



Performance IQ Handbook

<https://laxymca.myperformanceiq.com>

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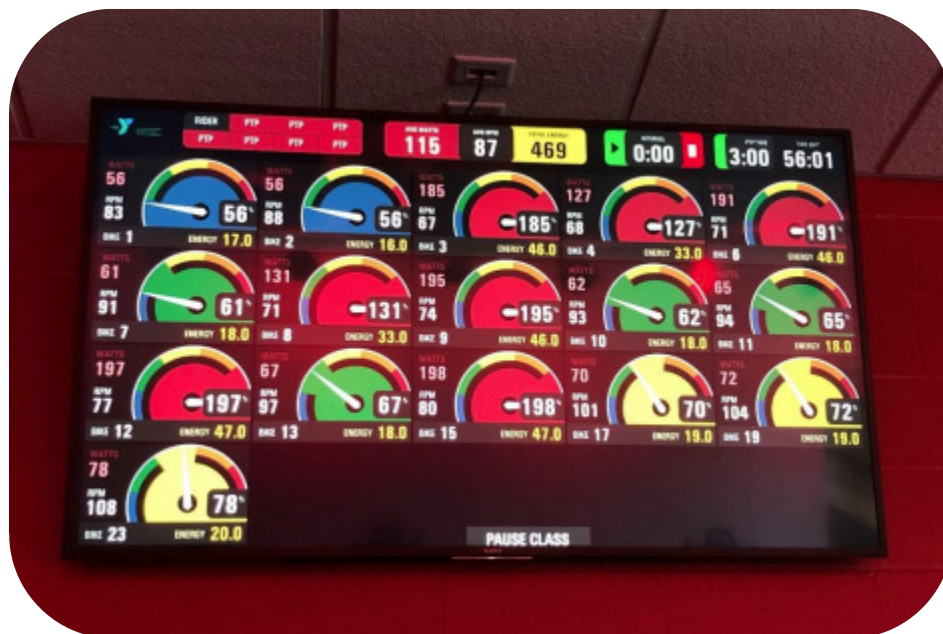
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Policies

- Bike reservations start 3 days prior to class.
- Reserved bikes that are not claimed will be released 5 minutes prior to class for walk-in participants on a first-come, first-served basis.
- Walk-in spots cannot be guaranteed.
- If you are unable to attend a class, we ask that you cancel your spot at least one hour prior to the start of class. It is important to cancel because class spots are limited.

Features

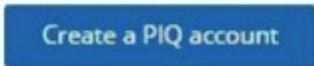
- Personal cycling data (Watts, RPM, Color Coded Zones, and more) displayed on screen in real time.
- Bike Reservation up to 3 days prior to class.
- Workout summary email shortly after your workout is completed.
- Performance history under your profile

Personal Threshold Power (PTP) Test

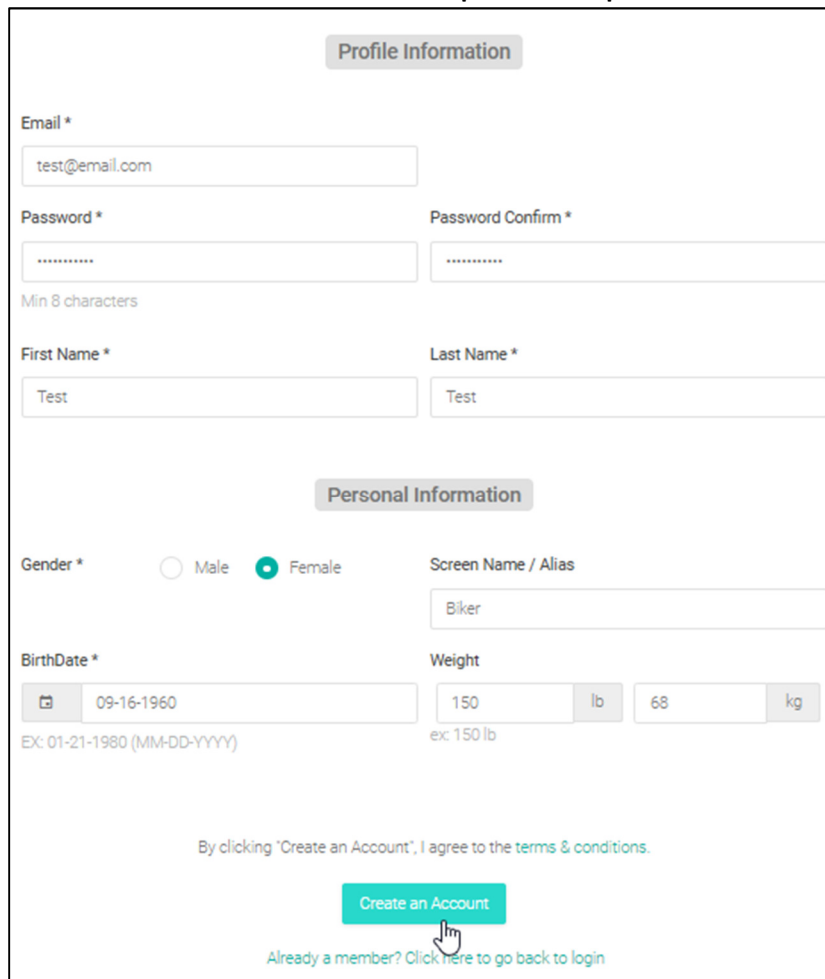
- Power is an estimate of each rider's level of fitness and is used to cater the workout to a more personal level.
- After the warm up at the beginning of class, riders will spend one minute riding as hard as they can to find their maximum power level.
- 90% of the average power generated during the one-minute PTP test is used as the PTP number. Using this PTP number, riders are able to perform zone training based on each individual's sustainable power level.

Creating an account

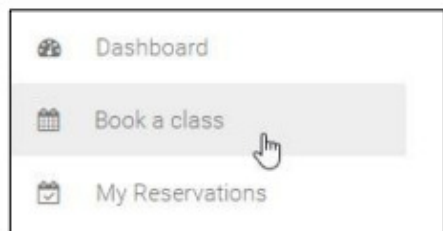
- Using your smartphone or computer, go to <https://www.laxymca.org/groupcycling>
- Click on the Create a PIQ account button



- Fill out your personal information including gender, birthday, and weight. This information will be used for accurate performance results. **Your age and weight will not be displayed on the screen at class.*
- Click "Create an Account" to complete this process.

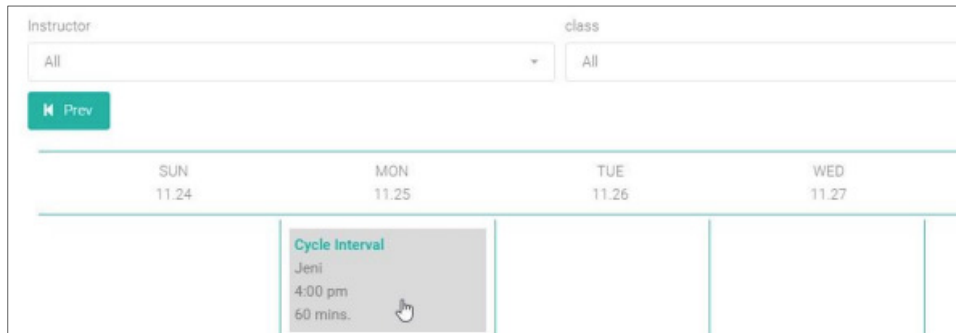
A screenshot of a web form for creating an account. The form is divided into two sections: "Profile Information" and "Personal Information".
Profile Information:
- Email *: test@email.com
- Password *:
- Password Confirm *:
- Min 8 characters
- First Name *: Test
- Last Name *: Test
Personal Information:
- Gender *: Male Female
- Screen Name / Alias: Biker
- BirthDate *: 09-16-1960 (EX: 01-21-1980 (MM-DD-YYYY))
- Weight: 150 lb (68 kg) (ex: 150 lb)
At the bottom, there is a teal "Create an Account" button with a hand cursor over it. Below the button is the text "Already a member? Click here to go back to login".

- Once your account is created, navigate to "book a class" to browse our Cycle schedule.

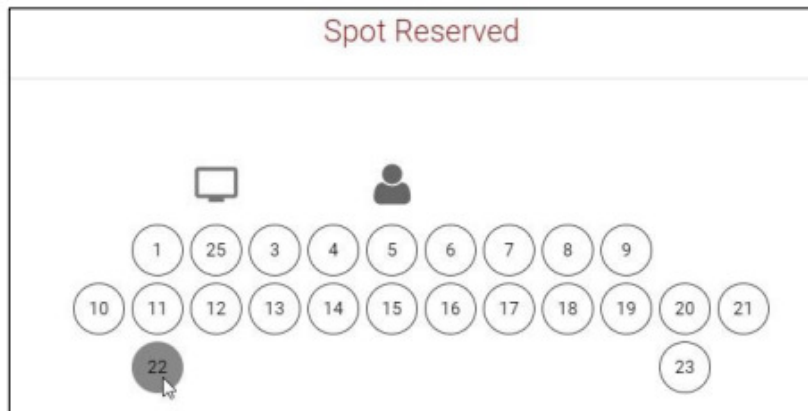


Reserving a bike

- Using your smartphone or computer, go to <https://www.laxymca.org/groupcycling>
- Select the class you would like to attend. *Note the location of the class.

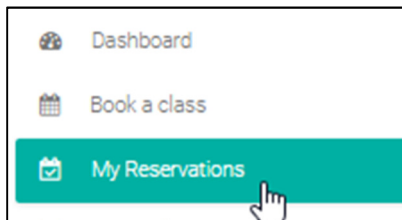


- If not logged into your account already, you will be prompted to do so.
- The class you selected will lead you to a layout of the room. Bikes that are already reserved will be grayed out. Select the bike of your choice to make your reservation. "Spot Reserved" will appear when you have successfully chosen your bike.



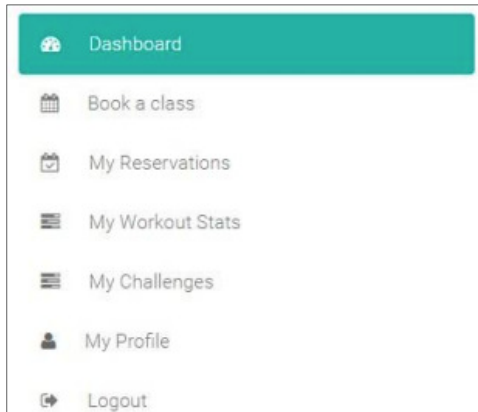
Canceling a reservation

- If you are unable to attend a class, we ask that you cancel your spot at least one hour prior to the start of class. It is important to cancel because class spots are limited.
- To cancel a reservation, login to your PIQ account, go to "My Reservations", and then click cancel.



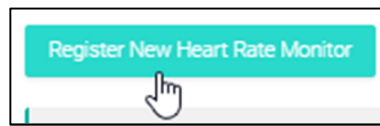
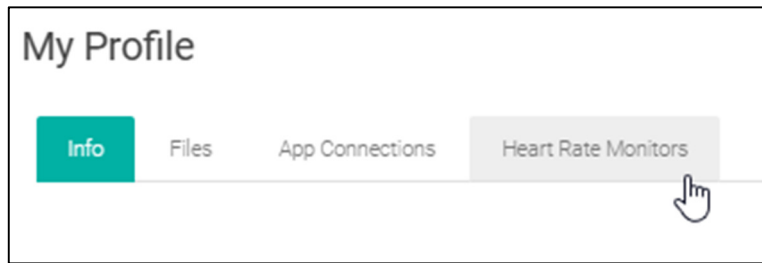
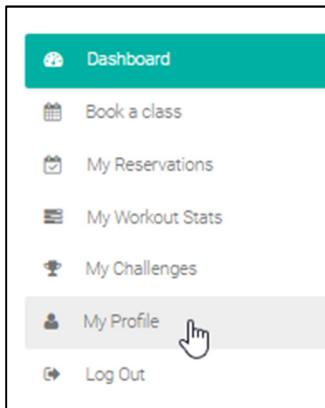
Viewing Workout Stats, Reservations, Profile, etc.

- Once you are logged in to your PIQ account, you are able to access everything listed below.

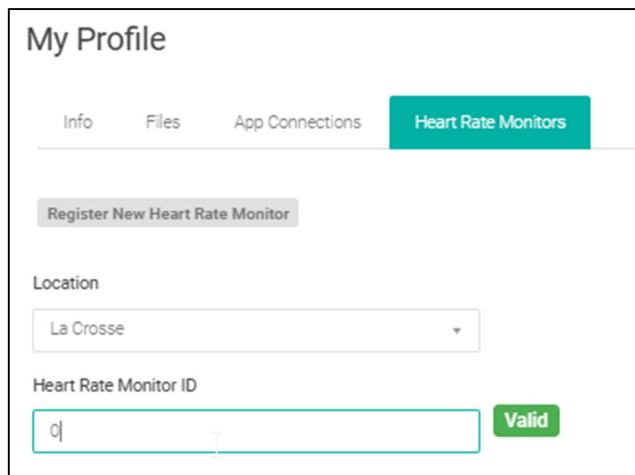


Registering a Heart Rate Monitor

- Login to your PIQ account, go to “My Profile”, click on “Heart Rate Monitors”, and then “Register New Heart Rate Monitor”.



- Choose the correct location and enter the ANT+ number. It is common for this number to be listed on the HRM.

A screenshot of the 'My Profile' page, specifically the 'Heart Rate Monitors' section. The page has a header with tabs: 'Info', 'Files', 'App Connections', and 'Heart Rate Monitors'. The 'Heart Rate Monitors' tab is active and highlighted in teal. Below the tabs, there is a button labeled 'Register New Heart Rate Monitor'. Underneath, there is a 'Location' section with a dropdown menu showing 'La Crosse'. Below that is a 'Heart Rate Monitor ID' section with a text input field containing '01' and a green 'Valid' button.