



Join your first class

Under a minute · Phone + HypeRate · Free for members

Your trainer shares a group code or join link. You need your phone (Chrome on Android or Safari on iPhone). For Apple Watch, Fitbit, Garmin, Wear OS and similar personal trackers, pair in free time. For chest straps, pair in free time on Android.

Three steps

1. Class: open the join link or enter the group code. Tap Scan trainer QR code.
2. You: confirm your auto board name (tap New name for another). Age and gender are optional.
3. Link: pick Watch / tracker (Apple Watch, Fitbit, Garmin...) or Chest strap. Enter your code.
4. Tap the tick icon, then Join the class. Keep this page open.
5. Stuck? Tap Tips or Help in the top corner.

Screen · Live during class

% Live on board

142

BPM. Keep this screen in the foreground

1 Do not switch apps mid-class

Screen · Join page

Group code

% PULSE

Board name · Iron Titan (New name)

[Open HypeRate] ID % ' ' [Join class]

1 Group code from trainer

2 Broadcast in HypeRate first

3 Tick icon, then Join the class

Screen · HypeRate app

app.hyperate.io/1234

Heart rate broadcasting ON

1 Copy ID from home screen

2 Live BPM must show first



Scan to join
pulsegrid.club/join
Stuck? Other connection options appear on the join page if HypeRate does not connect. Full guide: pulsegrid.club/member-setup · Help: pulsegrid.club/help