

SELFLOOPS Classes Management

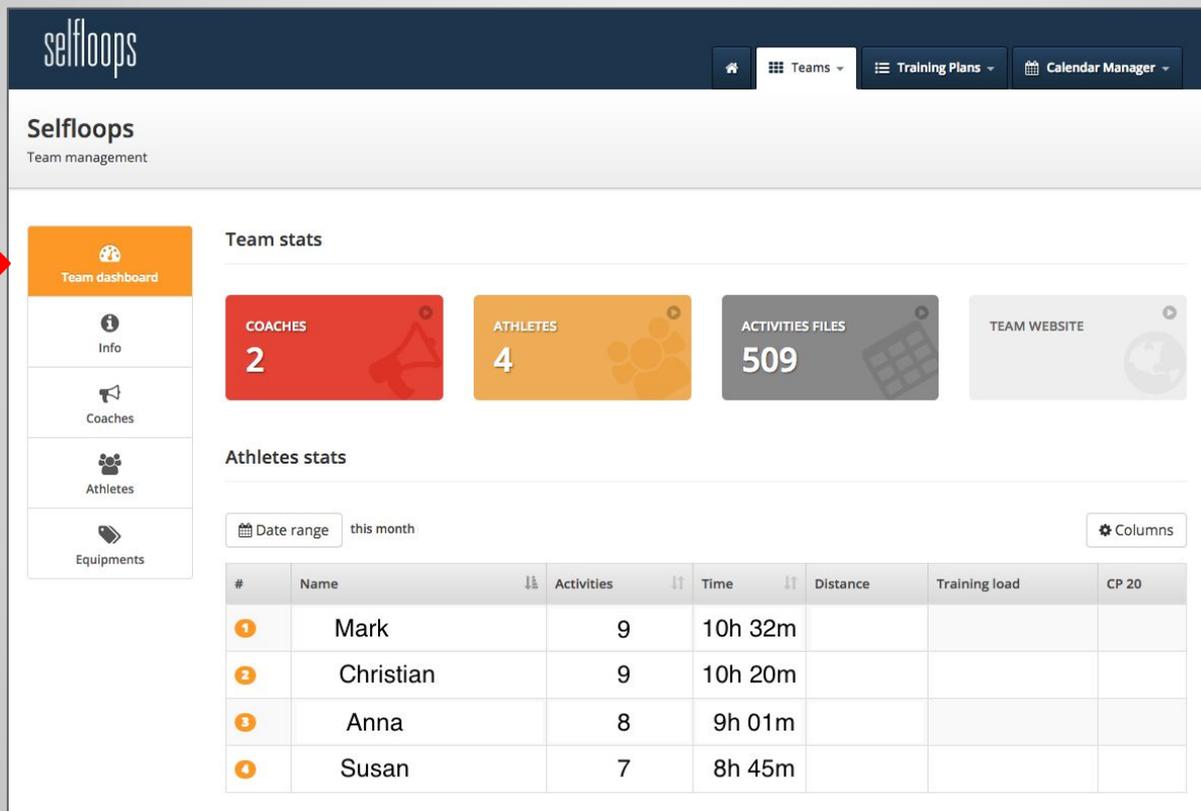


Getting Started

Login at www.selfloops.com



Team dashboard with statistics



The screenshot shows the Selfloops team management dashboard. A red arrow points to the 'Team dashboard' menu item in the left sidebar. The main content area features a 'Team stats' section with four cards: 'COACHES' (2), 'ATHLETES' (4), 'ACTIVITIES FILES' (509), and 'TEAM WEBSITE'. Below this is an 'Athletes stats' section with a date range filter set to 'this month' and a table of athlete performance data.

Selfloops
Team management

Team stats

- COACHES: 2
- ATHLETES: 4
- ACTIVITIES FILES: 509
- TEAM WEBSITE

Athletes stats

Date range: this month

#	Name	Activities	Time	Distance	Training load	CP 20
1	Mark	9	10h 32m			
2	Christian	9	10h 20m			
3	Anna	8	9h 01m			
4	Susan	7	8h 45m			

Add a new athlete in the team

Athletes

Search an athlete, access his activities or set his data directly on this page.

Search an athlete

Create a new athlete in this team

Fill the form with the data of the new athlete (optional fields are in grey).
When you save the data, an email is sent to the address you entered in the form. The user must open the email and click on the link to activate his account.

First Name:

Last Name:

Email:

Confirm email:

Username:

Password: min 6 characters

Manage sensors

In the Equipments section you'll add all the sensors (HRMs, bike sensors, etc.)

If the sensors are always assigned to the same athletes, assign the sensors in this section.

If the sensors are "loaners" you'll use the class management system to dynamically assign them to the athletes.

The screenshot shows the 'Selfloops Team management' interface. On the left is a navigation sidebar with 'Equipments' highlighted in orange. The main content area is titled 'Manage your SelfLoops Group Fitness sessions' and includes a search bar for athletes. Below this is a table of athletes and their assigned HR sensors. A second section, 'Manage Sensors', contains a 'New' button and a table of individual sensors with edit and delete icons. Red arrows point to the search bar and the delete icon in the sensor table.

Manage your SelfLoops Group Fitness sessions

Assign the heart rate monitors to your team and automatically synchronize the list in your devices with the SelfLoops Group Fitness application.

Search athlete:

Athlete	HR Sensor
Mark	HRM 1 (62FFCC13)
Anna	HRM 2 (32FEBA12)
Susan	HRM 3(44FDCC14)
Christian	HRM 4 (01CADE4A)

Manage Sensors

[New](#)

Label	HR ID	Action
HRM 1	62FFCC13	<input type="checkbox"/> <input type="checkbox"/>
HRM 2	32FEBA12	<input type="checkbox"/> <input type="checkbox"/>
HRM 3	44FDCC14	<input type="checkbox"/> <input type="checkbox"/>
HRM 4	01CADE4A	<input type="checkbox"/> <input type="checkbox"/>
		<input type="checkbox"/> <input type="checkbox"/>

Manage Classes

In the Classes tab you'll create and edit your classes

 Team dashboard

 Info & Settings

 Coaches

 Athletes

 Equipments

 Classes

Group Classes

[Create class](#) < >

Monday October 24		Name	Instructor	Location	Room	Edit
07:00 am	signed in (2/30)	HIIT	Mark	Boston	Training Room 2	
05:00 pm	signed in (4/3)	Indoor cycling	Jennifer	Boston	Training Room 1	

Tuesday October 25		Name	Instructor	Location	Room	Edit
07:00 am	signed in (2/30)	HIIT	Mark	Boston	Training Room 2	
05:00 pm	signed in (4/3)	Indoor cycling	Jennifer	Boston	Training Room 1	

Wednesday October 26		Name	Instructor	Location	Room	Edit
07:00 am	signed in (2/30)	HIIT	Mark	Boston	Training Room 2	
05:00 pm	signed in (4/3)	Indoor cycling	Jennifer	Boston	Training Room 1	

Create/Edit a new class

selfloops

Selfloops
Team management

Team dashboard

Info & Settings

Coaches

Athletes

Equipments

Classes

Update class schedule

Name
HIIT

Description
high intensity interval training session

Location
Boston

Instructor
Mark

Room
Training Room 2

Start date

End date

Start time
07:00 am

End time
08:00 am

Week schedule
 Sun Mon Tue Wed Thu Fri Sat

Max capacity
30

Available sensors
A list of reservable sensors for this class.

HRM1 HRM2 Bike 1 Bike 2 Bike 3

Pre-enrolled athletes
A list of athletes that will be automatically signed up for this class.

Type to search for an athlete

Save & Close **Close**

07:00 am signed in (0/30) class of today Christian Attidona Weigh

Assign sensors

In the “**Available sensors**” field you will add **loaners** (HRMs, bike sensors, rowers, etc).

Loaners will automatically be assigned to the participants when they sign-up for a class.

Clients can always choose their bike/rower/HRMs from the website or the SELFLOOPS Spark app

You can also change the assignment of sensors from the Classes tab

All sensors must be first registered in the Equipment tab

Sensors that are always assigned to the same person (for example, when the client has his own HRMs) should **NOT** be specified in the Class “**Available Sensors**” field.

Permanent assigned sensors must be statically assigned to the clients in the Equipments section.

Update class schedule

Name: HIT

Description: high intensity interval training session

Location: Training Room 2

Instructor: Mark

Start time: 07:00 am

End time: 08:00 am

Week schedule: Sun Mon Tue Wed Thu Fri Sat

Max capacity: 30

Start date: 18/10/2016

End date: 31/10/2016

Available sensors: HRM1, HRM2, Bike 1, Bike 2

Loaners here

Pre-enrolled athletes

Save & Close Close

Manage your SelfLoops Group Fitness sessions

Assign the heart rate monitors to your team and automatically synchronize the list to your devices with the SelfLoops Group Fitness Application.

Search athlete:

Athlete	HRM Sensor
Mark	HRM 1 (62FFCC13)
Anna	HRM 2 (32FEBA12)
Susan	HRM 3(44FDCC14)
Christian	HRM 4 (01CADE4A)

Manage Sensors

Label	HRM ID	Action
HRM 1	62FFCC13	✓ []
HRM 2	32FEBA12	✓ []
HRM 3	44FDCC14	✓ []
HRM 4	01CADE4A	✓ []

Different ways users can sign up for classes

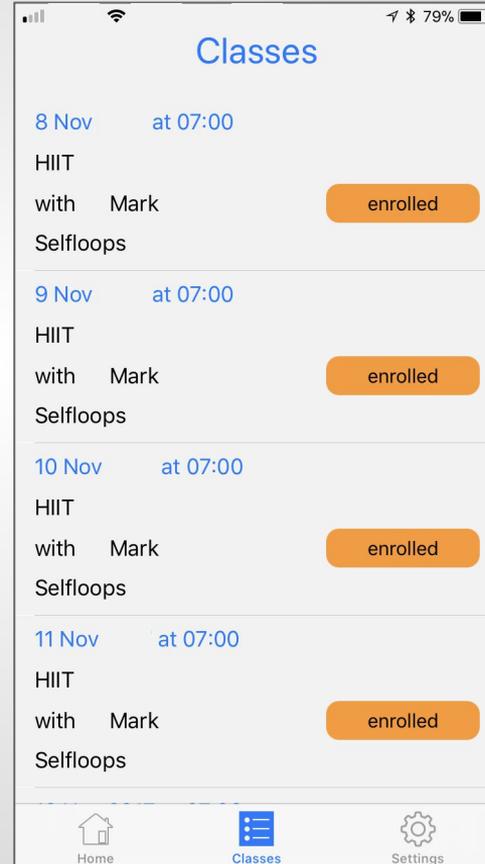
Users can sign up for classes with

[The SELFLOOPS SPARK, iPhone](#)

[The SELFLOOPS SPARK, Android](#)

[The SELFLOOPS website](#)

Clients can use Mindbody or any other gym management systems supported.



How users sign up for classes in the website

First login at www.selfloops.com



Signing-up in the website

After logging in, the user chooses his team and signs up for the class

The screenshot displays a user interface for class sign-up. At the top, there are three tabs: 'Classes' (selected), 'Members', and 'Coaches'. Below the tabs is a navigation bar with left and right arrows and a search input field. The main content area is divided into two sections for 'Monday OCT 24' and 'Tuesday OCT 25'. Each section contains two class listings. The first listing in each section is for 'HIIT' by 'Mark' at '07:00 am', with a 'sign up' button. The second listing is for 'INDOOR CYCLING' by 'Jennifer' at '05:00 pm', with an 'enrolled' button. The 'enrolled' button is green and features a calendar icon with a checkmark.

Day	Time	Class Name	Instructor	Status
Monday OCT 24	07:00 am	HIIT	Mark	sign up
	05:00 pm	INDOOR CYCLING	Jennifer	enrolled
Tuesday OCT 25	07:00 am	HIIT	Mark	sign up
	05:00 pm	INDOOR CYCLING	Jennifer	enrolled

Signing up for the class

At sign up the athlete sees the sensors that have been automatically assigned to him for the class. He can change the sensors, if others are available.

The screenshot shows a mobile application interface with a modal dialog box. The dialog is titled "INDOOR CYCLING Monday October 24, 05:00 pm" and has a close button (X) in the top right corner. Inside the dialog, the word "Enrolled" is displayed in green text above a green circular icon containing a white checkmark. Below the icon is a blue link labeled "Unenroll". Under the heading "Your class sensors", there are two dropdown menus: "Heart rate sensor:" with the value "HRM 1" and "Power sensor:" with the value "Bike 2". At the bottom right of the dialog is an orange button labeled "Save & Close". The background of the app is dimmed, showing a navigation bar with "Classes", "Members", and "Coaches" tabs, and a calendar view for "Monday OCT 24" and "Tuesday OCT 25".

Manager can sign up clients

The manager can also sign up clients to classes and manually assign them loaners. Sensors that are permanently assigned to clients must only be assigned in the Equipment section.

Group Classes

Create class

Monday March 06,

Tuesday March 07

Wednesday March 08,

Thursday March 09,

Friday March 10,

Saturday March 11

Name	Instructor	Location	Room	Edit	
07:00 am signed in (0/20)	Cardio Workout	Stephen	Seattle	cardio	

Cardio Workout - Sunday March 12, 07:00 am

John

HR: loaner-12

Group Classes

Create class

Monday March 06,

Tuesday March 07,

Wednesday March 08,

Thursday March 09,

Friday March 10,

Saturday March 11

Name	Instructor	Location	Room	Edit	
07:00 am signed in (0/20)	Cardio Workout	Stephen	Seattle	cardio	

Cardio Workout - Sunday March 12, 07:00 am

Add athlete

Search an athlete by na...

Cardio Workout

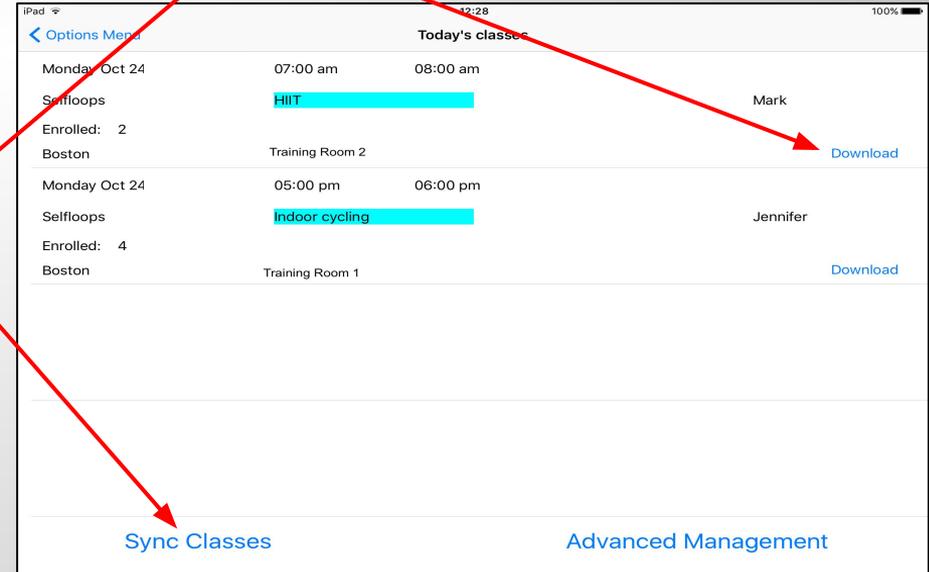
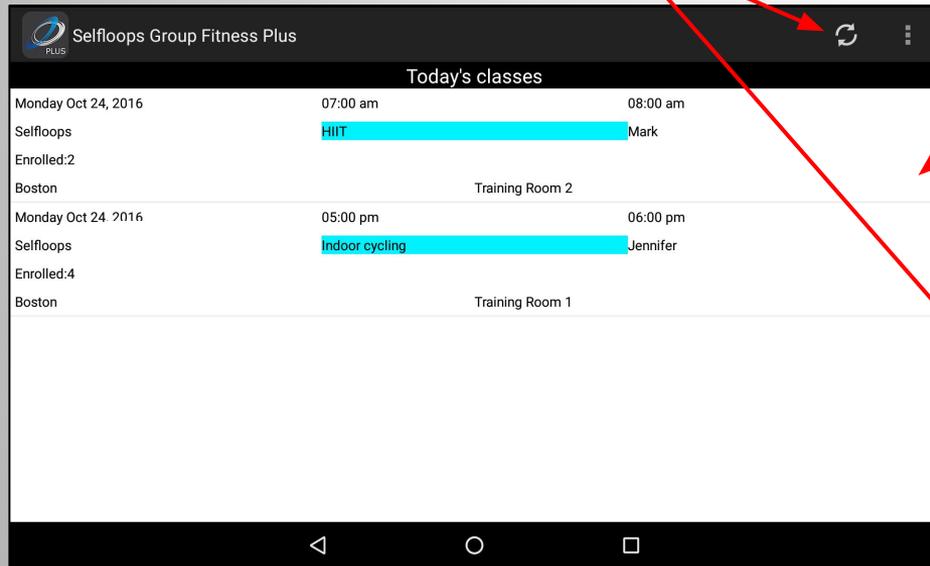
Synchronize the data on the device

In the device go to the Classes section. Sync the classes and then download the specific class.

If you use Classes you should not synchronize users in the “Manage Users” section of the application.

1 - Sync

2 - Download



Contacts

SELFLOOPS Group Fitness

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

email: support@selfloops.com

