USER MANUAL – EN

**FitShow App Manual**

CONTENTS

APP INSTALATION

Scan the QR barcode to directly locate FitShow in the App Store on your device.

Note: In order to scan the QR Code, you must first download the QR READER App on your device. Available in both Apple Store and Google Play.

CREATE A USERNAME AND A PASSWORD

1. First time users must sign up for a username and password in order to save their personal workout history. If you've already registered, please enter your username and password to login.

2. Please register with an email address or a phone number, then select a username and password for your FitShow account.
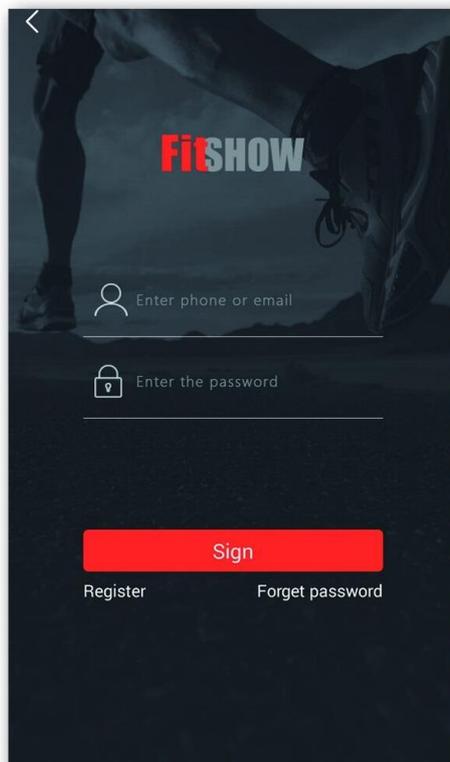
HOW TO SYNC THE DEVICE

1. Enable Bluetooth on your device for indoor exercise. Simply click the red INDOOR button and begin exercising. The FitShow App will record your workout progress.

   Note: Click the blue OUTDOOR button to access GPS mode, enabling you to continue tracking your workout history while running outdoors.


2. With Bluetooth enabled, the app will automatically locate your device. Connect to the corresponding device to ensure proper integration.

3. Once connected, if you click on the device image, the Device Details will appear, displaying the obtainable range of specifications.

OPERATIONAL INSTRUCTIONS

To change other settings, follow these instructions:

1. Click ME button located at the bottom right.
2. Click Settings at the bottom and then click Enable Control.
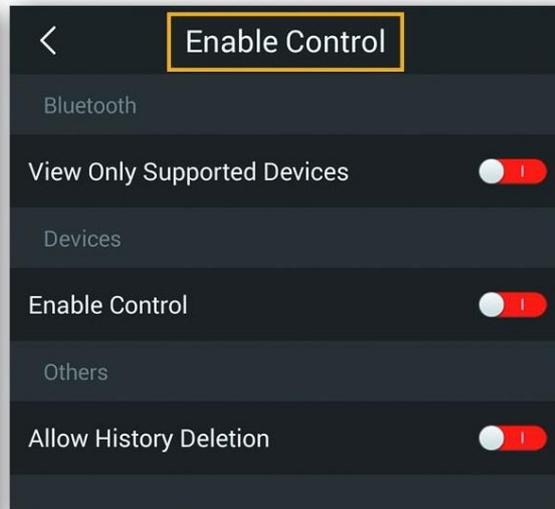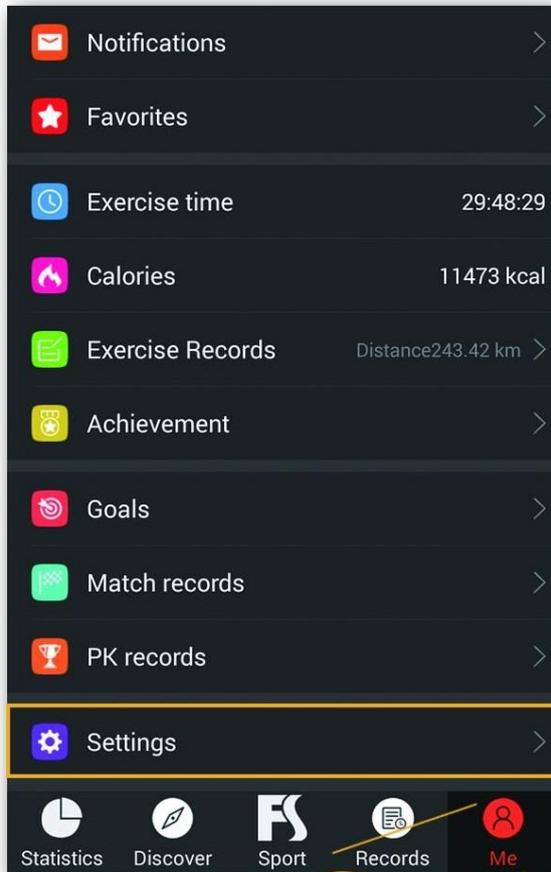
- **View Only Supported Devices:**
Only related fitness equipment will be shown when synced with Bluetooth.
- **Enable Treadmill Control:**
Enables SPEED & INCLINE controls from your mobile device.
- **Allow History Deletion:**
Allows workout history to be deleted.

Once connected, the app will display four modes. You can select one mode and click the START button to begin exercising.

WARNING: Move with caution while exercising and using the app as multitasking may be a distraction.
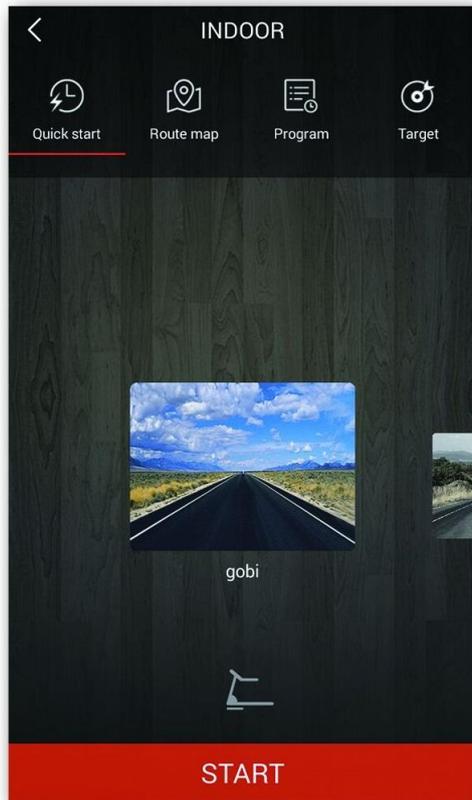
Once you begin exercising, your workout progress of Time Elapsed, Calories Burned, Distance Travelled, Steps Per Minute, Heart BPM, Average Speed and Average Pace will be displayed. Once you've completed your workout, hit the STOP button and the FitShow will save this session in your workout history.