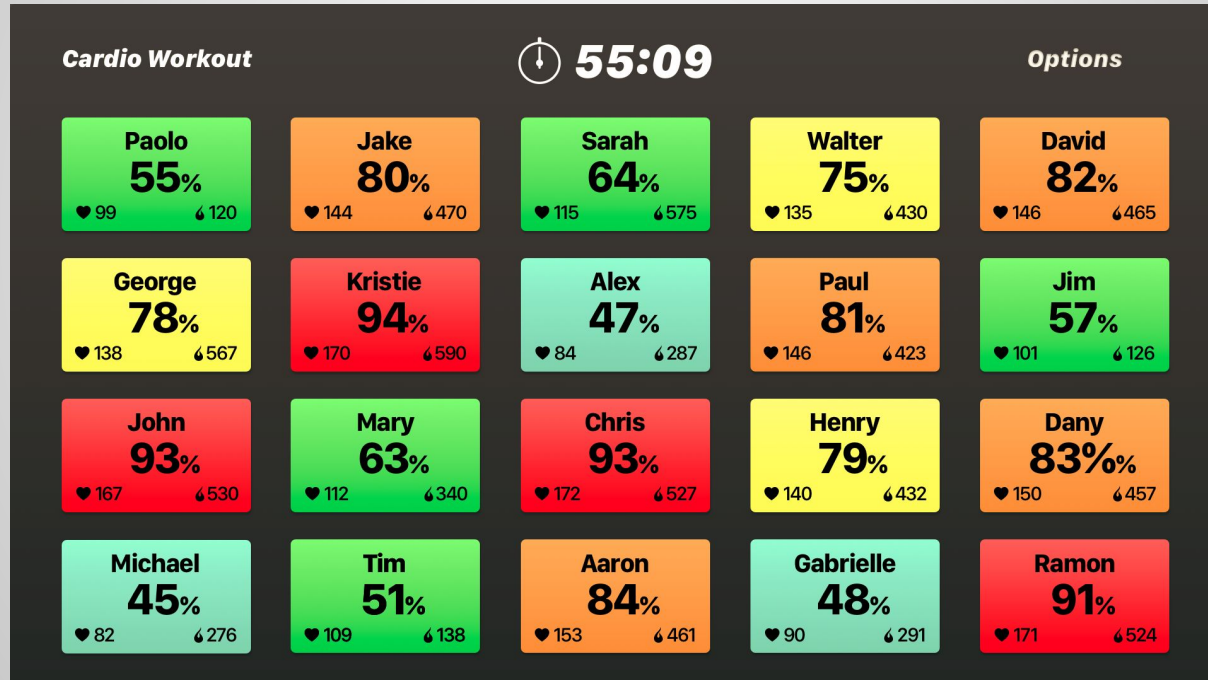


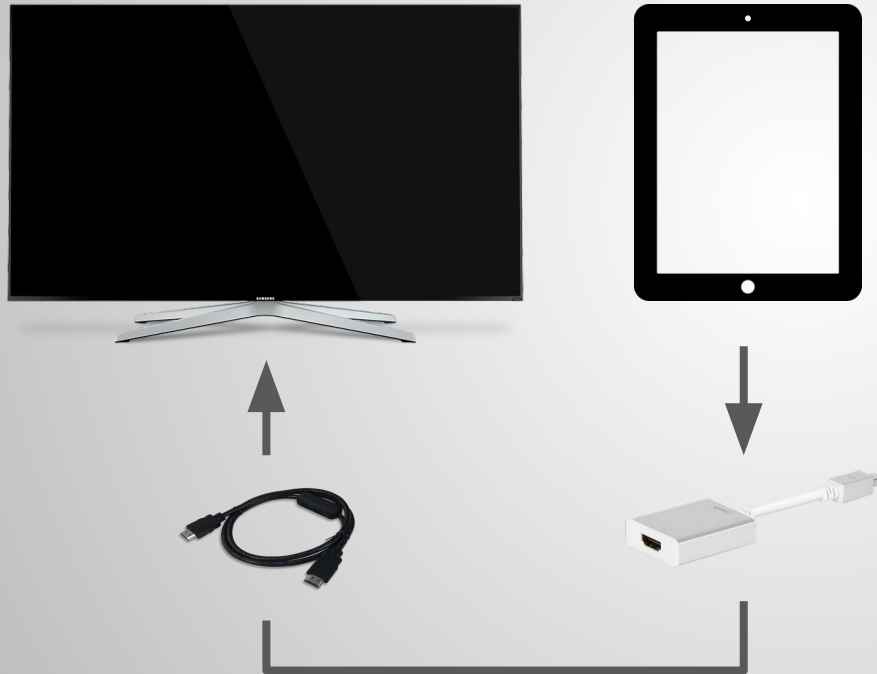
SelfLoops Group Fitness PLUS iPad



Add value and motivation to your class!



How to connect the iPad to a TV



Two options

With an HDMI cable and an Apple [lightning digital AV adapter](#)

or wirelessly using an Apple TV and AirPlay Mirroring.

<https://support.apple.com/en-us/HT201335>

Compatible HRMs

Selfloops HRMs, Polar HRMs, Polar Watches and Polar activity trackers with optical HRMs, the mioPod by MioLabs 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.

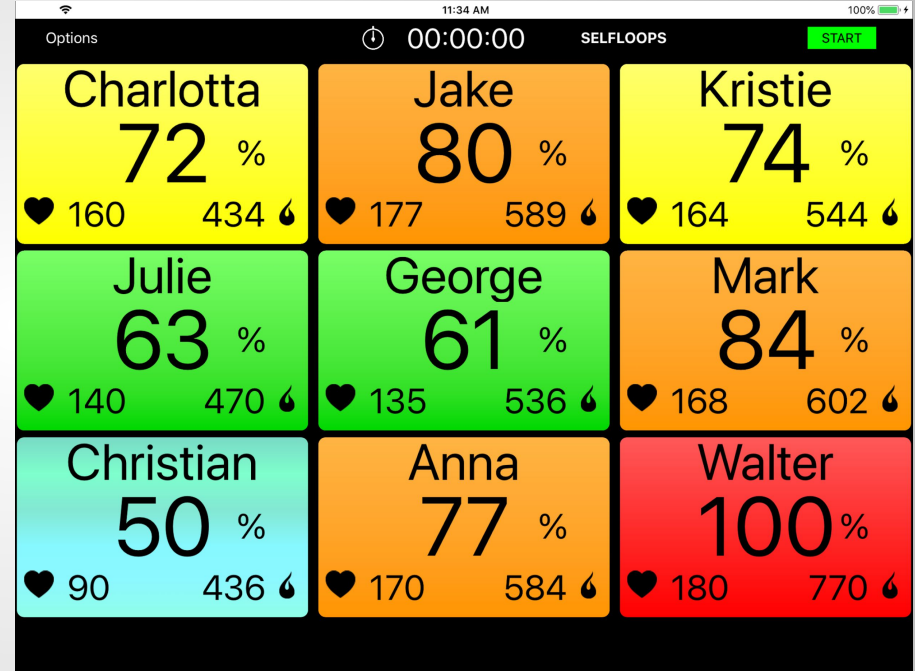


Start the Session - iPad

Press the start button.

The application will automatically search for the heart rate monitors.

Tiles will appear on the screen as new heart rate monitors are discovered.



Register the user

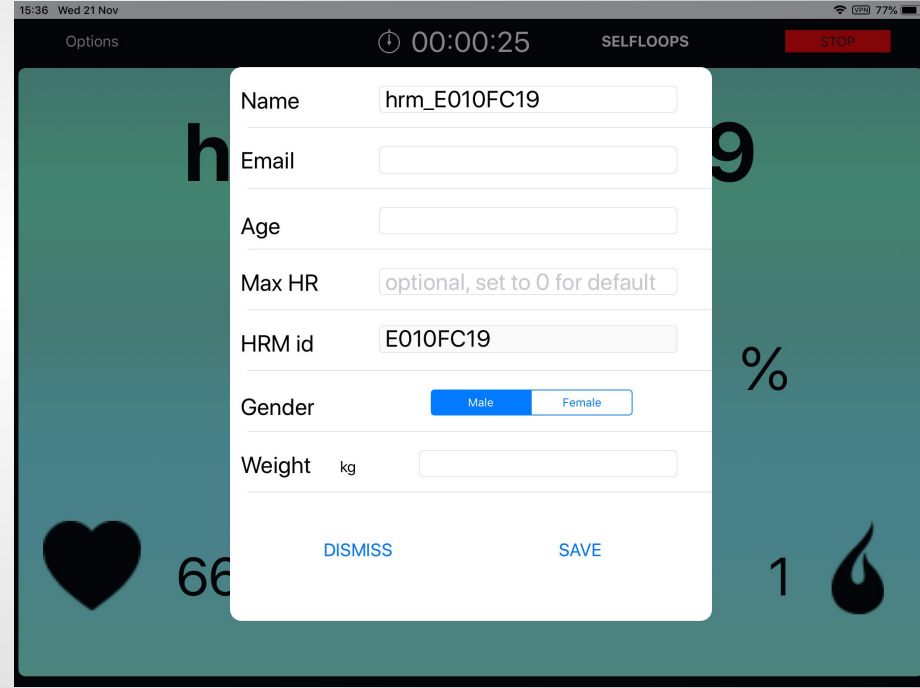
Press the tile to create an association between the heart rate monitor and the user.

This process should be done only once.

The application will automatically remember the association in future sessions.

We *recommend* you use our **Cloud services** to manage users and their associations with the heart rate monitors.

Please check our Cloud service manual and Class management system.



The screenshot shows the SELFLOOPS app interface. At the top, the status bar displays the time 15:36, date Wed 21 Nov, and battery level 77%. The app header includes 'Options', a timer at 00:00:25, the text 'SELFLOOPS', and a red 'STOP' button. The background features a teal gradient with large, faint letters 'h' and '9', a heart icon, the number '66', a percentage sign, and the number '1' next to a flame icon. A white registration form is centered on the screen with the following fields: 'Name' (filled with 'hrm_E010FC19'), 'Email' (empty), 'Age' (empty), 'Max HR' (filled with 'optional, set to 0 for default'), 'HRM id' (filled with 'E010FC19'), 'Gender' (radio buttons for 'Male' and 'Female', with 'Male' selected), and 'Weight' (empty, with 'kg' as a unit label). At the bottom of the form are two buttons: 'DISMISS' and 'SAVE'.

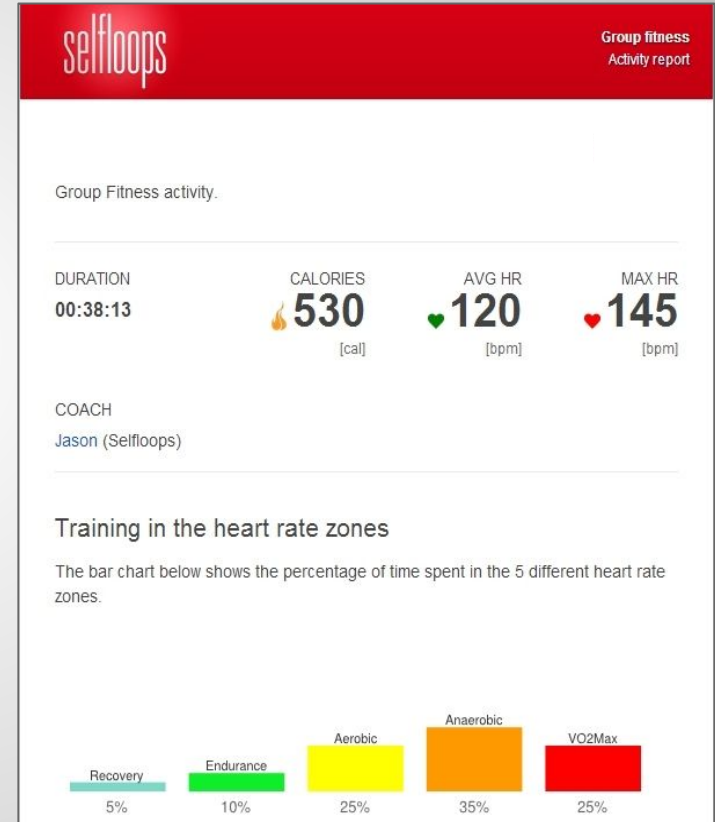
Email reports after the session

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.



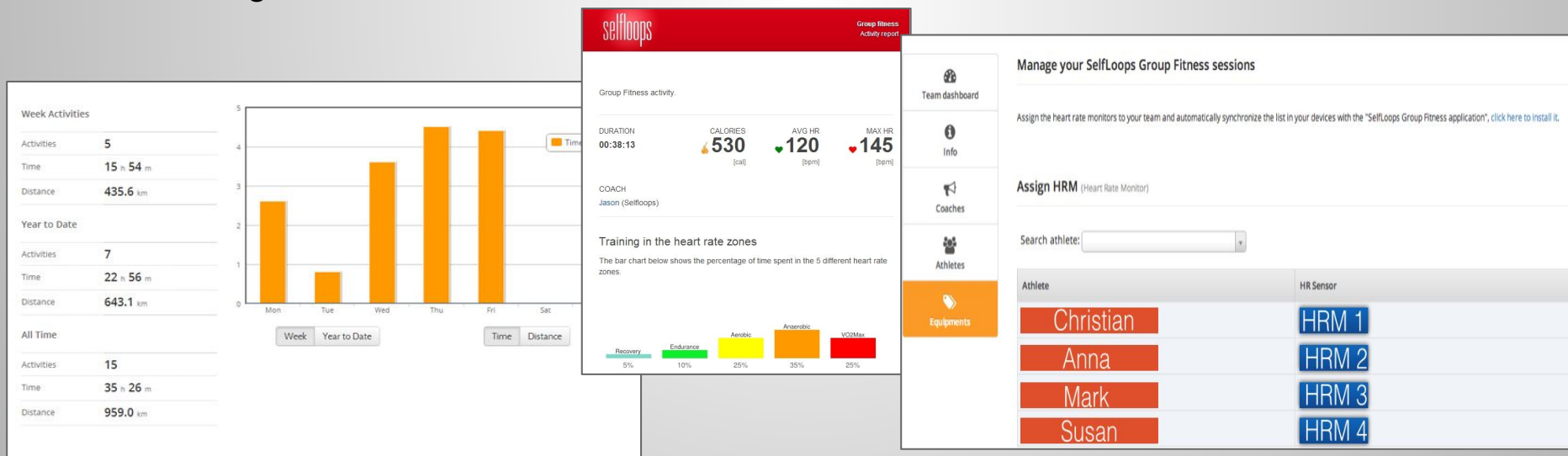
SelfLoops Cloud

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>

email: sales@selfloops.com

