

SELFLOOPS with Garmin watches



selfloops

The logo features the word "selfloops" in a sans-serif font. The letters "self" are in a dark grey color, while the "ps" are in red. The letter "l" is a thin red vertical line. The letter "o" is replaced by a graphic of three overlapping, hand-drawn loops in red and grey, creating a sense of motion and a continuous path.

SELFLOOPS SPARK for GARMIN WEARABLES



5 heart rate color-coded zones

HOW TO USE SELFLOOPS SPARK

The application allows a user to broadcast his/her rate to the SELFLOOPS Group Fitness app.

It is designed for Garmin wearables that have a wrist based heart rate sensor.

Download the application from the Garmin App store using your smartphone

<https://apps.garmin.com/en-US/apps/f8307bc2-b3ed-4f1a-a87f-2518a1e32fcf>

The Spark app broadcasts data using the ANT+ standard, so for the coach, the watch is set up just like any ANT+ heart rate monitor.

Getting Started

Buttons

2 Long Press/Hold - show the Settings Menu

4 - Start the Session

5 - Exit the app

Waiting for heart rate data



Settings Menu

ANT ID

To set up your ANT ID (a value is generated by default, change this value only if needed).

MAX HEART RATE

To set up your max heart rate (a value is generated by default, make sure this value is the same value that is on the Selfloops Spark app)

Buttons

2 - Scroll Up

3 - Scroll Down

4 - Select the option

5 - Go back to the previous screen



Setting your ANT ID

Buttons

2 - Scroll Up

3 - Scroll Down

4 - Add the current selected number. First scroll to OK and then click this button to save the ANT ID

5 - Remove the last number, when all numbers are removed go back to the previous screen



Setting your Max Heart Rate

Buttons

2 - Scroll Up

3 - Scroll Down

4 - Add the current selected number. First scroll to OK and then click this button to save the Max Heart Rate

5 - Remove the last number, when all numbers are removed go back to the previous screen



Workout Screen

Screen with the percentage of Max Heart Rate, Session Time, Heart Rate Beats

Buttons

4 - Menu to Stop the session

5 - Menu to Stop the session



End Workout Screen

Buttons

2 - Scroll up

3 - Scroll down

4 - Select Option



Contacts

SELFLOOPS Group Fitness

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

email: support@selfloops.com

