FENIX

BY **SALTER**

SALTER FIT + SALTER CLOUD

Member Profile Manual

Salter Fit® App Registration

> **The Salter Fit® App is available for both Android and iOS.**

Google Play   **App Store**

This application allows the user to keep track of all the workouts performed, to analyze and visualize the evolution of their performance.

By logging in at the start of the training session, the user will be able to save the results of their workout and view them later in the SALTER FIT® application.

Once the account is created, the user will receive an activation email in the inbox to verify identity. *(It may happen that the e-mail is received in the spam folder and/or takes a few minutes).*
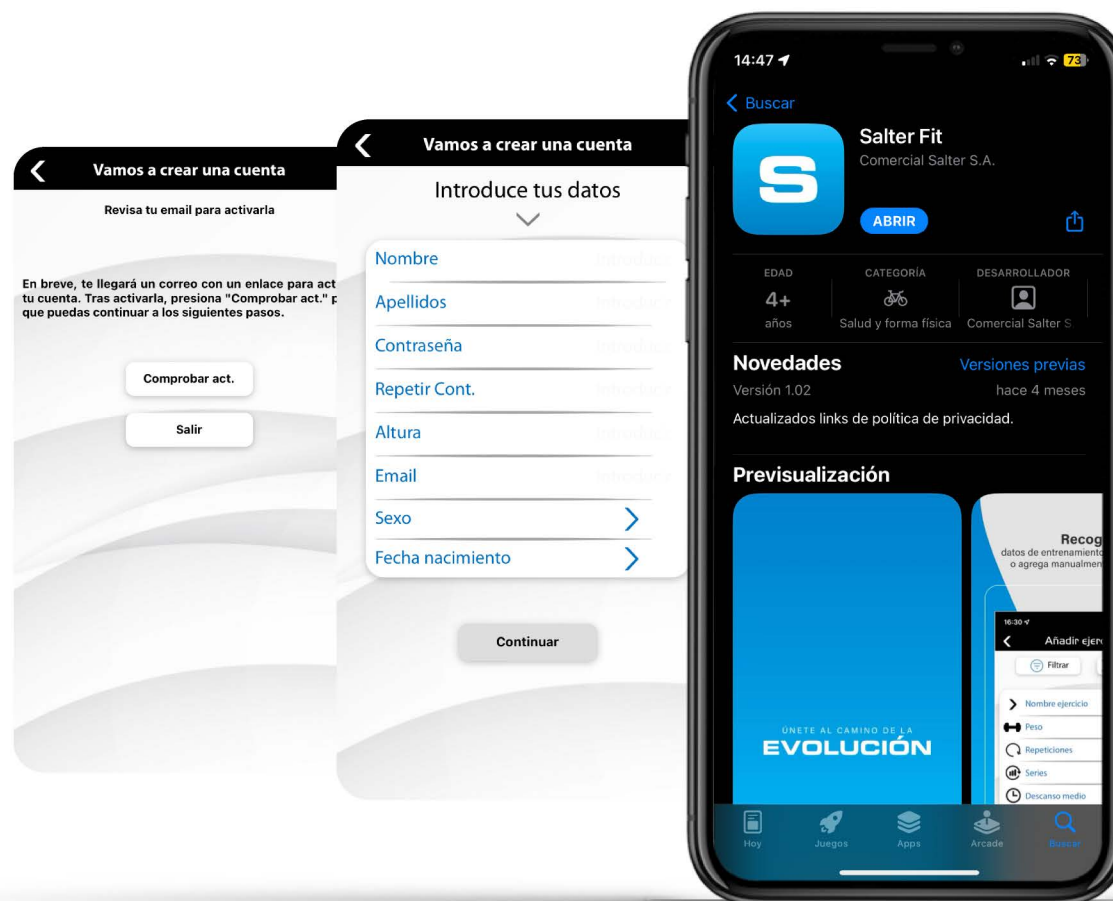
Salter Fit® App

> In the APP you will be able to distinguish:

1. **Strength Exercises**
2. **Cardio Exercises**
3. **Weighing**

> **View the evolution of all your strength and cardio workouts performed with SALTER CLOUD compatible equipment as well as your body measurements with smart scales.**

> **Follow your workouts and filter them by muscle group, date, type of exercise, sets, selected load, accumulated load, average rest time, average power, etc.**

> **Monitor the evolution of the main parameters of your body:**

1. Total Mass
2. Muscle
3. Fat
4. Water

1. Bone mass
2. BMI
3. TMB
4. Visceral weight
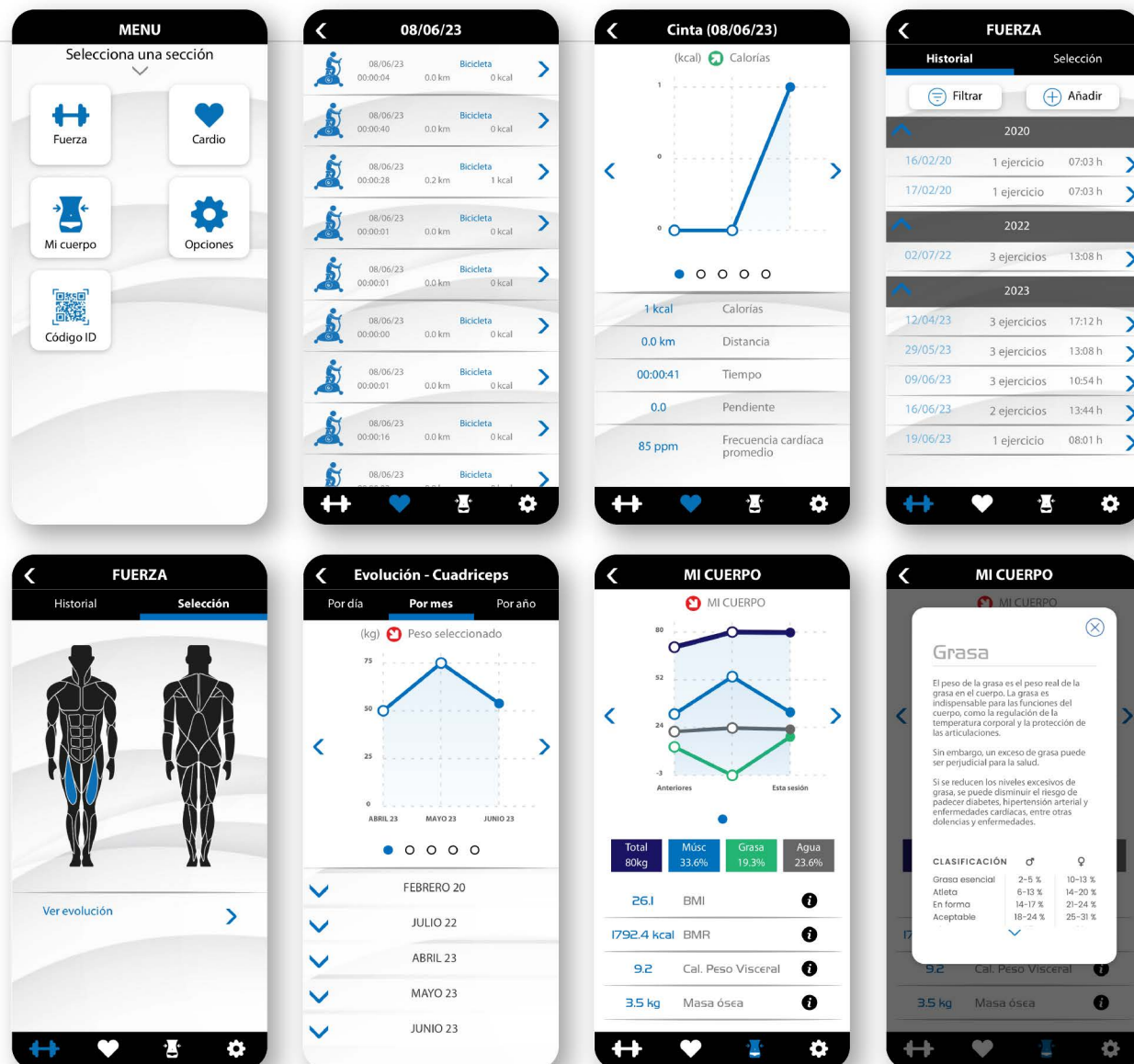
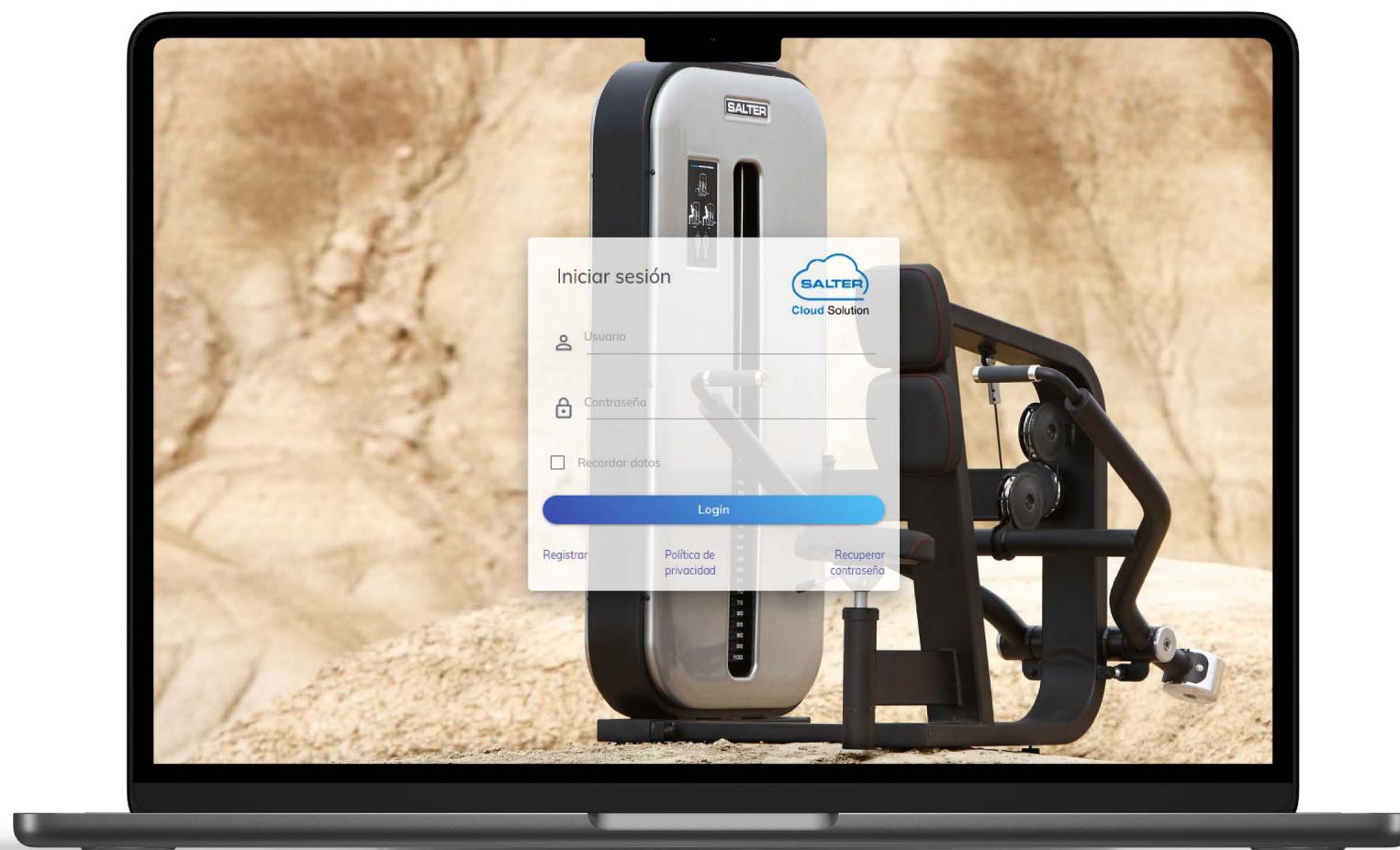# Access at www.salter.cloud

> **From a web browser, access the url:**

🔍 www.salter.cloud

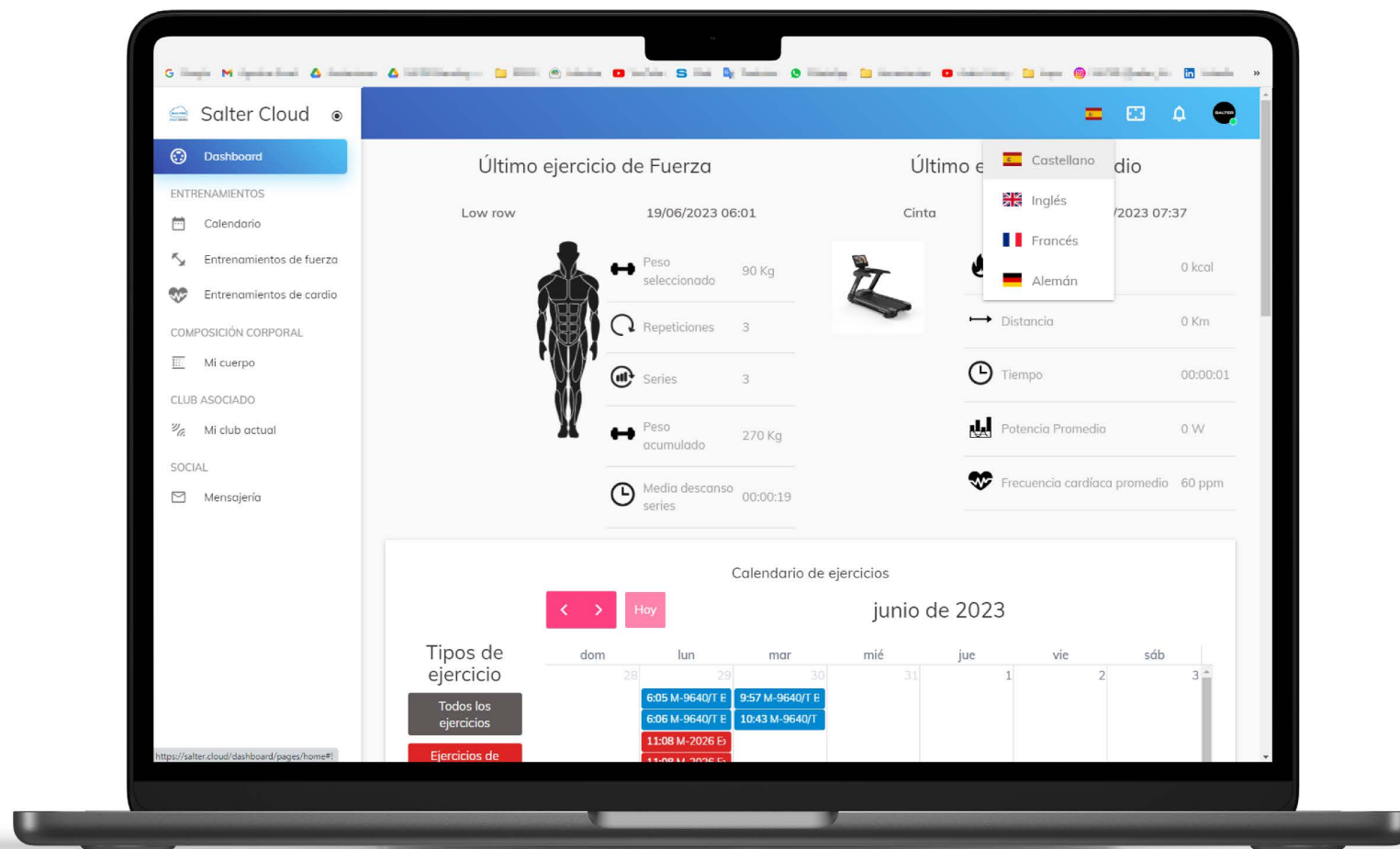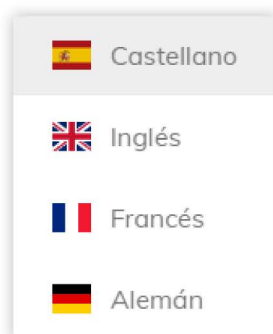> **The member must create or log in to his or her account:**

1 **E-mail:** To be entered in the "user" field
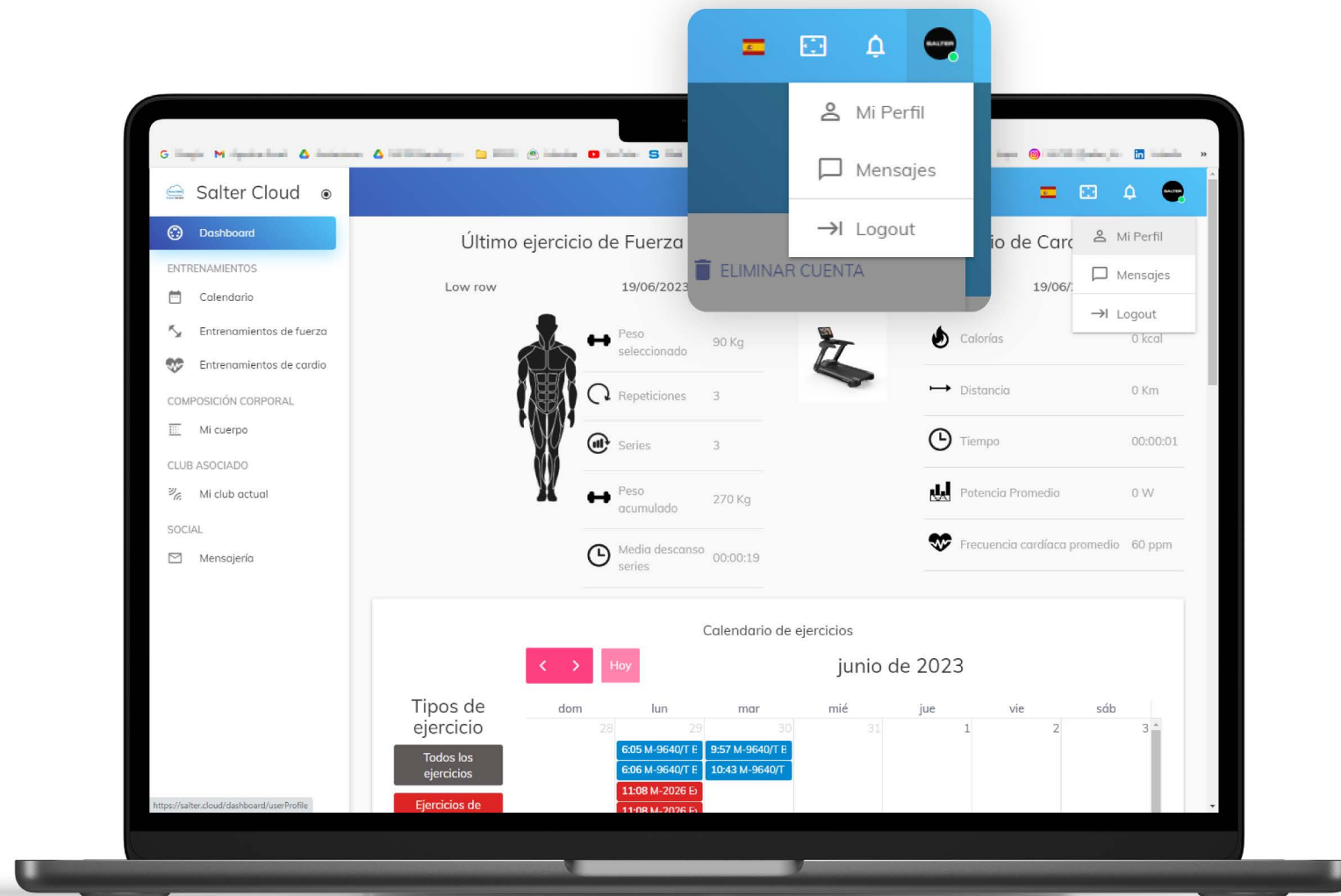
2 **Password**

Languages

> **You will be able to choose between:**

Dashboard › My Profile

> In the upper right area you can access options such as:

1 **Language switching.**

2 **Full screen mode.**

3 **Notifications.**

4 **My Account:** divided into "My Profile", "Messages" and "Logout".

Dashboard › My Profile

By accessing My Profile, you can:

1 **Modify/Remove the avatar:** It must be a PNG of 1MB maximum.

2 **Modify the access password**

3 **Modify personal data such as date of birth, etc.**

4 **Link your STRAVA account with SALTER CLOUD.**
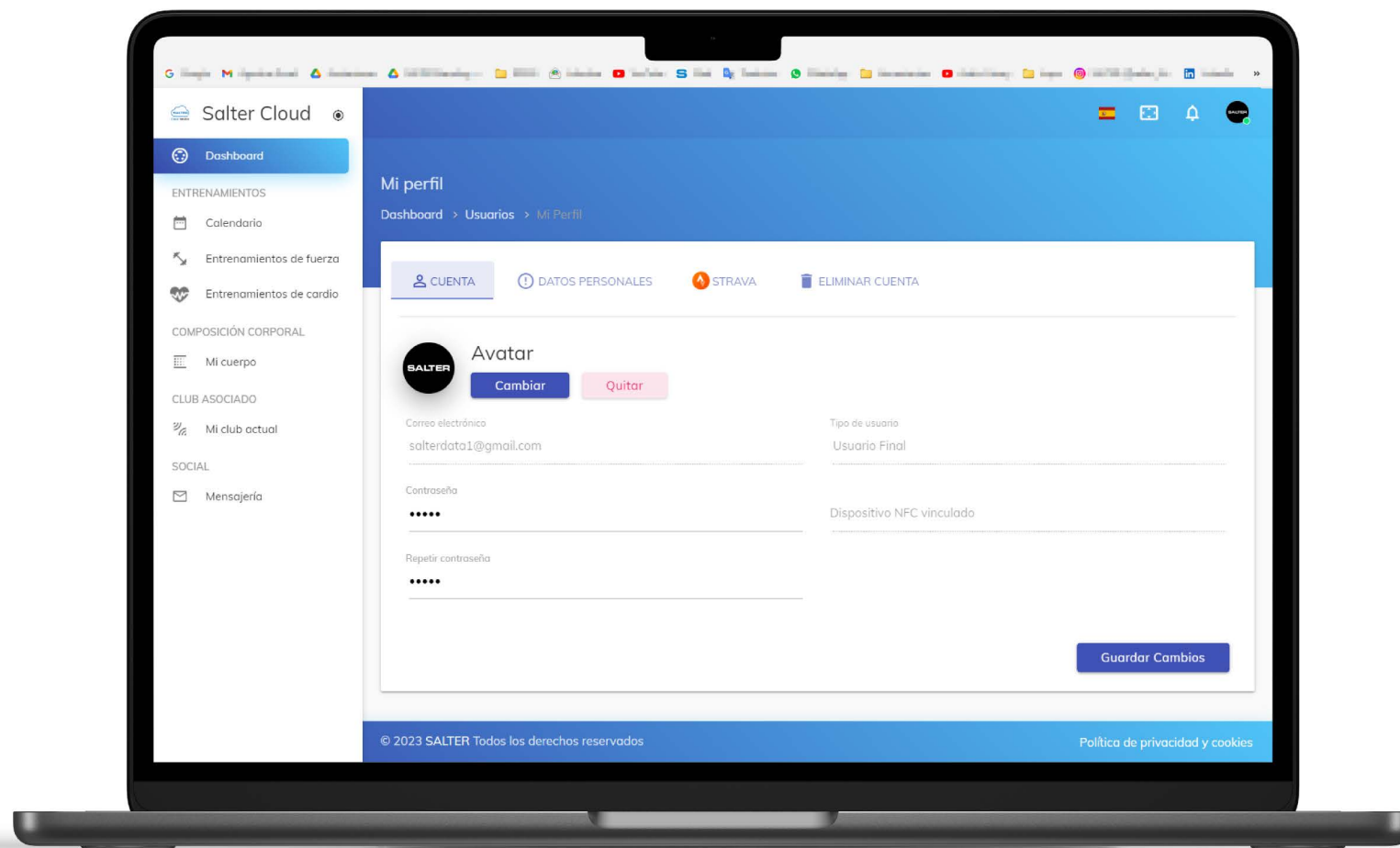
Connection with Strava

To link your STRAVA account with SALTER CLOUD:

① **Click "CONNECT" from the "STRAVA" tab.**

② **Log in to your STRAVA account.**
IMPORTANT: Both accounts must share the same email address. Then, authorize SALTER CLOUD to connect to STRAVA.
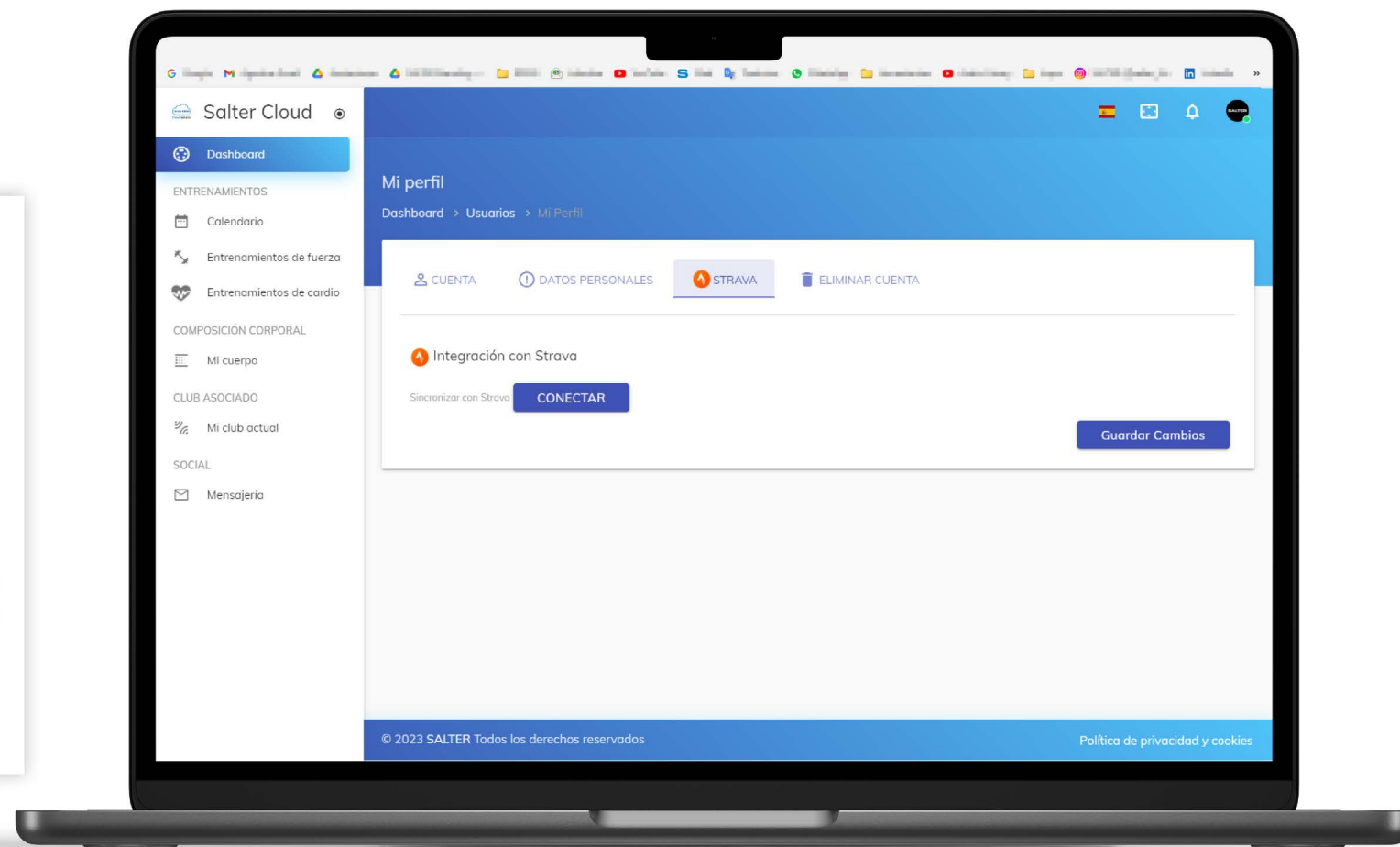
Connection with Strava

To link your STRAVA account with SALTER CLOUD:

③ If you do not have an account, you will need to create one.

④ To verify that the synchronization has been done correctly, inside STRAVA you should go to "Settings" > "My applications" and verify that SALTER CLOUD appears in the list.

⑤ At any time you can revoke the link from the "DISCONNECT" button inside the SALTER CLOUD profile.

As a Strava user, please note that:

> STRAVA can at any time modify the integration with other platforms such as SALTER CLOUD, or even remove it.

> Only STRAVA data compatible with SALTER CLOUD will be sent.

> Depending on the exercise performed, there will be parameters such as "inclination", which will not be sent to SALTER CLOUD as STRAVA cannot generate them.

> To avoid server overload, the synchronization of STRAVA with SALTER CLOUD can take up to 15 minutes.
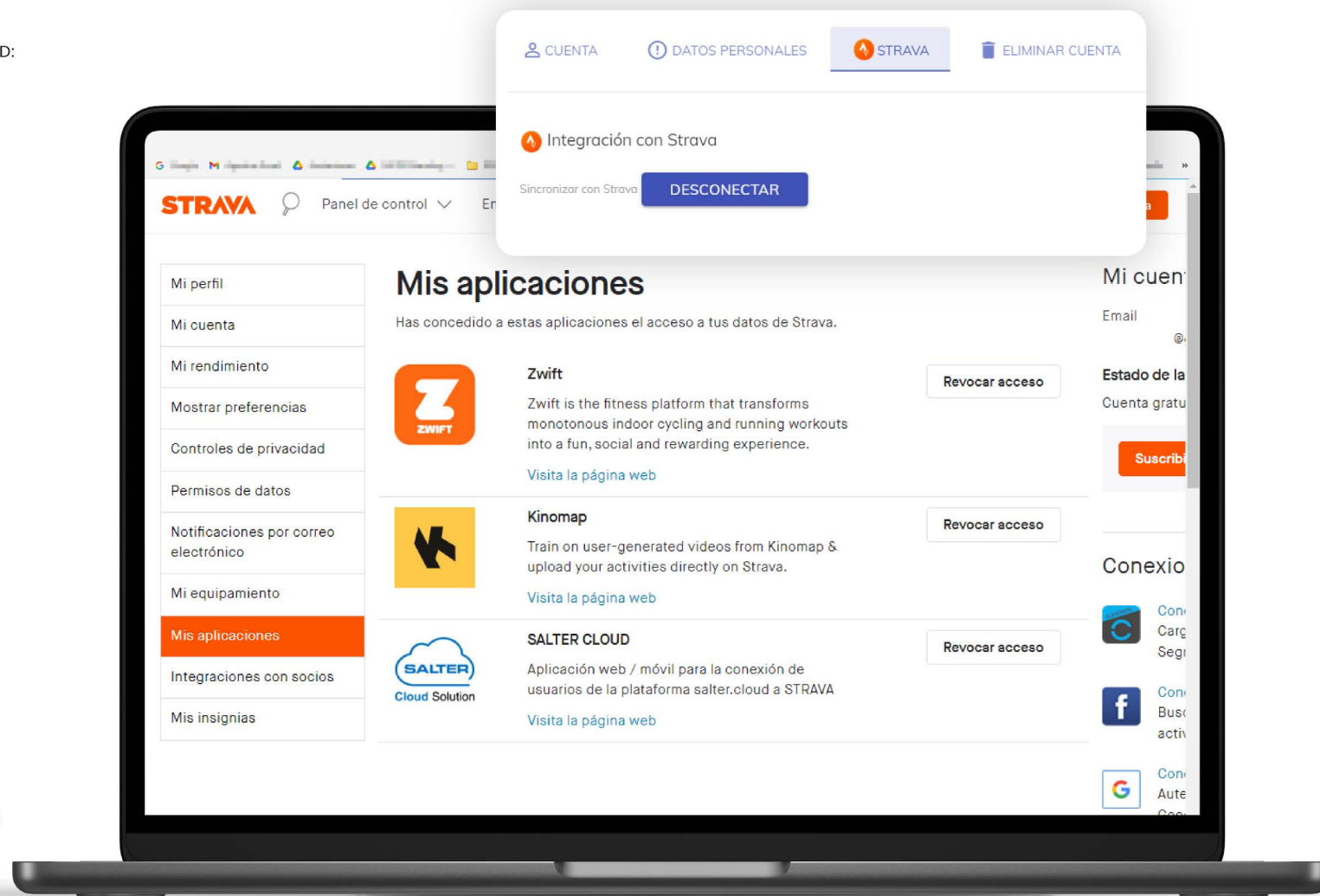
Dashboard › My Profile

> **To delete the account, the user has to press the "DELETE ACCOUNT" button within the profile.**

🗑 **Eliminar Cuenta**
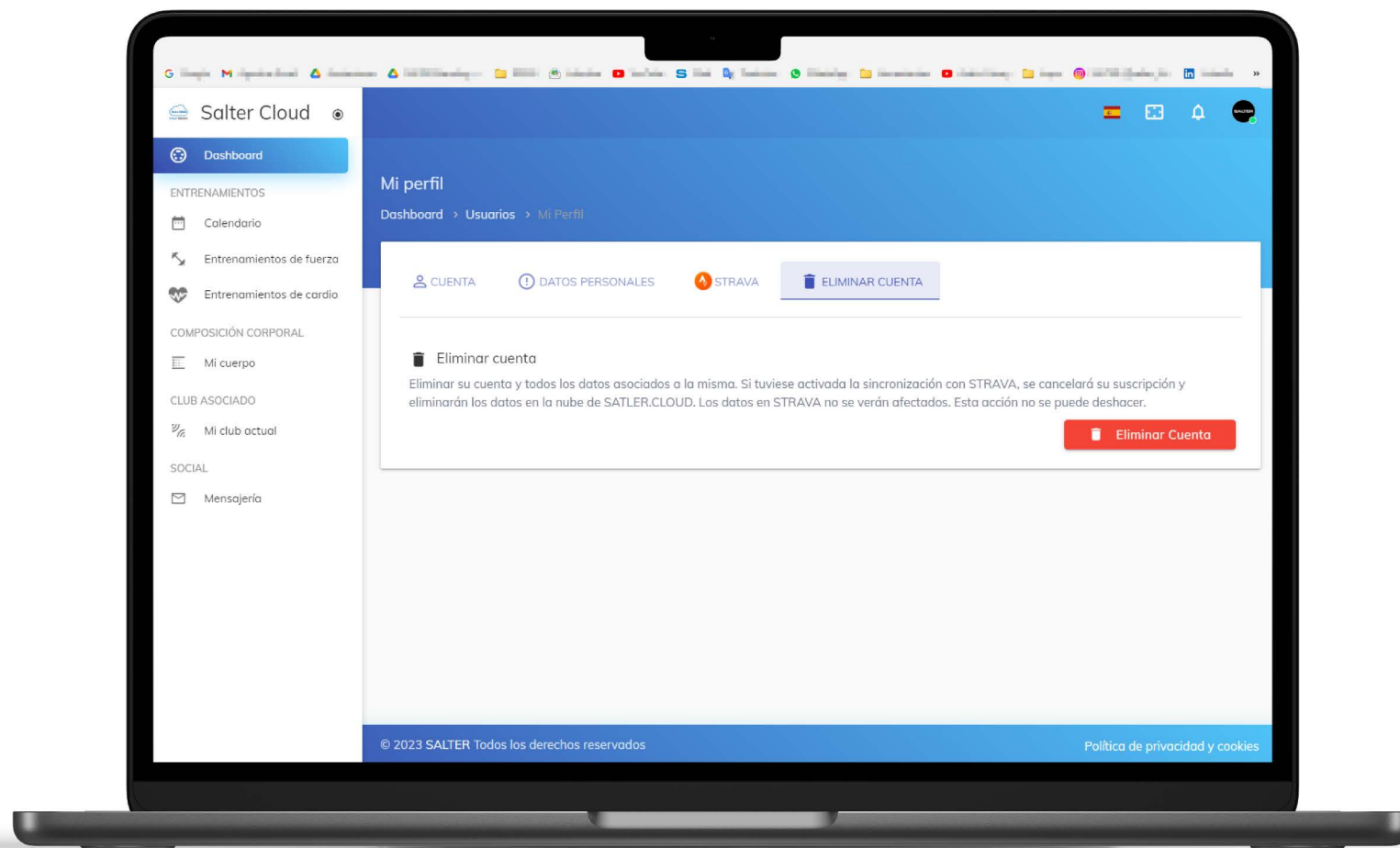
Dashboard

The Dashboard is the main screen where:

The member can access a summary of the most representative data of his exercise:

> Last exercises performed from SALTER CLOUD compatible machines.

> Training statistics according to:

(1) Time zones.

(2) Use of machines.

(3) Cardio.

(4) Strength.

(5) Exercise frequency.

> **Calendar** of all exercises performed that have been recorded in SALTER CLOUD in one of the following ways:

(1) Exercise recorded from a **SALTER CLOUD** compatible machine.

(2) Exercise uploaded manually from the **SALTER FIT APP**.

(3) Outdoor exercise **registered with STRAVA**.
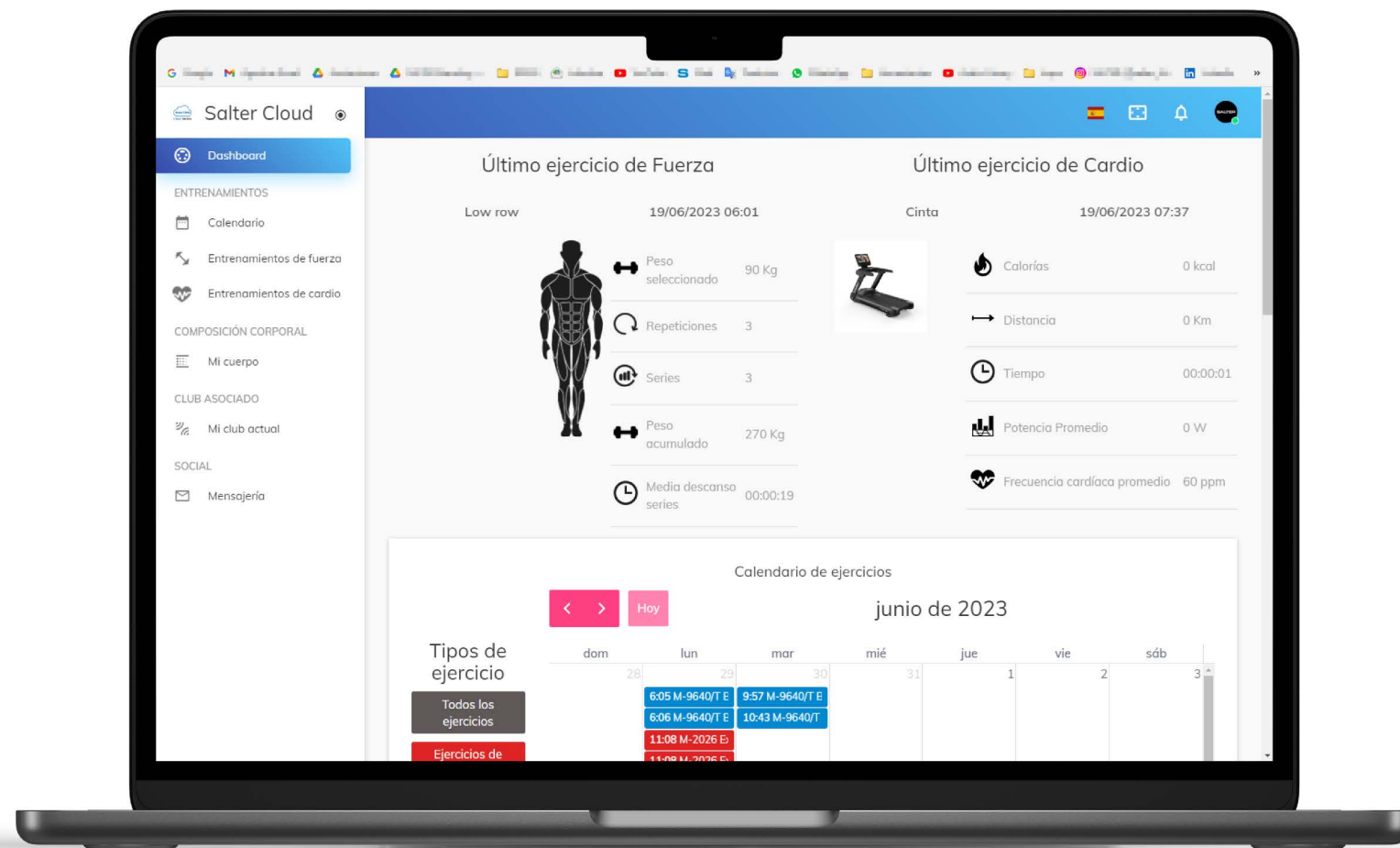
Calendar

> View of the training exercise calendar.

> You can filter the exercise types by pressing the red (strength training) or blue (cardio training) buttons.

Ejercicios de fuerza

Ejercicios de cardio

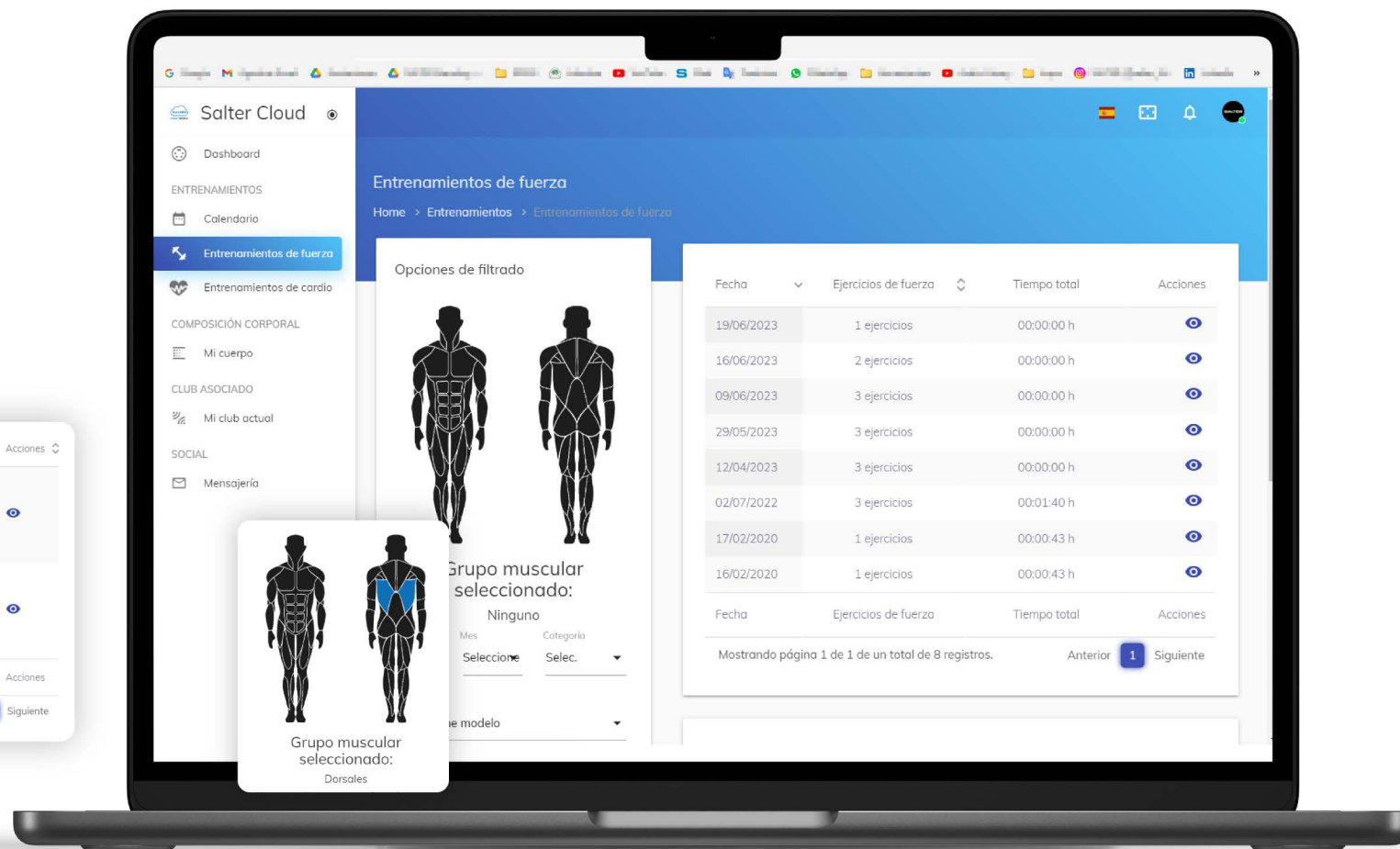> To remove any filter, select the "All exercises" button

Todos los ejercicios
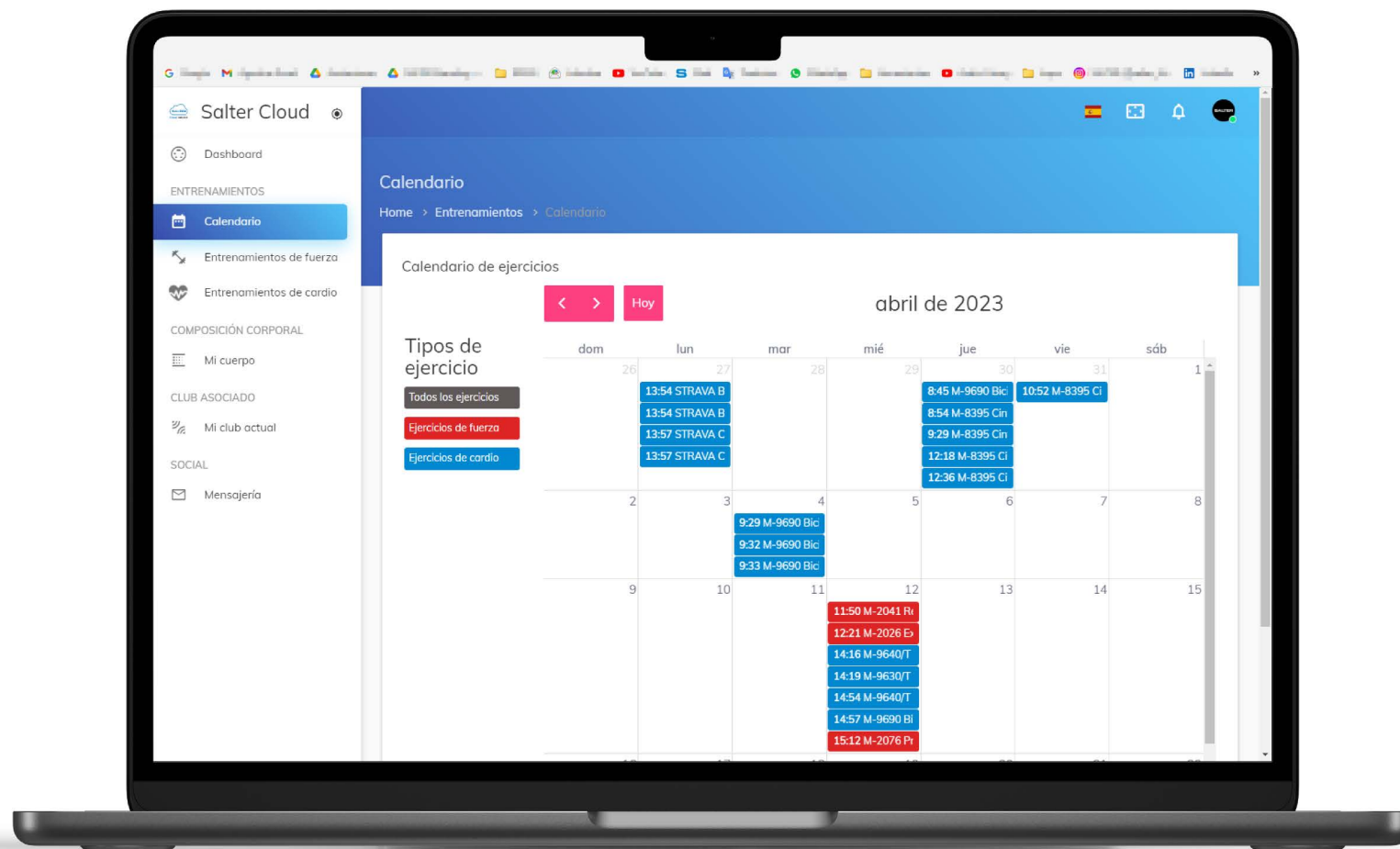
Strength Training

A list of strength exercises can be viewed:

① **Made with SALTER machines compatible with SALTER CLOUD.**

② **Manually uploaded through the SALTER FIT APP.**

> **If no filter is applied, all days of strength training will be listed by date on the right.**

> When any of these days is selected (by clicking on the button on the right), a list of exercises that have been performed on that day will be shown in the list below. To view details, click on the eye icon.

Cardio Training

A list of cardio exercises can be viewed:

1. **Made with SALTER machines compatible with SALTER CLOUD.**

2. **Manually uploaded through the SALTER FIT APP.**

3. **Automatically uploaded through linkage with STRAVA.**

> **If no filter is applied, every day when a cardio exercise has been performed will be listed by date on the right.**
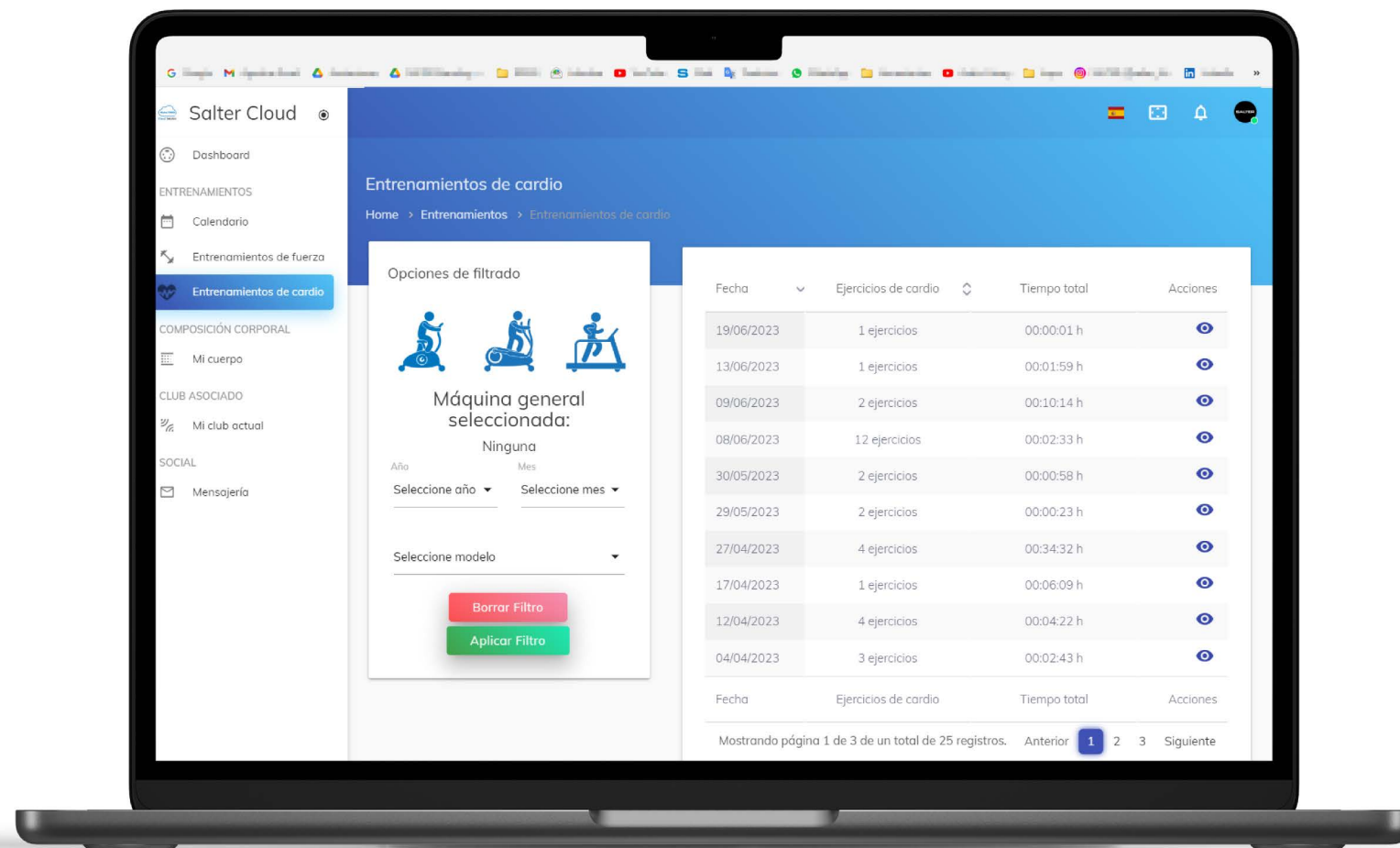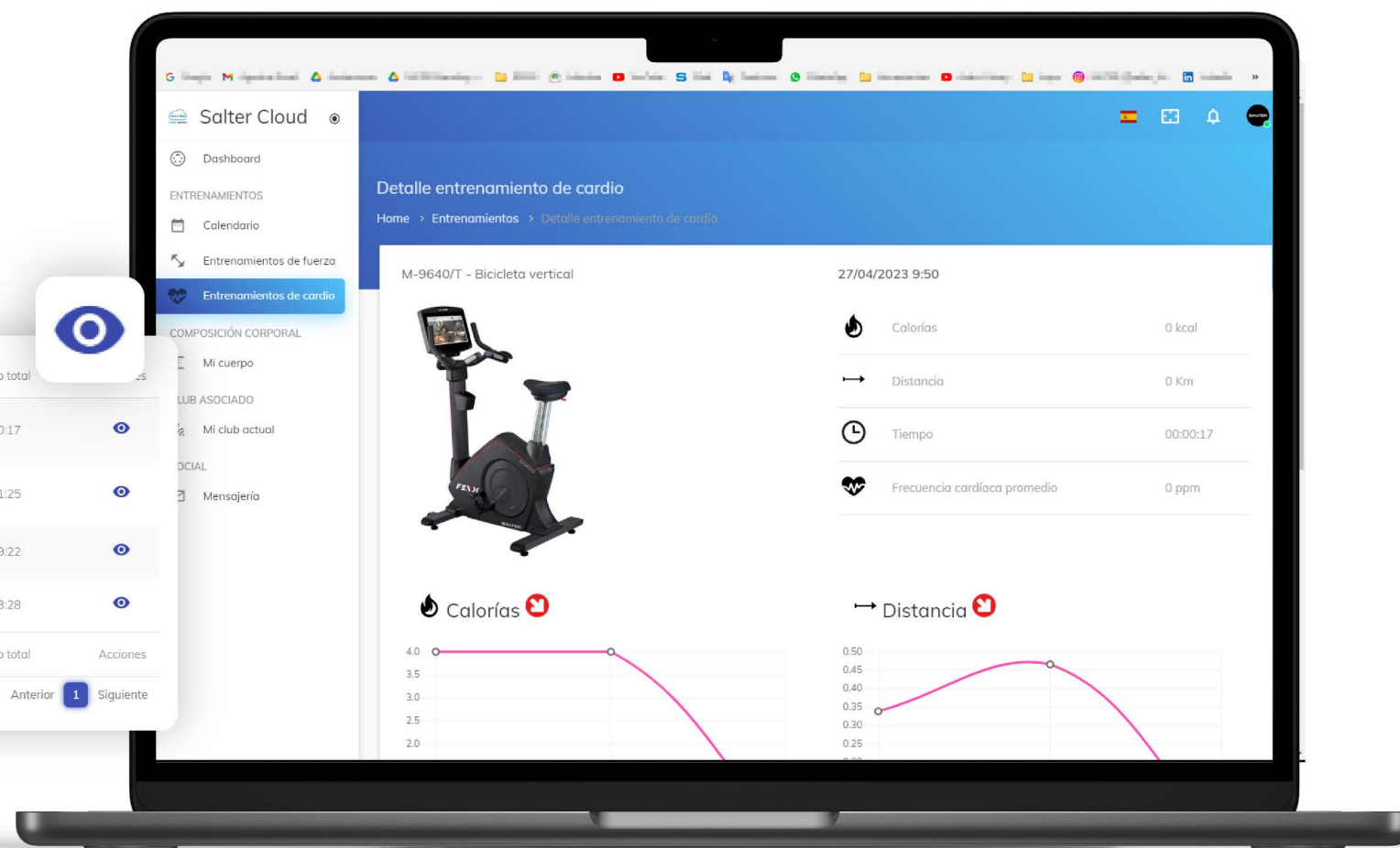
Cardio Training

> When any of these days are selected (by pressing the button on the right), a list of exercises that have been performed on that day will be shown in the list below.
> To see details, click on the eye icon.

> Once you access a specific exercise, you will be able to view the training parameters and see how it has gone compared to the same exercise done previously (if any).

My Body

In this section you can view a list of weighings:

> **Made with SALTER scales compatible with SALTER CLOUD.**

> **Manually uploaded through the SALTER FIT APP.**

> In the main screen you can see the result of the last weighing, together with its parameters. The graph is interactive: To filter any parameter, click on the legend that appears above it. To visualize the value of each parameter, you can put the cursor over the color of the graph to preview it.
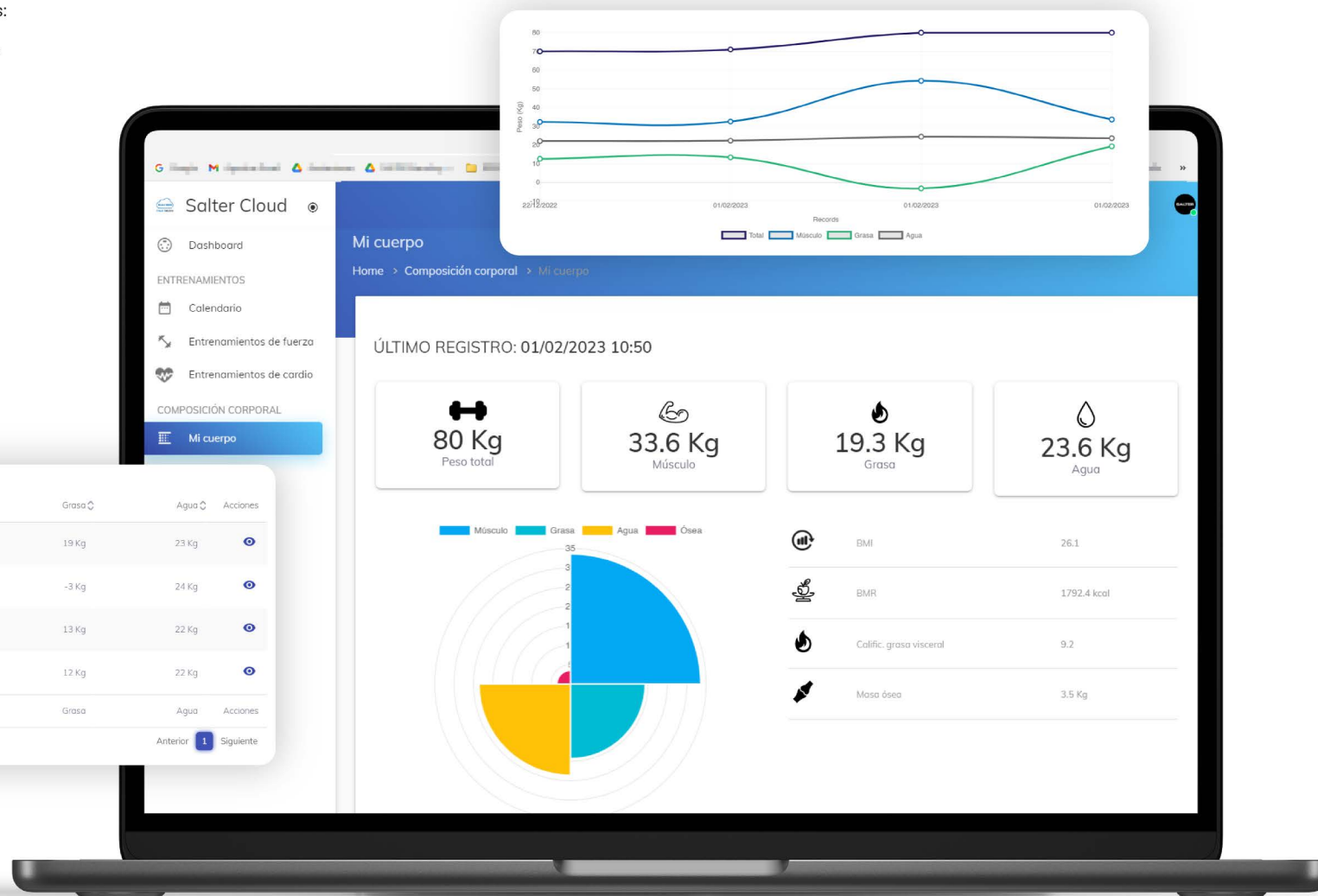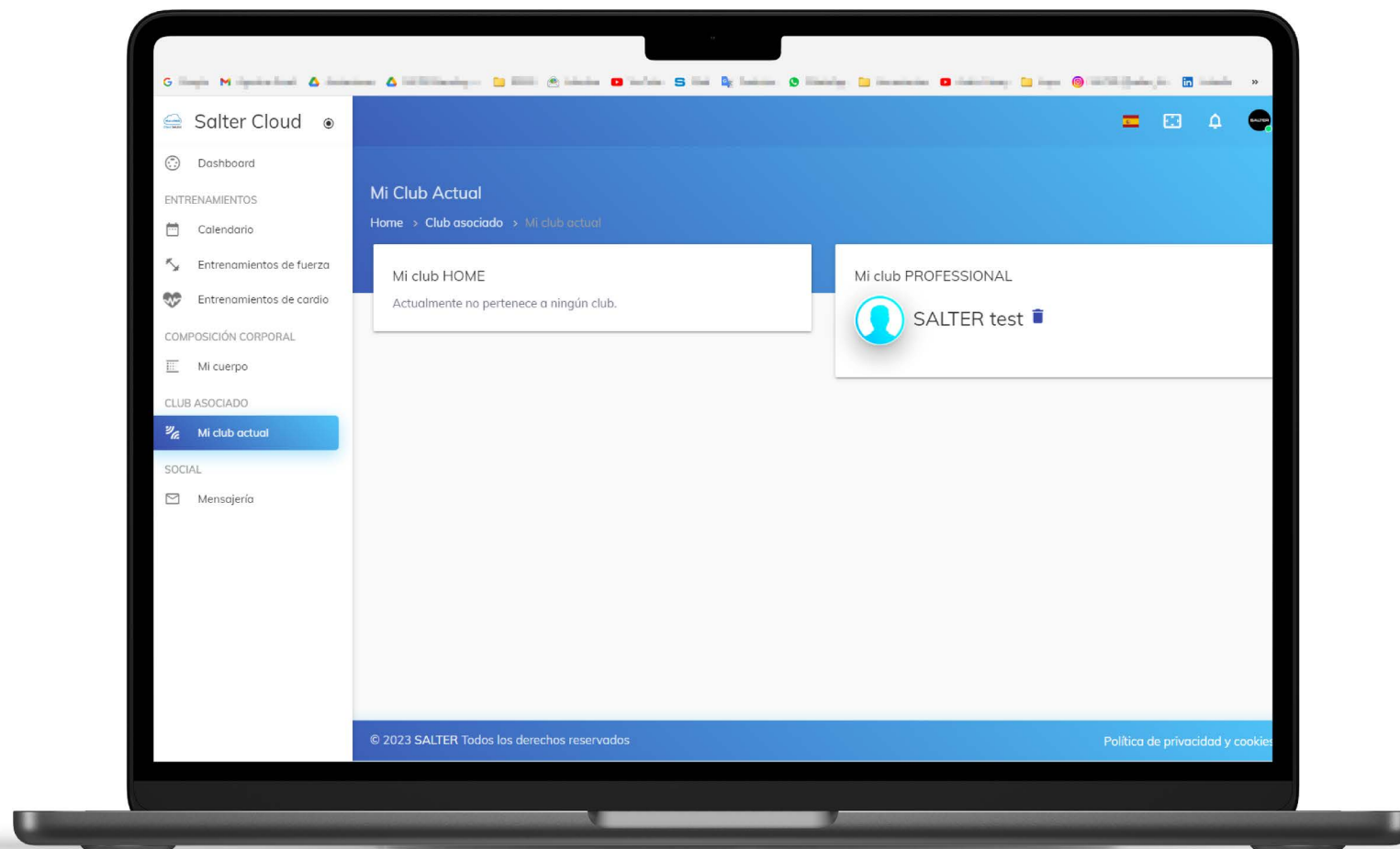
> Below is a list of the weighings carried out.

To access one and see all the parameters, click on the eye icon.

My Current Club

> Here you can see the club you currently belong to and you can decide whether or not to leave it.

Messenger

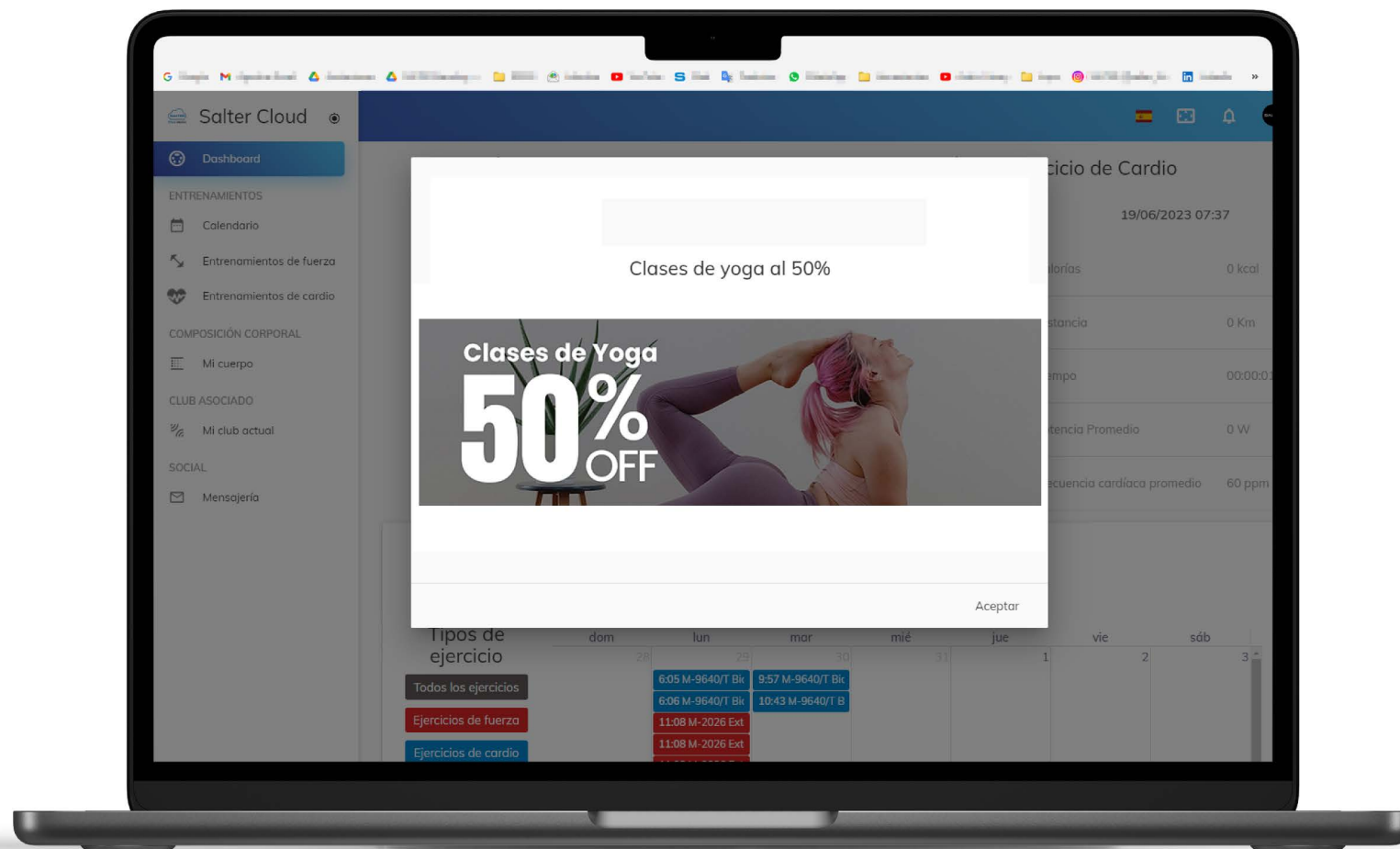> The SALTER CLOUD system has an internal messaging system to communicate members with their club and viceversa.

> To send a message, select the icon at the bottom right and compose the email. The club will be able to send emails only to members registered at SALTER CLOUD.
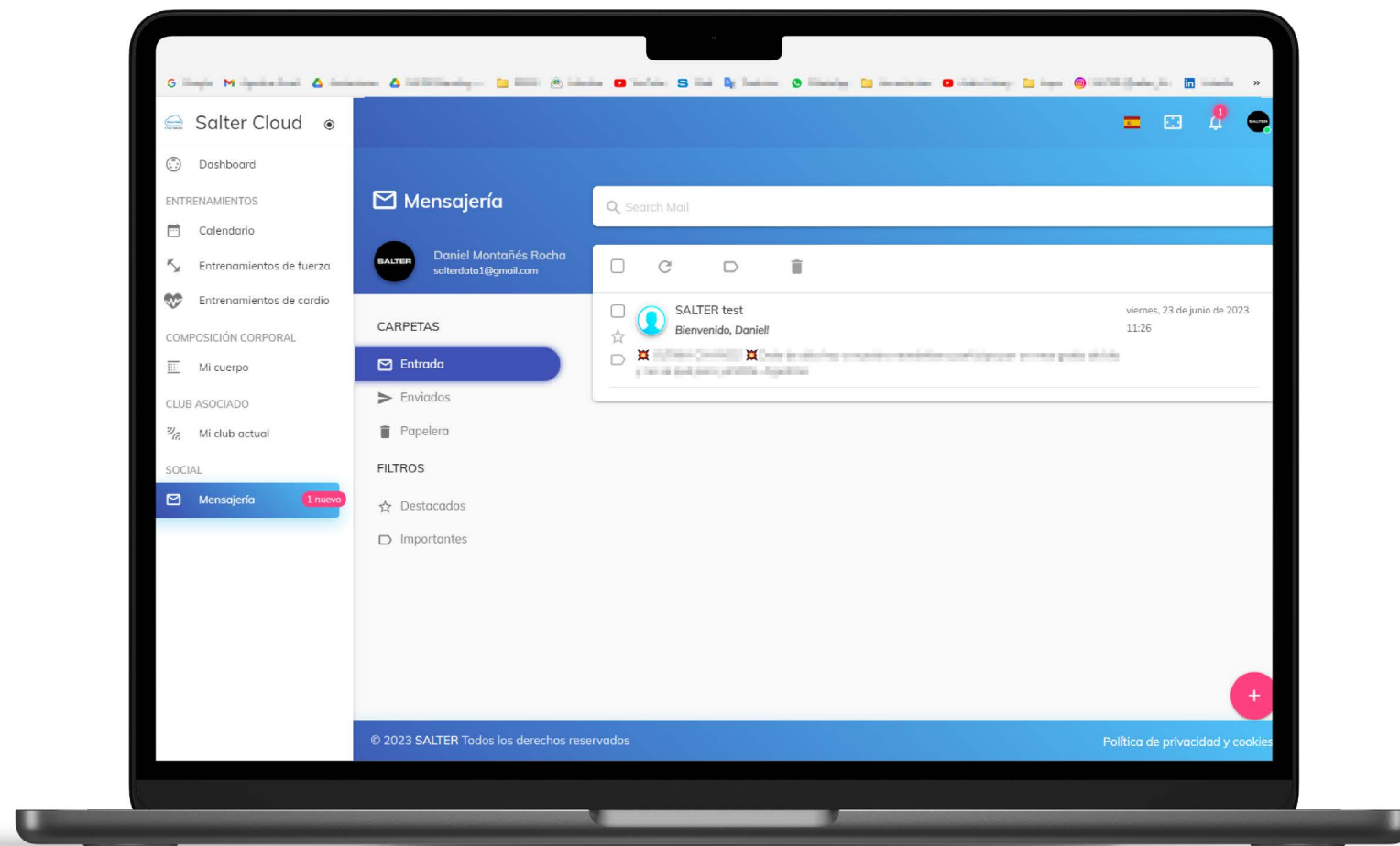
Messenger

> By logging into SALTER CLOUD, the member will be able to receive promotions and announcements from his/her gym.

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