



Quick Guide

Ver 2.0.2

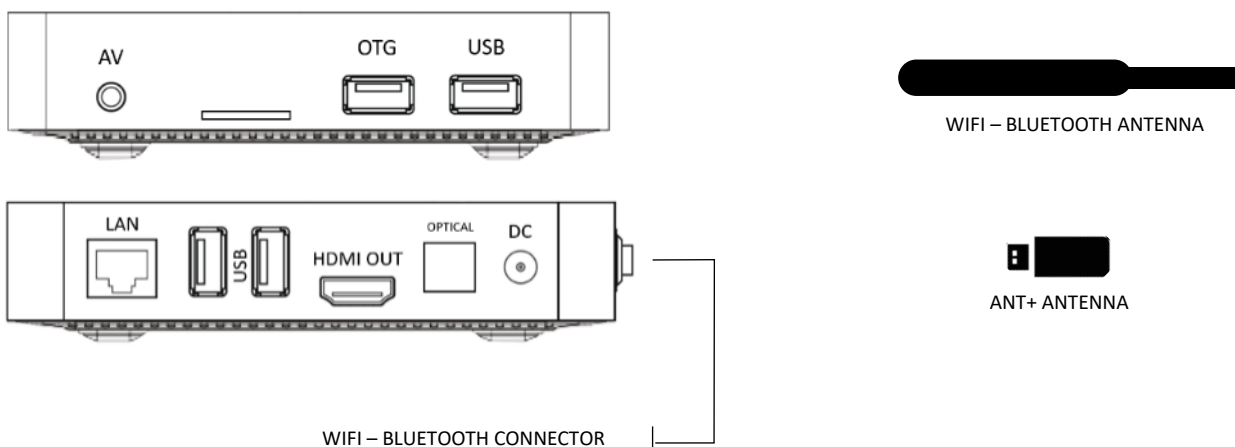
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Installing Uptivo Bridge

Please read this quick guide carefully before installing Uptivo Bridge at your Club.

The Uptivo Bridge box contains:

- Uptivo Bridge station for heart rate monitoring
- Wi-Fi/Bluetooth antenna
- ANT+ USB antenna
- HDMI cable
- Power supply
- Remote control
- Quick Installation Guide



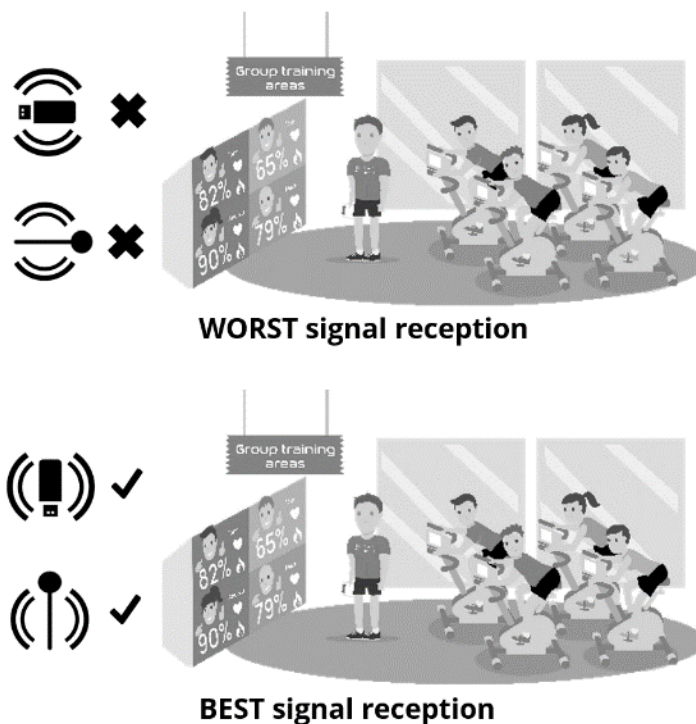
Physical Setup

- 1) Connect the Wi-Fi/Bluetooth antenna (rotate clock-wise) to the Uptivo Bridge
- 2) Insert the ANT+ antenna in any of the USB ports of the Uptivo Bridge
- 3) Connect Uptivo Bridge to a 720p or 1080p display via HDMI cable (HDMI OUT)

- 4) Connect the power supply to Uptivo Bridge via the DC port
- 5) Connect the other end of the power cable to a power plug

IMPORTANT! The Uptivo Bridge Wi-Fi/Bluetooth and ANT+ antennas should be exposed directly towards the area where the heart rate sensors will be used. They should not be covered or hidden behind objects such as walls, monitors, glass windows, mirrors, etc.

For best reception, we recommend positioning Wi-Fi/Bluetooth and ANT+ antennas so that the side and NOT the top of the antennas is facing the room where the heart-rate sensors will be used.



Connecting Uptivo Bridge to the Club's network

ATTENTION! Uptivo Bridge requires a DHCP server on the network to get an IP address.

PREFERRED OPTION - Connect the Uptivo Bridge to your network via an Ethernet cable

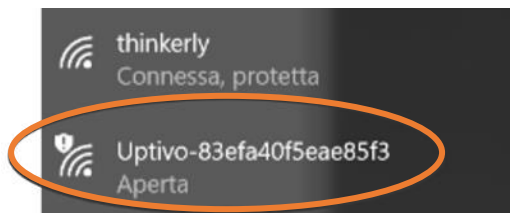
Just connect an Ethernet cable (RJ45) from an active port on your network to the Uptivo Bridge LAN port.

IMPORTANT! After connecting the Ethernet cable, please take note of the new Uptivo Bridge IP address displayed in the lower side of the display connected to Uptivo Bridge.



SECONDARY OPTION - Connect the Uptivo Bridge to your Wi-Fi network

- 1) Scan for Wi-Fi networks in range, and connect your laptop, tablet, or smartphone to the Uptivo Bridge Wi-Fi (Uptivo-xxxxxxxxxxxxxxxxxx)



- 2) Open your preferred browser (Firefox, Chrome, Safari, Internet Explorer, etc.) and go to address 10.0.0.1
- 3) Log in to Uptivo Bridge with password "uptivo" (note all lowercase)
- 4) Go to **Settings**, and then **Wi-Fi**
- 5) Select the Wi-Fi network you want to connect to and type your Wi-Fi password twice (in the *password* and *repeat password* text boxes)

×

Connect to Wi-Fi network

Uptivo is about to change its Wi-Fi settings and connect to "thinkerly" network.

Connection may require **up to 2 minutes** to complete. If the connection attempt fails, Uptivo will switch back to Access Point mode.

If you are using Wi-Fi to configure your Uptivo, you will be disconnected.

Password:

.....

Repeat Password:

Cancel

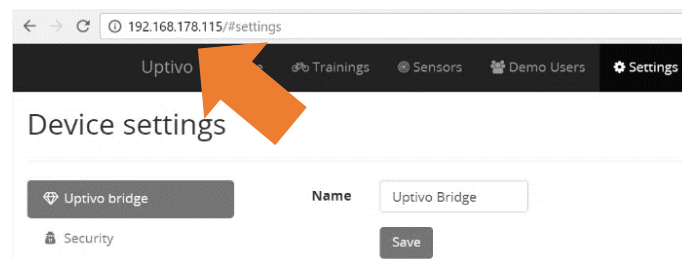
Connect

IMPORTANT! After selecting the new Wi-Fi please take note of the new Uptivo Bridge IP address as displayed in the lower side of the display connected to Uptivo Bridge.



To connect to Uptivo Bridge:

- make sure you are on the same network as Uptivo Bridge (connect to the same WiFi or compatible wired network)
- open your preferred web browser (such as Safari, Firefox, Chrome, etc) and type the IP address
- type the password. The default password is “uptivo” .



Troubleshooting - Quick Tips

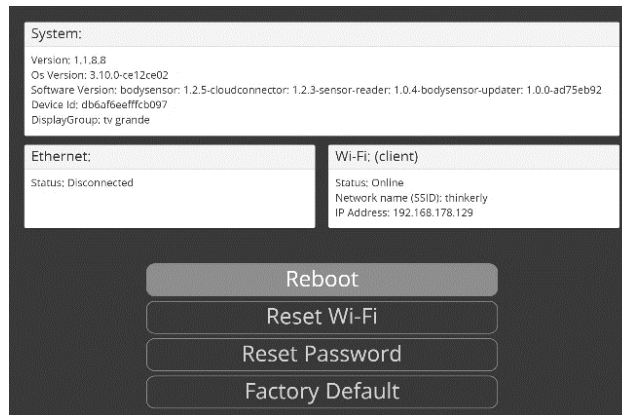
There are several quick operations you can perform with the Uptivo Bridge remote control (please note that batteries are not included – 2 x AAA 1.5V are required) or with a mouse connected to any of the device USB ports:

- Retrieve information about Ethernet or Wi-Fi connectivity and IP address
- Reboot the system
- Reset the Wi-Fi network (Uptivo Bridge will default back to its Wi-Fi network *Uptivo-xxxxxxxxxxxxxx*)
- Reset the login password to “uptivo”

To access the menu below:

- press the menu button at the top right of the remote control, or

- click anywhere on the bottom Uptivo bar with the left mouse button



You're All Set!

Access the Uptivo Bridge configuration page at its IP address with password “uptivo” to:

- Change the default password (“uptivo”)
- Scan for available heart-rate sensors
- Add heart-rate sensors to Demo Users
- Manage training and displays

For more information on how to use Uptivo Bridge, please refer to the available support material on the Uptivo website.

Uptivo Cloud

Request a Code to Activate Your Uptivo Cloud Account

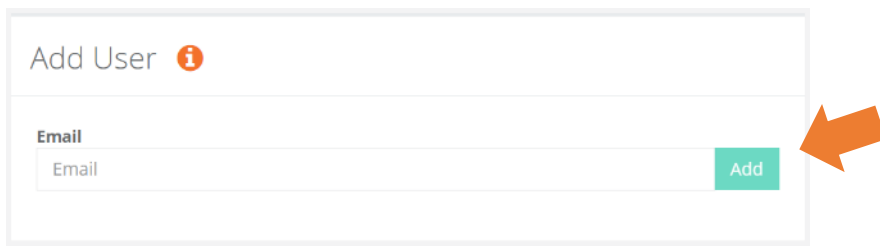
Please contact info@uptivo.fit to create your club's cloud account and request the activation code for adding your Uptivo Bridge to your club's cloud account.

Invite a New User to Join the Uptivo Community of Your Club

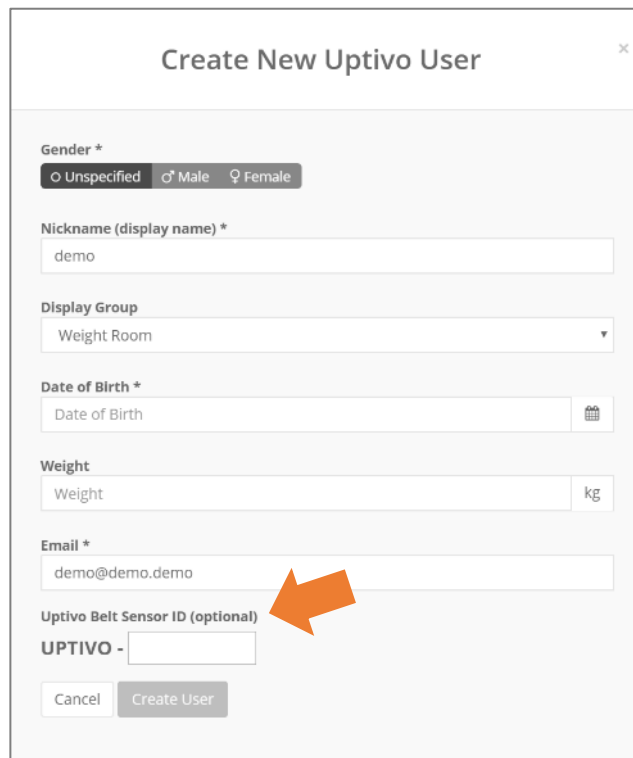
Create a new user in Uptivo

Log in to my.uptivo.fit with a manager or trainer account.

Add the email of the user you want to create and click “Add User” in User Management – Invite User



Fill the mandatory fields to enable user display, cardio zones, and calories. The user email will be used for logging in to **my.uptivo.fit** (<https://my.uptivo.fit>) and for receiving the summary emails after trainings done at the Club. **You can also pre-assign an Uptivo Belt to a user from this window.**



As soon as the trainer creates a new user, he/she will be visible at the bottom of the page “Invite User” with the type label “Create User” and the invite expiration date (invite persists for 7 days). The

account MUST be confirmed by the user before the expiration date via the invitation email that is sent to his/her email address.

Pending Users				
	Email	Type	Expires On	Status
 	marco.braga@gmail.com	Invite User	17/11/2016	Invitation Pending
 	newuser@newuser.com	Create User	17/11/2016	Invitation Pending

The newly created Uptivo user is already available in your Club's list of users (Manage Users).

WARNING! If the user does not accept the invitation email before the expiration date, he/she will be automatically removed from Uptivo and from your club.

Confirm the Uptivo profile created by the Club Staff

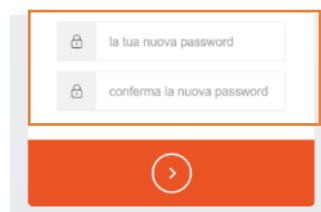
The user must click the orange link in the invitation email.

We already setup an Uptivo account for you. You just need to click the link below and set your new password.

Yes, subscribe me to Uptivo.



The link opens a page to create the **my.uptivo.fit** account login password:



The account is confirmed and ready to use at <https://uptivo.fit>. To login, the user must type his/her email and password.



Invite an Existing Uptivo User to Your Club

Invite an existing user

Type the email already associated with an Uptivo account and click “Add User” in User Management – Invite User.

As soon as the trainer invites a new user, he/she will be visible at the bottom of the page “Invite User” with the label type “Invite User” and the invite expiration date (invite persists for 7 days). The account **MUST** be confirmed by the user before the expiration date via the invitation email that is sent to his/her email address.

	Email	Type	Expires On	Status
	 marco.braga@gmail.com	Invite User	17/11/2016	Invitation Pending
	 newuser@newuser.com	Create User	17/11/2016	Invitation Pending

Confirm the Uptivo profile created by the Club Staff

The user must click the orange link in the invitation email. The user is now part of your club.

Assign an Uptivo Heart-rate Sensor by ID

Uptivo Belts can be assigned to users and Demo Users in two ways:

- 1) From your **my.uptivo.fit** account go to Manage Users or Manage Demo Users, choose the user you want to assign the sensor to, and click edit (pencil icon)

Manage Users - Uptivo Office

User Info Manage Users

Search

	Nickname	Email	Name	Surname	Date of B...
		avergani...	Alessandr...	Vergani	06/02/1975
	Albyrith	albyrith7...	Alberto	Giostra	05/11/1977
	bragma	mbraga@...	Marco	Braga	28/01/1973
	dattal72	dattal72@...	david	attal	21/01/1972
	dddd	newuser...			02/12/1998
	Ely	ely.maspe...	Ely	Maspero	27/08/1975
	Hotmail	emaspero...	Ely	Maspero	27/08/1975
	Ely Thinkerly	emaspero...	Ely	Maspero	27/08/1975

In the Edit User page, select “Add Uptivo Belt by ID”. In the following window, type the 7-digit ID of the Uptivo sensor you want to assign (you can find the ID on the sensor box or on the back of the Uptivo sensor).

Add Uptivo Sensor by ID

Uptivo Belt Uptivo Armband

Please type the 7-digit ID that you can find on the back of your Uptivo Sensor.

Uptivo Sensor ID UPTIVO -

Cancel Save

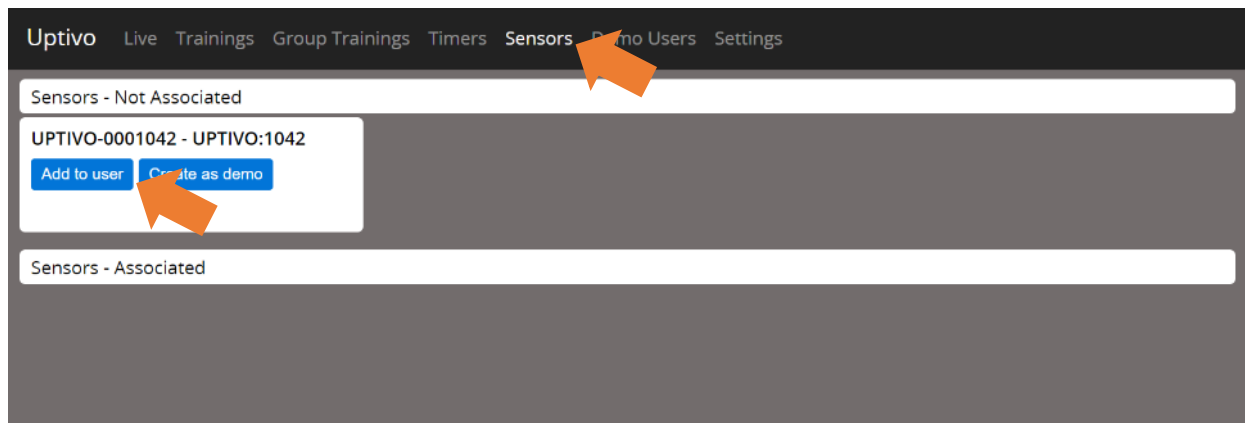
- 2) You can also assign Uptivo sensors to users and Demo Users by following the procedure described in the next paragraph ("Assigning a generic heart rate sensor from Uptivo Bridge")

Assign a Generic Heart-rate Sensor from Uptivo Bridge

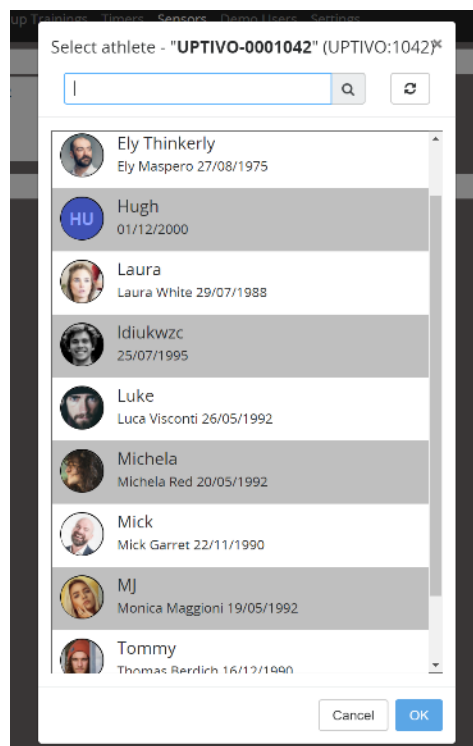
WARNING! Assignment for sensors that are not Uptivo CAN ONLY be performed via the Uptivo Bridge local web page (default password: uptivo).

Assigning a heart-rate sensor to a user

Select the Sensors tab in the Uptivo Bridge web interface. Identify the sensor to be assigned to the user and click "Add to user".



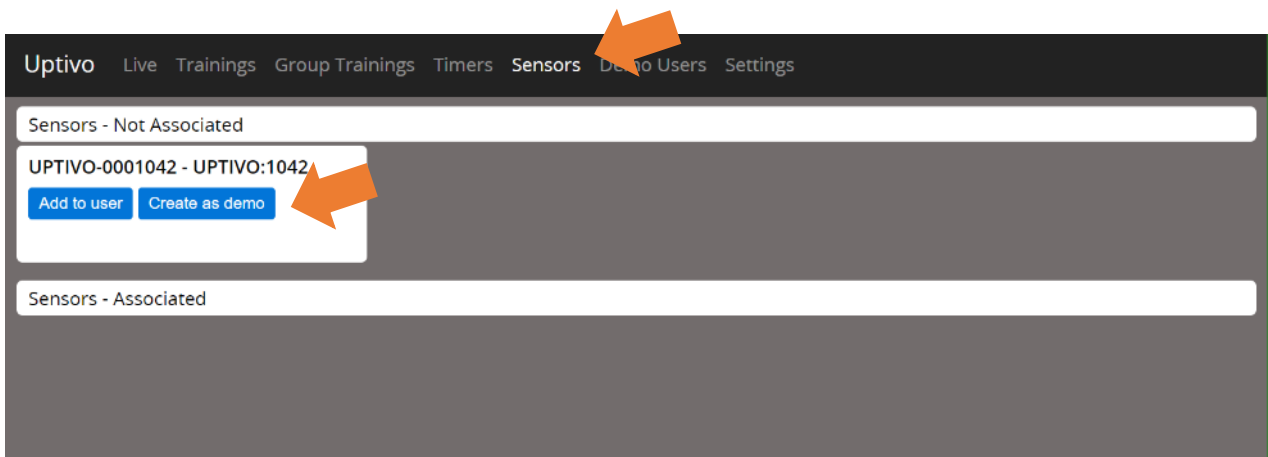
Select the appropriate user to assign the sensor and click Ok. The sensor is now assigned to that user for any future use.



Creating a Demo User

Select the Sensors tab in the Uptivo Bridge web interface. Identify the sensor to be assigned to the Demo User and click "Create as demo".

NOTE: Demo Users do not have an email associated to them and will not receive a post-training summary email.



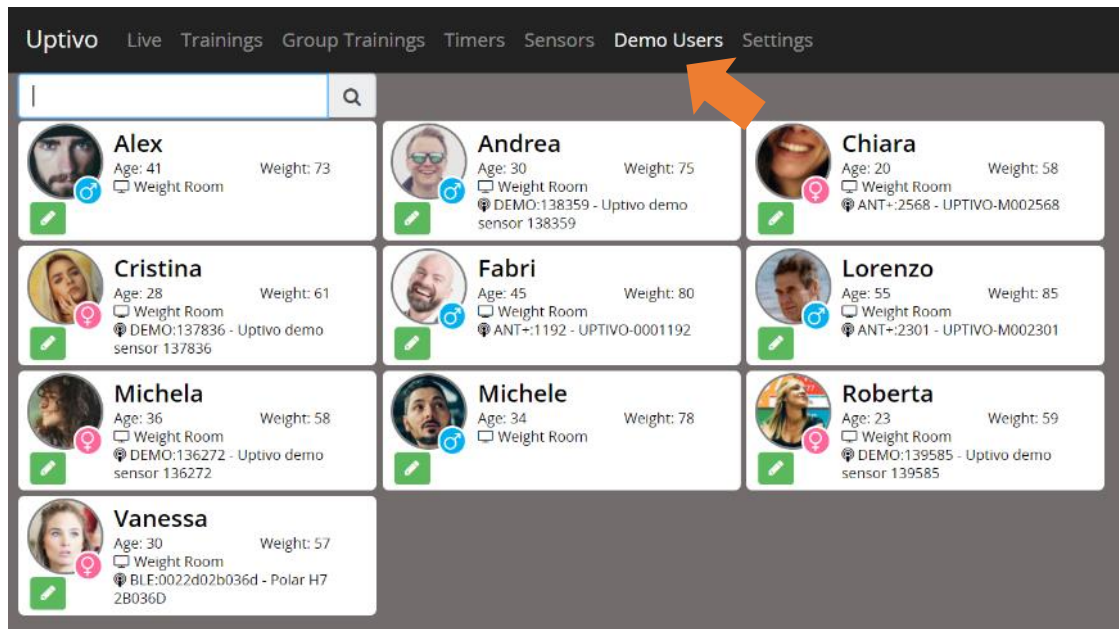
You can either input the biometric information corresponding to the person that will be using the sensor for better heart zone and calorie accuracy, or you can input average values and a generic nickname (e.g., Demo 01) to assign the demo sensor to different users.

"Nickname" is the name that will be displayed on the screen when the sensor is online.

NOTE: Demo Users can also be created in the *my.uptivo.fit* portal, under Users – Manage Demo Users.

Editing a Demo User

Select the Demo Users tab. Identify the Demo User to be modified and click edit (pencil icon on green background).



Set the new parameters. You can modify age, weight, and gender. You can also associate a different sensor to the Demo User by clicking "Change" to display any online sensor not already associated.

The screenshot shows the 'Demo User - Fabri' edit form. The form has a title bar with a close button (X). The fields are: Nickname (text input with 'Fabri'), Age (numeric input with '45'), Weight (numeric input with '80'), Gender (dropdown menu with 'Male'), and Sensor (text input with 'ANT+:1192 - UPTIVO-0001192'). There is a 'Change' button next to the Sensor field. At the bottom are 'Cancel' and 'OK' buttons. An orange arrow points to the 'Nickname' field.

Training Management

Selecting one or more Uptivo Users and/or Demo Users

Select the “Trainings” tab. All the Uptivo users and demo users currently at the Club are displayed (active heart-rate sensors within the Uptivo Bridge range).

To select one or more users:

- Click a user tile to select that user
- Click the user tile of a user already selected to de-select that user
- Click the Display Group header bar to select or de-select all users currently visualized in that Display Group



Training toolbar

From the “Trainings” tab you can manage all trainings currently running at the club.



Training state toolbar. Affects selected user(s):

- PLAY – starts a training
- STOP – ends a training
- DISCARD – ends a training and discards its data

Display Group toolbar. Moves selected user(s) to the specified Display Group.

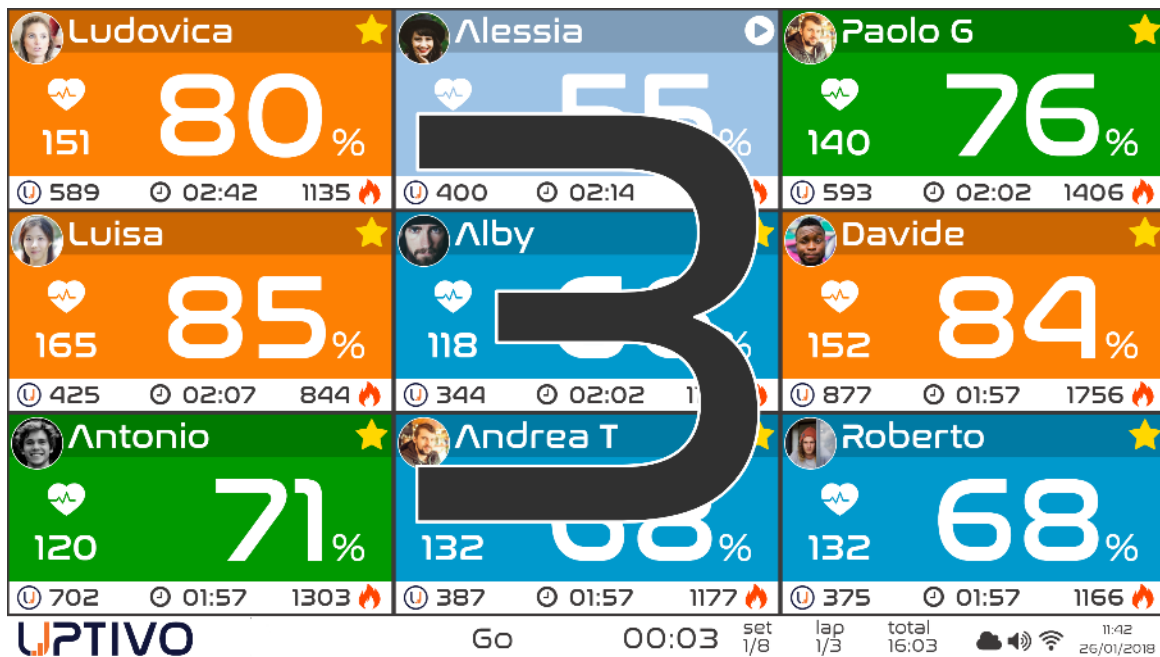
Allows selecting all users

Filters by Display Group

Allows expanding/collapsing the training information box

Interval Training Timers

Uptivo Timers allow you to manage individual and group training sessions without the need for a stopwatch or for a smartphone application. Timers give the club staff the ability to set the lesson's pace with clear real-time audio and video hints about exercise vs resting times.



Designing Interval Training Timers

You can setup an unlimited number of Timers from your <https://my.uptivo.fit> Club account.

In the Club/Circuit Timers menu, click Add to open the Timer configuration window. You can adjust the following settings:

- Timer's name

- Warm-up (initial countdown)
- Exercise (duration of each exercise)
- Rest (pause in between exercises)
- Sets (number of exercises in a round)
- Cool Down (pause in between rounds)
- Rounds (number of repetitions of the same set of exercises)

You can adjust the parameters of an existing Timer by clicking on the Edit button (pencil icon) besides each listed Timer.

Create Timer	
Timer Name *	Timer 1
Warm-up *	00:10
Exercise *	00:20
Rest *	00:10
Sets *	8
Cool Down *	00:10
Rounds *	8
Total	00:33:20
Cancel Save Changes	

Using Interval Training Timers

The Timers created via your Uptivo cloud account become available in the web interface of your Uptivo Bridges.

Timers are displayed in the Timers tab and are listed below each Display Group. Identify the appropriate Display Group and click the Timer tile to start the Timer. You can stop an active Timer by clicking on its tile.

NOTE: Timers provide audio and video hints about rest and exercise times.

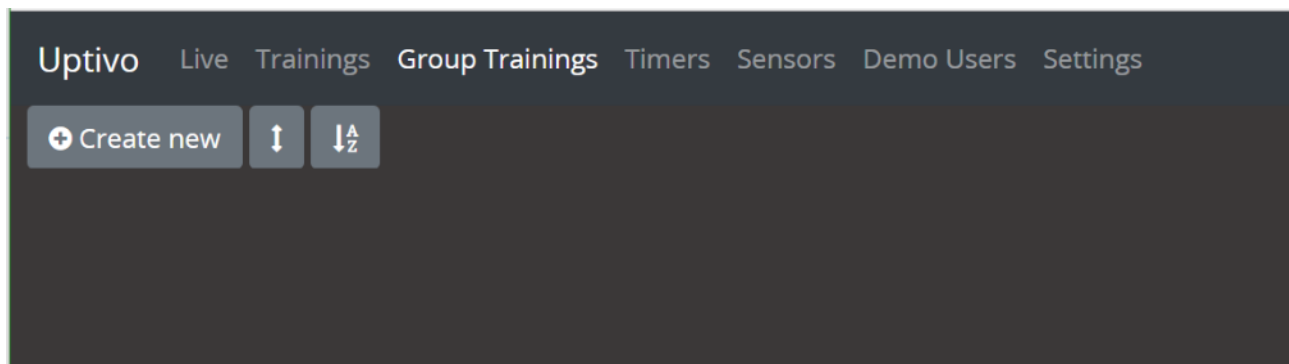
Uptivo Live Trainings Group Trainings Timers Sensors Demo Users Settings				
Group Training ["Crossfit WOD-2"]				
Crossfit WOD-1 42:20 Warmup: 00:20 Lap Pause: 00:30 Exercise: 01:00 # Exercises: 7 Pause: 00:10 # Laps: 5	Crossfit WOD-2 37:10 Warmup: 00:30 Lap Pause: 00:45 Exercise: 03:00 # Exercises: 1 Pause: 00:00 # Laps: 10	Functional Short 16:40 Warmup: 00:10 Lap Pause: 00:30 Exercise: 00:30 # Exercises: 8 Pause: 00:10 # Laps: 3	Short Demo 00:40 Warmup: 00:05 Lap Pause: 00:05 Exercise: 00:05 # Exercises: 2 Pause: 00:05 # Laps: 2	
Spinning Room				
Crossfit WOD-1 42:20 Warmup: 00:20 Lap Pause: 00:30 Exercise: 01:00 # Exercises: 7 Pause: 00:10 # Laps: 5	Crossfit WOD-2 37:15 Warmup: 00:30 Lap Pause: 00:45 Exercise: 03:00 # Exercises: 1 Pause: 00:00 # Laps: 10	Functional Short 16:40 Warmup: 00:10 Lap Pause: 00:30 Exercise: 00:30 # Exercises: 8 Pause: 00:10 # Laps: 3	Short Demo 00:40 Warmup: 00:05 Lap Pause: 00:05 Exercise: 00:05 # Exercises: 2 Pause: 00:05 # Laps: 2	
Functional Training				
Crossfit WOD-1 42:20 Warmup: 00:20 Lap Pause: 00:30 Exercise: 01:00 # Exercises: 7 Pause: 00:10 # Laps: 5	Crossfit WOD-2 37:15 Warmup: 00:30 Lap Pause: 00:45 Exercise: 03:00 # Exercises: 1 Pause: 00:00 # Laps: 10	Functional Short 16:40 Warmup: 00:10 Lap Pause: 00:30 Exercise: 00:30 # Exercises: 8 Pause: 00:10 # Laps: 3	Short Demo 00:40 Warmup: 00:05 Lap Pause: 00:05 Exercise: 00:05 # Exercises: 2 Pause: 00:05 # Laps: 2	

Group Training and Challenges

Uptivo allows you to create training groups with a defined subset of users, and to divide those users in teams competing over UPPs.

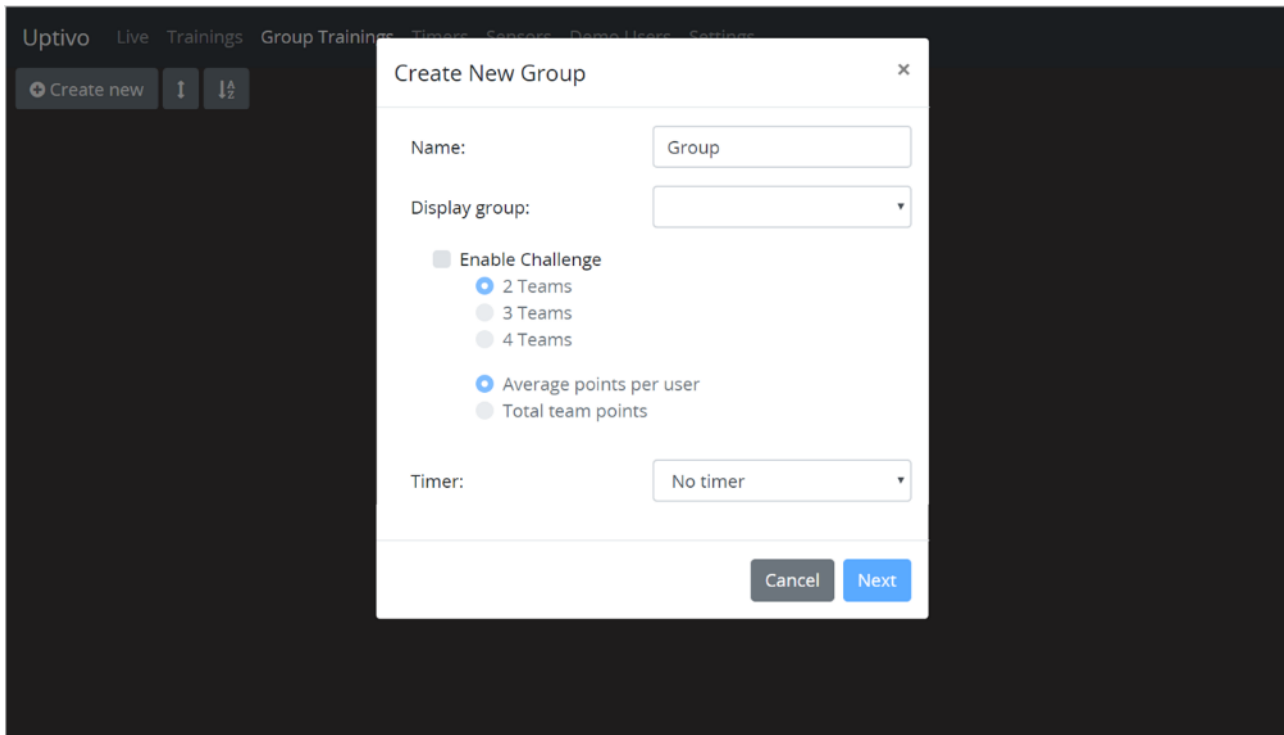
Creating a Group Training

In the Uptivo Bridge web interface tab Group Training, click *Create New* to open the group setup window.

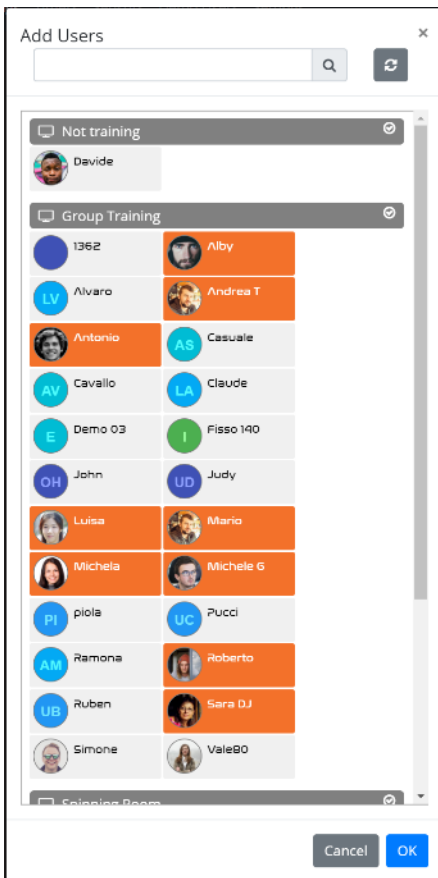


The setup window allows you to name the group, pick the Display Group where the training will be displayed, choose whether you want to setup a challenge, and associate a Timer to the training.

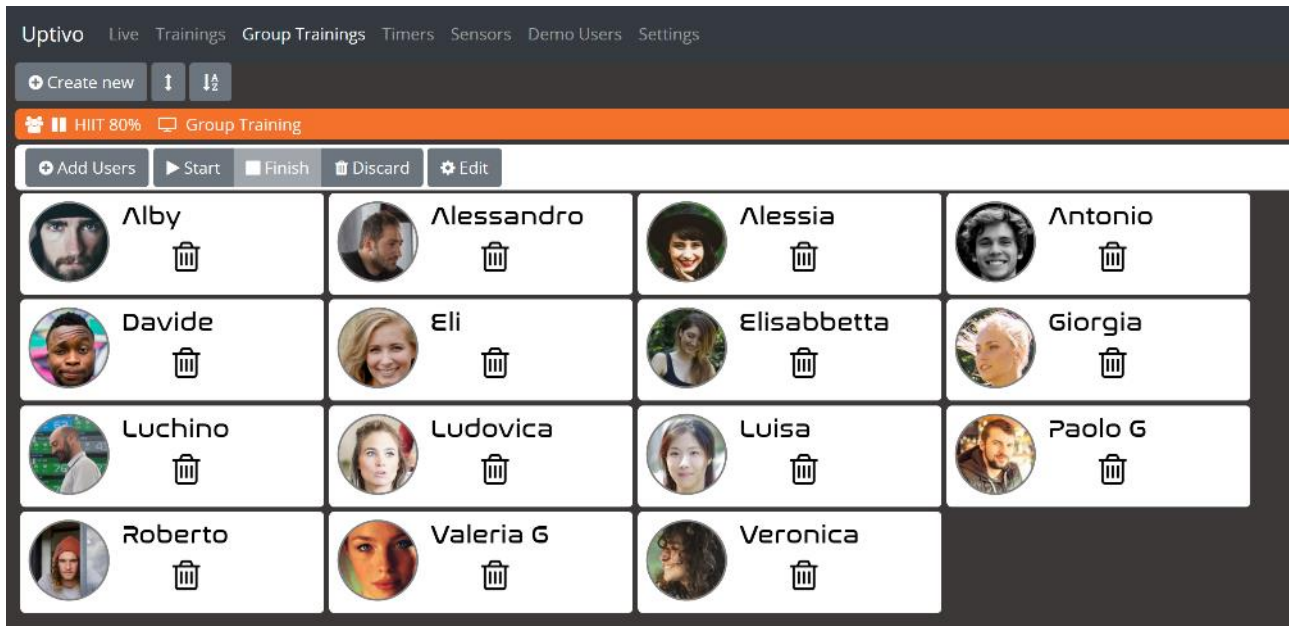
NOTE: you can also start the Timer at a different time via the Timers tab.



Click Next to select the athletes who will be part of the group training. Athletes are visualized as per their current Display Group and can be selected in bulk by clicking on the Display Group bar.



To start a group training, click **Start**. At the end of the training click Finish to see the session recap on screen; two minutes after a group training ends, the normal athlete tile display is restored.

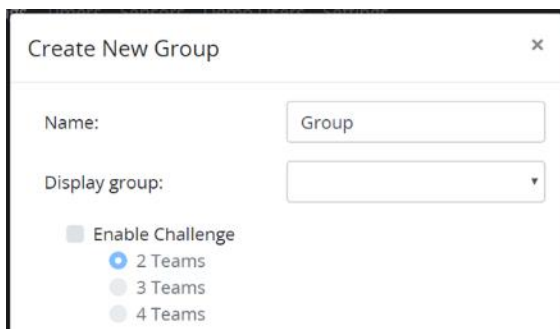


NOTE: users can be added to an active group training by clicking *Add Users* in the group taskbar. To remove a user from the group, click the bin icon in the user tile.

Setting up a Challenge

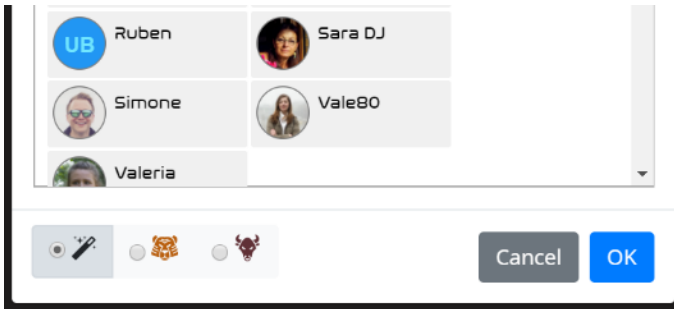
You can design a group training in order to setup a challenge between 2, 3 or 4 teams.

To create a challenge, select *Enable Challenge* in the Group Training setup window and choose the number of teams.

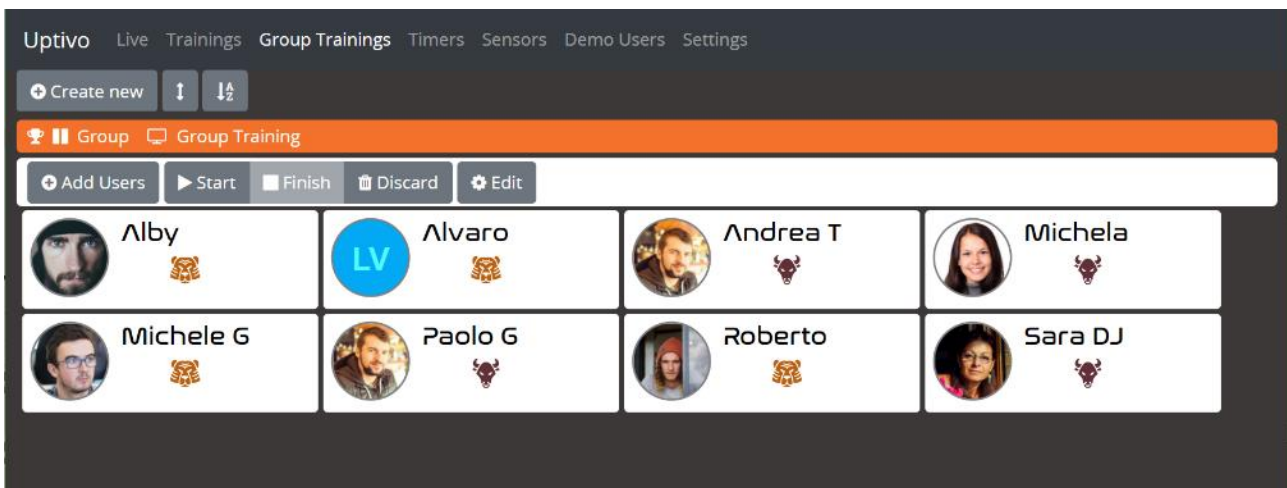


Click Next to select the athletes who will be part of the challenge. Athletes are visualized as per their current Display Group and can be selected in bulk by clicking on the Display Group bar.

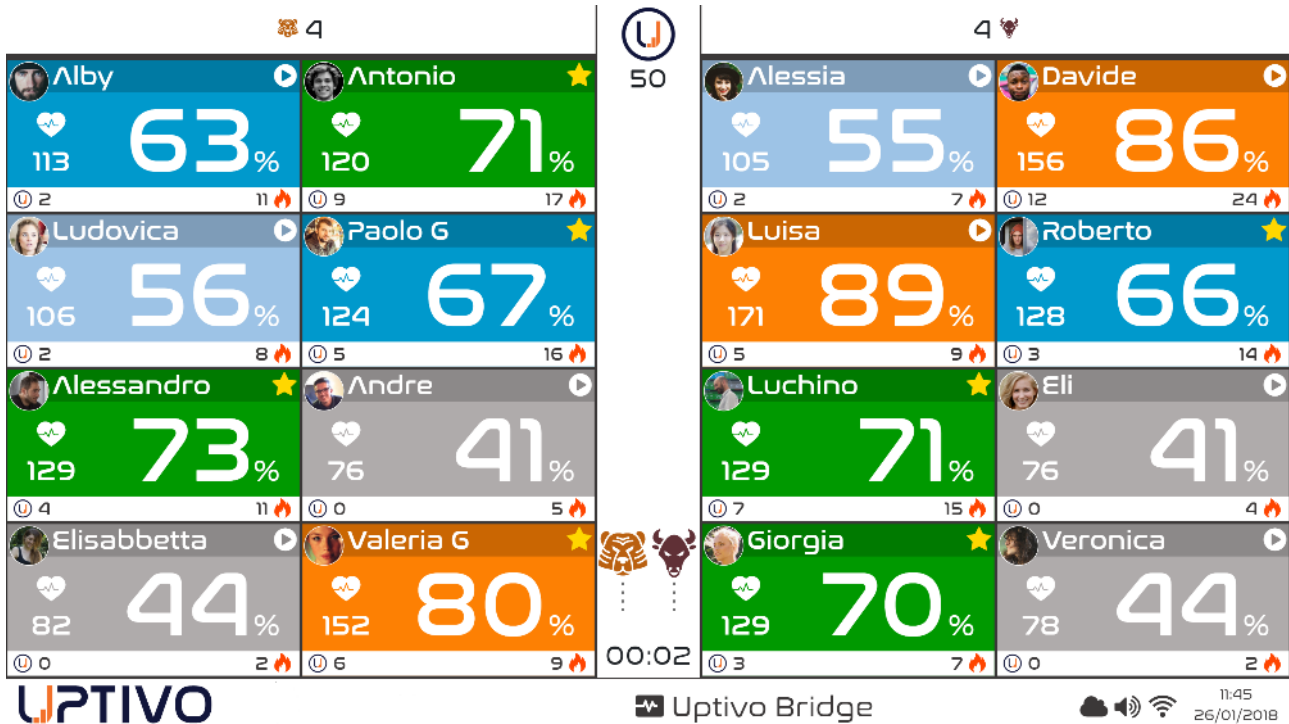
Uptivo automatically divides athletes, based on the number of teams selected. To manually assign athletes to teams, select the team at the bottom of the window and then select the athletes to be part of that team. Repeat the process via the Add Users window to assign athletes to the other teams.



NOTE: before starting the challenge, you can reassign an athlete to a different team by clicking on the team icon on the athlete tile.
To start the challenge, click Start.

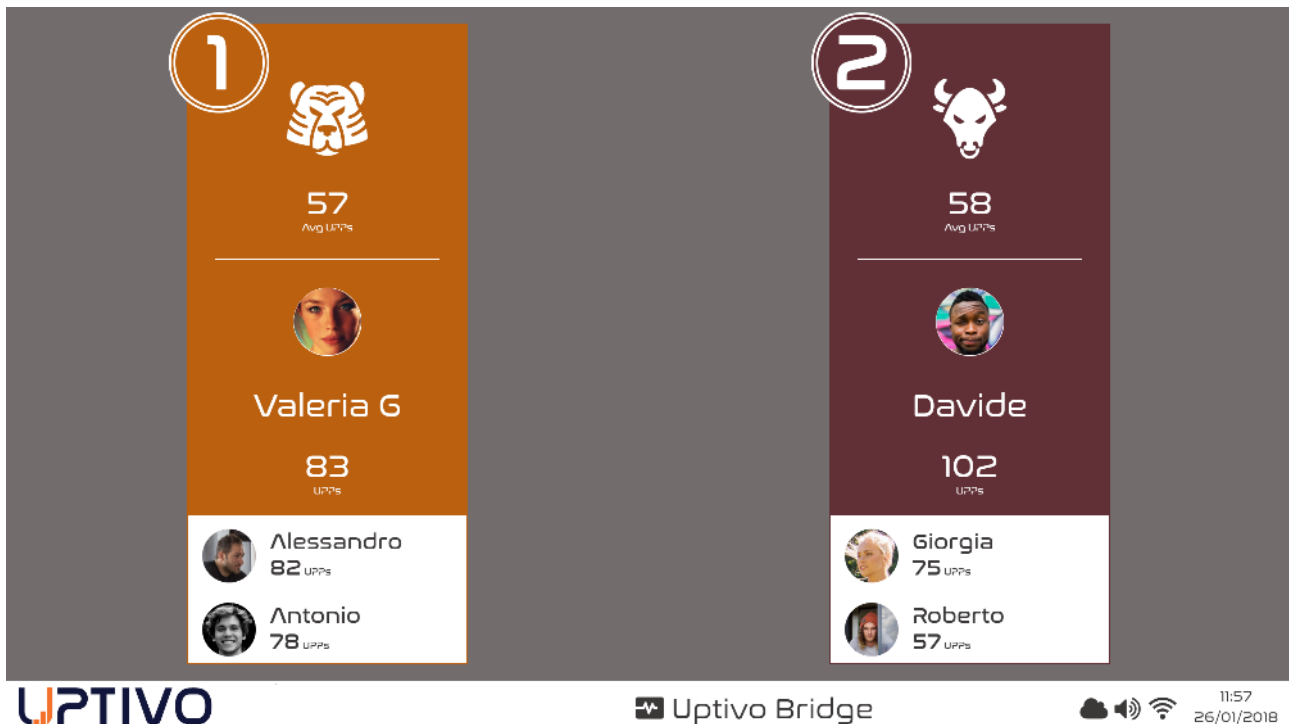


Teams compete based on average UPPs (Uptivo Performance Points) per person or total UPPs per team. We recommend using average UPPs when the competing teams have a different number of members. The team progress and its position are clearly visible in the Uptivo interface during the challenge.



At the end of the challenge, click Finish to see the training recap with the winning team and the best three contributors for each team.

Two minutes after a group training ends, the normal athlete tile display is restored.



NOTE: during a challenge, athlete's tiles that are normally assigned to the Display Group where the challenge is running, but not part of the challenge, will NOT be visualized.

Workout Programs

The Workout Programs section allows your trainers to load workout files into the program in order to assign them to one or more of your members. Workout Programs assigned to members are available in their personal Uptivo app.

Adding Workout Programs

You can add an unlimited number of workouts from your Club account at <https://my.uptivo.fit>

In the Trainer -> Workout Programs menu click “Drop files here or Browse” to add a Workout in PDF format.

Workout programs - Uptivo Club

Drop files here or [browse](#)

Search:

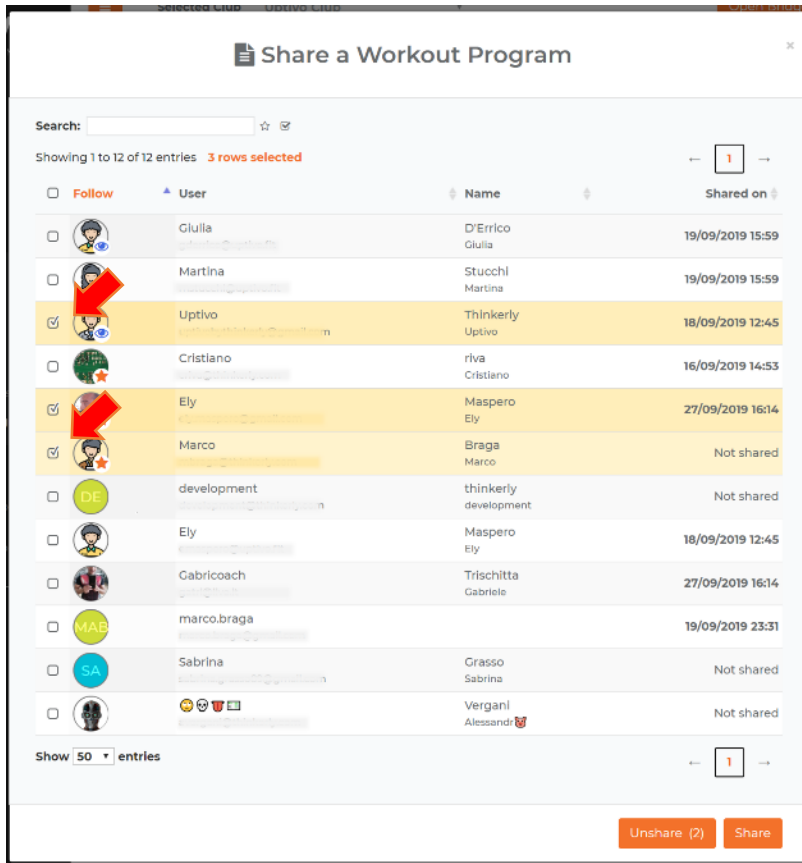
Showing 1 to 1 of 1 entries

Actions	Name	Size	Creation date	Number of Shares
	SchedaDiAllenamento.pdf	1.9 MB	16/09/2019 12:26	8

Show 50 entries

Assigning a Workout Program - 1

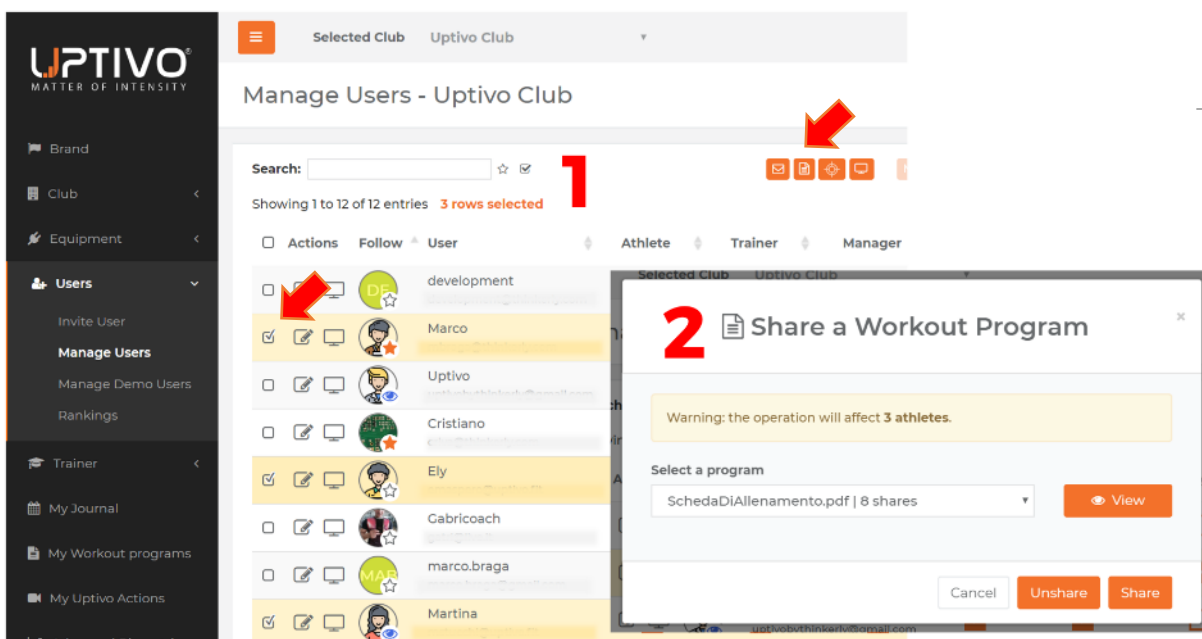
To assign a Workout Program to one or more members of your Club, click the share button to the left of the Workout name, then select the user(s) you want to share the program with. You can also remove workout programs sharing from this same window.



Assigning a Workout Program – 2

You can also assign Workout Programs from the Manage Users page, in the my.uptivo.fit Users menu.

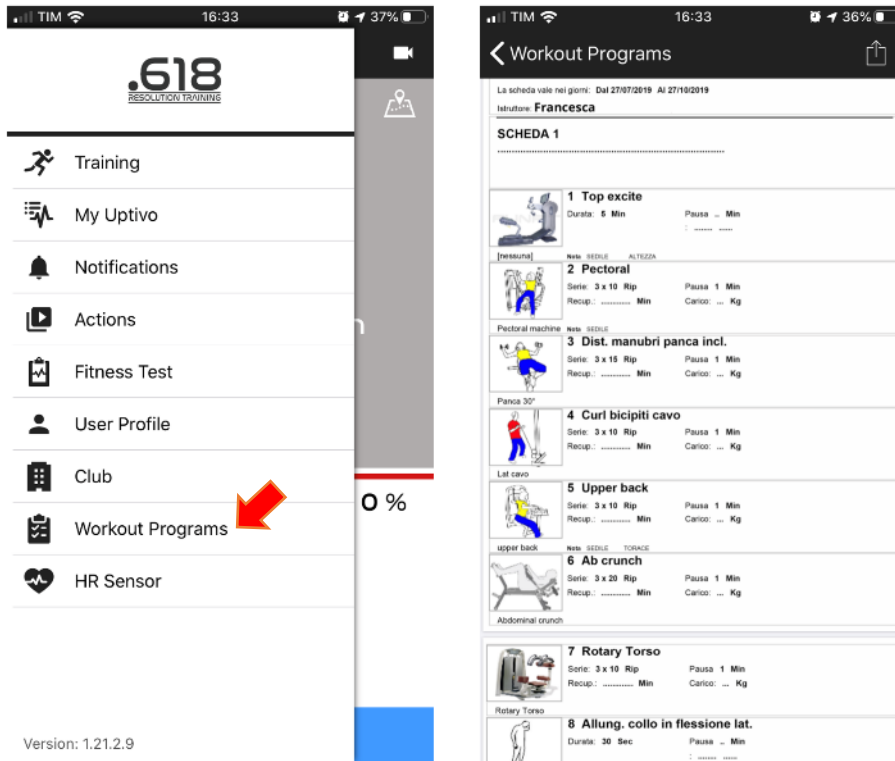
To assign a Workout Program from the Manage Users menu, select the members you want to share the Program with, then click the Workout Program selection button.



Reviewing a Workout Program assigned by a Club

Your members can view their assigned Workout Programs via the iPhone and Android phones Uptivo app.

To open a Workout Program in the Uptivo app, go to the Workout Programs menu and select one of the files listed.

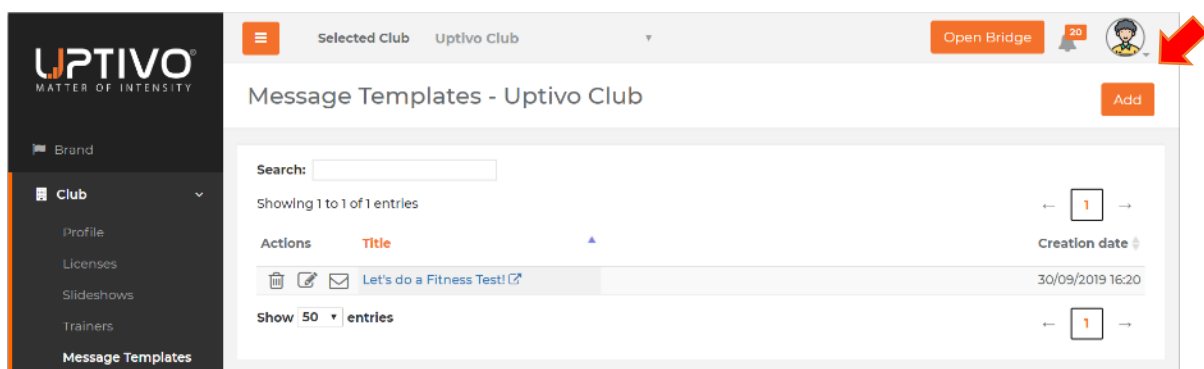


Communicating with Members

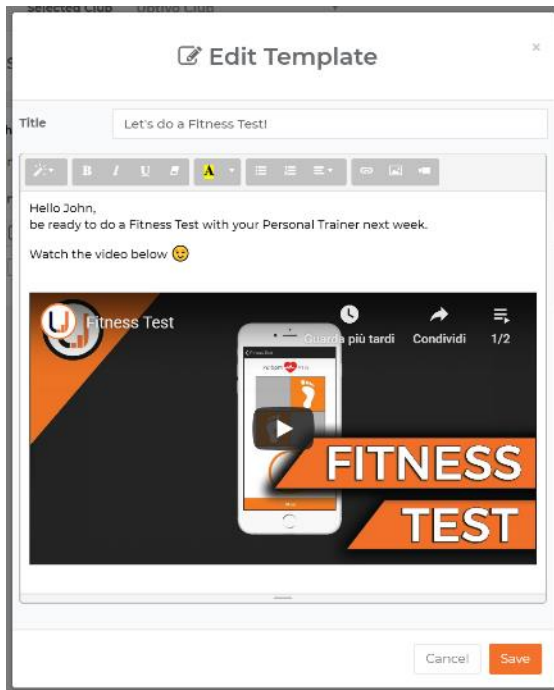
The Message Templates section allows manager of an Uptivo club to design custom messages, in order to promote the club's latest activities, a new course schedule or just to boost their motivation. As an example, you can prepare a message to be sent to new members joining the Uptivo program at your Club with a welcome message and links to your social media.

Setting up Message Templates

You can create an unlimited number of Message Templates at the page <https://my.uptivo.fit>. In the Club -> Message Templates menu click "Add" to prepare a new message.

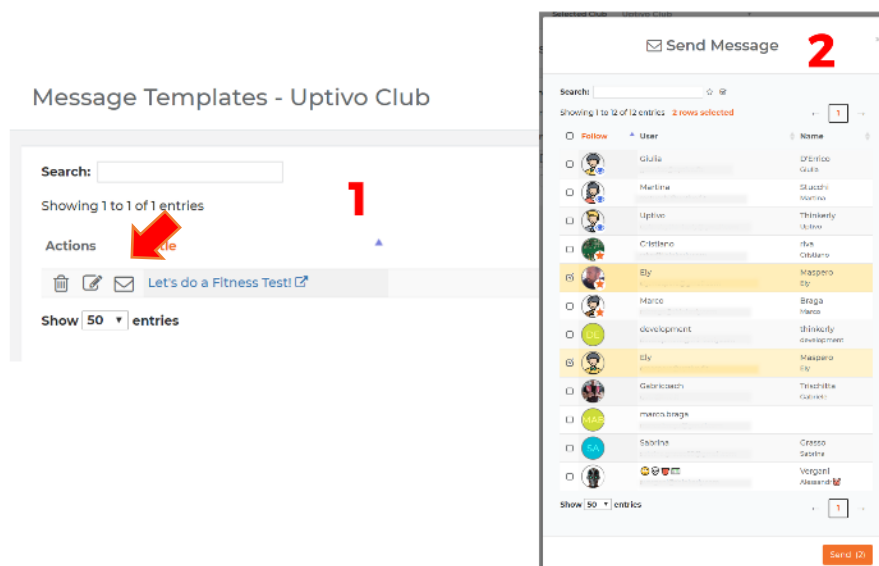


The message editor allows you to set text size (4 levels), character format, bulleted and numbered lists, and to add multimedia content such as links, images, and Youtube videos. The Message Templates toolbar allows you to edit, delete, or Send a message.



Sending Messages to your Members

To send a message to one or more members, click the Send button (envelope icon), then select the recipients and click “Send”.

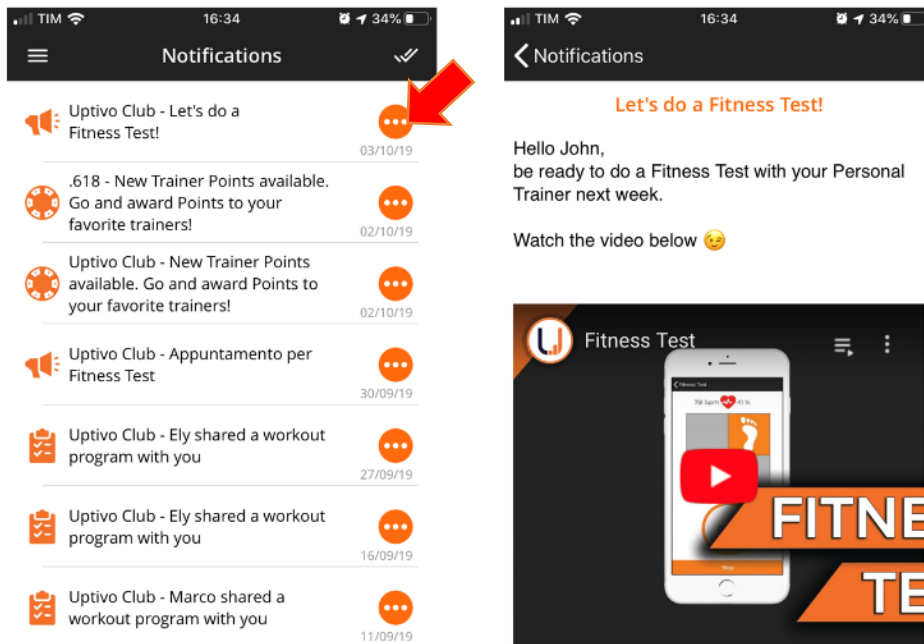


Messages can also be sent from the Manage Users menu. To send a message from the Manage Users section, select one or more members and then click the “Communication” button (envelope icon). Select the Message Template you want to send, then click “Send”.

Visualizing a Club Message

Users can see the Club messages via their personal Uptivo app for iPhone and Android phones.

Users are notified real time when a message is received and can review all messages from their uptivo app Notification Center.



Rankings

The Rankings section allows Club managers and trainers to review the main stats gathered by their Uptivo members during Club workouts. Rankings can be used to setup custom Club objectives in order to motivate members with symbolic or real rewards to the top performers.

Uptivo Rankings for your Club are available in the Users -> Rankings menu at your my.uptivo.fit account. All statistics can be sorted by:

- Member nickname
- Sessions (number of workouts performed)
- UPPs (total number of Uptivo Performance Points earned)
- UPPs/min (average number of points per minute)
- Kcal (total number of calories burned)
- Kcal/min (average number of calories per minute)
- Target Zone (% of time spent in each members' individual Target Zone)

Stats showed in the Rankings section can also be filtered by Time Range with the drop-down menu at the top. Selected stats can be exported in csv, pdf and excel format.

Rankings - Uptivo Club

Time Range: Last 12 months

Search:

Showing 1 to 12 of 12 entries

Go to...	Post#	Follow	Nickname	Sessions	UPPs	UPPs/min	kcal	kcal/min	Target Zone
	1			212 35:23:05:00	1,682	0.0	7,140	0.1	03:32:00 (0%)
	2		Cristiano	195 7:10:05:00	12,402	1.2	42,341	4.0	1:00:23:00 (14%)
	3		Marco	166 24:19:09:00	109,101	3.1	445,235	12.5	8:13:12:00 (34%)
	4		piola	38 7:07:10:00	70,096	6.7	119,147	11.3	7:07:17:00 (100%)
	5		Ely	29 1:10:34:00	5,237	2.5	15,993	7.7	11:31:00 (33%)

Public Rankings

If the Public Rankings functionality is enabled, Club Rankings are also available for public display as a link at the bottom of the Rankings page. The Public Rankings link is meant to be displayed on a smart TV or on a TV connected to a computer in a high visibility area of your Club (reception, bar/restaurant areas) to allow members see themselves and their friends.

Public Rankings can be enabled in the Club -> Profile section of my.uptivo.fit

Advanced Biometrics

The Advanced Biometrics section allows trainers to store all user data gathered during measurement sessions performed with any BIA (bioelectrical impedance analysis) or compatible devices. All measurements are stored in the Uptivo cloud user profiles and are available to members and trainers to see progress and adjust training plans and nutrition regimen.

Adding measurements to a member account

To add your measurements to the user account, go to Trainer -> Journal in my.uptivo.fit, then select "View by User" and open the user's Advanced Biometric section with the chart button.

Trainer's Journal

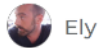
View by week View by User

Search:

Showing 1 to 9 of 9 entries (filtered from 67 total entries)

Go to...	Follow	User	Sessions	Duration	kcal	UPPs	Last training
		Daniele Demo User	3,194	334:13:47:56	4,640,203	1,588,081	17/10/2019
		development development thinkerly	0	00:00:00	0	0	No trainings
		Eli Demo User	2,088	111:19:16:00	1,289,076	723,665	17/10/2019
		Ellisabetta Demo User	2,613	213:15:41:15	2,292,857	1,297,037	17/10/2019
		Ely Ely Maspero	142	2:10:07:58	19,586	5,028	08/10/2019
		Ely Ely Maspero	833	26:04:07:33	341,745	97,877	10/10/2019

Click "Add" to input the latest measurements you took for that user.



Ely

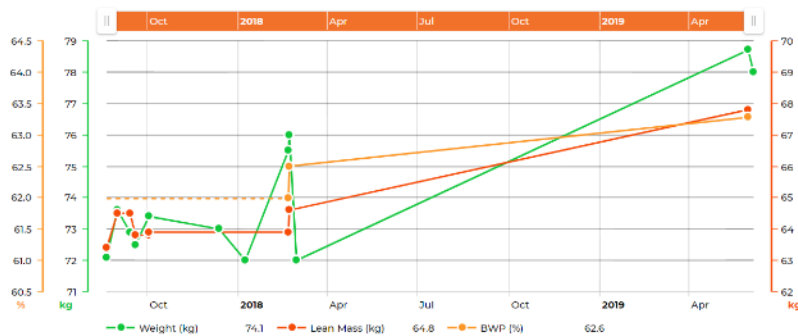
← Advanced Biometrics

Measurements

Add



21/08/2017 - 05/06/2019						
Measure	Current	Variation	Initial	Min Value	Average	Max Value
☒ Weight (kg)	78.0	+8% ↑	72.1	72.0	74.1	78.7
☐ BMI (kg/m ²) Body Mass Index	24.6	+7% ↑	22.8	22.7	23.4	24.8
☐ Body Fat Mass (kg)	10.9	+25% ↑	8.7	8.4	9.8	11.6
☐ BFP (%) Body Fat Percentage	13.8	-11% ↓	15.4	13.8	14.7	15.4
☒ Lean Mass (kg)	67.8	+6% ↑	63.4	63.4	64.5	67.8
☐ SMM (kg) Skeletal Muscle Mass	38.8	+6% ↑	36.5	36.5	37.1	38.8
☐ TBW (kg) Total Body Water	49.8	+7% ↑	46.5	46.5	47.3	49.8
☒ BWP (%) Body Water Percentage	63.3	+2% ↑	62.0	62.0	62.6	63.3
☐ Visceral Fat Level	4.0	0%	4.0	4.0	4.0	4.0
☐ Uptivo Fitness Test	79.0	-6% ↓	84.0	66.0	75.0	84.0



All measurements added to the user profile are stored at the bottom of the Advanced Biometrics page and are automatically added to the biometrics table at the top of the page. Trainers can select up to three metrics to be charted at the same time, in order to easily review changes to the user's body composition.

Uptivo has a dedicated integration to InBody smart scales. For more information on this integration, please contact info@uptivo.fit