

i console⁺

App Instruction Manual

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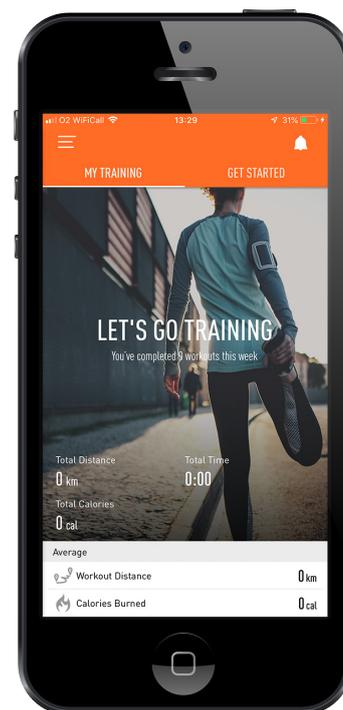
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HOME SCREEN

Once you have downloaded the app from your app store, open it up and this is the home screen you will see. On the home screen you will be able to see the total number of calories, time and distance covered from every workout you've completed. The number of workouts you've completed during the week will also be shown as well as the average workout distance and calories burnt.

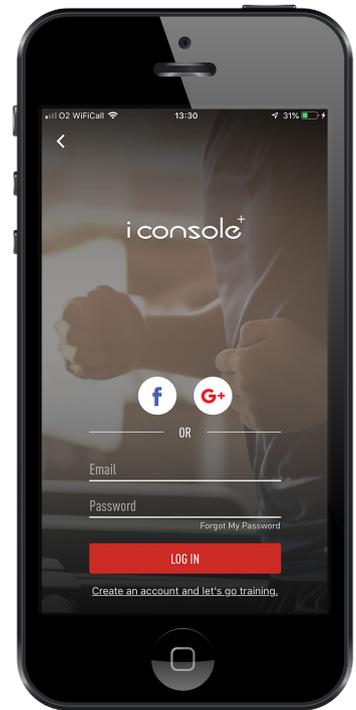


CREATING YOUR PROFILE

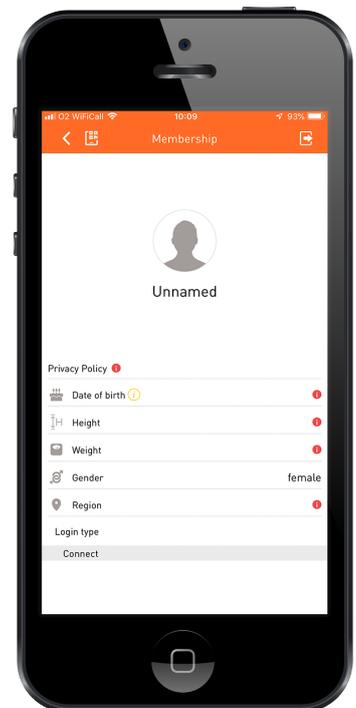
Start by clicking the side bar menu icon in the top left corner. Once open, click on the blank profile image.



This will then take you to the login screen for the iConsole app. It will provide the options to sign in using a Facebook account, Google+ account or using an email address.



Once your login details have been confirmed you will now need to enter all of your details such as height, weight etc. You will now be able to edit your profile image as well.



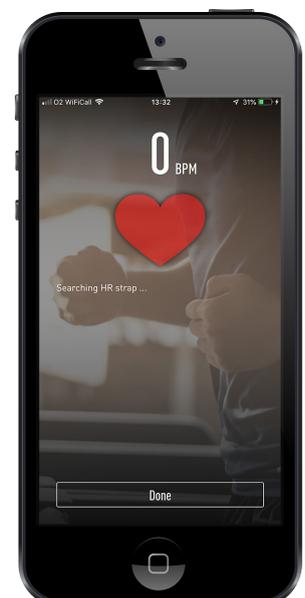
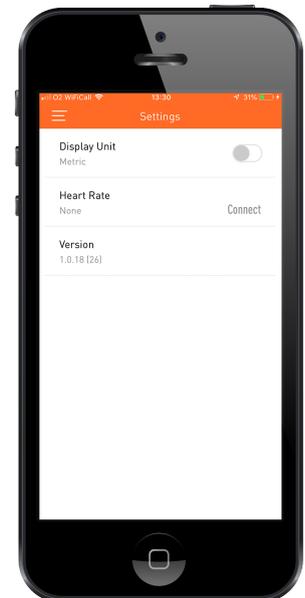
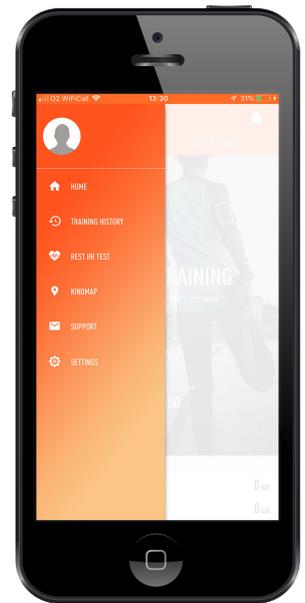
SETTINGS

To make changes to your settings on this app again click on the side bar menu icon in the top left corner. Click on the settings button at the bottom of the list.

This will display the settings screen. Here, you will be able to change your readings from metric to imperial, check the latest version of the app you are on and also connect a heart rate strap to measure your pulse.

To connect the strap click on the 'Connect' text.

The app will then search for your device, make sure your strap has skin contact or the readings will be inaccurate. Once connected click 'Done'.



GETTING STARTED

From the home screen click across to the 'Get Started' tab on the right. You will then have the option to choose from seven different functions.

QUICK START

Once you have clicked on the 'Quick Start' button you will then need to connect your device to the machine you are working out on. This will display as shown in the image, each machine will have a specific code so yours may differ from what is shown.

You can then also choose at the bottom the source from which your heart rate can be measured. If your machine has pulse plates you can select your machine, you can also select your apple watch if you have one or alternatively a heart rate strap or band.

Once your machine has been connected the monitor will power off and your device will now display the data.

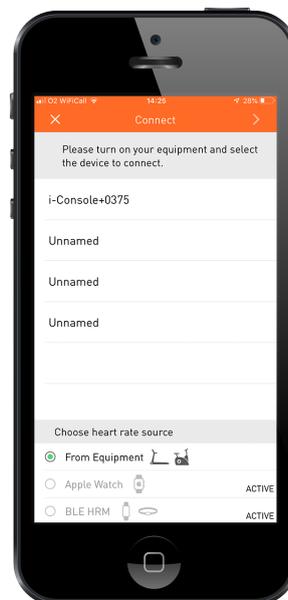
This will be your display for the quick start function.

When you begin your workout the data will start to change. Quick start will display;

| | | |
|----------|-----------------|-------------------------|
| Time | Speed | Distance |
| Calories | Heart Rate Zone | Heart Rate |
| Cadence | Wattage | BAI(Beck Anxiety Index) |

BAI essentially measures how much stress your heart is under, 0-7 is interpreted as minimal, 8-15 as mild, 16-25 as moderate and 26-63 as severe.

The readings at the bottom will scroll through 3 pages every few seconds, to see a specific reading simply scroll right or left.



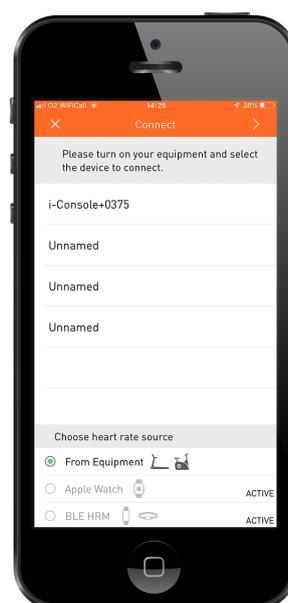
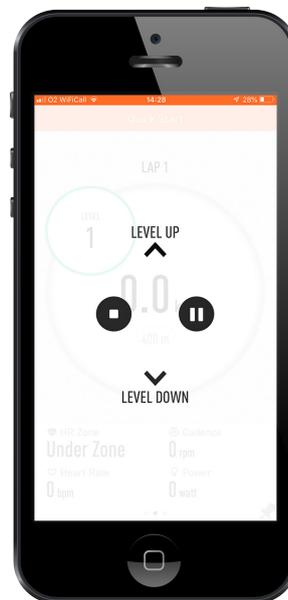
Tap the screen anywhere to pause/stop your workout, you can also increase and decrease the level of the workout by doing this.

If you choose to stop the workout, you will then be taken to a summary screen displaying all of your data from your workout.

INTERVAL

From the 'Get Started' tab click on the Interval button.

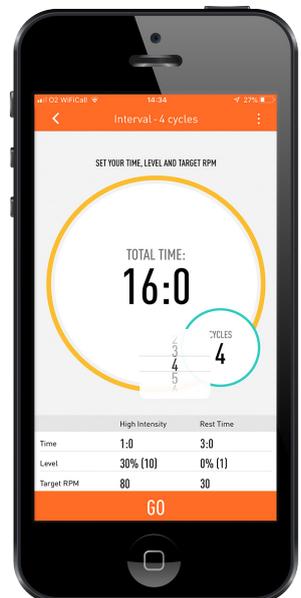
Once you have clicked on the 'Interval' button you will then need to connect your device to the machine you are working out on. Also, select your heart rate source at the bottom of the screen. Once your machine has been connected the monitor will power off and your device will now display the data.



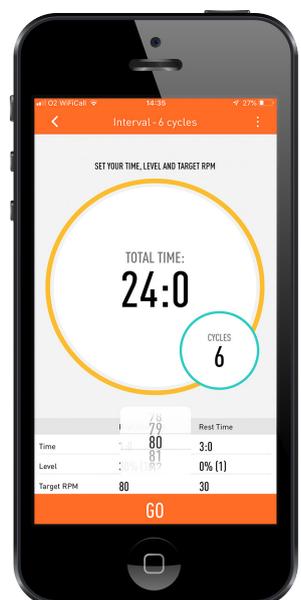
This is your interval screen. In this function you are able to set your time, number of cycles and RPM. At the bottom of the screen you will find the data for during your workout time and rest time.



To change the number of cycles tap on the cycles circle. Scroll through to your desired number. Click anywhere else on the screen to exit this setting. As you change the number of cycles the total time will also change in correspondence.



To set the target RPM tap on the digits for this setting and scroll through the list to find your desired number. Click anywhere else on the screen to exit this setting. Press 'Go' to start.

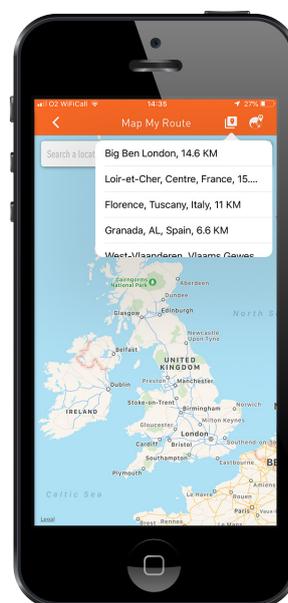


MAP MY ROUTE

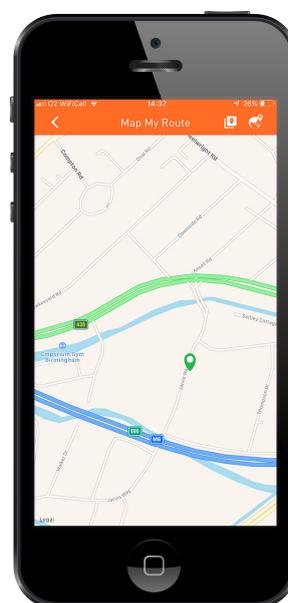
From the 'Get Started' tab click on the Map My Route button.



Once inside this function, you will have the choice to set your own routes or choose from popular choices by clicking on the first icon in the top right corner. Please Note: This function is only for indoor use only while connected to your machine.



To set your own route, zoom into your starting point and press and hold for approx 1 second. This will then provide you with a green location icon.



To set your end point follow the same process by zooming into the desired location and pressing and holding for approx 1 second. This will then provide you with a red location icon.

If you are unhappy with your route you can reset it by pressing the turquoise reset icon.

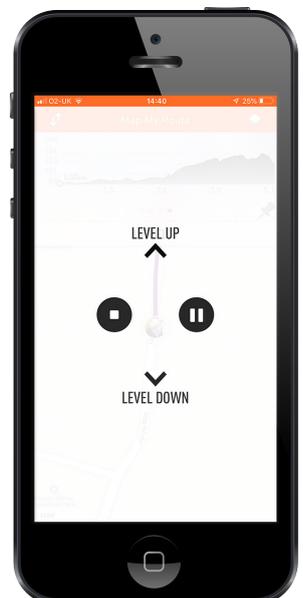


Once you have swiped the Go button, an icon of your profile will move along the route as you progress through your workout. Across the top of the screen you will see your; Time Completed Distance Speed
Calories HR Zone Heart Rate
RPM Watt BAI

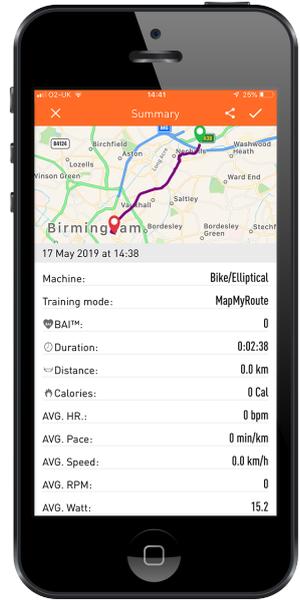
These readings will scroll through every few seconds, to see a specific reading simply scroll left or right.



To pause or stop your route tap anywhere on the map. From here you can also increase or decrease your level.



Once your route has been completed or you choose to stop your workout you will be provided with a summary the exercise you have done.

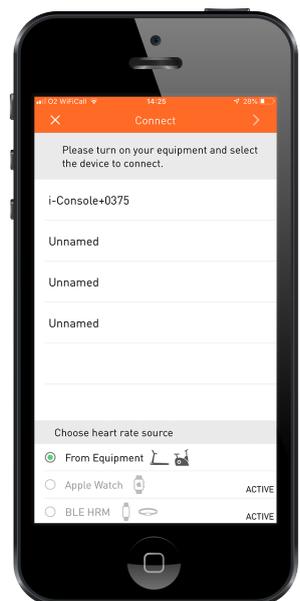


CONSTANT POWER

From the 'Get Started' tab click on the Constant Power button.



Once you have clicked on the 'Constant Power' button you will then need to connect your device to the machine you are working out on. Also, select your heart rate source at the bottom of the screen. Once your machine has been connected the monitor will power off and your device will now display the data.

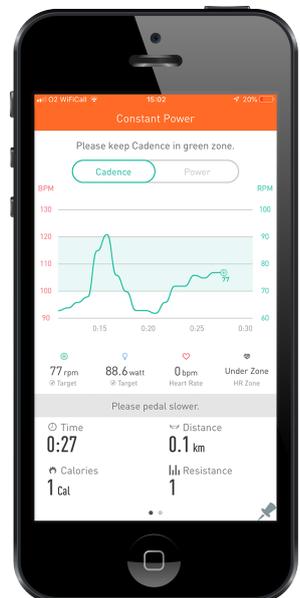


Once your machine has been connected you can now set your time, power and cadence. Click on the digits for each one to bring up the menu's.

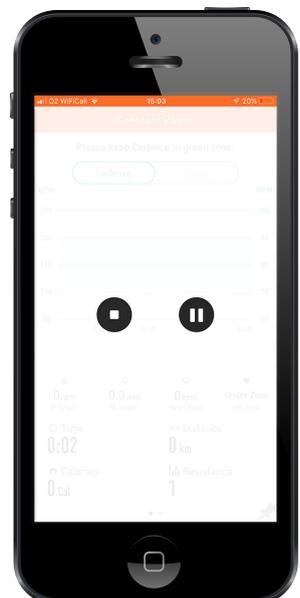
| | | |
|---------------|----------------|---------------|
| N/A | | 77 RPM |
| 5 min | 50 WATT | 78 RPM |
| 10 min | 51 WATT | 79 RPM |
| 15 min | 52 WATT | 80 RPM |
| 20 min | 53 WATT | 81 RPM |
| 25 min | 54 WATT | 82 RPM |
| 30 min | 55 WATT | 83 RPM |



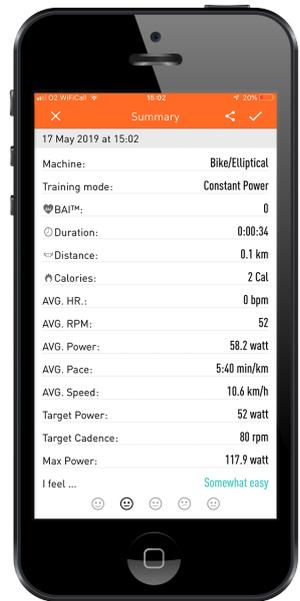
Once you have pressed Start, you'll be shown a graph of both your power and cadence which you can choose between. As you pedal, you're aiming to keep the icon within the green of the graph.



To pause or stop the workout tap anywhere on the screen.

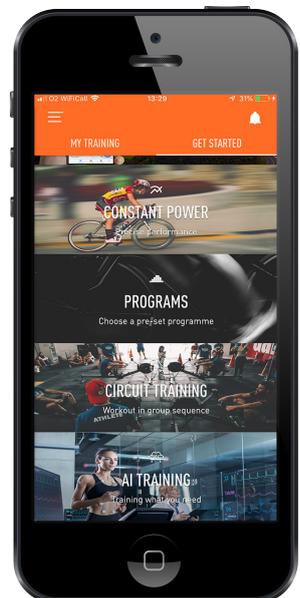


Once you have pressed stop you will then be provided with a summary of your workout.

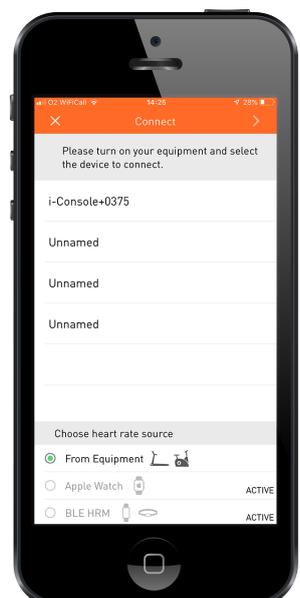


PROGRAMS

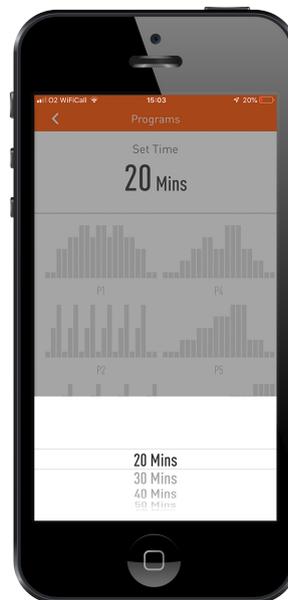
From the 'Get Started' tab click on the Programs button.



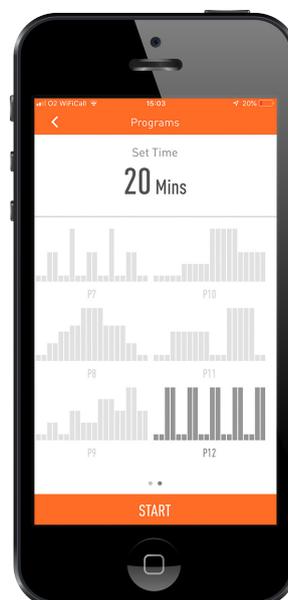
Once you have clicked on the 'Programs' button you will then need to connect your device to the machine you are working out on. Also, select your heart rate source at the bottom of the screen. Once your machine has been connected the monitor will power off and your device will now display the data.



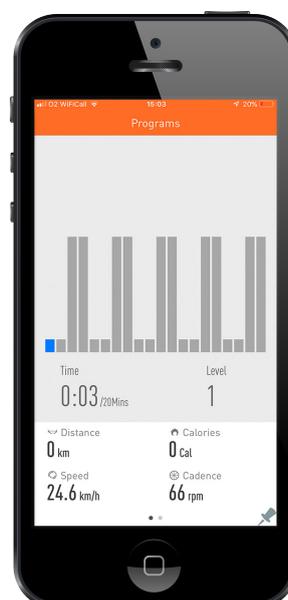
Once your machine has been connected you can now set the total time of your workout. Once you have selected a time tap anywhere on the screen to exit the menu.



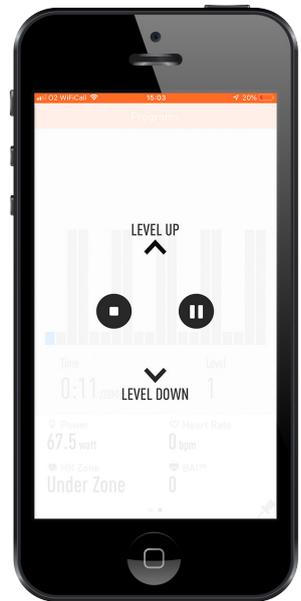
Now select your program, from 1-12. The taller bars will indicate a higher intensity and the lower bars will indicate a decrease in intensity. Press Start to begin.



Once you have selected a program, the segments will then change from grey to blue to show how far through the program you are. All of your readings will be displayed at the bottom of the screen and scroll through every few seconds. To see a specific reading simply swipe left or right.

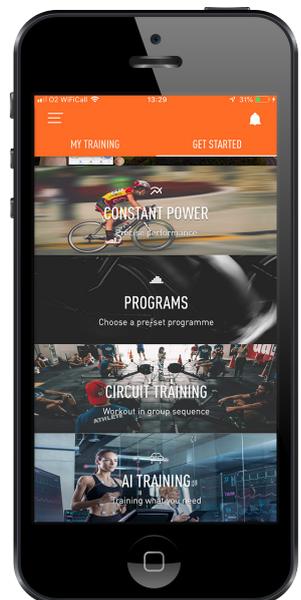


To stop or pause a program tap anywhere on the screen. You will also be able to increase or decrease your level from here.

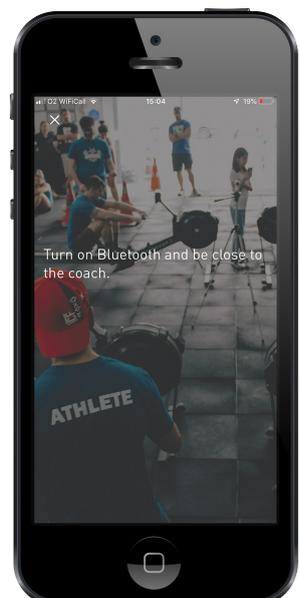


CIRCUIT TRAINING

From the 'Get Started' tab click on the Circuit Training button.

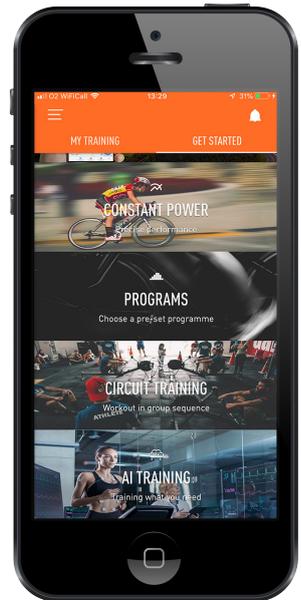


Once you have clicked on the 'Circuit Training' button you will then need to connect your device to the machines that are going to be used in this session. Once your machine has been connected the monitors will power off and your device will now display the data.

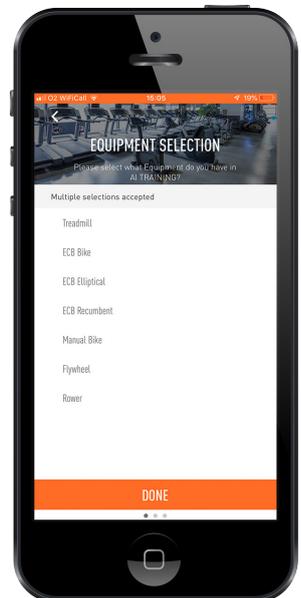


AI TRAINING

From the 'Get Started' tab click on the AI Training button.



Once you have clicked on the 'AI Training' button you will then need to choose what equipment you will be using for your training. You are able to select multiple options.

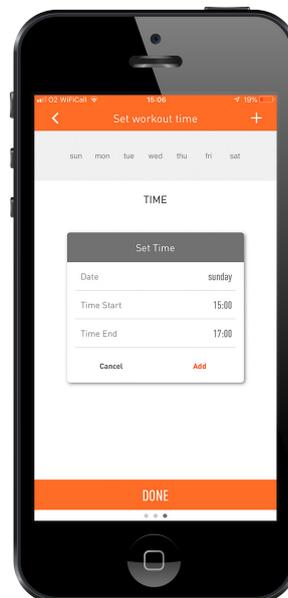


Next, choose your target goal. You will only be able to select one.



Once your goal is set, you can begin to schedule workouts. Start by pressing the + symbol in the top right corner to bring up the menu. Now you can start planning the dates and time lengths for each workout throughout the week.

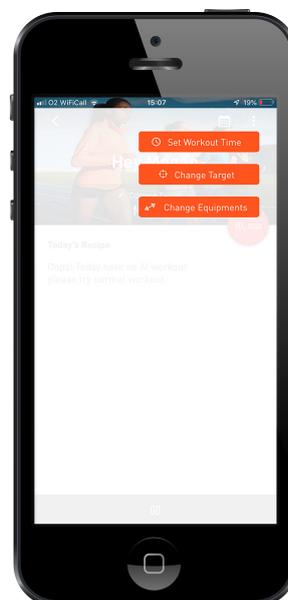
| | |
|---------------|-------------|
| | 7:30 |
| | 8:00 |
| | 8:30 |
| sunday | 9:00 |
| monday | 9:30 |
| tuesday | 10:00 |
| wednesday | 10:30 |



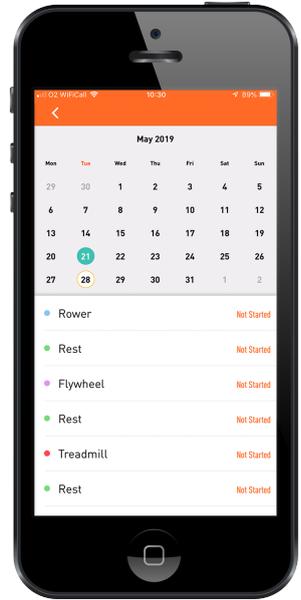
After you have completed scheduling your workouts your AI Training home screen will now show you your workout for the current day.



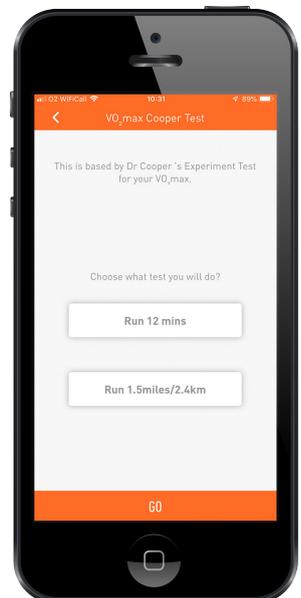
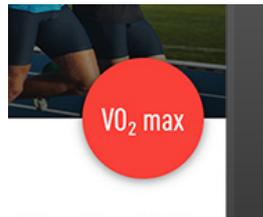
To change your target goal, change the types of equipment you are using or edit workout times for the week click on the 3 dot icon in the top right corner.



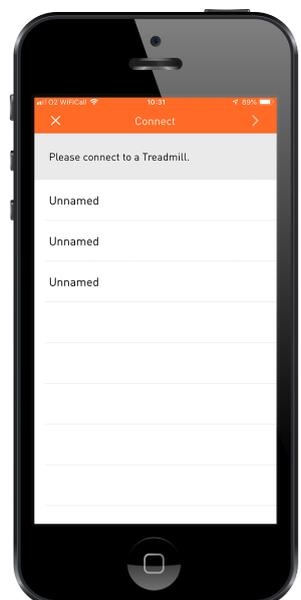
To monitor previous workouts or review workouts for the week click on the calendar symbol in the top right of the screen. Click on a specific day throughout the current week and it will bring up the set workout you've either completed or are going to be doing.



From within the AI Training home screen you can press a VO2 Max button. This measures the maximum amount of oxygen a person can utilize during intense exercise. There are two test variations to choose from.

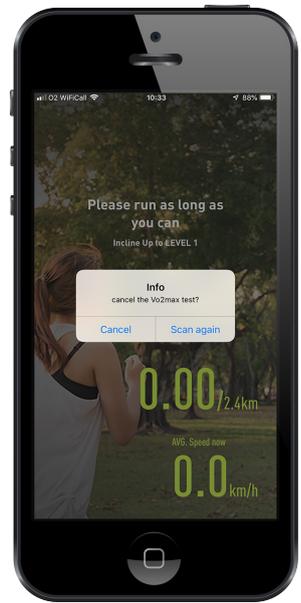


During this test you will need to connect to an iConsole compatible treadmill.

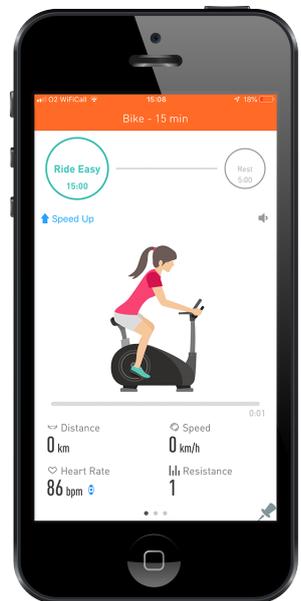


During the test your current and average speed will be monitored. You will also be instructed to increase your incline up to specific levels.

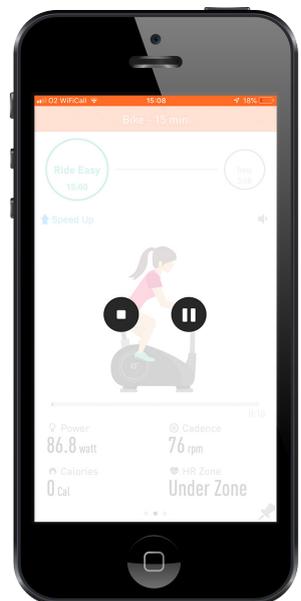
The average sedentary male will achieve a VO2 Max of approximately 35 to 40 ml/kg/min. The average sedentary female will score a VO2 Max of between 27 and 30 ml/kg/min. These scores can improve with training but may be limited by certain factors.



When completing a set workout you have scheduled, once you press Go you will be shown what machine to be on, how long to exercise and how long to rest. This function will take you through step by step until your workout is complete. You will also be able to see all of your general readings at the bottom of the screen.



To stop or pause a workout, tap anywhere on the screen.

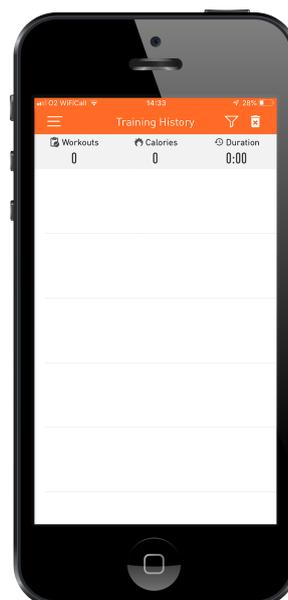


TRAINING HISTORY

From the home screen click on the side bar menu icon in the top left corner of the screen. Select 'Training History'.



Here you will find a list of all the workouts you have completed so far. You will be able to filter your results and delete any workouts you are unhappy with.

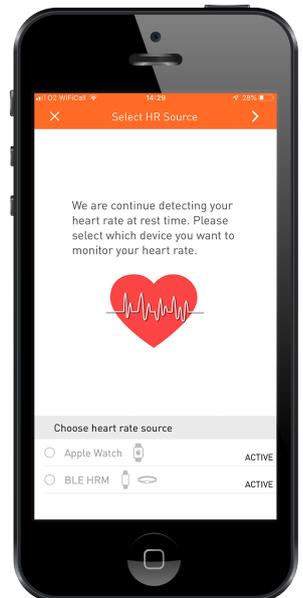


REST HR TEST

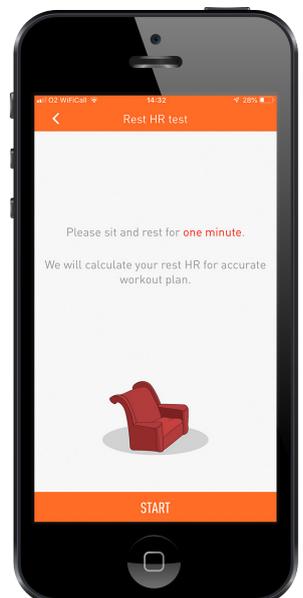
From the home screen click on the side bar menu icon in the top left corner of the screen. Select 'Training History'.



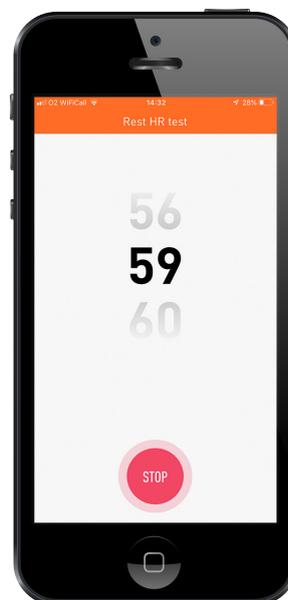
Next, you will need to connect a heart rate source. At the bottom of the screen you will find the option for either a n apple watch or a heart rate band or strap.



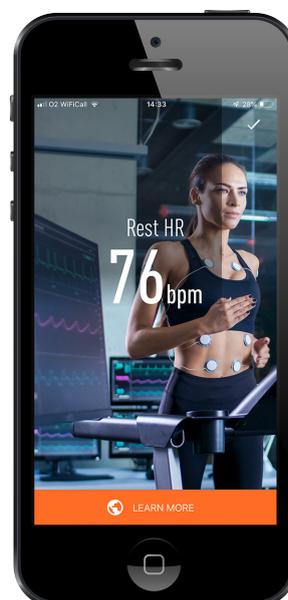
Once a device is connected you will be asked to rest for a period of 60 seconds. Click Start when you are ready.



The test will then count down from 60 to 0. If you wish to stop the test at any point simply press 'Stop'.



When the 60 seconds have passed you will then be provided with your resting heart rate in BPM (Beats Per Minute).



KINOMAP

Kinomap is a separate app from iConsole, it turns your exercise bike, cross trainer, treadmill or rowing machine into a powerful and fun fitness device.

Choose a video and train on the Kinomap app. Watch your icon progress on the map as you follow the video. The app will change incline or resistance on your equipment to follow each video you choose in real time.

Once you click on Kinomap within the iConsole app you will be taken to a browser to download the app. You can also download it from the App Store or Google Play on your device.

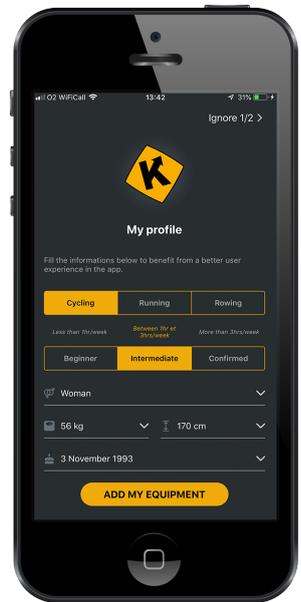
Once you have downloaded and opened up the Kinomap app you will be asked to login or sign up.



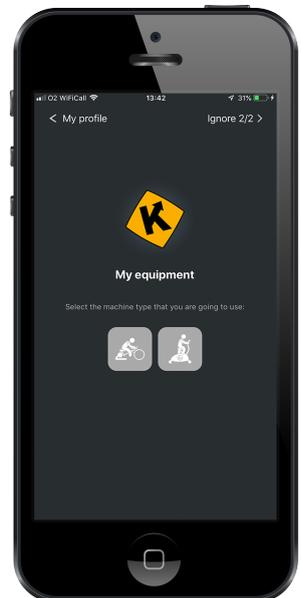
Once you have created an account you can now start to set up your profile.



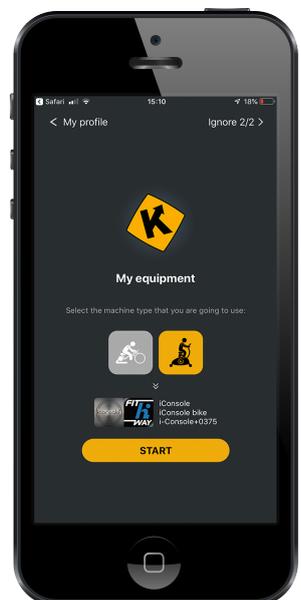
Choose from cycling, running or rowing as your most common form of exercise. Select your level and enter your personal details.



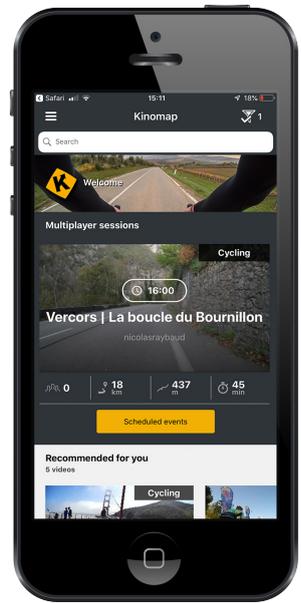
Next, depending on what form of exercise you chose you will be able to select the type of machine you are using. Once you select a machine you will also be able to select the brand.



For iConsole compatible machines you will see the logo's in the right image.



Once you press start you will be taken to the Kinomap home screen. From here you can choose routes and videos, share and upload ones of your own. In app purchases are also available for more videos. For more information on the Kinomap app visit: <https://www.kinomap.com/en/>



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