Qinaro

User Guide

Effort beats output. · Version 1.0 · July 2026

What is Qinaro?

Qinaro is a fitness game where **effort beats output**. Your score measures how hard a session was *for you* — your heart rate against your own baseline — not pace, distance, or anyone else's numbers. An all-out first 5K can outscore a pro's easy 20K. You compete in weekly leagues matched on **commitment, not fitness**.

Getting started

- **No account, no card, no ads.** Open the app and you're in.
- On first launch, calibrate your effort model: set your **age** (Qinaro estimates your max heart rate from it) and optionally your **resting heart rate**. Not sure? Leave it — a wearable will sharpen it later.
- Tap **Start training**. Your effort model becomes truly yours from workout one.

The four tabs

Tab	What it's for
🏆 **League**	Your weekly leaderboard, rank, and promotion race
🔥 **Train**	Record a workout and watch your effort score live
🎁 **Rewards**	Readiness, Season Pass XP, discover leagues, invites
👤 **You**	Stats, history, body calibration, settings & privacy

Recording a workout (Train)

1. Check **Today's readiness** — Qinaro forecasts how recovered you are and suggests a target effort (the tier tagged **TODAY**). You can override it any time; tap **Use suggested** to go back.
2. Pick your **sport** and **target effort** (Easy · Moderate · Hard · All-out), then hit **Start**.
3. During the session you'll see your live score, elapsed time, and heart rate. Outdoor sports record your **GPS route** (a chip shows GPS status — if it says "GPS off", tap it to enable location in Settings).
4. Tap **Finish & score**. Your effort is scored, saved on your phone, and counted toward your league.

You never lose a workout. Qinaro snapshots live sessions every few seconds — if the app crashes or your phone dies mid-run, you'll be offered the recovered workout on next launch. Workouts save locally first and sync to the cloud when you're online (a banner on the You tab shows anything still waiting, tap it to retry).

Your effort score

Every workout gets a score from **0–100**, built from three parts you'll see under **"Why this score"**:

- **Cardiovascular strain** — time spent with your heart working
- **Hard for you** — intensity relative to *your* body, not a generic chart
- **Sustained effort** — how long you held it

Pushing while under-recovered earns a bonus — an easy day when you're depleted still scores high. Every score carries a **Proof of Effort** badge: **Biometric-verified** (wearable heart rate), **Motion estimate**, or **Unverified**. Connect Apple Watch or Oura to verify big efforts — only verified and motion scores count toward leagues.

Leagues: the weekly game

- You're placed in a league of ~30 people matched on **commitment, not ability**.
- Six tiers: 🥉 **Bronze** → 🥈 **Silver** → 🥇 **Gold** → 🔷 **Platinum** → 💎 **Diamond** → 🔥 **Apex**.
- Every point of effort you score this week adds to your tally. **Results land Sunday night**: the top of the table promotes a tier, the bottom drops.
- Your standing card shows where you sit: **PROMOTION ZONE**, **HOLDING**, or **RELEGATION ZONE** — with cutoff lines drawn right on the leaderboard.
- Train on consecutive days to grow your **streak** 🔥.

Replay your journey

After outdoor workouts (run, ride, walk, hike, row), tap **Replay your journey** on the result screen to watch your route **painted by effort** — blue for easy through flame for your hardest push. The flashing **YOUR CRUX** banner marks your peak segment (that's where the app gets its name). Play, pause, scrub, speed up (1x/2x/4x), read the AI-written story of your effort, and check your per-kilometre splits — including the ⚡ **negative split** tag when you finish stronger than you started.

Rewards

- **Today's readiness** — a 0–100 recovery score with a suggested target effort, from your resting HR, HRV, sleep, and recent training load.
- **Season Pass** — every point of effort is 1 XP. Level up toward rewards; beginners level as fast as athletes.
- **Discover leagues** — join sponsored and community challenges (like Nike Effort Week or the Oura Recovery Challenge) alongside your main league.
- **Invite & earn** — share your personal invite link and track who joined.

Sharing highlights

From any result screen, share a highlight card straight to **WhatsApp Status, Instagram Reels, TikTok, or Facebook**. Free players get **one highlight share per week**; Qinaro Pro removes the limit.

Qinaro Pro

$9.99/month (localized pricing where available). Billed monthly, cancel anytime, and everything free stays free — recording, scoring, leagues, history, and export never move behind the paywall.

- **Unlimited highlights** — share every effort (free players get one a week)
- **Keeps Qinaro ad-free** — no ads, no data sold; Pro is how the app stays independent

Already subscribed on another device? Tap **Restore purchases** on the Pro screen.

Your data & privacy

- Workouts and routes live **on your phone**. Nothing is shared unless you share it.

- Location is used **only while you train**, and released the moment you finish.
- **Delete all my data** (You tab → Settings) permanently wipes every workout, route, and setting from the phone — no undo.
- Full details: Privacy Policy · Terms of Use

Troubleshooting

Problem	Fix
"GPS off" chip while training	Tap the chip → enable Location for Qinaro in iOS Settings
Score says "Simulated"	Connect Apple Watch or Oura so scores are biometric-verified
Workout shows "waiting to sync"	You were offline — tap the sync banner on the You tab to retry
App closed mid-workout	Reopen Qinaro — you'll be prompted to save the recovered session

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