

# Owner's Manual



**TREADMILL**



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# SAFETY PRECAUTIONS

## Equipment Power Requirements and Connections

**WARNING:** Failure to follow these specifications can cause damage to your product and can void the warranty.

**For U.S., all building electrical power and wiring shall comply with the currently adopted National Electrical Code (NEC or NFPA 70) and the Uniform Building Code.**

- Do not modify the plug provided with this product. If the plug will not fit your electrical outlet, have a proper outlet installed by a qualified electrician.
- All power outlets must be functional the day of delivery / assembly of the product. The client is responsible for any additional installation charges associated with return visits.
- Electrical supply may fluctuate in your area. To ensure stable performance of the product, we require the following wiring gauges based on the distance between the unit and the panel: 100 ft. or less = 12-gauge wire; 101 ft. – 125 ft. = 10-gauge wire, 126 ft. – 150 ft. = 8-gauge wire must be used. A run over 150 ft. is not recommended.
- Circle Fitness recommends circuit breakers designed to handle inductive loads. An example is the QO-HM120 breaker.

### Circle Fitness Treadmills

- All Circle Fitness treadmills require a dedicated circuit with a non-looped (isolated) ground. – A dedicated circuit means that each outlet you plug into should not have anything else running on that same circuit. – Each treadmill must have its own circuit breaker with dedicated neutral and ground terminated at the panel. The Treadmill should be connected to a dedicated circuit. For an uninterrupted experience, avoid GFCI outlets, as Treadmills need a steady circuit flow and power shortages could lead to damaging of your fitness unit. The treadmill can cause nuisance tripping of GFCI's, which can result in a damaged component(s) on the treadmill .If no suitable outlet is available, contact an electrician.

#### Treadmills operating on a 110V (125V)/ 20A power source :

- Please refer to NEC Article 210-21 ad 210-23 for additional information.
- The treadmill receptacle must be a NEMA 5-20R receptacle.
- The power cord on the treadmills use a NEMA 5-20P plug.

#### Treadmills operating on a 220V (250V)/ 15A power source :

- The treadmill receptacle must be a NEMA 6-15R receptacle.
- The power cord on the treadmills use a NEMA 6-15P plug.

### Non-Treadmill Cardio

- All non-treadmill cardio equipment uses a NEMA 5-15P plug.
- The equipment requires a 120V/15A circuit. Multiple units may be daisy-chained together, up to four units per 15A circuit. – The non-treadmill cardio receptacle must use a NEMA 5-15R receptacle, or a NEMA 5-20R T-Slot receptacle.

### Self-Powered

- Bikes and Ellipticals may be self-powered depending on the console type. – Units using self-power require a minimum RPM to power the console and do not require supplemental power.



## Facility Power Information

Product	Line Voltage (V)	Line Frequency (Hz)	Current (RMS Amp)	Circuit Configuration	Outlet	Max Power Dissipation (Watts)
M8 Eplus (touchscreen)	120	50-60Hz	20	Dedicated	NEMA 5-20	1700
M8 (LED)	120	50-60Hz	20	Dedicated	NEMA 5-20	1650
M7 Eplus (touchscreen)	120	50-60Hz	20	Dedicated	NEMA 5-20	1700
M7 (LED)	120	50-60Hz	20	Dedicated	NEMA 5-20	1650
M6 Eplus (touchscreen)	120	50-60HZ	15	Dedicated	NEMA 5-15	1300
M6 (LED)	120	50-60HZ	15	Dedicated	NEMA 5-15	1250
M8 Eplus (touchscreen)	220	50Hz	15	Dedicated	NEMA 6-15	1700
M8 (LED)	220	50Hz	15	Dedicated	NEMA 6-15	1650
M7 Eplus (touchscreen)	220	50Hz	15	Dedicated	NEMA 6-15	1700
M7 (LED)	220	50Hz	15	Dedicated	NEMA 6-15	1650
M6 Eplus (touchscreen)	220	50HZ	15	Dedicated	NEMA 6-15	1300
M6 (LED)	220	50HZ	15	Dedicated	NEMA 6-15	1250
E7 Eplus (touchscreen)	120	50-60Hz	2	NA	NEMA 5-15	250
R8 EPlus (touchscreen)	120	50-60Hz	2	NA	NEMA 5-15	250
B8 Eplus (touchscreen)	120	50-60Hz	2	NA	NEMA 5-15	250

## Proper Power Cord Connection and Placement

When connecting the power cord, plug the power cord into a dedicated non-looping isolated grounded circuit capable of carrying a minimum of 20amps (120VAC circuits) or 15amps /220VAC for machines using 220V power. No other appliance, electrical component, device or light fixture may be on the same circuit.

Do not use any extension cord. Do not modify the cord or use an adapter to connect the power cord to an improper power receptacle.

Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.

A temporary adapter **MUST NOT BE USED** to connect this plug to a two-pole receptacle. If a properly grounded, 20-amp (or 15-amp, in case of 220V power using) outlet is not available, one must be installed by a qualified electrician.

Keep the power cord away from heated surfaces.

Do not run the power cord across an area where it may become a tripping hazard or have the potential of receiving damage from objects rolling over the cord.



**Attention:** Obtain the assistance of a licensed electrician before installing, modifying or servicing any part of the electrical power supply for your equipment.

### Facility Power Requirements

When designing a facility or installing new Circle Fitness equipment into an existing facility, it is necessary to have the correct electrical power provisions. Without proper electrical supply, the equipment will not operate in a safe and proper manner.

## Treadmills operating on a 110 V (125V)/ 20A power source :

Circle Fitness requires a 20amp dedicated circuit and dedicated neutral for each treadmill installed and operated. Each treadmill must be furnished with an Individual Branch Circuit (also known as a “dedicated” circuit). Circuits for 110 Volt models must include a 20amp circuit breaker and individual 20amp outlet (NEMA 5-20R) for each treadmill, per NFPA70 National Electrical Code (NEC) clause 210.21(B) (1). The NEC requires that each outlet have dedicated conductors of at least 12 AWG for line, neutral and ground for 20amp service. Larger conductors (10 AWG) may be required for long branch circuits or high temperatures to prevent voltage drop.

Dedicated outlets must not share line, neutral or ground conductors with other outlets. This means that a single breaker, one hot wire, one neutral wire, and one ground wire are connected from the panel to a single electrical load (in this case, 1 treadmill). All circuits for treadmills SHOULD NOT SHARE A NEUTRAL OR A GROUND. Each neutral wire and each ground wire should be tied back to the panel directly.

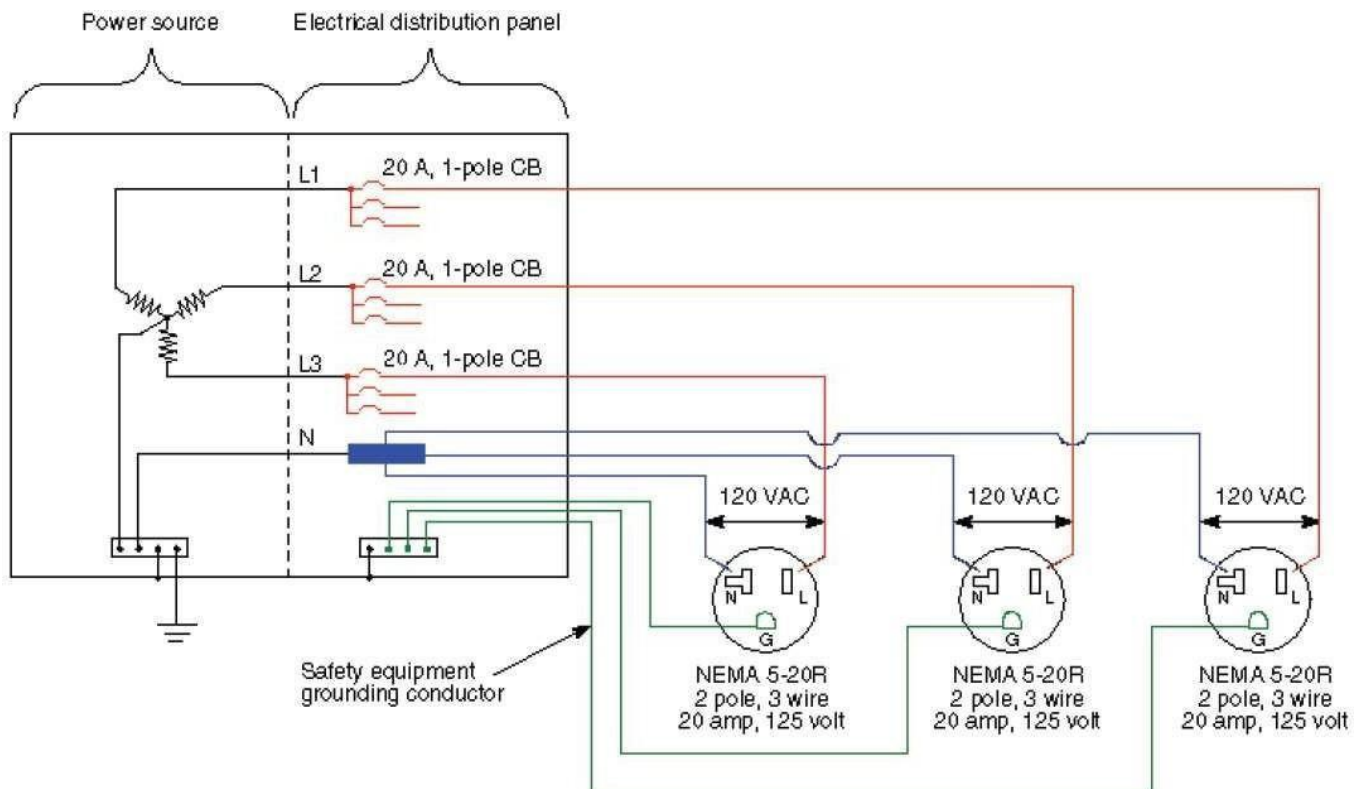


Diagram of appropriate wiring for multiple treadmills using 110V

## Treadmills operating on a 220 V (250V)/ 15A power source :

Circle Fitness requires a 15amp dedicated circuit and dedicated neutral for each treadmill installed and operated. Each treadmill must be furnished with an Individual Branch Circuit (also known as a “dedicated” circuit). Circuits for 220 Volt models must include a 15amp circuit breaker and individual 15amp outlet (NEMA 6-15R) for each treadmill. The NEC requires that each outlet have dedicated conductors of at least 14 AWG for line, neutral and ground for 15 amp service. Larger conductors (12 AWG) may be required for long branch circuits or high temperatures to prevent voltage drop.

Dedicated outlets must not share line, neutral or ground conductors with other outlets. This means that a single breaker, one hot wire, one neutral wire, and one ground wire are connected from the panel to a single electrical load (in this case, 1 treadmill). All circuits for treadmills SHOULD NOT SHARE A NEUTRAL OR A GROUND. Each neutral wire and each ground wire should be tied back to the panel directly.

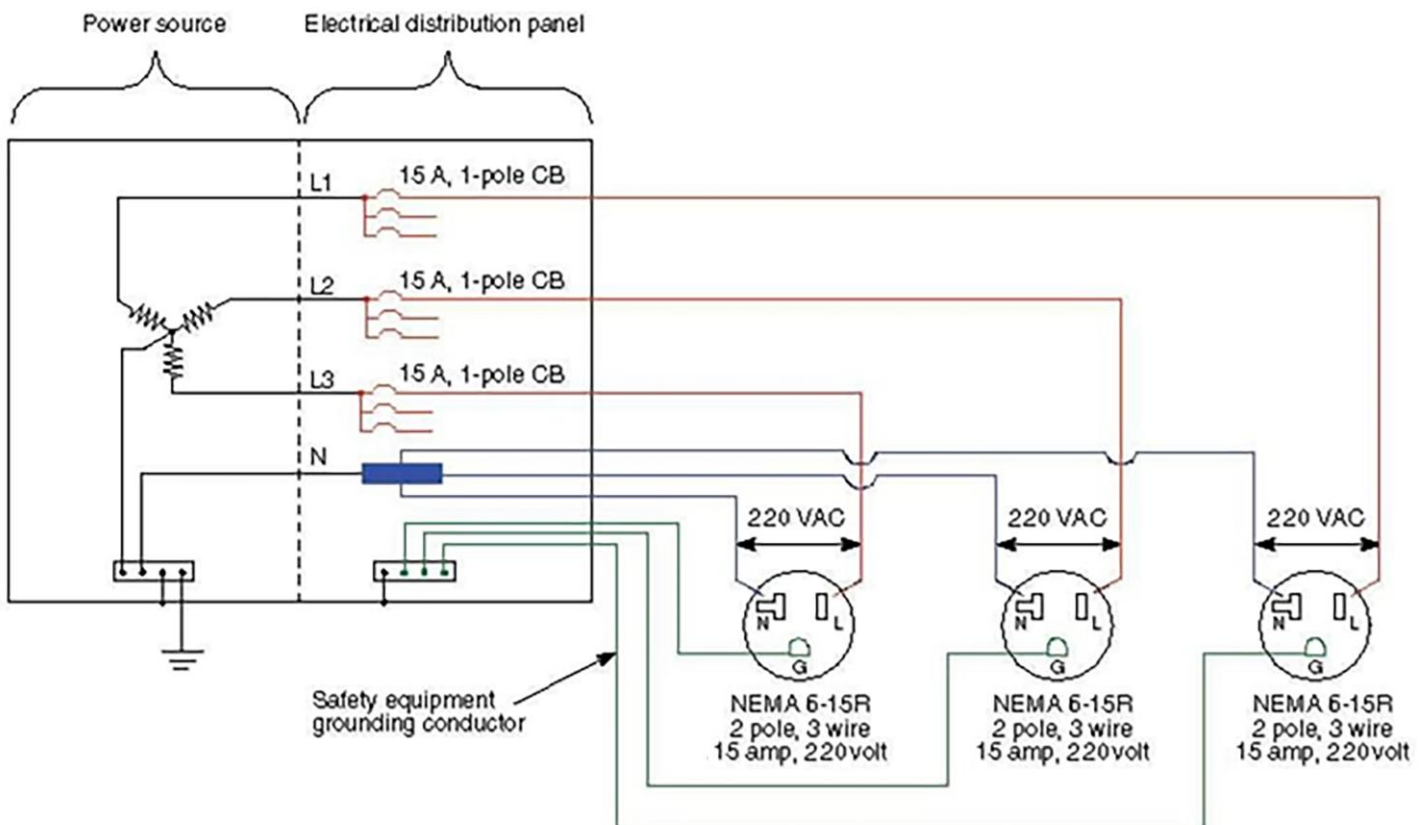


Diagram of appropriate wiring for multiple treadmills using 220V

There should be no other electrical device operated off this circuit; just the single treadmill. The earth ground connection of the outlet may be shared with other outlets' earth ground connections through either metal conduit or ground wire.

Each dedicated circuit requires 12gauge wire (or 14 gauge wire in case of 220V power using ) for the line and neutral wires for runs less than 100 feet, as measured from the circuit breaker to the termination of the plug (outlet) connecting to the treadmill. Runs greater than 100 feet require 10gauge wires, and a run from a circuit breaker shall not be greater than 200 feet.

What is a dedicated circuit?

A dedicated circuit is set aside with a specific purpose, with its own circuit breaker in your electrical box. A dedicated circuit is intended for use with a single appliance only. No other appliances will be plugged into or utilize the energy from this circuit, making it "dedicated" to that single appliance. Dedicated circuits ensure major appliances that draw a lot of electrical current are able to access the energy they need without overloading your system, blowing a fuse or tripping a circuit breaker. Certain medium to heavy duty appliances may require a dedicated circuit. This includes commercial treadmills.

Why are dedicated circuits important?

Dedicated circuits protect the equipment and your home/business. Equipment without a dedicated circuit may draw more current than the circuit can handle, tripping breakers, blowing fuses, and overheating wire insulation causing breakdown and the possibility of electrical fires. How do I know I know if I have a dedicated 20AMP circuit? Most residences and even some businesses commonly do not have a dedicated 20AMP circuit, unless there was a previous special installation by a professional. A 20 amp receptacle will have one slot that looks like a sideways T. If it is a dedicated circuit it would usually be a single receptacle instead of a duplex. If you look at the breakers in your breaker panel and there is a "20" on the handle, it's a 20 amp circuit. However, as to it being a dedicated circuit... most times it is not. A dedicated circuit of any amperage rating would typically only be installed if needed.

Proper power supply will avoid common problems caused by an improper power supply such as:  
Over-loading the circuit breaker.

With only one treadmill connected to a single circuit breaker in the electrical panel, the smaller circuit breaker in the treadmill will trip first if there is an over-current situation due to abnormal treadmill operation. If more than one treadmill is wired to the same panel breaker, the additional current requirements may frequently overload and trip the panel breaker, even though the treadmills are operating normally.

### Over-loading the Neutral wire

If there are multiple treadmills connected to the same neutral wire, even if each hot conductor is wired to separate breakers, there is a risk of over-loading the neutral wire, possibly resulting in a dangerous situation (including overheating and danger of afire) and/or, more commonly, low voltage at the outlet.

### Low Voltage at the outlet

This can be caused by several things. The most common cause of low voltage is too many treadmills on one circuit (or neutral wire), which overloads the wire, heats it up, and causes the voltage at the outlet to drop. This can also happen if the wires are not the correct size, or if the distance from the panel to the outlet is too far. Low voltage at the outlet can only be measured when the load is at its peak. The voltage may be acceptable when all the treadmills are off, but lower significantly when all treadmills are all on and drawing 15 amps (or 10amps in case of machines using 220V power ). Low voltage causes problems for the motor and Motor Control Board (MCB), and can result in electrical failure.

### NEC (National Electrical Code)

The National Electrical Code (NEC), or NFPA 70, is a U.S. standard for the safe installation of electrical wiring and equipment. It is part of the National Fire Codes series published by the National Fire Protection Association (NFPA). "National Electrical Code" and "NEC" are registered trademarks of the NFPA. While the NEC is not itself a U.S. law, NEC use is commonly mandated by state or local law, as well as in many jurisdictions outside of the United States. The NEC codifies the requirements for safe electrical installations into a single, standardized source.

### Details of selected NEC requirements

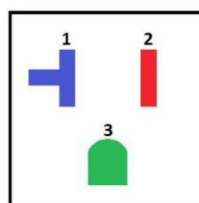
Articles 210 addresses "branch circuits" (as opposed to service or feeder circuits) and receptacles and fixtures on branch circuits. There are requirements for the minimum number of branches, and placement of receptacles, according to the location and purpose of the receptacle outlet.

As of 1962 the NEC required that new 110-volt household receptacle outlets, for general purpose use, be both grounded and polarized. NEMA has implemented this in its U.S. standard socket configurations so that:

1. There must be a slot for a center-line, rounded pin connected to a common grounding conductor.
2. The two blade-shaped slots must be of differing sizes, to prevent ungrounded (2-wire) devices which use "neutral" as their only grounding from being misconnected.



Wall Receptacle

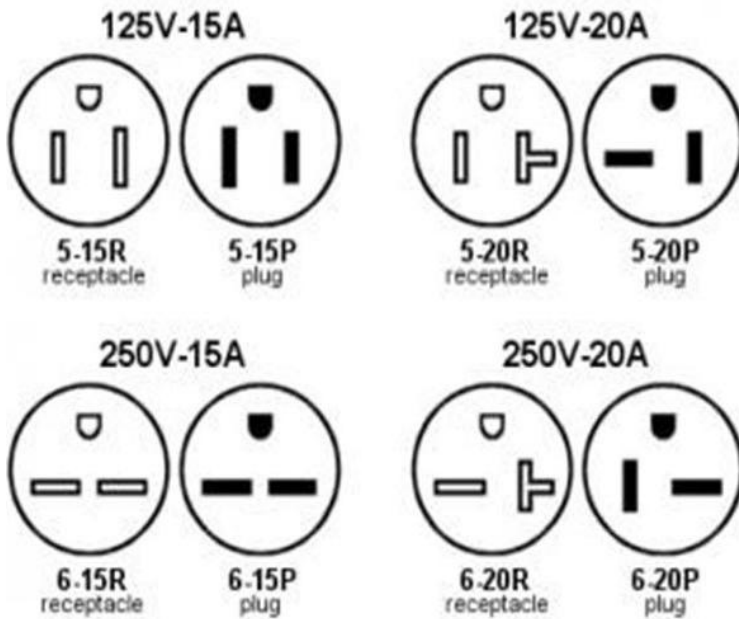


1. NEUTRAL
2. HOT/LINE
3. GROUND



Equipment Plug

# NEMA



## Actual vs. Maximum Current Rating

A 20-amp fuse or circuit breaker is not actually intended to routinely carry 20 amps of power. In actual fact, a given circuit may only carry up to 80% of its maximum-rated capacity, with the remaining 20% intended as a safety margin.

Maximum Rated Circuit Capacity	Actual Rated Circuit Capacity
10 amps	8 amps
15 amps	12 amps
20 amps	16 amps

## Isolated Circuits

The term "Isolated" has been misused in the past to describe an individual branch circuit. An Isolated circuit actually describes an electrical power circuit that is isolated from the rest of the electrical power in the building through a separate transformer. Circle Fitness equipment does not require isolated circuits. This is usually used only for equipment that is very sensitive to electrical noise in the power lines.

## GFCI outlet

The Treadmill should be connected to a dedicated circuit. as Treadmills need a steady circuit flow and power shortages could lead to damaging of your fitness unit. The treadmill can cause nuisance tripping of GFCI's, which can result in a damaged component(s) on the treadmill . For an uninterrupted experience, avoid GFCI outlets. If no suitable outlet is available, contact an electrician.



# SAFETY PRECAUTIONS

## **Before beginning**

- 1). Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this treadmill, stop the workout at once.
- 2). MAX. user weight: **182 kg (400 lbs )**
- 3). Always use this treadmill on a clear and level surface. Do not use outdoors or near water.
- 4). Don't insert any object into any openings.
- 5). Before using this equipment to exercise, always do stretching exercises to properly warm up.
- 6). Advice to replace defective components immediately and keep the equipment out of use until repair.
- 7). Always wear appropriate workout clothing and shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- 8). Place on a level surface, with 2mx1m of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- 9). Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

## **Important Safety Instructions**

- 1). Keep children and pets away from this equipment at all times.
- 2). Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.
- 3). Deposit the safety key properly in order to avoid children to get the safety key and re-start the treadmill.
- 4). Stop the treadmill accordingly and take a rest while any discomfort happens during the exercise.
- 5). Correct steps of stopping your treadmill:  
Press STOP button → Both hands hold the handlebars → Feet step on the side reins → Leave the treadmill
- 6). If there is any error sign shown on the monitor before/during exercising, please refer to the Trouble Shooting section in your owner's manual according to the code number of the error sign.
- 7). Turn off the power after using.
- 8). 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 a hazard.
- 9). Warning : Incorrect or excessive training may be in juried to health.

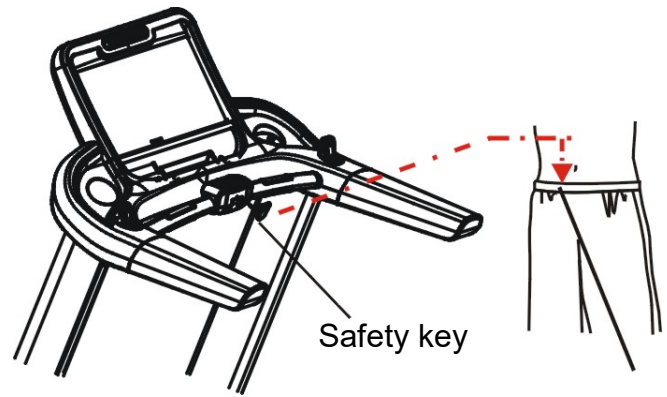
# SAFETY PRECAUTIONS

## SAFETY KEY

The safety key is to prevent falling down or any other emergencies from runner's not familiar with the speed of the treadmill. Please always wear safety key in case of any accident.

## CONSULT A PHYSICIAN IMMEDIATELY

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



Attach the safety key to your waist.

## How often you exercise:

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

## How hard you exercise:

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

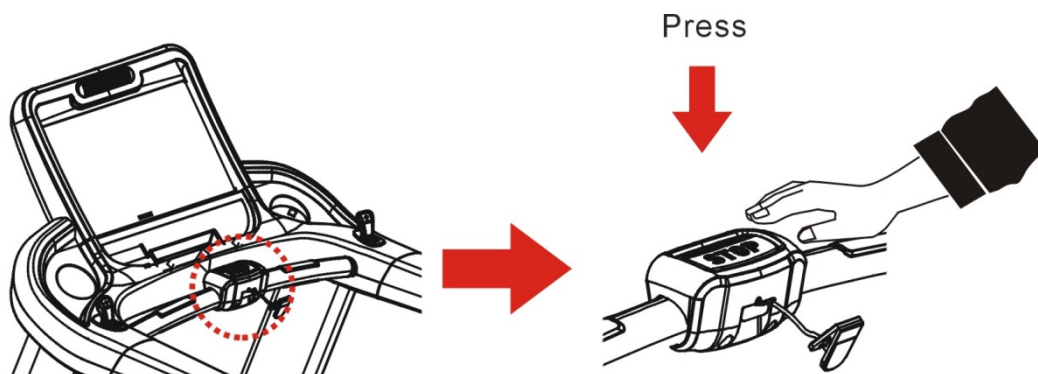
Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

## How long you exercise:

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

## Emergency Stop switch

The function of the emergency stop can help the user to get off the treadmill safely in case of emergency happened, in case of emergency, press the safety key, hold the handrails and get off when the band stops.

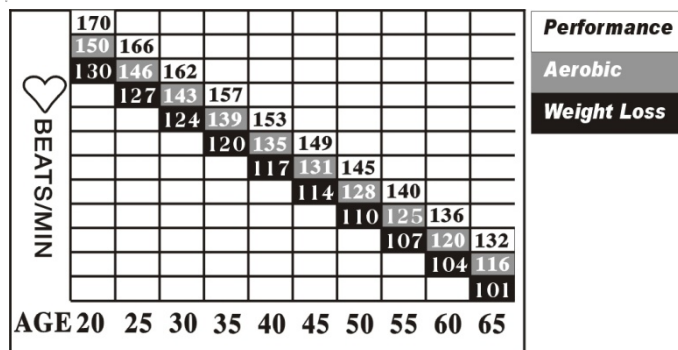


# SAFETY PRECAUTIONS

## BEGINNER TREADMILL PROGRAM

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

## TARGET HEART RATE ZONE



220-your age = maximum heart zone

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 60% and 80% of your maximum heart rate.

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

\* Upper limit of Target Heart Rate Zone = Maximum heart rate X 0.8

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

\*This appliance is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

\*The noise value list below is when it is at top speed with unloading status : LpAeq(dB) < 70dB



## TECHNICAL SPECIFICATIONS

### SPECIFICATIONS:

Length: 216.8 cm

Width: 94 cm

Running area: 58cm x 154cm

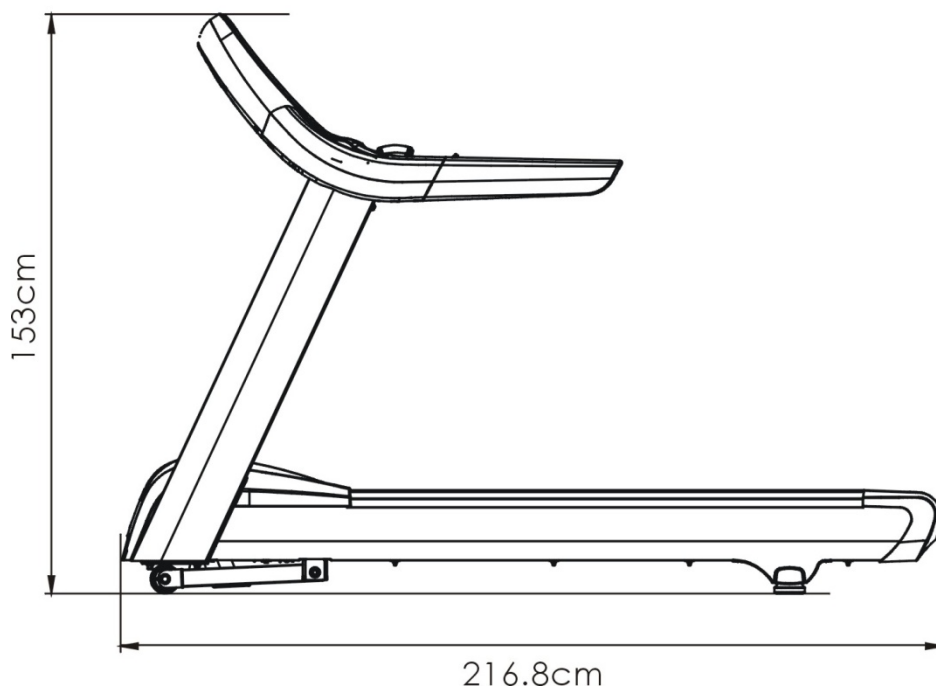
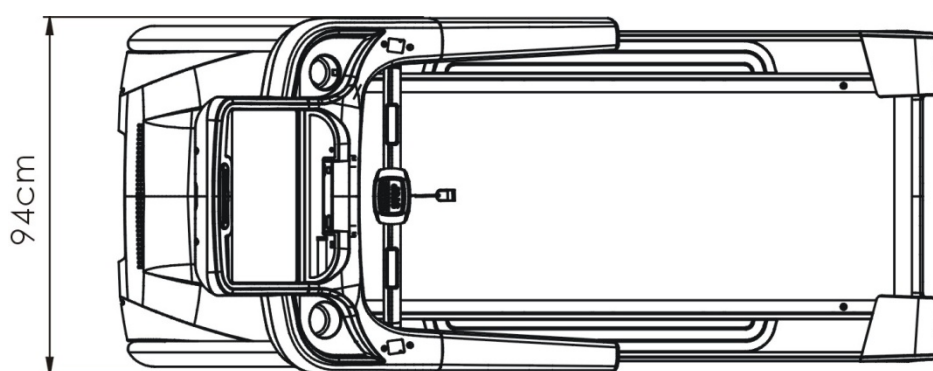
Weight of product: **210 kg ( 462 lbs)**

Power elevation: 0~20 motorized (front incline)

Programs: 6 Prest Program, 3 Goal, 4 HRC, 7 Phsical Test, Virtual Go

Standard features: Time Reminding, Time Elapsed, Speed, Incline, Heart rate, Max Heart rate, Ave Heart rate, Distance, Calories, Calories/h, Program Profile, Pace Avg. Pace

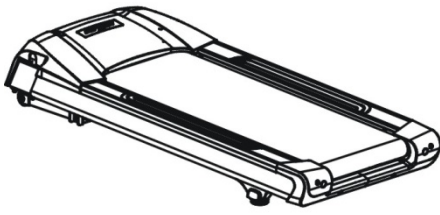
Stop for urgent need : **Emergency button**



# UNPACKING & ASSEMBLY

## PARTS

#3-1



Main body

#3-4



Console

#3-2



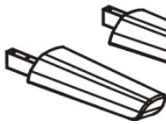
Left console mast  
(Left console mast with  
transparent bag)

#3-3



Right console  
mast

#3-6



Left handlebar









#3-5

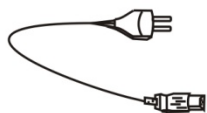


Right handlebar

# UNPACKING & ASSEMBLY

## HARDWARE KIT

Step2	<p><b>#3-8</b></p>  <p>M8x20mm / 8pcs (Console mast set)</p>	<p><b>#3-9</b></p>  <p>M8 S washer / 8pcs (Console mast set)</p>	<p><b>#3-11</b></p>  <p>M8 washer / 8pcs (Console mast set)</p>
Step3	<p><b>#3-10</b></p>  <p>M8x15mm / 6pcs (Console mast set)</p>	<p><b>#3-11</b></p>  <p>M8 washer / 6pcs (Console mast set)</p>	
Step6	<p><b>#3-7</b></p>  <p>M8x25mm / 4pcs (Console / Handlebar set)</p>	<p><b>#3-11</b></p>  <p>M8 washer / 4pcs (Console / Handlebar set)</p>	
Step7	<p><b>#3-16</b></p>  <p>M3x12mm / 1pcs</p>		



Power cord /1pcs



Allen wrench / 1pcs(5mm)

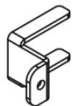


Allen wrench / 1pcs(6mm)



Allen wrench / 1pcs(6mm)

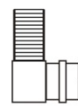
**#3-15**



Power cord locker / 1pc (Power cord)



Adaptors /1pcs



Cable Connector /1pcs

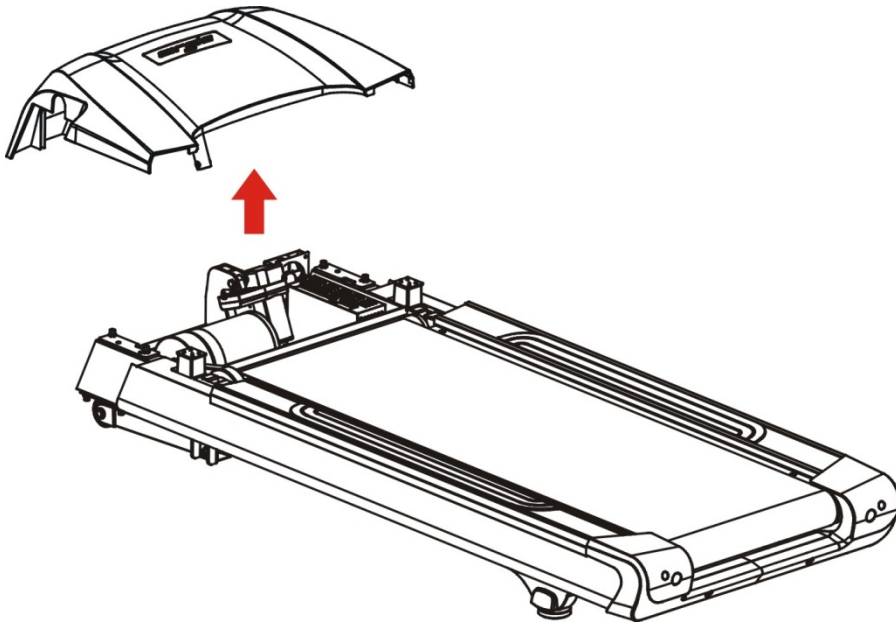
## UNPACKING & ASSEMBLY

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

\*Notice: Because of heavy weight, please assemble this treadmill more than two people.

Step1 :

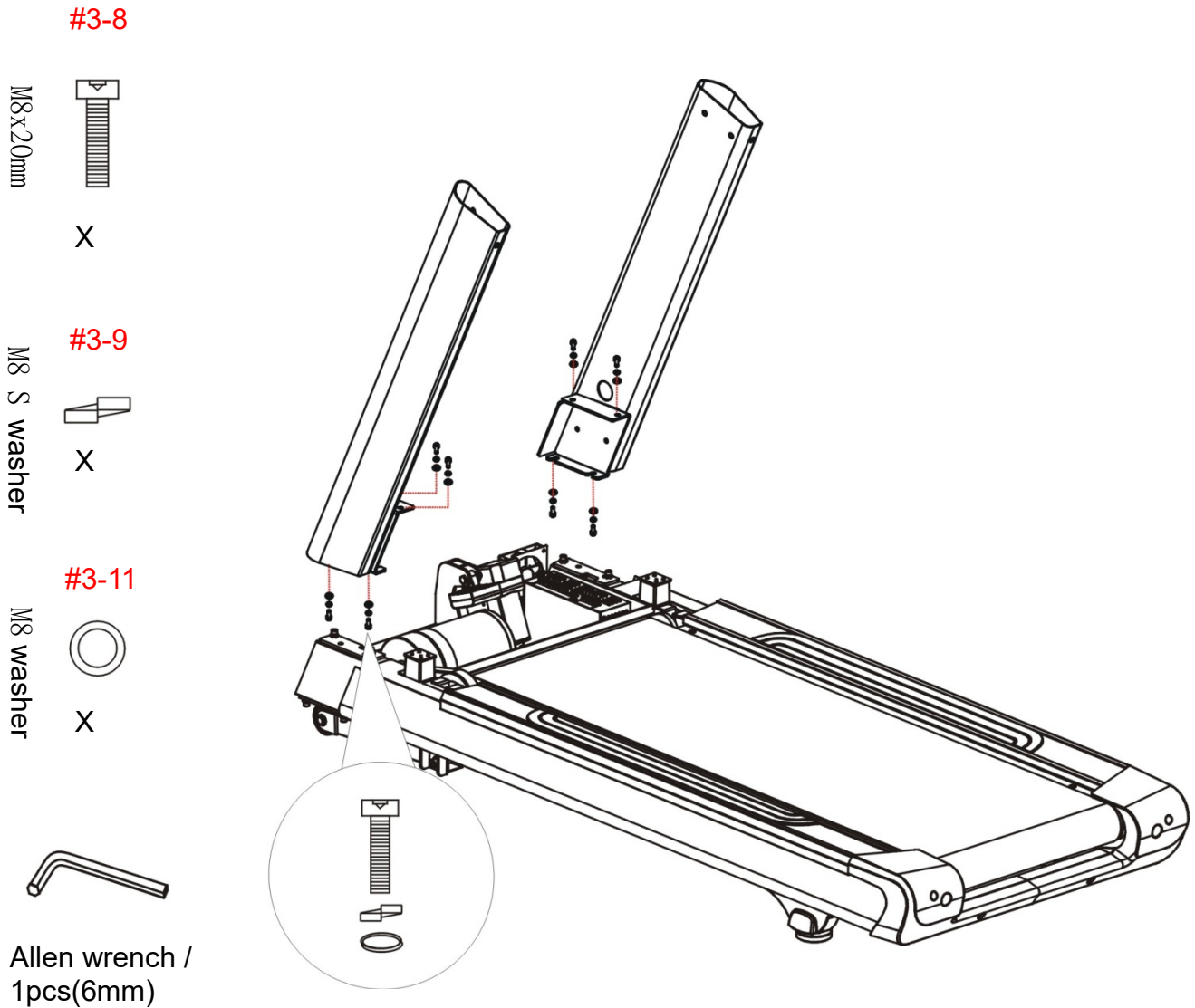
Loose the motor cover screws, and put the motor cover aside.



# UNPACKING & ASSEMBLY

Step 2 : Assemble Console Mast on the main body.

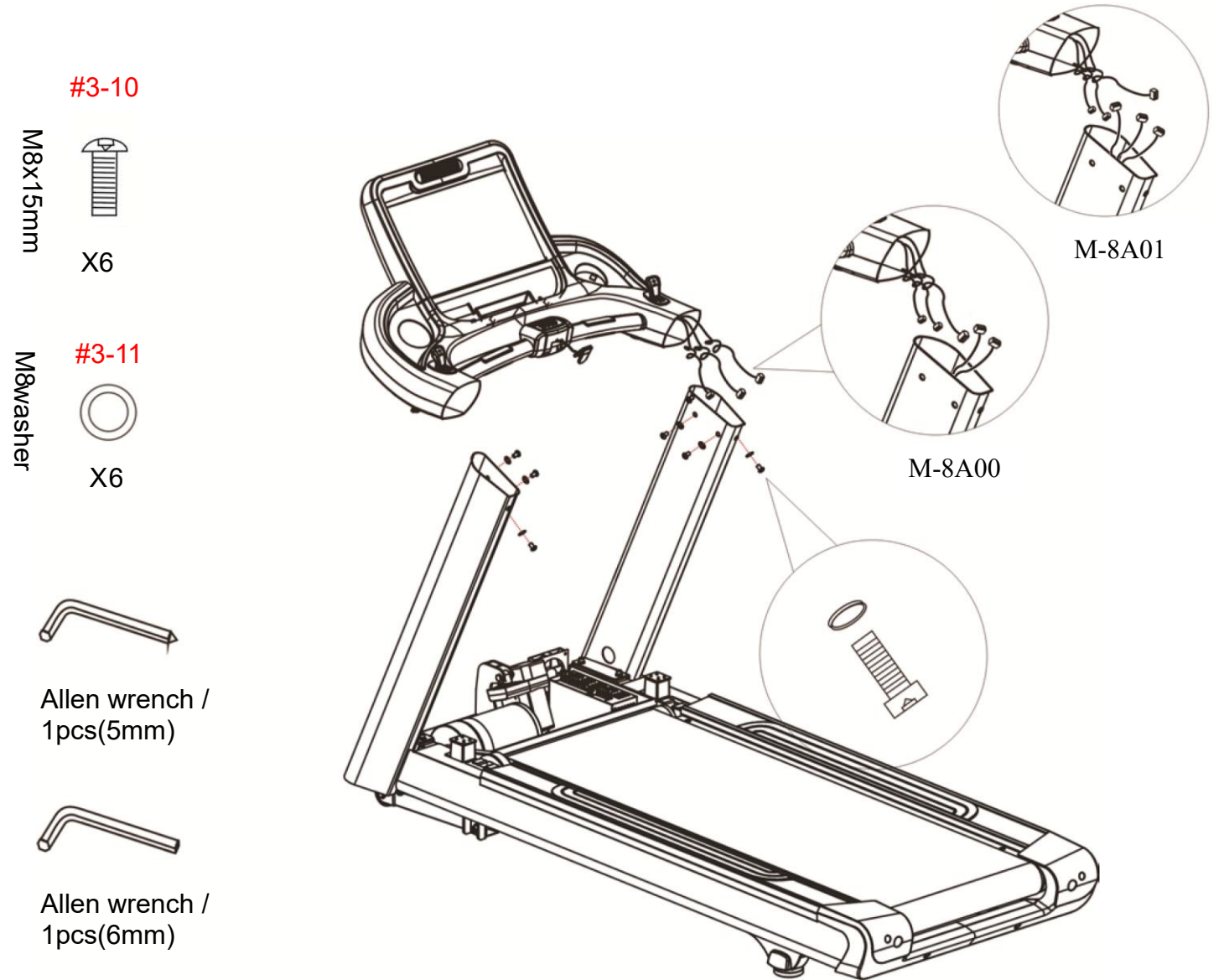
- 1). Put the Right Console Mast and Left Console Mast on the main body.
- 2). Use a 6 mm Hex wrench to fit with 8pcs M8x20mm Bolt, 8pcs M8 Lock Washer and 8pcs M8 Flat Washer. Do not tight it up until Step 3



# UNPACKING & ASSEMBLY

Step 3 : Assemble Console with Console Mast.

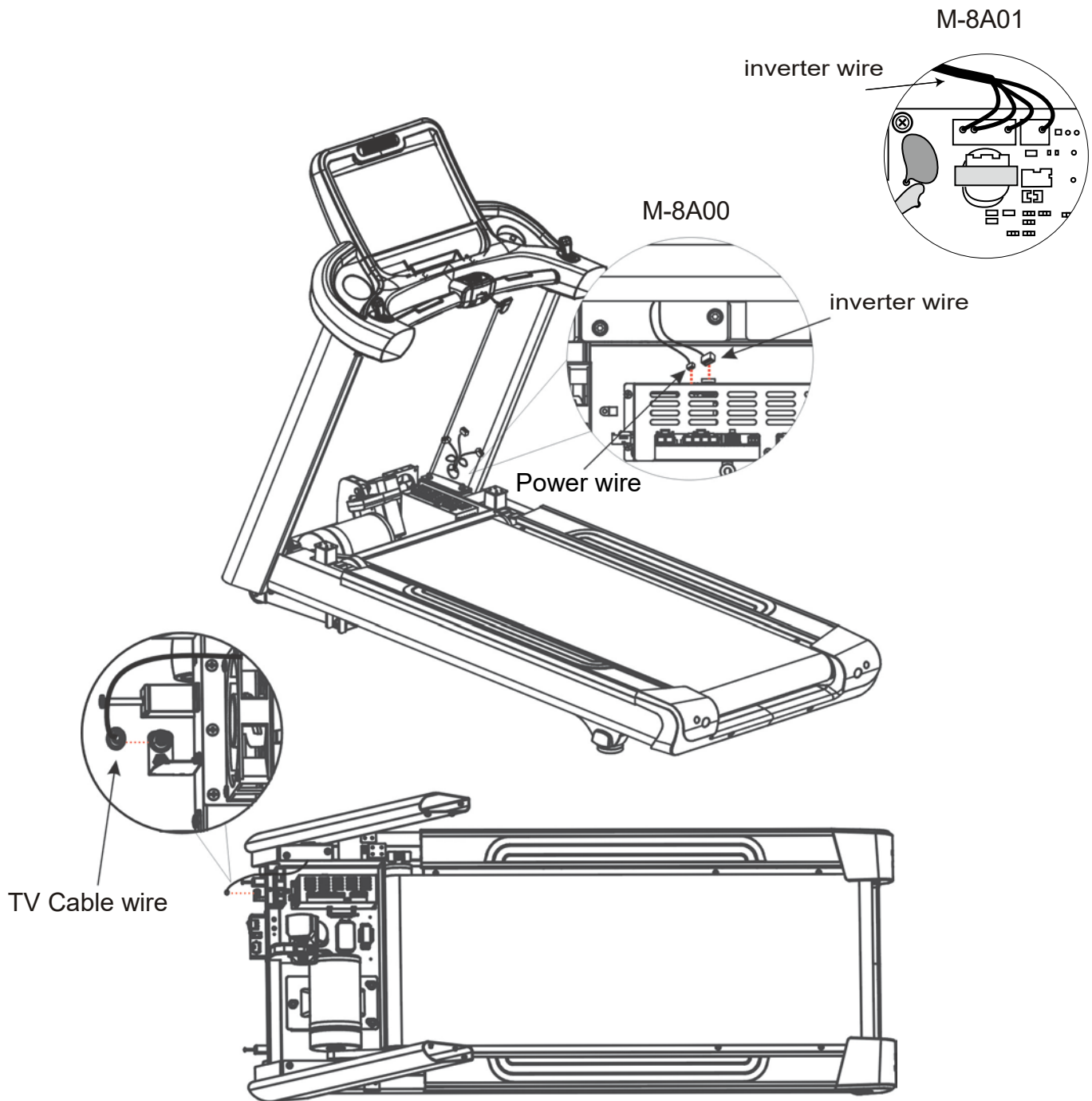
- 1). Put the Internet 、 power wire 、 TV Cable wire into the mast on the right side.
- 2). Put the Console on top of the Console Mast.
- 3). Use a 5mm Hex Wrench to tight up with 6pcs M8x15mm Bolt and 6pcs Flat Washer.
- 4). Now Use a 6mm Hex Wrench to tight up Console Mast with main body.



# UNPACKING & ASSEMBLY

Step 4 : Connect the Internet wire and power wire.

1). Make the Internet \ power wire \ TV Cable wire through and then connect to the inverter.

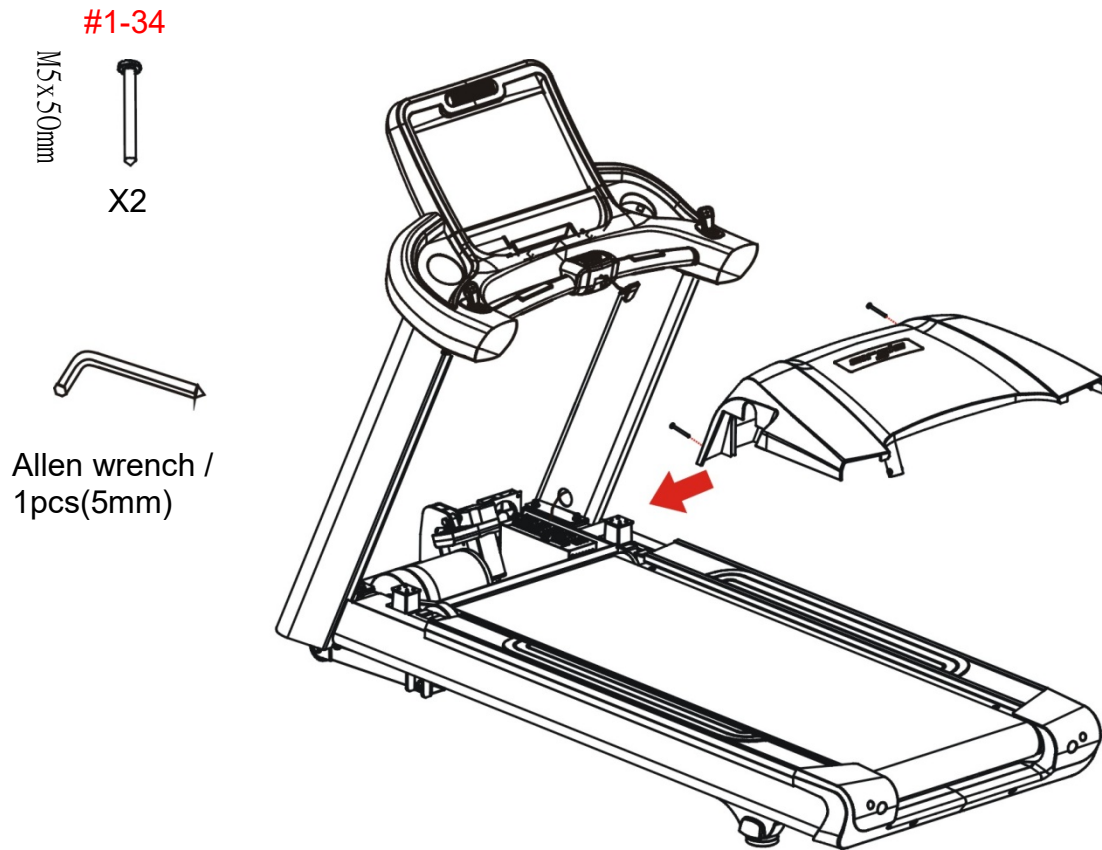




# UNPACKING & ASSEMBLY

Step 5 : Put Back Motor Cover

1). Use a 5mm Hex Wrench to tight up Motor Cover 2pcs M5x50mm Bolt.

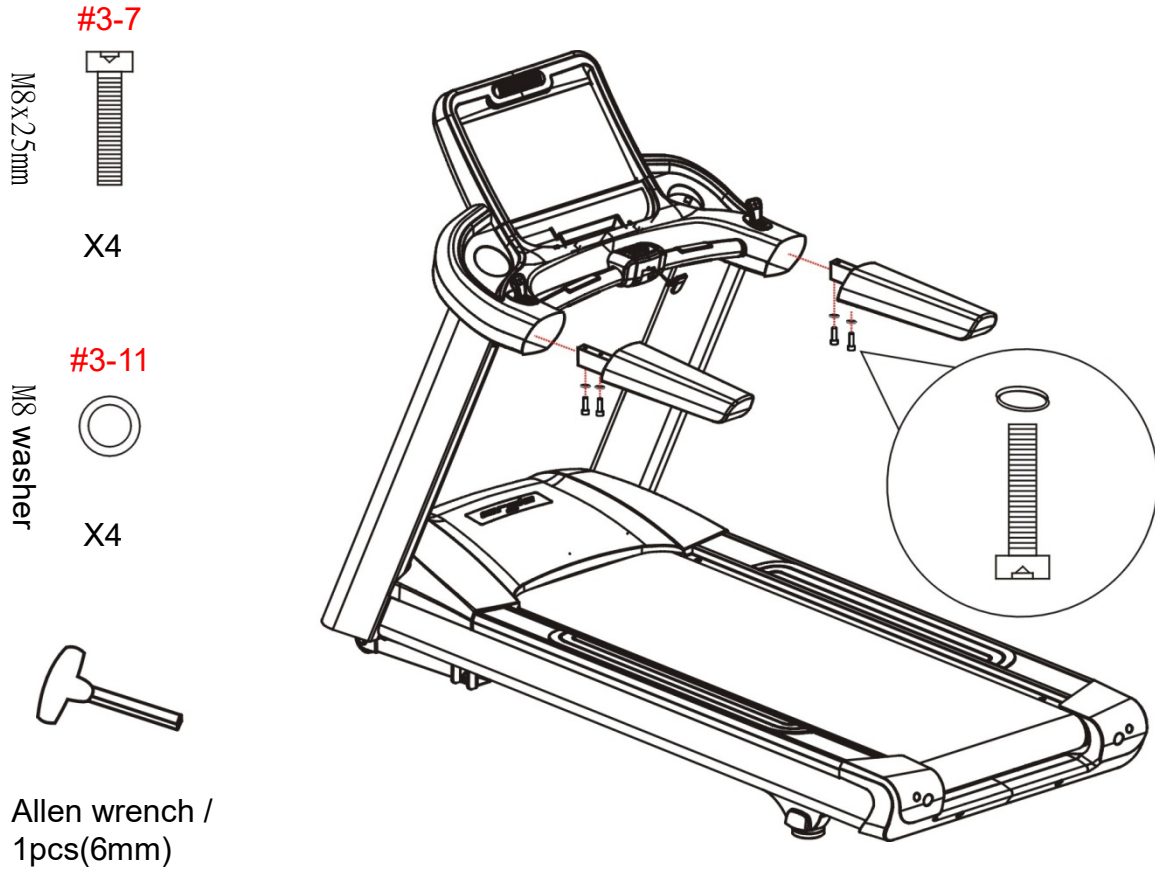




# UNPACKING & ASSEMBLY

Step 6 : Assemble Handle Bar on the Console.

- 1). Use a 6mm Hex Wrench to tight up Console and Handle Bar with 4pcs M8x25mm Bolt and 4pcs M8 Flat Washer. (Torque value should be 210~230 Kgf-cm while locking up)

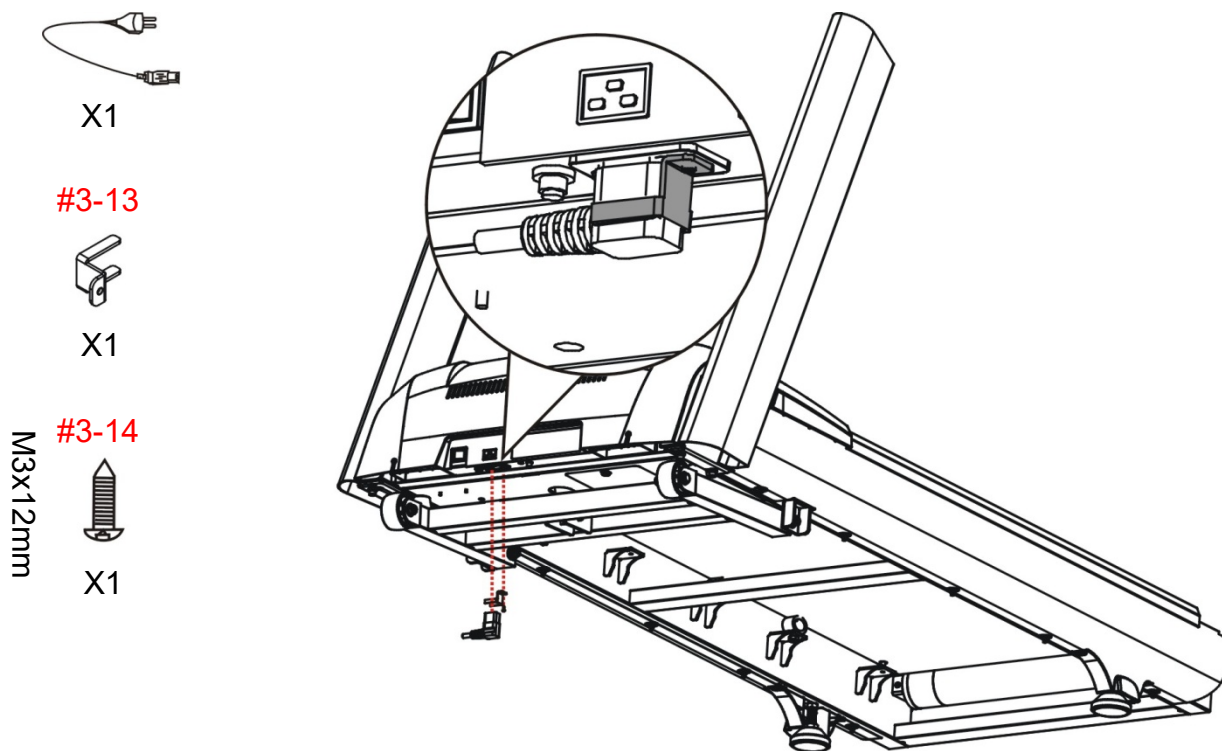


# UNPACKING & ASSEMBLY

Step7: Assmebley power cord locker and power cord.

1). Plug in the power cord.

2). Fasten power cord and power cord locker by hex wrench with 1pcs M3x12mm screw.



# WARM UP & COOL DOWN

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

## HEAD ROLLS



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

## SHOULDER LIFTS



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

## QUADRICEPS STRETCH



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

## SIDE STRETCHES



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

## CALF/ACHILLES STRETCH



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

## INNER THIGH STRETCH



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

## TOE TOUCHES



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

## HAMSTRING STRETCHES



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

# SETTING

## WiFi Setting

1. Connect WiFi before using multimedia Internet and Bulletin Board .
2. Press logo for 5 second to enter engineering mode. Select Ethernet and choose Enable WiFi: ON. Press SCAN to scan available network, enter Password then press APPLY to connect. The Status column will show connection status.

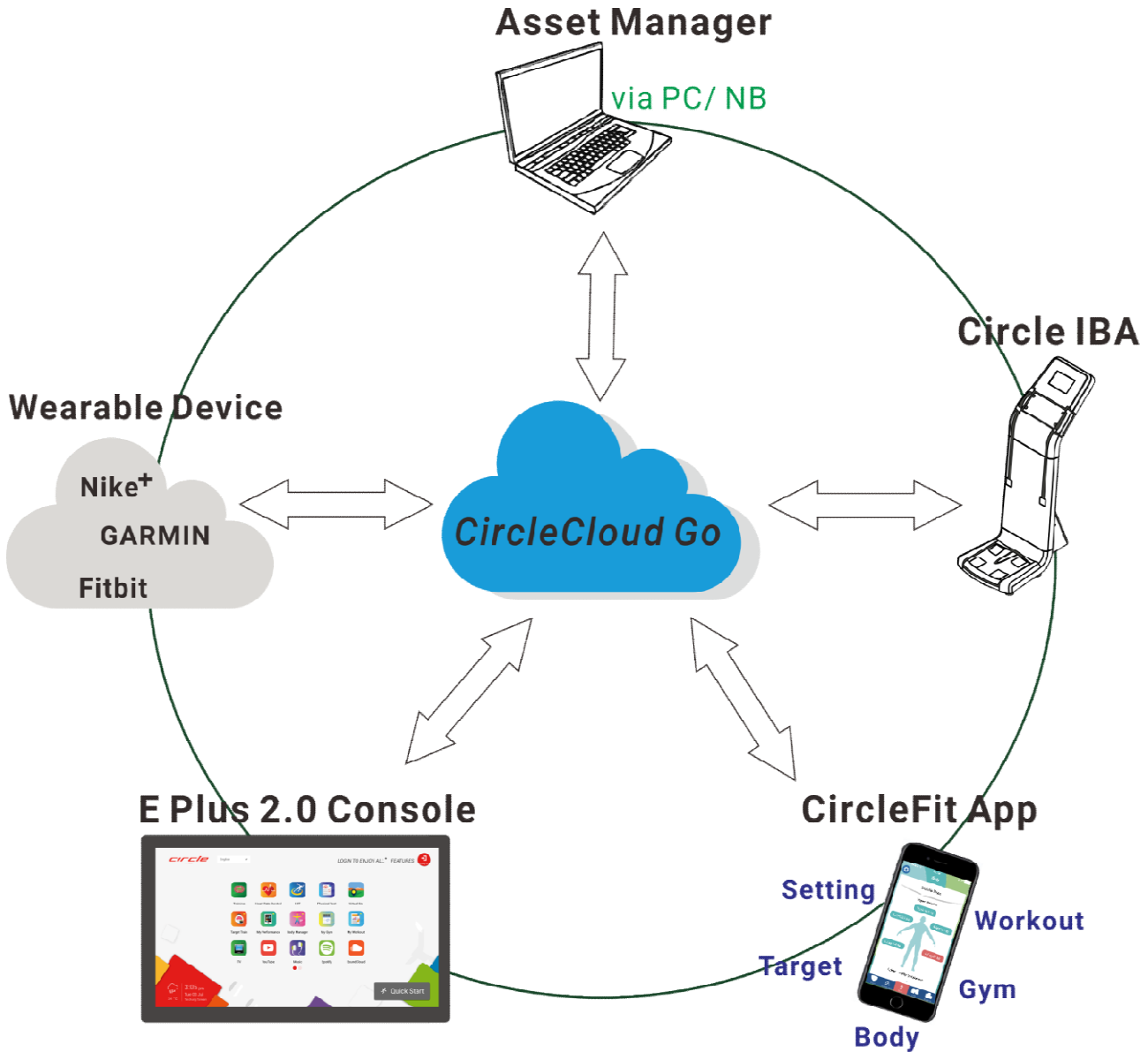
## TV Setting.

1. Scan TV channel after connecting TV cable.
2. Press logo for 5 second to enter engineering mode. Select TV and choose MENU , press UP/Down button to AUTO TUNING then press OK to start SCAN TV channel. (For European Countries, before scan please choose your located country).

# PROGRAM

## Circle Cloud 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 intergrated reaching your desired fitness goal.

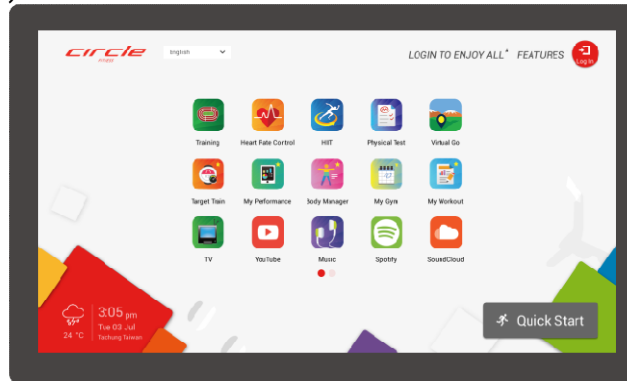


# 1. CONSOLE OVERVIEW

---

## 1.1 Entertainment Plus Console

18.5 inch touch screen (M8)

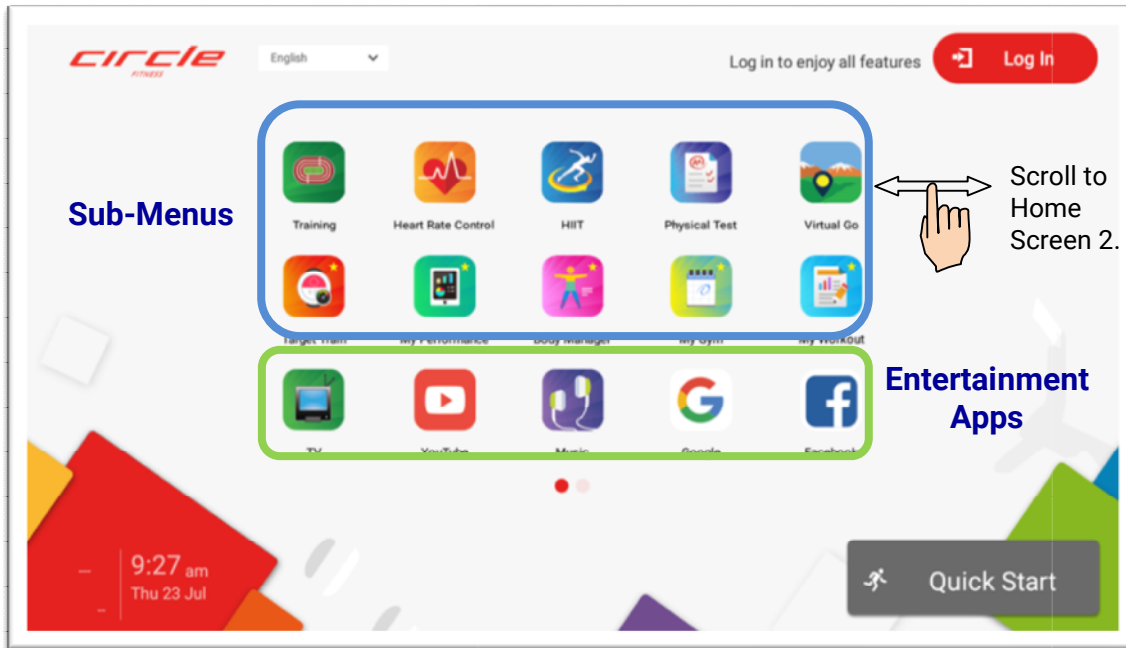


15.6 inch touch screen (M7/ E7/B8/R8)













## 2. HOME SCREENS OVERVIEW

### 2.1 HOME Screen 1



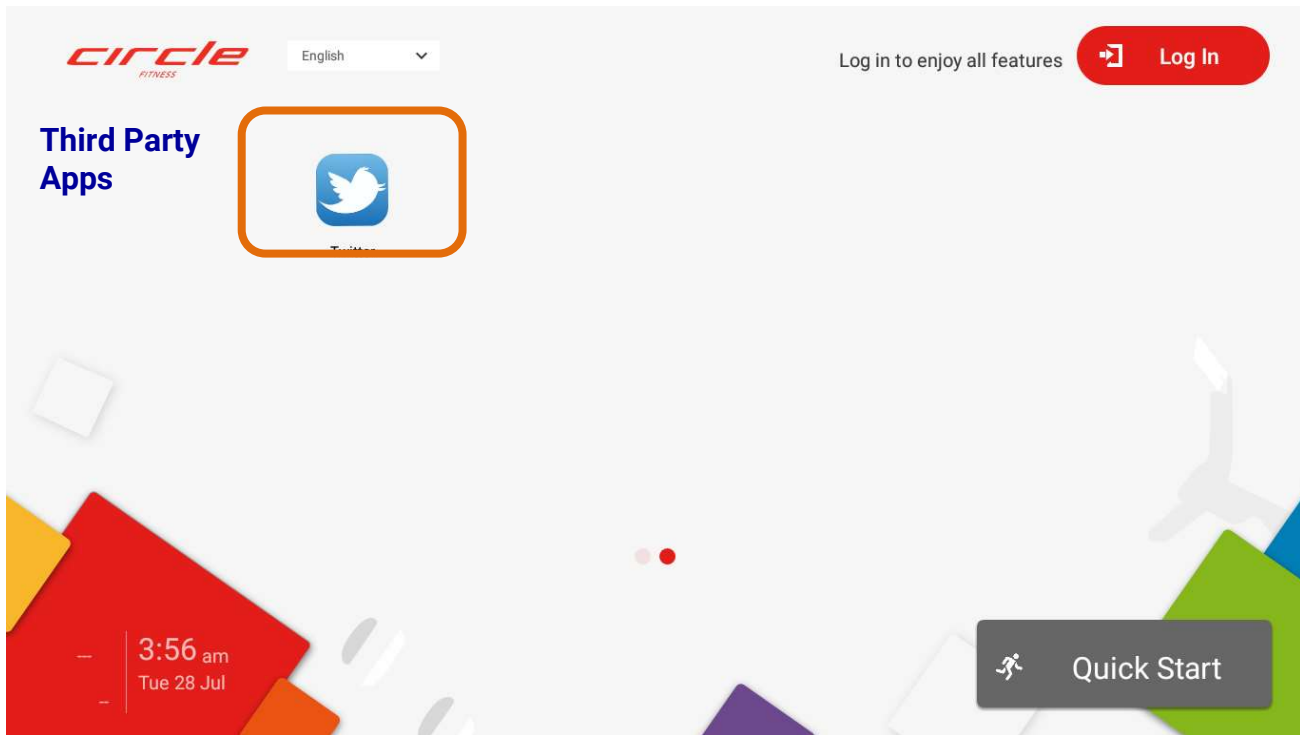
#### Sub Menus

-  **Training** : 7 Training Programs are provided for you.
-  **Heart Rate Control**: Provide 4 Heart Rate Control Programs for you.
-  **HIIT**: Provide 4 short periods of high-intensity exercises for you.
-  **Physical Test**: Provide 7 physical tests for exercise stress test.
-  **Virtual Go**: Take you out of your house and into the great outdoors through one of 10 interactive video.
-  **Target Train**: Provide 5 different exercise targets, keeping you motivated and on track for your fitness plan.
-  **My Performance**: Integrated to cardio equipment, outdoor fitness apps or wearable devices together to give you the personal fitness information.
-  **Body Manager**: To measure and track your body fitness via Circle Fitness IBA or InBody 570 and CircleFit wellness app.
-  **My Gym**: Give you the latest news, classes and offers from your facility.
-  **My Workout**: Provide you with the capability to design your own training course, tailored to suit your needs.

#### Entertainment Apps:

-  **TV**
-  **Youtube**
-  **Music**
-  **Google**
-  **Facebook**

## 2.2 HOME Screen 2



**Third Party Apps:** If there are additional third party Apps likes Twitter, Spotify, etc. installed, they will be shown on HOME Screen 2.



### Weather, Time, Date and Region Display area

- **Weather:** displays the tempature and weather icon if network is avaiable.
- **Time:** displays the time zone according to the engineering mode setting.
- **Date:** displays the date and day.
- **Region:** displays the region according to the engineering mode setting.



**Quick Start:** Tap to immediately begin a workout.

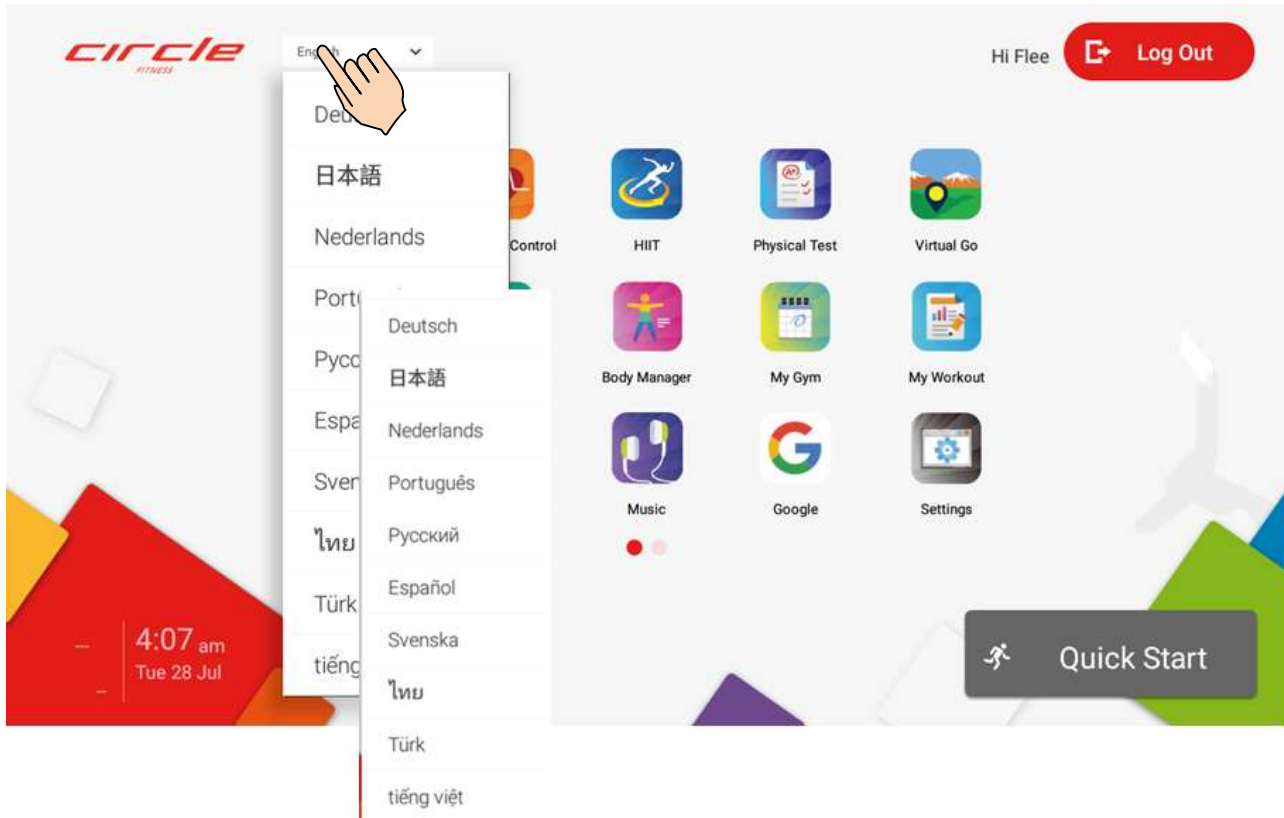
**Log In**  : Tap to **Log in Page**. (Refer to [Chapter 2.5](#))

**Log Out**  : Tap to log oouut the E Plus 2.0 system when you do noott need to do workouts with this equipment.



## 2.3 Language Selection

Go to Home Screen > Language Menu



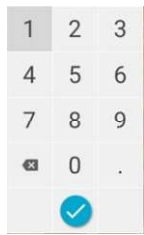
Preset language displays on the current screen. You can switch and set a language during a workout.

15 languages are listed below:

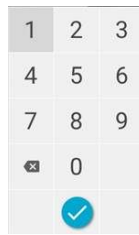
Item	Display	Language	Item	Display	Language
1.	English	English	9.	Português	Portuguese
2.	العربية	Arabic	10.	Русский	Russian
3.	简体中文	Simplified Chinese	11.	Español	Spanish
4.	繁體中文	Traditional Chinese	12.	Svenska	Swedish
5.	Français	French	13.	ไทย	Thai
6.	Deutsch	Deutsch	14.	Türk	Turkish
7.	日本語	Japanese	15.	tiếng việt	Vietnamese
8.	Nederlands	Nederlands			

## 2.4 On-Screen Keypads and Keyboards

These key pads and keyboards are used to input program setting, login/ register information, etc.



Numeric keypad (with dot)



Numeric keypad (without dot)



On-screen keyboard



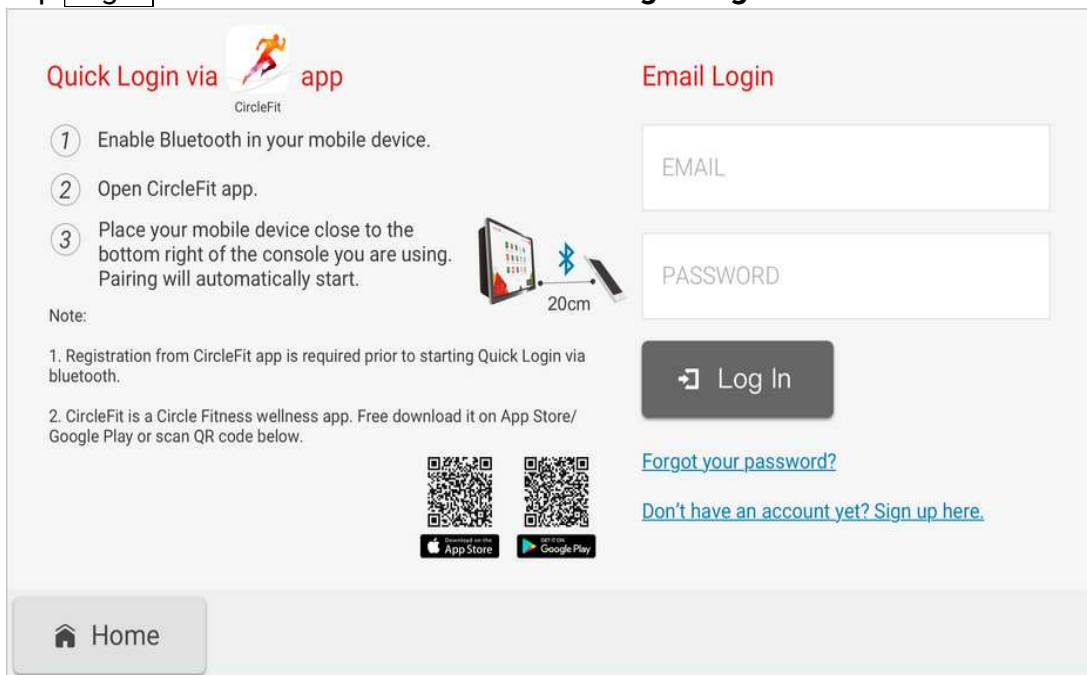
On-screen keyboard

## 2.5 Login

[Go to Home Screen > Login](#)

 Log In

Tap **Log in** on Home Screen to access the **Login Page** as below.



The screenshot shows the login interface with two main sections: 'Quick Login via CircleFit app' and 'Email Login'. The 'Quick Login' section includes a numbered list of three steps: 1) Enable Bluetooth, 2) Open CircleFit app, and 3) Place the mobile device close to the console. It also features a diagram of a console and a phone connected by a Bluetooth symbol and a 20cm distance line, and two QR codes for app download. The 'Email Login' section has input fields for 'EMAIL' and 'PASSWORD', a 'Log In' button, and links for 'Forgot your password?' and 'Don't have an account yet? Sign up here.' A 'Home' button is at the bottom left.

Two login methods are provided for you to select:

**1) Quick Login via CircleFit app**

**2) Email Login**

### Descriptions of Quick Login via CircleFit app:

Follow the steps to Quick Login:

- 1) Enable Bluetooth in your mobile device.
- 2) Open CircleFit app.
- 3) Place your mobile device close to the bottom right of the console you are using.



Note:

- 1) Registration from CircleFit app is required prior to starting Quick Login via Bluetooth.
- 2) CircleFit is a Circle Fitness wellness app. You can ownload it free from App Store/ Google Play or scan the QR codes on the Login Page.



## 2.5 Login (Continued)

Go to Home Screen > Login

Log In

The screenshot shows the 'Email Login' section of the CircleFit app. It includes a 'Quick Login via CircleFit app' section with three numbered steps: 1. Enable Bluetooth in your mobile device. 2. Open CircleFit app. 3. Place your mobile device close to the bottom right of the console you are using. Pairing will automatically start. A note below states: '1. Registration from CircleFit app is required prior to starting Quick Login via bluetooth. 2. CircleFit is a Circle Fitness wellness app. Free download it on App Store/ Google Play or scan QR code below.' There are two QR codes for the App Store and Google Play. The 'Email Login' section has two input fields: 'EMAIL' and 'PASSWORD', both with hand icons pointing to them. Below the fields is a 'Log In' button. At the bottom, there are links for 'Forgot your password?' and 'Don't have an account yet? Sign up here.' and a 'Home' button.

Enter your EMAIL and PASSWORD

### Email login

Enter your EMAIL and PASSWORD and tap **Log In** to login.

### Forgot your password?

If you forget your password, please tap "**Forgot your password?**" A dialog will pop out as shown below.

The screenshot shows the 'Email Login' section of the CircleFit app with a 'Forgot Password' dialog box open. The dialog box has a title 'Forgot Password' and a close button (X). The text inside the dialog says: 'Enter the email you used when you registering, and we'll email you a password.' There is an input field containing 'XXX@XXX.com' and a 'Send' button. The background of the login screen is dimmed.

Enter the email address you used when you registered, and you will receive your password via email.

### Don't have an account yet? Sign up here.

Tap this to access the **CIRCLECLOUD GO SIGN UP** Page. (Refer to next page.) Follow the instructions on next page.

## 2.6 Circlecloud Go Sign Up

CIRCLECLOUD GO SIGN UP

Account Email

Password 6 – 10 Characters

Retype Password 6 – 10 Characters

Username

Unit  Metric  Imperial

Gender  Male  Female

Height 130 – 220 cm

Date of Birth

\* Height & Date of Birth required for accurate Body Composition Analyzer measurement.

I agree to the [Privacy Policy](#)

Home Submit

Scroll the sliding bar to next field.

### Account

Tap the field next to Account. A keypad will pop out for you to enter user's Email address.

### Password

Tap the field next to Password. A keypad will pop out for entering user's password. Character limit: 6~10

### Retype Password

Enter user's password again to confirm the password. Character limit: 6~10

### Username

Tap the field next to Username. A keypad will pop out for entering username.

### Unit

Choose the unit as Metric or Imperial by clicking the circle.

### Gender

Choose the gender as Male or Female by clicking the circle.

### Height

Tap the field next to Account and Height Setting Window pops out. Scroll the numeric bar to choose user's height. Setting range: 130 -220 cm (4ft 3in -7ft 3in)

### Date of Birth

Tap the field next to Date of Birth and the Month/ Date / Year Setting Windows pops out. Scroll the numeric bars to choose user's Birth. Setting range: 10~99 years

### I agree to the Privacy Policy

Tap on the [Privacy Policy](#) to pop out the privacy policy window and view it. Click the check button to agree to privacy policy.

### Submit

When all the register information is input and correct, the **Submit** key will be enabled. Tap the **Submit** key to complete the Sign Up procedures.

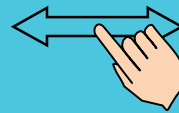
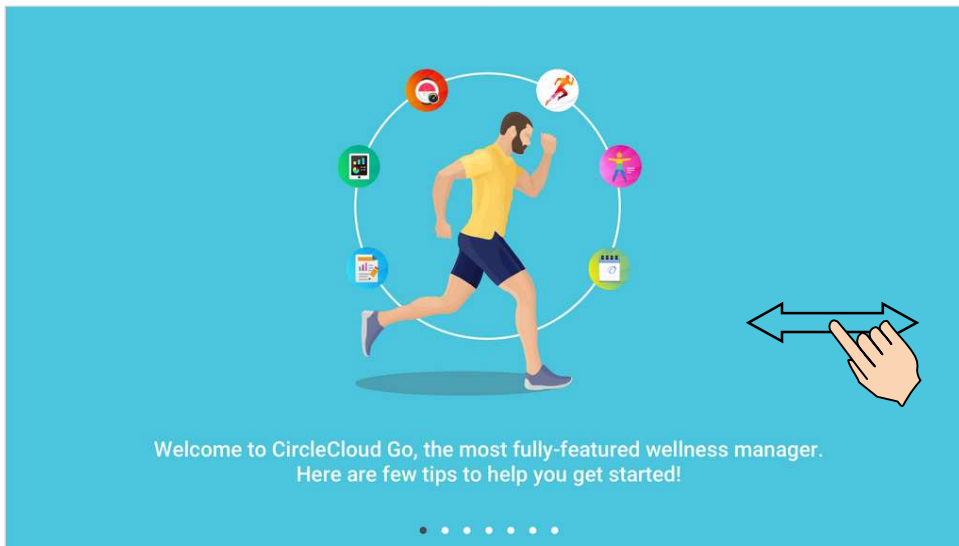
**NOTE: Height & Date of Birth are required for accurate Body Composition Analyzer measurement.**

## 2.7 Tutorial

### Go to Home Screen 2 > Tutorial

Tutorial shows few tips to help you to get started. It displays as below when initial login is successful. (Secondary login will not displayed the Tutorial pages.)

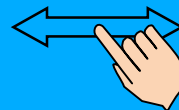
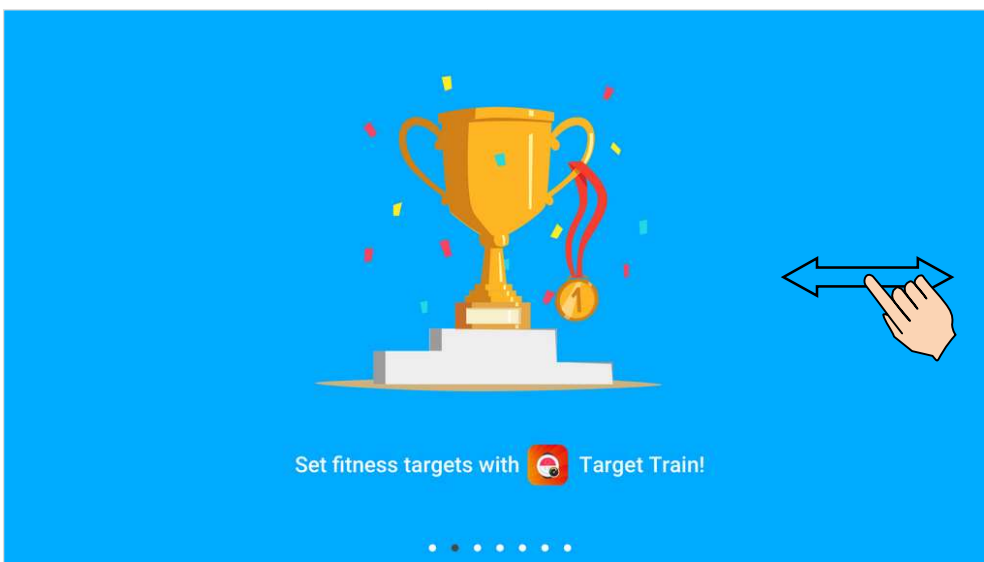
### Tutorial > Intro Page



Scroll the touchscreen to access the next page.

Welcome to CircleCloud Go the most comprehensive wellness manager. Here are few tips to help you set started.

### Tutorial > Intro Page > Target Train Page

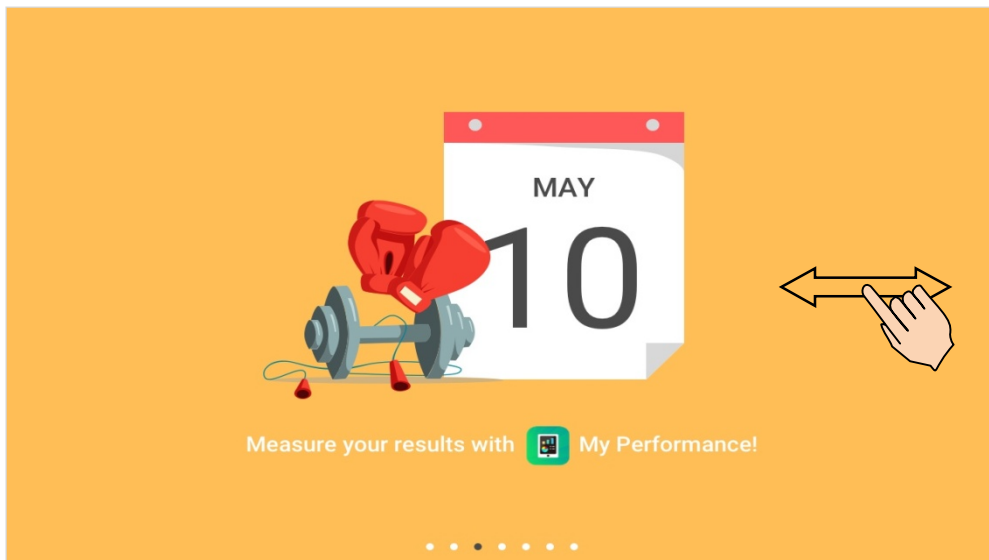


Scroll the touchscreen to access the previous/ next page.

Set fitness target with  Target Train!

## 2.7 Tutorial (Continued)

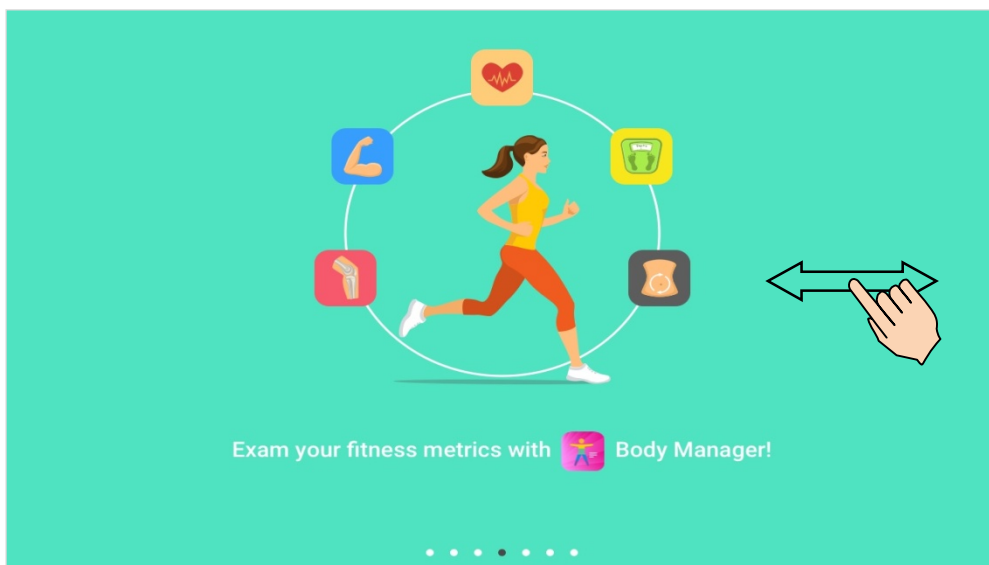
**Tutorial > Intro Page > Target Train Page > My Performance Page**




Scroll the touchscreen to access the previous/ next page.

Measure your results with  My Performance.

**Target Train Page > My Performance Page > Body Manager Page**

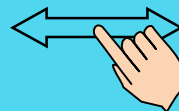
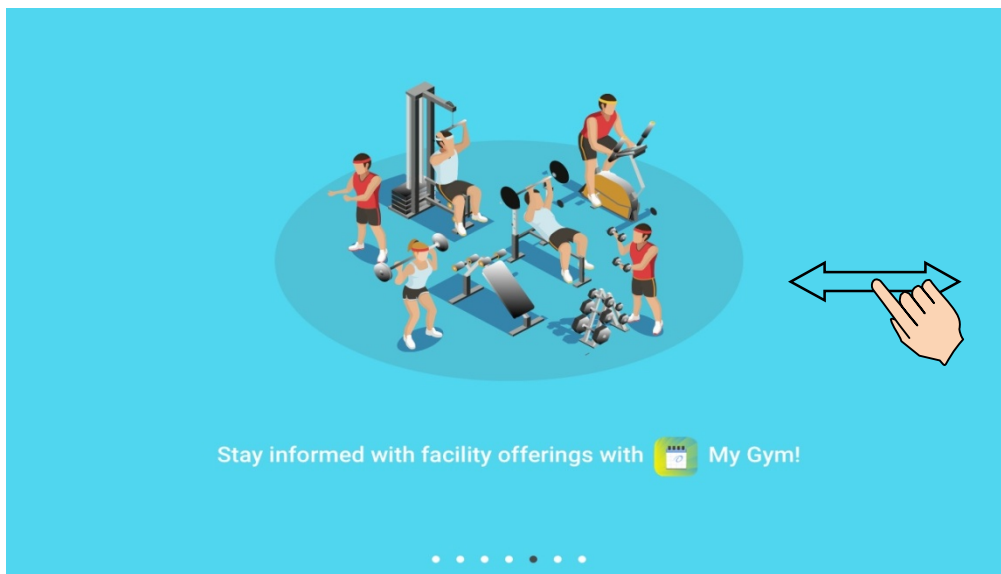


Scroll the touchscreen to access the previous/ next page.


Exam your fitness metrics with  Body Manager!

## 2.7 Tutorial (Continued)

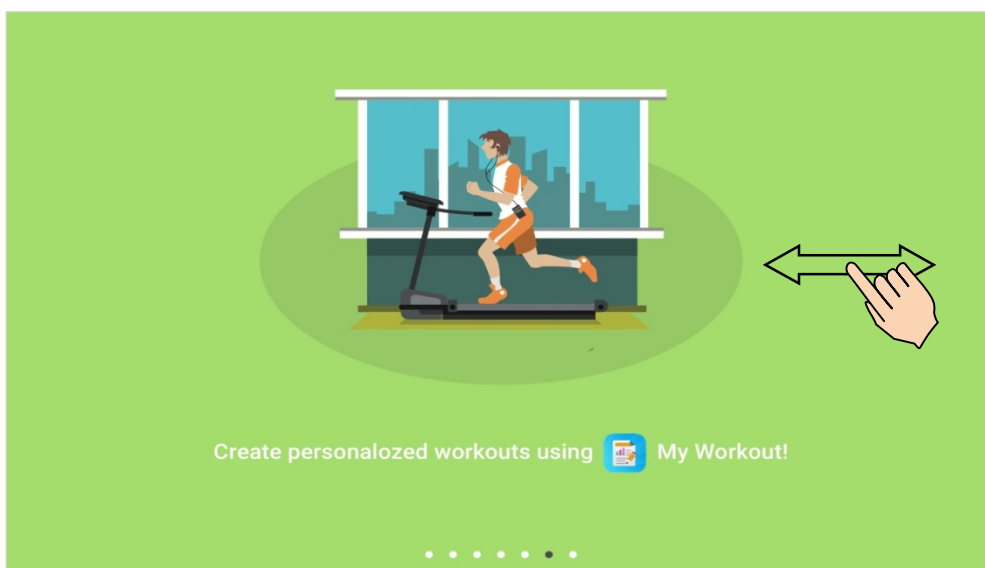
[My Performance Page](#) > [Body Manager Page](#) > [My Gym Page](#)




Scroll the touchscreen to access the previous/ next page.

Stay informed with facility offerings with  My Gym!

[Body Manager Page](#) > [My Gym Page](#) > [My Workout Page](#)



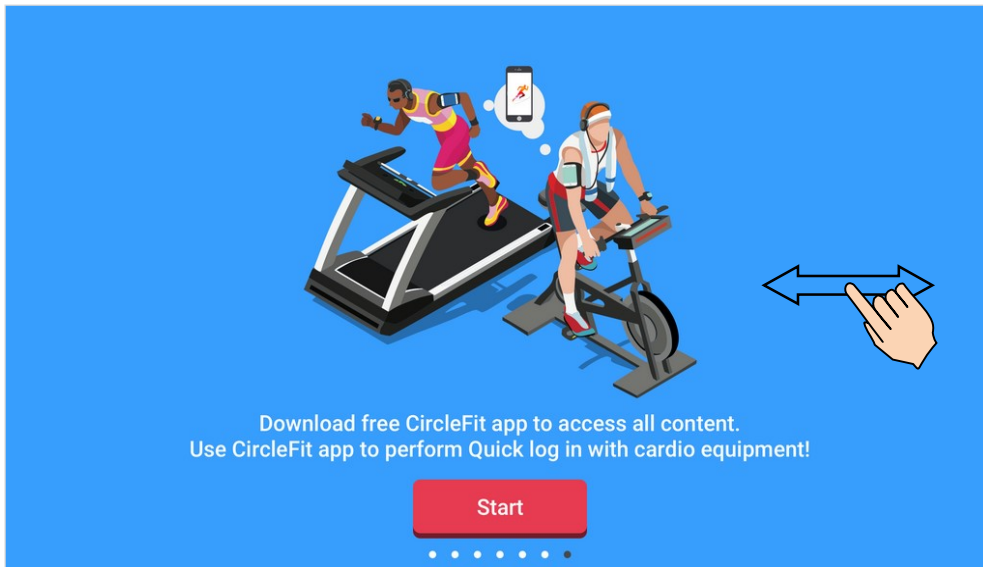
Scroll the touchscreen to access the previous/ next page.

Create personalized workouts using  My Workout!



## 2.7 Tutorial (Continued)

**My Gym Page > My Workout Page > Ready to Start Page**



Scroll the touchscreen to access the previous/ next page.

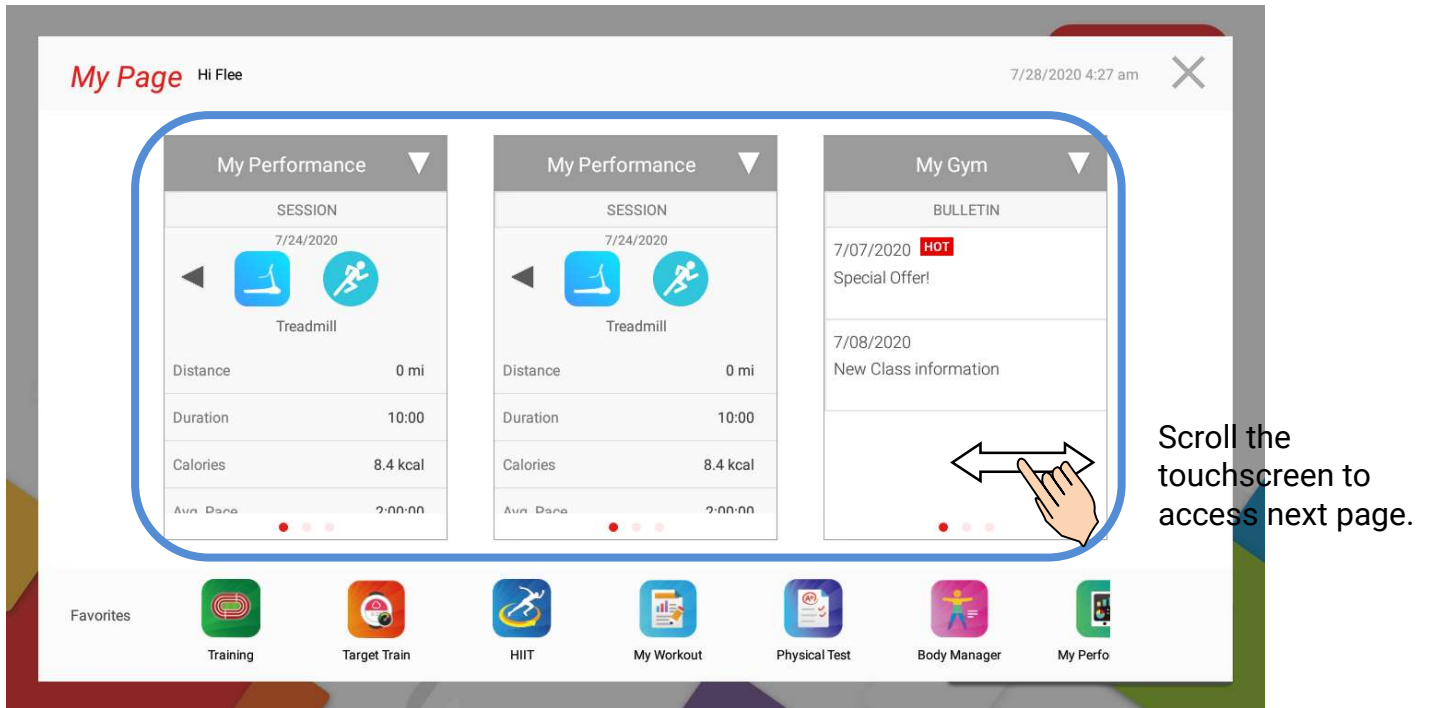
Download free CircleFit app to access all contents form your smart device and perform Quick Log In with cardio equipment!

Tap Start to close the Tutorial pages and go to My Page. (Refer to [chapter 2.8](#))

## 2.8 My Page

Go to Home Screen > Login > My Page

After login process is success, E Plus 2.0 console displays My Page as below.  
This is the initial page when you log in.



### ① Message boxes

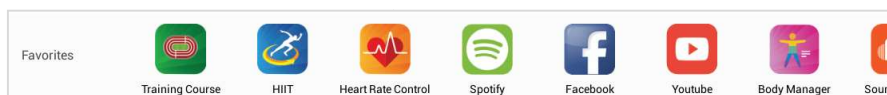
-This area shows users' performance in previous workout sessions and bulletin and/or class information from users' club.

### ② X: Tap to close My Page and back to Home Screen.

## 2.8 My Page (Continued)

### ③ Favorite

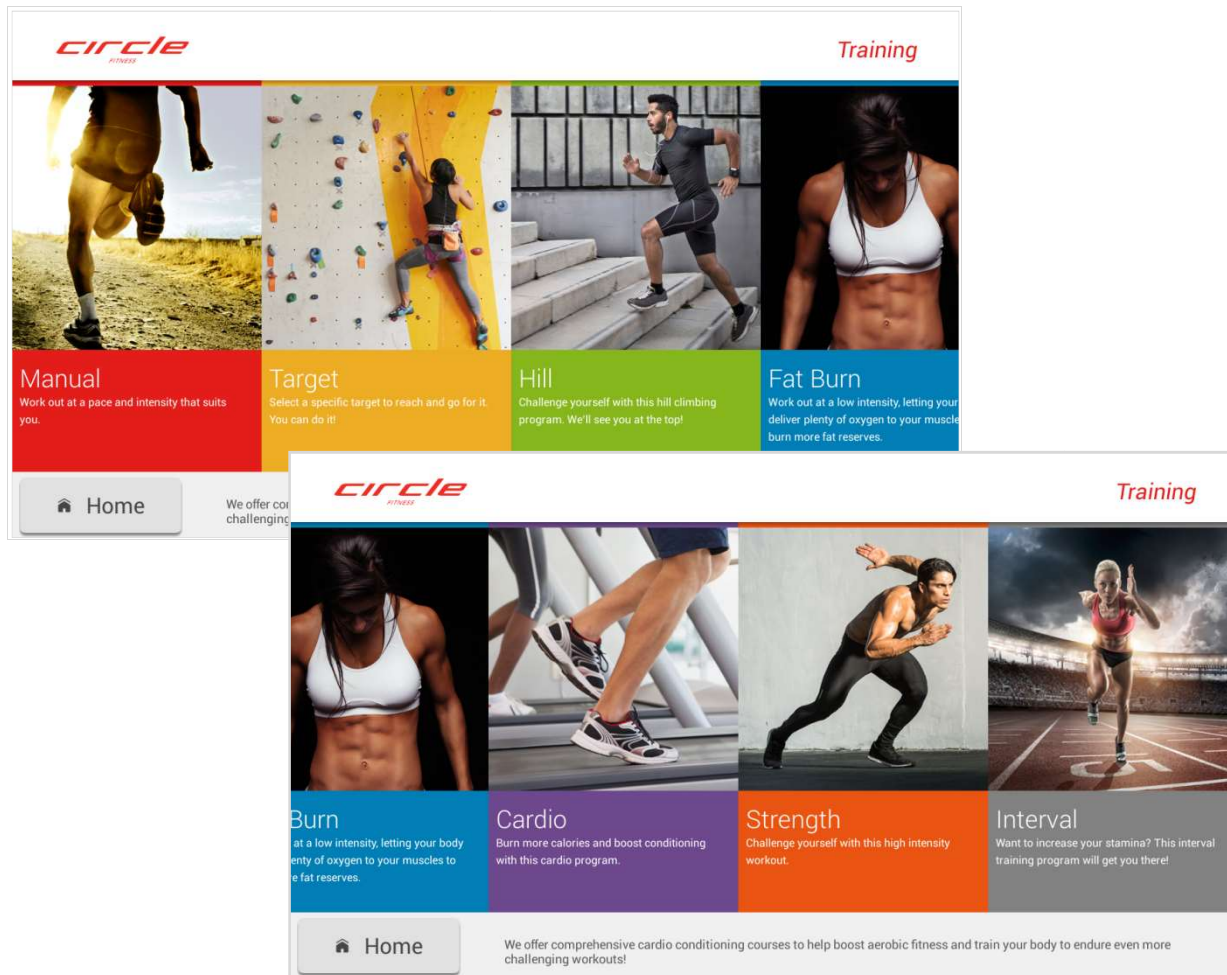
- This area displays the most frequent items or apps of you.  
- Tap the icon to use it or run the app.



## 2.9 Training (Only available on Treadmill)

Go to Home Screen > Training 

**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. Consult your doctor before you use the equipment again.



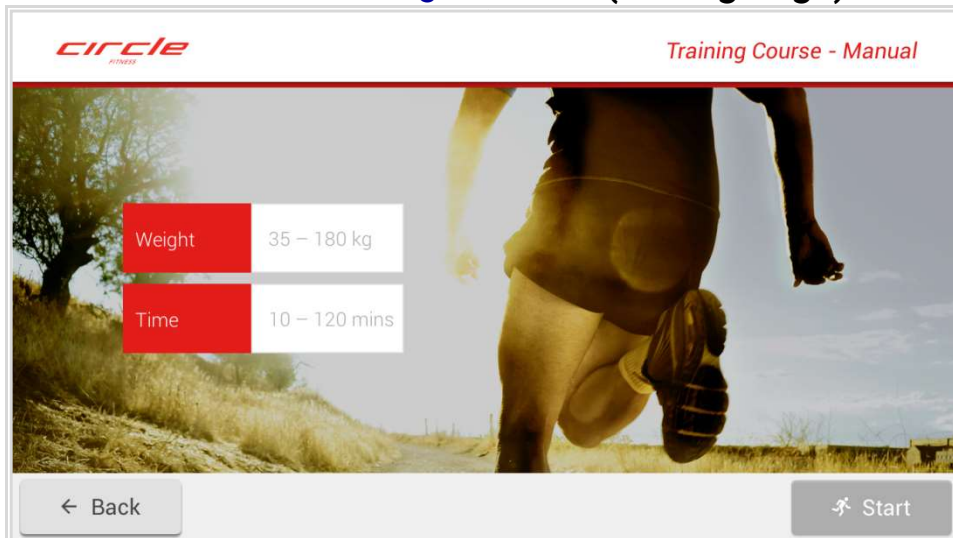
Here are 7 Training Programs provided as below:

- (1) **Manual:** Work out at a pace and intensity that suits you.
- (2) **Target:** Select a specific target to reach and go for it.
- (3) **Hill:** Challenge yourself with this hill climbing program.
- (4) **Fat Burn:** Work out at a low intensity, letting you deliver plenty of oxygen to your muscle and burn more fat reserves.
- (5) **Cardio:** Burn more calories and boost conditioning with this cardio program.
- (6) **Strength:** Challenge yourself with this high intensity workout.
- (7) **Interval:** Want to increase your stamina? This interval training program will get you there!

Tap one of the **Training** Programs to land on individual corresponding setting pages. (Refer to next page)

## 2.9 Training (Continued)

### Go to Home Screen > Training > Manual (Setting Page)



#### Weight

- Tap the blank field to pop out a keypad to input user's weight.
- Setting Range: 35-180 kg (77-396 lb)

#### Time

- Tap the blank field to pop out a keypad to input workout time.
- Setting Range: 10-120 mins

#### Start

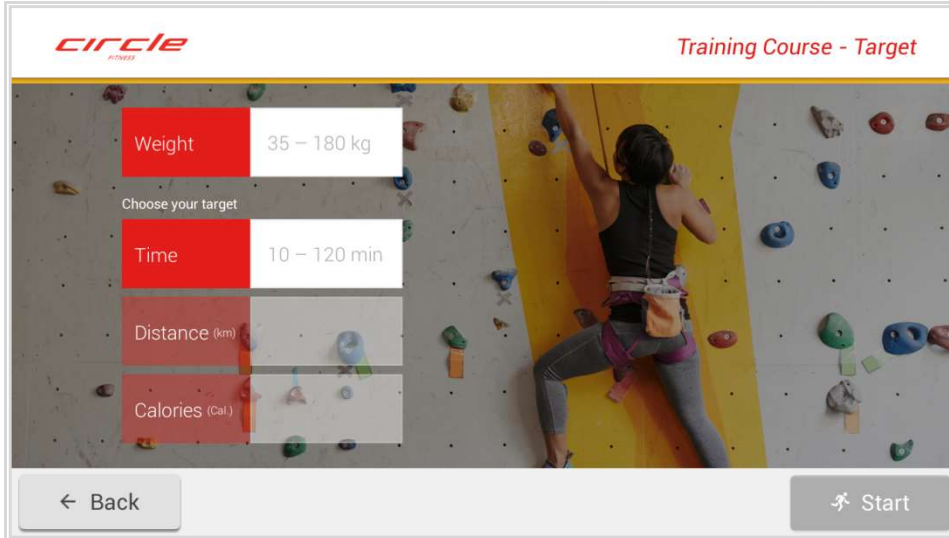
Tap **Start** to begin workout and go to Workout Page.

#### Back

Tap **Back** to go to Training Program.

## 2.9 Training (Continued)

Go to Home Screen > Training > Target (Setting Page)



### Weight

- Tap the blank field to pop out a keypad to input user's weight.
- Setting Range: 35-180 kg (77-396 lb)

### Choose one target to be your goal.

#### Time:

- Tap the blank field to pop out a keypad to input workout time.
- Setting Range: 10-120 mins

#### Distance:

- Tap the blank field to pop out a keypad to input workout distance.
- Setting Range: 1-60 km (1-30mi)

#### Calories:

- Tap the blank field to pop out a keypad to input workout calories.
- Setting Range: 100-2000

### Start

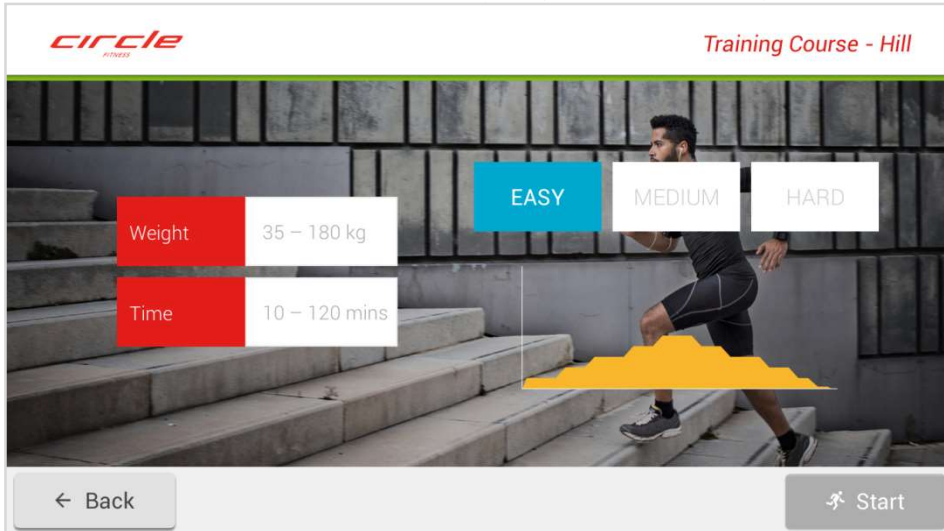
Tap **Start** to begin workout and go to Workout Page.

### Back

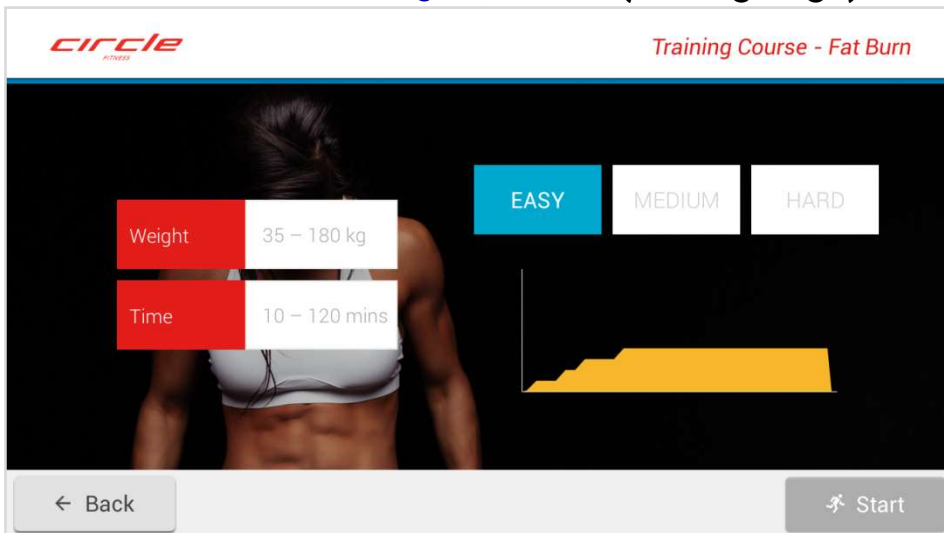
Tap **Back** to go to Training Program.

## 2.9 Training (Continued)

### Go to Home Screen > Training > Hill (Setting Page)



### Go to Home Screen > Training > Fat Burn (Setting Page)



#### Weight

- Tap the blank field to pop out a keypad to input user's weight.
- Setting Range: 35-180 kg (77-396 lb)

#### Time

- Tap the blank field to pop out a keypad to input workout time.
- Setting Range: 10-120 mins

#### EASY/ MEDIUM/ HARD

Tap one of them to set your workout intensity.

#### Start

Tap **Start** to begin workout and go to [Workout Page](#).

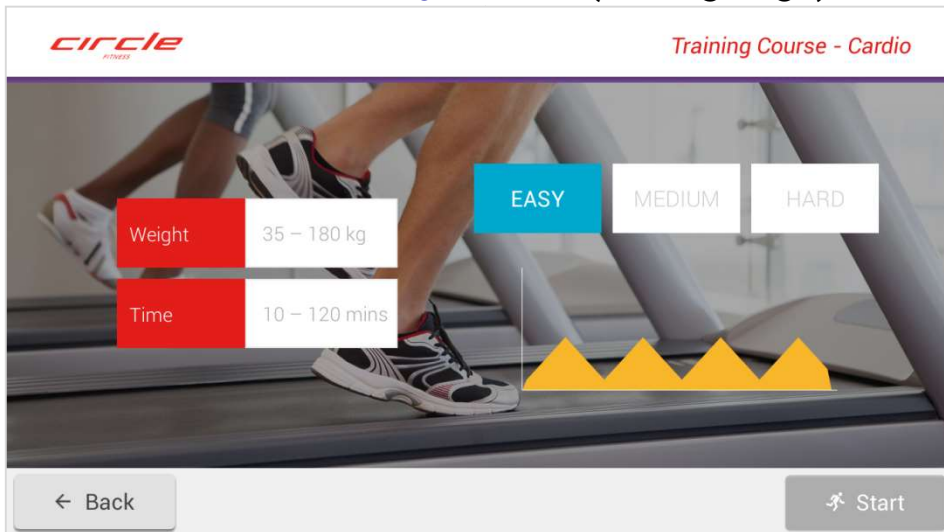
#### Back

Tap **Back** to go to Training Program.

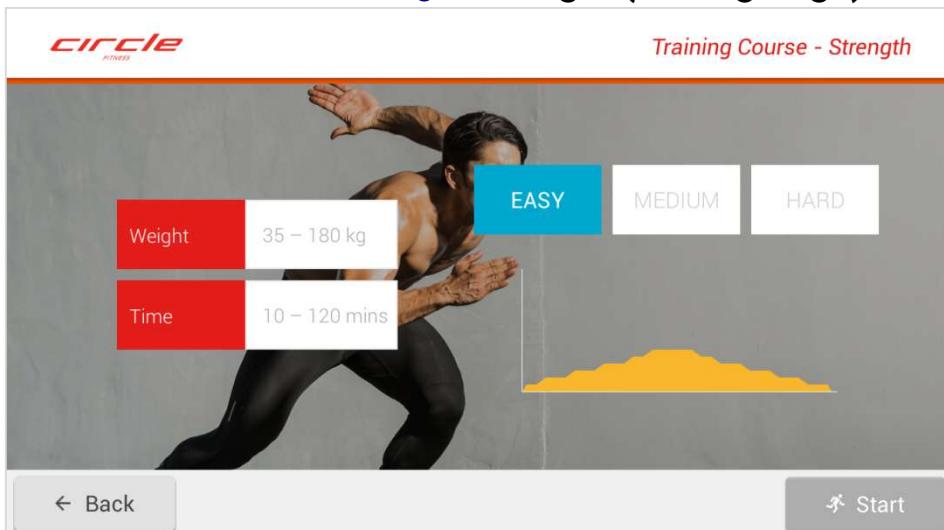


## 2.9 Training (Continued)

### Go to Home Screen > Training > Cardio (Setting Page)



### Go to Home Screen > Training > Strength (Setting Page)



#### Weight

- Tap the blank field to pop out a keypad to input user's weight.
- Setting Range: 35-180 kg (77-396 lb)

#### EASY/ MEDIUM/ HARD

Tap one of them to set your workout intensity.

#### Back

Tap **Back** to go to Training Program.

#### Time

- Tap the blank field to pop out a keypad to input workout time.
- Setting Range: 10-120 mins

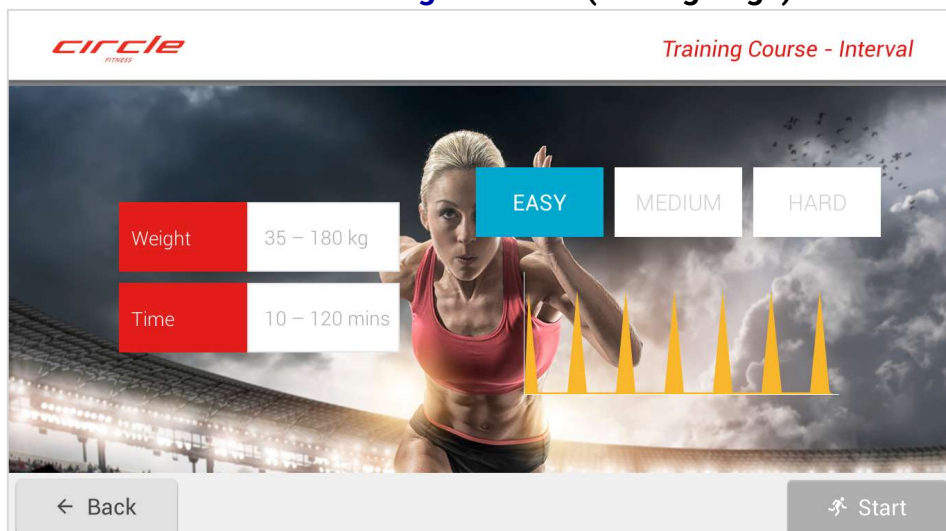
#### Start

Tap **Start** to begin workout and go to [Workout Page](#).



## 2.9 Training (Continued)

Go to Home Screen > Training > Interval (Setting Page)



### Weight

- Tap the blank field to pop out a keypad to input user's weight.
- Setting Range: 35-180 kg (77-396 lb)

### EASY/ MEDIUM/ HARD

Tap one of them to set your workout intensity.

### Back

Tap **Back** to go to Training Program.

### Time

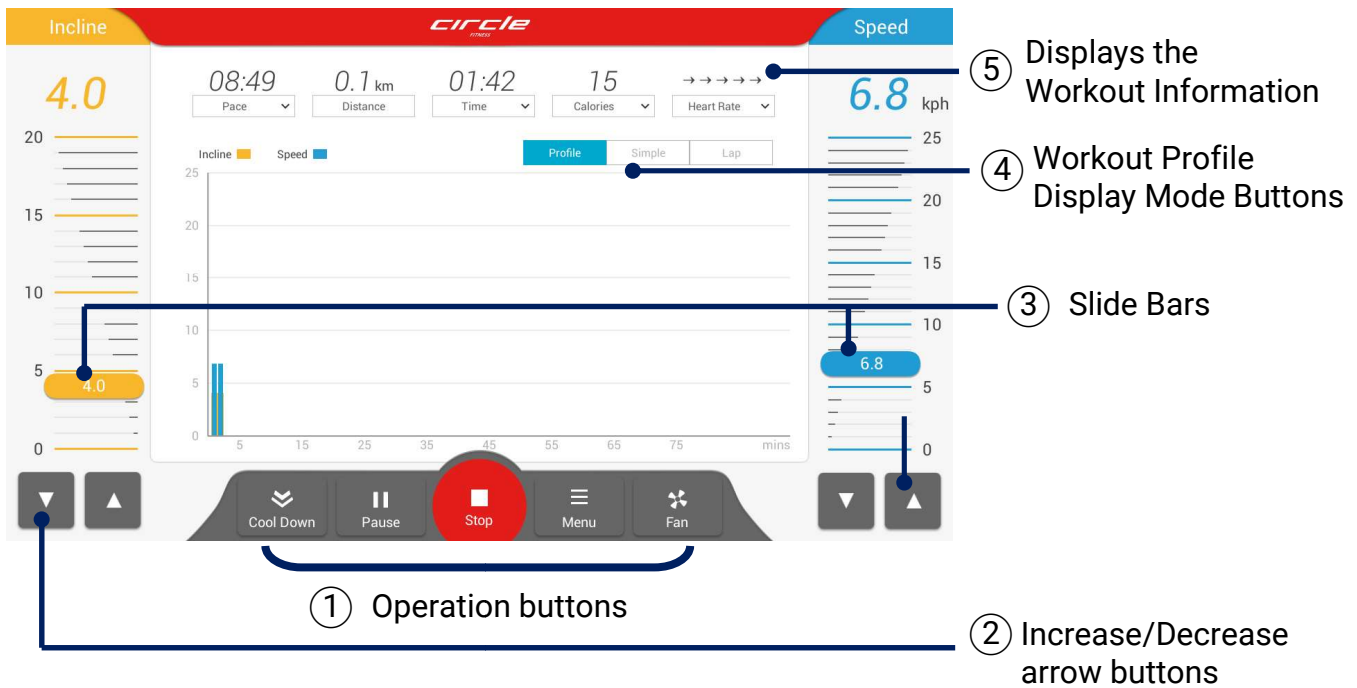
- Tap the blank field to pop out a keypad to input workout time.
- Setting Range: 10-120 mins

### Start

Tap **Start** to begin workout and go to Workout Page.

## 2.9 Training (Continued)

Go to Home Screen > Training > (Setting Pages) > Workout Page

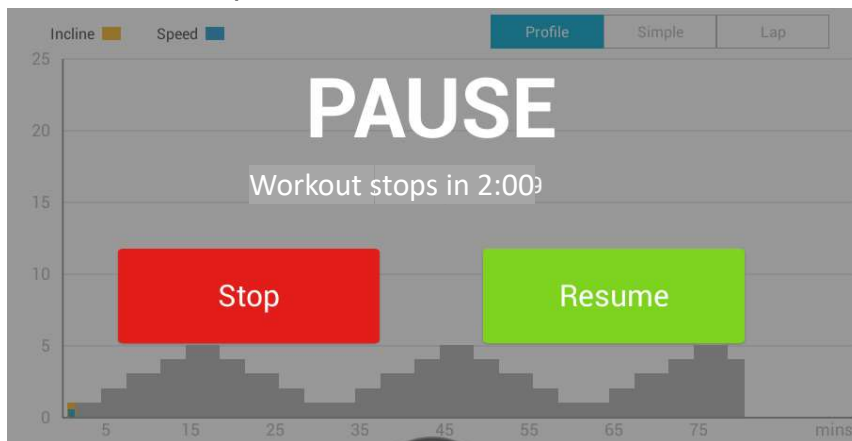


### ① Operation buttons

(1) **Cool Down:** Tap to cool down the program and Workout will stop in 5 minutes.

(2) **Pause:**

- Tap to interrupt the program and get into pause mode shown as below.
- Workout will stop in 2 minutes.



\* Stop: Tap to go to Summary Page.

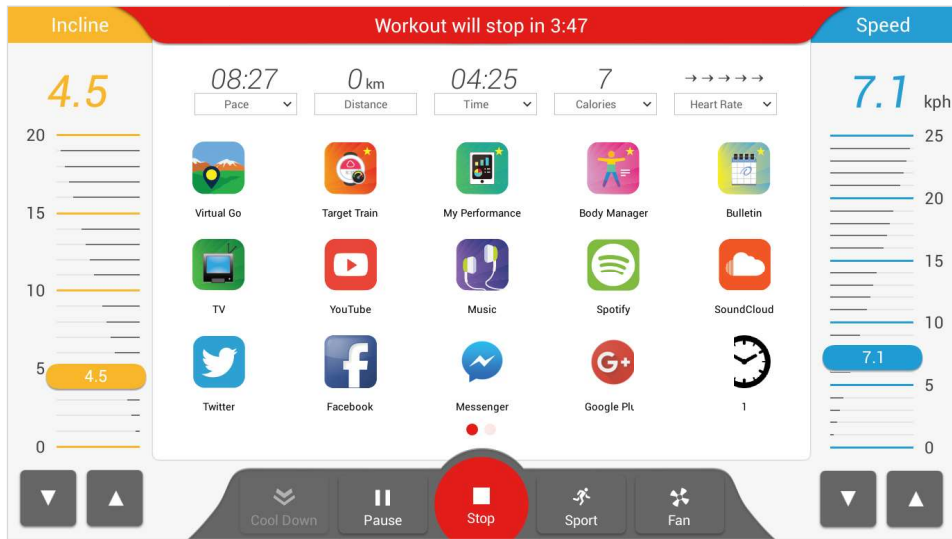
\* Resume: Tap to continue your workout.

## 2.9 Training (Continued)

### ① Operation buttons (Continued)

(4) **Stop:** Tap to end the program and go to Summary Page. (Refer to Page B-28.)

(5) **Menu:** Tap Menu to display the sub-menus in central of the Workout Page shown as below.



(6) **Fan:** Tap to turn on/off the Fan and tap again to choose either high or low flow.



### ② Increase/Decrease arrow buttons

Tap upward or downward arrow button to increase / decrease the incline level or speed.

### ③ Slide Bars

Tap and hold to slide the incline or speed bar to a desired level and tap **OK** to confirm the adjustment.



Incline slide bar



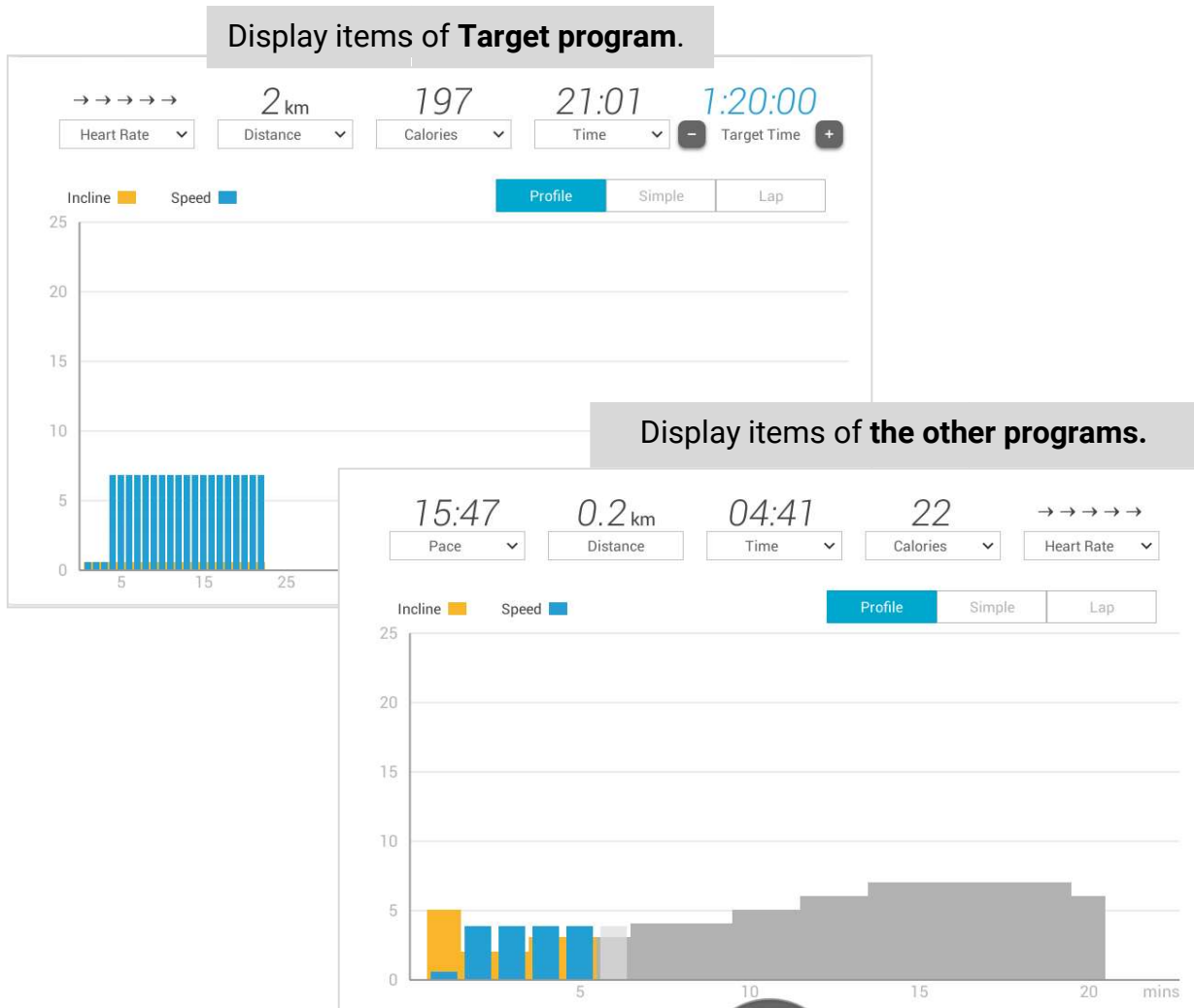
Speed slide bar

## 2.9 Training (Continued)

### ④ Workout Information Displays

For **Target program** the display items are listed and shown below.

- Heart Rate (or Avg. Heart Rate)
- Distance (Pace or Avg. Pace)
- Calories (Cal. H or Mets)
- Time (or Time Remaining)
- Target Time (Target Distance or Target Calories)



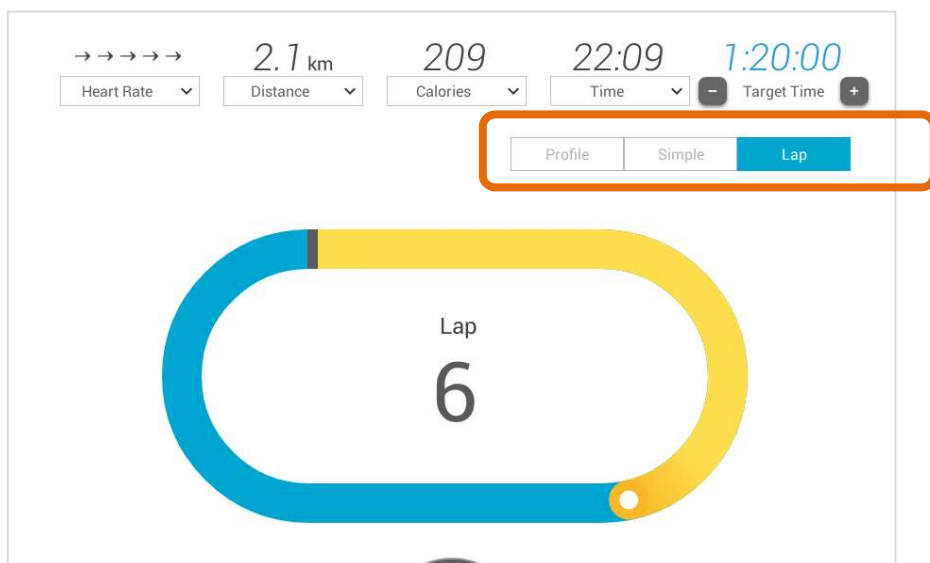
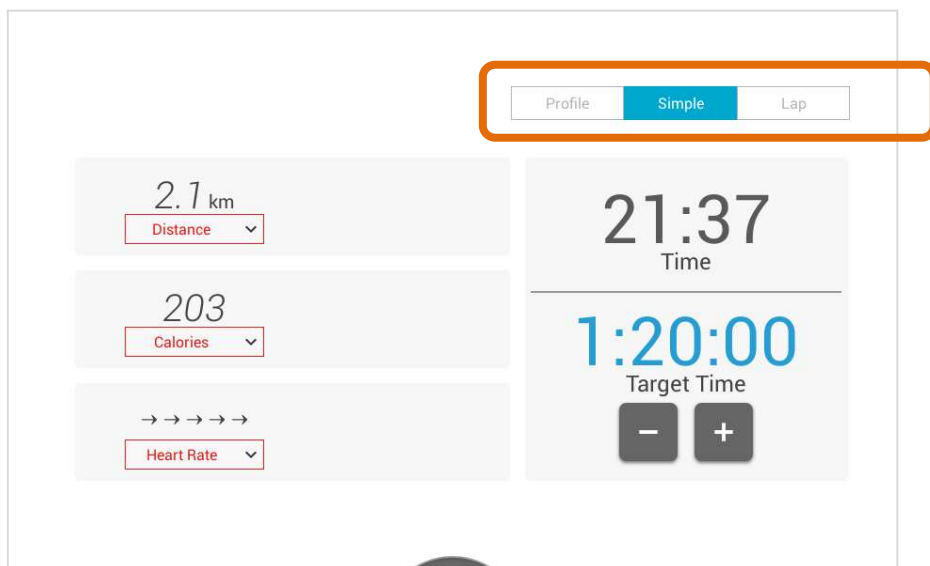
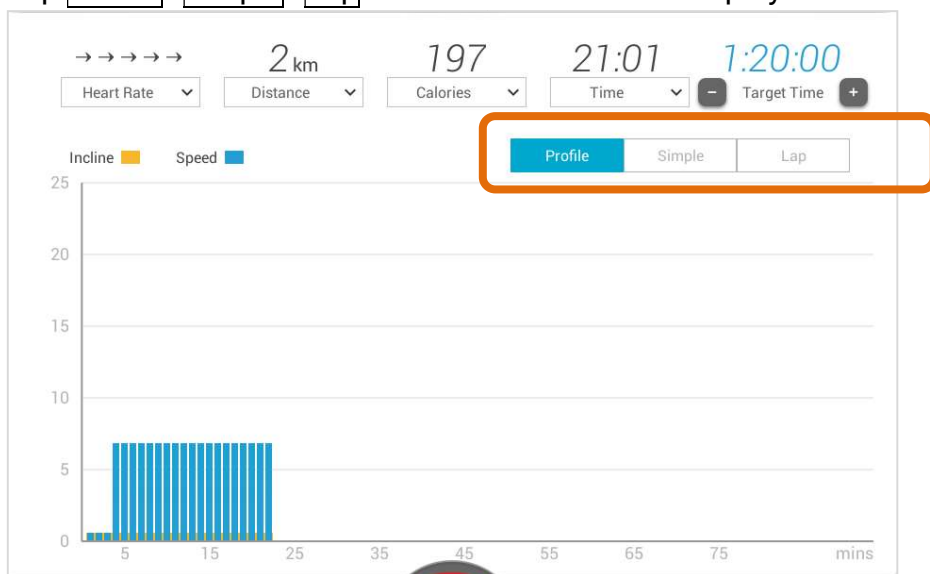
For **Manual, Hill, Fat Burn, Cardio, Strength and Interval programs** the display items are listed below and shown as above.

- Pace (or Avg. Pace)
- Distance
- Time (or Time Remaining)
- Calories (Cal. H or Mets)
- Heart Rate (or Avg. Heart Rate)

## 2.9 Training (Continued)

### ⑤ Workout Profile Display Mode Buttons

Tap **Profile**/**Simple**/**Lap** to switch the workout display mode.



## 2.9 Training (Continued)

Go to Home Screen > Training > (Setting Pages) > Summary Pages



### Readouts of the Training:

1. **Heart Rate Control:** displays the workout mode.
2. **Duration (Time):** the total accumulated time during your workout.
3. **Distance:** the total accumulated distance mile (or kilometer) during your workout.
4. **Calories:** the total accumulated calories burned during your workout.
5. **Avg. Pace:** the average time to complete a mile (or kilometer), displayed in minutes: seconds.
6. **Best Pace:** the best time to complete a mile (or kilometer), displayed in minutes: seconds.
7. **Avg. Heart Rate:** The average heart rate during your workout.
8. **Max. Heart Rate:** The maximum heart rate during your workout.

Your workout information displays in Summary Page and will be uploaded to CircleCould if you are logged in.

Tapping Done to go back to Home Screen.

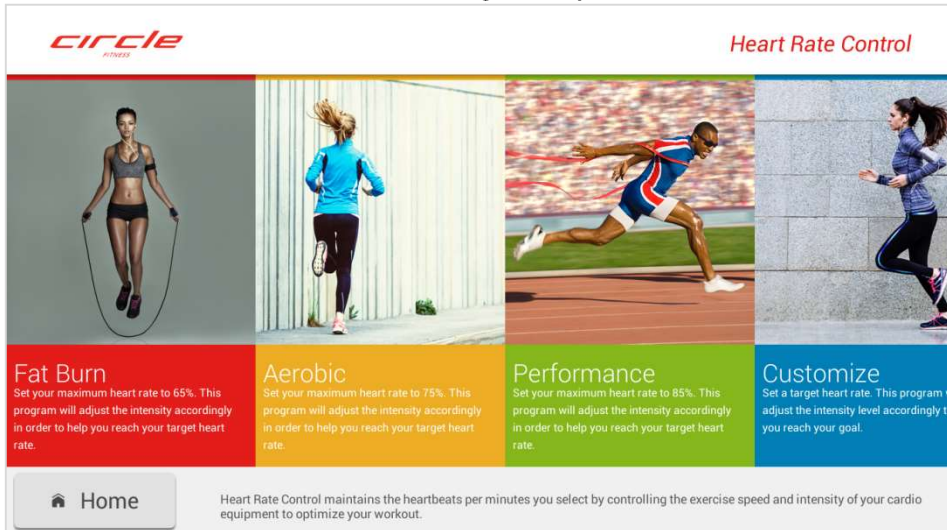
Please remember to log out before you leave. If the console is left un-operated for 2 minutes, the system will automatically log out the current user after 1-minute countdown.

## 2.10 Heart Rate Control

[Go to Home Screen > 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.

Here are 4 Heart Rate Control Programs provided as below:



### **Fat Burn**

Set your maximum heart rate to 65%.

This program will adjust the intensity accordingly in order to help you reach your target heart rate.

### **Aerobic**

Set your maximum heart rate to 75%.

This program will adjust the intensity accordingly in order to help you reach your target heart rate.

### **Performance**

Set your maximum heart rate to 85%.

This program will adjust the intensity accordingly in order to help you reach your target heart rate.

### **Customize**

Set a target heart rate.

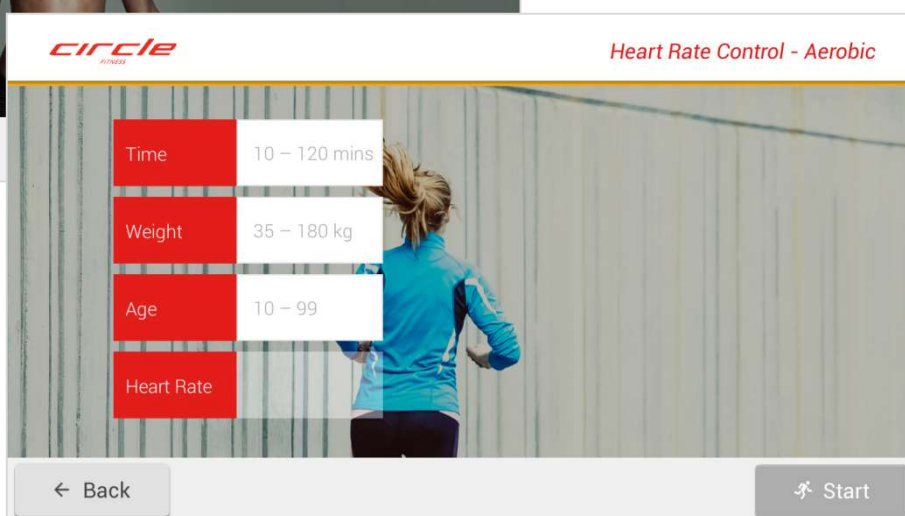
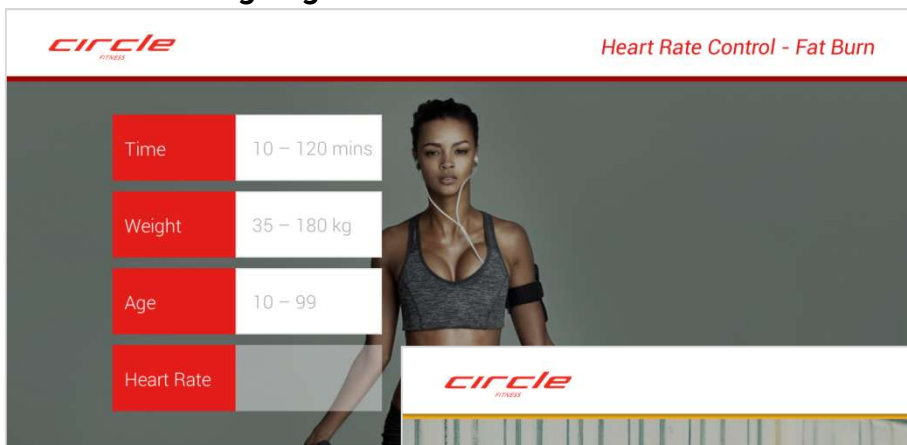
This program will adjust the intensity level accordingly to your target heart rate.



## 2.10 Heart Rate Control (Continued)

Tap **Fat Burn** / **Aerobic** / **Performance** / **Customize** on the **Heart Rate Control** Page to go to the corresponding setting page.

### Fat Burn - Setting Page



### Aerobic - Setting Page

#### Time

Used to input the workout time. Tap the blank field to pop out a numeric keypad for input. Setting range: **10-120 min**

#### Age

Used to input the user's age. Tap the blank field to pop out a numeric keypad for input. Setting range: **10-99**

#### Heart Rate

The heart rate window will calculate your heart rate range based on your age. The heart rate ranges of the workout programs are described below:

- For Fat Burn (bpm):  $(220 - \text{Age}) * 60\%$  -  $(220 - \text{Age}) * 70\%$
- For Aerobic (bpm):  $(220 - \text{Age}) * 71\%$  -  $(220 - \text{Age}) * 80\%$

#### Start

Tap to start workout.

#### Back

Tap to back to **Heart Rate Control** Page.

## 2.10 Heart Rate Control (Continued)

Tap **Fat Burn** / **Aerobic** / **Performance** / **Customize** on the **Heart Rate Control** Page to go to the corresponding setting page.

### Performance - Setting Page

**circle** FITNESS *Heart Rate Control - Performance*

Time	10 - 120 mins
Weight	35 - 180 kg
Age	10 - 99
Heart Rate	

← Back

**circle** FITNESS *Heart Rate Control - Customize*

Time	10 - 120 mins
Weight	35 - 180 kg
Age	10 - 99
Heart Rate	80 - 200 bpm

← Back Start

### Customize - Setting Page

#### Time

Use to input the workout time. Tap the blank field to pop out a numeric keypad for input.

Setting range: **10-120 min**

#### Age

Used to input the user's age. Tap the blank field to pop out a numeric keypad for input. Setting range: **10-99**

#### Heart Rate

The heart rate window will calculate your heart rate range based on your age. The heart rate ranges of the workout programs are described below:

- **For Performance (bpm):  $(220 - \text{Age}) * 81\% - (220 - \text{Age}) * 90\%$**

- **For Customize (bpm): The user can input a number within the range of 80-200.**

#### Start

Tap to start workout.

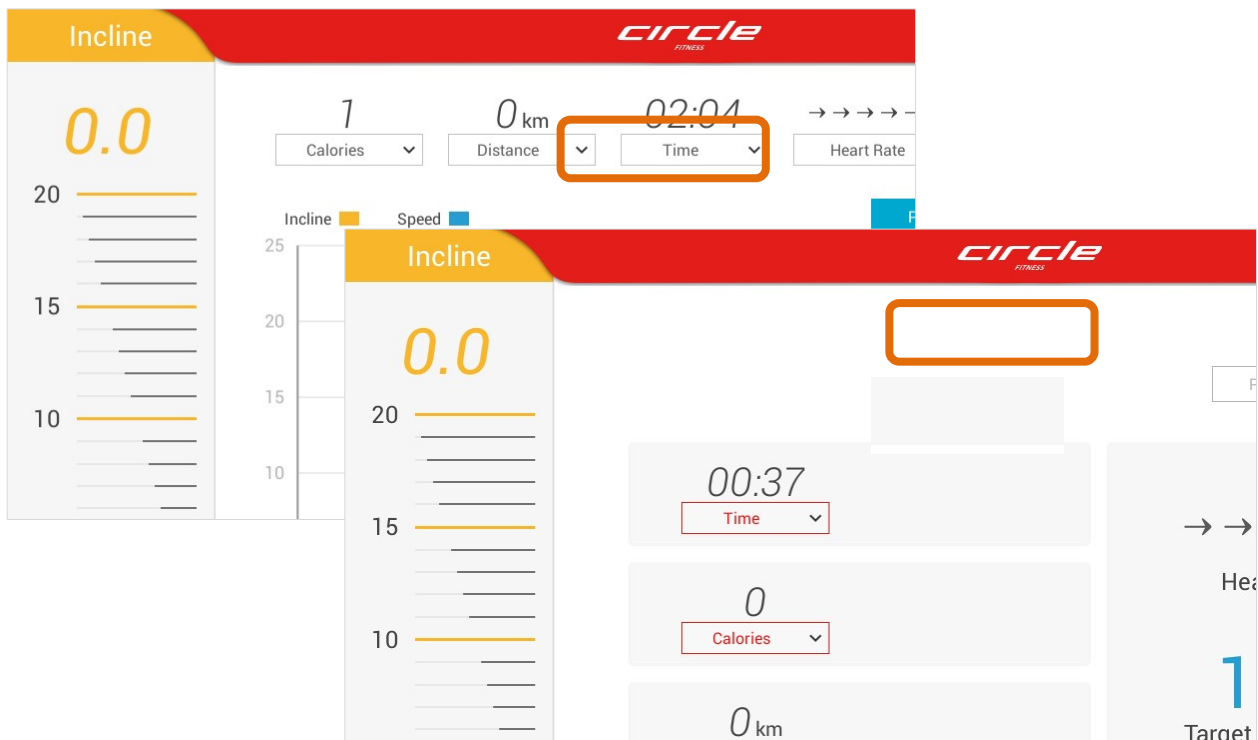
#### Back

Tap to back to **Heart Rate Control** Page.

## 2.10 Heart Rate Control (Continued)

### Heart Rate Control - Workout Page (Profile/ Simple)

Tap **Profile** or **Simple** to switch the workout display mode.



If no heart rate is detected, the program will be paused and a message saying **“No heart rate Detected. Program will stop in 2:00”** will pop out.

When time remaining is zero or when the user tap **Stop**, the user will be taken to Summary Page of the Hear Rate Control.

## 2.10 Heart Rate Control (Continued)

### Heart Rate Control- Summary Page

Tap **Done** to go to Home Screen.

**With Login**

**Without Login**

Please remember to log out

Metric	Value
Heart Rate Control	Aerobic
Duration	2:30
Distance	0.2 km
Calories	13
Avg. Pace	8:20
Best Pace	8:57
Avg. Heart Rate	130
Max. Heart Rate	140

#### Readouts of the Heart Rate Control:

1. **Heart Rate Control:** displays the workout mode of heart rate control programs.
2. **Duration (Time):** the total accumulated time during your workout.
3. **Distance:** the total accumulated distance mile (or kilometer) during your workout.
4. **Calories:** the total accumulated calories burned during your workout.
5. **Avg. Pace:** the average time to complete a mile (or kilometer), displayed in minutes: seconds.
6. **Best Pace:** the best time to complete a mile (or kilometer), displayed in minutes: seconds.
7. **Avg. Heart Rate:** The average heart rate during your workout.
8. **Max. Heart Rate:** The maximum heart rate during your workout.

Your workout information is displayed in Summary Page and will be uploaded to CircleCould if you are logged in.

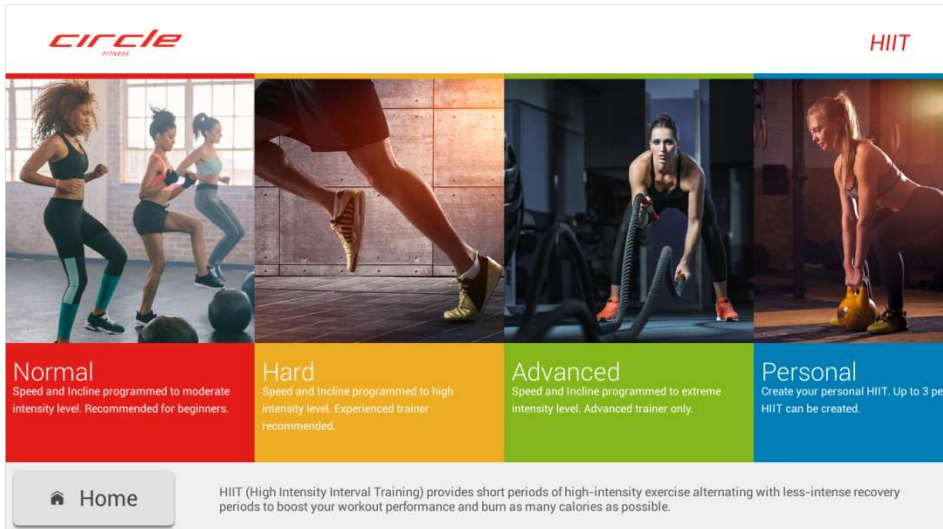
Tap **Done** to go to Home Screen.

Please remember to log out before you leave.

## 2.11 HIIT (High Intensity Interval Training)

[Go to Home Screen > 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.



4 Below are the description of provided HIIT training programs.

### **Normal**

Speed and Incline programmed to a moderate intensity level. Recommended for beginners.

### **Hard**

Speed and Incline programmed to a high intensity level. Recommended for experienced trainers.

### **Advanced**

Speed and Incline programmed to an extreme intensity level. For advanced trainers only.

### **Personal**

Create your personal HIIT. Up to 3 personal HIIT workouts can be created and saved.

### **Home**

Tap to go to Home Screen.

## 2.11 HIIT(High Intensity Interval Training) (Continued)

In **Normal**, **Hard** and **Advanced** HIIT programs, there are 6 workouts with different intensity (A~F) available for users to choose.

The image displays three screenshots of the Circle Fitness app's HIIT program selection screen. Each screen shows a grid of workout options (A-F) with their respective intensity levels and recovery times. The 'Normal' screen has a 30-second sprint and 90-second recovery interval. The 'Hard' screen has a 30-second sprint and 90-second recovery interval. The 'Advanced' screen has a 30-second sprint and 90-second recovery interval. Each workout option is represented by a bar chart showing the duration of sprints and recovery periods. A red box highlights the selected workout option in each screenshot. A 'Back' button is visible in the bottom left of each screen, and a 'Start' button is visible in the bottom right of the 'Advanced' screen.

**HIIT - Normal**

Time interval : Sprint 30 Seconds / Recovery 90 Seconds

**HIIT - HARD**

Time interval : Sprint 30 Seconds / Recovery 90 Seconds

**HIIT - Advanced**

Time interval : Sprint 30 Seconds / Recovery 90 Seconds

### Back

Tap to go to previous page.

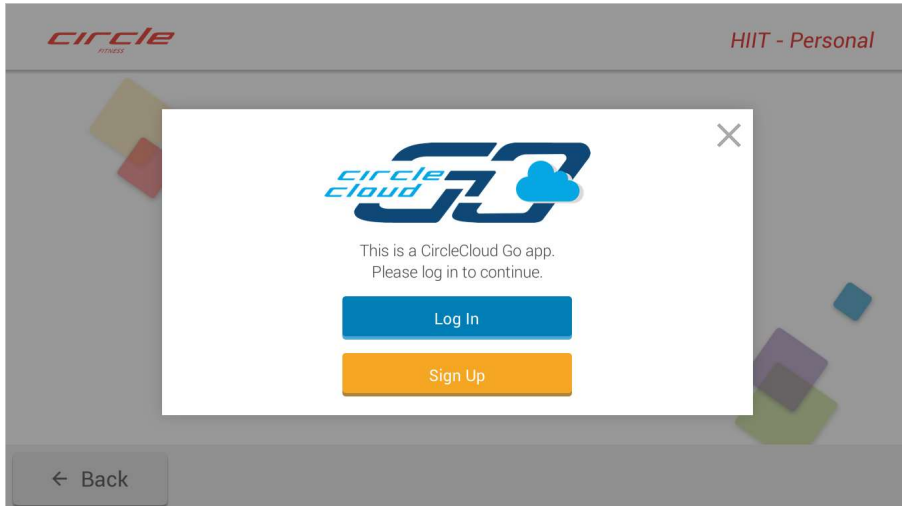
### Start

Tap to count down (3→2→1). When the count down is finished, workout starts.

Preset weight is 80 kg. (no need to enter user's weight.)

## 2.11 HIIT(High Intensity Interval Training) (Continued)

In the **Personal** HIIT program, you can create your own HIITs.

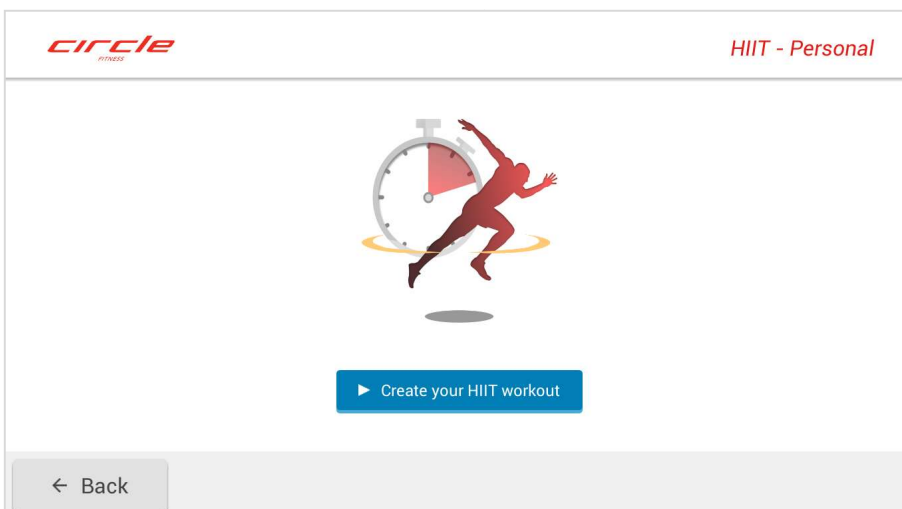


Tap **Log In** to continue.

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

When your login is successful, the following screen will be displayed.

Tap **Create your HIIT workout** to go to the setting page. (This button cannot be tapped if you're not logged in.)





## 2.11 HIIT(High Intensity Interval Training) (Continued)

Go to Home Screen > HIIT > Setting Page

Warm Up → Cool Down → Sprint → Recovery

**Workout Name** workout01

**Warm Up** | **Cool Down**

Time | Incline | Speed | Time | Incline | Speed

2 min | 0.0% | 0.8 kph | 2 min | 0.0% | 0.8 kph

04:00 Duration

← Back

**1** Total Intervals 1

**Sprint** | **Recovery**

Time | Incline | Speed | Time | Incline | Speed

00:10 | 0.0% | 6.0 kph | 00:10 | 0.0% | 2.0 kph

04:00 Duration

← Back

**2** Total Intervals 2

**Sprint** | **Recovery**

Time | Incline | Speed | Time | Incline | Speed

00:20 | 0.0% | 6.0 kph | 00:20 | 0.0% | 2.0 kph

04:40 Duration

← Back

Preview

**16** Total Intervals 16

**Sprint** | **Recovery**

Time | Incline | Speed | Time | Incline | Speed

00:20 | 0.0% | 6.0 kph | 00:20 | 0.0% | 2.0 kph

14:00 Duration

← Back

Preview

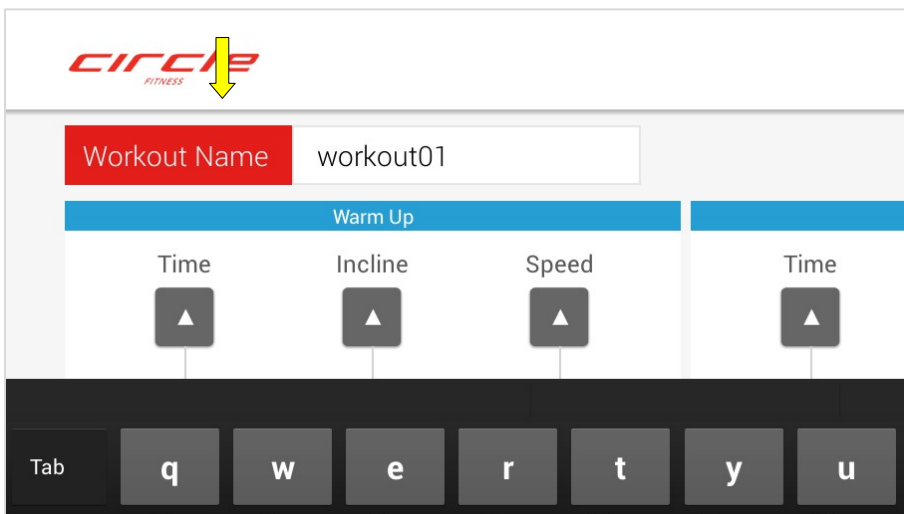
Tap to go to Sprint & Recovery setting page.

16 intervals can be created.

## 2.11 HIIT(High Intensity Interval Training) (Continued)

### Workout Name

Tap the blank field to pop out a keypad (as shown below) and input a workout name.



### Time

- Unit: 10 seconds.
- Setting range: 0:10-3:00.
- Tap and hold to slide the rounded rectangle ( ) up / down to set your time.

### Incline

- Setting range: 0-15, preset value is 0.
- Tap and hold to slide the rounded rectangle ( ) up / down to set your incline level.

### Speed

- Setting range:0.8-20 kph / 0.5-12.5 mph, preset value is 0.8kph /0.5mph.
- Tap and hold to slide the rounded rectangle ( ) up / down to set your speed.

### Duration

Displays the total time of your HIIT workout.

### Back

Tap to go to previous page.

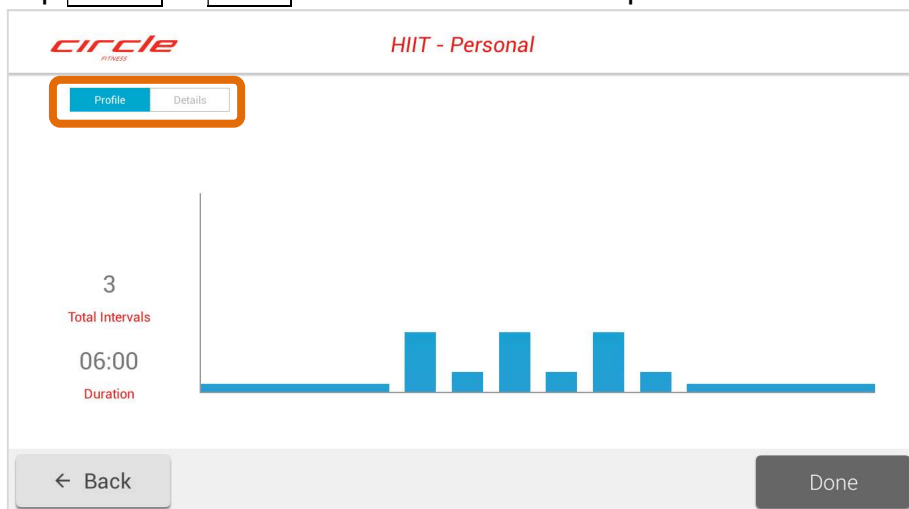
### Preview

Tap preview to go to the workout preview page. (refer to next page)

## 2.11 HIIT(High Intensity Interval Training) (Continued)

Go to Home Screen > HIIT > Setting Page > Preview Page

Tap **Profile** or **Detail** to switch between two preview modes.



**circle** FITNESS HIIT - Personal

Profile Details

Total Intervals	myworkout01	3
Duration		06:00
Distance		0.2 km
Calories		12 Cal
Avg. Pace		32:09
Avg. Speed		1.9 kph

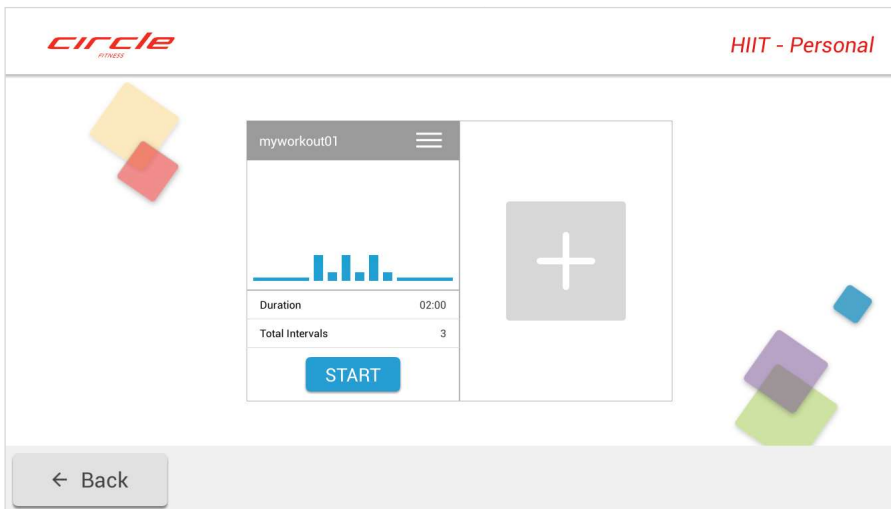
← Back Done

Tap **Back** to go to **Setting Page**.

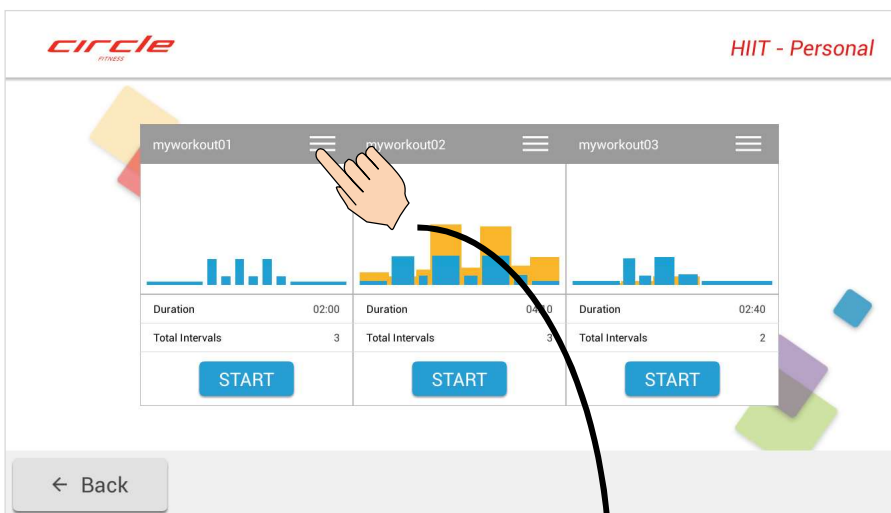
Tap **Done** to go to **Personal Preset HIIT Page** (refer to next page).

## 2.11 HIIT(High Intensity Interval Training) (Continued)

Go to Home Screen > HIIT > Setting Page > Preview Page > Personal Preset Page



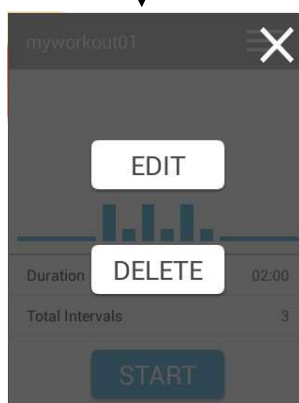
Tap **+** to create another personal HIIT.



Up to 3 personal HIIT can be created.

Tap **START** to start your HIIT workout.

Tap **Back** to go to HIIT page.



Tap **≡** and a pop-out window allows you to edit personal HIITs.

Tap **EDIT** to edit your HIIT setting.

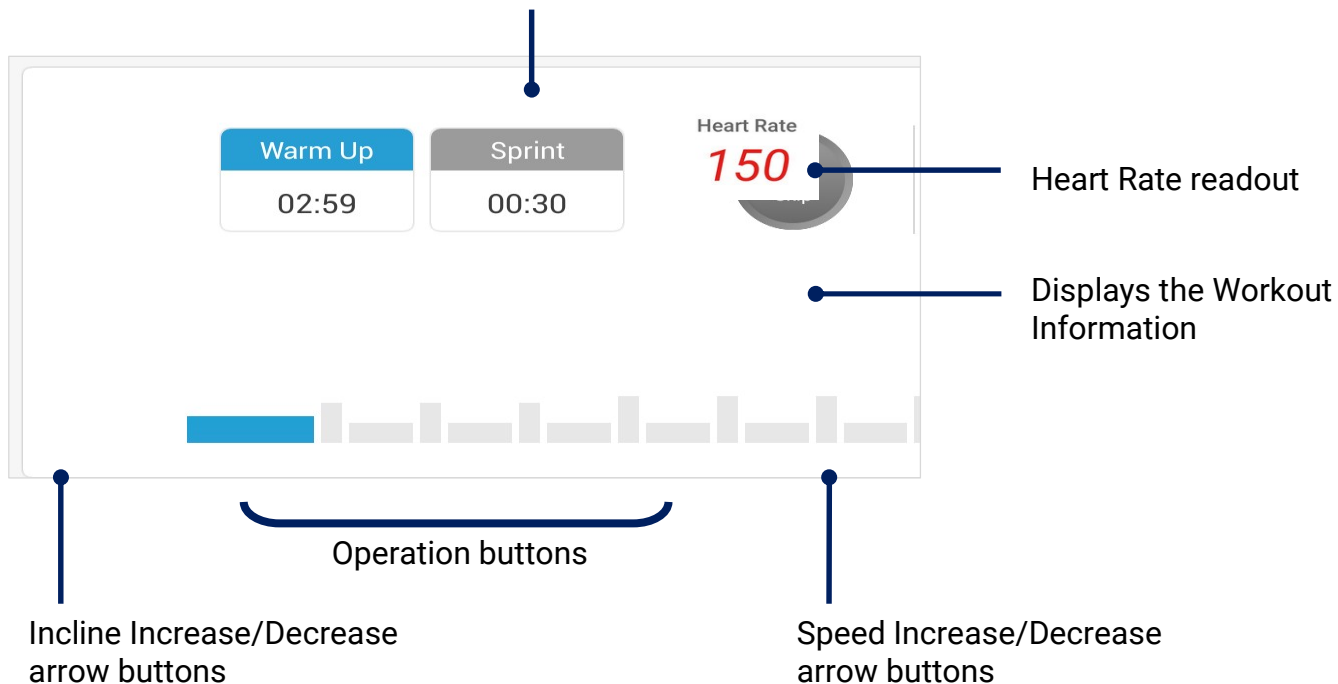
Tap **Delete** to delete your HIIT setting.

## 2.11 HIIT(High Intensity Interval Training) (Continued)

[Go to HIIT](#) > [Setting Page](#) > [Preview Page](#) > [Personal Preset Page](#) > [Workout Page](#)

### HIIT - Workout Page

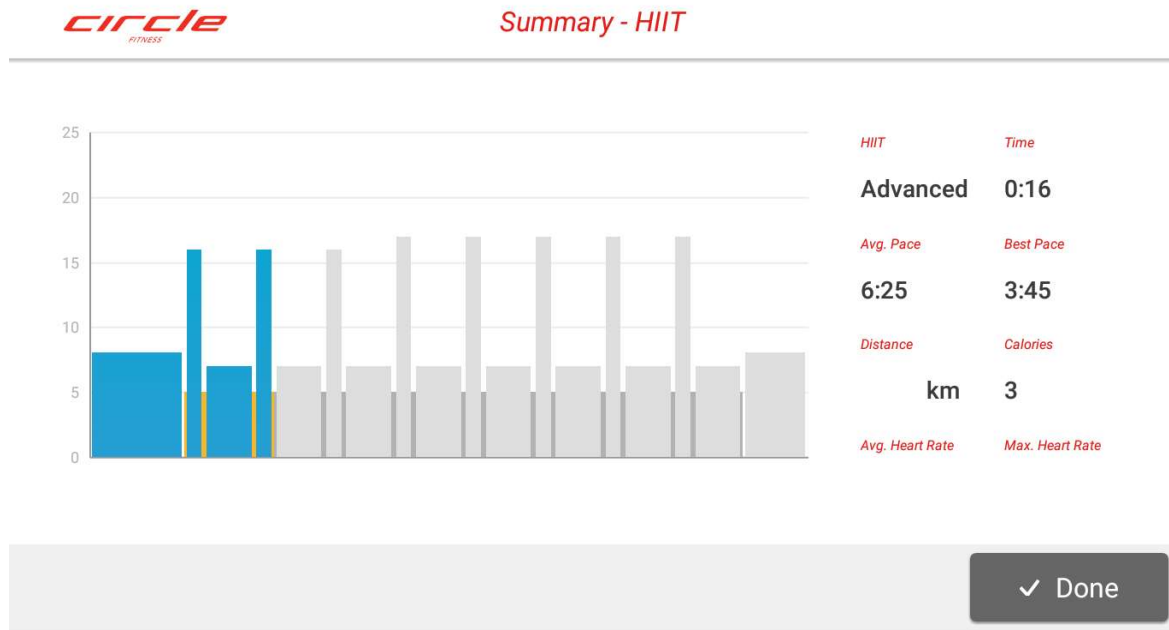
Skip: Tap to go to next interval.



## 2.11 HIIT(High Intensity Interval Training) (Continued)

[Go to Home Screen](#) > [HIIT](#) > [Setting Page](#) > [Workout Page](#) > [Summary Page](#)

### HIIT - Summary Page



#### HIIT Readouts:

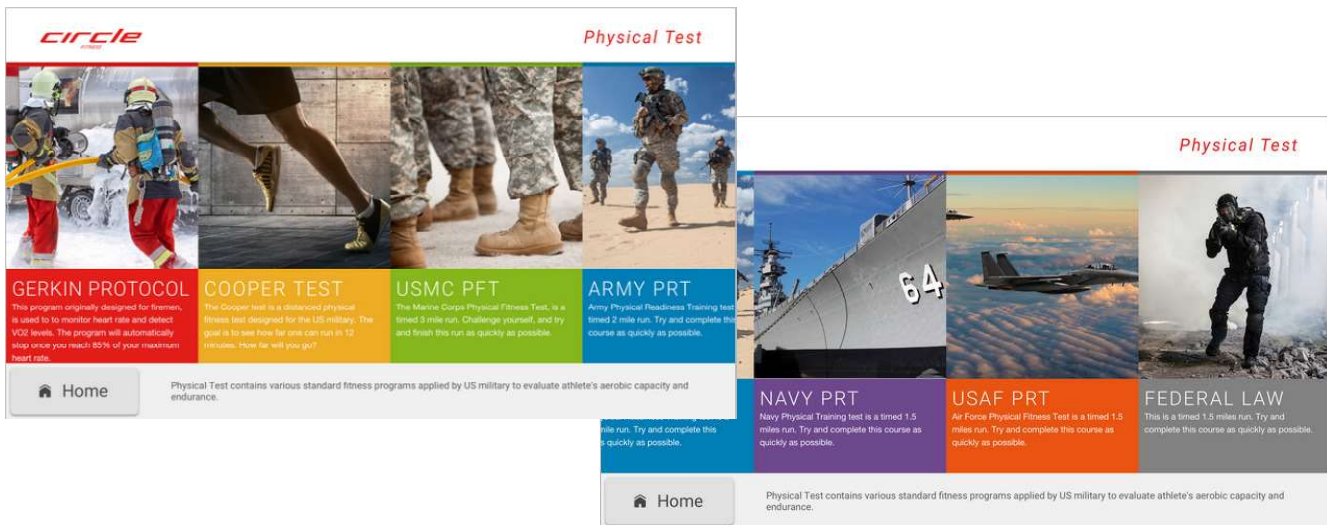
1. **Training:** displays the workout mode.
2. **Time:** the total accumulated time during your workout.
3. **Avg. Pace:** the average time to complete a mile (or kilometer), displayed in minutes: seconds.
4. **Best Pace:** the best time to complete a mile (or kilometer), displayed in minutes: seconds.
5. **Distance:** the total accumulated distance mile (or kilometer) during your workout.
6. **Calories:** the total accumulated calories burned during your workout.
7. **Avg. Heart Rate:** The average heart rate during your workout.
8. **Max. Heart Rate:** The maximum heart rate during your workout.

Tap [Done](#) to go to Home Screen.

Please remember to log out before you leave.

## 2.12 Physical Test

Go to Home Screen > Physical Test



When the **Physical Test** is tapped, 7 different tests are available:

### (1) GERKIN PROTOCOL

**IMPORTANT:** To use this program a chest belt (optional) must be worn.

This program, originally designed for fire fighters, is used to monitor heart rate and detect VO<sub>2</sub> levels. The program will automatically stop once you reach 85% of your maximum heart rate.

### (2) COOPER TEST

This Cooper test is a distanced physical fitness test designed for US military. The goal is to see how far one can run in 12 minutes.

### (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 PFT

Army Physical Readiness Training test is a timed 2 mile run. Try and complete this course as quickly as possible.

### (5) NAVY PFT

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!

**Home:** Tap to go to Home Screen.



## 2.12 Physical Test (Continued)

[Go to Home Screen](#) > [Physical Test](#) > [Setting Page](#)

### (1) GERKIN PROTOCOL Setting Page

**IMPORTANT:** To use this program a chest belt (optional) must be worn.

**circle** *Physical Test - Gerkin Protocol*

Gender  Male  Female

Age 10 - 99

Weight 35 - 180 kg

**GERKIN PROTOCOL**

This program is specifically designed for firemen, is used to monitor heart rate and detect VO2 levels. The program will automatically stop once you reach 85% of your maximum heart rate.

← Back Start

### (2) COOPER TEST Setting Page

**circle** *Physical Test - Cooper Test*

Gender  Male  Female

Age 10 - 99

Weight 35 - 180 kg

**COOPER TEST**

The Cooper test is a distanced physical fitness test designed for the US military. The goal is to see how far one can run in 12 minutes. How far will you go?

← Back Start

#### Gender

Male/ Female

#### Age

- Tap the blank field to pop out a keypad to input your age.
- Setting range: 10-99

#### Weight

- Tap the blank field to pop out a keypad to input your weight.
- Setting range: 35-180 kg (77-396 lb)

#### Back

Tap to go to previous page.

## 2.12 Physical Test (Continued)

### (3) USMC PFT Setting Page

**circle** FITNESS

Physical Test - USMC PFT

Gender  Male  Female

Age 10 - 99

Weight 35 - 180 kg

**USMC PFT**

The Marine Corps Physical Fitness Test, is a timed 3 mile run. Challenge yourself, and try and finish this run as quickly as possible.

← Back Start

### (4) ARMY PFT Setting Page

**circle** FITNESS

Physical Test - Army PFT

Gender  Male  Female

Age 10 ~ 99

Weight 35 ~ 180 kg

**Army PFT**

Army Physical Readiness Training test is a timed 2 mile run. Try and complete this course as quickly as possible.

← Back Start

#### Gender

Male/ Female

#### Age

- Tap the blank field to pop out a keypad to input your age.
- Setting range: 10-99

#### Weight

- Tap the blank field to pop out a keypad to input your weight.
- Setting range: 35-180 kg (77-396 lb)

#### Back

Tap to go to previous page.

## 2.12 Physical Test (Continued)

### (5) NAVY PFT Setting Page

circle  
FITNESS

Physical Test - Navy PFT

Gender  Male  Female

Age 10 ~ 99

Weight 35 ~ 180 kg

Navy PFT  
Navy Physical Training test is a timed 1.5 miles run.  
Try to complete this course as fast as you can!

← Back Start

### (6) USAF PFT Setting Page

circle  
FITNESS

Physical Test - USAF PFT

Gender  Male  Female

Age 10 ~ 99

Weight 35 ~ 180 kg

USAF PFT  
Air Force Physical Fitness Test is a timed 1.5 miles run.  
Try to complete this course as fast as you can!

← Back Start

#### Gender

Male/ Female

#### Age

- Tap the blank field to pop out a keypad to input your age.
- Setting range: 10-99

#### Weight

- Tap the blank field to pop out a keypad to input your weight.
- Setting range: 35-180 kg (77-396 lb)

#### Back

Tap to go to previous page.

## 2.12 Physical Test (Continued)

### (7) FEDERAL LAW Setting Page

**circle** FITNESS

Physical Test - Federal Law

**FEDERAL LAW**  
This is a timed 1.5 miles run. Try and complete this course as quickly as possible.

Gender  Male  Female

Age 10-99

Weight 35-180 kg

← Back Start

#### Gender

Male/ Female

#### Age

- Tap the blank field to pop out a keypad to input your age.
- Setting range: 10-99

#### Weight

- Tap the blank field to pop out a keypad to input your weight.
- Setting range: 35-180 kg (77-396 lb)

#### Back

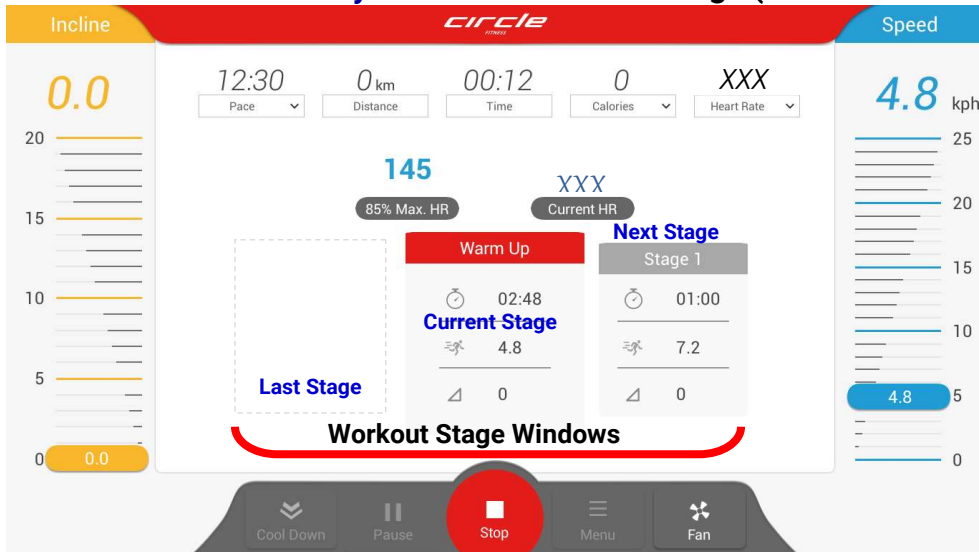
Tap to go to previous page.

#### Start

Tap to count down (3→2→1). When the count down is finished, workout starts. (Refer to Workout Page below.)

## 2.12 Physical Test (Continued)

### Go to Home Screen > Physical Test > Workout Page (GERKIN PROTOCOL)



#### 85% Max. HR (85% Maximum Heart Rate)

- Shows the 85% maximum heart rate based on your age.
- Formula: Max. HR = (220-Age) x 0.85

#### Current HR (Current Heart Rate)

Display the current heart rate.

#### Workout Stage Windows

(1) 3 stages windows can be displayed: **Last Stage**, **Current Stage** and **Next Stage**.

(2) Display information:



#### NOTE:

- **Cool Down**, **Pause** and **Menu** keys are disabled (cannot be tapped).
- Slide bar of the Incline and Speed cannot be adjusted (display only).

#### Program Definition of the GERKIN PROTOCOL

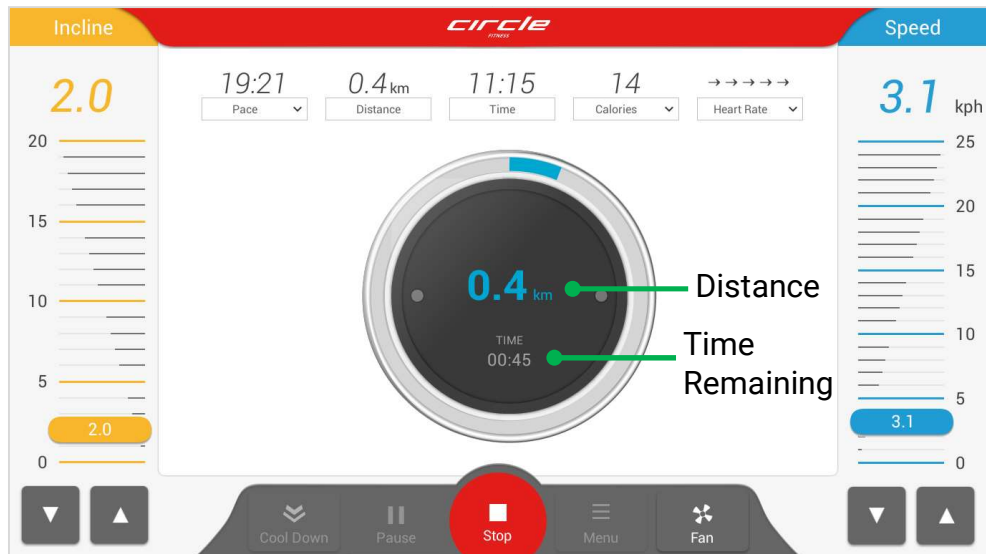
The program must be implemented in accordance with the following table.

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. HR (Max. HR = (220-Age) X 85%) for 10 seconds, the program will stop immediately.

## 2.12 Physical Test (Continued)

Go to Home Screen > Physical Test > Workout Page (COPPER TEST)



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

### NOTE:

- **Cool Down**, **Pause** and **Menu** keys are disabled (cannot be tapped).
- Slide bar of the Incline and Speed are adjustable.

Tap **Stop** or finish the 12 minutes workout to go to Summary Page.



## 2.12 Physical Test (Continued)

Go to Home Screen > Physical Test > Workout Page (USMC PFT/ ARMY PFT/ NAVY PFT/ USAF PFT /FEDERAL LAW)



For these Physical Test programs, distance is the fixed as below.

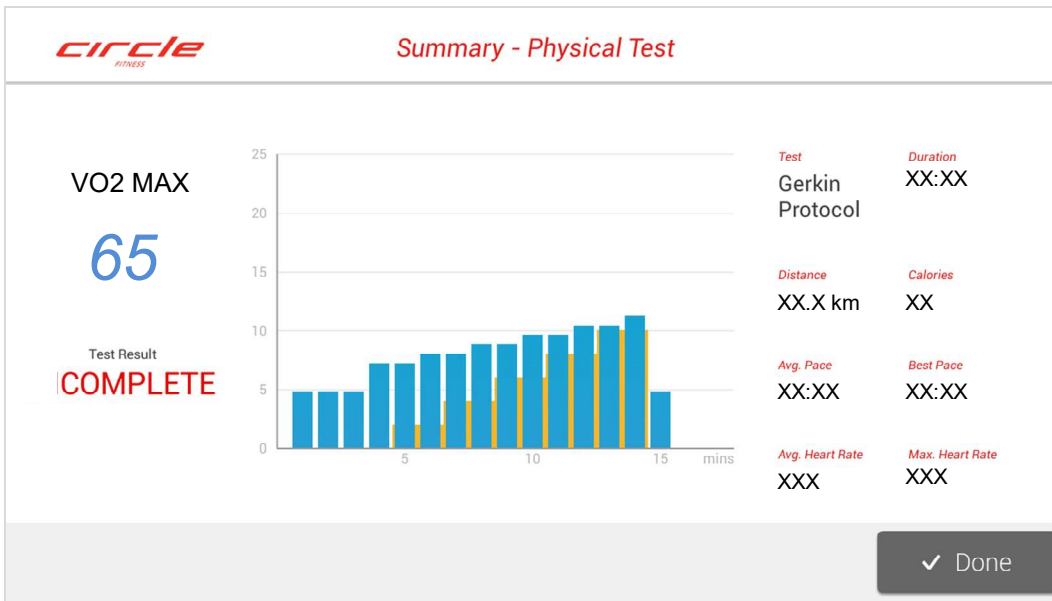
Programs	USMC PFT	ARMY PFT	NAVY PFT	USAF PFT	FEDERAL LAW
Distance	<b>3 mile</b>	<b>2 mile run</b>	<b>1.5 miles</b>	<b>1.5 miles</b>	<b>1.5 miles</b>

### NOTE:

- Cool Down, Pause and Menu keys are disabled (cannot be tapped).
- Slide bar of the Incline and Speed are adjustable.

## 2.12 Physical Test (Continued)

### Physical Test > Workout Page (GERKIN PROTOCOL) > Summary Page



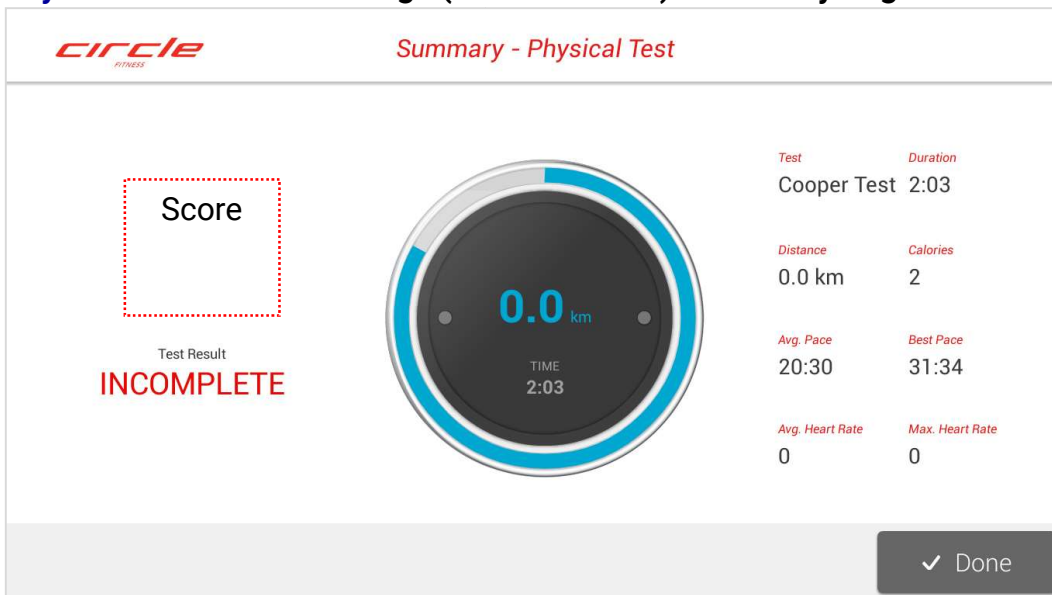
#### VO2 MAX:

- Displays the value of the VO2 MAX.

- If the user's heartbeat exceeds MHR 85% for 10 seconds, or if the user tap STOP, or the entire workout program is completed, the workout will be stopped and enters [Summary Page]

**Test Result:** Complete / Incomplete

### Physical Test > Workout Page (COPPER TEST) > Summary Page



**Score:** If the test is incomplete, no score shows on the display.

**Test Result:** Complete / Incomplete




## 2.12 Physical Test (Continued)

[Physical Test](#) > [Workout Page \(USMC PFT/ ARMY PFT/ NAVY PFT/ USAF PFT /FEDERAL LAW\)](#) > [Summary Page](#)

**circle**  
FITNESS

Summary - Physical Test

Test Result  
**INCOMPLETE**



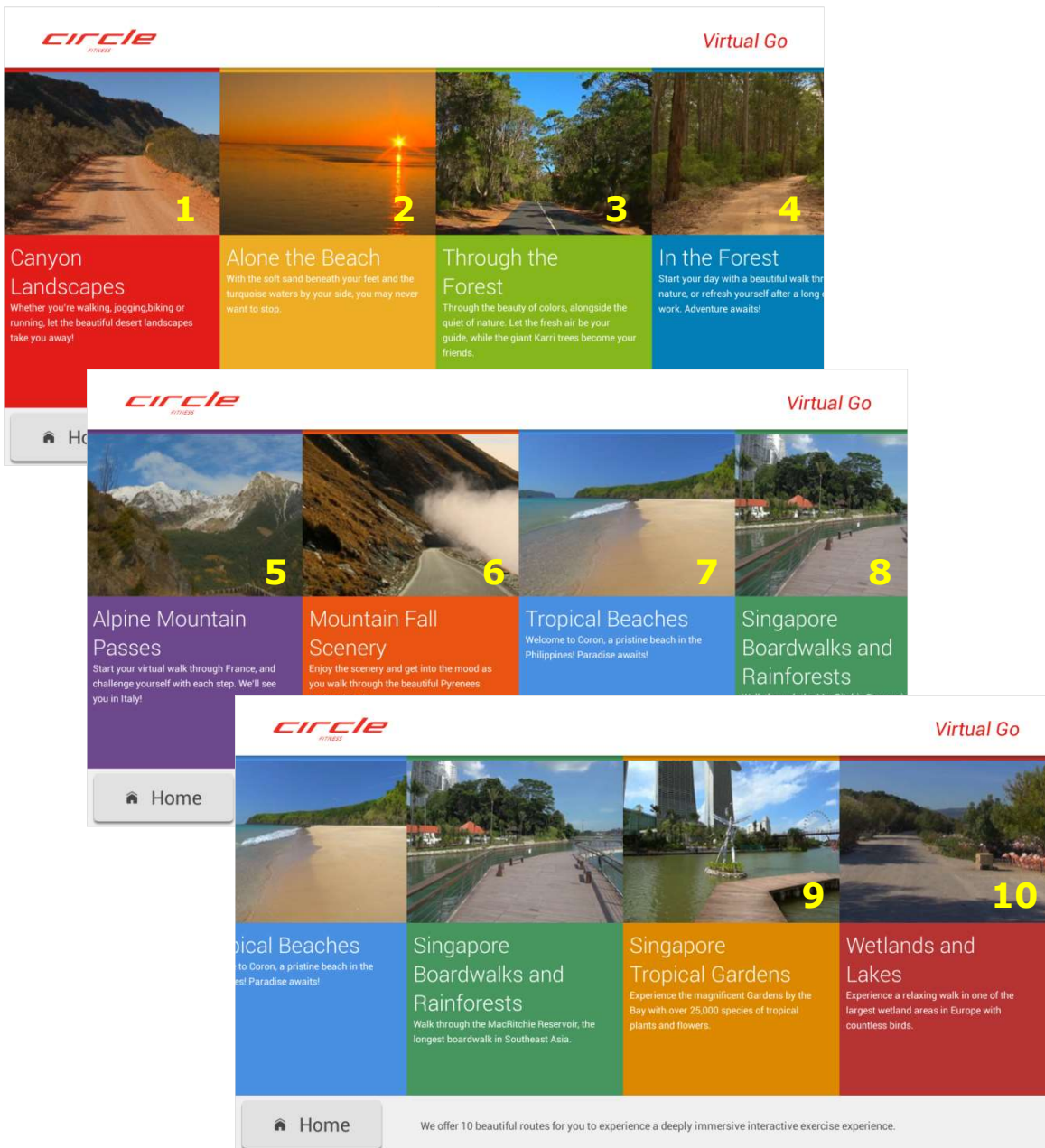
0:41  
DISTANCE  
0.0 km

<i>Test</i>	<i>Duration</i>
USMC PFT	0:41
<i>Distance</i>	<i>Calories</i>
0.0 km	0
<i>Avg. Pace</i>	<i>Best Pace</i>
0:00	2:00:00
<i>Avg. Heart Rate</i>	<i>Max. Heart Rate</i>
0	0

✓ Done

## 2.13 Virtual Go

Go to Home Screen > Virtual Go 



We offer 10 beautiful routes for you to experience a deeply immersive interactive experience. (1) **Canyon Landscapes:** Whether you're walking, jogging, biking or running, let the beautiful desert landscapes take you away.

(2) **Alone the Beach**

(3) **Through the Forest**

(4) **In the Forest**

(5) **Alpine Mountain Passes**

(6) **Mountain Fall Scenery**

(7) **Tropical Beaches**

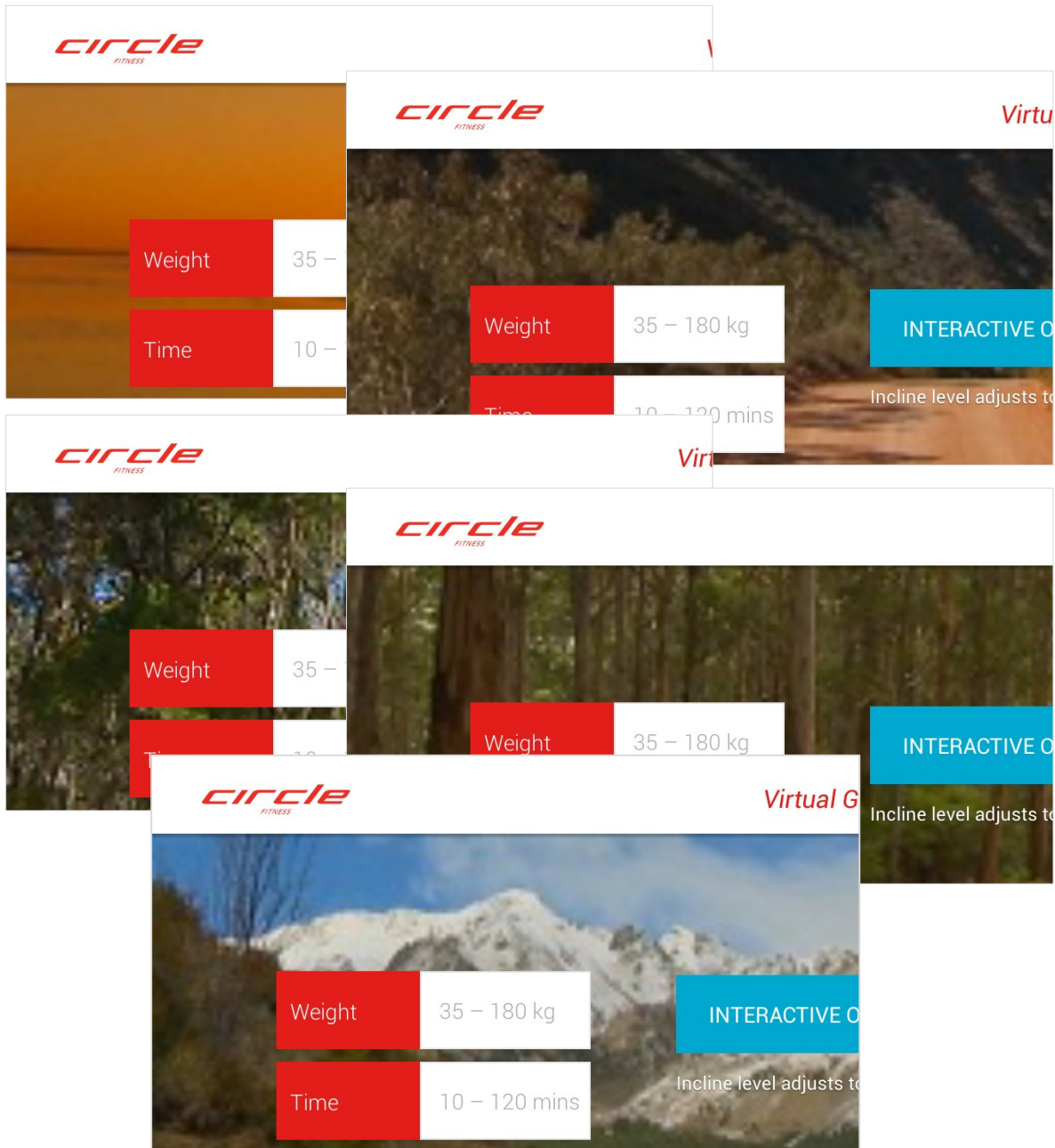
(8) **Singapore Boardwalks and Rainforests**

(9) **Singapore Tropical Gardens**

(10) **Wetlands and Lakes**

## 2.13 Virtual Go (Continued)

Go to Home Screen > Virtual Go > Setting Page



### INTERACTIVE ON

Incline level adjusts to changes in terrain if tapped this button.

### Weight

- Tap the blank field to pop out a keypad to input your weight.
- Setting range: 35-180 kg (77-396 lb)

### Back

Tap to go back to Main Screen.

### INTERACTIVE OFF

Incline level does not adjust to changes in terrain if tapped this button.

### Time

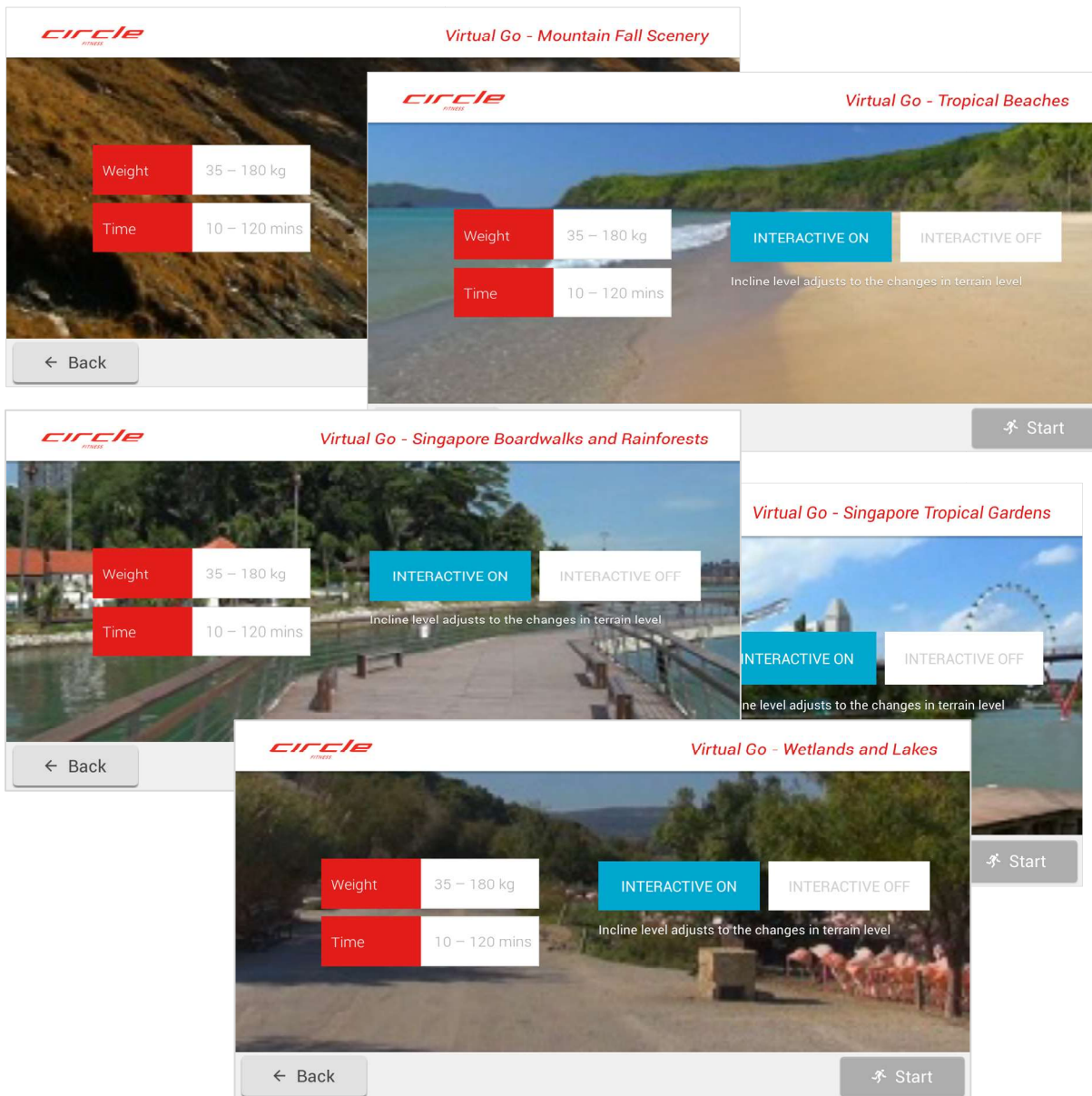
- Tap the blank field to pop out a keypad to input workout time.
- Setting Range: 10-120 mins

### Start

Tap to begin your workout.

## 2.13 Virtual Go (Continued)

Go to Home Screen > Virtual Go > Setting Page



### INTERACTIVE ON

Incline level adjusts to changes in terrain if tapped this button.

### Weight

- Tap the blank field to pop out a keypad to input your weight.
- Setting range: 35-180 kg (77-396 lb)

### Back

Tap to go back to Main Screen.

### INTERACTIVE OFF

Incline level does not adjust to changes in terrain if tapped this button.

### Time

- Tap the blank field to pop out a keypad to input workout time.
- Setting Range: 10-120 mins

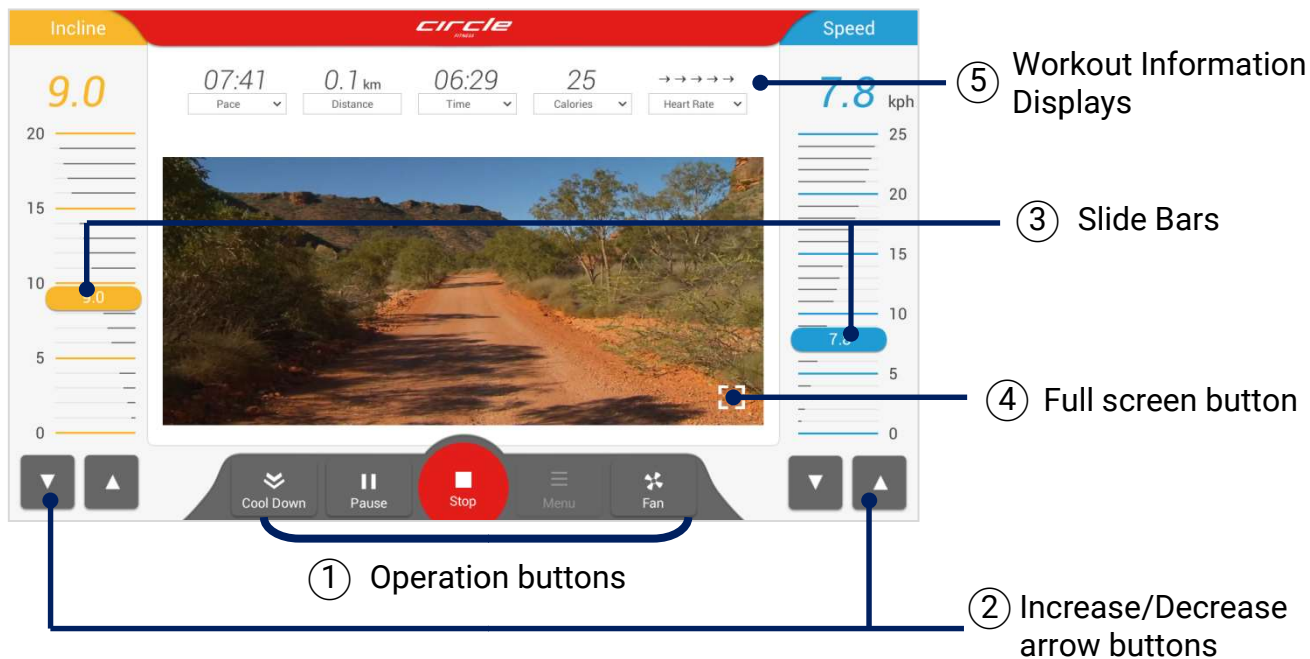
### Start

Tap to begin your workout.



## 2.13 Virtual Go (Continued)

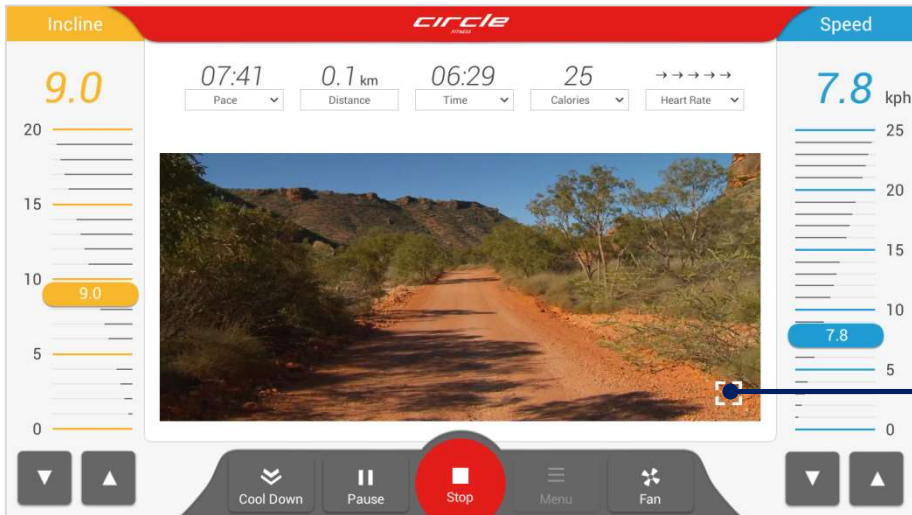
Go to Home Screen > Virtual Go > Setting Page > Workout Page



For more description of the buttons, please refer to [page B-23, Workout Page of the Training](#).

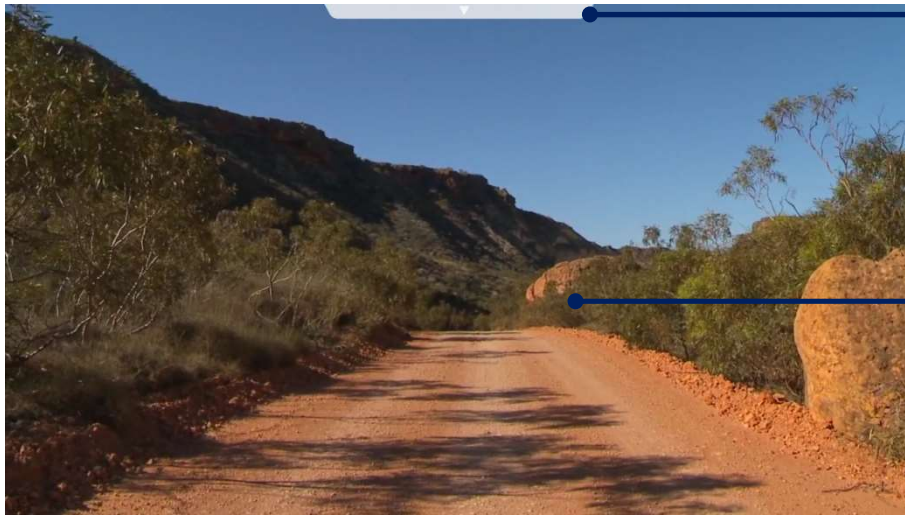
## 2.13 Virtual Go (Continued)

Go to Home Screen > Virtual Go > Setting Page > Workout Page



Tap this icon to enter full screen as below.

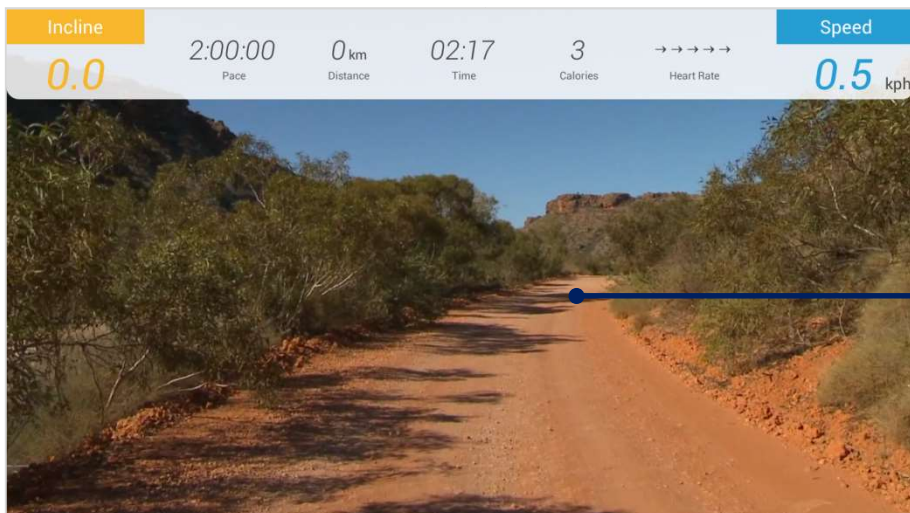
### Full Screen



Tap this zone to show your workout information as below.

Tap anywhere to exit full screen.

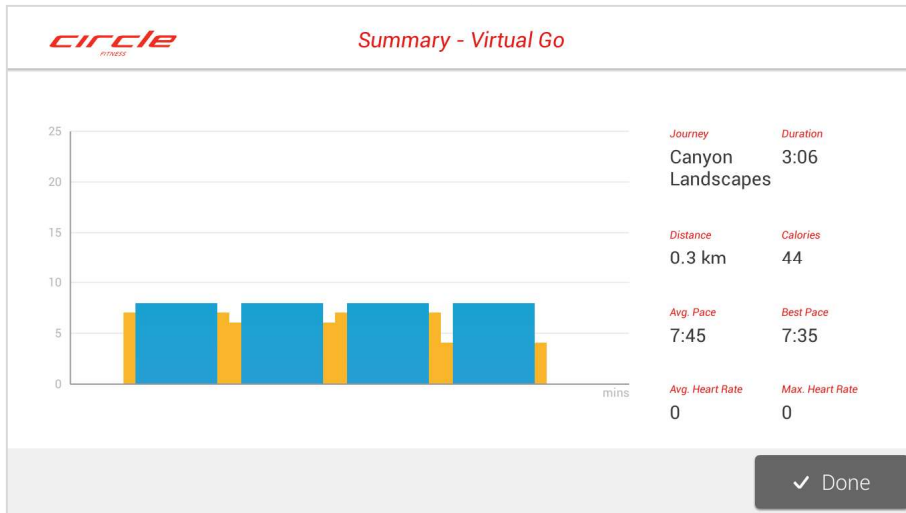
### Full Screen with Workout Information



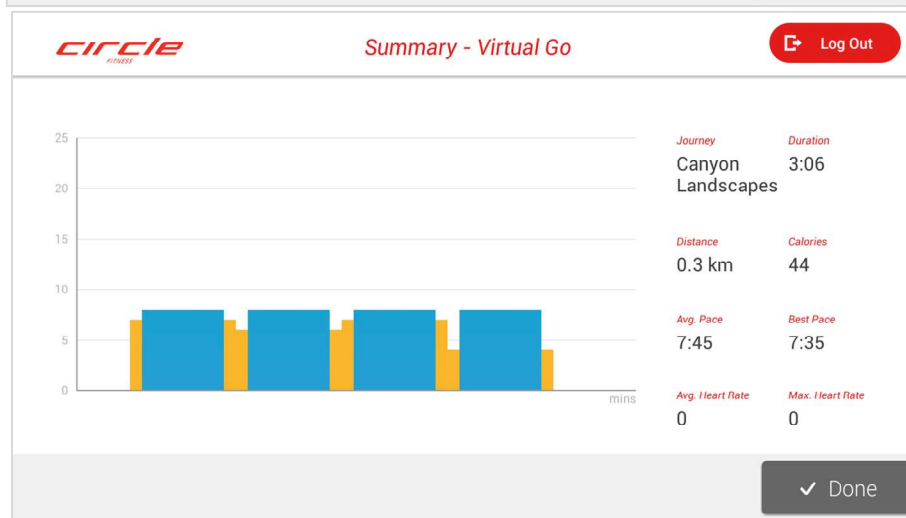
Tap anywhere to exit full screen.

## 2.13 Virtual Go (Continued)

Go to Home Screen > Virtual Go > Setting Page > Workout Page > Summary Page



Without Login



With Login

Your workout information is displayed in Summary Page and will be uploaded to CircleCould if you are logged in.

### Done

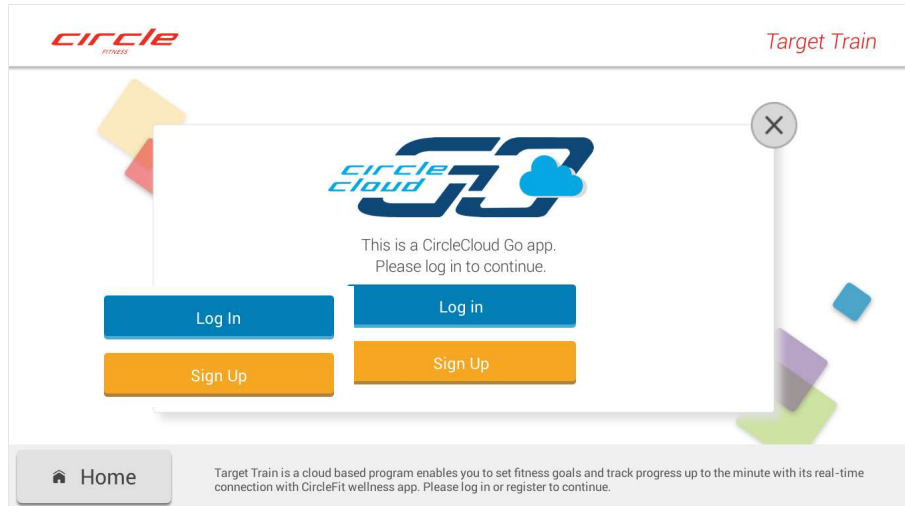
Tap **Done** to go to Home Screen.

## 2.14 Target Train

Go to Home Screen > Target Train 

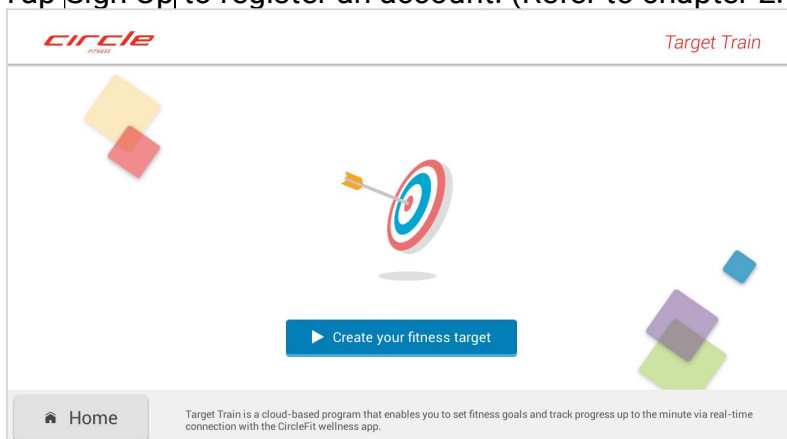
Target Train is a cloud based program which enables you to set fitness goals and track progress up to the minute with its real-time connection with CircleFit wellness app.

Please log in or sign up to continue.



Tap **Log In** to enter Login page. (Refer to [chapter 2.5 Login.](#))

Tap **Sign Up** to register an account. (Refer to [chapter 2.6 Circle Cloud Go Sign Up.](#))

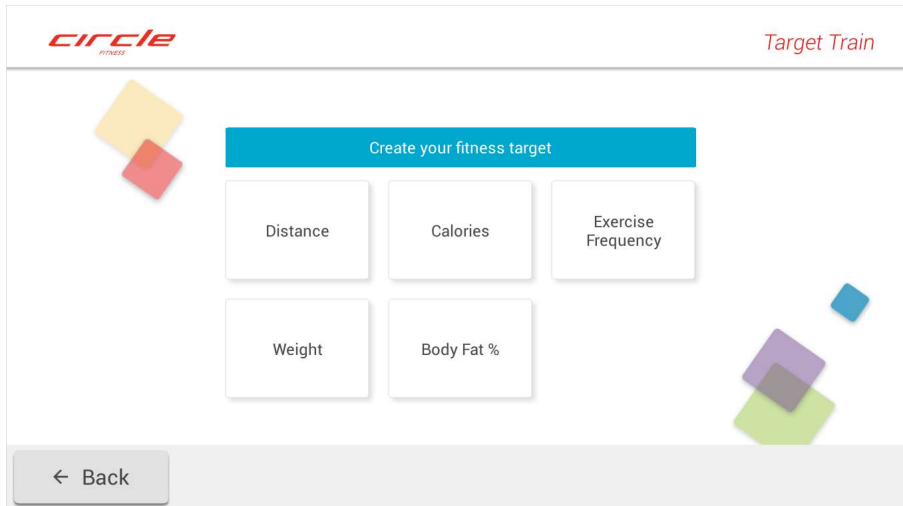


Tap **Create your fitness target** to go to setting page. (This button cannot be tapped if you're not logged in.)



## 2.14 Target Train (Continued)

Go to Home Screen > Target Train > Setting Page



Choose one of the following as your fitness target.

**Distance**: Set a distance target along with a desired completion date. Come back to do workouts in order to achieve this target.

**Calories**: Set a calorie target along with a desired completion date. Come back to do workouts in order to achieve this target.

**Exercise Frequency**: Set a frequency target along with a desired period of time. Come back to do workouts at a frequency as the set target.

**Weight**: Set a weight target along with a completion date. Come back to do workouts in order to achieve this target.

**Body Fat%**: Set a body fat percentage target along with a completion date. Com back to do workouts to achieve this target.

## 2.14 Target Train (Continued)

Go to Home Screen > Target Train > Setting Page (Target Distance)

The screenshot shows the 'Target Train' setting page. At the top, there are four activity selection buttons: 'Running' (highlighted in blue), 'Biking', 'Elliptical', and 'All'. Below these are three input fields: 'Distance' with the value '5 ~ 999 mi', 'Start Date' with the value '7/24/2020', and 'End Date' which is currently blank. A text box to the right of the 'Distance' field reads: 'Choose individual activity to record progress toward target achievement, or select "All" to record all types of workout data progress.'

This screenshot shows the same setting page as above, but with a calendar pop-up displayed over the 'End Date' field. The calendar is for the month of July 2020. The date '28' is selected and highlighted in blue. The 'Back' and 'Done' buttons are visible at the bottom of the screen.

Tap anywhere to go back to Setting page.

### Record data type

Choose from **Running**, **Biking**, **Elliptical** to record progress by equipment type. Alternatively, you can tap **All** to record all types of workouts regardless of equipment type.

### Target Distance

- Tap the blank field to pop out a keypad to input your target distance.
- Setting range: 5 – 999mi

### Start Date

The day when you set your target distance. This value cannot be changed.

### End Date

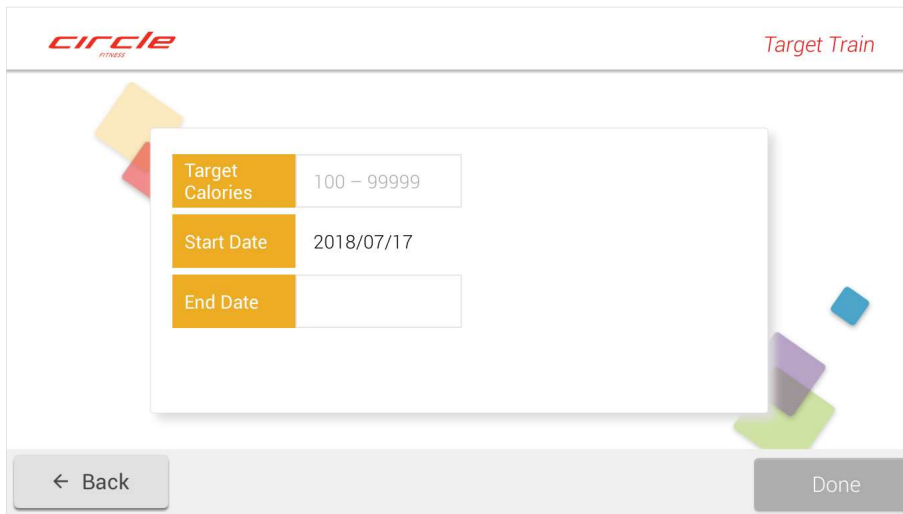
Tap the blank field next to **End Date** and select a desired end date on the pop-up calendar.

**Back:** Tap **Back** to go to previous page.

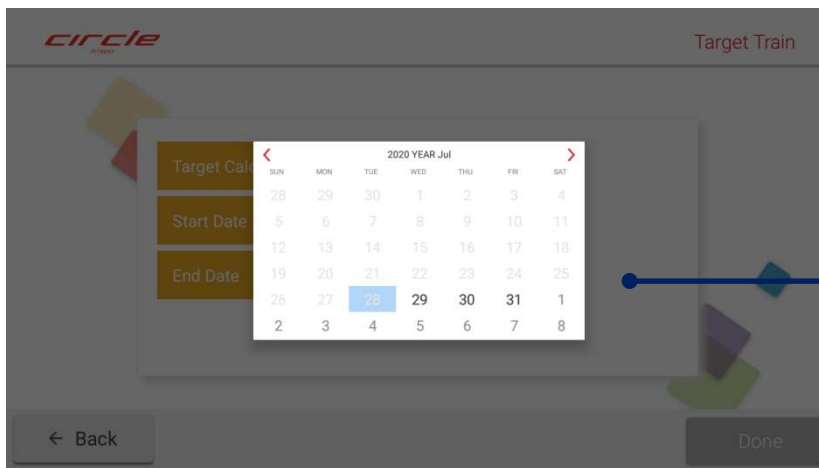
**Done:** Tap **Done** to go to Target Train program page.

## 2.14 Target Train (Continued)

Go to Home Screen > Target Train > Setting Page (Target Calroies)



The screenshot shows the 'Target Train' settings page. At the top left is the 'circle FITNESS' logo, and at the top right is the title 'Target Train'. The main content area contains three input fields: 'Target Calories' with the value '100 - 99999', 'Start Date' with the value '2018/07/17', and 'End Date' which is currently blank. At the bottom of the page are two buttons: 'Back' on the left and 'Done' on the right.



This screenshot shows the same settings page as above, but with a calendar pop-up displayed over the 'End Date' field. The calendar is for the month of July 2020. The date '28' is selected and highlighted in blue. The 'Back' and 'Done' buttons are visible at the bottom.

Tap anywhere to go back to Setting page.

### Target Calroies

- Tap the blank field to pop out a keypad to input your target calroies.
- Setting range: 100 - 99999

### Start Date

The day when you set your target calories. This value cannot be changed.

### End Date

Tap the blank field next to **End Date** and select a desired end date on the pop-up calendar.

**Back:** Tap **Back** to go to previous page.

**Done:** Tap **Done** to go to Target Train program page.

## 2.14 Target Train (Continued)

Go to Home Screen > Target Train > Setting Page (Exercise Frequency)

circle FITNESS Target Train

Exercise days per week

1 2 3 4 5 6 7

Start Week 7/26/2020

End Week

← Back Done

circle FITNESS Target Train

Exercise days per week

1 2 3

Start Week

End Week

← Back Done

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Tap anywhere to go back to Setting page.

### Exercise days per week

Tap number 1 to 7 to choose how many days per week you wish to exercise.

### Start Week

This is the week when you set your target exercise frequency. This value cannot be changed.

### End Week

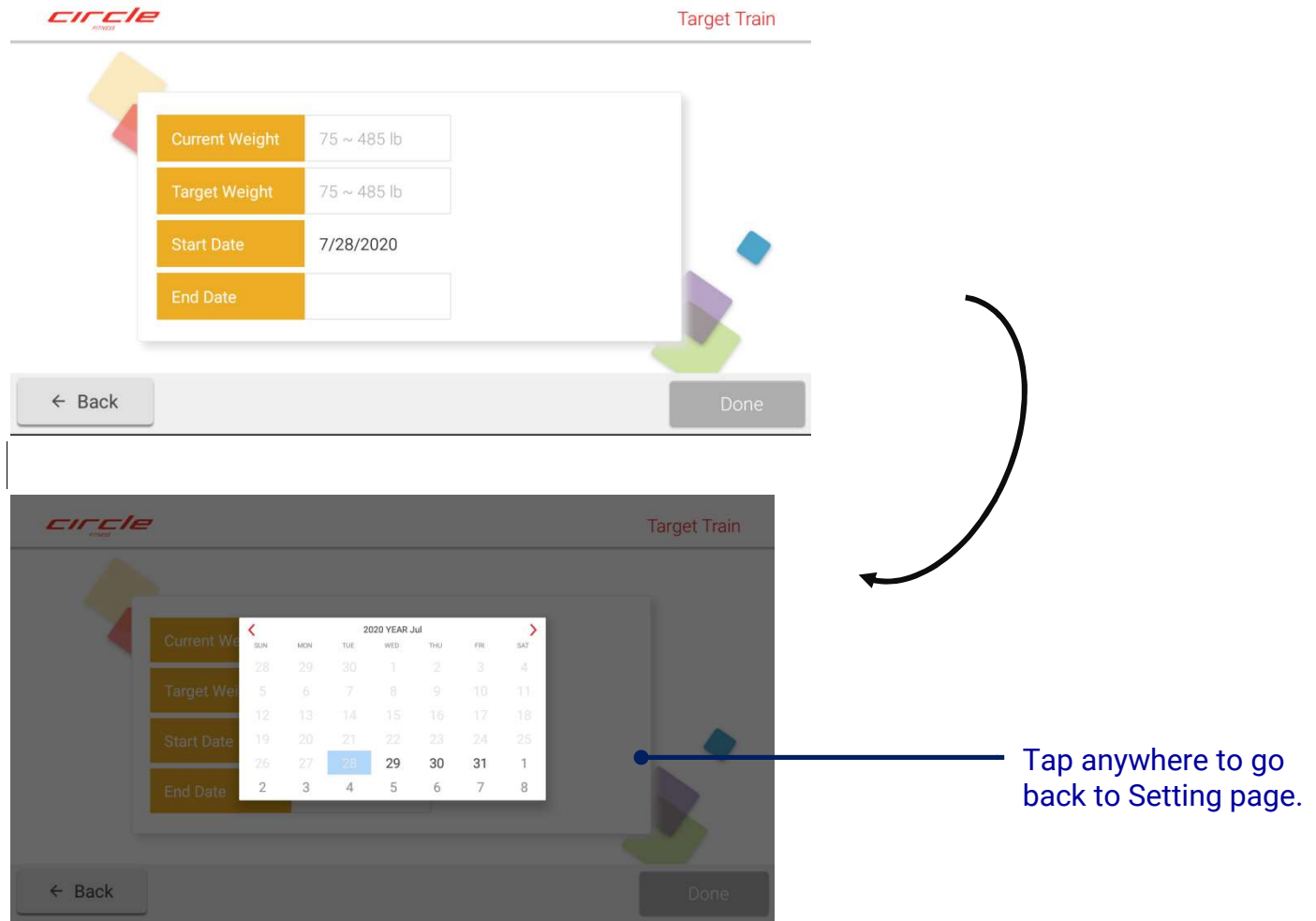
Tap the blank field next to **End Week** and select a desired end week on the pop-up calendar.

**Back:** Tap **Back** to go to previous page.

**Done:** Tap **Done** to go to Target Train program page.

## 2.14 Target Train (Continued)

Go to Home Screen > Target Train > Setting Page (Weight)



### Current Weight

- Tap the blank field next to **Current Weight**.
- Setting range: 75-485 lb

### Target Weight

- Tap the blank field next to **Target Weight**.
- Setting range: 75-485 lb

### Start Date

The day when you set your target calories. This value cannot be changed.

### End Date

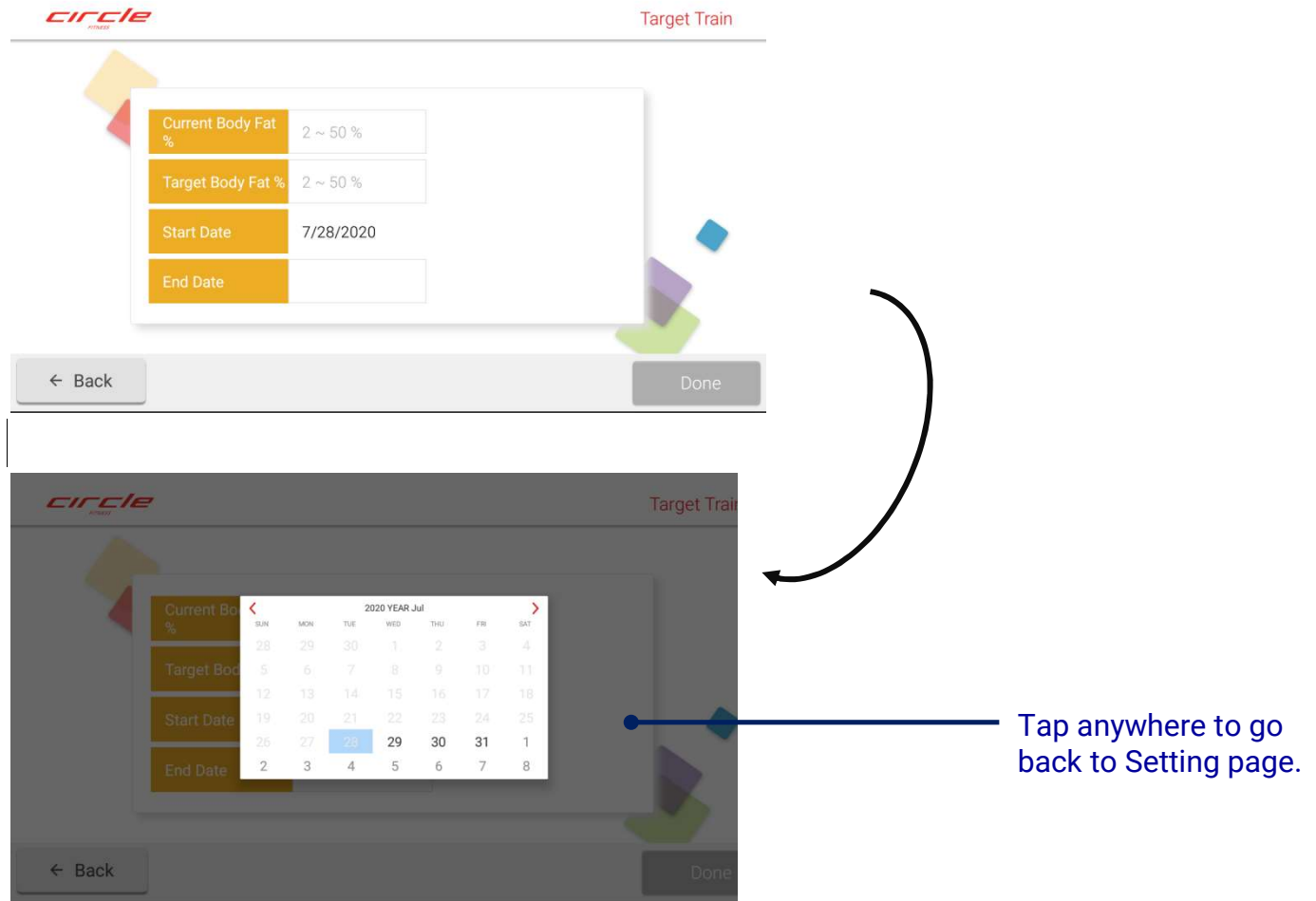
Tap the blank field next to **End Date** and select a desired end date on the pop-up calendar.

**Back:** Tap **Back** to go to previous page.

**Done:** Tap **Done** to go to Target Train program page.

## 2.14 Target Train (Continued)

Go to Home Screen > Target Train > Setting Page (Body Fat %)



### Current Body Fat %

-Tap the blank field next to **Current Body Fat %**.

-Setting range: 2-50%

### Target Body Fat %

-Tap the blank field next to **Target Body Fat %**.

-Setting range: 2-50%

### Start Date

The day when you set your target calories. This value cannot be changed.

### End Date

Tap the blank field next to **End Date** and select a desired end date on the pop-up calendar.

**Back:** Tap **Back** to go to previous page.

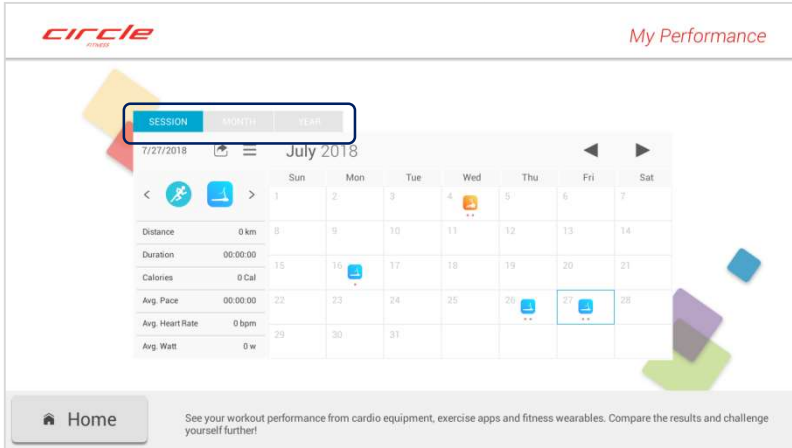
**Done:** Tap **Done** to go to Target Train program page.

## 2.15 My Performance

Go to Home Screen > My Performance



My Performance integrated our cardio equipment, outdoor fitness apps or wearable devices together to give you the best personal fitness performance information.

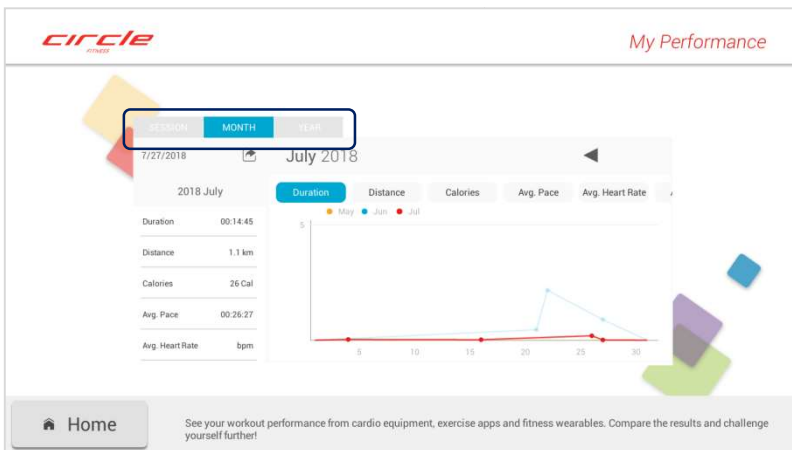


### Session

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

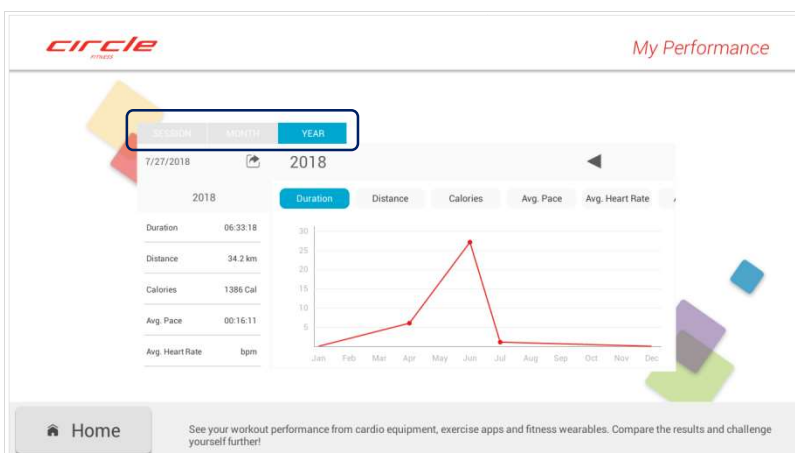


Tap to add or delete a session.



### Month

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



### Year

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

## 2.15 My Performance (Continued)

Go to Home Screen > My Performance



Tap to share your fitness achievement via Facebook, Twitter, Instagram or Weibo with your friends.

**circle** My Performance

SESSION MONTH YEAR

7/27/2018 July 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Distance	0 km	6	9	10	11	12
Duration	00:00:00	15	16	17	18	19
Calories	0 Cal	22	23	24	25	26
Avg. Pace	00:00:00	29	30	31		
Avg. Heart Rate	0 bpm					
Avg. Watt	0 w					

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

**circle** My Performance

SESSION MONTH YEAR

5/30/2018 May 2018

Duration Distance Calories Avg. Pace Avg. Heart Rate

Mar Apr May

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

**circle** My Performance Compare the results and challenge

SESSION MONTH YEAR

5/30/2018 May 2018

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Distance							
Duration							
Calories							
Avg. Pace							
Avg. Heart Rate							
Avg. Watt							

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

**circle** My Performance

SESSION MONTH YEAR

7/27/2018 2018

Duration Distance Calories Avg. Pace Avg. Heart Rate

Jan Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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



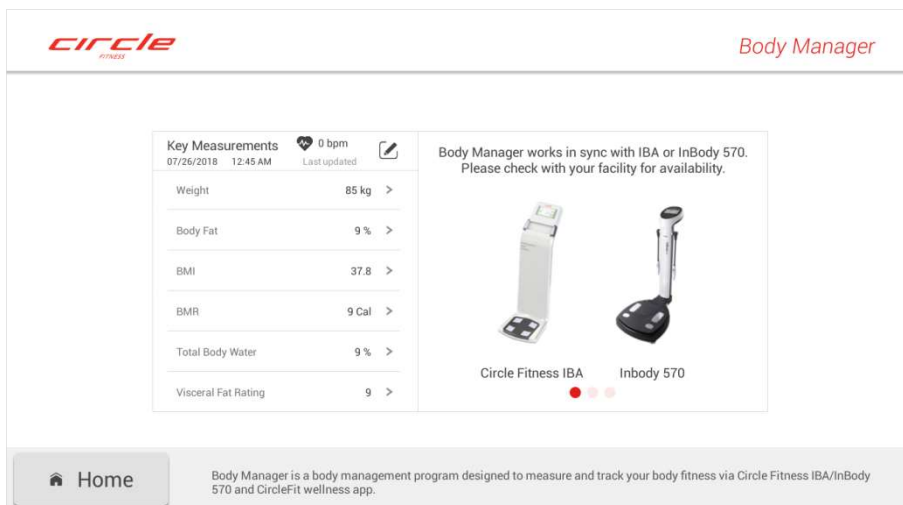
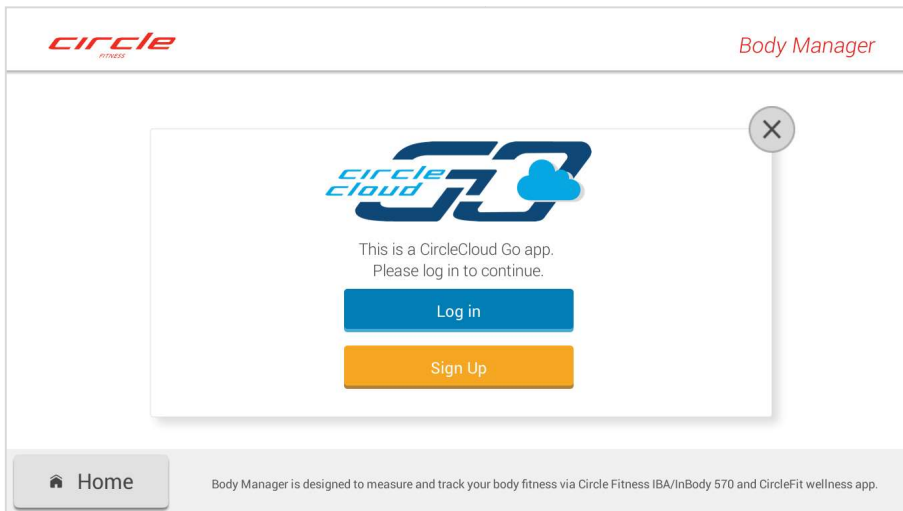
## 2.16 Body Manager

[Go to Home Screen](#) > **Body Manager** 

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

**Please login to be continued.**

(Refer to “[Chapter 2.6 Circlecloud Go Sign Up](#)” if you don’t have an account.)



### **Key Measurements form Circle Fitness IBA or Inbody 570**

Measured are the most important metrics for your fitness wellbeing.

#### **(1) For Circle Fitness IBA:**

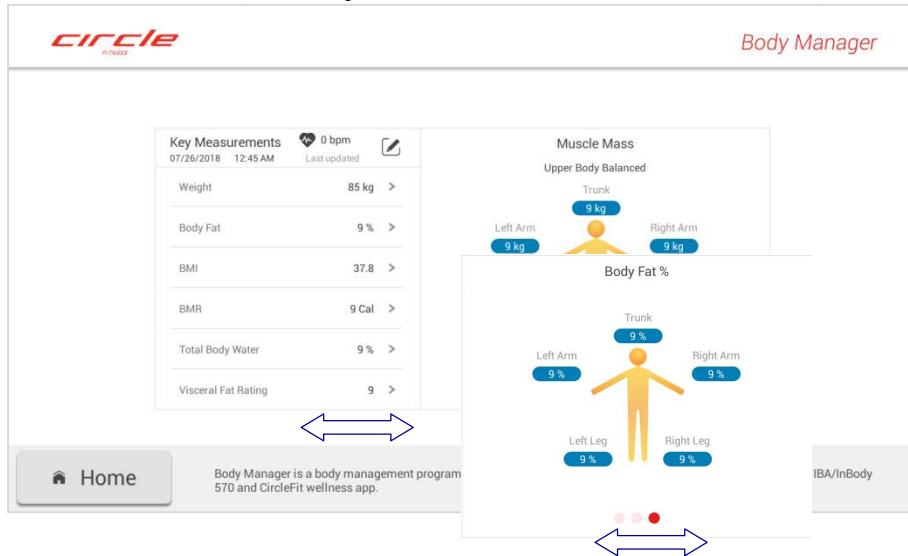
Weight / Body Fat % / BMI / BMR / Total Body Water / Visceral Fat Rating / Bone Mass

#### **(2) For Inbody 570:**

Weight / Body Fat % / BMI / BMR / Total Body Water / Visceral Fat Rating / Bone Mass / Intracellular Water / Extracellular Water / Protein / Minerals / Waist-Hip Ratio / Obesity Degree

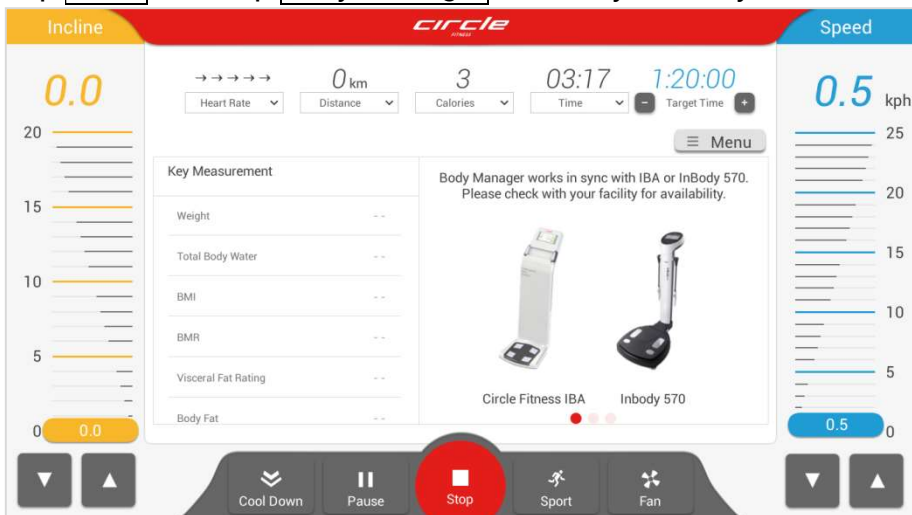
## 2.16 Body Manager (Continued)

### Key Measurement – Muscle Mass & Body Fat %



Segment body areas are analyzed to maximized your training result.

Tap **Menu** then tap **Body Manager** to track your body fitness during the workout.



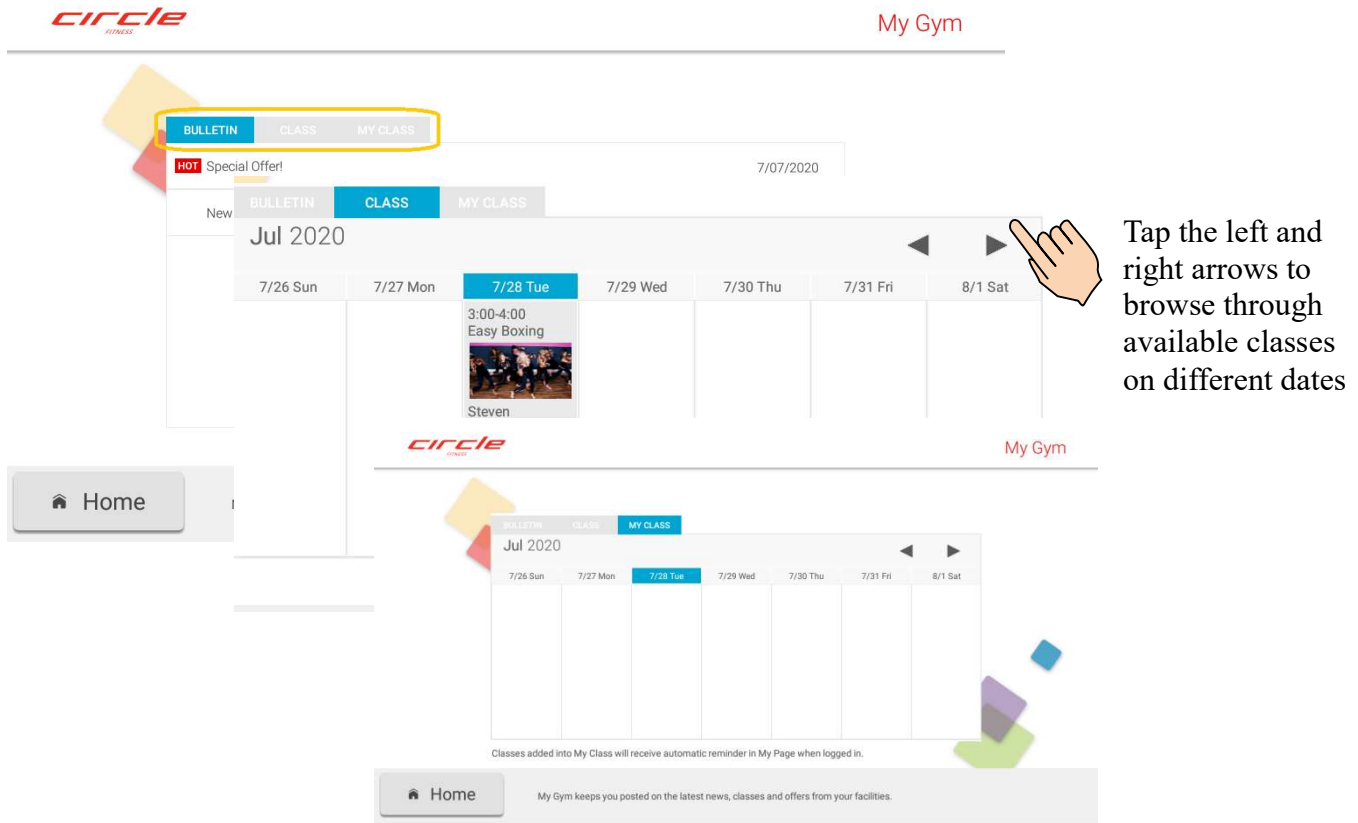
## 2.17 My Gym

Go to Home Screen > My Gym



This feature requires users to log in.

(Refer to “Chapter 2.6 Circlecloud Go Sign Up” if you don’t have an account.)



Tap the left and right arrows to browse through available classes on different dates

### Bulletin / Class / My Class information

Tap **Bulletin** / **Class** / **My Class** to check out latest information released by club owners.

### Home

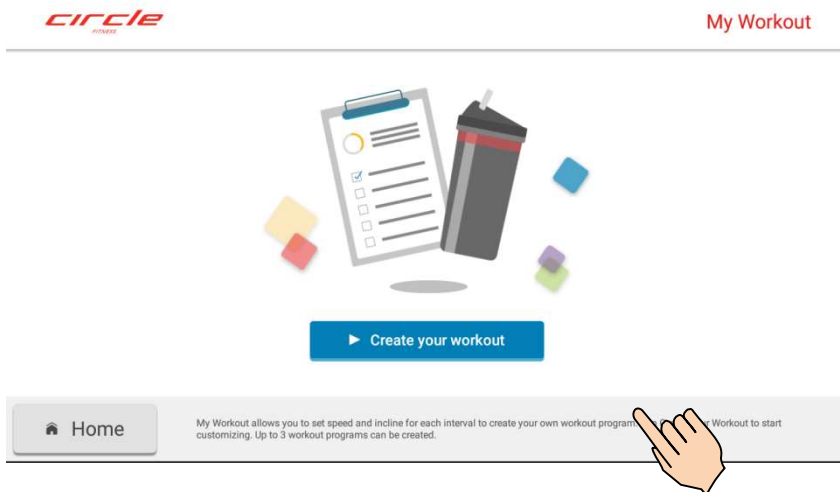
Tap **Home** to go back to Home page.

## 2.18 My Workout

Go to Home Screen > My Workout  > Setting Page

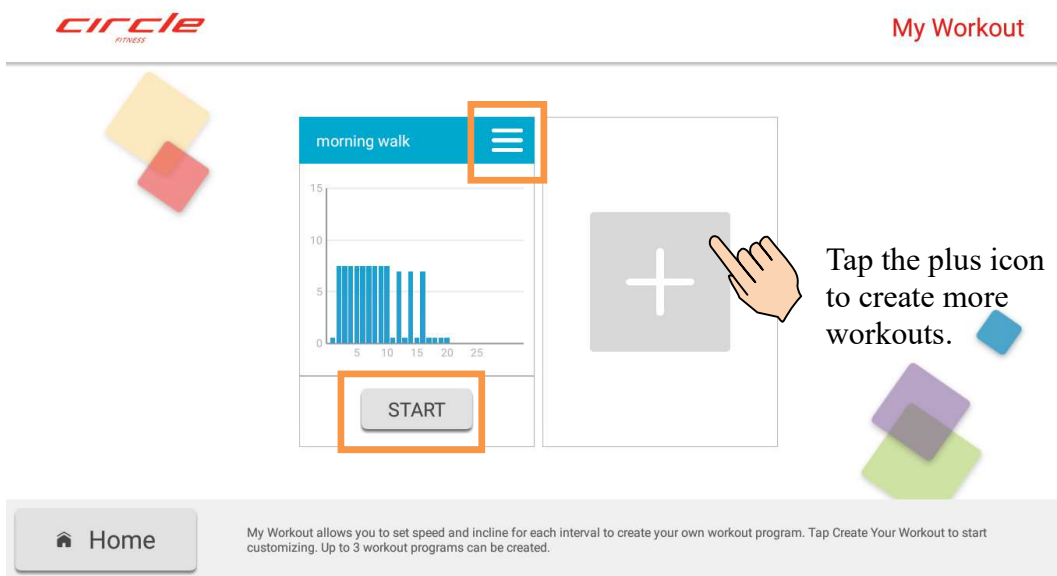
This feature requires users to log in.


(Refer to “Chapter 2.6 Circlecloud Go Sign Up” if you don’t have an account.)



### Create Workouts

-The first time you enter My Workout, you will see the workout setup page, as shown above. -Tap Create your workout button to establish your personalized workout and save it for future use.




-If you have previously already created any workout, you will see the workouts you created after entering My Workout setting page. Tap the plus  icon to create additional workouts.

-Tapping the three horizontal line icon  can delete or edit the saved workout.

-Tap Start to start the saved workout.

## 2.18 My Workout (Continued)

Go to Home Screen > My Workout  > Workout Page



The screenshot displays the Circle Fitness app's Workout Page. At the top, there are tabs for 'INCLINE' and 'SPEED'. The main display area shows workout information: Pace (1:15:00), Distance (0 km), Time (0:08), Calories (0), and Heart Rate. Below this is a bar chart showing workout intensity over 30 minutes. At the bottom, there are control buttons: COOL DOWN, PAUSED, STOP, FAN, and MENU. On the left and right sides, there are vertical slide bars for adjusting Incline (0.0%) and Speed (0.8 kph). Arrows at the bottom indicate the ability to increase or decrease these values.

① Operation buttons

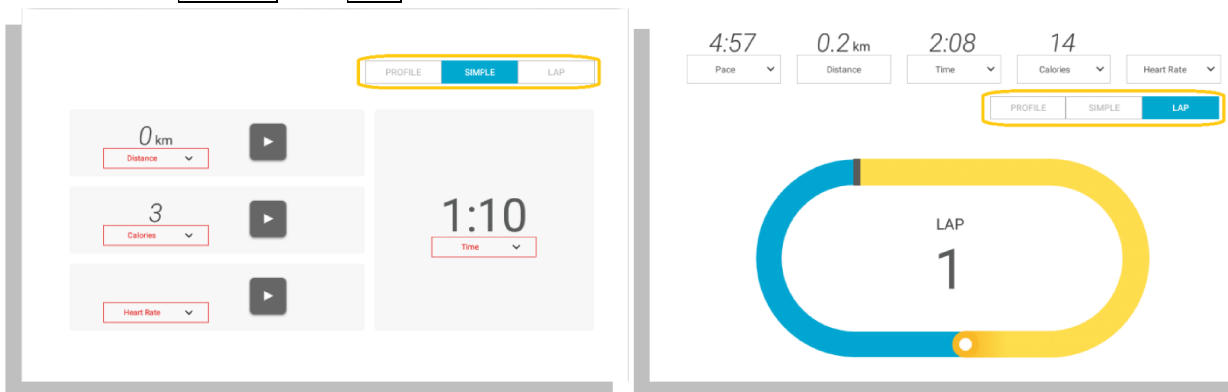
② Increase/Decrease arrow buttons

③ Slide Bars

④ Workout Information Displays

### Workout Information

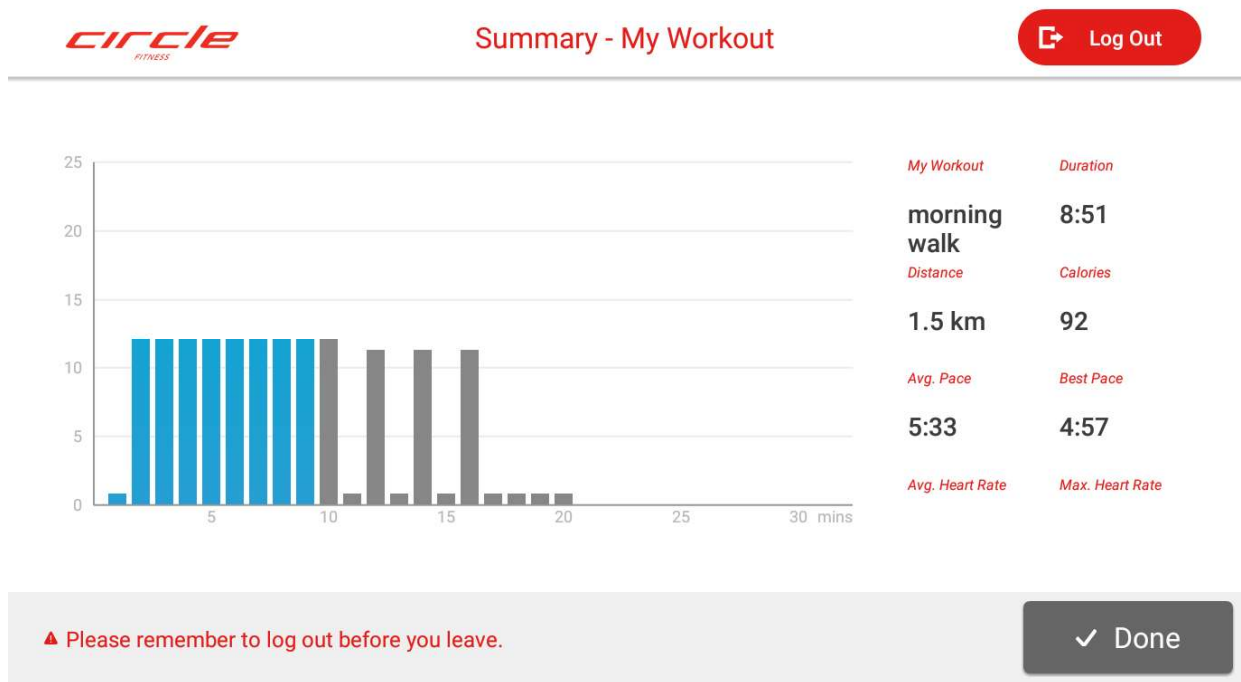
- There are three types of representations for users to view their workout information.
- The default displayed workout information is the profile view of the workout, as shown above.
- Tapping on **Simple** and **Lap** will show another two views on the current workout, as shown below.



The first screenshot shows the 'Simple' view, which displays key metrics: Distance (0 km), Calories (3), Heart Rate, and Time (1:10). The second screenshot shows the 'Lap' view, which displays a progress indicator for the current lap (LAP 1) and a progress bar.

## 2.18 My Workout (Continued)

Go to Home Screen > My Workout > Setting Page > Workout Page > Summary Page



### Workout Information

Your workout information is displayed in Summary Page and will be uploaded to CircleCloud Go.

### My Workout readouts

1. **My Workout:** display workout name.
2. **Duration:** the total accumulated time during your workout.
3. **Distance:** the total accumulated distance mile (or kilometer) during your workout.
4. **Calories:** the total accumulated calories burned during your workout.
5. **Avg. Pace:** the average time to complete a mile (or kilometer), displayed in minutes: seconds.
6. **Best Pace:** the best time to complete a mile (or kilometer), displayed in minutes: seconds.
7. **Avg. Heart Rate:** The average heart rate during your workout.
8. **Max. Heart Rate:** The maximum heart rate during your workout.

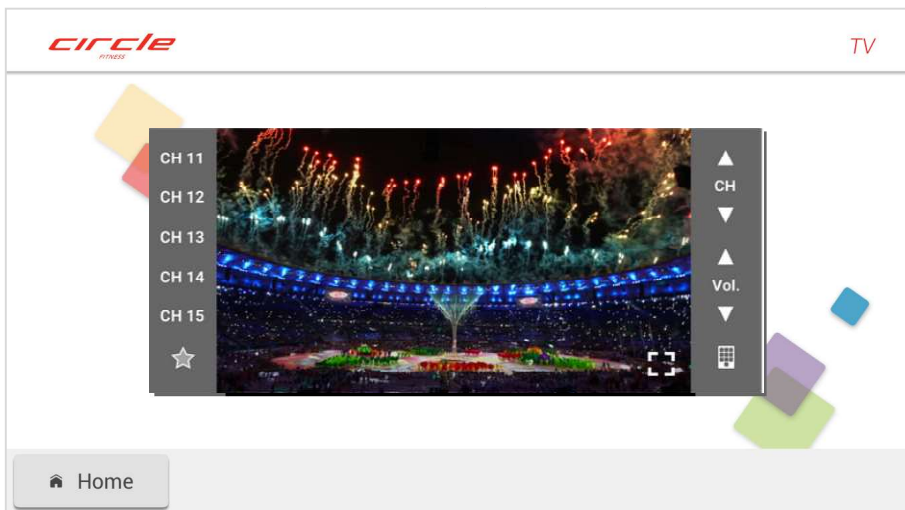
### Done

Tap Done to go to Home Screen.

Please remember to log out before you leave.

## 2.19 Entertainment > TV

Go to Home Screen > TV 



### General TV screen (not in the workout status)



Tap the arrow button to select the channel.



Tap the arrow button to adjust the Volume.



This indicator shows the current channel is the favorite channel or not.

★: **favorite channel**, up to memorize 5 channels as favorite.  
☆: **not the favorite channel**.



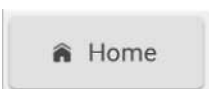
Tap to activate full-screen mode. Tap anywhere on the screen to exit full screen.



#### Channel list

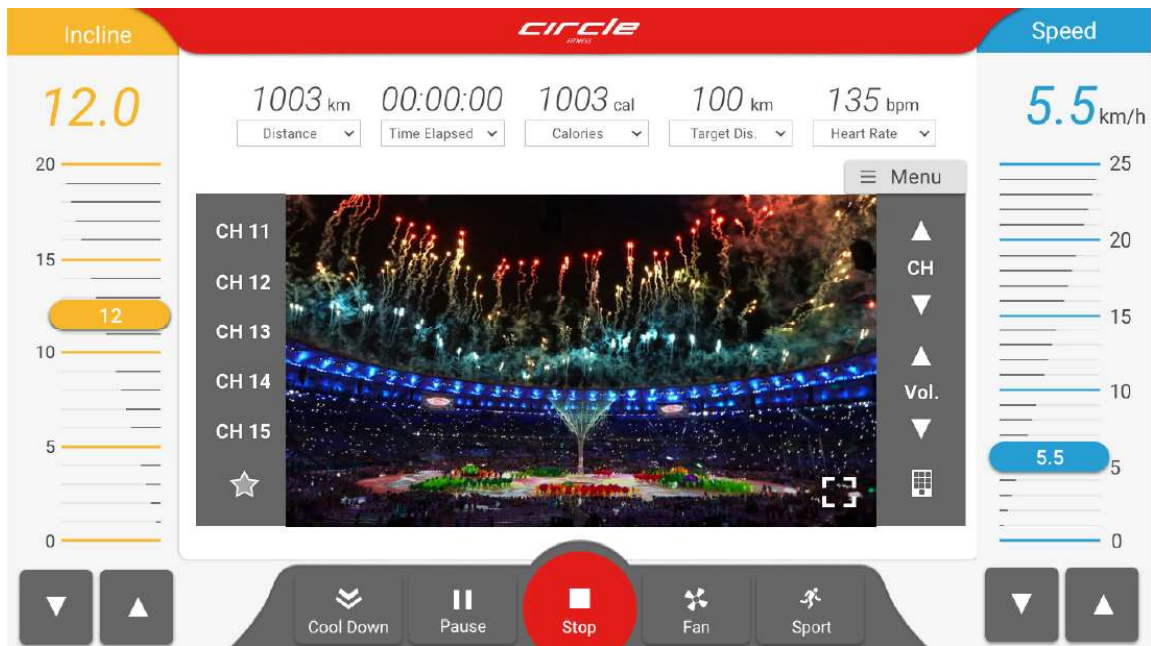


Tap to pop out the numeric keypad for input the number of the channel.



Tap to go to Home Screen.

## 2.19 Entertainment > TV (Continued)



**TV screen in the workout status**

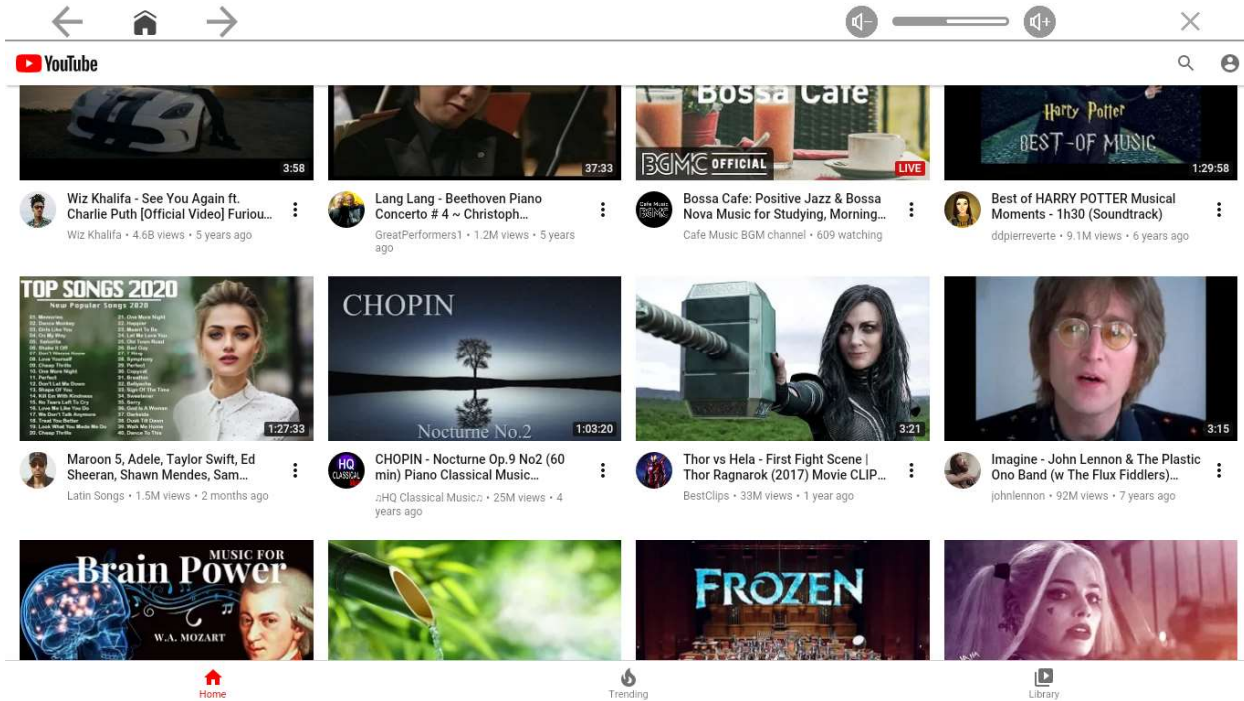
The TV operating procedure is same as the general TV screen which is described on the previous page.





## 2.19 Entertainment > Youtube


Go to Home Screen > Youtube 

During workouts, users can turn on Youtube channels to view desired videos if the console is connected to available Wi-Fi network.




 : go to previous page


 : go to next page

 : go back to E Plus 2.0 console home page

 : decrease volume

 : increase volume

 : close the current page

 : log in to Youtube account

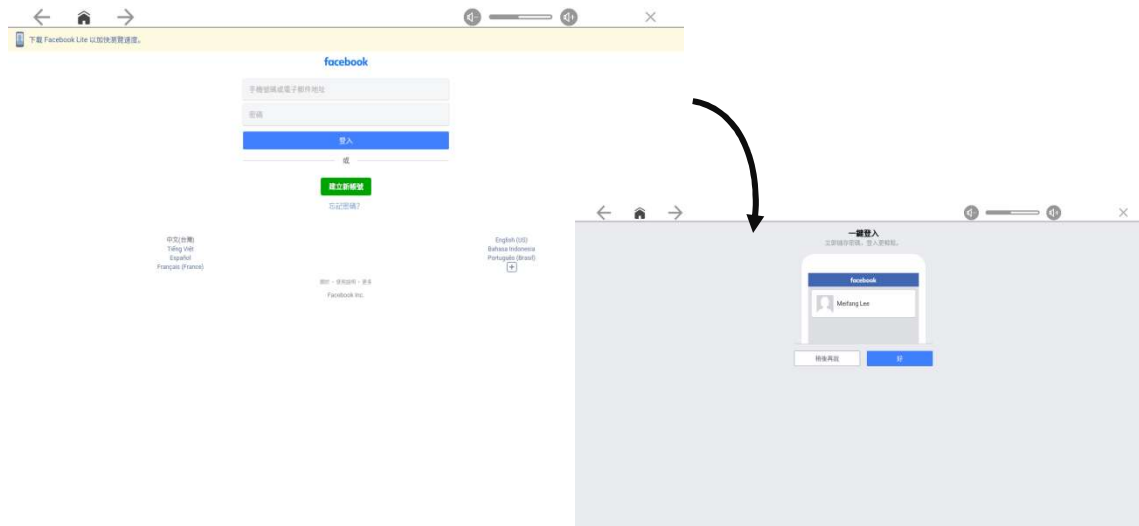
## 2.19 Entertainment > Facebook

Go to Home Screen > Facebook



During workouts, users can turn on Facebook to view friends' posts if the console is connected to available Wi-Fi network.

You will need a Facebook account in order to use this feature.



### Log in

- Enter your registered cell phone number or email address.
- Enter your password
- Tap **Log In**
- Once logged in, system will ask if you want to set up for quick log in.
- Tap **OK** or **Later** to continue.

← : go to previous page

→ : go to next page

🏠 : go back to E Plus 2.0 console home page

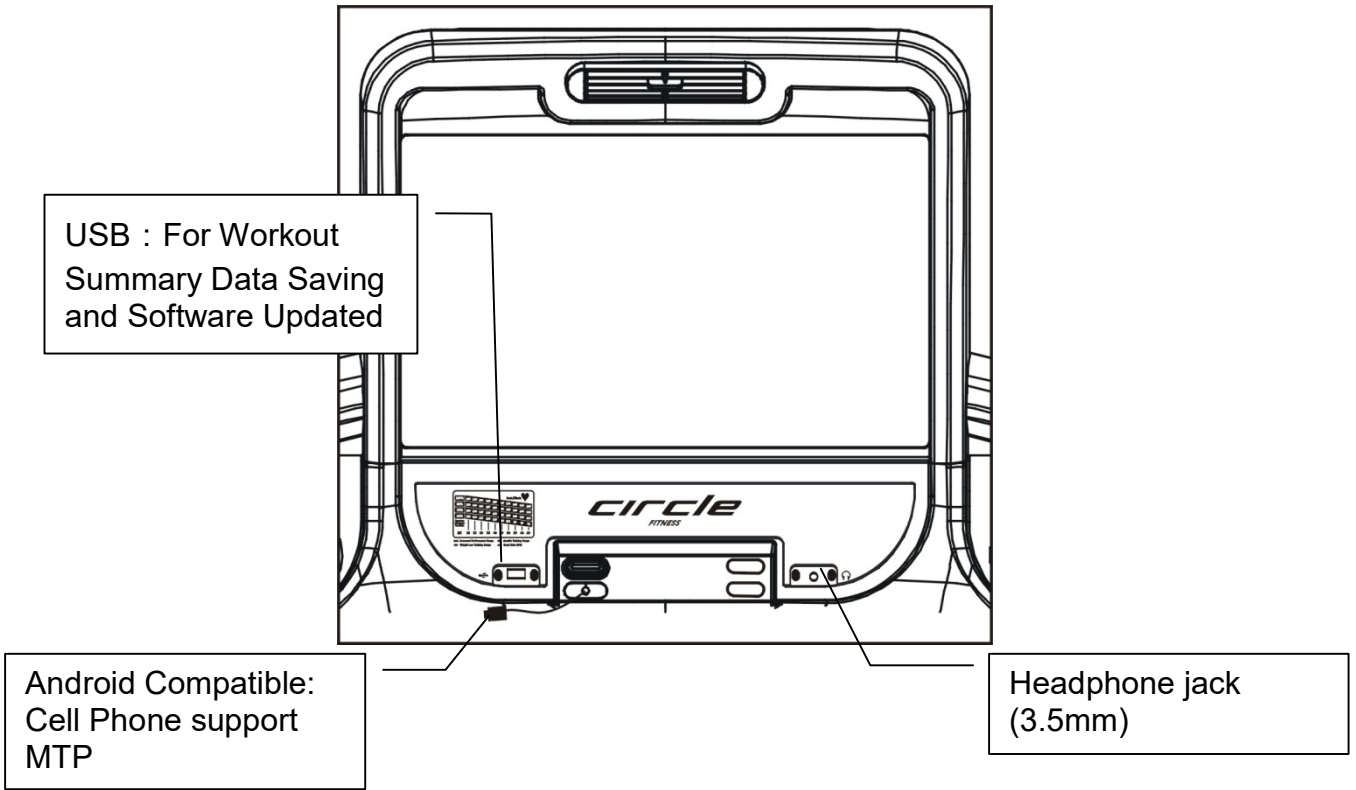
🔊- : decrease volume

🔊+ : increase volume

✕ : close the current page

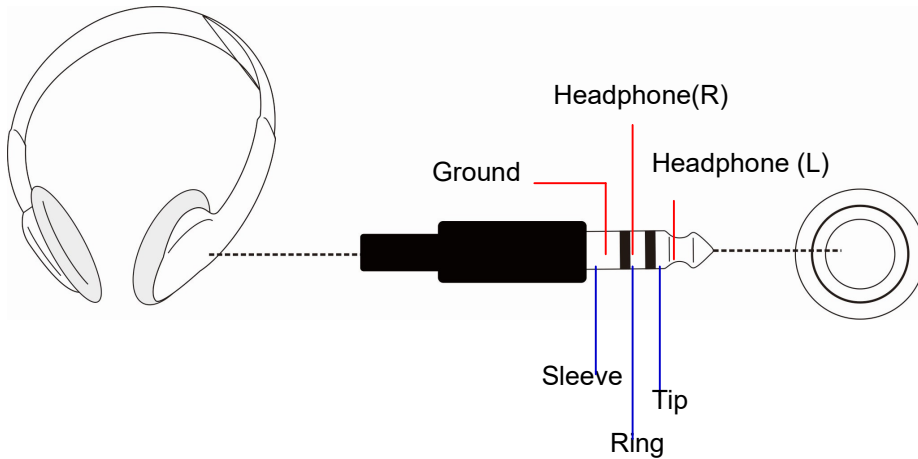
# OPERATION

## 1. Headphone jack and USB Port & Cell Phone Music



### Using headphone

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



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

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

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

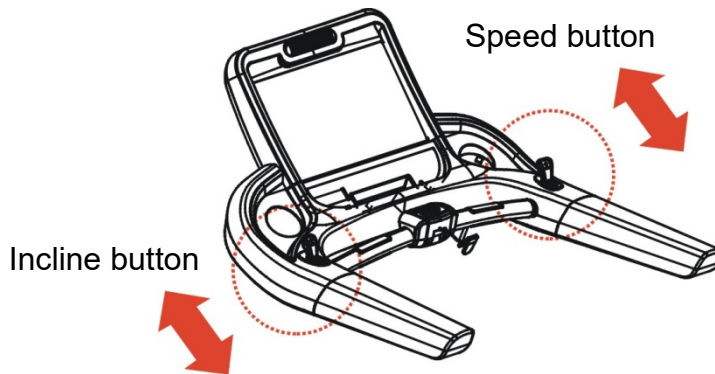
TS, tip-sleeve connector **X**

# OPERATION

## 2.Quick Shift :

Speed Quick Shift: press Quick Shift up to increase speed or down to decrease speed.

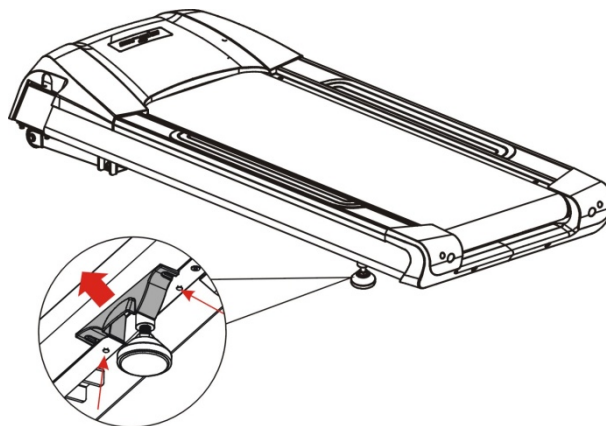
Incline Quick Shift: press Quick Shift to incline or down to decline.



## 3.FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

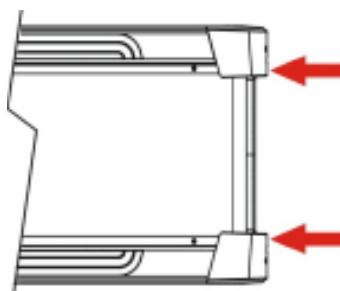
An uneven floor or improper adjustable pad level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill adjustable pad is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

**First locate the two adjustable pads under the running deck frame. Loose the screws of adjustable pad cover, and remove the adjustable pad cover. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both adjustable pads and all cushions.**



## 4. 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.



# BELT ADJUSTMENT

## **BELT ADJUSTMENT**

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

### **ADJUSTING THE BELT TENSION**

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

#### **TO INCREASE THE RUNNING BELT TENSION**

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

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

### **CENTERING THE RUNNING BELT**

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

A). Start the treadmill without anyone on the running belt, press (SPEED UP) button until speed reached 6 kph.

B). Observe whether the running belt is toward the right or left side of the deck.

a. If toward the left side of the deck:

Using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4.

b. If toward the right side of the deck:

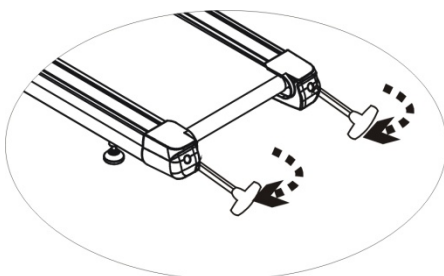
Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.

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

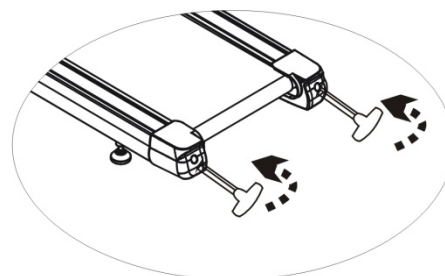
C). After the belt is centered, increase the speed to 16kph and verify that it is running smoothly.

Repeat the above steps if it is necessary.

If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.



Turn clockwise to Increase the running belt tension



Turn counter-clockwise to decrease the running belt tension

## CARE & MAINTENANCE

### CARE & MAINTENANCE

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

Other parts maintenance:

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

## CARE & MAINTENANCE

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### **CLEANING**

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

### **REPLACEMENT RUNNING BELT**

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

### **REPLACEMENT RUNNING DECK**

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

### **STORAGE**

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

### **MOVING**

This treadmill has been designed and equipped with wheels for easy mobility.

Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet.

### **Hand pulse**

Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking.

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

