

Group code: YOUR CODE · Members join free at the link below. You control class from the trainer console; display the live board on a TV or projector.

Before your first class

1. Complete signup (Flex or Premium). Verify owner email and set your account.
2. Open the trainer console and sign in with email and password.
3. Optionally set a 4–8 digit studio PIN for the shared iPad.
4. Share the join link or QR with your class (not your password).
5. Open the board on your TV; open the console on your iPad or laptop.

During class

1. Invite: confirm members appear on the board.
2. Start class: tap Start, schedule a time, auto-start on first join, or when enough members are present.
3. If BPM pauses: members stay Offline on board; PulseGrid auto-reconnects when they return.
4. Adjust target zones or launch a sprint.

End class: roster saves for reports.

Customise

- Branding & colours (Premium)
- Heart-rate zone thresholds

Automatic start

- Session challenges & rewards
- Schedule a start time or auto-start when enough athletes have heart rate.
- Email/PDF reports after class (Flex+)
- Guide: pulsegrid.club/docs/guidance-scheduling.md
- Member setup one-pager to hand out



Console



Board



Member join

Screen · Trainer console

Group code · share join QR

[Invite] [Start class]

Zones · blue / green / orange / red

Challenges & rewards (optional)

- 1 Share join link with members
- 2 Password unlocks console

Screen · Live board (TV)

Athlete tiles · live BPM & zones

Session timer · class challenge banner

- 1 Open /board full screen on TV

Setup wizard: pulsegrid.club/onboarding?group=YOUR%20CODE · Help: pulsegrid.club/help