

WOODWAY®

For The Long Run®



PRO SMART USERS MANUAL 4 FRONT MODEL



Users Manual
UM-EN-V109.05.24



woodway.com

Note: If viewing this manual using Adobe Acrobat Reader, "Clicking" on the **Chapter Headers** or any of the **Sub-Chapter Headers** in the Table of Contents will take the reader to the desired chapter. Clicking on the **WOODWAY** header at the top of the page will return the reader to the Table of Contents. Call-outs within the document that are **Blue** and or **Underlined** are hyperlinks that will take the reader to specific portions of the manual when "clicked" on.



**Read these instructions carefully before beginning any maintenance or service on the treadmill.
Follow ALL Safety protocols and Lock-Out Tag-Out (LOTO) directives.**

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**Manufacturer:**

WOODWAY USA, Inc.
W229 N591 Foster Ct.
Waukesha, WI 53186
USA
Tel.: 1-262-548-6235
Fax.: 1-262-522-6235
E-mail: service@WOODWAY.com
Web www.WOODWAY.com

European Representative:

WOODWAY GmbH
Steinackerstr. 20
79576 Weil am Rhein
Germany
Tel.: + 49 (0) 7621-940 999-0
Fax.: + 49 (0) 7621-940 999-40
E-mail: info@WOODWAY.de
Web www.WOODWAY.de

Technical Support:

Tel.: 1-800-WOODWAY Ext 3
E-Mail: service@woodway.com

Customer Service:

Tel.: +49 (0) 7621 - 940 999 - 14
E-Mail: service@woodway.de

Table of Contents

1	Product Summary & Overview.....	7
2	Safety.....	7
3	Description of Warning Notices	7
3.1	Sample of a Warning Notice	7
3.2	Classification	8
3.3	Description of Terminology	8
3.4	Limitation of Liability	9
3.5	Copyright.....	9
3.6	Replacement Parts.....	9
3.6.1	Disposal	10
3.7	Customer Service	10
3.7.1	Servicing:	10
4	Overview of Control Console.....	11
5	Basic Installation	12
5.1	Wired Connection	13
5.2	Wireless Connection	14
6	Display Elements and General Operation.....	17
6.1	Data View Dash Board	17
6.2	Controls Screen.....	19
6.3	Bluetooth ® Paring.....	19
6.4	Dynamic Mode	21
6.5	Dynamic Braking	22
6.6	Finishing a Workout.....	25
7	Entertainment Selections	27
7.1	Understanding “Header Rows”	28
7.2	Entertainment Screens	30
7.2.1	Dashboard Data View.....	30
7.2.2	Dashboard Virtual Track	31
7.2.3	Dashboard Quick Speed	32
7.2.4	Dashboard Workout Chart.....	33
7.2.5	Dashboard Digital Quickset	34
7.2.6	Real Run.....	35
7.2.7	Game Run	36
7.2.8	Streaming and Internet.....	37
8	Programs.....	38
8.1	BYO (Build Your Own) Programs	38
8.1.2	Custom Distance Program	39
8.1.3	Custom Time and HIIT Program	39
8.2	Getting Started Programs	40
8.3	Run Faster Programs	41
8.3.1	Run Faster Programs Overview	41

8.4	Run Leaner Programs	43
8.4.1	Run Leaner Programs Overview.....	43
8.5	Run Longer Programs	45
8.5.1	Run Longer Programs Overview	45
8.6	Run Stronger Programs	47
8.6.1	Run Strong Programs Overview.....	47
8.7	Testing Programs	49
8.7.1	Testing Programs Overview	49
8.8	Virtual Programs.....	51
8.8.1	Virtual Programs Overview	51
8.9	Walking Programs	53
8.9.1	Walking Programs Overview	53
9	Smart Coach.....	55
9.1	Program Selection Screens	56
9.2	Smart Coach Progress Screen.....	57
10	Account/Login Setup	58
10.1	Editing User Profile.....	60
11	General Settings	61
11.1	General.....	61
11.2	Workout	62
11.3	UI User Interface	64
11.4	Screen.....	65
11.5	Service	66
11.6	Network	68
11.7	TV	69
	11.7.1 Adding or Removing Channels	70
11.8	Browser.....	71
11.9	OS Operating System	72
11.10	Device	72
12	Advanced Settings	74
12.1	Advanced Settings General	74
12.1.1	Enable Apple Watch:.....	74
12.2	Advanced Settings Workout	75
12.3	Advanced Settings Key.....	76
12.3.1	Key - Incline	76
12.3.2	Key - Speed	77
12.3.3	Key - Resistance	78
12.4	Advanced Settings UI.....	79
12.5	Advanced Settings Network	81
12.6	Advanced Settings Files	81
12.7	Advanced Settings Customize Components	82
12.8	Advanced Settings Personalization.....	83
12.9	Advanced Settings OS	84
13	Infrastructure Requirements.....	85
13.1	Installing Connections	85
13.2	Treadmill Connections	85
	13.2.1 Electrical Power Connections.....	86

13.2.2	Audiovisual Connections	87
13.2.3	Data Networking Requirements	88
13.3	Internet Connectivity Recommendation	88
13.4	SiliconDust	89
13.4.1	SiliconDust Compatibility.....	89
13.4.2	Data Networking Configuration Requirements	89
13.5	Wireless Networking Recommendations	90
14	TV on the ProSmart.....	91
14.1	Setting up a SiliconDust.....	91
14.1.1	Determining the Video Signal.....	91
14.1.2	Installing the SiliconDust.....	91
14.1.3	HDHomerun Setup.....	91
14.1.4	Scanning for Channels	93
14.1.5	Adding Channels Using Silicon Dust/IPTV.....	93
14.2	Adding Channels Using USB Tuner.....	94
14.3	Modifying Existing Channels	95
14.4	Adding Streaming Channels	96

My WOODWAY _____ Arrived on _____
Model Name _____ Date _____

WOODWAY History

WOODWAY's history begins in Germany in 1974. Willi Schoenberger, a technical director in charge of planning a fitness center, noticed that the most important piece of equipment, the treadmill, didn't meet the most important requirements: a mechanically sound machine that is designed to meet human needs.

He envisioned a comfortable walking surface that didn't interfere with the natural bio-mechanics of running or walking. Also, he wanted a transportation system which eliminated the friction associated with conventional conveyor-belt treadmills.

After intensive research, and trial and error (and in cooperation with the Deutsche Sporthochschule in Cologne, Germany), Willi developed and patented a very unique and revolutionary treadmill design.

In 1975, WOODWAY GmbH was founded in Weil am Rhein, Germany. The name "WOODWAY" is derived from the German "Waldweg" ("Wald" = wood and "Weg" = way), the feel of running on a soft pine needle covered path in the forest.

In 1983, a manufacturing license was awarded to Sakai Medical, for the use of WOODWAY technology in the Japanese marketplace.

In 1988, a U.S. license was granted to a small, well-established manufacturing company in Waukesha, Wisconsin. WOODWAY USA was formed when the U.S. incarnation of the WOODWAY was developed and completed in 1990. WOODWAY USA is proud to be the primary manufacturer of WOODWAY treadmills worldwide, exporting treadmills for international distribution, in addition to serving our domestic customers and clients.

Today, WOODWAY's design and manufacturing facilities in the United States, Germany, and Japan make WOODWAY the largest specialized treadmill manufacturer in the world. Constant enhancements in quality, design, and function are shared and implemented by all three WOODWAY manufacturers.

As WOODWAY moves forward, attention to product quality, innovation, and customer service are at the forefront of our efforts. Along with our treadmills, other products, services, and strategic relationships are being developed so as to keep WOODWAY on the leading edge as we meet fitness training, testing, and rehabilitation needs.

1 Product Summary & Overview

Woodway USA Inc. is proud to present the newest innovation in cardio fitness: the ProSmart Touchscreen Display. The ProSmart Touchscreen is a one-of-a-kind display that personalizes every aspect of the user's experience: User Profiles, Guided Progressions, Real/Game Runs, streaming TV and the ability to customize the UI theme.

Woodway designed the ProSmart so that you could step onto any ProSmart enabled treadmill in the world and have access to your profile and information. Our backend STATS website accumulates ProSmart statistics in cloud storage. STATS allow you to track workout history, chart

progress and export data to numerous apps or your trainer/coach.

Woodway is continually updating and adding new features to ProSmart, we strive to create an ever-improving and robust platform based off customer input and our forty plus years of experience. Smart treadmills will be commonplace in the future, at Woodway the future is now with ProSmart Touchscreen Display.

Check here for the latest updates: www.woodway.com/products/prosmarttouchscreen

2 Safety

For specific safety instructions, disclaimers, and overall treadmill instructions, see official treadmill owners manual for the specific model being used.

The treadmills have been reliably designed, manufactured, and tested according to the latest state of technology and are in safe and technically perfect condition. Nevertheless, the devices can cause risk to persons and property if operated improperly.

For this reason, the operating instructions should be read completely and safety instructions must be observed.

Warnings attached directly to the device must be observed and kept in a legible condition.

Inappropriate use will result in the rejection of any liability or guarantee claims by WOODWAY.

3 Description of Warning Notices

Warning notices indicate potential hazards or safety risks. They are indicated in this manual by a color-coded signal word panel (symbol with the appropriate signal word). All warning notices have the same design and the same standardized content design.

3.1 Sample of a Warning Notice

 SIGNAL WORD
Warning Text, Type, and Source of Danger Description of the consequences of ignoring the danger <ul style="list-style-type: none">• Measures, instructions, and forbidden actions to avoid the hazard.• Further measures.

3.2 Classification

NOTICE	NOTICE or ATTENTION: (No Danger Symbol) No risk of injury, pertinent information and warning against material damage.
! CAUTION	CAUTION: (with danger symbol) light possibility of injury.
! WARNING	WARNING: (with danger symbol) In a dangerous situation, serious accident possible with the possibility of injury or death.
! DANGER	DANGER: (with danger symbol) In the event of an accident, immediate danger of death or serious injury.

3.3 Description of Terminology

Press Press means that the function can be used on the touch screen module. It will be followed by the name of the button to be pressed in blue.
Example: Press *Select* to...

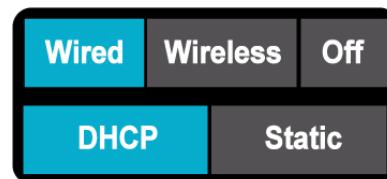
Click Click action required the use of a computer through remote access. It will be followed by the name of the button to be clicked in blue.
Example: Click *Choose File* to...

Select Select means choose between several options displayed on the touch screen module.

Set Set means enter a value or text into the designated box. This may be done from either the touch screen or remote access.

Tabs Tabs refer to objects that are bound by a graphic outline or colored graphic bounding box. Typically highlighted in a lighter color when active.

Example:



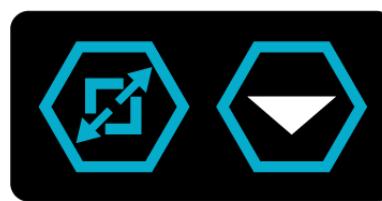
Toggle Switch A "toggle" switch/button is used to turn functions ON or OFF pressing the button will change its status.

Grey Two Tone represents "OFF"
Blue and White represents "ON"

Example:



Display Views Located throughout the various screens the user will see these two elements, they are to either enlarge or decrease a viewing screen or to collapse and restore the Statistic Header Row.



NOTE: These instructions are written based on the default color scheme of #06accb as the Accent color. Color schemes can be changed in the Settings / User Interface.

3.4 Limitation of Liability

All information and instructions in this manual have been compiled in accordance with applicable standards and regulations, the current state of technology, and our knowledge and experience.

WOODWAY accepts no responsibility for damages resulting from:

- Disregarding the operating instructions
- Improper use
- Use by non-authorized persons
- Use of replacement parts which were not approved by WOODWAY
- Unauthorized modifications to the device or accessories

WOODWAY general terms and conditions and delivery conditions apply, as well as the legal regulations valid at the time of contract conclusion.

3.5 Copyright

The release of the operating instructions to third parties without the written permission of WOODWAY is prohibited. Duplication in any manner and form - including excerpts - as well as use and/or communication of the content are not permitted without written permission from WOODWAY.

3.6 Replacement Parts

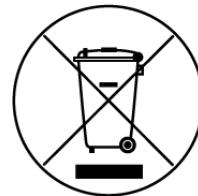
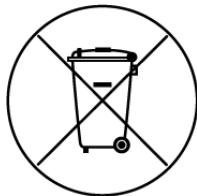
WOODWAY recommends the use of original replacement parts. Original replacement parts have specified engineered qualities that ensure reliable, safe operation:

- Developed for specific use with the device
- Manufactured for high quality and excellence
- Ensure the legal warranty period (excluding wear parts) or other reached agreements

ATTENTION

Claims to the manufacturer of any kind due to damage from improper use are excluded. The representative alone is liable for all damages resulting from improper use.

3.6.1 Disposal



Electrical and electronic devices must be disposed of separately from normal household waste. An appropriate waste disposal company should be contacted. Properly dispose of the device at the end of its service life (e.g. the local collection point for waste separation):

- The device packaging is disposed of through resource recycling.
- The metal parts of the machine go to scrap metal disposal.
- Plastic parts are given to plastic recycling.
- Rubber parts are disposed of as hazardous waste.

The disposal of the equipment must be in accordance with the respective national regulations.

Wear parts are considered hazardous waste. After being replaced, wear parts must be disposed of according to country-specific waste laws.

Batteries may not be disposed of in household trash. Dispose of them at a battery collection point.

3.7 Customer Service

Manufacturer:

WOODWAY USA, Inc.
W229 N591 Foster Ct.
Waukesha, WI 53186
USA
Tel.: 1-262-548-6235
Fax.: 1-262-522-6235
E-mail: service@WOODWAY.com
Web www.WOODWAY.com

European Representative:

WOODWAY GmbH
Steinackerstr. 20
79576 Weil am Rhein
Germany
Tel.: + 49 (0) 7621-940 999-0
Fax.: + 49 (0) 7621-940 999-40
E-mail: info@WOODWAY.de
Web www.WOODWAY.de

Customer Service:

Tel.: +49 (0) 7621 - 940 999 - 14
E-Mail: service@woodway.de

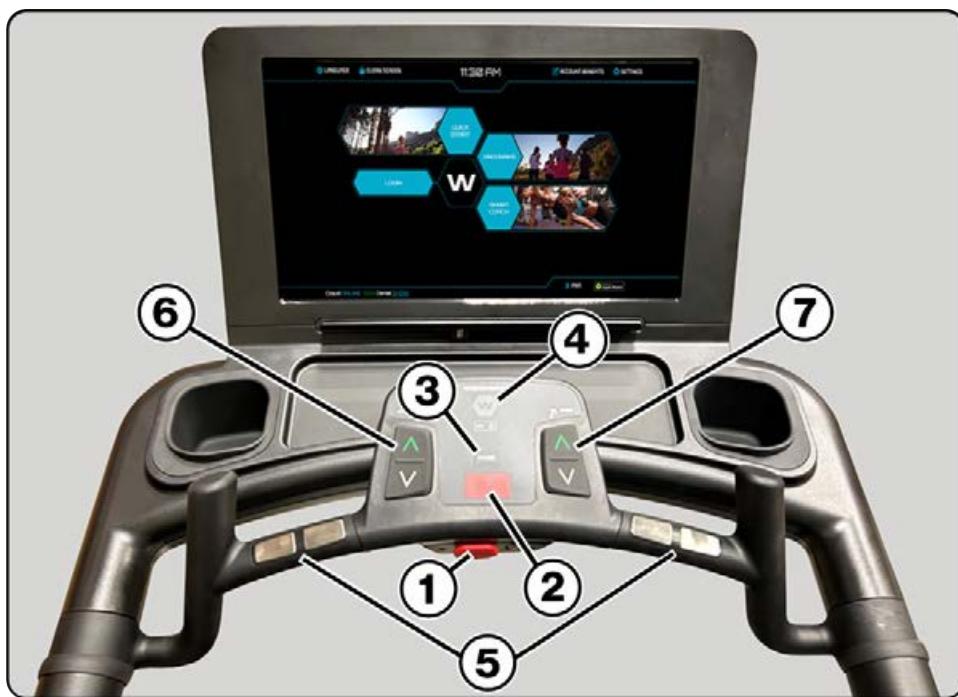
For faster processing of your request please have the following data and information available:

- Information on the name plate (specific model/serial number)
- An accurate description of the circumstances
- Customer number (if available)
- What action has already been taken

3.7.1 Servicing:

The address of your local service center can be obtained from the manufacturer listed above.

4 Overview of Control Console



The Pro Smart Main Control Console utilizes push buttons that provide users with full control over desired settings such as Incline and Speed, while convenient Stop and Pause buttons for general operation. (4Front Model shown for reference)

While the Touch Screen displays user defined training modes, workout progress, and more.

Magnetic Safety Tether (1) is located in the center of the counsel, the clip end of the tether should be clipped to the user to ensure if they were to leave the running surface, the unit will automatically shut off.

Stop Button (2) is conveniently located in the center of the console, pressing it will change the current screen with prompts to either "Resume Workout" or "Stop Immediately" giving the user the option to make the choice.

Pause Button (3) located above the Stop Button, the Pause button will pause the workout while retaining the current workout stats. Pressing the Pause Button will change the current screen with prompts to either "Reset the Pause Timer", "Resume Workout" or "Stop Immediately" giving the user the option to make the choice. When the Pause button is pushed the "Pause" automatically starts a countdown from 5 minutes.

NFC (4) (Near Field Communication) Allows the user to pair their Apple Watch by holding it up to the WOODWAY/NFC logo on the control panel. [See Sub Chapter 12.1.1 Enable Apple Watch](#)

Sensor Grips (5) located on the front cross bar that transmit the user's heart rate.

After starting the treadmill, the user may hold the grips to transmit a heart rate measurement at any time, which will display on the top center of the control panel.

Quickset Buttons located on the center console allow the user to quickly adjust the **Incline (6)** as well as **Speed (7)** settings.

NOTE: When using the Sensor Grips, wait 60 seconds to obtain an accurate heart rate reading.

5 Basic Installation

Note: The information and instructions in this manual cover the Prosmart Interface Only. Since Pro Smart interfaces are available on multiple WOODWAY treadmill models, the specific treadmill model manuals should be read and understood prior to using this manual in conjunction with the treadmill.



1. Turn the main power on using the **ON/OFF Power Switch (1)** located on the AC Bracket near the lower right front corner of the treadmill.



2. Wait for the WOODWAY loading page to complete and the Main Home Page to display.

NOTICE

Once the treadmill is powered on, check the Internet connection. The treadmill must have an active Internet connection and Auto Update must be enabled. Once connected to the Internet, it is advised NOT to remove the Ethernet cable or its wireless connection.

Note: WOODWAY recommends a stable wired Ethernet connection when using the ProSmart console. Performance and reliability of a wired network is better than a wireless connection especially for functions like streaming.

WOODWAY cannot guarantee full functionality of streaming services without a wired connection.

5.1 Wired Connection

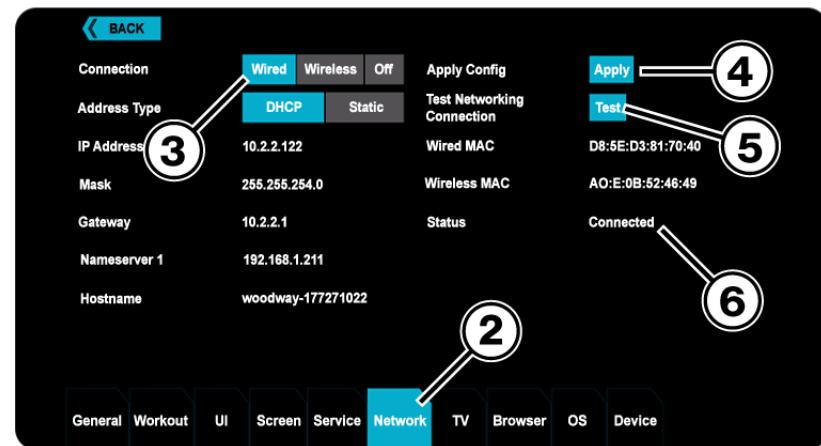
For a Wired connection the treadmill must have direct access to an Ethernet Cable.



1. Located on the AC Bracket is the **Ethernet Port (1)**. Plug the Ethernet cable into the port, and ensure the cable is tucked away from any foot traffic or trip zone areas.



2. From the Main Screen, access the **Settings Screen (1)**. (8020 Enter)



3. Press the **Network Tab (2)**. Then press the **Wired Tab (3)** next to the Connection header to select the Wired option.

NOTICE

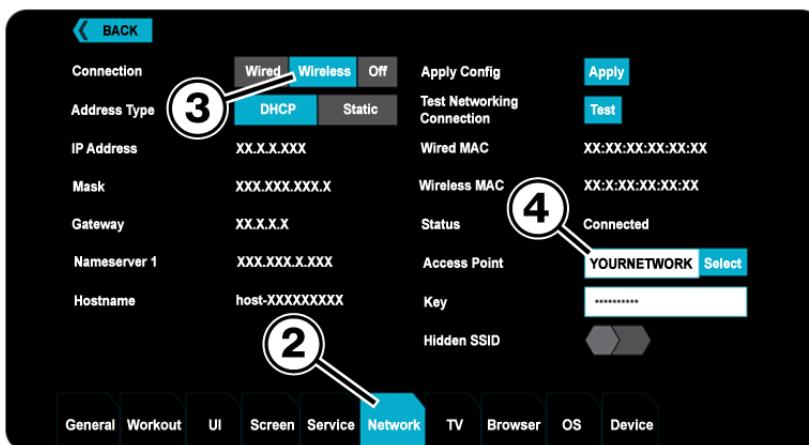
By default, the Address Type will be DHCP. DHCP means that the network equipment will assign an IP address to the treadmill. The Static option is only used if a Network Administrator has assigned a specific IP address to the device.

4. Press the **Apply Tab (4)** next to the Apply Config and wait a few seconds before pressing the **Test Tab (5)** next to the Test Networking Connection, it should display "Network Test Successful"
 - A. If it succeeds a popup will say "Network Test Successful" and the treadmill is now connected to the Internet. (Cloud % on Device Tab is 33% or higher)
 - B. If your treadmill does not resolve an IP Address, contact the network administrator or call WOODWAY Customer Service.
5. The **Status (6)** should display Connected.

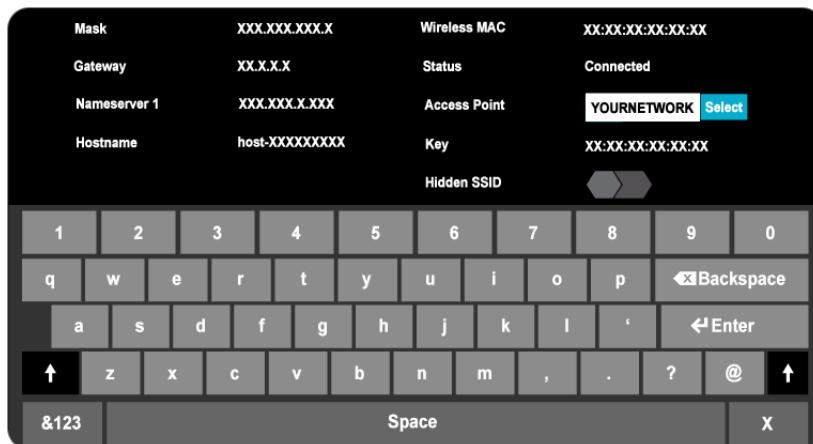
5.2 Wireless Connection



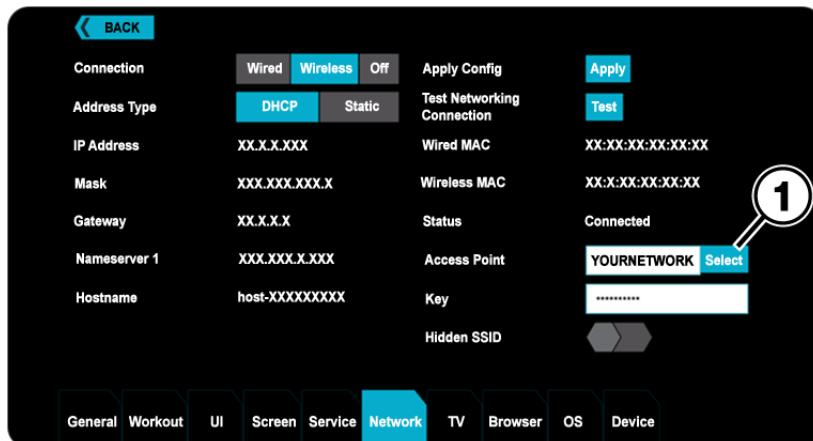
1. From the Main Screen, access the **Settings Screen (1)**. (8020 Enter)



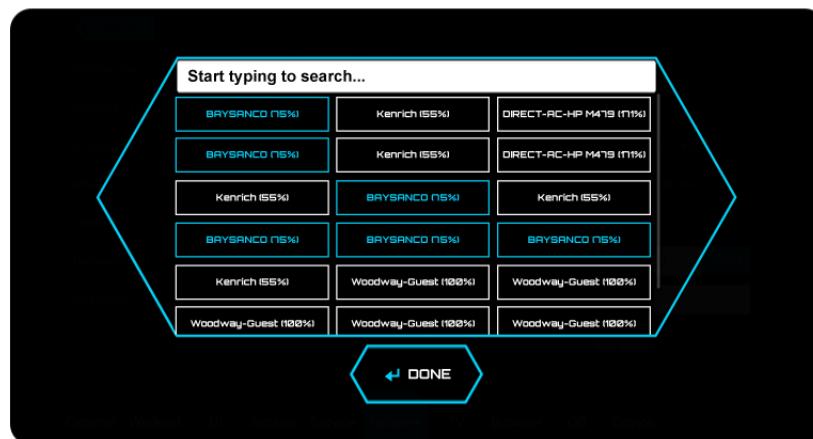
2. Then press the **Network Tab (2)**.
3. Next to the Connection header press the **Wireless Tab (3)** to select the Wireless option.
4. To select a Wi-Fi network press the **White Input Panel (4)**.



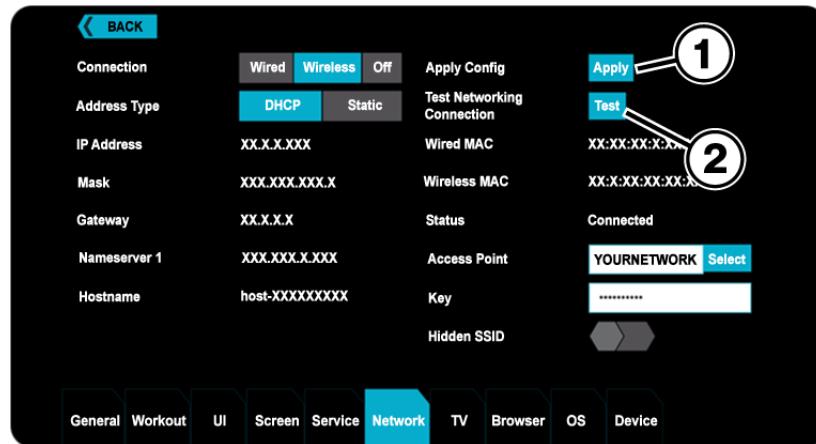
- Pressing the "Input Panel" will open a keyboard panel allowing the input of the desired network location.



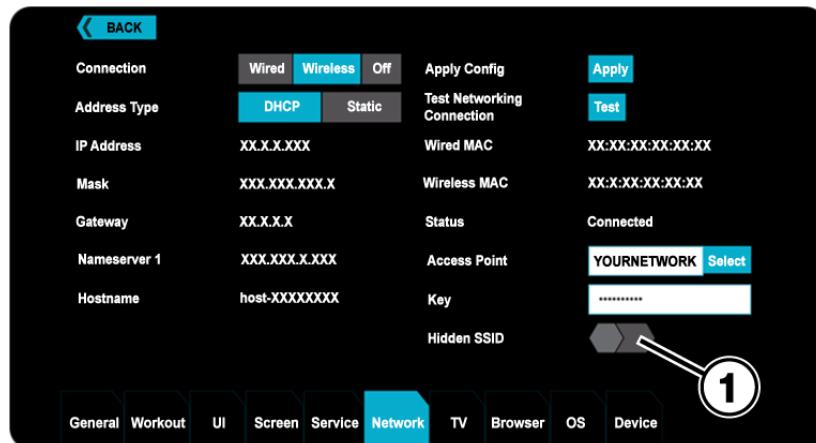
- Pressing the **Select Tab (1)** will open a new screen with multiple selections for existing networks.



- Select the desired Network and press DONE to close the window. Or press the White Input pane to open the keypad and type in the desired Network, then press DONE to close the window.



- Once the address has been entered press the **Apply Tab (1)** next to the Apply Config header. and wait a few seconds before pressing the **Test Tab (2)** next to the Test Networking Connection, it should display “Network Test Successful”

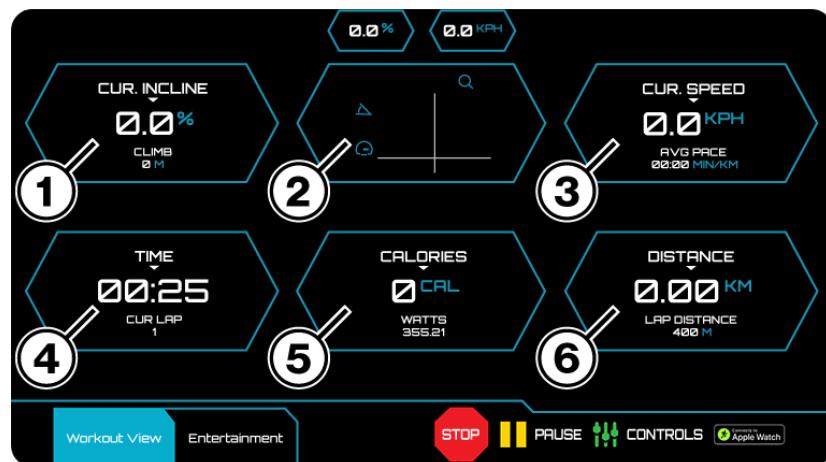


- NOTE:** If the access point is hidden, toggle the **Hidden SSID Button (1)**.

NOTE: See Chapter 13 for ProSmart Infrastructure Requirements.

6 Display Elements and General Operation

6.1 Data View Dash Board



Current Incline (1) Displays the current incline setting in the center of the Incline pane, while the total climb distance for the current workout is displayed in the bottom portion of the pane. Pressing anywhere in the Incline pane will open four octagon elements that display the average incline for the current workout, the current incline setting, and a Set Incline Tab. Pressing any one of the octagon elements will select that element metric to display as the new default on the Main Data View screen.

Pressing anywhere, other than, the octagon elements and the screen will return to the Data View home screen.

Pressing the Set Incline Tab will open the Control Screen. [\(See Control Screen Details 6.2\)](#)

Workout Chart (2) Displays the speed and incline. Pressing anywhere within the pane will open the Workout Chart screen which will display Incline and Speed in a bar graph form. [\(See Chapter 7.2.4 Workout Chart details\)](#)

Current Speed (3) Displays the current speed in the center portion of the pane in either MPH or KPH (whichever metric is chosen in the settings) and the average pace is displayed in the lower portion of the pane. Pressing anywhere in the Speed pane will open octagon elements that show the following metrics based on the current workout. Peak Pace, Peak Speed, Pace, Average Pace, Average Speed, and Set Speed.

Pressing any one of the octagon elements will select that element metric to display as the new default on the Main Data View screen. Press anywhere other than the octagon elements and the screen will return to the Data View home screen.

Pressing the Set Incline Tab will open the Control Screen. [\(See Control Screen Details 6.2\)](#)

Time (4) Displays the current workout duration in the center and the current lap in the lower portion of the pane. Pressing anywhere within the pane will open octagon elements that display a Clock with the current time, and the current lap. Pressing any one of the octagon elements will select that element metric to display as the new default on the Main Data View screen.

Press anywhere other than the octagon elements will return to the Data View home screen.

Pressing the Set Speed Tab will open the Control Screen. [\(See Control Screen Details\)](#)

Calories (5) Displays the current calories burned during the workout in the center of the pane, and Watts in the lower portion of the pane. Pressing anywhere in Calories pane will open octagon elements that show calories burned per hour, METS and Watts.

Pressing any one of the octagon elements will select that element metric to display as the new default on the Main Data View screen. Press anywhere other than the octagon elements will return to the Data View home screen.

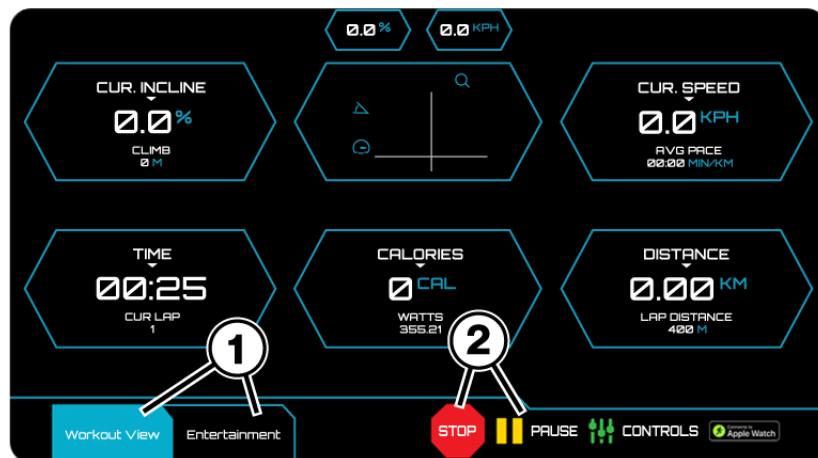
Distance (6) Displays the current workout distance in the center of the pane, and the Lap Distance in the lower portion of the pane.

Pressing anywhere within the pane will open octagon elements that allow the user to select Lap Distance which will display the elements metrics as the new default on the Main Data View screen.

Note: metrics will display in either Miles or KM depending on which metric is chosen in the settings screen.

Note: The previous screen descriptions are based on the Default Display Settings. Any changes made to the metrics view in any of the information panes will revert to the "Standard" display views when the workout is finished.

If a user logs into the treadmill and makes changes to the metrics viewed in any of the information panes, the program will retain the modified view settings based on the users login credentials and will display the modified views upon future logins.



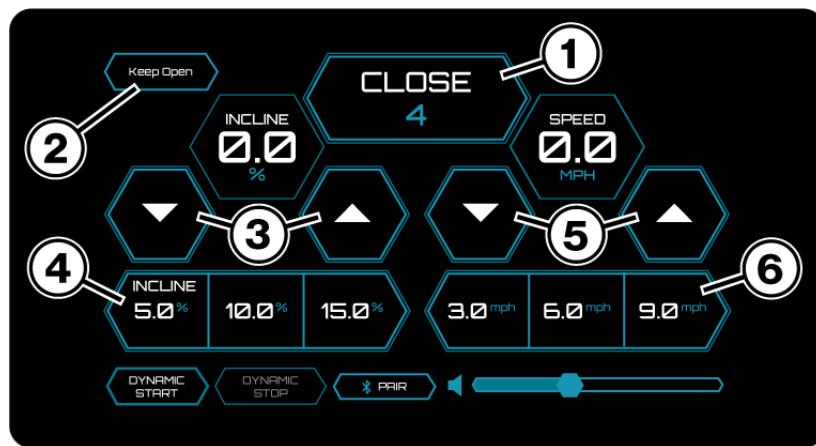
From the main Dashboard Data View Screen, the lower left corner has two tabs that give the user the option to toggle from **Workout View** to **Entertainment View (1)** as well as **Stop** and **Pause (2)** Buttons that allow the user to stop and or pause their workout.

Pressing either button will open a secondary screen with the option or accept or decline the selection.

NOTE: The Workout View's, Entertainment, Stop, Pause, and Controls buttons on the lower portion of the screen are common elements that are found on various screens within the Pro Smart interface. They function in the same manner across all screen variants.

6.2 Controls Screen

Located on the lower right corner of the Data View Dash Board screen is the “Controls” icon. Pressing it will open the Controls Screen.



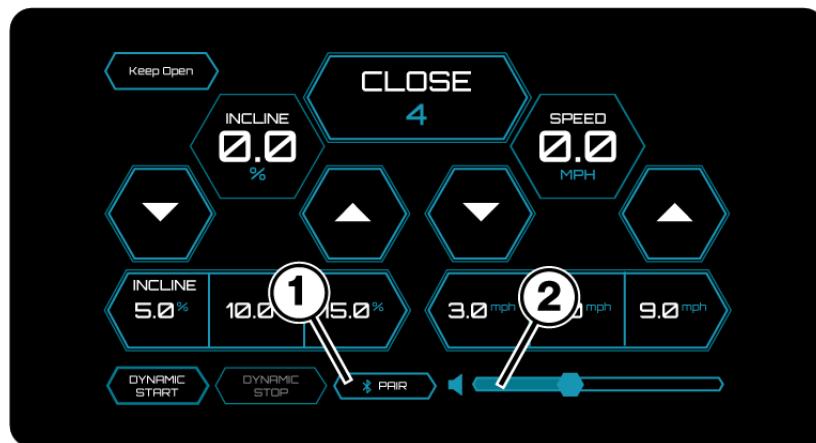
Upon opening the Controls Screen a **Close Window Timer (1)** will begin. To keep the Screen active press the **Keep Open Tab (2)**, when pressed the large center tab will display “Close”, pressing that tab at anytime will close the Controls Screen and revert back to the Data View Screen.

The Incline may be adjusted by using the **Up/Down Arrow Buttons (3)** or by using the **“QuickSet” Tabs (4)** which sets the Incline directly to 5, 10, or 15% depending on which tab is pressed.

Note: The -3 to +22 incline option requires the user to press and hold the Negative Incline button for 5 seconds to go to the Negative position. To return the zero position the user must press and hold the Positive Incline button for 5 seconds.

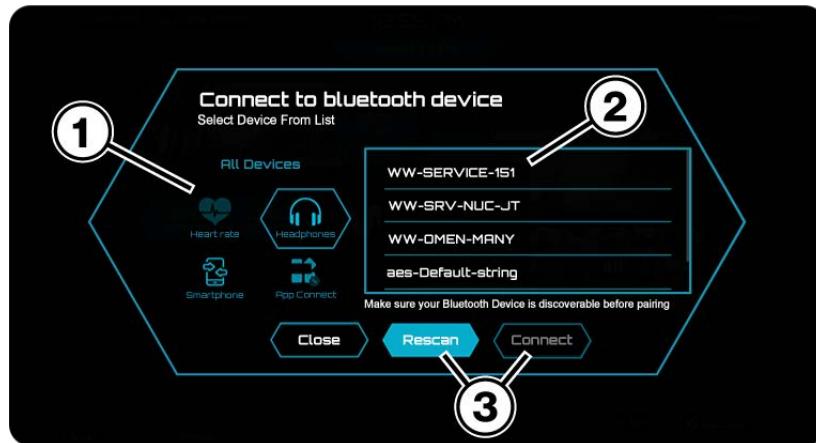
The Speed may be adjusted by using the **Up/Down Arrow Buttons (5)** or by using the **“QuickSet” Tabs (6)** which sets the speed directly to 3.0, 6.0, or 9.0 mph (4.8, 9.7 or 14.5 kph). Press the Close Tab to return to the Data View Screen.

6.3 Bluetooth® Paring



The lower portion of the Control Screen contains the **Bluetooth® Paring Tab (1)** and a **Volume Slider (2)** that can be used to adjust headphone volume to headphones that are connected via Bluetooth®. Press the Bluetooth® Icon tab to open the Bluetooth® pairing screen.

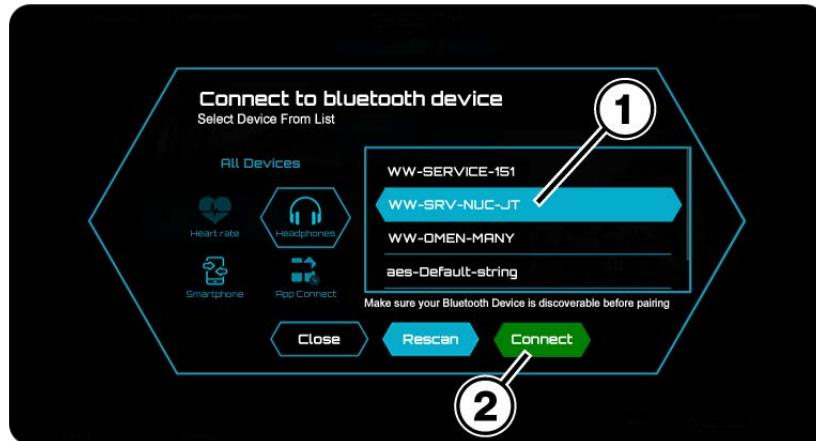
Note: Bluetooth® Pairing may also be accessed from the Main Screen.



The Bluetooth ® Pairing screen gives users the ability to select the type of device they would like to pair to the treadmill by pressing the associated Icon. **Heart Rate, Headphones, Smartphone, or App Connect (1)**.

After selecting the device type, the **Device List (2)** will populate with devices that are within Bluetooth ® pairing distance.

There is an option to **Rescan or Connect (3)** Rescanning may be needed if the device is not initially found on the first scan.

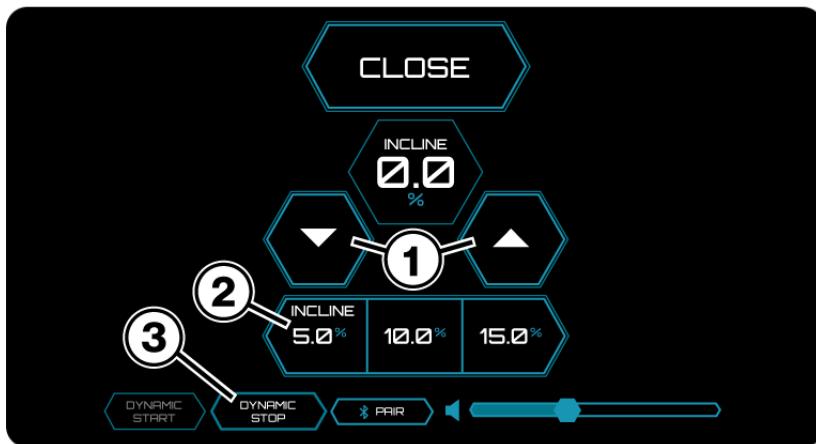
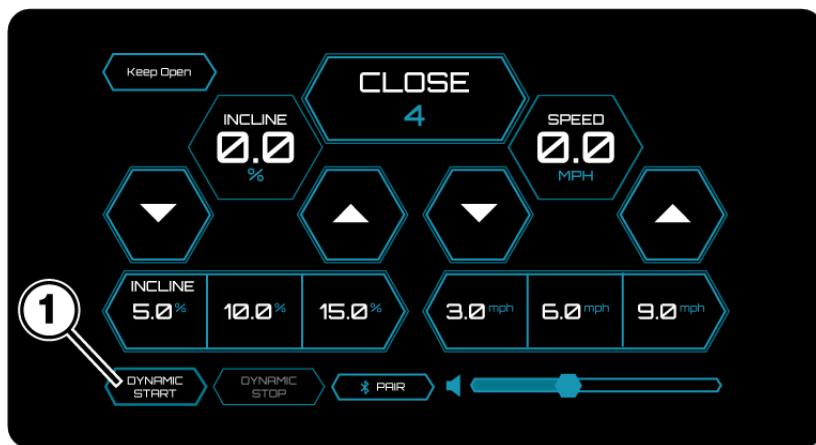


Find the **Desired Device (1)** and press its description to select it. When selected it will highlight with a solid fill as shown.

Press the **Connect Tab (2)** to start the pairing process. If it does not pair, ensure your device is set to be discoverable, and press the Rescan Button.

6.4 Dynamic Mode

The lower portion of the Control Screen lets the user select Dynamic Mode with the **Dynamic Start Button (1)**. In "Dynamic Mode" the Belt is "Unlocked"/"Freewheeling" allowing the user to serve as the running surface "Drive" force, by manually driving the belt surface during a workout.



With Dynamic Mode chosen, the screen will change to dynamic mode view allowing the user to adjust the Incline by using the **Up or Down Icon Buttons (1)** which make incremental 0.5% changes to the Incline.

Or the **"Quick Set" Tabs (2)** set the incline directly to 5, 10, or 15% depending on which tab is pressed.

To exit out of Dynamic Mode press the **Dynamic Stop (3)** button.

Note: The -3 to +22 incline option requires the user to press and hold the Negative Incline button for 5 seconds to go to the Negative position. To return to the zero position the user must press and hold the Positive Incline button for 5 seconds.

! WARNING

Do Not Leave Treadmill Unattended While in Dynamic Mode!

If the treadmill is left unattended while in Dynamic Mode, there is a possibility of personal injury from people stepping onto device while assuming the running surface is locked.

- Never leave treadmill unattended while in Dynamic Mode.
- The running surface runs completely free in both directions and is no longer slowed by the motor.
- Always keep children and animals clear of the treadmill while in Dynamic Mode.

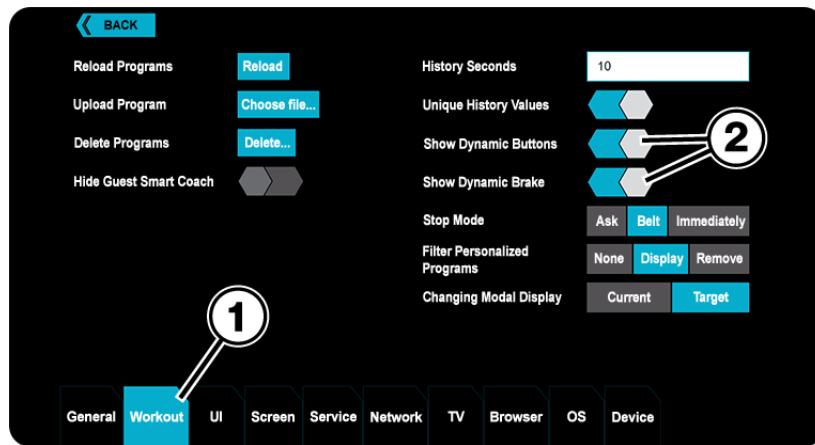
6.5 Dynamic Braking

Dynamic Braking sets the treadmill into Dynamic Mode, with the option to increase resistance to the belt. The user is still the "Drive" force to move the belt, but with the addition of adjustable resistance to enhance the workout effort.

The Dynamic Braking option can be turned on or off in the settings screens. When activated in the settings screen the Dynamic Mode Button will appear on the Dashboard screen giving the user the option to turn it on or off.



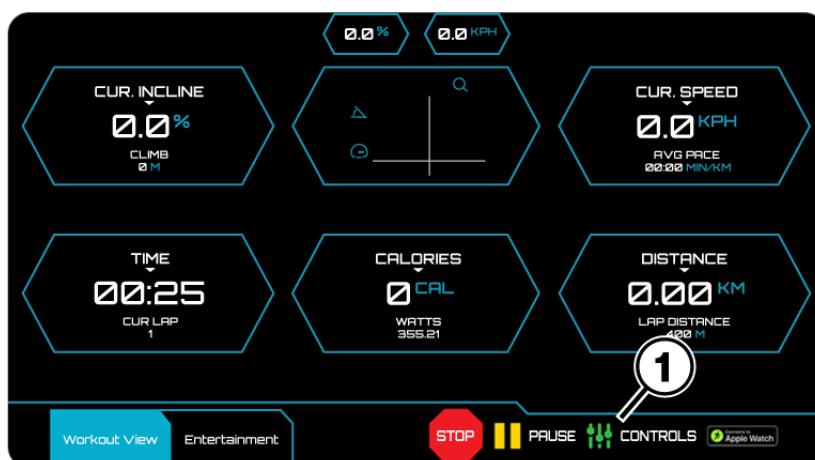
1. From the Main Screen, access the **Settings Screen (1)**.



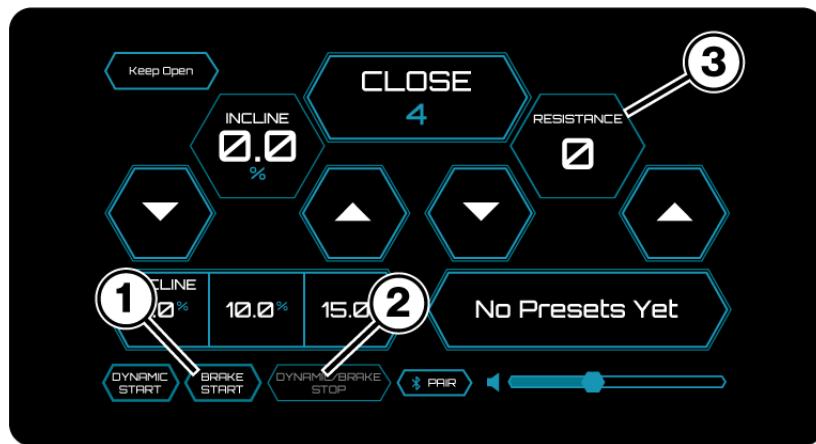
2. Then press the **Workout Tab (1)**.
3. Next to the Show Dynamic Braking and Show Dynamic buttons, press the **“Toggle” Button (2)** to make the Dynamic Brake Mode active. (as shown). Press the Back Button at the upper left corner of the screen to revert back to the Main Screen.



4. From the Main screen, select the **QUICK START Tab (1)** to open the Dashboard screen.

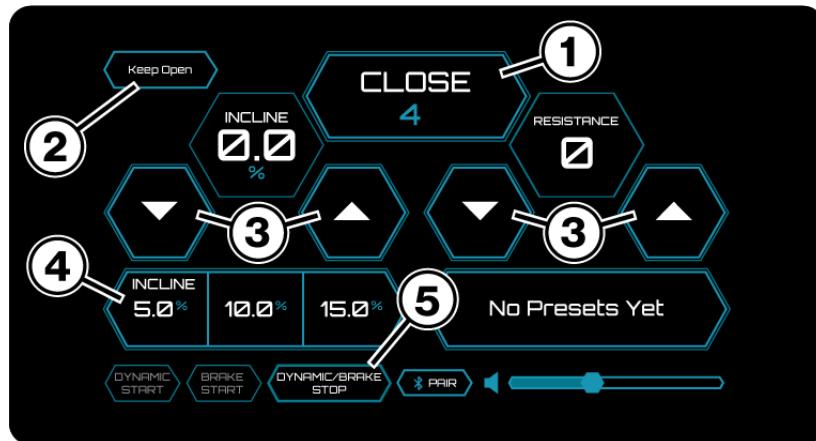


5. From the Data View Dash Board screen, press the **Controls Icon (1)** in the lower right hand corner.



- With the Controls screen open, press the **Brake Start Tab (1)** and the tab will "dull" and the **Dynamic/Brake Stop Tab (2)** will become highlighted.

The Speed display will change to **Resistance (3)** allowing the user to adjust the desired amount of resistance using the Up/Down Arrows.



- Upon opening the screen a **Close Window Timer (1)** will begin, to keep the screen active press the **Keep Open Tab (2)**. When pressed, the large center tab will display "Close". Pressing that tab at anytime will close the Controls screen and revert back to the Data View Dashboard screen.
- Both the Incline and Resistance can be adjusted by using the **Up/Down Buttons (3)** which make incremental 0.5% changes to the Incline, and Resistance in 1lbs increments. (20 Max).

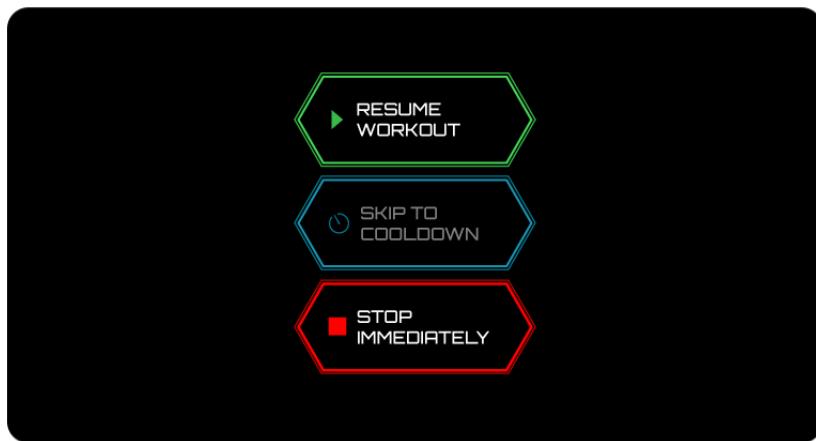
Note: The -3 to +22 incline option requires the user to press and hold the Negative Incline button for 5 seconds to go to the Negative position. To return the zero position, the user must press and hold the Positive Incline button for 5 seconds.

The "Quick Set" Tabs (4) set the Incline directly to 5, 10, or 15% depending on which tab is pressed.

To exit out of Dynamic Braking Mode, press the **Dynamic/Brake Stop Tab (5)**.

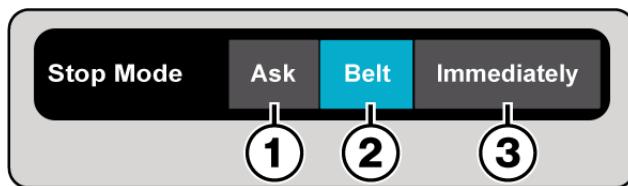
6.6 Finishing a Workout

To finish a workout the user can press the STOP Button on the lower center portion of the Dashboards screen (either workout view or entertainment view) or by pressing the STOP Button located on the lower console panel.



Upon pressing the Stop Button the screen will change. if set to "Ask" or "Belt", a "Shutdown Prompt" Screen will appear giving the user the option to either STOP the workout or Resume the Current workout.

Note: When stopping a workout from the "Quick Start" mode, the Skip Cooldown Tab is NOT active. When stopping a workout from a "Programmed" workout mode, the Cooldown tab will be active.



The Stop Mode function can be modified in the Settings/Workout screen under Stop Mode. The user can set it to Ask, Belt, or Immediately.

Ask (1) will keep the treadmill belt running and load the Shutdown Prompt screen giving the user the option to Resume the workout or Stop Immediately. Pressing the Stop Immediately tab will exit the screen and slow the belt to a stop.

Belt (2) will slow the treadmill belt to a stop and load the Shutdown Prompt screen, giving the user the option to Resume the workout or Stop Immediately. Pressing the Stop Immediately tab will exit the Screen.

Immediately (3) Will slow the belt to a stop, and exit the shutdown screen.

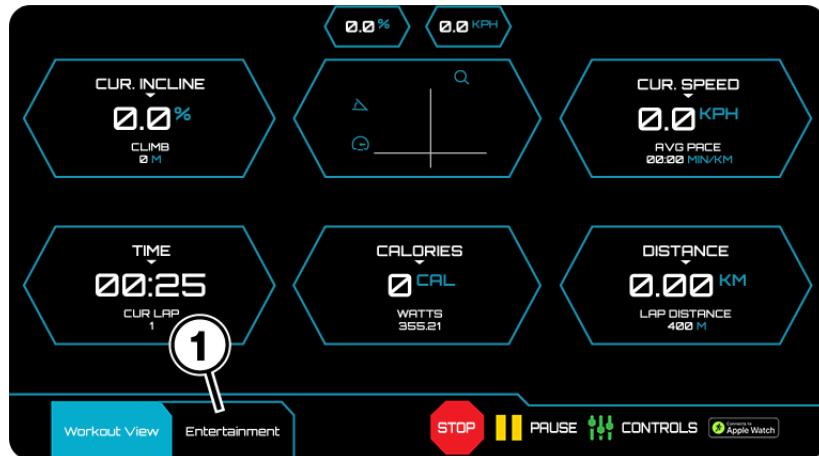


After stopping a workout in any of the Stop Modes, the screen will display the statistics from the workout. The screen will remain for 30 seconds unless the "Return to Main" Tab is pressed in the center of the screen.

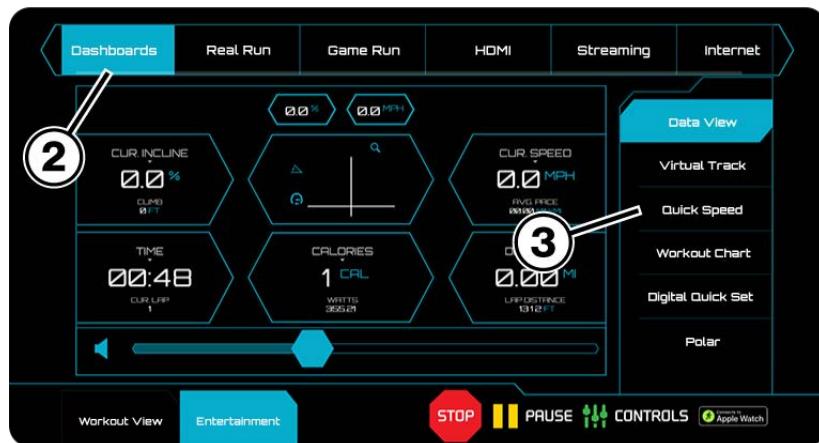
Notes: _____

7 Entertainment Selections

From the Data View Dashboard screen, the user can access the "Entertainment" segment of the User Interface.



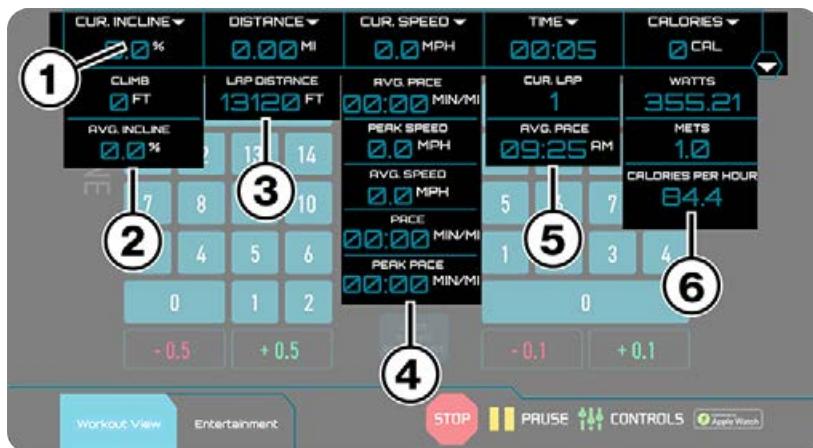
Pressing the **Entertainment Tab (1)** will open the main Entertainment Screen.



Within the main screen, there is a **Header Bar (2)** with six sub-screen choices, Dashboards, Real Run, Game Run, HDMI, Streaming, and Internet.

Each of the six header bar choices have multiple **Sub-Menus (3)** within their format that give the user an almost infinite number of workout and entertainment options.

7.1 Understanding “Header Rows”



Within the Entertainment screen selections, are multiple screens that employ a Drop Down Upper Header Row to display various user selectable metrics. Each of the **Headers (1)** across the top row have a drop-down that displays all the current metrics for the particular header chosen. (Graphic mock-up displays the Digital Quick Set Screen with all drop downs at once for reference only) **Note:** The Drop Down header opacity may be adjusted in the Settings User Interface screen.

NOTE: The upper Header Row Status Bar is fully customizable. By pressing any of the top tabs, a drop down menu will open allowing the user to select any of the lower metrics in the column.

Pressing any one of the metrics from the drop down will select it and move it the top position in the column, and that will be the new default metric that shows during the workout.

The Current Header descriptions lists are shown as the “Default Header Screen” selections, as noted all headers are configurable to the users preference. Once the workout is exited the headers will revert back to the default listings.

Current Incline (2) Displays the Current Incline setting, the number of feet currently climbed during the workout, and **Average Incline:** as calculated during the workout.

Distance (3) Displays the Current Distance in Miles (KM), while the drop down tab displays the **Lap Distance:** in FT (Meters).

Current Speed (4) Displays the Current Speed in MPH or KPH (depending on the chosen unit of measure selected in the settings screen).

Average Pace: calculates and displays the average pace in MPH/KPH per minute.

Peak Speed: displays the “maximum”/peak speed reached during the current workout.

Average Speed: shows the Current average speed as calculated during the current workout.

Pace: displays the current pace in MIN/MI or MIN/KM as calculated during the current workout.

Peak Pace: Displays the peak pace in MIN/MI or MIN/KM as calculated during the current workout.

Time (5) Displays the elapsed time for the current workout.

Current Lap: Displays the current Lap as calculated for the workout in progress, Laps are calculated based on a 1/4 Mile (400m) track distance.

Average Pace: shows the average pace over the duration of the current workout.

Calories (6) Display the users calories burned per hour based on the current active workout.

Watts: Measures the energy used in the current workout and displays it in Watts per minute.

METS: METs are displayed in 00.0 format and are calculated using the ACSM formula.

ACSM Formula:

(VO2 Max / 3.5), where the walking VO2 Max is $(3.5 + [2.68 * \text{speed in MPH}] + [0.48 * \text{speed in MPH}] * [\% \text{ grade}])$ and the running VO2 Max is $(3.5 + [5.36 * \text{speed in MPH}] + [0.24 * \text{speed in MPH}] * [\% \text{ grade}])$.

Calories Per Hour: Displays the calories burned per hour based on the current active workout.

Any screen that displays the upper header row will have an octagon arrow tab located in the upper right corner of the screen.

Pressing the **Arrow icon** will collapse the header row leaving just the current chosen screen main elements, press the icon again to display the header row.



Note: Calories burned per hour is calculated base on a default weight of 150 lbs (68kg)

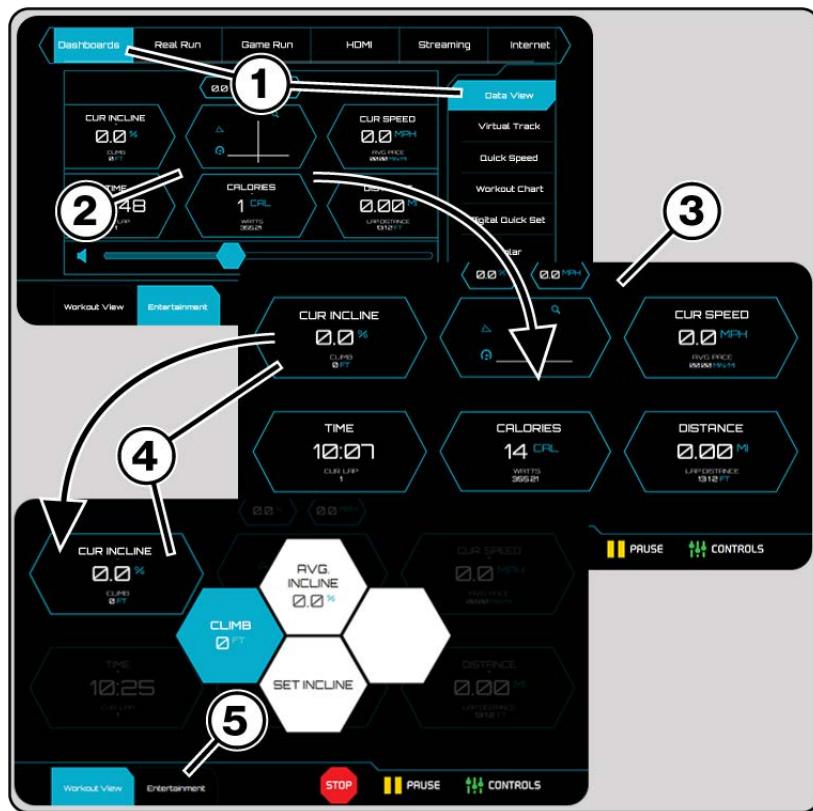
If a user is logged in and their weight is saved in the system, the calories burned per hour will be calculated based on their weight. If a user is using a workout program that asks specifically for the user's weight during the workout parameter setup, then the calories burned per hour will be calculated based on that weight input.

Notes: _____

7.2 Entertainment Screens

7.2.1 Dashboard Data View

With the Entertainment screen open and the **Dashboards and Data View (1)** selected, the center portion of the screen will display the current workout metrics.



Pressing anywhere within the **Data View (2)** portion of the screen will change the view mode to **Full Screen Data View mode (3)**. Pressing any one of the title elements within the full screen view will display detailed **pop up support elements (4)**, showing current data and allowing the user to make changes to that particular metric.

To return to the Dashboards main screen, press the **Entertainment Tab (5)** at the lower left of the screen.

Current Incline: Displays the current incline setting, the average incline for the current workout, the number of feet/meters climbed, and the ability to adjust the incline.

Current Speed: Displays Pace, Peak Pace, Average Pace, Peak Speed, Average Speed, the Current Speed in mph/kph and the ability to change the current speed.

Time: Displays the current workout duration, the current lap, and clock

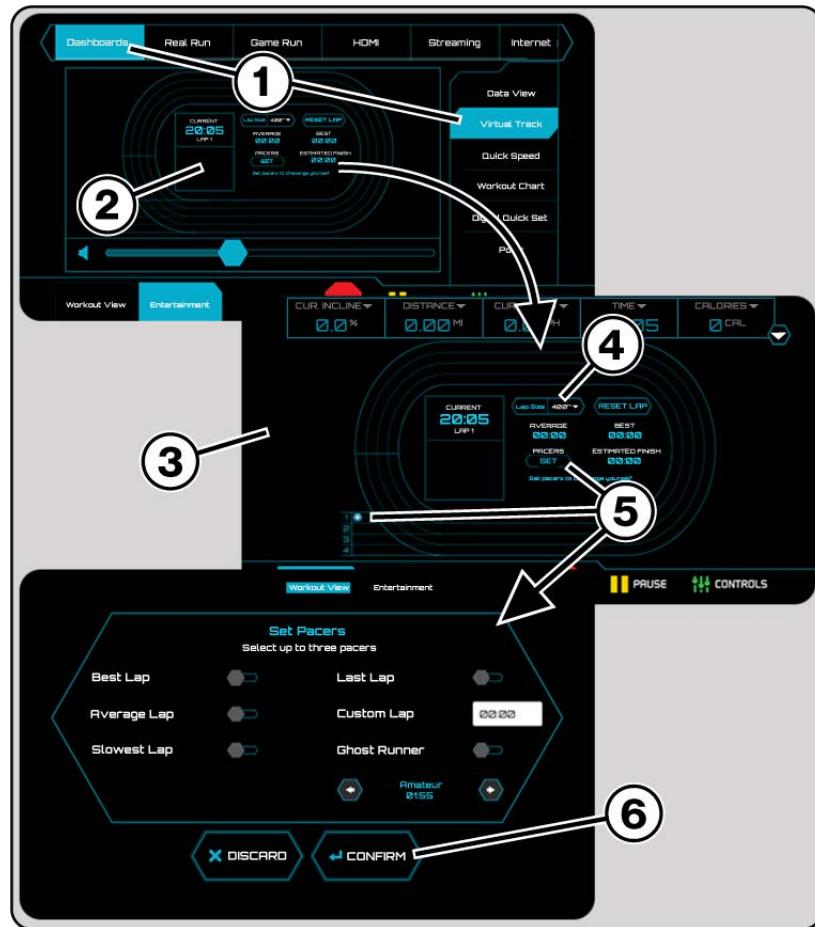
Distance: Displays the current distance in Mi/KM, and Lap distance.

Calories: Displays Calories per hour, Watts, and METS based on the current workout.

Note: pressing Set Speed, or Set Incline will open the Controls Screen to make desired adjustments, the Control Screen will revert back to the previous screen [\(see Chapter 6.1.2\)](#)

7.2.2 Dashboard Virtual Track

With the Entertainment screen open and the **Dashboards and Virtual Track (1)** selected, the center portion of the screen will display a virtual track, with a blue and white octagon marker that represents the users virtual location on the track during their workout.



Pressing anywhere within the **Virtual Track View (2)** portion of the screen, will change the view mode to **Full Screen Virtual Track View mode (3)**.

When in the full screen mode, the user can set the **Lap Size (4)** by pressing the tab to open a drop-down menu and selecting one of 5 lap lengths. ([See 7.1 Understanding Header Rows](#))

Pressing the **Pacers Set Tab (5)** will open a secondary screen that allows the user to set up to three different “Pacers”, that will run the virtual track to help visually track progress and encourage the pace. At the lower right are arrow tabs that allow the user to scroll through 4 different “pacer” levels that best suit their fitness level, Beginner, Amateur, Competitive, and Professional.

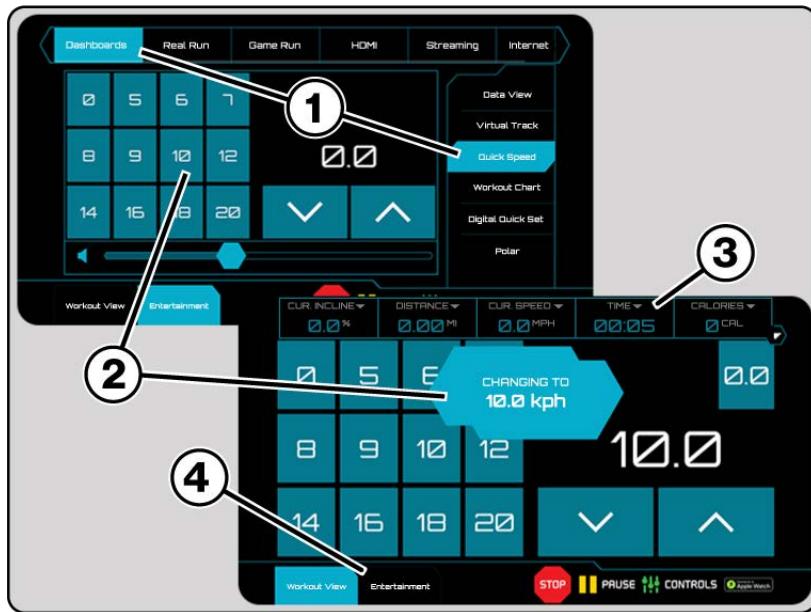
The user can also define a custom lap time by pressing the white numeric input cell which will open a keypad allowing the input of a custom lap time.

When the desired selections have been made, press the **Confirm Tab**.

Also displayed is the Current lap time, the Best lap time, and the estimated time to finish, as well as the ability to Reset the lap. The upper row displays metrics and can be hidden/shown by pressing the octagon/arrow tab at the right side of the row.

7.2.3 Dashboard Quick Speed

With the Entertainment screen open and the **Dashboards and Quick Speed (1)** selected, the center portion of the screen will display a simplified version of the Speed Adjustment screen.



Pressing anywhere within the center **Numeric Keypad Section (2)** of the screen will open a full screen version of the keypad giving the user the ability to quickly make changes to the speed settings.

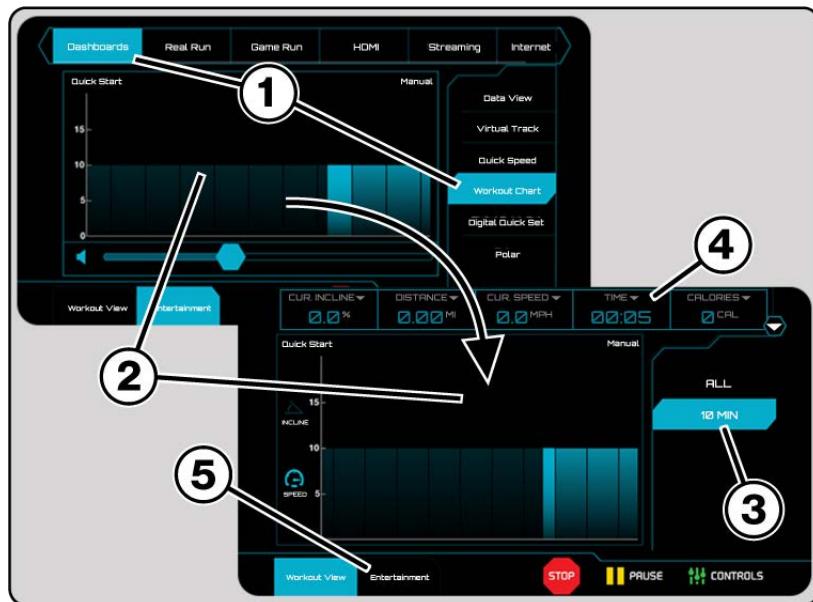
The **Upper Row (3)** displays current metrics and is fully customizable to display user defined metrics. ([See 7.1 Understanding Header Rows](#))

Pressing the **Entertainment Tab (4)** will exit the full screen mode and return to the Dashboard display screen.

Notes: _____

7.2.4 Dashboard Workout Chart

With the Entertainment screen open and the **Dashboards and Workout Chart (1)** selected, the center portion of the screen will display a scrolling bar graph displaying Incline and Speed parameters for the current workout.



Pressing anywhere within the center **Dashboard Graph Display (2)** will open a full screen version of the Incline / Speed Graph allowing the user to see the current workout metrics.

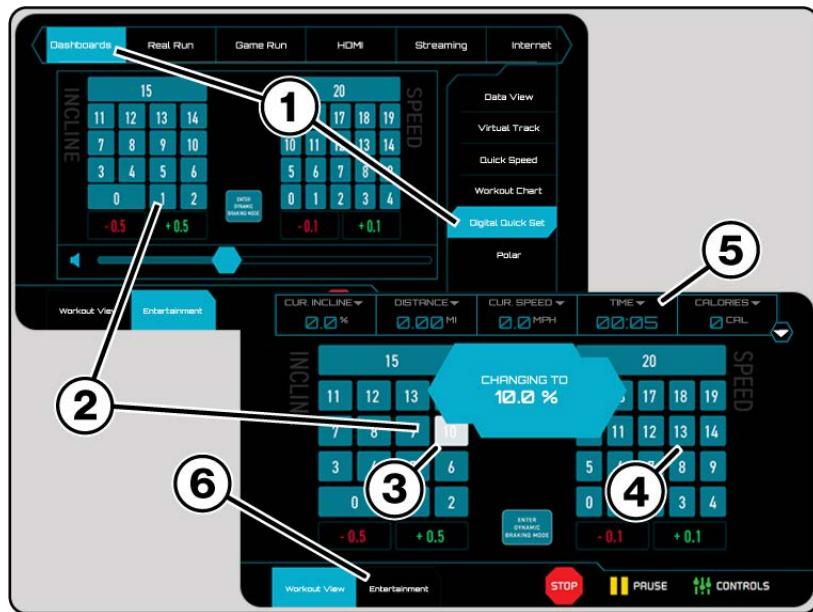
The view can be changed between a 10 minute view or a total workout time view by selecting either **Tab (3)** on the right side of the screen.

The **Upper Row (4)** displays current metrics and is fully customizable to display user defined metrics. [\(See 7.1 Understanding Header Rows\)](#)

Pressing the **Entertainment Tab (5)** will exit the full screen mode and return to the Dashboard display screen.

7.2.5 Dashboard Digital Quickset

With the Entertainment screen open, and the **Dashboards and Digital Quickset (1)** selected, the center portion of the screen displays two numeric keypads, Incline and Speed.

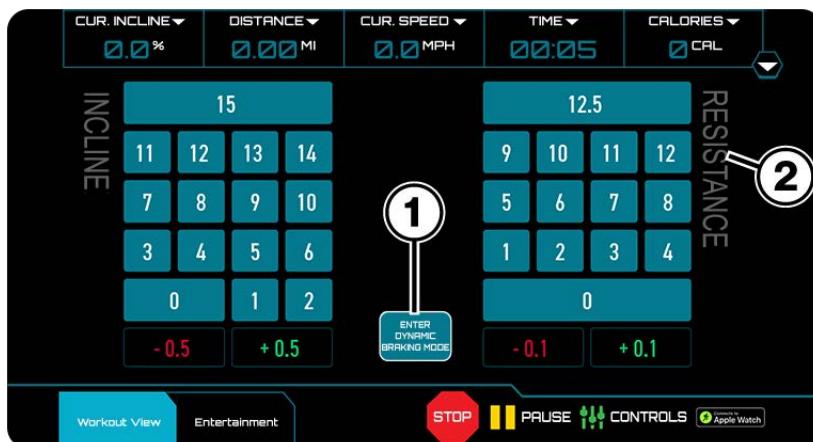


Pressing anywhere within the center **Dashboard Quick Set Screen (2)** will open a full screen version of the Incline / Speed keypads.

The **Quickset Incline (3)** and **Quickset Speed (4)** numeric keypads allow the user to quickly input the desired Incline and Speed by pressing the desired numeric value (Blue Buttons), or making minor incremental adjustments by using the Red and Green buttons at the bottom portion of the keypad to decrease or increase the values by 0.1 increments.

The **Upper Row (5)** displays current metrics and is fully customizable to display user defined metrics. [\(See 7.1 Understanding Header Rows\)](#)

Pressing the **Entertainment Tab (6)** will exit the full screen mode and return to the Dashboard display screen.

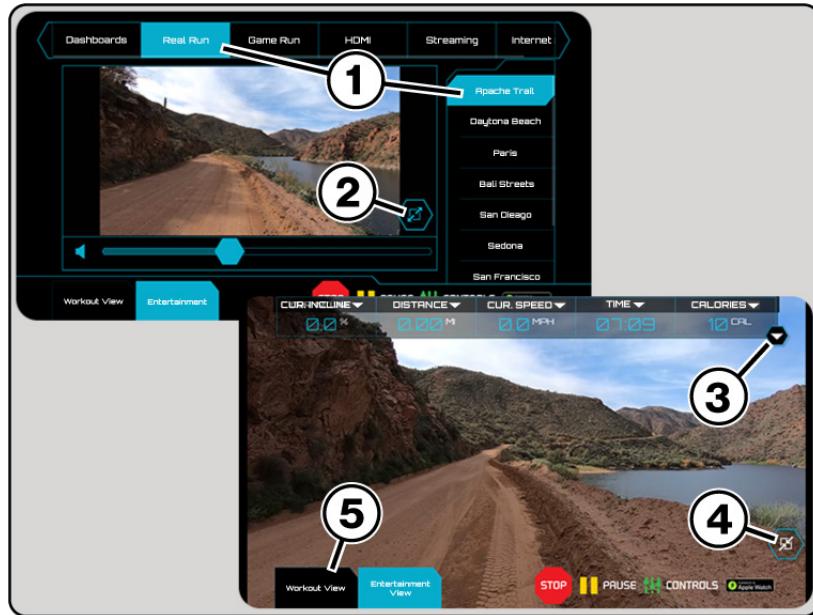


If Dynamic Braking is active, the screen will show the ENTER DYNAMIC BRAKING MODE (1). When active, the Speed keypad will change to Resistance keypad (2)

7.2.6 Real Run

With the Entertainment screen open and the **Real Run (1)** selected, the center of the screen will display one of nine “real” courses to engage the user. The **Side Bar (1)** tabs can be scrolled up or down to view the available “courses” they are selected by pressing the desired course tab.

Pressing the **Screen Mode Icon (2)** will enlarge the video to full screen mode, and will display the Header Status Bar across the top of the screen. ([See 7.1 Understanding Header Rows](#))



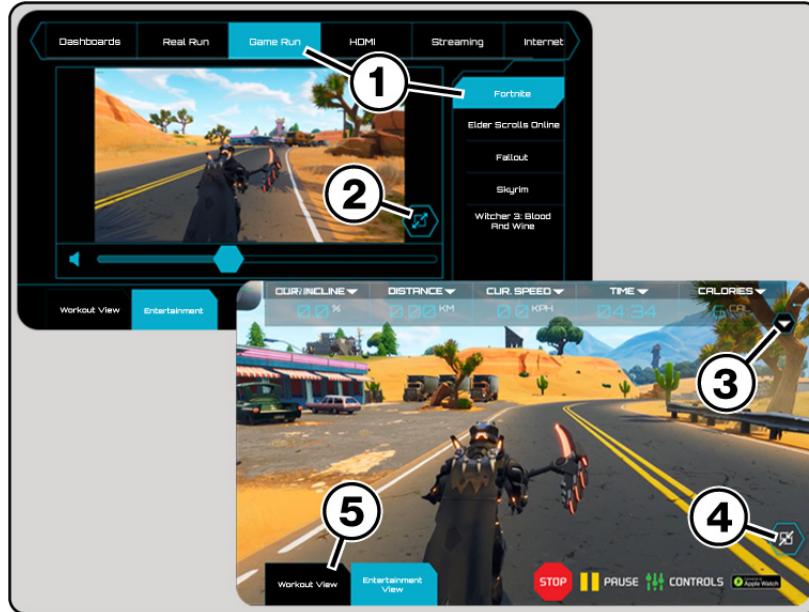
Pressing the **Icon (3)** in the upper right corner of the Dashboard will collapse the Statistics Header Row leaving just the Stop, Pause, and Controls showing. Press the icon again to display the Statistics Header Row.

Pressing the **Screen Mode Icon (4)** in the lower right corner will return the view to the dashboard entertainment view. Pressing the **Workout View Tab (5)** will open the workout status screen to whichever screen was previously selected, displaying the statistics for the current workout. Press the Entertainment View Tab to return to the Real Run screen.

7.2.7 Game Run

With the Entertainment screen open and the **Game Run (1)** selected, the center of the screen will display one of five "Game" courses to engage the user. The **Side Bar (1)** tabs can be scrolled up or down to view the available "courses" they are selected by pressing the desired course tab.

Pressing the **Screen Mode Icon (2)** will enlarge the video to full screen mode, and will display the Header Status Bar across the top of the screen. ([See 7.1 Understanding Header Rows](#))



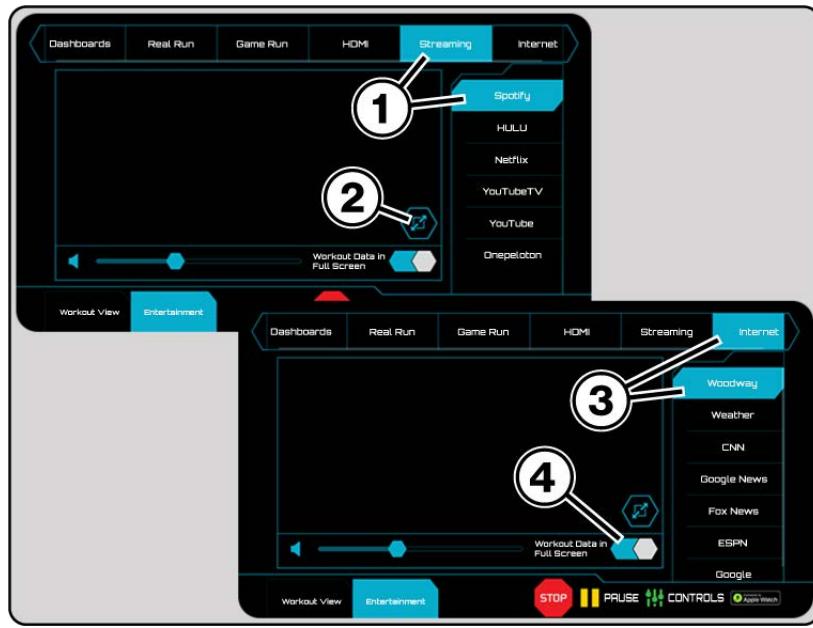
Pressing the **Icon (3)** in the upper right corner of the Dashboard will collapse the Statistics Header Row leaving just the Stop, Pause, and Controls showing. Press the icon again to display the Statistics Header Row.

Pressing the **Screen Mode Icon (4)** in the lower right corner will return the view to the dashboard entertainment view. Pressing the **Workout View Tab (5)** will open the workout status screen to whichever screen was previously selected, displaying the statistics for the current workout. Press the Entertainment View Tab to return to the Real Run screen.

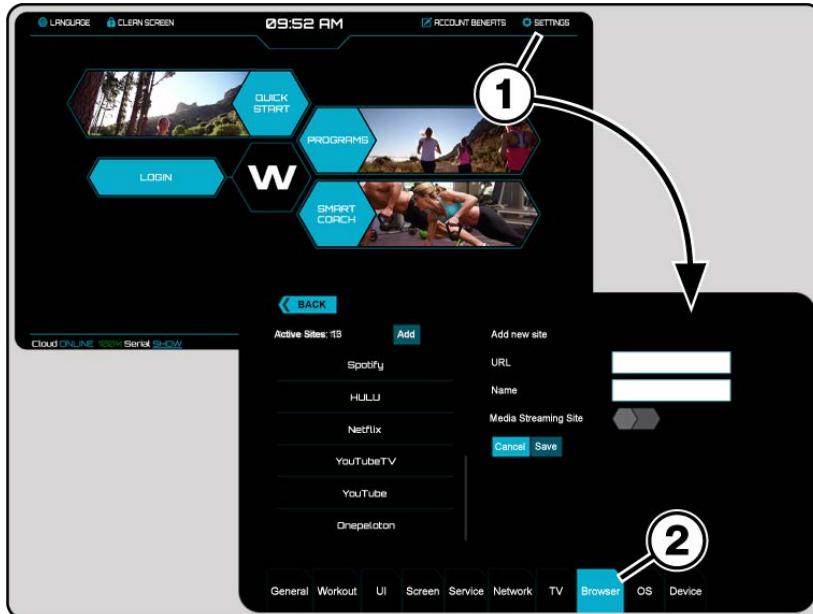
[Also see Chapter 8.7 Virtual programs.](#)

7.2.8 Streaming and Internet

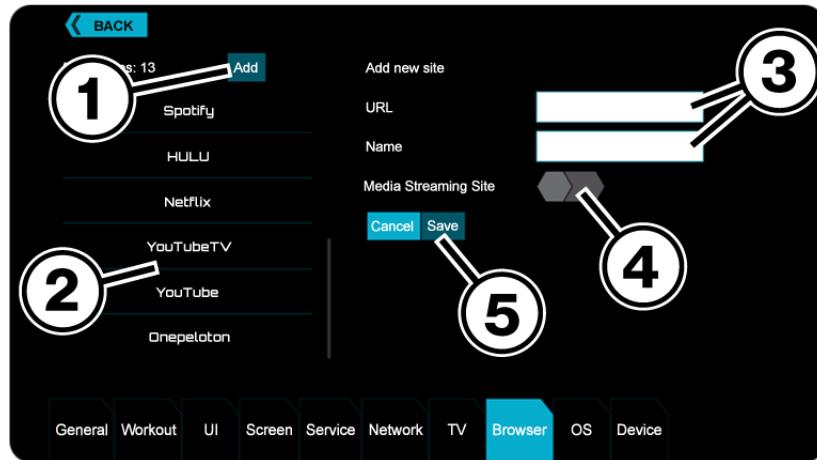
With the Entertainment screen open the user can choose between either **Streaming (1)** or **Internet (3)** from the top row. Whichever selection is made the column on the right will populate with preselected Streaming or Internet sites, allowing the user to scroll and select their desired site. Pressing the **Screen View Icon (2)** will change the display to full screen mode.



Towards the bottom right of each screen is a **Toggle (4)** that allows the user to select whether the Statistics Header is displayed when in full screen mode.



Users can populate the Streaming and Internet library by accessing the Browser screen under the Main screen **Settings Tab (1)**. Upon pressing the Settings Tab, the user will be prompted for a password (Password - 8020). Enter the password then select the **Browser Tab (2)** on the bottom right side of the screen.



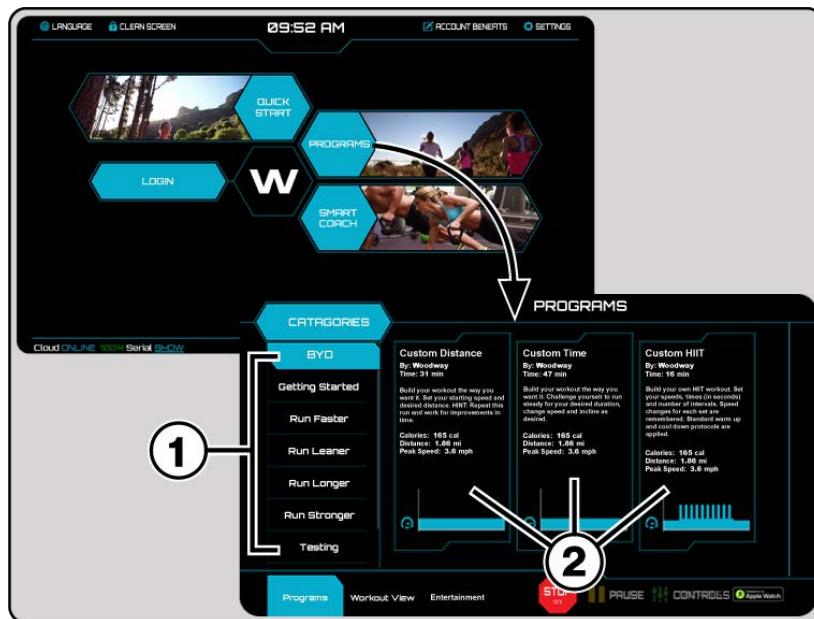
Within the Browser screen pressing the **Add button (1)** will allow sites to be added to the **Streaming and Internet List (2)**. With the Add button pressed the URL and Name input panes become active, pressing within either of the panes will open a keypad allowing the user to type in the desired URL address, and give it a user defined name.

If the site is a streaming site press the **Media Streaming Site Toggle (4)** then press **Save (5)**.

See Sub Chapter: [14.4 Adding Streaming Channels.](#)

8 Programs

8.1 BYO (Build Your Own) Programs

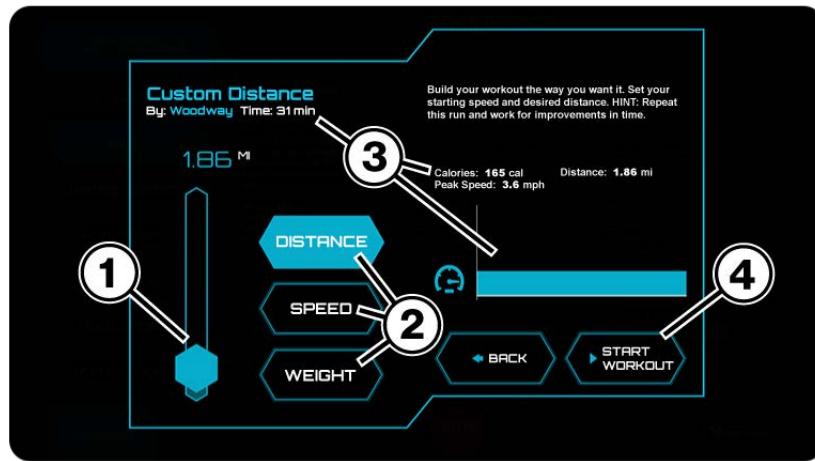


From the Main Screen, press the "Programs" tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories . There are nine categories of Programs to select from, all of which are modifiable to the users preferences. Some Programs may only be used/modifed if the users is "Logged In".

Select BYO by pressing the tab, BYO has three user defined programs; Custom Distance, Custom Time Custom HIIT (High Intensity Interval Training). Press any one of the **Three Main Program Panes (2)** to open the details setup screen.

8.1.2 Custom Distance Program

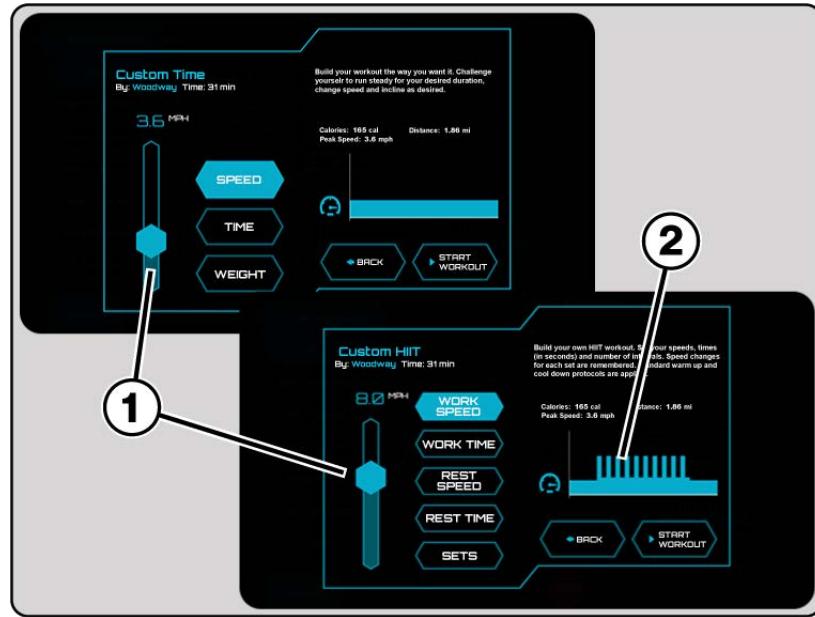


With the selected BYO screen open (Custom Distance shown for example), the user may adjust each of the parameters using the **Slide Bar (1)**. Whichever of the **Program Elements (2)** is selected will be modified when the slide bar is used.

As each of the elements are adjusted the overall **Program Metrics (3)** will update with each change.

Once the parameters have been set to the users liking, press the **START WORKOUT (4)** button to begin the workout.

8.1.3 Custom Time and HIIT Program



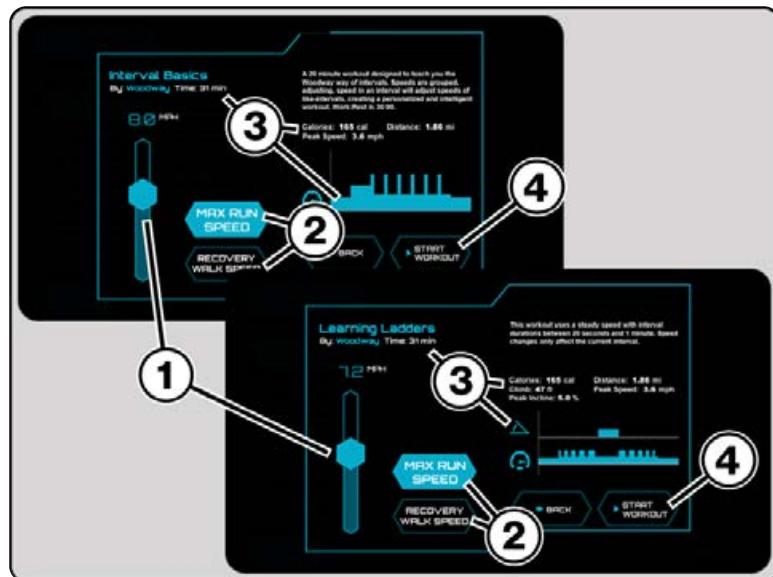
Both the Custom Time and HIIT programs have adjustable parameters that use the **Slide Bar (1)** to adjust the chosen program element. The HIIT programs allows the user to set Work Speeds and Times, Rest Speeds and Times, and Number of Sets. The **Bar Graph (2)** will change to show a graphic representation of the workout as elements are adjusted. Once the parameters have been set to the users liking, press the **START WORKOUT (4)** button to begin the workout.

8.2 Getting Started Programs

From the Main Screen, press the “Programs” tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories. There are nine categories of Programs to select from. All are modifiable to the users preferences. Some Programs may only be used/modified if the users is “Logged In”.

Select Getting Started by pressing the tab. Getting Started has three user defined programs; Interval Basics, Learning Ladders, and Set Profile Speeds. Press any one of the **Two Main Program Panes (2)** (Interval Basics and Learning Ladders) to open the details setup screen. The Third Program **Set Profile Speeds (3)** is only available if the user is logged in. (setup for Profile Speeds is much like Interval and Ladders setup)



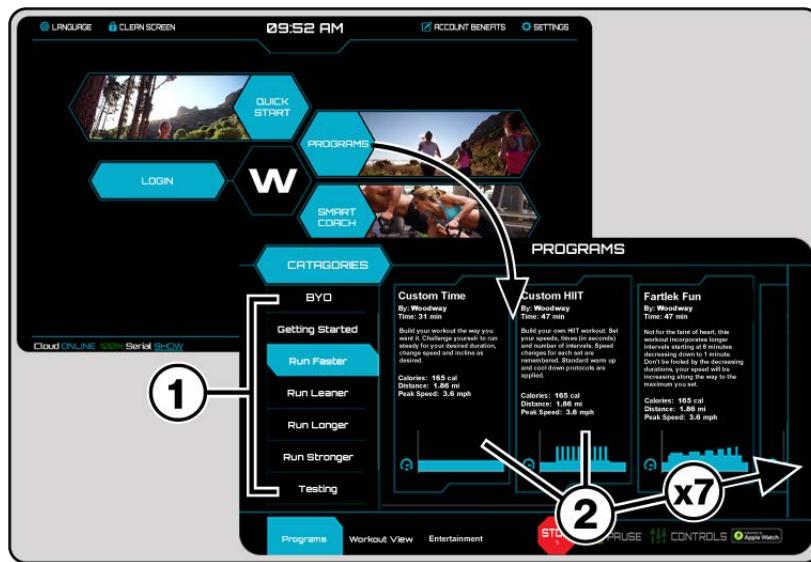
Both the Interval Basics, and Learning Ladder programs have adjustable parameters that use the **Slide Bar (1)** to adjust the chosen program element. Each program allows the user to set **Max Run Speed** and **Recovery Walk Speed (2)**. the **Bar Graph and Metrics (3)** will change as elements are adjusted. Once the parameters have been set to the users liking, press the **START WORKOUT (4)** button to begin the workout.

8.3 Run Faster Programs

From the Main Screen, press the “Programs” tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories. There are nine categories of programs to select from, all of are modifiable to the users preferences. Some programs may only be used/modified if the users is “Logged In”.

Select Run Faster by pressing the tab, Run Faster has seven user defined programs; Swipe left or right to scroll through the programs, press any one of the **Program Panes (2)** to open the detailed setup screen for that particular program.



8.3.1 Run Faster Programs Overview

Custom Time: Allows the user to set the Time, Speed, and input their weight. Speed and Incline may be adjusted as desired during the workout.

Custom HIIT: (High Intensity Interval Training) Allows the user to construct up to 50 independent sets of “Work” and “Rest” each can contain a Work Speed and Time, and a Rest Speed and Time. Standard warm up and cool down protocols are applied.

Fartlek Fun: This workout incorporates longer intervals starting at 6 minutes and decreasing down to 1 minute. Don’t be fooled by the decreasing durations, as the speed will be increasing along the way to the users set maximum speed. The user will set the Maximum Run Speed, and the Jog Speed.

Triple Threat: Is a 30:30 Interval workout with 3 minute work to rest ratio intervals with a 3 minute recovery. The user can choose how many times they want to repeat the 6 minute set. The user sets the Rest Speed, the Work Speed and Number of Sets.

Speed Builder: Is a progressive speed interval workout to help you run faster. 3 giant sets of 5-20:40 second (work:rest) intervals. Speed changes are remembered and built upon.

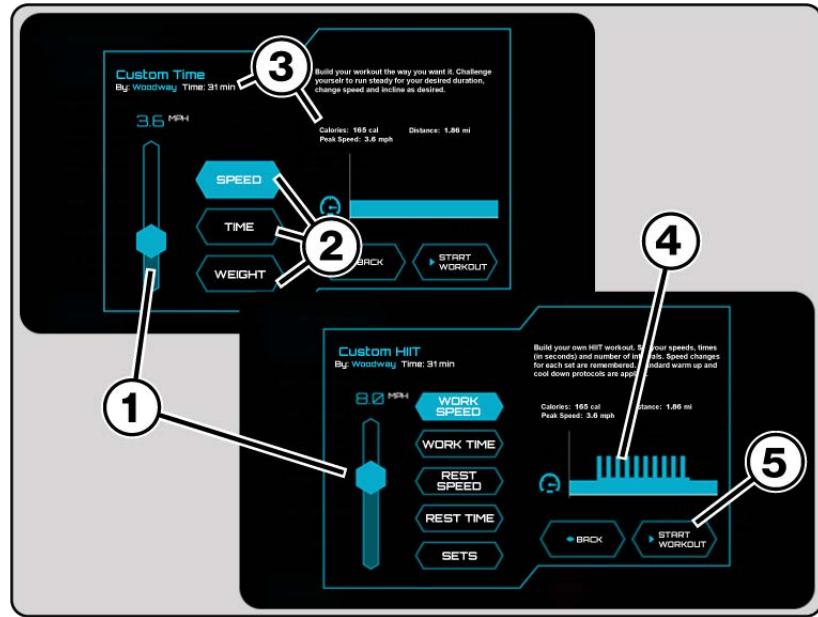
Hint: Base run speed should be the users comfortable distance run pace.

The users sets their Base Run Speed, and Recovery Speed.

Tabata Trail: Is a Standard Tabata Protocol of 6 sets of 20 seconds work and 10 second rest intervals. Each round has a 2 minute rest period, to total 5 minutes.

Ladder Time: (The user must be logged in to use this workout). Is a ladder style workout with 24 sets of 1:1 intervals. Durations increase as you make your way up and down the ladder.

Pressing on anyone of the Program panes in the Run Faster main program screen will open the detailed setup screen for the chosen program.



Each of the specific workout programs have a detailed setup screen, although some of the modifiable elements vary from program to program, the screens are essentially the same. (Custom Time and Custom HIIT shown for reference).

A **Slide Bar (1)** is used to adjust the chosen **Program Element (2)**. As each of the elements are adjusted, the overall **Program Metrics (3)** will update with each change.

The **Bar Graph (4)** will change to show a graphic representation of the workout as elements are adjusted.

Once the parameters have been set to the users liking, press the **START WORKOUT (5)** button to begin the workout.

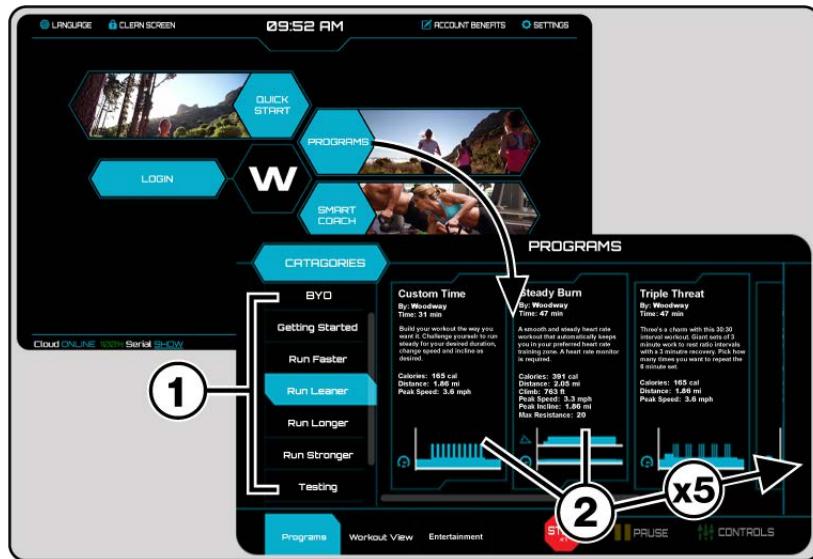
Notes: _____

8.4 Run Leaner Programs

From the Main Screen, press the “Programs” tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories. There are nine categories of programs to select from, all are modifiable to the users preferences. Some programs may only be used/modified if the users is “Logged In”.

Select Run Leaner by pressing the tab, Run Leaner has five user defined programs. Swipe left or right to scroll through the programs, press any one of the **Program Panes (2)** to open the detailed setup screen for that particular program.



8.4.1 Run Leaner Programs Overview

Custom HIIT: (High Intensity Interval Training) Allows the user to construct up to 50 independent sets of “Work” and “Rest” each of can contain a Work Speed and Time, a Rest Speed and Time. Standard warm up and cool down protocols are applied.

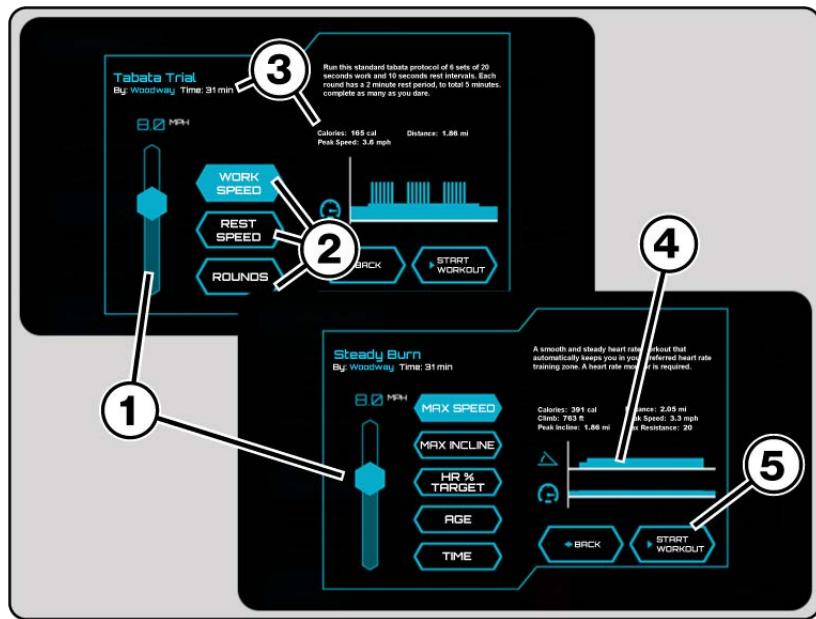
Steady Burn: Is a smooth and steady heart rate workout that automatically keeps you in your preferred heart rate training zone. A heart rate monitor is required for this workout.

Triple Threat: Three's a charm with this 30:30 interval workout. These are giant sets of 3 minute work to rest ratio intervals with a 3 minute recovery. The user chooses how many times they want to repeat the 6 minute set.

Tabata Trial: This is a standard tabata protocol of 6 sets of 20 seconds work and 10 seconds rest intervals. Each round has a 2 minute rest period, to total 5 minutes. Complete as many as you dare.

Fat HIIT: (The user must be logged in to use this workout). Based on the EPOC theory, this 30 minute workout pushes you through a series on high intensity intervals designed to optimize fat burning even after exercise.

Pressing on anyone of the Program panes in the Run Leaner main program screen will open the detailed setup screen for the chosen program.



Each of the specific workout programs have a detailed setup screen. Although some of the modifiable elements vary from program to program, the screens are essentially the same (Tabata Trial and Steady Burn shown for reference).

A **Slide Bar** (1) is used to adjust the chosen **Program Element** (2). As each of the elements are adjusted, the overall **Program Metrics** (3) will update with each change.

The **Bar Graph** (4) will change to show a graphic representation of the workout as elements are adjusted.

Once the parameters have been set to the users liking, press the **START WORKOUT** (5) button to begin the workout.

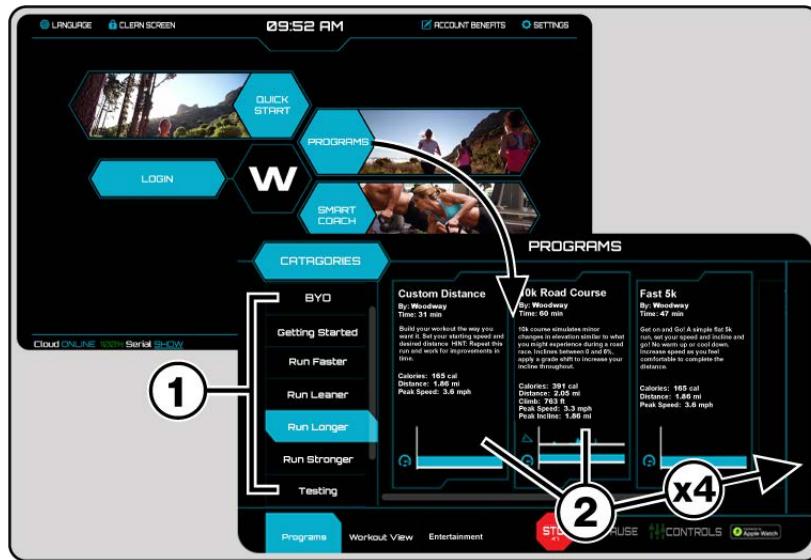
Notes: _____

8.5 Run Longer Programs

From the Main Screen, press the “Programs” tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories. There are nine categories of programs to select from, are modifiable to the users preferences. Some programs may only be used/modified if the users is “Logged In”.

Select Run Longer by pressing the tab Run Longer has four user defined programs. Swipe left or right to scroll through the programs. Press any one of the **Program Panes (2)** to open the detailed setup screen for that particular program.



8.5.1 Run Longer Programs Overview

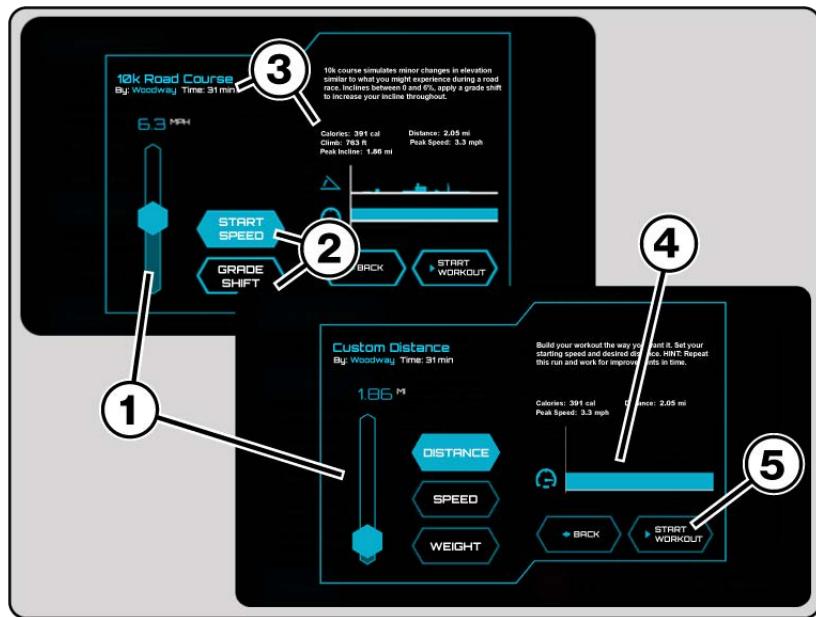
Custom Distance: Build your workout the way you want it. Set your starting speed and desired distance. HINT: Repeat this run and work for improvements in time.

10k Road Course: 10k course simulates minor changes in elevation similar to what you might experience during a road race. Inclines between 0 and 6%, apply a grade shift to increase your incline throughout.

Fast 5k: Get on and Go! A simple flat 5k run, set your speed and incline and go! No warm up or cool down. Increase speed as you feel comfortable to complete the distance.

3s and 5s: (The user must be logged in to use this workout). This 3 segment killer workout contains work periods of 3 or 5 minutes. Each alternating between longer tempo runs and shorter sprint intervals. Good luck!

Pressing on anyone of the Program panes in the Run Longer main program screen will open the detailed setup screen for the chosen program.



Each of the specific workout programs have a detailed setup screen, although some of the modifiable elements vary from program to program, the screens are essentially the same (10k Road Race and Custom Distance shown for reference).

A **Slide Bar** (1) is used to adjust the chosen **Program Element** (2). As each of the elements are adjusted the overall **Program Metrics** (3) will update with each change.

The **Bar Graph** (4) will change to show a graphic representation of the workout as elements are adjusted.

Once the parameters have been set to the users liking, press the **START WORKOUT** (5) button to begin the workout.

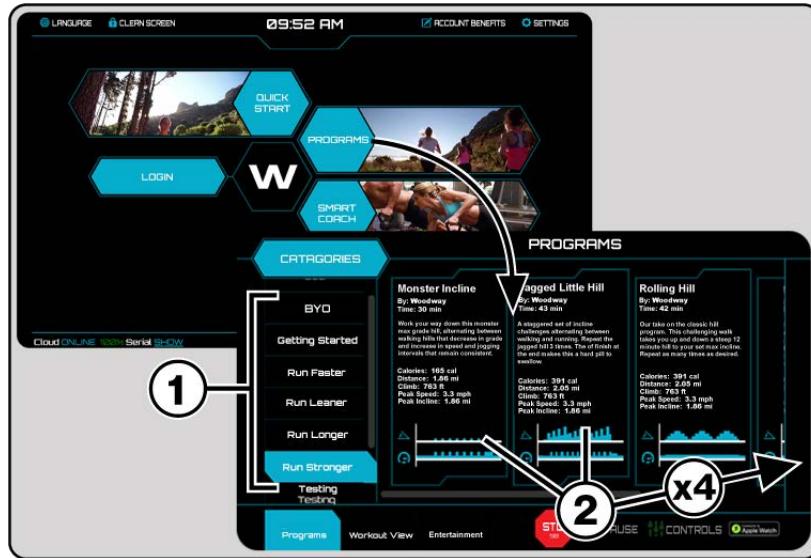
Notes: _____

8.6 Run Stronger Programs

From the Main Screen, press the "Programs" tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories. There are nine categories of programs to select from, all of which are modifiable to the users preferences. Some programs may only be used/modified if the users is "Logged In".

Select Run Stronger by pressing the tab, Run Stronger has five user defined programs; Swipe left or right to scroll through the programs. Press any one of the **Program Panes (2)** to open the detailed setup screen for that particular program.



8.6.1 Run Strong Programs Overview

Monster Incline: Work your way down this monster max grade hill, alternating between walking hills that decrease in grade and increase in speed and jogging intervals that remain consistent.

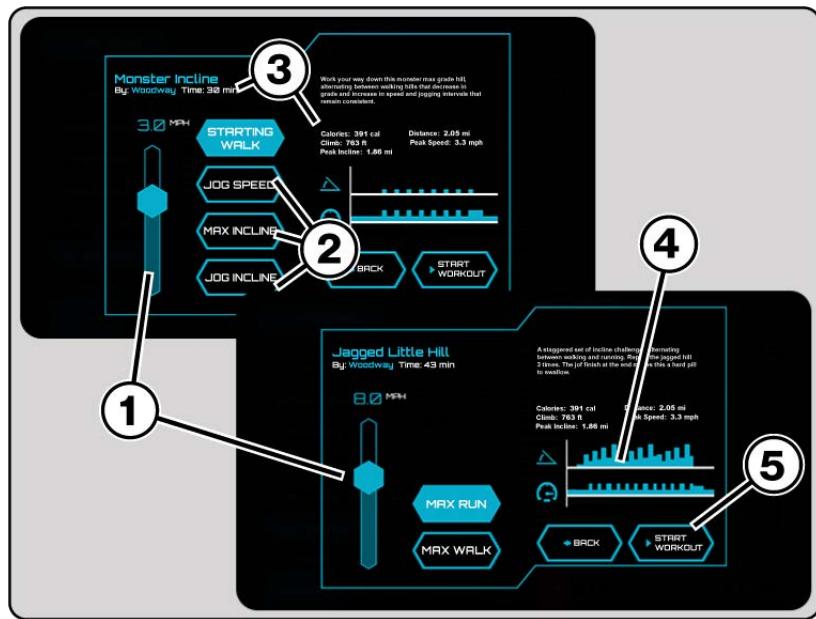
Jagged Little Hill: (The user must be logged in to use this workout) This is a staggered set of incline challenges, alternating between walking and running. Repeat the jagged hill 3 times. The of finish at the end makes this a hard pill to swallow.

Rolling Hill: Our take on the classic hill program. This challenging walk takes you up and down a steep 12 minute hill to your set max incline. Repeat as many times as desired.

Run Strength: This is a progressive walk & run interval workout that adds incline to the users base speed. Changes are remembered and built upon. Hint: Choose a base run speed that you can run with max incline.

Running Rollers: This is our take on this classic hill workout. This challenging workout has you run up and walk down a steep 12 minute hill to your set max incline. Repeat the hill as many times as desired.

Pressing on anyone of the Program panes in the Run Stronger main program screen will open the detailed setup screen for the chosen program.



Each of the specific workout programs have a detailed setup screen, although some of the modifiable elements vary from program to program, the screens are essentially the same (10k Road Race and Custom Distance shown for reference).

A **Slide Bar (1)** is used to adjust the chosen **Program Element (2)**. As each of the elements are adjusted, the overall **Program Metrics (3)** will update with each change.

The **Bar Graph (4)** will change to show a graphic representation of the workout as elements are adjusted.

Once the parameters have been set to the users liking, press the **START WORKOUT (5)** button to begin the workout.

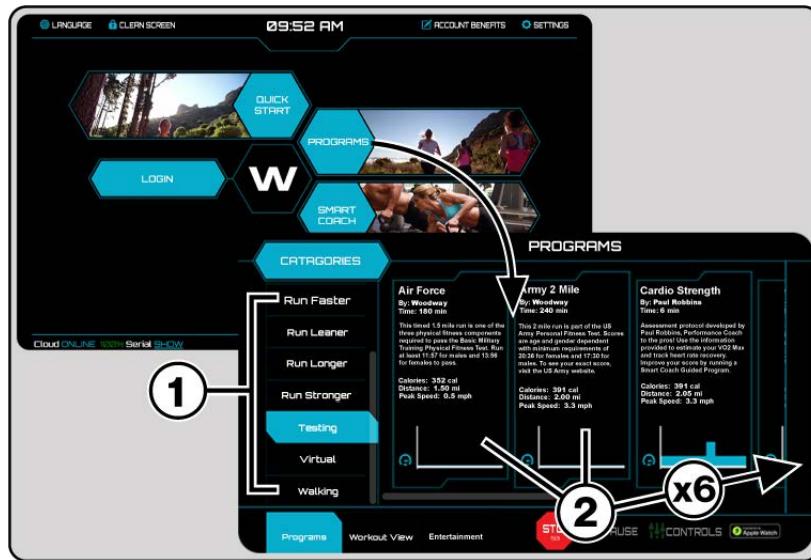
Notes: _____

8.7 Testing Programs

From the Main Screen, press the “Programs” tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories. There are nine categories of programs to select from, all are modifiable to the users preferences. Some programs may only be used/modified if the users is “Logged In”.

Select Testing by pressing the tab, Testing has six user defined programs. Swipe left or right to scroll through the programs. Press any one of the **Program Panes (2)** to open the detailed setup screen for that particular program.



8.7.1 Testing Programs Overview

Air Force: This timed 1.5 mile run is one of the three physical fitness components required to pass the Basic Military Training Physical Fitness Test. Run at least 11:57 for males and 13:56 for females to pass.

Army 2 Mile: This 2 mile run is part of the US Army Personal Fitness Test. Scores are age and gender dependent with minimum requirements of 20:36 for females and 17:30 for males. To see your exact score, visit the US Army website.

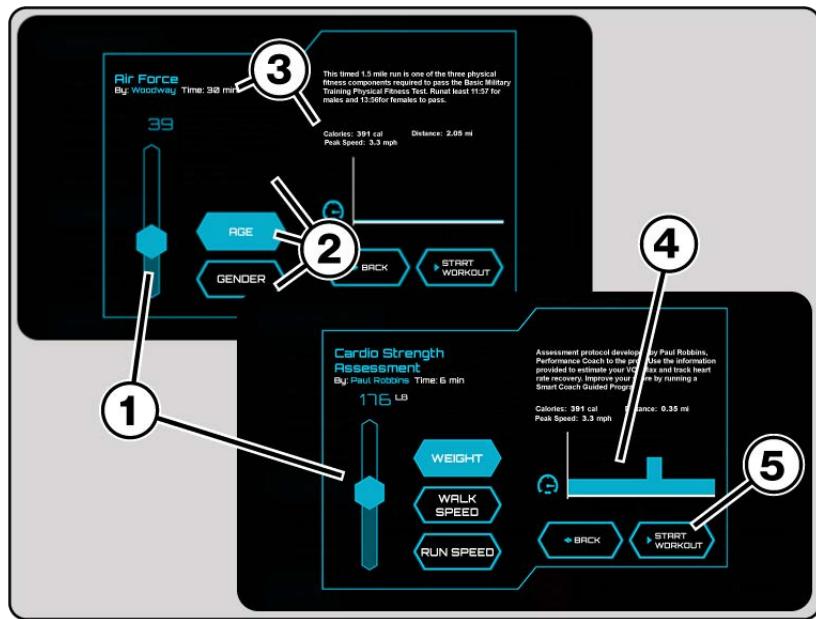
Cardio Strength Assessment: Developed by Paul Robbins, Performance Coach to the pros! The assessment protocol uses the information provided to estimate your VO2 Max and track heart rate recovery. Improve your score by running a Smart Coach Guided Program.

Marine: This timed 3 mile run is one of the three physical fitness components required to pass the Marines Physical Fitness Test (PFT). Passing times are 28 minutes or less for male recruits and marines and 31minutes for females.

Navy: This timed 1.5 mile run is one of the three physical fitness components required to pass the Navy Physical Readiness Test (PRT). For a Satisfactory score run at least 12:15, for an outstanding high score run 8:15 or better.

Gerkin Test: Estimate your VO2 max! Speed and incline increase gradually every other minute. Heart rate is checked in the last 15 sec of each minute. The test ends when you reach 85% of your maximum heart rate.

Pressing on anyone of the Program panes in the Testing main program screen will open the detailed setup screen for the chosen program.



Each of the specific workout programs have a detailed setup screen, although some of the modifiable elements vary from program to program, the screens are essentially the same. (10k Air Force and Cardio Strength Assessment shown for reference).

A **Slide Bar** (1) is used to adjust the chosen **Program Element** (2). As each of the elements are adjusted the overall **Program Metrics** (3) will update with each change.

The **Bar Graph** (4) will change to show a graphic representation of the workout as elements are adjusted.

Once the parameters have been set to the users liking, press the **START WORKOUT** (5) button to begin the workout.

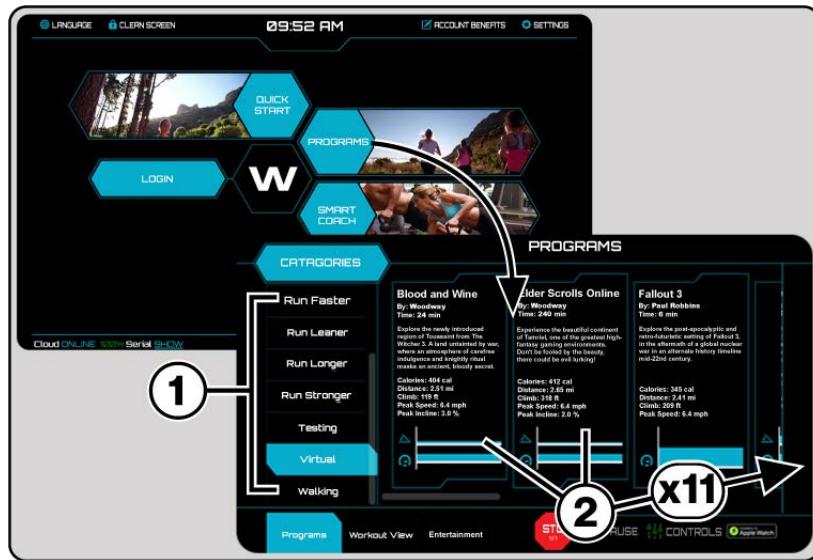
Notes: _____

8.8 Virtual Programs

From the Main Screen, press the “Programs” tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories. There are nine categories of programs to select from, all are modifiable to the users preferences. Some programs may only be used/modified if the users is “Logged In”.

Select Virtual by pressing the tab. Testing has eleven user defined programs. Swipe left or right to scroll through the programs. Press any one of the **Program Panes (2)** to open the detailed setup screen for that particular program.



8.8.1 Virtual Programs Overview

Blood and Wine: Explore the newly introduced region of Toussaint from The Witcher 3. A land untainted by war, where an atmosphere of carefree indulgence and knightly ritual masks an ancient, bloody secret.

Elder Scrolls Online: Experience the beautiful continent of Tamriel, one of the greatest high-fantasy gaming environments. Don't be fooled by the beauty, there could be evil lurking!

Fallout 3: Explore the post-apocalyptic and retro-futuristic setting of Fallout 3, in the aftermath of a global nuclear war in an alternate history timeline mid-22nd century.

Fortnite: Explore the extensive map of Fortnite's Battle Royale mode. Start your run in the scenic desert area of Paradise Palms and work your way across the island.

Skyrim: Explore one of the best open world action role playing games, filled with stunning mountains, lush forests, and some creatures you won't see every day.

Bali Streets: Experience the busy streets of rural Bali as you run through villages bustling with locals.

San Francisco Piers: A 10k journey through the Embarcadero of San Francisco. Take in all the sites from ATT Park to Fisherman's Wharf.

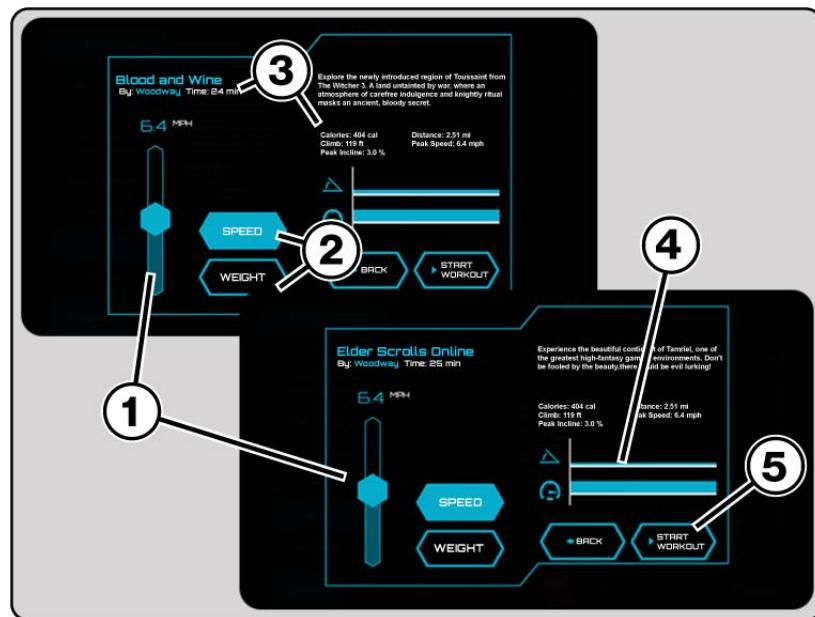
San Diego: Run along the ocean in gorgeous San Diego. Enjoy open air, flat roads and plenty of green.

Sedona: Named America's most scenic spot, this run takes you on a journey through Sedona's amazing views.

South Mountain: A peaceful run through South Mountain Preserve, the second largest municipal park in the world.

Tempe: A great trail run along the Salt River in Tempe, sans the heat.

Pressing on anyone of the Program panes in the Virtual main program screen will open the detailed setup screen for the chosen program.



Each of the specific workout programs have a detailed setup screen, although some of the modifiable elements vary from program to program, the screens are essentially the same. (Blood and Wine and Elder Scrolls Online shown for reference).

A **Slide Bar (1)** is used to adjust the chosen **Program Element (2)**. As each of the elements are adjusted, the overall **Program Metrics (3)** will update with each change.

The **Bar Graph (4)** will change to show a graphic representation of the workout as elements are adjusted.

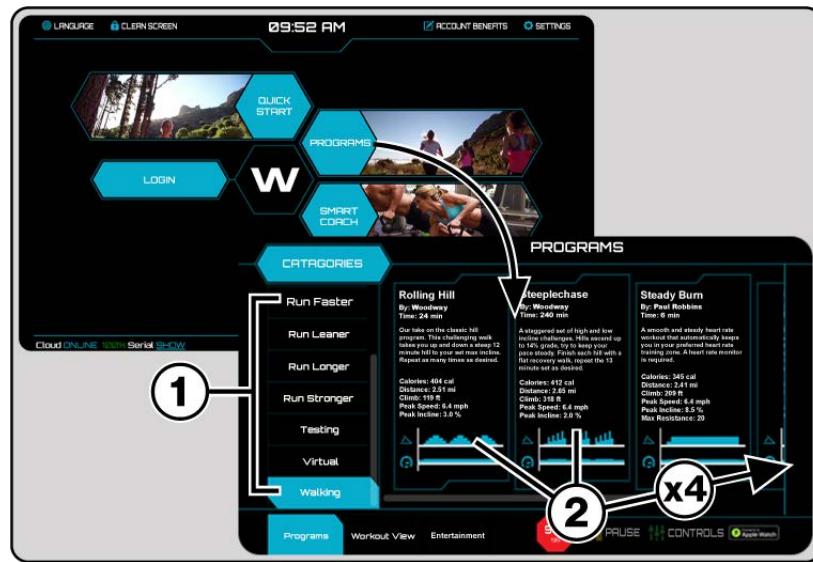
Once the parameters have been set to the users liking, press the **START WORKOUT (5)** button to begin the workout.

8.9 Walking Programs

From the Main Screen, press the "Programs" tab to open the main programs screen.

The **Left Side Column (1)** displays the list of program categories. There are nine categories of programs to select from, all are modifiable to the users preferences. Some programs may only be used/modified if the users is "Logged In".

Select Virtual by pressing the tab, Walking has four user defined programs. Swipe left or right to scroll through the programs. Press any one of the **Program Panes (2)** to open the detailed setup screen for that particular program.



8.9.1 Walking Programs Overview

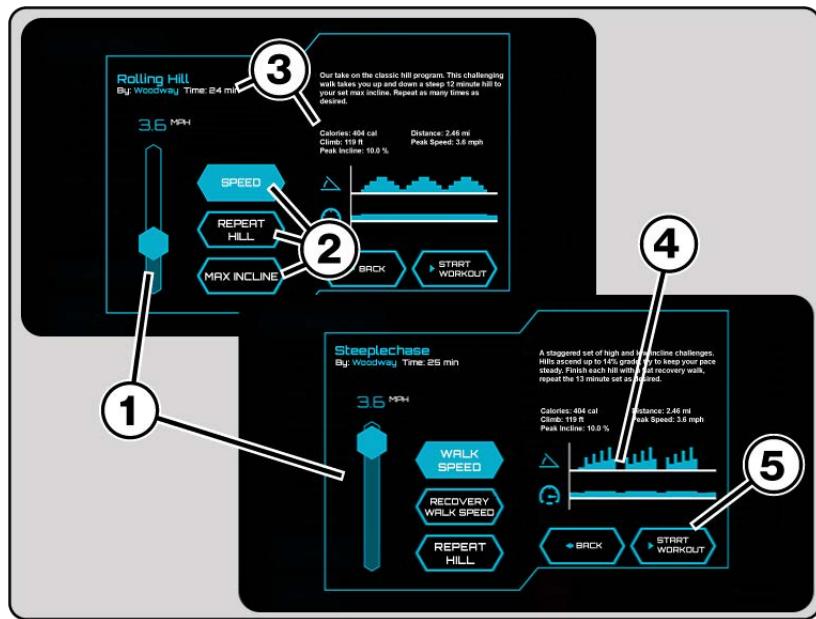
Rolling Hill: Our take on the classic hill program. This challenging walk takes you up and down a steep 12 minute hill to your set max incline. Repeat as many times as desired.

Steeplechase: A staggered set of high and low incline challenges. Hills ascend up to 14% grade, try to keep your pace steady. Finish each hill with a flat recovery walk. Repeat the 13 minute set as desired.

Steady Burn: A smooth and steady heart rate workout that automatically keeps you in your preferred heart rate training zone. A heart rate monitor is required.

Ladder Hike: A Walking Ladder workout that works with progressive inclines in a ladder style interval format. Reach a challenging speed, then push yourself to complete the ascending and descending durations.

Pressing on anyone of the Program panes in the Walking main program screen will open the detailed setup screen for the chosen program.



Each of the specific workout programs have a detailed setup screen, although some of the modifiable elements vary from program to program, the screens are essentially the same. (Rolling Hill and Steeplechase shown for reference).

A **Slide Bar (1)** is used to adjust the chosen **Program Element (2)**. As each of the elements are adjusted the overall **Program Metrics (3)** will update with each change.

The **Bar Graph (4)** will change to show a graphic representation of the workout as elements are adjusted.

Once the parameters have been set to the users liking, press the **START WORKOUT (5)** button to begin the workout.

Notes: _____

9 Smart Coach

To use the Smart Coach Function the user must be logged in ([See Chapter 10 "Account/Login Setup"](#)) Smart Coach features four select workout schedules. Each span a six week period, with two to three workouts per week. The programs require the user to implement the heart rate hand rails, or to use a heart rate monitor to confirm and adjust parameters during the workouts to keep within the intended heart rate zones.

Leg Strength: Designed by Paul Robbins, one of the world's leading experts on cardiovascular programming and sports performance. This 6-week, 3-times a week workout program is sure to give the user the leg strength necessary to improve their game. Leg Strength, is a critical component of athletic performance, often overlooked.

The Leg Strength program starts with a Warm Up phase for 3 minutes, followed by a Prep Cycle for 2 minutes, then heads into "Zone" 2 where the user maintains a 70-85% heart rate for 3 minutes, from there it hits "Zone" 1 where the user maintains a 60-65% heart rate for 3 minutes.

The Zones cycle 2-1-2 (3 minutes each cycle) then a Recovery Period 5 minutes, then back into the second round of 2-1-2-1-2 Zone cycles (3 minutes each) before ending with a Recovery Cycle 5 minutes, then a final Cool Down of 3 minutes.

Weight Loss: Written by Paul Robbins one of the world's leading experts on cardiovascular programming and metabolic assessments This 6 -week, 3-times a week weight loss program will provide the user with a road map to make their body a fat burning furnace.

Workouts are progressive in nature and designed to be done three times per week.. Take the challenge!

The Weight Loss program starts with a Warm Up phase for 3 minutes, followed by a Prep Cycle for 2 minutes, then heads into "Zone" 2 where the user maintains a 70-85% heart rate for 3 minutes, from there it hits "Zone" 1 where the user maintains a 60-65% heart rate for 3 minutes.

The Zones cycle 2-1-2 (3 minutes each cycle) then a Recovery Period 5 minutes, then back into the second round of 2-1-2-1-2 Zone cycles (3 minutes each) before ending with a Recovery Cycle 5 minutes, then a final Cool Down of 3 minutes.

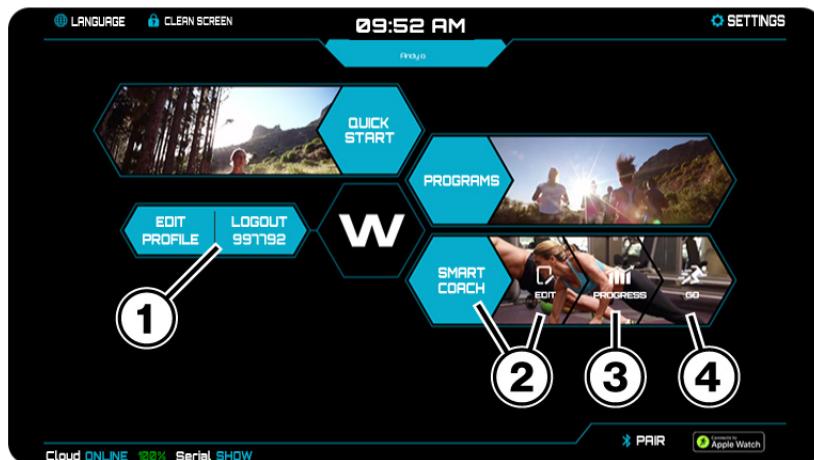
Interval: This Interval training program will teach the user how to train with different types of interval workouts. The program increases in intensity, so the user will be an Interval Explorer in no time.

The Interval program starts with a Warm Up phase for 3 minutes, followed by a Prep Cycle for 2 minutes, then heads into a Flat Walk for 2 minutes then an Incline Walk for 1 minute. The Flat Walk / Incline Walk repeats this same sequence 5 more times (2 minute / 1 minute each) ending with a Flat Walk of 3 minutes, then a final Cool Down of 3 minutes.

From Sofa to So-Fast: This training program will guide the user through the training to reach a distance run of 5k. Incorporates interval training and distance runs.

The So-Fast program starts with a Warm Up phase for 3 minutes, followed by a 1 minute jog, then a 3 minute walk, and repeats the jog/walk cycle 2 more times, then a final Cool Down of 3 minutes.

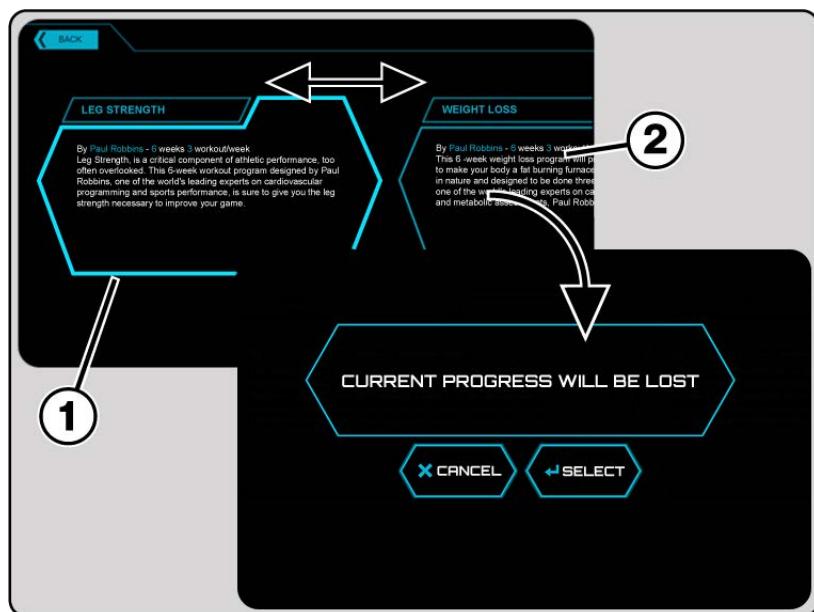
Once Logged in, the user can access Smart Coach from the Main Screen.



After pressing the **Login Button (1)** on the Main Screen, the Smart Coach Pane will display three tabs that allow the user to **Edit (2)**, Check **Progress (3)** or to **Go (4)** to start a workout.

Pressing either the **Smart Coach or Edit (2)** tabs will open the Program selection screen.

9.1 Program Selection Screens



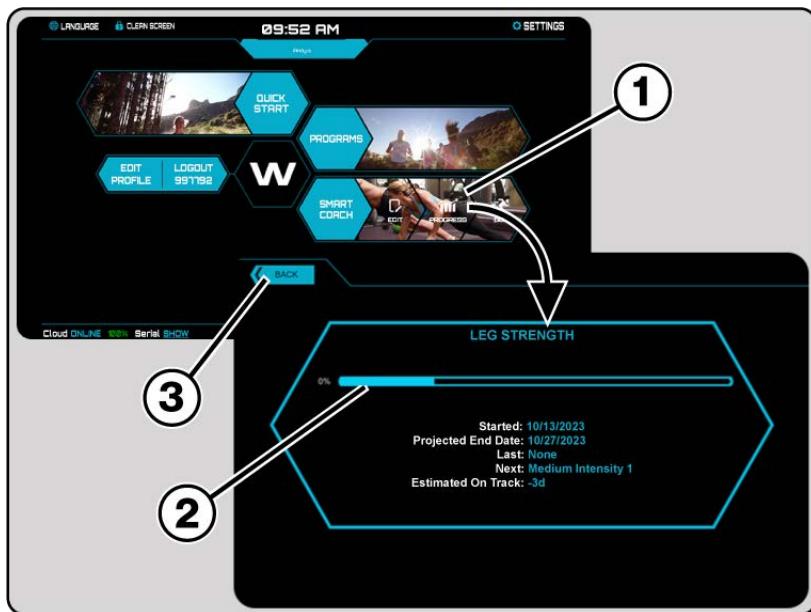
The Program selection screen allows the user to swipe left or right to access the four available programs, Leg Strength, Weight Loss, Interval, and From Sofa to So-Fast.

The current chosen program will have a more **Pronounced Frame-Work (1)** around its program description.

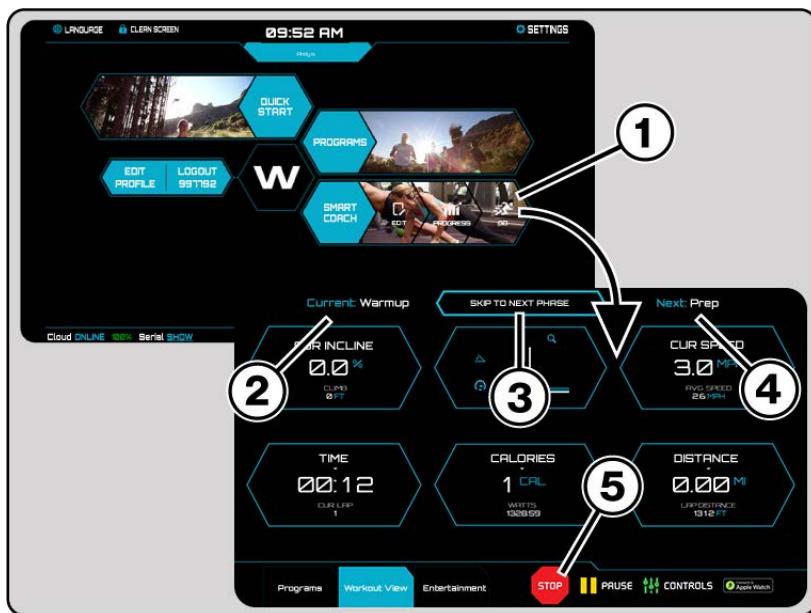
Pressing any one of the programs that is NOT selected will open a secondary window informing the user that choosing this program will delete the current progress in the previously chosen program.

The user may choose to start the new program by pressing the select tab, or opt to stay with the existing program by pressing the Cancel Tab.

9.2 Smart Coach Progress Screen



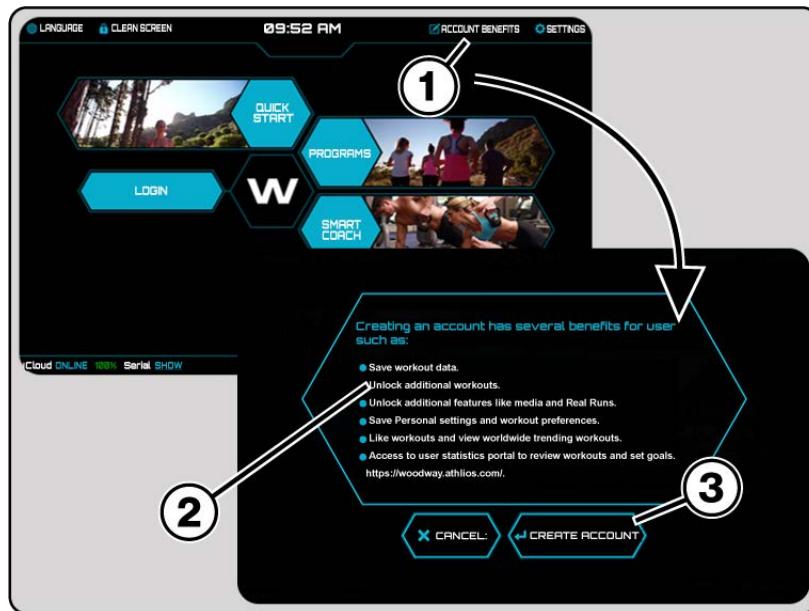
Pressing the **Progress Tab (1)** on the main screen will open the progress screen, which shows the user the current status of their workout, as well as when the workout was started. Also displaying the projected finish date, the stats from the last workout, the Intensity level for the next workout, and the estimated time on track. A **Progress Graph Bar (2)** will show the users current percentage of the over-all workout program completed. Pressing the **Back Tab (3)** will return the user to the main screen.



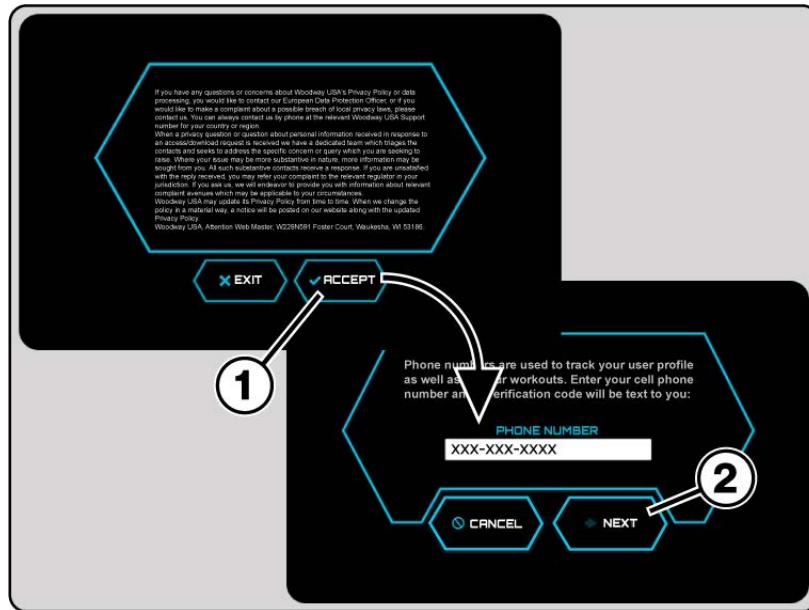
Pressing the **Go Tab (1)** will open the Data View Dashboard screen and begin the workout session. The **Current Training Phase (2)** will display on the upper left of the screen. The user can skip to the next phase by pressing the **Skip to Next Phase Tab (3)**. The **Next Phase (4)** of the workout displays in the upper right of the screen. To end a workout before the allotted time, press **Stop (5)**.

10 Account/Login Setup

From the Main Screen press the **Account Benefits Tab (1)** to start the setup/login process, the opening screen will give details as to the **Benefits (2)** of having an account, press the **Create Account (3)** to proceed.

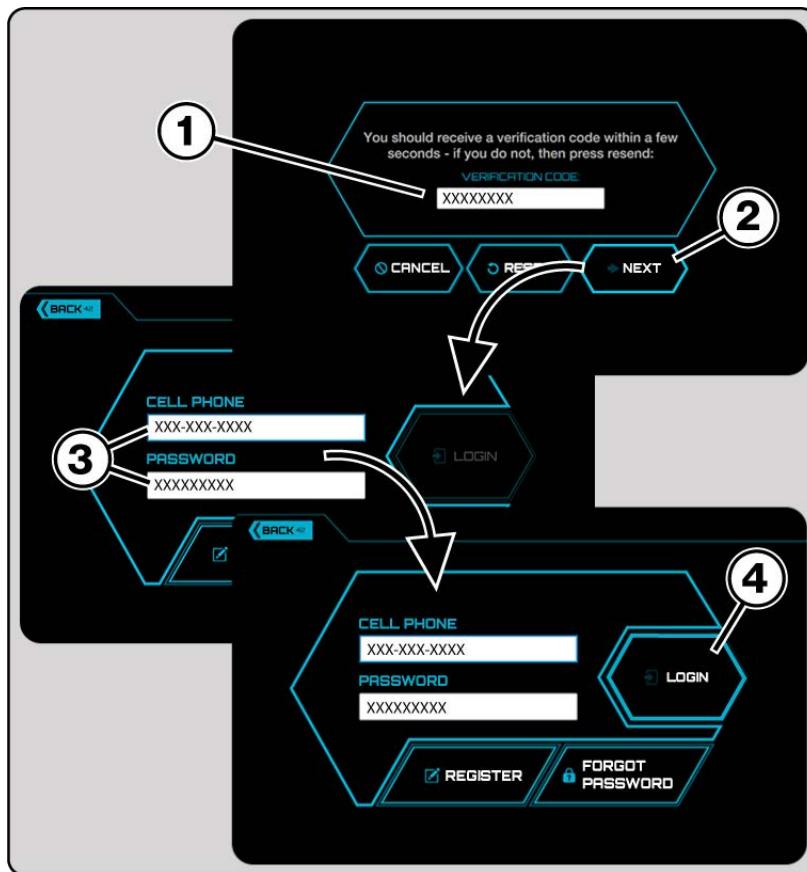


A Privacy Policy screen will open, scroll through and read the policy. At the end of the policy the **Accept Tab (1)** will become active. Press the Accept Tab to open the Phone number entry screen. Pressing the white Phone Number input pane will open a keypad that can be used to enter the desired phone number, press enter to close the keypad.



After entering the desired phone number press **NEXT (2)**.

Upon pressing the Next Tab, a verification code will be sent to the users phone. Enter the **Code (1)** and press the **Next Tab (2)**. A new screen will appear, prompting the user to input their phone number and user password of their choosing. (Pressing the white input boxes will open the keypad to allow information input).



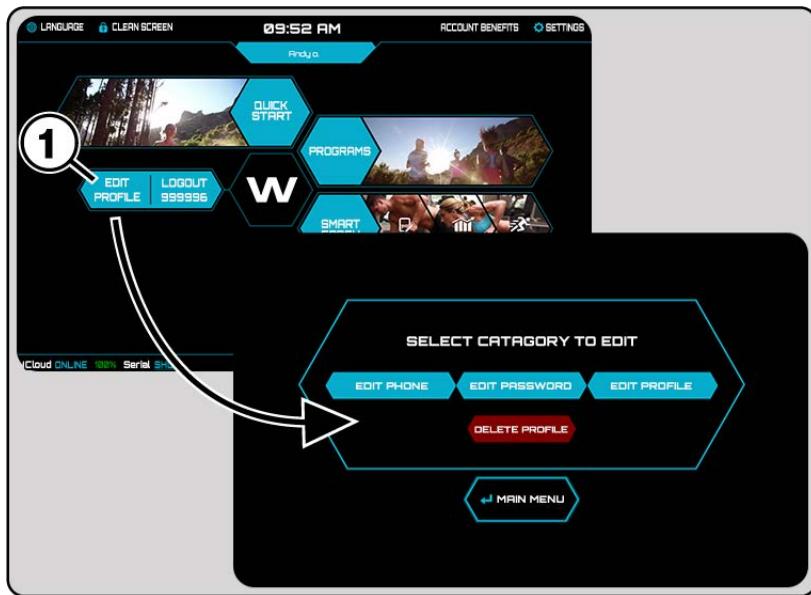
With the phone number and password entered, press the **Login Tab (4)** and a new Profile Screen will open, prompting the user input their Name, Date of Birth, Gender, Height, Email, and Password. Press the Create Tab to save the information and create the account. From the Main Screen press the Login Tab to login. The users name will display in the top center of the Main Screen showing that they are logged in.

Logging in a profile allows the ProSmart software to track personal workouts. This includes lifetime stats such as total distance, duration, and elevation. It also includes modifying workouts based around the user's Max Run and Walk speeds set in the profile.

Notes: _____

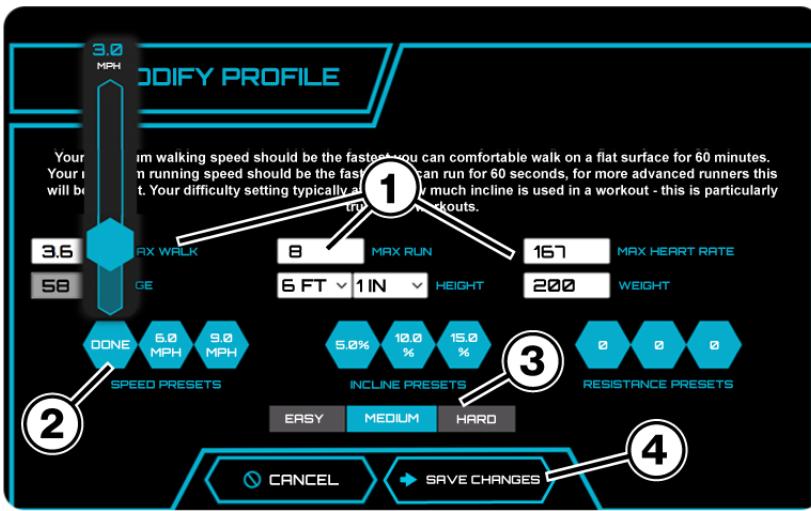
10.1 Editing User Profile

Once a user account has been setup the user may edit/enter account details. From the Main Screen after logging in press the **Edit Profile Tab (1)**.



The user may edit the phone number and password for the account by pressing the appropriate tabs, which will open screens to input new information. Changing these preferences is a straight forward process of following the screen prompts.

Editing the Users Profile, allows the user to change key metrics that will apply to data tracking for key performance metrics during workouts.



Maximum Walk, Run, and Heart Rate settings as well as Age, Height, and Weight parameters (1) are set using the input panes which will open the input keypad. Each “Preset” Tab (2) when pressed allows the user to adjust their preferred setting using a sliding scale. These presets will be implemented when using various workout programs that access these parameters.

The **Difficulty Level (3)** affects how much incline is used in a workout/workout program.

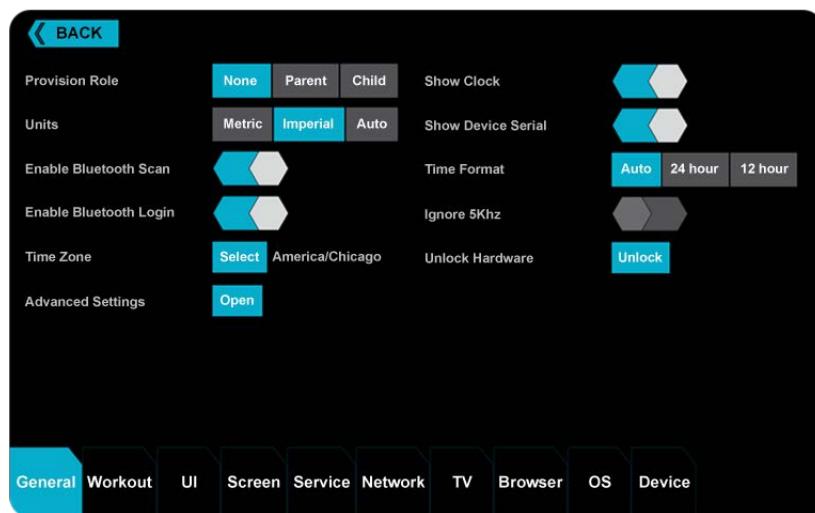
Press the **Save Changes Tab (4)** when all fields are confirmed.

11 General Settings

11.1 General

This guide provides a complete overview of all settings available on the ProSmart console. Some features require you to access the software interface remotely from a web browser (e.g. to upload files).

Instructions on how to access the interface via web browser are included at the end of this guide.



Provision Role: Allows multiple treadmills to interact with each other with one treadmill acting as the "Parent" treadmill, with the others being the "Child" treadmills. This allows the Parent to send/control the parameters of the child treadmills. Making setup of multiple machines more efficient allowing/enforcing uniform settings across all devices. This is useful in group training scenarios. Pressing the desired tab will change its color from gray (non-active) to blue (or chosen accent color).

Pressing the Child Tab will open a secondary screen giving the user access to set the Provision Role details.

Parent Address: Is the "Parent" device designated local IP address.

Sync Interval: is the Interval sync in seconds between sync checks.

Check Parent: After entering the IP address, use this button to check that the Parent machine is available.

Parent Status: Indicates the status of the Parent (Available / Unavailable).

Last Check: The time when this device has last checked the Parent for changes.

Provision Installed: The time and date of the Parent settings that were applied. (Note: Provisioning will only be applied to the Child during future syncs if there were any changes made to the Parent configuration since the last check).

Provision Role	None	Parent	Child
Parent Address			
Sync Interval	60		
Check Parent	Check		
Parent Status	Unavailable		
Last Check			
Provision Installed			

Units: Gives the ability to select Metric or Imperial Standard for measuring statistics. Pressing Auto will set the Units based on the language setting.

Enable Bluetooth® Scan/Login: Turns ON/OFF Bluetooth® scanning and login abilities.

Time Zone: Lets the user select the current time zone, pressing the Select Tab will open a new screen with a world wide list of time zones to choose from.

Advanced Settings: Gives access to higher level settings. [See Chapter 12 Advanced Settings.](#)

Show Clock: Will add or remove the clock from the top center of the Main Screen.

Show Device Serial Number: this will add or deleted the serial number view on the lower left hand corner of the Main Screen.

Time Format: Allows the user to choose from 24 hour, 12 hour, or Auto. Auto selects the required time format when running certain programs.

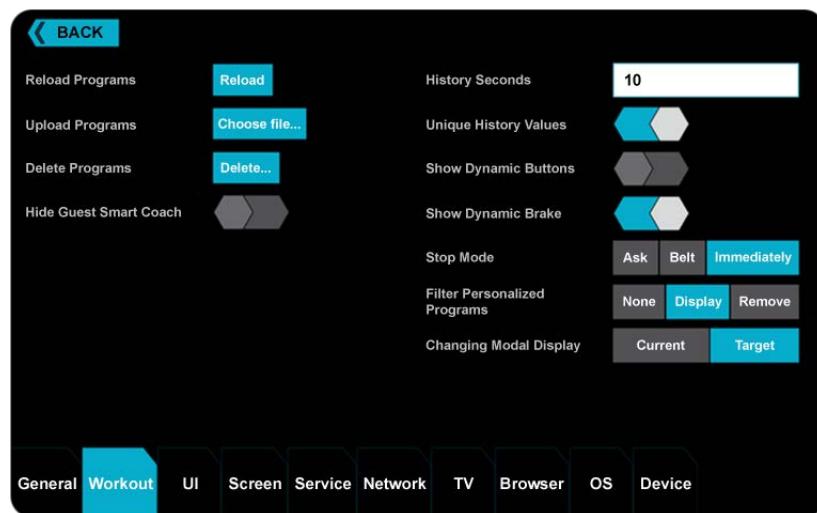
Ignore 5Khz: Ignore or accept 5kHz data from HR monitors.

Some HR monitor devices can generate 5kHz data if they are not connected through Bluetooth®. Treadmills can receive this signal, but if some treadmills are located close to each other, then all of them will receive the same signal from one user. The option above helps to avoid this.

Unlock Hardware: To access the user must enter a password to gain access to unlock hardware screens.

11.2 Workout

From the main Settings Screen press the Workout Tab in the lower left corner of the screen to open the Workout settings screen.



Reload Programs: Press Reload to reload all built-in and user-uploaded workouts. This should be done each time a program is edited or uploaded.

Upload Programs: Choose a program file (xml) and upload it to the device. [Remote Access]

Delete Programs: Opens a dialog that lets you choose which (user-uploaded) programs to

delete.

Hide Guest Smart Coach: Hide or show the Smart Coach menu (on the main screen) for guest users.

History Second: Timeout (sec) before adding the current speed/incline value as a new History Key.

Unique History Values: Press the toggle switch to enable/disable history values. History values are user profile set incline and speed quickset values.

Show Dynamic Buttons: Press the toggle button to enable/disable viewing the Dynamic Mode buttons in the Controls screen.

Show Dynamic Brake: Press the toggle button to enable/disable viewing the Dynamic Brake Mode buttons in the Controls screen.

Stop Mode: Select what action to take after the user taps the Stop button.

Ask: The belt remains in motion until the user presses Resume or Stop. A prompt screen will appear letting the user decide the next action.

Belt: The belt slows to a stop while the user is prompted to press Resume or Stop.

Immediately: Stops the belt and ends the workout immediately without any prompt for further action.



Filter Personalized Programs: Set a filter option for Personalized Programs (available for logged in users).

None: Personalized Programs will not be available to use by guest users.

Display: Personalized Programs are shown in the list but cannot be used by guest users

Remove: Personalized Programs are not even shown for guest users.

Changing Modal Display: Select how values are displayed when you change Speed or Incline

Current: Displays real-time values of change. E.g. If you change speed from 5mp to 10mph, you will see the values increasing from 5mph until it reaches the target of 10mph.

Target: Displays only the static target value E.g. speed change from 5mph to 10mph will just display 10mph.

11.3 UI User Interface

From the main Settings Screen press the UI (User Interface) Tab in the lower left corner of the screen to open the User Interface settings screen.



Accent Color: Accent color is the main color used for tabs and all general buttons, the WOODWAY Default color is #06accb (Hex value). Pressing the color pane next to the alpha numeric color code is will open a color gamut pane that allows the user to choose the color of their choice.

There are multiple ways to select a color, pressing anywhere within the **Upper Color Box (1)**, changing the color box to another hue by using the **Slider Button (2)** below the color box, or by typing in the Actual Color Value, the color value type may be changed by pressing the **Up/Down Arrows (3)** and selecting from R,G,B / H,S,L or HEX value. pressing any of the three input boxes will open a keypad allowing for value inputs.

Accent Inverse Color: This setting will change the inverse color on any element that is using the Accent color (typically the text within the element). Changing the color follows the same method as changing the Accent Color.

Main Page Logo: Allows the user to select an image of their choice to replace the "W" Logo in the middle of the Main Screen. Press the Choose file to navigate to the desired logo source file. (Remote Access)

Reset Main Page Logo: Press the Reset Button to revert the image back to the WOODWAY "W" logo.

Start Virtual Run at: This setting applies only when using the Virtual Run Program, selecting Dashboard will start the Virtual Run Program with user seeing the Dashboard Workout view, this allows the user to change metrics views to their liking prior to the run, then they may press the Entertainment tab at the lower portion of the screen to see the Virtual run animated screen view.

Selecting Entertainment will start the Virtual Program in the animated screen view. The user may switch to the Dashboard view by pressing the Controls Icon element on the lower right corner of the Dashboard display screen.

Droplist Opacity %: This allows the user to tailor the Dropdown Header Rows to their liking by adjusting the opacity of the overlays. [See Chapter 7.1 Understanding "Header Rows"](#)

Share UI: The ProSmart interface can be viewed or controlled from a web browser. This functionality can be disabled and customized. (See Sub Chapter 5.3)

Disabled: Users cannot connect to the device remotely.

Remote View: Users can connect to the device in view-only mode without any controls,

Full Control: Users can connect to the device remotely and have full control

11.4 Screen

From the main Settings Screen press the Screen Tab in the lower left corner of the screen to open the Screen settings screen.



Enable Screensaver: Users may upload screen savers that will replace the Main Screen graphic when the treadmill is inactive.

Upload Screensavers: (Note: the treadmill must have a wired or wireless connection to connect files, if not the user will get a notice "No off-line storage").

Uploading screensavers from a personal computer must be done via Remote Access.

Select the desired file and press open.

The file will automatically sync and save to the ProSmart.

File formats are screensavers include: JPG, PNG, GIF, and MP4. Screensaver images do not have a size restriction, but files 4MB or smaller are recommended for quick upload to the ProSmart.

Delete Screensavers: pressing the Delete Tab will open a new screen showing the current saved Screensavers, select the desired images to delete, and press the Delete Button on the bottom of the screen.

Screensaver Timeout: Allows the user to set how long the main screen stays active until the screensaver replaces the default Woodway main screen image. Pressing the white input pane will open a keyboard allowing the user to set the desired time in seconds, press anywhere outside of the keypad to close it and accept the current set time.

Screensaver Rotation: If there are multiple screen savers saved to the ProSmart, screensaver rotation will cycle the images based on the desired time. Pressing the white input pane will open a keyboard allowing the user to set the desired time in seconds, press anywhere outside of the keypad to close it and accept the current set time.

Screen Brightness: Allows the user to select the desired brightness level of the display screen.

Enable Dim: Press the toggle icon to turn the screen display Dim On/Off.

Inactivity Dim Time: Sets the amount of inactivity time in seconds before the display screens dims. Pressing the white input pane will open a keyboard allowing the user to set the desired time in seconds, press anywhere outside of the keypad to close it and accept the current set time.

Dim Brightness: Select from the presets the brightness level of the dim display screen mode.

Dual Display: Set Dual Display options.

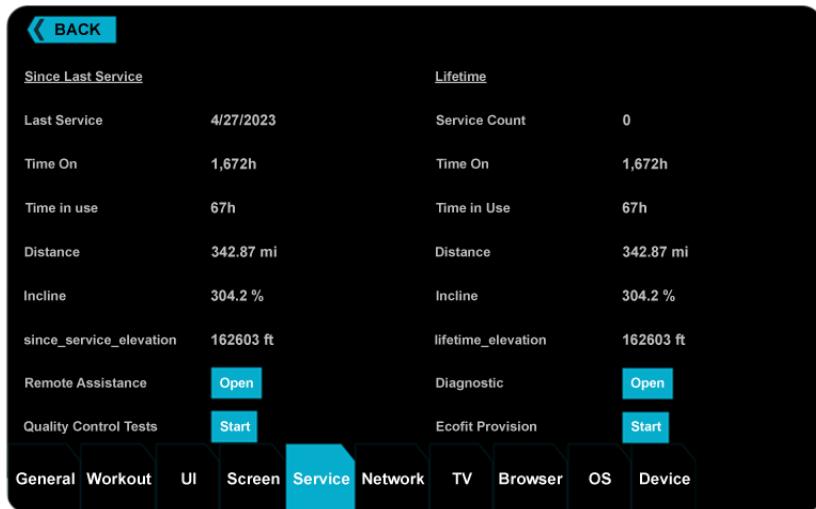
Off: The UI is shown only on the device.

Mirror: The UI is shown on the device and any connected display as a mirror.

Media: Currently not supported.

11.5 Service

From the main Settings Screen press the Service Tab in the lower left corner of the screen to open the Service settings screen.



The Service Screen is a useful tool for service technicians and or when working with a technician diagnosing a problem. The upper portion of the screen displays usage since the last service, and lifetime usage.

The lower portion of the screen gives the ability for service technicians to have Remote Access to the treadmill for diagnostic purposes. Remote Assistance and Diagnostics are password protected.

Quality Control Tests allow the technician to perform I/O (input/output) tests to confirm electrical/mechanical connections.

Since Last Service

Last Service: The date of the last service for the device.

Time On: Duration (hours) that the device has been powered on since the last service.

Time in Use: Duration (hours) that the device has been used since the last service.

Distance: The total distance passed on the device since the last service.

Incline: Percentage that Incline was used since last service.

Since_Service_Elevation: The total Incline passed on the device since the last service.

Remote Assistance: Open Remote Assistance options. You will need the ID of the Support Technician in order to send a remote assistance request.

Quality Control Tests: Open a step-by-step wizard that guides you through a series of tests.

Lifetime

Service Count: Number of services performed on the device.

Time on: Total Duration (hours) that the device has been powered on.

Time in Use: Total Duration (hours) that the device has been in use.

Distance: Total Distance passed on the device.

Incline: Total Incline passed on the device.

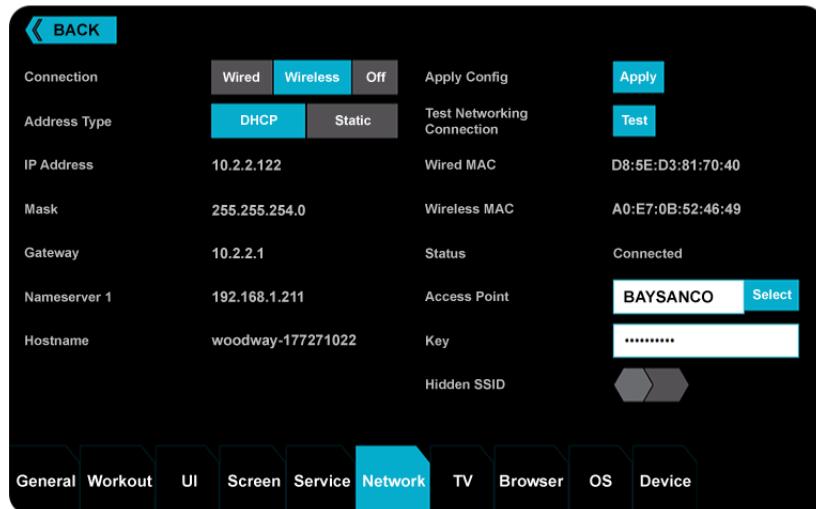
Diagnostic: Open Diagnostic options. Please refer to the "Diagnostic Features" documentation for details.

EcoFit Provision: N/A

Notes:

11.6 Network

From the main Settings Screen press the Network Tab in the lower center of the screen to open the Network settings screen.



Connection: Allows the user to select the type of connect the treadmill will be set up to use. Pressing the desired tab will highlight the desired connection method.

Note: You must click the “Apply” button after making changes to the configuration.

Address Type: Set the machine's address type to DHCP (Dynamic Host Configuration Protocol) or Static. DHCP automatically receives an IP address. Static requires manual input.

IP Address: The treadmill's address on the network.

Mask: Identifies which bits in an IP address correspond to the network address.

Gateway: Routes the internet connection to your treadmill.

Nameserver: Identify a domain for the treadmill instead of the IP address.

Hostname: Treadmill's network name.

Apply Config: Press Apply Config. to save settings.

Test Networking Connection: Press Test to check the connection of the chosen network connection.

Wired MAC: Address identifier for Ethernet adapter.

Wireless MAC: Address identifier for Wi-Fi adapter.

Status: Lists the treadmills current connection status.

Access Point: Select the Access Point.

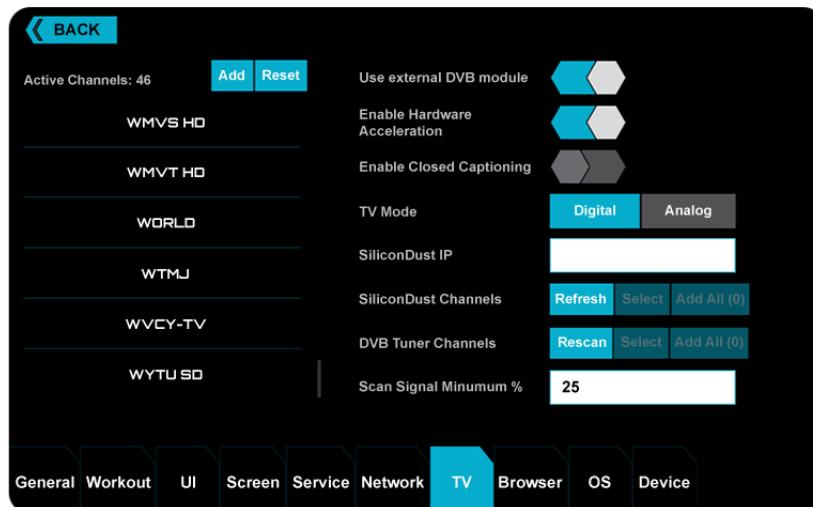
Key: Enter the password for the selected Access Point.

Hidden SSID: (Service Set Identifier) Allows user to enter the SSID manually, if it is hidden from scan.

Enable: If the AP you want to use has a hidden SSID, you can enable this and enter the name of the access point manually into the Access Point field. (Note that the AP name is usually case sensitive) **o Disable:** Select the access point from the list of available access points

11.7 TV

From the main Settings Screen press the TV Tab in the lower center of the screen to open the TV settings screen. [See Chapter 14 TV on the ProSmart for Complete TV settings](#)



Active Channels: Displays the current number of active channels and allows the user to Add or Reset the current selections. Below the Active Channels header is the list of current channels.

Use external DVB module: Enables Digital Video Broadcasting.

Enable Hardware Acceleration: Enable/Disable hardware acceleration.

Enable Closed Captioning: If enabled, a button will be shown on the screen to turn Closed Captioning on/off.

TV Mode: Specifies the signal type the device receives, Digital or Analog (antenna).

SiliconDust IP: Enter IP address of the SiliconDust device.

SiliconDust Channels: If using a SiliconDust device, configuration selections allow the user to setup and select channels.

Refresh: Will refresh TV channels.

Select: Press select to add the desired TV channel.

Add All: Add all found channels.

USB/DVB Tuner Channels: If the "Use external DVB module" is "Enabled" this line will read DVB Tuner Channels, if it is "Disabled" the line will read USB Tuner Channels. Configuration selections allow the user to setup and select Digital channels.

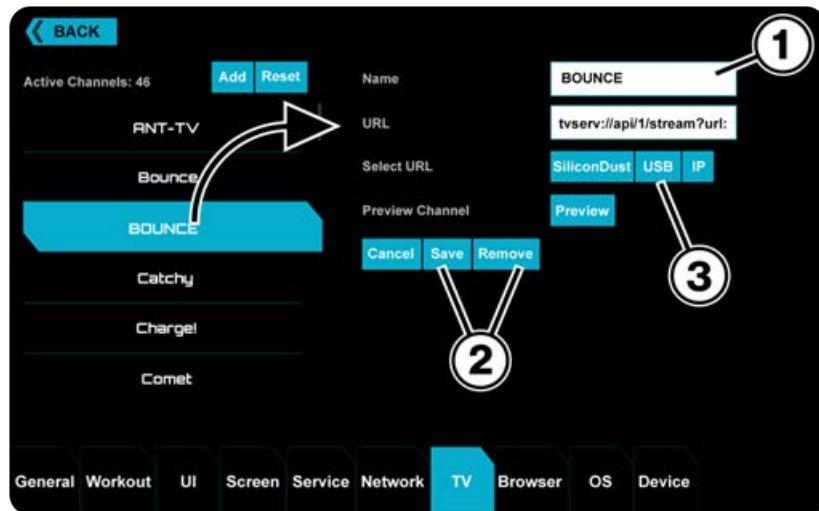
Rescan: Pressing this tab will rescan the TV channels.

Select: Allows the user to select desired TV channels to add.

Add All: This will add all available TV channels.

Scan Signal Minimum %: Minimum signal level for displaying a TV channel in the scan results.

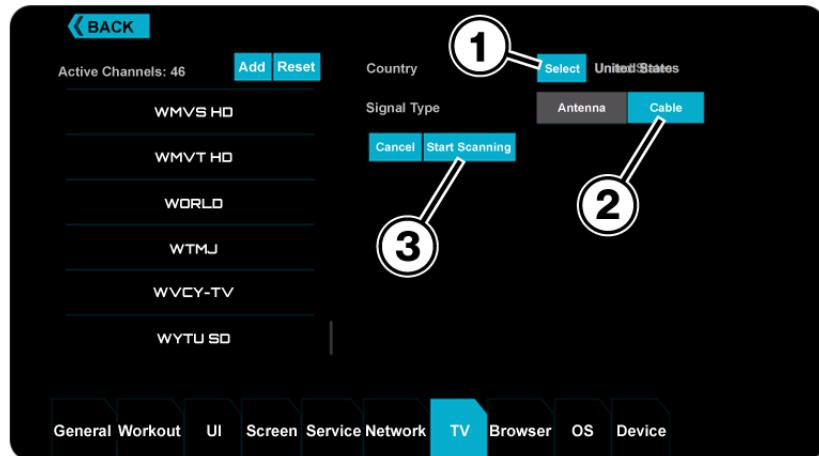
11.7.1 Adding or Removing Channels



Pressing the Add Tab will change the right side of the screen giving the user the ability to add new channels. Type the **Name (1)** of the new channel (this is will be the display name in the left hand column) enter the URL address, and select the type of URL (Uniform Resource Locator). Pressing the Preview Tab will allow the user preview and confirm the selection before saving it. Once confirmed the user may **Save or Remove the Channel (2)** by pressing the appropriate tab. **Select URL Type (3)** allows the user to select the type of URL being used, Silicon Dust, USB, and IP (Internet Protocol TV).

Scanning USB/DVB Channels

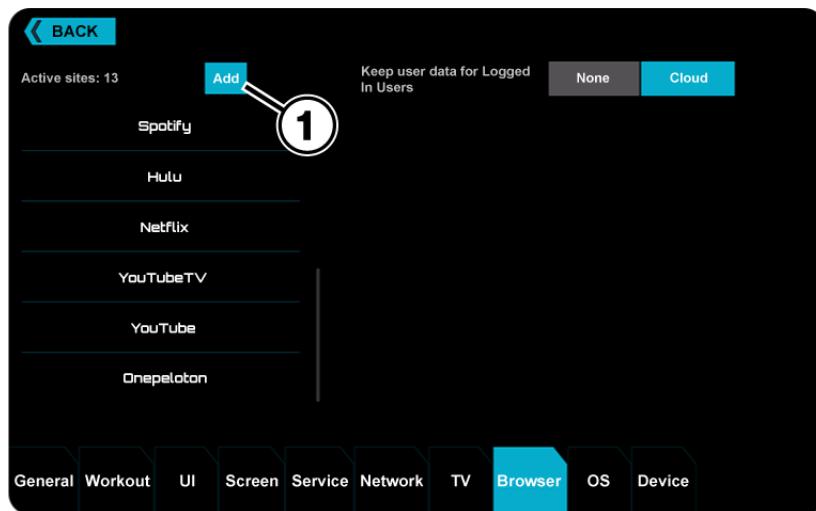
1. From the Settings/TV screen set the TV Mode to Digital.
2. From the DVB Tuner Channels line, select the “Rescan” tab and the right side of the screen will change.



3. Set the Country by pressing the **Select Tab (1)** which will open a secondary screen allowing the user to select the desired country.
4. Set the signal type to **Cable (2)**.
5. Press the **Start Scanning Tab (3)**

11.8 Browser

From the main Settings Screen press the Browser Tab in the lower right of the screen to open the Browser settings screen.



The upper left corner of the screen displays the current number of active websites.

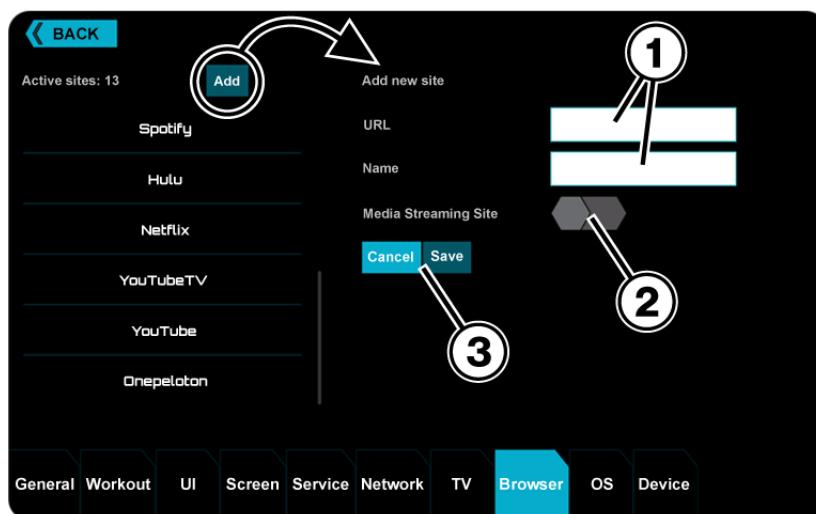
To add a new New site press the **Add Tab (1)**.

Keep User Data for Logged In Users:

None: User data is not saved

Cloud: User data is saved in the cloud

Upon pressing the Add tab the right side of the screen will display an Add to Site pane allowing the user to add the information needed to add Streaming sites to the Browser .



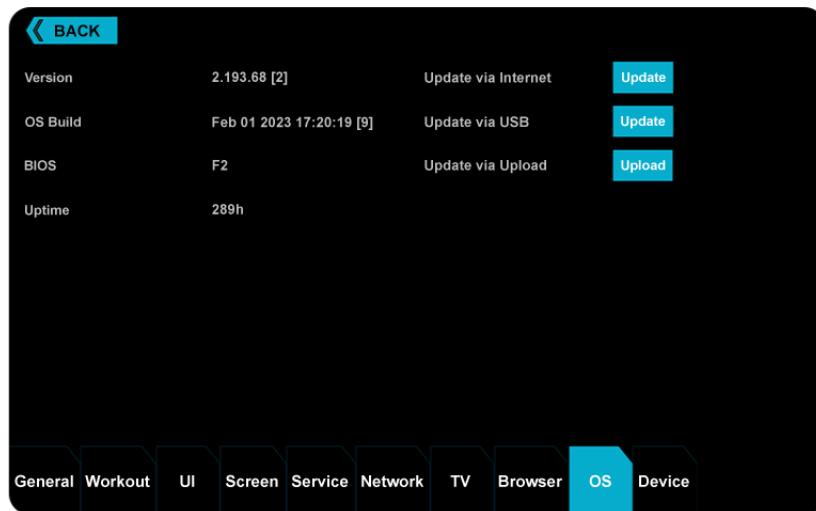
Two information input panes **URL and Name (1)** may be used to enter the desired URL address and the Name (the name entered is what will be displayed on the left hand side site list) pressing either of the white input panes will open an alpha numeric keypad for information input.

Media Streaming Site (2): Specify whether this site is a media streaming site. (Steaming Sites are grouped under the "Streaming" tab in Entertainment view)

Cancel or Save (3) allows the user to finalize their added site by either confirming or canceling out.

11.9 OS Operating System

From the main Settings Screen press the OS Tab in the lower right of the screen to open the Operating System settings screen.



Version: Displays the software version installed on the device.

OS Build: Displays the OS version installed on the device.

BIOS: Displays the Bios version.

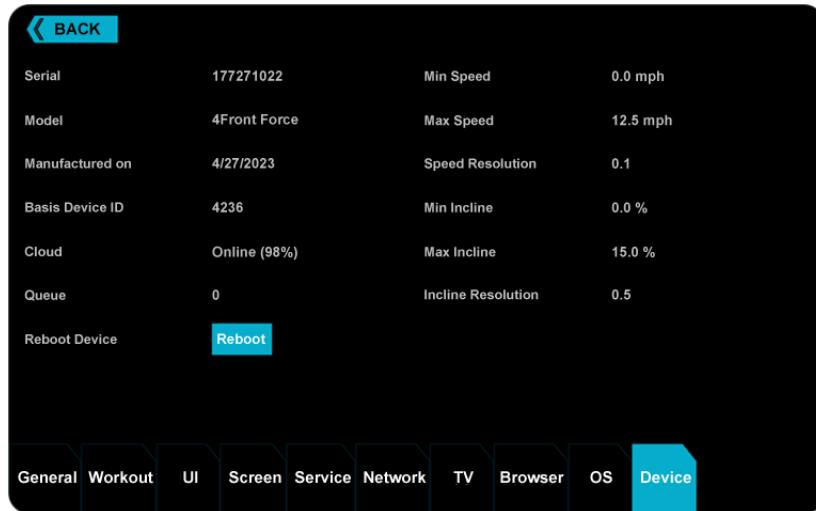
Uptime: Displays how many hours the device has been up. Update via Internet: Perform an update over the Internet.

Update via USB: Perform an update from a mounted USB thumb drive.

Update via Upload: Perform an update by uploading files remotely. [Remote Access]

11.10 Device

From the main Settings Screen press the Device Tab in the lower right of the screen to open the Device settings screen.



The Device Screen displays core information about the treadmill.

Serial: Serial Number of the device.

Model: Name of the Treadmill Model.

Manufactured on: Manufacture Date of the device.

Basis Device ID: Unique Device ID in the Basis Cloud.

Cloud: Status of the connection to the Basis Cloud.

Queue: Amount of data in queue for synchronization with Basis Cloud.

Reboot Device: Clicking this button will reboot the device.

Min Speed: Minimum device speed.

Max Speed: Maximum device speed.

Speed Resolution: Step increment for speed changes.

Min Incline: Minimum device incline.

Max Incline: Maximum device incline.

Incline Resolution: Step increment for incline changes.

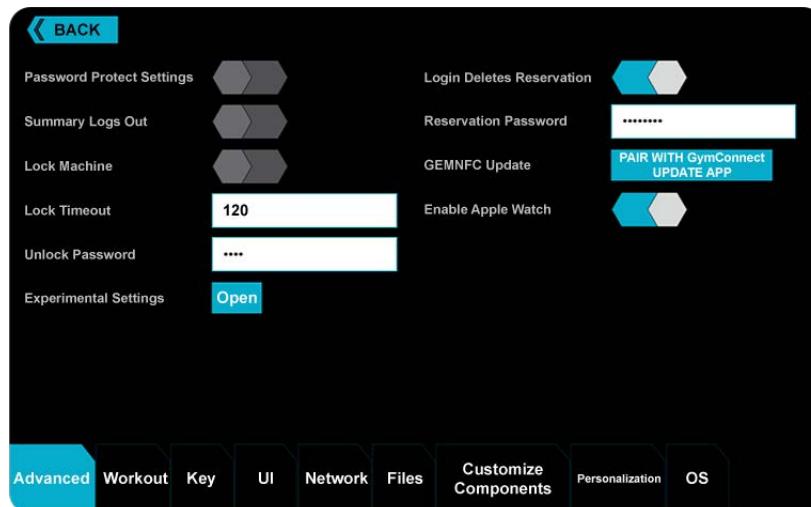
Notes:

12 Advanced Settings

12.1 Advanced Settings General

Pressing the Advanced Settings Open Tab on the General Settings screen will open the Advanced Settings screen.

Note: When in the Advance Setting Screen the lower Menu Bar changes to advance setting headers for Workout, Key, UI, Network, Files, Customize Components, Personalization, and OS



Password Protect Settings: This allows the user to protect their particular settings with their login password, press the octagon toggle icon to activate.

Summary Logs Out: If enabled, the user will be automatically logged out from the summary page at the end of a countdown.

Lock Machine: Enable/Disable automatic machine locking.

Lock Timeout: The time in seconds in which the machine is automatically locked if not in use.

Unlock Password: Set the password to unlock the machine. (Default password: 8020)

Experimental Settings: N/A

Login Deletes Reservation: Enable/Disable removing of reservations after user login.

Reservation Password: Set the password for device reservations

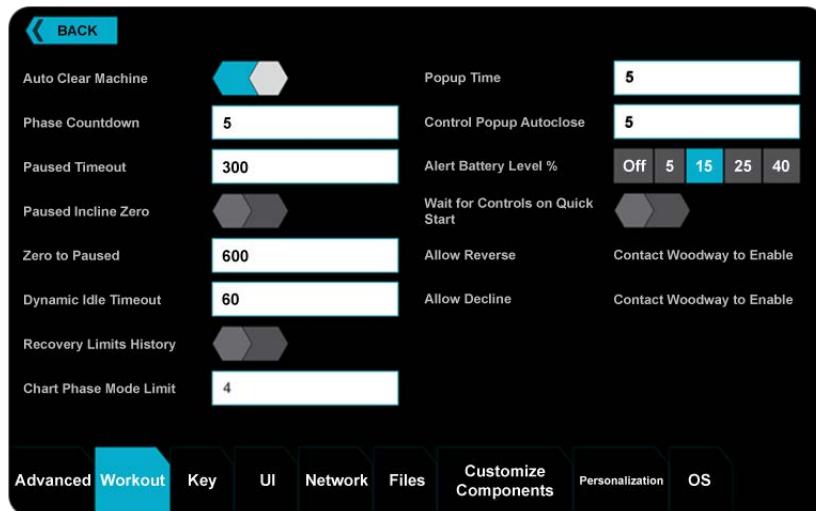
GEMNFC Update: N/A

12.1.1 Enable Apple Watch:

Turning this function on will pair the users Apple Watch with the treadmill. Hold the watch up to the Woodway logo on the control console until it beeps, the watch will display the Paired symbol giving the user the option to continue or dismiss the pairing.



12.2 Advanced Settings Workout



Auto Clear Machine: Enable/Disable clearing of controls history after each workout.

Phase Countdown: Timeout in seconds for the countdown dialog before starting a new Phase or Workout.

Paused Timeout: The time in seconds after which Pause mode will end and the workout will be stopped.

Paused Incline Zero: Enable/Disable reducing of Incline to 0 during Pause.

Enable: Incline will be reduced to 0 after tap on Pause button

Disable: Incline will not be changed after tap on Pause button

Zero to Paused: The time in seconds before automatically switching to Pause if Speed (Resistance) is zero.

Dynamic Idle Timeout: The time in seconds before automatically switching to Pause if no activity is detected in dynamic mode.

Recovery Limits History: Enable/Disable limitation of recovery values in the Speed/Incline history (used by Equinox).

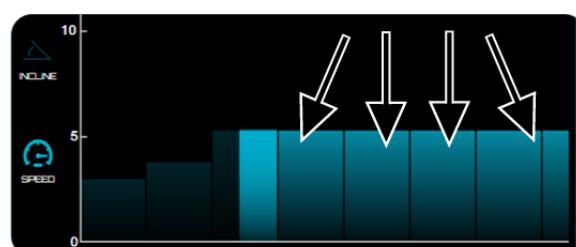
Enable: Speed/Incline values lower than corresponding recovery values will not be saved in history.

Disable: All Speed/Incline values will be saved in history.

Chart Phase Mode Limit: Maximum number of phases shown on the chart during Phases mode.

Popup Time: The time in seconds before auto closing message popups (e.g. "Image uploaded").

Control Popup Autoclose: The time in seconds before auto closing the Controls dialog (used for changing Speed, Incline, etc.).



Wait for Controls on Quick Start: Enable/Disable starting of the treadmill without waiting for input from the Controls dialog.

Enable: Quick Start will be stopped if none of the Controls were changed during Pre-workout Timeout.

Disable: Quick Start will continue to work even with 0 incline and 0 speed.

Alert Battery Level %: Show an alert if the connected Bluetooth ® device reaches the selected battery level (%), or turn this feature off.

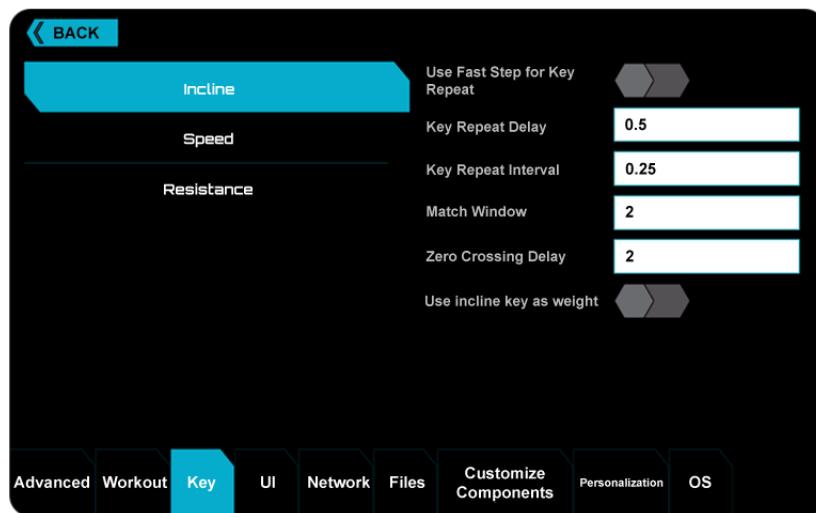
Allow Reverse/Allow Decline: Woodway can enable reverse/decline options if the treadmill supports it.

12.3 Advanced Settings Key

From the Advanced Settings Screen lower menu bar press the Key Tab.

12.3.1 Key - Incline

With the Key Screen open the user will see three main headers on the left side of the screen, Incline, Speed, Resistance. Press Incline, and the right side of the screen will load with settings input panes to allow the user to tailor the settings to there preferences.



Use Fast Step for Key Repeat: Affects how values are changed if the control key is kept pressed (key repeat),

Enable: Values are changed in fast steps (e.g. 5.1 => 6.1 => 7.1 ...)

Disable: Values are changed in slower steps (e.g. 5.1 => 5.2 => 5.3 ...)

Key Repeat Delay: Delay (sec) before starting to repeat the key's action (e.g. wait 0.5 sec before starting repeat).

Key Repeat Interval: Interval (sec) for repeating the key's action (e.g. repeat action every 0.25 sec).

Match Window: Timeout (sec) for matching changing to the target value. Amount of seconds since the last key press when the increment goes to the target control value rather than current. If user selected speed to be 10 mph, and current speed is 2 mph. Belt starts speeding up, if setting is equal to 2 sec and it's already 3 sec since the last key press and the current

belt speed 5 mph, next key press will abort speed change to 10 mph and new target becomes 5.1 mph.

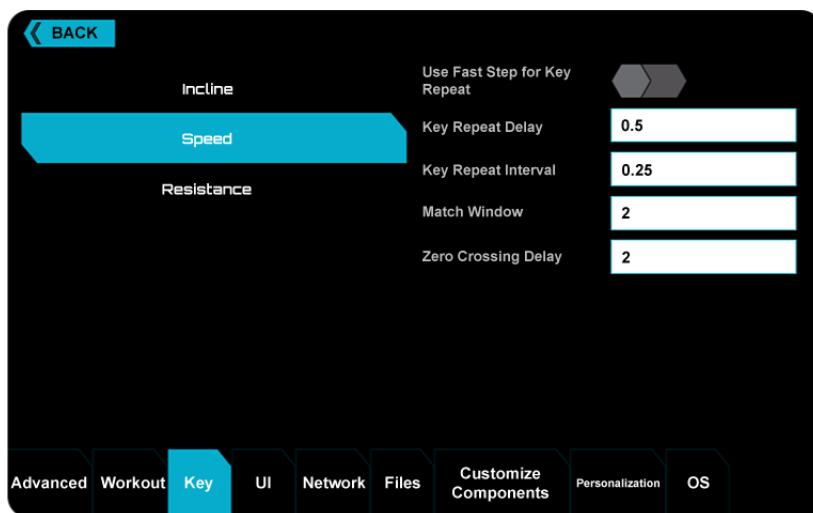
Zero Crossing Delay: The time in seconds for crossing zero value when:

- User presses Incline Down button (if treadmill allows decline)
- User presses Speed Down button (if treadmill allows reverse speed)
- This setting is not available for Resistance

Use Incline Key as Weight: Toggles hardware Incline keys into controlling weight (Boost device only)

12.3.2 Key - Speed

With the Key Screen open the user will see three main headers on the left side of the screen, Incline, Speed, Resistance. Press Speed, and the right side of the screen will load with settings input panes to allow the user to tailor the settings to there preferences.



Use Fast Step for Key Repeat: Affects how values are changed if the control key is kept pressed (key repeat),

Enable: Values are changed in fast steps (e.g. 5.1 => 6.1 => 7.1 ...)

Disable: Values are changed in slower steps (e.g. 5.1 => 5.2 => 5.3 ...)

Key Repeat Delay: Delay (sec) before starting to repeat the key's action (e.g. wait 0.5 sec before starting repeat).

Key Repeat Interval: Interval (sec) for repeating the key's action (e.g. repeat action every 0.25 sec).

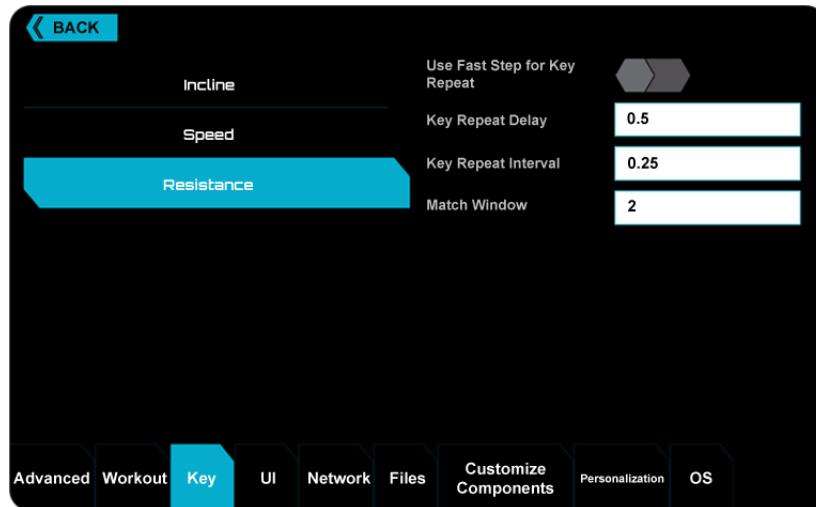
Match Window: Timeout (sec) for matching changing to the target value. Amount of seconds since the last key press when the increment goes to the target control value rather than current. If user selected speed to be 10 mph, and current speed is 2 mph. Belt starts speeding up, if setting is equal to 2 sec and it's already 3 sec since the last key press and the current belt speed 5 mph, next key press will abort speed change to 10 mph and new target becomes 5.1 mph.

Zero Crossing Delay: The time in seconds for crossing zero value when:

- User presses Incline Down button (if treadmill allows decline)
- User presses Speed Down button (if treadmill allows reverse speed)
- This setting is not available for Resistance

12.3.3 Key - Resistance

With the Key Screen open the user will see three main headers on the left side of the screen, Incline, Speed, Resistance. Press Resistance, and the right side of the screen will load with settings input panes to allow the user to tailor the settings to there preferences.



Use Fast Step for Key Repeat: Affects how values are changed if the control key is kept pressed (key repeat),

Enable: Values are changed in fast steps (e.g. 5.1 => 6.1 => 7.1 ...)

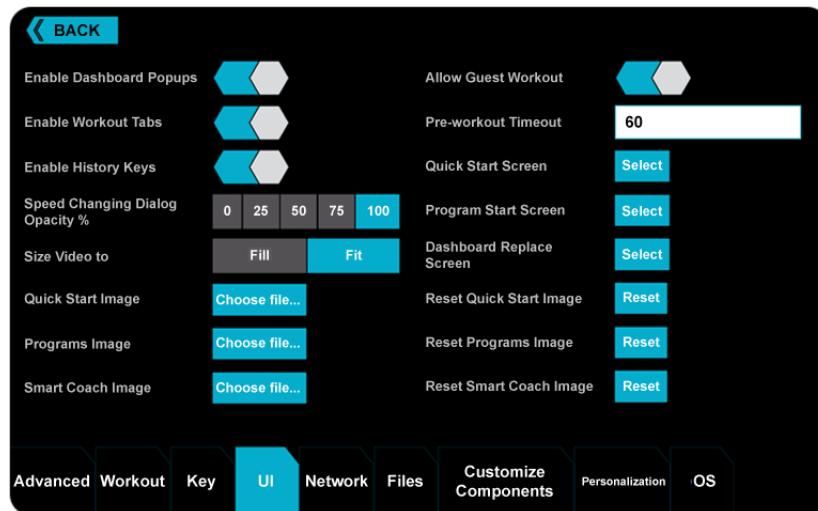
Disable: Values are changed in slower steps (e.g. 5.1 => 5.2 => 5.3 ...)

Key Repeat Delay: Delay (sec) before starting to repeat the key's action (e.g. wait 0.5 sec before starting repeat).

Key Repeat Interval: Interval (sec) for repeating the key's action (e.g. repeat action every 0.25 sec).

Match Window: Timeout (sec) for matching changing to the target value. Amount of seconds since the last key press when the increment goes to the target control value rather than current. If user selected speed to be 10 mph, and current speed is 2 mph. Belt starts speeding up, if setting is equal to 2 sec and it's already 3 sec since the last key press and the current belt speed 5 mph, next key press will abort speed change to 10 mph and new target becomes 5.1 mph.

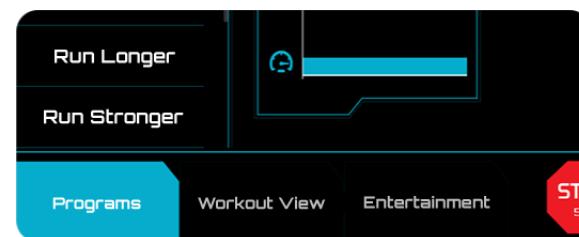
12.4 Advanced Settings UI



Enable Dashboard Popups: Enable/Disable drop-down menus on the main Dashboard when you click on Incline, Speed, etc. In order to change metrics views, popups must be enabled. If disabled the view for speed, incline, calories....etc will be the default setting view.



Enable Workout Tabs: Enable/Disable tabs shown during the workout. When enabled workout tabs, for Programs, Workout View, and Entertainment will display in the lower left corner of the screen.



Enable History Keys: Show/Hide the History Keys (Incline, Speed) on the Quick Start screen.



Speed Changing Dialog Opacity %: Set the opacity in percentage for the Speed Changing Dialog overlay popups.



Size Video to: Choose how to scale a video if the original size doesn't match the screen size.

Fill: Expands the video to cover the entire screen, but some parts of the video may be cropped

Fit: Sizes the video to fit the screen (black stripes may be added to top/bottom or video sides).

NOTE: The following Image settings require Remote Access and should be performed by a WOODWAY service technician, or a trained WOODWAY Distributor technician.

Quick Start Image: [Remote Access] Upload an image or video file to replace the Quick Start image.

Programs Image: [Remote Access] Upload an image or video file to replace the Programs image.

Smart Coach Image: [Remote Access] Upload an image or video file to replace the Smart Coach image.

Allow Guest Workout: Choose whether to allow workouts for guest users (without login).

Enable: Guest users can use standard workouts (no login required).

Disable: Users are prompted to log in before they can use any workouts.

Pre-workout Timeout: The time in seconds for showing a list of workouts after the user clicks on the Programs menu from the main page. After the specified time has elapsed with no activity, it will return to the main screen.

Quick Start Screen: Select the default screen to show when the user starts a workout from Quick Start.

Program Start Screen: Select the default screen to show after the user starts a workout from the Programs menu.

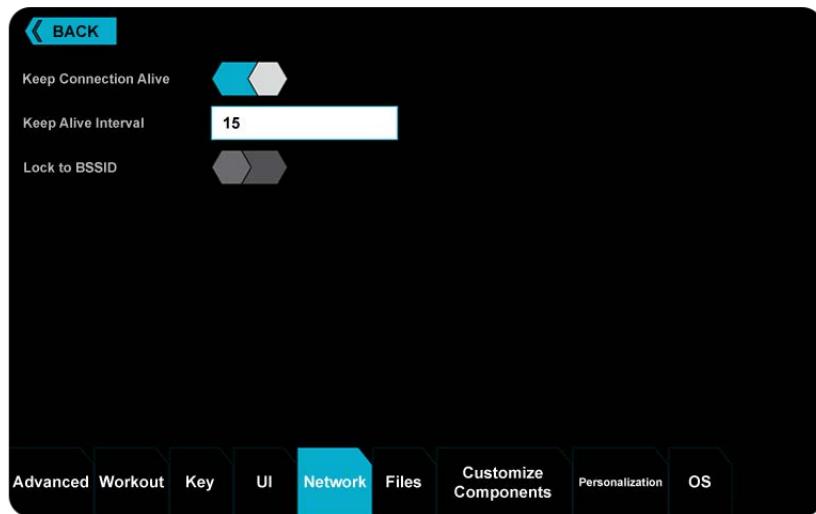
Dashboard Replace Screen: Select a screen to replace the standard Dashboard.

Reset Quick Start Image: Reset the Quick Start image to the default image.

Reset Programs Image: Reset the Programs Image to the default image.

Reset Smart Coach Image: Reset the Smart Coach image to the default image.

12.5 Advanced Settings Network



Keep Connection Alive: Enable/Disable a check of network connection to make sure it stays alive.

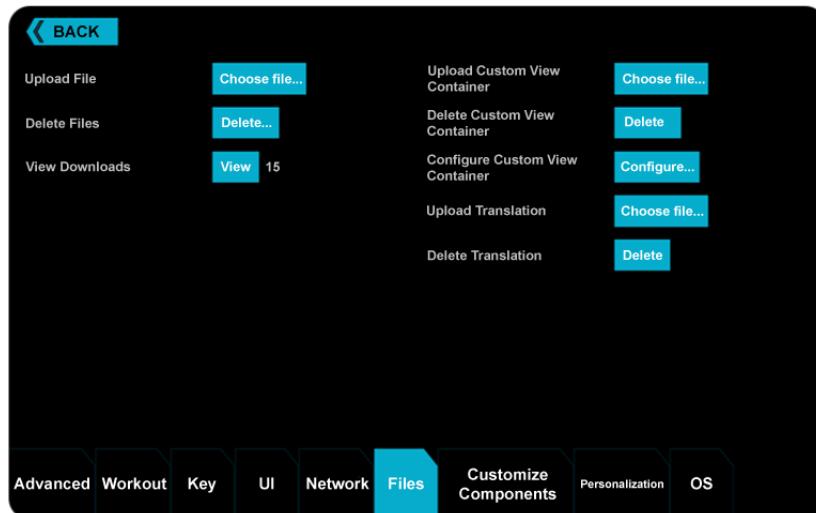
Keep Alive Interval: Timeout (sec) for checking network connection.

Lock to BSSID: Enable/Disable locking the device to the basic SSID (Access Point).

Disable: Device automatically switches to the SSID with better signal.

Enable: Device stays connected to the basic SSID even if its signal is not the best.

12.6 Advanced Settings Files



NOTE: Some of the following settings require Remote Access and should be performed by a WOODWAY service technician, or a trained WOODWAY Distributor technician.

Upload File: Upload a media file to the device. [Remote Access]

Delete Files: Choose user-uploaded files to delete.

View Downloads: View a list of files that were downloaded to the device.

Upload Custom View Container: Upload a container. [Remote Access]

Delete Custom View Container: Delete a container (depending on its version shown in brackets together with version number)

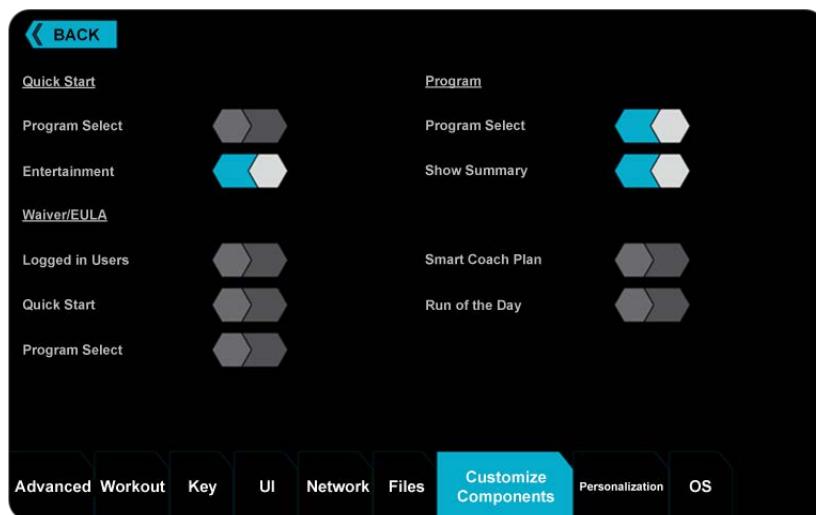
System: Container can only be deleted through Basis

User: Container can be deleted through UI

Upload Translation: Upload a translation file in .JSON format. [Remote Access] Delete

Translation: Delete the uploaded translation file

12.7 Advanced Settings Customize Components



Quick Start

Program Select: Enable/Disable the Programs tab on the Quick Start screen

Entertainment: Enable/Disable the Entertainment tab on the Quick Start screen

Program

Program Select: Enable/Disable the Programs tab on the Programs screen

Show Summary: Enable/Disable the Summary page at the end of each program

Waiver/EULA

Logged In Users: Select whether to apply Waiver/Eula settings for logged in users.

Disable: The settings below will be applied only for guest users

Enable: The settings below will be applied for guest users and logged-in users

Quick Start: Show the Waiver/EULA message before starting a Quick Start workout.

Program Select: Show the Waiver/EULA message before entering the Programs menu.

Smart Coach Plan: Show the Waiver/EULA message before starting a Smart Coach workout.

Run of the Day: Show the Waiver/EULA message before starting a Run of the Day workout.

12.8 Advanced Settings Personalization



Personalization: Select a location for saving user profiles.

Local: All user profiles are saved as XML files directly on the device.

Internet: All user profiles are saved online in Basis.

Disabled: Disable user login. No personalization possible.

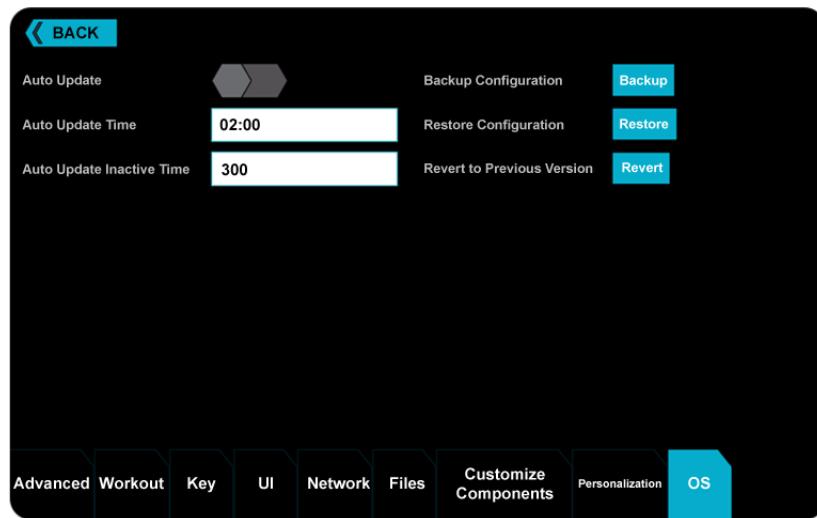
Inactive Logout Time: Period of inactivity (sec) after which the user will be automatically logged out. For residential use, this value can be set to "0" to prevent automatic logout.

If "Personalization" is set to "Local":

Delete Profile: Delete the local user profile. **Update Password:** Update password for the local user profile.

Notes: _____

12.9 Advanced Settings OS



NOTE: Some of the following settings require Remote Access and should be performed by a WOODWAY service technician, or a trained WOODWAY Distributor technician.

Auto Update: Enable/Disable automatic updates.

Auto Update Time: Set a time for Auto Update based on the selected time zone. (24-hour format)

Auto Update Inactive Time: Period of inactivity in seconds before starting auto update.

Backup Configuration: Save the current configuration to a zip archive for backup. [Remote Access]

Restore Configuration: Restore a previous configuration from a zip archive. [Remote Access]

Revert to Previous Version: Revert to the previously installed version. Reset to Factory Defaults: Reset the device to the factory default settings. Note: This option is not available via Remote Access.

13 Infrastructure Requirements

Entertainment and interactive features have quickly become integral parts of the workout experience, to keep up with these features as they expand, fitness facilities should plan a technical infrastructure to support them.

The following instructions and guidelines are to assist and provide insight on how to best design infrastructures for new facilities or update existing ones to make full use of WOODWAY ProSmart technology.

13.1 Installing Connections

It is recommended that a general site survey be conducted by a WOODWAY recommended installer to create a list of hardware and infrastructure configurations the facility will need. The following checklist describes the types of support that must implement before installing WOODWAY networked ProSmart Touchscreen Products.

- Treadmill Connections
- Power Circuit Requirements
- Audiovisual Signal Strength
- Data Networking Requirements

13.2 Treadmill Connections

It is recommended that each treadmill have individual connection points permanently built into the facilities infrastructure, If unable to install such connections in the facility, contact a WOODWAY representative to discuss alternate options.

IMPORTANT: The electrical instructions in this document are Recommendations Only. Facility wiring and connections must comply with National Electric Code (NEC) guidelines and local electric codes.

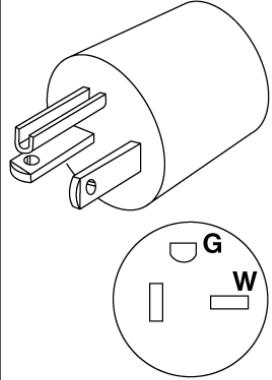
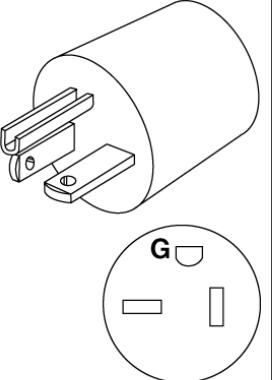
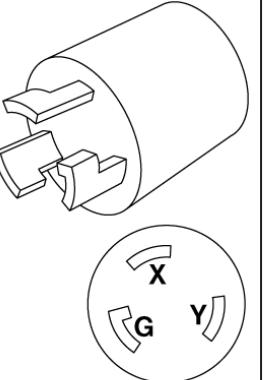
Depending on local regulations and customer preferences, WOODWAY treadmills may require either 120VAC or 240VAC power circuits. Each treadmill must be connected to a single 20A individual dedicated branch circuit. If you need additional help with the power connections, contact your electrical contractor.

It is recommended WOODWAY Treadmills with ProSmart Touchscreen consoles utilize one individual branch circuit electrical wall outlet per machine. Daisy-chained power connections are not supported on ProSmart Touchscreen treadmills.

13.2.1 Electrical Power Connections

Individual branch circuit provides single hot conductors and single neutral conductors to a single receptacle. The conductors must not be looped, daisy-chained, or connected to any other conductors.

The circuit must be grounded per NEC guidelines and local region electric codes.

Description	Parameters		
	115 VAC	208/230 VAC	208/230 VAC
Voltage	Requires at least 115 V from wall outlet. If voltage falls 10% below 115 V, treadmill will shut off and reset.	Requires at least 208/230 V from wall outlet. If voltage falls 10% below 208/230 V, treadmill will shut off and reset.	Requires at least 208/230 V from wall outlet. If voltage falls 10% below 208/230 V, treadmill will shut off and reset.
Frequency	50/60 Hz	50/60 Hz	50/60 Hz
Current	20 Amp <i>Dedicated line required (cannot share neutral line)</i>	20 Amp <i>Dedicated line required (cannot share neutral line)</i>	30 Amp <i>Dedicated line required (cannot share neutral line)</i>
Wall Outlet Requirements	 NEMA 5-20	 NEMA 6-20	 NEMA L6-30
Outlet Compatibility	Standard 3-prong, hospital grade plug (NEMA 5-20 P) Will ONLY fit a NEMA 5-20 R outlet	3-Prong plug (NEMA 6-20 P) Will ONLY fit a NEMA 6-20 R outlet	3-Prong Twist plug (NEMA L6-30 P) Will ONLY fit a NEMA L6-30 R outlet
Hospital-Grade Low Leakage	For grounding reliability only connect to proper receptacle marked "Hospital Grade" when using for Medical use.		

Power cords must be properly protected at all times, both when in use and storage.

WOODWAY offers different options depending on model types, please contact a WOODWAY sales/service representative If a different electrical configuration exists.

DO NOT BEND OR REMOVE PRONGS

Plugs are polarized. Meaning the prongs are different sizes and directions whereas the plug will only fit in the outlet in its designed capacity. If other power cord plugs are required, please contact WOODWAY.

Before connecting the treadmill to the power supply, compare the information on the main voltage and frequency to the on-site connection values.

The treadmills main voltage and frequency information is given on the units name plate.

**13.2.2 Audiovisual Connections**

For coaxial Audiovisual (AV) signal cables, a separate AV signal cable for each piece of equipment is recommended. However, AV cables can be daisy-chained or passed through taps to serve multiple units if the system continues to meet the minimum requirements for RF signal strength. (Must be balanced within 2dBmV across all channels) One F-type coaxial cable outlet jack is required for each piece of equipment.



RG6 coaxial cable is recommended to connect the head-end to the outlet jacks. If the cable signal is distributed, commercial grade taps and/or splitters (such as those produced by Blonder Tongue) must be used to balance the proper signal strength to each piece of fitness equipment. (maximum of 15 pieces of equipment).

RF Signal Requirements measured at the screen.

	Analog	Digital
Target	0dBmV to + 10dBmV	-10dBmV to 0dBmV
Signa-to-Noise Ratio Minimum	+40dB	N/A
Modulation Error Ratio	N/A	+35dB

13.2.3 Data Networking Requirements

Every networked fitness console requires a dedicated Ethernet connection directly from the facility's network switches, based on Cat 6 (recommended) or Cat 5e twisted-pair cable and eight-contact modular connectors.

The treadmills Ethernet connection port is located on the lower front right corner of the chassis.



Note: WOODWAY advises that a wired Ethernet connection is always best.

Alternatively, the ProSmart console can be connected wireless to the facility's network. WOODWAY strongly advises against wireless connected devices. If the SiliconDust TV Option was purchased, all treadmills must be connected to a wired network.

Consult with a wireless network specialist or your IT administrator for information on installing and managing a wireless network.

Network Switches

Depending upon the number of ProSmart Touchscreen consoles to be networked, there will need one or more network switches, each console will require its own connection port at a network switch.

Switches come in a variety of sizes (4 ports, 8, 12, 16, 24, 48, and so on). Standard 19-inch commercial grade racks typically house 24-port or 48-port switches, but may accommodate other standard rack mountable switches of any capacity.

It is recommended that extra rack space, or extra connection ports are installed on the network switches to accommodate future equipment additions.

Contact your IT Administrator for more information.

13.3 Internet Connectivity Recommendation

WOODWAY recommends at least 2 Mbps minimum for each networked treadmill to maintain a good level of performance. Dedicated bandwidth is recommended to ensure that ProSmart software runs efficiently in the facility. It is highly recommended installing a separate dedicated Internet line if possible.

Upload Data Rate	5-10 Mbps
Download Data Rate	Good: 1Mbps (per treadmill)
Silicon Dust (Wired Only)	5-10 Mbps

Internet Connection: **CAT6 preferred**, CAT5 acceptable, or Wi-Fi (not recommended).

Note: The download data rate will increase as ProSmart Touchscreen consoles are added to the facility.

13.4 SiliconDust

SiliconDust is the innovator of the HDHomeRun® line of network connected TV tuners.

It allows televisions signals to be received by the treadmills computer.

SiliconDust offers global solutions to Live TV streaming in homes, businesses, hotels, education facilities or anywhere Live Linear TV is streamed to multiple viewing devices within a connected network. SiliconDust is required to stream TV to a ProSmart Console. SiliconDust is a set top box that uses the coaxial TV cable to provide TV for ProSmart devices.

Note: The number of tuners must be at least half the number of ProSmart Consoles in your facility. Each SiliconDust unit can accommodate (2) ProSmart Consoles.



It is REQUIRED that all ProSmart Consoles equipped with the SiliconDust option are on a WIRED network. Each SiliconDust tuner requires approximately 5 Mbps of local network traffic to stream a standard station. For this reason, WOODWAY REQUIRES wired Ethernet networks. For more information on SiliconDust consult their website: <https://www.SiliconDust.com>

13.4.1 SiliconDust Compatibility

ProSmart is only compatible with SiliconDust HD Homerun Extend. SiliconDust must receive one of the following signal types:

- ATSC: Standard over the air broadcast digital television (Antenna option)
- QAM64/256: Headend system output Required.

Use the following flowchart to determine whether a SiliconDust is a viable option.

13.4.2 Data Networking Configuration Requirements

Data network administrator must ensure network meets the following requirements.

Outbound ports required to support full ProSmart Functionality:

- TCP Port 80 (HTTP)
- TCP Port 443 (HTTP)
- UDP Port 123 (NTP)
- Port 5100-5299, 5500 (VNC)

Connecting the SiliconDust to the treadmill requires knowing the IP Address that has been assigned to the SiliconDust box. The SiliconDust does NOT support a static IP Address. Instead, a DHCP Reservation

based on the MAC Address will be required to keep a consistent connection to the treadmill.

13.5 Wireless Networking Recommendations

WOODWAY recommends hardwired connections. CAT6 provides the most reliable and highest speed connection.

IMPORTANT: Always consult a wireless networking specialist for questions about network design and wireless equipment purchases. WOODWAY is not able to provide any wireless network equipment or technical support for that equipment.

The following table specifies the network recommendations needed to support ProSmart:

Criterion	Minimum Requirement
Support Port Access	80, 123, 443, 5100-5299 (outbound only)
DHCP/Static	Both Supported
Maximum Range	164 feet (50 meters)
Wireless Connection	2.4 GHz 802.11 b/g/n (Wired Connections Recommended)
Treadmills for Each Access Port	25
Access Ports	Commercial grade dedicated to WOODWAY cardio equipment
SSID	Private

Basic Recommendations

- Ethernet (CAT5e or CAT6) provides the most reliable and highest speed connection.
- Use commercial grade wireless equipment that supports 2.4GHz 802.11b/g/n. 5GHz is not supported.
- Install the correct number of wireless access points to ensure the wireless network has enough capacity to handle the peak load requirements.
- Place wireless access points such that all equipment has an unobstructed view of the access point.

Note: most locations will require multiple access points. Consult a wireless networking specialist for site specific design requirements.

- WOODWAY recommends a 50-meter maximum range between the access point and the treadmill.
- Create separate wireless network for the ProSmart Touchscreen consoles.
- WOODWAY recommends dedicated bandwidth to ensure that ProSmart software runs efficiently at the facility.
- Install a separate dedicated Internet line if possible.
- Create a unique, non-broadcasting, wireless network ID (SSID) for the ProSmart Touchscreen consoles.
- Enable Network security. WPA2-PSK authentication is currently recommended.
- Use an Internet connection that provides at least 2Mbps per each piece of equipment.

14 TV on the ProSmart

A key feature of the ProSmart console is the web access. If the treadmill is connected to private use or club network, it can be accessed using a computer that is on the same network. It is important that the ProSmart has a stable Internet connection for up to date profile information and auto software updates. The following chapters detail TV setup using SiliconDust, USB, and IPTV sources.

14.1 Setting up a SiliconDust

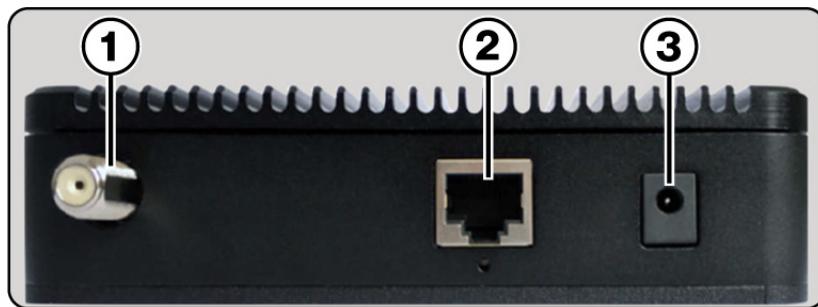
14.1.1 Determining the Video Signal

For the HDHomerun extend unit to work, it must be compatible with the signal you are providing it on the coaxial (RG6) cable. The compatible signal types are over the air digital broadcast (ATSC) or unencrypted digital TV (QAM64/256).

14.1.2 Installing the SiliconDust

The SiliconDust installation involves 3 connections.

- **Coax Input (RG6) Cable (1)** from the antenna or head end system.
- **Ethernet (CAT6) Cable (2)** from a network switch.
- **Power (3)** from the wall.



Connect all the above connections and Power the unit ON.

14.1.3 HDHomerun Setup

To set up the HDHomerun the HDHomeRun Software needs to be downloaded. The software can be found at the following link:

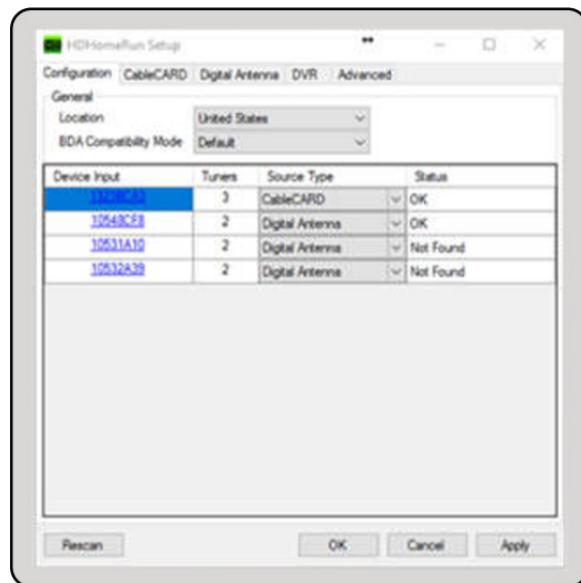
<https://www.silicondust.com/support/downloads/>

For more detailed instructions on installation and setup refer to the documentation provided with the SiliconDust product.

1. After installing HDHomeRun, open HDHomeRun Setup. This is a full list of devices found on your network.

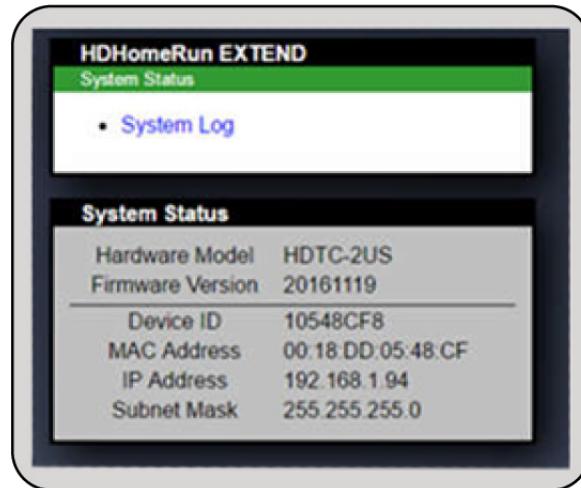
Note: HDHomeRun Setup will NOT find devices on anything other than the local subnet.

The "Device Input" column corresponds to a number listed on the bottom of your HDHomeRun Extend unit.



2. Click on the hyperlink for each device will open the web interface for the device selected.

The web interface is where the network connection information can be found including the IP Address, Subnet Mask, MAC Address, etc.



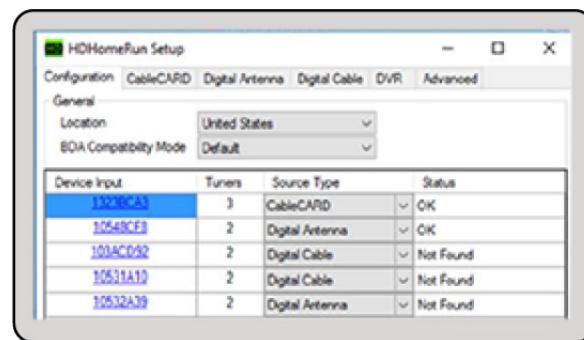
3. Take note of the IP Address as it will be used to point the ProSmart at the SiliconDust box.

NOTICE

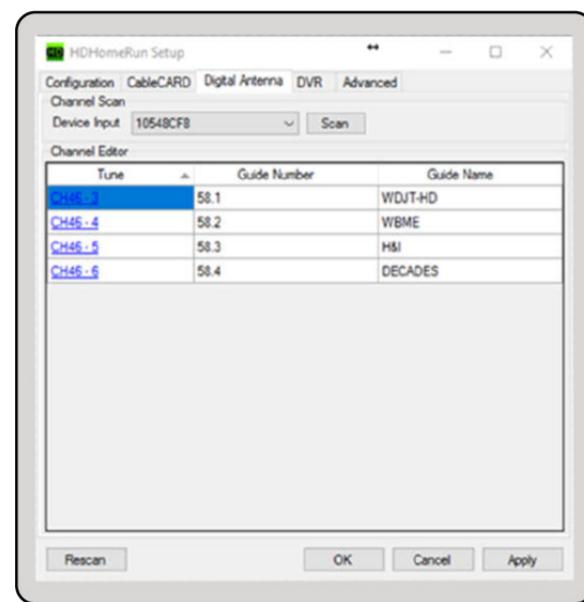
For stability purposes, it is HIGHLY recommended that a DHCP Reservation is made for each SiliconDust device on the network. The SiliconDust device does not support Static IP addressing.

14.1.4 Scanning for Channels

1. Use HDHomeRun Setup to scan for channels.
2. Find the tab corresponding to the incoming signal, either Digital Antenna or Digital Cable.

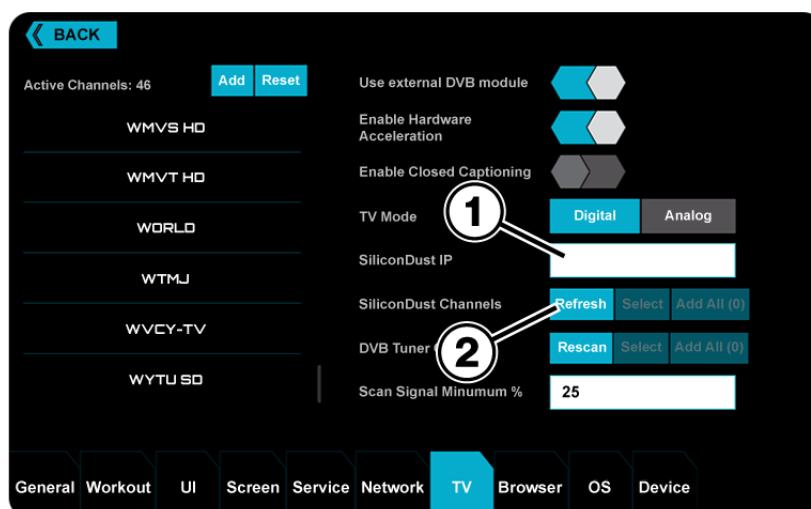


3. Navigate the tab.
4. Select the Device Input from the drop-down box and click the Scan button. This process will take a varying amount of time based on the number of channels that are found.



14.1.5 Adding Channels Using Silicon Dust/IPTV

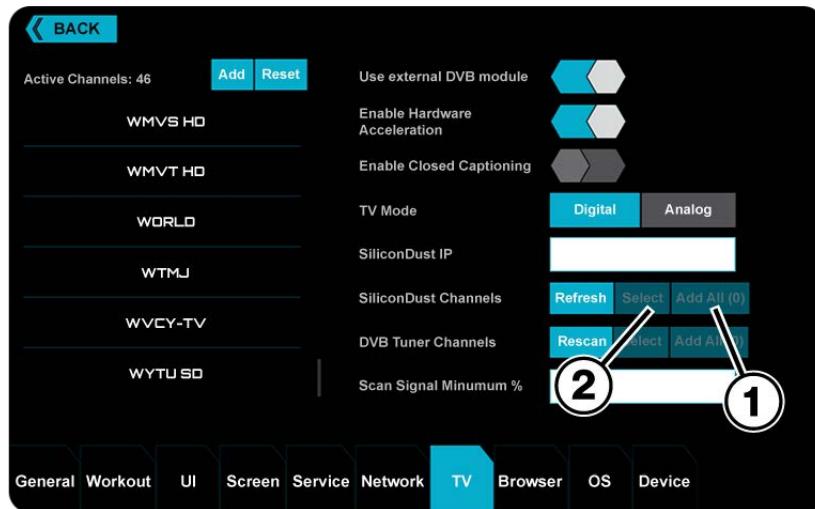
1. From the Main Screen, open the Settings screen then select the TV tab.



2. Type the **IP Address (1)** of the SiliconDust box, press the **Refresh (2)** button.

Note: This will detect available channels and the number of channels detected will be shown and should match the number of channels found on the HDHomeRun Setup.

3. Press the **Add All (1)** Tab to add all channels detected in the channel list.



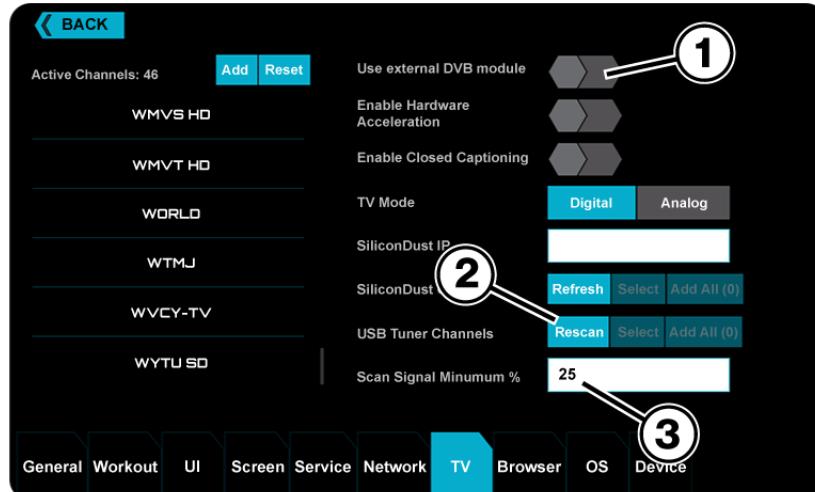
4. Press the **Select (2)** Tab to select and add detected channels one at a time.
All currently active channels will display on the left side of the screen.

Note: Silicon Dust and IPTV (Internet Protocol Television) work in conjunction to support digital TV on the ProSmart display.

14.2 Adding Channels Using USB Tuner

The built-in USB tuner allows the ProSmart to receive live TV over a coaxial (RG6) cable. The RG6 cable is connected to the A/C bracket located on the lower front right corner of the treadmill.

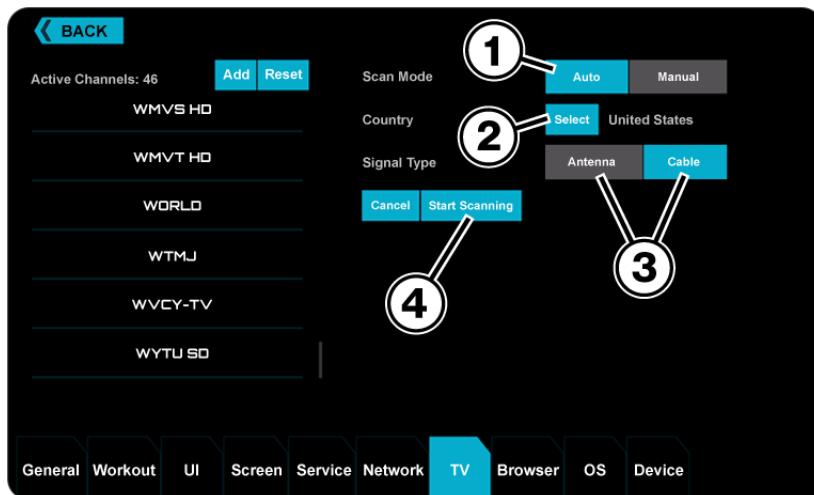
1. From the Main Screen, open the Settings screen then select the TV tab.



2. Ensure the Use external **DVB module (1)** is Not selected. Press the **Rescan (2)** tab, this will detect available channels with signal strength above the set **Minimum Signal Percentage (3)**.

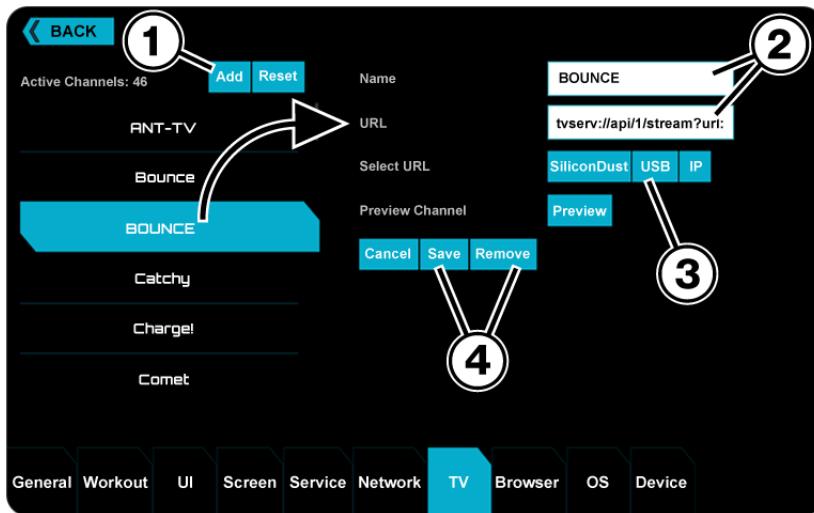
Note: DVB is not active, placeholder for future hardware development.

Upon pressing the "Rescan" tab and the right side of the screen will change to edit mode.



3. Setting the Scan Mode to **Auto** (1) allows the hardware to search all available sources on the network. **Note:** Selecting "Manual" Scan Mode allows users (IT specialist) to enter specific scan protocols.
4. Set the Country by pressing the **Select Tab** (2) which will open a secondary screen allowing the user to select the desired country.
5. Set the signal type to **Cable** (2).
6. Press the **Start Scanning Tab** (4) to begin scanning for channels, this may take some time depending on the available number of channels.

14.3 Modifying Existing Channels



Pressing the **Add Tab** (1) will change the right side of the screen giving the user the ability to add, remove or modify existing channels.

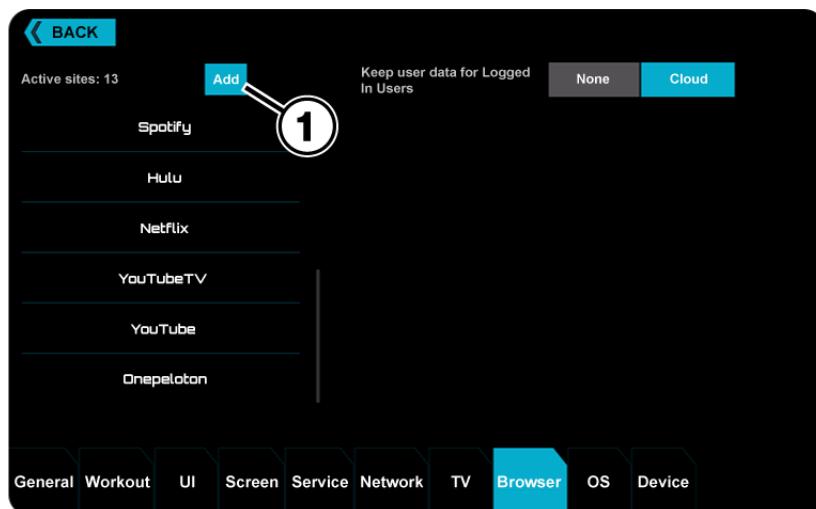
1. Type the **Name** (2) of the new channel (this is will be the display name in the left hand column) enter the URL address, and select the type of URL (Uniform Resource Locator).

2. Select the appropriate **URL Type (3)**
3. Then press either the **Save or Remove Tab (4)** to select the desired action.

Pressing the Preview Tab will allow the user preview and confirm the selection before saving it. Or Cancel to exit out of the screen.

14.4 Adding Streaming Channels

From the main Settings Screen press the Browser Tab in the lower right of the screen to open the Browser settings screen.



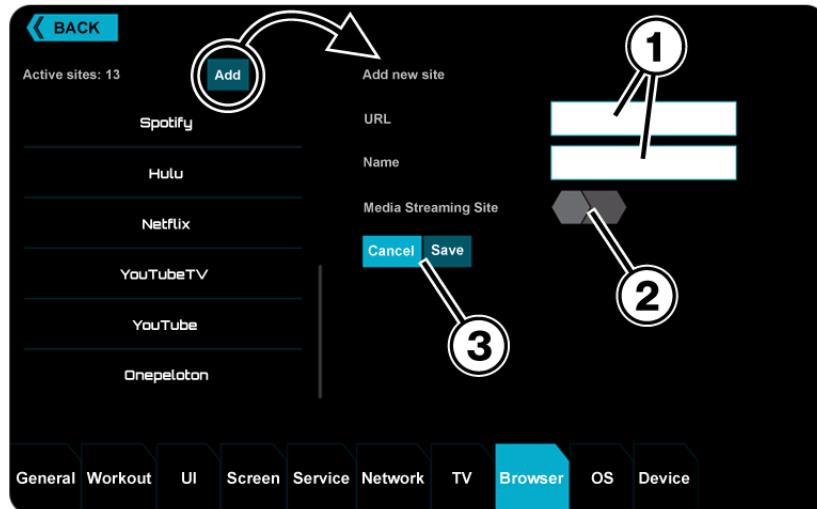
The upper left corner of the screen displays the current number of active Streaming Websites. To add a new New site press the **Add Tab (1)**.

Keep User Data for Logged In Users:

None: User data is not saved

Cloud: User data is saved in the cloud

Upon pressing the Add tab the right side of the screen will display an Add to Site pane allowing the user to add the information needed to add Streaming sites to the Browser .



1. Use the **URL and Name (1)** input panes to enter the desired URL address and the Name (the name entered is what will be displayed on the left hand side site list) pressing either of the white input panes will open an alpha numeric keypad for information input.
2. Select **Media Streaming Site (2)** this will add the site name to the Streaming Active site list and streaming site header on various entertainment screen selections.
3. Select the desired action **Cancel or Save (3)**.

Notes: _____
