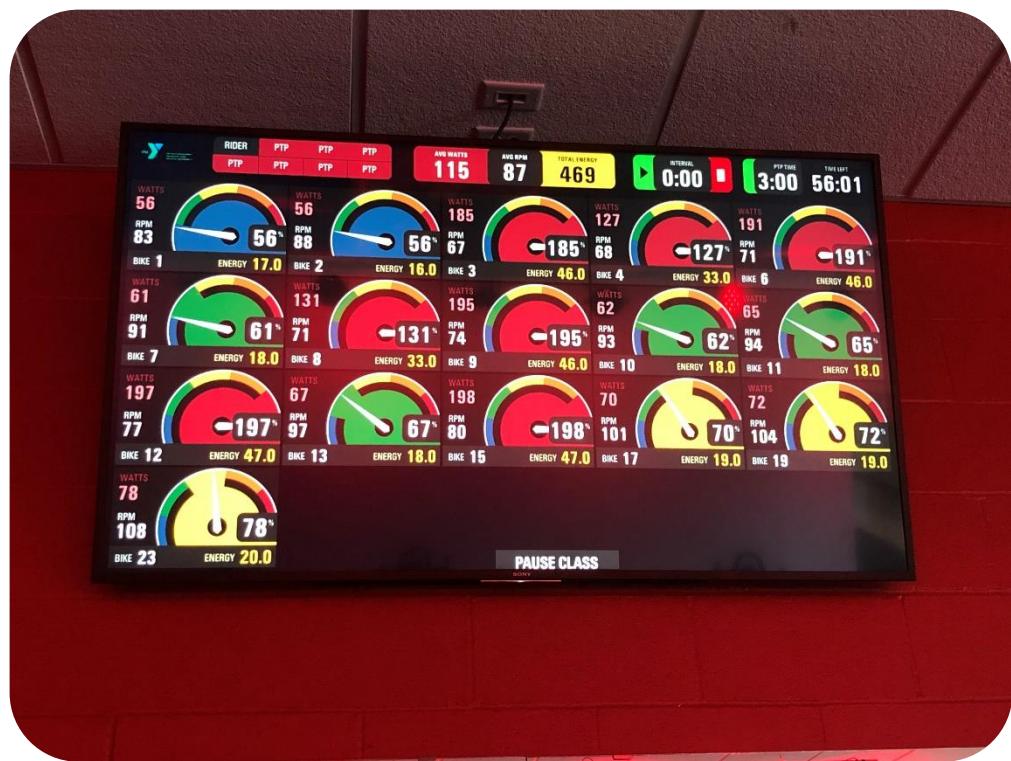




Performance IQ Manual

Policies and features.....	page 2
Creating an account.....	page 3
Reserving a bike.....	page 4
Cancelling a reservation.....	page 6
Viewing your workout stats.....	page 7



Policies

- Bike reservations start one week prior to class
- Reserved bikes that are not claimed will be released 5 minutes prior to class for walk-in participants
- Walk-in spots cannot be guaranteed

PIQ Features

- Personal cycling data (Watts, RPM, Color Coded Zones, and more) displayed on screen in real time.
- Spot Reservation up to a week before class starts
- Email summaries shortly after your workout is done
- Performance history under your profile

Personal Threshold Power (PTP) Test

Personal Threshold 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, riders will spend **three minutes** riding as hard as they can to find their maximum power level. 90% of the Average Power generated during the three-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. This is used as a simplified Functional Threshold Power that usually takes much longer and is not possible to perform in a one-hour class.

Creating an account

Using your smartphone or computer go to <https://www.laxymca.org/groupcycling>

Click on the create a PIQ account button

Create a PIQ account

Fill out your profile information

Profile Information

Location
La Crosse

Email *

Password * Password Confirm *

Min 8 characters

First Name * Last Name *

Fill out your personal information (gender, birthday & weight will be used for accurate performance results) *Your age/weight will not be displayed on screen

Personal Information

Gender * Male Female Screen Name / Alias

BirthDate * Weight

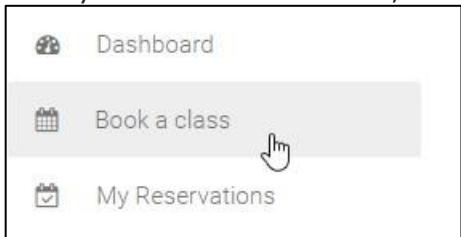
 lb kg

EX: 01-21-1980 (MM-DD-YYYY) ex: 150 lb

By clicking "Create an Account", I agree to the [terms & conditions](#).

Create an Account

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



Reserving a bike

Using your smartphone or computer go to <https://www.laxymca.org/groupcycling>

Select the class you would like to reserve a spot in

La Crosse
1140 Main St, La Crosse, WI 54601
[Get Directions](#)

Instructor class

◀ Prev

SUN 11.24	MON 11.25	TUE 11.26	WED 11.27
	Cycle Interval Jeni 4:00 pm 60 mins. 		

If not logged in already, you will be prompted to login.

Location

Email

Password

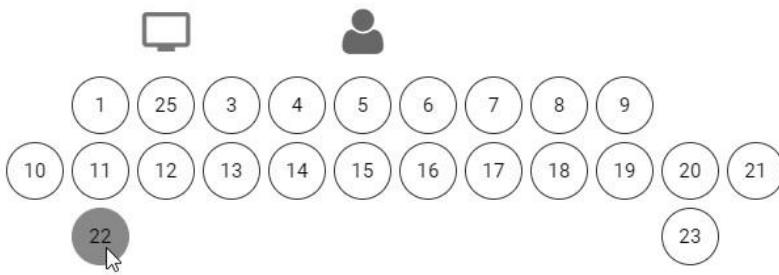
[Forgot Password?](#)

Login

The class you selected will lead you to a layout of the room. Bikes that are already reserved will be grayed out. Select the location of your choice to make your reservation.

“Spot Reserved” will appear when you have successfully chosen your bike.

Spot Reserved



Cancelling a reservation

Once logged in, you can always access your PIQ account on the top right corner of the cycling schedule.

[Back to my account](#)

From your account you can access everything listed below.

 **Dashboard**

 Book a class

 My Reservations

 My Workout Stats

 My Challenges

 My Profile

 Logout

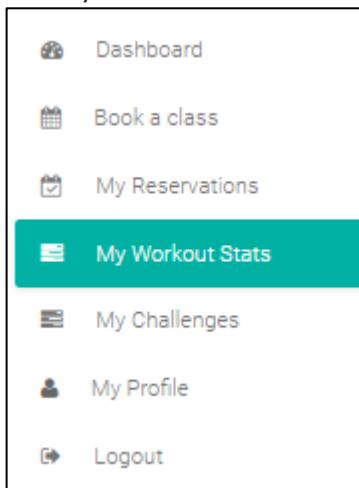
Navigate to "my reservations" to see a list of all past/future classes you have registered for.

Any class in the future will have a "cancel" button. Click this to remove your registration.

CLASS DATE	Location	Class Name	Instructor	Spot Number	Reservation Date	Status	Action
2019-11-25 4:00 PM	La Crosse	Cycle Interval	Jeni L	30	2019-11-19 10:24 AM		
2019-11-25 4:00 PM	La Crosse	Cycle Interval	Jeni L	22	2019-11-19 10:24 AM	Enrolled	 Cancel

My Workout Stats

From your account access the "my workout stats" module.



Select the desired date ranges to view all of your completed workouts and data.

DATE	SPOT	AVG RPM	HIGH RPM	DISTANCE(MILES)	DURATION	RANK			
2019-09-05 2:30 PM	30	74	149	5.9	28:03	1			
2019-09-04 1:30 PM	30	71	126	5.3	33:10	2			