

Connection stability during class

Heart rate drops are usually caused by Bluetooth and mobile OS limits, not PulseGrid alone. This applies to all trackers on Android and iPhone. On Link, members pick Watch / tracker (Apple Watch, Fitbit, Garmin, Wear OS, and similar personal trackers via HypeRate) or Chest strap.

What PulseGrid does

- Auto-reconnect on HypeRate, Pulsoid, and browser Bluetooth when the link drops.
- Foreground resume: returning to the join tab nudges reconnect.
- Offline on board: during class, members stay visible with last heart rate.
- Session sync: the board socket reconnects; the join page buffers heart rate briefly.
- One-tap rejoin: returning members on the same phone can tap Join as [name].

Tell your members

1. Keep the join page open and in the foreground (do not lock the phone or switch apps).
2. Stay in Bluetooth range of the phone, not the studio TV.
3. Keep HypeRate or Pulsoid broadcasting on the phone.
4. Use Chrome (Android) or Safari (iPhone), not in-app browsers.
5. Add PulseGrid to the home screen for a quick return if interrupted.

What coaches should say

- Connect before the warm-up.
- Phone in pocket or armband near the body.
- If BPM pauses, check the join page is still open; PulseGrid reconnects automatically.
- Brief Offline on the board is normal; live BPM should return in range.
- Athletes showing Offline still count toward auto-start headcount.



Member setup

Share with class



Join link

Members scan here