

SelfLoops Group Fitness Premium



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

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 Premium](#)

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/>

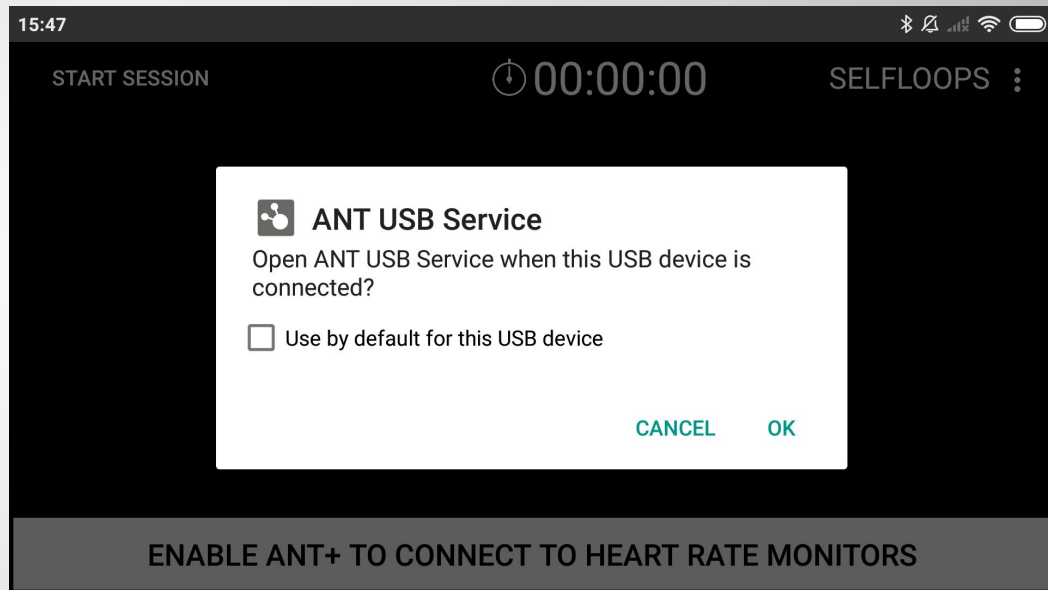


Enable ANT

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

Press OK

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



Wearing a HR monitor

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



Bike Power sensors

We support bike power sensors that adhere to the ANT+ standard.

From a comprehensive list of supported bike power sensors [check our website](#).

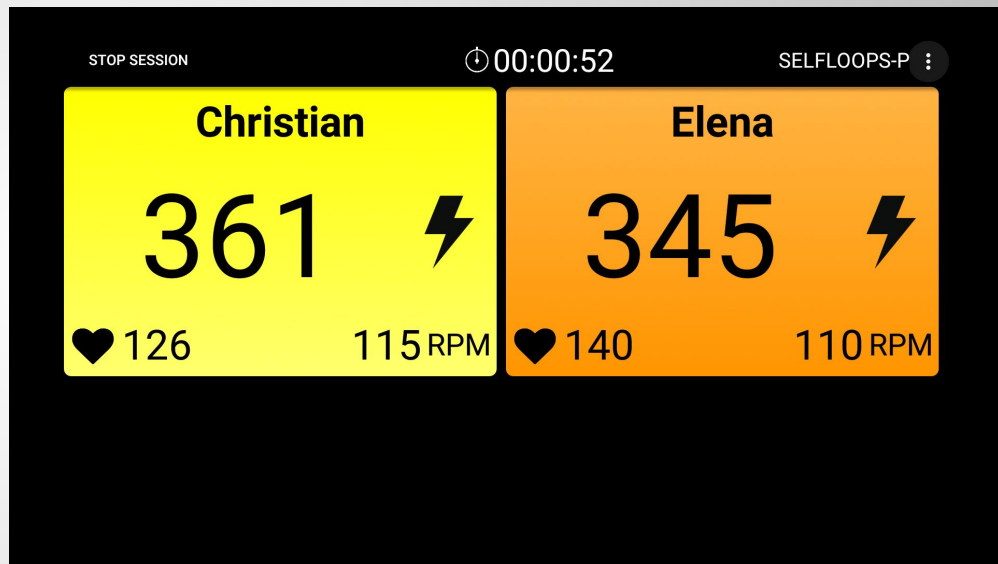


Starting the session

Press the start button.

The application will automatically search for the heart rate monitors and power sensors.

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



Register the user

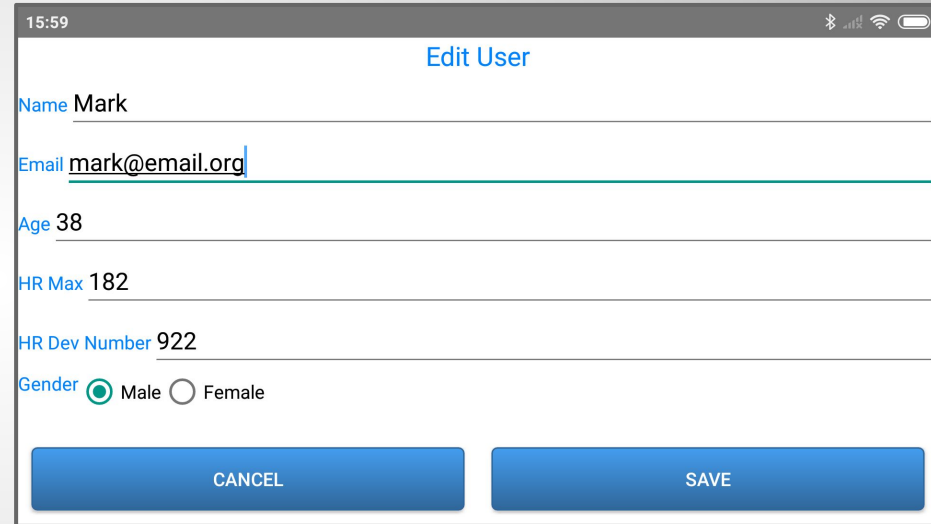
Press the tile to create an association between the sensors and the user.

This process should be done only once.

The application will automatically remember the association in future sessions.

Remember to set the email if you want to record the sessions. Also enable “recording” in the app settings.

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



The screenshot shows a mobile application interface for editing a user. At the top, the status bar displays the time 15:59 and icons for Bluetooth, cellular signal, Wi-Fi, and battery. The app title bar is white with the text 'Edit User' in blue. The form fields are as follows:

- Name:** Mark
- Email:** mark@email.org (with a blue underline)
- 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' on the left and 'SAVE' on the right.

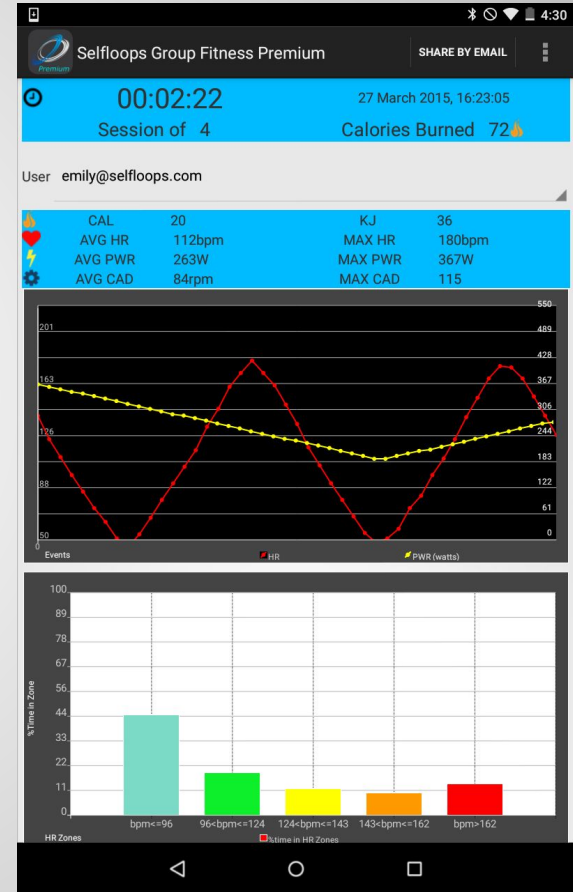
Email reports after the session

During the workout users can see their live heart rate and bike power on screen with the percentage on their max and FTP.

At the end of the sessions these statistics are available:

- Calories and KJ
- Max heart rate, max bike power, max cadence
- Avg heart rate, average power, avg cadence
- Bar chart with the percentage of time spent in the heart rate zones, in the power zones and cadence zones
- Line chart of the heart rate beats and bike power

The coach can send an email report with the summary of the session and upload the session on the Selfloops website.



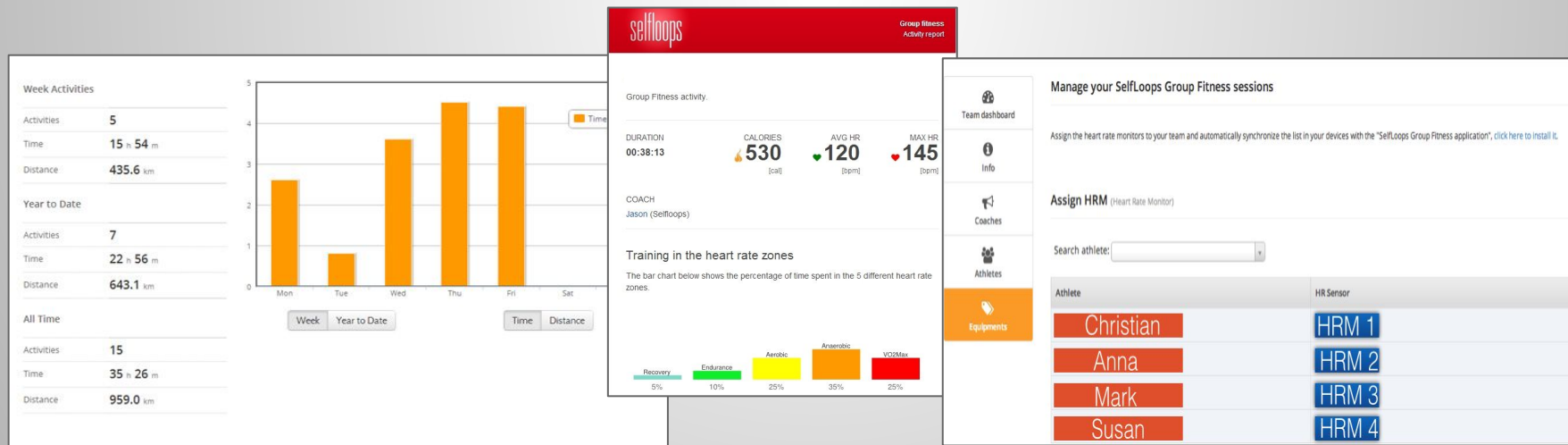
SelfLoops Cloud

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 webpage:

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

email: sales@selfloops.com

