



Turbo Beat Live – How to join



Turbo Beat

Indoor turbo trainer classes for all

Class schedule

Tuesday	6.15pm – Turbo Beat (heart rate) 7.30pm - Turbo Beat (Power)
Wednesday	6.15pm – Turbo Beat (heart rate) 7.30pm - Pilates / Strength and Conditioning
Thursday	6.15pm – Turbo Beat (heart rate) 7.30pm - Turbo Beat (Power)

Note: You can join the class from 15 minutes beforehand to make sure everything is set up correctly





What you need

Absolute essentials:

- 1) A bike
- 2) A mobile phone
- 3) A turbo trainer (any type will do)
- 4) Legs

Good to have:

- 1) A Bluetooth heartrate monitor
- 2) A Bluetooth Power meter or smart trainer
- 3) Headphones or a speaker to hear the music and instructions
- 4) Towel, drink, mat

How it works

The basis of this is that you do a turbo session at home that is almost identical to the Turbo Beat sessions that run at Crystal Palace.

- The **Selfloops** system allows you to share your heartrate and Power data
- **Zoom** allows you to hear Paul, some loud music and to see others in the session

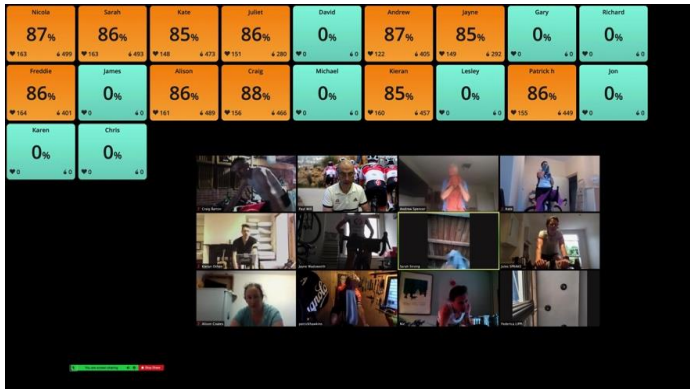


Getting set-up for the first time

Step 1 – Sign up to classes on Eventbrite



- 1) Click on the picture or the link below to go to Eventbrite
- 2) Buy tickets for **individual sessions**, for a **month's pass** or for **all sessions**
- 3) Complete the application providing the details required to set you up for the first time



<https://www.eventbrite.co.uk/o/elitecycling-15892634113>

Step 2 - Create an account online with Selfloops



selfloops

HOME PRODUCTS BLOG LOGIN

<https://www.selfloops.com/signup>

Registration Step 1 of 3: account settings

Signed out successfully. x

First Name:

Last Name:

Email:

Password:

Password confirmation:

[Terms. & Cond.:](#) I Agree with the Terms of Service, Cookie and Privacy Policy.

N.B. When you register, make sure to enter your max heart rate and FTP (if you plan to attend power Turbo Beat sessions)

NB. Use the same email address for Selfloops as you have with Eventbrite – this enables Elite to add you automatically to the class



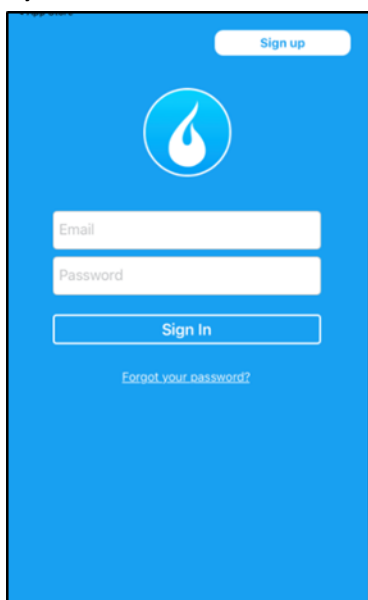
Step 3 – Sign up on the Selfloops Spark App



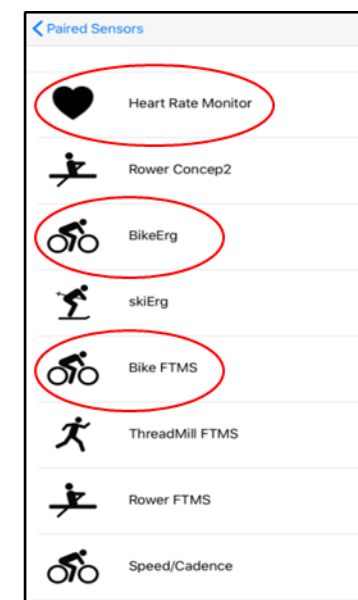
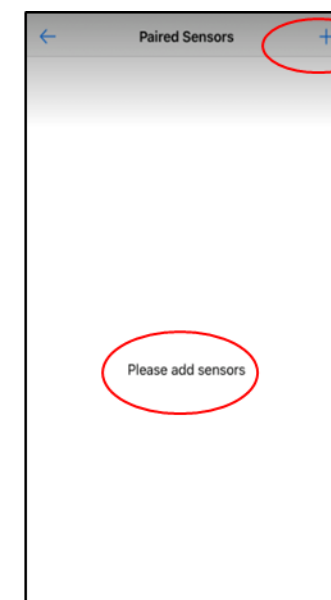
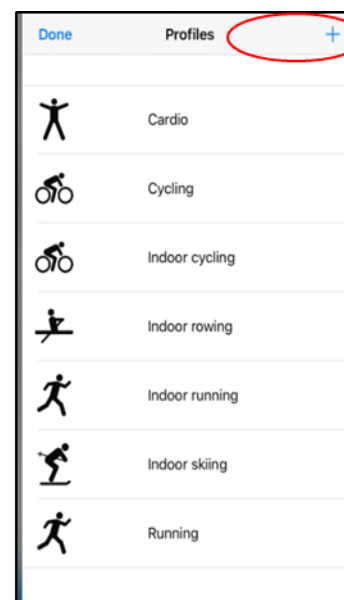
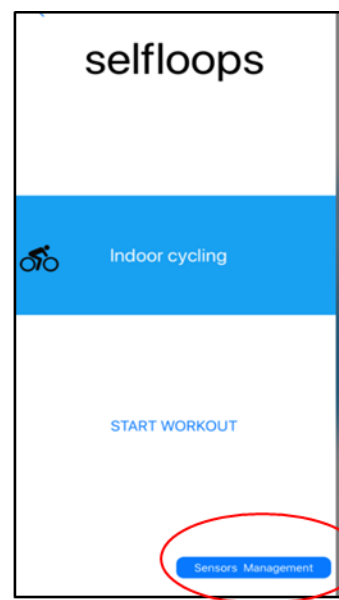
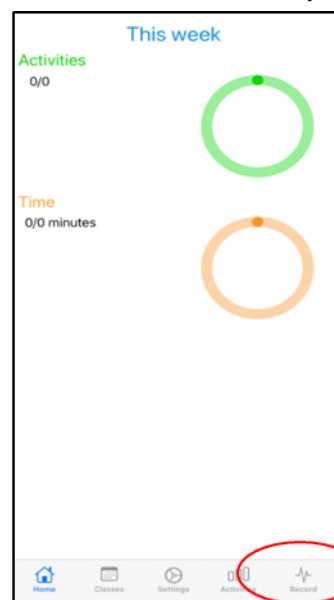
- 1) Download the app onto your phone or tablet
- 2) Log-in on the app using the credentials you set up online
- 3) Link your Bluetooth heartrate monitor and Power meter to the app



2)



3)

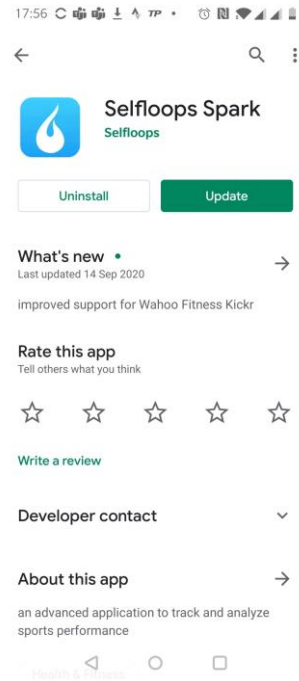


Step 3 – Sign up on the Selfloops Spark App

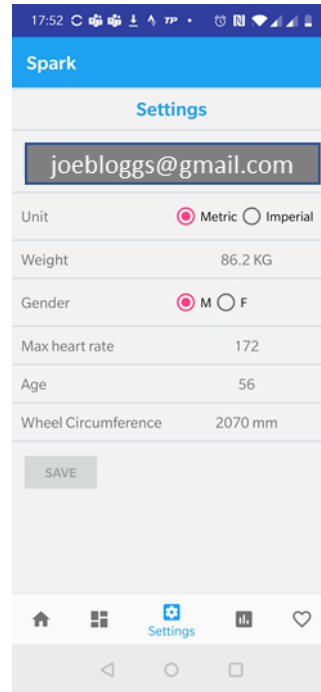


- 1) Download the app onto your phone or tablet
- 2) Log-in on the app using the credentials you set up online
- 3) Link your Bluetooth heartrate monitor and your power metre or smart turbo to the app

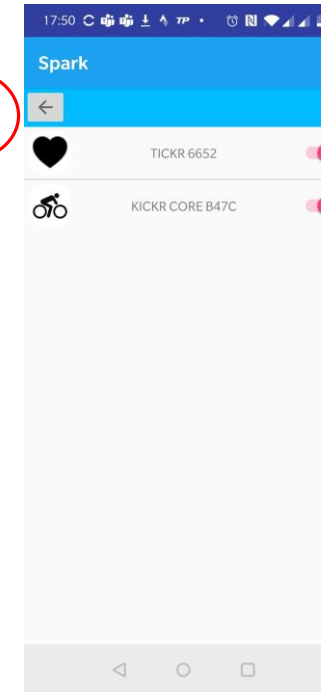
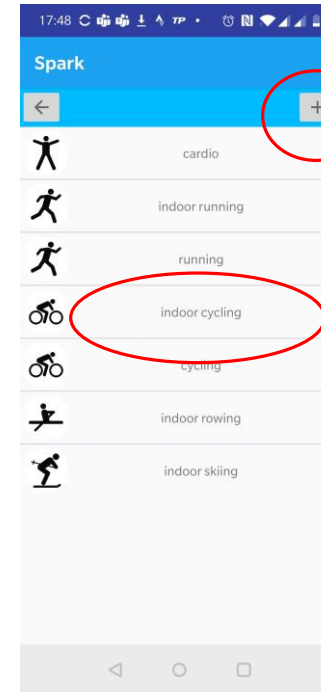
1)



2)



3)



Make sure your sensors are switched on and nearby, ideally with no other Bluetooth devices in range

Step 4 – Set up Zoom on your laptop or device



- 1) Zoom is a cloud-based video conferencing platform. If you have a link to a meeting and you click on it, your laptop will automatically download the application or you can manually download the app yourself <https://zoom.us/download>
- 2) If you are going to be using a tablet or mobile to connect, go to the App store or Android Play Store to download the app.
- 3) You can enter the codes for the morning and/ or the evening sessions (See 'Joining a class' Slide 9 onwards)
- 4) Once you have entered the Meeting ID once, the app remembers the id and you can select the right one from the drop down menu. You must enter the correct meeting code each time.

Once you have been through this process once, it is much easier. You are now ready to join a class

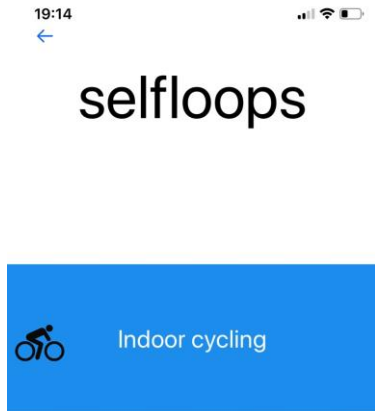


Joining a class



Step 1 – Starting the Selfloops Spark App

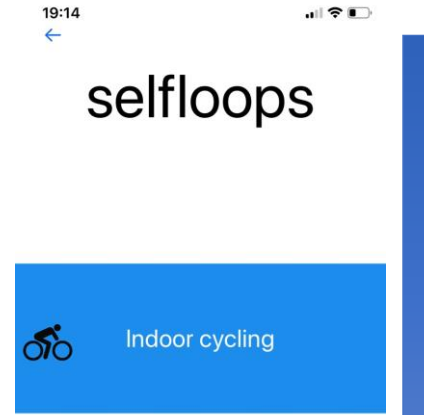
- 1) Open the app and then go to sensor management and go to indoor cycling and add your devices



START WORKOUT

Sensors Management

- 2) When you're ready to start, from the 'Home' tab hit 'start workout'



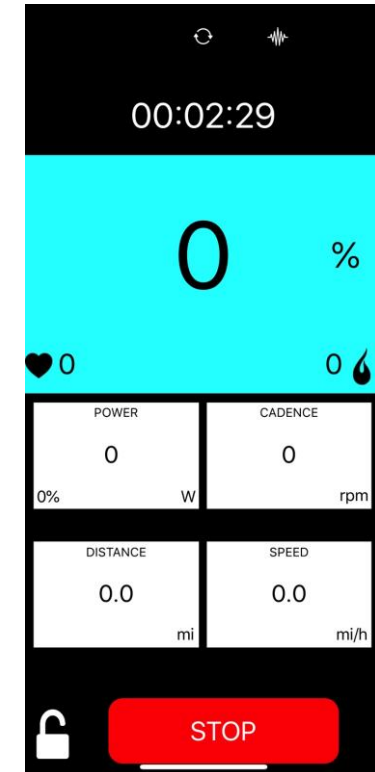
START WORKOUT

Sensors Management

- 3) Your data should start recording straight away



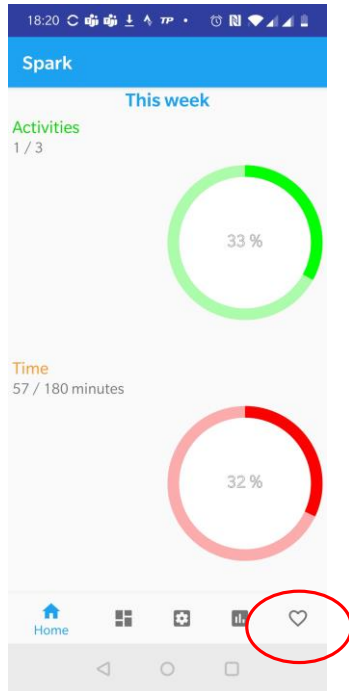
- 4) To stop workout data swipe the unlock button and press stop



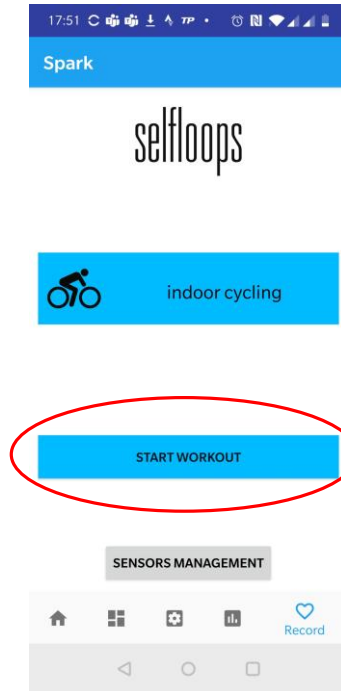
Step 1 – Starting the Selfloops Spark App



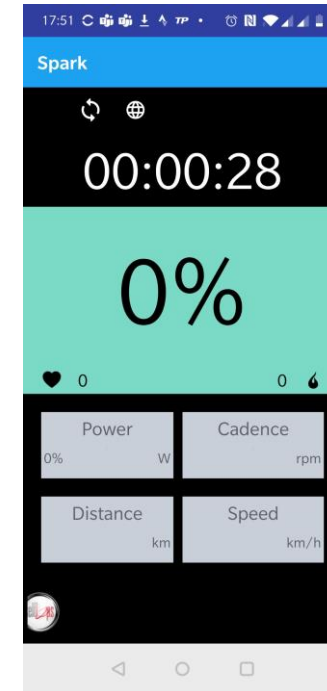
1) Open the app and hit 'record'



2) Press 'Start' When you start the workout, your HR and Power id displayed on the Zoom screen



3) The app will show data from all of the linked sensors



Step 2 – Connect to video on Zoom



Before each class you will receive a Zoom code on the Turbo Beat Live **WhatsApp Group***

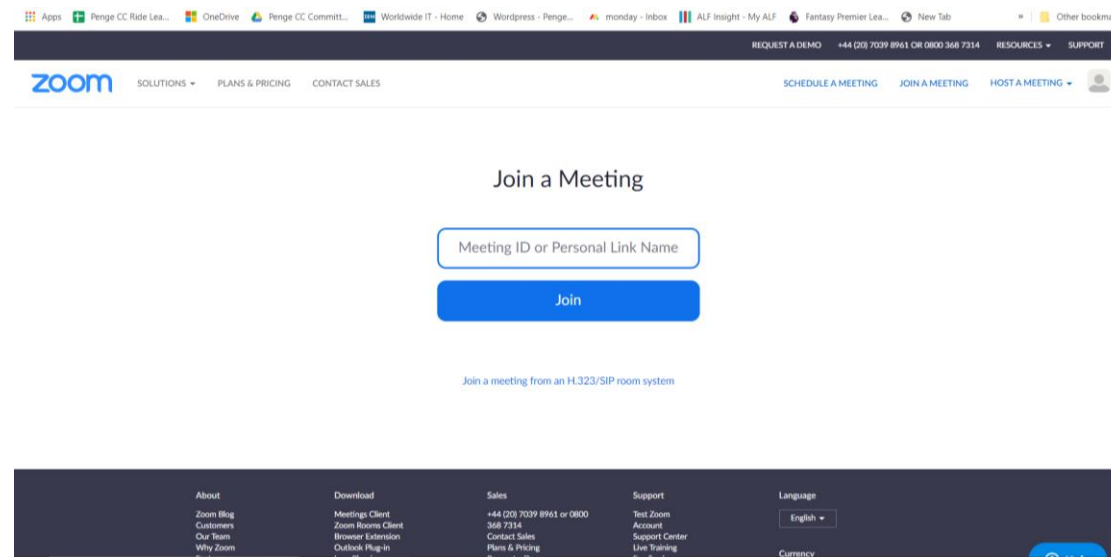
Enter the meeting id and pass code number when prompted.

Turbo Beat Classes

Meeting ID: 858 5925 6328
Meeting Pass code: 000676

Yoga & Strength Classes

Meeting ID: 838 3180 6510
Meeting Pass code: 278314



Zoom gives you options to join video and audio. It also allows you **to mute your microphone** for when the breathing gets heavy.

* When you buy a ticket on Eventbrite you will automatically be registered on the WhatsApp group





Troubleshooting

- 1) **HR not connecting** - The most common problem is 'Bluetooth clash'. This is when you have more than one device with Bluetooth switched on and the Selfloops app can't connect to your heart rate monitor because it has paired to another device. The easiest solution is to switch Bluetooth off on the other device(s)
- 2) **Sound or Video not working** – Make sure you have enabled the microphone and video on your laptop/ device. If it still fails, come all of the way out of zoom and restart. It may be necessary to restart the laptop.
- 3) **Picture freezes** – Multiple video windows require a strong internet connection. Move closer to your wifi point or plug into a Local Area Network (LAN)
- 4) **Sound is intermittent** – This can be caused by sound you are making as it shuts off the sound from others. Try muting your microphone. A fan or a loud turbo noise can cause this.
- 5) **Thirst and breathlessness** – this is normal. Have bottle(s) to hand and stay hydrated. Breathe deeply and in a controlled manner for optimum performance
- 6) **Legs hurting** – yes, that's the point