

***circle***

*FITNESS*

ALWAYS MOVING FORWARD

---

# ***Owner's Manual***

---

# ***Console Operation***

***E8/7 Elliptical***

***B8 Upright Bike***

***R8 Recumbent Bike***

---

***8 inch Touch Screen***



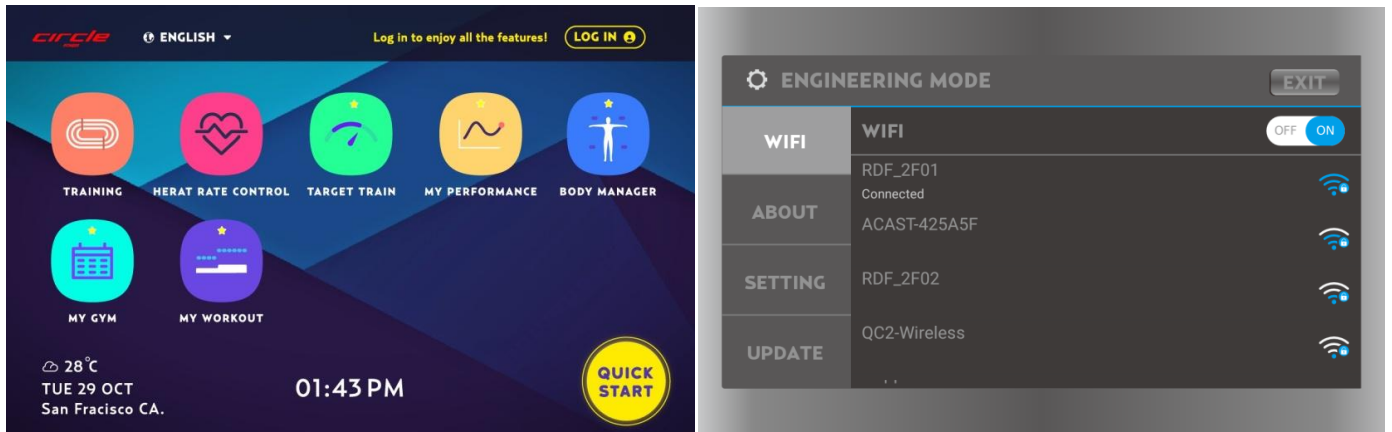
# Table of Content

1	ENGINEERING MODE.....	1
1.1	WiFi .....	1
1.2	ABOUT.....	1
1.3	SETTING.....	2
1.4	UPDATE .....	2
2	Console Operation .....	3
2.1	Main Screen .....	5
2.2	CircleCloud Go Signup & Login .....	5
2.3	Settings (Profile, Change Password, Data Syncing).....	7
2.4	Quick Start, Workout in Progress, and Summary .....	7
2.5	Training .....	8
2.6	Heart Rate Control .....	10
2.7	Target Train .....	11
2.8	My Performance.....	14
2.9	Body Manager.....	15
2.10	My Gym .....	17
2.11	My Workout .....	18

# 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
- LEVEL (Resistance Level)
- INCLINE

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.

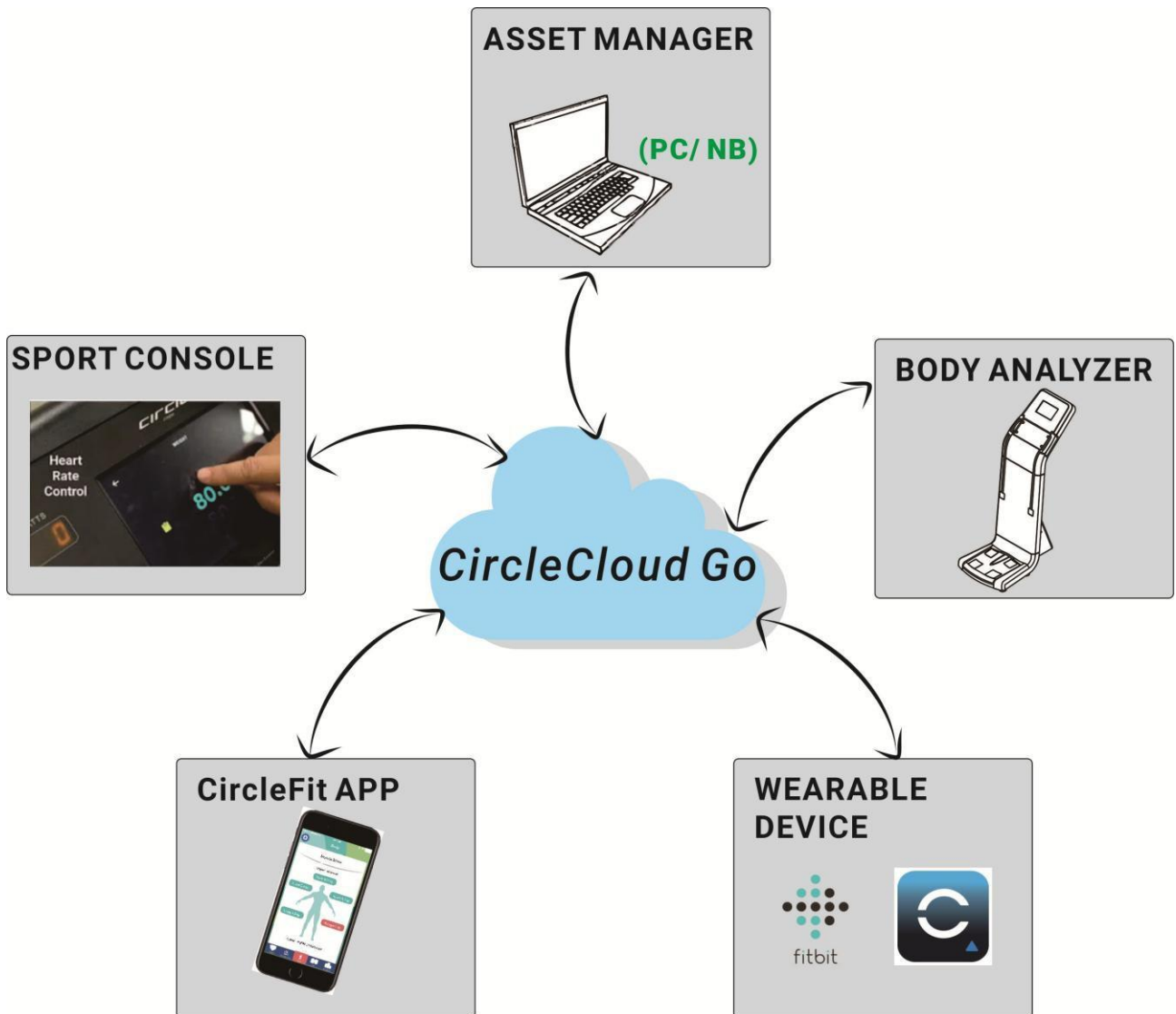
## 1.4 UPDATE

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.

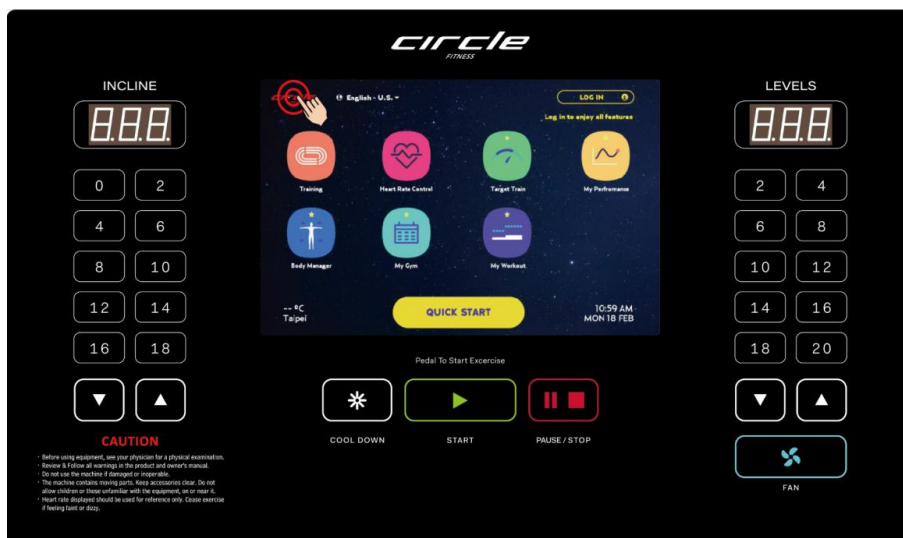
## 2 Console Operation

### CircleCloud Go

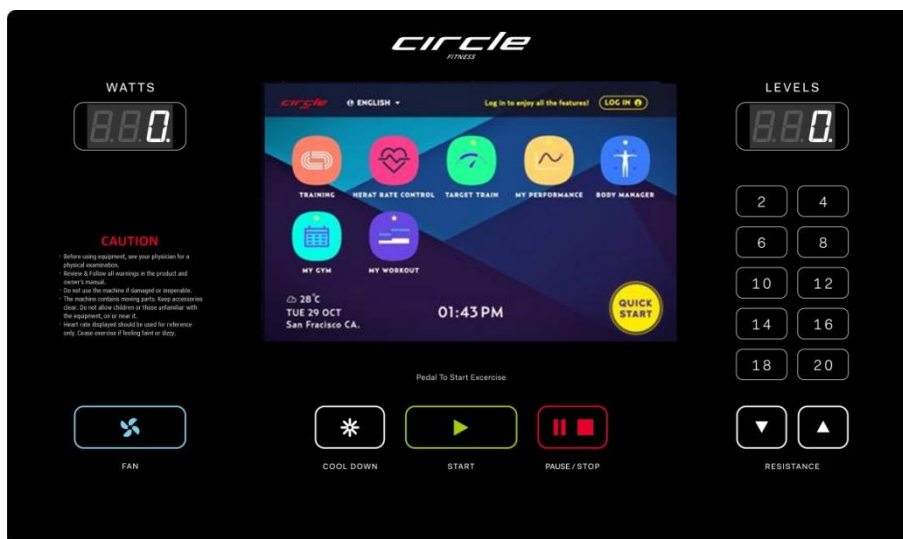
As shown in the image below, CircleCloud Go is a comprehensive health management ecosystem. It connects with Asset Manager, Circle Fitness Equipment Control Panel, CircleFit App, Wearable Devices, and body analyzer (Circle Fitness IBA). Designed to provide the most effective body composition and fitness management solutions, CircleCloud Go integrates proprietary applications and popular third-party fitness apps to help you achieve your ideal fitness goals.



## Control Panel LED Display and Button Functions



(Applicable to E8)

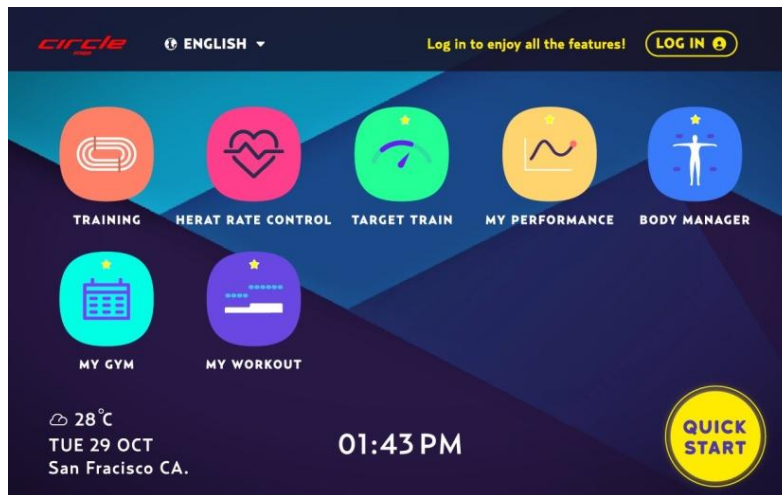


(Applicable to E7/B/R8)

LED Display	Descriptions
INCLINE	Displays the current incline level.
LEVELS	Displays the current resistance level.
WATTS	Displays the current power output in watts.
Button	Functions
▲ / ▼ (INCLINE)	Adjust the incline level during a workout.
0/2/4/6/8/10/12/14/16/18 (INCLINE)	Quick selection of 10 incline levels.
▲ / ▼ (LEVEL/RESISTANCE)	Adjust the resistance level during a workout.
2/4/6/8/10/12/14/16/18 /20(LEVEL)	Quick selection of 10 resistance 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.

## 8-inch Touch Screen Program Overview

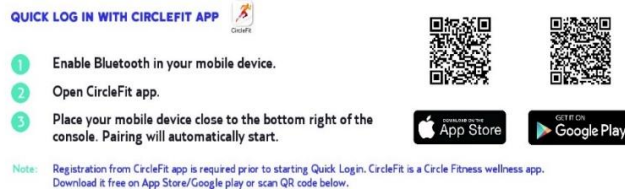
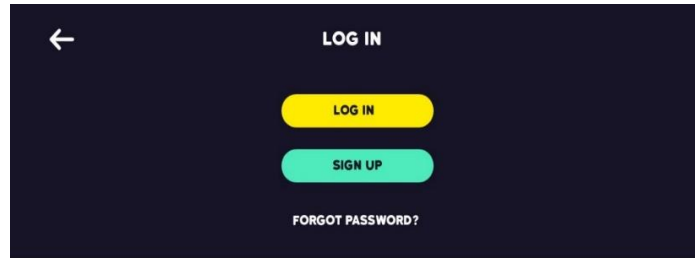
### 2.1 Main Screen



- 「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.
- 「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.

### 2.2 CircleCloud Go Signup & Login

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



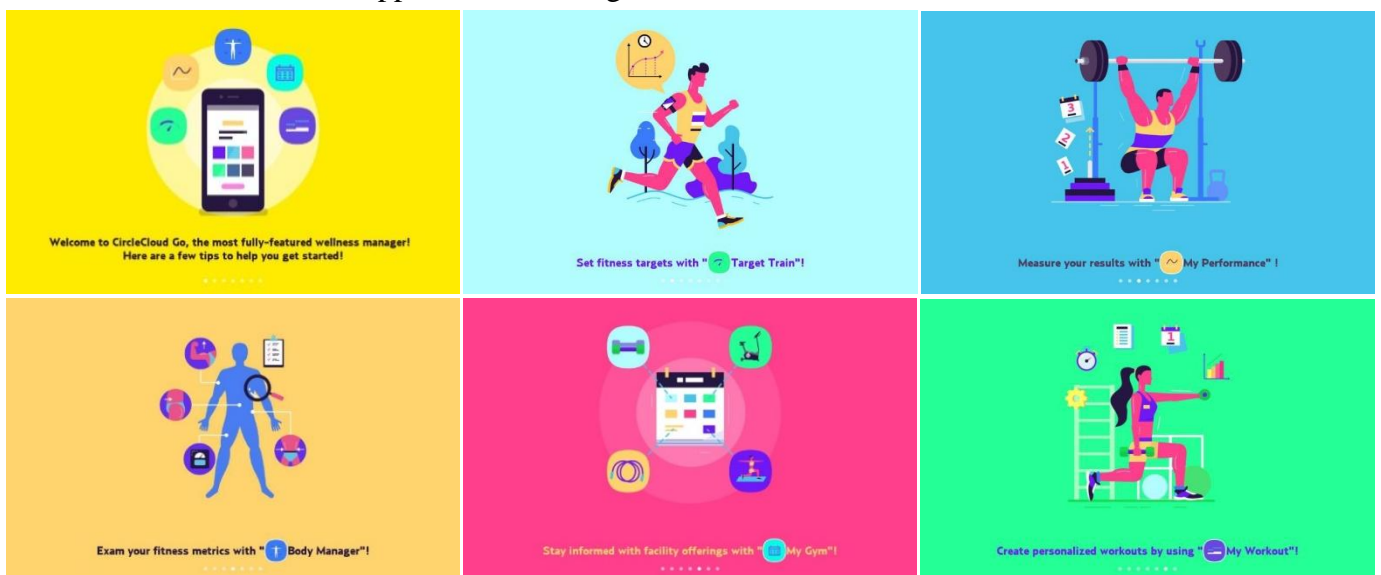
- 「SIGN UP」: Tap and enter the following details: Email, Password, Name, Unit preference (Metric/Imperial), Gender, Height & Date of Birth (both required for body fat analysis) and agree to the Privacy Policy to complete registration.
- 「FORGOT PASSWORD?」: Tap and enter your registered email and tap 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 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.

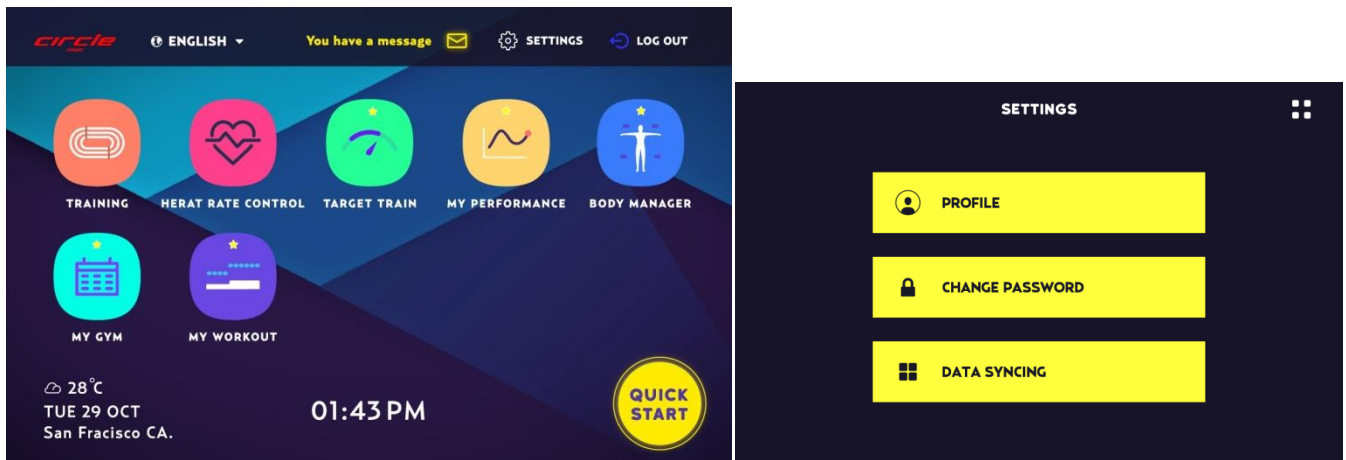
## Tutorial Screen

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.



## 2.3 Settings (Profile, Change Password, Data Syncing)

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

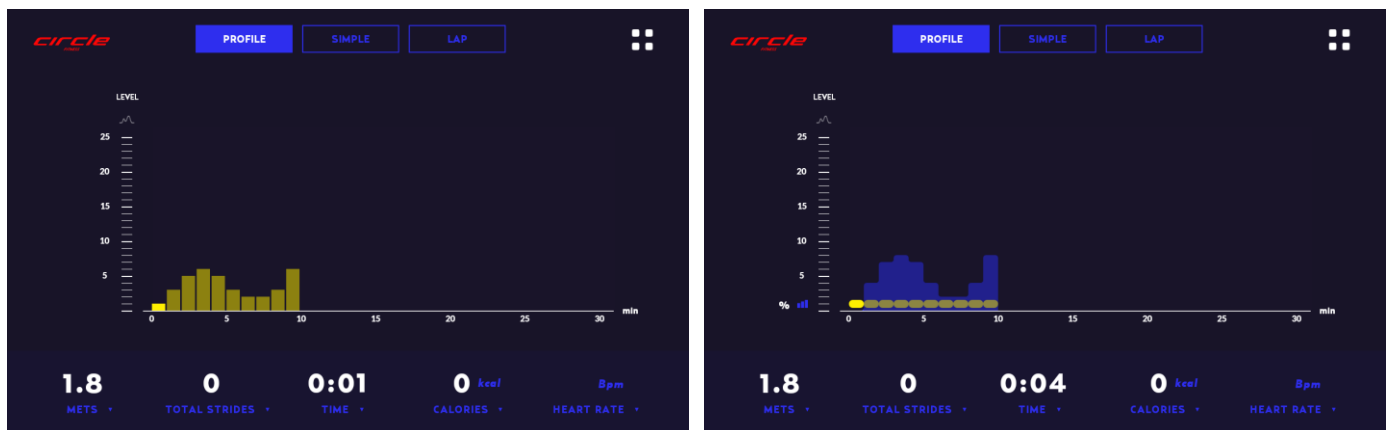


- Tap 「PROFILE」 to edit your name, unit preferences, gender, height, and date of birth.
- Tap 「CHANGE PASSWORD」 to enter your current password before setting a new password.
- Tap 「DATA SYNCING」 to sync data from the supported app (RunKeeper) and wearable devices (Fitbit and Garmin).

## 2.4 Quick Start, Workout in Progress, and Summary

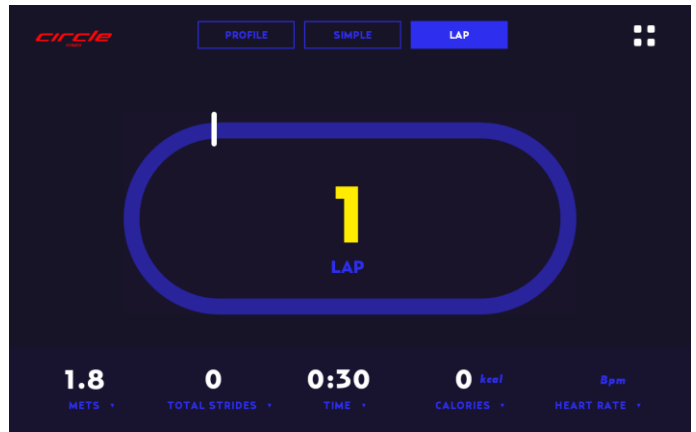
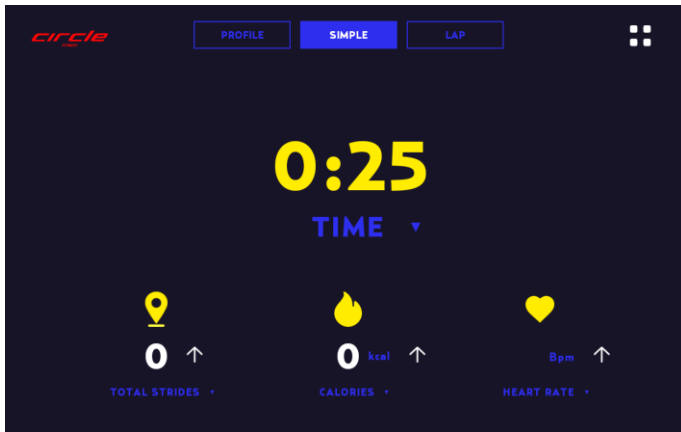
Tapping 「QUICK START」 on the main screen will immediately start the workout at the lowest resistance and incline level (incline adjustment applies only to E8). Users can adjust these levels anytime, while time and distance are automatically recorded. The workout-in-progress screen looks similar across all modes. The display varies slightly depending on the model as shown below left (Applicable to E7/B/R8) and right (Applicable to E8).

### Workout-in-Progress Screen



There are three available display modes of workout-in-progress screen to tap:

- 「PROFILE」 (Default Mode) : Shown as above.
- 「SIMPLE」 : Shown as below left.
- 「LAP」 : Shown as below right.

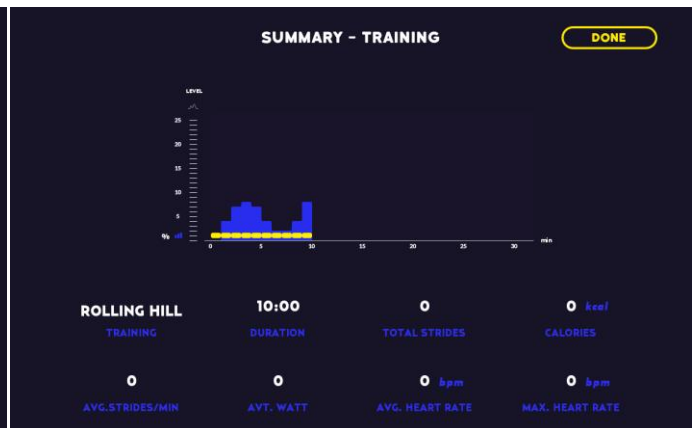


Workout Metrics (Applicable across all modes) are as below. Users can tap each metric field to switch between available displays:

- 「 METS 」 , 「 WATT 」 (Applicable to E8/7)
- 「 TOTAL STRIDES 」 , 「 STRIDES/MINUTE 」 (Applicable to E8/7)
- 「 TIME 」 , 「 TIME REMAINING 」
- 「 CALORIES 」 , 「 CAL/HR. 」
- 「 HEART RATE 」 , 「 AVG. HEART RATE 」
- 「 SPEED 」 , 「 AVERAGE SPEED 」 , 「 RPM 」 (Applicable to B/R8)
- 「 DISTANCE 」 , 「 PACE 」 , 「 AVERAGE PACE 」 (Applicable to B/R8)
- 「 TARGET TIME 」 , 「 TARGET DISTANCE 」 , 「 TARGET CALORIES 」

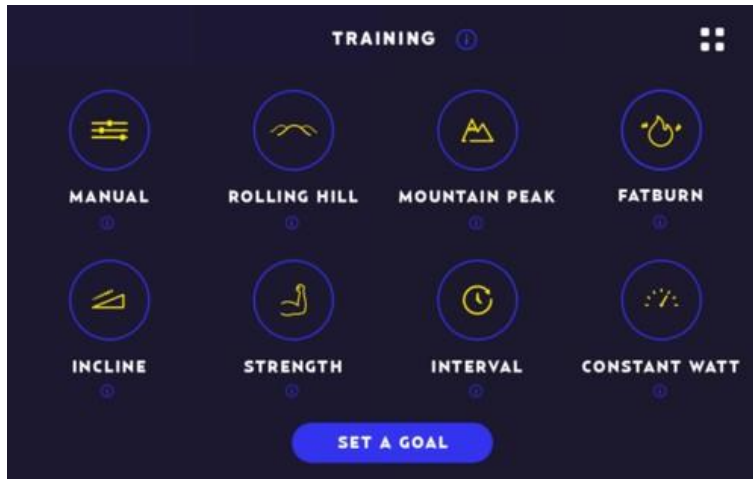
## Summary Screen

After completing a workout, the summary screen will display an overview of performance metrics as shown below left (Applicable to E7/B/R8) and right (Applicable to E8).

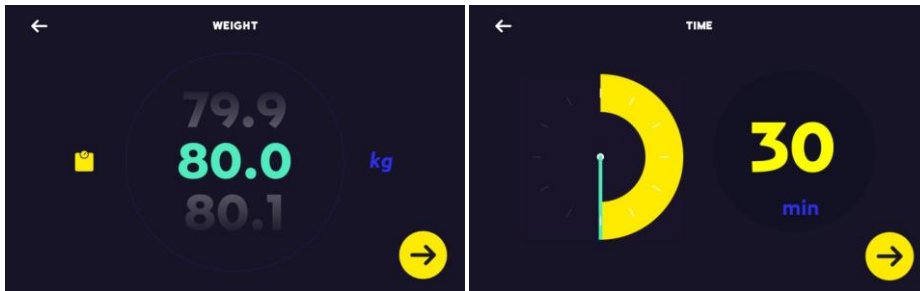


## 2.5 Training

Tapping 「 TRAINING 」 on the main screen opens a menu with nine training modes: 「 MANUAL/ROLLING HILL/MOUNTAIN PEAK/FATBURN/INCLINE/STRENGTH/INTERVAL/CONSTANT WATT/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.



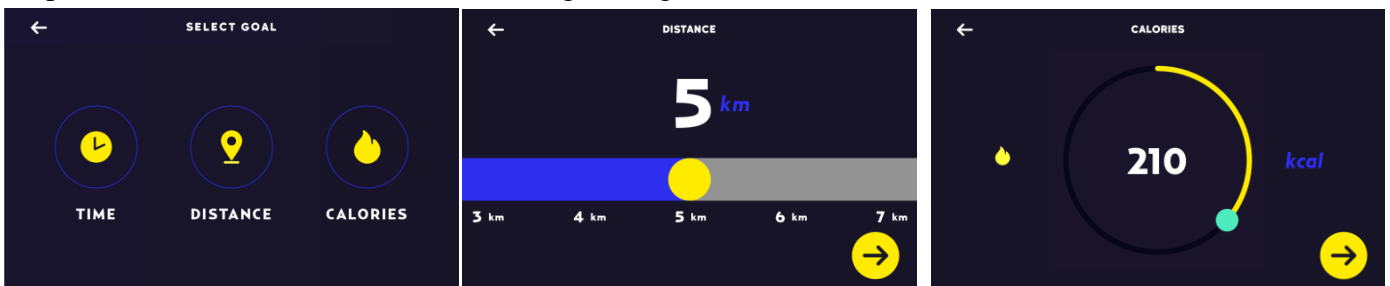
- 「ROLLING HILL/MOUNTAIN PEAK/ FATBURN/ INCLINE/ STRENGTH/ INTERVAL」 requires not only to set weight and time, but also to select a resistance level: 「EASY/MEDIUM/HARD」 as shown below.



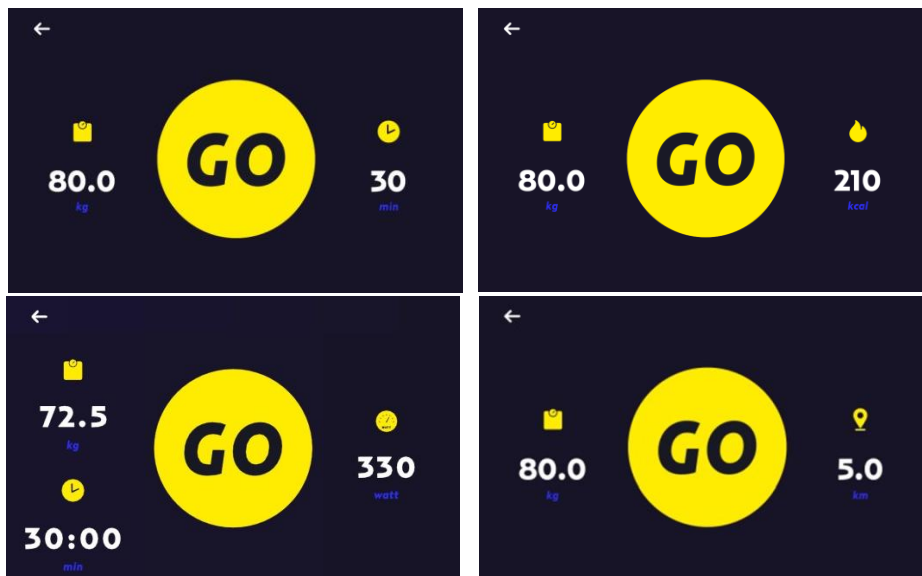
- 「Constant Watt」 requires to set weight, time, and watt value as shown below.



- 「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.

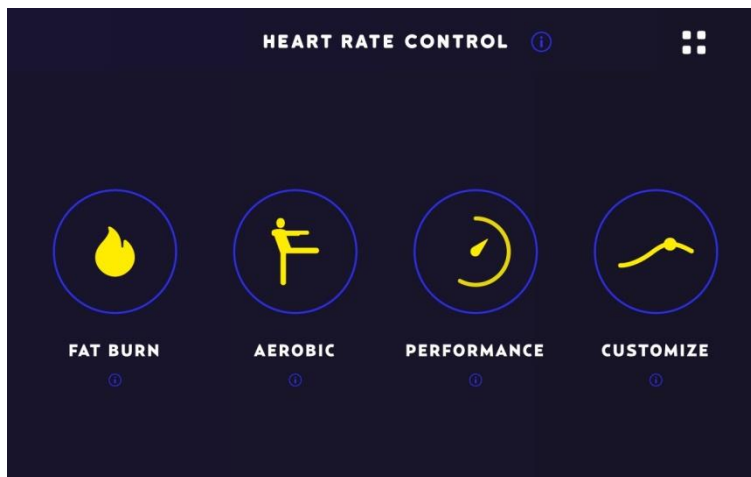


To return to the previous menu, tap the white arrow in the upper-left corner. Once the settings for any of the nine training modes are completed, the system will display a preview screen showing weight, time, calories, watts, or distance, as illustrated in the four images below. Tap 「GO」 to begin the workout. After completion, the summary screen will be displayed.

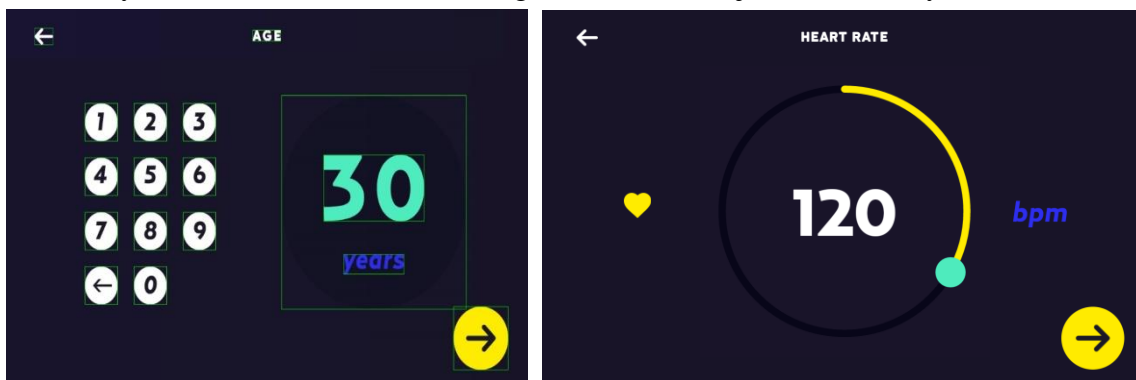


## 2.6 Heart Rate Control

Tapping Heart Rate Control (HEART RATE CONTROL) on the main screen opens a selection menu with four training modes: 「FAT BURN/AEROBIC/PERFORMANCE/CUSTOMIZE」. 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.



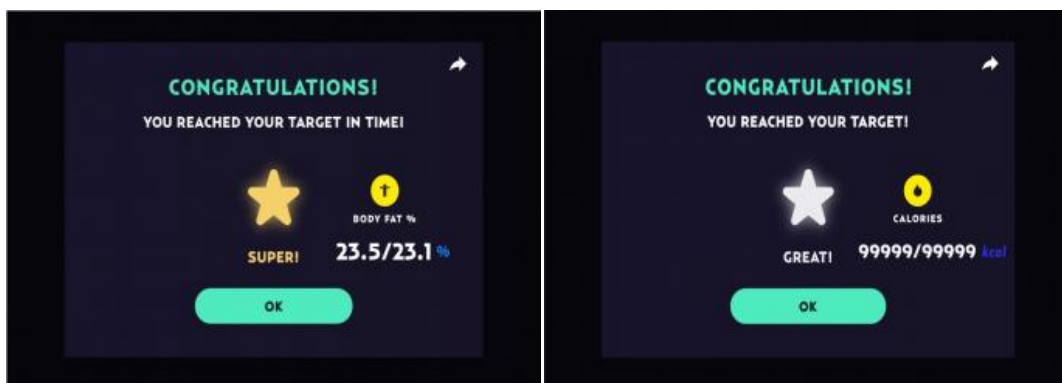
Tapping 'START' initiates the workout-in-progress screen as shown below left (Applicable to E7/B/R8) and right (Applicable to E8). After the session ends, a summary screen appears.

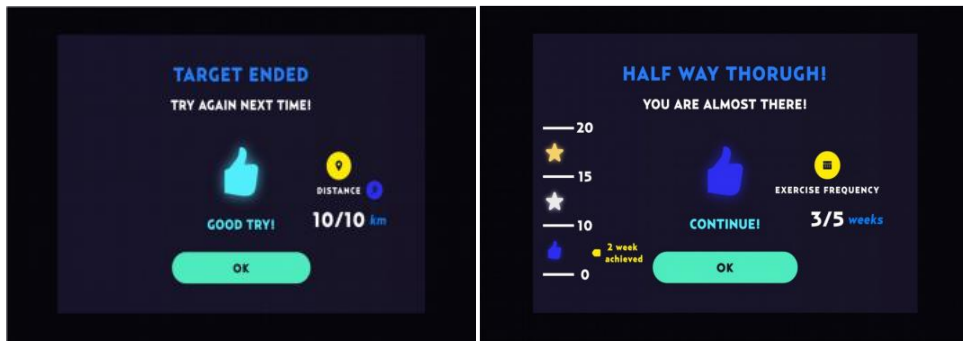


## 2.7 Target Train

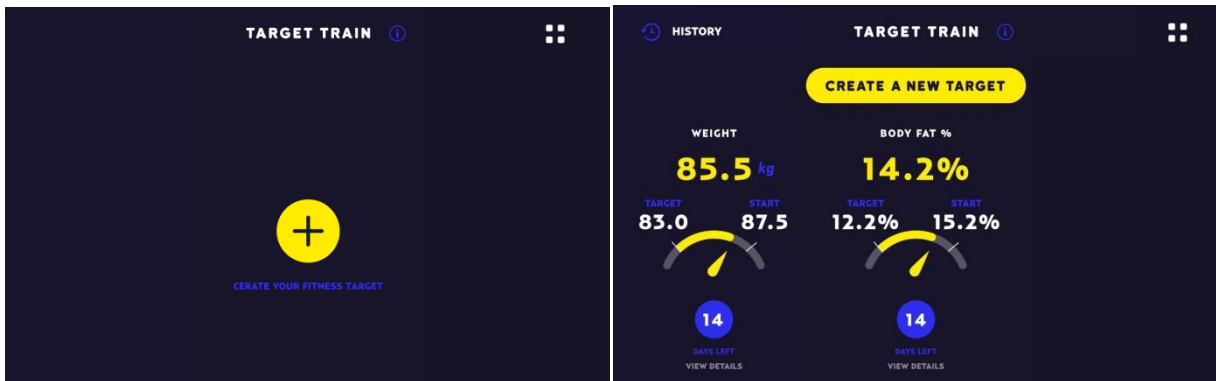
This is a cloud-based mode. If the user has not logged in, tapping 'TARGET TRAIN' on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions. Once logged in, as shown in the images below, the system will display three types 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.





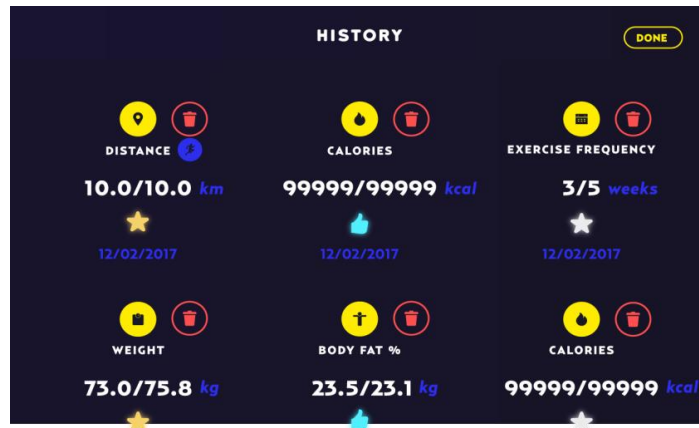
Next, the system will display the current target status screen, where users can choose from five types of fitness targets: Distance, Calories, Exercise Frequency, Weight, and Body Fat %. Each user can select up to three targets at a time. If no targets have been set, the screen will appear as shown on 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.



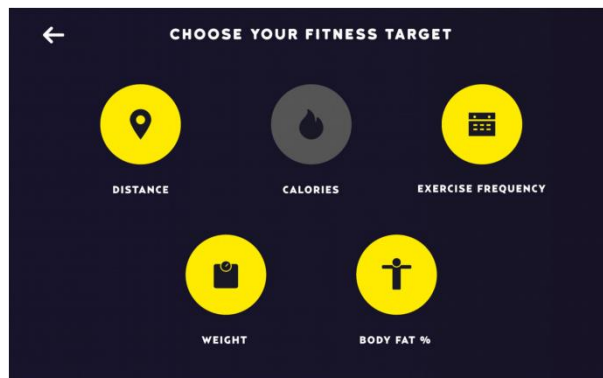
Users can also tap on the target icons in the target status screen to view detailed information. The details for each of the five target types are as follows:



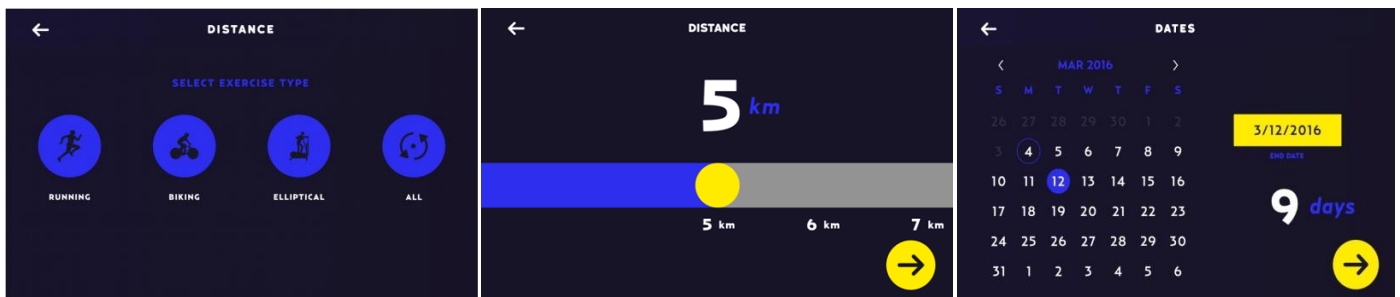
If you tap 「HISTORY」 in the upper left corner of the target status screen, you can review previously set targets, as shown in the image below.



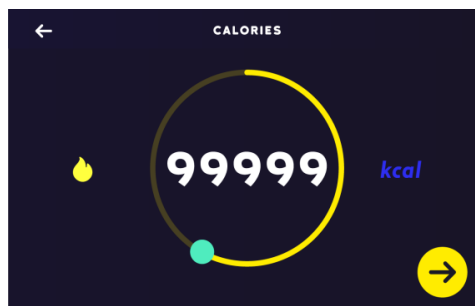
To add a new fitness target, tap the 「+」 icon or select 「CREATE A NEW TARGET」 on the target status screen. A menu will appear with the following five target training modes to choose from.



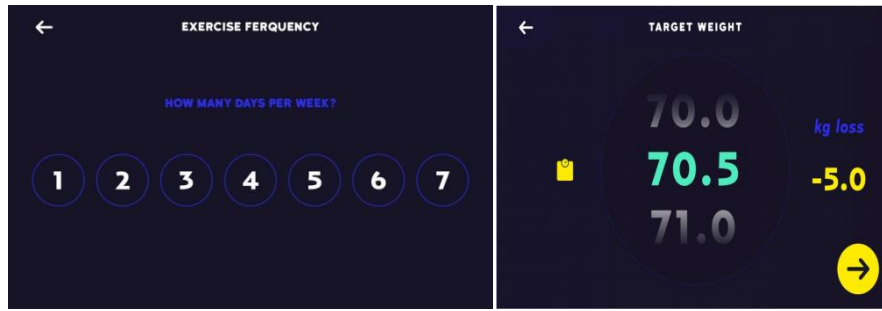
- In Distance Mode, as shown in the left image below, you can choose from four exercise types: 「RUNNING」, 「BIKING」, 「ELLIPTICAL」, or 「ALL」. After selecting an exercise type, as shown in the middle and right images, you can set the target distance (DISTANCE) and completion date (DATES).



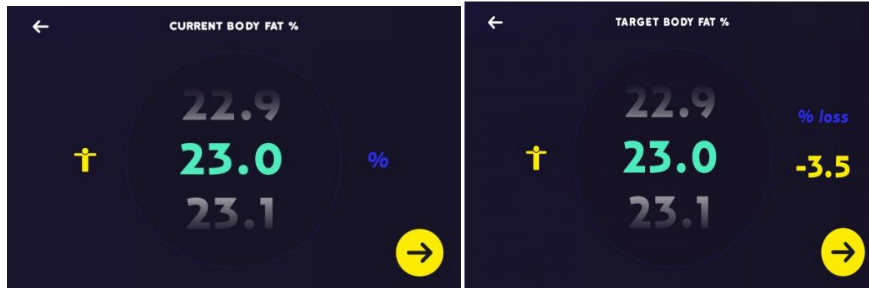
- In Calories Mode, you need to set the target calories (CALORIES), as shown in the image below, along with the completion date (DATES).



- 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).



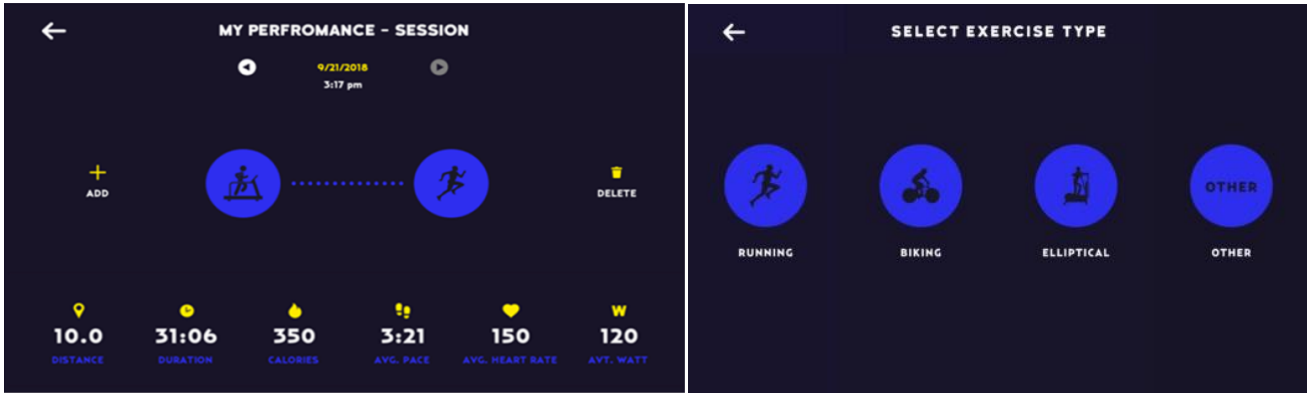
To return to the previous menu, tap the white arrow in the upper-left corner. Once the settings are completed and 「→」 is tapped, the system will display the target status screen.

## 2.8 My Performance

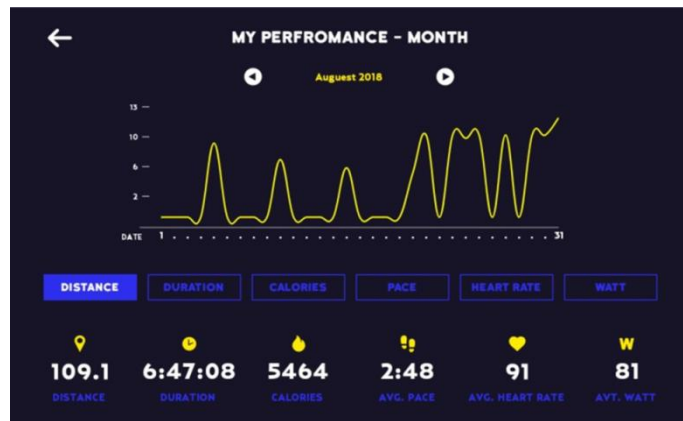
This is a cloud-based mode. If the user has not logged in, tapping 「MY PERFORMANCE」 on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions. Once logged in, as shown in the image below, users can view by tapping three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

## 2.9 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  $\leftarrow \rightarrow$  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

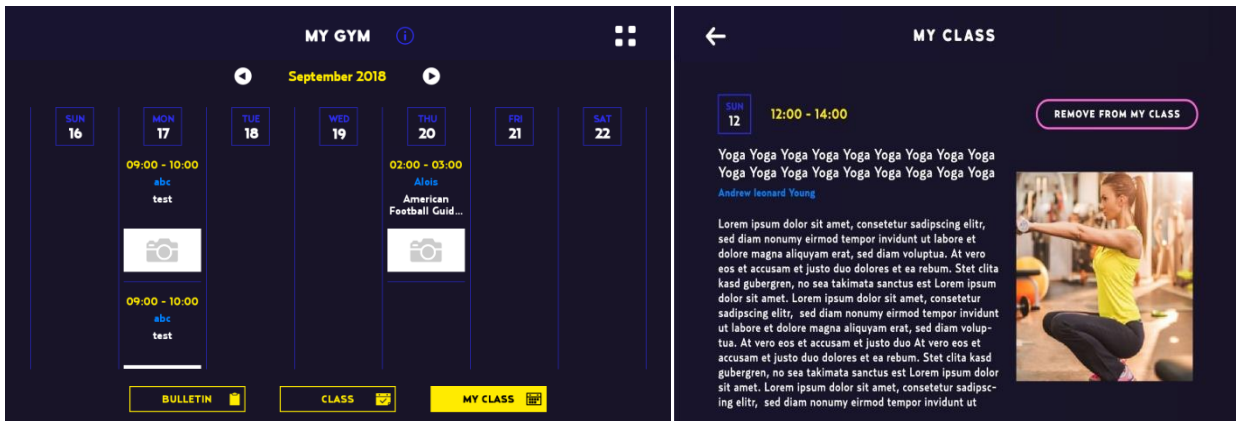


Obesity Degree has its own unique display format as below.



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

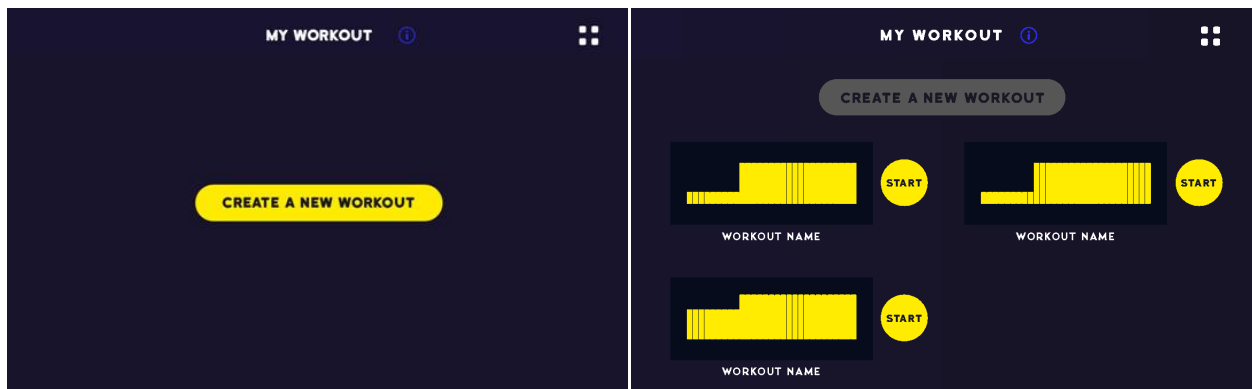




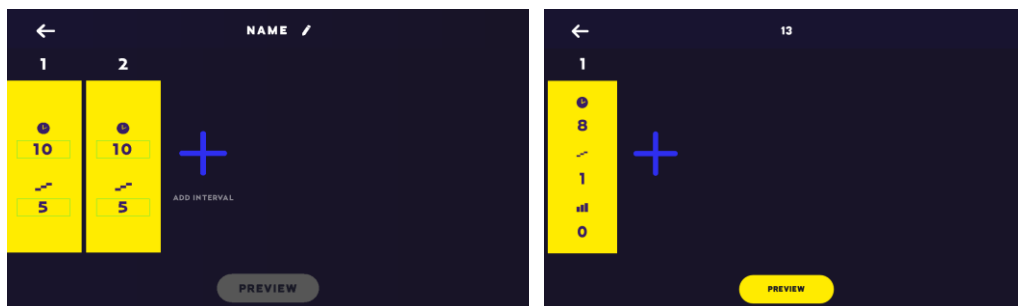
- To return to the previous menu, tap the white icon in the top-right corner.

## 2.11 My Workout

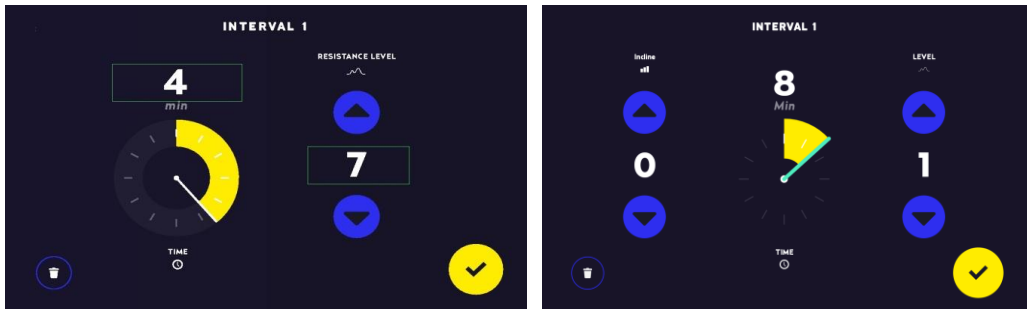
This is a cloud-based mode. If the user has not logged in, tapping 「MY WORKOUT」 on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions. Once logged in, a screen will pop out as shown in the image below left if there is 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」 leads to an interval-based workout creation screen as shown in the image below left (Applicable to E7/B/R/8) or right (Applicable to E8). Users can add up to 50 intervals by tapping the 「+」 icon.



Tapping an existing interval opens the edit screen as shown in the image below left (Applicable to E7/B/R/8) or right (Applicable to E8), where users can adjust interval duration, resistance level, and incline (Applicable to E8).



Selecting 「PREVIEW」 displays an overview of the customized workout structure as shown in the image below left (Applicable to E7/B/R/8) or right (Applicable to E8).



Selecting 「DETAILS」 provides an in-depth breakdown of the workout settings as below.





