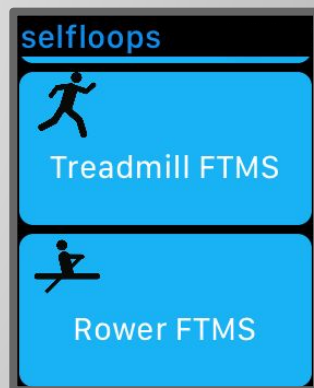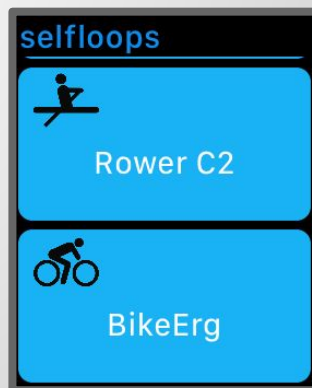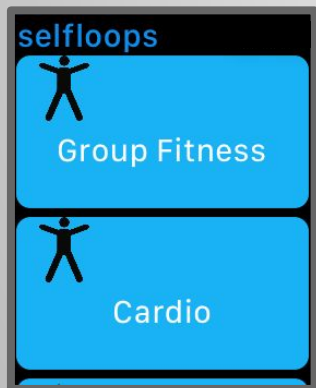# Selfloops
with the Apple Watch

Choose your workout

Group Fitness is for workouts with the Selfloops Group Fitness app
Cardio is for cardio workouts
Rower C2 is for workouts with Concept2 indoor rowers with the PM5 monitor
BikeErg and SkiErg is for Concept2 machines with PM5
Bike FTMS, TreadMill FTMS and Rower FTMS are for fitness machines that support the FTMS Bluetooth standard

selfloops
Group Fitness
Cardio

selfloops
Rower C2
BikeErg

selfloops
SkiErg
Bike FTMS

selfloops
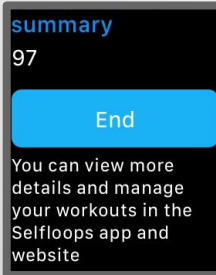Rower C2
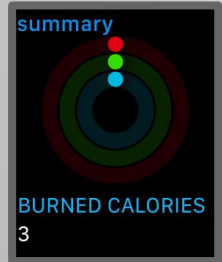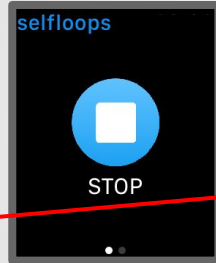BikeErg

selfloops
Treadmill FTMS
Rower FTMS

The Group Fitness experience with the Apple Watch

Group Fitness

The "Group Fitness" workout tracks your heart rate and transmits the data to the Selfloops Group Fitness application

CONNECTION STATUS
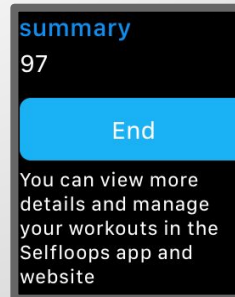
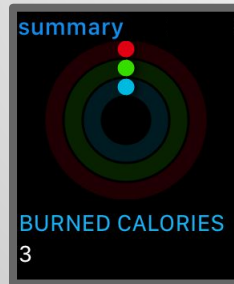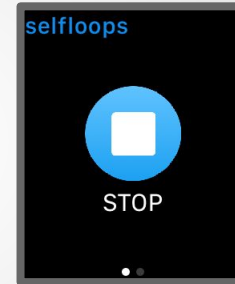Everything is OK

Subscription required
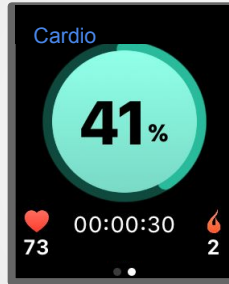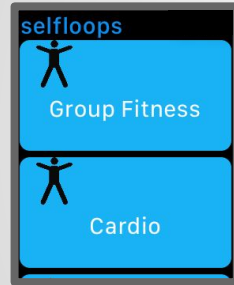
Username or password wrong
(go and login on your iPhone app)

No Internet Connection

Cardio

The "Cardio" workout tracks your heart rate data. At the end of the session, your workout will be available in the Selfloops website and in the iPhone app.

Five different heart rate zones on your wrist

Concept2 Rowing

The Rower C2 workout works with Concept2 rowers with a PM5 monitor. At the end of the session your workout will be available in the Selfloops website and in the iPhone app.
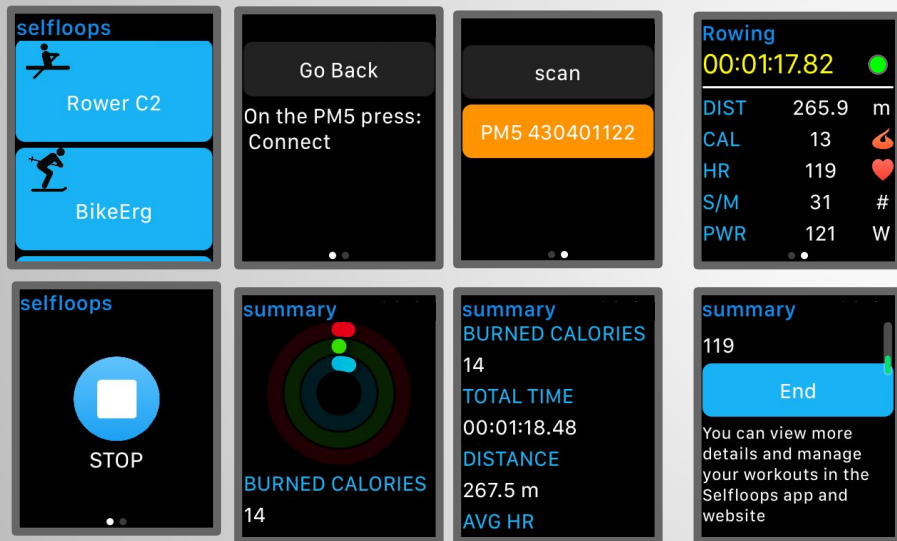
To connect the app with the rower
on the PM5 press:
Connect

If you want to use your own heart rate monitor and not the Apple Watch built-in heart rate monitor
on the PM5 press:
Connect ->
Connect Heart Rate

Concept2 Rowing on PM5 **with older software**

The Rowing workout works with Concept2 rowers with a PM5 monitor. At the end of the session, your workout will be available in the Selfloops website and in the iPhone app.

selfloops

Rower C2

BikeErg

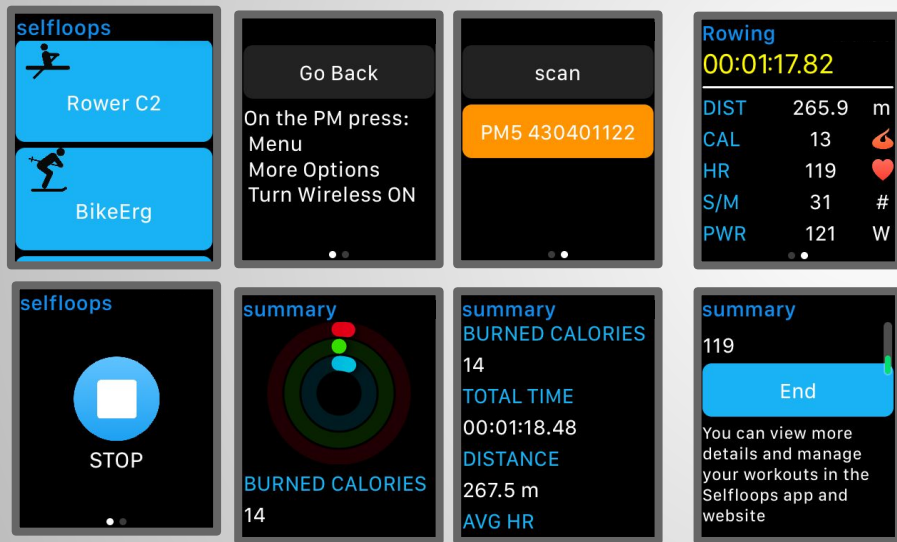
Go Back

On the PM press:
Menu
More Options
Turn Wireless ON

---

scan

PM5 430401122

Rowing
00:01:17.82

DIST	265.9	m
CAL	13	🔥
HR	119	❤️
S/M	31	#
PWR	121	W

---

selfloops

⏹

STOP

---

summary

BURNED CALORIES

---

summary
BURNED CALORIES
14
TOTAL TIME
00:01:18.48
DISTANCE
267.5 m
AVG HR

---

summary
119

End

You can view more details and manage your workouts in the Selfloops app and website

---

On PM5 software:
Menu ->
More Options ->
Turn Wireless ON

If you want to use your own heart rate monitor and not the Apple Watch built-in heart rate monitor
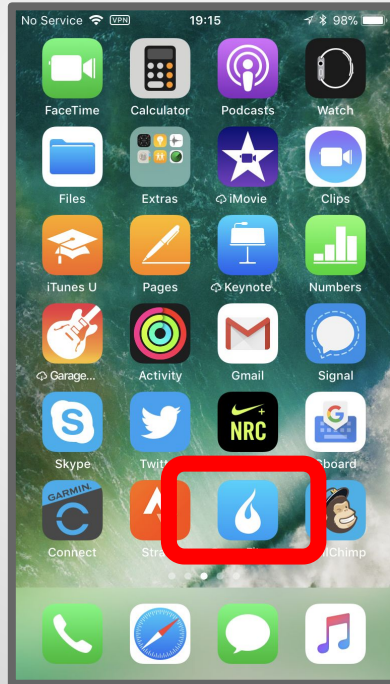on the PM5 press:
Menu ->
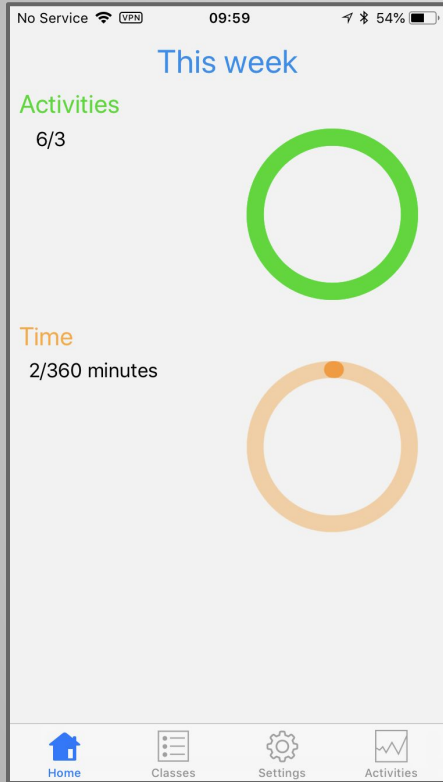**More Options ->**
Connect Heart Rate

Download the Selfloops Spark app

The Selfloops Spark iPhone app includes the Apple Watch app
Download it [here](#).

The Selfloops Spark iPhone app

Weekly stats

No Service 📶 VPN 09:59 📍 ⚡ 54% 🔋

This week

Activities
6/3

Time
2/360 minutes

Home | Classes | Settings | Activities

Classes

I WIND 📶 VPN 09:59 ⚡ 54% 🔋

Classes

Tuesday, 6 March 2018 at 07:00
HIIT
with   mark   enrolled
Group Fitness

Tuesday, 6 March 2018 at 09:00
Cardio
with   John   enrolled
Group Fitness

Tuesday, 6 March 2018 at 19:00
Afternoon HIIT
with   Mark   enrolled
Group Fitness

Wednesday, 7 March 2018 at 07:00
HIIT
with   mark   enrolled
Group Fitness

Home | Classes | Settings | Activities

Settings

I WIND 📶 VPN 09:59 📍 ⚡ 54% 🔋

⌚ Apple Watch setup

account	
unit	Metric Imperial
weight	161 lbs
gender	M
max heart rate	180

Home | Classes | Settings | Activities

Workouts

I WIND 📶 VPN 09:59 📍 ⚡ 54% 🔋

Activities

5 Mar 2018 at 08:45
00:01:21   7 Cal

5 Mar 2018 at 08:42
00:01:27   5 Cal

3 Mar 2018 at 11:01
00:02:22   31 Cal   500 m

1 Mar 2018 at 10:43
00:08:18   28 Cal

1 Mar 2018 at 10:41
00:01:27   14 Cal   250 m

28 Feb 2018 at 09:35
00:01:33   14 Cal   268 m

28 Feb 2018 at 09:34
00:00:04   0 Cal

27 Feb 2018 at 16:55
00:01:36   26 Cal   399 m
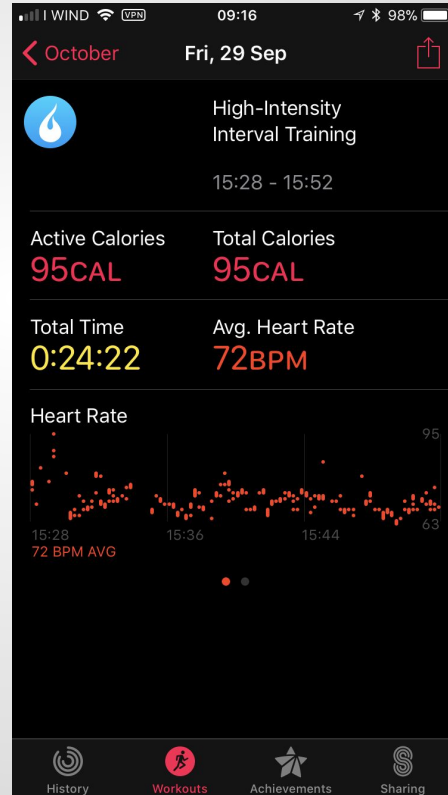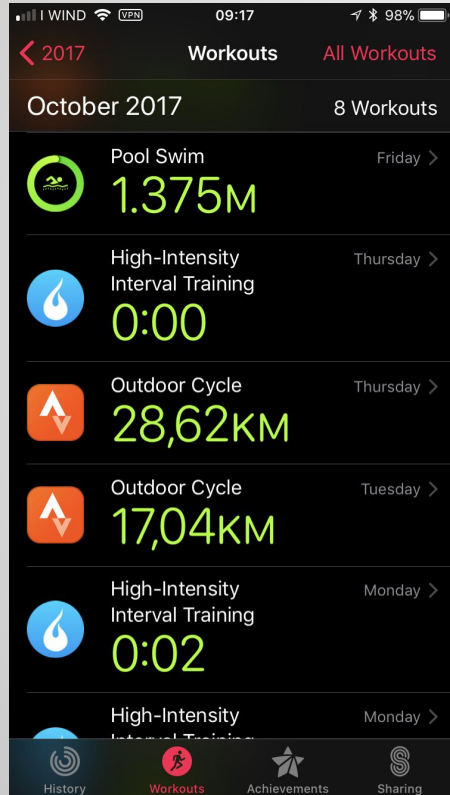
Home | Classes | Settings | Activities

Grant the permissions to enable
the Apple Watch app to work
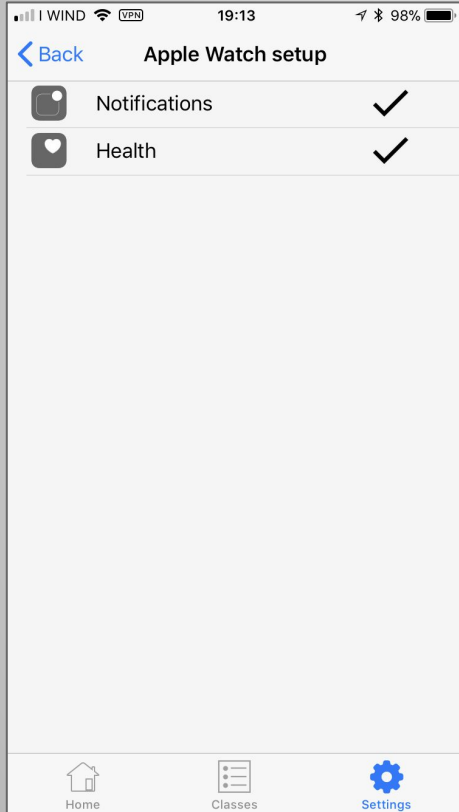
Health permissions are required to read the heart rate, synchronize your workouts with the Apple Activity app, send you notifications with a summary of the workout.
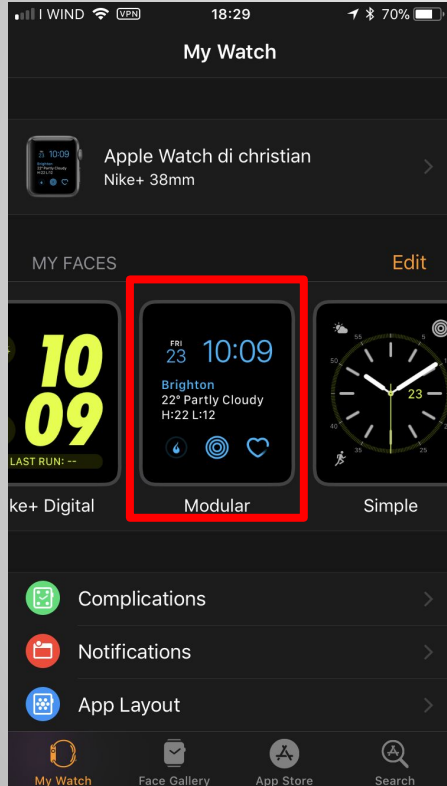
After that you can start the Watch app.

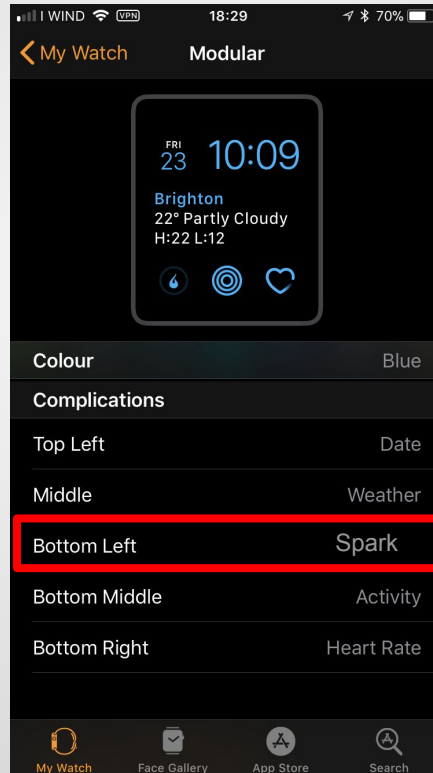# Workouts are synchronized with the Apple Activity app

Add the Spark complication on your Watch face

Open the Apple Watch app and select your Watch face

Choose the Spark complication

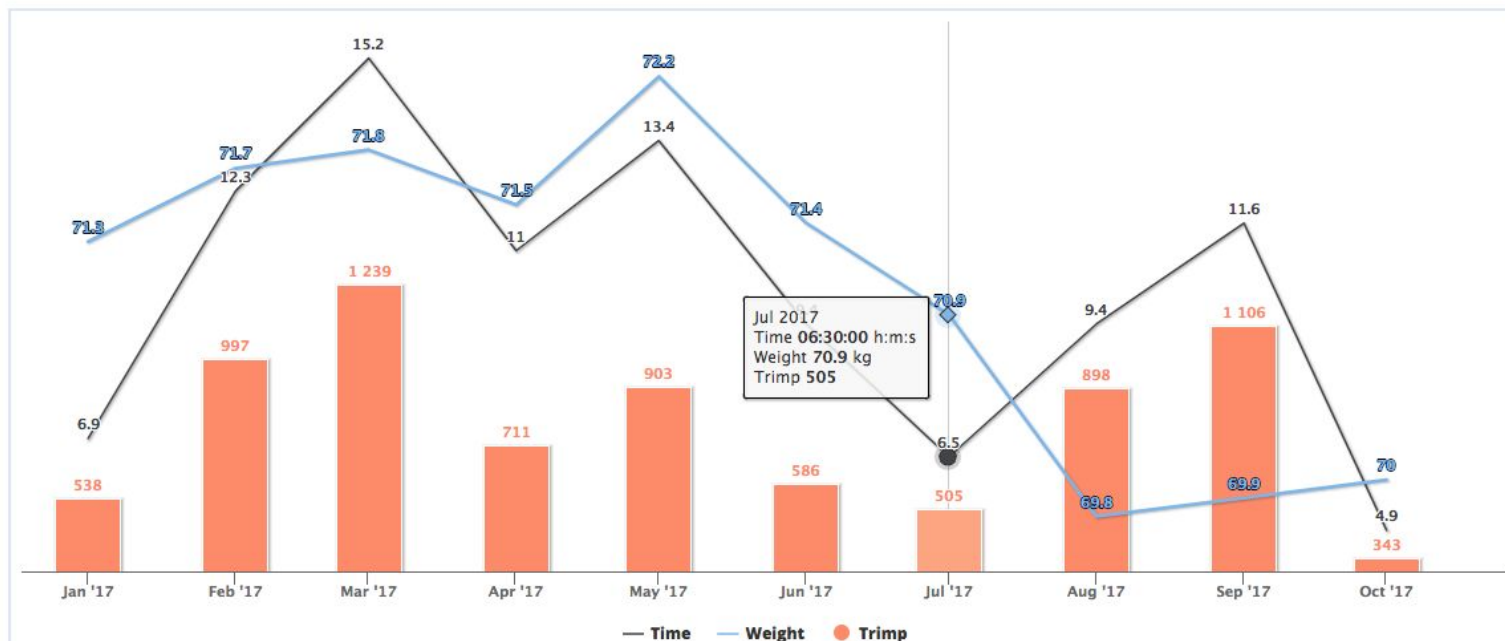**The app icon will be on your Apple Watch screen, ready to be launched**

Advanced analysis of your workouts on the website

Group Fitness service
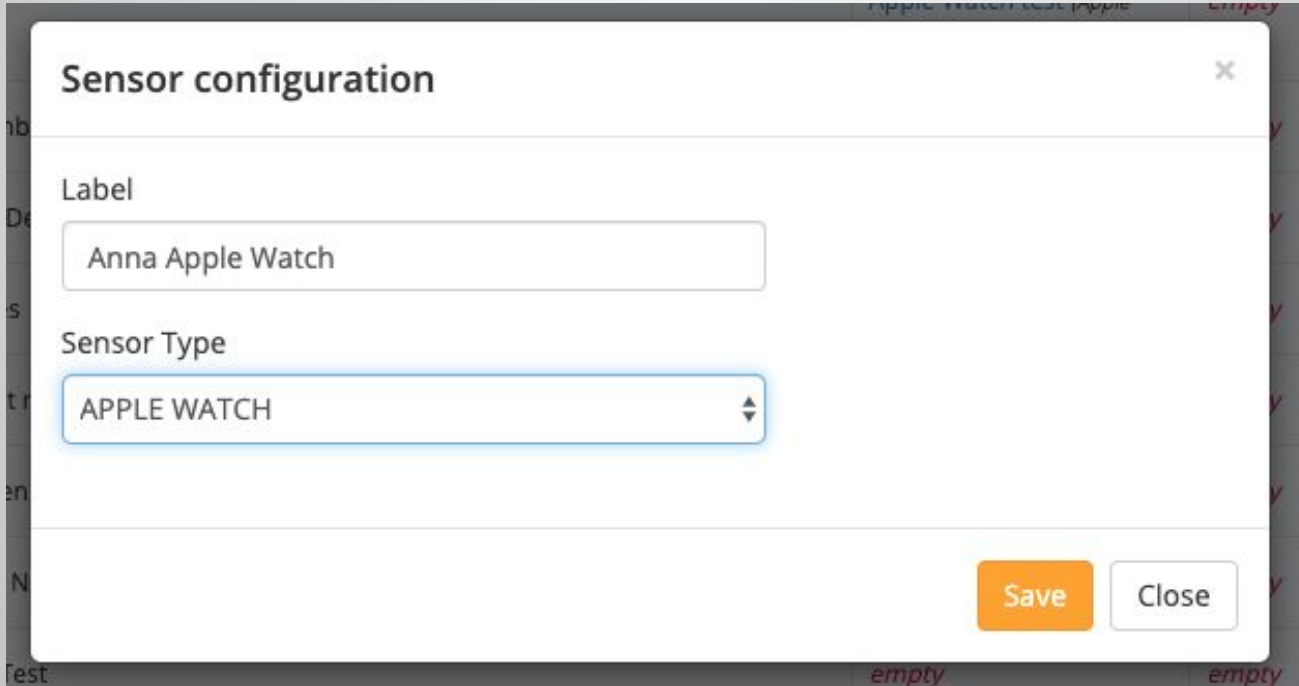# for the Coach/Manager

How to manage users with the Apple Watch
for the Group Fitness service

Coach

Add the Apple Watch in the Equipments section.
Add a sensor with sensor type: Apple Watch.
There is no need to add an ID.

Sensor configuration

Label

Anna Apple Watch

Sensor Type

APPLE WATCH

Save   Close

Coach

Assign the Apple Watch HR to the user in the Equipments section

Requirements to use the Apple Watch with the Group Fitness app

The Selfloops Group Fitness app must be connected to the Internet

The Apple Watch must be connected to the Internet

Connect the Apple Watch to the Internet (1/2)

From the Apple support web page. (Refer to Apple support for the most updated info.)

You need to turn on Wi-Fi and Bluetooth on your paired iPhone. Swipe up on your iPhone to open Control Center. Then make sure Wi-Fi and Bluetooth are on.

Your Apple Watch uses Wi-Fi and Bluetooth to communicate with your paired iPhone, switching between connections as needed:

- Your Apple Watch uses Bluetooth when your iPhone is near, which conserves power.
- If Bluetooth isn't available, your Apple Watch will try to use Wi-Fi. For example, if compatible Wi-Fi is available and your iPhone isn't in Bluetooth range, your Apple Watch uses Wi-Fi.

Connect the Apple Watch to the Internet (2/2)

Your Apple Watch can connect to a Wi-Fi network:

- If your iPhone, while connected to your watch with Bluetooth, has connected to the network before.
- If the Wi-Fi network is 802.11b/g/n 2.4GHz.

If you have an Apple Watch 3 with cellular connectivity, the Watch itself can connect to the Internet without the need of a WiFi connection.

More info, Apple support: https://support.apple.com/en-us/HT204562

The Group Fitness service in action
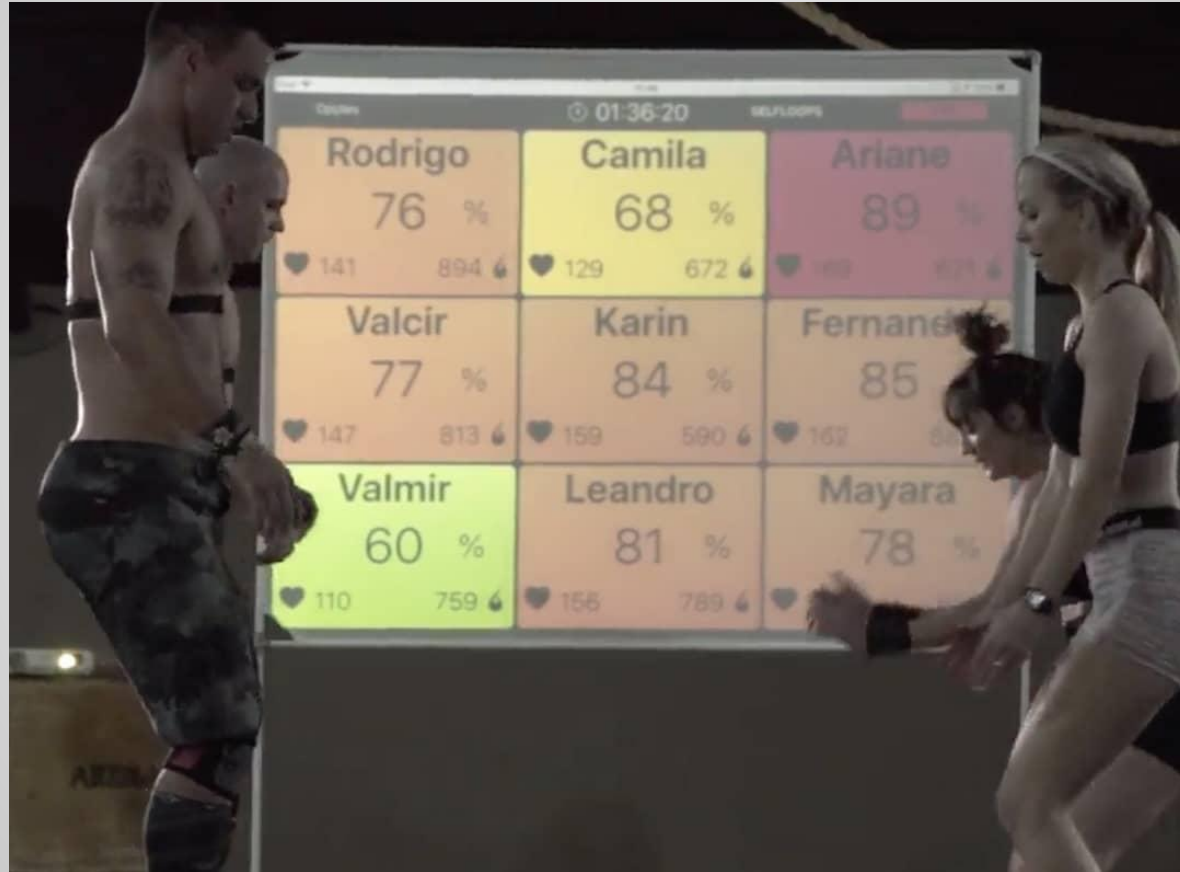
Contacts

SelfLoops Group Fitness webpage:

https://www.selfloops.com/products/groupfitness.html

email: sales@selfloops.com