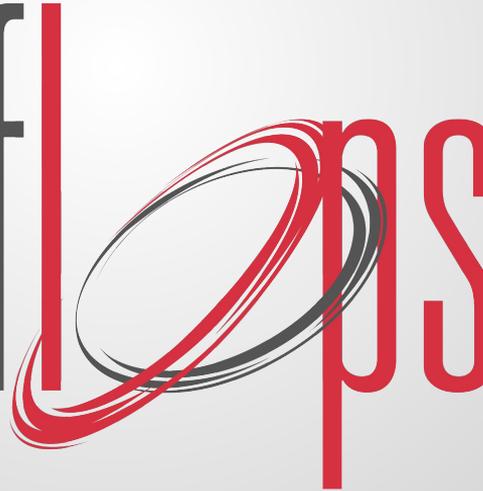
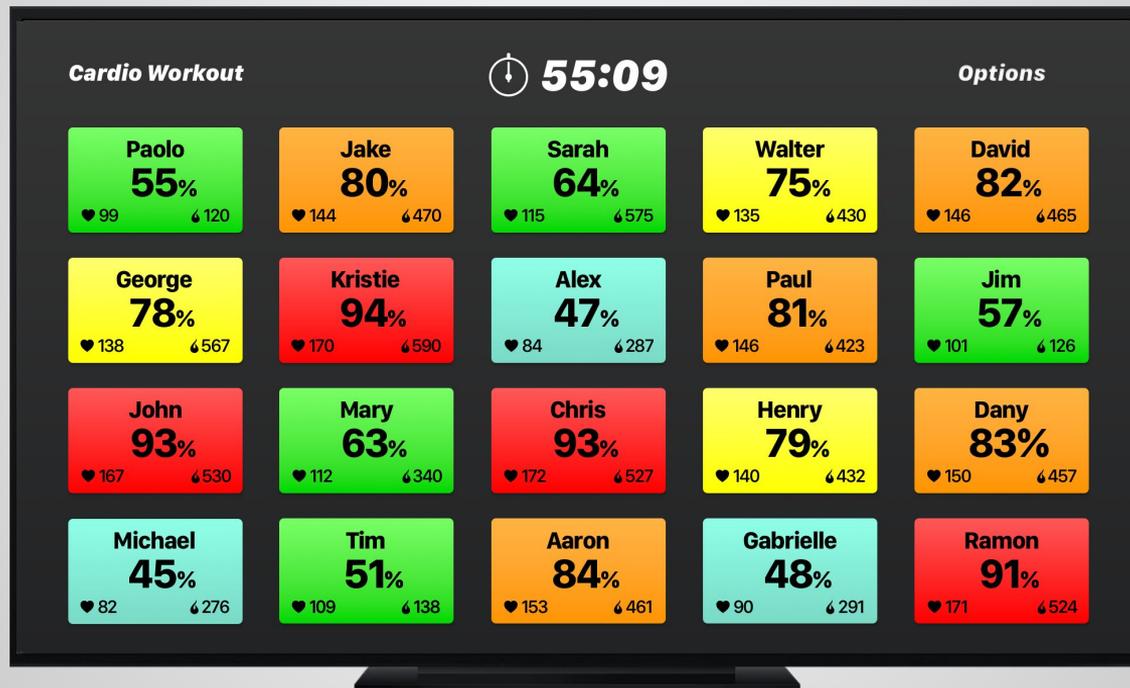


SELFLOOPS with the Apple Watch

selfloops

The logo for 'selfloops' features the word 'self' in a dark grey, sans-serif font. The letter 'l' is a solid red vertical bar. The letter 'o' is a stylized, overlapping loop formed by multiple red and grey lines, creating a sense of motion and depth. The letters 'p' and 's' are also in a red, sans-serif font, positioned to the right of the 'o'.

The Group Fitness experience with the Apple Watch



Choose your workout

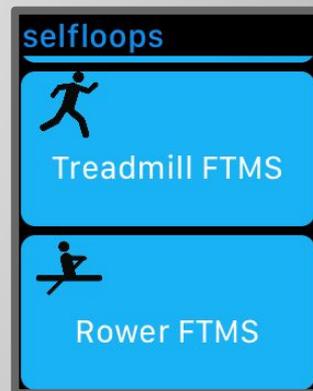
Group Fitness is for workouts with the Selfloops Group Fitness app

Cardio is for cardio workouts

Rower C2 is for workouts with Concept2 indoor rowers with the PM5 monitor

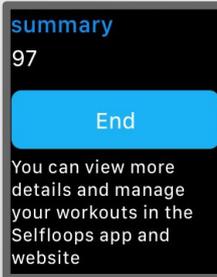
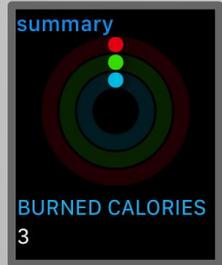
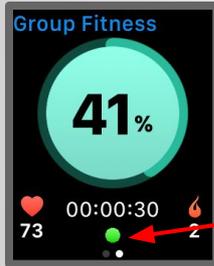
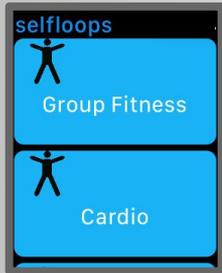
BikeErg and SkiErg is for Concept2 machines with PM5

Bike FTMS, TreadMill FTMS and Rower FTMS are for fitness machines that support the FTMS Bluetooth standard



The Group Fitness Workout

The “Group Fitness” workout tracks your heart rate and transmits the data to the SELFLOOPS Group Fitness application



CONNECTION STATUS



Everything is OK



Subscription required



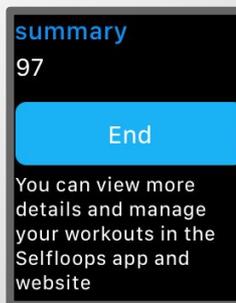
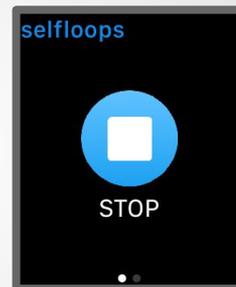
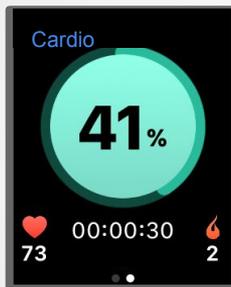
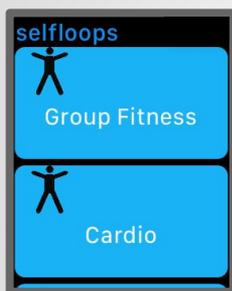
Username or password wrong
(go and login on your iPhone app)



No Internet Connection

The Cardio Workout

The “Cardio” workout tracks your heart rate data. At the end of the session, your workout will be available in the Selfloops website and in the iPhone app.

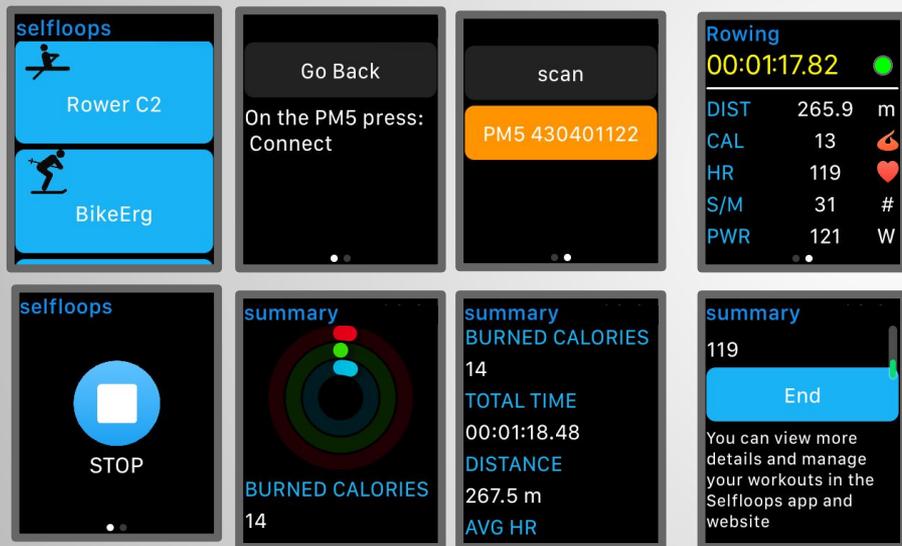


Five different heart rate zones on your wrist



Concept2 Rowing

The Rower C2 workout works with Concept2 rowers with a PM5 monitor. At the end of the session your workout will be available in the Selfloops website and in the iPhone app.

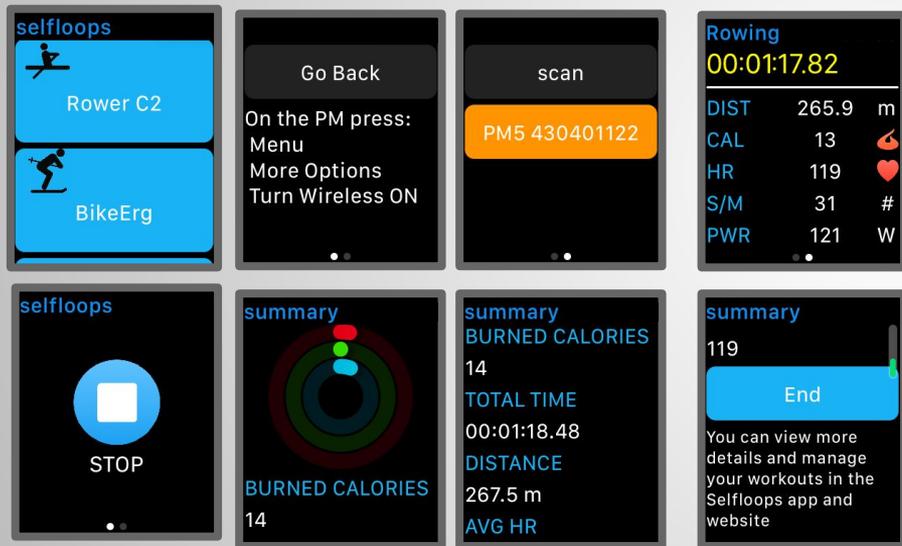


To connect the app with the rower on the PM5 press:
Connect

If you want to use your own heart rate monitor and not the Apple Watch built-in heart rate monitor on the PM5 press:
**Connect ->
Connect Heart Rate**

Concept2 Rowing on PM5 **with older software**

The Rowing workout works with Concept2 rowers with a PM5 monitor. At the end of the session, your workout will be available in the Selfloops website and in the iPhone app.



On PM5 software:

Menu ->

More Options ->

Turn Wireless ON

If you want to use your own heart rate monitor and not the Apple Watch built-in heart rate monitor on the PM5 press:

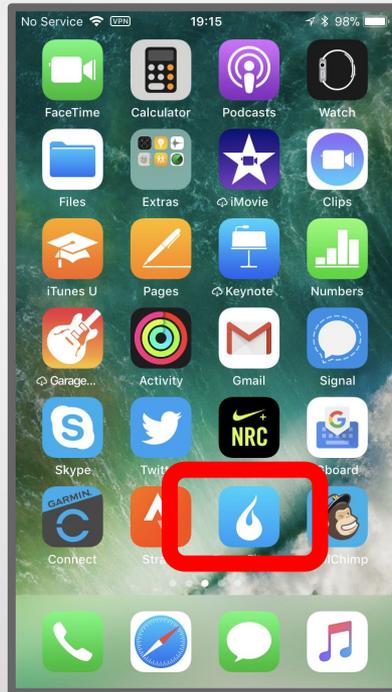
Menu ->

More Options ->

Connect Heart Rate

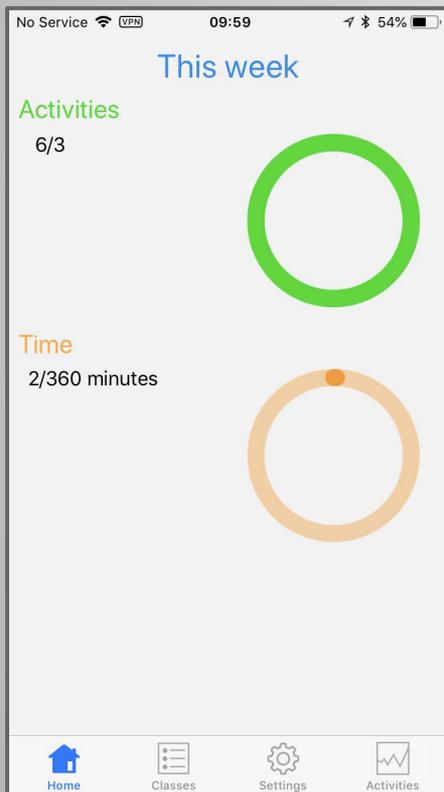
Download the SELFLOOPS Spark app

The Selfloops Spark iPhone app includes the Apple Watch app
Download it [here](#).



The SELFLOOPS Spark iPhone app

Weekly stats



Classes

WIND 09:59 54%

Classes

Tuesday, 6 March 2018 at 07:00
HIIT
with mark enrolled

Tuesday, 6 March 2018 at 09:00
Cardio
with John enrolled

Tuesday, 6 March 2018 at 19:00
Afternoon HIIT
with Mark enrolled

Wednesday, 7 March 2018 at 07:00
HIIT
with mark enrolled

Home Classes Settings Activities

Settings

WIND 09:59 54%

Health

account

unit Metric Imperial

weight 161 lbs

gender M

max heart rate 180

Home Classes Settings Activities

Workouts

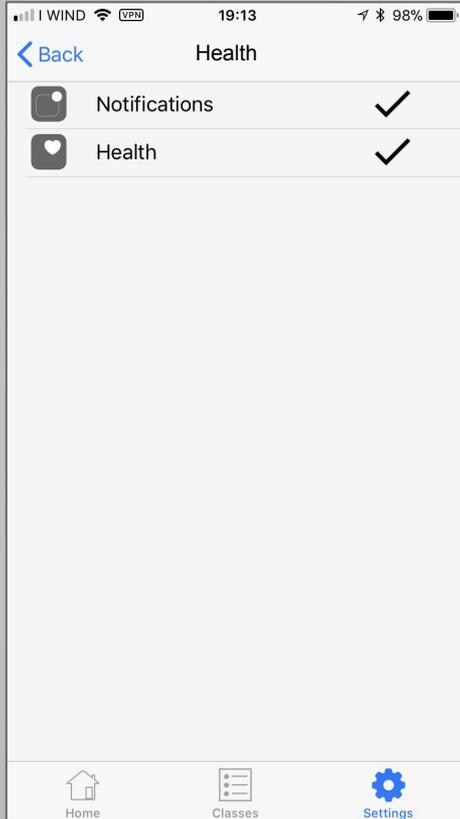
WIND 09:59 54%

Activities

5 Mar 2018 at 08:45	00:01:21	7 Cal	
5 Mar 2018 at 08:42	00:01:27	5 Cal	
3 Mar 2018 at 11:01	00:02:22	31 Cal	500 m
1 Mar 2018 at 10:43	00:08:18	28 Cal	
1 Mar 2018 at 10:41	00:01:27	14 Cal	250 m
28 Feb 2018 at 09:35	00:01:33	14 Cal	268 m
28 Feb 2018 at 09:34	00:00:04	0 Cal	
27 Feb 2018 at 16:55	00:01:36	26 Cal	399 m

Home Classes Settings Activities

Grant the permissions



Health permissions are required to

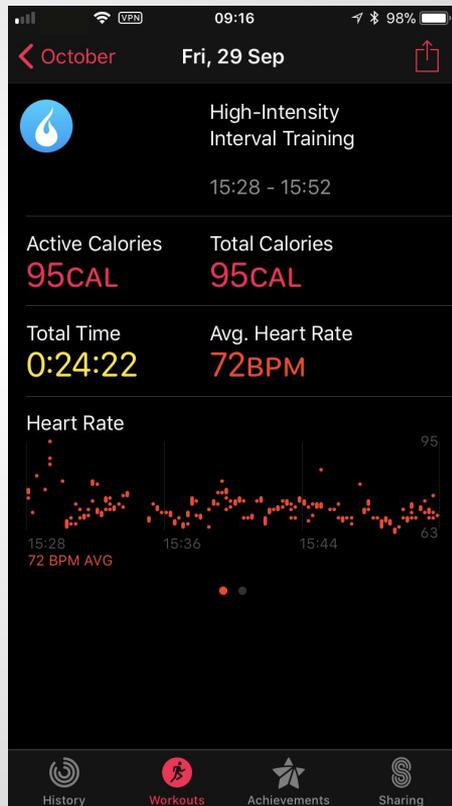
Read the heart rate data

Synchronize your workouts with the Apple Activity app

Send you notifications with a summary of the workout

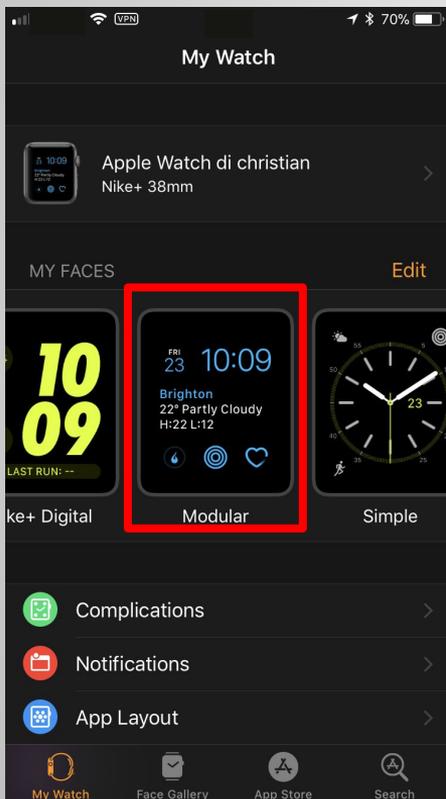
After that you can start the Watch app.

Workouts are synchronized with the Apple Activity app

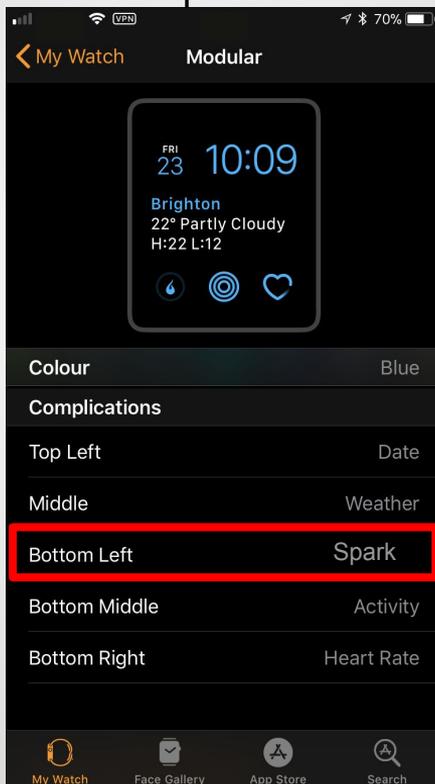


Add the Spark complication on your Watch face

Open the Apple Watch app and select your Watch face



Choose the Spark complication



The app icon will be on your Apple Watch screen, ready to be launched



For the Coach/Manager

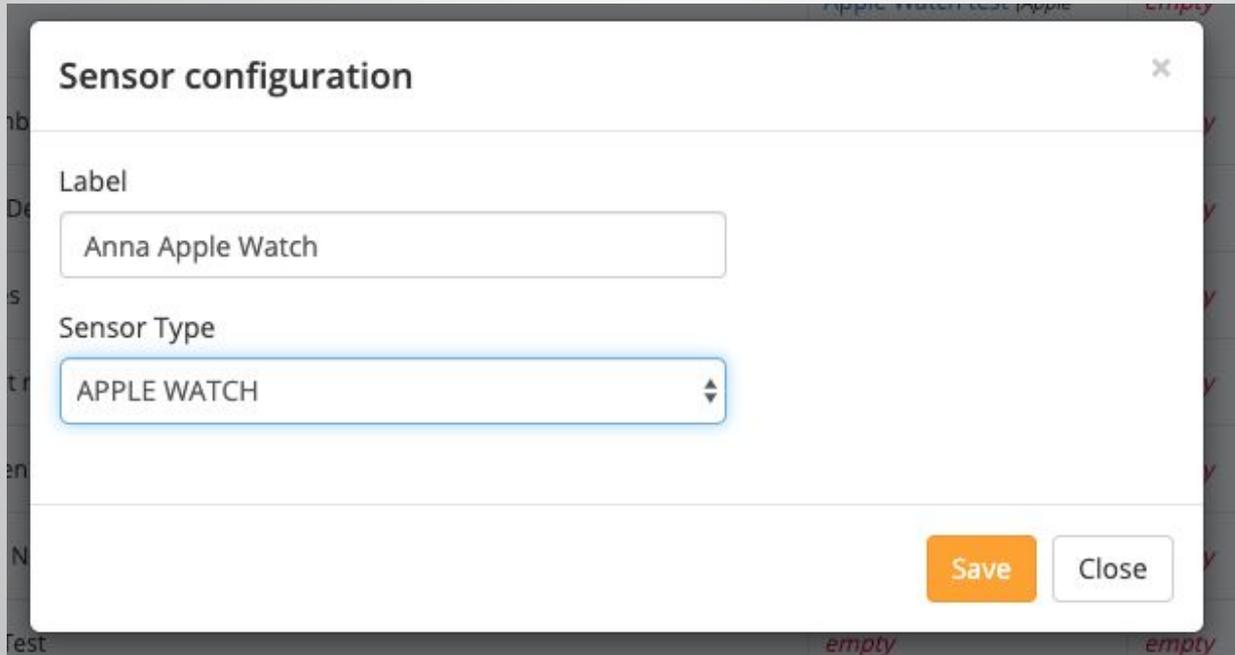
How to manage users with the
Apple Watch

Coach - Create an Apple Watch sensor

Add the Apple Watch in the Equipment section

Add a sensor with type Apple Watch

There is no need to add an ID



Sensor configuration ✕

Label

Sensor Type

Save **Close**

Coach - assign the Apple Watch sensor

Assign the Apple Watch sensor to the user in the Equipment section

Manage your SelfLoops Group Fitness sessions

Assign the heart rate monitors or power meters sensors to your team and automatically synchronize the list in your devices with the [SelfLoops Group Fitness application](#).

Athlete search:

Athlete	HR Sensor	Power Sensor	Cadence Sensor
Mark	Mark's Apple Watch	<i>Empty</i>	<i>Empty</i>
Anna	Anna's HRM	<i>Empty</i>	<i>Empty</i>
Paul	Paul's Apple Watch	<i>Empty</i>	<i>Empty</i>
Charlotta	Charlotta's Apple Watch	<i>Empty</i>	<i>Empty</i>
		<i>Empty</i>	<i>Empty</i>



Team dashboard



Info & Settings



Coaches



Athletes



Equipments



Classes

Requirements to use the Apple Watch with the Group Fitness app

The SELFLOOPS Group Fitness app must be connected to the Internet

The Apple Watch must be connected to the Internet

[From the Apple support web page.](#) (Refer to Apple support for the most updated info)

The Group Fitness service in action



Contacts

SELFLOOPS Group Fitness

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

email: support@selfloops.com

