

INSTRUCTION MANUAL OF iCONSOLE+ Mobile application



Support devices:

- Support iOS devices:

- iPod touch (5th generation)
- iPod touch (4th generation)
- iPod touch (3rd generation)
- iPhone 5
- iPhone 4S
- iPhone 4
- iPhone 3GS
- iPad Mini
- New iPad
- iPad 2
- iPad

- Support Android devices:

- Android tablet OS 4.0 or above
- Android tablet resolution 1280X800 pixels
- Android phone OS 2.2 or above
- Android phone resolution 800X480 pixels

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

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[Installation]

1. Search [iConsole+] in Google Play store or APP store, and install to your mobile device.
2. Or use following QR code to install App to your personal mobile device.

(* C for Android tablet ; D for Android phone)



3. Or in iOS system, when user connect personal mobile device to fitness console via Bluetooth, system will automatically ask user to install iConsole+ APP.

After install successfully, you can see below icon on your mobile device.



[Connect Fitness console with APP]

1. iOS system:

In SETTING mode, turn on Bluetooth and scan for ID (i.e. iConsole XXX), and pair the device. (Initial password is 0000)

2. Android system:

Start iConsole + and press icon  to Scan for devices, select ID (i.e. iConsole XXX) and pair the device.(Initial password is 0000)

Note: Device ID could be found on the rear housing.

[Setting]

Before start workout, please set up machine and personal information in SETTING.

A. Preset Metric or English

B. Preset Machine type



Tablet



Phone

C. Set up personal information in My Profile

Click  to set up information.

Press [Done] to complete setting procedure.

User may also take photo or choose from album to put on the profile.

[Information]

Press  to look up workout record.



Tablet



Phone

[Training]

Press  to go into Training page, user can select **【Quick start】**、**【Program】**、**【HRC】**、**【Watt】** functions.



Tablet



Phone

1. PROGRAM

1.1. Press  to enter **【Program】**. There are 12 Programs for user's selection



Tablet



Phone

1.2. Select preferred program and press [START] to start workout. Resistance level can be changed during workout by pulling profile up or down.



Tablet



Phone

1.3. After Start, TIME begins to count up from 0:00. When RPM >15, DISTANCE & CALORIES will start to count up. System will adjust resistance level automatically based on PROGRAM PROFILE.



Tablet



Phone

2. Quick Start

If user select quick start, it will start program automatically. Resistance level can be changed by pulling the bar in profile area up or down.



Tablet



Phone

3. H.R.C

In H.R.C., user may select 55%, 65%, 75% and set up Target HR by Custom to start workout. If user select Custom mode, system will calculate your Max. BPM automatically according to AGE. For example, user -32 years old and select 55% mode, user H.R Value: $(220-AGE)*55\%=103.4\text{BPM}$.



When RPM >15, DISTANCE & CALORIES will start to count up. System will adjust resistance level automatically based on your current HR to achieve Target HR value.

If TIME counts down to 0 from preset value, console will stop and alarm for 8 seconds. TIME setting range: 1~99 minutes



Tablet



Phone

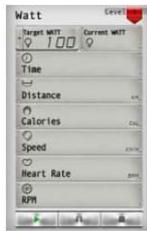


4. WATT

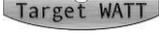
Press  to enter **Watt** mode.



Tablet



Phone

In WATT mode, if press  without setting, start workout directly, preset value 100. User may press  to During workout, system will adjust resistance level automatically based on RPM to achieve Target WATT value. Range: 10W~350W.



Tablet



Phone

If TIME counts down to 0 from preset value, console will stop and alarm for 8 seconds.

When the actual display value exceed preset value 50%, console will beeps to remind and it will force to stop in 30s. At the same time, WATT return to preset value.

5. Finish workout

Press  to stop workout in each mode. iConsole+ will show the workout summary. User may share the workout summary information to Facebook, Twitter.

*** Wifi and Facebook, Twitter account log in is necessary.



Tablet



Phone

[Button Function]



Start workout.



In workout values window, if you found this icon, you may set up target value before start workout.



Setting wheel, user can set workout time.



Stop workout.



Pause workout.



In WATT mode, you may scroll in WATT window to set up target watt.

Back to Training page.

[Warning]

When APP did not detect heartbeat signal, it will show following to ask user to hold both hands on the handgrip (or wear chest strap).



Tablet



Phone

[Gym Center – iRoute+]

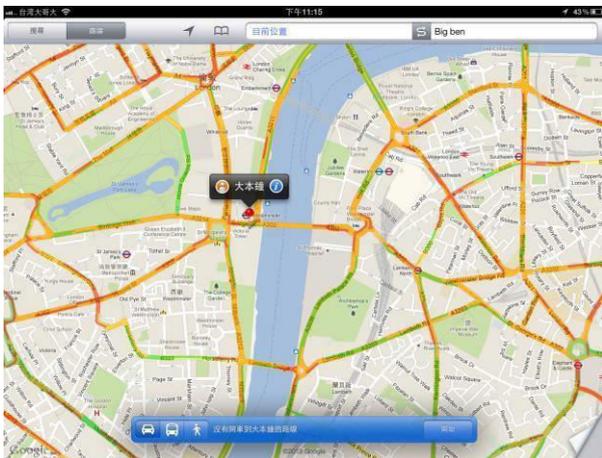
1. Internet connection is necessary for iRoute+

1-1 Search for route by input Start position.



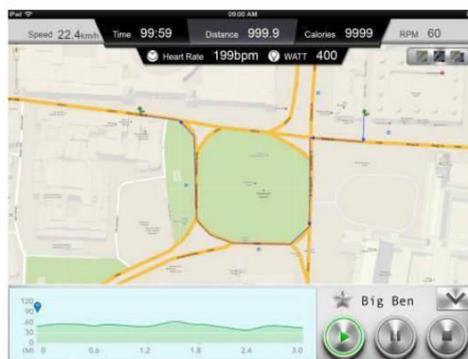
1-2 Zoom in our zoom out by finger to selection position.

1-3 Select Start point by pressing on the map (show green pin).



1-4 Select Stop point by pressing on the map (show red pin).

1-5 Once the route is selected, iRoute+ will show the planned route and resistance profile, user may press  to start workout and press **25 KM GO** to enter training page.



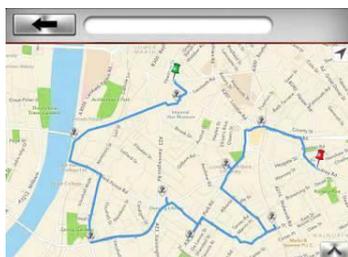
User can press  to add the selected route to **【May Favorite】** .

1-6 Stop exercise by pressing  . User may press  again to review workout result. Press to return to **【Training】** page.



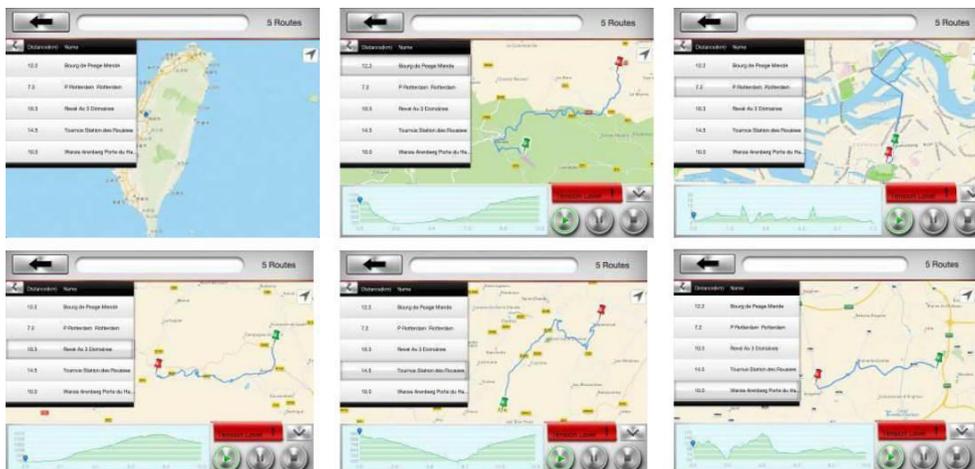
2. i-Route multiple turning points

Method: Firstly set Start and End location. Then get the first turning point by one click. You can totally set 8 turning points. System will plan the route again after your setting.



3. My Favorites

There are built-in 5 preset routes. User can choose one route on left list and the selected route will be shown in the right side. After selecting route, press  to start.



4. Map My Fitness

4.1. Create MMF Account:

If you did not have MapMyFitness (MMF) account, MMF function is not available.



Go to My Profile, You can see following picture then click “MapMyFitness”.



System will link to MMF website User can create an account with Facebook or MapMyFitness account. After editing personal data, user can launch account.



Please go back to this page again, and click “MapMyFitness”. System will link to the following page, and press [Authorize].



Please go back to Personal setting page, and found “MapMyFitness” icon turn to “RED”. Your MMF account is setting

4.2. Work out with MMF route.

After having a MMF account, your “MapMyFitness” is available now.



Input site name, and system will start to search MMF routes suggestions. For example, input "Taipei 101".system will search the MMF server and show the routes on the left list.

User can select the route and press  to start.

