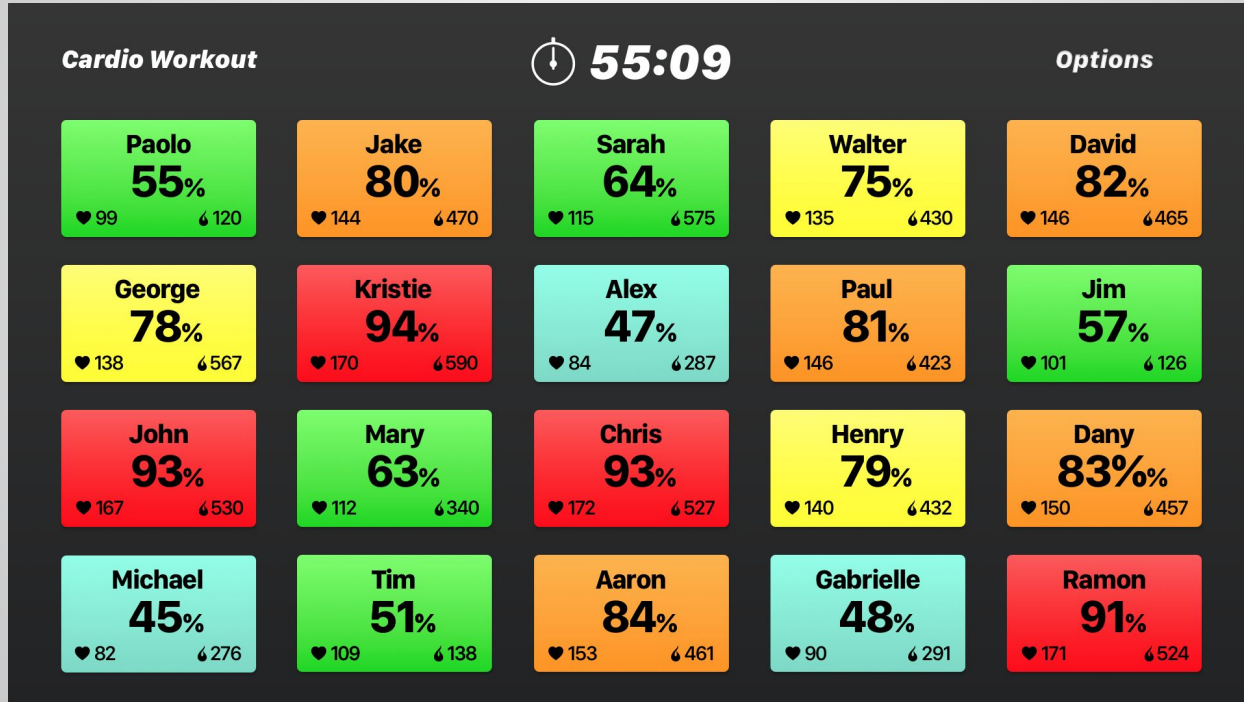


# SelfLoops Group Fitness Plus Android



# Add value and motivation to your class!



# What you need

## ANTENNA

### Android ANT USB Stick Support



Device w/ USB OTG Support

+



USB OTG Cable

+



ANT USBm or USB2 Stick

Android device with USB Host support

A USB OTG cable and an ANT Stick  
(for example the Garmin ANT stick).

## How to connect to a TV



An HDMI cable if your device has a HDMI port  
Or a Google ChromeCast

[https://store.google.com/product/chromecast\\_2015](https://store.google.com/product/chromecast_2015)

# Install the following apps

Install from the Google Play store the following applications on your device

**[ANT Radio Service](#)**

**[ANT+ Plugins](#)**

**[ANT USB service](#)**

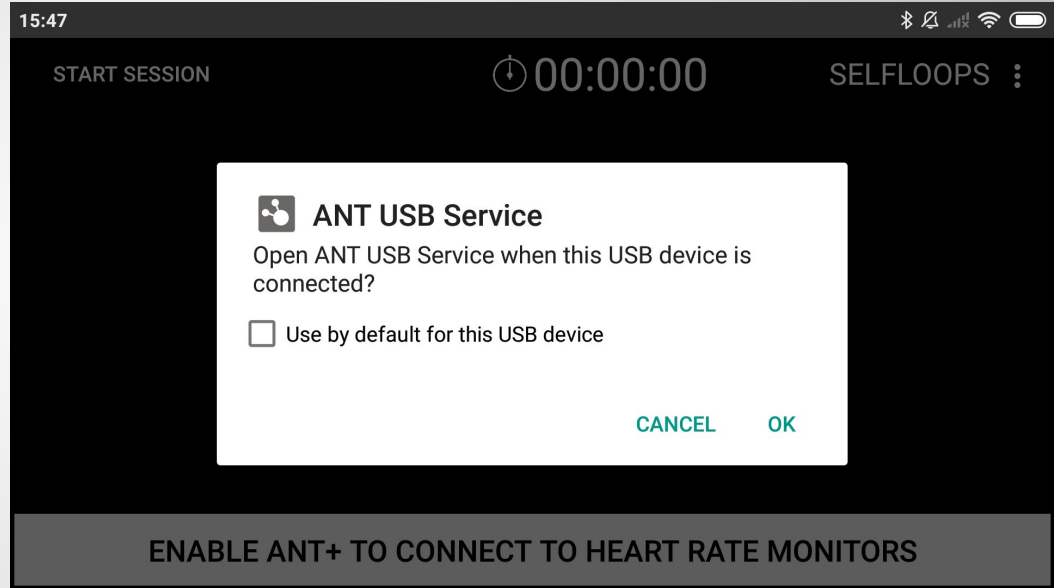
**[Group Fitness Plus](#)**

# Enable ANT

Connect the ANT accessory in the USB port of your Android device.

Press OK

Now ANT is enabled, you are ready to start the session



# Compatible HRMs

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

Any ANT+ HRMs, like Garmin, Wahoo Fitness, Scosche Rhythm+ and many others.  
Comprehensive list:

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



# Getting started

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

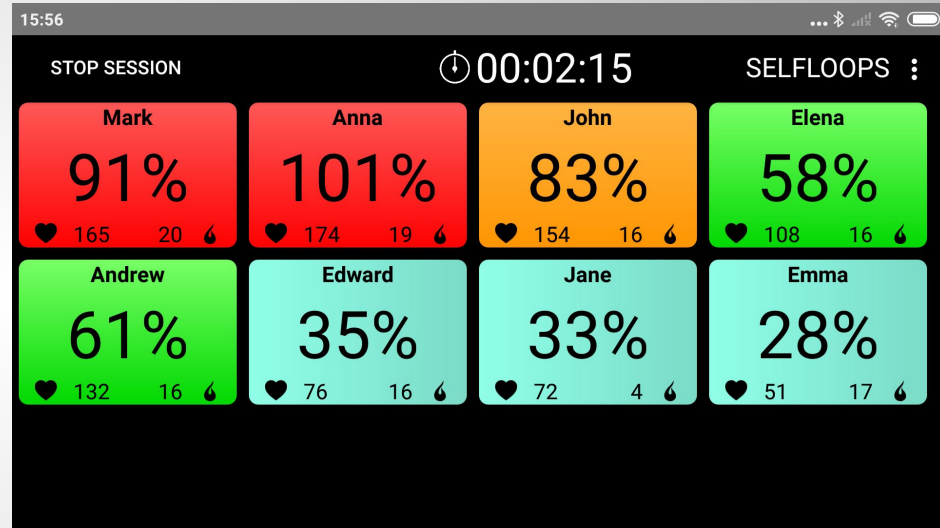


# Starting the session

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

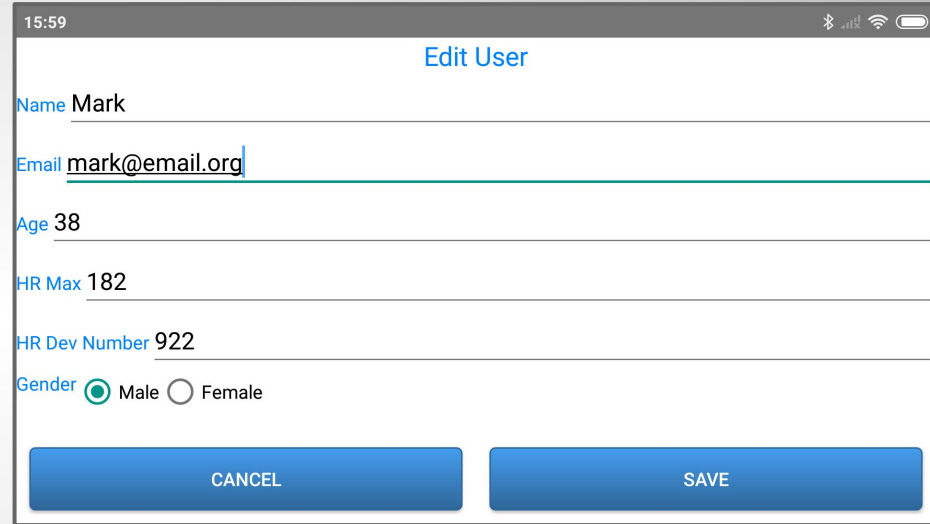
Press the tile to create an association between the heart rate monitor and the user.

This process should be done only once.

The application will automatically remember the association in future sessions.

Remember to set the email

We recommend you use our **Cloud services** to manage users and their associations with the HRM sensors.



The screenshot shows a mobile application interface for editing a user. The status bar at the top displays the time 15:59 and icons for Bluetooth, cellular signal, Wi-Fi, and battery. The title bar is labeled 'Edit User' in blue text. The form contains the following fields:

- Name:** Mark
- Email:** mark@email.org (highlighted with a green border)
- Age:** 38
- HR Max:** 182
- HR Dev Number:** 922
- Gender:** Male (selected with a green radio button) and Female (unselected with a grey radio button)

At the bottom, there are two blue buttons: 'CANCEL' and 'SAVE'.

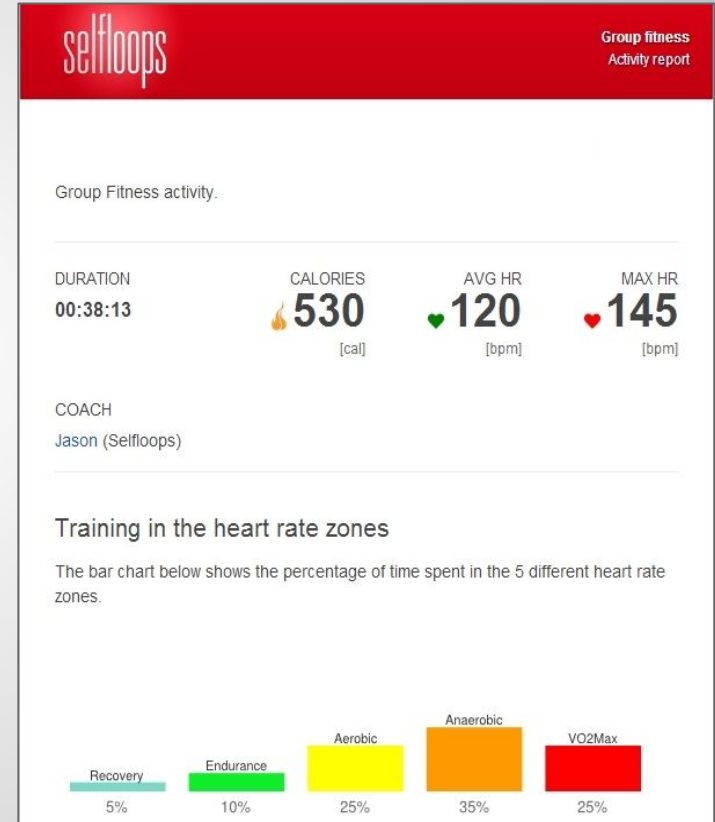
# Email reports after the session

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.



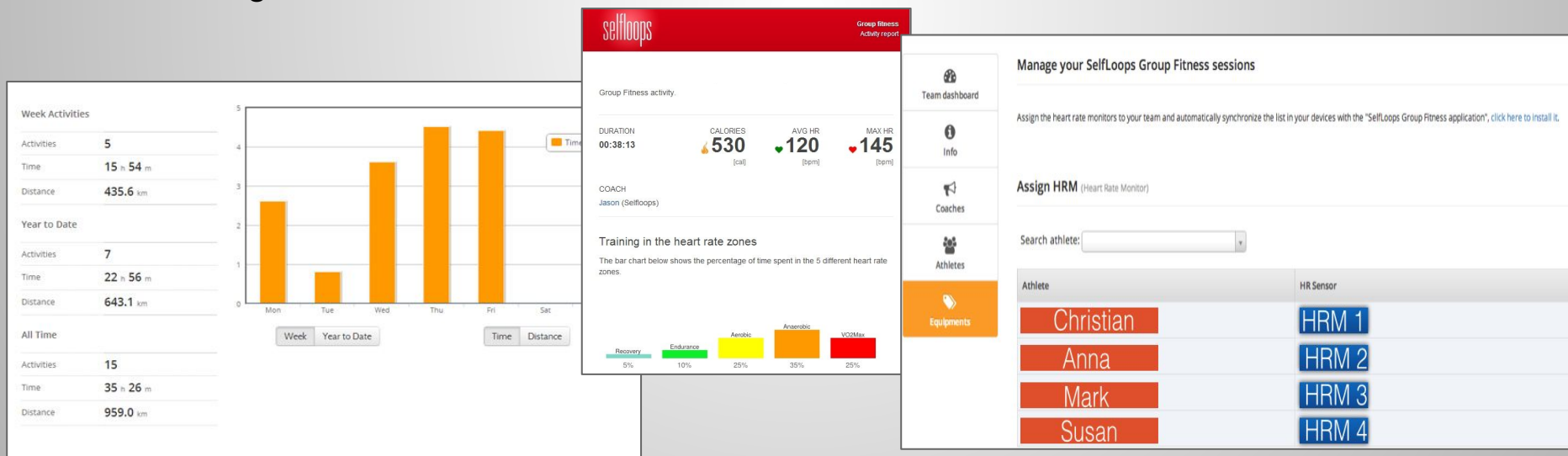
# SelfLoops Cloud

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>

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