



TELEMETRY AND INTERACTIVITY - INDOOR CYCLING SYSTEM

THE BEST SOLUTION FOR INDOOR CYCLING ROOMS



TELEMETRY



WORKOUTS/CTS



SESSIONS/ICS

3 CYCLING PROGRAMMES

INTERACTIVE SYSTEM COMPOSED OF 3 INTERCONNECTED SOLUTIONS
TO CONTRACT TOGETHER OR SEPARATELY



BIKE POWER TELEMETRY (GROUP)

Displays data obtained from bikes such as Cadence (Rpm's), Power (Watts), and customizes them according to each user's profile in %FTP, watts/Kg ratio, calories, and colours which identify intensity zones, etc. If bikes with data transmission are not available, the software can be configured as Cardio transmission (compatible with ANT+ and Polar H7 heart rate monitors), showing Heart Rate, %HR, and calories.

Allow visualization of individual or group competition data.

A



CTS-TRAINER (INDIVIDUALIZED TRAINING SUMMARY)

All gym clients have personalized access to view their data and training graphs at the end of the classes, including their history and session ranking based on the percentage of time spent within the goals set.

B



INDOOR CYCLING SYSTEM (ICS)

Real-time audiovisual synchronized with the session's music displaying data and objectives during the class. It includes: Hundreds of cycling sessions classified into categories with musical tracks and technical sheets. With total and partial times, with %FTP or %HR goals, Rpm's, with objectives and colours for each section identical to the telemetry colours that facilitate user regulation.

Cycling graph generator software, Video Routes, 3D Routes Videos, Mixer of graphs with auto-synchronized videos with cadence, with internal and external videos.

C

MORE MOTIVATING CYCLING CLASSES

INTERACTIVE TELEMETRY + INDOOR CYCLING BY TELEGIM



DUAL-SCREEN VIEWING EXAMPLE

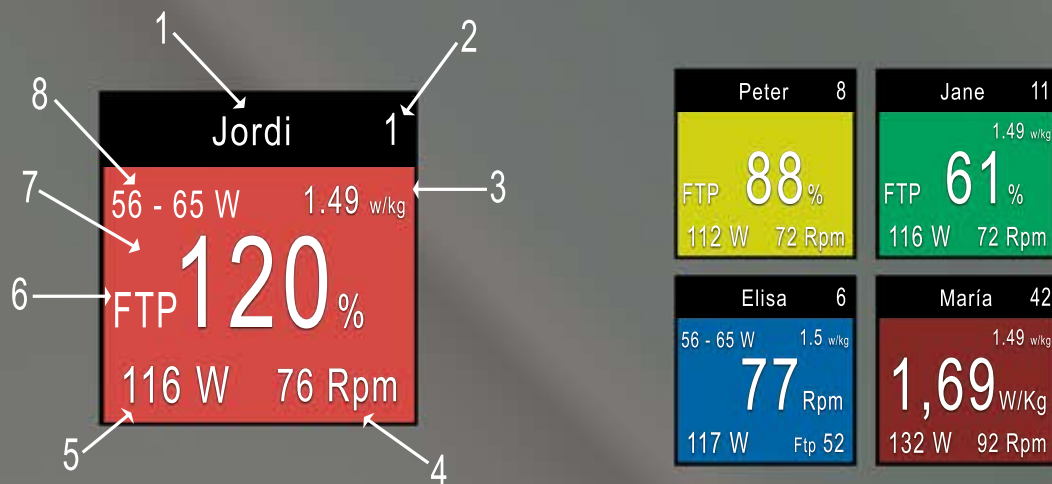
It is also possible to simultaneously view the interactive data of users and the %FTP data and objectives to be imitated in each Section proposed by the instructor if a single screen is available.

Simultaneously visualizing during the class what is proposed for us to do (ICS) with what we are doing in real-time increases user motivation and fosters greater loyalty to the discipline and the gym.

SINGLE-SCREEN VIEWING EXAMPLE

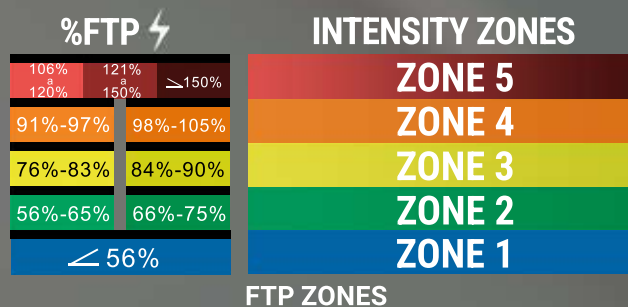
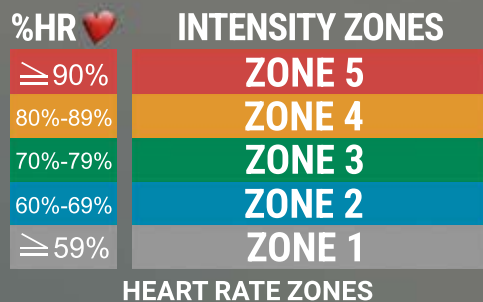


CUSTOMIZE THE DATA YOU WANT TO DISPLAY TO YOUR LIKING



1- Alias or Username of the person pedalling on the Bike 2- Bike Number 3- Watts/Kg that the user is generating 4- RPM/Cadence at which the user is pedalling 5- Net Watts that the user is generating 6- %FTP at that moment (according to the user's FTP) 7- Working Zone Colour 8- Watt Range to be in the proposed zone

INTENSITY TRAINING COLOURS IN 5 WELL-DEFINED ZONES AND SUBZONES



FTP TEST INTEGRATED INTO THE SYSTEM

			Resultado Test FTP			Acumulados			
Num	AP Disp.		FTP	W/Kg	%FTP	KW	Km		
1	5	Jordi	88	1.13	100%	70	62	3.5	FTP
2	4	Luis	113	1.41	100%	41	80	4.6	FTP
3	3	Michael	115	1.49	100%	49	84	4.9	FTP
4	2	Ana Maria	89	1.11	100%	33	67	4	FTP
5	1	Antonia	82	0.55	100%	62	58	3.3	FTP

Automatically updates the result in each user's profile.

MULTIPLE WAYS TO ASSIGN/RELATE BIKE AND USER



TABLET ASSIGNMENT



QR CODE



RFID READER

Standard detectability up to 50 simultaneous devices / Special detectability up to 100 simultaneous devices.

TELEMETRY AND INTERACTIVITY

GROUP TELEMETRY SERVICES

Visualization of data with customized calculations of effort of each user in real-time. Multiple views and illustrations of individual and group data. We have solutions for Bike (Power or Heart Rate) and Cardio/HIIT workouts (Heart Rate).

CARDIO VERSION %HR



Bluetooth (*)

POWER VERSION %FTP RPM'S



(*)

A

(*) Check Bluetooth devices and compatible fitness equipment.

CTS – WORKOUT HISTORY

When users have one of our Group Telemetry systems, regardless of whether they indicate in their profile whether they want to see their metrics on the room screen or not, they will receive a summary of their session with comparisons and evaluations of what they should have accomplished, creating a training history that allows them to track their progress. Additionally, classifications with fitness criteria-based positioning are included.



Connected with
STRAVA

Alias	%	Fecha
1 EUR-La Grupeto I	97,99%	2024-02-08
2 S&H-Vanesa	97,82%	2024-02-20
3 RIB-sergioperezdl	97,43%	2024-02-27
4 MIA-JC	97,41%	2024-02-21
5 MIA-Pepi	96,99%	2024-02-11
6 S&H-Lorena	96,65%	2024-02-27
7 MIA-Puco	96,55%	2024-02-27
8 FIT-Fer	96,55%	2024-02-27
9 FIT-moristic	96,55%	2024-02-27
10 EUR-Ferroluis	96,55%	2024-02-27



ICS - INDOOR CYCLING SYSTEM

VISUAL AID SYSTEM TO BOOST MOTIVATION

The ICS software includes hundreds of musical sessions, a graph creator, video + graph mixer, and training proposals for Bike and Cardio/HIIT.



CYCLING SESSIONS
WITH CADENCE AND %HR



GRAPH AND SESSION
+ VIDEO VIEWER



%FTP (POWER) BLOCK VIEWER



%HR PROFILE VIEWER



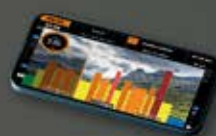
CARDIO-CADENCE-POWER PROFILES



ROUTES / IN-OUT VIDEO



EASY AND INTUITIVE
GRAPH CREATOR



VIEWER FOR
MONITORS



GROUP GAMIFICATION

CONDUCT SPECIAL CLASSES BY COMPETING IN TEAMS AND ENSURE FUN

The software allows, in addition to individual data views, dividing the room into groups so that individual achievements are added to the group to which they are assigned. Obtaining cumulative data according to preference: calories, kilowatts, meters... showing in real-time the data of each group and highlighting the group in the lead.



Telegim

GRUPO 1 » 545 Calorias

Rank	Watts	Cal	km/h	km	Watts	Cal	km/h	km	Watts
1st	100	1.00	10.00	100	100	1.00	10.00	100	100
2nd	90	0.90	9.00	90	90	0.90	9.00	90	90
3rd	80	0.80	8.00	80	80	0.80	8.00	80	80
4th	70	0.70	7.00	70	70	0.70	7.00	70	70
5th	60	0.60	6.00	60	60	0.60	6.00	60	60
6th	50	0.50	5.00	50	50	0.50	5.00	50	50
7th	40	0.40	4.00	40	40	0.40	4.00	40	40
8th	30	0.30	3.00	30	30	0.30	3.00	30	30
9th	20	0.20	2.00	20	20	0.20	2.00	20	20
10th	10	0.10	1.00	10	10	0.10	1.00	10	10

GRUPO 2 » 574 Calorias

Rank	Watts	Cal	km/h	km	Watts	Cal	km/h	km	Watts
1st	100	1.00	10.00	100	100	1.00	10.00	100	100
2nd	90	0.90	9.00	90	90	0.90	9.00	90	90
3rd	80	0.80	8.00	80	80	0.80	8.00	80	80
4th	70	0.70	7.00	70	70	0.70	7.00	70	70
5th	60	0.60	6.00	60	60	0.60	6.00	60	60
6th	50	0.50	5.00	50	50	0.50	5.00	50	50
7th	40	0.40	4.00	40	40	0.40	4.00	40	40
8th	30	0.30	3.00	30	30	0.30	3.00	30	30
9th	20	0.20	2.00	20	20	0.20	2.00	20	20
10th	10	0.10	1.00	10	10	0.10	1.00	10	10

It is easy to visualize the group assignment of participants which is initially random, and it is also possible to change users from one group to another if preferred.



THREE ACES, PODIUM OF MELCIOR MAURI. WINNER OF THE TOUR OF SPAIN ALONGSIDE INDURÁIN AND LEJARRETA.



MELCIOR MAURI

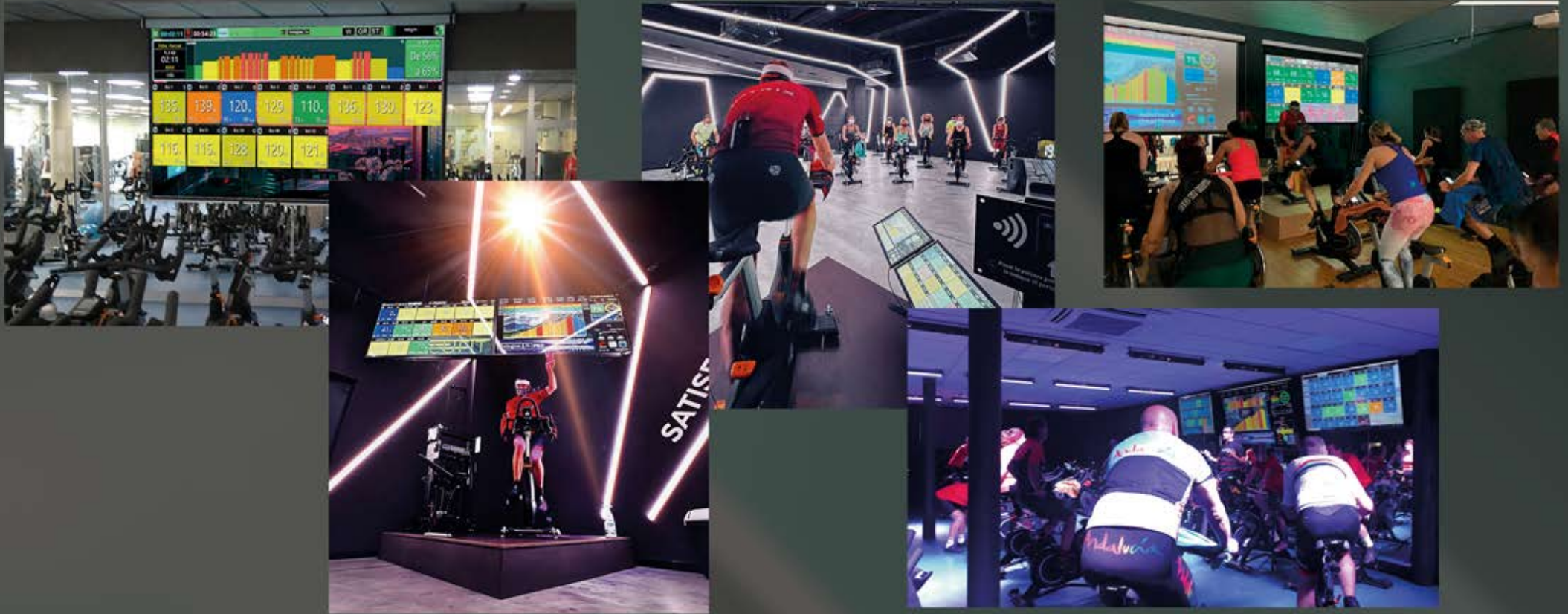
Former professional cyclist and indoor cycling instructor, collaborates with Telegim Technical Department for over 12 years with the aim of offering the most advanced Cycling Services Pack in the Market.

IF YOU WANT TO BOOST ACTIVITY, HIRE OUR SERVICES WHICH INCLUDE:

- Telemetry and Interactivity Power Cycling.
- ICS Cycling Sessions and Graphs.
- CTS Rankings and Workout History.



UPGRADE YOUR CYCLING ROOM



BIKE TELEMETRY SOFTWARE by Telegim. Compatible with most brands, both in Power and Cardio versions.
We constantly homologate new brands and models. Consult us for compatibilities.

BHFITNESS

MATRIX

KEISER

SPINNING

SCHWINN

LifeFitness

STAGES
CYCLING



POLAR
MODELO H7

Telegim.tv

HUNDREDS OF SPORTS FACILITIES, GYMS AND HOTELS ALREADY ENJOY TELEGIM.TV SERVICES AND CONTENT



Telegim tv PRO



(+34) 93 265 90 70



(+34) 644 356 975



cts.telegim.tv/en



telegim@telegim.tv