

CONTENT



User Manual



Android tablet Bluetooth Pairing instruction	01
Android tablet Tunelinc Connect instruction	03
Android Cell Phone Bluetooth Pairing instruction	04
Android Cell Phone Tunelinc Connect instruction	06
iOS Bluetooth Pairing instruction	07
iOS Tunelinc Connect instruction	10
Log in setting instruction	13
Program setting instruction	18
Cell Phone Program setting instruction	21
Quick Start setting instruction	24
Cell Phone Quick Start setting instruction	26
HRC setting instruction	28
Cell Phone HRC setting instruction	31
WATT setting instruction	33
Cell Phone WATT setting instruction	35
iRoute setting instruction	37
Workout summary	42
MapMyFitness	44
iRoute-Baidu	47
Share the workout result	50
Exercise target	53
Exercise plan summary	55
Workout summary	56



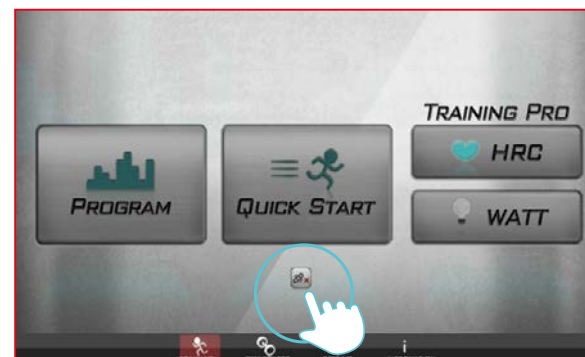
Android Tablet Bluetooth Pairing instruction

1



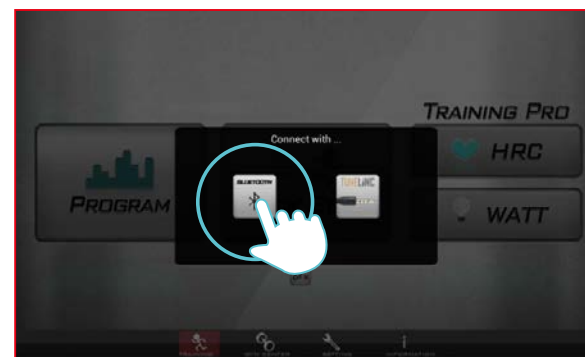
Download iConsole+ in Google play
system requirements:
1280*800 Android 4.3 or above.

2



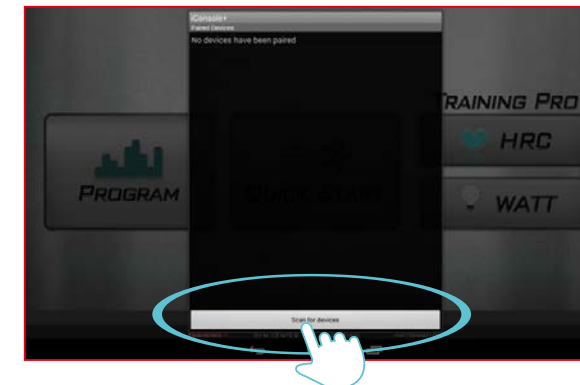
After finish download,
open the APP and click
the lower middle icon to connect.

3



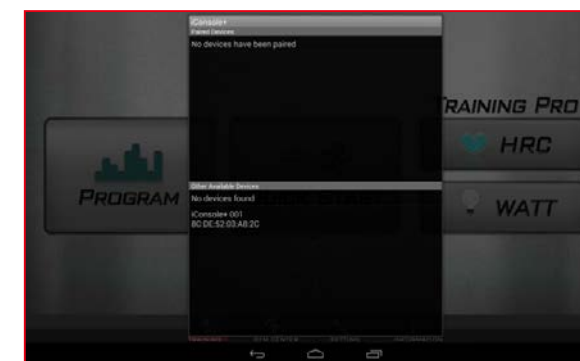
Select BLUETOOTH for connect.

4



Press "SCAN FOR DEVICES"

5



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

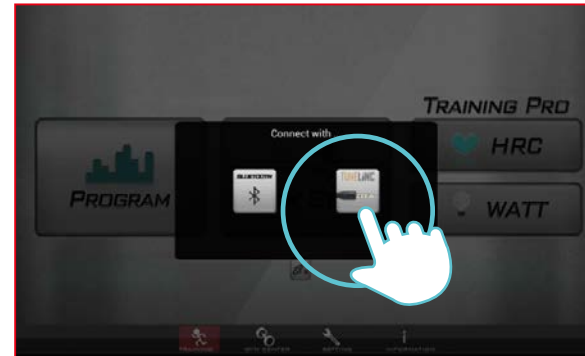
6



Pairing successful and
entering APP.

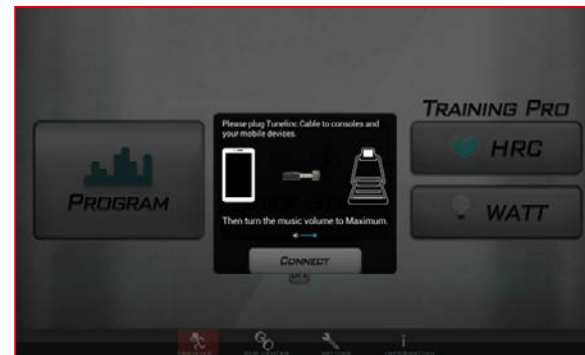
Android Tablet Tunclinc Connect instruction

1



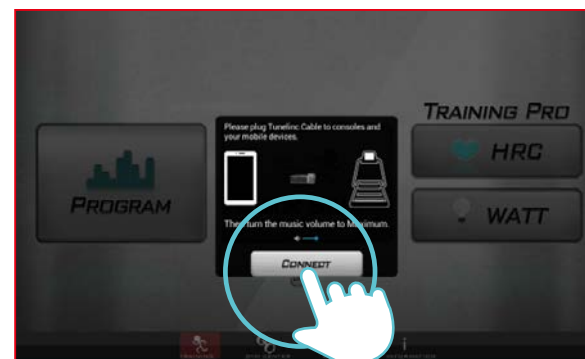
Press Tunelinc icon to connect.

2



Plug in the audio cable.

3



Press CONNECT

4



Connect successful and entering APP.

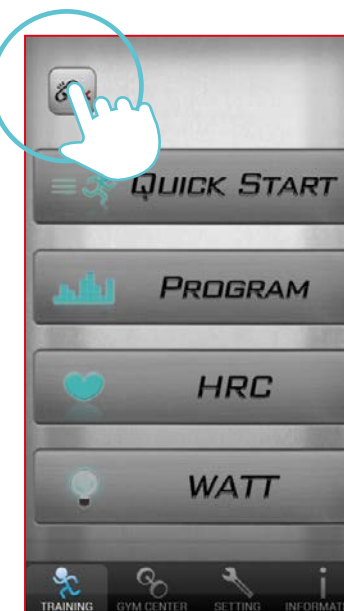
Android Cell Phone Bluetooth Pairing instruction

1



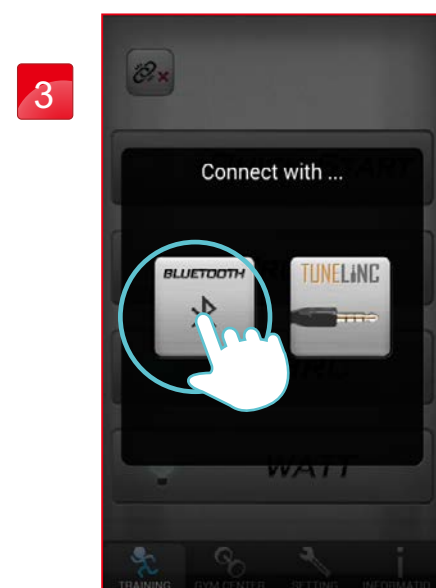
Download iConsole+ in Google play,
system requirements:
480*800, 720*1280, 1280*800 Android 4.3 or above.

2

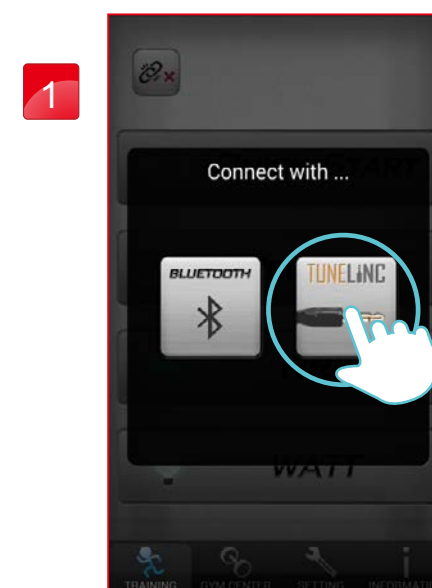


After downing APP press top left icon to connect.

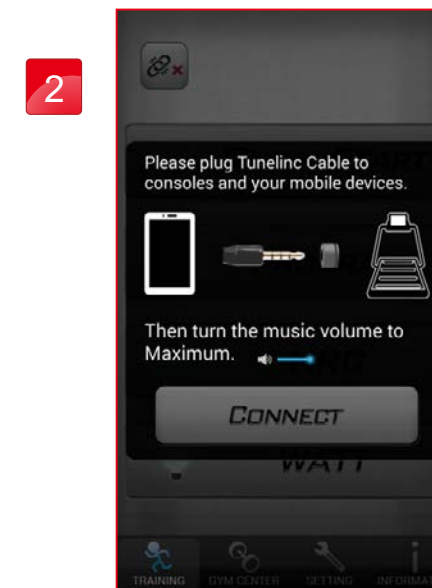
Android Cell Phone Tunelinc Connect instruction



Select BLUETOOTH for connect.



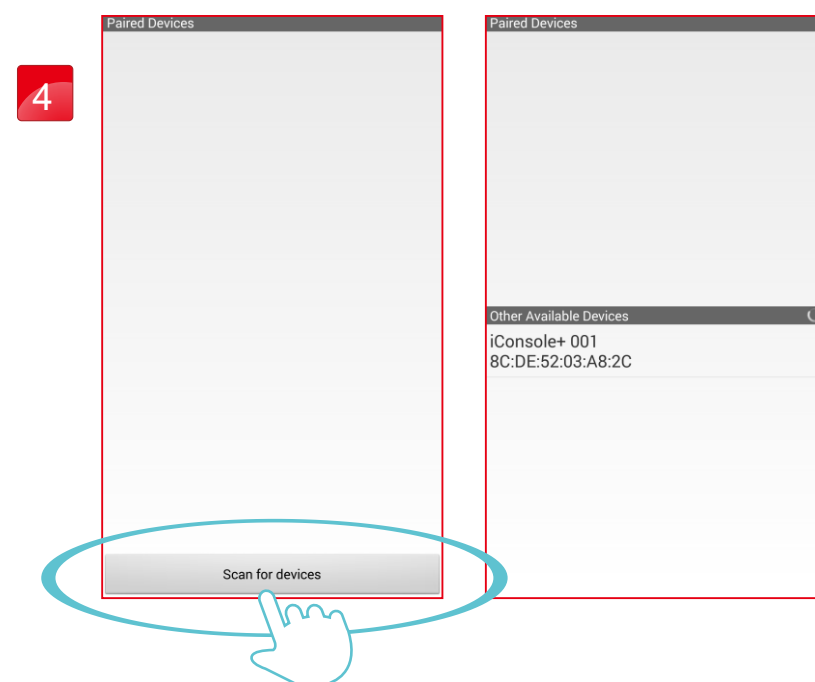
Select Tunelinc for connect.



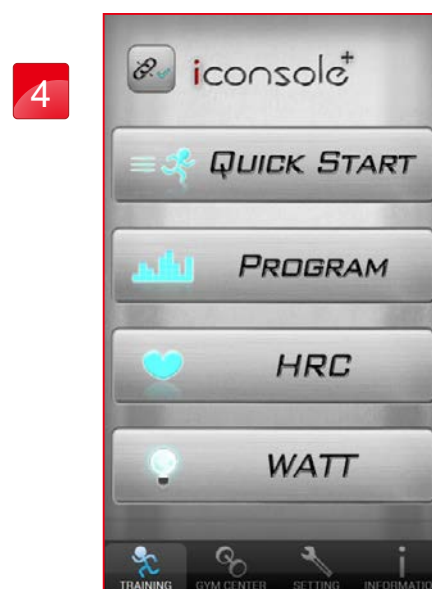
Plug in the audio cable.



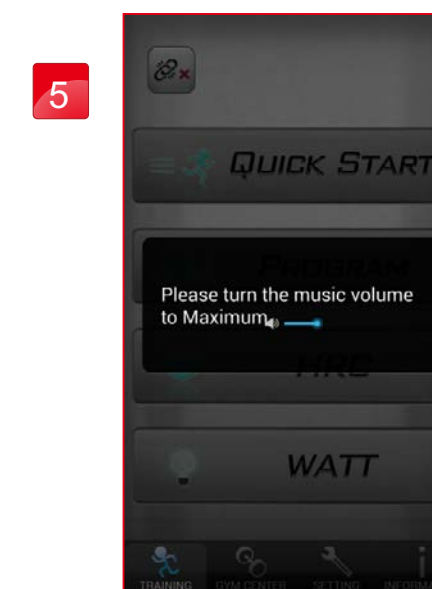
Press CONNECT



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



Connect successful and
entering APP.



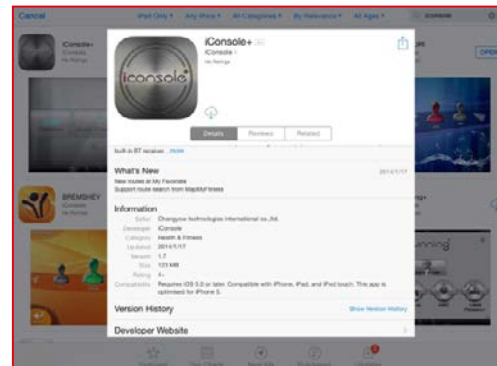
During the connection please
do not adjust the volume to
avoid off line.



iOS Bluetooth Pairing instruction

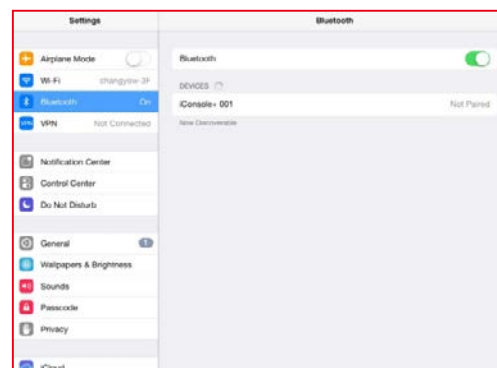
Noted: BT3.0 connecting method

1



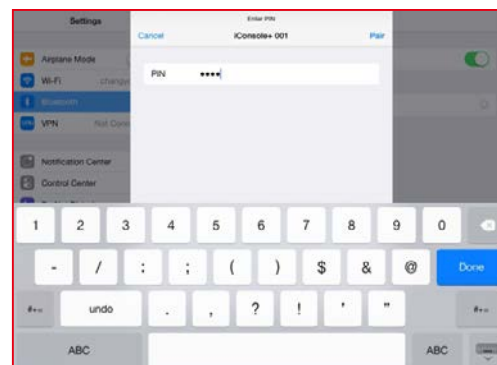
Download iConsole+ in APP STORE,
system requirements:
iOS 8 or above.

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.

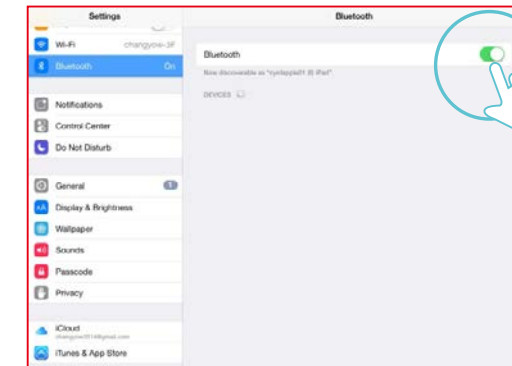
4



Entering the APP.

Noted: BT4.0 connecting method

1



Turn on the BT on smart device. °
Then start APP.

2



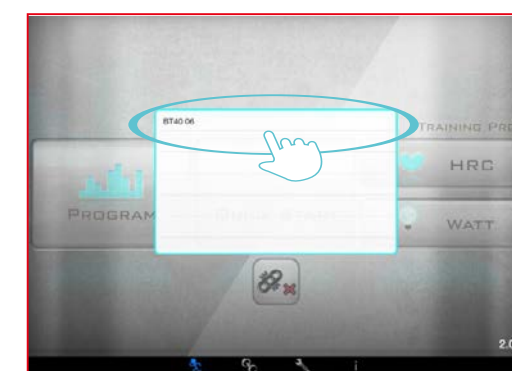
Enter APP select
connecting way.

3



Press BT icon.

4



Select BT connecting device.

iOS Tunelinc Connect instruction

5



Connecting complete.

1



Tunelinc connection: Press icon to connect.

2



Press Tunelinc icon.

3



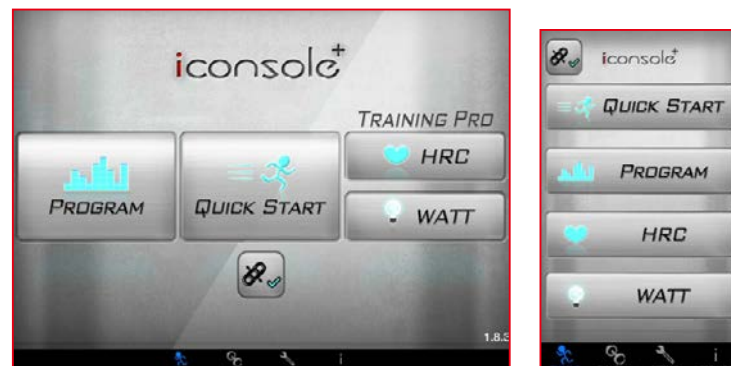
Plug in the audio cable and adjust the volume between 70% to 90%.

4



Press CONNECT.

5



Entering the APP.

6



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

Notices and warnings

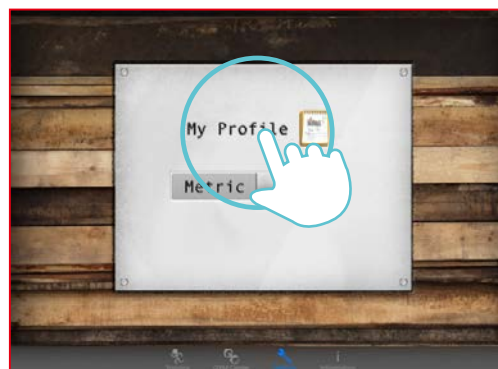
- 1) Without receiving any reply comment of communications protocol, the APP would continue sending signal and wait for acknowledging. And over 15 seconds the tunelinc would off line, and user needs to reset (Such as: phone, message, or any sound disturbance comes in. In 15 seconds the connection would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

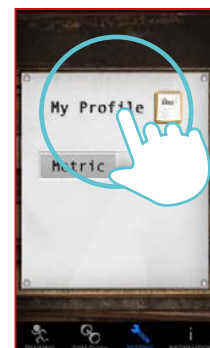
« Not support some electronic devices. »

Log in setting instruction

1



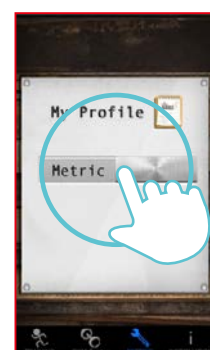
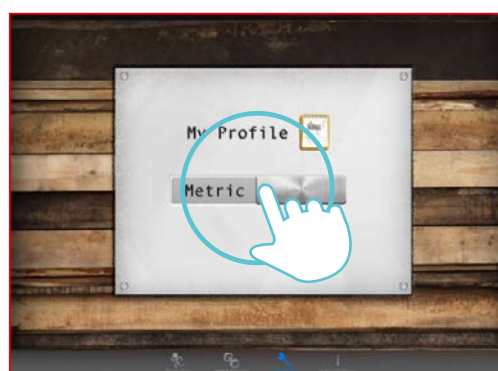
iPad



iPone

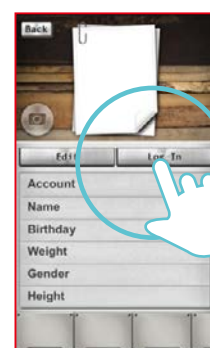
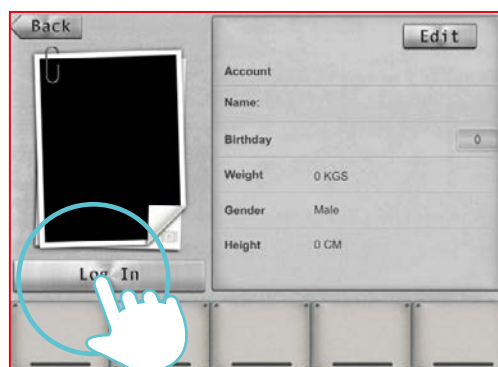
“SETTING”
Edit Profile

2



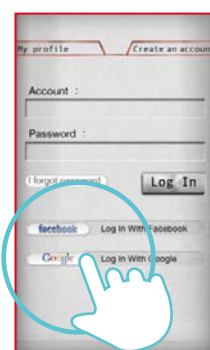
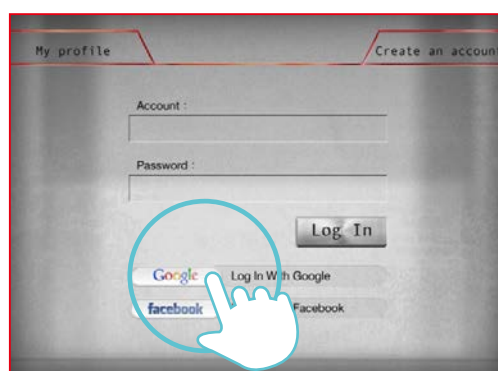
Select
Imperial / Metric

3



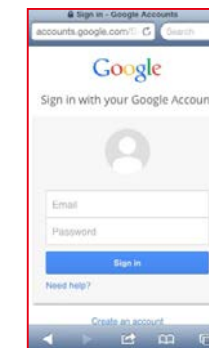
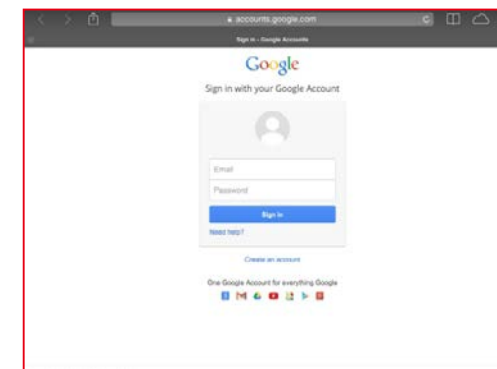
First time using this app,
user needs to log in.
Press “LOG IN”

4



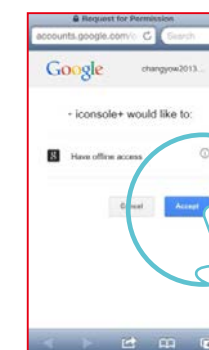
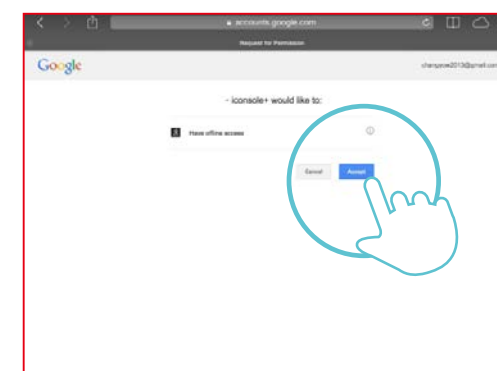
Log in by user's Google/FB
account or key in user's
email address as account
for entering and set up the
password.

5



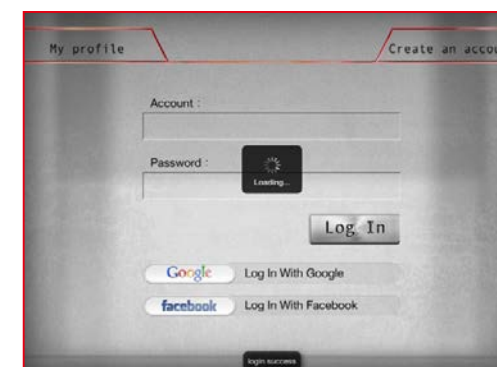
Log in with Google account.

6



Pressing “ACCEPT”

7



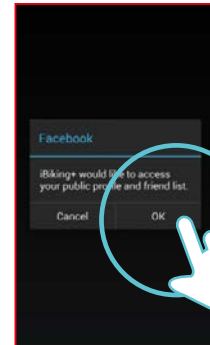
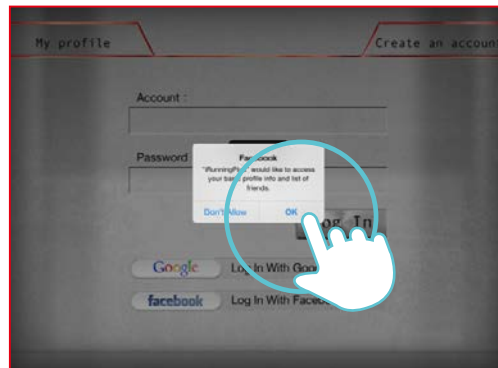
Log in success.

8



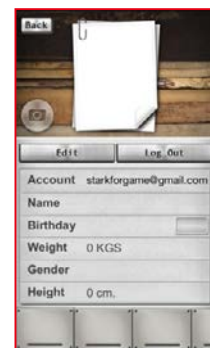
Log in with
Facebook account.

9



Pressing "OK"

10



Log in success.

11



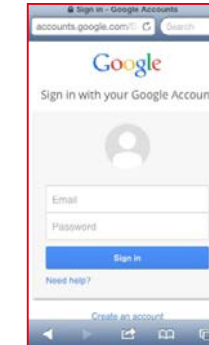
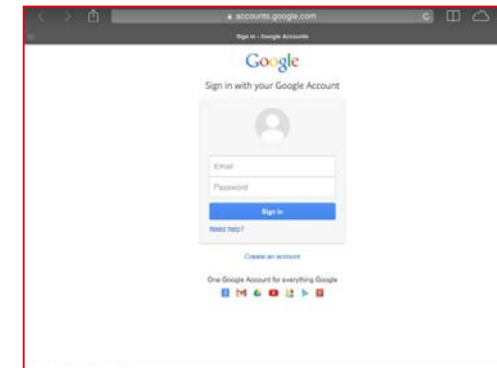
Create a new account.

12



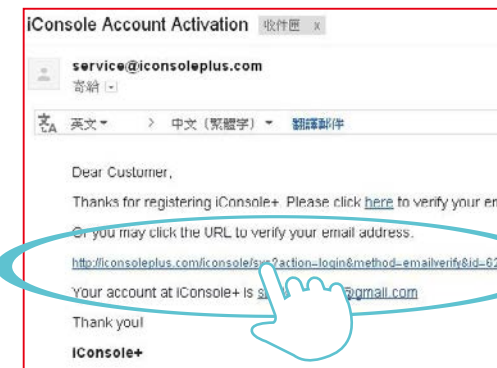
Key in user's account info and password.

13



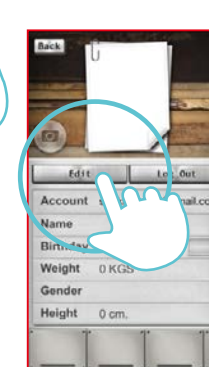
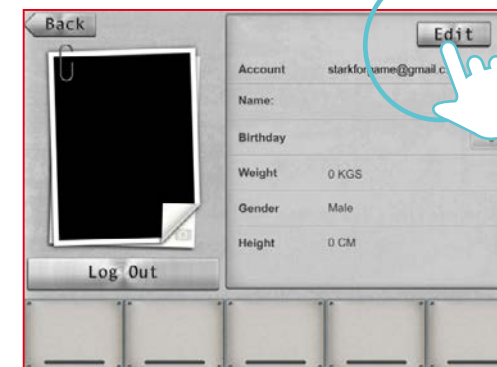
Enable the email account.

14



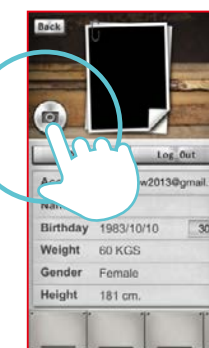
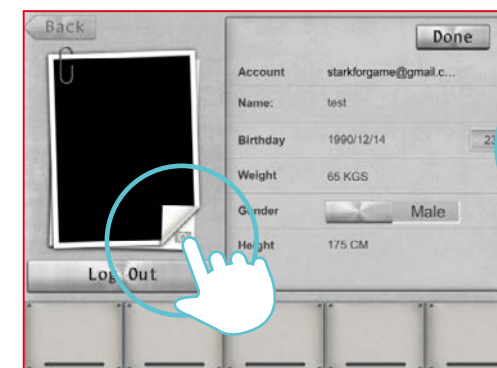
Find the account activating mail and click the URL to verify the account.

15



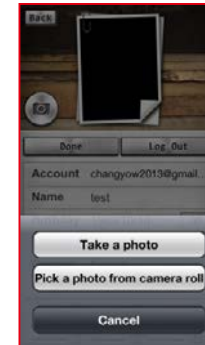
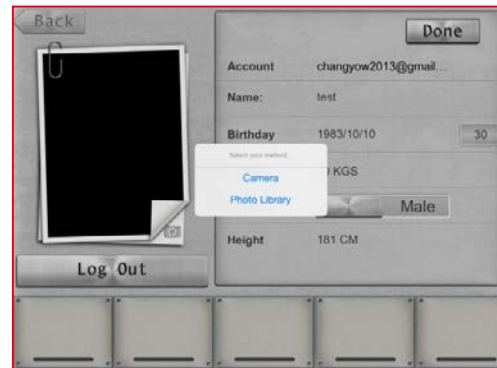
After log in press "EDIT" to create personal data.

16



Fill in personal info.

17



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

Program setting instruction

1



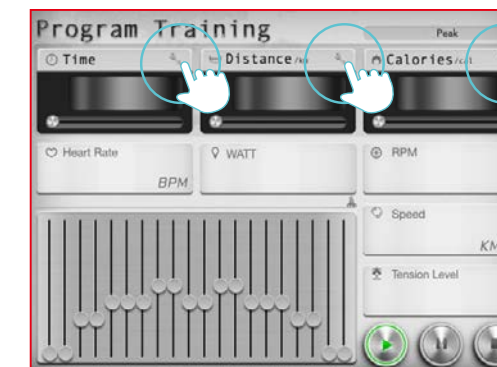
"PROGRAM"

2



12 training programs for users to choose.

3



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

4



Setting "TIME"

5



Setting "DISTANCE"

6



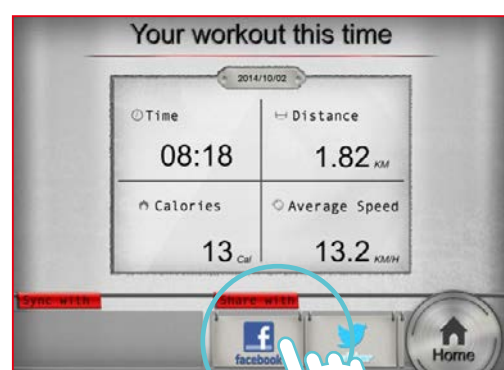
Setting "CALORIES"

7



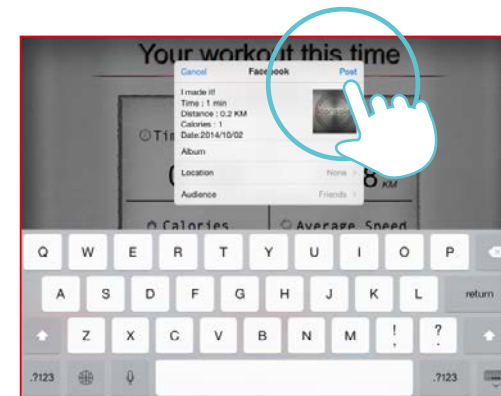
The setting "TIME" starts countdown.
User can adjust the incline value from
console control any time.

8



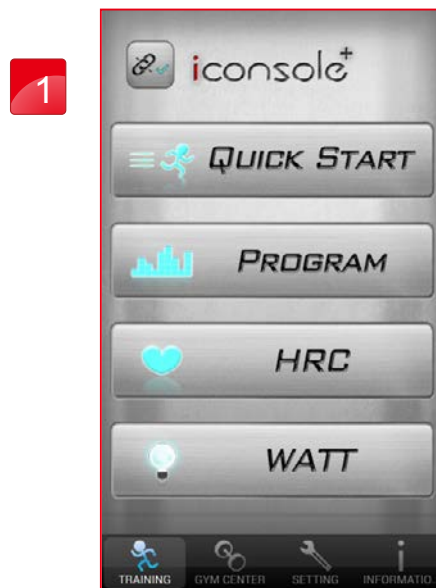
When finish, the workout summary
can post on Facebook or Twitter.

9

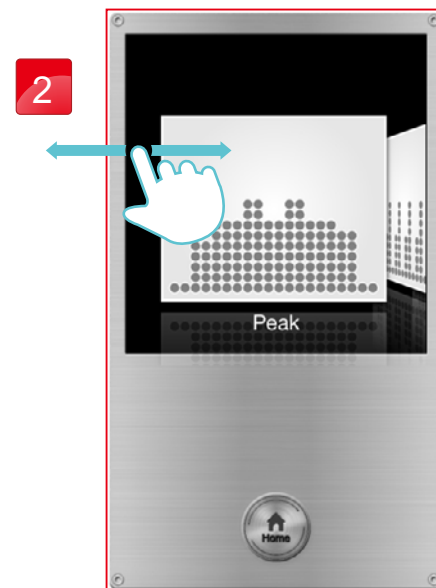


Click Facebook to upload the
workout summary.

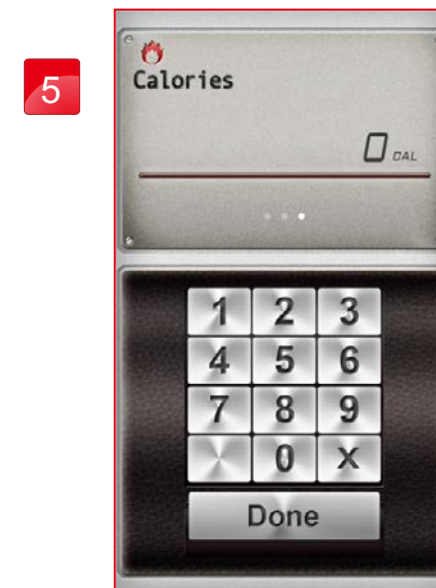
Cell Phone Program setting instruction



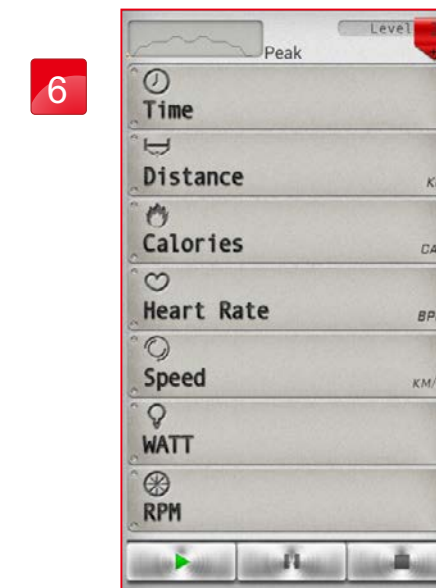
“PROGRAM”



12 training programs for users to choose.



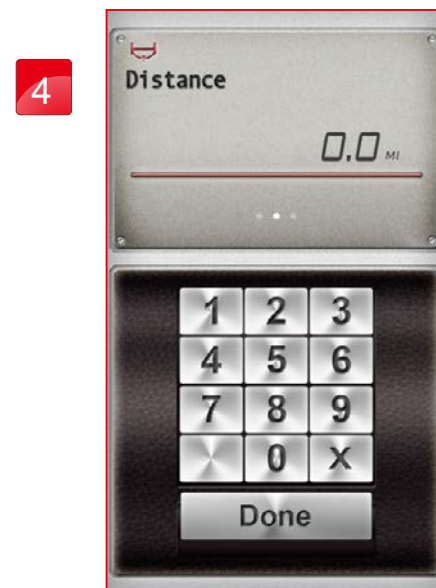
Setting “CALORIES”



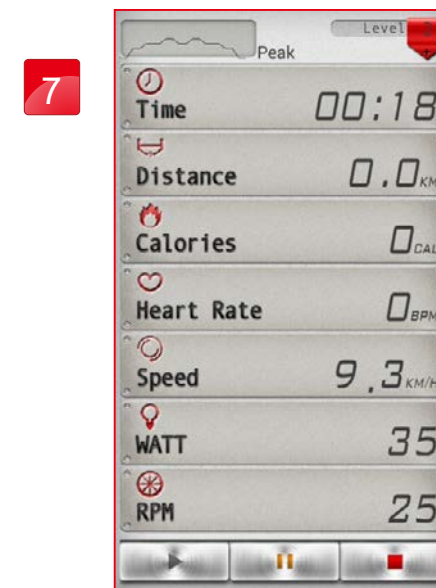
Press “START” icon to begin exercise.



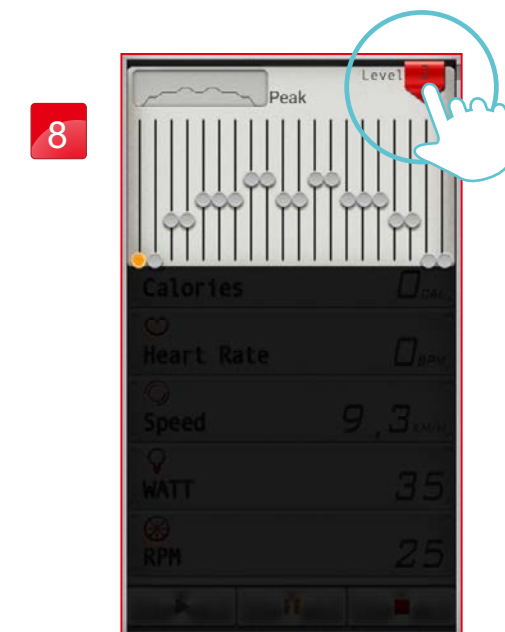
Setting “TIME”



Setting ”DISTANCE”

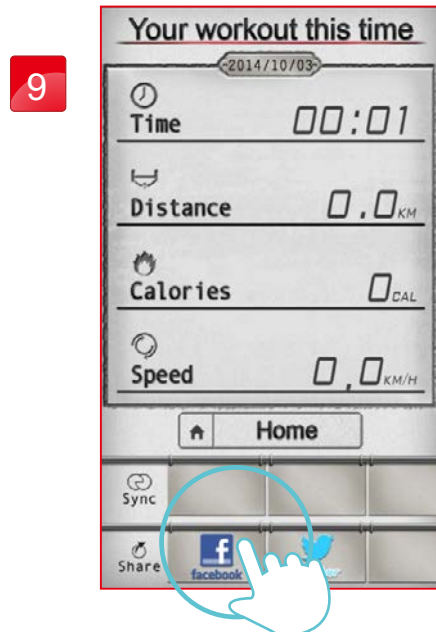


User can stop and can adjust the incline value by press top right red icon from console control any time.

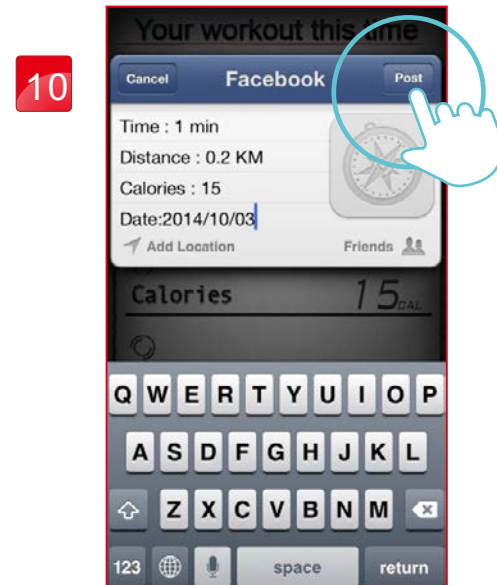


User can adjust the incline values.

Quick Start setting instruction



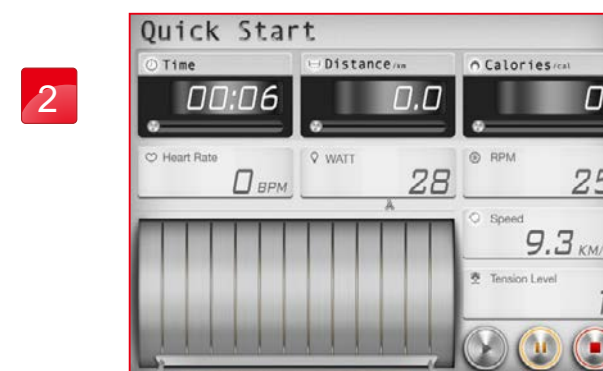
When finish, the workout summary can post on Facebook or Twitter.



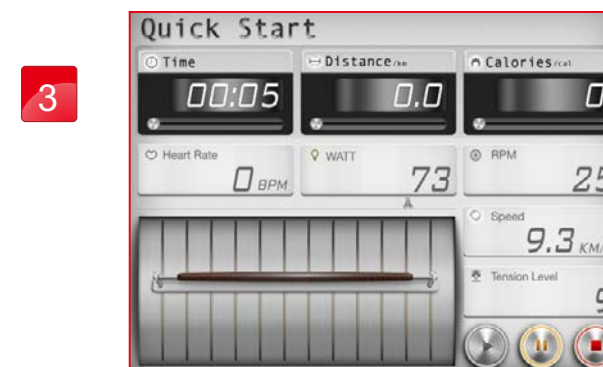
Click Facebook to upload the workout summary.



“QUICK START”



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

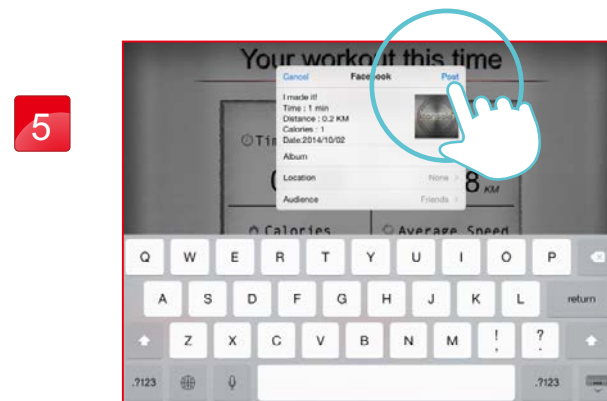


User can adjust incline value by the bar.

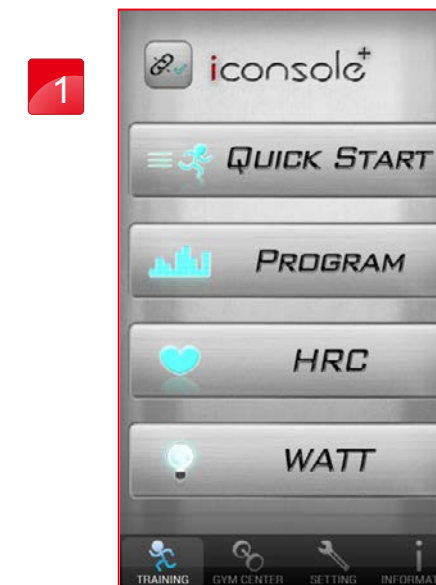


When finish, the workout summary can post on Facebook or Twitter.

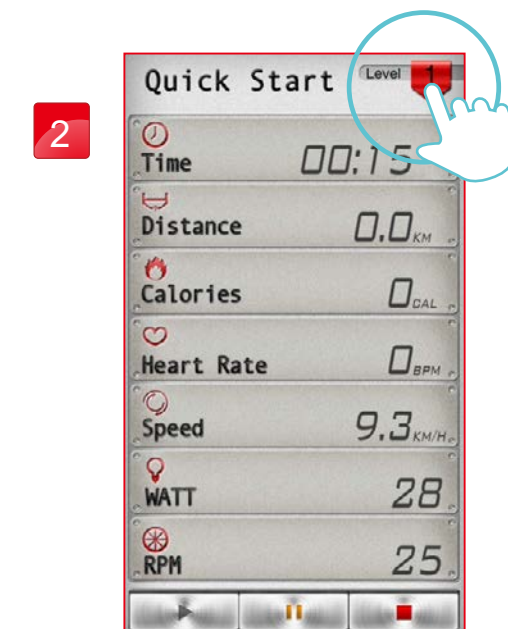
Cell Phone Quick Start setting instruction



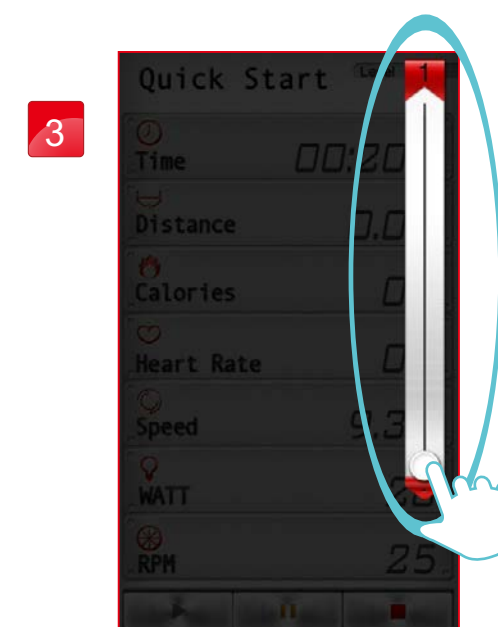
Click Facebook to upload the workout summary.



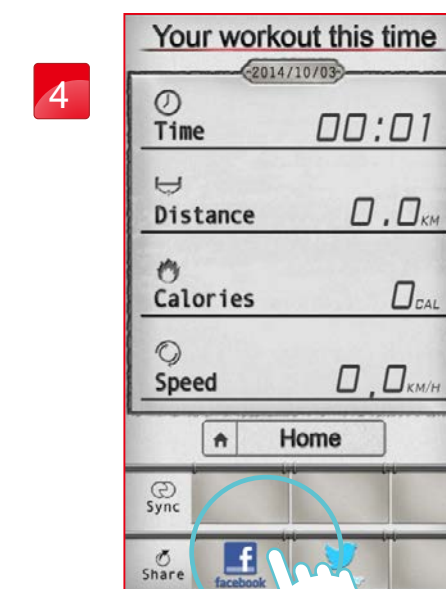
“QUICK START”



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

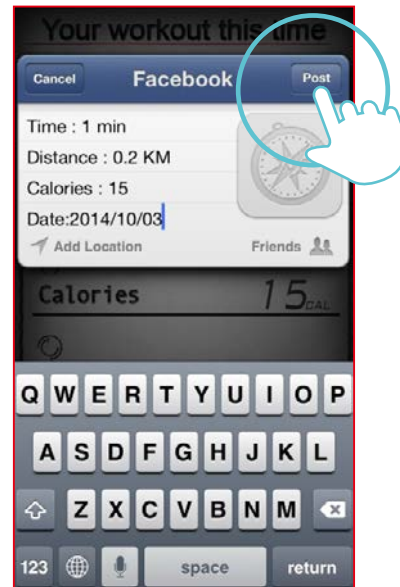


User can adjust the incline values.



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

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.

5



Setting "TIME"

6



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

7



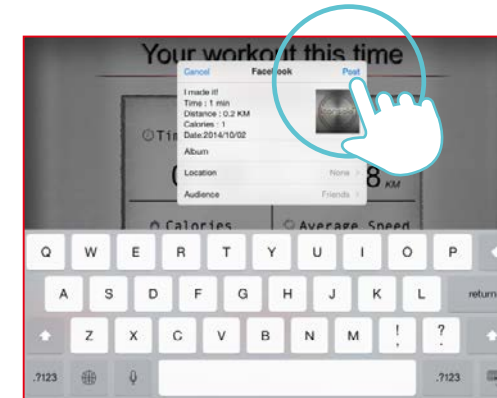
The hand pulse doesn't receive any
signal.

8



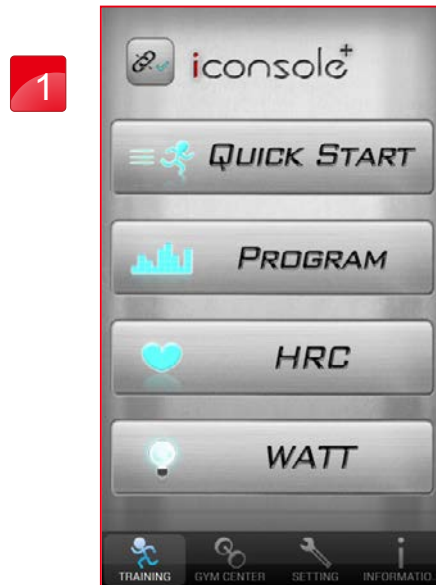
When finish, the workout summary
can post on Facebook or Twitter.

9



Click Facebook to upload the
workout summary.

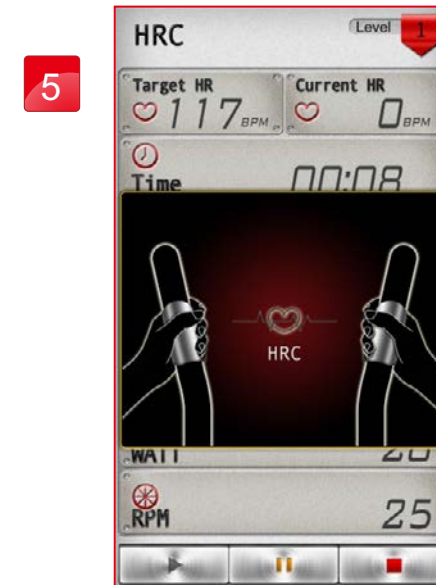
Cell Phone HRC setting instruction



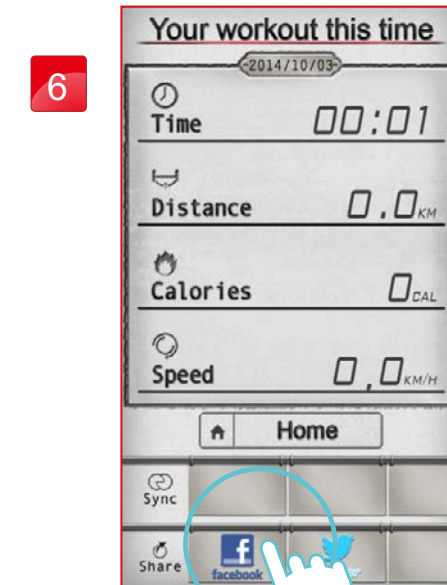
"HRC"



User can custom the percentage.



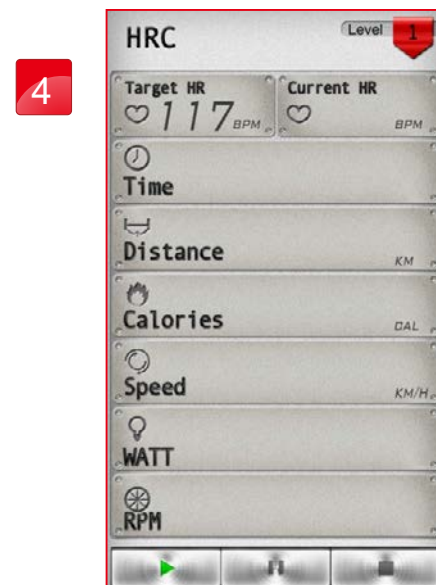
The hand pulse doesn't receive any signal.



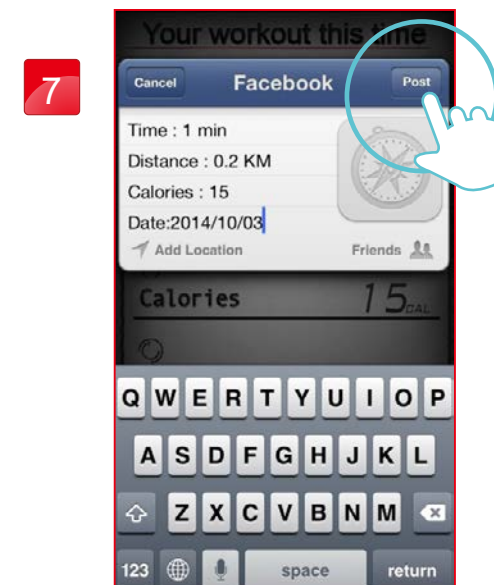
When finish, the workout summary can post on Facebook or Twitter.



Setting "TIME"



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



Click Facebook to upload the workout summary.

WATT setting instruction

1



“WATT”

2



Click “TARGET WATT” icon.

3



Sliding around left and right to adjust “TARGER WATT”.

4



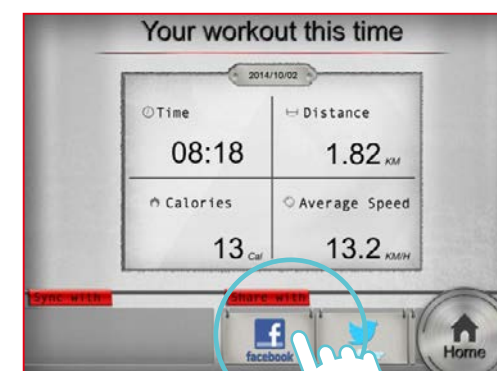
Click “TIME TOOL” icon.

5



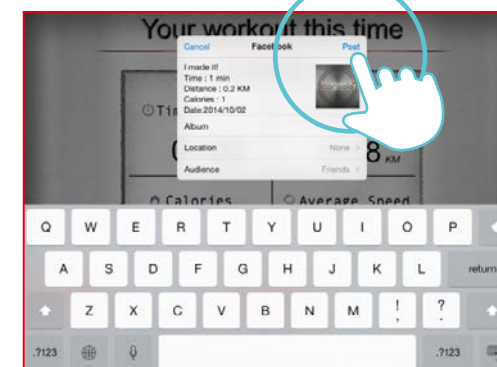
Setting “TIME”

6



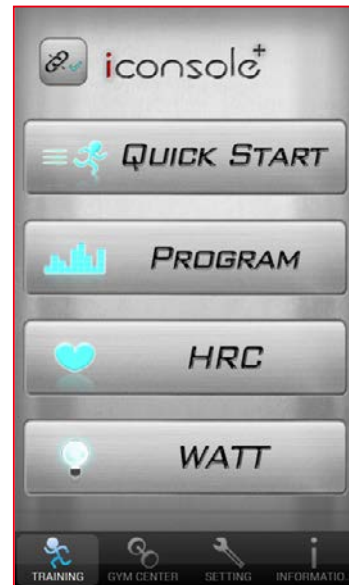
When finish, the workout summary can post on Facebook or Twitter.

7



Click Facebook to upload the workout summary.

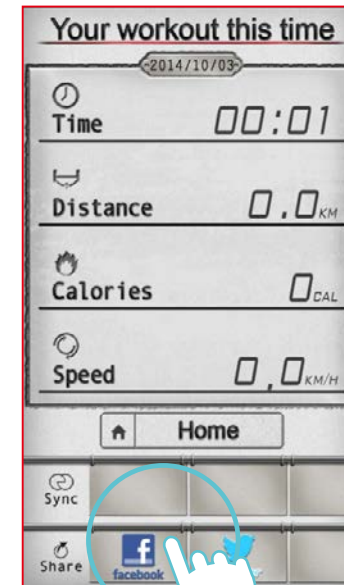
Cell Phone WATT setting instruction



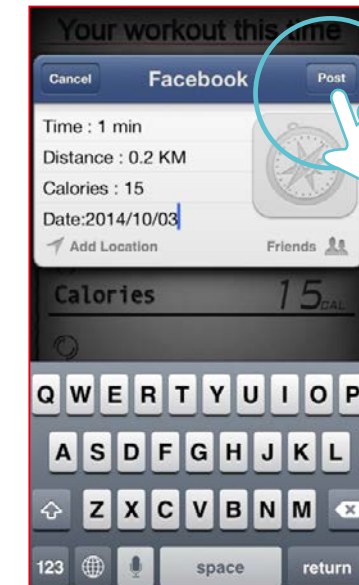
“WATT”



Setting “TIME”



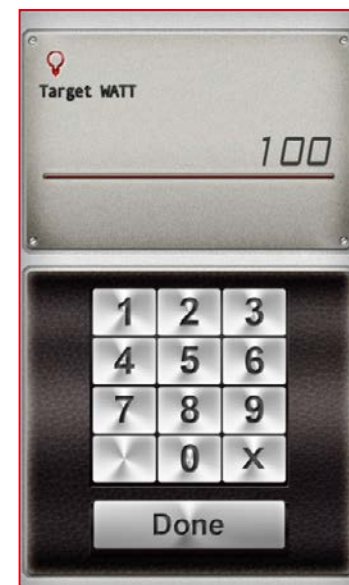
When finish, the workout summary can post on Facebook or Twitter.



Click Facebook to upload the workout summary.



Click “TARGET WATT” icon can adjust the watt value.

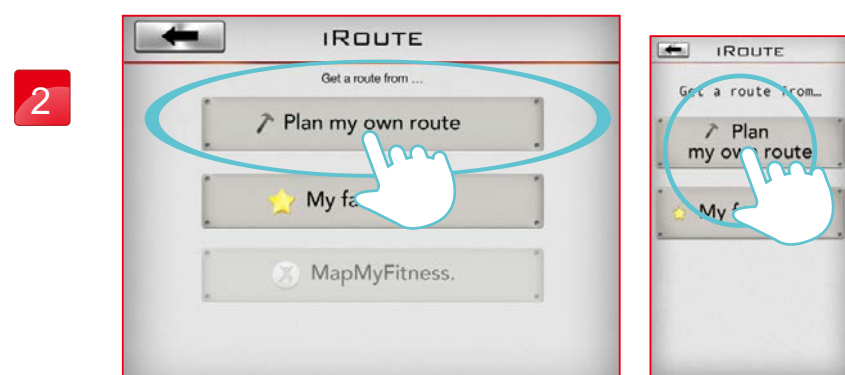


Setting “TARGET WATT”

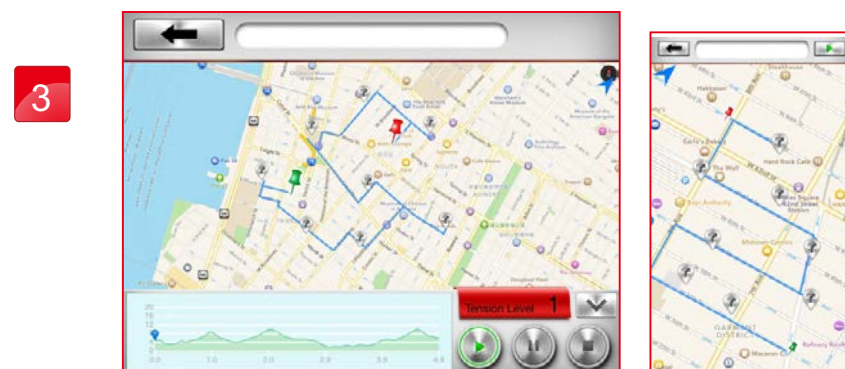
iRoute setting instruction



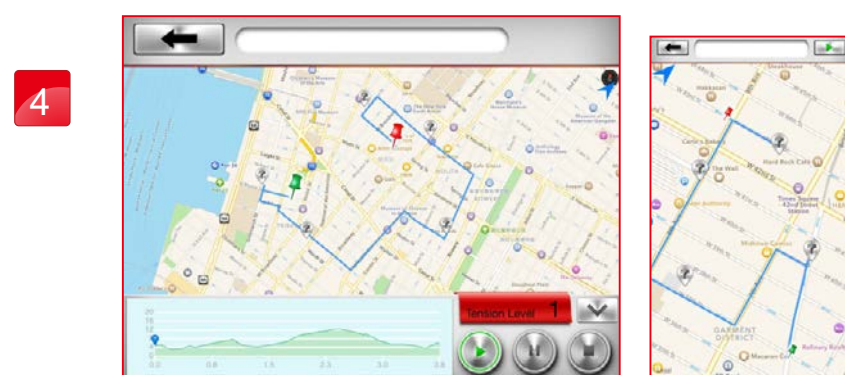
Press
“PURCHASED ITEMS”
to entry.



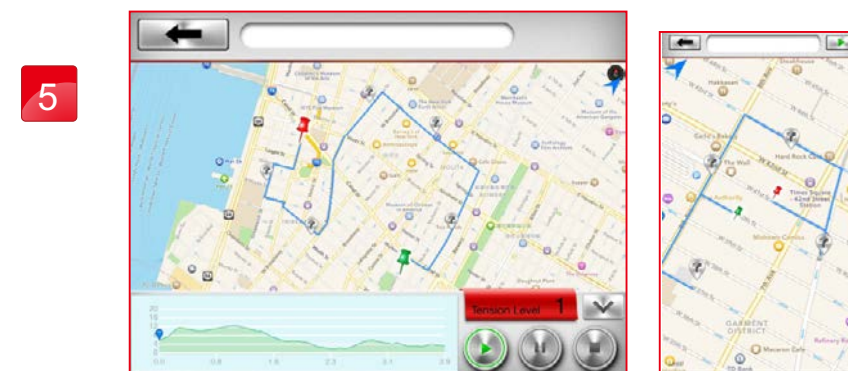
Press
“PLAN MY OWN ROUTE”



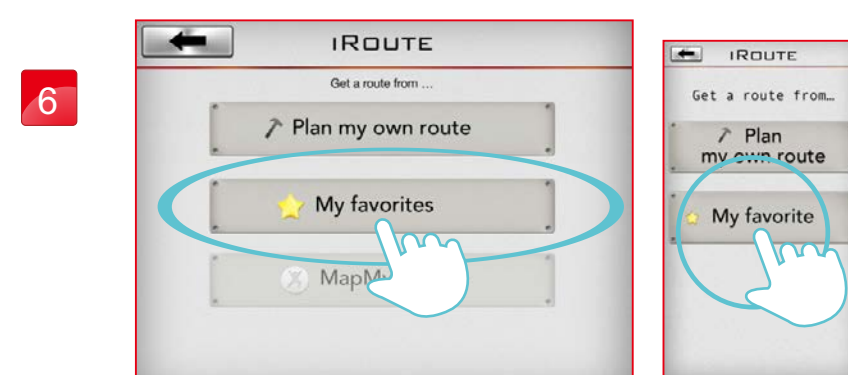
User can set a start point and
end point by own which can
select a total of eight turning
points between.



Delete turning point by press
on it for two seconds.



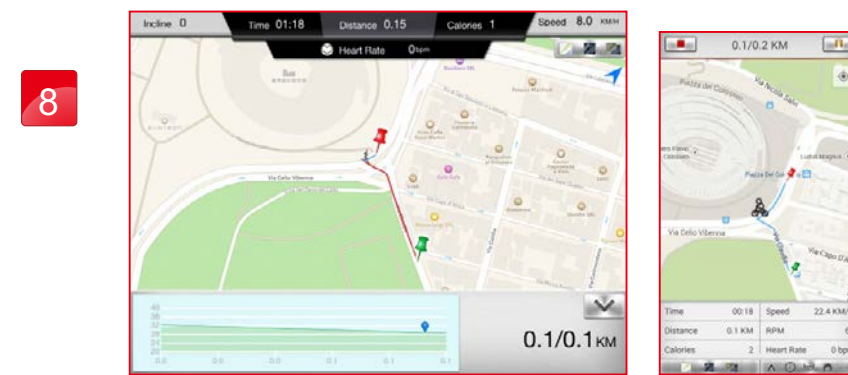
Press and hold the start or
end points can move and
change position.



Press “MY FAVORITES”

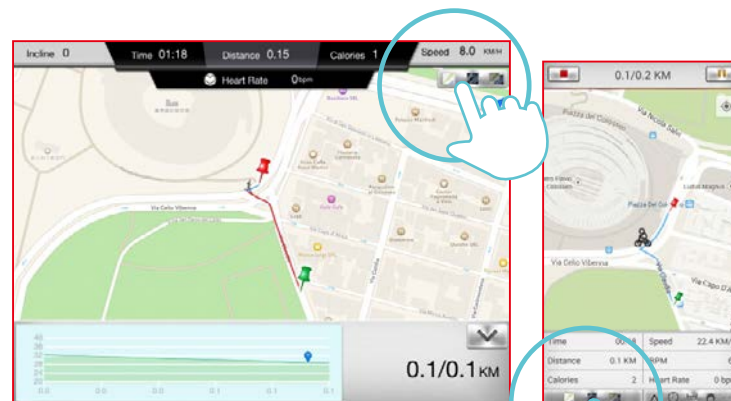


There are five default routes
in my favorites.
User selected route can save
in my favorites.



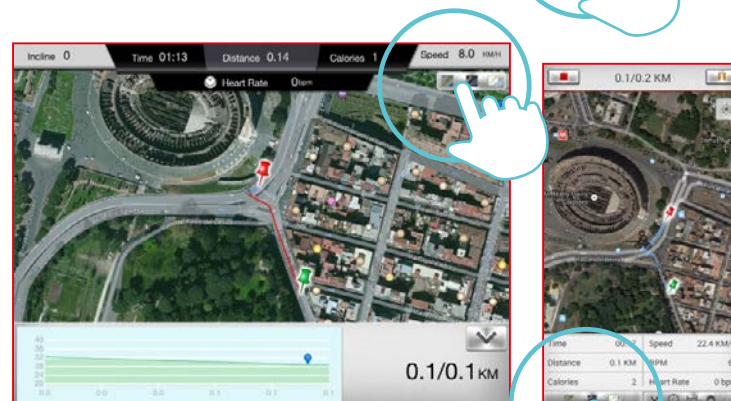
After finish setting route and
starting exercise, there are
three vision modes can
choose.

9



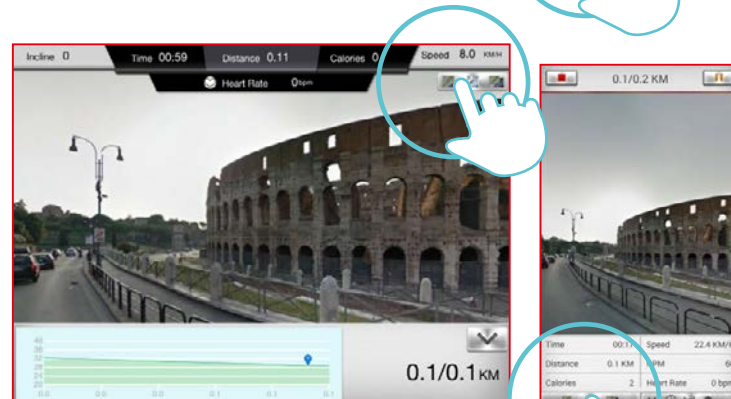
Standard Mode.

10



Hybrid Mode.

11



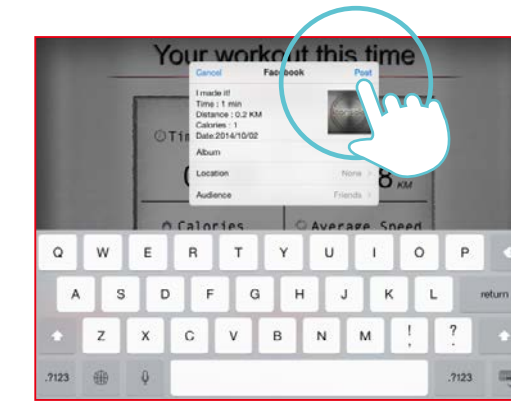
Street view Mode.

12



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

13



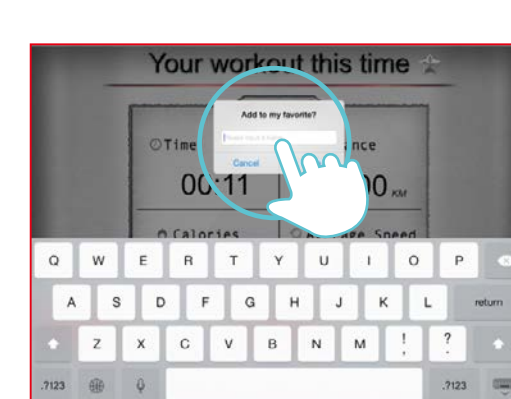
Click Facebook to upload the workout summary.

14



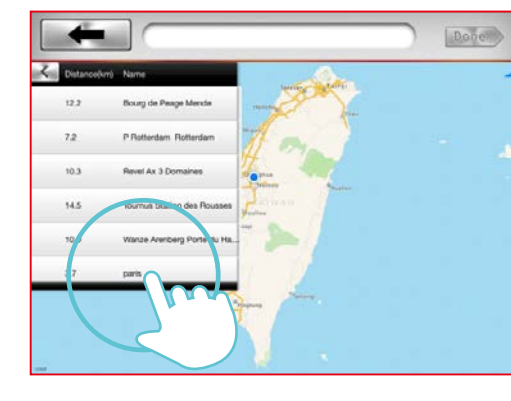
After finish workout, user can save the route to my favorites section bypress the Star icon at the top right.

15



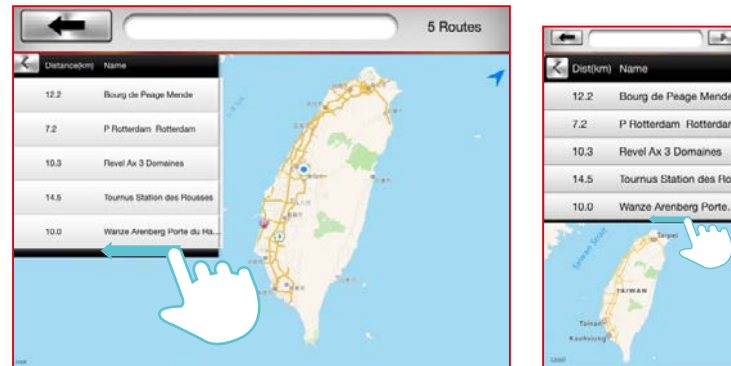
User can named the route. Press "SAVE" to store.

16



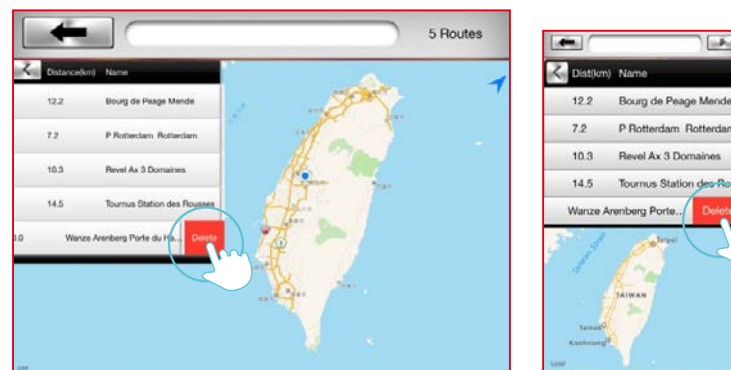
The saving route will show on my favorites section.

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.

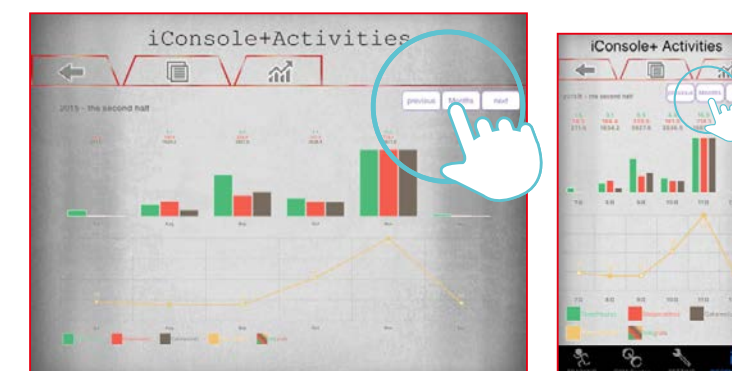
Workout summary

1



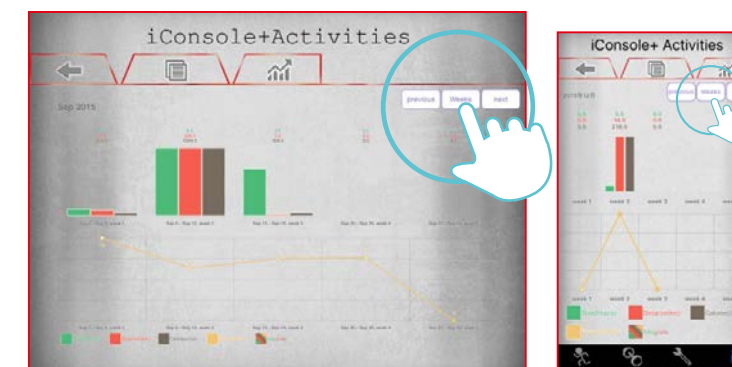
Press "iConsole+"

2



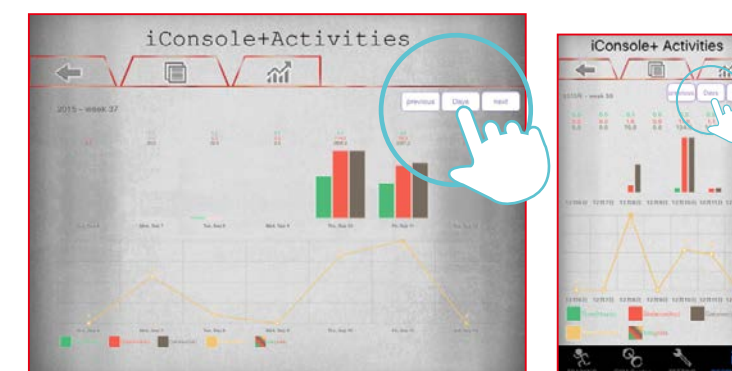
All the work out summary can display by month.

3



All the work out summary can display by week.

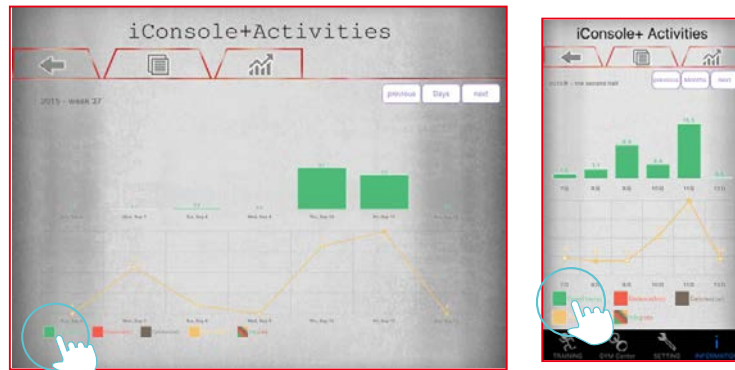
4



All the work out summary can display by day.

MapMyFitness

5



Display all the exercise time.

6



Display all the exercise distance.

7



Display all the consume calories.

8



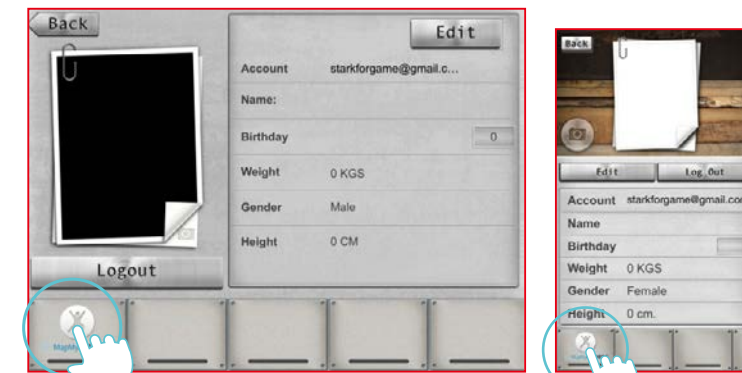
Display work out record for day.

1



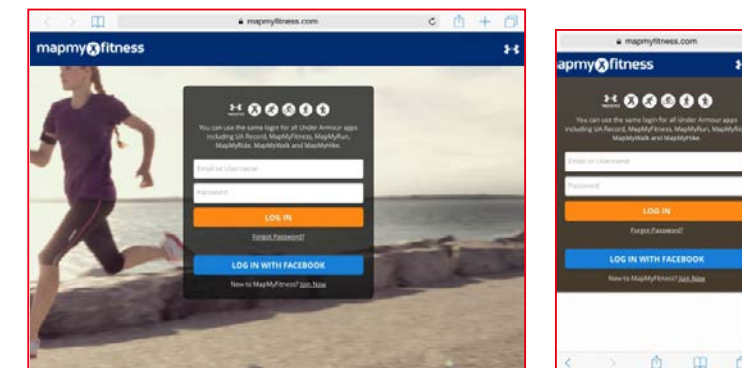
If Map My Fitness is not operating, go setting section to set up My Profile.

2



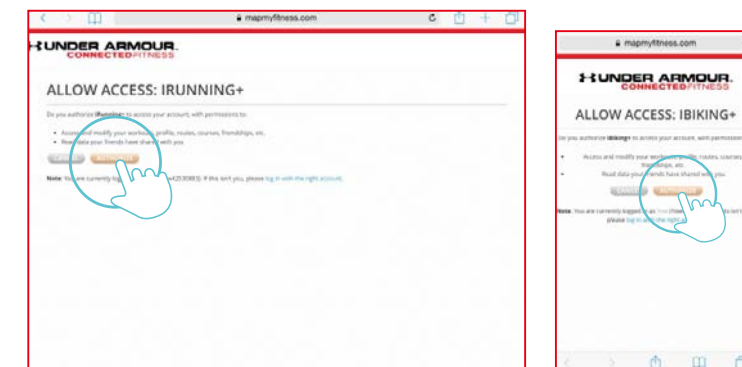
Press lower left icon.

3



Login by MapMyFitness account or FACEBOOK account.

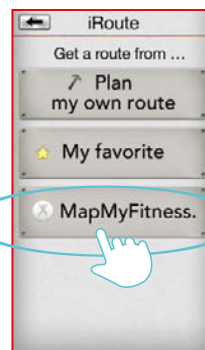
4



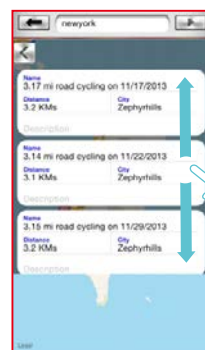
Press AUTHORIZE.



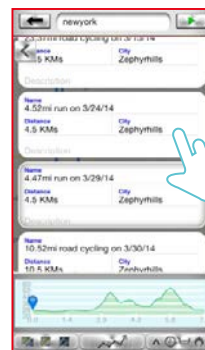
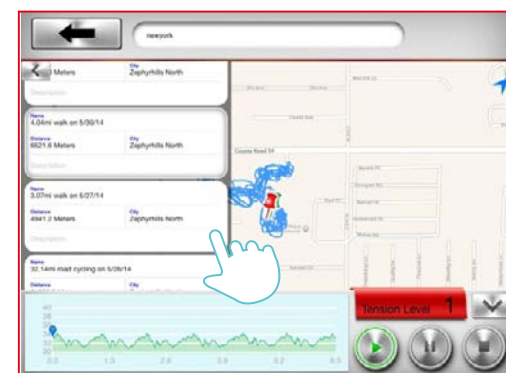
As login successful,
the left lower corner icon
would have red bar appear.



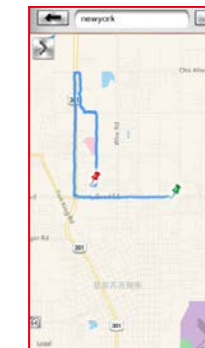
Press MapMyFitness.



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



The selecting route would
display its incline.



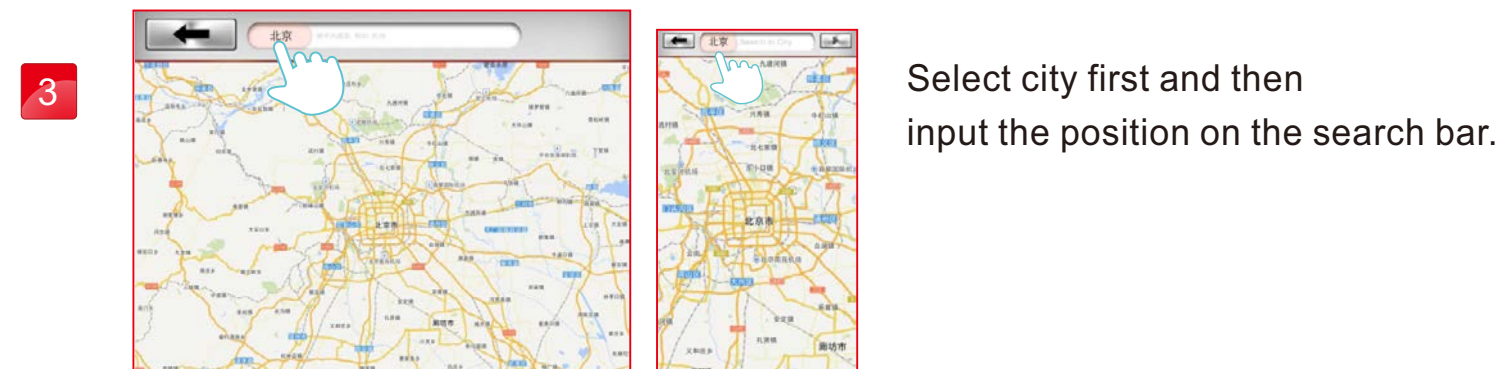
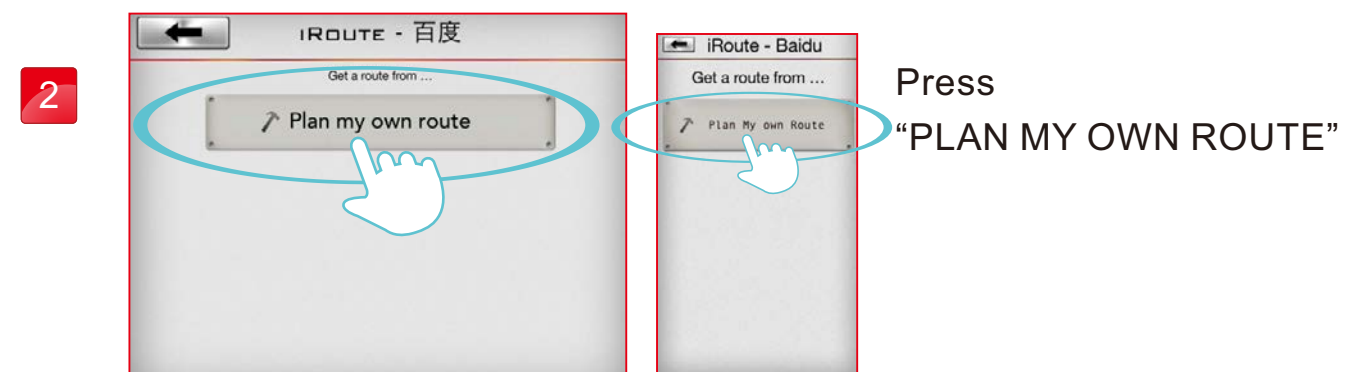
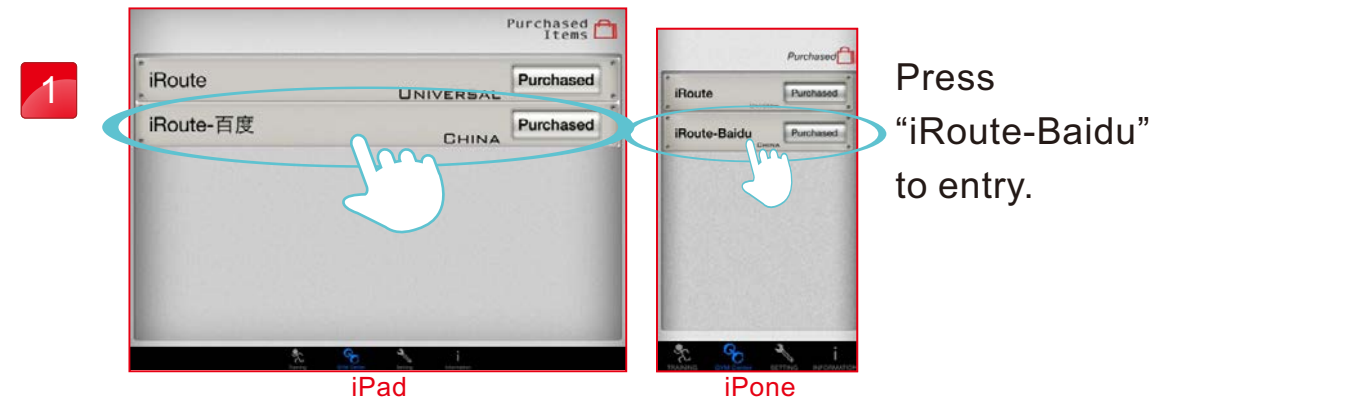
Click top left arrow icon to change the vision.
After setting the route press top right icon
to start.

Warning:

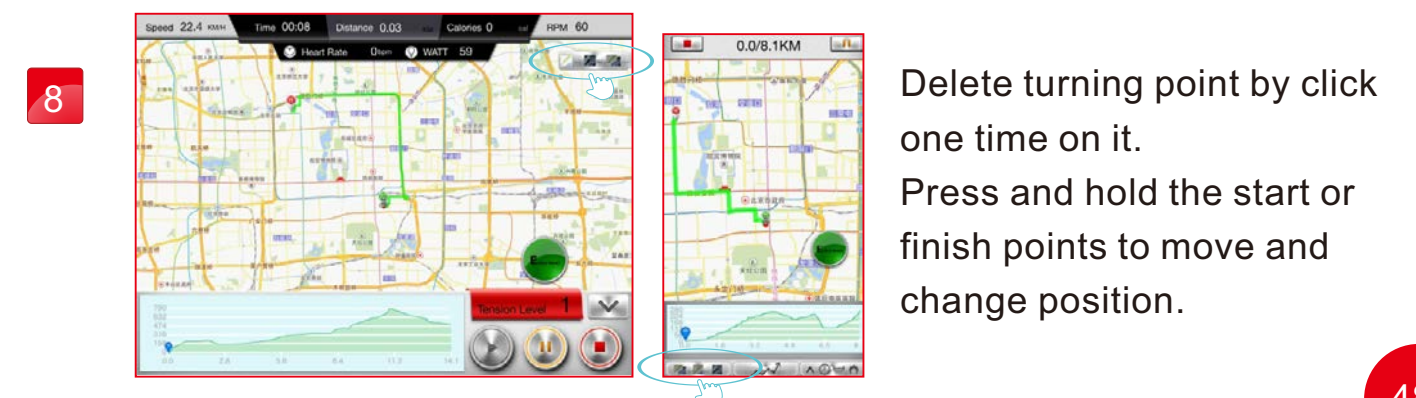
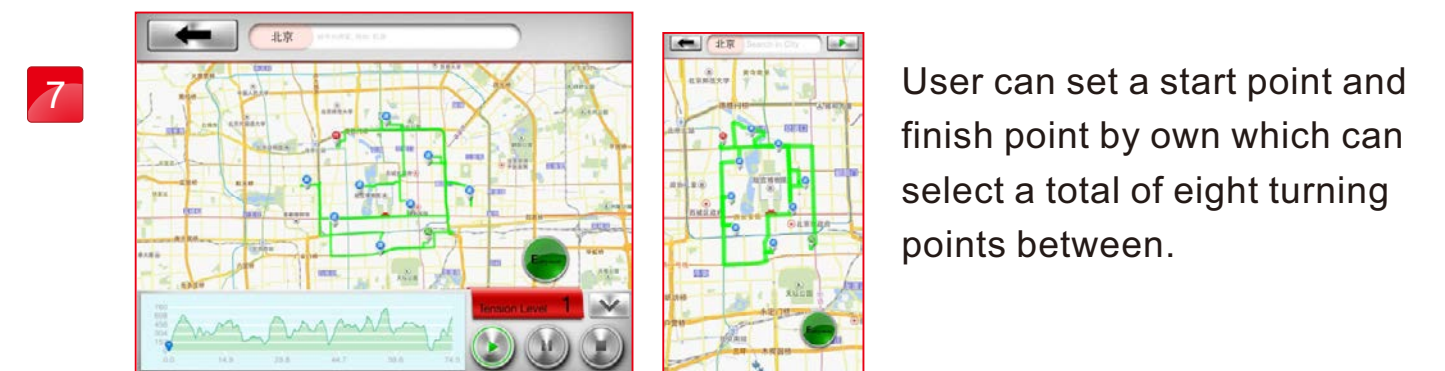
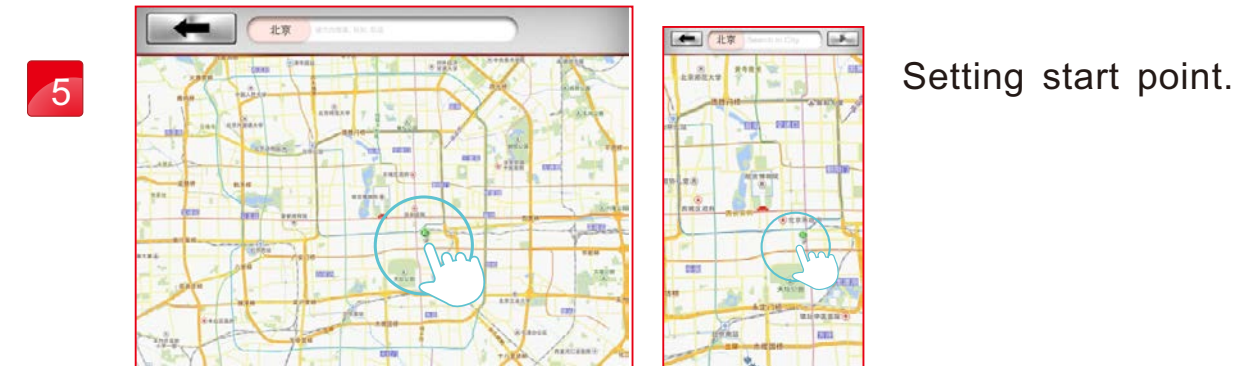
- 1)User cannot make any change on the route of My favorite and Map My Fitness mode.
- 2)GYM Center is not available in the US, Canada , or some areas due to the patent issue.

iRoute-Baidu

*Baidu only support Mandarin



47



48

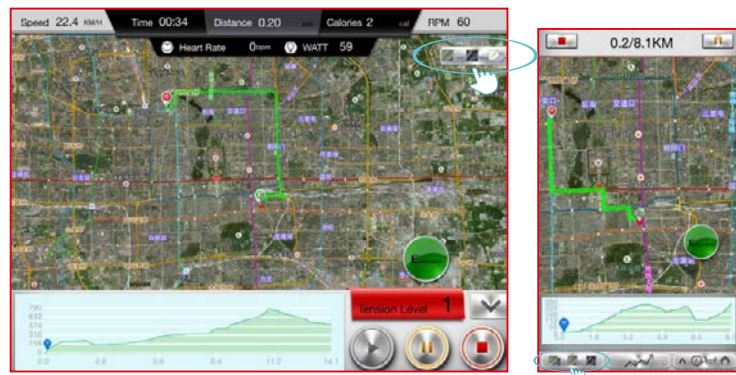
Share the workout result

9



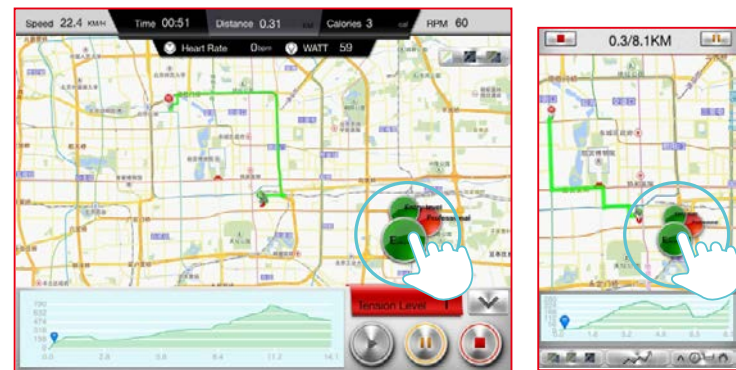
Street view Mode.

10



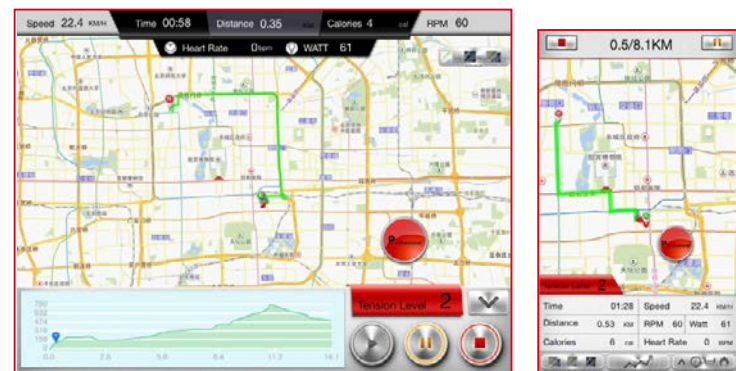
Hybrid Mode.

11



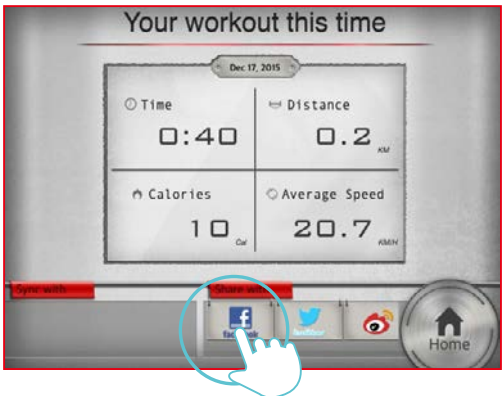
Standard Mode.
Press icon to select
Entry-level or Professional.

12



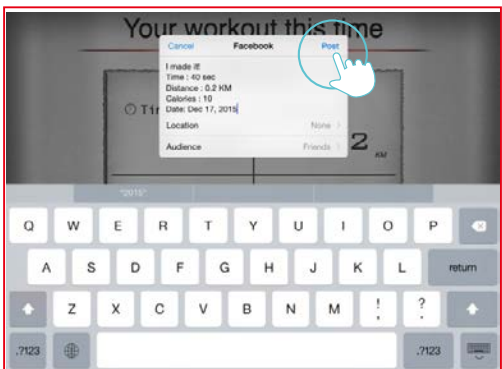
The Entry-level's tension value
is half of Professional's.

1



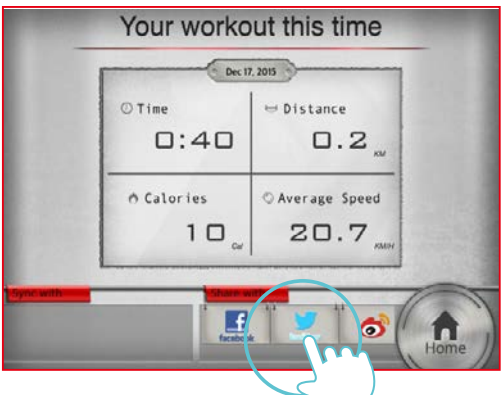
Share to Facebook.

2



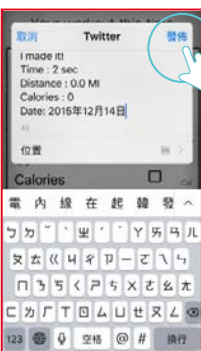
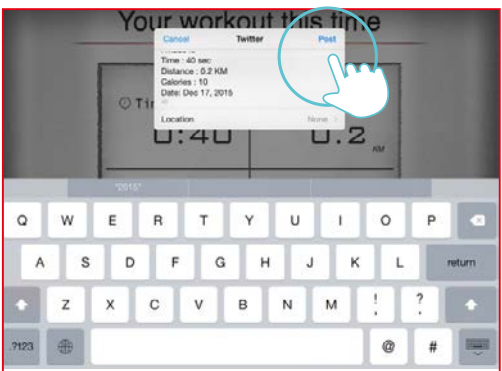
User could edit the content
then press upload.

3



Share to Twitter.

4



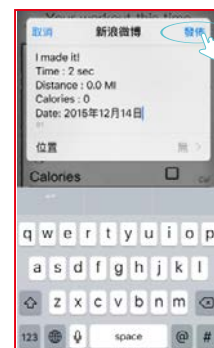
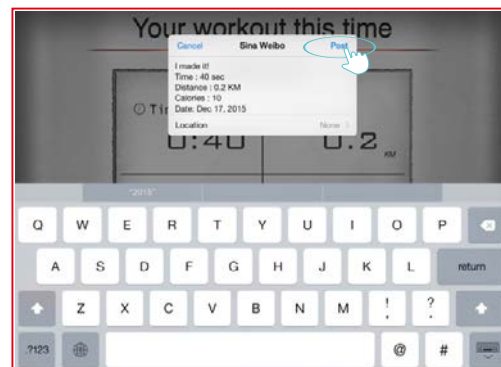
User could edit the content
then press upload.

5



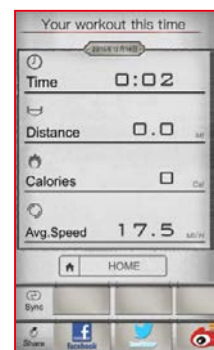
Share to Weibo.

6



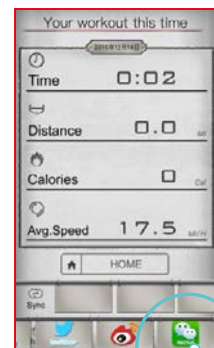
User could edit the content then press upload.

7



Slide left or right to select.

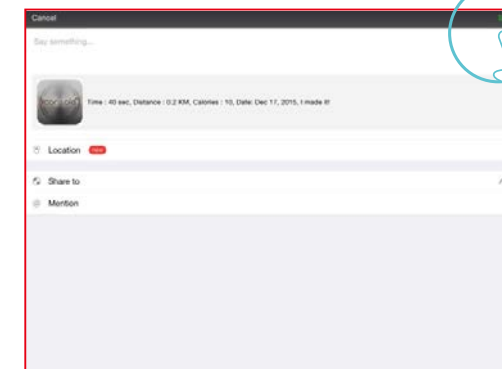
8



Share to We Chat.

51

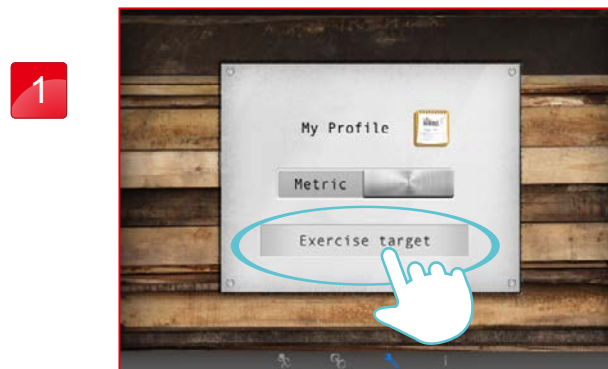
9



User could edit the content then press upload.

52

Exercise target



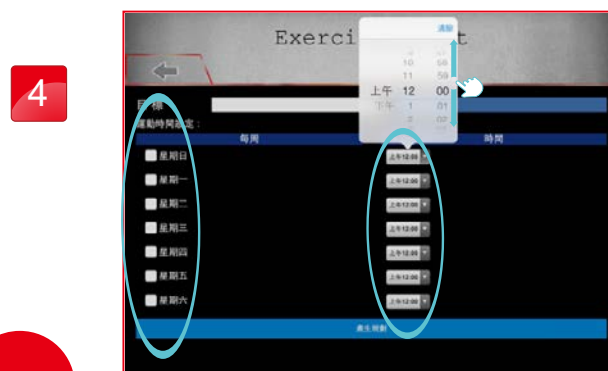
Press Exercise target °



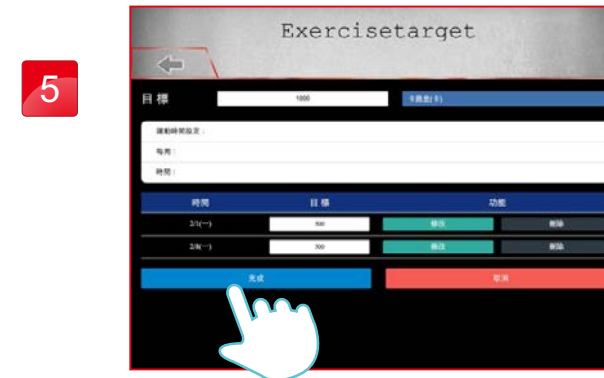
Setting target subject °



Input the target value °

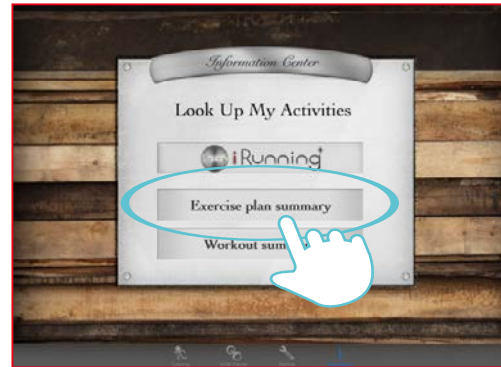


Setting the exercise date and time °



After plan setting can modify or delete °

Exercise plan summary



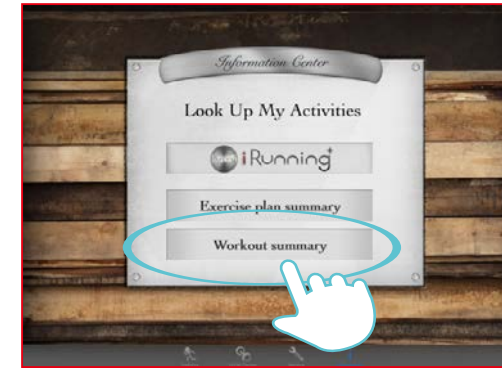
Press Exercise plan summary ◦



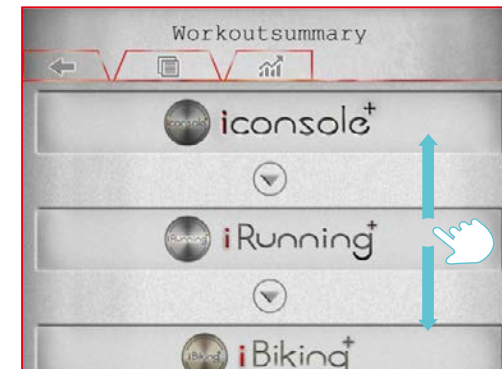
Check the Exercise plan summary ◦

55

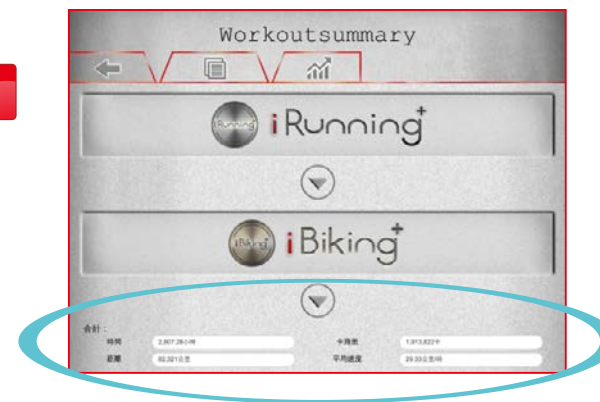
Workout summary



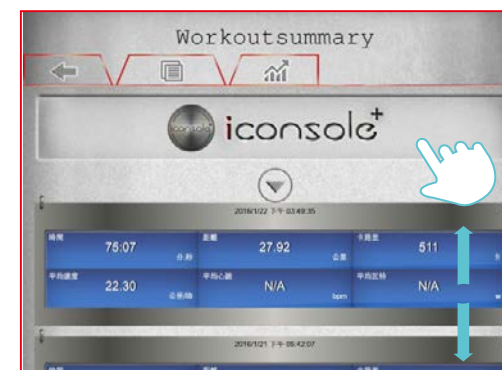
Press Workout summary ◦



Display I series APP workout summary ◦

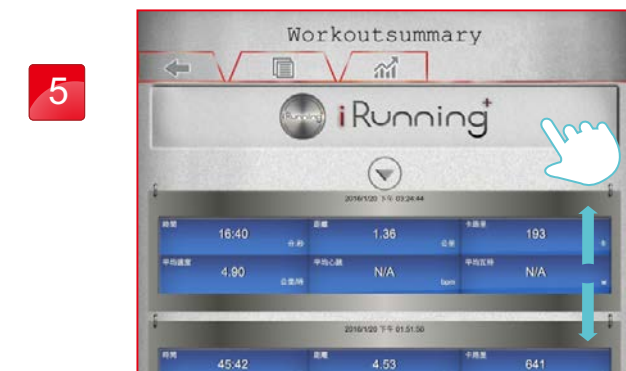


Each subject total sum ◦

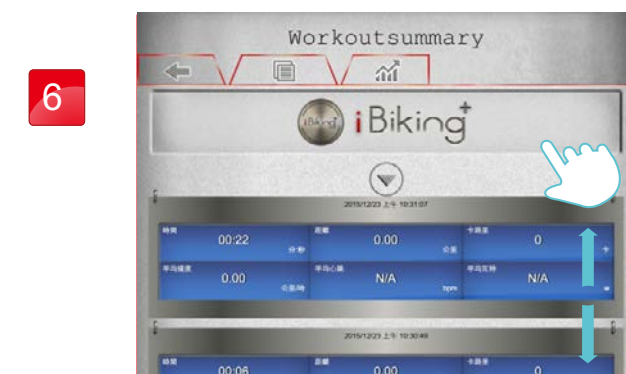


Press iConsole+ icon could check every workout data °

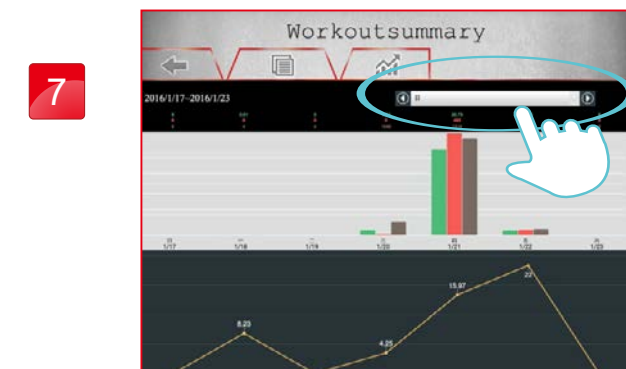
56



Press iRunning+ icon could check every workout data °



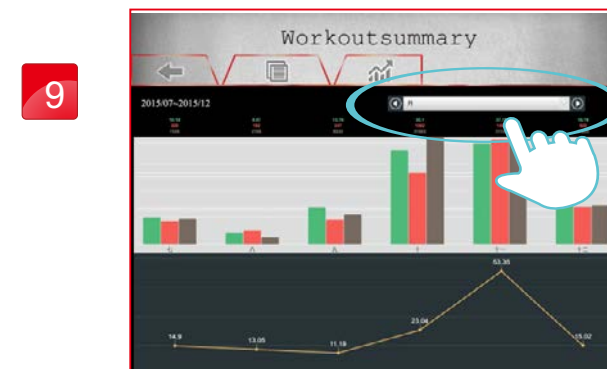
Press iBiking+ icon could check every workout data °



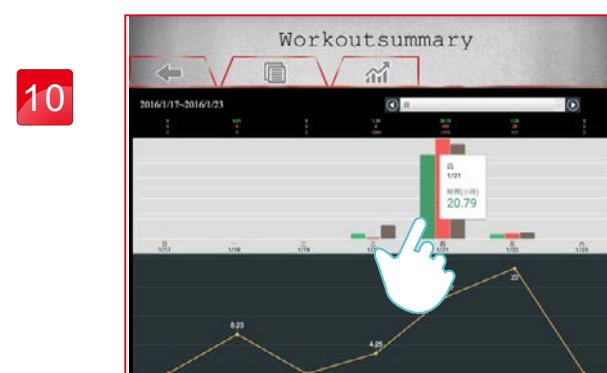
Display in day °



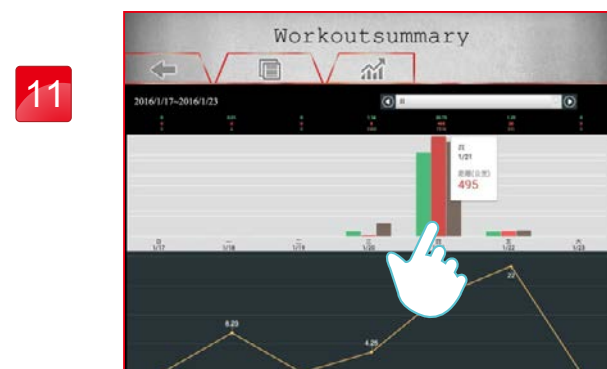
Display in week °



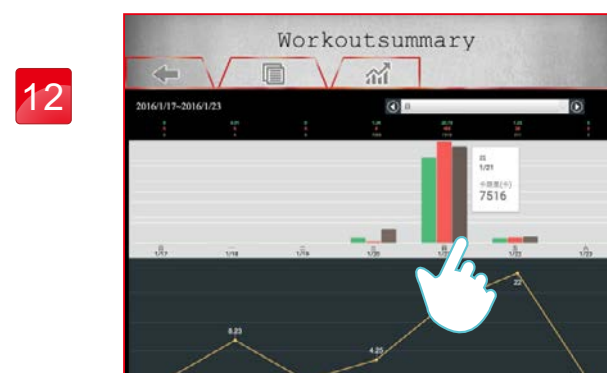
Display in month °



Total time sum °



Total distance sum °



Total calories sum °