iConsole+

I-Console+ APP connection
This console can be plug-in Bluetooth module with USB key for APP function.
Download i-Console+ APP to tablet first.
Turn on i-Console+ app on tablet, then pair tablet and console thru BT, and start workout with tablet.
The console is buit with both IOS & Android dual system.
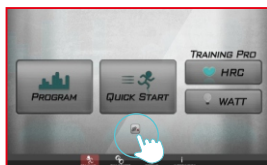
User Manual

CONTENT
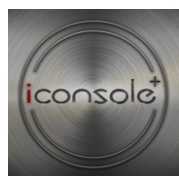
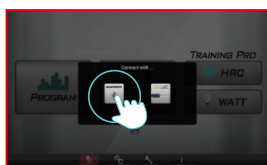## Android Tablet Bluetooth Pairing instruction

1
Download iConsole+ in Google play
system requirements:
1280*800 Android 4.3 or above.
Support Android devices:
Samsung Galaxy 10.1
Samsung Galaxy Tab2
Samsung Galaxy Tab3
Asus MeMo Pad 10
Asus Tf101

2
After finish download,
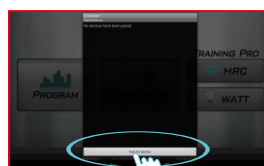open the APP and click
 the lower middle icon to connect.
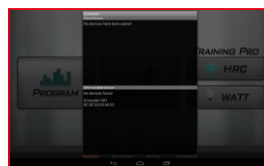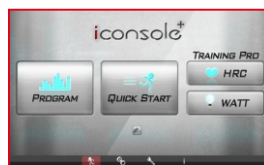
3
Select BLUETOOTH for connect.

4
Press "SCAN FOR DEVICES"

5
Check on the device and enter the
default code: 0000.

6
Paring successful and
entering APP.

Note:
Android is available in English、German、
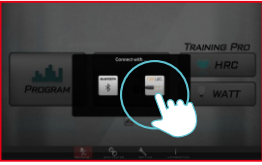Traditional Chinese、Simplified Chinese.

iOS is available in English、Simplified Chinese.

The users can select their prefer language
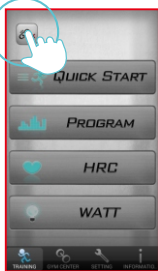under those options, otherwise all others
would display in English.

01

02

Impetus

Android Tablet Tunelinc Connect instruction

1 Press Tunelinc icon to connect.

2 Plug in the audio cable.

3 Press CONNECT

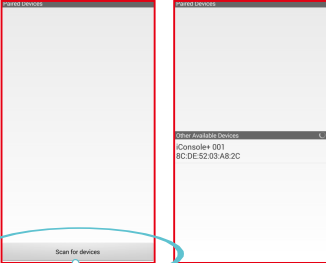**4** Connect successful and entering APP.

03

Android Cell Phone Bluetooth Pairing instruction

1 Download iConsole+ in Google play, system requirements: 480*800, 720*1280, 1280*800 Android 4.3 or above. Support Android devices: Samsung Galaxy Note1~4 Samsung Galaxy S2~5 HTC NEW ONE HTC D316d HTC M8 SONY Z ULTRA
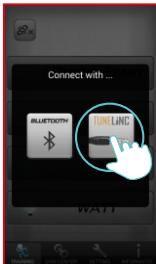
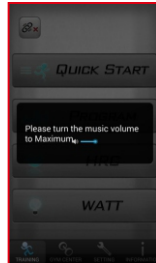**2** After downing APP press top left icon to connect.

04

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3 Select BLUETOOTH for connect.

4 Bluetooth connection: Press Scan for devices to search. Find the device and enter default code:0000.

05

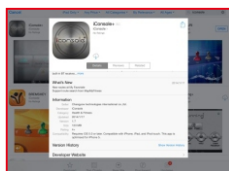## Android Cell Phone Tunelinc Connect instruction

1 Select Tunelinc for connect.

2 Plug in the audio cable.

3 Press CONNECT

4 Connect successful and entering APP.

5 During the connection please do not adjust the volume to avoid off line.
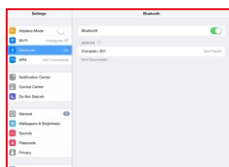
06

13

Impetus

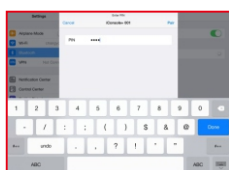## iOS Bluetooth Pairing instruction

1 Download iConsole+ in APP STORE, system requirements:
iOS 7 or above.
Support iOS devices:
iPad4, iPad3, iPad2, iPad mini, iPad Air.
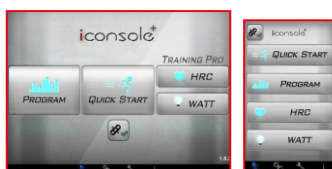iPhone4s, iPhone5, iPhone5s, iPhone6
, iPhone6+.

2 After finish download, turn on the tablet's Bluetooth, and start searching the Treadmill's device.

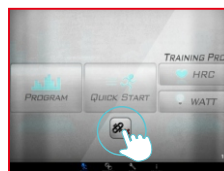**3** Check on the device and enter the default code: 0000.
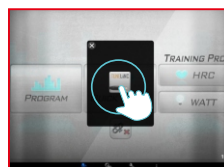
4 Entering the APP.

07

iOS Tunelinc Connect instruction

1 Tunelinc connection: Press icon to connect.

2 Press Tunelinc icon.

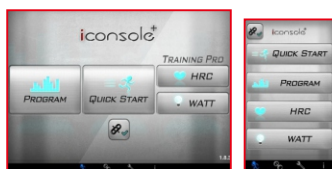**3** Plug in the audio cable and adjust the volume between 70% to 90%.
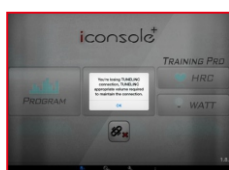
4 Press CONNECT.

08

5 Entering the APP.

6 During the connection please do not adjust the volume to avoid off line.

Notices and warnings

1) Without receiving any reply comment of communications protocol, the APP would continue sending signal and wait for acknowledging. And over 15 seconds the tunelinc would off line, and user needs to reset (Such as: phone, message, or any sound disturbance comes in. In 15 seconds the connection would continue but if over 15 seconds, user needs to reset.).

2) TUNELINC's audio cable connector is 4 pin, and the length limit is 50cm.

3) TUNELINC's audio cable be sure to use the factory supplied to achieve high quality transmission. If using non-original audio cable, not only affect the transmit performance but also may happened unexpected result and we can not provide assistance by then.

4) After insert the Tunelinc into audio jack do not rotate. The audio cable can not be curl to prevent effect inductive action and avoid lead to poor contact of transmission.

5) As using Tunelinc do not put any device on charge in order to reduce the interference of the transmission.

6) Do not put the Tunelinc audio cable connector in a humid environment.

7) Due to operate iConsole + APP needs to increase the volume, therefore, if the device display the volume warning message, the user needs to press confirmation for beneficial APP subsequent operations.

8) If BT and Tunelinc are connecting at the same time then the console would select BT as the main connector.

《 Not support some electronic devices. 》

09

10

14

Impetus

Log in setting instruction
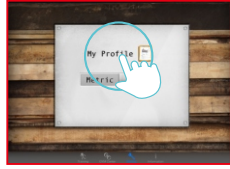
1 — iPad / iPone
"SETTING"
Edit Profile

2
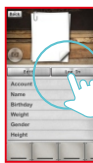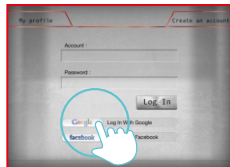Select
Imperial / Metric

3
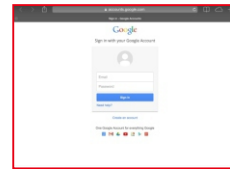First time using this app, user needs to log in. Press "LOG IN"

4
Log in by user's Google/FB account or key in user's email address as account for entering and set up the password.

| 11 |

5
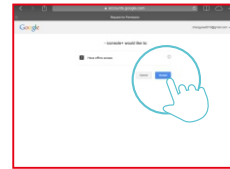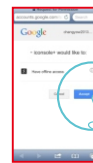Log in with Google account.

6
Pressing "ACCEPT"

7
Log in success.

8
Log in with Facebook account.

| 12 |

9
Pressing "OK"

10
Log in success.
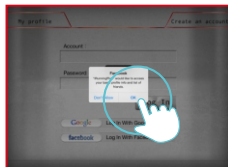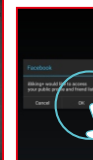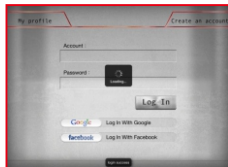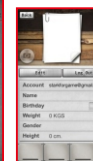
11
Create a new account.
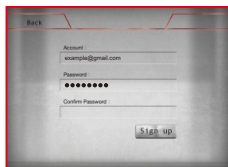
12
Key in user's account info and password.

| 13 |
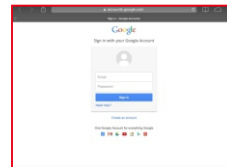
13
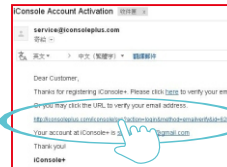Enable the email account.

14
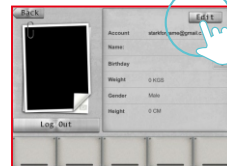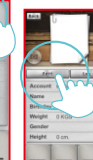Find the account activating mail and click the URL to verify the account.

15
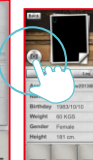After log in press "EDIT" to create personal data.
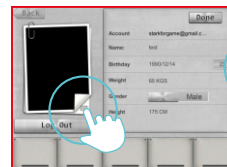
16
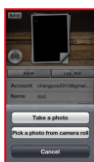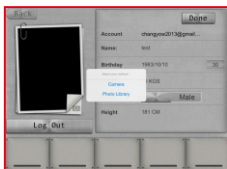Fill in personal info.

| 14 |

15

Impetus

17 Click camera icon to choose picture or take picture.
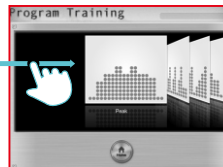Then press "DONE" icon on top right to finish setting.
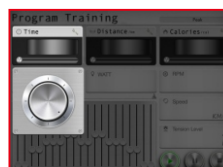
1 "PROGRAM"

2 12 training programs for users to choose.

3 Setting "TIME","DISTANCE" and "CALORIES" by pressing bottom-right icons.

4 Setting "TIME"

15   16

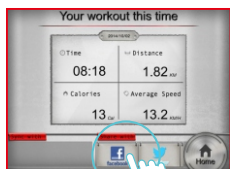**5** Setting "DISTANCE"

6 Setting "CALORIES"

7 The setting "TIME" starts countdown. User can adjust the incline value from console control any time.

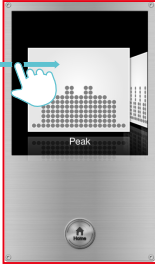**8** When finish, the workout summary can post on Facebook or Twitter.

9 Click Facebook to upload the workout summary.

17   18

Impetus

Cell Phone Program setting instruction

1

"PROGRAM"

2

12 training programs for users to choose.

3

Setting "TIME"

4

Setting "DISTANCE"

5

Setting "CALORIES"

6

Press "START" icon to begin exercise.

7

User can stop and can adjust the incline value by press top right red icon from console control any time.

8

User can adjust the incline values.

19

20

9

When finish, the workout summary can post on Facebook or Twitter.
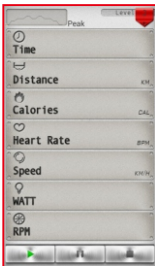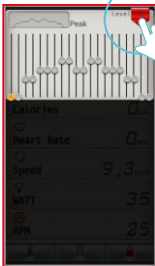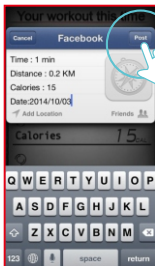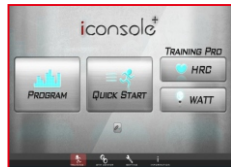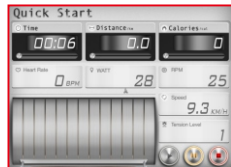

10
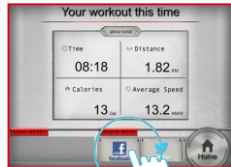
Click Facebook to upload the workout summary.

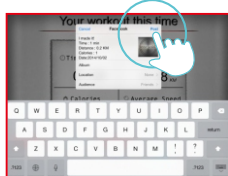## Quick Start setting instruction

1

"QUICK START"

2

Press "QUICK START" to start exercise.
User can stop at any time by press bottom-right "STOP" icon from console control.

3

User can adjust incline value by the bar.

4

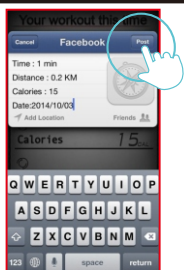When finish, the workout summary can post on Facebook or Twitter.

21
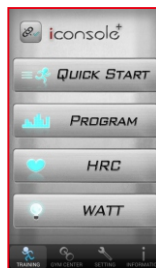
22

17

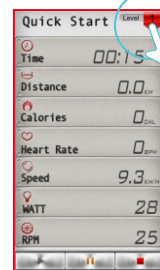**5** Click Facebook to upload the workout summary.

Cell Phone Quick Start setting instruction

1 "QUICK START"

2 User can stop and can adjust the incline value by press top right red icon from console control any time.
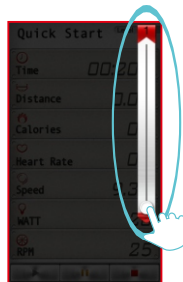
3 User can adjust the incline values.

4 When finish, the workout summary can post on Facebook or Twitter.
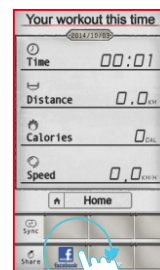
23

24

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5 Click Facebook to upload the workout summary.

HRC setting instruction
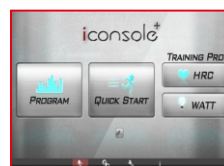
1 "HRC"

2 The BPM value is calculate by age. User can choose the percentage.

3 User can custom the percentage.

4 User can set "TIME" by press bottom right icon from console control.

25

26

5

Setting "TIME"

6

The setting TIME starts countdown. The incline value will change depending on the heart rate value.

7

The hand pulse doesn't receive any signal.

8

When finish, the workout summary can post on Facebook or Twitter.

9

Click Facebook to upload the workout summary.

| 27 | | 28 |

Cell Phone HRC setting instruction

1

"HRC"

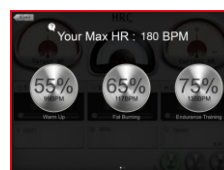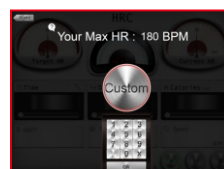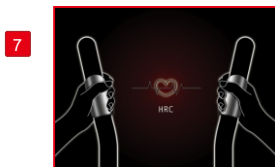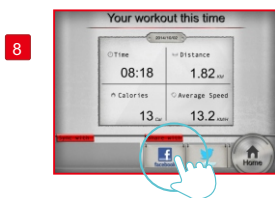**2**

User can custom the percentage.

3

Setting "TIME"

4

The setting TIME starts countdown. The incline value will change depending on the heart rate value.
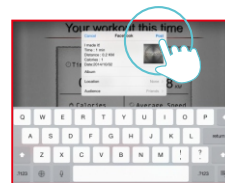
5

The hand pulse doesn't receive any signal.

6

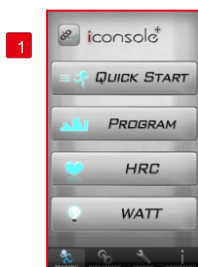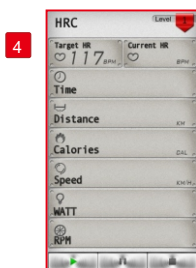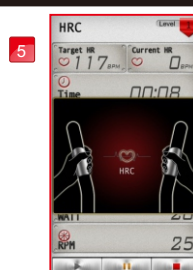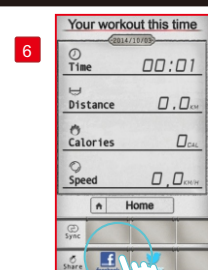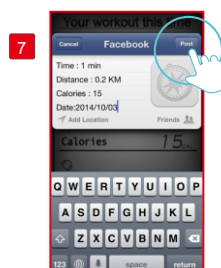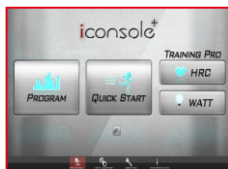When finish, the workout summary can post on Facebook or Twitter.

7

Click Facebook to upload the workout summary.

| 29 | | 30 |

WATT setting instruction

1 "WATT"

2 Click "TARGET WATT" icon.

3 Sliding around left and right to adjust "TARGER WATT".

4 Click "TIME TOOL" icon.

31

5 Setting "TIME"

6 When finish, the workout summary can post on Facebook or Twitter.

7 Click Facebook to upload the workout summary.

32

Cell Phone WATT setting instruction

1 "WATT"

2 Setting "TIME"

3 Click "TARGET WATT" icon can adjust the watt value.

4 Setting "TARGET WATT"

33
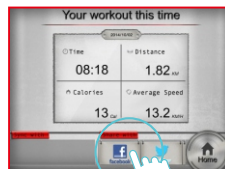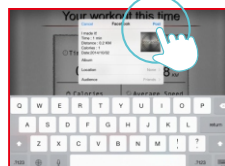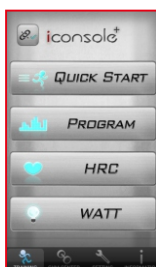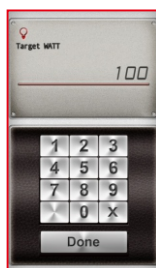

5 When finish, the workout summary can post on Facebook or Twitter.

6 Click Facebook to upload the workout summary.

34
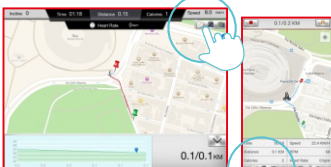
iRoute setting instruction

1
iPad   iPone

Press "PURCHASED ITEMS" to entry.

2
Press "PLAN MY OWN ROUTE"

3
User can set a start point and end point by own which can select a total of eight turning points between.

4
Delete turning point by press on it for two seconds.
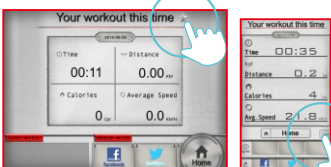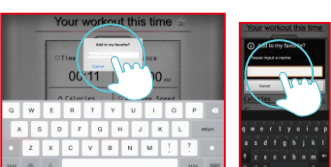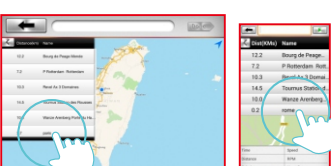
|35|

5
Press and hold the start or end points can move and change position.

6
Press "MY FAVORITES"

7
There are five default routes in my favorites.
User selected route can save in my favorites.

8
After finish setting route and starting exercise, there are three vision modes can choose.

|36|

9
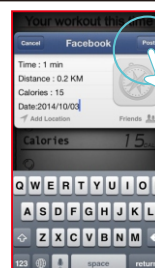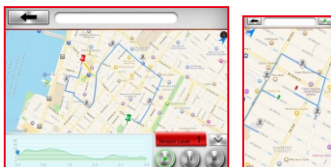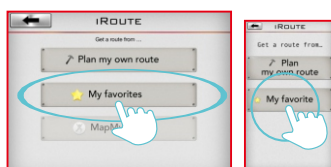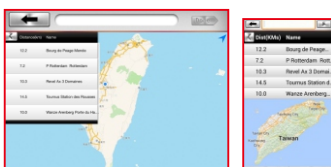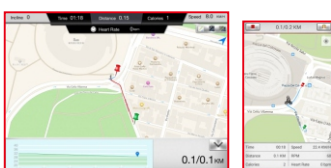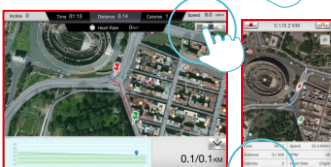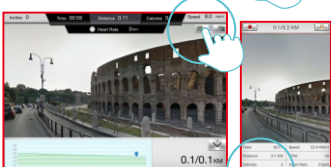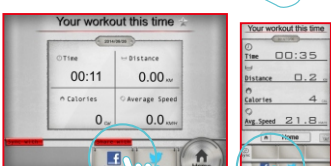Standard Mode.

10
Hybrid Mode.

11
Street view Mode.

12
When finish, the workout summary can post on Facebook or Twitter.

|37|

13
Click Facebook to upload the workout summary.

14
After finish workout, user can save the route to my favorites section bypress the Star icon at the top right.

15
User can named the route.
Press "SAVE" to store.

16
The saving route will show on my favorites section.

|38|

17 The unwanted route can be deleting by slide to the left.

18 Then press delete for erase.

Warning:

After user delete own increasing route which cannot be return.

Also the default routes once user deletes, which cannot be return and must reload the APP to get back.

39

Workout summary

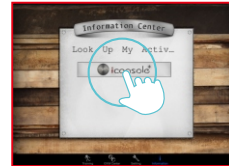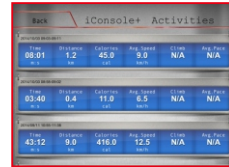
1 Click "iConsole+"

2 All workout history.

40

MapMyFitness
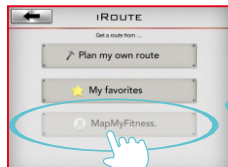
1 If Map My Fitness is not operating, go setting section to set up My Profile.

iPad   iPone
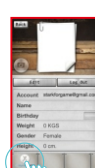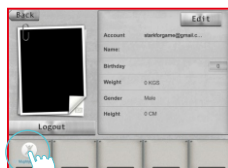
2 Press lower left icon.
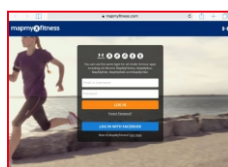
3 Login by MapMyFitness account or FACEBOOK account.

4 Press AUTHORIZE.

41

5 As login successful, the left lower corner icon would have red bar appear.

6 Press MapMyFitness.

7 On search bar input the keyword of place. For example: New York Many routes would pop up for user to select.

8 The selecting route would display its incline.

42

Click top left arrow icon to change the vision. After setting the route press top right icon to start.

Warning:

1) User cannot make any change on the route of My favorite and Map My Fitness mode.

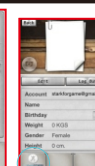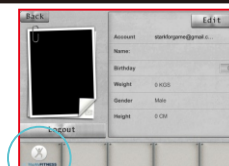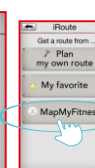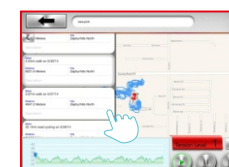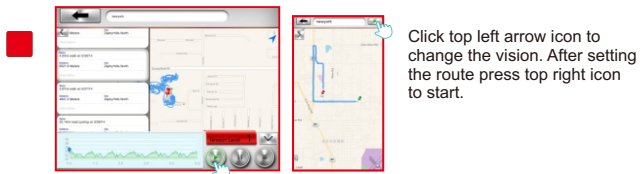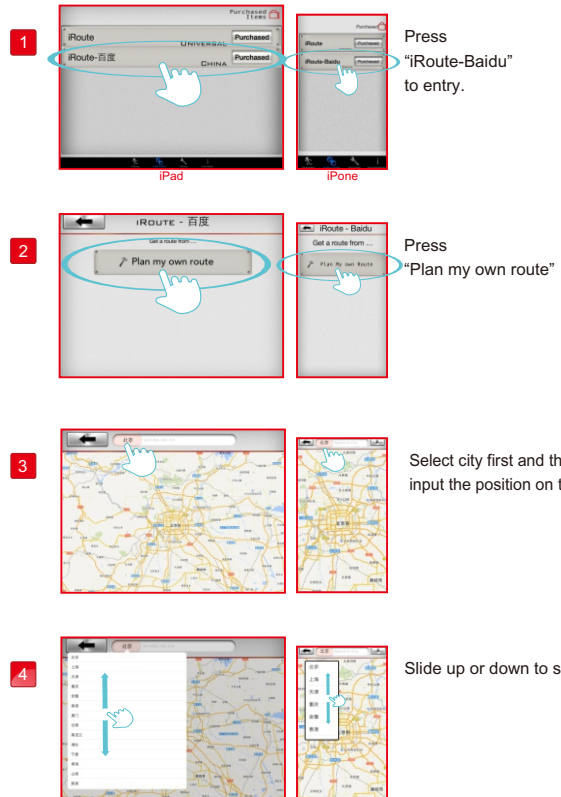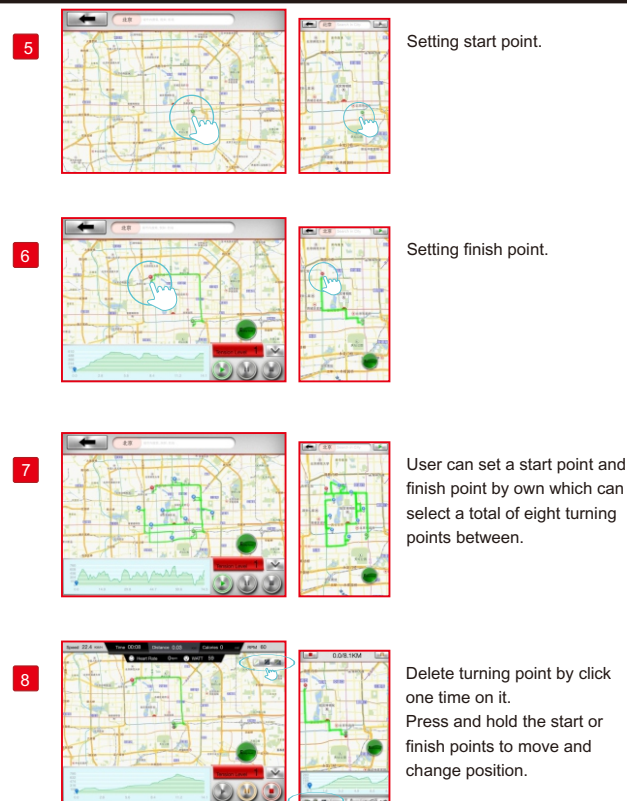2) GYM Center is not available in the US, Canada, or some areas due to the patent issue.

43

iRoute-Baidu

*Baidu only support Mandarin

1

iPad | iPone

Press "iRoute-Baidu" to entry.

2

Press "Plan my own route"

3

Select city first and then input the position on the search bar.

4

Slide up or down to select.

44

5

Setting start point.

6

Setting finish point.

7

User can set a start point and finish point by own which can select a total of eight turning points between.

8

Delete turning point by click one time on it.
Press and hold the start or finish points to move and change position.

45

9

Street view Mode.

10

Hybrid Mode.

11

Standard Mode.
Press icon to select
Entry-level or Professional.

12

The Entry-level's tension value is half of Professional's.

46

23

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Impetus