

SPORTMED IANT SELF-TEST ON THE SPORTMED @HOME BICYCLE ERGOMETER.

This site contains interesting information for optimal preparation for the SportMed IANT Self-test, which your SportMed Cardio-trainer has prepared for you and which you can take on the SportMed @Home bicycle ergometer via your smartphone or tablet (or in a SportMed Self-test Studio). Please read this information carefully before starting the test.

PURPOSE OF THIS FITNESS TEST

We want to use this fitness test to determine your "Individual ANaerobic Threshold (short IANT)". This IANT is a good indicator to evaluate your stamina and, by extension, provides a picture of your physical condition (although the two are not the same). We then derive your personal "FIT" parameters (Frequency, Intensity, Time) from the test results, to put together a fully personalized sports program tailored to your needs

BRIEF DESCRIPTION OF THE TEST ON THE @HOME CYCLE ERGOMETER

The SportMed @Home bicycle ergometer will be controlled from the app. The idea is that you complete as many intervals as possible, in which the load is gradually increased according to a certain protocol, cycling at a constant pedalling rhythm (RPM). The test protocol was chosen and prepared by the SportMed Cardio-trainer based on the information you have made available via the app. In essence, we are simulating a running test, but we will not go into that in detail for the time being.

PRACTICAL MATTERS

Choice of bicycle ergometer

The SportMed IANT bicycle ergometer test can only be taken on the specific SportMed @Home bicycle ergometer, or you can visit a SportMed Selftest Studio.

Attributes

Your chest strap / heart rate transmitter

To register your heart rate during the test via the smartphone or tablet, you need a chest strap / heart rate transmitter that has Bluetooth technology. The SportMed chest belts of the LST type are of course compatible with the app, but there are certainly other chest belts on the market that you can use for the test.

Footwear

Depending on the pedals on the SportMed bicycle ergometer, you may need appropriate footwear (e.g. with a click system)

Clothes

Wear sports clothes (shorts / jogging / ..., T-shirt).

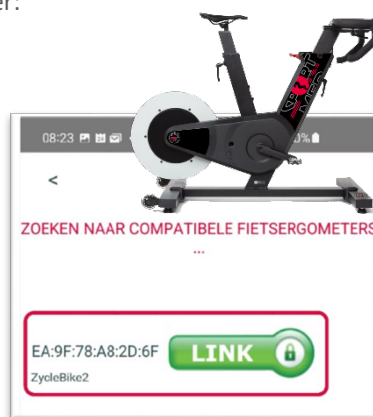
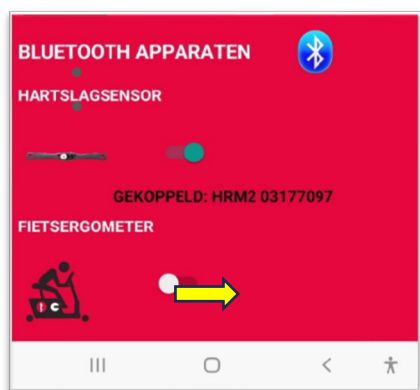


The test on the SportMed @Home bicycle ergometer in practice

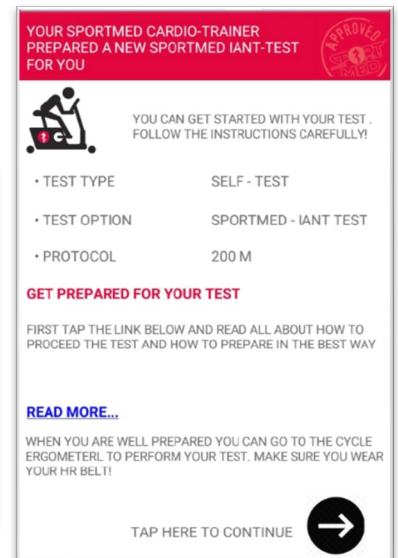
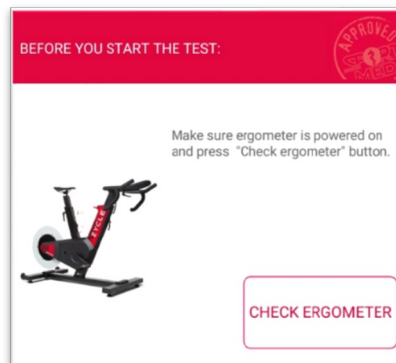
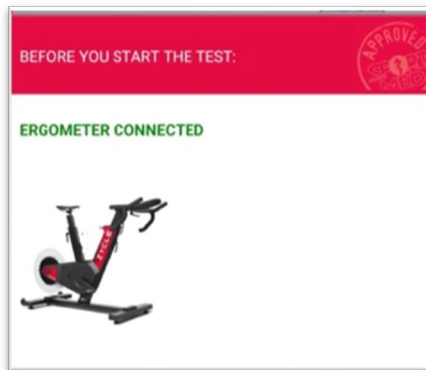
Connecting/pairing the SportMed @Home bicycle ergometer

To be able to perform the test on a SportMed @Home bicycle ergometer, you will have to connect it in the SPOL-app. The routine runs like this:

- On your smartphone/tablet, open your app and go to the settings (tap at the top right)
- Under 'Bluetooth devices', slide the cycle ergometer control to the right. The app will start the search for a compatible bicycle ergometer:



- Then close your settings and follow the instructions for taking the exercise test:
- At some point, you'll get to the following screen:
- Choose Check Ergometer. The app will now search for the relevant SportMed @Home cycle ergometer and connect to it.



Activate your chest strap

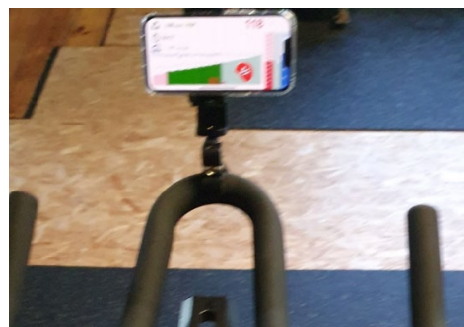
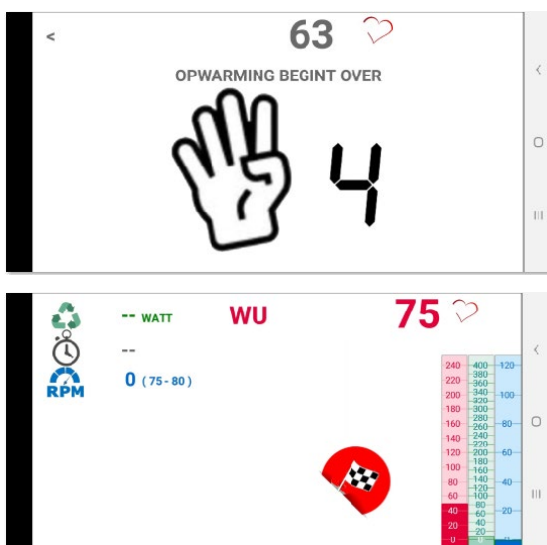
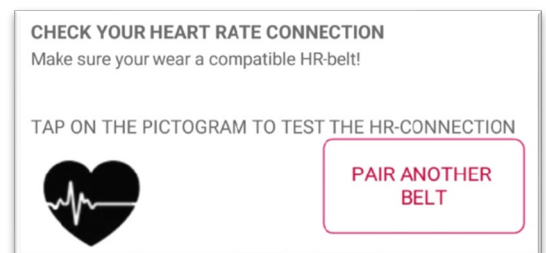
Now tap the appropriate icon at the bottom to connect to your chest strap. You may also need to pair it when using it for the first time. The app will search for a compatible chest strap. When your chest strap is connected and you receive your heart rate, you can continue the preparation.

Adjust your saddle and handlebar position

Then set the saddle height and place the handlebars in the desired position. Now take a seat on the bike and turn your smartphone/tablet in the horizontal position so that you can see the screen well.

Start the test

When you're ready, press 'GO' to start the test. You will now arrive at the test screen. Start pedalling at the prescribed pedalling rhythm ("RPM" or Rotations Per Minute)



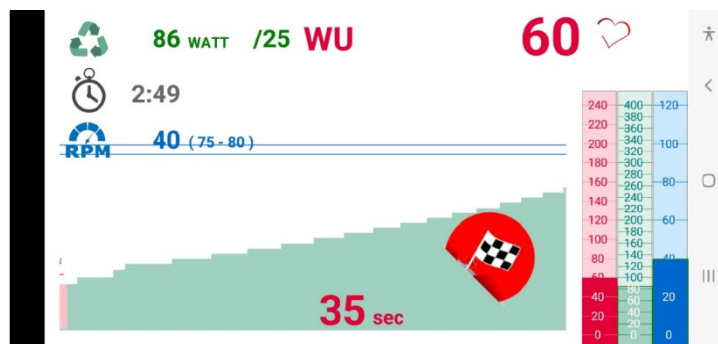
The test

Your test starts with a three-minute warm-up. Now cycle at the prescribed pedalling rhythm for as long as possible. The load on the bike is automatically adjusted from the app. You can follow everything on the screen, and you will be informed when the workload will increase.

End of the test

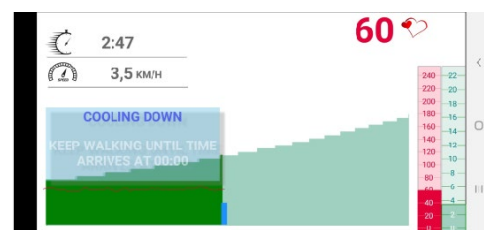
It is very important that you know that you can stop the test at any time! So, we emphasize **that you - and no one else!** - decides when the end of the test is reached. This means that you do not have to cycle "a certain time" or do a certain number of intervals. The test is also not a so-called "maximum test" where you must continue until exhaustion (and you would fall off the ergometer from fatigue). But of course, it is true that to determine your IANT, you will have to at least exceed the IANT. In practice, this means that you will have to keep going until you get quite short of breath. Basically, you do as many intervals as you can, but always let reason take the upper hand and you stop when it gets really uncomfortable (even if you haven't completed four intervals yet and so we can't analyse - this is by the way, not your 'fault' but ours because we turned on the start workload too high / we overestimated you a bit - we'll reset your test and let you start at a lower star load!)

To stop the test, press the 'Finish' flag. The load on the bike drops to the cooling down load. However, keep cycling at the pre-set RPM.



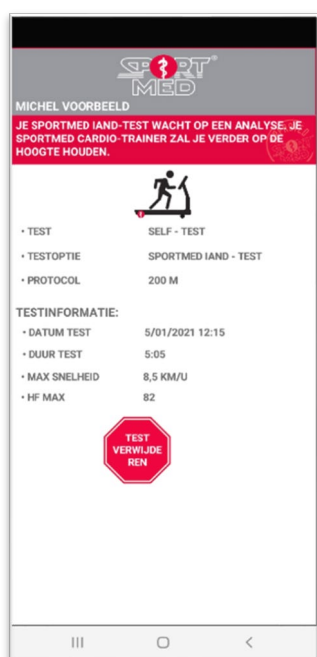
Cooling down

To prevent you from becoming dizzy after the effort (your blood pressure has temporarily risen sharply), we will let you cool down for three minutes with an adjusted load. You don't have to do anything special for this, the app takes care of this for you.



Saving the test data

After the cool down you can save the test data. Your test is then completed.



Displeased? Do you want to take the test again?

If you found that not everything went well, you can choose to take the test again. To do this, simply delete the test values via "Delete test". Pay attention! This is irreversible (and that's why we'll ask you a few times to confirm this.)

You can now start the test.

Good luck and congratulations for taking up this challenge with yourself!