

Overview

In the club Cardio Training™ is used for group training while DesiQner™ is the instructor's planning tool. Cardio Training is BasiQ+ or BiQing.

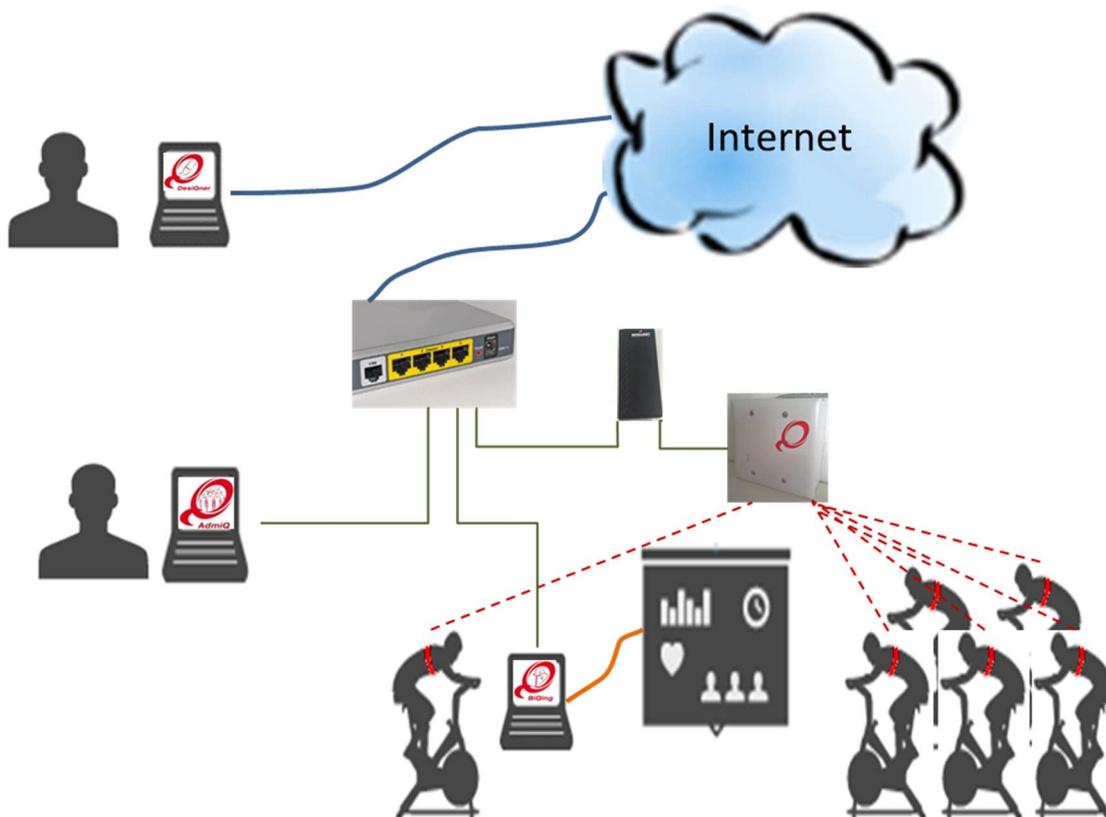


Figure 1. Concept of an installation with Team Receiver. The pulse belts communicates to the Team receiver, and the data is transferred to Cardio Training BaisQ+ or BiQing software. All Cardio Training running in the club can receive the data. When a session is finished the data is stored in the iQniter cloud on the Internet.

This version 2.0 differs from previously versions, as a major part of the functionality is moved to the Internet (the iQniter cloud). This is mainly done to make installation easier by removing installation of the database and some of the necessary changes to the network installations in the club. This requires that the Team receiver, the Cardio Training and AdmiQ software have a connection through the local network in the club to the Internet.

iQniter Team Receiver sends data to all Cardio Training connected to the same LAN and this computer is configured to identify from which iQniter Team receiver data is stored. A Suunto Team Pod is connected directly to a computer, so data can only be stored on this computer.

Cardio Training - BasiQ+, BiQing.

System Requirements

See Hardware & Software Requirements.

Cardio Training can be used with both the new iQniter Team Receiver, and the Suunto Team Pod. The Team receiver can be installed with the older Team Pod in order to pick up signals from iQniter Smart Sensor.

Installation link <http://www.iqniter.com/software/cardiotraining/publish.htm>

Installation Instructions

- Ensure that the system requirements are fulfilled.
- Download Cardio Training from the specified installation link and follow the installation instructions.
- During the installation process associated files and drivers are downloaded and installed (including .NET framework, VLC Player and Suunto Team Pod driver if required).
- On first time installation, the user is prompted for entering the License Key during the installation process.
- iQniter sales distributes the License key when the software is ordered.
- After installation, the system is open on all three levels of Chain, Club and Computer. If these levels shall be used, it is advisable to appoint the responsible of these three levels, and assign login for them.

Additional Information

- In some cases local virus scanners may interfere and block download of the application or associated files. In case, deactivate the virus scanner during installation.
- The application will automatically prompt for update when new releases are available.
- Cardio Training requires an Internet connection to give full functionality.
- Cardio Training may temporarily (a limited number of startups) run offline with limited functionality.

EquipmentSelector (CardioTraining)

The purpose of the EquipmentSelector application is that exercisers in a group session can select the specific equipment (currently bikes) being used for the session. When the exerciser has checked in to the group session and is visible on the Group Screen, then the exerciser is also visible on the EquipmentSelector panel, and a bike can be selected among available bikes and paired with the exerciser's belt so bike data (Watts and Cadence) is shown for this exerciser on the Group Screen.

System Requirements

See Hardware & Software Requirements.

The EquipmentSelector application must be setup to connect to a Cardio Training computer available on the same network through the EquipmentSelector's Setup menu. From the Setup menu, the name or the IP-address of the Cardio Training computer must be entered.

Installation link <http://www.iqniter.com/software/equipmentselector/publish.htm>

Installation Instructions

- Ensure that the system requirements are fulfilled.
- Download the EquipmentSelector program from the specified installation link and follow the installation instructions.
- During the installation process associated files and drivers are downloaded and installed (including .NET framework, if required).

Additional Information

- In some cases, local virus scanners may interfere and block download of the application or associated files. In case, deactivate the virus scanner during installation.
- The application will automatically prompt for update when new releases are available.
- Cardio Training must be running in order to connect to it from the EQuipmentSelector.

AdmiQ

System Requirements

See Hardware & Software Requirements.

Installation link <http://www.iqniter.com/software/admiq/publish.htm>

Installation Instructions

- Ensure that the system requirements are fulfilled.
- Download Admiq from the specified installation link and follow the installation instructions.
- During the installation process associated files and drivers are downloaded and installed (including .NET framework).
- On first time installation, the user is prompted for entering the License Key during the installation process.
- This is the same license key as used for Cardio Training.

Additional Information

- In some cases local virus scanners may interfere and block download of the application or associated files. In case, deactivate the virus scanner during installation.
- The application will automatically prompt for update when new releases are available.
- AdmiQ cannot run without connection to iQniter Cloud.

DesiQner

Installation link <http://www.iqniter.com/software/designer/publish.htm>

System Requirements

See Hardware & Software Requirements.

Installation

Internet ports 587 and 1433 must still be open in the computer network's firewall for a while (requirements will be removed with next release).

Installation Instructions

- Ensure that the system requirements are fulfilled.
- Download DesiQner from the specified installation link and follow the installation instructions.
- During the installation process associated files and drivers are downloaded and installed (including .NET framework).

Additional Information

- In some cases local virus scanners may interfere and block download of the application or associated files. In case, deactivate the virus scanner during installation.
- The application will automatically prompt for update when new releases are available.
- DesiQner cannot run without connection to iQniter Cloud.