

# SelfLoops Cloud Services



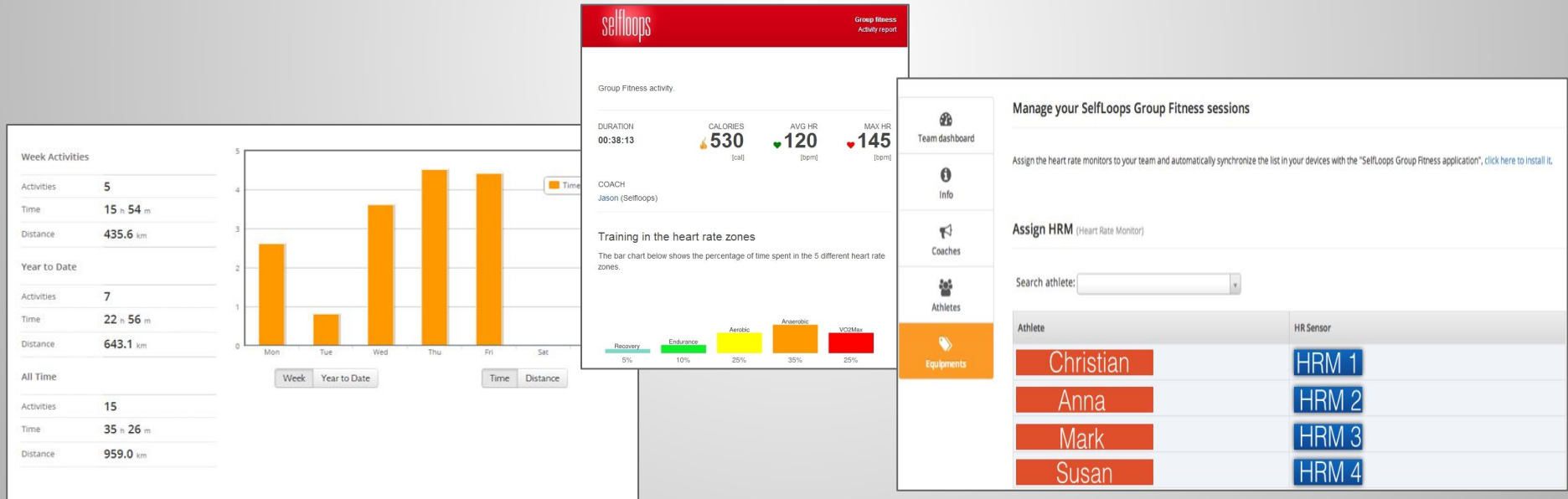
# SelfLoops Cloud Services

SelfLoops Cloud Services include:

Email reports at the end of the session with statistics and graphs.

User and sensors management in the website

Diary and advanced data analysis in the SelfLoops website.




# Getting Started with the Cloud

Sign Up or Log In at [www.selfloops.com](http://www.selfloops.com)



# Team dashboard with statistics



**selfloops**

Home Teams Training Plans Calendar Manager

**Selfloops**  
Team management

**Team dashboard**

- Info
- Coaches
- Athletes
- Equipments

**Team stats**

COACHES 2

ATHLETES 4

ACTIVITIES FILES 509

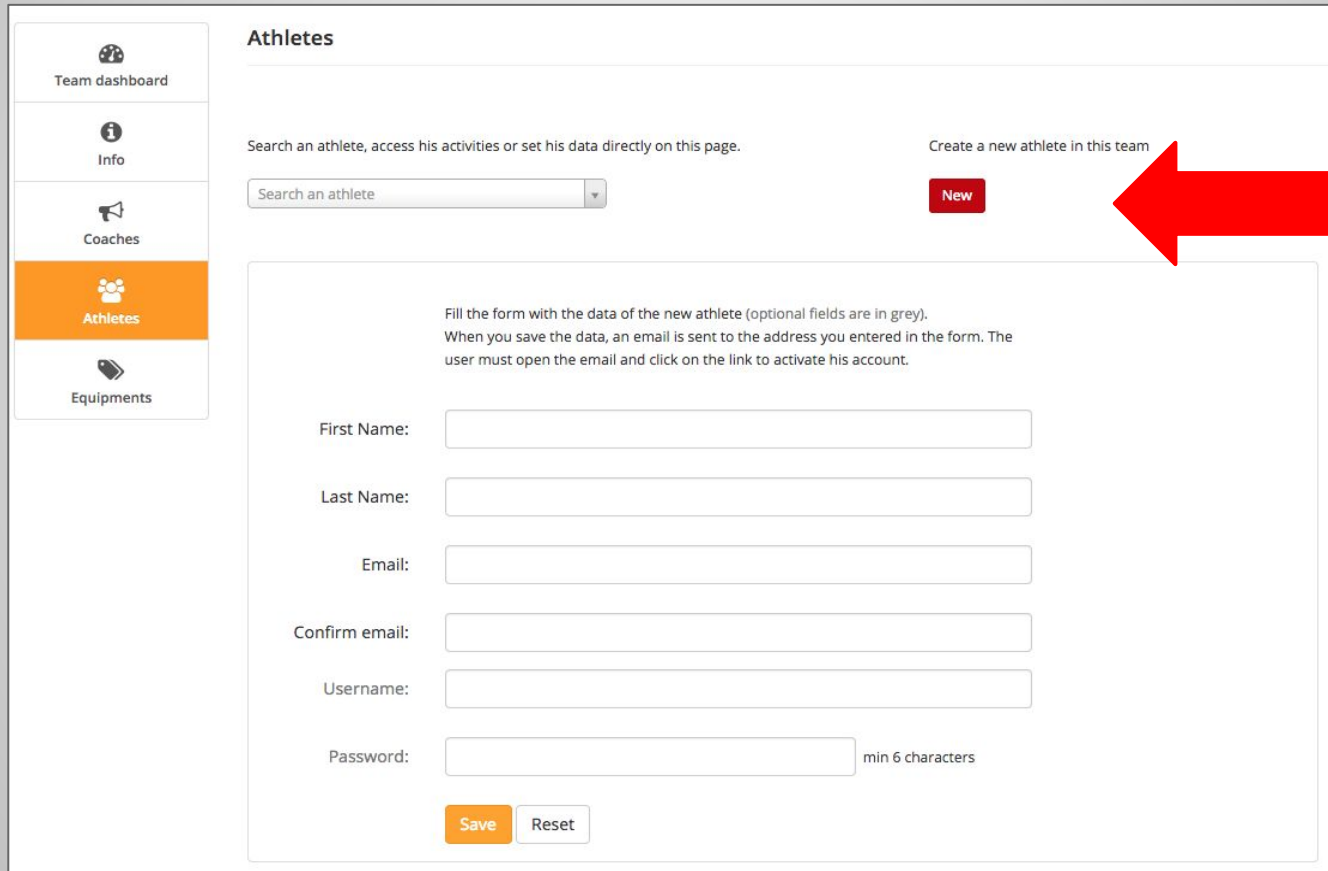
TEAM WEBSITE

**Athletes stats**

Date range: this month (from 01/03/2015 till 13/03/2015) Columns

#	Name	Activities	Time	Distance	Training load	CP 20
1	Mark	9	10h 32m			
2	Christian	9	10h 20m			
3	Anna	8	9h 01m			
4	Susan	7	8h 45m			

# Add a new athlete in the team



The screenshot shows a web application interface for managing athletes. On the left is a sidebar with five menu items: 'Team dashboard', 'Info', 'Coaches', 'Athletes' (highlighted in orange), and 'Equipments'. A large red arrow points from the left towards the 'Athletes' menu item. The main content area is titled 'Athletes' and contains a search bar with the placeholder text 'Search an athlete' and a dropdown arrow. To the right of the search bar is a red button labeled 'New', with a large red arrow pointing towards it from the right. Below the search bar and button is a form for adding a new athlete. The form includes instructions: 'Fill the form with the data of the new athlete (optional fields are in grey). When you save the data, an email is sent to the address you entered in the form. The user must open the email and click on the link to activate his account.' The form fields are: 'First Name:', 'Last Name:', 'Email:', 'Confirm email:', 'Username:', and 'Password:'. The 'Password' field has a note 'min 6 characters' next to it. At the bottom of the form are two buttons: 'Save' (orange) and 'Reset' (white with a grey border).

**Athletes**

Search an athlete, access his activities or set his data directly on this page.

Search an athlete

Create a new athlete in this team [New](#)

Fill the form with the data of the new athlete (optional fields are in grey).  
When you save the data, an email is sent to the address you entered in the form. The user must open the email and click on the link to activate his account.

First Name:

Last Name:

Email:

Confirm email:

Username:

Password:  min 6 characters

[Save](#) [Reset](#)

# Assign HR monitors

In the Equipment section you assign heart rate monitors (and other sensors) to the users.

In the *Assign HRM* section you can:

- Search an athlete
- Assign a sensor to the athlete
- Remove/Edit/Change the sensor associated

In the *Manage Sensors* section you can:

- Add a new HR monitor (sensor)
- Remove it
- Change the device ID (identification number)

Selfloops  
Team management

Team dashboard

Info

Coaches

Athletes

Equipments

Manage your SelfLoops Group Fitness sessions

Assign the heart rate monitors to your team and automatically synchronize the list in your devices with the SelfLoops Group Fitness application.

Assign HRM (Heart Rate Monitor)

Search athlete:

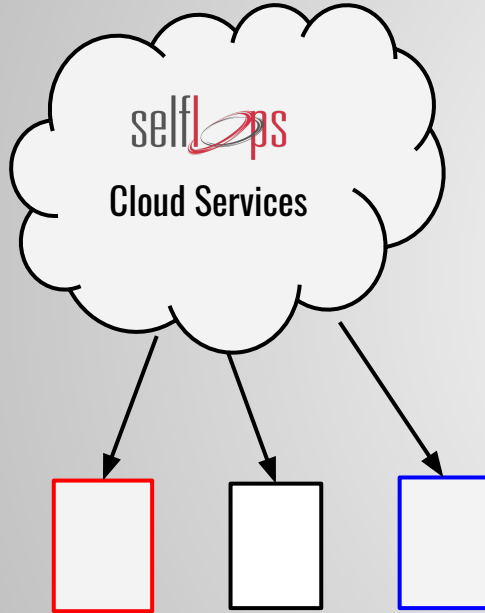
Athlete	HR Sensor
Mark	HRM 1 (62FFCC13)
Anna	HRM 2 (32FEBA12)
Susan	HRM 3(44FDCC14)
Christian	HRM 4 (01CADE4A)

Manage Sensors

New

Label	HR ID	Action
HRM 1	62FFCC13	
HRM 2	32FEBA12	
HRM 3	44FDCC14	
HRM 4	01CADE4A	

# Sync the information from the Cloud



Multiple tablets (iPad or Android devices) and Apple TV

After you have assigned the HR monitors (and other sensors) to the users on the SelfLoops website you can download all the data in the tablet at the press of a button.

Synchronization will bring you all the information about the users to the tablet (including age, weight, max heart rate, sensors identification numbers).

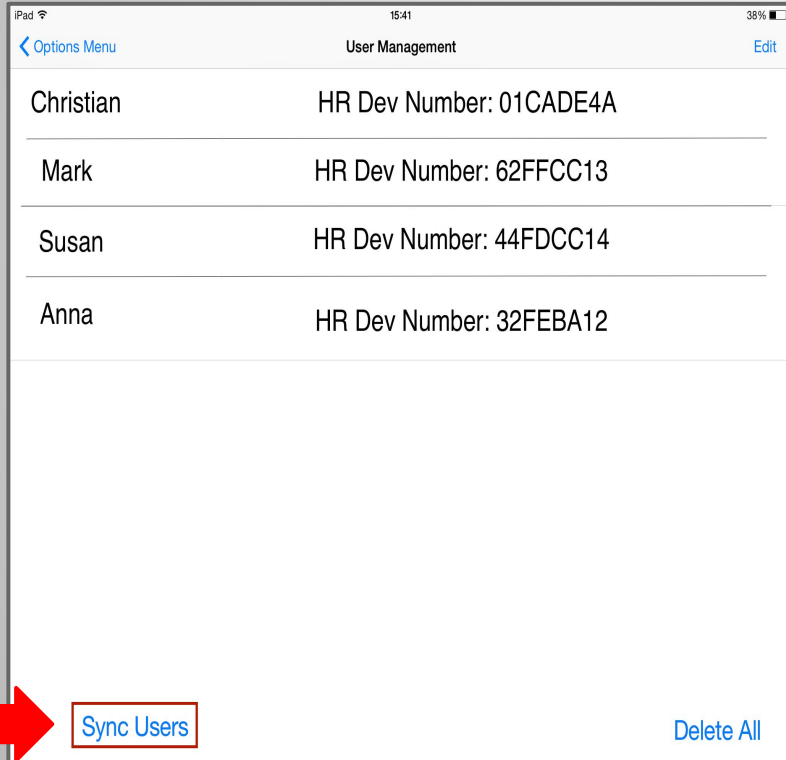
Synchronization works across multiple devices.

All the information is safely stored in the Cloud and can be downloaded from there whenever you need.



# Synchronize users

## iPad



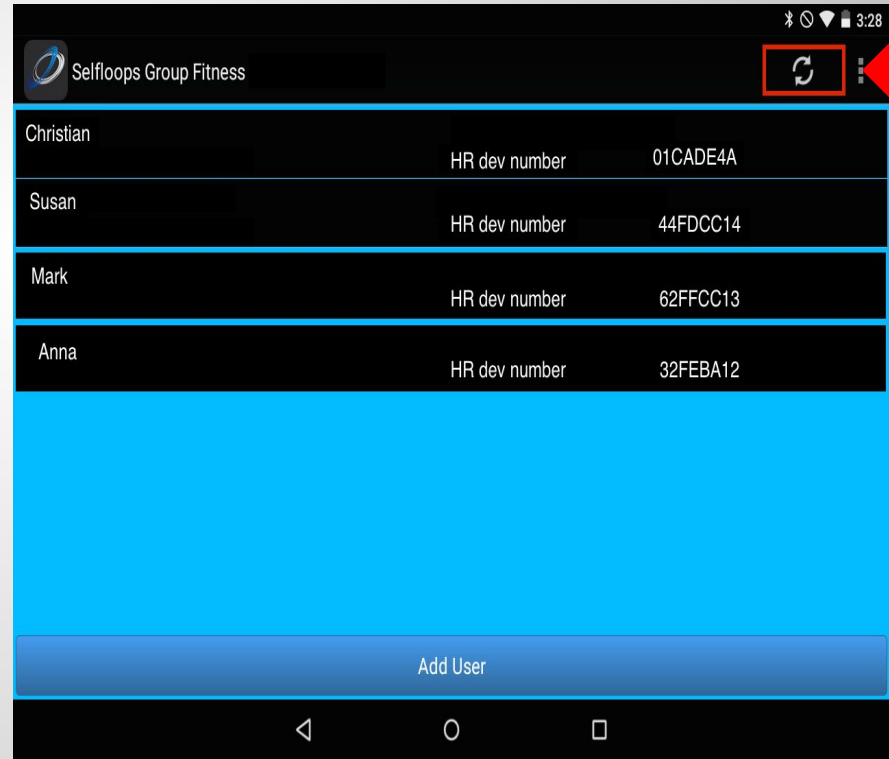
iPad 15:41 38%

< Options Menu User Management Edit

Christian	HR Dev Number: 01CADE4A
Mark	HR Dev Number: 62FFCC13
Susan	HR Dev Number: 44FDCC14
Anna	HR Dev Number: 32FEBA12

Sync Users Delete All

## Android



Selfloops Group Fitness

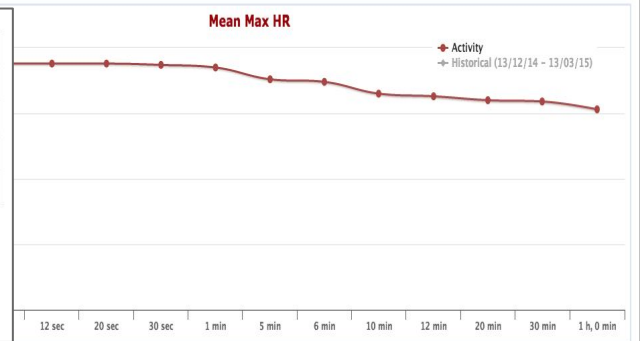
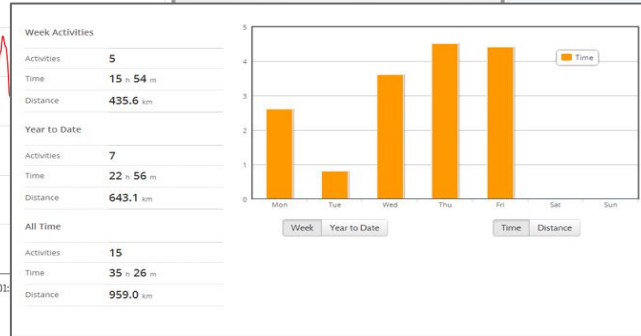
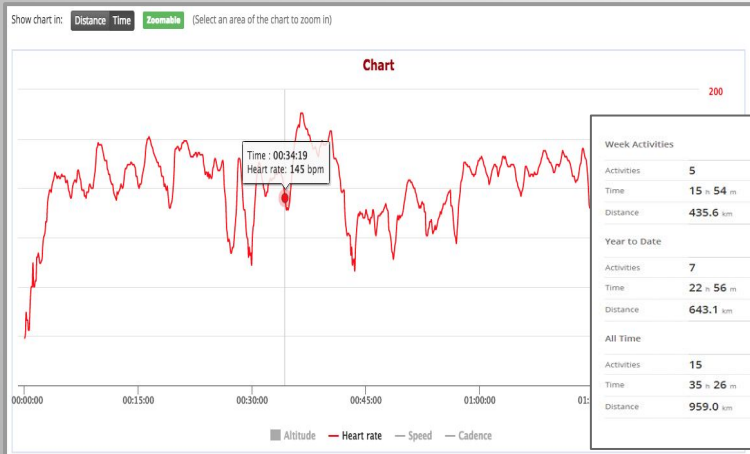
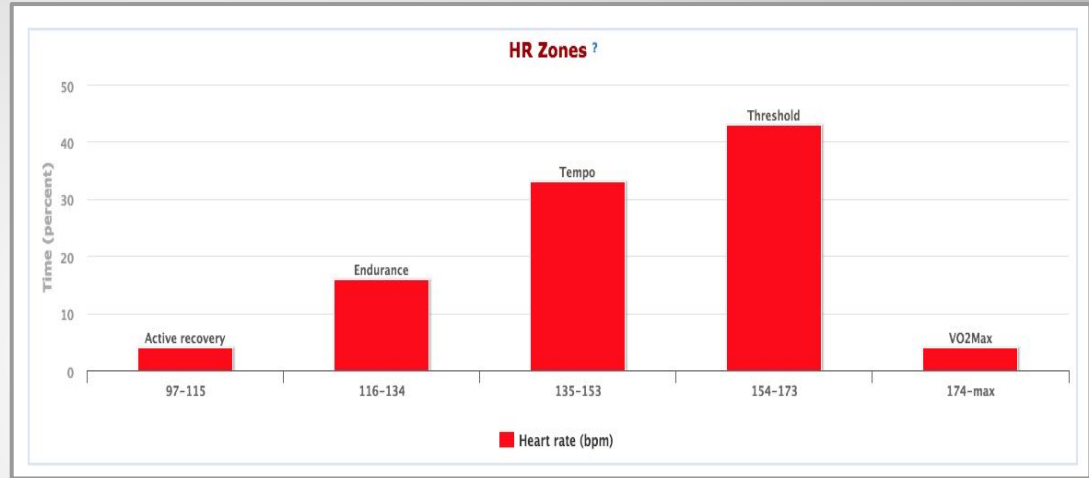
Christian	HR dev number	01CADE4A
Susan	HR dev number	44FDCC14
Mark	HR dev number	62FFCC13
Anna	HR dev number	32FEBA12

Add User



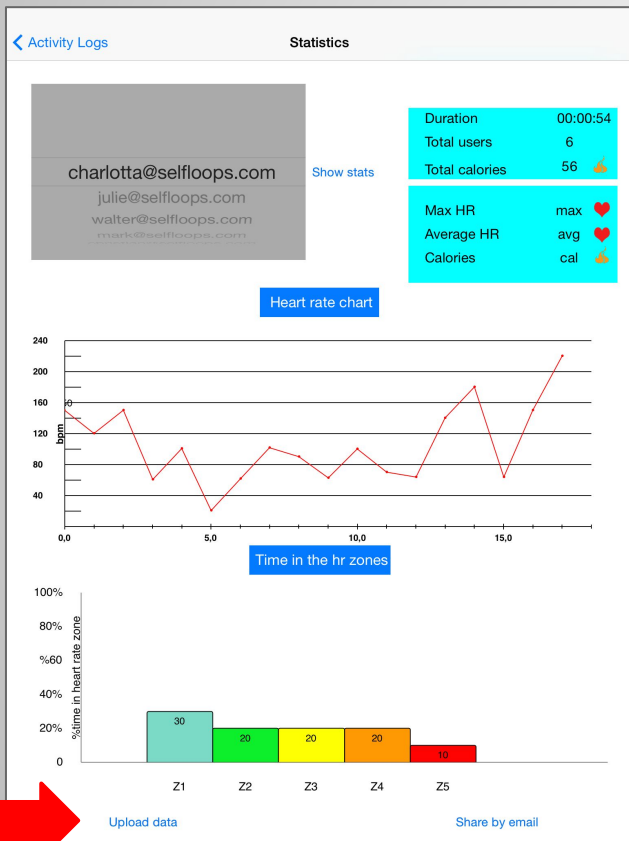
# Advanced data analysis on SelfLoops.com

By uploading the sessions in the SelfLoops Cloud you will give users the ability to check their data, visualize their performance and have a training diary.

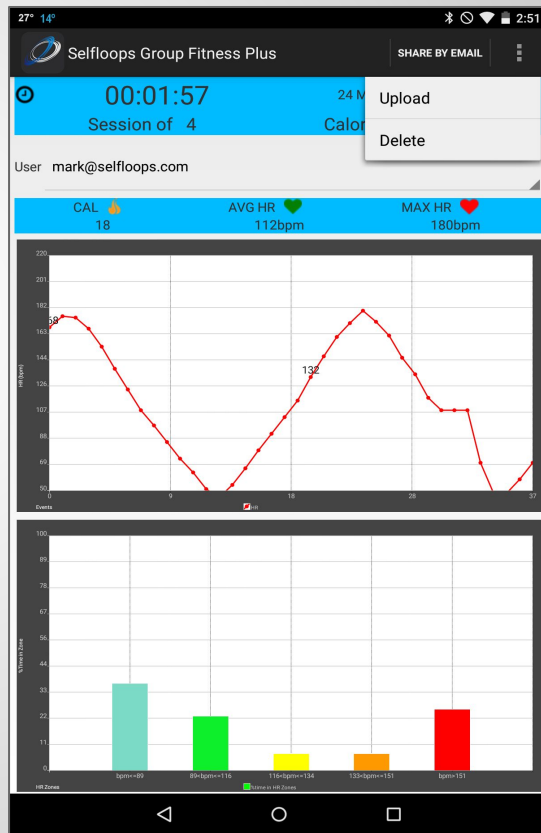


# Upload data on SelfLoops.com

iPad



Android



The scope of the app is to make people aware of their fitness performance and to train more effectively when real-time intensity feedback is given. With this app coaches can monitor their class and train people according to their fitness intensity zones.

**Committed, controlled - take your classes to the next level!**



# Contacts

SelfLoops Group Fitness webpage:

<http://www.selfloops.com/products/groupfitness.html>

email: [sales@selfloops.com](mailto:sales@selfloops.com)

