



IRON**STRONG** FITNESS PRO

Powered by  myCloudFITNESS

USER GUIDE

Warning: Always consult your physician before beginning any exercise regimen.

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With the IronStrong Fitness Pro app, you now have the ability to follow your activities and progress anytime, anywhere. Monitor everything from calorie intake to tracking your daily steps. You can even check on other activities that are part of your fitness program.

NOTE: MENU OPTIONS AND APP FEATURES MAY DIFFER BASED ON PHONE AND TABLET TYPE.

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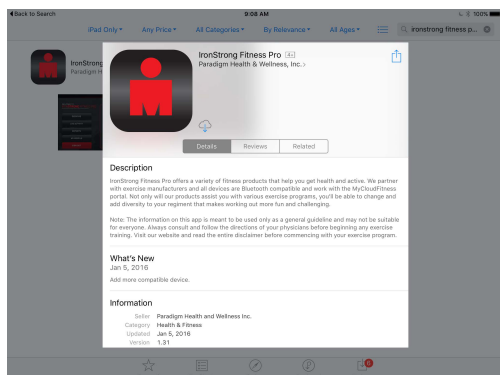
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Download the latest App User Guides from www.ironmanfitness.com

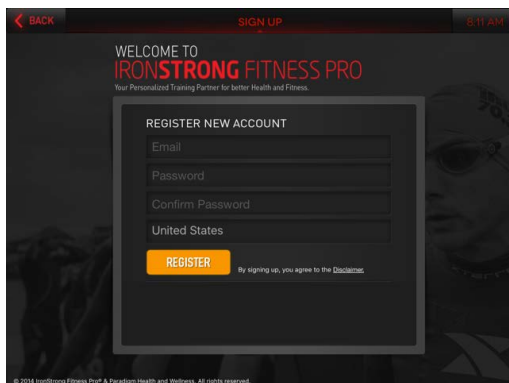
IRONSTRONG FITNESS PRO — AT A GLANCE

IronStrong Fitness Pro is your personalized training partner for better health and fitness. You've got goals, and we're here to help you reach them. With IronStrong Fitness Pro, you're on your way to a healthier and more active life, because a fitter body and a stronger mind can lead to a better overall lifestyle.



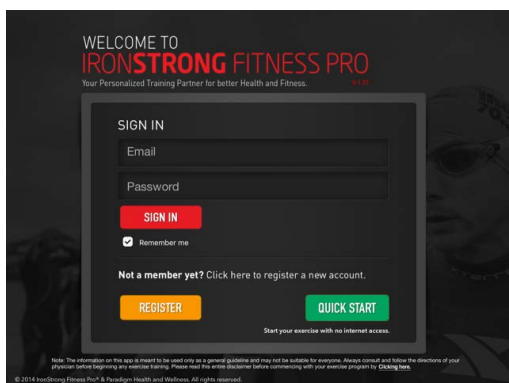
IronStrong Fitness Pro App Installation*

Download the free IronStrong Fitness Pro app through the App Store or Google Play Store.



Account Registration*

Register for a free account using your email. Once you have registered, a verification email will be sent. Once verified, You are ready to use the app.



Sign-In*

Log into the app using the Email and Password you used to set up your account. On your first sign-in on the app, You will be asked to fill out some basic information such as, Location (City/State), Height, Weight, and Current Activity Level.

IRONSTRONG FITNESS PRO — AT A GLANCE

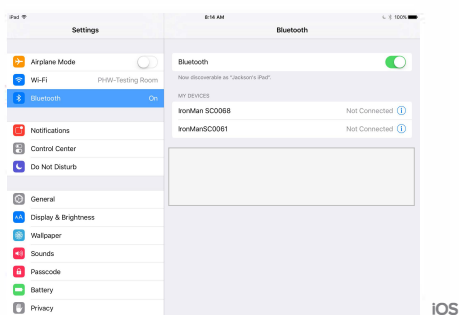


Quick Start Mode*

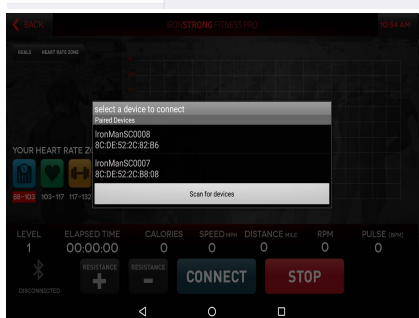
No Wifi? No Problem!

You can bypass registering into IronStrong Fitness Pro by utilizing the “Quick Start” function.

Note: To save and upload workout stats, you must register for a free account.




iOS



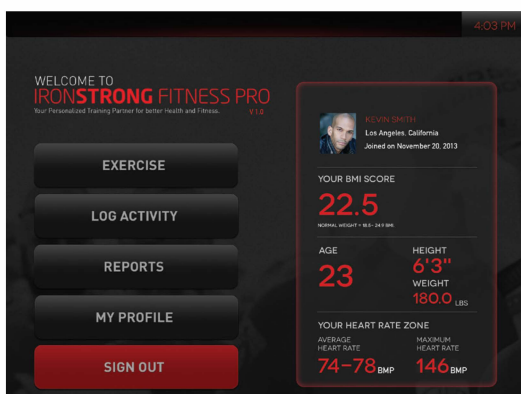
Android

Connect to the Hardware Device*

Before you get started, you need to connect your smartphone or tablet to the exercise machine. You will need to make sure your fitness computer is on and the bluetooth is enabled. 

Go to your mobile device's settings section and turn on the “Bluetooth” function. When the specific machine is powered on, it should appear in your smart device's Bluetooth menu. Connect your smart device to your exercise machine, and you're ready to go.

Note: Bluetooth name is listed on the back of fitness computer. If asked for a Password, enter '0000'.

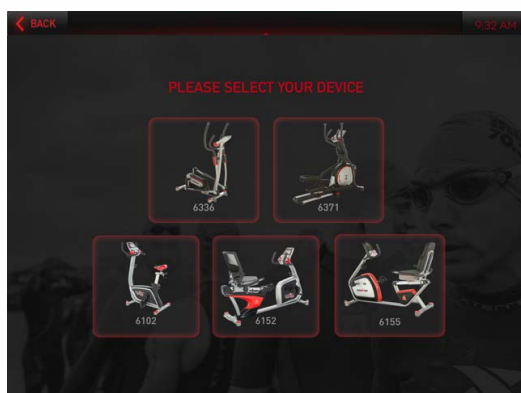


Updating My Profile*

IronStrong Fitness Pro allows you to customize your profile through the app. You can update basic information, such as profile name; physical information like height, weight and activity level; add a photo or image; and change your password in the my Profile section.

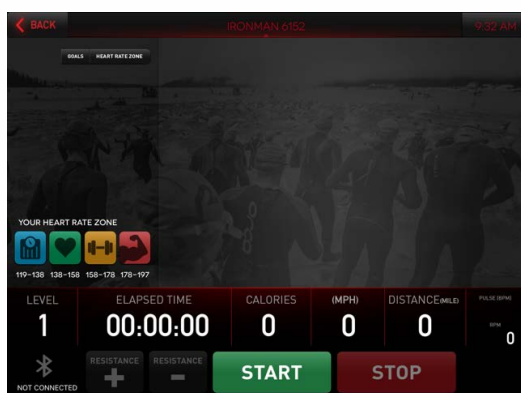
TRACKING YOUR EXERCISE ACTIVITIES

Keeping track of your physical activities is important to ensure you're getting the most out of your workout and to reach your goals. IronStrong Fitness Pro makes this easier by providing you a place to document and monitor what you're doing to get fit. Our program is equipped with tools and to ensure you meet your target.



Selecting Exercise Device*

Before your workout, Select the equipment you will be using.



Exercise Overview*

Once you've logged into the app and connected the workout machine to your mobile device, A screen will appear where you can see your workout stats such as time, distance, pulse, calories and RPMs.



Starting Exercise*

You can get started immediately on the app, in conjunction with the machine, keep track of your progress and see the information and details of your workout. It might not seem like much at first, but that initial step is the start of the new you.

Adjusting the resistance level

Because your exercise machine is connected to your mobile device, you can also use your smartphone or tablet to raise or lower the levels of resistance while you're working out.



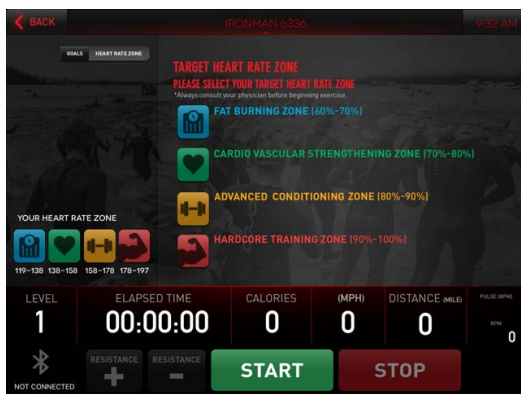
HEART RATE CONTROL (HRC)*

The IronStrong Fitness Pro Heart Rate Control feature automatically adjusts the resistance level to keep your heart rate in a specified target zone. By holding onto the pulse sensors of the machine's handlebars, you can monitor your heart rate during workouts.



Heart Rate Control Overview*

Ensuring that your heart rate is monitored is important to any workout. You don't want to overdo anything by putting unnecessary pressure on your heart, but you do want to make sure you're getting the most out of exercising. Using the IronStrong Fitness Pro app you can set a specific Heart Rate zone and workout in that specified zone.

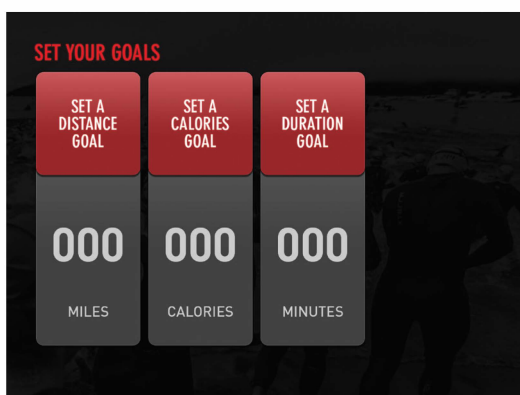


Start Using HRC*

IronStrong Fitness Pro offers four levels of heart rate monitoring for your workout: Fat Burning, Cardiovascular Strengthening, Advanced Conditioning and Hardcore Training. These four zones will help your workout be more focused and assist in maintaining a healthy level of activity for your heart.

SETTING AN EXERCISE GOAL

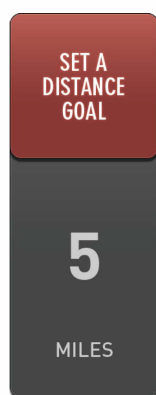
Working out is more fun when you know you're making progress. With IronStrong Fitness Pro, you can track your speed, distance, time and even calories burned during exercise.



Note: You can do only one goal at a time or make it all 3 goals. (See Video)

Goals Overview*

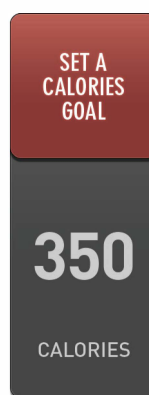
Setting, then reaching established goals is a great way to mark levels of achievement. IronStrong Fitness Pro gives you the ability to set or edit these goals as you start the process of becoming the new you. Whether your objective is to lose weight or train for a marathon, IronStrong Fitness Pro can help you get there.



Setting a Distance Goal

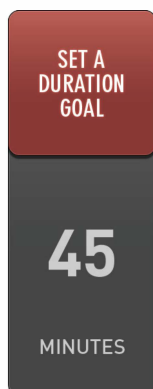
You can select a distance goal for a workout that consists of walking, running or biking. Set the goal into the app and get started.

Start with setting smaller goals for yourself and make the most of it. Then steadily increase your goals as you move forward.



Setting a Calorie Goal

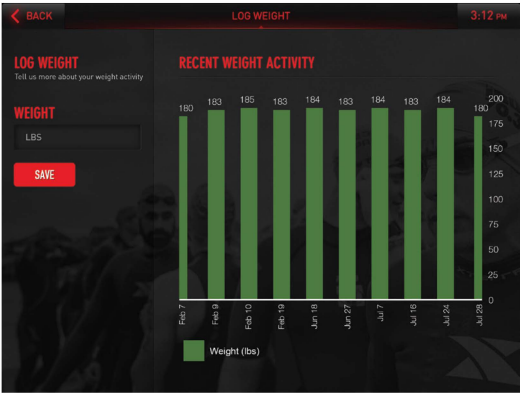
Being active is an important part of any health and exercise program. This includes weight loss or weight maintenance. The more active you are, the more calories your body will burn. Use the IronStrong Fitness Pro app to set a goal for calories. Once that's set, go for it.



Setting a Duration Goal

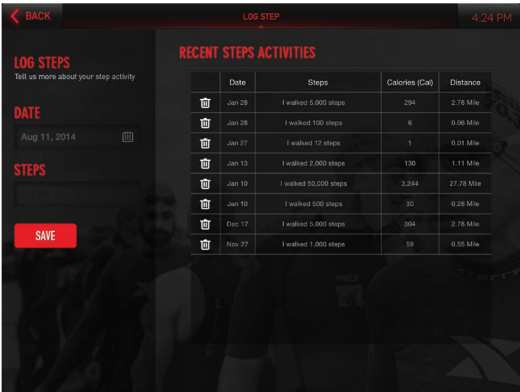
When you first start your new program, don't get discouraged if you don't feel like you're hitting the initial goals you've set for yourself. This is a long-term process, and your body will get there in steady increments. That's why IronStrong Fitness Pro has a duration goal setting. With this, you can gradually work up to your target.

WEIGHT AND STEPS LOG



Logging Weight*

You might not want to do it, but logging your weight gives you the chance to see how far you’ve come and how far you need to go to reach your fitness goal. In conjunction with your food intake and calories burned, your weight is a part of a complete fitness program.



Logging Daily Steps*

Every step counts. And that statement is even truer when it comes to health and fitness. You can use a pedometer to count the number of steps you take daily, then use the IronStrong Fitness app to monitor how it effects your overall fitness goals.

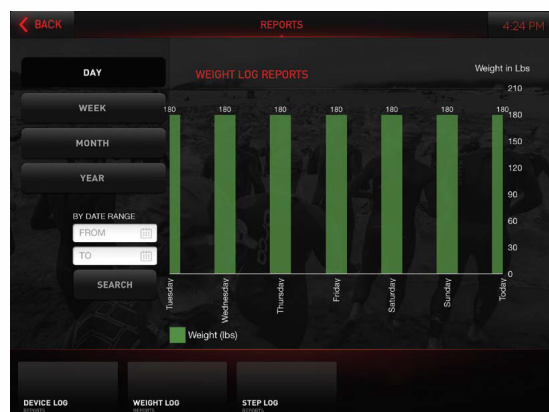
REPORTS

IronStrong Fitness Pro offers summaries of your exercise program and other activities. Track everything from calories burned to duration of your workouts. You can set-up these reports to see them daily, weekly, monthly and yearly. The summaries can be itemized to assess your progress on an exercise machine, steps and weight log.



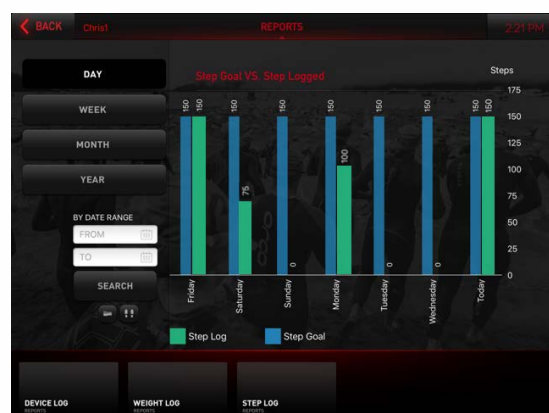
Device Log Reports*

Check the progress you've made using your equipment with the Device Log Reports. You can see the overall calories burned, accumulated distance, and overall time spent exercising. With IronStrong Fitness Pro you can track your progress daily, weekly, monthly and yearly. Your workouts have not been in vain.



Weight Log Reports*

All this watching what you eat and working out has to mean something, right? IronStrong Fitness Pro tracks weight loss. The weight log function calculates your weight from the start of your program and continues to provide you with results. You can check day-to-day or month-to-month, week-over-week or year-over-year. However you want to keep track, IronStrong Fitness Pro gives you the information.



Step Log Reports*

The step log report feature monitors the steps you've taken and input into the IronStrong Fitness Pro system. It matches up the expended steps and can calculate them into distance in miles. You might just surprise yourself with how your daily steps turn into actual distances you can be proud of.