

# SELFLOOPS

with Wear OS watches



# Download the **SELFLOOPS Spark** app

The SELFLOOPS Spark can be downloaded from the Google Play Store  
Download it [here](#).

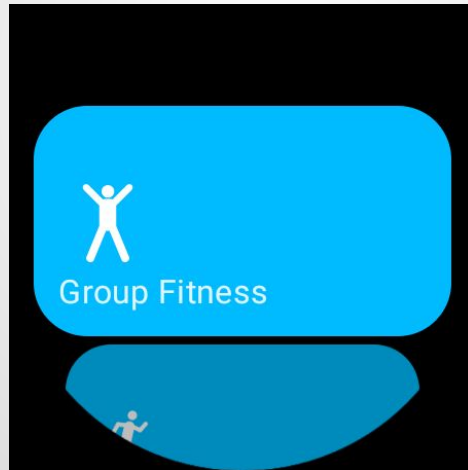


**SELFLOOPS SPARK**

# Choose your workout

**Group Fitness** is for workouts with the SELFLOOPS Group Fitness service

**Cardio** is for personal cardio workouts

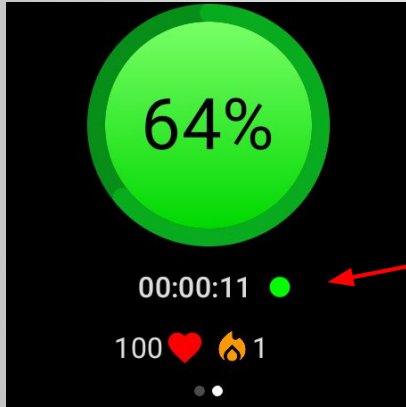


# The Group Fitness experience with a Wear OS Watch



# 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

# Five different heart rate zones on your wrist



5 heart rate color-coded zones

# **For the Coach/Manager**

How to manage users with a Wear OS watch

# Coach - Create a Wear OS sensor

Add the Wear OS watch in the Equipment section on the website

Add a sensor of type Wear OS.

There is no need to add an ID

**Sensor configuration** ✕

Label

Anna Pixel Watch

Sensor Type


APPLE WATCH / WEAR OS


Save Close





# Coach - assign the Wear OS sensor


Assign the Wear OS Watch to the user in the Equipment section


 Team dashboard

 Info & Settings

 Coaches

 Athletes

 Equipments

 Classes

## 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 Watch	Empty	Empty
Anna	Anna Pixel Watch	Empty	Empty
Paul	Paul HRM	Empty	Empty
Charlotta	Charlotta HRM	Empty	Empty
		Empty	Empty

# **Requirements to use a Wear OS watch with the Group Fitness app**

The SELFLOOPS Group Fitness app must be connected to the Internet

The Watch must be connected to the Internet  
(through WiFi or the smartphone connection, or a cellular connection)

# Contacts

## **SELFLOOPS Group Fitness**

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

email: [support@selfloops.com](mailto:support@selfloops.com)

