

SELFLOOPS Group Fitness Premium



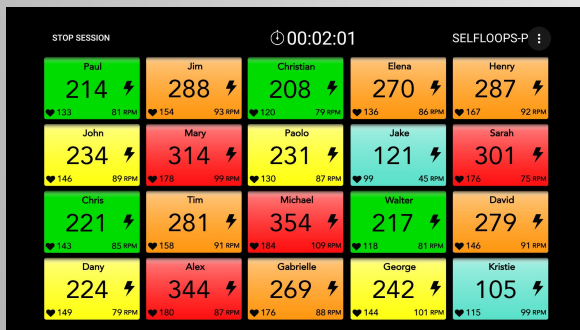
SELFLOOPS GROUP FITNESS

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

Set up

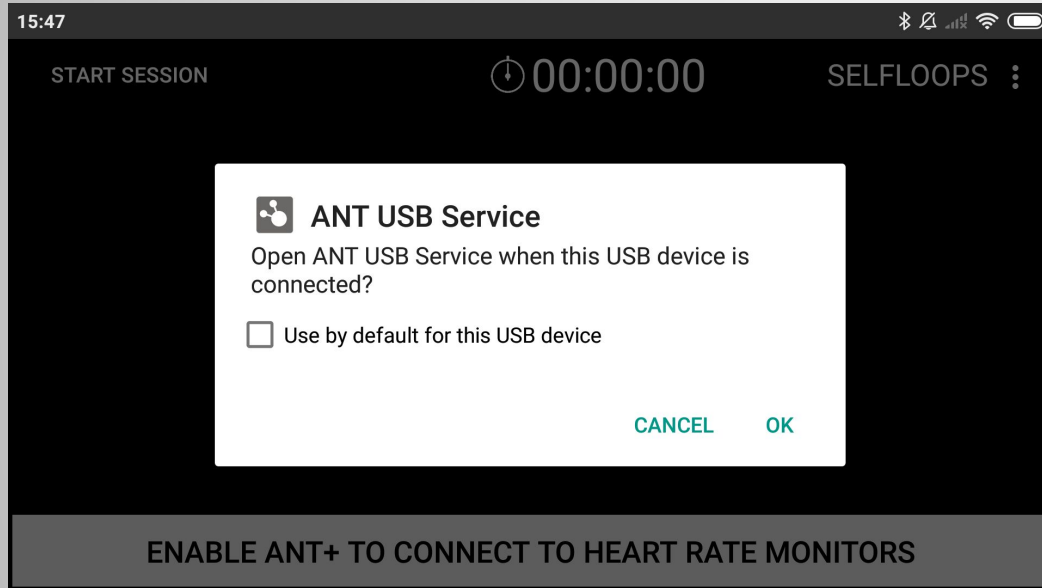
From the Google Play store, please install the following applications on the Android box

[ANT Radio Service](#)

[ANT USB service](#)

[Group Fitness Premium](#)

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/>

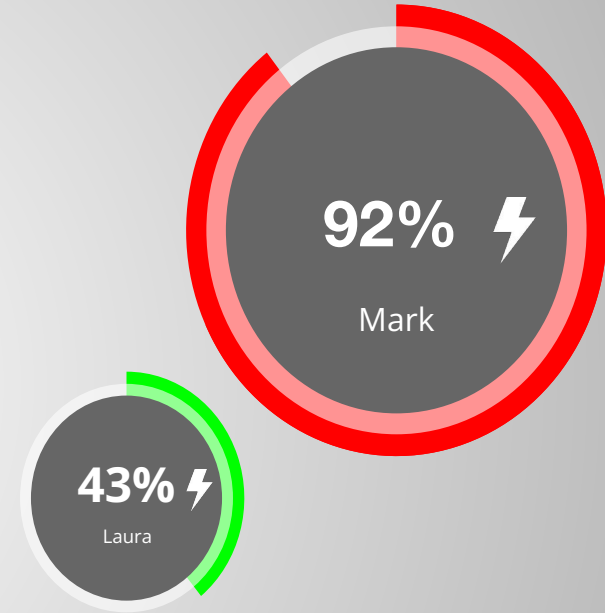
We basically support 99% of the heart rate monitors in the market

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

Compatible Equipment

Bikes, rowers, treadmills SkiErgs and heart rate monitors that conform to the ANT+ standard.

For an updated list of compatible fitness equipment and sensors please check this [link](#)



Starting the session

Press the start button.

The application will automatically search for heart rate monitors and active fitness equipment.

Tiles will appear on the screen as new sensors are discovered.



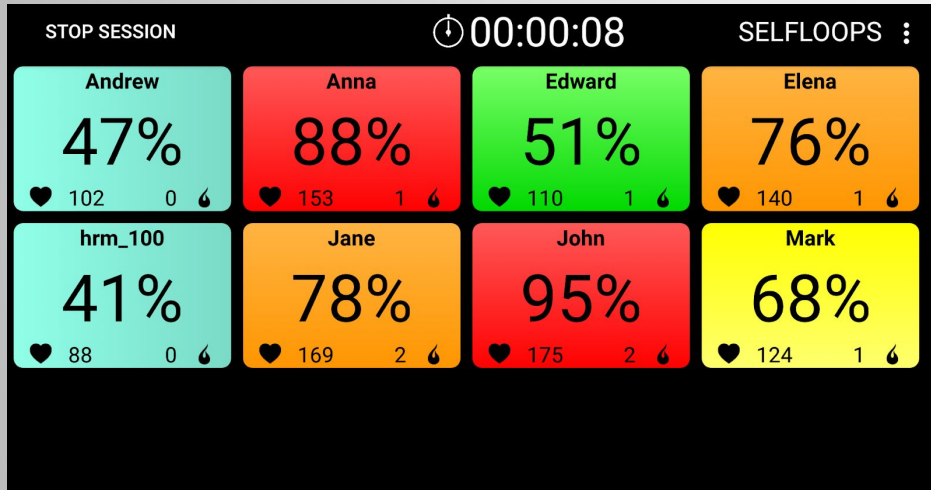
User Management and Sensor identification

Sensors that do not have an associated user will appear as hrm_ID or as pwr_ID on the screen.

hrm stands for a heart rate monitor, pwr_ID is for a bike/rower and the ID is the sensor unique identification number.

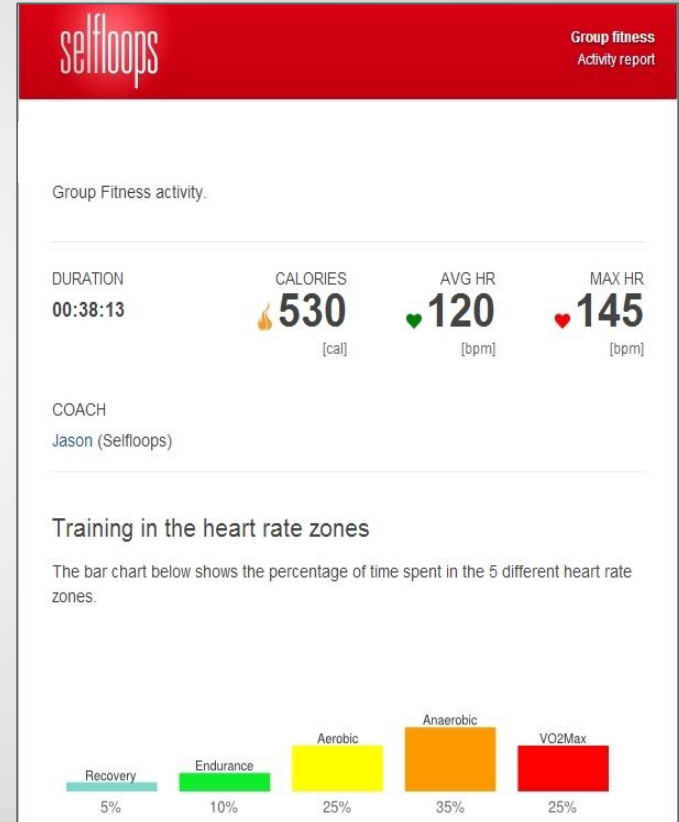
In the image the sensor ID is 100

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

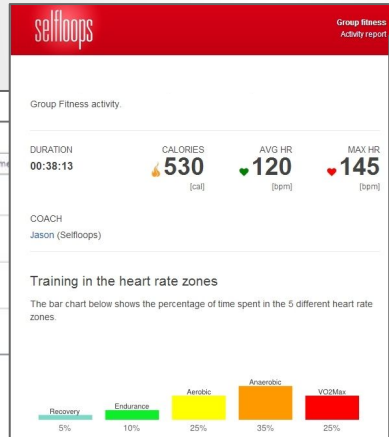
The SELFLOOPS Cloud Services include

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

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.](#)

Assign HRM (Heart Rate Monitor)

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>

email: support@selfloops.com

