

circle

FITNESS

ALWAYS MOVING FORWARD

Owner's Manual

Console Operation

M7 Treadmill

Sport Touch Screen

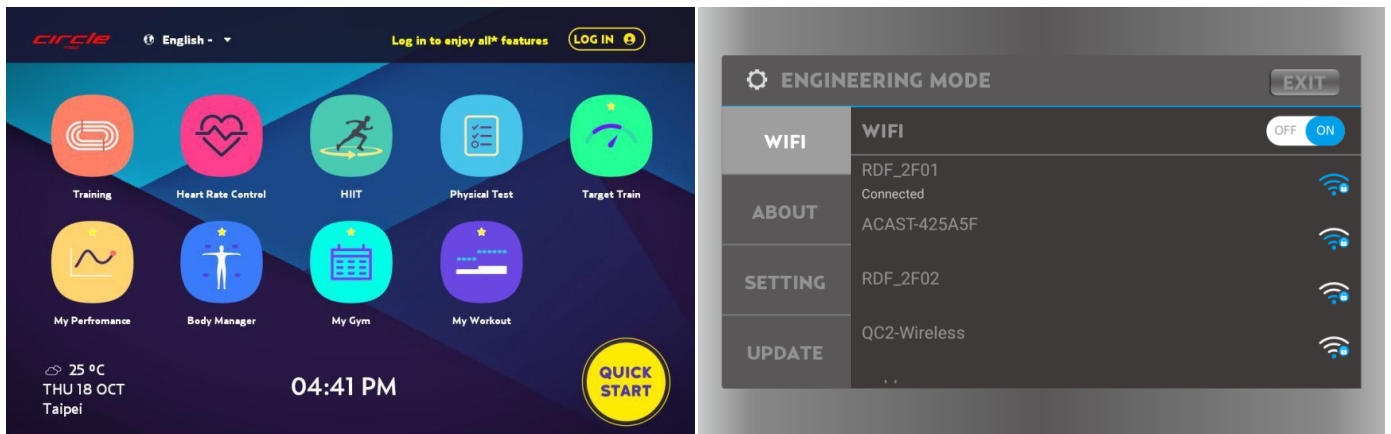
Table of Content

1	ENGINEERING MODE.....	1
1.1	WiFi	1
1.2	ABOUT.....	1
1.3	SETTING.....	2
2	Circle Fitness Cloud Management Solution	3
	CircleCloud Introduction	3
	Introduction to Asset Manager (For Gym Administrators).....	4
2.1	Login & Homepage.....	4
2.2	Overview.....	4
2.3	Bulletin.....	6
2.4	Class.....	6
2.5	Equipment.....	6
2.6	Statistics	7
2.7	Profile.....	9
3	Console Operation	10
3.1	Main Screen	11
3.2	CircleCloud Signup & Login	12
3.3	Settings (Profile, Change Password, Data Syncing).....	13
3.4	Quick Start, Workout in Progress, and Summary	13
3.5	Training.....	15
3.6	Heart Rate Control	16
3.7	HIIT.....	17
3.8	Physical Test	21
3.9	Target Train	24
3.10	My Performance.....	27
3.11	Body Manager.....	28
3.12	My Gym	29
3.13	My Workout	30

1 ENGINEERING MODE

How to Enter ENGINEERING MODE

The image on the left below shows the main screen in standby mode. Press and hold the logo in the upper left corner of the main screen for 5 seconds to enter ENGINEERING MODE, as shown in the image on the right. To exit, tap the 「EXIT」 button in the upper right corner to return to the main screen.



1.1 WiFi

After entering ENGINEERING MODE, select 「WIFI」 on the left side of the screen. You can toggle the switch to enable or disable WiFi. When WiFi is enabled, the screen will display a list of available networks. If a network requires a password, a 「lock」 icon will appear next to it.

1.2 ABOUT

In ENGINEERING MODE, select 「ABOUT」 on the left side of the screen. This section includes the following items:

- MACHINE TYPE
- MODEL
- APP VERSION (App Software Version)
- BUNDLE VERSION (Firmware & Software Version)
- LAST UPDATE TIME (Last App Update Time)
- DEV TOTAL DISTANCE (Total Equipment Usage Distance)
- DEV TOTAL TIME (Total Equipment Usage Time)
- SHOW ERROR DAILY (Display Daily Error Codes)
- EXIT LAUNCHER (Exit Android Home Screen)
- The item EXIT LAUNCHER is explained as the following. When you tap 「EXIT LAUNCHER」 (password: rtx), two options will appear:「Launcher3」and「Treadmill」. Selecting「Launcher3」will terminate the software and return to the Android home screen. Selecting 「Treadmill」 will return to the equipment's standby screen. (Exiting ENGINEERING MODE this way will not save any modified settings.)

1.3 SETTING

After entering ENGINEERING MODE, select 「SETTING」 on the left side of the screen. This section includes:

- GYM ID
- DEALER ID
- MACHINE ID (Equipment Serial Number)
- TIMEZONE OFFSET
- COUNTRY (Country Code)
- WEATHER CITY
- WEATHER INTERVAL (Weather Update Interval)
- Register (New Equipment Registration)
- Connect
- UNIT
- MACHINE TYPE
- MIN. SPEED
- MAX. SPEED
- DEF INCLINE (Default Incline Level)
- IDLE DETECT
- HZ PARAMETER
- 1KM PARAMETER
- PARAMETER1
- ZERO PARAMETER
- SPEED ADD TIME
- SPEED SUB TIME

Some key items above are explained as the following:

- GYM ID: The standard format is XXXX-XXXX-XXXX. The first segment represents the dealer code (e.g., 0006-), which is generated automatically based on the 「Dealer ID」. The second and third segments represent the gym code (e.g., 0000-0001), which must be manually entered by the customer.
- WEATHER CITY: The customer must manually enter the city name for weather updates.
- Connect: When replacing the console on an existing machine, if the serial number has already been registered and the same dealer code is entered, the cloud system will transfer the total usage time and distance from the old console to the new one. The system will then display 「Connected」.
- UNIT: Select between imperial (miles) or metric (kilometers) units.
- IDLE DETECT: Enable by setting to 1, disable by setting to 0 (default is disabled). When enabled, the treadmill will enter pause mode if no user activity is detected on the running belt for more than 20 seconds during a workout.

1.4 UPDATE

First, prepare a USB flash drive and store the App update file named Treadmill_Sign.apk in the root directory. After entering ENGINEERING MODE, select 「UPDATE」 on the left side of the screen. There are

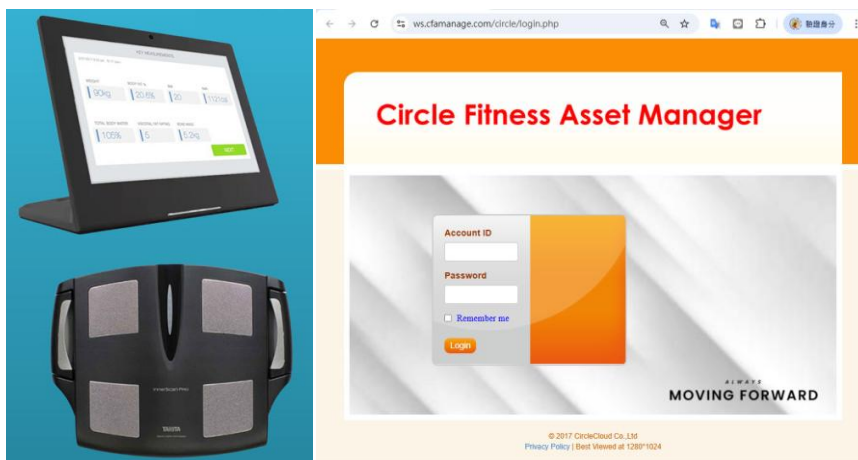
two options in this section. Tap the 「Update」 button for the App. A confirmation window will appear. Tap 「Install」, and the system will begin the installation. Once the installation is complete, the system will return to the standby screen.

2 Circle Fitness Cloud Management Solution

CircleCloud Introduction

CircleCloud is a comprehensive health management ecosystem. It synchronizes the following devices or systems and is designed to provide the most effective body composition and fitness management solutions. CircleCloud integrates proprietary applications and popular third-party fitness apps to help you achieve your ideal fitness goals.

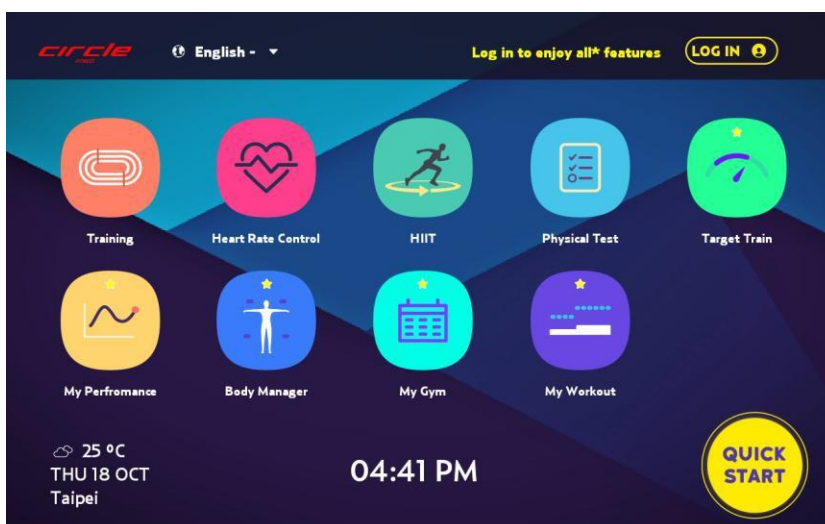
Circle Fitness IBA and Asset Manger



Wearable Devices (Garmin & Fitbit)



Sport Console and CircleFit App



Introduction to Asset Manager (For Gym Administrators)

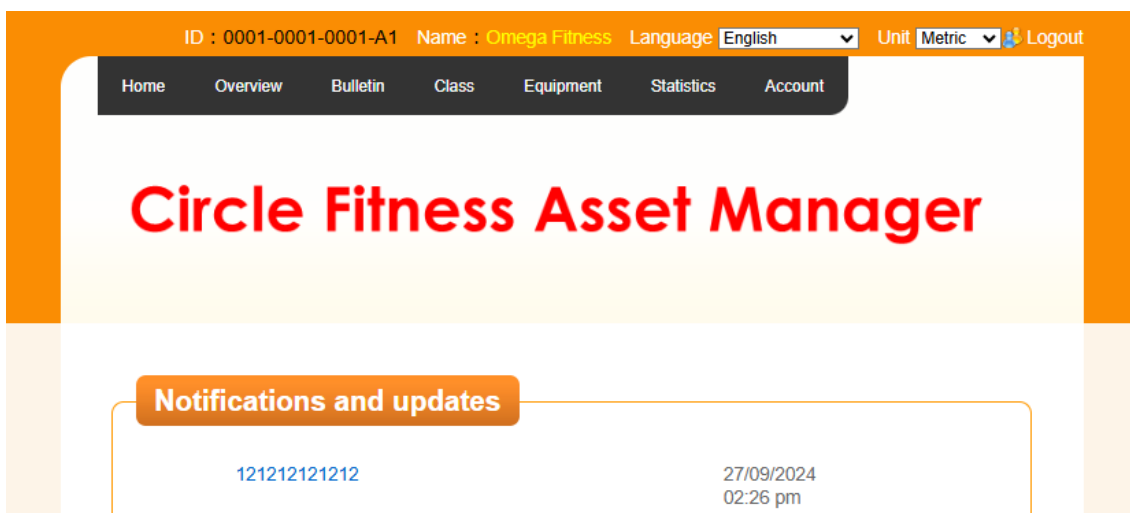
Asset Manager is a fitness equipment and class management platform provided by Circle Fitness. It allows gym administrators to remotely monitor equipment status, manage usage data, and optimize operations through a desktop computer or mobile device. With Asset Manager, administrators can:

- View equipment details, including serial numbers, usage time, distance, and software versions.
- Perform remote firmware/software updates.
- Manage gym class schedules and ensure real-time synchronization with in-gym equipment screens and the CircleFit App.
- Use the account management feature to add or modify administrator accounts, improving overall operational efficiency.

The following sections provide a more detailed overview of this management platform.

2.1 Login & Homepage

To access Asset Manager, visit <http://ws.cfamanager.com/circle/login.php> and log in using your assigned account and password (available from your dealer). The homepage is as below. It features the default language as English, and users can select from 15 available languages. Language changes will take effect upon the next login. The default measurement unit is metric, but users can switch to imperial units if preferred. The homepage displays gym notifications and updates, which users can click to view in detail.



2.2 Overview

The Overview page as shown below provides information on each fitness machine and allows remote software updates—either manual (default) or automatic. Each field is explained as the following:

Overview

Equipment: ALL

ID	Cardio machine	Run time	Run distance	Software version	Online status	Update status	Status
	R6 S SN:U209900998	0 Hours	0KM	<input type="checkbox"/> AutoUpdate <input type="button" value="Options"/> S 23_60	●		
	R6 S SN:E209900998	0 Hours	0KM	<input type="checkbox"/> AutoUpdate S 23_60	●		
	M8 E+ SN:T209900005	84.7 Hours	181.5KM	<input type="checkbox"/> AutoUpdate E+ 03_85 E+ 13_99 available info	●		
	M8 E+ SN:T209900001	7.7 Hours	26.4KM	<input type="checkbox"/> AutoUpdate E+ 10_82 E+ 13_96 available info	●	Revert to older version (V77) Update Now (V96)	

- **Cardio machine:** Displays serial number and model. E+ and S stand for EPlus and Sport consoles, respectively.
- **Run time & Run distance:** Displays cumulative usage time and distance.
- **Software version/xx_xx:** Shows the currently installed version.
- **Software version/xx_xx available:** Displays the latest version available for download.
- **Software version/AutoUpdate:** This checkbox is by default unchecked so that the system updates only when you manually click 「Update Now」. To fully enable automatic updates, the user must not only tick this checkbox, but also click 「Update Now」. If auto-update is enabled, the system updates when a new version is released and the equipment is idle for 5 minutes. If a user starts a workout during the update, the update pauses and resumes when the machine is idle again.
- **Software version/「info」:** Click to view detailed information about the latest version, as shown in the right image below.
- **Software version/「Options」:** Opens a settings menu as shown in the left image below for Update options. To fully disable auto-update for a machine where automatic update has been already enabled, the user must NOT ONLY untick AutoUpdate BUT ALSO select "Update all equipment manually". To schedule updates during specific hours (e.g., nighttime), select "Update all equipment on ~ (ex. 23~8)" and specify the update window in 24-hour format. Click 「Done」 to save changes before exiting to the previous page.

Software Information

Version Number	ALL
Model	ALL
Update options	<input type="radio"/> Update all equipment manually <input type="radio"/> Update all equipment on <input type="text"/> ~ <input type="text"/> ex. 23 ~ 8 (1-23 ~ 1-23)
<input type="button" value="Done"/> Update all the machines in the gym	

Software Information

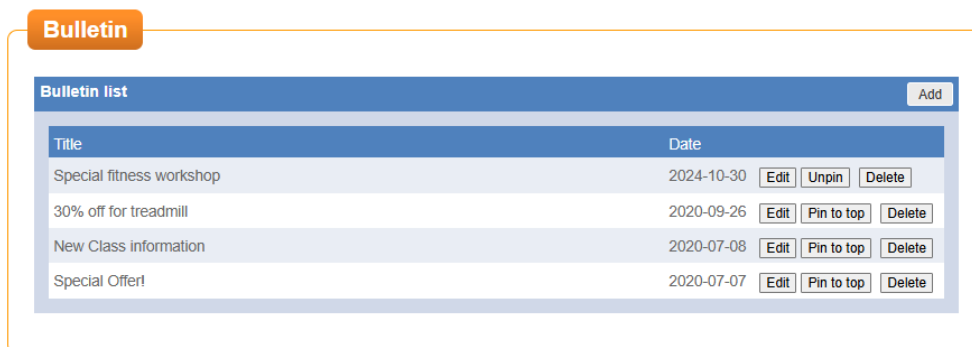
Version Number	E+ 13_99
Model	M8
SW release notes	Fixed youtube app can't play video issue, and update youtube app version
FW release notes	Fix audio channel change issue

- **Online Status:** Green: Device is online. Red: Device is offline.
- **Update status/「Update Now」:** Clicking this button immediately updates the software if a new version is available and auto-update is disabled.

- Update status/「 Reupdate Now 」: This button appears after 5 consecutive auto-update failures, allowing a manual retry.
- Update status/「 Revert to older version 」: If the update is unsatisfactory, this button restores the previous software version.
- Status: This field displays one of five uppercase letters: [U] Updating: Software update in progress. [E] Error: A system error occurred. [R] Running: Equipment is in use. [S] Standby: Equipment is on but idle. [W] Warning: Requires attention. If updating encounters issues, additional 7 error messages may follow the upper case letter [U] as below:
 - FW/SW SHA1 error: File integrity verification failed.
 - No Internet?: No internet connection detected.
 - USB Disk Not Exist: Virtual Go USB drive is missing.
 - Retry Limit Reached: Update attempts exceeded the default limit (5 tries).
 - Exception Msg="xxxx": Displays a specific error message.
 - FW/SW Update Exception= "xxxx": An unexpected firmware/software update error occurred.
 - User stop FW/SW update: The update was manually canceled by the user.

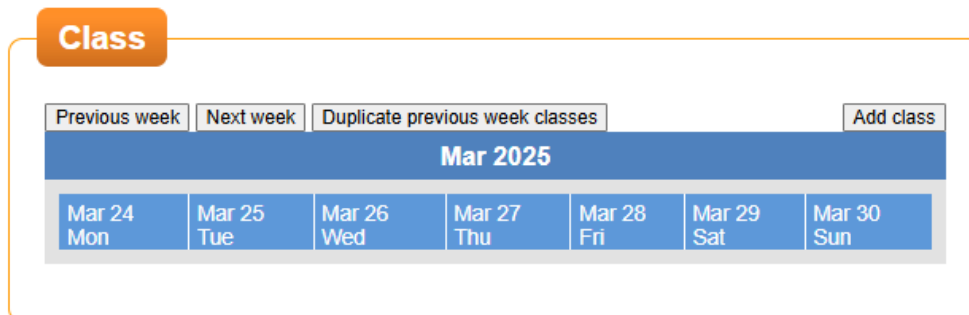
2.3 Bulletin

This page, as shown below, displays gym announcements, allowing users to click and view details.



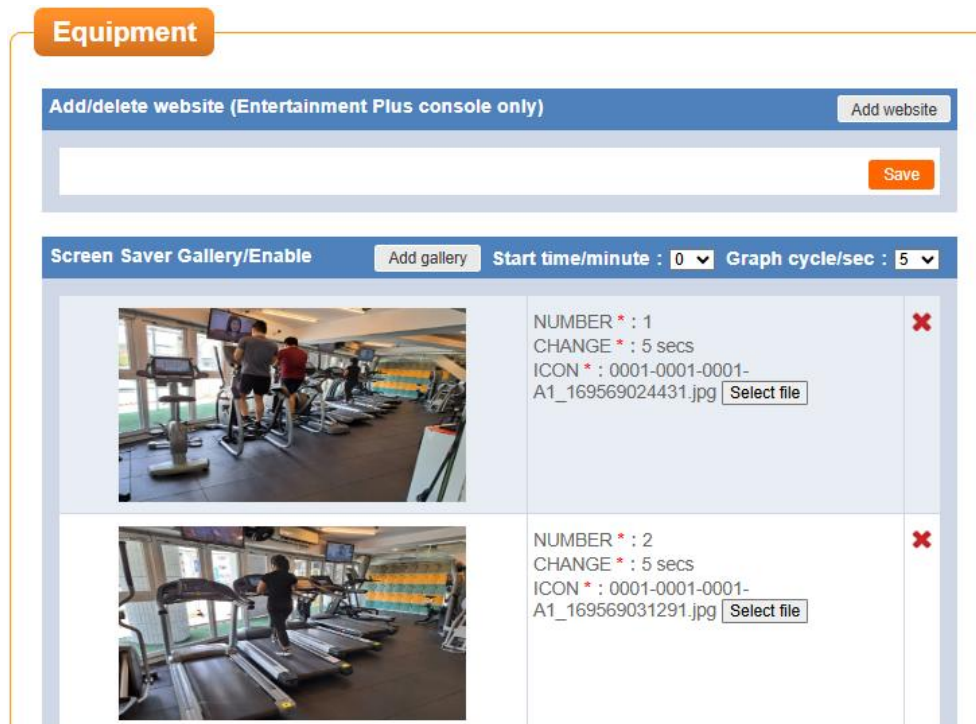
2.4 Class

This page, as shown below, allows gym administrators to edit class content. The updated class information will be displayed on the cardio equipment screens within the gym and in the CircleFit App.

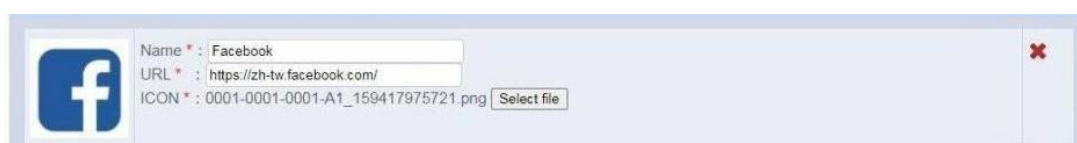


2.5 Equipment

Below is the Equipment page with descriptions of each item:



- Add/delete website: Administrators can add website links and icons (e.g., Facebook, as shown below). Once added, users can tap the icon on the fitness equipment home screen to browse the corresponding webpage.

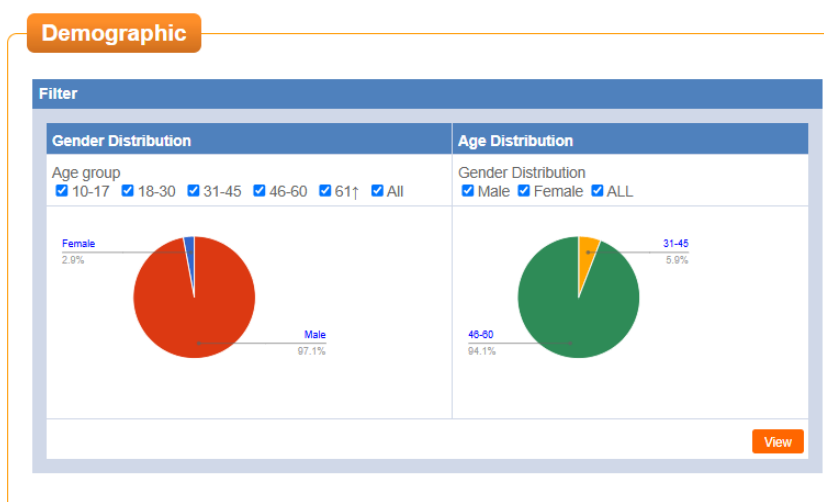


- Screen Saver Gallery/Enable: Administrators can upload images (each under 10MB). These images will be displayed as a screensaver when the console is idle. (This function is available only when the Auto Lock and Screen Off features are disabled.)
- Start time/minute: Sets the duration of inactivity before the screensaver starts.
- Graph cycle/sec: Defines how long each screensaver image is displayed before cycling to the next.

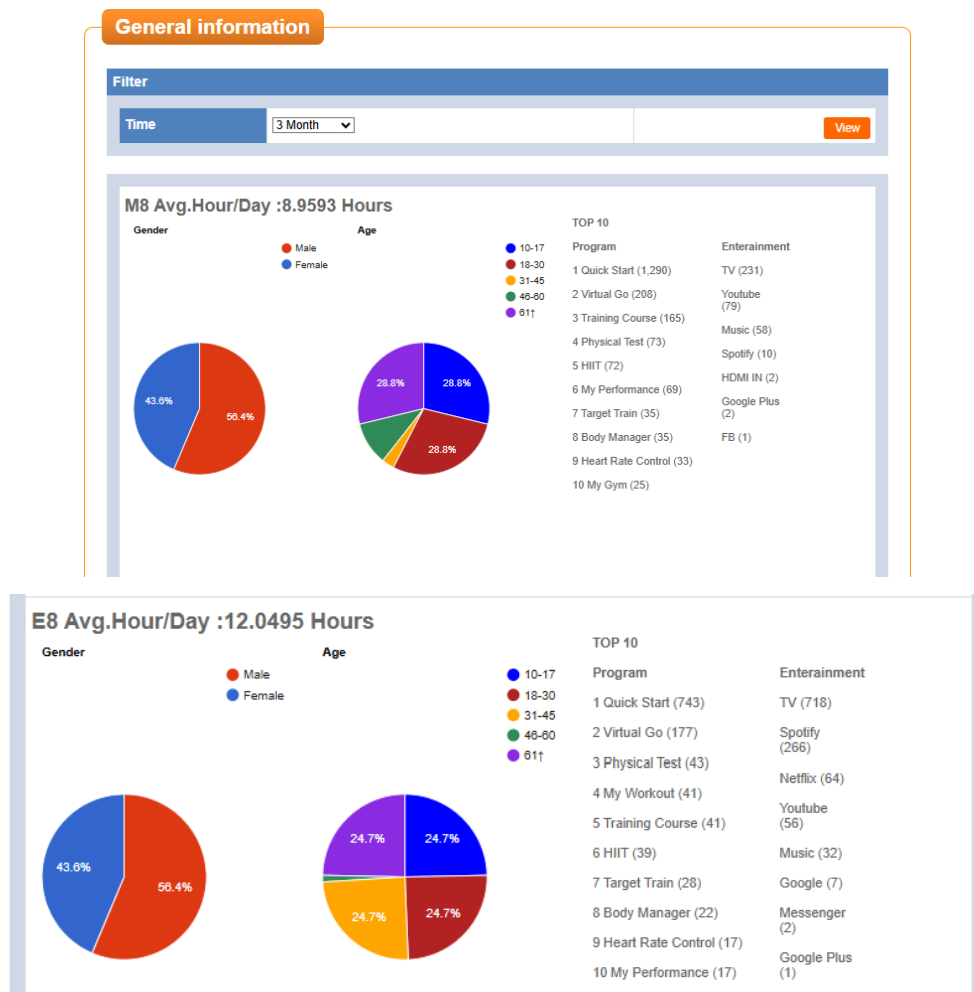
2.6 Statistics

The Statistics page consists of three sections:

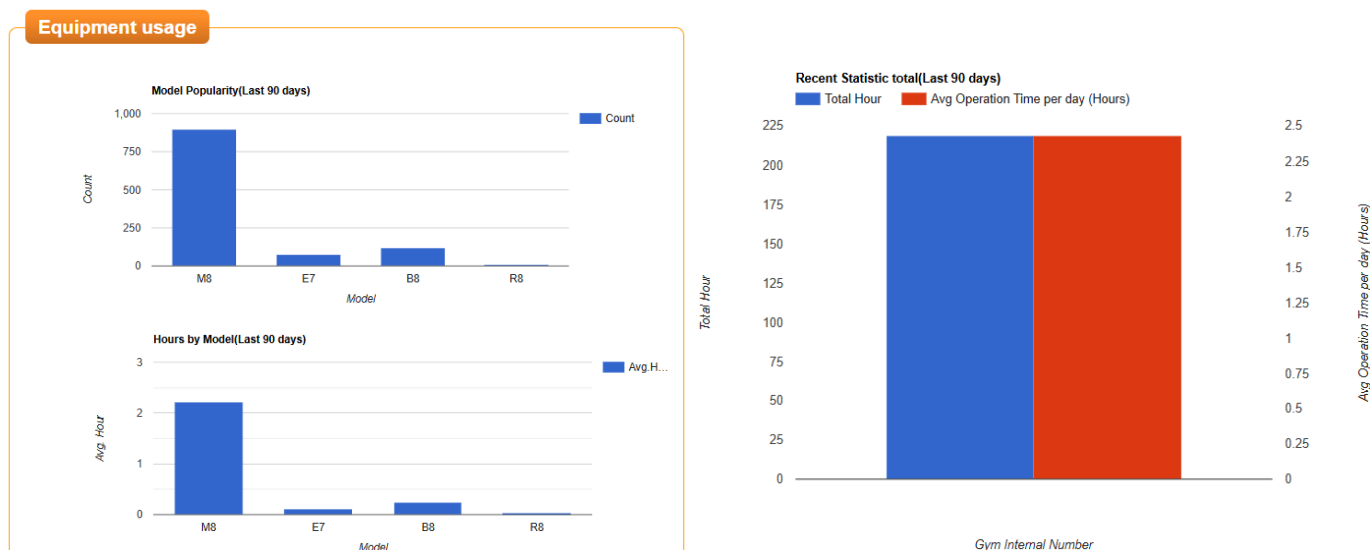
- Demographics: Analyzes customer gender and age distribution, helping you better understand your target audience.



- General information: Provides insights into customer preferences for different workout programs based on equipment type. This helps optimize class planning. The example below shows statistics for two types of equipment in the gym—M8 Treadmill and E8 Elliptical.



- Equipment usage: Helps with gym space planning by analyzing the frequency and duration of equipment usage, improving facility management efficiency.



2.7 Profile

The Profile page allows you to add new gym administrator accounts or modify existing account names.

Profile

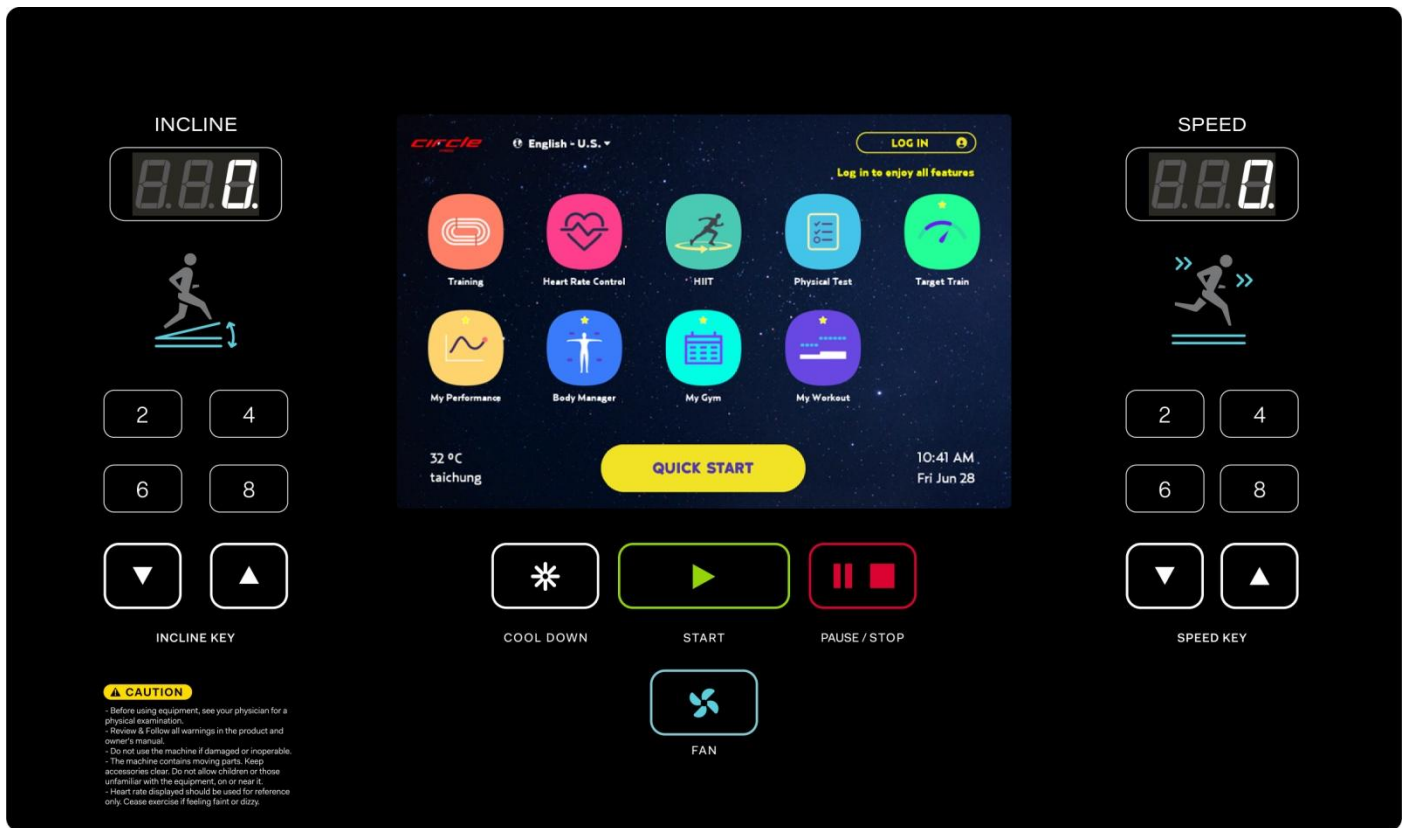
Account	
ID	0001-0001-0001
Name	Omega Fitness
Address	No. 12, 6th Road, Industrial Park, Taichung
Email	service@omega.com
Contact	Luka
Phone	04-23591009 Ext 888
Mobile	0933 567 412
Fax	04-23591000

Account administrator	
ID	0001-0001-0001-A1
Name	Omega Fitness
<input type="text"/>	
<input type="button" value="Edit"/>	

[+ Add User](#)

Users	
ID	Name
0001-0001-0001-A1	Omega Fitness
0001-0001-0001-U2	Cindy
0001-0001-0001-U3	KC

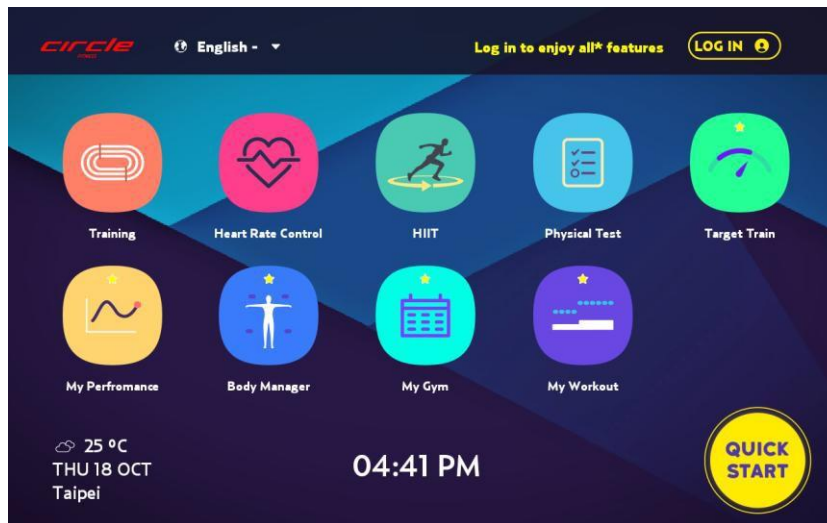
3 Console Operation



LED Display	Descriptions
INCLINE	Displays the current incline level.
SPEED	Displays the current speed level.
Buttons	Functions
▲ / ▼ (INCLINE KEY)	Adjust the incline level during a workout.
2/4/6/8 (INCLINE)	Quick selection of 4 incline levels.
▲ / ▼ (SPEED KEY)	Adjust the speed level during a workout.
2/4/6/8 (SPEED)	Quick selection of 4 speed levels.
COOL DOWN	Gradually slows down to help the user cool down safely.
PAUSE / STOP	Tap once to pause the workout; tap twice to exit pause mode.
START	Starts the treadmill from setup, pause, or stop mode.
FAN(Optional)	Tap to activate the fan with two speed options: low and high.

Sport Touch Screen Program Overview

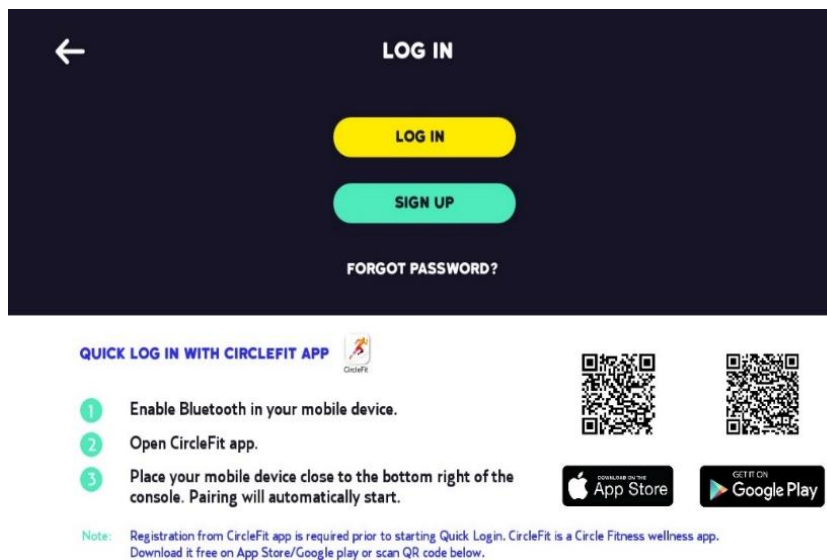
3.1 Main Screen



- 「Training」: Provides a comprehensive set of cardio training programs to enhance aerobic fitness.
- 「Heart Rate Control」: Adjusts workout intensity based on your target heart rate to optimize training results.
- 「HIIT (High Intensity Interval Training)」: Offers short bursts of high-intensity exercise alternated with periods of lower-intensity recovery. This program is designed to boost your performance and burn maximum calories. You can also customize and save your HIIT routines through the cloud feature.
- 「Physical Test」: Includes 10 U.S. military-style fitness test programs designed to assess cardiovascular health and endurance.
- 「Target Train」: A cloud-based feature that allows real-time target setting and progress tracking via the CircleFit App. It offers five different training targets to keep you motivated and consistent.
- 「My Performance」: A cloud-based feature that lets you review and compare workout results from cardio equipment, fitness apps, and wearable devices.
- 「Body Manager」: A cloud-based feature that integrates the body analyzer (Circle Fitness IBA) and the CircleFit App to help users measure and track health data.
- 「My Gym」: Provides updates on gym news, class schedules, and allows users to customize their workout calendar through cloud-based functions.
- 「My Workout」: Enables users to create and customize personal workout routines to meet their specific needs.
- 「Quick Start」: Starts a workout instantly with one tap.
- 「Time」: Displays the time based on the time zone set in Engineering Mode.
- WEATHER: If connected to the internet, displays the current temperature and weather conditions.
- DATE: Shows the current date and day of the week.
- LOCATION: Displays the city or region name based on settings in Engineering Mode.
- 「English」: Displays the default system language. A total of 15 languages are available.
- 「LOG IN」: Opens the login screen.

3.2 CircleCloud Signup & Login

Tap 「LOG IN」 at the upper-right corner on the main screen to open the login window containing three buttons described as below.



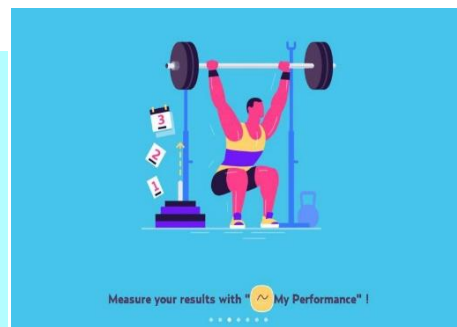
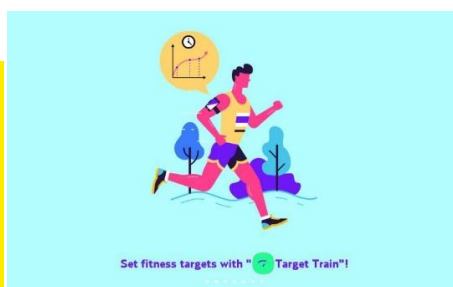
- 「SIGN UP」: Tap and enter the following details: Email, Password, Name, Unit preference (Metric/Imperial), Gender, Height & Date of Birth (both required for body fat analysis) and agree to the Privacy Policy to complete registration.
- 「FORGOT PASSWORD?」: Tap and enter your registered email and tap Send to receive a password reset email.
- 「LOG IN」: Tap to have the following two login options. Follow the on-screen instructions to complete the process. Once successfully logged in, the icon in the upper right corner of the main screen will change to 「LOG OUT」.

A. Manual Login. After registering, enter your email account and password to sign in.

B. Quick Login. Install the CircleFit app and register within the app. Then, pair your smart phone with the touch screen via Bluetooth to log in.

Tutorial Screen

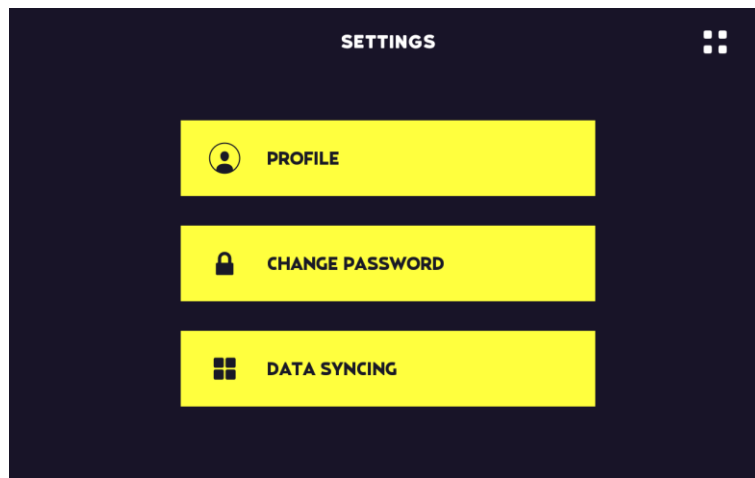
Upon the first successful login, a tutorial will be displayed. The tutorial includes six sections as the pictures shown below: Overview, Target Training, My Performance, Body Manager, My Gym, and My Workout. Swipe the touch screen to navigate through the tutorial. Once completed, tap 「Start」 to return to the main screen. The tutorial will not appear on future logins.





3.3 Settings (Profile, Change Password, Data Syncing)

After logging in, tapping 「Settings」 on the main screen will bring up the pop-up window shown below on the right, with the following options:



- Tap 「PROFILE」 to edit your name, unit preferences, gender, height, and date of birth.
- Tap 「CHANGE PASSWORD」 to enter your current password before setting a new password.
- Tap 「DATA SYNCING」 to sync data from the supported app (RunKeeper) and wearable devices (Fitbit and Garmin).

3.4 Quick Start, Workout in Progress, and Summary

Tapping 「QUICK START」 on the main screen will immediately start the workout at the lowest speed and incline level. Users can adjust these levels anytime, while time and distance are automatically recorded. The workout-in-progress screen looks similar across all modes. There are three available display modes (「PROFILE」, 「SIMPLE」, 「LAP」) of workout-in-progress screen as shown below:

Workout-in-Progress Screen



Workout Metrics (Applicable across all modes) are as below. Users can tap each metric field to switch between available displays:

- INCLINE
- SPEED
- 「 PACE 」, 「 BEST PACE 」, 「 AVERAGE PACE 」
- 「 DISTANCE 」
- 「 TIME 」, 「 TIME REMAINING 」
- 「 CALORIES 」, 「 CAL/HR. 」
- 「 HEART RATE 」, 「 MAX HEART RATE 」, 「 AVG. HEART RATE 」

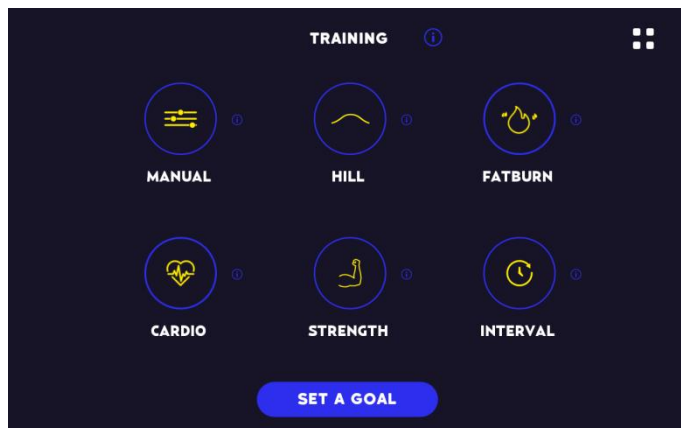
Summary Screen

After completing a workout, the summary screen will display an overview of performance metrics as shown below.

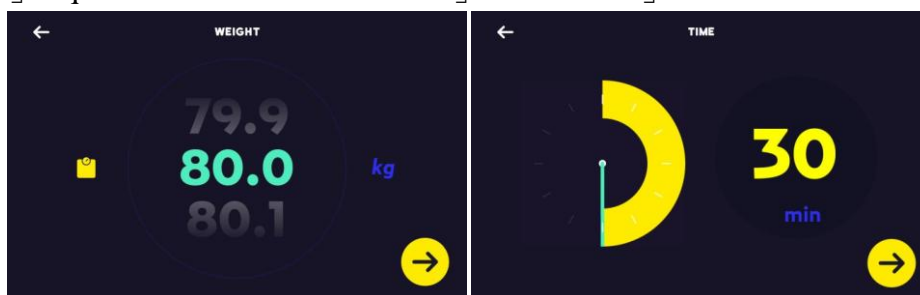


3.5 Training

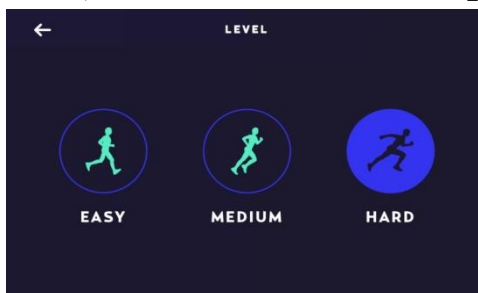
Tapping 「Training」 on the main screen opens a menu with seven training modes: 「MANUAL /HILL /FATBURN /CARDIO /STRENGTH /INTERVAL /SET A GOAL」. To return to the previous menu, tap the white icon in the top-right corner.



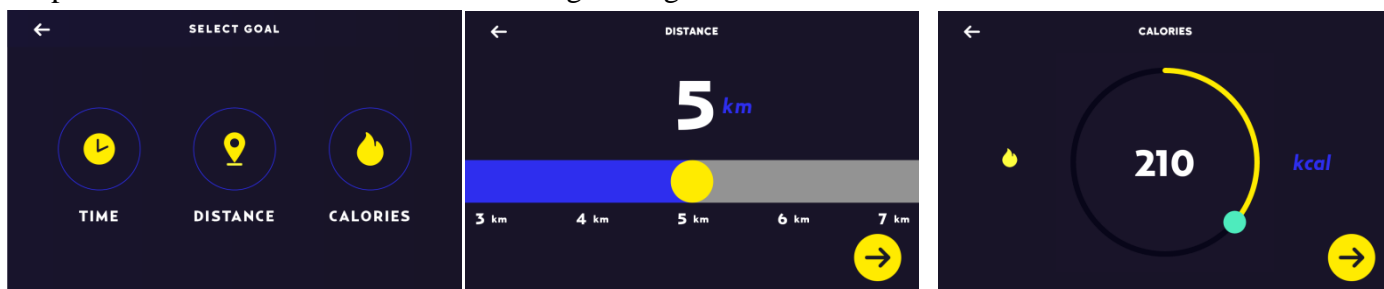
- 「MANUAL」 requires users to set 「WEIGHT」 and 「TIME」 as shown below left and right.



- 「HILL / FATBURN/ CARDIO/ STRENGTH/ INTERVAL」 requires not only to set weight and time, but also to select an incline level (LEVEL): 「EASY/MEDIUM/HARD」 as shown below.



- 「SET A GOAL」 requires users to select a goal as 「TIME」, 「DISTANCE」, or 「CALORIES」, as shown below left, after setting their weight. If 「DISTANCE」 or 「CALORIES」 is set as the goal, the corresponding setup screens are shown in the middle and right images below.



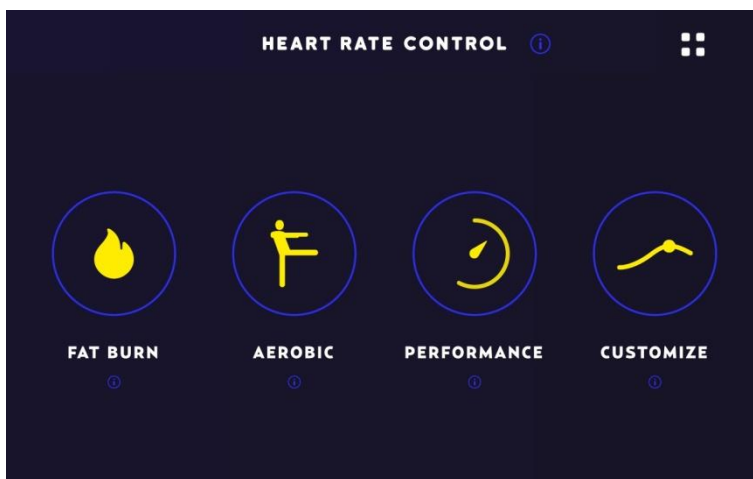
To return to the previous menu, tap the white arrow in the upper-left corner. Once the settings for any of the seven training modes are completed, the system will display a preview screen showing weight, time, calories,

or distance, as illustrated in the three images below. Tap 「GO」 to begin the workout. After completion, the summary screen will be displayed.

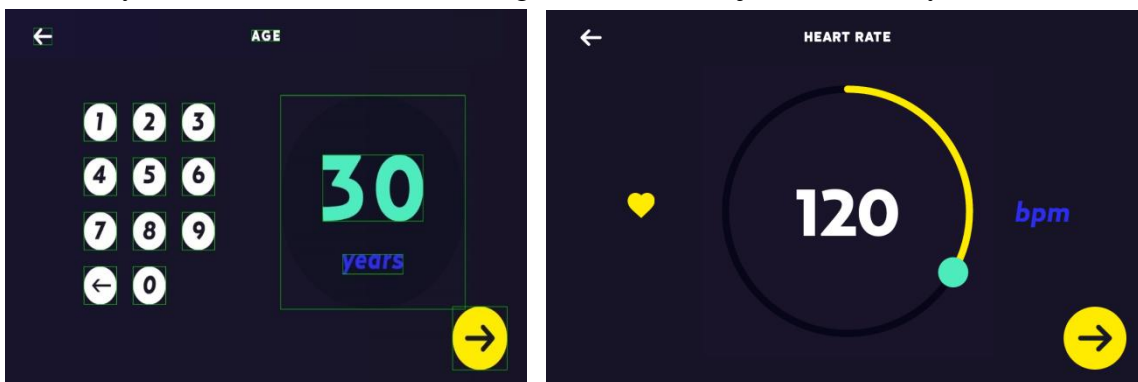


3.6 Heart Rate Control

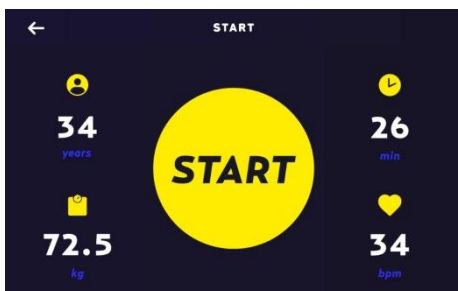
Tapping 「Heart Rate Control」 on the main screen opens a selection menu with four training modes: 「FAT BURN/AEROBIC/PERFORMANCE/CUSTOMIZE」 as below. To return to the previous menu, tap the white icon in the top-right corner.



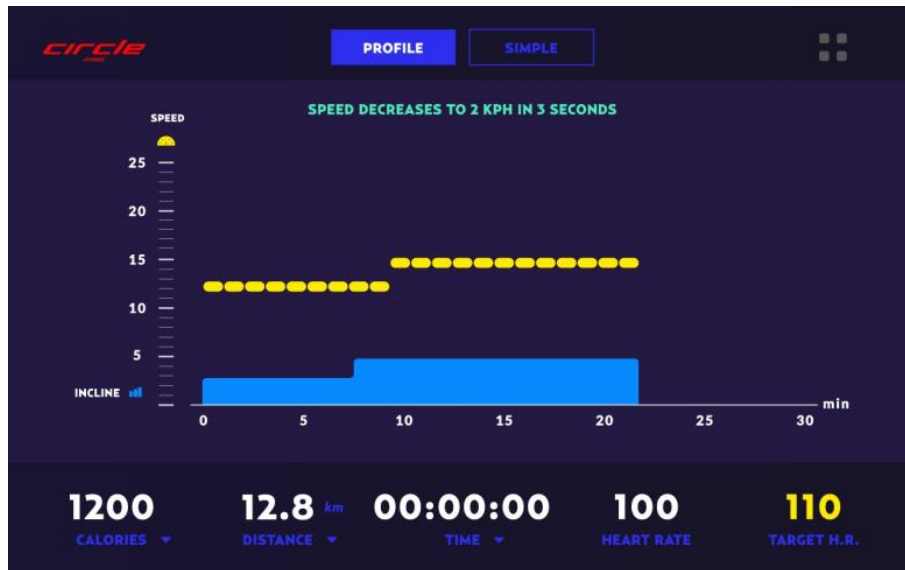
- In the four modes, users must enter time, weight, and 「AGE」 as shown below left. A default target heart rate is automatically calculated as shown below right and can be adjusted manually if needed.



To return to the previous menu, tap the white arrow in the upper-left corner. Once settings are confirmed, a preview screen appears as below.

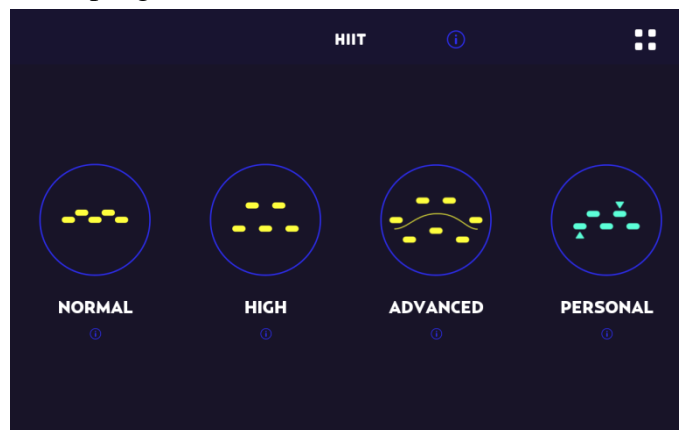


Tapping 「START」 initiates the workout-in-progress screen as shown below. After the session ends, a summary screen appears.

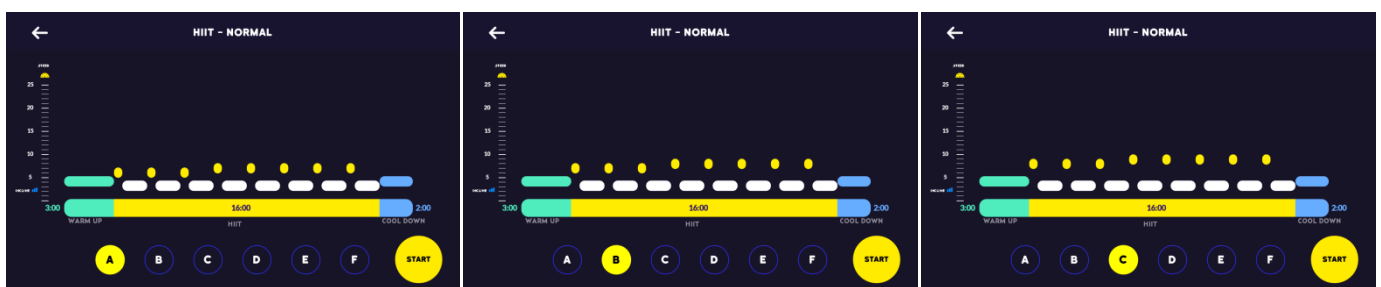


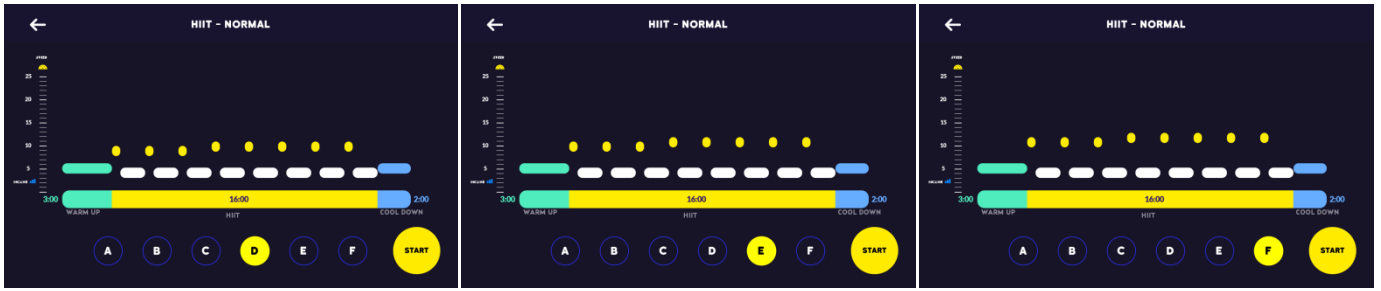
3.7 HIIT

From the main screen, tap 「HIIT」 to enter the HIIT mode menu, where four workout modes are available: 「Normal / Hard / Advanced / Personal」. Select a mode based on your preference. To return to the previous screen, tap the white icon in the top-right corner.

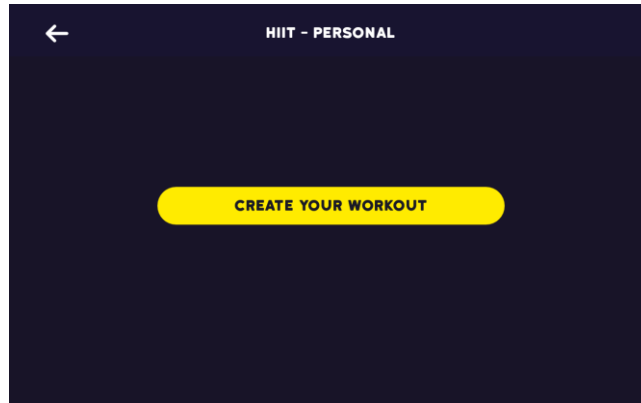


- In Normal / Hard / Advanced modes, each of these modes offers six difficulty levels (A to F), ranging from beginner to advanced. The training contents for each level are displayed as shown in the 6 example images (using the Normal mode as reference). By default, the level is set to A. Once the desired level is confirmed, tap 「START」 to begin the workout session and proceed to the workout-in-progress screen (explained in the final section below). To go back to the previous menu, tap the white icon in the top-right corner.

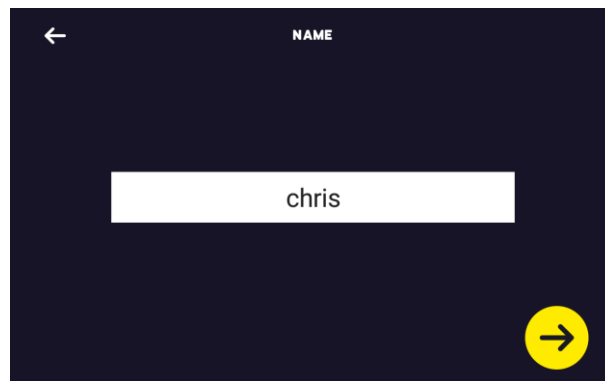




- The Personal mode is a function requiring the user to log in. If you are not logged in, tapping 「Personal」 will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions. Once logged in, you'll enter the Personal mode main page (see image below). Tap 「CREATE YOUR WORKOUT」 to begin configuration as described in the following sections.



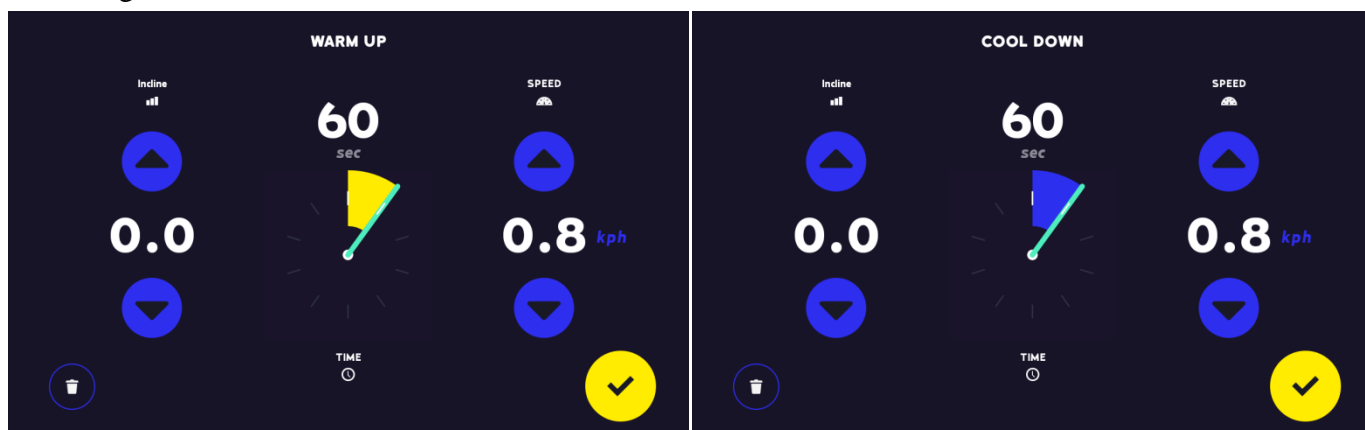
Users must first enter a name for this HIIT workout as below.



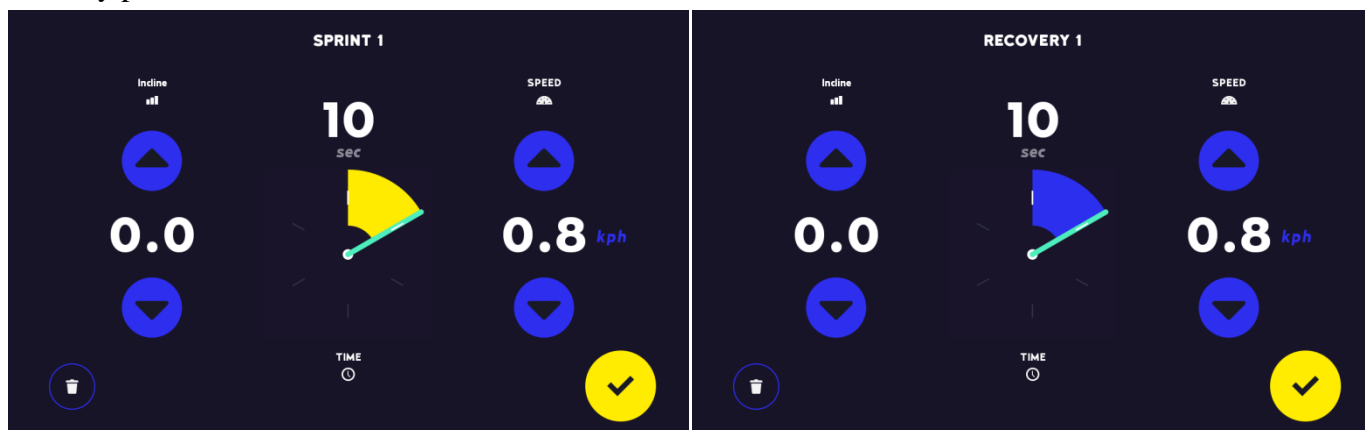
Then a screen pops up as below for the user to configure the Warm Up and Cool Down periods, the Sprint and Recovery phase in the intervals.



Tapping the bars belonging to Warm Up and Cool Down periods will lead to screens as shown below left and right for the user to set up Time, Speed, and Incline for the Warm Up and Cool Down periods, as shown in the image below.



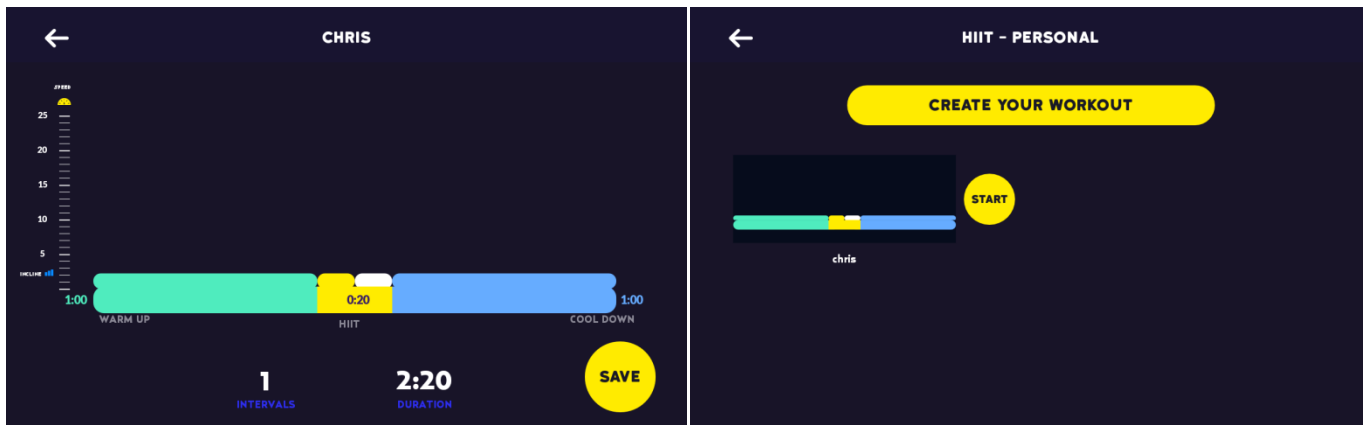
Tapping the bars belonging to intervals will lead to two consecutive screens as shown below left and right for the user to configure an additional interval by setting Time, Speed, and Incline for both the Sprint and Recovery phases.



The Warm Up, Cool Down, and each interval will be highlighted once configured, as shown in the image below. You can tap interval bars to add up to 16 intervals, and set the corresponding Sprint and Recovery phases. Users can also tap on any configured interval, Warm Up, or Cool Down periods to make modifications.

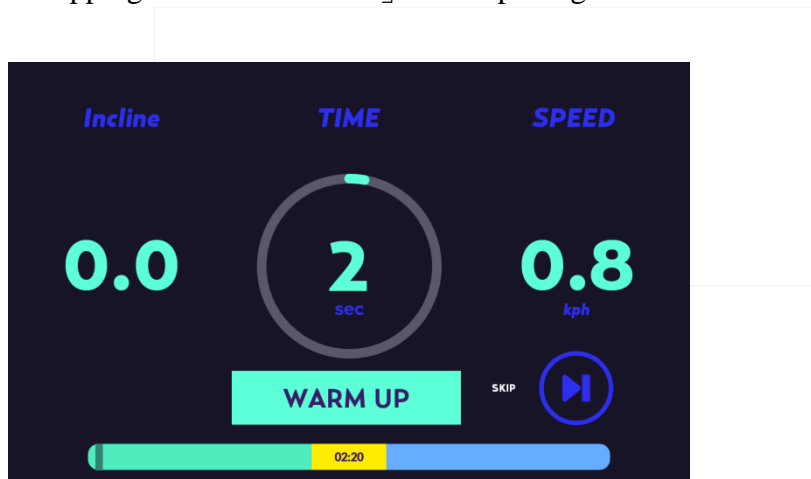


By tapping 「VIEW」 at the bottom right of the screen shown above, you'll see a profile that includes all intervals as shown in the left image below. Tap 「SAVE」 to return to the Personal mode homepage as in the right image below, where you can see up to three custom HIIT workouts. Tap a specific workout to edit or delete that workout. Tap 「START」 to enter HIIT workout-in-progress screen, as described in the next section.



HIIT Workout-in-Progress Screen

As shown in the image below, the progress bar at the bottom of the screen displays all periods/phases in the HIIT workout and the current period/phase in progress. Tap 「Skip ▶|」 to bypass the current period/phase and move directly to the next one. Tapping 「PAUSE / STOP」 or completing the workout will bring you to the summary screen.



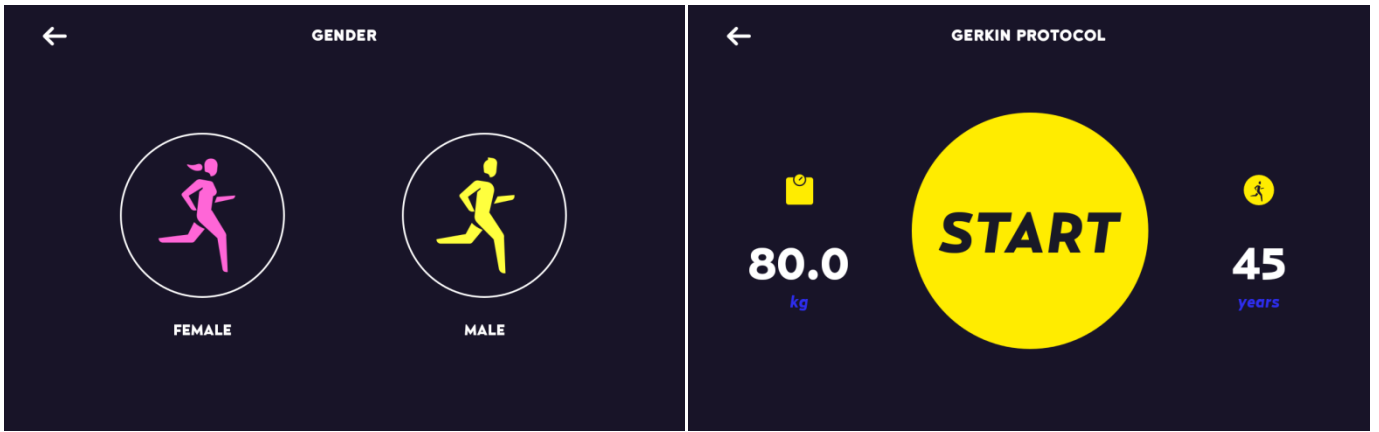
3.8 Physical Test

Tap 「Physical Test」 on the main screen to access ten available modes that can be selected based on your needs as below: 「GERKIN PROTOCOL / CHESTER FIRE / CTPWT / DIAFO / COOPER TEST / USMC PFT / ARMY PFT / NAVY PFT / USAF PFT / FEDERAL LAW」. To return to the previous menu, tap the white icon in the top-right corner.



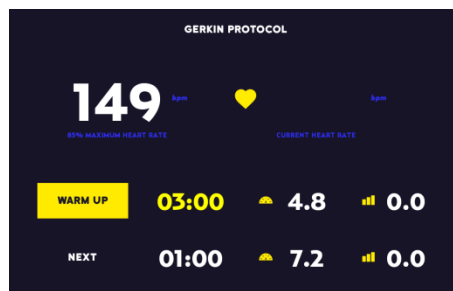
- **GERKIN PROTOCOL** : Originally developed for firefighters, this protocol monitors heart rate to estimate VO₂ Max. The test automatically stops when the user reaches 85% of their maximum heart rate. Note: A heart rate chest strap is required for this test.
- **CHESTER FIRE** : A 12-minute progressive treadmill walking test designed to assess whether participants meet the physical fitness requirements for firefighters (target VO₂ Max: 42).
- **CTPWT (Corrective Training Protocol Walking Test)**: Designed for law enforcement personnel who are recovering from lower-body injuries and cannot complete the standard 15-minute multi-stage fitness test.
- **DIAFO** : Another protocol tailored for injured law enforcement personnel unable to complete the 15-minute multi-stage fitness test.
- **COOPER TEST**: Developed by the U.S. military to evaluate endurance. The objective is to run as far as possible within 12 minutes.
- **USMC PFT (U.S. Marine Corps Physical Fitness Test)**: A timed 3-mile run (approximately 4.8 km) test.
- **ARMY PFT (U.S. Army Physical Fitness Test)**: A timed 2-mile run (approximately 3.2 km) test.
- **NAVY PFT (U.S. Navy Physical Fitness Test)**: A timed 1.5-mile run (approximately 2.4 km) test.
- **USAF PFT (U.S. Air Force Physical Fitness Test)**: Also a timed 1.5-mile run (approximately 2.4 km) test.
- **FEDERAL LAW (Federal Law Enforcement Physical Fitness Test)**: A 1.5-mile timed run (approximately 2.4 km) test.

You will need to set your gender, age, and weight in all modes as the left image below. Using the Gerkin Protocol as an example, a confirmation screen will appear as the right image below when values are set. Tap 「START」 to enter workout-in-progress screen during physical tests.

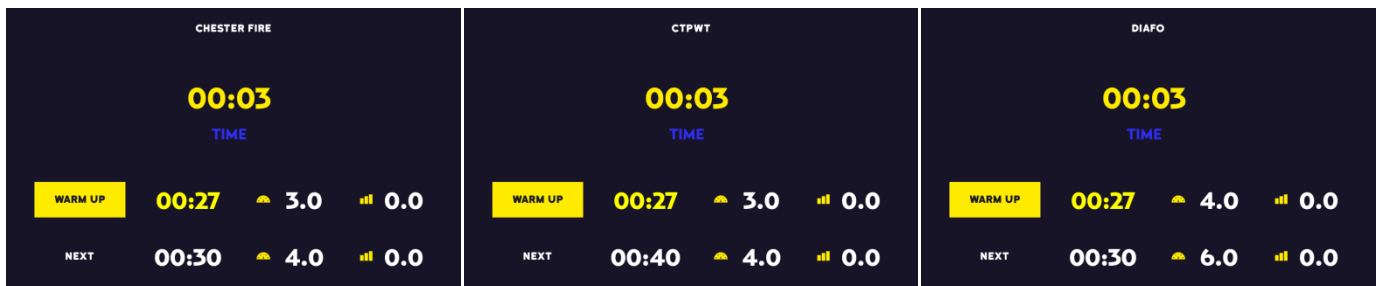


Workout-in-Progress Screen for Physical Tests

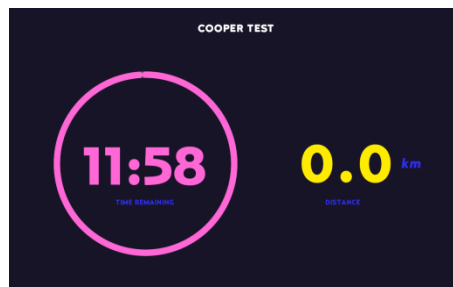
The images below show the workout-in-progress screens for different tests. Each screen displays key exercise data specific to the selected test.



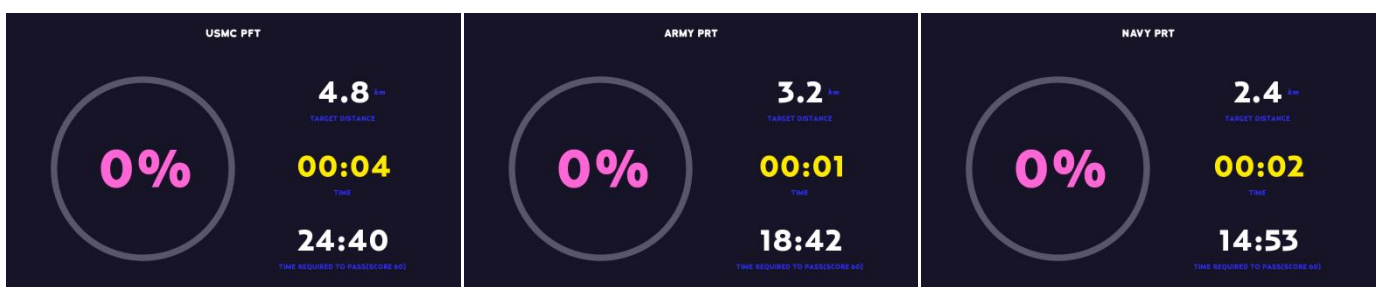
GERKIN PROTOCOL

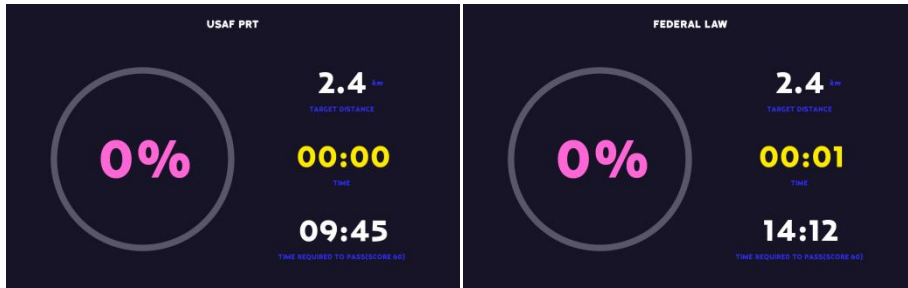


CHESTER FIRE / CTPWT / DIAFO



COOPER TEST

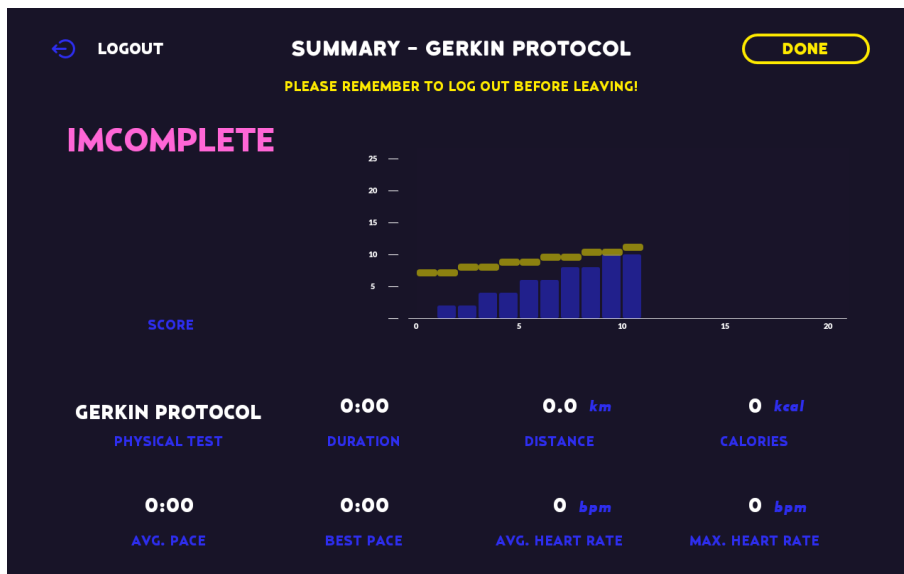




USMC PFT / ARMY PFT / NAVY PFT / USAF PFT / FEDERAL LAW

Summary Screen for Physical Tests

After pressing 「PAUSE / STOP」 or upon completing the workout, the system will enter the summary screen as shown in the images below.

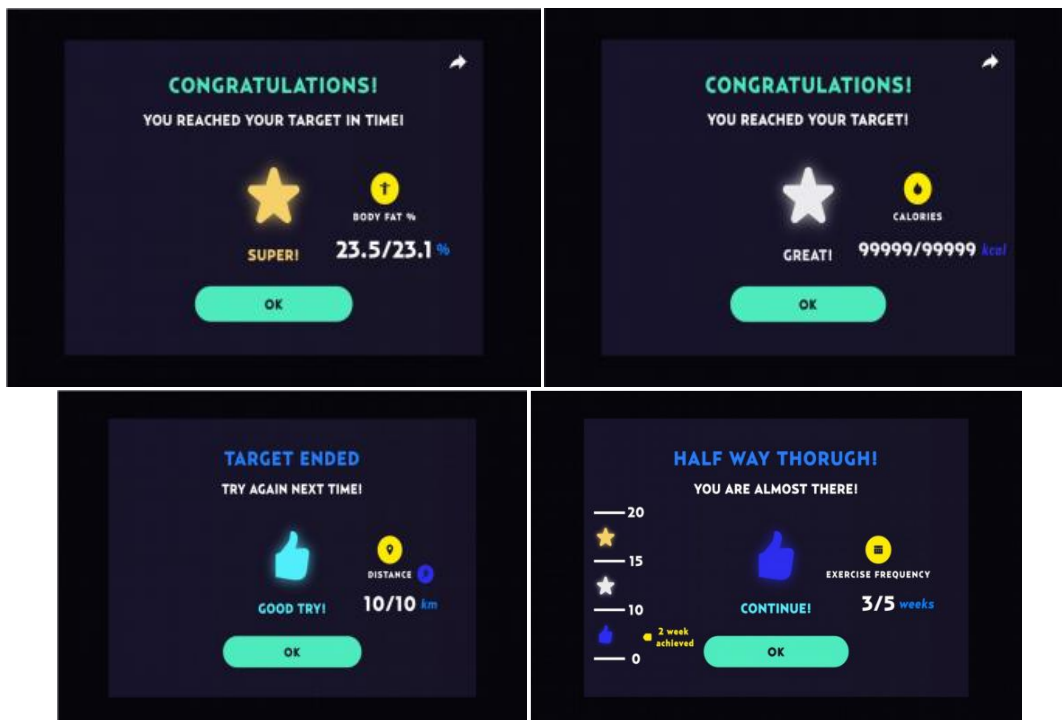


(Summary Screen for GERKIN PROTOCOL as an example)

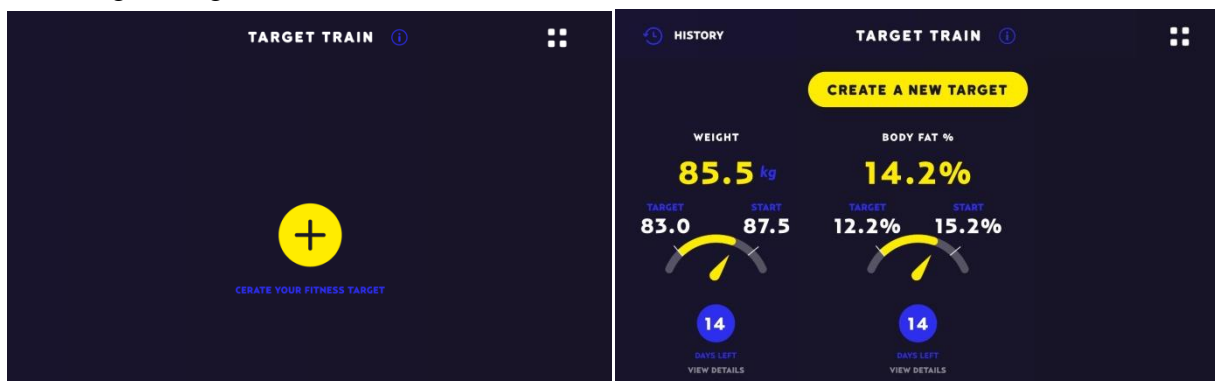
3.9 Target Train

This is a cloud-based mode. If the user has not logged in, tapping 「Target Train」 on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions. Once logged in, as shown in the images below, the system will display three types of target completion notifications and one progress reminder:

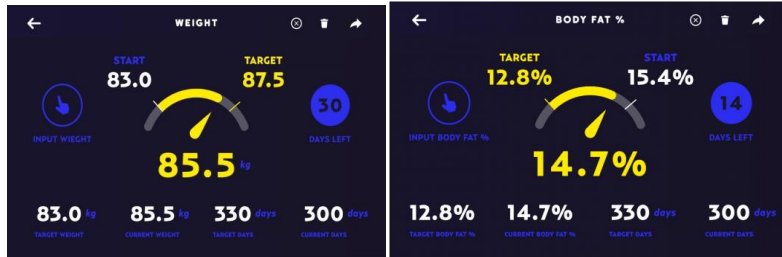
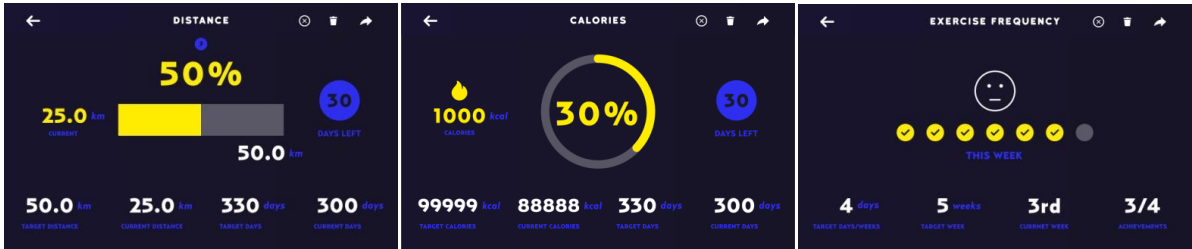
- You Reached Your Target in Time! – The target was achieved within the set time.
- You Reached Your Target! – The target was successfully completed.
- Target Ended – The session ended before reaching the target.
- Halfway Through! – A reminder when 50% of the target is completed.



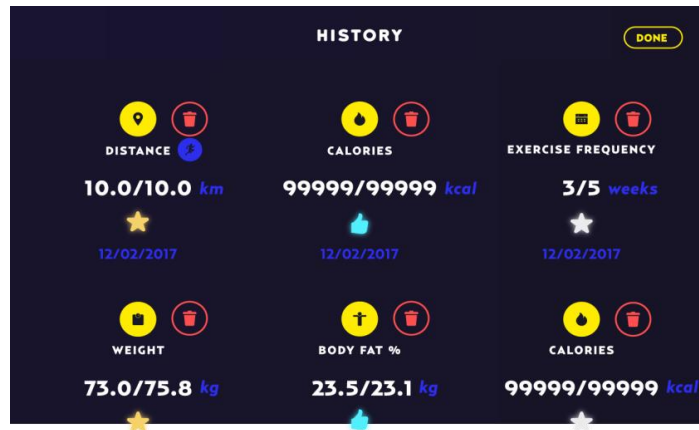
Next, the system will display the current target status screen, where users can choose from five types of fitness targets: DISTANCE/ CALORIES/ EXERCISE FREQUENCY/ WEIGHT/ BODY FAT%. Each user can select up to three targets at a time. If no targets have been set, the screen will appear as shown on the left image below. If the user has already set WEIGHT and BODY FAT% as targets, the screen will appear as shown on the right image below.



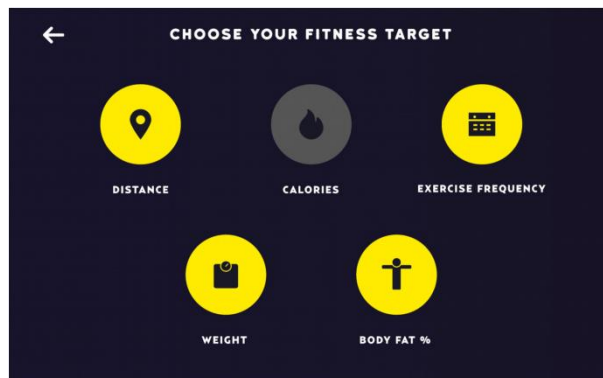
Users can also tap on the target icons in the target status screen to view detailed information. The details for each of the five target types are as follows:



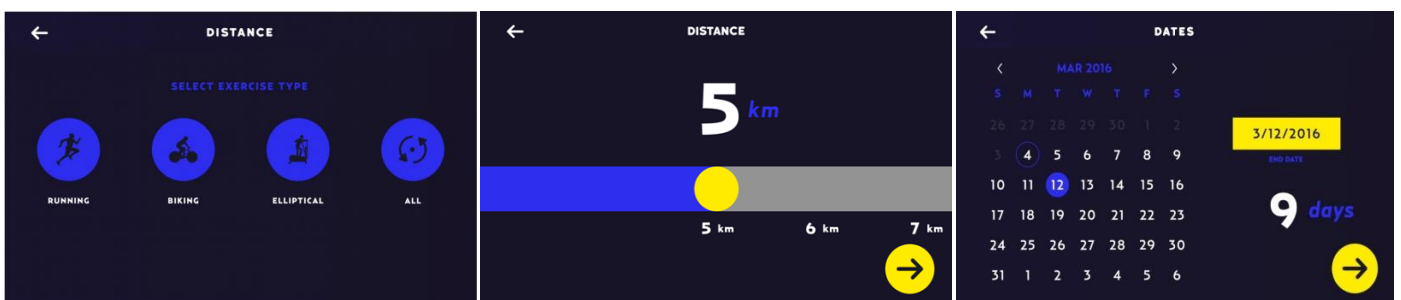
If you tap 「 HISTORY 」 in the upper left corner of the target status screen, you can review previously set targets, as shown in the image below.



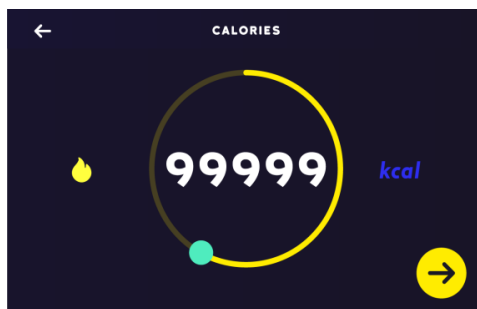
To add a new fitness target, tap the 「 + 」 icon or select 「 CREATE A NEW TARGET 」 on the target status screen. A menu will appear with the following five target training modes to choose from.



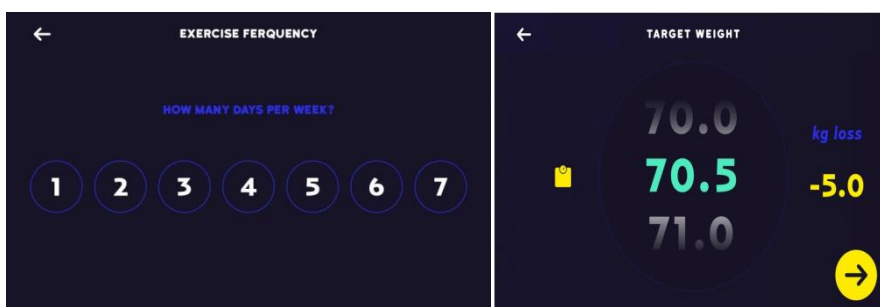
- In Distance Mode, as shown in the left image below, you can choose from four exercise types: 「 RUNNING 」, 「 BIKING 」, 「 ELLIPTICAL 」, or 「 ALL ». After selecting an exercise type, as shown in the middle and right images, you can set the target distance (DISTANCE) and completion date (DATES).



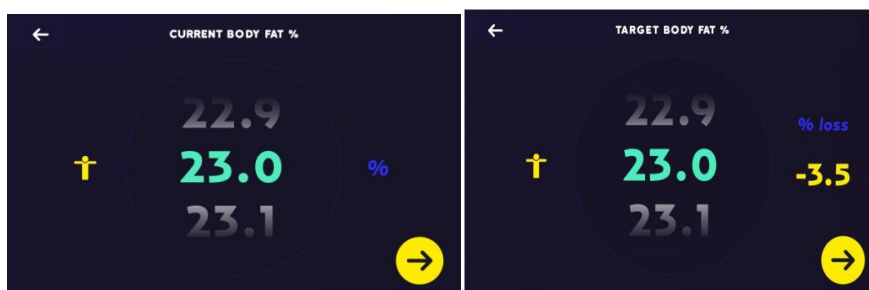
- In Calories Mode, you need to set the target calories (CALORIES), as shown in the image below, along with the completion date (DATES).



- In Exercise Frequency/Weight Mode, you need to set the weekly target exercise days (EXERCISE FREQUENCY), as shown in the left image, or the target weight (TARGET WEIGHT), as shown in the right image, along with the completion date (DATES).



- In Body Fat Mode, you need to set the current body fat percentage (CURRENT BODY FAT%), as shown in the left image, the target body fat percentage (TARGET BODY FAT%), as shown in the right image, along with the completion date (DATES).



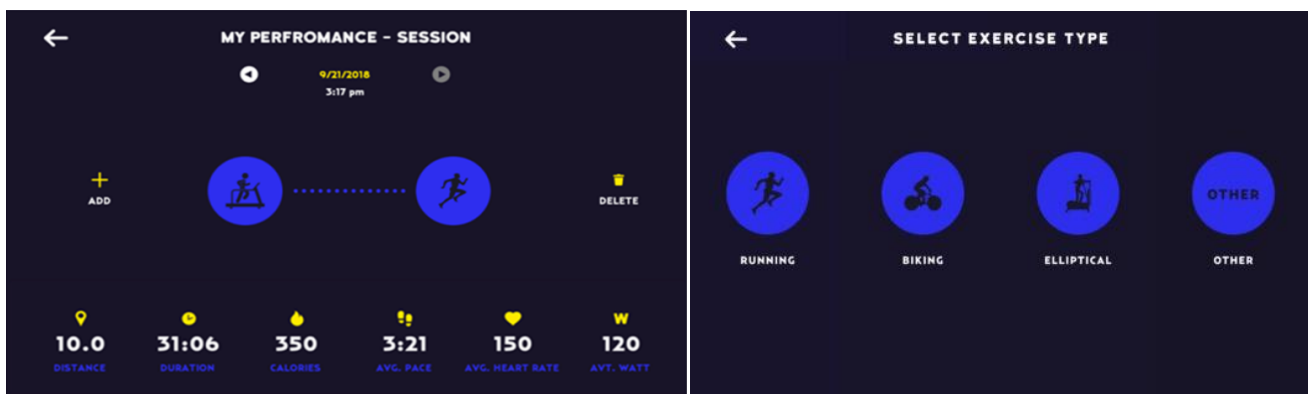
To return to the previous menu, tap the white arrow in the upper-left corner. Once the settings are completed and 「→」 is tapped, the system will display the target status screen.

3.10 My Performance

This is a cloud-based mode. If the user has not logged in, tapping 「MY PERFORMANCE」 on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions. Once logged in, as shown in the image below, users can view by tapping three different comparison methods: 「SESSION」, 「MONTH」, and 「YEAR」.



- If 「SESSION」 is tapped, a screen will display as shown below left, allowing users to track individual workout record from Circle Fitness equipment, outdoor fitness apps, and wearable devices. To add a new record, tap 「+」 and exercise type (RUNNING, BIKING, ELLIPTICAL, and OTHER) as shown below right. Then, enter the followings to finish the adding process: Name, Date, Time, Duration, Distance, and Calories.



- If 「MONTH」 is tapped, a monthly statistics screen will display as below, allowing users to analyze and compare performance trends over time.



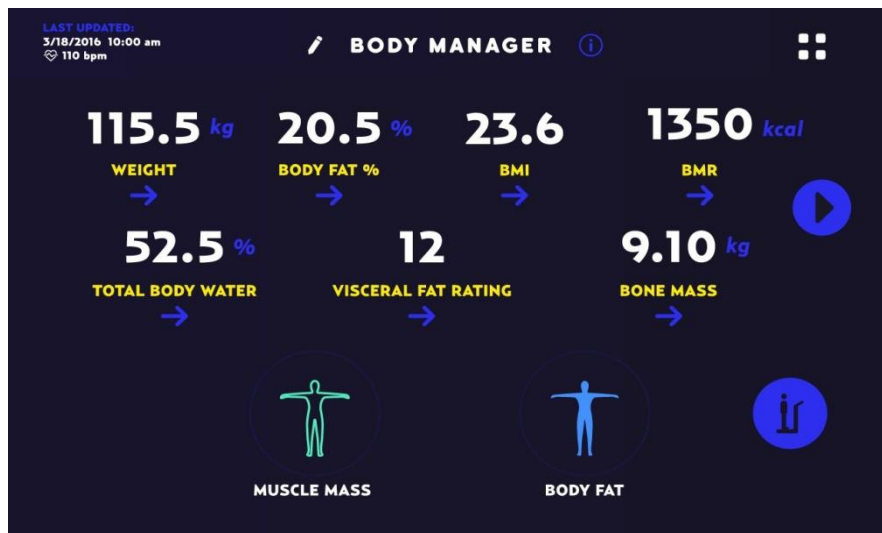
- If 「YEAR」 is tapped, a year-over-year progress will display as below, helping users track long-term fitness improvements.



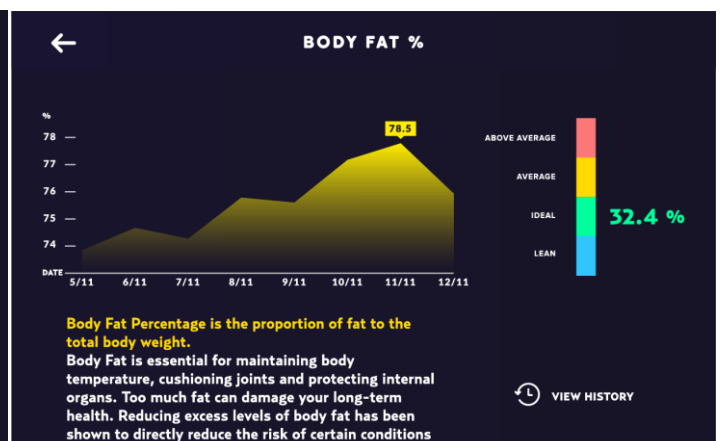
To return to the previous menu, tap the white arrow in the top-left corner.

3.11 Body Manager

This is a cloud-based mode. If the user has not logged in, tapping 「Body Manager」 on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions. Once logged in, as shown in the image below, a screen will display 13 body composition metrics, with the latest data upload timestamp displayed in the top-left corner.



Users can tap the upper pencil icon to edit. Tapping the 「→」 icon below each metric opens a detailed analysis screen. Weight, Bone Mass, Intracellular Water, Extracellular Water, Protein, Minerals, and Waist-Hip Ratio are displayed in the format shown as below left. Body Fat %, BMI, BMR, Total Body Water, and Visceral Fat Rating use a different data format as shown below right



Obesity Degree has its own unique display format as below.



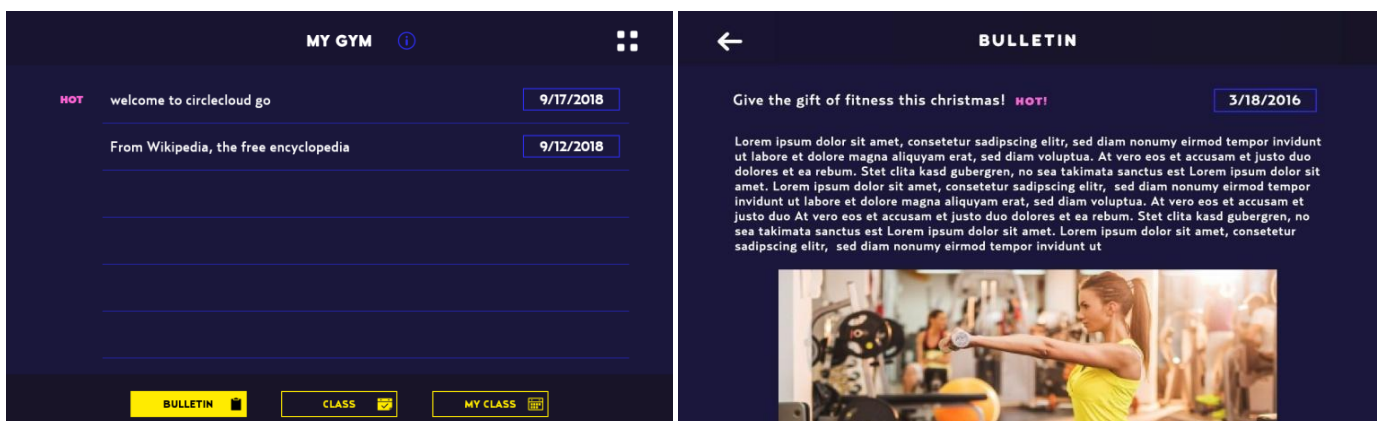
Additionally, tapping on the icon 「MUSCLE MASS」, 「BODY FAT」, or Circle Fitness IBA will display followings three images for deeper insights.



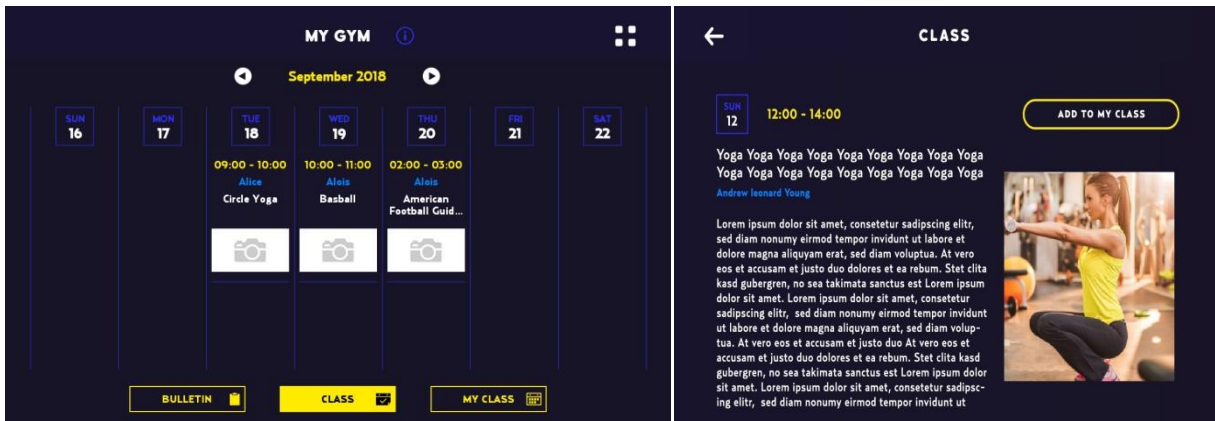
3.12 My Gym

Tapping 「My Gym」 on the main screen presents three options:

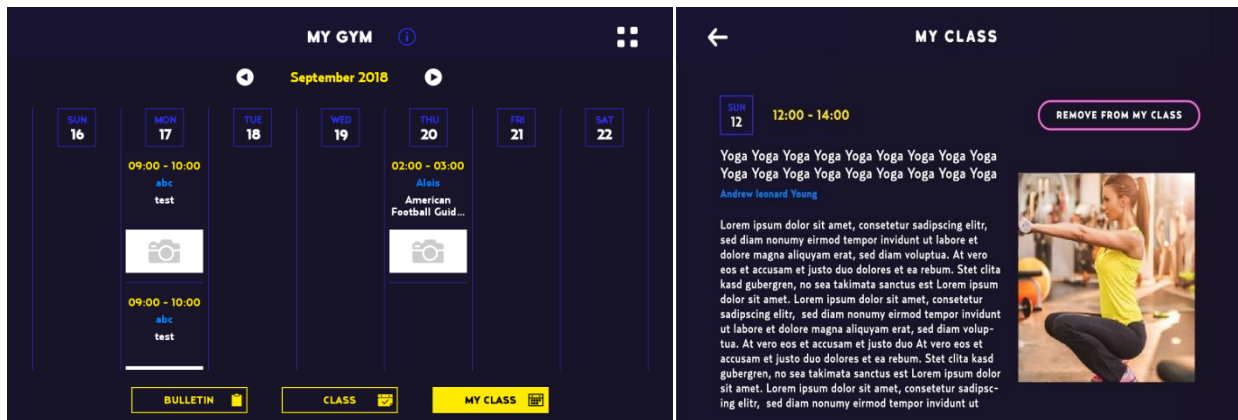
- 「BULLETIN」: As shown in the image below left, it displays real-time messages as news, and class updates from the gym. Selecting a single message will show detailed information as below right.



- 「CLASS」: As shown in the image below left, it displays the class schedule from the gym in a calendar format. Selecting a specific class will show class details as shown below right.



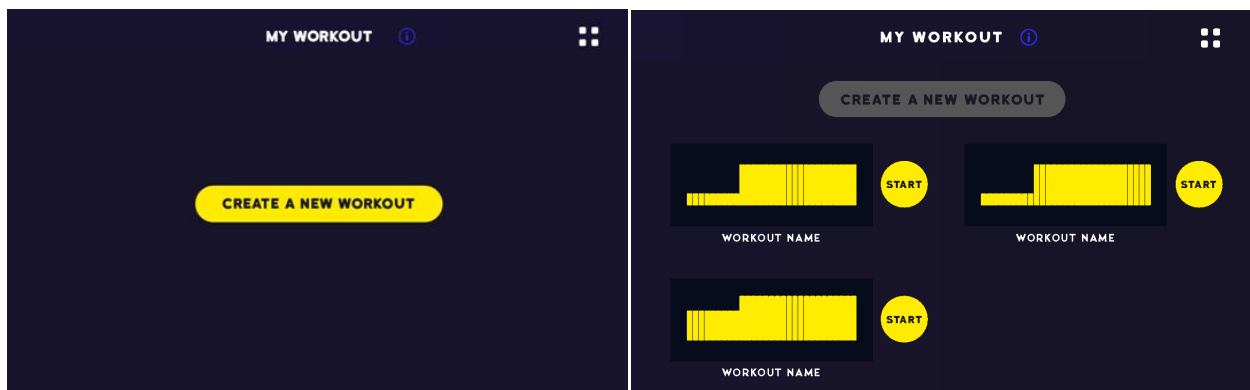
- 「MY CLASS」: This feature requires login. Please follow the previously mentioned login or registration instructions. Once logged in, as shown in the image below left, users can edit their personal class schedule. Tapping a single class will show class details as below right.



- To return to the previous menu, tap the white icon in the top-right corner.

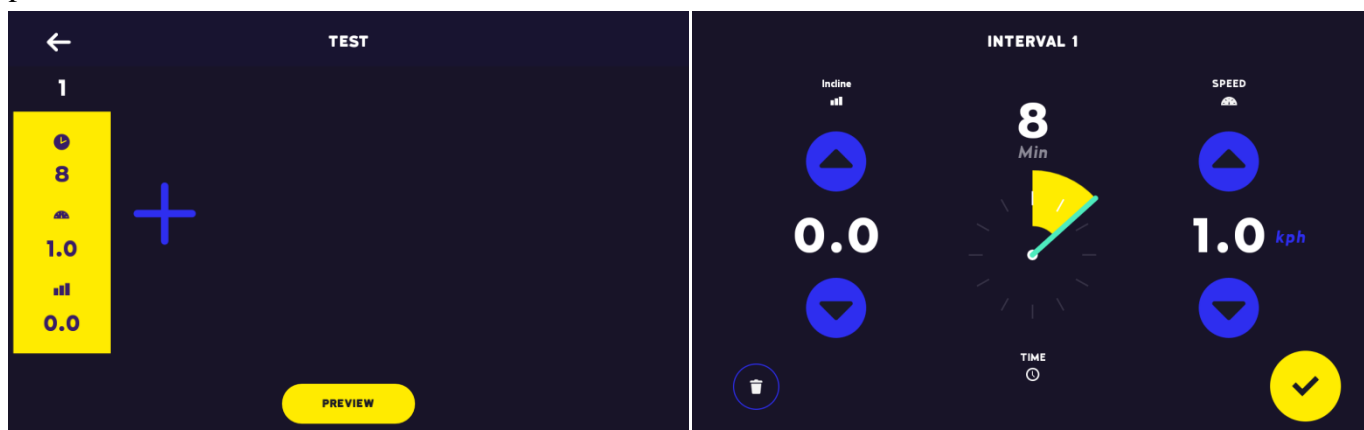
3.13 My Workout

This is a cloud-based mode. If the user has not logged in, tapping 「My Workout」 on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions. Once logged in, a screen will pop out as shown in the image below left if there is no workout created yet. If there are workouts created (at most 3 workouts), a screen as shown in the image below right will display. Tapping 「START」 begins the workout session, and upon completion, the summary screen appears.



Tapping 「CREATE A NEW WORKOUT」 in the left image above leads to an interval-based workout creation screen as shown in the left image below. Users can add up to 50 intervals by tapping the 「+」 icon. For each

interval, you can set the Incline, Time, and Speed (as shown in the right image below). You can also tap any existing interval in the left screen to reopen the settings screen (right image) and adjust the Incline, Time, or Speed as needed.



Selecting 「PREVIEW」 displays an overview of the customized workout structure as shown in the image below left. Selecting 「DETAILS」 provides an in-depth breakdown of the workout settings as below in the right image. Selecting 「SAVE」 leads to the main page of My Workout, where the user can see the newly added workout has been saved.

