

USER MANUAL

ACCUROFIT.COM



## Welcome to AccuroPT!

To get started, please register your user account. To do this, please select the "Register" button and move on to the next page to register.

If you have already created a user account, you may login at this point with your email and password.

If you have forgotten your password, you may reset your password by selecting "Forgot Password".





Register your club with AccuroPT by inputting the necessary information.





You will be sent a verification email to verify that your email address is a legitimate and working email address.

Once you receive your verification email, please click on the link provided within the email to verify your account.







### How to Add Member Profiles

#### ACCUR®PT

To add a new member, select the "Add Member" button at the top of the page above the search bar.

Fill in all the necessary member information.

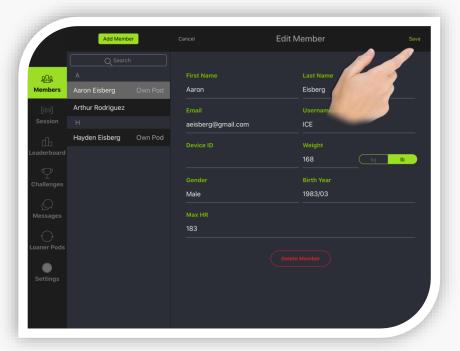




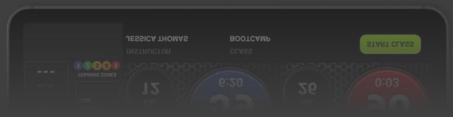
The Username/Alias is what appears on the members heart rate tile during a class session.

Max Heart Rate is calculated automatically, but you are able to manually over-ride this number by clicking in the box and inputting your own value.

Click "Save" to continue.





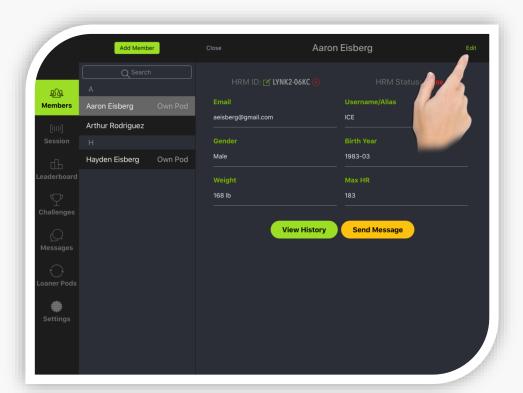


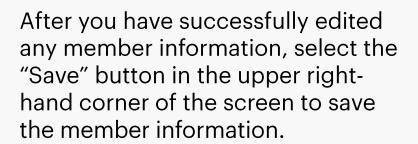
### How to Edit a Member

#### ACCUR®PT

To edit a member profile, select the "Edit" button located in the upper right-hand corner of the screen.

Once selected, you will be able to edit your member profile.





You can also delete a member by selecting the "Delete Member" button located at the bottom of the member profile.





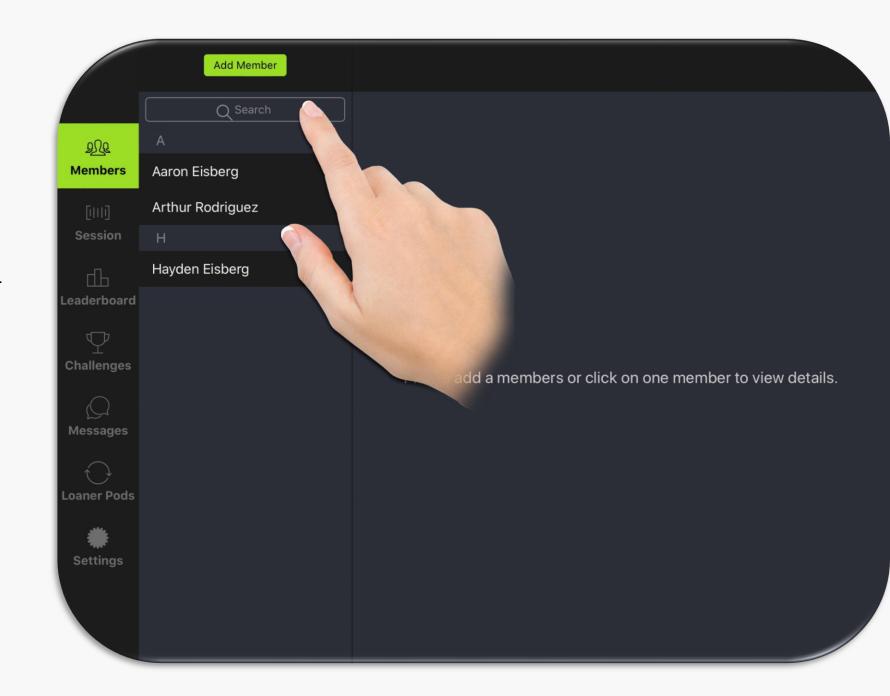


## How to Search for a Member



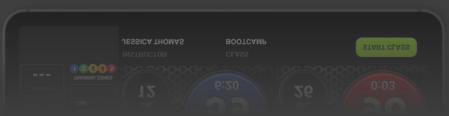
To search for a specific member, click on the search box located above the list of member names. Once you select the search box, your device keyboard will appear on screen and allow you to start typing the name of the member you are searching for.

The search results will start to filter. You can then select the member you are searching for in the list provided.



#### ACCURE PT

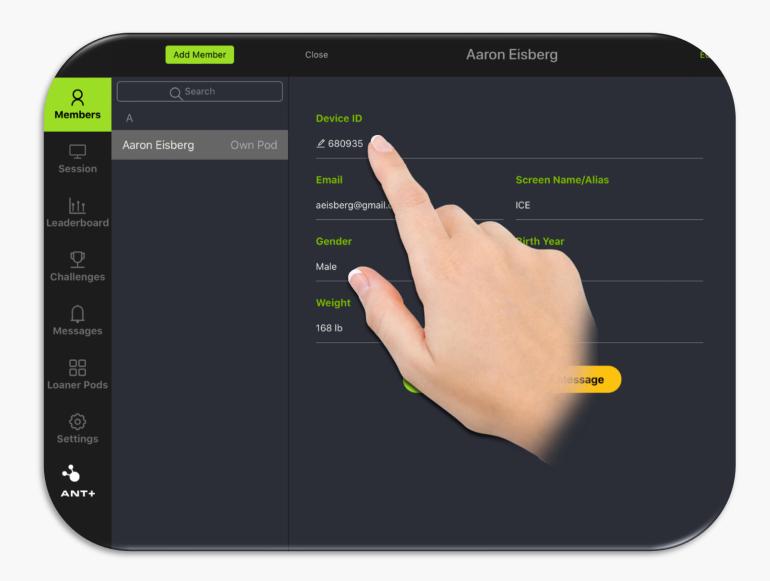




## How to Assign a Heart Rate Monitor



To assign a heart rate monitor to a member, select the member you want to assign a monitor to. Once you do, select the icon next to the "Device ID" section.





#### **Bluetooth Connection**

To assign an HRM that the members owns while utilizing AccuroPT Standard in Bluetooth mode, make sure the member is wearing the HRM and that they are near the iPad/Tablet and then select "Use Own HRM".

Then touch the space that reads "HRM ID" to bring up the list of HRM options available to assign. The option listed first or highest in the list will be the device closest to the iPad/Tablet.

Select the HRM you want to utilize and then click "Save".













#### **ANT+ Receiver Connection**

To assign an HRM that the members owns while utilizing AccuroPT+ in ANT+ mode, make sure the member is wearing the HRM and that they are near the ANT+ Receiver and then select "SCAN".

The ANT+ ID number should appear and automatically in the HRM ID field. If you have any issues with the SCAN option, you can also manually type in the ANT+ ID number directly into the HRM ID field.

Your final step is to select "Save".







## View Member History

#### ACCUROPI

To view a member's workout history, select the member you would like to view.

Once you do, select "View History" to see this members workout history.

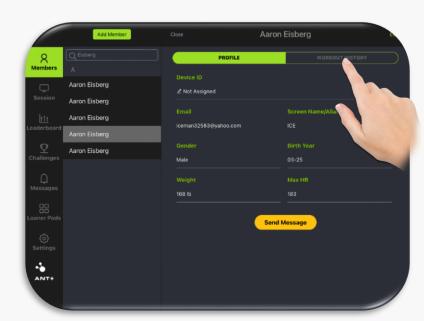
Select the workout that you would like to review. Once you do, the summary of that workout will display on the screen for you to review.

Review the member workout data and then you can close the workout overlay by selecting the close "X" in the upper right-hand corner of the overlay.



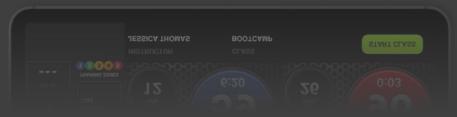












### Message a Member

#### ACCUR® PT

To message a member, select the member you would like to communicate with.

Once you are in their profile, select the "Send Message" button.

The chat box, along with your keyboard, will appear on your screen ready for you to communicate.



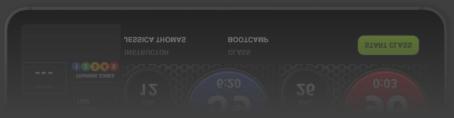


You are able to chat with your member, who will receive the message via their mobile app. You can chat, share images, screenshots, etc. All in real-time with the member.

Click "Send" when you are ready to send the message.







## Review Workout Sessions

#### ACCUR® PT

In the navigation bar, select "Session". At the top of the page, you are able to select a specific date range to view a list of all workout sessions that have been completed during that time frame.

To view a specific session, click on the workout you would like to review. The summary of the workout session will come up on the screen.

To view the workout details for a specific member of the class session you selected, you can click on their tile to bring up the summary.

Once you view the workout summary, you are able to close the overlay window by selecting the "X" in the upper right-hand corner.



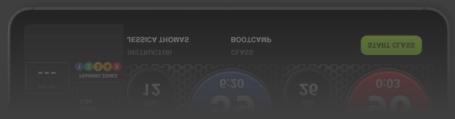












# Start New Workout Sessions



To start a new workout session, go to the "Session" section of the navigation and click on the "Start Session" button at the bottom of the session tab in the navigation bar.

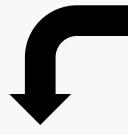


#### ACCUROPI

A session set-up overlay will come up on your display. You can select a class name and instructor name from an optional drop-down menu. You can also input the time for the class in minutes.

If you are utilizing the class scheduler, classes from the schedule will appear from the list to choose from.

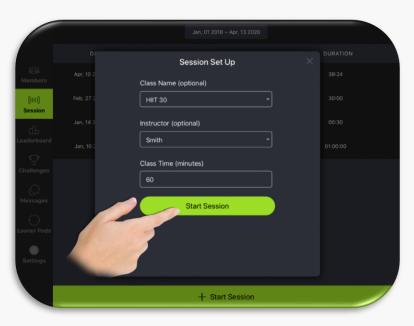
Once you are ready to start a class session, click "Start Session".







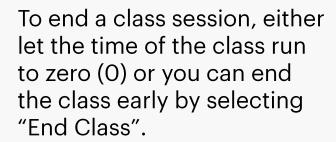




#### ACCUROPI

Make sure the members are wearing their HRMs. Once picked up by the system, they will appear on screen. Once the tiles appear on the display and you are ready to start the class session, click the green "Start Session" button on the display.











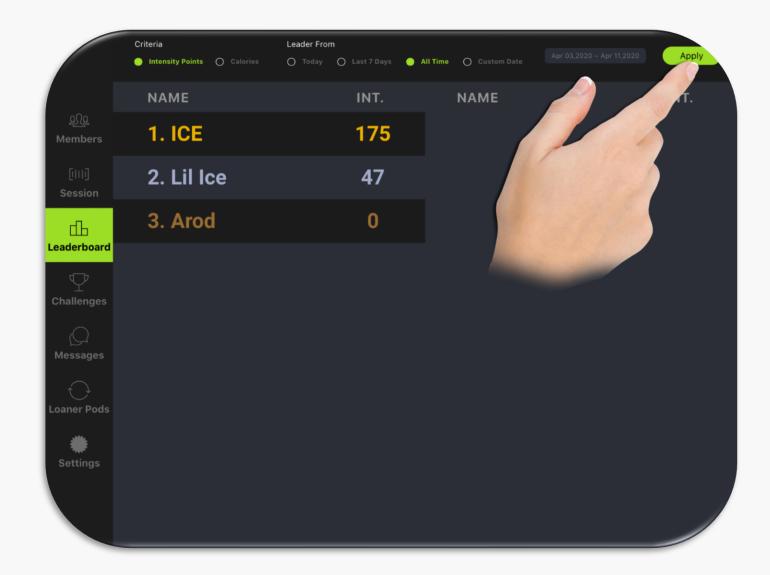
### Leaderboard



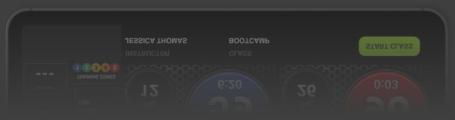
The "Leaderboard" is a real-time list of all active members who are utilizing the system. As an Admin, you can filter and apply a leaderboard based on either Intensity Points or Calories and within any custom date range you would like.

This allows you to create competition and gamification within your club and among your membership base where you can actively see the most active and engaged members in real-time.

Choose the criteria and date range from the top of the page. Once you are ready, select "Apply". The leaderboard will filter and display your selected criteria.







## Challenges

#### ACCUR® PT

Challenges is another way to gamify your AccuroPT system and create some competition between your membership base.

To create a challenge, first select "Create Challenge" from the "Challenges" section on the navigation bar. The Challenge Set Up screen will appear. Select the type of challenge, challenge name, duration, etc. and select "Create Challenge".

If you already have an active challenge, you can review the current results by selecting the "view" option under the leaderboard header.

If you would like to review a challenge that has already been completed, you can select "Finished Challenges" and then click "view" option under the leaderboard header to review the final results of that completed challenge.



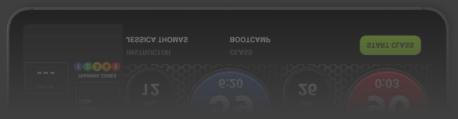












## Messaging



The messaging feature in the navigation bar allows you as a manager/trainer to see all messages that are currently going on with any member of the database.

To continue a conversation with a member, select the conversation with the member you would like to chat with. You will be taken to the chat page for that member.

Select the chat box and your keyboard will appear. Type out your message, share an image, etc. and then select "Send".













## Create / Add Loaner Pods

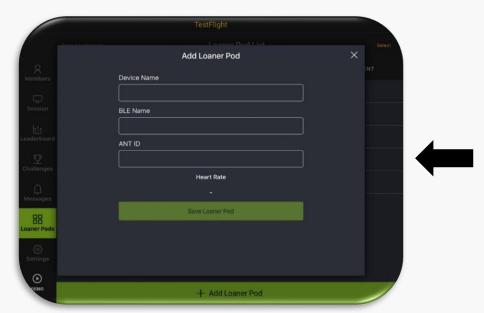
To create a new loaner pod within the system, select "Loaner Pods" on the navigation bar. Once you do, select "Add Loaner Pod" that appears at the bottom of the screen.

On the overlay that appears, fill in the device name with a specific name to easily identify the loaner to be used. IE...Loaner Pod 1.

For a BLE Connection, click the BLE Name box. The available HRMs to pair will appear (make sure the HRM is being worn). Select the HRM to use. The HRM nearest the top of the list is the closest to the iPad/Tablet.

For ANT+ Connection, type in the ANT+ ID number in the field provided.

Once completed, click "Save Loaner Pod".









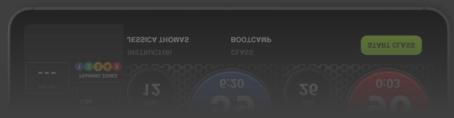




**BLUETOOTH CONNECTION** 

**ANT+ CONNECTION** 





# Remove / Delete Loaner Pods

#### ACCUR®PT

To remove a loaner pod that has been created, select the "Select" button from the upper right-hand side of the screen when within the "Loaner Pods" section on the navigation menu.

Once you select "Select", you can select the device you want to remove and then select "Remove Selected Loaners" at the bottom of the screen.

You will get an overlay that comes up asking you to confirm that you want to remove / delete the loaner. Select "Confirm" to officially remove the loaner from the list of Pods to use.

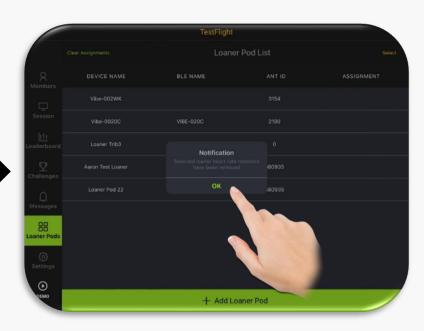
Once you confirm, select "OK" to complete the process.



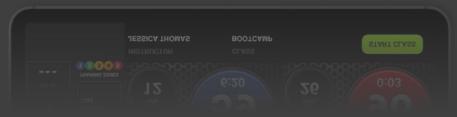












## Assign a Loaner Pod

#### ACCUR®PT

To assign a loaner pod to a member, select the member you would like to assign to from the member section of the navigation bar.

Once the member is selected, click on the "Device ID" icon at the top of the member profile.

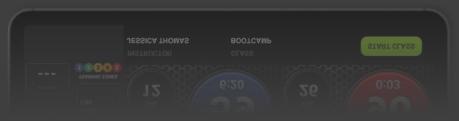
This will open an overlay. Select "Use Loaner HRM" and then select the "HRM ID" box to bring up the loaner pods available. Select your pod.

Select "Save" on the overlay and then you will see the loaner pod assigned to the member and ready to use.



#### ACCUR® PT





## Settings



Within the Session Settings tab, there are several items that you can edit and control.

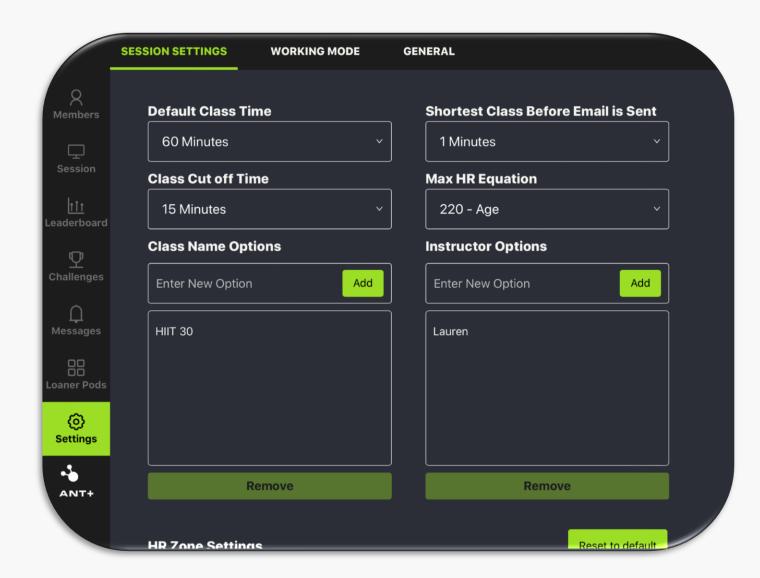
You are able to add / remove class names and instructor names, which can be used and selected before you start a class session. These are identified within the summary emails and the back-end reporting for reference purposes.

Also, you are able to select the default class times for all classes. This can be overridden when starting a class session if needed.

Class cut off time restricts a member from joining a class after this amount of time has passed.

Shortest class before email is sent means that a member has to be in the session at least this long to receive an email summary.

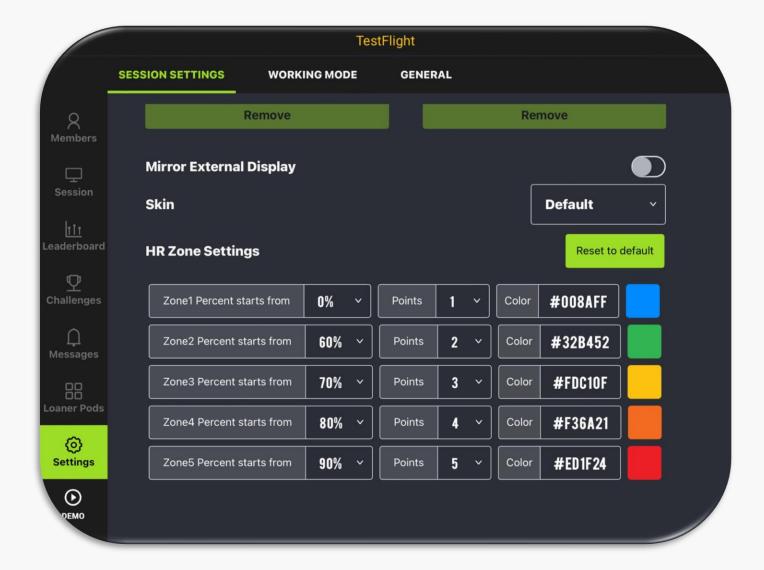
Lastly, you will also have control on the default heart rate equation that is used to calculate max heart rate for your members within their profile and on the display. Default is 220-Age, but there are several other formulas that can be used. More can / will be added over time as well.





When you scroll down still within the Session Settings, you are able to control the percentages assigned to each heart rate zone. Also, you are able to change the points assigned to each heart rate zone as well as the color associated with each zone. This gives you a bit more flexibility and control on how you gamify the system and control how your members are being rewarded for their efforts.

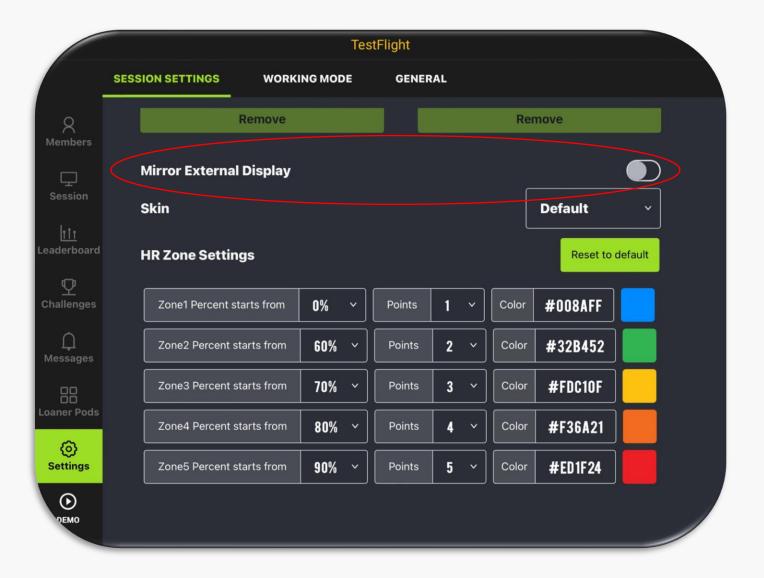
For your reference, points are awarded as time spent in each zone. For example, by default, 1 point is awarded for each minute spent in zone 1. 2 Points for each minute in zone 2. So on and so forth. This is designed to "level the playing field" during challenges and gives everyone the same opportunity to compete.





#### Mirror External Display

With the toggle off, as you see here, the Heart Rate Monitor display on the TV screen will show in full screen on the TV. If you turn the toggle on, the TV will mirror the iPad app exactly and will not show full screen on the TV.



### ACCUR® PT

Working mode gives you the option to convert your app from Bluetooth to ANT+. Converting to ANT+ requires an ANT+ receiver from Accuro.

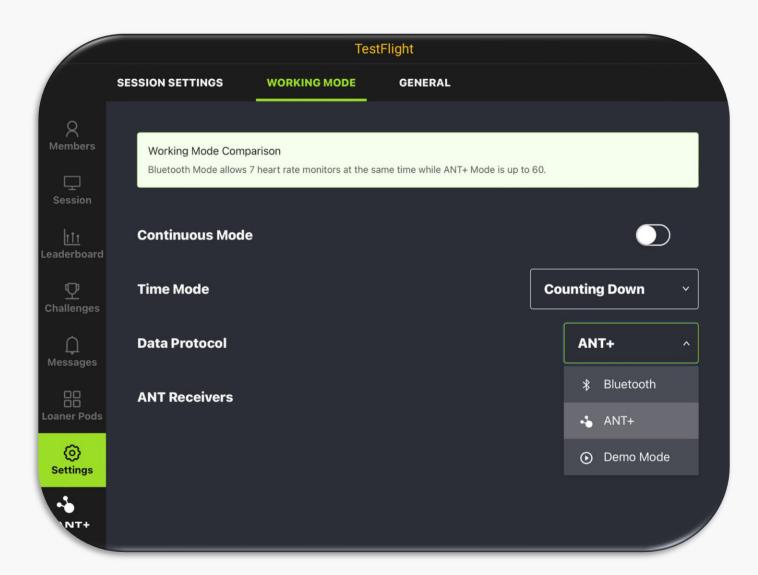
Time Mode allows you to choose between the ability to have the timing on the display count up or count down.

Demo Mode is an option that allows you to have "fake" display tiles running on the display should you want to show how the system works to your members and staff.

Continuous Mode allows the system to run all of the time with no need to start a class session. This allows members to come and go as they please. This is ideal for clubs not running timed class sessions.

To see how to connect an ANT+ receiver to AccuroPT, check out this instructional video here:

www.accurofit.com/aptmanual

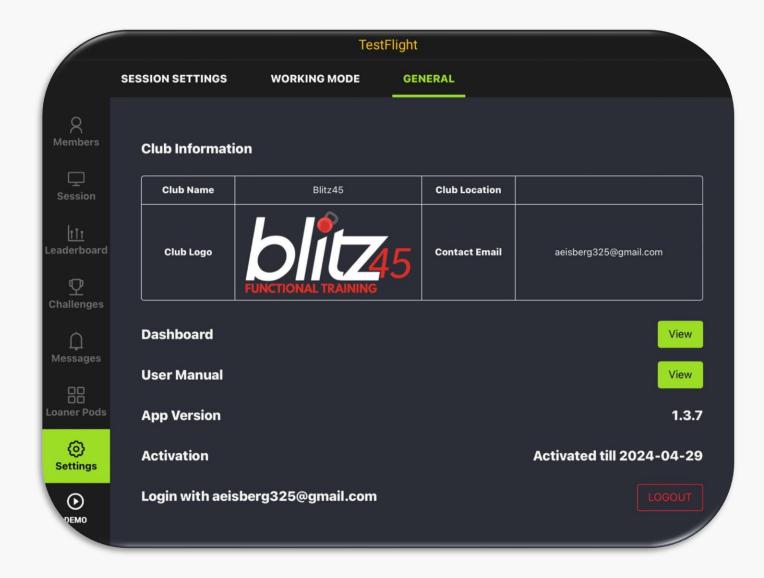




Under General Settings, you will be able to see the logo you are using, the Club Location (if assigned) and the sign-in email address.

The dashboard button gives access to view all reporting, challenges, leaderboards, etc. directly within the Accuro system.

Also, you will be able to identify your App version, your Activation timeline and the ability to logout of your account.



# ACCUROPT





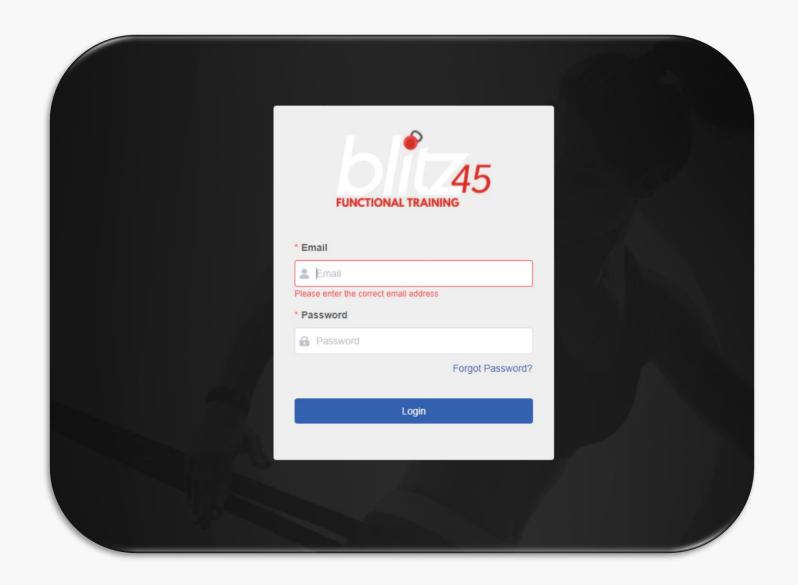
# Performance Dashboard



Your brand will be given access to your own branded online Performance Dashboard. The link to this dashboard can be found in the settings of the AccuroPT app. When clicked, it will bring up the website URL for you to access.

This URL can also be placed on your club website where your members can access. Your members will also have access to this data via your branded mobile app that we provide to you.

As an admin, you will have access to view all members and all locations that have participated in utilizing either your in-club AccuroPT system or your private labeled mobile app that we provide for you.

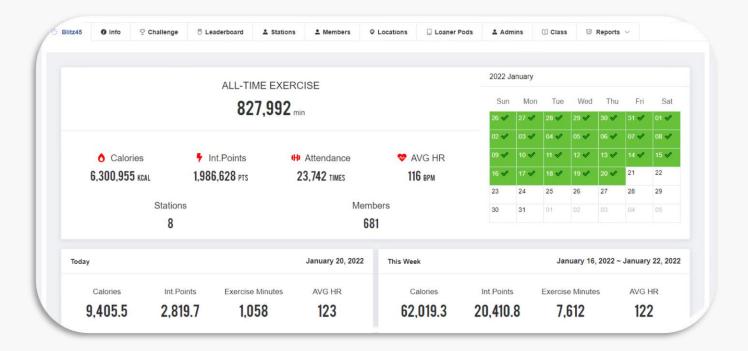


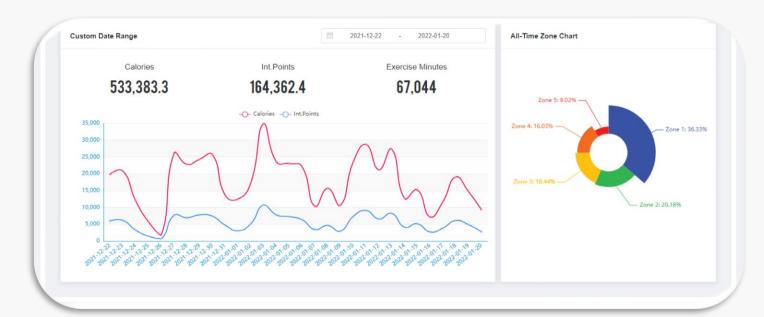


Within the performance dashboard portal, you will have a dashboard view that will show you all of the data associated with your club, no matter how many licenses you have associated with your club.

At the top of the dashboard, you will be able to see all-time exercise data for all locations and all stations associated with your club.

Below, you will see data from today and this week, followed by two graphs, one a line graph and another a pie chart. You are able to customize the date range and view the calories and intensity points earned during this time frame. Also, the pie chart shows the percentage of time spent within each heart rate zone.







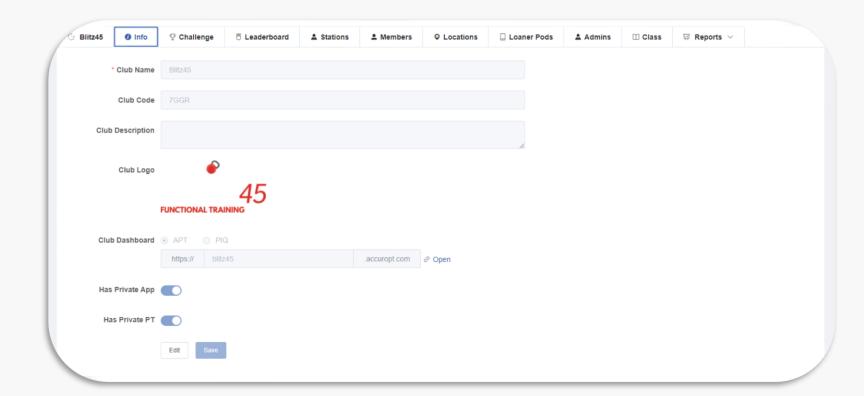
#### Info Tab

Under the "Info" tab, as an admin, you will be able to edit / see multiple different items.

- Club Name
- Club Description
- Change Club Logo
- Change Club Dashboard URL

The Club Code is a unique code for your club. This will be used with the private labeled app for your members to associate themselves with your club.

\*\*You do not need to worry about the "Has Private App" or "Has Private PT" toggles.

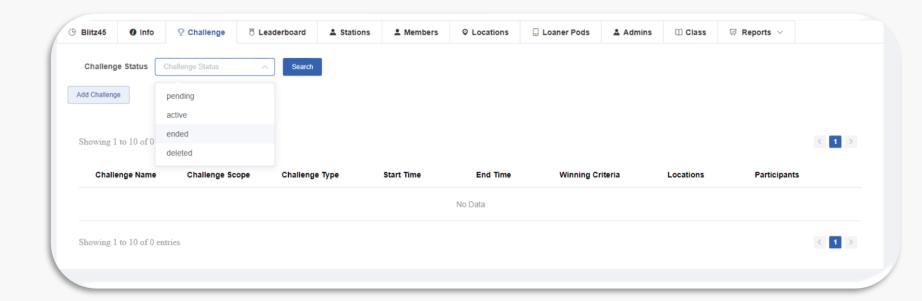


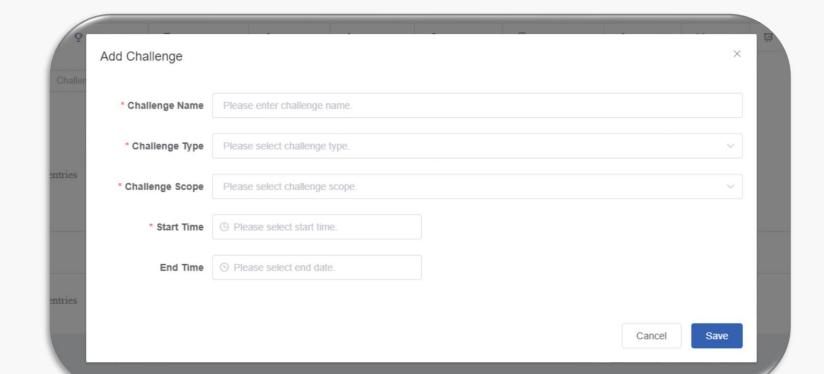


#### **Challenge Tab**

The Challenge tab allows you to create challenges for your club that can be limited to all locations, specific locations, or a private challenge with specific members only.

Currently all challenges are individual challenges, however, we are always adding more options, including team challenges.



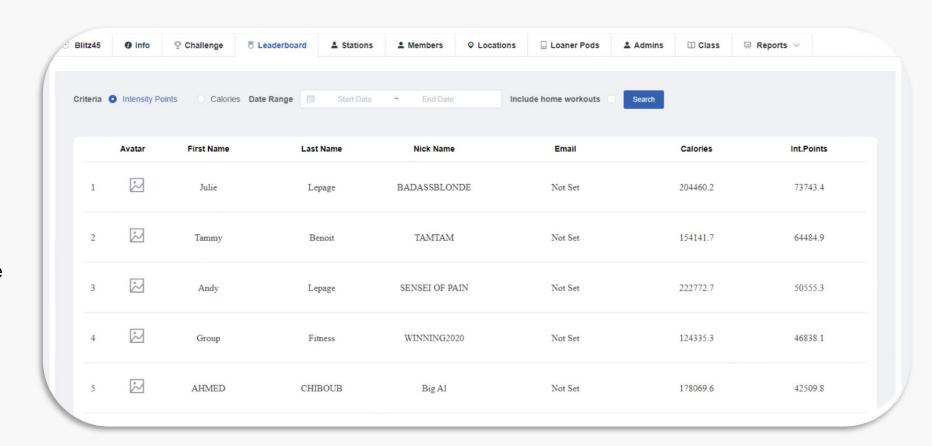




#### Leaderboard Tab

The leaderboard tab is a live, realtime leaderboard that can be controlled via a specific date range and also allows you to filter by criteria such as Intensity Points and Calories.

You also have the ability to filter the leaderboard to either include "home workouts" that are done via the mobile app, or exclude these workouts and only tally workouts done with the in-club solution.





#### Stations Tab

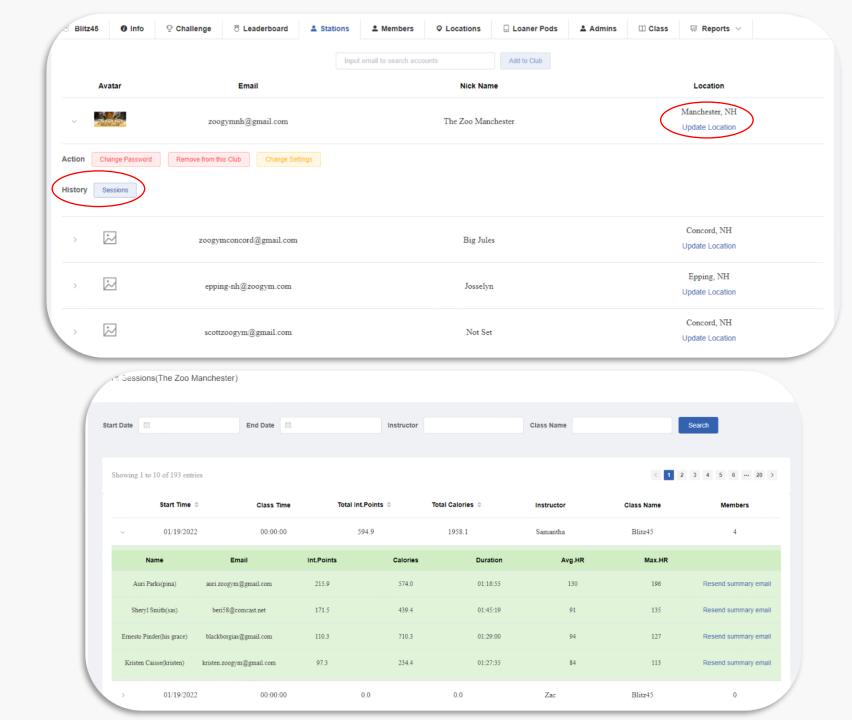
Stations are assigned to each iPad utilized within your studio. The station is also assigned a location. Multiple stations can be assigned to a location, especially if you have more than one room utilizing the heart rate system.

Under each station, you will be able to see multiple items:

- Change Password
- Remove from the Club
- Change Settings
- Session History

Changing settings allows you, as the admin, to change the "skin" of the display. We have 3 skins by default to choose from.

Session History allows you to see all sessions done by any station. You can filter by date, specific instructors or specific class names.

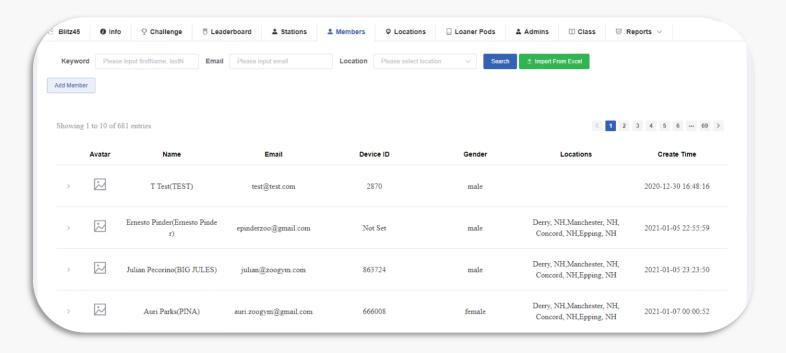


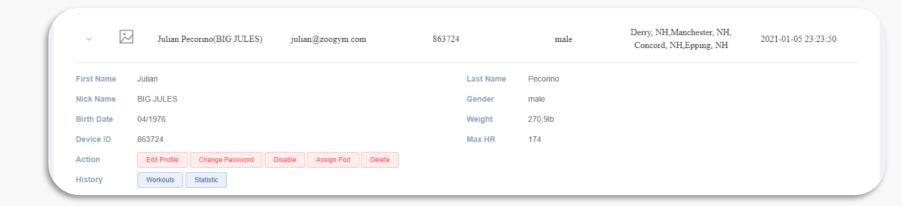


#### **Members Tab**

As an admin, you will be able to add members, edit members, change passwords, disable members, assign HRM pods, delete or view all workout history for any member.

You can filter members by locations or see all members associated with all club locations. You can search by keyword, email address or location.







#### **Locations Tab**

As a Club admin, you will be able to add locations for your club and assign it to a station. You are also able to create location admins that can have access to only their location.

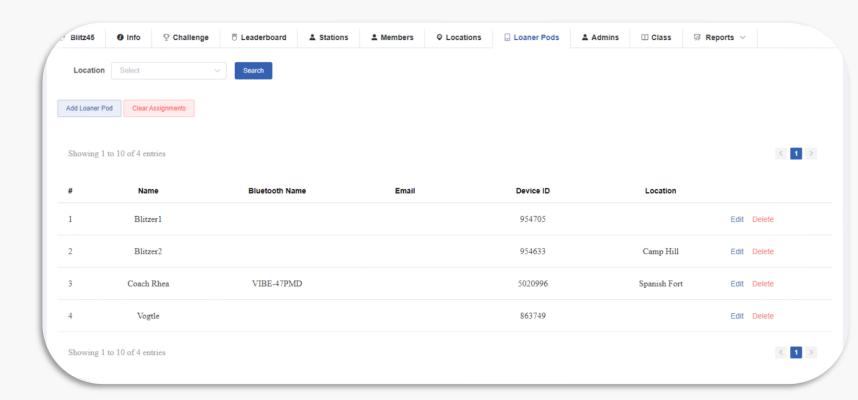
Lastly, you are able to review and see reporting and statistics for each location directly from the locations tab.

Blitz45	<b>1</b> Info	e ☐ Leaderboard	<b>≜</b> Members	☐ Loaner Pods	mins 🗆 Class 🗏 Repo	rts V
Add Location						
#	Branch Name	Branch Location	Members	Studios	Trainers	
1	Derry, NH	35 Manchester Road	570	0 Active	0 Active	Statistic Edit Delet
2	Camp Hill	Mechanicsburg, PA	53	0 Active	0 Active	Statistic Edit Delet
3	Fort Meyers	Fort Meyers, Florida	1	0 Active	0 Active	Statistic Edit Delet
4	Spanish Fort	Spanish Fort	20	0 Active	0 Active	Statistic Edit Delet
5	Manchester, NH	377 South Willow Street	568	0 Active	0 Active	Statistic Edit Delet
6	Concord, NH	270 Loudon Road • Steeplegate M all	568	0 Active	0 Active	Statistic Edit Delet
7	Epping, NH	4 Beehive Drive	569	0 Active	0 Active	Statistic Edit Delet



#### **Loaner Pods Tab**

As a Club admin, you will be able to add, remove, assign and clear assignments of loaner pods directly from your dashboard. Just as with the in-club iPad app, you are able to see all loaners available and which location loaners are assigned to. You are also able to identify who is assigned to each loaner, which can help you identify who was last to utilize the loaner if the loaner is not turned back into your team after a session.



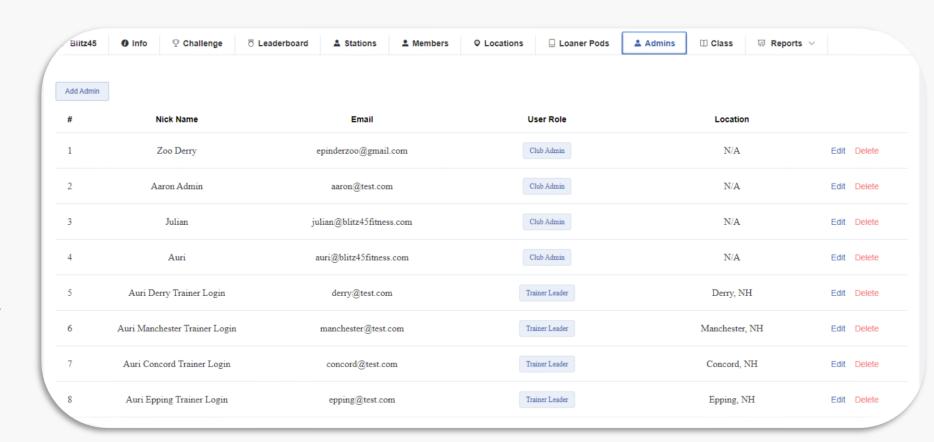


#### **Admins Tab**

As a Club admin, you will have the ability to add additional Admins. There are 3 levels of admin access you can create and assign:

- Club Admins
- Location Admins
- Trainer Access

You will be able to create and assign other club admins, as well as create admins for specific locations. Lastly, trainer access is allowed for trainers to assign HRMs, update profiles, create classes within the scheduler, etc.

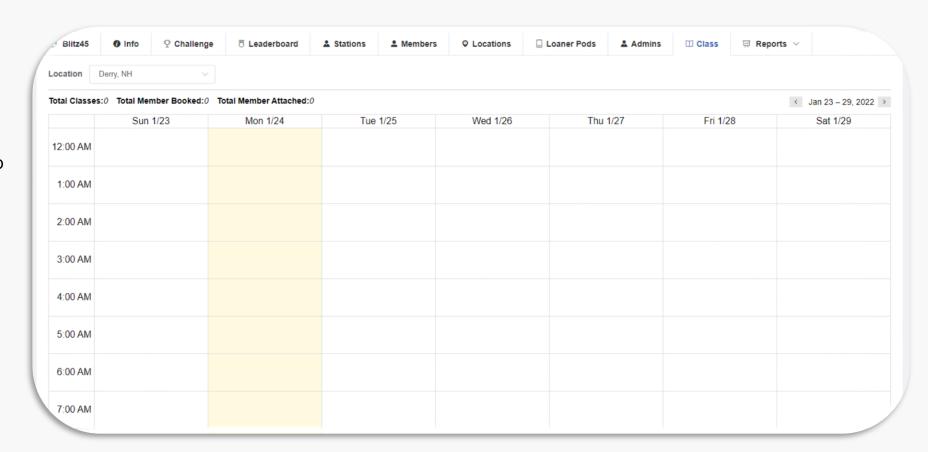




#### Class Tab

The class tab allows you, your location admins and your trainers to create class schedules for one or more of your club locations. The class schedule will be available for your members to see and book through the mobile app that we provided for you.

There will be more on this feature specifically later in the manual.





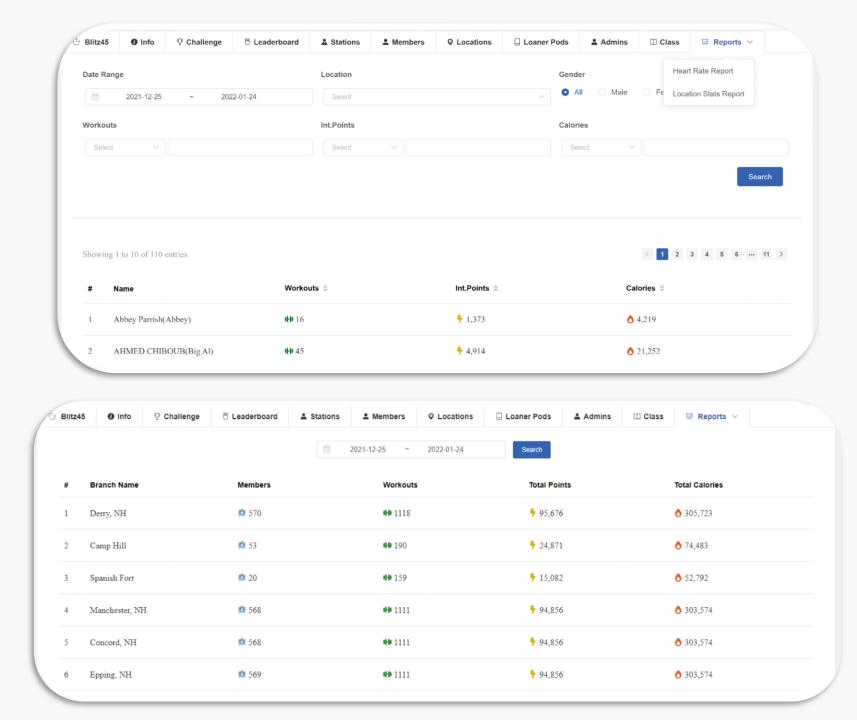
#### **Reports Tab**

Under the reports tab, there are two reporting options:

- 1. Heart Rate Report
- 2. Location Stats Report

The tab defaults to Heart Rate Report. You can filter by date range, location, gender, number of workouts, intensity points, or calories.

The second reporting option is location stats reports. This allows you to filter by date and see all specific KPI details broken down by location.



# ACCURO PT





# Class Scheduler



#### Class Scheduler

The first step to utilize the scheduler is to add studios and trainers to each location that will be using the scheduler (under the Locations tab).

Studios are specific rooms where classes may take place within your club. For example, if you have a Spin Room, a HIIT Room, and a Yoga Room, you will want to identify all 3 as studios within that location. This will be used when creating classes and templates later on.

Trainers are all the trainers who will be available to teach each class session. Whomever is inputting all the class sessions will have the ability to add the trainer to a class or a class template later on.

Blitz45		e ☐ Leaderboard 🚨 Stations	<b>2</b> Members ♀ Locations	☐ Loaner Pods	Admins 田 Class 県	Reports V
Add Location	Branch Name	Branch Location	Members	Studios	Trainers	
1	Derry, NH	35 Manchester Road	570	0 Active	0 Active	Statistic Edit Dele
2	Camp Hill	Mechanicsburg, PA	53	0 Active	0 Active	Statistic Edit Dele
3	Fort Meyers	Fort Meyers, Florida	1	0 Active	0 Active	Statistic Edit Dele
4	Spanish Fort	Spanish Fort	20	0 Active	0 Active	Statistic Edit Dele
5	Manchester, NH	377 South Willow Street	568	0 Active	0 Active	Statistic Edit Dele
6	Concord, NH	270 Loudon Road • Steeplegate M all	568	0 Active	0 Active	Statistic Edit Dele
7	Epping, NH	4 Beehive Drive	569	0 Active	0 Active	Statistic Edit Dele

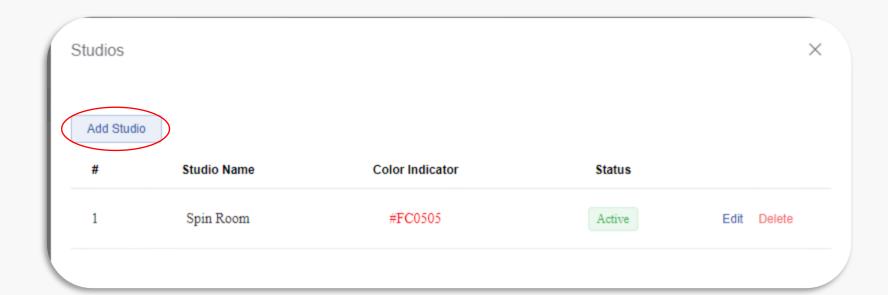


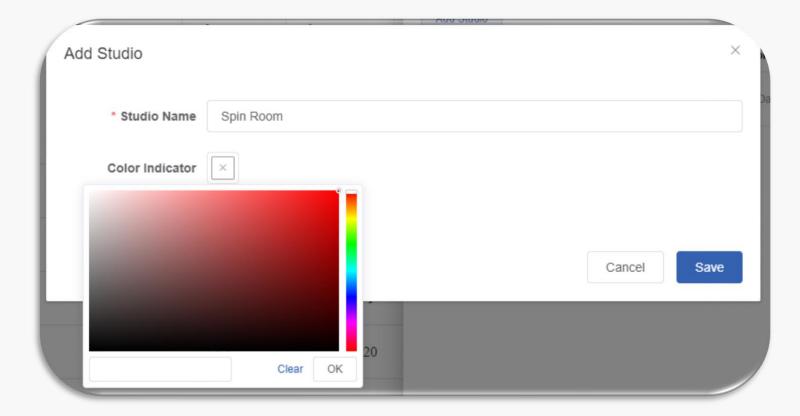
#### **Add Studio**

To add a studio, you will select the studio link under locations for the location you want to add a studio.

From there, you will see a button that reads "Add Studio" or you will see a list of studios that you have already created in the past.

When adding a new studio, it will ask you to name the studio and assign a color indicator, which will allow members to visually see the studio identified from the schedule without having to see the studio name.





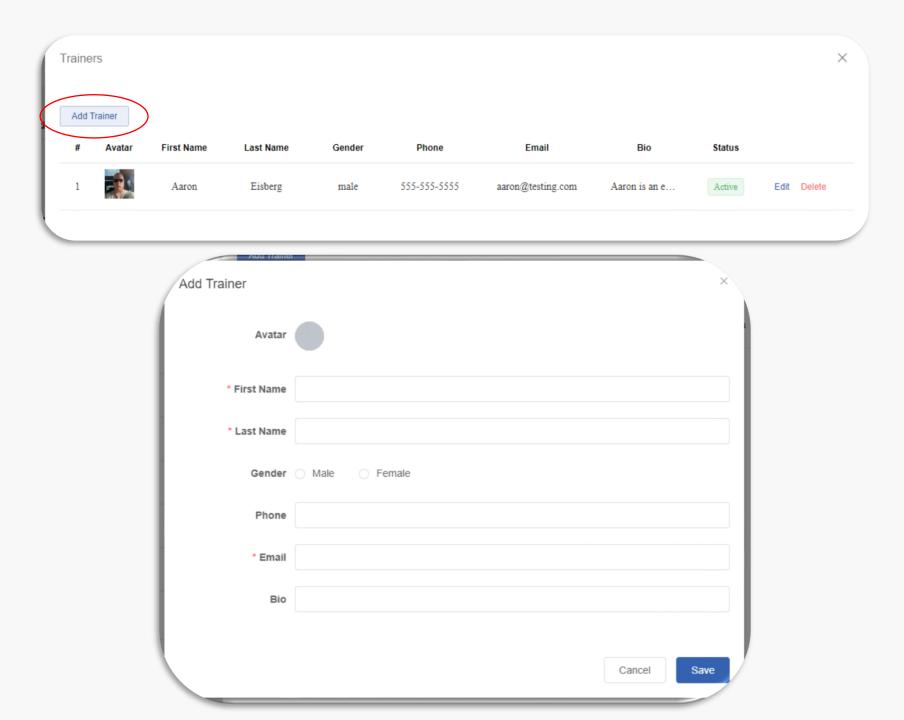


#### **Add Trainer**

To add a trainer, you will select the trainer link under locations for the location you want to add a trainer.

From there, you will see a button that reads "Add Trainer" or you will see a list of trainers that you have already created in the past.

When adding a new trainer, it will ask you to fill in all the information about the trainer. This will appear on the classes that the trainer is assigned to and will give the member more information about the trainer to get to know them a bit more before the class session.



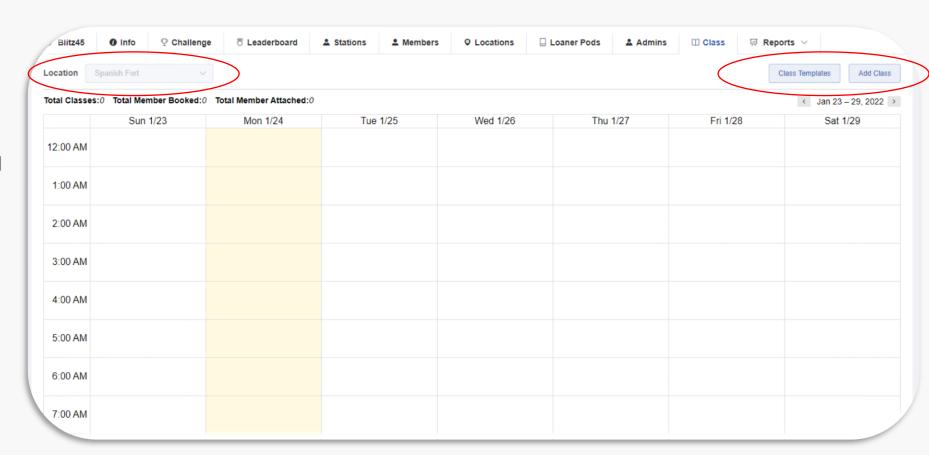


#### Class Scheduler

Within the scheduler, location admins and trainers will have the ability to add classes. Location admins will be able to add classes to any locations they are admins of, which could be one location or more. Trainers can only be assigned to one location.

Once logged in, you will see the location of the schedule you are looking at on the upper left side of the screen.

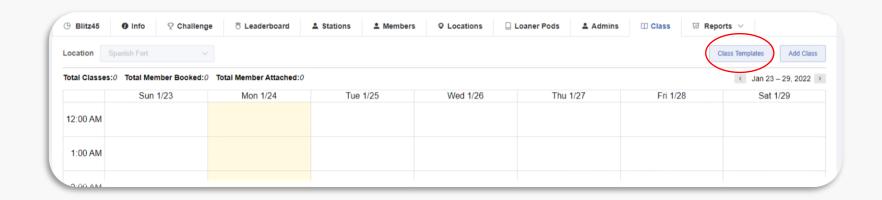
On the upper right side, you will see the ability to add a class or add a class utilizing a template. If you haven't created a template yet, you can create one and utilize later for similar or identical classes that are regularly scheduled.

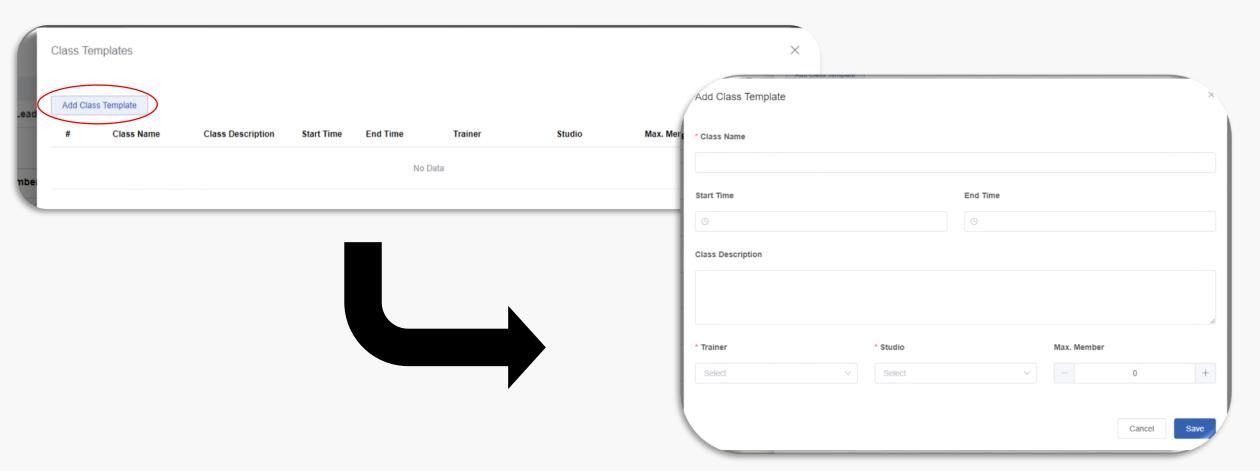




#### **Class Templates**

Once selected, you will be able to select from a template you have already created or create a new template all together.

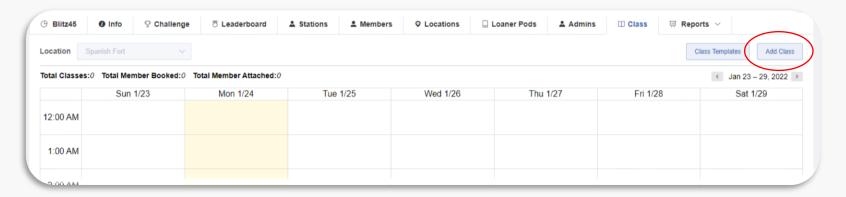


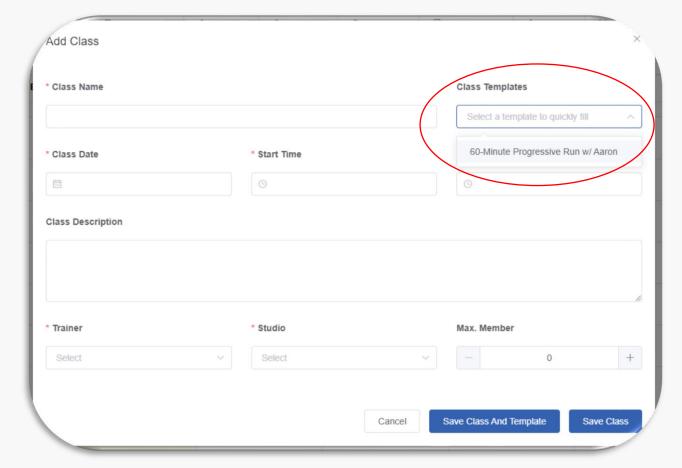




#### Add Class

Once selected, you will see a screen similar to the class template layout you had previously seen. However, when adding a class, you have the option to create the class from scratch, utilize an existing template or save this new class as a new template.



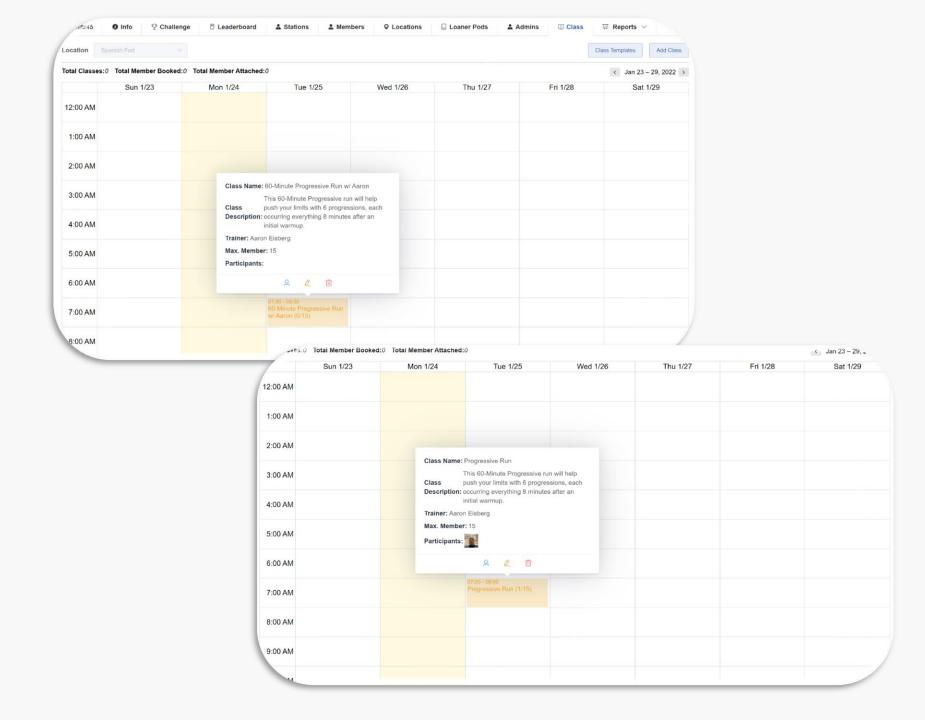




#### **View Class**

Once the class has been added to the schedule, you will have visibility to the class with all of the details, including any participants that have registered.

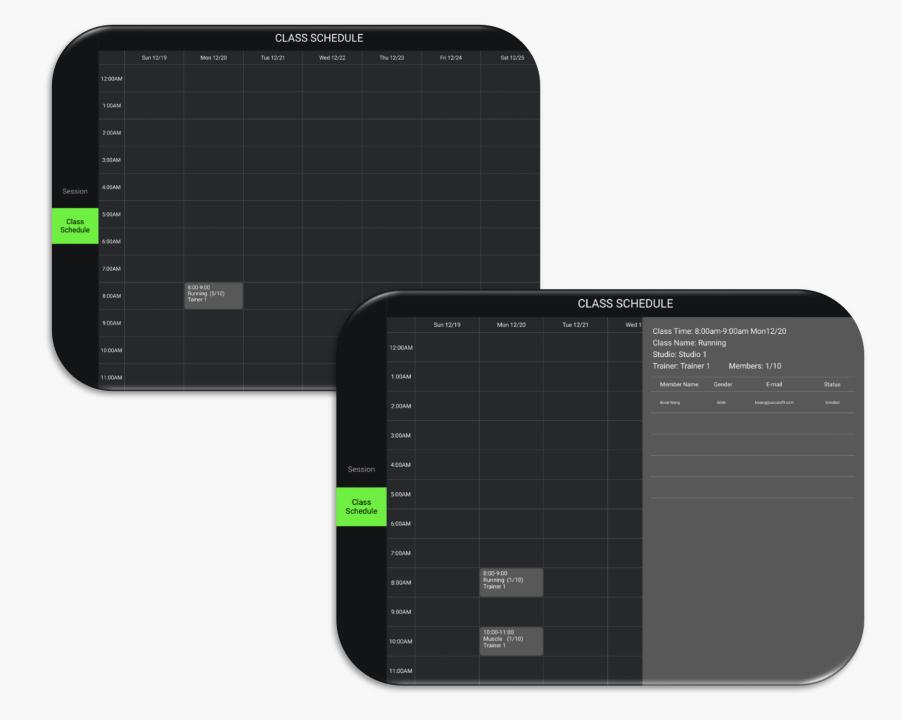
Members will now have access to view the class thru the mobile app as well and the ability to book the class session. This follows on the next page.





#### View Class (on iPad)

Within the iPad app, you will also have the ability to view the class schedule for the current week, as well as see all members that have currently registered for each available class session.



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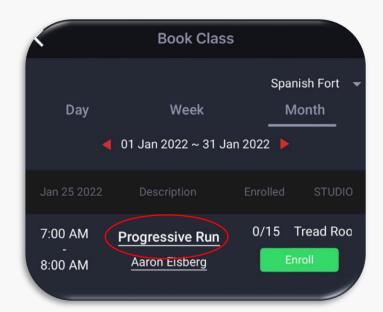
#### View Class in App

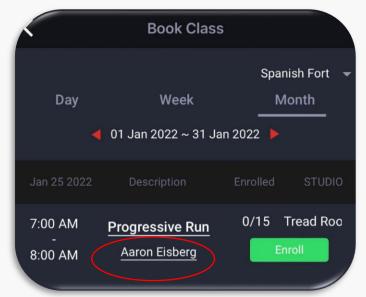
Clicking on the name of the class brings up the class description and more details for the session.



Clicking the name of the instructor brings up the instructor description and more details about the instructor.



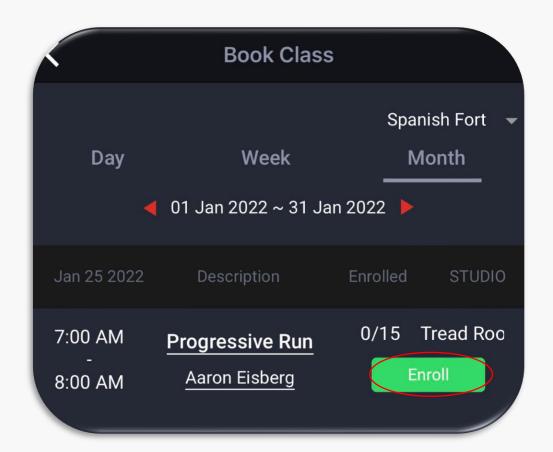


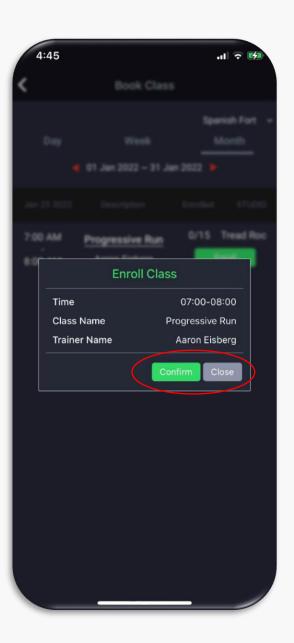




#### View Class in App

Clicking on "Enroll" will bring up the confirmation overlay to confirm the spot in the class selected.

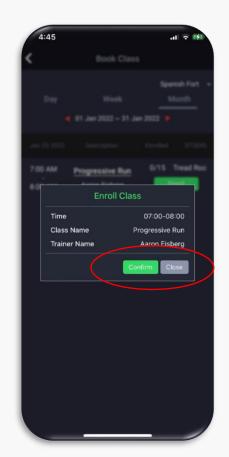


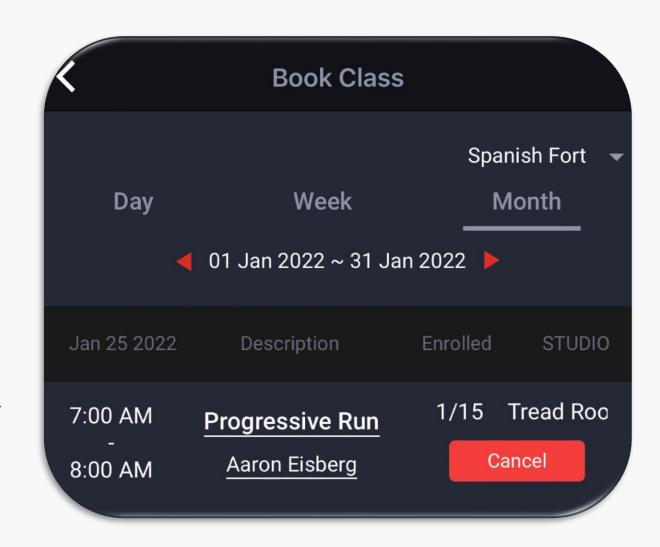




#### View Class in App

Once enrolled, members will have the ability to cancel directly through the app as well if needed.





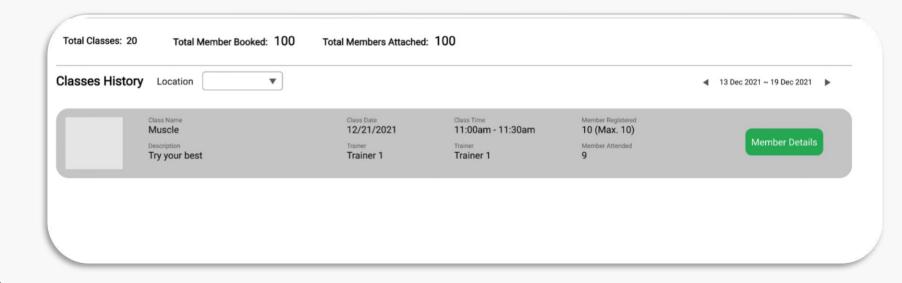


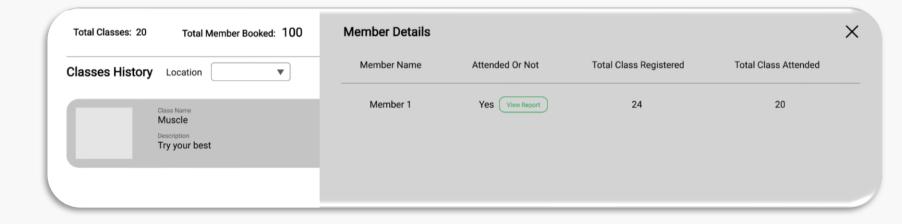
#### **Class Session Reporting**

In your reporting, you will have historical data from each location and each class session that has been scheduled.

For each class session, you will be able to select member details to see all the information pertaining to that class session, including:

- Member Name
- Whether Attended or Not
- Total Classes the Member has Registered for
- Total Classes the Member has Attended



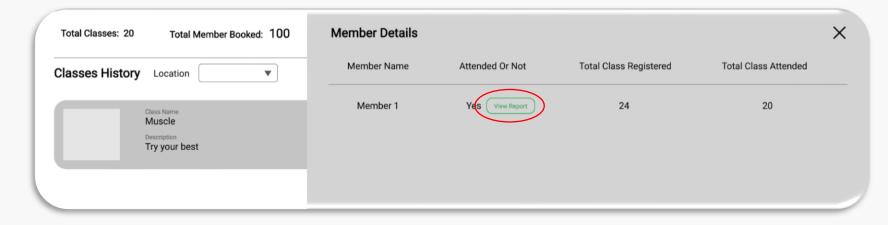




#### **Class Session Reporting**

For each member, you will also have the ability to review their workout summary directly from the class session reporting details.

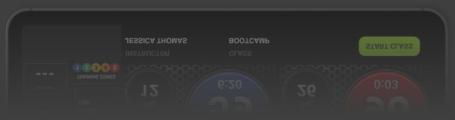
Once you select "View Report" next to the members Attended or Not response, you will see their post workout summary for review.





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# Connecting to a TV Display



**S**tV

Connecting the iPad display to your TV display is mainly up to your personal preference, but we do recommend utilizing AppleTV, ChromeCast, wireless HDMI or hardwired HDMI.

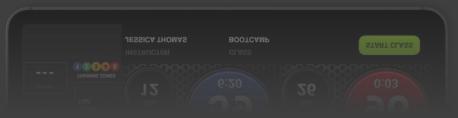






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# For further assistance, please contact our support team at:

support@accurofit.com

877-409-0937