

# Release 3.0 - Highlights



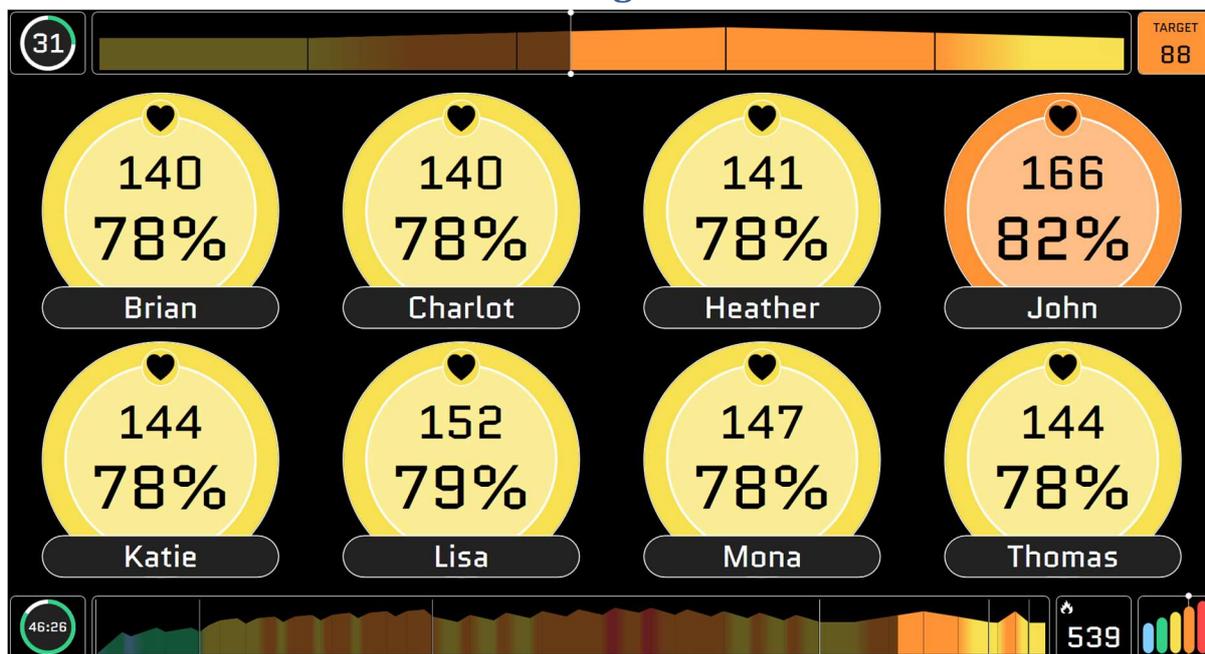
## Introduction

The majority of the new features included in release 3.0 are explained in this Release Highlights.

## Release Notes

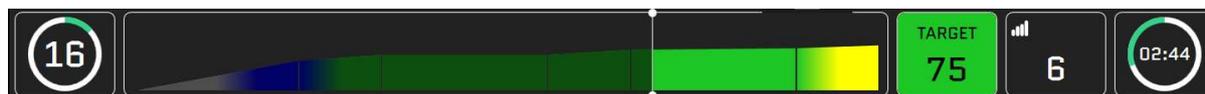
- New Modern Skin in Cardio Training. Selection between Classic theme or Modern theme.
- Added video features: View video Front/Back and Mid/Full screen.
- Added Gamification features: Team Challenge and Sprint Challenge which can be run on-the-fly during sessions.
- Support for Polar OH1.
- Added FTP and HRmax tests.
- Added support for updating exerciser Nickname, HRmax and FTP from Instructor Panel and Equipment Selector as well.
- Support for showing %HR, %FTP and zone colors for bikes/equipment that is not paired with an iQniter belt.
- New Cardio Training settings:
  - Show/Hide equipment number
  - Show/Hide session profile in bottom of screen
  - Show/Hide session timer in bottom of screen
  - Adjustable time interval for switching values when Modern theme is selected
  - Adjustable time interval for switching summary values when session finished
  - Session Header Text
- Login to AdmiQ is now mandatory. All AdmiQ users must sign-up to my.iqniter.com and subsequently be created as Club Administrator in AdmiQ in order to login to AdmiQ.
- Bug Fixes:
  - It is now possible to achieve 100 points from Tabata sessions.
  - Fixed auto-pairing with bikes
  - Fixed reverse Stage and Step timers do now work

## New Modern skin in Cardio Training

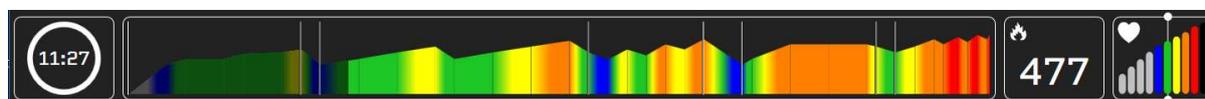


Cardio Training now has a new skin available, which is selected from the **General Settings** panel, where Modern or Classic Theme can be selected.

Checking 'Large space between exerciser tiles' makes a view with more space between the exerciser tiles, which may be desirable when running video in the background.

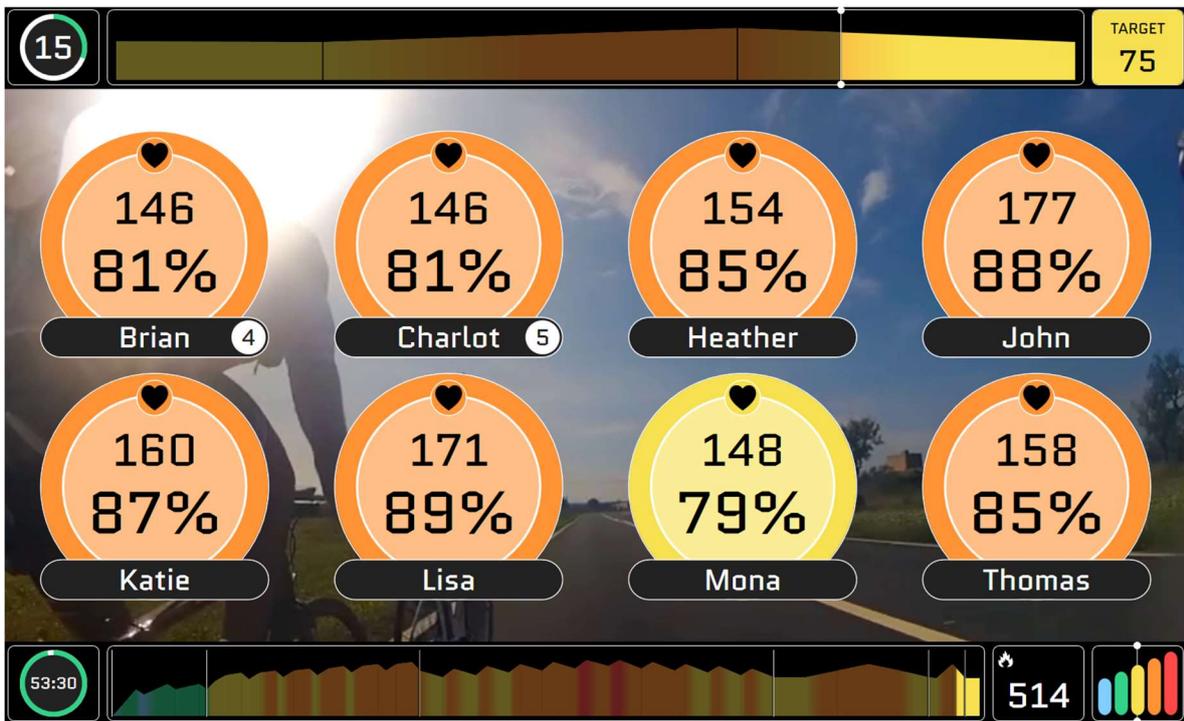
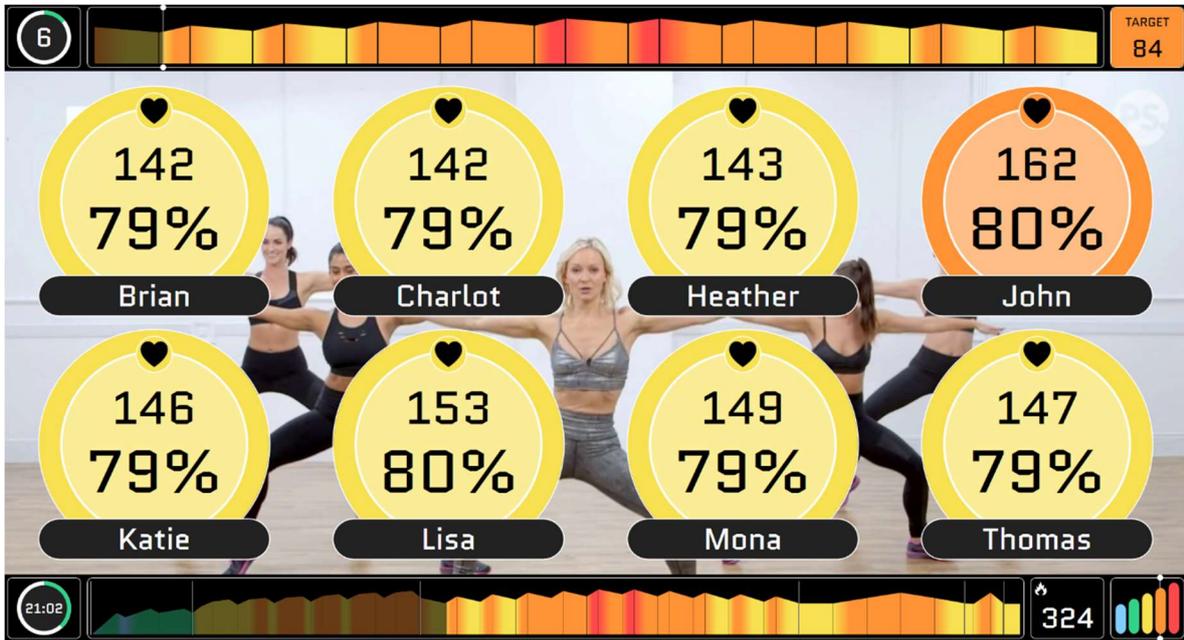


The top section of the Group Screen has got a new look, here showing Step Time, Current Stage, Current Target, other selected stage parameters (here Scale Value) alternating and finally Stage Time.



The bottom section of the Group Screen shows Session Time, Current Session, Group parameters (here Calories) alternating and the current Scale Value.

## New Video features



Now video can be shown in front or behind the exerciser tiles, and it can be chosen to select video in full screen or only for the middle section of the Group Screen.

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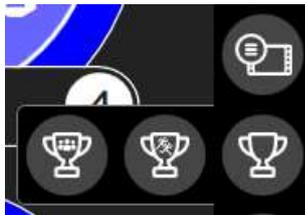
A Video submenu has been added to the Quick Menu, which includes three buttons (from the left):

- Video full screen / middle screen
- Video in front / background
- Video show / hide.

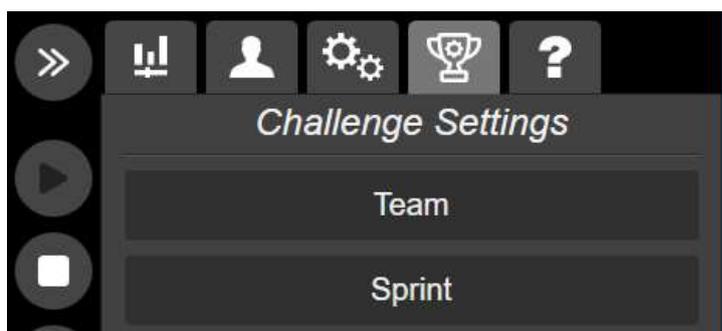
The Music button above the Video Submenu button mutes the sound track.

## Gamification – Challenge Features

Two types of challenges are available: Team Challenge and Sprint Challenge. Challenges can be started by the instructor on-the-fly. In release 3.0, data from the challenges is not collected.

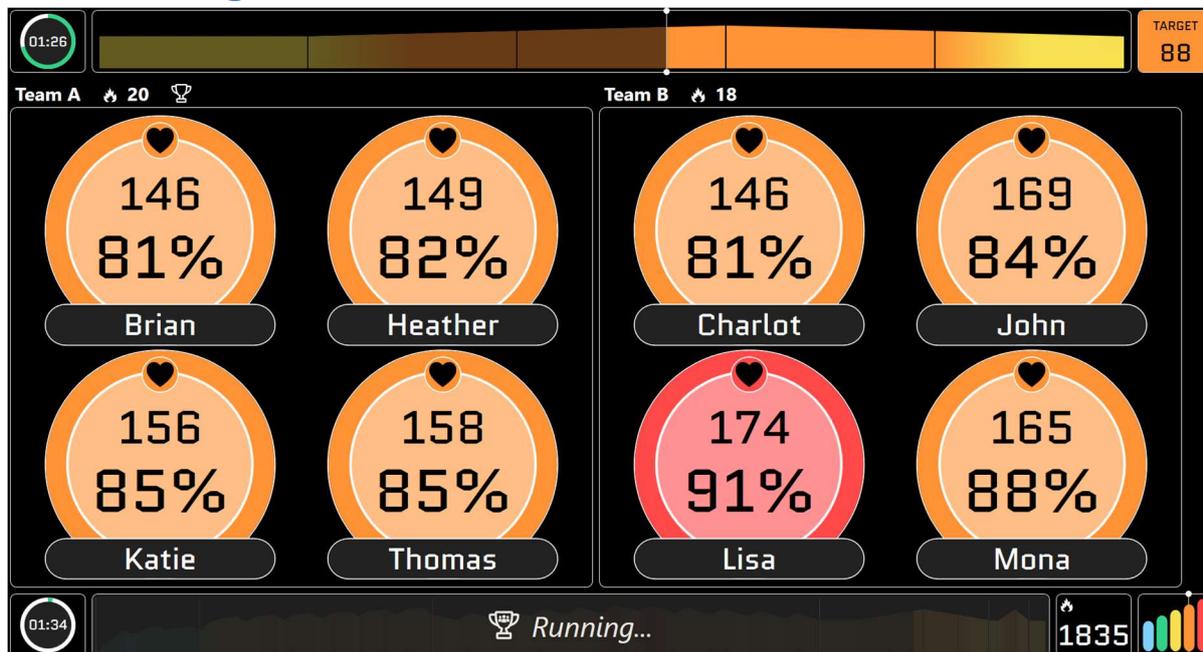


Challenges are started from the Challenge submenu, which exposes two challenge buttons, one for Team challenge, and one for Sprint Challenge.



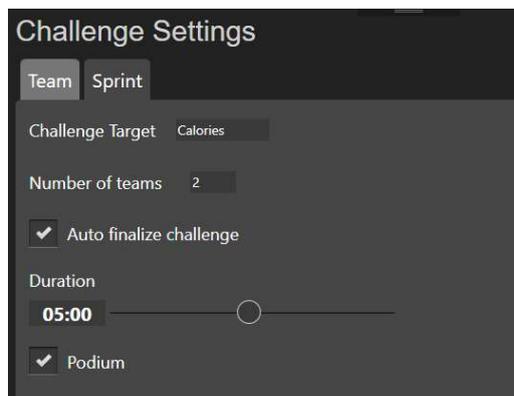
Before starting a challenge, the challenge settings must be configured (also available from AdmiQ). Pressing Team or Sprint opens a **Challenge Settings Panel**.

## Team Challenge



For each team, the current score is shown. The leading team is indicated with the 'Leading Trophy'. Note: In release 3.0, the Team values are calculated as the average of the exerciser belonging to the team.

Team Challenge settings:



- Challenge Target (in this case Calories)
- Number of Teams (1 – 4 available)
- Auto finalize challenge: The challenge stops when the Duration has elapsed
- Duration: The desired duration of the challenge (when 'Auto finalize challenge' is checked)
- Podium: When checked, the podium pops up when the challenge is finalized.

## Sprint Challenge

Rank	Name	Power-
1	Lisa	442
2	Thomas	434
3	Katie	428
4	John	426
5	Charlot	420
6	Heather	418
7	Brian	417
8	Mona	384

For the Score Challenge, the current sprint result is shown on the leaderboard. The sprint leaderboard always contains the Rank, Name and the Target value column. After the Sprint Challenge is finalized, the leaderboard returns to the original settings.

Sprint Challenge settings:

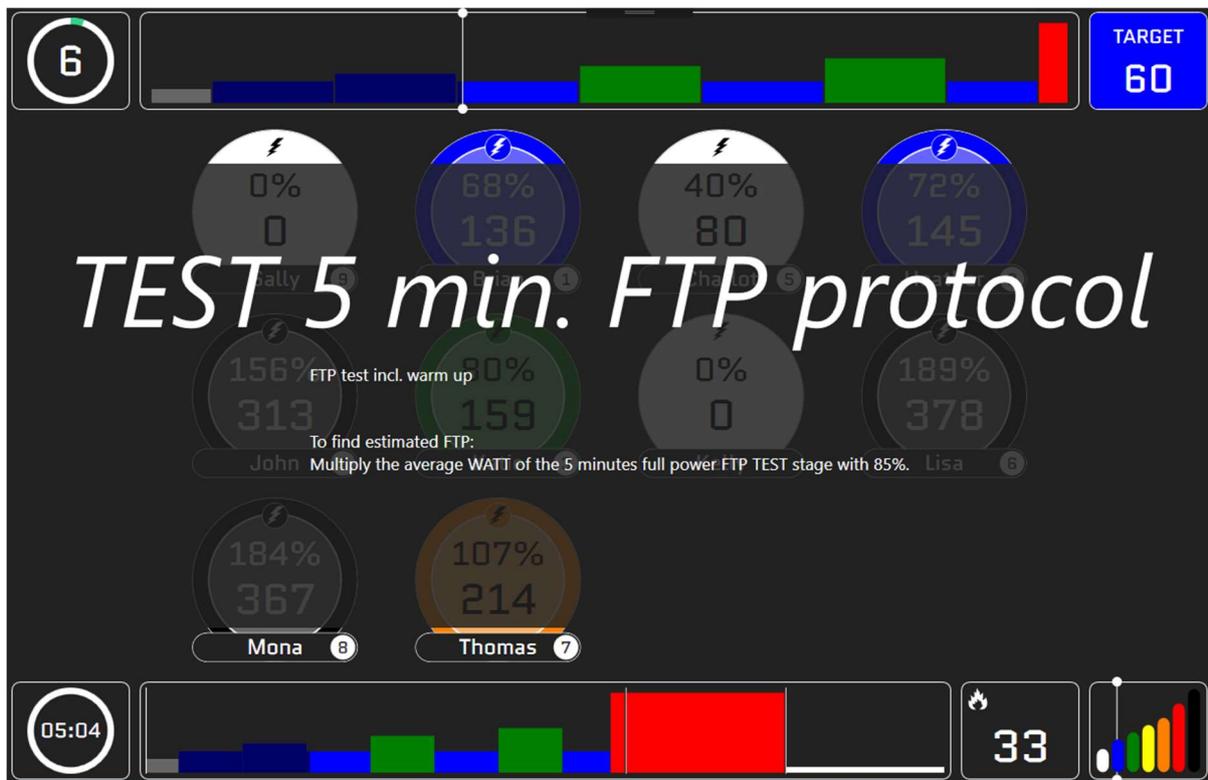
- Challenge Target (in this case Average Power)
- Auto finalize challenge: The challenge stops when the Duration has elapsed
- Duration: The desired duration of the challenge (when 'Auto finalize challenge' is checked)
- Podium: When checked, the podium pops up when the challenge is finalized.
- Leaderboard view: The desired appearance of the leaderboard during the challenge

- Leaderboard dual: If checked, the challenge leaderboard is presented in dual mode
- Leaderboard – number of rows: The number of rows shown on the Sprint Challenge leaderboard.

## Support for Polar OH1

Polar OH1 belts are now supported like Polar H7 and Polar H10.

## Test Protocols: FTP and HRmax



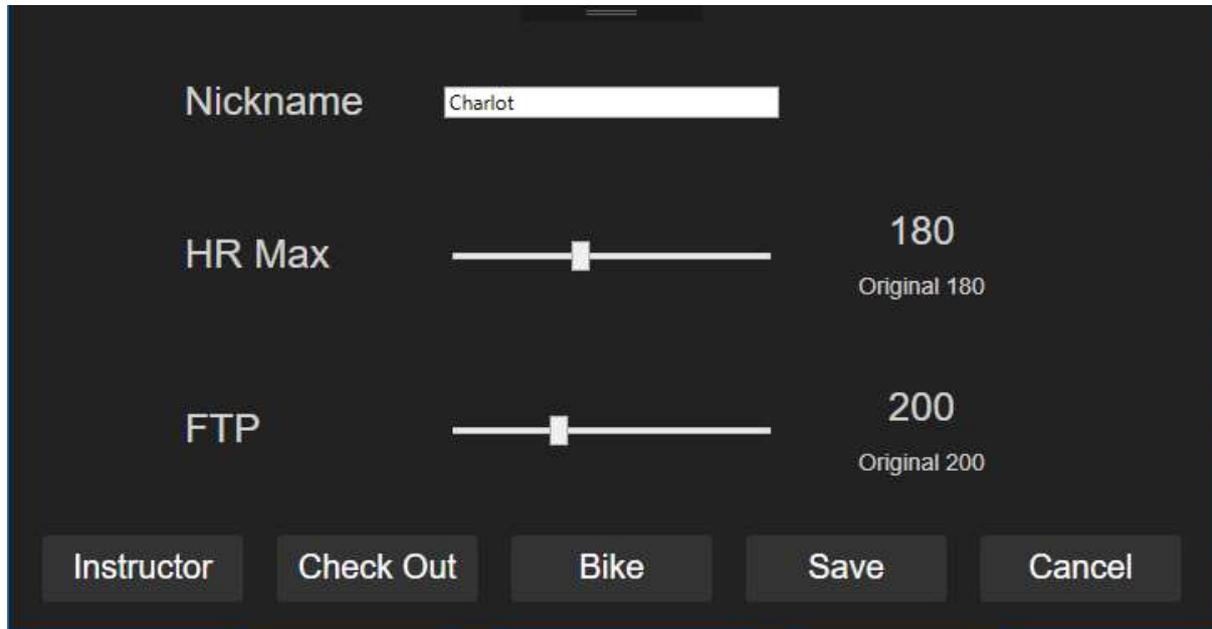
FTP and HRmax test protocols are now available among the iQniter Smart Sessions. Currently, two protocols for FTP test and two protocols for HRmax test. These apply to BiQing mode, only.

A Test Protocol is always composed of a Warm Up stage, a Test stage (stage 2) and a Cool Down stage. The test is measured during the Test stage, only.

When a Test Protocol is selected, then the 'TEST' screen appears on the Group Screen and fades out after 10 seconds.

When the Test stage is completed, the instructor is prompted for saving the result (saving the new values for each exerciser), and subsequently the new FTP or HRmax values are in effect.

## Update of exerciser Nickname, HRmax and FTP



The screenshot shows a dark-themed settings panel. At the top, there is a 'Nickname' field with the text 'Charlot' entered. Below this are two sliders: 'HR Max' and 'FTP'. The 'HR Max' slider is set to 180, with 'Original 180' written below it. The 'FTP' slider is set to 200, with 'Original 200' written below it. At the bottom of the panel are five buttons: 'Instructor', 'Check Out', 'Bike', 'Save', and 'Cancel'.

Until now, HR Max and FTP could be updated from the Instructor Panel. Now this feature, together with updating the Nickname shown on the Group Screen, is also available from the Equipment Selector (click on the Exerciser Tile header shown in the Equipment Selector). The Nickname can also be updated for bikes/equipment that is not paired with a belt in Cardio Training, thereby giving the tile a name.

## Support for showing %HR, %FTP and zone colors for bikes/equipment that are not paired with an iQniter belt.

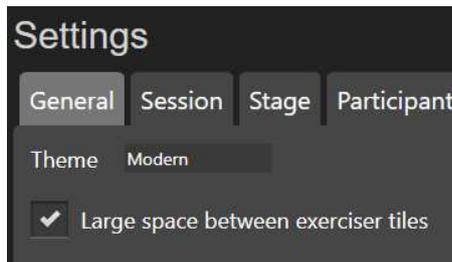
Previously, bikes/equipment that was not paired with a belt in Cardio, only Watts, Cadence and Heart Rate (if available from the bike console) was shown with gray background, only. Now, these exercisers are shown like other exercisers on the Group Screen including %HRmax, %FTP and related color scale. %FTP and %HRmax are calculated based on default values; however, these can be changed from the Equipment Selector or the Instructor Panel.

## New Cardio Training settings

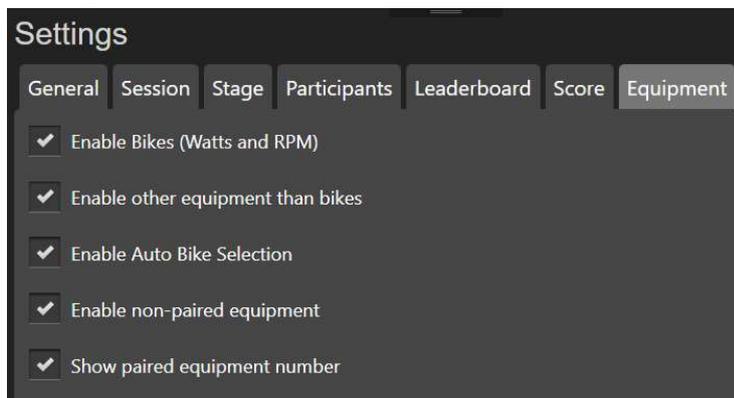
### Show/Hide equipment number

Checking 'Large space between exerciser tiles' makes a view with more space between the exerciser tiles, which may be desirable when running video in the background.

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New setting 'Show paired equipment number' is available for show/hide the paired bike/equipment number on the exerciser tile.



## Other new settings

- Show/Hide equipment number (Settings → Equipment)  
New setting 'Show paired equipment number' is available for show/hide the paired bike/equipment number on the exerciser tile.
- Large space between exerciser tiles (Settings → Session)  
Checking 'Large space between exerciser tiles' makes a view with more space between the exerciser tiles, which may be desirable when running video in the background.
- Show/Hide session profile in bottom of screen (Settings → Session)
- Show/Hide session timer in bottom of screen (Settings → Session)
- Adjustable time interval for switching values in the exerciser tiles (Modern theme) (Settings → Participant)  
The switch time can be change from this setting
- Adjustable time interval for switching summary values when the session is finished (Settings → Participant)  
The switch time can be change from this setting

- Session Header Text (Set in AdmiQ) (Settings → Session)

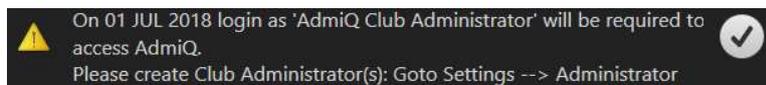


The Session Header Text is a Header that can be specified in AdmiQ. The text was previously applicable to Tabata session, only, but now applicable for all types of session. The Session Header Text appears in the top of the Current Stage area. It can be toggled on/off from AdmiQ and Cardio Training settings as well.

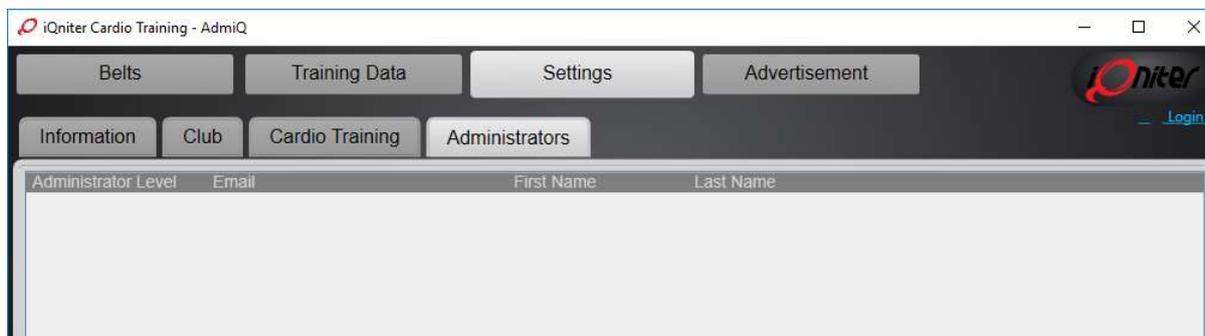
## Login to AdmiQ is now mandatory

From 01 JUL 2018 Login is required to access AdmiQ, and at least one AdmiQ Club Administrator must be created in AdmiQ before this date. That is, also receptionists maintaining belt data must be created as Club Administrator in order to access AdmiQ.

Until the first Club Administrator is created in AdmiQ, the following prompt will be shown on startup.



From the AdmiQ Settings→Administrators panel Club Administrators can be created:



AdmiQ administrators must sign-up to my.iqniter.com before created as Club Administrator in AdmiQ.

A Club Administrator can create more Club Administrators and delete Club Administrators from the Settings→Administrators panel in AdmiQ.