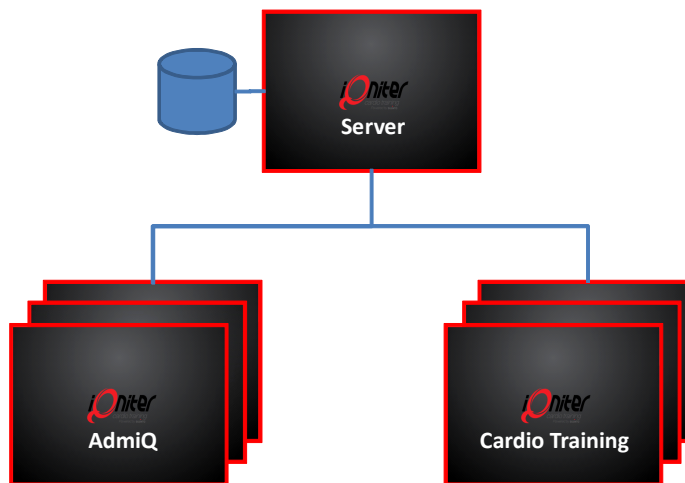## Overview

In the club Cardio Training™ is used for group training, while DesiQner™ is the instructor's planning tool.

Cardio Training™

The iQniter Cardio Training™ software includes 3 packages to be installed in the fitness club, which may all be installed on the same PC (**stand-alone installation**) or on separate PC's (**client-server installation**).

Stand-Alone   All three applications (local database, Cardio Training and AdmiQ™) are installed on the same computer.

Client-Server   The local database is installed on one computer/server. AdmiQ™ and Cardio Training are installed on separate computers and connect to the database server via the Local Area Network. More clients (both AdmiQ™ and/or Cardio Training™) may be installed on separate computers and connect to the local database. AdmiQ™ and/or Cardio Training™ may also be installed on the server (Stand-Alone installation) and at the same time be installed as client.

Each club (same physical location and same Local Area Network) must have one and only one local database, while several clients (AdmiQ™ and Cardio Training™) may be installed on separate PC's (clients) and connect to the local database. The local database must be installed before other applications, which requires a license key.

When an application is installed, the availability of required software components is checked and missing components are automatically downloaded and installed. When installing the applications, the user should just follow instructions on the screen.

Cardio Training™ includes several packages (BasiQ™, BiQing™, etc.), which are automatically installed according to the purchased license.

DesiQner™

The instructor's planning tool DesiQner™ may be installed on a separate computer or on the same computer as the other iQniter applications:

Links for download and installation:

- **Local database (dbinstaller)** http://iqniter.com/software/dbinstaller/publish.htm
- **Cardio Training™** http://iqniter.com/software/cardiotraining/publish.htm
- **AdmiQ™** http://iqniter.com/software/admiq/publish.htm
- **DesiQner™** http://iqniter.com/software/desiqner/publish.htm

Requirements

- Microsoft Windows platform. Windows 8 or Windows 7 (Professional K / Home Premium K - 64 Bit.
- .NET 4.5 Framework.
- Terminal environments, virtual or emulated Windows installations are NOT applicable.
- Windows software must be up-to-date, i.e. all essential Windows Updates have been installed.
- Cabled internet and Local Area Connections (LAN) are required. **WiFi is not applicable**.
- Computer names must be unique – no computers having iQniter applications installed can be identical names.

NOTE! Please read and check these Hardware and Software Requirements before installing the software!

Please note that server hardware requirements are highly dependent on number of clients and amount of training data.

Internet connections

In general, internet connection is required to run the applications. To achieve proper operation of iQniter applications port 80, 443, 587 and 1433 must be open (please ensure they are not blocked in a firewall).

The internet connections can be checked by pressing the 'Test' button in AdmiQ™ and Instructor Panel as well.

AdmiQ™ may run without internet connection, but is limited to offline functionality and functions that require an internet connection are not applicable.

Cardio Training may run *a limited number of times* without an internet connection, but is limited to offline functionality and functions that require an internet connection are disabled. In case of no internet connection, only BasiQ™ functionality is available, training data is not uploaded to Movescount and training reports are not sent to participants. The offline reports and Movescount data will be uploaded when a session is finished and an internet connection is available.

DesiQner™ cannot run without an internet connection.

Installation of local database
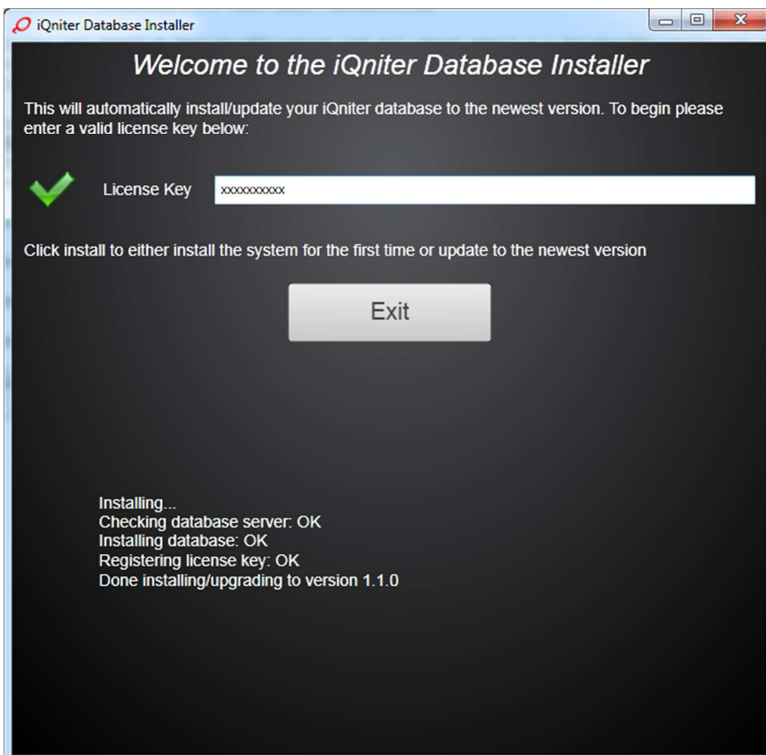
Enter http://iqniter.com/software/dbinstaller/publish.htm in Internet Explorer and follow the instructions.

If server installation is desired (so other iQniter applications can connect to the database as client), then 'Server' must be selected in the user dialog. Then iQniter firewall rules will automatically be installed, which is required to access the database from a client. The firewall rules can always be added later.

During installation, required prerequisites will be checked and missing components will be downloaded and installed.

Enter the license key. If it is valid and non-used the installation can continue.

Installation of AdmiQ™

The following instruction applies to installing AdmiQ™ as 'Stand-Alone' and 'Client' as well, except the database name differs as described.

Enter http://iqniter.com/software/admiq/publish.htm in Internet Explorer and follow the instructions. During installation, required prerequisites will be checked and missing components will be downloaded and installed.

After accepting the license agreements AdmiQ™ starts up. The language may be changed in the Settings/General tab.

If AdmiQ™ (and Cardio Training™, see next section) are installed on the same computer as the database server (Stand-alone installation), the connection to the database (if prompted for it) should be 'localhost'. For client installation (another computer than the database server) please enter the computer name of the database server.

Installation of Cardio Training™

The following instruction applies to installing Cardio Training™ as 'Stand-Alone' and 'Client' as well, except the database name differs as described.

Enter http://iqniter.com/software/cardiotraining/publish.htm in Internet Explorer and follow the instructions. During installation, required prerequisites will be checked and missing components will be downloaded and installed.

When Cardio Training™ is installed the Suunto USB-driver, which is used for communication with the TeamPod (antenna), is checked for correct version. In case of a wrong USB-driver version, the installation program will automatically download and install an updated version, please follow instructions on the screen.

It may be required to restart the computer and/or Cardio Training™ during the installation process.

Installation of DesiQner™

Enter http://iqniter.com/software/designer/publish.htm in Internet Explorer and follow the instructions. During installation, required prerequisites will be checked and missing components will be downloaded and installed.

Updating applications

When an application is started, it automatically checks for updates, if connected to the internet.

Updates may be mandatory and the application cannot be started before the update has been completed. Some updates may not be mandatory and the application can be started a limited number of times without completing the update.

Some updates require update of the local database, which is handled when updating Cardio Training™. In such cases, if AdmiQ™ is started before Cardio Training™, then the user will be prompted to start and update Cardio Training™ first.