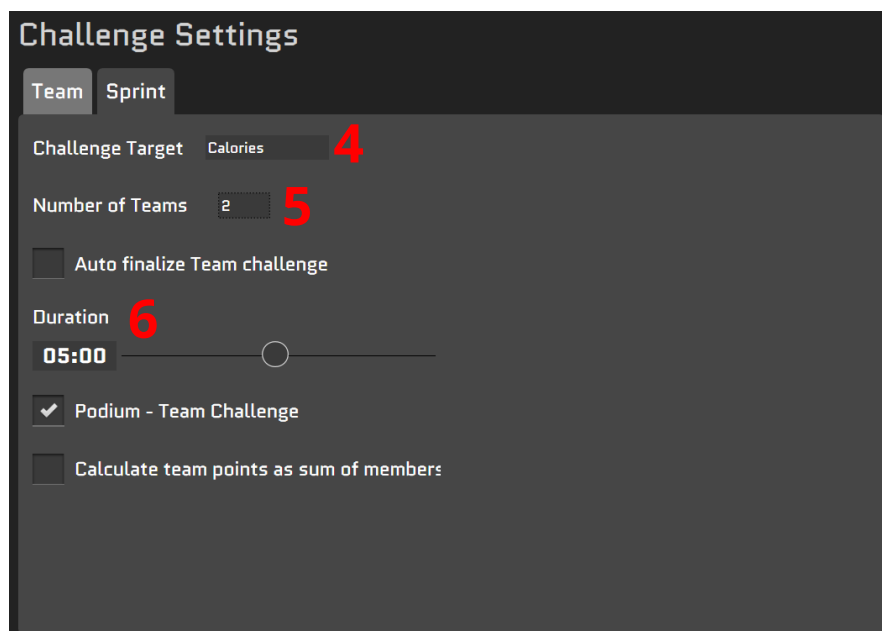
Rank	Name	Score	Calories	HR
1	Sally	1	80	31
2	Beth	1	61	32
3	Lisa	1	61	32
4	Thomas	1	82	32
5	John	1	76	32
6	Heather	1	71	33
7	Mona	1	49	32
8	Katie	1	45	32

## Challenges

Challenges is another way to add a competitive and motivating element in Session with Profile. You can setup either a Team (1) or Sprint (2) challenge in the Challenge Settings (3).

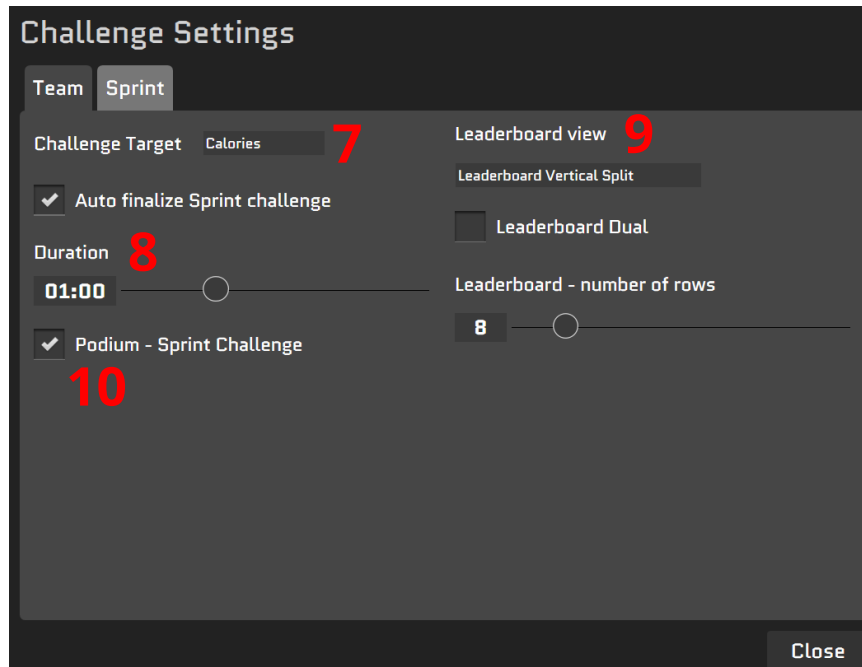


For a Team challenge, it is possible to define a challenge target (e.g. calories, %HR, etc.) (4), set up to four teams (5) and define the duration of the challenge (6).

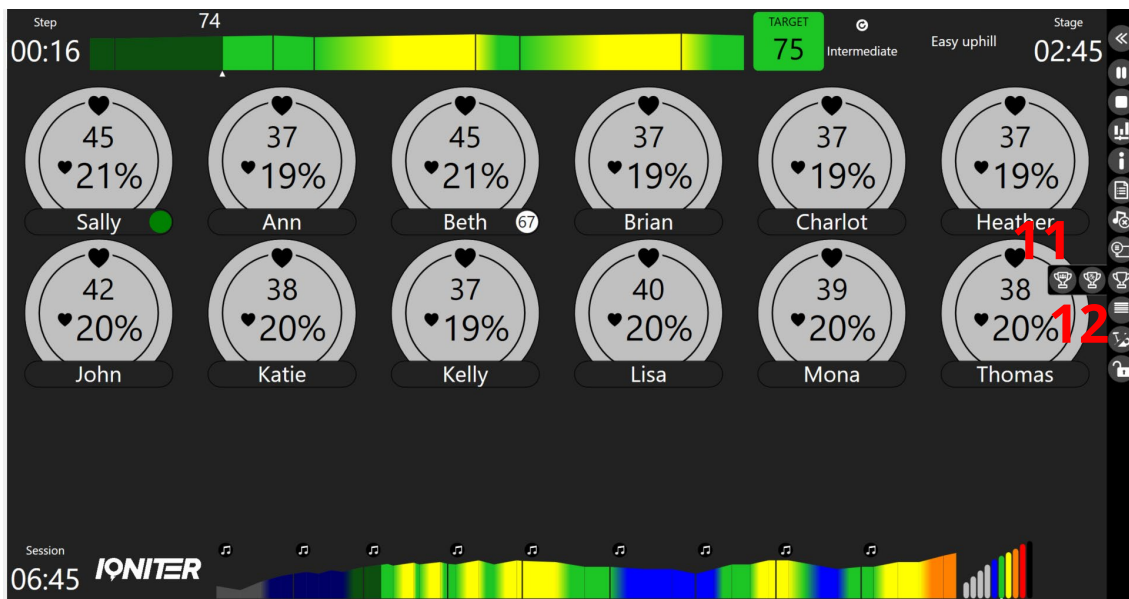


A Sprint challenge is individually based and often shorter in duration. Similarly to the Team challenge, it is possible to define the target (7), select the duration of the challenge (8), select how

to show a leaderboard of the challenge (9) and check if a podium should be displayed after completing the challenge (10).



On the Group Screen you can quick prepare for a Team challenge (11) or a Sprint challenge (12) during a session.



## Cue Cards

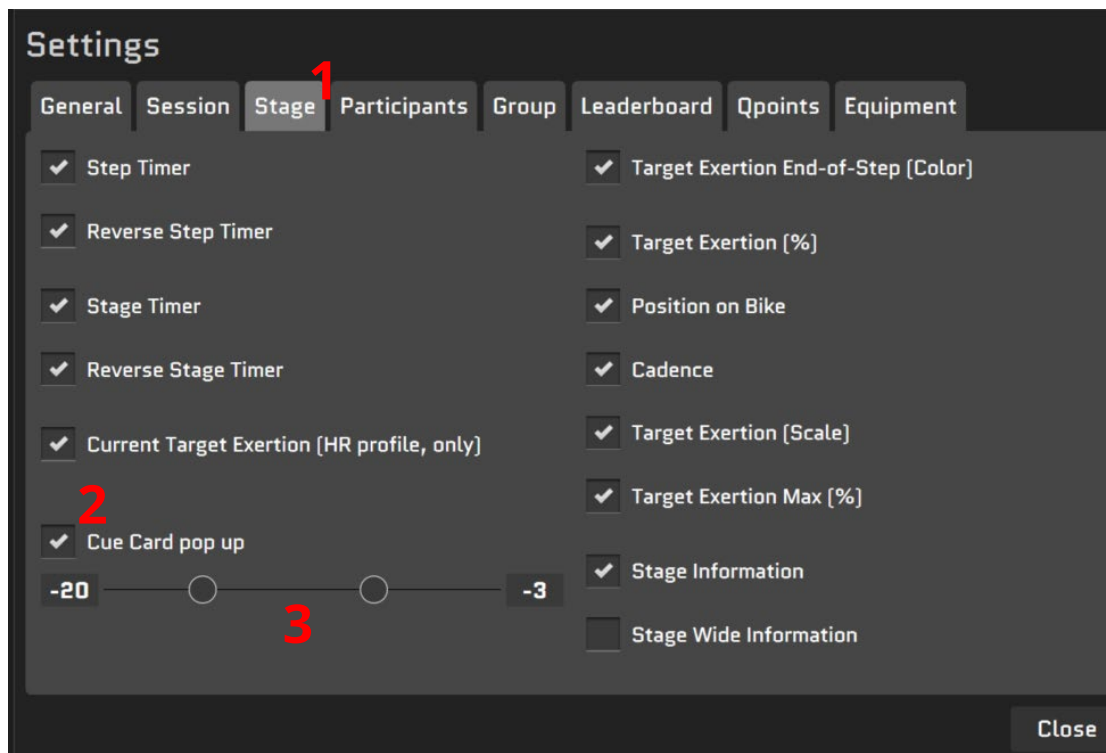
Cue Cards are the instructors secret to add individual hints for his use during the session. It gives the instructor freedom and the opportunity to have an overview of the session while focusing and motivating the participants.

Go to 'Settings Details' and 'Stage' (1).

If you want to have Cue Cards during the session, Cue Card pop-up must be ✓ (2) (default setting).

You can choose time for the Cue Cards to pop-up and to disappear again. The two values indicate the seconds before and after the next stage or step starts, when the Cue Card pops up and disappears (3).

In DesiQner you can make your individual hints for the Cue Cards. If Cue Cards pop-up is enabled, then they will be shown around each step and each stage transition.

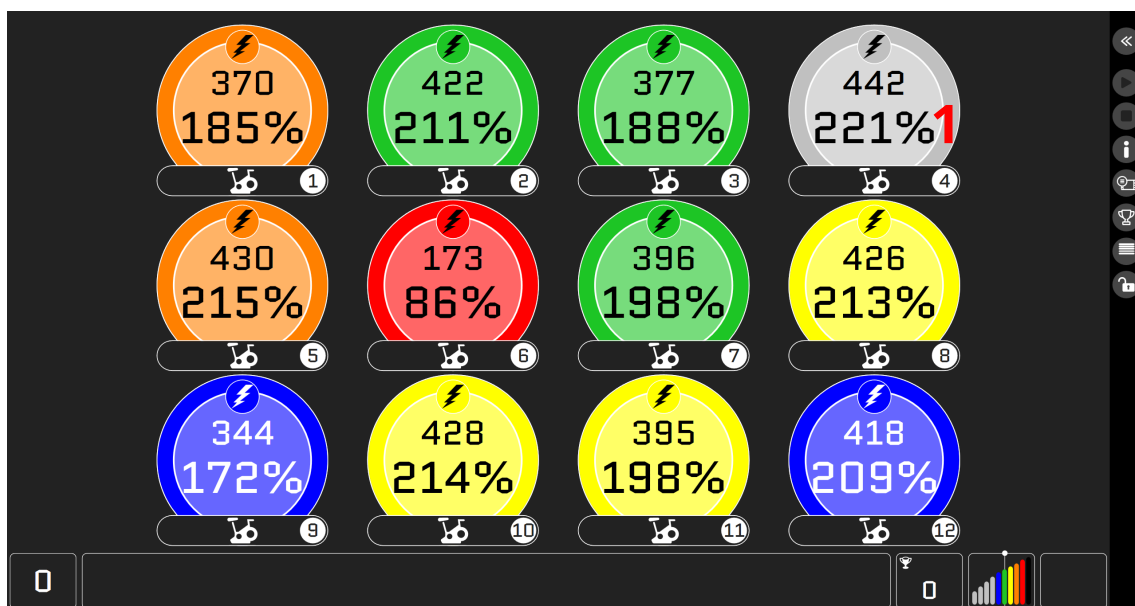


## Watts

Watts is a very good indicator to see how hard you train at the moment compared to Heart Rate which is a delayed reaction of the body.

If you know your %FTP (Functional Threshold Power) and if the bikes transmitting Watts are compatible with IQNITER Studio, then you are ready to have Watts in focus. Many road riders like to train after Watts.

We recommend that %FTP is in the middle of the exerciser tile (1) if you have Watts in purpose.

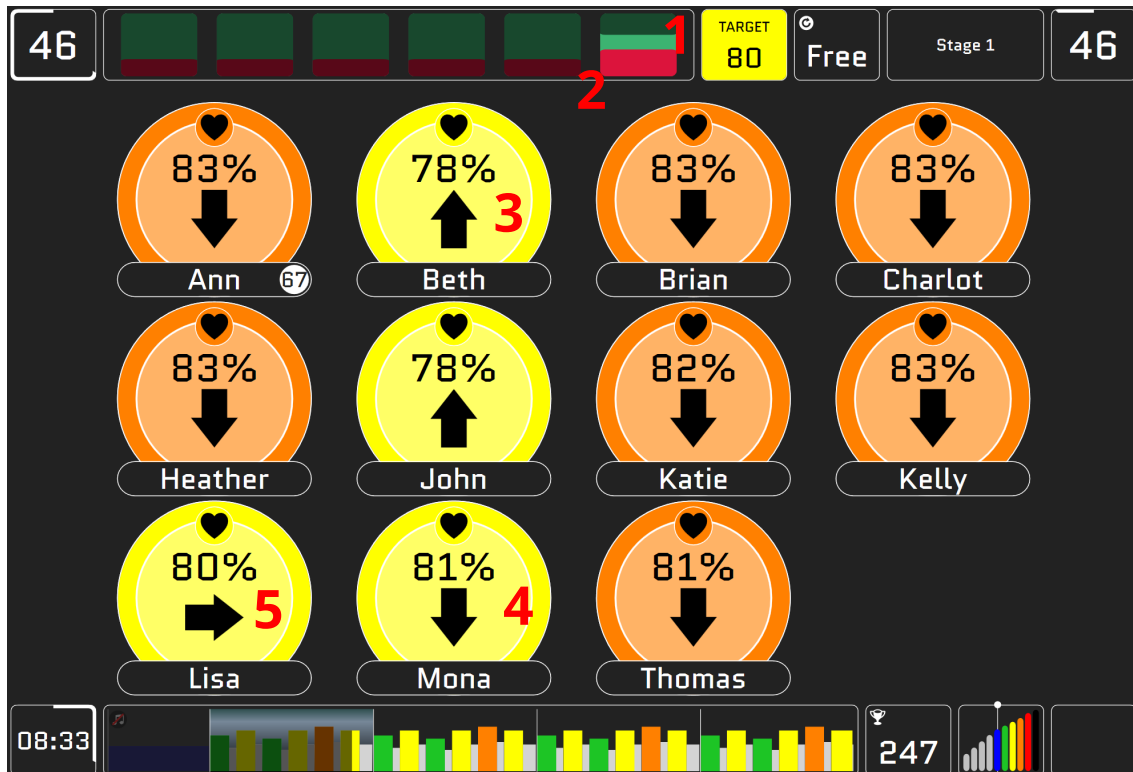


## Tabata

Tabata can be used for circle training such as CrossFit, Functional training, high intensity training and more.

When you have created your Tabata session in DesiQner the Tabata will automatically be shown on IQNITER Studio Group Screen with a new view. The green colour (1) indicates work time

while the red colour (2) indicates rest time. The arrows tell you if you hit the target. If the arrow goes up, it means that you have to work more intense (3). If the arrow goes down, it means that you need to slow down (4). If the arrow goes to the right, you have hit the target (5).



## Bike Paring

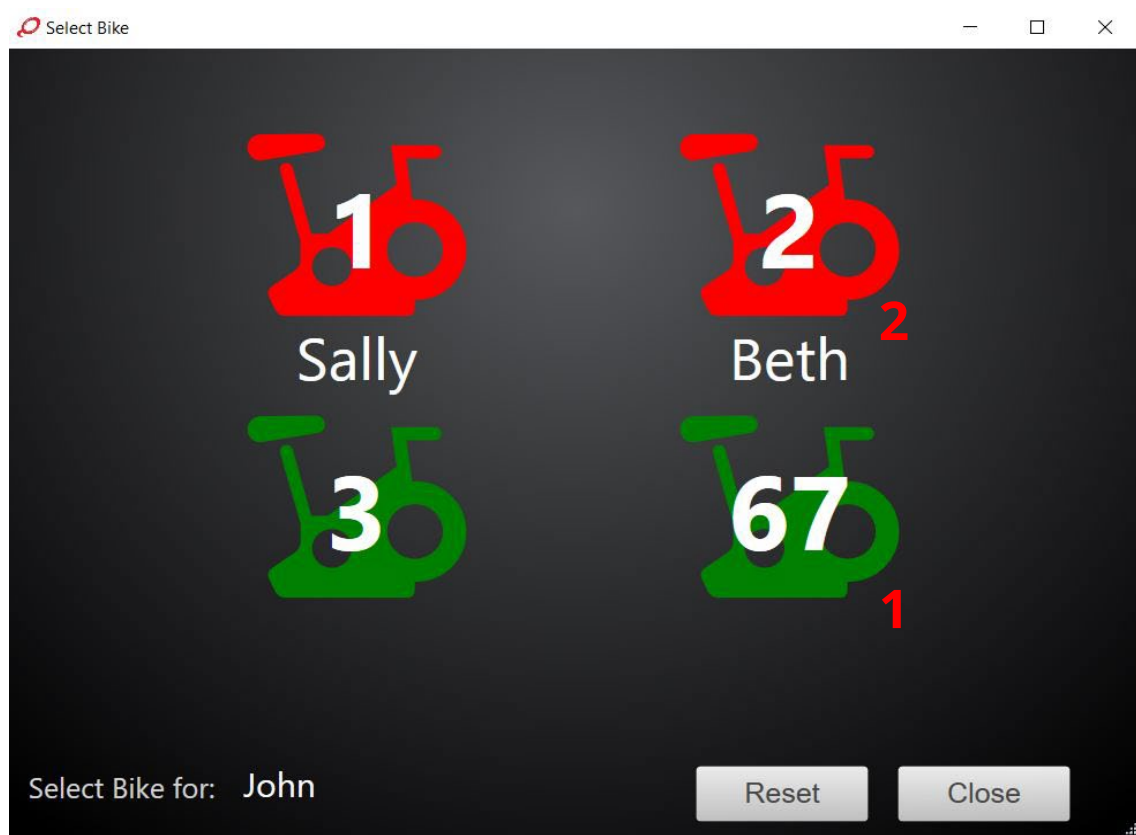
If you train after Watts, you have to pair your bike with your heart rate belt registered in IQNITER Studio.

On the Instructor Panel you click on your exerciser tile, for example 'Beth'. Then click 'Bike'.

The available bikes are green (1). Click for example on number 67. Then the bike turns into red which means the bike is taken and occupied by Beth (2).

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You can also pair your bike with the separate IQNITER 'Equipment Selector' application, which has a similar functionality and intended for the exerciser's bike selection (bike pairing) on their own in the studio.



## Heart Rate test and FTP test

IQNITER Studio offers the possibility to perform a predefined Heart Rate test and FTP test. Go to the IQNITER Smart Sessions and select 'TEST HRmax protocol' or 'TEST FTP protocol' (1).



# IQNITER



The screenshot displays the IQNITER Studio interface. At the top, the IQNITER logo is visible. Below it, a table lists various workout sessions. The table has columns for Name, Description, Author, Duration, Category, Purpose, and several checkboxes for session management. A red '1' is placed over the 'FTP test incl. warm up' session. At the bottom of the table, a color-coded progress bar is shown, with a red '2' placed over it. The progress bar transitions from blue to green, yellow, orange, and red. On the right side of the interface, there are several icons for different functions, including a bar chart, a line graph, a person icon, a lightbulb, a group of people, a document, and a folder. A 'Count: 58' label is visible at the bottom right.

Name	Description	Author	Duration	Category	Purpose	Tabata	My Session	Friends	Copy	End	Rate	Power	Media	Single	Playlist
Inspiration 05		Christian de Thurah	40:59												
Inspiration 06		Christian de Thurah	39:58												
Inspiration 07		Christian de Thurah	39:58												
Inspiration 08		Christian de Thurah	43:10												
Inspiration 09		Christian de Thurah	44:43												
Inspiration 10		Christian de Thurah	45:24												
Interval training	50 min Interval training	Thomas Andersen	50:00												
IQ Smart #003 - 57 min Watt		Biko Academy	56:53												
IQ Smart #004 - 45 min Watt		Biko Academy	48:26												
IQ Smart #005 - 49 min Watt		Biko Academy	48:11												
IQ Smart #006 - 50 min Watt		Biko Academy	50:00												
Phoria Tabata	22 min Tabata	Anders Emmelsen	27:35												
Smart Session 1 - HR	ZONE GUIDING	Christian de Thurah	45:00												
Smart Session 2 - Watt	ZONE GUIDING	Christian de Thurah	45:00												
Smart Session 3 - HR	HR session	Christian de Thurah	1:00:00												
Smart Session 4 - Watt	Watt session	Christian de Thurah	1:00:00												
Smart Session 5 - HR	Purpose and benefit	Christian de Thurah	1:00:00												
Smart Session 6 - Watt	Purpose and benefit	Christian de Thurah	1:00:00												
Smart Session 7 - HR		Christian de Thurah	45:00												
Smart Session 8 - Watt		Christian de Thurah	45:00												
Smart Session 9 - HR	Tough workout	Christian de Thurah	1:00:00												
Smart Session 10 - Watt	Tough workout	Christian de Thurah	1:00:00												
Smart Session 11 - HR		Christian de Thurah	45:00												
Smart Session 12 - Watt		Christian de Thurah	45:00												
TEST 20 min FTP protocol	FTP test incl. warm up	Christian de Thurah	40:00												
TEST 5 min FTP protocol	FTP test incl. warm up	Christian de Thurah	25:00												
TEST HRmax protocol 1	Estimate HRmax in 20 minutes	Christian de Thurah	25:00												
TEST HRmax protocol 2	Estimate HRmax in 20 minutes	Christian de Thurah	25:00												
The Sweet Spot		Christian de Thurah	55:27												

The test protocols include a warm-up section, progressive build up to a high intensity finale and subsequent cool-down (2). The maximal HR or FTP recorded during the test will be logged. At the end of the selected test session, you will be prompted to save the data obtained. Moreover, the display will show the previous HR/FTP value and the new and updated HR/FTP value.

It is important to be aware that performing a maximal Heart Rate or FTP test while unprepared is a definite way to end up in maximum distress.

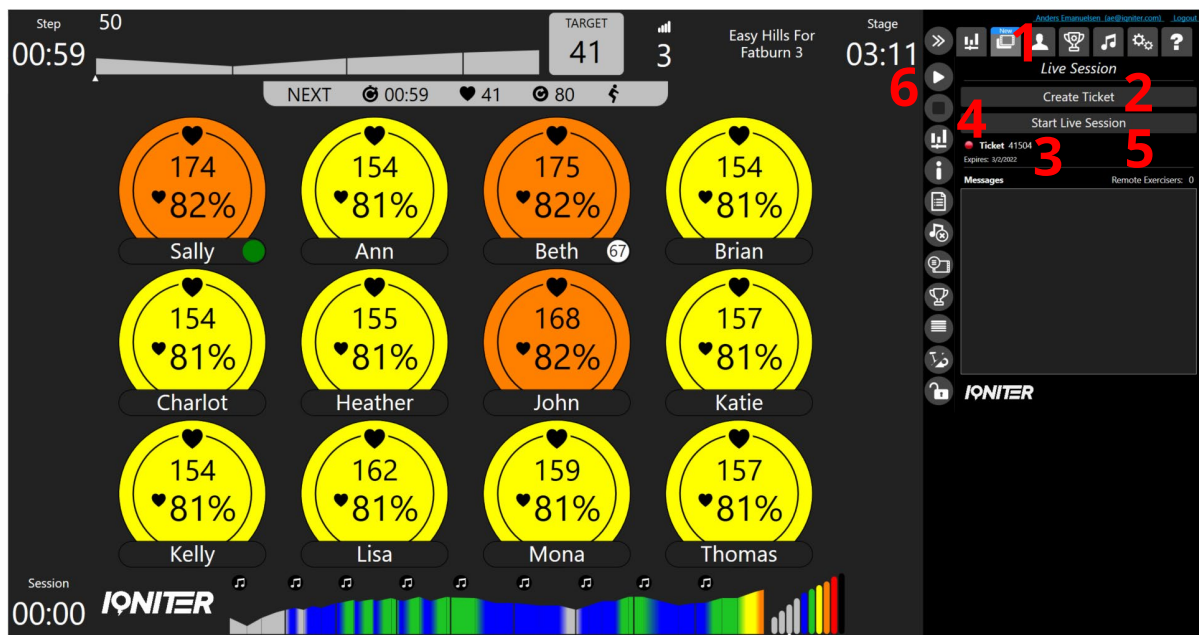
## IQNITER Live

From IQNITER Studio it is possible to stream a live session to remote participants, while still getting remote participants to show on the group screen.

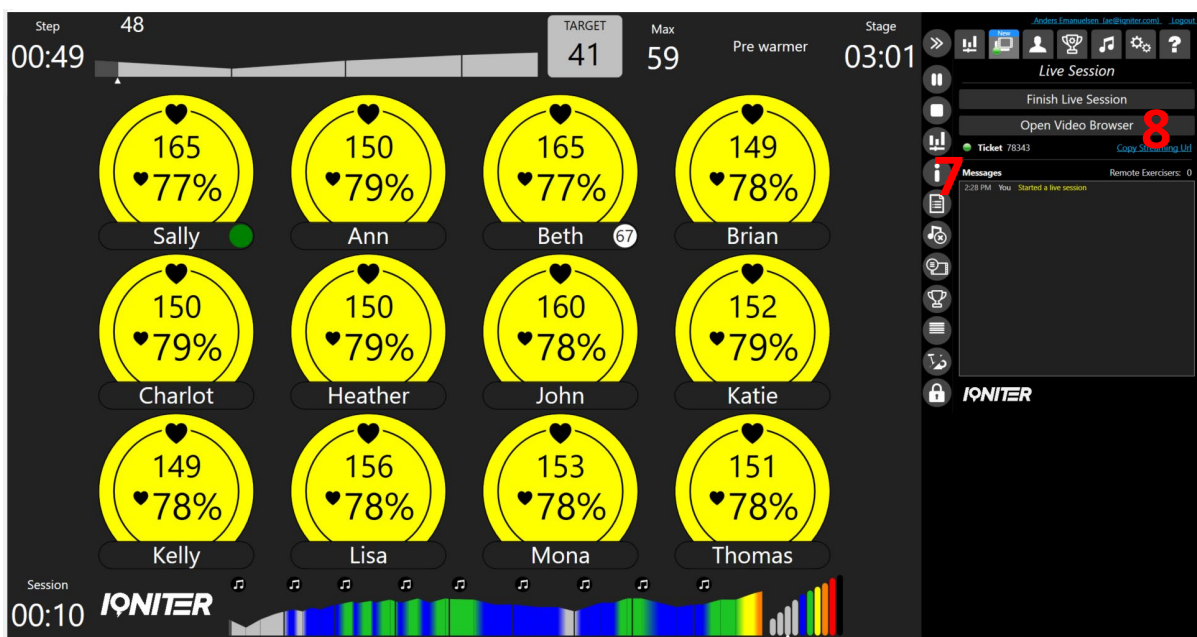
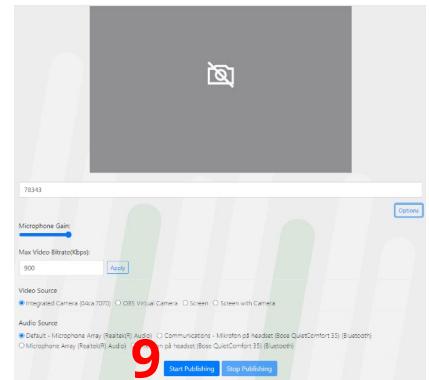
Open IQNITER Studio and select the session you want to perform with participants in your gym and remote participants, as described in the [Starting a session in IQNITER Studio](#). Selecting a session can be performed either before or after you prepared your Live session.

To start a live session, go to the 'Live Session' tab (1). Next, select the 'Create Ticket' (2) after which a 5-digit ticket code is displayed (3). This ticket code can now be distributed to remote participants who can enter the ticket code in the IQNITER APP and login to participate in the Live session. You can generate a ticket code in advance to prepare for a Live session. It is important to note, that creating a new ticket code will overwrite the current ticket code and if performed, then the new ticket code must be distributed to remote participants. A red marker illustrates that the Live session has not been started yet (4).

When you are ready to start the Live session, select 'Start Live Session' (5). Note, that the session does not actually start before selecting 'Start' (6).



After starting the Live session, the marker will be green and in the messages text box you will be notified that the Live session has been started (7). Next, you can select 'Open Video Browser' (8) and prepare your camera and audio to best fit your setup. Press 'Start Publishing' when ready to stream video and audio to participants (9).



When you have finished your setup and started publishing your video broadcast, simply start the workout (6).

For further details, please refer to the following video on how to start a Live session in IQNITER Studio:

<https://www.youtube.com/watch?v=pmDkC-EYJD4>

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