



advanced | fitness | group



AFG FITNESS APP OWNER'S MANUAL
AFG MANUEL DU PROPRIÉTAIRE DU TAPIS ROULANT
AFG MANUAL DEL PROPIETARIO DE LA CAMINADORA



Read the GUIDE and OWNER'S MANUAL before using this CONNECTED FITNESS MANUAL.
Lisez le guide et le MANUEL DU PROPRIÉTAIRE avant de vous référer au CONNECTED FITNESS MANUAL.
Lea la GUÍA y el MANUAL DEL PROPIETARIO antes de utilizar este CONNECTED FITNESS MANUAL.

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English



This guide explains how to use your treadmill, incline trainer or elliptical's connected fitness features with your tablet device along with the AFG Fitness app. Refer to your **OWNER'S MANUAL** and the **TREADMILL or ELLIPTICAL GUIDE** for instructions on assembly, safety and operation of your treadmill, incline trainer or elliptical.

AFG TABLET CONNECTED FITNESS SYSTEM

Your AFG machine is tablet ready, allowing you to use Bluetooth technology to wirelessly connect your tablet to your AFG treadmill, incline trainer or elliptical. Using the free downloadable AFG Fitness app will enable you to control your treadmill or elliptical's operating functions via your tablet. The app will also allow you to monitor your workout, track your progress and view your workout history.

DOWNLOADING THE AFG FITNESS APP

The AFG Fitness app can be downloaded from either the iTunes store for IOS devices or from the Google store for Android devices. You will need to go to the appropriate app store for your device. Search for "AFG Fitness". You will see the AFG Fitness app appear. Select to download the app. After agreeing to the terms and conditions, your device will download the app.



LAUNCHING THE APP

After successful download of the AFG Fitness app, launch the app by selecting the app from your app menu on your tablet device.



CONNECTING YOUR TREADMILL OR ELLIPTICAL TO YOUR TABLET

The first time you use your treadmill or elliptical with your tablet, you will need to pair the fitness app with your machine. To begin, set your tablet in the designated tablet area on your machine's console (A). Next, turn your machine on. Then, check your tablet to ensure that it is in Bluetooth pairing mode. If it is not, then enable Bluetooth on your tablet (see your tablet's owner's manual for assistance if needed). Once Bluetooth is enabled, open the AFG Fitness app.

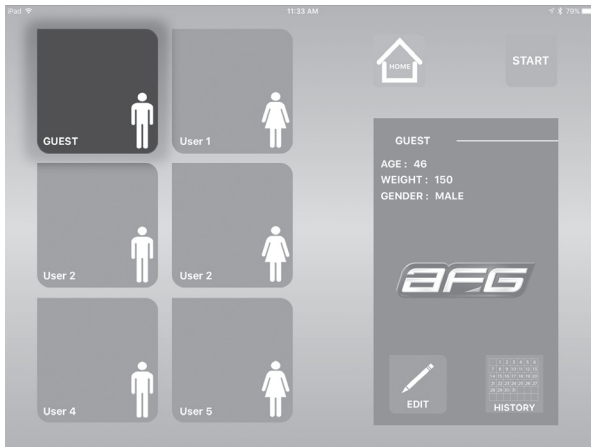


Your treadmill or elliptical will now attempt to pair with your tablet. This may take a few moments. (Note that during this pairing process there may be a Bluetooth not connected screen displayed for several seconds while the app is searching for the treadmill or elliptical).

INITIAL SET-UP AND NEW USER SET-UP

With the app successfully launched, you will arrive at the HOME screen. From this screen, choose “USER” to set-up your new user account.

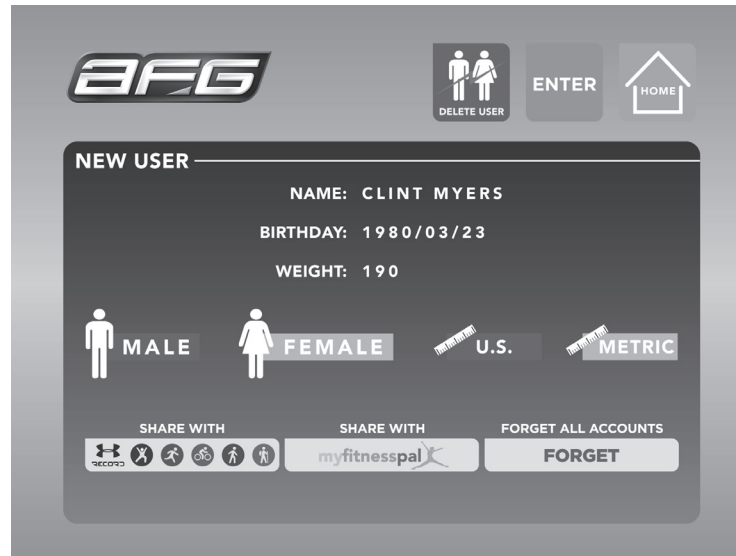
This will take you to the USER screen. From this screen, you have the ability to set up new users, select from



users that have been set-up, make updates by allowing users to EDIT their user information, and access the workout HISTORY of a user.

To set-up a new user, select your desired USER from one of the 5 user options (USER 1, USER 2, USER 3, USER 4, USER 5) from this screen.

With the USER now highlighted, select the EDIT button to enable you to enter your information. This will take you to the EDIT USER screen. You will be prompted to enter information for your NAME, BIRTHDAY, and WEIGHT, as well selecting male or female and metric vs standard measurements. Press ENTER to save.

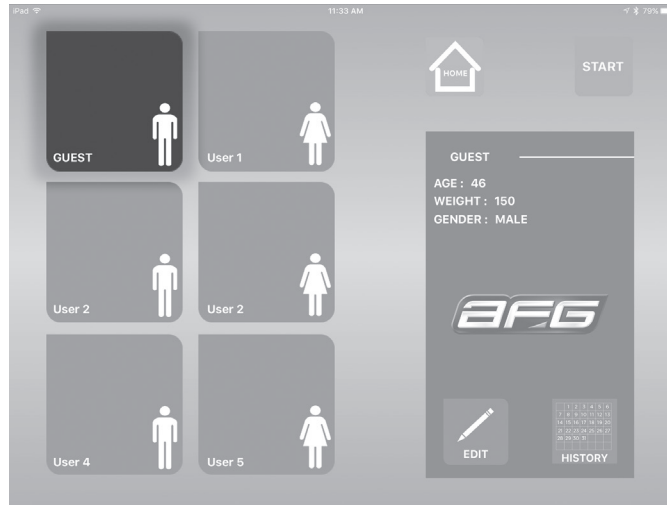


After new user information has been added and is complete, you have the option from this screen to press "START" or return to the HOME menu. In this case, to continue with the initial set-up, you will need to return to the HOME menu.

As many as five (5) users can be added to your AFG Fitness app following these steps. When setting up their account, users have the ability to sync their AFG account with their existing Under Armor (UA) fitness app account, including UA Record, Map My Fitness and My Fitness Pal.

EDITING A USER ACCOUNT

From the HOME screen, select the user button whose account you wish to update.



With the selected user highlighted, select the EDIT button. This will take you to the EDIT USER screen. From this screen, you can edit your information by following the same steps as “new user set-up” as noted in the previous section. In addition, from the EDIT USER screen, the user information can be deleted by pressing the DELETE USER button. This will delete all user information including the workout history. In addition, any UA accounts that have been synced with this now deleted account will be forgotten. Note that this information cannot be retrieved if deleted.

NOTE: When the app is paired to your treadmill or elliptical you can change the user on the app but you cannot change the user on your equipment.

SELECTING A WORKOUT

From the HOME screen, you are able to select from a list of programs, including: Manual, Distance, Calories, Fat Burn, Hill Climb, Target Heart Rate, My First 5K and Custom (see below for a description of each program). By pressing the button of one of these program options on the HOME screen, a brief description of the program will be displayed at the bottom of your screen. If you wish to begin a program, be sure that your desired program is highlighted and then select “START” in the green bar of the HOME screen.



AFG FITNESS APP PROGRAM INFORMATION

MANUAL

Control everything about your workout – from start to finish. This program is a basic workout with no pre-defined settings, allowing you to manually adjust the machine at any time. For treadmills, it begins with an incline at 0 and speed at 0.5 mph. For ellipticals and incline trainers, it begins with a resistance of 1.

FAT BURN

Relatively slow and steady is the name of the game to maximize your weight-loss goals. Promotes weight loss by increasing and decreasing the speed and incline of your treadmill (resistance changes on ellipticals and incline trainers), while keeping you in your fat burning zone.

Treadmill Fat Burn chart is to the right.

NOTE: Speed and incline changes, segments repeat every 30 seconds.

Segment		Warm Up		1	2	3	4	5	6	7	8
Time		4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5
	Speed	0.5	1.5	2	2.5	3	3.5	4	3.5	3	2.5
Level 2	Incline	0	0.5	1.5	1.5	1	0.5	1	0.5	1	1.5
	Speed	0.5	1.9	2.5	3	3.5	4	4.5	4	3.5	3
Level 3	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed	0.5	2.3	3	3.5	4	4.5	5	4.5	4	3.5
Level 4	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed	1	2.6	3.5	4	4.5	5	5.5	5	4.5	4
Level 5	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed	1	3	4	4.5	5	5.5	6	5.5	5	4.5
Level 6	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed	1	3.4	4.5	5	5.5	6	6.5	6	5.5	5
Level 7	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed	1.4	3.8	5	5.5	6	6.5	7	6.5	6	5.5
Level 8	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed	1.4	4.1	5.5	6	6.5	7	7.5	7	6.5	6
Level 9	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed	1.4	4.5	6	6.5	7	7.5	8	7.5	7	6.5
Level 10	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed	1.4	4.9	6.5	7	7.5	8	8.5	8	7.5	7

Elliptical Fat Burn chart is below.

NOTE: Resistance changes, segments repeat every 60 seconds.

	Warm Up				Program Segments - Repeat											
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	1	2	2	3	4	3	4	5	5	3	4	6	6	5	4	3
Level 2	2	3	3	3	5	4	5	6	6	4	5	7	7	6	5	4
Level 3	2	4	4	5	7	6	7	8	8	6	7	9	9	8	7	6
Level 4	3	4	5	6	8	7	8	9	9	7	8	10	10	9	8	7
Level 5	4	6	7	7	10	9	10	11	11	9	10	12	12	11	10	9
Level 6	4	6	7	8	11	10	11	12	12	10	11	13	13	12	11	10
Level 7	5	7	9	9	13	12	13	14	14	12	13	15	15	14	13	12
Level 8	5	8	9	10	14	13	14	15	15	13	14	16	16	15	14	13
Level 9	6	9	11	12	16	15	16	17	17	15	16	18	18	17	16	15
Level 10	7	10	12	13	18	17	18	19	19	17	18	20	20	19	18	17

HILL CLIMB

Simulates a hill ascent and descent. This program helps tone muscle and improve cardiovascular ability. Treadmill incline changes and segments repeat every 30 seconds while for ellipticals and incline trainers incline and resistance change and segments repeat every 60 seconds.

Treadmill Hill Climb chart is to the below.

NOTE: Incline changes and segments repeat every 30 seconds.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10
Time	4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec
Level 1	0	0	1	1.5	2	2.5	3	3	2.5	2	1.5	1
Level 2	0	0	1.5	2	2.5	3	3.5	3.5	3	2.5	2	1.5
Level 3	0	1	2	2.5	3	3.5	4	4	3.5	3	2.5	2
Level 4	0	1.5	2.5	3	3.5	4	4.5	4.5	4	3.5	3	2.5
Level 5	0	1.5	3	3.5	4	4.5	5	5	4.5	4	3.5	3
Level 6	0	1.5	3.5	4	4.5	5	5.5	5.5	5	4.5	4	3.5
Level 7	0	1.5	4	4.5	5	5.5	6	6	5.5	5	4.5	4
Level 8	0	2	4.5	5	5.5	6	6.5	6.5	6	5.5	5	4.5
Level 9	0	2	5	5.5	6	6.5	7	7	6.5	6	5.5	5
Level 10	0	2	5.5	6	6.5	7	7.5	7.5	7	6.5	6	5.5

Elliptical Hill Climb chart is below.

NOTE: Resistance and incline changes and segments repeat every 30 seconds.

		Warm up				Program segements - Repeat					
Seconds		60	60	60	60	60	60	60	60	60	60
Level	Segment	1	2	3	4	5	6	7	8	9	10
1	Inc	0	2	2	4	4	4	6	6	6	6
	Res	1	2	2	3	2	3	4	5	4	3
2	Inc	0	2	2	4	6	6	6	6	8	8
	Res	1	2	2	3	4	5	6	7	6	5
3	Inc	0	2	2	6	6	6	8	8	10	10
	Res	1	2	2	4	6	7	8	9	8	7
4	Inc	0	2	2	6	8	8	10	10	10	10
	Res	1	2	2	5	8	9	10	11	10	9
5	Inc	2	4	6	8	10	10	10	10	12	12
	Res	2	3	5	6	10	11	12	13	12	11
6	Inc	2	4	6	10	10	10	12	12	14	14
	Res	2	3	5	7	12	13	14	15	14	13
7	Inc	2	4	6	10	12	12	14	14	16	16
	Res	2	3	5	8	14	15	16	17	16	15
8	Inc	2	4	6	12	14	14	16	16	16	16
	Res	2	3	5	9	15	16	17	18	17	16
9	Inc	4	6	6	14	16	16	16	16	18	18
	Res	3	4	5	10	16	17	18	19	18	17
10	Inc	4	6	10	16	16	16	18	18	18	18
	Res	3	4	8	11	17	18	19	20	19	18

This 9-week program is intended for inexperienced runners looking to run their first 5k or simply begin an exercise routine. It is designed specifically to keep you motivated and engaged, gradually building your strength, increasing your stamina and giving you the confidence it takes to complete your first 5k.

Week	Workout #1	Workout #2	Workout #3	Week	Workout #1	Workout #2	Workout #3
1	5 minute warmup	5 minute warmup	5 minute warmup	4	5 minute warmup	5 minute warmup	5 minute warmup
	1 min jog	1 min jog	1 min jog		3 minute jog	3 minute jog	3 minute jog
	1.5 min walk	1.5 min walk	1.5 min walk		1.5 minute walk	1.5 minute walk	1.5 minute walk
	1 min jog	1 min jog	1 min jog		5 minute jog	5 minute jog	5 minute jog
	1.5 min walk	1.5 min walk	1.5 min walk		2.5 minute walk	2.5 minute walk	2.5 minute walk
	1 min jog	1 min jog	1 min jog		3 minute jog	3 minute jog	3 minute jog
	1.5 min walk	1.5 min walk	1.5 min walk		1.5 minute walk	1.5 minute walk	1.5 minute walk
	1 min jog	1 min jog	1 min jog		5 minute jog	5 minute jog	5 minute jog
	1.5 min walk	1.5 min walk	1.5 min walk		5 minute cooldown	5 minute cooldown	5 minute cooldown
	1 min jog	1 min jog	1 min jog				
	1.5 min walk	1.5 min walk	1.5 min walk				
	1 min jog	1 min jog	1 min jog				
	1.5 min walk	1.5 min walk	1.5 min walk				
	1 min jog	1 min jog	1 min jog				
	1.5 min walk	1.5 min walk	1.5 min walk				
	5 minute cooldown	5 minute cooldown	5 minute cooldown				
2	5 minute warmup	5 minute warmup	5 minute warmup	5	5 minute warmup	5 minute warmup	5 minute warmup
	1.5 minute jog	1.5 minute jog	1.5 minute jog		5 minute jog	5 minute jog	5 minute jog
	2 minute walk	2 minute walk	2 minute walk		3 minute walk	3 minute walk	3 minute walk
	1.5 minute jog	1.5 minute jog	1.5 minute jog		5 minute jog	5 minute jog	5 minute jog
	2 minute walk	2 minute walk	2 minute walk		3 minute walk	3 minute walk	3 minute walk
	1.5 minute jog	1.5 minute jog	1.5 minute jog		5 minute jog	5 minute jog	5 minute jog
	2 minute walk	2 minute walk	2 minute walk		5 minute cooldown	5 minute cooldown	5 minute cooldown
	1.5 minute jog	1.5 minute jog	1.5 minute jog				
	2 minute walk	2 minute walk	2 minute walk	6	5 minute warmup	5 minute warmup	5 minute warmup
	1.5 minute jog	1.5 minute jog	1.5 minute jog		5 minute jog	10 minute jog	25 minute jog
	2 minute walk	2 minute walk	2 minute walk		3 minute walk	3 minute walk	5 minute cooldown
	1.5 minute jog	1.5 minute jog	1.5 minute jog		8 minute jog	10 minute jog	
	2 minute walk	2 minute walk	2 minute walk		3 minute walk	5 minute cooldown	
	1.5 minute jog	1.5 minute jog	1.5 minute jog		5 minute jog		
	2 minute walk	2 minute walk	2 minute walk		5 minute cooldown		
	1.5 minute jog	1.5 minute jog	1.5 minute jog				
2 minute walk	2 minute walk	2 minute walk	7	5 minute warmup	5 minute warmup	5 minute warmup	
1.5 minute jog	1.5 minute jog	1.5 minute jog		25 minute jog	25 minute jog	25 minute jog	
2 minute walk	2 minute walk	2 minute walk		5 minute cooldown	5 minute cooldown	5 minute cooldown	
3	5 minute warmup	5 minute warmup	5 minute warmup	8	5 minute warmup	5 minute warmup	5 minute warmup
	1.5 minute jog	1.5 minute jog	1.5 minute jog		28 minute jog	28 minute jog	28 minute jog
	1.5 minute walk	1.5 minute walk	1.5 minute walk		5 minute cooldown	5 minute cooldown	5 minute cooldown
	3 minute jog	3 minute jog	3 minute jog	9	5 minute warmup	5 minute warmup	5 minute warmup
	3 minute walk	3 minute walk	3 minute walk		30 minute jog	30 minute jog	30 minute jog
	1.5 minute jog	1.5 minute jog	1.5 minute jog		5 minute cooldown	5 minute cooldown	5 minute cooldown
	1.5 minute walk	1.5 minute walk	1.5 minute walk		Warmup and cooldown speeds 1.0 mph or 75% of walk speed, whichever is greater		
	3 minute jog	3 minute jog	3 minute jog				
	3 minute walk	3 minute walk	3 minute walk				
	5 minute cooldown	5 minute cooldown	5 minute cooldown				

Warmup and cooldown speeds 1.0 mph or 75% of walk speed, whichever is greater

CUSTOM

Warmup and cooldown speeds 1.0 mph or 75% of walk speed, whichever is greater

Allows you to create and reuse your perfect workout with a combination of a specific speed (or resistance), incline and time or distance. The ultimate in personal programming. This is a time or distance based goal program.

DISTANCE

Push yourself and go further during your workout with 13 distance workouts. Choose from 1 mile, 2 miles, 5k, 5 miles, 10k, 8 miles, 15k, 10 miles, 20k, half marathon, 15 miles, 20 miles, and marathon goals. You set your level.

Treadmill Distance chart is below.

NOTE: Incline changes and all segments are 0.16km.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Distance	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km
Level 1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Level 2	0	0.5	1	3	2	3	2	3	2.5	3.5	2.5	3	2	3	2	3	1
Level 3	0.5	1	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4	2.5	3.5	2.5	3.5	1.5	3.5	1.5
Level 4	0.5	1	1.5	3.5	2.5	3.5	2.5	3.5	3	4	3	3.5	2.5	3.5	2.5	3.5	1.5
Level 5	1	1.5	2	4	2	4	3	4	3	4.5	3	4	3	4	2	4	2
Level 6	1	1.5	2	4	3	4	3	4	3.5	4.5	3.5	4	3	4	3	4	2
Level 7	1.5	2	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5	3.5	4.5	3.5	4.5	2.5	4.5	2.5
Level 8	1.5	2	2.5	4.5	3.5	4.5	3.5	4.5	4	5	4	4.5	3.5	4.5	3.5	4.5	2.5
Level 9	2	2.5	3	5	3	5	4	5	4	5.5	4	5	4	5	3	5	3
Level 10	2	2.5	3	5	4	5	4	5	4.5	5.5	4.5	5	4	5	4	5	3

Elliptical Distance chart is below.

NOTE: Resistance changes and all segments are 0.16km and repeat.

Seconds	Warm Up				Program segments									
	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Level 1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Level 2	1	2	2	3	3	5	7	4	6	7	4	5	6	3
Level 3	2	2	3	3	4	6	8	5	7	8	5	6	7	4
Level 4	2	3	3	4	6	8	10	7	9	10	7	8	9	6
Level 5	3	4	4	4	8	10	12	9	11	12	9	10	11	8
Level 6	3	5	4	5	10	12	14	11	13	14	11	12	13	10
Level 7	4	5	5	5	11	13	15	12	14	15	12	13	14	11
Level 8	4	5	5	5	13	15	17	14	16	17	14	15	16	13
Level 9	4	5	5	5	15	17	19	16	18	19	16	17	18	15
Level 10	4	5	6	6	16	18	20	17	19	20	17	18	19	16

CALORIES

Set goals for burning calories from 20 to 980 calories in 20 calorie increments. You set your level to keep you in your fat burning zone.

Treadmill Calories chart is below.

NOTE: Incline changes and all segments are 20 calories and repeat.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Distance	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal
Level 1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Level 2	0	0.5	1	3	2	3	2	3	2.5	3.5	2.5	3	2	3	2	3	1
Level 3	0.5	1	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4	2.5	3.5	2.5	3.5	1.5	3.5	1.5
Level 4	0.5	1	1.5	3.5	2.5	3.5	2.5	3.5	3	4	3	3.5	2.5	3.5	2.5	3.5	1.5
Level 5	1	1.5	2	4	2	4	3	4	3	4.5	3	4	3	4	2	4	2
Level 6	1	1.5	2	4	3	4	3	4	3.5	4.5	3.5	4	3	4	3	4	2
Level 7	1.5	2	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5	3.5	4.5	3.5	4.5	2.5	4.5	2.5
Level 8	1.5	2	2.5	4.5	3.5	4.5	3.5	4.5	4	5	4	4.5	3.5	4.5	3.5	4.5	2.5
Level 9	2	2.5	3	5	3	5	4	5	4	5.5	4	5	4	5	3	5	3
Level 10	2	2.5	3	5	4	5	4	5	4.5	5.5	4.5	5	4	5	4	5	3

Elliptical Calories chart is below.

NOTE: Resistance changes and all segments are 20 calories and repeat.

Seconds	Warm Up				Program segments									
	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Level 1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Level 2	1	2	2	3	3	5	7	4	6	7	4	5	6	3
Level 3	2	2	3	3	4	6	8	5	7	8	5	6	7	4
Level 4	2	3	3	4	6	8	10	7	9	10	7	8	9	6
Level 5	3	4	4	4	8	10	12	9	11	12	9	10	11	8
Level 6	3	5	4	5	10	12	14	11	13	14	11	12	13	10
Level 7	4	5	5	5	11	13	15	12	14	15	12	13	14	11
Level 8	4	5	5	5	13	15	17	14	16	17	14	15	16	13
Level 9	4	5	5	5	15	17	19	16	18	19	16	17	18	15
Level 10	4	5	6	6	16	18	20	17	19	20	17	18	19	16

HEART RATE

This program is designed for you to improve your overall cardiovascular fitness levels. You simply set your target heart rate. The program will then monitor and adjust the intensity level to maintain your heart rate within your targeted range while you exercise – a proven method to maximize your weight loss and fitness goals. A chest strap is required and must be worn during the duration of this program. See below for calculating your target heart rate.

Calculating Your Target Heart Rate

The first step in knowing the right intensity for your training is to find out your maximum heart rate ($\text{max HR} = 220 - \text{your age}$). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training.

The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended.

This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is $220 - 30 = 190$ bpm and 90% max HR is $190 \times 0.9 = 171$ bpm.

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Target Heart Rate Zone	Workout Duration	Example THR (age 30)	Your THR	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

Additional target heart rate notes:

- The treadmill incline or incline trainer resistance will automatically adjust to bring you near your specified heart rate.
- If there is no heart rate detected, the unit will not change the incline or resistance.
- If your heart rate is 25 beats over your target zone the program will shut down.

SETTING THE PARAMETERS/LEVELS OF A WORKOUT

After selecting START from the HOME screen of your desired workout, you will next be taken to a LEVELS screen.



Here, you are able to customize the levels and program settings. (NOTE that not all level options are available for all workouts. Only the levels that apply to a given workout will be available to adjust).

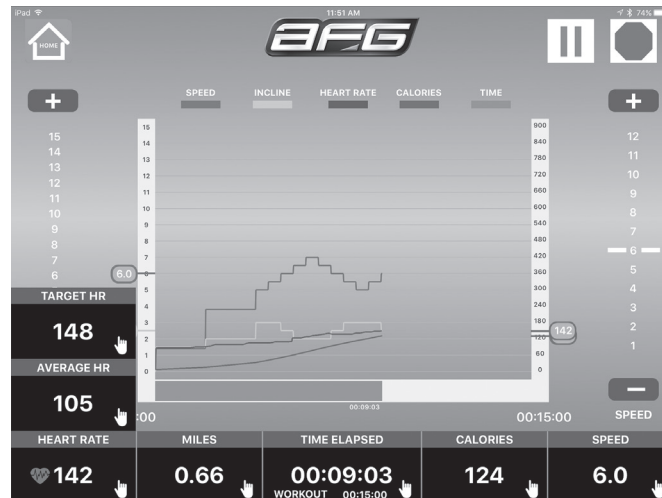
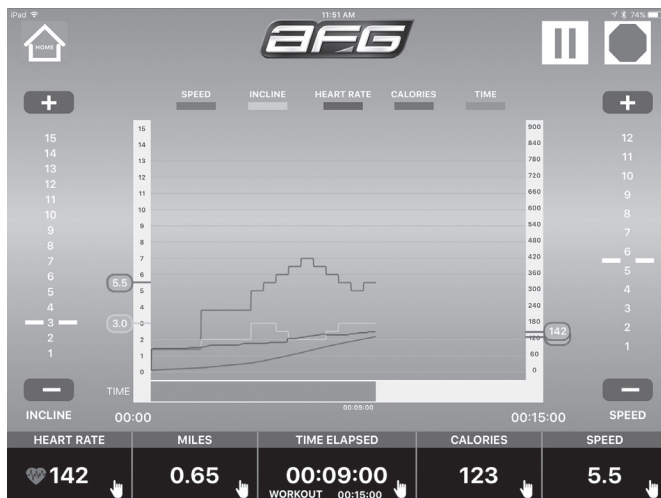
The screen uses sliders and "+" and "-" buttons to set inputs. To operate a slider, press and drag the light grey bar and release at your desired level or press the slider "+" and "-" to adjust up and down incrementally.

Once you have selected the levels, press **START** to begin your workout.

NOTE: You can also select **HOME** from this screen to return to the **HOME** screen.

YOUR WORKOUT FEEDBACK

During your workout, you will see the **WORKOUT** screen. This screen displays a real-time graphic of your speed an incline (or resistance for ellipticals), calories burned and time



Additional at-a-glance information is provided at the bottom of this screen via quick-read workout display windows. The default displays are: heart rate, miles, time elapsed, calories and speed. Hand icons on these display windows indicate that they can be tapped for additional information. Tap any window to customize feedback.

OTHER WORKOUT FEATURES

In addition to real-time workout information, you are able to control the treadmill or elliptical's functions from the keys on the WORKOUT screen. On the left side of the treadmill screen is the incline control, allowing you to increase the incline by tapping the "+" key and decrease the incline by tapping the "-" key. (NOTE that this is not a slider function and the chart between the "+" and "-" is there to display your current incline level.)

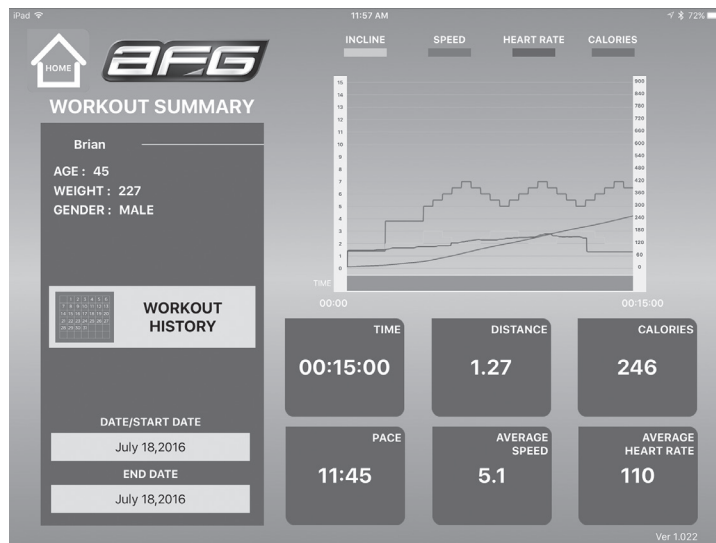
On the right side of the screen is the speed (or resistance for ellipticals) control, allowing you to increase your speed (or resistance) by tapping the "+" key and decrease your speed by tapping the "-" key. (NOTE that this is not a slider function and the chart between the "+" and "-" is there to display your current speed level.)

Additionally, you are able to pause your workout by pressing the pause  button or stop your workout by pressing the stop  button. For most programs you can also return to the HOME screen by pressing the HOME  button from this screen. From here you can change the program or adjust your workout settings. (NOTE: you cannot change the user from here.) When START is pressed again the workout will resume from where it left off with the new settings. (NOTE: the treadmill will pause when the HOME button is pressed.)

NOTE: while running a program, if you wish to change the USER then you will need to stop the program by pressing the STOP button before changing the USER.

WORKOUT SUMMARY

After your workout is complete, either because your pre-set workout duration has completed or you have pressed STOP on either the AFG Fitness app or the red STOP button on the console, the workout data is saved and the WORKOUT SUMMARY screen will be displayed. This screen will show your user information, along with information on your just completed workout, graphically displaying details including speed, incline and calories on a linear time graph. Your workout totals will also be displayed in windows on this screen, such as time, distance and calories, as well as pace, average speed, and average heart rate.



You can also select to return HOME from this screen by pressing the HOME key.

WORKOUT HISTORY

From the WORKOUT SUMMARY screen (as well as from the HOME and USER screens) you can select to view your aggregated workout data for a designated period of time. Using the fields provided on the WORKOUT SUMMARY screen, select a “DATE/START DATE” as the starting point of your desired time frame (or specific date) and an “END DATE” for the ending point then select the WORKOUT HISTORY key. This will produce a WORKOUT HISTORY screen representing your aggregate workout totals for this selected period.

CONNECTING TO PARTNER APPS

The AFG Pro Fitness app is designed to pair with select fitness apps; including Under Armour (UA Record and any of the MapMyFitness apps) and MyFitnessPal. During the user set up process, you can tap the SHARE WITH buttons to automatically have your workout data sent to these apps.

MULTI TASKING

It is important to NOTE that with several tablet operating systems, if you switch apps during a workout with the AFG Pro Fitness app running, the AFG Pro Fitness app may close due to system resource restrictions on your tablet. Specifically, iOS has a good chance of closing your AFG Pro Fitness app if you attempt to switch apps while a program is running. If the AFG Pro Fitness app closes, your workout will continue to run and your workout data will sync with the app after they are paired again.



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