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Join a class from your phone

[PulseGrid member guide](#) · [heart rate classes](#)



Scan to open the join page

Use your phone camera or QR scanner. You must join on a mobile
— laptops and desktops cannot connect heart rate here.

pulsegrid.club/join

Free for members · No account · No payment

Before you start

PulseGrid shows your live heart rate on the studio board during class. You join from your phone in three quick steps: Class (code or QR), You (auto board name and stats), then Link. On Link, pick Watch / tracker or Chest strap. Watch / tracker covers Apple Watch, Fitbit, Garmin, Wear OS, and similar personal trackers via free HypeRate. Chest straps use browser Bluetooth on Android Chrome, or HypeRate on iPhone. Members never pay to join.

What you need

- A mobile phone (iPhone or Android). Laptops and tablets usually will not work.
- Safari on iPhone, or Chrome on Android.
- Your trainer's group code or join link.
- Free HypeRate app for watches and most trackers (see next pages).
- Internet on your phone during class.

What you do not need

- A PulseGrid account or paid app.
- Your real name on the board. We assign a fun alter-ego instead (tap New name for another).
- Payment. Class join is always free for participants.

Tip: If your trainer shares a link in Instagram, WhatsApp, or email, open it in Safari or Chrome — not inside the in-app browser.



Full online setup guide

Step-by-step help, device cards, and troubleshooting — always up to date on the web.

pulsegrid.club/member-setup

How to join class

Follow the steps in order on the join page. Most people connect in under a minute. Tips and Help in the top corner open a device walkthrough or the full setup guide.

1. Class: open your trainer's join link or enter the group code. Tap Scan trainer QR if you have a QR code.
2. Returning on the same phone? After the group code, tap Join as [your name].
3. You: confirm your auto board name (tap New name for another), then enter age and weight.
4. Link: pick Watch / tracker (Apple Watch, Fitbit, Garmin, Wear OS...) or Chest strap. For watches and personal trackers, tap Open HypeRate (or Get HypeRate on the App Store / Google Play). Start broadcasting, paste your code from app.hyperate.io/YOUR-ID.
5. Fitbit and other personal trackers use the Watch / tracker path: connect the device in HypeRate first, then paste your HypeRate code on PulseGrid.
6. Tap the tick icon. You should see "Heart rate received".
7. Tap Join the class. Keep the join page open and in the foreground for the whole class.
8. If HypeRate fails, Pulsoid or Browser Bluetooth appear automatically as backup options.
9. If heart rate stops, tap Reconnect tracker on the live screen.



Open join page

Bookmark this on your phone home screen for faster access next time.

pulsegrid.club/join

HypeRate (recommended for watches and personal trackers)

HypeRate is the easiest way to join with Apple Watch, Fitbit, Wear OS, Garmin, Polar watches, and similar personal trackers (and chest straps when needed). On the Link step, choose Watch / tracker. PulseGrid checks whether HypeRate is already on your phone and shows Open HypeRate or Get HypeRate on the App Store / Google Play. Connect your tracker, start broadcasting, then paste your ID below the button.

1. On the Link step, tap Open HypeRate (or Get HypeRate if you need to install — App Store on iPhone, Google Play on Android).
2. Connect your tracker and start broadcasting — live BPM must show on the home screen.
3. Copy your ID from app.hyperate.io/YOUR-ID under your heart rate (not a middle segment from an / animation/... link).
4. Back on PulseGrid: paste your code, tap the tick icon, then Join the class.

Tip: If the tick check says "connected but no heart rate", your code is probably wrong. Use the home-screen code, not the animation widget URL.



HypeRate iOS

App Store



HypeRate Android

Google Play

Pulsoid (backup)

If HypeRate is not available, use the free Pulsoid app to broadcast heart rate. On the join page choose Pulsoid app and tap Sign in with Pulsoid.

1. Install Pulsoid and start heart rate broadcasting.
2. On PulseGrid join, choose Pulsoid app.
3. Tap Sign in with Pulsoid and approve access.
4. Tap Connect with Pulsoid.



Get Pulsoid

Free heart rate broadcast app for iOS and Android.

pulsoid.net

Browser Bluetooth (chest straps)

If you have a Bluetooth chest strap and do not want an extra app, choose Browser Bluetooth on the join page. This works best in Chrome (Android) or Safari (iPhone).

- Examples: Polar H10, Garmin HRM-Pro, Wahoo TICKR.
- Wet the strap contacts and wear it snugly.
- On the join page choose Browser Bluetooth, tap Connect, pick your strap.

Watches and Fitbit usually need HypeRate or Pulsoid first. Chest straps are the most reliable browser Bluetooth option.

Apple Watch

Use HypeRate on your iPhone or Apple Watch. Connect your watch in HypeRate, copy your ID, paste it on the PulseGrid join page. No separate relay app required.

1. Install HypeRate from the App Store.
2. Pair your Apple Watch in HypeRate and start broadcasting.
3. Copy your ID from app.hyperate.io/YOUR-ID on the home screen.
4. On PulseGrid join in Safari: paste your code, tap the tick icon, then Join the class.



HypeRate for Apple Watch

Free app — works with Apple Watch and 200+ devices.

apps.apple.com/gb/app/hyperate/id1537526153

Android phone & Wear OS watch

Install HypeRate on your phone or Wear OS watch. Use Chrome on your phone for the PulseGrid join page.

1. Install HypeRate from Google Play.
2. Connect your watch or strap in HypeRate and start broadcasting.
3. Copy your ID from app.hyperate.io/YOUR-ID or Session ID on Wear OS.
4. Open join in Chrome, paste your code, tap the tick icon, then Join the class.



HypeRate for Android

Google Play — Wear OS, Garmin, Polar, Fitbit, and more.

play.google.com/store/apps/details?id=io.hyperate.hyperateandroid

Fitbit trackers

Fitbit is a Watch / tracker path. Best option: connect your Fitbit in the HypeRate app, then use your HypeRate ID on PulseGrid. HypeRate bridges many Fitbit models that do not work in the browser.

Fitbit Charge 6, Pixel Watch or Google Fitbit Air

May also work via browser Bluetooth: on the tracker enable HR on equipment, tap Share, then choose Browser Bluetooth on join. See Google's official guide for steps.



Google Health — share HR with apps

Setup for Charge 6, Pixel Watch, and Google Fitbit Air.

support.google.com/googlehealth/answer/14236705

Other Fitbit models

- Use HypeRate on your phone (recommended).
- Borrow a Bluetooth chest strap (Polar H10, Garmin HRM, Wahoo TICKR).
- Ask your trainer if the gym has spare chest straps.

Troubleshooting

"This page only works on a mobile phone"

You opened join on a laptop or desktop. Scan the join QR code on this guide, or ask your trainer for the link on your phone.

HypeRate or Pulsoid not connecting

- Confirm heart rate is broadcasting in HypeRate before you connect on PulseGrid.
- Use the ID from app.hyperate.io/YOUR-ID on the HypeRate home screen — not an animation widget link.
- Tap the tick icon on the join page first. You should see "Heart rate received" before you join.
- For Pulsoid, sign in again if your token expired.
- Backup options (Pulsoid, Browser Bluetooth) appear automatically if HypeRate fails.

Browser Bluetooth not available

Use Chrome on Android or Safari on iPhone. Open the link in your main browser — not Instagram, Facebook, or email in-app browsers.

Heart rate stops on the board

Keep the PulseGrid join tab visible and in the foreground. Switching apps or locking your screen can pause the feed. Add PulseGrid to your home screen: Safari !' Share !' Add to Home Screen; Chrome !' menu !' Add to Home screen.

Wrong group code

Ask your trainer for the code in their console. Codes are not case-sensitive.

During & after class

- Connect before the warm-up so you appear when class starts.
- Only your alter-ego name and initials show on the board. You stay anonymous.
- Add an optional email on the join page if you want a class summary from your trainer.
- When class ends, your recap is saved on the same phone. Open Your history anytime.



Your history
Past classes



Help & support
FAQ & contact

Need more help?

Your trainer can help with group codes and studio setup. For technical issues, visit the help page or ask your gym to contact PulseGrid support.

Trainers run the class from the studio console — not this guide. If you are a coach, see pulsegrid.club/onboarding for setup.