

SelfLoops Group Fitness PLUS
Apple TV



What You Need

Just an Apple TV and the heart rate monitors



Compatible HRMs

Selfloops HRMs, Polar HRMs, Polar Watches and Polar activity trackers with optical HRMs and the Apple Watch

With the use of a selfloops repeater we support ANT+ HRMs like Garmin, Wahoo Fitness, Scosche Rhythm+ and many others.

Comprehensive list:

<https://www.thisisant.com/directory/selfloops-group-fitness/>



Getting started

Download the app from the [App Store](#)

Put the heart rate monitor on, check that it is moist and comfortably tight.



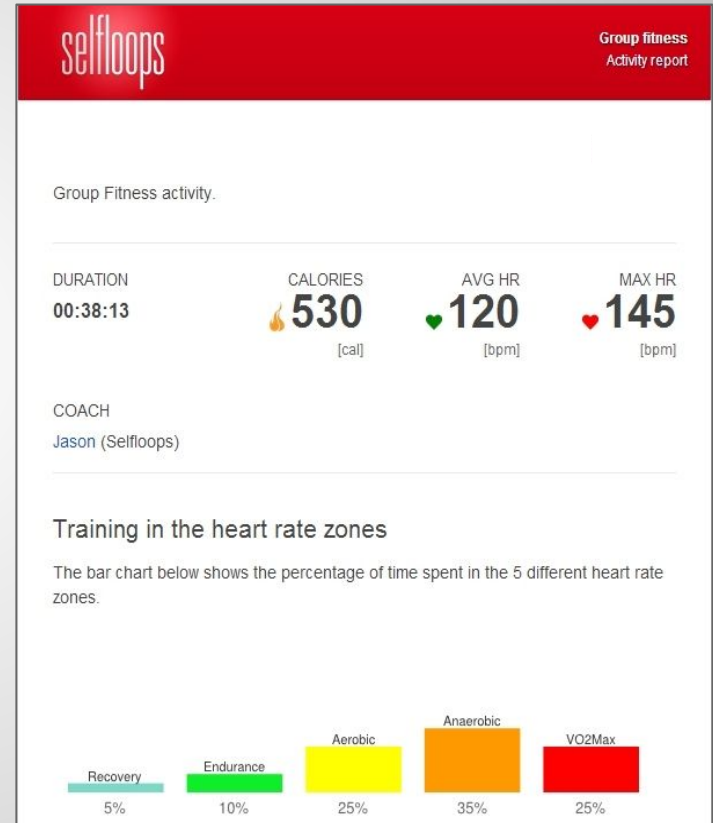
Email reports after the session

During the workout users can see their live heart rates on screen with the percentage on their max and calories burned.

At the end of the sessions these statistics are available:

- Calories
- Max heart rate
- Average heart rate
- Bar chart with the percentage of time spent in the heart rate zones

The coach can send an email report with the summary of the session.



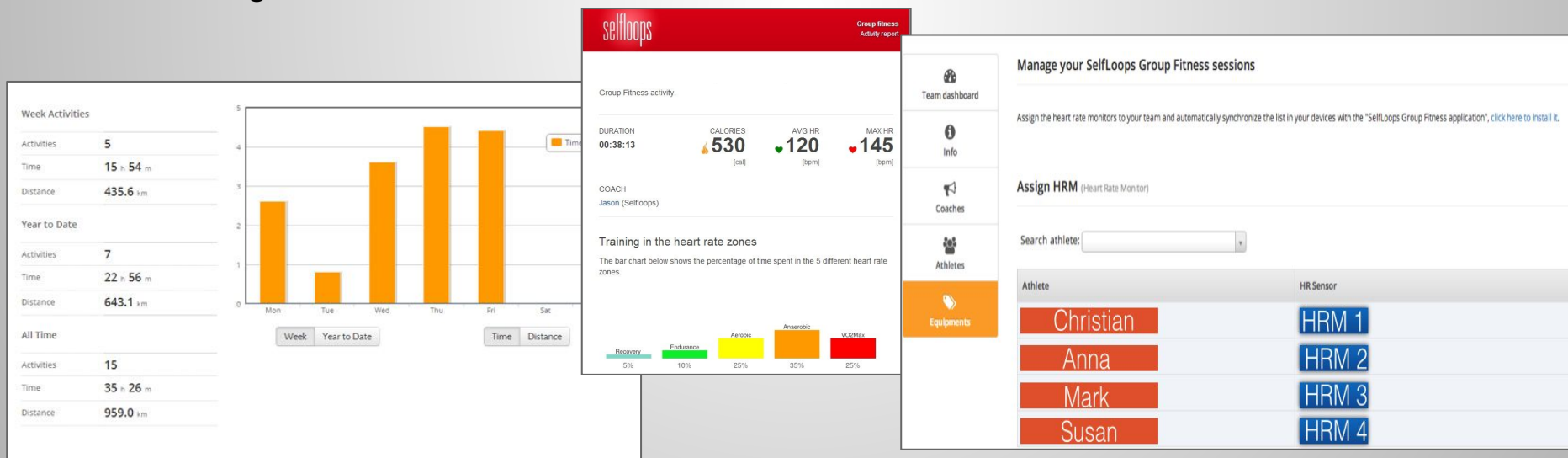
SelfLoops Cloud

The SelfLoops Cloud Services include:

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

Diary and advanced data analysis in the SelfLoops website (users need a premium account).

User management in the website



Contacts

SelfLoops Group Fitness

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

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