User Manual

Activio Small Group System

Rev. 130821

1 Installation guide for Activio Small Group System

1.1 Program installation

Put the installation media in the computer. The installation program is starting up automatically when you click on the file "Install *Activio Small Group System.msi*". Just follow the instructions for installing the software.

.NET platform
If you don't have the right version of the software platform .NET installed on your computer, the installation program will ask you for that. Follow the instructions to install .NET, this is required for the Activio software. Just press continue when the installation program asks for that. The installation of .NET might take a few minutes to complete.

1.2 Upgrade from an earlier version of Activio Small Group System

It's recommended to uninstall previous version of Activio Small Group System.

The uninstallation can be performed from the Control Panel and Remove Application option or from the Program menu (Start → Program → Activio Small Group System) if there is an uninstallation option visible.

After uninstallation proceed with the normal installation before installing the HR Receiver.

1.3 Receiver installation
Attach the USB cable to the HR Receiver by gently insert the sealed Mini 'B' USB connector with the screw coupling, tighten the coupling ring neatly to not damage the sealing.

Insert the other USB standard 'A' connector in a USB port on the computer you want to use for this application. The HR Receivers' LED lamp should turn green.

> *Always use the same USB port when connecting the HR Receiver in the future, otherwise you need to follow this Step 1.3 for every USB port you would like to use.*

Also connect the dipole antenna to the HR Receiver to the golden antenna connector next to the green LED lamp, tighten it gently.

1.3.1 Identify your type of Receiver

If you have the latest USB HR Receiver (sold from August 2013) you need to use the drivers for "USB Driver RTX4", in all other cases you should use the "USB Driver". In the picture below the latest Receiver model "RTX4" is in the top of the picture and is longer than the older models.

Older models size: 8,6 cm (length), 5,8 cm (width)
RTX4 size: 11,4 cm (length), 5,3 cm (width)
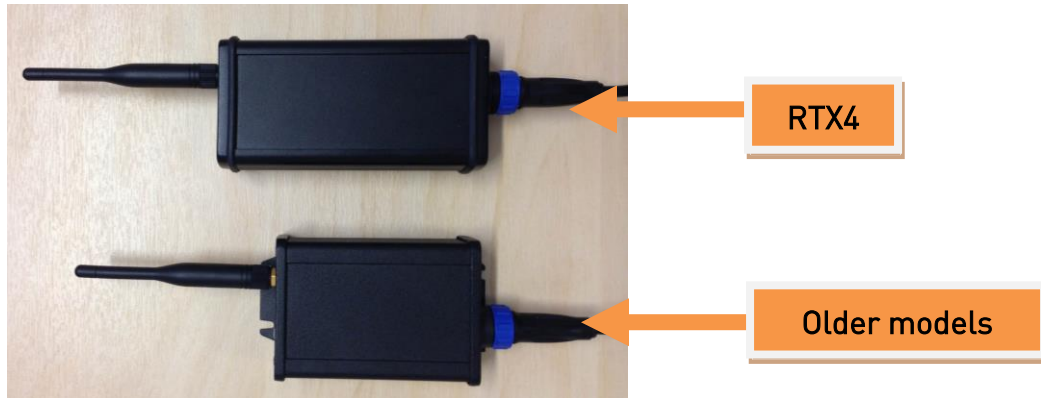
1.3.2 Windows XP

After inserting the HR Receiver the Windows Found New Hardware Wizard will launch. If the screen below is shown, select *No, not this time* from the options available and then click *Next* to proceed with the installation.

In the next screen you should select *Install from a list or a specific location (Advanced)* and click *Next*. Select *Search for the best driver in these locations* and select *Include this location in the search* and Click *Browse* to locate the folder depending on your type of Receiver (see section 1.3.1):
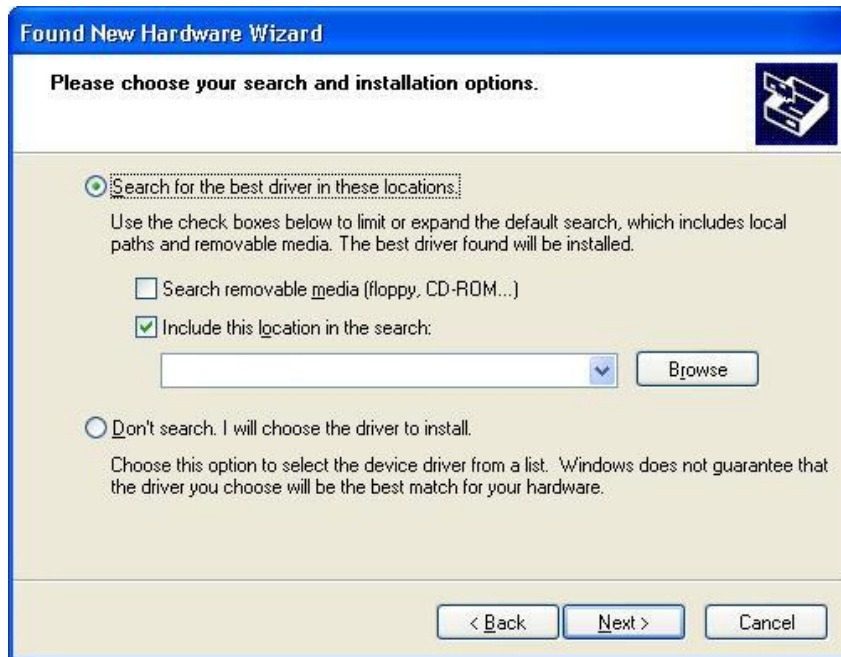
Older HR Receiver:
C:\Program\Activio\Activio Small Group System\USB Driver

RTX4 Receiver:
C:\Program\Activio\Activio Small Group System\USB Driver RTX4

and then press "Next"

If the application folder was altered by the user during the installation you need to look for the USB folder in the user-modified installation path.

The message dialogue shown on the right side will be displayed. Click on *Continue Anyway* to continue with the installation. If Windows XP is configured to ignore file signature warnings, no message will appear.
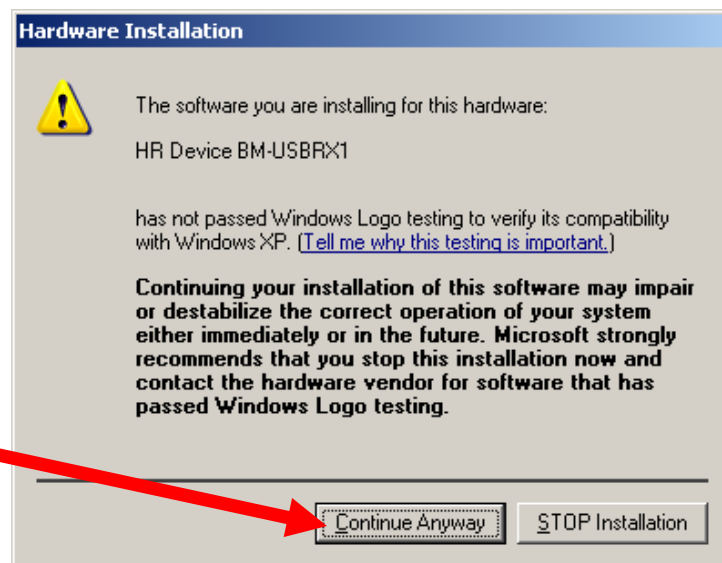
Windows copies the required drivers and then displays a message that the installation was successful. Click *Finish* to complete the installation.

1.3.3 Windows Vista, Windows 7, Windows 8

For Windows 7 and Windows 8, see section 1.4 below how to manually launch the "Found New Hardware" box.

After inserting the HR Receiver the Windows Found New Hardware Wizard will launch. If there is no available Internet connection or Windows Vista is configured to ask before connecting to Windows Update, the screen below is shown. Select *Locate and install driver software (recommended)* from the options available to proceed with the installation.

In the next screen you should select *I don't have the disk. Show me other options*. The next screen will appear.
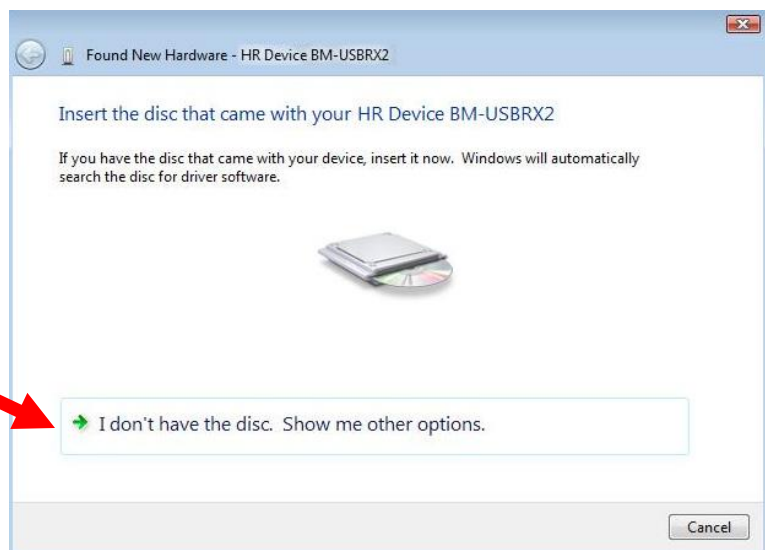
The next screen shown below will appear:
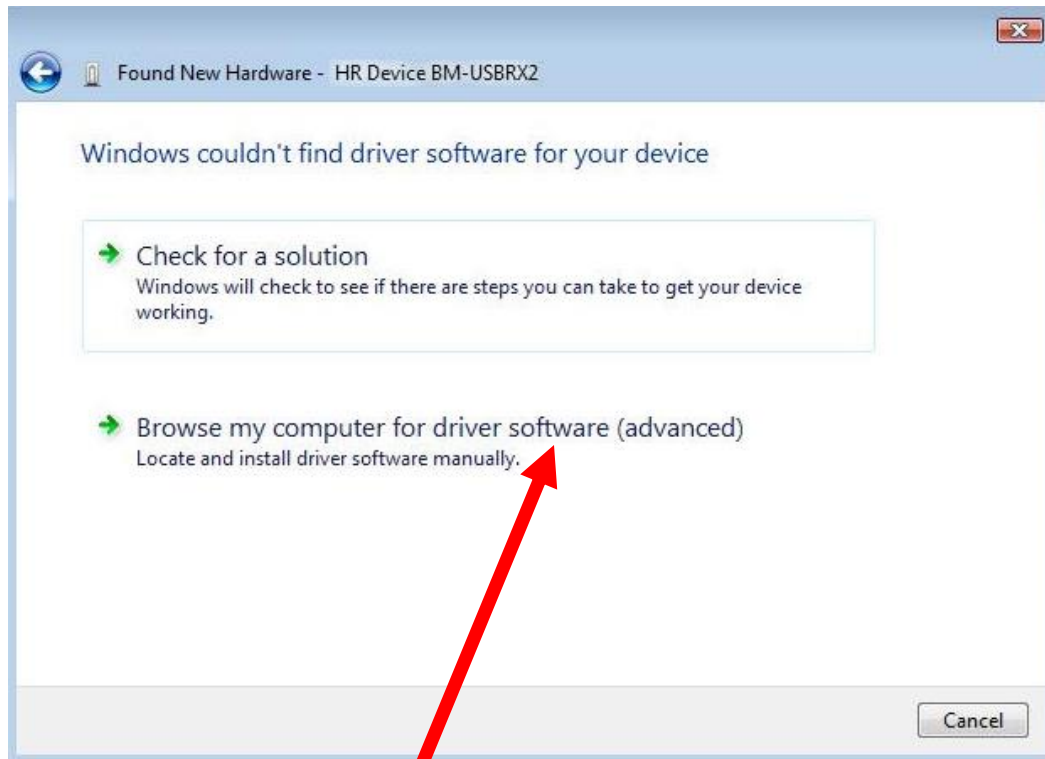
You should select *Browse my computer for driver software (advanced)* and the next screen will appear:

Click *Browse* to locate the folder depending on your type of Receiver (see section 1.3.1):

Older HR Receiver:
C:\Program\Activio\Activio Small Group System\USB Driver

RTX4 Receiver:
C:\Program\Activio\Activio Small Group System\USB Driver RTX4

and then press "Next"
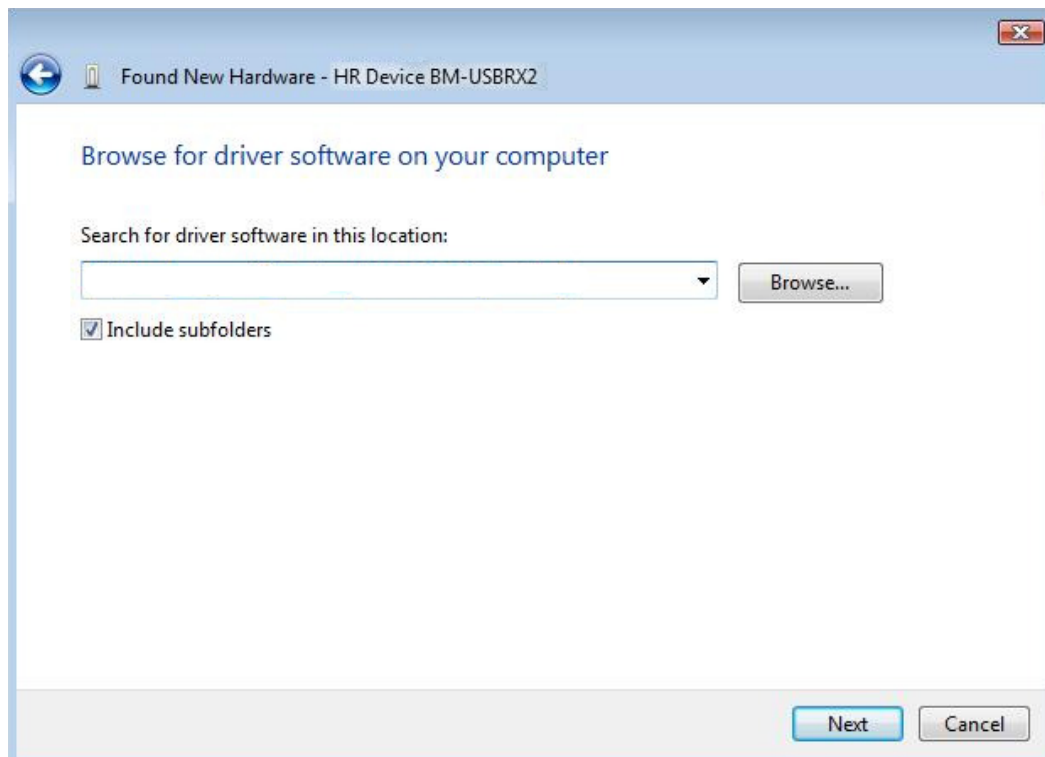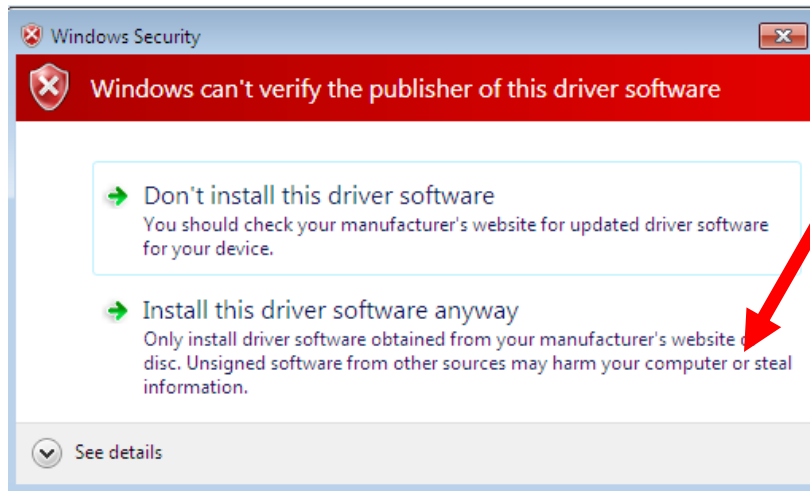
> *If the application folder was altered by the user during the installation you need to look for the USB folder in the user-modified installation path.*

If you get the message dialogue shown below, click *Install this driver software anyway* to continue with the installation.

Windows now copies the required drivers and then displays a message that the installation was successful. Click *Close* to complete the installation.

1.4 Troubleshooting the HR Receiver installation

This applies to Windows 7 and Windows 8 as the standard solution.

If the Windows Found New Hardware Wizard is **not** launched automatically, then you have to launch it manually in the *Device Manager* by following these steps:

Click the Windows *Start* button and select *Control Panel* and then select *System* in the screen that displays. Select the *Hardware* tab and click the button *Device Manger*. In the next screen the device appears in the bottom section under Universal Serial Bus controllers as HR Device

BM-USBRX2. If you have the new BM-RTX3 or BM-RTX4 receiver the device appears under "Other devices".

Select that device and under the menu item *Action* select *Update driver...* Now the Windows Found New Hardware Wizard launches. Follow the instructions above (1.3.2 Windows XP or 1.3.3 Windows Vista, Windows 7, Windows 8) to proceed with the installation normally.

The Device Manager in Windows XP
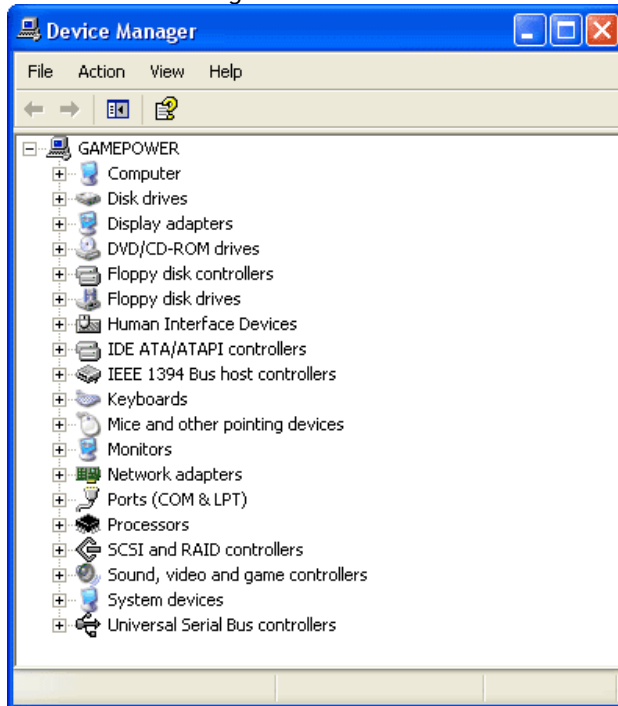
(Continues on next page)

The Device Manager in Windows Vista, Windows 7, Windows 8:

1.5 Startup the Activio Small Group System software

Insert the USB receiver to the USB port (the same as you used when you installed the receiver). The led/diode on the receiver should turn green. Double-click on the Activio icon found on the desktop or browse to the Activio f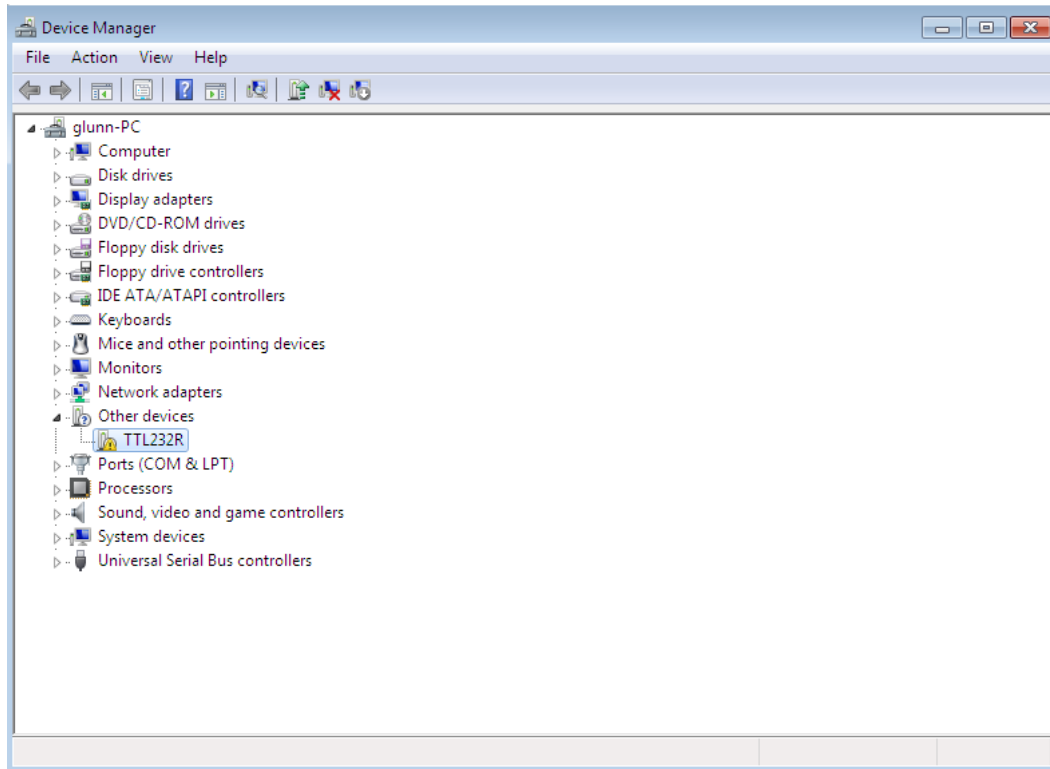older (Start → Program → Activio) to launch the program. NOTE. You need to **use the same USB port**/s you installed in *Step 1.3*.

1.5.1 Insert chest belt ID

Before starting to use the system the first time the ID-numbers of the chest belt need to be setup in the software.
Go to **Tools / Settings / Chest straps**

Put in the ID-number on the right hand side in the list. Chest belt nr 1 should be at row nr 1 on the right hand side in the list. The ID number is presented on the back of the chest belts (don't

include the first zeros in the ID number, ex. 1004444, not 001004444). Press *OK* when you are finnished.

1.5.2 Connect and initialize the Receiver

Make sure the Receiver is physically connected to the computers USB port. In the menu select "Receiver" → "Connect" to connect to the receiver. The Red icon in the lower left corner will turn Yellow during the initialization. After 20-30 seconds the icon turn Green and the Receiver is ready for use.

1.5.3 Testing the belts

Now, go to *Users tab* in the menu. The icons before the users names should turn green when the belts are sending heart rate data (tip: it is easy to start the belts by rubbing one thumb on each of the two electrod parts on the back of the belt).

If an icon doesn't turn green, make sure the contact is good to the body. Also, it might be required to put some water on the electrodes to ensure a good connection.

Electrod   Electrod

1.5.3 Activate myActivio.com

To upload heart rate data to myActivio.com the myActivio functionality need to be activated. Go to *Tools* → *Settings* → *myActivio* and instert the GymID and Password provided by Activio when the myActivio license was purchased. Contact support@activiofitness.com if you have lost these details.

2 User guide for Activio Small Group System

Note: When the Activio Small Group System software is running, the USB-receiver must always be attached to the USB port. If disconnected during collection, data will be lost during the time the receiver is disconnected.

2.1   User and group manager

Before you start to use the system and collect HR data, make sure the users you want to monitor are all setup in the user list.

To insert new users go to *User tab* in the menu and click on *Manage users and groups,* and then *New user*. When you have insert the users' individual information you press *Save*.

To create a group, click on *New Group* and put in the name of the group. End with *Save*.

To add users in a Group, just left click with the mouse on the user and hold down. Then move the user to the chosen group you have created.

The group users will appear in the order you inserted them to the group. The first user inserted to the group will be on place nr 1 in the list etc.

IMPORTANT! If you start the collection with no user inserted, you will not be able to save the data from the session.
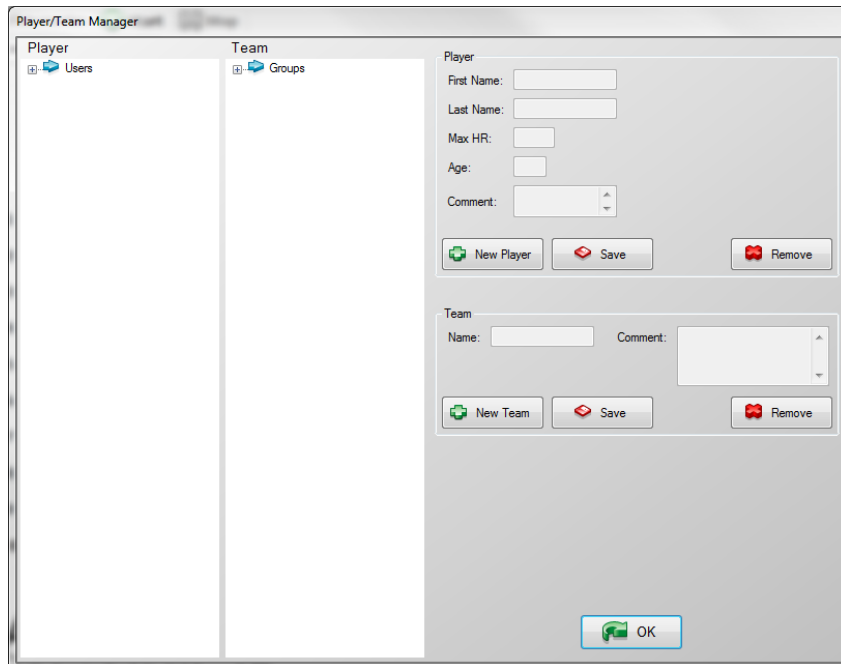
2.1.1 Connect user to myActivio.com

To upload heart rate data to myActivio.com each user need to register a myActivio account on http://www.myactivio.com.

To connect a myActivio account to the user in the Activio Small Group System; select the user and fill in the User Name and Passwords and press Connect. An Internet connection need to be established before this will work.

2.2 Start monitor the Heart Rate

Insert names of the users you are going to monitor. If you would like to monitor a group you can prepare a group in advance (see 2.1) and click on *Select group.*

To be able to monitor heart rate data you need to click on *Start*. All data will now be displayed for the users you are monitoring in the Gauge view.

To stop monitoring press on *Stop.* You will then be asked if you would like to save the data for later upload to myActivio.com.

Note: You need to have users with name insert before you press Start to be able to save the data from the session. You also need to insert the myActivio account details for each user to be able to upload data.

If the computer suddenly will turn off during data collection all data will be backed up and available when the software is launched again.

2.2.1 Show the Heart Rate Intensity Gauges

To show the heart rate with the Intensity Gauges switch to the "Gauge" tab and select the numbers of gauges you want to use. Then press the "Show gauge" button.

The Gauge screen can be maximized by double-clicking on the gauges.

2.3 Upload heart rate to myActivio.com

The saved heart rate data is stored in the software until it's uploaded to myActivio.com for analyse, reports and statistics overview.

Switch to the "myActivio" tab to show the list of sessions available for upload. Only heart rate data belonging to a user with a connected myActivio account will be visibile in the list.

Select one or more sessions (manually or with the date selection tools) and the press upload. The uploaded sessions are then removed from the list.

It's possible to show and upload them again if necessary by selecting the box "Include uploaded sessions". WARNING – Be careful not upload the sessions again or you will get duplicated sessions with wrong statistics on myActivio.com.

3 Maintenance

3.1 Storage

After use, the transmitter will turn off when the chest belt is dry. Therefore it is important that the chest belts are stored in a place where they dry well to save battery.

- After each training session – place the belts outside the carry bag to ensure ventilation. It is recommended to use the hooks (in the package. Placed on the wall) to hang the belts after use. In this position they will dry in the best way.
- If electro gel has been used, make sure to clean the belts directly after the session.
- Never use alcohol or other products than water and soap when cleaning the belts. It might otherwise affect the function of the belt.
- Never put the entire belt under water.

3.2 Battery change

After approx. 1000 hours of use the batteries need to changed. Note: never change the battery if it's not necessary, because opening the battery sealing might damage the rubber sealing. Important that the rubber sealing is in the right position to ensure the belt to resist humidity.

NOTE!
For the warranty to be valid, batteries have to be changed by a service person, authorized by Activio. The warranty does not cover corrosion.

4 Technical specifications

Chest belt transmission range:	Up to 300 m with the belt towards the receiver, depending on the body composition and surrounding area. Range decrease when the users' back is towards the receiver, depending on the body composition and surrounding area.
Material:	Plastic, ABS Nylon, ABS, latex (straps)
Battery:	Lithium, type: CR 2032
Battery life:	Up to approx. 1000 hours (used 1 h/day)
Radio frequency:	868 MHz EU (CE certified) / 915 MHz US (FCC)
Measurements:	30 – 235 beats/min (+/- 1bpm)
Updates:	Once every 1 second
Temperature when stored:	0ºC to 60 ºC

The chest belts delivered must not be used under water. When changing battery (after approx 1000 hours), make sure the rubber sealing remains in the right position. It's recommended to change the rubber sealings every time the battery is changed. Contact Activio to get more information how to purchase rubber sealings.

The receiver is water protected but must not be submerged under water.

4.1 Computer requirements:

Windows operating system:	XP with Service Pack 3, Windows Vista, Windows 7, 32-/64-bit, Windows 8.
Minimum:	1,6 GHz Intel Atom or similar, 2 Gb RAM, 200 Mb hard drive space.
Recommended:	Intel Core i5 or above, 6 Gb RAM, 5 Gb hard drive space

For support: http://www.activiofitness.com/support/
E-mail: support@activiofitness.com

We always do our best to answer your support questions within 24-48 hours during normal business hours.