

circle
FITNESS

Stay Young

Owner's Manual

**M7 S
Treadmill**

**Display Type:
8 inch Touch Screen**

PART A

ASSEMBLY

TABLE OF CONTENTS

INTRODUCTION	A-4
1. SAFETY	A-5
1.1 Important Safety Notes	A-5
1.2 Grounding Instructions	A-7
1.3 Electrical Requirements	A-7
1.4 Emergency Stop Key & Emergency Stop Button	A-8
2. ASSEMBLY	A-9
2.1 Specifications	A-9
2.2 Machine Overview	A-10
2.3 Location and Transportation	A-11
2.4 Unpacking	A-12
2.5 Assembly Procedures	A-16
2.6 Adjustments	A-22
2.7 WIFI and Unit Setting	A-25
2.8 Test Operation	A-26
3. OPERATION	A-27
3.1 Heart Rate System	A-27
3.2 Emergency Stop	A-27
3.3 Quick Shift (Optional)	A-28
3.4 USB Port & Fan (Optional)	A-28
3.5 Body Position	A-28
4. MAINTENANCE	A-29
4.1 Preventive Maintenance Tips	A-29
4.2 Preventive Maintenance Schedule	A-29
4.3 Error Message and Solutions	A-30
4.4 How to Adjust and Tension the Running	A-33
4.5 Running Belt and Running Deck Service Schedule	A-33
5. CUSTOMER SERVICE	A-34
5.1 Warranty Claim Process	A-34

INTRODUCTION

Dear Customer,

Thank you for purchasing this product.

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

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



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1. SAFETY

1. 1 Important Safety Notes

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

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

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



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

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

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

WARNING: Do NOT insert any object into any openings.

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

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

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

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

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

1. 1 Important Safety Notes (Continued)

WARNING: Make sure all screws and nuts are securely tightened before operating this equipment. Periodic maintenance is required on all exercise equipment to keep it in good condition.

WARNING: Incorrect/ excessive training can cause health injuries. Stop using the equipment when feeling uncomfortable.

WARNING: Turn OFF the power switch when the equipment is not in use.

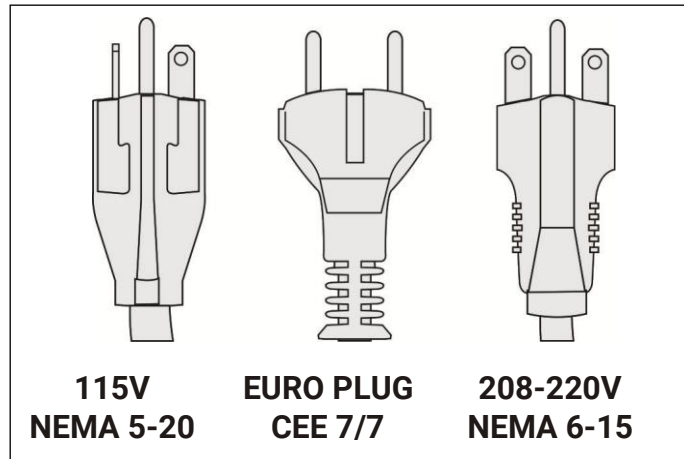
WARNING: If the power cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid any hazard.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

1.2 Grounding Instructions

This unit 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 unit 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.

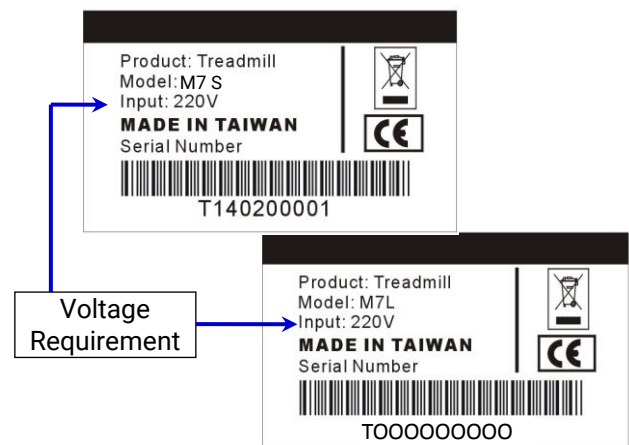


DANGER! Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the treadmill is properly grounded. Do NOT modify the plug provided with the treadmill. If it doesn’t fit the outlet, get a proper outlet installed by a qualified technician.

1.3 Electrical Requirements

Important Voltage Information

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



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

- 1) 115 VAC 5%, 60 Hz, 20 amps
- 2) 208/220 VAC, 60 Hz, 15 amps
- 3) 230 VAC 5%, 50 Hz, 15 amps

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

1.4 Emergency Stop Key & Emergency Stop Button

Emergency Stop Key

The Emergency Stop Key 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.

The Emergency Stop Key must be attached at waist level to your clothing before your workout. (Fig 1.4-1)

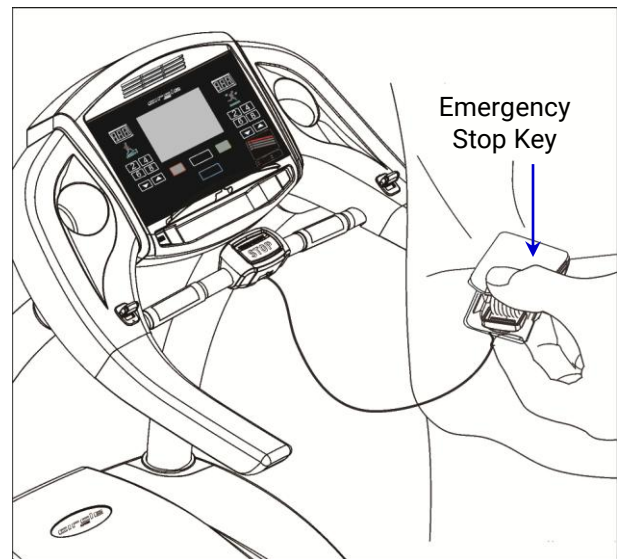


Fig 1.4-1

WARNING: Always attach the Emergency Stop Key to your clothing during your workout. When you use the machine, only remove the Emergency Stop Key in an emergency.

WARNING: When the key is removed while the machine is in operation, it will stop quickly, which could cause the loss of balance and possible injury.

Emergency Stop Button

This unit is equipped with an Emergency Stop Button (Fig 1.4-2), it's allows the user an additional safety feature in case of emergency. Upon pushing the button the treadmill will stop.

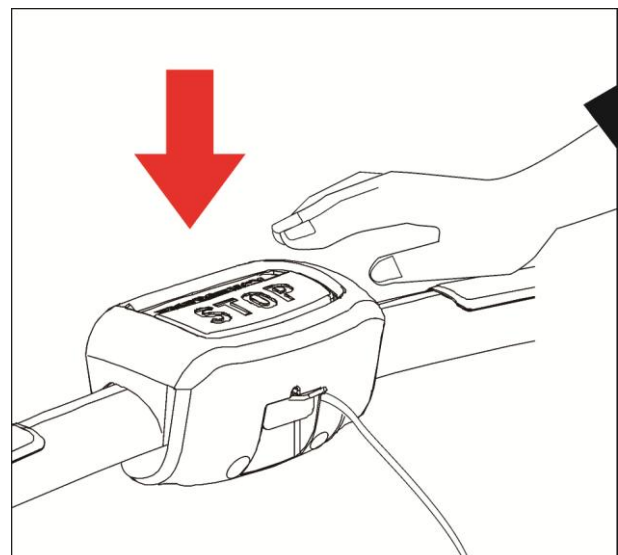


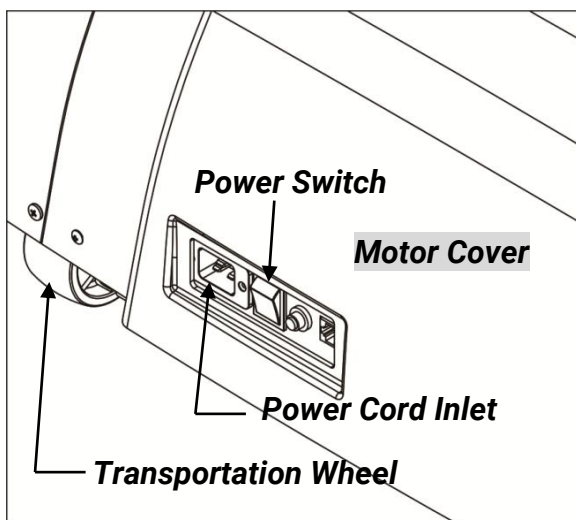
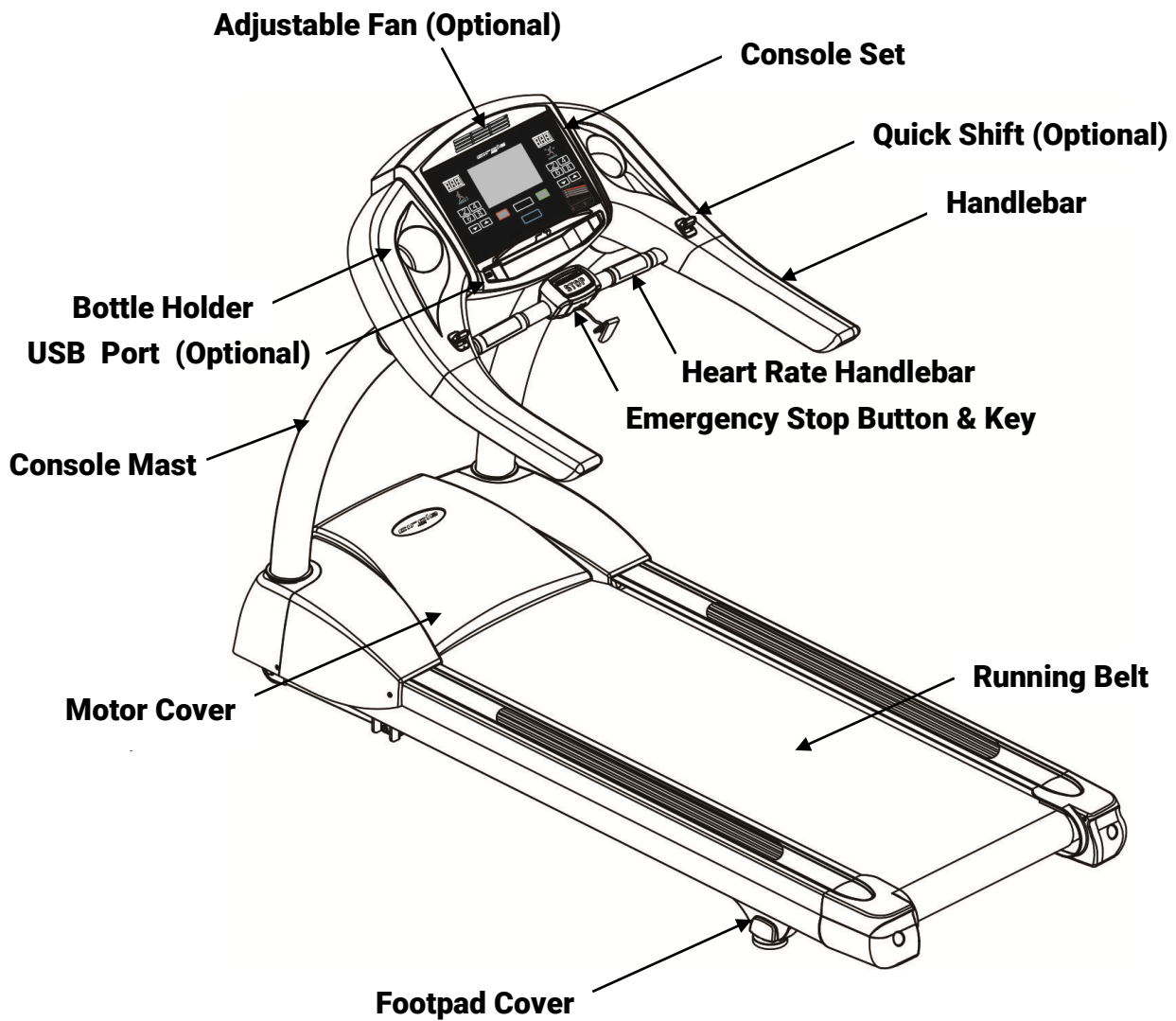
Fig 1.4-2

2. ASSEMBLY

2.1 Specifications

Model	M7	M7L
Technical Specifications		
Deck	Reversible Deck	Pre-waxed Reversible Deck
Belt	Commercial Grade	Commercial Grade
Running Area	1530 x 550 mm/ 60 x 22 in	
Speed	0.5 ~ 20 km/ 0.3 ~12.5 MPH	
Incline	0-16% (Levels)	
Roller	90 mm/ 3.5 in	
Max. User Weight	182 kgs / 400 lbs	
Electrical Specifications		
Motor (HP)	3.0 HP (Continuous) / 5.0 HP (Treadmill Duty)	
Power Requirement	Powered 110Vac/220Vac \pm 20%, 20A, 50-60Hz	
Display Type	8 inch touch screen with 2 LEDs	
Dimensions		
Unit Dimensions	2150x930x1490 mm/ 85x37x59 in	
Unit Weight	164.5 kgs/ 361.9 lb	
Packaged Dimensions (Body)	2270x940x390 mm/ 90x37x15 in	
Packaged Dimensions (Console)	970x590x310 mm/ 38.2x23.2x12.2 in	
Features		
Safety Stop	Standard	
Safety Stripe Print on Belt	Standard	
Quick Shift	N/A	Standard
Fan	*Optional	
Bottle Holder Storage	Standard	
HR Sensors & Telemetry	Standard	
HR Chest Belt	*Optional	

2.2 Machine Overview



2.3 Location and Transportation

Location

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

Minimum clearance is 19.7 inches (0.5 meters) on the sides of the unit and 78.7 inches (2.0 meters) behind the unit. (Fig 2.3-1)

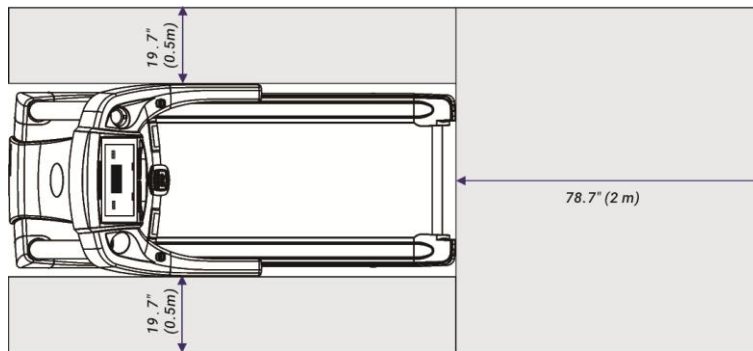


Fig 2.3-1

Transportation

WARNING: Be sure the equipment is unplugged before moving.

To move the equipment, carefully lift the rear end of the treadmill allowing the 2 front transport wheels (Fig 2.3-2) to make contact with the floor. Carefully steer the equipment to another location.

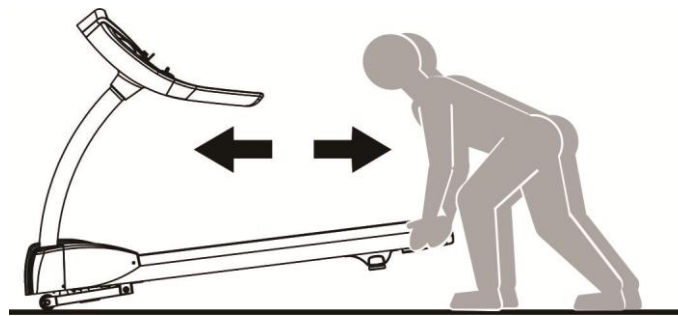


Fig 2.3-2

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

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

2.4 Unpacking

To unpack the treadmill, please the following steps.

1. Carefully remove all staples from the carton.
2. Open the **Carton 1** and remove the packing materials to take out the Console. (Fig 2.4-1)

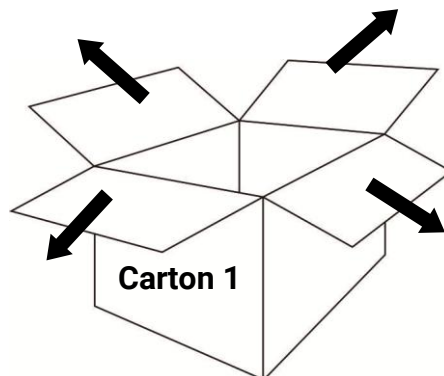


Fig 2.4-1

3. Open the **Carton 2** and remove the upper cardboard piece. (Fig 2.4-2)

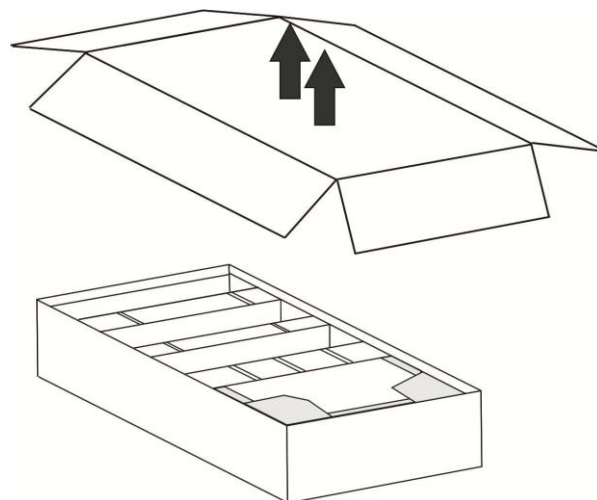


Fig 2.4-2

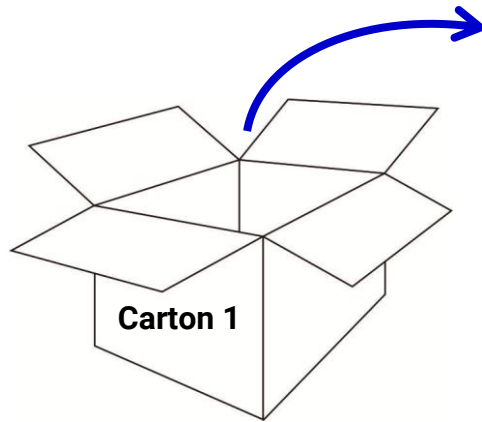
3. Remove all parts from the **Carton 2** and card board inserts.
4. Set the all the parts down near the spot where you plan to install the equipment.
5. With the help of at least one other person, remove all the packing materials and place the main body assembly on a level flat surface.

2.4 Unpacking (Continued)

Please verify that you have parts as per the list shown below.

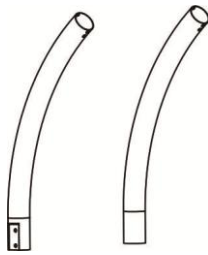
NOTE: Make sure that Serial Number on **Carton 1** matches that on **Carton 2**.

Carton 1:



1 Console Set

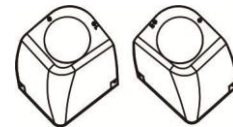
Carton 2:



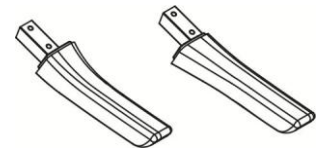
2 Right/ Left Console Mast



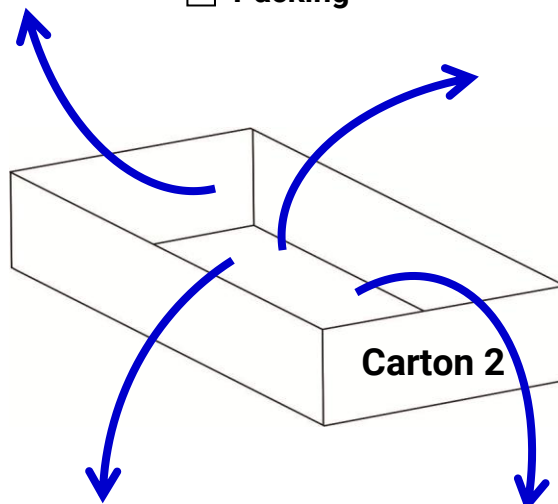
3 Packing



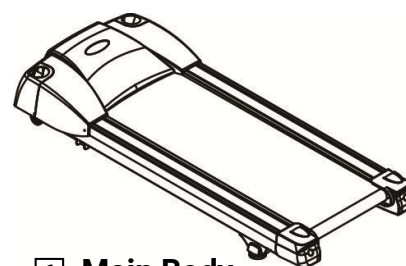
4 Right/ Left Console Mast



5 Right/ Left Console Handlebar



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



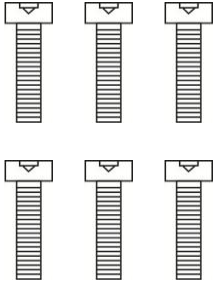
6 Main Body

2.4.1 Hardware Kit

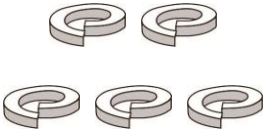
Please verify the hardware kit list as shown below:

STEP 2

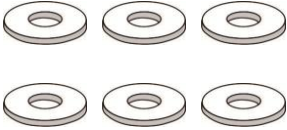
(1) M12 x 30 mm Screws (6 PCS)



(2) M12 Lock Washers (6 PCS)



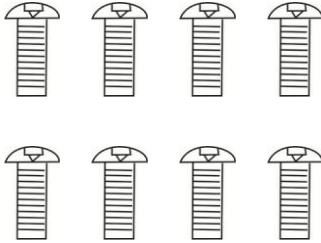
(3) M13 Flat Washers (6 PCS)



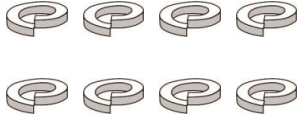
(for Console Mast Set & Main Body)

STEP 4

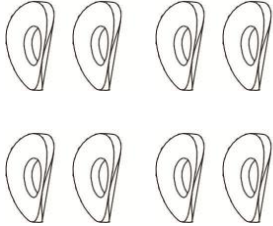
(1) M8 x 15mm Screws (8 PCS)



(2) M8 Lock Washers (8 PCS)



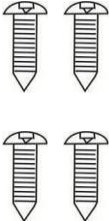
(3) Curve Washers (8 PCS)



(for Console Mast Set)

STEP 5

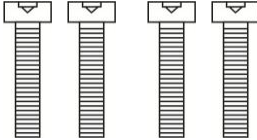
M15 x15 mm Screws (4PCS)




(for Console Mast Cover)

STEP 6


(1) M8 x 25mm Screws (4PCS)



(2) M8 Flat Washers (4 PCS)





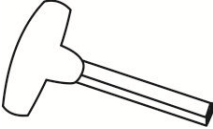
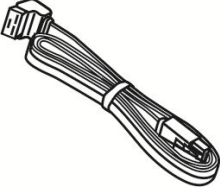


(3) M8 Lock Washers (4 PCS)



(for Console Handlebar)

2.4.2 Tools

Please verify the tools list as shown below:

Allen Wrench (5mm)	Allen Wrench (10mm)
	
T-handle Allen Wrench (6mm)	Power Cord
	
Owner’s Manual	End Caps
	

2.5 Assembly Procedures

STEP 1: Remove the Motor Cover.

Unscrew the (4) **Motor Cover Screws #1** with the provided 5mm Allen Wrench (Fig 2.5-1). Put the **Motor Cover #2** aside. (Fig2.5-1)

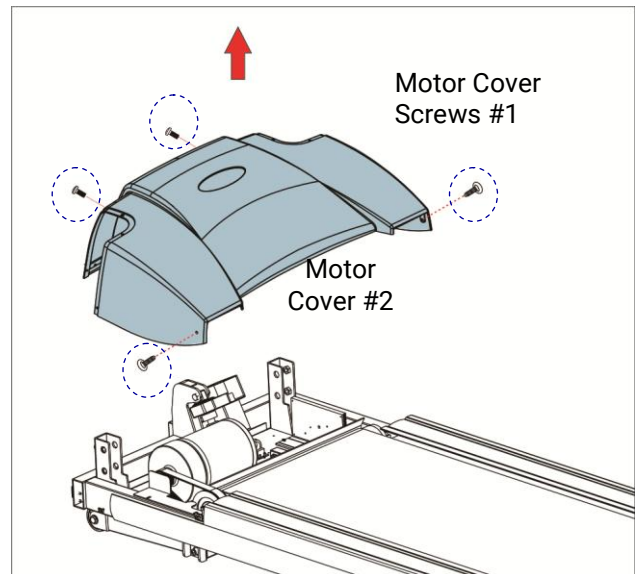



Fig 2.5-1

Required Tool	Required Parts/ Hardware Kit
 <p>Allen Wrench (5 mm)</p>	<p>N/A</p>

STEP 2: Attach Console Mast to the Main Body.

- 1) Thread the **Console Wire & Power Wire #1** on the **Guiding Wire #2** and through the **Right Console Mast #3**. (Fig2.5-2A)
(The Right Console Mast is with green bag and R label on the bag.)

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

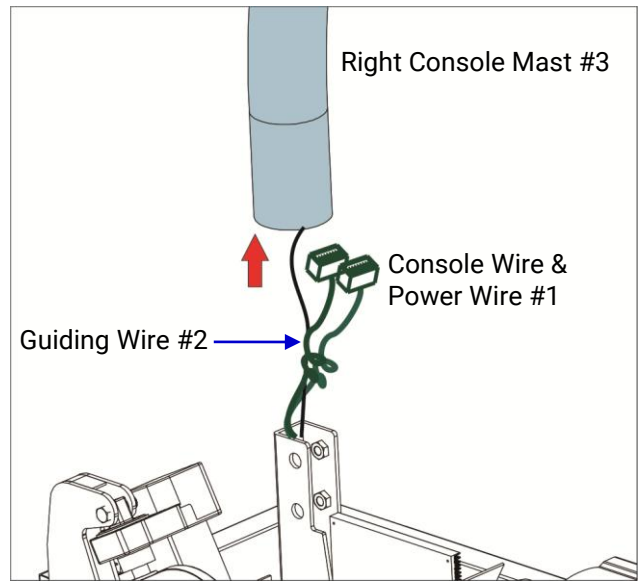


Fig 2.5-2A

- 2) Position the **Right & Left Console Masts #3 & #4** on the front corner of the Main Body. (Fig2.5-2B)
 - 3) Tighten (6) **M12x30mm Screws#5** and (6) **M12 Lock Washers #6** and (6) **M12 Flat Washers #7** with 10 mm Allen Wrench. (Fig2.5-2B)
- NOTE:** Do NOT secure these screws tightly in this step.

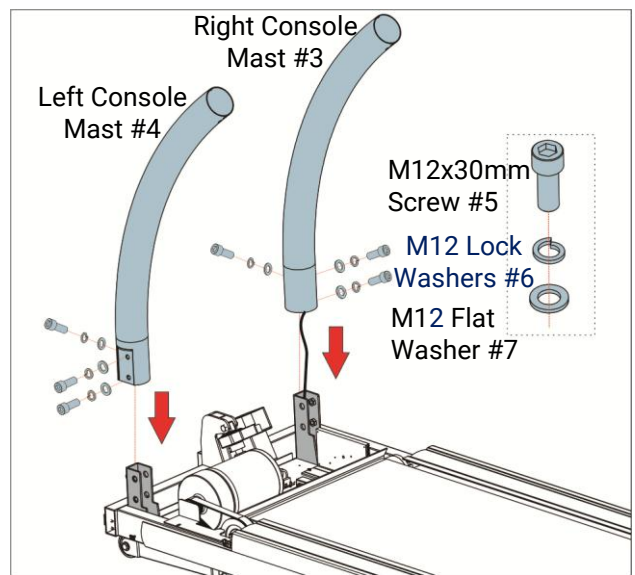


Fig 2.5-2B

Required Tool	Required Parts/ Hardware Kit			
<p>Allen Wrench (10 mm)</p>	<p>Right/ Left Console Mast</p>	<p>M12 x 30 mm Screws (6 PCS)</p>	<p>M12 Lock Washers (6 PCS)</p>	<p>M12 Flat Washers (6 PCS)</p>

STEP 3: Attach the Cover on the Console Mast.

Slide the **Left & Right Console Mast Covers #1** and (2) **Packings #2** into two sides of console mast. (Fig2.5-3)

NOTE: The Right Console Mast Cover is in a green bag and the Left Console Mast Cover is in a transparent bag.

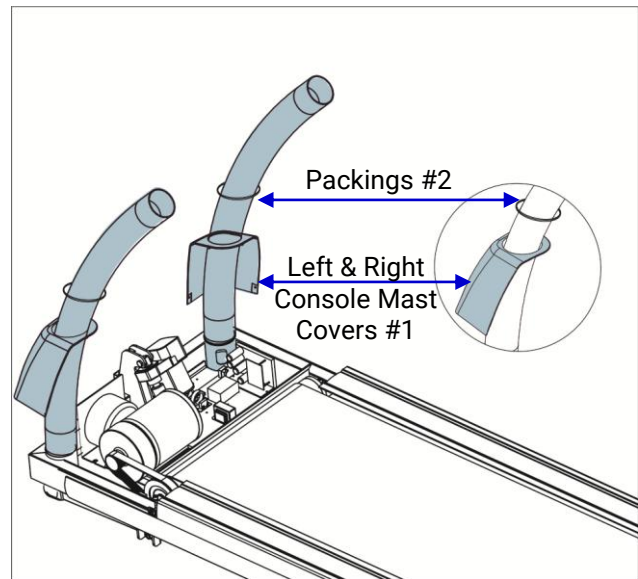

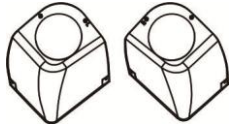


Fig 2.5-3

Required Tool	Required Parts/ Hardware Kit	
N/A	 Packing (2 PCS)	 Left & Right Console Mast Covers

STEP 4: Attach the Console to the Console Mast.

- 1) Connect the **Console Wire & Power Wire #1** and then remove the guiding wire from the right console mast.
- 2) Place the Console on top of the Console Mast. Tighten (8) **M8x15mm Screws #2**, (8) **M8 Lock Washers #3** and (8) **Curve Washers #4** with a 5mm Allen Wrench. (Fig2.5-4A)
- 3) Put (4) **End Caps #5** into console lower cover. (Fig2.5-4B)

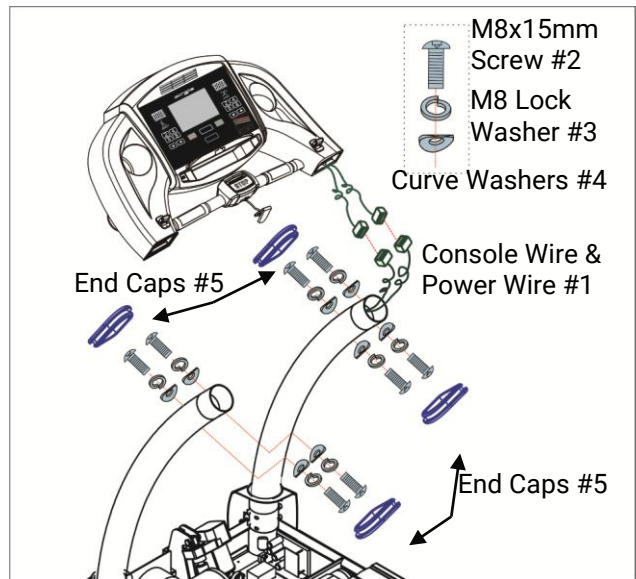


Fig 2.5-4A

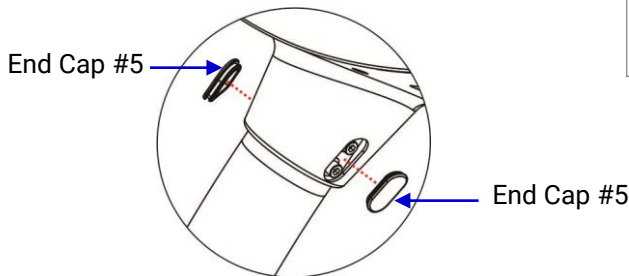


Fig 2.5-4B

- 4) Tighten (6) M12x30mm Screws on the lower console mast (mentioned in STEP 2). (Fig 2.5-4C)

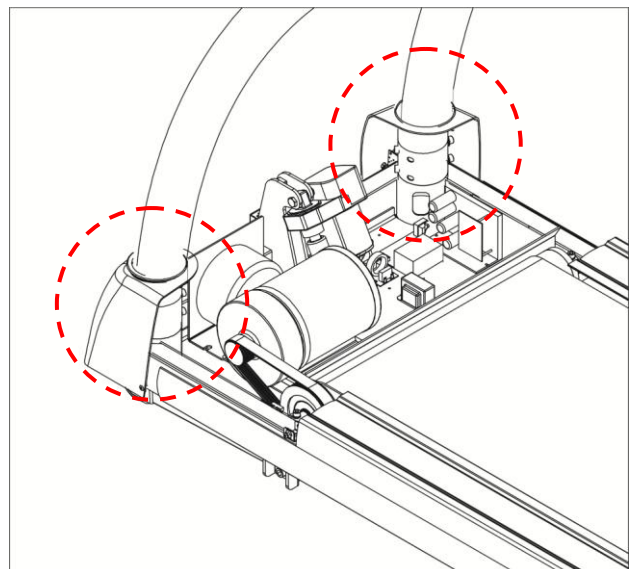






Fig 2.5-4C

Required Tool	Required Parts/ Hardware Kit		
 Allen Wrench (5 mm)	 M8 x 15mm Screws (8 PCS)	 M8 Lock Washers (8 PCS)	 Curve Washers (8 PCS)

STEP 5: Align and Reinstall Motor Cover.

Reinstall the **Motor Cover #1** by securing the **(4) M15 x15 mm Screws #2** with a 5mm Allen Wrench. (Fig2.5-5)

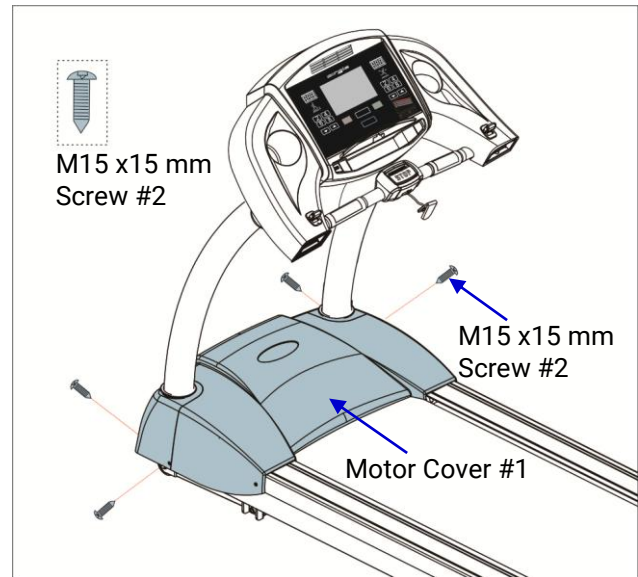




Fig 2.5-5

Required Tool	Required Parts/ Hardware Kit
 <p>Allen Wrench (5 mm)</p>	 <p>M15 x15 mm Screws (4PCS)</p>

STEP 6: Attach the Handlebars to the Console.

Use a T-handle Allen Wrench to secure **Handle Bars** on the Console with (4) **M8 x25mm Screws #1**, (4) **M8 Lock Washers #2** and (4) **M8 Flat Washers #3**. (Fig 2.5-6)

NOTE: The Right Handle Bar is in a green bag and the Left Handle Bar is in a transparent bag.

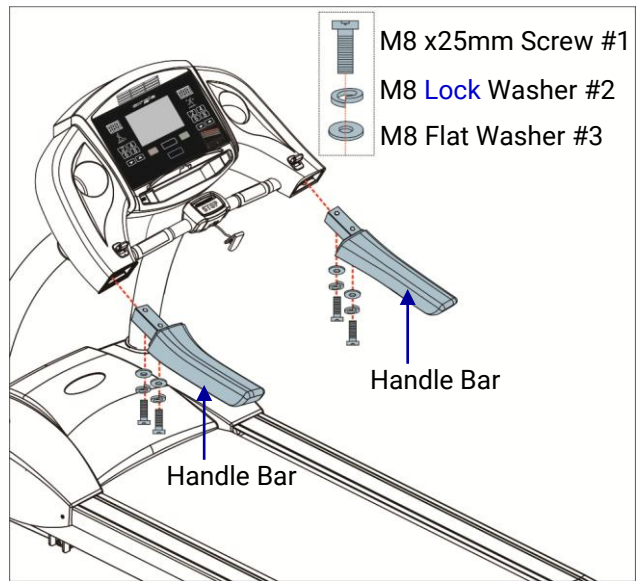
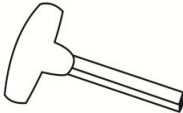
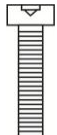


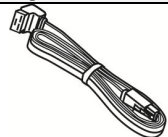


Fig 2.5-6

Required Tool	Required Parts/ Hardware Kit		
 T-handle Allen Wrench	 M8 x 25mm Screws (4PCS)	 M8 Flat Washers (4 PCS)	 M8 Lock Washers (4 PCS)

STEP 7: Connect the Power.

Plug the power cord to the **Power Cord Inlet#1** and plug the other end into an Electrical Outlet. (Fig 2.5-7)

Required Tool	Required Parts
N/A	 Power Cord

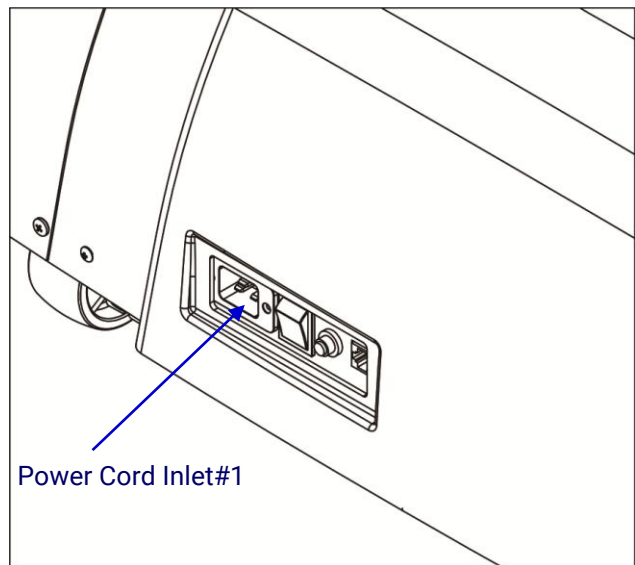


Fig 2.5-7

2.6 Adjustments

2.6.1 Leveling

NOTE: Please remove the (Right /Left) **Adjustable Pad Cover #1** by removing the **Screw #2** & **Screw #3** before leveling adjustment. (Fig 2.6-1)

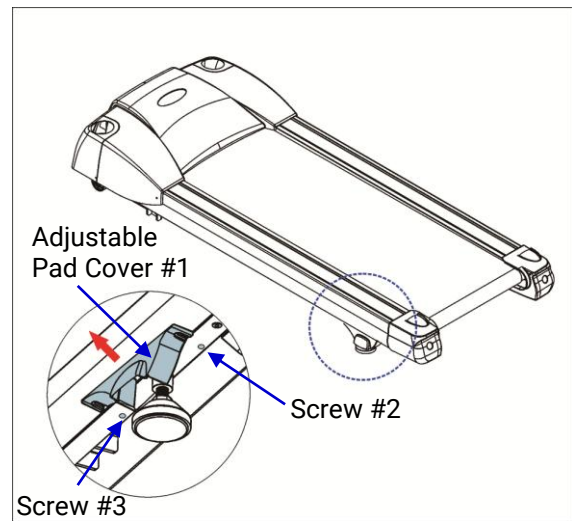


Fig 2.6-1

Make balance adjustment directly from the **Height Adjustment Bolts** located in the supporting pads. (Fig 2.6-2)

The unit should rest evenly on its supporting pads without vibration or swiveling.

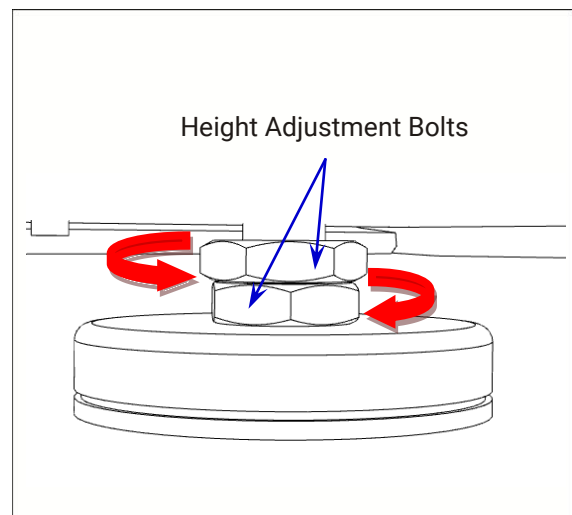


Fig 2.6-2

Reinstall the **Adjustable Pad Cover #1** after leveling is completed.

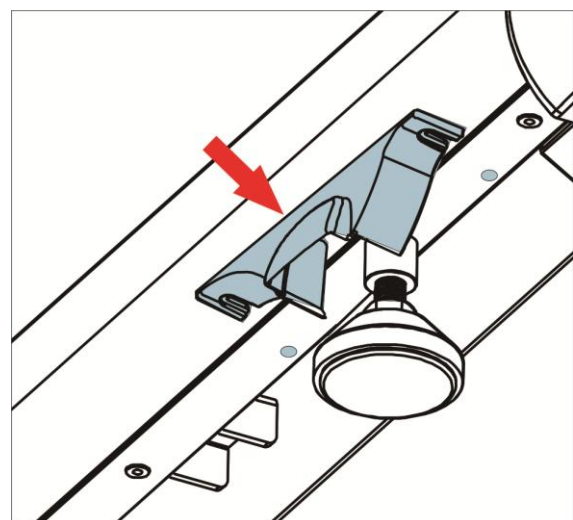


Fig 2.6-3

2.6.2 Running Belt Adjustments

(1) 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. (Fig 2.6.2-1)

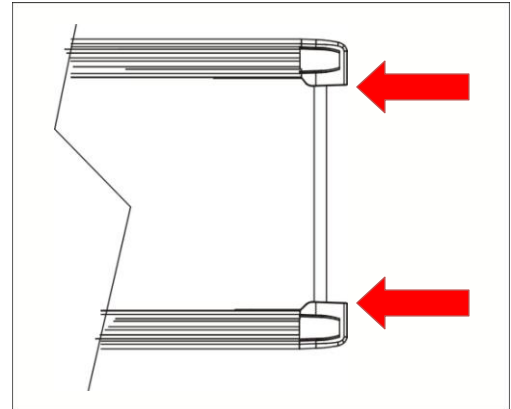


Fig 2.6.2-1

(2) Running Belt Travel Centering

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 re-center or while nobody is on the running belt.

If the running belt remains consistently off-center, you will need to center the running belt manually. The centering procedures are below:

Step1. Start the treadmill without anyone on the running belt, press (SPEED UP) button until speed reached 6 KPH (3.7 MPH).

Step2. 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 turn. (Fig 2.6.2-2)

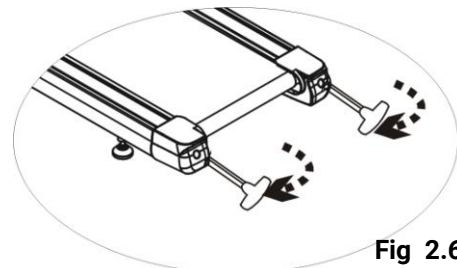


Fig 2.6.2-2

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 turn. (Fig 2.6.2-3)

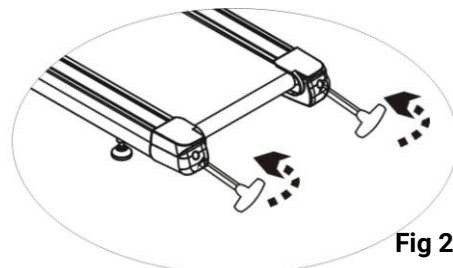


Fig 2.6.2-3

c. If the belt is still not centered, repeats the above steps until the running belt is on center.

Step3. After the belt is centered, increase the speed to 16 KPH (10 MPH) 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.

(3) Running Belt Tension

To Increase the Running Belt Tension:

Step1. 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.

Step2. Repeat Step1 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.

Step3. Repeat Step 1 and Step 2 until the slipping is eliminated.

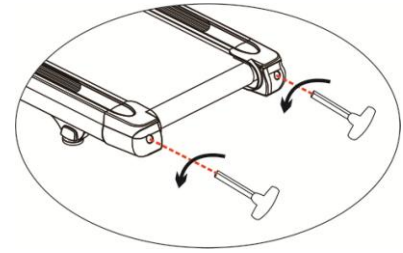


Fig 2.6.2-4
(Turn clockwise to Increase the running belt tension.)

IMPORTANT: 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. Over tightening may result in a portion of the warranty becoming void.

To decrease the Running Belt Tension:

Turn both bolts counterclockwise the same number of turns.

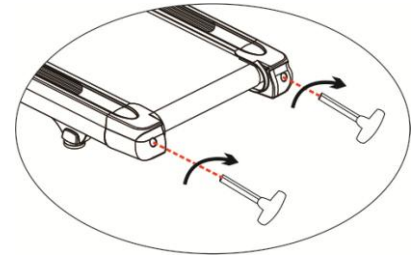
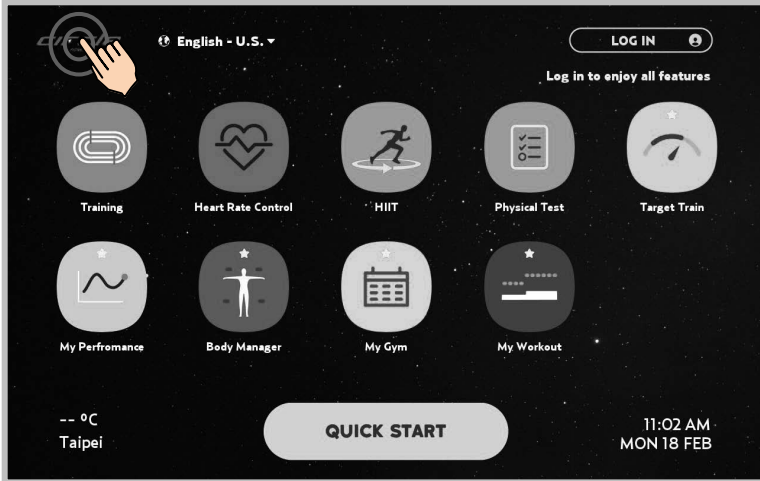


Fig 2.6.2-5
(Turn counter-clockwise to decrease the running belt tension.)

2.7 WIFI and Unit Setting

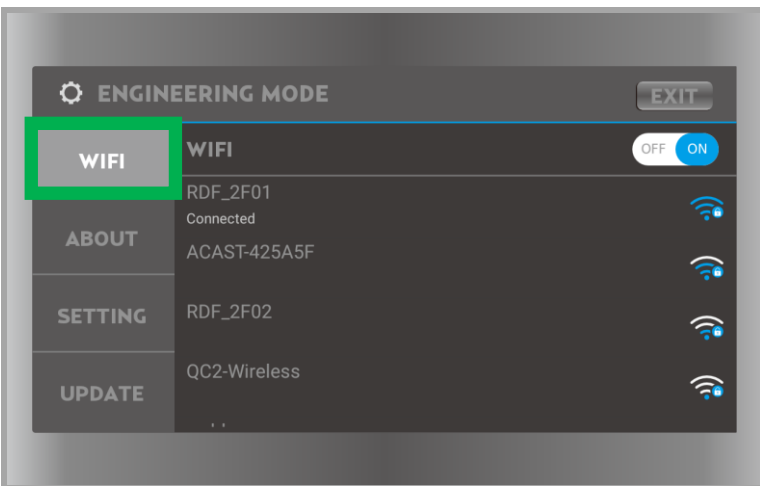
This console features an engineering mode that allows you to personalize console settings and to set up and manage a wireless network connection.

Get into Engineering Mode



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

Engineering Mode - WIFI Setting



WIFI ON/OFF

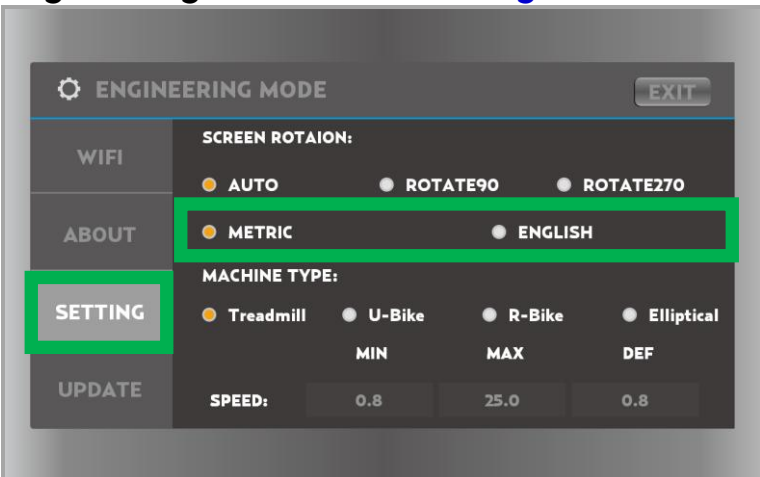
Slide the **ON/OFF** button to enable/disable WIFI connection.

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

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

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

Engineering Mode - Unit Setting



Unit Setting (Metric or Imperial)

Choose your measurement unit.

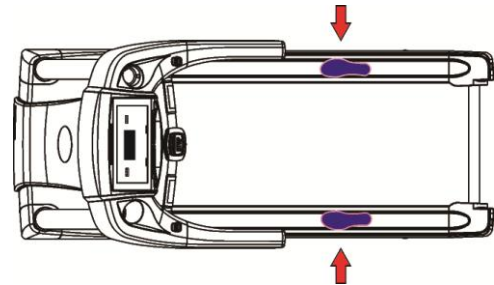
Exit the Engineering Mode

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

2.8 Test Operation

Use the following instructions to test the full speed and incline range of the treadmill and to check the belt for proper operation.

CAUTION: During this procedure STAY OFF THE RUNNING BELT! Stand with your feet on the two anti-slip rails.



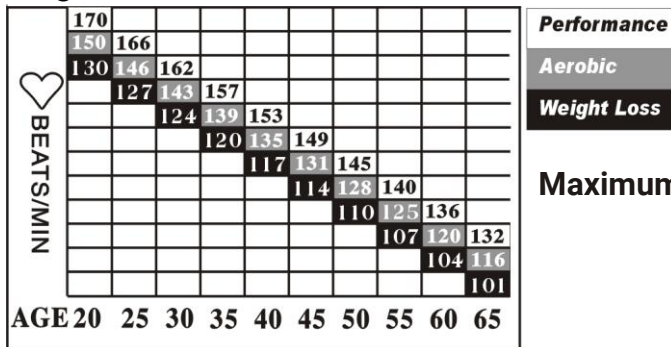
1. Without anyone on the treadmill, plug the power cord into a power outlet from a grounded, dedicated circuit as described in **chapter 1.3 Electrical Requirements**.
2. Turn on the Power Switch, the console will light up and begin initializing.
3. Press the **START** button. The console begins a countdown “3...2...1” and sounds a tone for each count.
4. Press and hold the **SPEED ▲** button until the treadmill reaches a speed of approximately **4 mph (6.4 KPH)**, as indicated on the display.
5. **Observe if the belt is running properly:**
Running belt should stay centered in the middle of the deck. If running belt is not centered, please make fine adjustment as described in chapter 2.6.2 “Running Belt Adjustments”.
6. **Run the treadmill through its full speed range:**
First press the **SPEED ▲** button until the treadmill reaches its highest speed, **12.5 MPH (20 KPH)**. Then press the **SPEED ▼** button until the treadmill is back to **0.3 MPH (0.5 KPH)**.
7. **Run the treadmill through its full incline range:**
Press the **INCLINE ▲** button until the treadmill reaches its highest grade (**18%**). Next press the **INCLINE ▼** button until the treadmill is down to **0%** grade.
8. Press **STOP** button to stop the running belt and press **STOP** button again to return to IDLE mode.

3. OPERATION

3.1 Heart Rate System

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

Target Heart Rate Chart



Maximum Heart Zone = 220-Your Age

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

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

Heart Rate Handlebar (Standard)

Place the palms of your hands directly on the heart rate handlebars. Both hands must grip the bars for your heart rate to register.

When gripping the handlebars, do not grip tightly. It is recommended that you hold the handlebars only long enough to see your heart rate readout on the console.

IMPORTANT: Please stand on the side rails to get the correct reading. If the heart rate reading is required during running, please use chest belt (optional) to measure the heart rate remotely.

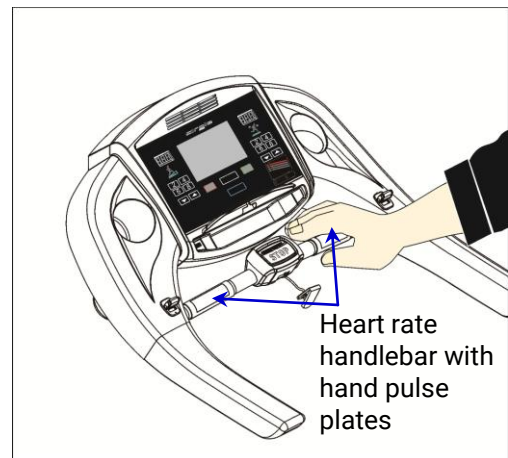


Fig 3.1-1

Chest Belt (Optional)

Prior to wearing the chest belt on your chest, center the chest strap just below the breast or pectoral muscles, directly over your sternum.

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

3.2 Emergency Stop

Please refer to **Chapter 1.4 - Emergency Stop Key & Emergency Stop Button** in this owner’s manual.

3.3 Quick Shift (Optional)

Quick Shift allows easy and effective adjustments to speed and incline to accommodate your exercise during workout.

Speed Quick Shift

Press Quick Shift up/down to increase speed or decrease speed.

Incline Quick Shift

Press Quick Shift up/down to adjust incline level.

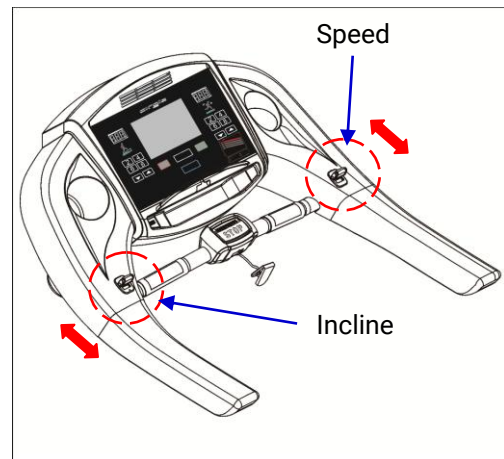


Fig 3.3-1

3.4 USB Port & Fan (Optional)

USB Port (Optional)

USB port on the console mainly acts as a Smartphone charger, and it will not upload any file/data from your Smartphone to the treadmill console.

Charging specification: 5V/0.5A

Fan (Optional)

Fan on the console provides a cool breeze while exercising.

Press the Fan button to active multiple levels.

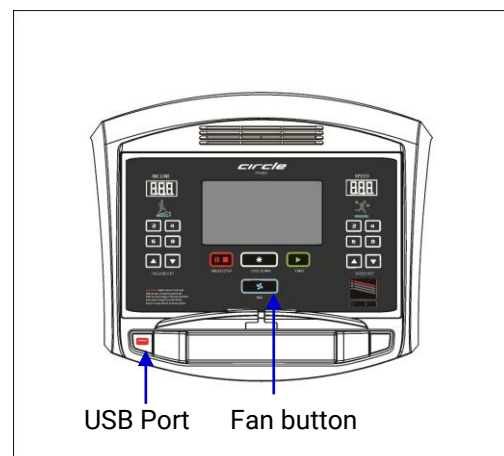


Fig 3.4-1

3.5 Body Position

WARNING: Walking or running backwards is prohibited.

Do NOT lean too far forward or back. The correct position is with your head up, shoulders aligned with your hips, arms loose with elbows at 90°, looking straight ahead.

The stepping pace must be regular, with legs and feet parallel to the treadmill centre line.

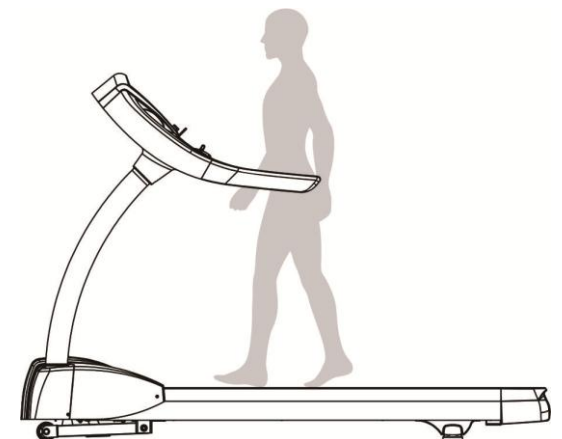


Fig 3.5-1

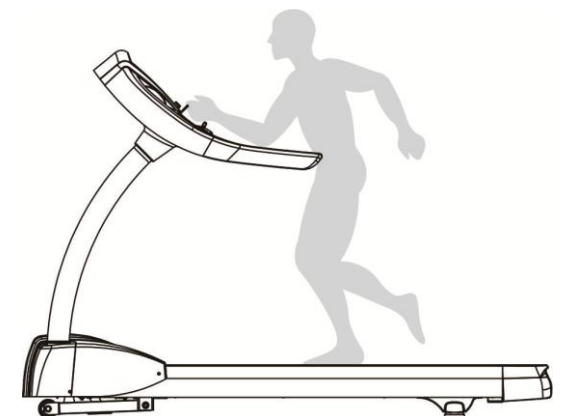


Fig 3.5-2

4. MAINTENANCE

4.1 Preventive Maintenance Tips

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

- Locate in a cool, dry place.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Use a 100% cotton cloth, lightly moistened with water and a mild liquid cleaning product, to clean. Other fabrics, including paper towels, may scratch the surface.
- Do NOT use ammonia or acid-based cleaners.
- **Brush away any wax deposits from the deck and belt area.**

4.2 Preventive Maintenance Schedule

Follow the schedule below to ensure proper operation of this equipment.

Number	Checking Item	Daily	Week	Month	Season	6 Months
1	Console Screws					Checking
2	Frame	Wipe				Checking
3	Surface of the Running Area		Clean(dust)			Checking
4	Power Cord			Checking		
5	Overlay	Wipe		Checking		
6	Handlebar	Wipe				Checking
7	Handlebar 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	Inverter					Clean(dust)
14	Motor Pulley & Groove					Checking
15	Running Belt			Visual Inspection		
16	Running Deck			Visual Inspection		

4.3 Error Message and Solutions

Item	Error Code & Error Message	Cause & Solution										
1.	ERROR CODES: 01H Voltage too low during operation	<p>Description: Output power is too low while in motion (DC Bus lower than 150V), input voltage of 220VAC system is lower than 110VAC, and input voltage of 110VAC system is lower than 70V AC.</p> <p>Causes and Solutions:</p> <ol style="list-style-type: none"> 1) Input voltage error: Check the input voltage to ensure range is within $\pm 20\%$. 2) Poor contact of input voltage cable: Check the cable connections. 3) Unstable input voltage: Instantly turn off and on the power, it won't release all the current from the system so that it can detect the error. 										
2.	ERROR CODES: 02H Temperature sensor error	<p>Description: The internal sensor of inverter is abnormal.</p> <p>Causes and Solutions: Replace motor driver.</p>										
3.	ERROR CODES: 04H Output over-current	<p>Description: Output current of inverter is overload, over than ratingX200 (M-7 rating 9.6A / M-8 rating 13A)</p> <p>Causes and Solutions:</p> <ol style="list-style-type: none"> 1) Running belt/deck is worn: It will cause the motor current (input current) to be too high. Should replace the running belt/deck and properly add lubrication (non-self lubricating system), check the input current status. Motor current (output current) should be the value as below, user weight is lower than 100 kilogram and under 8km/h: <table border="1" data-bbox="662 1288 1444 1433"> <thead> <tr> <th></th> <th>New installed</th> <th>Slightly worn</th> <th>Moderate worn</th> <th>Worn out</th> </tr> </thead> <tbody> <tr> <td>Output current</td> <td>5 ↓</td> <td>6 ↓</td> <td>7.5 ↓</td> <td>7.5 ↑</td> </tr> </tbody> </table> 2) Inverter is abnormal: sensor of inverter is abnormal, still occur error at normal loading current. Please replace the inverter. 3) Motor lack phase: It will increase the current, check motor cable UVW connection or measure U-V / V-W / W-U, regularly it should be low resistance not open circuit. 		New installed	Slightly worn	Moderate worn	Worn out	Output current	5 ↓	6 ↓	7.5 ↓	7.5 ↑
	New installed	Slightly worn	Moderate worn	Worn out								
Output current	5 ↓	6 ↓	7.5 ↓	7.5 ↑								
4.	ERROR CODES: 06H Input over-current	<p>Description: The operation voltage is too high .</p> <p>Causes and Solutions: It may happen in high incline level and heavy loading exercise. Contact your manufacture to get solution.</p>										

4.3 Error Message and Solutions (Continued)

Item	Error Code & Error Message	Cause & Solution										
5.	ERROR CODES: 08H Ground fault	<p>Description: Motor phase is failure and current is leakage.</p> <p>Causes and Solutions: Motor connection wires do not connect well and touch to the main frame. Please check motor connection.</p>										
6.	ERROR CODES: 0AH Motor overload	<p>Description: Motor output current is overload over rating X110 for few minutes(M-7 rating 9.6A / M-8 rating 13A)</p> <p>Running belt/deck is worn: It will cause the motor current (input current) to be too high. Should replace the running belt/deck and properly add lubrication (non-self lubricating system), check the input current status. Motor current (output current) should be the value as below, user weight is lower than 100 kilogram and under 8km/h:</p> <table border="1"> <thead> <tr> <th></th> <th>New installed</th> <th>Slightly worn</th> <th>Moderate worn</th> <th>Worn out</th> </tr> </thead> <tbody> <tr> <td>Output current</td> <td>5 ↓</td> <td>6 ↓</td> <td>7.5 ↓</td> <td>7.5 ↑</td> </tr> </tbody> </table>		New installed	Slightly worn	Moderate worn	Worn out	Output current	5 ↓	6 ↓	7.5 ↓	7.5 ↑
	New installed	Slightly worn	Moderate worn	Worn out								
Output current	5 ↓	6 ↓	7.5 ↓	7.5 ↑								
7.	ERROR CODES: 0BH Inverter overload	<p>Description: Inverter overload over ratingX150 for few minutes(M-7 rating 9.6A / M-8 rating 13A)</p> <p>Causes and Solutions: Running belt/deck is worn: It will cause the motor current (input current) to be too high. Should replace the running belt/deck and properly add lubrication (non-self lubricating system), check the input current status. Motor current (output current) should be the value as below, user weight is lower than 100 kilogram and under 8km/h:</p> <table border="1"> <thead> <tr> <th></th> <th>New installed</th> <th>Slightly worn</th> <th>Moderate worn</th> <th>Worn out</th> </tr> </thead> <tbody> <tr> <td>Output current</td> <td>5 ↓</td> <td>6 ↓</td> <td>7.5 ↓</td> <td>7.5 ↑</td> </tr> </tbody> </table>		New installed	Slightly worn	Moderate worn	Worn out	Output current	5 ↓	6 ↓	7.5 ↓	7.5 ↑
	New installed	Slightly worn	Moderate worn	Worn out								
Output current	5 ↓	6 ↓	7.5 ↓	7.5 ↑								
8.	ERROR CODES: 0CH System overload	<p>Description: The inverter output current overload(over 17.6A)</p> <p>Causes and Solutions: Replace a new inverter if it’s still shows the same message after restarting the treadmill. Replace the running belt or deck if always happening while running.</p>										
9.	ERROR CODES: 0DH Motor disconnect	<p>Description: Motor cable is not connected.</p> <p>Causes and Solutions: Check the motor cable connection.</p>										
10.	ERROR CODES: 0EH Dynamic braking error	<p>Description: The brake system of inverter is damaged.</p> <p>Causes and Solutions: Replace the inverter.</p>										

4.3 Error Message and Solutions (Continued)

Item	Error Code & Error Message	Cause & Solution										
11.	ERROR CODES: 21H Memory error	Description: Flash memory of the inverter is abnormal. Analysis and Solution: Please replace with new inverter.										
12.	ERROR CODES: 22H Memory error	Description: EEPROM of the inverter is abnormal. Analysis and Solution: Please replace with new inverter.										
13.	ERROR CODES: 23H Voltage too low	Description: The voltage is too low when treadmill in idle or setting mode. (NOTE: When the input AC power source is under 110V (220V system) / 65V (110V system), this error code will pops out.) Analysis and Solution: Please check the input AC power source.										
14.	ERROR CODES: 25H Emergency stop circuit error	Description: Emergency stop event occur from inverter. Analysis and Solution: 1) Console did not catch the emergency device event but inverter caught. This error message will auto eliminate after inverter back to normal condition. 2) Emergency stop device circuit did not connect to inverter: Please check wire connection.										
15.	ERROR CODES: 29H Inverter overheat	Description: Inverter is overheating. Analysis and Solution: Running belt/deck is worn: It will cause the motor current (input current) to be too high. Should replace the running belt/deck and properly add lubrication (non-self lubricating system), check the input current status. Motor current (output current) should be the value as below, user weight is lower than 100 kilogram and under 8km/h: <table border="1" data-bbox="662 1444 1444 1590"> <thead> <tr> <th></th> <th>New installed</th> <th>Slightly worn</th> <th>Moderate worn</th> <th>Worn out</th> </tr> </thead> <tbody> <tr> <td>Output current</td> <td>5 ↓</td> <td>6 ↓</td> <td>7.5 ↓</td> <td>7.5 ↑</td> </tr> </tbody> </table>		New installed	Slightly worn	Moderate worn	Worn out	Output current	5 ↓	6 ↓	7.5 ↓	7.5 ↑
	New installed	Slightly worn	Moderate worn	Worn out								
Output current	5 ↓	6 ↓	7.5 ↓	7.5 ↑								

4.3 Error Message and Solutions (Continued)

Item	Error Code & Error Message	Cause & Solution
16.	<p>ERROR CODES: FEH Incline fault</p>	<p>Description: Incline motor won't reach the selected position.</p> <p>Analysis and Solution:</p> <pre> graph TD A[ERROR CODES: FEH Incline fault] --> B[Restart the treadmill.] B --> C[Press start then modify the incline up to 15.] C --> D{Incline motor works?} D -- NO --> E[Incline motor is stuck, check and figure out the problem.] D -- YES --> F{Incline motor stops working in 1-2 seconds?} F -- NO --> G[System operates normally.] F -- YES --> H[Replace incline motor.] </pre>

4.4 How to Adjust and Tension the Running

Please refer to [chapter 2.6.2 Running Belt Adjustments](#) in this Owner’s Manual.

4.5 Running Belt and Running Deck Service Schedule

Running Belt and Running Deck are the consumables parts. They should be replaced when the surface showing signs of wear. We suggest the replacement of the running belt after 6000 hours usage or abnormal signs of wear.

5. CUSTOMER SERVICE

5.1 Warranty Claim Process

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

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

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

- (1) Vendor's code**
- (2) Your email address**
- (3) Your name**
- (4) Your phone number**
- (5) Model description:** For example, please fill in M8, M7, M7A00A1, EP7, B7 E Plus or etc. Please fill in only one model per submission.
- (6) Serial Number:** It is a one-letter-9-digit code like T141000525, E141200021, R141000064, or B14100059. You may fill in multiple serial numbers if you submit a warranty claim for the same model equipment.
- (7) Problem description:**
 - Example 1: The running belt is too dry and noisy. Motor current is too high.
 - Example 2: Incline window showed "Err". All functions of the treadmill are normal except lift. Our engineer has made diagnostics according to the document "Engineering Manual - Trouble Shooting". Also there is a loud noise while pressing the "UP" button. So, he considers to be faulty.
 - Example 3: Display problem: One led segment is always off.
- (8) Issue solved or not?** Solved/ Not solved yet/ others
- (9) Requested Part Name/Number**
- (10) Link to the Folder of Pictures/Video Clips:**
 - Photos of warranty labels are essential for warranty claims on electronics like console, lift motor, inverter, generators and etc.
- (11) End Customer Site Description and Contact**
- (12) Reported Failure Date**
- (13) Preferred Shipping Method**
- (14) Comments:** Please leave comments for this issue here if you have any.

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

PART B

Console Operation

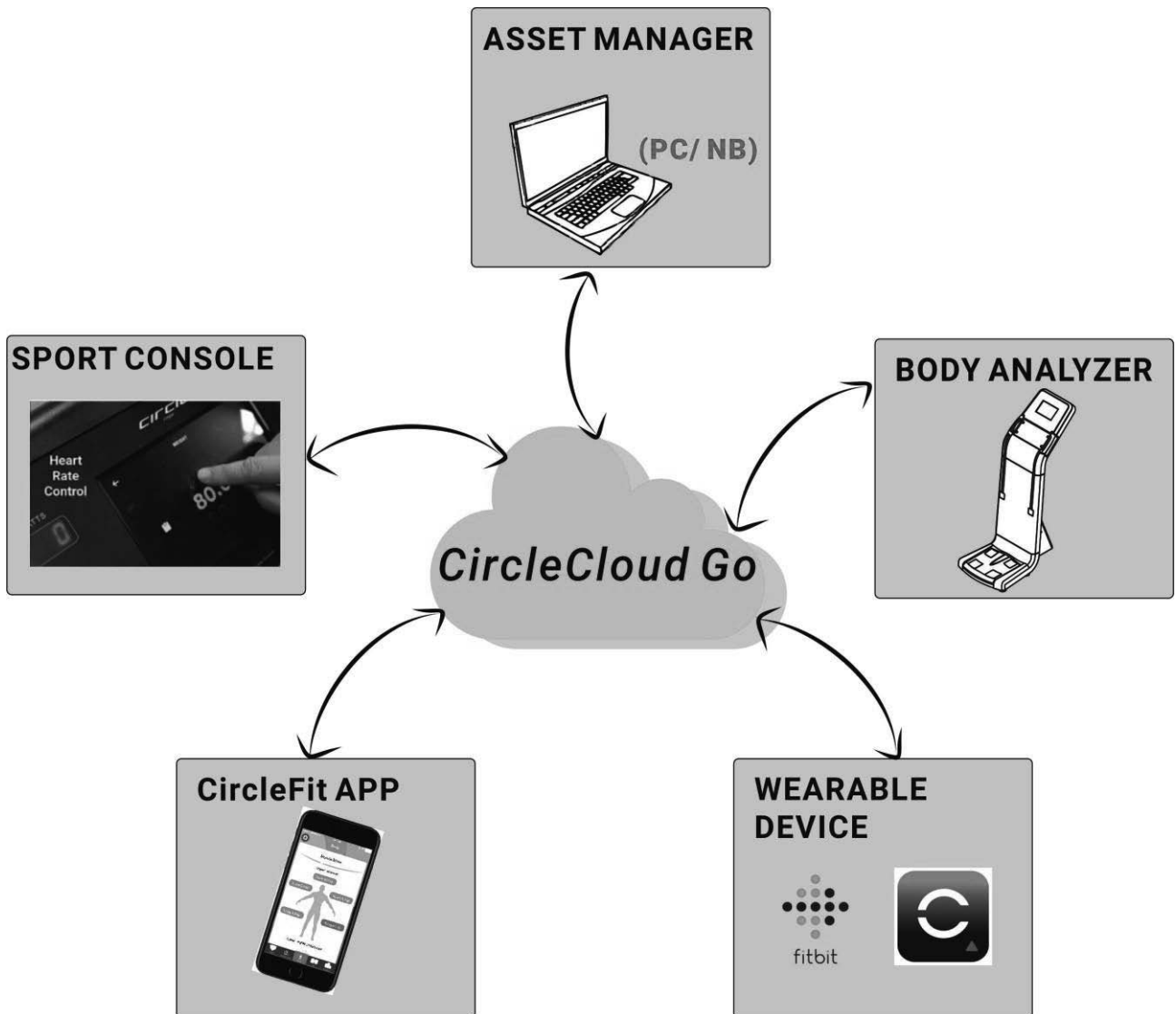
***FOR MODEL:
M8 S Treadmill
M7 S Treadmill
M6 S Treadmill***

TABLE OF CONTENTS

CIRCLECLOUD GO	B-3
1. CONSOLE OVERVIEW	B-4
1.1 Console of M8 S Treadmill	B-4
1.2 Console of M7 S Treadmill	B-6
1.3 Console of M6 S Treadmill	B-8
1.4 Engineering Mode Setting	B-10
2. TOUCH SCREEN OVERVIEW	B-11
2.1 HOME Screen	B-11
2.2 LANGUAGE SELECTION	B-13
2.3 LOG IN	B-14
2.4 SETTINGS	B-19
2.5 FORGOT PASSWORD	B-22
2.6 CIRCLECLOUD GO SIGN UP	B-23
2.7 TRAINING	B-24
2.8 HEART RATE CONTROL	B-30
2.9 HIIT (High Intensity Interval Training)	B-34
2.10 PHYSICAL TEST	B-40
2.11 TARGET TRAIN	B-48
2.12 MY PERFORMANCE	B-55
2.13 BODY MANAGER	B-57
2.14 MY GYM	B-58
2.15 MY WORKOUT	B-61

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.

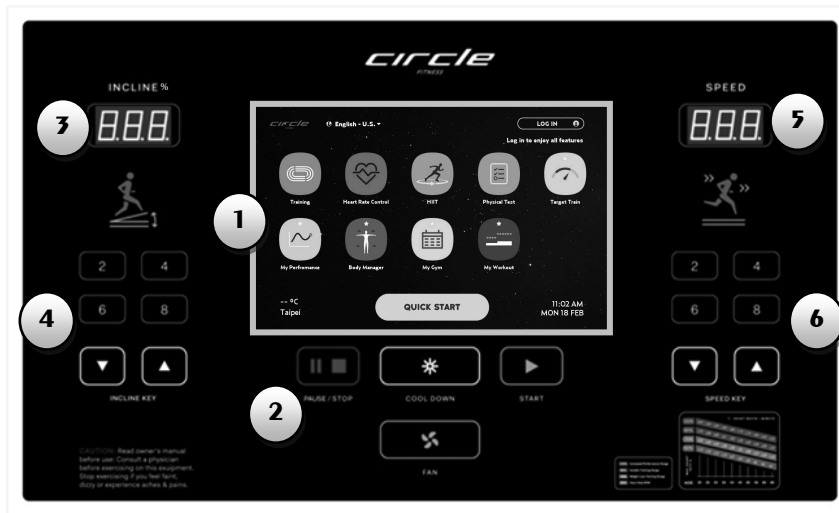
1.2 Console of M7 S Treadmill





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)



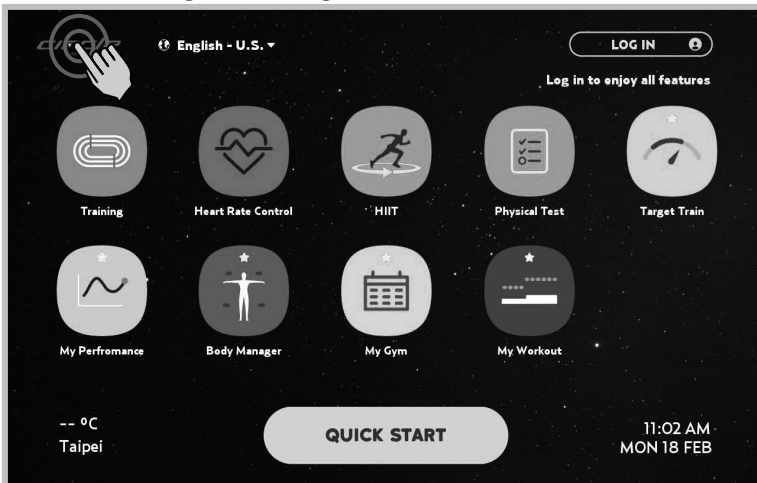
No	Display / Button	Descriptions
1	8 inch Touch Screen	Tap to select, set up, monitor and save workouts.
2	PAUSE	Tap to pause an active workout.
3	STOP	Tap to end a paused workout.
4	COOL DOWN	Tap to gradually lower speed of the program.
5	FAN	Tap to turn the fan on. There are two fan speeds (low and 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

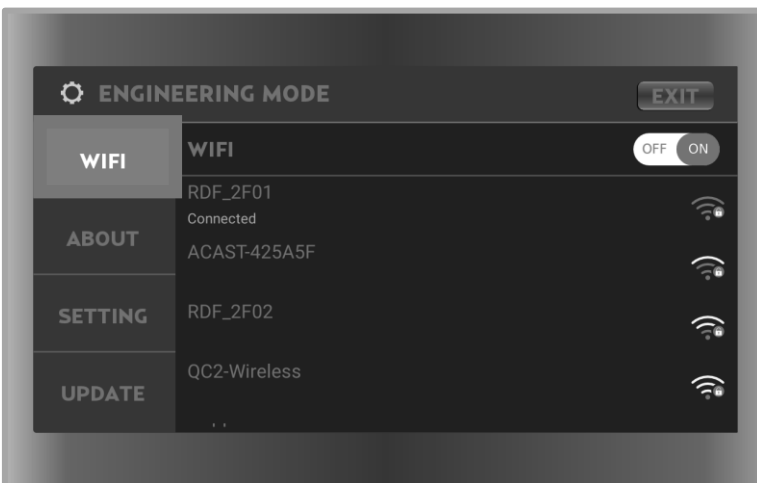
This console features an engineering mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

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.

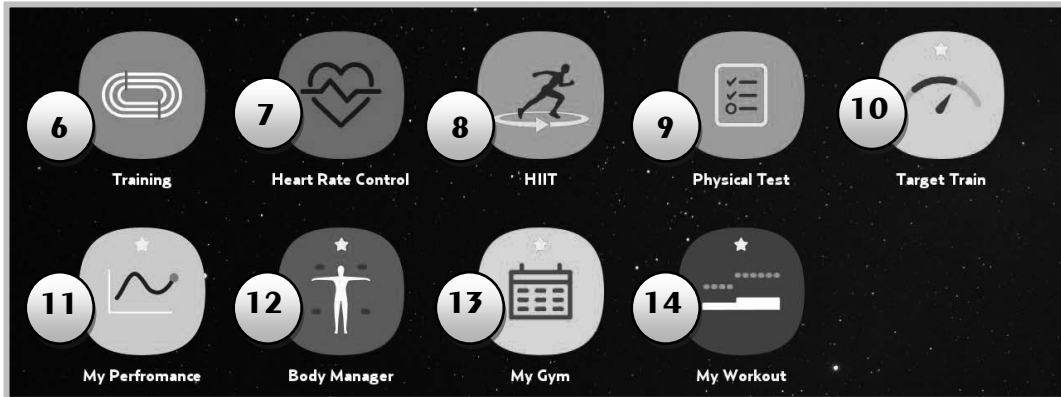
2. TOUCH SCREEN OVERVIEW

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.

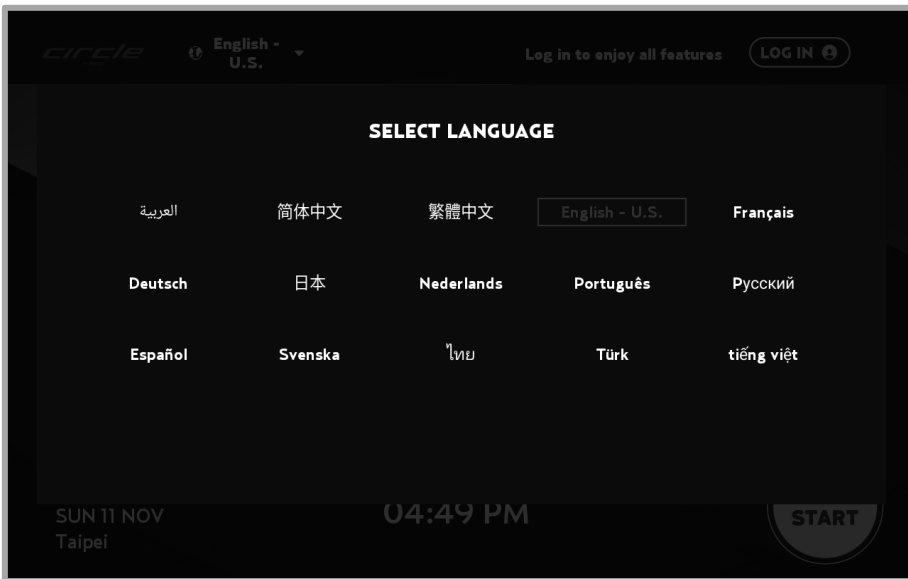
2.2 LANGUAGE SELECTION

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.

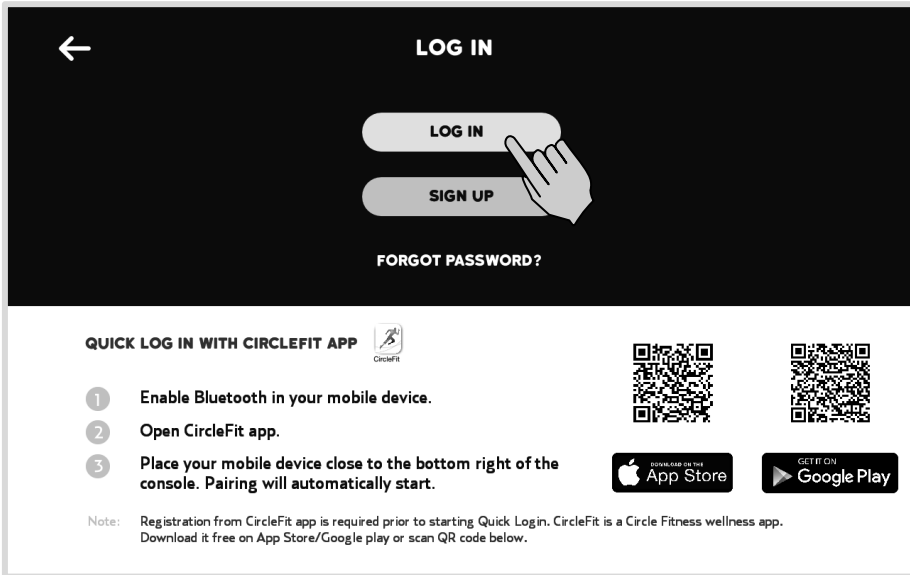
2.3 LOG IN

Go to HOME Screen > LOG IN Screen

Two login methods are provided for you to select:

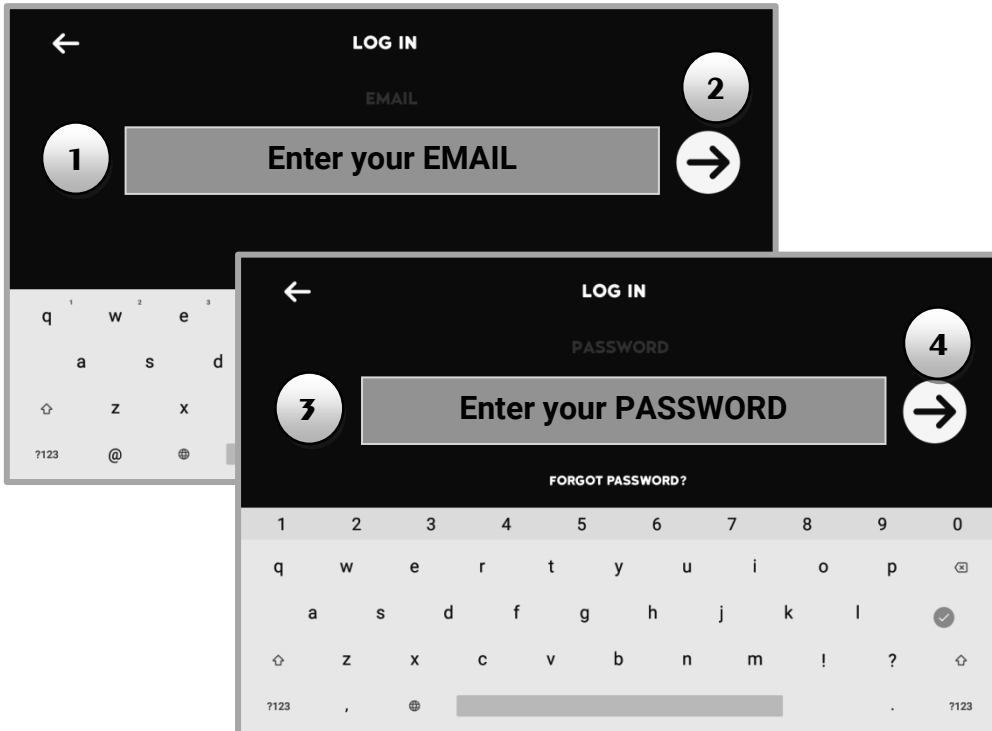
- 1) **Log In Manually (Email Login).**
- 2) **Quick Login with CIRCLEFTIT app.**

2.3.1 Log In Manually (Email Login)



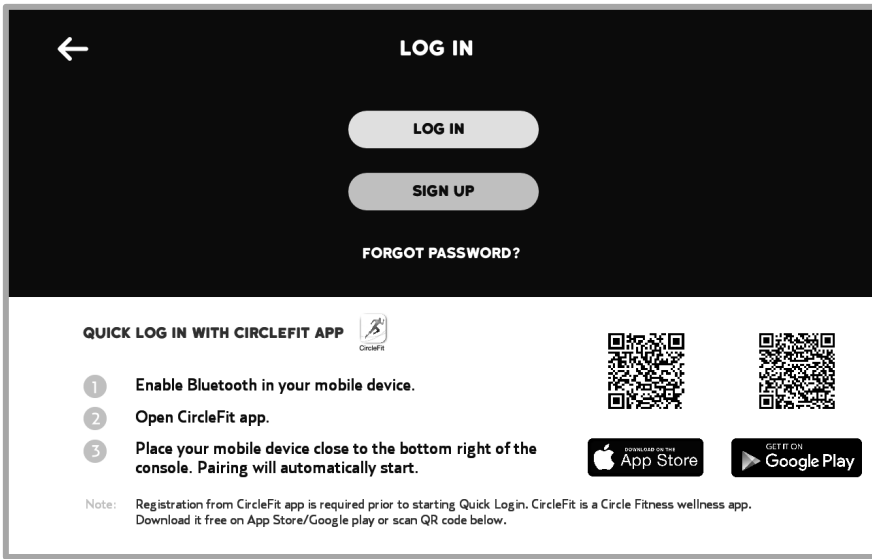
} Log in manually

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

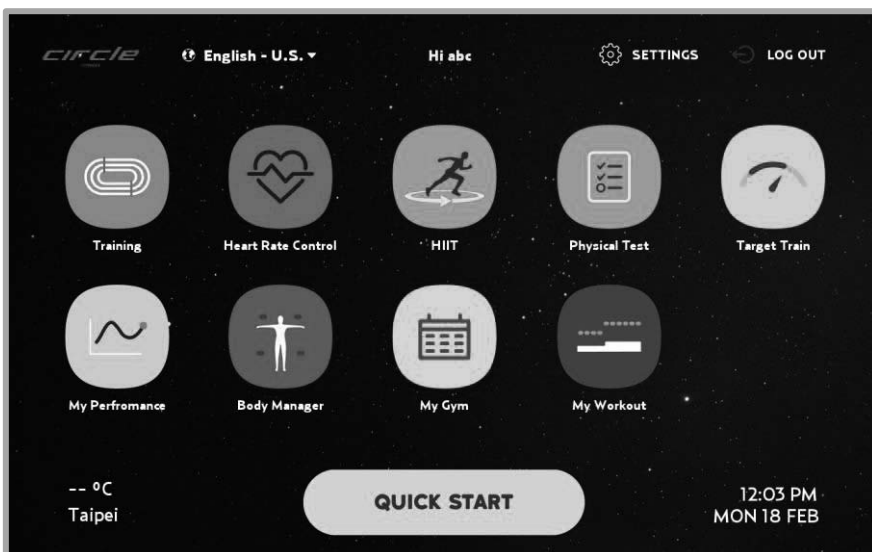
Follow the steps to Quick Login:

- 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)

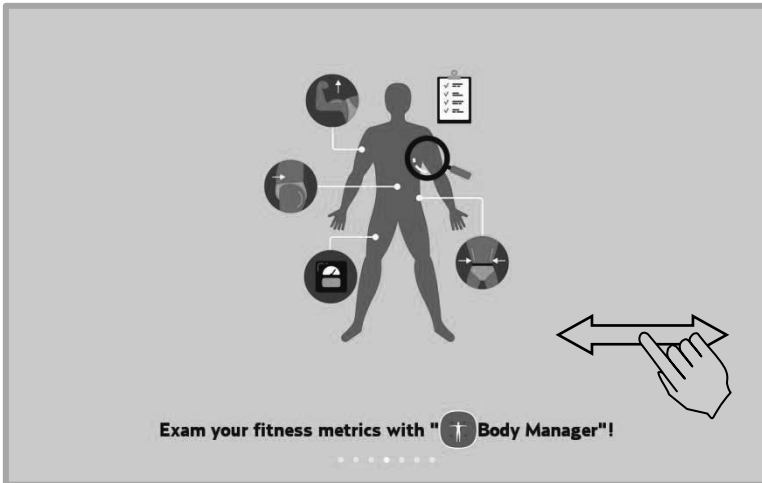
TUTORIAL > INTRO > TARGET TRAIN > MY PERFORMANCE



Measure your results with "My Performance".

Scroll the touchscreen to access the previous/ next page.

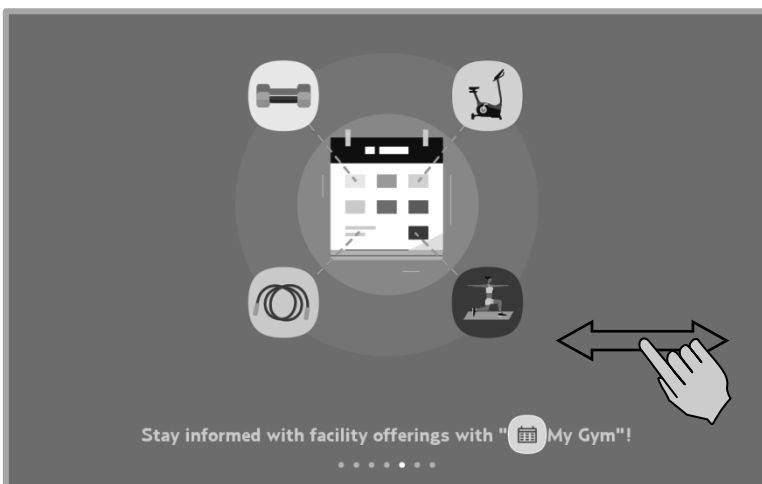
INTRO > TARGET TRAIN > MY PERFORMANCE > BODY MANAGER



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)

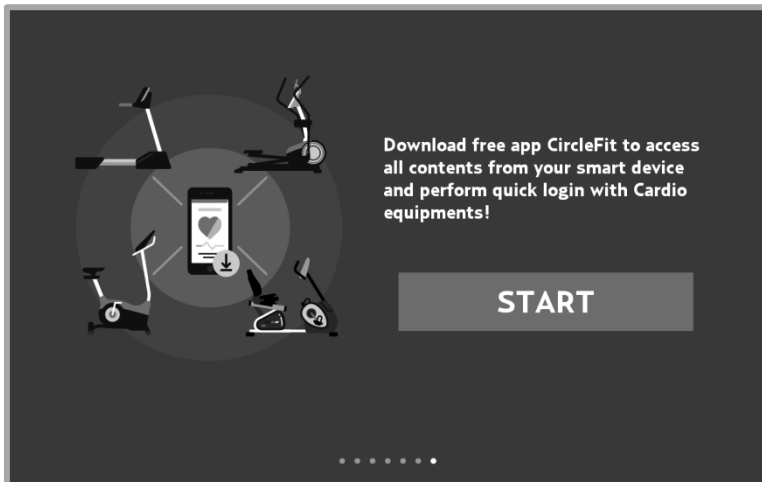
BODY MANAGER > MY GYM > MY WORKOUT



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

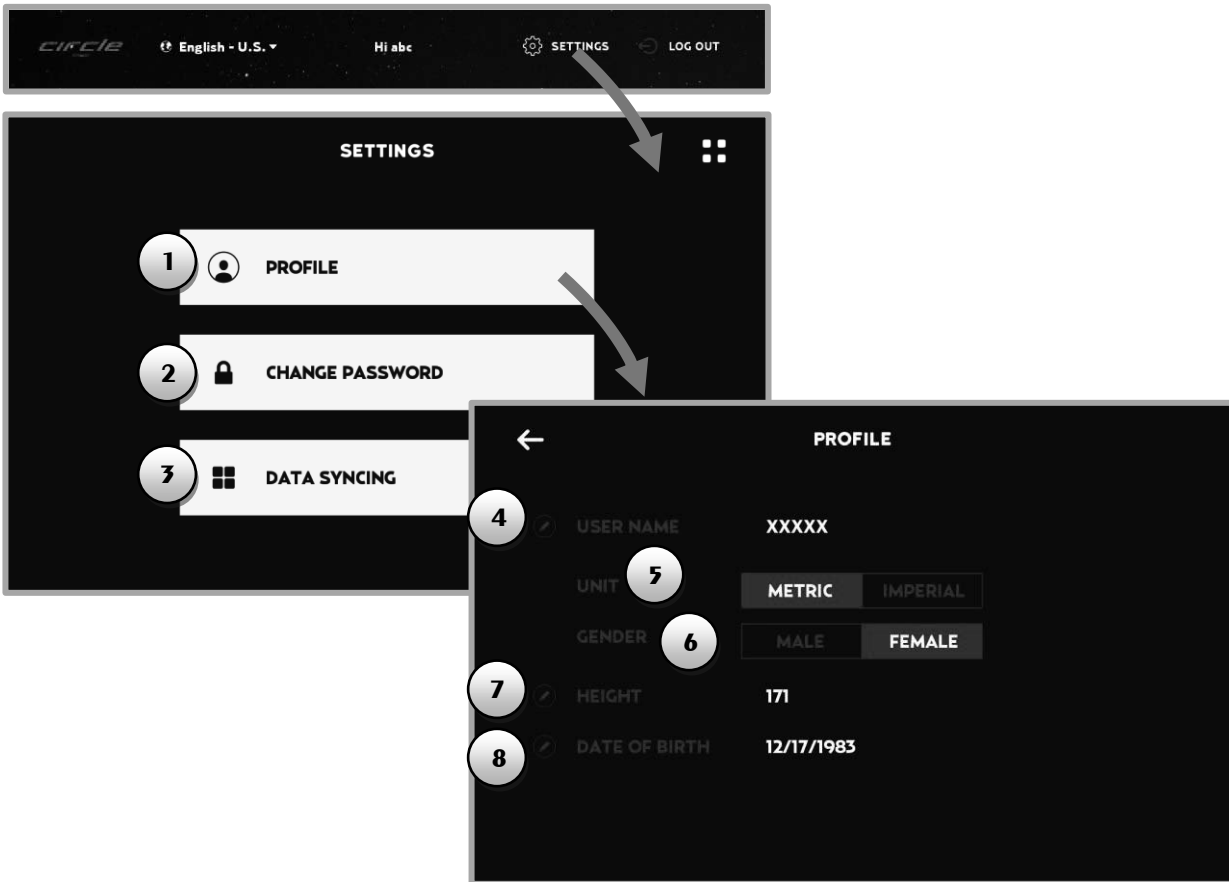


Download free CircleFit app to access all contents from your smart device and perform quick login with cardio equipments!

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

2.4 SETTINGS

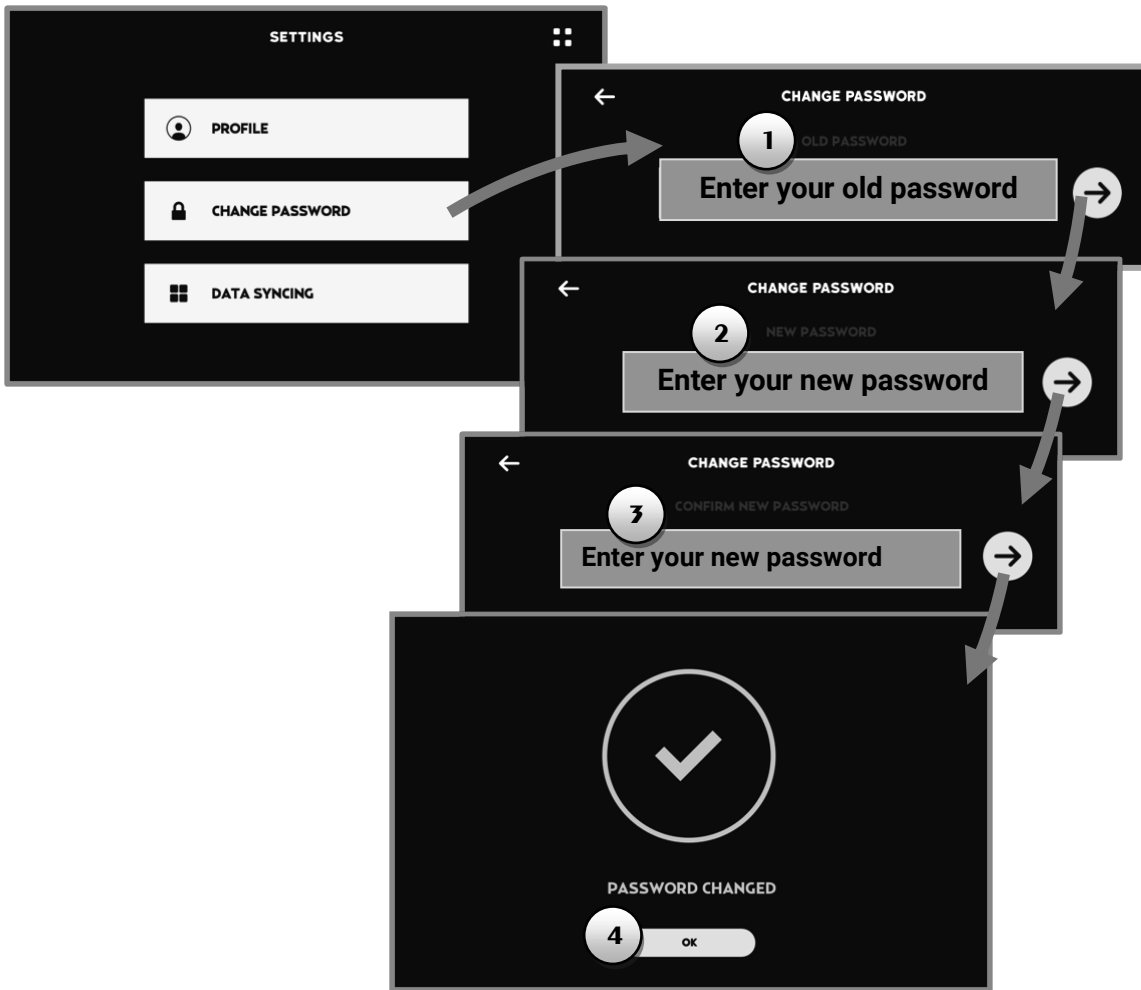
Go to HOME Screen > LOGGED IN > SETTINGS > PROFILE Screen




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)

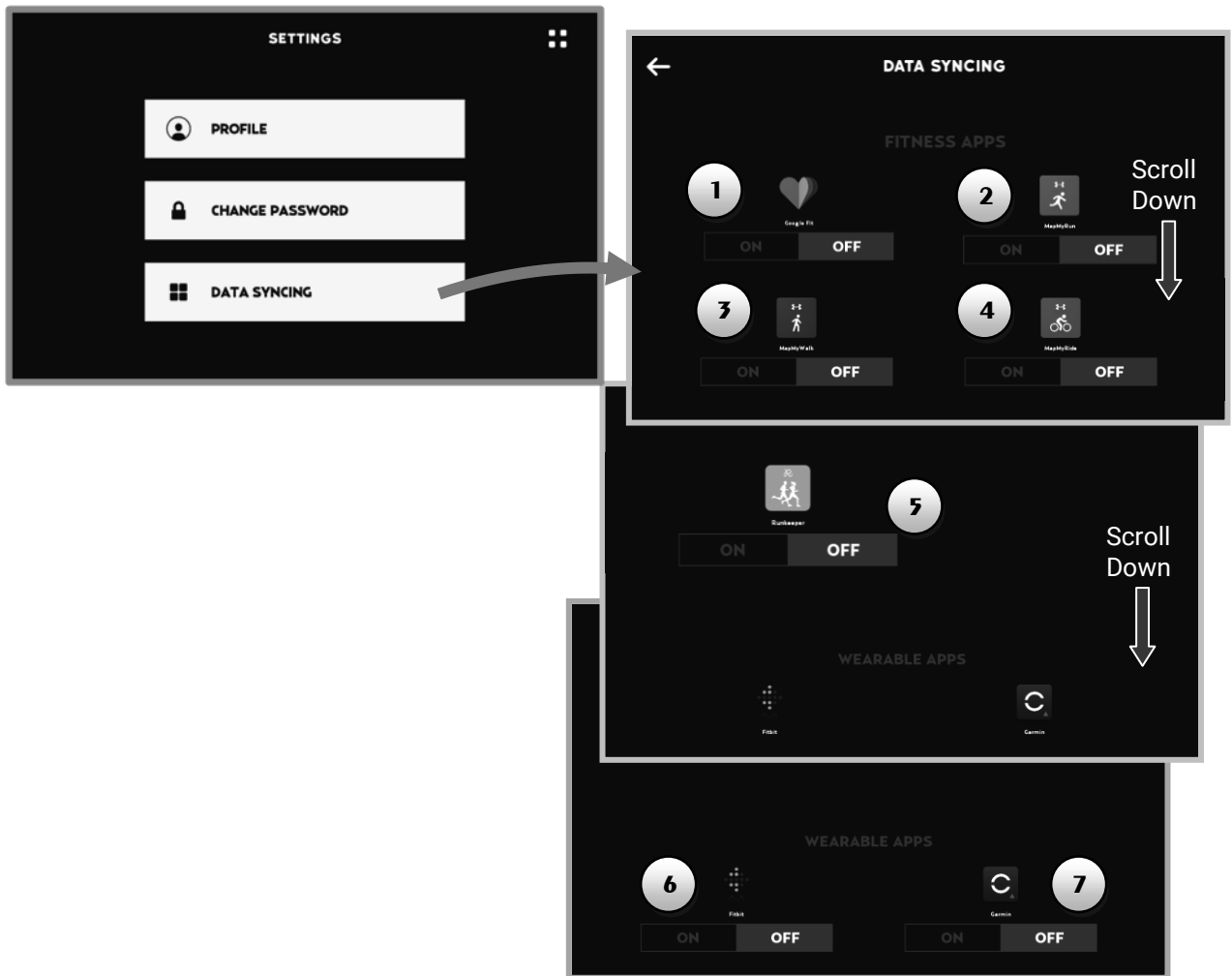
LOGGED IN > SETTINGS > CHANGE PASSWORD Screen



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

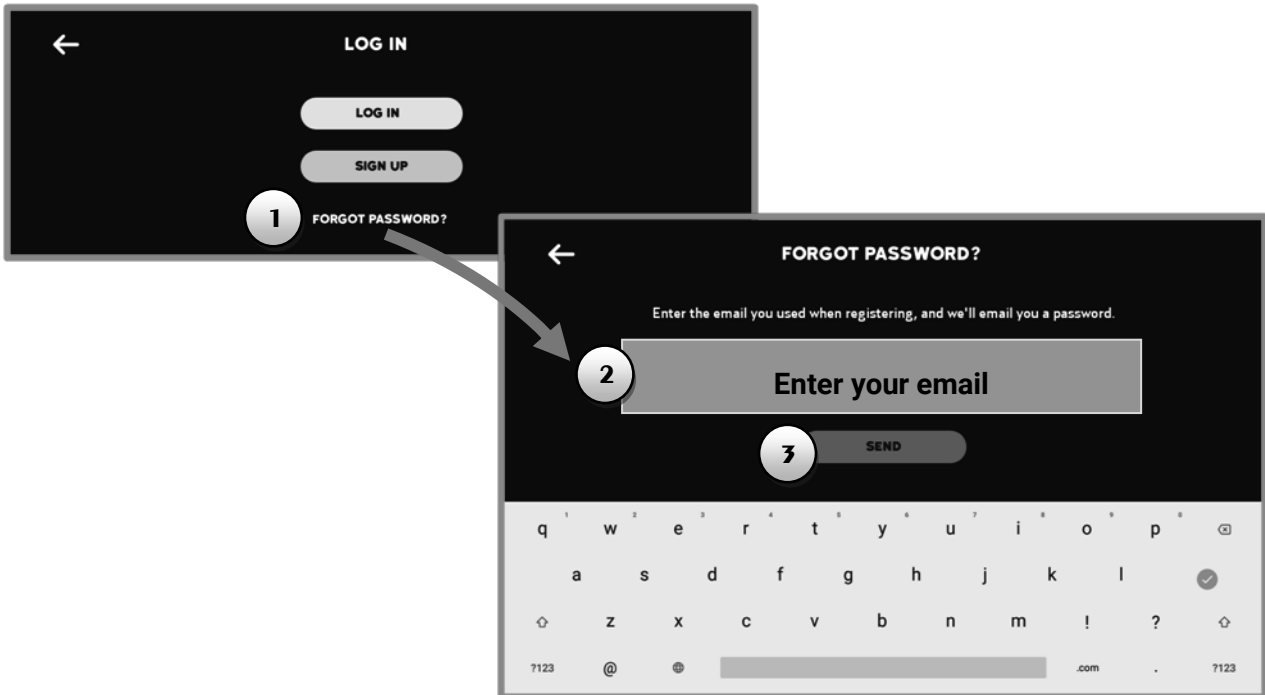
- 6) Fitbit 7) Garmin

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

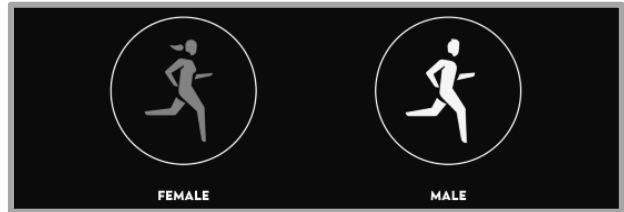
Go to HOME Screen > LOG IN Screen > CIRCLECLOUD GO SIGN UP Sreen

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

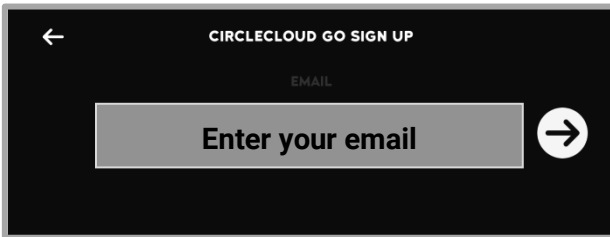
Tap **SIGN UP** on **LOG IN** Screen.



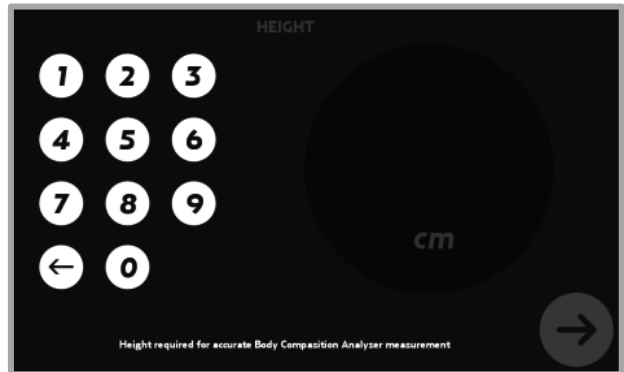
STEP 6: Choose your gender.



STEP 1: Enter your email.



STEP 7: Set your height.



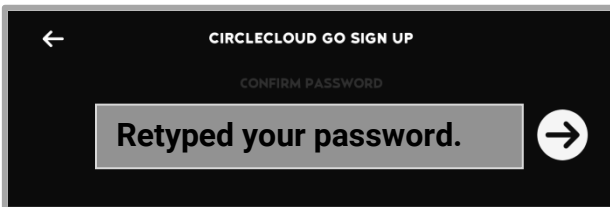
STEP 2: Enter your password.



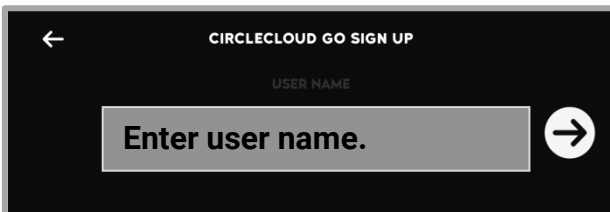
STEP 8: Set your day of birth.



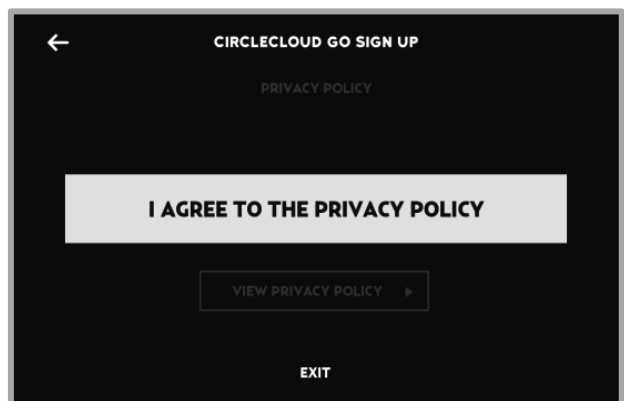
STEP 3: Retyped your password.



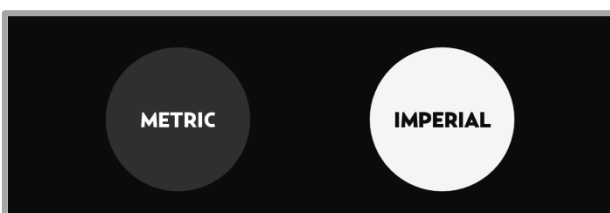
STEP 4: Enter user's name.



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



STEP 5: Choose your unit.



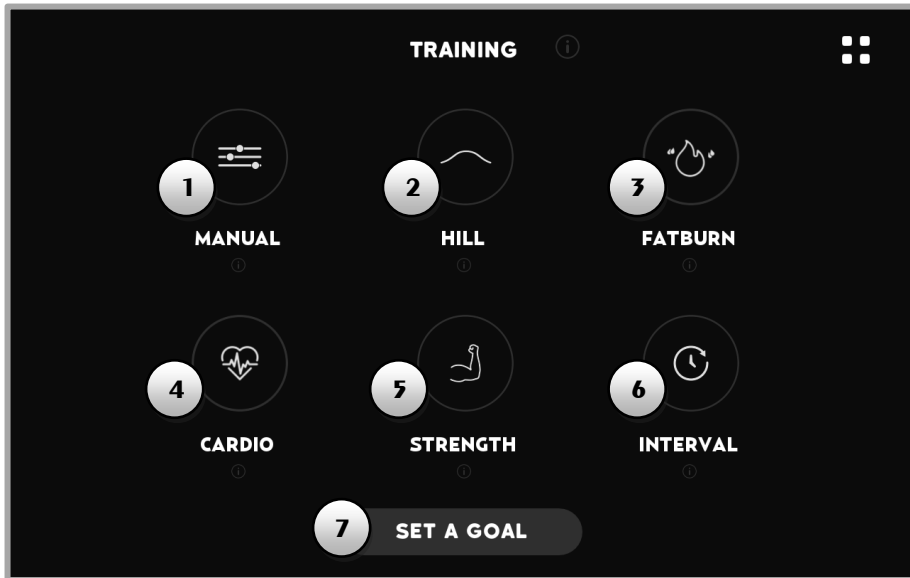
NOTE: Height & Date of Birth are required for accurate Body Composition Analyzer measurement.



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.

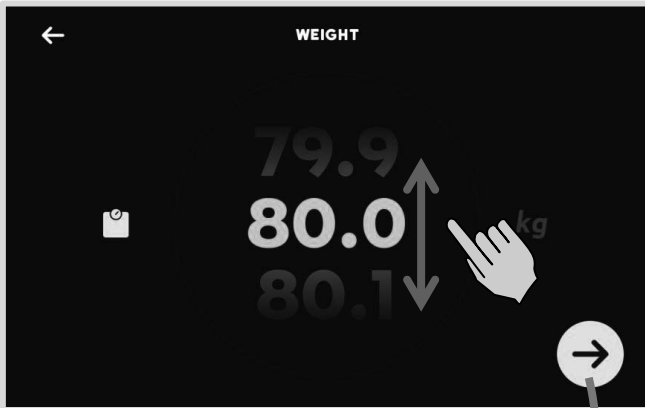
We offer comprehensive cardio conditioning courses to help boost aerobic fitness and train your body. 7 training programs are provided as below:



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)

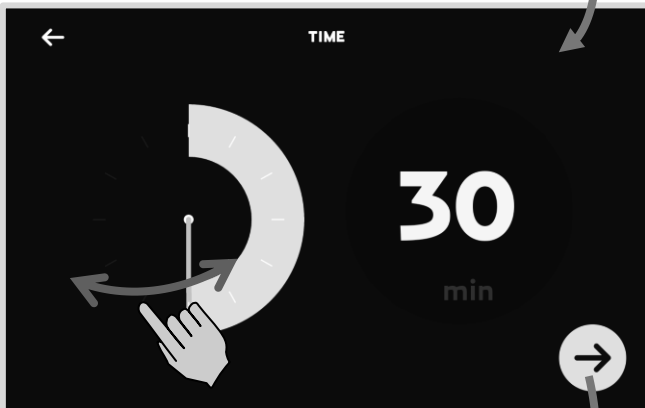


STEP 1: WEIGHT Setting

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.

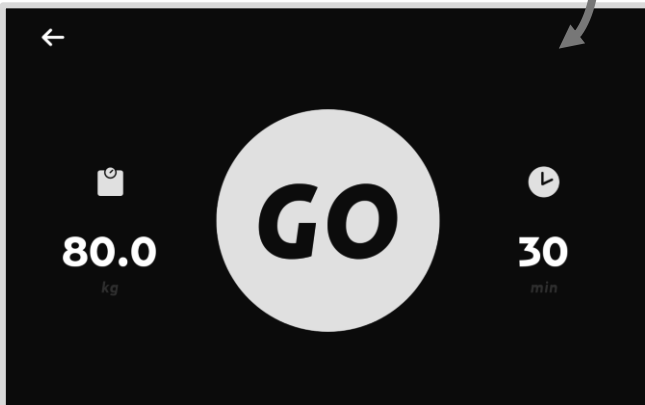


STEP 2: TIME Setting

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

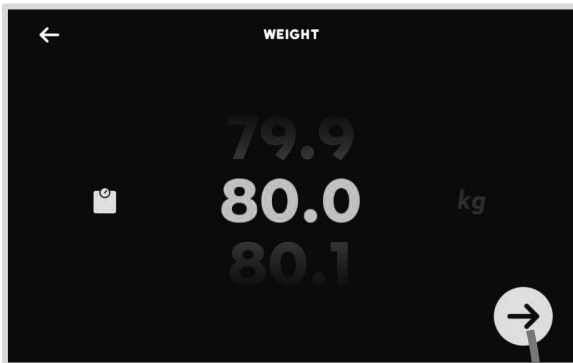
Confirm your settings on this page.

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)

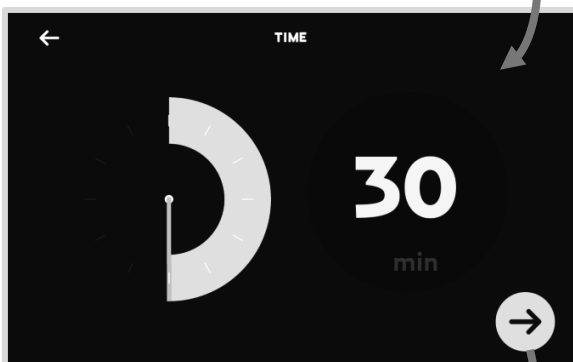


STEP 1: WEIGHT Setting

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.

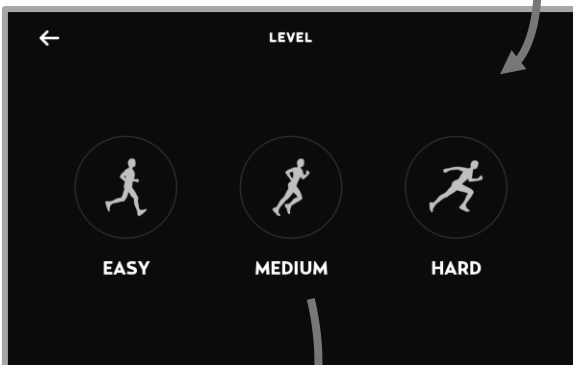


STEP 2: TIME Setting

Setting range: 10~120 min

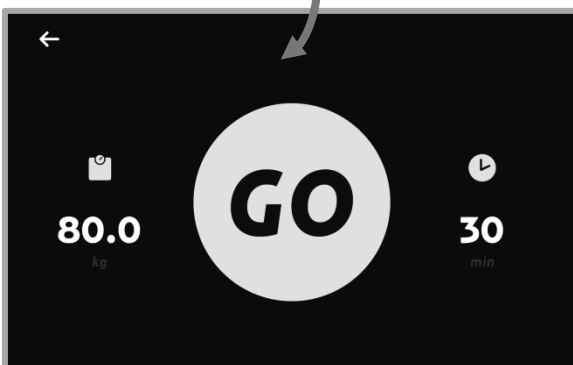
Tap white arrow button to back previous page.

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

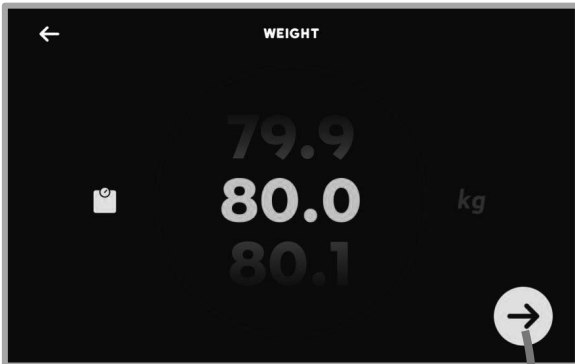
Confirm your settings on this screen.

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)

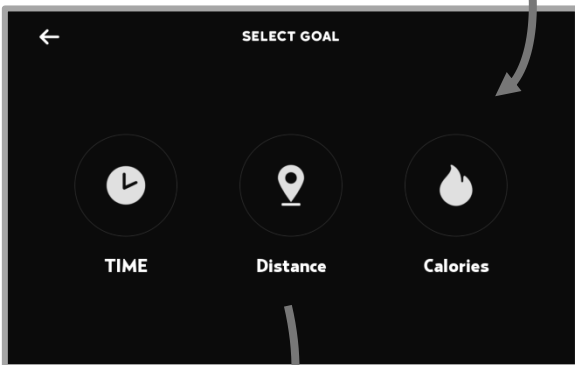
Go to HOME Screen > TRAINING Screen > SET A GOAL (Setting Screens)



STEP 1: WEIGHT Setting

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

Tap arrow button to next page.



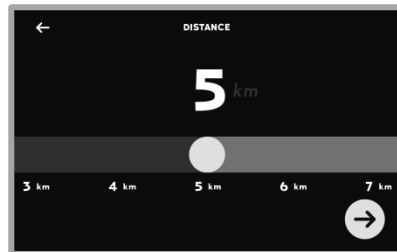
STEP 2: GOAL Selection

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

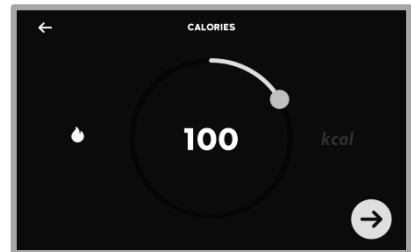
STEP 3: GOAL Setting (Time/ Distance/ Calories)



Range: 10-120 min



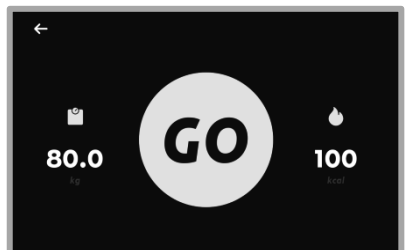
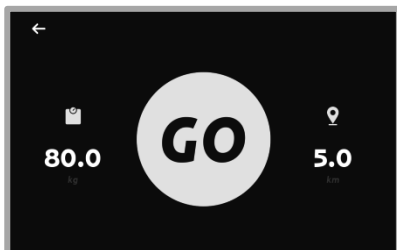
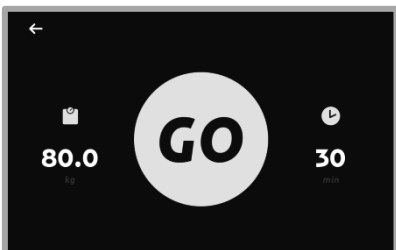
Range: 1-50 km /1-30 mile



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)

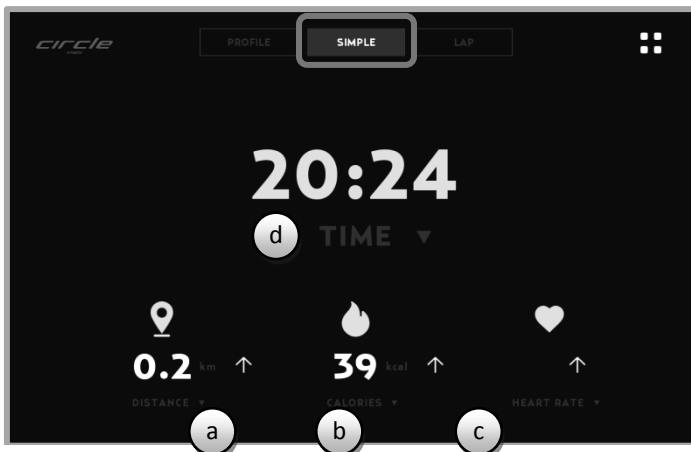
TRAINING Screen > SETTING Screens > WORKOUT Screens

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



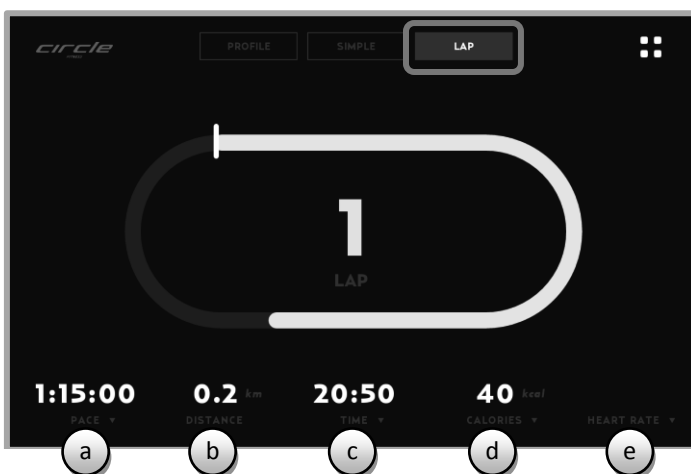
PROFILE: Display the workout information and graphic. Display items are listed as below.

- 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

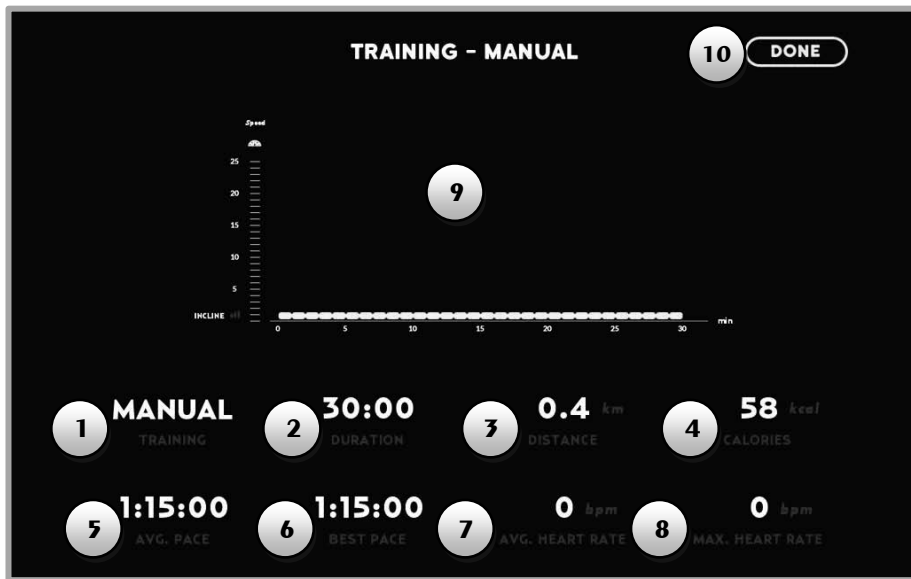
▼ Tap to switch display items.



Tap to skip HOME Screen.

2.7 TRAINING (Continued)

TRAINING Screen > SETTING Screens > SUMMARY Screen



Readouts of Training Programs

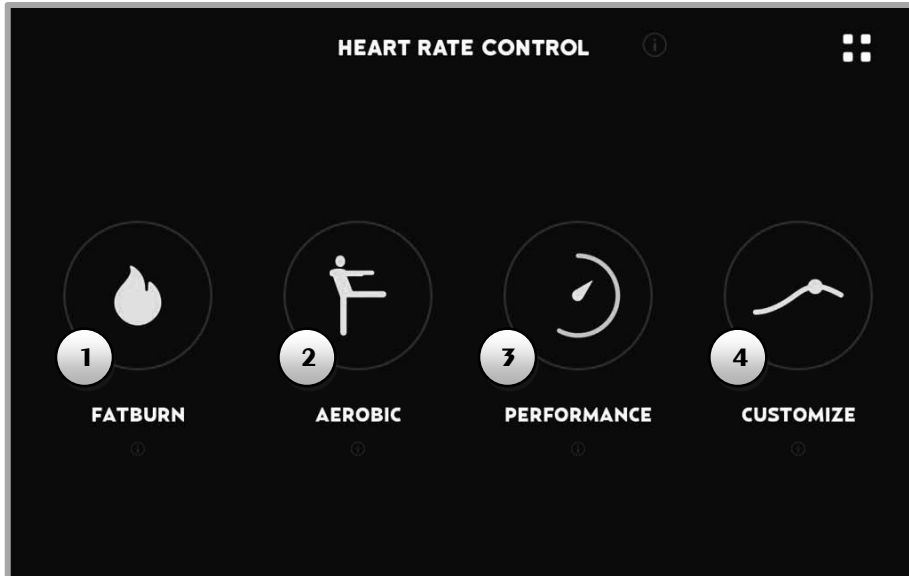
No.	Field/ Button	Description
1		Displays the title of training program.
2	DURATION (TIME)	Displays the total accumulated time during your workout.
3	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
4	CALORIES	Displays the total accumulated calories burned during 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.

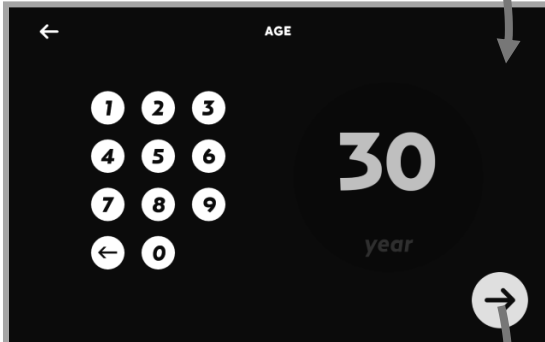
2.8 HEART RATE CONTROL (Continued)

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

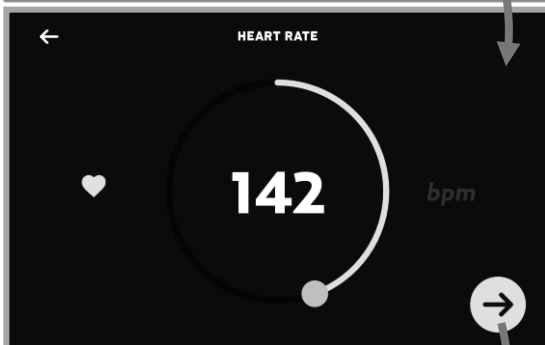
Setting range: 10~99 year



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

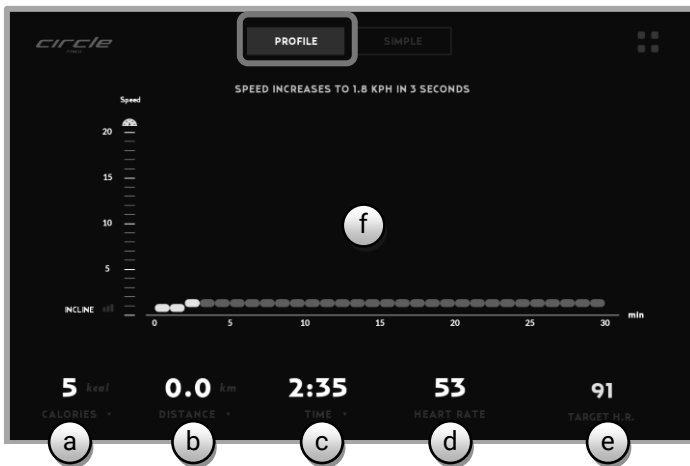
Confirm your settings on this screen.

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)

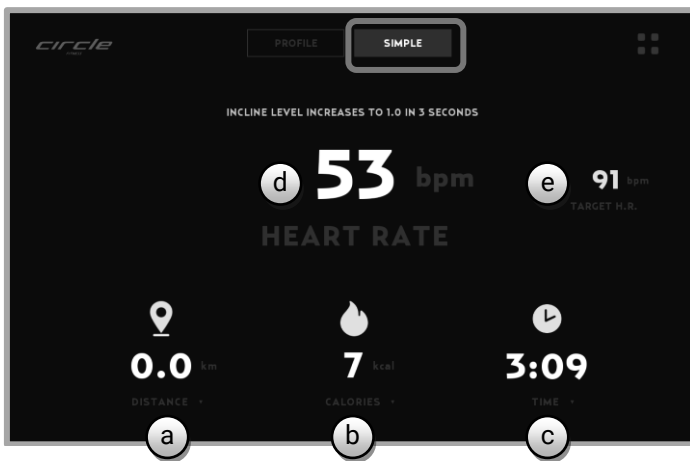
2.8 HEART RATE CONTROL (Continued)

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.

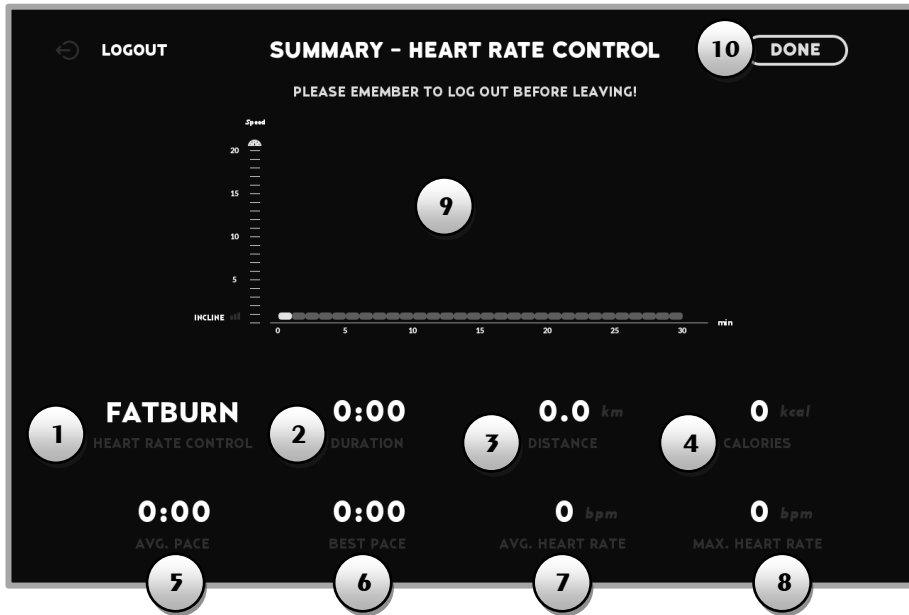
☰ Tap to skip HOME Screen.

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

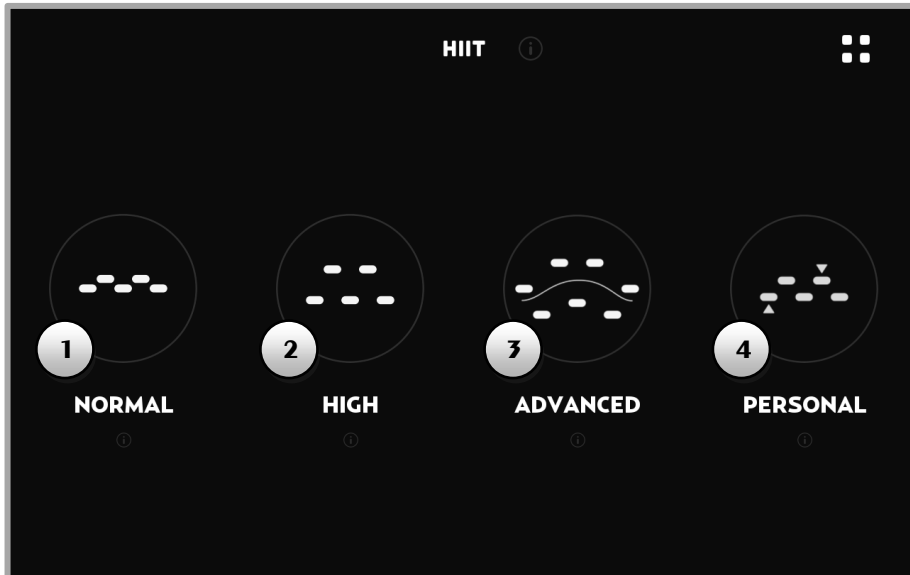
No.	Field/ Button	Description
1		Displays the title of heart control program.
2	DURATION (TIME)	Displays the total accumulated time during your workout.
3	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
4	CALORIES	Displays the total accumulated calories burned 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.

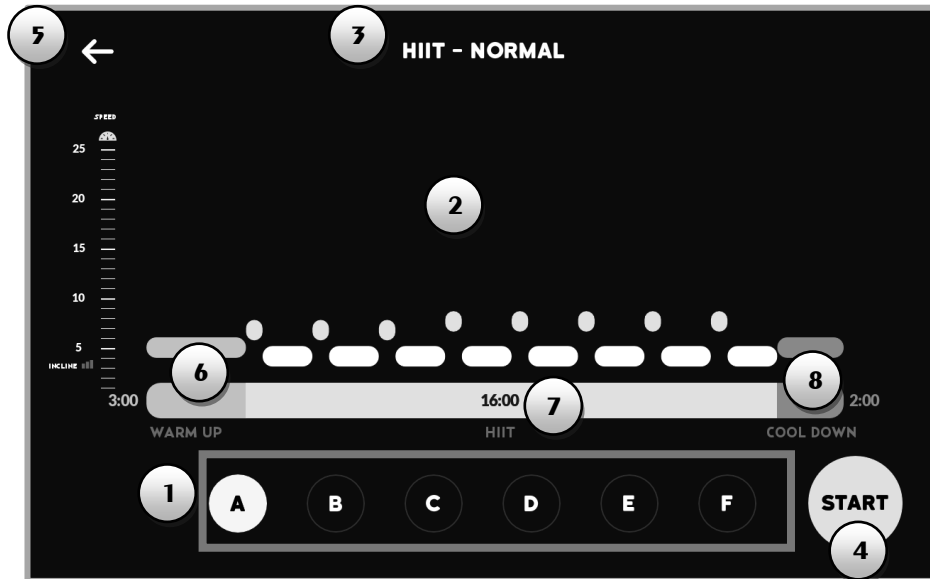


No.	Button	Description
1	NORMAL	Speed and Incline programmed to moderate intensity level. Recommended for beginners. Program is constructed by warm up, 8 set of interval (sprint 30 seconds & recovery 90 seconds) and cool down. Duration: 21 minutes
2	HIGH	Speed and Incline programmed to high intensity 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.

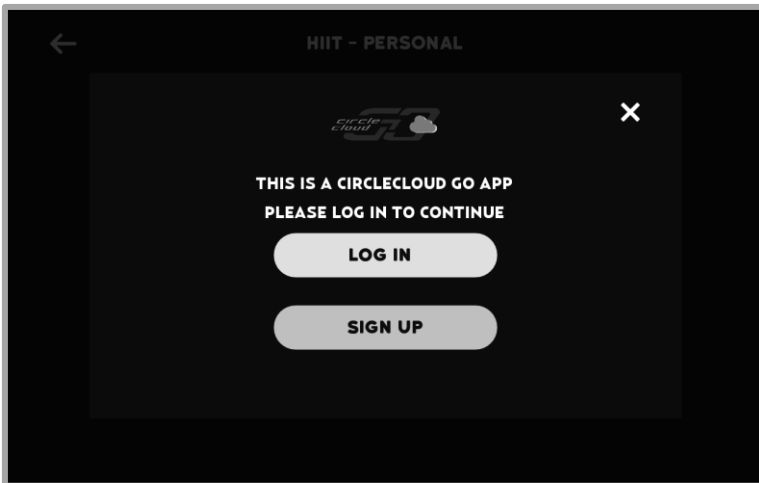
NOTE: Preset weight is 80 kg (176lb). (no need to enter use's weight.)

2.9 HIIT(High Intensity Interval Training) (Continued)

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

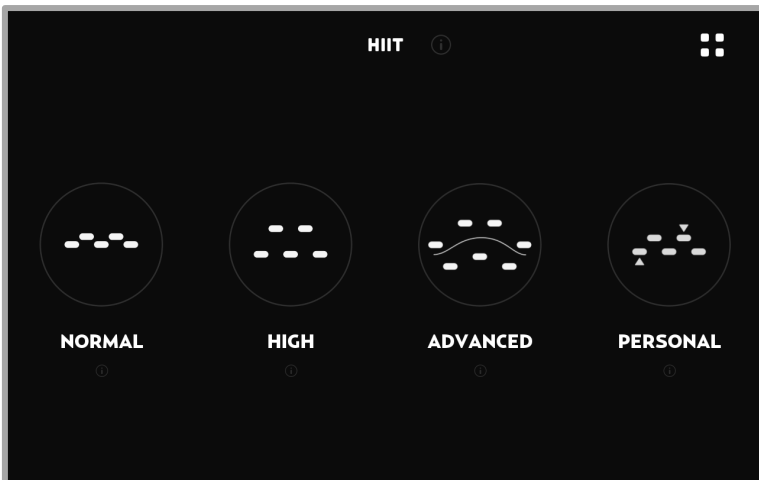
This is a CircleCloud GO app, please log in to continue.

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



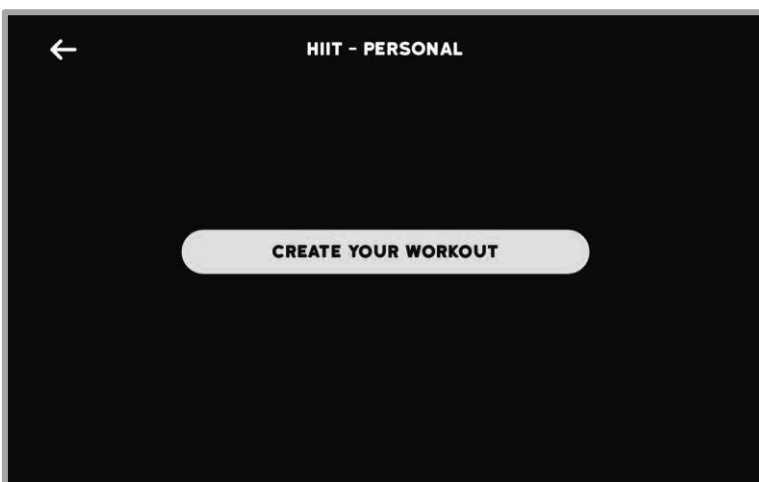
Tap **LOG IN** to continue.

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.

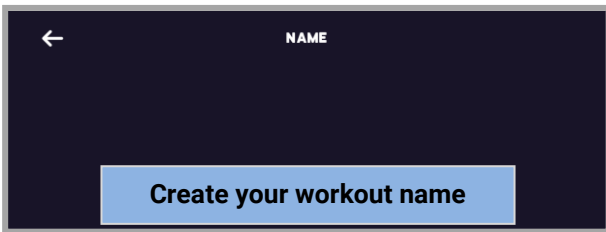
Tap **PERSONAL** to next screen.



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 ~ 16 (%)

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 ~ 16 (%)

Speed Setting range: 0.8 ~ 20 km/h (0.5 ~ 12.5 mi/h)

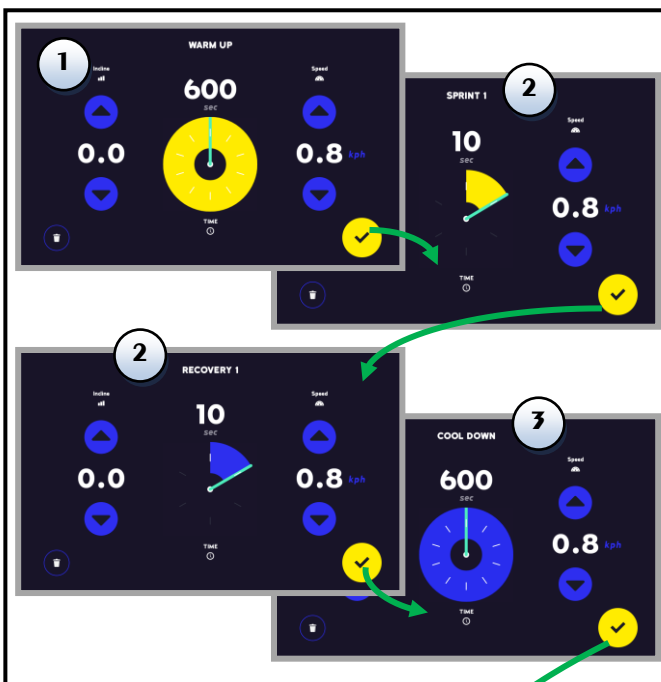
NOTE: 16 intervals can be created.

③ Cool down stage

Time setting range: 60~600 sec

Incline Setting range: 0 ~ 16 (%)

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)

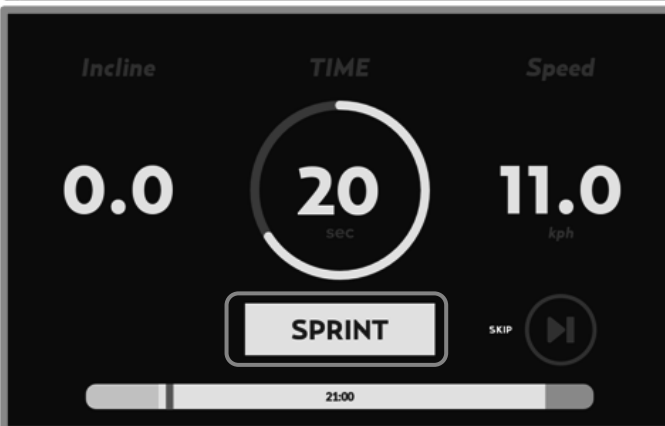
HIIT Screen > SETTING Screens > WORKOUT Screens

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.



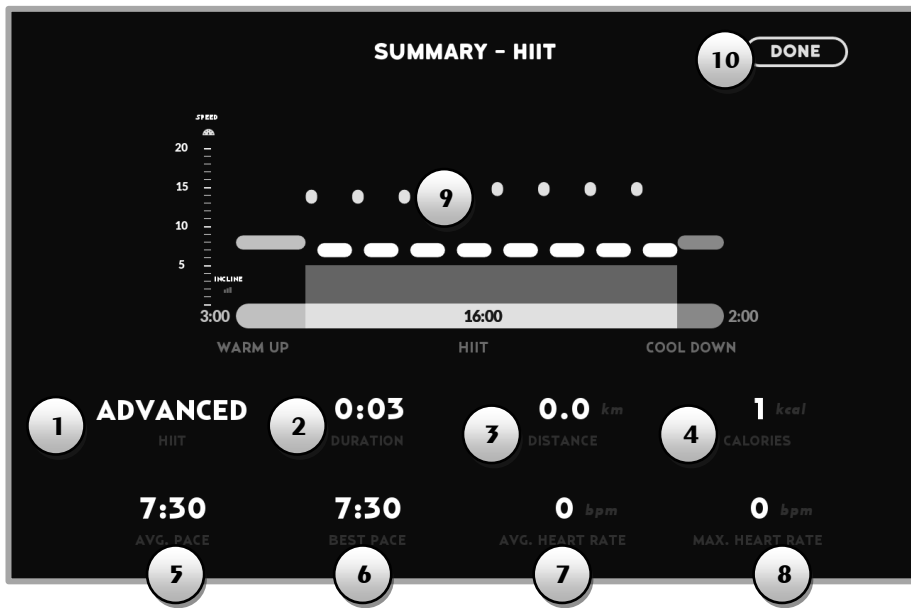
NOTE:

- 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

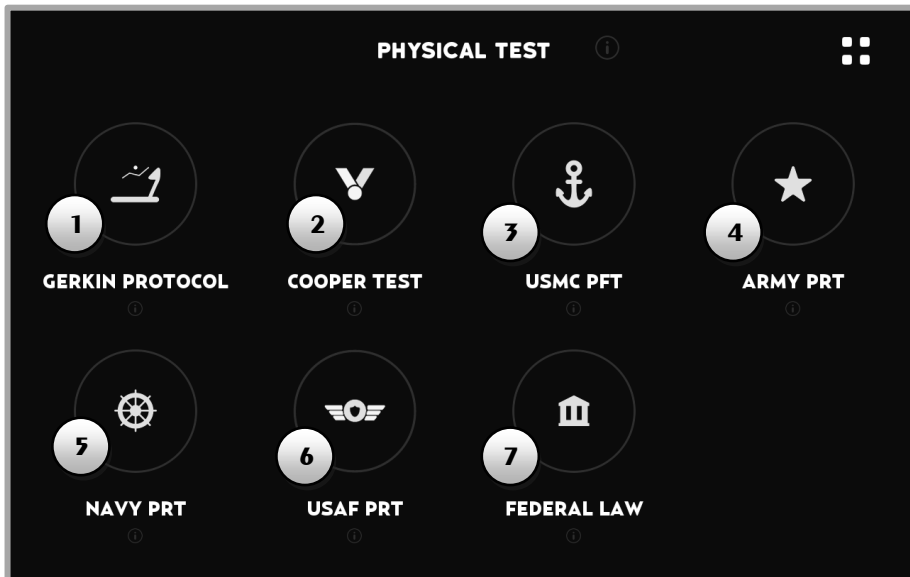
No.	Field/ Button	Description
1		Displays the title of HIIT program.
2	DURATION (TIME)	Displays the total accumulated time during your workout.
3	DISTANCE	Displays the total accumulated distance mile (or kilometer) during your workout.
4	CALORIES	Displays the total accumulated calories burned during 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)

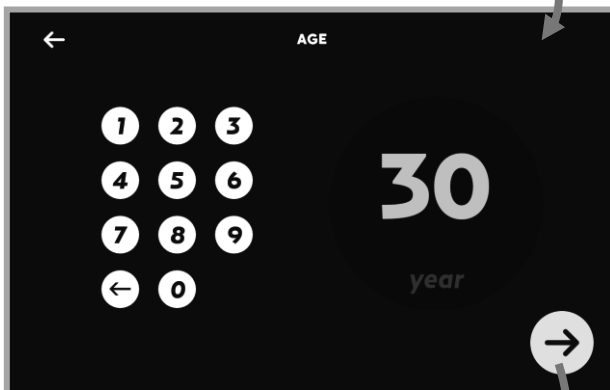
Go to HOME Screen > PHYSICAL TEST Screen > SETTING Screen



STEP 1: WEIGHT SETTING

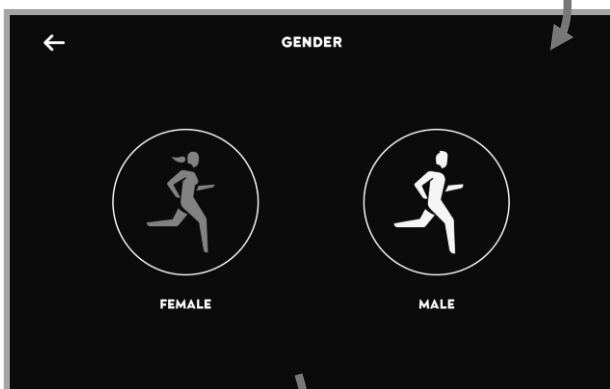
Setting range:

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



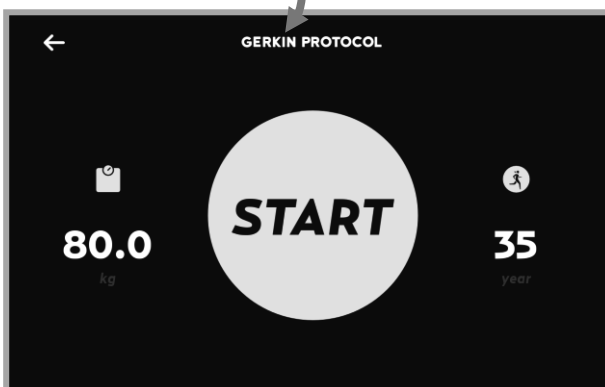
STEP 2: AGE SETTING

Setting range: 10~99 year



STEP 3: GENDER SETTING

FEMALE/ MALE



STEP 4: CONFIRM YOUR SETTINGS

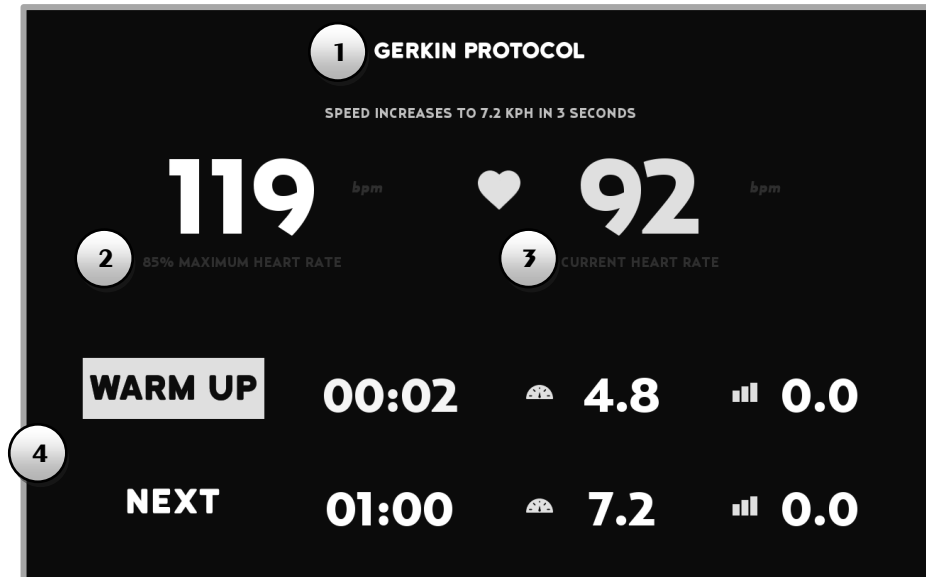
Confirm your settings on this screen.

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.

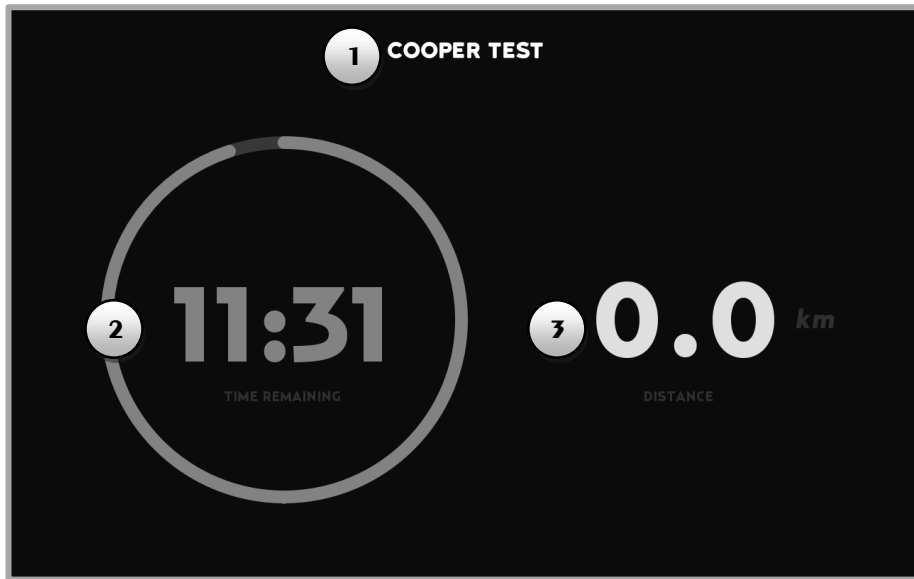
Stage	Warm up	1	2	3	4	5	6	7	8	9	10	11	
Time	3 min.	0:01-1:00	1:01-2:00	2:01-3:00	3:01-4:00	4:01-5:00	5:01-6:00	6:01-7:00	7:01-8:00	8:01-9:00	9:01-10:00	10:01-11:00	
Speed	KPH	4.8	7.2	7.2	8	8	8.8	8.8	9.6	9.6	10.4	10.4	11.2
	MPH	3	4.5	4.5	5	5	5.5	5.5	6	6	6.5	6.5	7
Incline	0	0	2	2	4	4	6	6	8	8	10	10	

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.

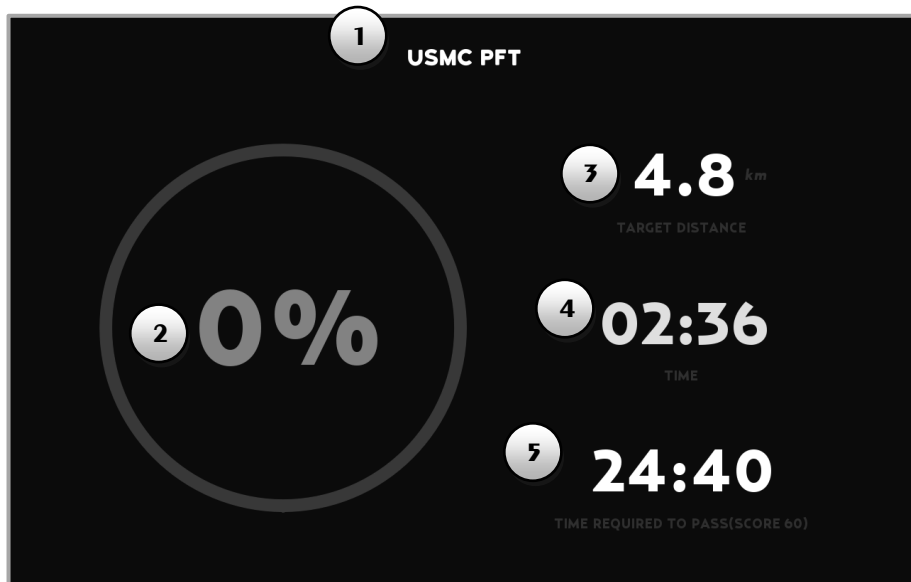
Tap **STOP** or finish the 12 minutes workout to skip to SUMMARY Page.

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)

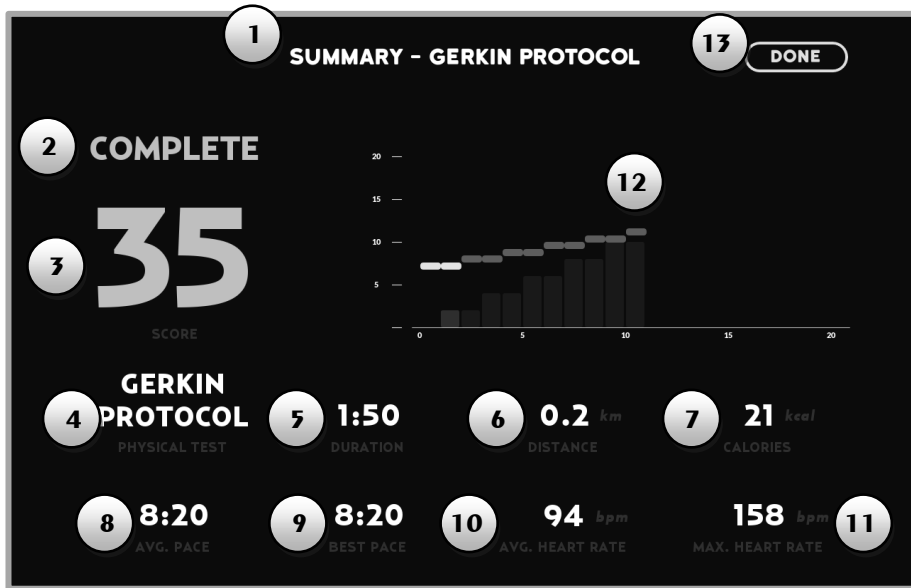


No.	Field	Description
1		Displays the title of HIIT program.
2	PERCENTAGE	Displays the percentage of completion.
3	TARGET DISTANCE	Displays the target distance.
4	DISTANCE	Displays the distance accumulated.
5	TIME REQUIRED TO PASS (SCORE 60)	Displays time remaining based on a time goal (12 minutes).

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

2.10 PHYSICAL TEST (Continued)

WORKOUT Screen > SUMMARY Page (GERKIN PROTOCOL)

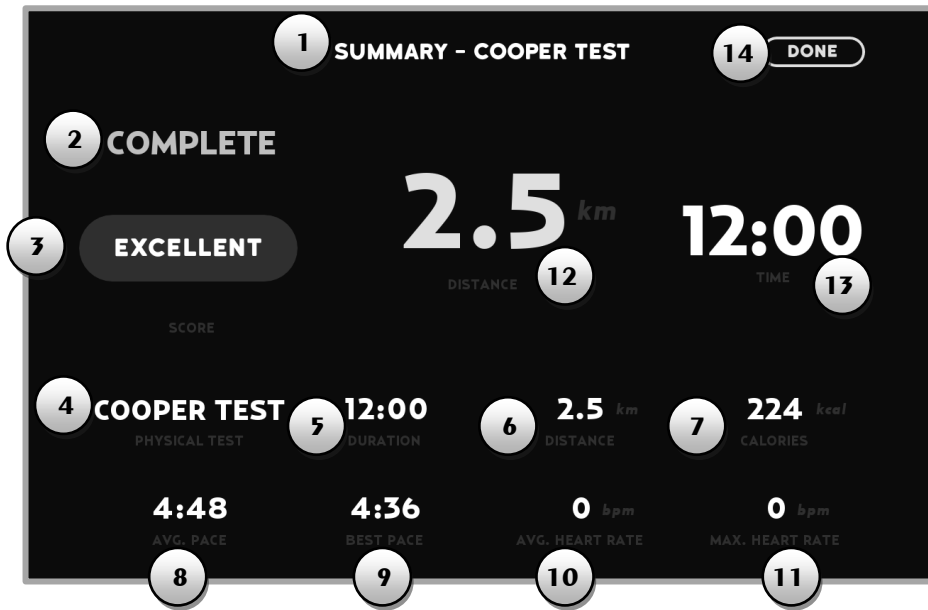


Readouts of GERKIN PROTOCOL Program

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



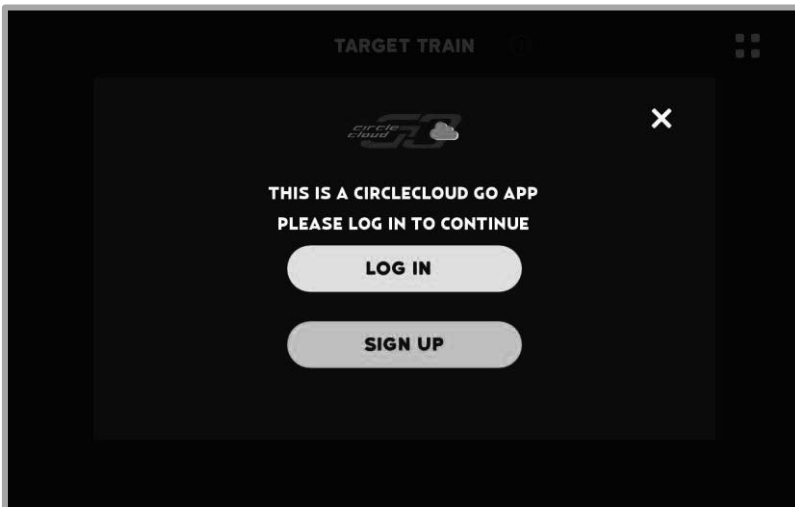
Readouts of USMC PFT/ ARMY PRT/ NAVY PRT/ USAF PFT /FEDERAL LAW Programs

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

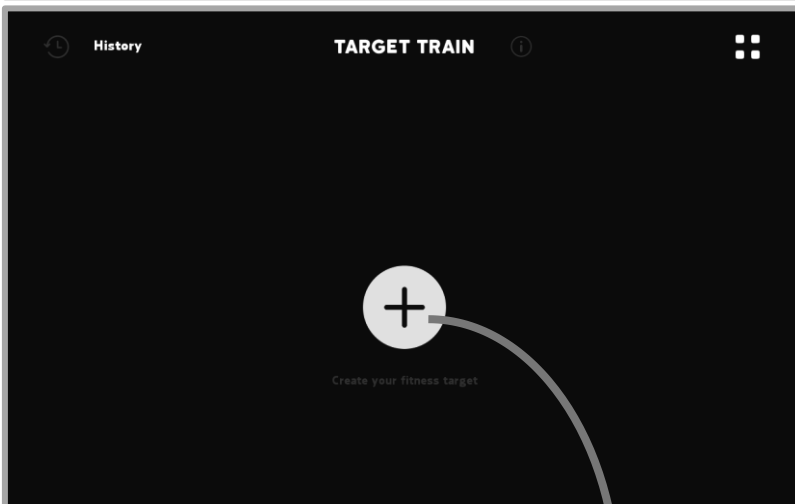
Go to HOME Screen > TARGET TRAIN Screen

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.



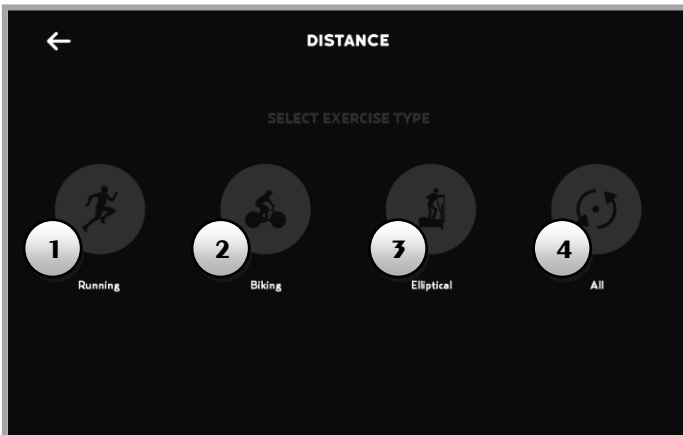
TARGET TRAIN comes with 5 different exercise targets, keeping you motivated and on track for your fitness plan.

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

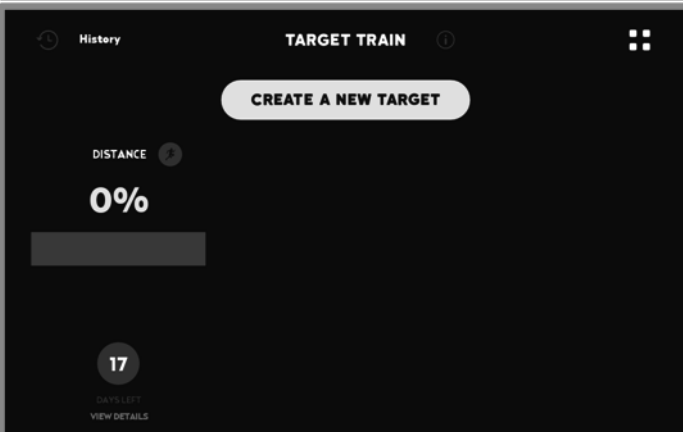


STEP 3: PERIOD SETTING

Start Date: Current date.

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

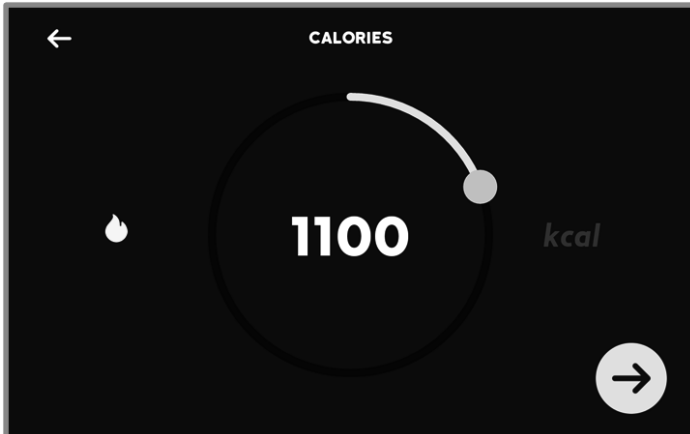
Tap yellow arrow to next screen.



STEP 4: COMPLETE YOUR SETTING

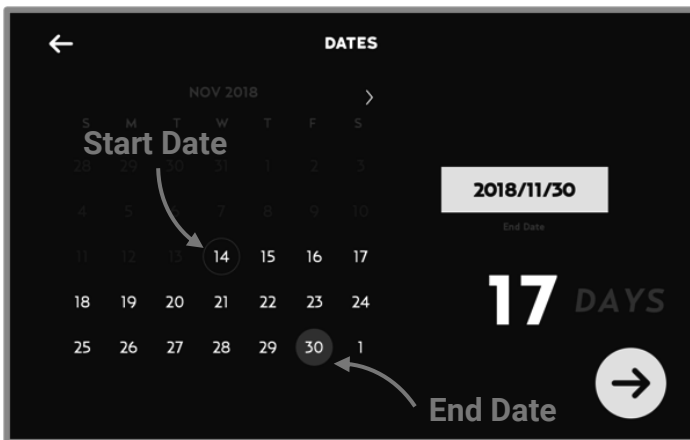
2.11 TARGET TRAIN (Continued)

TARGET CHOOSE Screen > CALROIES Setting Screens



STEP 1: SET YOUR TARGET CALROIES

Setting range: 100 ~ 99900 cal
Preset: 100 cal

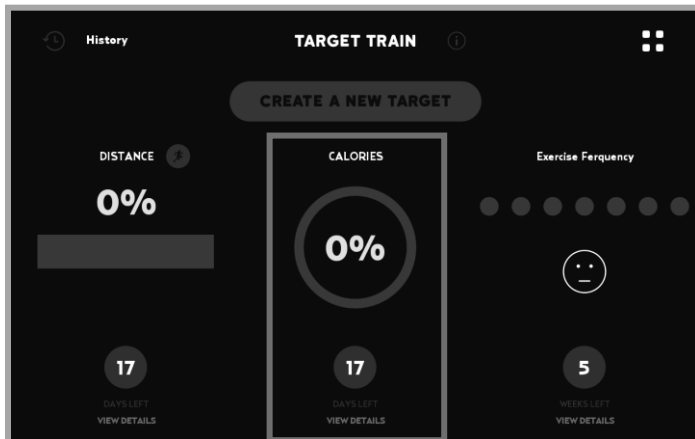


STEP 2: PERIOD SETTING

Start Date: Current date.

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

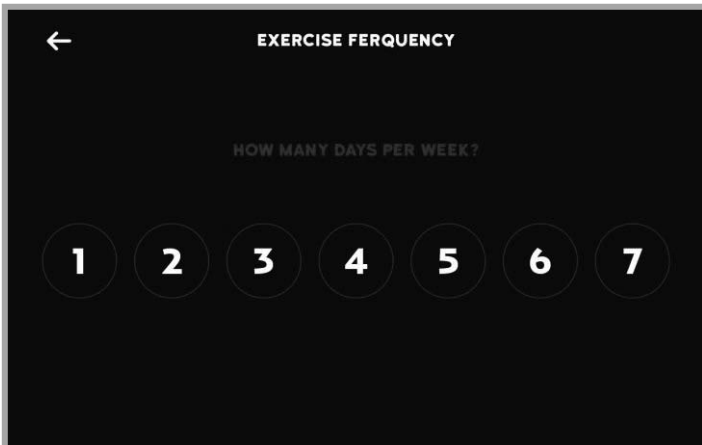
Tap yellow arrow to next screen.



STEP 3: COMPLETE YOUR SETTING

2.11 TARGET TRAIN (Continued)

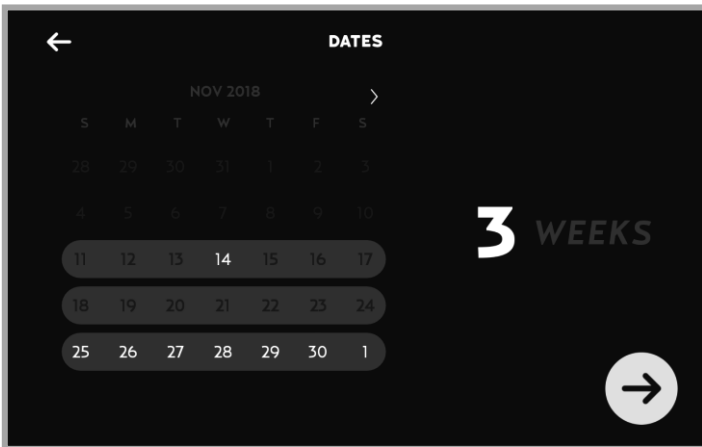
TARGET CHOOSE Screen > EXERCISE FREQUENCY Setting Screens



STEP 1: SET YOUR EXERCISE FREQUENCY

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

Setting range: 1~7

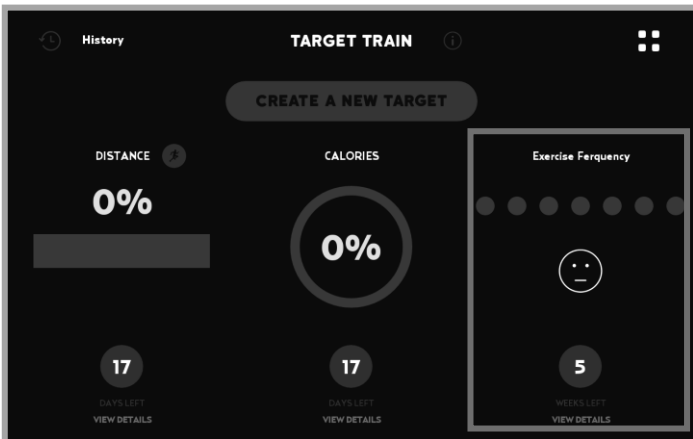


STEP 2: PERIOD SETTING

Start Week: Current week.

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

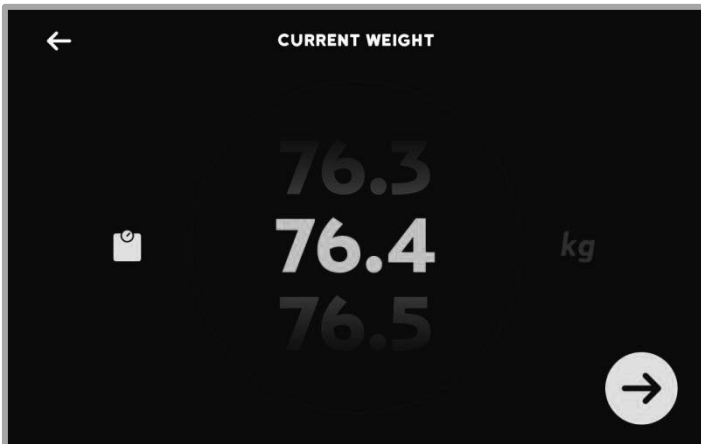
If remaining days of this week are less than the exercise days, the Start Week will start from the next week. Tap yellow arrow to next screen.



STEP 3: COMPLETE YOUR SETTING

2.11 TARGET TRAIN (Continued)

TARGET CHOOSE Screen > WEIGHT Setting Screens



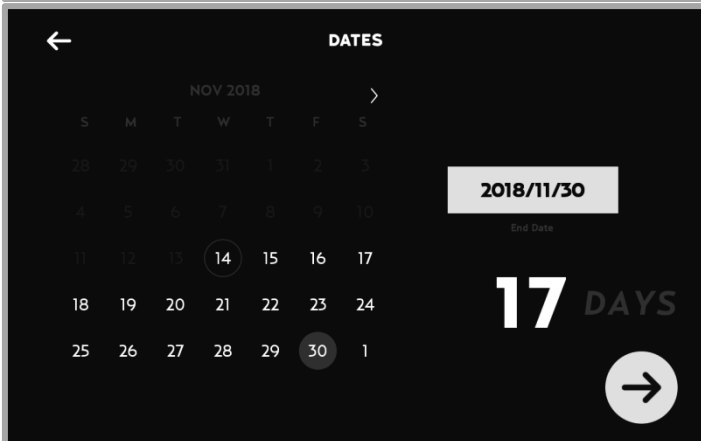
STEP 1: SET YOUR CURRENT WEIGHT

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



STEP 2: SET YOUR TARGET WEIGHT

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

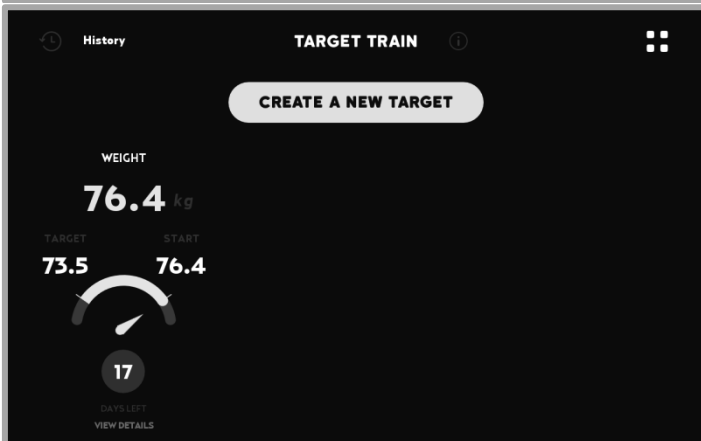


STEP 3: PERIOD SETTING

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



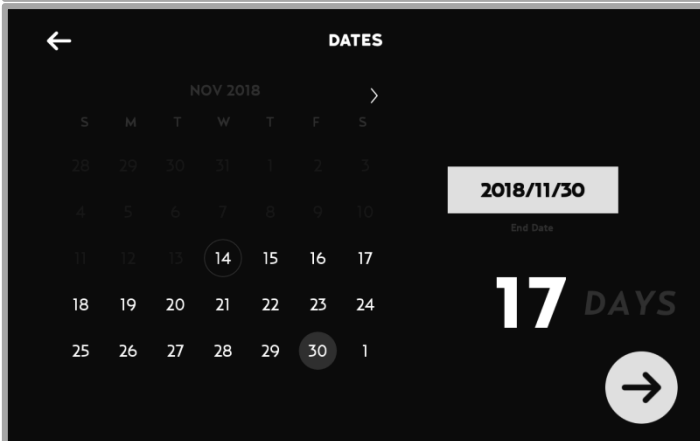
STEP 1: SET YOUR CURRENT BODY FAT%

Setting range: 1-50%



STEP 2: SET YOUR TARGET BODY FAT%

Setting range: 2-50%

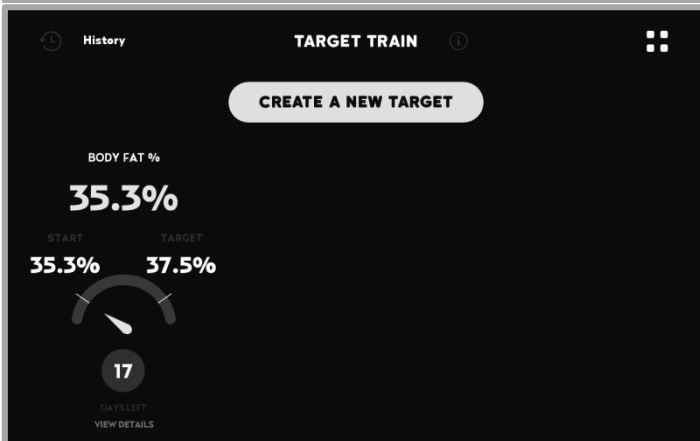


STEP 3: PERIOD SETTING

Start Date: Current date.

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

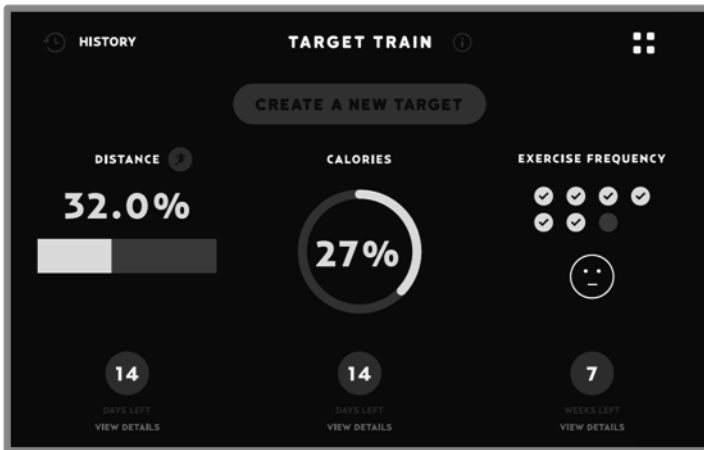
Tap yellow arrow to next screen.



STEP 4: COMPLETE YOUR SETTING

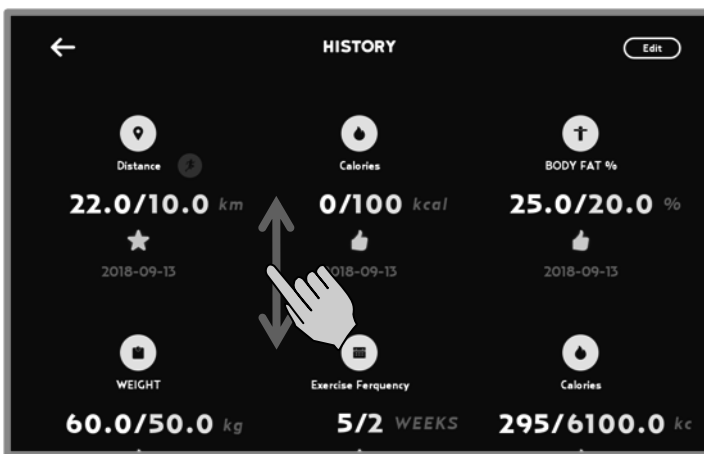
2.11 TARGET TRAIN (Continued)

TARGET TRAIN Screen > History Screen






HISTORY (HISTORY)

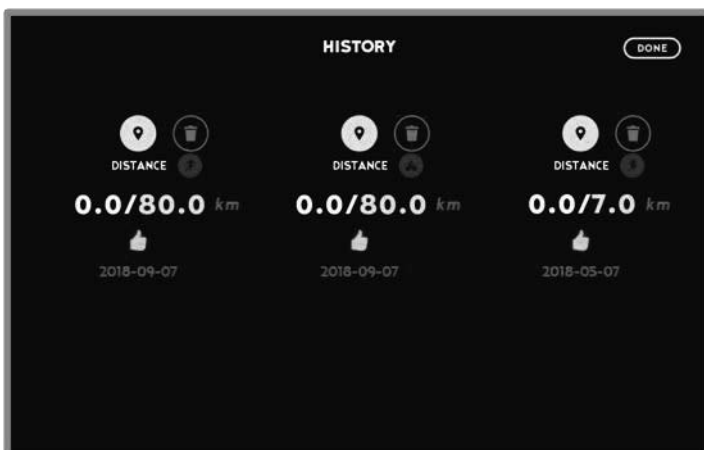
Tap to view the history of your target.




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

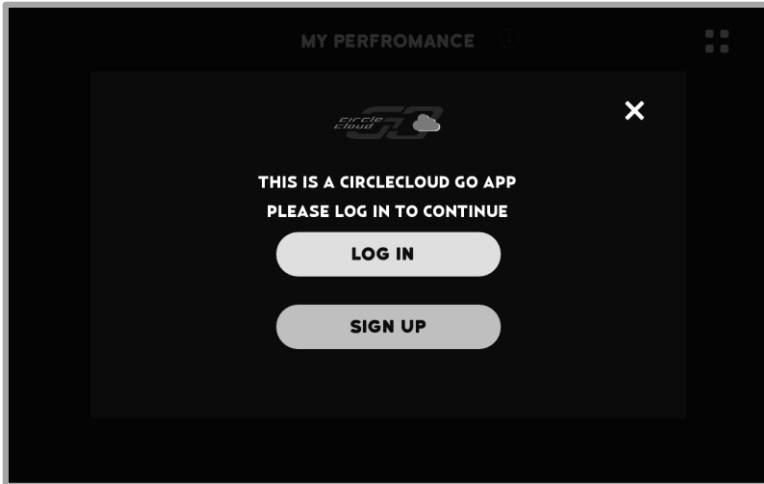
 Tap to delete your record.

 Tap to skip to history screen.

2.12 MY PERFORMANCE

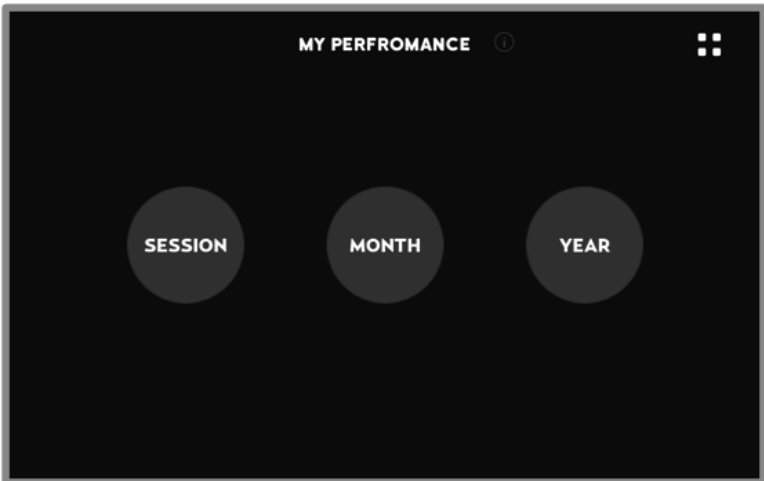
Go to HOME Screen > MY PERFORMANCE Screen

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)



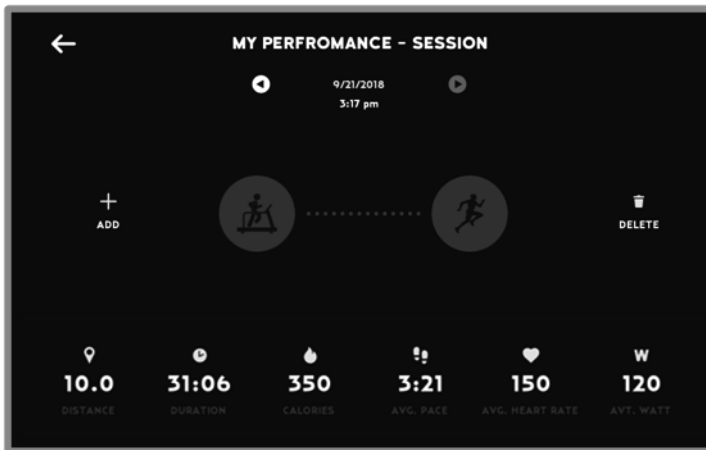
Tap to skip to HOME Screen.



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.

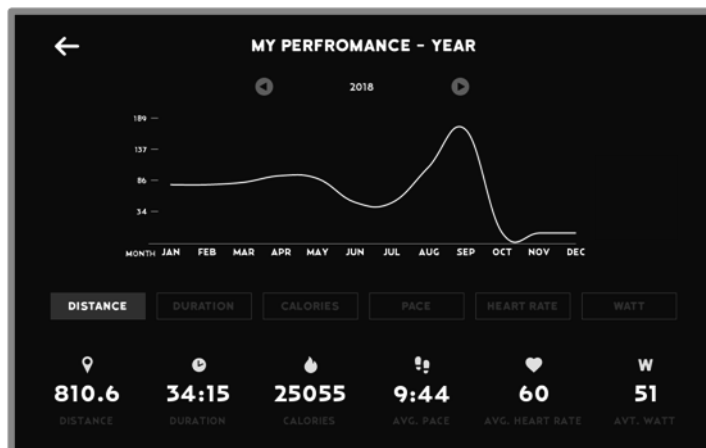
Tap arrow button to skip previous screen.



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.

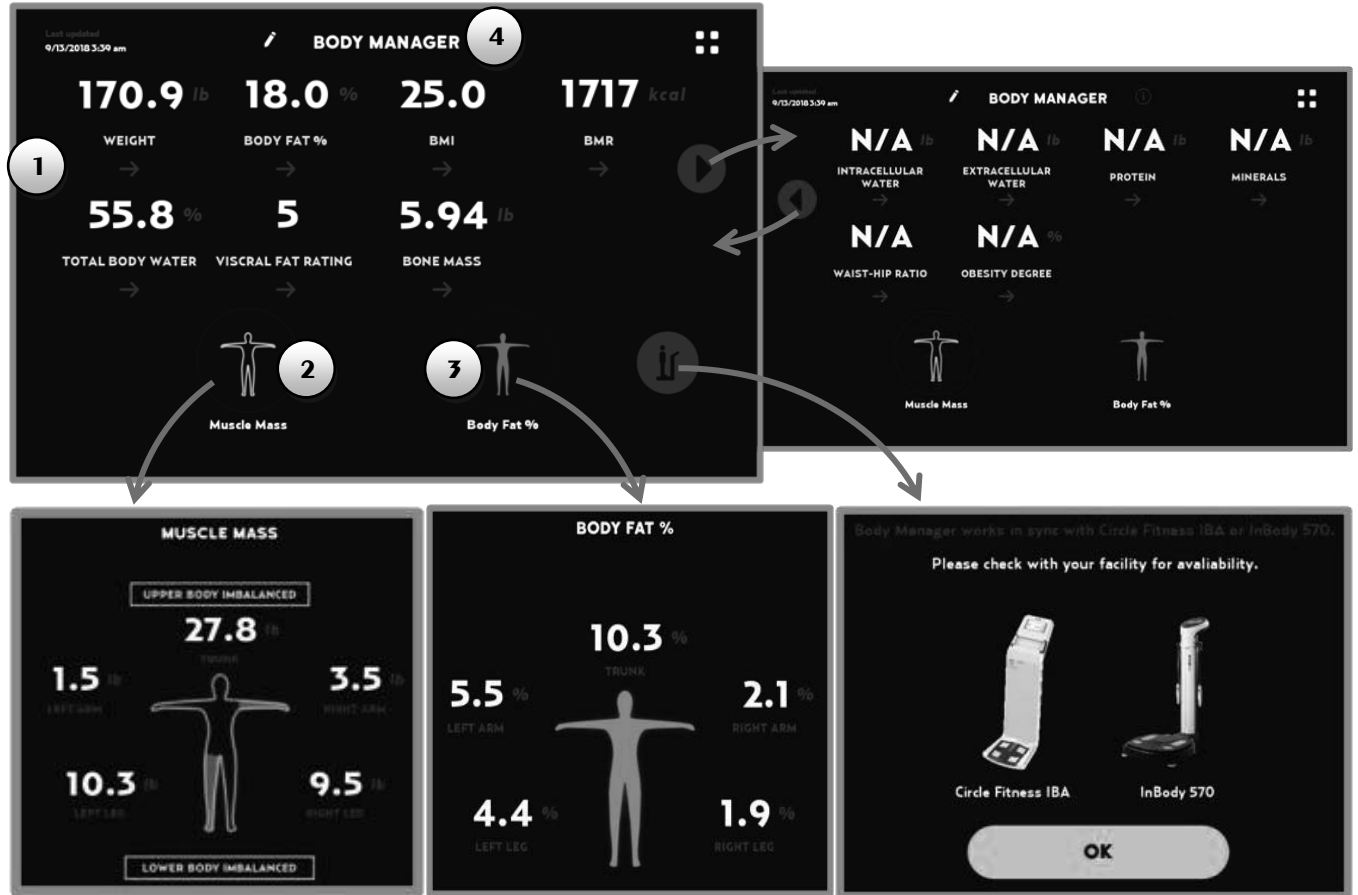
Tap arrow button to skip previous screen.


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.

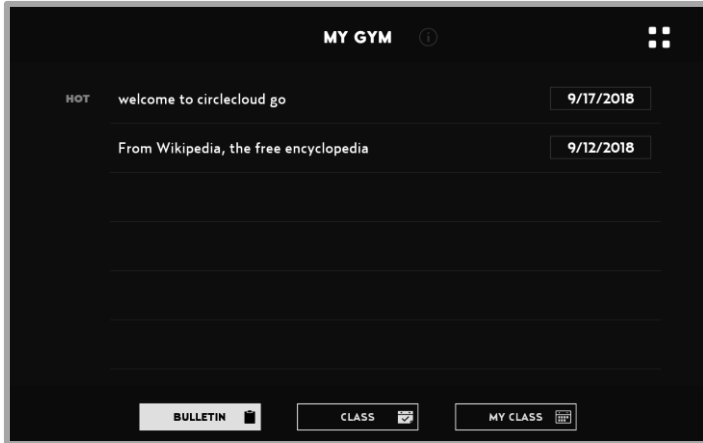


No.	Field/ Button	Description
1	Key Measurements	Weight/ Body Fat %/ BMI /BMR /Total Body Water/ Visceral Fat Rating/ Bone Mass/ Intracellular Water/ Extracellular Water/ Protein/ Minerals/ Waist-Hip Ration/ Obesity Degree
2	Muscle Mass	Tap to view your distribution of muscle mass.
3	Body Fat %	Tap to 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**).

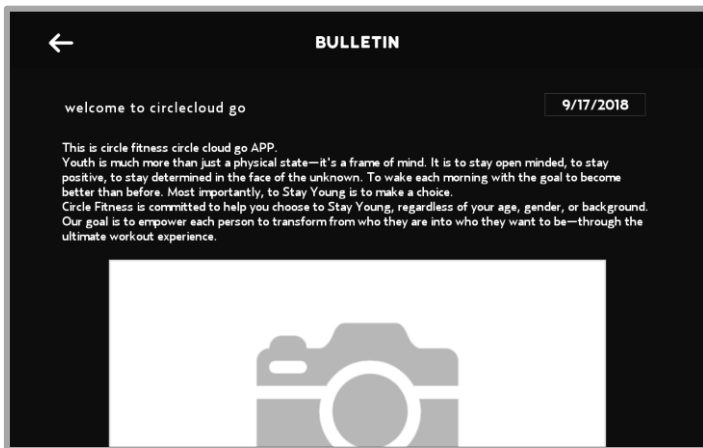


BULLETIN

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

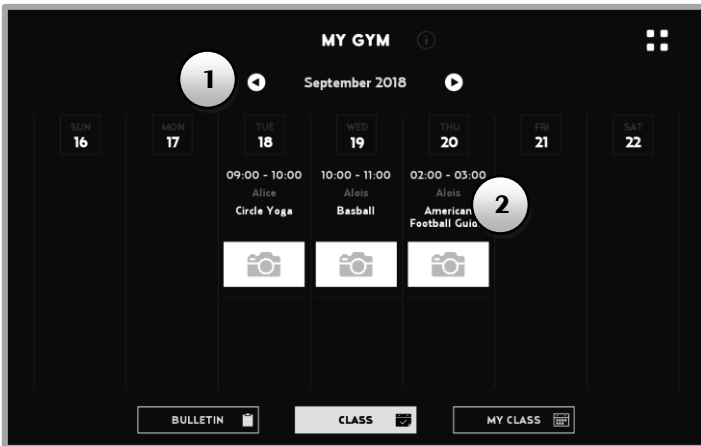
Tap the title on bulletin to get more information.

Tap  to skip HOME Screen.



2.14 MY GYM (Continued)

Go to HOME Screen > MY GYM Screen > CLASS Screen



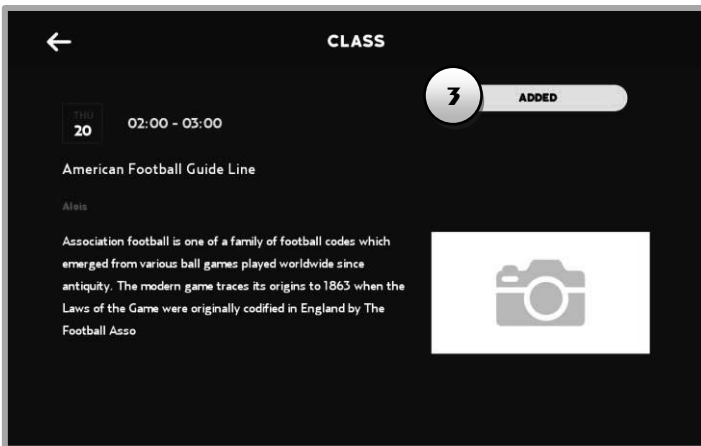
CLASS

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



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

2) Class Information



3) ADDED

Tap to add this class to your calendar.

2.14 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

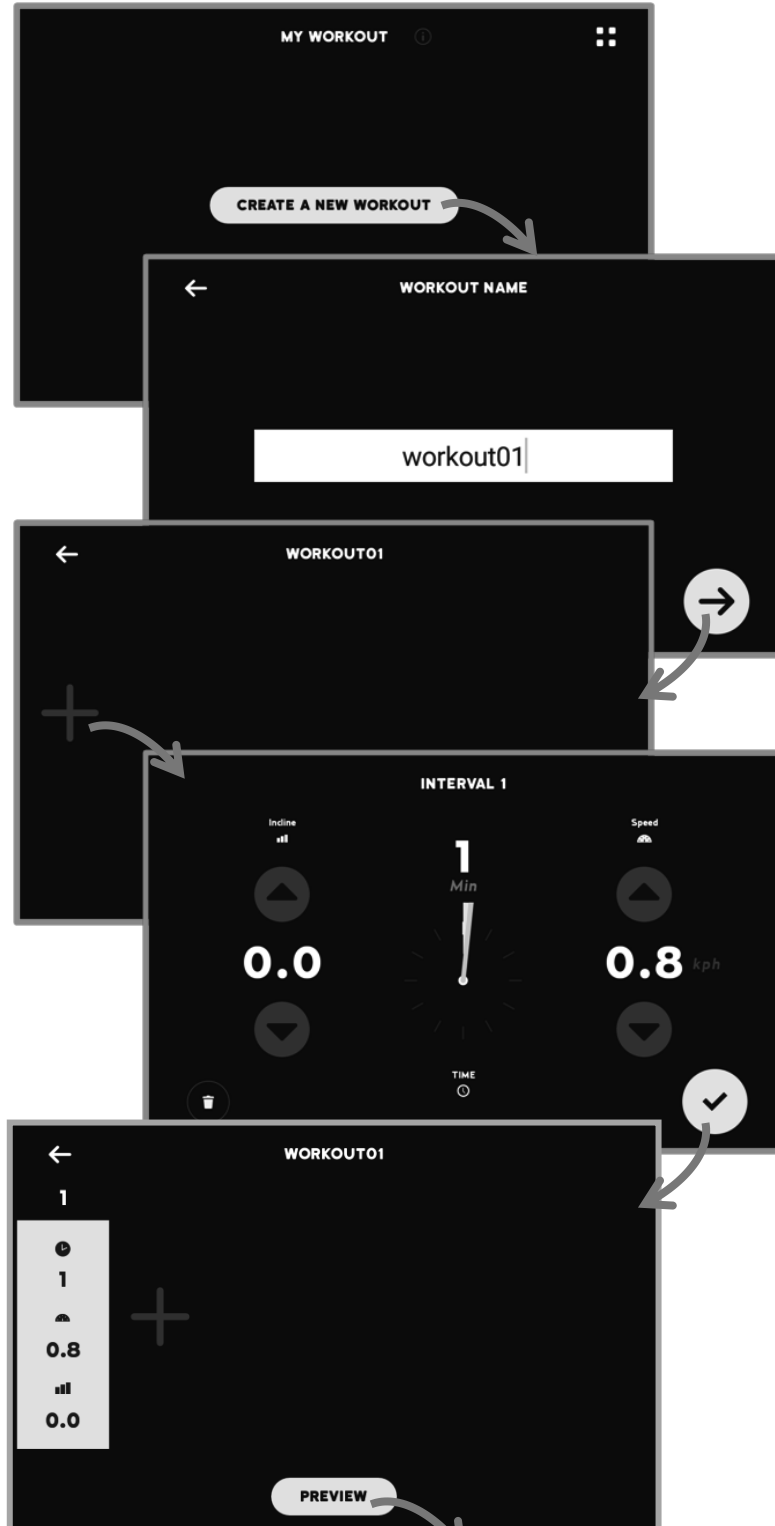
Tap to remove this class from your calendar and the screen is shown as below.

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

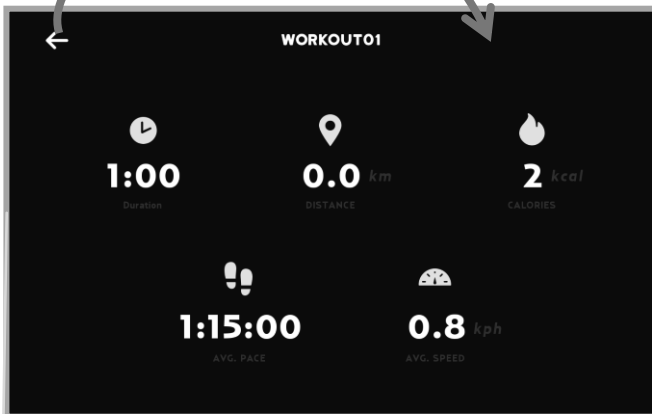


Workout Profile Preview Screen


Tap  to back to previous screen.

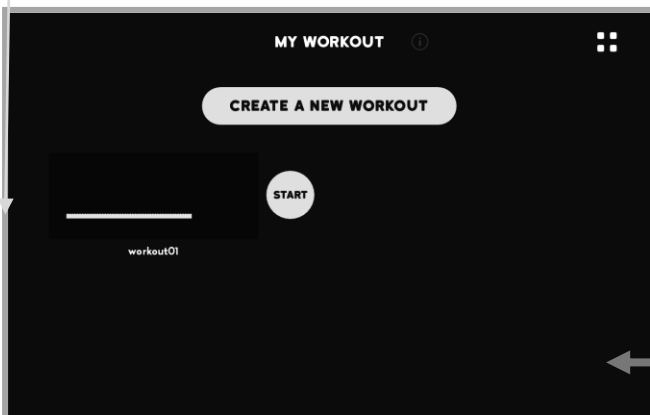
Tap  to view your workout settings.


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





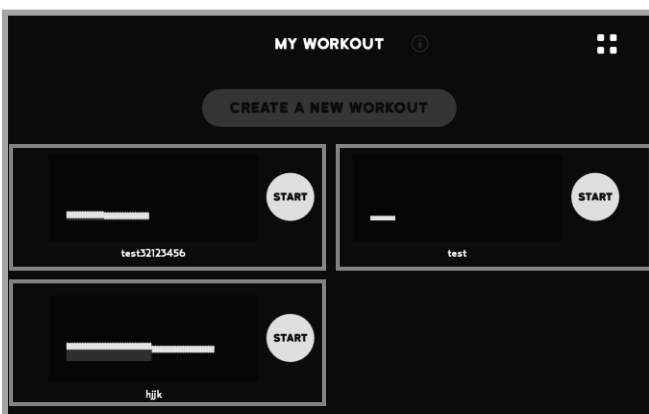
Workout Detail Screen

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)

circle
FITNESS

Stay Young



M7 S Treadmill

