



SPORTMED APPROVED RETAIL PRODUCTS

USER GUIDE

SPORTMED ONLINE APP

*"MAKE EVERYTHING AS SIMPLE AS POSSIBLE,
BUT NOT SIMPLER."*

Albert Einstein



JANUARIE 2021



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THE 'SPORTMED ONLINE' APP IN BRIEF

The 'SportMed Online' app (or for short 'SPOL app') is an online software-tool that SportMed has developed in the first place to optimize the communication between the physical trainer or coach and the consumer. Via the app you can create your SPOL profile and keep it up to date, collect essential information about your physical activities and communicate with your physical trainer or coach.

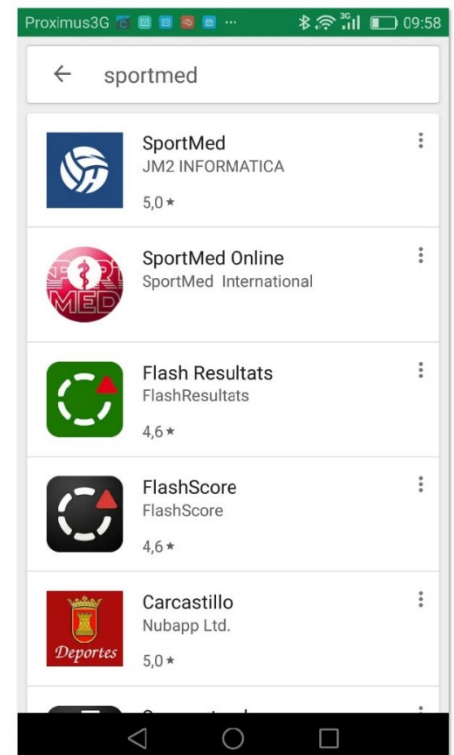


Installing the SportMed Online app.

The installation of the app on a smartphone or tablet is very simple and proceeds as traditionally apps are installed:

- Take your smartphone or tablet and open (depending on your OS) the Google Play store or the App store on your iPhone
- Find the app 'SportMed Online'
- Follow the instructions to install the app

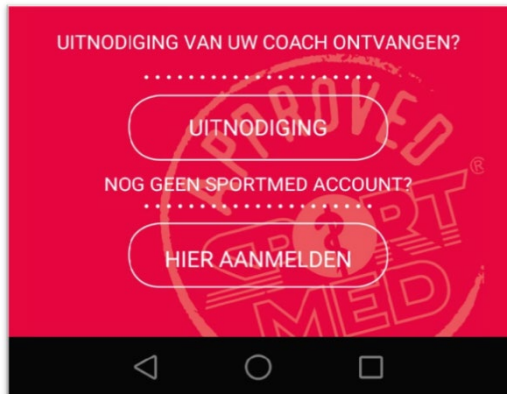
After the app is installed, the following icon (Square for an iPhone or iPad) appears on your smartphone or tablet.



ACTIVATING A USER ACCOUNT IN THE SPORTMED ONLINE APP.

A user account for the SportMed Online app can be created in two ways:

- **Create your own new account**
You can create a new account yourself after you have installed the app. However, this is not our preference as this new account does not contain your data from the SportMed MDB. You have thus created a new account that does not contain any interesting data and does not actually perform a function.
- **At the invitation of a physical trainer or coach**
Ask your physical trainer or coach to send you a SportMed Online invitation code. This allows you to activate your SPOL account and you immediately have your entire history of tests and training programs linked to this SPOL account. We describe this routine in the next point.



CREATE A SPOL ACCOUNT WITH AN INVITATION CODE

You will receive your code via e-mail, WhatsApp, or another communication medium from your physical trainer or coach.

To activate your account, follow these steps:

- Tap on 'INVITATION' under 'invitation received from your COACH?'
- Enter the invitation code you received and choose 'LOGIN'
- Choose a username (each username is OK, if it wasn't taken by someone else. The app will notify you when your chosen username already exists. In that case, choose a different code.)
- Choose a password (and confirm it by entering it a second time) – Please note! Your password is case sensitive.
- Accept the terms of use and the privacy rules (right at the top of the screen)
- Choose 'Save'

Remember your username and password because you may need this later with other apps (SportMed Self-test app, in a training location where the SportMed method is used, ...)

Completing the details of your profile

Now fill in the details in your user profile and choose your profile picture on the go.

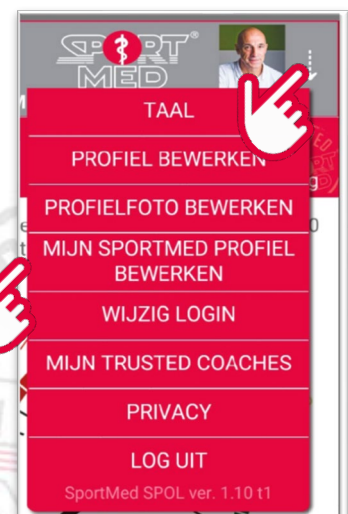
Filling in your 'My SportMed profile'

Without obligation but interesting for your physical trainer or coach (Mandatory when you want to take a SportMed IAND Self-test). After your user profile has been completed, choose 'Create MY SPORTMED PROFILE' via the link at the top right. And if necessary, supplement this information as well.

- Always read the instruction carefully and click on 'Info' *i* for more explanation when the questions are not completely clear.

Your SportMed profile consists of three parts:

- My Sports Background
- My lifestyle
- Medical info



FREE VERSION

The basic version of the SPOL App is completely free.

There will certainly be several adjustments and improvements made to this free version of the SPOL-App in the future. It is possible that sometimes advertising messages will pop up.

THE SPOL+ IN-APP

The 'SPOL+ In-app' is a function within the regular SPOL-App that you can activate via a subscription. With the SPOL+ In app you can transform your smartphone or tablet into a registration tool of your training courses. In this way, the SPOL+ In-app can be chosen as an alternative on the HRC wrist unit to give you feedback during your training and at the same time automatically report your training efforts to your trusted coach.

We now first describe the functions that you have available in the free SPOL -App and then we come back to the additional possibilities of the SPOL+ In-App.



FUNCTIONS OF THE SPOL APP

LOGIN TO THE SPOL ACCOUNT

After logging in to your SPOL account, you will be entered in the screen that shows your current training status.

If you have an active cardio program, depending on the type of program your trusted coach has set up for you, the app will open with one of the following screens:

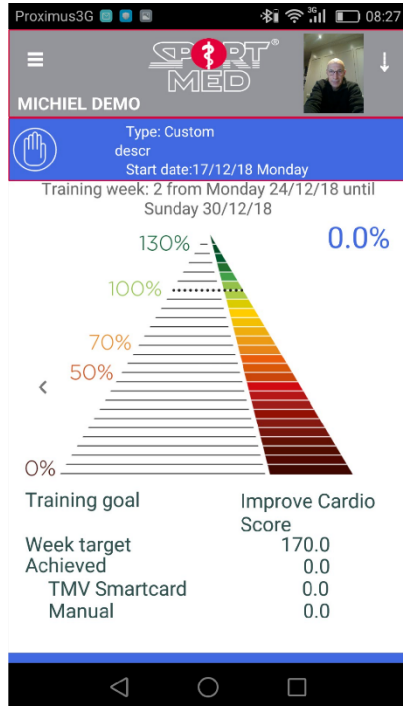


Illustration - SPOL-App - Start screen after login when you have a TMV program.

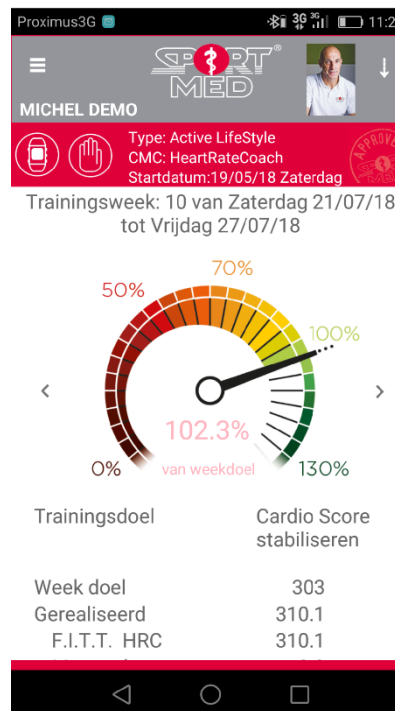
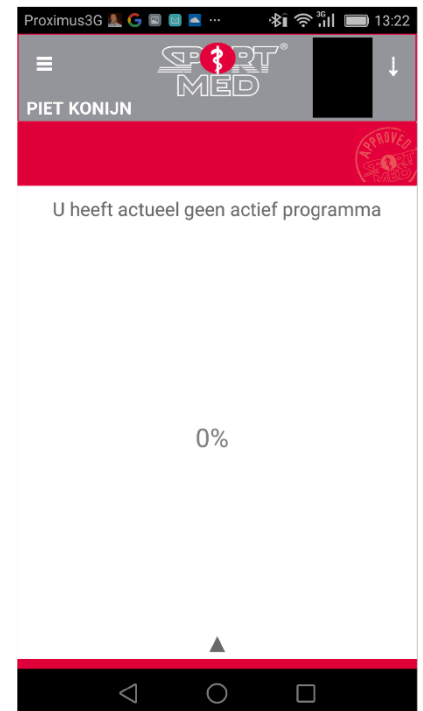


Illustration - SPOL-App - Home screen after login when you have a SportMed FITT-Units program.



The information that will be available in the opening screen gives you an overview, a summary, of your training status of the current training week in which you are located. Depending on the type of program you are currently following, custom visuals and colors will be used. When you follow a TMV program, the main color will be blue and a derivative of the Fitness pyramid will appear as a visual, which will fill up in percentage terms on the left side in custom color shades, depending on the number of TMVs that have already been collected in the week in question. When you follow a SportMed Approved FITT-Units program, we use a derivative of the health barometer in which the needle and color will evolve in percentage terms according to the number of SportMed FITT Units collected. The barometer will color at the same time according to the position of the barometer needle.

Specific functions

In the following paragraphs we go through the different functionalities of the SPOL-App:

- how to manage your SPOL account;
- how you can report your training information via the app;
- how to get an overview of your test and training history.

MANAGING YOUR SPOL ACCOUNT

MANAGING DATA IN YOUR SPOL-ACCOUNT

To open the SPOL account management function, press the arrow at the top right. The following menu now appears:



You can adjust the following things:

Language

You can set the desired language for the SPOL-App. This language change will only be 100% complete after you have logged out and you have registered over new (close the app first)

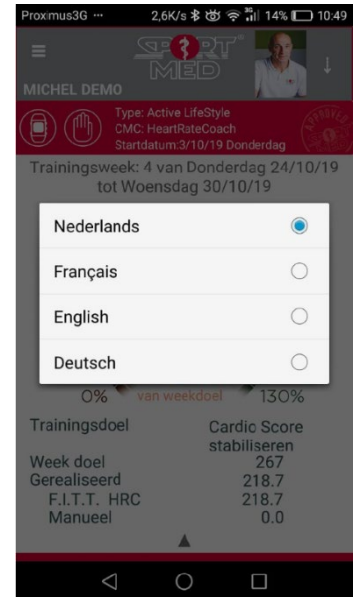


Illustration SPOL-App - Opening the function for the management of the SPOL account.

Illustration - SPOL-App - Management functions - Set language.

Edit profile

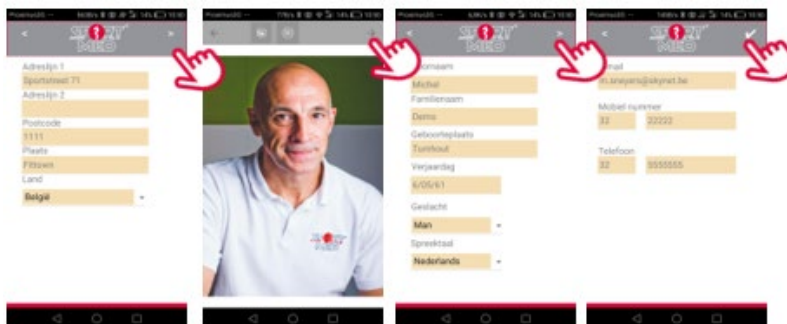


Illustration - SPOL-App - Manage the SPOL account - Edit profile.

In this position you can always keep your profile up to date. The adjustments you make here are also **immediately updated** with your physical trainer or coach.

In this function you always must go through all screens (press the top right to evolve to the next screen) and confirm the adjustments at the end by pressing the check mark.

Edit profile picture

This function was included separately so that it is easy to change the profile picture. To customize the profile picture, you have two options:

- You can pick up a photo that is available somewhere on the smartphone or tablet

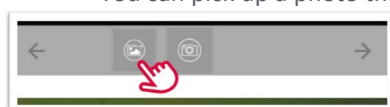


Illustration - SPOL-App - Manage the SPOL account - Edit profile picture via upload photo.

- You can take a selfie and upload it

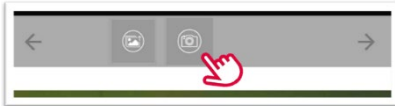


Illustration - SPOL-App - Managing the SPOL account - Edit profile picture via selfie.

Create or edit my SportMed profile

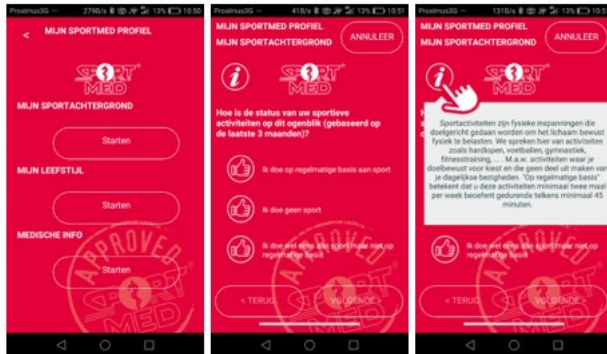
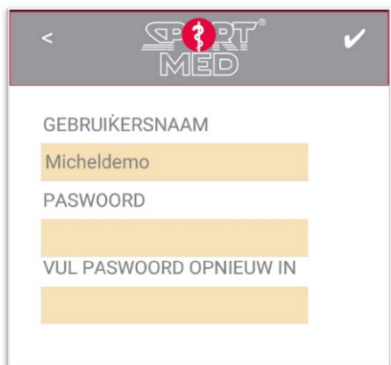


Illustration - SPOL-App - Manage the SPOL account - Edit my SportMed profile.

You can create, change and/or delete your SportMed profile here.

Change login



Good to know:

If you have forgotten your credentials (user name and/or password), **you can request a new SPOL invitation code via your physical trainer or coach.** When you send a code to you, you can repeat the registration procedure and create a new username and password for yourself.

Illustration - SPOL-App - Manage the SPOL account - Customize login details.

You can change your username and password here.

My trusted coaches



Illustration - SPOL-App - Managing the SPOL account – 'untrust' your Trusted coach.

If you want to cancel the recognition as a trusted coach of one or more of your trusted coaches (in most cases you only have one), you can do this by simply pressing the 'Un-trust' button. Your physical trainer or coach can no longer see your data!

After that, the recognition as a trusted coach can be reactivated via the 'Re-trust' button.

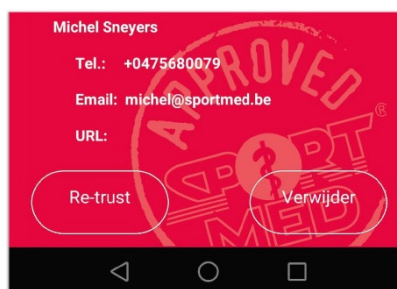


Illustration - SPOL-App - Managing the SPOL account - Trusted coach 'Re-trusting' or permanently deleting.

You can also choose to remove this 'untrusted' coach from the list.

Privacy

Under this tab you can read the privacy and terms of use

Log out

To logout, press the 'LOGOUT' tab



REPORTING AND VIEWING TRAINING COURSES

Preface:

Previously, we showed the screen options after logging in by the SPOL account according to the type of program you are following or when you do not have an active running program. For the illustrations below, we assume that you are following a SportMed FITT-Units program. This makes little difference to the descriptions in this section because they are the same for both types of programs (TMV or FITT-Units).

Reporting your workouts

Via the SPOL-App you can enter training information, which is then reported directly to your trusted coach(es). To add a training, proceed as follows:

- Swipe the screen up a bit. The '+ ADD TRAINING' option will appear at the bottom:

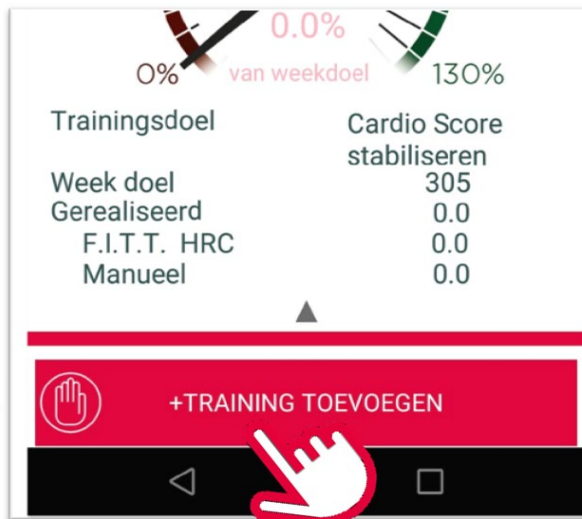


Illustration - SPOL-App - Add new training.

- Now press '+ ADD TRAINING'. You will arrive at the following screen in which you choose 'Manual'
- Then:



Illustration - SPOL-App - Add new training - basic screen.

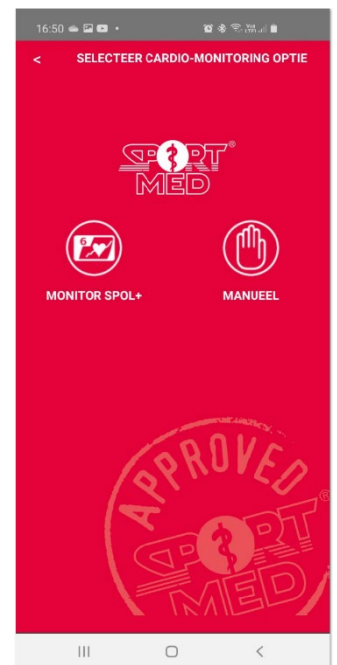


Illustration - SPOL-App - Add new training.

At the top is shown which training week is concerned (the current training week):

Now go through the following routine:

- Choose the training activity:
- Press 'Press to select'.
- The list of activities appears. Then press the icon of the desired activity.
- You will now return to the basic screen and the activity will be selected.

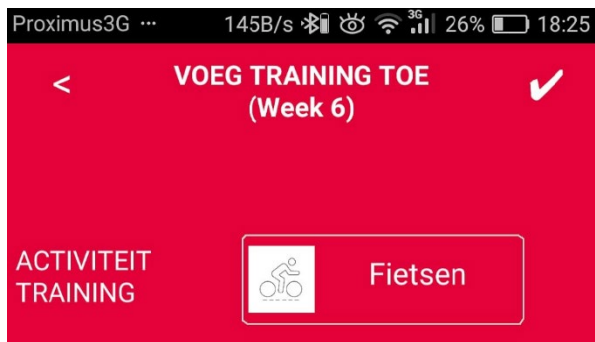


Illustration- SPOL-App - Add new training - Activity was selected.

- Then choose the date the training was done. Press 'Training date/Press to select'.
- A screen will now appear with the available dates for the week in question. This can include 1 to 7 options depending on how far the training week in question has progressed (it is impossible to report a training that you would have already done in the future)

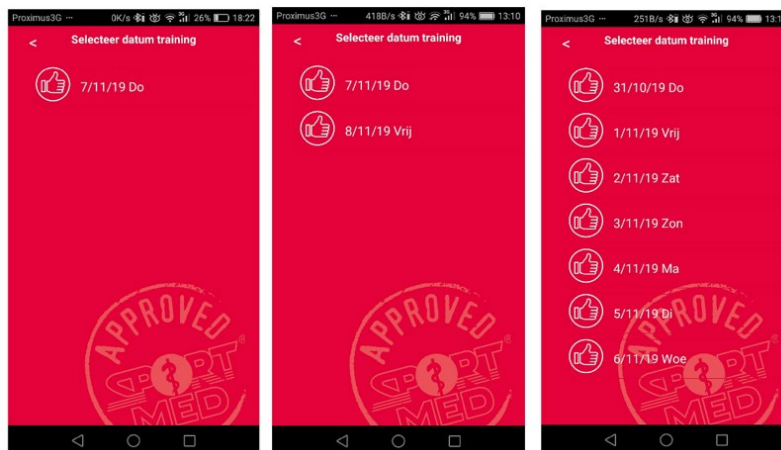


Illustration - SPOL-App - Add new training - Select date.

- Then enter the starting time of your training

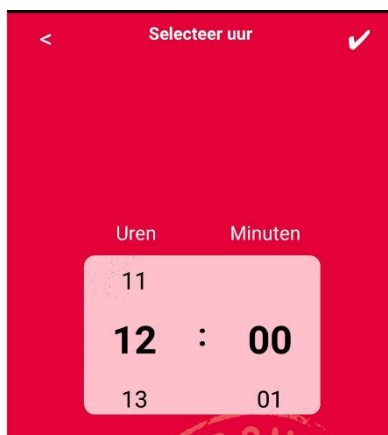


Illustration - SPOL-App - Add new training - Select starting time.

- Enter the 'Time in zone'.
- Make sure you select correctly (see the difference in 'hours' and the 'minutes')

This is the information that you must fill in to be able to report a training. You can now continue to fill in the additional information if you wish. This is completely optional.

- To finish, confirm the workout by pressing the checkmark in the top right corner. The SPOL App calculates - when you save the training - the number of SportMed FITT-Units or TMVs that you have achieved with the entered time in zone:

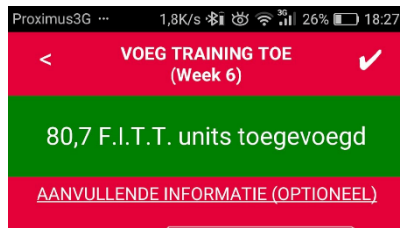


Illustration - SPOL-App - Add new training - When the training is saved, it is calculated how many SportMed FITT-Units/TMV's this has yielded.

View the training sessions

Overview per week

By pressing the arrows left or right (is only present if there are earlier and / or later training weeks available! In week 1 of the training program these are therefore not visible.).

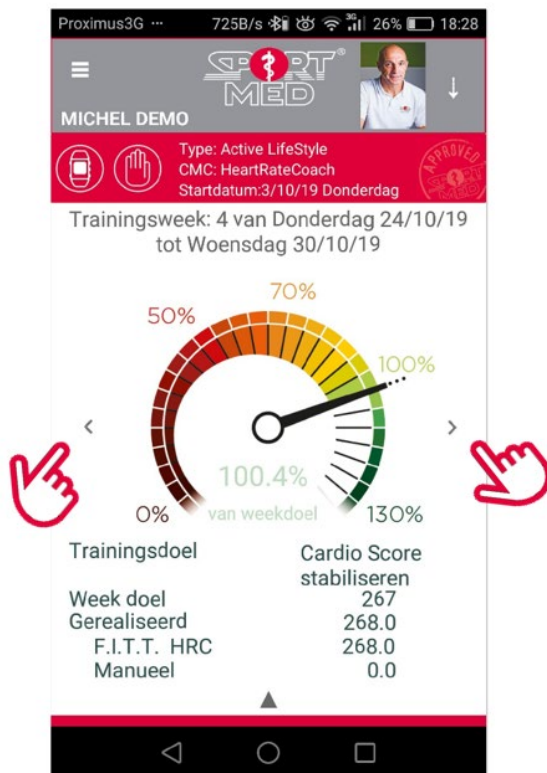


Illustration - SPOL-App - Browse the overviews of the different training weeks (when they are available).

Details per week

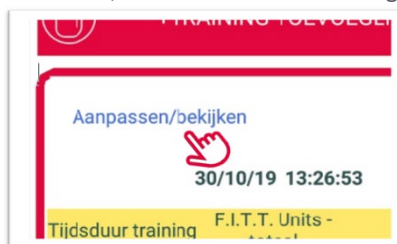
When training sessions were completed in the training week in question, you can find the details of these training sessions by swiping the screen upwards (such as for manually adding a new training but then by swiping a little further.).

You will then receive an overview per training of your reported efforts, regardless of how the information was collected. The training sessions you see here can therefore be entered manually or registered via the SPOL+ In-app, an HRC, Cardio Corner or smart card.



Illustration - SPOL-App - Viewing the training sessions performed in the relevant training week.

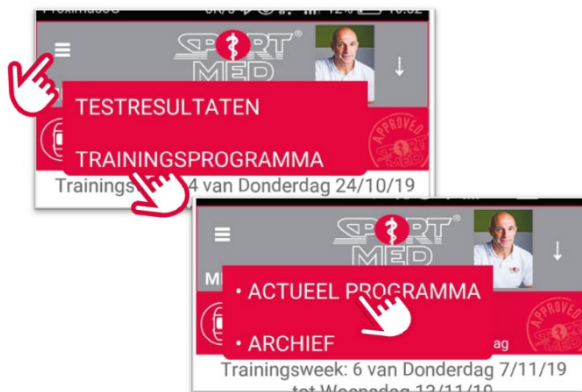
If desired, the details of the training can be viewed and / or adjusted.



Total overview

To get an overview of all training weeks, press the top left and then choose:

- Training
- Current program



You will then be in the screen with the overview of all training weeks:

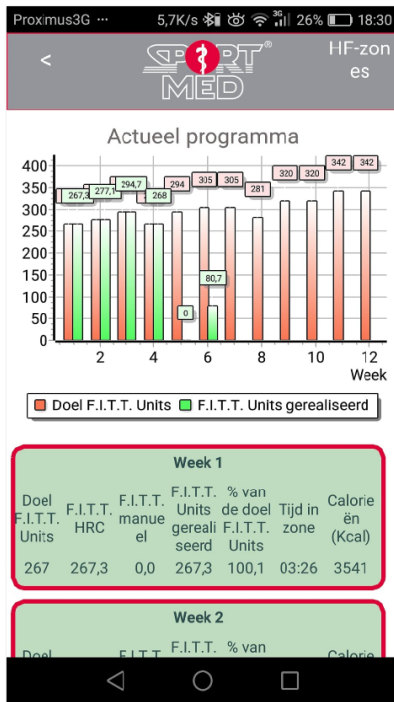


Illustration - SPOL-App - Viewing the performed training sessions of all weeks.

By swiping up you get a summary per training week where the colour is an indication of how you did it. (Red = <70% of training target, Orange = 71 - 94%, Green = 95 - 130%, Dark green = > 130%).



TEST- EN TRAINING HISTORY

To conclude the functions of the free SPOL-App, we go over some things that can be looked up in your **personal archive of test and training results.**

TRAINING RESULTS

Results of the last cardio program currently running or last ended

In a previous point, reference was already made to the status in the current training week and how to reach this screen.

What can be interesting in this screen is how you can consult your heart rate zones for the different activities and find out which SportMed FITT-Units or TMV value a certain activity delivers.

- To do this, press 'HF zones' at the top right. The following screen appears:

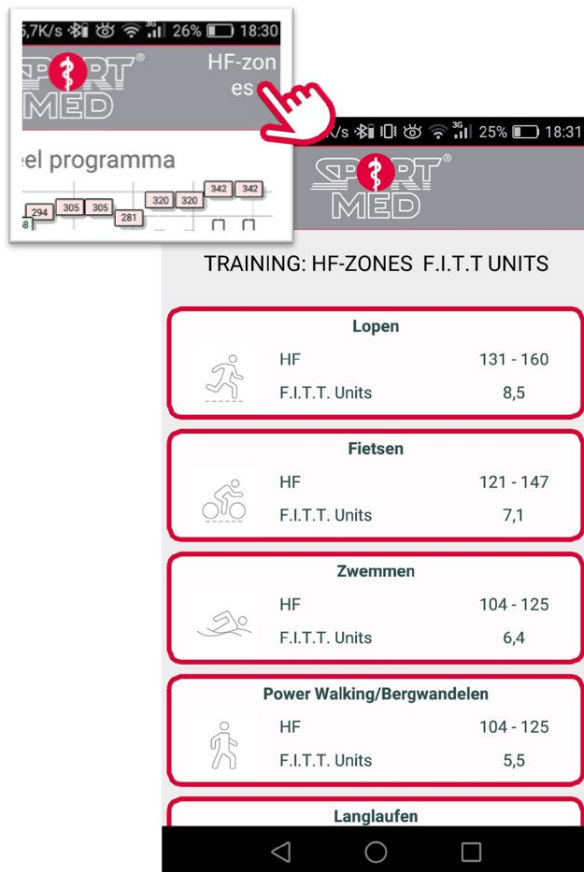


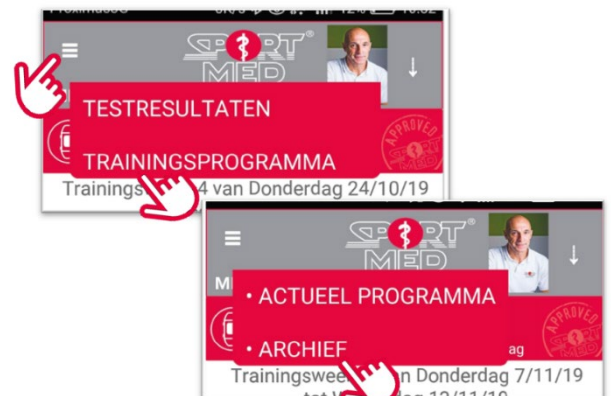
Illustration - SPOL-App - Viewing the HF zones and SportMed FITT-Unit/TMV value for training per activity.

Archive for cardio training program

Press at the top left and then choose:

- Training
- Archive

You will be entered in the screen with all previously completed training programs. Click on 'Show' to call up the overview of this particular program.



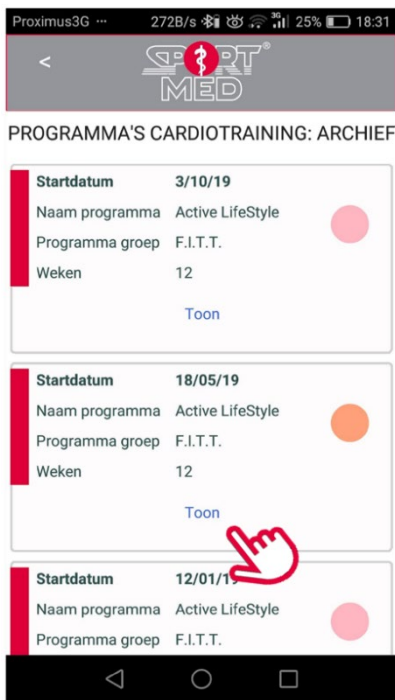


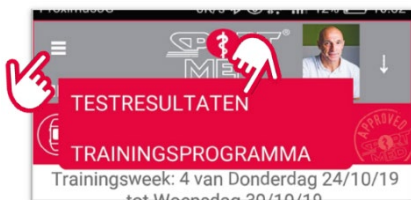
Illustration - SPOL-App - Archive with completed cardio training programs.

Test

Cardio: Results of the last exercise test

Open the page with the test results of the last test via:

- Top left
- Test
- Cardio -> General



Next page appears:

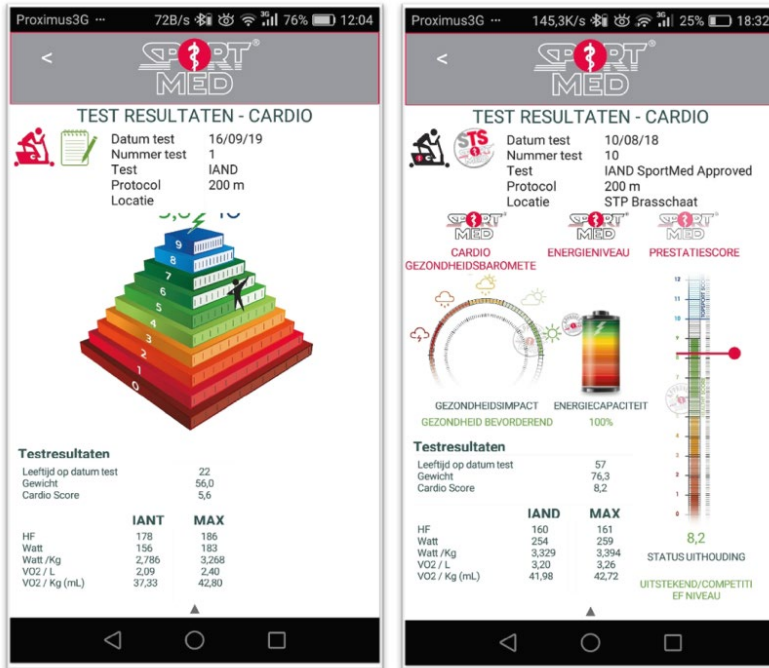


Illustration - SPOL-App - Test results last cardio test. On the left an IAND test (Fitness pyramid) and on the right an SA-IAND test (SportMed health barometer and energy level).

CARDIO: TEST RESULTS - ARCHIVE

To be able to see the test results of previously completed exercise tests (any type), open the page with the test results of the last test (see above). Then swipe up. The archive with all tests appears.

The color gives an indication whether it was a SportMed Approved (Red) or a non-SportMed Approved test (Blue)

- The icon shows which type of test it was

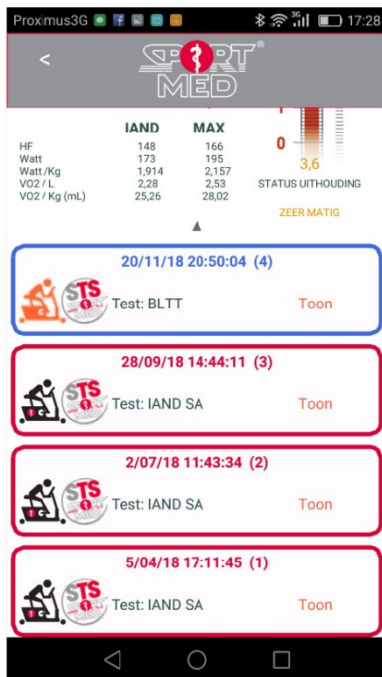


Illustration - SPOL-App - Overview results of all cardio tests ever taken.

Click on 'Show' to call up the results of the test in question.

Cardio: IAND test results - Numerical comparison table

It may be interesting to have all the IAND test results in a table together. To do this, choose:

- Top left
- Test
- Cardio -> IAND

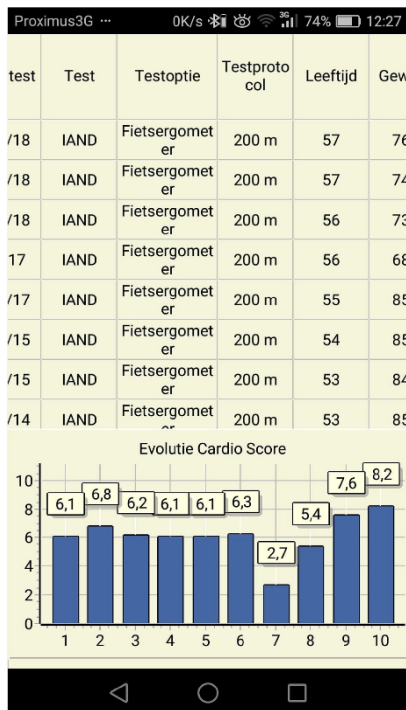


Illustration - SPOL-App - Numerical comparison table of all IAND tests ever taken.



THE SPOL+ IN-APP

With the SPOL+ In-app you can turn your smartphone or tablet into a tool for training guidance and reporting. In this way, the SPOL+ In-app could be an alternative to the HRC wrist unit.

SIDEKICK: COMPATIBLE CHEST STRAP (HEART RATE TRANSMITTER)

To be able to work with the 'MONITOR SPOL+' function - see further - you need a compatible chest strap (heart rate transmitter). In principle, any chest strap that has 'Bluetooth' technology should be eligible for this. However, we cannot guarantee this. We have experienced that some manufacturers use a specific coding so that their chest straps can only be linked with specific applications. So the key is to try.



SportMed LST chest straps

If you want to be sure that you have a compatible chest strap, you can purchase a SportMed SPOL+ chest strap. SportMed developed two types (LST1 & LST2) compatible chest straps that, in addition to Bluetooth technology, were also equipped with the so-called BlueRobin™ technology. As a result, these chest straps are not only compatible with the SPOL+ In-app but can also be used in combination with the HRC wrist unit (the SportMed heart rate monitor/watch) and the Cardio Corner concept (a concept that is used in fitness clubs or other training facilities for training registration).



Visit the SportMed website for more info (and/or to order your personal chest strap) or ask your trusted coach.



STARTING THE SPOL+ IN-APP

To start this function, do the following:

- Tap on '+ ADD TRAINING' in your basic screen (swipe up a bit) to get to the following screen (See also 'Reporting your workouts'):
- Then choose 'MONITOR SPOL+'

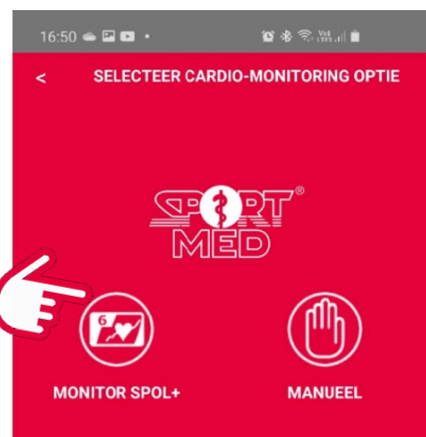


Illustration – SPOL+ In-app – start new training.

Please note!

You need a valid subscription to activate this feature. However, there is a good chance that this subscription has already been activated as part of some purchase (for example, a SportMed Approved bluetooth/BlueRobin chest strap) or of a SportMed program that you are currently following. If you do not have a valid subscription, the following message will appear:

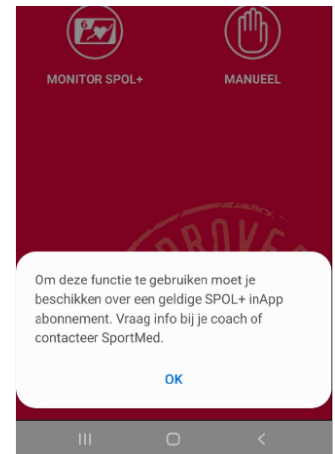
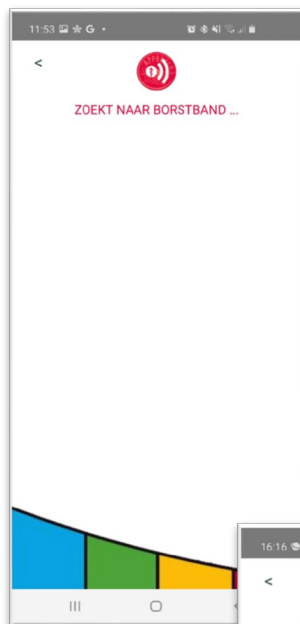


Illustration – SPOL+ In-app – No valid subscription.

FIRST TRAINING WITH THE SPOL+ IN-APP

The first time you do a workout via the 'MONITOR SPOL+' function, the app will ask you to pair a compatible chest strap. This is done in the following simple way:

- Put on your chest strap (moisten the contact zones, ...)
- The app automatically searches for compatible chest straps within range of your smartphone or tablet when you start the 'MONITOR SPOL+' function.



The following situations can occur:

- No compatible chest strap was found. This can have two causes:
 - The chest strap you are wearing is not compatible
 - There is not yet good contact between the skin and the electrodes of the transmitter.

In either case, try again first.

Important!

A Bluetooth device can only communicate with one application at a time. So **DO NOT** connect your chest strap via the bluetooth function of your smartphone or tablet, but just let the app do its job. If you still have an active app that has already been linked ('paired') with your chest connection, you must first unpair your chest connection there!

- One (or more) compatible chest strap(s) was found:

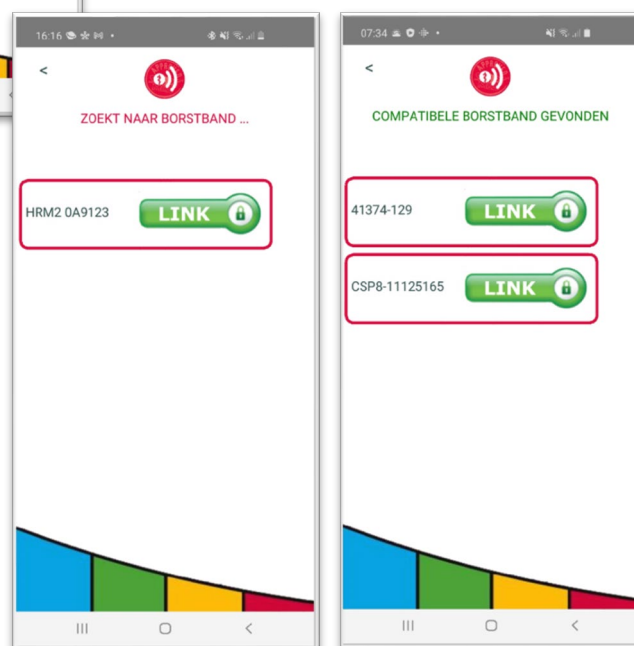


Illustration – SPOL+ In-app – Search/find a compatible Chest strap

- Select the correct (in case several were found - look at the back of the transmitter which number yours has) transmitter by tapping on 'Link'. You will arrive at the following screen. (During a next workout, the app will remember your 'paired' chest strap and immediately search for this specific band, which will immediately take you to the screen above.)

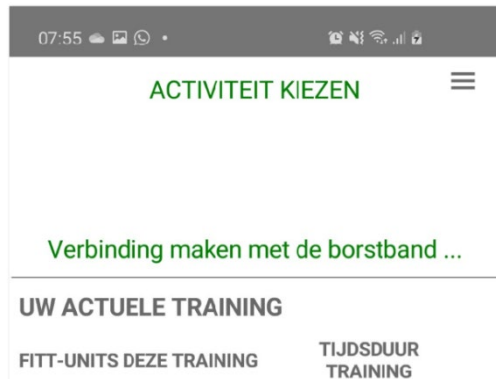


Illustration – SPOL+ In-app – Search/find your heart rate.

- Now wait for a moment, until your heart rate appears:

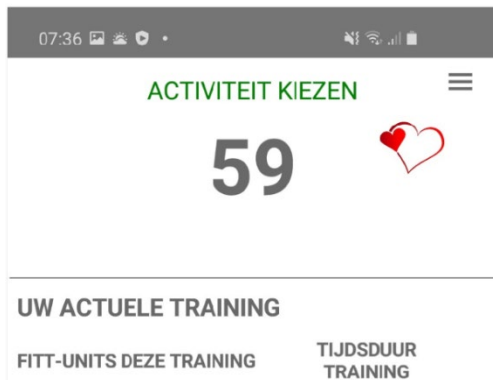


Illustration – SPOL+ In-app – Heart rate was found

Sidekick: Pair another chest strap

If for any reason you do not want to use your previously paired transmitter for your training, do the following:

- Tap on the 'pancake' icon at the top right:



- Select "PAIR OTHER BLUETOOTH BAND". The app will now search for nearby compatible tires again (see point 'First training with the SPOL+ In-app'). Repeat the procedure to pair a compatible transmitter.

During your next workout, the app will always search for the last paired chest strap!

- When you select 'DISCONNECT BLUETOOTH BAND' your paired transmitter will be unpaired.

- Tap on 'CHOOSE ACTIVITY'

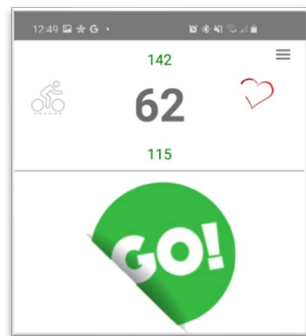


- and select the activity you want to do:

Important note:

To choose the activity you really must tap on the icon (the left side). Outside the icon (more to the right) the app will not respond so you can swipe to underlying activities.

After you have chosen the activity (The icon appears and the upper and lower limit of jet training zone is displayed) you can start the training with a tap on 'GO':



You can start with the training.

DURING YOUR TRAINING

Color of your screen

We have chosen to keep you informed via the color of the background at what intensity you are training:
 Grey: your HF is well below the lower limit
 Blue: You will be within 10% below your lower limit



Green: Bingo! You are within your zone to get TMV/FITT-Units



Orange: Your HF is (less than 10%) above your upper limit



Red: You're pretty into acidification.



Swiping during your workout

If you like to watch your heart rate evolution during the training you can slide the middle part of your screen to the left:



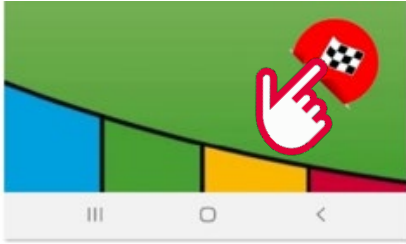
Also at the bottom you can slide the weekly status to the left so that instead of 'Still to do', 'already done' appears.



Switching activities during your training

If you do multiple activities within the same training, you can change the target zone as follows:

- Tap on 'Finish' (bottom right)



- Choose the right option:
(In this case: 'Select another activity and continue with your training')



- Select your new activity and continue your training (you can do up to 5 different activities during the same training)



END TRAINING

To finish a training session, follow these steps:

- Tap on 'Finish' (bottom right)
- Choose the right option:



When it was a mistake and you just want to continue, choose 'Continue with the training with the same activity'

If you do not want to save the training, choose 'Stop and delete training' (pay attention! This can no longer be picked up later.

- When you choose to stop and save the training, you will be entered in a screen with the overview of your training:



Click 'OK' to save everything.



IMPORTANT FACTS**Internet connection**

- To be able to start a training you need a connection to the internet. The app must be able to retrieve your data from the cloud DB. This can be via the 3G connection of your phone or via a WiFi network connection.
- Once the training has started, **everything goes 'offline'**.
- When you end the training there are two options:
 - Internet connection is available: The training is immediately sent to your traffic jam in the cloud.
 - There is no internet connection: **In this case you will receive the message below and your results will be automatically uploaded the moment the internet is available again.**

IMPORTANT FACTS**Internet connection**

- **To start a training you need a connection to the internet.** The app must be able to retrieve your data from the cloud DB. This can be via the 3G/4G/5G connection of your phone or via a WiFi network connection.
- Once the training has started, everything else runs 'offline'.
- When you end the training there are two options:
 - An internet connection is available: The training is immediately sent to your file in the cloud.
 - There is no internet connection: In this case you will receive the message below and your results will be uploaded automatically when internet is available again.

