

# HEATHILL

Upgrade Your Exercise



## USER MANUAL

PLEASE NOTE THAT THE HEATHILL APPLICATION IS OPTIMIZED FOR USE ON A LAPTOP AND WE RECOMMEND YOU TO USE THE CHROME BROWSER WITH IT. BECAUSE OF THIS OPTIMIZING, SOME FEATURES OF THE HEATHILL APPLICATION MAY NOT WORK PROPERLY ON TABLETS OR MOBILE DEVICES. UNFORTUNATELY, DUE TO THE HUGE VARIETY OF DEVICES AND BROWSERS ON THE MARKET, WE CANNOT GUARANTEE THAT THE HEATHILL SOFTWARE IS FULLY COMPATIBLE WITH YOUR DEVICE AND/OR BROWSER.

## PREPARATIONAL TASKS

### The owner of the fitness center (superuser):

- ▶ Register for the HEATHILL system at: [www.heathill.com/users/register](http://www.heathill.com/users/register).
- ▶ Activate the link you received in your e-mail to complete your user profile in the HEATHILL system.
- ▶ In the HEATHILL system, use the ADD INSTRUCTOR/STAFF button to create a personal user profile for each instructor who uses the HEATHILL application to plan and perform group exercise classes (hereinafter “the program”).
- ▶ Fill in each instructor’s personal information such as their e-mail and phone number (Position: Instructor).
- ▶ Determine a password for the instructor in the HEATHILL system and let the instructor know it.

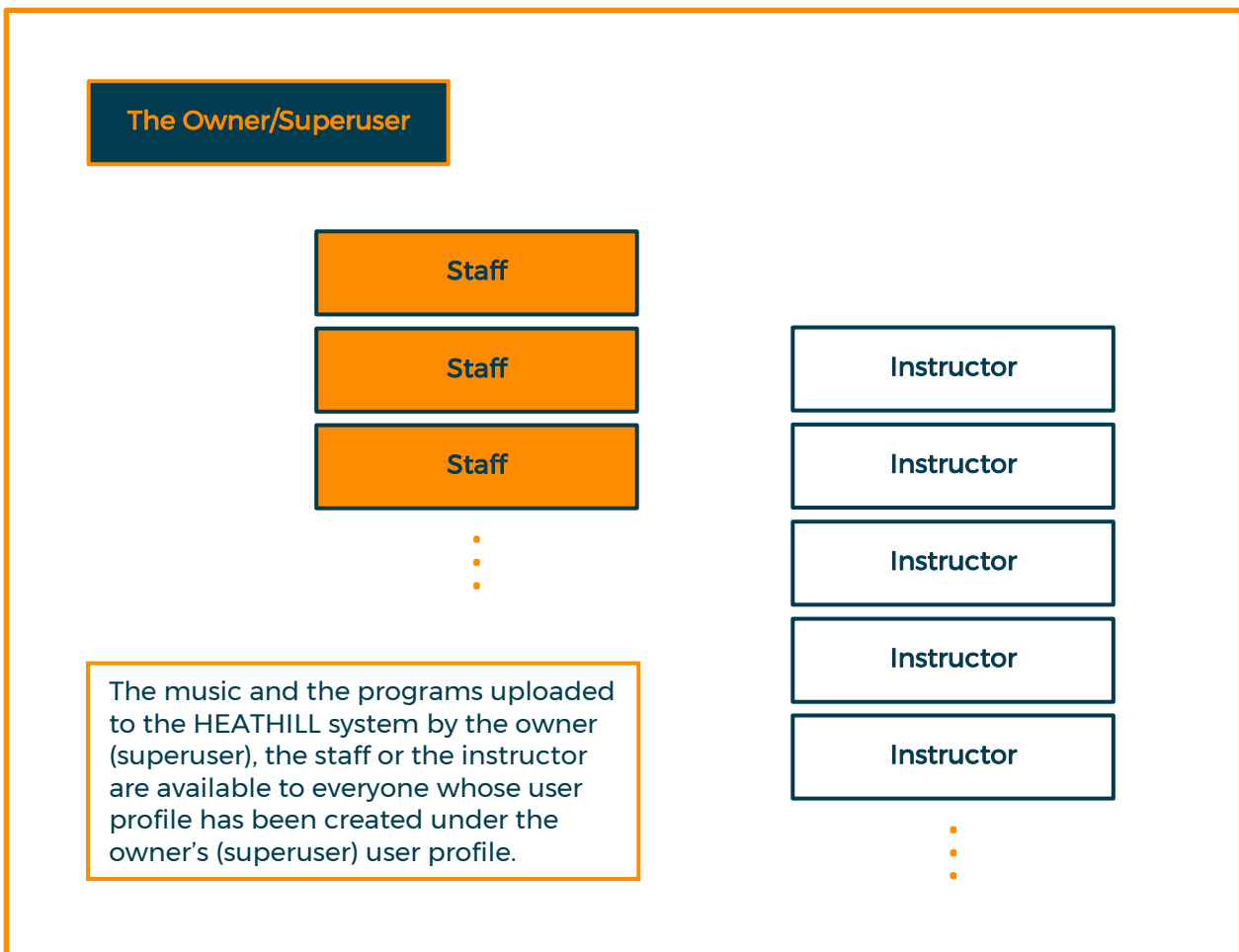
### Instructor:

- ▶ Activate the link you received in your e-mail to complete your user profile in the HEATHILL system.
- ▶ Log into the HEATHILL system at: [www.heathill.com/users/login](http://www.heathill.com/users/login).
- ▶ Your e-mail address will serve as your username and you will receive your password from the owner of the fitness center.
- ▶ Plan a group exercise class (hereinafter “the program”) with the help of the HEATHILL application and present it to your customers in a group exercise room.

## The owner and the staff of the fitness center:

If necessary, the owner of the fitness center can use the ADD INSTRUCTOR/STAFF button in the HEATHILL system to create a user profile for a member of the staff. After creating and activating the profile, the staff member has the same rights to the HEATHILL system as the owner of the fitness center.

A separate user profile (Position: Staff) must be created for each staff user in the same way as an instructor profile is created. The staff profile is activated in the same way as described in the instructor section above.



## CREATING A NEW GROUP EXERCISE PROGRAM (“THE PROGRAM”)

To create a completely new PROGRAM, log into the HEATHILL system and click on the CREATE A NEW PROGRAM button in the section of the PROGRAMS. Enter a name for your program and choose whether it contains music or not. Specify the length of the program if it does not contain music.

### The program contains music:

To create a program that contains music, click the MUSIC button in the section of the PROGRAMS for the program you are creating. If the music library does not contain the songs used in your program, they must be transferred to the library, using the LOAD MP3 button. Please note that the songs to be transferred must be in MP3 format. The new songs added to the library are initially highlighted with an orange text frame.

HEATHILL will calculate the BPM levels automatically for the new songs added to your music library, but you are recommended to check the levels once more. If HEATHILL calculates the BPM level incorrectly, you can determine the correct level as follows:

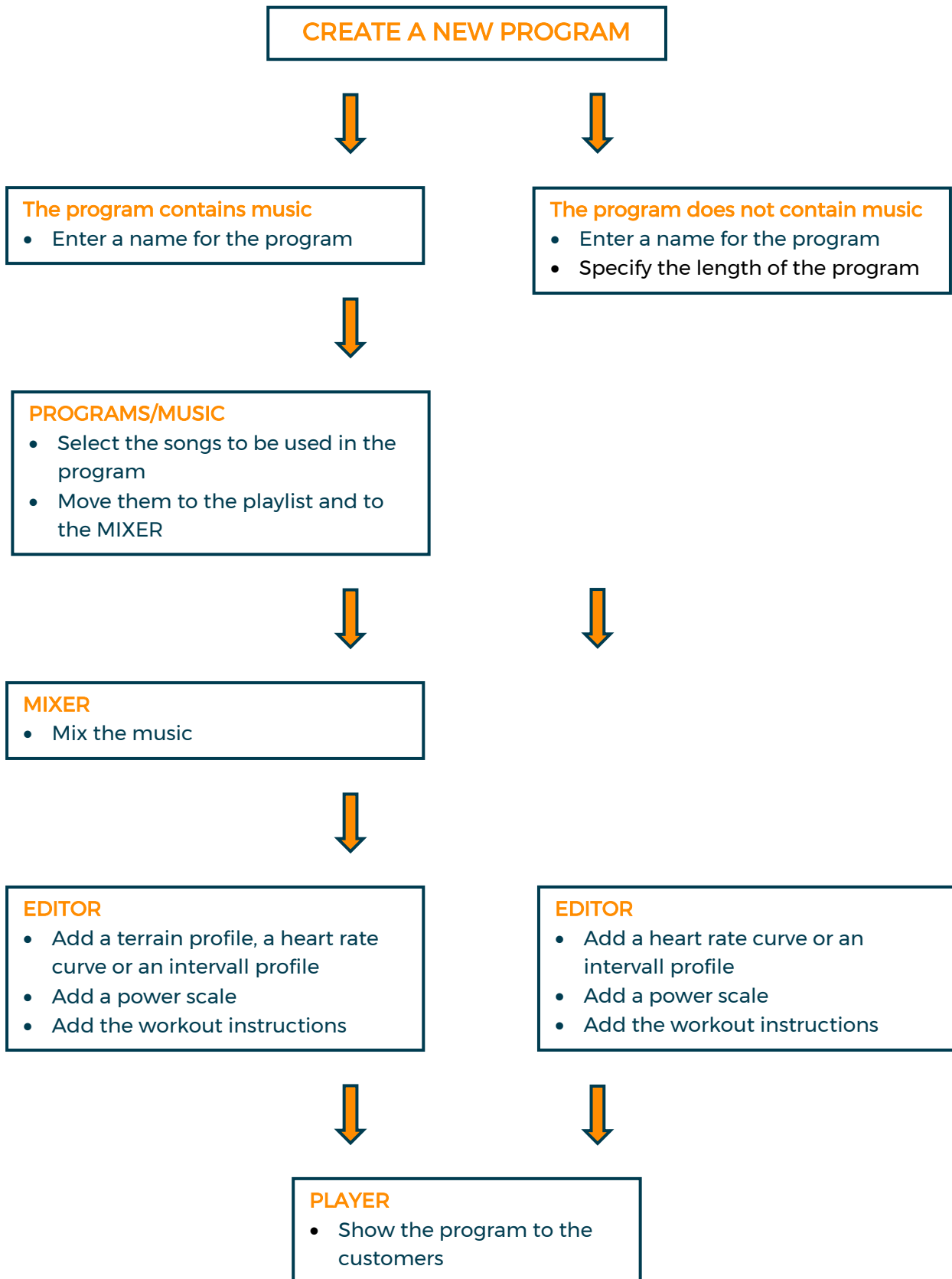
- ▶ Select the song you want to check from your music library and play it.
- ▶ Tap the TAP BPM button to the rhythm of the music (about 30 seconds) until the BPM level next to the TAP BPM button remains unchanged.
- ▶ Press the ACCEPT BPM button to accept the new BPM level.
- ▶ If you need to perform a BPM calculation again, you can reset the previous result by clicking the RESET BPM button.

You can edit the songs in your music library by the name of the artist and the song. First, select the song you want to edit from your music library. Then edit the artist in the ARTIST field and the title of the song in the TITLE field.

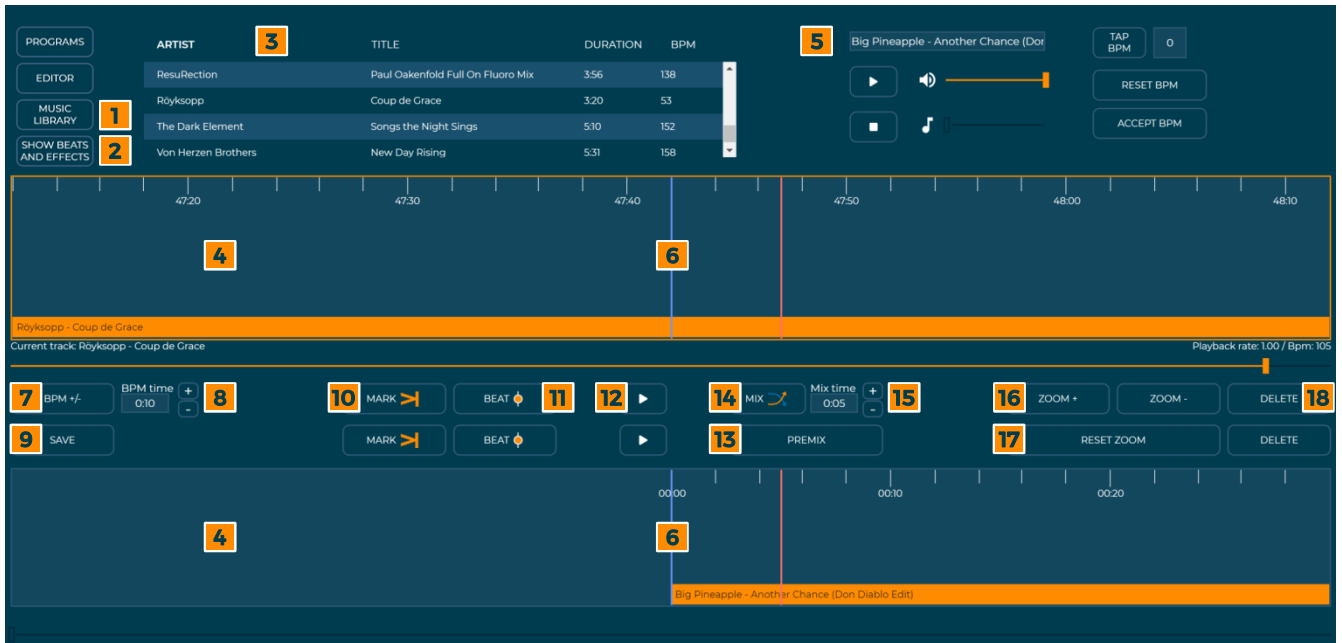
Select the songs to be used in the program from the music library and use the ADD TO PLAYLIST button to move them to the playlist. Once all the songs to be used in the program have been moved to the playlist, press GO TO MIXER to move the songs to the MIXER.

### The program does not contain music:

To create a program without any music, open the EDITOR application from the list of the PROGRAMS and create the program either with INTERVAL PROFILE or HEART RATE CURVE functionality or with both of them.



## MIXER YOU CAN USE THE MIXER TO MIX THE MUSIC USED IN THE PROGRAM INTO A CONTINUOUS ENTITY.



1. **MUSIC LIBRARY** – Add songs from the music library to the program.
2. **SHOW BEATS AND EFFECTS** – Add pre-made beats or effects to make mixing songs easier.
3. **PLAYLIST** – Shows the songs selected for the program and their details.
4. **SONG BAR** – Move the songs to be mixed from the playlist to the song bar by double-clicking them.
5. **MUSIC PLAYER** – Once a song has been moved from the playlist to the song bar for mixing, you can change the BPM level of the song by clicking the BPM level active and entering a new level for the song. Then press the ACCEPT BPM button to accept the new BPM level. Please note that a BPM change in the music player will only affect the BPM level of the song on the playlist. The BPM level in your music library will still remain unchanged.
6. **THE PLAYBACK POINT** – The vertical line indicates the current playback point of the song.

7. **BPM +/-** – The BPM +/- feature is used for automatic unification of the BPM levels of the songs with different BPM levels.
8. **BPM TIME +/-** – Determine the time during which the BPM unification will be achieved.
9. **SAVE** – Save the program. MIXER will automatically remind you to save the program every 5 minutes.
10. **MARK** – While the song is playing add marks to the song bar to help you remember the mixing point, for example.
11. **BEAT** – While the song is playing add beat marks to the song bar to make the mixing easier.
12. **PLAY** – Start and stop playing the song you are mixing.
13. **PREMIX** – Pre-listen to the mixing point.
14. **MIX** – Make the mixing point final.
15. **MIX TIME +/-** – Determine the time during which the songs will be mixed.
16. **ZOOM +/-** – Zoom the song bar view.
17. **RESET ZOOM** – Reset the zoom.
18. **DELETE** – Remove songs, beat marks, marks, and BPM changing points from the song bar. First activate the item you want to delete.

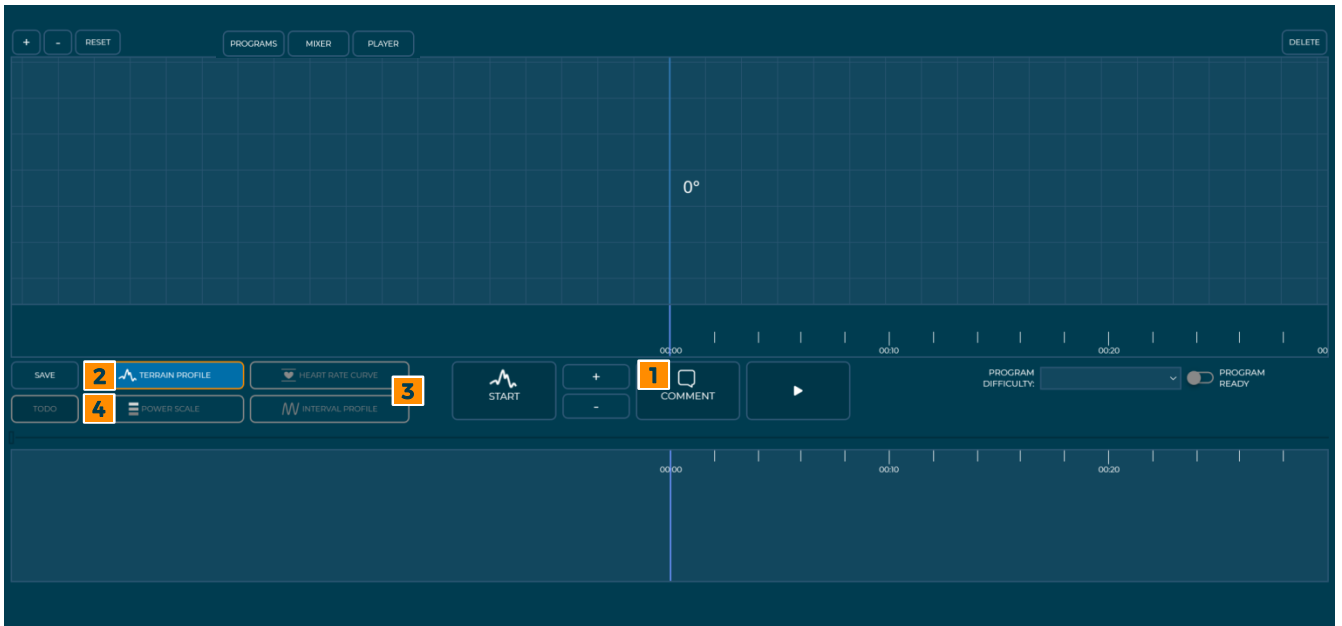
## MIXING MUSIC:

1. Double-click the songs you want to mix from the playlist to the upper and lower song bars.
2. Start the song in the upper song bar and add beats to the beat of the music in the section to be mixed by clicking the BEAT button.
3. Stop the song in the upper song bar.
4. Start the song in the lower song bar and add beats to the beat of the music in the section to be mixed by clicking the BEAT button.
5. Stop the song in the lower song bar.
6. Move the song in the upper song bar so that the beat mark is on the same vertical line indicating the current playback point of the song.
7. Move the song in the lower song bar so that the beat mark is on the same vertical line indicating the current playback point of the song.
8. If necessary, click the ZOOM +/- button to be able to align the beat marks in the upper and lower song bars precisely with the vertical line indicating the current playback point of the song.
9. If necessary, click the BPM +/- button if the BPM levels of the songs to be mixed are different.
10. Click the PREMIX button to pre-listen to the mixing point.
11. Click the MIX button to make the mixing point final.
12. Double-click the next song to be mixed to move it to the lower song bar and repeat the steps from two to eleven.

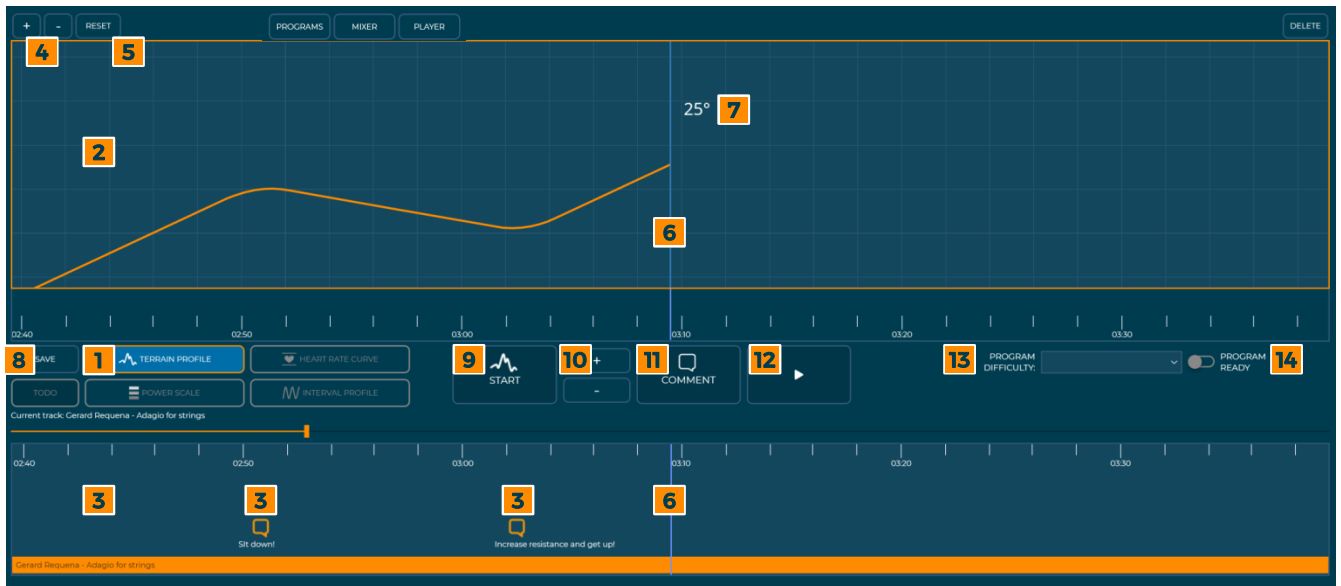


## EDITOR WITH THIS APPLICATION YOU CAN ADD TO THE PROGRAM:

1. the workout instructions you want to give to your customers
2. the terrain profile you want to show to your customers
3. the heart rate or interval curve
4. the power scale.



## EDITOR TERRAIN PROFILE



1. **TERRAIN PROFILE** – Add a terrain profile for your indoor cycling program. This profile demonstrates the changes in the terrain visually.
2. **DRAWING WINDOW** – Displays the changes in the terrain profile during the drawing.
3. **SONG BAR** – Shows the songs in the program and the locations of the workout instructions saved for the program.
4. **ZOOM +/-** – Zoom the drawing window and the song bar view.
5. **RESET** – Reset the zoom.
6. **THE PLAYBACK POINT** – The vertical line indicates the current playback point of the song.
7. **GRADIENT** – Displays the amount of slope in the terrain profile.
8. **SAVE** – Save the program. The EDITOR will automatically remind you to save the program every 5 minutes.
9. **START** – Start and stop drawing the terrain profile.
10. **+/-** – Change the elevation of the terrain profile up or down.

11. **COMMENT** – Add the workout instructions given by the instructor to the program. Click the icon in the song bar active to delete a workout instruction.
12. **PLAY** – Start and stop playing the program you are editing.
13. **PROGRAM DIFFICULTY** – Determine the level of physical exertion throughout the program.
14. **PROGRAM READY** – Click on the PROGRAM READY button to activate the program you have completed. You can also activate a program on the list of the PROGRAMS, under STATUS, by clicking the **NOT READY** mode into the **READY** mode. Please note that the program can be tested in the **NOT READY** mode free of charge, but the finished program must be presented to the customers in the **READY** mode.

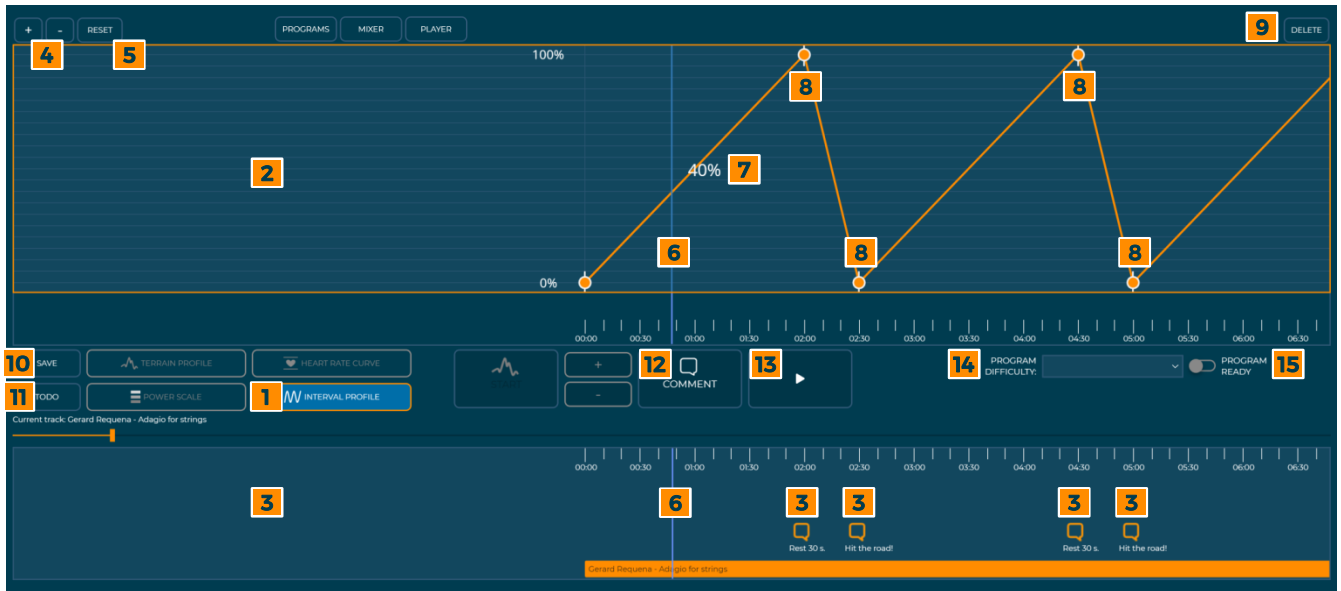
## EDITOR HEART RATE CURVE



1. **HEART RATE CURVE** – Add a heart rate profile describing the changes in heart rate and physical activity.
2. **DRAWING WINDOW** – Displays the changes in the heart rate profile during the drawing.
3. **SONG BAR** – Shows the songs in the program and the locations of the workout instructions saved for the program.
4. **ZOOM +/-** – Zoom the drawing window and the song bar view.
5. **RESET** – Reset the zoom.
6. **SHOW LEVELS** – Click the SHOW LEVELS button if you want to change the aerobic (the green line in the drawing window) and the anaerobic (the red line in the drawing window) threshold levels and to display them in the PLAYER application.
7. **THE PLAYBACK POINT** – The vertical line indicates the current playback point of the song.
8. **HR<sub>max</sub>%** – Displays the percentage of the maximum heart rate.

9. **TURNING POINT** – Click on the heart rate profile to add a turning point where the percentage of the maximum heart rate changes. You can change the position of the turning point by moving it with the mouse.
10. **DELETE** – To delete a turning point, click it first active.
11. **SAVE** – Save the program. The EDITOR will automatically remind you to save the program every 5 minutes.
12. **COMMENT** – Add the workout instructions given by the instructor to the program. Click the icon in the song bar active to delete a workout instruction.
13. **PLAY** – Start and stop playing the program you are editing.
14. **PROGRAM DIFFICULTY** – Determine the level of physical exertion throughout the program.
15. **PROGRAM READY** – Click on the PROGRAM READY button to activate the program you have completed. You can also activate a program on the list of the PROGRAMS, under STATUS, by clicking the **NOT READY** mode into the **READY** mode. **Please note that the program can be tested in the NOT READY mode free of charge, but the finished program must be presented to the customers in the READY mode.**

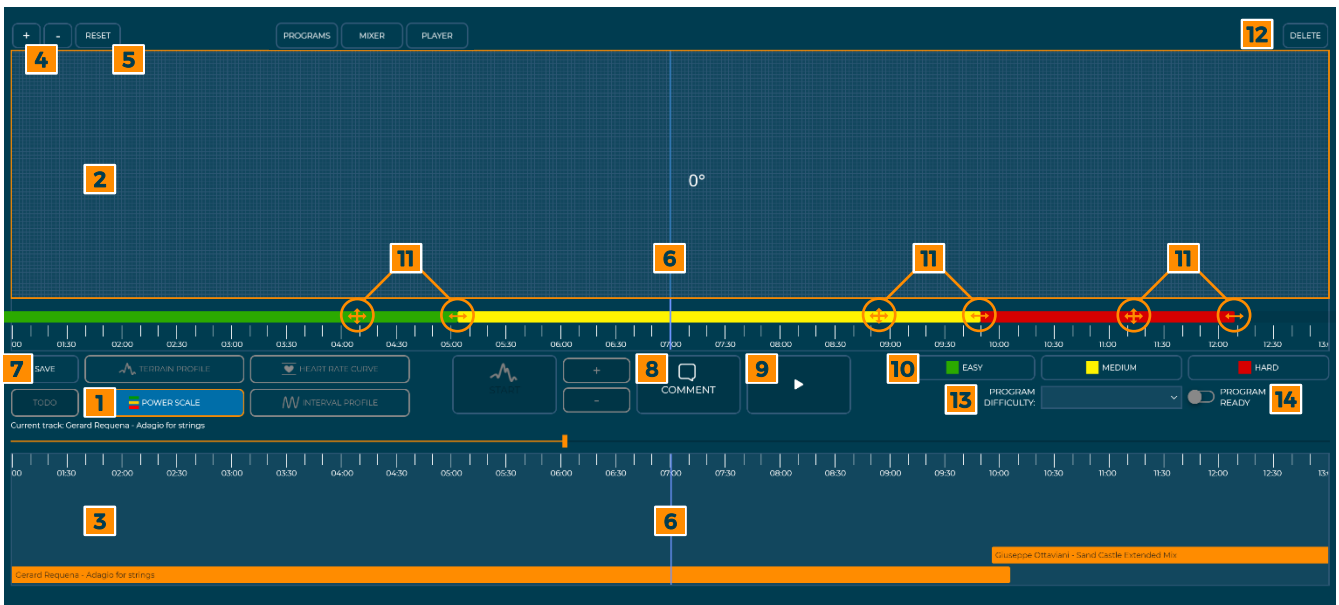
## EDITOR INTERVAL PROFILE



1. **INTERVAL PROFILE** – Add an interval profile for exercises with intervals.
2. **DRAWING WINDOW** – Displays the changes in the interval profile during the drawing. You can change the position of the turning point by moving it with the mouse.
3. **SONG BAR** – Shows the songs in the program and the locations of the workout instructions saved for the program.
4. **ZOOM +/-** – Zoom the drawing window and the song bar view.
5. **RESET** – Reset the zoom.
6. **THE PLAYBACK POINT** – The vertical line indicates the current playback point of the song.
7. **PROGRESS OF INTERVAL** – Displays the progress status of an individual interval phase from start to finish (0-100%).
8. **TURNING POINT** – Click on the interval profile to add a turning point where an individual interval phase ends and a new phase begins. You can change the position of the turning point by moving it with the mouse.
9. **DELETE** – To delete a turning point, click it first active.

10. **SAVE** – Save the program. The EDITOR will automatically remind you to save the program every 5 minutes.
11. **TODO** – Make a list of the steps included in the program. You can display them in the PLAYER application.
12. **COMMENT** – Add the workout instructions given by the instructor to the program. Click the icon in the song bar active to delete a workout instruction.
13. **PLAY** – Start and stop playing the program you are editing.
14. **PROGRAM DIFFICULTY** – Determine the level of physical exertion throughout the program.
15. **PROGRAM READY** – Click on the PROGRAM READY button to activate the program you have completed. You can also activate a program on the list of the PROGRAMS, under STATUS, by clicking the **NOT READY** mode into the **READY** mode. Please note that the program can be tested in the **NOT READY** mode free of charge, but the finished program must be presented to the customers in the **READY** mode.

## EDITOR POWER SCALE

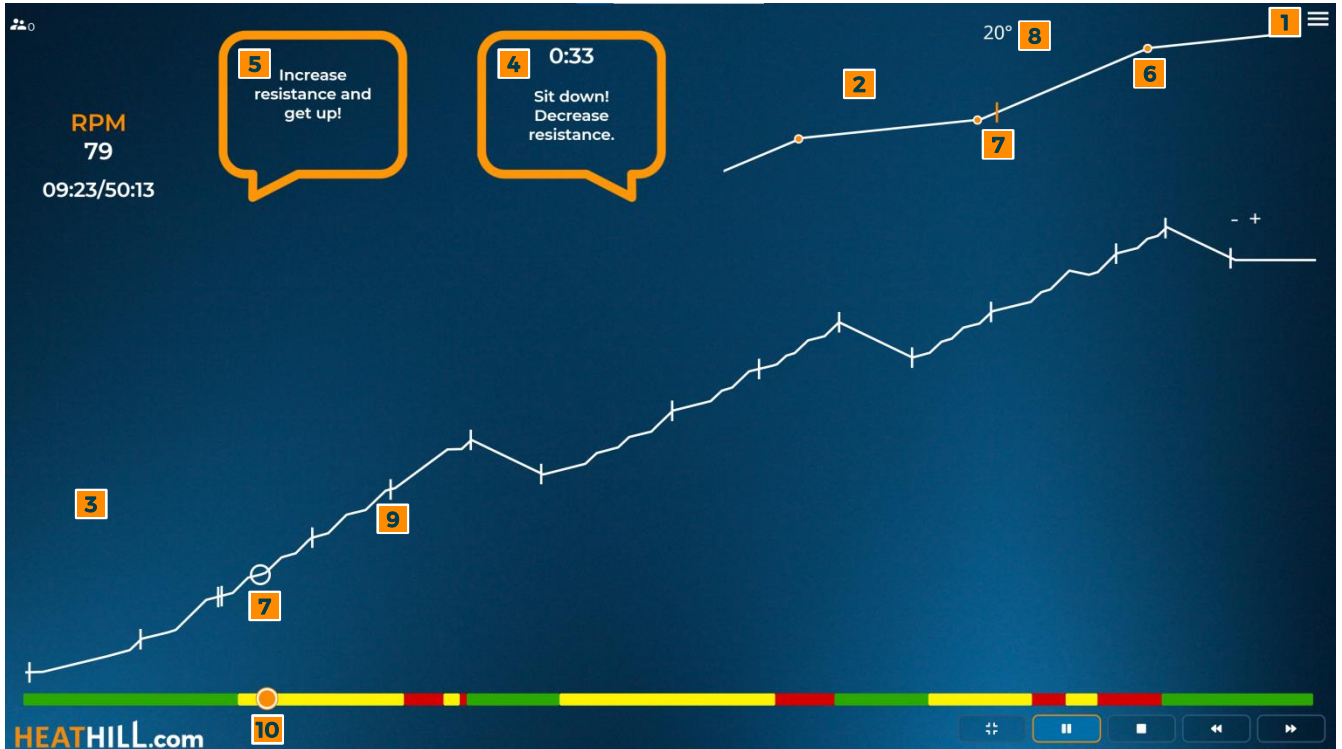


1. **POWER SCALE** – Add a power scale to the program to describe the physical exertion of its different phases in the program.
2. **DRAWING WINDOW** – Displays the terrain profile while creating a power scale.
3. **SONG BAR** – Shows the songs in the program and the locations of the workout instructions saved for the program.
4. **ZOOM +/-** – Zoom the drawing window and the song bar view.
5. **RESET** – Reset the zoom.
6. **THE PLAYBACK POINT** – The vertical line indicates the current playback point of the song.
7. **SAVE** – Save the program. The EDITOR will automatically remind you to save the program every 5 minutes.
8. **COMMENT** – Add the workout instructions given by the instructor to the program. To delete a workout instruction, click it first active in the song bar.
9. **PLAY** – Start and stop playing the program you are editing.



10. **POWER LEVELS** – Add the power levels (**EASY**, **MEDIUM**, **HARD**) to the program to describe the physical exertion of its different phases.
11. **EDITING POWER LEVELS** – You can modify the duration of a power level by moving it with the mouse.
12. **DELETE** – To delete a power level, click it first active.
13. **PROGRAM DIFFICULTY** – Determine the level of physical exertion throughout the program.
14. **PROGRAM READY** – Click on the PROGRAM READY button to activate the program you have completed. You can also activate a program on the list of the PROGRAMS, under STATUS, by clicking the **NOT READY** mode into the **READY** mode. Please note that the program can be tested in the **NOT READY** mode free of charge, but the finished program must be presented to the customers in the **READY** mode.

## PLAYER WITH THIS APPLICATION YOU CAN SHOW THE PROGRAM TO THE CUSTOMERS



1. **MENU** – You can customize the views of the PLAYER application using the menu.
2. **VIEW OF A PART OF THE PROGRAM** – This profile shows a small part of the terrain, heart rate, or interval profile, in advance. You can modify the length of the view using the +/- button.
3. **VIEW OF THE ENTIRE PROGRAM** – This profile shows the terrain, heart rate, or interval profile of the entire program, in advance.
4. **INSTRUCTION BUBBLE (right)** – Displays the workout instruction that the instructor will give to the customers next. The clock indicates the time after which the instruction must be executed.
5. **INSTRUCTION BUBBLE (left)** – Displays the current workout instruction for five seconds.
6. **THE NEXT STEP** – The icon indicates the point in the profile where the next workout instruction contained in the program is coming.

7. **THE PLAYBACK POINT** – A small vertical line/circle indicates the current playback point of the song.
8. **GRADIENT/HR<sub>max</sub>%/PROGRESS OF INTERVAL** – Displays the amount of slope in the terrain profile, the percentage of the maximum heart rate, or the progress status of an individual interval phase.
9. **THE MIXING POINT** – The small lines in the profile indicate the mixing points of the songs.
10. **THE POWER LEVEL POINT** – A flashing icon indicates the current power level point on the power scale.

## PRESENTATION OF PROGRAMS

### 1) Video Projector and screen:

The best way to project the PLAYER view of the program onto the screen of the group exercise area, is to use a video projector connected to your computer. This allows all customers to see the overall structure of the exercise, its current state and future changes, easily and simultaneously.

### 2) QR code:

It is also possible to present programs without a video projector and other audiovisual equipment, namely by using the QR code. Please note that customers must have a specific application on their own device (tablet or mobile phone) to be able to read the QR code. **We strongly recommend using an ad-free application or the camera of the device!** You can find the QR code in the MENU of the PLAYER application. By clicking the QR Code image, you can display the code from your own device to your customers. With this code your customers can scan the program on their own devices. When the instructor starts the program on his/her own device, the program on the customers' devices starts at the same time.

### 3) Streaming:

Fitness centers can also offer instructor-led exercises to their customers via streaming. In this case, the exercise held by an instructor is presented in real time e.g. with the help of a webcam to customers who perform the exercise at home. The program made with the HEATHILL application can be shared with customers by creating a link to the program for them. The program opens on the customers' home devices by clicking on the link. The principle of this operation is thus almost similar to that of using the QR code described above, but when streaming is used, the instructor and the customers are physically in different places.


The link to the program is created for customers using the SHARE PROGRAM button on the list of the PROGRAMS. When you click the button, the link is automatically created on the clipboard, from where it can be attached e.g. to an e-mail or a Facebook publication. The program opens on customers' devices as soon as they click on the link you shared with them. When an instructor starts the program on his/her own device, the program on the customers' devices starts at the same time.

**PLEASE NOTE THAT THE INSTRUCTOR WHO STARTS A STREAMED PROGRAM MUST BE THE SAME PERSON WHO CREATED THE LINK FOR CUSTOMERS. FOR EXAMPLE, IN THE CASE INSTRUCTOR A HAS CREATED THE LINK BUT THE PROGRAM IS STARTED BY INSTRUCTOR B, THE PROGRAM WILL NOT START ON THE CUSTOMERS' DEVICES. THE PROCEDURE IS THE SAME WHEN USING THE QR CODE.**

## RECORDING AND PLAYING A SPEECH TRACK FOR VIRTUAL WORKOUTS

The workout instructions and other comments that support the exercise, can be recorded for virtual workouts as a speech track. By recording a speech track into a program, you can use the same program either with a live instructor or virtually without an instructor.

### Recording the speech track:

- ▶ Adjust the recording settings of the microphone in the settings of your device. Make sure that the recording volume is approximately 50 % or more.
- ▶ The speech track recording button can be found in the MENU of the PLAYER application.
- ▶ Recording starts when:
  - 1) the microphone is connected to the microphone connection port of the device
  - 2) the recording button has been clicked active in the MENU
  - 3) the recording button in the Recorder window has been clicked.
- ▶ Recording of a speech track ends when you press the recording button in the Recorder window again.
- ▶ Please note that the recording of a speech track into a program must be confirmed by clicking on the flashing recording icon:  Without confirmation/saving, the recording of a speech track will not succeed.
- ▶ If the program already contains a speech track, you can record a new speech track for the program which will cover either all or only a part of the program. It is thus possible to correct a speech track afterwards.

### Listening to the speech track:

- ▶ The Play speech track button can be found in the MENU of the PLAYER application.
- ▶ The speech track recorded into the program can be played during virtual workouts by clicking the Play speech track button active before starting the program.
- ▶ You can modify the playback volume of the speech track or the music in the MENU of the PLAYER application if the speech track is too quiet/loud in relation to the music contained in the program.

## PERSONALIZING THE PLAYER VIEW

You can change the background view of the PLAYER on the list of the PROGRAMS. Click the BACKGROUND button to open the library of wallpapers and videos. From the library you can select a new background view for the PLAYER to be used in the program. However, the option to use the library with different backgrounds is only available for the programs created by the fitness center.

## CONTACT US

Please contact us if you have any questions concerning the use of the HEATHILL application.

[www.heathill.com](http://www.heathill.com)