



GET STARTED

AdmiQ



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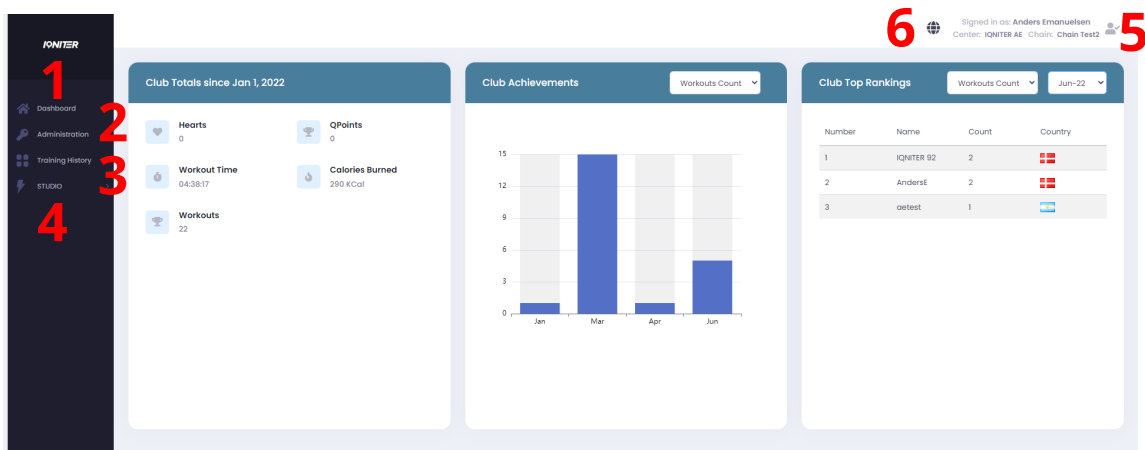
AdmiQ Access

AdmiQ is the administrative part of the IQNITER system. Here you can see various club statistics, register club belts, view training results and manage various settings, including all the settings for IQNITER Studio (Cardio Training) on different levels: local IQNITER Studio computer (training zone/area), club or chain. As an administrator you have the opportunity to set up advertisements in IQNITER Studio and more.

AdmiQ can be accessed at www.admiq.iqniter.com.

AdmiQ Overview

When you enter AdmiQ you will see the 'Dashboard' (1) as default. In the left menu, you see 3 other options: 'Administration' (2), 'Training History' (3) and 'STUDIO' (4). In the top right corner, you can see your user profile including the center (fitness club) and fitness chain (if the club is part of a chain) you are logged in to (5). You can change language (6) in AdmiQ.



In the 'Dashboard' pane (1), you can see an overview of your Club Totals, Club Achievements, and Club Top Rankings.



In the 'Administration' pane (2), there are additional submenu sections: Club Info, Club Belts, and User Permissions.

In the 'Workout Statistics' pane (3), you can find training reports from workouts performed in IQNITER Studio on class level, and individual training reports from participants.

In the 'STUDIO' pane (4), you can edit IQNITER Studio settings on different levels – training area (local computer), club or chain.

Administration

Club Info

In the Club Info pane, you can see the selected (see upper right corner) center information and contact information. It is very important that Club Information is maintained and up to date.

It is possible to change or update contact information (1) if needed.

Signed in as: Anders Esmannsen
Center: IQNITER AE

Center Info	
Center Id	11878
Center Name	IQNITER AE
Address	
Zip Code	9220
State	
City	Aalborg Ø
Country	Denmark

Contact Info	
First Name	Test
Last Name	User
Phone	0
Email	test@iqniter.com

1 Save

Club Belts

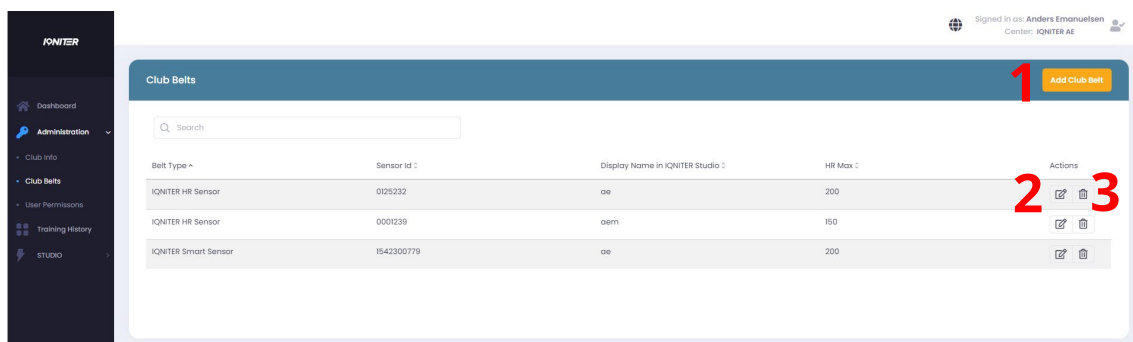
Everyone who has an IQNITER heart rate belt (Member Belt) must register the belt on their personal profile at My IQNITER (<https://my.iqniter.com>) or in the IQNITER mobile app in order to show up on the IQNITER Studio Group Screen.

Note! Previously (the old AdmiQ) Member Belts could also be edited in AdmiQ. This option is not available anymore. Member Belts must be managed from the users personal profile in My IQNITER.

However, another option is to register a Club Belt in AdmiQ.

Club Belts (previously called Rental Belts) are belts belonging to the club. These belts are usable within the club they are registered, only. The aim of these belts is to support new users in trying out IQNITER Studio. No workout result data are saved for Club Belts.

In the Club Belts, you can create a new (1), edit (2) or delete a Club belt (3).



To register a new belt, click the 'Add Club Belt' (1) and a window will pop-up. Please fill in all the required information. The system checks whether an already created belt is entered. You cannot get through before entering a valid sensor ID and other relevant information: Heart Rate Max and Display Name on the group screen.

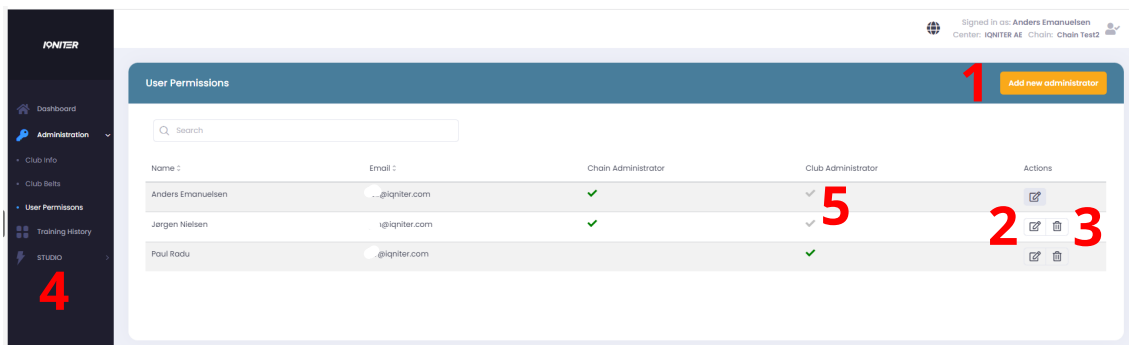
Select (2) to edit the belt and member data.

User Permissions

User Permissions can be defined in AdmiQ. There are two levels of administrators, Chain Administrator (if the club is part of a fitness chain) and Club Administrator.

In the User Permissions it is possible to Add a new administrator (1). Enter the email address and select the desired role(s). An administrator must be registered at My IQNITER in advance.

A Chain Administrator can edit (2) and delete (3) a Club Administrator, manage and control the various IQNITER Studio settings (4) on a chain level, club level and studio level. A Chain Administrator is by default also a Club Administrator (marked by a grey checkmark) (5). A Club Administrator can manage and control the various IQNITER Studio settings in the specific Club where the user is administrator (4).



Training History

Here you can view training results on a class and individual level.

You can see details on a class level (1) for all participants that performed a workout in IQNITER Studio. You can also see how many participants who joined the session (2), which type of class was performed (3), and the instructor who performed the class (4).

Moreover, for each class it is possible to see the individual training results for a specific participant in that class, if the participant has given consent (enabled Share data with Fitness Facility) at My IQNITER (5). You can select a new class (6) to see the training reports for the participants to that specific class.

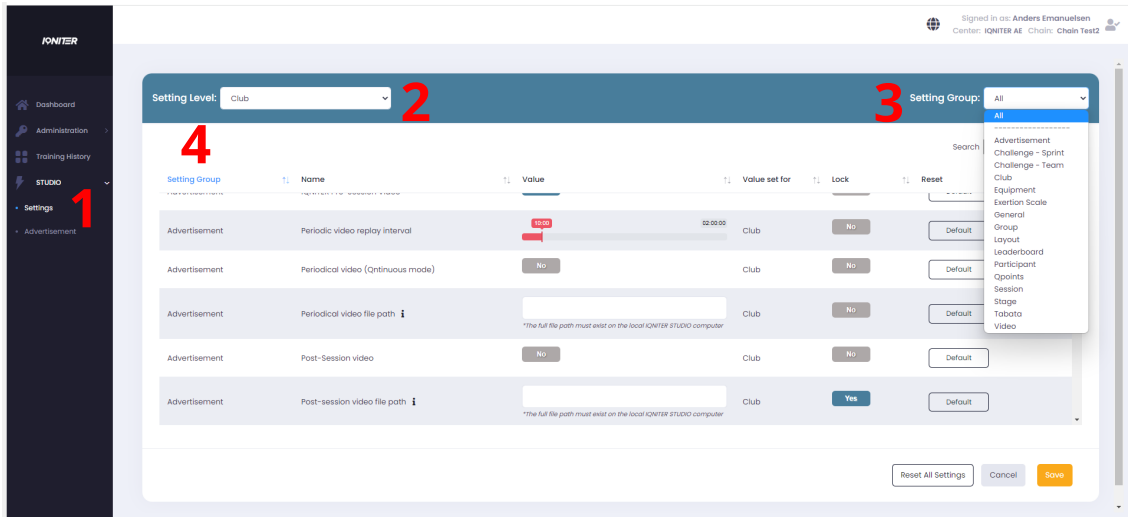
The screenshot displays the IQNITER Studio interface. On the left is a dark sidebar with navigation options: Dashboard, Administration, Training History, and STUDIO. The main area is divided into two panels. The 'Workouts' panel on the left contains a table with columns: Start Time, Duration, Session, Participants, Instructor, and Actions. A row is highlighted in blue, and a red number '6' points to it. A red number '1' points to the 'Actions' column. A red number '2' points to the 'Session' column. A red number '3' points to the 'Start Time' column. A red number '4' points to the 'Participants' column. The 'Participants' panel on the right contains a table with columns: Name, Display Name, Instructor, and Actions. A red number '5' points to the 'Actions' column. The top right corner shows the user is signed in as 'Anders Emanuelisen' with center 'IQNITER AE' and chain 'Chain Test2'.

STUDIO

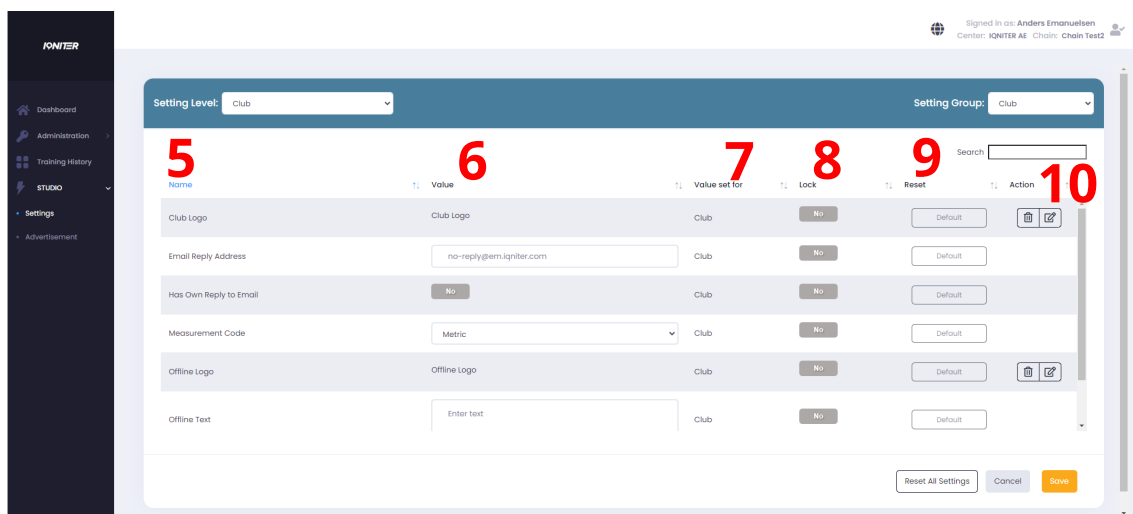
Settings

In the 'Settings' pane (1), you can set and edit settings for IQNITER Studio (Cardio Training) on different levels (2) – training area (computer), club or chain, depending on your User Permissions. Values set for the local computer overwrites the values set for the club, unless it is locked on Club level. Similar for values set on Chain level.

As default, all settings are displayed, however it is possible to filter a 'Setting Group' (3), then only settings related to this group are displayed. When all settings are displayed, then it is possible to see which 'Setting Group' (4) they belong to.



The view displays details on each setting in IQNITER Studio, such as 'Name' (5), 'Value' (6), 'Value set for' (7), 'Lock' (8), 'Reset' (9), and 'Action' (10). Each detail will be described in the following.



'Name' (5) refers to the specific setting in IQNITER Studio.

'Value' (6) shows the value that is currently set for the setting.

'Value set for' (7) refers to the settings level where the setting is currently defined (Studio, Club, or Chain). For example you can set the value for a settings (e.g. Score Counting), on Chain level which is inherited to Club level and further to Studio level.

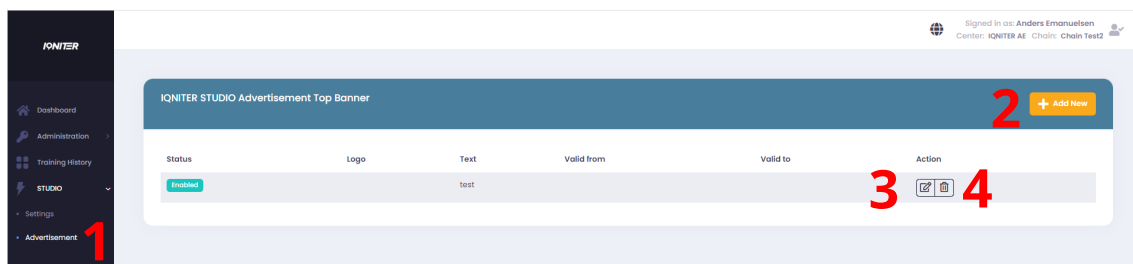
The 'Lock' (8) action gives the possibility to lock the specific setting, meaning that this setting cannot be edited on a lower level. It is valuable for the club to use the 'Lock' function to save settings on different levels. For example, the instructor cannot make all the changes he may want, if the chain has common rules for all clubs. If a setting is 'Locked', then the setting cannot be changed on a lower level of control – and it cannot be changed in IQNITER Studio. If settings are not locked from AdmiQ, then settings defined on Studio level overwrite settings defined on club and chain level, and settings defined on club level overwrite settings defined on chain level. If a setting is locked (e.g., on club level), then it overwrites the setting for all computers in the club and this setting cannot be changed from IQNITER Studio.

The 'Reset' (9) action gives the possibility to reset the setting to the default value. If resetting a setting on Studio level and it has been set on an upper setting level (Club or Chain), then the value will default to this setting.

In the 'Action' (10), it is possible (for some settings) to delete or edit the specific setting value. For example, if a specific Club Logo has been added, then it is possible to delete or edit this.

Advertisement

In the 'Advertisement' pane (1), you can create and adjust advertisements as an IQNITER Studio Top Banner. Top Banner advertisements are shown after the end of a STUDIO session. We recommend that it's an administrator in the club who makes the advertisement settings.



Select 'Add New' (2) to setup an advertisement top banner. You can edit (3) and delete (4) existing top banners. Various details, such as Status, Logo added, top banner Text, Valid From and Valid To is displayed for quick overview.

When setting up a new top banner, select a start and end date (5). Start and end dates are defining the advertising period.

- No start date → advertisement are enabled from the created date
- No end date → advertisements are enabled 'forever'

The screenshot shows the 'Advertisement Top Banner' form in the IONITER system. The form is divided into two main sections: 'Advertisement Top Banner' on the left and 'Preview Banner' on the right. The left section contains fields for Text (6), Logo (7), Valid from (5), Valid to (5), and Enabled (9). The right section shows a preview of the banner (8). The form has a dark sidebar on the left with navigation links like Dashboard, Administration, Workout, Statistics, STUDIO, Settings, and Advertisement. The top right corner shows the user is signed in as Anders Emanuelson, Center: IONITER AE.

Add the advertising text you want to show (6) and eventually a logo (7). For example: "3 hours Indoor Cycling Marathon this Saturday". You can see a preview (8).

Please check that and your advertisement is enabled (9).

Active advertisements are shown one at a time repeatedly on the Group Screen after the end of a session. An advertisement is active if it is enabled, and current date is within Start Date and End Date.

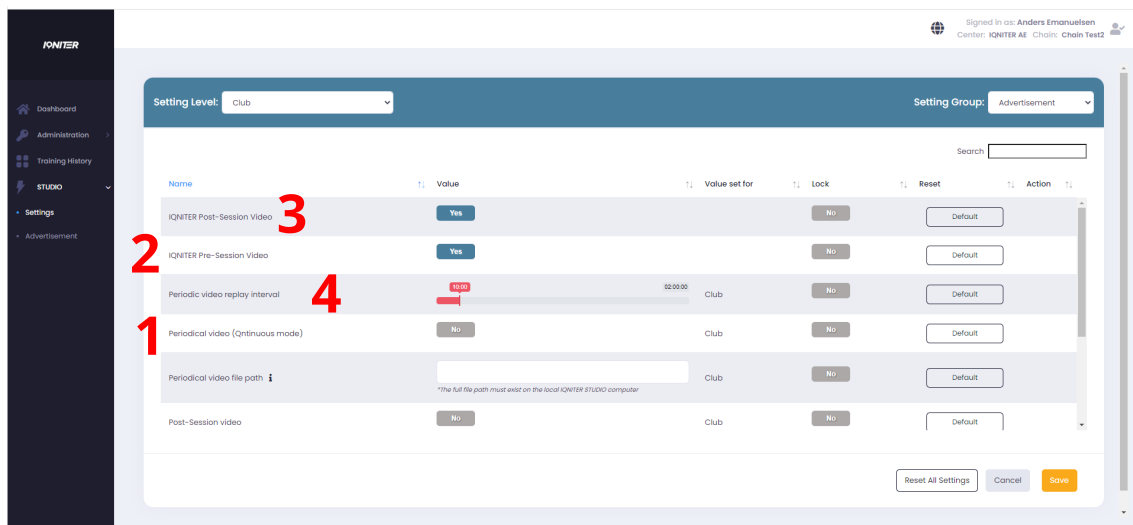
Advertisement – Video

In the 'Settings' (1) it is also possible to set additional video advertisement settings. Clubs have the opportunity to create advertisements – for example for internal and sponsored events. Setting up IQNITER standard videos or customized videos – pre-session and/or post-session is possible.

You can select video to play repeatedly (Continuous mode) (1). Continuous mode is mostly used in unmanned cardio areas.

Moreover, you can choose to select a video to play on workout Start (2) and/or on workout Finish (3). Select time to next play of the advertisement video (4).

Please note that the Advertisement Video settings are also available from the IQNITER Studio Settings tab.

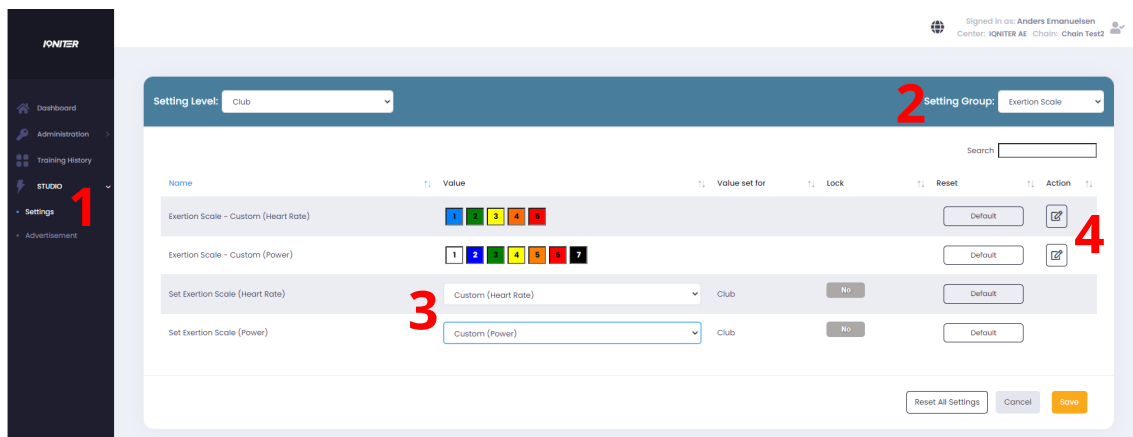


Customized Exertion Scale Settings

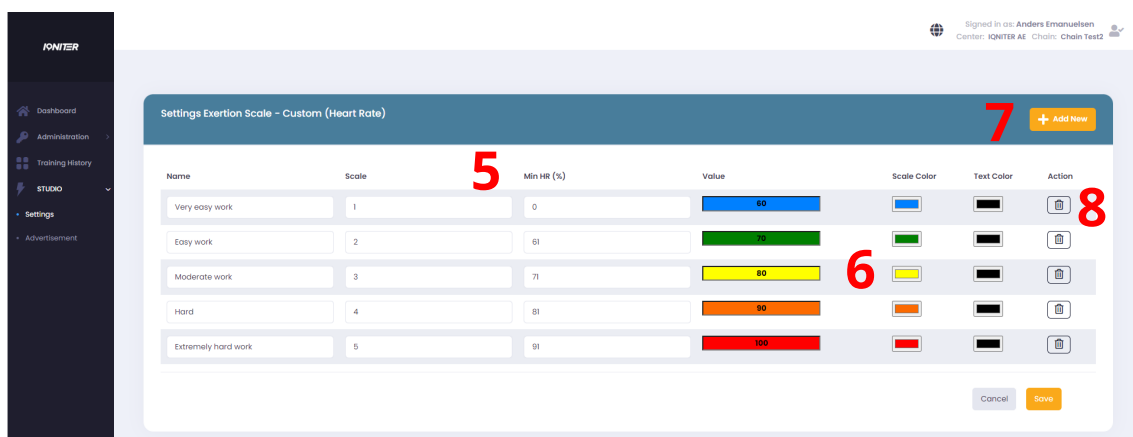
If you train indoor cycling, indoor running or functional training, it is not necessarily the same intensity zone (Exertion Scale) you want to use. If you for example use one IQNITER Studio computer in indoor cycling and another IQNITER Studio computer in the

functional training area, then Edit the Local (Custom) Exertion Scale so it fits your type of workout.

Go to 'Settings' (1) and then select the setting group 'Exertion Scale' (2). Here it is possible to add a custom exertion scale (3) for heart rate and power workouts. Go to 'Edit' (4) to define a custom exertion scale.



We recommend that the perceived exertion is adjusted to the 'physiological feeling' in your body for the various zones (5) and should fit the corresponding colour (6). For example, red zone should always be extremely hard work.



The standard IQNITER Exertion Scale is derived from the Borg Scale compressed to 10 zones (1-10). You can also choose to set



you own Local Exertion Scale having from 2 to 20 zones. 'Add New' Training Zone (7) or 'Delete' selected Training Zone (8).

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