

ACCUREfit

# Welcome to Accuro!

Congratulations on your decision to purchase the Accurofit Dynamic Heart Rate Display System! We believe you made the right choice to not only help your club become more profitable and retain more of your members, but also to help your members get the most out of their fitness journey with your club.

Your club will now allow you to wirelessly display individual and group performance results on to multiple screens around your club. Also, your members can track workout data in real-time, track their heart rate zone and calories burned, as well as their heart rate summary at the end of each workout session.

We are excited you have chosen us to participate in your journey with your members. We will be here to help you along the way and are looking forward to a long partnership together.

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## Simple Start Up Guide

### Step #1

Unpackage everything from the box that was shipped to you.  
Locate the Netgear N300 Router.

- Remove the router from the box.
- Plug the router into a power source.
- Take the yellow cable from the router box and plug it into the yellow port on the back of the Netgear N300 router that we sent to you.
- Plug the other end of the yellow cable into an open numbered port on the back of your in-club router that you utilize for internet access.
- After a few seconds, you should see all solid green lights on the front of the router.
- *If you do not, please contact your support team at: 877-409-0937*

### Step #2

Locate the receivers from the box that we sent to you. They are small, have a white button and two little lights on the front of them.

- **Locate the area/room you are looking to cover with the heart rate projection.**  
*(Remember: each receiver covers about 1,000 square feet.)*
- Once in the space, locate an outlet on one side of the room. The higher the outlet is, the better. If the outlet is high up on the wall, this will work best.
- Plug one receiver into the outlet. The receiver should automatically turn on.
- On the opposite side of the room, locate a second outlet. Again, the higher up the wall, the better.
- Plug in the second receiver into the outlet. The receiver should automatically turn on.
- If you have more than 2 receivers and are looking to cover more space, the same process can be repeated as above.
- **PLEASE NOTE:** For best performance, make sure the receivers are within 100 feet of the router.

## Simple Start Up Guide

### Step #3 & 4

Locate the laptop computer that was sent to you.  
Unpackage the laptop.

- Locate the space you want to keep your laptop. If it is in the same room that is being covered, that typically works best. If it is another area, please located that, but make sure you have access to HDMI and the TV you are looking to connect to.
  - Plug the laptop into an outlet.
  - Connect the laptop to your TV via an HDMI cable.
  - Turn the laptop on.
  - Once the laptop powers on, it should automatically connect to the Netgear router we provided and that you have already set up.
  - Open the AccuroFit software.
  - On the left-hand side, select "Admin Panel"
  - Select "Wireless Receivers"
  - Make sure you see your receivers listed there.
- 6 If you do not, please contact our support team.

### Step #5

- Close the Accuofit Software.
- Right click on the desktop.
- Select "Display Settings"
- On the right-hand side, scroll down until you see "Multiple Displays"
- The drop-down will be defaulted to "Duplicate This Display"
- Change the drop-down to "Extend This Display"
- Select Save/Keep these changes.
- Re-open the AccuroFit Software
- Select "Class Section"
- Click "Show Display"
- The heart rate display should now be on your TV display. The laptop display will remain on the software controls. This allows you to continue to add new profiles, modify profiles, etc. without interrupting a class session that might be taking place on the TV screen.

*For more assistance or questions please contact AccuroFit Support: 877-409-0937*

# What's In the Box

## • Router(s)



## • Laptop



## • Receiver(s)



# System Requirements

Hard Drive Capacity	500 Gigabytes
Hard Drive Type	SATA
Operating System	Windows 10
Processor Brand	Intel
Processor Speed	1.6 Gigahertz
Processor Model	Intel Celeron
System Memory (RAM)	4 Gigabytes
Wireless Networking	Wireless A-C
Battery Life	4 Hours
Screen Size	15.6 Inches
Embedded Mobile Broadband	None

Wi-Fi Technology	802.11n
Wi-Fi Performance	N300 (300 Mbps) †
Wi-Fi Range	Small to medium homes
Wi-Fi Brand	2.4GHz
Beamforming	Not Applicable
Number of Ethernet Ports	Five (5) 10/100 (1 WAN and 4 LAN) Fast Ethernet ports with auto-sensing technology
Number of USB Ports	Not Applicable
Security	Double Firewall
Standards	IEEE
Physical	Dimensions: 5.21 x 4.28 x 1.88 in (132.46 x 108.7 x 48 mm) Weight: 0.36 lb (0.163 kg)
Embedded Mobile Broadband	Broadband (cable, DSL) Internet service and modem with Ethernet connection 802.11 b/g/n 2.4 GHz wireless adapter or Ethernet adapter and cable for each computer Microsoft® Windows 8, 7, 10 Vista®, XP®, 2000, Mac OS®, UNIX®, or Linux® Microsoft® Internet Explorer® 5.0, Firefox® 2.0 or Safari® 1.4 or higher Use with an N300 Wireless USB Adapter (WNA3100) for maximum performance

# CONNECTIONS



1. Locate port (1) in the back of your router.

*\*Note: There should be 5 ports total*

2. Locate Ethernet port in laptop. *As shown below*

3. Connect ethernet cable from laptop to router, make sure that it connects to part (1) on router.

**INSTEAD OF STEPS 1-3:**

***You may just connect your computer to the WIFI Network***





# CONNECTIONS

## 4. Locate HDMI port on your HD TV

*\*Note: Please refer to TV manual for specific details where HDMI port is located.*



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## 5. Connect HDMI cable from laptop to TV as shown in the figures below.

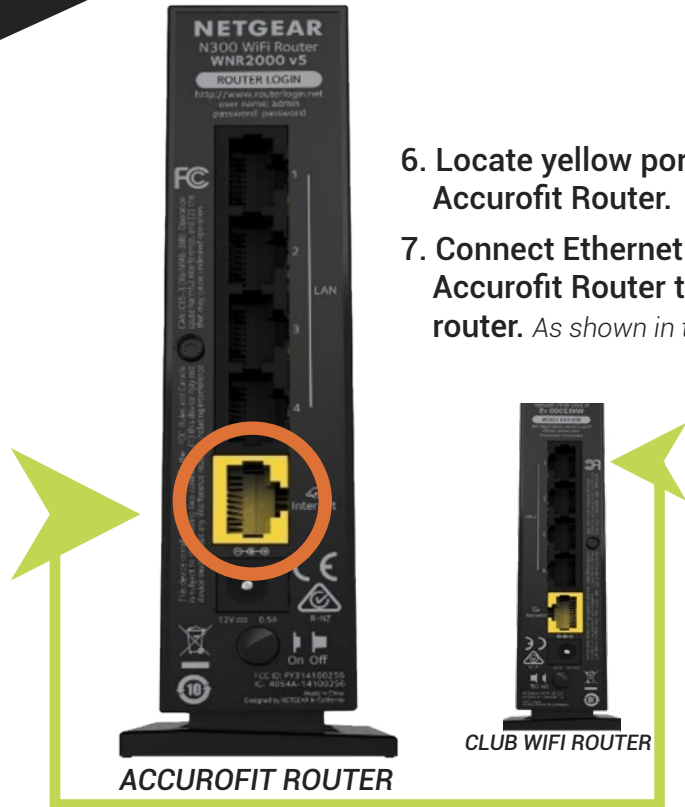
*\*Note: In some TV's HDMI ports may vary location*



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# CONNECTIONS



6. Locate yellow port on the Accurofit Router.
7. Connect Ethernet Cable from Accurofit Router to your club router. As shown in the figure

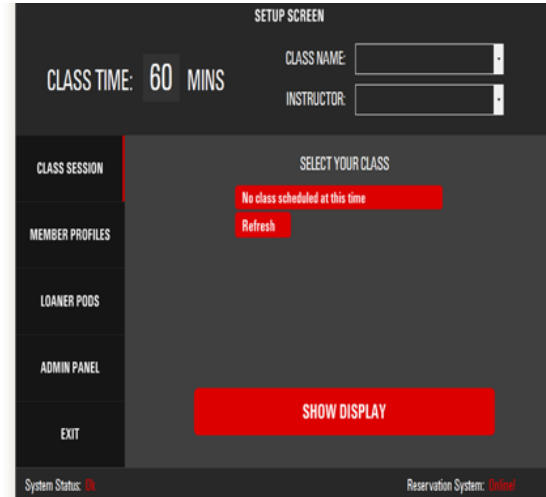
8. Make sure receivers are connected to the Accurofit NetGear Router.





# Getting Started

1. Power on computer
2. Input username and password
  - Username: Accuro
  - Password: Press Enter/Spacebar
3. Click on Accuro icon on desktop



Home Screen

This is the screen that appears once you click on the Accuro icon on your desktop  
With following selection(s)

- Class Session
- Member Profiles
- Loaner Pods
- Admin Panel
- Exit

This is the screen that appears once you click on the Accuro icon on your desktop  
With following selection(s)

- *Class Session*
- *Member Profiles*
- *Loaner Pods*
- *Admin Panel*
- *Exit*

To add members to the system,  
click the **Member Profiles** button

SETUP SCREEN

CLASS TIME: 60 MINS

CLASS NAME:

INSTRUCTOR:

CLASS SESSION

MEMBER PROFILES

LOANER PODS

ADMIN PANEL

EXIT

SELECT YOUR CLASS

No class scheduled at this time

Refresh

SHOW DISPLAY

System Status: On

Reservation System: Online!

# Operation

**Enter the following information:**

- Email address of member
- Username/Name
- Loaner Pod (if needed)
- HR Pod ID Serial Number  
*it is located on the back of the HRM*
- Year of Birth
- Weight
- Gender



**Max HR will appear automatically**  
*max hr can be manually changed*

**Then click save member**

### ADD A NEW MEMBER

EMAIL	<input type="text"/>
USERNAME/ALIAS	<input type="text"/> 20 characters max.
FIRST NAME	<input type="text"/>
LAST NAME	<input type="text"/>
GENDER	<input type="text"/>
WEIGHT	<input type="text"/>
BIRTH YEAR	<input type="text"/> (yyy)
MAX HR	<input type="text"/>

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LOANER POD	<input type="text"/> None
HR POD ID	<input type="text"/>
HEART RATE	0

CANCELSAVE MEMBER

# Operation

To use a loaner pod click here:

SETUP SCREEN

CLASS TIME: 60 MINS

CLASS NAME:

INSTRUCTOR:

CLASS SESSION

MEMBER PROFILES

**LOANER PODS**

ADMIN PANEL

EXIT

SELECT YOUR CLASS

No class scheduled at this time

Refresh

SHOW DISPLAY

System Status: OK Reservation System: Online

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Click Add or Remove Pod

CLASS TIME: 60 MINS

CLASS NAME:

INSTRUCTOR:

CLASS SESSION

MEMBER PROFILES

**LOANER PODS**

ADMIN PANEL

EXIT

NAME	MEM ID
------	--------

ADD POD

REMOVE POD

System Status: OK Reservation System: Online

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# Operation

NAME: Loaner Pod 1 be sure to identify the HRM with this name for future reference



**ADD A NEW LOANER POD**

NAME

HR POD ID

HEART RATE 0

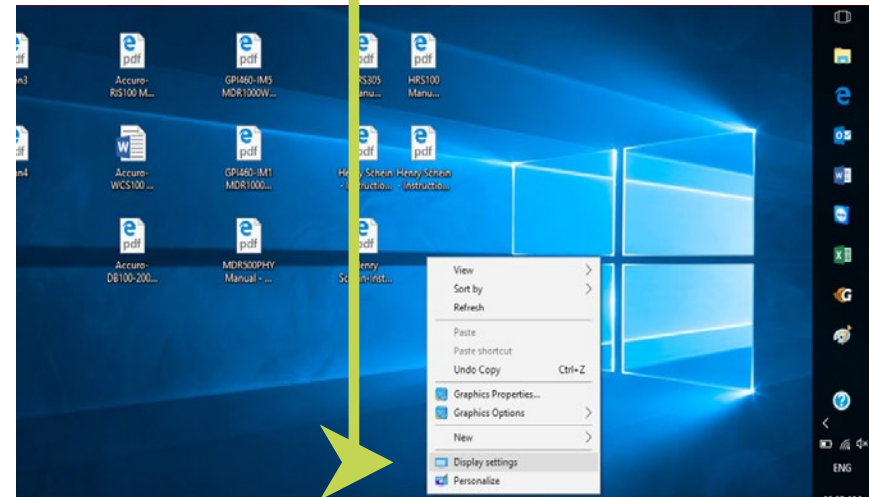
**CAPTURE HRM**

**CANCEL** **SAVE LOANER POD**

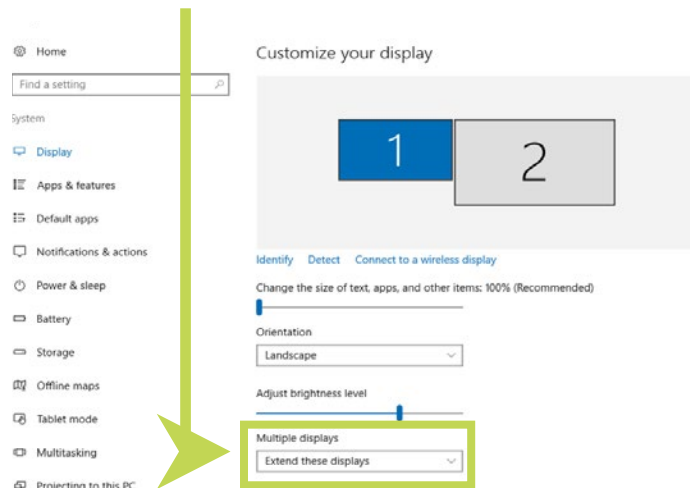
# Use of Extended Display

1: Make sure you have HDMI connected from external TV source to computer

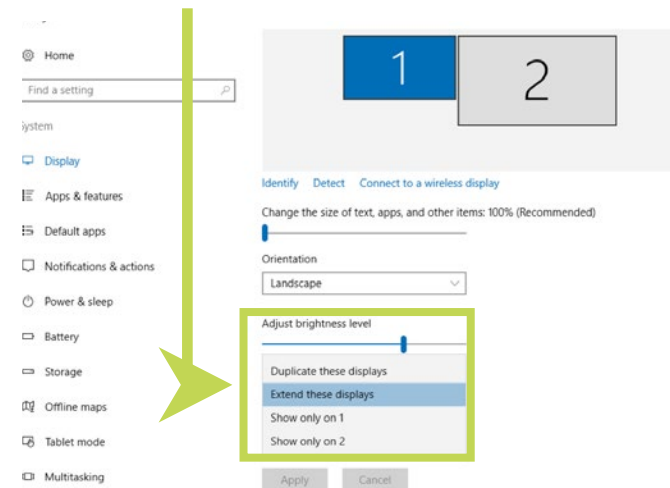
2. Right Click on desktop and go to display settings



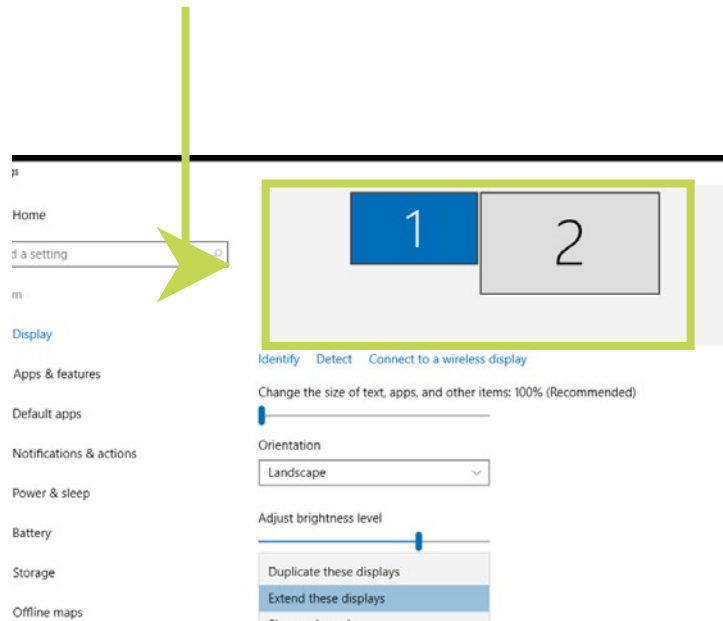
## 3. Go to multiple displays



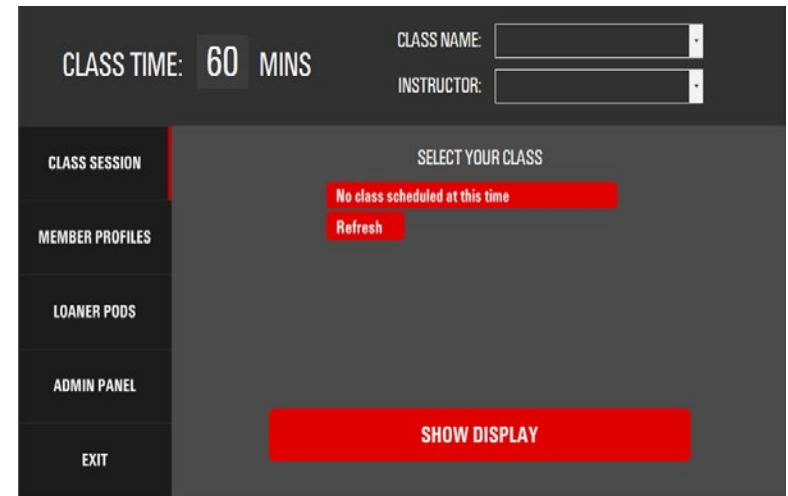
## 4. Click on extend these displays



5. Make sure that the top of the screen (1&2) line up as shown below



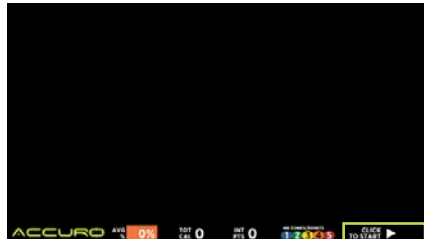
1. Press **SHOW DISPLAY**





# How to Start a class

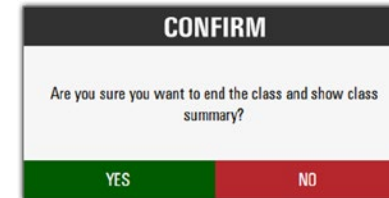
2. Press **(Start Class)**  
clock will start



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3. After you click on the clock  
this message will appear on  
your screen

*(Yes) - end class and show class summary*  
*(No) - continue with class session*



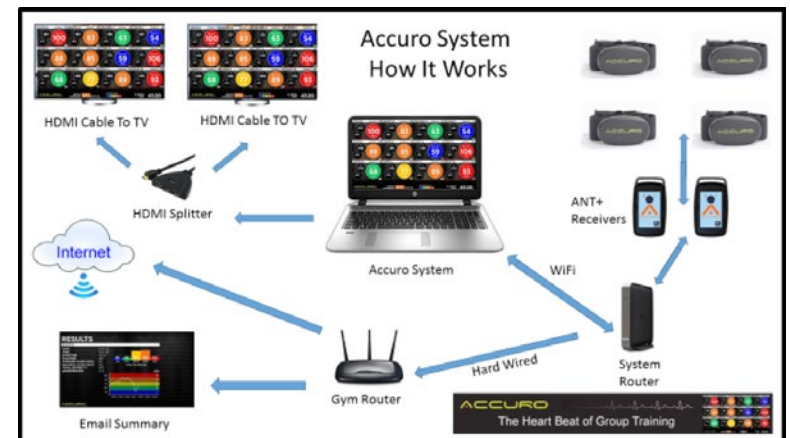
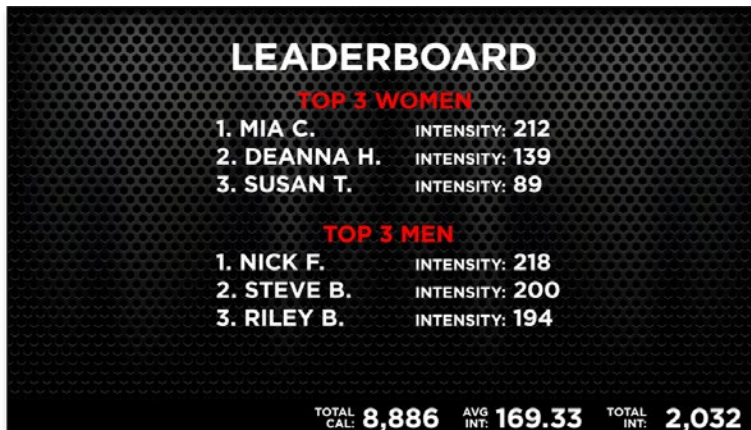
4. The message below will  
display after you select (Yes)  
in the previous step.

*(Yes) - to end and a leaderboard will display*  
*(see image on step 5)*



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2. Leaderboard will display at the end of the class session.

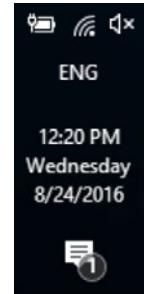


## Pairing Accuro Receivers (Operation)

1. It is best to set up your Accuro receivers one at a time.
2. Turn on the first receiver by holding down the center button for 1 second. At this point, a red and green light should begin to respond and blink rapidly. Once this occurs, let go of the center button, and then immediately tap the center button again for  $\frac{1}{2}$  second.



3. The green light should begin blinking once per second. This indicates the receiver is attempting to create a connection.



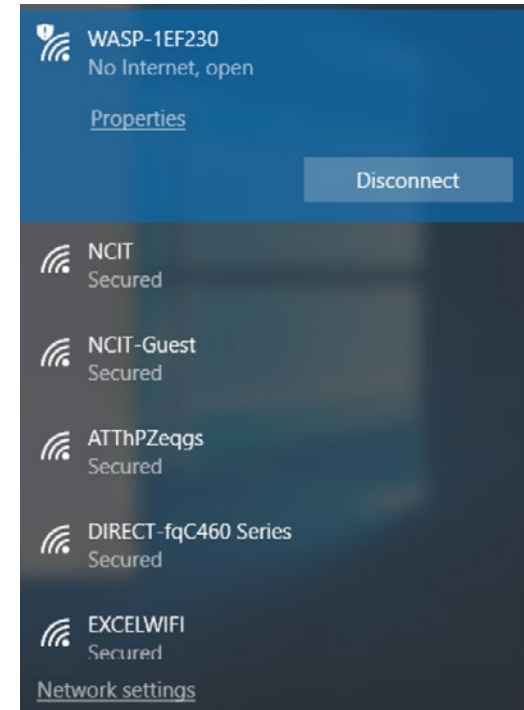
4. On the lower right side of your computer, select your Wi-Fi/ Network icon in the system tray to see a list of available networks.

## Pairing Accuro Receivers (Operation)

- 5) Your Accuro WASP receiver will create its own network, usually beginning with "WA" and it will have the last four digits of the receiver that will be located on the bottom row on the back of the receiver.

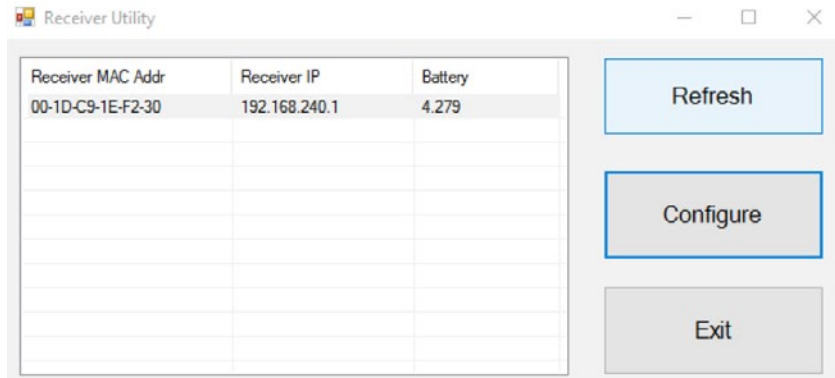


6. Receiver is now paired to computer



## Pairing Accuro Receivers (Operation)

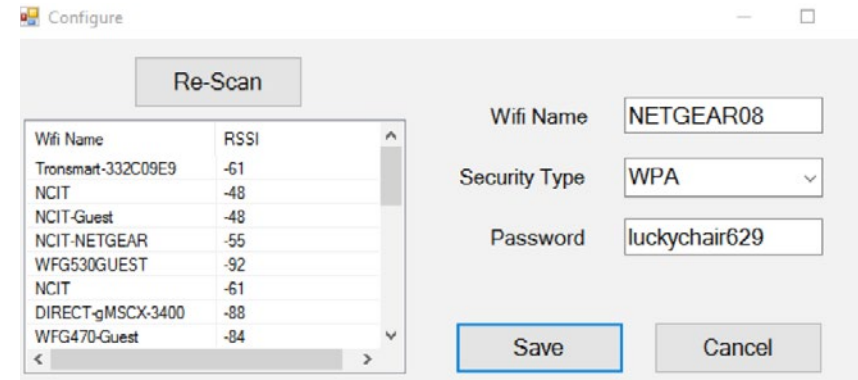
7) Pre installed on your computer you will find a file named *Receiver Utility* as shown above, **highlight the receiver** that you're trying to pair with the *Accurofit Router* and press *Configure*



8) Now that you have clicked on *Configure*, confirm if you have the correct information from your Router with :

- *Wi-fi Name*
- *Security*
- *Password*

9) Click *Save*, and you're done



## How To Change Logo On AccuroFit

To change the logo on Accurofit  
please contact our technical  
support team.

For technical support on your AccuroFit system please call  
Technical Support hours are from 7:00 AM to 3:00 PM CST  
or by appointment.

1(877) 409-0937  
[support@accurofit.com](mailto:support@accurofit.com)



# Maintenance for Pod & Strap

## Pod Maintenance

1. Always detach the pod from the strap after each use.
2. Clean the pod with a slightly damp washcloth or gym wipe
3. Make sure to clean any sweat residue off of the metal electrodes on the back of the pod
4. Allow the pod to dry completely before using again

## Strap Maintenance

1. Hand wash the strap gently, using cold to lukewarm water and antibacterial soap.

**DO NOT** wash the strap in the washing machine or dishwasher.

**DO NOT** leave a strap submerged in water for more than one minute.

2. Rinse the strap completely and hang to dry.

## How To Wear It

- Strap must be in DIRECT CONTACT WITH SKIN
- Pod must be placed on the sternum and ACCURO logo should be right side up

## How to NOT Break it

- DO NOT submerge pod in water
- DO NOT use any unapproved cleaner on pod and / or strap
- DO NOT leave strap to "soak" in water for longer than one minute
- Strap must be in direct contact with skin
- Pod must be placed on the sternum and logo on pod should be right side up

## Battery Life

- Remove pod from strap after every training workout / routine
- If using pod to connect to a fitness app on iOS or Android to track real time updates, please be sure to end session on the app to disconnect the communication between the pod and the app.



Now that you have invested in the AccuroFit Dynamic Heart Rate Display, it is time to educate your members on the value of heart rate training and find ways to motivate them into utilizing the new system and purchasing the accompanying equipment, specifically the heart rate monitors.

Accuro has a growing library of material that is designed to help you promote your new AccuroFit system to your members. The material featured comes in many different formats and allows you to either utilize the material as it is in its current state, or allows you to fully download the material and manipulate it how you see fit. You can add your own logos, change colors, change graphics, etc. The advantage for you is that everything is already done, but you have the flexibility to make your own upgrades, which will save you time and allow you to start promoting today!

We will be continuously adding more material for your use. Please check back often to find the latest material that you can use to promote the AccuroFit Dynamic Heart Rate Display and heart rate monitors within your club.

Find the materials here: [www.accurofit.com/club-marketing](http://www.accurofit.com/club-marketing)

For technical support on your AccuroFit system please call  
Technical Support hours are from 7:00 AM to 3:00 PM CST  
or by appointment.

For system installation and training please call  
for an appointment. Please allow a minimum of 24 hours  
for the install date. Installations and training will only be  
done by appointment.

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