



## IQNITER- Use of heart rate sensors

Studio v.3.11.0 and Mobile App v2.20.0

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

***New! Now IQNITER Studio also supports Garmin and Other ANT+ heart rate sensors.***

Heart rate sensors can be used together with both IQNITER Mobile App and IQNITER Studio dependent on what communication protocols (Bluetooth Smart  and/or ANT+ ) are supported by the sensor. Some sensors support either Bluetooth Smart or ANT+, and some support both Bluetooth Smart and ANT+.

### If you use heart rate sensors in IQNITER Mobile App

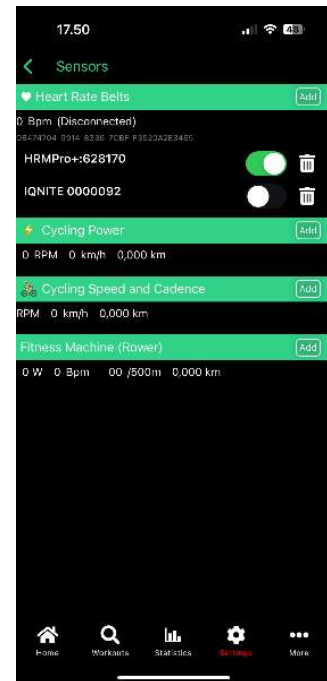
Most heart rate sensors that support Bluetooth Smart can connect to IQNITER Mobile App and be used for heart rate tracking. Sensors not supporting Bluetooth Smart cannot connect to IQNITER Mobile App.

To use a heart rate sensor with IQNITER Mobile App, the sensor must be paired with the IQNITER Mobile App (Go to: App -> Settings -> Sensor Settings).

Pairing the heart rate sensor with IQNITER Mobile App is not sufficient to use it together with IQNITER Studio; the sensor must also be registered for use in IQNITER Studio

(Go to: App -> Settings -> Club Settings).

When a heart rate sensor is paired with IQNITER Mobile App, the user is prompted for optional registration of the sensor for use together with IQNITER Studio, if the sensor type is applicable for IQNITER Studio (this registration is not needed when using the sensor together with IQNITER Mobile App, only).



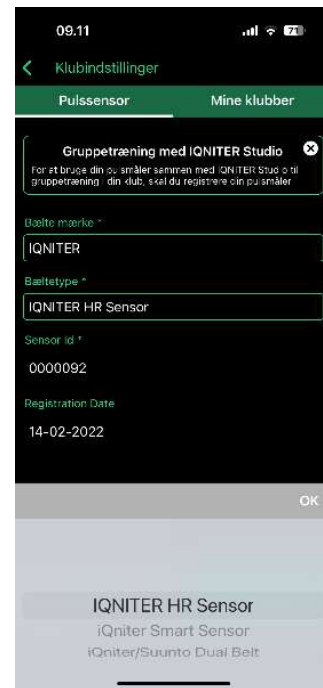
## If you use heart rate sensors in IQNITER Studio

A heart rate sensor must be registered for using it together with IQNITER Studio (pairing with IQNITER Mobile App is not sufficient). Registration for IQNITER Studio can be done in IQNITER Mobile App (Go to: App -> Settings -> Club Settings), or from My IQNITER web-site: <https://my.iqniter.com/da/account/belt>.

### Supported Heart Rate Sensors in IQNITER Studio

- IQNITER sensors
  - IQNITER HR Sensor (see <https://www.iqniter.com/shop/>)
  - IQNITER Smart Sensor (old sensor type)
  - IQNITER/Suunto Dual Belt – (old sensor type)
- Garmin sensors
  - Garmin heart rate sensors
  - Garmin watches (most Garmin watches can be set-up to broadcast heart rate from the optical wrist sensor in the watch, and can be used instead of a heart rate sensor)
- Polar sensors
  - Polar H7
  - Polar H9
  - Polar H10
  - Polar OH1
- Other ANT+ sensors

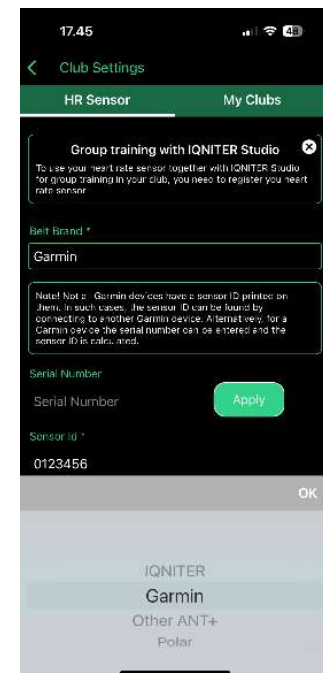
*Note: Polar sensors must not be connected to a device or mobile app when used together with IQNITER Studio.*



### Heart Rate Sensor Registration

Registration of heart rate sensor for use in IQNITER Studio requires selection of sensor brand, sensor type and sensor id. Most sensors have a visible sensor id printed on the sensor, but some sensors have not and the user needs to find the sensor id somewhere else.

- Garmin heart rate sensors:  
New sensors have the sensor id (ANT+ device id) to be registered printed on the sensor. Some older Garmin sensors do not have a visible sensor id printed on the sensor. In these cases, the sensor id (ANT+ device id) must be found by connecting the sensor to another e.g. Garmin device or watch. Then the sensor id (ANT+ device id) can be read from there.
- Garmin watches:  
Garmin watches do not have the sensor id printed on the watch, and the sensor id (ANT+ device id) is not directly visible in the watch. However, the sensor id (ANT+ device id) can be derived from the Garmin watch serial number, which can be found in the watch. Alternatively, the sensor id (ANT+ device id) can be found by connecting the Garmin watch to



another ANT+ compatible device and reading the sensor id (ANT+ device id) from there.

For Garmin watches, the sensor Id (ANT+ device Id) can be entered directly (if known) or the Garmin watch serial number can be entered and the sensor Id (ANT+ device Id) is derived from the serial number.

- Other ANT+ sensors:  
Not all ANT+ sensors do not have the sensor id to be registered printed on the sensor. The sensor id (ANT+ device id) can be found from connecting to another ANT+ compatible device and reading the sensor id (ANT+ device id) from there.

### Registration of Fitness Center (My Clubs):

For some type of heart rate sensors, it is needed also to register the fitness center you train in (My Clubs). This applies to:

- IQNITER HR Sensors
- Garmin Sensors
- Other ANT+ Sensors

When pairing a sensor in IQNITER Mobile App, the user is automatically prompted for registration of a fitness club (if needed and not already registered). My Clubs registration can be updated in IQNITER Mobile app and My IQNITER <https://my.iqniter.com> as well.

