

# SELFLOOPS

Group Fitness Plus - Android



# SELFLOOPS GROUP FITNESS

## A service for group workouts

Make people aware of their fitness performance

Train people according to their fitness intensity zones.

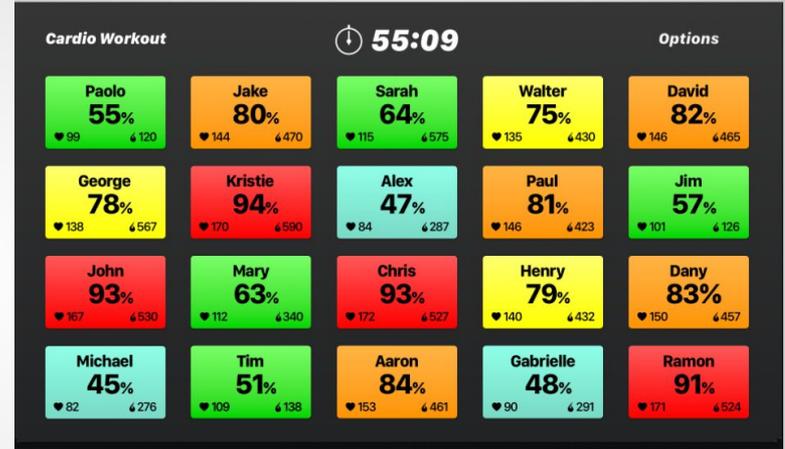
### Why SELFLOOPS

1. Works with any ANT+ compatible devices, Apple Watch, Garmin, etc.
2. No need for proprietary equipment
3. Advanced Analytics Platform
4. Gamification Levels and Challenges
5. APIs Integration



# What you need

Android box and ANT antenna



We recommend the Xiaomi Mi Box and the Tacx antenna and the NVidia Shield Android TV Pro with the Tacx antenna

Connection to the TV is with an HDMI cable

# Install the following apps

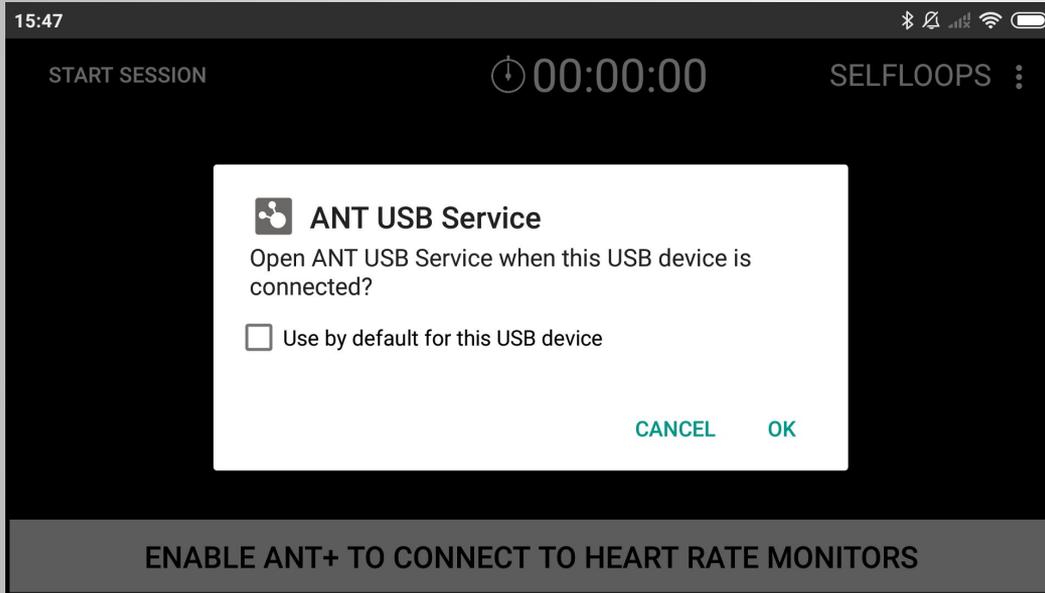
From the Google Play store, please install the following applications on the Android box

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

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

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

# Enable ANT



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

Press OK

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

# Compatible Heart Rate Monitors (HRMs)



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

We also support the Apple Watch, Garmin watches, Android Wear OS watches, Polar watches.



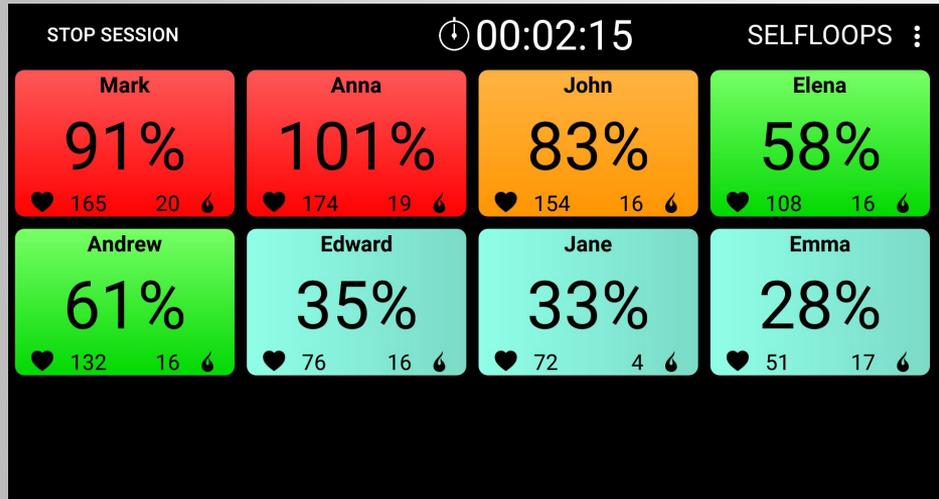
# Starting the session

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.



# User Management and Sensor identification

Sensors that do not have an associated user will appear as hrm\_ID on the screen.

hrm stands for heart rate monitor and ID is the sensor unique identification number.

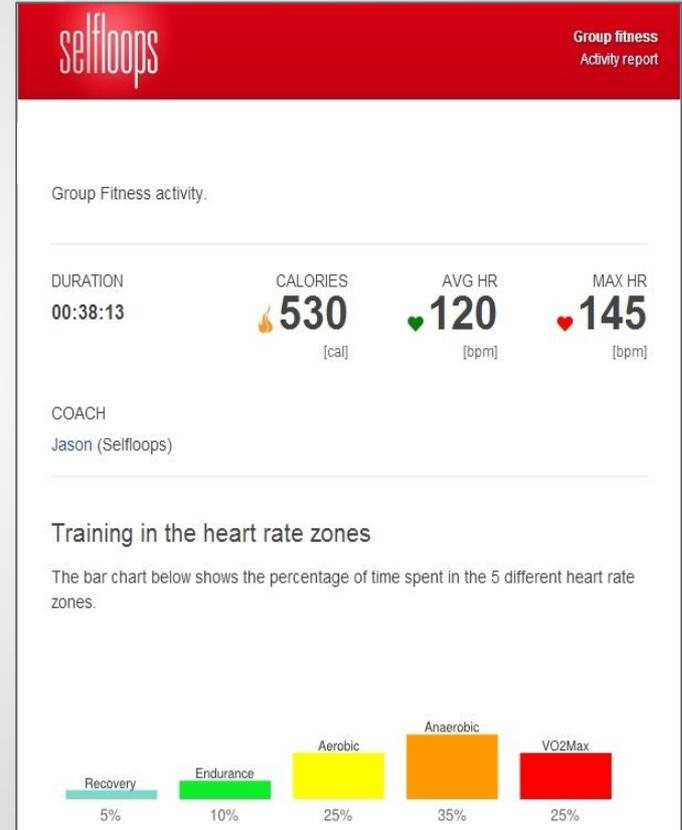
In the image the sensor ID is 100

Make sure to register and associate the sensor to a user in the Equipment section of the website and then perform a user synchronization or class sync (if you use classes).



# 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

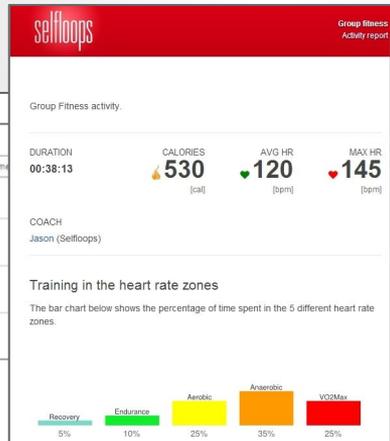
The SELFLOOPS Cloud Services include

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

Advanced data analysis

User and sensors management

Gamification and Challenges



**Manage your SelfLoops Group Fitness sessions**

Team dashboard

Info

Coaches

Athletes

Equipments

Assign the heart rate monitors to your team and automatically synchronize the list in your devices with the "SelfLoops Group Fitness application", [click here to install it.](#)

Search athlete:

Athlete	HR Sensor
Christian	HRM 1
Anna	HRM 2
Mark	HRM 3
Susan	HRM 4

# Contacts

SELFLOOPS Group Fitness

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

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