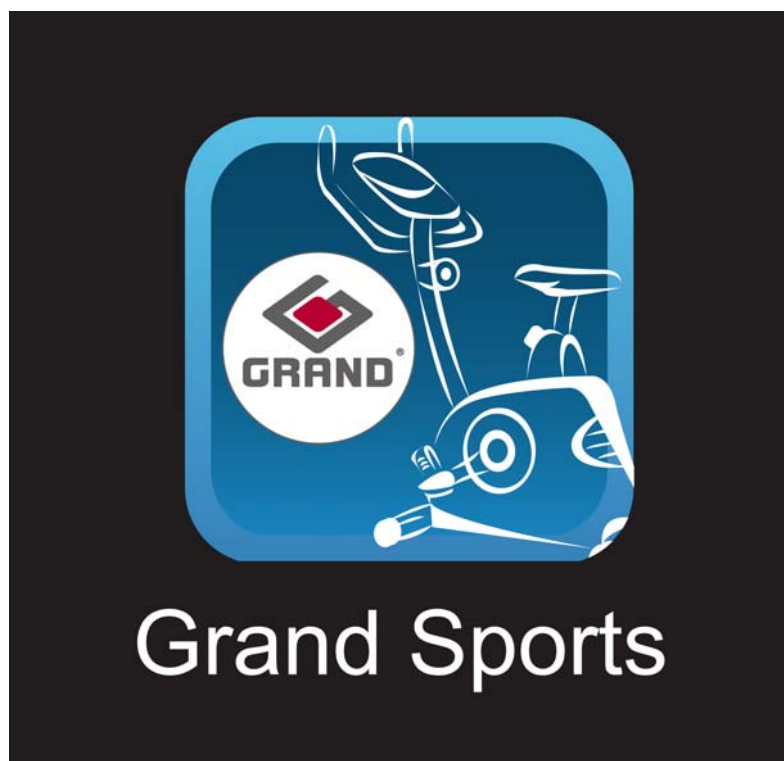


# APP users' guide



Website

[grandsports.appfit.biz](http://grandsports.appfit.biz)

QR-code



Before using the APP: Please check your Tablet/Smartphone content the Android® or iOS® system.

## Remarks :

Android® 2.3 or newer version, cooperation with Bluetooth®.

APPLE® iOS® device with Bluetooth® Version4.0 only.

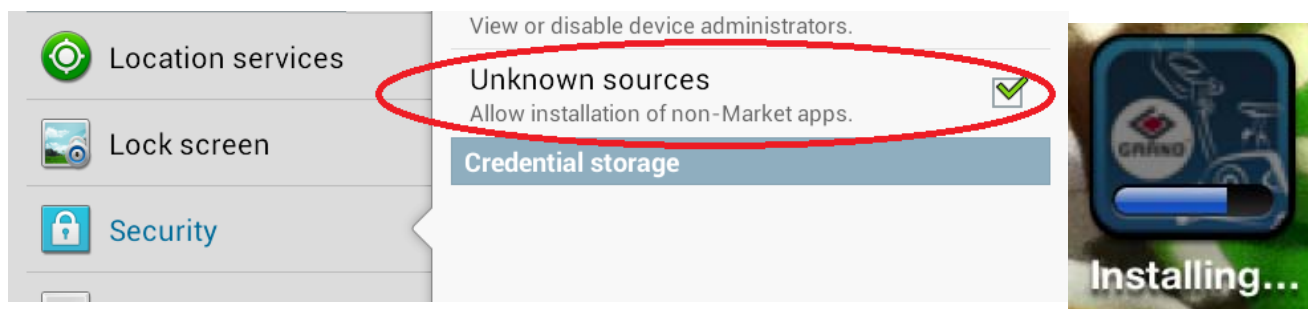
Turn on the Wi-Fi (WLAN) to connect the internet for Map Virtual Navigation function.

Download the APP to your smart device from website: [grandsports.appfit.biz](http://grandsports.appfit.biz) , or using QR-code scanner to locate the website: and click the system icon as follow: Clicks the Green robot for Android® system; iOS® icon for APPLE® devices.



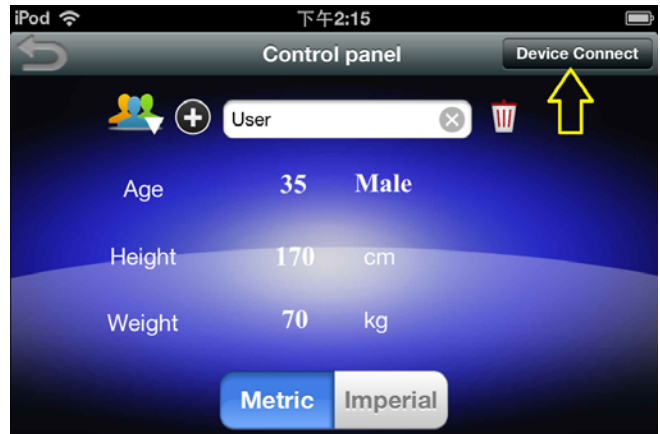
QR-code

Open the “Unknown sources” option in the “Security” item of the system settings. Before your installation...(Android® System only)



Enable And connecting with Bluetooth, Wi-Fi function.(check smart devices 'manual)

Executing the APP from the device, "Console" frame:

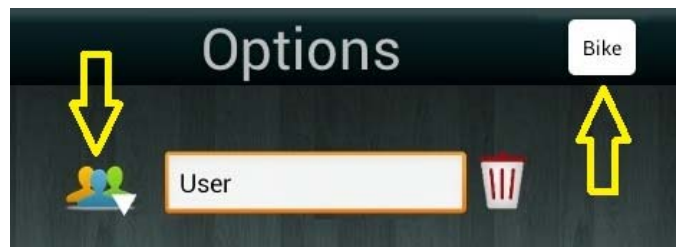
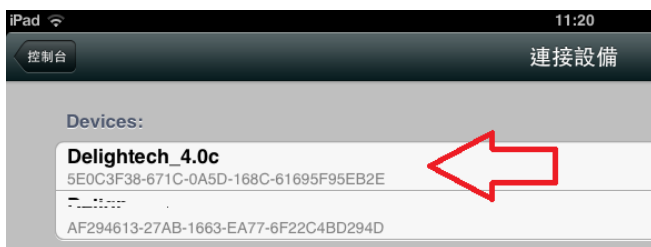


Turn on the power of the fitness device, and keeping on the stand-by mode.

Enter to the options setting: and touch the "Device Connect" icon.

Search result appears on the list, press list item to linking.

And you can confirm the BT title on the back housing of the fitness' console.



If you can see the fitness device item appears on the screen, the linking is OK. And you can operate the Fitness Device on your Smart device.

To fill your personal data first, this program allowed with multi-user records; then quit the "Options" setting back to "Console" frame.

APP contents:



Quick start



Programs



Map



History list



Recently  
exercise



Quit

Quick start: instant start manually without settings.



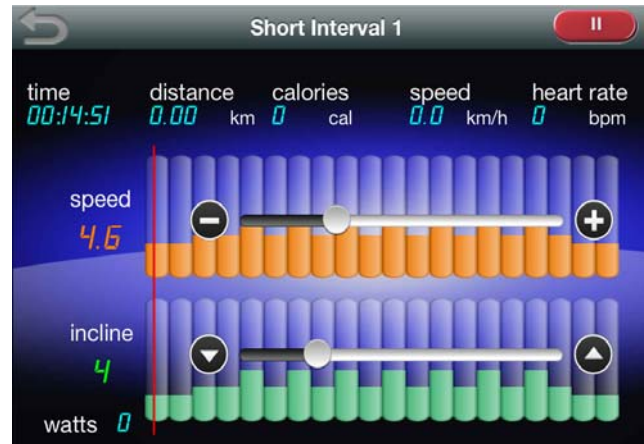
Easy slider bar to change control level.

Touch the panel will appear the slider bar for 3 seconds.

Touch return arrow will quit to main frame.

Programs: preset programs for user choice.

Different device contents the different programs.



Map Virtual Navigation:



You can set the 2 points on the road, where ever you want. Then pace the route with your exercise speed.

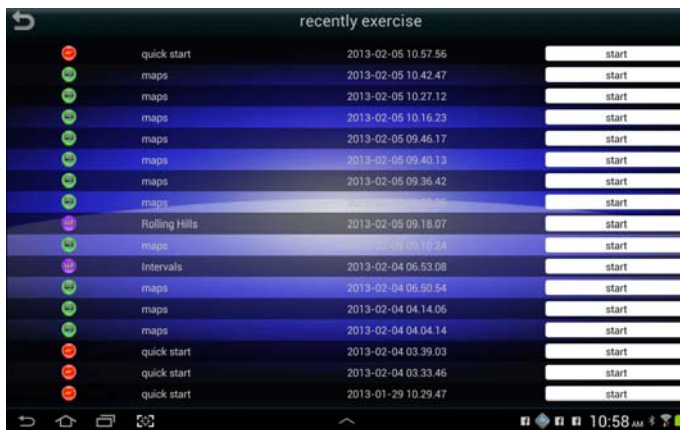
### History list:



programs	distance	time	calories	speed	heart rate
maps	124.73	04:52:44	957	31.6	0
2013-02-05 bike	3.31	00:04:33	17	59.7	0
2013-02-05 bike	5.08	00:05:07	27	59.7	0
2013-02-05 bike	5.36		29	59.7	0
2013-02-05 bike	5.48	00:02:26	13	-1.0	0
2013-02-05 bike	4.95	00:13:21	35	44.8	0
2013-02-05 bike	2.90	00:03:53	21	44.8	0
Rolling Hills 2013-02-05 bike	1.31	00:01:46	35	44.8	0

the records are including:  
Timer,  
Distance,  
Calories,  
Speed,  
Pulse,  
Date,  
Automatically user records switched.

### Recently exercise:



programs	time	start
quick start	2013-02-05 10:57:56	start
maps	2013-02-05 10:42:47	start
maps	2013-02-05 10:27:12	start
maps	2013-02-05 10:16:23	start
maps	2013-02-05 09:46:17	start
maps	2013-02-05 09:40:13	start
maps	2013-02-05 09:36:42	start
maps		start
Rolling Hills	2013-02-05 09:18:07	start
maps	2013-02-04 10:24	start
Intervals	2013-02-04 06:53:08	start
maps	2013-02-04 06:50:54	start
maps	2013-02-04 04:14:06	start
maps	2013-02-04 04:04:14	start
quick start	2013-02-04 03:39:03	start
quick start	2013-02-04 03:33:46	start
quick start	2013-01-29 10:29:47	start

Check the course you most like.  
And enter the program directly.

### Quit: Quit to system



for Android®



for iOS®