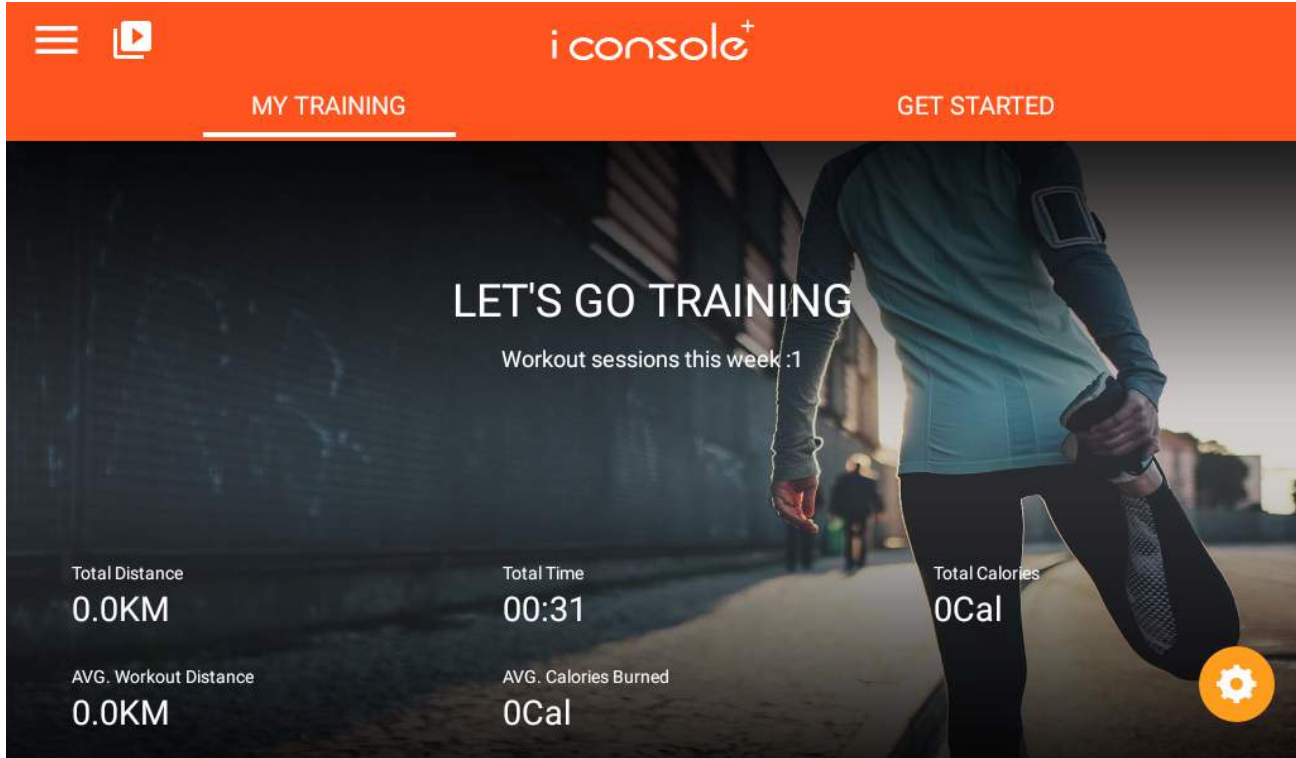


# Metagenics Fitness Inc.

## INSTRUCTION MANUAL OF i-console

### 1. POWER ON ( Home page):




### 2. Function Spec Description:


A. MY TRAINING: Displays total motion data


B. GET STARTED:


QUICK START / INTERVAL / MAP YOUR ROUTE /Constant Power/Program/Heart rate Control


Total six modes of exercise for choose


C. System Setting : This page can operate login account/home page/historical data/new linked account/Settings and other functions

D. Volume control: 


E. Brightness adjustment function: 

F. Time zone selection : 

G.WIFI setting function : 

H. Bluetooth heartbeat matching function: 

I. Fan adjustment function:  OFF/High/medium /low grade(依照製單是否要刪除)

J. Multimedia mode : 

NETLIX、 YOUTUBE、 SPOTIFY、 KINOMAP、 CHROME、 FACEBOOK、 TWITTER、 INSTAGRAM、 AMAZON PRIME VIDEO、 AMAZON SHOPPING PS.Multimedia APP will be optimized for replacement according to availability.

## Data&time setting



**Date & time**

Automatic date & time  
Use network-provided time

Automatic time zone  
Use network-provided time zone

Set date  
April 5, 2022

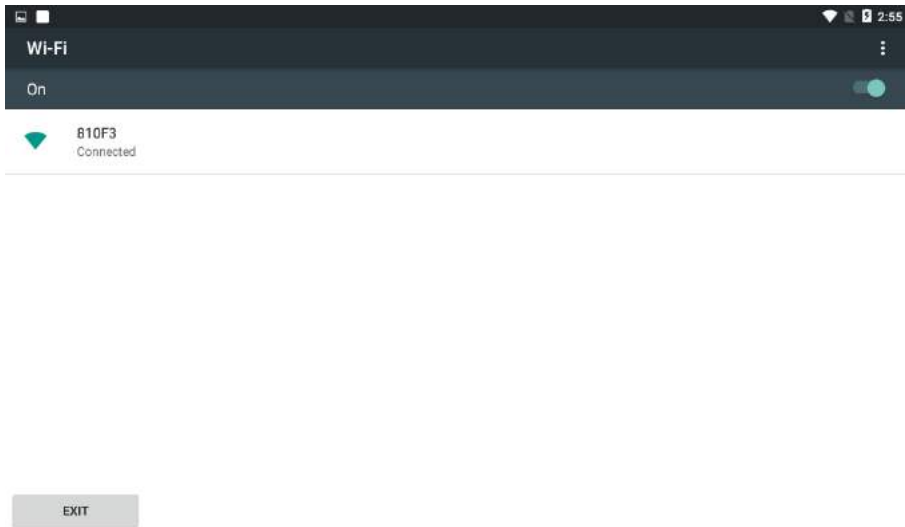
Set time  
2:55 PM

Select time zone  
GMT+08:00 China Standard Time

Use 24-hour format  
1:00 PM


EXIT

## WIFI setting



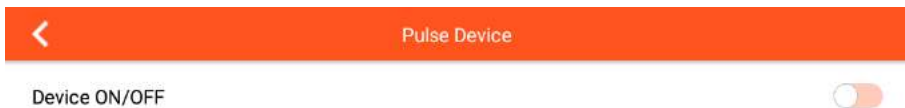
**Wi-Fi**


On

 810F3  
Connected

EXIT

## BT PULSE



 Pulse Device

Device ON/OFF

### 3. Display Range :

ITEM	Description
<b>DISTANCE</b>	<ul style="list-style-type: none"><li>· Display the movement distance</li><li>· Display value range 0.0 ~ 99.9 in Cycle</li></ul>
<b>SPEED</b>	<ul style="list-style-type: none"><li>· Display the movement speed</li><li>· Display Value range 0.0 ~ 99.9</li></ul>
<b>RPM</b>	<ul style="list-style-type: none"><li>· Display RPM</li><li>· Value range 0 ~ 999</li></ul>
<b>TIME</b>	<ul style="list-style-type: none"><li>· Display the movement time</li><li>· Display value range 0:00 ~ 99:59 in Cycle</li></ul>
<b>Heart Rate</b>	<ul style="list-style-type: none"><li>· Display the movement heart rate.</li><li>· Value range 0 ~ 230</li></ul>
<b>HR Zone</b>	<ul style="list-style-type: none"><li>· Display the movement HR Zone.</li><li>· Value range 0% ~ 100%</li></ul>
<b>BAI</b>	<ul style="list-style-type: none"><li>· Display the consumption BAI value during the exercise.</li><li>· Value range 0 ~ 999</li></ul>
<b>WATT</b>	<ul style="list-style-type: none"><li>· Display the movement power consumption</li><li>· Display range 0~999</li></ul>

### 4. Button Function :

**START/PAUSE:** When in starting status press this key ,it will stop training, and when in stopping mode press this key it will start to work .

**STOP:** Press this key stop training.

**UP:** Press this key to increase the load level

**DOWN:** Press this key to decrease the load level

**FAN :** control the FAN force: OFF , high speed , mediate speed , low speed . (依照製單是否刪除)

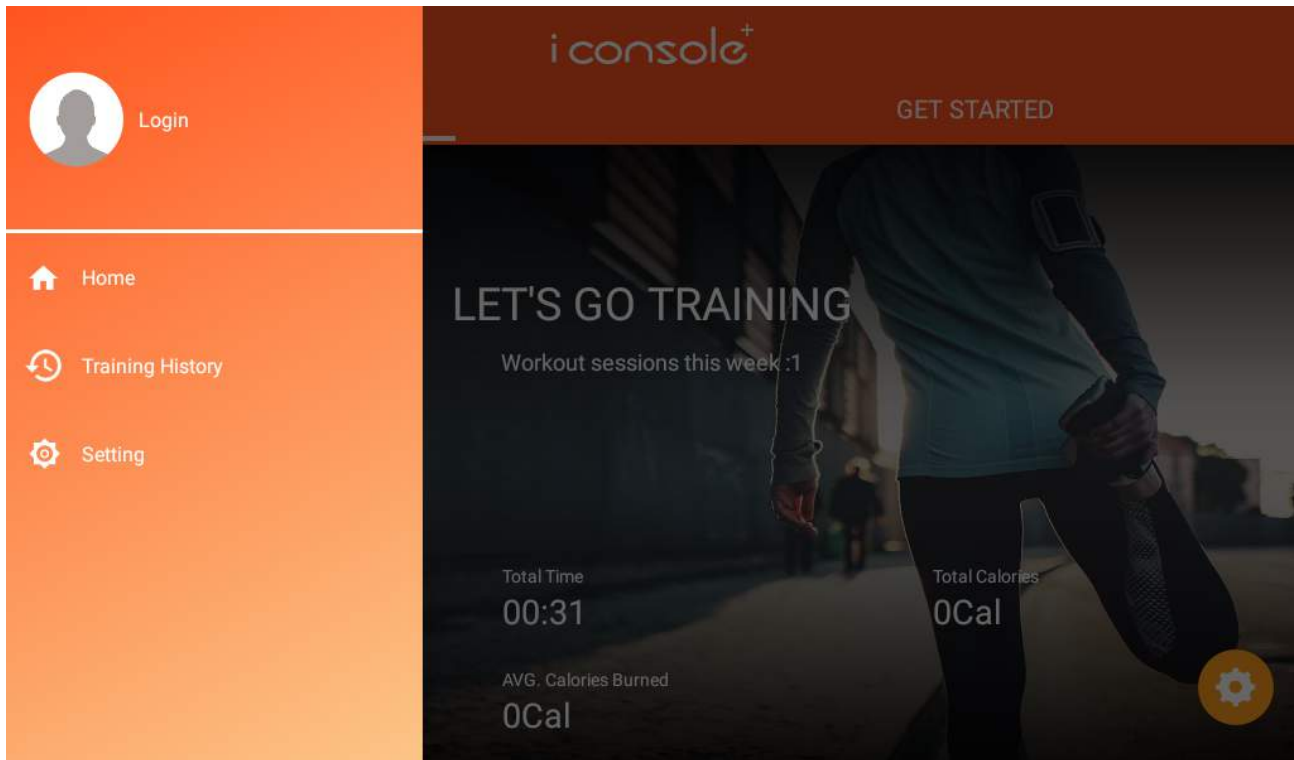
## 5. SYSTEM SETTING OPERATION :

**A. LOGO IN:** ( photo) Personal information login and create, login account  
(Email application, FB , We Chat , GOOGLE login)

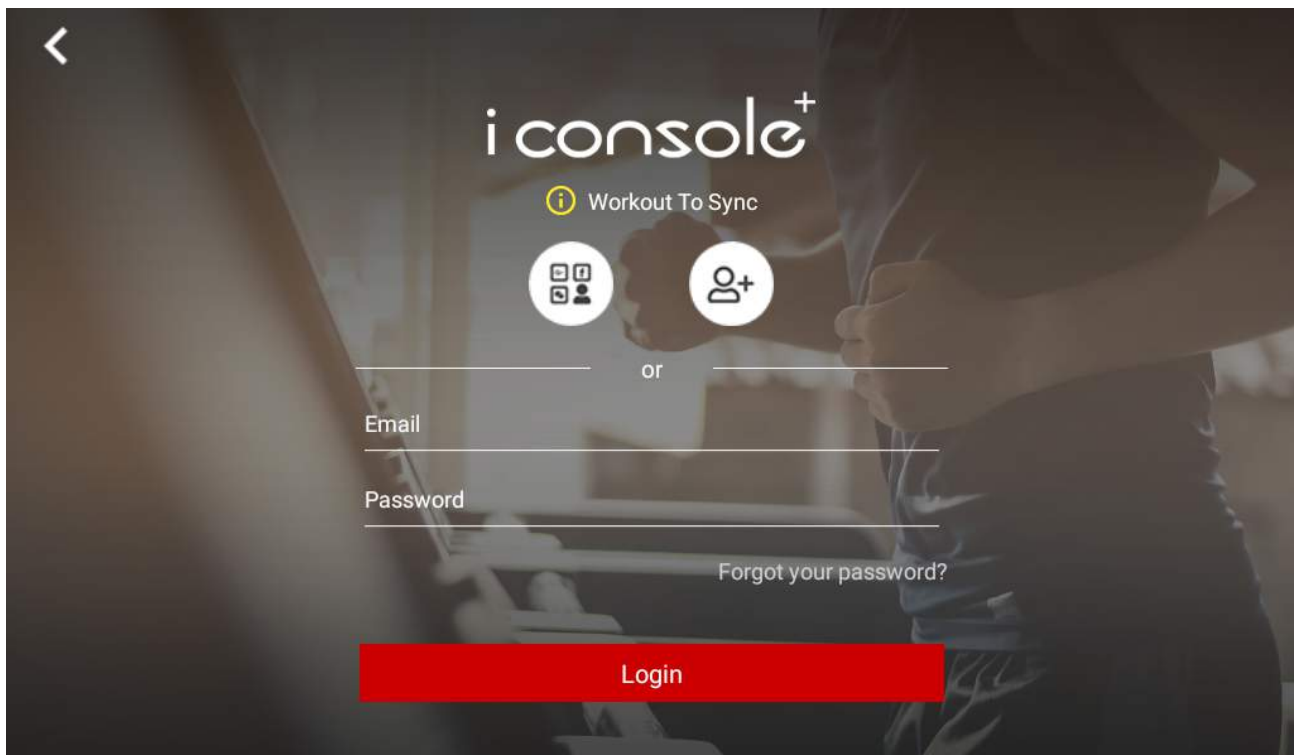
**B . HOME:** Back to home page

**C.TRAINING HISTORY:** Exercise information enquiry (login required)

**D. SETTING:** Setting mode

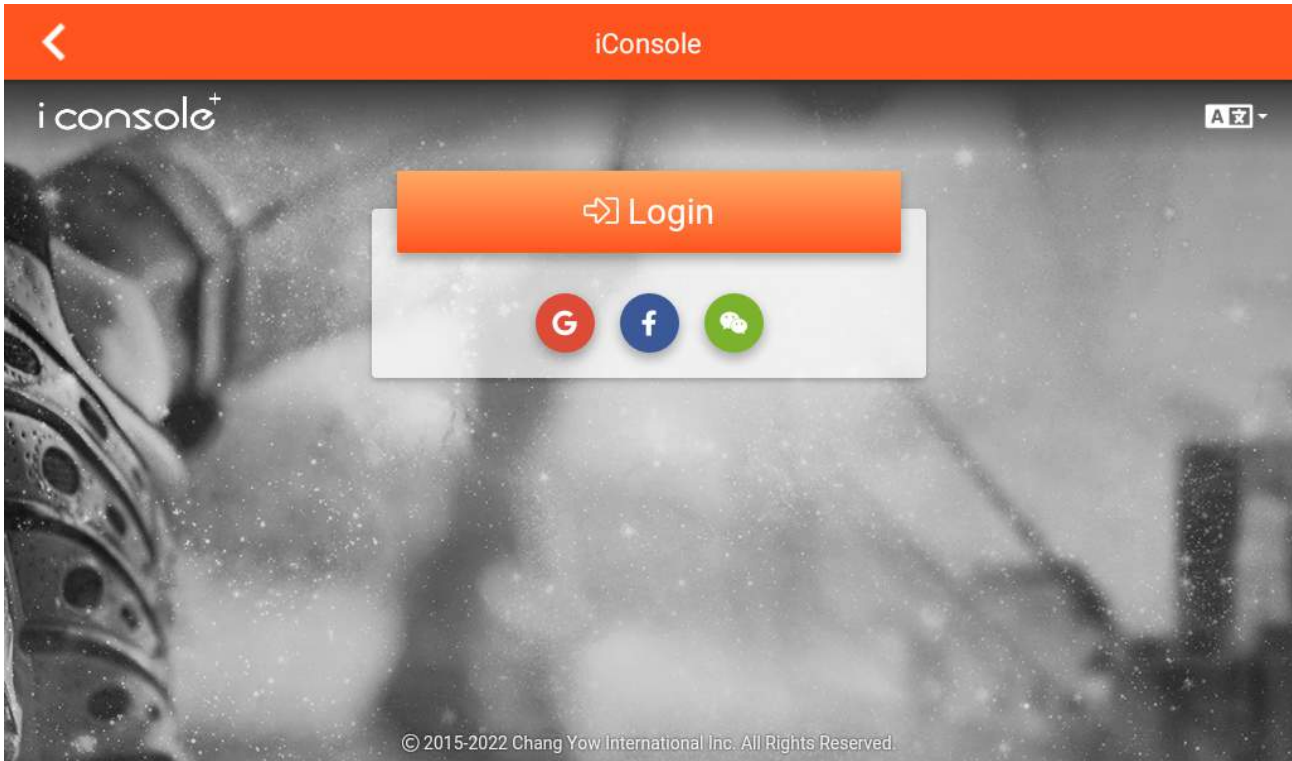


A. Click Logo in (photo) to login the account , select face book /GOOGLE/ We Chat // enter the email password to log IN.

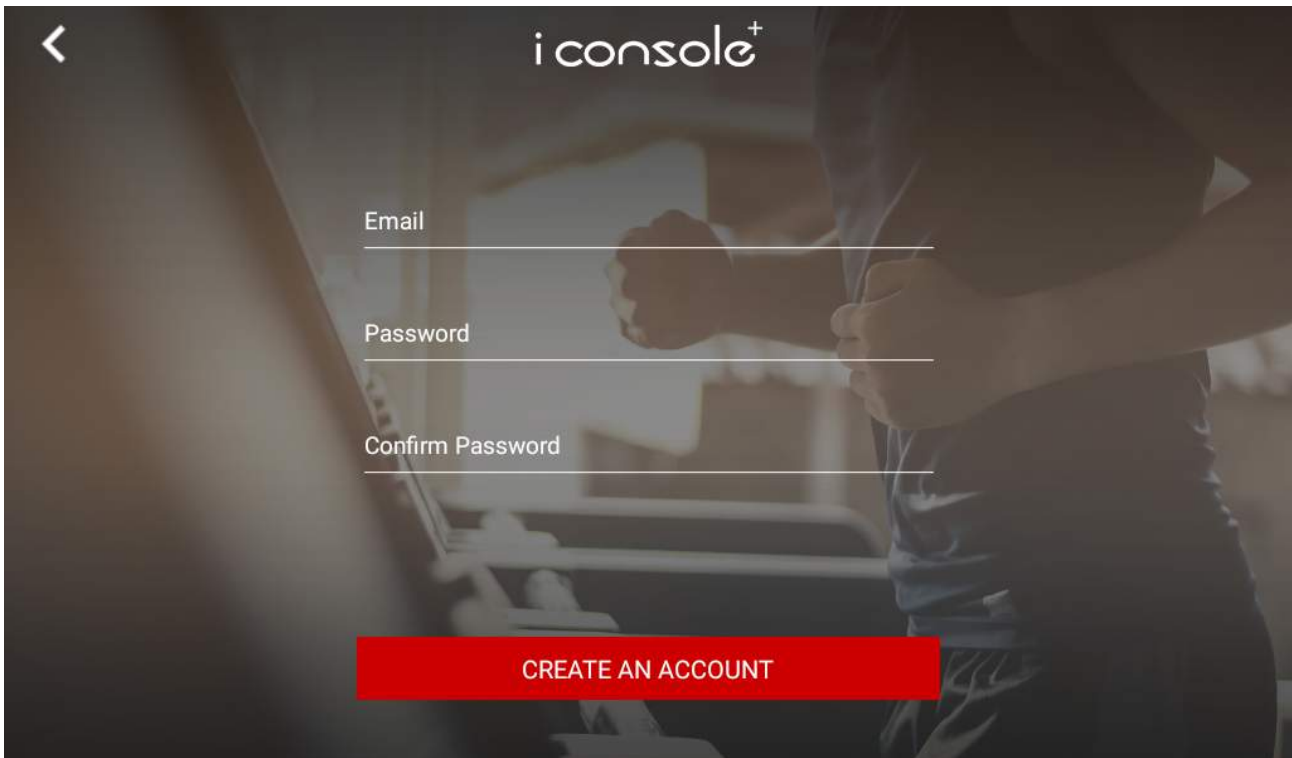




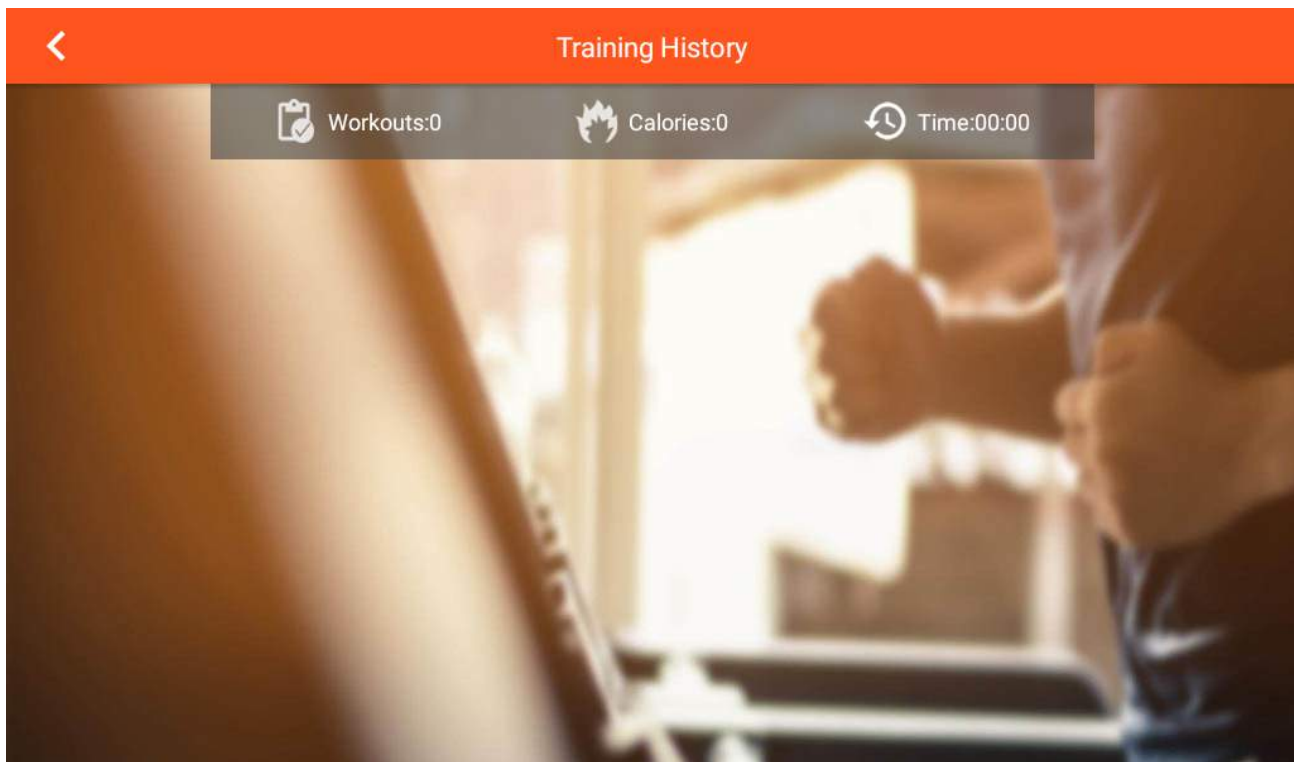
GOOGLE /FACEBOOK/WECHAT



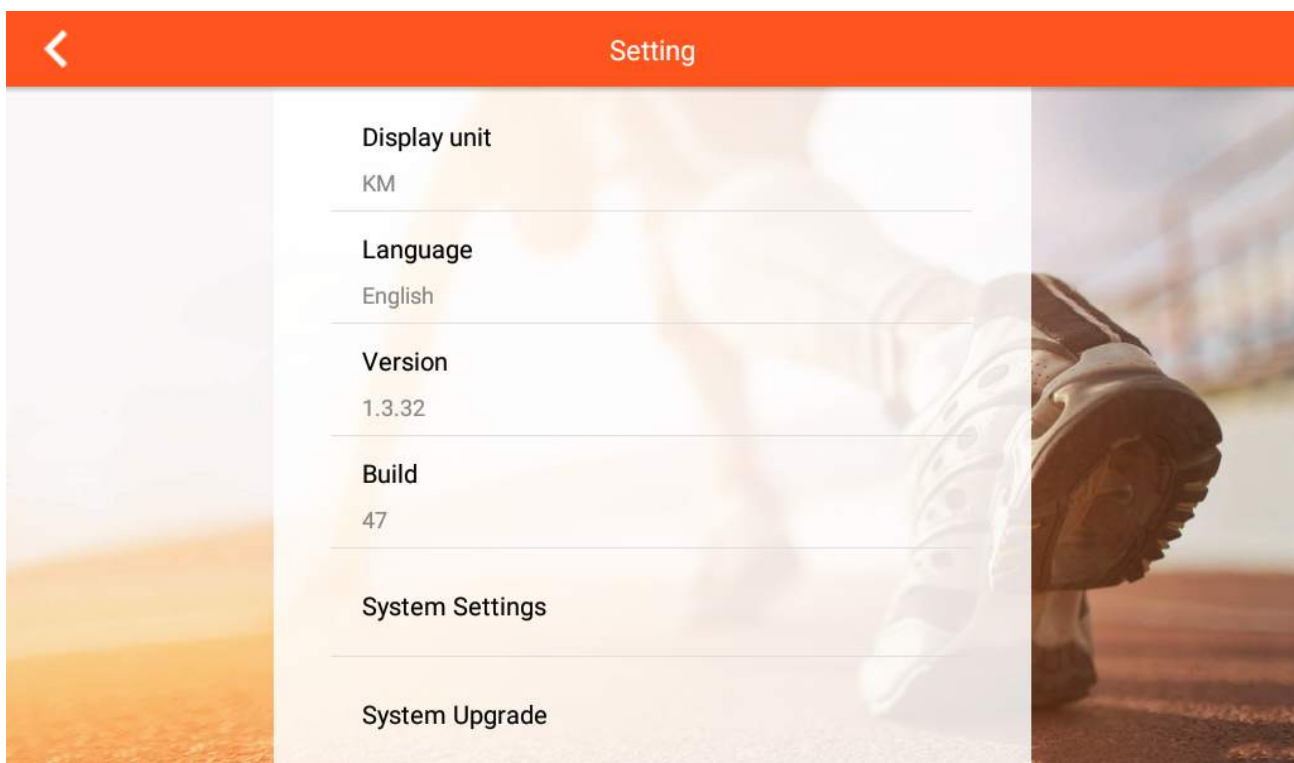
CREATE ACCOUNT



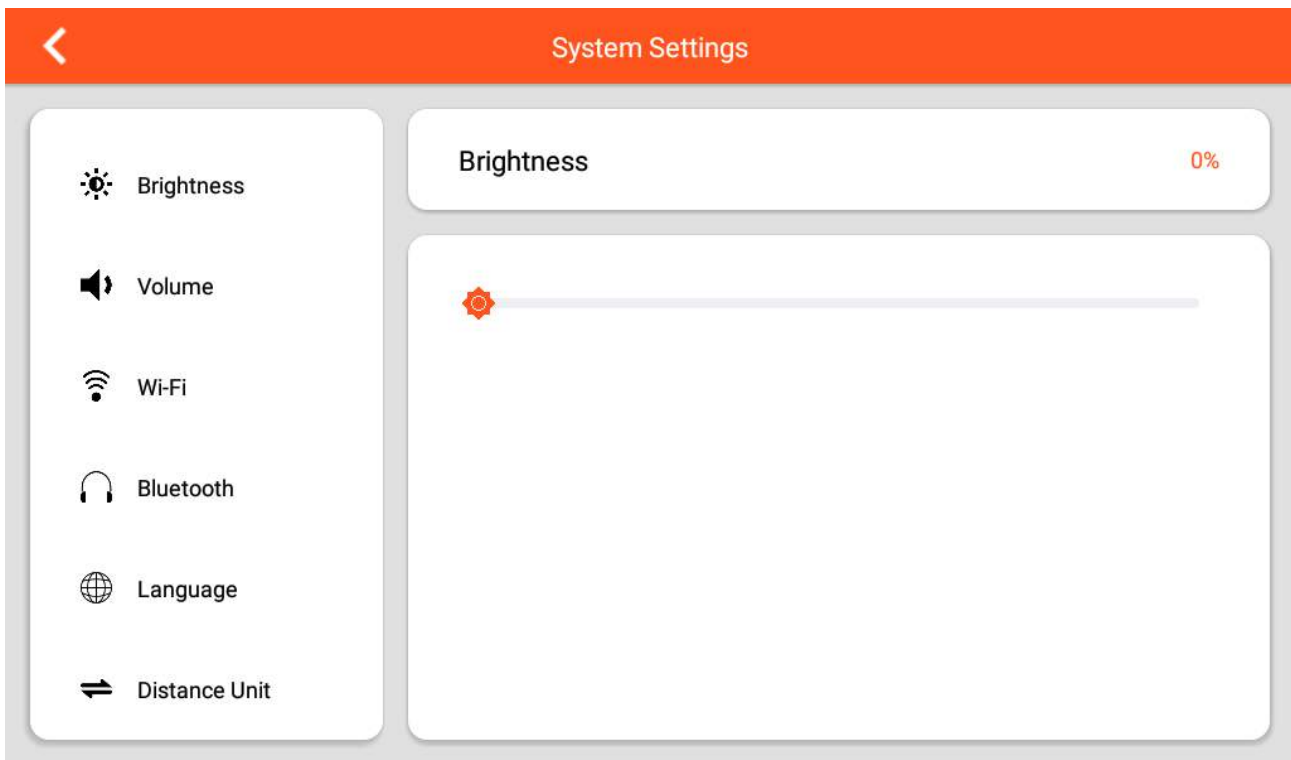
## B. TRAINING HISTORY



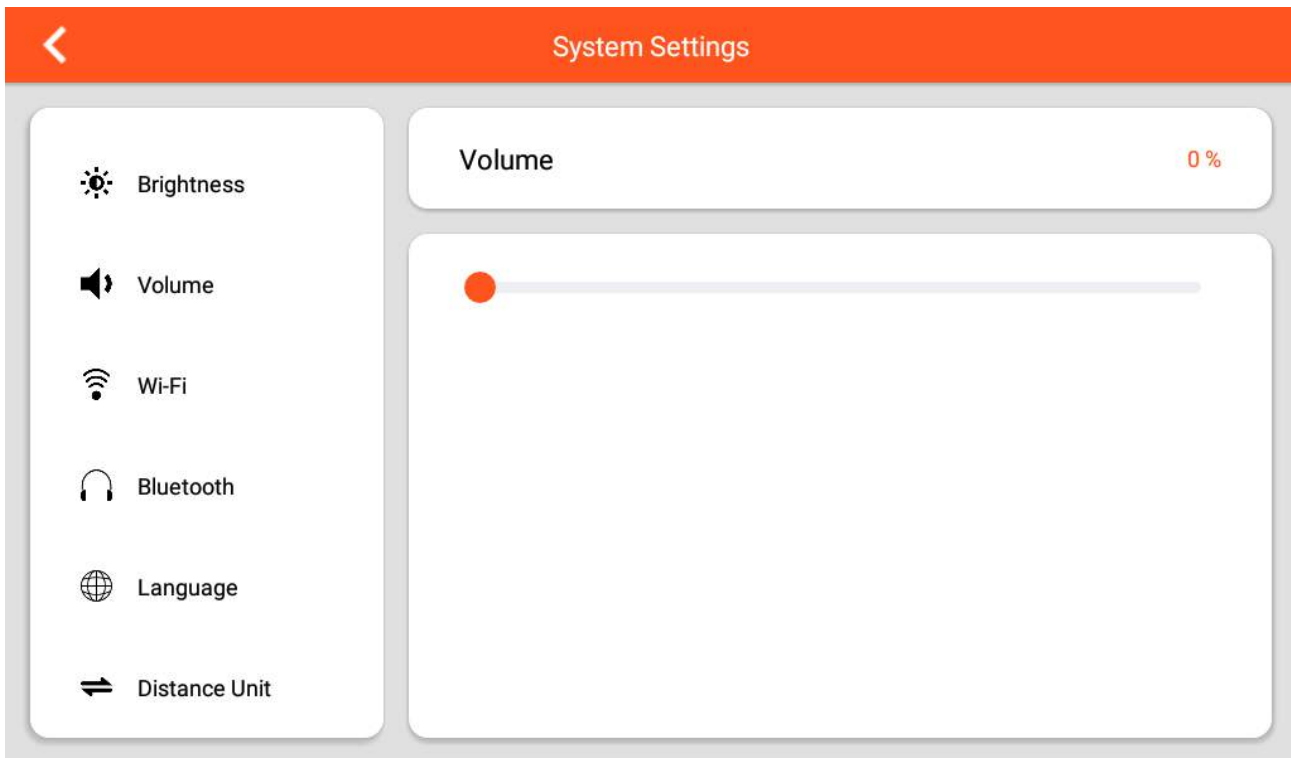
## C.SETTING:



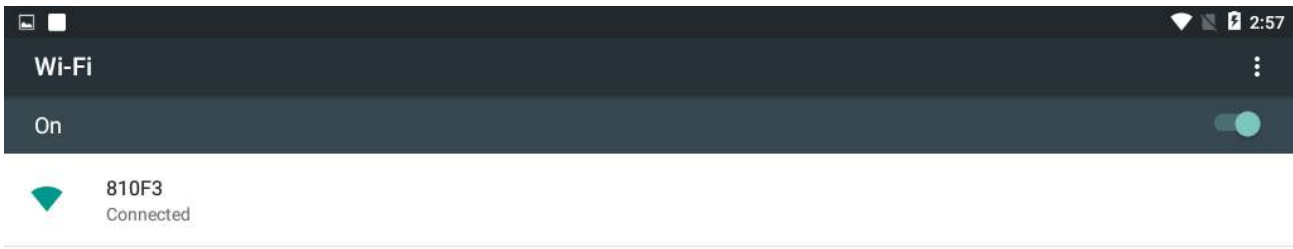
Click SYSTEM SETTINGS to enter into system setting (wifi brightness ,volume ,BT, Language ,KM/ML)  
a.Brightness



b.Volume

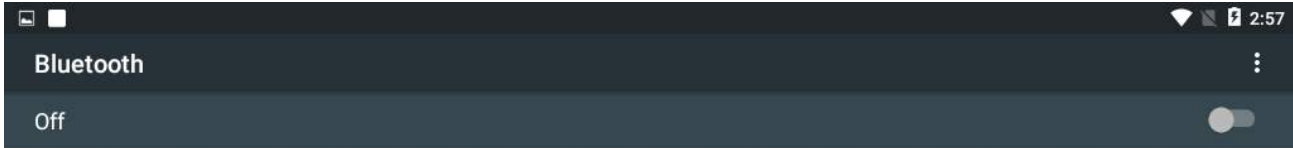


### c.WIFI



EXIT

### d. bluetooth device



When Bluetooth is turned on, your device can communicate with other nearby Bluetooth devices.

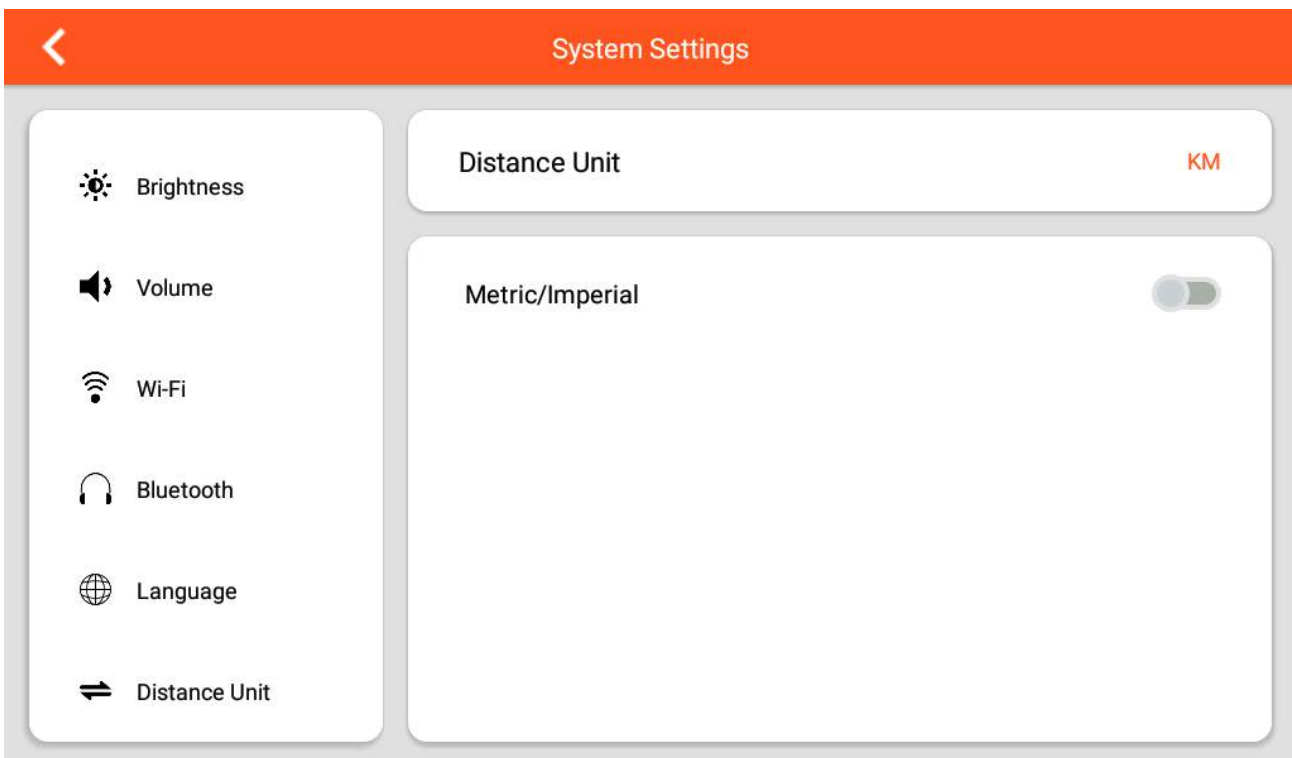
EXIT



e. language



f. Distance Unit



# SYSTEM UPGRADE into APP updata

< App Store



There are 3 apps to download or upgrade

Download all



Netflix  
1.0.3

Latest



Spotify  
1.0.2

Latest



Chrome  
1.0.0

Download



Facebook  
1.0.0

Latest



Twitter  
1.0.0

Latest

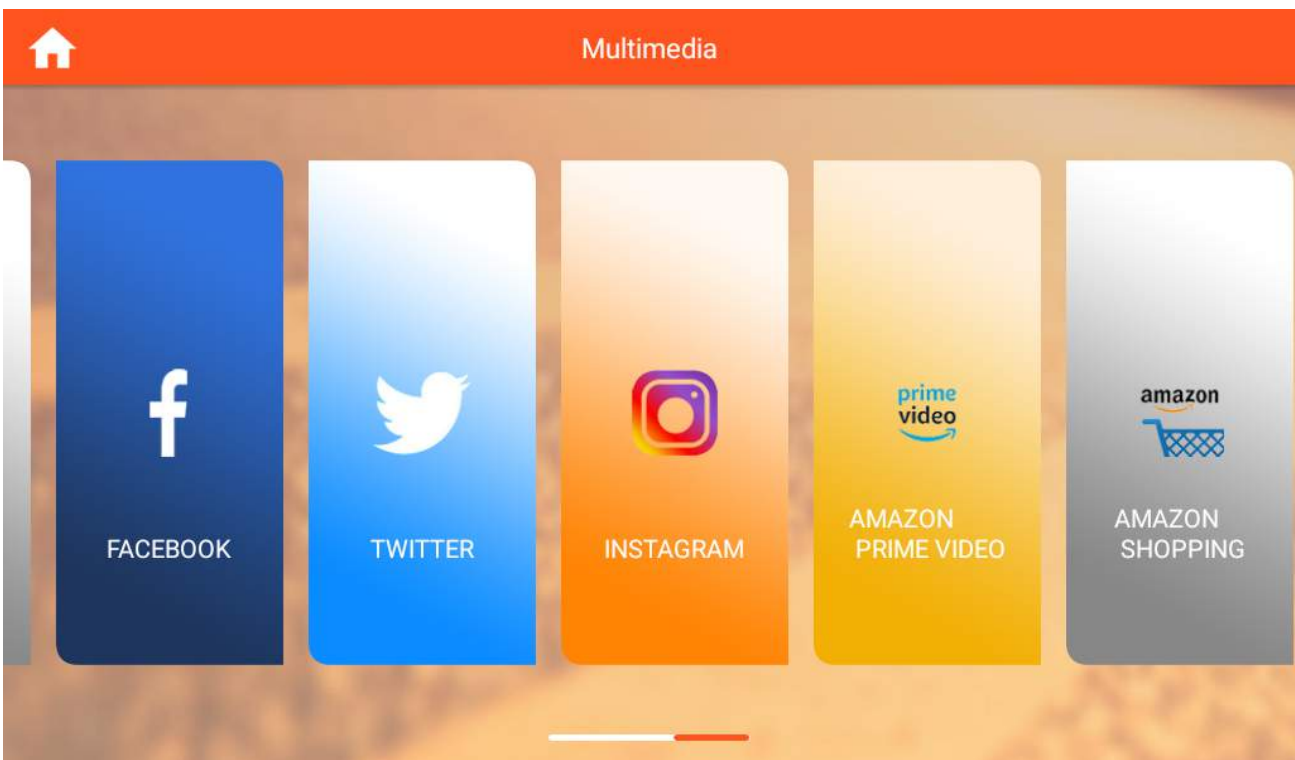
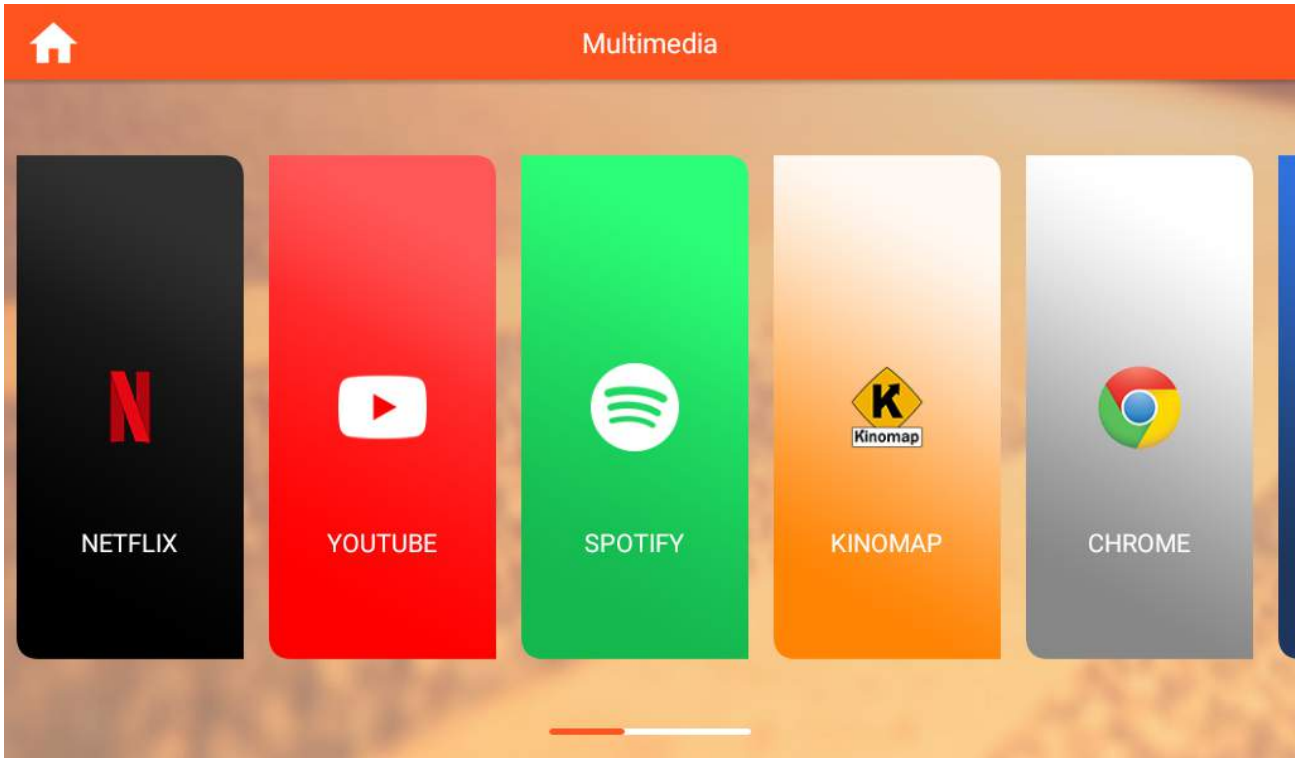







Instagram  
1.0.0

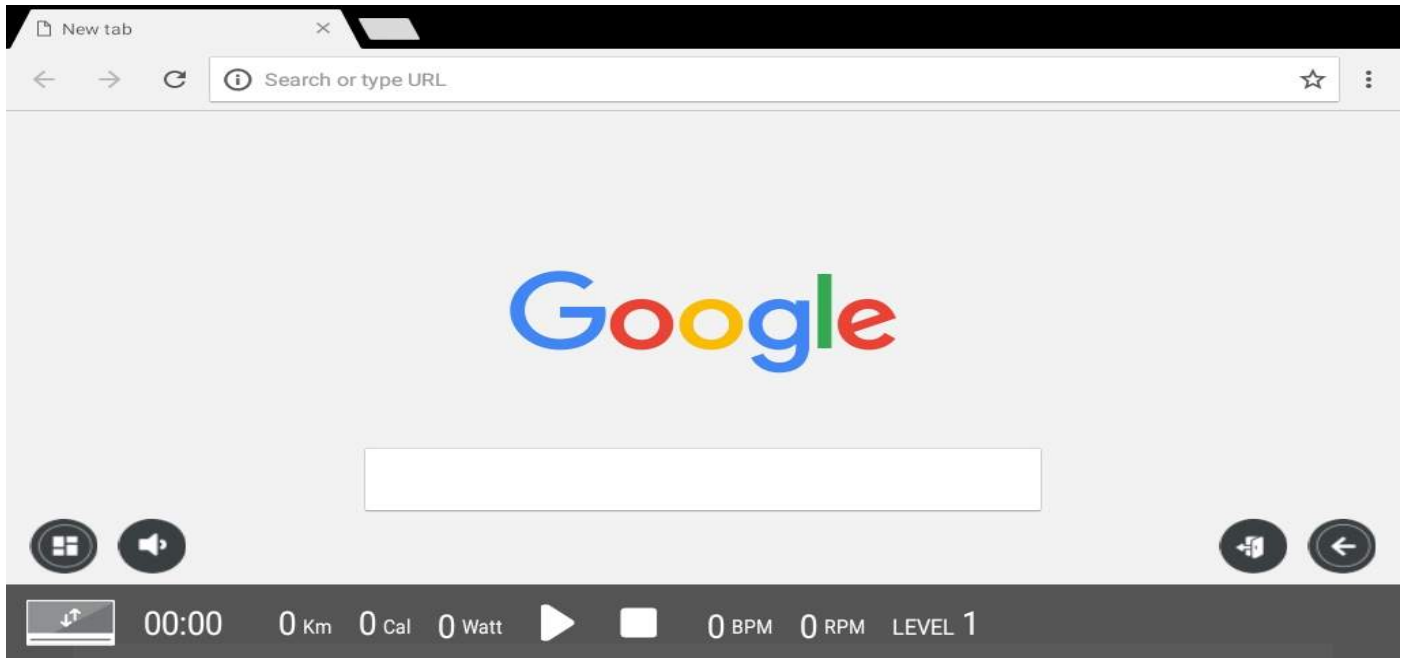
Latest

**6. Multimedia mode** (slide the page left and right to select the APP icon you want to use) :

- A. Select APP :NETFLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、TWITTER、INSTAGRAM、AMAZON PRIME VIDEO、AMAZON SHOPPING

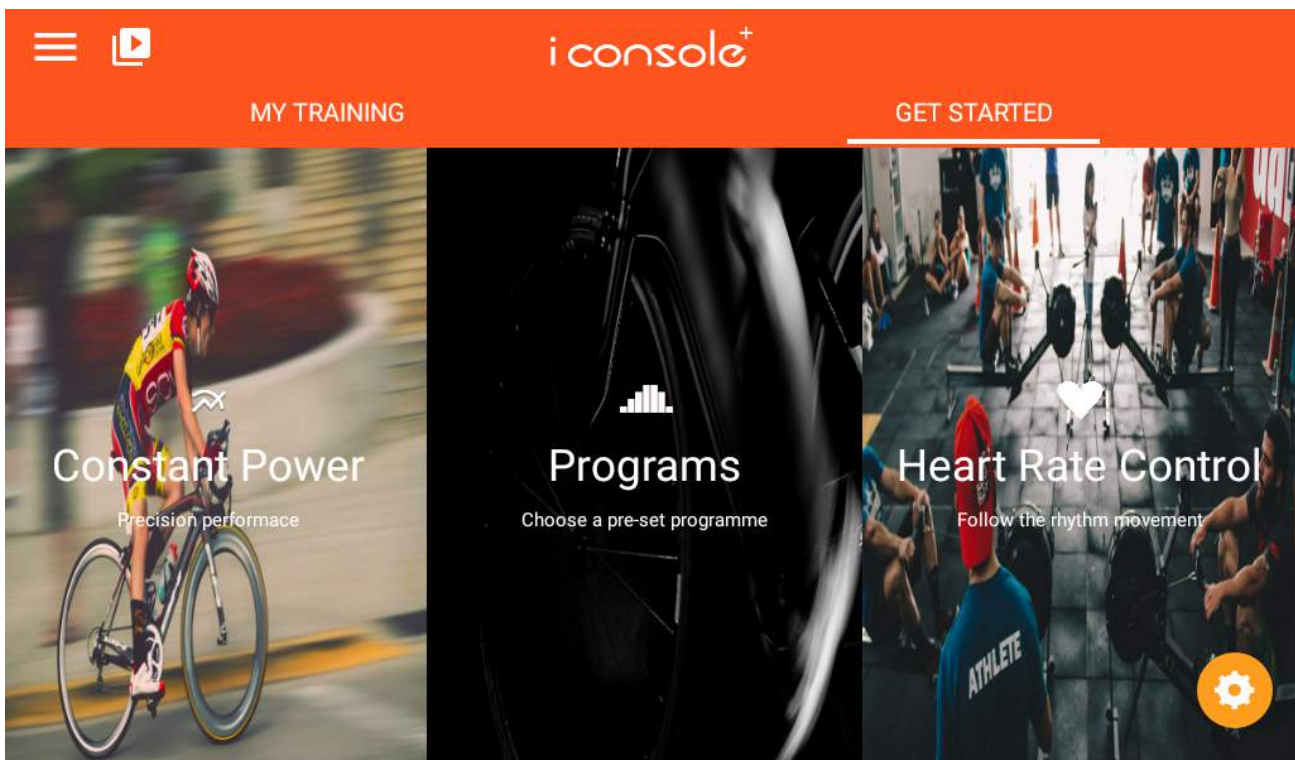
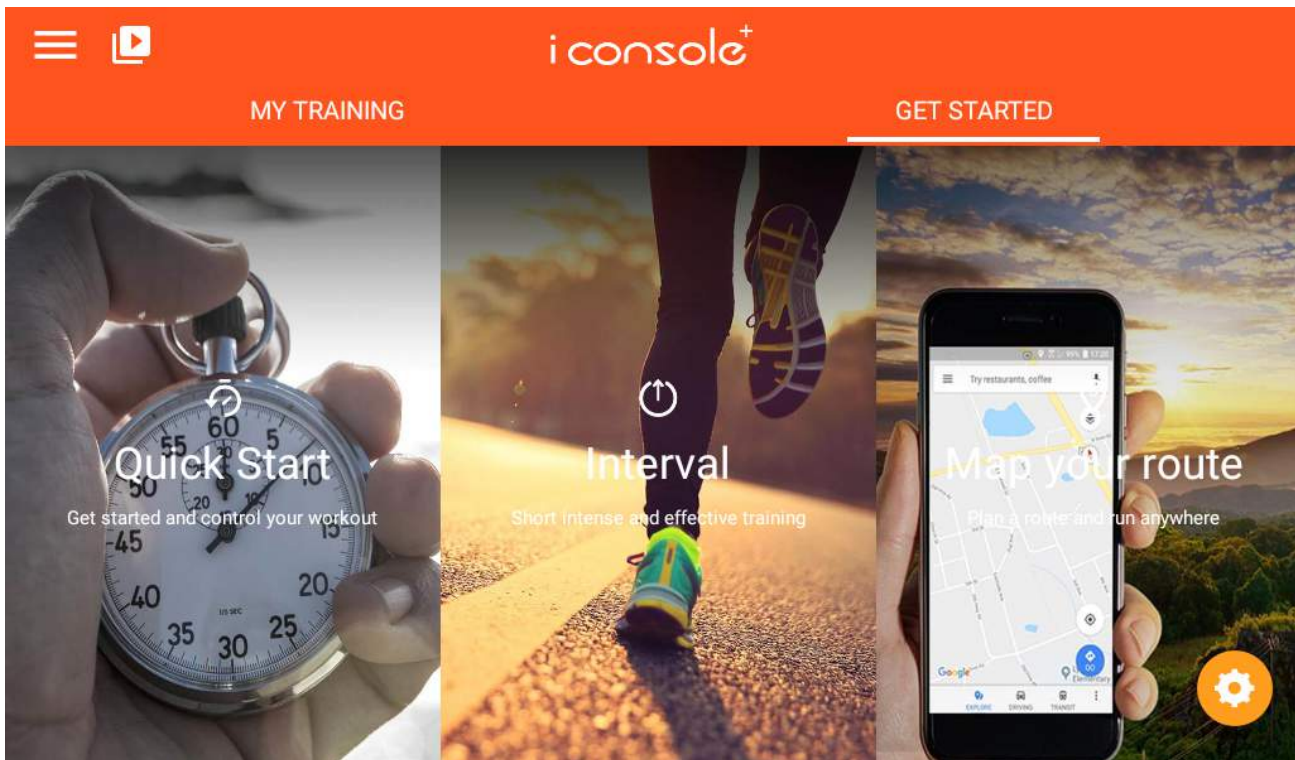


In Multimedia mode, user can press “” to display or hide the movement value, press “” back to the last system function page., press “” to the home page , press “” “to start training ,press”  “ stop exercise.



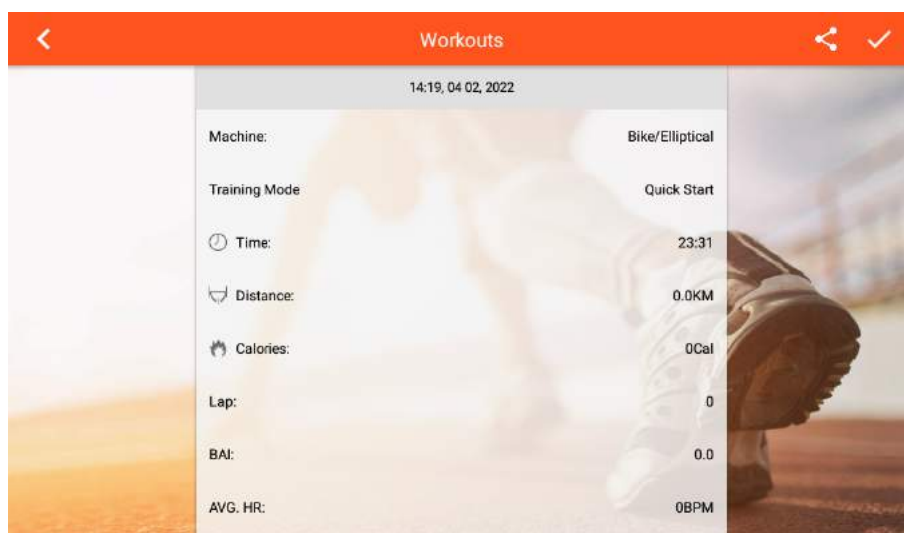
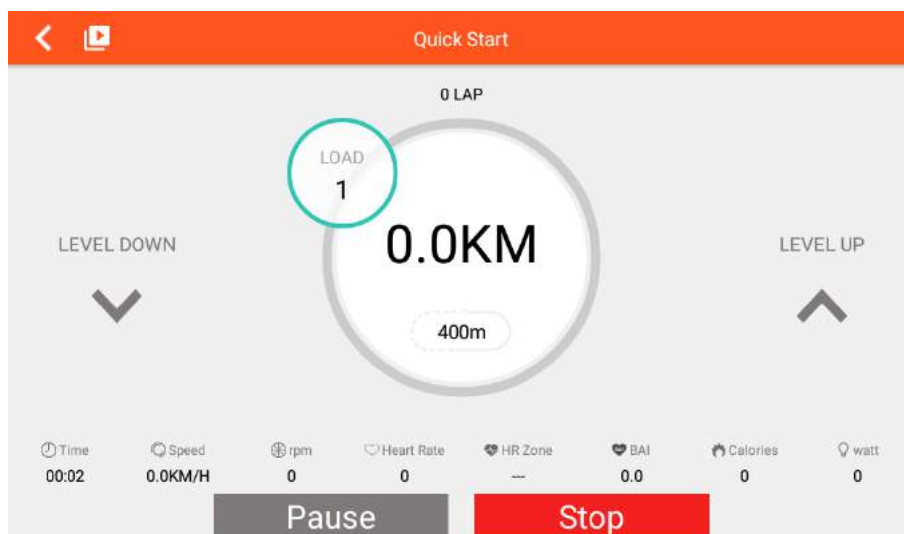
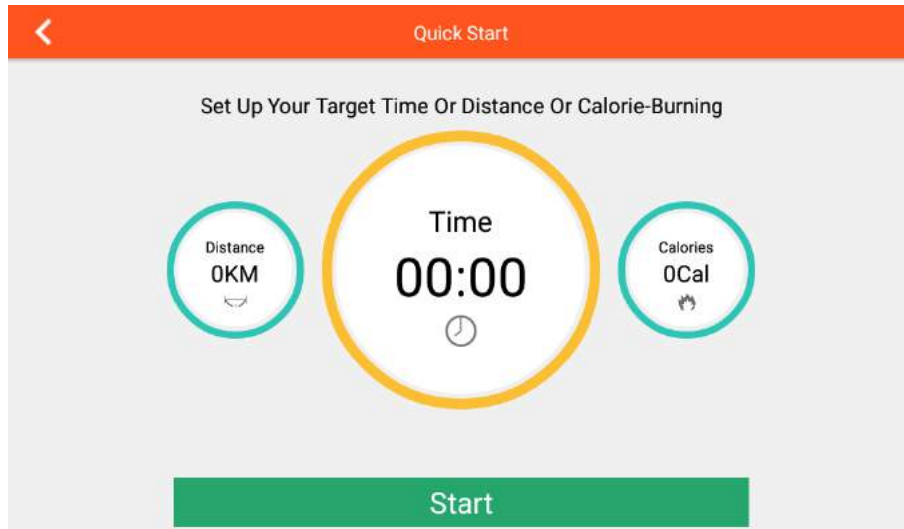
## 7、 Function Introduction

Quick Start / Interval /Map Your Route/Constant Power/Program/Heart rate Control



## A. QUICK START MODE:

1. Setting the exercise value (DIST/TIME/CAL), Press “START” go to training, data start to counting .
  2. When start training can adjust the LEVEL UP&DOWN /FAN, press “PAUSE” enter into break mode, press “STOP” to exit this mode.
- C. When finished, the SUMMARY displays .



## B. INTERVAL MODE:

A. Can set the functions value of CYCLE /TIME /LEVEL /TARGET RPM separately, press “START” go to training.

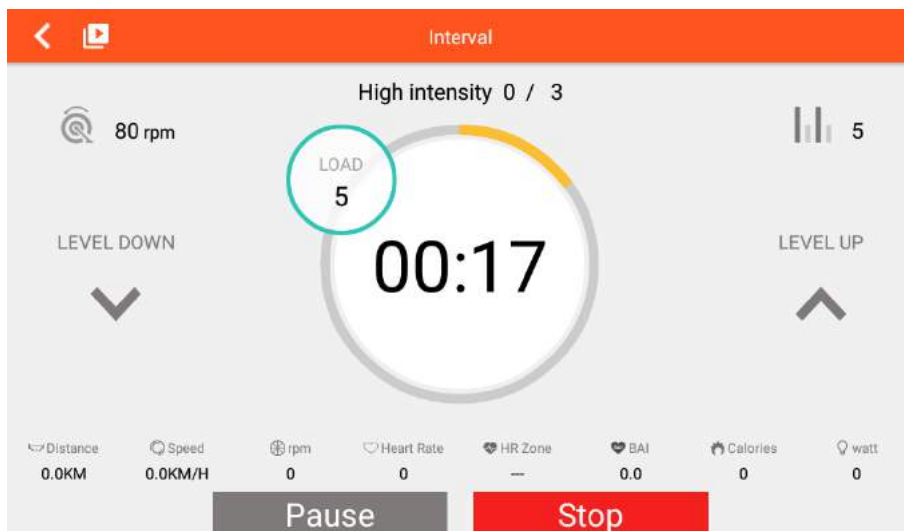
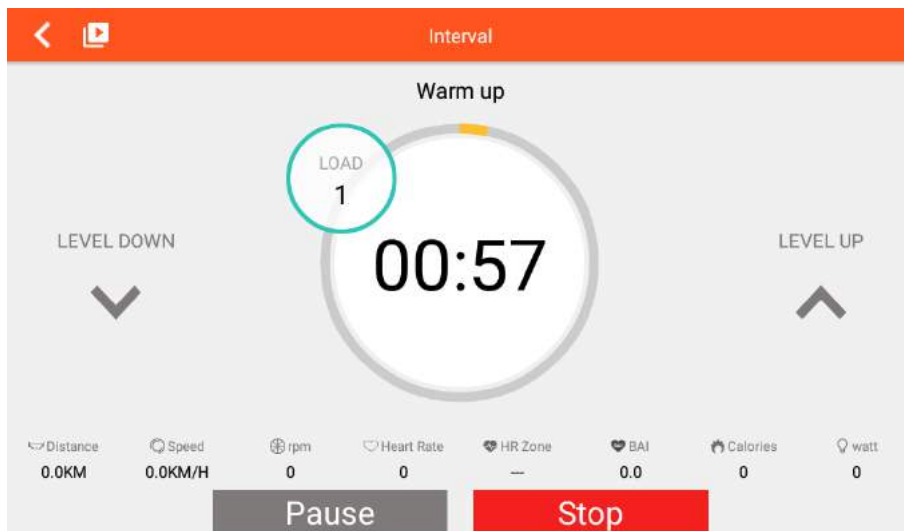
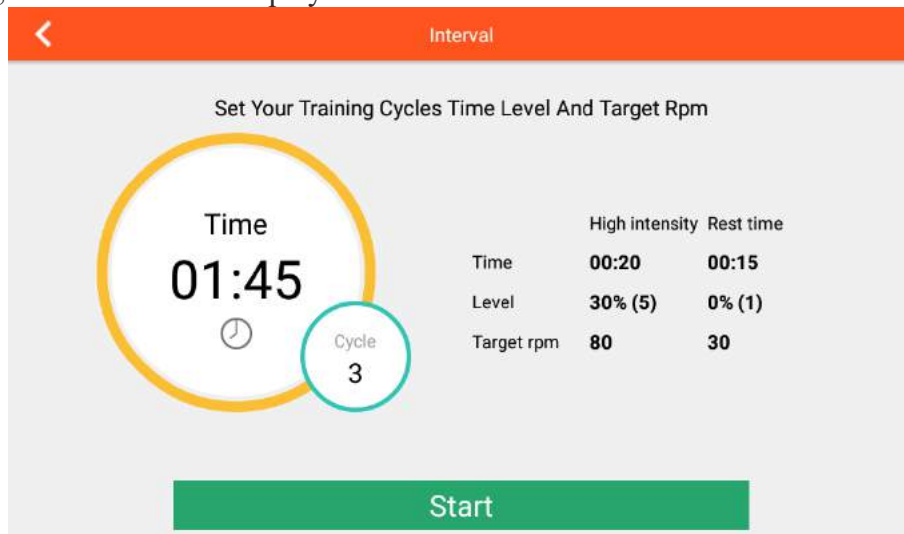
B. Warm up first, then start INTERVAL mode

C. In high intensity time can adjust the load level (display the level as set )

When in rest time adjust the load level, keep display the level as set .

D.Press “ PAUSE” enter into break mode, press “STOP” leave this mode.

E. When finished, the SUMMARY displays .







Workouts

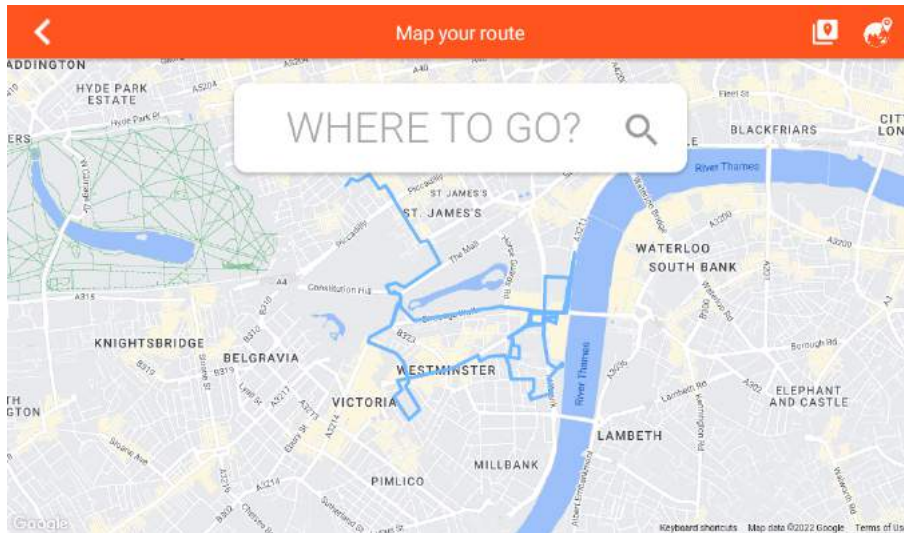
15:33, 04 02, 2022




Machine:	Bike/Elliptical
Training Mode	Interval
🕒 Time:	01:03
📏 Distance:	0.0KM
🔥 Calories:	0Cal
Lap:	0
BAI:	0.0
AVG. HR:	0BPM




## C.MAP YOUR ROUTE MODE:

1. After entering this mode, it will detect the current region, click “” load the preset link, distinguish Chinese and non-Chinese region.; click “” can switch to the world map(GOOGLE MAP) or China Map. preset “” as the map of China, and “” as the World map.



2. Planning the map road, long press one time will display the start position “”, long press two times will display the final position “”, press three times display the turning point “” (with the max qty).

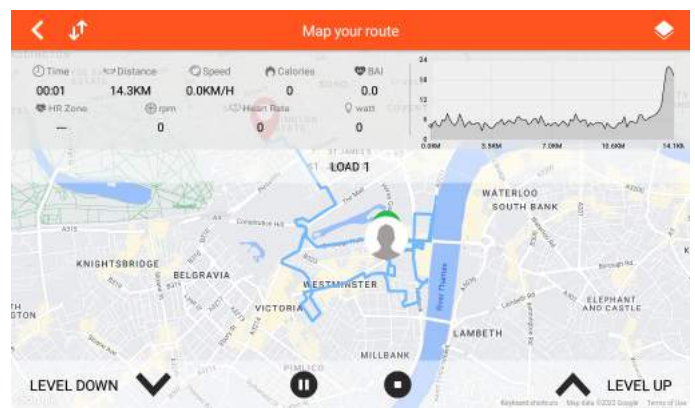
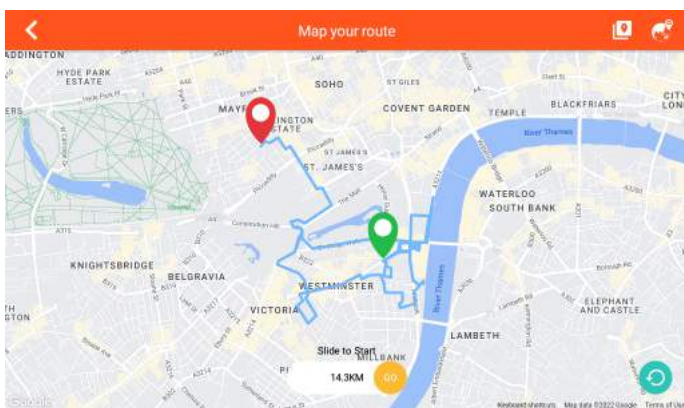


Slide and start training ,press “” can reset the map.

3. Press “” display or hide the exercise value, press “” switch the map/ Google street / satellite mode, and display the map/ Google street / satellite  is in cycle. Also user can adjust the LEVEL/INCLINE/FAN, LEVEL will be adjusted according to the slope map .

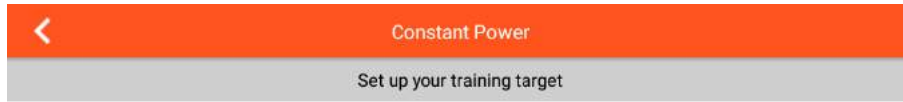
4. Can adjust the LEVEL UP OR DOWN, press “ ” “go to break mode, press “” leave this mode.

5. When finished, the SUMMARY displays .



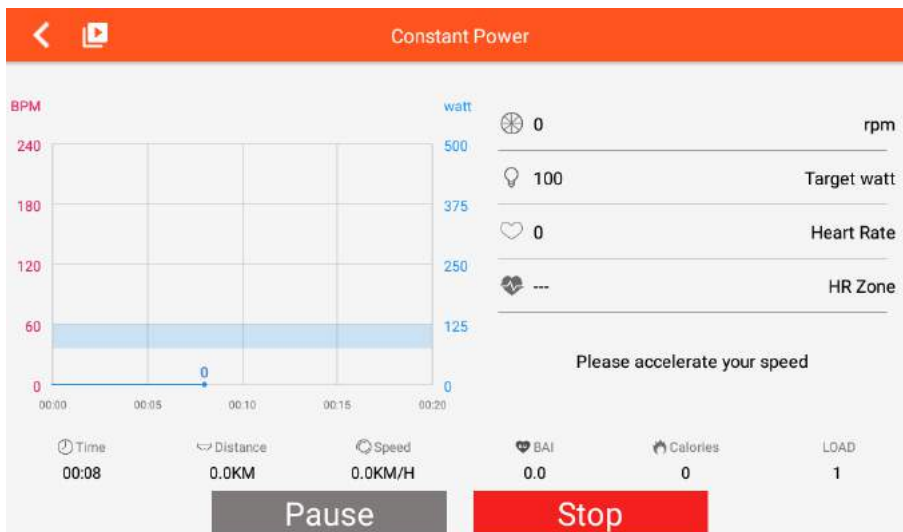
## D、 Constant Power MODE:

1. User can set TIME/TARGET POWER/TARGET CADENCE , then press “START” go to training.
2. LEVEL will be adjusted according to the value of WATT.
3. Press “ Pause ”go to break mode, press “ Stop ” leave this mode.
4. When finished, the SUMMARY displays .



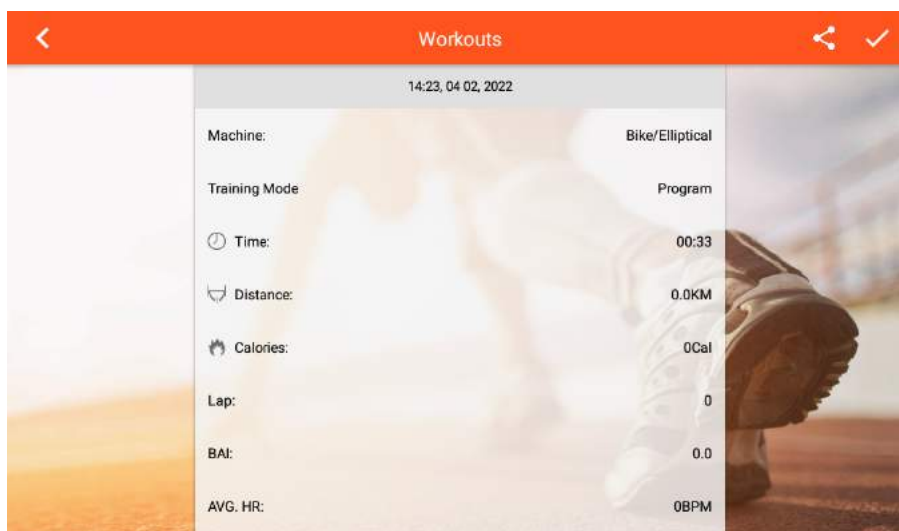
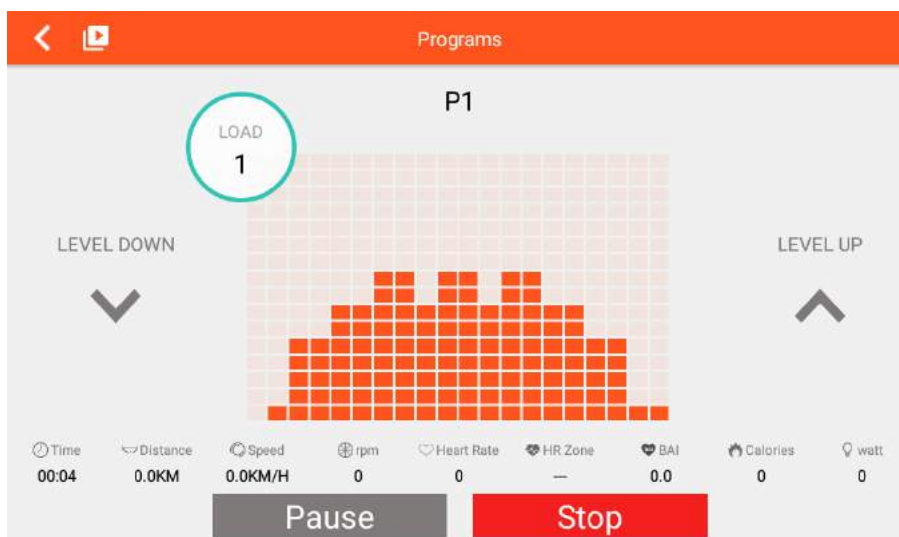
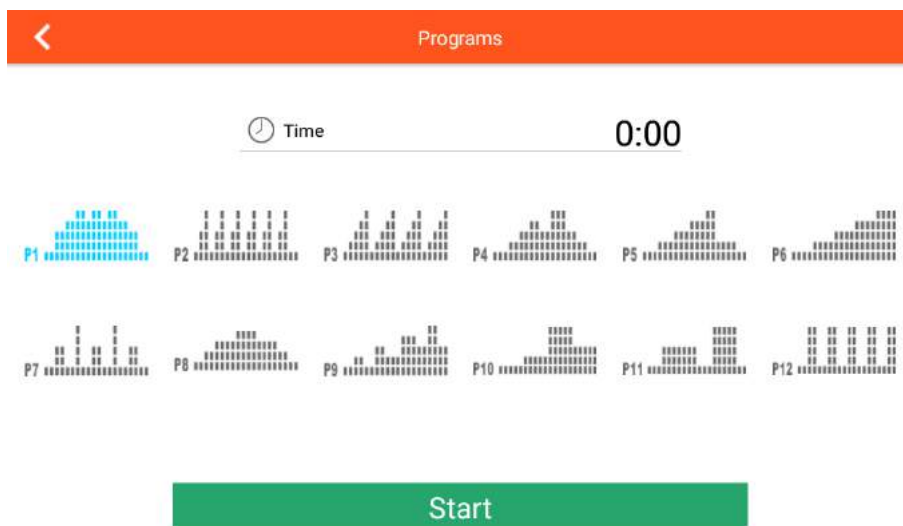
🕒 Time 0:00  
💡 Target Power 100<sub>watt</sub>

Start



## E.PROGRAM MODE:

1. Set the TIME and select P1~P12 PROGRAM, press “ START” go to training.
2. When start user can adjust the LEVEL UP&DOWN /FAN, level will be adjusted according to the PROGRAM.
3. Press “PAUSE” enter into break mode, press “ STOP” leave this mode.
4. When finished, the SUMMARY displays .



## F. HEART RATE CONTROLMODE:

1. User can set the AGE/ TIME/ TARGET 55% 75% 90% TAG PULSE, press “ START” go to training.
2. LEVEL will be adjusted according the goal value of heart rate, if not reached the goal value , the load level will increase ,if over the goal value level will decrease automatically.
3. If without heart rate input about 40s, it will exit this mode automatically.
4. Press “ PAUSE” enter into break mode, press “STOP” leave this mode.
- E. When finished, the SUMMARY displays .

