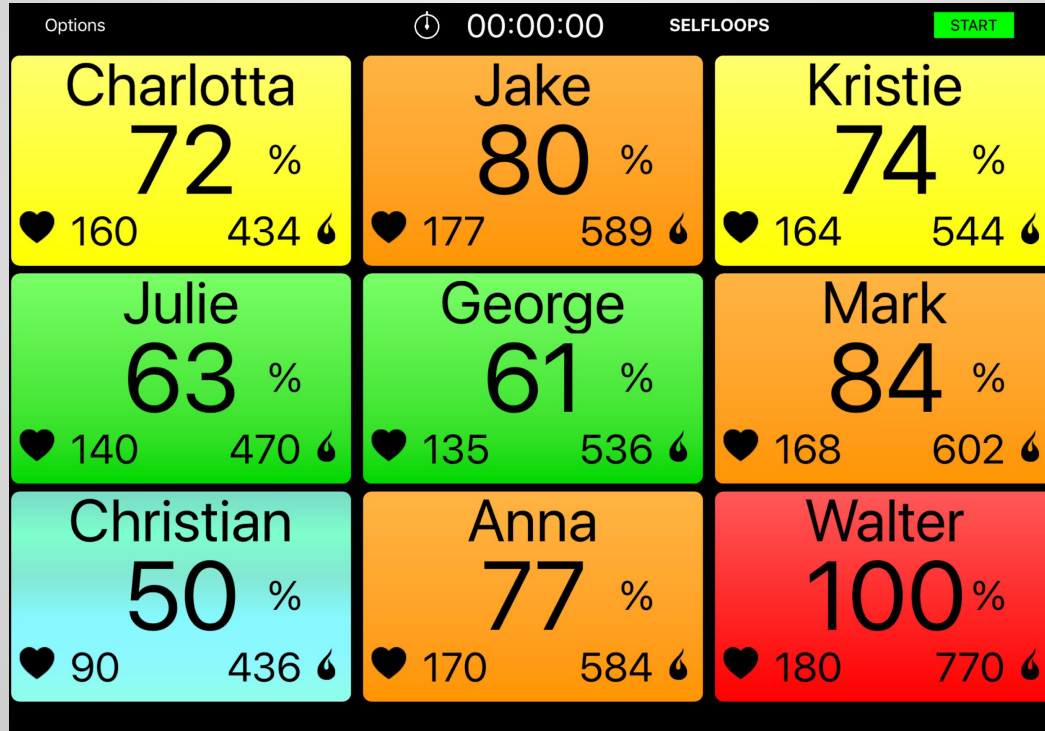


SELFLOOPS

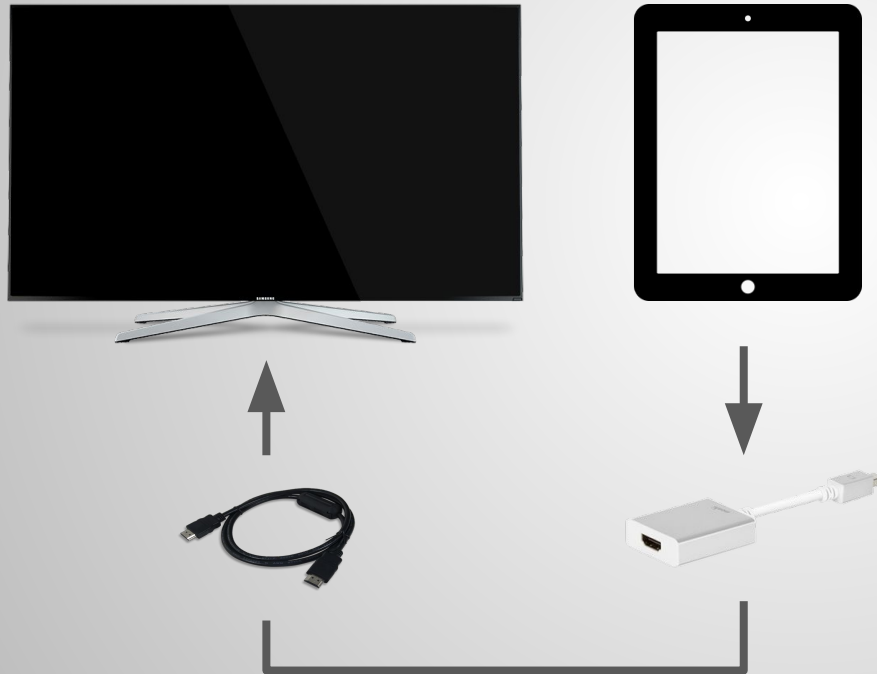
Group Fitness PLUS iPad



Add value and motivation to your class!



How to connect the iPad to a TV



Two options

With an HDMI cable and an Apple adapter

or wirelessly using an Apple TV and AirPlay Mirroring.

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

Compatible Heart Rate Monitors (HRMs)



SELFLOOPS, Polar, Polar Watches and activity trackers with optical HRMs, the Apple Watch, Wear OS watches.

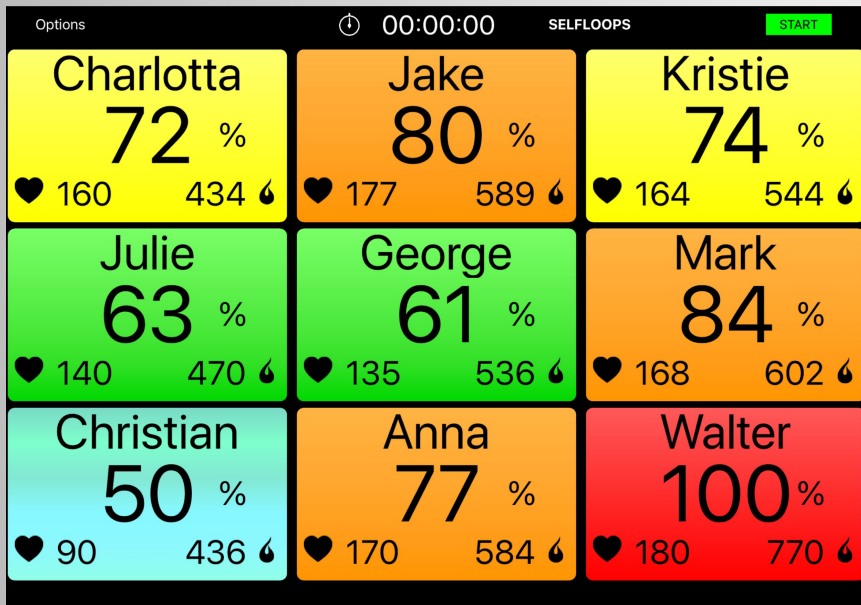
With the use of a SELFLOOPS Repeater we also support any heart rate monitors that conform to the ANT+ standard like Garmin, Polar, Wahoo Fitness, SELFLOOPS and many others.

This is a comprehensive list:

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

We basically support 99% of the heart rate monitors in the market

Start the Session



Download the app from the [App Store](#)

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

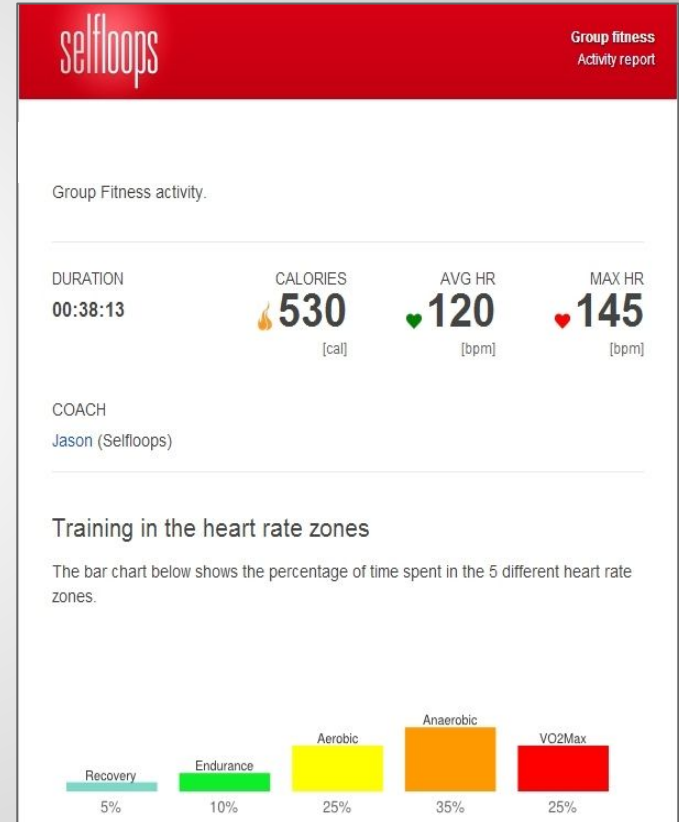
Press the start button.

The application will automatically search for the heart rate monitors.

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

Email reports after the session

At the end of the session, participants will receive an email report with the summary of the session



SELFLOOPS Cloud

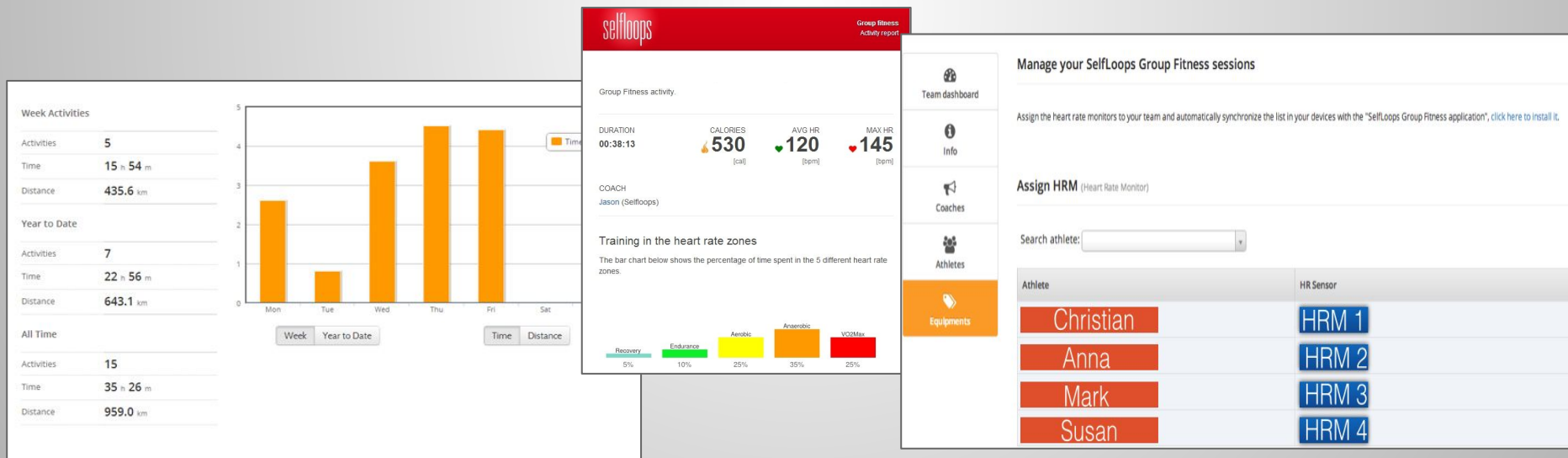
The SELFLOOPS Cloud Services include

Email reports at the end of the session with statistics and graphs.

Advanced data analysis

User and sensors management

Gamification and Challenges



Contacts

SELFLOOPS Group Fitness

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

email: support@selfloops.com

