

# **GET STARTED**

**IQNITER Studio** 



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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 you equipment/bikes, if they transmit these data (applies to Team Receiver, only).

If you need any further help, click the **(4)**. Here you can see help on F-keys and a link to our online guides.



### 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 <u>power</u>. To start a session with profile, click on the button [1]. (1).

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.

It is also possible to combine sessions and create a session sequence. Press (9) to add a session to a sequence (will appear in the training profile displayed in the bottom (7)). You can remove the session from the sequence by pressing the same function (icon has turned to ).



		Name	Description	Author	Buration	Cate	gory PurposeTabataMy	Sessions	riendsCop	y EnabledH	leart Rate	Powerl	AediaSingle	Playlist		ſ	Category	
•		"24 hours Kolding" - Cecilie Fros	st Winner Session - March 17	iQniter Team	49:45	5	_									^		n
•		"Puls-boosten" - Richard Larsso	n Winner Session - January 17	iQniter Team	50:08	3											<b>K X</b>	
•		"Spring 2017" - Jan Roger Wold	Winner Session - February 17	iQniter Team		2												J
•		"Very Hard Endurance" - Henrik	F Winner Session - April 17	iQniter Team	58:58	3												ĥ
•		11 Dec 2014 11/12/2014		Jørgen Nielsen	1:05:47	7	•											
۲		Alpe d'Huez 21 bends		Christian de Thurah														5
۲		AT training (Anarobic Limit Train	ii The program is simple in its construc	Thomas Andersen	1:00:00													2
٠		AT training + intervals	50 min Lower lactate threshold traini	Thomas Andersen	50:00	)										ſ	Sharing	5
۲		avideotest		Jørgen Nielsen	44:33		•											۲
0	0	Beginner session	45 min. Beginner session	Thomas Andersen	45:00	0					~		•					
۲		Easy session 25 FEB 2017	Session for average heartrate 84%	Jørgen Nielsen			•											2
۲		example		Anders Emanuelsen	01:00		•											n
۲	-	nspiration 01		Christian de Thurah		1											( W) ( W)	
۲	T	spiration 01		Christian de Thurah		1												J
۲	Ŧ	Inspiration 02		Christian de Thurah	37:28	3											Options	
٠		Inspiration 02		Christian de Thurah	37:28	3												n
۲		Inspiration 03		Christian de Thurah	44:24	\$	-											
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۲		Inspiration 05		Christian de Thurah		3												
۲		Inspiration 05		Christian de Thurah		3												
۲		Inspiration 06		Christian de Thurah	40:55	)												
٠		Inspiration 06		Christian de Thurah	40:55	)												
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						Sessio	on Sequence									1		
		Name	Description	Author	Duration	Cate	gory Purpose	Tabata M	/ Sessio Fr	ends Copy	y EnaHeart	Rate	Power Me	dia Single	Playlist			
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#### 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<sup>®</sup>

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<sup>®</sup> account in IQNITER Studio
- Use a transportable USB containing the music

To connect and link to your Spotify® account, click the Itab (1) and then go to my.iqniter.com (2). After successfully connecting to Spotify®, a green light is turned on (3) and you can select your device to connect to (4). The related playlist for your selected session(s) will be displayed on the screen (5).





For more information on Spotify<sup>®</sup> and IQNITER Studio, please go to:

Get Started - Spotify Sessions

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

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

For optimal use of Spotify songs, IQNITER recommends the following Playback settings locally in your Spotify player:

- Crossfade songs set to ON with 10 sec
- Automix set OFF



#### 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 startfrom the new block (**7**)
- The music is to 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).

Q		-3		$\times$
Media is not available for the following stages:				
<ul> <li>1 - Opvarmning 1: Media not available on USB</li> <li>01 Hurricane.m4a</li> </ul>				^
2 - Opvarmning 2: Media not available on USB HERECOMESTHERAIN_NOSTRESS.m4a				
3 - Kondition: Media not available on USB SANDSTROM_WATERRAVE.m4a				
<ul> <li>4 - Pause: Media not available on USB</li> <li>Pause LÃ,vernes konge VIDEO 2.m4v</li> </ul>				
5 - Styrke x 3: Media not available on USB 04½ min - Styrke x3.mp3				
6 - Bakke: Media not available on USB Faith_The Buzz 4x kondition_styrke.mp3				
				~
Oł	<		Cance	

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.

If you need to change the measures shown for the participants, then click on the settings tab **[1]**.

You must click on the (2) to open for participants' Check-in (receipt of HR signals from the belts or power from the equipment) and close the padlock if you don't want the participants to Check-in during the current session. VERSION 3.6

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 nonparticipating 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.

Click on the participant's tab (1).

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'.



Go to 'Setting Details' (3) and choose 'General' (4) to switch the displays theme. Choose between Modern and Classic theme (5). Modern theme shows only two metrics simultaneously, but the upper metric alternates between selected metrics if more than 2 are chosen. Classic can simultaneously show up to 5 metrics.

Settings	
General Session Stage Participants Group	Leaderboard Qpoints Equipment
Theme Modern	Show both Heart Rate and Power scales
Sho <sup>Modern</sup>	Tabata pop up
Video in Front	✔ Tabata sound
Video Full Screen	Show iQniter Logo
✓ Video stretch uniform to fill	Show wide iQniter logo
✓ Auto start after pre-session video	✓ Show Custom Logo
<ul> <li>Show border indicator on timers</li> </ul>	Show wide Custom logo
Offline Screen active	✓ Virtual ✓ Virtual Follows Instructor
	Close

#### **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 <u>Qpoints</u>, <u>Leaderboard</u>, <u>Challenge</u> and <u>Cue</u> <u>Cards</u>. 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 ±1 HR% from the HR% target
- 0.6 times the score of Qpoints if the HR% deviates ±3 HR% from the HR% target
- 0.2 times the score of Qpoints if the HR% deviates ±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.



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In 'Setting Details' (Group' (3) it is possible to select group Qpoints displayed on the Group Screen. As default 'Group Qpoints' (F6) (4) is shown. You can also choose to show 'Group Calories' (F7) (5) and 'Group hits Target Zone' (F8) (6). If more than one score (Qpoints, Calories or Target Zone) is selected, the selected scores will toggle at the bottom (7). If no score is selected, the score indicator will be removed (7). You will after end of session see a podium with the top three of the class (8). Qpoints Counting can be used with or without the leaderboard.

Setting	gs			3				
General	Session	Stage	Participants	Group	Leaderboard	Qpoints	Equipment	
🖌 Sho	w Group Qı	ooints (F6	0 4					
500	0							
Sho	w Group Ca	alories (F2	71 5					
1000	-0-							
Sho	w when Gro	oup hits T	arget Zone (F8)					
Heart Ra	ite 8		O					
	5		O					
								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 <u>Qpoints</u>). The leaderboard gives you the opportunity to compete with your best buddy.

Go to 'Setting Details' and choose 'Leaderboard' (1).

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.



Settings	1
General Session Stage Participants Group	Leaderboard Qpoints Equipment
Leaderboard view	Leaderboard Columns 3
No Leaderboard 2	1 Qpoints
Leaderboard Dual	2 Calories
Leaderboard - number of rows	3 HR Current
8	Al %HR Current
Leaderboard - number of columns	
3	5 Cadence Current
	Close

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).

Challenge Settings
Team Sprint
Challenge Target Calories
Number of Teams 2 5
Auto finalize Team challenge
Duration <b>6</b> 05:00
✓ Podium - Team Challenge
Calculate team points as sum of members

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 VERSION 3.6 20



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 popup must be  $\checkmark$  (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).



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).





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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