

Owner's Manual

**M6 S
Treadmill**

**Display Type:
8 inch Touch Screen**



M6 S Treadmill










SUPPLEMENT DESCRIPTIONS OF M6 S

Specifications



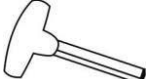



Electrical Specifications	
Power Requirement	100-240V±10 50/60Hz
Display Type	8 inch touch screen with 2 LEDs

Hardware kit & Tools

Please verify the Hardware kit list as shown below.

STEP 2	M8x15mm Screws (8 PCS) 	M8 Washers (8 PCS) 	
STEP 4	M8x15mm Screws (4 PCS) 	M8 Washers (4 PCS) 	
STEP 5	M8x15mm Screws (8 PCS) 	M8 Washers (4 PCS) 	M8 Curve Washers (4 PCS) 

Please verify the tools list as shown below.

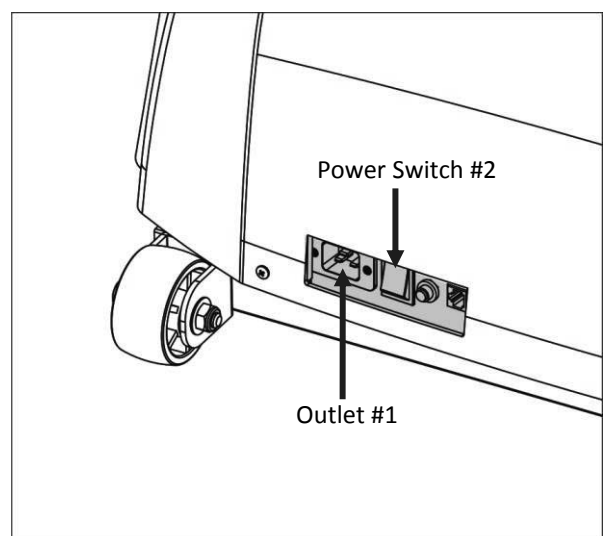
Allen Wrench (5-76L mm) 	Allen wrench (5-114L mm) 	T-handle Allen Wrench 	Silicone Oil 	Power Cord 	Owner's Manual 
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Power Cord Connection and Powering On

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.

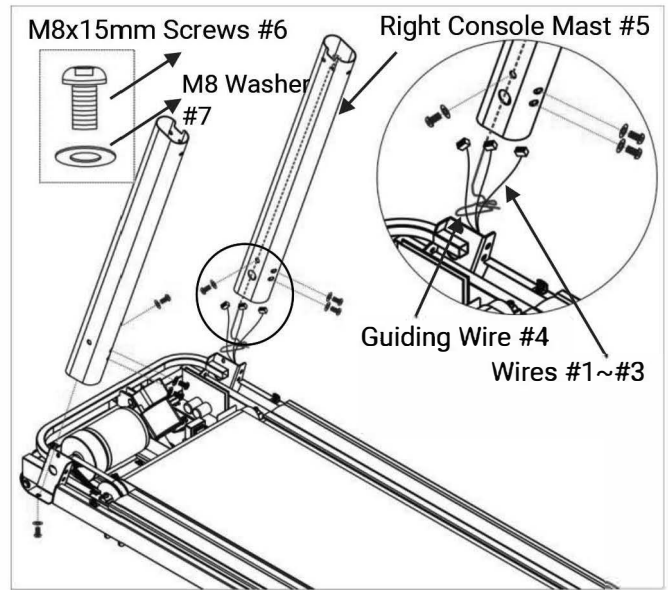


SUPPLEMENT DESCRIPTIONS OF M6 S (CONTINUED)

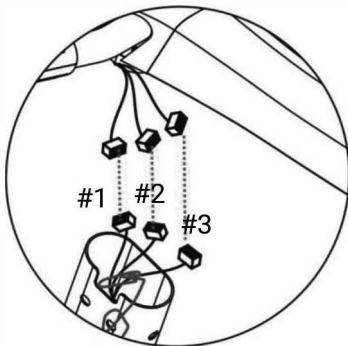
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Assembly**STEP2: Assemble the Console Mast.**

- 1) Thread the **Wires #1~#3 (Power, Console, and Network)** on the **Guiding Wire #4** and through the **Right Console Mast #5**.
- 2) Position the **Right & Left Console Masts** on the front corner of the main frame.
- 3) Tighten (8) **M8x15mm Screws #6** and (8) **M8 Washers #7** with Hex Wrench.

**STEP5: Assembly Console Mast with Console Set.**

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



- 2) Tighten (8) **M8x15mm Screws #4**, (4) **M8 Washers #5** and (4) **M8 Curve Washers #6** on each console masts with Hex Wrench.

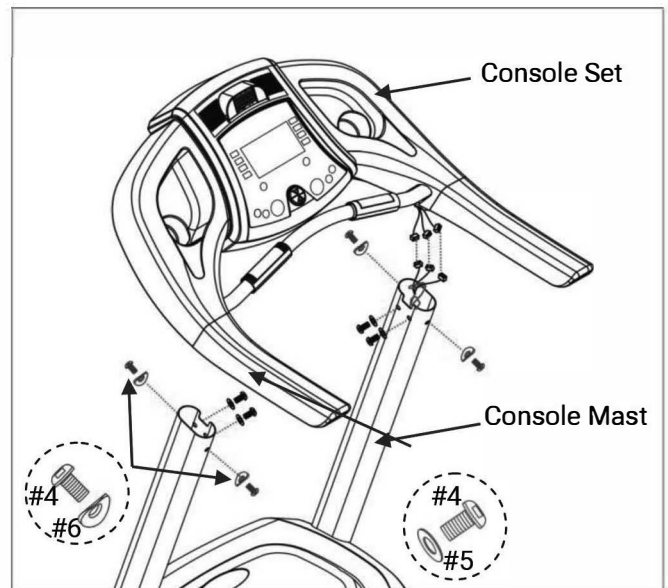


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SAFETY PRECAUTIONS

Waste Disposal

Products are recyclable. At the end of its useful life please dispose of this Article correctly and safely (local refuse sites).



- The running belt must be set up on firm even ground. Ensure that the power cable is not pinched and that no one can trip over it.
- Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into it thus causing injury or damaging the unit itself.
- Repairs on the electrical components in the unit should be carried out by qualified persons only.
- The treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. Further instructions concerning the handling of the safety cut-out can be found in the operating instructions for the training computer.

Thank you for your purchasing our products. 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.

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 treadmill that you have received. The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following figure. See the serial number decal for the exact voltage requirements of your treadmill.

WARNING: Don't attempt to use this unit with a voltage adapter. Don't attempt to use this unit with an extension cord.

SAFETY PRECAUTIONS

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the Treadmill.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachment not recommended by the manufacture.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, than remove plug from outlet.
12. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
13. The appliance is intended for commercial use.
14. Store the safety key in a secured location while not in use and keep away from children.
15. MAX. user weight: 180 kg(395 lbs).

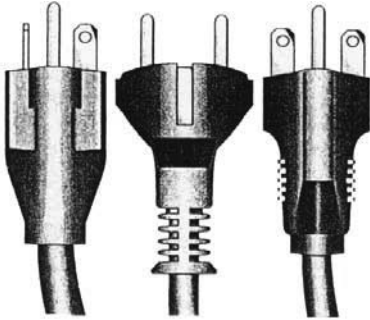
SAFETY PRECAUTIONS

Grounding Instructions

This treadmill 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 product 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.

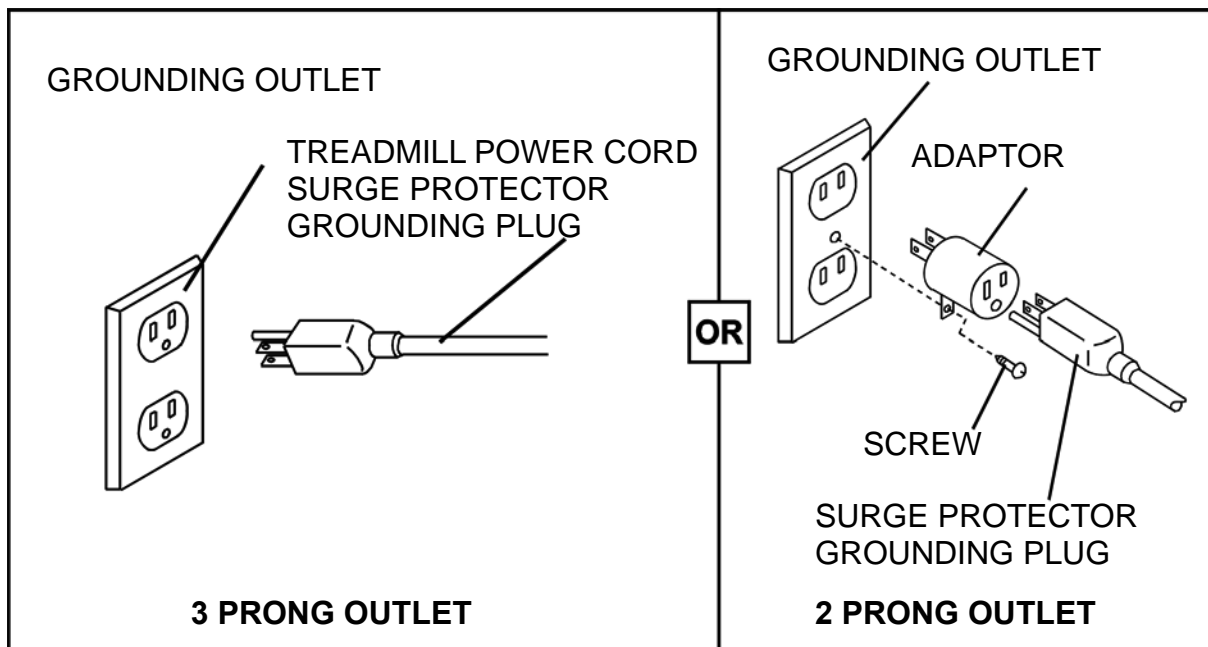
Please make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



115V NEMA 5-20 EURO PLUG CEE 7/7 208-220V NEMA 6-15

The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following:

115 VAC 5%, 60HZ and 20 amps; 208/220 VAC, 60HZ, 15 amps or 230 VAC 5%, 50HZ and 15amps.



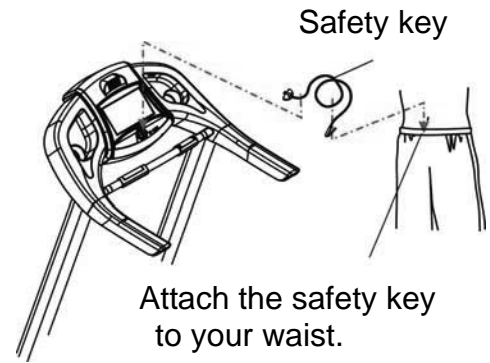
SAFETY PRECAUTIONS

Emergency dismount:

In case you must leave the equipment in an EMERGENCY SITUATION, grab the handrail and set both feet on the right and left foot platform beside the running belt. Now you pull out the safety switch, in order to slow down the equipment.

The function of the immobilization method:

If you would like to stop the equipment, then you can stop it either with the switch on the console or pull out the safety switch. If you pull the safety switch, in this case the computer shut down all functions automatically and the running belt slow down immediately.



SAFETY KEY

Check if the safety key at the treadmill and the clip at your clothes are secured. The safety key is intended for interrupting the mains connection in case you should fall. Thus, it was developed to bring the treadmill to an immediate stop. For higher speeds this can be unpleasant and somewhat dangerous as well. Please only use the safety key for an emergency stop. In order to stop the treadmill during training under normal circumstances in a safe, comfortable and complete manner, use the STOP button.

ENTER AND LEAVE THE TREADMILL

Be careful when entering and leaving the treadmill. Use the handle bars. Do not position yourself on the treadmill when preparing the use. Spread your feet and put them on the two side platforms next to the running surface. Put your feet on the treadmill only if it has started moving at constant speed. For your own safety, only enter the treadmill if it is not running faster than 2 km/h. Always look to the front during the training sessions. Never try to turn around on the treadmill as long as the treadmill is activated. After having finished your training session, you can stop the treadmill by pressing the STOP button. Wait until the treadmill has stopped completely before trying to leave the treadmill. In case you feel unsure regarding the speed you should hold on to the handle bars, lift your feet from the treadmill, and position yourself on the side platforms next to the running surface. These side platforms are an appropriate position to relax before starting the training again. For your own safety and comfort, always start your training sessions at low speed.

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 treadmill.

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:

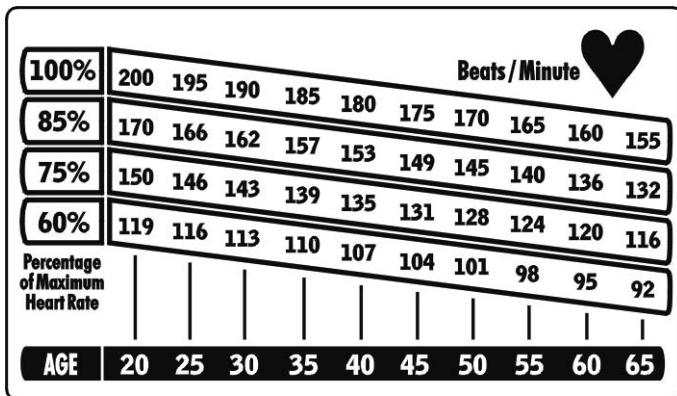
Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

SAFETY PRECAUTIONS

BEGINNER TREADMILL PROGRAM

	EXERTION LEVEL	DURATION
WEEK 1	Easy	6~12 minutes
WEEK 2	Easy	10~16 minutes
WEEK 3	Moderate	14~20 minutes
WEEK 4	Moderate	18~24 minutes
WEEK 5	Moderate	22~28 minutes
WEEK 6	Slightly higher or slightly lower	20 minutes
WEEK 7	Add interval training	3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes

TARGET HEART RATE ZONE



- 100%** Increased Performance Range
- 85%** Aerobic Training Range
- 75%** Weight Loss Training Range
- 60%** Heart Rate BPM

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 65% and 85% of your maximum heart rate.

* Lower limit of Target Heart Rate Zone = maximum heart rate X 0.6

* Upper limit of Target Heart Rate Zone = Maximum heart rate X 0.75

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

220-your age = maximum heart zone

* Advantage of using the treadmill is consumers can strengthen the cardiopulmonary function and physical fitness.

TECHNICAL SPECIFICATIONS

TECHNICAL SPECIFICATIONS

Length: 199 cm

Width: 86cm

Running area: 50cm x 152cm

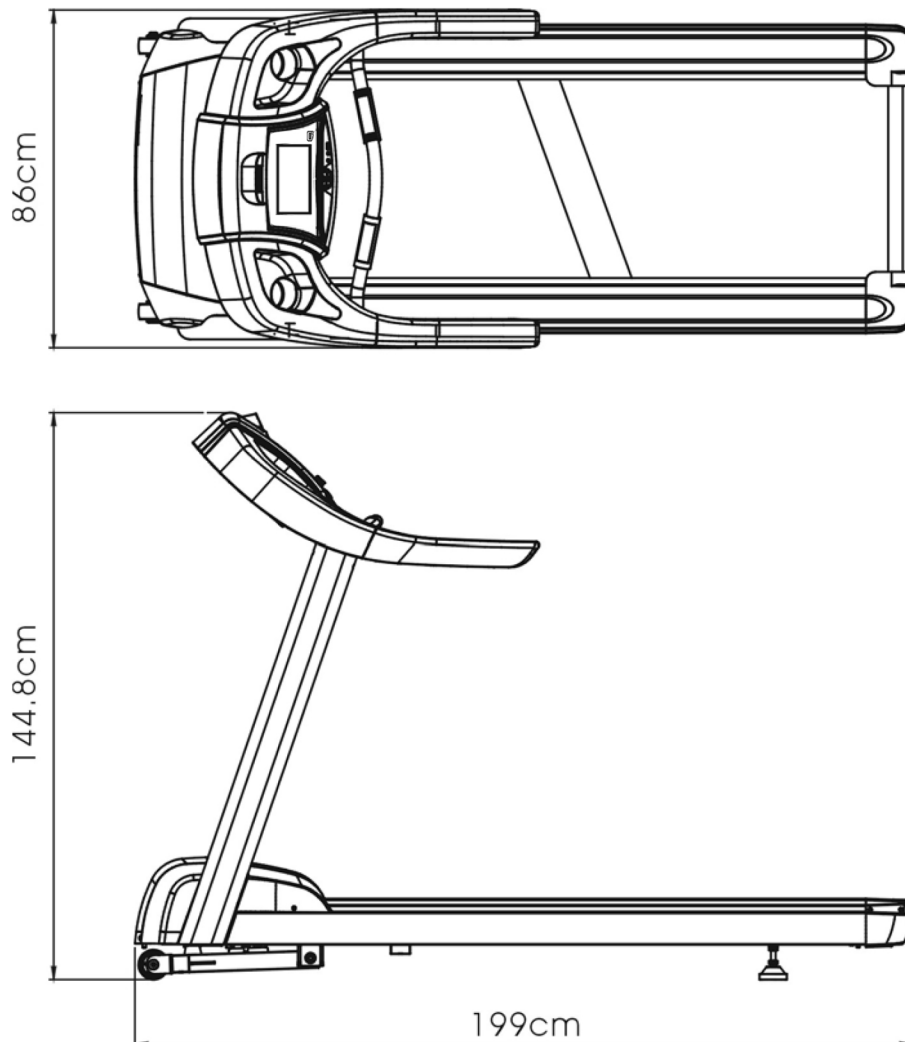
Weight of product: 138 kgs

Power elevation: 0~15 motorized

Program: Quick Start, Target HR, Fat Burn, Cardio, Random, Hill, Manual, Customized, Time Goal, Distance Goal, 3HRC.

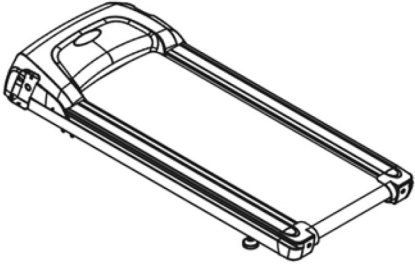
Standard features: Total used time, distance memorize, heart rate, calories, speed, incline, hand pulse, fan, quick speed / incline button, Wireless HR receiver, Audio in jack.

Emergency stop: Pull the safety key

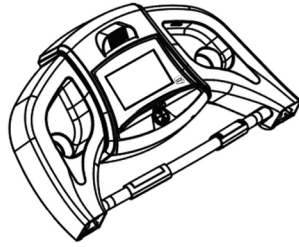


UNPACKING & ASSEMBLY

PARTS



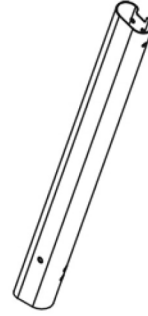
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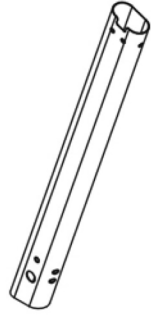
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#4-2

#4-1



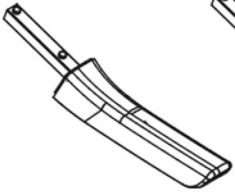
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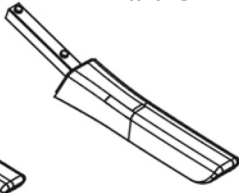
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#4-7

#4-6





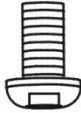




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*1

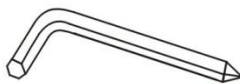
UNPACKING & ASSEMBLY

HARDWARE KIT

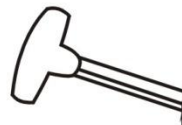
Step2	<p>#4-3</p>  <p>M8x15mm*8</p>	<p>#4-5</p>  <p>M8 washer*8</p>	
Step4	<p>#4-3</p>  <p>M8x15mm*4</p>	<p>#4-5</p>  <p>M8 washer*4</p>	
Steps	<p>#4-3</p>  <p>M8x15mm*8</p>	<p>#4-5</p>  <p>M8 washer*4</p>	<p>#4-4</p>  <p>M8 curve washer*4</p>



Allen wrench
5-76L mm *1



Allen wrench
5-114L mm *1



Allen wrench
6mm*1



Silicone bottle*1

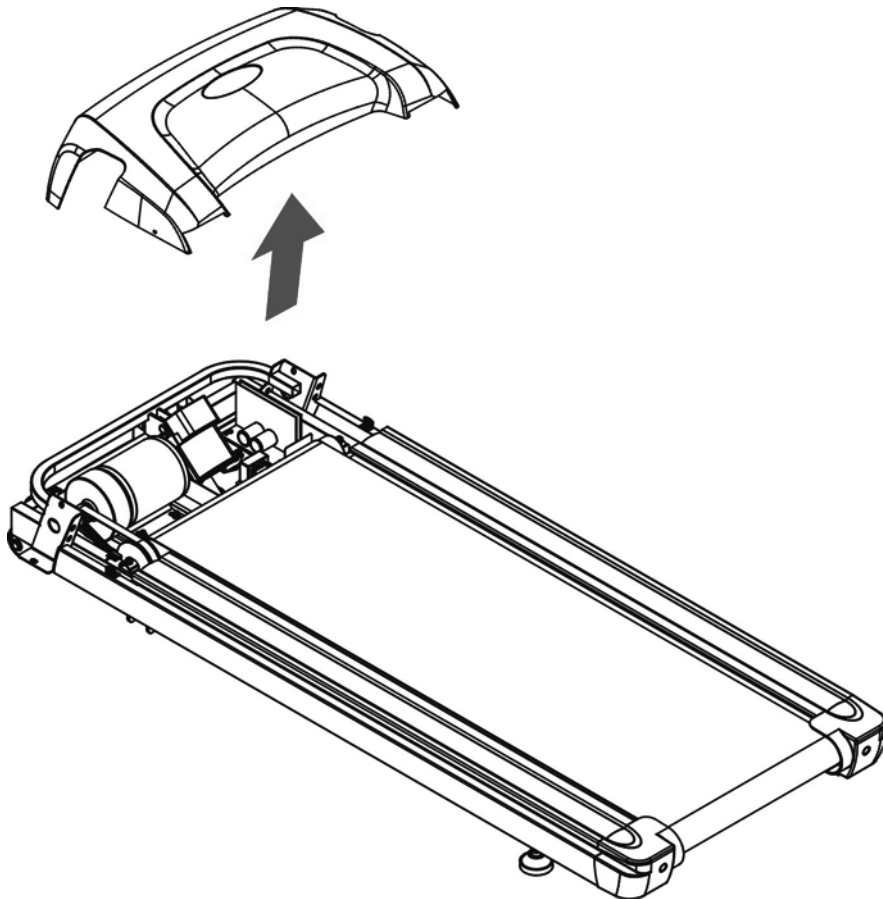


Power cord*1

UNPACKING & ASSEMBLY

Step1:

1). Loose the motor cover screws, and put the motor cover aside.



UNPACKING & ASSEMBLY

Step2: Assemble the console mast

1). Put both of right / left console tube into base frame.

Using hex wrench to screw console tube and base frame with 8pcs of M8*15mm screws and M8 washer.

Attention: please tighten all screw after assembled completely.

#4-3

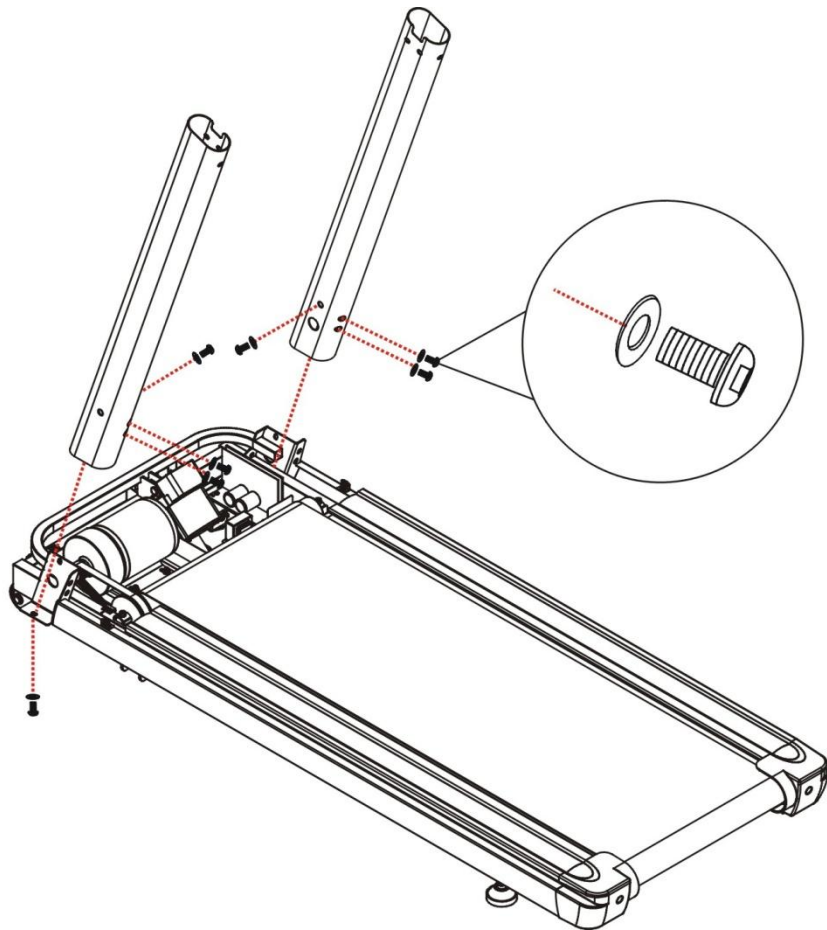


M8x15mm*8

#4-5



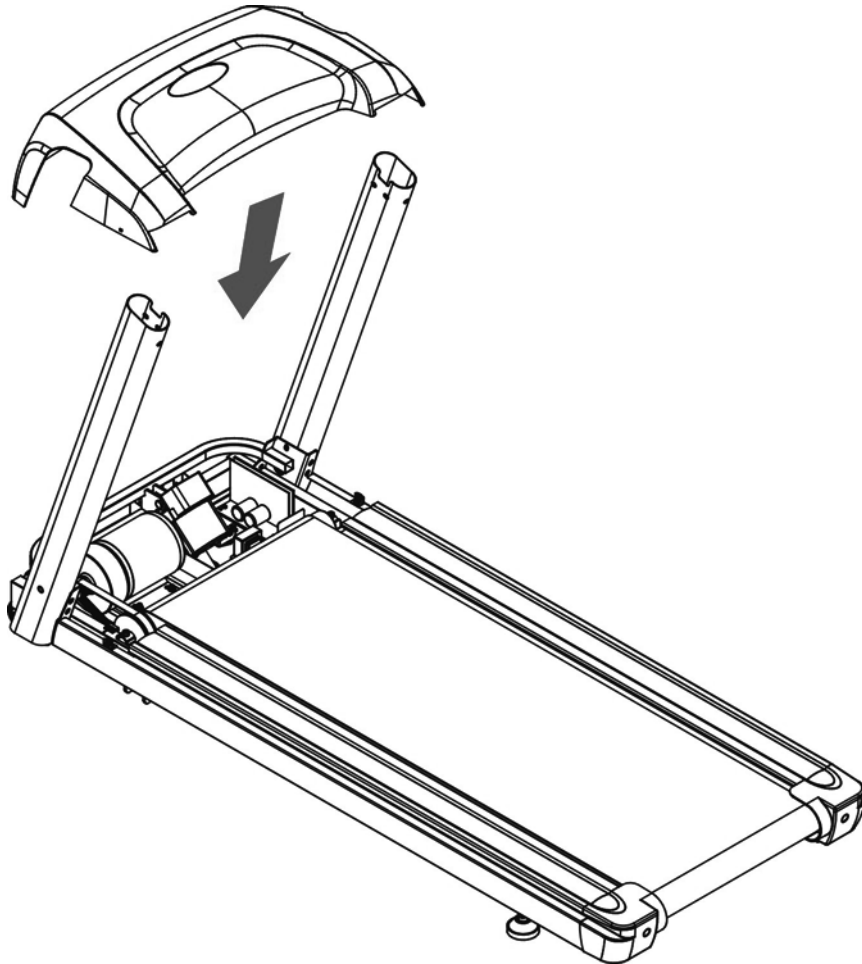
M8 washer *8



UNPACKING & ASSEMBLY

Step3:

1). Mount the motor cover and tighten the screws well.



UNPACKING & ASSEMBLY

Step4: Slide handlebars onto console

1).Slide handlebar onto console, Using Allen wrench with 4pcs bolt of M8*15mm, M8 washers.

Attention: please tighten all screws after assembled completely.

#4-3

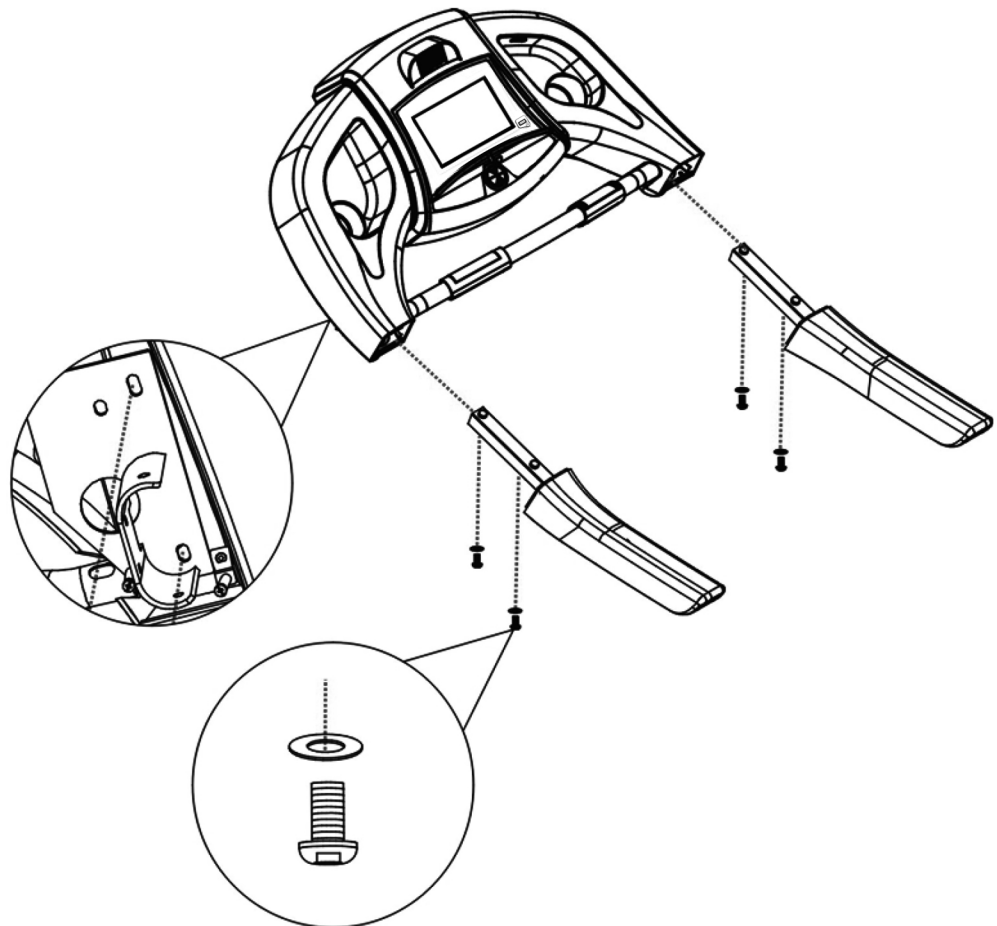


M8x15mm*4

#4-5



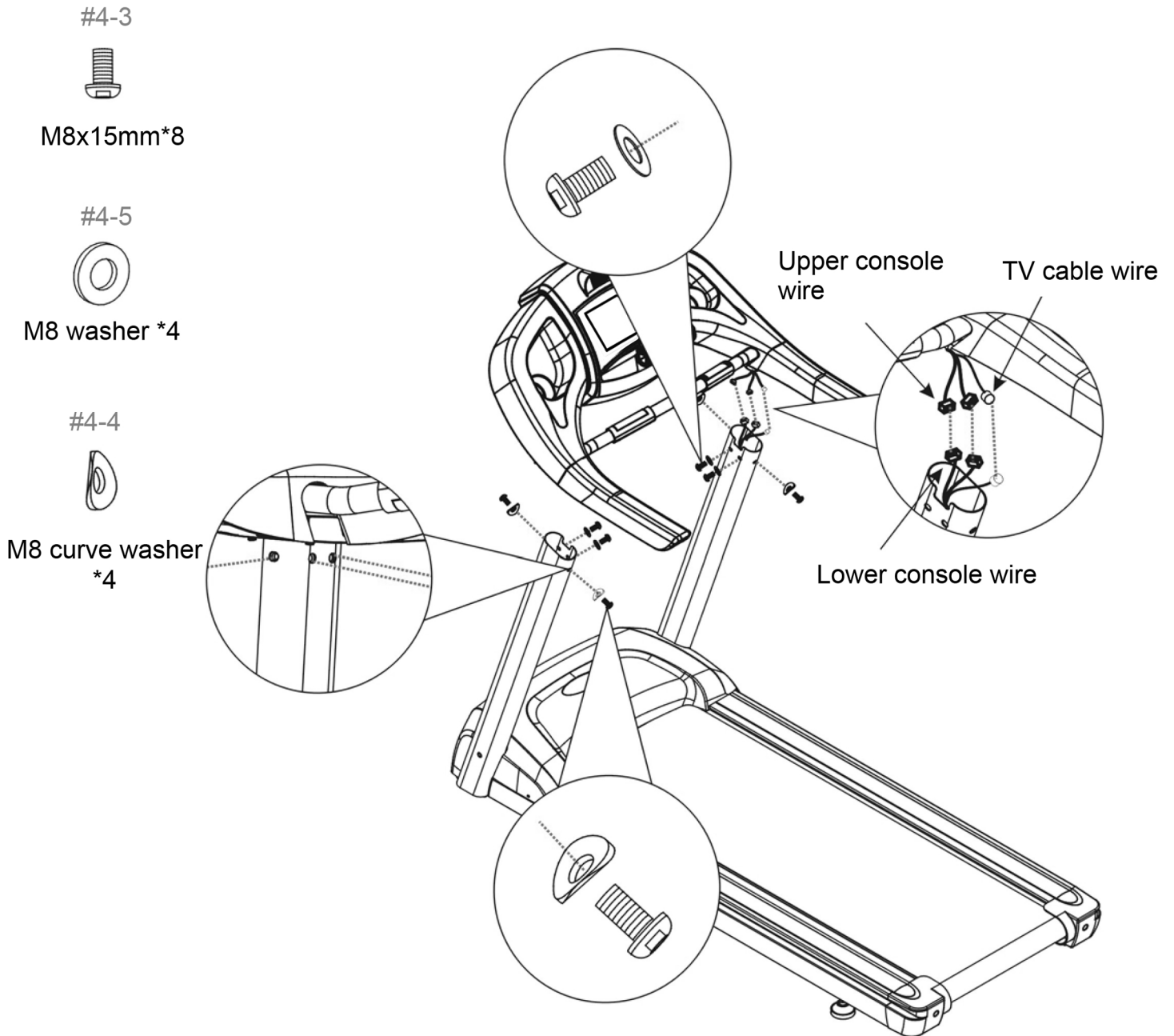
M8 washer *4



UNPACKING & ASSEMBLY

Step5: Assembly console mast with console set.

- 1). Connect the upper console wire from console to lower console wire on the right console mast.
- 2). Put the wire and connector into right console mast.
- 3). Set the whole console set on the console mast, make sure aim with the screw hole.
Fasten by hex. Wrench with 4pcs M8*15mm screw, 2pcs M8 washer and 2pcs M8 curve washer on left console mast.
- 4). Set the whole console set on the console mast, make sure aim with the screw hole.
Fasten by hex. Wrench with 4pcs M8*15mm screw, 2pcs M8 washer and 2pcs M8 curve washer on right console mast.



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.



TOE TOUCHES

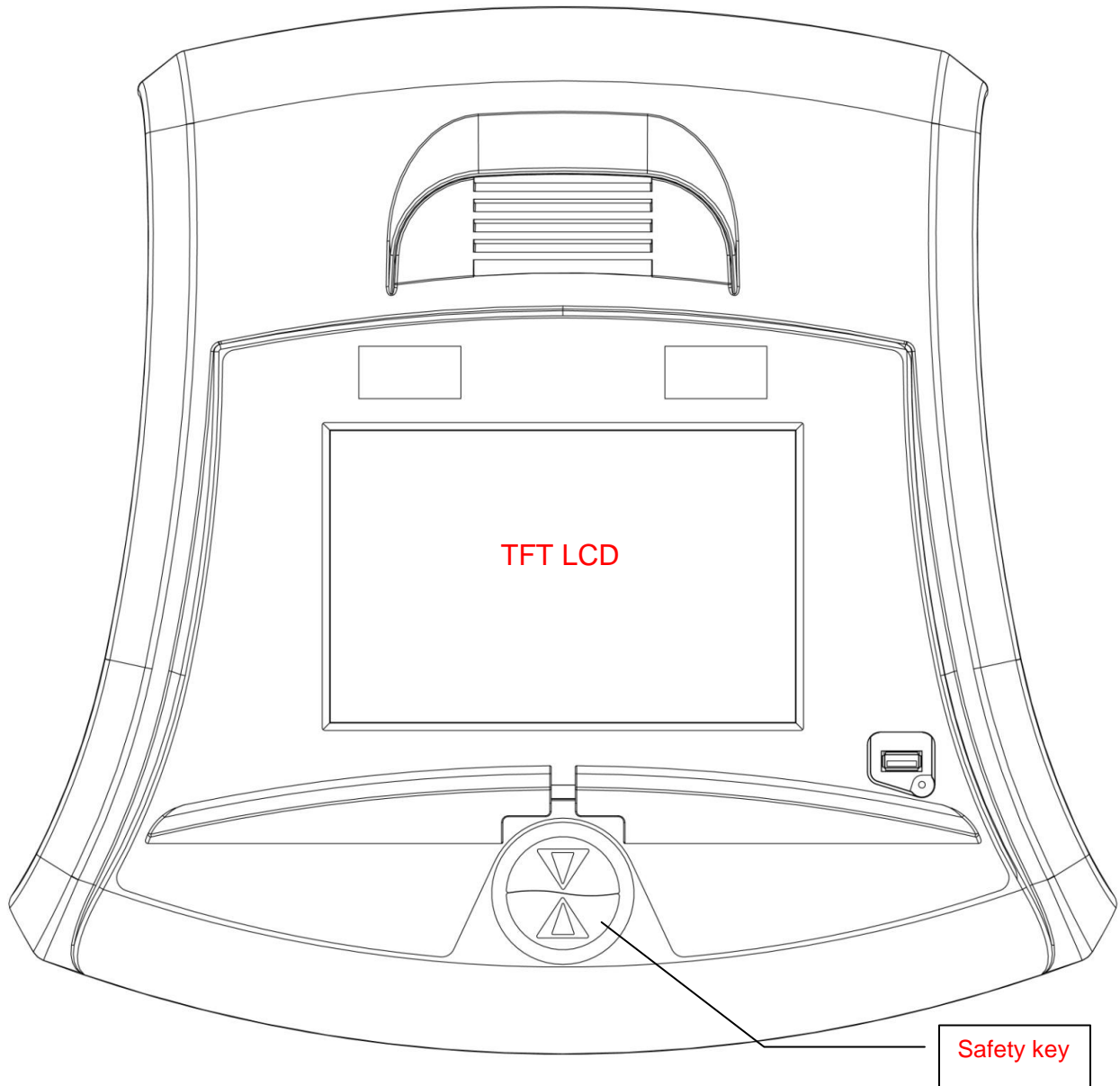
Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.



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.

PANEL CONTROL



Display	Function
Time	Indicate time you workout or countdown.
Distance	Indicate accumulative traveled distance.
Calories	Indicate estimated calories burned.
Heart Rate	Estimated heart rate.
Speed	Indicate current running speed.
Incline	Indicate current incline level.

Buttons	Function
Incline ▲ / ▼	Adjust incline when exercising. Adjust value when program setting.
Speed + / -	Adjust running speed when exercising. Adjust value when program setting.
Cool Down	To slow down speed gradually and cool down. your body gradually.
Fan	To switch on / off the fan.
Safety Key Pad	The treadmill will not function if the safety key is not present.

PROGRAMS

1. Quick Start :

Press **Quick Start** to start the belt, the display will countdown 3 seconds then the belt will start moving.

- 1.1. Speed starts from lowest speed, press **any speed keys** to change exercise speed.
- 1.2. Incline level starts from Level 0, press **any** incline keys to change incline level.

2. HRC :

- 2.1. Press the **[HRC]** and select Target HRC or Fat burn or Cardio to enter the program.
- 2.2. Target HRC : Manual set the target heart rate.
 - 2.2.1 Set Age & Weight then press NEXT to next setting.
 - 2.2.2 Set Work Manner & Time & Target HR then press GO to sport page then press GO to begin workout.
- 2.3. Fat Burn : Keep your heart rate in fat burn mode.
 - 2.3.1. Set Age & Weight then press NEXT to next setting.
 - 2.3.2. Set Work Manner & Time then press GO to sport page then press GO to begin workout.
- 2.4. Cardio : Keep your heart rate in Cardio mode.
 - 2.4.1. Set Age & Weight then press NEXT to next setting.
 - 2.4.2. Set Work Manner & Time then press GO to sport page then press go to begin workout.
- 2.5. Begin workout :
 - 2.5.1. Execute the warm up program first for 3 minutes, press Skip can starting workout right away.
 - 2.5.2. During the program, program will change the speed or incline to make your heart rate to reach the set heart rate. You can press any speed or incline key to change the speed or incline.
 - 2.5.3. The program will end when the time counter reaches 0, then enter cool down.
 - 2.5.4. After end of workout will enter Report page, you can inset the USB storage device to save the exercise data.

3. Program :

- 3.1. Press the **[Program]** key then press Random or Hill or Manual or Customize select and enter the program.
- 3.2. Random :
 - 3.2.1. Set Age & Weight then press NEXT to next setting.
 - 3.2.2. Set Starting Speed then press GO to begin workout.
- 3.3. Hill :
 - 3.3.1. Set Age & Weight then press NEXT to next setting.
 - 3.3.2. Set Max Incline & Starting Speed then press GO to sport page then press GO to begin workout.
- 3.4. Manual :
 - 3.4.1. Set Age & Weight then press NEXT to next setting.
 - 3.4.2. Set Starting Incline & Starting Speed then press GO to sport page then press GO to begin workout.
- 3.5. Customize :
 - 3.5.1. Set Age & Weight then press NEXT to next setting.
 - 3.5.2. Create your own profile then press GO to sport page then press GO to begin workout.
- 3.6. Begin workout :
 - 3.6.1. Execute the warm up program first for 3 minutes, press Skip can starting workout right away.
 - 3.6.2. You can press any speed or incline key to change the speed or incline.
 - 3.6.3. The program will end when the time counter reaches 0, then enter cool down.
 - 3.6.4. After end of workout will enter Report page, you can inset the USB storage device to save the exercise data.

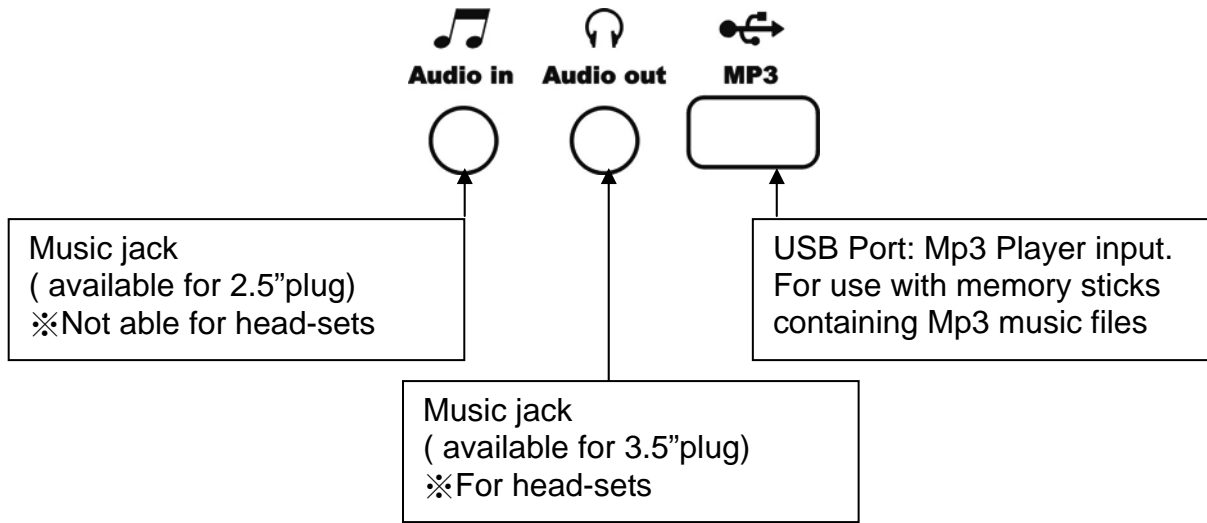
PROGRAMS

4. Time : Set your target exercise time.
 - 4.1. Press the 「Time」 key then select 10 min or 30 min or 60 min or Custom to enter the program.
 - 4.2. 10 min / 30 min / 60 min settings :
 - 4.2.1. Set Age & Weight then press NEXT to next setting.
 - 4.2.2. Set Starting Incline & Starting Speed then press GO to sport page then Press GO to begin workout.
 - 4.3. Custom settings :
 - 4.3.1. Set Age & Weight then press NEXT to next setting.
 - 4.3.2. Set time then press NEXT to next setting.
 - 4.3.3. Set Starting Incline & Starting Speed then press GO to sport page then Press GO to begin workout.
 - 4.4. Begin workout :
 - 4.4.1. Execute the warm up program first for 3 minutes, press Skip can starting workout right away.
 - 4.4.2. You can press any speed or incline key to change the speed or incline.
 - 4.4.3. The program will end when the time counter reaches 0, then enter cool down.
 - 4.4.4. After end of workout will enter Report page, you can inset the USB storage device to save the exercise data.
5. Calorie :
 - 5.1. Press 「Calorie」 then select 100 Kcal \ 300 Kcal \ 500 Kcal \ Custom then enter the program.
 - 5.2. 100 Kcal / 300 Kcal / 500 Kcal settings :
 - 5.2.1. Set Age & Weight then press NEXT to next setting.
 - 5.2.2. Set Starting Incline & Starting Speed then press GO to sport page then press GO to begin workout.
 - 5.3. Custom settings:
 - 5.3.1. Set Age & Weight then press NEXT to next setting.
 - 5.3.2. Set Calories then press NEXT to next setting.
 - 5.3.3. Set Starting Incline & Starting Speed then press GO to sport page then press GO to begin workout.
 - 5.4. Begin workout :
 - 5.4.1. Execute the warm up program first for 3 minutes, press Skip can starting workout right away.
 - 5.4.2. You can press any speed or incline key to change the speed or incline.
 - 5.4.3. The program will end when the Calories counter reaches 0, then enter cool down.
 - 5.4.4. After end of workout will enter Report page, you can inset the USB storage device to save the exercise data.
6. Distance :
 - 6.1. Press 「Distance」 then select 1km or 3km or 10km or Custom enter the program.
 - 6.2. 1km / 3km / 10km settings :
 - 6.2.1. Set Age & Weight then press NEXT to next setting.
 - 6.2.2. Set Starting Incline & Starting Speed then press GO to sport page then press GO to begin workout.
 - 6.3. Custom settings :
 - 6.3.1. Set Age & Weight then press NEXT to next setting.
 - 6.3.2. Set Distance then press NEXT to next setting.
 - 6.3.3. Set Starting Incline & Starting Speed then press GO to sport page then press GO to begin workout.
 - 6.4. Begin workout :
 - 6.4.1. Execute the warm up program first for 3 minutes, press Skip can starting workout right away.
 - 6.4.2. You can press any speed or incline key to change the speed or incline.
 - 6.4.3. The program will end when the Distance counter reaches 0, then enter cool down.
 - 6.4.4. After end of workout will enter Report page, you can inset the USB storage device to save the exercise data.

OPERATION

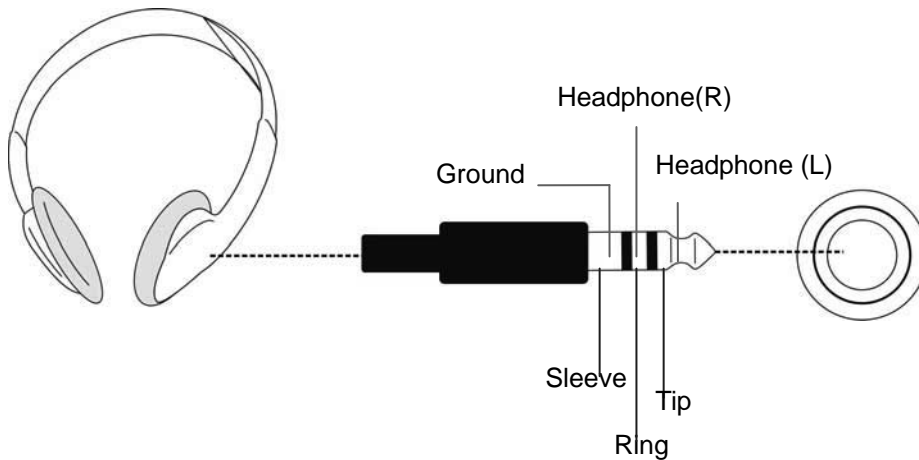
Entertainments :

There are 4 entertainment mode : MP3 / TV / D-TV , you can press entertainment keys to the page.



Using headphone

Caution! To protect your hearing, avoid listening at a high volume level for long periods of time. The console is designed for **Standard Stereo Headphone**. Before connecting the headphone, be sure your stereo headphone plug (also called a 3.5mm TRS or tip-ring-sleeve connector) is the same as the following drawing.



Note: If you don't plug in the standard stereo headphone, you might hear the noises from your headphone.

TRS, tip-ring-sleeve connector  **O**

TRRS, tip-ring-ring-sleeve connector  **X**

TS, tip-sleeve connector  **X**

Note:

High speaker volume may interfere with the heart rate accuracy. Please decrease the speaker volume when you are using the heart rate function.

※Warning: After removing the safety key, wait for 5 seconds to re-insert in.

OPERATION

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

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.

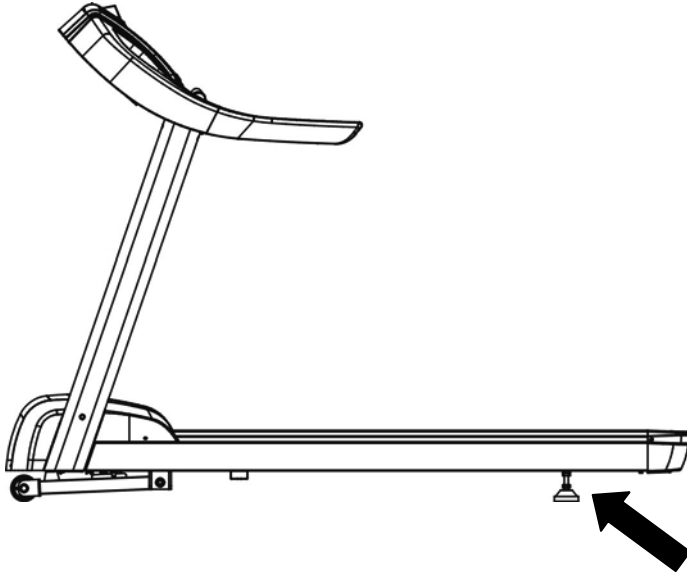
If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.



Horizontal Adjustment

For floor stability, you can adjust the 2 screws located under the front of base frame.

1. Lift the machine on one side and then turn the screw under the front of base frame.
2. Turn the screw clockwise to make the screw go up.
3. Turn the screw counterclockwise to make the screw go down.



BELT ADJUSTMENT

BELT ADJUSTMENT

You may need to adjust the running belt during the first weeks of use. All running belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.

ADJUSTING THE BELT TENSION

If the running belt feel as though it is "slipping" or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased. (Please spray silicone on deck first)

TO INCREASE THE RUNNING BELT TENSION

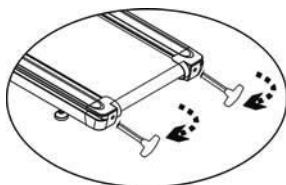
- A). Place 6mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- B). Repeat STEP "A" for the right belt tension bolt. You must be sure to run both bolts the same number of turns, so the rear roller will stay square relative to the frame.
- C). Repeat STEP "A" and STEP "B" until the slipping is eliminated.
- D). Be careful not to tighten the running belt tension too much as you can create excessively pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTERCLOCKWISE THE SAME NUMBER OF TURNS.

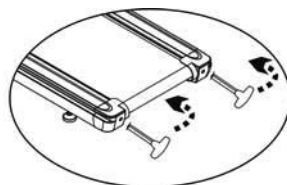
CENTERING THE RUNNING BELT

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will be balanced or no body is on the running belt. If the running belt remains consistently off-center, you will need to center the running belt manually.

- A). Start the treadmill without anyone on the running belt, press (SPEED UP) button until speed reached 6 kph.
 - B). Observe whether the running belt is toward the right or left side of the deck.
 - a. If toward the left side of the deck:
Using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4.
 - b. If toward the right side of the deck:
Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.
 - c. If the belt is still not centered, repeats the above steps until the running belt is on center.
 - C). After the belt is centered, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.
- If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.



Turn clockwise to Increase the running belt tension



Turn counter-clockwise to decrease the running belt tension

CARE & MAINTENANCE

CARE & MAINTENANCE

Always remove the key and unplug the power cord before cleaning, lubricating, or performing any maintenance.

RUNNING BELT AND RUNNING DECK LUBRICATION

Regular maintenance is necessary for best performance and longer treadmill life. The maintenance procedure will prevent premature wear of the running belt, running deck and drive motor system. It is difficult to predict exactly when will need lubrication, we recommend the following time table as a guide to lubricate:

USAGE	PERIOD	LUBRICATION
Light user	Less than 3 hours / week	Every 4 months
Medium user	3~5 hours / week	Every 2 months
Heavy user	More than 5 hours / week	Every 1 months



Please contact your dealer for ordering lubricant.

HOW TO SPRAY SILICONE ON DECK

- 1). Find the silicone bottle. It put into hardware kit package when you purchase this treadmill, and open the carton box.
- 2). Spray silicone on treadmill deck even, the spray area is like the drawing showing.

(ATTENTION : You must stop the treadmill belt completely before spraying the silicone. Failure to do so could cause injury such as cutting your hand on the edge of the belt and crushing your fingers between the rear roller and the belt.)Do not put too much silicone on the deck. It can cause the running belt to slip when in use if there is too much lubrication.

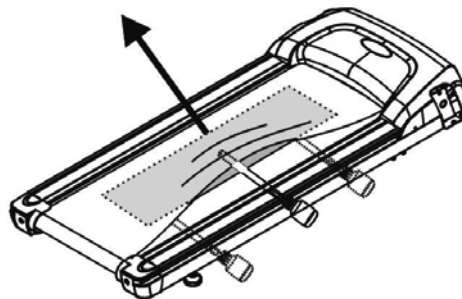
1



Silicone bottle

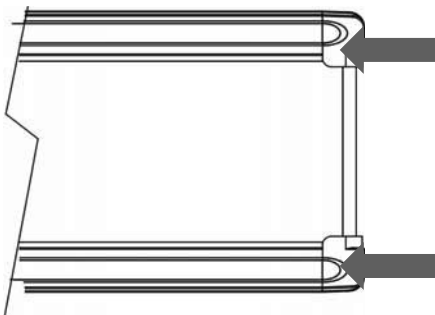
2

SPRAY AREA



Running Belt Travel Area:

The running belt should be centered and adjusted within the area which has been indicated by the arrows on right roller cover and left roller cover. The running belt can be worn and damaged if the running belt travels beyond this scope.



CARE & MAINTENANCE

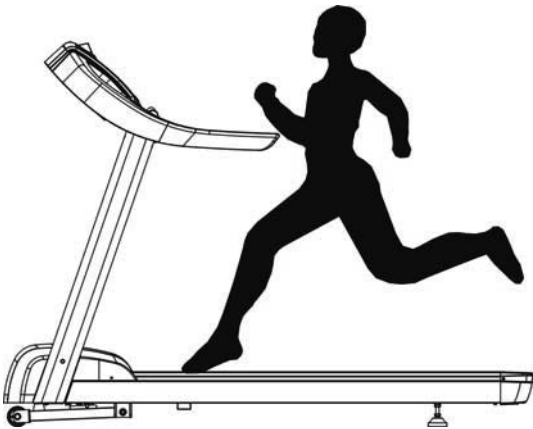
CARE & MAINTENANCE

Always remove the key and unplug the power cord before cleaning, lubricating, or performing any maintenance.

Other parts maintenance:

Number	Checking Item	Daily	Week	Month	Season	6 Months
1	Console Screws					Checking
2	Frame	Wipe				Checking
3	Running Surface		Clean(dust)			Checking
4	Power Code			Checking		
5	Overlay	Wipe		Checking		
6	Handle bar	Wipe				Checking
7	Handle bar screws				Checking	
8	Front Roller & Groove				Wipe	Checking
9	Rear Roller					Checking
10	Safety Key	Wipe				
11	Drive Belt				Wipe	Checking
12	Running belt tension					Checking
13	Motor Control					Clean(dust)
14	Motor Pulley & Groove					Checking

Diagram of running on a treadmill:



CARE & MAINTENANCE

F831559-000-01 M-6A00B2 10609

CLEANING

Perspiration should be wiped from the console and treadmill surface after your workout. You should wipe down this treadmill after each use with a water dampened, soft cloth. Be careful do not get excessive moisture on the display panel, this might cause an electrical hazard or electronics to fail.

REPLACEMENT RUNNING BELT

Running belt is consumables parts. It should be replaced when the running belt surface showing signs of wear. Or we suggested you replace running belt after 6000 hours usage.

REPLACEMENT RUNNING DECK

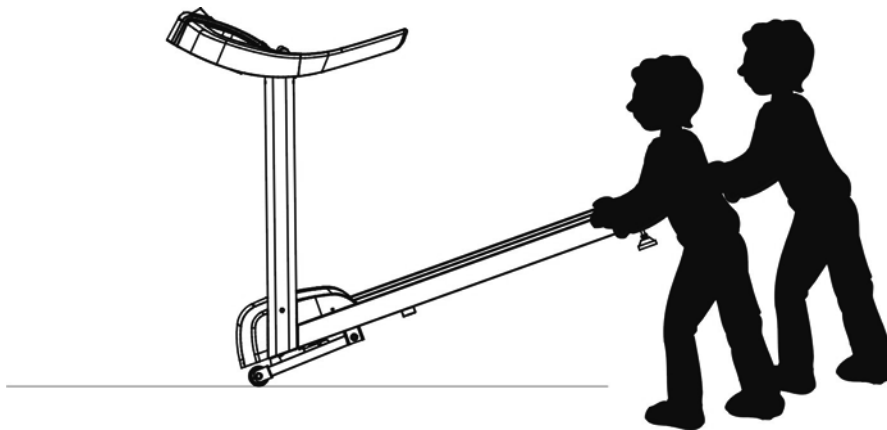
Running deck is consumables parts. It should be replaced when the running deck surface showing signs of wear. Or we suggested you replace running belt the same schedule as running belt.

STORAGE

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical wall outlet.

MOVING

This treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet.



PART B

Console Operation

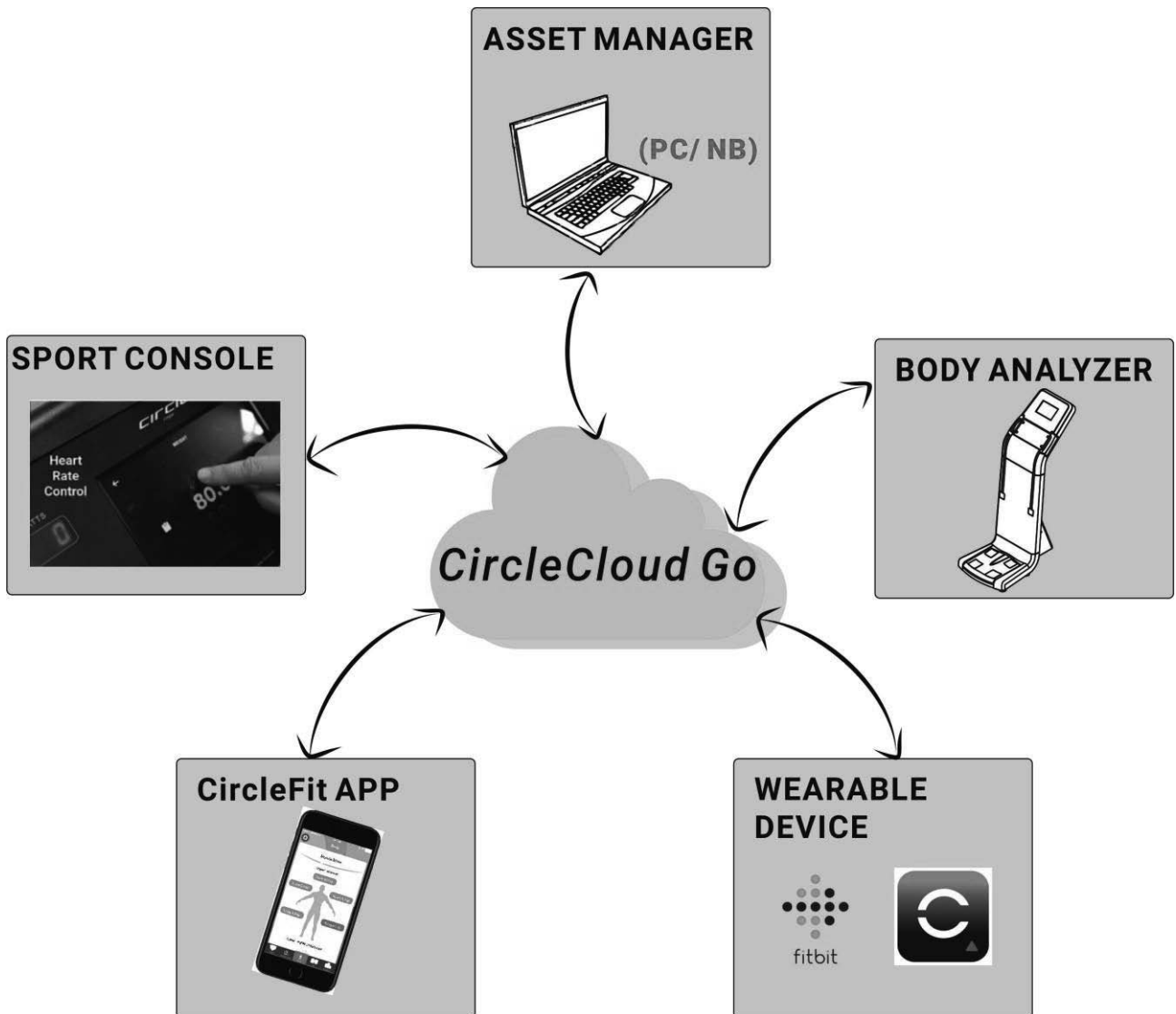
***FOR MODEL:
M8 S Treadmill
M7 S Treadmill
M6 S Treadmill***

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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

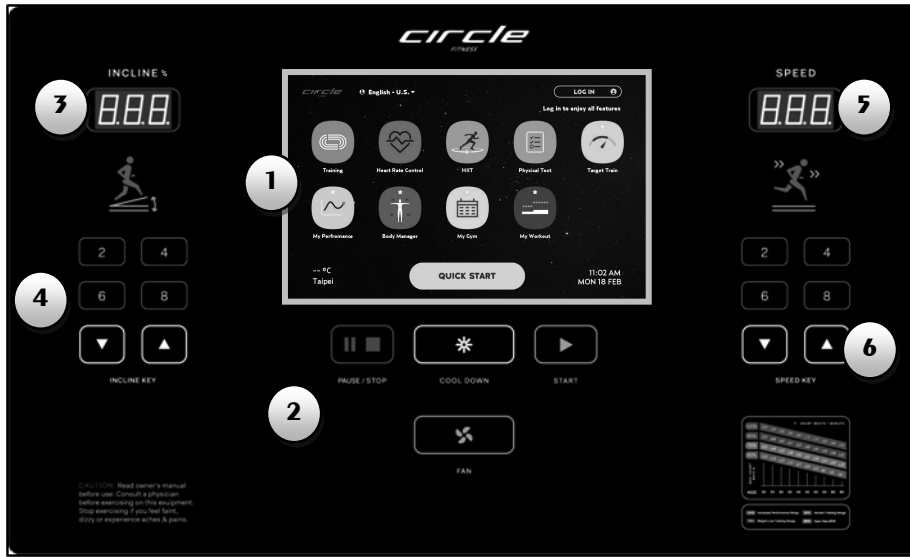
1.1 Console of M8 S Treadmill





No	Item	Descriptions
1	Console	This console features an 8 inch touch screen, two LED display windows and most frequently used control buttons at user's fingertips.
2	Emergency Stop Button & Emergency Stop Key	The Emergency Stop Button is to prevent user's injuries from falling down due to lack of familiarity with the speed or usage of the treadmill. Please always clip the Emergency Stop Key to your clothing to prevent or minimize accidents.
3	Heart Rate Handle Bar	Place the palms of your hands directly on the heart rate handlebars to monitor your heart rate during exercise.
4	Incline Quick Shift	Allows easy and effective adjustments to incline to accommodate your exercise during workout.
5	Speed Quick Shift	Allows easy and effective adjustments to speed to accommodate your exercise during workout.
6	Bottle Holder	For water bottle holder and accessory holder built into the console.
7	Fan	Built-in fan keeps user cool and refreshed during workout.

NOTE: If the operation system is crashed or skip to Android desktop, please restart the equipment.

1.1 Console of M8 S Treadmill (Continued)



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	Tap to turn the fan on. There are two fan speeds (low and high).
3		Displays the current percent of incline for the running deck.
4	Quick Incline Buttons (2/ 4/ 6/ 8)	Tap the one of quick incline button for quick adjust incline to a predetermined value.
	Incline Arrow Buttons (▲/▼)	Use the arrow keys to adjust the incline level.
5		Displays the belt speed in miles per hour (mph) or kilometers per hour (kph).
6	Quick Speed Buttons (2/ 4/ 6/ 8)	Tap the one of quick speed button for quick adjust speed to a predetermined value.
	Speed Arrow Buttons (▲/▼)	Use the arrow keys to adjust the speed.

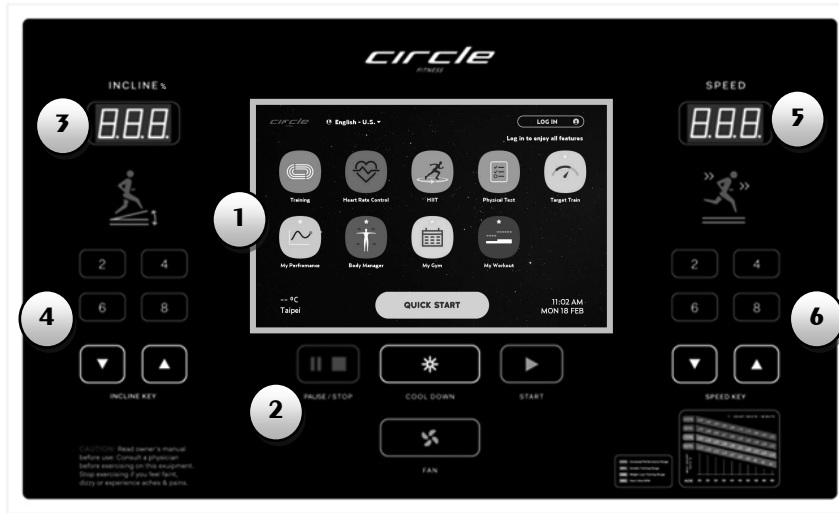
1.2 Console of M7 S Treadmill





No	Item	Descriptions
1	Console	This console features an 8 inch touch screen, two LED display windows and most frequently used control buttons at user's fingertips.
2	Emergency Stop Button & Emergency Stop Key	The Emergency Stop Button is to prevent user's injuries from falling down due to lack of familiarity with the speed or usage of the treadmill. Please always clip the Emergency Stop Key to your clothing to prevent or minimize accidents.
3	Heart Rate Handle Bar	Place the palms of your hands directly on the heart rate handlebars to monitor your heart rate during exercise.
4	Incline Quick Shift	Allows easy and effective adjustments to incline to accommodate your exercise during workout.
5	Speed Quick Shift	Allows easy and effective adjustments to speed to accommodate your exercise during workout.
6	Bottle Holder	For water bottle holder and accessory holder built into the console.
7	Fan	Built-in fan keeps user cool and refreshed during workout. NOTE: FAN is an optional feature on M7 treadmill.

NOTE: If the operation system is crashed or skip to Android desktop, please restart the equipment.

1.2 Console of M7 S Treadmill (Continued)



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	Tap to turn the fan on. There are two fan speeds (low and high).
3		Displays the current percent of Incline for the running deck.
4	Quick Incline Buttons (2/ 4/ 6/ 8)	Tap the one of quick incline button for quick adjust incline to a predetermined value.
	Incline Arrow Buttons (▲/▼)	Use the arrow keys to adjust the incline level.
5		Displays the belt speed in miles per hour (mph) or kilometers per hour (kph).
6	Quick Speed Buttons (2/ 4/ 6/ 8)	Tap the one of quick speed button for quick adjust speed to a predetermined value.
	Speed Arrow Buttons (▲/▼)	Use the arrow keys to adjust the speed.

1.3 Console of M6 S Treadmill



No	Item	Descriptions
1	Console	This console features an 8 inch touch screen, two LED display windows and most frequently used control buttons at user's fingertips.
2	Emergency Stop Button & Emergency Stop Key	The Emergency Stop Button is to prevent user's injuries from falling down due to lack of familiarity with the speed or usage of the treadmill. Please always clip the Emergency Stop Key to your clothing to prevent or minimize accidents.
3	Heart Rate Handle Bar	Place the palms of your hands directly on the heart rate handlebars to monitor your heart rate during exercise.
4	Bottle Holder	For water bottle holder and accessory holder built into the console.
5	Fan	Built-in fan keeps user cool and refreshed during workout.

NOTE: If the operation system is crashed or skip to Android desktop, please restart the equipment.

1.3 Sport Console of M6 Treadmill (Continued)



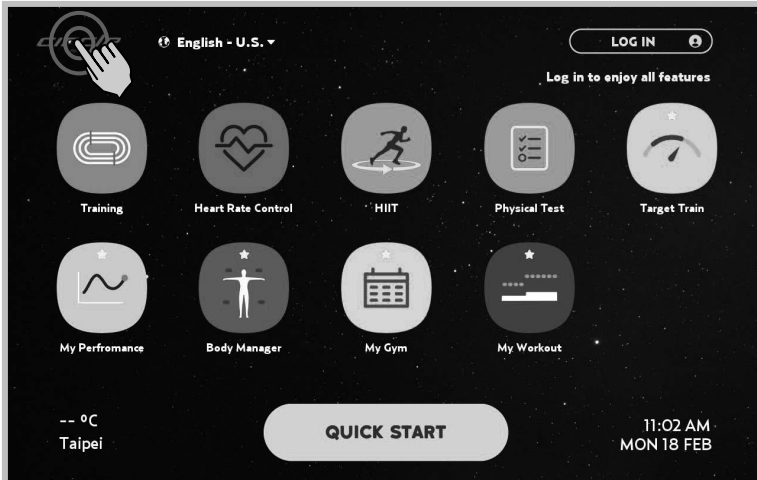
No	Display / Button	Descriptions
1	8 inch Touch Screen	Tap to select, set up, monitor and save workouts.
2	PAUSE	Tap to pause an active workout.
3	STOP	Tap to end a paused workout.
4	COOL DOWN	Tap to gradually lower speed of the program.
5	FAN	Tap to turn the fan on. There are two fan speeds (low and high).
6	888 Incline	Displays the current percent of incline for the running deck.
7	Quick Incline Buttons (2/ 4/ 6/ 8)	Tap the one of quick incline button for quick adjust incline to a predetermined value.
	Incline Arrow Buttons (▲/▼)	Use the arrow keys to adjust the incline level.
8	888 Speed	Displays the belt speed in miles per hour (mph) or kilometers per hour (kph).
9	Quick Speed (2/ 4/ 6/ 8)	Tap the one of quick speed button for quick adjust speed to a predetermined value.
	Speed Arrow Buttons (▲/▼)	Use the arrow keys to adjust the speed.
10	USB Port	Charge USB devices.

NOTE: If the operation system is crashed or skip to Android desktop, please restart the equipment.

1.4 Engineering Mode Setting

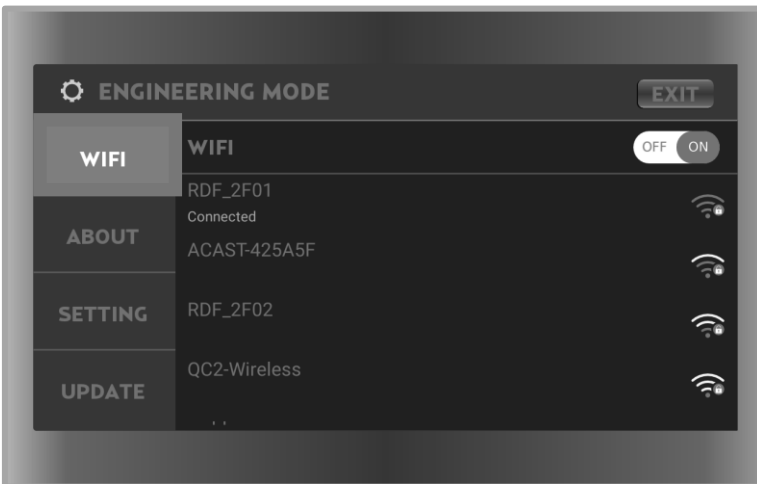
This console features an engineering mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

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 avaiable. 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	HIIT	HIIT (High Intensity Interval Training) provides short periods of high-intensity exercise alternating with less-intense recovery periods to boost your workout performance and burn as many calories as possible.
9	PHYSICAL TEST	Physical test contains various standard fitness programs applied by us military to evaluate athlete's aerobic and endurance.
10	TARGET TRAIN	Provide 5 different exercise targets, keeping you motivated and on track for your fitness plan.
11	MY PERFORMANCE	Integrated to cardio equipment, outdoor fitness apps or wearable devices together to give you the personal fitness information.
12	BODY MANAGER	To measure and track your body fitness via Circle Fitness IBA or InBody 570 and CircieFit wellness app.
13	MY GYM	Gives you the latest news, classes and offers from your facility.
14	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.

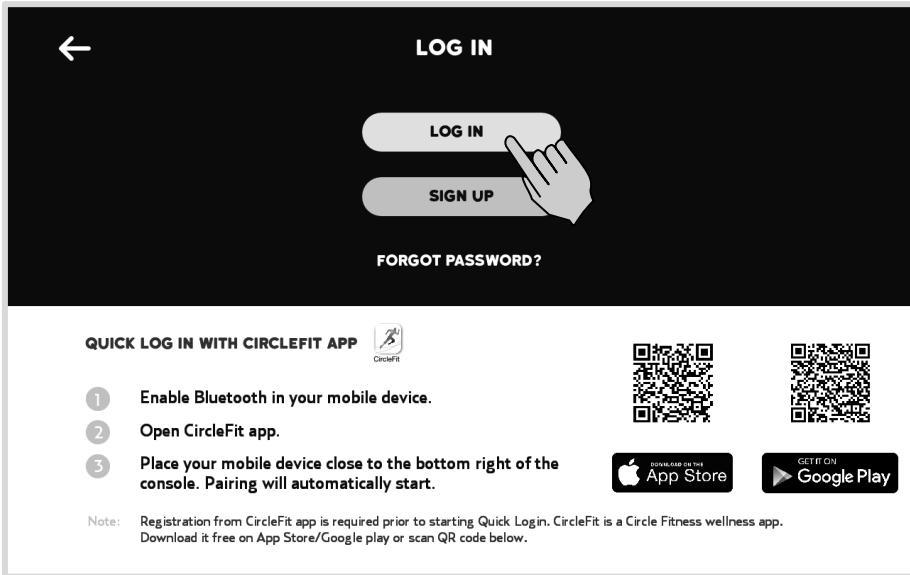
2.3 LOG IN

Go to HOME Screen > LOG IN Screen

Two login methods are provided for you to select:

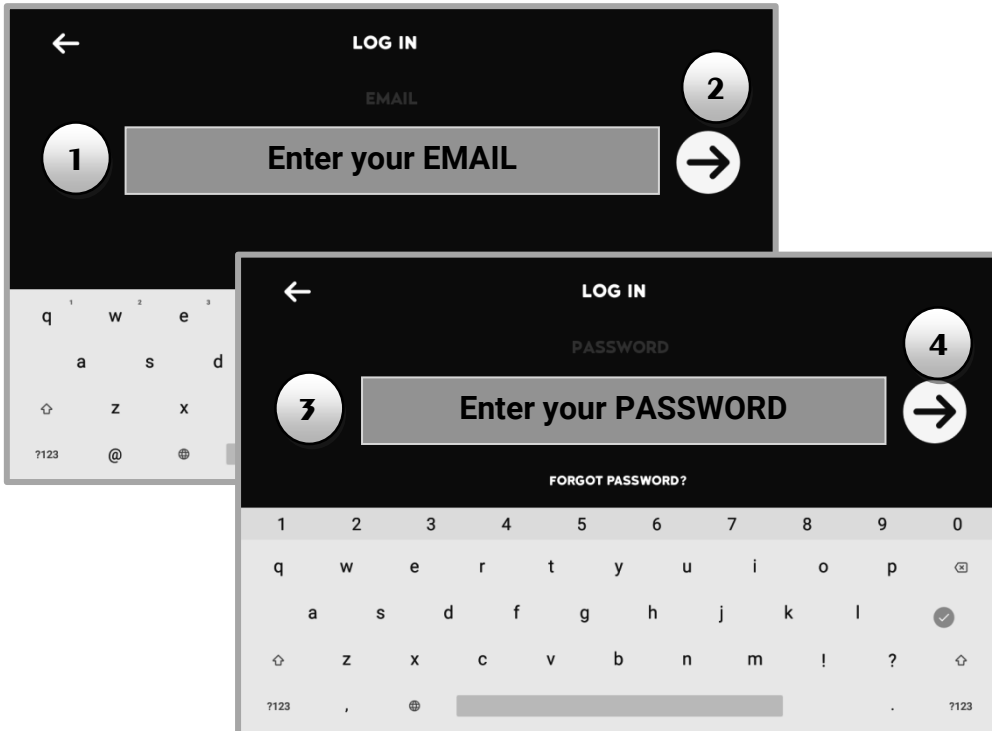
- 1) **Log In Manually (Email Login).**
- 2) **Quick Login with CIRCLEFTIT app.**

2.3.1 Log In Manually (Email Login)



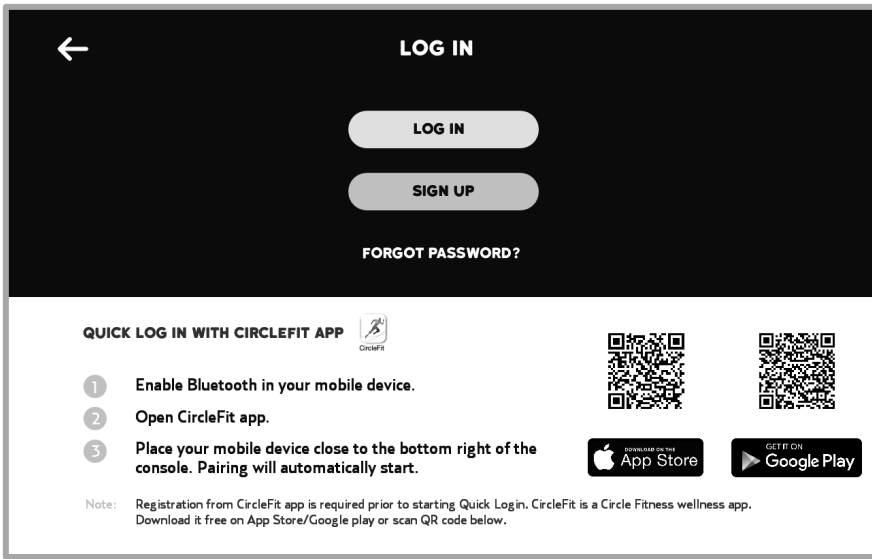
} Log in manually

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

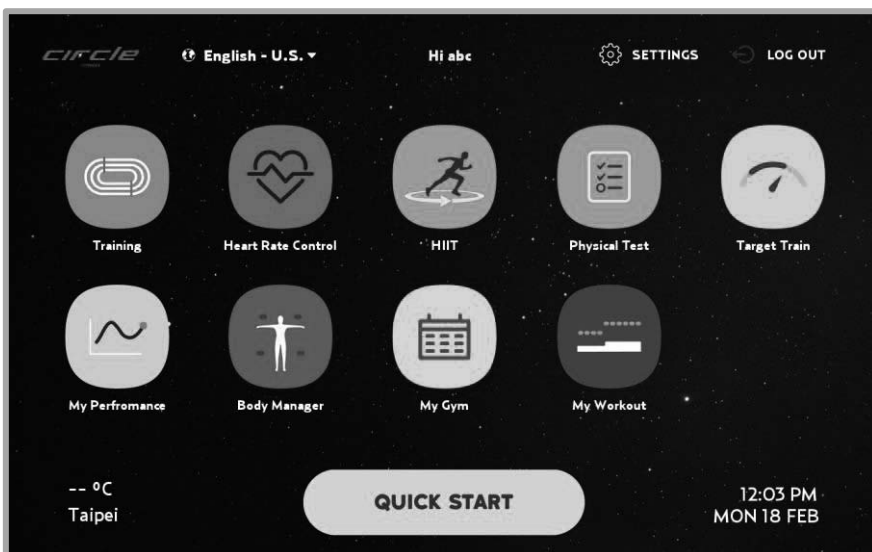
Follow the steps to Quick Login:

- 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)

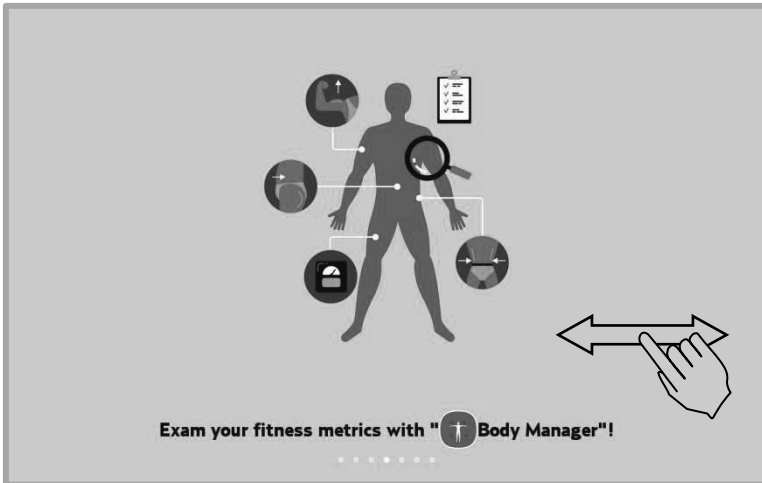
TUTORIAL > INTRO > TARGET TRAIN > MY PERFORMANCE



Measure your results with "My Performance".

Scroll the touchscreen to access the previous/ next page.

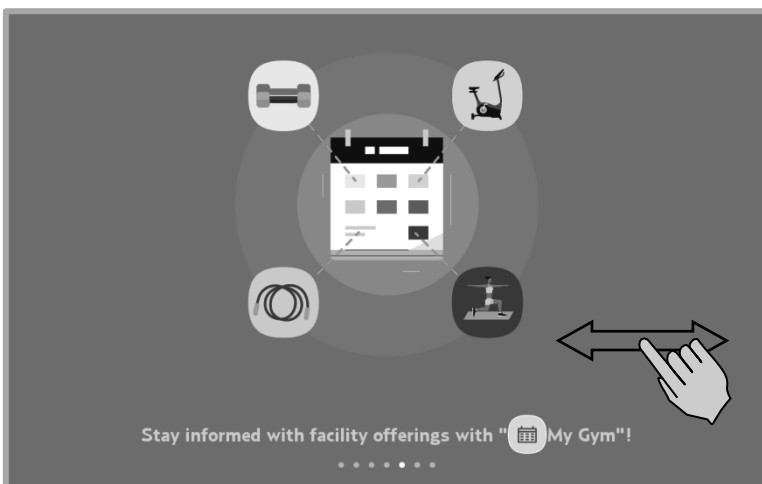
INTRO > TARGET TRAIN > MY PERFORMANCE > BODY MANAGER



Exam your fitness metrics with "Body Manager"!

Scroll the touchscreen to access the previous/ next page.

MY PERFORMANCE > BODY MANAGER > MY GYM PAGE



Stay informed with facility offerings with "My Gym"!

Scroll the touchscreen to access the previous/ next page.

2.3.3 TUTORIAL (Continued)

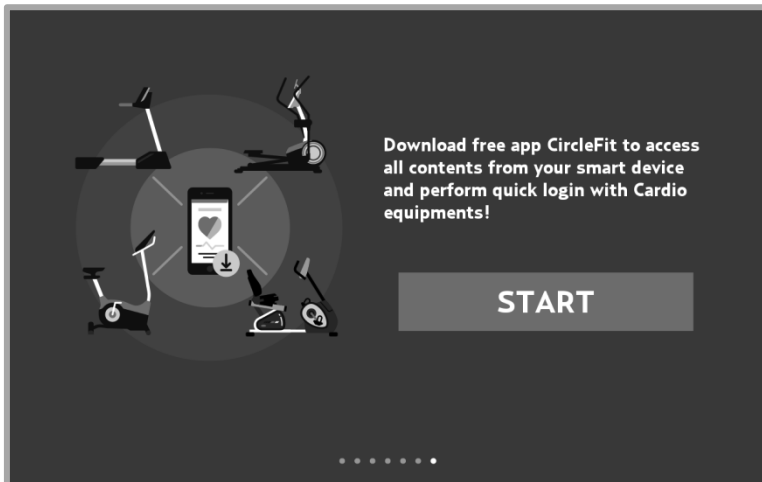
BODY MANAGER > MY GYM > MY WORKOUT



Create personalized workouts by using "My Workout"!

Scroll the touchscreen to access the previous/ next page.

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

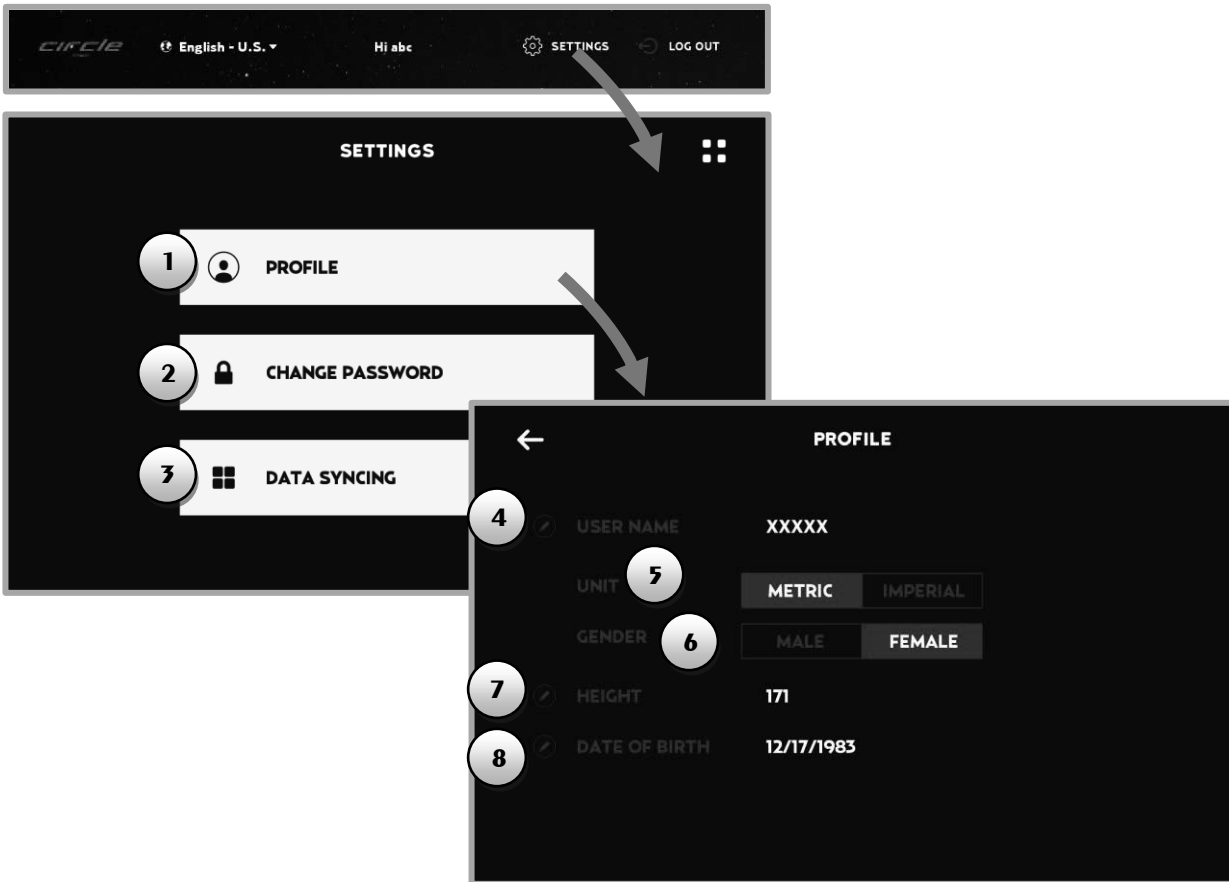


Download free CircleFit app to access all contents from your smart device and perform quick login with cardio equipments!

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

2.4 SETTINGS

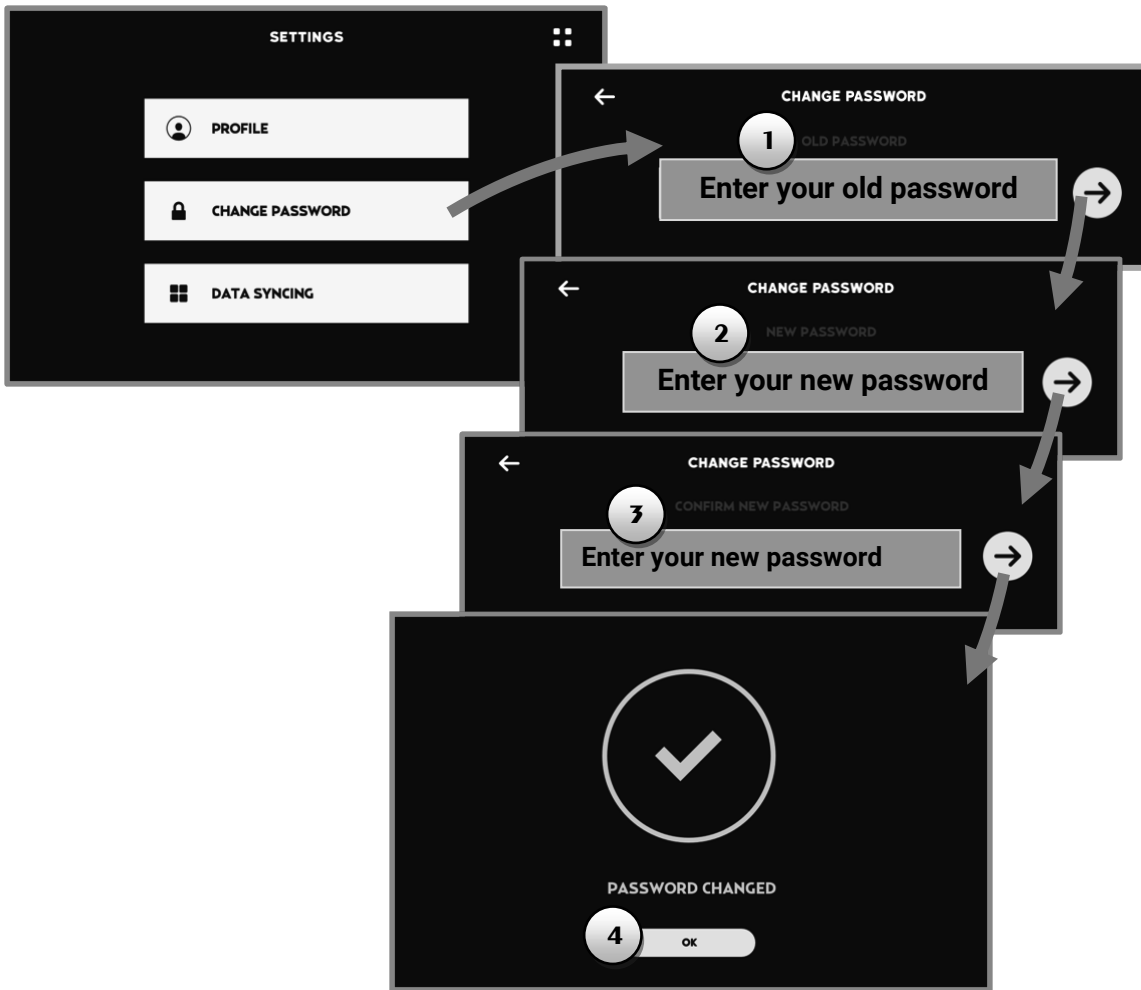
Go to HOME Screen > LOGGED IN > SETTINGS > PROFILE Screen




No	Field/ Button	Description
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.

2.4 SETTINGS (Continued)

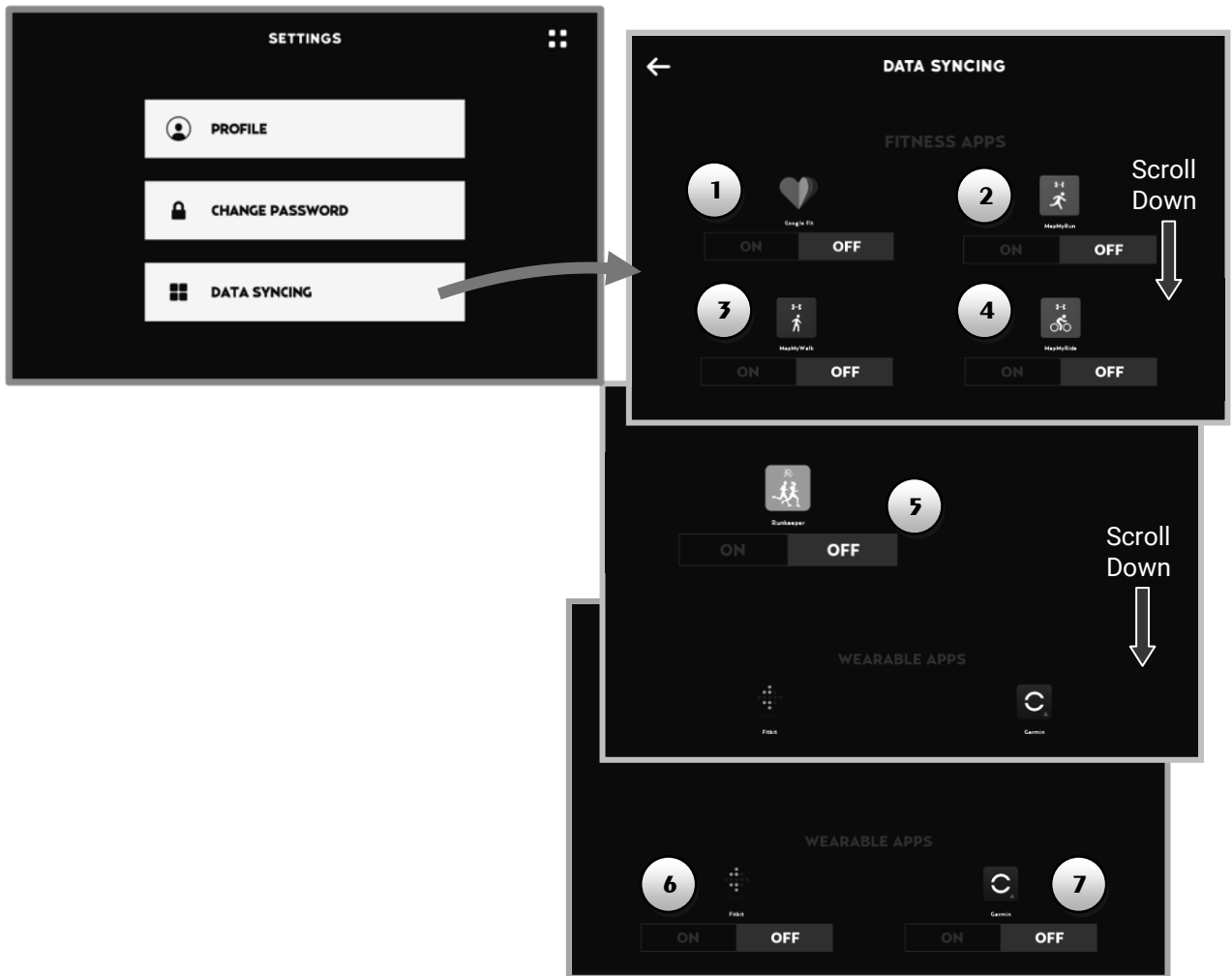
LOGGED IN > SETTINGS > CHANGE PASSWORD Screen



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.

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

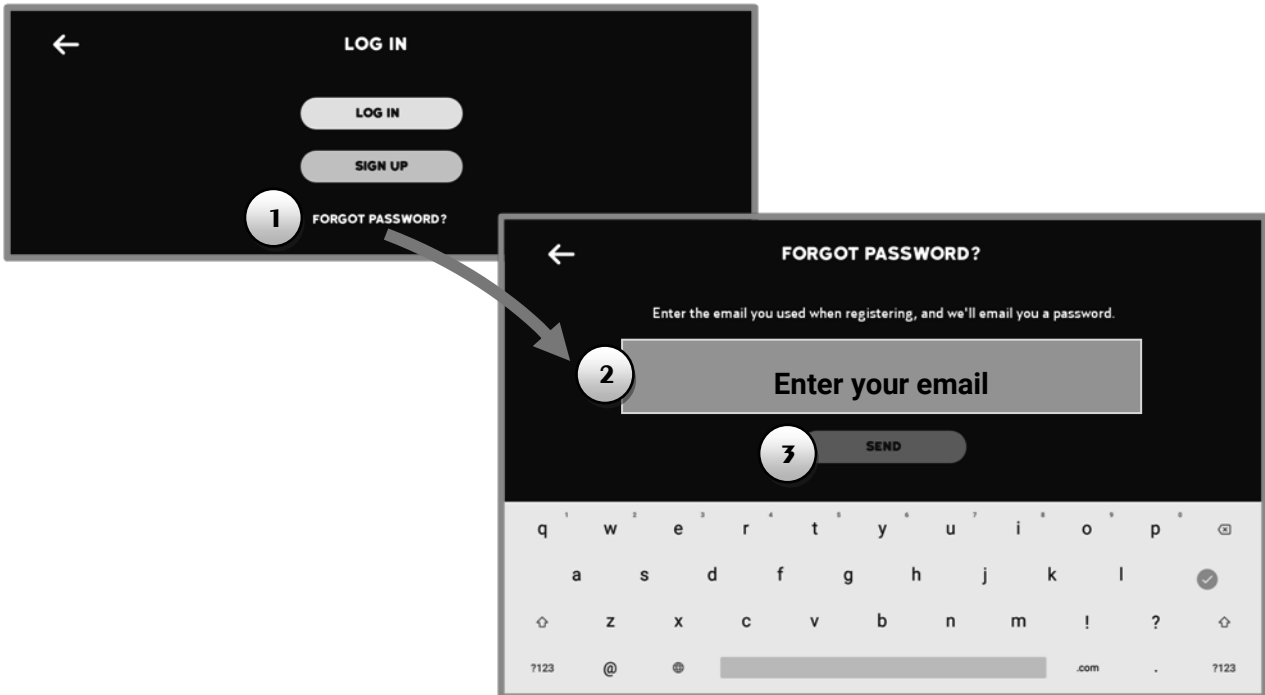
- 6) Fibit 7) Garmin

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	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

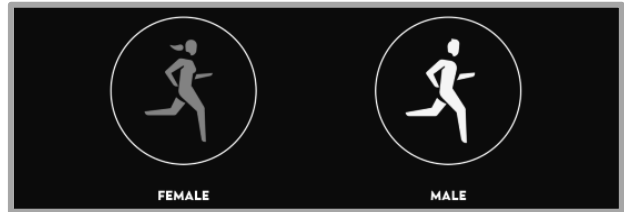
Go to HOME Screen > LOG IN Screen > CIRCLECLOUD GO SIGN UP Sreen

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

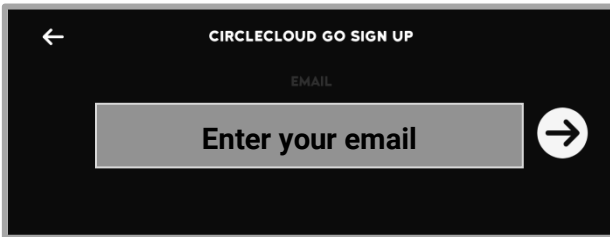
Tap **SIGN UP** on **LOG IN** Screen.



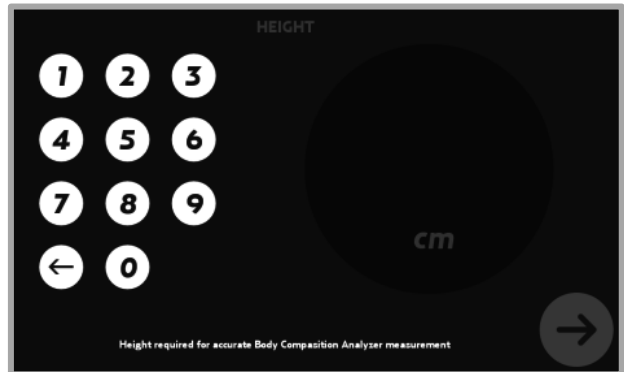
STEP 6: Choose your gender.



STEP 1: Enter your email.



STEP 7: Set your height.



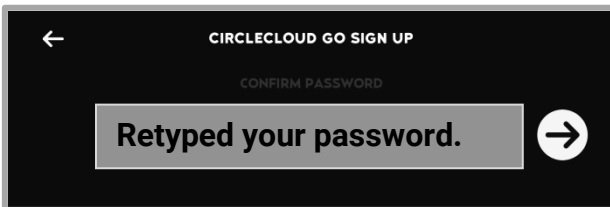
STEP 2: Enter your password.



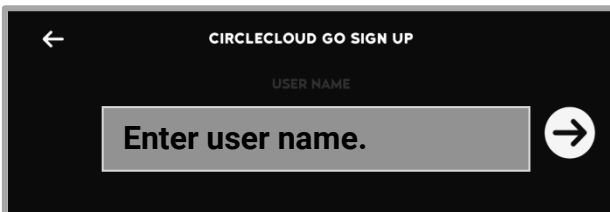
STEP 8: Set your day of birth.



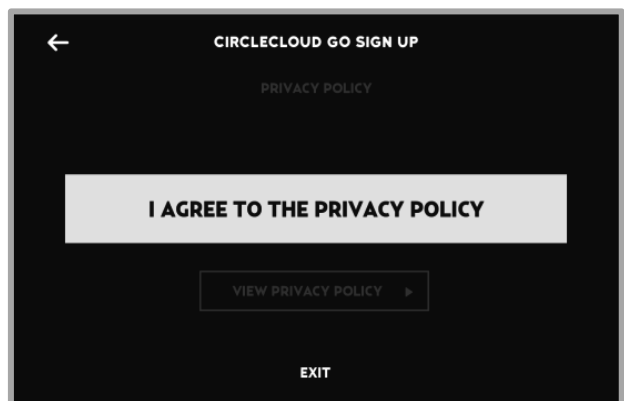
STEP 3: Retyped your password.



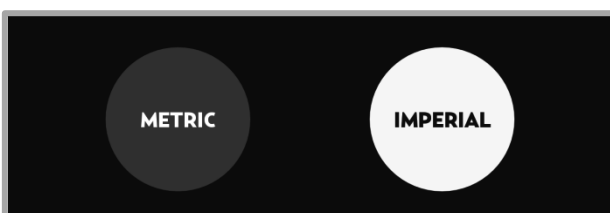
STEP 4: Enter user's name.



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



STEP 5: Choose your unit.



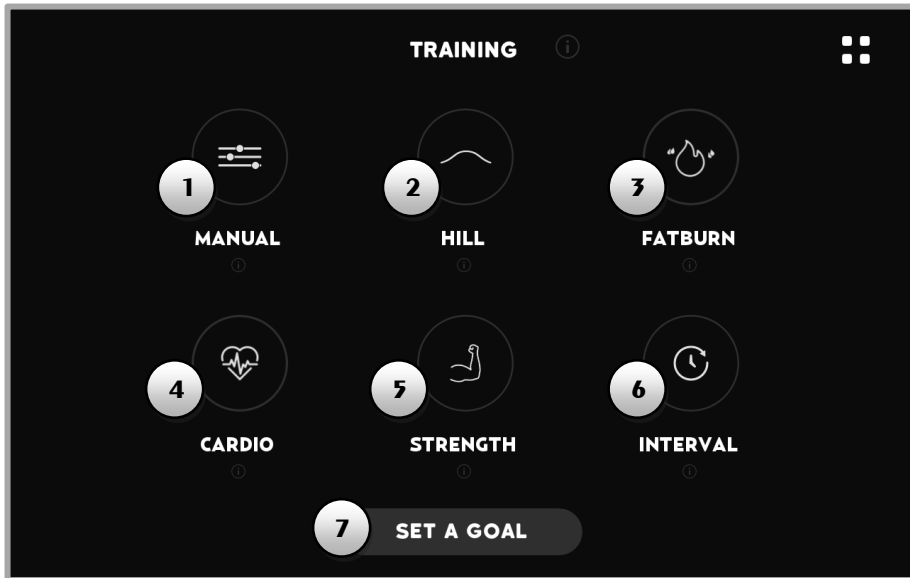
NOTE: Height & Date of Birth are required for accurate Body Composition Analyzer measurement.



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.

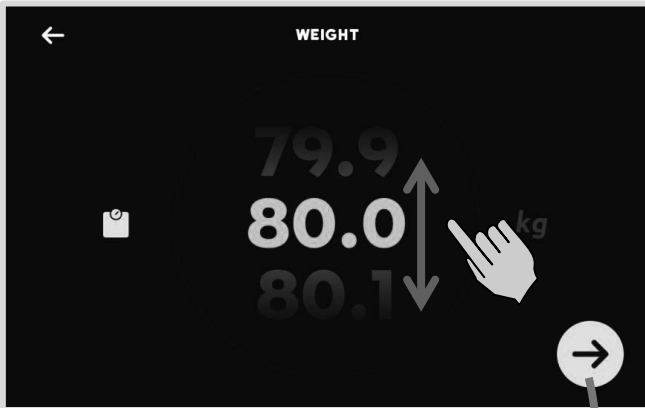
We offer comprehensive cardio conditioning courses to help boost aerobic fitness and train your body. 7 training programs are provided as below:



No.	Button	Description
1	MANUAL	Work out at a pace and intensity that suits you.
2	HILL	Challenge yourself with this hill climbing program.
3	FATBURN	Work out at a low intensity, letting your deliver plenty of oxygen to your muscle burn more fat reserves.
4	CARDIO	Burn more calories and boost conditioning with this cardio program.
5	STRENGTH	Challenge yourself with this high intensity workout.
6	INTERVAL	Want to increase your stamina? This interval training program will get you there!
7	SET A GOAL	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)

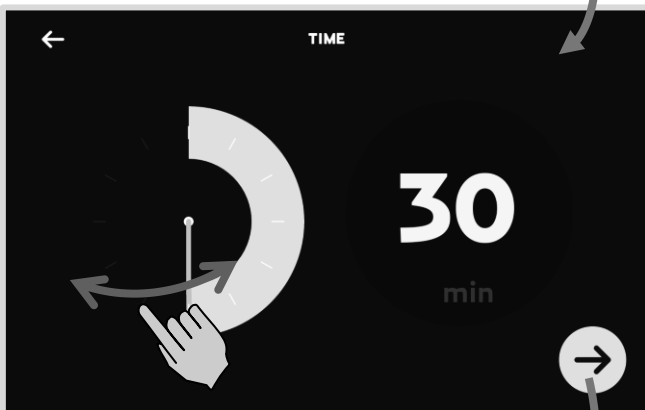


STEP 1: WEIGHT Setting

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 yellow arrow button to next page.

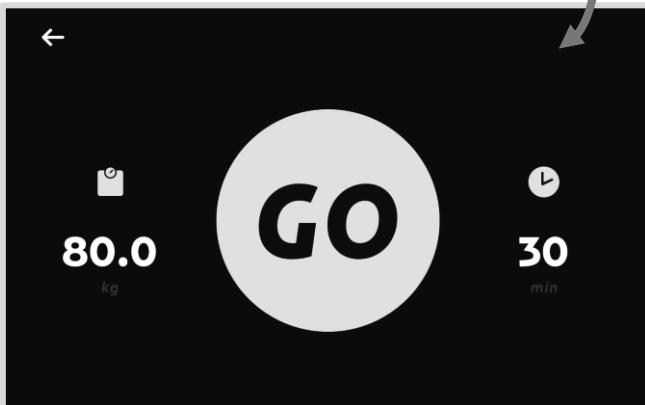


STEP 2: TIME Setting

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

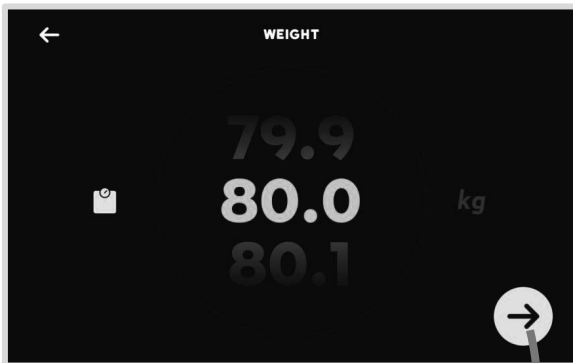
Confirm your settings on this page.

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 > HILL/ FATBURN/ CARDIO/ STRENGTH/ INTERVAL (Setting Screens)

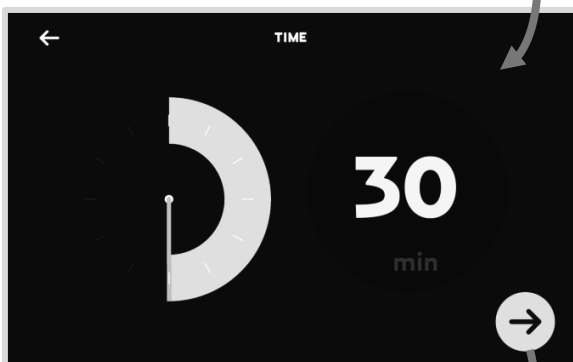


STEP 1: WEIGHT Setting

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

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

Tap yellow arrow button to next page.

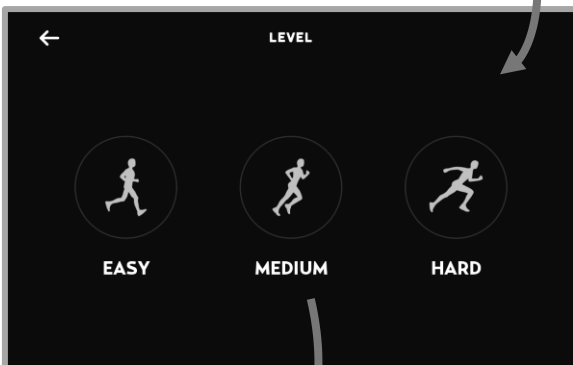


STEP 2: TIME Setting

Setting range: 10~120 min

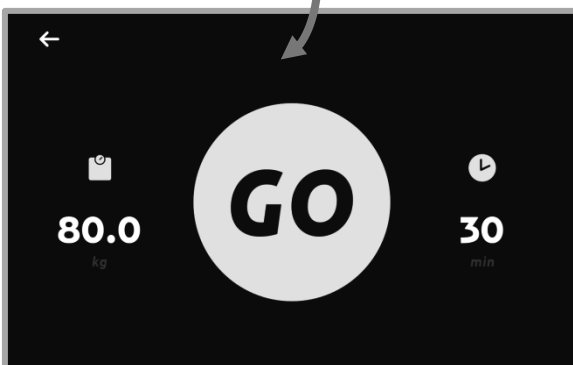
Tap white arrow button to back previous page.

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

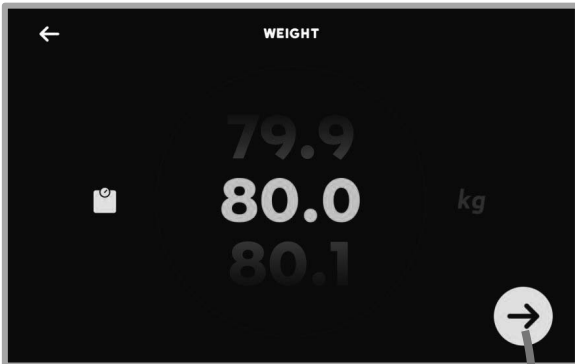
Confirm your settings on this screen.

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

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

2.7 TRAINING (Continued)

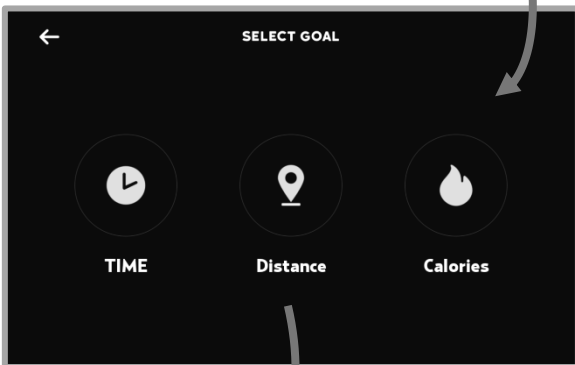
Go to HOME Screen > TRAINING Screen > SET A GOAL (Setting Screens)



STEP 1: WEIGHT Setting

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

Tap arrow button to next page.



STEP 2: GOAL Selection

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

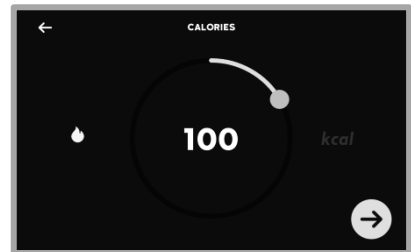
STEP 3: GOAL Setting (Time/ Distance/ Calories)



Range: 10-120 min



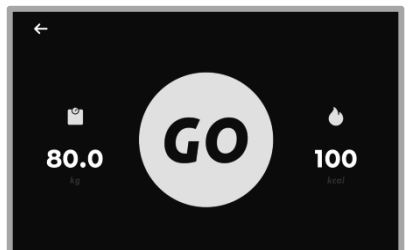
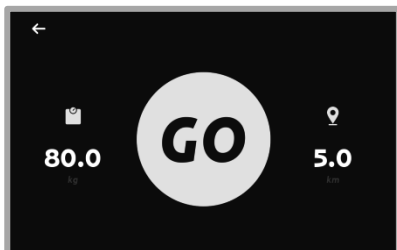
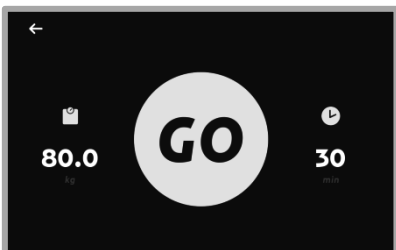
Range: 1-50 km /1-30 mile



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 Screen).

2.7 TRAINING (Continued)

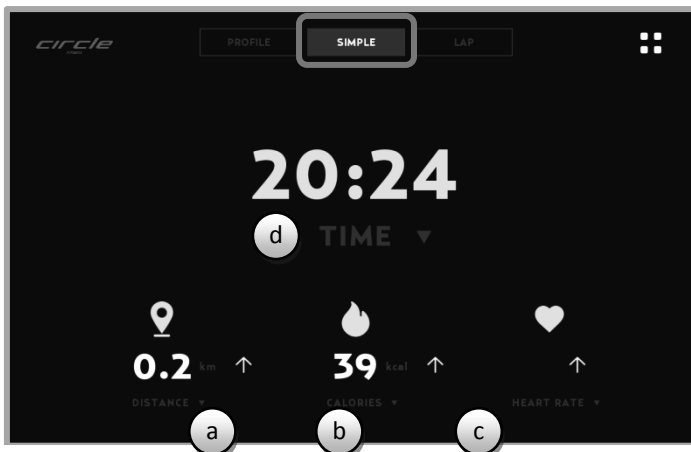
TRAINING Screen > SETTING Screens > WORKOUT Screens

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



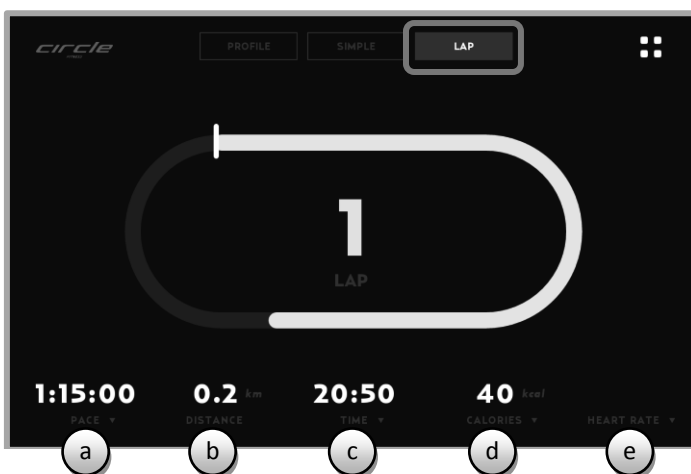
PROFILE: Display the workout information and graphic. Display items are listed as below.

- a) PACE, BEST PACE, AVERAGE PACE
- b) DISTANCE
- c) TIME, TIME REMAINING
- d) CALORIES, CAL
- e) HEART RATE, MAX HEART RATE, AVE. HEART RATE
- f) Graphic of your workout.



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

- a) DISTANCE, BEST PACE, AVERAGE PACE
- b) CALORIES, CAL/HOUR
- c) HEART RATE, MAX HEART RATE, AVE. HEART RATE
- d) TIME, TIME REMAINING



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

- a) PACE, BEST PACE, AVERAGE PACE
- b) DISTANCE
- c) TIME, TIME REMAINING
- d) CALORIES, CAL/HOUR
- e) HEART RATE, MAX HEART RATE, AVE. HEART RATE

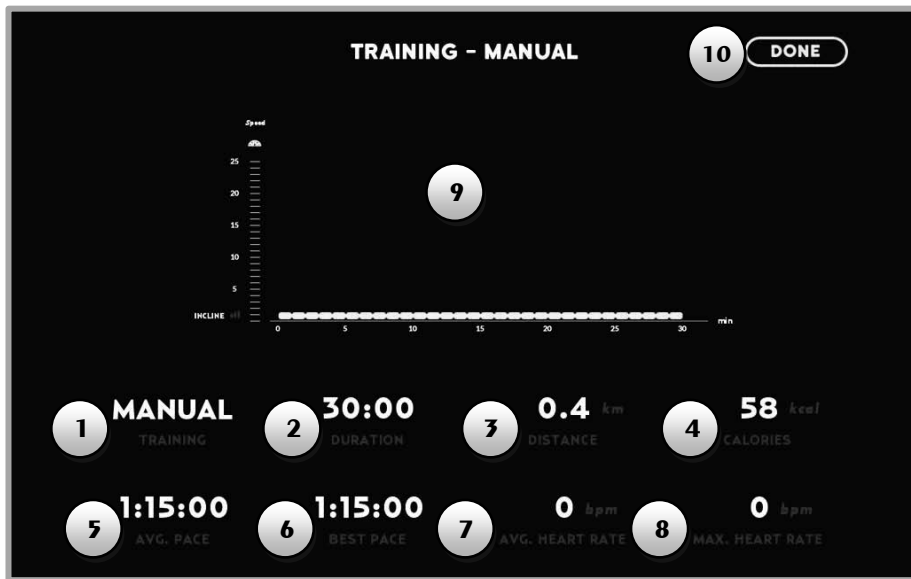
▼ Tap to switch display items.



Tap to skip HOME Screen.

2.7 TRAINING (Continued)

TRAINING Screen > SETTING Screens > SUMMARY Screen



Readouts of Training Programs

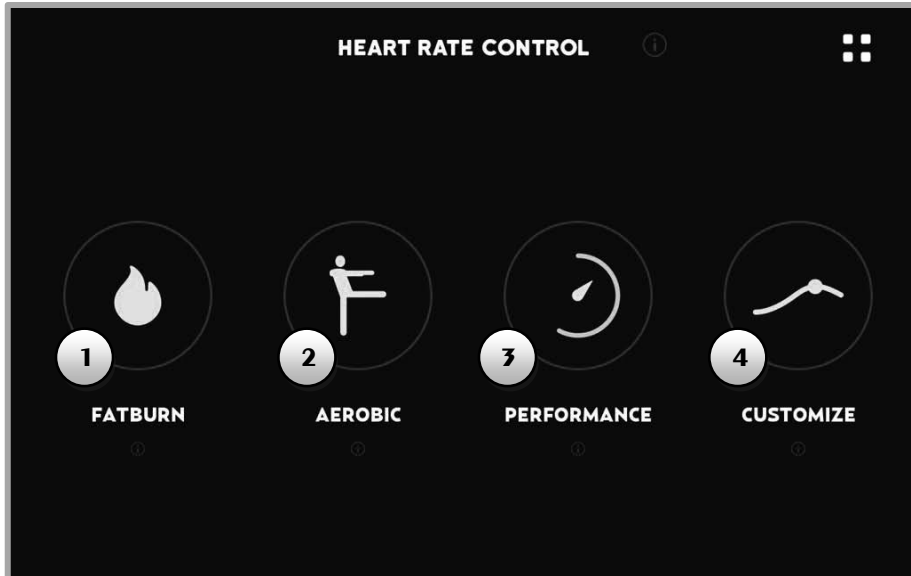
No.	Field/ Button	Description
1	MANUAL TRAINING	Displays the title of training program.
2	DURATION (TIME)	Displays the total accumulated time during your workout.
3	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
4	CALORIES	Displays the total accumulated calories burned during your workout.
5	AVG. PACE	Displays the average time to complete a mile (or kilometer), displayed in minutes: seconds.
6	BEST PACE	Displays the best time to complete a mile (or kilometer), displayed in minutes: seconds.
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 graphic 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 Go 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: $(220-\text{Age}) \times 60\%$ to $(220-\text{Age}) \times 70\%$ - Default setting: $(220-\text{Age}) \times 65\%$ - Tap to skip to setting screens (refer to next page).
2	AEROBIC	Sets your maximum heart rate to 75% . 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	PERFORMANCE	Sets your maximum heart rate to 85% . 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	CUSTOMIZE	Set 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.

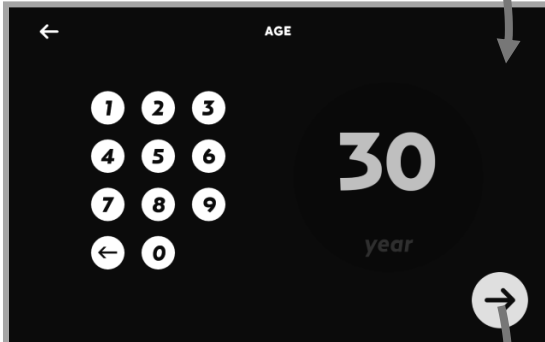
2.8 HEART RATE CONTROL (Continued)

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

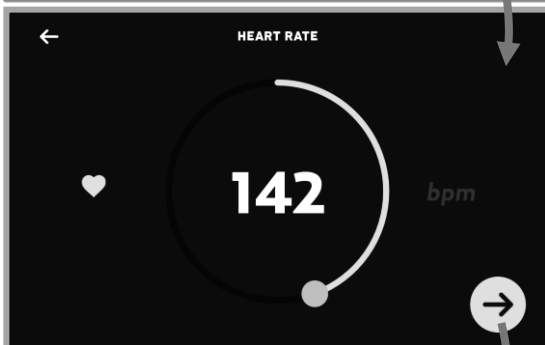
Setting range: 10~99 year



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

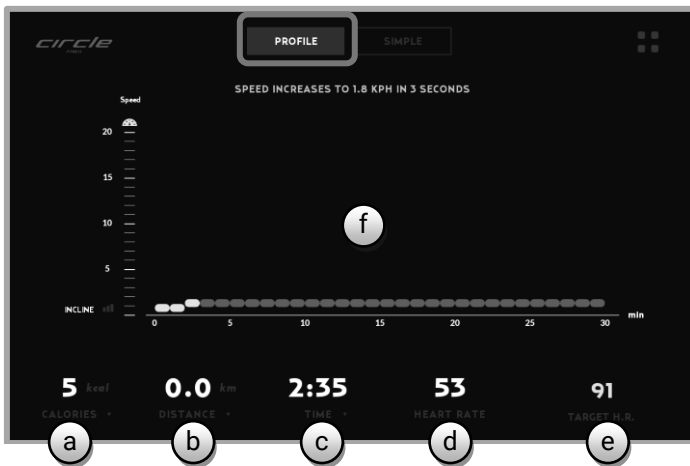
Confirm your settings on this screen.

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

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

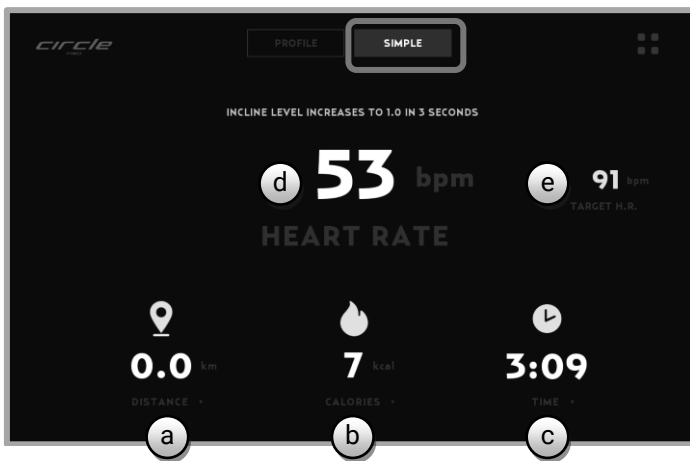
2.8 HEART RATE CONTROL (Continued)

HEART RATE CONTROL Screen > SETTING Screens > WORKOUT Screens



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

- a) CALORIES, CAL/HOUR, METS
- b) DISTANCE/ PACE/ AVERAGE PACE
- c) TIME, TIME REMAINING
- d) HEART RATE
- e) TARGET H.R.
- f) Graphic of your workout.



SIMPLE: Displays the simple workout information by 1 main information window and 4 sub information windows. Display items are listed as below.

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

▲ Tap to switch display items.

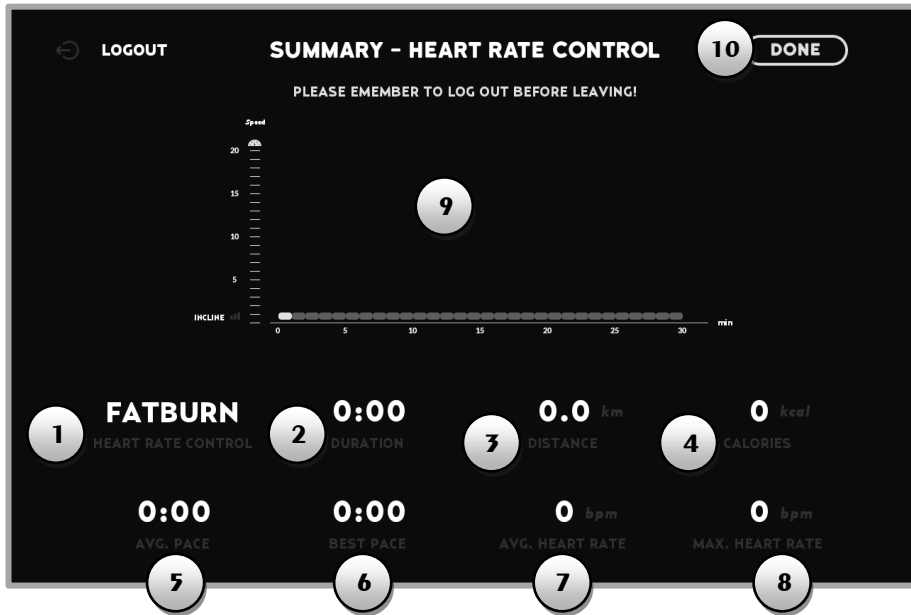
■ Tap to skip HOME Screen.

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

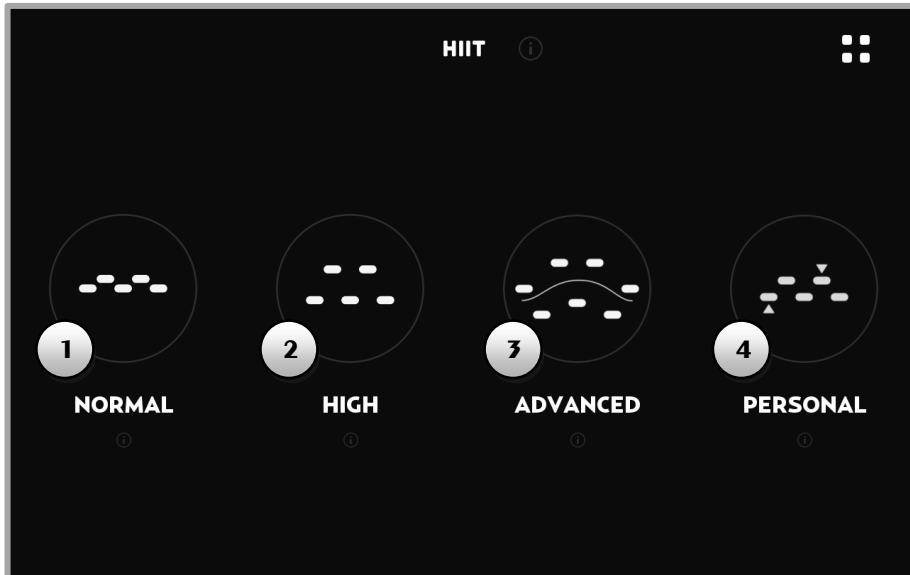
No.	Field/ Button	Description
1		Displays the title of heart control program.
2	DURATION (TIME)	Displays the total accumulated time during your workout.
3	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
4	CALORIES	Displays the total accumulated calories burned during your workout.
5	AVG. PACE	Displays the average time to complete a mile (or kilometer), displayed in minutes: seconds.
6	BEST PACE	Displays the best time to complete a mile (or kilometer), displayed in minutes: seconds.
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 graphic 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 CircleCloud if you had logged in.

2.9 HIIT (High Intensity Interval Training)

Go to HOME Screen > HIIT Screen

HIIT (High Intensity Interval Training) provided short periods of high-intensity exercise alternating with less intense recover periods to boost your workout performance and burn as many calories as possible. 4 HIIT training programs are provided as below.

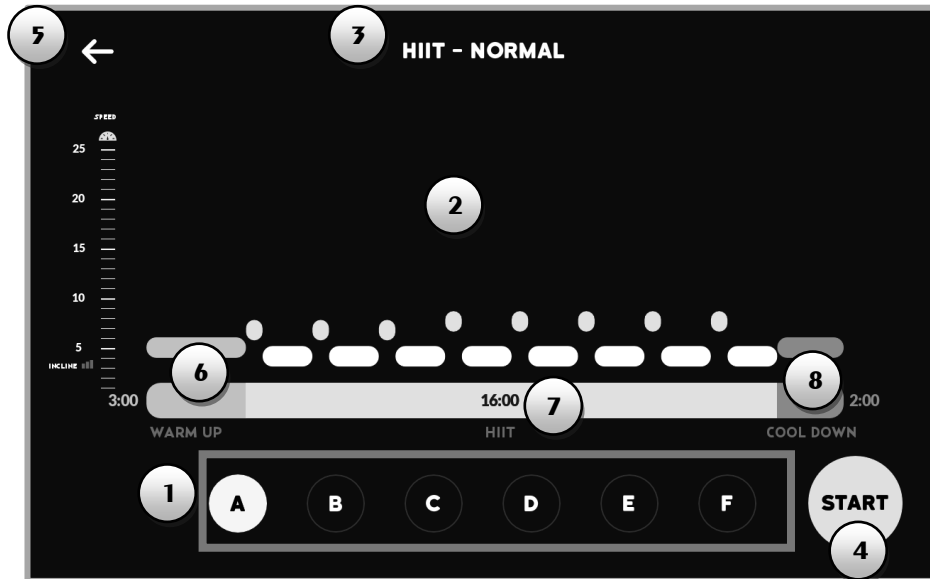


No.	Button	Description
1	NORMAL	Speed and Incline programmed to moderate intensity level. Recommended for beginners. Program is constructed by warm up, 8 set of interval (sprint 30 seconds & recovery 90 seconds) and cool down. Duration: 21 minutes
2	HIGH	Speed and Incline programmed to high intensity level. Experienced trainer recommended. Program is constructed by warm up, 8 set of interval (sprint 30 seconds & recovery 90 seconds) and cool down. Duration: 21 minutes
3	ADVANCED	Speed and Incline programmed to extreme intensity level. Advanced trainer only. Program is constructed by warm up, 8 set of interval (sprint 30 seconds & recovery 90 seconds) and cool down. Duration: 21 minutes
4	PERSONAL	Create your personal HIIT. Up to 3 personal HIIT can be created. Duration: customized
		Tap to skip to HOME Screen.
		Tap to view corresponding descriptions.

2.9 HIIT(High Intensity Interval Training) (Continued)

Go to HOME Screen > HIIT Screen > SETTING Screens

In **NORMAL**, **HIGH** and **ADVANCED** of the HIIT programs, we provided 6 different intensity workout (A~F).



No.	Field/ Button	Description
1	A~F	Tap one of the intensity workout (A~F).
2		Displays the graphic of your workout.
3		Displays the title of HIIT program.
4	START	Tap START to begin your workout. (Skip to WORKOUT Screen)
5	←	Tap to previous screen.
6	WARM UP (Preparation)	To prepare the heart and lungs for HIIT workouts.
7	HIIT (Interval)	Set treadmill to sprint speed and run for 30 seconds, reduce treadmill down to recovery speed for 90 seconds.
8	COOL DOWN	Tap to gradually lower speed within 20 seconds.

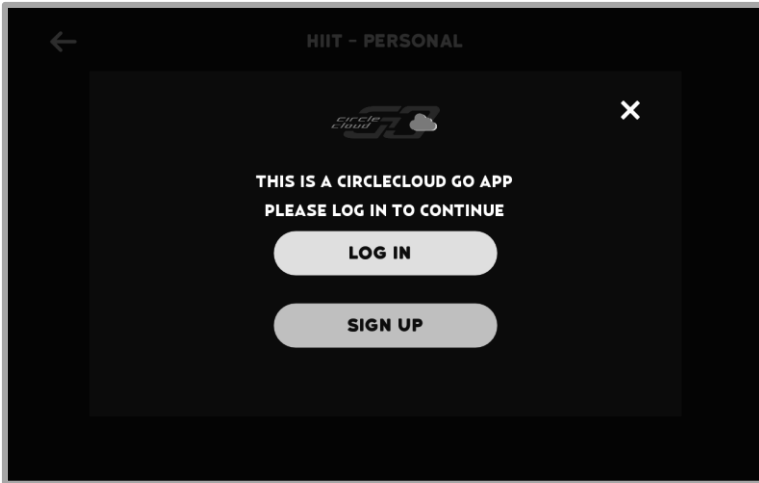
NOTE: Preset weight is 80 kg (176lb). (no need to enter use's weight.)

2.9 HIIT(High Intensity Interval Training) (Continued)

Go to HOME Screen > HIIT Screen > SETTING Screens (PERSONAL)

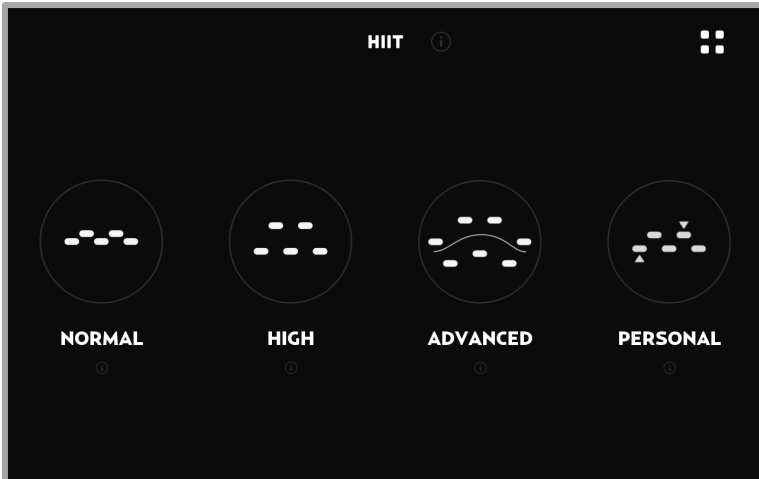
This is a CircleCloud GO app, please log in to continue.

In **PERSONAL** of the HIIT program, you can create your personal HIIT. Up to 3 personal HIIT programs can be created.



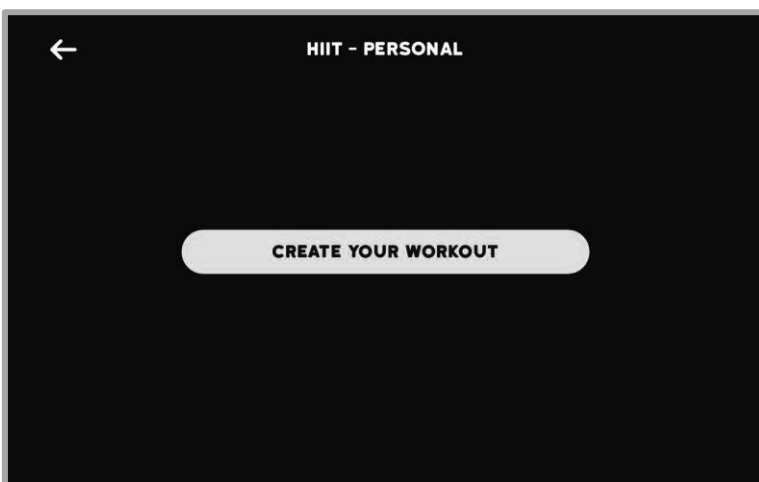
Tap **LOG IN** to continue.

Tap **SIGN UP** to register an account. (refer to chapter 2.6 Circlecloud Go Sign Up)



When your login is successful, tap **HIIT** to continue.

Tap **PERSONAL** to next screen.



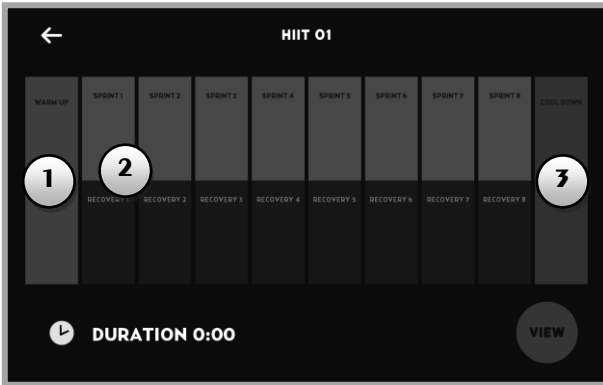
Tap **CREATE YOUR WORKOUT** to Setting Screen.

2.9 HIIT(High Intensity Interval Training) (Continued)

Go to HOME Screen > HIIT Screen > SETTING Screens (Personal)



STEP 1: Create your workout name via on-screen keyboard.



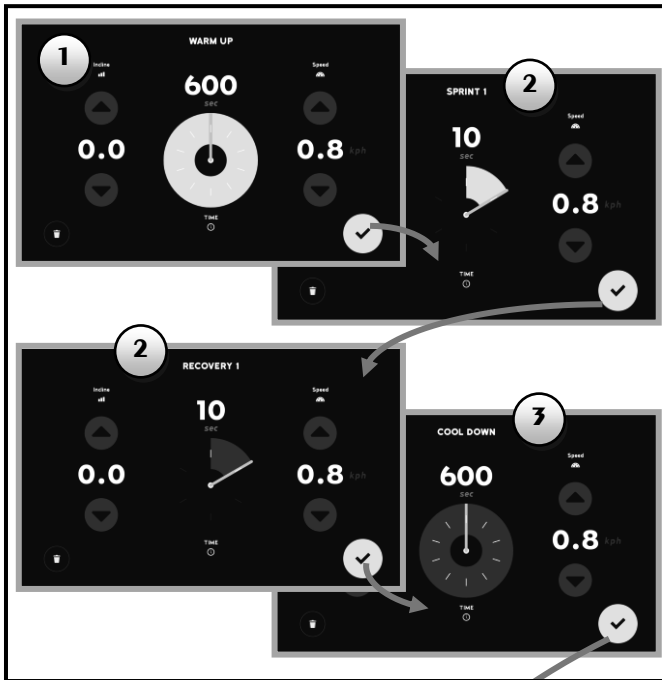
STEP 2: Set workout time, incline and speed for each stage.

- ① Warm up stage**

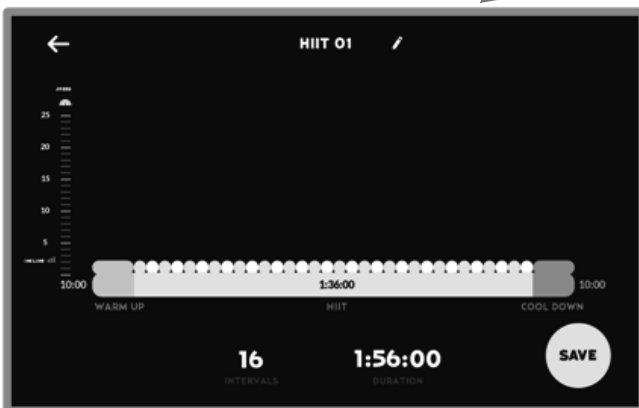
Time setting range: 60~600 sec
Incline Setting range: 0 ~ 15 (%)
Speed Setting range: 0.8 ~ 20 km/h (0.5 ~ 12.5 mi/h)
- ② Sprint stage & Recovery stage**

Time setting range: 0~300 sec
Incline Setting range: 0 ~ 15 (%)
Speed Setting range: 0.8 ~ 20 km/h (0.5 ~ 12.5 mi/h)
NOTE: 16 intervals can be created.
- ③ Cool down stage**

Time setting range: 60~600 sec
Incline Setting range: 0 ~ 15 (%)
Speed Setting range: 0.8 ~ 20 km/h (0.5 ~ 12.5 mi/h)



Once your settings are done, tap **VIEW** to see your workout profile. (Refer to next page)



STEP 3: Confirm and save your settings. Tap **SAVE** to save your personal HIIT workout.

2.9 HIIT(High Intensity Interval Training) (Continued)

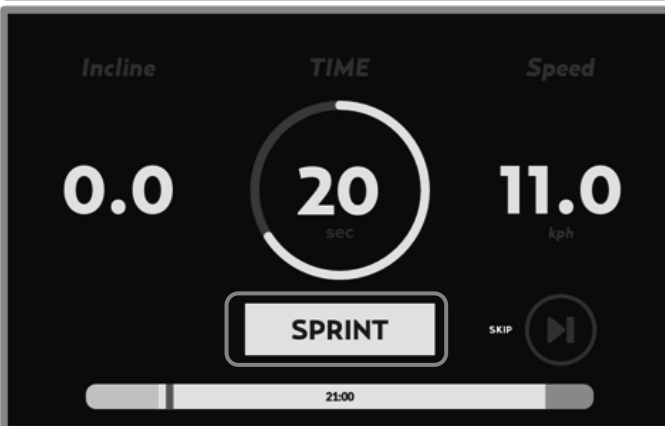
HIIT Screen > SETTING Screens > WORKOUT Screens

WARNING! Beware do NOT exceed your fitness ability.



Display Items

- 1) Incline level
- 2) Time counter
- 3) Speed
- 4) Stage description (Warm up/ Sprint/ Recovery/ Cool down)
- 5) Time line
- 6) Tap to skip to next stage.



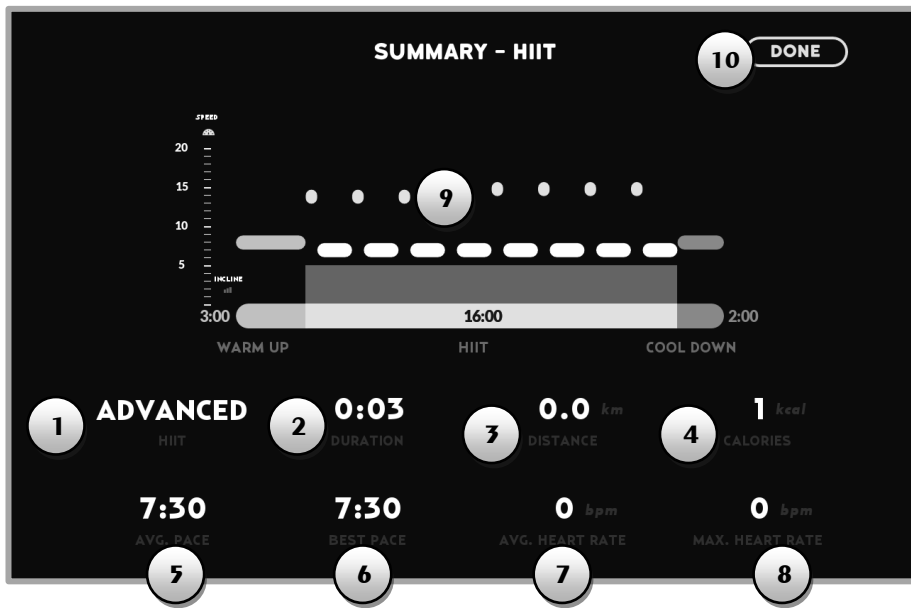
NOTE:

- 1) You can change incline level or speed by tapping the membrane buttons.
- 2) On cool down stage, **SKIP** button is not available, please tap **STOP** membrane button to end the workout when needed.



2.9 HIIT(High Intensity Interval Training) (Continued)

HIIT > SETTING Screens > WORKOUT Screen > SUMMARY Screen



Readouts of HIIT Programs

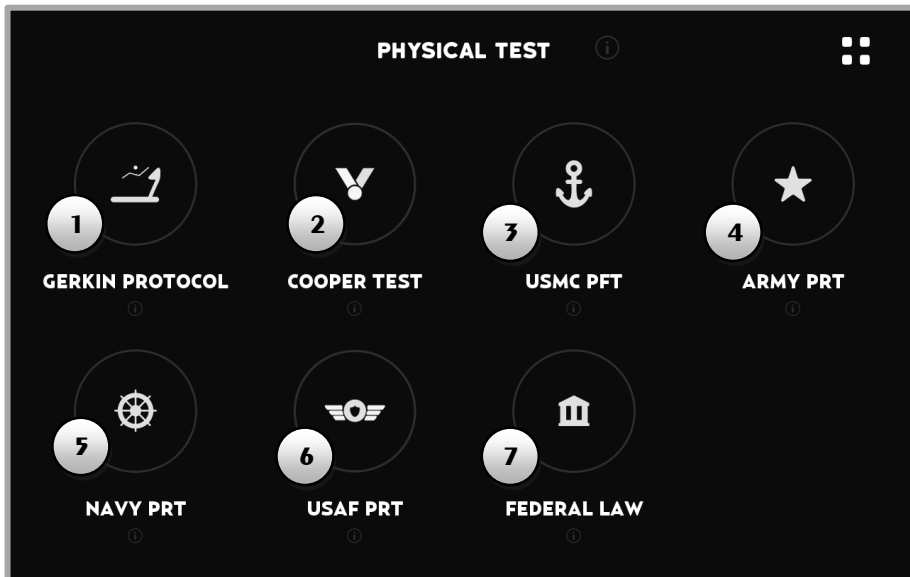
No.	Field/ Button	Description
1		Displays the title of HIIT program.
2	DURATION (TIME)	Displays the total accumulated time during your workout.
3	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
4	CALORIES	Displays the total accumulated calories burned during your workout.
5	AVG. PACE	Displays the average time to complete a mile (or kilometer), displayed in minutes: seconds.
6	BEST PACE	Displays the best time to complete a mile (or kilometer), displayed in minutes: seconds.
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 CircleCloud if you had logged in.

2.10 PHYSICAL TEST

Go to HOME Screen > PHYSICAL TEST Screen

Physical test contains various standard fitness programs applied by US military to evaluate athlete's aerobic and endurance. 7 different Physical Tests are available.



No.	Button	Description
1	GERKIN PROTOCOL	This program, originally designed for fire fighters, is used to monitor heart rate and detect VO2 levels. The program will automatically stop once you reach 85% of your maximum heart rate. IMPORTANT: To use this program a chest belt (optional) must be worn.
2	COOPER TEST	This Cooper test is a distanced physical fitness test designed for US military. The goal is to see how far one run in 12 minutes. How far will you go?
3	USMC PFT	The Marine Corps Physical Fitness Test is a timed 3 mile run. Step up to the challenge and try to finish this run as fast as you can.
4	ARMY PRT	Army Physical Readiness Training test is a timed 2 mile run. Try and complete this course as quickly as possible.
5	NAVY PRT	Navy Physical Training test is a timed 1.5 mile run. Try to complete this course as fast as you can!
6	USAF PFT	Air Force Physical Fitness Test is a timed 1.5 mile run. Try to complete this course as fast as you can!
7	FEDERAL LAW	This is a timed 1.5 mile run. Try to complete this course as fast as you can!
		Tap to skip to HOME Screen.
		Tap to view corresponding descriptions.

2.10 PHYSICAL TEST (Continued)

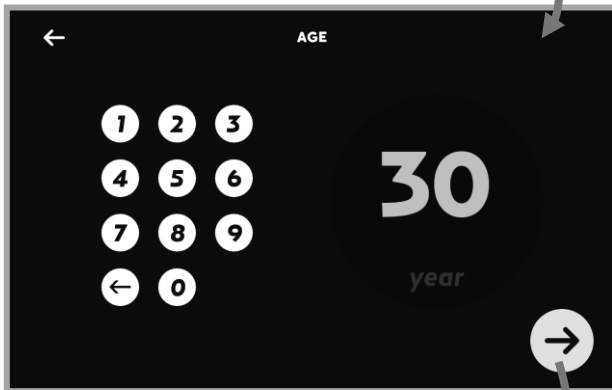
Go to HOME Screen > PHYSICAL TEST Screen > SETTING Screen



STEP 1: WEIGHT SETTING

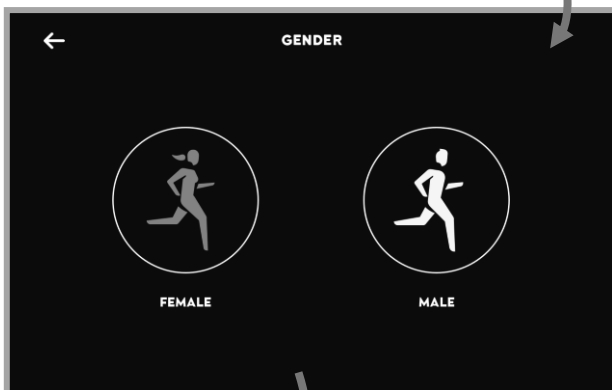
Setting range:

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



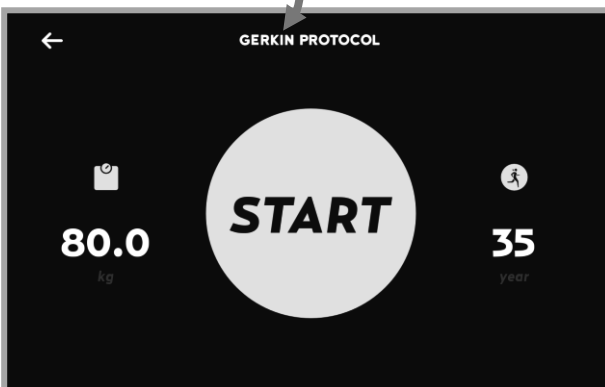
STEP 2: AGE SETTING

Setting range: 10~99 year



STEP 3: GENDER SETTING

FEMALE/ MALE



STEP 4: CONFIRM YOUR SETTINGS

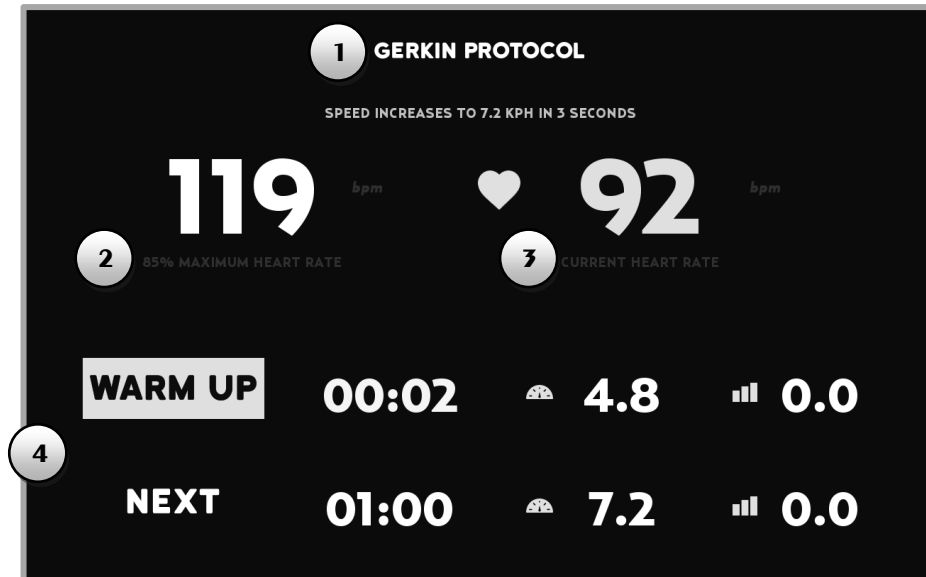
Confirm your settings on this screen.

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

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

2.10 PHYSICAL TEST (Continued)

PHYSICAL TEST Screen > SETTING Screen > WORKOUT Screen (GERKIN PROTOCOL)



No.	Field	Description
1		Displays the title of HIIT program.
2	85% Maximum Heart Rate	Displays your target heart rate (85% maximum heart rate).
3	Current Heart Rate	Displays the current heart rate.
4	Workout Stage Windows	Displays the current workout stage and next workout stage.

The **Workout Stages** are implemented in accordance with the following table.

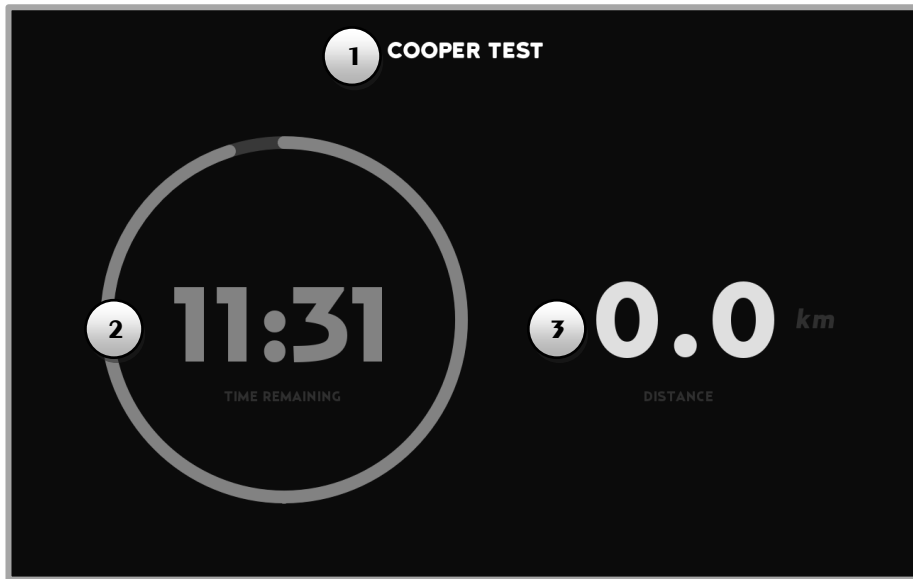
Stage	Warm up	1	2	3	4	5	6	7	8	9	10	11	
Time	3 min.	0:01-1:00	1:01-2:00	2:01-3:00	3:01-4:00	4:01-5:00	5:01-6:00	6:01-7:00	7:01-8:00	8:01-9:00	9:01-10:00	10:01-11:00	
Speed	KPH	4.8	7.2	7.2	8	8	8.8	8.8	9.6	9.6	10.4	10.4	11.2
	MPH	3	4.5	4.5	5	5	5.5	5.5	6	6	6.5	6.5	7
Incline	0	0	2	2	4	4	6	6	8	8	10	10	

When your heartbeat exceeds 85% of max heart rate for 10 seconds or tap STOP button, the program stop immediately and skip to SUMMARY Screen.

2.10 PHYSICAL TEST (Continued)

PHYSICAL TEST Screen > SETTING Screen > WORKOUT Screen (COPPER)

This program accesses your fitness through the distance you can run within **12 minutes**.



No.	Field	Description
1		Displays the title of HIIT program.
2	TIME REMAINING	Displays time remaining based on a time goal (12 minutes).
3	DISTANCE	Displays the distance accumulated.

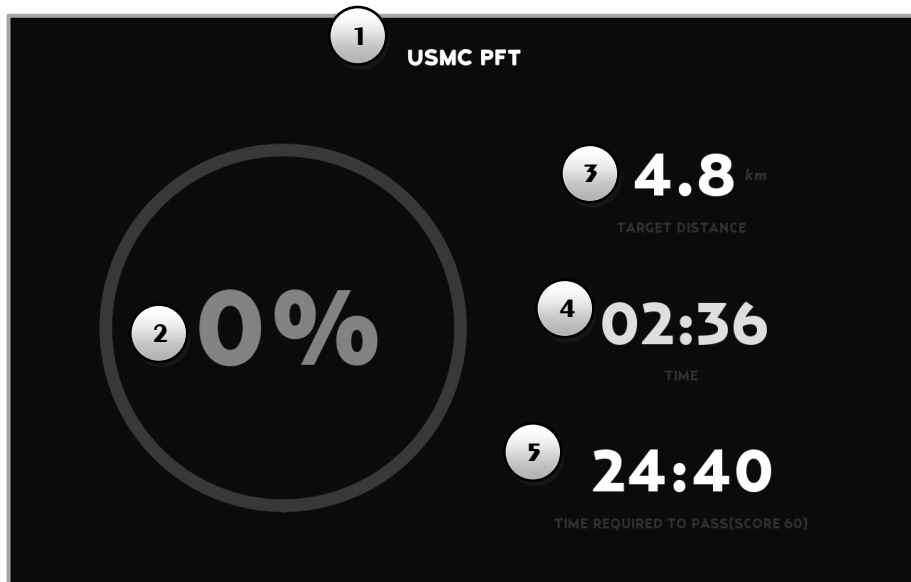
Tap **STOP** or finish the 12 minutes workout to skip to SUMMARY Page.

2.10 PHYSICAL TEST (Continued)

PHYSICAL TEST Screen > SETTING Screen > WORKOUT Screen (USMC PFT/ ARMY PRT/ NAVY PRT/ USAF PFT /FEDERAL LAW)

For these PHYSICAL TEST programs, distance is fixed as below.

Programs	USMC PFT	ARMY PRT	NAVY PRT	USAF PFT	FEDERAL LAW
Distance	4.8 km (3 mile)	3.2 km (2 mile)	2.4 km (1.5 miles)	2.4 km (1.5 miles)	2.4 km (1.5 miles)

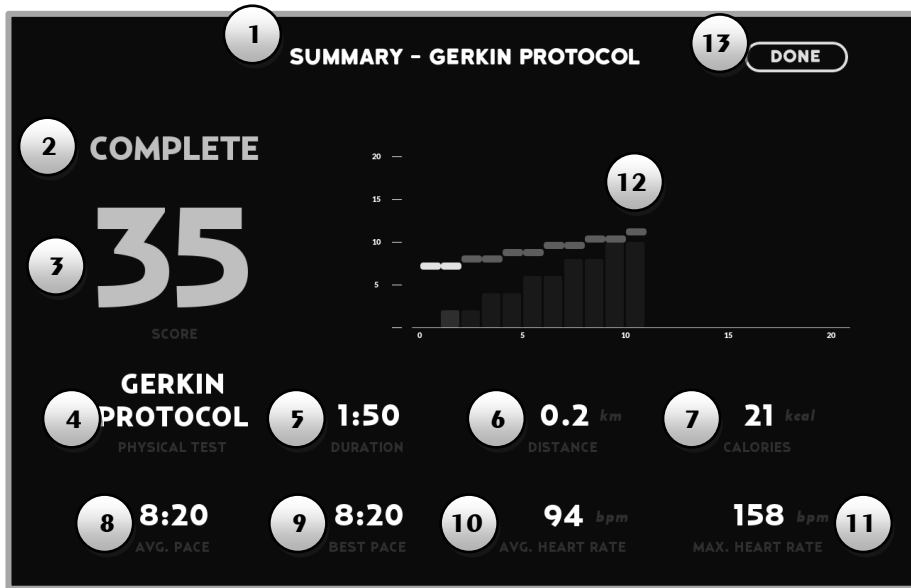


No.	Field	Description
1		Displays the title of HIIT program.
2	PERCENTAGE	Displays the percentage of completion.
3	TARGET DISTANCE	Displays the target distance.
4	DISTANCE	Displays the distance accumulated.
5	TIME REQUIRED TO PASS (SCORE 60)	Displays time remaining based on a time goal (12 minutes).

Tap **STOP** or finish workout to skip to SUMMARY Page.

2.10 PHYSICAL TEST (Continued)

WORKOUT Screen > SUMMARY Page (GERKIN PROTOCOL)

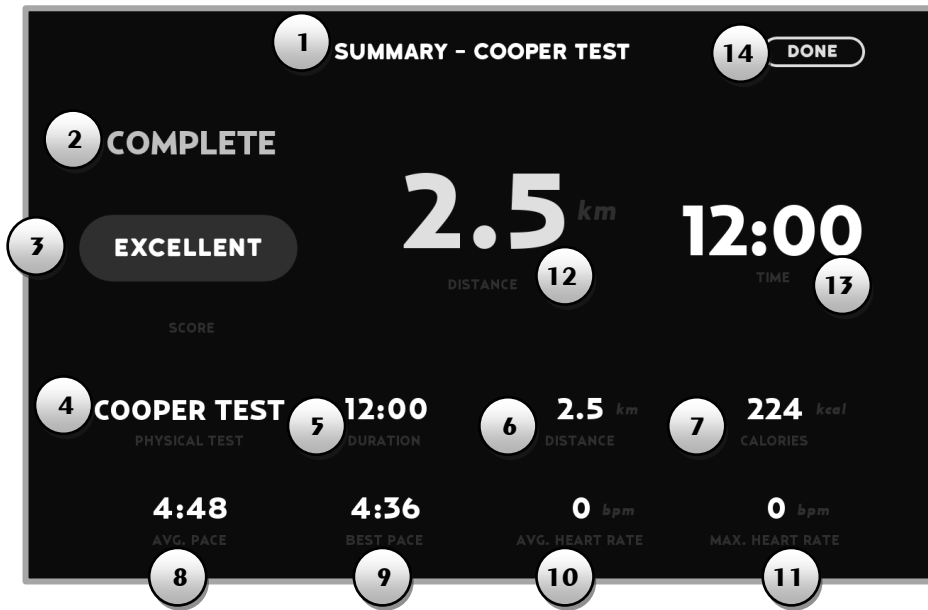


Readouts of GERKIN PROTOCOL Program

No.	Field/ Button	Description
1		Displays the title of SUMMARY Screen.
2	COMPLETE / INCOMPLETE	Displays your workout as complete or incomplete.
3	SCORE	Displays your workout score.
4		Displays the title of PHYSICAL TEST Program.
5	DURATION (TIME)	Displays the total accumulated time during your workout.
6	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
7	CALORIES	Displays the total accumulated calories burned during your workout.
8	AVG. PACE	Displays the average time to complete a mile (or kilometer), displayed in minutes: seconds.
9	BEST PACE	Displays the best time to complete a mile (or kilometer), displayed in minutes: seconds.
10	AVG. HEART RATE	Displays the average heart rate during your workout.
11	MAX. HEART RATE	Displays the max. heart rate during your workout.
12		Displays the profile of your workout.
13	DONE	Tap to HOME Screen whether if you had logged in or not.

2.10 PHYSICAL TEST (Continued)

WORKOUT Screen > SUMMARY Page (COOPER)



Readouts of COOPER TEST Program

No.	Field/ Button	Description
1		Displays the title of SUMMARY Screen.
2	COMPLETE / INCOMPLETE	Displays your workout as complete or incomplete.
3	LEVEL	Displays your workout condition (Poor/ Below Average / Average / Good/ Excellent).
4		Displays the title of PHYSICAL TEST Program.
5	DURATION (TIME)	Displays the total accumulated time during your workout.
6	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
7	CALORIES	Displays the total accumulated calories burned during your workout.
8	AVG. PACE	Displays the average time to complete a mile (or kilometer), displayed in minutes: seconds.
9	BEST PACE	Displays the best time to complete a mile (or kilometer), displayed in minutes: seconds.
10	AVG. HEART RATE	Displays the average heart rate during your workout.
11	MAX. HEART RATE	Displays the max. heart rate during your workout.
12	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
13	TIME	Displays the total time of your workout.
14	DONE	Tap to HOME Screen whether if you had logged in or not.

2.10 PHYSICAL TEST (Continued)

WORKOUT Screen > SUMMARY Page (USMC PFT/ ARMY PRT/ NAVY PRT/ USAF PFT /FEDERAL LAW



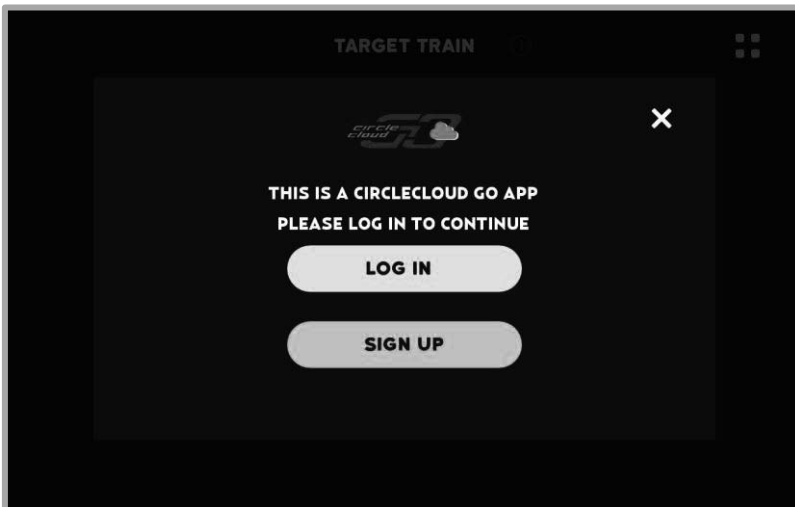
Readouts of USMC PFT/ ARMY PRT/ NAVY PRT/ USAF PFT /FEDERAL LAW Programs

No.	Field/ Button	Description
1		Displays the title of SUMMARY Screen.
2	COMPLETE / INCOMPLETE	Displays your workout as complete or incomplete.
3	SCORE	Displays your workout score.
4		Displays the title of Physical TEST Program.
5	DURATION (TIME)	Displays the total accumulated time during your workout.
6	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
7	CALORIES	Displays the total accumulated calories burned during your workout.
8	AVG. PACE	Displays the average time to complete a mile (or kilometer), displayed in minutes: seconds.
9	BEST PACE	Displays the best time to complete a mile (or kilometer), displayed in minutes: seconds.
10	AVG. HEART RATE	Displays the average heart rate during your workout.
11	MAX. HEART RATE	Displays the max. heart rate during your workout.
12	TIME	Displays the total time of your workout.
13	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
14	DONE	Tap to HOME Screen whether if you had logged in or not.

2.11 TARGET TRAIN

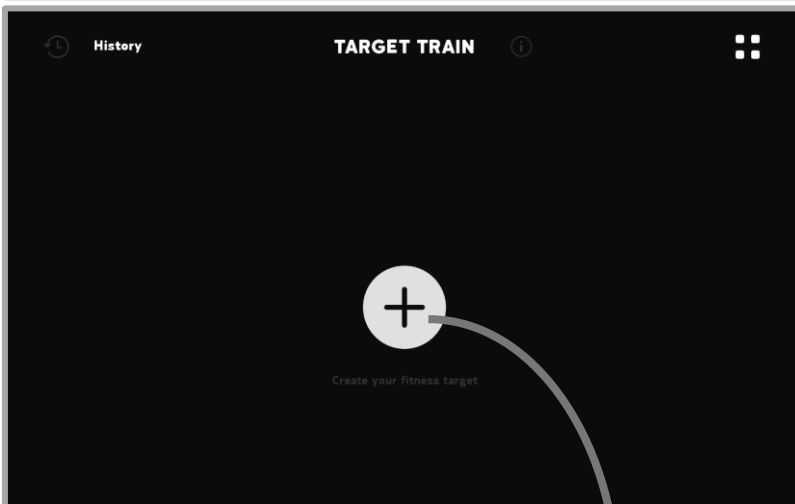
Go to HOME Screen > TARGET TRAIN Screen

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 3.6 CIRCLE CLOUD GO SIGN UP.)



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

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



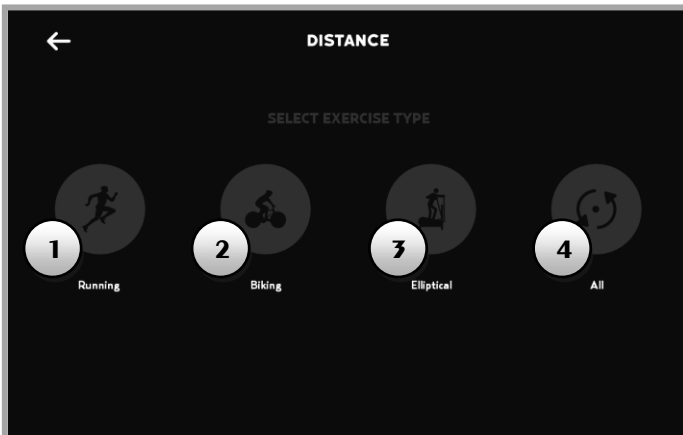
TARGET TRAIN comes with 5 different exercise targets, keeping you motivated and on track for your fitness plan.

Choose the one of the following as your workout target.

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

2.11 TARGET TRAIN (Continued)

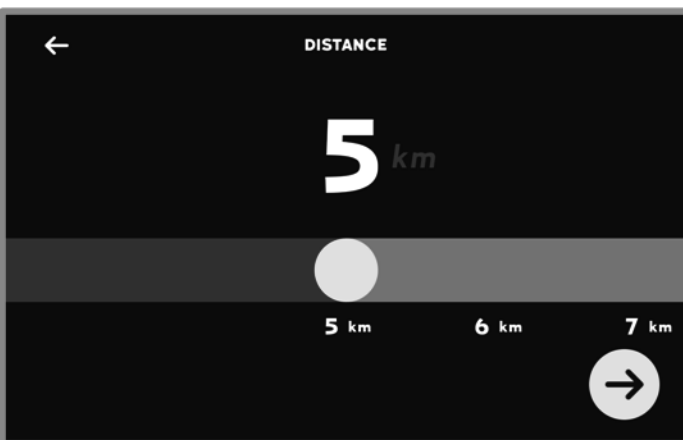
TARGET CHOOSE Screen > DISTANCE Setting Screens



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 or mi

Preset: 5km or mi

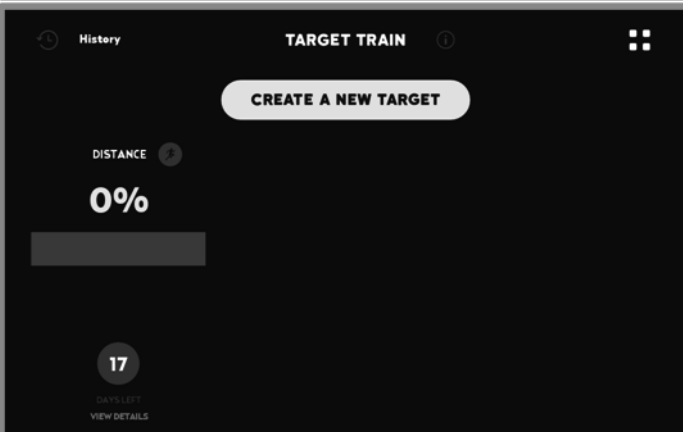


STEP 3: PERIOD SETTING

Start Date: Current date.

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

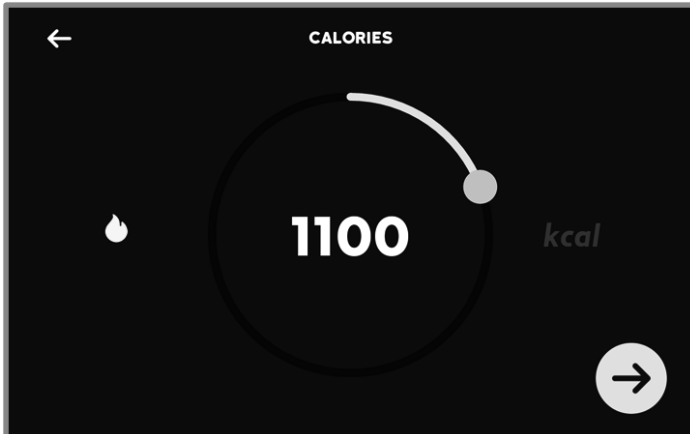
Tap yellow arrow to next screen.



STEP 4: COMPLETE YOUR SETTING

2.11 TARGET TRAIN (Continued)

TARGET CHOOSE Screen > CALROIES Setting Screens



STEP 1: SET YOUR TARGET CALROIES

Setting range: 100 ~ 99900 cal
Preset: 100 cal

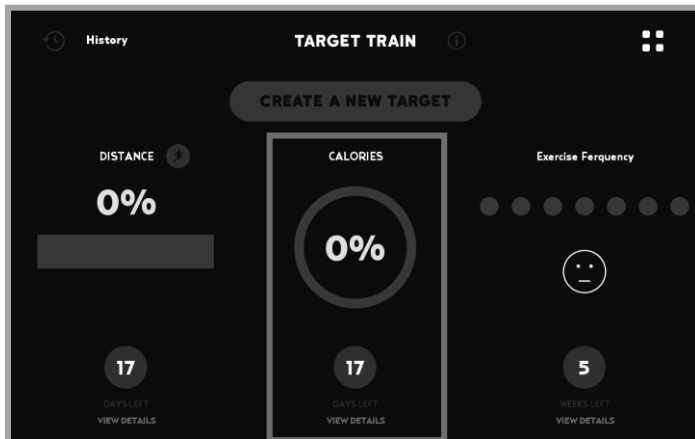


STEP 2: PERIOD SETTING

Start Date: Current date.

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

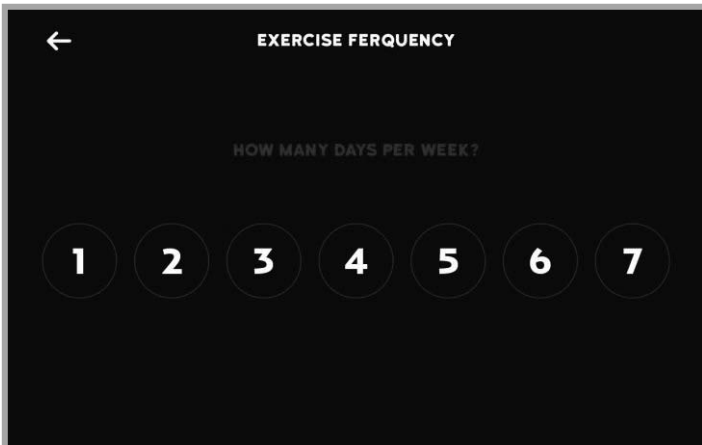
Tap yellow arrow to next screen.



STEP 3: COMPLETE YOUR SETTING

2.11 TARGET TRAIN (Continued)

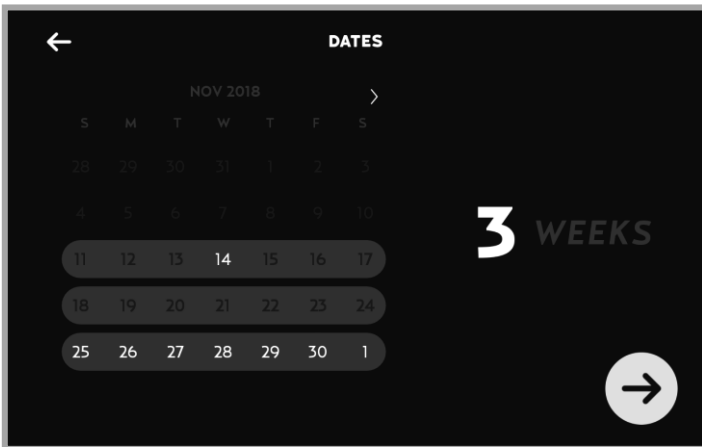
TARGET CHOOSE Screen > EXERCISE FREQUENCY Setting Screens



STEP 1: SET YOUR EXERCISE FREQUENCY

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

Setting range: 1~7

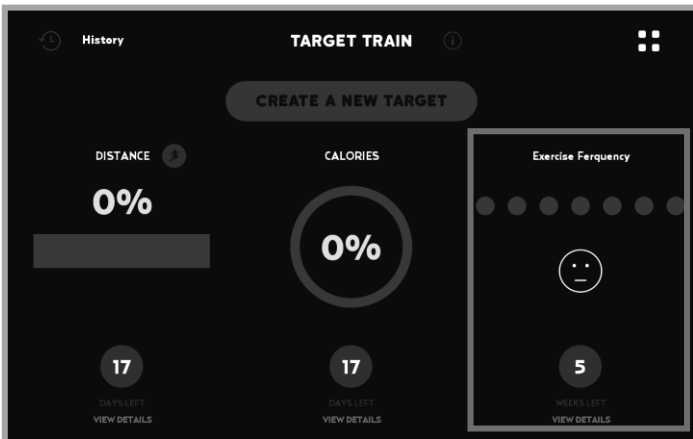


STEP 2: PERIOD SETTING

Start Week: Current week.

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

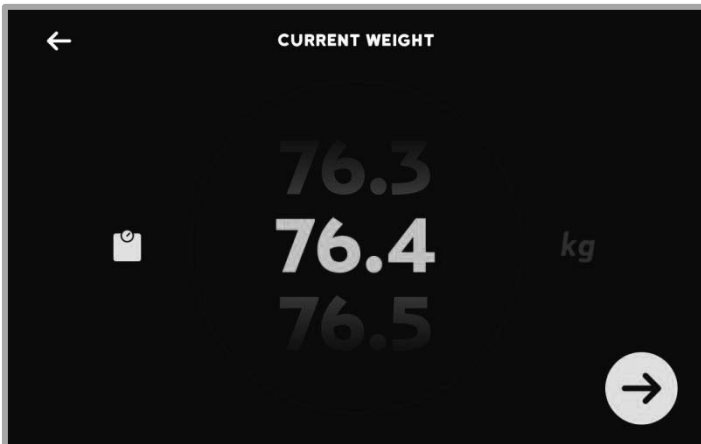
If remaining days of this week are less than the exercise days, the Start Week will start from the next week. Tap yellow arrow to next screen.



STEP 3: COMPLETE YOUR SETTING

2.11 TARGET TRAIN (Continued)

TARGET CHOOSE Screen > WEIGHT Setting Screens



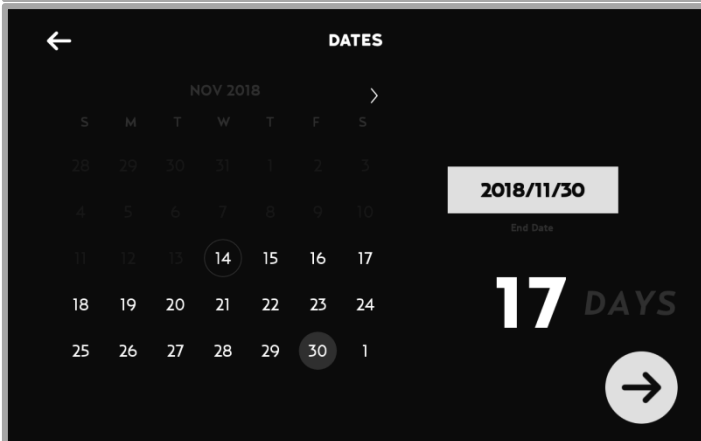
STEP 1: SET YOUR CURRENT WEIGHT

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



STEP 2: SET YOUR TARGET WEIGHT

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

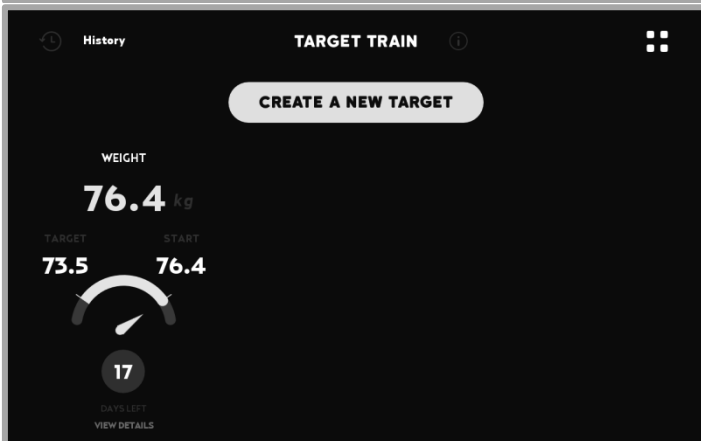


STEP 3: PERIOD SETTING

Start Date: Current date.

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

Tap yellow arrow to next screen.



STEP 4: COMPLETE YOUR SETTING

2.11 TARGET TRAIN (Continued)

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



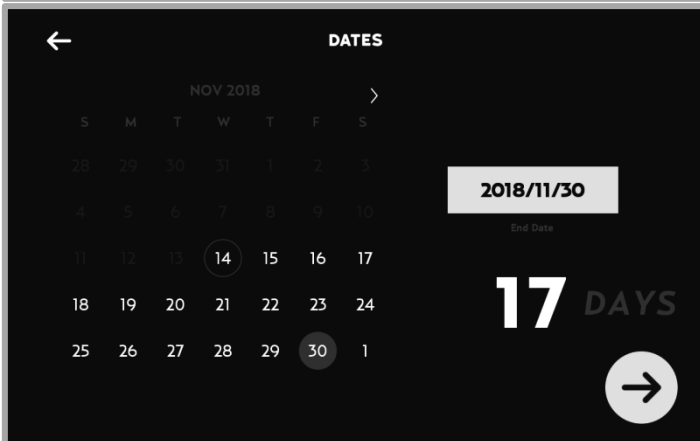
STEP 1: SET YOUR CURRENT BODY FAT%

Setting range: 1-50%



STEP 2: SET YOUR TARGET BODY FAT%

Setting range: 2-50%

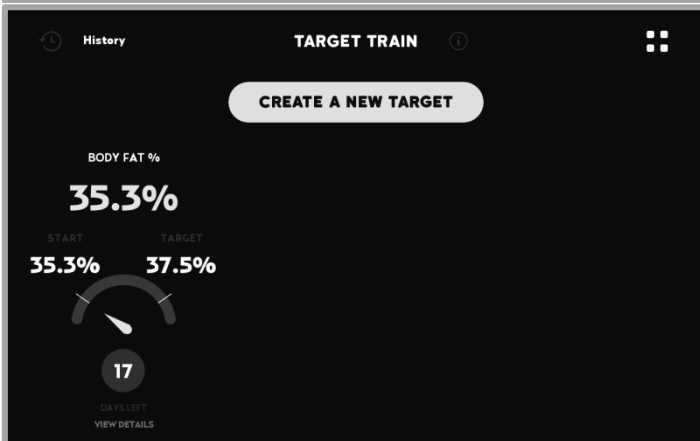


STEP 3: PERIOD SETTING

Start Date: Current date.

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

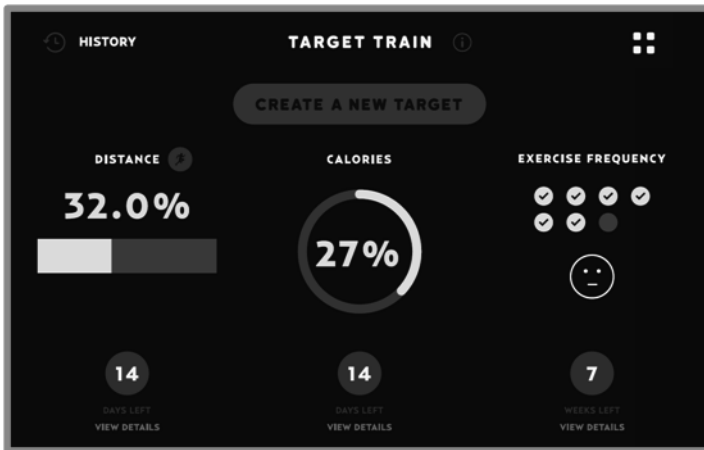
Tap yellow arrow to next screen.



STEP 4: COMPLETE YOUR SETTING

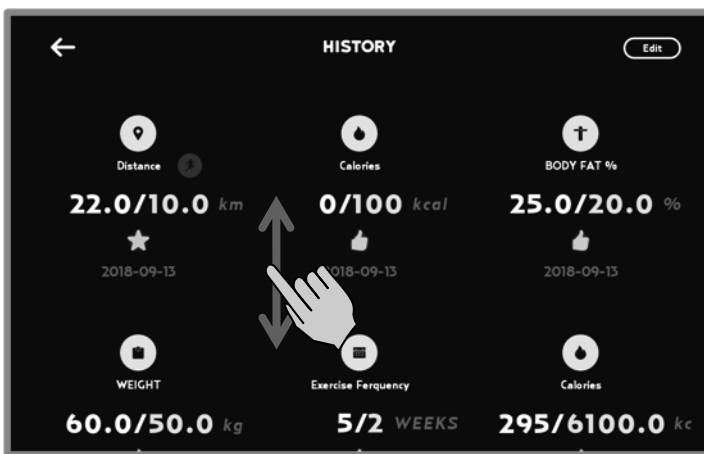
2.11 TARGET TRAIN (Continued)

TARGET TRAIN Screen > History Screen






(HISTORY)

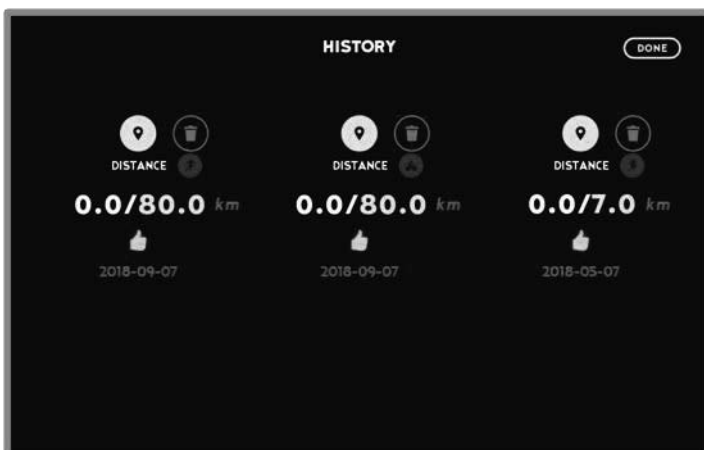
Tap to view the history of your target.




HISTORY SCREEN

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

-  **Gold Star:** target is achieved in time.
-  **Thumbs-up:** target is interrupted before you achieved
-  **Silver Star:** achieved the target after times up and continued the target.



EDIT HISTORY SCREEN

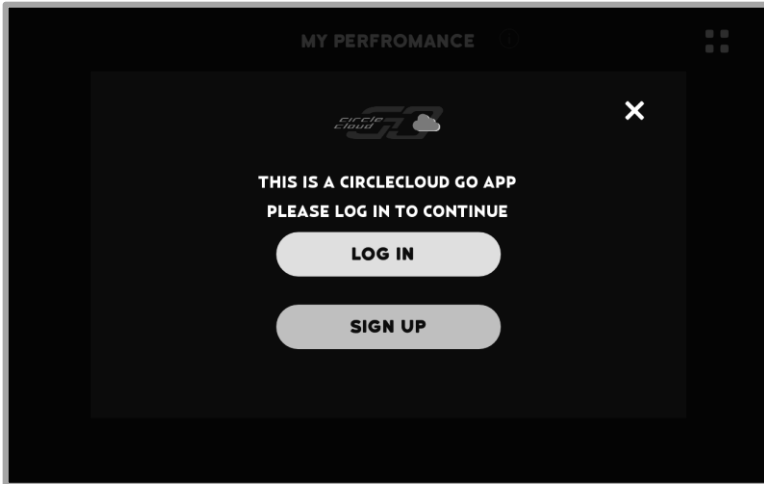
 Tap to delete your record.

 Tap to skip to history screen.

2.12 MY PERFORMANCE

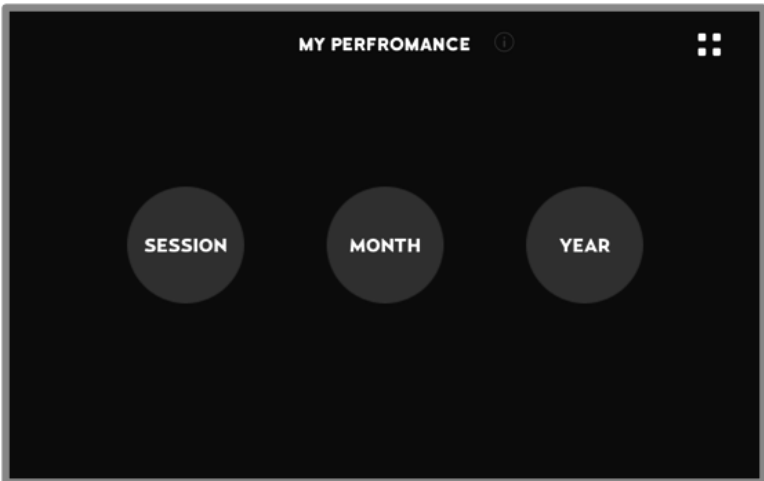
Go to HOME Screen > MY PERFORMANCE Screen

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)



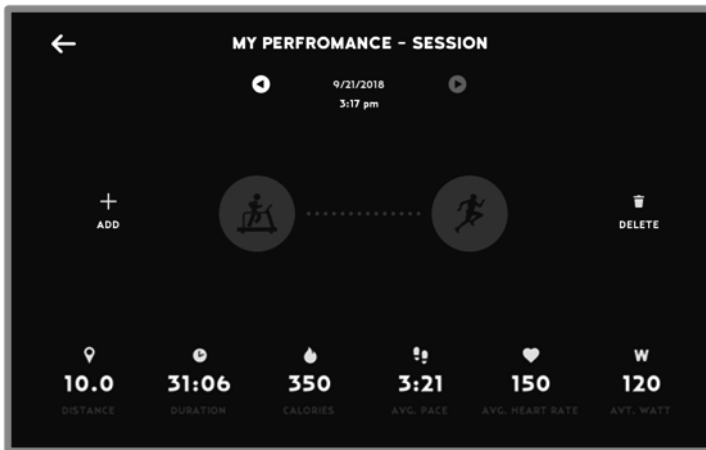
Tap to skip to HOME Screen.



Tap to view corresponding descriptions.

2.12 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 a session.

Tap **DELETE** to delete a session.

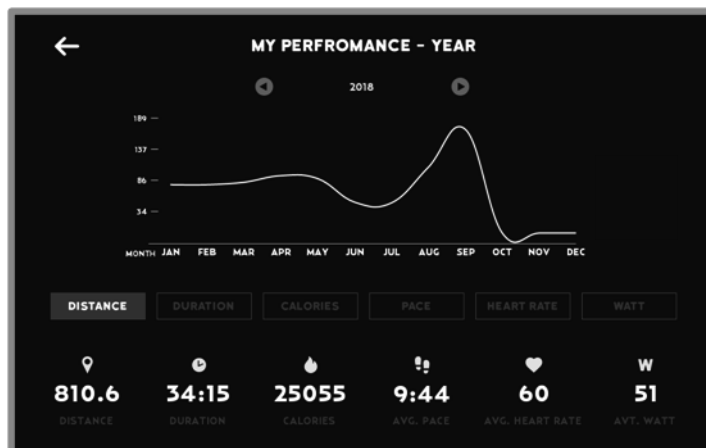
Tap arrow button to skip previous screen.



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.

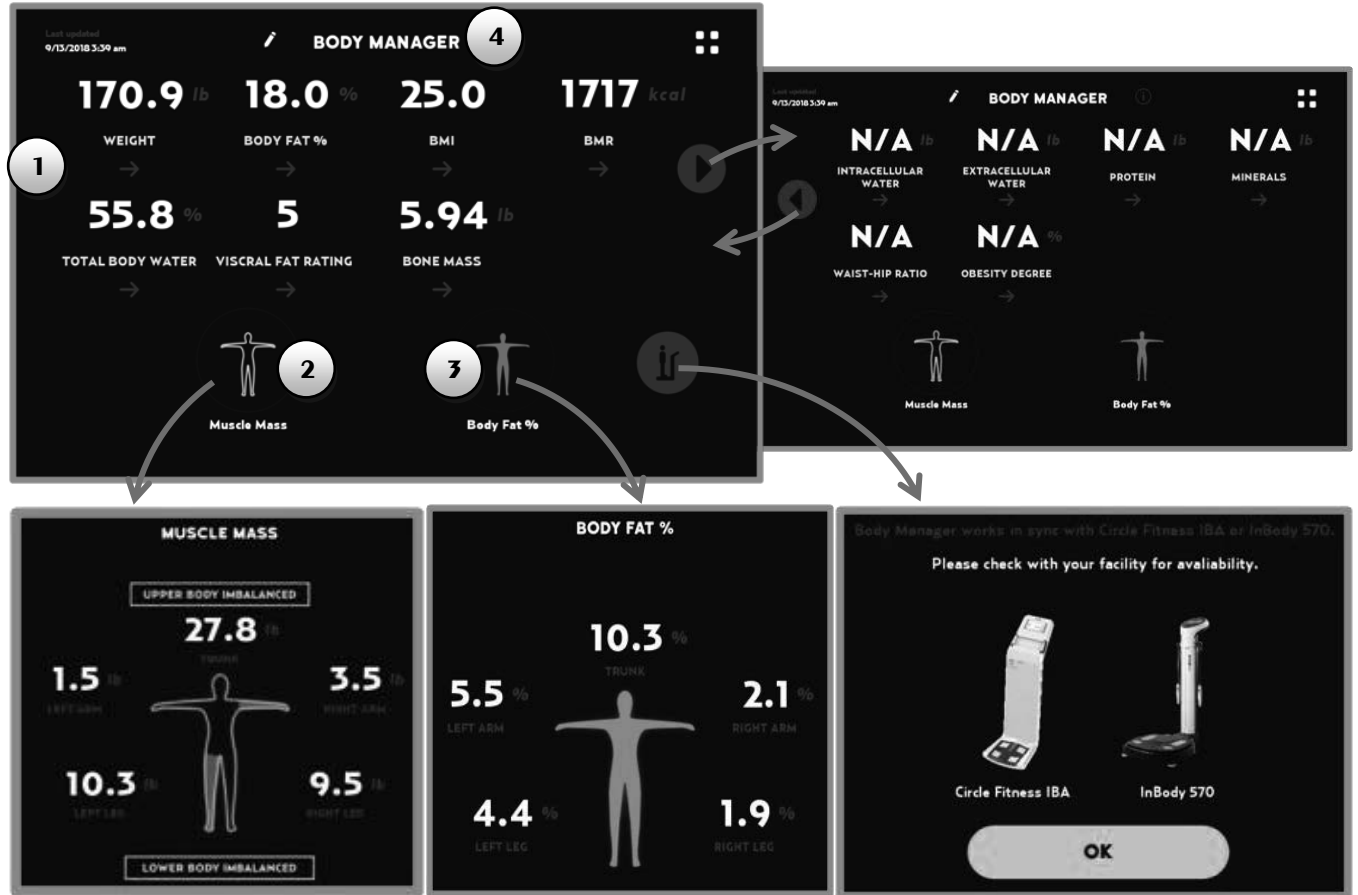
Tap arrow button to skip previous screen.


2.13 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.

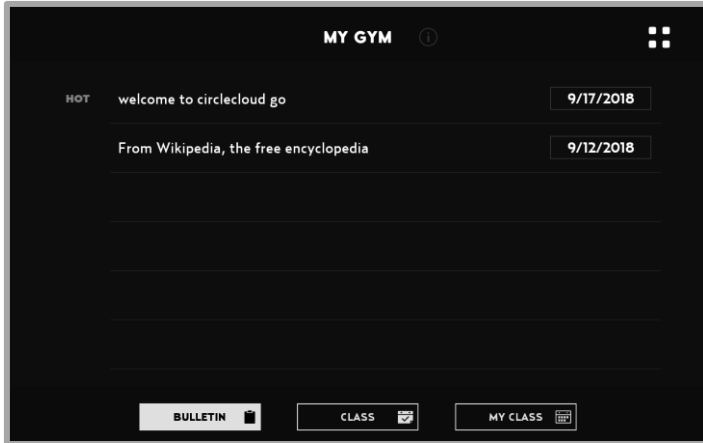


No.	Field/ Button	Description
1	Key Measurements	Weight/ Body Fat %/ BMI /BMR /Total Body Water/ Visceral Fat Rating/ Bone Mass/ Intracellular Water/ Extracellular Water/ Protein/ Minerals/ Waist-Hip Ration/ Obesity Degree
2	Muscle Mass	Tap to view your distribution of muscle mass.
3	Body Fat %	Tap to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

2.14 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**).

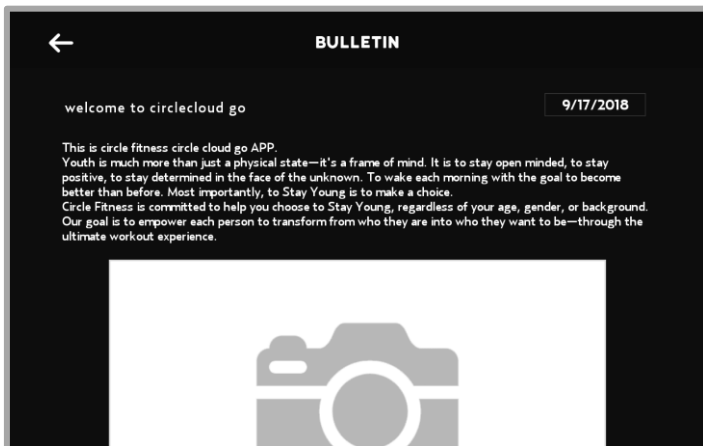


BULLETIN

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

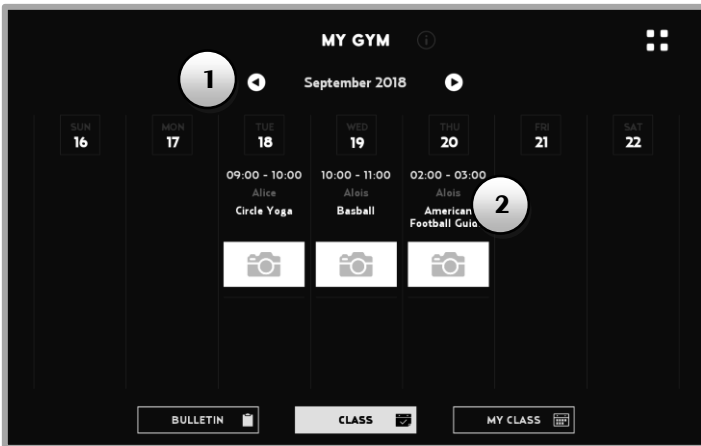
Tap the title on bulletin to get more information.

Tap  to skip HOME Screen.



2.14 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.

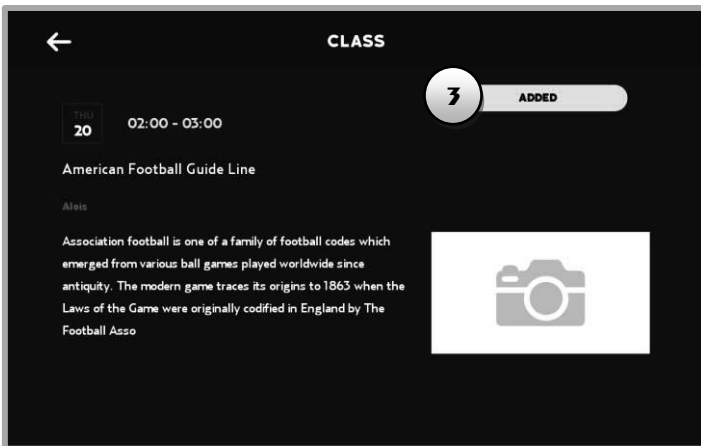


Tap to view the schedule of previous or next week.

2) Class Information

3) ADDED

Tap to add this class to your calendar.



2.14 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

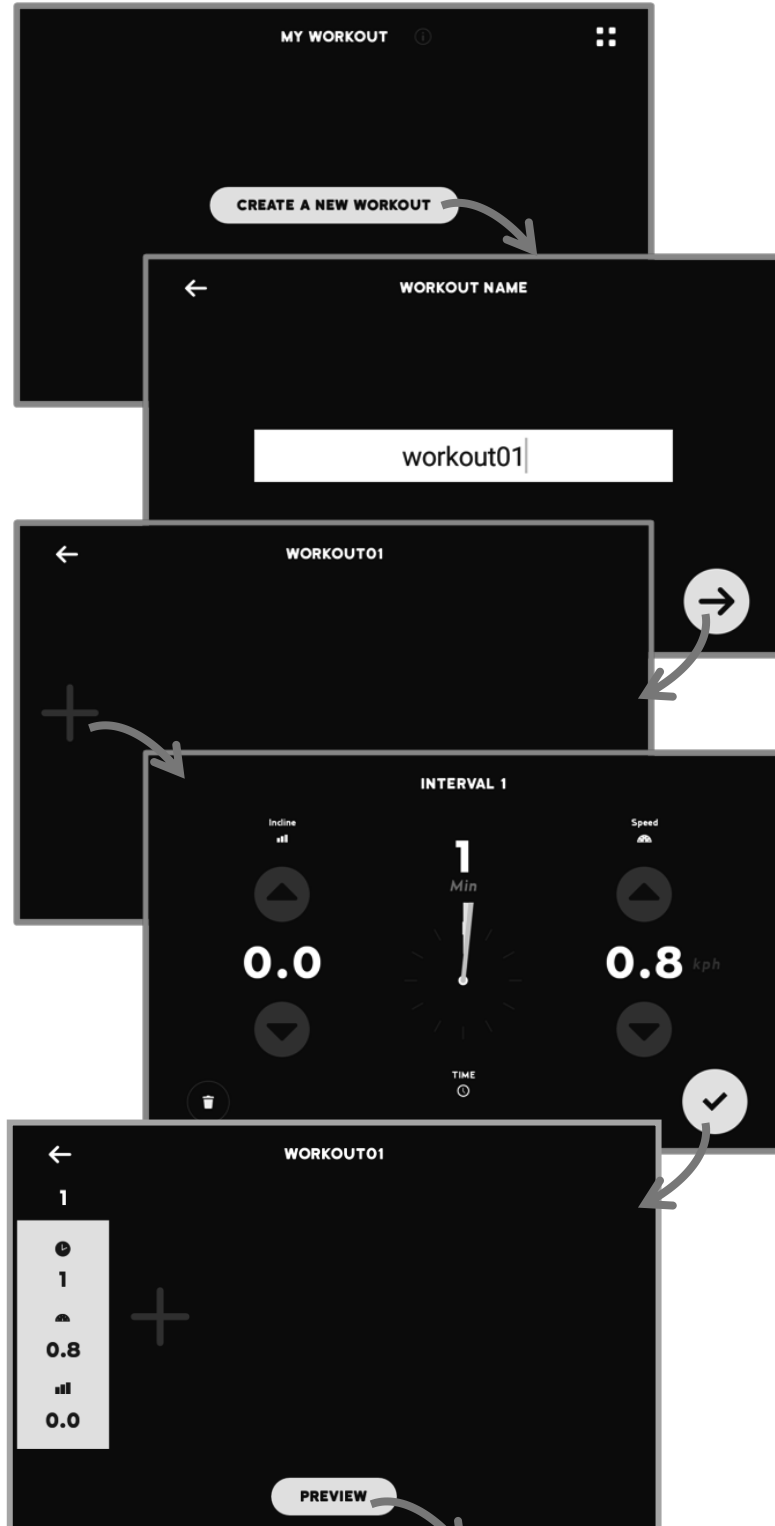
Tap to remove this class from your calendar and the screen is shown as below.

2.15 MY WORKOUT

Go to HOME Screen > MY WORKOUT Screens

My Workout allows you to speed and incline 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, Speed and Incline.

NOTE: 50 intervals can be set.


Tap to next screen.


2.15 MY WORKOUT(Continued)


Go to HOME Screen > MY WORKOUT Screens

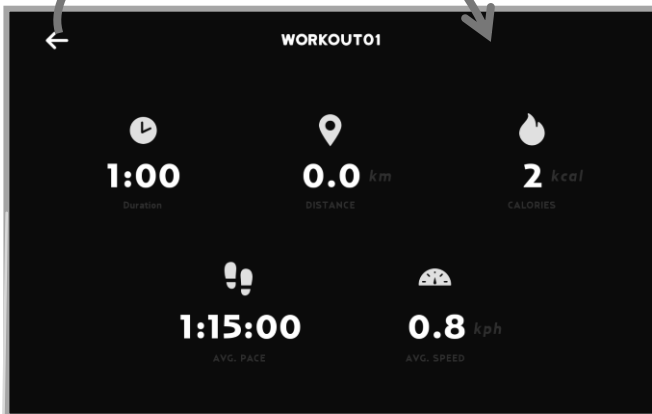


Workout Profile Preview Screen


Tap  to back to previous screen.

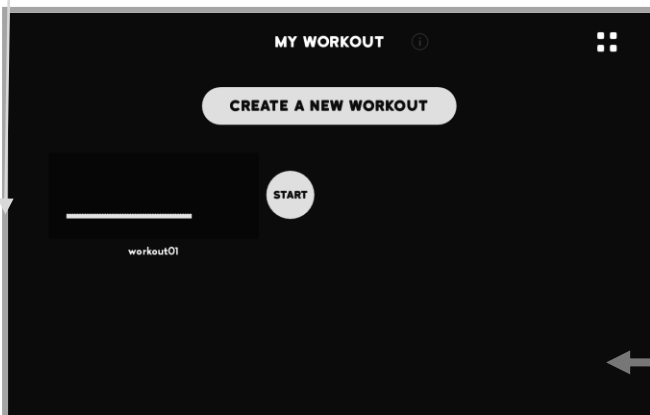
Tap  to view your workout settings.


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





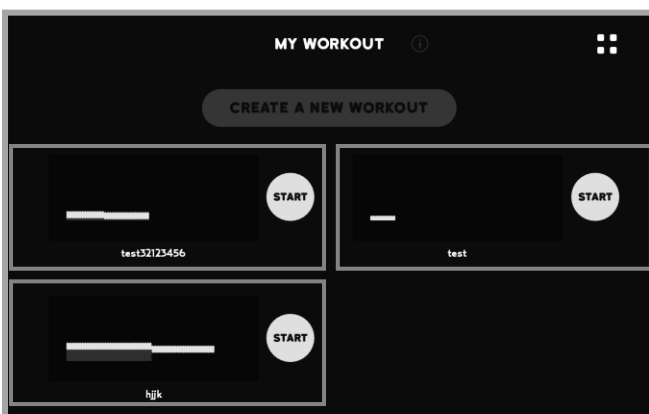
Workout Detail Screen

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)

