iConsole+

User Manual

CONTENT
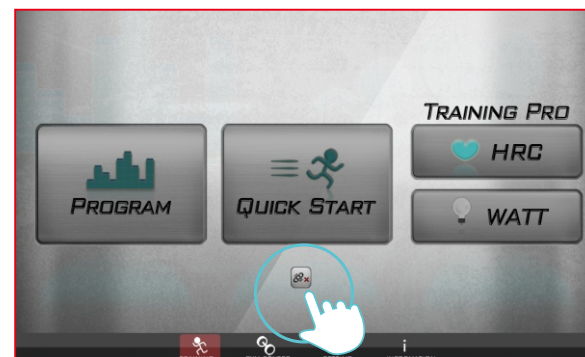
Android Tablet Bluetooth Pairing instruction

1

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

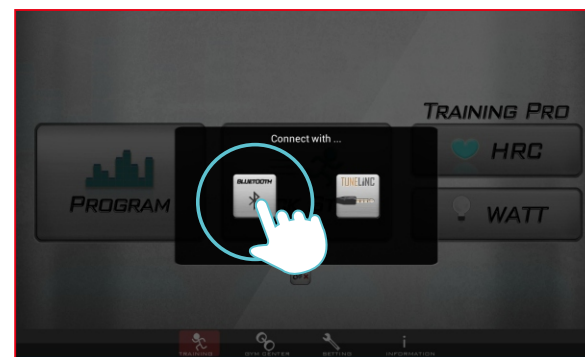China-downloadiConsole+ in Baidu (search keywords iConsole+).

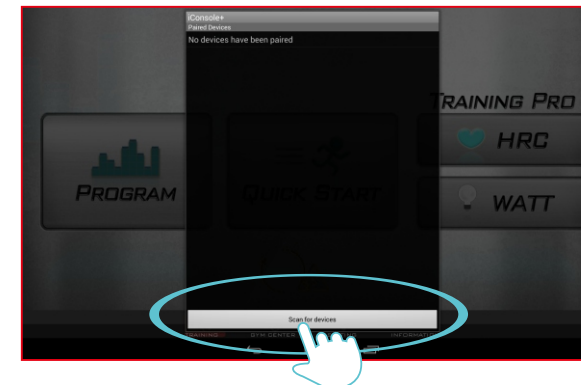Note: The newest version would always release at APP store.

2

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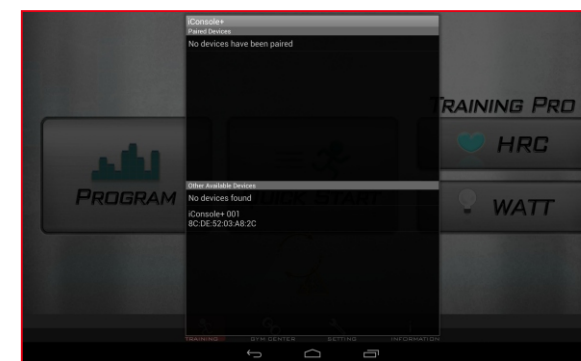the lower middle icon to connect.

3

Select BLUETOOTH for connect.

4

Press "SCAN FOR DEVICES"

5

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

NOTE:
Due to every smart device paired
Bluetooth difference.
So not every connecting way
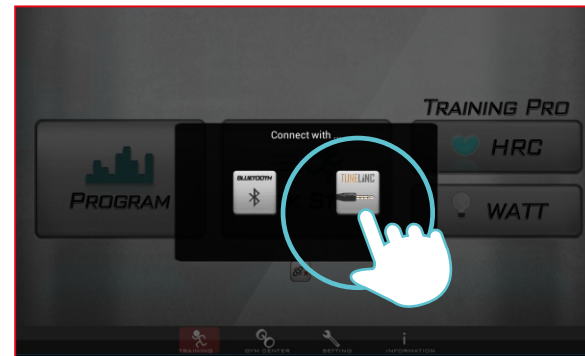 need input the password,
which will not effect the connection.

6
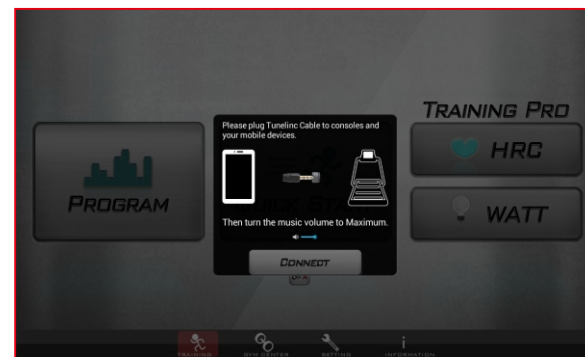
Paring successful and
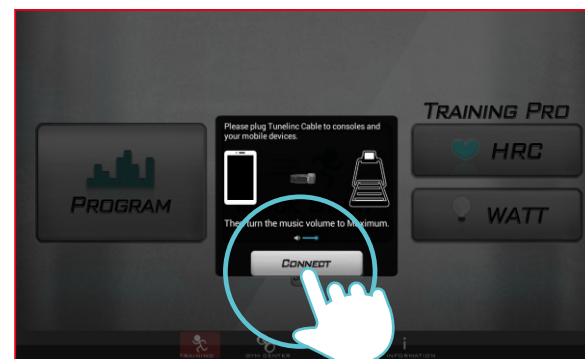entering APP.

Android Tablet Tunclinc Connect instruction

Android Cell Phone Bluetooth Pairing instruction

1 Press Tunelinc icon to connect.

2 Plug in the audio cable.

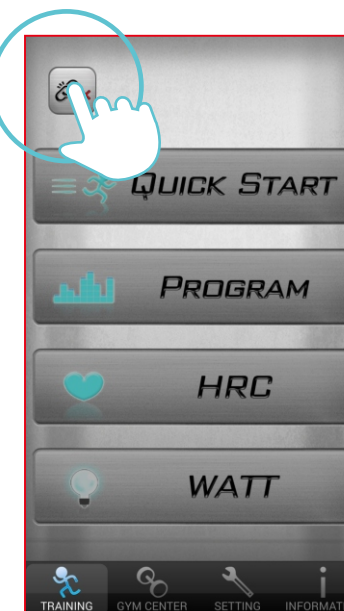**3** Press CONNECT

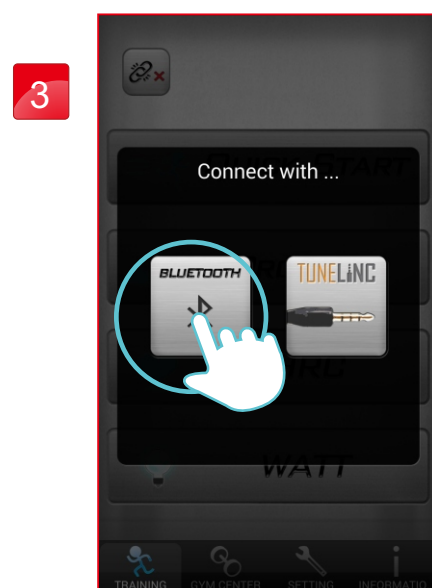**4** Connect successful and entering APP.

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

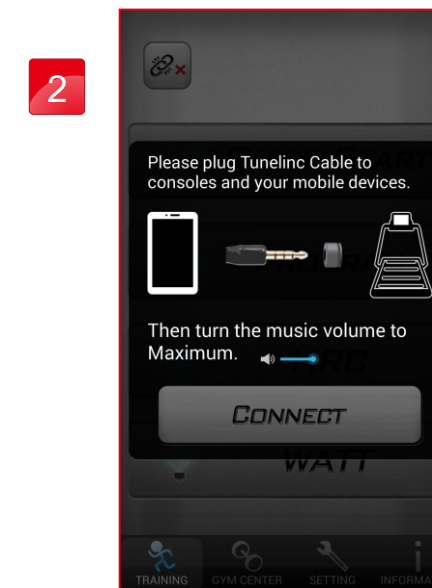**2** After downing APP press top left icon to connect.
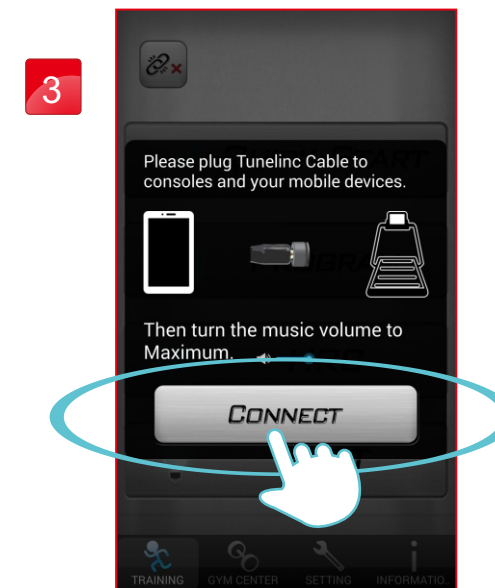
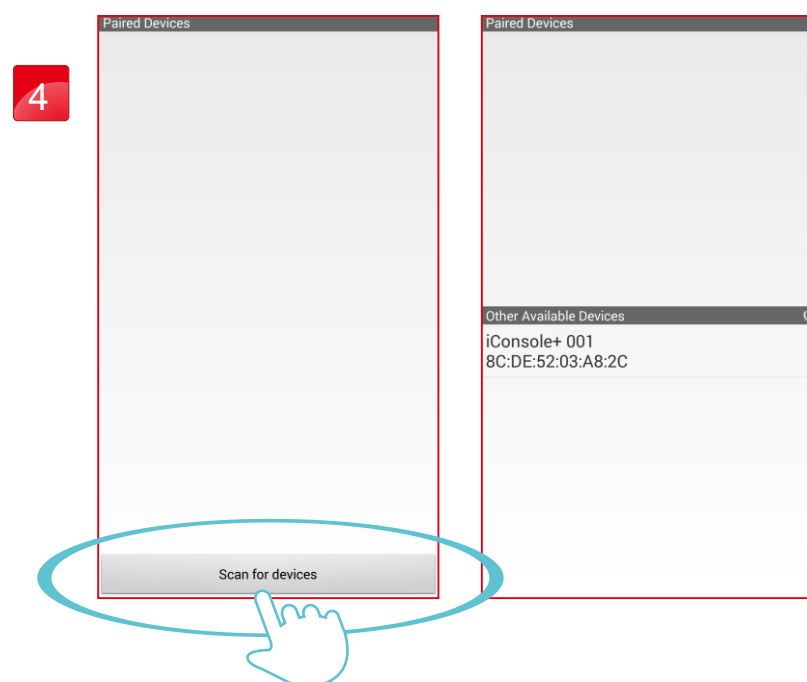# Android Cell Phone Tunelinc Connect instruction

3

Select BLUETOOTH for connect.

Connect with ...

1

Connect with ...

Select Tunelinc for connect.

2

Please plug Tunelinc Cable to consoles and your mobile devices.

Then turn the music volume to Maximum.

CONNECT

Plug in the audio cable.

3

Please plug Tunelinc Cable to consoles and your mobile devices.

Then turn the music volume to Maximum.

CONNECT

Press CONNECT

4

Paired Devices

Paired Devices

Other Available Devices
iConsole+ 001
8C:DE:52:03:A8:2C

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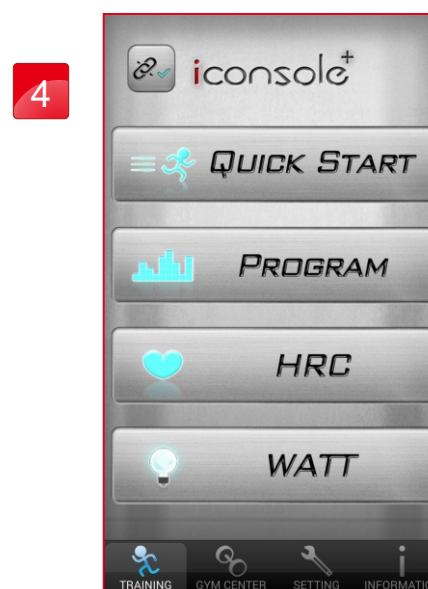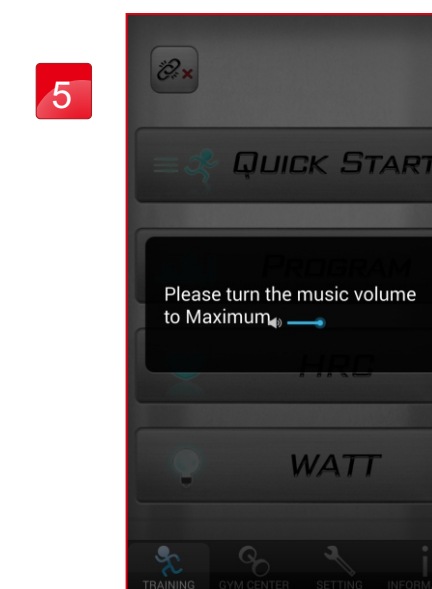
Bluetooth connection:
Press Scan for devices to search.
Find the device and enter default code:0000.

NOTE:
Due to every smart device paired Bluetooth difference.
So not every connecting way
 need input the password,
which will not effect the connection.

4

iconsole⁺

QUICK START

PROGRAM

HRC

WATT

TRAINING   GYM CENTER   SETTING   INFORMATIO.

Connect successful and entering APP.

5

QUICK START

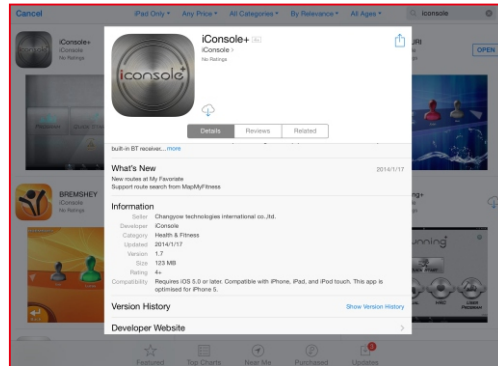Please turn the music volume to Maximum.

WATT

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

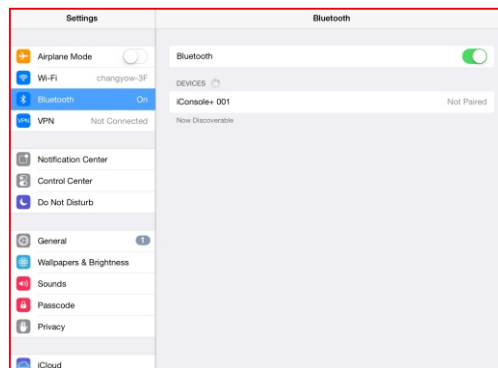# iOS Bluetooth Pairing instruction
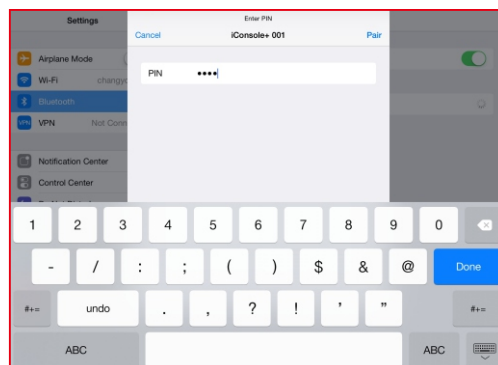
Noted: BT3.0 connecting method

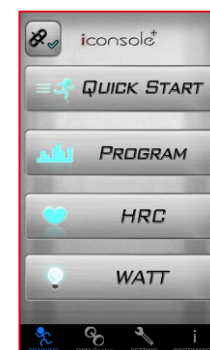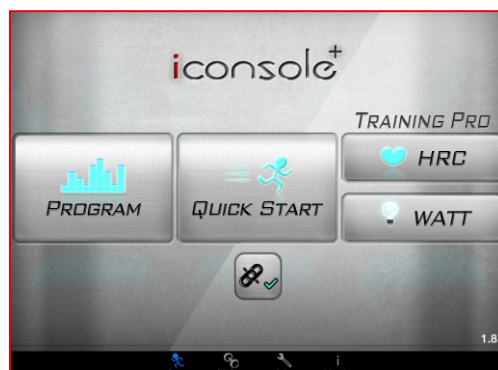**1** Download iConsole+ in APP STORE, system requirements:
iOS 8 or above.

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

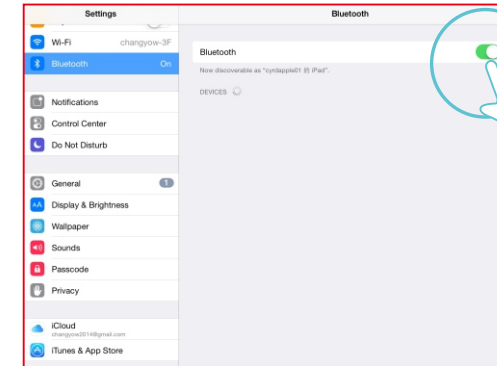**3** Check on the device and enter the default code: 0000.

4 Entering the APP.

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

2 Enter APP select connecting way.
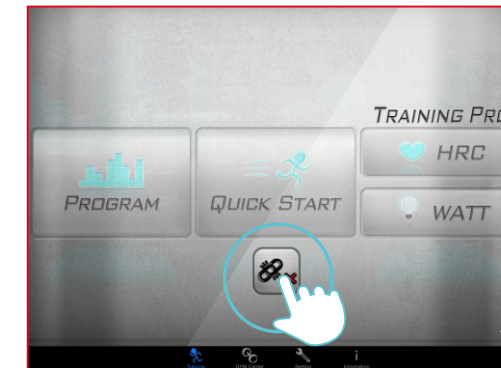
3 Press BT icon.
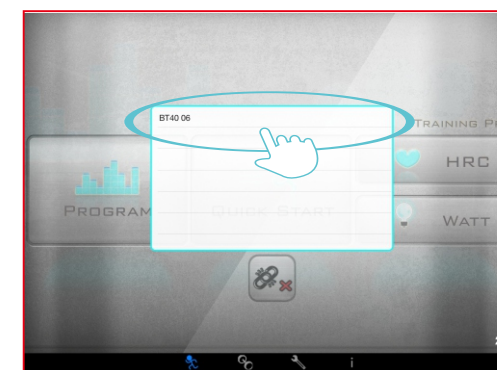
4 Select BT connecting device.

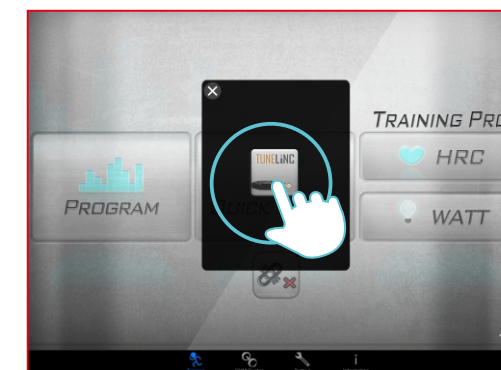# iOS Tunelinc Connect instruction
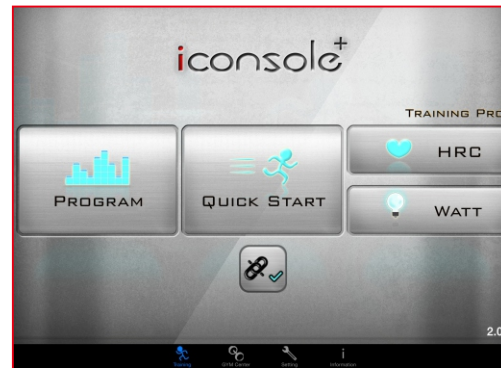
5 — Connecting complete.

1 — Tunelinc connection: Press icon to connect.

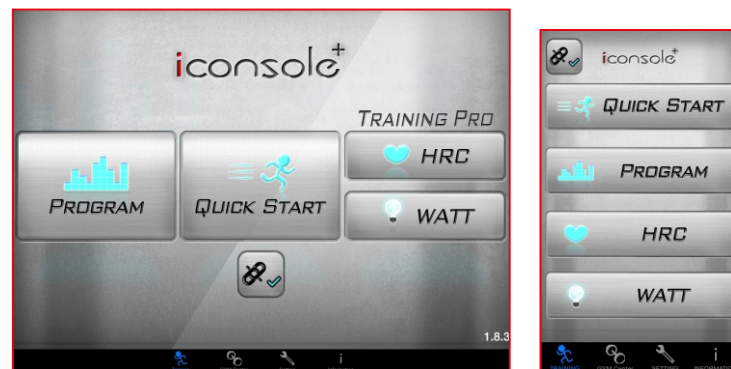**2** — Press Tunelinc icon.

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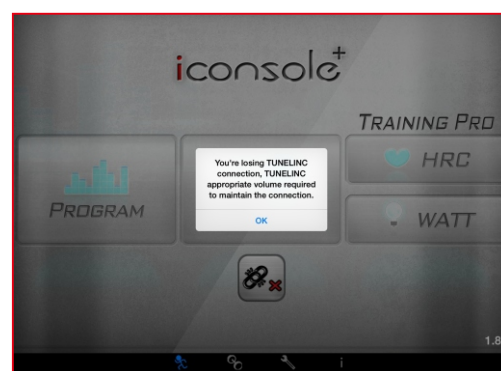
4 — Press CONNECT.

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.

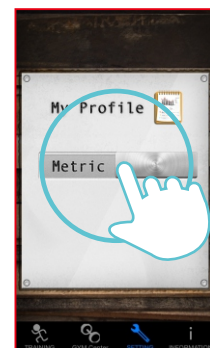《 Not support some electronic devices. 》
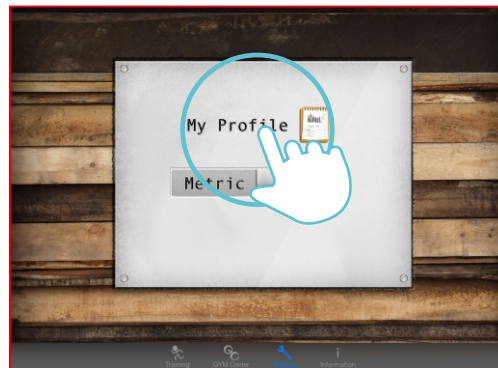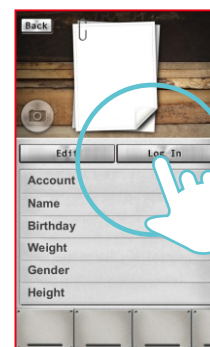
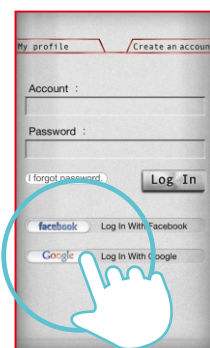**1** "SETTING"
Edit Profile

iPad   iPone

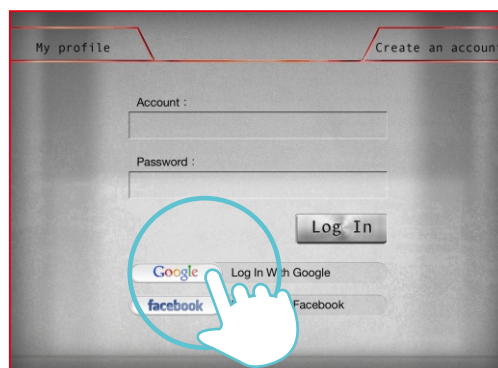**2** Select
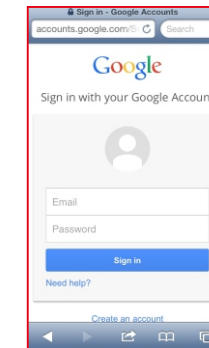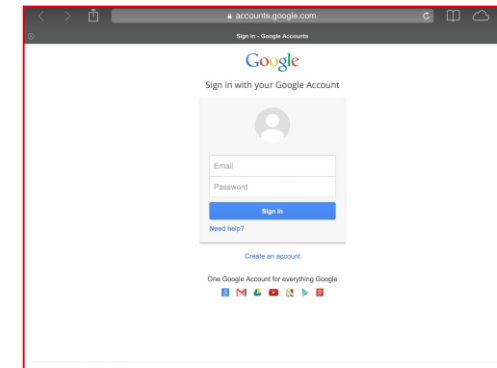Imperial / Metric

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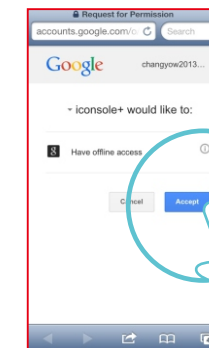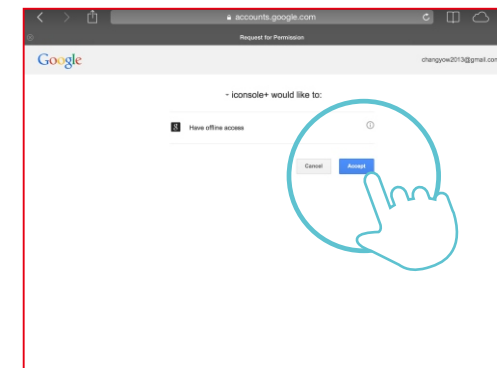user needs to log in.
Press "LOG IN"

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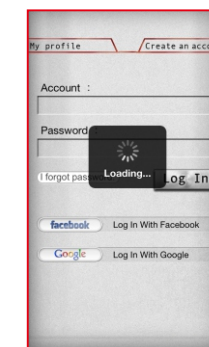for entering and set up the
password.

5 Log in with Google account.
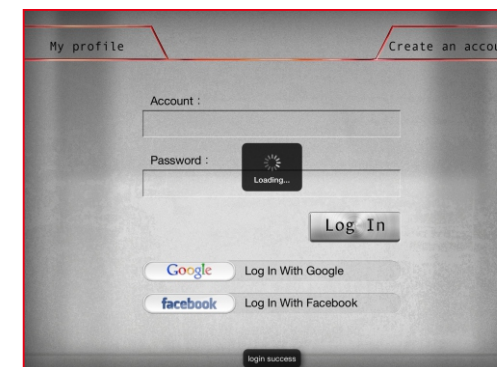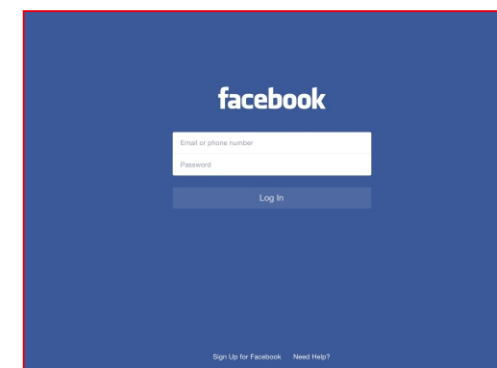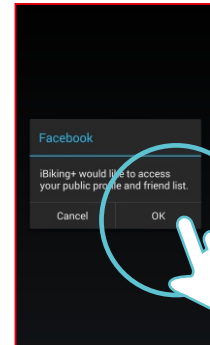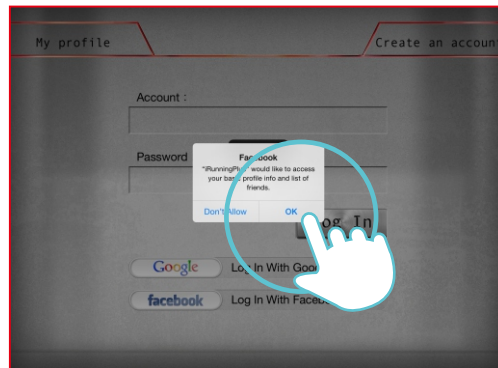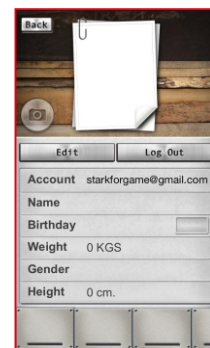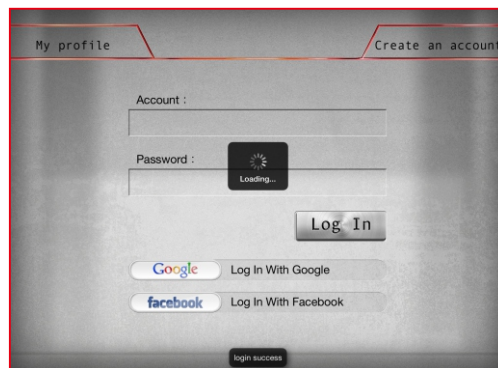

6 Pressing "ACCEPT"

7 Log in success.

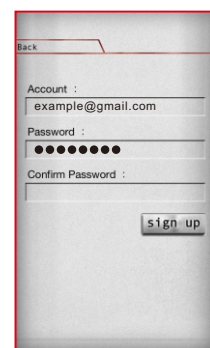**8** Log in with
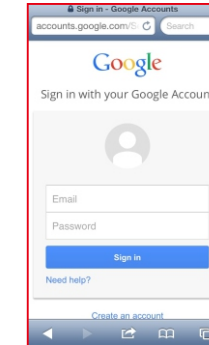Facebook account.

9 Pressing "OK"

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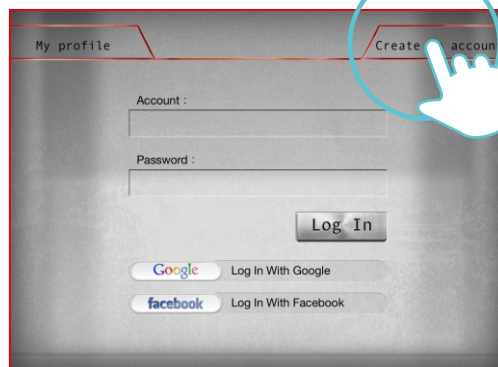
11 Create a new account.
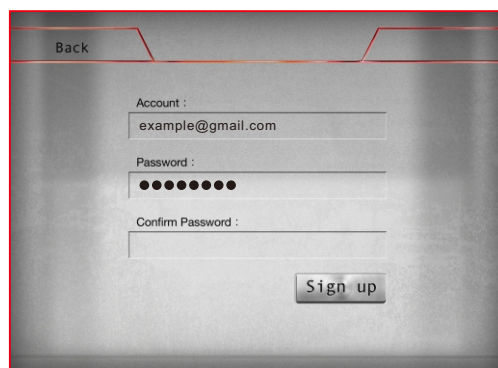
12 Key in user's account info and password.
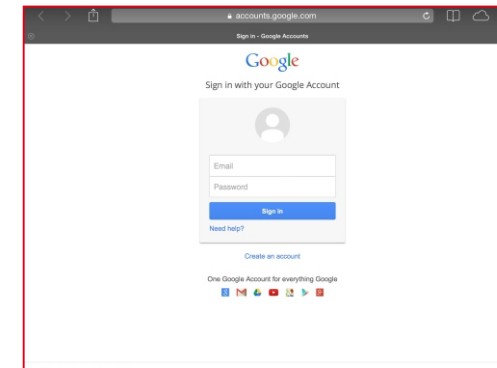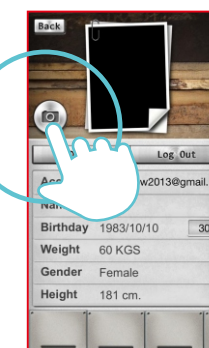

13 Enable the email account.
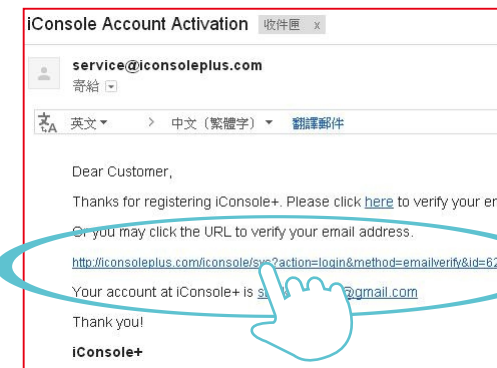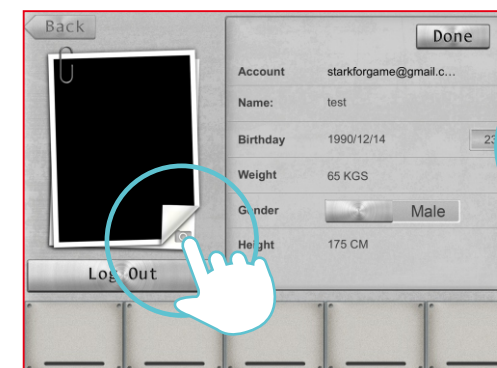

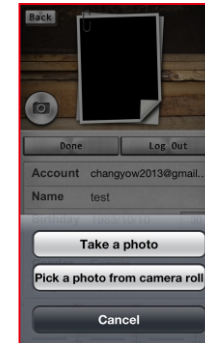**14** Find the account activating mail and click the URL to verify the account.
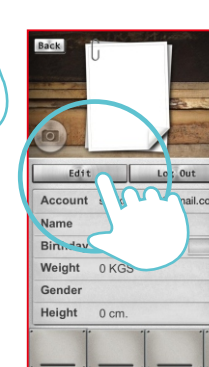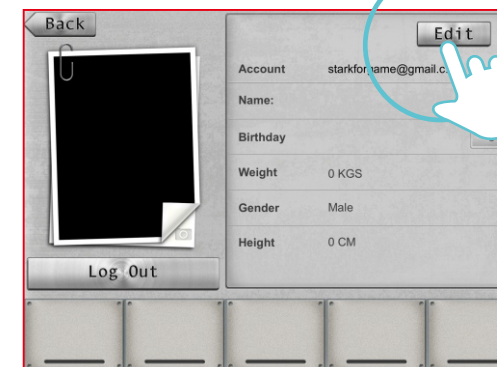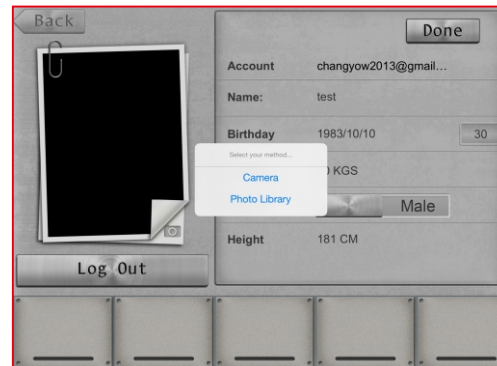

15 After log in press "EDIT" to create personal data.

16 Fill in personal info.

17

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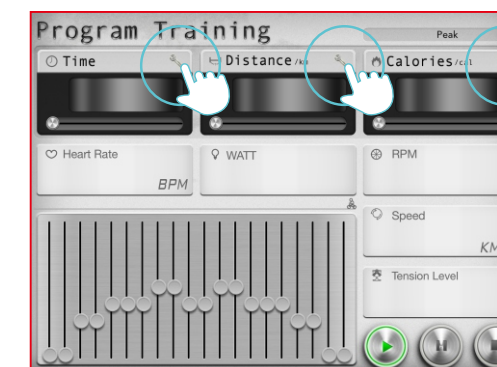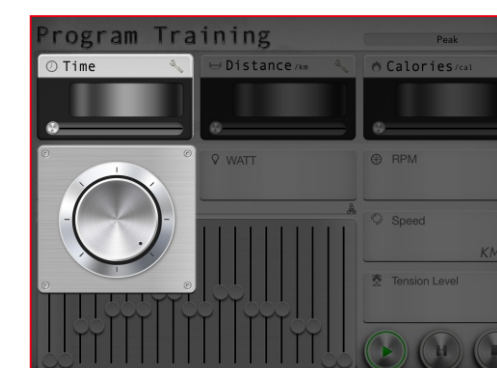Then press "DONE" icon on top right to finish setting.

1

"PROGRAM"

2

12 training programs for users to choose.

3

Setting "TIME","DISTANCE" and "CALORIES" by pressing bottom-right icons.
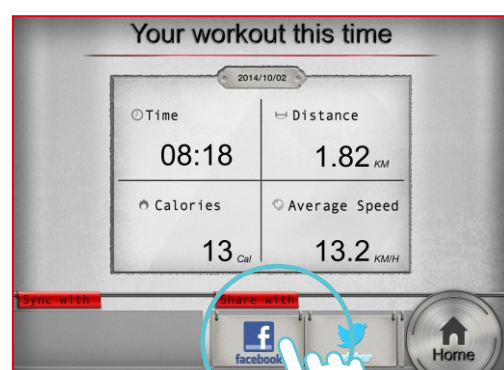
4

Setting "TIME"

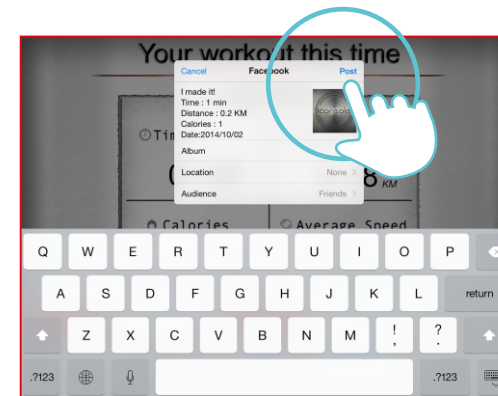**5** Setting "DISTANCE"

6 Setting "CALORIES"

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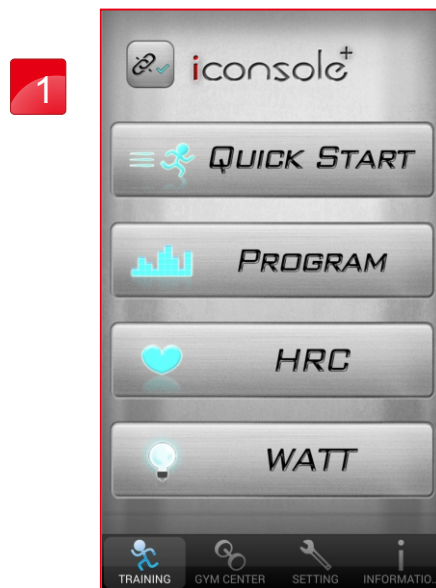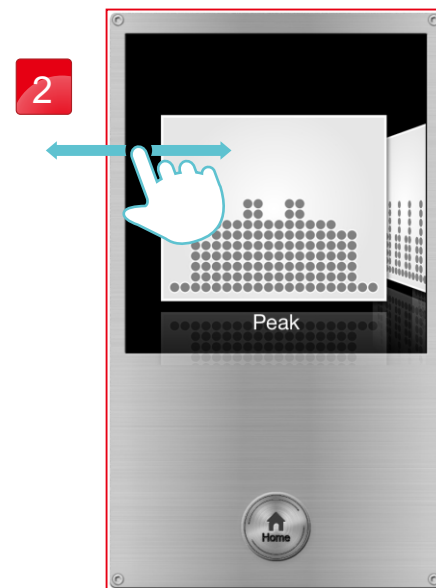

8 When finish, the workout summary can post on Facebook or Twitter.
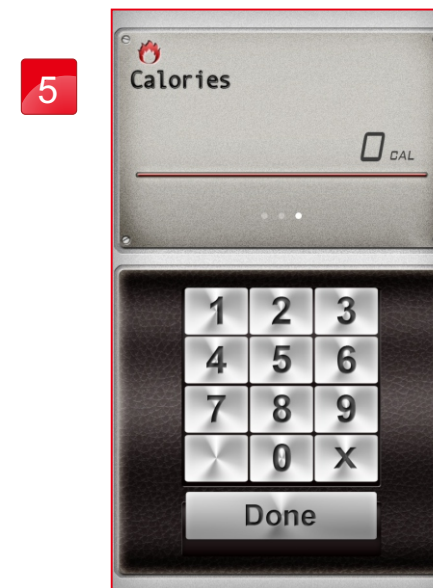

9 Click Facebook to upload the workout summary.
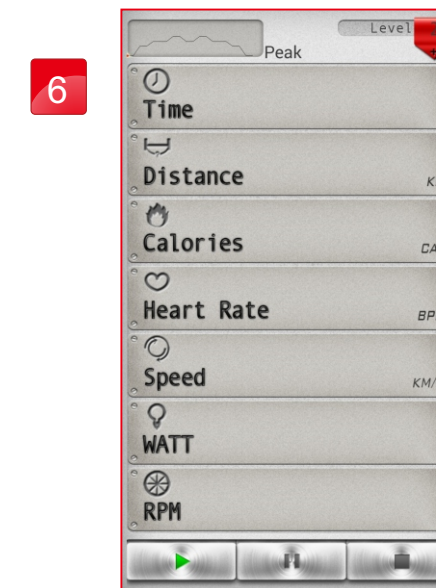
Cell Phone Program setting instruction

1

"PROGRAM"
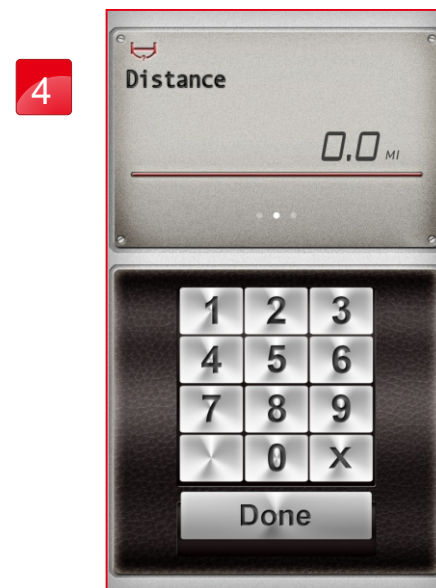
2

12 training programs for users to choose.

5

Calories

Setting "CALORIES"

6

Press "START" icon to begin exercise.
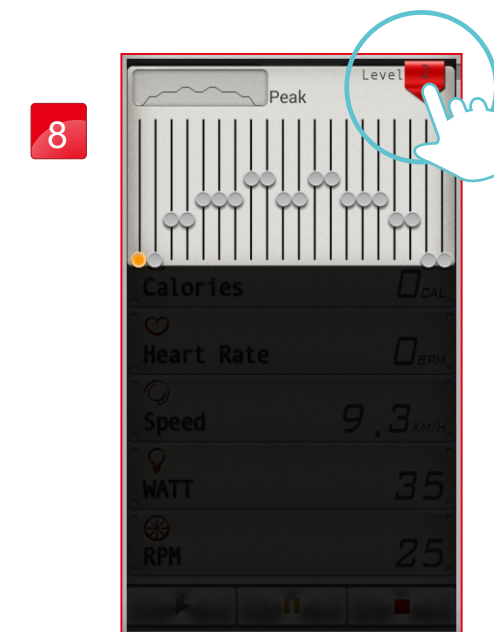
3

Time

Setting "TIME"

4

Distance

Setting "DISTANCE"
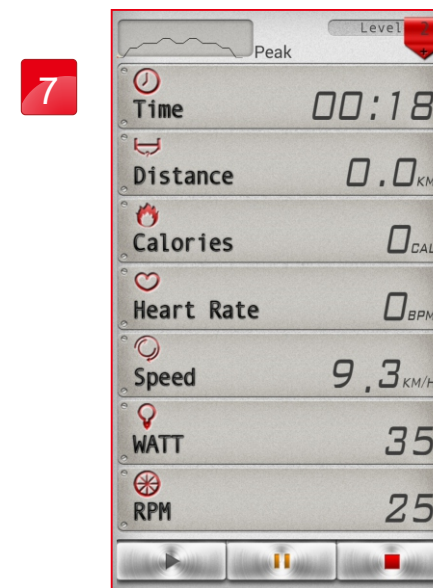
7

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

8

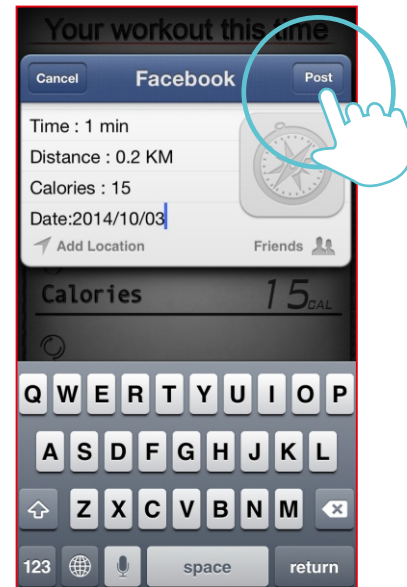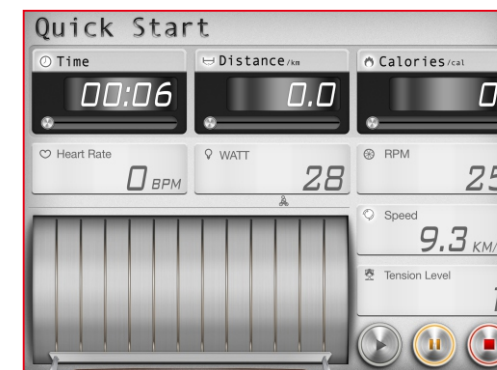User can adjust the incline values.

9

When finish, the workout summary can post on Facebook or Twitter.
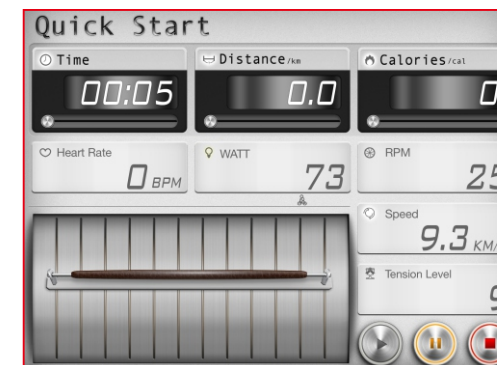
10

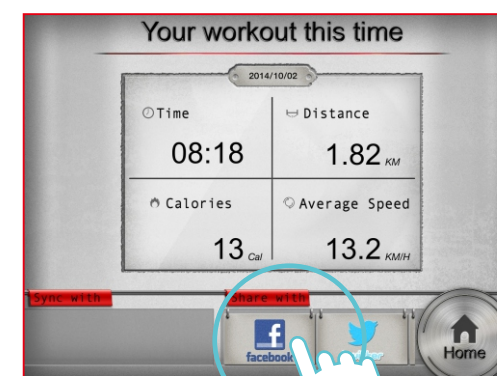Click Facebook to upload the workout summary.

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
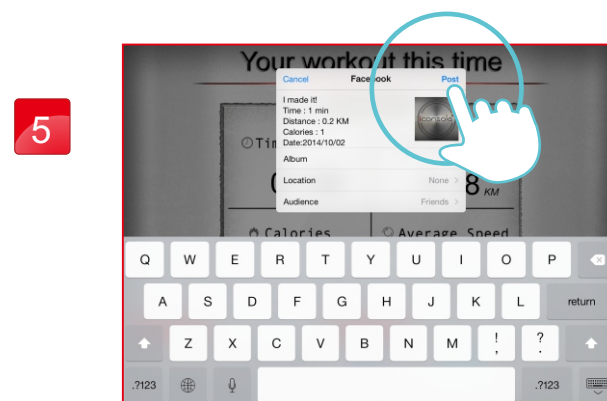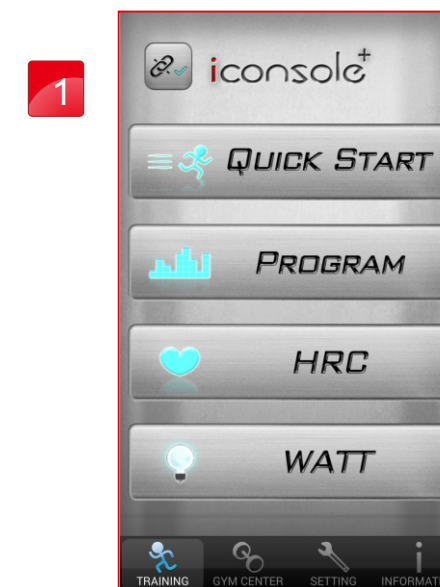

User can adjust incline value by the bar.

4

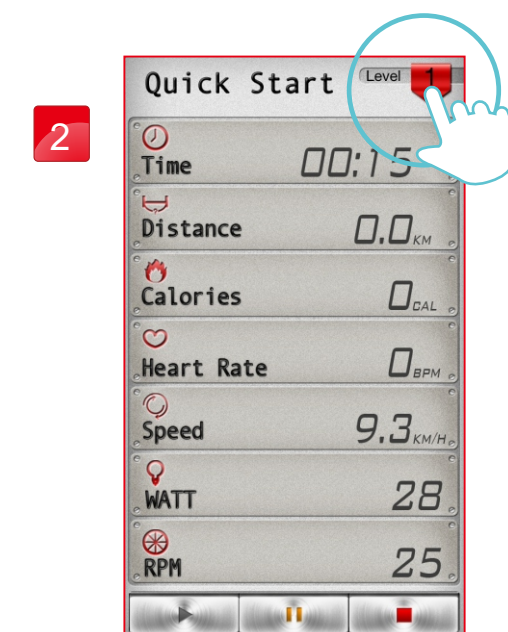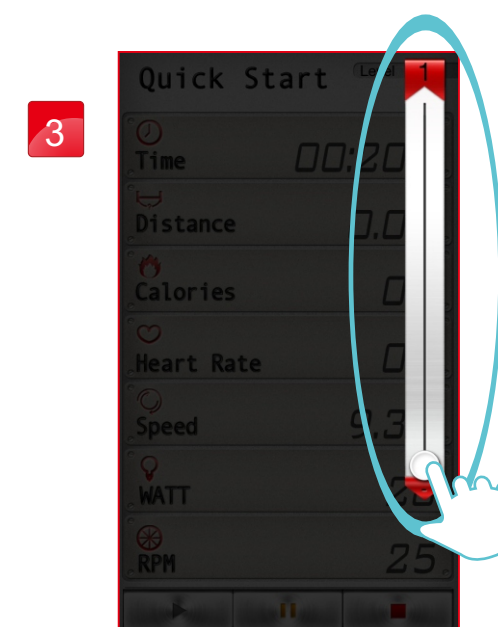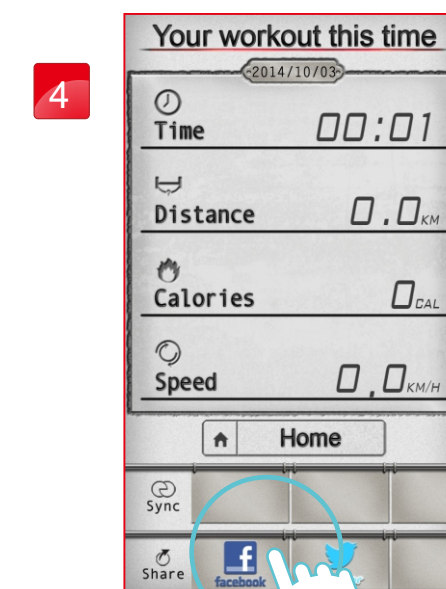When finish, the workout summary can post on Facebook or Twitter.

5 Click Facebook to upload the workout summary.

1 "QUICK START"

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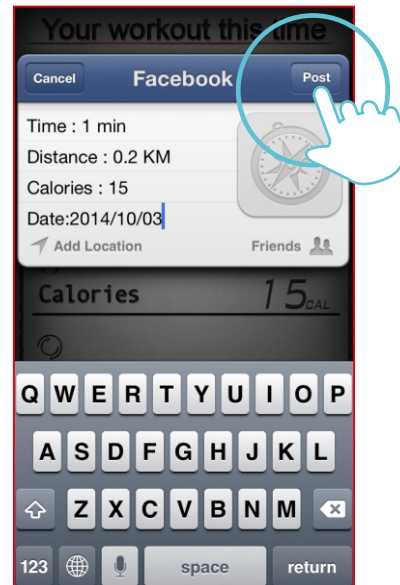

3 User can adjust the incline values.

4 When finish, the workout summary can post on Facebook or Twitter.
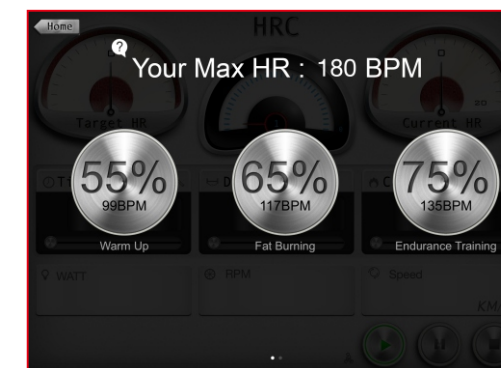
Click Facebook to upload
the workout summary.

1   "HRC"

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

3   User can custom the percentage.
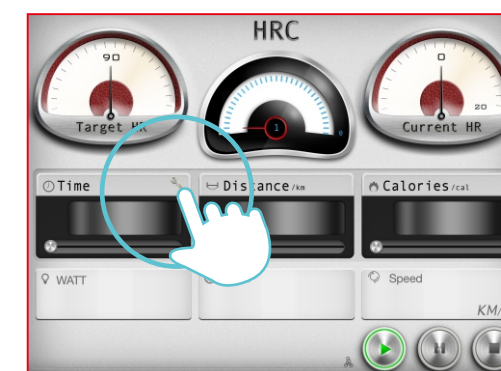
4   User can set "TIME" by press bottom
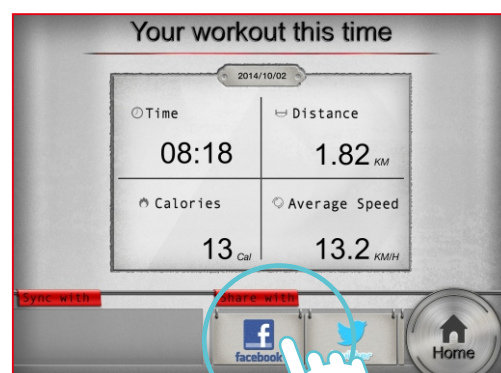right icon from console control.

5 Setting "TIME"

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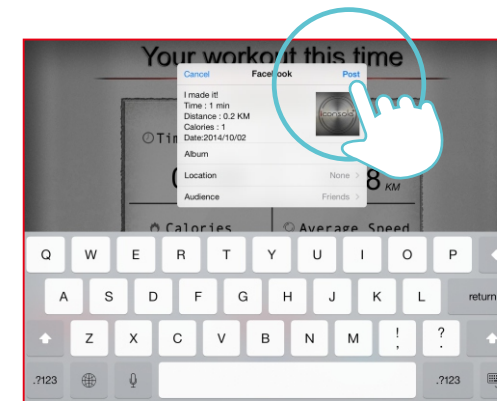

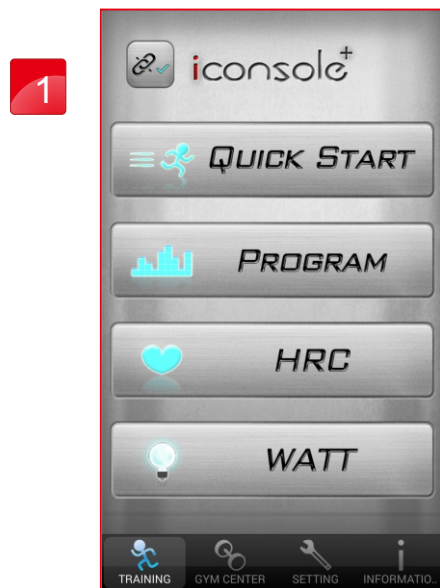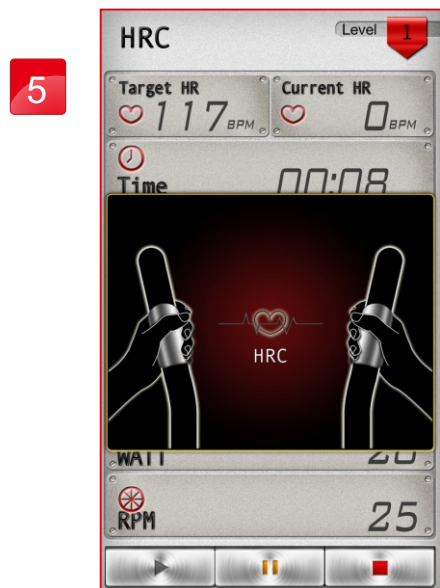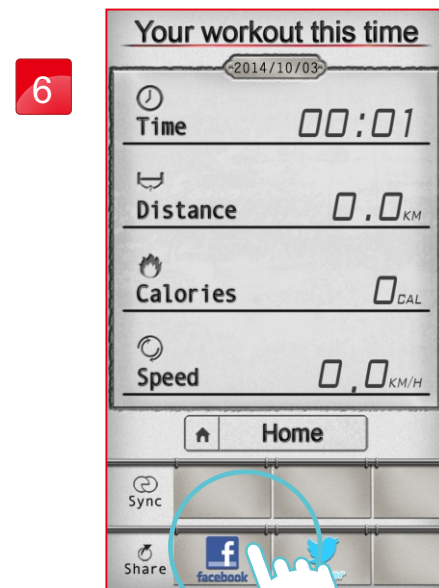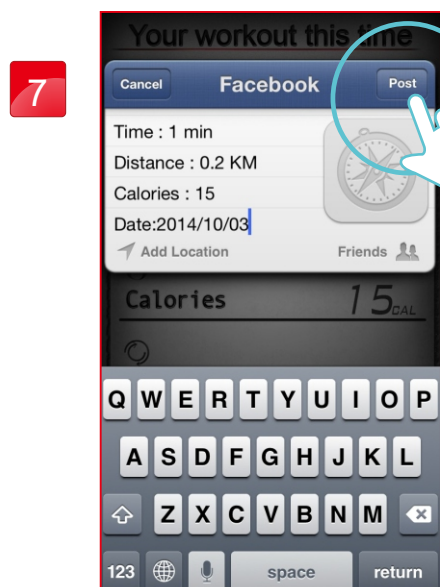7 The hand pulse doesn't receive any signal.

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

9 Click Facebook to upload the workout summary.
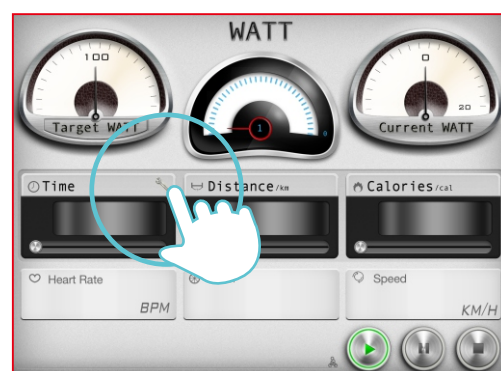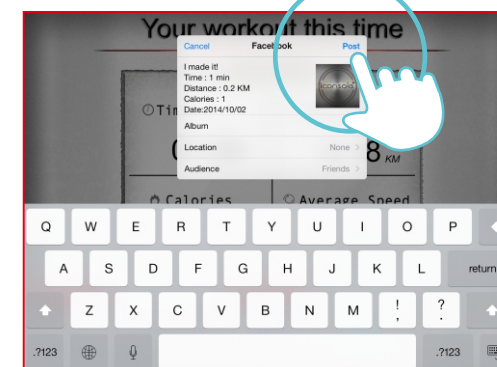
Cell Phone HRC setting instruction

1

"HRC"

2

User can custom the percentage.

5

The hand pulse doesn't receive any signal.

6

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

3

Setting "TIME"

4

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

7

Click Facebook to upload the workout summary.

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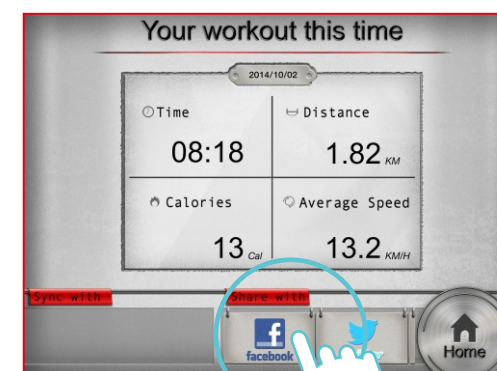
6 When finish, the workout summary can post on Facebook or Twitter.

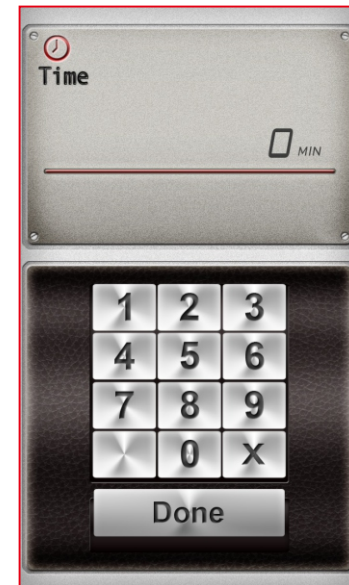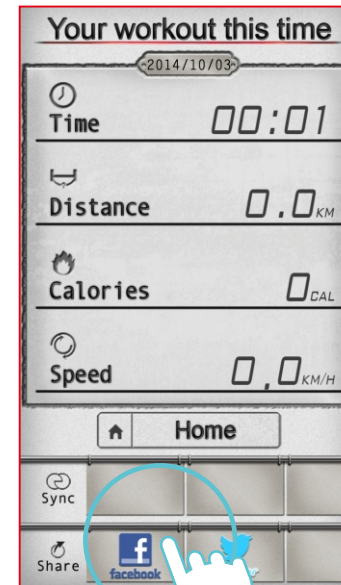**7** Click Facebook to upload the workout summary.
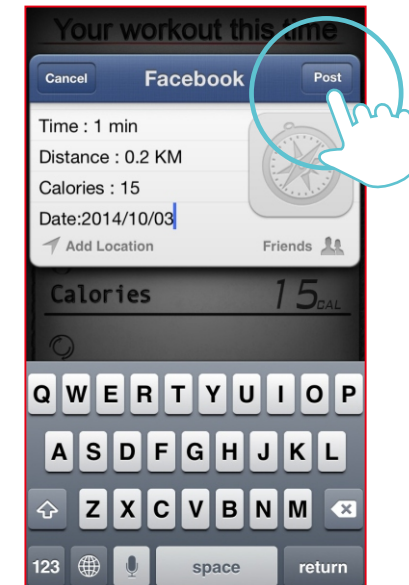
Cell Phone WATT setting instruction

1
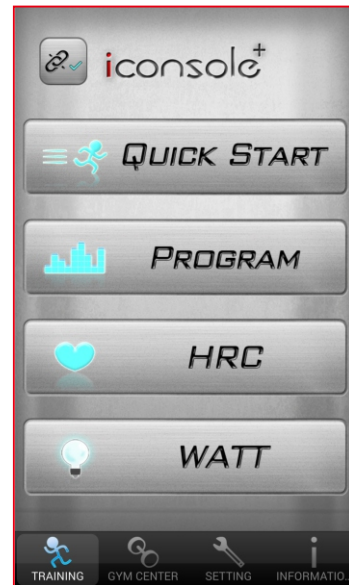
"WATT"

2

Setting "TIME"

5

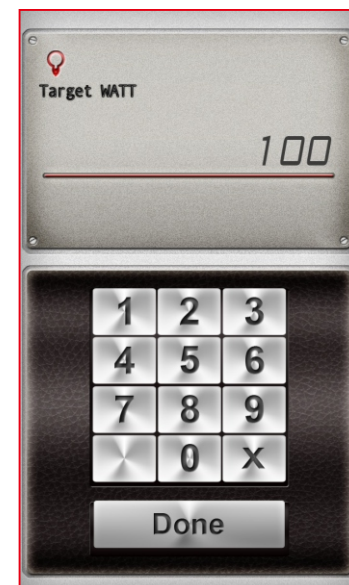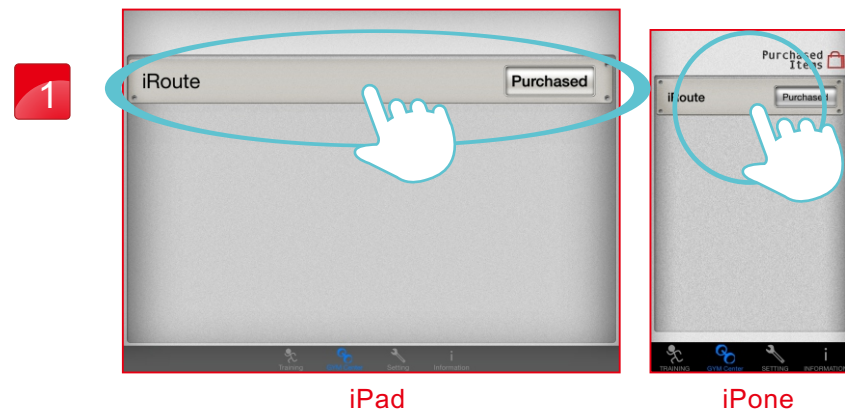When finish, the workout summary can post on Facebook or Twitter.

6

Click Facebook to upload the workout summary.

3

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

4

Setting "TARGET WATT"

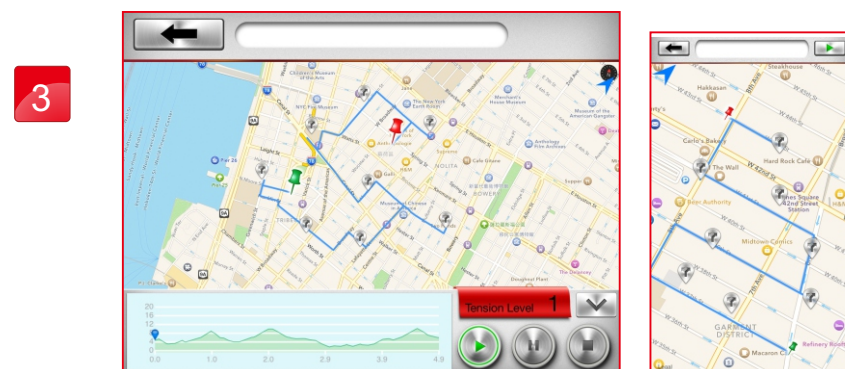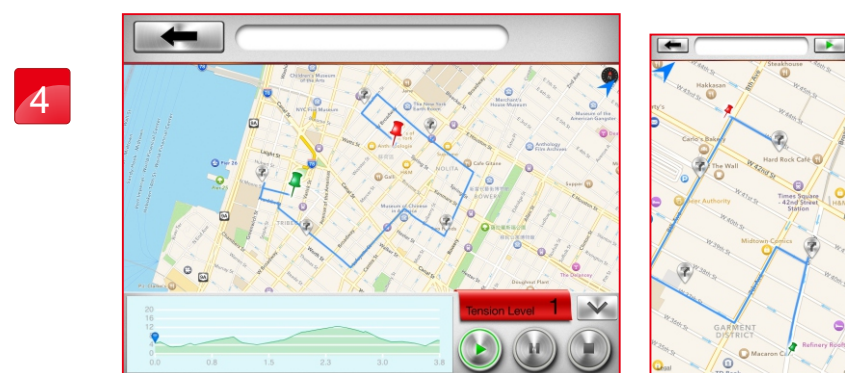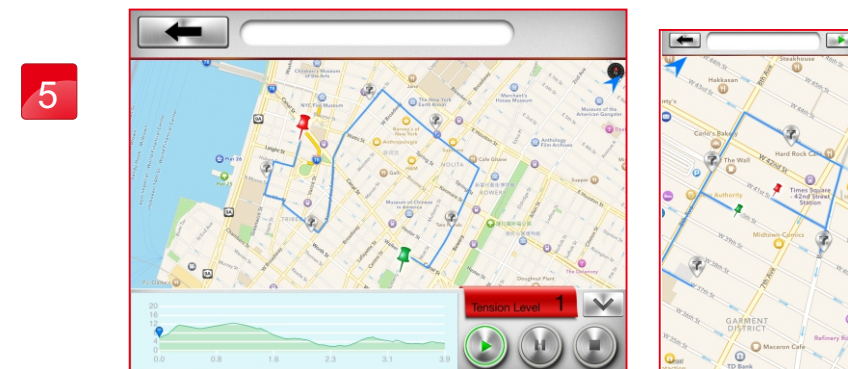# iRoute setting instruction

1 Press "PURCHASED ITEMS" to entry.

iPad   iPone
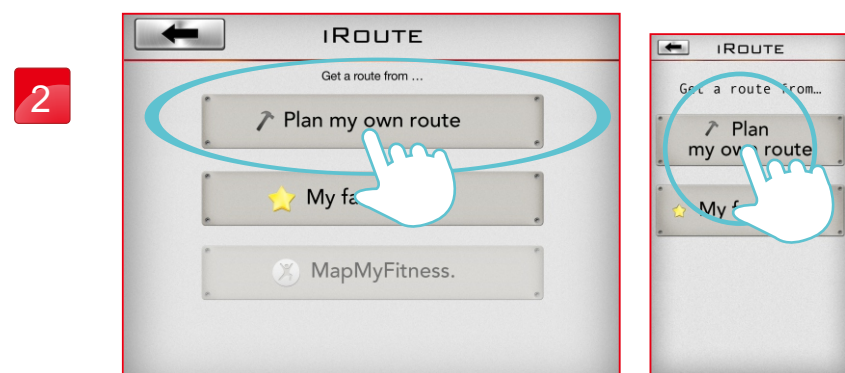
2 Press "PLAN MY OWN ROUTE"

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

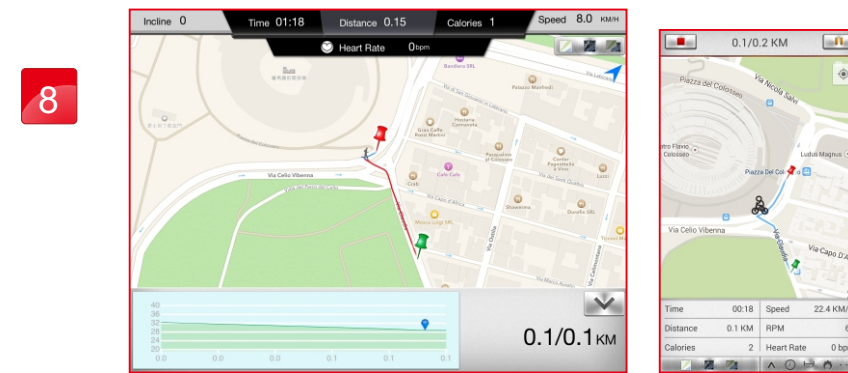**4** Delete turning point by press on it for two seconds.

5 Press and hold the start or end points can move and change position.
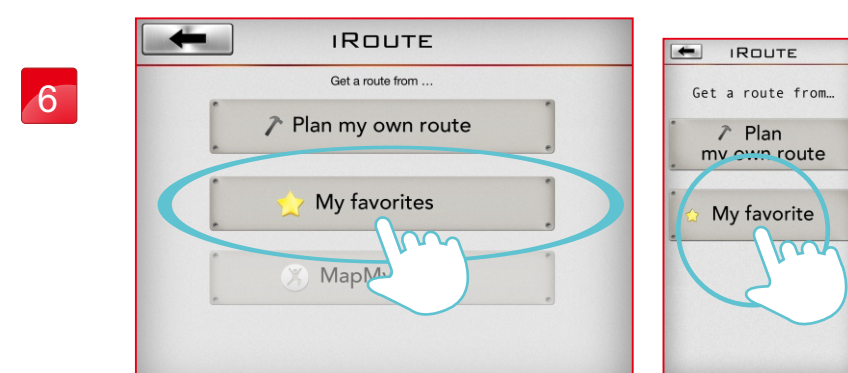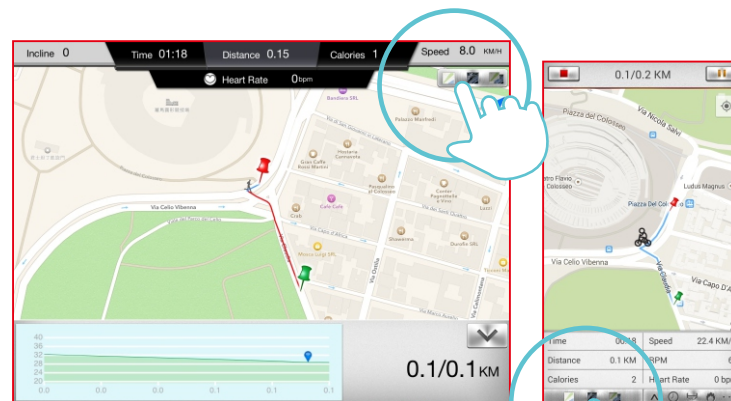
6 Press "MY FAVORITES"

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

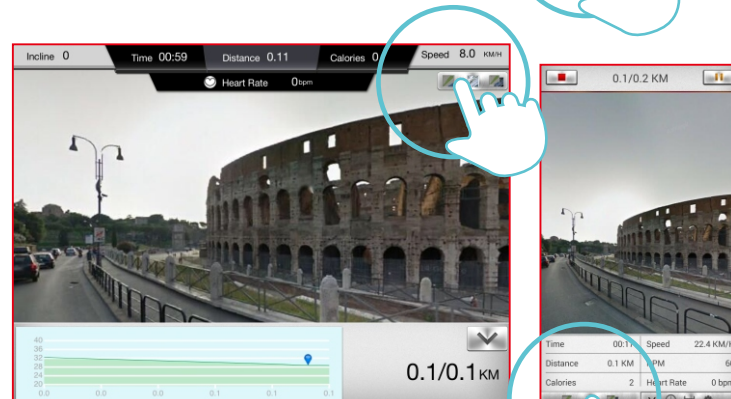**8** After finish setting route and starting exercise, there are three vision modes can choose.

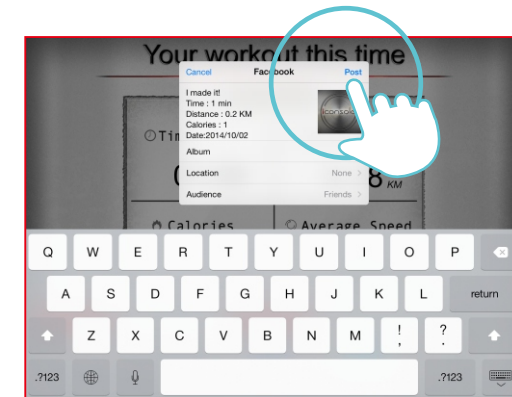**9** Standard Mode.
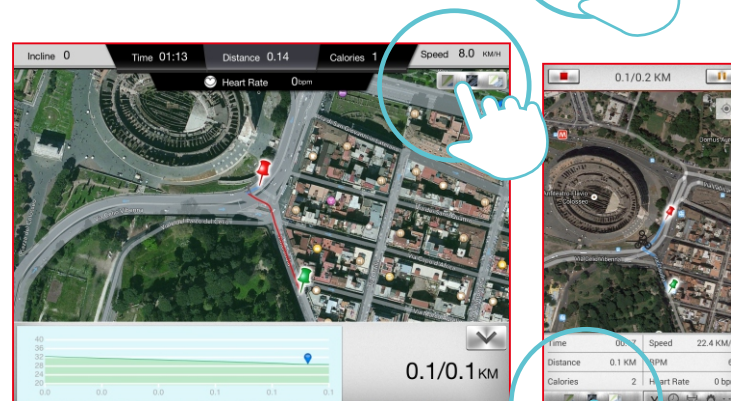
10 Hybrid Mode.

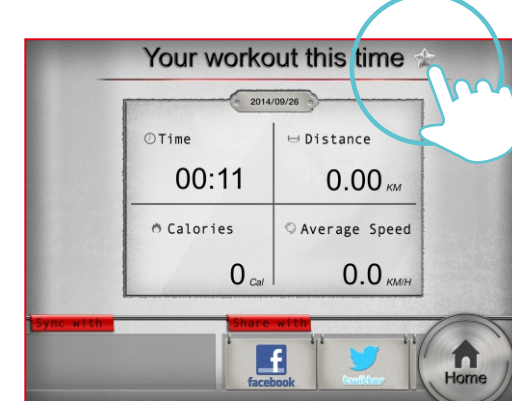**11** Street view Mode.

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

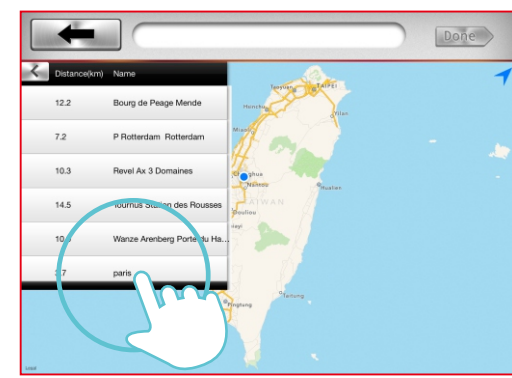**13** Click Facebook to upload the workout summary.

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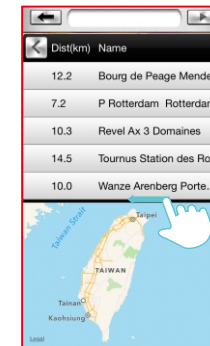

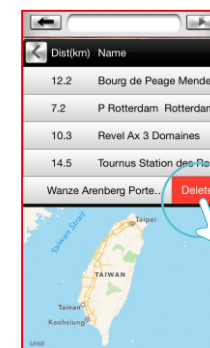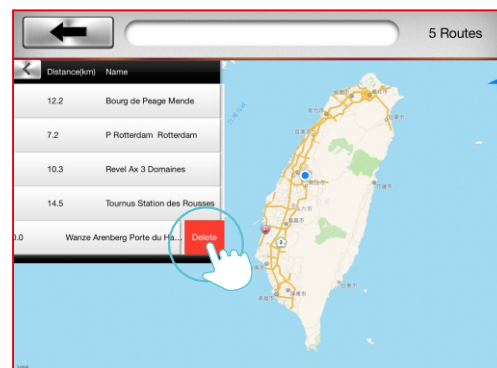**15** User can named the route. Press "SAVE" to store.

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.
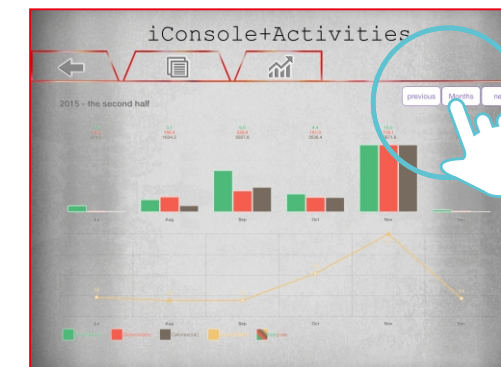
1 Press "iConsole+"
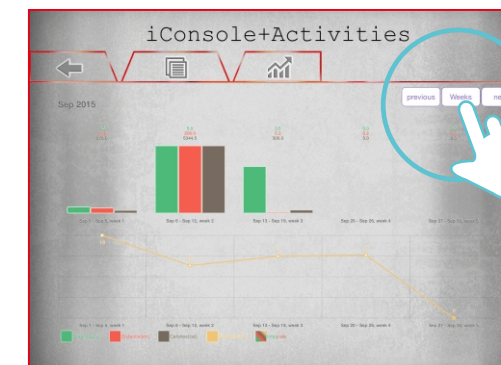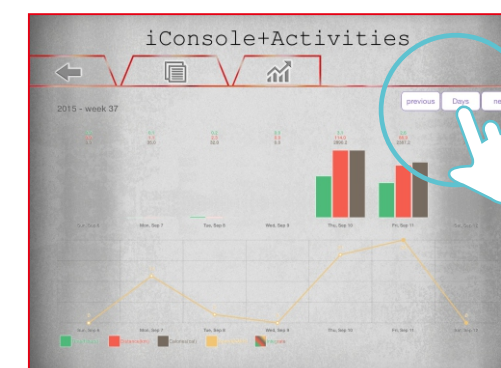

2 All the work out summary can display by month.

3 All the work out summary can display by week.
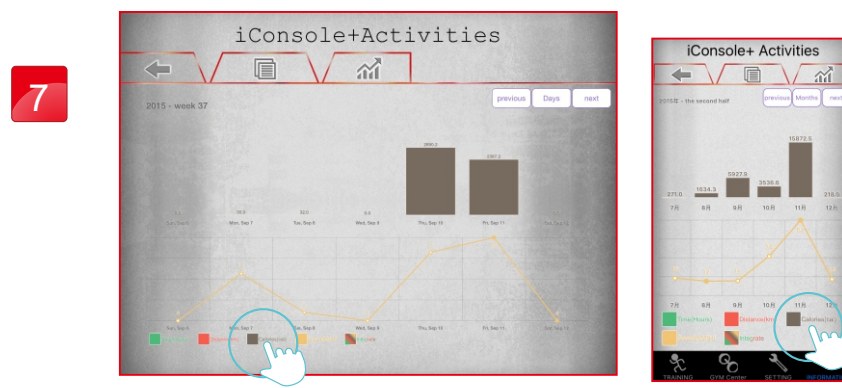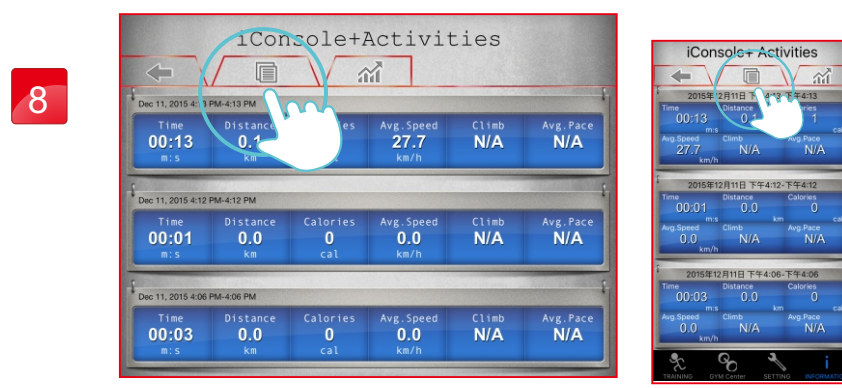

4 All the work out summary can display by day.

5 Display all the exercise time.
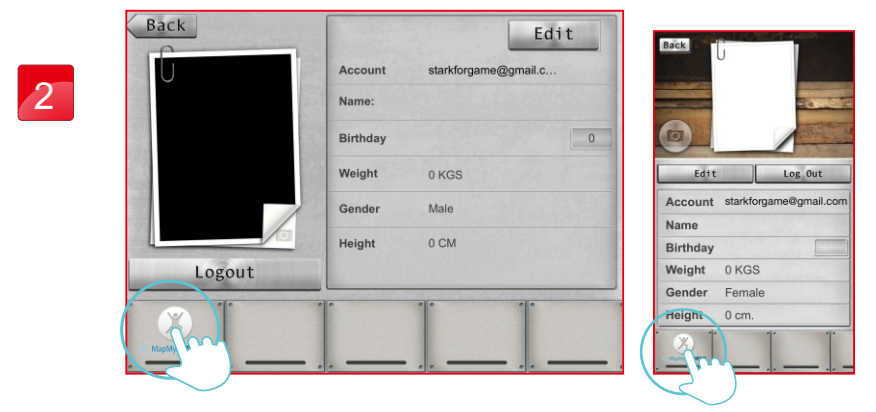
6 Display all the exercuse distance.
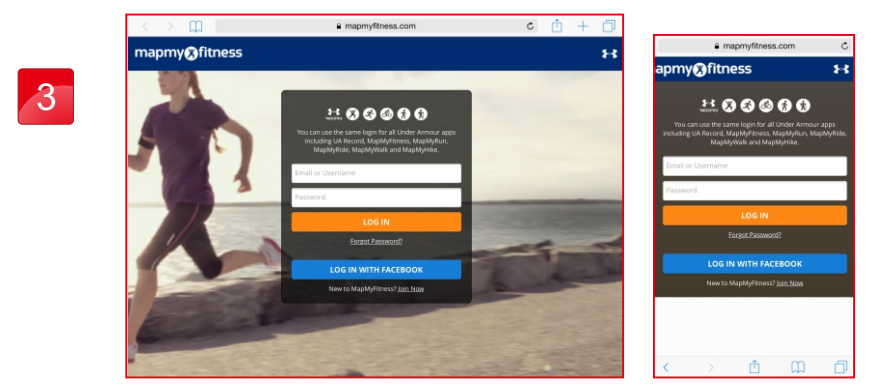
7 Display all the consume calories.

,
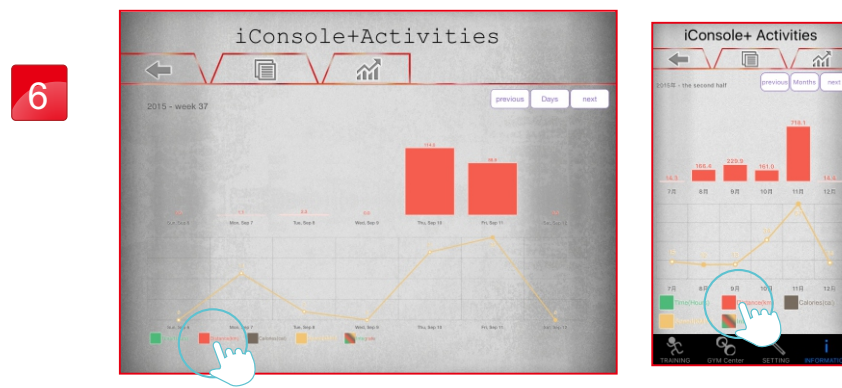
8 Display work out record for day.
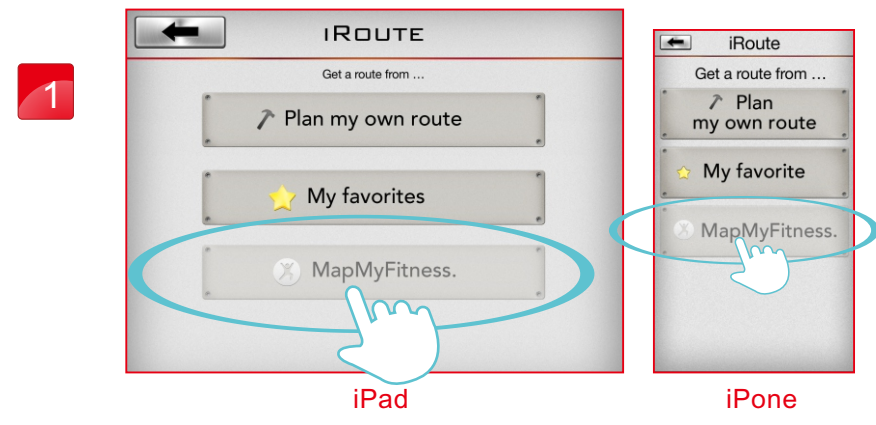
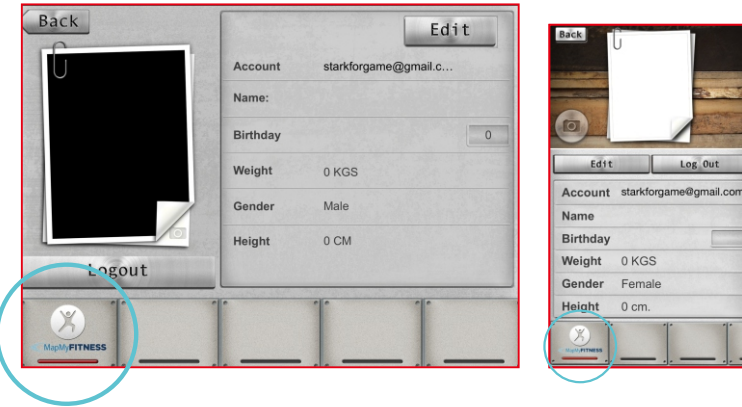**1** If Map My Fitness is not operating, go setting section to set up My Profile.
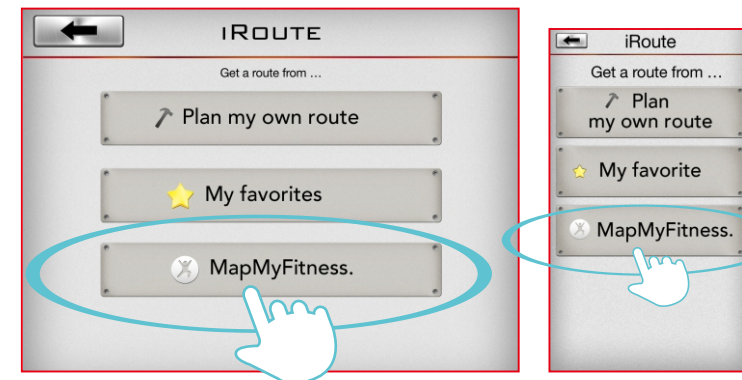
iPad   iPone

2 Press lower left icon.

3 Login by MapMyFitness account or FACEBOOK account.
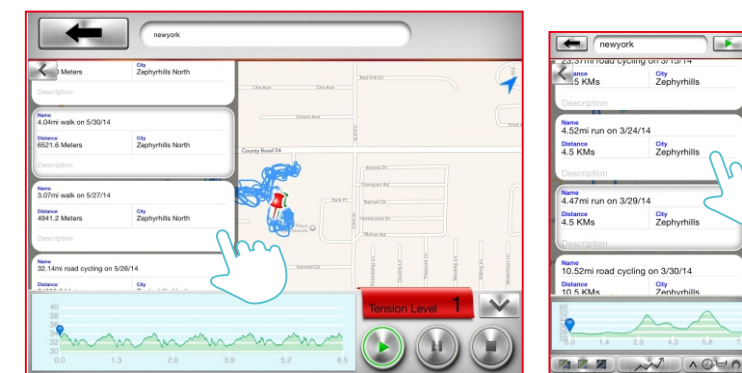
4 Press AUTHORIZE.

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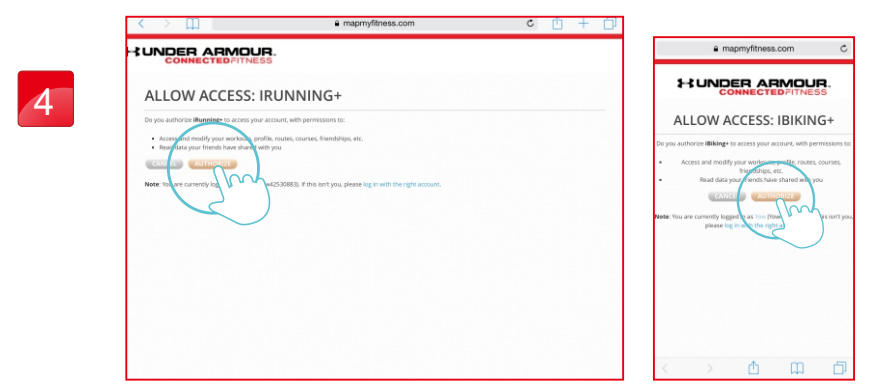
As login successful,
the left lower corner icon
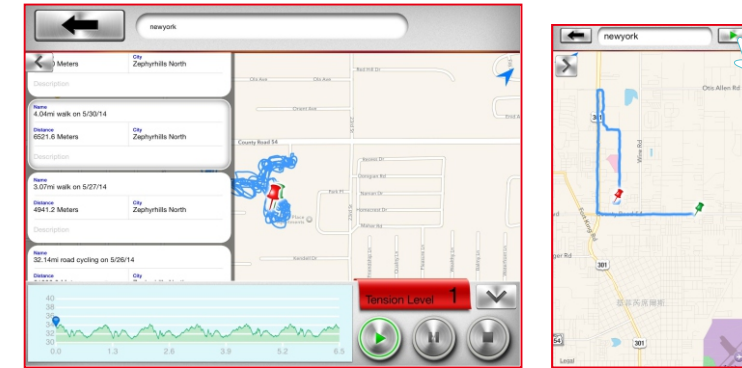would have red bar appear.

6

Press MapMyFitness.

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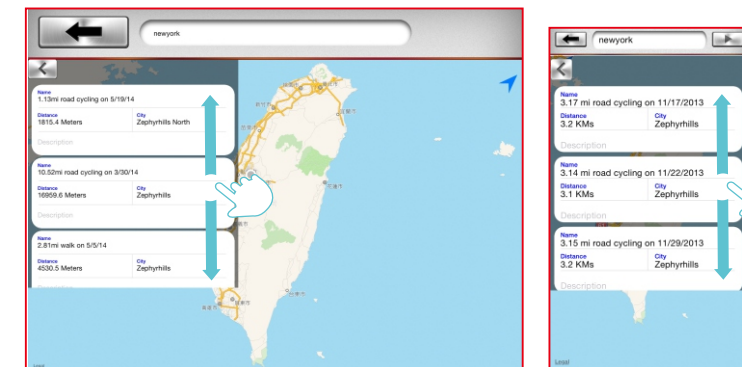
On search bar input the keyword
of place. For example: New York
Many routes would pop up for
user to select.

8

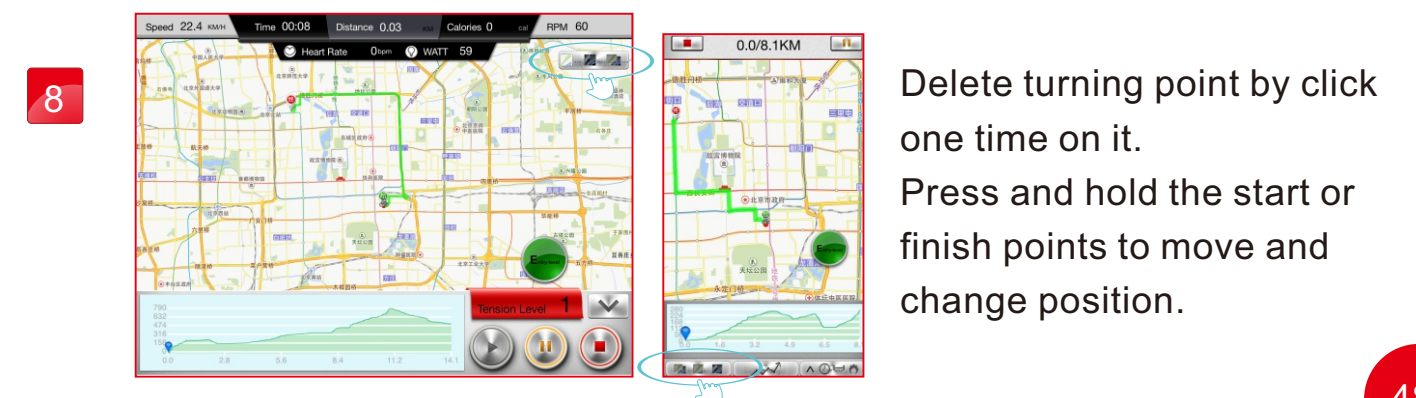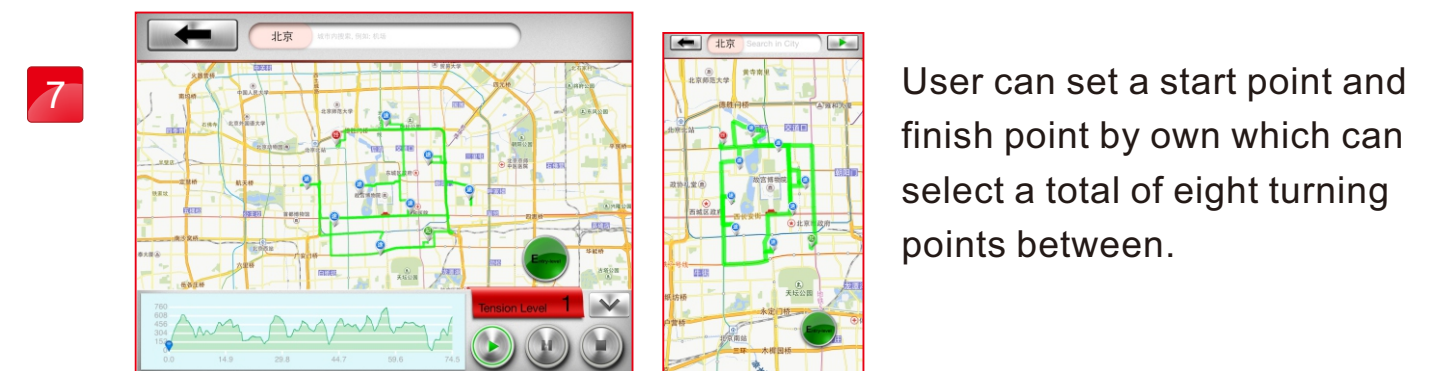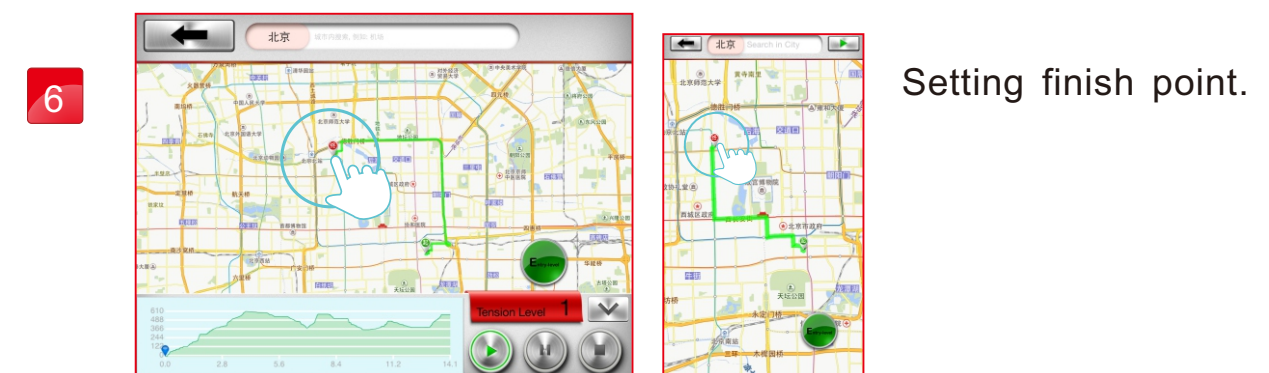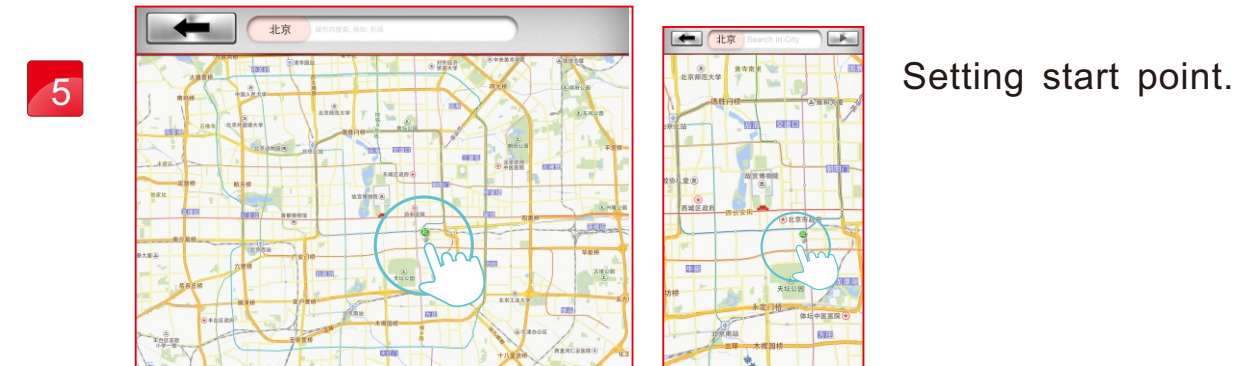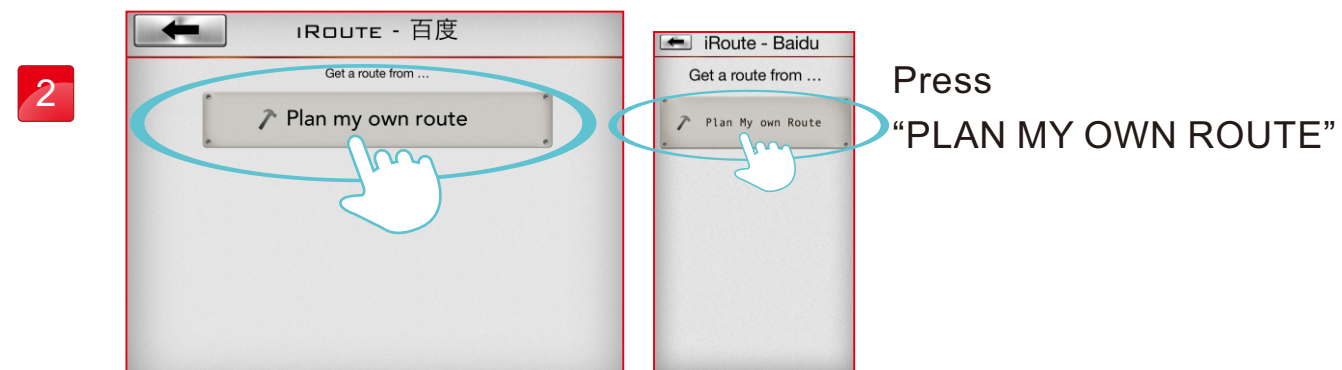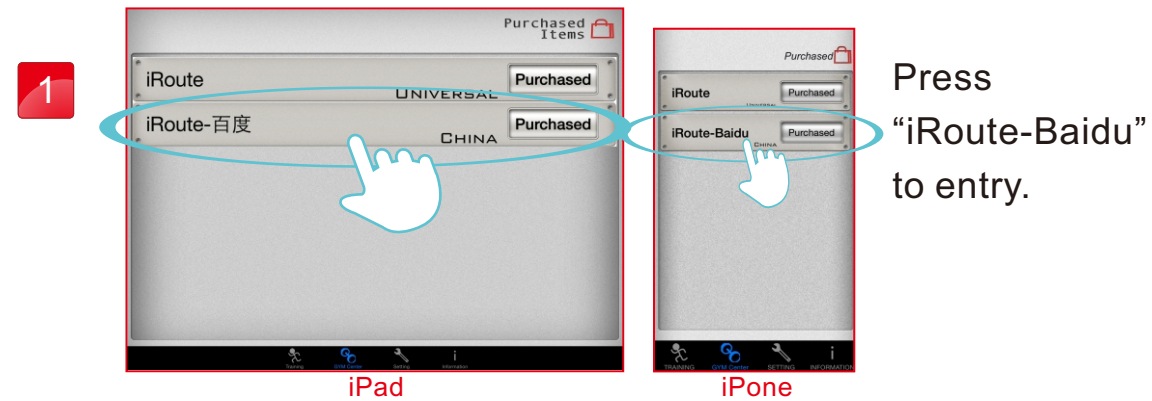The selecting route would
display its incline.

9

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 ,
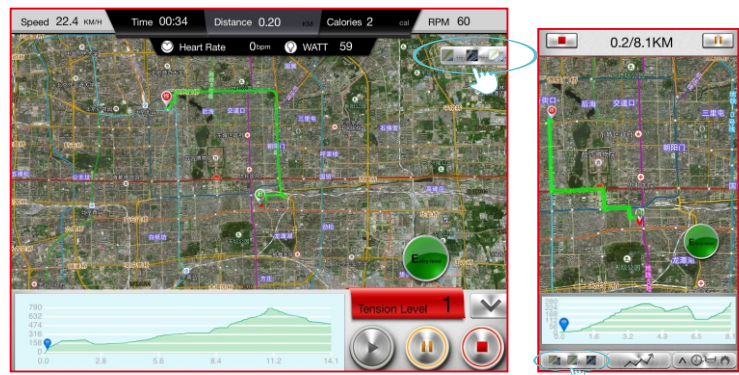or some areas due to the patent issue.

iRoute-Baidu

1 Press "iRoute-Baidu" to entry.

iPad / iPone

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.

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.

9 Street view Mode.

10 Hybrid Mode.
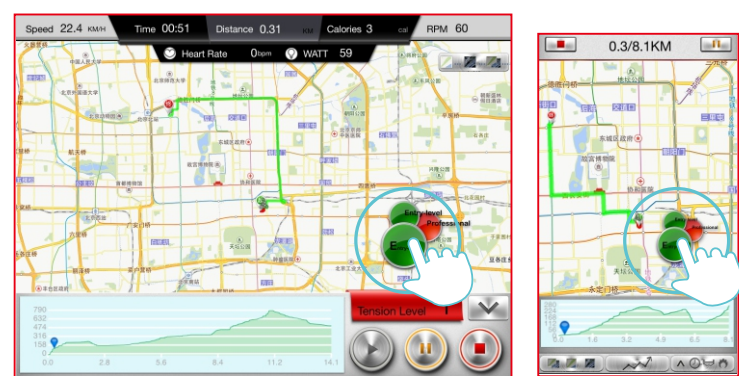
11 Standard Mode.
Press icon to select
Entry-level or Professional.
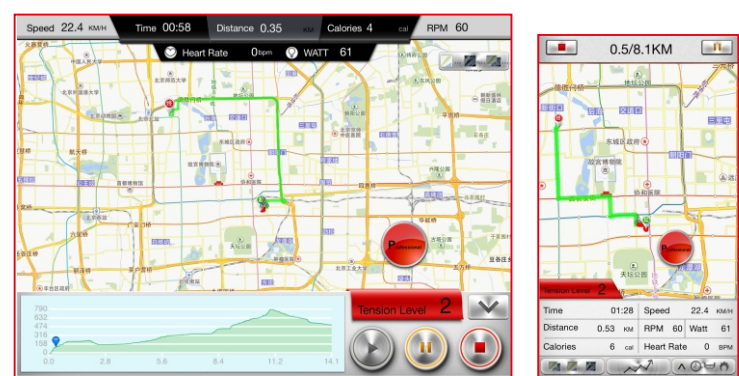
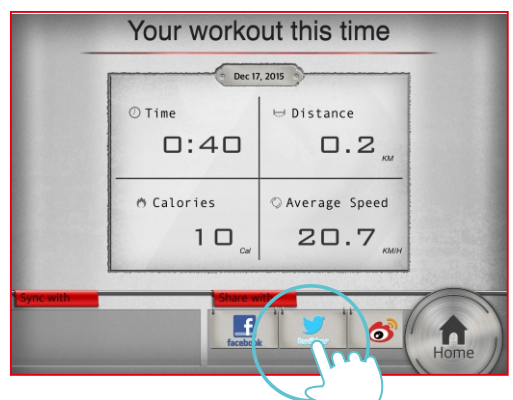12 The Entry-level's tension value
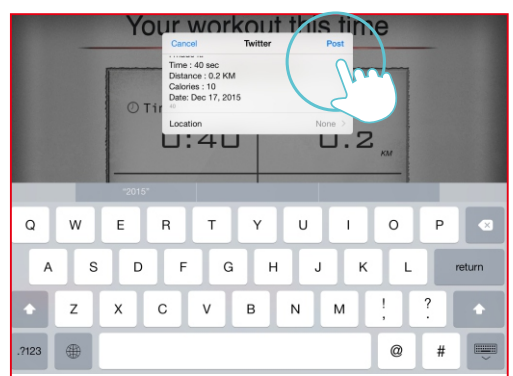is half of Professional's.
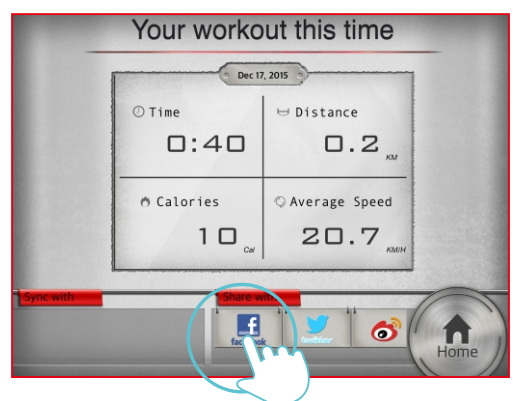
1 Share to Facebook.
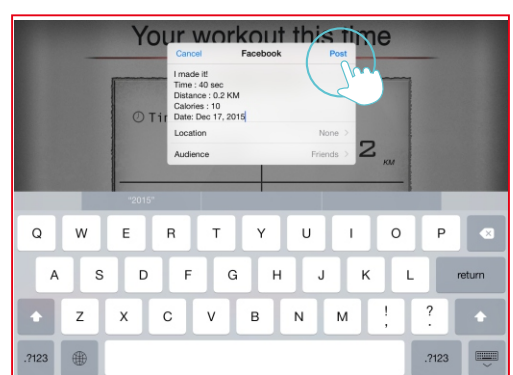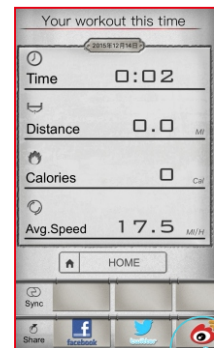
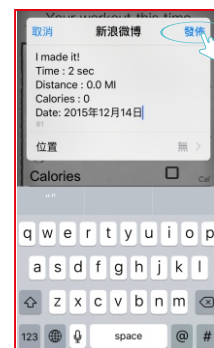2 User could edit the content
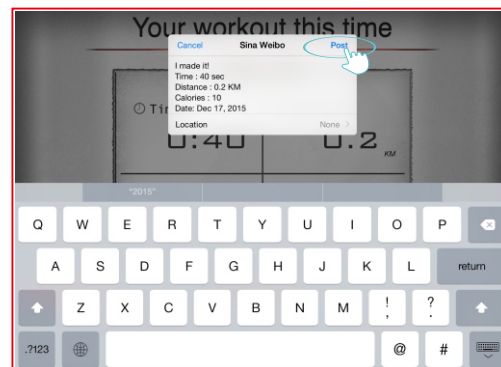then press upload.

3 Share to Twitter.
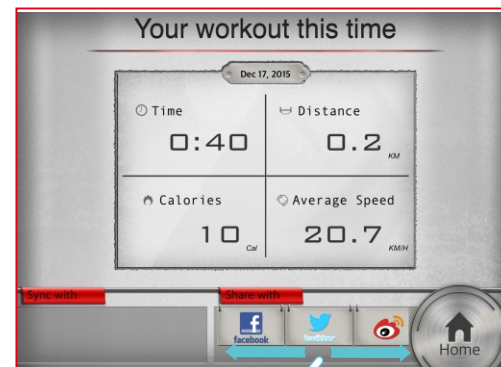
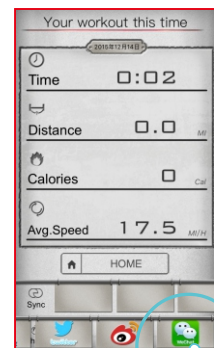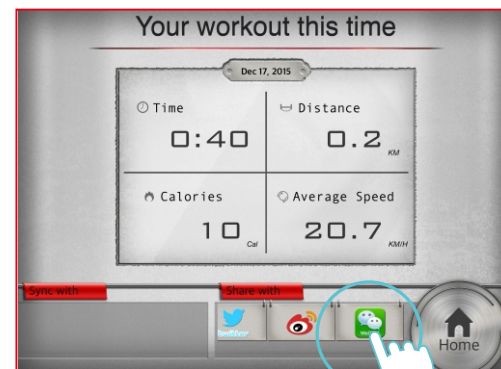4 User could edit the content
then press upload.

Share to Weibo.

User could edit the content
then press upload.

Slide left or right
to select.
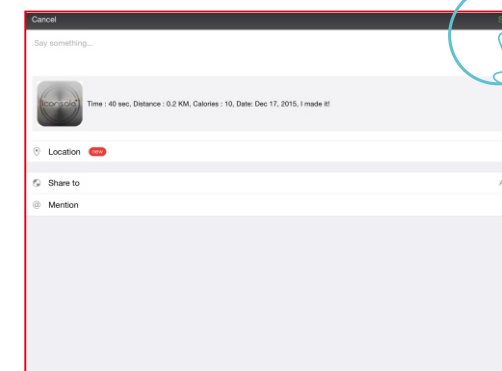

Share to We Chat.
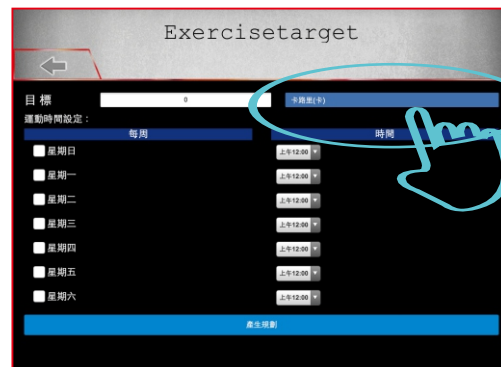

User could edit the content
then press upload.

1

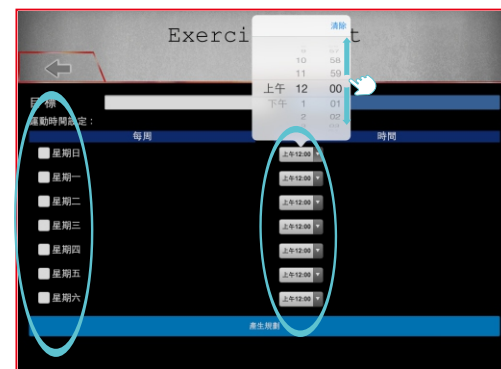Press Exercise target。

2

Setting target subject。

3

Input the target value。

4

Setting the exercise date and time。

5

After plan setting can modify or delete。
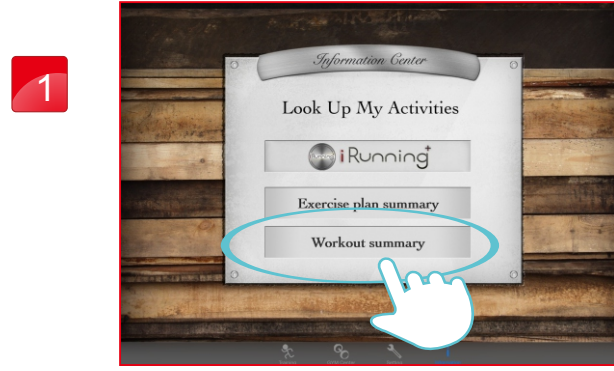
Exercise plan summary
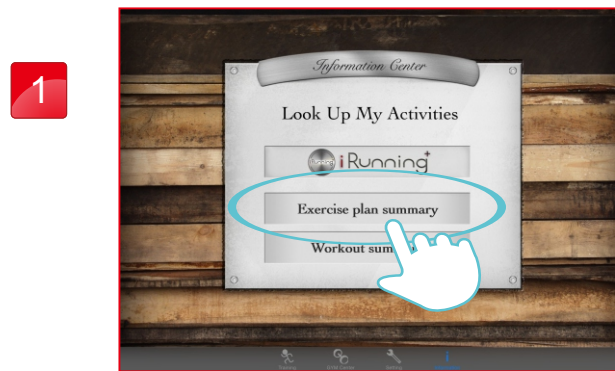
1 Press Exercise plan summary。

2 Check the Exercise plan summary。

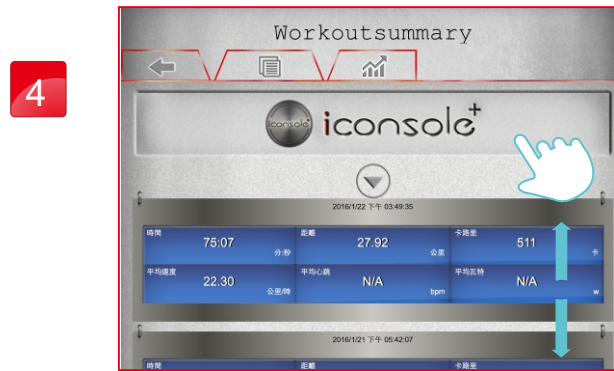# Workout summary

1 Press Workout summary。
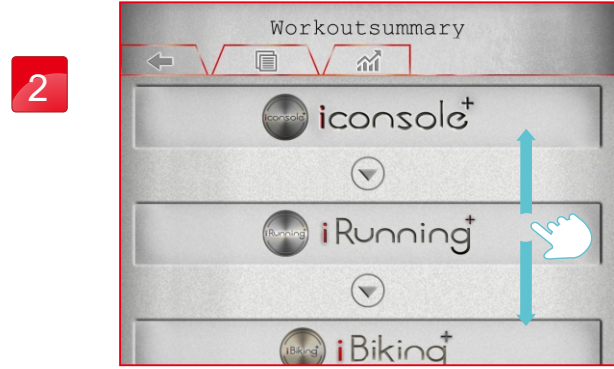
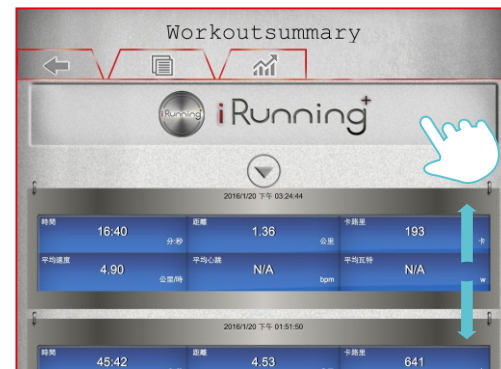**2** Display I series APP workout summary。
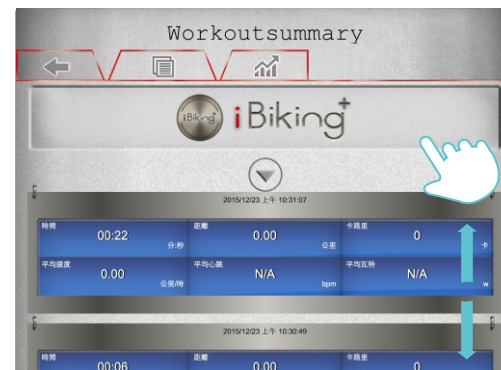

3 Each subject total sum 。

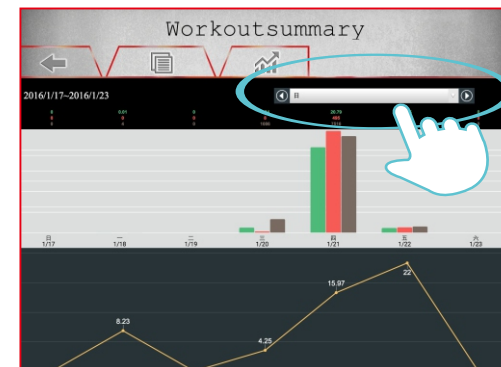**4** Press iConsole+ icon could check every workout data。
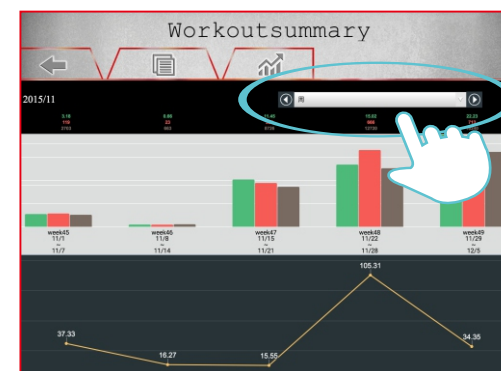
5 Press iRunning+ icon could check every workout data。

6 Press iBiking+ icon could check every workout data。
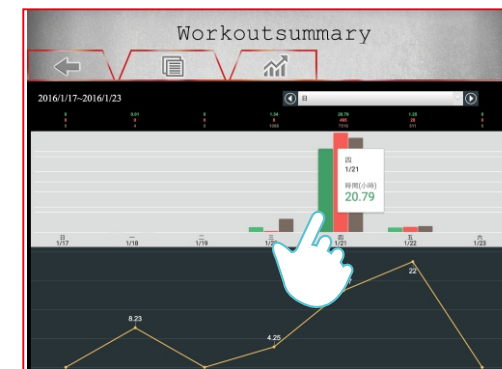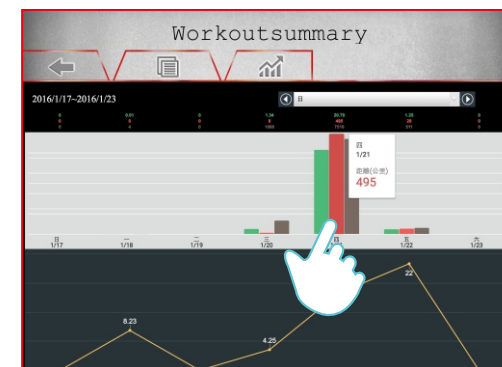

7 Display in day。

8 Display in week。
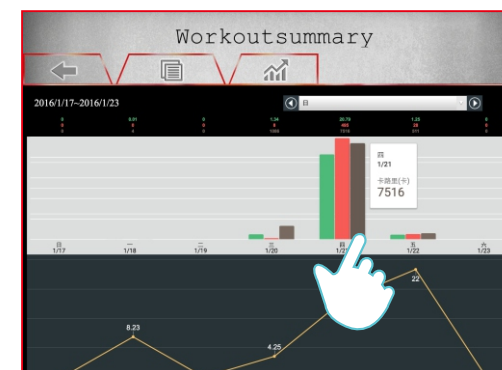

9 Display in month。

10 Total time sum。

11 Total distance sum。

12 Total calories sum。