

Spin Tracker

Spin track application, which tracks all relevant information during spinning.

More information about developments and documentation can be found on:

<http://www.007software.eu/apps/spin-trackers-page/>

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1 Usage

Notes

- *The Free version will show all fields and functionality and recordings will be saved to Garmin connect, but after 6 times only 1 screen will be visible and the recordings will not be saved anymore. It took many hours to develop this App. For the price of a beer for me and a wine for my wife, you can purchase the Pro version and enjoy all features of this App.*
- *Register at www.007software.eu (not mandatory). You can buy the Pro version via the web shop. You get a license key, which you enter in the settings of the app via Garmin Express or through Garmin Connect on your phone. Instructions follow in this document.*
- *When you use this app, it is better to disable all notifications from your phone. When kiting, you won't be able to check them anyway.*
- *In this manual there is functionality which is not available for the devices FR920XT, VA and VA hr*

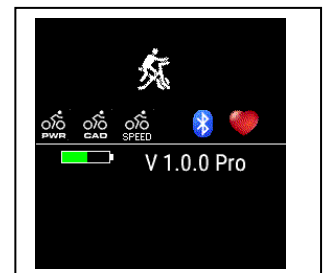
1.1 Start screen

Once started a check is made to see if your phone  and heart rate belt  is connected and will be shown. Also a check is made to see if you have sensors for: Power and cadence attached to your watch. If so a symbol is activated on the screen

When you don't press the Start(enter) button the screen will close after 2 minutes. After pressing the Start button. The record screen is displayed. This consists of 2 screens.

To scroll through the screens:

- On touchscreens. Tap at the top or bottom of the screen or swipe up or down or left or right (on the VivoActive 3, swiping from left to right won't work, since this is the back functionality)
- On non-touch screens. Press the up or down button
- In the setting screen you can set the number of seconds for auto scrolling. When set you can activate scrolling by pressing the back button in the data field screens
- In the setting screen you can also relocate the fields on the data fields screens 2-4. The first screen is a screen with most important fields and can not be changed. When relocating the data fields onto the different data screens, make sure you don't overlap the fields. So 4 fields per screen. If this is not set, you will get a warning in the start up screen, telling you to relocate. You can read more about relocation further on in the manual.
- When pressing the up-key of tapping the screen on touch screen devices a screen is shown where you can set a Target Time. On the data field screens you can then see how much time you have left to finish your exercise. After reaching the target time, the save screen will be visible to save your workout. Press the back-button to resume.
- Screen 1 to 3 can me customized using the setting screen (se further on in this manual). You can put any field on screen 1 – 3. Make sure you set 4 fields per screen and indifferent location on that screen (top-left, top-right, bottom-left and bottom-right). If the above is not the case you will get a warning in the Start screen



1.2 First data screen (changeable)

The first screen shows (as an example):

- Heart zone graph
- Heart beat
- Cadence
- Distance
- Max. heart beat
- Timer

Note: The Heart beat percentage of your max. HB and the Heart zone are colored based on the following calculations.

- < hZone 0 = Dark grey
- \geq hZone 1 and < hZone 2 = Blue
- \geq hZone 2 and < hZone 3 = Green
- \geq hZone 3 and < hZone 4 = Orange
- \geq hZone 4 = Red



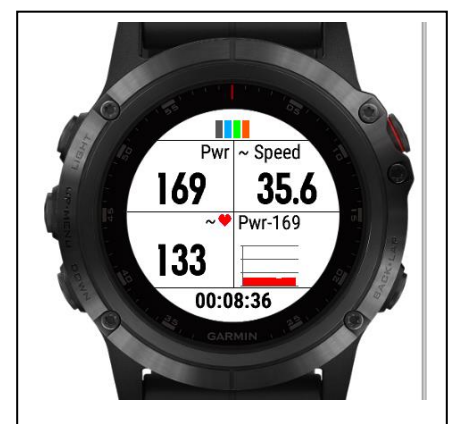
Note: Speed and distance will show when a cadence and speed sensor is attached to your watch. If you only have a cadence sensor attached, you can use some settings in the settings screen to add the gear ratio and wheel diameter. The app will then calculate the speed and distance from cadence and these parameters. See thresholds later on in this manual for details.

The maximum heart beat will be colored based on your heart zones from your watch. You can set a threshold for low and high cadence and heart beat. When pressing the menu button of your watch this will be activated and an alarm or vibration will occur when you get lower or higher than the set thresholds. Pressing the menu button again will disable the alarms/vibrations.

1.3 Second data screen (changeable)

The second screen shows (as an example):

- Heart zone graph
- Power graph
- Power
- Average speed
- Average heart beat
- Timer



1.4 Third data screen (changeable)

The third screen shows (as an example):

- Heart zone graph
- Calories
- Cadence graph
- Speed
- Heart beat percentage of your max. HB
- Timer



Note: You can set the default screen in the settings of the App. Default is 1.


1.5 Fourth data screen (not changeable)

- Heart beat zone
- Power
- Heart beat
- Cadence
- Distance
- Heart beat percentage of your max. HB
- Speed
- Time



2 Start/stop

To stop the recording press the Start button again. A screen is shown in which you can select (tap on the image for touch screen devices):

- Discard. To remove your recording and stop the program
- Save. To save your recording and stop the program
- Return  to return to the recording

Once saved, the recording will be uploaded, if you are connected to your phone and you have set your watch to upload immediately. The recording can be seen in Garmin Connect.

In the Garmin IQ fields the following data should be visible:

- Average power
- Average cadence
- Power graph
- Cadence graph
- Average speed (when using gear ratio and wheel diameter in the setting screen)
- Speed (when using gear ratio and wheel diameter in the setting screen)
- Distance (when using gear ratio and wheel diameter in the setting screen)

Note: Garmin does not always show the IQ fields. I can't do anything about it. Also IQ fields are not transferred to Strava or other third party companies.

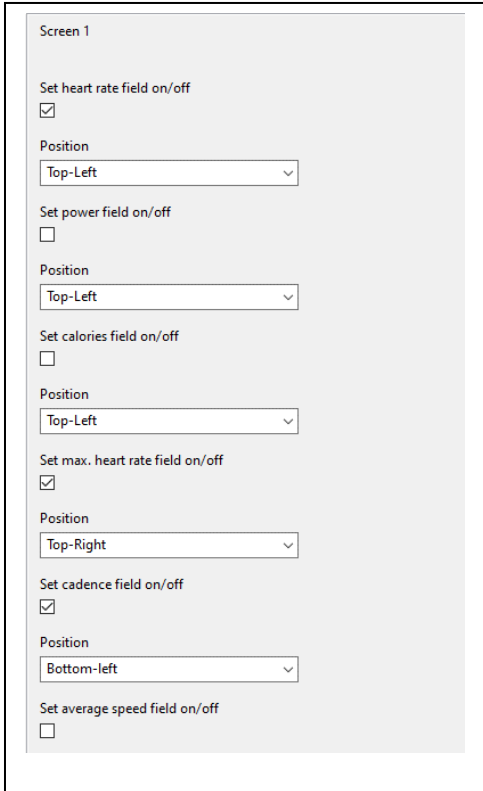
3 Thresholds/settings

In the setting screen you can edit the following parameters.

1. License key (see below)
2. Set default screen
3. Set screen contrast
4. Threshold for low heart beat
5. Threshold for high heart beat
6. Threshold for low cadence
7. Threshold for high cadence
8. Number of seconds between alarms for the HB and cadence
9. Delay for auto screen scrolling
10. Gear ratio
11. Wheel diameter (in centimeter or inches)
12. Relocation of the fields

Draw 3 screens on a paper and put in the fields you like to see per screen. This way you won't mix up or set too many fields on the same screen (you will get an warning for this on the start screen)

Now select per screen which fields has to be shown and on which location. As an example you see on the right an image where the Heart rate fields in on screen 1 in the top-left corner, the max. heart rate field in on screen 1 in the top right corner, cadence fields is on screen 1 in the bottom left corner.



The screenshot shows the 'Screen 1' settings interface. It contains several toggle switches and dropdown menus for field placement:

- Set heart rate field on/off:** (checked)
- Position:** Top-Left (dropdown menu)
- Set power field on/off:** (unchecked)
- Position:** Top-Left (dropdown menu)
- Set calories field on/off:** (unchecked)
- Position:** Top-Left (dropdown menu)
- Set max. heart rate field on/off:** (checked)
- Position:** Top-Right (dropdown menu)
- Set cadence field on/off:** (checked)
- Position:** Bottom-left (dropdown menu)
- Set average speed field on/off:** (unchecked)

If you have only a cadence sensor and don't have a speed sensor. You can set gear ratio and wheel diameter. The gear ratio is written in the manual of the spinning bike like 1:3. Only enter the 3 in this field. If you can find the ratio in the manual, count the number of times the pedal has to go round to make the wheel turn once. This is the ratio.

Measure up the wheel diameter and put it in the field. If you use centimeters, make sure your watch is set to unit Metric and for inches use Statute. Don't mix them up, otherwise the values are not correct.

Adding your license key

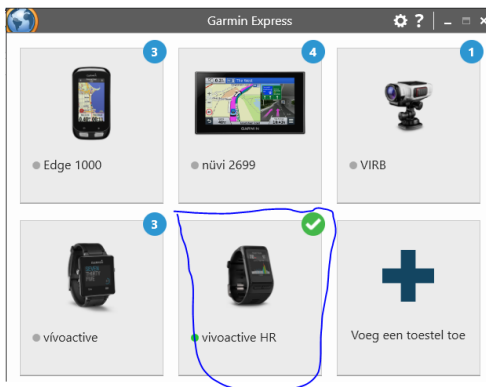
This can be done in two ways:

1. With your computer, via Garmin express
2. On your phone, via the Garmin connect app.

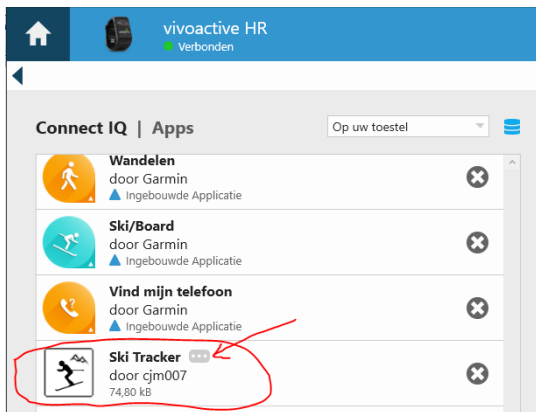
3.1 With the computer



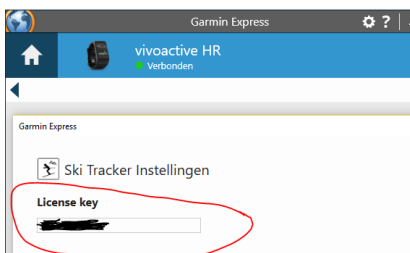
Attach your Garmin watch to your computer. Start the program Garmin express



Click on your watch symbol and then on the button Control App



Look for the Bike App in the list and click on the dots on the right of the description. (The image shows an example of the Ski tracker)

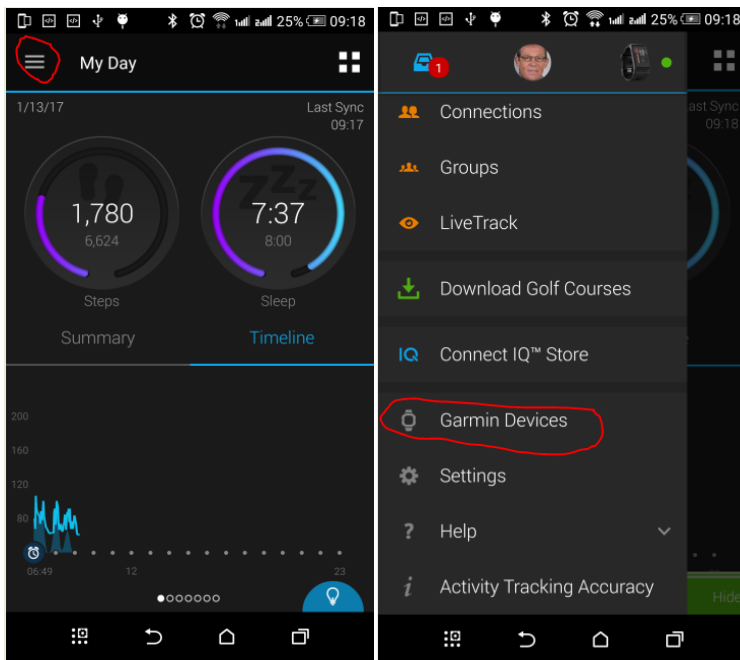


In the next screen you can enter your license key and save it.

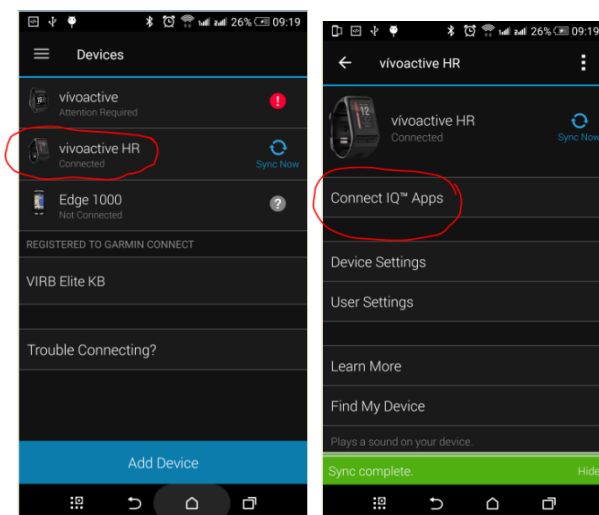
4 On your phone

Start the Garmin Connect App.

Click on the menu symbol and go to “Garmin devices”.

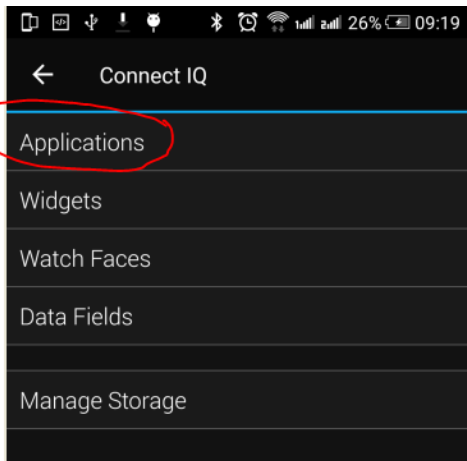


Select your Garmin watch

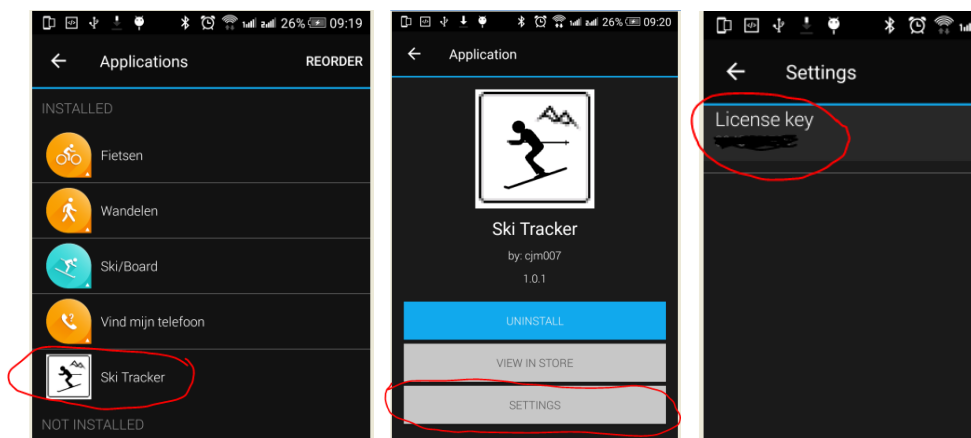


and click on “Connect IQ apps”

Then click on “Applications”.

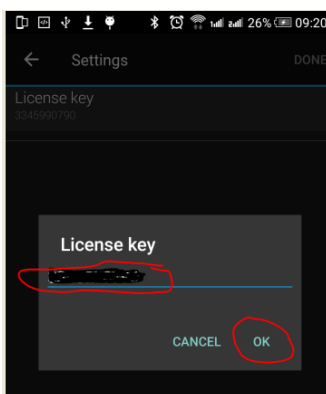


In the list with applications, click the Spin Tracker App (here the Ski Tracker is shown as an example)



and the button "Settings".

Click on the License key and fill in the key.

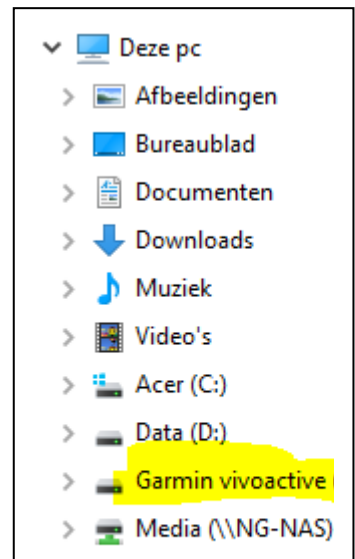
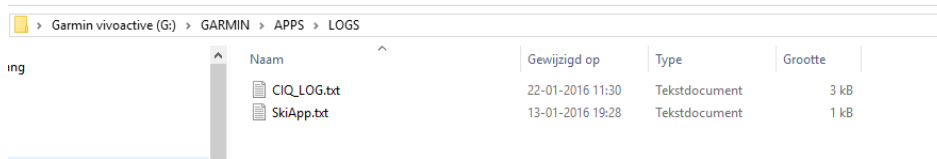


Save your entry and your done (click on OK and then on OK or Done in the right upper corner).

5 Trouble shooting

When you encounter problems with the app. Connect your watch with your computer. After a while you here a short sound. This means the watch is connected. Open your file explorer (mostly it will open up after connection is successful) and look for you Garmin directory.

Open the map GARMIN->APPS->LOGS, and add a file called CIQ_LOG.txt to this directory. Disconnect your watch an start the App again. When it crashes, the error is written in this file. Connect your watch to the PC again, go to the log-directory and mail the file CIQ_LOG.txt to kees@007software.eu



6 Notes

- The app can be used for the following languages English, Danish, Dutch, French, Polish, Portuguese, Italian and German. If you want a new translation in your language, send me a mail!
- Please report any mistranslations to kees@007software.eu. (I'm Dutch :))
- If you encounter any problems, please put the file "CIQ_LOG.txt" in the "GARMIN-APPS-LOGS" directory of your watch. Run the app again and send the file to my email address.

7 Software disclaimer

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3. the results that may be obtained from the use of the software will be effective, accurate or reliable
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