

App User guide



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Downloading the App*

MyFitQuest is available on the App Store and Google Play Store.

How to connect MyFitQuest to the Console

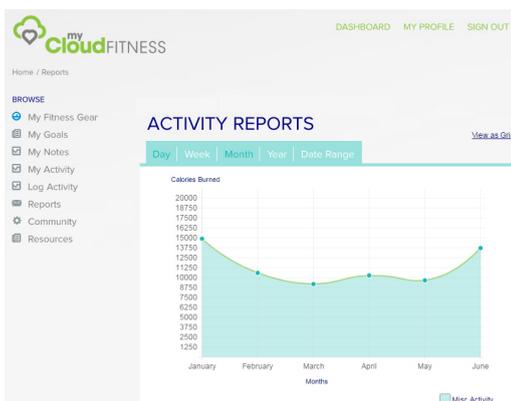


Connecting*

1. Turn the console on.
2. The display must be at the main screen that says "PRESS START TO WORKOUT OR UP DOWN FOR OPTIONS". Press and hold the RESET button to return of the main screen.
3. Open the MyFitQuest APP.
4. Sign in the APP.
5. Select EXERCISE after logging in.
6. Tap on the image of your product.
7. Select the workout profile you want or scroll down and select the Quick Workout option.
8. GET FIT!

MyFitQuest – MyCloudFitness

Get even more detailed information about your fitness activity with MyCloudFitness.com.



Account*

Log into www.MyCloudFitness.com using your App email and password.

View Activity Reports*

With MyCloudFitness.com you can view reports from your latest exercise or see the total calories you burned through exercise and your daily step count combined. Use these tools to monitor your fitness journey.

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