

Approved by Margaret Wang

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LF Connect Puck

Technical documentation

Version 3.0

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1 General description

Below is a general description of the Connected Gym system which the puck belongs to.

Introduction

- Connected gym: digitize a gym without replacing the equipment – the sensors can be retrofitted on all major gym machine brands.
- The LF Connect app provides motivation and inspiration for the users. The user can forget about pen and paper and just get going. The users simply touch their phone to a sensor on a connected machine to record their reps and sets.
- PT:s can create exercises with video instructions and share their programs with its client

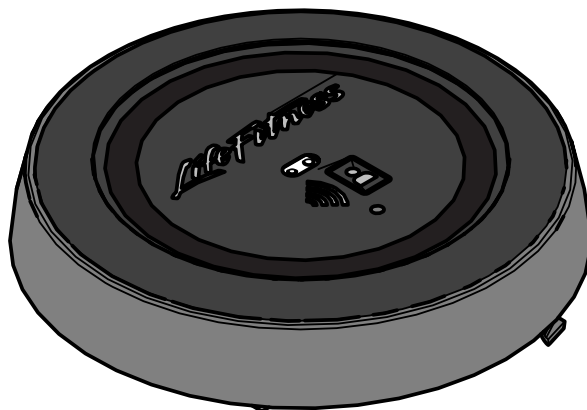
The connected gym systems includes:

- an application (LF Connect app) to be used during workouts for Android and iPhone
- sensors (main units) which are mounted on the top weight packs
- ID touch points (pucks) which is mounted easily accessible for the user on the machines
- a web application to run in a web browser for the gym and the PT to administrate the system
- observers to be installed centrally in the gym connected to internet via WiFi
- holders that can be mounted on machines for the purpose to place the phone during an exercise
- an application to be used during installation on the gym (Android)
- zone pucks used in the free weight areas to give fast access to free weight exercises
- a reception puck, for customization of the connected gym application for the gyms
- Marketing material/Announcements

This document is covering the Puck 3.1

2 Product pictures

2.1 Puck



Figur 1 PUCK 3.1 product front

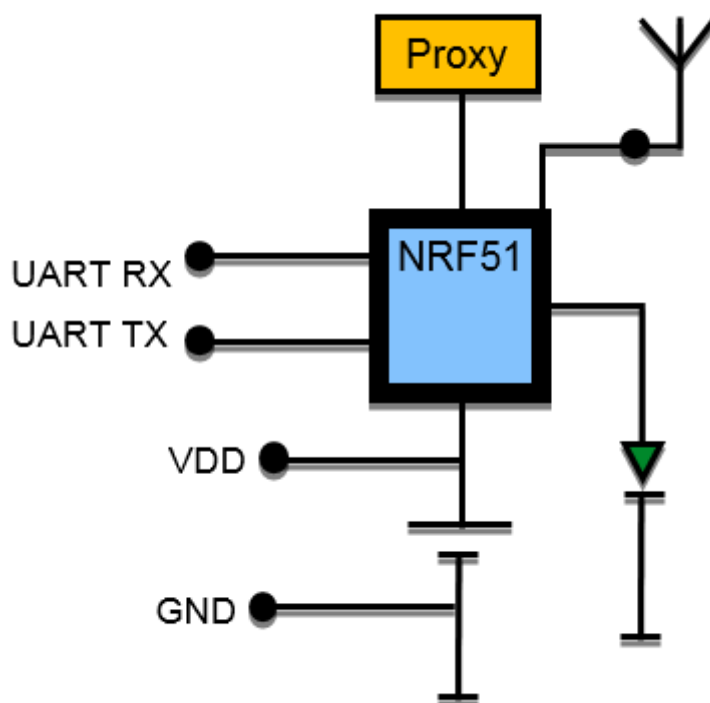


Figur 2 PUCK 3.1 product back



Figur 3PUCK 3.1 inside view (Puck_Base_CG30removed)

3 Block diagram



Figur 4 Puck Block diagram

The NRF51 is a BLE chipset from Nordic Semiconductors

Proxy stands for "Proximity sensor"

4 Main markets

The Main Unit is certified for FCC, IC, CE, ICASA and Japanese market. Other markets can be supported by performing additional local type approval.

5 Environmental data

The normal temperature and humidity operating range of both devices is conditioned by typical gym environments.

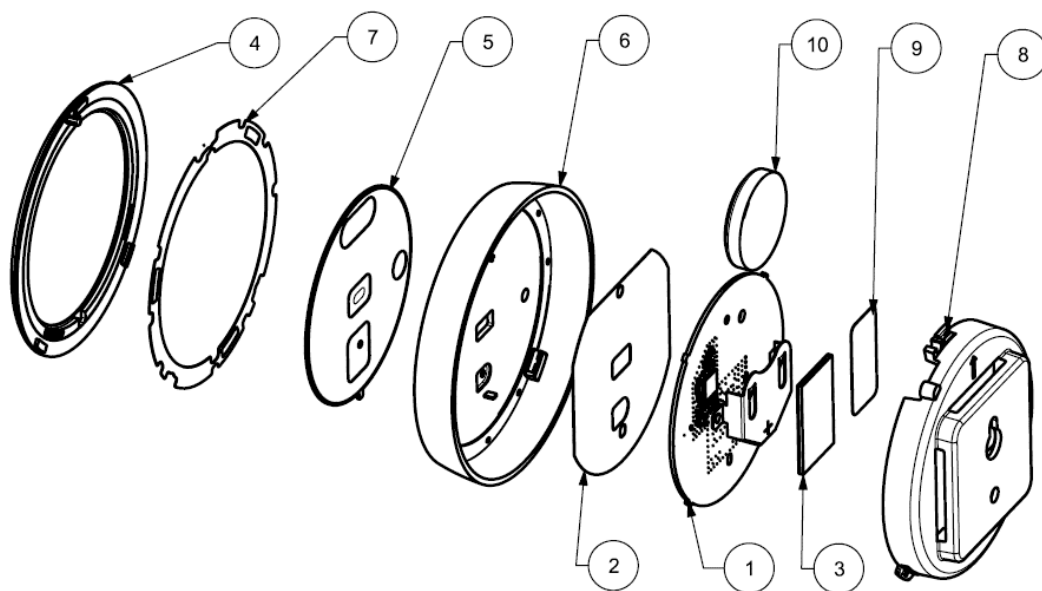
Temperature 10 to 45 degrees Celsius

Humidity 20 % to 80%

6

Mechanics

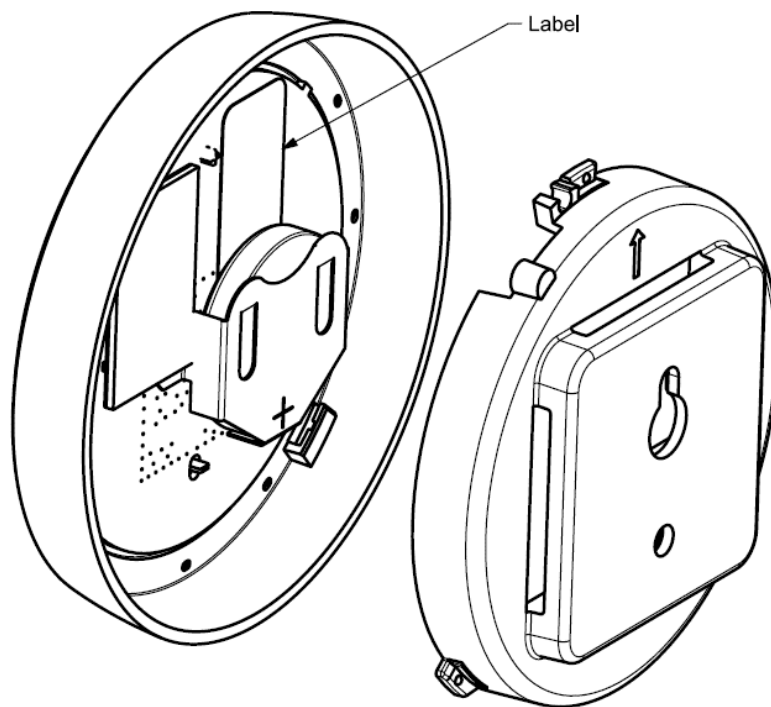
See chapter **Error! Reference source not found.** for parts descriptions



Figur 5 Puck mechanical stack up

7 Label sample and location

A label with regulatory information will be taped inside the puck (fig.6a) while the address to the EU representative will be placed on the backside (fig.6b).



The black and white square is a place holder for a QR code with the product S/N number.



Figure 6a Puck label

8 FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if no installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the use is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. The device can be used in portable exposure condition without restriction.

English:

This device complies with Industry Canada license-exempt RSS standard(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference, and
- (2) This device must accept interference, including interference that may cause undesired operation of the device.

French:

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence
L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radio électrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

9

Other

Model number of the main unit

PK

Model name of the main unit

Puck

Applicant details Life Fitness

Manufacturer details Life Fitness

END OF THE DOCUMENT
