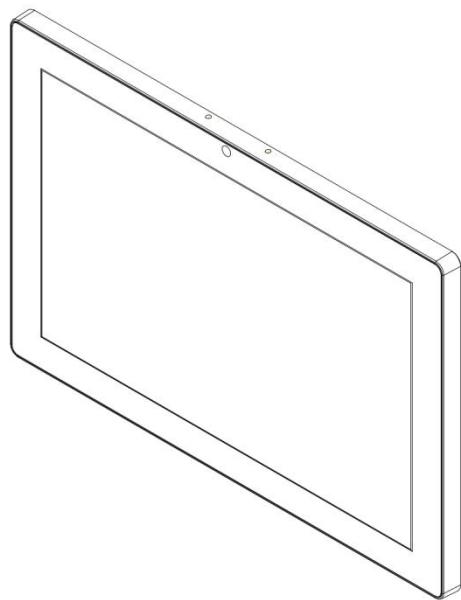


iFit Tablet



Notices

- **Forbidding:** forbid improper operations to avoid damaging the tablet.
- **Caution:** cautions for operators to avoid potential damages. Please note and remember.
- **Importance:** important information, common notes, definitions, general knowledge and references, etc.

- Information in this manual is subject to change without notice.
- Reproduction in any manner whatsoever without the written permission from the manufacturer is strictly forbidden.
- Product images in this manual are for reference purposes only.

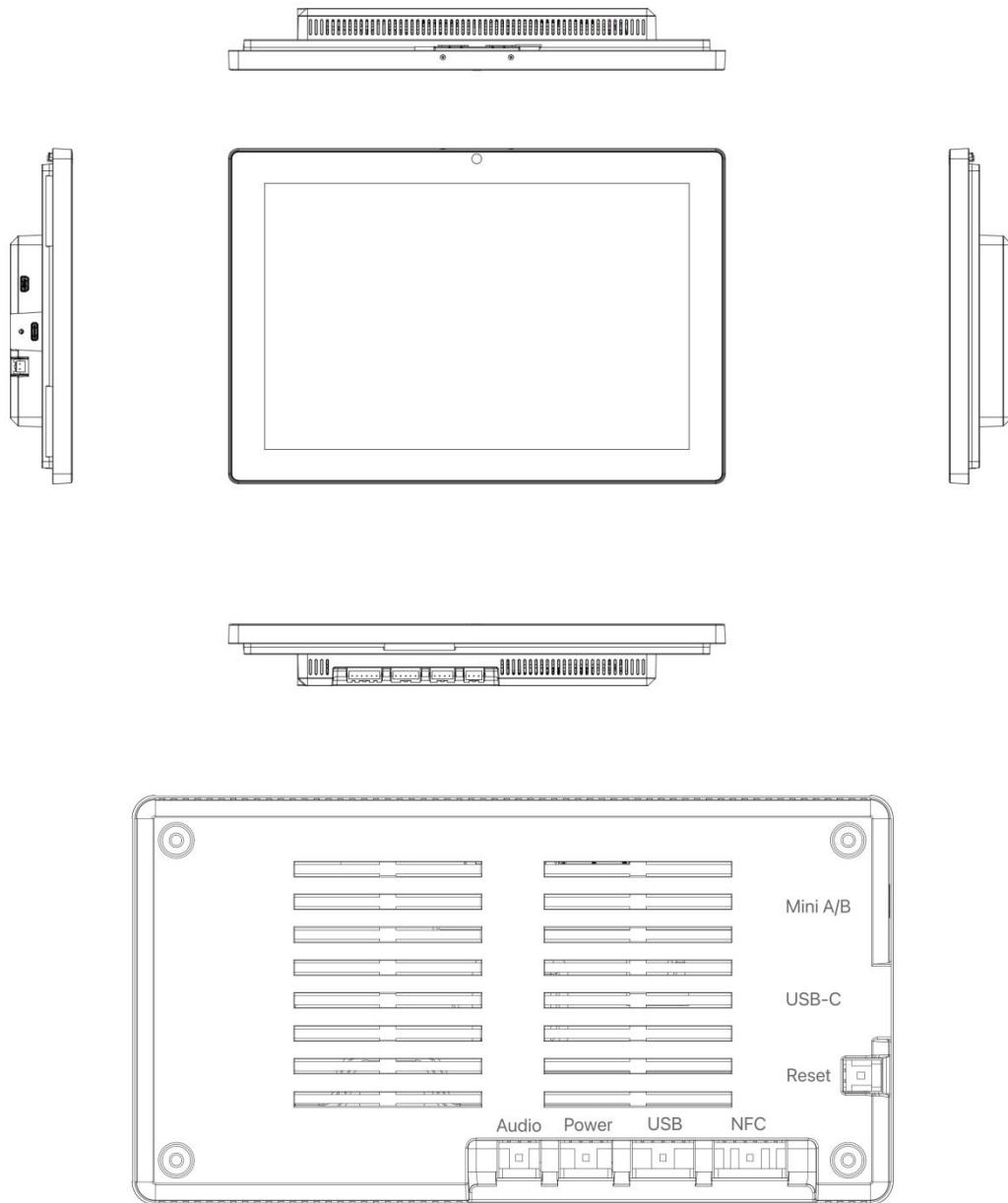
Contents

| | |
|---|----------|
| iFit Tablet | 1 |
| Safety Precautions | - 3 - |
| 1. Know Your Tablet | - 4 - |
| 2. Get to Know Your System | - 6 - |
| 2-1 Enter APPs Menu | - 6 - |
| 2-2 Add screen shortcuts | - 7 - |
| 2-3 Delete screen shortcuts/widgets | - 7 - |
| 2-4 On-screen Keyboard | - 8 - |
| 3. System Settings | - 9 - |
| 3-1 Wireless & networks | - 9 - |
| 3-2 Device | - 11 - |
| 3-3 Personal | - 14 - |
| 3-4 System | - 16 - |
| 4. Camera and Microphone | - 17 - |
| 5. Specifications | - 18 - |
| 6. CE Mark | - 19 - |
| 7. Assembly & Using | - 21 - |

Safety Precautions

1. DO NOT expose the tablet to dirty or dusty environment. Keep the environment clean and dry.
2. DO NOT place or drop objects on the top of the tablet. DO NOT shove any foreign objects into the tablet. DO NOT cover the LCD screen strongly.
3. DO NOT expose the tablet to strong magnetic or electrical fields; DO NOT place the floppy disk near or on the tablet, which may result in data loss.
4. DO NOT leave the tablet facing the sun, especially in the car, as it can damage the LCD screen.
5. DO NOT expose the tablet to or use near liquids, rain, or moisture.
6. DO NOT throw the tablet in municipal waste. Check local regulations for disposal of electronic products.
8. DO NOT insert anything into the tablet that may result in a short circuit or damage the circuit.
9. Power off the tablet if you want to install or remove some external devices that do not support hot-plug.
10. DO NOT disassemble the tablet. Only a certified service technician should perform repairs on your computer. Otherwise, problems may arise and the manufacturer will not be responsible for the damage.
11. Use a DC power supply that meets voltage, power, and certification requirements.
12. The device has a maximum operating temperature of 40° C.
13. Recycling: This product bears the selective sorting symbol for Waste Electrical and Electronic Equipment (WEEE). This means that it must be handled in accordance with European directive 2012/19/EU for recycling or dismantling to minimize its impact on the environment. Users have the choice to give the product to a competent recycling organization or to the retailer when purchasing new electrical or electronic equipment.
14. For AC/DC adapters, the socket-outlet should be installed near the equipment and easily accessible.
15. Any changes or modifications not expressly approved by the responsible party for compliance could void the user's authority to operate the equipment.
16. Please ensure that the microphone port and glass surface are clean to ensure sound pickup and camera quality.
17. Do not directly touch the terminal interface. Connect strictly according to the instructions or under the guidance of a professional.

1. Know Your Tablet



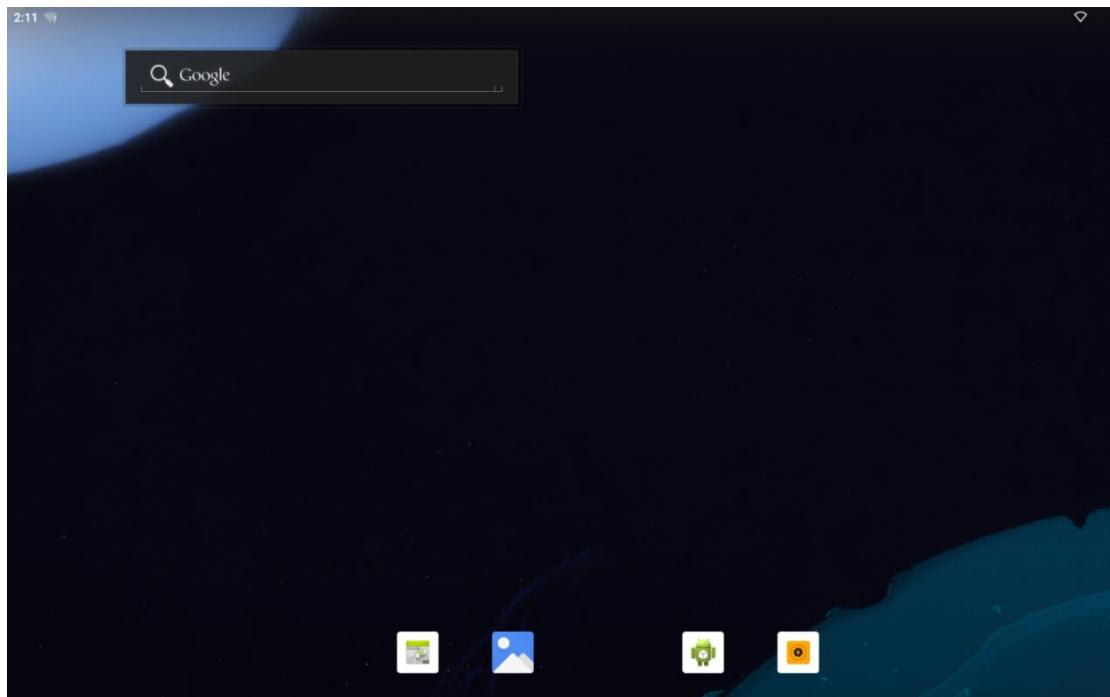
P 1.1

Depending on the device configuration, there may not be different interface options. Here are all the available interface options listed here.

- **Audio:** Used for outputting audio signals.
- **Power:** Please use 12V power supply. Depending on the size of the tablet, different power requirements may be needed. Please select according to the product specifications.
- **USB:** Used for data exchange with external devices and external control.
- **NFC:** Used for interface communication with external devices, enabling RFID and other communication functions.

- **Reset:** Used for external reset button.
- **USB-C:** This port can be used for 12V PD power supply to the tablet, as well as audio and data communication functions.
- **Mini A/B:** Used for debugging purposes on this device. Please use under the guidance of a professional.

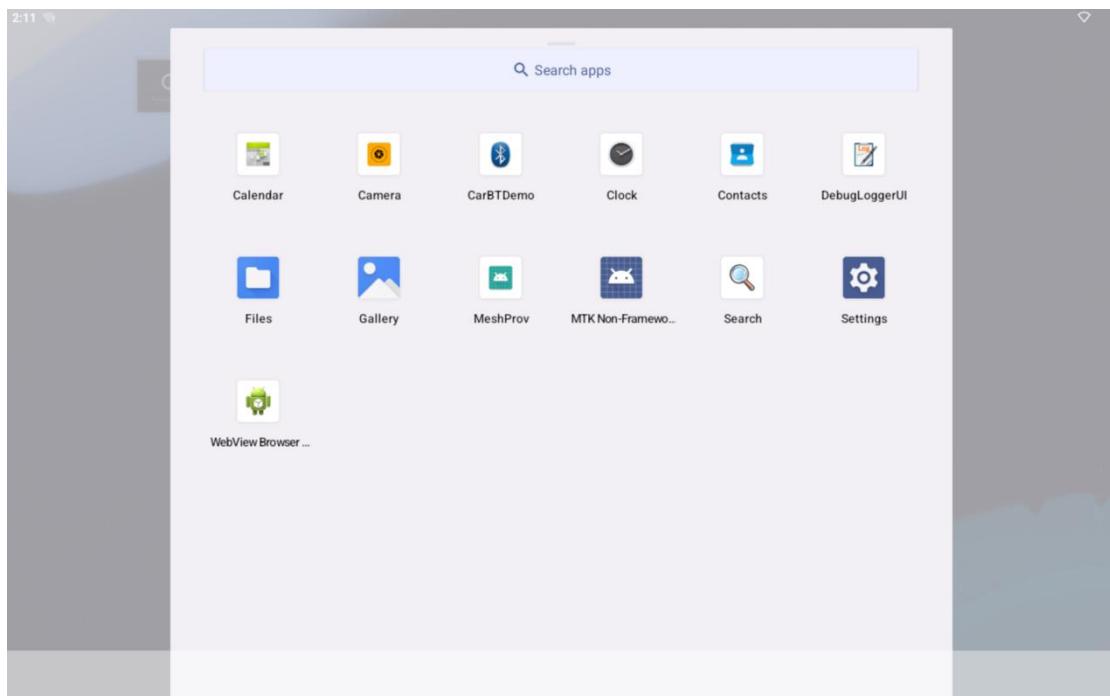
2. Get to Know Your System



If it's your first time to use the tablet, the system will enter the guide menu. Please finish the initial setting following the instructions.

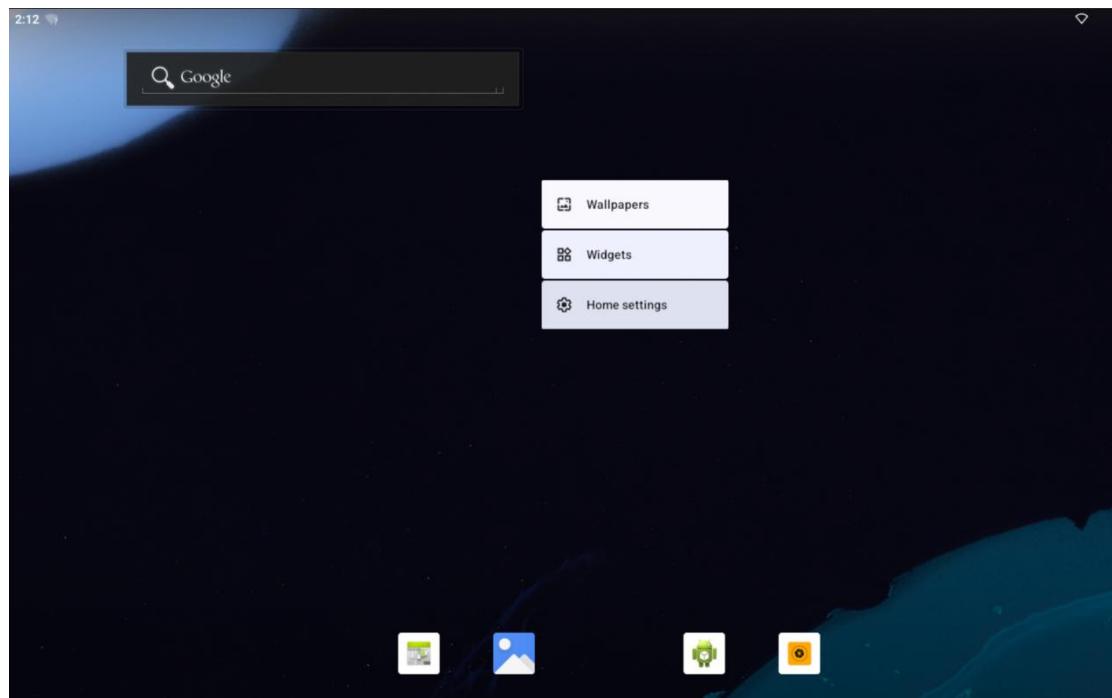
2-1 Enter APPs Menu

On the home page, slide the screen from bottom to top, the system will enter the APPs Menu



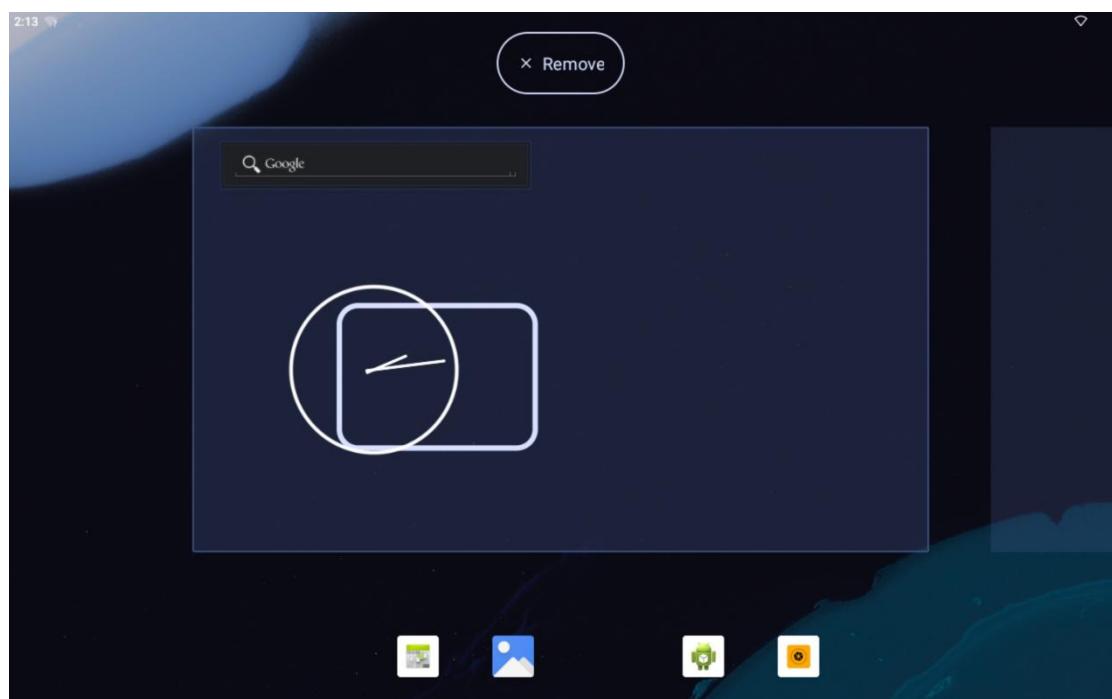
2-2 Add screen shortcuts

On the home page, touch and hold the blank area to popup menu to change wallpaper, add widgets and home settings;



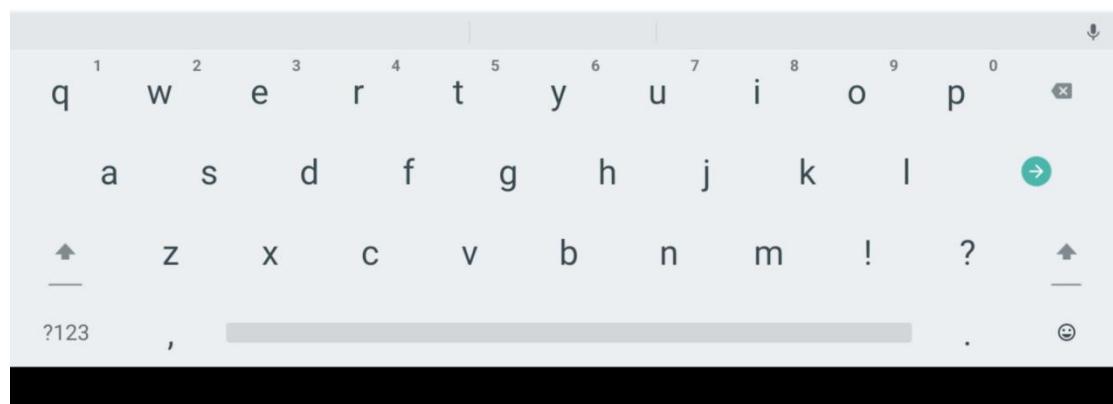
2-3 Delete screen shortcuts/widgets

On the home screen, touch and hold the shortcut or widget to remove it



2-4On-screen Keyboard

Toggle letters & numbers



Just touch a text field to open the on-screen keyboard;

Touch on the tool bar to close it.

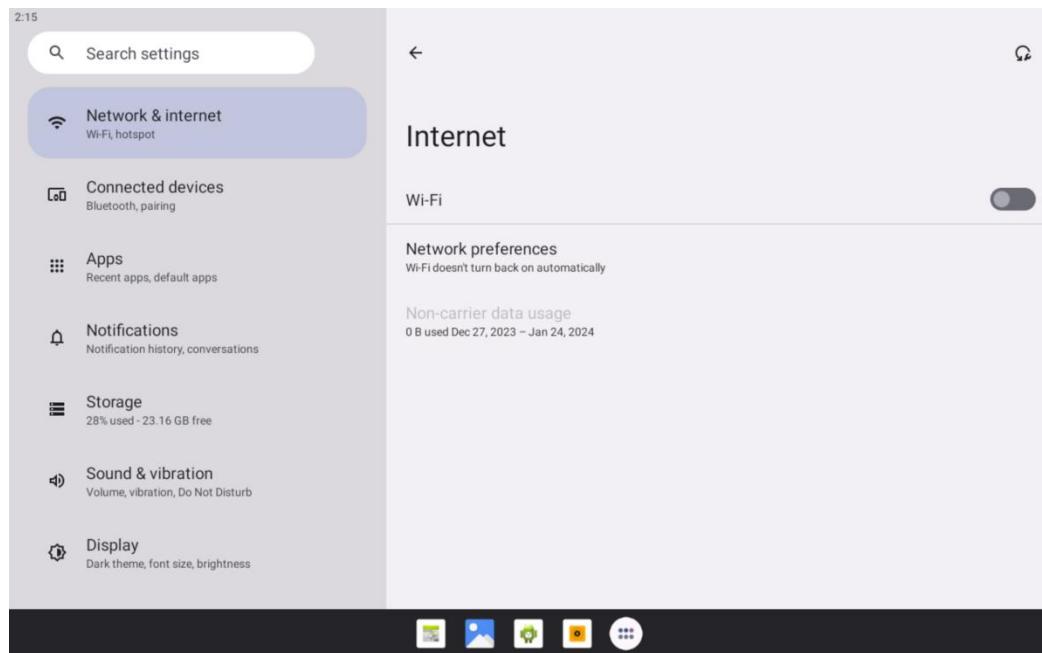
3. System Settings

3-1 Wireless & networks

3-1-1 Wi-Fi

Touch the Wi-Fi switch behind of the Wi-Fi item to turn on the Wi-Fi function and then the system will auto-scan the available networks to display as shown in picture.

Select one network and input its password if necessary to connect.

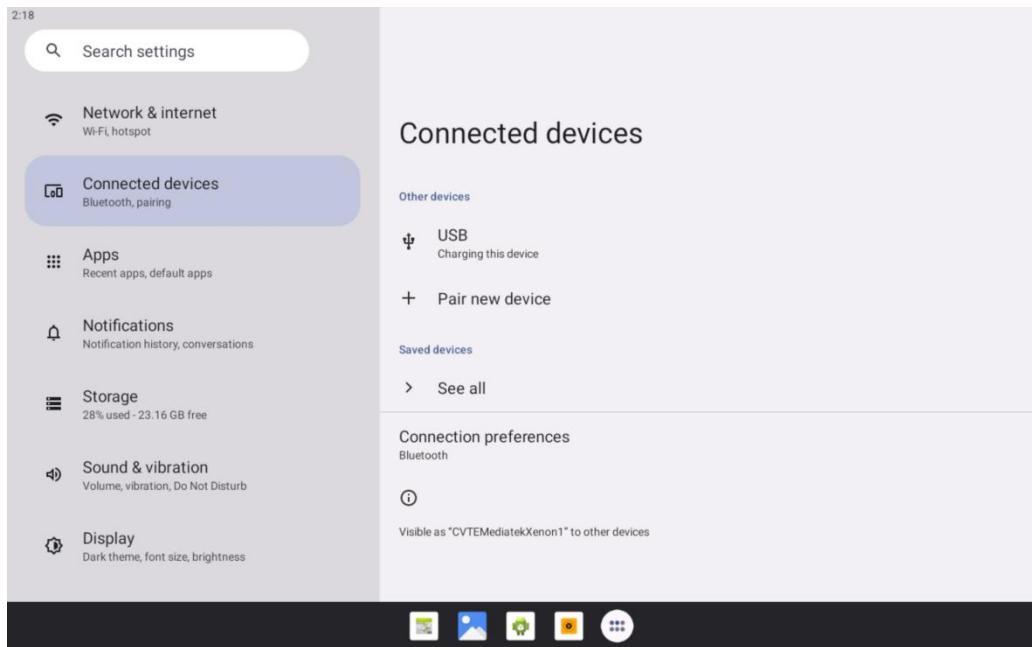


Touch **Netwrok preferences** to perform advanced Wi-Fi settings.

3-1-2 Connected Devices

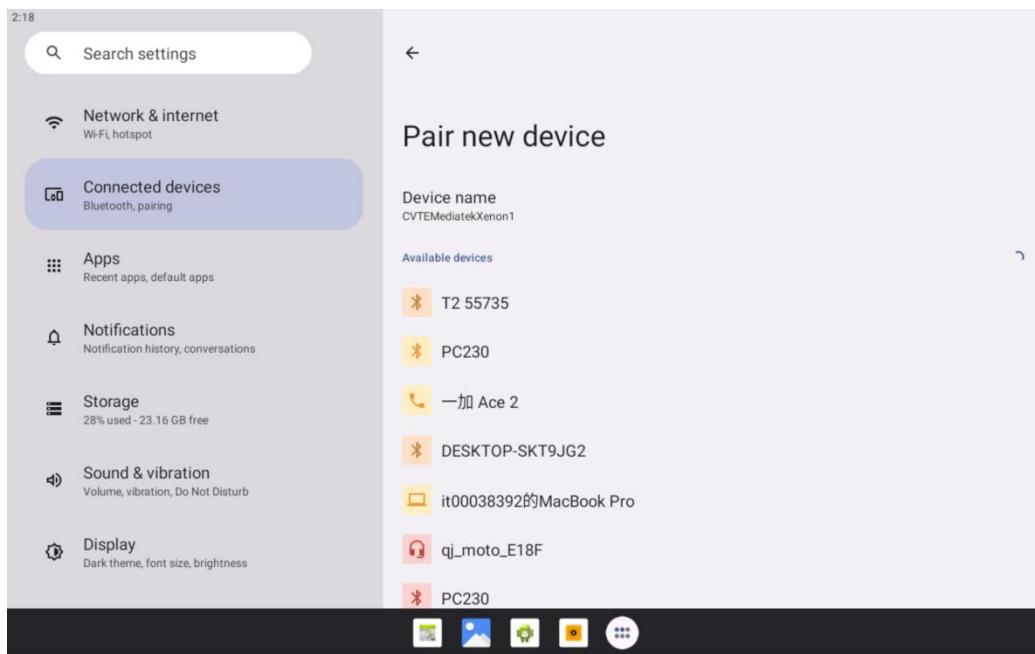
After entering Connected Devices, select Pair new devices to connect Bluetooth devices.

Before this step, please activate the Bluetooth function of other device (mobile phone, Bluetooth earphone etc.) and make sure the device is in range.



Touch the desired Bluetooth device to start pairing. Then according to the indications on both sides, users can complete the connection successfully in seconds.

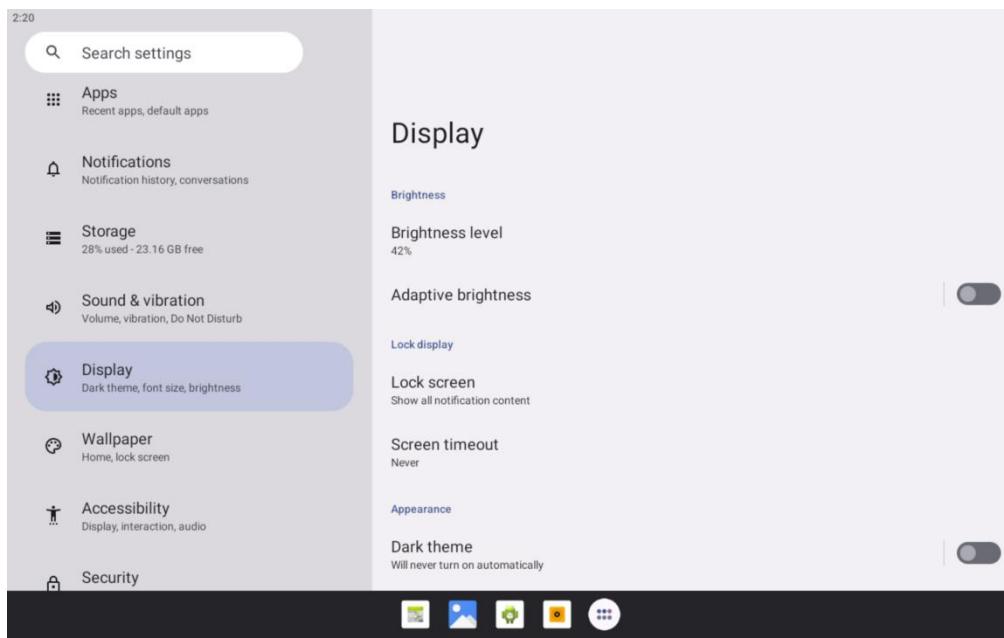
After pairing, you can share files between the unit and the Bluetooth device.



3-2 Device

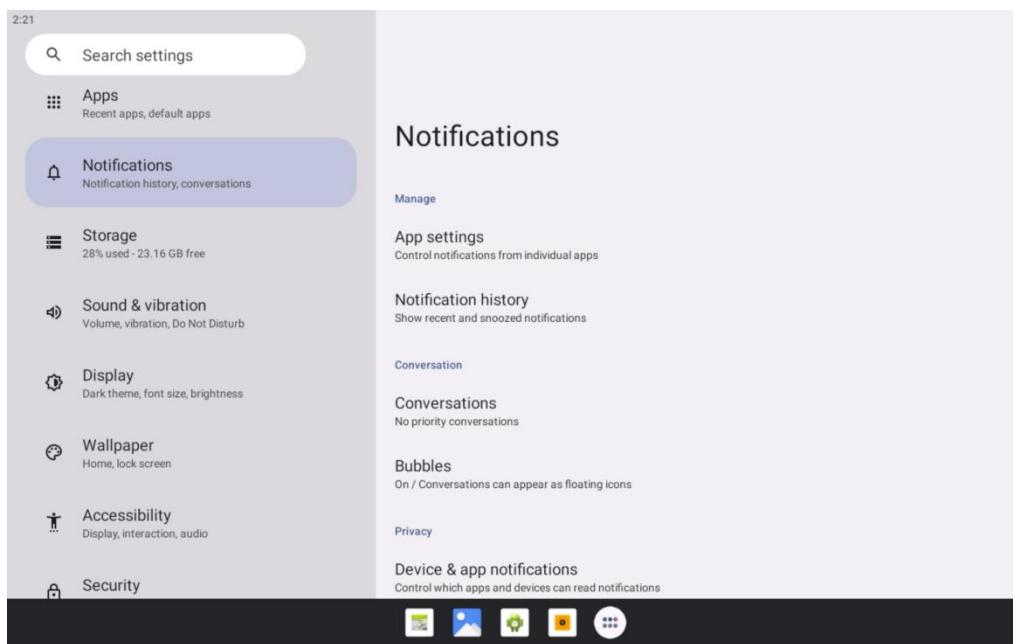
3-2-1 Display

Touch to open display settings, including Brightness level, Wallpaper,



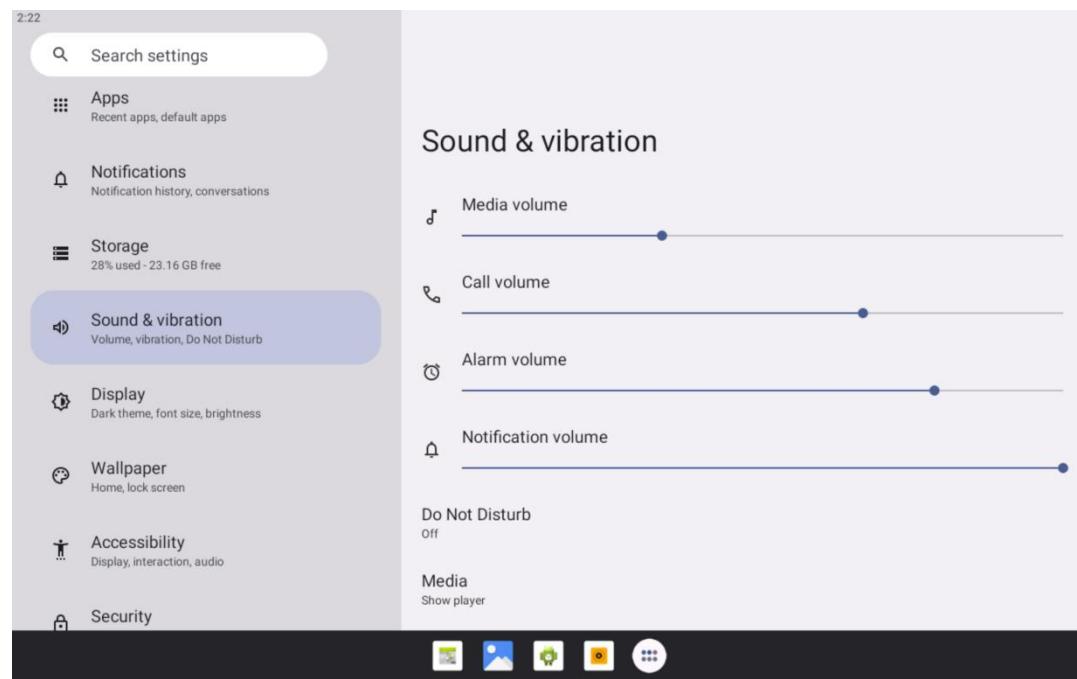
3-2-2 Notification

You can set notification permissions here.



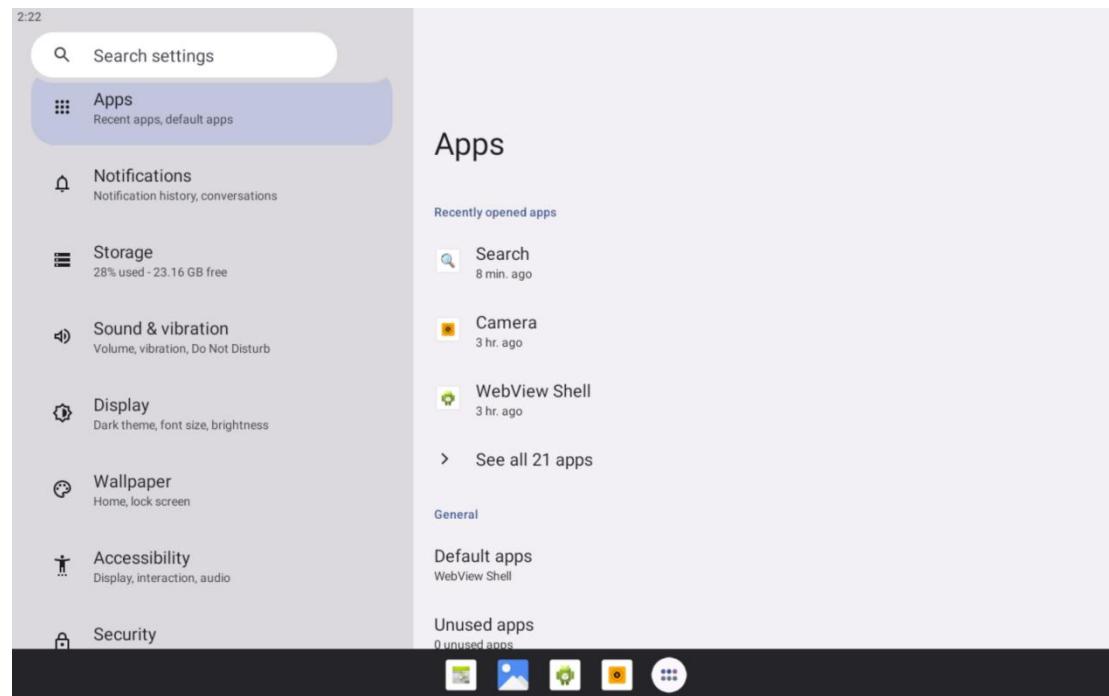
3-2-3 Sound

Touch to do the Sound general settings.



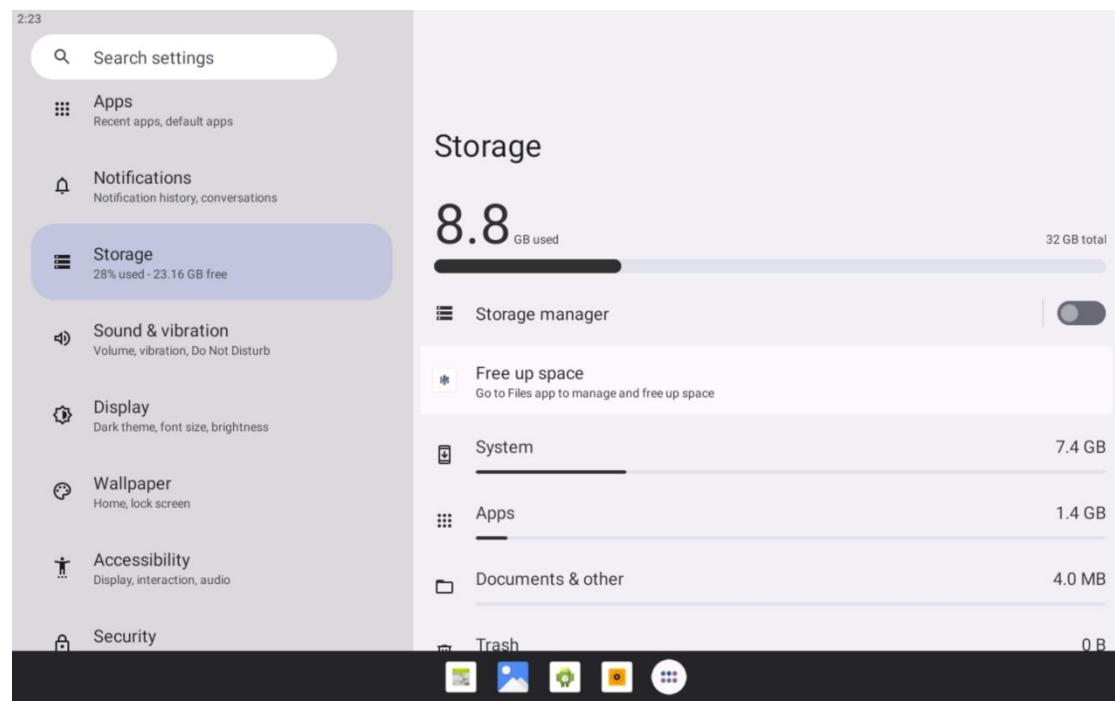
3-2-4 Apps

Touch to check the Apps' information.



3-2-5 Storage

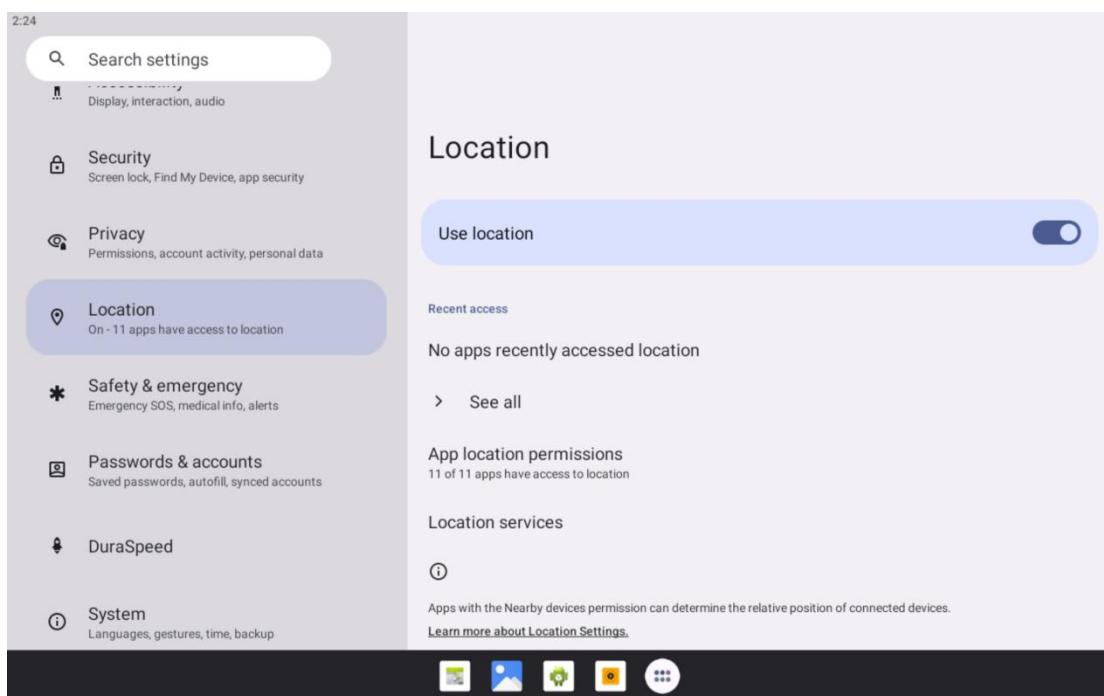
Touch to check the usage of internal shared storage.



3-3 Personal

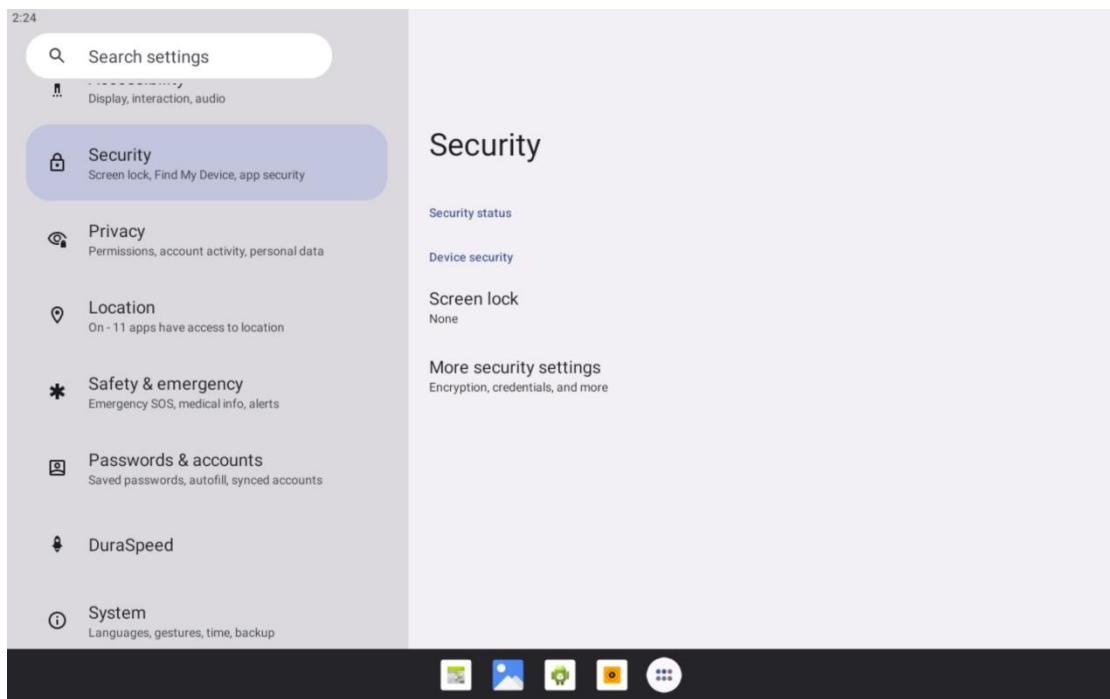
3-3-1 Location

To open or close location services.



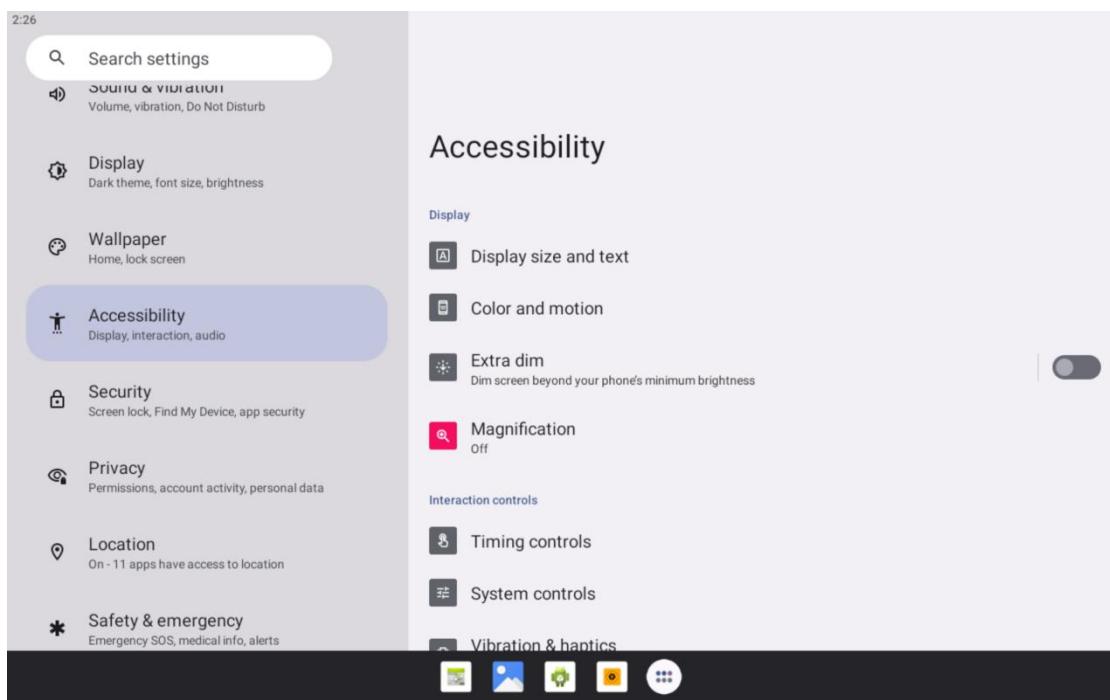
3-3-2 Security

Security information of system settings.



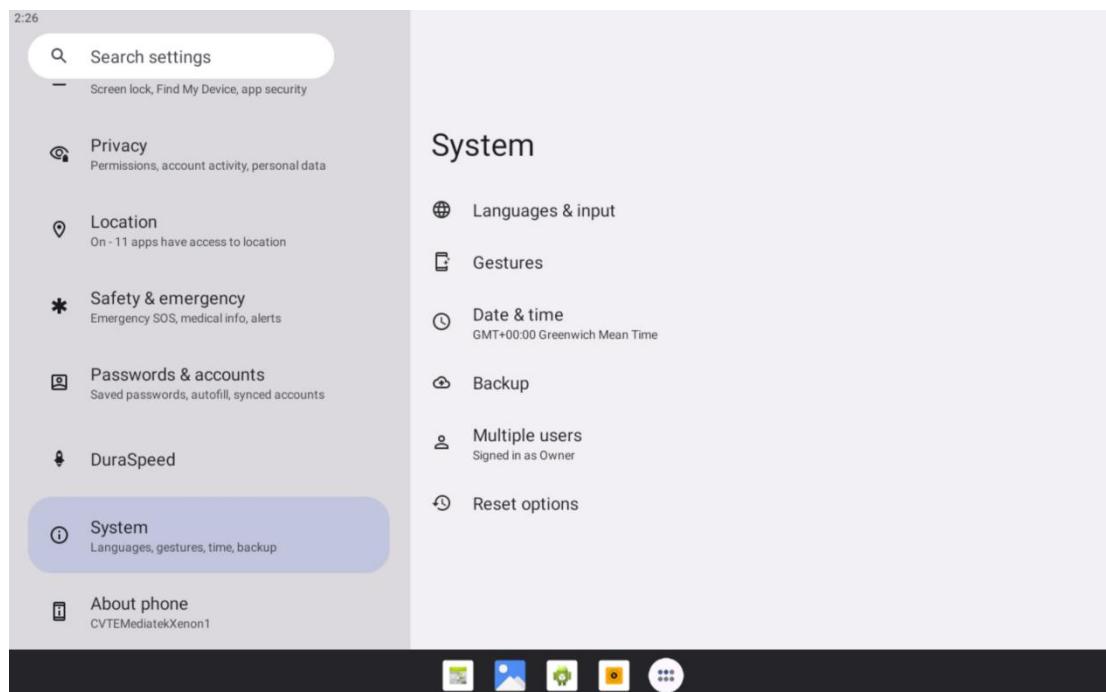
3-3-3 Accessibility

You can adjust Accessibility features such as display effects here.



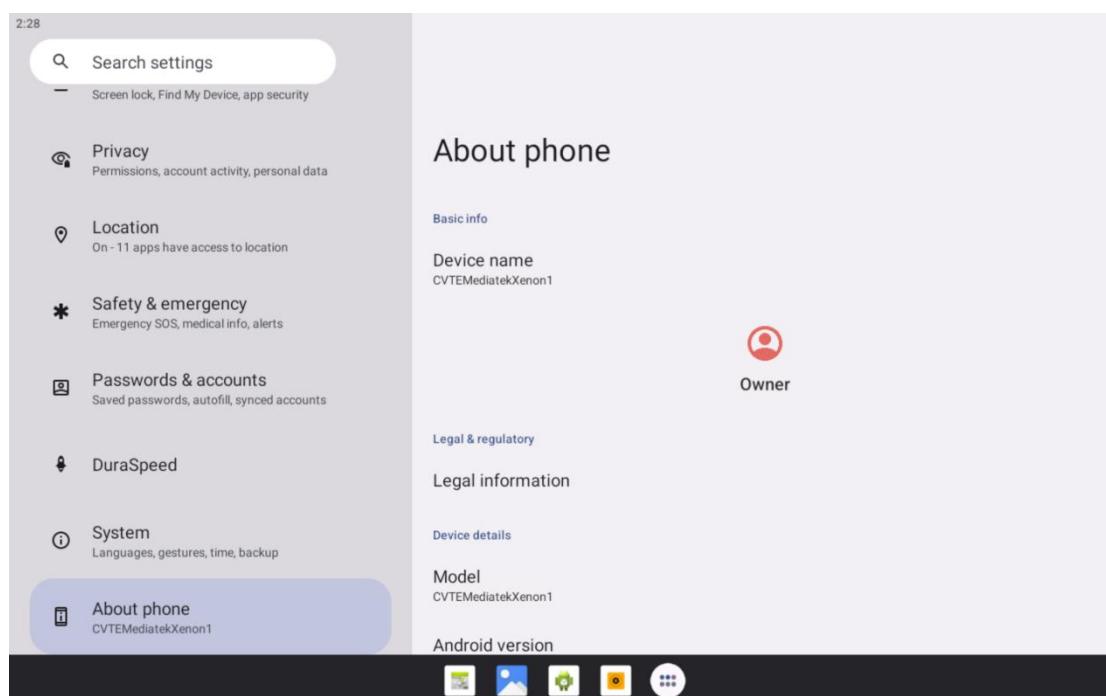
3-4 System

Under this category, you can set system language, date, reset, and other functions.

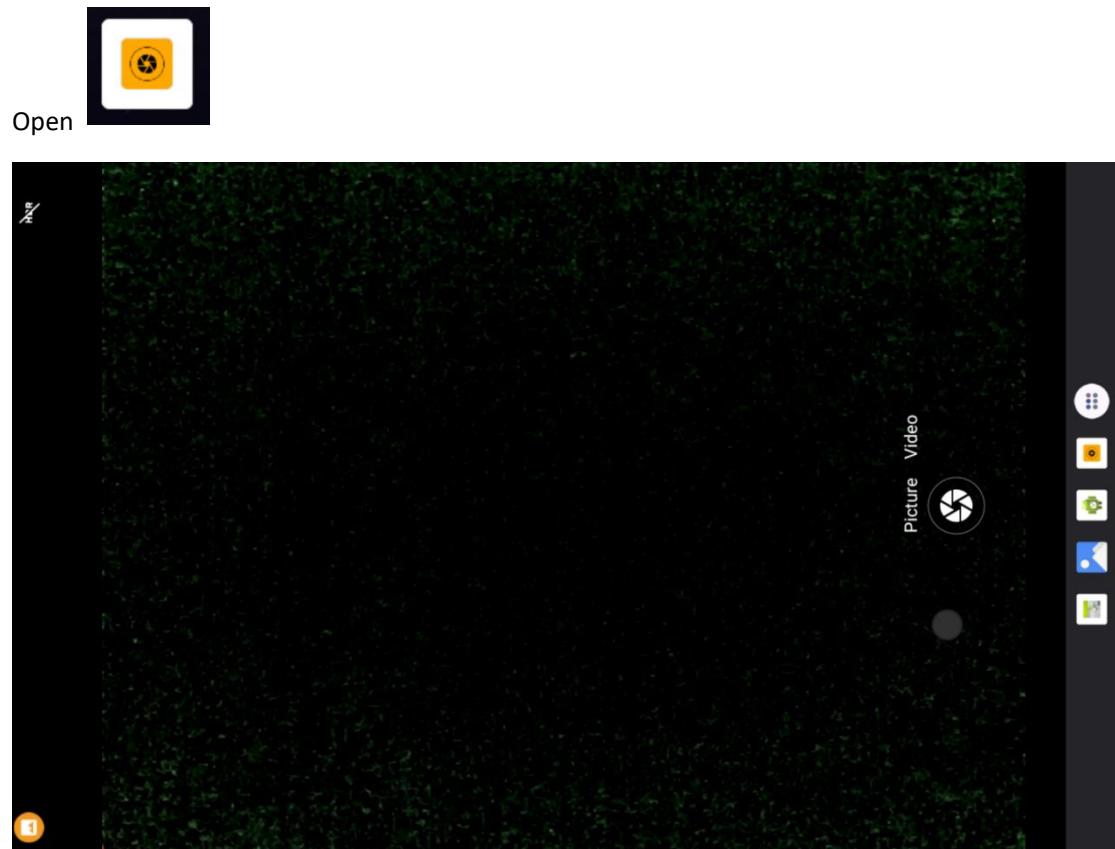


3-5 About tablet

The detailed information about the unit, including Status, Legal information, Model, Android version, Android security patch level, Kernel version, and Build number



4. Camera



Take Pictures or Video:

1. Aim the object.

2. Press  to take a picture.

Notice:

1. Select video mode if you want to record videos.

2. All photos or videos taken are both stored in the photos and gallery.

5. Specifications

| | |
|--------------------------|--|
| iFit part No. | 453584 |
| iFit model | MP10-Xenon |
| Description | 10.1 inch display tablet, with touch, and core board |
| OS | Android13+ |
| CPU Manufacturer | MTK |
| CPU Model | MT8390 |
| CPU Core Model | A78x2+A55x6 with a maximum frequency of 2.2GHz. |
| DDR | 4GB DDR4 |
| Mass Memory | 32GB |
| Resolution | 1280 (W) x800(H) |
| Contrast | 1000:1 |
| WiFi | 802.11a/b/g/n/ac |
| Bluetooth Version | 5.2 |
| Front Camera | 5M pixels |
| Adapter | 12V/3A (not included) |

6. CE Mark

Compliance with the RE Directive

We, iFit Health & Fitness Inc.

Hereby, iFit Health & Fitness Inc. declares that the radio equipment MP10-Xenon is In compliance with Directive 2014/53/EU

SW Version

Product SW Version: Model AOSP on System

Operating Temperature: 0°C~40°C

RF EXPOSURE

A minimum separation distance of 20 cm must be maintained between the user's body and the device, including the antenna during body-worn operation to comply with the RF exposure requirements in Europe.

Operations in the 5.15-5.35GHz band are restricted to indoor usage only in following **Countries:**

| | | | | | | | |
|---|----|----|----|----|----|----|----|
|  | BE | BG | CZ | DK | DE | EE | IE |
| | EL | ES | FR | HR | IT | CY | LV |
| | LT | LU | HU | MT | NL | AT | PL |
| | PT | RO | SI | SK | FI | SE | UK |

***:UK(NI)**

For AC/DC Adapter, the socket-outlet shall be installed near the equipment and shall be easily accessible

For FCC

RF EXPOSURE INFORMATION

The exposure standard for wireless device employs a unit of measurement known. For body worn operation, this device meets the FCC RF exposure guidelines for use with an accessory that contains no metal and be positioned a minimum of 20 cm from the body

FCC CAUTION

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

For IC:

The device for operation in the band 5150-5250MHz is only for indoor use reduce the potential for harmful interference to co-channel mobile satellite systems

Le dispositif destiné à être utilisé dans la bande 5150-5250 MHz est réservé à une utilisation en intérieur, ce qui réduit les interférences nuisibles potentielles avec les systèmes mobiles par satellite co-canal

This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

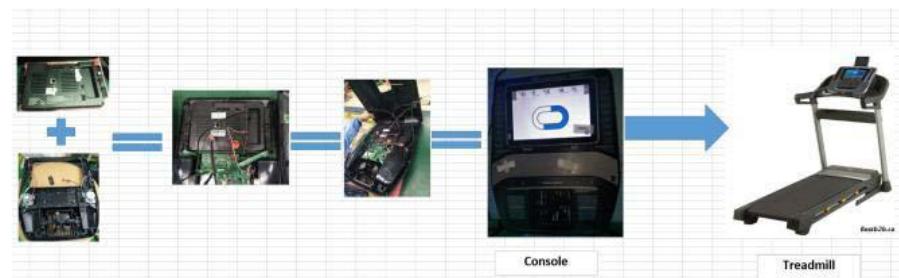
- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device

CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- 1) L'appareil ne doit pas produire de brouillage;
- 2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

7. Assembly & Using

- 1) Assemble module and shell , combine PCB and other component to be a console;
- 2) Assemble console and other components (Belt, motor, metals holder etc.) to be a treadmill, elliptical etc.
- 3) Using console to control the whole treadmill.



CE

| Working frequency | output power |
|---------------------------------|--------------|
| Bluetooth 2402~2480MHz | ≤20 dBm |
| WIFI 2.4G Band 2412-2472 MHz | ≤20 dBm |
| WIFI 5G Band 5180-5700 MHz | ≤20 dBm |

Company: iFit Health & Fitness, Inc.

With registered offices in: 1500 South 1000 West, Logan, UT 84321, USA

Telephone: (435) 786-5420

Fax: (801) 753-0209

E-mail: joshua.tucker@iFitfitness.com