

Hardware and software specification



Hardware Requirements

- Computer
 - Processor i5 2,4 GHz, 64 Bit
 - RAM: 4 GB (minimum), 6 GB (recommended). Server installation: 8 GB (recommended)
- Graphic Board
 - Dual screen (extended mode), min. resolution 2 x 1024 x 768
 - 512 MB dedicated RAM (minimum), 1 GB (recommended)
 - DirectX 10 compatible
- Hard Disk
 - 2 GB for installed software
 - 20 GB free disk space for data (minimum) – depends on size of training data
 - Compressed C: drive is NOT applicable
- Projector
 - Resolution minimum 1024 x 768
- Connections
 - 1 USB port (minimum) – or one for each TeamPOD.
 - Projector: HDMI or VGA
- Network
 - Wired network connections are required. This applies to the Local Area Network (Client-Server installations) and to the internet connections. WiFi connections are NOT applicable.

Software Requirements

- Windows 7 (Professional K / Home Premium K - 64 Bit) or Windows 8
- Terminal environments, virtual or emulated Windows installations are NOT applicable.
- .NET Framework 4.5 (downloaded and installed during installation of iQniter software)
- Microsoft SQL SERVER 2008 EXPRESS R2 (downloaded and installed during iQniter software installation)
- Windows Media Player version 10 or higher
- iQniter software – latest update

Network and Internet Connections Requirements

- Port 80, 443, 587 and 1433 must be open. Please check they are not blocked in firewalls.
- Client-Server installations: Client and Server must be connected on the same Local Area Network. The server computer name or IP-address is used for server identification from the client. Identical computer names are NOT applicable. Dynamic IP-addresses are NOT supported.

Prerequisites

- Windows software must be up-to-date, i.e. all essential Windows Updates must be installed
- Driver for Movescount Mini™ (USB-Stick) must not be installed on the same PC as Cardio Training.

Cabling

- Cables, Ethernet and 'extenders' etc. : See recommendations in appendix - Cabling Requirements

Appendix - Cabling Requirements

Network

Client-server configurations also require permanent network connection between client-only computers and the server.

Use normal RJ-45 Ethernet cables (Cat-5/6, 10BASE-TX Ethernet). If there is a router without free ports or if the distance between computers is more than 100 meters, a repeater/hub or switch needs to be added to the network.

NOTE! Use high quality cables and network components to ensure a good, reliable network connection.

Wireless LAN is not recommended for client-server configurations. If wireless LAN is used, make sure the channels do not interfere with receiver PODs. The receiver PODs use 2465 MHz frequency, which is between WLAN channels 11 and 12.

Display or projector

The display or projector needs to support at least 1024x768 resolution and have a VGA, DVI or HDMI connector. For long distances (>10 m), only high quality cables are suitable. When using video cables longer than 15 meters, the signal must be boosted using a video distribution amplifier. If the same output is shown on many A/V units, a splitter is also needed.

NOTE! S-Video connector is not recommended due to lower signal quality.

Client computers should have graphics cards that support a range of high resolutions. In most cases, monitor displays have 1024x768 (XGA) or widescreen 1280x720 (WXGA) resolution.

USB extenders

A USB-CAT5 extender is needed if the distance between a client computer and receiver POD is over 5 meters. The extender must meet the following requirements:

- Delay budget based extension technology.
- Should not be enumerated as USB device.
- Data bus should be galvanically isolated.
- Combined current consumption should be less than 400mA (Suunto Team POD current consumption is 50mA).

Supported USB extenders

The following USB extenders have been tested and validated for MultiPOD configurations:

- Black box Single USB to CAT5 Extender, 100 Meters Type: IC245A-R2 <http://www.blackbox.com>
- Icron USB Extender Type: USB Rover 1300 www.icron.com

NOTE! The recommended maximum cable length is 50 meters. Use only delay budget based USB extenders.

Recommended cabling for USB extenders

The following cable types should be used with USB extenders for iQniter Cardio Training:

- CAT5/6 FTP (Foiled Twisted Pair)
- CAT5/6 STP (Shielded Twisted Pair)

UTP (Unshielded Twisted Pair) cable is not recommended. UTP cable is not surrounded by any shielding and therefore does not offer the necessary protection against interference from external sources. The FTP/STP shielding provides protection against interference as well as grounding for the components and better protection against ESD (electrostatic discharge).

USB hubs

External USB Hubs are not recommended due to the risk of inconsistent behavior when unplugging Suunto Team POD from the hub. Therefore, ensure there are available USB ports on the client computer to support the required number of PODs.