

<https://www.iqner.com/release-notes/>

## **IQNITER Studio v3.9.0 (Cardio Training)**

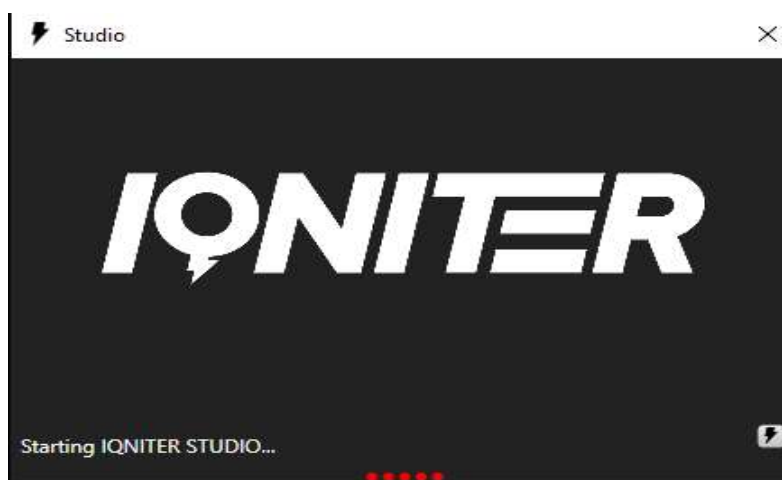
### **Highlights**

- IQNITER Studio has been optimized and simplified.
- New features:
  - IQNITER Hearts, see <http://iqner.com/hearts>
  - New layout: Participants left/video right.
  - Added Incline to session steps.
  - Set HR Max for all participants.
  - Check out all participants.
  - Filter for Heart Rate and Power sessions.
- Improved Spotify setup.
- Improved Help.
- Other improvements.
- Optimizations and bugfixes.

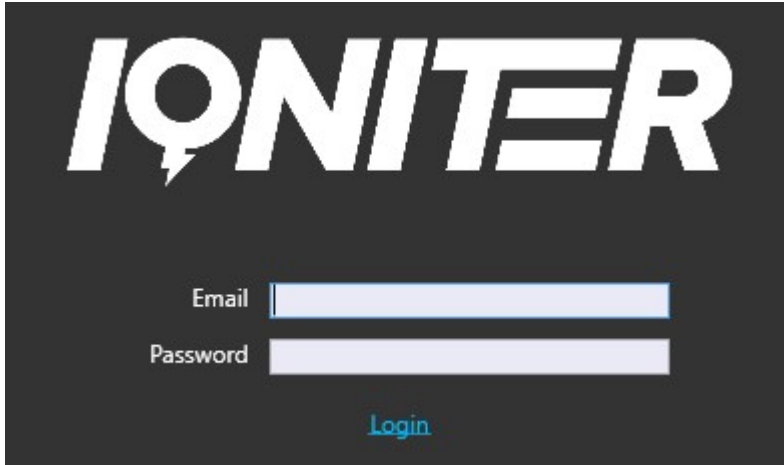
### **IQNITER Studio has been optimized and simplified**

The IQNITER Studio application has been optimized and simplified with improved performance. Some of the visible changes:

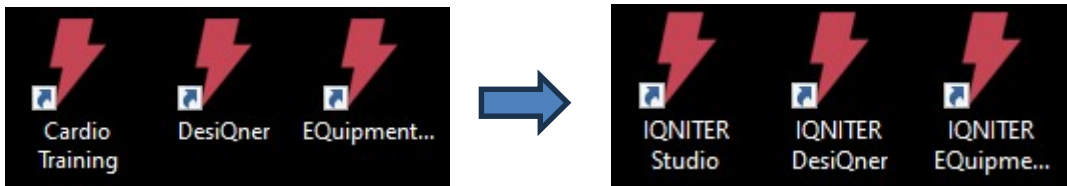
- Previously, IQNITER Studio was constituted of 3 components: The small startup window, the Instructor Panel, and the Group Screen. Now, all is in-one application, and the small startup window closes when the two windows for Group Screen and Instructor Panel show.



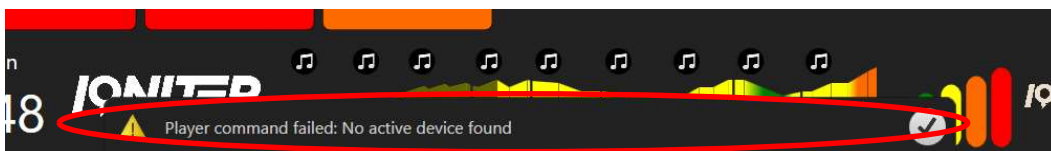
- The Login view now reacts on 'Return' button when entering username and password.



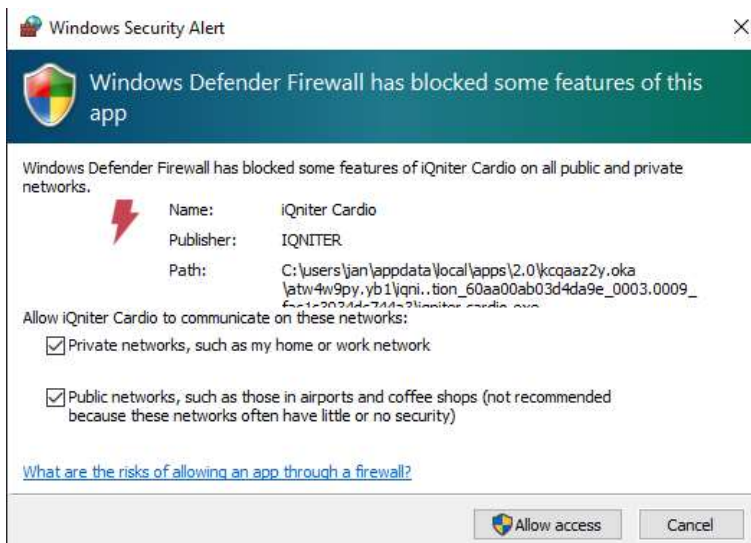
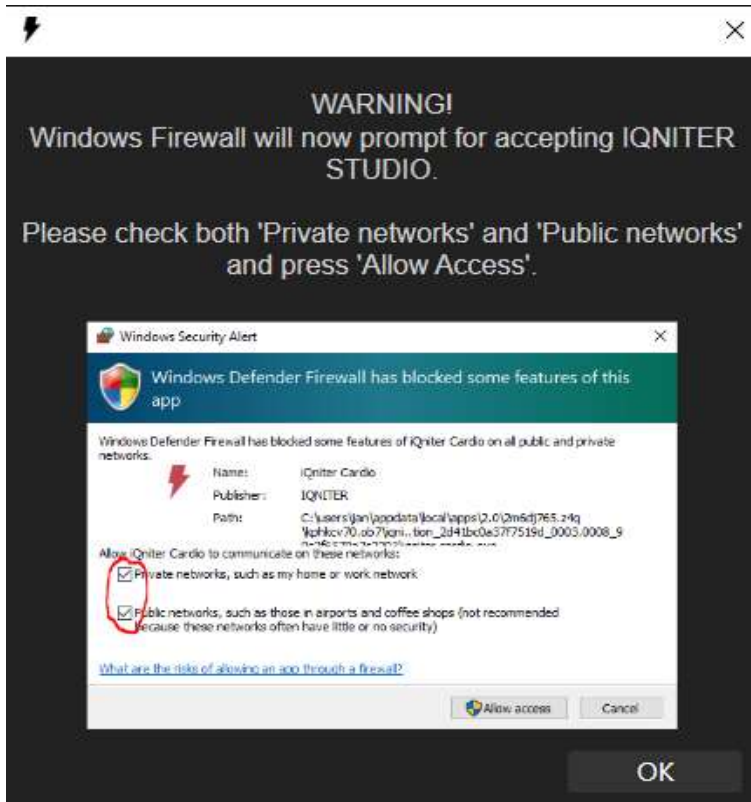
- IQNITER Cardio Training is now named **IQNITER Studio**, and the IQNITER icons are updated accordingly



- Application update: *IQNITER Studio* and *IQNITER DesiQner* automatically prompts the user for update when launched, if an update is available.  
*IQNITER Equipment Selector* must be updated from the following link (it does not prompt for update automatically):  
<https://software.iqner.com/equipmentsselector/publish.htm>
- Improved Studio Toast bar





- Improved prompts for Firewall settings on IQNITER Studio installation and update  
When IQNITER Studio is updated, it is important for proper operation that both check marks in the Windows Firewall prompt are checked. The following information screen has been added.



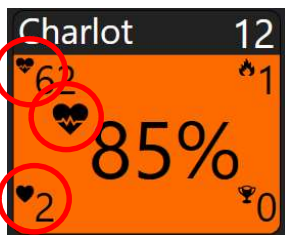
## IQNITER Hearts

- 'IQNITER Hearts' has been added like already in the IQNITER mobile app. Use IQNITER Hearts as a measure for tracking health, see <http://iqniter.com/hearts>

- o  IQNITER Hearts indication: The 'solid' heart icon is now used for counting IQNITER Hearts.

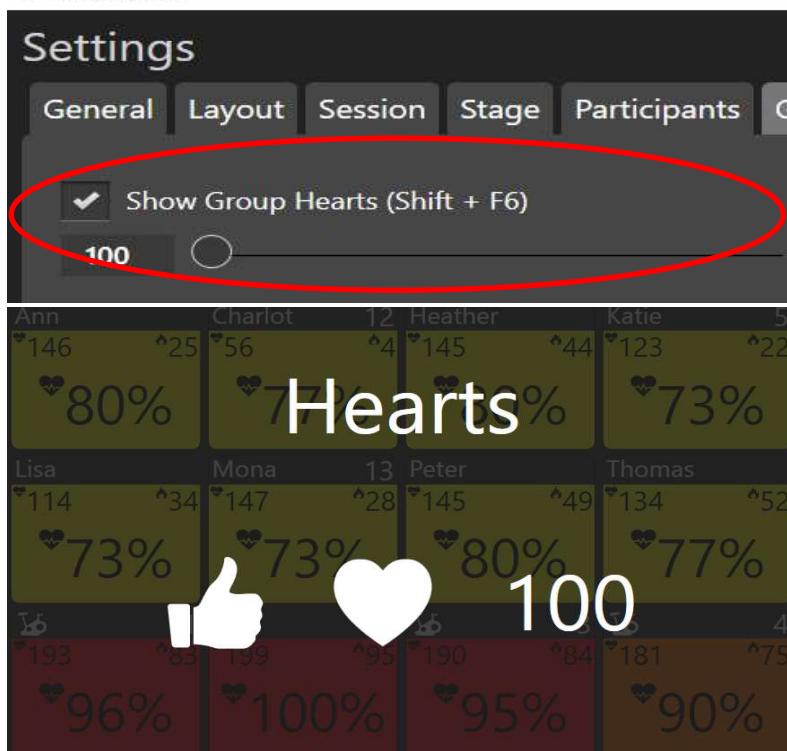
- o  Heart rate indication: The heart icon with 'pulse' is used for Heart Rate.

- o Hearts is available as option and show for both individual exercisers and for groups in the bottom



- o Added pop-up for Group Hearts count (like Calories and Qpoints count, and for pop-up when 'All in Zone')

⚡ Instructor Panel

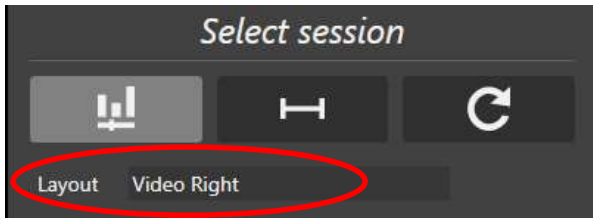


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## New layout: Participants left/video right

Layout: 'Video Right' has been added as option.



The main dashboard displays the following information:

- Step: 69 (Target: 74)
- Time: 00:39 (Stage: 02:29)
- Activity: Climb
- Participant Data:

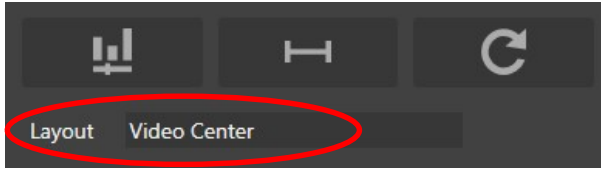
Name	Rank	Heart Rate	%
Ann	1	145	72%
Charlot	2	169	72%
Heather	10	144	72%
Katie	3	141	72%
Lisa	5	132	73%
Mona	4	166	72%
Peter	7	144	72%
Thomas	8	145	72%

The video feed shows a woman in a black long-sleeved shirt and leggings performing a lunge on a black mat. The bottom of the dashboard features a music player with the IONITER logo and a session timer showing 20:30.

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- Layout: 'Video Center' has been changed so tiles do not overlap with the video



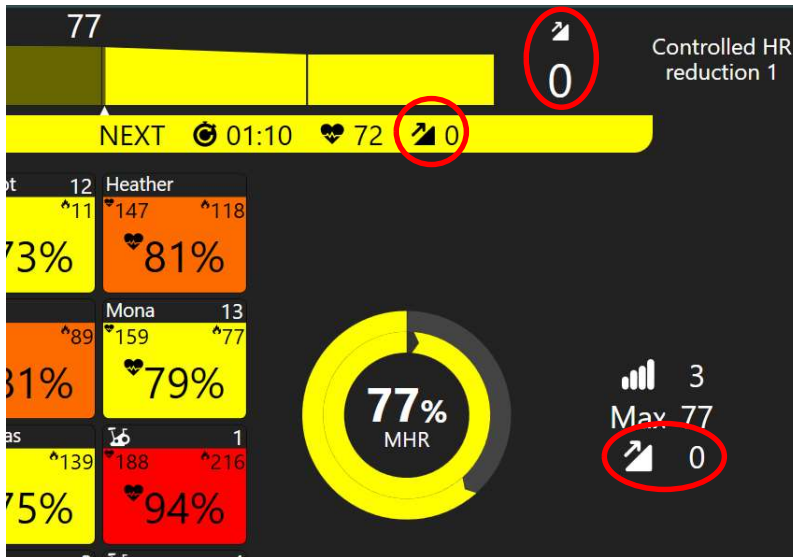
Step 76 TARGET 80 Stage 3 18:00 18:13

Name	Steps	Percentage
Ann	146	73%
1 Charlot	172	73%
2 Heather	144	72%
10 Katie	138	71%
Lisa	144	80%
Mona	166	72%
Peter	144	72%
Thomas	146	73%

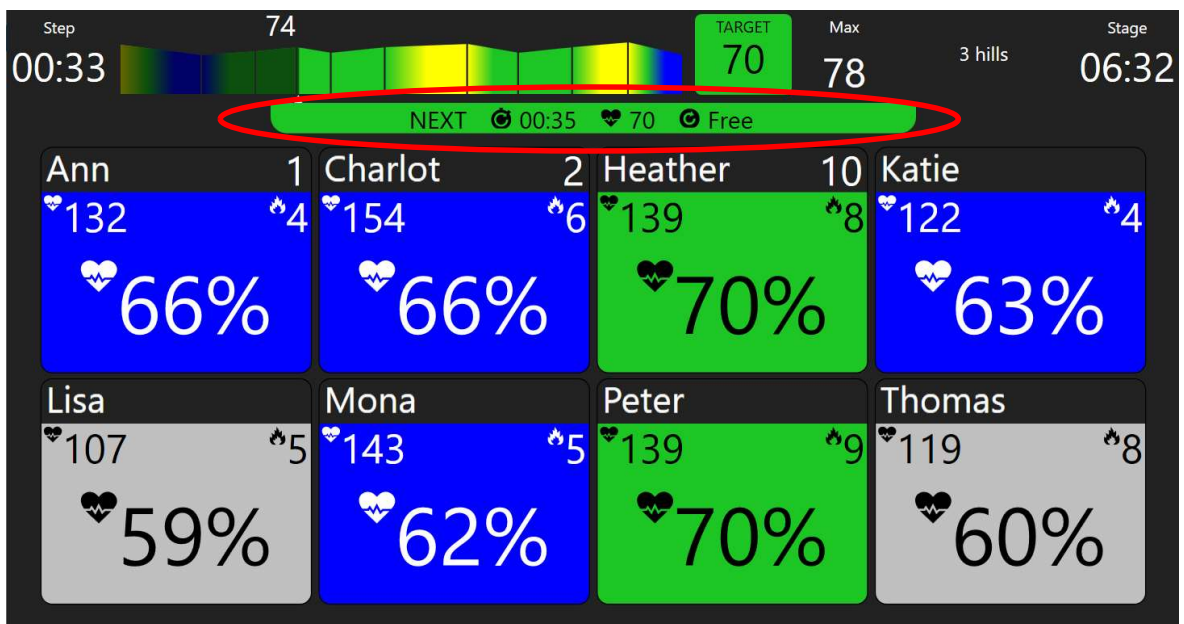
Session 08:44 IONITER

## Added Incline to session intervals (steps)

- Added Incline to Current Stage, Next step, and Mixed view  
(Defined on steps in IQNITER DesiQner and enabled from IQNITER Studio Settings).



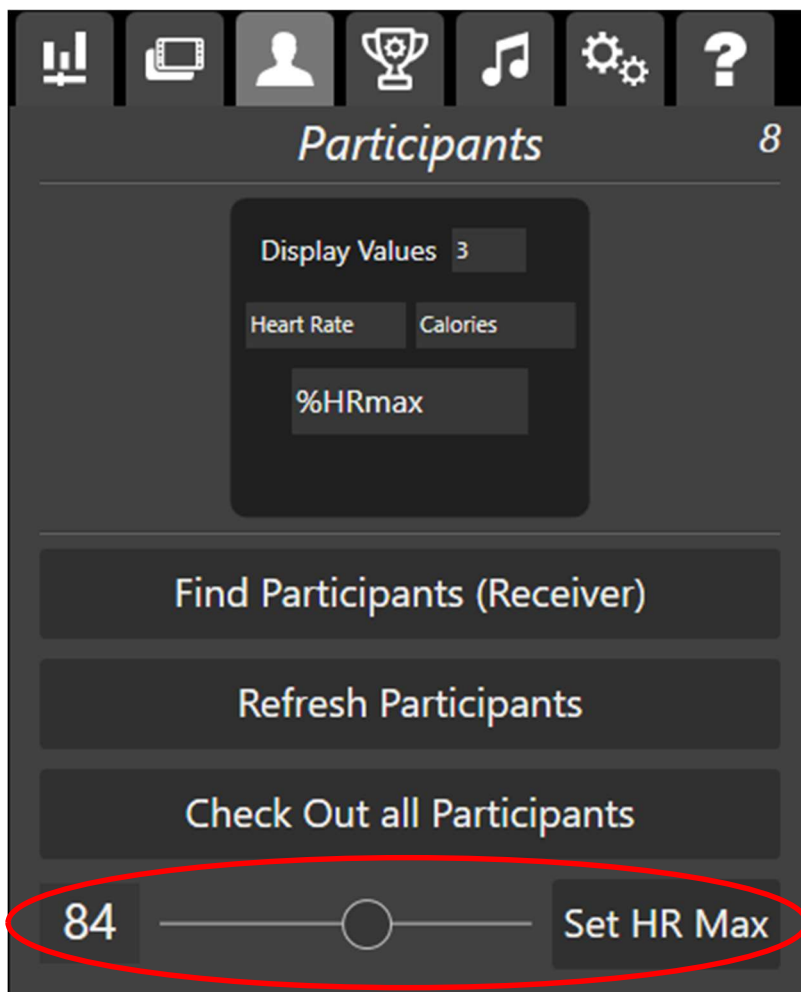
- Now exerciser tiles keep their position on the Group Screen when the Next Step bar shows (they do not rearrange when the Next Step bar shows).



## Set HR Max for all participants

This feature is intended for instructors who can guide the participants through a session by making the participants adjust the resistance, so they feel that they are at a certain exertion level. Then the instructor can update HR Max all participants in 'one click'.

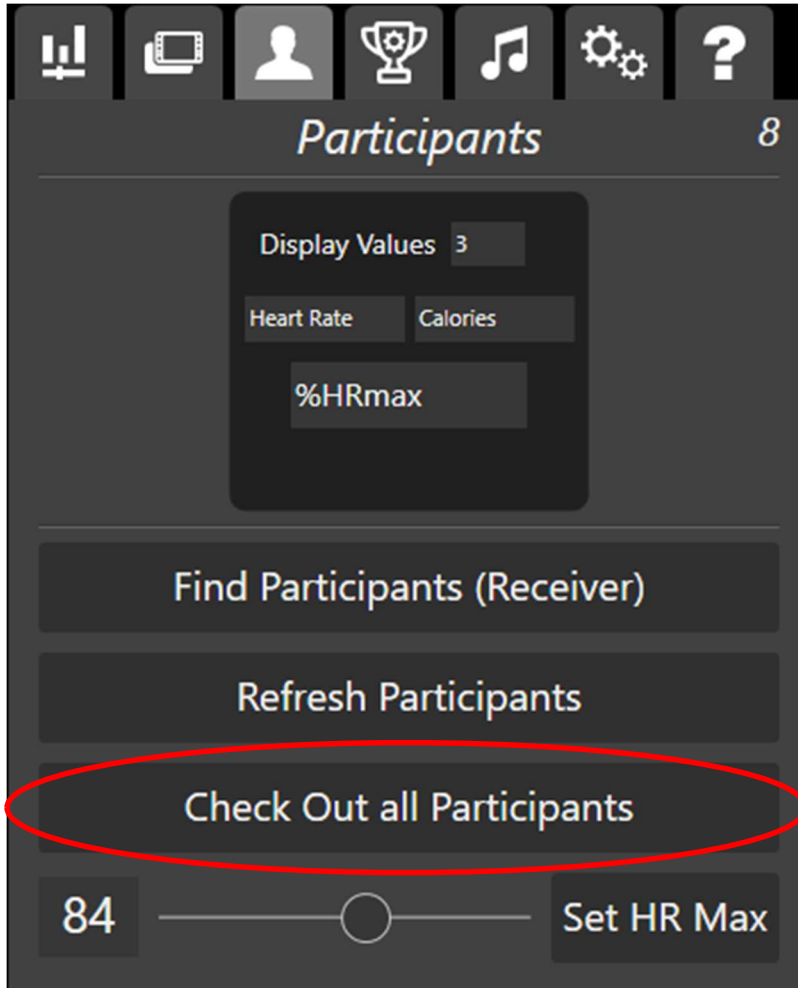
If all participants at a certain time during the session should have reached a defined intensity level HRmax (e.g. 84% as shown in the picture below), then pressing 'Set HR Max' will adjust HRmax for all participants to a value corresponding to being at this defined intensity level (84% in the picture) when the button was pressed. This way, all the HRmax values can be set for all participants simultaneously.





## Check out all participants

Added 'Check Out all participants' button in Participants tab.



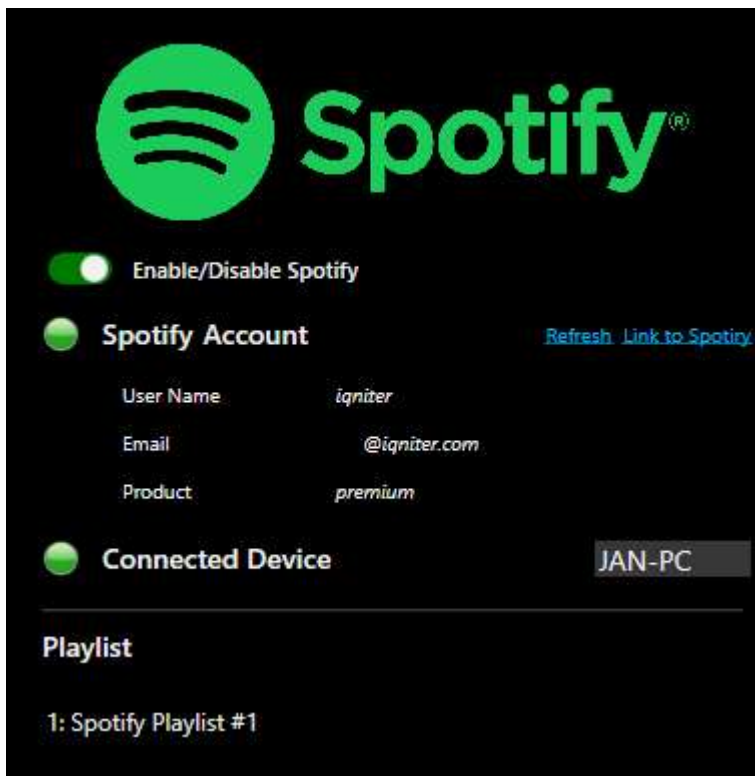
## Filter for Heart Rate and Power sessions

Select and filter sessions on Heart Rate and Power in the Session Manager, so it easier to find specific types of session.



## Improved Spotify setup

- Improved linking to Spotify account.
- Direct link to Spotify connection at My IQNITER: <https://my.iqnter.com/da/account/spotify>
- Refresh link that refreshes the user's Spotify link status.
- Enable/Disable Spotify button that disables Spotify temporarily, e.g. is Spotify sessions are used with no Spotify account linked.
- Play Spotify sessions shared by friends.

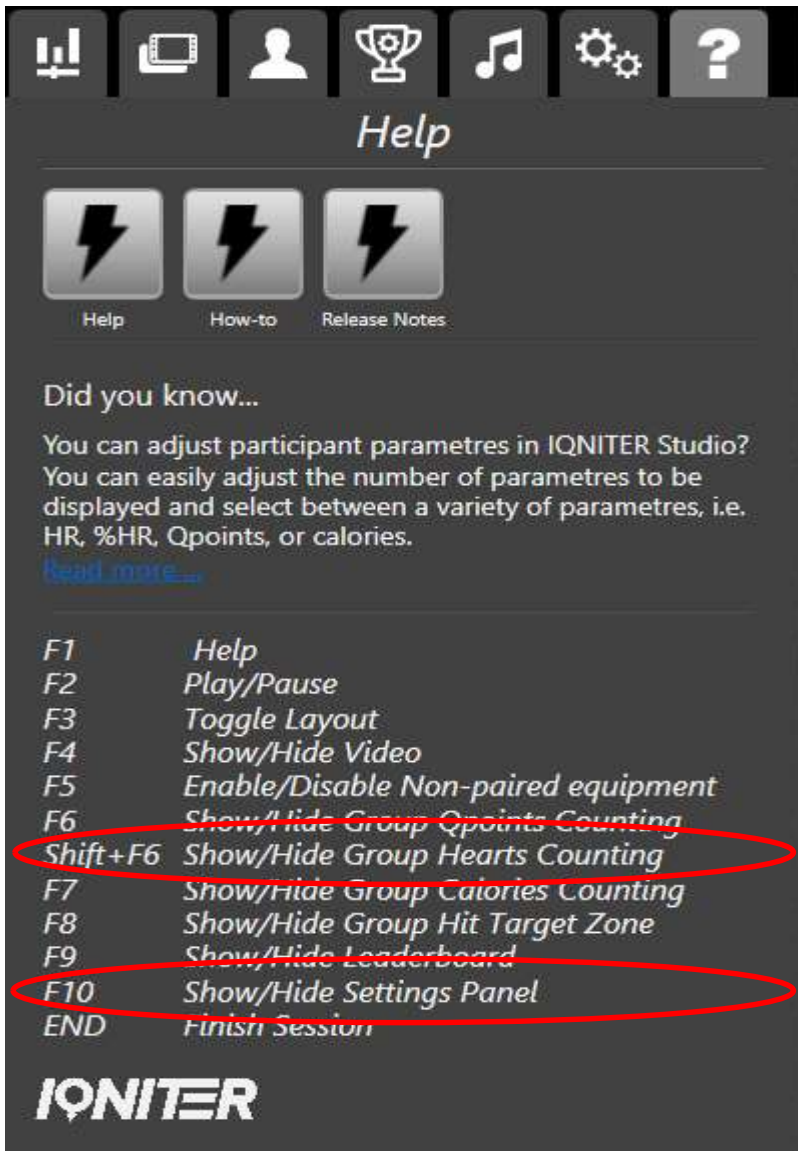


## Improved Help

The Help section has been improved for better overview and access to help.



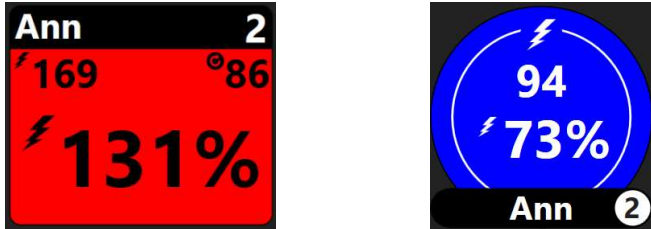
Added short key F10 for quick access to Settings, and short key Shift+F6 for toggling Group Hearts



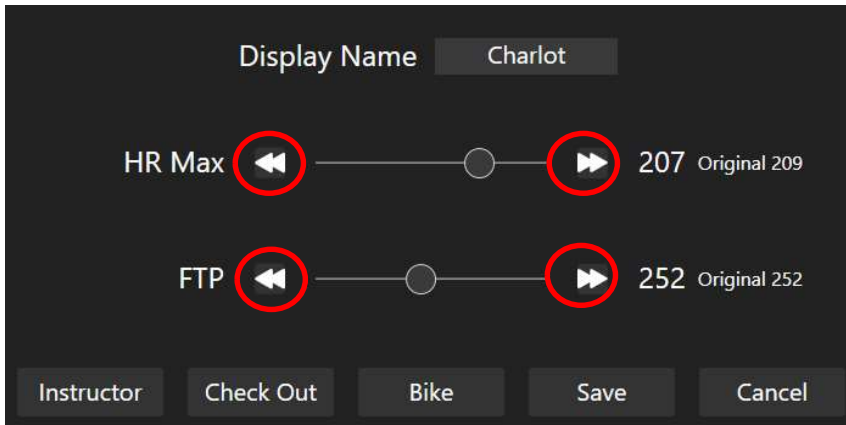
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## Other improvements

- Added Settings option for *emphasized* data (bold and more contrast) in exerciser tiles (presents the values more clearly and gives better visibility for the participants).



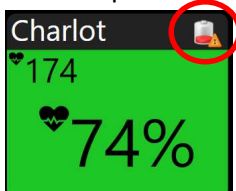
- Added buttons for increasing/decreasing HrMax and FTP. Now HR Max and FTP can, besides using the slider, be adjusted using buttons.



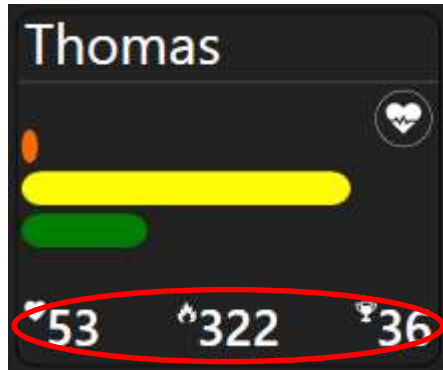
- Leaderboard header icons

#	Person	Heart	Flame	Apple
1	Bike 4	52	435	92%
2	Bike 3	52	487	98%
3	Bike 1	52	480	97%
4	Bike 2	52	557	101%
5	Katie	48	127	83%
6	Heather	47	245	86%
7	Peter	47	274	86%
8	Ann	47	138	89%

- Added support for showing low battery level for IQNITER HR Sensors on Group Screen. When the IQNITER Sensor battery level is below 30% then it is shown on the exerciser tile on the Group Screen.



- Added information to workout summary exerciser tiles:
  - o Show type of session (Heart rate or Power).
  - o Show achieved Hearts, Calories and Qpoints (show/hide can individually be defined in Settings).



- Added user defined Settings:
  - o Show/Hide Incline.
  - o New Layout: Exercisers left / Video right.
  - o Show/Hide metrics on Session Summary tile at finish session:
    - Hearts
    - Calories
    - Qpoints
  - o Show/Hide Hearts (Exerciser and/or Groups).
  - o Show/Hide remote participants on Group Screen.
- Improved Tool Tips  
In general, Tool Tips have been added and improved.

## Optimizations and bugfixes

- o Now the same number of exerciser tiles are shown on Group Screen and Instructor Panel.
- o Fixed issue related to cadence and exerciser position on Next Step bar.
- o Fixed that exercisers did not always disappear from Group Screen.
- o Fixed that Exerciser tiles sometimes did not show any values.
- o Layout 'Video Center' now updates properly.
- o Fixed issue when switching between layouts Standard/Mixed.
- o Fixed left positioning of bike icon in exerciser modern tile.
- o Fixed issue related to replacing Spotify playlist.
- o Fixed issue related to missing energy graph.
- o Fixed Sign-In issue and related to bikes can automatically checkout before Padlock is opened.

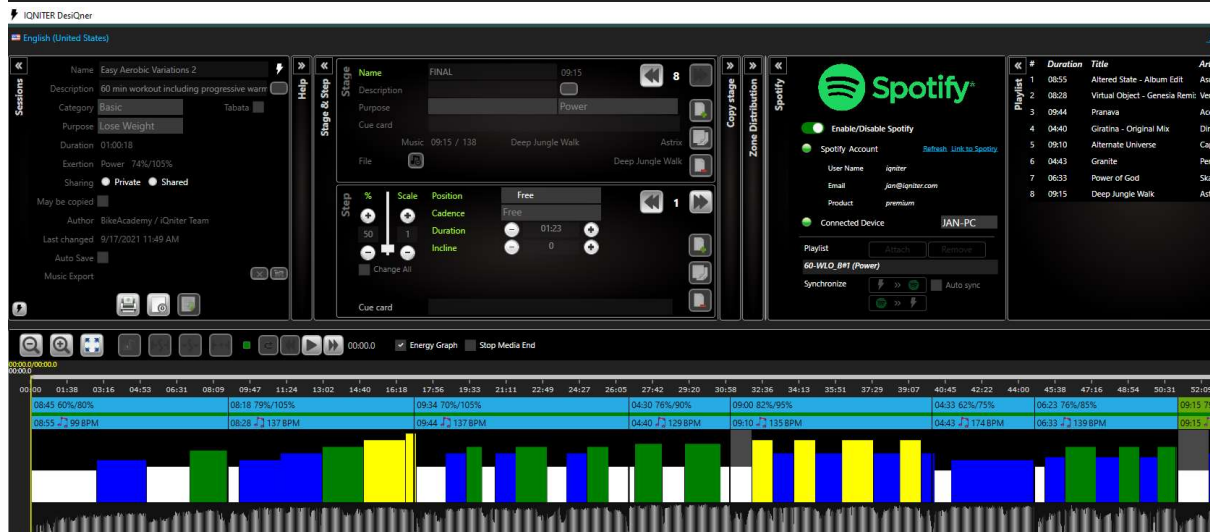
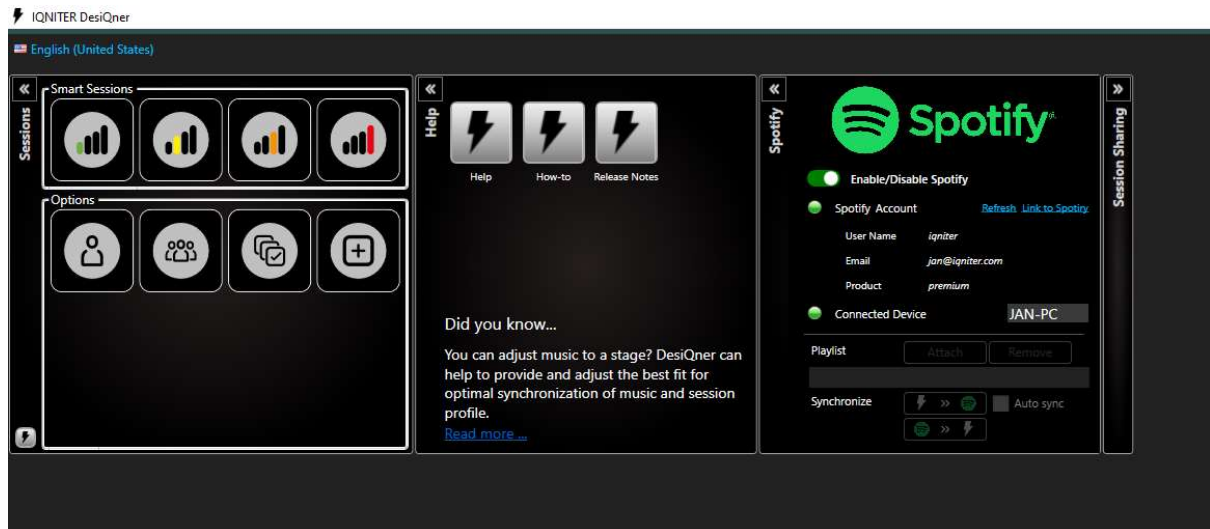
## IQNITER DesiQner v3.9.0

### Highlights

- IQNITER DesiQner brush-up.
- New features:
  - Music BPM.
  - Incline can be set on session steps.
  - Change all steps: Heart rate / Power.
  - Filter for Heart Rate and Power sessions.
  - Marked fields which are shown on Studio Group Screen.
- Spotify setup – New features and improvements.
- Optimizations and bugfixes.

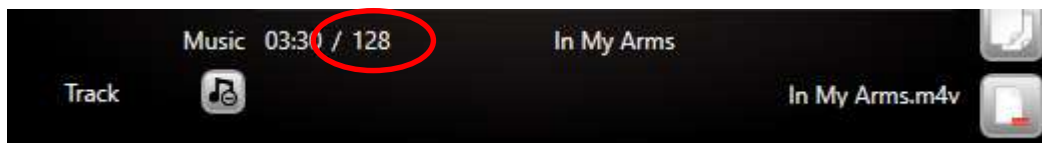
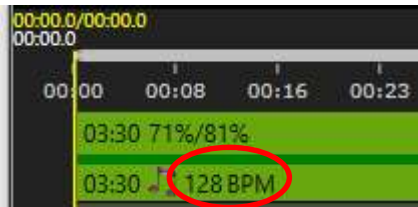
### IQNITER DesiQner brush-up

The IQNITER DesiQner user interface has got a ‘brush-up’.



## Music BPM

BPM has been added



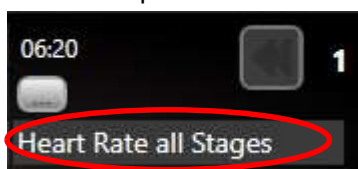
## Incline can be set on session steps

Added option for setting Incline for each Steps (shown as target in Studio), e.g. for Studio sessions aimed at treadmill workouts.



## Change all steps (Heart rate or Power)

Now all steps of a session can be changed to Heart rate or Power



## Filter for Heart Rate and Power sessions

Select and filter sessions on Heart Rate and Power in the Session Manager, so it easier to find specific types of session.



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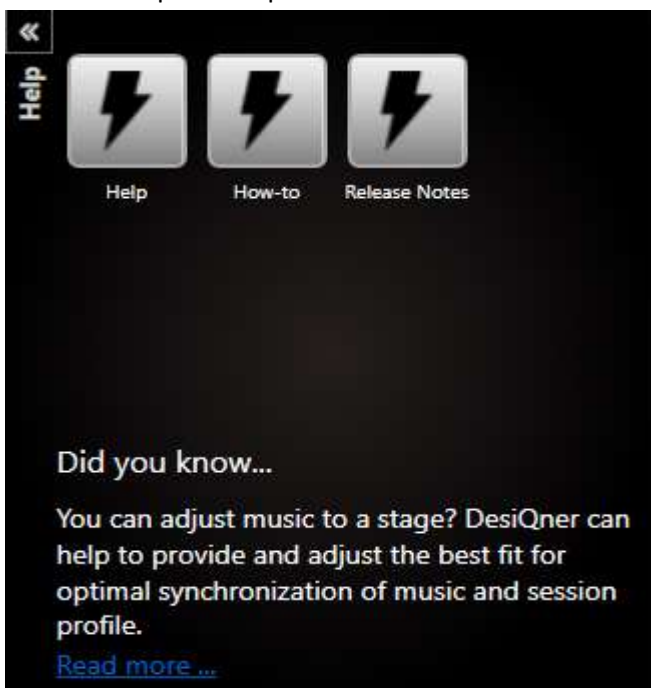
### Marked fields which are shown on Studio Group Screen

The fields from IQNITER DesiQner Stage/Step view, which are visible in IQNITER Studio Group Screen are highlighted in IQNITER DesiQner.



### Improved Help

The Help section has been improved for better overview and access to help better overview and access to help and help videos.





## Spotify setup – New features and improvements

- Cross Fade between tracks is now available.
- Share sessions including Spotify playlist.
- Copy session *including* Spotify Playlist.
- Sync both directions to and from Spotify Playlist <-> IQNITER Session.
- Option prompting for adjustment of duration when updating session according to the Spotify Playlist.
- Auto Sync button is moved from general tab to here.
- Enable/Disable Spotify button that disables Spotify temporarily.
- Improved linking to Spotify account.



## Optimizations and Bugfixes

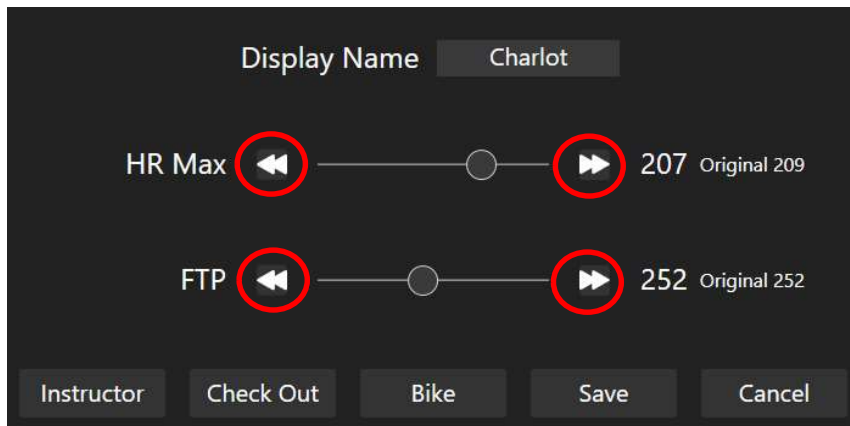
- Fixed that the energy graph did not always show.

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## IQNITER Equipment Selector v3.9.0

Added buttons for increase/decrease of %HRmax and FTP



## Optimizations and Bugfixes

- Fixed that bike number did not show.

## Mobile App v2.17.0

- Added integration to Garmin Connect
- Optimizations and Bugfixes