

## Introduction

Release 2.1 feature highlights:

- Bike Integration and Watts
- Leaderboard
- Option for score counting on the full session instead of each stage
- Team Receiver firmware update

Please also refer to the iQniter User Guides.

## Bike Integration and Watts



Integration with bikes and support for reading Watts and RPM. The following bikes are:

- Keiser® m3i indoor cycle and the Keiser® m3i Multi-Bike Receiver box
-  ANT+ compatible indoor cycles. The following have been verified:
  - BODY BIKE Connect
  - (More to follow when verified by iQniter)

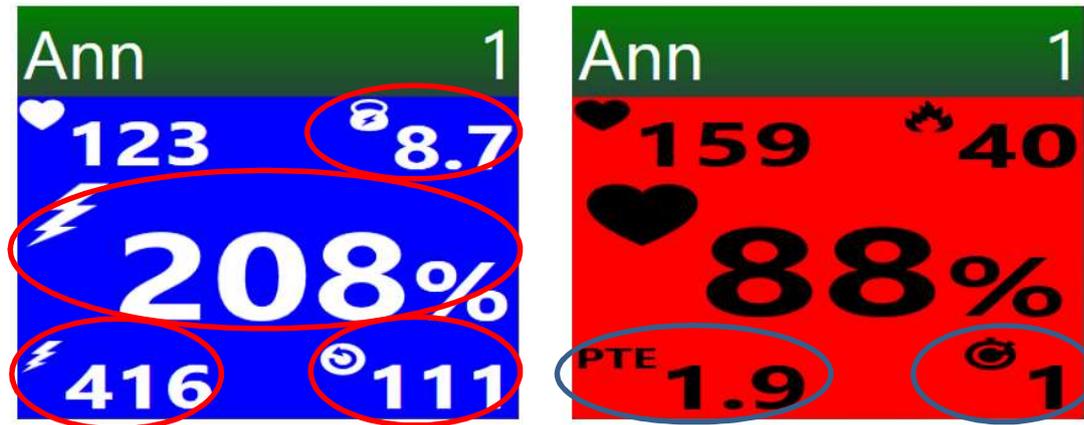
### Note! Bike integration requires:

- iQniter BiQing module. Available in BasiQ and BiQing mode, not available in Qntinuous mode.
- iQniter Team Receiver

## Release 2.1 - Highlights

- Use of iQniter Smart Sensor, iQniter Dual Belt, or activated Suunto Dual Belt.
- Watts (and related measures) are only available when the exerciser is paired with a bike, see below.
- In release 2.1 the color of the exerciser tiles follow the exerciser's heartrate. (Watts color scale will be added in a future release).

### New Measures



The following measures are now available for bike integration (BiQing module required):

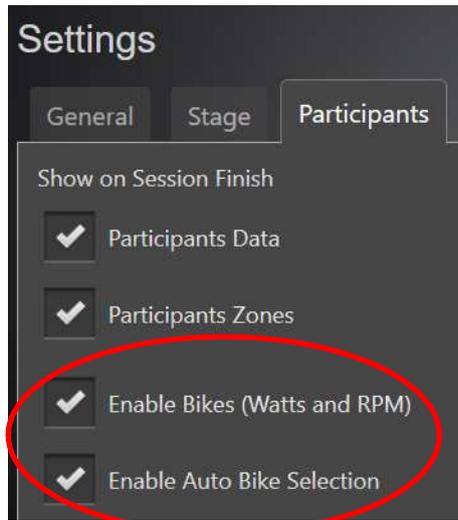
- Power (Watts)
- Cadence (RPM)
- $FTP\% = \text{Power} / \text{FTP} * 100$
- $\text{Power/Weight} = \text{Power} / \text{Exerciser's weight}$

FTP – Functional Threshold Power is entered into AdmiQ for each exerciser; 200 is default value.

The following measures are now available in general:

- PTE = Peak Training Effect – summing up during session
- Recovery Time - summing up during session

## Bike related settings



Watts and RPM is supported when the BiQing module is available, but can be disabled by the 'Enable Bikes (Watts and RPM)' checkbox.

Cardio Training remembers the bike used by a participant from the last session. If 'Enable Auto Bike Selection' is enabled, then this bike is automatically paired with the bike used last time (if it is free) when the exerciser shows up on the Group Screen.

## Individual Training Report

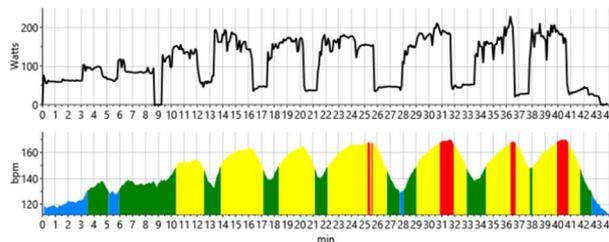
### Training Resume



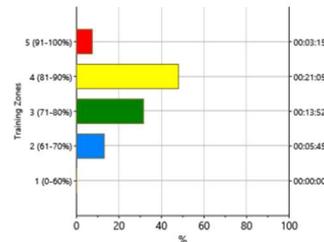
#### Session Overview

<b>Name:</b>	<b>Birth Date:</b> 1/1/1980 (Female)	<b>Energy Consumption:</b> 29 kCal	<b>Heart Rate (Avg/Max):</b> 148/171 bpm
<b>Nickname:</b>	<b>HR Max:</b> 185	<b>Training Effect:</b> 3.5 - Improving	<b>%Heart Rate:</b> 80/92 %
<b>Date:</b>	<b>Weight:</b> 65.0 kg	<b>Recovery Time:</b> 15 Hours	<b>Power:</b> 110/245 Watts
<b>Start Time:</b> 5:02 PM	<b>Height:</b> 157 cm	<b>Duration:</b> 00:43:58	<b>Cadence:</b> 63/85 RPM
<b>Location:</b>	<b>FTP:</b> 200 Watts		<b>%FTP:</b> 55/123 %
	<b>Activity Level:</b> 6 - Heavy exercise, regularly 1-3 hours per week		<b>Power/Weight:</b> 1.7/3.8 Watts/kg

#### Power/Heart Rate



#### Time in Training Zones - Heart Rate



#### Latest Sessions

5 - Overaching	Improving (TE) - This workout improves aerobic performance if repeated 2 to 4 times per week. Training at this level does not
4 - ...	

The following data has been added to the individual training report, when the BiQing module is available and Watts/RPM data is available.

- Power graph
- FTP – The exercisers FTP
- Power (Watts/RPM) – average/peak
- FTP% (%) – average/peak

## Release 2.1 - Highlights

- Power/Weight (Watts/kg or Watts/lbs) – average/peak

The following data has been added in general, when Score greater than zero

- Score (total points) – The score accumulated during the session

### Movescount Upload



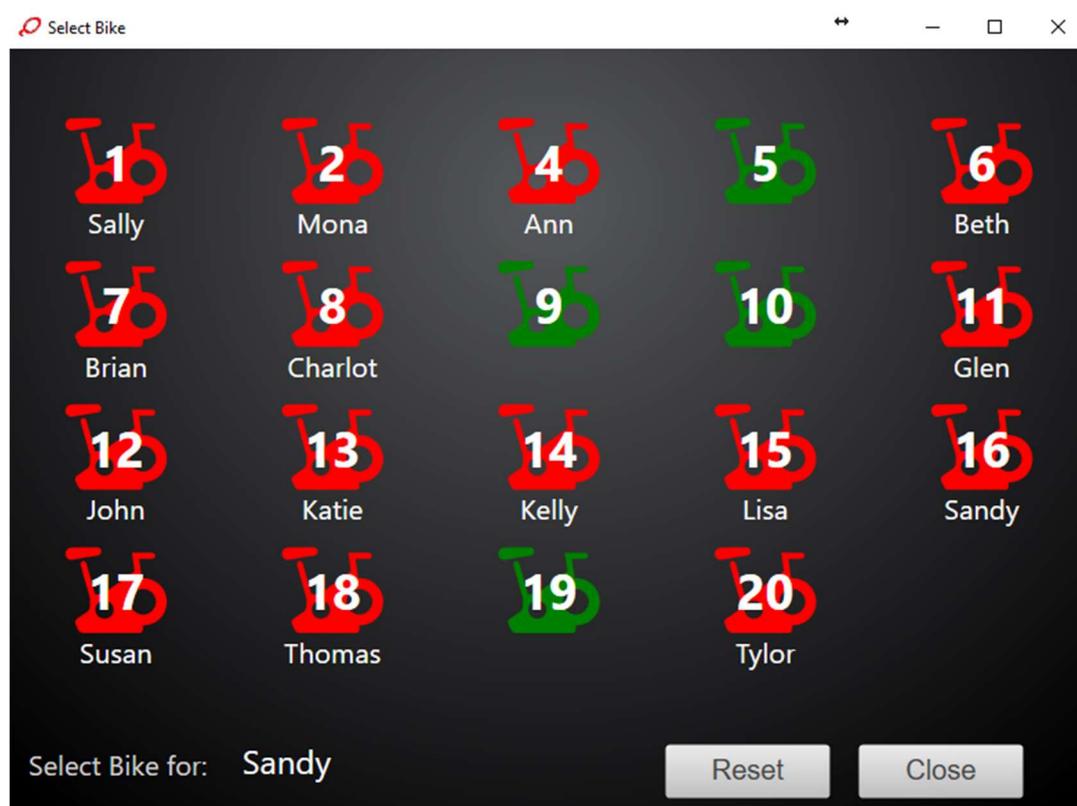
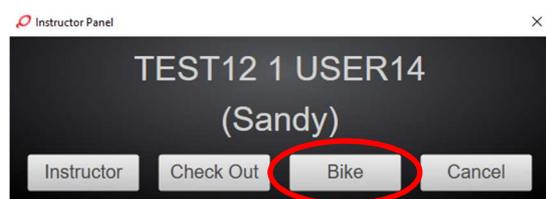
Power and Cadence data is now uploaded when available.

## Release 2.1 - Highlights

### Selection of Bike (Bike Pairing)

The heartrate displayed on the Group Screen is based on the readings from the iQniter Smart Sensor or Dual Belts. Watts and RPM are collected from the bikes to which the exerciser is paired.

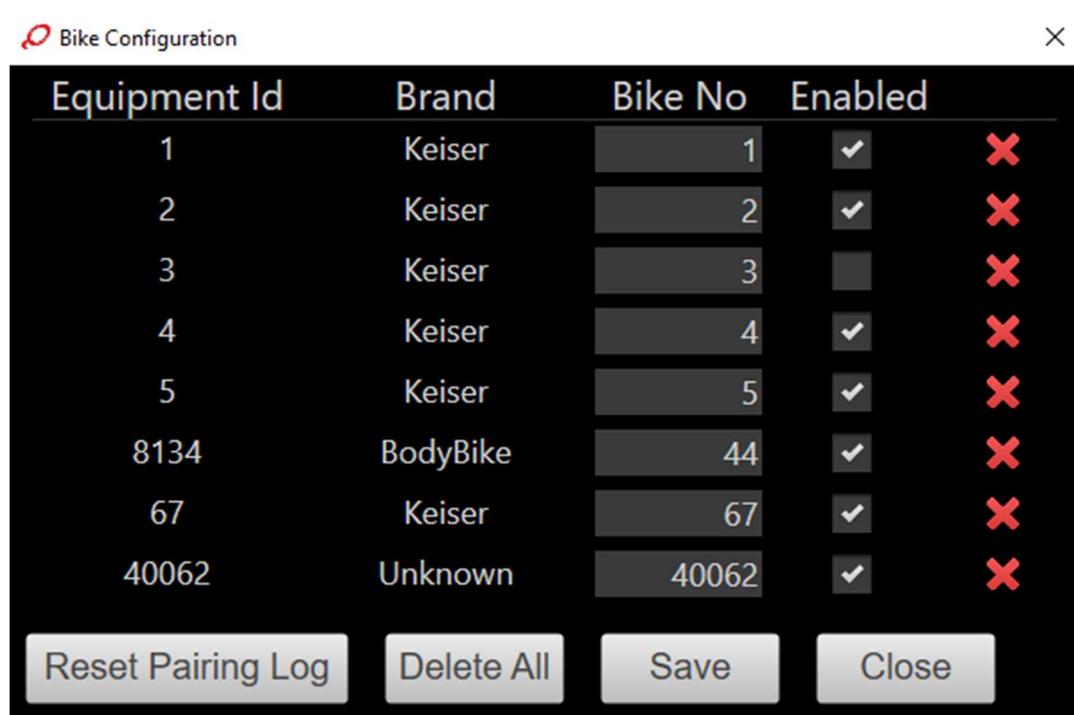
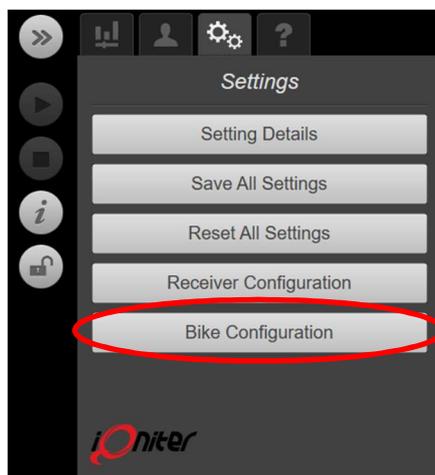
In release 2.1 selection of bike (bike pairing) is done from the Instructor Panel by clicking on the exerciser, then click the 'Bike' button and select the desired bike. The last paired bike for each participant is always saved in Cardio Training (bike pairing log) and used for automatic pairing next time the exerciser is participating in a class, if 'Enable Auto Bike Selection' is checked. The bike pairing log is saved for each Cardio Training installation.



(A similar Bike Selection app to be used by the exercisers will be available in a future release).

## Bike Configuration

Bike numbers are assigned and saved from the Bike Configuration setting panel.



When 'Enable Bikes' from the Setting panel is checked, start pedaling and the bikes show up one by one in the Bike Configuration panel.

- Equipment Id: The Id sent from the bike
- Brand: Manufacturer of the bike (for now Keiser m3i and Body Bike Connect are supported)
- Bike No: By default the same number as Equipment Id. This number should be the same as visible on the bike for easy identification by the participants. The Bike No is shown in the Bike Selection panel, see above.

**Note!**

- Bike No must be unique.

## Release 2.1 - Highlights

- Bike No cannot be changed in Cardio Training for Keiser m3i bikes; it must be changed on the Keiser bike console.
- Enabled: A bike can be enabled/disabled. When disabled the bike is not shown in the Bike Selection view.
- A bike can be deleted from the list; however when pedaling this bike it will show up again.

Reset Pairing Log: Resets (clears) the bike selection history (bike pairing log) used when 'Auto Bike Selection' is checked.

'Delete All' deletes all saved bike configurations (i.e. the bike list and assigned Bike umbers).

'Save' saves the Bike Configuration (Bike No).

## Leaderboard

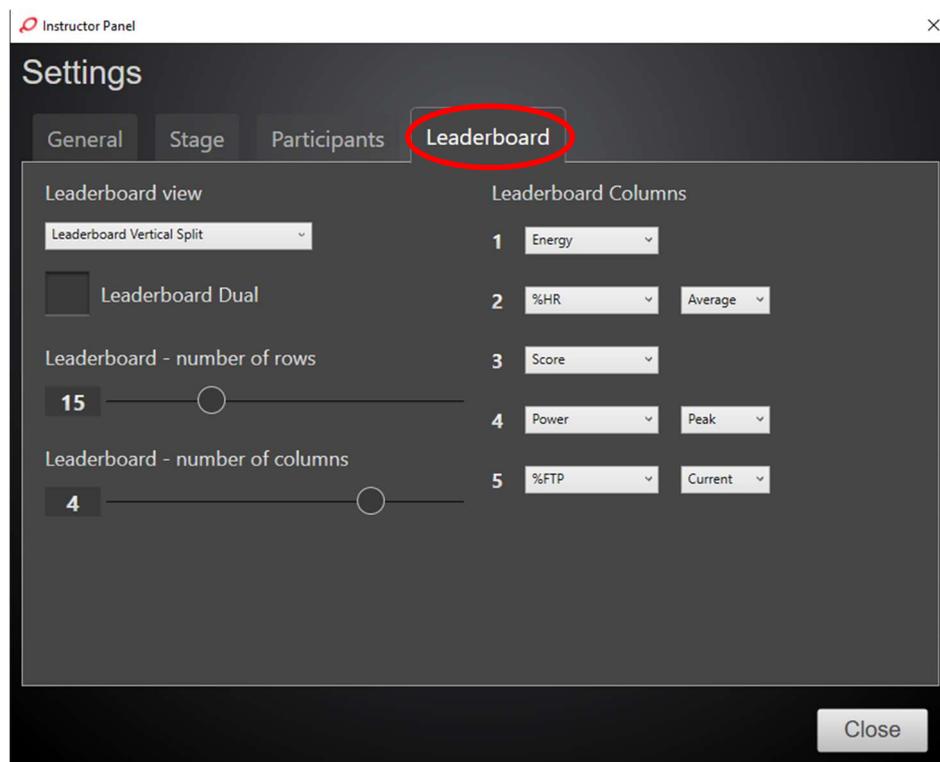
The Leaderboard is a new view which can run alone or together with the other exerciser tiles views.

Rank	Name	Energy	%HR	HR	Power	%FTP
1	Brian	34	75	135	427	214
2	Thomas	30	74	136	326	163
3	John	28	71	144	428	214
4	Sally	28	70	147	444	222
5	Tylor	25	75	135	383	192
6	Sandy	25	72	143	349	175
7	Susan	25	73	139	418	209
8	Kelly	21	75	135	419	210
9	Charlot	21	72	139	427	214
10	Beth	20	70	147	397	199



- Available in BasiQ, BiQing and Qntinuous mode
- Counts from start of session (pressing the Start button) until end of session (pressing the Finish button).
- In Qntinuous mode the leaderboard measures are not reset if the same exerciser signs in again in the same session.
- Can be viewed alone or together with the usual participant tiles view
- Show 1-5 measures, rank on first column after Nickname
- Show 1-50 rows
- Show leaderboard as single or dual
- Measures: HR, %HR, Power, Cadence, %FTP, Power/Weight, Calories, Score (Actual, Average, Peak, Totals)

## Leaderboard Settings tab



On the Leaderboard Settings panel the following can be set:

- Leaderboard view:
  - No leaderboard: No leaderboard is shown
  - Leaderboard only: Only the leaderboard is shown
  - Vertical Split: The leaderboard is shown together with the exerciser tiles
  - Horizontal Split: The leaderboard is shown together with the exerciser tiles
- Leaderboard Dual: The leaderboard is presented as a double set of columns
- Leaderboard – number of rows (1-50): The number of rows shown on the leaderboard
- Leaderboard – number of columns (1-5): The number of columns shown on the leaderboard
- Leaderboard columns: The desired measure for each column. Current, average, peak can be selected when applicable.

The leaderboard always shows the columns: Rank, Nickname (of the exerciser) and the column 1. The measure chosen for column 1 is always used for ranking the leaderboard.

# Release 2.1 - Highlights



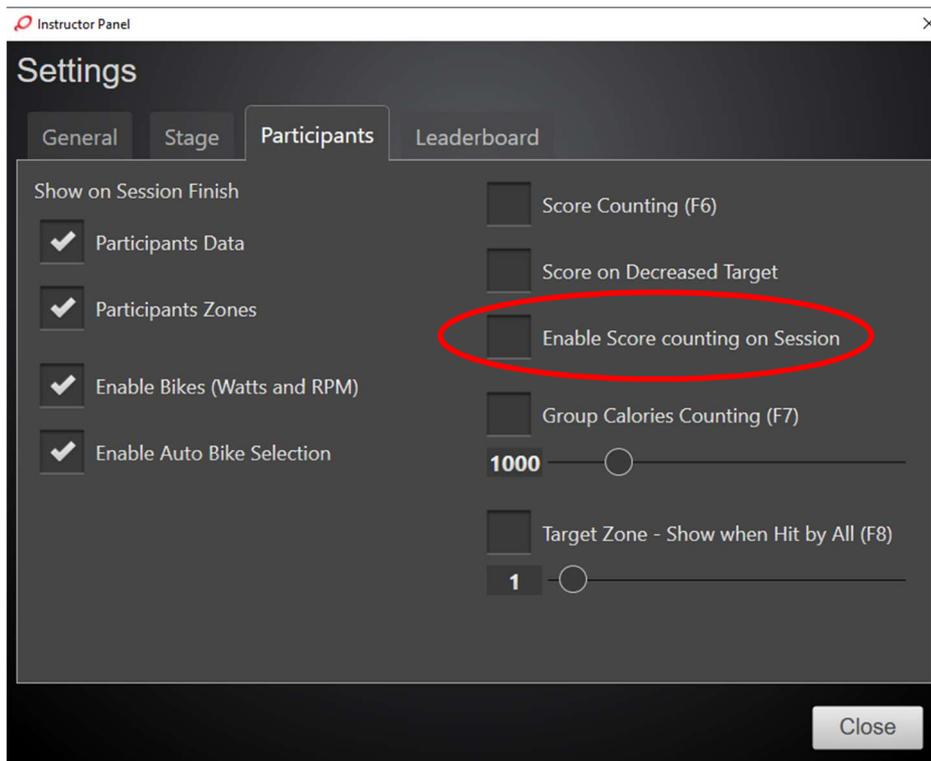
## Score Counting on Session

A new option for score counting has been added 'Enable Score counting on Session'.

When unchecked the score counting feature is unchanged; i.e. it works as before release 2.1.

When checked Score counting continuous being turned on over the whole session and the Podium is shown at end of session, only.

The F6 button still allows to toggle turning Score counting on/off.



## Team Receiver Firmware Update

Like other software the Team Receiver firmware must be updated from time to time, just like Cardio Training is being updated. This is done automatically by Cardio Training, when a new firmware update is available.

Like when updating Cardio Training, the user is prompted that a Team Receiver update is available and the user can choose to update when prompted on Cardio Training startup or when closing Cardio Training.

### Note!

- **Only Team Receivers that are online (see the Receiver Configuration panel) will be updated.**
- **Update of Team Receivers must be initiated from ONLY ONE Cardio Training computer at the time!**

A Team Receiver can also be updated manually from the Receiver Configuration panel; then an 'Update' button is enabled if an update is available.

**Note! It is highly recommended that iQniter applications and Team Receiver firmware are always updated to the latest available version.**

