

Instruction Manual For iRunning +

1. Download iRunning to tablet

1.1 APP name: 「iRunning +」 on Google play /iTune store

2. Connect the console to tablet

2.1. iOS system:

Enable Bluetooth function and search device 「iRunningXXX」 (note: Please find the device no. from the console). Then perform 「Bluetooth pairing device」, preset pairing password 0000 (4 zeros).



After pairing, go to desktop and click to enter APP.

2.2. Android system:



Enter iRunning→Click to scan device → select device 「iRunningXXX」

(note: Please find the device no. from the console). Then perform 「Bluetooth pairing device」, preset pairing password 0000 (4 zeros).

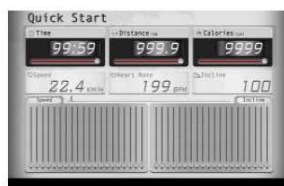
3. Programs introduction



3.1. Quick Start



Start



workout



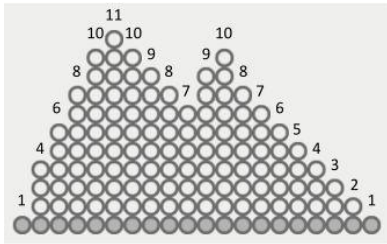
Stop



Workout information

Start exercise directly. During exercise, user can adjust Speed\Incline by pressing console buttons (Speed/Incline adjustment as following). After exercise, user can share workout information via Facebook or Twitter or else go back to Homepage.

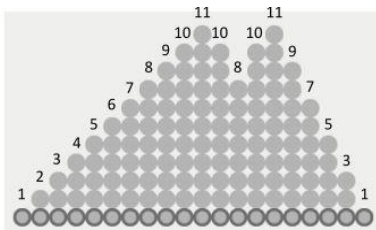
3.1.1. Incline adjustment drawing:



User may adjust the treadmill incline by pressing UP/DOWN key or hot keys.

Adjust range: 0~15

3.1.2. Speed adjustment drawing:



User may adjust training speed by pressing UP/DOWN key or hot keys.

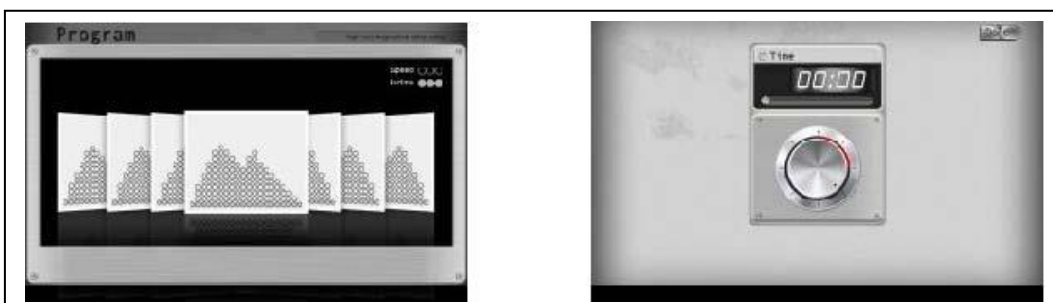
Adjust range: 1~18

Warning: During any exercise, if turn on the safety switch, treadmill will pause immediately and show the Warning page; If turn off the safety switch, system will stop current exercise and go to work-out summary page.



Warning page

3.2. Program



Program selection

Time setting

User can select from P1 to P20 for training. After selection, set training time and press




to start. During exercise, user can adjust Speed\Incline by p pressing console buttons. After exercise, user can share workout information via Facebook or Twitter or else go back to Home mepage.

3.3. Manual



Setting page

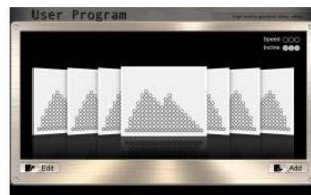
User can set target Time/Distance/Calories by manual. After setting, press 

to start. During exercise, user can adjust Speed\Incline by pressing console buttons. After exercise, user can share workout information with Facebook or Twitter or else go back to Homepage.

3.4. User Program



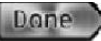
Setting page



Program cluster



Time setting

User can design his/her own training graph by adjusting Speed/Incline value and then name the program for future reference. From the program cluster, user may add or delete program. When entering program, set time and press  to

start. During exercise, user can an adjust Speed\Incline by pressing console buttons. After exercise, user can share workout information with Facebook or Twitter or else go back to Homepage.

3.5. HRC




HR selecting



Custom HR setting



Exercise page

In this mode, user can choose:55%、65%、75%、custom for different heart rate training. For example, user chooses 55%, system will self-calculate Heart Rate: $(220 - \text{Age}) * 55\% = 103.4$ BPM. After selection, double click the icon to enter to enter the program. Then set time an and press  to start. By pressing Custom,user can set target HR.System max.BPM is 230.When Time counts down to 0 from set value,console will stop and

treadmill stop as well, then comes to workout page.



Warm up



Reminder



Reminder

When exercise start, there is 2 minutes Warm up time.

If no hand pulse input, system will alarm and remind user to grip handlebar. Without pulse input for 30 seconds, console will stop.

4. Personal Setting



Setting page



Personal data

User may set personal profile by entering **Setting** and select Metric or Imperial. After setting personal data, it can be saved for future reference.

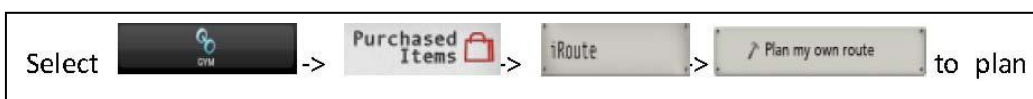
5. Workout Information




History record

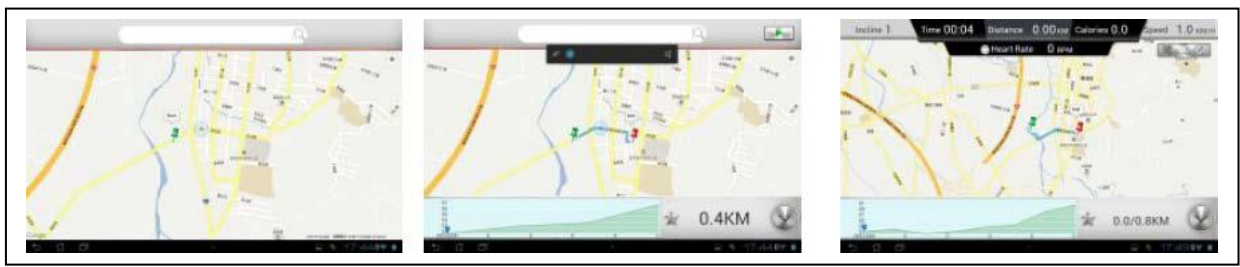
From the Information center, user can review history workout record.

6. GYM center—i-Route



training route. Set Start location by first long press and End location by second long press.

After planning the route, press  to start training.



Start location

End location

Training page

During exercise, user may click  to choose monitor routes by Map view/Satellite view/Street view mode.



Map view



Satellite view

Street view

i-Route multiple turning points:



Method: Firstly set Start and End location. Then get the first turning point by one click. You can totally set 8 turning points. System will plan the route again after your setting.

7. APP support device

4.1. Support mobile device:

Android: 1280*752 android 4.0 tablet (only for 10 inch above)

i-OS: 5.0 or above, iPad4、iPad3、iPad2、iPad、iPad Mini.

4.2. Work with machine type: SD8710 console and treadmill