

circle

FITNESS

ALWAYS MOVING FORWARD

Owner's Manual

Console Operation

M7/8 Treadmill

EPlus Touch Screen

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1 Initial Setup

1.1 Welcome Screen

To simplify the setup process for new equipment, the system will display a welcome screen upon first startup if the Serial Number has not yet been set, as shown in the left image below. After 5 seconds, it will automatically proceed to the next screen to configure network connectivity and time zone settings, as shown in the right image. Once the network setup is complete, you will be able to access internet-related features, including Google, Netflix, YouTube, Spotify, login functionality, and CircleCloud data synchronization.

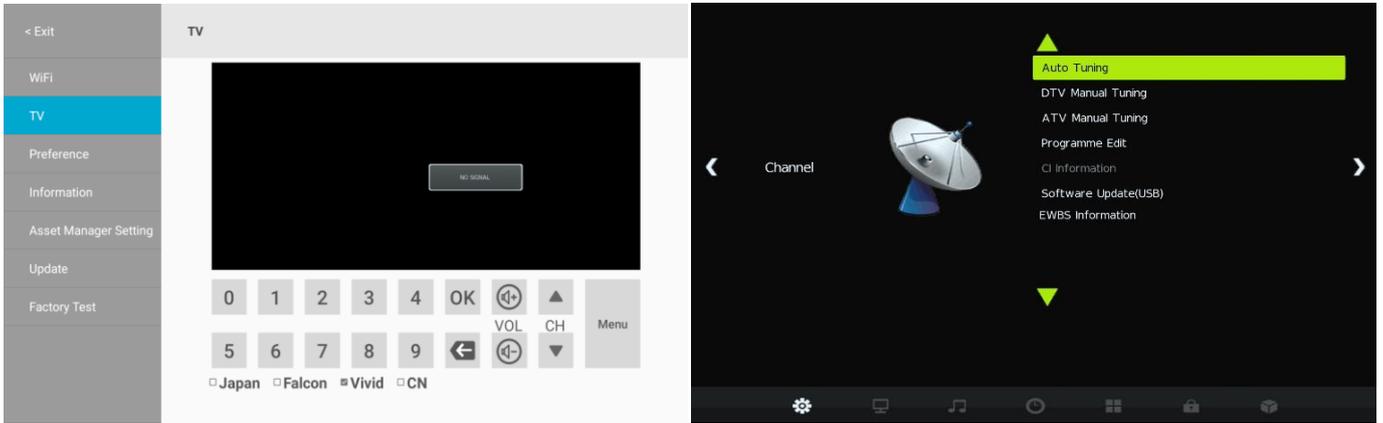


Tap 「Next」 to proceed to the screen shown on the left image below, where you can set the location and default system language. Once the location is set, the device's home screen will display real-time weather updates for that area. You can also tap 「Next」 to skip the location and language setup and move directly to the next screen, where you will enter the Serial Number and Gym ID, as shown in the right image. The Serial Number is a required field, while the Gym ID is necessary only if the gym administrator wants to enable the Asset Manager feature (see the relevant section for details). After tapping 「Done」, the system will take you to the device's home screen.

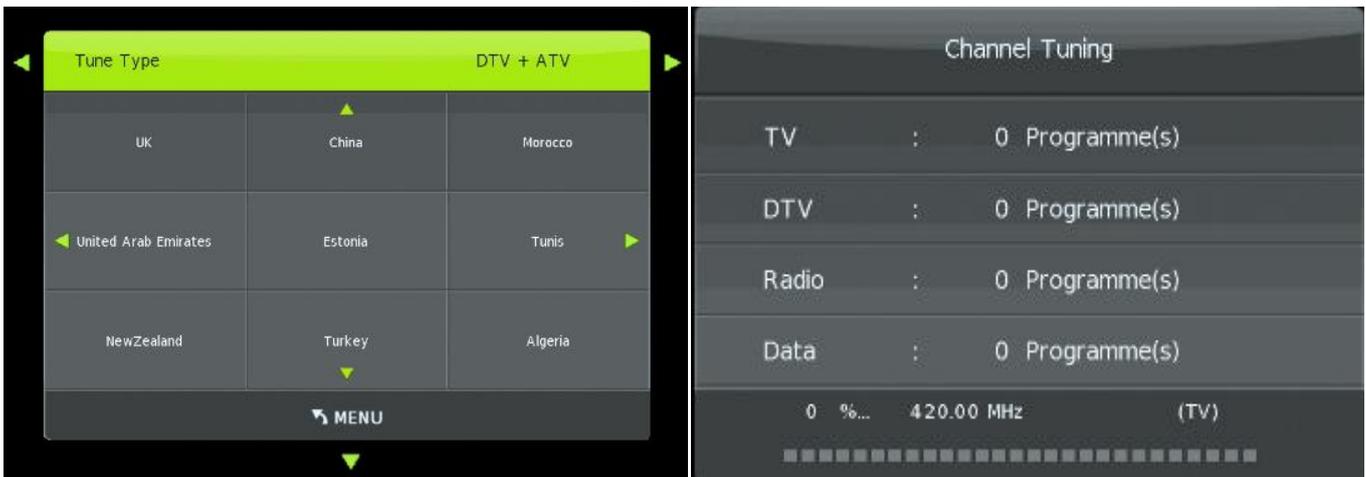


1.2 TV Setup

After connecting the TV coaxial cable signal source, follow the instructions in the Engineering Mode section to access the TV Receiver Setup page. The factory-preset TV receiver settings correspond to different regions: Japan (Japan Standard), Falcon (U.S. Standard), Vivid (European Standard), and CN (China Standard).



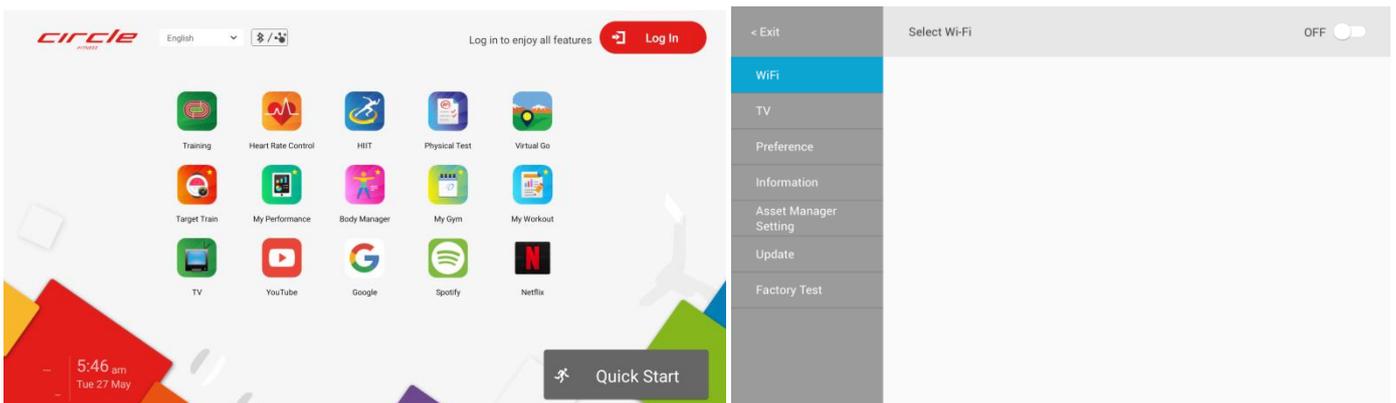
For example, in the European Standard setup, tapping 「 Menu 」 on the top-left screen will bring up the interface as shown in the top-right image. Use the on-screen controls to choose 「 Auto Tuning 」 and click 「 OK 」 to go to the screen of country selection as shown in the left image below. Once the user selects the country, auto turning will take place according to the country-specific bandwidth and the progress is as indicated in the right image below. When the tuning is complete, the user can watch and select different TV channels. The setup process for Japan, U.S., and China Standard receivers follows similar steps—simply tap 「 Menu 」, initiate a channel scan, and select before watching your desired channels.



2 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 with password 5598, 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.

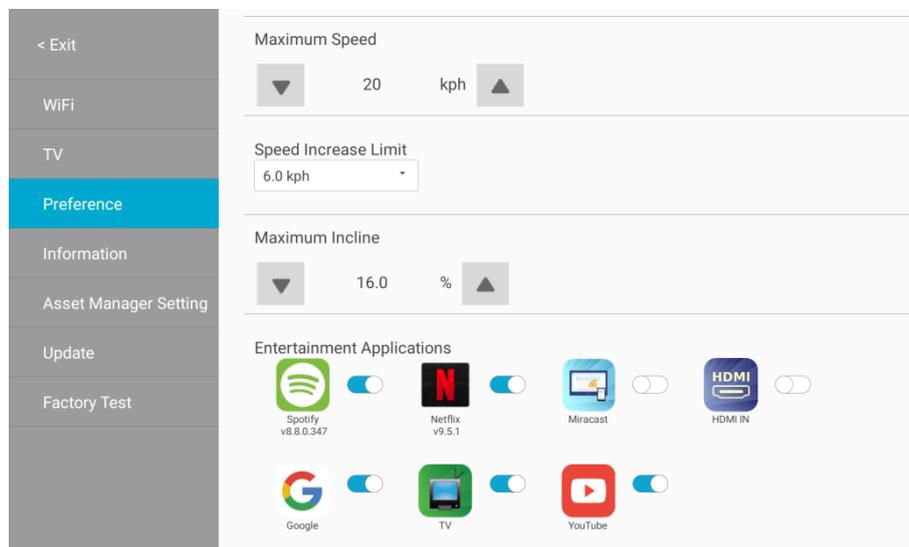
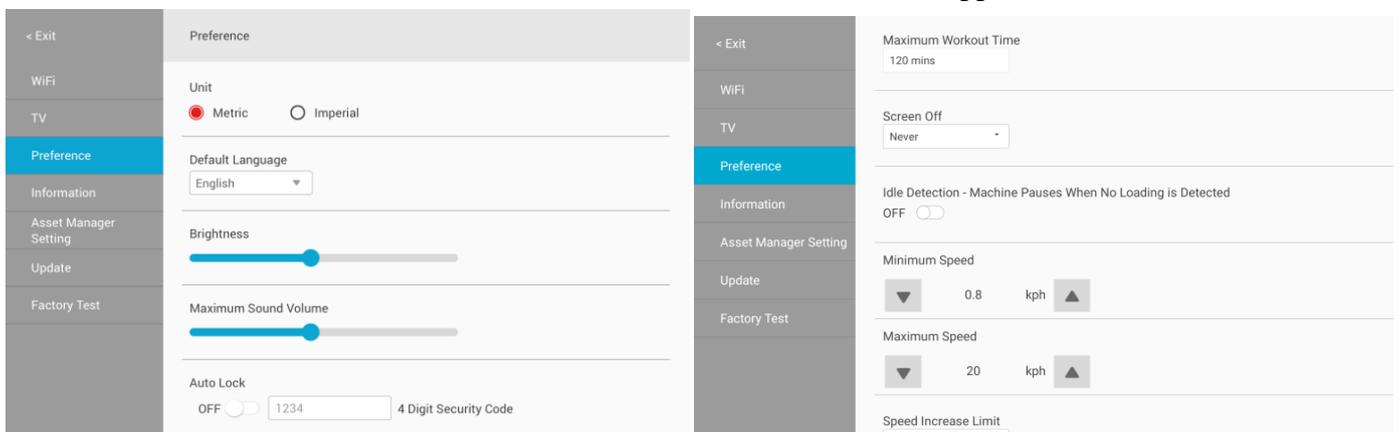


2.1 WiFi

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.

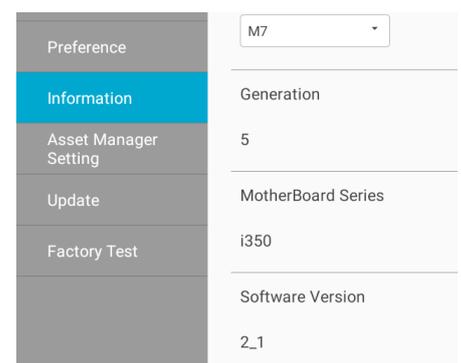
2.2 Preference

After entering Engineering Mode, tap 「Preference」 on the left side of the screen. This will bring up the settings interface, as shown in the images below. The available settings include: Unit, Default Language, Brightness, Maximum Sound Volume, Auto Lock (Default: Off, Password: 1234), Maximum Workout Time, Screen Off (Screen turns off automatically), Idle Detection, Minimum Speed, Maximum Speed, Speed Increase Limit, Minimum Incline, Maximum Incline, and Entertainment Applications.



2.3 Information

After entering Engineering Mode, tap 「Information」 on the left side of the screen. This will bring up the settings interface, as shown in the example image of an M7 model. The available settings include: Model, Generation, MotherBoard Series, Software Version, Total Usage Time, Total Distance, Console Serial Number, and Machine Serial Number.



2.4 Asset Manager Setting

After entering Engineering Mode, tap 「 Asset Manager Setting 」 on the left side of the screen. This will bring up the settings interface, as shown in the image. The available settings include: Machine Serial Number, Dealer ID (Up to 4 digits), Gym ID (Up to 8 digits; the first 4 digits must match the entered Dealer ID), Country, Weather Location – City Name, Time Zone, and Daylight Saving Time.

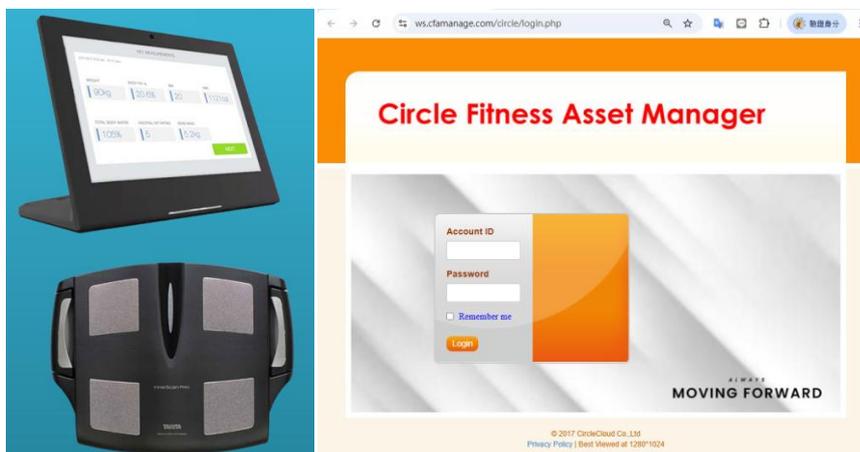
Note: Gym administrators who wish to enable Asset Manager must complete this setup to ensure remote automatic software updates occur at the correct time. For an introduction and detailed instructions on using Asset Manager, please refer to the next chapter.

3 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.

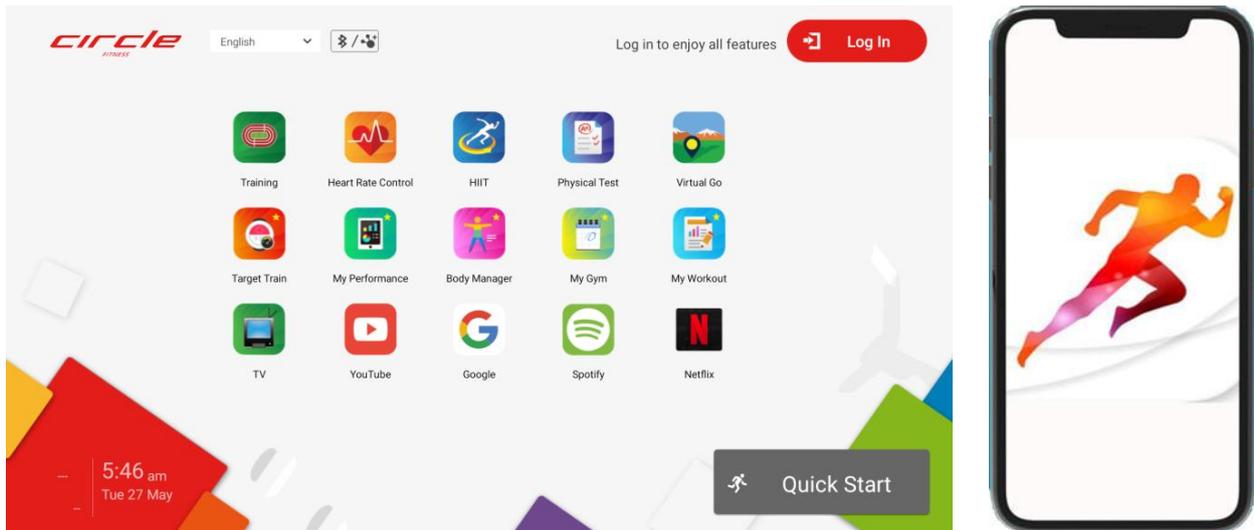
Circle Fitness IBA and Asset Manger



Wearable Devices (Garmin & Fitbit)



EPlus 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.

3.1 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.



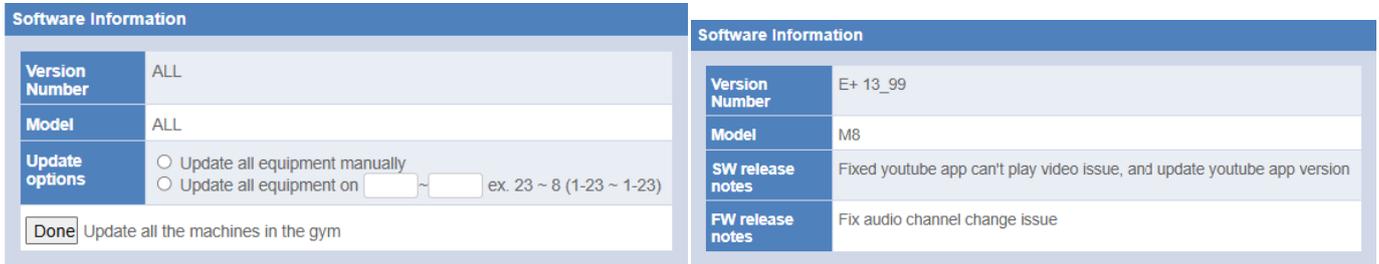
3.2 Overview

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:

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 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 vision (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.

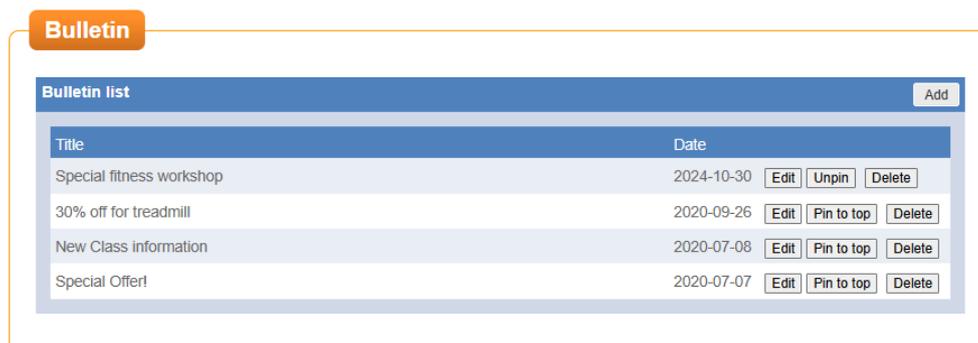
- Software version/ 「 Options 」 : Opens a settings menu as shown in the left image below for Update options. To fully disable auto-update for a machine where automatic update has been already enabled, the user must NOT ONLY untick AutoUpdate BUT ALSO select "Update all equipment manually". To schedule 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.



- 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:
 - A. FW/SW SHA1 error: File integrity verification failed.
 - B. No Internet?: No internet connection detected.
 - C. USB Disk Not Exist: Virtual Go USB drive is missing.
 - D. Retry Limit Reached: Update attempts exceeded the default limit (5 tries).
 - E. Exception Msg="xxxx": Displays a specific error message.
 - F. FW/SW Update Exception= "xxxx": An unexpected firmware/software update error occurred.
 - G. User stop FW/SW update: The update was manually canceled by the user.

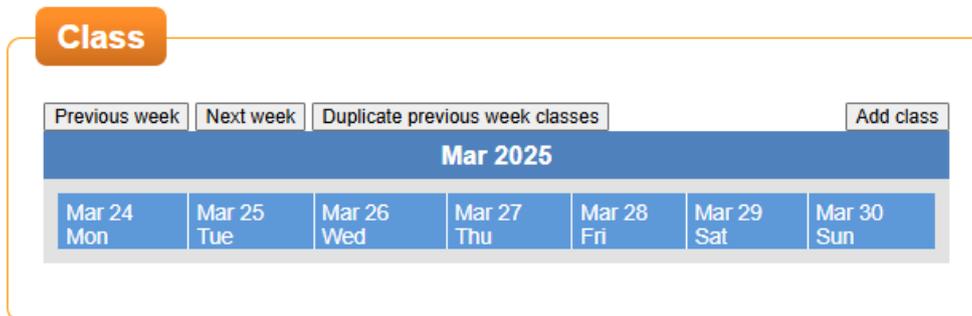
3.3 Bulletin

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



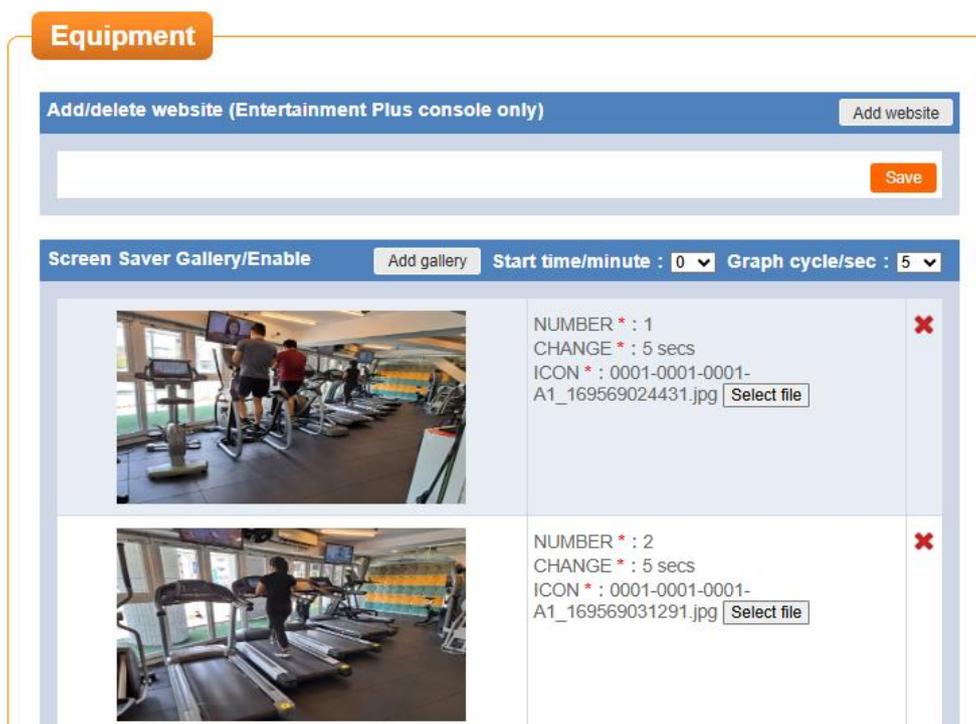
3.4 Class

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.

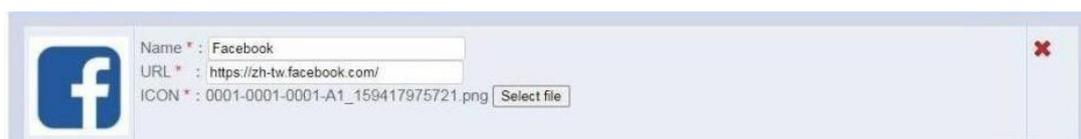


3.5 Equipment

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.

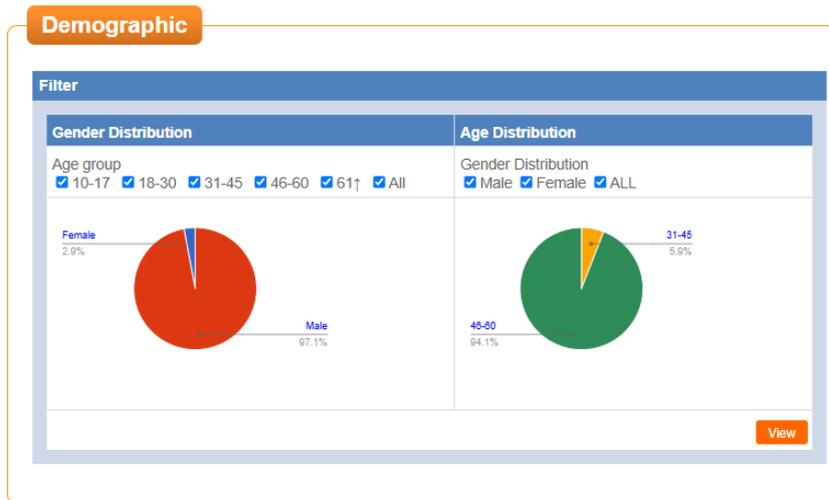


- Screen Saver Gallery/Enable: Administrators can upload images (each under 10MB). These images will be displayed as a screensaver when the console is idle. (This function is available only when the Auto Lock and Screen Off features are disabled.)
- Start time/minute: Sets the duration of inactivity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

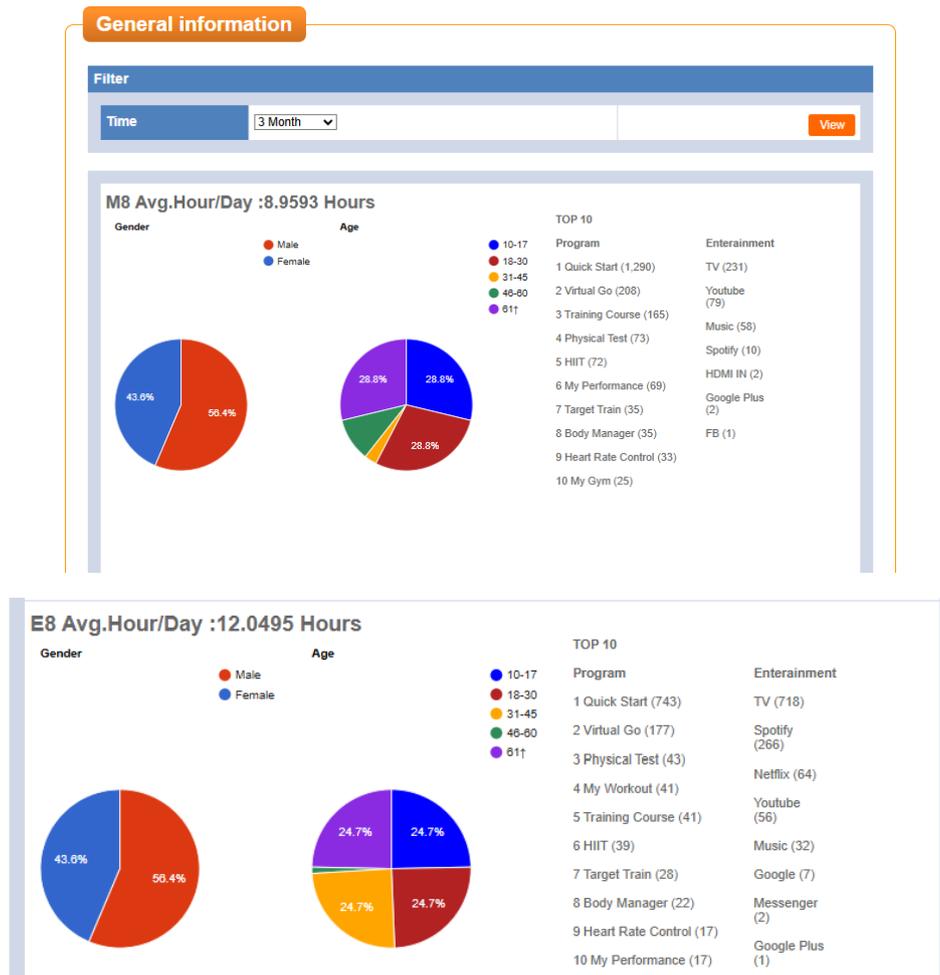
3.6 Statistics

The Statistics page consists of three sections:

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

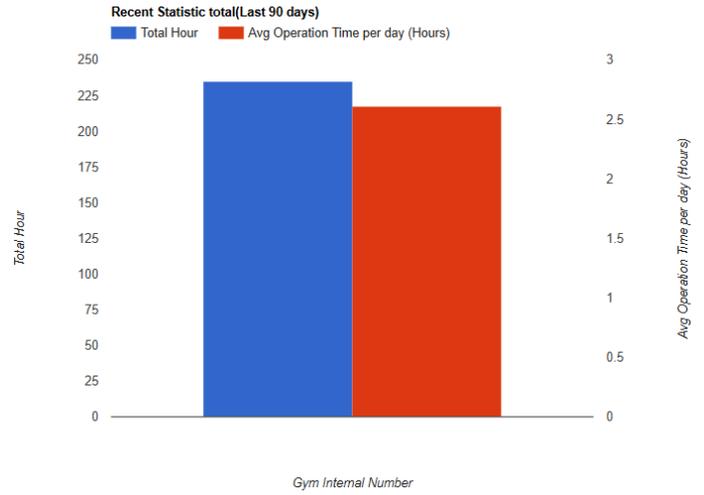
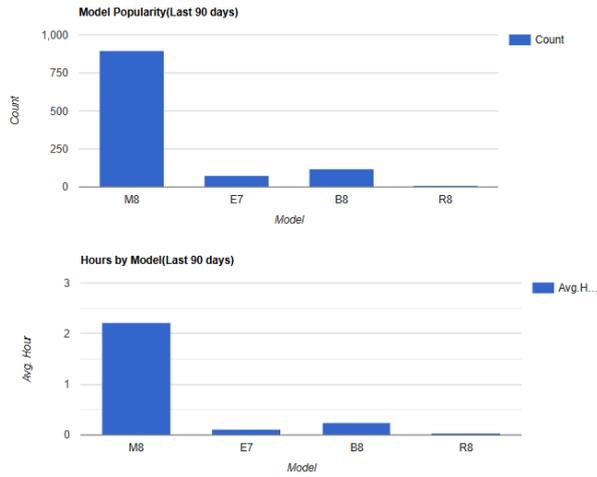


- **General information:** Provides insights into customer preferences for different workout programs based on equipment type. This helps optimize class planning. The example below shows statistics for two types of equipment in the gym—M8 Treadmill and E8 Elliptical.



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

Equipment usage



3.7 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

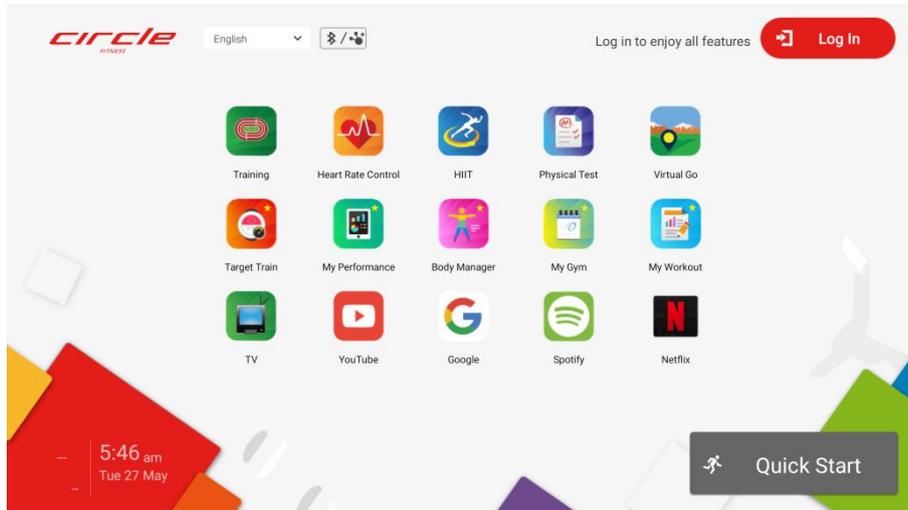
Account administrator	
ID	0001-0001-0001-A1
Name	Omega Fitness
Edit	

[+ Add User](#)

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

4 EPlus Touch Screen Operation Guide

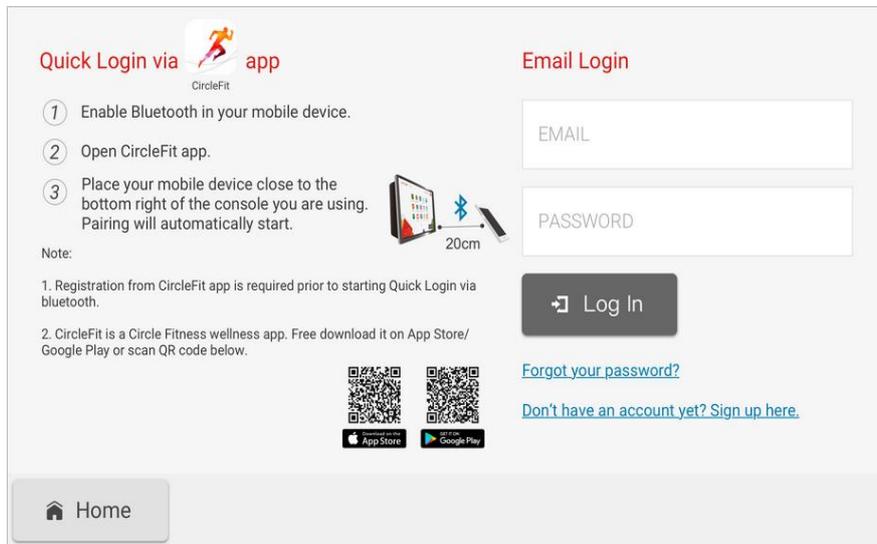
4.1 Main Screen



- Training: Offers 7 different training programs.
- Heart Rate Control: Provides 4 heart rate control programs.
- HIIT: Provides 4 HIIT (High Intensity Interval Training) programs.
- Physical Test: Provides 10 physical test programs.
- Virtual Go: Features 10 interactive videos that immerse you in outdoor workout environments.
- Target Train: Includes 5 different training targets to keep you motivated and on track with your fitness plan.
- My Performance: Integrates with cardio equipment, apps, or wearable devices to provide personal fitness data.
- Body Manager: Tracks and analyzes body condition using the Circle Fitness IBA and CircleFit app.
- My Gym: Displays the latest news, class schedules, and promotional offers from your gym.
- My Workout: Allows you to create and customize workout routines tailored to your needs.
- Quick Start: Press to begin exercising immediately.
- Entertainment Apps: Includes TV, YouTube, Google, Spotify, and Netflix.
- Weather: Displays temperature and weather icons when connected to the internet.
- Time: Shows time based on the time zone set in Engineering Mode.
- Date: Displays the current date and day of the week.
- Region: Indicates your current location based on Engineering Mode settings.
- Language (English): Displays the default language. Users can tap to switch between 15 available languages during a workout.
- Log In: Tap to enter the login screen.
- Log Out: Select when you finish using the equipment.
- Bluetooth/ANT+: Tap to access Bluetooth and ANT+ settings.

4.2 CircleCloud Signup & Login

Tap 「Log In」 on the main screen to open the login window described as below. After tapping 「LOG IN」 on the main screen, a pop-up window will appear with the following options:

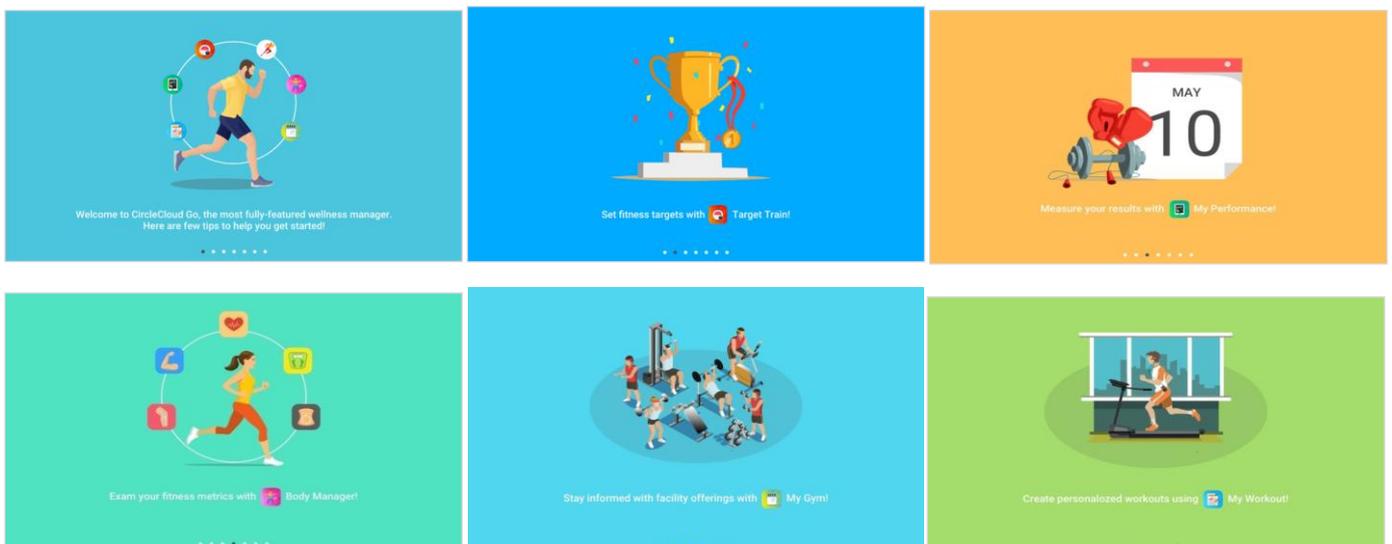


- Email Login: Enter your registered email address and password, then tap 「Log In」.
- Quick Login via CircleFit App: Follow the on-screen instructions to install the CircleFit App, register an account, and pair your phone with the touch screen via Bluetooth.
- Sign Up: Tap 「Don't have an account yet? Sign up here.」, then enter the following details: Email, Password, Full Name, Unit of measurement (Metric/Imperial), Gender, Height and Date of Birth (Required for body fat measurement). Accept the privacy policy to complete registration.
- Reset Password: Tap 「Forgot your password?」, enter your registered email address, and tap 「Send」. You will receive an email with instructions to reset your password.

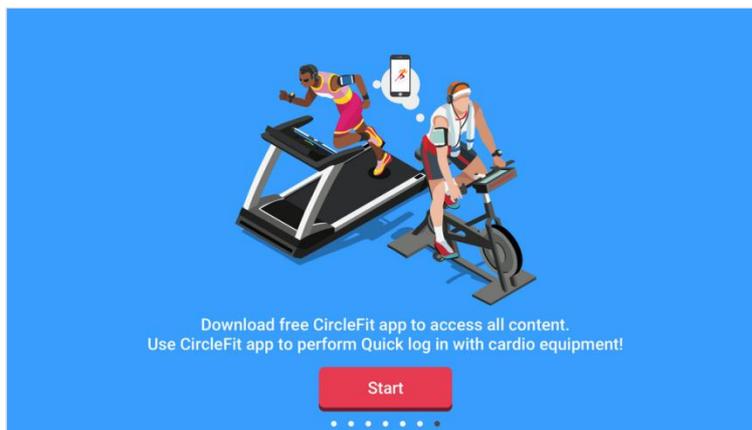
Login Screen

- First-Time Login

Upon the first successful login, a tutorial will be displayed and not appear on future logins. 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.

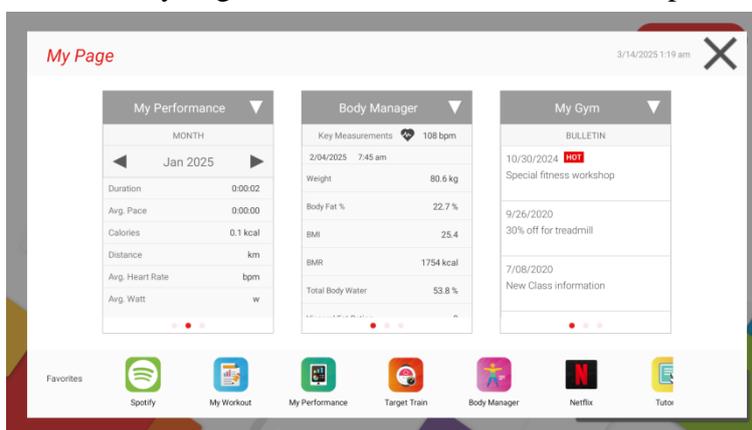


Once the tutorial is completed, a screen pops up as below. Tap 「Start」 to return to the main screen.



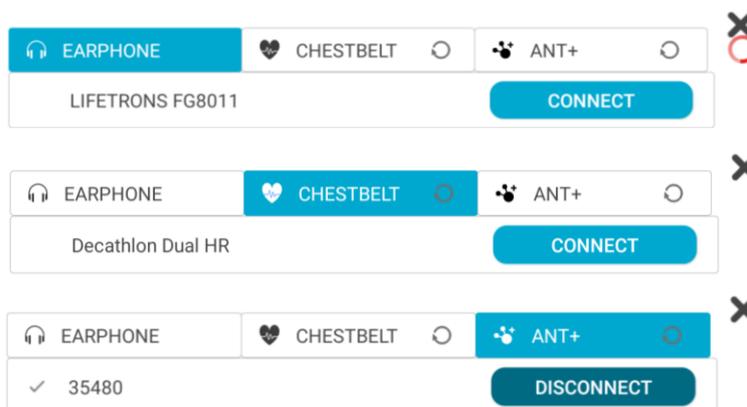
- Returning Login

As shown below, for all future logins, users will see the My Page screen. It displays users' previous workout data and gym announcements & class information. In the lower section of My Page sits the Favorites: the most frequently used apps or functions appear here for quick access and tap an icon to launch the corresponding application. To exit My Page and return to the main screen, tap the 「X」 in the top-right corner.



4.3 Bluetooth / ANT+ Connection

Tap the Bluetooth/ANT+ icon on the main screen. If a device is actively pairing, the Bluetooth/ANT+ icon will turn blue. The three following pages of Bluetooth settings will appear for the connection status of Bluetooth headphones, heart rate chest belt, and ANT+ devices (heart rate receiver), respectively. Users can scan for available devices nearby, pair (CONNECT) with a selected device, and disconnect (DISCONNECT) from a paired device. When a user logs out, all Bluetooth connections are automatically disconnected. The system does not store paired devices, meaning users must reconnect manually each session.



4.4 Quick Start, Workout in Progress, and Summary

Tapping 「 QUICK START 」 on the main screen will immediately start the workout at the lowest speed (0.5kph (M8) / 0.8kph (M7)) 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 as below.

Workout-in-Progress Screen



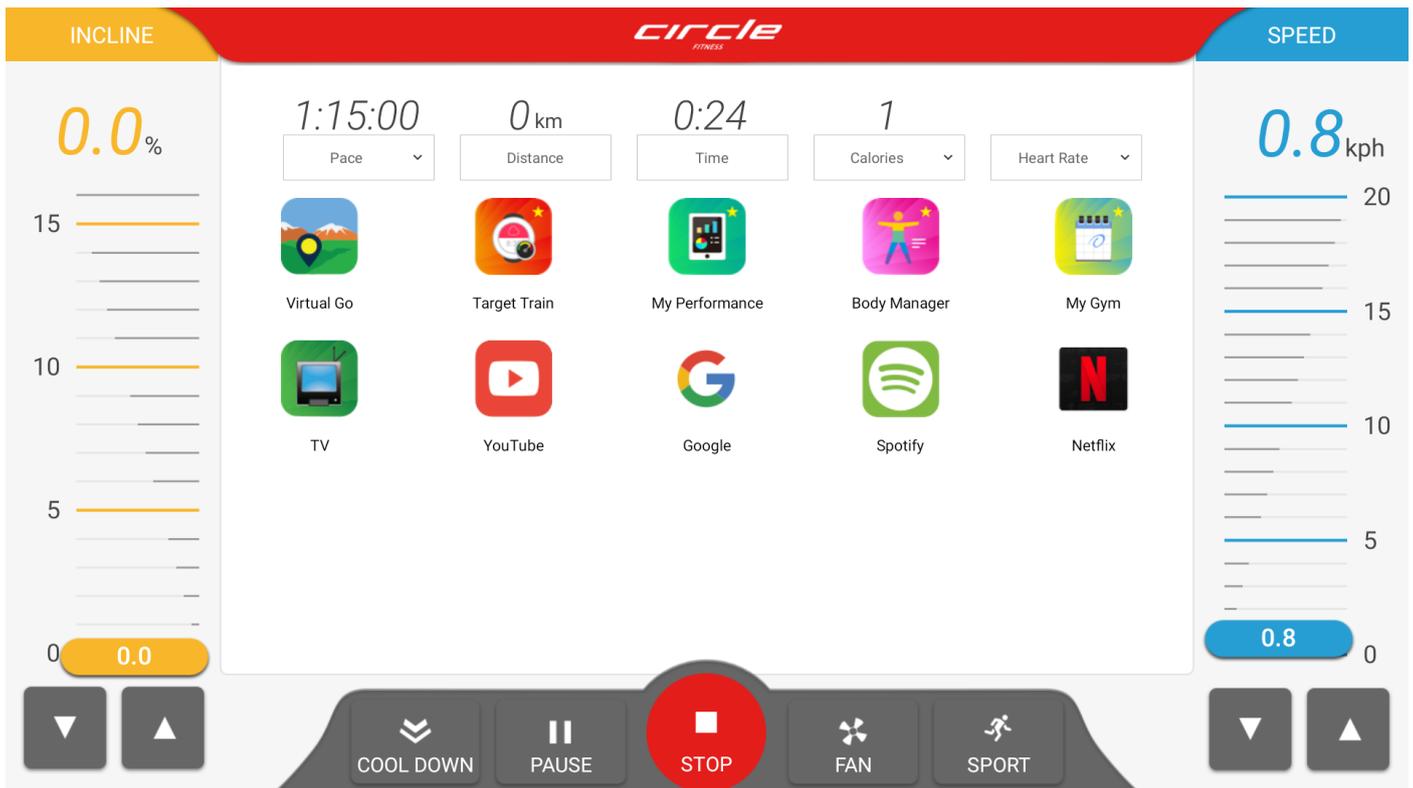
Metrics (Applicable across all modes) as below can be tapped to switch between available displays:

- 「 Pace 」 , 「 Avg. Pace 」
- 「 Distance 」
- 「 Time 」 , 「 Time Remaining 」
- 「 Calories 」 , 「 Cal/H 」 , 「 METs 」
- 「 Heart Rate 」 , 「 Avg. Heart Rate 」
- 「 Target Time 」 , 「 Target Distance 」 , 「 Target Calories 」

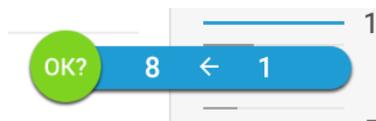
Button Functions Overview

- 「 COOL DOWN 」 : Gradually slows down the workout to help the user back to a resting state.
- 「 PAUSE 」 : Temporarily stops the workout. Users can then either click STOP to end the session or click RESUME to continue the workout.
- 「 STOP 」 : Ends the workout and navigates to the summary page.
- 「 FAN 」 : Controls the built-in fan: Tap once to turn it on. Tap again to adjust between high/low speed.
- 「 ▲ / ▼(INCLINE) 」 : Adjusts the incline level during exercise.
- 「 ▲ / ▼(SPEED) 」 : Adjusts the speed level during exercise.

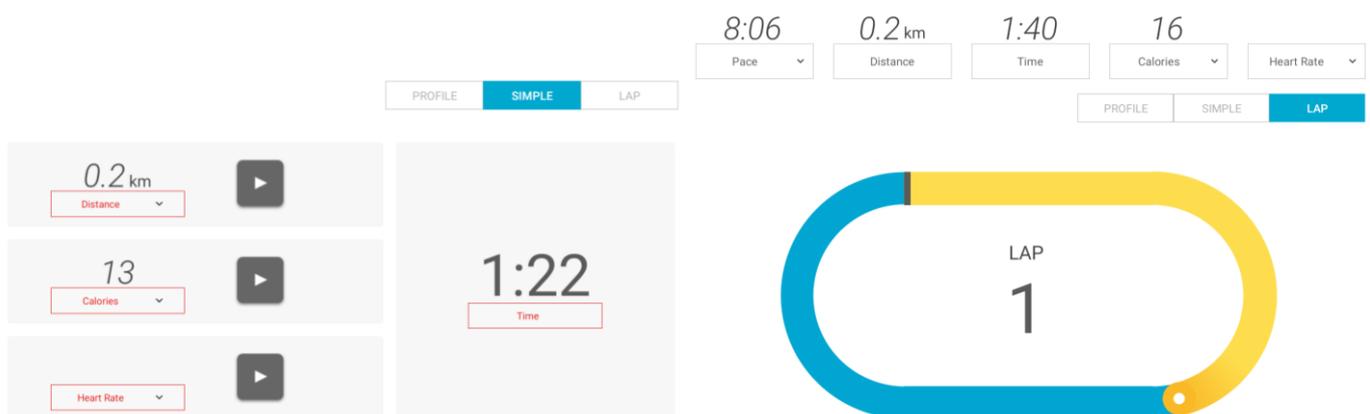
- 「MENU」 : Opens a central sub-menu for additional settings and options as below.



- 「Adjustment Slider (Speed/Incline)」 : As below, press and hold the slider of speed or incline to the desired level. Tap 「OK」 to confirm the setting.

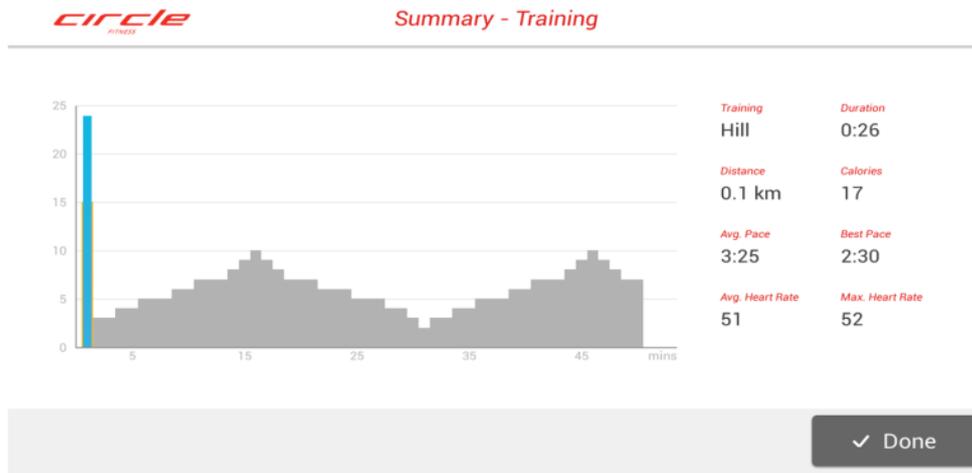


Users are allowed to switch between three display modes during workout-in-progress: PROFILE (Default), SIMPLE, and LAP. The latter two modes are as in the left and right images below.



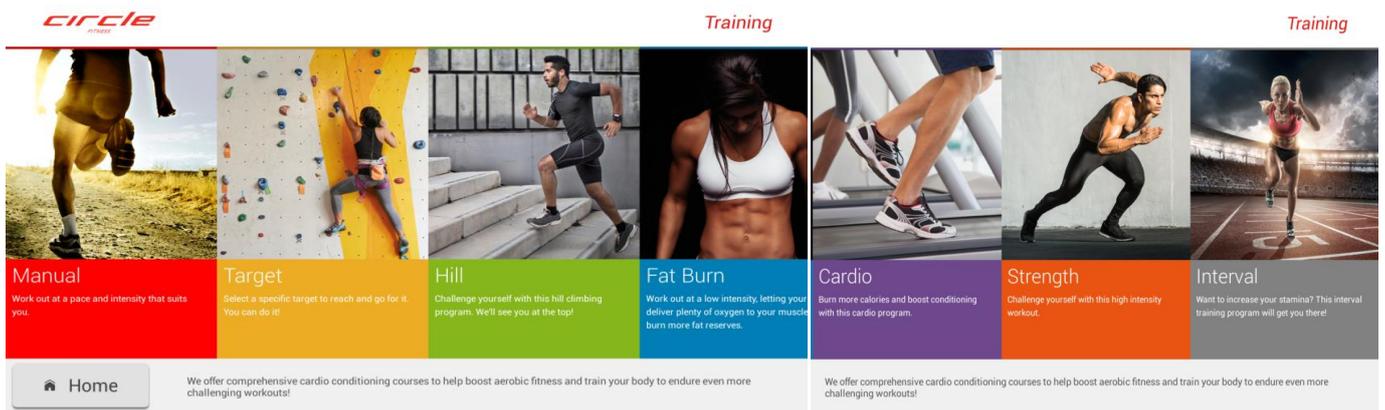
Summary Screen

Take training mode as example. After completing a workout, the Workout Summary Screen will be displayed. If logged in, workout data will be automatically uploaded to CircleCloud. Tap 「Done」 to return to the main screen and remember to log out. If no action is taken within 2 minutes, the system will automatically log out the current user.

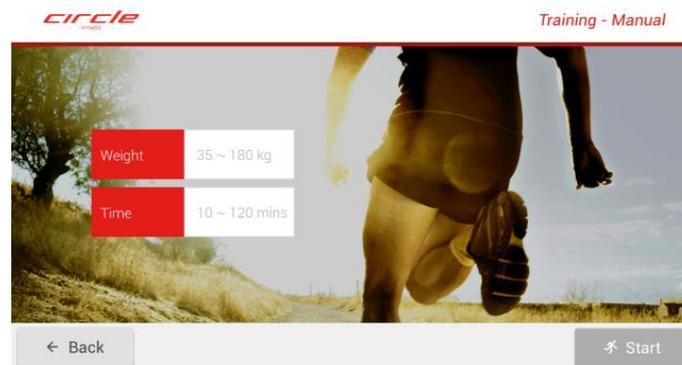


4.5 Training

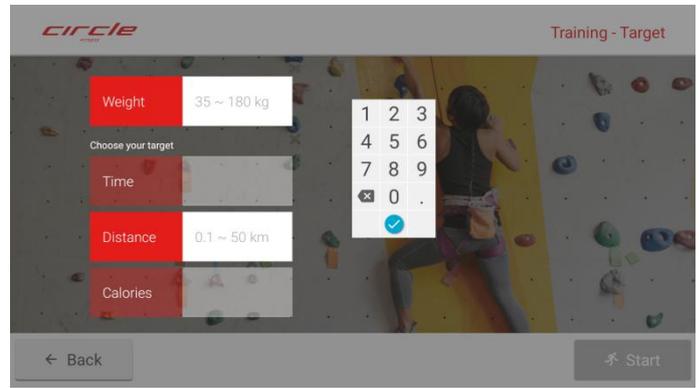
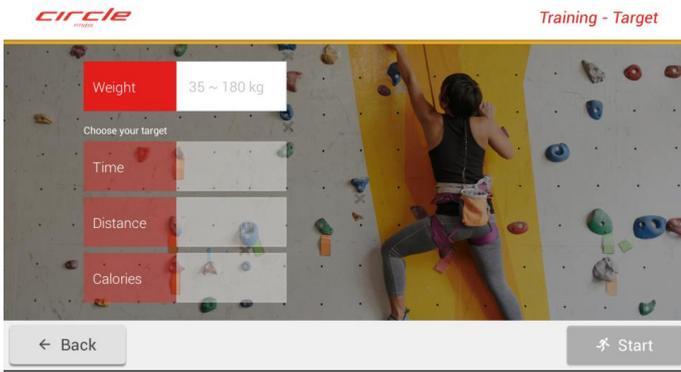
After tapping 「Training」 on the main screen, the following 7 training modes will be displayed for the user to choose: 「Manual/ Target/ Hill/ Fat Burn/ Cardio/ Strength/ Interval」. To return to the previous menu, tap 「Home」 in the bottom-left corner.



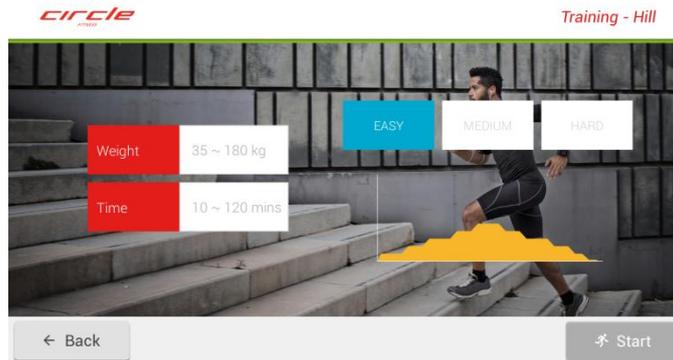
- In Manual mode, users need to individually set Weight and Time as below.



- In Target mode, users must first set their weight (as shown in the left image). After that; users can choose from three available targets and enter the desired value (as shown in the right image): Time, Distance, and Calories.



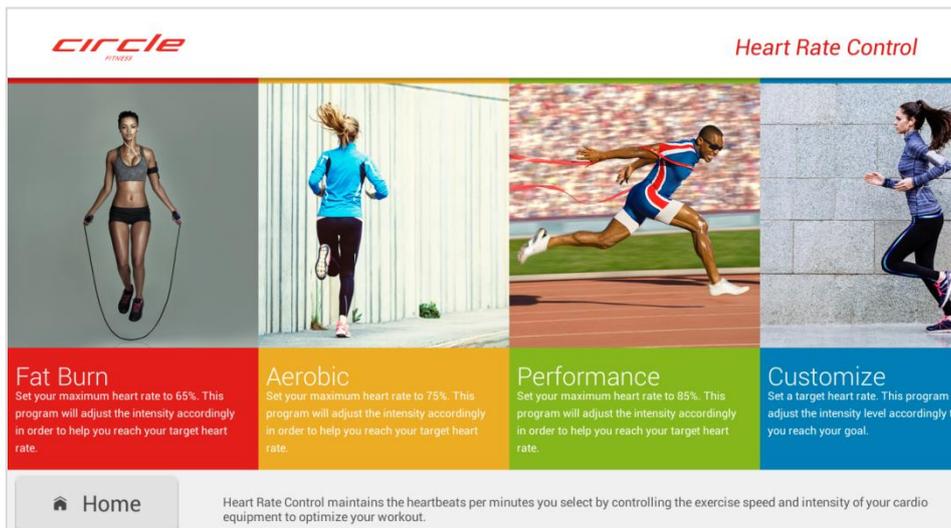
- In Hill/ Fat Burn/ Cardio/ Strength/ Interval modes, users need to set Weight and Time. Additionally, users must select an intensity level from EASY, MEDIUM, or HARD. The following example screen displays the Hill mode.



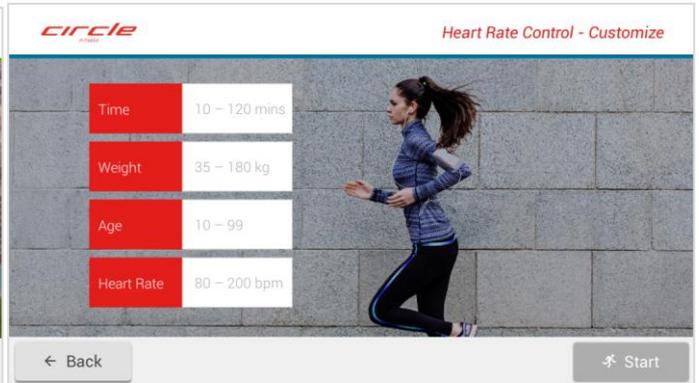
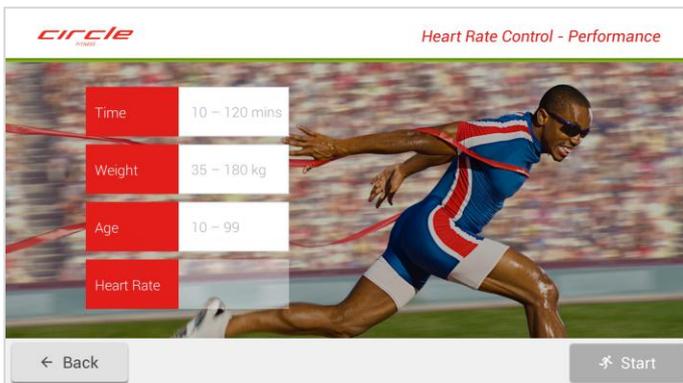
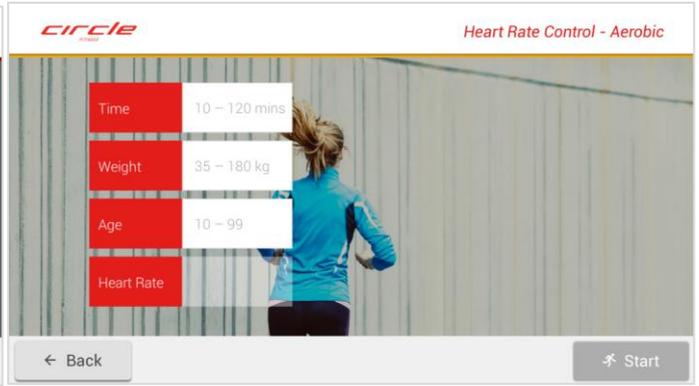
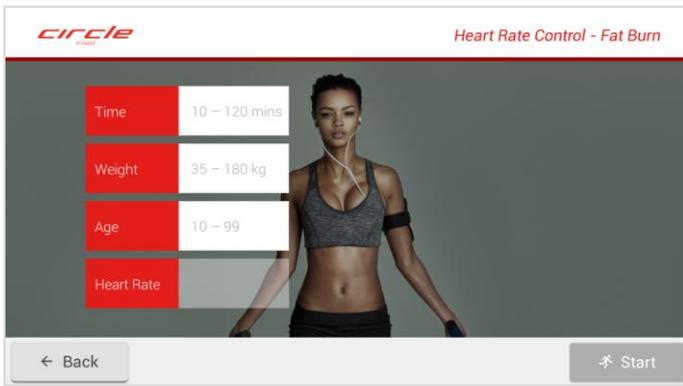
To return to the previous menu, tap 「 Back 」 in the lower-left corner. Tap 「 Start 」 to begin the workout-in-progress screen. After completion, the summary screen will be displayed.

4.6 Heart Rate Control

Tapping 「 Heart Rate Control 」 on the main screen opens a selection menu with four training modes: 「 Fat Burn/Aerobic/Performance/Customize 」. To return to the previous menu, tap 「 Home 」 in the lower-left corner.



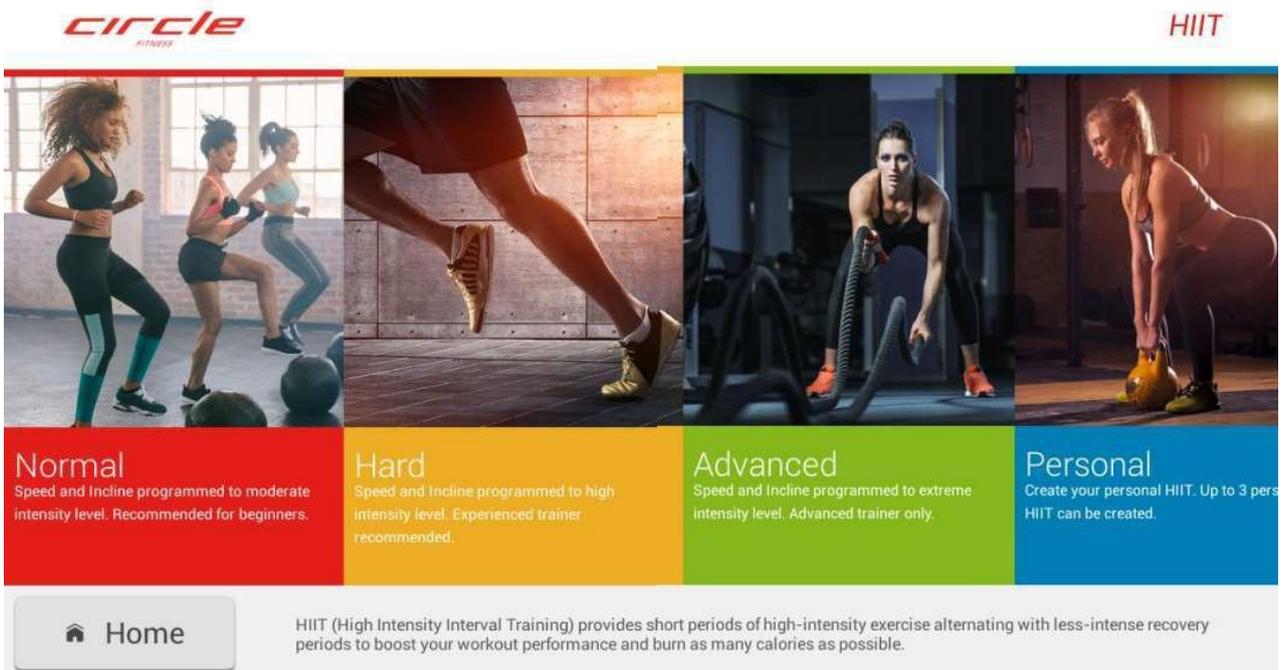
- In the four heart rate control modes as shown below, after setting Time, Weight, and Age, the system will automatically calculate a default target Heart Rate. In Customize mode, users can manually enter any value between 80 and 200 bpm. In Fat Burn/Aerobic/Performance mode, the calculated value is 65% / 75% / 85% of maximum heart rate (220-age). Users can either keep the suggested value or manually adjust it before starting the workout.



To return to the previous menu, tap 「 Back 」 in the lower-left corner. Tap 「 Start 」 to begin the workout-in-progress screen. If the heart rate is not detected, the workout will be paused and the message [Heart rate not detected, please put on chest belt or hold the hand pulse plates.] will pop up. After completion, the summary screen will be displayed.

4.7 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 「 Home 」 in the bottom left 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 「 Back 」 in the bottom left corner.

circle
FITNESS

HIIT - Normal

Time interval : Sprint 30 Seconds / Recovery 90 Seconds

Level	Sprint Interval	Recovery Interval
A	4, 6, 7, 4	3
B	4, 7, 8, 4	3
C	4, 8, 9, 4	3
D	5, 9, 10, 5	4
E	5, 10, 11, 5	4
F	5, 11, 12, 5	4

← Back Start

- 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 HIIT workout 」 to begin configuration as described in the following sections..

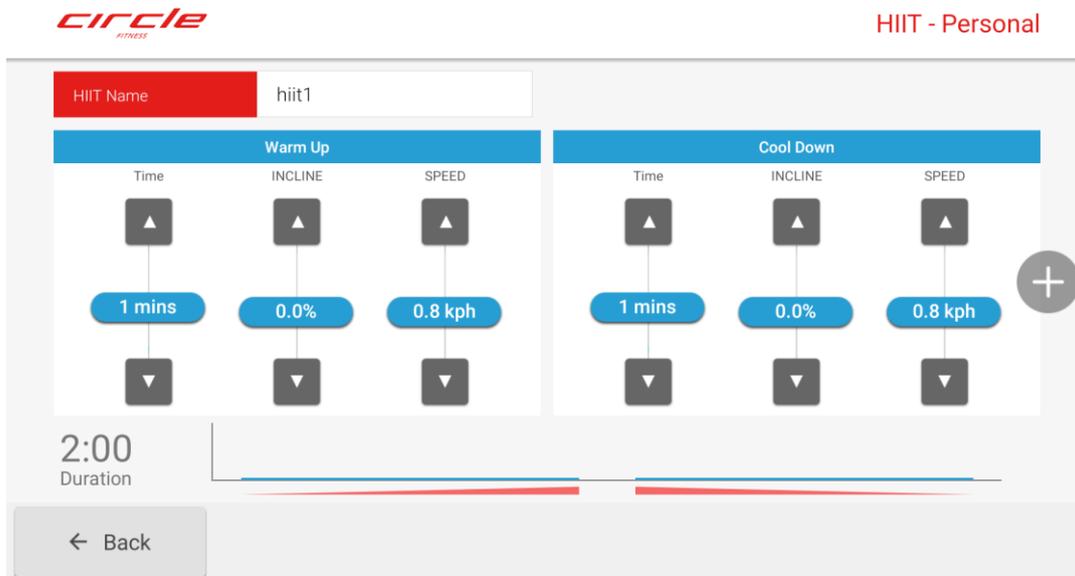
circle
FITNESS

HIIT - Personal

▶ Create your HIIT workout

← Back

Users must first configure the Warm Up and Cool Down periods, including Time, Speed, and Incline, as shown in the image below. Enter a name for this HIIT workout at the top of the screen to activate the 「 + 」 icon on the right.



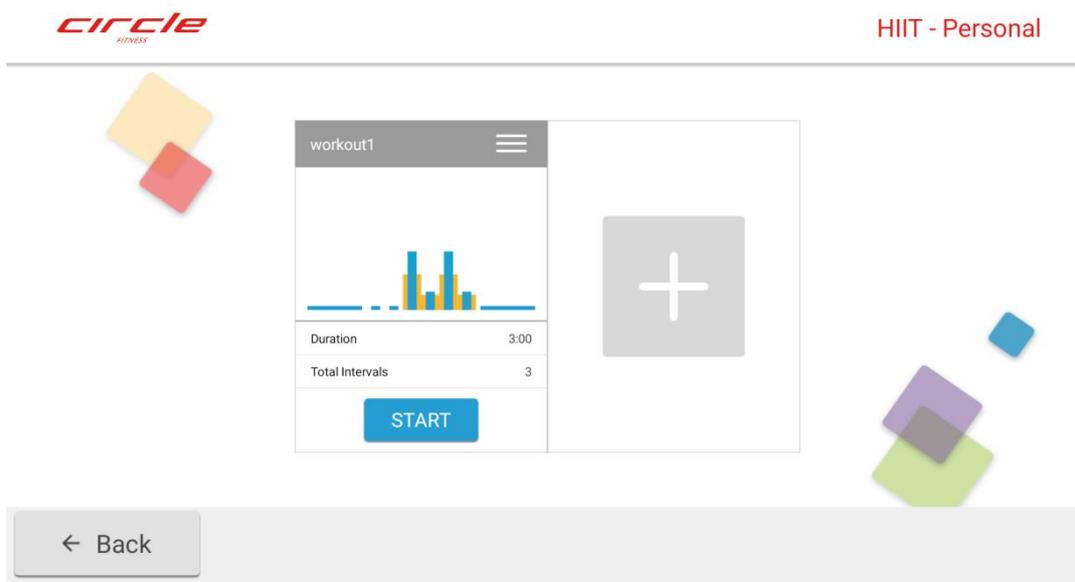
Then, by tapping 「+」 icon shown in the image above, you can add an interval and configure by setting Time, Speed, and Incline for both the Sprint and Recovery phases, as illustrated below. Continue tapping 「+」 to add another interval and set its details for Sprint and Recovery phases. And so on. You can use 「▶」 or 「◀」 to go back and edit previous intervals, the Warm Up, or the Cool Down periods. A maximum of 16 intervals can be created.



By tapping 「Preview」 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). You can also tap 「Details」 to switch to the view shown on the right.



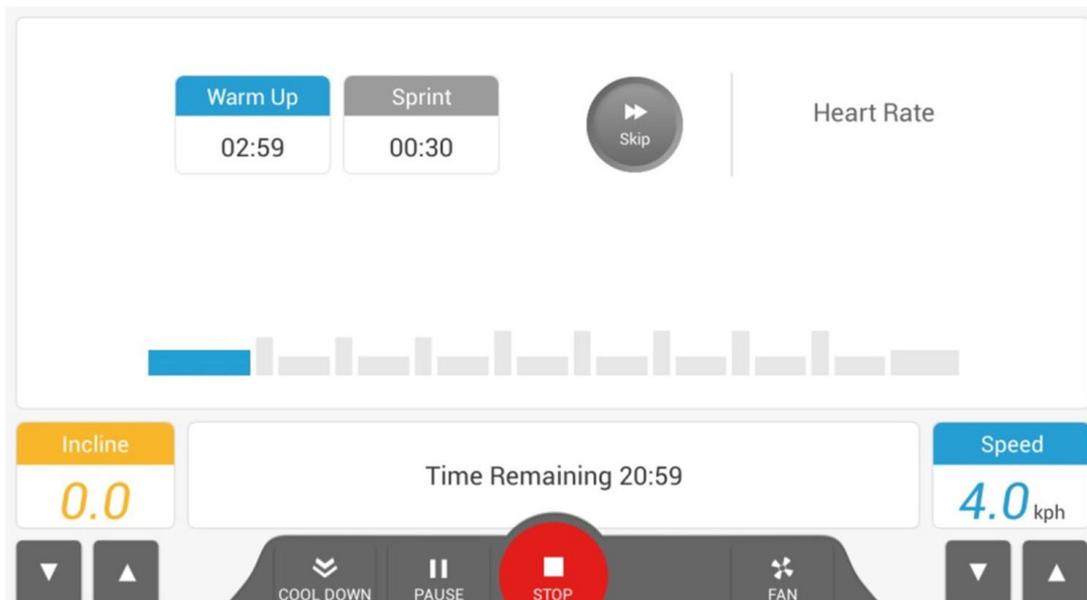
When finished, tap 「 Save 」 to return to the Personal mode homepage as below, where you can see up to three custom HIIT workouts. Tap the 「 ≡ 」 icon in the top-right corner of any workout card to edit or delete that workout.



Tap 「 Start 」 to enter HIIT workout-in-progress screen, as described in the next section.

HIIT Workout-in-Progress Screen

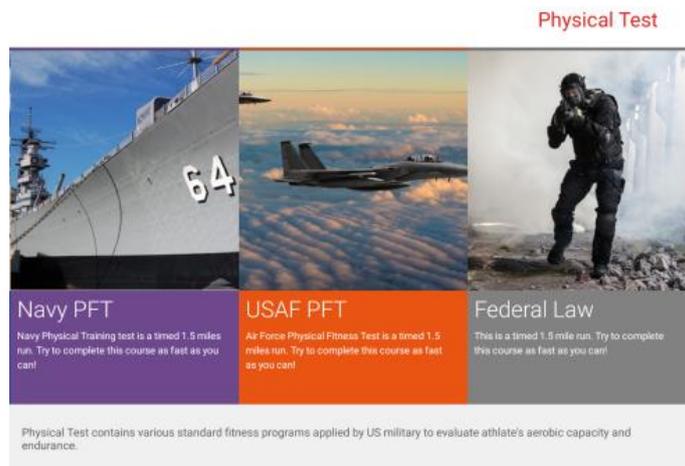
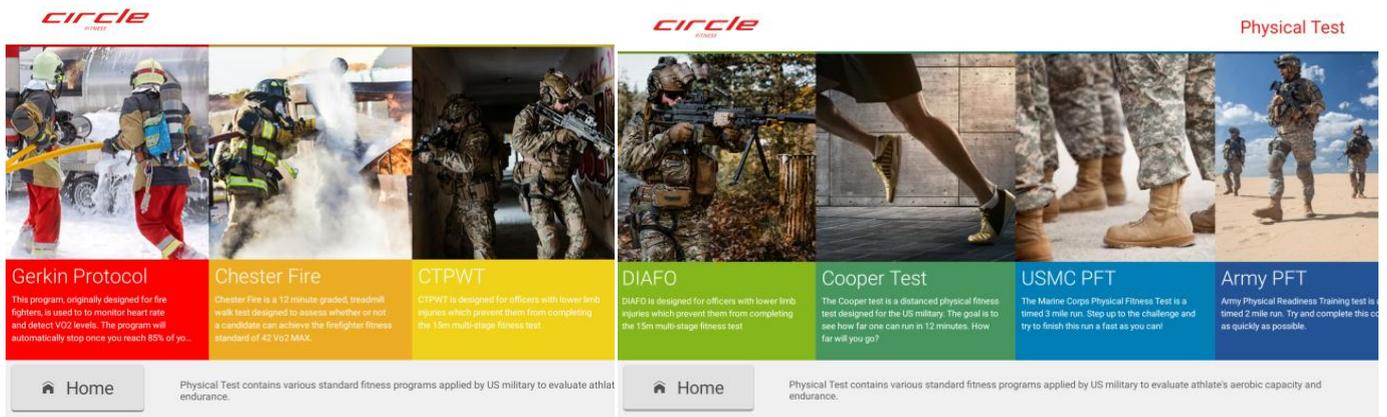
As shown in the image below, the blue-highlighted section indicates the current period/phase in progress, while the gray-highlighted section on the right represents the upcoming period/phase. You can tap 「 Skip ►► 」 to bypass the current period/phase and move directly to the next one. Tapping 「 ■ Stop 」 or completing the workout will bring you to the summary screen.



4.8 Physical Test

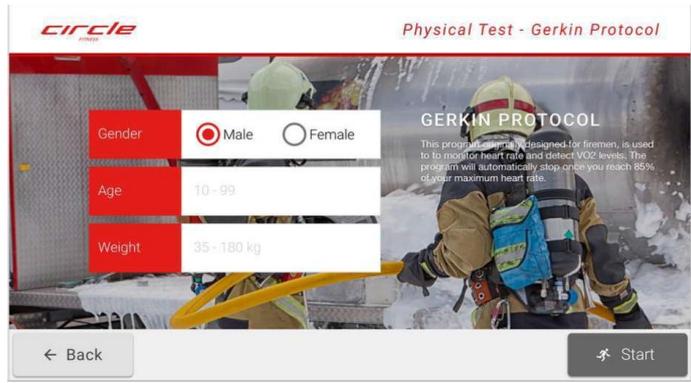
In standby mode, tap 「 Physical Test 」 to access ten available modes that can be selected based on your needs: 「 Gerkin Protocol / Chester Fire / CTPWT / DIAFO / Cooper Test / USMC PFT / Army PFT / Navy PFT / USAF PFT / Federal Law 」. To return to the previous menu, tap 「 Home 」 at the bottom left corner of the

screen.



- Gerkin Protocol: Originally developed for firefighters, this protocol monitors heart rate to estimate VO_2 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 VO_2 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.

In all modes, you will need to set your gender, age, and weight, as shown in the image below (using the Gerkin Protocol as an example). A confirmation screen will appear at the end. Tap 「Start」 to enter workout-in-progress screen during physical tests.

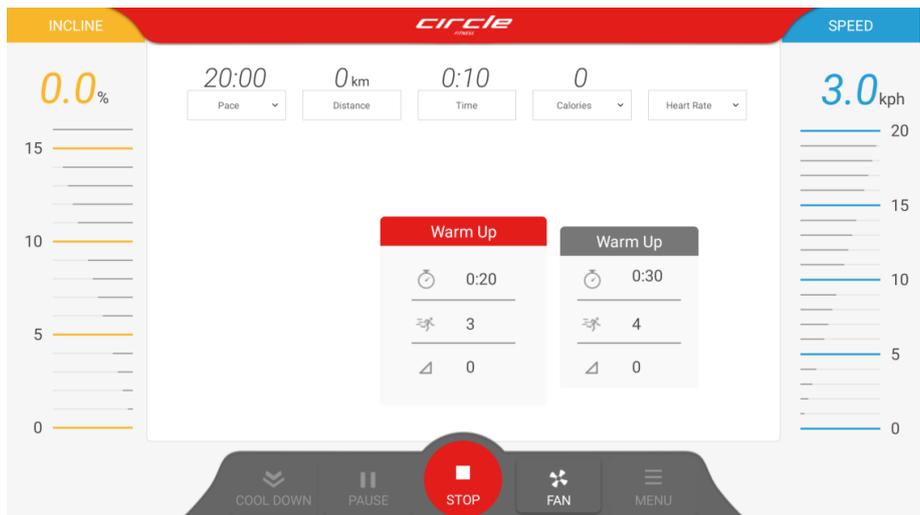


Workout-in-Progress Screen for Physical Tests

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

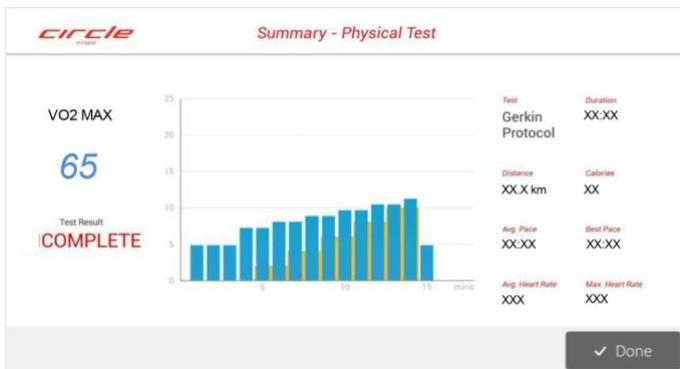


Cooper Test

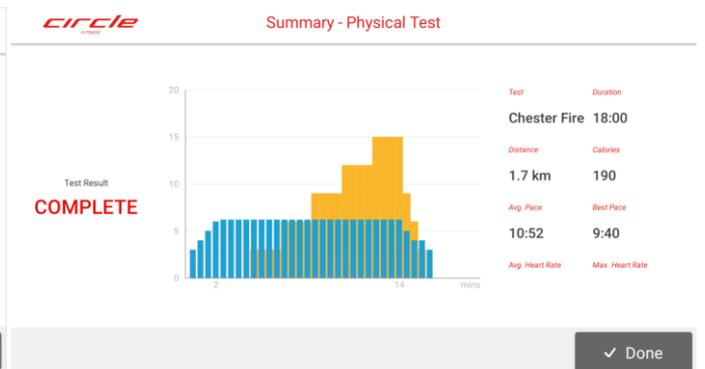


USMC PFT / Army PFT / Navy PFT / USAF PFT / Federal Law

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



Gerkin Protocol



Chester Fire / CTPWT / DIAFO

circle
Summary - Physical Test
circle
Summary - Physical Test
Log Out

Test State
INCOMPLETE



Test	Duration
Cooper Test	1:25

Distance	Calories
0.1 km	6

Avg. Pace	Best Pace
12:45	12:00

Avg. Heart Rate	Max. Heart Rate

Test State
INCOMPLETE



Test	Duration
USMC PFT	1:36

Distance	Calories
0.2 km	18

Avg. Pace	Best Pace
8:18	8:13

Avg. Heart Rate	Max. Heart Rate

Done
Please remember to log out before you leave.
Done

Cooper Test

USMC PFT / Army PFT / Navy PFT / USAF PFT / Federal Law

4.9 Virtual Go

When selecting 「Virtual Go」 from the main menu, users can choose from 10 immersive virtual landscapes as below for an engaging workout experience: 「Canyon Grandeur/Surf and Sand/Forest Trek/The Enchanting Forest/Alpine Mountain Passes/Mountain Fall Majesty/Tropical Beach Splendour/Singapore Boardwalks and Rainforests/Singapore Tropical Gardens/Wetlands and Lakes」. To return to the previous menu, tap 「Home」 in the lower-left corner.

circle
Virtual Go



Canyon Grandeur
Whether you're walking, jogging, biking or running, let the beautiful desert landscapes take you away!



Surf and Sand
With the soft sand beneath your feet and the turquoise waters to your side, you may never want to stop.



Forest Trek
Through the beauty of colors, alongside the quiet of nature. Let the fresh air be your guide, while the giant tall trees become your friends.



The Enchanting Forest
Start your day with a beautiful walk through nature, or refresh yourself after a long day work. Adventure awaits!

Home
We offer 10 beautiful routes for you to experience a deeply immersive interactive exercise experience.



Alpine Mountain Passes
Start your virtual walk through France, and challenge yourself with each step. We'll see you in Italy!



Mountain Fall Majesty
Enjoy the scenery and get into the mood as you walk through the beautiful Pyrenees National Park.



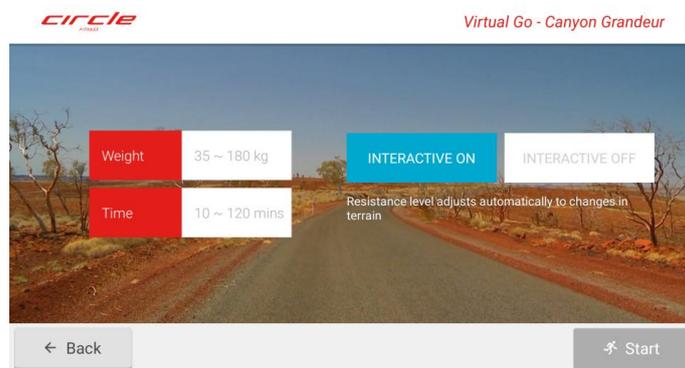
Tropical Beach Splendour
Welcome to Oxon, a pristine beach in the Philippines! Paradise awaits!



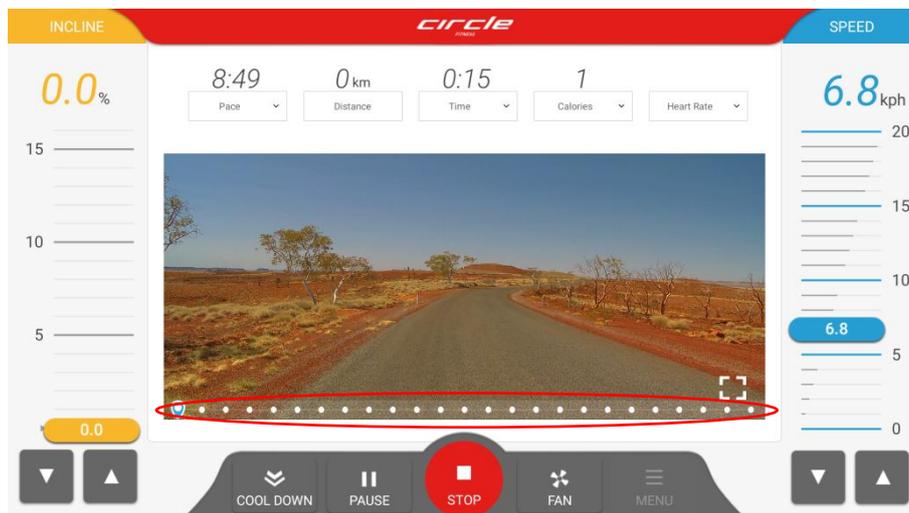
Singapore Boardwalks and Rainforests
Walk through the MacRitchie Reservoir, longest boardwalk in Southeast Asia.



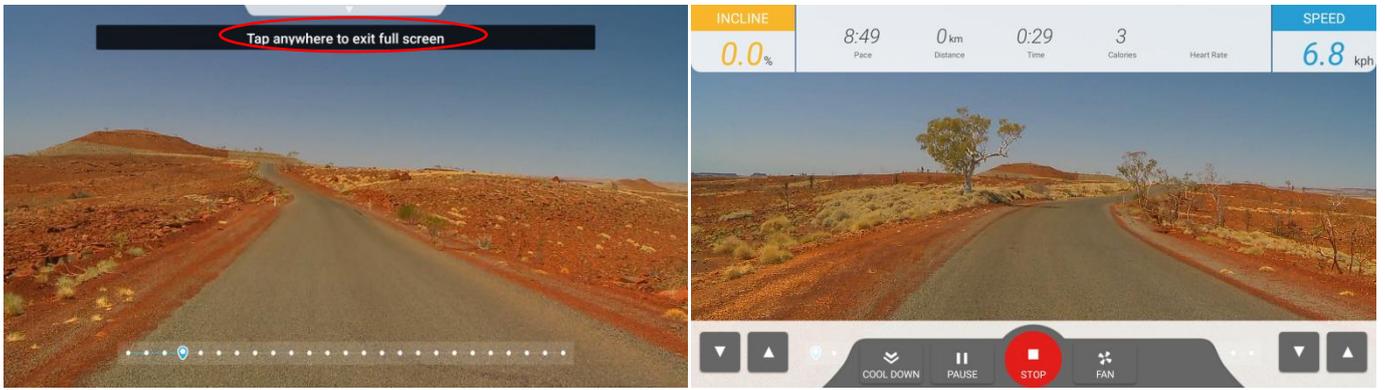
As an example, in Canyon Grandeur mode shown below, users must set the duration and weight before starting the workout. Additionally, users need to choose 「 INTERACTIVE ON/OFF 」 to let the machine automatically adjusts incline based on the virtual terrain. If you need to return to the previous menu, tap 「 Back 」 in the lower-left corner.



After selecting 「 Start 」 , you will enter the workout-in-progress screen as shown below. The scenery on the screen will progress based on your running speed. You can also tap the video progress bar as circled in red at the bottom of the screen to skip ahead or return to different points along the route.



You can also tap the icon in the bottom-right corner of the scenery image to enter full-screen mode, as shown in the left image below. If you tap the dropdown workout information bar as circled in red at the top of the full-screen mode, it will switch to the wide-screen viewing mode, as shown in the right image below. After completing the workout, the summary screen will be displayed.

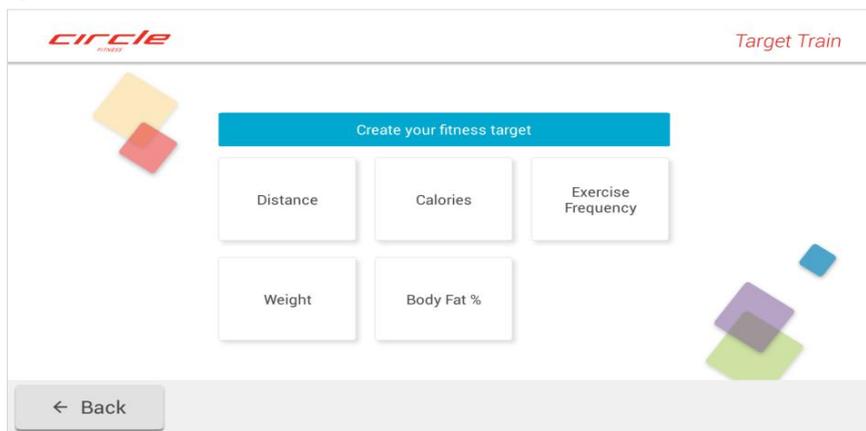


4.10 Target Train

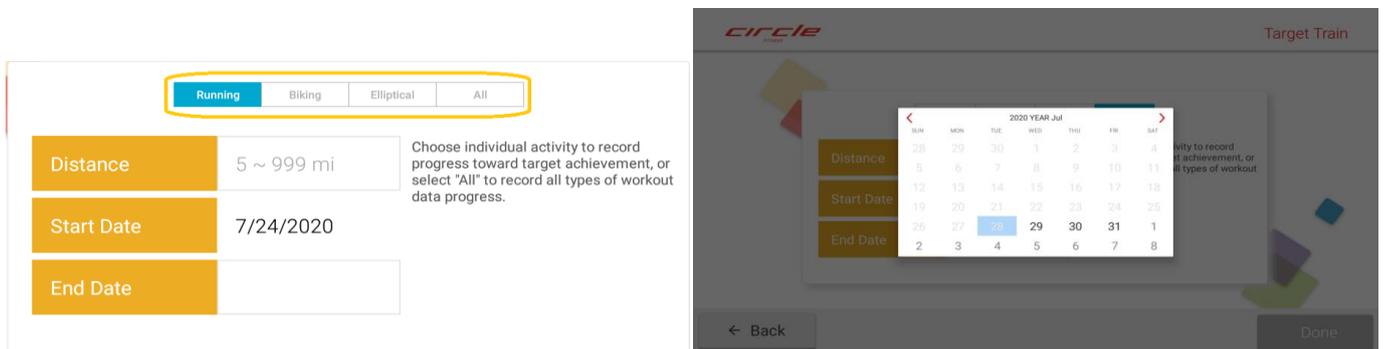
Target Training is a cloud-based system that helps you set fitness targets and track your progress in real time through the CircleFit app. If you are not logged in, tapping 「Target Train」 on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions.

Once logged in, as shown below, you will see your current target status, with five target options available:

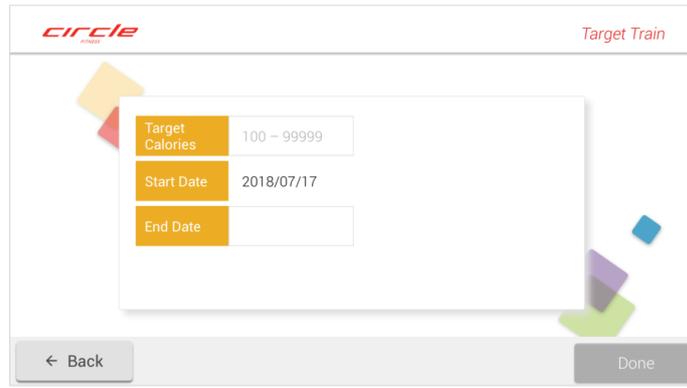
「Distance/Calories/Exercise Frequency/Weight/Body Fat%」. You can tap to add a new target. To return to the previous menu, tap 「Back」 in the bottom-left corner.



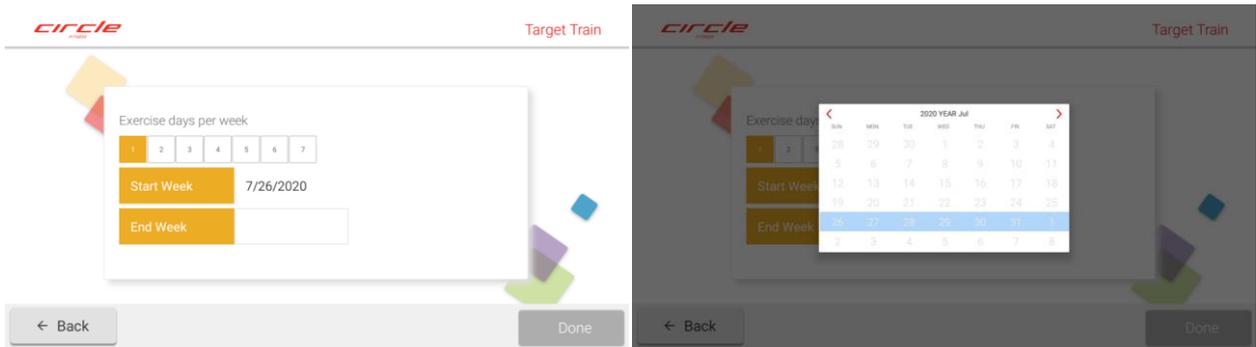
- In Distance mode, as shown in the image on the left, there are four workout types to choose from: 「Running」, 「Biking」, 「Elliptical」, and 「All」. After selecting a workout type and setting Distance, you must also set End Date, as shown in the image on the right.



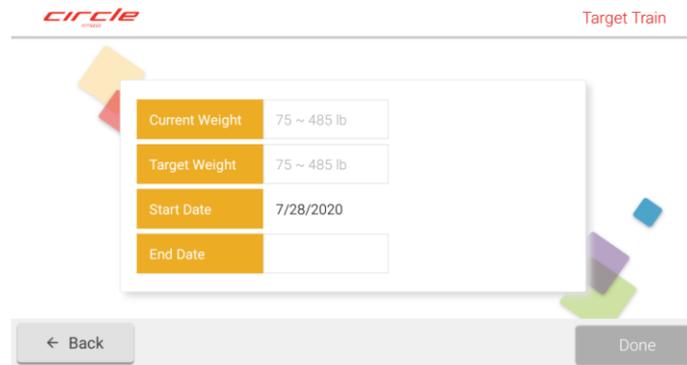
- In Calories mode, as shown in the image below, you need to set Target Calories and End Date.



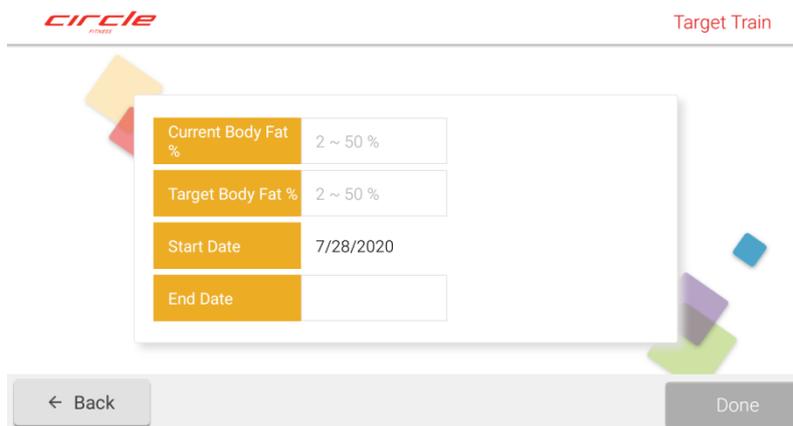
- In Exercise Frequency mode, as shown in the image below on the left, you need to set Exercise Days per Week and End Week, as shown on the right.



- In Weight mode, as shown in the image below, you need to set Current Weight, Target Weight, and End Date.



- In Body Fat% mode, as shown in the image below, you need to set Current Body Fat%, Target Body Fat%, and End Date.

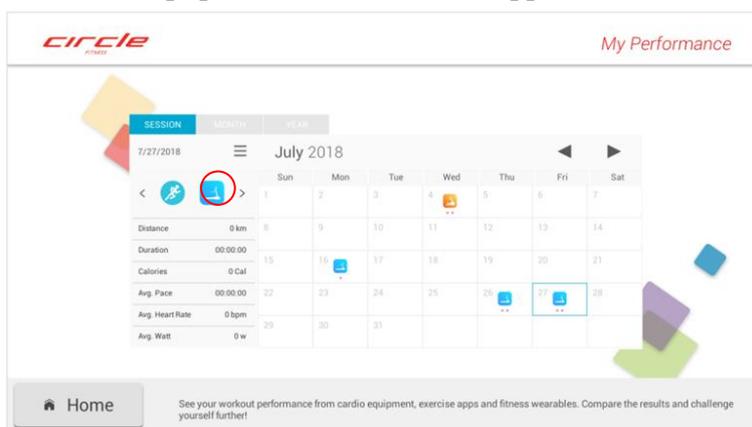


- To return to the previous menu, tap 「Back」 in the bottom-left corner. After tapping 「Done」, you will enter the current target status screen.

4.11 My Performance

My Performance is a cloud-based system. If you are 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, you will be able to choose from three viewing styles: 「SESSION」, 「MONTH」, and 「YEAR」.

- If 「SESSION」 is tapped, a screen will display as shown below, allowing users to track individual workout record from Circle Fitness equipment, outdoor fitness apps, and wearable devices.



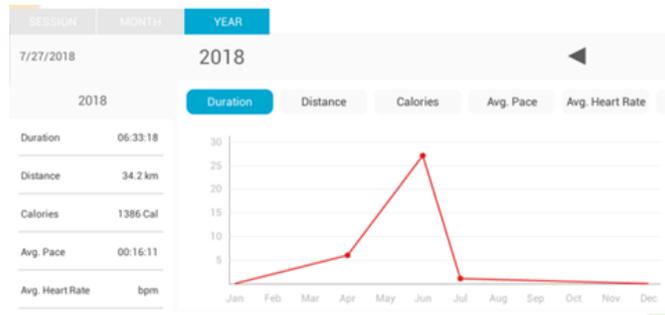
To add a new record, tap 「≡」 and exercise type (Running, Biking, Elliptical, and other) as shown below. Then, enter Name, Date, Time, Duration, Distance, and Calories.

The screenshot shows the 'My Performance' app interface with a form to add a new workout record. The form includes fields for Type (Running, Biking, Elliptical, etc.), Date & Time, Duration, Distance (0.1 ~ 999.9 km), and Calories (100 ~ 9999). At the bottom, there are buttons for 'Return' (返回) and 'Complete' (完成).

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



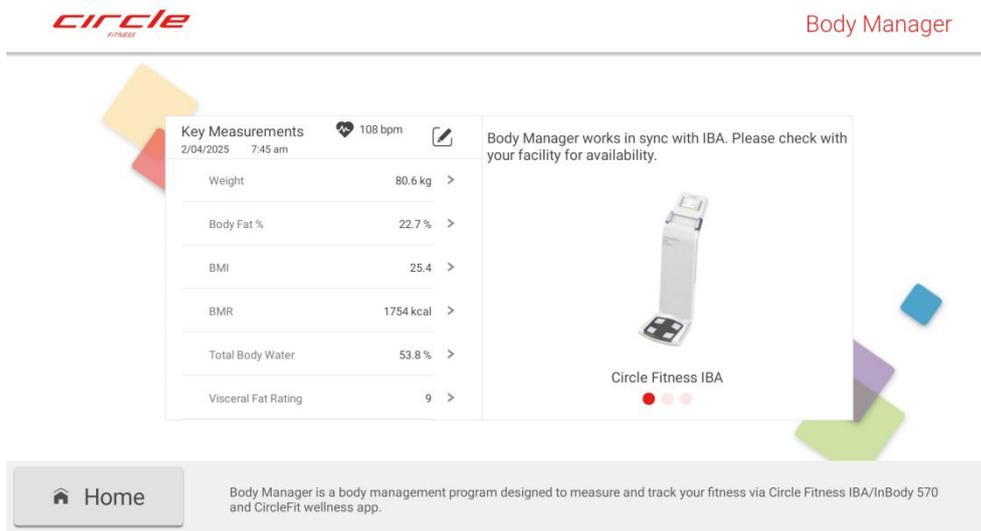
- If 「YEAR」 is tapped, a year-over-year progress will display as below, helping users track long-term fitness improvements.



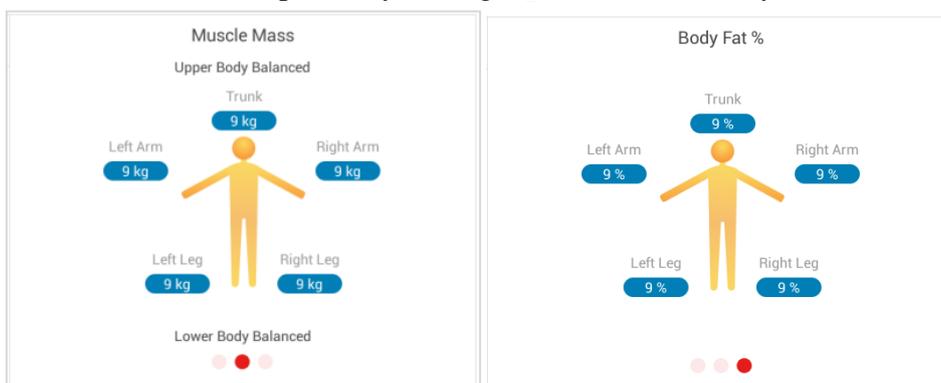
- To return to the previous menu, tap 「 Home 」 in the bottom-left corner.

4.12 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 key measurements from Circle Fitness IBA: Weight, Body Fat %, BMI, BMR, Total Body Water, Visceral Fat Rating, Intracellular Water, Extracellular Water, Protein, Bone Mass, Minerals, Waist-Hip Ratio, and Obesity Degree.



Users can swipe the touch screen to navigate through the Muscle Mass and Body Fat % pages as shown in the left and right images below. During workout, it is also possible to tap 「 MENU 」 in the bottom section of workout-in-progress screen and then tap 「 Body Manager 」 to view these key measurements.

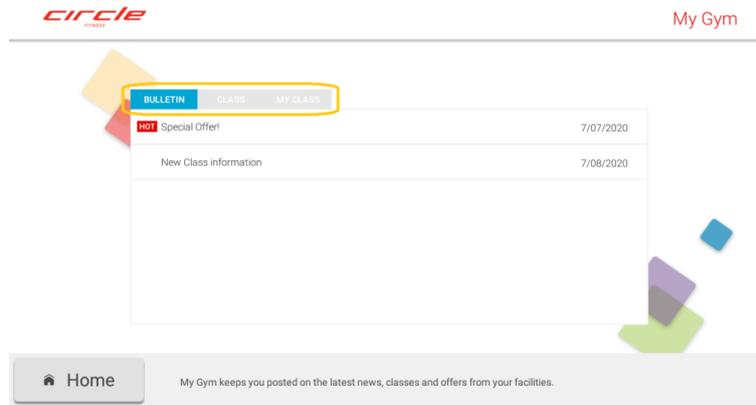


4.13 My Gym

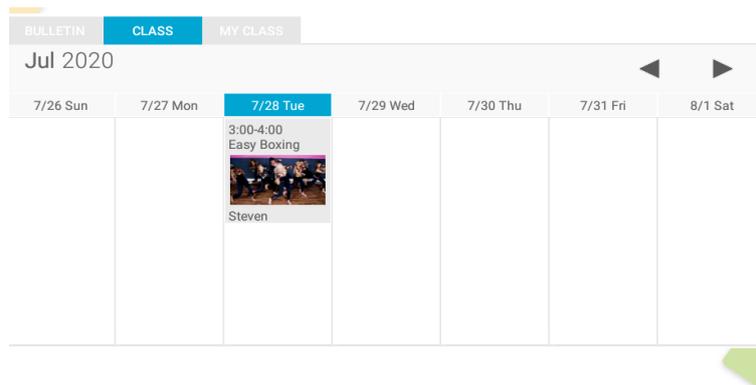
This is a cloud-based mode. If the user has not logged in, tapping 「My Gym」 on the main screen will prompt a login or registration reminder. Please follow the previously mentioned login or registration instructions.

Once logged in, a screen will display with three viewing options as shown below:

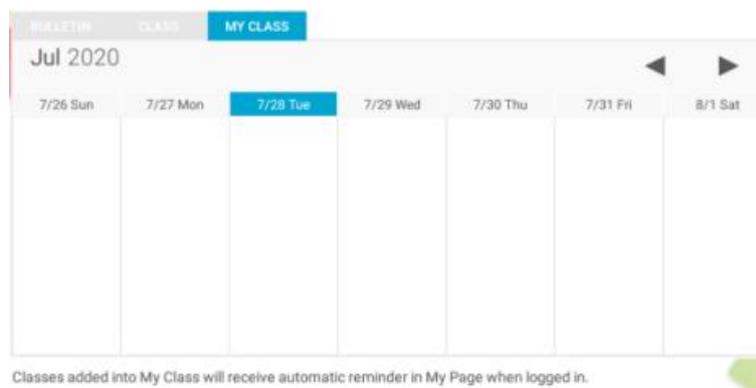
- 「BULLETIN」 : As shown in the image below, it displays real-time messages as news, and class updates from the gym.



- 「CLASS」 : As shown in the image below, it displays the class schedule from the gym in a calendar format.



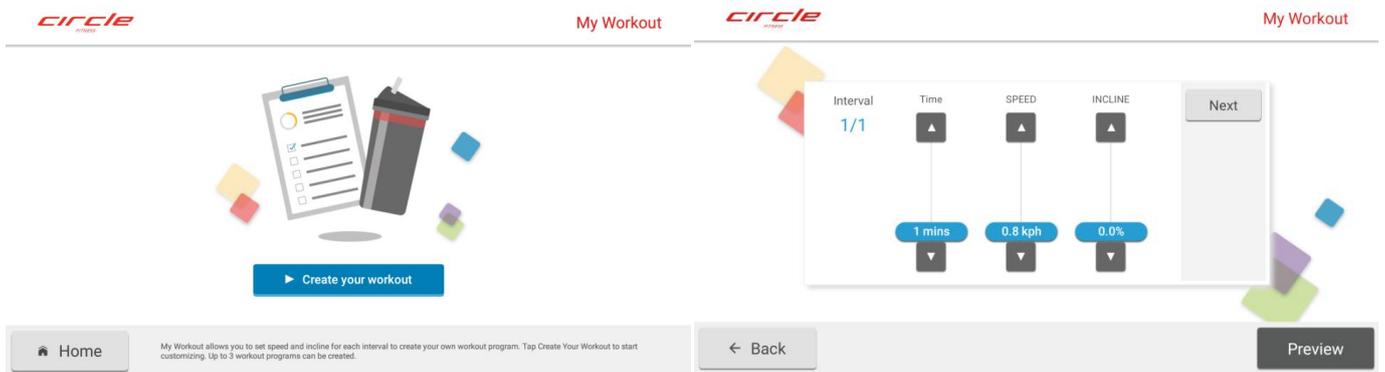
- 「MY CLASS」 : As shown in the image below, users can edit their personal class schedule.



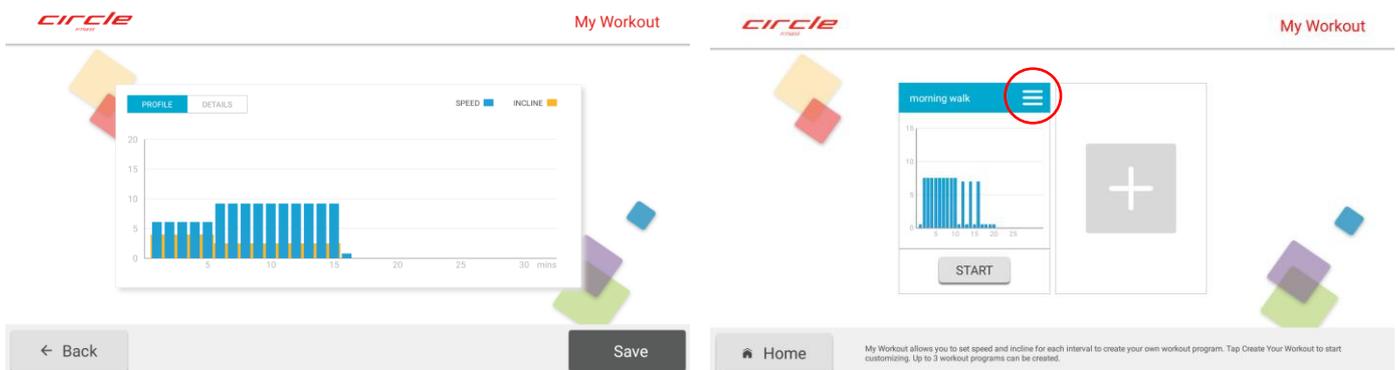
- To return to the previous menu, tap 「Home」 in the bottom-left corner.

4.14 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. Tapping 「Create your workout」 and entering the workout name leads to a workout setting screen as shown in the right image below. Users can set the time duration, incline, and speed level for a specific interval. Users can add up to 50 intervals by tapping 「Next」.

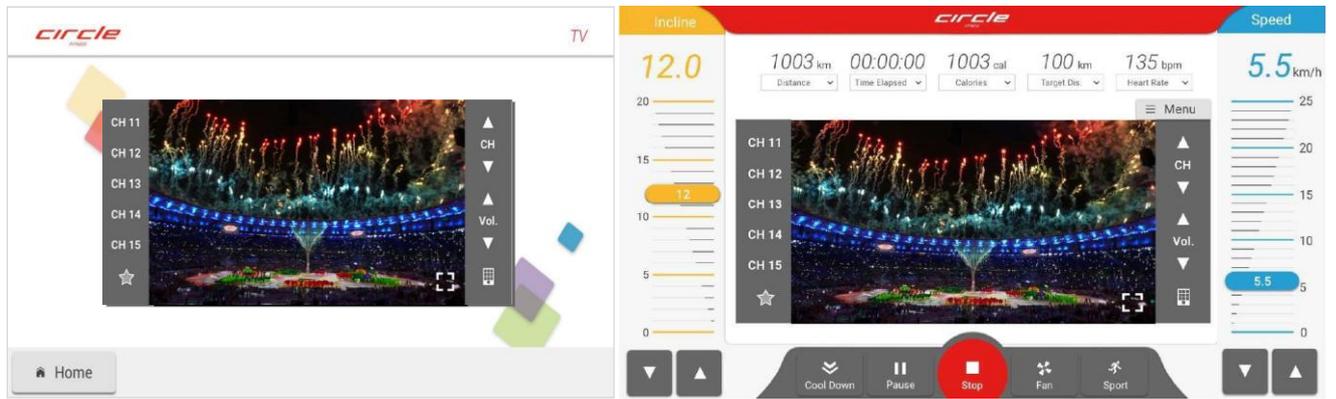


Selecting 「Preview」 in the right image above displays the PROFILE / DETAILS page of the customized workout structure as shown in the image below left. Tapping 「Save」 confirms the setting and leads to the saved workout session(s) as shown in the right image below. Tapping 「START」 begins the specified workout session and enters work-in-progress screen. Upon completion, the summary screen appears. Users can tap 「+」 to add more workout sessions or tap 「≡」 circled in red to edit or delete save workout sessions.



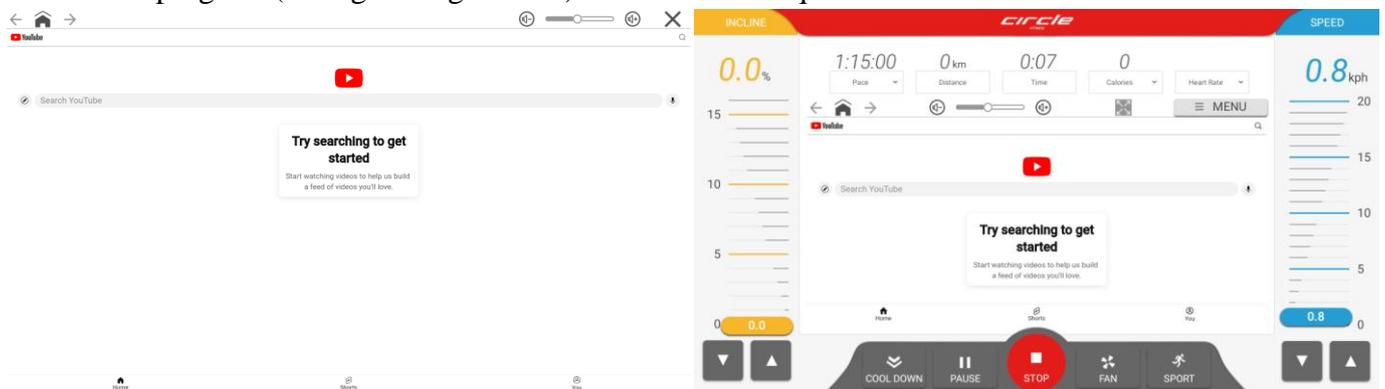
4.15 TV

Tapping 「TV」 on the main screen or tapping 「MENU」 and 「TV」 in the workout-in-progress screen will allow the user to watch TV in a normal (the left image below) or workout-in-progress (the right image below) mode. Users can click 「CH ▼/▲」 and 「Vol. ▼/▲」 to adjust the channel and volume. The numeric pad icon can also be tapped to input the channel number directly. You can also tap the icon in the bottom-right corner of the screen to enter full-screen mode. The icon My Favorites in the bottom-left corner can show and save the channels as My Favorites. (It is a feature requiring login and at most 5 channels can be saved.)



4.16 Youtube

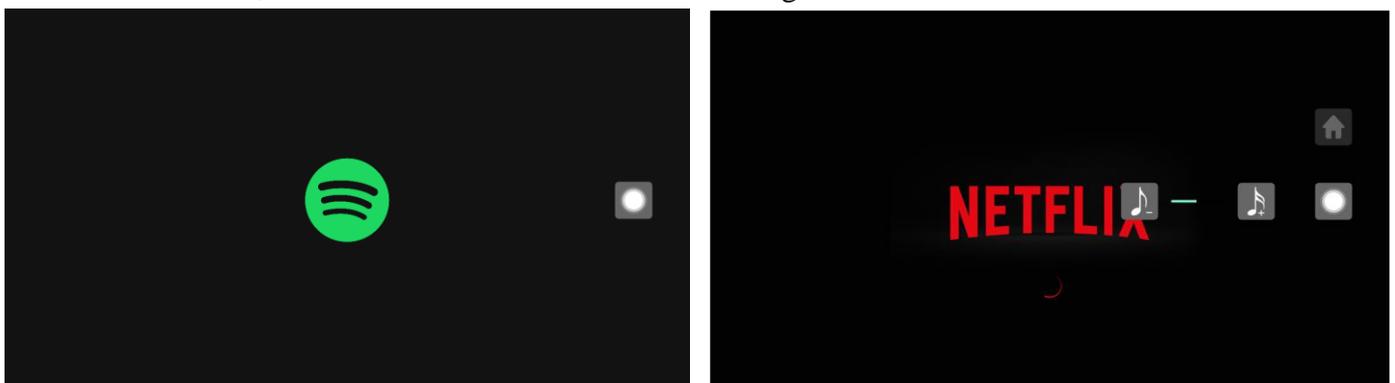
With Wifi connected, tapping 「Youtube」 on the main screen or tapping 「MENU」 and 「Youtube」 in the workout-in-progress screen will allow the user to watch Youtube in a normal (the left image below) or workout-in-progress (the right image below) mode. Wifi is required.



The buttons on the screen are described as the followings: ← Previous Page, → Next Page, 🔊 Volume Up, 🔊 Volume Down, 🏠 Home, and 🖱 Full Screen.

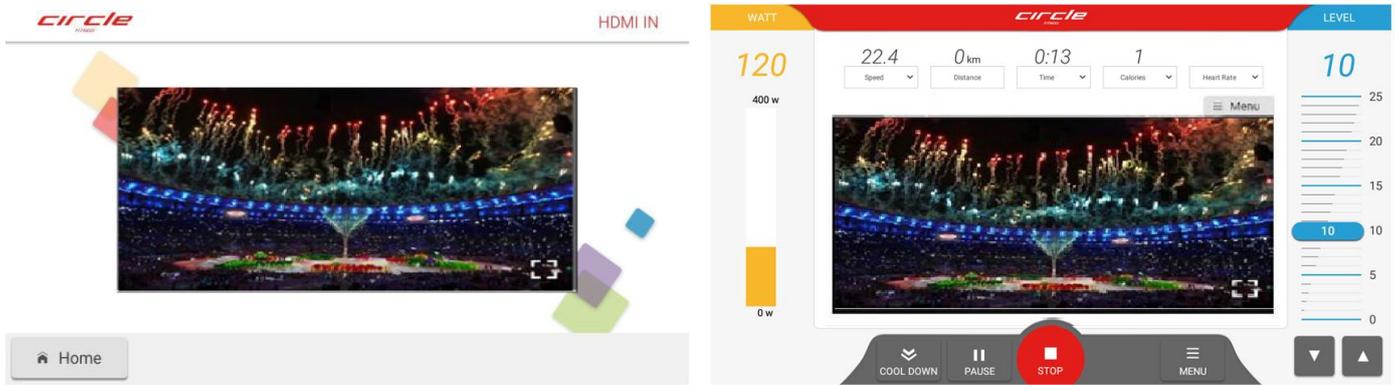
4.17 Spotify、Netflix

With Wifi connected and user account of Spotify/Netflix logged in, tapping 「Spotify」/「Netflix」 on the main screen or tapping 「MENU」 and 「Spotify」/「Netflix」 in the workout-in-progress screen will allow the user to play Spotify (the left image below) or Netflix (the right image below). Users can click the Assistive Touch (the white spot) to return to home or menu. If you tap the dropdown workout information bar at the top of the full-screen mode, it will switch to the wide-screen viewing mode.



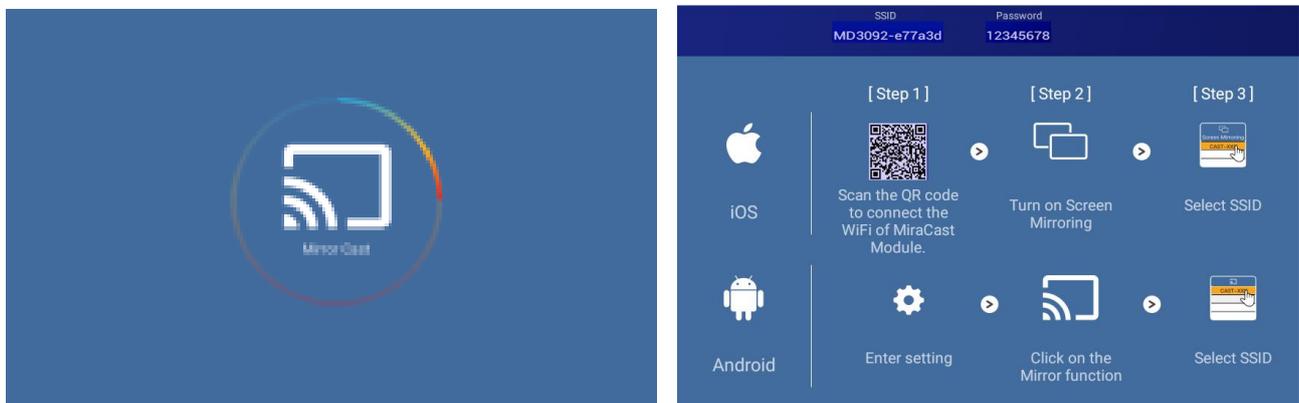
4.18 HDMI IN

Tapping 「HDMI IN」 on the main screen or tapping 「MENU」 and 「HDMI IN」 in the workout-in-progress screen will allow the user to watch through HDMI interface in a normal (the left image below) or workout-in-progress (the right image below) mode.



4.19 Miracast

Tapping 「Miracast」 on the main screen or tapping 「MENU」 followed by 「Miracast」 in the workout-in-progress screen will first lead to the following initialization screen for the Miracast module as shown below in the left image. Next, you will enter the Miracast connection setup screen as below in the right image. Follow the on-screen steps to complete the connection process.



Once the connection is successfully established, your mobile screen will be mirrored onto the equipment display in both normal mode (left image below) and workout-in-progress mode (right image below). Tap the restart icon in the lower-left corner to disconnect and reinitialize the Miracast module. Tap the full screen icon in the lower-right corner to switch to full screen mode.



Home

INCLINE 0.0% 15 10 5 0 0.0

circle

1:15:00 0 km 1:01 1

Pace Distance Time Calories Heart Rate

MENU

SPEED 0.8 kph 20 15 10 5 0 0.8

COOL DOWN PAUSE STOP FAN SPORT

