circle
FITNESS

Stay Young

Owner's Manual

B8 S
Upright Bike

Display Type:
8 inch Touch Screen

PART A

ASSEMBLY

TABLE OF CONTENTS

INTRODUCTION

Dear Customer,

Thank you for purchasing this product.

This Owner's Manual will guide you through the setup procedures and outline the key features. Please keep it handy for future reference.

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

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1. SAFETY

1. 1 Important Safety Notes

IMPORTANT: Please read all instructions and warnings before assembly and operation.

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this Owner's Manual.

SAFETY SYMBOLS USED IN THIS OWNER'S MANUAL	
WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.
DANGER	Indicates a high probability that death, severe bodily injury or major property damage could result.

IMPORTANT: It is essential that this equipment is used only indoors, in a climate controlled room.

WARNING: Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using, then please stop the workout at once.

WARNING: Always use this equipment on a clear and level surface. Do NOT use outdoors or near water.

WARNING: Do NOT insert any object into any openings.

WARNING: Do NOT wear loose clothing or jewelry. This equipment contains moving parts. Do NOT put fingers or other objects into the moving parts**.**

WARNING: Before using this equipment to exercise, always do stretching exercises first, in order to properly warm up.

WARNING: It's recommended to replace defective components immediately and keep the equipment out of use until repairs have been made by a professional person.

WARNING: This equipment is designed for adults. Close supervision is necessary if the equipment is used by children or near children. This also applies to disabled persons.

1. 1 Important Safety Notes (Continued)

WARNING: Please consult your physician before starting a workout or a training program. Its best to have your doctor review your training and diet programs first so that he can advise the best workout routine for you.

WARNING: Make sure all bolts and nuts are securely tightened before operating this equipment. 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 equipment when feeling uncomfortable.

WARNING: Avoid dismounting while the pedals are still in motion.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

SAFTEY

1. 2 Grounding Instructions

This equipment must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This equipment is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
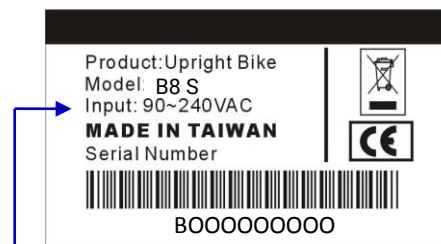

| 115V
NEMA 5-20 | EURO PLUG
CEE 7/7 | 208-220V
NEMA 6-15 |
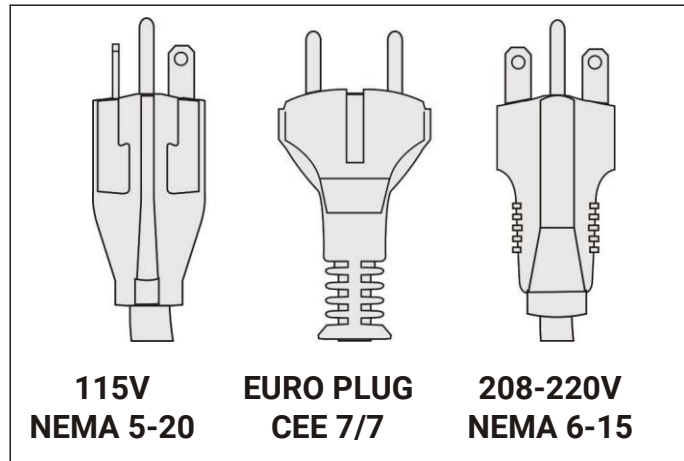
DANGER! Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the upright bike is properly grounded. Do NOT modify the plug provided with the upright bike. If it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

1.3 Electrical Requirements

Important Voltage Information
Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the upright bike that you have received. See the serial number decal for the exact voltage requirements of your upright bike.

Product:Upright Bike
Model: B8 S
Input: 90~240VAC
MADE IN TAIWAN
Serial Number

BOOOOOOOOO

Voltage Requirement

The power requirements for the upright bike include a grounded, dedicated circuit, rated for one of the following:
1) 115 VAC 5%, 60 Hz, 20 amps
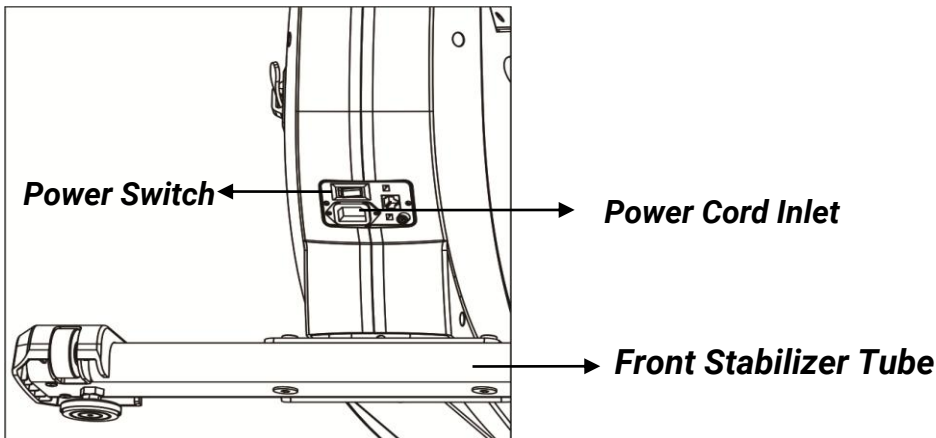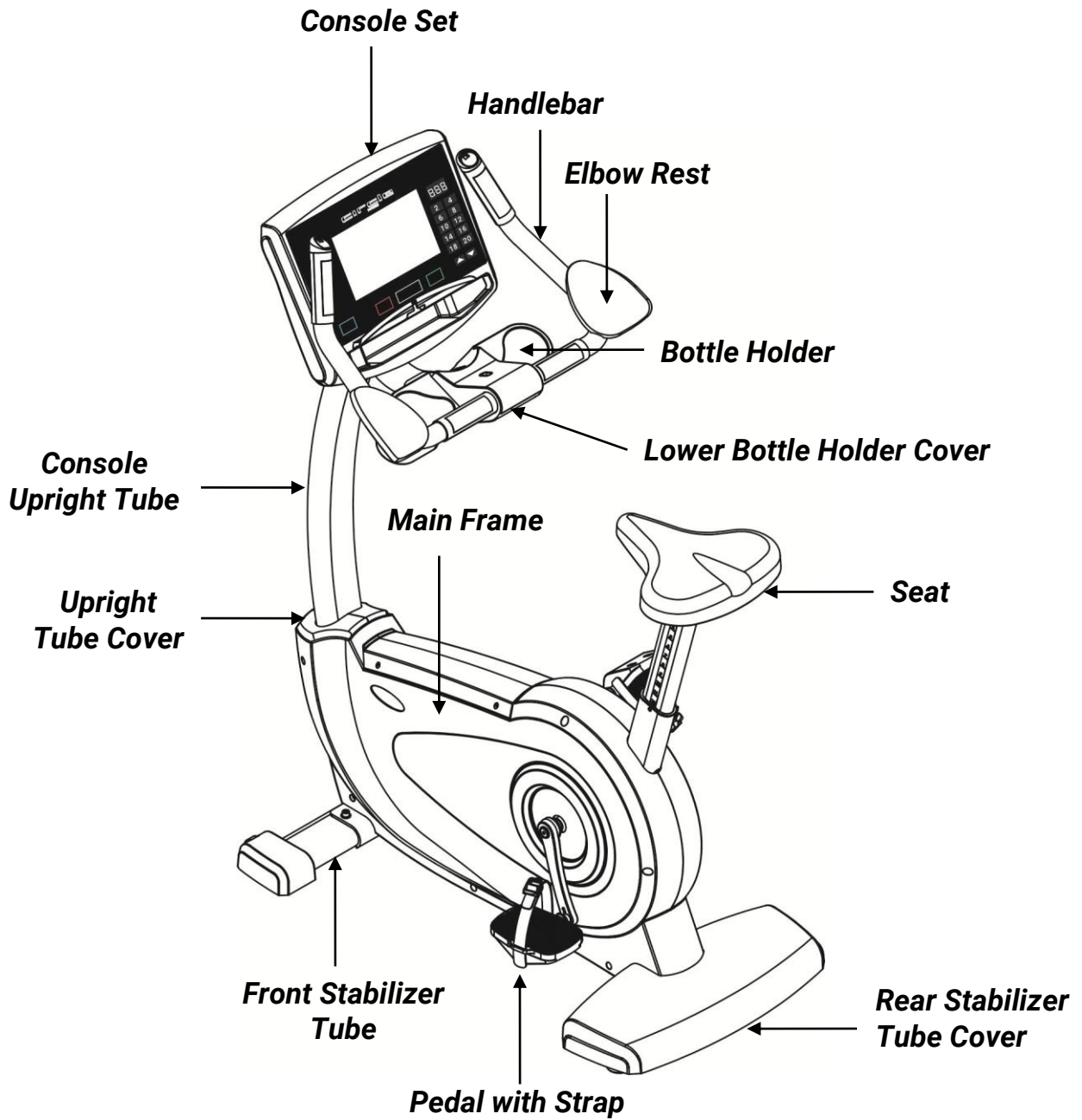2) 208/220 VAC, 60 Hz, 15 amps
3) 230 VAC 5%, 50 Hz, 15 amps

WARNING: Do NOT attempt to use this equipment with a voltage adapter. Do NOT attempt to use this equipment with an extension cord.

2. ASSEMBLY

2.1 Specifications

Technical Specifications	
Resistance Level	25 Levels
Max. User Weight	150 kgs/330 lbs
Electrical Specifications	
Power Requirement	100~240V±10 50/60Hz
Display Type	8 inch touch screen with 2 LEDs
Maximum Watt at 120 RPM	800
Minimum Watt at 40 RPM	20
Minimum RPM	10
Dimensions	
Diameters (L x W x H) (approx.)	1130 x 690 x 1470 mm/45 x 27 x 58 in
Unit Weight (approx.)	63.8 kgs/140.4 lb
Packaged Dimensions (Body)	1160 x 360 x 750 mm/46 x 14 x 30 in
Packaged Dimensions (Console)	550 x 170 x 460 mm/21.7 x 6.7 x 18.1 in
Features	
Resistance Level Control	Standard
HR Sensors & Telemetry	Standard
HR Chest Belt	Optional

2.2 Machine Overview

Console Set

Handlebar

Elbow Rest

Bottle Holder

Lower Bottle Holder Cover

Console Upright Tube

Main Frame

Seat

Upright Tube Cover

Front Stabilizer Tube

Rear Stabilizer Tube Cover

Pedal with Strap

Power Switch

Power Cord Inlet

Front Stabilizer Tube

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2.3 Location and Transportation

Location

Place the equipment on a level surface. Do NOT place it in any area that will block any vents or air openings. This equipment should not be located in a garage, covered patio, near water or outdoors.

The equipment must have a clear floor space of 23 inches around all access points.

23" (0.6m)   23" (0.6m)
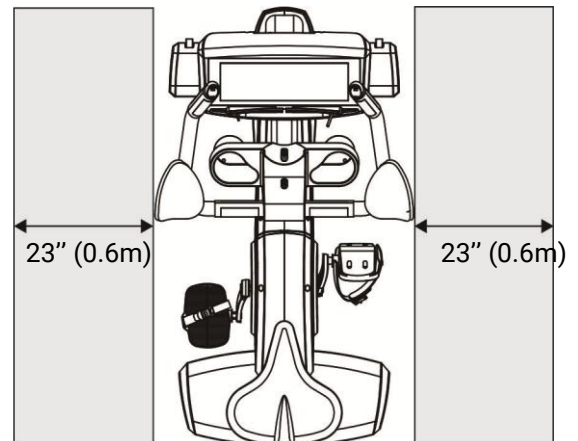
Fig 2.3-1

Leveling

After assembly, the front/rear stabilizers can be adjusted to accommodate slightly uneven ground. Turn the adjustment knobs on the ends of the foot caps to level the rear stabilizer to the floor.
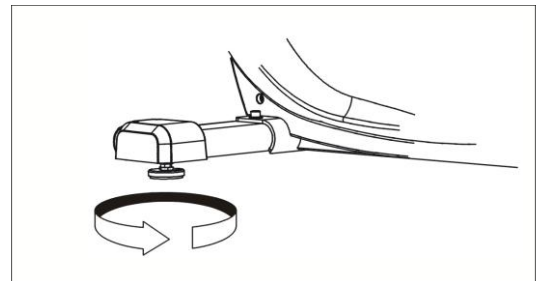
Fig 2.3-2

Transportation

To move the equipment, carefully lift the rear end by pushing down on the front of the handlebars. Carefully steer the equipment to another location.

IMPORTANT: Be careful when moving this equipment, as it is heavy and awkward. If you do not feel comfortable moving the equipment by yourself, please get help.

NOTE: The transport wheels are designed for indoor use only and should not be used to move the equipment over rough surfaces such as concrete or asphalt.
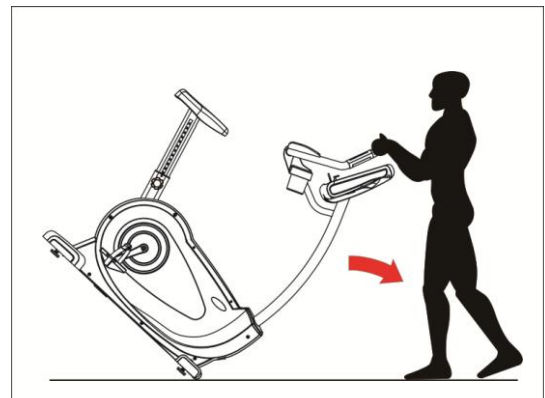
Fig 2.3-3

2.4 Unpacking

1. Carefully remove all staples from the carton.

2. Open the **Carton 1** and remove the upper cardboard piece. Lift the cover upward and set it aside. (Fig 2.4-1)
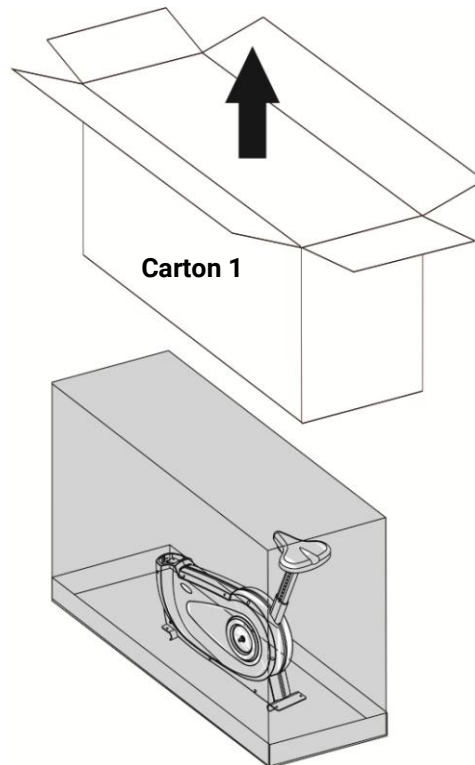
Fig 2.4-1

3. Open the **Carton 2** and remove the packing materials to take out the console set. (Fig 2.4-2)
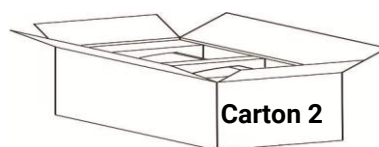
Fig 2.4-2

4. Cut all plastic ties securing the equipment in place.

5. Remove the inserted parts around the Styrofoam corner pieces and set them down near the spot where you plan to install the equipment.

6. With the help of at least one other person, remove all of the Styrofoam packing pieces and place the main body assembly on a level flat surface.

ASSEMBLY

2.4 Unpacking (Continued)
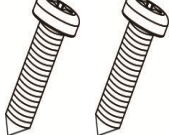
Please verify that you have parts as per the list shown below.

NOTE: Make sure that Serial Number on Carton 1 matches that on Carton 2.

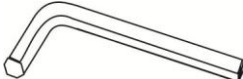1 **Console Upright Tube**

11 **Anti-Sweat Stickers**

10 **Bottle Holder**

12 **Main Frame**

9 **Bottle Holder Cover**

2 **Upright Tube Cover (Right/ Left)**

3 **Front Stabilizer Tube**

8 **Handlebar**

Carton 1

7 **Hardware Kit & Tools** (Refer to chapter 2.4.1 & 2.4.2)

4 **Pedal with Strap**

5 **Rear Stabilizer Tube**   6 **Rear Stabilizer Tube Cover**

13 **Console Set**

Carton 2

ASSEMBLY
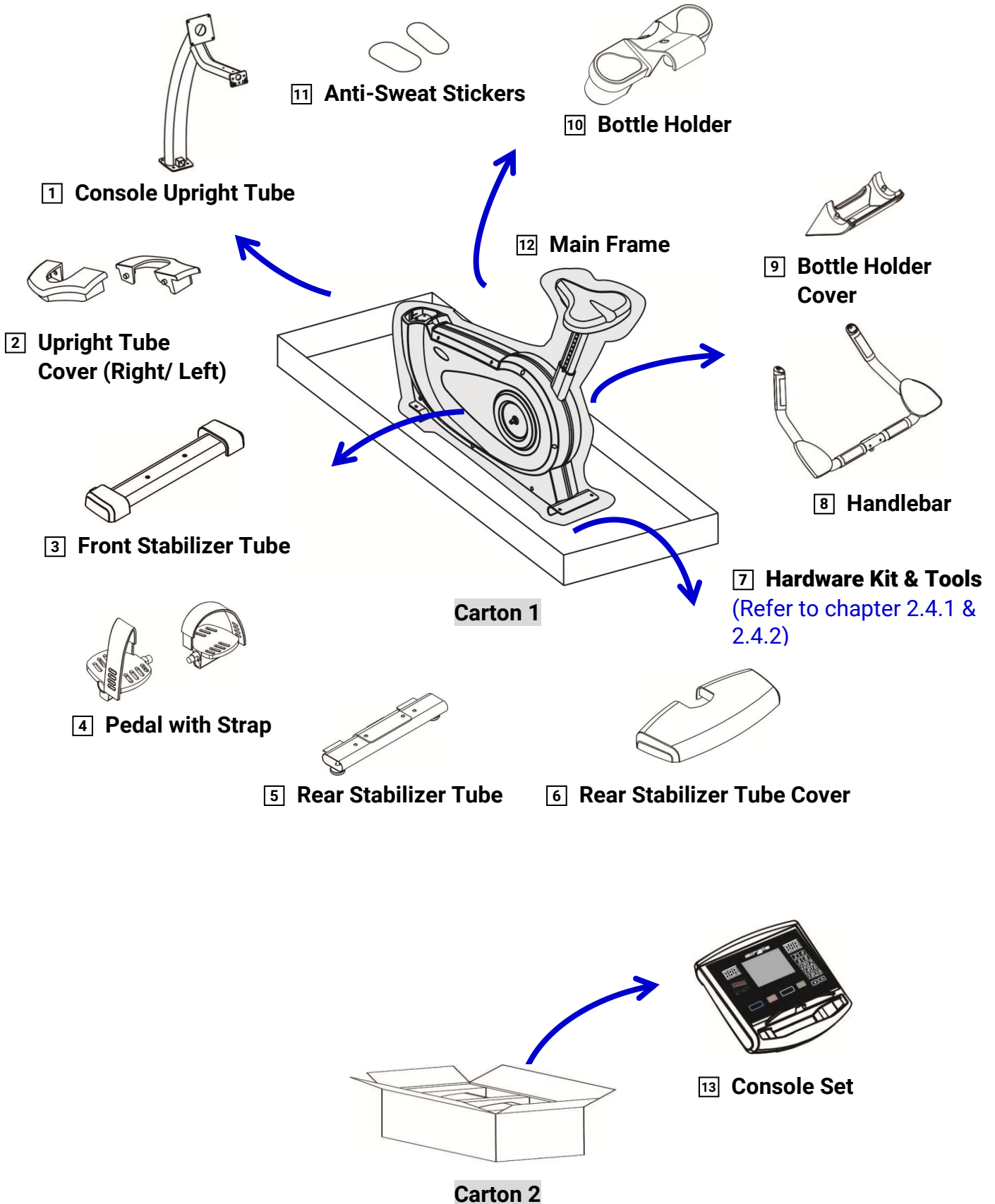
2.4.1 Hardware Kit

Please verify the hardware kit list as shown below.

STEP 2	STEP 7	STEP 8
M4 x12mm Screws (2 PCS) **(for Rear Stabilizer)**	**M8 x 20mm Screw (1 PC)** Standard version: Zinc coated USA version: Black nickel coated **M8 Wave Washers (2 PCS)** **M8 x 65mm Screws(2 PCS)** Standard version: Blacked dipped USA version: Black nickel coated **(for Handlebar)**	**M4 x 20mm Screws (2 PCS)** **(for Bottle Holder)**
		Spare Hardware
		Lock Washers Nickel coated (1 PCS) **Flat Washers Zinc coated (3 PCS)** For USA version: Attach underneath saddle as needed

.

2.4.2 Tools

Please verify the tools list as shown below.

Allen Wrench (6mm)	Allen Wrench (5mm)
M15/M15 Combination Wrench	
Power Cord	**Owner's Manual**

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2.5 Assembly Procedure

STEP 1: *Assembling the front and rear stabilizer tubes to the main frame.*

NOTE: You will need the help of another person while performing this procedure.

1) Unscrew the **Pre-locked Screws and Washers** on the front and back stabilizer tubes.

2) Attach the **Front Stabilizer Tube #1** to Main Frame by using **(2) Pre-locked Screws and Washers #2** with the provided Allen Wrench (6mm). (Fig 2.5-1A)
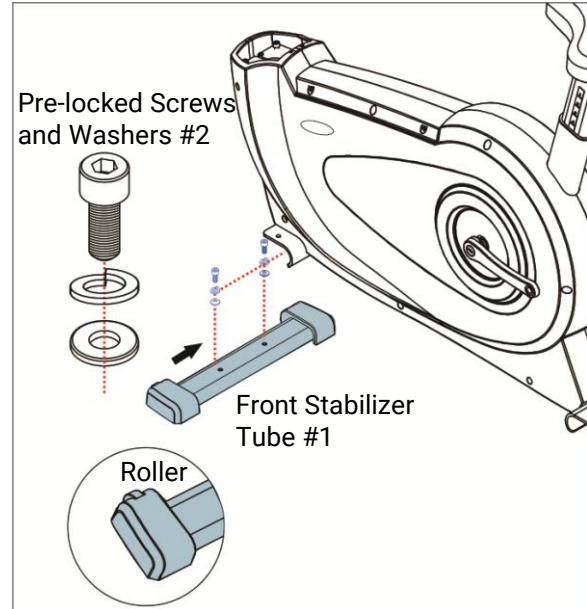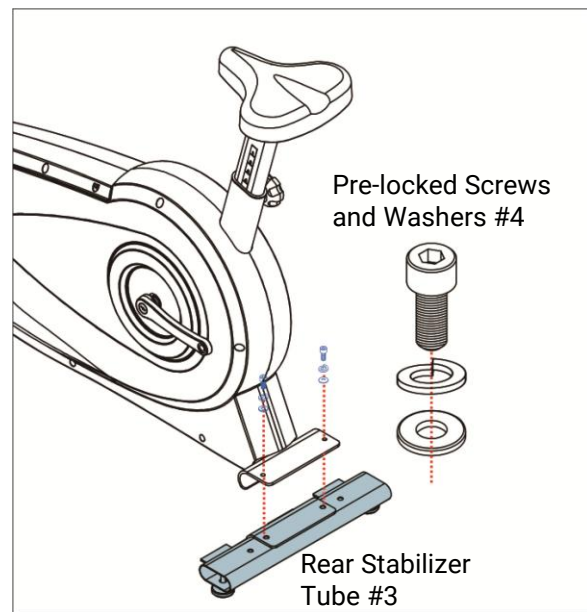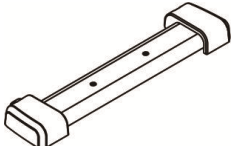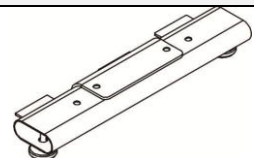

Fig 2.5-1A

3) Attach the **Rear Stabilizer Tube #3** to Main Frame by using **(2) Pre-locked screws and washers #4** with the provided Allen Wrench (6mm). (Fig 2.5-1B)

Fig 2.5-1B

Required Tool	Required Parts/ Hardware Kit	
Allen Wrench (6mm)	Front Stabilizer Tube	Rear Stabilizer Tube

STEP 2: *Assembling the Rear Stabilizer Tube Cover to the Main Frame.*

NOTE: You will need the help of another person while performing this procedure.

Attach the **Rear Stabilizer Tube Cover #1** to the Rear Stabilizer Tube, by using **(2) M4 x12mm Screws #2** with the provided Allen Wrench (6mm). (Fig 2.5-2)
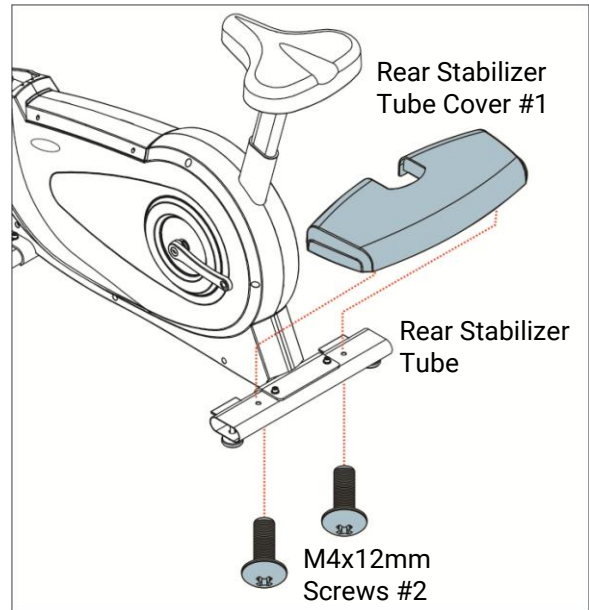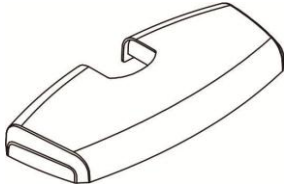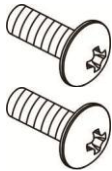

Rear Stabilizer Tube Cover #1

Rear Stabilizer Tube

M4x12mm Screws #2

Fig 2.5-2

Required Tool	Required Parts/ Hardware Kit	
Allen Wrench (6mm)	Rear Stabilizer Tube Cover	M4x12mm Screws (2 PCS)

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STEP 3: *Assembling the Pedal Set to the Crank Arm.*

1) Attach the **Right Pedal #1** to the right crank arm, tightening it *clockwise* with the provided M15/M15 Combination Wrench. (Fig 2.5-3)

2) Attach the **Left Pedal #2** to the left crank arm, tightening it *counterclockwise* with the provided M15/M15 Combination Wrench. (Fig 2.5-3)
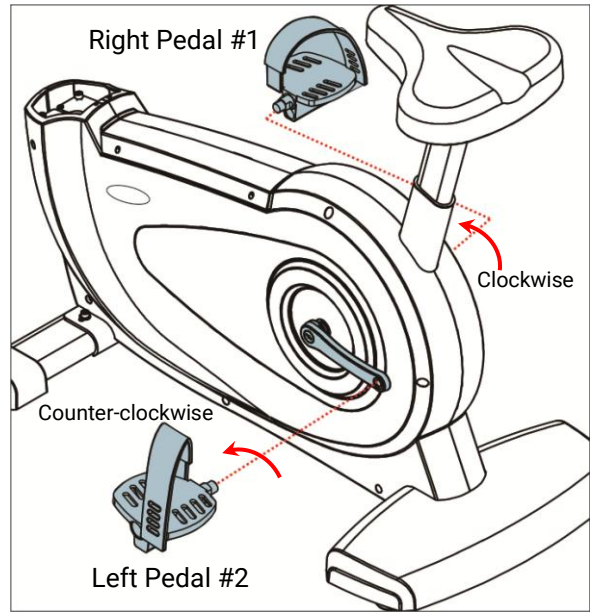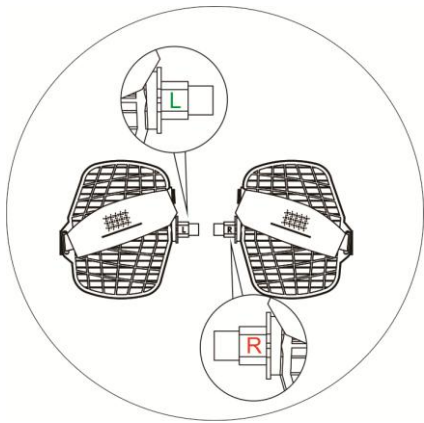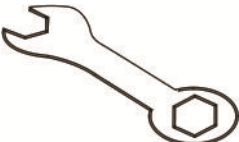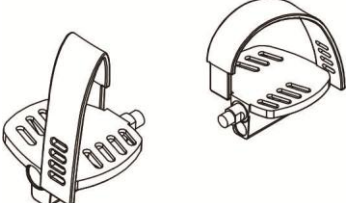

Fig 2.5-3

NOTE: The flange of **Right Pedal** is marked with "R" and the flange of **Left Pedal** is marked with "L".

Required Tool	Required Parts/ Hardware Kit
M15/M15 Combination Wrench	Pedal Set

STEP 4: *Routing the Console Wire through the Console Upright Tube.*

NOTE: You will need the help of another person while performing this procedure.

1) Unscrew the pre-locked screws on the Main Frame.

2) Thread the **Guiding Wire #1** which is tied with the **Power Wire #2, Console Wire #3 and Network Wire #4** through the **Console Upright Tube #5**. (Fig 2.5-4A)

   NOTE: Please be careful not to pull or crush the wires.

#1	Guiding Wire
#2	Power Wire
#3	Console Wire
#4	Network Wire
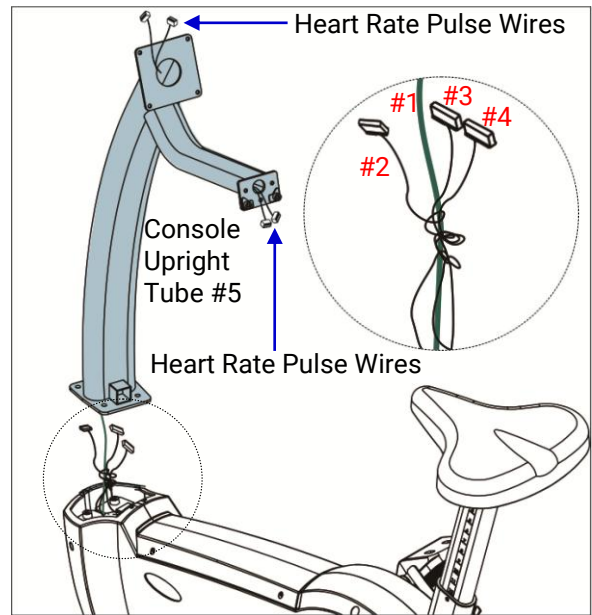
Fig 2.5-4A

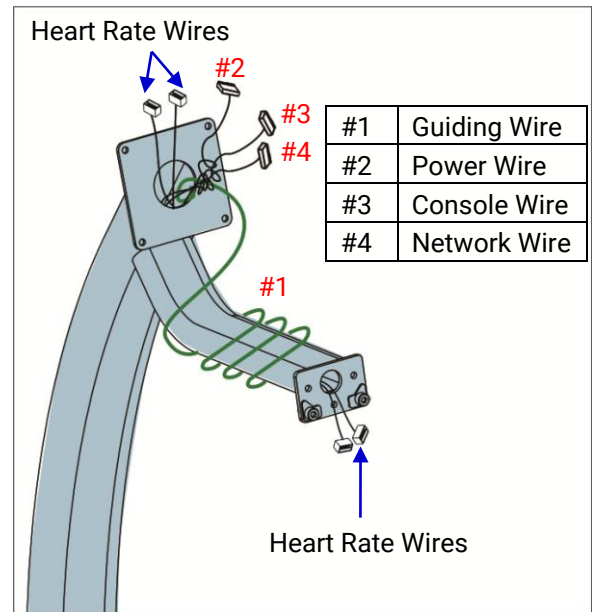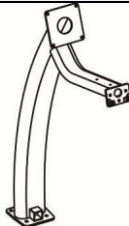3) Tie the **Guiding Wire #1** on to the **Console Upright Tube #3**. (Fig 2.5-4B)

#1	Guiding Wire
#2	Power Wire
#3	Console Wire
#4	Network Wire

Fig 2.5-4B

Required Tool	Required Parts/ Hardware Kit
N/A	 Console Upright Tube

STEP 5: *Assembling the Console Upright Tube to the Main Frame.*

NOTE: You will need the help of another person while performing this procedure.

1) Slide the **Console Upright Tube #1** into the main frame; hook the **Console Upright Tube #1** under the **Pre-Installed Round Head Phillips Screw #2**. (Fig 2.5-5A)
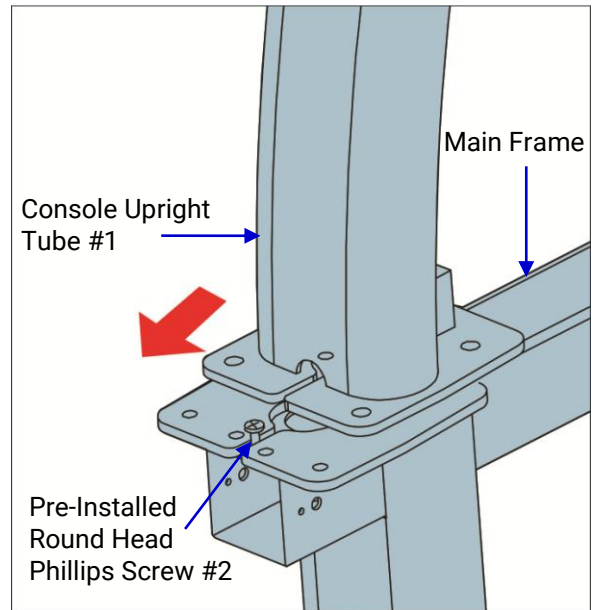

Fig 2.5-5A

2) Attach the **Pre-Locked Screws and Washers #1** to the **Console Upright Tube #2** with the provided Allen Wrench (6mm). (Fig 2.5-5B)
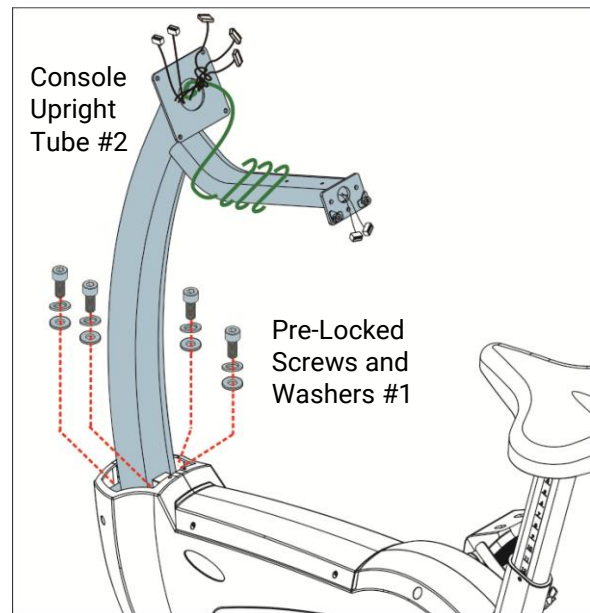

Fig 2.5-5B

Required Tool	Required Parts/ Hardware Kit
Allen Wrench (6mm)	Console Upright Tube

STEP 6: *Assembling the Right / Left Upright Tube Cover to Console Upright Tube.*

Insert the **Right / Left Upright Tube Covers #1** onto the **Console Upright Tube #2**. (Fig 2.5-6)
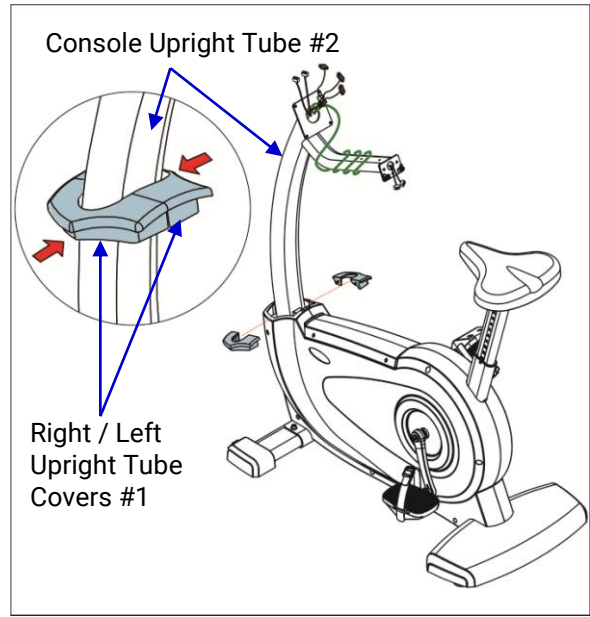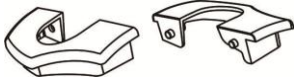
Console Upright Tube #2

Right / Left
Upright Tube
Covers #1

Fig 2.5-6

Required Tool	Required Parts/ Hardware Kit
N/A	Right / Left Upright Tubes Cover (1 Set)

STEP 7: *Assembling the Handlebar to the Console Upright Tube.*

NOTE: You will need the help of another person while performing this procedure.

1) Connect the **Heart Rate Pulse Wires #1** properly as shown in Fig 2.5-7A.

   NOTE: Please be careful to route and connect the wires so they will not be crushed or put under tension.
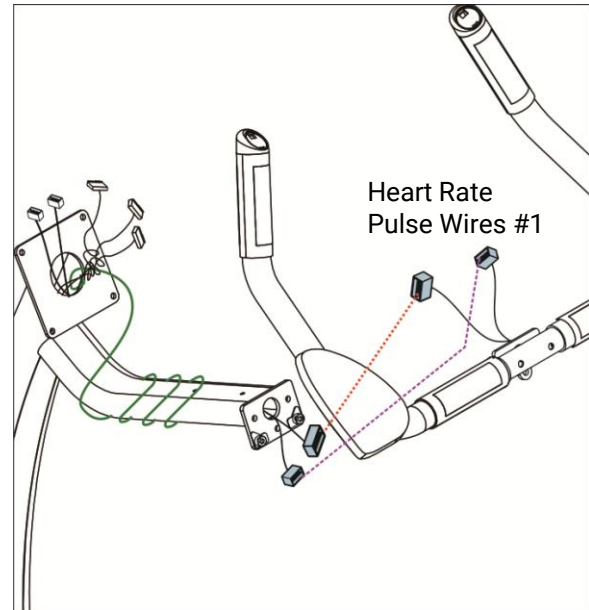

Heart Rate Pulse Wires #1

Fig 2.5-7A

2) Fix the Handlebar to the console upright tube using **(1) M8x20mm Screw #1**, **(2) M8x65mm Screws #2** and **(2) M8 Wave Washers #3** and the provided Allen Wrench (6mm) (Fig 2.5-7B)
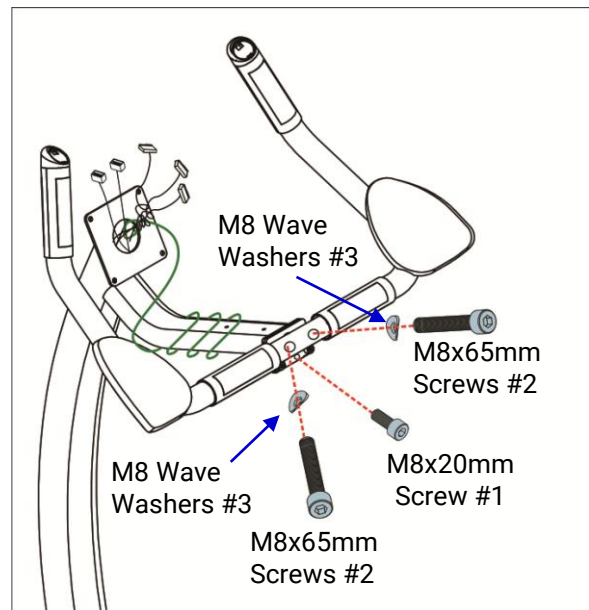

M8 Wave Washers #3

M8x65mm Screws #2

M8x20mm Screw #1

M8 Wave Washers #3
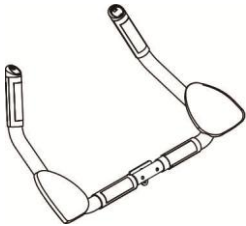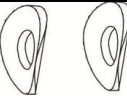
M8x65mm Screws #2

Fig 2.5-7B

Required Tool	Required Parts/ Hardware Kit		
Allen Wrench (6mm)	M8x20mm Screw (1 PC) / M8 Wave Washers (2 PCS)	M8x65mm Screws (2 PCS)	Handlebar

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STEP 8: *Assembling the Bottle Holder to the Handlebar.*

1) Unscrew the **(2) M6x15mm Pre-Locked Screws #1** from the **Bottle Holder #2**. (Fig 2.5-8A)

2) Fix the **Bottle Holder #2** to the handlebar using **(2) M6x15mm Pre-Locked Screws #1** and the provided Allen Wrench (5mm). (Fig 2.5-8B)
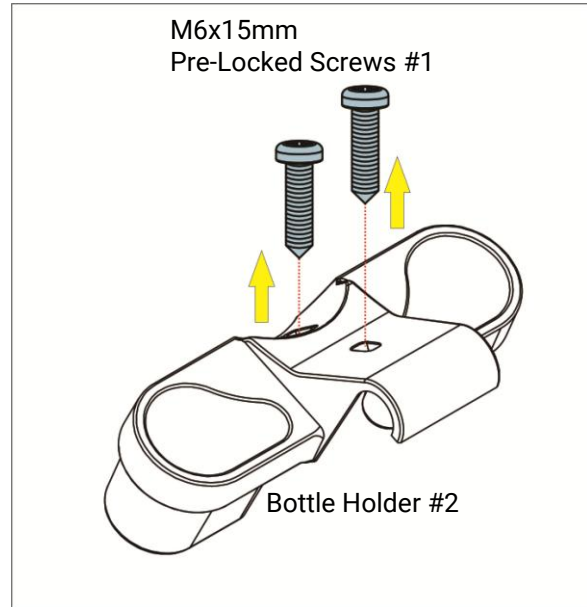
M6x15mm
Pre-Locked Screws #1

Bottle Holder #2

Fig 2.5-8A

M6x15mm
Pre-Locked Screws #1

Bottle Holder #2

Handlebar

Bottle Holder Cover #4

M4 x 20mm Screws #3

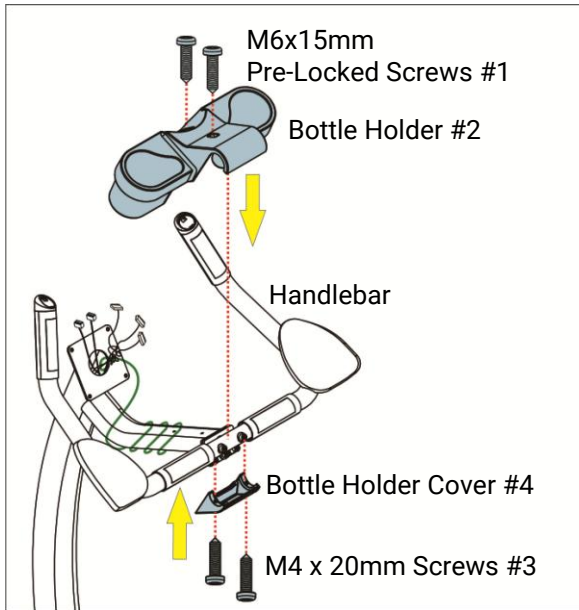**Fig 2.5-8B**

3) Fix the **Bottle Holder Cover #4** using the **(2) M4 x 20mm Screws #3** and the provided Allen Wrench (5mm) (Fig 2.5-8B)

4) Label the **Anti-Sweat Stickers #5** to the **Bottle Holder #2**. (Fig 2.5-8C)

Anti-Sweat Stickers #5

Bottle Holder #2

Fig 2.5-8C

Required Tool	Required Parts/ Hardware Kit			
Allen Wrench (5mm)	Bottle Holder	Bottle Holder Cover	M4 x 20mm Screws (2 PCS)	Anti-Sweat Stickers (2 PCS)

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STEP 9: *Assembling the Console Set to the Console Upright Tube.*

NOTE: You will need the help of another person while performing this procedure.

1) Unscrew the pre-locked screws on the console.

2) Connect the **Connectors** (**#1, #2, #3, #4, #5**) from the console upright tube to the corresponding connectors located in the console. (Fig 2.5-9A)

#1	Heart Rate Pulse Wires
#2	Heart Rate Pulse Wires
#3	Power Wire
#4	Console Wire
#5	Network Wire

3) Remove the **Guiding Wire #6**. (Fig 2.5-9A)
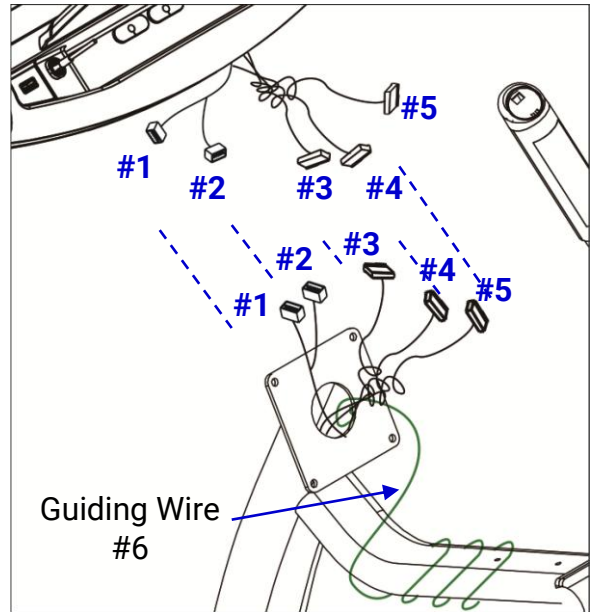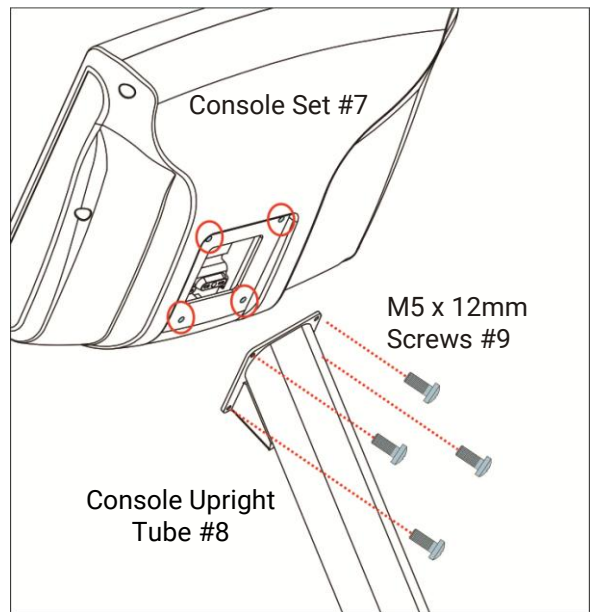

Guiding Wire #6

Fig 2.5-9A

4) Fix the **Console Set #7** to the **Console Upright Tube #8** using the **(4) M5 x 12mm Screws #9** and the provided Allen Wrench (6mm). (Fig 2.5-9B)

Console Set #7

M5 x 12mm Screws #9

Console Upright Tube #8

Required Tool	Required Parts/ Hardware Kit	
Allen Wrench (6mm)	Console Upright Tube	Console Set

2.6 Adjustments

Adjusting the Pedal Straps

The pedal straps keep the user's shoes firmly on the pedals during a workout.

The straps should fit comfortably, but they also should be tight enough to prevent shoes from slipping at any point in the pedaling rotation.

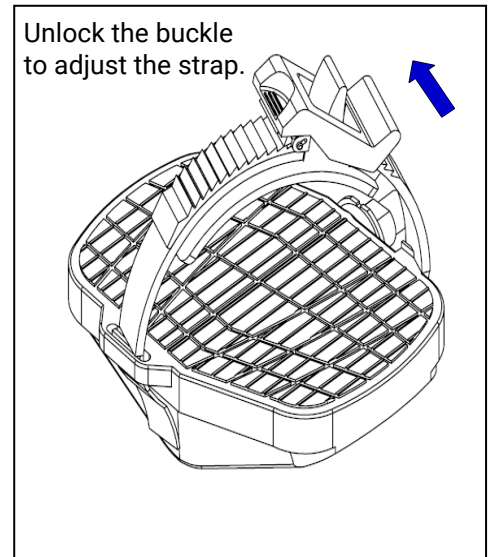Unlock the buckle to adjust the strap. (Fig 2.6-1)

Unlock the buckle to adjust the strap.

Fig 2.6-1

Adjusting the Seating Position

WARNING: Step OFF this equipment before you adjust the seat.

It is important to adjust the seat to an optimal height for pedaling on the upright bike.

Pedaling with the seat too low can place excessive strain on the knees and quadriceps muscles. Pedaling with the seat too high can irritate the feet, ankles, hips, and knees.

To determine whether or not the seat requires adjustment, sit on it and place feet on the pedals. The knee should be bent slightly when the pedal is at the lowest point of its rotation. It should be possible to pedal without locking the knees or shifting in the seat.

Adjusting the Height of the Seat

1) Untighten and draw out the knob. (Fig 2.6-2A)
2) Adjust the seat upward or downward then lock it into place with the knob. (Fig 2.6-2B)
3) Retighten the knob when adjustment is completed.
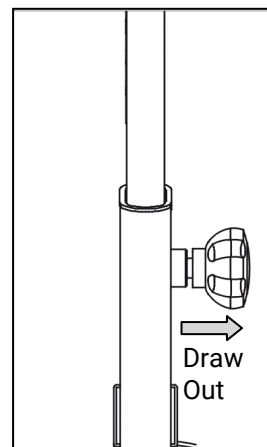4) Test and re-adjust the seat height if necessary.

Draw Out
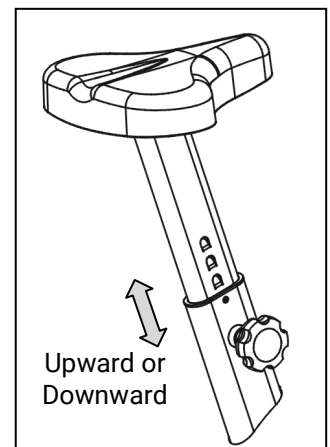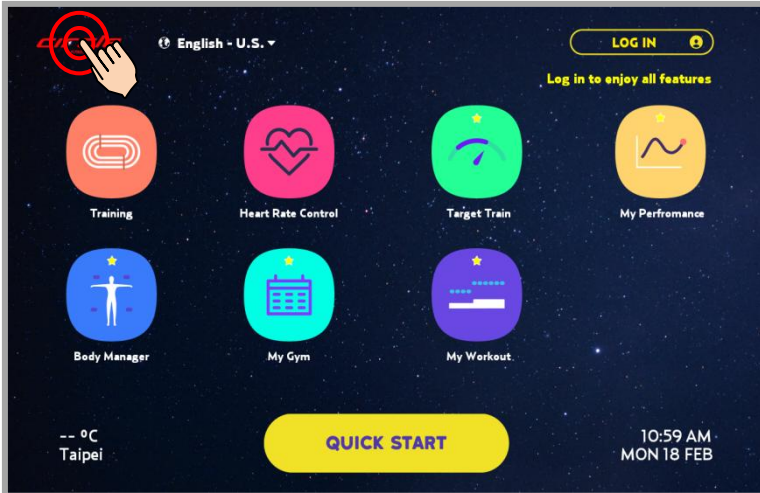
Upward or Downward

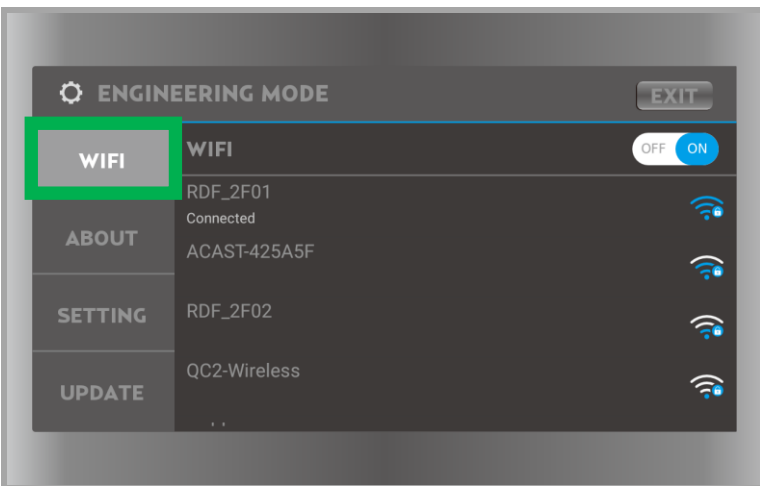**Fig 2.6-2A**   **Fig 2.6-2B**

2.7 Engineering Settings

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

Get into Engineering Mode

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

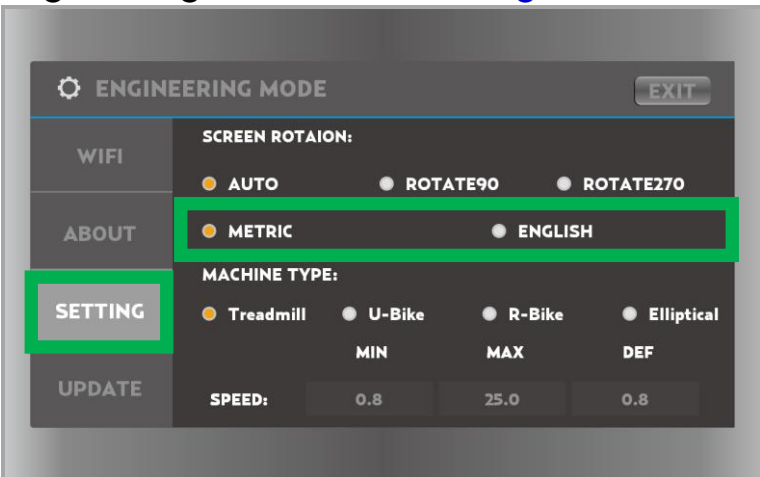### Engineering Mode - WIFI Setting

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.

Engineering Mode - Unit Setting

Unit Setting (Metric or Imperial**)**
Choose your measurement unit.

Exit the Engineering Mode
Tap EXIT to skip to HOME Screen.

2.8 Test Operation

Follow the instructions below to test the full resistance range:

1) Hold the handlebars to steady yourself while stepping into the pedals. Begin pedaling.

2) Verify the display will illuminate.

3) Run through the full resistance range.

Press the **(Resistance level +)** button until the equipment reaches its highest load.

Press the **(Resistance level -)** button until the equipment reaches its lowest load.

4) Wait for the flywheel to run down until the pedals come to a complete stop before dismounting the equipment. Hold the handlebar steady while dismounting.

3. OPERATION

3.1 Heart Rate System

WARNING: The heart rate reading is intended only as an exercise aid and not for medical purposes. Heart rate monitoring system may be inaccurate. Various factors may affect the accuracy of heart rate readings. Over exercise may result in serious injury or death. If you feel faint, please stop all exercise immediately.

Target Heart Rate Chart

```
      170
      150 166
      130 146 162
          127 143 157
              124 139 153
                  120 135 149
                      117 131 145
                          114 128 140
                              110 125 136
                                  107 120 132
                                      104 116
                                          101
AGE 20  25  30  35  40  45  50  55  60  65
```

BEATS/MIN

Performance
Aerobic
Weight Loss

Maximum Heart Zone = 220-Your Age

Please consult your physician to find your optimal heart rate and Watt setting.

This equipment offers two heart rate feedback options. You may choose to use the **Heart Rate Handlebar**, or the **Chest Belt** (sold separately) for a hands free workout.

Heart Rate Handlebar (Standard)
Place the palms of your hands directly on the heart rate handlebars. Both hands must grip the bars for your heart rate to register.
When gripping the handlebars, do not grip tightly. It is recommended that you hold the handlebars only long enough to see your heart rate readout on the console.

Heart rate handlebar with hand pulse plates

Heart rate handlebar with hand pulse plates
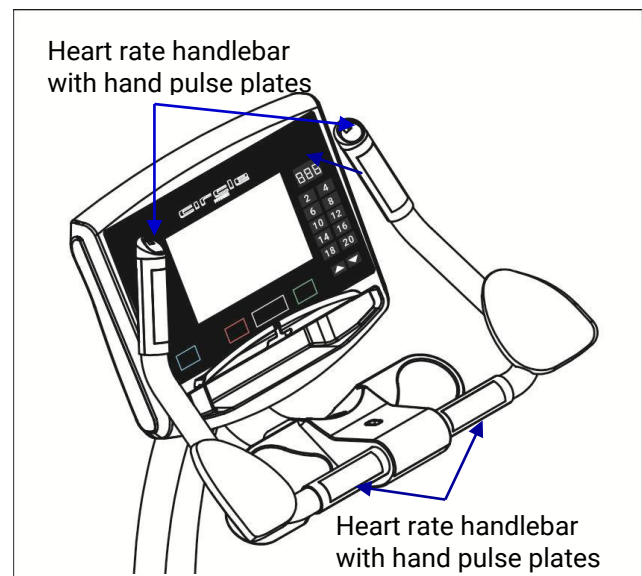
Chest Belt (Optional)
Prior to wearing the chest belt on your chest, center the chest strap just below the breast or pectoral muscles, directly over your sternum.

NOTE: The chest belt must be tight and properly placed to receive an accurate and consistent reading.

3.2 Body Position

Your handlebars should be set to a position in which you can comfortably reach them with slightly bent arms. (Fig 3.2-1)

Fig 3.2-1

3.3 Changing Resistance Levels

Press the Resistance Level button (+/-) on the handlebar or press the Resistance arrorw buttons (▲/ ▼) on the display to change the resistance level at any time during a workout program. (Fig 3.3-1)
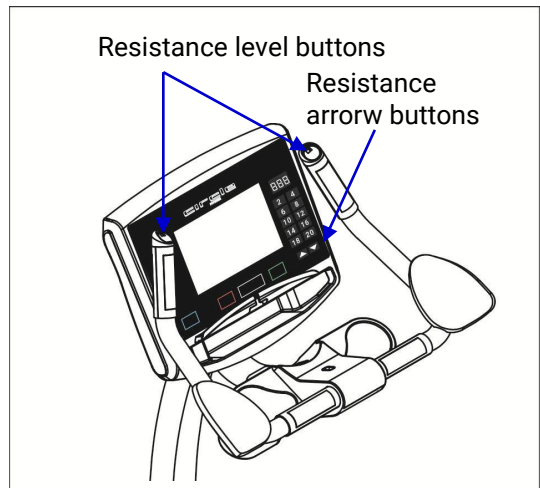

Fig 3.3-1

To rapidly change the resistance level, press the desired number of Quick Resistance buttons (Fig 3.3-2). The Console will adjust the equipment to the selected resistance level of the Quick Resistance button.


Fig 3.3-2

OPERATION
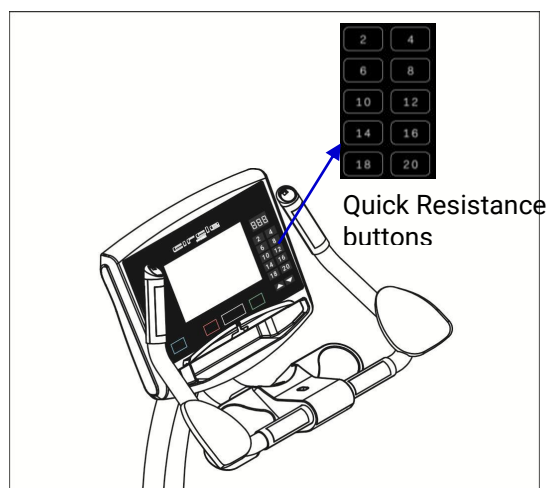
4. MAINTENANCE

4.1 Preventive Maintenance Tips

The safety of the equipment can be maintained only if it is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. The following preventive maintenance tips will keep the machine operating at peak performance:

• Locate in a cool, dry place.

• Clean the top surfaces of the pedals regularly.

• Keep the console display free of fingerprints and salt build-up caused by sweat.

• Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

• Use a 100% cotton cloth, lightly moistened with water and a mild liquid cleaning product, to clean. Other fabrics, including paper towels, may scratch the surface.

• Do NOT use ammonia or acid-based cleaners.
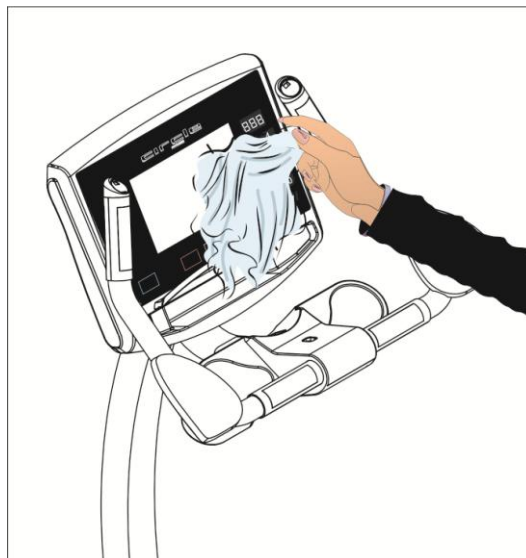
4.2 Preventive Maintenance Schedule

Follow the schedule below to ensure proper operation of the upright bike.

ITEM	Weekly	Monthly	Bi-annually	Annually
Display of Console	Clean	Inspect		
Console Mounting Bolts			Inspect	
Bottle Holder	Clean	Inspect		
Frame	Clean			Inspect
Plastic Covers	Clean	Inspect		
Pedals and Straps	Clean	Inspect		

5. CUSTOMER SERVICE

5.1 Warranty Claim Process

Please apply online for submission of warranty claims. For submission online of warranty claims please go to http://goo.gl/forms/OplmbWO9kXHJuDYc2.

To submit warranty claims, you will be asked to provide information in your submission, and also to upload your pictures/video clips.

Before you begin submission, you should have the following items ready:

(1) Vendor's code

(2) Your email address

(3) Your name

(4) Your phone number

(5) Model description: For example, please fill in M8, M7, M7A00A1, EP7, B7 E Plus or etc. Please fill in only one model per submission.

(6) Serial Number: It is a one-letter-9-digit code like T141000525, E141200021, R141000064, or B14100059. You may fill in multiple serial numbers if you submit a warranty claim for the same model equipment.

(7) Problem description:

Example 1: The running belt is too dry and noisy. Motor current is too high.

Example 2: Incline window showed "Err". All functions of the treadmill are normal except lift. Our engineer has made diagnostics according to the document "Engineering Manual - Trouble Shooting". Also there is a loud noise while pressing the "UP" button. So, he considers to be faulty.

Example 3: Display problem: One led segment is always off.

(8) Issue solved or not? Solved/ Not solved yet/ others

(9) Requested Part Name/Number

(10) Link to the Folder of Pictures/Video Clips:

Photos of warranty labels are essential for warranty claims on electronics like console, lift motor, inverter, generators and etc.

(**11**) **End Customer Site Description and Contact**

(12) Reported Failure Date

(13) Preferred Shipping Method

(14) Comments: Please leave comments for this issue here if you have any.

Automatic confirmation email will be sent out via warranty.claim259@gmail.com so please make sure this email address is not blocked by your server or email software.

PART B

Console Operation

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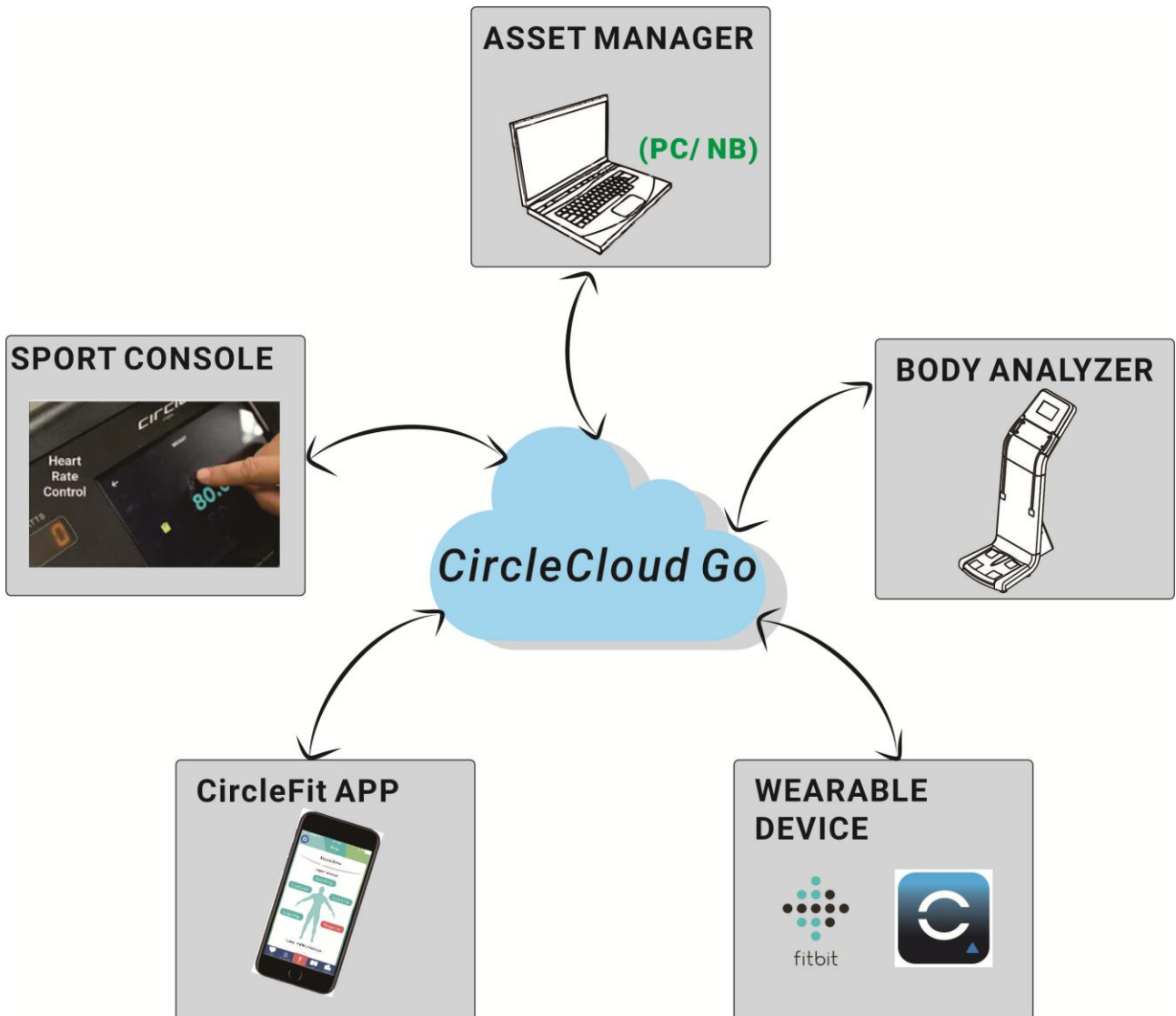*E7 S Elliptical*
B6 S Upright Bike
R6 S Recumbent
E6 S Elliptical

TABLE OF CONTENTS

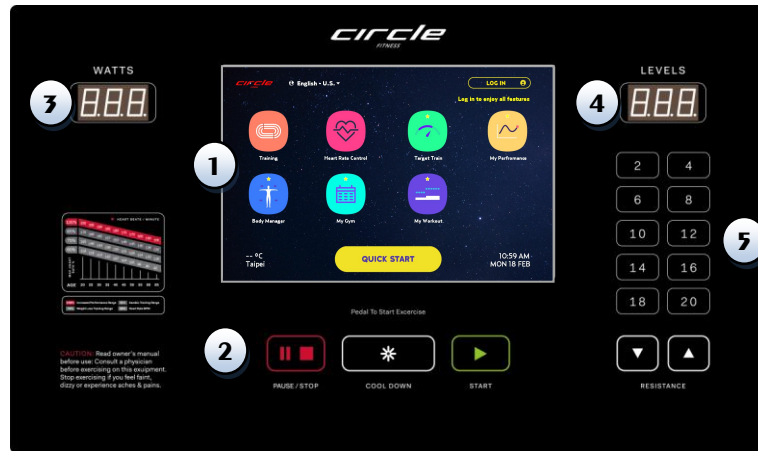# CIRCLECLOUD GO

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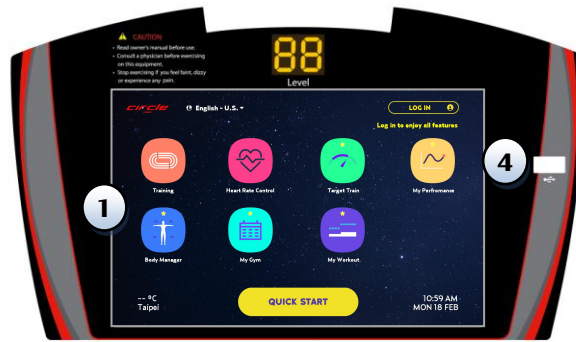
1. CONSOLE OVERVIEW

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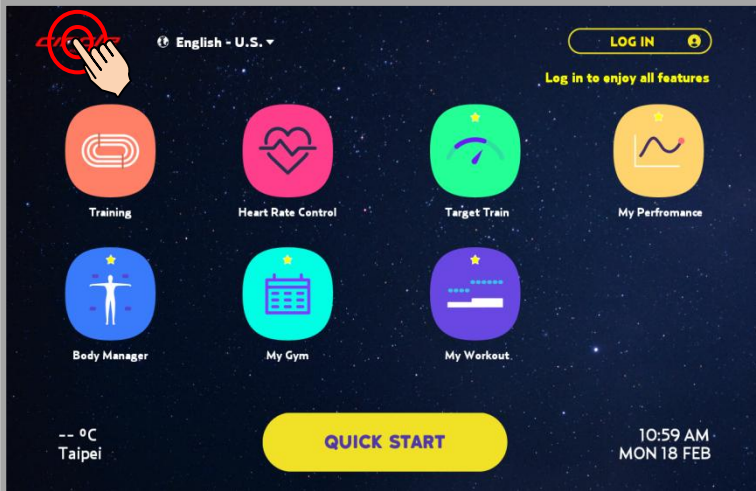
Press and hold the upper-right corner on **HOME Screen** for 5 seconds to get into Engineering Mode.

Engineering Mode - WIFI Setting
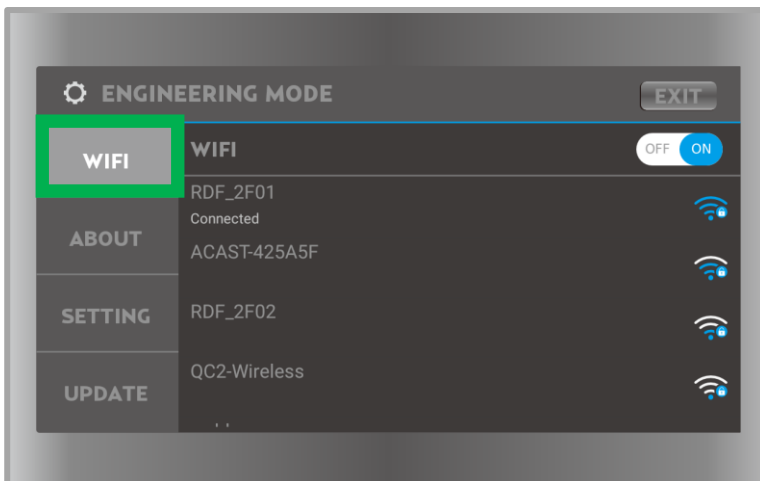
WIFI ON/OFF
Slide the ON/OFF button to enable/disable WIFI connection.

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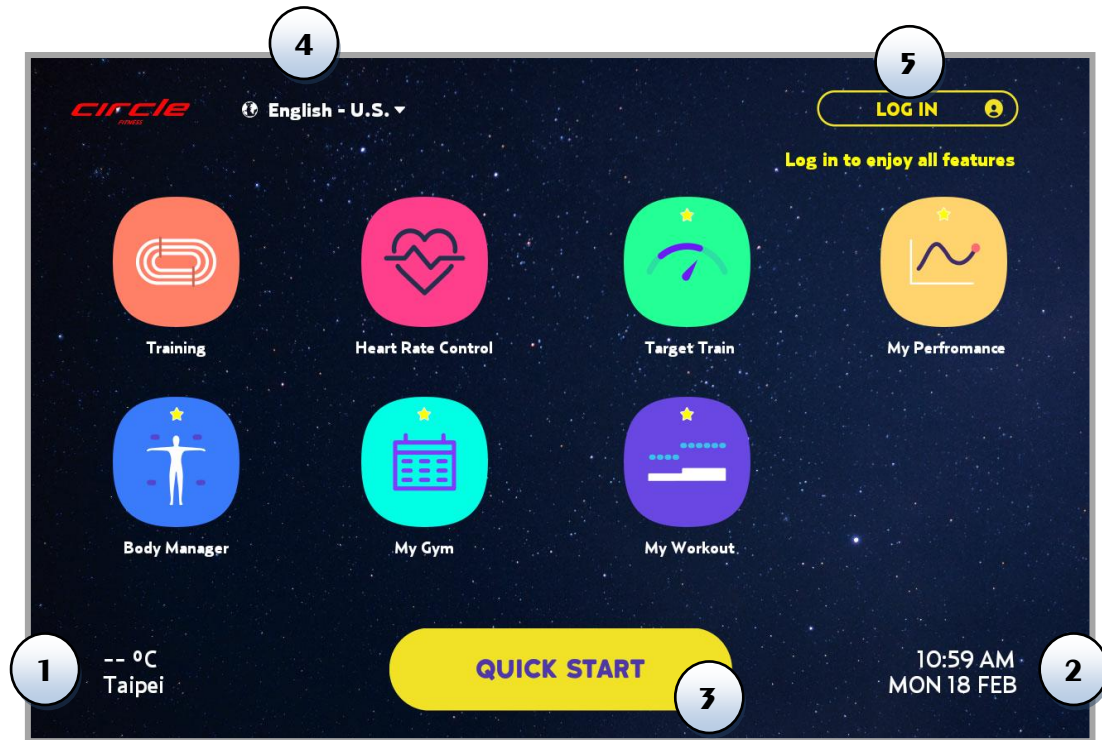
No	Display / Button	Descriptions
1	**WEATHER AND REGION DISPLAY**	**WEATHER**: displays the tempature and weather icon if network is avaliable. **REGION**: displays the region according to the engineering mode setting.
2	**TIME AND DATE DISPLAY**	**TIME**: Displays the time zone according to the engineering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

2.1 HOME Screen (Continued)
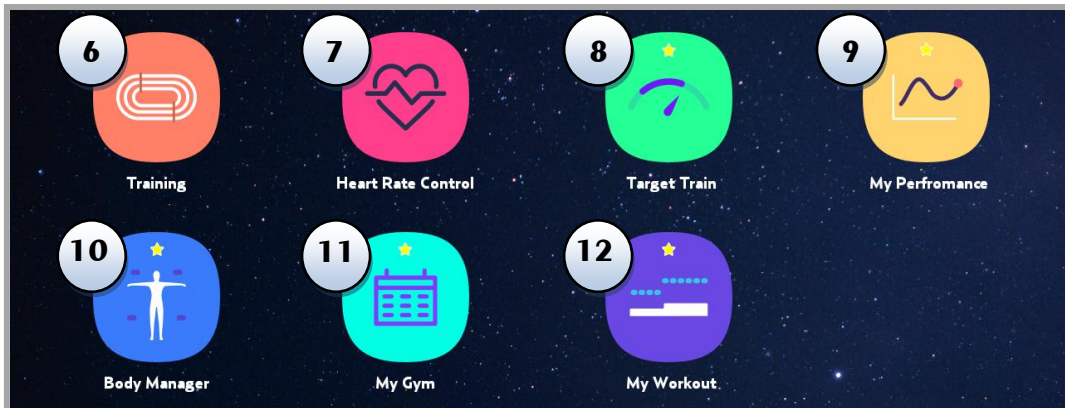
No.	Display / Button	Descriptions
6	**TRAINING**	We offer comprehensive cardio conditioning courses to help boost aerobic fitness and train your body.
7	**HEART RATE CONTROL**	Heart Rate Control maintains the heartbeats per minutes you select by controlling the exercise speed and intensity of your cardio equipment to optimize your workout.
8	**TARGET TRAIN**	Provide 5 different ecercise targets, keeping you motivated and on track for your fitness plan.
9	**MY PERFORMANCE**	Integrated to cardio equipment, outdoor fitness apps or wearable devices together to give you the personal fitness information.
10	**BODY MANAGER**	To measure and track your body fitness via Circle Fitness IBA or InBody 570 and CircieFit wellness app.
11	**MY GYM**	Gives you the latest news, classes and offers from your facility.
12	**MY WORKOUT**	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.
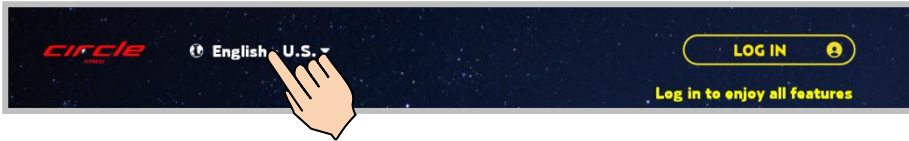
Tap the language icon to pop out a **SELECT LANGUAGE Screen** as below.
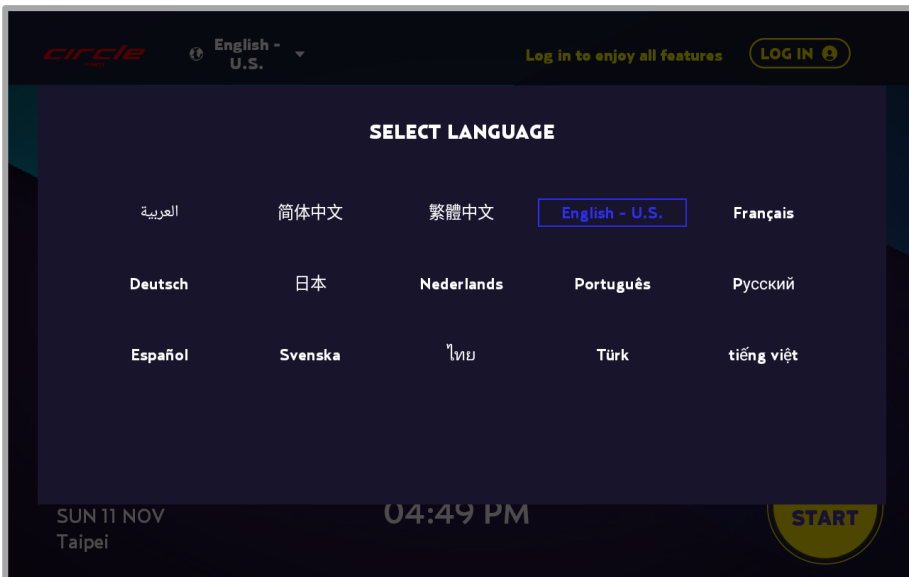
15 Language Options
Tap one of the languages to use during a workout.

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

TOUCH SCREEN OVERVIEW

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)

Log in manually
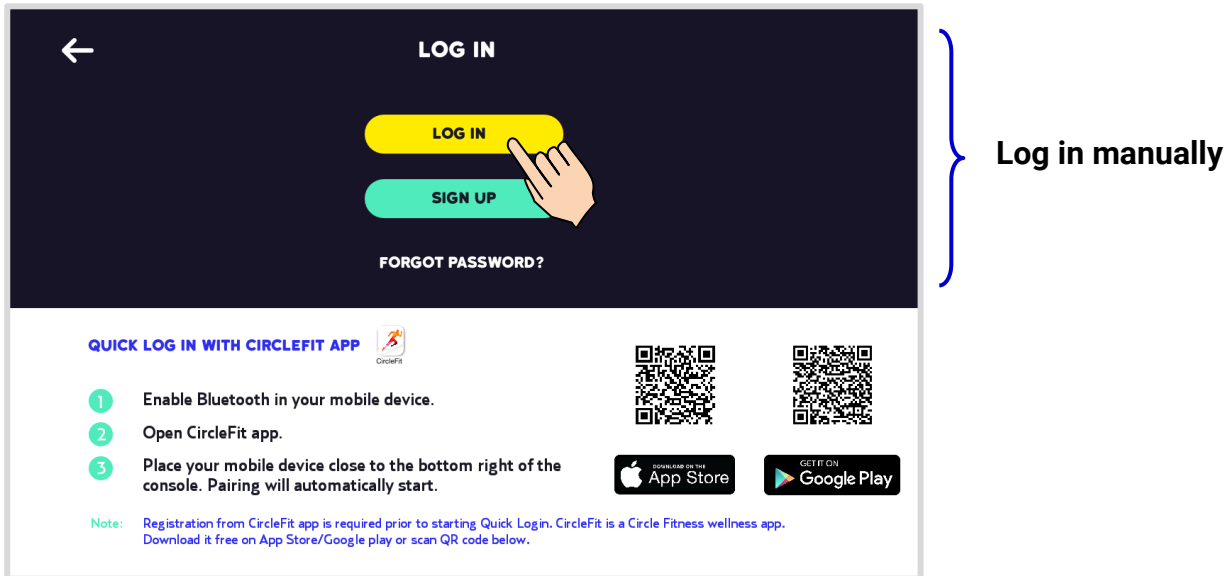
Enter your EMAIL and PASSWORD via on-screen keyboard.

TOUCH SCREEN OVERVIEW
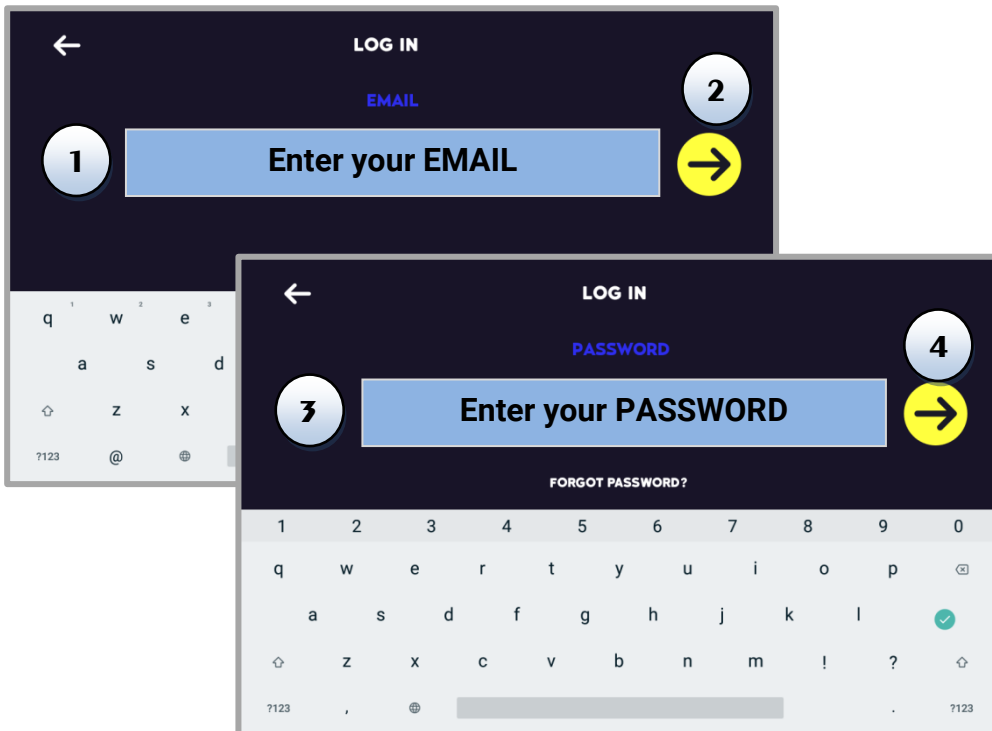
2.3 LOG IN (Continued)

2.3.2 Quick Login with CIRCLEFIT app
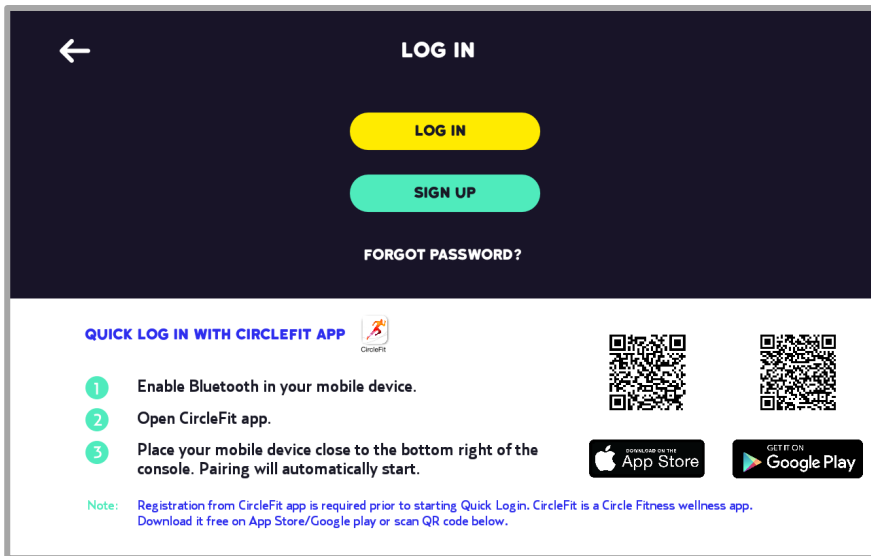
Quick Login with CIRCLEFIT app

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 buttom 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.

TOUCH SCREEN OVERVIEW
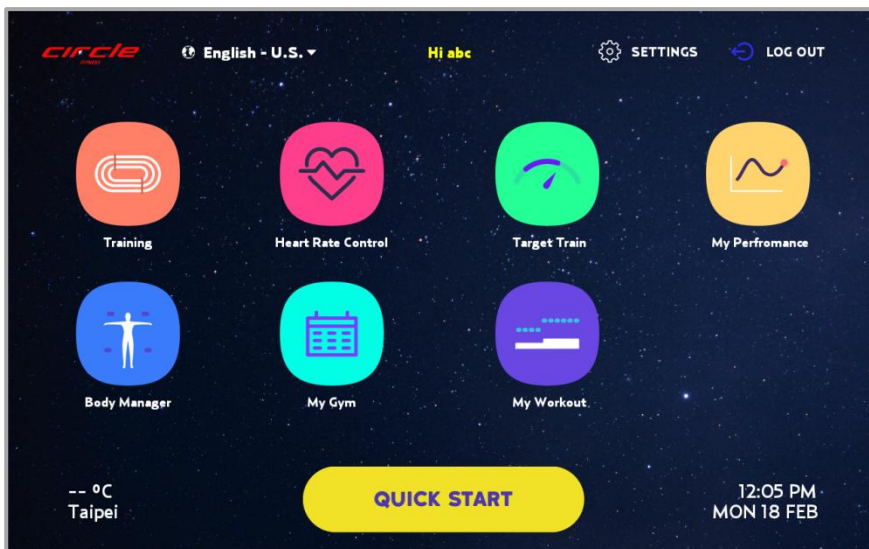
2.3.3 TUTORIAL

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 >
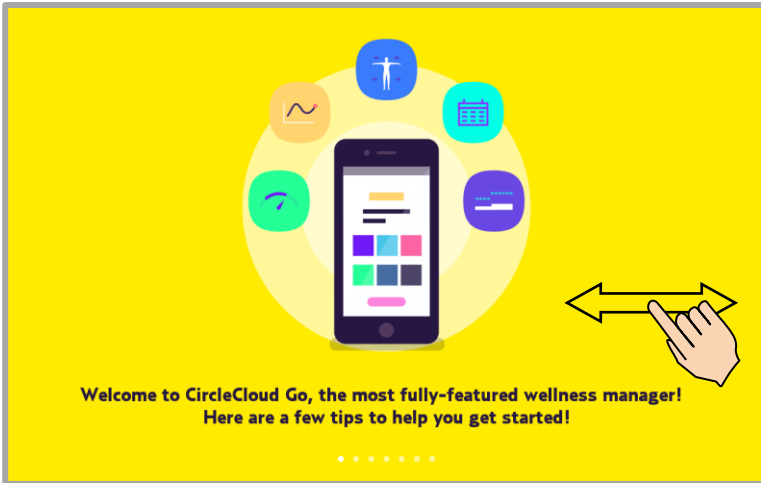
Scroll the touchscreen to access the next page.

TUTORIAL > INTRO > TARGET TRAIN
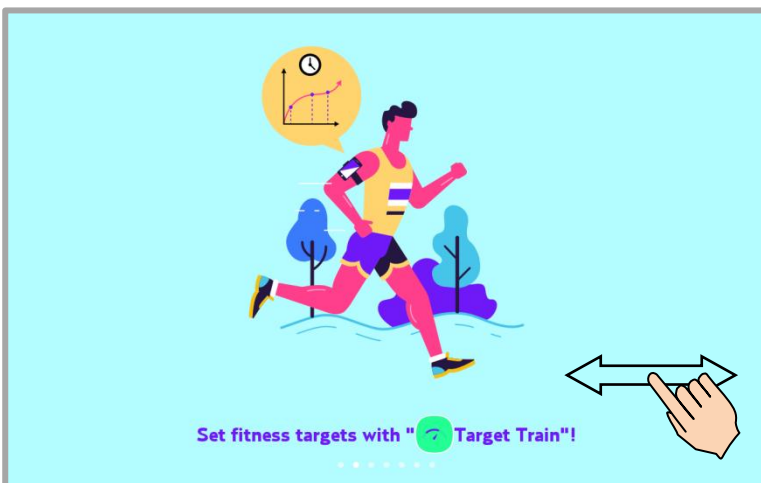
Set fitness targets with "Target Train"!

Scroll the touchscreen to access the next page.

2.3.3 TUTORIAL (Continued)

TUTORIAL > INTRO > TARGET TRAIN > MY PERFORMANCE
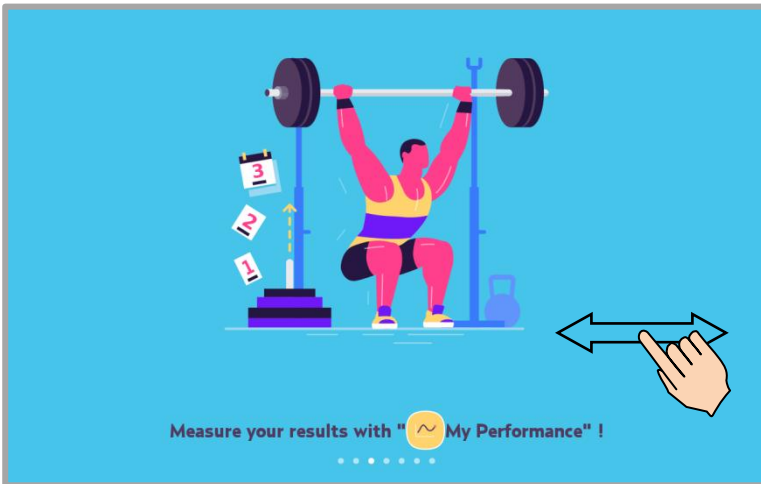
Measure your results with "My Performance".

Scroll the touchscreen to access the previous/ next screen.

INTRO > TARGET TRAIN > MY PERFORMANCE > BODY MANAGER
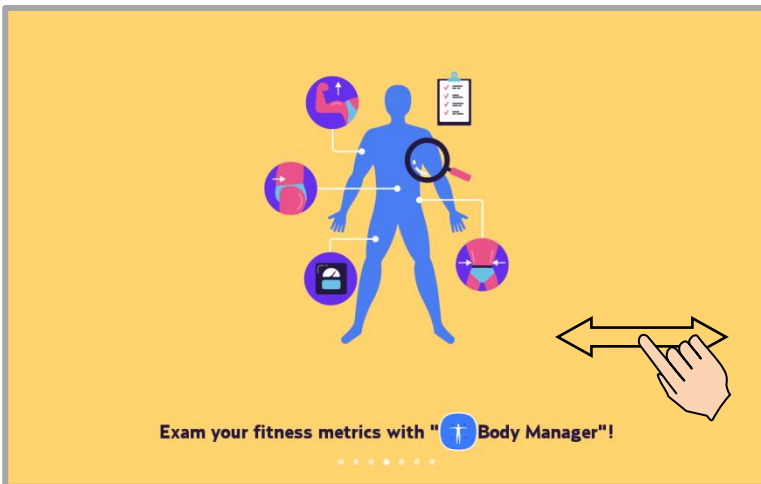
Exam your fitness metrics with "Body Manager"!

Scroll the touchscreen to access the previous/ next screen.

MY PERFORMANCE > BODY MANAGER > MY GYM PAGE
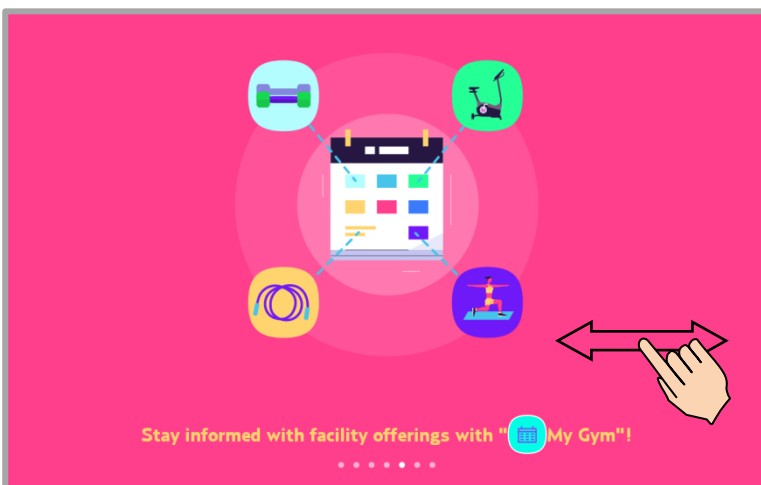
Stay informed with facility offerings with "My Gym"!

Scroll the touchscreen to access the previous/ next screen.

TOUCH SCREEN OVERVIEW

2.3.3 TUTORIAL (Continued)

BODY MANAGER > MY GYM > MY WORKOUT
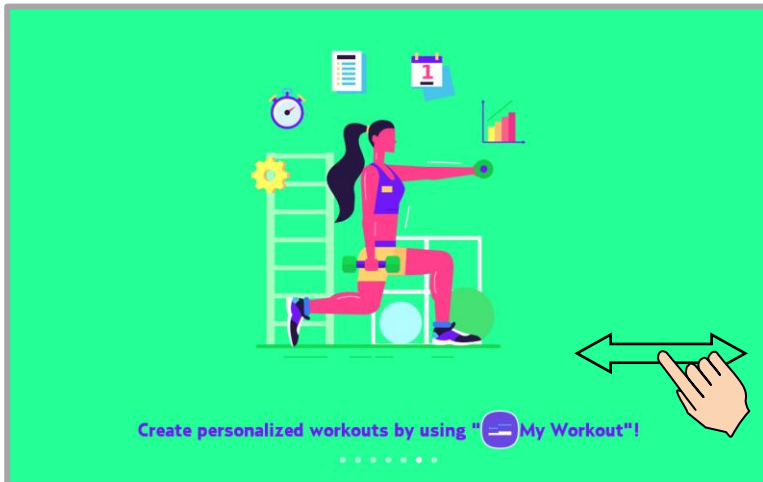
Create personalized workouts by using "My Workout"!

Scroll the touchscreen to access the previous/ next screen.

BODY MANAGER > MY GYM > MY WORKOUT > READY TO START PAGE
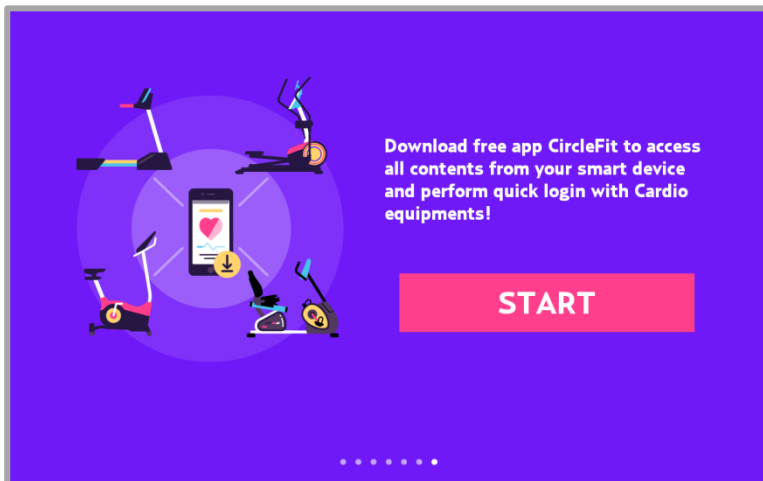
Download free CircleFit app to access all contents from your smart device and perform quick login with cardio equipment!

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

TOUCH SCREEN OVERVIEW

2.4 SETTINGS

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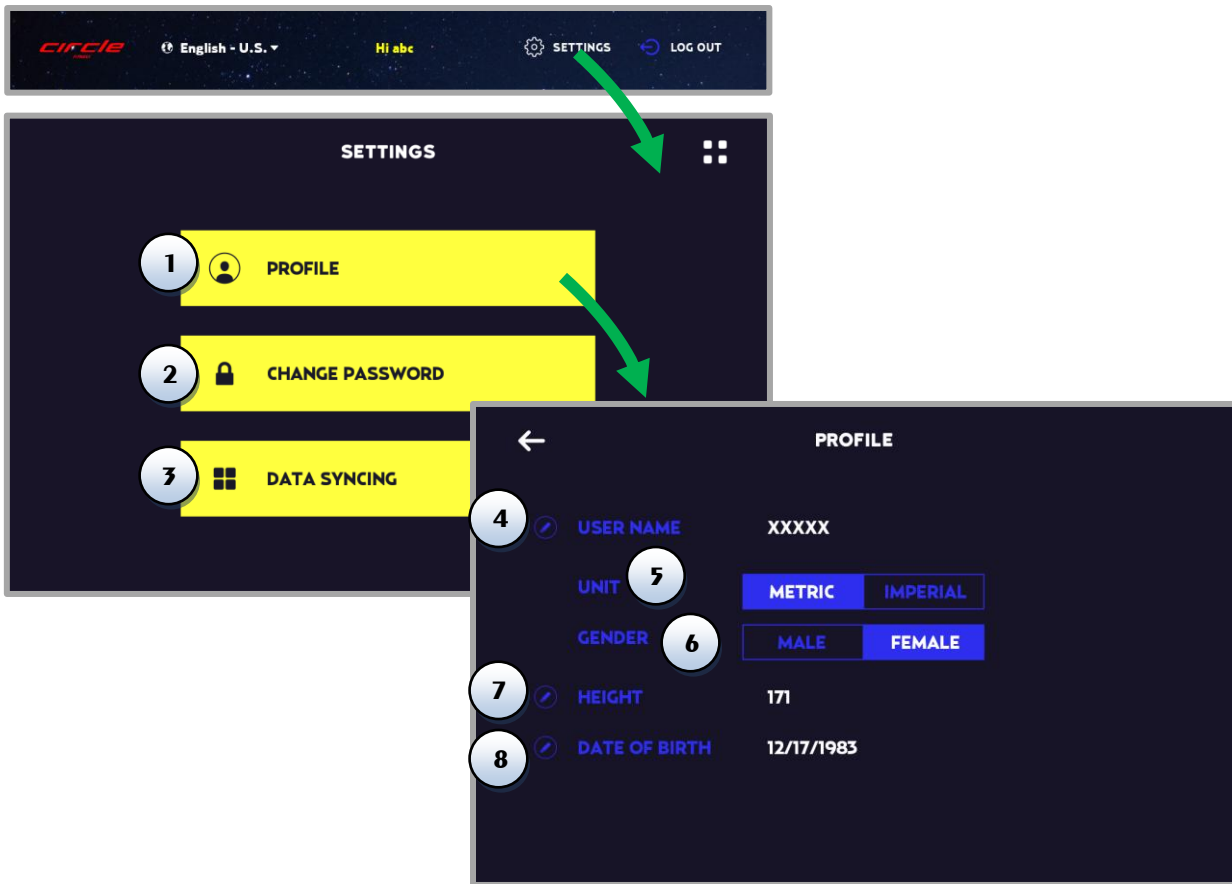
No	Field/ Button	Description
SETTINGS Screen		
1	**PROFILE**	Tap to skip to PROFILE Screen to edit your personal profile.
2	**CHANGE PASSWORD**	Tap to skip to CHANGE PASSWORD Screen change your password.
3	**DATA SYNCING**	Tap to skip to DATA SYNCING Screen to connect/ disconnect with Fitness/ Wearable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

TOUCH SCREEN OVERVIEW

2.4 SETTINGS (Continued)

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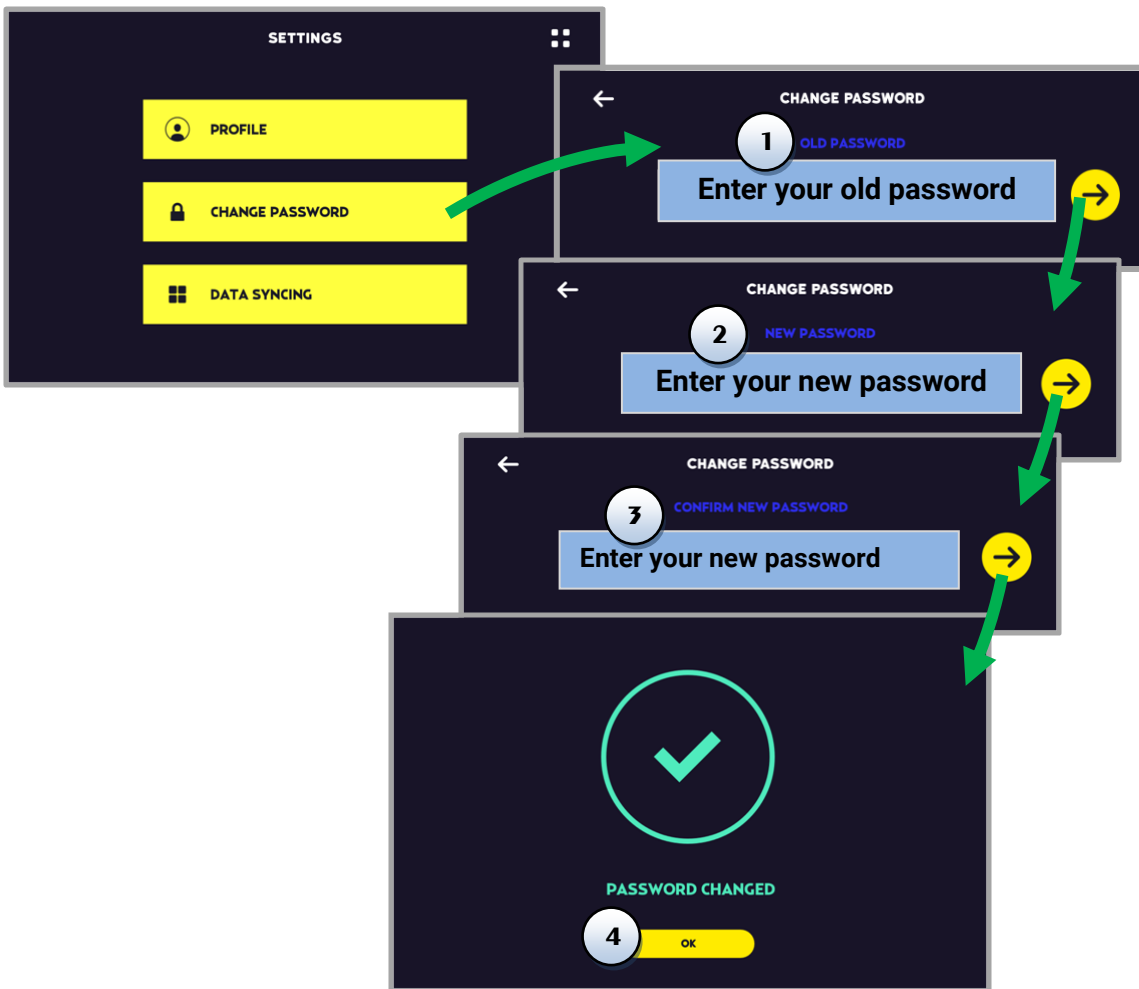
No	Field/ Button	Description
CHANGE PASSWORD Screen:		
Tap to skip to CHANGE PASSWORD Screen change your password.		
1	**OLD PASSWORD**	Enter your old password.
2	**NEW PASSWORD**	Enter your new password.
3	**CONFIRM NEW PASSWORD**	Enter your new password agin.
4	**OK**	Tap to skip to SETTINGS Screen.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

TOUCH SCREEN OVERVIEW

2.4 SETTINGS (Continued)

Go to HOME Screen > LOGGED IN > SETTINGS > DATA SYNICING Screen
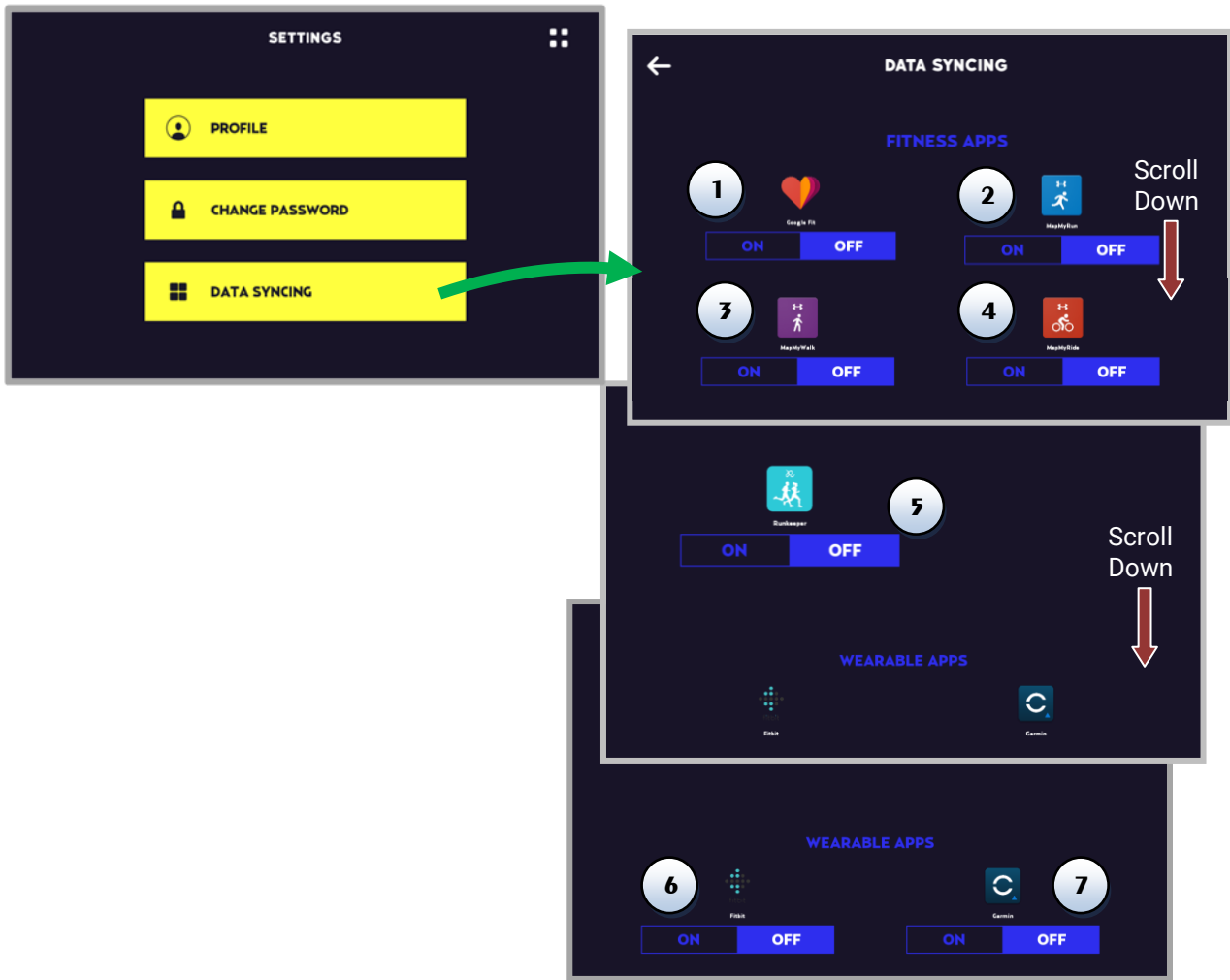
Featured Compatible Apps:

FITNESS APPS

1) Google Fit   2) MapMyRun

3) MapMyWalk   4) MapMyRide

5) RunKeeper

WEARABLE APPS

6) Fibit   7) Garmin

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

TOUCH SCREEN OVERVIEW

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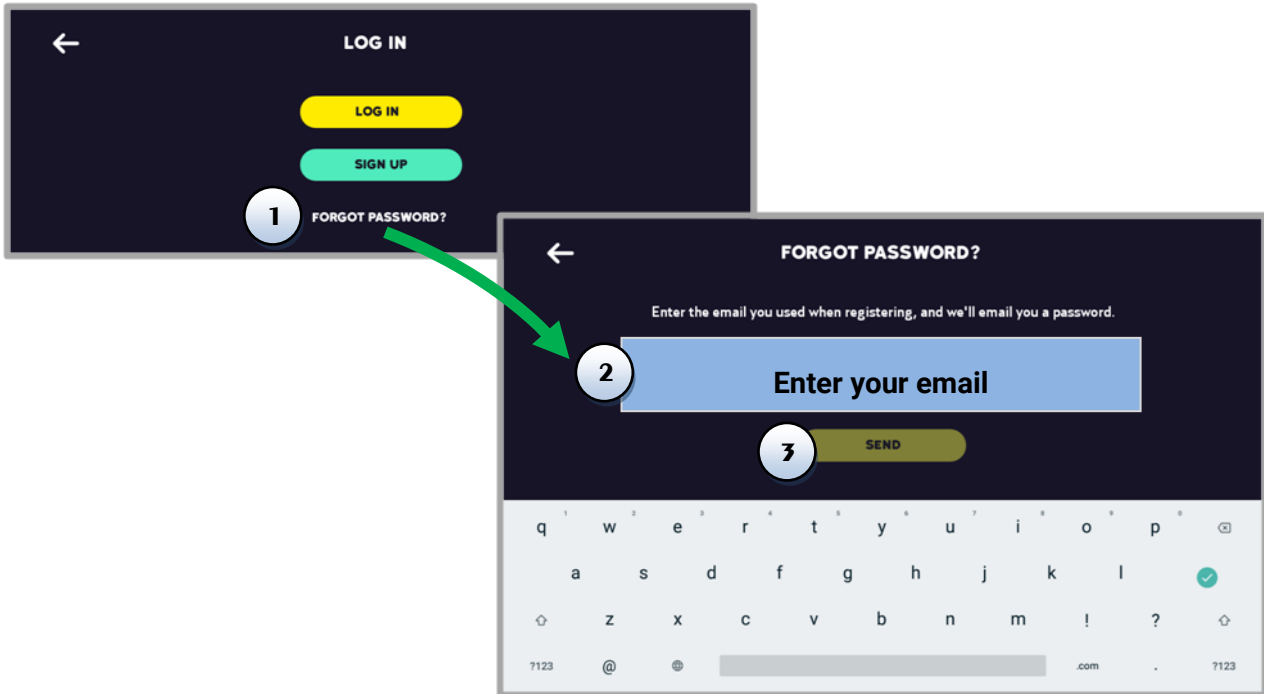
No	Field/ Button	Description
1	**FORGOT PASSWORD?**	Tap to skip to FORGOT PASSWORD Screen.
2	**ENTER YOUR PASSWORD**	Tap to pop out an on-screen keyboard to enter the email that you used when registering.
3	**SEND**	Tap to send an email to your mailbox.

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 1: Enter your email.

STEP 2: Enter your password.

STEP 3: Retyped your password.

STEP 4: Enter user's name.

STEP 5: Choose your unit.
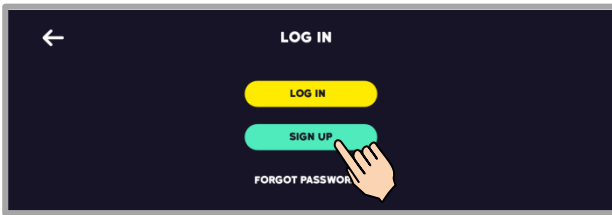
STEP 6: Choose your gender.
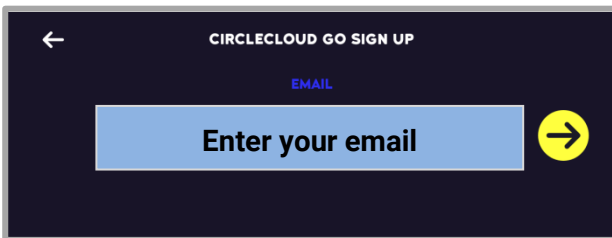
STEP 7: Set your height.
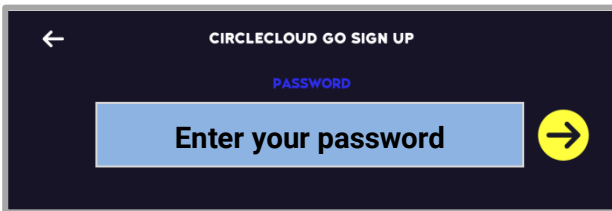
STEP 8: Set your day of birth.
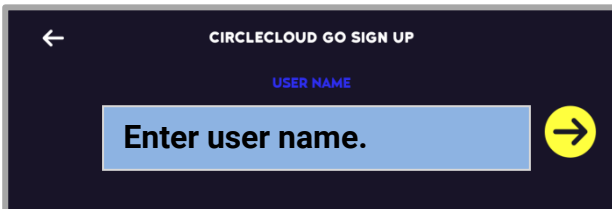
STEP 9: View and agree the privacy policy to complete the register process.
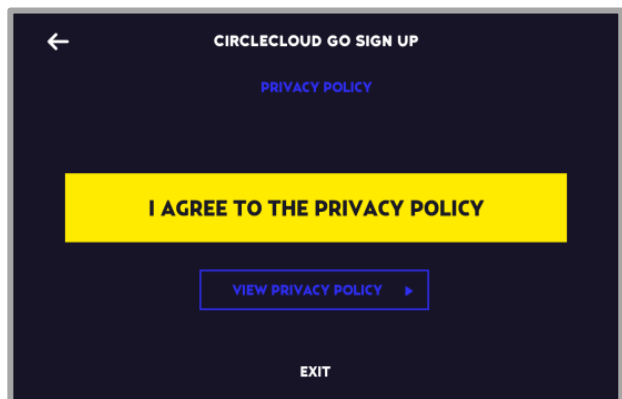
NOTE: Height & Date of Birth are required for accurate Body Composition Analyzer measurement.

TOUCH SCREEN OVERVIEW

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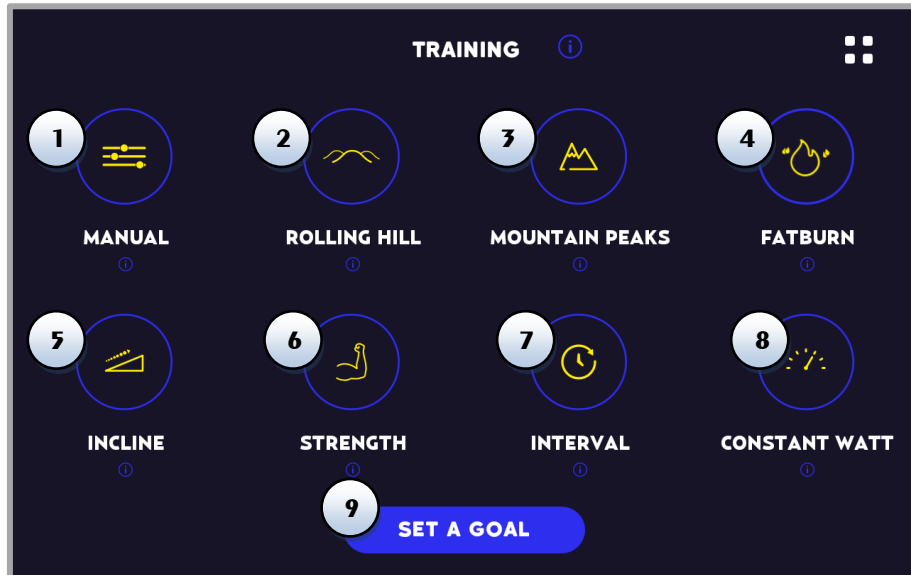
We offer comprehensive cardio conditioning courses to help boost aerobic fitness and train your body to endure even more challenging workouts. 9 training programs are provided as below.

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

2.7 TRAINING (Continued)
Go to HOME Screen > TRAINING Screen > MANUAL (Setting Screens)
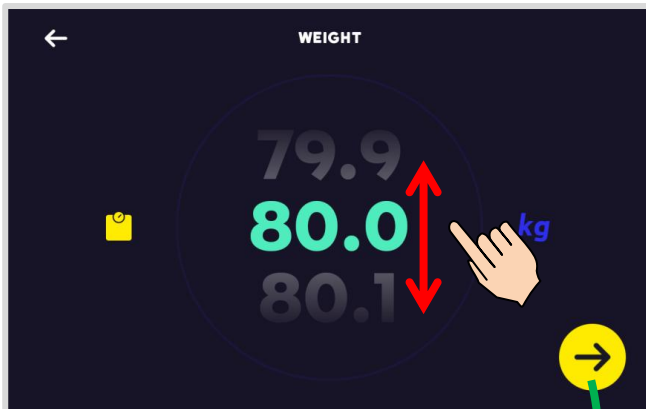
STEP 1: WEIGHT Setting
Setting range:
35.0 ~ 220.0(kg) / 77 ~ 485.0 (lb)

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

Tap arrow button to next page.
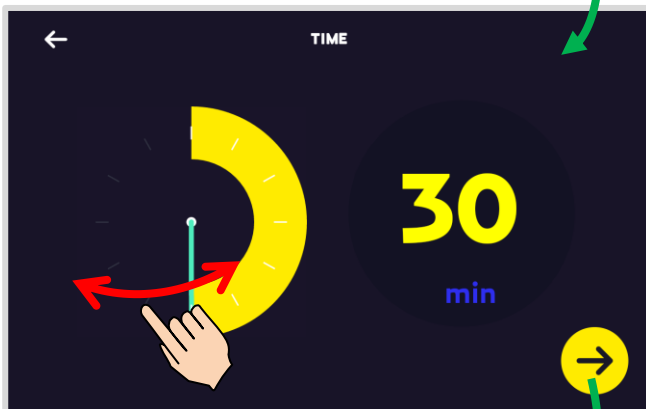
STEP 2: TIME Setting
Setting range: 10~120 min

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)
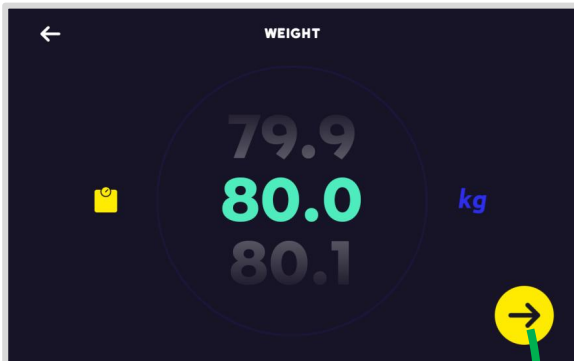
STEP 1: WEIGHT Setting
Setting range: 35.0 ~ 220.0(kg) or 77 ~ 485.0 (lb)

Tap yellow arrow button to next page.
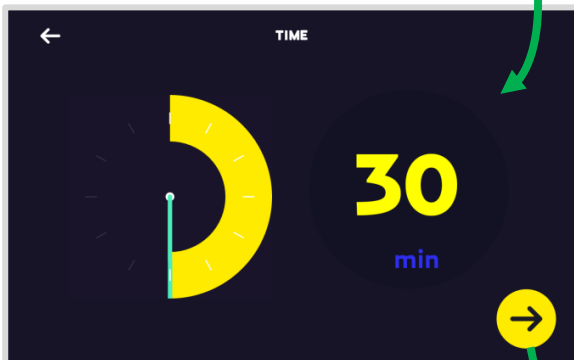
STEP 2: TIME Setting
Setting range: 10~120 min

Tap white arrow button to back previous page.
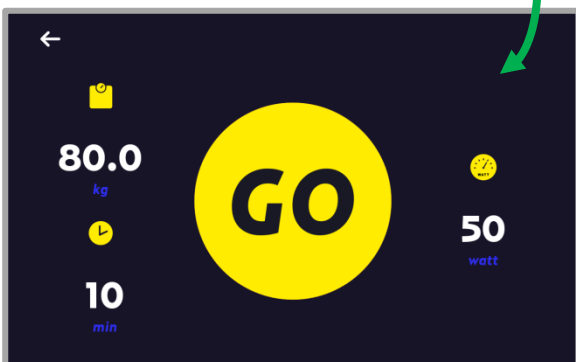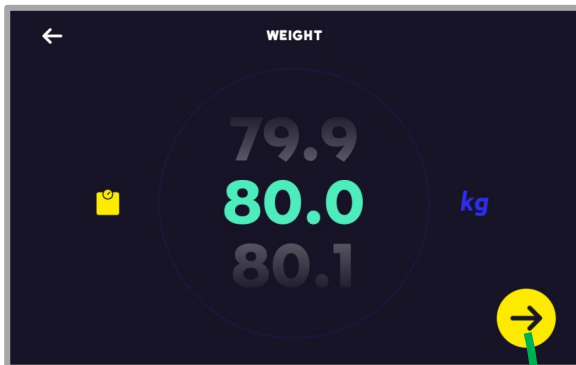
Tap yellow arrow button to next page.
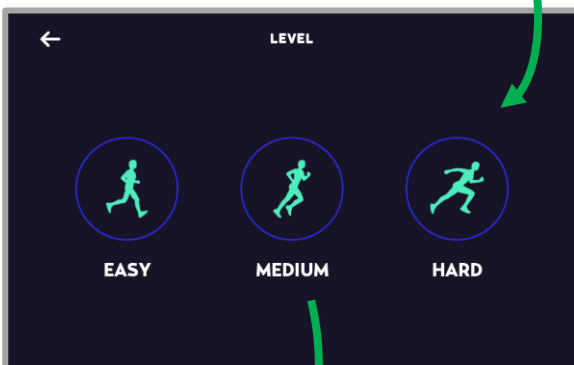
STEP 3: LEVEL Setting
Tap one of the levels (**EASY/ MEDIUM/ HARD**) to set your workout intensity and skip to next page.

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)
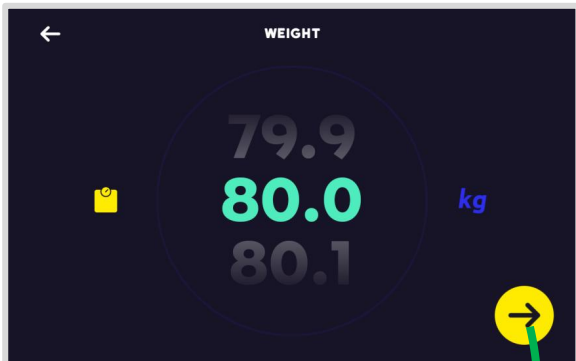
STEP 1: WEIGHT Setting
Setting range: 35.0 ~ 220.0(kg) or
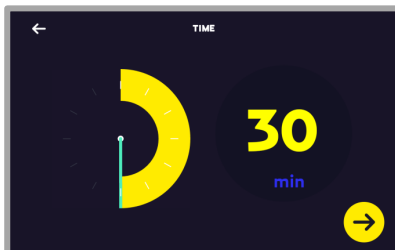77 ~ 485.0 (lb)

Tap white arrow button to back previous page.
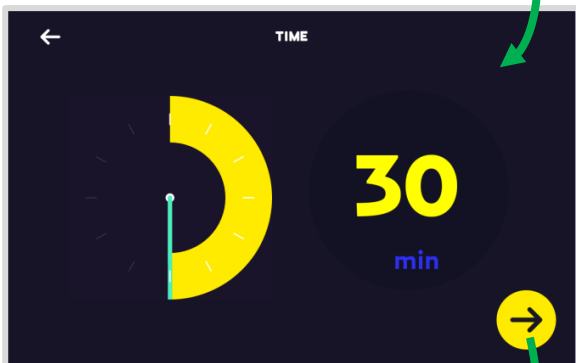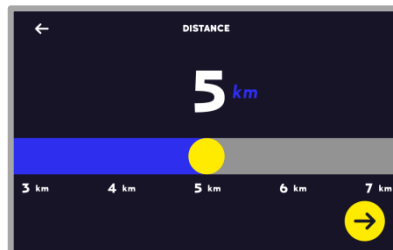
Tap yellow arrow button to next page.

STEP 2: TIME Setting
Setting range: 10~120 min

Tap white arrow button to back previous page.

Tap yellow arrow button to next page.
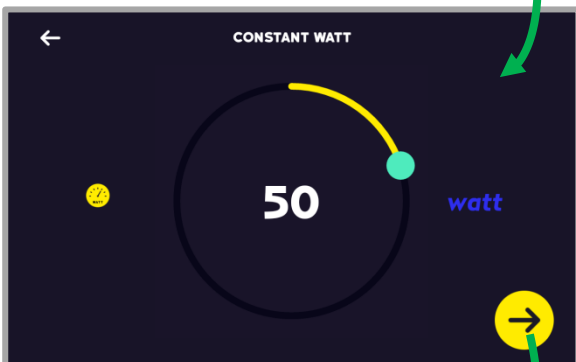
STEP 3: WATT Setting
Setting range: 50~400W

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)

TOUCH SCREEN OVERVIEW

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.
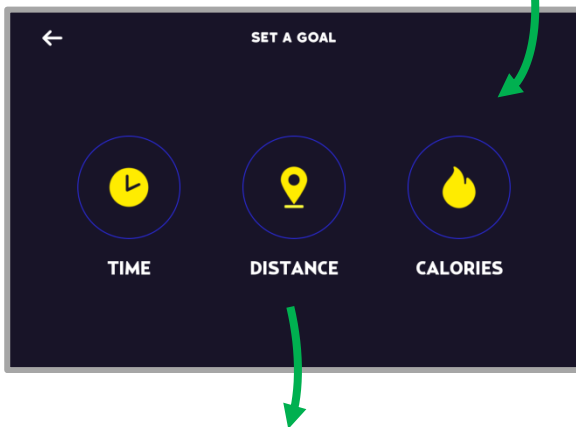
STEP 2: GOAL Selection
Select a specific target (**Time/ Distance/ Calories**) and skip to next page.

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

Range: 10-120 min   **Range: 1-50 km /1-30 mile**   **Range: 1000-2000 kcal**
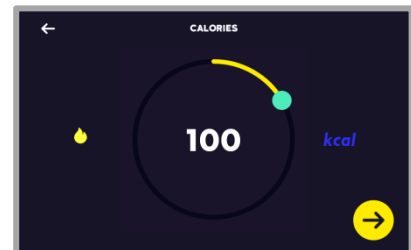
Tap yellow arrow button to next page.

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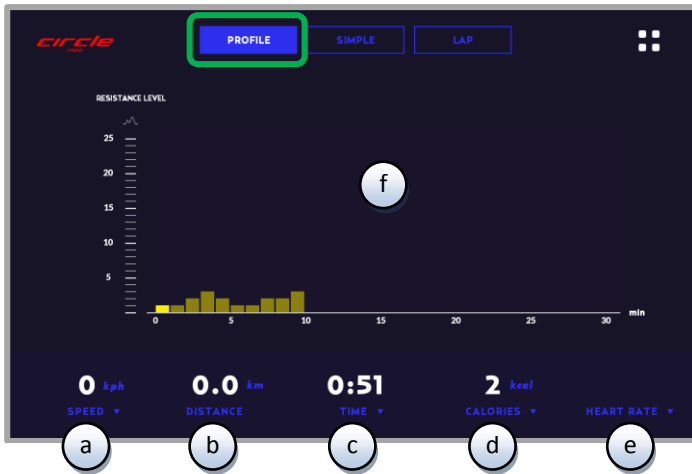
PROFILE: Display the workout information and graphic. Display items are listed as below.

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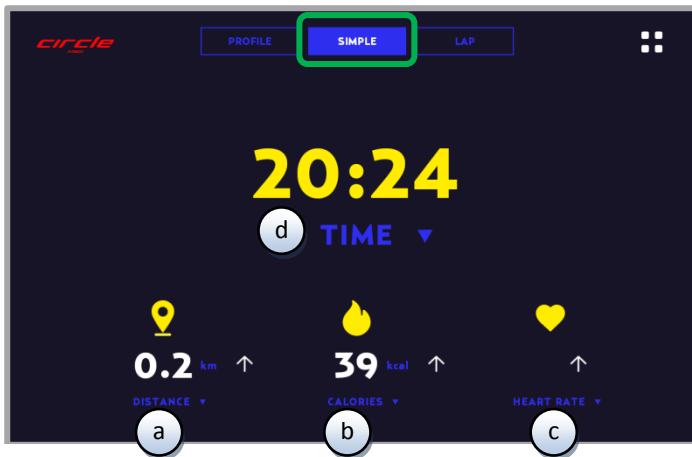
SIMPLE: Display the simple workout information by 1 main information window and 3 sub information windows. Display items are listed as below.

a) DISTANCE/ SPEED / AVERAGE SPEED/ WATT

b) CALORIES, CAL/HR, METS

c) HEART RATE, AVE. HEART RATE

d) TIME, TIME REMAINING
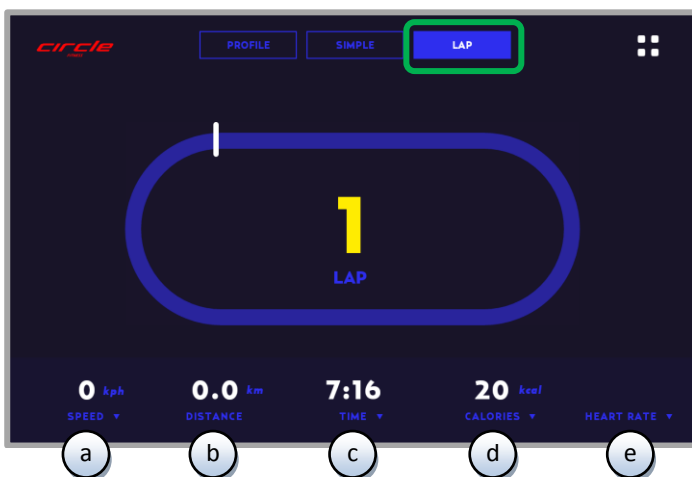
LAP: Display the workout information via lap. Display items are listed as below.

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	**DURATION (TIME)**	Displays the total accumulated time during your workout.
3	**DISTANCE**	Displays the total accumulated distance mile (or kilometer) during your workout.
4	**CALORIES**	Displays the total accumulated calories burned during your workout.
5	**AVG. SPEED**	Displays the average speed.
6	**AVG. WATT**	Displays the average pedaling RPM.
7	**AVG. HEART RATE**	Displays the average heart rate during your workout.
8	**MAX. HEART RATE**	Displays the max. heart rate during your workout.
9		Displays the profile of your workout.
10	**DONE**	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 CircleCould 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	**FATBURN**	Sets your maximum heart rate to **65%**. This program will adjust the intensity accordingly in order to help you reach your target heart rate. - Setting range: (220-Age) x 60% to (220-Age) x 70% - Default setting: (220-Age) x 65% - Tap to skip to setting screens (refer to next page).
2	**AEROBIC**	Sets your maxiumum heart rate to **75%**. This program will adjust the intensity accordingly in order to help you reach your target heart rate. - Setting range: (220-Age) x 71% to (220-Age) x 80% - Default setting: (220-Age) x 75% - Tap to skip to setting screens (refer to next page).
3	**PERFORMANCE**	Sets your maxiumum heart rate to **85%**. This program will adjust the intensity accordingly in order to help you reach your target heart rate. - Setting range: (220-Age) x 81% to (220-Age) x 90% - Default setting: (220-Age) x 85% - Tap to skip to setting screens (refer to next page).
4	**CUSTOMIZE**	Sets a target heart rate. This program wil 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 correcsponding descrptions.

TOUCH SCREEN OVERVIEW

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
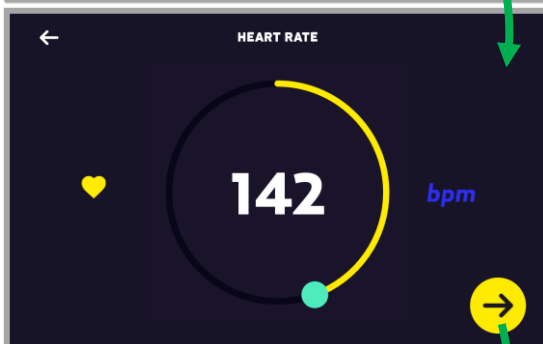77 ~ 485.0 (lb)

STEP 2: AGE Setting
Setting range: 10~99 year
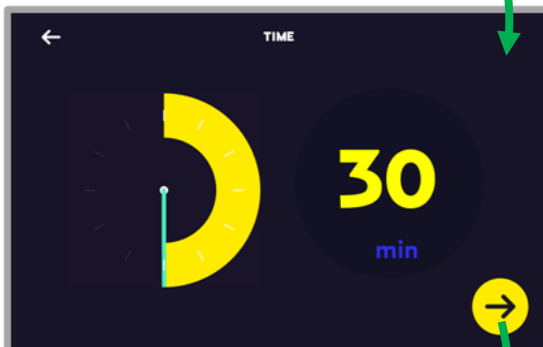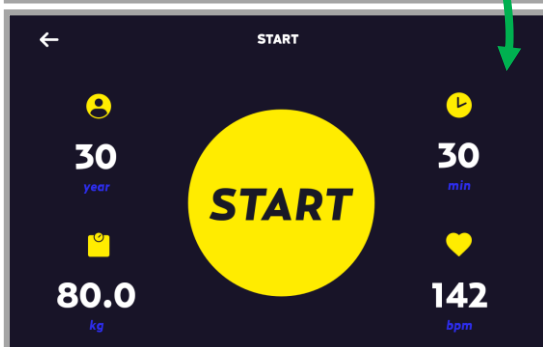
STEP 3: TIME Setting
Set your time of heart rate control program.
Setting rage: 10- 120(min)

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)

TOUCH SCREEN OVERVIEW

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.
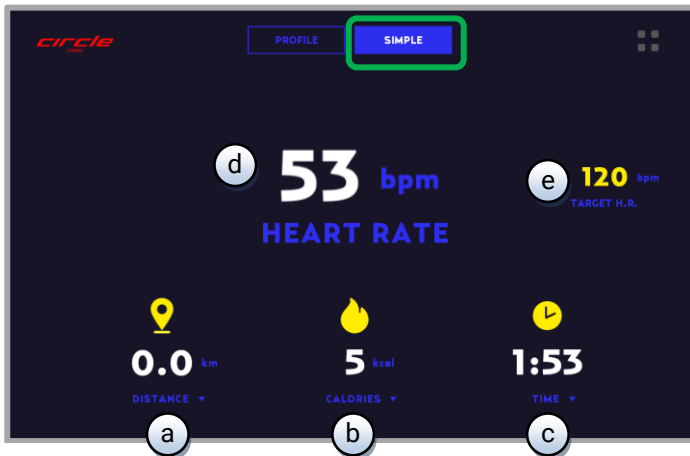
SIMPLE - Display Items

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.)

TOUCH SCREEN OVERVIEW

2.8 HEART RATE CONTROL (Continued)

HEART RATE CONTROL Screen > SETTING Screens > WORKOUT Screens > SUMMARY Screen
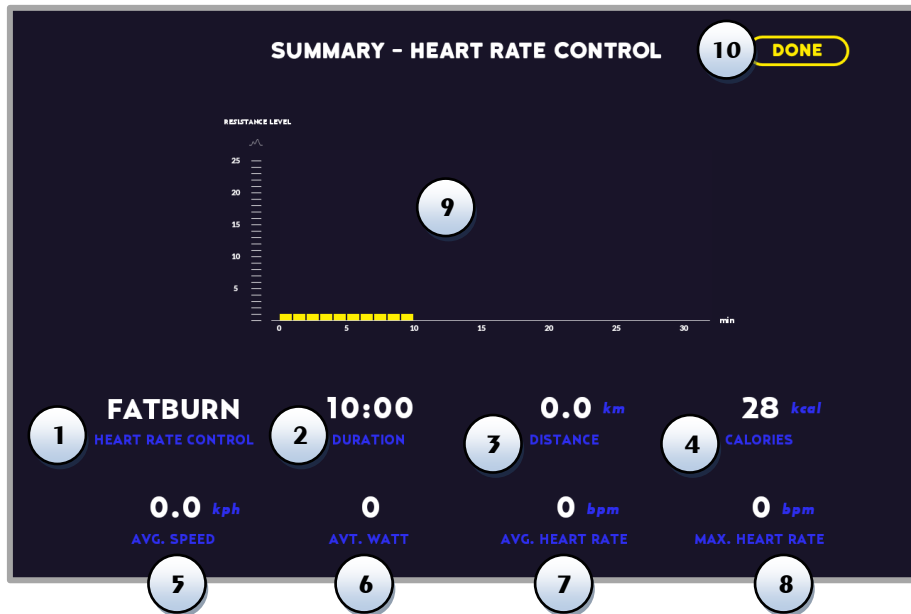
Readouts of Heart Control Programs

No.	Field/ Button	Description
1	Displays the title of heart control program.	
2	**DURATION (TIME)**	Displays the total accumulated time during your workout.
3	**DISTANCE**	Displays the total accumulated distance mile (or kilometer) during your workout.
4	**CALORIES**	Displays the total accumulated calories burned during your workout.
5	**AVG. SPEED**	Displays the average speed.
6	**AVG. WATT**	Displays the average pedaling RPM.
7	**AVG. HEART RATE**	Displays the average heart rate during your workout.
8	**MAX. HEART RATE**	Displays the max. heart rate during your workout.
9	Displays the profile of your workout.	
10	**DONE**	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 CircleCould 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.
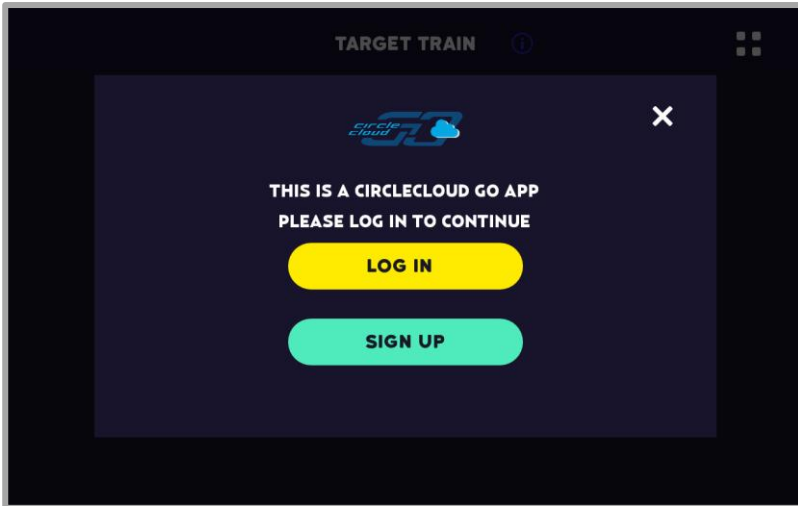
Tap LOG IN to Login Screen. (Refer to chapter 3.3 LOGIN.)

Tap SIGN UP to register an account. (Refer to chapter 2.6 CIRCLE CLOUD GO SIGN UP.)
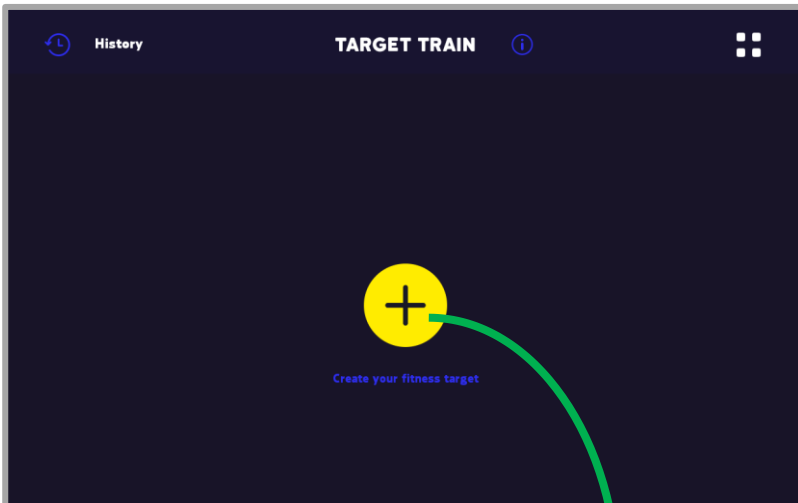
Tap ⊞ to create your fitness target.

NOTE: 3 fitness targets can be chosen as your target.
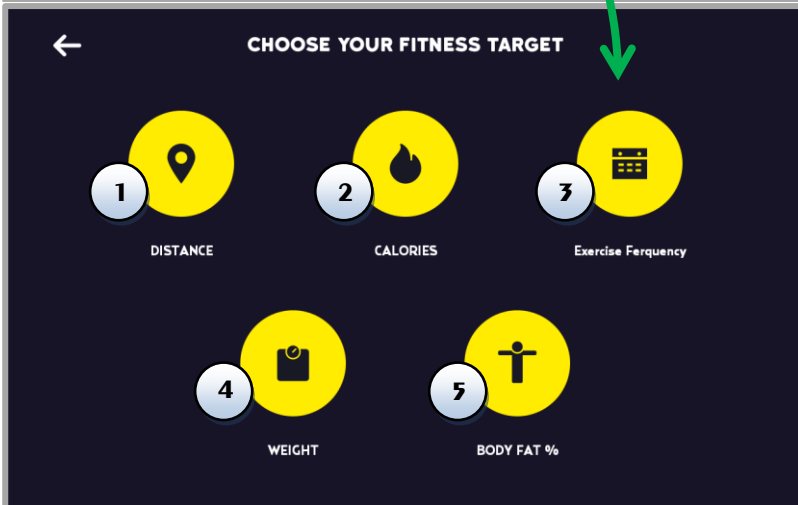
TARGET TRAIN comes with 5 diference exercise targets, keeping you motivated and on track for your fitness plan.

Choose the one of the following as your workout target.
1) DISTANCE
2) CALROIES
3) EXERCISE FREQUENCY
4) WEIGHT
5) BODY FAT%

TOUCH SCREEN OVERVIEW

2.9 TARGET TRAIN (Continued)

TARGET CHOOSE Screen > DISTANCE Setting Screens
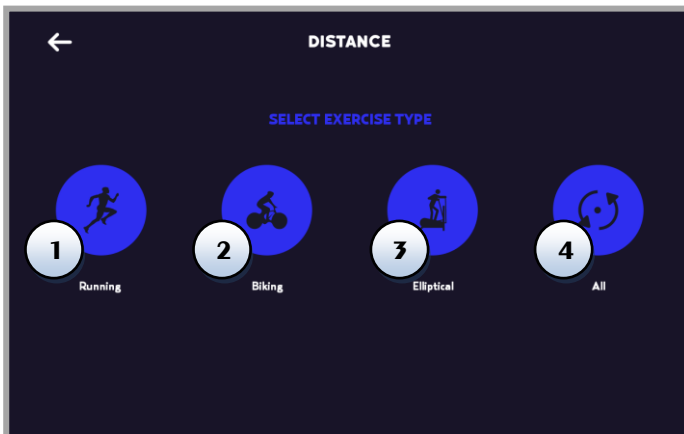
STEP 1: SELECT EXERCISE TYPE

Choose the one of the following as your exercise type.

1) Running
2) Biking
3) Elliptical
4) All
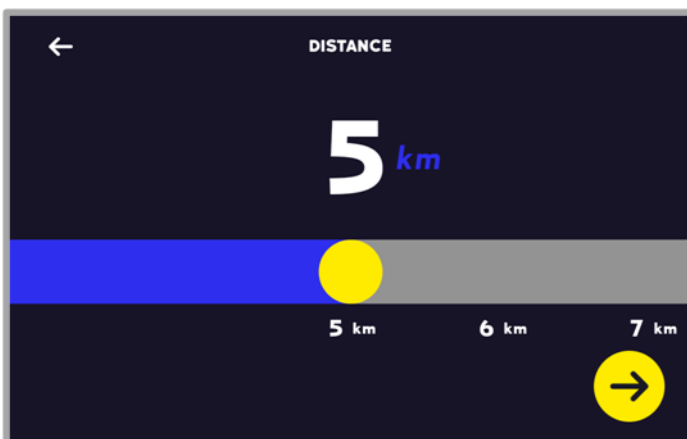
STEP 2: DISTANCE SETTING

Set your workout distance.

Setting range:
5 ~ 999 km (3.1 ~ 62.4 mi)
Preset: 5km (3.1mi)
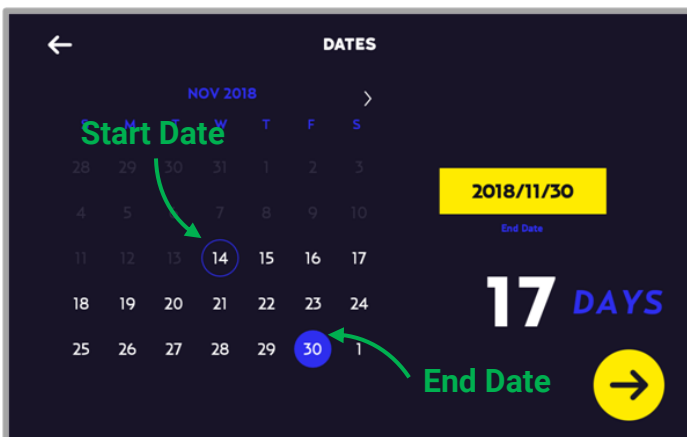
STEP 3: PERIOD SETTING
Start Date: Current date.
End Date: Choose end date for your target and total days will displayed on right of screen.
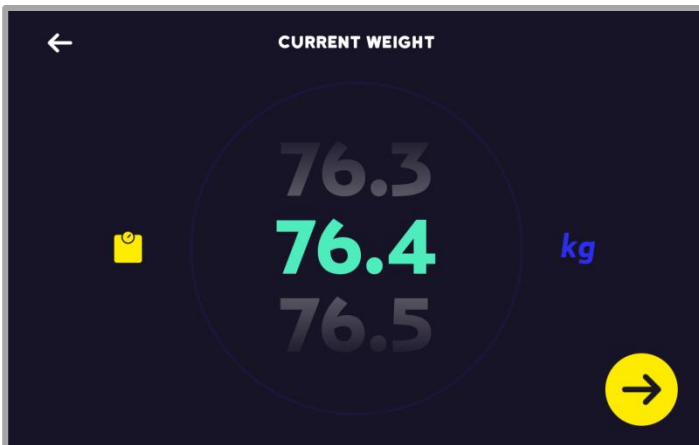
Tap yellow arrow to next screen.
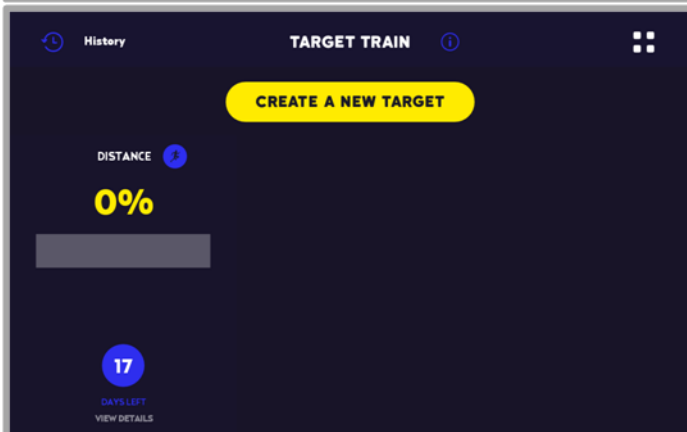
STEP 4: COMPLETE YOUR SETTING

2.9 TARGET TRAIN (Continued)

TARGET CHOOSE Screen > CALROIES Setting Screens
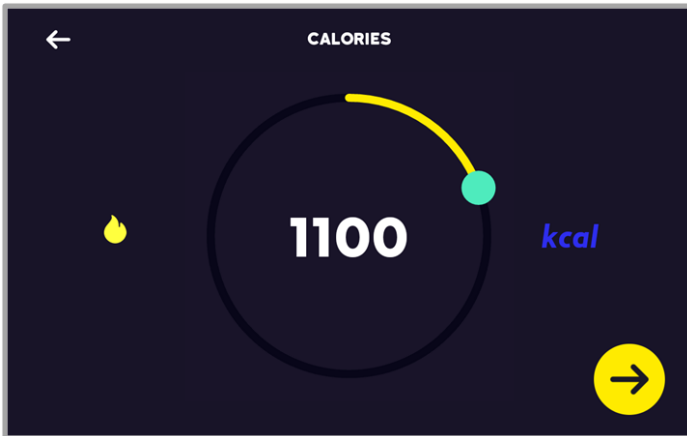
STEP 1: SET YOUR TARGET CALROIES
Setting range: 100 ~ 99900 cal
Preset: 100 cal

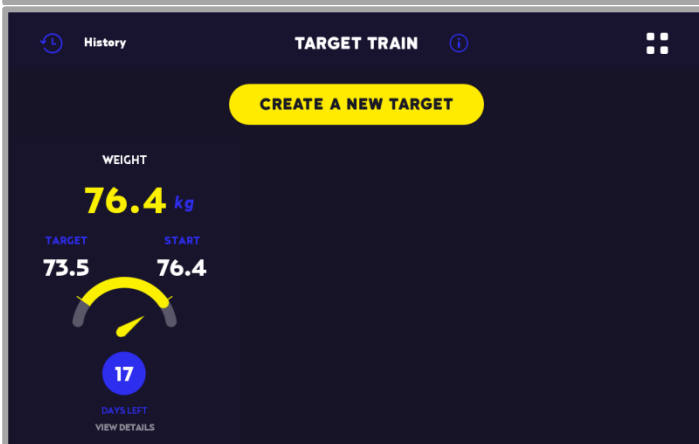Tap yellow arrow to next screen.
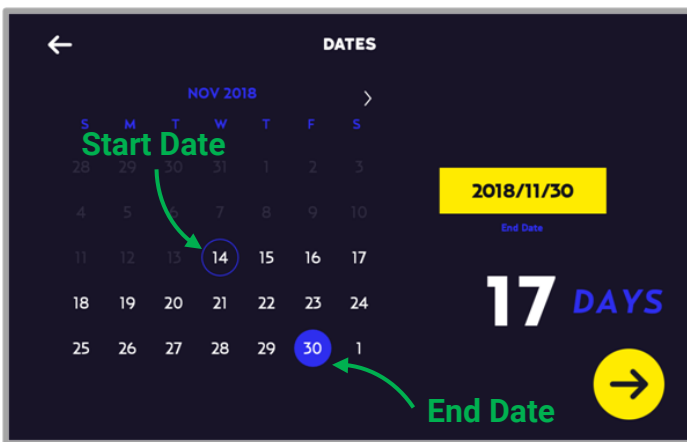
STEP 2: PERIOD SETTING
Start Date: Current date.
End Date: Choose end date for your target and total days will displayed on right of screen.

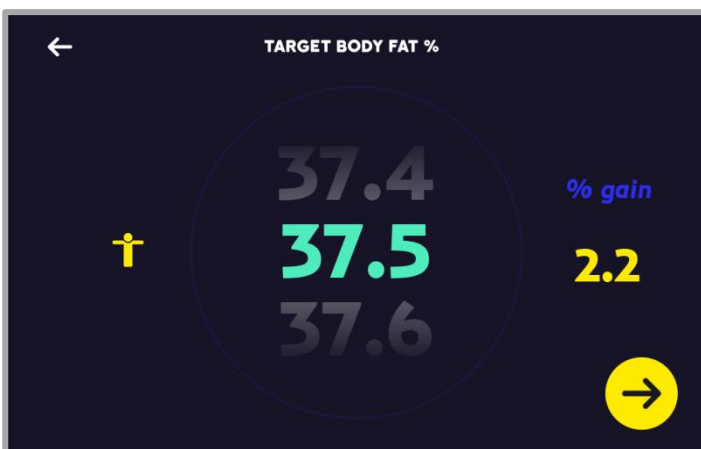Tap yellow arrow to next screen.

STEP 3: COMPLETE YOUR SETTING

⊞ Tap to skip to HOME Screen.

TOUCH SCREEN OVERVIEW

2.9 TARGET TRAIN (Continued)

TARGET CHOOSE Screen > EXERCISE FREQUENCY Setting Screens
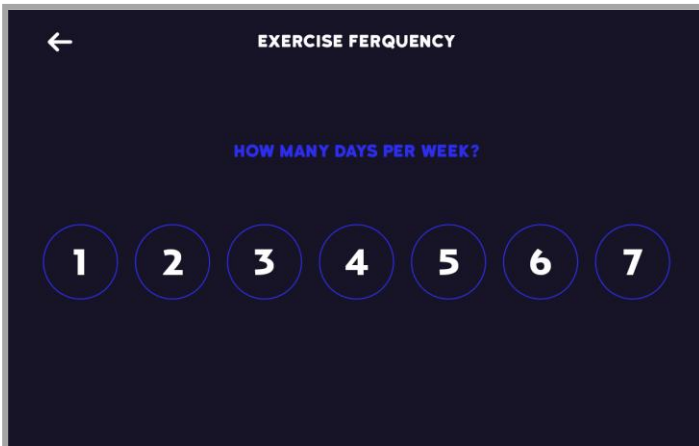
STEP 1: SET YOUR EXERCISE FREQUENCY
Tap one of the numeric buttons to select the target workout days per week.
Setting range: 1~7
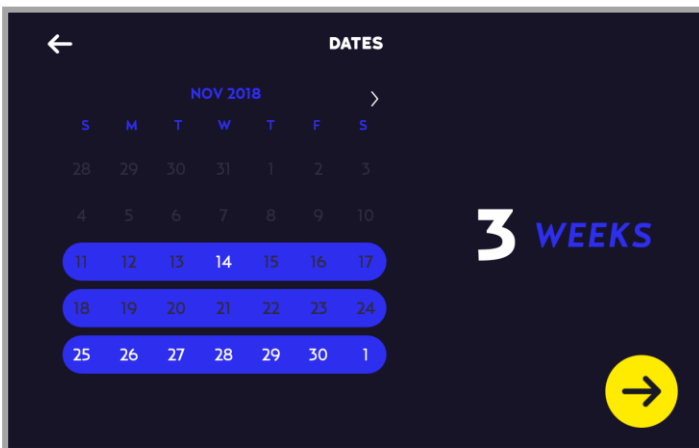
STEP 2: PERIOD SETTING
Start Week: Current week.
End Week: Choose end week for your target and total weeks will displayed on right of screen.

Tap yellow arrow to next screen.
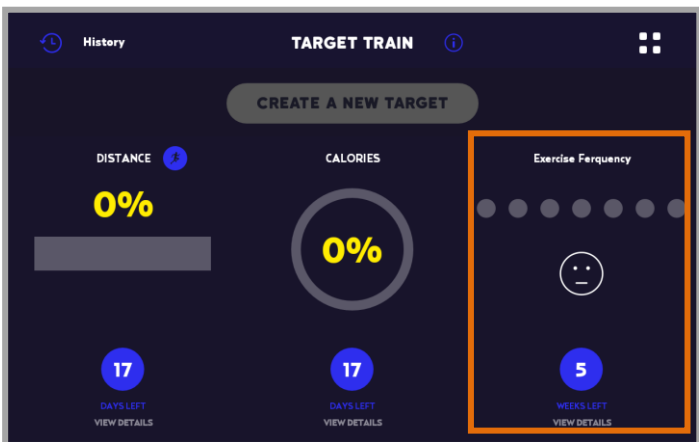
STEP 3: COMPLETE YOUR SETTING

⬛ 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)
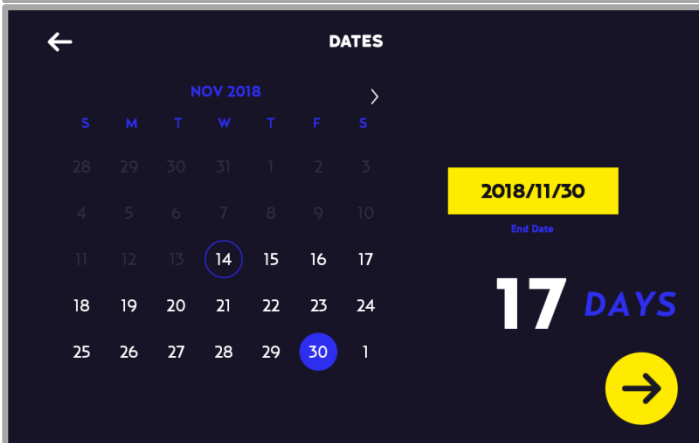
STEP 3: PERIOD SETTING
Start Date: Current date.
End Date: Choose end date for your target and total days will displayed on right of screen.

Tap yellow arrow to next screen.

STEP 4: COMPLETE YOUR SETTING

TOUCH SCREEN OVERVIEW

2.9 TARGET TRAIN (Continued)

TARGET TRAIN Screen > TARGET CHOOSE Screen > BODY FAT% Screens
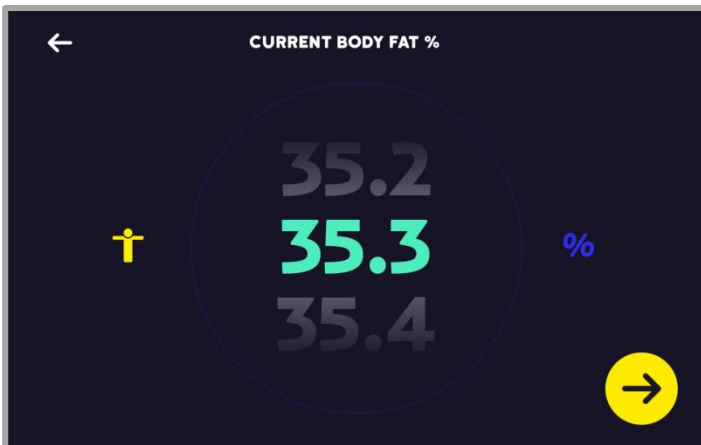
STEP 1: SET YOUR CURRENT BODY FAT%
Setting range: 1-50%

STEP 2: SET YOUR TARGET BODY FAT%
Setting range: 2-50%
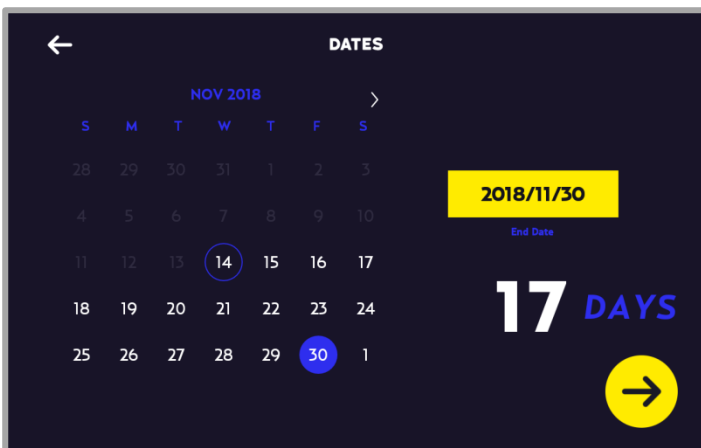
STEP 3: PERIOD SETTING
Start Date: Current date.
End Date: Choose end date for your target and total weeks will displayed on right of screen.

Tap yellow arrow to next screen.
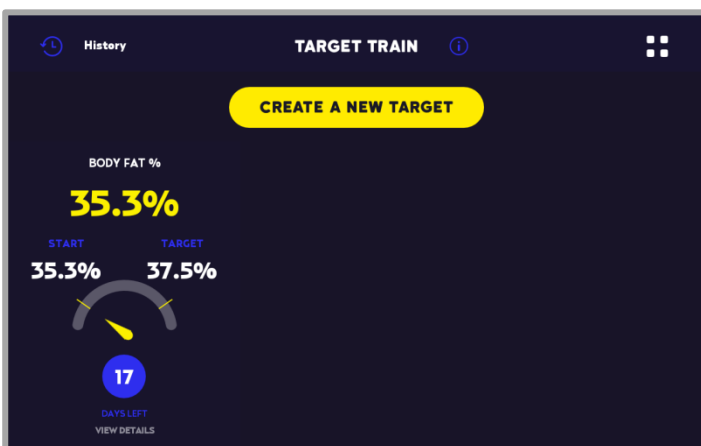
STEP 4: COMPLETE YOUR SETTING

2.9 TARGET TRAIN (Continued)
TARGET TRAIN Screen > History Screen
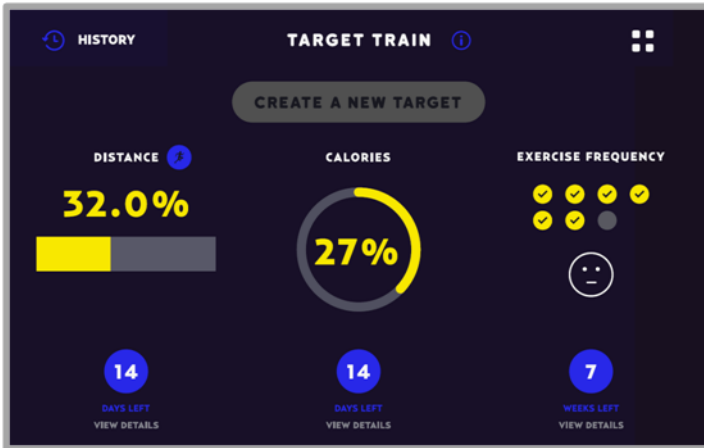
HISTORY (HISTORY)
Tap to view the history of your target.
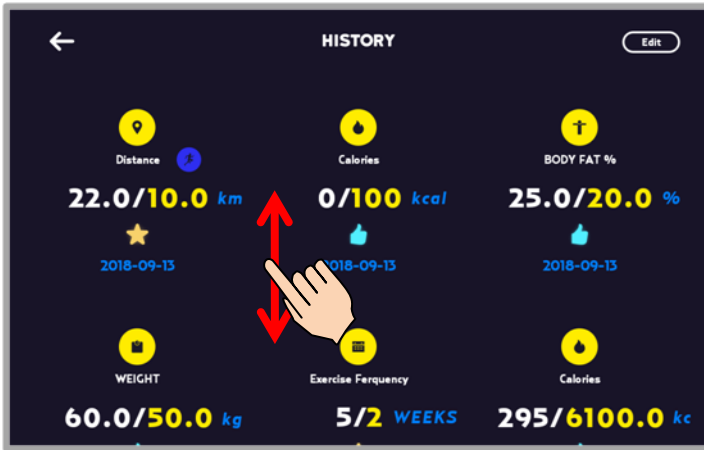
HISTORY SCREEN
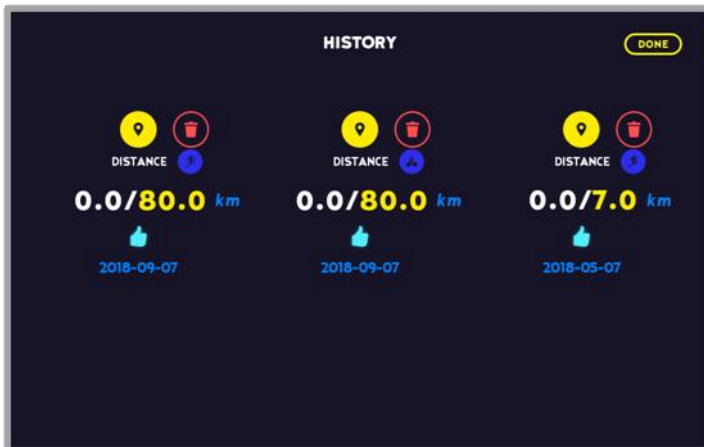Tap **EDIT** to edit your history of target train.

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.
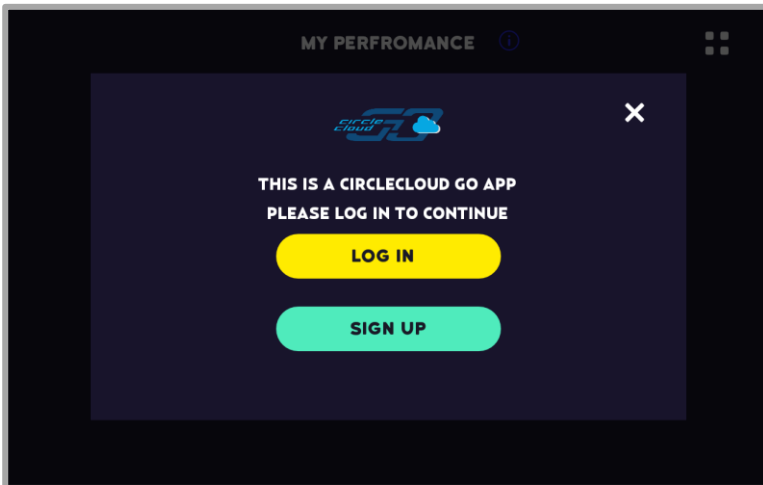

EDIT HISTORY SCREEN

Tap to delete your record.

DONE Tap to skip to history screen.

TOUCH SCREEN OVERVIEW
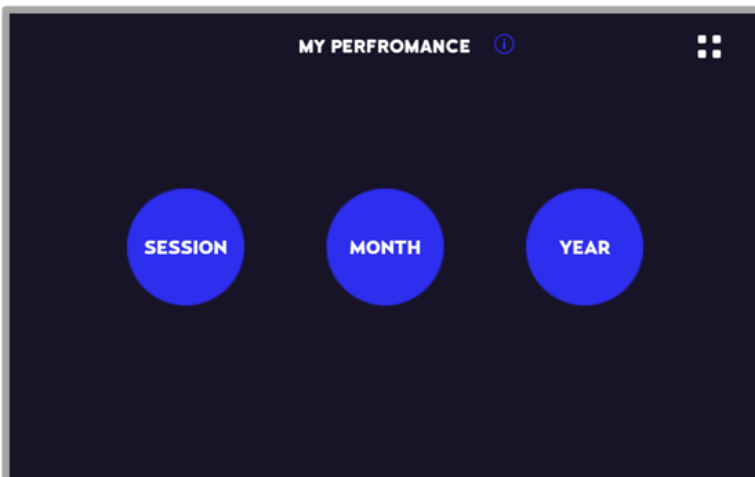
2.10 MY PERFORMANCE

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 fruther!

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.)

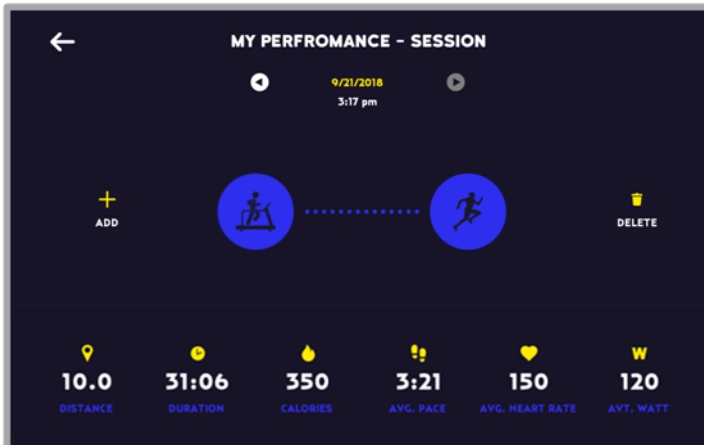You can get your personal work information via **SESSION, MONTH** and **YEAR.** (Refer to next page)

Tap to skip to HOME Screen.

Tap to view corresponding descriptions.

2.10 MY PERFORMANCE (Continued)

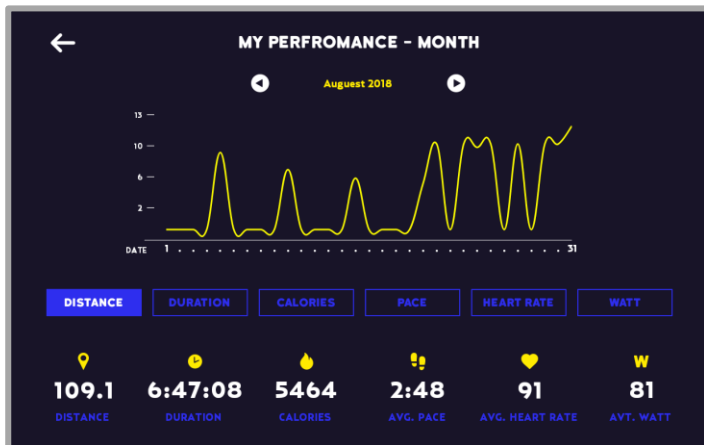### Go to HOME Screen > MY PERFORMANCE Screen

SESSION

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

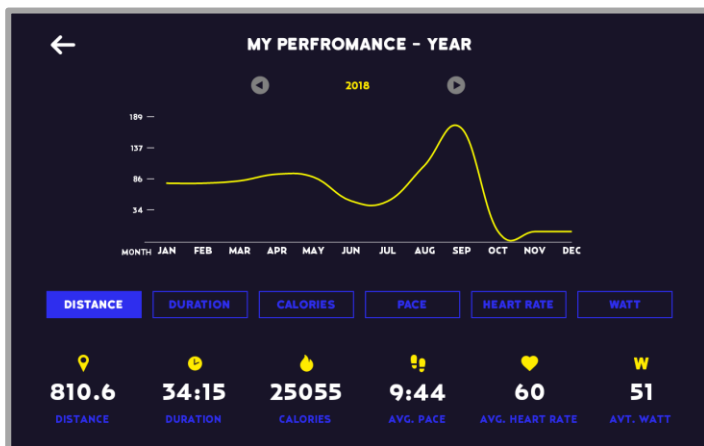Tap ADD to add or a session.
Tap DELETE to delete or a session.
Tap arrow button to skip previous screen.

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.

TOUCH SCREEN OVERVIEW

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	**Key Measurements**	Weight/ Body Fat %/ BMI /BMR /Total Body Water/ Visceral Fat Rating/ Bone Mass/ Intracellular Water/ Extracellular Water/ Protein/ Minerals/ Waist-Hip Ration/ Obesity Degree
2	**Muscle Mass**	Tap to view your distribution of muscle mass.
3	**Body Fat %**	Tap to view the fat percentage on your body.
4	**Pen tool**	Tap to edit your measurements.
	(equipment sync icon)	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**).
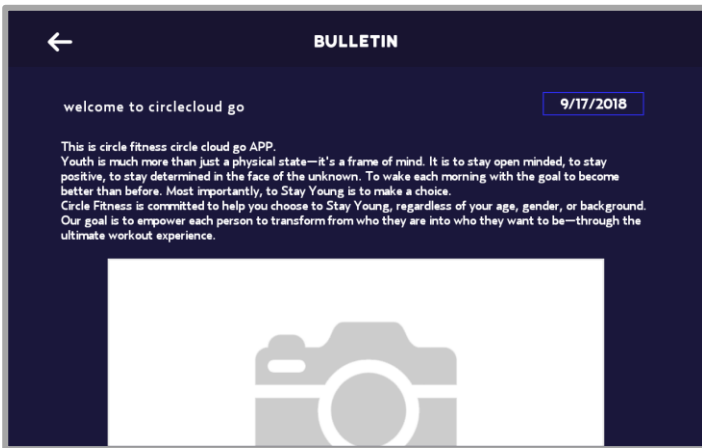

BULLETIN
This feature keeps you updated on the latest news and classes offered by your facilities.

Tap the title on bulletin to get more information.

Tap ▦ to skip HOME Screen.

TOUCH SCREEN OVERVIEW

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.

TOUCH SCREEN OVERVIEW

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.

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

2) Class Information

3) REMOVE FROM MY CLASS
Tap to remove this class form your calendar and the screen is shown as below.

TOUCH SCREEN OVERVIEW

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)

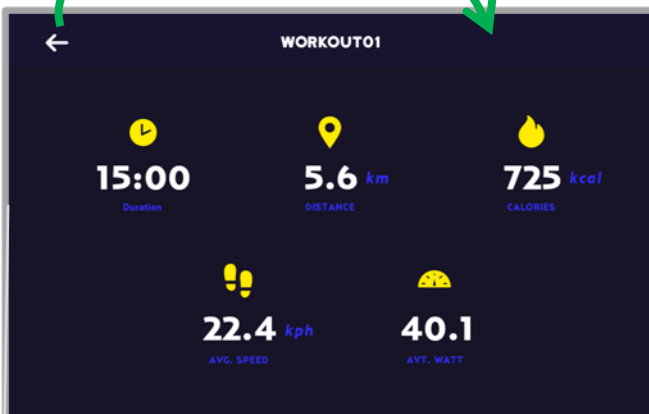## Go to HOME Screen > MY WORKOUT Screens
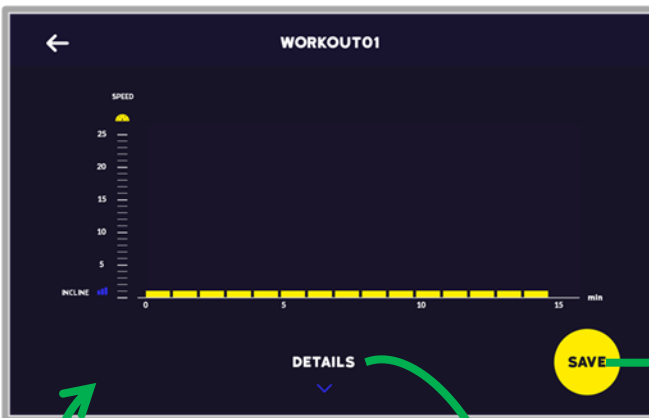
**Workout Profile Preview Screen**
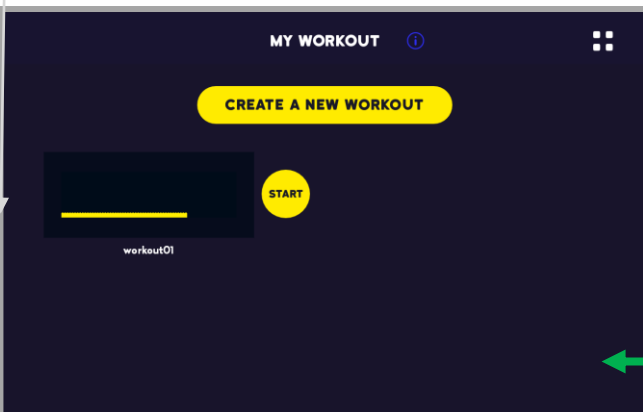
Tap ← to back to previous screen.

Tap Detail to view your workout settings.

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

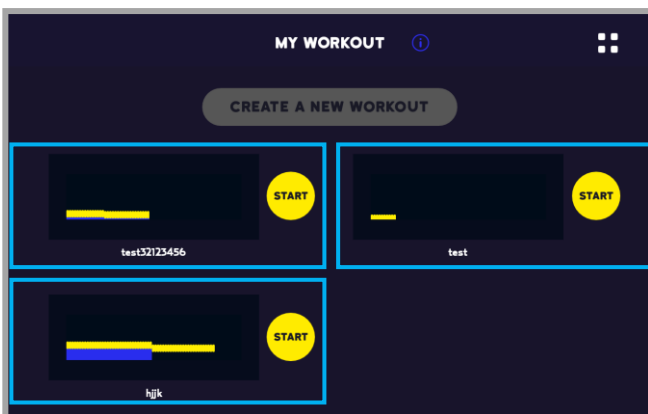**Workout Detail Screen**

Confirm your settings and tap ← to back to previous screen.

Tap CREATE YOUR WORKOUT to create another workout.

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

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

TOUCH SCREEN OVERVIEW

B8 S Upright Bike