User Guide for Exerpeutic Mobile App Tracking

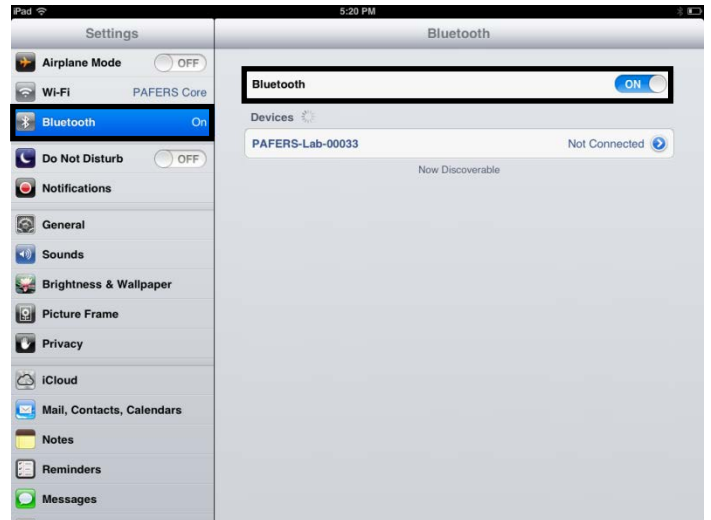Exerpeutic Mobile App Tracking User Guide Outline

- Connect Device to a Exerpeutic Bluetooth Fitness Machine

- Quick Training Mode

- Goal Mode

- Program Mode

- HRC Mode

Connect Device to Exerpeutic Bluetooth Fitness Machine

Step 1: Tap on the Settings icon

Step 2: Tap on the Bluetooth tab on the left and then turn on Bluetooth

Step 3: Click on the fitness machine and wait until it connects
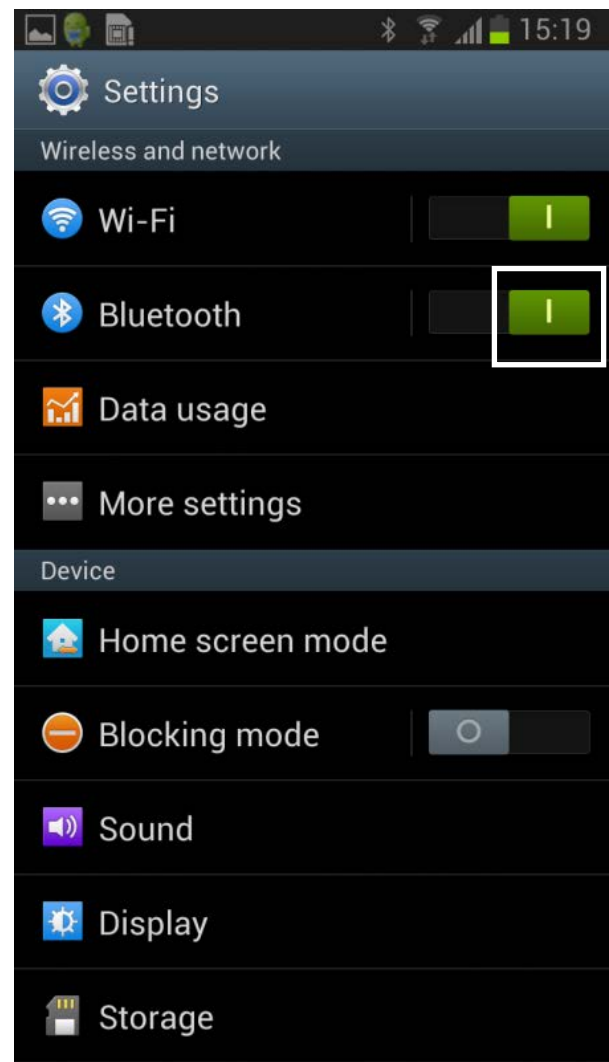

Step 4: Open Exerpeutic App

Connect Device to Exerpeutic Bluetooth Fitness Machine

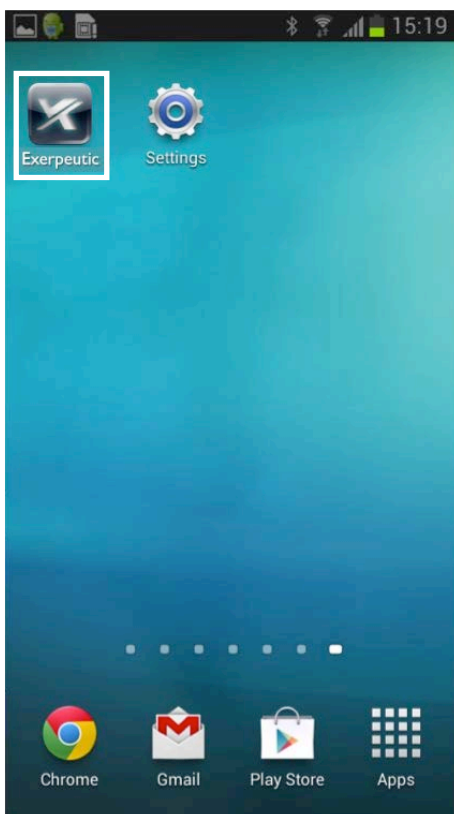# For IOS System:

Step 1: Tap on the Settings icon
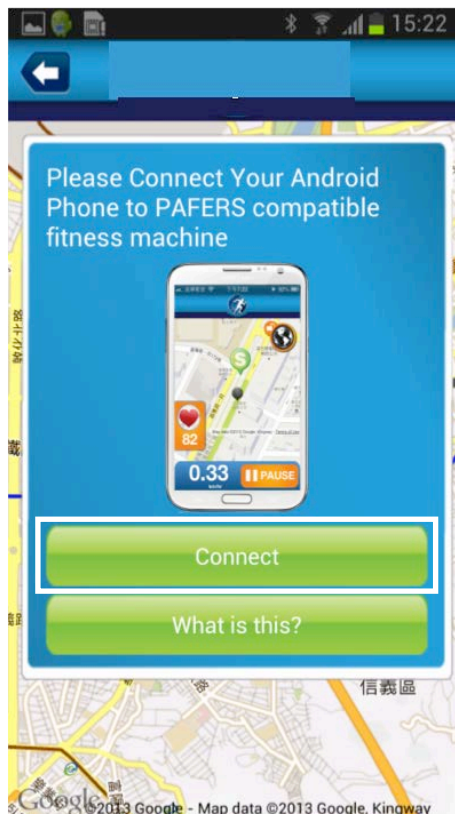
Step 2: Turn on Bluetooth

Connect Device to Exerpeutic Bluetooth Fitness Machine
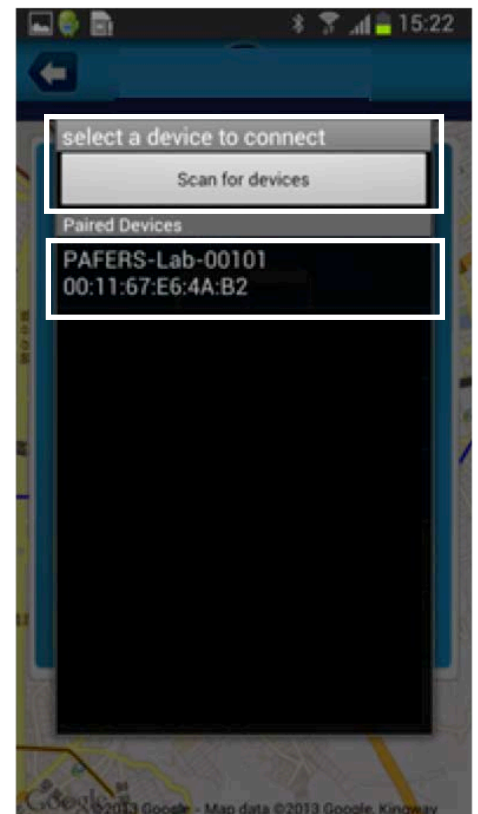
For Android System:

Step 3: Open app

Step 4: Set up the route and continue until you see this screen and hit connect

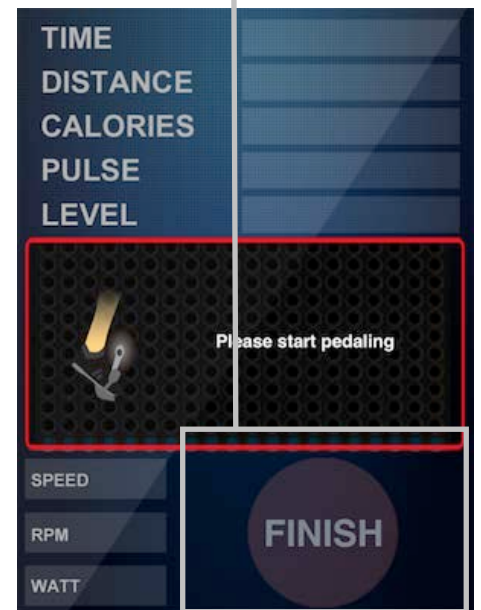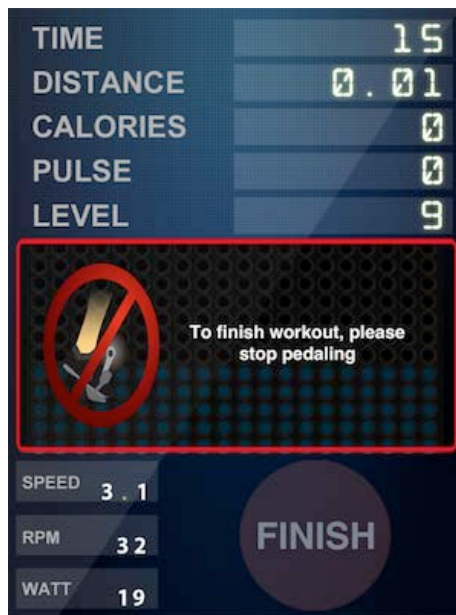**Step 5: Scan for devices and click on the fitness machine**

Quick Training Mode – Start/Stop

Press Quick Start to begin quick training mode ➡️ **Start Pedaling to begin workout** ➡️ **Stop pedaling and press the Finish to end**
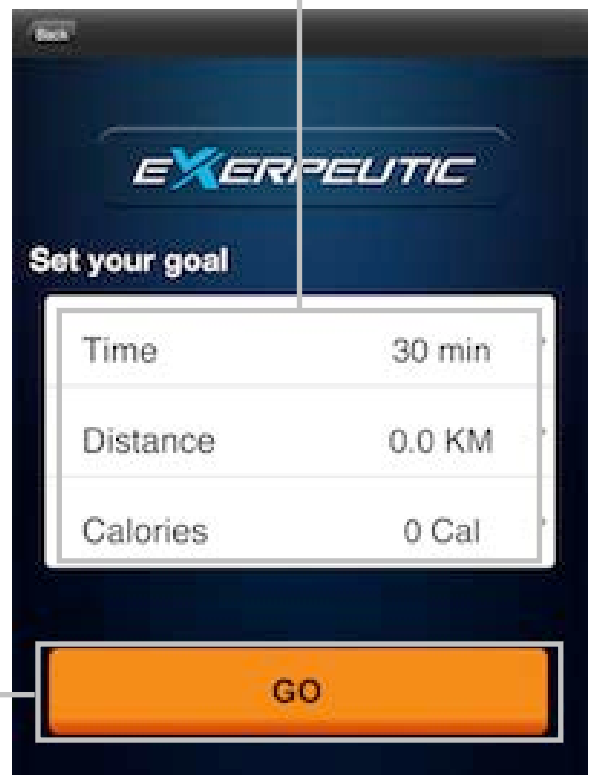
Goal Mode

Press Goal to begin Goal mode

Tap on the goals you want to change

Press Go to start workout

Goal mode – Changing Goals

Change the time here and then press Done
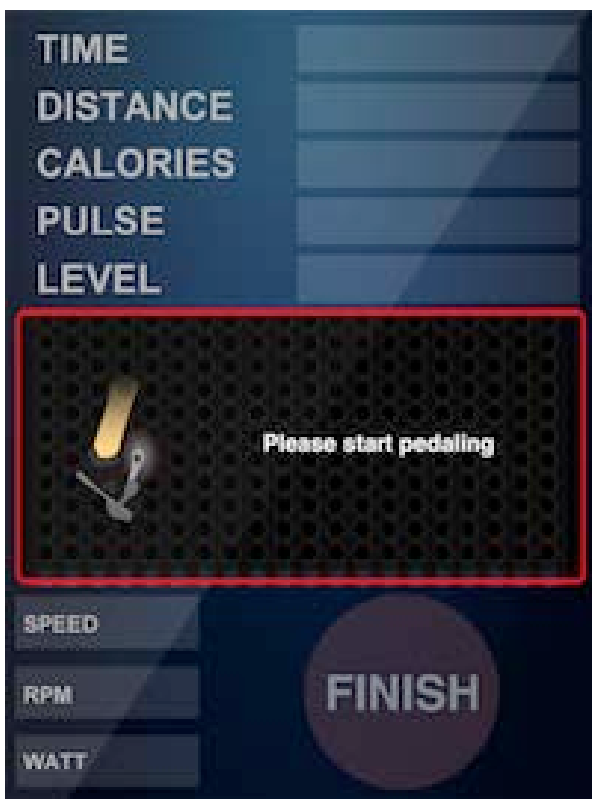
Change the Distance here and then press Done

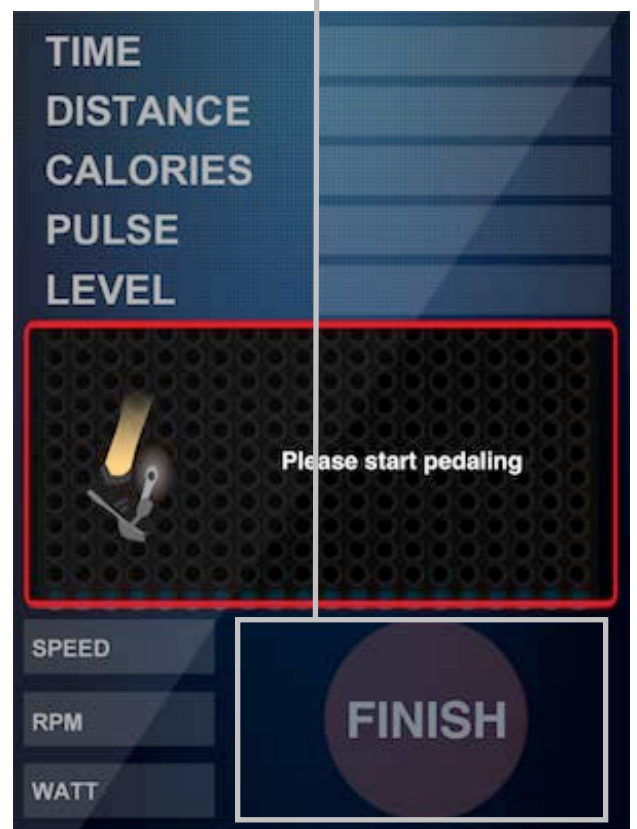**Change the Calories here and then press Done**

Goal Mode – Start/Stop

Start Pedaling to begin workout

Stop pedaling and press Finish to end
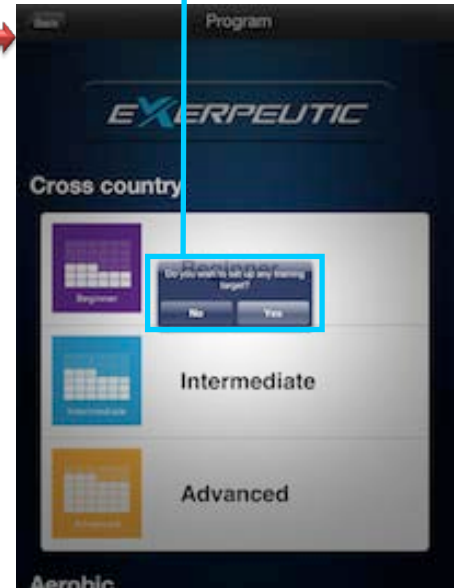
Program Mode – Selecting a Program

Press Program to begin program mode
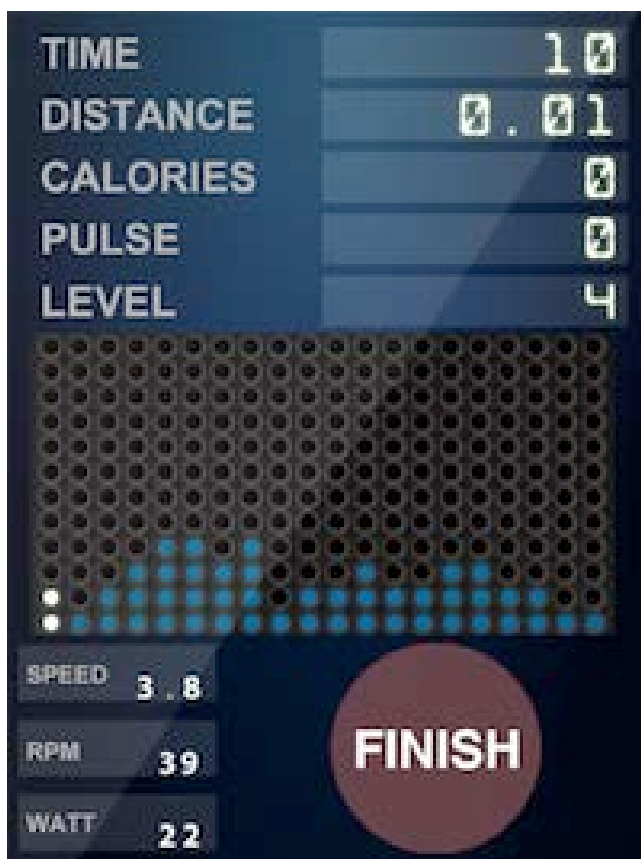
Select the program and level you want

Choose to set up training targets (Yes will take you to Changing Goals in slide 4 and No will begin workout)
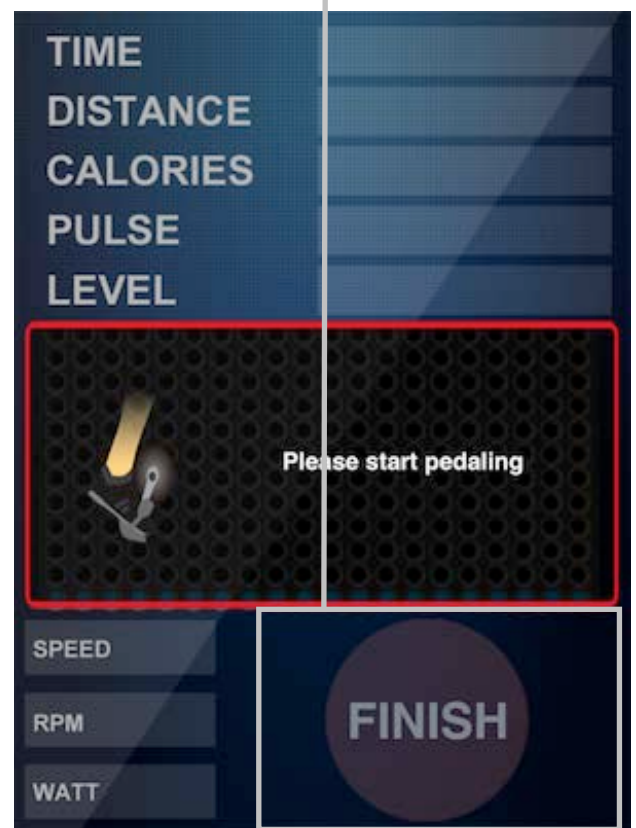
Program Mode – Start/Stop

Start Pedaling to begin workout

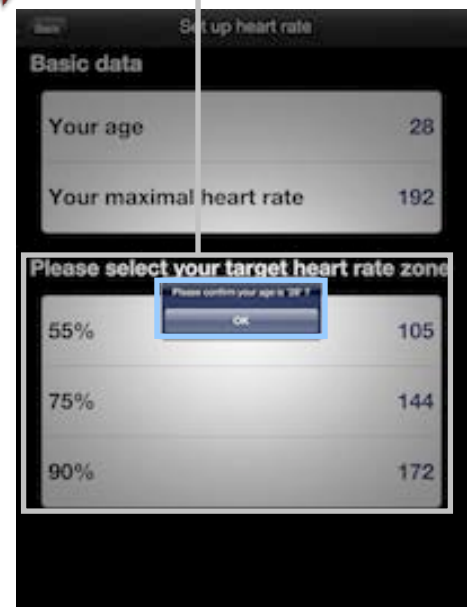**Stop pedaling and press Finish to end**

HRC Mode - Setup

Press HRC to begin mode

Read instructions and press Done to continue

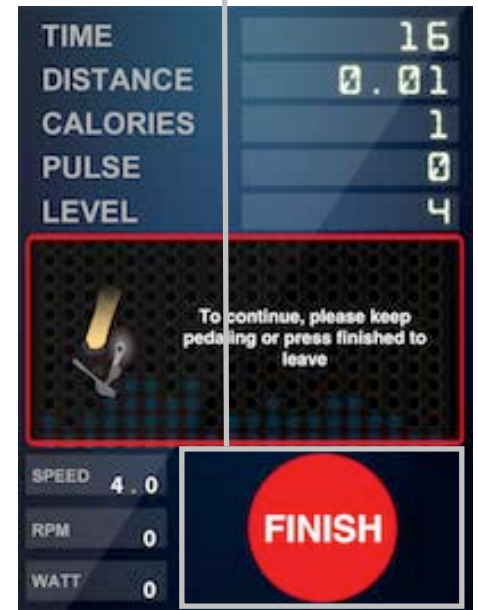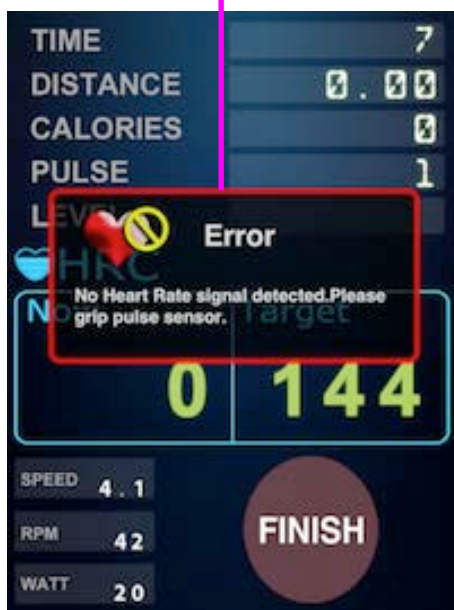**Confirm your age and press OK and select your target heart rate to start workout**

HRC Mode – Start/Stop

Make sure to use a HR device or grip the machine sensors

Start Pedaling to begin workout

Stop pedaling and press Finish to end

Watt Mode – Start/Stop

Press Watt to begin Watt mode → **Press Watt to change the watts or press Go to begin** → **Change the watts and then press Done**
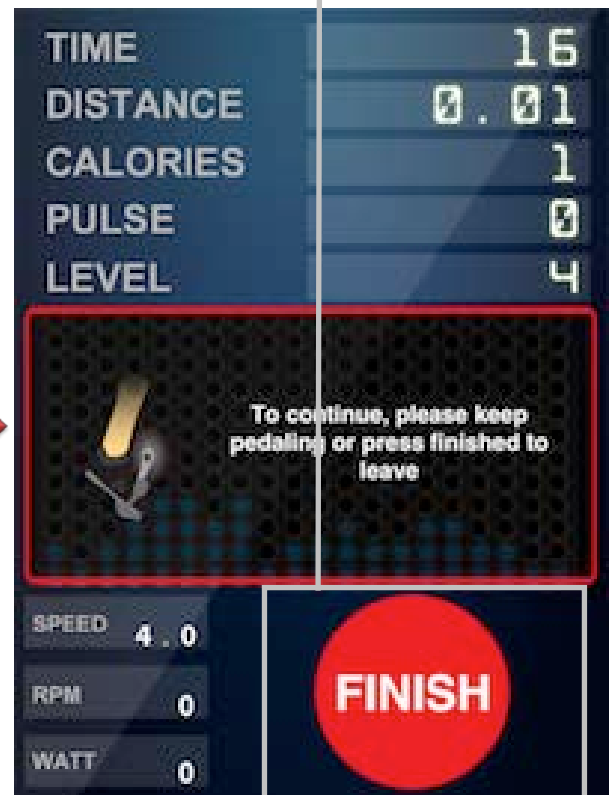
Watt Mode – Start/Stop

Start Pedaling to begin workout
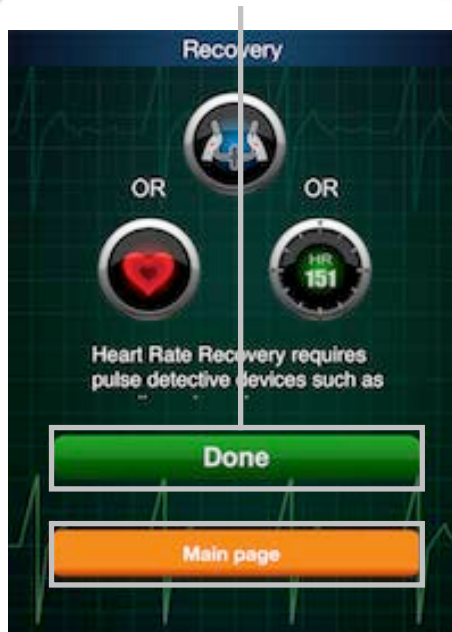
Stop pedaling and press Finish to end
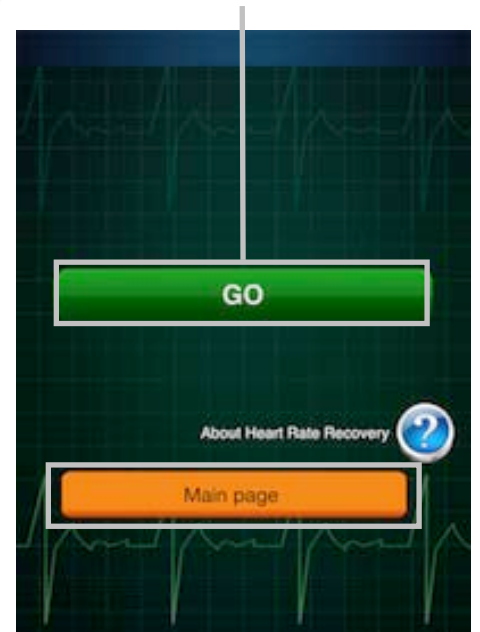
Recovery Mode – Setup

Press the Recovery to begin recovery mode

Press Done to continue or Main Menu to return to main menu
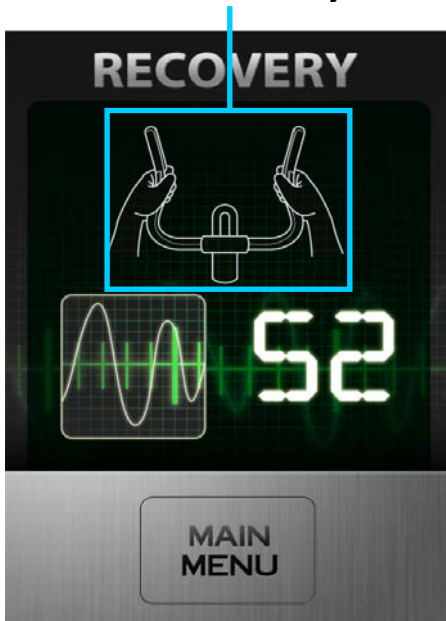
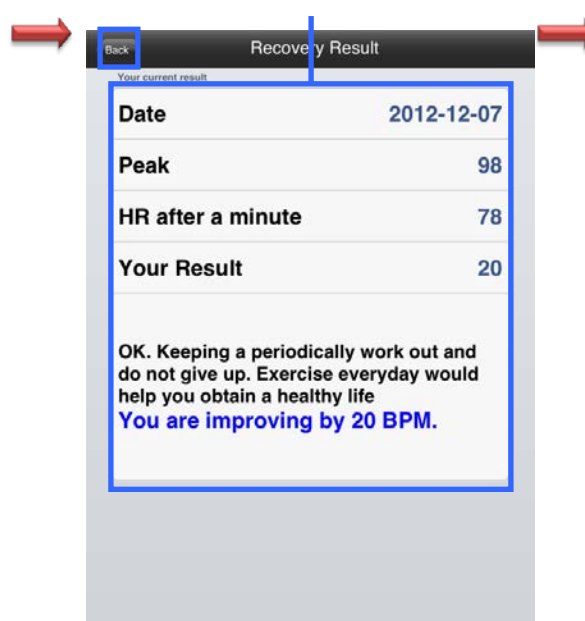**Press Go to start Recovery or Main Menu to return to main menu**

Recovery Mode – Start/Finish

Grip machine sensors or use an HR device to begin 60 second recovery mode

After 60 seconds you will receive results and press Back to return to main menu

Press Main Menu to return to main menu

RECOVERY

52

MAIN MENU

Back   Recovery Result

Your current result

Date	2012-12-07
Peak	98
HR after a minute	78
Your Result	20

OK. Keeping a periodically work out and do not give up. Exercise everyday would help you obtain a healthy life
You are improving by 20 BPM.

RECOVERY

0

MAIN MENU