

*circle*  
FITNESS

*Stay Young*

# **Owner's Manual**

**B6 S**

**Upright Bike**

**Display Type:**

**8 inch Touch Screen**






## SUPPLEMENT DESCRIPTIONS OF B6 S

### Specifications





Electrical Specifications	
Power Requirement	100-240V±10 50/60Hz
Display Type	8 inch touch screen with 1 LED

### Hardware kit & Tools

Please verify the hardware kit list as shown below.

STEP 4	M8 x 20 mm Screw (1 PC) Standard version: Zinc coated USA version: Black nickel coated	M8 x 65 mm Screws (2 PCS) Standard version: Black dipped USA version: Black nickel coated	M8 Curve Washers (2 PCS)
			
STEP 5	M4 x 12 mm Screws (2 PCS)		M4 x 20 mm Screws (2 PCS)
			

Please verify the tools list as shown below.

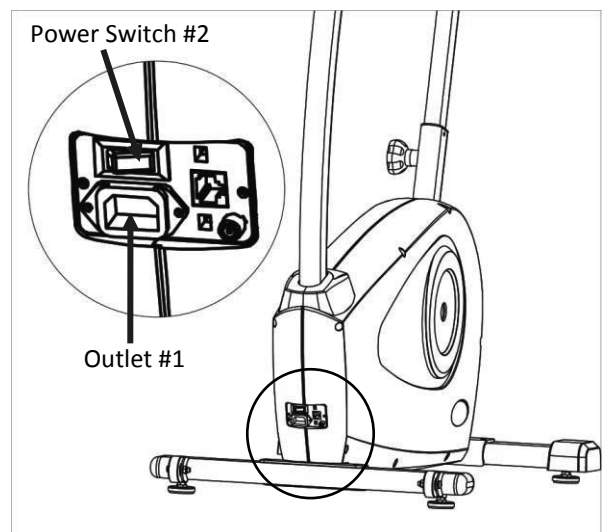
Allen Wrench (6mm) 	Combination Wrench (M15/M15) 	Power Cord 	Owner's Manual 
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### Power Cord Connection and Powering On

Connect the power cord to the **outlet #1** which is located at the front bottom side of the equipment.

Power the equipment on by plugging it into an appropriate wall outlet, then turn on the **power switch #2**.

When the power is turned on, display will light for a short time.



**SUPPLEMENT DESCRIPTIONS OF B6 S (CONTINUED)**

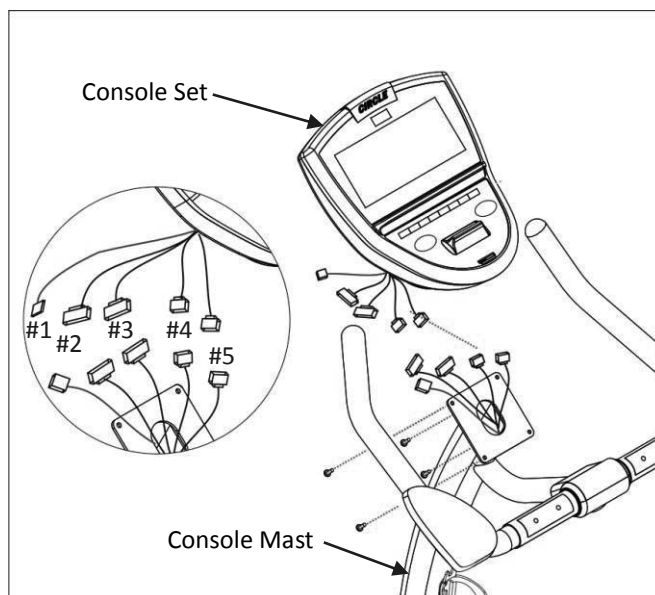
F835719-000-00 B-6000C1 11008

**Assembly****Step 6: Assembly console with handle bar post.**

Connect the **Connectors (#1, #2, #3, #4, #5)** from the **Console Mast** to the corresponding connectors located in the **Console Set**.

- \***Connectors #1:** Grounding wire (green).
- \***Connectors #2 & #3:** Network wire and power wire.
- \***Connectors #4 & #5:** Heart Rate wires.

**WARNING:** Ensure that the console wires do not become pinched or crushed as you lower the console mast to the main frame. Pinched or crushed console wires will result in shorting conditions and machine damage.



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## SAFETY PRECAUTIONS

### Dear Customer,

Thank you for your purchasing our products. This product has been designed and manufactured for studio use, even though we go to great efforts to ensure the quality of each product, occasional error, and/or omissions do occur. In any event should you find this product to be defective or missing parts please contact us.

**IMPORTANT: Read all instructions and warnings before assembly and operation.**

- Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this bike trainer, stop the workout at once.
- Always use this exerciser on a clear and level surface. Do not use outdoors or near water.
- Don't insert any object into any openings.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Advice to replace defective components immediately and keep the equipment out of use until repair.
- This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- Consult your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.
- **Warning:** incorrect/ excessive training can cause health injuries. Stop using the home exerciser when feeling uncomfortable.
- **Warning:** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- **Warning:** injuries to health may result from incorrect or excessive training

# SAFETY PRECAUTIONS

## **CONSULT A PHYSICIAN IMMEDIATELY**

Warning: before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury damage sustained by or through the use of this product.

## **How often you exercise:**

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

## **How hard you exercise:**

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system.

Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

## **How long you exercise:**

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

## **Care and Maintenance**

- The commercial exerciser should not be used or stored in a moist area because of possible corrosion.
- Check at least every 4 weeks that all connecting elements are tightly fitted and in good condition.
- In case of repair please ask your dealer for advice.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Only use original spare parts for repair.
- Use a damp cloth to clean the commercial exerciser and avoid the use of aggressive detergents when cleaning the bike.
- After exercising, immediately wipe off the sweat; perspiration can ruin the appearance and proper function of the commercial exerciser.
- A warning notice to the effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points.
- Special attention to components most susceptible to wear.
- Always check before use and maintain regularly to make sure the safety of the equipment.
- Be careful and check the easily wearing components like the bearing of the pedals to prevent dangers. MAX.
- MAX. user weight: 135 kg (297 lbs )

## TECHNICAL SPECIFICATIONS

### **SPECIFICATIONS:**

Length: 108.5 cm

Width: 69.7 cm

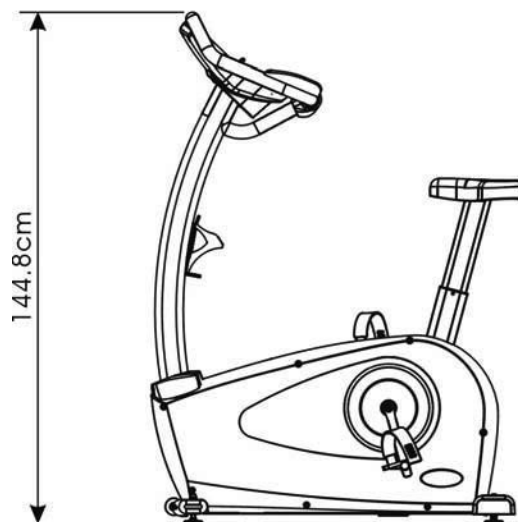
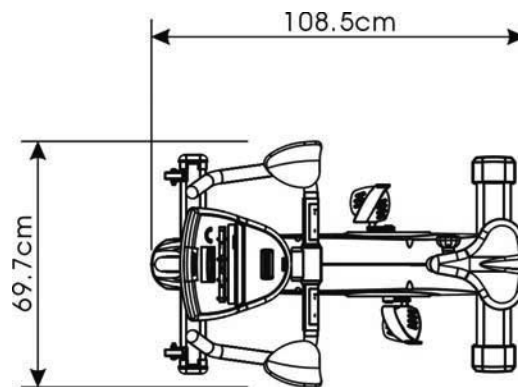
Weight of product: 51.5 kgs (113.3 lbs)

Program : 6 preset programs , Fitness Test ,HRC\*4

Standard features: 8\*16dot matrix HR receive

Resistance System : EMS(Eddy Current Magnet System)

Power source : Built-in generator & rechargeable battery 12V-1.2AH



# UNPACKING & ASSEMBLY

## Parts



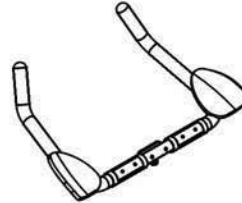
Main frame / 1pc

#2-1



Console upright Tube / 1pc

#4-9



Handlebar X 1pc

#4-16



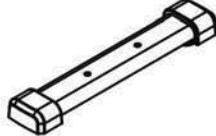
Console set X 1pc

#4-1



Front stabilizer X 1pc

#4-2



Rear stabilizer X 1pc

#4-7



Pedal set X 1set

#4-8



#4-6



Upright tube cover, right / left x1 set

#4-5



#4-12



#4-13








Arms cover x1 set




# UNPACKING & ASSEMBLY

## Hardware kit


Step4	M8*20mm #4-3  X 1 (handlebar)	M8*65mm #4-10  X 2 (handlebar)	M8 curve #4-11  X 2 (handlebar)
Steps5	#4-17 M4*12mm  X 2 (Arms cover)	#4-14 M4*20mm  X 2 (Arms cover)	

Allen wrench  
(6mm)



X 1

M15/M15



X 1

# UNPACKING & ASSEMBLY

Unpacking your bike where will be using it. Being careful not to damage. Place your bike on a level flat surface. It is recommended that you place a protective covering on your floor.

## Step1: assembly Front 、 Rear Stabilizer with main frame.

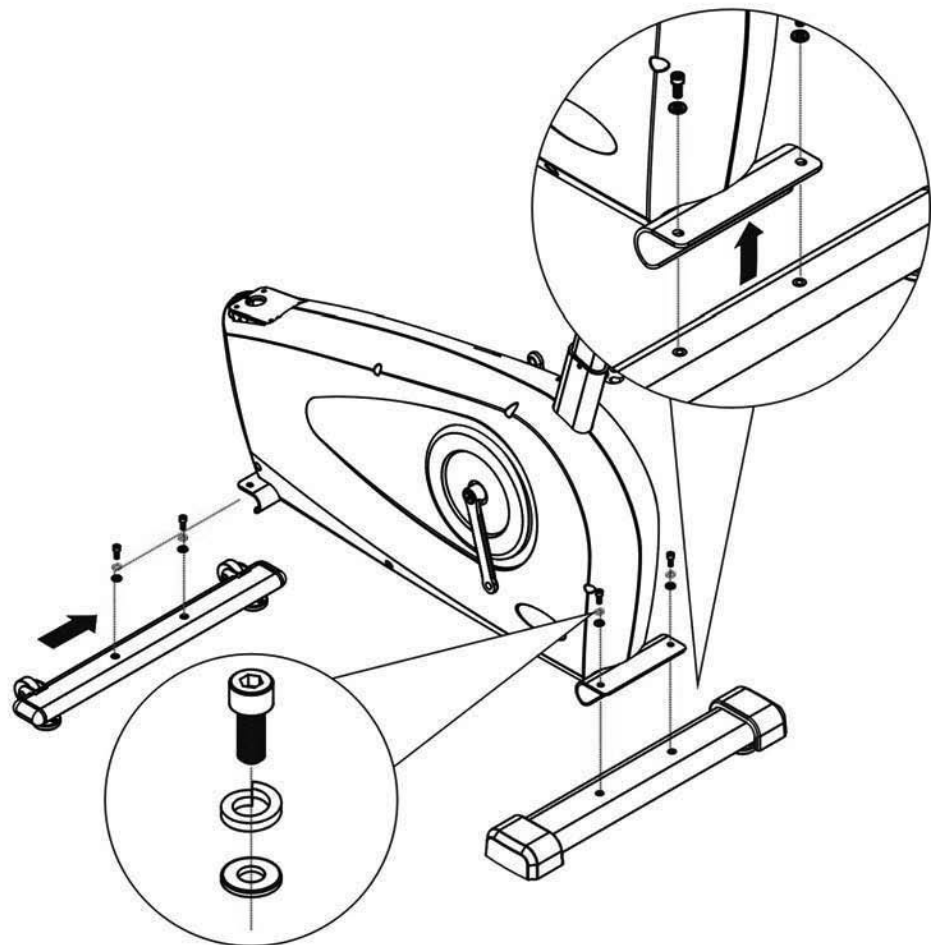
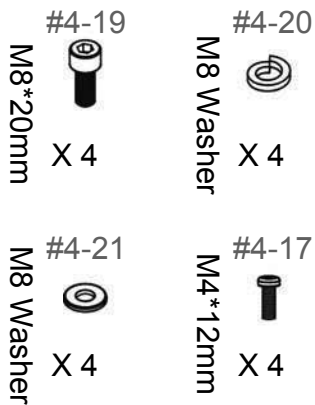
- 1).Using 2pcs M8\*20mm screw 、 S Washer and Washer , fixing front stabilizer with main frame.
- 2).Using 2pcs M8\*20mm screw 、 S Washer and washer , fixing rear stabilizer with main frame.



X1



X1



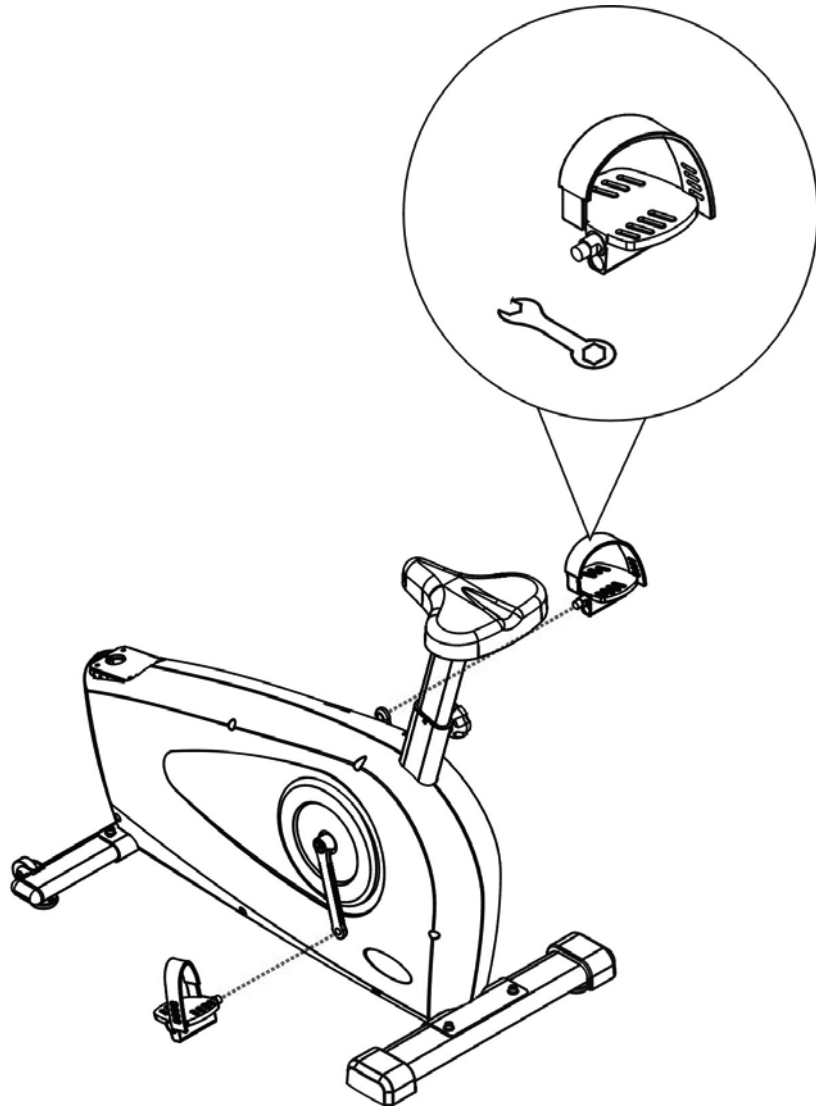
## UNPACKING & ASSEMBLY

### Step2: Assembly pedal set with crank.

1).Using wrench, fixing pedal set with crank set.



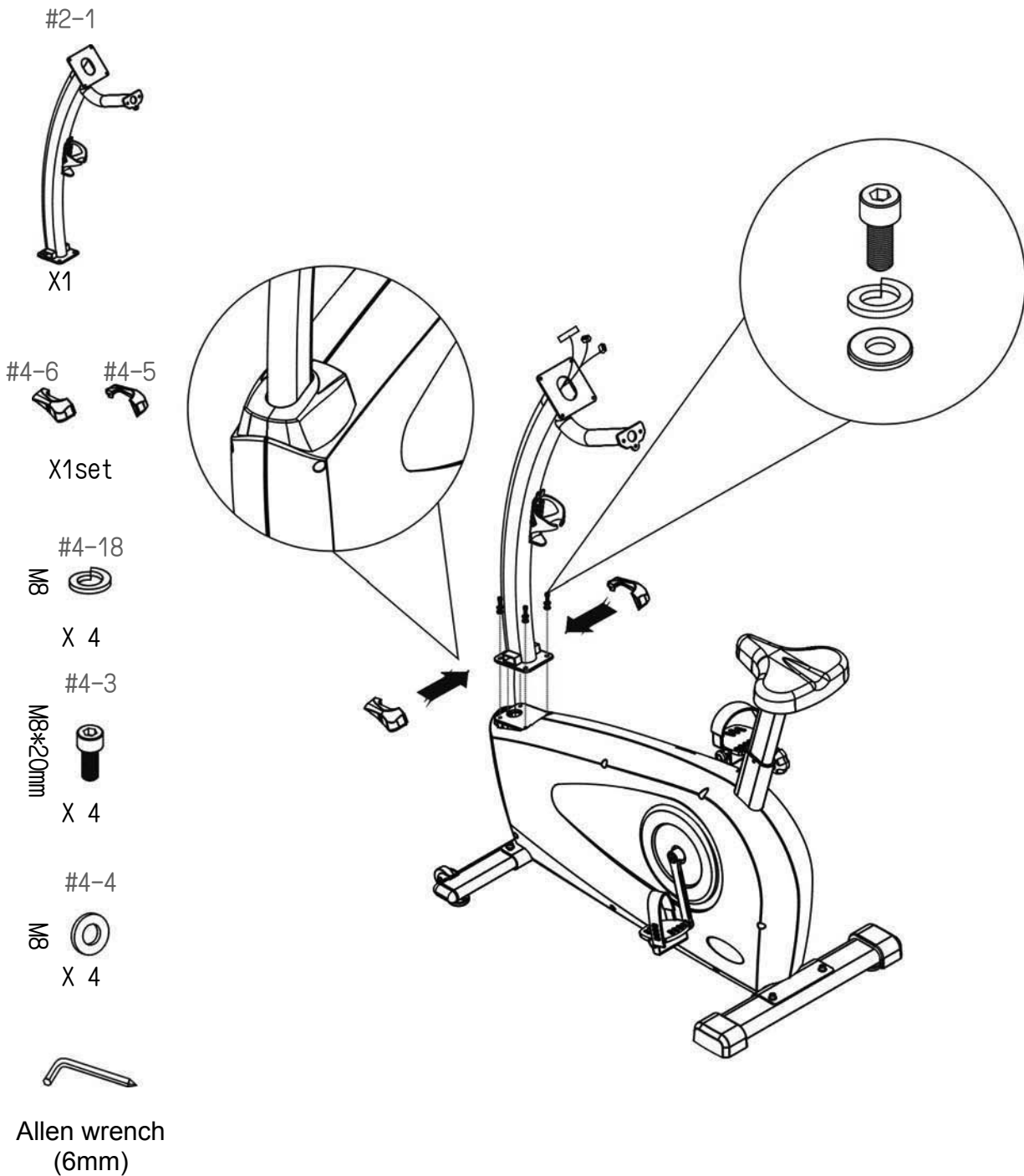
X1 set



# UNPACKING & ASSEMBLY

## Step3: Assembly console mast with main frame

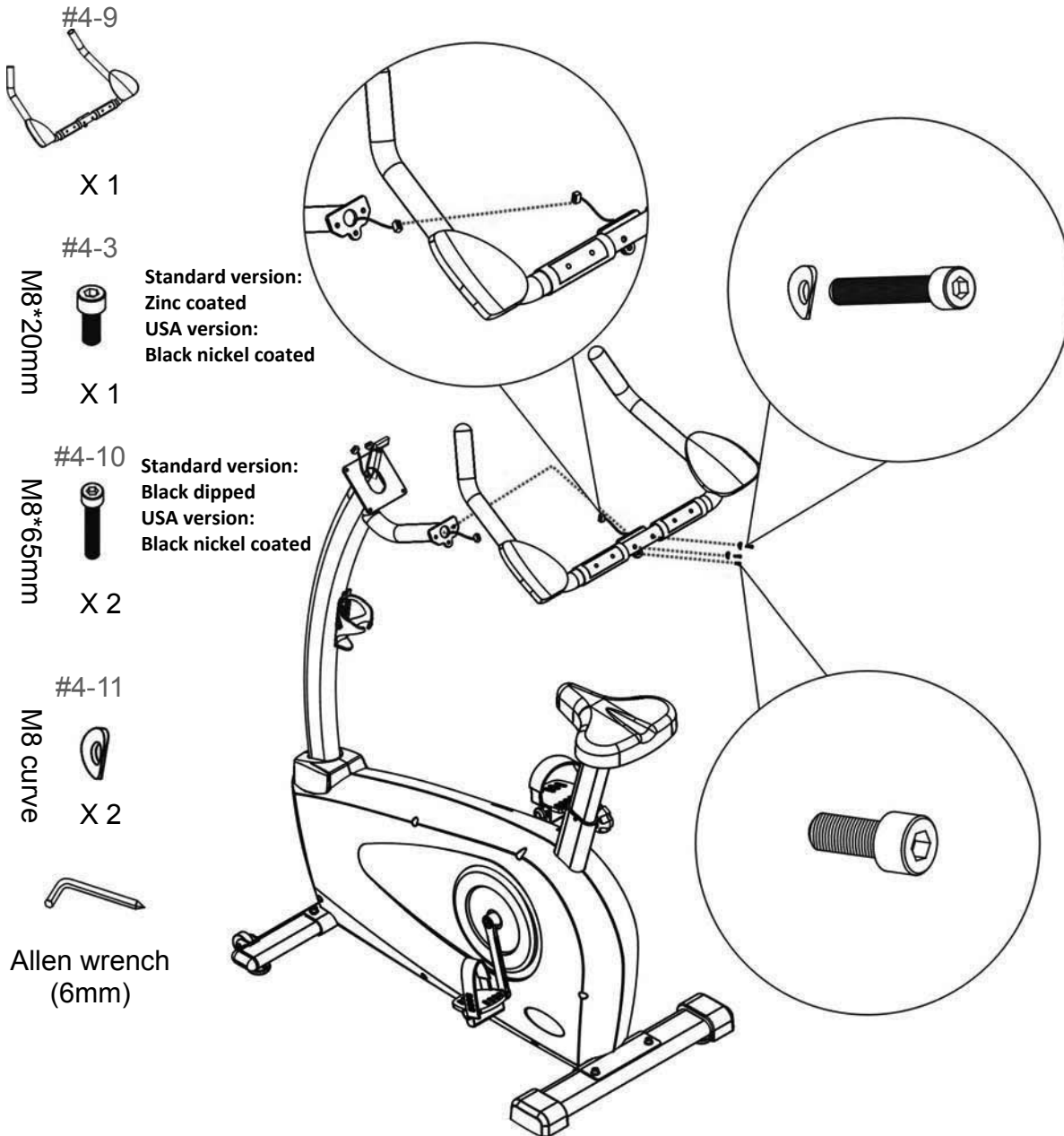
- 1).put handle bar post into main frame , connected upper console wire and lower console wire.
- 2).Using 4pcs of M8\*20mm screw , washer and S washer , fixing handle bar post and main frame.
- 3).Put left and right upright tube cover into main frame.



# UNPACKING & ASSEMBLY

## Step4: Assembly handle bar set with console mast

1).Put handle bar into handle bar post , Using 1pc of M8\*20mm and 2pcs of M8\*65mm screw , fixing handle bar with handle bar post.



# UNPACKING & ASSEMBLY

## Step5: Assembly arms cover with handle bar.

- 1).Using 2pcs of M4\*12mm and M4\*20mm screw , fixing the arms under cover on the handle bar
- 2).Fixing the armrest cover on the handle bar.

#4-12



X 1

#4-13



X 1

#4-17

M4\*12mm



X 2

#4-14

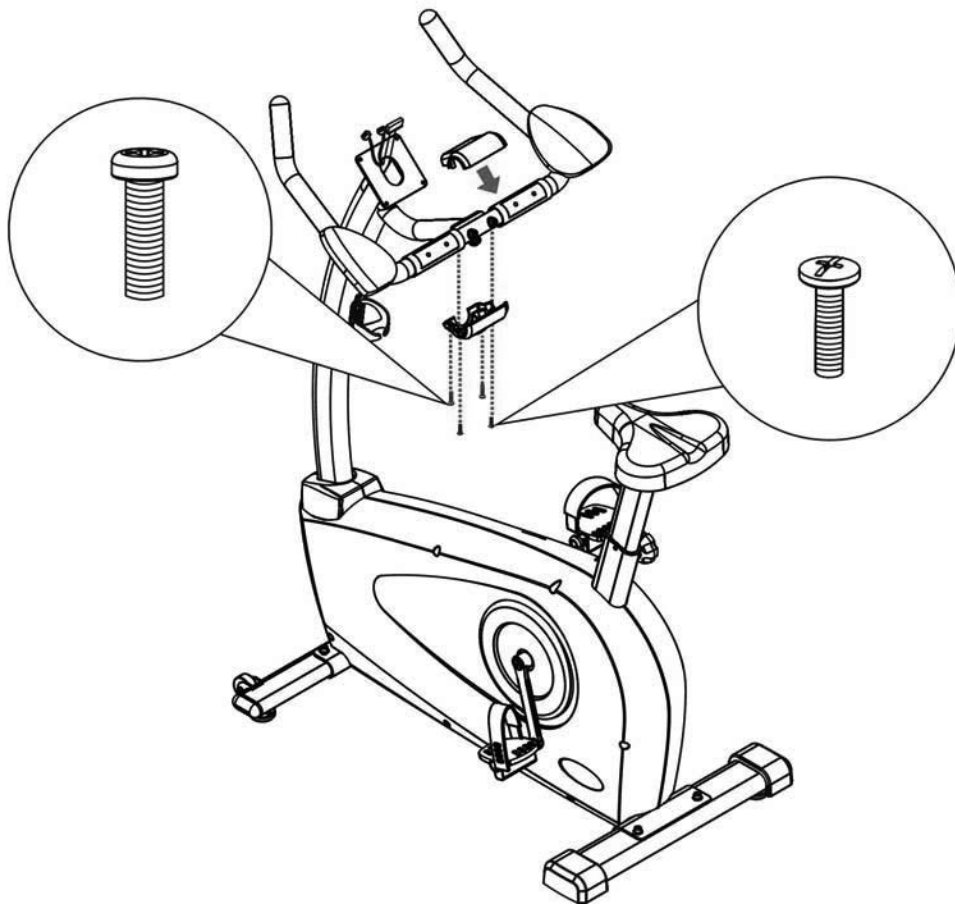
M4\*20mm



X 2



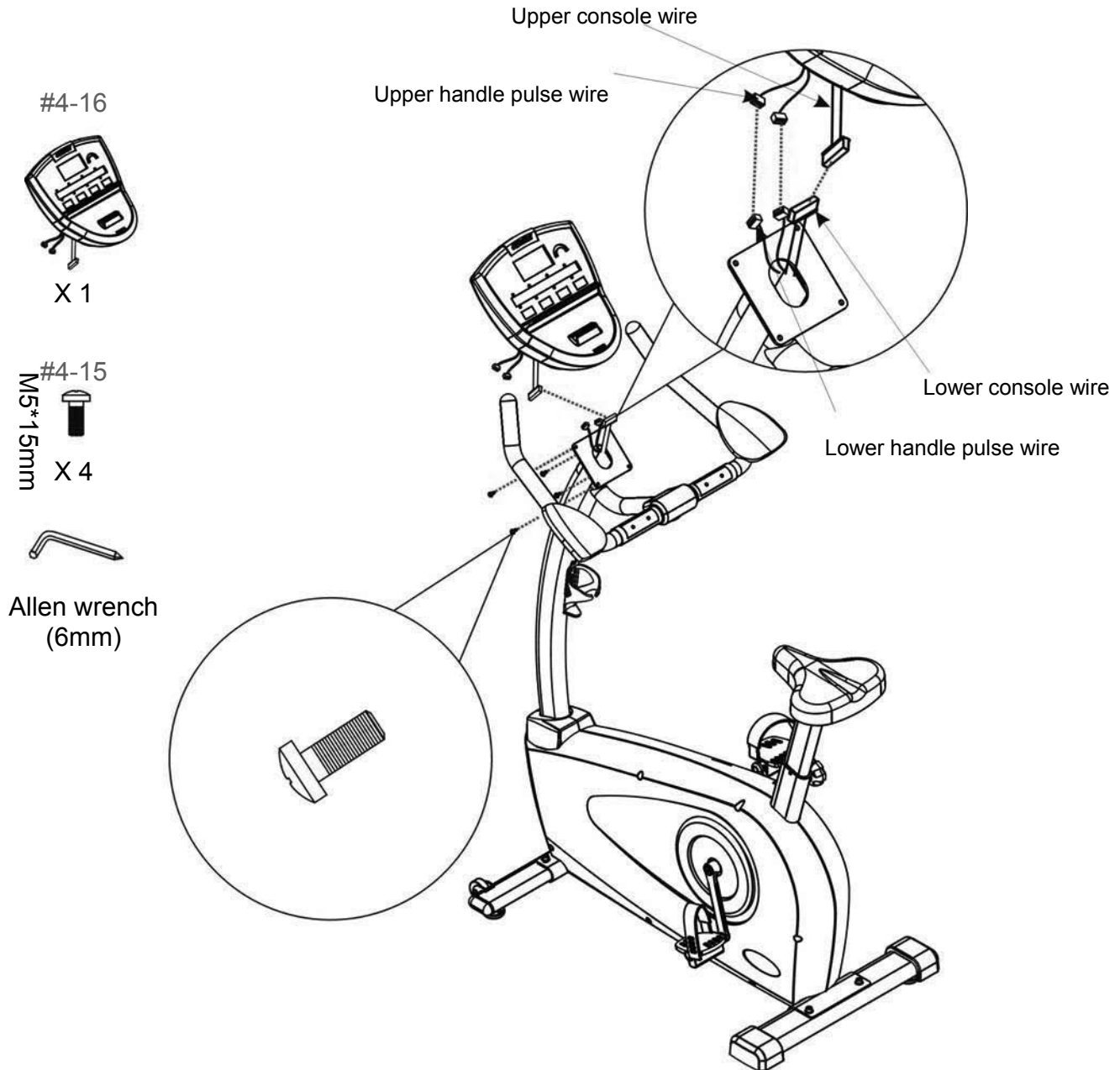
Allen wrench  
(6mm)



# UNPACKING & ASSEMBLY

## Step6: Assembly console with handle bar post

- 1).Put the console into handle bar post , connected upper console wire with lower console wire.
- 2).Using 4pcs of M5\*15mm screw , tighten all screws.



## WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



### **HEAD ROLLS**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count. Repeat this action for several times.



### **SHOULDER LIFTS**

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder. Repeat this action for several times.



### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot up.



### **SIDE STRETCHES**

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



### **CALF/ACHILLES STRETCH**

Step your right foot in front of your body. Lean against a wall with your arms and stretch your left foot backward your body. Bend forwards your right foot, and slightly push your buttock toward to the wall for 15 seconds. Repeat the action with front left foot and rear right foot for another 15 seconds.



### **INNER THIGH STRETCH**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 seconds. Repeat this action 3-5 times.



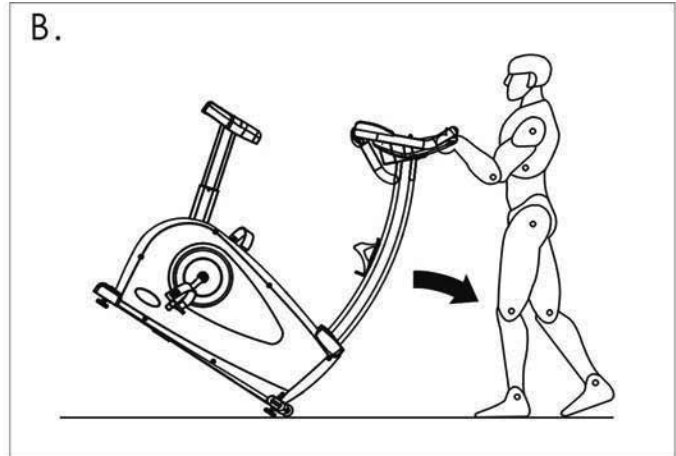
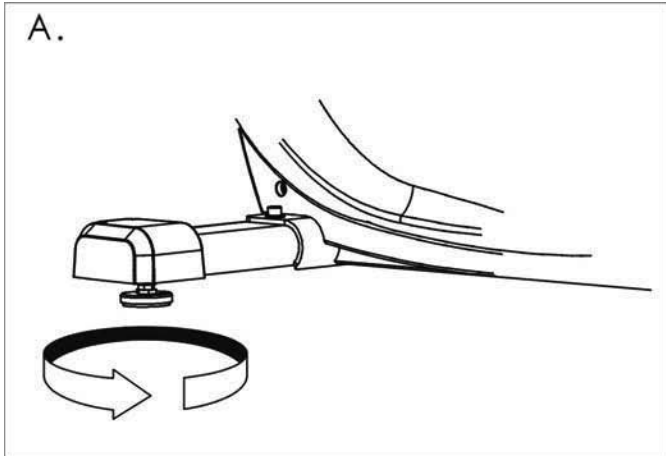
### **HAMSTRING STRETCHES**

Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds. Relax, then repeat the action for left leg.

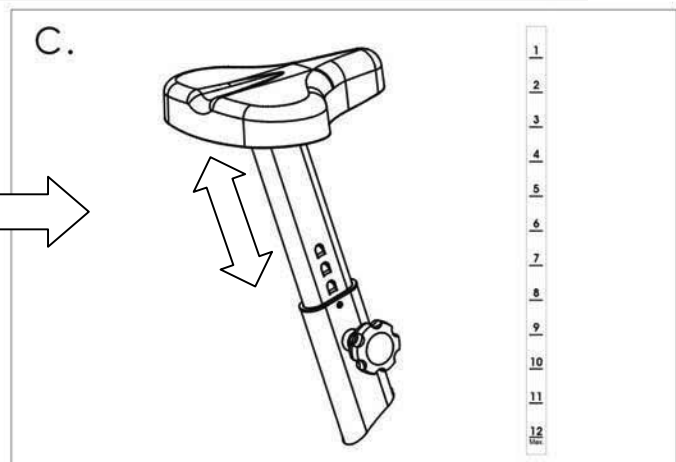
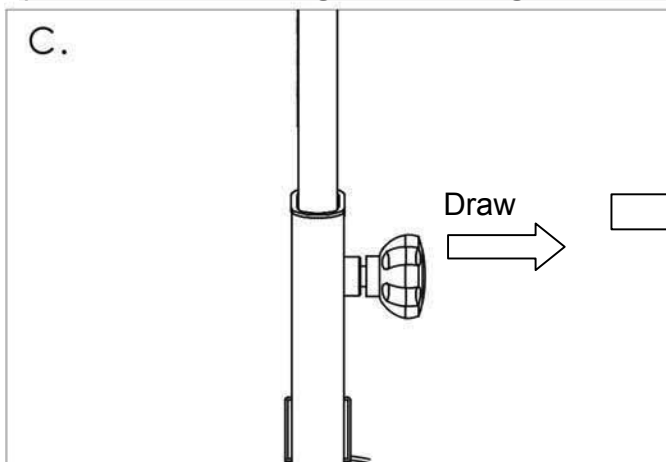


# OPERATION

- A. After assembly, the rear stabilizer can be adjusted to accommodate slightly uneven ground. Turn the adjustment knobs on the ends of the rear foot caps to level the rear stabilizer to the floor.
- B. The transportation wheels on the front foot caps allow for easy manoeuvring. Simply pull back on the handle bars until the wheels touch the floor. Then roll the unit to a desired location.



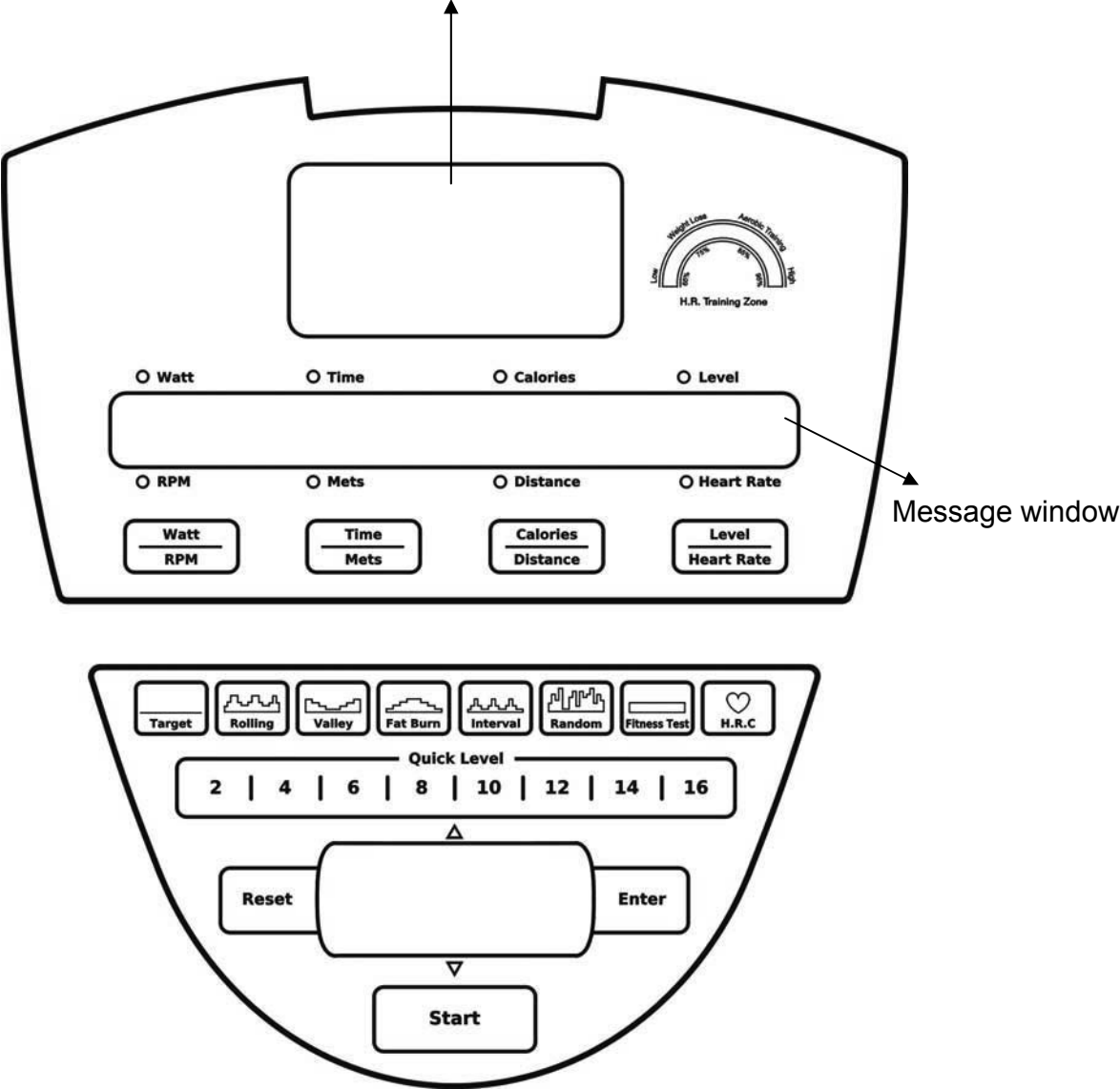
C. According to personal preferences to adjust seat pillars from 1 to 12. Loosen the seat pillar fixed tube. Re-tighten the fixing tube.



# PANEL CONTROL

## Display & Keys

Dot-matrix, display program profiles & message



## PANEL CONTROL

### Display function

Display	Definition
<b>Time</b>	Displays time remaining or total time.
<b>Calories</b>	Displays calories burned.
<b>Heart Rate</b>	Displays hand grip and wireless Heart Rate reading.
<b>Distance</b>	Displays total distance KM/Mi.
<b>RPM</b>	Displays pedaling RPM.
<b>Watts</b>	Displays consuming watt.
<b>Mets</b>	Displays the multiple of rest.
<b>Level</b>	Displays current resistance level L1~L16

※ Calories & Heart Rate for reference only.

### Key function

Key	Function
<b>Start</b>	Quick start or program start.
▲	Adjust workload up. Adjust value when program setting. Select program
▼	Adjust workload down. Adjust value when program setting. Select program
<b>Display</b>	RPM ↔ Watt    Calories ↔ Distance Time ↔ Mets    Level ↔ Heart Rate
<b>Enter</b>	Confirm value entered.
<b>Rest</b>	Reset back to idle mode while pause
<b>Program</b>	Select program directly
<b>Keypad</b>	Set value

# PROGRAM

## PROGRAMS DESCRIPTION

### 1. QUICK START

- 1.1 To pedal over 30 rpm to wake up and initial the system to idle mode, press 『START』 to quick start.
- 1.2 Press shift UP or DOWN to exercise level by 1 level or press quick Level Key to change level.
- 1.3 Stop pedaling will pause the system, stop pedaling over 30 seconds system will auto shut down.

### 2. Target

#### 2.1. Press 『Target』 key to enter the program.

- 2.1.1. Set time : use shift up or down device to set time then press 『ENTER』 to next settings.
- 2.1.2. Set weight: use shift up or down device to set weight then press 『ENTER』 to next settings.
- 2.1.3. Set age: use shift up or down device to set age then press 『ENTER』 to next settings.
- 2.1.4. Set distance: use shift up or down device to set distance then press 『ENTER』 to next settings.
- 2.1.5. Set calories: use shift up or down device to set calories then press 『START』 to begin workout.

#### 2.2. Beginning the workout:

- 2.2.1. If either, Time, Distance and Calories are set the program will count down. Once the preset value reaches 0 the program will end. If no goal is set the program will not end unless manually stopped.

### 3. Preset program :

#### 3.1. There are 5 preset programs, ROLLING, VALLEY, FAT BURN, INTERVAL, RANDOM. Press their own program key to enter the program.

- 3.1.1. Set time : use shift up or down device to set time then press 『ENTER』 to next settings.
- 3.1.2. Set weight: use shift up or down device to set weight then press 『ENTER』 to next settings.
- 3.1.3. Set age: use shift up or down device to set age then press 『ENTER』 to next settings.
- 3.1.4. Set workout level: use shift up or down device to set level 1~5(For RANDOM program will change the profile randomly. Press 『START』 to begin workout.

#### 3.2. Beginning the workout:

- 3.2.1. The resistance level will change automatically according to the program settings, the resistance level will change every 2 minutes per segment if the time is in count up mode, if time is entered during setup then the segment time=set time / 16. You can use any speed or incline key to change speed or incline during your workout.

3.2.2. The program will end when the counter reaches 0.

3.2.3. Preset program profiles:

P1=ROLLING 、 P2=VALLEY 、 P3=FAT BURN 、 P4=INTERVAL 、 P5= RANDOM

P	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	LEVEL 1	4	6	8	8	6	4	4	6	8	8	6	4	4	6	8	6
	LEVEL 2	5	6	8	9	9	8	6	6	7	9	8	7	6	6	7	8
	LEVEL 3	7	8	9	10	10	8	8	6	8	10	10	9	8	6	8	10
	LEVEL4	9	10	11	13	10	8	11	13	10	9	8	10	11	13	10	9
	LEVEL5	11	13	15	15	13	11	11	13	15	15	13	11	11	13	15	12
P2	LEVEL 1	8	8	6	6	4	4	2	2	2	2	4	4	6	6	8	8
	LEVEL 2	9	6	5	4	3	2	2	4	6	6	7	10	10	11	11	12
	LEVEL 3	11	10	10	8	7	6	5	4	3	3	5	5	7	10	10	13
	LEVEL4	13	12	12	10	9	8	6	6	6	7	8	9	10	12	12	14
	LEVEL5	15	15	12	12	10	10	8	8	8	8	10	10	12	12	15	15
P3	LEVEL 1	2	2	4	4	6	6	8	8	8	8	6	6	4	4	2	2
	LEVEL 2	3	5	5	7	8	9	10	10	11	12	10	10	7	6	3	3
	LEVEL 3	5	6	7	7	9	10	10	12	12	12	10	10	8	8	5	5
	LEVEL4	6	6	8	8	11	11	13	14	14	12	10	10	9	8	6	6
	LEVEL5	8	8	10	10	12	12	15	15	15	15	12	12	10	10	8	8
P4	LEVEL 1	2	4	8	4	2	2	4	8	4	2	2	4	8	4	2	2
	LEVEL 2	3	5	8	6	1	1	5	7	6	3	3	3	6	6	4	3
	LEVEL 3	5	7	9	9	6	5	4	4	4	6	7	8	10	8	6	6
	LEVEL4	7	8	10	10	12	12	10	10	8	8	10	12	12	10	8	8
	LEVEL5	8	10	15	10	8	8	10	15	10	8	8	10	15	10	8	8

## PROGRAM

### 4. HRC(Heart Rate Control)

- 4.1. Press 『H.R.C』 key to enter the program.
- 4.2. Set time : use shift up or down device to set time then press 『ENTER』 to next settings.
- 4.3. Set weight: use shift up or down device to set weight then press 『ENTER』 to next settings.
- 4.4. Set age: use shift up or down device to set age then press 『ENTER』 to next settings.
- 4.5. Set workout mode: There are 3 types of HRC mode. 『WEIGHT LOSS MODE』, 『AEROBIC MODE』, 『TARGET MODE』, use shift up or down device to select the desired HRC type then press 『ENTER』 to next settings.
- 4.6. Set target heart rate: use shift up or down device to set Target Heart Rate(WEIGHT LOSS MODE default value=MHR 70%, setting range=MHR 66%~75%. AEROBIC MODE default value=MHR 80%, setting range=MHR 76%~85%, TARGET HEART RATE default value=130, setting range=100~180) then press 『ENTER』 to next settings.
- 4.7. Set begin resistance level: use shift up or down device to set LEVEL then press 『START』 to begin workout.
- 4.8. Beginning the workout:
  - 4.8.1 The program will compare the real time and preset target heart rate every 30 seconds to adjust resistance level until the actual heart rate is reaches with in + or – 5 beats of the preset target heart rate.
  - 4.8.2 During the program, if the actual pulse rate  $\leq$  target workout heart rate minus 5, the resistance level will be increased one level every 30 seconds until the max. level.
  - 4.8.3 During the program, if the actual pulse rate  $\geq$  target workout heart rate plus 5, the resistance level will be decreased one level every 30 seconds until the min. level.
  - 4.8.4 You can use any resistance level key or device to change the resistance level during your workout.
  - 4.8.5 The program will end when the counter reaches 0.

# PROGRAM

## 5. Fitness Test :

5.1. Press 『Fitness Test』 key to enter the program.

5.2. Set weight: use shift up or down device to set weight then press 『ENTER』 to next settings.

5.3. Set age: use shift up or down device to set age then press 『START』 to begin workout.

5.4. Beginning the workout:

5.4.1. There are 10 stages at most, 3 minutes per stage, first stage(0~3 min) the wattage preset value=55W, the preset wattage value from stage 2~10 depend on average heart rate value of first stage, shown as below:

2:01-3:00 AVG. HR Stage	< 80bpm	80-89bpm	90-100bpm	>100bpm
2 – (3:01~6:00)	125W	100W	75W	55W
3 – (6:01~9:00)	150W	125W	100W	75W
4 – (9:01~12:00)	175W	150W	125W	100W
5 – (12:01~15:00)	200W	175W	150W	125W
6 – (15:01~18:00)	225W	200W	175W	150W
7 - (18:01~21:00)	250W	225W	200W	175W
8 - (21:01~24:00)	-----	250W	225W	200W
9 - (24:01~27:00)	-----	-----	250W	225W
10 - (27:01~30:00)	-----	-----	-----	250W

5.4.2. Can not adjust the resistance level manual, program will auto change the level according to the preset rules.

5.4.3. The program will end while heart rate value reach or over MHR 85% - 10 for 10 seconds. The program will show you the VO2 MAX value.

# PROGRAM

## Equipment adjustments

An optimal seating position is crucial for comfortable cycling.

- **Height of seat**

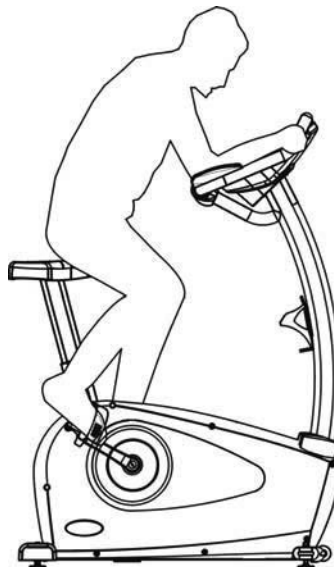
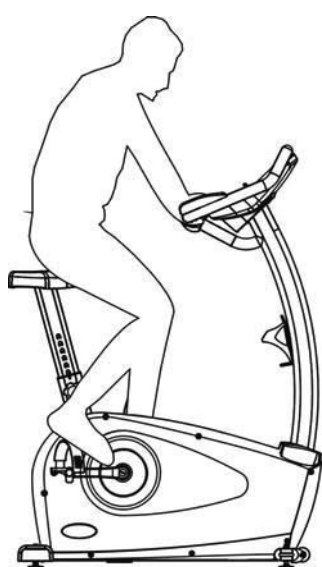
As a general rule you should be able to reach the pedal with your heel when straightening your leg and aligning it with the pipe supporting the seat.

- **Body position**

Your handlebars should be set to a position in which you can reach them with slightly bent arms.

- **Racing gestures**

Holding the handrail and arms placed in the armrest cushions.





# PREVENTATIVE MAINTENANCE

## HOW TO CARE FOR YOUR BIKE

The Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced.

Pay special attention to parts that are subject to wear as outlined in the *Preventative Maintenance Schedule*.

The following preventive maintenance will keep the exercise elliptical operating at peak performance :

- Locate the exercise bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid cleaning product, to clean the exercise elliptical other fabrics, including paper towels, may scratch the surface. Do not finger to press the selection buttons on the console.
- Clean the housing thoroughly on a regular basis.

### **NOTE :**

The exercise bike can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.



# PREVENTATIVE MAINTENANCE

## Preventative Maintenance Schedule

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	C	I		
Console Mounting Bolts			I	
Accessory Tray	C	I		
Frame	C			I
Plastic Covers	C	I		
Pedals and Straps	C	I		
KEY : C=Clean; I=Inspect				

### Hand pulse

Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking. If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.



# **PART B**

## **Console Operation**

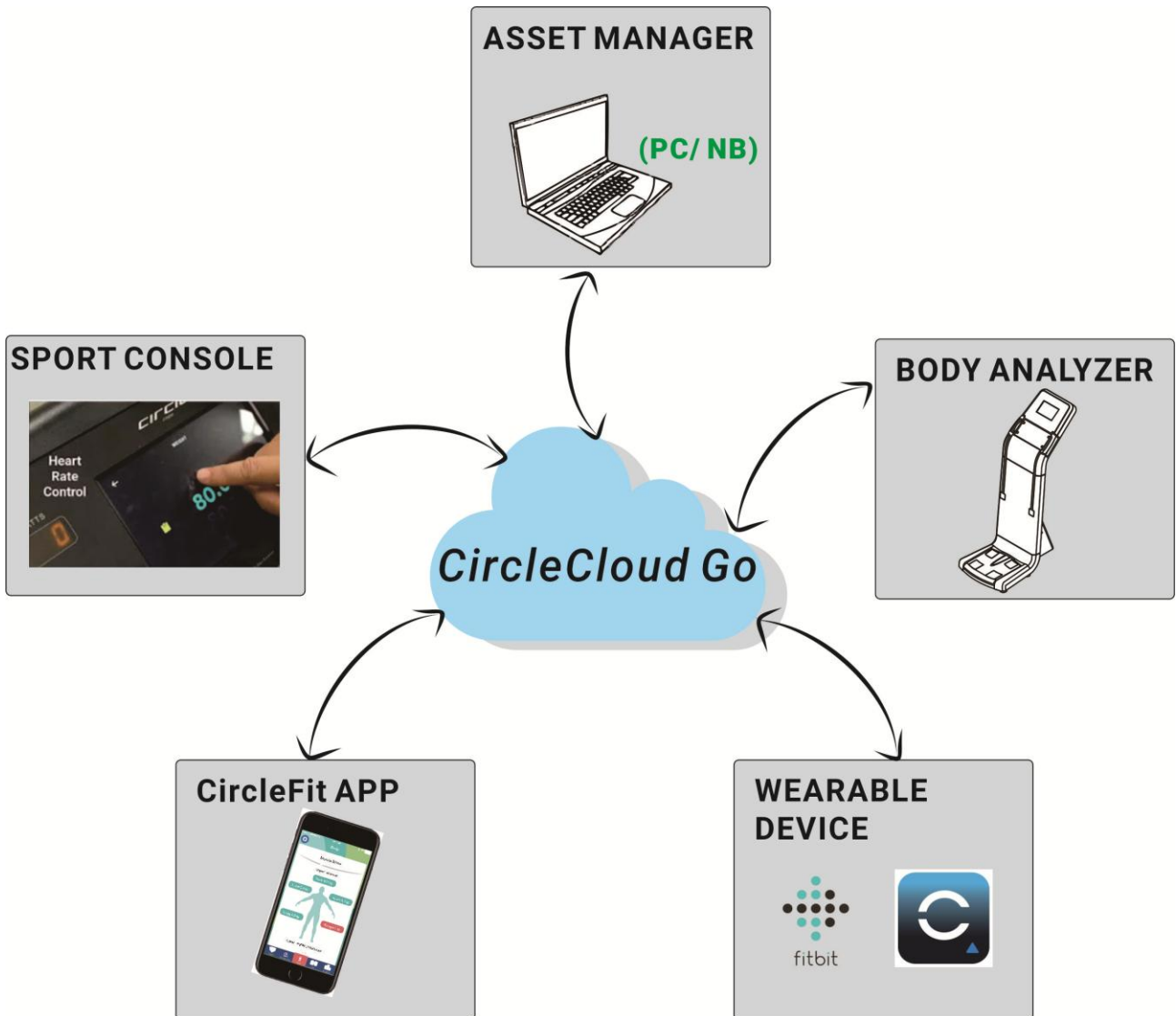
***FOR MODEL:  
B8 S Upright Bike  
R8 S Recumbent  
E7 S Elliptical  
B6 S Upright Bike  
R6 S Recumbent  
E6 S Elliptical***

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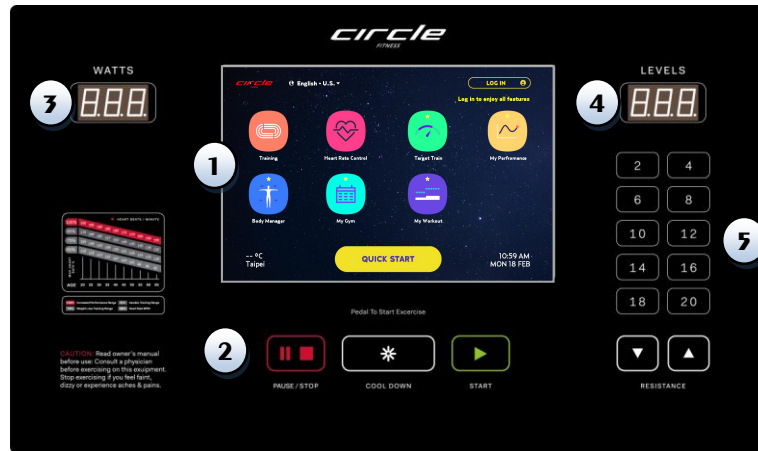
# CIRCLECLOUD GO

CircleCloud Go is a comprehensive wellness eco-system aimed to deliver most effective body and fitness management. With unique apps developed or popular apps intergated reaching your desired fitness goal.



# 1. CONSOLE OVERVIEW

## 1.1 Console of B8 S Upright Bike, R8 S Recumbent and E7 S Elliptical



No	Display / Button	Descriptions
1	8 inch Touch Screen	Tap to select, set up, monitor and save workouts.
2	PAUSE/ STOP	Tap once to pause an active workout. Tap twice to end a paused workout.
	COOL DOWN	Tap to gradually lower speed of the program.
	START	Tap to start the program.
	FAN (OPTION)	Tap to turn the fan on. There are two fan speeds (low and high).
3	WATTS 888	Displays the consuming watts.
4	LEVELS 888	Displays the current resistance level.
5	Quick Resistance Buttons (2/ 4/ 6/ 8/ 10/ 12/ 14/ 16/ 18/ 20)	Tap the one of quick resistance button for quick adjust resistance to a predetermined value.
	Resistance Arrow Buttons (▲/▼)	Use the arrow keys to adjust the resistance.

**NOTE:** If the operation system has crashed or skipped to Android desktop, please restart the equipment.

## 1.2 Console of B6 S Upright Bike, R6 S Recumbent and E6 S Elliptical



No	Display / Button	Descriptions
1	8 inch Touchscreen	Tap to select, set up, monitor and save workouts.
2	PAUSE	Tap to pause an active workout.
	STOP	Tap to end a paused workout.
	COOL DOWN	Tap to gradually lower speed of the program.
	START	Tap to start the program.
	FAN (OPTION)	Tap to turn the fan on. There are two fan speeds (low and high).
3	Quick Resistance (2/4/6/8/10/12/14/16) & Resistance Arrow Buttons (+/-)	Tap the one of quick resistance button for quick adjust resistance to a predetermined value. Use the arrow keys to adjust the resistance; Adjusts program types and program values.
4	USB Port	Charge USB devices.

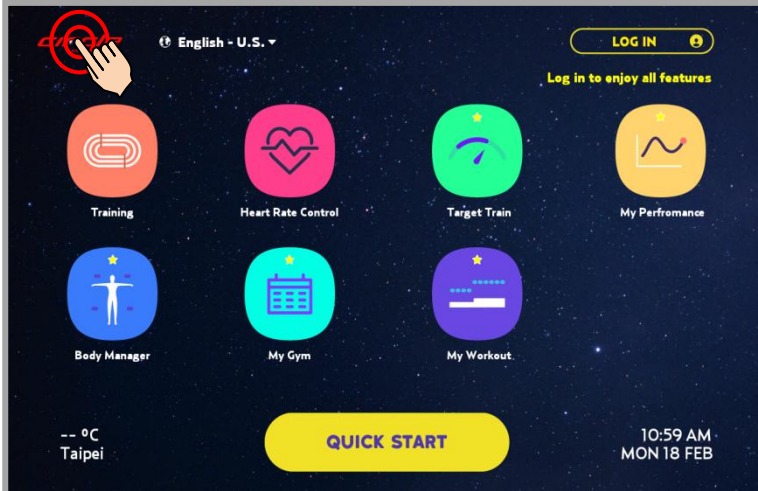
**NOTE:** If the operation system has crashed or skipped to Android desktop, please restart the equipment.

## 1.3 Engineering Mode Setting

This console features an engineering mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

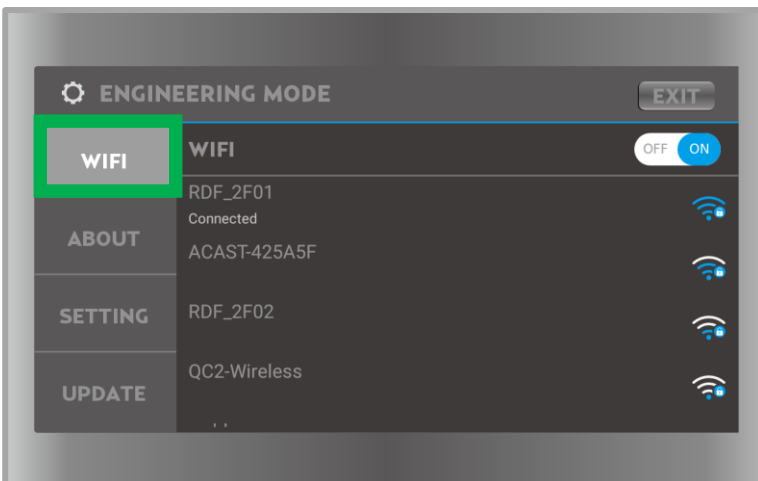
**NOTE:** Before operating the console, make sure that the power cord is properly plugged in.

### Get into Engineering Mode



Press and hold the upper-right corner on **HOME Screen** for 5 seconds to get into Engineering Mode.

### Engineering Mode - WIFI Setting



#### WIFI ON/OFF

Slide the **ON/OFF** button to enable/disable WIFI connection.

When WIFI is enabled, the screen will display a list of available networks.

**NOTE:** It may take several seconds for the list of wireless networks to appear.

To connect to a network, just click on its name. If it's a secure network and it's the first time you've used it, you'll need a password.

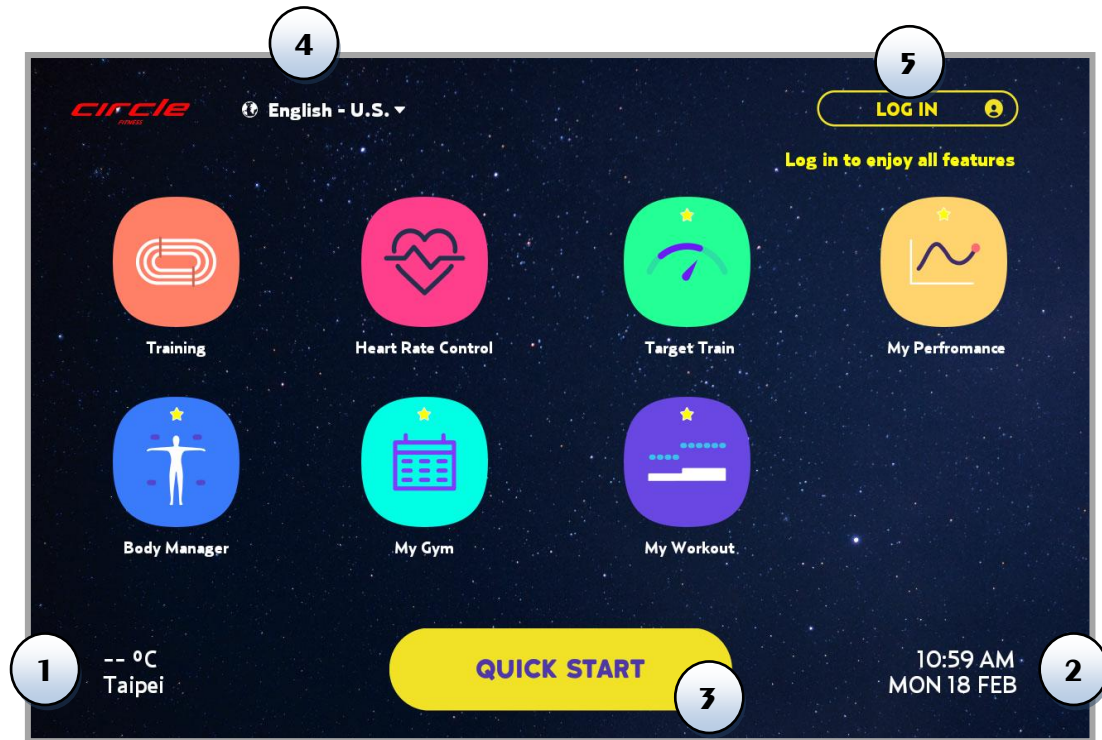
#### Exit the Engineering Mode

Tap **EXIT** to skip to HOME Screen.



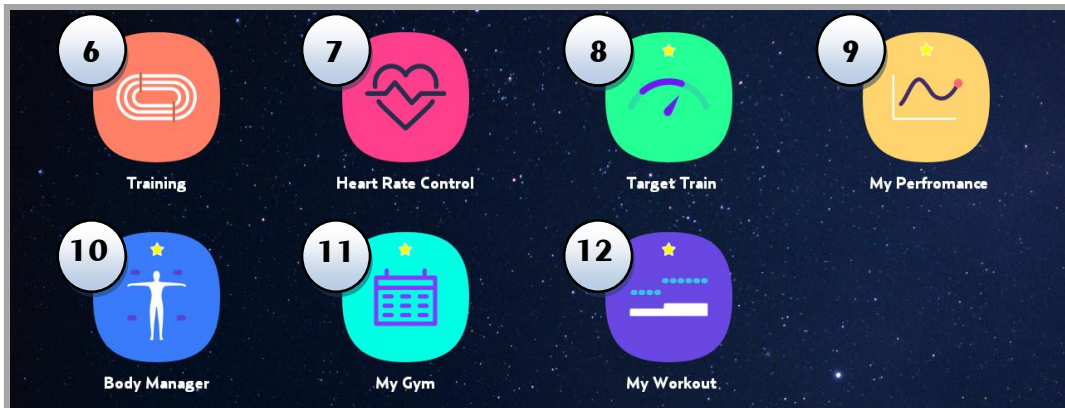
## 2. TOUCH SCREEN OVERVIEW

### 2.1 HOME Screen



No	Display / Button	Descriptions
1	<b>WEATHER AND REGION DISPLAY</b>	<b>WEATHER:</b> displays the tempature and weather icon if network is available. <b>REGION:</b> displays the region according to the engineering mode setting.
2	<b>TIME AND DATE DISPLAY</b>	<b>TIME:</b> Displays the time zone according to the engineering mode setting. <b>DATE:</b> displays the date and day.
3	<b>QUICK START</b>	Tap to immediately begin a workout.
4	<b>LANGUAGE SELECTION</b>	Tap to display LANGUAGE SELECTION Screen.
5	<b>LOG IN</b>	Tap to LOG IN Screen.

## 2.1 HOME Screen (Continued)

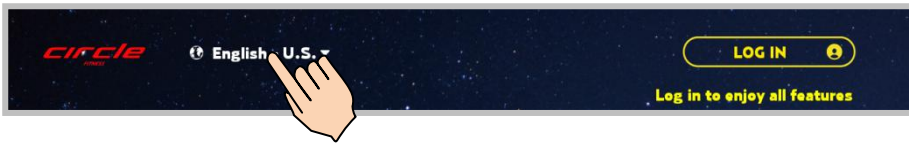


No.	Display / Button	Descriptions
6	<b>TRAINING</b>	We offer comprehensive cardio conditioning courses to help boost aerobic fitness and train your body.
7	<b>HEART RATE CONTROL</b>	Heart Rate Control maintains the heartbeats per minutes you select by controlling the exercise speed and intensity of your cardio equipment to optimize your workout.
8	<b>TARGET TRAIN</b>	Provide 5 different exercise targets, keeping you motivated and on track for your fitness plan.
9	<b>MY PERFORMANCE</b>	Integrated to cardio equipment, outdoor fitness apps or wearable devices together to give you the personal fitness information.
10	<b>BODY MANAGER</b>	To measure and track your body fitness via Circle Fitness IBA or InBody 570 and CircieFit wellness app.
11	<b>MY GYM</b>	Gives you the latest news, classes and offers from your facility.
12	<b>MY WORKOUT</b>	Provides you with the capability to design your own training course, tailored to suit your needs.

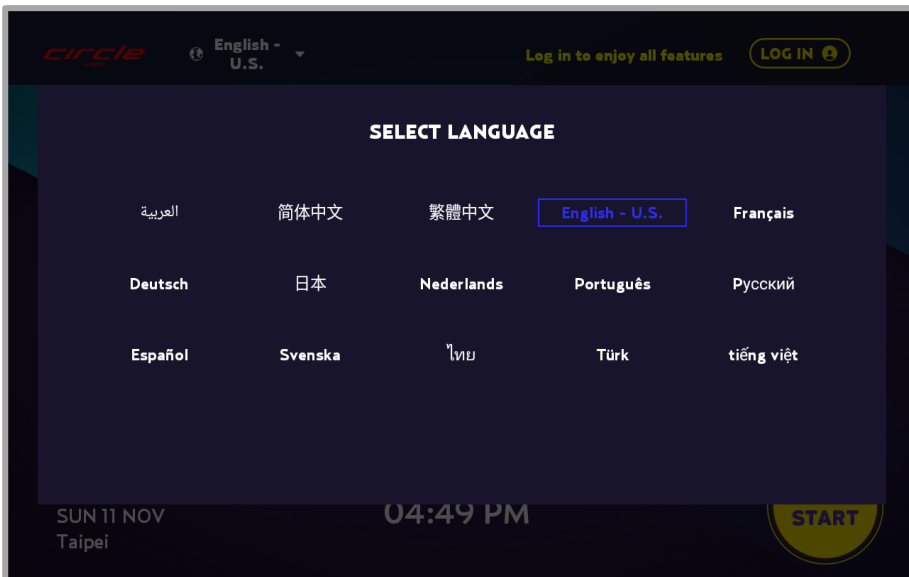
## 2.2 LANGUAGE SELECTION

### Go to HOME Screen > SELECT LANGUAGE Screen

Preset language displays on the current screen. You can switch and set a language during a workout.



Tap the language icon to pop out a **SELECT LANGUAGE Screen** as below.



### 15 Language Options

Tap one of the languages to use during a workout.

After a selection is made, the language is saved, the **SELECT LANGUAGE Screen** is closed and the **HOME Screen** appears in the selected language.

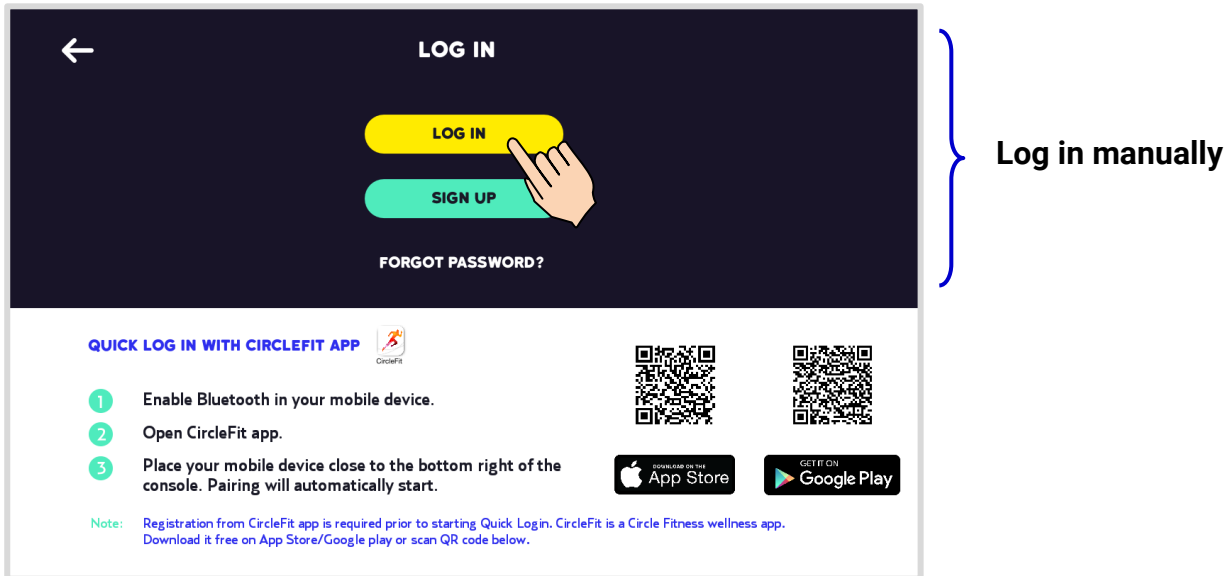
## 2.3 LOG IN

### Go to HOME Screen > LOG IN Screen

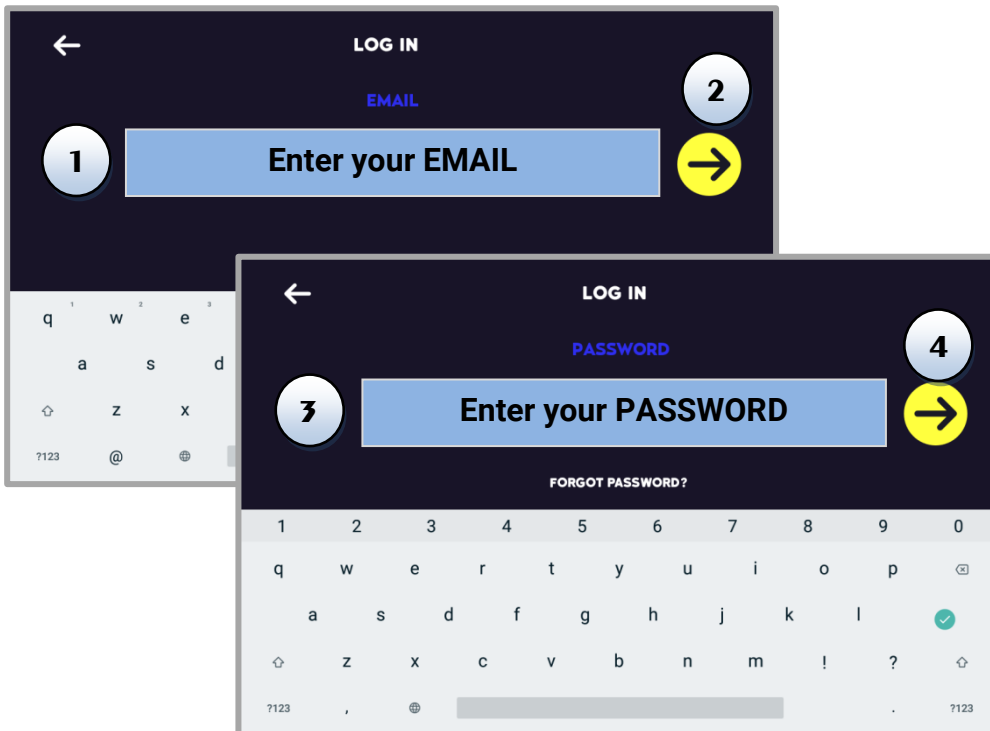
Two login methods are provided for you to select:

- 1) Log In Manually (Email Login).
- 2) Quick Login with CIRCLEFIT app.

#### 2.3.1 Log In Manually (Email Login)

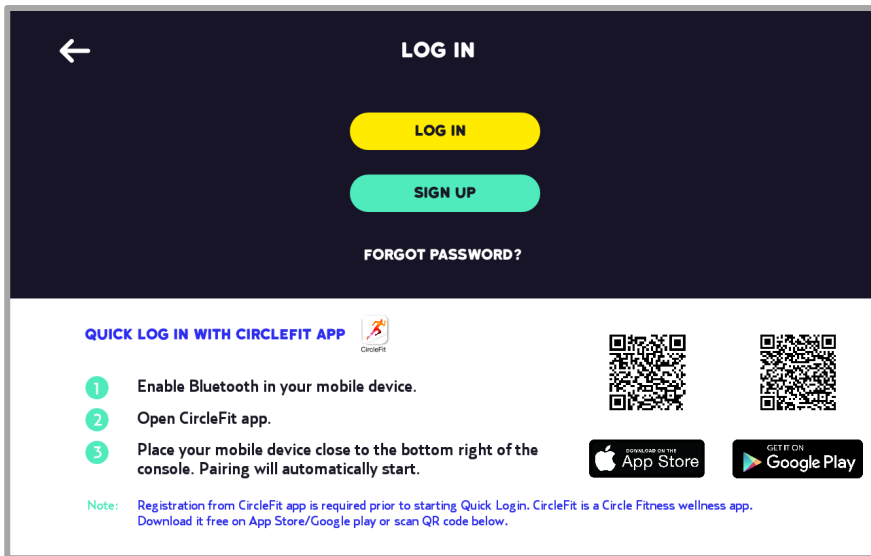


Enter your EMAIL and PASSWORD via on-screen keyboard.



## 2.3 LOG IN (Continued)

### 2.3.2 Quick Login with CIRCLEFIT app



Quick Login with CIRCLEFIT app

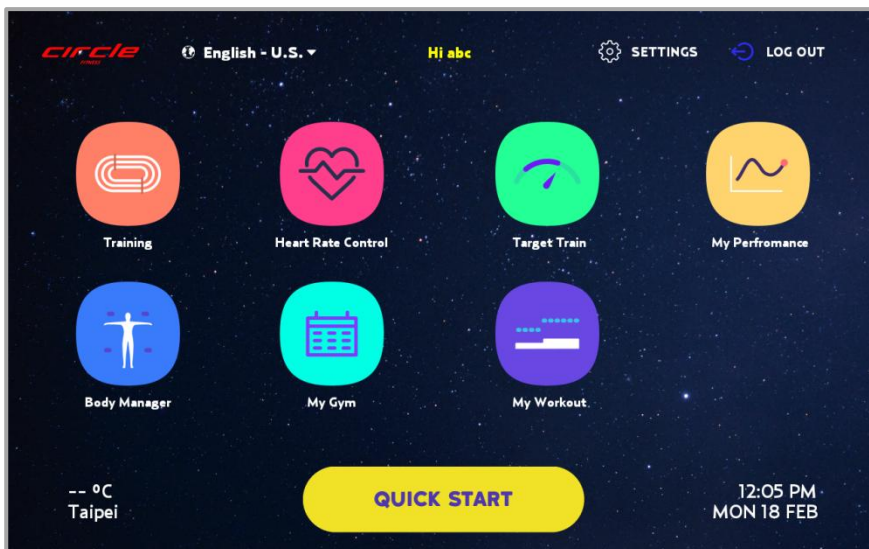
#### Follow the steps to Quick Login:

- ① Enable Bluetooth in your mobile device.
- ② Open CircleFit app.
- ③ Place your mobile device to close to the bottom of the console. Pairing will automatically start.

**Note: Registration from CircleFit app is required prior to starting Quick Login. CircleFit is a Circle Fitness wellness app. Free download it on App Store/ Google Play or scan QR code below.**



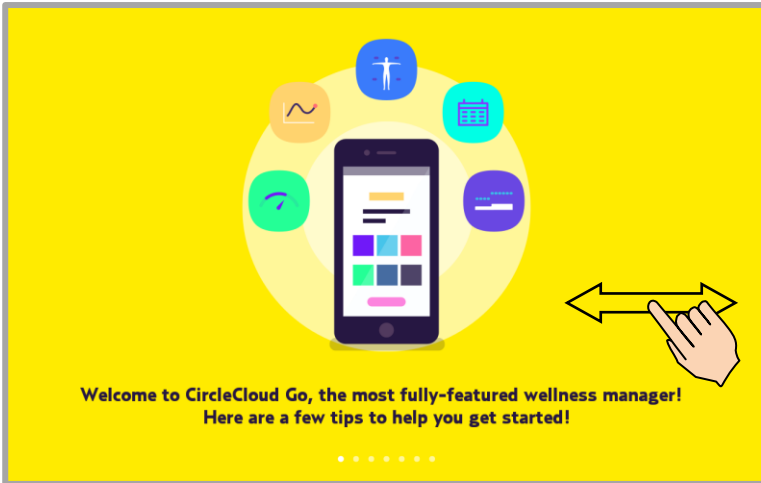
Once log in is succeed, the screen will displayed as below.



### 2.3.3 TUTORIAL

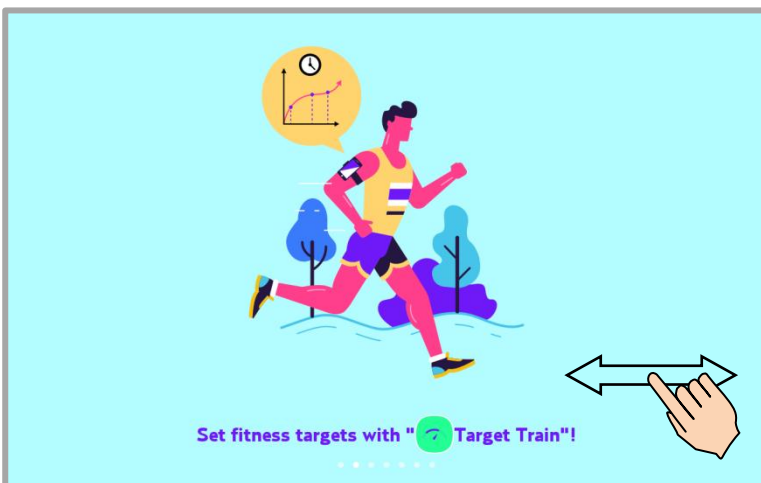
Tutorial shows a few tips to help you to get started. It displays as below when initial login is successful. (**Secondary login will not display the TUTORIAL Screens.**)

#### TUTORIAL > INTRO >



Scroll the touchscreen to access the next page.

#### TUTORIAL > INTRO > TARGET TRAIN

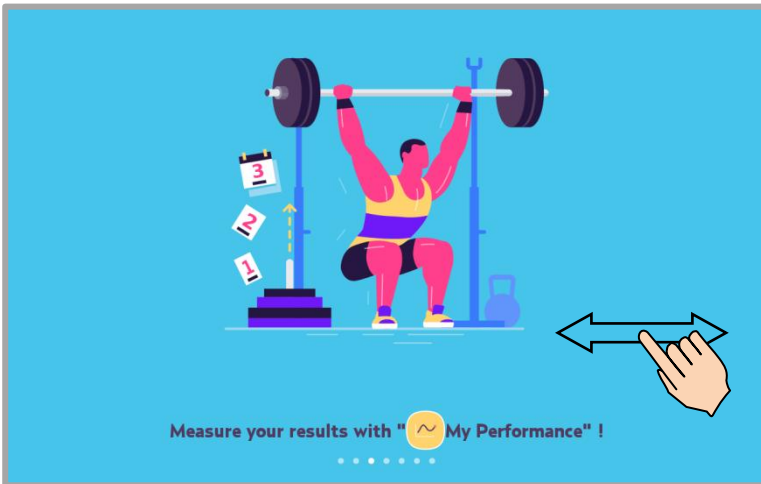


Set fitness targets with "Target Train"!

Scroll the touchscreen to access the next page.

### 2.3.3 TUTORIAL (Continued)

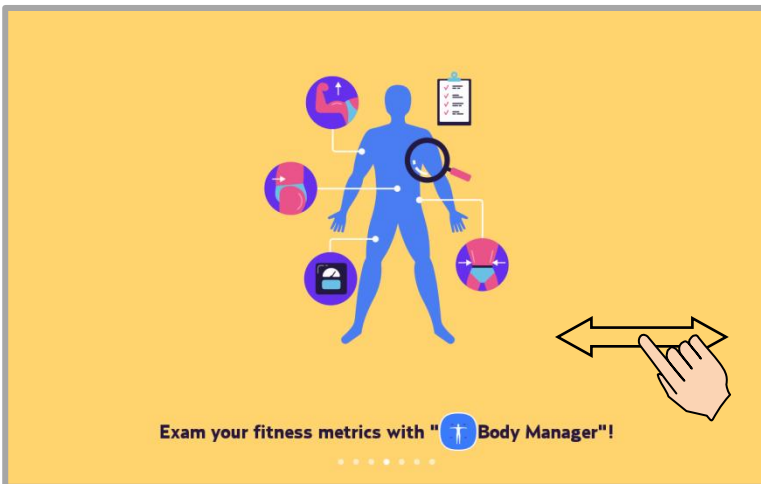
#### TUTORIAL > INTRO > TARGET TRAIN > MY PERFORMANCE



Measure your results with "My Performance".

Scroll the touchscreen to access the previous/ next screen.

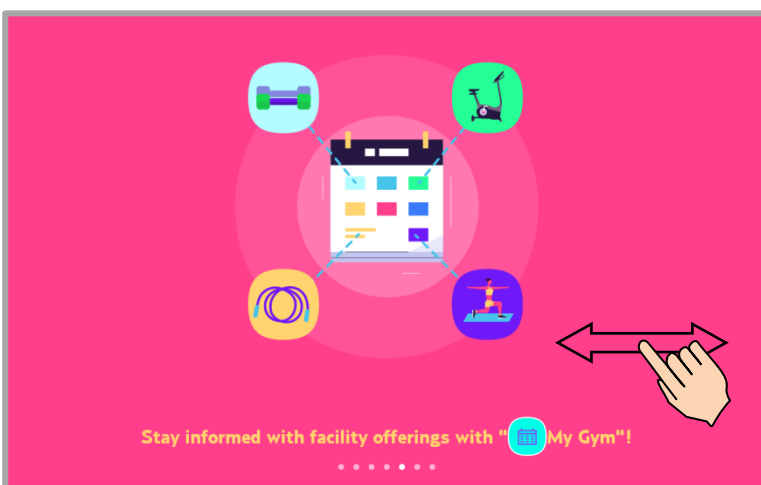
#### INTRO > TARGET TRAIN > MY PERFORMANCE > BODY MANAGER



Exam your fitness metrics with "Body Manager"!

Scroll the touchscreen to access the previous/ next screen.

#### MY PERFORMANCE > BODY MANAGER > MY GYM PAGE

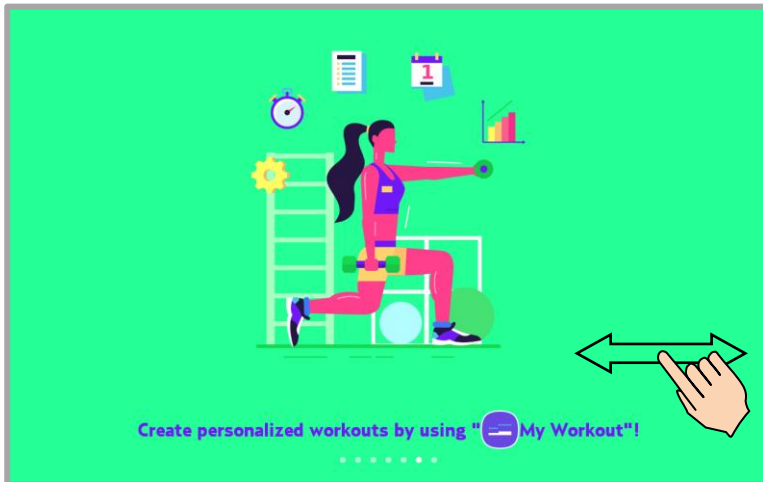


Stay informed with facility offerings with "My Gym"!

Scroll the touchscreen to access the previous/ next screen.

### 2.3.3 TUTORIAL (Continued)

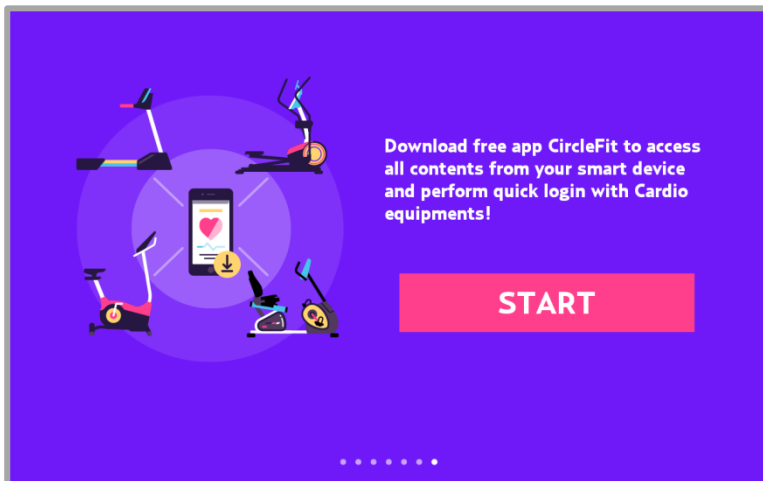
#### BODY MANAGER > MY GYM > MY WORKOUT



Create personalized workouts by using "My Workout"!

Scroll the touchscreen to access the previous/ next screen.

#### BODY MANAGER > MY GYM > MY WORKOUT > READY TO START PAGE



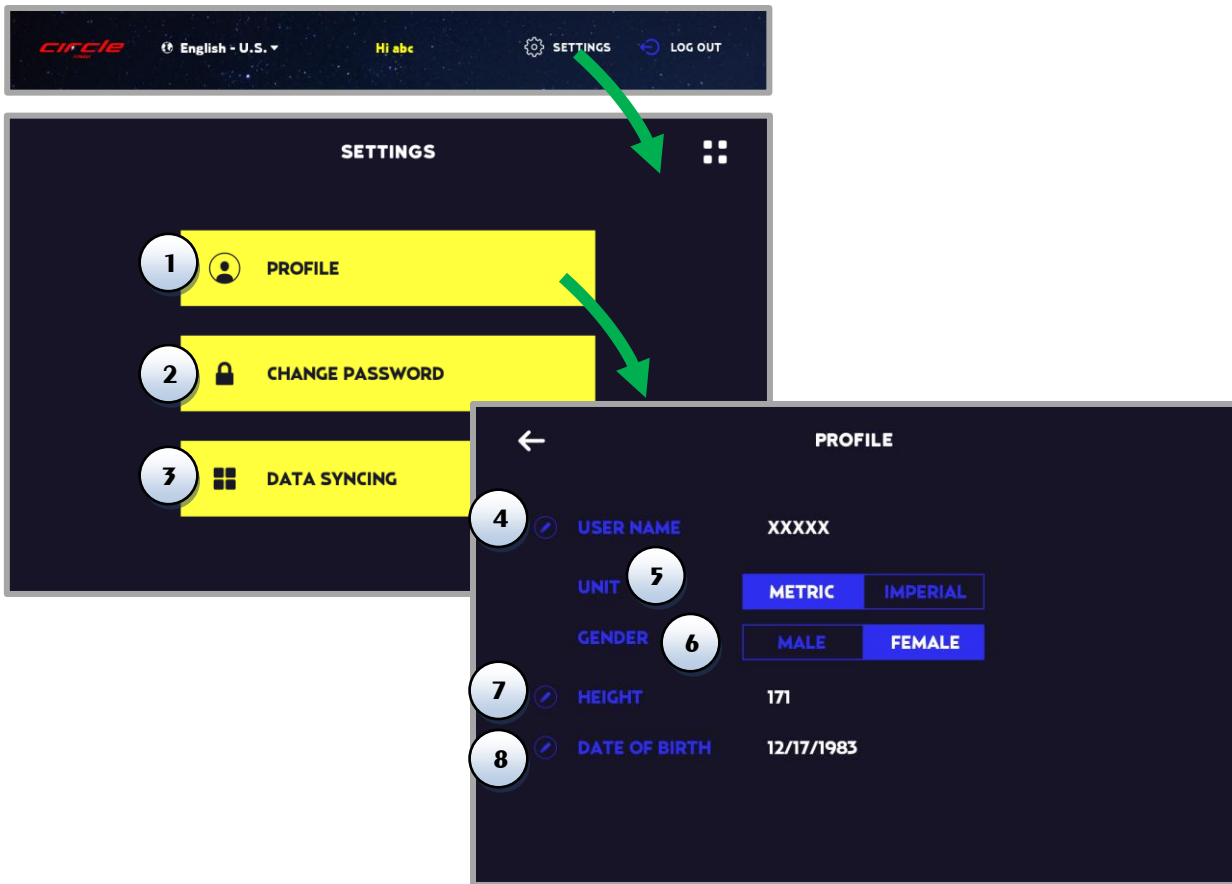
Download free CircleFit app to access all contents from your smart device and perform quick login with cardio equipment!

Tap **START** to end the Tutorial pages and skip to HOME Screen.



## 2.4 SETTINGS

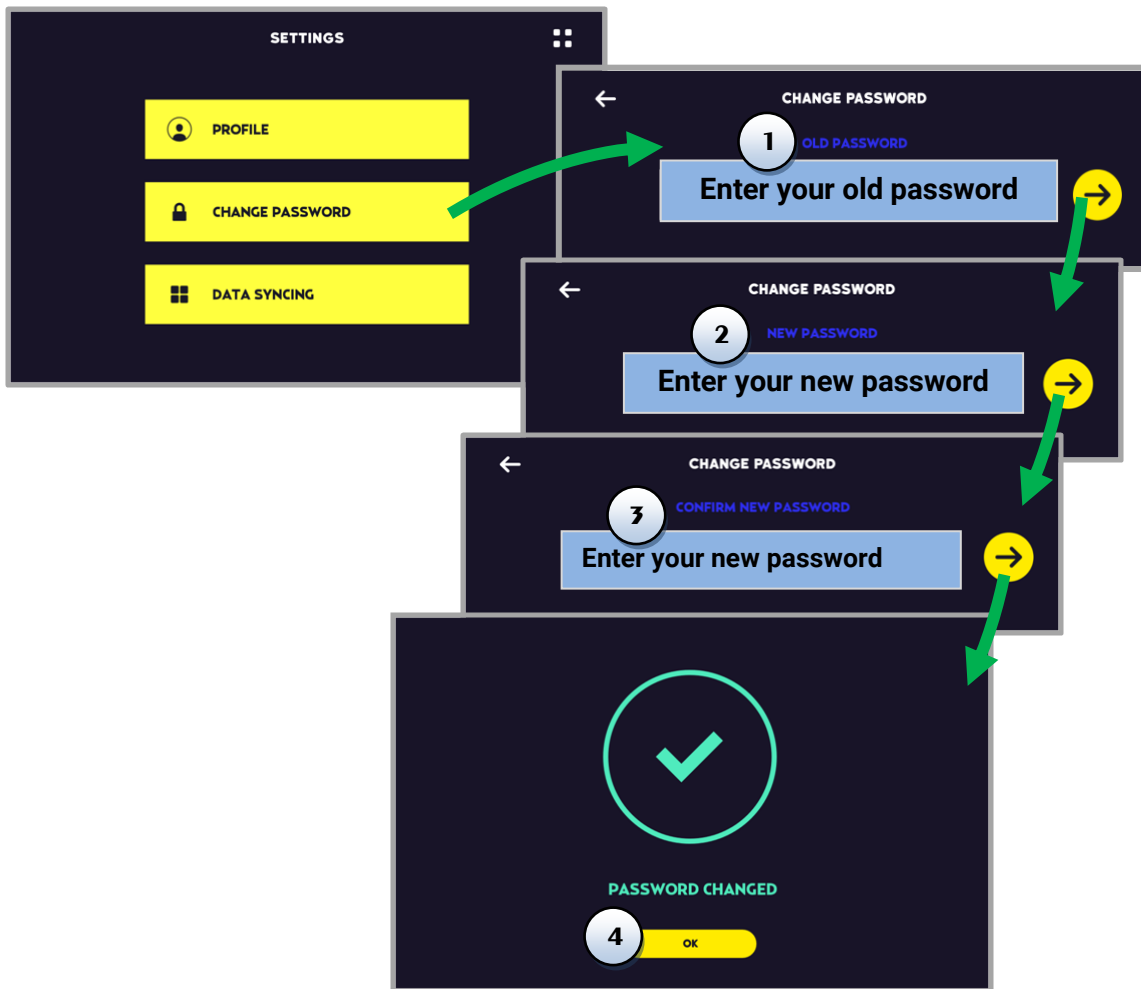
Go to **HOME Screen > LOGGED IN > SETTINGS > PROFILE Screen**



No	Field/ Button	Description
<b>SETTINGS Screen</b>		
1	<b>PROFILE</b>	Tap to skip to PROFILE Screen to edit your personal profile.
2	<b>CHANGE PASSWORD</b>	Tap to skip to CHANGE PASSWORD Screen change your password.
3	<b>DATA SYNCING</b>	Tap to skip to DATA SYNCING Screen to connect/ disconnect with Fitness/ Wearable apps.
<b>PROFLIE Screen</b>		
4	<b>USER NAME</b>	Tap the pencil icon to pop out an on-screen keyboard to edit user name.
5	<b>UNIT</b>	METRIC / IMPERIAL
6	<b>GENDER</b>	MALE / FEMALE
7	<b>HEIGHT</b>	Tap the pencil icon to pop out a screen to set your height.
8	<b>DATE OF BIRTH</b>	Tap the pencil icon to pop out a screen to set your date of birth.

## 2.4 SETTINGS (Continued)

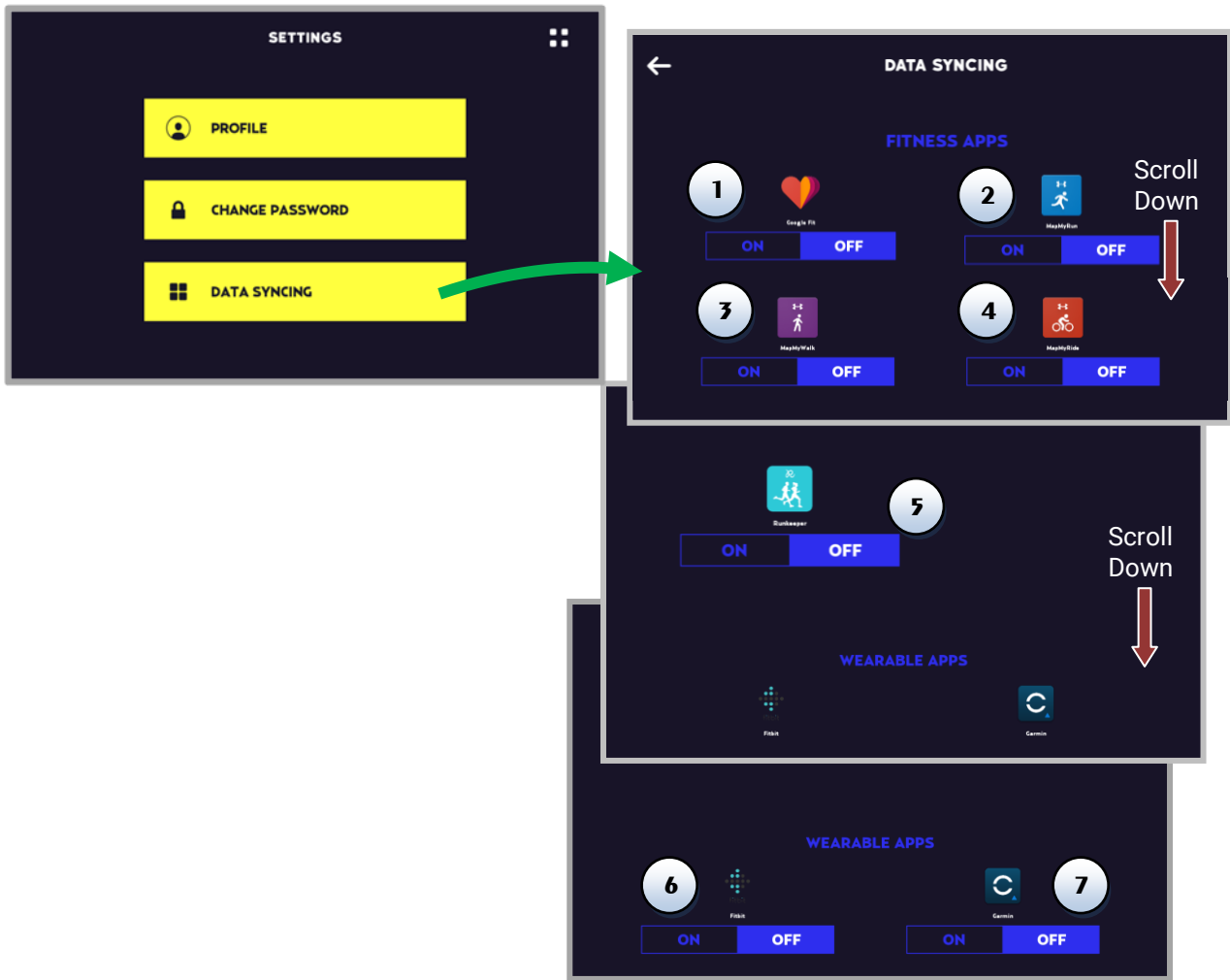
### LOGGED IN > SETTINGS > [CHANGE PASSWORD Screen](#)



No	Field/ Button	Description
<b>CHANGE PASSWORD Screen:</b>		
Tap to skip to CHANGE PASSWORD Screen change your password.		
1	<b>OLD PASSWORD</b>	Enter your old password.
2	<b>NEW PASSWORD</b>	Enter your new password.
3	<b>CONFIRM NEW PASSWORD</b>	Enter your new password agin.
4	<b>OK</b>	Tap to skip to SETTINGS Screen.
		Tap to HOME Screen.

## 2.4 SETTINGS (Continued)

Go to HOME Screen > LOGGED IN > SETTINGS > [DATA SYNCING Screen](#)



### Featured Compatible Apps:

#### FITNESS APPS

- 1) Google Fit
- 2) MapMyRun
- 3) MapMyWalk
- 4) MapMyRide
- 5) RunKeeper

#### WEARABLE APPS

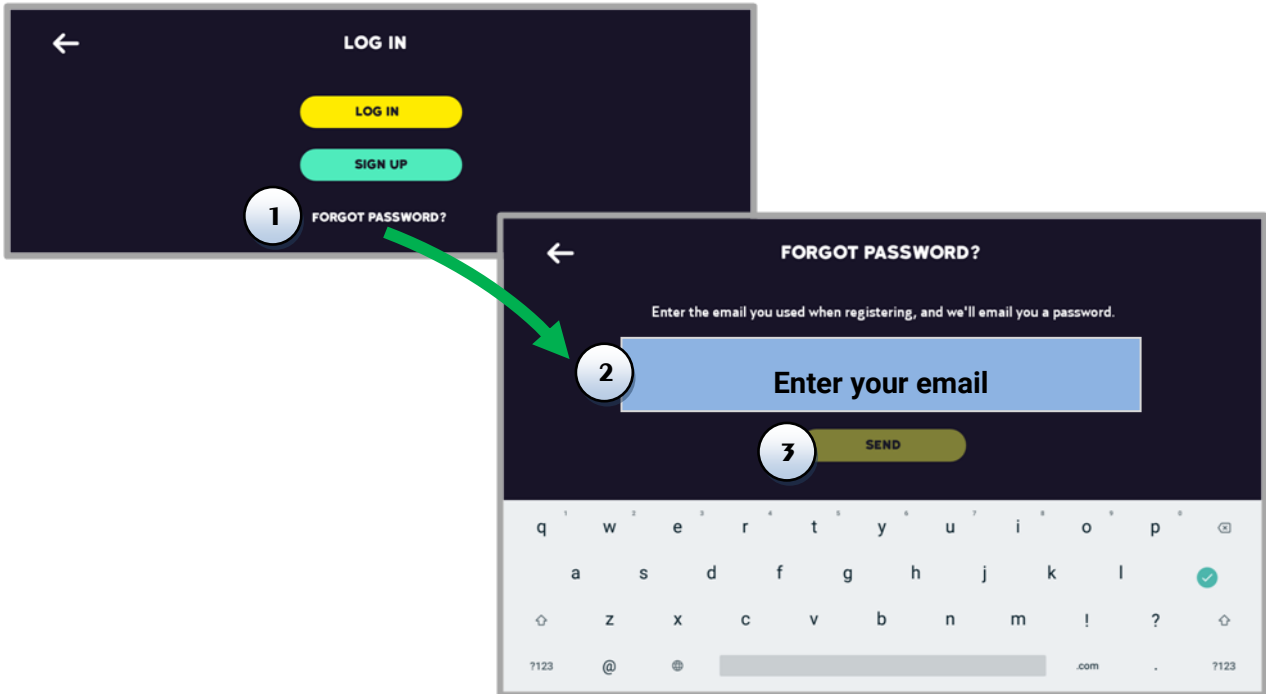
- 6) Fibr
- 7) Garmin

**NOTE:** Available apps may vary by country and operating system.

## 2.5 FORGOT PASSWORD

Go to **HOME Screen > LOG IN Screen > [FORGOT PASSWORD Screen](#)**

When you forget your password, please tap "**FORGOT PASSWORD?**" on **LOG IN Screen** to get your password.



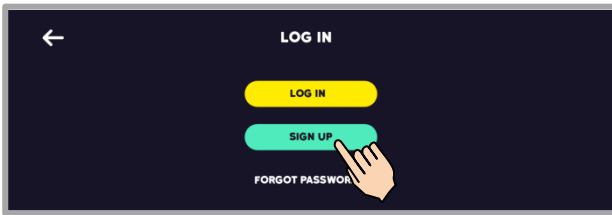
No	Field/ Button	Description
1	<b>FORGOT PASSWORD?</b>	Tap to skip to FORGOT PASSWORD Screen.
2	<b>ENTER YOUR PASSWORD</b>	Tap to pop out an on-screen keyboard to enter the email that you used when registering.
3	<b>SEND</b>	Tap to send an email to your mailbox.

## 2.6 CIRCLECLOUD GO SIGN UP

Go to **HOME Screen > LOG IN Screen > CIRCLECLOUD GO SIGN UP Sreen**

If you don't have an account, please follow the steps to sign up.

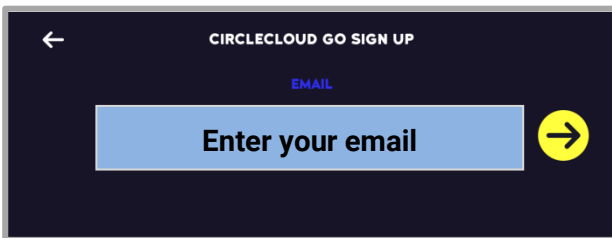
Tap **SIGN UP** on **LOG IN** Screen.



**STEP 6:** Choose your gender.



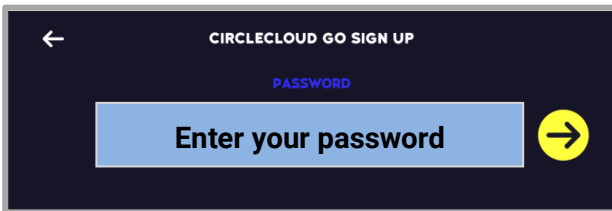
**STEP 1:** Enter your email.



**STEP 7:** Set your height.



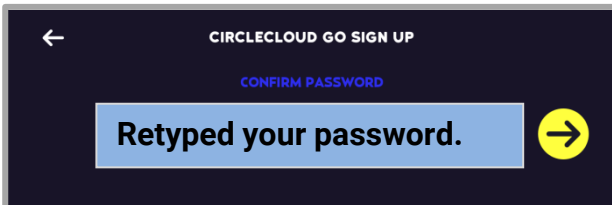
**STEP 2:** Enter your password.



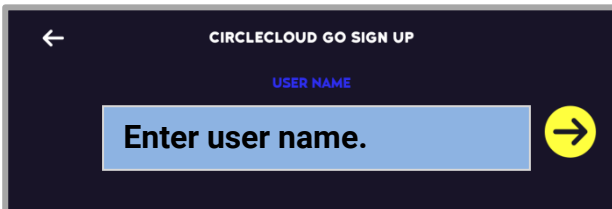
**STEP 8:** Set your day of birth.



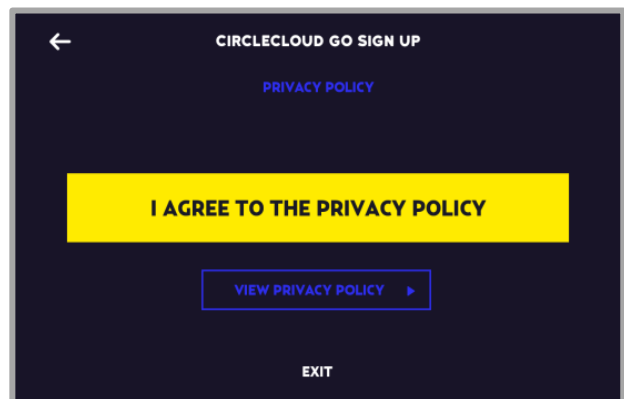
**STEP 3:** Retyped your password.



**STEP 4:** Enter user's name.



**STEP 9:** View and agree the privacy policy to complete the register process.



**STEP 5:** Choose your unit.

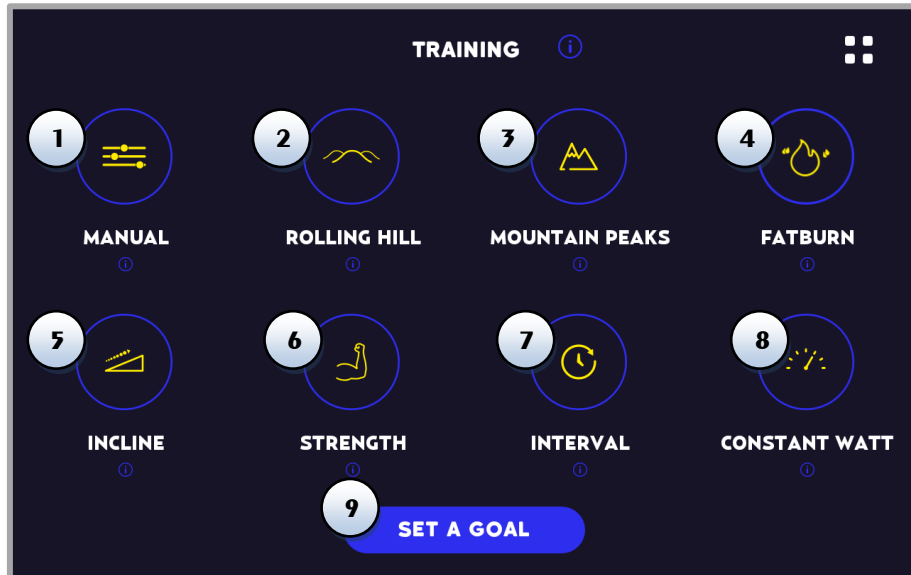


**NOTE:** Height & Date of Birth are required for accurate Body Composition Analyzer measurement.



## 2.7 TRAINING

### Go to HOME Screen > [TRAINING Screen](#)

**WARNING:** Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the equipment again.

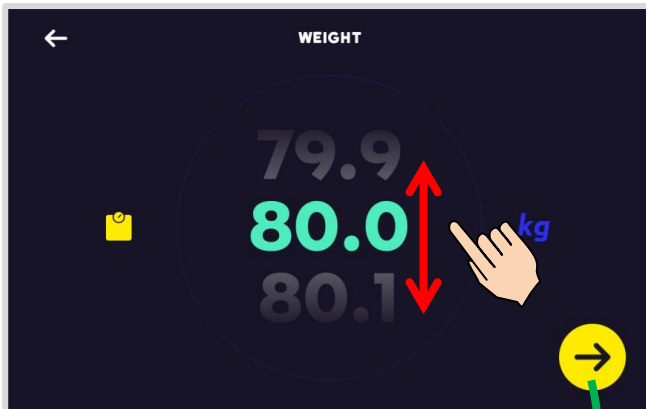


We offer comprehensive cardio conditioning courses to help boost aerobic fitness and train your body to endure even more challenging workouts. 9 training programs are provided as below.

No.	Button	Description
1	<b>MANUAL</b>	Work out at a pace and intensity that suits you.
2	<b>ROLLING HILL</b>	Challenge yourself to intervals of various lengths and elevation.
3	<b>MOUNTAIN PEAKS</b>	Bike on a constant incline through this simulated outdoor trail.
4	<b>FATBURN</b>	Work out at a low intensity, letting your deliver plenty of oxygen to your muscle burn more fat reserves.
5	<b>INCLINE</b>	Bike at a steady but intense incline on this simulated outdoor trail.
6	<b>STRENGTH</b>	Challenge yourself with this high intensity workout.
7	<b>INTERVAL</b>	Want to increase your stamina? This interval training program will get you there!
8	<b>CONSTANT WATT</b>	What is your target watt output? This program adjusts intensity level according your pedaling speed, to help you reach your goal.
9	<b>SET A GOAL</b>	Select a specific target to reach and go for it.
		Tap to skip to HOME Screen.
		Tap to view corresponding descriptions.

## 2.7 TRAINING (Continued)

Go to HOME Screen > TRAINING Screen > [MANUAL \(Setting Screens\)](#)



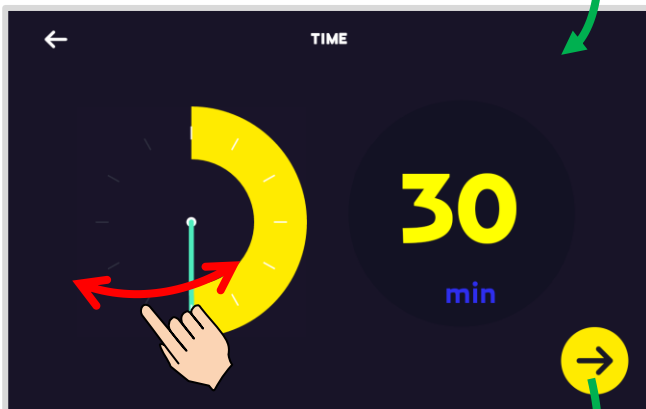
### STEP 1: WEIGHT Setting

#### Setting range:

35.0 ~ 220.0(kg) / 77 ~ 485.0 (lb)

Tap white arrow button to back to TRAINING screen if you want to change a workout program.

Tap arrow button to next page.

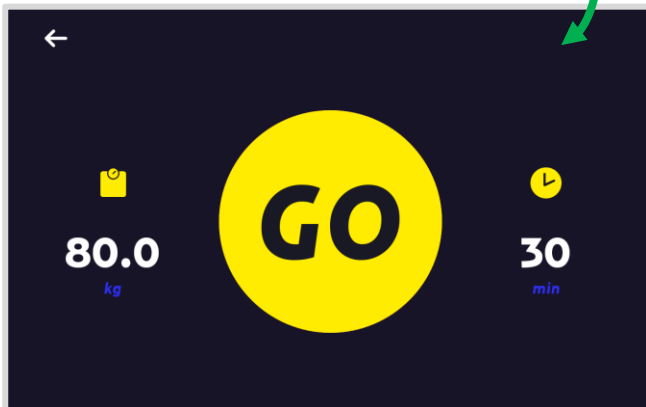


### STEP 2: TIME Setting

#### Setting range: 10~120 min

Tap white arrow button to back previous page if you need to correct your settings.

Tap yellow arrow button to next page.



### STEP 3: CONFIRM Your Settings

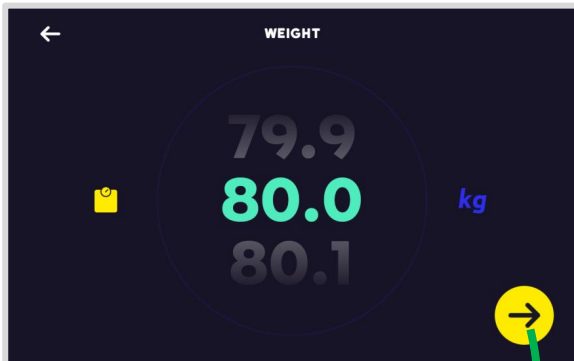
Confirm your settings on this page.

Tap white arrow button to back previous page if you need to correct your settings.

Tap GO to begin your work (skip to Workout Screen).

## 2.7 TRAINING (Continued)

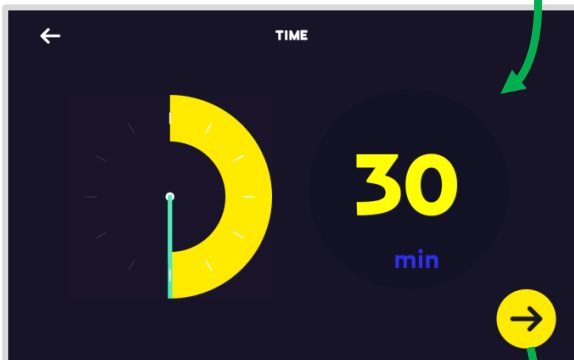
### TRAINING Screen > ROLLING HILL/ MOUNTAINT PEAK/ FATBURN/ INCLINE /STRENGTH/ INTERVAL (Setting Screens)



#### STEP 1: WEIGHT Setting

Setting range: 35.0 ~ 220.0(kg) or  
77 ~ 485.0 (lb)

Tap yellow arrow button to next page.

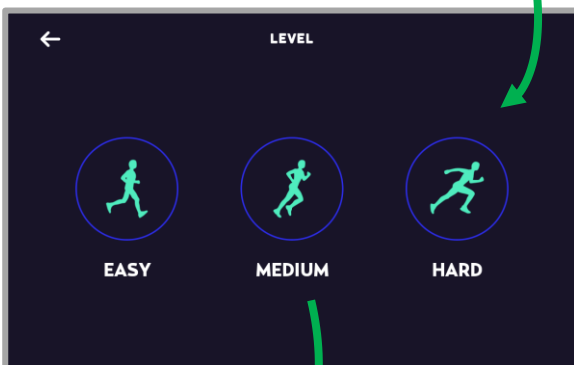


#### STEP 2: TIME Setting

Setting range: 10~120 min

Tap white arrow button to back previous page.

Tap yellow arrow button to next page.



#### STEP 3: LEVEL Setting

Tap one of the levels (**EASY/ MEDIUM/ HARD**) to set your workout intensity and skip to next page.



#### STEP 4: CONFIRM Your Settings

Confirm your settings on this screen.

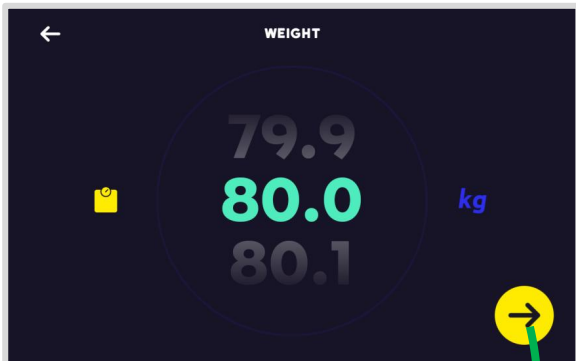
Tap white arrow button to back previous page if you need to correct your settings.

Tap GO button to begin your workout.  
(Skip to Workout Screens)



## 2.7 TRAINING (Continued)

### TRAINING Screen > [CONSTANT WATT \(Setting Screens\)](#)

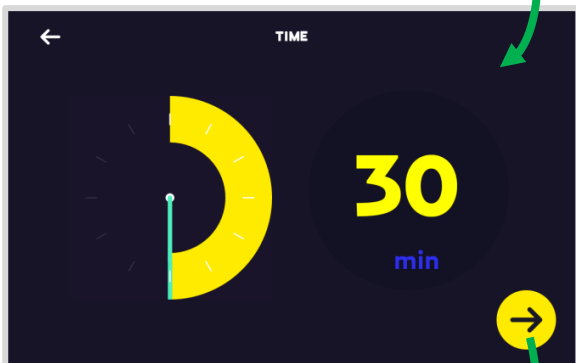


#### STEP 1: WEIGHT Setting

**Setting range:** 35.0 ~ 220.0(kg) or 77 ~ 485.0 (lb)

Tap white arrow button to back previous page.

Tap yellow arrow button to next page.

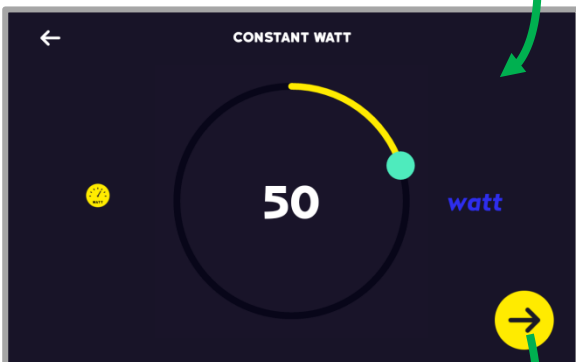


#### STEP 2: TIME Setting

**Setting range:** 10~120 min

Tap white arrow button to back previous page.

Tap yellow arrow button to next page.



#### STEP 3: WATT Setting

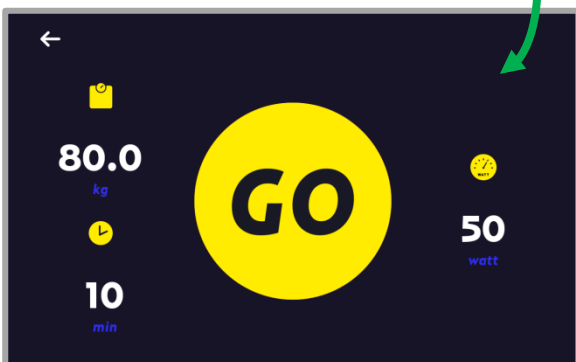
**Setting range:** 50~400W

#### STEP 4: CONFIRM Your Settings

Confirm your settings on this screen.

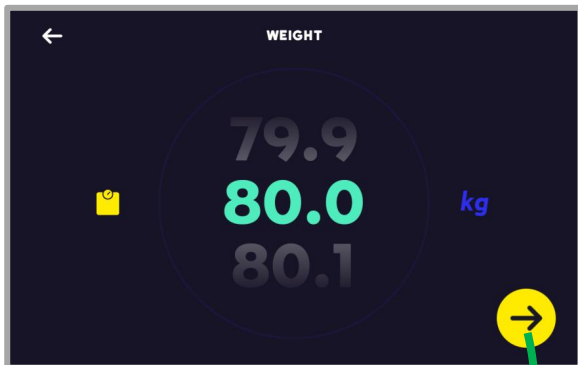
Tap white arrow button to back previous page if you need to correct your settings.

Tap GO button to begin your workout.  
**(Skip to Workout Screens)**



## 2.7 TRAINING (Continued)

Go to HOME Screen > TRAINING Screen > [SET A GOAL \(Setting Screens\)](#)

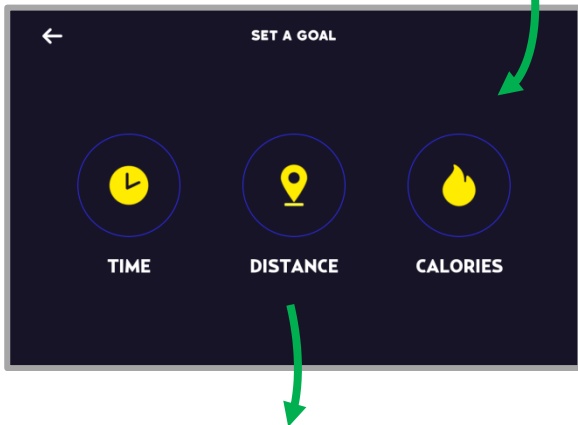


### STEP 1: WEIGHT Setting

Setting range: 35.0 ~ 220.0(kg) / 77 ~ 485.0 (lb)

Tap white arrow button to back previous page.

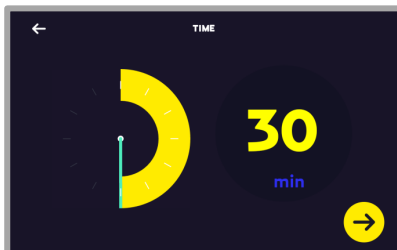
Tap yellow arrow button to next page.



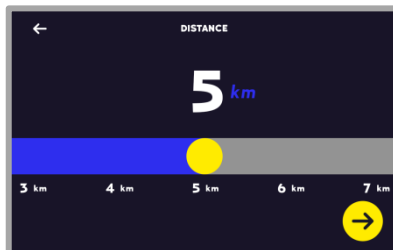
### STEP 2: GOAL Selection

Select a specific target (Time/ Distance/ Calories) and skip to next page.

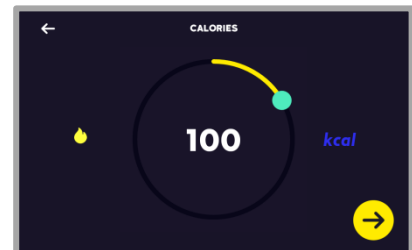
### STEP 3: GOAL Setting (Time/ Distance/ Calories)



Range: 10-120 min



Range: 1-50 km /1-30 mile



Range: 1000-2000 kcal

Tap yellow arrow button to next page.

### STEP 4: CONFIRM Your Settings



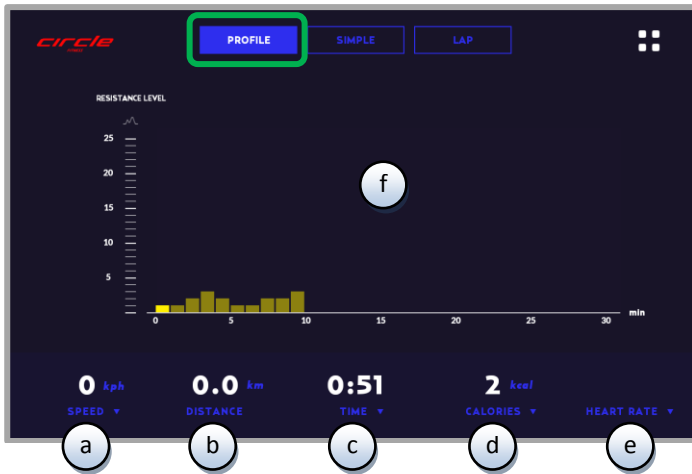
Tap white arrow button to back previous page if you need to correct your settings.

Tap GO to begin your workout. (Skip to Workout Screens)

## 2.7 TRAINING (Continued)

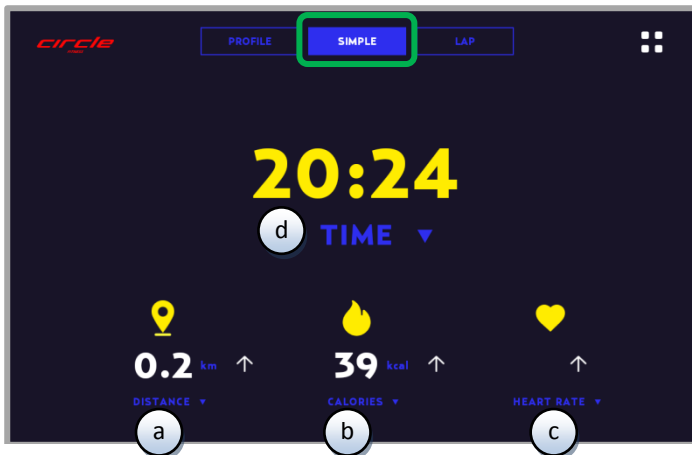
### TRAINING Screen > SETTING Screens > **WORKOUT Screens**

Tap **PROFILE**/ **SIMPLE**/ **LAP** to switch the workout display mode.



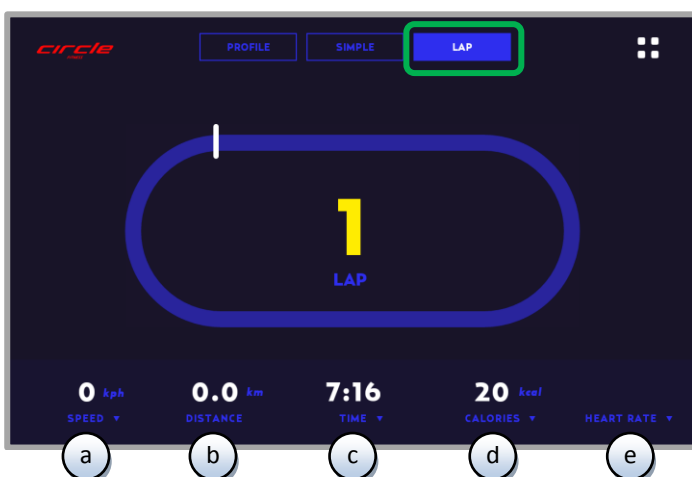
**PROFILE:** Display the workout information and graphic. Display items are listed as below.

- a) SPEED/ AVG. SPEED/ RPM/ WATT
- b) DISTANCE
- c) TIME/ TIME REMAINING
- d) CALORIES/ CAL/ METS
- e) HEART RATE, AVE. HEART RATE
- f) Workout graphic



**SIMPLE:** Display the simple workout information by 1 main information window and 3 sub information windows. Display items are listed as below.

- a) DISTANCE/ SPEED / AVERAGE SPEED/ WATT
- b) CALORIES, CAL/HR, METS
- c) HEART RATE, AVE. HEART RATE
- d) TIME, TIME REMAINING



**LAP:** Display the workout information via lap. Display items are listed as below.

- a) SPEED/ AVG. SPEED/ RPM/ WATT
- b) DISTANCE
- c) TIME/ TIME REMAINING
- d) CALORIES, CAL/HR, METS
- e) HEART RATE, AVE. HEART RATE

▼ Tap to switch display items.

☰ Tap to skip HOME Screen.

## 2.7 TRAINING (Continued)

### TRAINING Screen > SETTING Screens > SUMMARY Screens



#### Readouts of Training Programs

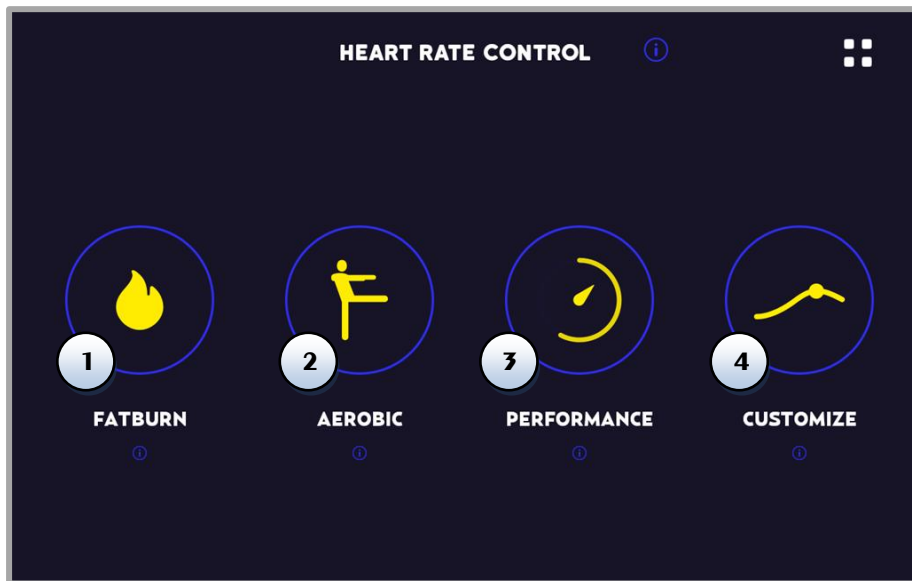
No.	Field/ Button	Description
1		Displays the title of training program.
2	<b>DURATION (TIME)</b>	Displays the total accumulated time during your workout.
3	<b>DISTANCE</b>	Displays the total accumulated distance mile (or kilometer) during your workout.
4	<b>CALORIES</b>	Displays the total accumulated calories burned during your workout.
5	<b>AVG. SPEED</b>	Displays the average speed.
6	<b>AVG. WATT</b>	Displays the average pedaling RPM.
7	<b>AVG. HEART RATE</b>	Displays the average heart rate during your workout.
8	<b>MAX. HEART RATE</b>	Displays the max. heart rate during your workout.
9		Displays the profile of your workout.
10	<b>DONE</b>	Tap to HOME Screen whether if you had logged in or not.



**NOTE:** Your workout information displays in Summary Page and will be uploaded to CircleCloud if you had logged in.

## 2.8 HEART RATE CONTROL

### Go to HOME Screen > [HEART RATE CONTROL Screen](#)

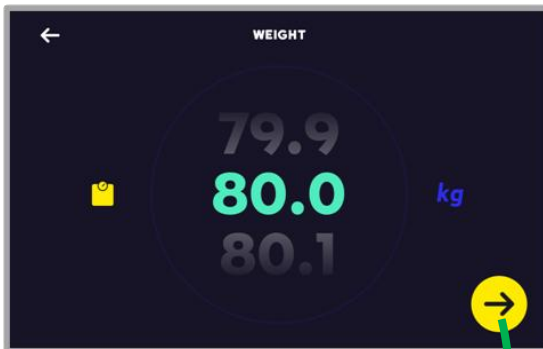
Heart Rate Control maintains the heartbeats per minutes you select by controlling the exercise speed and intensity of your cardio equipment to optimize your workout.



No.	Field/ Button	Description
1	<b>FATBURN</b>	Sets your maximum heart rate to <b>65%</b> . This program will adjust the intensity accordingly in order to help you reach your target heart rate. - Setting range: $(220 - \text{Age}) \times 60\%$ to $(220 - \text{Age}) \times 70\%$ - Default setting: $(220 - \text{Age}) \times 65\%$ - Tap to skip to setting screens (refer to next page).
2	<b>AEROBIC</b>	Sets your maximum heart rate to <b>75%</b> . This program will adjust the intensity accordingly in order to help you reach your target heart rate. - Setting range: $(220 - \text{Age}) \times 71\%$ to $(220 - \text{Age}) \times 80\%$ - Default setting: $(220 - \text{Age}) \times 75\%$ - Tap to skip to setting screens (refer to next page).
3	<b>PERFORMANCE</b>	Sets your maximum heart rate to <b>85%</b> . This program will adjust the intensity accordingly in order to help you reach your target heart rate. - Setting range: $(220 - \text{Age}) \times 81\%$ to $(220 - \text{Age}) \times 90\%$ - Default setting: $(220 - \text{Age}) \times 85\%$ - Tap to skip to setting screens (refer to next page).
4	<b>CUSTOMIZE</b>	Sets a target heart rate. This program will adjust the intensity level accordingly to help you to reach your goal. Tap to skip to setting screens (refer to next page). - Default setting: 120 BPM
		Tap to skip to HOME Screen.
		Tap to view corresponding descriptions.

## 2.8 HEART RATE CONTROL (Continued)

Go to HOME Screen > HEART RATE CONTROL Screen > [SETTING Screens](#)



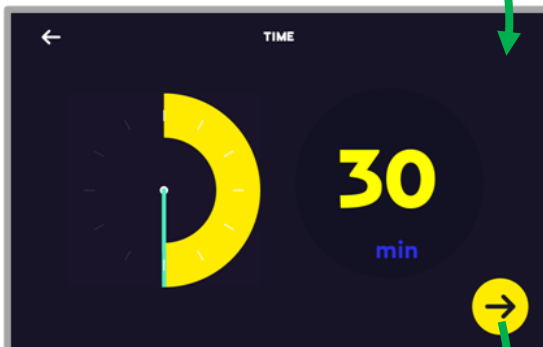
### STEP 1: WEIGHT Setting

Setting range: 35.0 ~ 220.0(kg) or  
77 ~ 485.0 (lb)



### STEP 2: AGE Setting

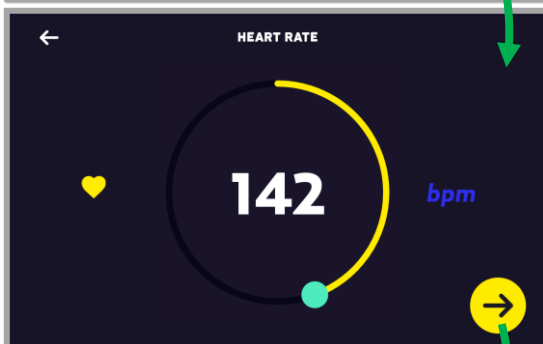
Setting range: 10~99 year



### STEP 3: TIME Setting

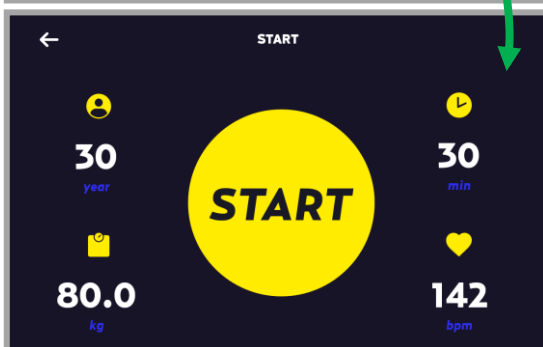
Set your time of heart rate control  
program.

Setting range: 10- 120(min)



### STEP 4: HEART RATE

System will calculate your heart rate beat  
automatically based on your age, you can  
adjust your heart rate beat if needed.



### STEP 5: CONFIRM Your Settings

Confirm your settings on this screen.

Tap white arrow button to back previous  
page if you need to correct your settings.

Tap **START** to begin your workout.  
(Skip to **WORKOUT** Screen)

## 2.8 HEART RATE CONTROL (Continued)

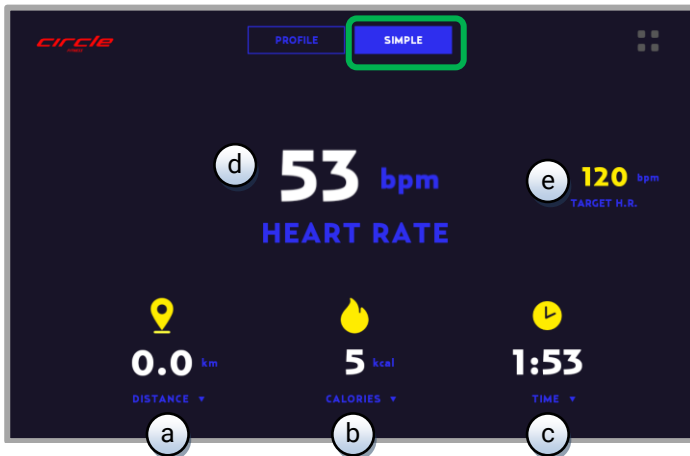
### HEART RATE CONTROL Screen > SETTING Screens > [WORKOUT Screens](#)



#### PROFILE - Display Items

- a) CALORIES, CAL/HR, WATT, METS
- b) DISTANCE, SPEED, AVG. SPEED, RPM
- c) TIME, TIME REMAINING
- d) HEART RATE
- e) TARGET H.R.
- f) Your workout profile

 Tap to skip HOME Screen.



#### SIMPLE - Display Items

- a) DISTANCE, PACE, AVERAGE PACE
- b) CALORIES, CAL/HR., METS
- c) TIME, TIME REMAINING
- d) HEART RATE
- e) TARGET H.R.

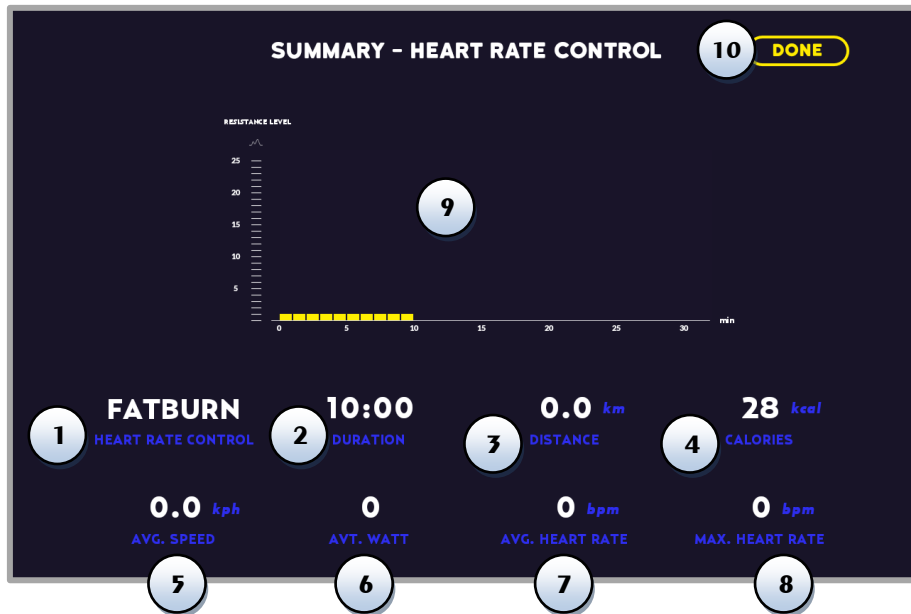
 Tap to skip HOME Screen.

**NOTE:** If no heart rate is detected, a message “No heart reate detected. Please put on your chest belt ro place your hands on the heart rate sensor.” will pop out.

Tap **STOP** (membrane button) or reached your target heart rate to skip to SUMMARY Screen. (Refer to next page.)

## 2.8 HEART RATE CONTROL (Continued)

### HEART RATE CONTROL Screen > SETTING Screens > WORKOUT Screens > SUMMARY Screen



#### Readouts of Heart Control Programs

No.	Field/ Button	Description
1		Displays the title of heart control program.
2	<b>DURATION (TIME)</b>	Displays the total accumulated time during your workout.
3	<b>DISTANCE</b>	Displays the total accumulated distance mile (or kilometer) during your workout.
4	<b>CALORIES</b>	Displays the total accumulated calories burned during your workout.
5	<b>AVG. SPEED</b>	Displays the average speed.
6	<b>AVG. WATT</b>	Displays the average pedaling RPM.
7	<b>AVG. HEART RATE</b>	Displays the average heart rate during your workout.
8	<b>MAX. HEART RATE</b>	Displays the max. heart rate during your workout.
9		Displays the profile of your workout.
10	<b>DONE</b>	Tap to HOME Screen whether if you had logged in or not.

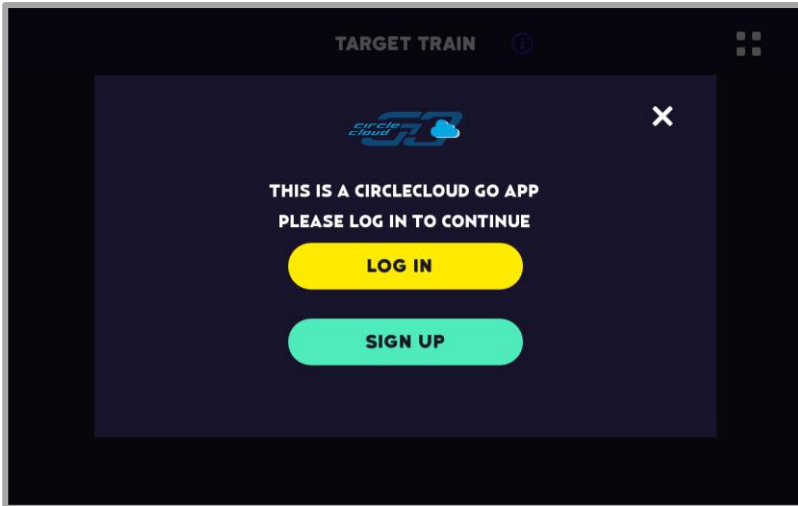
**NOTE:** Your workout information displays in SUMMARY Screen and will be uploaded to CircleCloud if you had logged in.



## 2.9 TARGET TRAIN

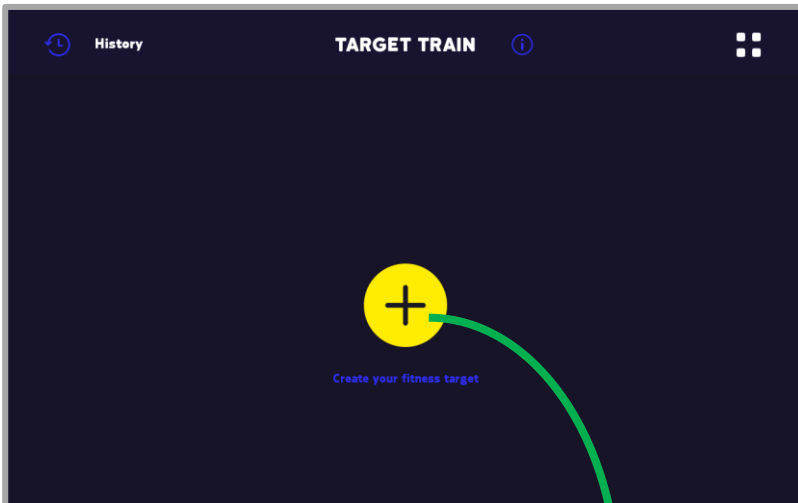
### Go to HOME Screen > [TARGET TRAIN Screen](#)

**TARGET TRAIN** is a cloud based program enables you to set fitness goals and track progress up to the minute with its real-time connection with CircleFit wellness app.



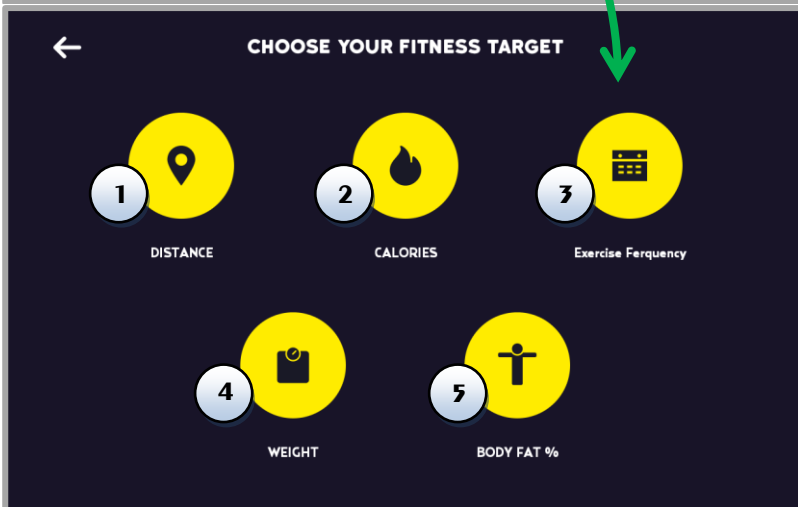
Tap **LOG IN** to Login Screen.  
(Refer to chapter 3.3 LOGIN.)

Tap **SIGN UP** to register an account. (Refer to chapter 2.6 CIRCLE CLOUD GO SIGN UP.)



Tap **+** to create your fitness target.

**NOTE:** 3 fitness targets can be chosen as your target.



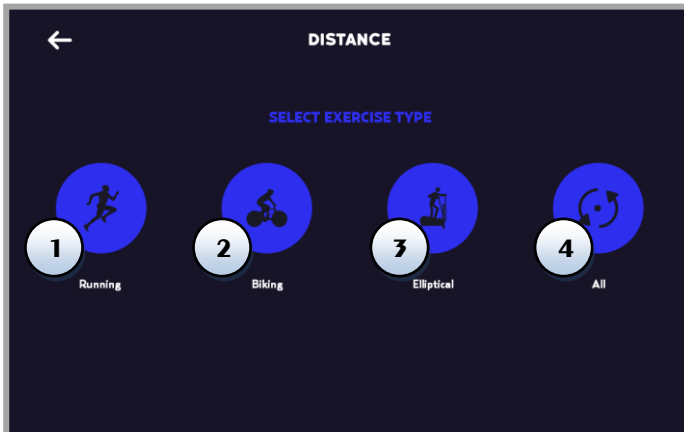
TARGET TRAIN comes with 5 difference exercise targets, keeping you motivated and on track for your fitness plan.

Choose the one of the following as your workout target.

- 1) DISTANCE
- 2) CALORIES
- 3) EXERCISE FREQUENCY
- 4) WEIGHT
- 5) BODY FAT%

## 2.9 TARGET TRAIN (Continued)

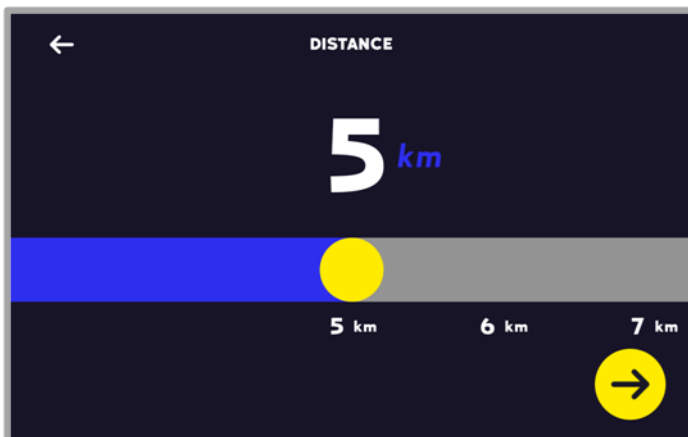
### TARGET CHOOSE Screen > [DISTANCE Setting Screens](#)



#### STEP 1: SELECT EXERCISE TYPE

Choose the one of the following as your exercise type.

- 1) Running
- 2) Biking
- 3) Elliptical
- 4) All



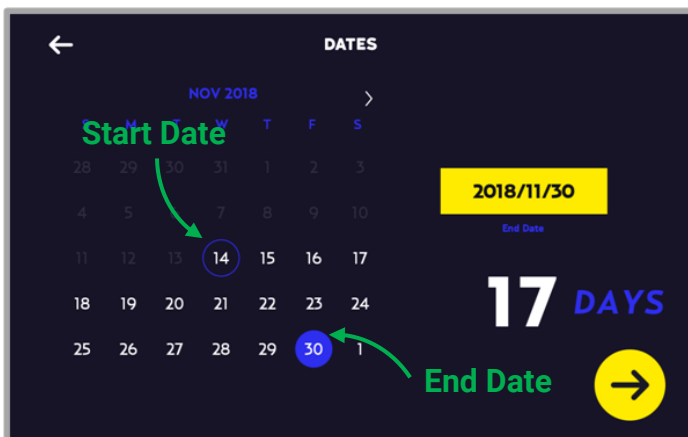
#### STEP 2: DISTANCE SETTING

Set your workout distance.

Setting range:

5 ~ 999 km (3.1 ~ 62.4 mi)

Preset: 5km (3.1mi)

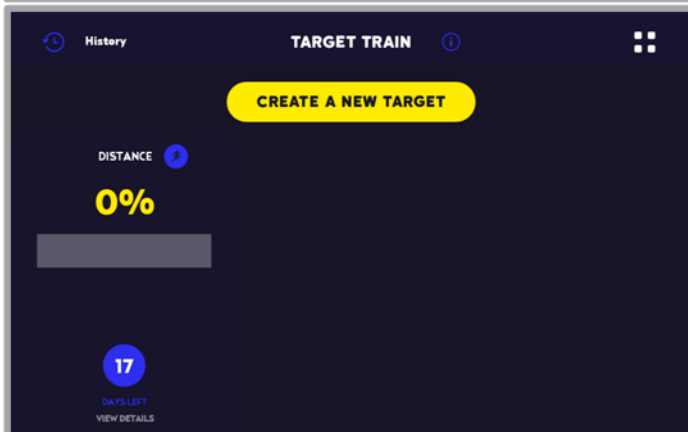


#### STEP 3: PERIOD SETTING

**Start Date:** Current date.

**End Date:** Choose end date for your target and total days will displayed on right of screen.

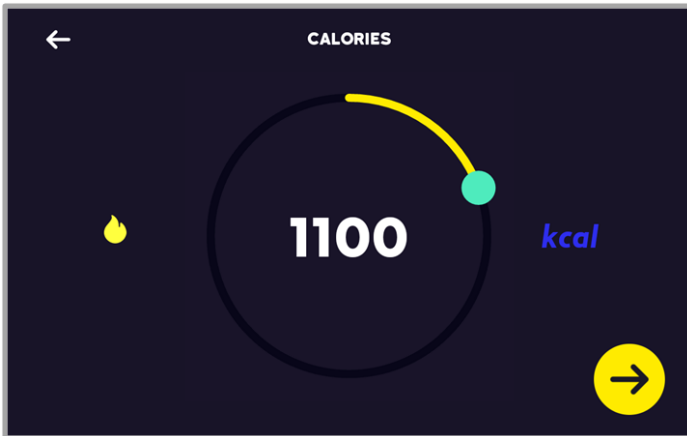
Tap yellow arrow to next screen.



#### STEP 4: COMPLETE YOUR SETTING

## 2.9 TARGET TRAIN (Continued)

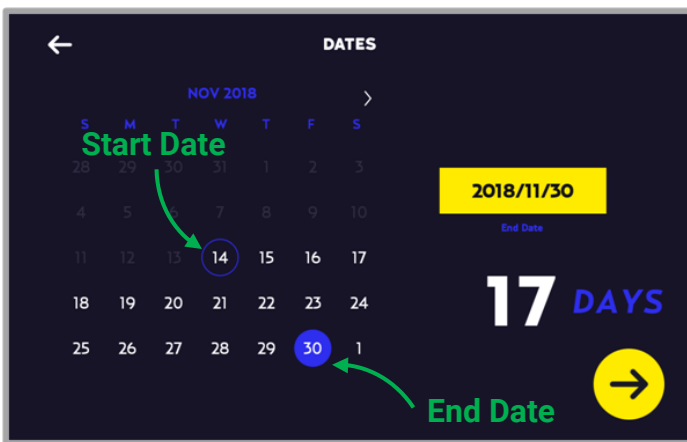
### TARGET CHOOSE Screen > [CALROIES Setting Screens](#)



#### STEP 1: SET YOUR TARGET CALROIES

Setting range: 100 ~ 99900 cal  
Preset: 100 cal

Tap yellow arrow to next screen.

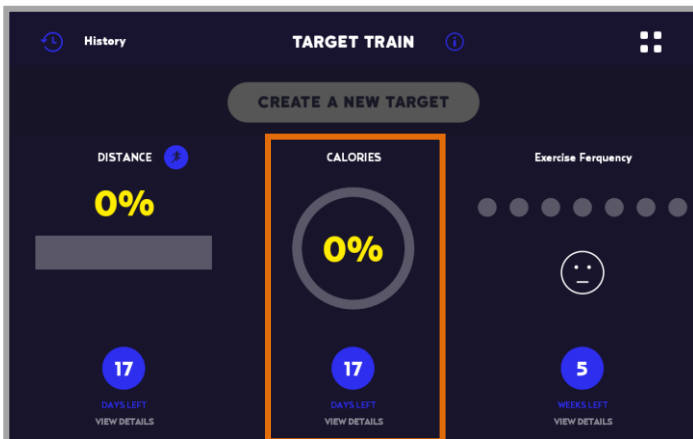


#### STEP 2: PERIOD SETTING

**Start Date:** Current date.

**End Date:** Choose end date for your target and total days will displayed on right of screen.

Tap yellow arrow to next screen.

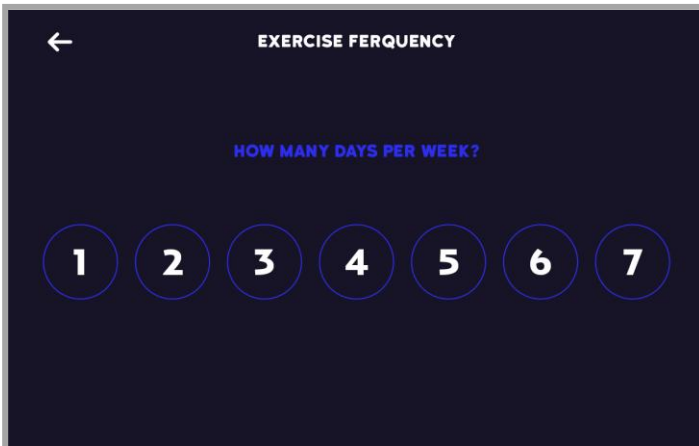


#### STEP 3: COMPLETE YOUR SETTING

Tap to skip to HOME Screen.

## 2.9 TARGET TRAIN (Continued)

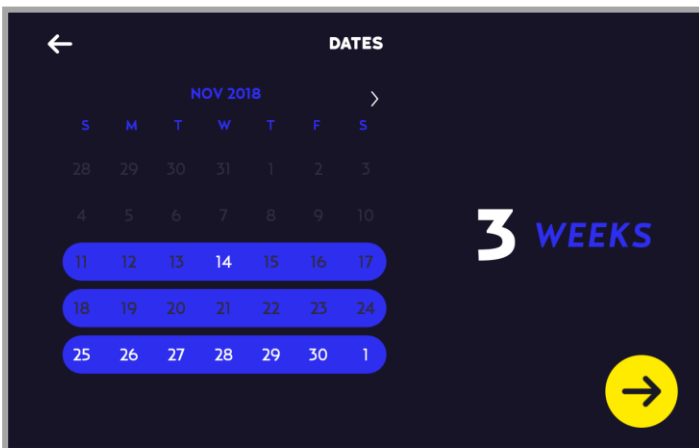
### TARGET CHOOSE Screen > [EXERCISE FREQUENCY Setting Screens](#)



#### STEP 1: SET YOUR EXERCISE FREQUENCY

Tap one of the numeric buttons to select the target workout days per week.

Setting range: 1~7

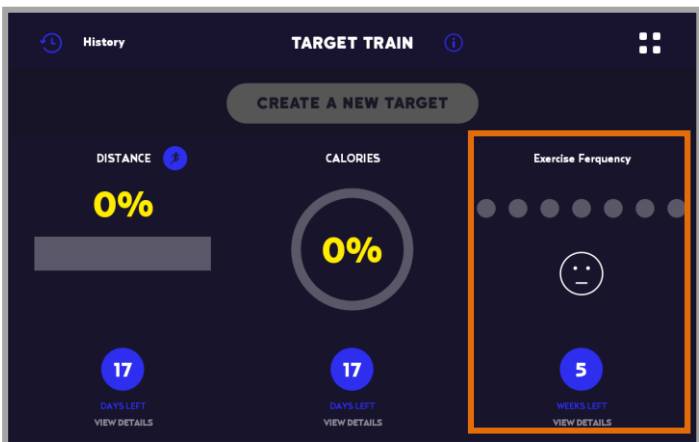


#### STEP 2: PERIOD SETTING


**Start Week:** Current week.

**End Week:** Choose end week for your target and total weeks will displayed on right of screen.

Tap yellow arrow to next screen.

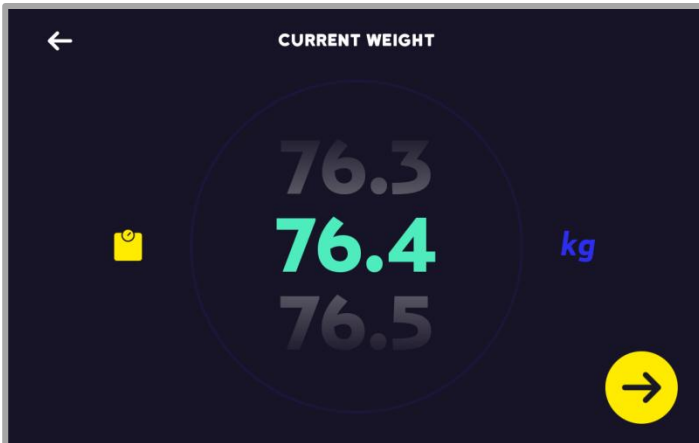


#### STEP 3: COMPLETE YOUR SETTING

 Tap to skip to HOME Screen.

## 2.9 TARGET TRAIN (Continued)

### TARGET CHOOSE Screen > [WEIGHT Setting Screens](#)



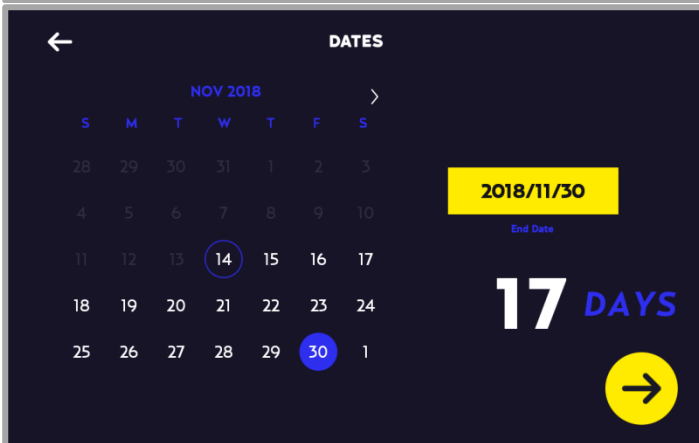
#### STEP 1: SET YOUR CURRENT WEIGHT

Setting range: 35-220 kg (70-500 lb)



#### STEP 2: SET YOUR TARGET WEIGHT

Setting range: 35-220 kg (77-484 lb)



#### STEP 3: PERIOD SETTING

**Start Date:** Current date.

**End Date:** Choose end date for your target and total days will displayed on right of screen.

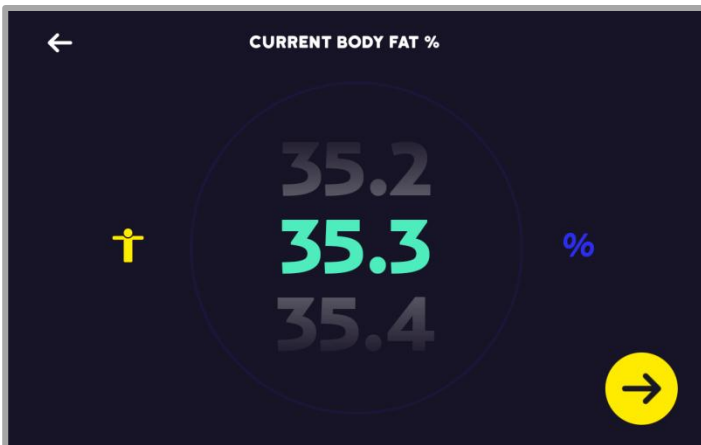
Tap yellow arrow to next screen.



#### STEP 4: COMPLETE YOUR SETTING

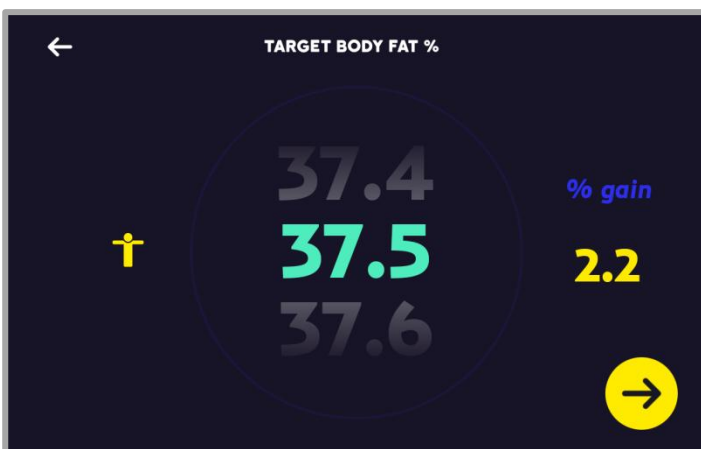
## 2.9 TARGET TRAIN (Continued)

### TARGET TRAIN Screen > TARGET CHOOSE Screen > **BODY FAT% Screens**



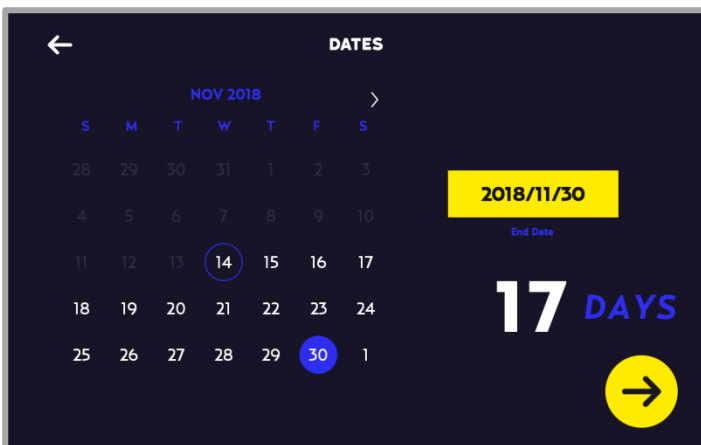
#### STEP 1: SET YOUR CURRENT BODY FAT%

Setting range: 1-50%



#### STEP 2: SET YOUR TARGET BODY FAT%

Setting range: 2-50%

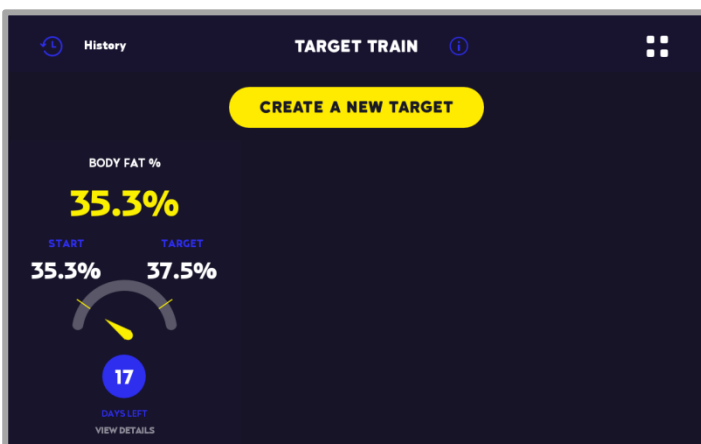


#### STEP 3: PERIOD SETTING

**Start Date:** Current date.

**End Date:** Choose end date for your target and total weeks will displayed on right of screen.

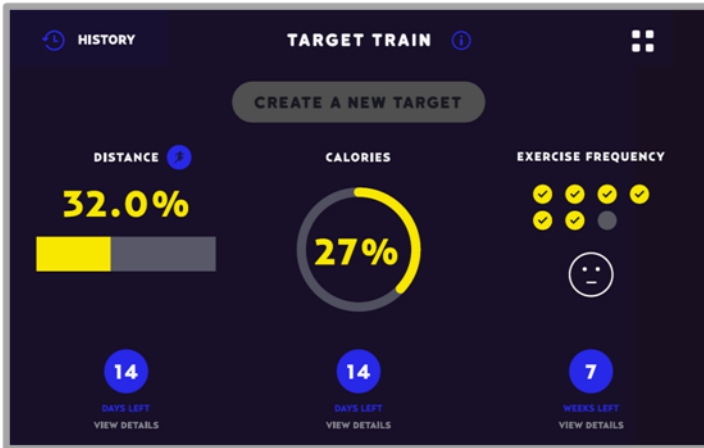
Tap yellow arrow to next screen.



#### STEP 4: COMPLETE YOUR SETTING

## 2.9 TARGET TRAIN (Continued)

### TARGET TRAIN Screen > History Screen



#### **(HISTORY)**

Tap to view the history of your target.



#### HISTORY SCREEN

Tap **EDIT** to edit your history of target train.



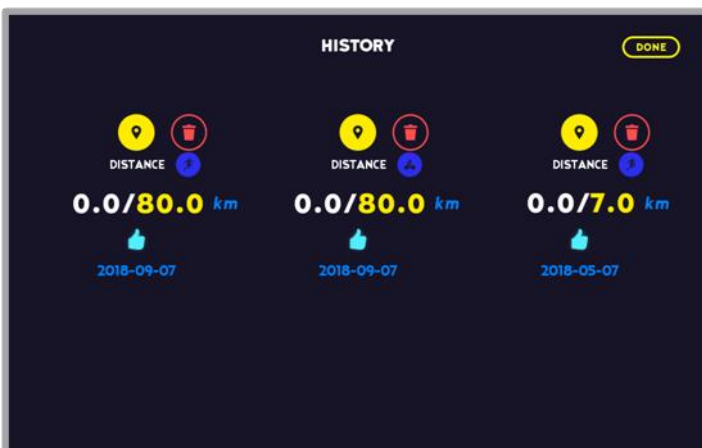
**Gold Star:** target is achieved.



**Thumbs-up:** target is interrupted before you achieved.



**Silver Star:** achieved the target after times up and continued the target.



#### EDIT HISTORY SCREEN



Tap to delete your record.

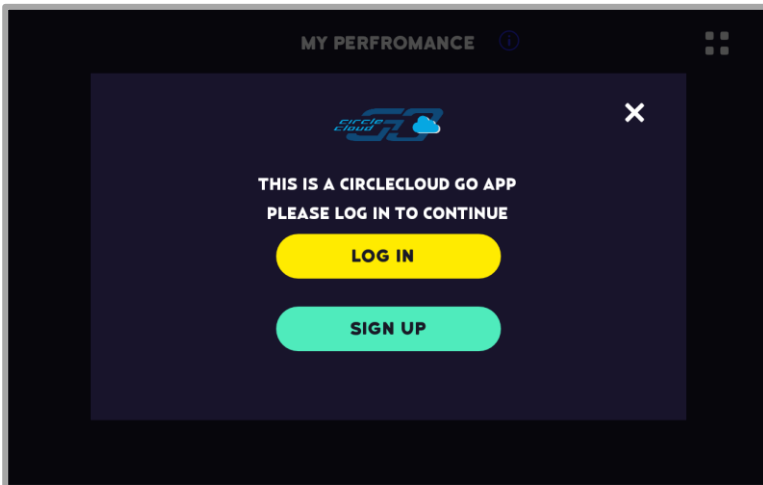


Tap to skip to history screen.

## 2.10 MY PERFORMANCE

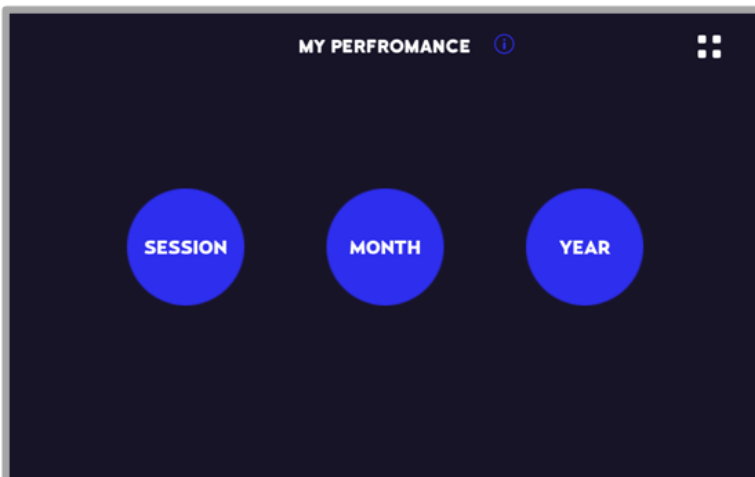
### Go to HOME Screen > MY PERFORMANCE Screen

See your workout performance from cardio equipment, exercise apps and fitness wearables. Compare the results and challenge yourself further!



Tap **LOG IN** to LOGIN Screen. (Refer to chapter 2.3 LOGIN.)

Tap **SIGN UP** to register an account. (Refer to chapter 2.6 CIRCLE CLOUD GO SIGN UP.)



You can get your personal work information via **SESSION**, **MONTH** and **YEAR**. (Refer to next page)



Tap to skip to HOME Screen.

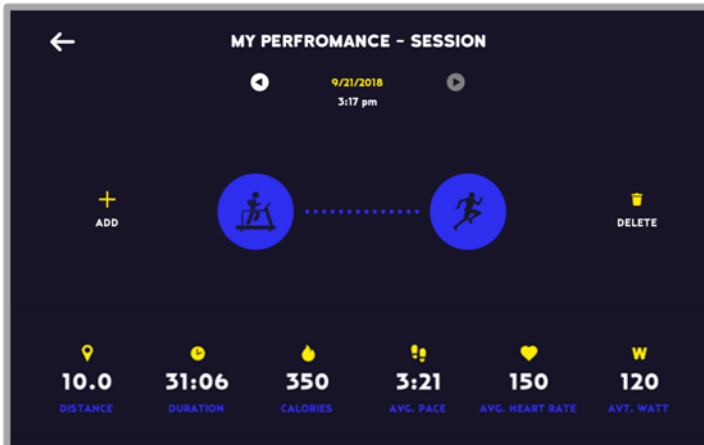


Tap to view corresponding descriptions.



## 2.10 MY PERFORMANCE (Continued)

### Go to HOME Screen > MY PERFORMANCE Screen



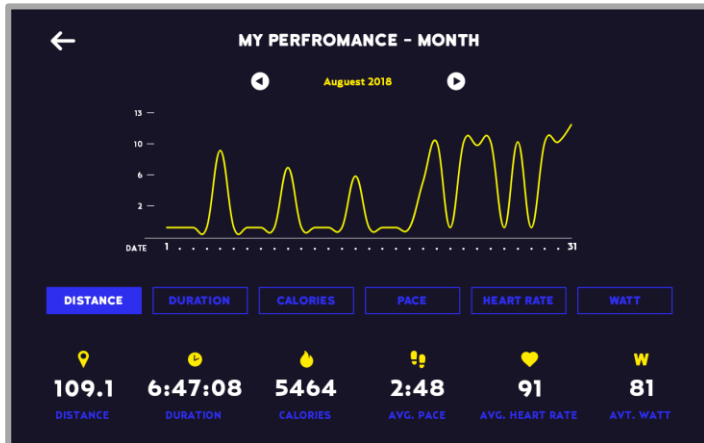
#### SESSION

Track your cardio equipment usage, outdoor fitness apps and wearable devices to bring you a detailed breakdown of your work history.

Tap **ADD** to add or a session.

Tap **DELETE** to delete or a session.

Tap arrow button to skip previous screen.



#### MONTH

Month-to-Month comparison charts break down your monthly performance into convenient charts for you to study and compare.

Tap arrow button to skip previous screen.



#### YEAR

Year-to-Year charts bring you yearly comparisons of your fitness, allow you to review your long-term workout progress.

Tap arrow button to skip previous screen.


## 2.11 BODY MANAGER

### Go to HOME Screen > [BODY MANAGER Screens](#)

Body Manager is designed to measure and track your body fitness via Circle Fitness IBA/ InBody 570 and CircleFit wellness app.

**NOTE: Please login before you use this feature.**



No.	Field/ Button	Description
1	<b>Key Measurements</b>	Weight/ Body Fat %/ BMI /BMR /Total Body Water/ Visceral Fat Rating/ Bone Mass/ <a href="#">Intracellular Water/ Extracellular Water/ Protein/ Minerals/ Waist-Hip Ration/ Obesity Degree</a>
2	<b>Muscle Mass</b>	Tap to view your distribution of muscle mass.
3	<b>Body Fat %</b>	Tap to view the fat percentage on your body.
4	<b>Pen tool</b>	Tap to edit your measurements.
		Tap to see which equipment works sync with BODY MANAGER.
	→	Tap to view the history of corresponding measurement.

## 2.12 MY GYM

### Go to HOME Screen > MY GYM Screens

MY GYM keeps you up to date with the latest news (**BULLETIN Screen**), classed and offers from your facility (**CLASS Screen**). It also lets you to customize your personal schedules by adding or removing classes from your calendar (**CLASS Screen & MY CLASS Screen**).

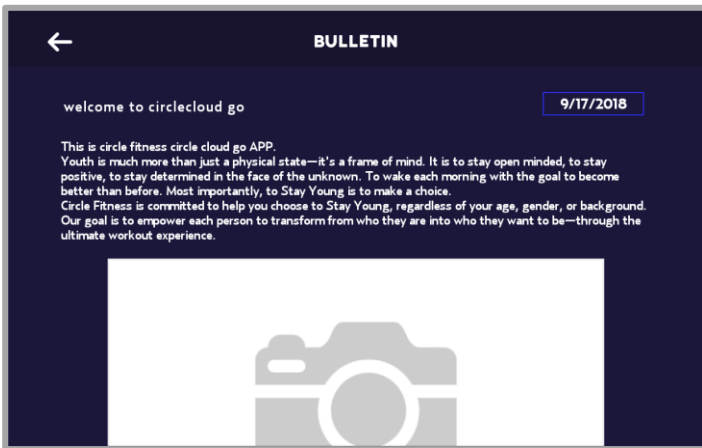


### **BULLETIN**

This feature keeps you updated on the latest news and classes offered by your facilities.

Tap the title on bulletin to get more information.

Tap  to skip HOME Screen.



## 2.12 MY GYM (Continued)

Go to HOME Screen > MY GYM Screen > [CLASS Screen](#)



### CLASS

This screen displays the classes offered by your gym in a calendar format.



1) Tap to view the schedule of previous or next week.

### 2) Class Information

### 3) ADDED

Tap to add this class to your calendar.



## 2.12 MY GYM (Continued)

Go to **HOME Screen > MY GYM Screen > MY CLASS Screen**

**NOTE:** This feature needs to be logged in.



### MY CLASS

This page allows you to edit your classes.



Tap to view the schedule of previous or next week.

### 2) Class Information



### 3) REMOVE FROM MY CLASS

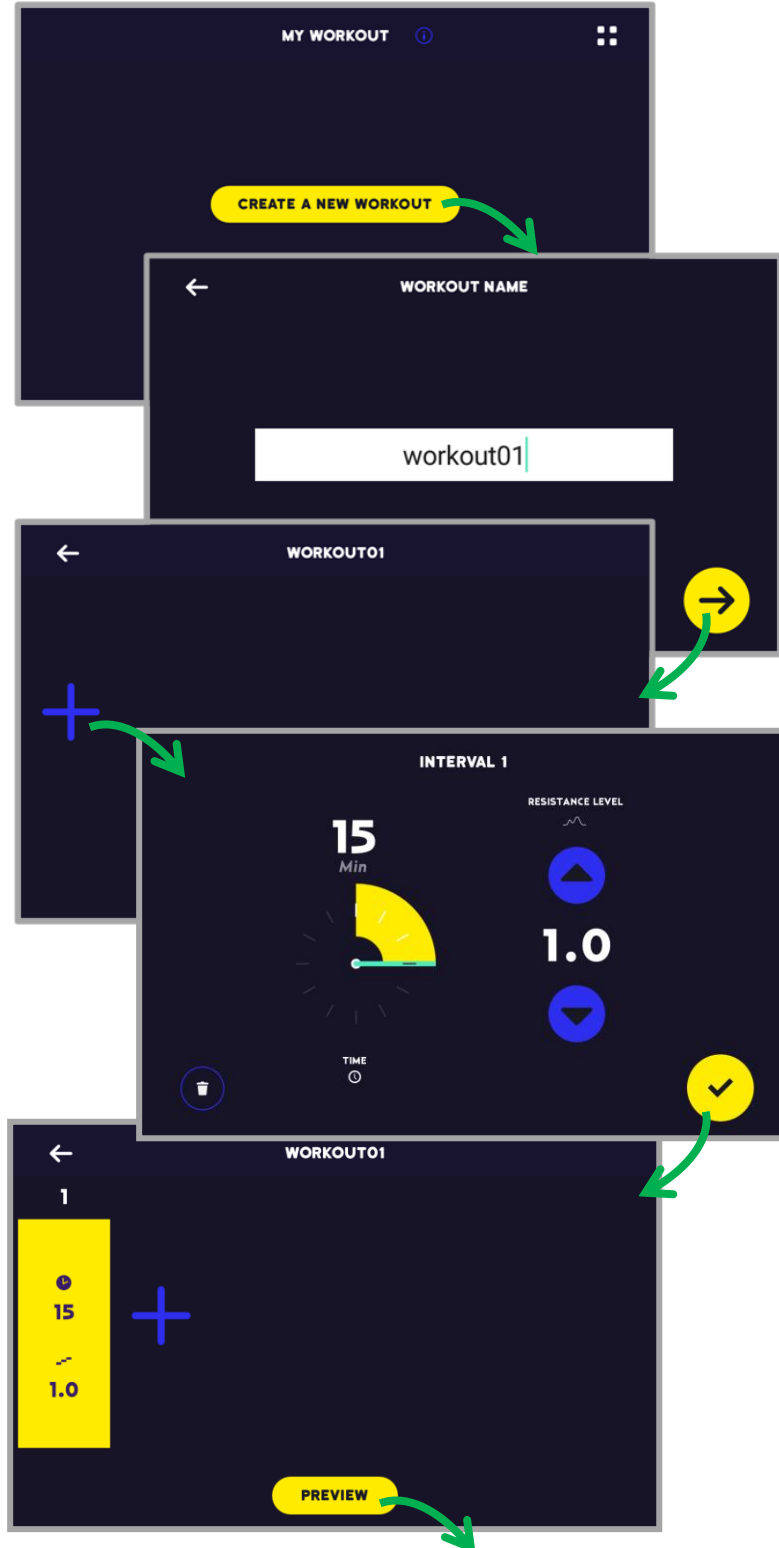
Tap to remove this class from your calendar and the screen is shown as below.

## 2.13 MY WORKOUT

### Go to HOME Screen > [MY WORKOUT Screens](#)

My Workout allows you to set resistance level for each interval to create your own workout program.

**NOTE:** Please login before using MY WORKOUT. Refer to “[Chapter 2.6 Circlecloud Go Sign Up](#)” if you don't have an account.



Tap **CREATE YOUR WORKOUT** to start customizing.

**NOTE:** Up to 3 workout programs can be created.

#### ENTER YOUR WORKOUT NAME

Tap the blank area to pop out an on-screen keyboard to enter your workout name.

#### SET YOUR INTERVAL

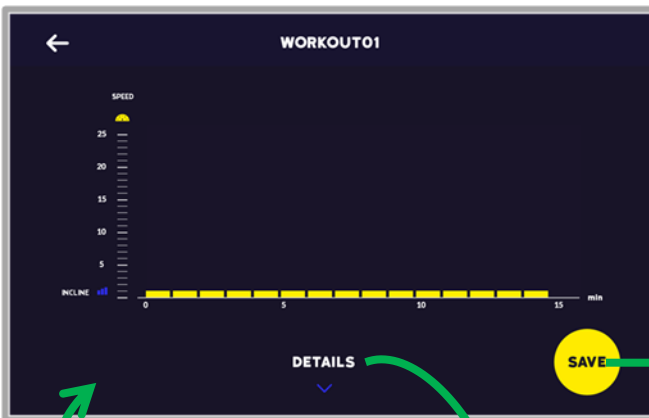
Set your interval of Time and resistance level.

**NOTE:** 50 interval sets can be set.


Tap to next screen.


## 2.13 MY WORKOUT(Continued)


Go to HOME Screen > [MY WORKOUT Screens](#)



### Workout Profile Preview Screen


Tap  to back to previous screen.

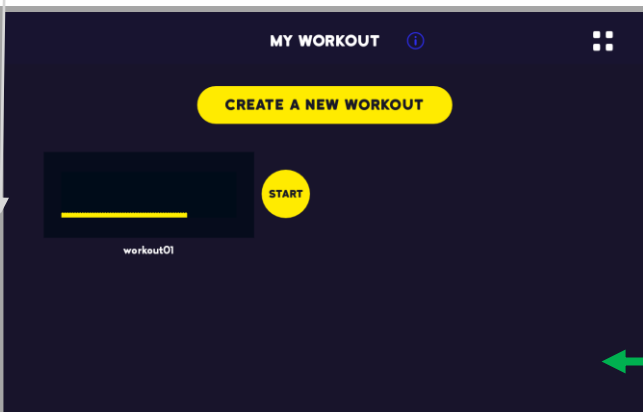
Tap  to view your workout settings.


Tap  to complete your workout settings and skip to MY WORKOUT PAGE.





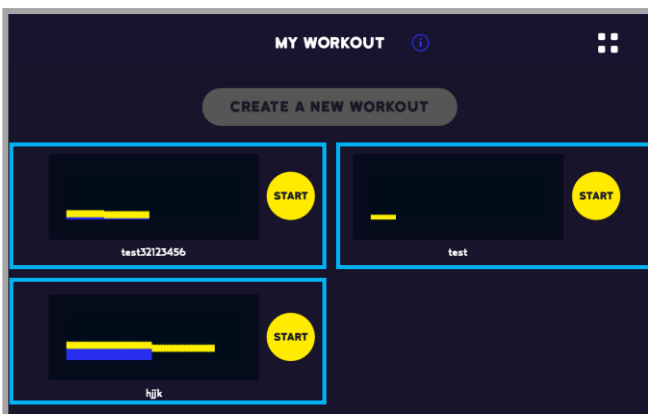
### Workout Detail Screen

Confirm your settings and tap  to back to previous screen.



Tap  to create another workout.

Tap  to begin your workout or tap  to skip HOME Screen.



Up to 3 personal My Workouts can be created. (shown as left)

*circle*  
FITNESS

Stay Young



*B6 S Upright Bike*

