

ACCURØ^{FIT}

SETUP MANUAL

WWW.
ACCUROFIT.COM



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.

Wirelessly display individual and group performance results on multiple screens throughout your club. Members can easily track workout data in real-time, track their heart rate zone, calories burned and intensity. This monitoring will allow your members to train in their optimal heart rate zone, helping them to achieve their fitness goals and improve outcomes.

We are excited you have chosen to partner with us to help your members achieve more. Our team is here to help you along the way!

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IN THE BOX.

Locate the laptop computer that was sent to you.

ROUTER



LAPTOP



RECEIVER



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

Wifi technology	802.11n
Wifi performance	N300 (300mpbs)
Wifi range	Small to medium homes
Wifi 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	5.21 x 4.28 x 1.88in (132.46 x 108.7 x 48mm) Weight: 0.36lb (0.163kg)

SIMPLE START UP GUIDE.

Locate the receivers that we sent to you. They are small, have a white button and two little lights on the front of them. Note that the receivers are already setup with the routers.

STEP 1

- Remove the router from the box.
- Plug the router into a power source.
- Take the colored cable from the router box and plug it into the yellow port on the back of the router.
- Plug the other end of the colored 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.

PLEASE NOTE:

For best performance, make sure the receivers are less than 100 feet from the router.

STEP 2

- 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.

SIMPLE START UP GUIDE.

Locate the laptop computer that was sent to you.

STEP 3

- 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 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 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. If you do not, please contact our support team.

STEP 4

- Close the Accurofit 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 or modify profiles, etc. without interrupting a class session that might be taking place on the TV screen.

CONNECTIONS.



STEP 1

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

NOTE:

There should be 5 ports total.

STEP 2

Locate ethernet port in laptop.

STEP 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.

STEP 4

Locate HDMI port on your HD TV.

NOTE:

Please refer to TV manual for specific details where HDMI port is located.



STEP 5

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

NOTE:

In some TV's HDMI ports may vary location.



CONNECTIONS.



Accurofit Router

STEP 6

Locate yellow port on the Accurofit Router.

STEP 7

Connect Ethernet Cable from Accurofit Router to your club router.

STEP 8

Make sure receivers are connected to the Accurofit Router.



Club Wifi Router



GETTING STARTED.



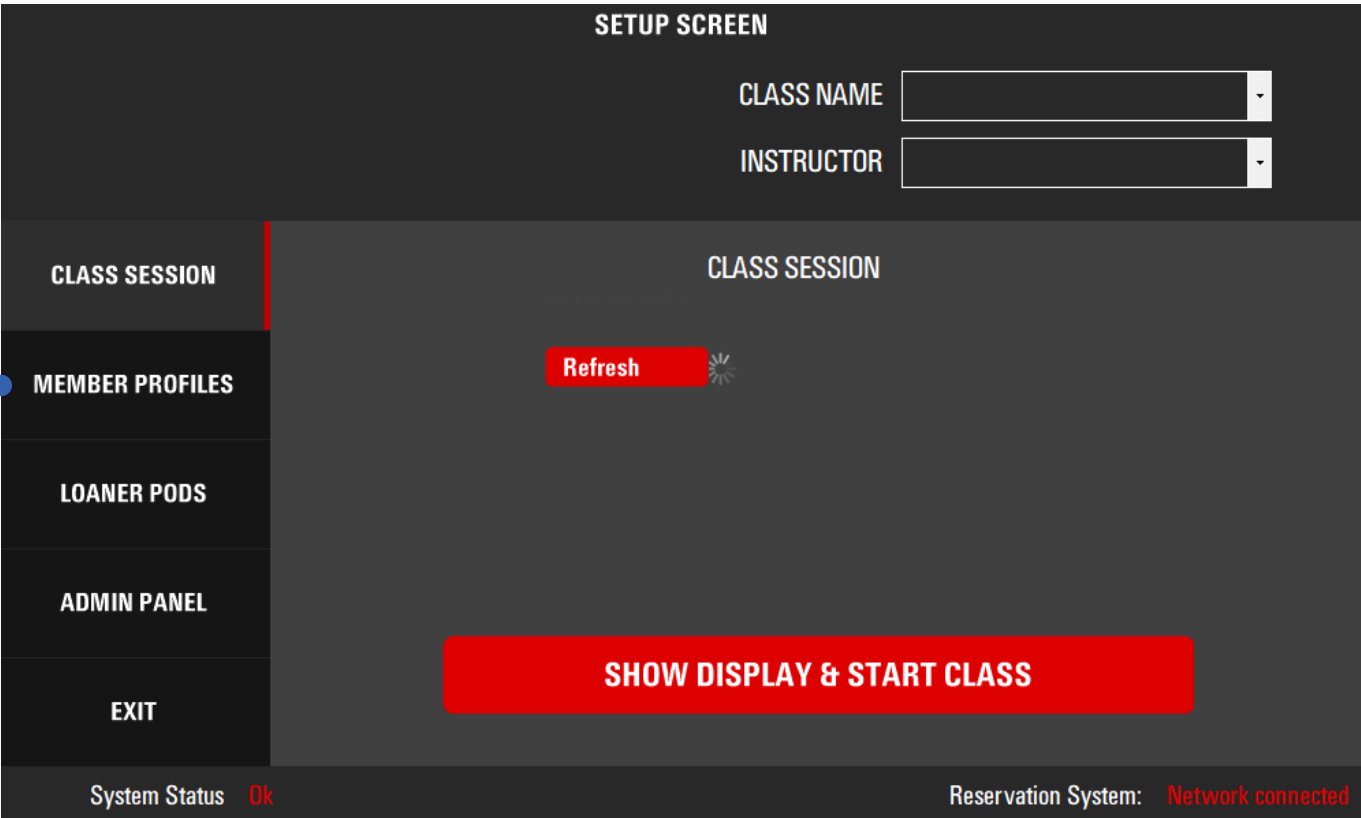
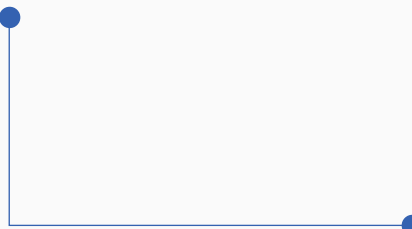
1. Power your computer.

2. Input username & password.

Username: accuro
Password: "press enter/spacebar"

3. Click on accuro icon on desktop.

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



Homescreen

This is the screen that appears once you click on the Accuro icon on your desktop with following selections:

- Class session
- Member profiles
- Loaner pods
- Admin panel
- Exit

GETTING STARTED.

Enter the following information:

- Email address of member
- Username / name
- Loaner pod (if needed)
- HR pod ID serial number
Located behind 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

CONFIRM EMAIL

USERNAME/ ALIAS

20 CHARACTERS MAX

FIRST NAME

LAST NAME

GENDER

WEIGHT

lb

OR

kg

BIRTH YEAR

(yyyy)

MAX HR

MEMBER LEVEL

LOANER POD

None

HR POD ID

CAPTURE HRM

HEART RATE

0

CANCEL

SAVE MEMBER

GETTING STARTED.

SETUP SCREEN

CLASS NAME

INSTRUCTOR

CLASS SESSION

MEMBER PROFILES

LOANER PODS

ADMIN PANEL

EXIT

Refresh

SHOW DISPLAY & START CLASS

System Status Ok

Reservation System: Network connected

To use a loaner pod, click here.

SETUP SCREEN

SESSION NAME

COACH

CLASS SESSION

MEMBER PROFILES

LOANER PODS

VIDEO

ADMIN PANEL

EXIT

NAME	HR POD ID
LOANER 1	25665
FRANC/ACCURO	614345
FRANCOS	607167
BLACK SLICE	41325
NAVY SLICE	6623

ADD POD

REMOVE POD

System Status Ok

Reservation System: Online

Click Add or Remove Pod.

ADD A NEW LOANER POD

NAME

HR POD ID

CAPTURE HRM

HEART RATE 0

CANCEL

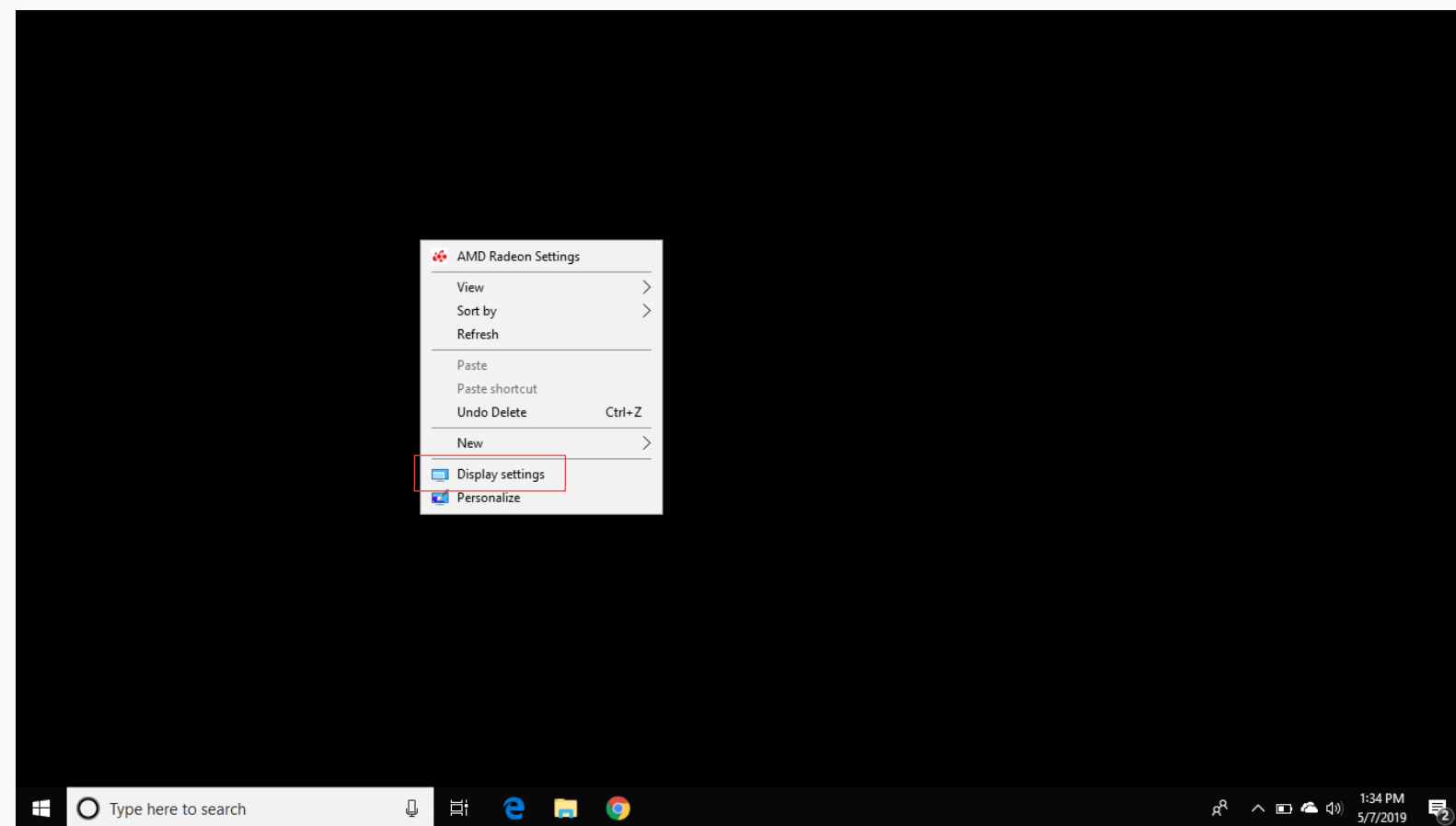
SAVE LOANER POD



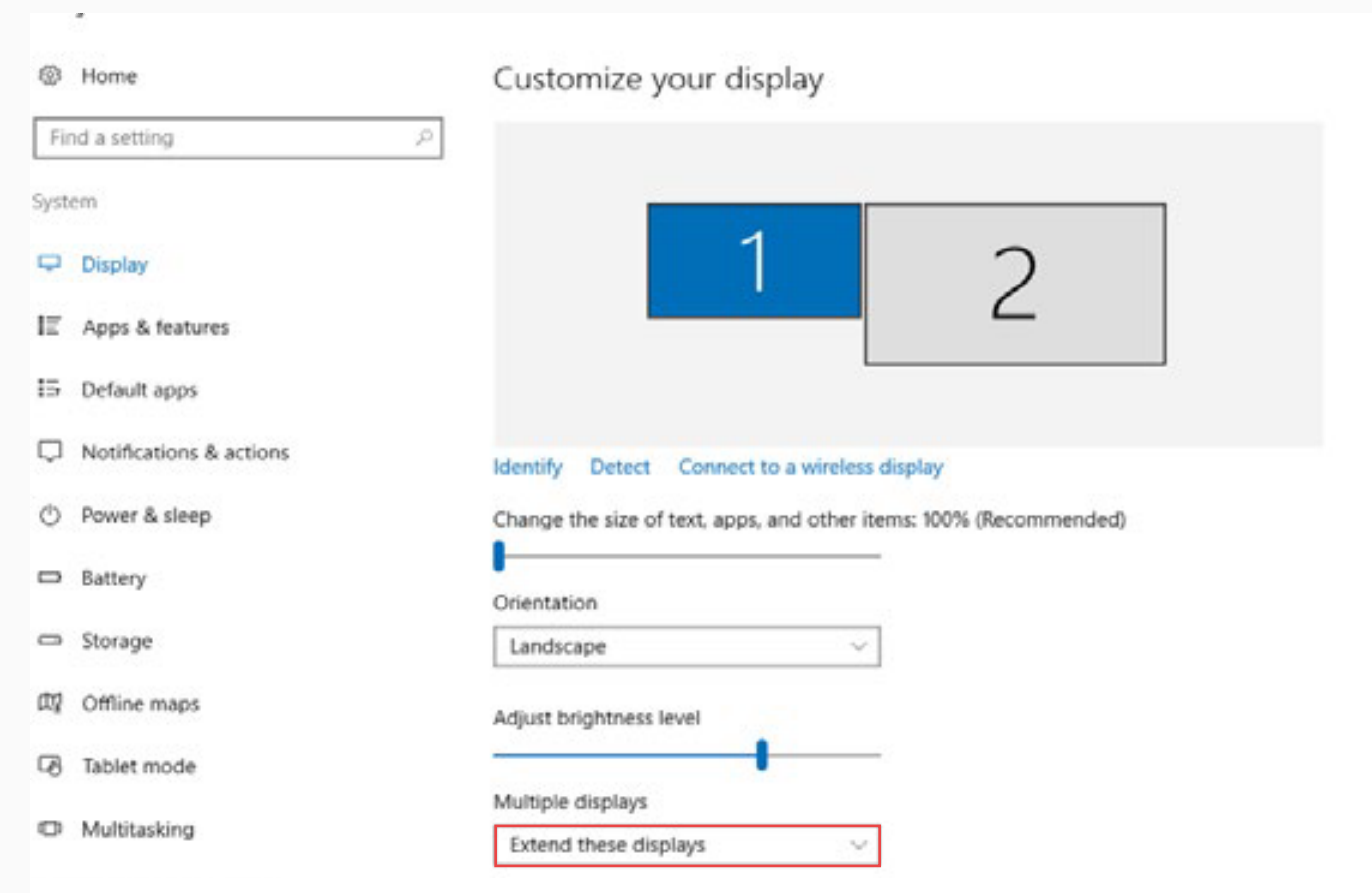
NAME:
Loaner Pod 1 be sure to identify the HRM with this name for future reference.

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.

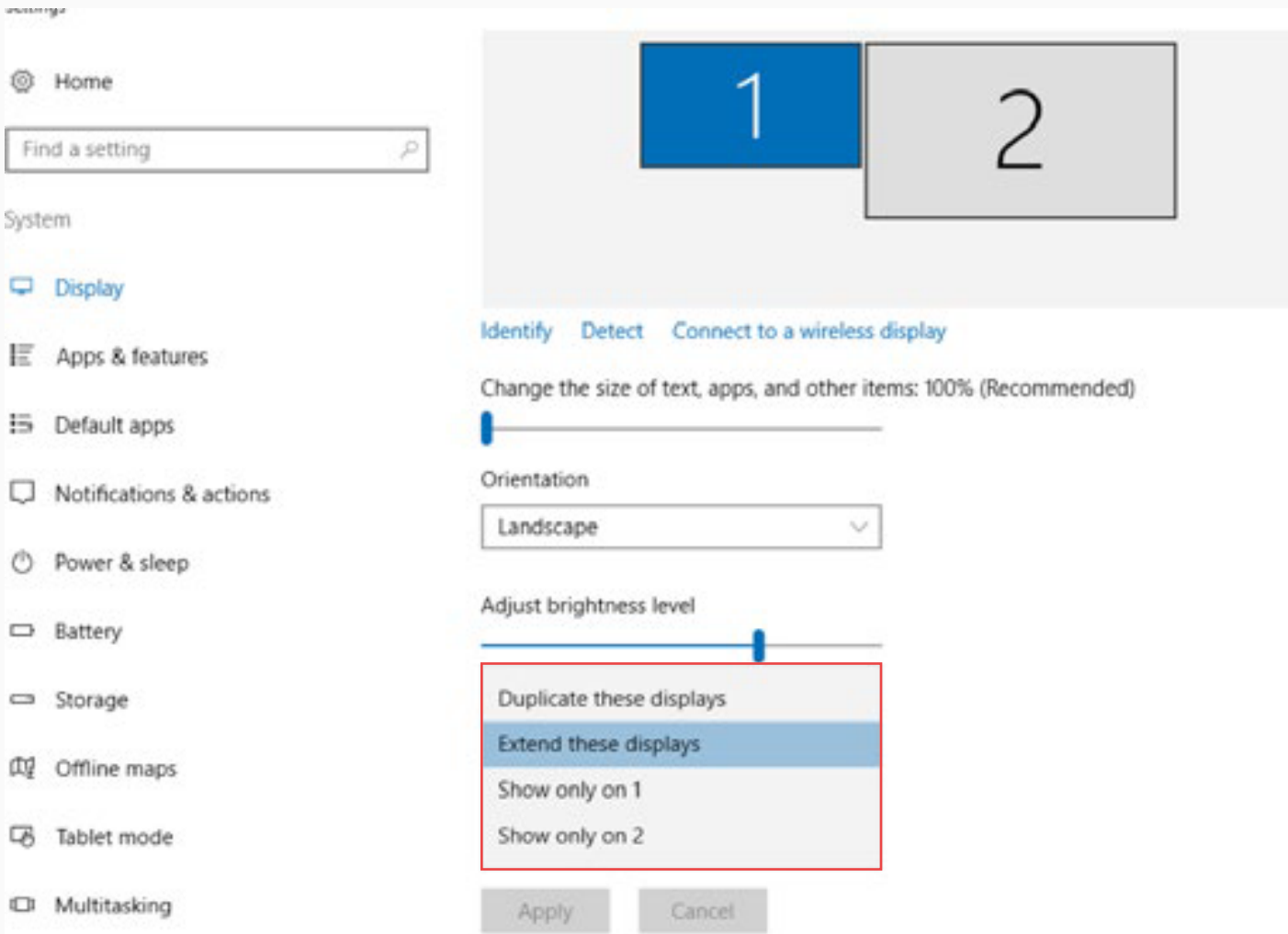


3. Go to multiple displays.

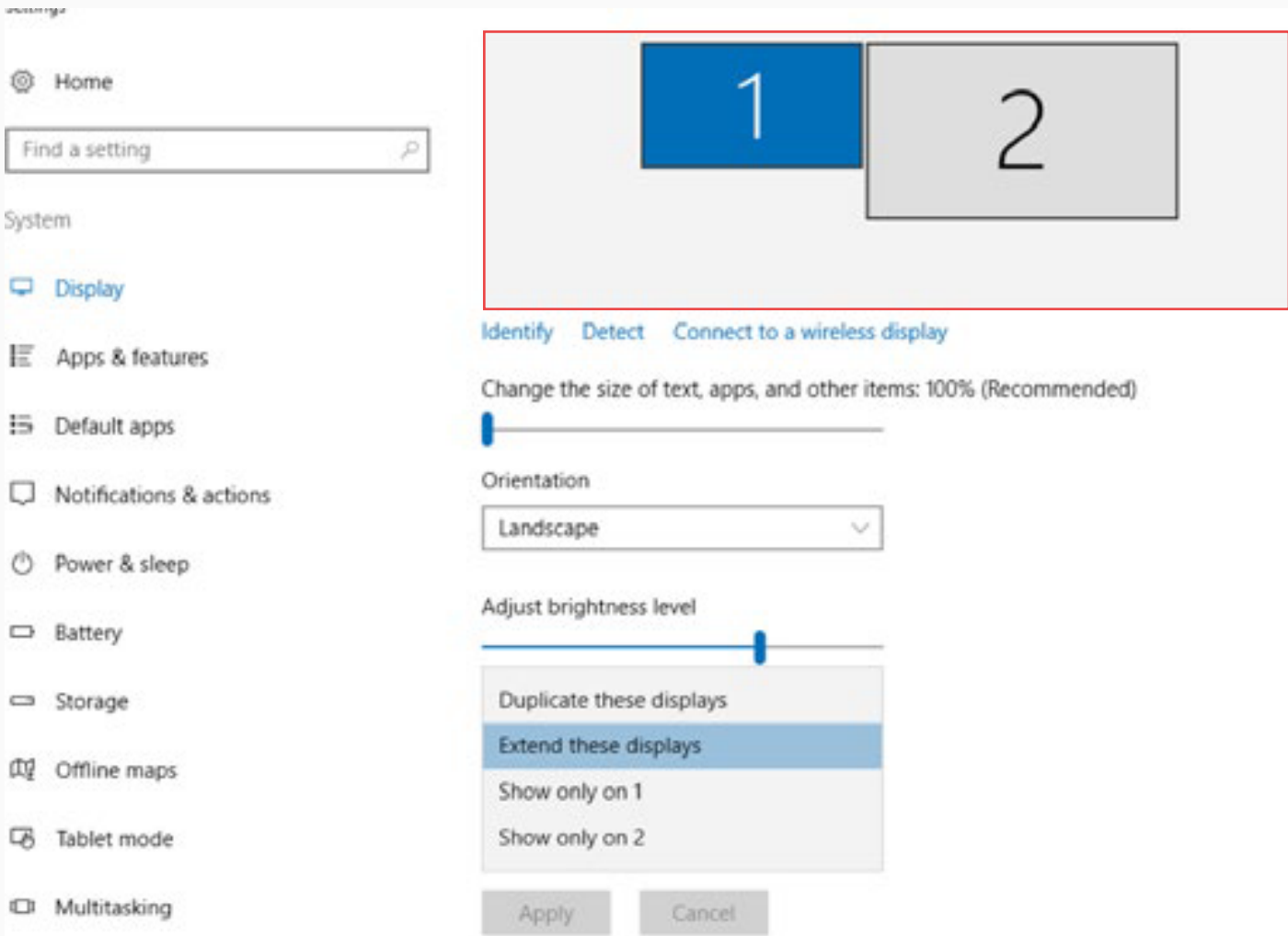


USE OF EXTENDED DISPLAY.

4. Click on extend these displays.

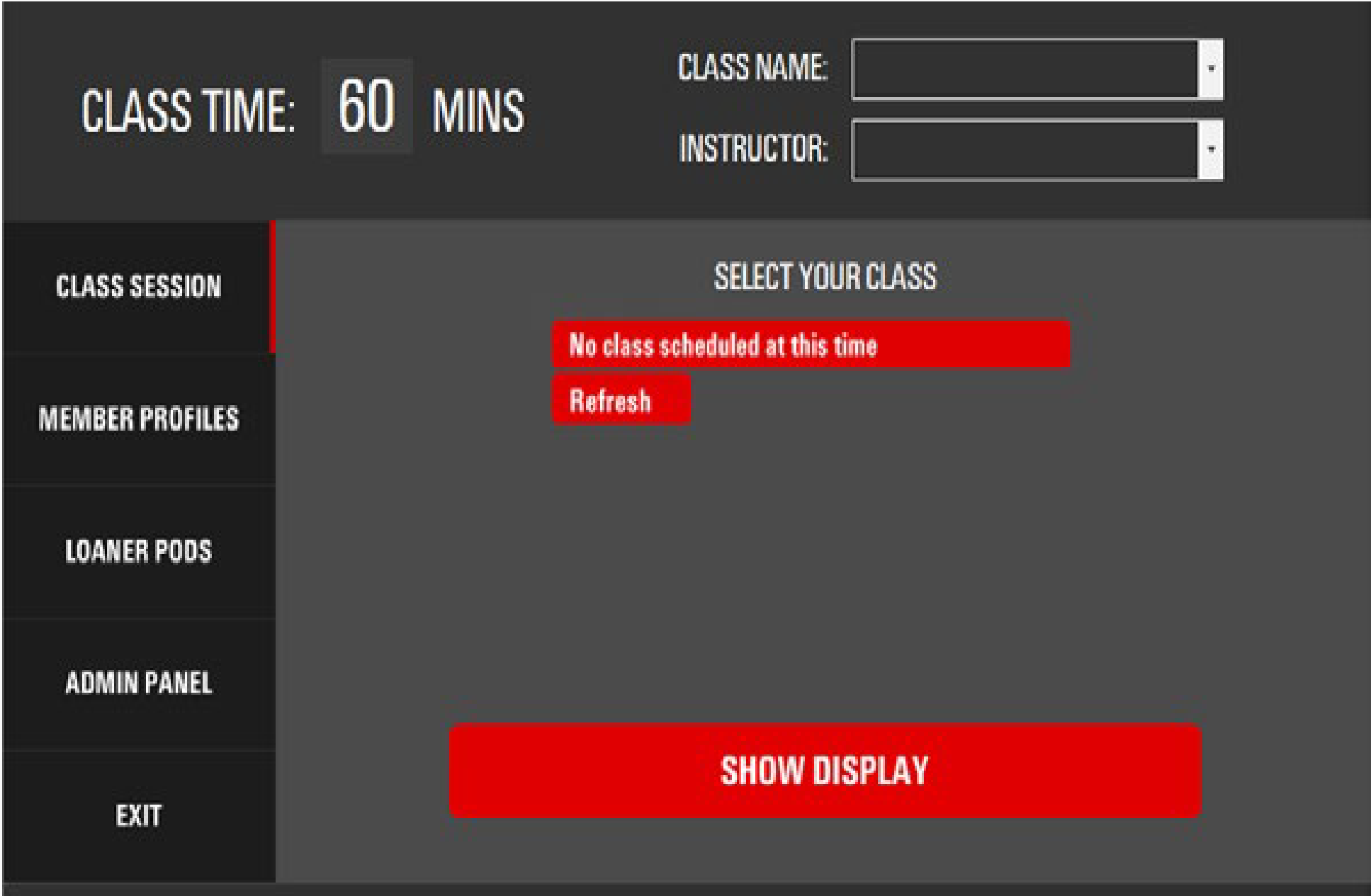


5. Make sure that the top of the screen (1&2) line up as shown below.

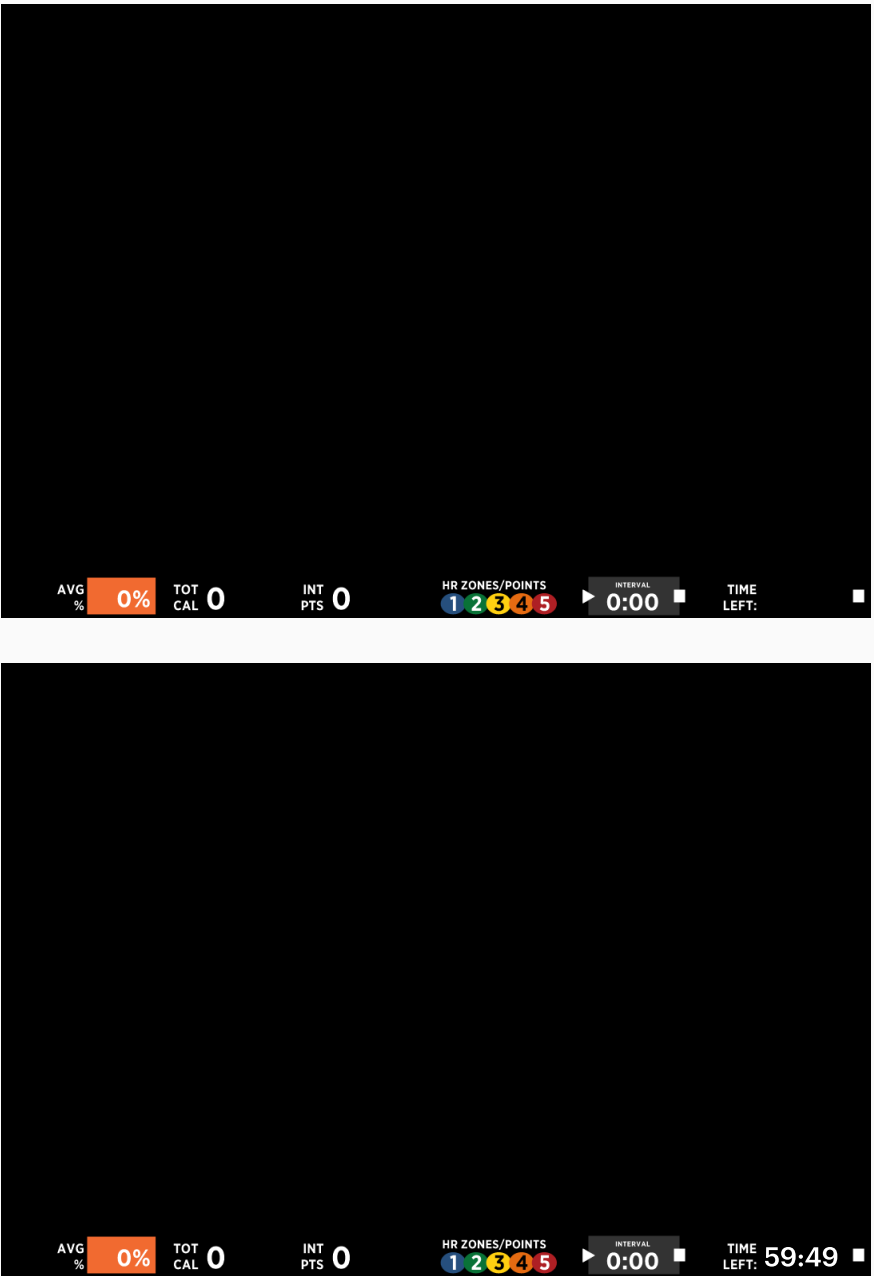


HOW TO START A CLASS.

1. Press **SHOW DISPLAY**.



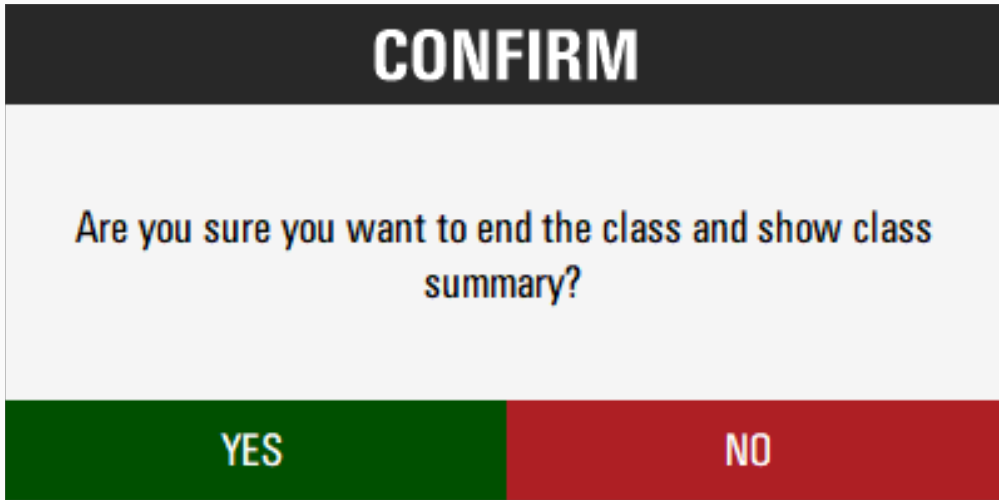
2. Press **(Start Class)** clock will start.



HOW TO START A CLASS.

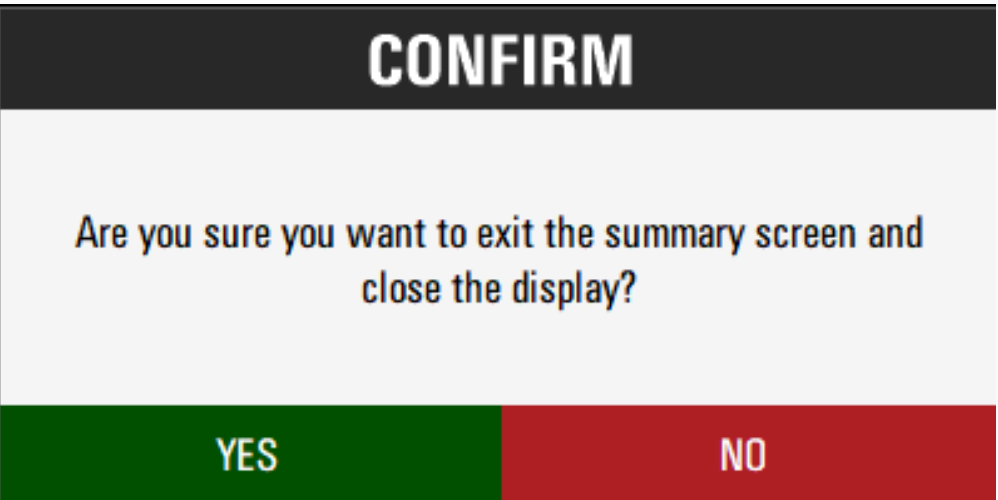
3. After you click on the clock this message will appear on your screen.

(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.



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



MAINTENANCE.

Pod maintenance

1. 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.

How not to 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 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.

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.

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.

IN-CLUB MARKETING.

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 ON:

accurofit.com/club-marketing

TECHNICAL SUPPORT.

For technical support on your AccuroFit system, contact us at:



1 (877) 409-0937



1 Trans Am Plaza, Unit 545
Oakbrook Terrace, IL 60181



support@accurofit.com

Support available from 7:00AM to 3:00PM CST or by appointment.