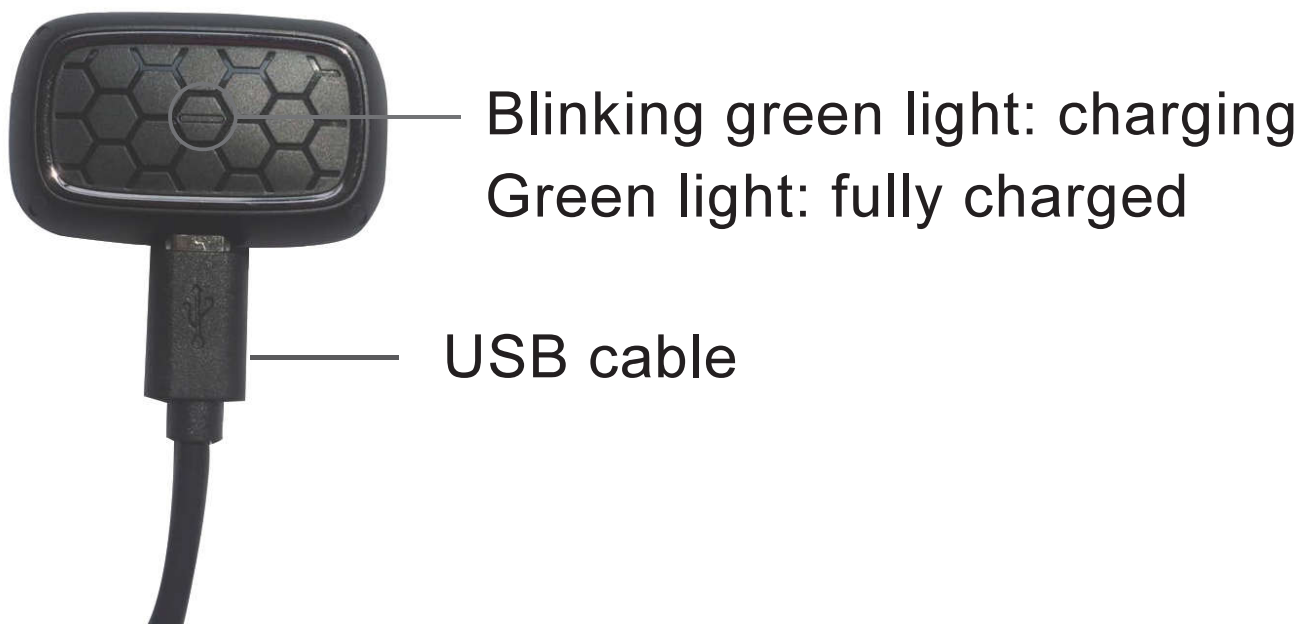**body⁺**

A fitter world

BodyPlus Aero
Smart Apparel
Quick Start Guide

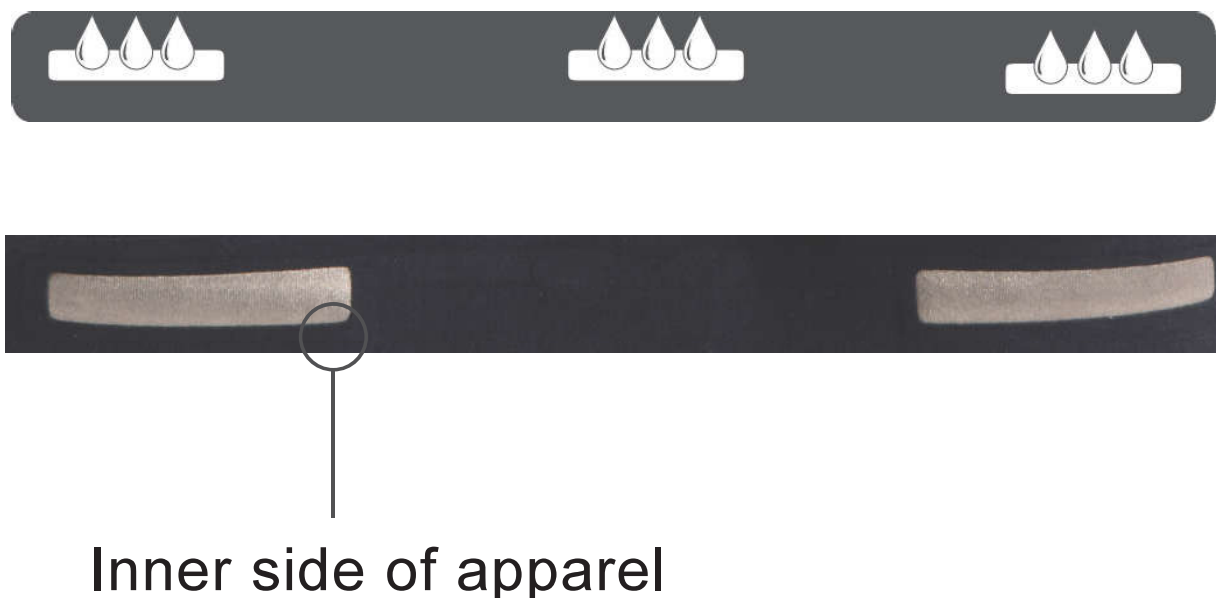1.Plug USB cable into the Core to charge.
Blinking green light: charging.
Green light: fully charged.

Blinking green light: charging
Green light: fully charged

USB cable

2.Moisturise 3 textile electrodes
(inner side of apparel: 2 on the chest,
1 on the back) with water by fingers.

Inner side of apparel

3.Slide the fully charged Core into the base on apparel. Blinking blue light: Core is activated.

Fully charged Core slides into the base on apparel

Blinking blue light: Core is activated

4.Download the Mobile Phone App
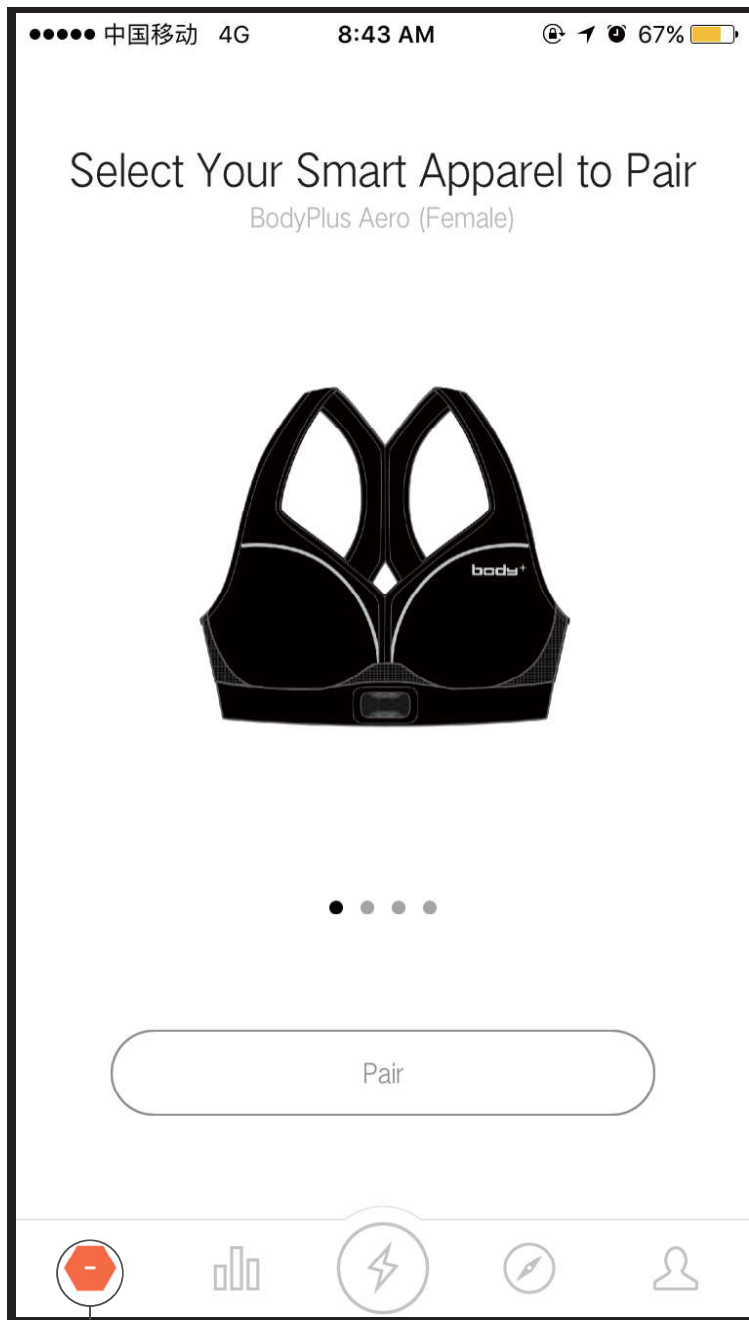

Scan the QR code
(English version only available on iOS)

○ Register and Login:
Register and Login with Chinese mobile phone number, Email address, or a third-party account.

○ After Login:
Please complete your personal profile. Please enter your genuine age, height, and weight to receive precise physiological analysis.
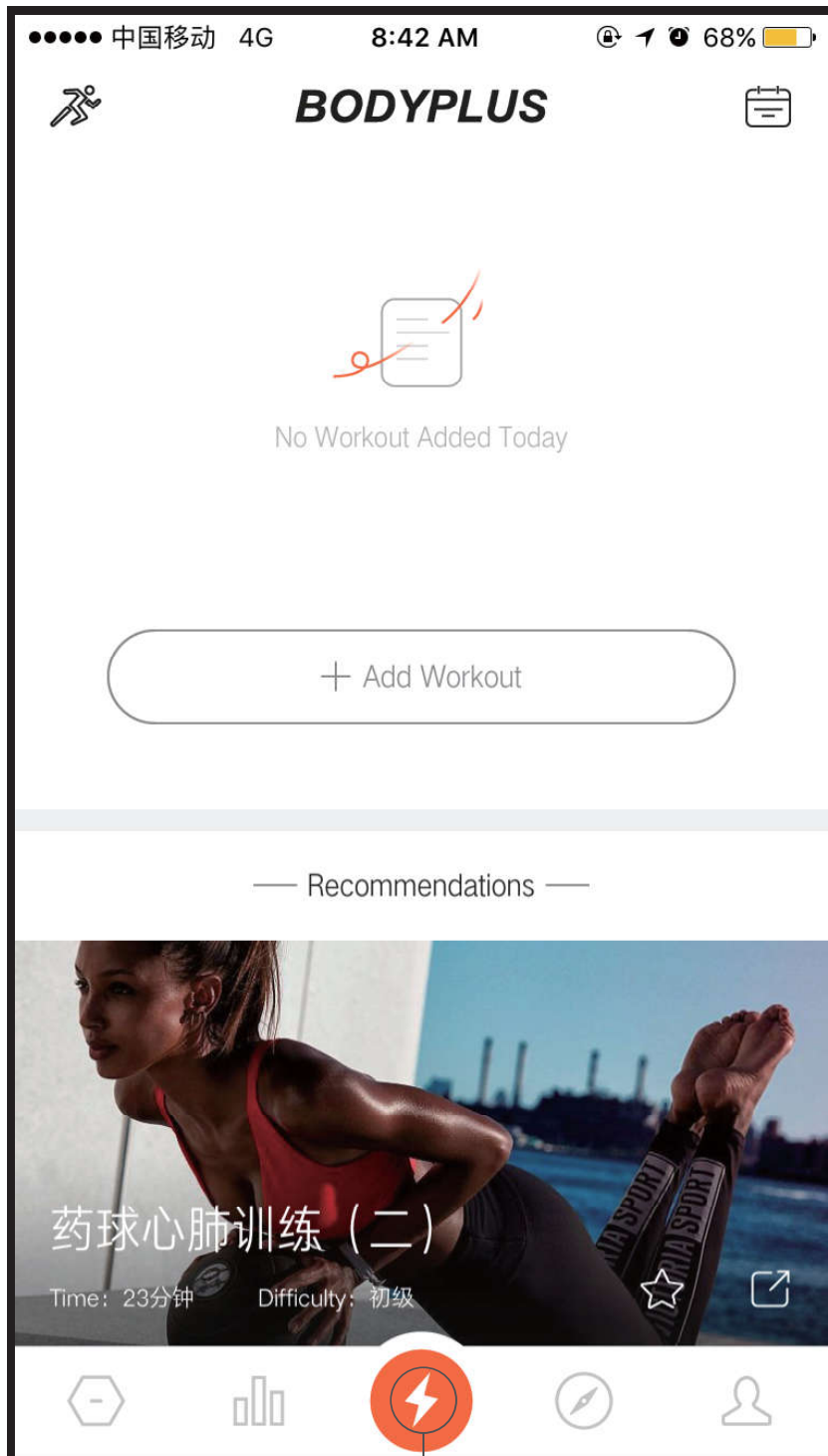
5.Device Connection

Select Your Smart Apparel to Pair

BodyPlus Aero (Female)

Pair

Device

○ Turn on Bluetooth

○ Place your apparel
   with Core near the
    phone

○ Enter "Device"

○ Click "Pair"

○ After pair your Core, click "Cardiovascular Assessments" and
   complete 3 assessments to receive a cardiovascular function
   report, which would contribute to precise data analysis as well
   (Optional).
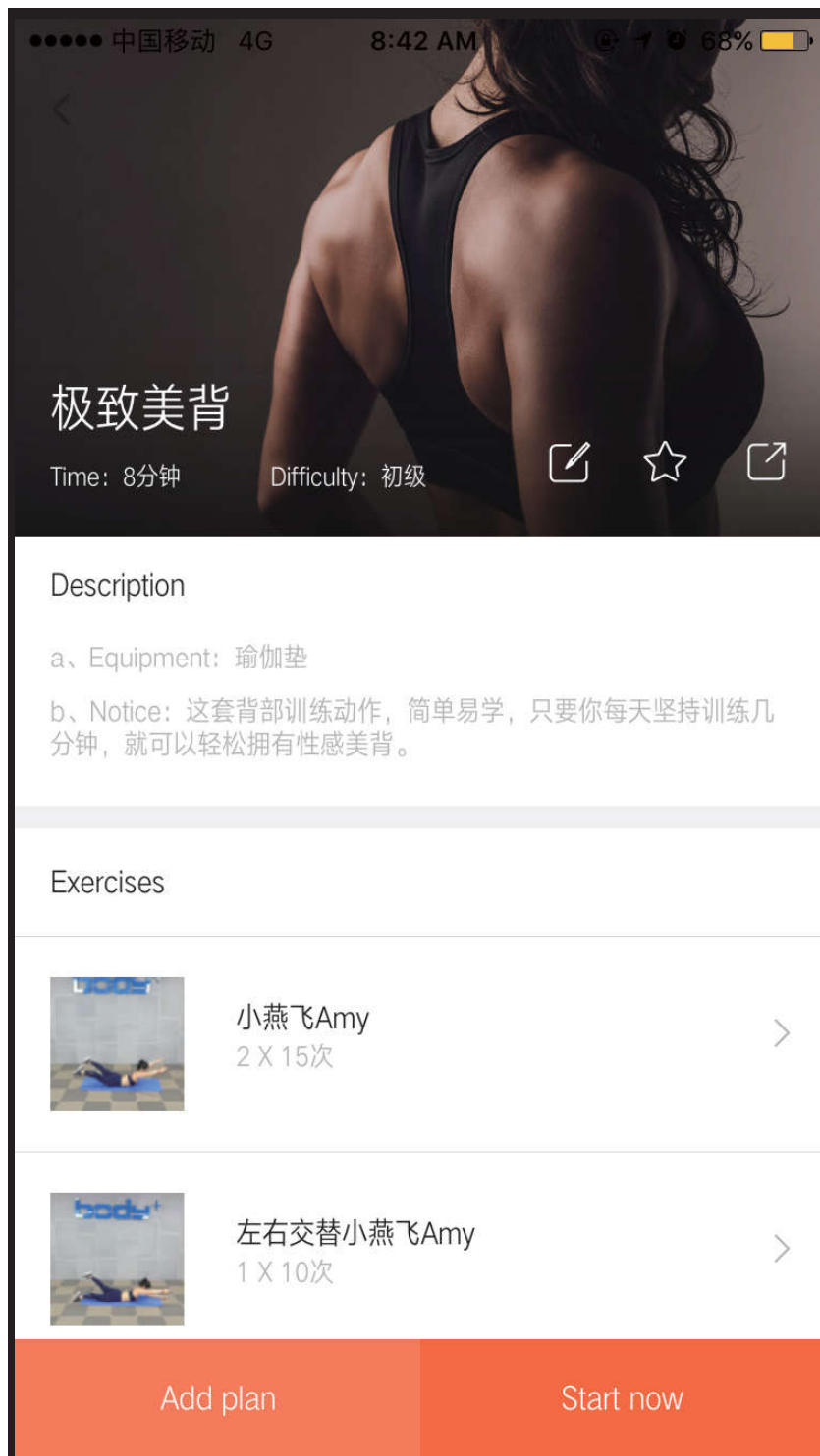
6.Workouts

●●●●● 中国移动　4G　　8:42 AM　　@ ⚡ ⏰ 68% 🔋

BODYPLUS

No Workout Added Today

＋ Add Workout

—— Recommendations ——

药球心肺训练（二）

Time：23分钟　　Difficulty：初级

Choose your preferable workout

Or start with our recommended workout

Workouts

●●●●● 中国移动 4G　　　8:42 AM　　　⬜ ⚡ ⏱ 68% ▱

极致美背

Time：8分钟　　　　Difficulty：初级

Description

a、Equipment：瑜伽垫

b、Notice：这套背部训练动作，简单易学，只要你每天坚持训练几分钟，就可以轻松拥有性感美背。

Exercises

小燕飞Amy
2 X 15次　　　　　　　　　　　　　　　›

左右交替小燕飞Amy
1 X 10次　　　　　　　　　　　　　　　›

Add plan　　　　　　Start now

— Click "Start Now" to start your workout with video instructions

— The workout interface will display your heart rate, breathing rate, and calories

Workout Interface

Real-time target heart rate zone, heart rate, breathing rate, and calories
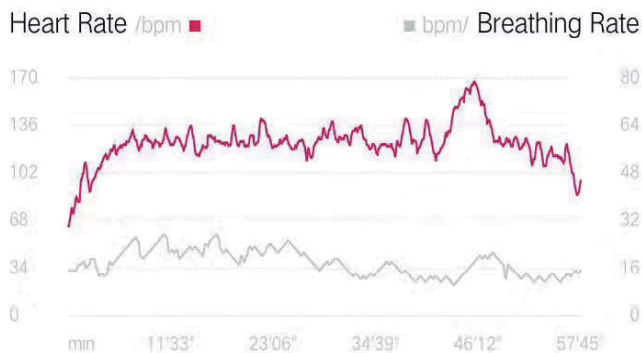
343
Calories (kCal)

57'45"	Medium	1
Duration (min)	Intensity	Sets Completed

Target Heart Rate Zones ⑦

Alert Zone	00'00"
Anaerobic Capacity	02'26"
Cardio Training	04'58"
Fat Burn	40'24"
Warmup/Recovery	09'58"

Heart Rate /bpm ■   ■ bpm/ Breathing Rate

170   80
136   64
102   48
68   32
34   16
0   0
min   11'33"   23'06"   34'39"   46'12"   57'45"

167	123
Max Heart Rate	Avg Heart Rate

27	18
Max Breathing Rate	Avg Breathing Rate

body⁺

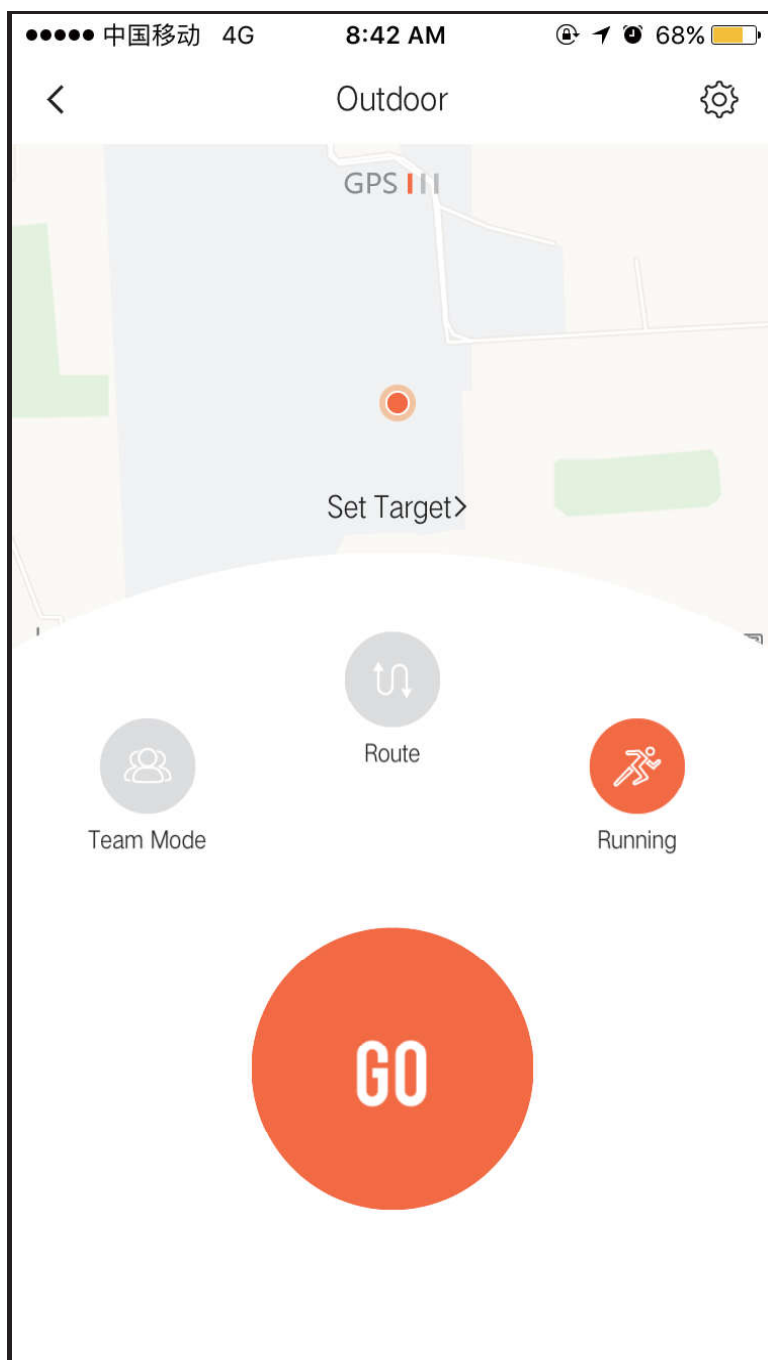BodyPlus will generate analysis report after workout

7.Indoor Group Training

○ Trainer creates group training in BodyPlus Trainer's App, and generates a group ID.

○ Users click "Join Group Training", and enter the group ID to start workout.

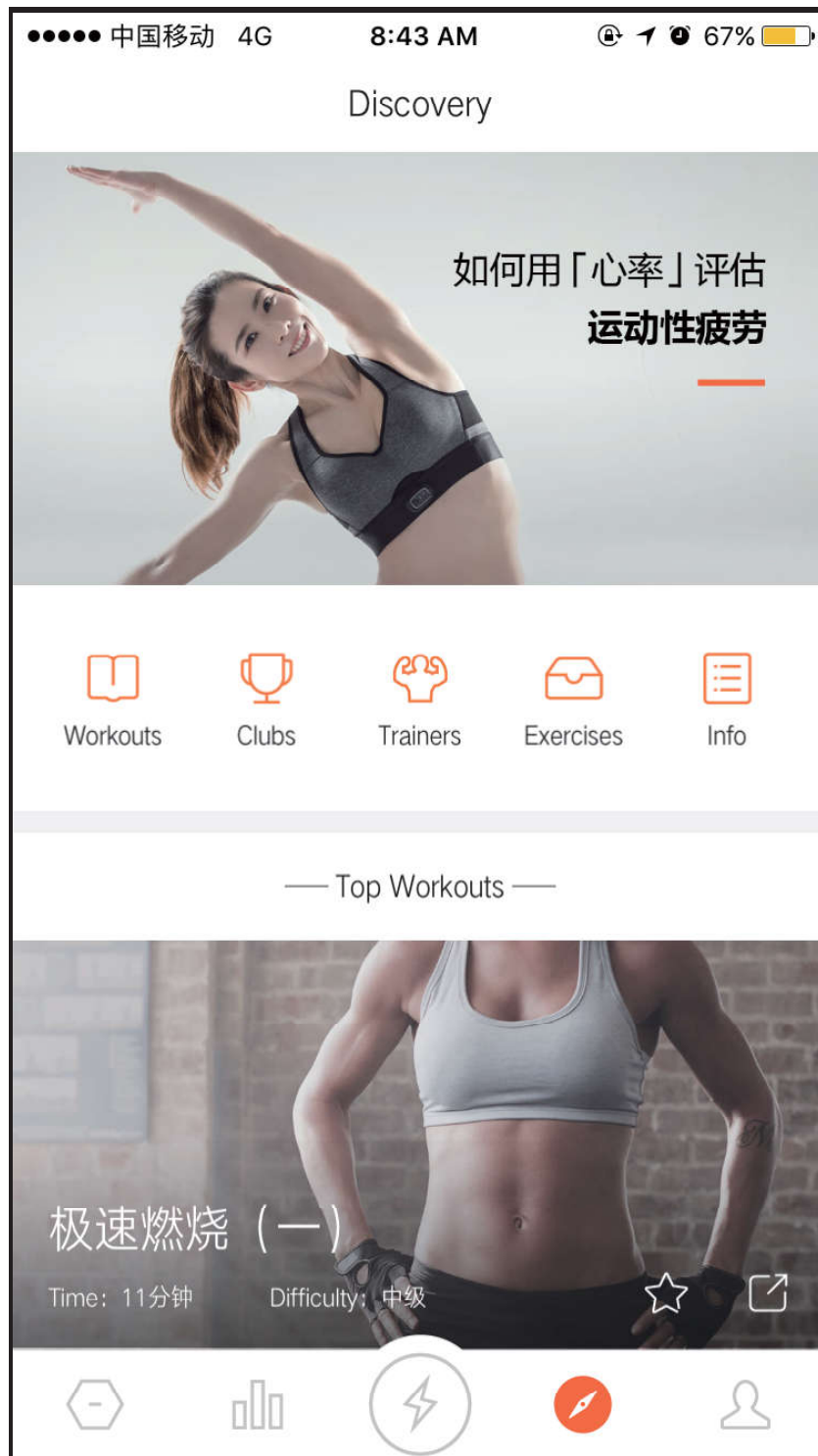TV screen displays group members' training states

8.Outdoor

○ Click ⚡ to enter Workout Interface， and click 🏃 on the left top corner to enter Outdoor Mode.

○ Four outdoor modes available: running, walking, cycling, and hiking

○ Choose individual mode or team mode. Pre-chosen routes available.

○ Voice information about pace, and distance, etc.

○ BodyPlus will generate a workout report on heart rate, breathing rate, calories, distance, and pace, etc.
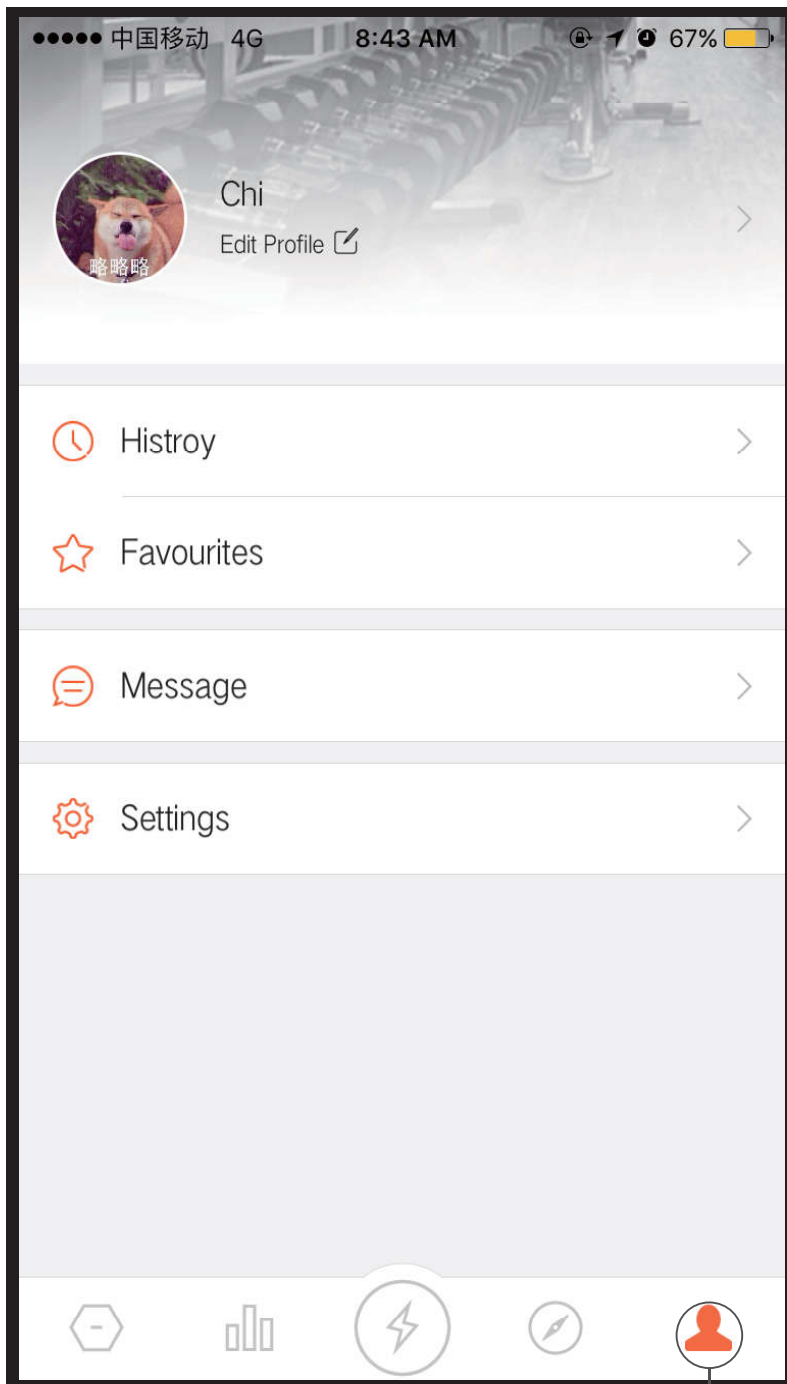
9.Discovery

You can browse and discover video-guided workouts and exercise tips. You can also book a private trainer or join in a club.

10.Stats Report

Stats Report

11.User Centre

You can review your workout history, favourites, messages, and app settings.

12.After Use

○ Take out the Core from apparel after use.
   Charge the Core if the light turns red.

○ Hand wash recommended. Garments are
   machine washable if contained in a laundry
   bag and washed separately.
   Do not wring or spin-dry.

○ Garments must be completely dry before use.

13.Warranty and Customer Support

○ Warranty period: 1 year for the Core,
   90 days for apparel.

○ Specific terms please consult www.bodyplus.cc

○ Email address for customer service:
   support@bodyplus.cc

FCC Warning：
changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

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.