circle

FITNESS

ALWAYS MOVING FORWARD

Owner's Manual

E8 Elliptical

Display Type:
15.6" TFT Console RIS-K106

1.0   SAFETY INFORMATION

IMPORTANT: Please read all instructions and warnings before assembly and operation. To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this Owner's Manual.

SAFETY SYMBOLS USED IN THIS SERVICE MANUAL	
WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.
DANGER	Indicates a high probabilty that death, severe bodily injury or major property damage could result.

IMPORTANT: It is essential that this equipment is only used indoors in a climate-controlled room.

WARNING: Only one person at a time should use this equipment. If dizziness, nausea, chest pains ,or any other abnormal symptoms are experienced while using this equipment then please stop the workout at once.

WARNING: Always use this equipment on a clear and level surface. Do NOT use outdoors or near water.

WARNING: Do NOT drop or insert any object into any openings.

WARNING: Do NOT wear loose clothing or jewelry. This equipment has moving parts. Do NOT put fingers or other objects into the moving parts**.**

WARNING: Before using this equipment to exercise, always do stretching exercises first, to properly warm up.

WARNING: It is recommended to replace defective components immediately and keep the equipment out of use until repairs have been made by an approved technician.

WARNING: Always keep children under age 14 and pets away from the equipment.

WARNING: Please consult your physician before starting a workout or a training program. It is best to have your doctor review your training and diet programs first so that they can recommend the best workout routine for you.

WARNING: Make sure all screws and nuts are securely tightened before using this equipment. Periodic maintenance is required on all exercise equipment to keep it in good condition.

WARNING: Keep your back straight while using this equipment; do not arch your back.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

1. To comply with FCC RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.
2. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee

that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.
—Connect the equipment into an outlet on a circuit different from that to which the receiver
is connected.
—Consult the dealer or an experienced radio/TV technician for help

1.1. Important Safety Notes

WARNING: Incorrect/excessive training can cause health injuries. Stop using the equipment when feeling uncomfortable.

WARNING: The heart rate sensor is not a medical device. Numerous factors, including the user's movement may affect the accuracy of the heart rate readings. The heart rate sensor is intended only as an exercise aid in determining heart rate trends in general.

WARNING: This equipment should not be used by any person weighing more than 180 kg (400lbs).

WARNING: Do not hold the handlebars or the console arms when mounting, dismounting, or using the equipment. Use the handlebars for stability only.

WARNING: Do not leave equipment unattended when plugged in. Turn all controls to OFF and unplug from outlet when not in use and before removing or replacing parts.

WARNING: Close supervision is necessary when the equipment is used by, on, or near children, invalids, or disabled persons.

WARNING: Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

WARNING: Never use the equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or has been dropped into water. Return the equipment to a service center for examination and repair.

WARNING: Do not carry the equipment by the supply cord or use the cord as a handle.

WARNING: Keep the cord away from heated surfaces.

WARNING: Never use the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.

WARNING: Do not use where aerosol (spray) products are being used or where oxygen is being administered.

WARNING: Only connect the equipment to a properly grounded outlet. See Grounding Instructions.

WARNING: This equipment is intended for commercial use.

WARNING: Store the safety key in a secured location while not in use and keep away from children.

CAUTION: Ensure that the power cable is not pinched and that no one can trip over it.

CAUTION: Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into it thus causing injury or damaging the unit itself.

CAUTION: Repairs on the electrical components in the unit should be conducted by qualified technicians only.
DANGER: To reduce the risk of electric shock, always unplug this appliance from the electric outlet at once after using and before cleaning.
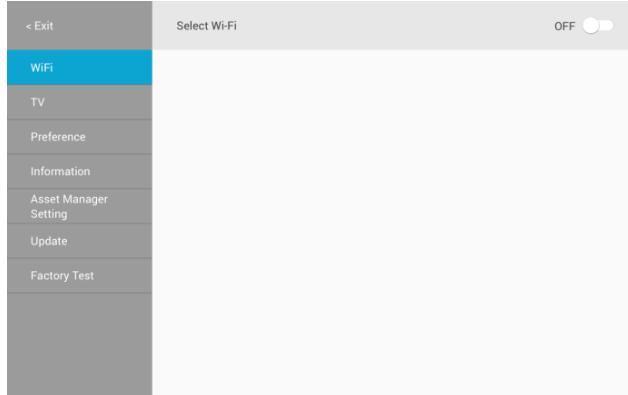
Waste Disposal

Products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).
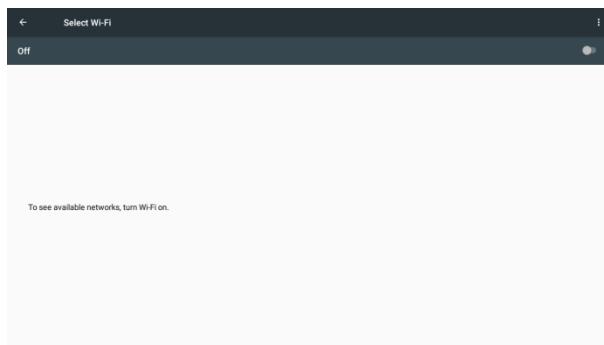
6.0 Engineering Mode Settings

When you initially open the Engineering Mode, it is defaulted to the **Project** mode offering a variety of options to select.
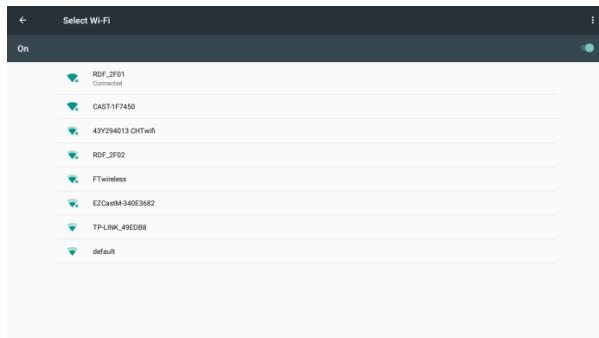

6.1 Exit

6.1.1 Press the **EXIT** button to return to the **HOME** menu page. It is required that you enter the **Machine Serial Number**. Please refer to section 6, Asset Manager Setting for the method of input.

6.2 WiFi Setting

6.2.1   To enter this page, click the **WiFi** tab. You can turn WiFi **ON** or turn WiFi **OFF**.

6.2.2   A listing of connectable **WiFi** access points will be displayed when opened. The connection procedure is in accordance with the Android Standard Connection Procedure and with ones which have been connected previously will be automatically connected.

6.2.3   Press the **"back"** arrow in the upper left corner of the screen to return to the Engineering Mode menu.

7.0   Preference Setting
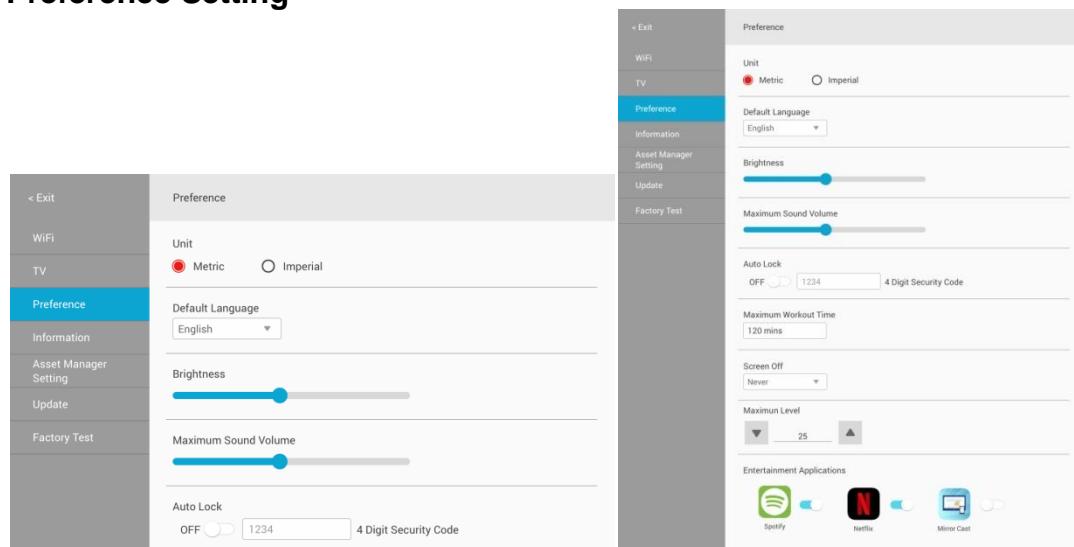
7.1   Unit

7.1.1   The default measurement of unit is **Metric**. There are two options in this setting: **Metric System / Imperial System**.

7.1.2   When a user is not logged in to the system, the E8 Elliptical uses this setting unit. After the user logs in to the system, the system will follow the user's settings of unit measurement.

7.2   Default Language
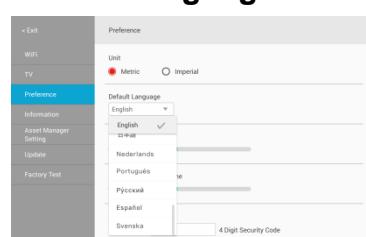
7.2.1   The default Language is English. There are 15 languages available at the homepage for selecting. You can scroll down the list to select specific language as needed.

7.2.2   No matter which language user selects at the homepage, after auto reset, the system will revert to default language of English.

7.3 Brightness

7.3.1 The default system setting for the brightness level is **Brightest**.

7.3.2 Use the **Left** and **Right** slide to adjust the screen brightness.

7.4 Maximum Sound Volume

7.4.1 The default volume setting is preset to the maximum.

7.4.2 Use the **Left** and **Right** slide to adjust the volume desired (system magnification).
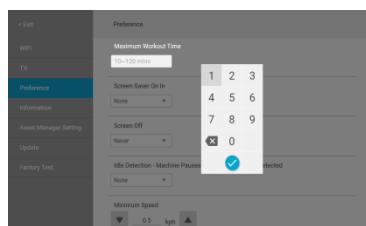
7.5 Auto Lock

7.5.1 Switching the Auto Lock On / Off

7.5.1.1 The default setting is Off ⬤⃝ . The default password is 1234. You can change the password as needed by switching the Auto Lock to ON⬤ , then press ✓ to confirm editing and exit.

7.6 Maximum Workout Time

7.6.1 To set max workout time, the default is 120 minutes. The adjustable range is in between 10~120 minutes.

7.6.1.1 Press the blank area in the message window to clear the value. The keypad will change and display the allowable range for entering between 10minutes to 120 minutes. If you leave the window blank and quit, the original setting time range will not be changed.

7.7 Screen Off

7.7.1 To set timer for OFF screen.(The default is never OFF screen)You can scroll down the list to select Never / 15 / 30 / 45 / 60 minutes.

7.8 Maximum Level

7.8.1 To set the max resistance level, use ▲ ▼ to adjust. The default is preset to 25. The adjustable range is in between 1 and 25.

7.8.2 The adjust of the slide bar does not adjust the scale. The scale is fixed but the maximum adjustable height is limited.

7.9 Entertainment Applications
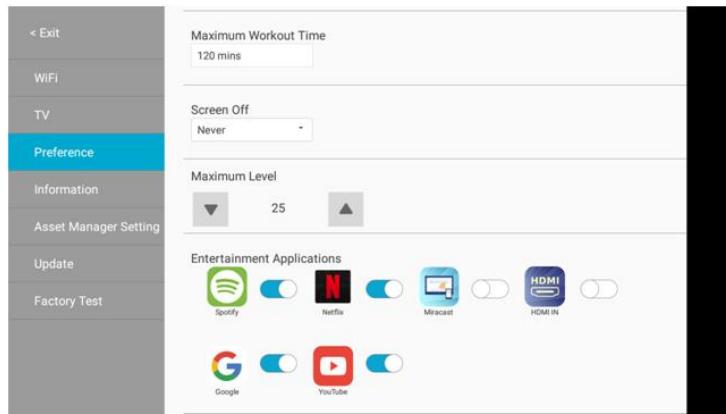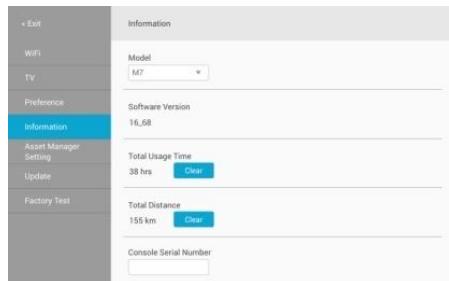
    7.9.1   There are 6 Apps for your selection: Spotify / Netflix / Miracast / HDMI IN/ Google / YouTube.

        6.9.1.1 The default for YouTube, Google, Spotify, and Netflix is set to **ON** . Miracast and HDMI IN are defaulted to **OFF** .

        6.9.1.2 If set to **ON**, the system will show its correspondent icon at home page. If set to OFF, then the Icon will not show on the home page.

8.0   Equipment Information

8.1   **Model:** The default setting is B8/ R8/ E7/ E8**.**
              Note: According to the installed program, there is only
              one model can be selected in the down-selection menu.

8.2   **Software Version:** Shows the currently installed version.

8.3   **Total Usage Time:** Shows the current total used time of the equipment. It will display to 1 decimal point. You can reset by pressing the Clear button. (You need to login with proper access rights authority to execute this action.)

8.4 **Total Distance:** Shows the total accumulating distance of the equipment. According to the system, the unit will be shown by mile/ km, and it will display to 1 decimal place. And you can reset by pressing the [Clear] button. (You need to login with proper access rights authority to execute this action.)

8.5 **Console Serial Number:**

8.5.1 The default setting is blank. You can click the input box to enter the data through the Android keyboard. (You need to login with proper access rights authority to execute this action, then you can edit.)

8.6 **Machine Serial Number:**
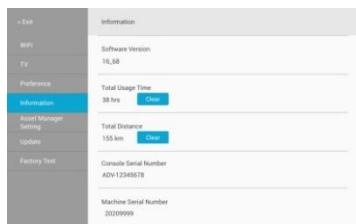
8.6.1 Shows the machine's serial number. (You need to login with proper access rights authority to execute this action, then you can edit. It is the same with the Machine Serial Number of the "Asset Manager Setting.")

10.0   Using EPlus 2.0

12.0   Home Screen Overview
12.1 HOME Screen 1
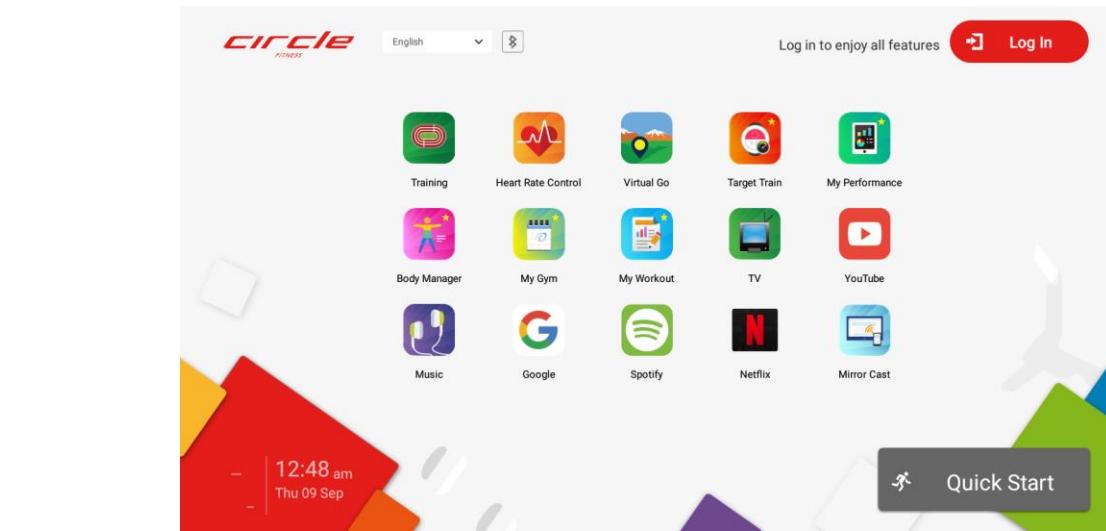
Menus

Training : 9 Training Programs are provided for you.

Heart Rate Control: Provide 4 Heart Rate Control Programs for you.

Virtual Go: Take you out of your house and into the great outdoors through one of 10 interactive video.

Target Train: Provide 5 different ecercise targets, keeping you motivated and on track for your fitness plan.

My Performance: Integrated to cardio equipment, outdoor fitness apps or wearable devices together to give you the personal fitness information.

Body Manager: To measure and track your body fitness via Circle Fitness IBA or InBody 570 and CircieFit wellness app.

My Gym: Give you the latest news, classes and offers form your facility.

My Workout: Provide your with the capability to design your own training course, tailored to suit your needs.

Entertainment Apps:

 TV Youtube Music Google Spotify

 Netflix Miracast

 Weather, Time, Date and Region Display area
- **Weather**: displays the tempature and weather icon if network is avaliable.
- **Time**: displays the time zone according to the engineering mode setting.
- **Date:** displays the date and day.
- **Region**:displays the region according to the engineering mode setting.

12.2 Quick Start **:** Tap to immediately begin a workout.

12.3 Login : Tap to **Login Page**. (Refer to Section 13.1)

12.4 Logout : Tap to logout the E Plus 2.0 system when you do not need to do workouts with this equipment.

12.5 Language Selection

12.5.1 Go to Home Screen > Language Menu
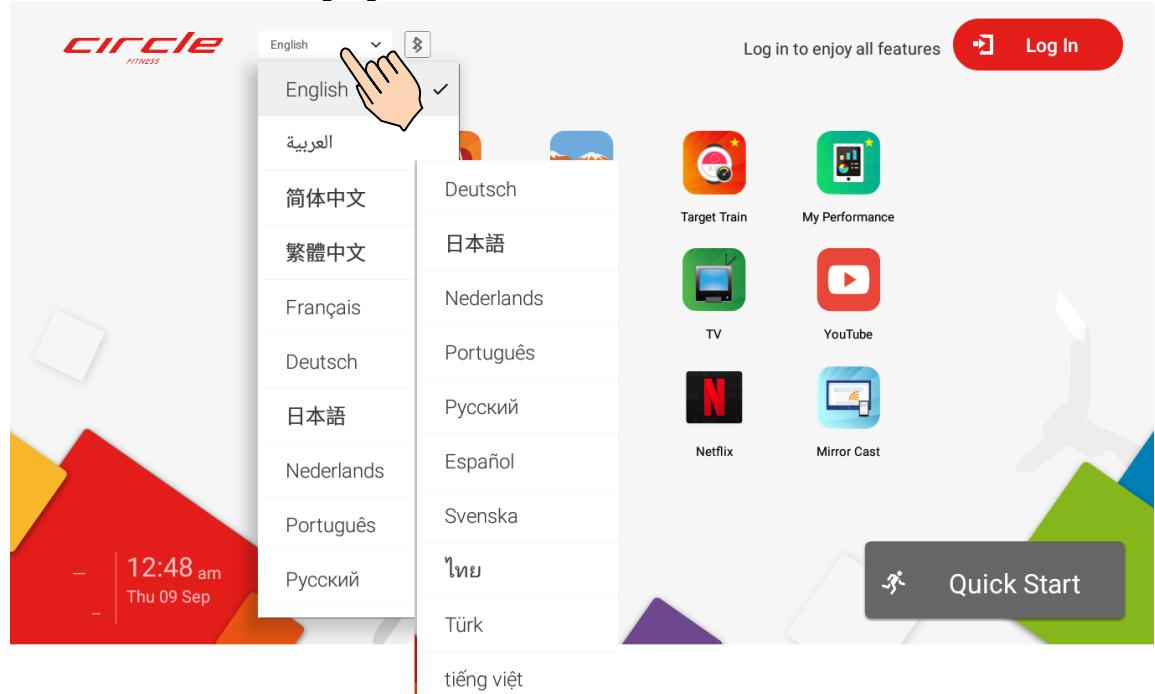
Preset language displays on the current screen. You can switch and set a language during a workout.

12.5.2 Selection of 15 Lanauges:

Item	Display	Language	Item	Display	Language
1.	English	English	9.	Português	Portuguese
2.	العربية	Arabic	10.	Русский	Russian
3.	简体中文	Simplified Chinese	11.	Español	Spainish
4.	繁體中文	Traditional Chinese	12.	Svenska	Swedish
5.	Français	French	13.	ไทย	Thai
6.	Deutsch	Deutsch	14.	Türk	Turkish
7.	日本語	Japanese	15.	tiếng việt	Vietnamese
8.	Nederlands	Nederlands			

12.5.3 On-Screen Keypads and Keyborads
    12.5.3.1 These keypads and keyboards are used to input program setting, login/register information, etc.
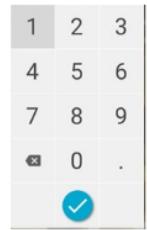
Numeric keypad (with dot)

1	2	3
4	5	6
7	8	9
⌫	0	.
✓		

Numeric keypad (without dot)

1	2	3
4	5	6
7	8	9
⌫	0	
✓		

On-screen Keyboard

q w e r t y u i o p ⌫
a s d f g h j k l ✓
↑ z x c v b n m ! ? ↑
?123 , ⊕ English . ☺

On-screen Keyboard

q w e r t y u i o p ⌫
a s d f g h j k l ➤
↑ z x c v b n m ! ? ↑
?123 @ ⊕ English . .com
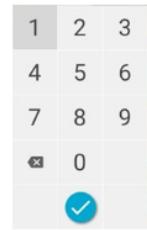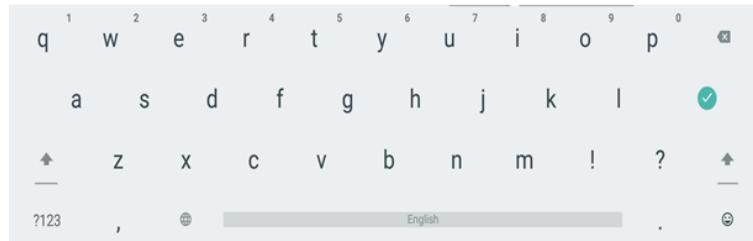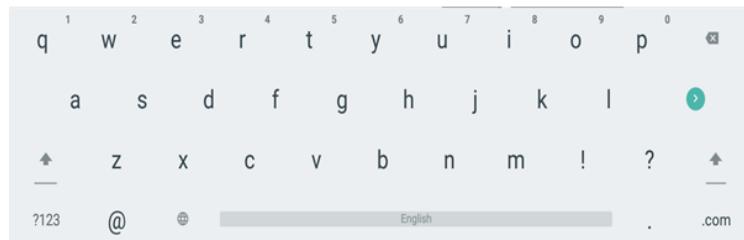
13.0   Bluetooth

13.1 Structure Process Picture

Home Page

EARPHONE   CHESTBELT

13.1.1 Home page Connection Status

13.1.1.1 [Bluetooth icon] Device is connecting, with EARPHONE or CHESTBELT.
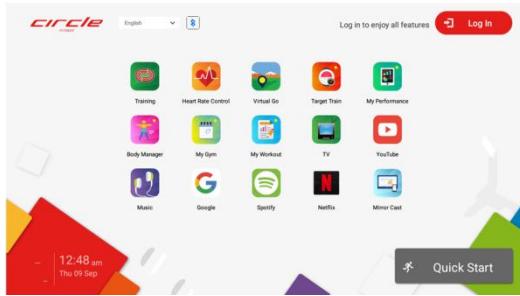
13.1.2 [Bluetooth icon] Device is not connecting.

13.1.2.1 Press [Bluetooth icon] or [Bluetooth icon] to enter the Bluetooth connection setting at the Home Page.

13.1.2.2 EARPHONE and CHESTBELT use different modules to connect. The EARPHONE uses CSR8670, and the CHESTBELT uses WiFi + Bluetooth SOC built- in module.

13.1.3 EARPHONE (wireless)

13.1.3.1 [Loading icon] Loading "searching for device," and it will show the devices list after searching.

13.1.3.2 The system will search the A2DP device (earphone).Other devices will not display. The system will search if there is any updated new device in the list every 3 seconds.

13.1.3.3 The system will show all devices which can be connected at the "CONNECT" status.
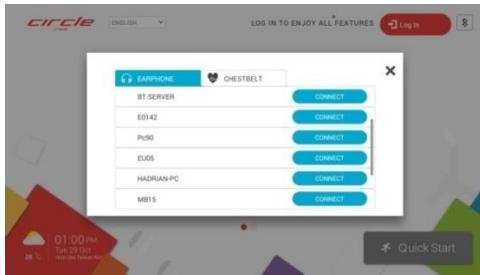
13.1.3.4 Press "X" to close the window and stop the allocation and search.

13.1.4 Connection pairing:

13.1.4.1 Press [CONNECT] to start pairing and the ⟳ will show before the device's name.
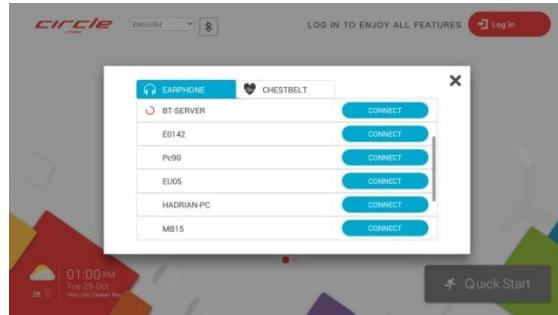
13.1.4.2 After the pairing has finished, the clicked button will show [DISCONNECT], and the ✓ will show before the device's name.
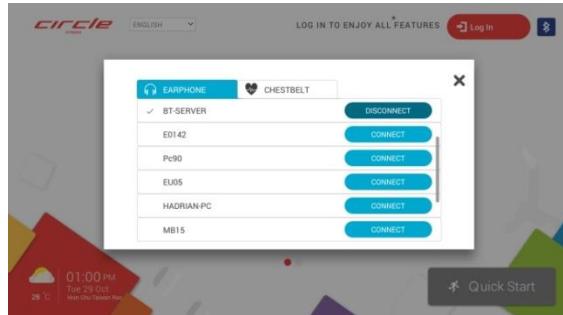
13.1.5 Disconnect the Connection

13.1.5.1 Press [DISCONNECT] to disconnect the connection, the clicked button will become [CONNECT], and the ✓ will be disappeared.

13.1.5.2 If your connection is lost for an unknown reason (e.g., the distance is too far from the source), this will cause the same result as with the above description.

13.1.5.3 The system will be disconnected after executing the "Auto reset."

13.1.5.4 If the user presses "Logout" the system will be disconnected.

13.1.5.5 The system will not memorize the device which had been paired. Every time you need to pair again when you use the equipment. It will not automatically pair the device.

13.1.5.6 When the system does not detect any audio Bluetooth module, it will not show the "EARPHONE" page and it will only show the "CHESTBELT" on the screen.
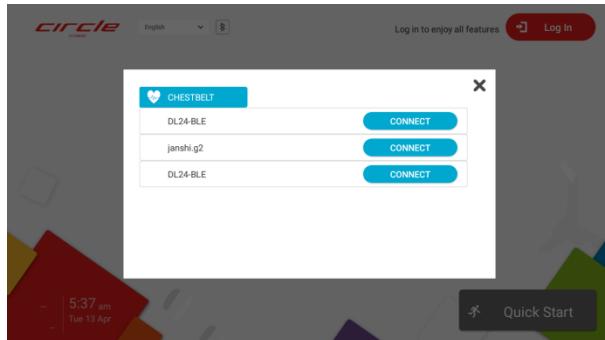
13.1.6 CHESTBELT (wireless CHESTBELT transmitter)

13.1.6.1 The system will begin searching the surrounding available devices, it will show ⟳ when "loading." After searching, it will show all the available devices that had been found.
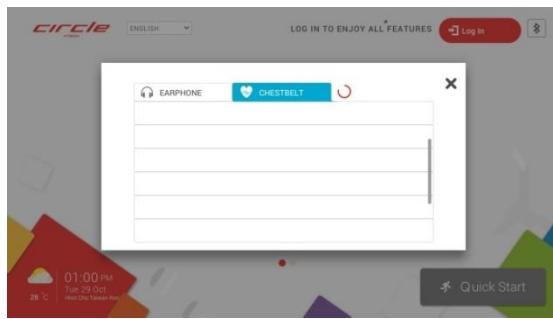
13.1.6.2 The system will only search the (wireless) CHESTBELT device and will not show other devices.
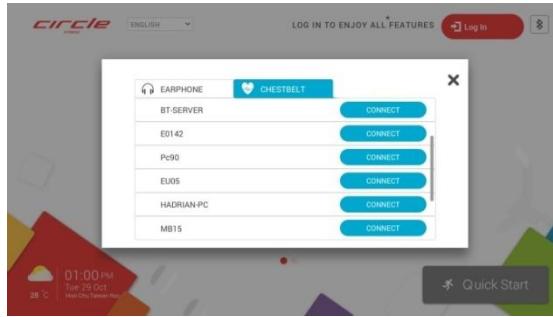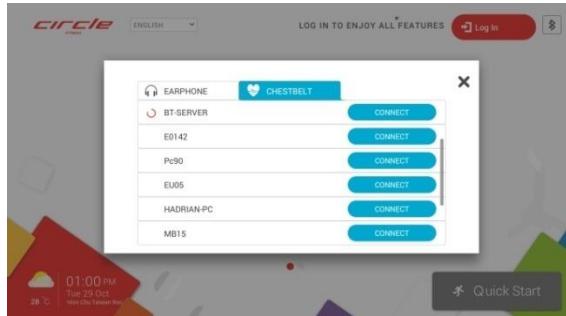

13.1.6.3 And the connecting device will show at the "CONNECT" status.
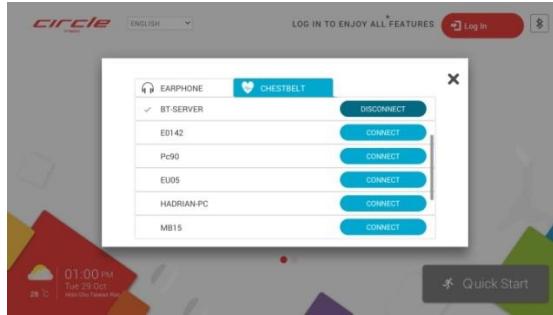13.1.6.4 Press "X" to close the window and stop pairing and searching.

13.1.7 Connection Pairing

13.1.7.1 Press [CONNECT] to start pairing, and ⟳ will show before the device's name.

13.1.7.2 After the pairing has finished it will show [DISCONNECT] and the ✓ will show before the device's name.

13.1.8 Disconnect the Connection

13.1.8.1 Press [DISCONNECT] to disconnect the connection, the clicked button will become [CONNECT] , and the ✓ will be disappeared.

13.1.8.2 If your connection is lost for an unknown reason (e.g., the distance is too far from the source), this will cause the same result as with the above description.

13.1.8.3 The system will be disconnected after executing the "Auto reset."

13.1.8.4 If the user presses "Logout" the system will be disconnected.

13.1.8.5 The system will not memorize the device which had been paired. Every time you need to pair again when you use the equipment. It will not automatically pair the device.
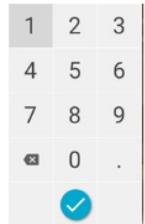
Numeric keypad (with dot)
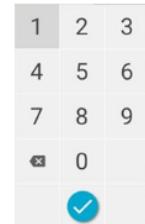
Numeric keypad (without dot)

On-screen Keyboard
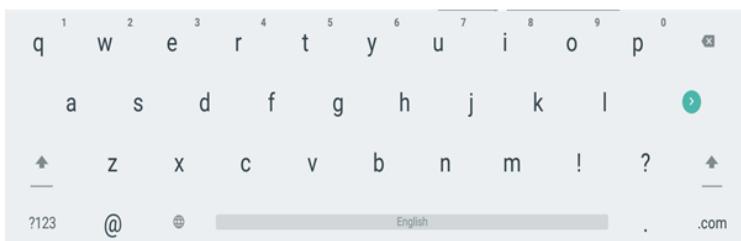
On-screen Keyboard

14.0   Login

14.1 Home Screen > Login [→] Log In

14.1.1   Tap ⌐Login⌐ on Home Screen to access the **Login Page** as below.
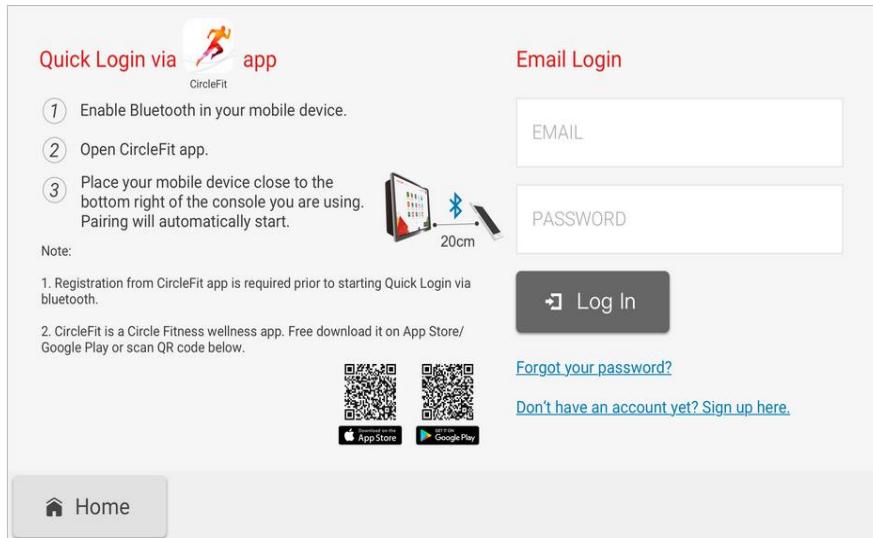
14.1.2   Two login methods are provided for you to select:
  - **Quick Login via CircleFit app**
  - **Email Login**

14.1.3   Descriptions of Quick Login via CircleFit app

  14.1.3.1   Follow the steps to Quick Login:
    - Enable Bluetooth in your mobile device.
    - Open CircleFit app.
    - Place your mobile device close to the buttom right of the console you are using.

Note:

  - Registration from CircleFit app is required prior to starting Quick Login via Bluetooth.
  - CircleFit is a Circle Fitness wellness app. You can download it free from App Store/ Google Play or scan the QR codes on the Login Page.

14.2 Go to Home Screen > Login [Log In]
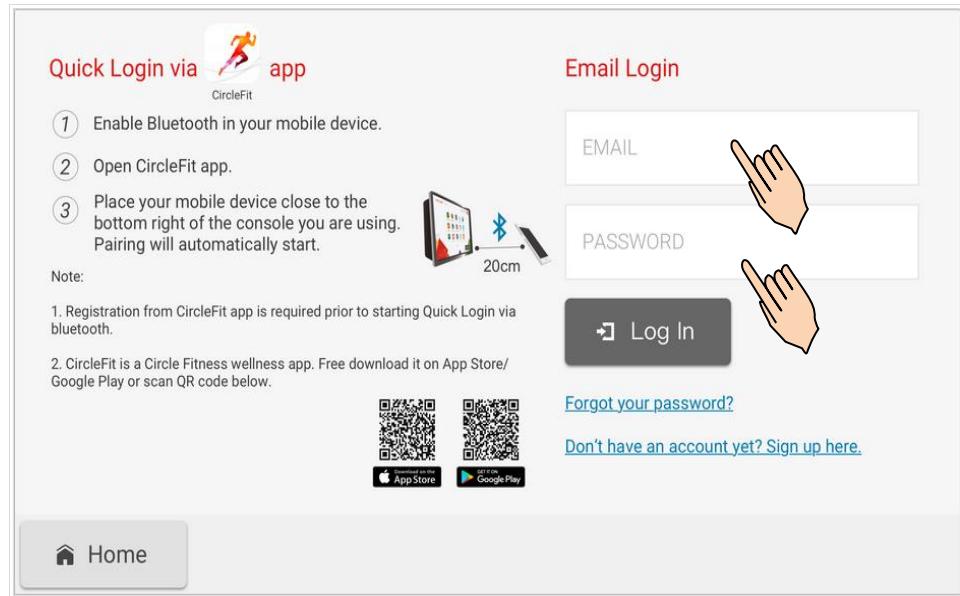
Enter your EMAIL and PASSWORD

14.3 Email login

    14.3.1   Enter your EMAIL and PASSWORD and tap ⌷Login⌷ to login.

14.4 Forgot Your password?

    14.4.1   If you forget your password, please tap" **ForgotPassword?".**

    14.4.2   A dialog will display out as shown below.
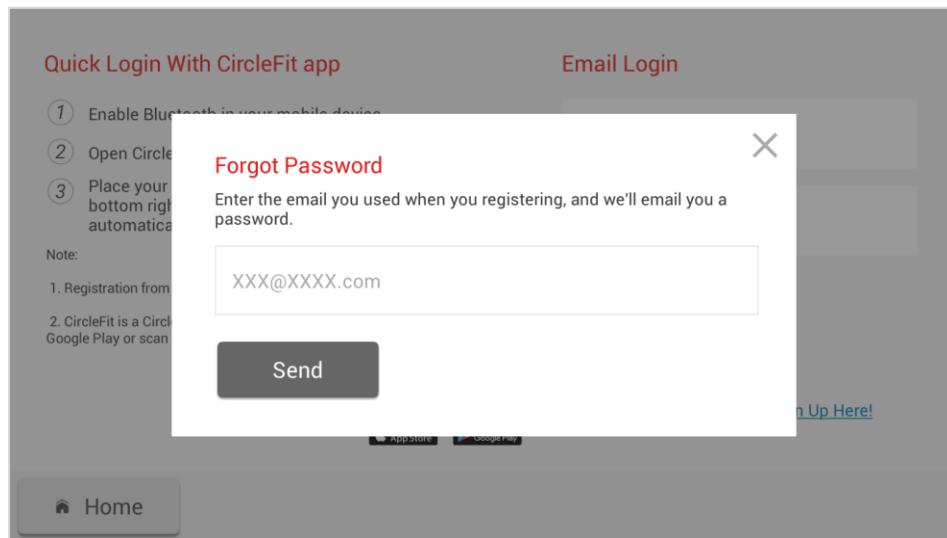
    14.4.3   Enter the email address you used when you regsistered and <mark>you</mark> will receive your password via email.
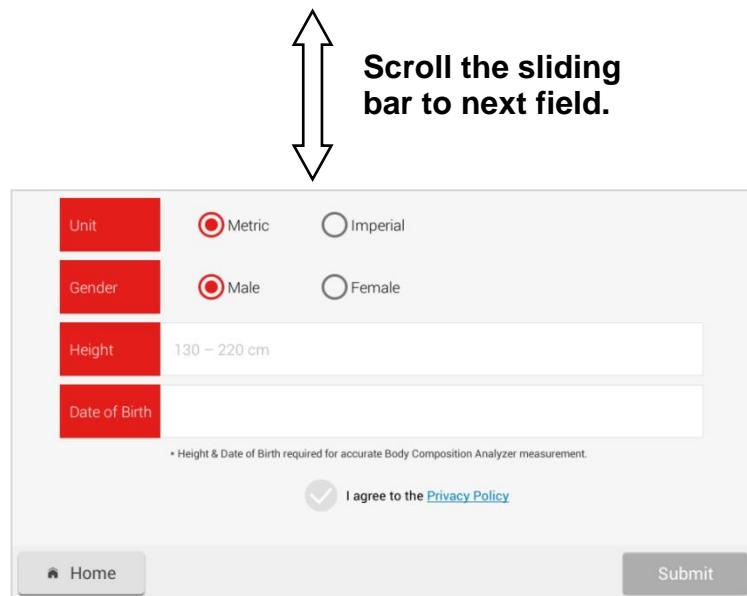
14.5 Don't have an Account Yet? Sign up here.

    14.5.1   Tap this to access the **CIRCLECLOUD GO SIGN UP** Page**.** (Refer to next page.)

    14.5.2   Follow the instructions on next page.

    14.5.3   Circlecloud Go Sign Up

Scroll the sliding bar to next field.

Unit	● Metric ○ Imperial
Gender	● Male ○ Female
Height	130 – 220 cm
Date of Birth	

* Height & Date of Birth required for accurate Body Composition Analyzer measurement.

✓ I agree to the Privacy Policy

⌂ Home   Submit

14.5.3.1 Account
Tap the field next to Account. A keypad will display for you to enter the user's Email address.

14.5.3.2 Password
Tap the field next to Password. A keypad will display for entering the user's password.
Character limit: 6~10

14.5.3.3 Retype Password
Enter user's password again to confirm the password.
Character limit: 6~10

14.5.3.4 Username
Tap the field next to Username. A keypad will display for entering the username.

14.5.3.5 Unit
Choose the unit as Metric or Imperial by clicking the circle.

14.5.3.6 Gender
Choose the gender as Male or Female by clicking the circle.

14.5.3.7 Height
Tap the field next to Account and Height Setting Window displays. Scroll the numeric bar to choose the user's height.
Setting range: 130-220 cm (4ft 3in - 7ft 3in)

14.5.3.8 Date of Birth
Tap the field next to the Date of Birth and the Month/ Date / Year Setting Windows displays. Scroll the numeric bars to choose the user's Birth.
Setting range: 10~99 years

14.5.3.9 I aggree to the Privacy Policy
Tap on the Privacy Policy to display out the pricacy policy window and view it.

14.5.3.10 **Click the Check Button** to agree to privacy policy.

14.5.3.11 Submit
When all the register information is input and correct, the Submit key will be enabled. Tap the Submit key to complete the Sign Up procedures.

NOTE: **Height and Date of Birth are required for accurate Body Composition Analyzer measurement.**
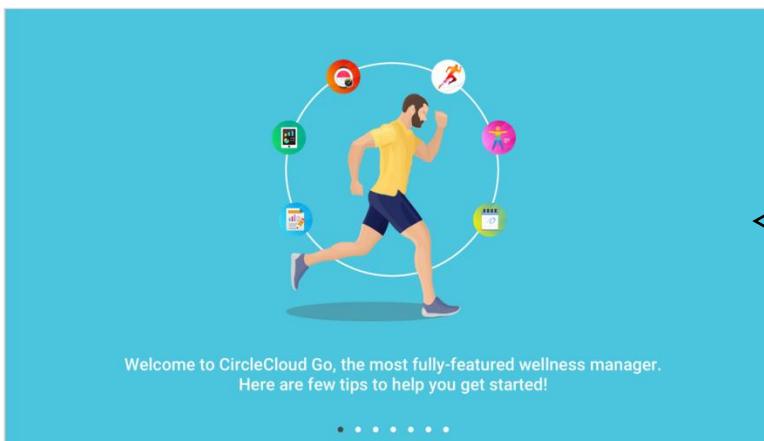
15.0   Tutorial

15.1 Go to Home Screen 2 > Tutorial 📋

15.1.1 Tutorial shows a few tips to help you to get started. It displays, as below, when initial login is successful. (Secondary login will not displayed in the Tutorial pages.)
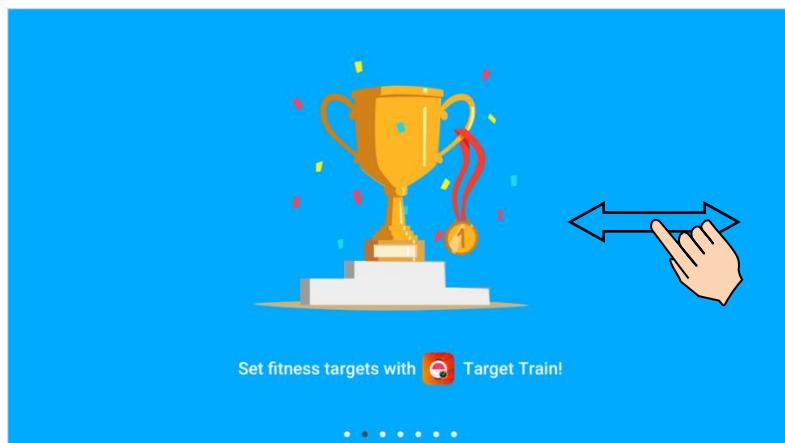
Tutorial>Intro Page

Scroll the touchscreen to access the next page.

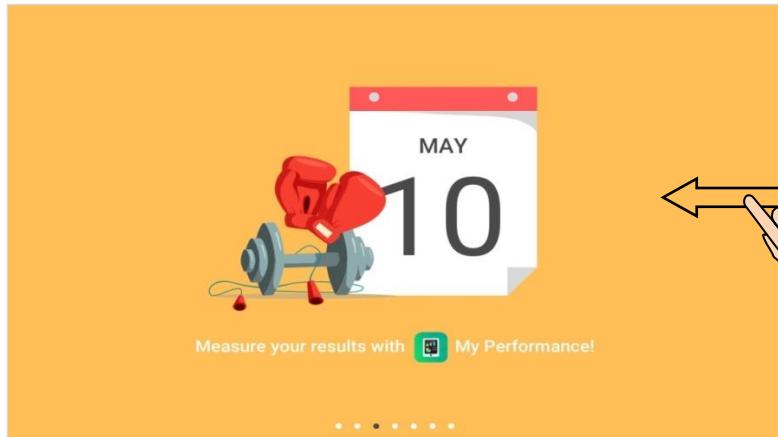**Welcome to CircleCloud Go the most comprehensive wellness manager. Here are few tips to help you set started.**

15.1.2 Tutorial> Intro Page >Target Train Page

Scroll the touchscreen to access the previous/ next page.

Set fitness target with Target Train!

15.1.3 Tutorial> Intro Page > Target Train Page > My Performance Page

Scroll the touchscreen to access the previous/ next page.

Measure your results with 📱 My Performance.

15.1.4 Target Train Page >My Performance Page> Body Manager Page

Scroll the touchscreen to access the previous/next page.

Exam your fitness metrics with 🤸 Body Manager!

15.1.5 My Performance Page>Body Manager Page >My Gym Page

Scroll the touchscreen to access the previous/next page.

Stay informed with facility offerings with 📅 My Gym!

15.1.6 Body Manager Page > My Gym Page >My Workout Page
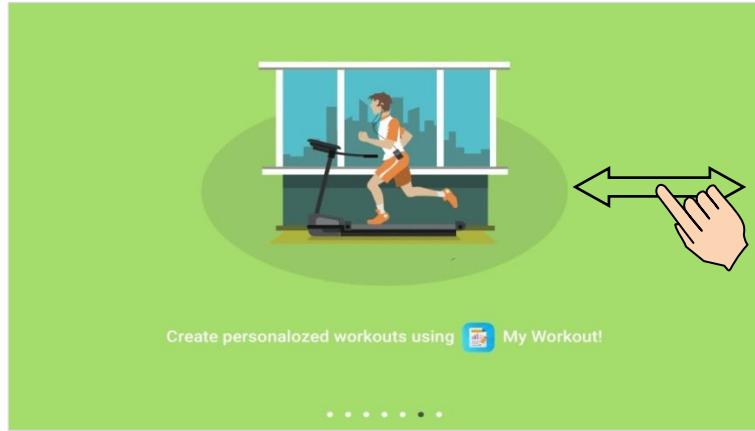
Scroll the touchscreen to access the previous/next page.

Create personalozed workouts using My Workout!

Create personalized workouts using My Workout!

15.1.7 My Gym Page > My Workout Page >Ready to Start Page

Download free CircleFit app to access all content.
Use CircleFit app to perform Quick log in with cardio equipment!

Start
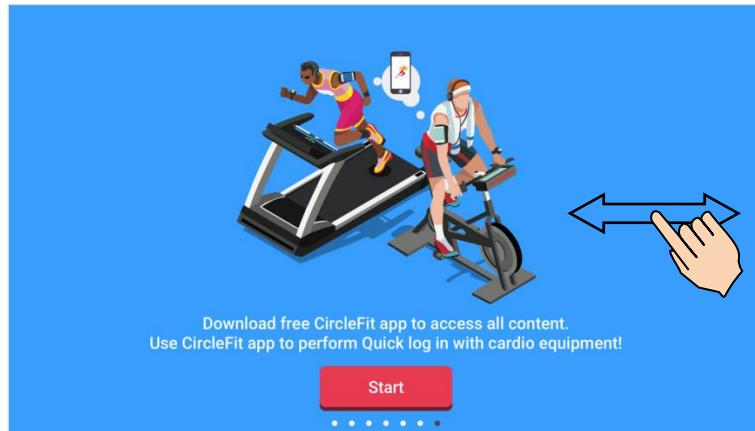
Scroll the touchscreen to access the previous/next page.

Download free CircleFit app to access all contents form your smart device and perform Quick Login with cardio equipment!

15.1.8   Tap Start to close the Tutorial pages and go to My Page. (Refer to Section 14.1)

15.2 My Page

15.2.1   Go to Home Screen > Login > My Page

15.2.1.1   After login process is success, EPlus 2.0 console displays My Page as below. This is the initial page when you login.
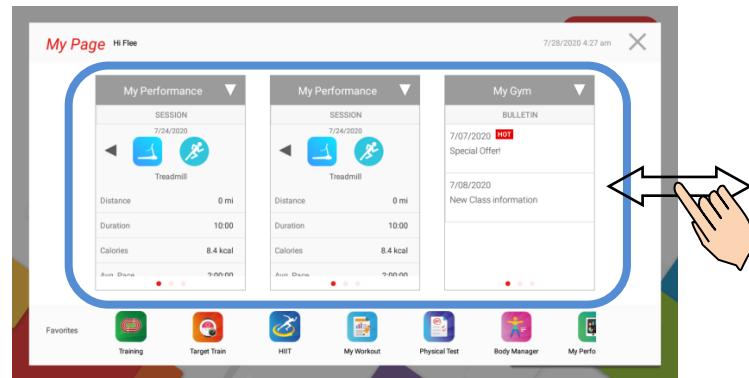
Scroll the touchscreen to access next page.

15.3 Message Boxes

15.3.1 This area shows user's performance in previous workout sessions and bulletins and/or class information from user's club.

15.3.1.1 **X**: Tap to close My Page and go back to the **Home Screen**.

15.4 Favorite

15.4.1 This area displays the most freqent items or apps you used.

15.4.2 Tap the icon to use the app or run the app.
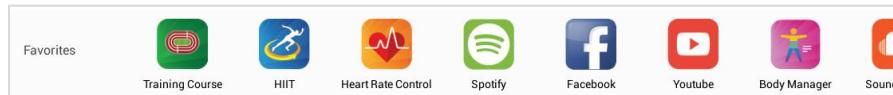
16.0 Training

16.1 Go to Home Screen > Training

WARNING: Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Consult your doctor before you use the equipment again.
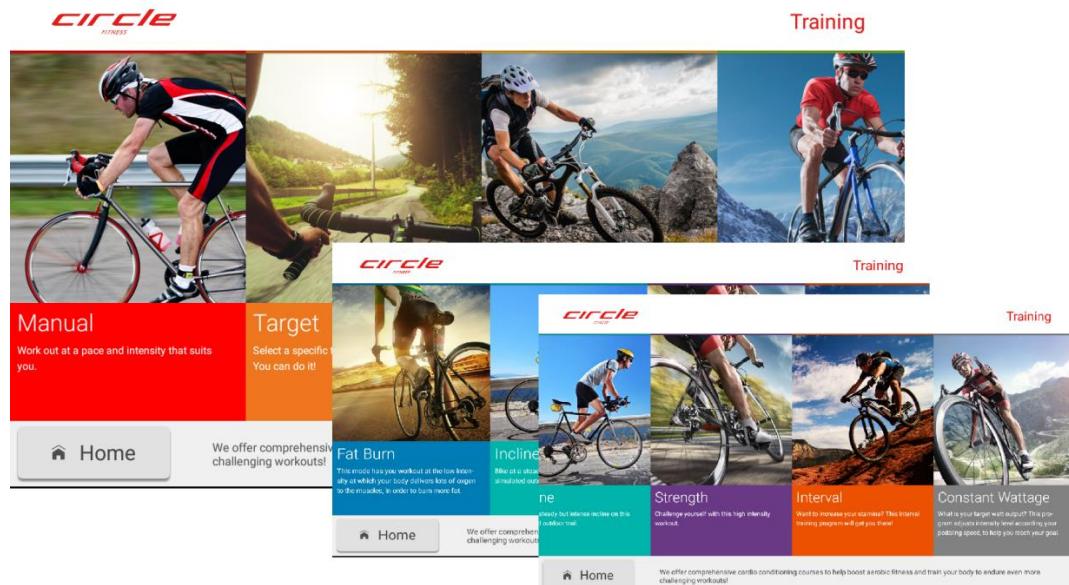
16.1.1 There are 9 Training Programs provided as listed below.

16.1.1.1 **Manual:** Work out at a pace and intensity that suits you.

16.1.1.2 **Target**: Select a specific target to reach and go for it.

16.1.1.3 **Rolling-hills:** Challenge yourself to intervals of various lengths and evevation.

16.1.1.4 **Mountain Peaks**: Bike on a constant incline through this simulated outdoor trail.

16.1.1.5 **Fat Burn**: This mode has you workout at the low intensity at which your body delivers lots of oxgen to the muscles, in order to burn more fat.

16.1.1.6 **Incline:** Bike at a steady but intense incline on this simulated outdoor trail.

16.1.1.7 **Strength:** Challenge yourself with this high intensity workout.

16.1.1.8 **Interval:** Want to increase your stamina? This interval training program will get you there!

16.1.1.9 **Constant Wattage:** What is your target watt output? This program adjusts intensity level according your pedaling speed, to help you reach your goal.

16.2 Tap one of the **Training** Programs to land on individual corrsponding setting pages. (Refer to next page)

16.3 Go to Home Screen > Training > Manual (Setting Page)
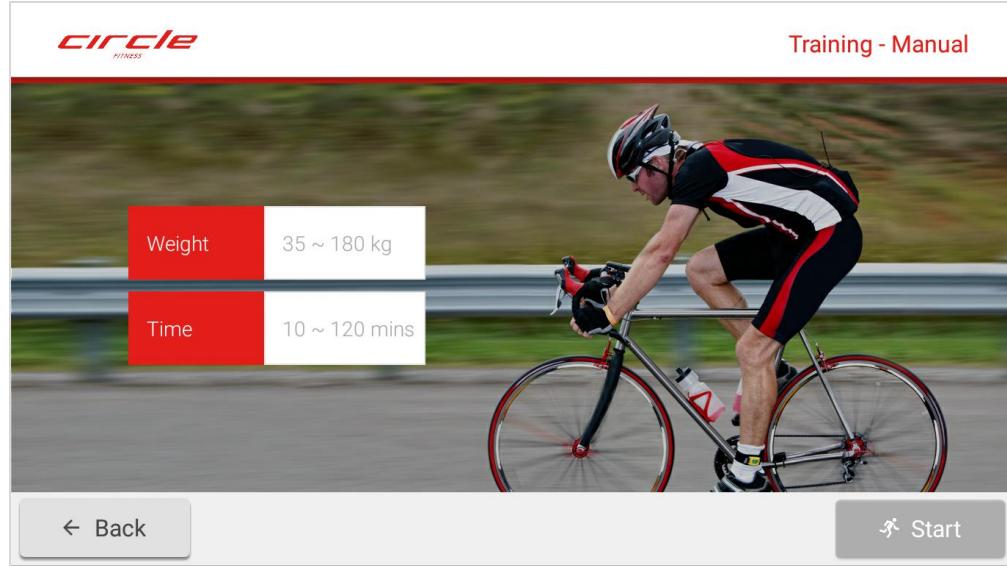
16.3.1.1 **Weight**
Tap the blank field to display the keypad to input the user's wieght.
Setting Range: 35-180 kg (77-396lbs)

16.3.1.2 **Time**
Tap the blank field to display the keypad to input the workout time.
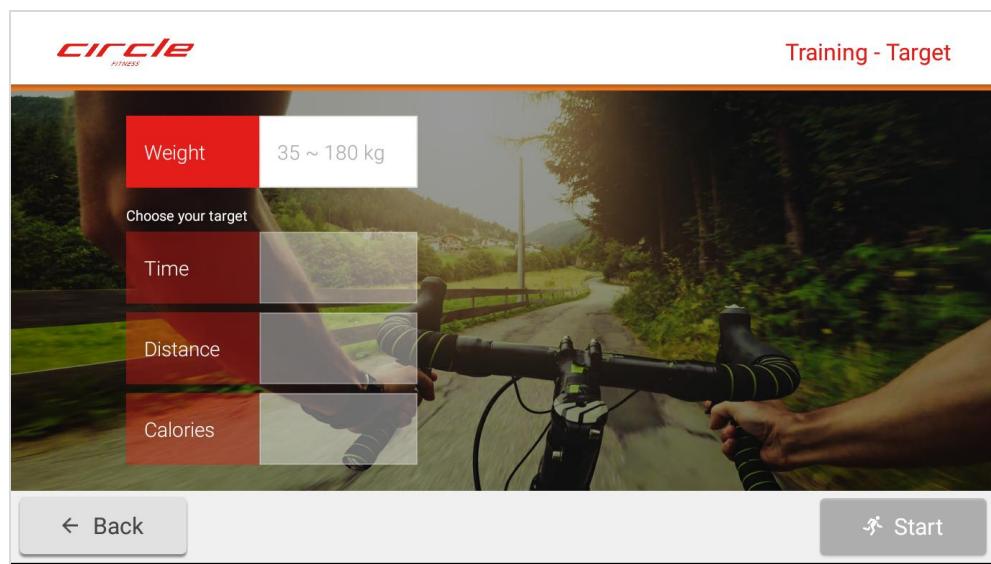Setting Range:10-120 minutes

16.3.1.3 **Start**
Tap Start to begin workout and go to Workout Page.

16.3.1.4 **Back**
Tap Back to go to Training Program.

16.4 Go to Home Screen > Training > Target (Setting Page)

16.4.1.1 **Weight**
Tap the blank field to display the keypad to input the user's wieght.
Setting Range: 35-180 kg (77-396lbs)

16.4.2 **Choose one target to be your goal.**
16.4.2.1 **Time:**

Tap the blank field to display the keypad to input the workout time.
Setting Range: 10-120 minutes

16.4.2.2 **Distance:**
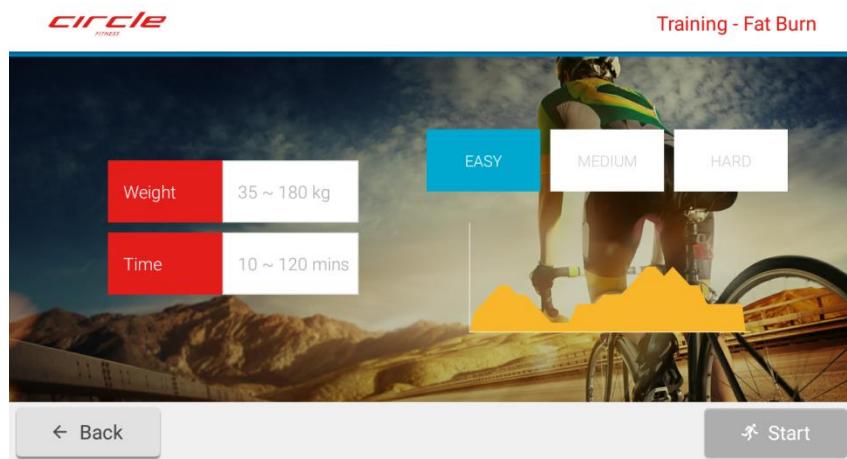Tap the blank field to display the keypad to input the workout distance.
Setting Range:1-60 km (1-30 miles)

16.4.2.3 **Calories:**
Tap the blank field to display the keypad to input workout calories.
Setting Range:100-2000

16.4.3 **Start**

16.4.3.1 Tap Start to begin the workout and go to the Workout Page.

16.4.4 **Back**

16.4.4.1 Tap Back to go to the Training Program.

16.5 Go to Home Screen > Training > Rolling-hills (Setting Page)
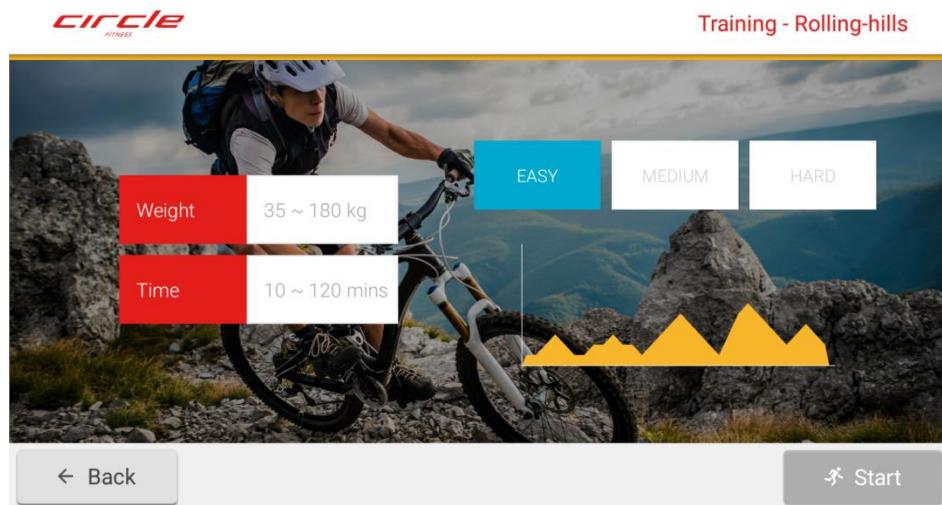
16.6 Go to Home Screen > Training > Mountain Peaks (Setting Page)
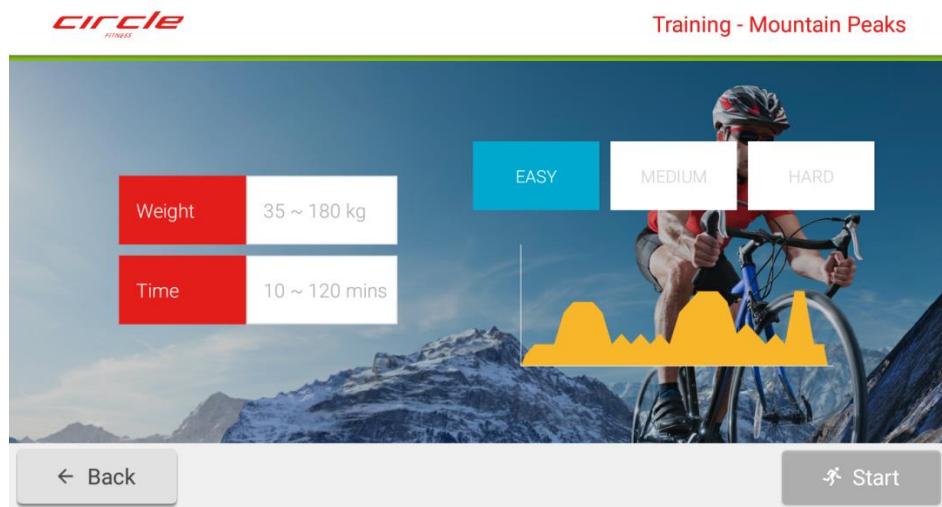
16.6.1.1 **Weight**
Tap the blank field to display the keypad to input the user's wieght.
Setting Range: 35-180 kg (77-396lbs)

16.6.1.2 **EASY/ MEDIUM/ HARD**
Tap one of them to set your workout intensity.

16.6.1.3 **Time**
Tap the blank field to display the keypad to input the workout time.
Setting Range: 10-120 minutes
16.6.1.4 **Start**
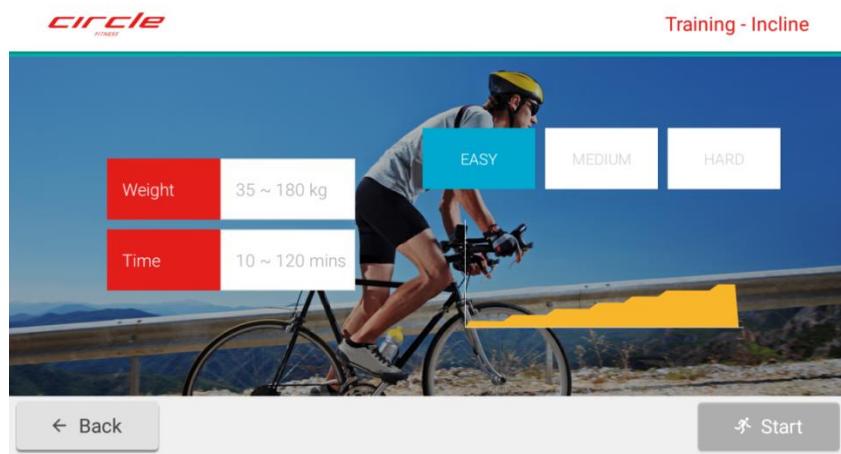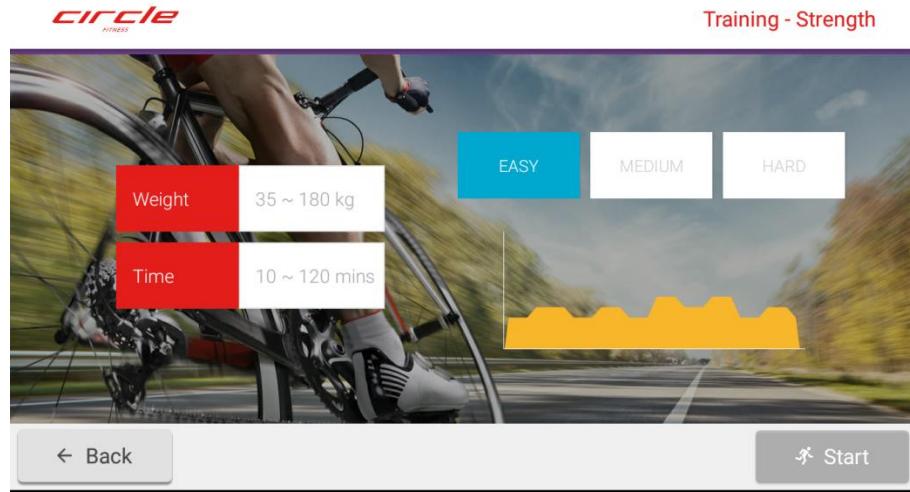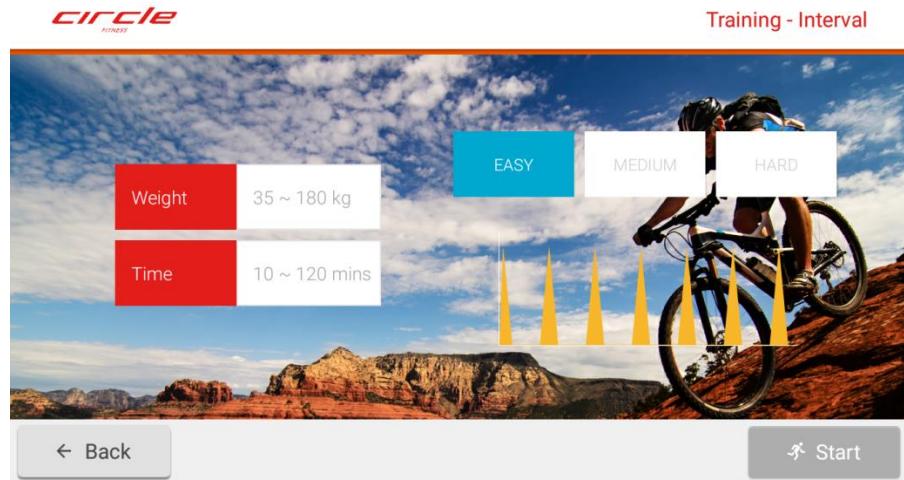Tap Start to begin the workout and go to the Workout Page.
16.6.1.5 **Back**
Tap Back to go to the Training Program.

16.7 Go to Home Screen > Training > Fat Burn (Setting Page)

16.8 Go to Home Screen > Training > Incline (Setting Page)

16.8.1.1 **Weight**
Tap the blank field to display the keypad to input the user's wieght.
Setting Range: 35-180 kg (77-396lbs)
16.8.1.2 **EASY/ MEDIUM/ HARD**
Tap one of them to set your workout intensity.
16.8.1.3 **Time**
Tap the blank field to display the keypad to input the workout time.
Setting Range: 10-120 minutes
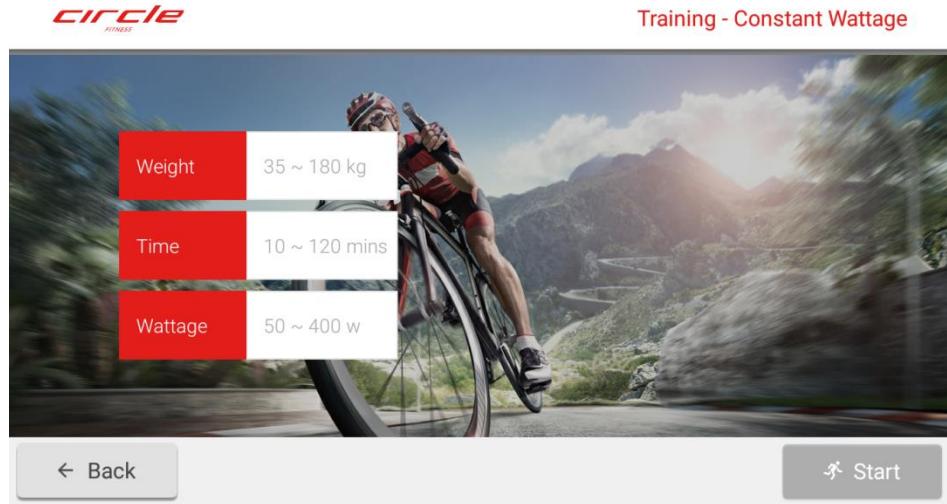16.8.1.4 **Start**
Tap Start to begin the workout and go to the Workout Page.
16.8.1.5 **Back**
Tap Back to go to the Training Program.

16.9 Go to Home Screen > Training > Strength (Setting Page)

16.10 Go to Home Screen > Training > Interval (Setting Page)

16.10.1.1 **Weight**
Tap the blank field to display the keypad to input the user's wieght.
Setting Range: 35-180 kg (77-396lbs)

16.10.1.2 **EASY/ MEDIUM/ HARD**
Tap one of them to set your workout intensity.

16.10.1.3 **Time**
Tap the blank field to display the keypad to input the workout time.
Setting Range: 10-120 minutes

16.10.1.4 **Start**
Tap Start to begin the workout and go to the Workout Page.

16.10.1.5 **Back**
Tap Back to go to the Training Program.

16.11 Go to Home Screen > Training > Constant Wattage (Setting Page)

16.11.1.1 **Weight**
Tap the blank field to display the keypad to input the user's wieght.
Setting Range: 35-180 kg (77-396lbs)

16.11.1.2 **Wattage**
Tap the blank field to display the keypad to the input wattage.
Setting Range: 50~400 watts

16.11.1.3 **Time**
Tap the blank field to display the keypad to input the workout time.
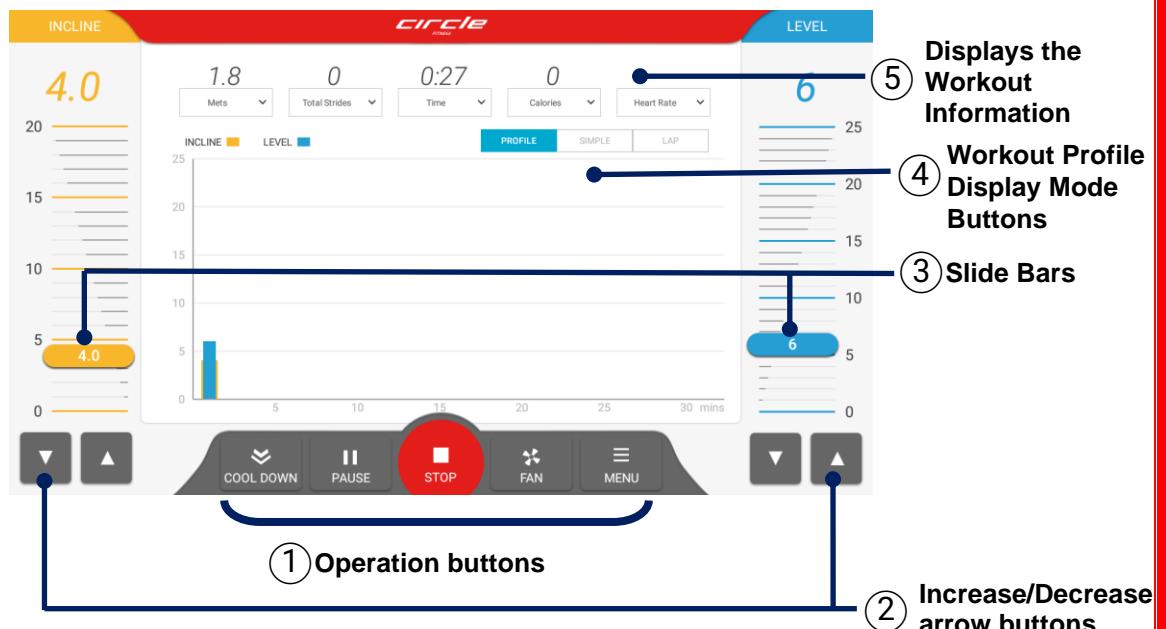Setting Range: 10-120 minutes

16.11.1.4 **Start**
Tap Start to begin the workout and go to the Workout Page.

16.11.1.5 **Back**
Tap Back to go to the Training Program.

16.12 Go to Home Screen > Training > (Setting Pages) >Workout Page

⑤ Displays the Workout Information

④ Workout Profile Display Mode Buttons

③ Slide Bars

① Operation buttons

② Increase/Decrease arrow buttons

16.12.1 ① **Operation Buttons**

(1) Cool Down: Tap to cool down the program and Workout will stop in 5 minutes.

(2) Pause:

- Tap to interrupt the program and get into pause mode shown as below.
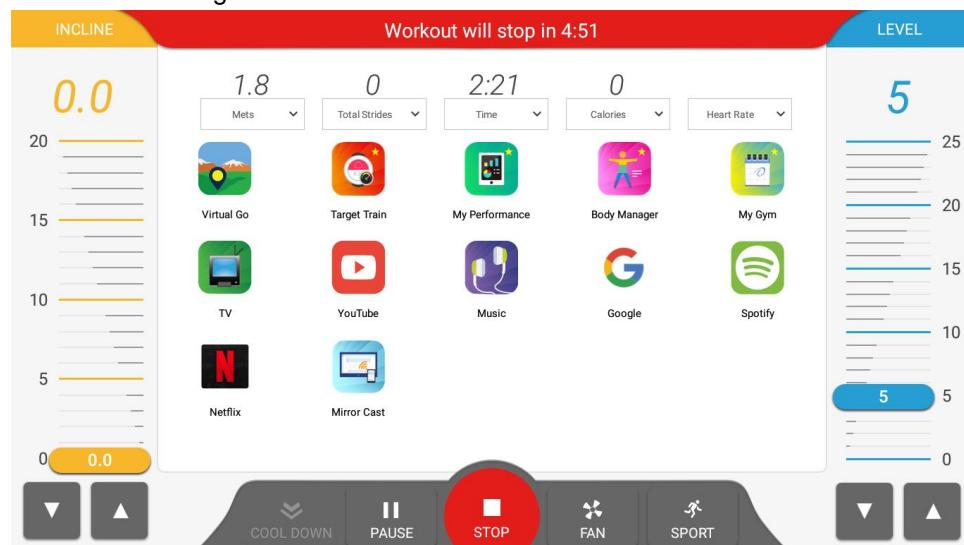- Workout will stop in 2 minutes.
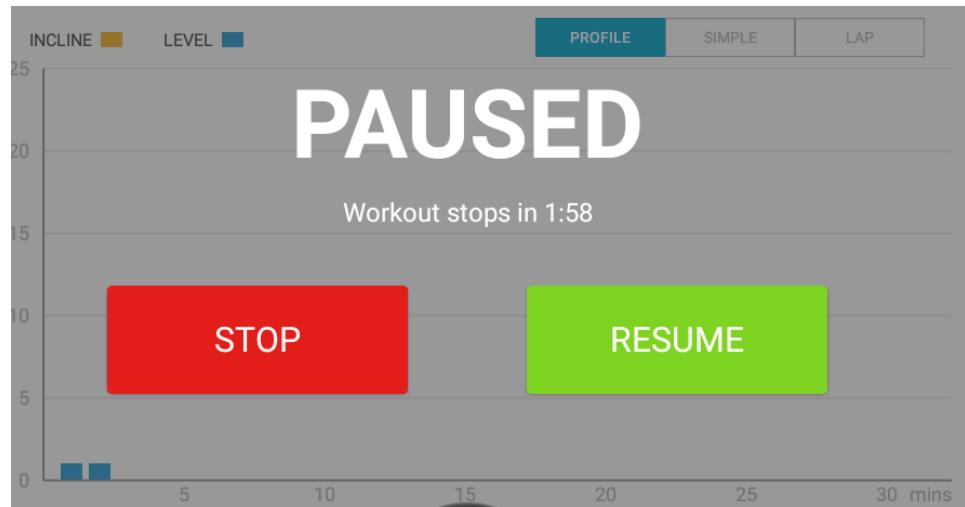
* Stop: Tap to go to Summary Page.

* Resume: Tap to continue your workout.

(4) Stop: Tap to end the program and go to the Summary Page.
(Refer to Page 72.)

(5) Menu: Tap the Menu to display the sub-menus in the center of the Workout Page shown as below.

(6) Tap to turn the Fan ON/OFF and tap again to choose either high or low air flow.

16.12.2 ②**Increase/Decrease arrow buttons**

Tap the upward or downward arrow button to increase/decrease the incline level or speed.

16.12.3 ③ **Slide Bars**

Tap and hold to slide the incline or level bar to a desired level and tap OK to confirm the adjustment.

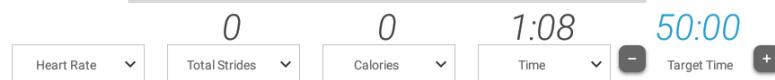**Incline slide bar** **Level slide bar**
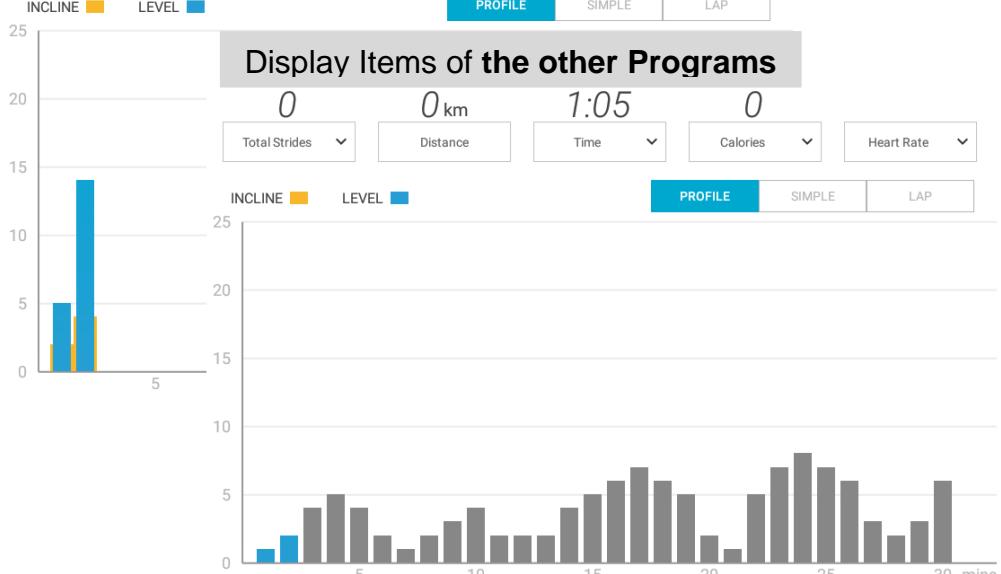
16.12.4 ④ **Workout Information Displays**

For the **Target Program** the displayed items are listed and shown below.

- Heart Rate (or Average Heart Rate)
- Distance (Pace or Average Pace)
- Calories (Cal. H or Mets)
- Time (or Time Remaining)
- Target Time (Target Distance or Target Calories)

Display Items of **Target Program**

Display Items of **the other Programs**

For **Manual, Hill, Fat Burn, Cardio, Strength and Interval programs**, the displayed items are listed below and shown as above.
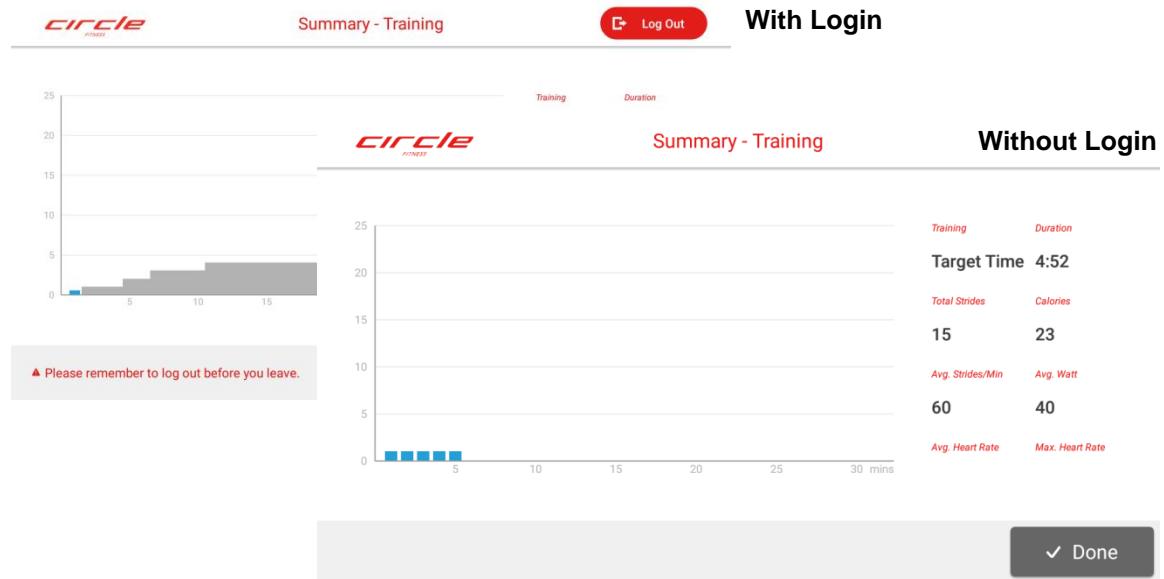
- Pace (or Average Pace)
- Distance
- Time (or Time Remaining)
- Calories (Cal. H or Mets)
- Heart Rate (or Average Heart Rate)

16.12.5 ⑤ Workout Profile Display Mode Buttons

Tap Profile / Simple / Lap to switch the workout display mode.
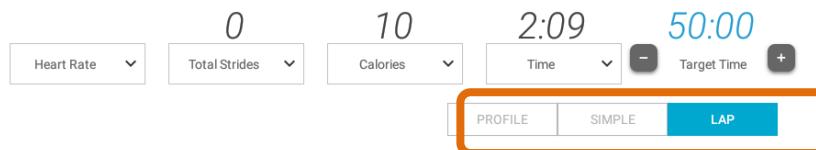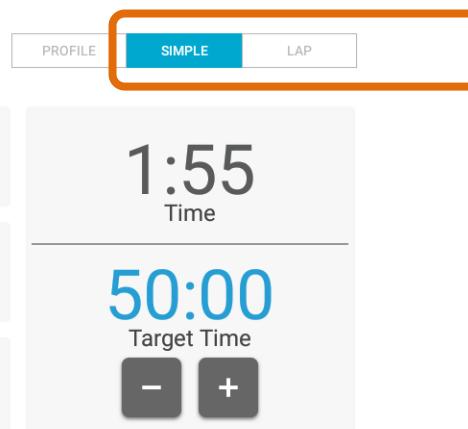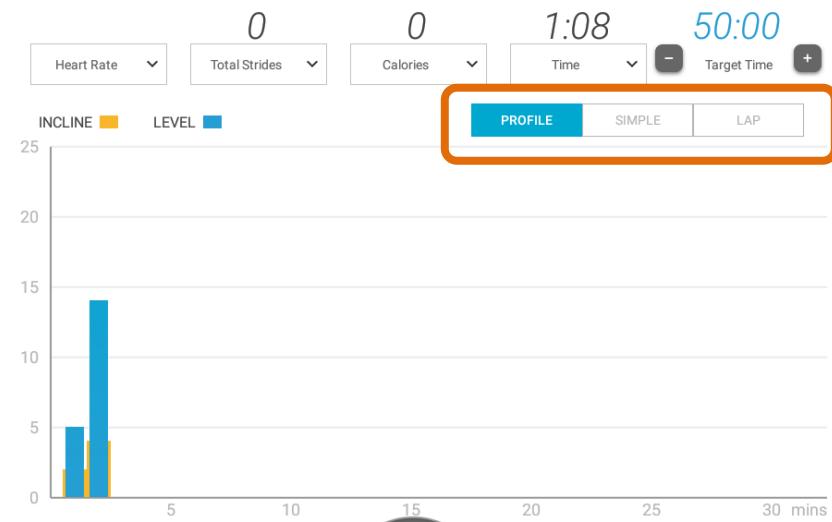
16.13   Go to Home Screen > Training > (Setting Pages) >Summary Pages

With Login

Without Login

16.13.1 **Readouts of the Training:**

1. **Training**: displays the workout mode.
2. **Duration (Time)**: the total accumulated time during your workout.
3. **Total Strides**: the total accumulated distance mile (or kilometer) during your workout.
4. **Calories**: the total accumulated calories burned during your workout.
5. **Average Strides/Minute**
6. **Average Watts**
7. **Average Heart Rate**: The average heart rate during your workout.
8. **Maximum Heart Rate**: The maximum heart rate during your workout.

Your workout information displays in the Summary Page and will be uploaded to the CircleCould if you are logged in.

16.13.2 Tapping Done to go back to Home Screen.

Please remember to logout before you leave. If the console is left un-operated for 2 minutes, the system will automatically logout the current user after a 1 minute countdown.

16.14   Go to Home Screen >Heart Rate Control

16.14.1 Heart Rate Control maintains the heartbeats per minutes you select by controlling the exercise speed and intensity of your cardio equipment to optimize your workout.

16.14.2 Here are 4 Heart Rate Control Programs provided as below:
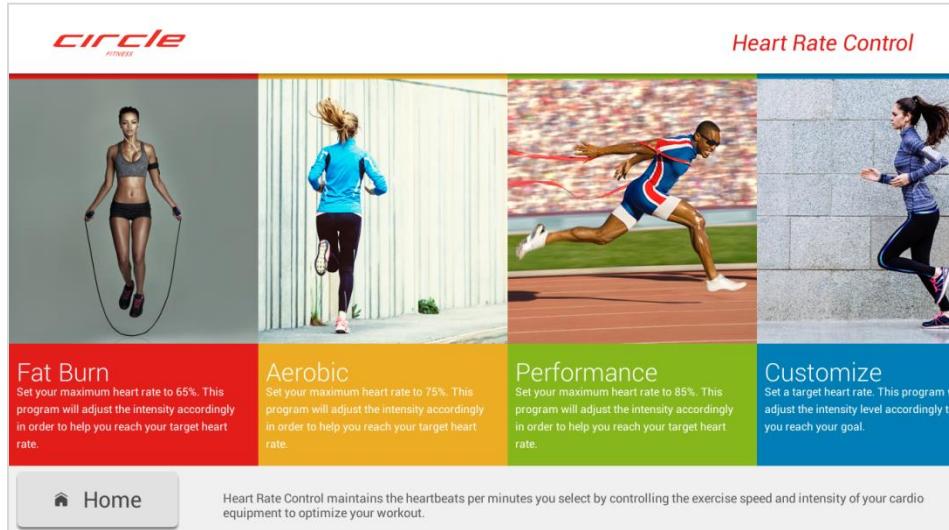
- **Fat Burn**
- Set your maximum heart rate to 65%.
- This program will adjust the intensity accordingly in order to help you reach your target heart rate.

- **Aerobic**
- Set your maxiumum heart rate to 75%.
- This program will adjust the intensity accordingly in order to help you reach your target heart rate.

- **Performance**
- Set your maxiumum heart rate to 85%.
- This program will adjust the intensity accordingly in order to help you reach your target heart rate.

- **Customize**
- Set a target heart rate.
- This program wil adjust the intensity level accordingly to your target heart rate.

16.14.3 Tap**Fat Burn** / **Aerobic**/ **Performance**/ **Customize** on the【Heart Rate Control】 Page to go to the corresponding setting page.

Fat Burn - Setting Page
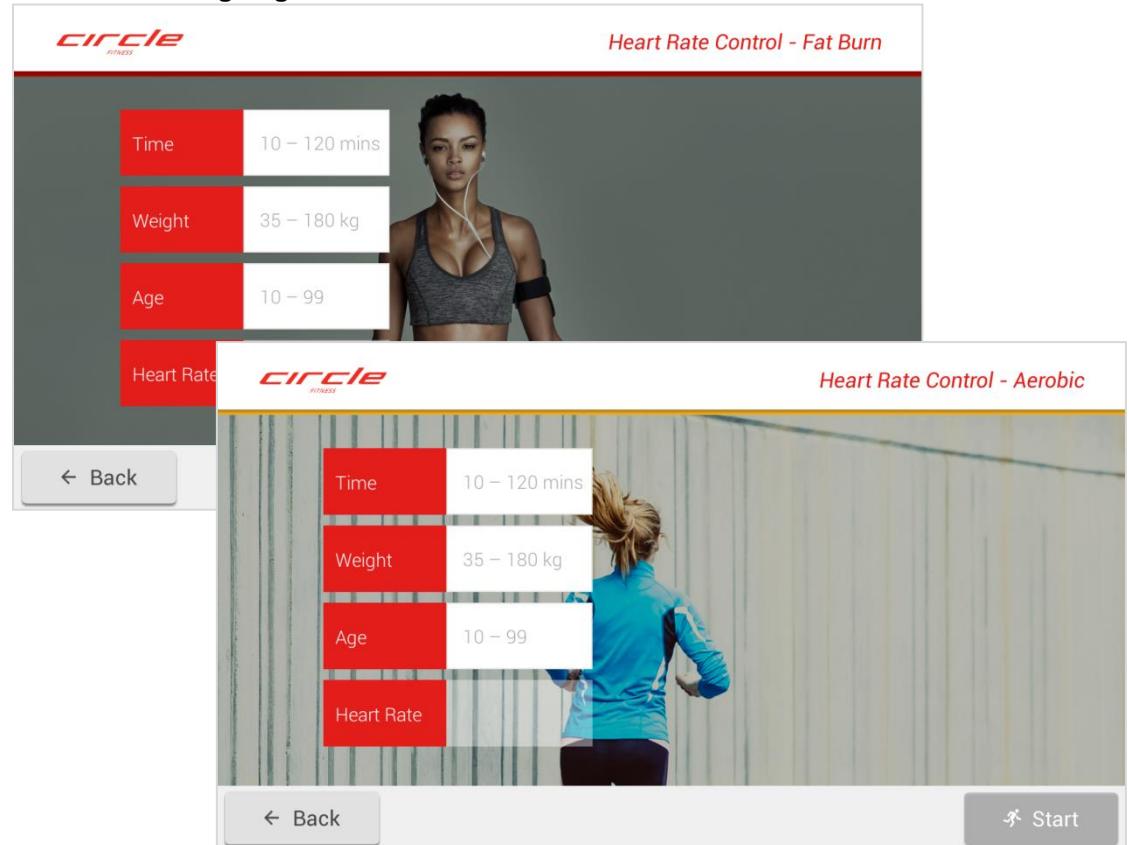
Aerobic - Setting Page

Time
Used to input the workout time. Tap the blank field to display the numeric keypad for input. Setting range: 10-120 minutes

Age
Used to input the user's age. Tap the blank field to display the numeric keypad for input. Setting range: 10-99

Weight
Used to input user's weight. Tap the blank field to display the numeric keypad for input. Setting range: 35-180 kg (77-396lbs)

Heart Rate
The heart rate window will calculate your heart rate range based on your age. The heart rate ranges of the workout programs are described below:
- For Fat Burn (bpm): (220-Age)*60% - (220-Age)*70%
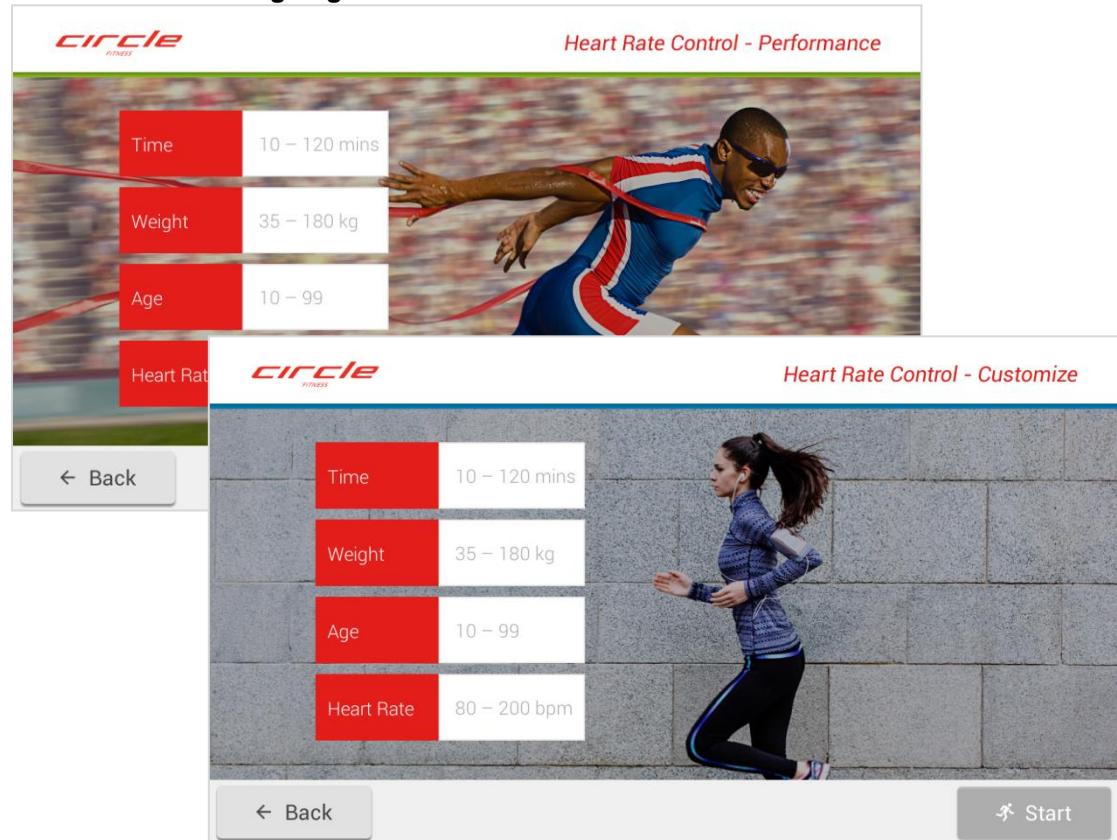- For Aerobic(bpm): (220-Age)*71% - (220-Age)*80%

Start
Tap to start workout.

Back
Tap to back to 【Heart Rate Control】 Page.

16.14.4 Tap **Fat Burn** / **Aerobic** / **Performance** / **Customize** on the 【Heart Rate Control】 Page to go to the corresponding setting page.

Performance - Setting Page

Aerobic - Setting Page

Time
Used to input the workout time. Tap the blank field to display the numeric keypad for input. Setting range: 10-120 minutes

Age
Used to input the user's age. Tap the blank field to display the numeric keypad for input. Setting range: 10-99

Weight
Used to input user's weight. Tap the blank field to display the numeric keypad for input. Setting range: 35-180 kg (77-396lbs)

Heart Rate
The heart rate window will calculate your heart rate range based on your age. The heart rate ranges of the workout programs are described below:
- *For Performance (bpm): (220-Age)*81% - (220-Age)*90%*
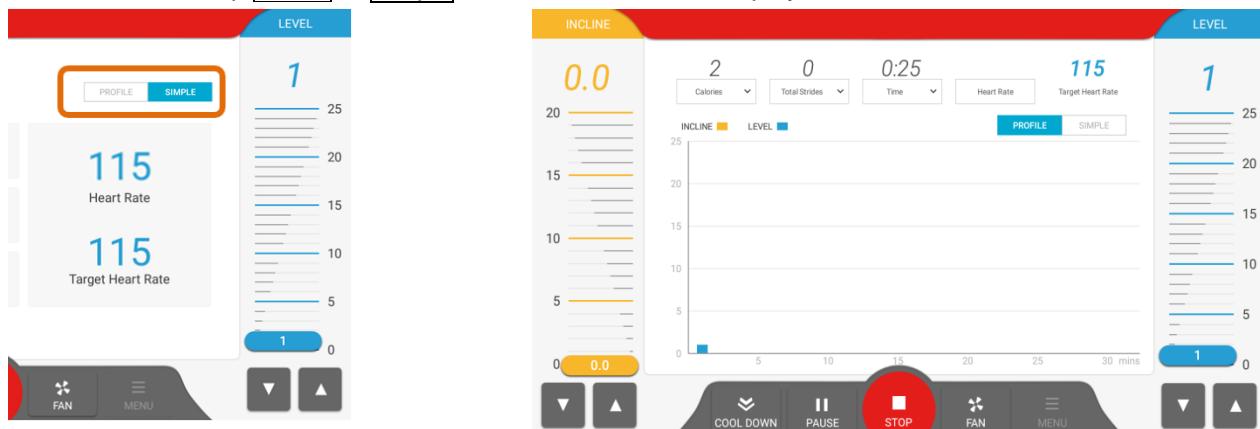- *For Customize (bpm): The user can input a number within the range of 80-200.*

Start
Tap to start workout.

Back
Tap to back to 【Heart Rate Control】 Page.

16.15 Heart Rate Control - Workout Page (Profile/ Simple)

16.15.1 Tap Profile or Simple to switch the workout display mode.

16.15.2 If no heart rate is detected, the program will be paused and a message saying "**No heart rate Detected. Program will stop in 2:00**" will be displayed.
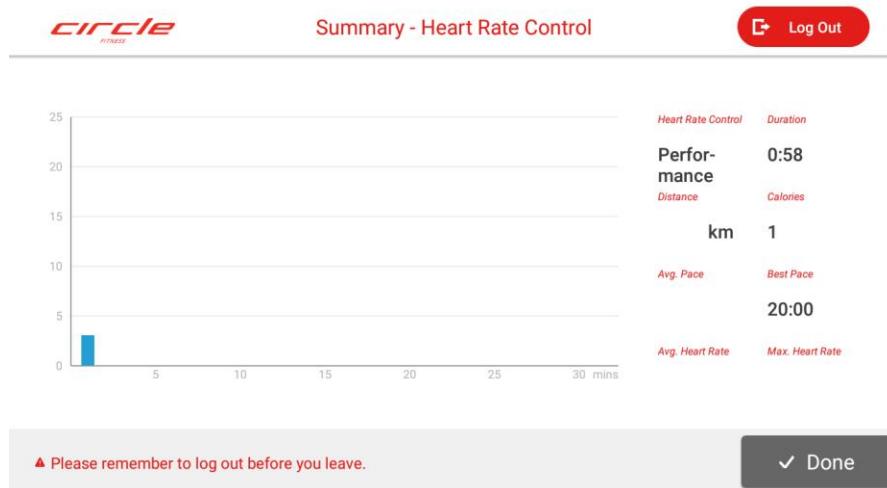
16.15.3 When time remaining is zero or when the user taps Stop, the user will be taken to the Summary Page of the Hear Rate Control.
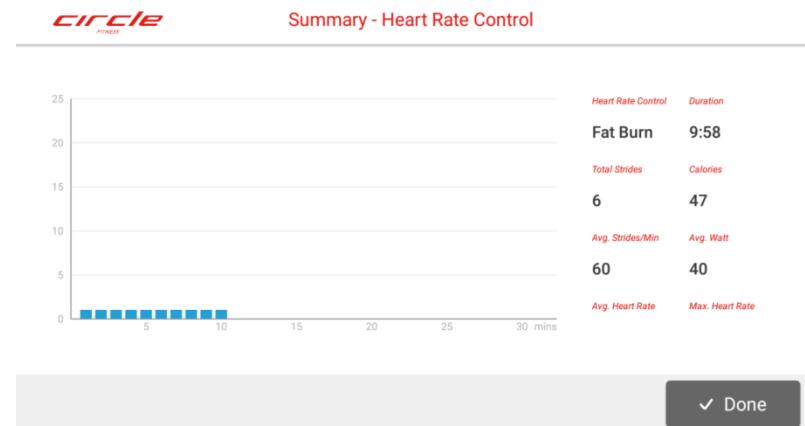
16.16 Heart Rate Control- Summary Page

16.16.1 Tap Done to go to the Home Screen.

    16.16.1.1 With Login.

Without Login

16.16.1.2 Without Login.

16.16.2 Readouts of the Heart Rate Control
- **Heart Rate Control**: displays the workout mode of heart rate control programs.
- **Duration (Time)**: the total accumulated time during your workout.
- **Distance**: the total accumulated distance mile (or kilometer) during your workout.
- **Calories**: the total accumulated calories burned during your workout.
- **Average Pace**: the average time to complete a mile (or kilometer), displayed in minutes: seconds.
- **Best Pace**: the best time to complete a mile (or kilometer), displayed in minutes: seconds.
- **Average Heart Rate**: The average heart rate during your workout.
- **Maximum Heart Rate**: The maximum heart rate during your workout.

16.16.3 Your workout information is displayed in the Summary Page and will be uploaded to CircleCould if you are logged in.

16.16.4 Tap Done to go to the Home Screen.
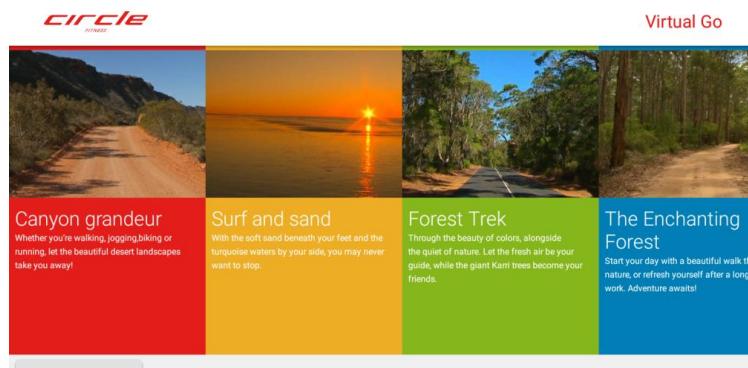
Please remember to logout before you leave.

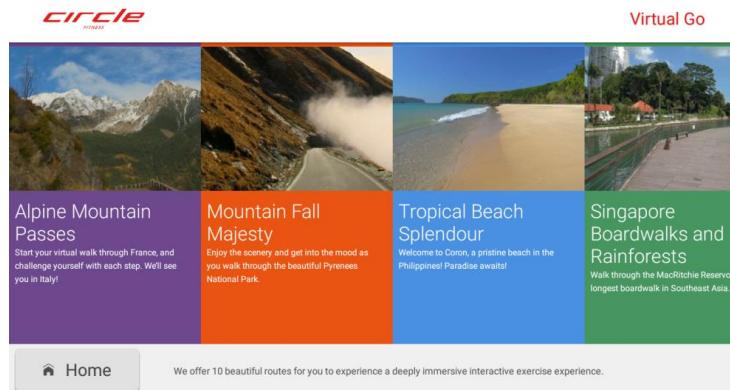## 17.0   Virtual Go
17.1 Go to Home Screen >Virtual Go


17.1.1   We offer 10 beautiful routes for you to experience a deeply immersive interactive experience.
- **Canyon grandeur:** Whether you're walking, jogging, biking or running, let the beautiful desert landscapes take you away!
- **(2) Surf and sand**
- **(3) Forest Trek**
- **(4) The Enchanting Forest**
- **(5) Alpine Mountain Passes**
- **(6) Mountain Fall Majesty**
- **(7) Tropical Beach Splendour**
- **(8) Singapore Boardwalks and Rainforests**
- **(9) Singapore Tropical Gardens**
- **(10) Wetlands and Lakes**

17.2 Go to Home Screen > Virtual Go >Setting Page
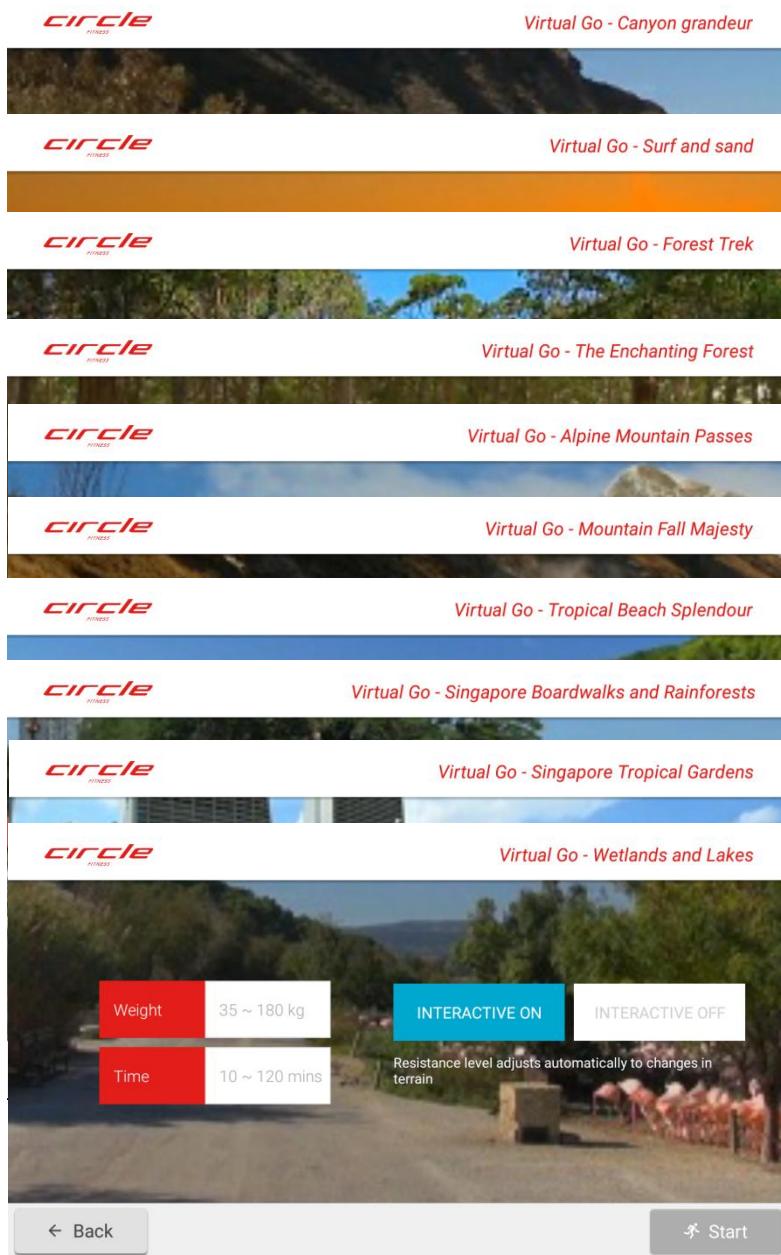
17.2.1.1 **INTERACTIVE ON**
- Incline level adjusts to changes in terrain if tapped this button.

17.2.1.2 **INTERACTIVE OFF**
- Incline level does not adjust to changes in terrain if tapped this button.

17.2.1.3 **Weight**
- Tap the blank field to display the keypad to input for your weight.
- Setting range: 35-180 kg (77-396lbs)

17.2.1.4 **Time**
- Tap the blank field to display the keypad to input the workout time.
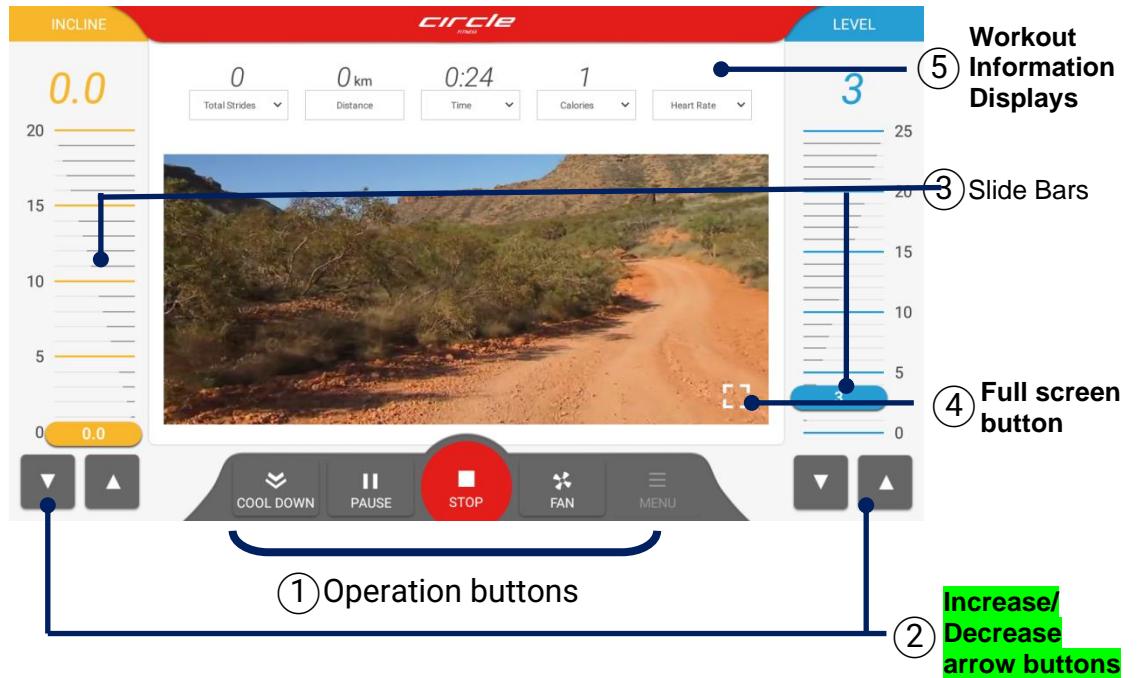- Setting Range:10-120 minutes
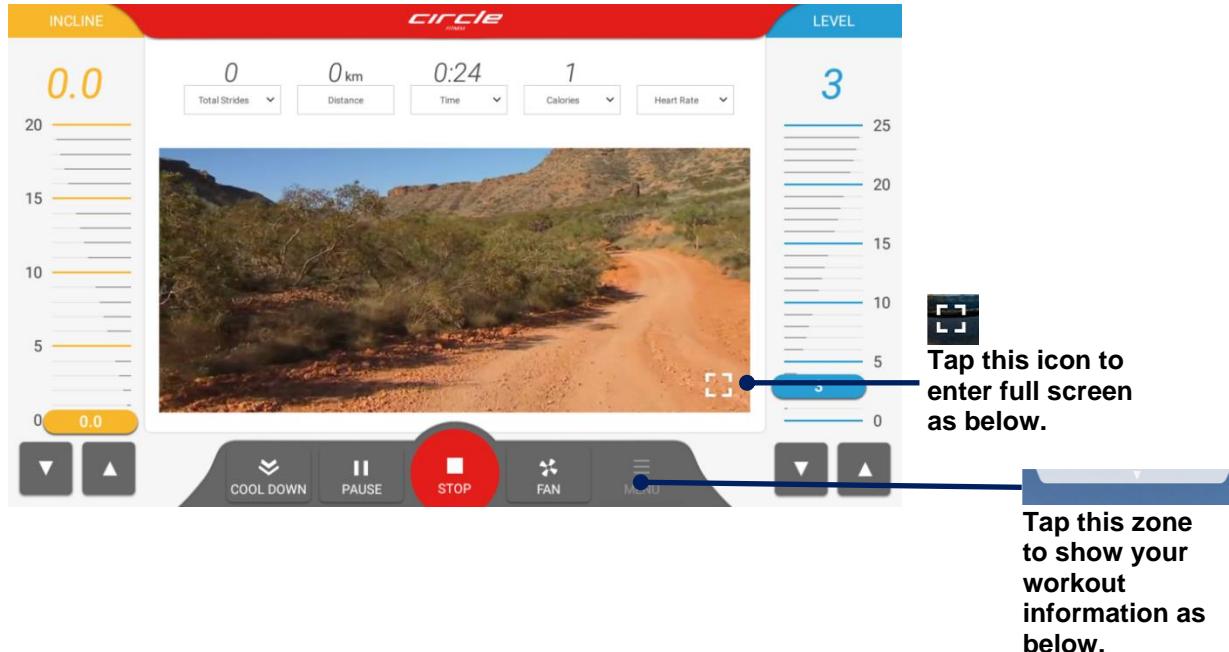
17.2.1.5 **Back**
- Tap to go back to the Main Screen.
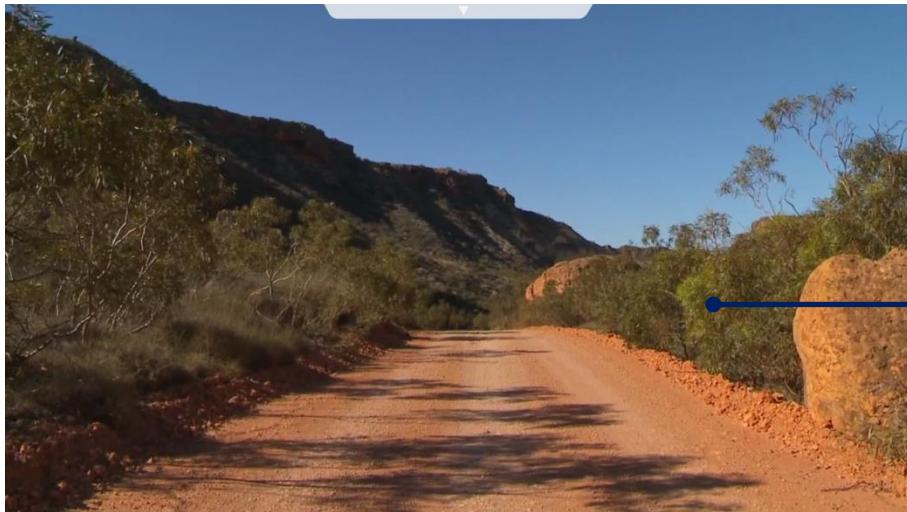
17.2.1.6 **Start**
- Tap to begin your workout.

17.3 Go to Home Screen > Virtual Go > Setting Page>Workout Page

Workout Information Displays ⑤

Slide Bars ③

Full screen button ④

① Operation buttons

② <mark>Increase/ Decrease arrow buttons</mark>

17.4 Go to Home Screen > Virtual Go > Setting Page > Workout Page

Tap this icon to enter full screen as below.

Tap this zone to show your workout information as below.

Full Screen

Tap anywhere to exit to full screen.

Full Screen with Workout Information

INCLINE						Level
0.0%	0 Total Strides	0 km Distance	1:01 Time	5 Calories	Heart Rate	4

Tap anywhere to exit to full screen.

▼ ▲ ≫ COOL DOWN ❚❚ PAUSE ■ STOP ▼ ▲
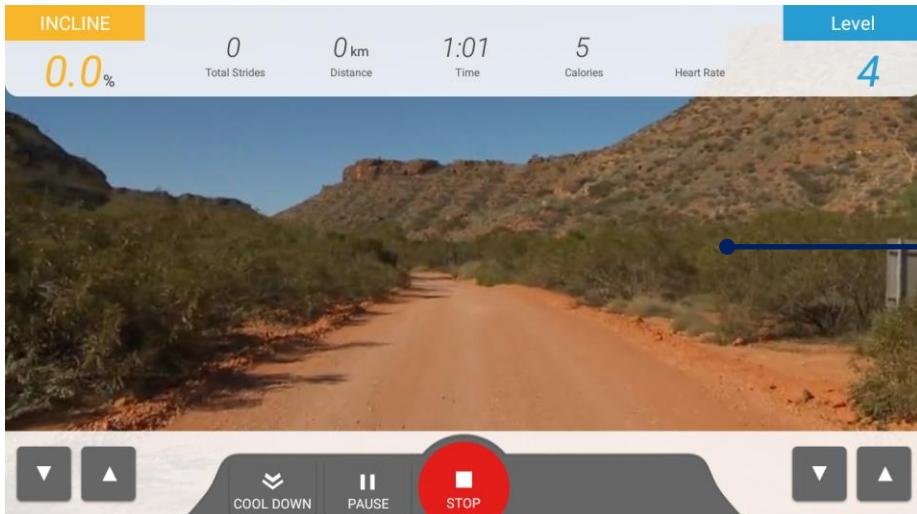
17.5 Go to Home Screen > Virtual Go > Setting Page > Workout Page > Summary Page

circle Summary - Virtual Go
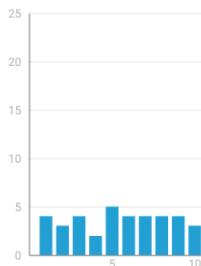
Journey	Duration
Canyon grandeur	10:00

Total Strides	Calories
6	69

Avg. Strides/Min	Avg. Watt
60	80

Avg. Heart Rate	Max. Heart Rate

Without Login

✓ Done

Summary - Virtual Go

With Login

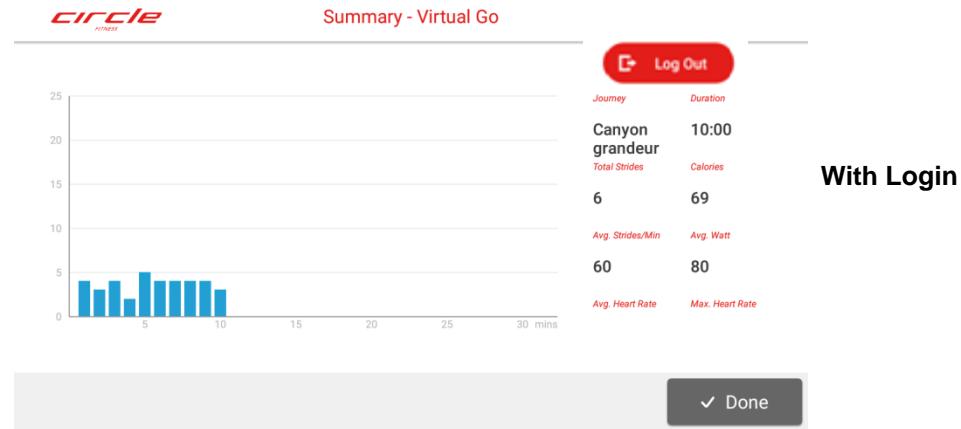|	Journey	Duration
	Canyon grandeur	10:00
	Total Strides	Calories
	6	69
	Avg. Strides/Min	Avg. Watt
	60	80
	Avg. Heart Rate	Max. Heart Rate

✓ Done

17.5.1   Your workout information is displayed in Summary Page and will be uploaded to CircleCould if you are logged in.

17.5.2   Done

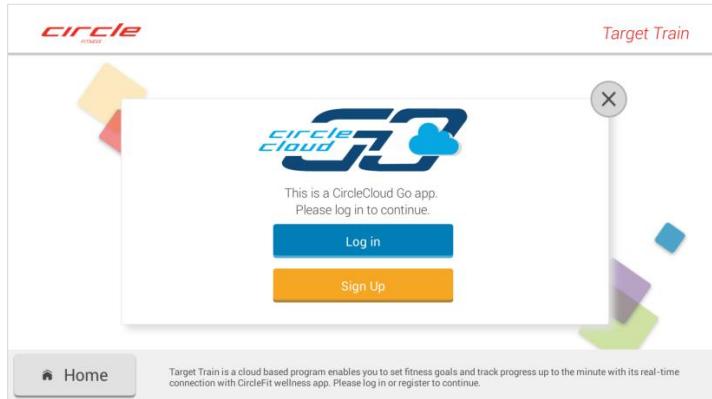17.5.2.1   Tap Done to go to the Home Screen.

17.6 Target Train

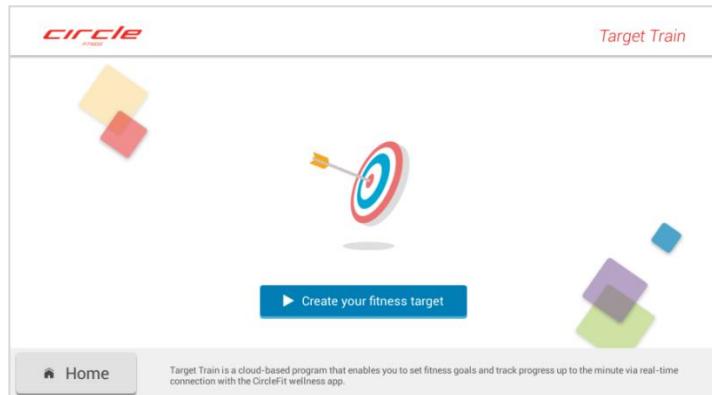17.6.1   **Go to Home Screen >Target Train**

17.6.2   Target Train is a cloud based program which enables you to set fitness goals and track progress up to the minute with its real-time connection with the CircleFit wellness app.

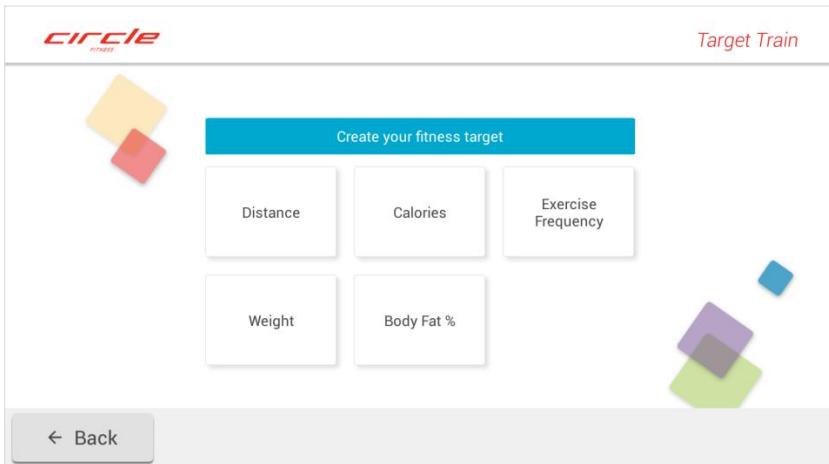17.6.3   Please login or sign up to continue.

17.6.4   Tap Login to enter the Login page. (Refer to Section 12.3 Login.)

17.6.5   Tap Sign Up to register an account. (Refer to Section 13.5 CircleCloud Go Sign Up.)

Tap Create your fitness traget to go to setting page.
**(This button cannot be tapped if you are not logged in.)**

17.7 Go to Home Screen >Target Train > Setting Page

17.7.1 Choose one of the following as your fitness target.

  17.7.1.1 | Distance |: Set a distance target along with a desired completion date. Come back to do workouts in order to achieve this target.

  17.7.1.2 | Calroies |: Set a calorie target along with a desired completion date. Come back to do workouts in order to achieve this target.

  17.7.1.3 | Exercise Frequency |: Set a frequency target along with a desired period of time. Come back to do workouts at a frequency as the set target.

  17.7.1.4 | Weight |: Set a weight target along with a completion date. Come back to do workouts in order to achieve this target.

  17.7.1.5 | Body Fat% |: Set a body fat percentage target along with a completion date. Com back to do workouts to achieve this target.

17.8 Go to Home Screen >Target Train > Setting Page (Target Distance)
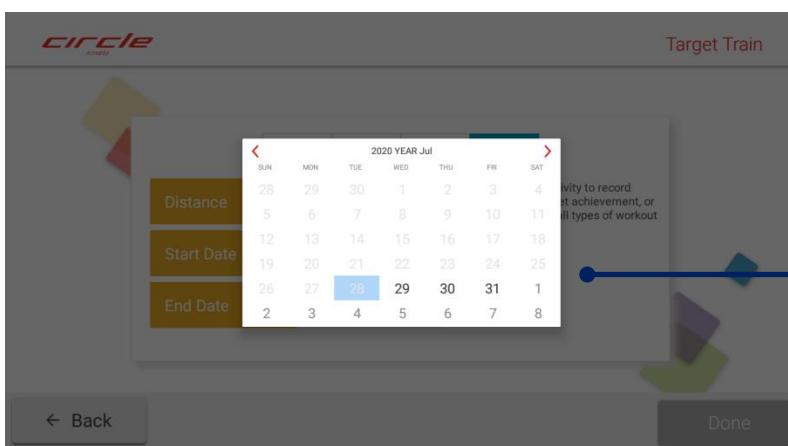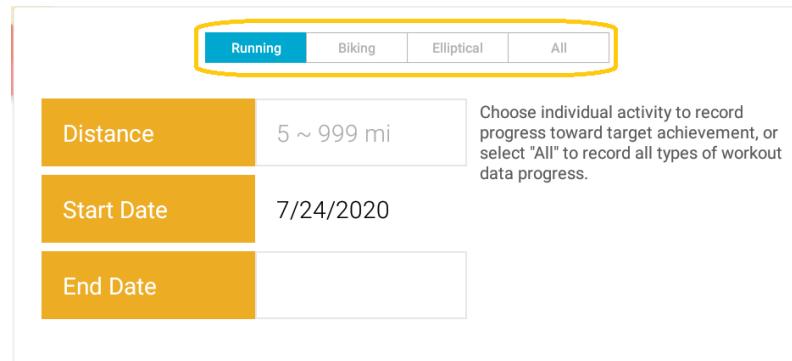
Tap anywhere on the screen to go back to Setting page.

17.8.1 **Record data type**

    17.8.1.1 Choose from Running, Biking, Elliptical to record progress by equipment type. Alternatively, you can tap All to record all types of workouts regardless of equipment type.

    17.8.1.2 **Target Distance**
- Tap the blank field to display the keypad to input your target distance.
- Setting range: 5 – 999 miles

    17.8.1.3 **Start Date**
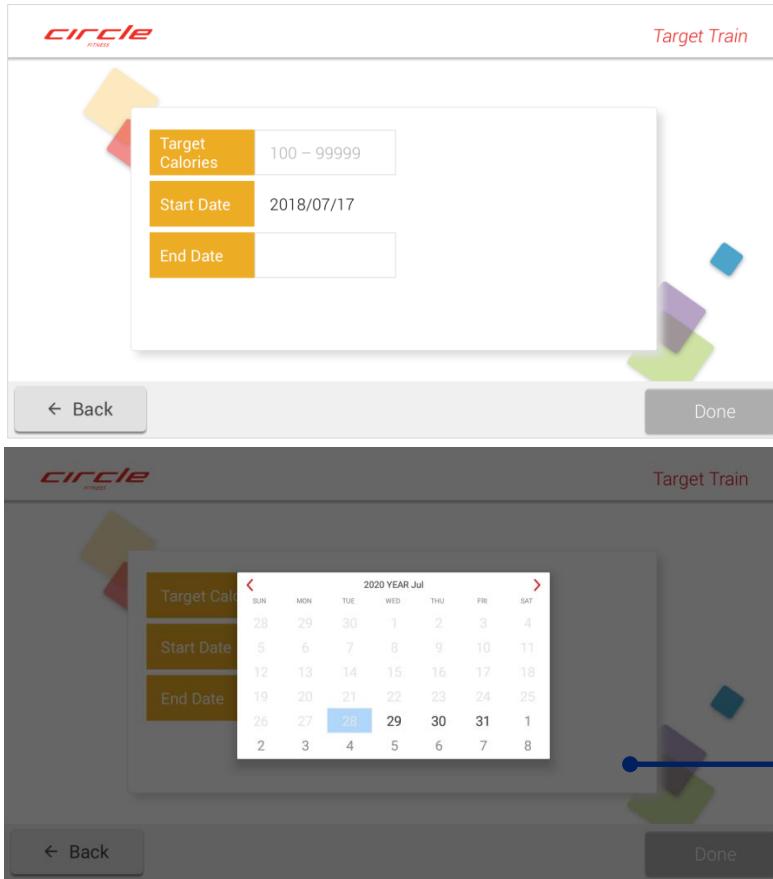- The day when you set your target distance. This value cannot be changed.

    17.8.1.4 **End Date**
- Tap the blank field next to End Date and select a desired end date on the pop-up calendar.

    17.8.1.5 **Back:** Tap Back to go to previous page.

    17.8.1.6 **Done:** Tap Done to go to Target Train program page.

17.9 Go to Home Screen >Target Train > Setting Page (Target Calroies)

Tap anywhere on the screen to go back to Setting page.

17.9.1 **Target Calroies**
- Tap the blank field to display the keypad to input your target calroies.
- Setting range: 100 - 99999

17.9.2 **Start Date**
- The day when you set your target calories. This value cannot be changed.

17.9.3 **End Date**
- Tap the blank field next to End Date and select a desired end date on the pop-up calendar.

17.9.4 **Back:** Tap Back to go to previous page.

17.9.5 **Done:** Tap Done to go to Target Train program page.

17.10 Go to Home Screen >Target Train > Setting Page (Exercise Frequency)

Tap anywhere on the screen to go back to Setting page.
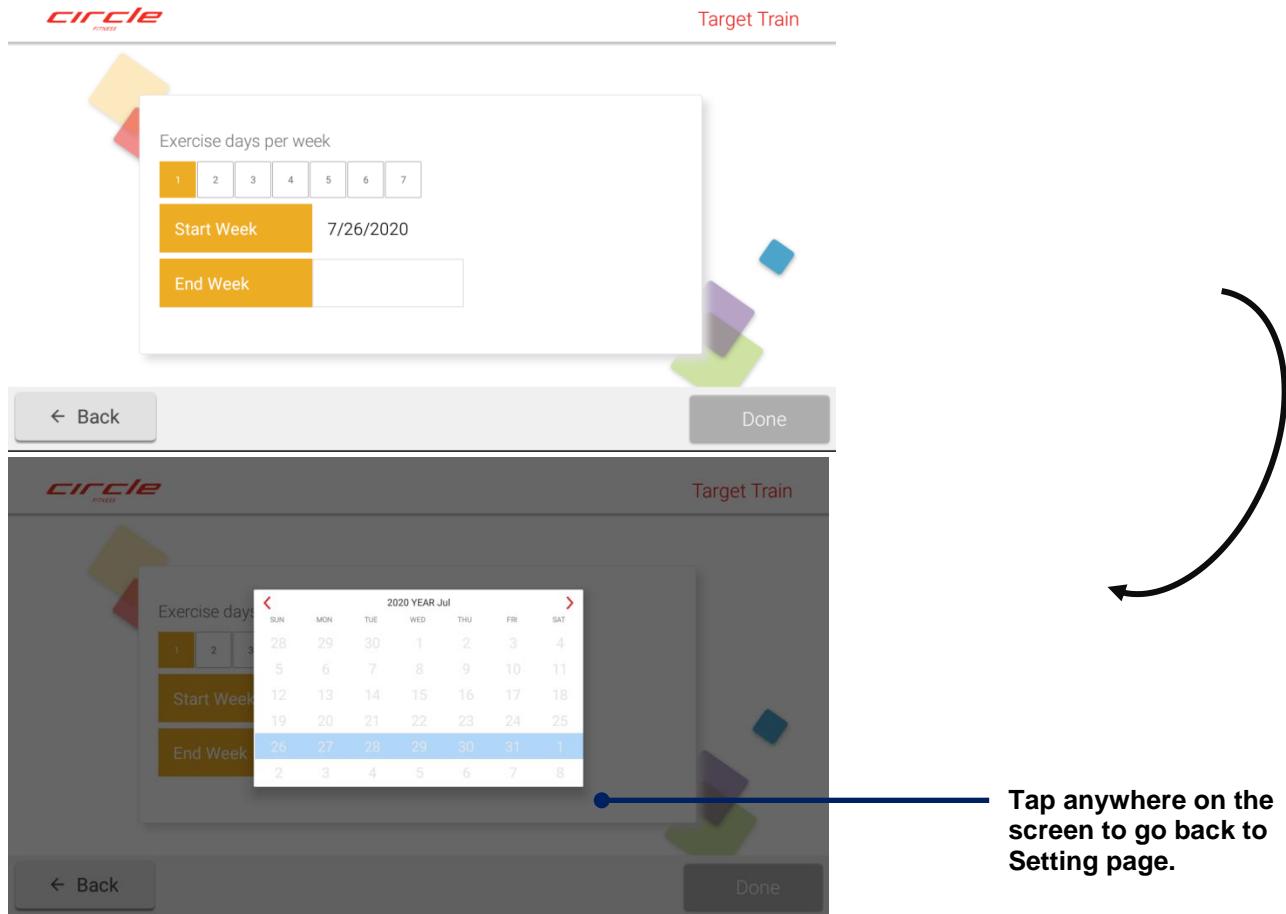
17.10.1 **Exercise days per week**
- Tap a number from 1 to 7 to choose how may days per week you wish to exercise.

17.10.2 **Start Week**
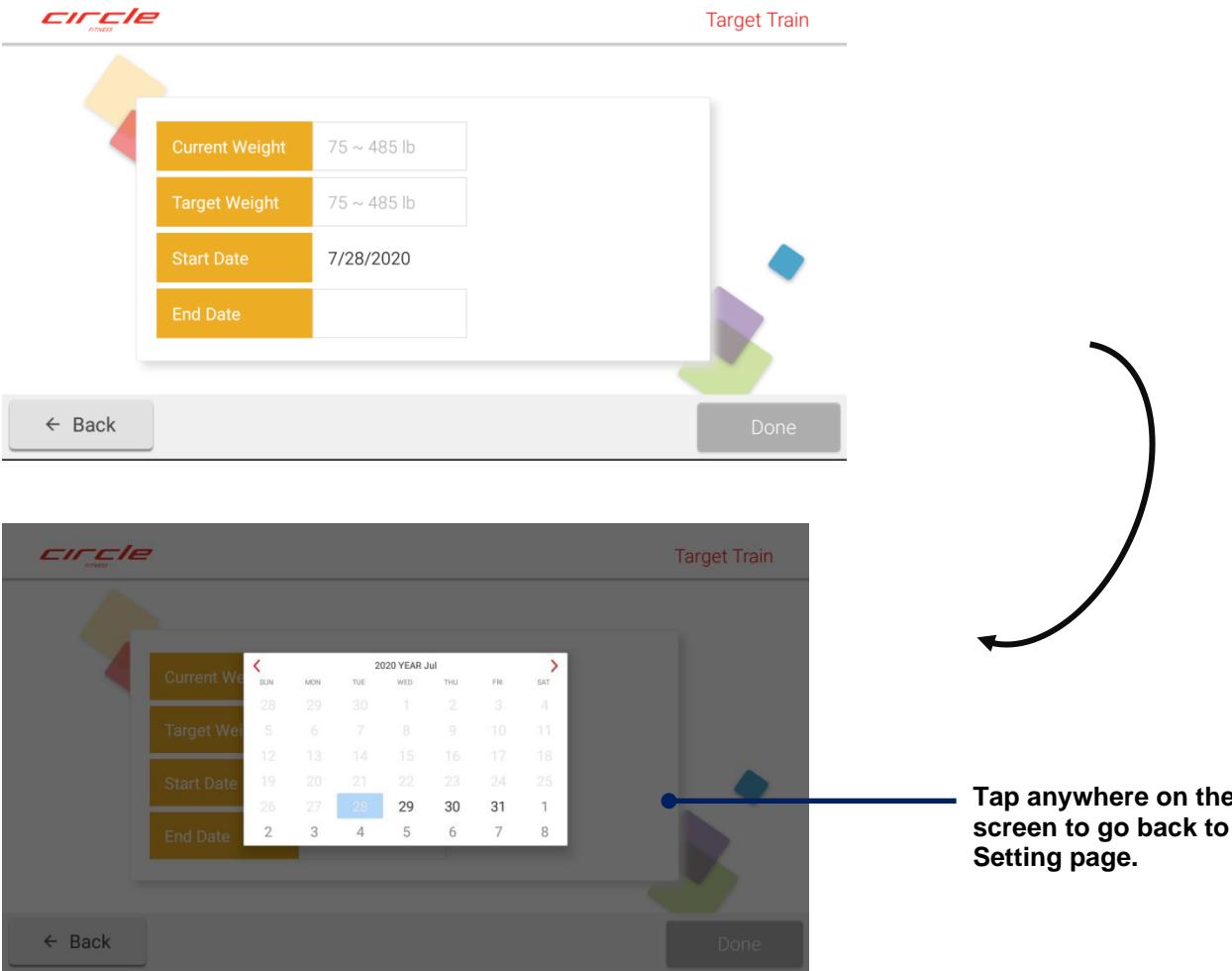- This is the week when you set your target exercise frequency. This value cannot be changed.

17.10.3 **End Week**
- Tap the blank field next to End Week and select a desired end week on the displayed calendar.

17.10.4 **Back:** Tap Back to go to previous page.

17.10.5 **Done:** Tap Done to go to Target Train program page.

17.11 Go to Home Screen >Target Train > Setting Page (Weight)

Current Weight	75 ~ 485 lb
Target Weight	75 ~ 485 lb
Start Date	7/28/2020
End Date	

← Back   Done

2020 YEAR Jul

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

← Back   Done

Tap anywhere on the screen to go back to Setting page.

17.11.1 **Current Weight**
- Tap the blank field next to Current Weight.
- Setting range: 75-485lbs

17.11.2 **Target Weight**
- Tap the blank field next to Target Weight.
- Setting range: 75-485lbs

17.11.3 **Start Date**
- The day when you set your target calories. This value cannot be changed.

17.11.4 **End Date**
- Tap the blank field next to End Date and select a desired end date on the display calendar.

17.11.5 **Back:** Tap Back to go to previous page.

17.11.6 **Done:** Tap Done to go to Target Train program page.

17.12 Go to Home Screen >Target Train > Setting Page (Body Fat %)

Tap anywhere on the screen to go back to Setting page.

- 17.12.1 **Current Body Fat %**
  - Tap the blank field next to Current Body Fat %.
  - Setting range: 2-50%
- 17.12.2 **Target Body Fat %**
  - Tap the blank field next to Target Body Fat %.
  - Setting range: 2-50%
- 17.12.3 **Start Date**
  - The day when you set your target calories. This value cannot be changed.
- 17.12.4 **End Date**
  - Tap the blank field next to End Date and select a desired end date on the display calendar.
- 17.12.5 **Back:** Tap Back to go to previous page.
- 17.12.6 **Done:** Tap Done to go to Target Train program page.

17.13 My Performance

17.13.1 Go to Home Screen > **My Performance**

My Performance is integrated in our cardio equipment,
outdoor fitness apps or wearable devices together to give
you the best personal fitness performance information.

17.13.2 Session

17.13.2.1 Track your cardio equipment usage, outdoor fitness apps and wearable devices
to bring you a detailed breakdown of your work history.
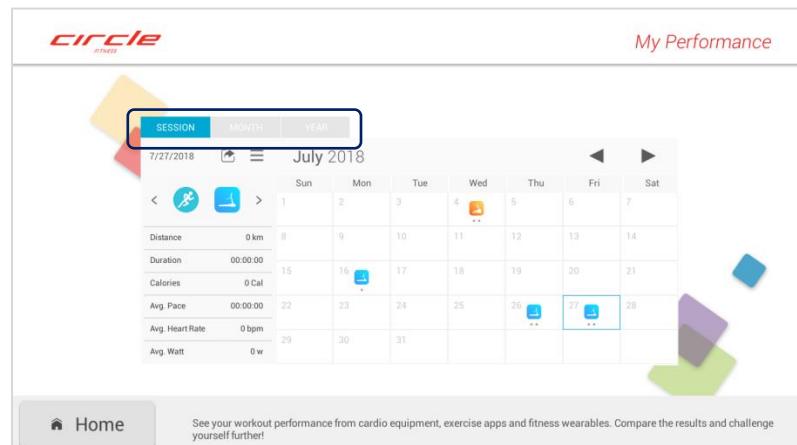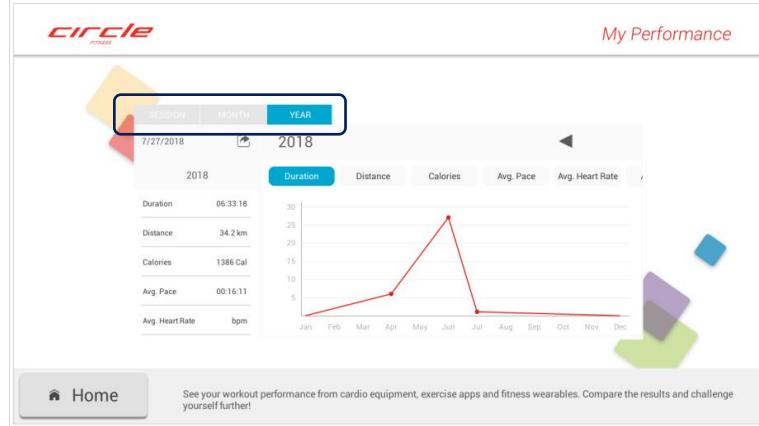

17.13.2.2 ☰ Tap to add or delete a session.

17.13.3 Month

17.13.3.1 Month-to–Month comparison charts break down your monthly performance into
convenient charts for you to study and compare.
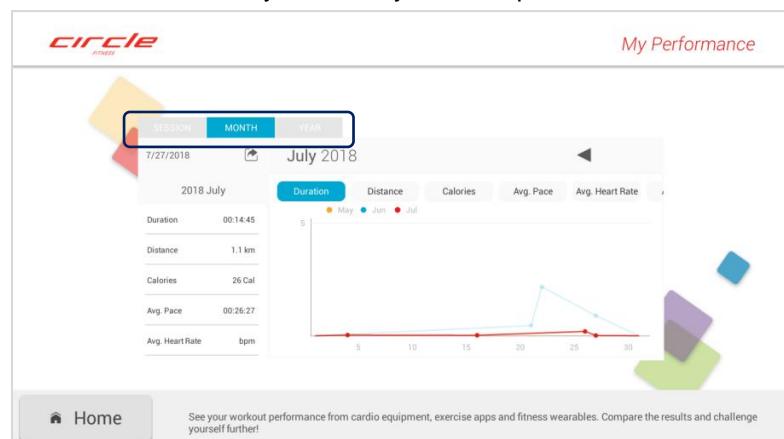
17.13.4 Year

17.13.4.1 Year-to-Year charts bring you yearly comparisons of your fitness, allow you to
review your long-term workout progress.

17.14 Go to Home Screen > My Performance

17.14.1 Tap to share your fitness achievement via Facebook, Twitter, Instagram, or Weibo with your friends.
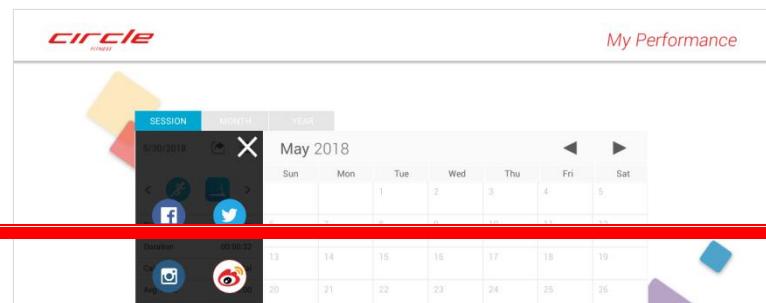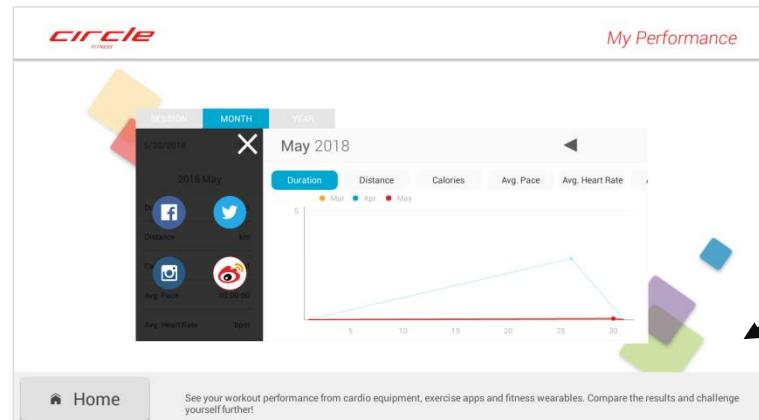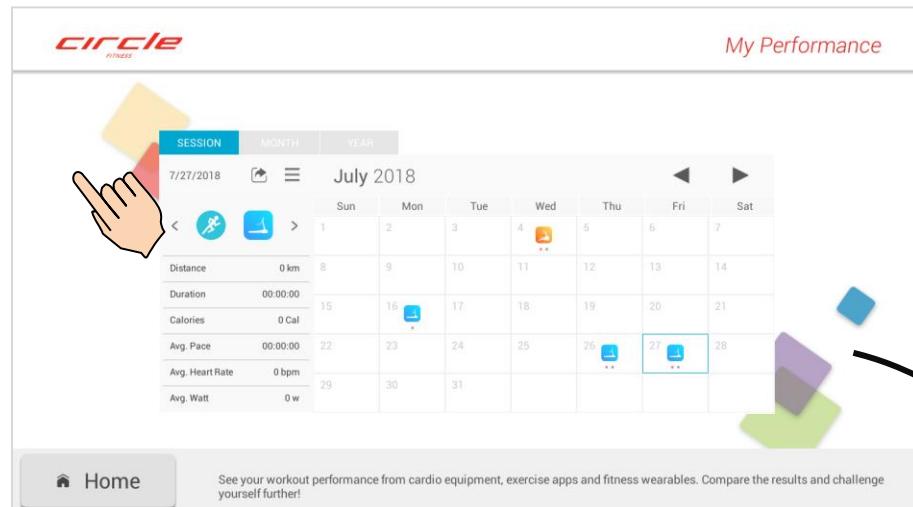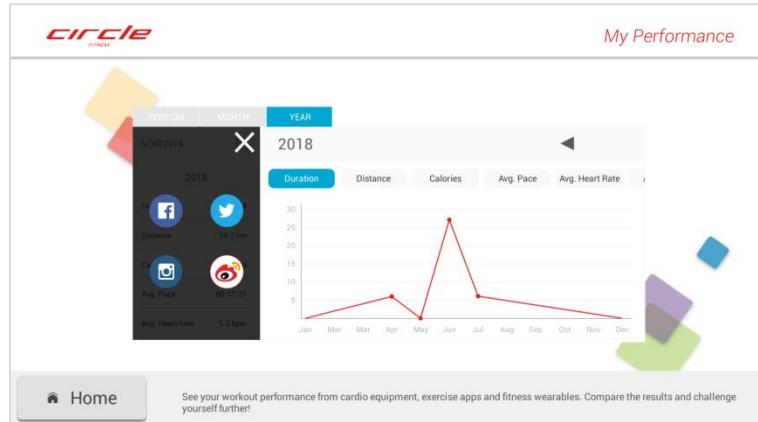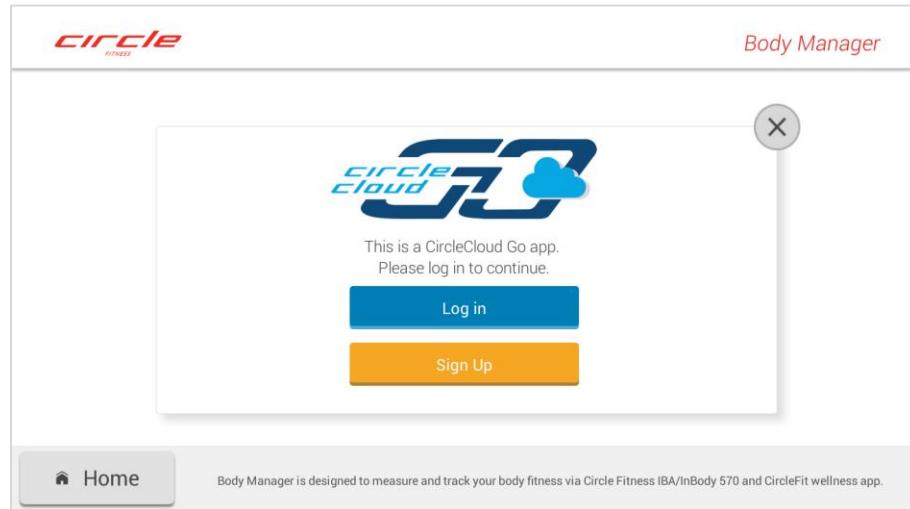
17.15 Body Manager

17.15.1 Go to Home Screen > **Body Manager**

17.15.1.1 Body Manager is designed to measure and track your body fitness via Circle Fitness IBA/ InBody 570 and CircleFit wellness app.

17.15.1.2 **Please login to continue.**

(Refer to "Section 13.5 Circlecloud Go Sign Up" if you do not have an account.)

17.15.1.3 **Key Measurements from Circle Fitness IBA or Inbody 570** measured are the most important metrics for your fitness wellbeing.

- **For Circle Fitness IBA:**
  Weight / Body Fat % / BMI / BMR / Total Body Water / Visceral Fat Rating /Bone Mass
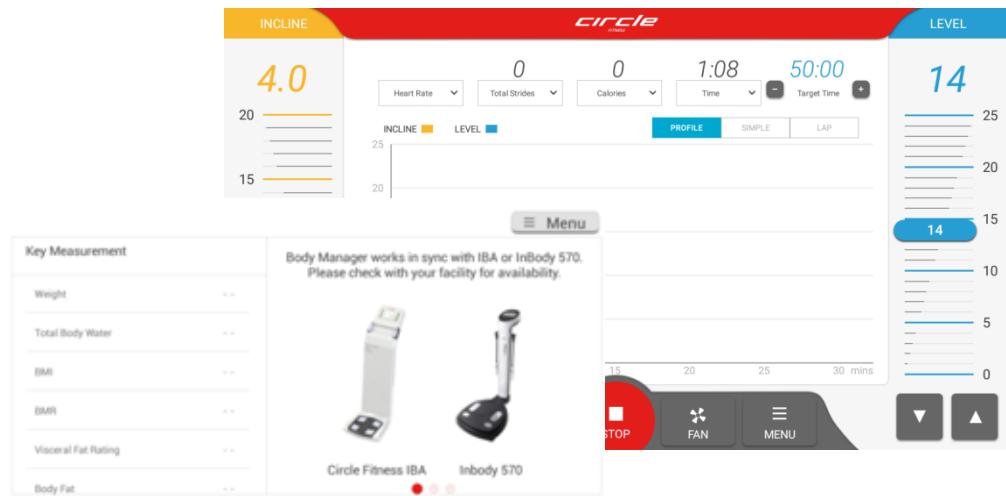- **For Inbody 570:**
  Weight / Body Fat % / BMI / BMR / Total Body Water / Visceral Fat Rating / Bone Mass / Intracellular Water / Extracellular Water / Protein / Minerals / Waist-Hip Ration / Obesity Degree

17.15.2 **Key Measurement – Muscle Mass and Body Fat %**

17.15.2.1 Segment body areas are analyzed to maximimed your training result.

17.15.2.2 Tap Menu then tap Body Manager to track your body fitness during the workout.

17.16   My Gym

17.16.1 Go to Home Screen >**My Gym**
This feature requires users to login.
(Refer to "Section 13.5 Circlecloud Go Sign Up" if you do not have an account.)
17.16.1.1 Tap the left and right arrows to browse through available classes on different dates
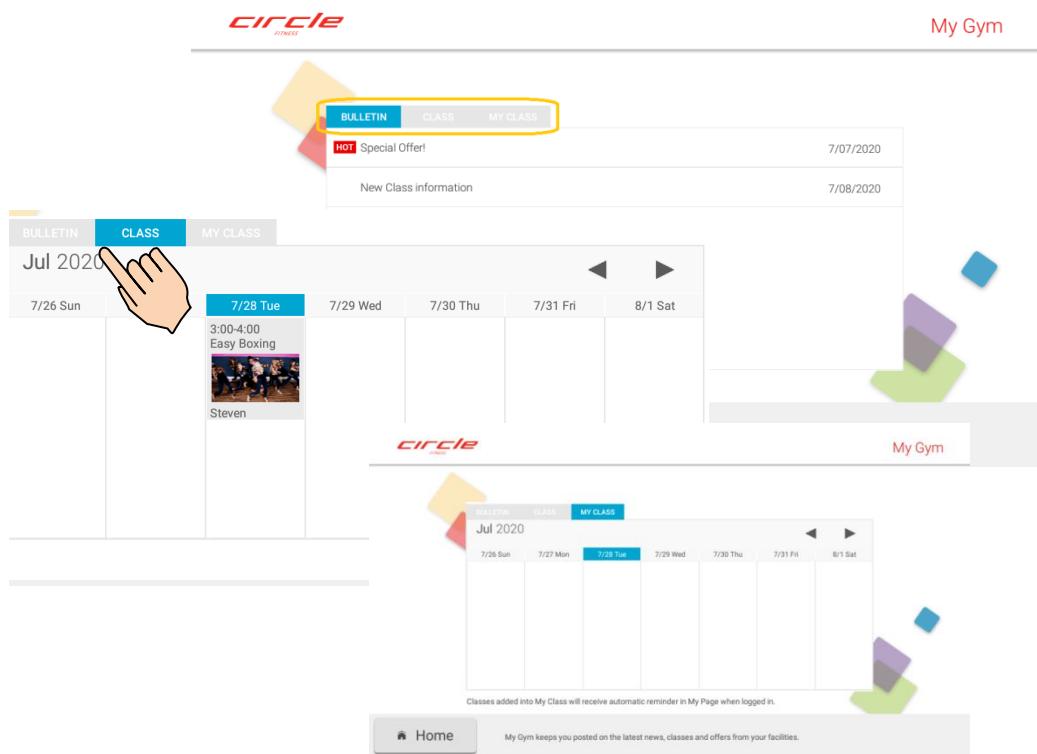
17.16.1.2 **Bulletin / Class / My Class Information**
- Tap Bulletin / Class / My Class to check out latest information released by club owners.

17.16.1.3 **Home**
- Tap Home to go back to the Home page.
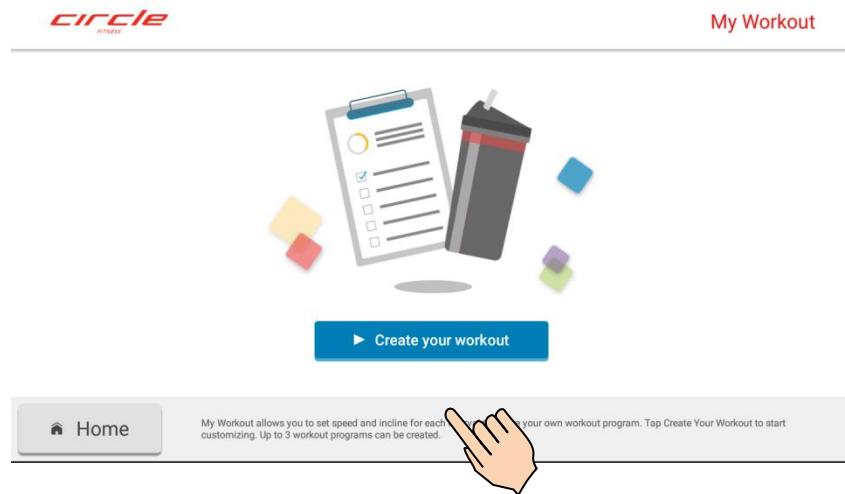
17.17 My Workout

17.17.1 Go to Home Screen >My Workout   >**Setting Page**
         This feature requires users to login.
         (Refer to "Section 13.5 Circlecloud Go Sign Up" if you do not have an account.)

17.17.2 Create Workouts
     17.17.2.1 The first time you enter My Workout, you will see the workout setup page, as shown above.
     17.17.2.2 Tap Create your workout button to establish your personalized workout and save it for future use.
     17.17.2.3 Tap the plus icon to create more workouts.
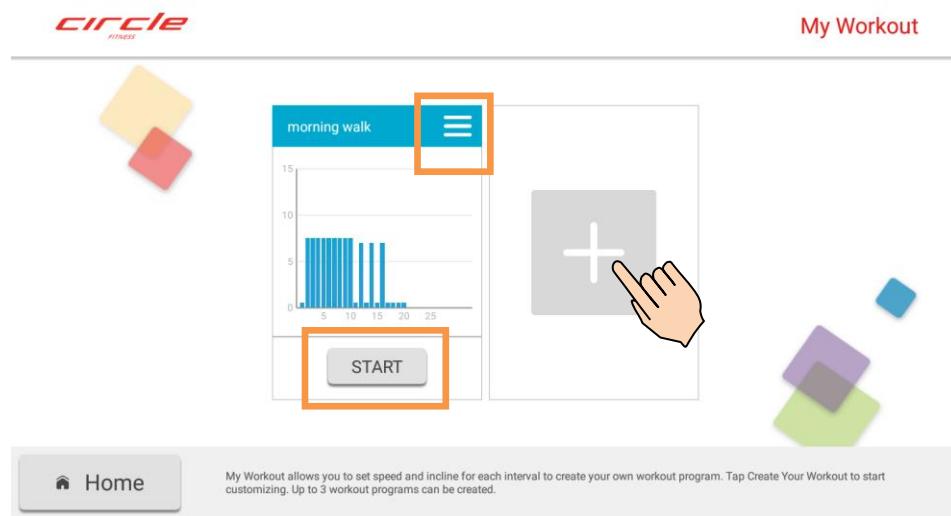
     17.17.2.4 If you have previously already created any workout, you will see the workouts you created after entering My Workout setting page. Tap the plus + icon to create additional workouts.

     17.17.2.5 Tapping the three horizontal line icon   can delete or edit the saved workout.

     17.17.2.6 Tap Start to start the saved workout.

17.17.3 Go to Home Screen >My Workout >**Workout Page**

④ **Workout Information Displayed**

③ **Slide Bars**

① Operation buttons

② **Increase/Decrease arrow buttons**
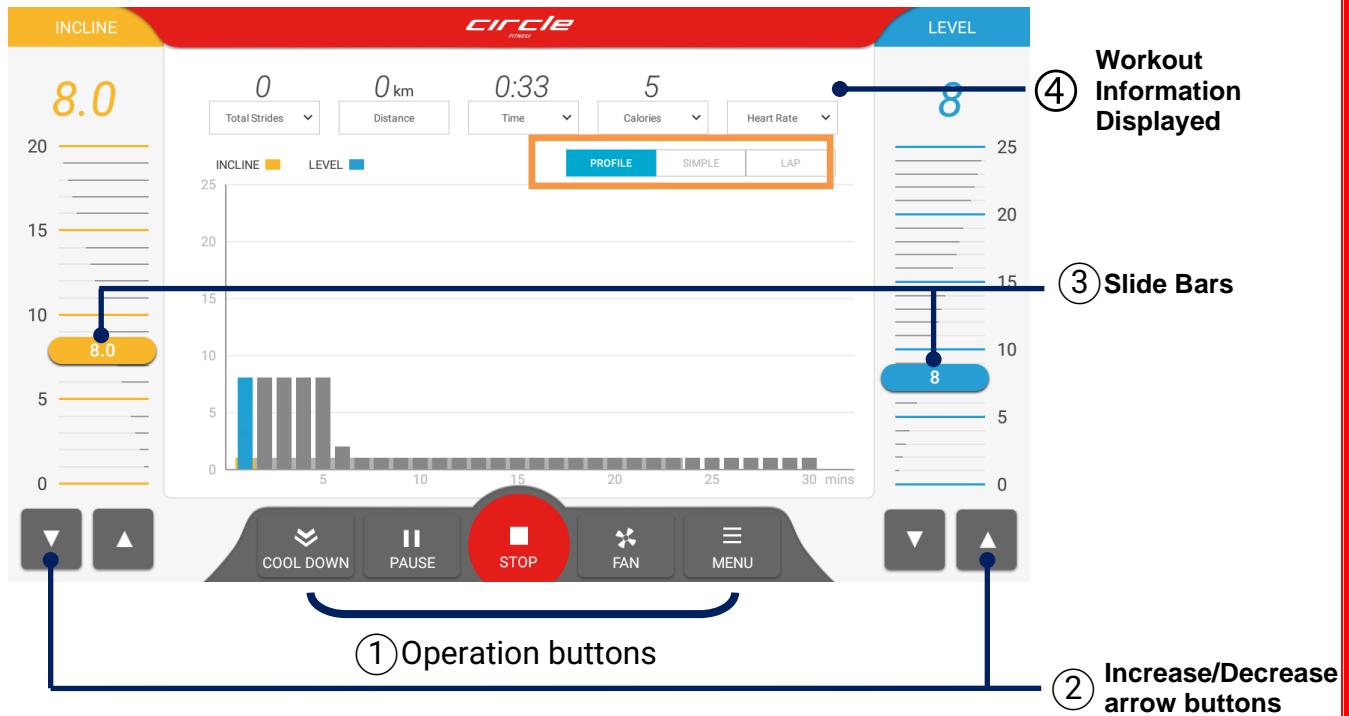
17.17.3.1 **Workout Information**
- There are three types of representations for users to view their workout information.
- The default displayed workout information is the profile view of the workout, as shown above.
- Tapping on Simple and Lap will show another two views on the current workout, as shown below.
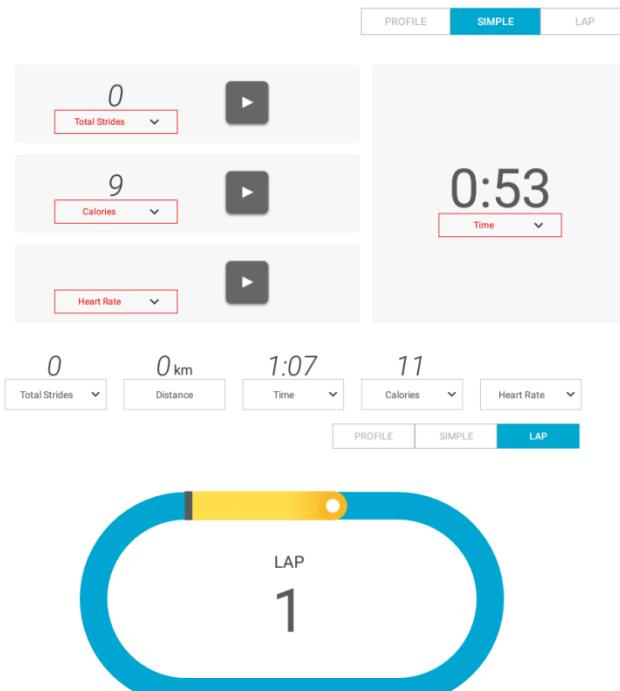
17.18 Go to Home Screen > My Workout > Setting Page > Workout Page > Summary Page

Summary - My Workout

My Workout	Duration
qqq	1:14
Total Strides	**Calories**
60	12
Avg. Strides/Min	**Avg. Watt**
60	144
Avg. Heart Rate	**Max. Heart Rate**

⚠ Please remember to log out before you leave.

✓ Done

17.18.1 Workout Information
  17.18.1.1 Your workout information is displayed in Summary <mark>Page and</mark> will be uploaded to CircleCloud Go.
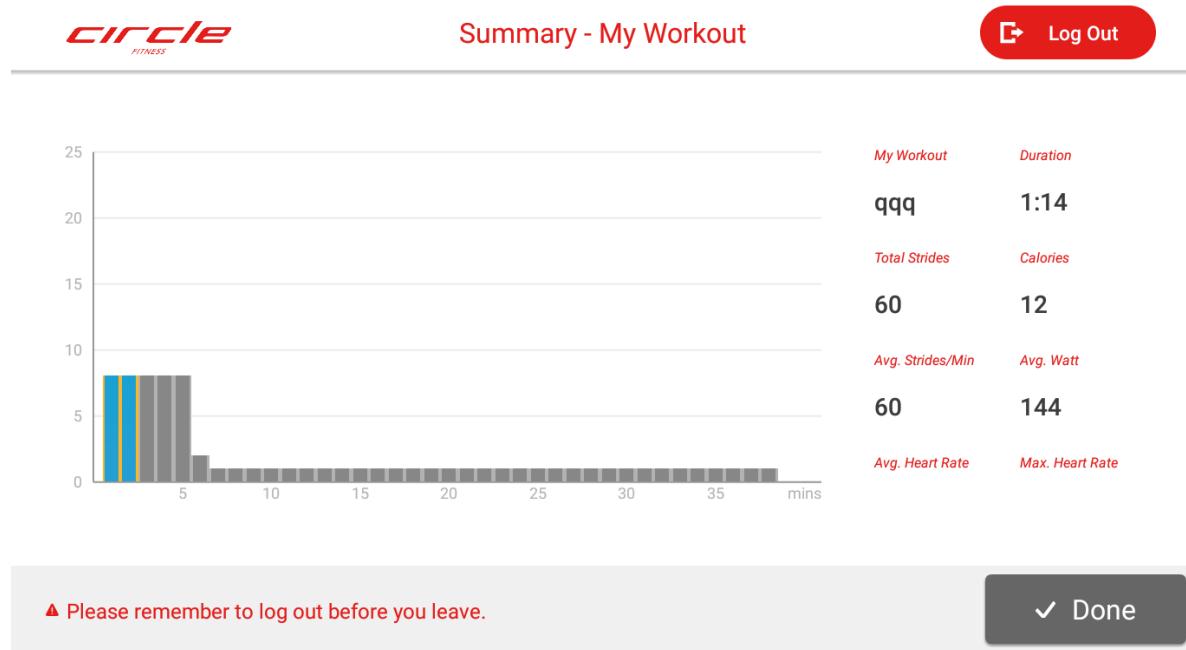17.18.2 My Workout readouts
  - **My Workout**: displays the workout mode.
  - **Duration (Time)**: The total accumulated time during your workout.
  - **Total Strides**: The total accumulated distance mile (or kilometer) during your workout.
  - **Calories**: The total accumulated calories burned during your workout.
  - **Average Strides/Minute**
  - **Average Watts**
  - **Average Heart Rate**: The average heart rate during your workout.
  - **Maximum Heart Rate**: The maximum heart rate during your workout.
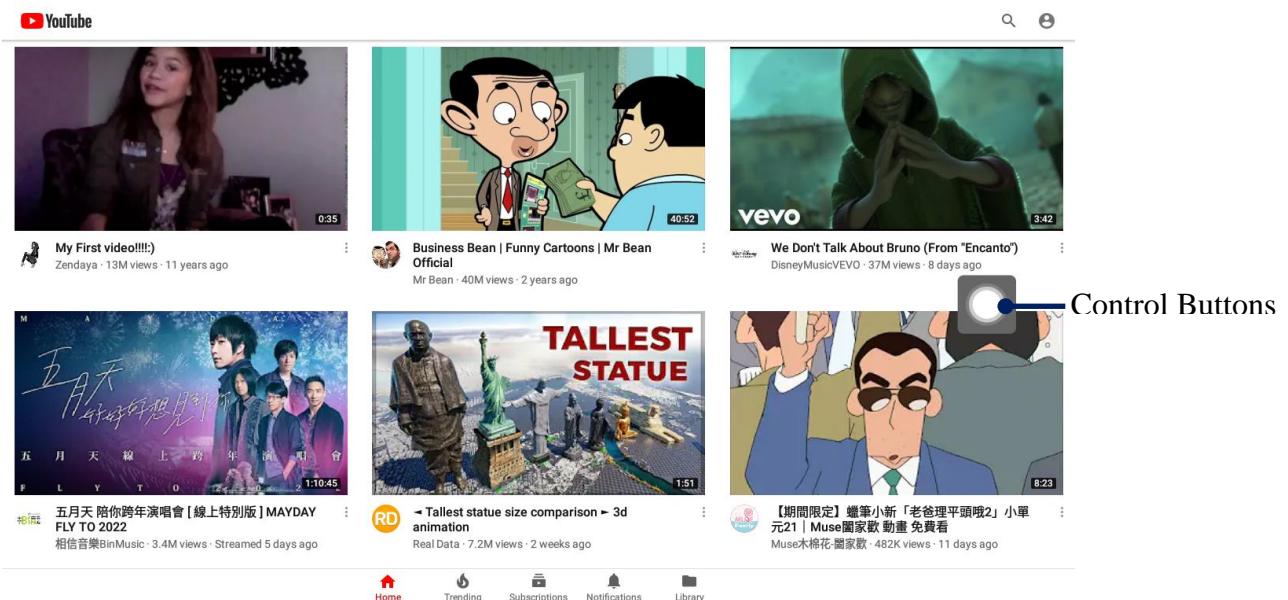17.18.3 Done
  17.18.3.1 Tap Done to go to the Home Screen.

Please remember to logout before you leave.

YouTube

Go to Home Screen > YouTube ▶️

During workouts, users can turn on YouTube channels to view desired videos if the console isconnected to available Wi-Fi network.

Control Buttons

Control Buttons

Press the White translucent ball (control button) to spread out all the functions and the function menu will auto reel back after 3 seconds if no one else changes the operation.

Under none-exercising status   Under exercising status
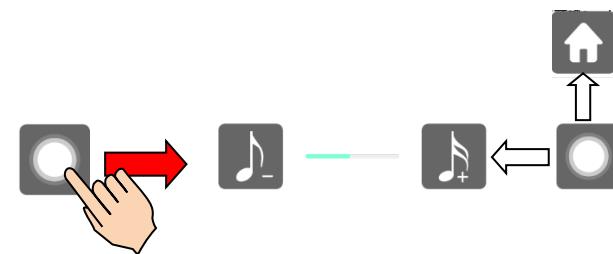
⬜ ：White translucent ball (to spread out or reel back the function control button)

🏠 ：return to Eplus home menu

♪₊ ：Increase volume

♪₋ ：Decrease volume

☰ ：Return to Eplus exercise screen
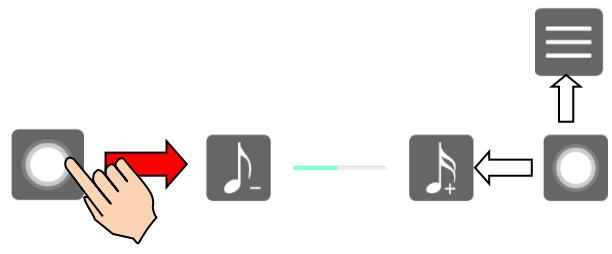
Netflix and Spotify

Go to Home Screen > Netflix ▉ or Spotify 🟢

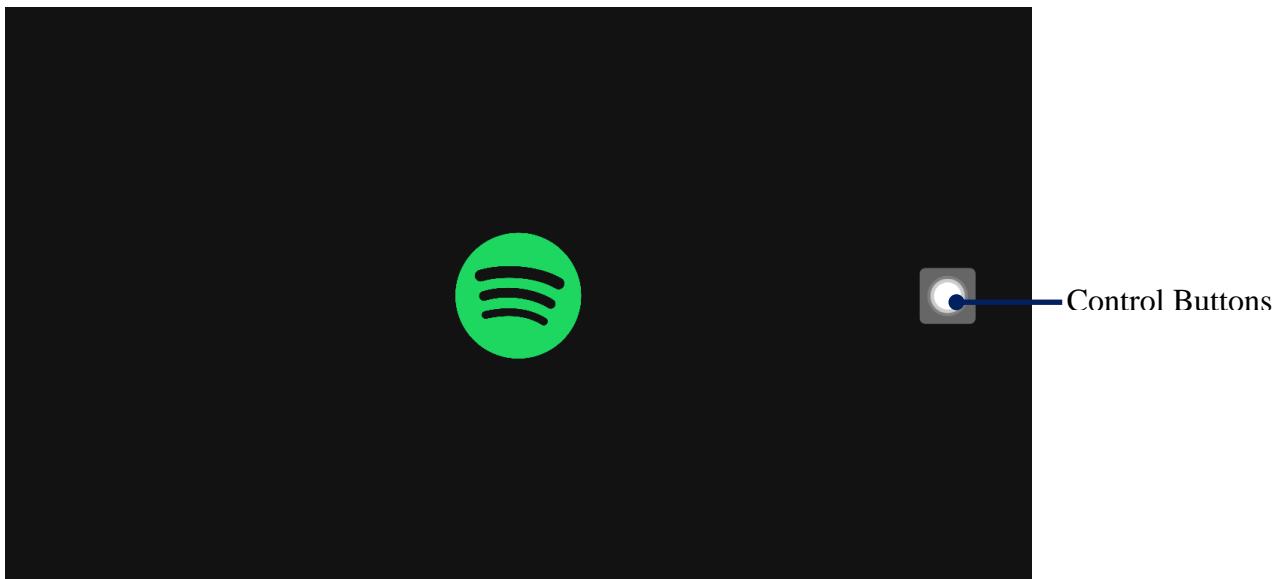During workouts, users can turn on Netflix to view desired videos or turn on Spotify to listener to music with login account if the console isconnected to available Wi-Fi network。

Control Buttons

Control Buttons

18.1 Software Installation

    18.1.1   Manually Update or Using Online Update for Firmware and Software

        18.1.1.1   Upgrade Files for each machine model respectively are as shown in below link, please download and save file in same root directory of USB stick

                So far, the latest version is 10_79 once updated.(Firmware version #10 / Software version #79)

- 1-stop-upgrading file :
  https://drive.google.com/drive/folders/18685XrTve-iIjcY89BBs9boO2Os2mqX4?usp=sharing

    18.1.2   Software and Firmware update

        18.1.2.1   On your computer, depends on which model you would like to update, download the original "ST17_FW_SW_UPDATE_T_V79_0_1.zip"(442.3MB) in root of USB stick. Then unzip the zip file to totally get six files (NOT include the zip file itself) in root of USB stick. **If it is the first machine you are upgrading, skip to Section 18.7.2.3**

        18.1.2.2   **If it is second machine (or from second machine on) you are updating**, copy the original "ST17_update.zip"(293.22MB) again then paste on root of USB stick, rename with the "copied_ST17_update.zip" to be "ST17_update.zip" then the USB stick is ready for updating next machine.

        18.1.2.3   Go back to home page, during machine idle status, insert USB with latest file saved in the USB socket on the bottom left of console.

        18.1.2.4   System will detect and read ST17_update.zip file (ensure the file name is "ST17_Update") , install the software then firmware automatically, the installation of software will last about within 3 minutes, and the installation of firmware will last about within 5 minutes, **during "firmware" installation , either you will see an Android robot (most cases) or black screen (few cases) (see Picture1 below), DO NOT turn off power or unplug the USB stick,** then once you hear a short beep, system will auto reboot, you can unplug the USB from console. If system only renews software, no renew firmware then no audible indicator (1 short beep) only reboots then back to home screen. If system also renewed the firmware post software upgrading, then you will hear a short beep then system reboot and back to home screen of Circle Stay Young as Picture 2 below.
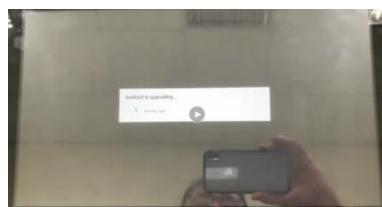
<div align="center">
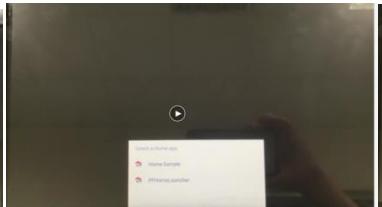
Picture 1:   Picture 2:

</div>
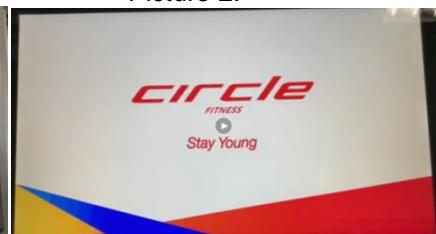
        18.1.2.5   After the screen of Circle stay young , a message window "Android is upgrading, finished boot" will display as Picture 3 below, then message window

"Select a home app" will display as Picture 4 below, select PFhomelauncher and press "Always" as Picture 5 below.
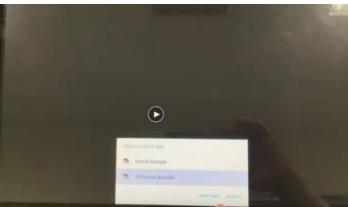
Picture 3:	Picture 4:	Picture 5:

18.1.3 Check Software and Firmware Version Number

18.1.3.1 Back to home screen, press down the Circle fitness logo on Top Left corner on the touch screen for 5 secs, enter password "1554" to enter the configuration page, select "cloud setting" to fill out machine serial number, also check if the firmware version and software version updated to latest version or not. (Firmware version #10 and software version #79)

18.1.3.2 Select "About machine," be sure to fill out all the info like GYM ID ,time zone , city …etc.to select other item like about machine or exit configuration page without issues.

18.1.3.3 Remove the USB stick from console and start over from item 4.4.1for the next machine.

If the system is upgraded above Ver#10_79 , exception of manually using USB installing upgrading files, you can also choose the function of online updating.

If the machine SN is listed in valid SN list in Circle's system, when the machine is registered and link to Circle cloud, the online update and availability update file will be shown in the Asset manager and option of "update now" will light up for user's ease of doing the online update.

18.2 Instruction to Remotely Update

18.2.1 Due to the remote update is a hand over to allow the Gym to decide and schedule when to and how to perform the update, please Use Gym ID and password to perform the remote update, for example: Gym ID: 0001-0001-0001.
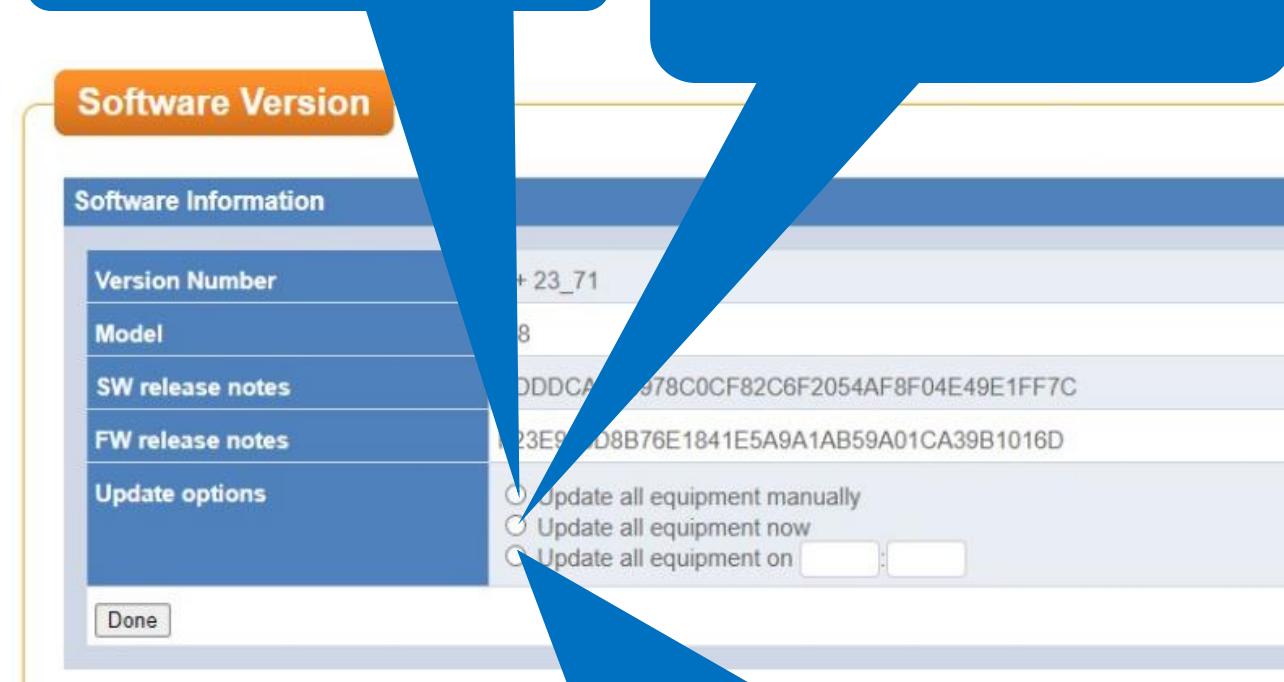
Once you see the E+XX_XX (ver#) available, please scroll to the right then press update now.

序號	設備訊息	總時間	總里程	數據	在線/離線	更新狀態	錯誤狀
	M8 E+ SN:T209901000	128.1 Hours	131.2KM	E+ 22_71 E+ 23_71 available info	🟢	Update Now option	
	M8 E+ SN:T209900999	9919.0 Hours	9199.0KM	E+ 01_1.0.4 E+ 09_76 available info	🔴	Updating… Will auto updates when machine inactive for 5 minutes option	

In the option, there are three separate settings, please refer next page to set.

To define from now on, once machine online, need to do manually update (need click "update now" each time)

To define from now on, once machine online, machine to download and install automatically, only need to choose and perform once then system will memorize the setting and perform once machine online and update file available.

Software Version

Software Information

Version Number	+ 23_71
Model	8
SW release notes	DDCA...978C0CF82C6F2054AF8F04E49E1FF7C
FW release notes	23E9...D8B76E1841E5A9A1AB59A01CA39B1016D
Update options	○ Update all equipment manually ○ Update all equipment now ○ Update all equipment on [ ]:[ ]

Done

To define from now on, once machine online, machine to download and install automatically during the time range setting, for instance, if it is set 13:00:15:00, then machine will only perform requesting available update from server during 13:00~15:00 daily.

- During remote updating, the machine will show the message below. The updating will last about 5 minutes, to the download file. Refer to bottom right corner the progress bar(%).Once it reaches 100%, the system will auto-install the files. In addition, we incorporate the breakpoint resume function into the system. So, there is no need to be concerned about the update downloading interruption. During updating, users NOT be able to continue to use the machines, unless user presses cancel. But if so, the next time the machine is online, the firmware will auto-resume from the progress percentage which was achieved the last time.

firmware is updating. Please wait a few minutes.

Cancel

53%
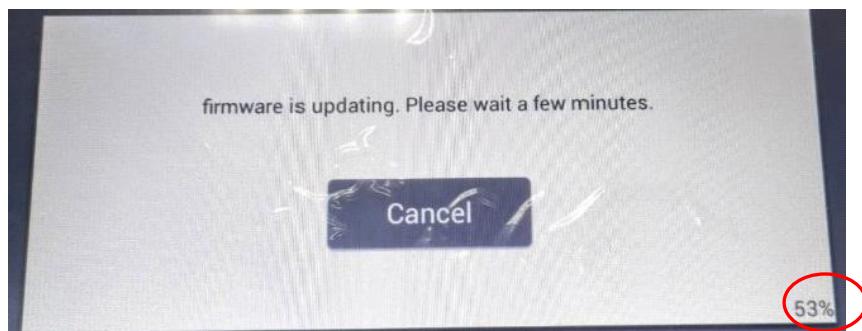
Remark :
- System will auto-install the software of Eplus 2.0 Lite with Spotify.

- During V22 upgrading to V23, you will see a screen message of **"Superuser Request " displays**. Choose the **"REMEMBER CHOICE FOREVER"** and press **"Allow,"** if you are upgrading from V23 on, then the **"Superuser Request "**will **NOT** display.
- The updating status will be showed on AM at the same time.

    APP will report the latest status of update progress to AM when updating.
- Showing Form: [Mode][Info]

- [Mode]: There are 5 messages to show:
  U:Updating – Error – R: Running – S: Standby – W: Warning
- [Info]：current message

18.2.2　Update the latest status of SW/FW:
 18.2.2.1 App will upload the updating status to AM every 10 seconds and change the current message column [Info]. It will show as below (circled):

 18.2.2.2 If there is any error or pause in the updating progress, it will show on the AM.

18.2.3　The error status list
 18.2.3.1 FW/SW SHA1 error: The downloaded file cannot pass the verification and it cannot be installed.
 18.2.3.2 No Internet ?: There is no internet connection.
 18.2.3.3 USB Disk Not Exit: No connection to Virtual Go's USB
 18.2.3.4 Achieve Retry Count: Achieve the upper limit of the updating times (Default: 5 times)
 18.2.3.5 Exception Msg = "xxxx": The message for the exceptional error
 18.2.3.6 FW/SW Update Exception = "xxxx": The message for the exceptional error when updating FW/SW
 18.2.3.7 User stop FW/SW update: The user stops the FW/SW's update

18.2.4　Refresh the trying updating times:

 18.2.4.1 When displaying an error when updating, the system will show the "Reupdate Now" option.
 18.2.4.2 You can click it to refresh the upper limit of the updating times.