

# FOD Recovery 43

Custom Console Tablet -User Manual

# Table of Contents

## **User Manual**

- Overview
- Overall Appearance and Dimensions
- Intended Use
- Powering On and Power Adapter
- Wireless Connection
- Ports
- Home Screen
- Remove the icons in desktop
- Change the wallpaper of desktop
- USB Connection
- Use the screen keyboard
- Wireless and Internet
- Sound & notification
- Display settings
- Safety settings
- Backup and Reset
- Technical Support



# Custom Console

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## User Manual

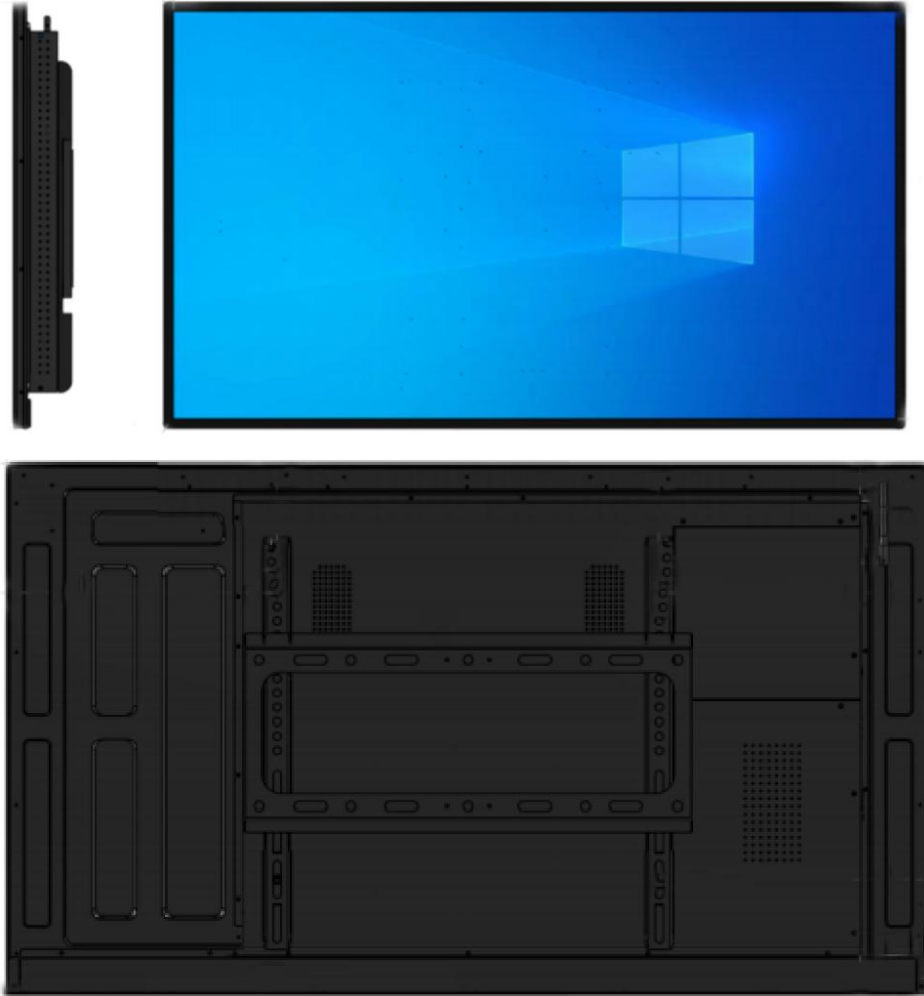
### Overview

The FOD Recovery 43 Console is a versatile device designed to provide you with a high-quality digital experience while using your Pilates Reformer. With its touch screen, powerful performance, and numerous features, it offers a range of training and content options in partnership with Intelligent Pilates, including:

- Instructor-led sessions
- Scenic routes
- Virtual environments
- Professionally designed training programs



## Overall Appearance and Dimensions



### Screen Diagonal Size 43in

**Length:** 966.4 mm

**Width:** 555mm

**Height:** 77.2 mm

### Intended Use

The Console is exclusively designed to operate with fitness equipment

### Powering On and Power Plug

1. Connect the power plug cable to the tablet.
2. Plug the AC power plug (100-240V) into a power outlet.
3. The tablet should power on and boot up successfully.

**Note:** Do not use third-party cables or adapters, as they may cause damage to the tablet.

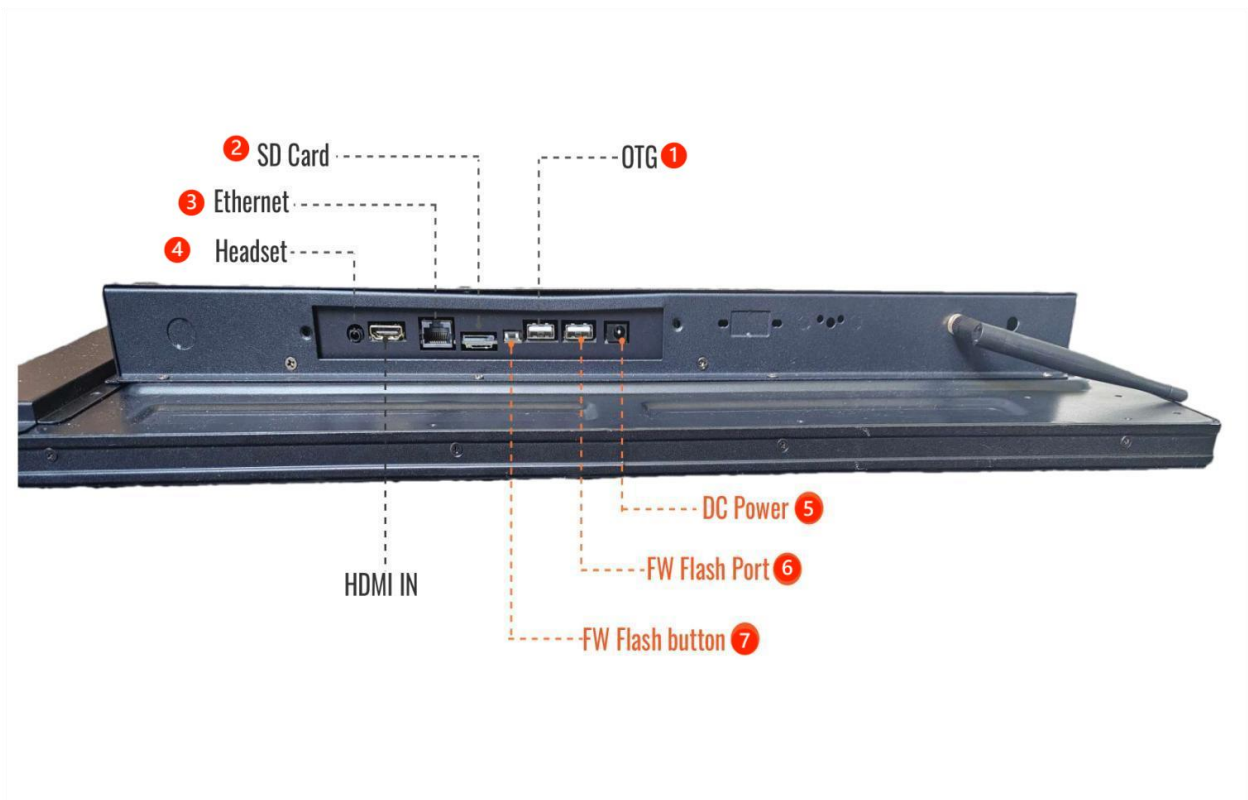
## Wireless Connection

1. Once the tablet is powered ON, the Wi-Fi connection option appears by default.
2. Select the desired network, enter the password, and press “connect”.
3. Your tablet is now connected to the internet.

**Note:** The Wi-Fi network is set by default for the next time the tablet is turned on again.

## Ports

The Console is equipped with four different ports, each serving a specific purpose as outlined below:



1. **USB OTG:** This port enables users to connect USB for file transferring
2. **USB OTG:** This port enables users to insert SD card for external storage
3. **Ethernet:** This port enables users to connect their console to network connection directly.
4. **Headphone Jack:** this port accommodates headphone connectivity, enriching the user's experience.
5. **Power Jack:** Plug to connect the power adapter cable to the tablet (12V - 5A)
6. **FW Flashing Port:** This port is for FW flashing and debugging
7. **FW Flashing button:** This port is for FW flashing button

## Home Screen

After powering on the console, you will be welcomed by the home screen. This central hub provides you with access to adjust settings, share your screen and explore other features. To navigate through the array of displayed apps, simply tap your desired option using your finger.



## Remove the icons in desktop

1. Find the app you want to remove on your tablet's home screen or in the app drawer.
2. Long press on the app icon until a menu appears or the app icon starts to wiggle.
3. If a menu appears, look for an option such as "Uninstall" or "Remove." Tap on this option or drag the app to the trash can icon.
4. The app will be removed from your tablet.

## Change the wallpaper of desktop

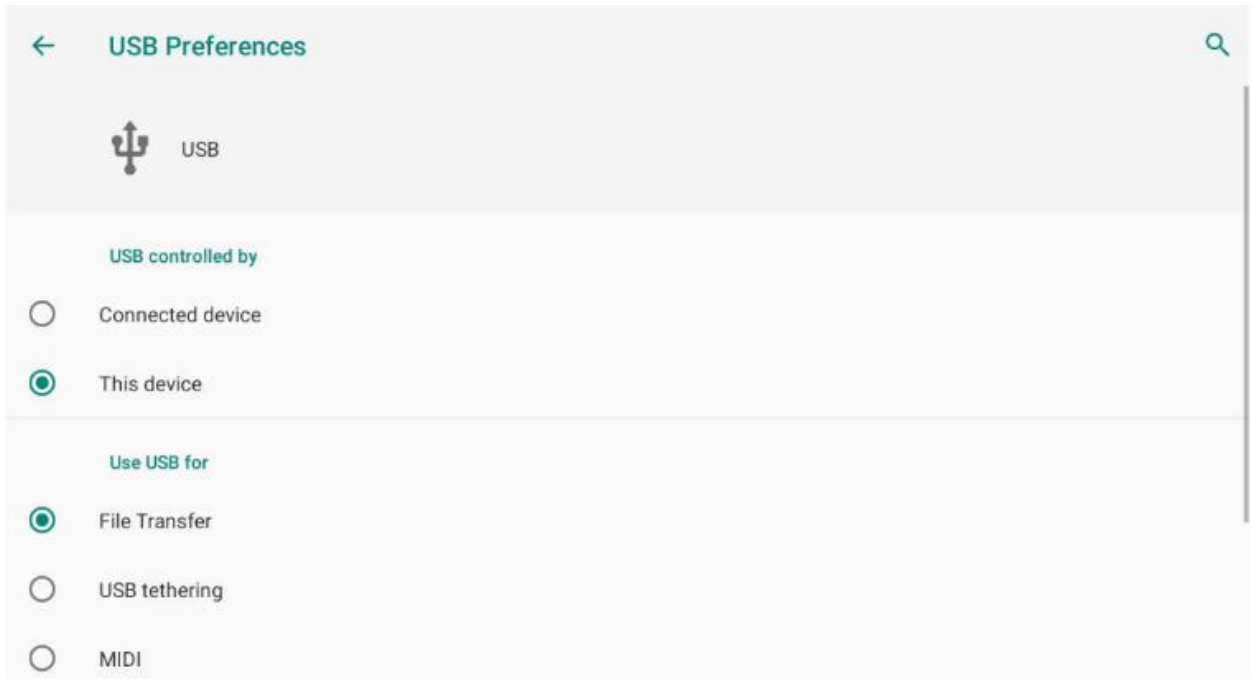
1. On the home page, long press any blank space in the main screen, it will popup a window to change the wallpaper.
2. Click the gallery or wallpaper gallery to select the wallpaper.

## USB Connection

### Console storage configuration

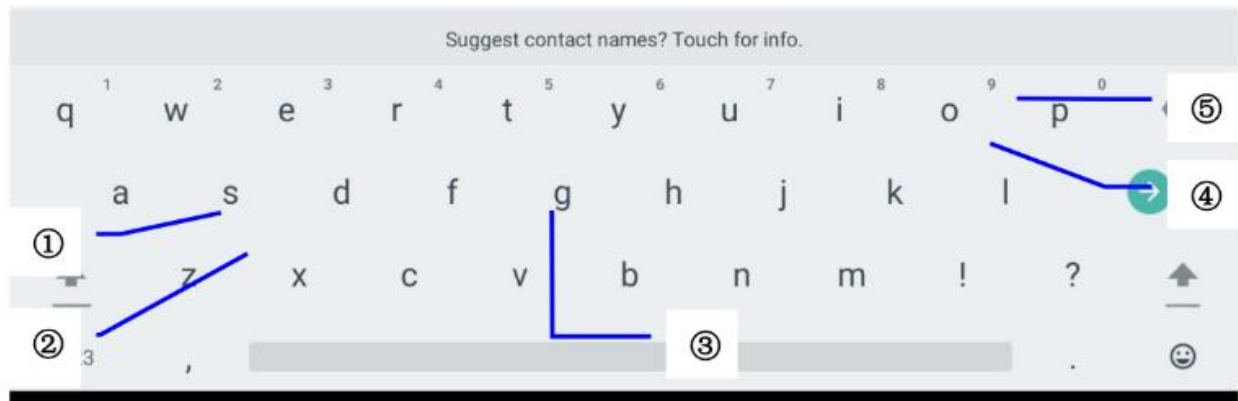
Before transmitting documents, you have to conduct storage configuration for your MID:

1. Plug one end of the USB cable into your tablet's USB port and the other end into the device you want to connect.
2. Wait for your tablet to recognize the connected device.
3. Access the connected device through your tablet's file manager or settings menu.
4. Safely disconnect the device when you're finished using it to avoid data loss.



### Use the screen keyboard

1. Open the app where you want to type.
2. Tap on a text field.
3. The keyboard will appear at the bottom of the screen.
4. Type using your fingers.
5. Switch between keyboards if needed.
6. Close the keyboard by tapping outside the text field or using the back button.



1	Switch the capital and lowercase letters.
2	Switch the input mode for words.
3	Tap to insert a space.
4	Tap to input and execute.
5	Delete the character to the left of the cursor; press and hold to delete all characters to the left of the cursor.

## Wireless and Internet

1. **Open Settings:** Navigate to the home screen of your tablet and find the Settings app. It's usually represented by a gear icon. Tap on it to open.
2. **Find Network & Internet:** In the Settings menu, scroll down or search for the "Network & Internet" option. Tap on it to access network-related settings.
3. **Wi-Fi Settings:** Tap on "Wi-Fi" to view available Wi-Fi networks. You can turn Wi-Fi on or off using the toggle switch at the top. Tap on a Wi-Fi network to connect to it. If the network is secured, you'll need to enter the password.
4. **Bluetooth Settings (if applicable):** If you want to connect to Bluetooth devices such as headphones or speakers, you can find Bluetooth settings in the Network & Internet section or in the main Settings menu.



5. **Advanced Settings:** For more advanced network settings, such as VPN, Ethernet, or airplane mode, you may need to explore the "Advanced" or "More" options within the Network & Internet settings.

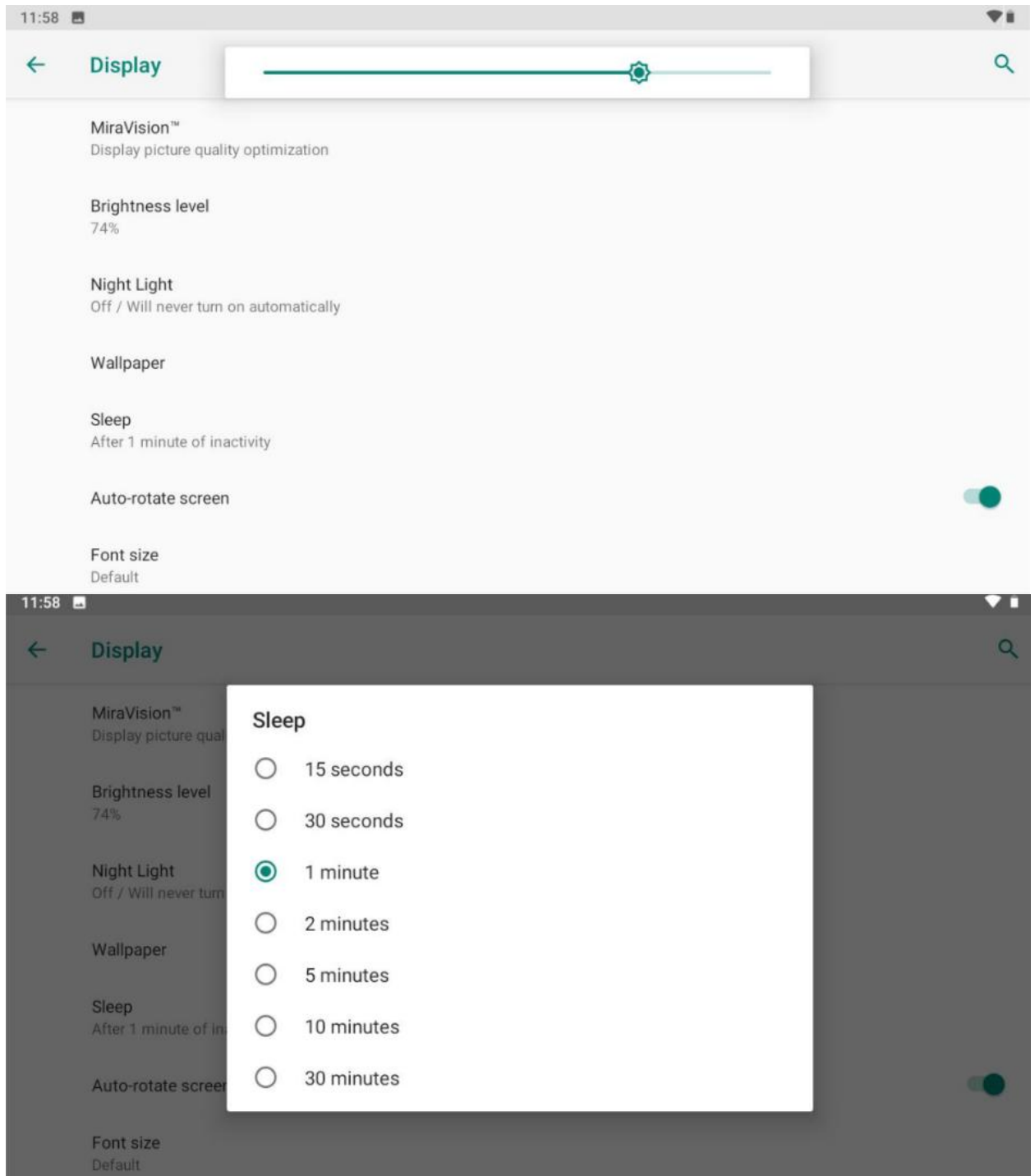
## Sound & notification

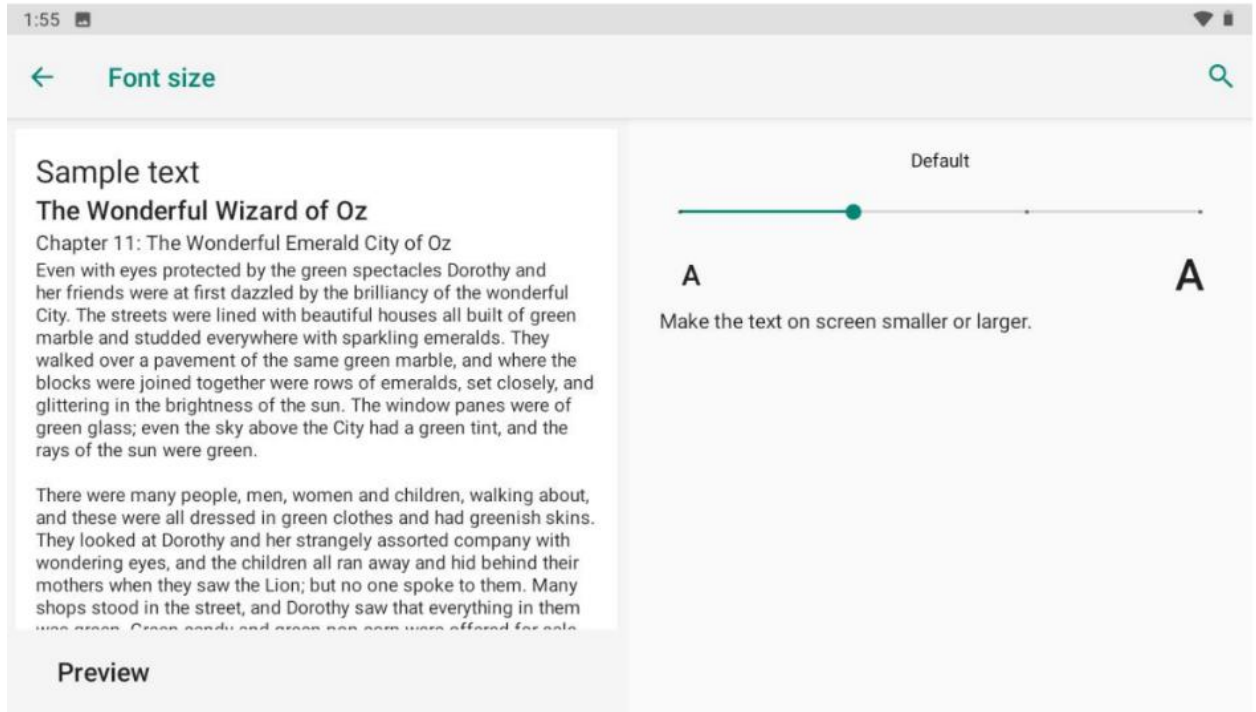
1. **Open Settings:** Navigate to the home screen of your tablet and find the Settings app. It's usually represented by a gear icon. Tap on it to open.
2. **Find Sound & Notification:** In the Settings menu, scroll down or search for the "Sound & Notification" option. Tap on it to access sound and notification-related settings.
3. **Sound Settings:** Within the Sound & Notification settings, you'll find options to adjust volume levels for various sounds, such as ringtone, media, and notifications. You can also enable or disable vibration for different events.
4. **Notification Settings:** You can customize how notifications behave on your tablet. This includes controlling which notifications are shown, how they're displayed (e.g., as pop-ups or in the notification shade), and whether they make sounds or vibrate.
5. **Do Not Disturb:** Many Android tablets have a "Do Not Disturb" mode, which allows you to silence notifications for a specified period or until manually turned off. You can configure exceptions for important contacts or events.
6. **Other Settings:** Depending on your tablet's manufacturer and Android version, you may find additional sound and notification settings, such as notification LED control, notification access for apps, or app notification settings.



## Display settings

1. **Open Settings:** Go to the home screen of your tablet and locate the Settings app. It's typically represented by a gear icon. Tap on it to open.
2. **Navigate to Display Settings:** In the Settings menu, scroll down or search for the "Display" option. Tap on it to access display-related settings.
3. **Adjust Brightness:** Within the Display settings, you can usually find options to adjust the brightness of your tablet's screen. You may be able to manually adjust the brightness level or enable automatic brightness adjustment based on ambient light.
4. **Screen Timeout:** You can also adjust the screen timeout duration, which determines how long the tablet's screen remains on when not in use before it automatically turns off to save battery power.
5. **Sleep Settings:** In this section, you can set how quickly your tablet goes to sleep after being inactive.
6. **Font Size and Display Size:** Some tablets allow you to customize the font size and display size (scaling). This can be useful for improving readability or fitting more content on the screen.
7. **Night Light/Blue Light Filter:** Some tablets offer a Night Light or Blue Light Filter feature, which reduces the amount of blue light emitted by the screen to reduce eye strain, especially at night.
8. **Other Display Settings:** Depending on your tablet's manufacturer and Android version, you may find additional display settings such as screen orientation, font style, or color mode options.





## Safety settings

1. **Open Settings:** Navigate to the home screen of your tablet and find the Settings app. Tap on it to open.
2. **Security & Location:** In the Settings menu, scroll down or search for the "Security & Location" option. Tap on it to access security-related settings.
3. **Screen Lock:** Within the Security settings, locate the "Screen lock" option. Tap on it to set up a screen lock method. You'll typically have several options to choose from:
  - a. **Pattern:** Draw a pattern on a grid of dots to unlock the screen.
  - b. **PIN:** Enter a numeric PIN code to unlock the screen.
  - c. **Password:** Enter a combination of letters, numbers, and special characters to unlock the screen.
  - d. **Face Recognition:** Use your face to unlock the screen.
  - e. **Choose a Method:** Select the screen lock method you prefer and follow the on-screen instructions to set it up. You may need to enter or draw the pattern, PIN, or password, or enroll your fingerprint or face.
4. **Additional Security Settings:** Depending on your tablet model and Android version, you may find additional security settings in the Security & Location menu, such as:
  - a. **Smart Lock:** Allows you to keep your device unlocked in certain situations, such as when it's connected to a trusted device or location.
5. **Find My Device:** Enable this option to locate, lock, or erase your tablet remotely if it's lost or stolen.
6. **Google Play Protect:** Ensures apps installed from the Google Play Store are scanned for security threats.
7. **Device Administrators:** Manage apps with special device administrator privileges, such as antivirus or security apps.
8. **Lock Screen Notifications:** You may also have the option to configure how notifications are displayed on the lock screen, such as hiding sensitive content.

## Backup and Reset

1. **Open Settings:** Navigate to the home screen of your tablet and find the Settings app. Tap on it to open.
2. **Backup & Reset:** In the Settings menu, scroll down or search for the "Backup & Reset" option. Tap on it to access backup and reset-related settings.
3. **Backup Your Data (Optional):** Before performing a reset, it's a good idea to back up your data, including apps, contacts, photos, and other important files. You can usually find options to back up your data to Google Drive or an external storage device in the Backup & Reset settings. Follow the on-screen instructions to complete the backup process.
4. **Factory Data Reset:** In the Backup & Reset settings, locate the "Factory data reset" option. Tap on it to initiate the reset process. You may be prompted to enter your PIN, pattern, or password to confirm your identity.
5. **Confirm Reset:** Review the information provided about what will be deleted during the reset, such as apps, accounts, and data. If you're sure you want to proceed, tap on "Reset tablet" or "Erase everything" to confirm.
6. **Wait for Reset:** Your tablet will now begin the factory data reset process. This may take several minutes, during which your tablet will restart and erase all data and settings.
7. **Set Up Your Tablet:** Once the reset is complete, your tablet will restart and display the initial setup screen, as if it were brand new. Follow the on-screen instructions to set up your tablet again, including selecting your language, connecting to a Wi-Fi network, and signing in to your Google account.
8. **Restore Backup (Optional):** After setting up your tablet, you may have the option to restore your backed-up data. Follow the prompts to restore your data from Google Drive or the external storage device you used for backup.

## Other Application Procedures

To access and use other applications on an Android tablet, such as Clock, Calculator, and others, follow these general instructions:

1. **Locate the App Drawer:** On your tablet's home screen, look for the App Drawer icon. It's usually a grid of dots or a button labeled "Apps." Tap on it to open the list of installed applications.
2. **Find the Application:** Scroll through the list of installed apps or use the search bar at the top to find the specific application you want to use. You can type the name of the app (e.g., "Clock," "Calculator") to quickly locate it.
3. **Tap to Open:** Once you've found the app you want to use, tap on its icon to open it. This will launch the application and display its interface on your tablet's screen.
4. **Use the Application:** Each application has its own interface and features. Here are some general instructions for using common applications:
  - a. **Clock:** Use the clock app to set alarms, timers, and view the current time in different time zones. You can tap on different tabs within the app to access features like alarms, timers, and the world clock.
  - b. **Calculator:** Use the calculator app to perform basic arithmetic calculations. You can tap on the number and function buttons to enter numbers and perform calculations. Swipe left or right to access additional functions, such as trigonometric functions or memory operations.
5. **Explore Additional Features:** Depending on the application, you may find additional features and settings by tapping on menu icons (usually represented by three dots or lines) or by exploring different tabs or sections within the app.

- 6. Close the Application:** When you're done using the application, you can simply tap the home button to return to the home screen. Alternatively, you can use the recent apps button to switch to a different app or swipe the app away to close it from the recent apps list.

## Technical Support

If you have any questions or issues, refer to the complete user manual included in the package of the product or contact the support area on our website at [sweatworks.com/](https://sweatworks.com/) for further information and assistance.

## FCC Warning

### 15.19 Labeling requirements.

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.

### 15.21 Information to user.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### 15.105 Information to the user.

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.

### FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.
3. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.