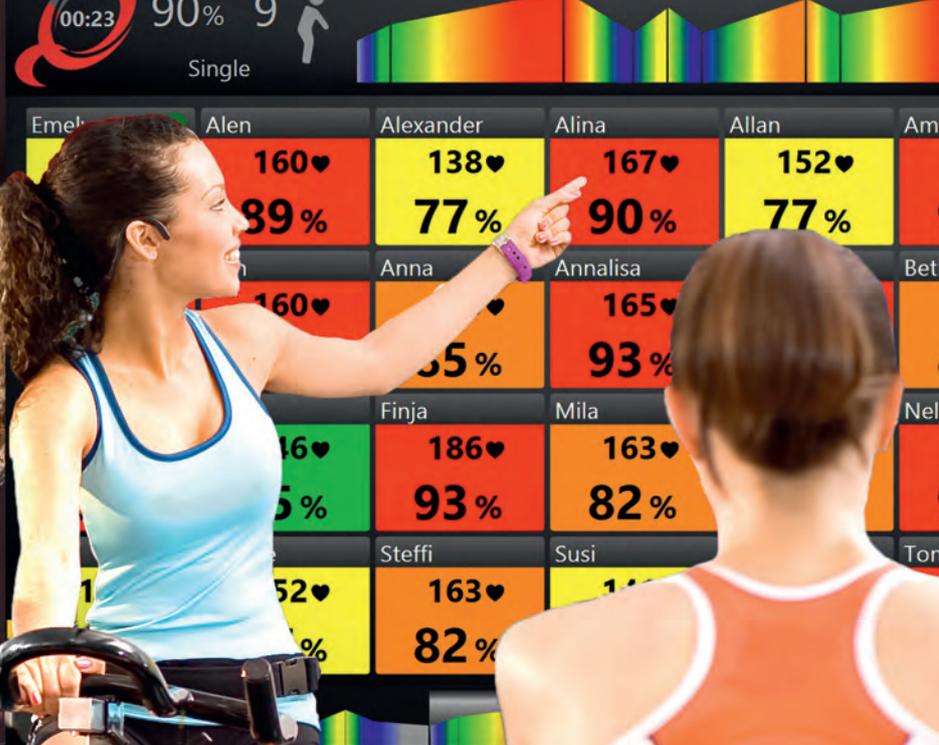


THE COMPLETE CARDIO

TRAINING

SOLUTION





iQniter

CARDIO TRAINING

Powered by Suunto

iQniter is built around premium Suunto hardware. Quality, reliability and profitability are the foundation and a forward looking group training system is the result.

iQniter is very easy to use and the system's innovative cloud technology is designed for continuous development. New features are introduced continuously and updated automatically giving you peace of mind that you have invested in a system for the future. iQniter Cardio Training plans, monitors and reports exercise data easily and in meaningful ways to offer your facility a real point of difference. iQniter enhances the training experience, improves exercise performance and provides revenue options beyond just selling heart rate belts.

iQniter Cardio Training

DESIGN – VISUALISE – REPORT

AdmiQ and BasiQ form the core of iQniter Cardio Training. In AdmiQ, heart rate belts are registered once and then BasiQ uses the Suunto iQniter Team Receiver and Suunto iQniter heart rate belts to display heart rate, % of maximum heart rate, calorie consumption, plus more for over 72 participants on the big screen TV or projector.

Cattis	Speed	Anton	Pernilla
184 ♥	146 ♥	185 ♥	146 ♥
88%	81%	88%	81%

The iQniter split-screen function allows the instructor to manage the session, monitor the participants and keep the class screen clear of clutter and distraction. You control which heart rate zones, colours and numbers to display (up to 5 per tile). Each user screen tile is customised in size according to the number of participants so that the screen is always filled with boxes and feedback is always visible.

You pick your nickname to be displayed on the screen, allowing you to remain anonymous if you like.

Heart rate is displayed as number of heartbeats per minute.

The heart rate is shown as a percentage of maximum heart rate.

iQniter Session Design

In DesiQner, instructors design sessions based on intensity profiles. Session notes can be printed off and used as needed or sessions can link directly to the facility via the iQniter BiQing software and be presented on your big screen.

With DesiQner copy and paste functions, designing sessions takes a few minutes and they can be shared with other instructors via the iQniter cloud. DesiQner is free to anyone and can be downloaded on your PC from www.iqniter.com. Get it today and bring your vision to the big screen!



Instant Feedback

After the session a training report is automatically and instantly sent via e-mail to the participant and a summary report of how all the participants trained is sent to the instructor. This is a great tool for evaluation and an excellent quality assurance tool for sessions and instructors!



The personal report contains information on the time spent in different heart rate zones, maximum and average heart rate, Peak Training Effect, training history, plus more.

iQniter BiQing

BiQing enables playback of planned sessions made in DesiQner. BiQing is an optimal tool to communicate how long and hard the participants will work out and where they are in relation to the plan. This visualisation allows everyone to push their limits and get results.

The tool is simple, visually appealing and the possibilities are endless. Reach new levels of motivation, engagement and elevate the training experience.



www.movescount.com

Movescount is Suunto's free online training portal where all training with iQniter can be stored. In Movescount, facilities can organise their own groups and create activities, competitions and reward their members. There is also a Movescount app for iPhone which measures speed, distance and your route when you exercise outdoors.





The complete

SOLUTION

Entertainment & Inspiration

Music and Video Integration



iQniter's music and video integration provides opportunities that few other systems have. With music integration, instructors can create workouts where music becomes completely synchronised with the pre-planned BiQing sessions.



Video integration is the ability to import everything from music videos and Tour de France stages to in-house movies. With music and video integration, the facility can easily increase motivation, inspiration and entertainment for everyone.

Advertising



Before and after iQniter sessions, facilities can display advertising videos and banners. Facilities can discuss advertising opportunities with current supply partners or external businesses to have their ads shown in this space. This capability opens up significant revenue opportunities for facilities to get the most on their investment and a revenue stream in addition to selling heart rate belts!



MOTIVATION & RESULTS

Clear and specific goals improve motivation and performance - with iQniter, motivational features increase the understanding and interaction between the instructor and user.

Calories Burned!

 400

Group Calories

Instructors pre-set goals for the group to achieve. These milestones create a team spirit and commitment to a common goal.



Hit the Target

Get the desired training response and drive personal motivation by following the instructor's programmed intensity zones. A user will get points when they hit the right target heart rate at the right time. The three participants who reach the highest overall score are displayed on a podium at the end of the training block.

All In Zone!

 8

All in Zone

The goal is to get all users to train at the same target heart rate zone. When everyone is in the right heart rate zone a pop-up displays with the "thumbs up" rewarding participants for all hitting the right intensity at the same time and improving motivation by training smarter, not harder!



The complete

CARDIO SOLUTION

Profitable – Reliable – Easy

Qniter Cardio Training is an innovative and effective way to distinguish your facility against your competitors. For a small investment, your facility gets a complete solution that provides real added value for your members and instructors. Additional products of the highest quality from Suunto and iQniter complement your business and generate repeat sales of heart rate belts and watches.



SUUNTO – iQniter Heart Rate Belt

The personal transmitter belt is the tool that keeps your members engaged and motivated over the long term. A personal heart rate belt gives accurate feedback during a session and after, participants receive a detailed training report based on their training history and impact of the recent session. Sales of heart rate belts build year after year with new and current members.



Suunto Heart Rate and GPS Watches

Suunto is a leading designer and manufacturer of sports instruments for training, diving, mountaineering, skiing, sailing and golf. Suunto and iQniter help people at all levels analyse and improve their performance. We recommend 2-3 models which we know offer great options.



Heart Rate Monitoring

INTO MULTIPLE ZONES

Expanding iQniter to a new training area is simple, all you need is an extra iQniter Team Receiver, a TV and an internet connected computer.

Our experience is that by increasing monitoring into small group fitness, cross fit, functional training area or dedicated PT-zone, all members become aware of how motivating and fun it is when they can follow their efforts in real time and receive feedback on their session.

Our experience is that by increasing monitoring into small group fitness, cross fit, functional training area or dedicated PT-zone and cardio-zones, all members become aware of how motivating and fun it is when they can follow their efforts in real time and receive feedback on their session.

By adding iQniter into multiple zones you will get **MORE BENEFITS** and **MORE BUSINESS**.

STRONG COMPATIBLE PARTNERS AND MORE



THE COMPLETE

SOLUTION

A SMARTER CHOICE



1. iQniter is profitable

Since iQniter's model is based on sales of personal heart rate belts, watches and the option of video advertising the system stands alone to provide revenue.



2. iQniter is robust, stable and reliable

iQniter and Suunto products are exceptionally dependable and reliable, which makes iQniter - Powered by Suunto an obvious choice for both small and large facilities that want peace of mind.



3. iQniter is scalable and built for future developments in software and hardware

iQniter is Cloud-based, which makes further development, support and backup very dynamic and flexible.



4. iQniter is easy to use - for everyone

No extra work and admin with belts or time-consuming maintenance. The only thing the client does is click on their belt and start training. The system displays the chosen metrics and user nickname on the screen, after training a training report is sent instantly. It could not be easier!



5. iQniter is Long-term

iQniter is a company that develops long-term partnerships and strives to share knowledge about wearable technology and exercise physiology. This means that we can offer much more than just technical solutions. We offer training, lectures and workshops to ensure that your employees can convey heart rate training in the best way for your members.



6. iQniter Promotion & Marketing

We offer pre-sale integration with solid marketing materials in various formats and media. We develop and renew campaigns to support you in efforts to promote heart rate measurement and sale of HR belts and watches.



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