

Fitness Monitor APP Manual

VER.02

NO.00223

■ Download App software,the monitor APP software name:Mepanel.

◆ The first method

1. Android system user, scan the following QR code directly download APP, see FIG.A or FIG.C.
2. iOS system user, scan the following QR code directly download APP, see FIG.B or FIG.C.



FIG. A



FIG. B



FIG. C

◆ The second method

1. For Android system user, click the icon to enter the Google search interface Store, In the search field, enter Mepanel selected from the popup menu to enter the download interface Mepanel Download APP.
2. For iOS system user, click App store icon to enter search screen, input "Mepanel" at the search column, choose Mepanel to enter download App screen, see.

■ The connection and disconnection between the fitness monitor and the tablet or smart phone device

◆ The device connect

1. The monitor is connected with the tablet or smart phone device by Bluetooth 4.0. Press  open Mepanel APP click to "GET STARTED" then click the required training program to enter into figure D.
2. Click to select Mepanel Bluetooth device, Display "✓", then click ">" in the upper right corner to connect the Bluetooth device.

Click "x" to exit the connection

Please turn on your equipment and select the device to connect



Click to select Bluetooth device

Click ">" to connect Bluetooth device, App enters the selected training program

FIG. D

Note: Before above operation, you must open the Bluetooth and WIFI function on your tablet or smart phone device..

◆ The device disconnect

Open the task list of tablet or smart phone device, slide up the APP main manual or Icon to disconnect the APP connection, the monitor will recover the display.(How to open the task list: For iOS Device-Quick double click the HOME button; For Android Device- Hold HOME button or Slide up from the bottom or other ways)

■ The operation on the tablet or smart phone device.

◆ LOG IN

Click "☰" in the upper left corner of App homepage to enter the login interface, see FIG E

1.LOG IN

Click  to log in, you can sing in with  or  or  or mail lox. The movement data of the logged in user can be saved to the ECS, The click the icon after login to enter the personal parameter setting and exit the login operation

2.TRAINING HISTORY

For logged in users, the training data of more than 5 minutes can be saved in the training record, and the training record of the current month can be viewed

3.KINOMAP

Click kinomap to go to the kinomap page

◆ Mepanel APP Function Introduction

Fitness monitor could be connected with the tablet or smart phone device by Bluetooth 4.0 for the devices which installed Mepanel APP, and present all the fitness monitor's functions on the devices. At the same time, it increase below functions due to using the tablet or smart phone device:

1. Street View: open MAP mode under any exercise program. Setting virtual start and terminal, then the monitor will check the distance automatically and do exercise as appointed virtual route. Various street views will display by exercise distance.
2. Movie: open MOVIE mode and choose the downloaded movie in the tablet or smart phone device under any exercise program to enjoy the movie, check all exercise data and adjust the exercise resistance level at the same time.
3. DPF (Digital Photo Frame): open DPF mode choose the downloaded photos in the tablet or smart phone device under any exercise program to enjoy the photos, read all exercise data and adjust the exercise resistance level at same time.
4. MP3: open MP3 mode and choose the downloaded music in the panel computer device under any exercise program to listen the music, read all exercise data and you can also adjust the exercise resistance level at same time.
5. Internet Share: after the exercise, exercise data can be shared with your friends by WeChat, Sina Weibo, Facebook, and Twitter.
6. APP records the exercise data by chart automatically: once your exercise over 5 minutes, It records the data of each movement in chronological order and saves it in the movement history.

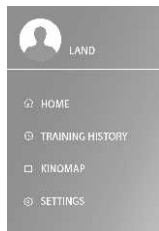


FIG. E

◆ Operation

A: Programs selection

Under the APP programs window page, click the program window symbol to enter the program display interface to choose the program needed as below FIG. F:

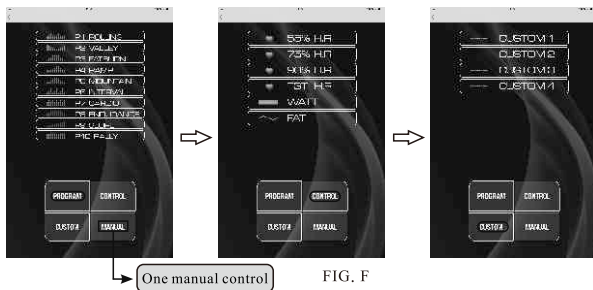


FIG. F

B: Parameters setting

1. Personal parameter setting

Press MENU button at the top left corner to enter the personal parameter setting and the chart interface, slide the HEIGHT, WEIGHT, AGE, and GENDER one by one to setting the personal actual value. After setting, press the top left corner "<" to go back the program display interface. or set personal parameters in the App login interface

2. Exercise parameter setting

Under exercise program window, press TIME to enter the parameter setting. Slide up or down until the data required, press OK to confirm, it will display the confirmed setting data. Distance, calorie, watt, target pulse, target watt can be set by the same way, see FIG. G.

The adjustment for CUSTOM resistance level and MANUAL program set by sliding the corresponding resistance level.

3. KM/MILE, CM/INCH setting

Click Menu>System Set>mm to be metric system.

Click Menu>System Set>inch to be imperial system

After the setting, the parameters will be as default value. or set metric/Imperial unit in the APP login interface

C: APP operation

1. Start / Stop: click the START button to start exercise, Click PAUSE to pause, click STOP button to stop the exercise. When STOP is used, a save prompt will pop up for the movement over 5 minutes, and the movement data less than 5 minutes will be cleared directly.
2. Enjoy the additional functions of the tablet or smart phone device during exercise

2.1 Watch movie

Click the movie symbol “” at the top right corner to choose the movie, switch to full screen by rotating the tablet. Under the movie window, press

“” to add the resistance, press “” to reduce the resistance. Press START to start exercise, and press PAUSE to pause the exercise.

2.2 View DPF (digital photo frame)

Click the DPF symbol “” at the top right corner to enter the photo interface, the other operations are the same as above.

2.3 Listen music

Click the music symbol “” at the top right corner to enter the music interface, the other operations are the same as above.

2.4 Enjoy street view

To enjoy the street view, the tablet or smart phone device needs to connect with WIFI, meanwhile, the district must be covered by MAPS.If not,please use the APP inherent three ways for reserve street view.

- 2.4.1 Enter and Exit from the MAPS: click the map symbol “”, at the top right corner, the resistance level column switch to maps mode, press the symbol again to go back to resistance level column. see FIG . H.

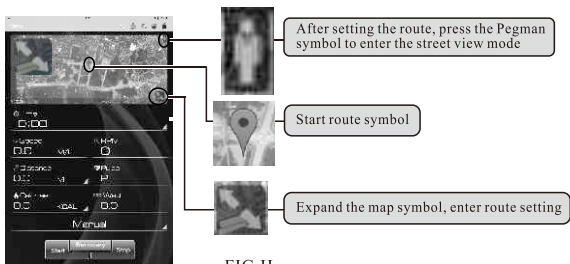


FIG.H

- 2.4.2 Click “” to expand the map.

- 2.4.3 Set route: after expand the map, finger click on your target starting point bitmap on the map. mobile map, then click your destination bitmap on the map. the map will draw up the exercise street view route automatically. Press “” to enter the route saving dialog box, press SAVE button to save the route. See FIG I.J:

- 2.4.4 Street view exercise: click “” to enter the street view interface, press “ START ” to start the exercise,press “ PAUSE ” to pause the exercise, click “” to add the resistance level and click “” to reduce the resistance level. During the street view, you can exercise and enjoy the scenery at

same time and read speed, time, distance, calorie data easily.

- 2.4.5 Click Menu>History Route to go to the APP inherent reserve street view, there are 3 ways reserved street views for choice: Germany, France, HongKong. Choose the route and enter the street view map in the same way as 2.4.1 without route setting.

3. How to measure the fat

- 3.1 Click the PROGRAM SELECTION to choose the FAT program.(see program A to select operation)

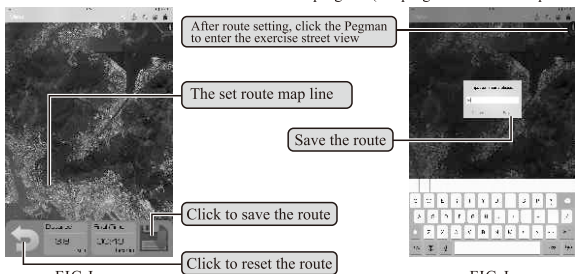


FIG.I

FIG.J

- 3.2 Click FAT to enter the interface of fat measurement, touch HEIGHT, WEIGHT, AGE, and GENDER to set the parameter separately, and press START to measure the fat, see FIG. K.

Note: Please hold the handgrip when measuring the fat, the results are: PBF (Percentage of Body Fat), BMR (Basal Metabolic Rate), BMI (Body Mass Index).

4. Pulse recovery operation

The pulse recovery test is the inspection of the pulse recovery capability by pulse comparison before and after the exercise.

When receiving the pulse, press RECOVERY to start the pulse recovery test, and press BACK to go back.

The test time is one minute, during the one minute count down, you need to always holding the handgrip. It will show the result after counting down to zero. see FIG. L. There's six grades as below: F1---Very Good, F2---Good, F3---Common, F4---Not good, F5--- Bad, F6--- Very Bad.

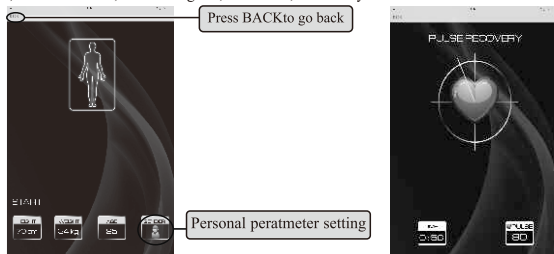


FIG.K

FIG.L

5. Check the exercise data

- 5.1 Click "Menu">"History" can view the list of the exercise data. Training data with exercise time greater than 5 minutes will be recorded by APP.

- 5.2 Click "≡"> TRAINING HISTORY, you can also view the exercise data .

6. Warning:

- 6.1 Displays ERROR1, it means the motor's connecting line is unwell contact or the motor is damaged. .

- 6.2 Displays ERROR2, it means there's no interaction signal during fat measuring.