



GET STARTED

IQNITER COACH



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IQNITER COACH Introduction

With IQNITER COACH you can manage, organize, and monitor training for your clients using the IQNITER Studio and/or IQNITER APP.

IQNITER COACH includes three different roles:

- [Admin](#)
- [Coach](#)
- [Master Coach](#)

Each role has specific purposes in the overall function of IQNITER COACH. In the following each role and associated functionality will be described.

IQNITER COACH Login

Use your my.iqniter account credentials (email **(1)** and password **(2)**) to login to IQNITER COACH via www.coach.iqniter.com. If you haven't created an account, then Sign Up **(3)**.

From here you have access to the various roles defined for your account.

Admin

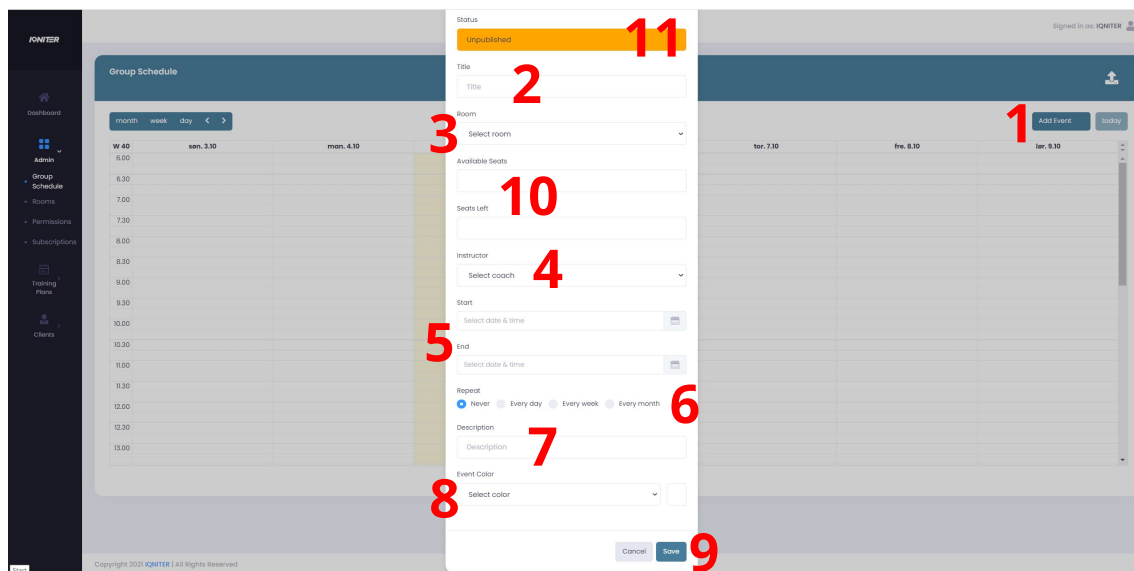
The Admin is responsible for:

- Administration of group training schedules
- Administration of coaches and personnel associated to a center
- Administration of subscription

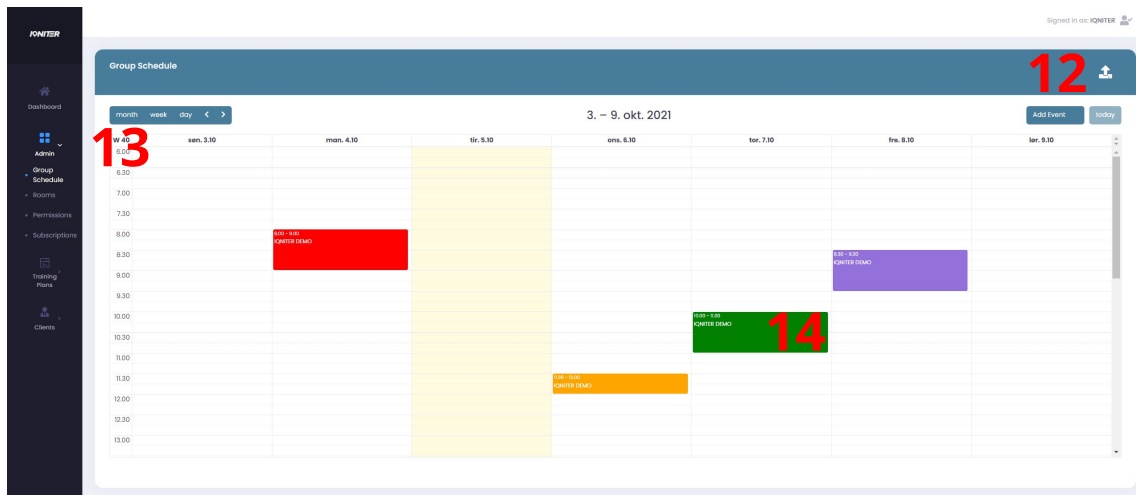
Group Schedule

The 'Group Schedule' menu provides an overview of group training workouts that your clinic/club offers, along with the possibility to create and define when group training workouts is planned to be performed on a daily, weekly, or monthly basis. It is also possible to create single events.

To add a new group training workout, press the 'Add Event' (1) function or simply click the desired day and time in the calendar view. Now add 'Title' (2), select the 'Room' (3) where training must be performed (a room must have been created in advance, see [Rooms](#) for further details), select the 'Instructor' (4) who performs the workout, define the 'Start' and 'End' time (5), select how often the Group Training workout should be repeated in the calendar (6), add a 'Description' (7), give the event an 'Event Color' (8) for greater calendar overview, then press the 'Save' (9) button to complete the process. It is possible to get an overview of capacity for a specific group training workout in the 'Available Seats' and 'Seats Left' information (10).

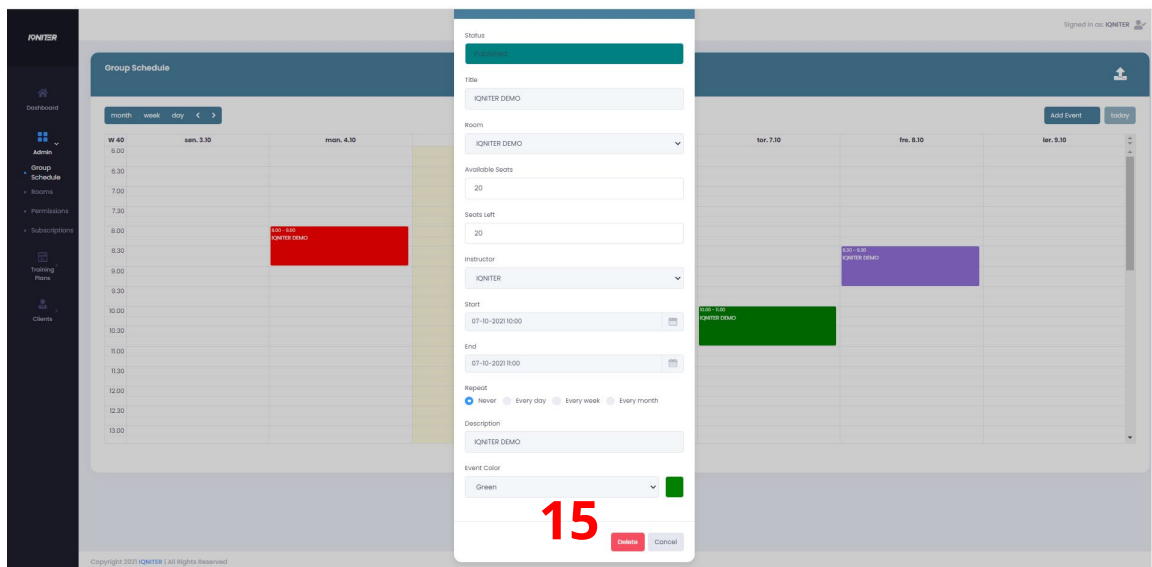


When a new event has been added to the calendar, the default status is unpublished (11). To publish the created event(s), press the 'Publish New Events' (12) for all Coaches and members to be able to select the event when assigning a training plan. In the monthly overview (13) of the calendar, it is possible to see which events are published and which are unpublished.



Select a group training workout (**14**) to edit details. However, be aware that it is only possible to edit an unpublished workout. Once an event has been published it is locked and cannot be edited.

To delete a group training workout, press the specific event and select the 'Delete' (**15**) function.



Rooms

The 'Rooms' menu provides an overview of created rooms for Group Training workouts, along with the possibility to create and setup a new room, edit, or delete a room.

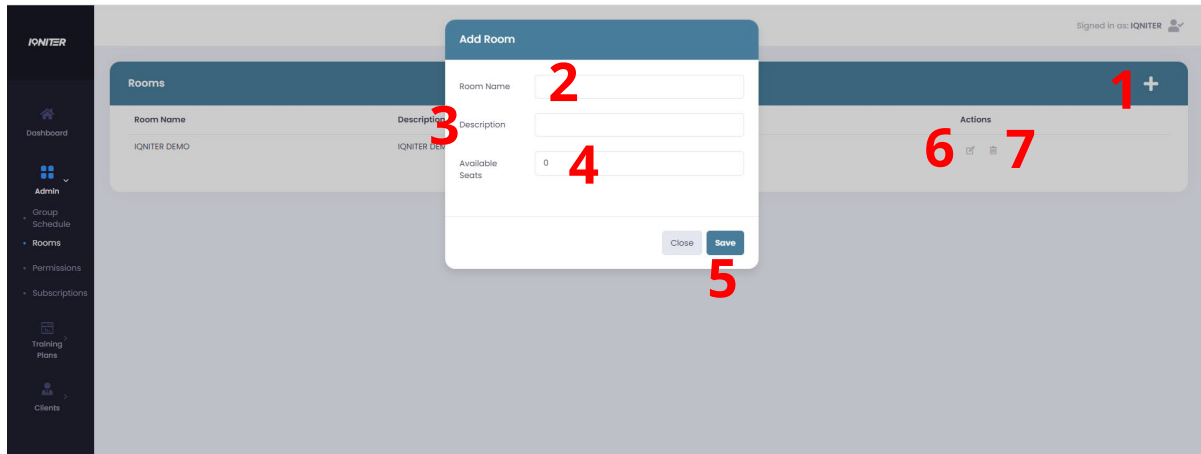
To add a new room, press the 'Create New Room' (**1**) function, add 'Room Name' (**2**), 'Description' (**3**), and 'Available Seats' (**4**), then press the 'Save' (**5**) button to complete



the process. You have now created a room to which members can be assigned to the Group Training workouts your center want to offer.

To edit an existing rooms detail, select the 'Edit Details' (6) function.

To delete a room, press the 'Delete' (7) function.

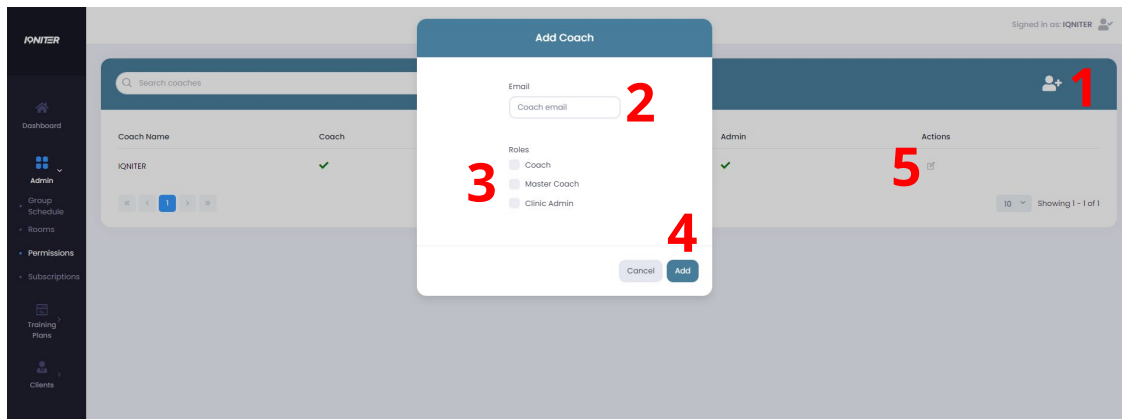


Permissions

In the 'Permissions' menu you can get an overview of the Coaches associated with your center. Moreover, it is possible to perform administrative tasks related to your personnel, such as add and edit Coaches.

To add a new Coach, press the 'Add Coach' (1) function, enter the email address (2), and assign the role of the Coach (Master Coach or Coach) (3), then press the 'Add' button (4) to complete the process. Be aware that the email address of a new Coach must refer to a my.iqniter account, thus it is not possible to create a Coach that has not created a my.iqniter profile.

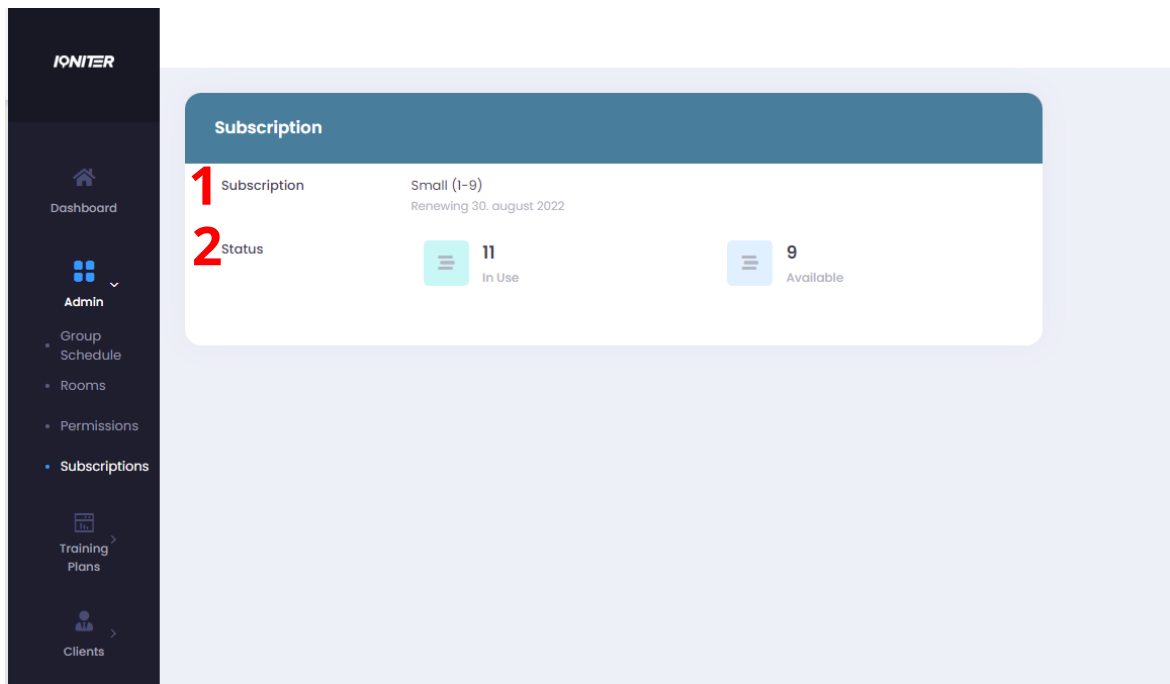
To edit an existing Coach's profile, select the Coach and press the 'Edit Profile' (5).



Subscription

The 'Subscription' menu provides a detailed overview of the subscription package your center is currently using (1).

Moreover, you can see a detailed status on the number of active training plans currently in use at your center, related to your current subscription package (2).



Coach

A Coach is the primary role for:

- Assigning training plans to individual Clients
- Monitoring of Clients training progress
- Evaluation of Clients completed training plans

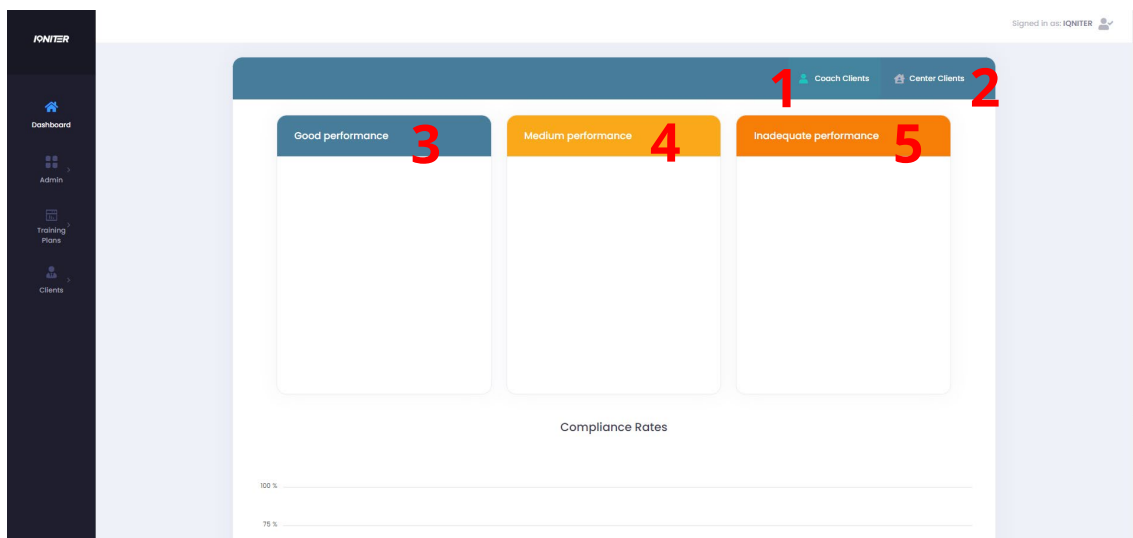
Dashboard

The Coach dashboard provides an easy and quick overview on the current training status of the Clients associated to the individual Coach (1) and Clients associated to the center (2). The status is divided into 3 categories, based on how the clients achieve Qpoints in relation to what is planned through their training plan.

The categorization is calculated based on the following criteria:

- Good performance (> 75% of possible Qpoints achieved) (3)
- Medium performance (50-75% of possible Qpoints achieved) (4)
- Inadequate performance (< 50% of possible Qpoints achieved) (5)

The performance of a Client is based on whether a workout is performed (quantity) and how well a workout is performed based on Qpoints score (quality). In example, if a Client has 3 workouts planned for a week a total of 300 Qpoints is achievable – however if a planned workout is not performed then there is only a possibility to achieve 200 Qpoints, hence it is merely possible to achieve 67% ($200/300 \times 100$) of the Qpoints and the performance will initially be rated as a Medium performance. This calculation will continuously adjust depending on the number of performed workouts in comparison to the planned workouts across the Clients training plan.



Clients

The 'Clients' view offers a variety of possibilities and information. From this view it is possible to get a quick and easy overview of each Client, send an invitation to a new Client and assign a Training plan to a Client.

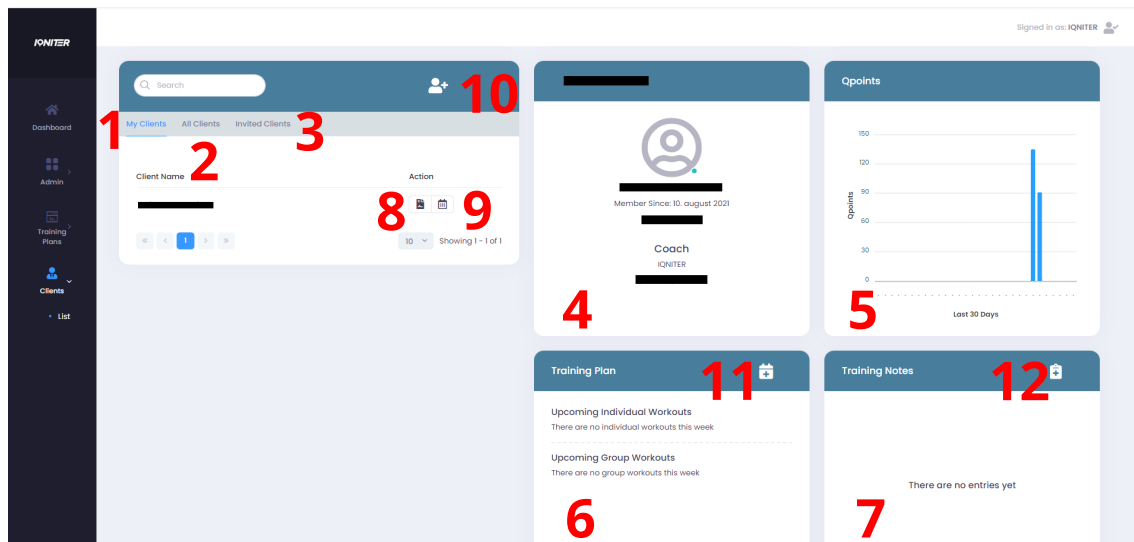
The view present at default the Clients that are primarily associated to the Coach (1). It is also possible to see other Clients that are associated to the center in general (2). Lastly it is possible to get an overview of invitation status sent to Clients (3).

When selecting a Client, a preview of their personal data (4), latest Qpoints statistics (5), upcoming individual and group training workouts (6), and training notes (7) are presented. Further details on [Training report](#) (8), and [Training schedule](#) (9) can be accessed. For further details, see description below.

To send a new invitation to a Client, select the 'Send Client Invite' (10) function, enter the email address and press the 'Send' button. Shortly after the Client will receive an

invitation to create a profile on my.iqniter.com, accept the terms and subsequently be associated to the Coach that has sent the invitation. If a Client already has a my.iqniter account, then the Client will be redirected to login and then to accept the terms.

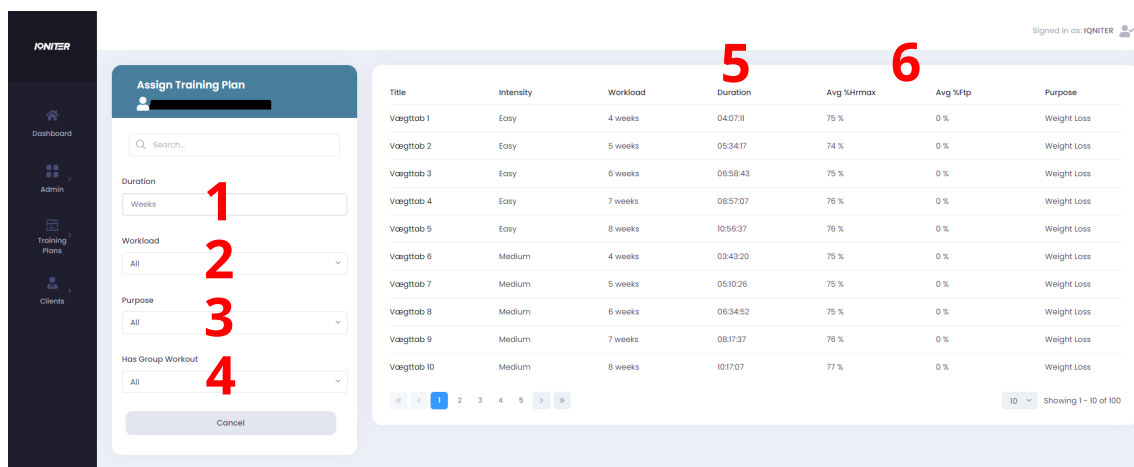
When a Client has accepted the terms, then it is possible to assign a training plan (11) and send direct messages via training notes (12).



Assign training plan

When assigning a training plan to a Client, there is a large amount of different predefined training plans to select from. To find the training plan that best fits your Client's needs, it is recommended to use the filter functions in the left pane. Here it is possible to filter training plans related to duration (1), weekly workload (2), purpose (3), and whether the training plan must include group training or not (4).

The view also offers details on the total duration of exercise (5) included in the specific training plan along the average %HRmax/%FTP (6) across all workouts.



When you have found the ideal training plan for your Client, then press on the training plan and a new dialogue will appear. Here it is possible to see details related to the training plan (7), the zone distribution of all workouts (8), select a start date for the training plan (9), and the possibility to expand each workout to see the specific workout profile related to each workout included in the training plan (10).

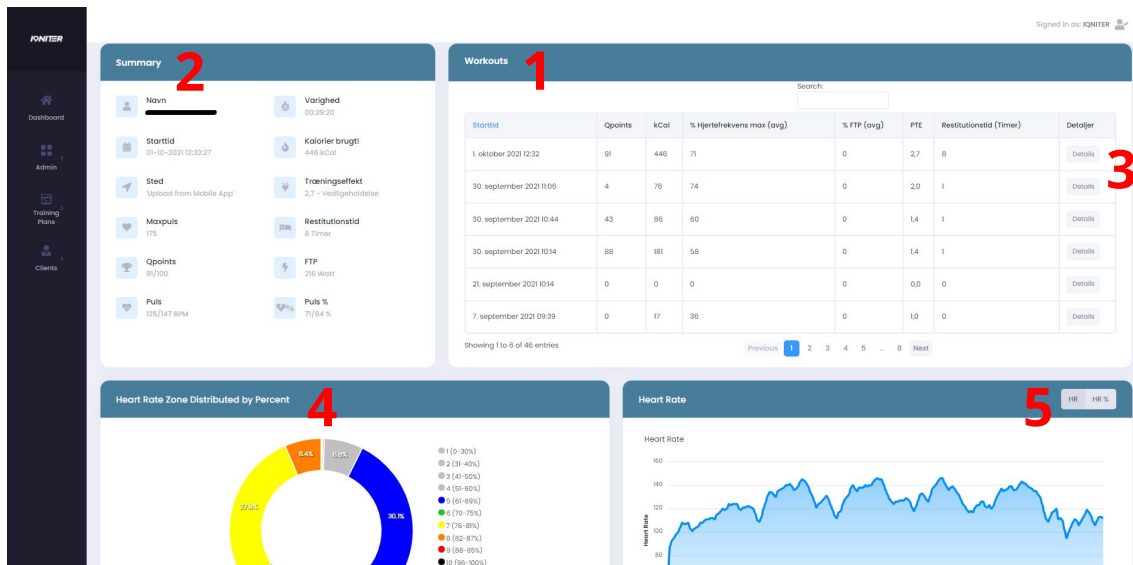
Press the 'Assign' (11) button to assign the training plan to your Client. When the selected start date of the training plan occurs, then the Client will be able to see the training plan in the IQNITER App and training can start. Moreover, from this date the training plan is active and will count towards the number of active training plans in the subscription.

The screenshot shows the 'Assign Training Plan' dialog for a client named 'Anders Emanuel'. The dialog is titled 'Vægttab 1' and contains the following elements:

- 7**: A sidebar on the left with filters for Duration (4 weeks), Workload (Easy), and Purpose (Weight Loss).
- 8**: A donut chart showing the 'Zone %Hr distribution' with segments for <10%, 10-19%, 20-29%, 30-39%, 40-49%, 50-59%, 60-69%, 70-79%, 80-89%, and 90-99%.
- 9**: A date selector at the bottom left showing '06-10-2021'.
- 10**: A detailed view of the training plan, showing 'Week #1' with a description, duration, and a list of workouts (e.g., 'Easy Progression For Fatburn 2', 'Fysioterapi 30 min let').
- 11**: An 'Assign' button at the bottom right.

Training report

If you need a more comprehensive insight into your Clients training, you can view detailed training reports of each workout performed (1). The 'Summary' pane (2) details data of the selected workout (by default the most recent performed workout). Moreover, you can see when training has been performed, Qpoints achieved, calories burned, peak training effect (PTE) and recommended recovery time for each workout. Selecting the 'Details' (3) will present the training data of the concerned workout including zone distribution (4) and graphical representation of heart rate during the workout (5).

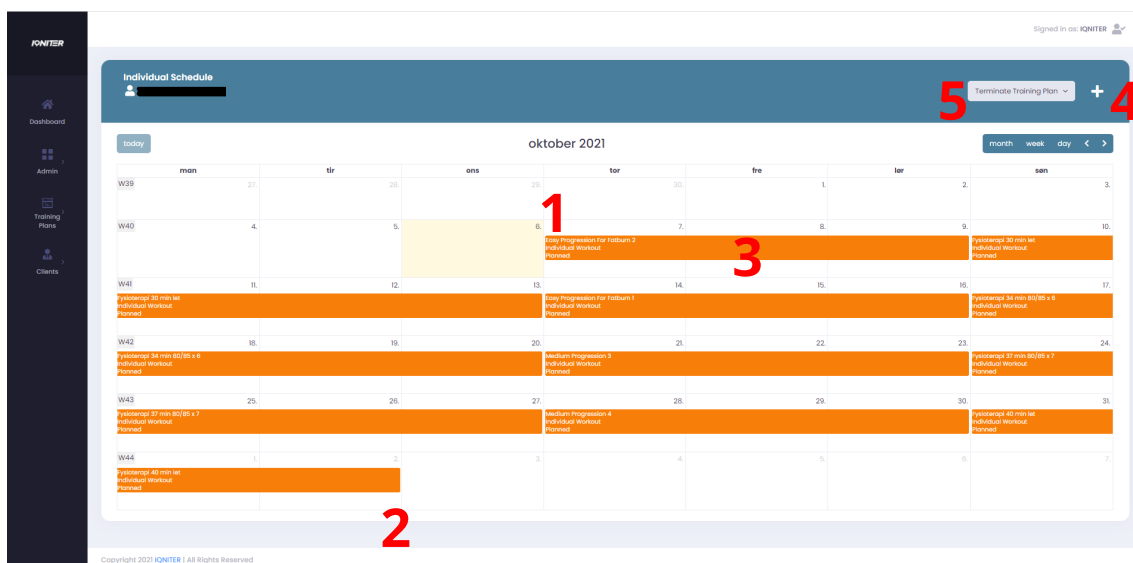


Training schedule

In the 'Training Schedule' view you can see a detailed overview of the start date (1) and end date (2) of the training plan, recommended period of when to perform the workout along the status of each workout (3). Workouts can have three different status:

- Planned (workout to be performed in the future or should have been performed)
- Ongoing (workout to be performed presently)
- Completed (workout that has successfully completed)

The view also offers the possibility to assign a new training plan (4) and terminate an ongoing or planned training plan (5). When terminating a training plan, all future workouts will be deleted, however if there is an ongoing workout this will remain in the view until time expires or completed. If there are more than one training plan planned for the future, it is possible to select which training plan to terminate.



Master Coach

A Master Coach is the primary role for:

- Creating training plans
- Administration of training plans

The Master Coach have the same permissions and functionality as a Coach regarding interaction with Clients as described in the above [Coach](#) section. However, a Master Coach also has permission to create own training plans.

The Master Coach can see an additional 'Training Plans' option in the left menu. From here it is possible to create, edit, and delete own training plans related to a local center. As default, IQNITER offers a repository of predefined training plans, but it could be relevant for a center to create their own training plans.

Create training plan

In the 'Create' view, it is possible to create your own training plan that can be used in your local center. To create a training plan, add a title (1), description (2), purpose (3), weekly workload (4), duration (5), and whether the training plan must include group workouts or not (6). When all fields has been filled, press the 'Add workouts' (7) after which a new 'Training Plan Workouts' pane opens. In this pane it is possible to add specific workouts from an IQNITER repository of workouts. Select from the dropdown menu (8). When a workout has been selected, a preview of the specific workout will appear. When all workouts related to the training plan has been selected, press the 'Save Template' (9).

It is now possible to review details and workouts from the newly created training plan. It is now possible to edit the training plan if needed (10). When a training plan has been saved it is as default in draft mode. For other Coaches to be able to see and assign the

training plan, then the training plan must be 'Certified' (11). Be aware that a Certified training plan cannot be edited.

Training Plan Details Overview

Title: IQNITER DEMO

Description: IQNITER DEMO

Purpose: Weight Loss

Workload: Easy ~ 2 training sessions/week

Duration: 4 weeks

Workout Duration: 07:30:25

Avg %HRMax: 0%

Avg %RPE: 83%

Certified: ☐ **11**

Training Plan Workouts Overview

Week #1

Individual Workout: Advanced Aerobic Intervals 1 [Show profile](#)

Individual Workout: Advanced Aerobic Intervals 1 [Show profile](#)

Week #2

Individual Workout: Advanced Aerobic Variations 1 [Show profile](#)

Individual Workout: Advanced Aerobic Intervals 1 [Show profile](#)

Week #3

Individual Workout: Advanced Aerobic Intervals 2 [Show profile](#)

Individual Workout: Advanced Aerobic Intervals 2 [Show profile](#)

Week #4

10 [Edit](#) [Continue](#)

11 Training plan is not certified. Once certified a training plan can not be modified.

List training plan

The 'List' view presents an overview of all training plans and related details from both your own created training plans along the default IQNITER training plans. If a training plan has not yet been certified, then it is still possible to edit the training plan (1). You can sort the various categories. You can also delete (2) a training plan created by the Master Coach, however be aware that it is not possible to delete training plans created by other Master Coaches or IQNITER. Furthermore, it is possible to create a duplicate (3) of a training plan and then edit or modify this duplicate according to your specific needs. Lastly, it is also possible to start creating a new training plan (4).

Training Plans

Search:

Certified: All

Title	Description	Center	Author	Duration	Workout Duration	Avg %HRMax	Avg %RPE	Certified	Action
IQNITER DEMO	IQNITER DEMO	IQNITER	IQNITER	4 weeks	07:30:25	0 %	83 %	No	1 2
Vægttab 1	Træningsplan for vægttab (2x individuel)	IQNITER	IQNITER	4 weeks	04:07:18	75 %	0 %	Yes	3
Vægttab 2	Træningsplan for vægttab (2x individuel)	IQNITER	IQNITER	5 weeks	05:54:17	74 %	0 %	Yes	
Vægttab 3	Træningsplan for vægttab (2x individuel)	IQNITER	IQNITER	6 weeks	06:58:43	75 %	0 %	Yes	
Vægttab 4	Træningsplan for vægttab (2x individuel)	IQNITER	IQNITER	7 weeks	08:57:07	76 %	0 %	Yes	
Vægttab 5	Træningsplan for vægttab (2x individuel)	IQNITER	IQNITER	8 weeks	10:56:37	76 %	0 %	Yes	
Vægttab 6	Træningsplan for vægttab (1x Studio, 2x individuel)	IQNITER	IQNITER	4 weeks	03:43:20	75 %	0 %	Yes	
Vægttab 7	Træningsplan for vægttab (1x Studio, 2x individuel)	IQNITER	IQNITER	5 weeks	05:10:26	75 %	0 %	Yes	
Vægttab 8	Træningsplan for vægttab (1x Studio, 2x individuel)	IQNITER	IQNITER	6 weeks	06:54:52	75 %	0 %	Yes	
Vægttab 9	Træningsplan for vægttab (1x Studio, 2x individuel)	IQNITER	IQNITER	7 weeks	08:17:37	76 %	0 %	Yes	
Vægttab 10	Træningsplan for vægttab (1x Studio, 2x individuel)	IQNITER	IQNITER	8 weeks	10:17:07	77 %	0 %	Yes	

4 **+**

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