

# Getting the most out of PerformancelQ at BodyCycle

To get the most out of PerformancelQ you need to enter some specific details into the My Stats section of our website.

1. Got to our website: <http://bodycycle.com.au/>
2. Log into your account at the top right of the homepage
3. Go to **track results**, then select **my stats**
4. You will be prompted with the My Stats login screen.
5. On this screen, login again with your BodyCycle account details (they may already be populated). *This secondary login is required to log in to your My Stats account. This is the log in screen:*

bodycycle **NOW OPEN** Welcome, Andrew  
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Please sign in to your account: [Create New Account](#)

Email

Password

[contact](#) [faqs](#) [careers](#) [press](#) [terms](#) [privacy](#) Phone: 61 455 99 BODY (2639)  
Email: [info@bodycycle.com.au](mailto:info@bodycycle.com.au)

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5. The first time you login to **My Stats** you will be required to enter details including your name, date of birth, gender and weight. This is the key information used to calculate your calories burned in each BodyCycle class.

Don't worry, none of this information is publicly displayed during class (or anywhere else!). You are also required to enter in an alias – this is the name (or nickname) that will appear on any leaderboards that may be published on our website. *This is a screen shot.*

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**In order to start using MyStats we'll require additional information to allow proper calibration of your stats.**

Private Details

First Name:

Last Name:

Date of Birth:

Weight:  kg

Gender:

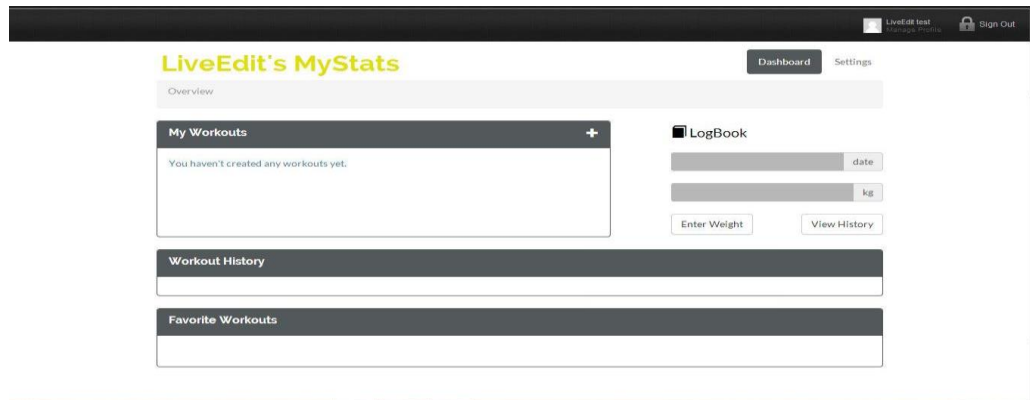
Public Details

Alias:

\*The alias is what will be displayed on leaderboards rather than your real name. This is to ensure your privacy.

6. You will then be taken to the My Stats Dashboard. *Note that this will remain blank until stats are uploaded from your subsequent classes (after setting up your My Stats account).* This is where you can track your progress over time, as you do more BodyCycle classes. *You will then receive an email from [bodycycle.liveeditaurora.com](mailto:bodycycle.liveeditaurora.com) confirming your My Stats account has been set up.*

*This is how My Stats will appear after you set up your account.* Under **Logbook** you can also choose to enter your weight at certain dates to track this data over time as well.



## Pairing your ANT+ Heart Rate Strap

You can pair your ANT+ heart rate strap with the PerformanceIQ system so that heart rate data is included in My Stats and your post-workout email. Please arrive 10 minutes before your next class and we will be happy to pair it for you. Note that whilst a Polar heart rate strap will display data on your BodyCycle bike computer, only a paired ANT+ strap will upload data to MyStats.

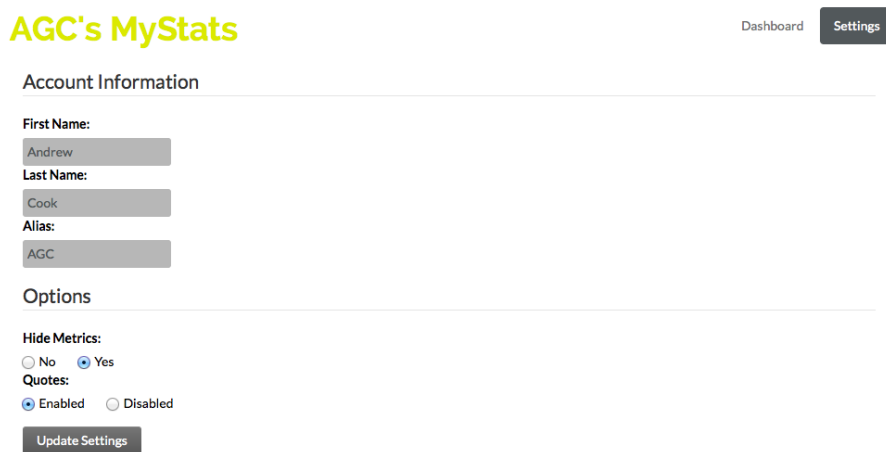
If you prefer not to appear on the PerformanceIQ displays during class, you can choose to opt out.

**After logging into My Stats** (instructions as above)

1. Go to **Settings**
2. Under **Options** and **Hide Metrics** select **Yes**

Note, you can choose to change this at any time by selecting **No**. If you select **No** your data will reappear on the displays during class.

Note that you will continue to receive an email after every class summarising your results, even if you choose **Hide Metrics**. See *the screenshot for further details*:



**AGC's MyStats** Dashboard Settings

Account Information

First Name:  
Andrew

Last Name:  
Cook

Alias:  
AGC

Options

Hide Metrics:  
 No  Yes

Quotes:  
 Enabled  Disabled

Update Settings

## Troubleshooting

If you experience a problem with your Stats not appearing please email [info@bodycycle.com.au](mailto:info@bodycycle.com.au) and we can reset your account.