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iTMP Technology

iTMP Technology, Inc.
iRPM+ User Guide
Version 0.1
November 3, 2008

Table of Contents

Product Description.....	3
SMHEART LINK: Additional Hardware Required.....	3
Getting Started.....	4
Enter Basic Settings	4
Customize Device Connection.....	5
Customize Fitness Settings	5
Customize Zones.....	7
Workouts.....	7
Results	8
Info	9

Product Description

iRPM+™ is a cardio fitness system and cycling computer for the iPhone that is compatible with a growing list of fitness sensors.

iRPM+ enables you to customize dashboards, design workouts on your iPhone, and see and track fitness metrics, including:

- Current, Average and Maximum Heart Rate
- Time in Target Zones
- Calories Burned
- Cadence
- Speed
- Distance
- Power
- Elapsed and Remaining Exercise Time

SMHEART LINK: Additional Hardware Required

SMHEART LINK™ communicates with a variety of fitness sensors to enable convergence with the iPhone. Creating a wireless bridge, **SMHEART LINK** collects fitness data from multiple devices and forwards it to iTMP's iPhone apps.

SMHEART LINK stores an entire workout's worth of data, compiling information even while the iPhone app is interrupted by a call or if the iPhone is not present. The result is an uninterrupted workout profile that can be reviewed during or after a workout.

To learn more about acquiring or using **SMHEART LINK**, please to go to www.smheartlink.com. There you will also find additional product information, accessories and to receive updates.

Getting Started

Enter Basic Settings

As a first time user, you will be presented with setup screens to allow for input of personal, fitness and device data to the iPhone application.

1. Click on the iRPM+ icon on your iPhone home screen.
2. You will be presented with a Welcome screen. To proceed, press Continue.
3. **Name:** Enter your Name, First and Last, how you would like it to appear in the app. Press Next. (See Figure 1)
4. **Birth Date:** Enter your date of birth. Press Next
5. **Email:** Enter a valid email address. (This will not be used by iTMP for any email communication purposes. It will be used only for unique pairing of your SMHEART LINK device and your iPhone via Wi-Fi network.) Press Next.
6. **Fitness:** Enter your relative fitness level. Press Next. (See Figure 2)
7. **Height:** Enter your height, feet and inches. Press Next.
8. **Weight:** Enter your weight, in pounds. Press Next.
9. **Gender:** Select Male or Female. Press Next.
10. **Dashboard:** Enter your dashboard view preferences. This refers to the number or data tiles that are displayed on the screen during your workout. Press Next.
11. **Units:** Input your preferred units of measure. Press next.
12. **Confirm:** You have now completed the basic setup. You can now Customize Fitness Settings or Start First Workout.



Figure 1



Figure 2

Customize Device Connection

Before getting started with your first workout, you will need to create the pairing between your iPhone and your **SMHEART LINK** device. Ensure that your fitness sensor(s) is in place, in range and operating, e.g. heart rate transmitter belt, cycling computer sensor, and/or Spinning bike sensor.

First, you will configure settings for the iPhone:

1. Turn OFF the Wi-Fi on your iPhone: Go to your iPhone home screen and select Settings. In Settings, go to Wi-Fi and select **OFF**.
2. Turn on the SMHEART LINK unit. The LED light should remain on solid for a few seconds. When the light goes out, the SMHEART LINK is initialized and ready.
3. Turn ON Wi-Fi on your iPhone: Go to your iPhone home screen and select Settings. In Settings, go to Wi-Fi and select **ON**. Note: an active Wi-Fi network is not required. The iPhone creates a peer-to-peer Wi-Fi connection with the **SMHEART LINK** device.
4. Below Wi-Fi, go to Choose Network. Select **HRMonitor** Network.
5. On the HRMonitor Network line, press the right arrow to configure properties. (See Figure 3)
6. Configure IP Address: Press IP Address, and enter **192.168.8.12**.
7. Configure Subnet Mask: Press Subnet Mask, and enter **255.255.255.0**.
8. Return to the iPhone Home screen and resume the iRPM+ application.



Figure 3



Figure 4

Next, you will configure settings for the **SMHEART LINK** device within the iRPM+ application:

1. Go to Settings|Other for Device Connection Info. (See Figure 4)
2. Configure IP Address: In IP Address field enter **192.168.8.15**.
3. Configure Port: In Port field enter **50000**.

4. Configure Data Source: Select SMHEART LINK as data source.
5. Press Settings for Exit.

Customize Fitness Settings

In addition to Personal Settings, there are Fitness Settings to review and potentially modify before you begin your first workout.

1. **HR-max:** iRPM+ configures a default maximum heart rate (HR), based on 220 minus your age, per Personal Settings. This value can be overwritten if you would like to input a different value.
2. **HR-resting:** iRPM+ inserts default resting heart rate. This value should be overwritten with your own personal resting heart rate data. For best results, resting heart rate should be taken within 2-5 minutes of waking while still in bed. The value should be taken in beats per minute (BPM).
3. **VO2-max:** VO₂ Max is an individual's maximum capacity to utilize oxygen during incremental exercise. iRPM+ configures a default VO₂ Max value based on your Personal Settings. This value can be overwritten if you would like to input a different value.
4. **BMR:** Basal Metabolic Rate is the minimum calorie requirement needed to sustain life over a 24-hour period. iRPM+ configures this value based on your Personal Settings. This value cannot be overwritten. It is included to provide a baseline for additional calorie burn calculations.
5. **HR Alarms:** iRPM+ offers fitness Zones to help you track specific HR levels and achieve and maintain desired levels to improve performance. Here you can set alarms that will sound audio and/or display visual alarms when programmed Zones are achieved. (See Figure 5)

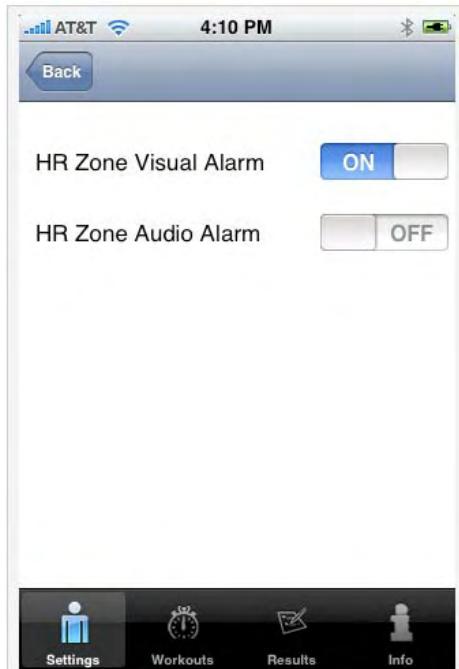


Figure 5



Figure 6

Customize Zones

By default, iRPM+ is programmed with two types of Zone definitions: Polar® and Spinning®. You are able to select the Zone set that you prefer. The option for New Leaf is blank until you download your personal metabolic profile from New Leaf Fitness (more information available in New Leaf section).

You can also customize additional new Zones from this screen:

1. Press the + sign at the top right of the **Choose a Zone** set screen. (See Figure 6)
2. Description: Enter the name of the new Zone.
3. Description in Dashboard: Enter an abbreviated Zone name to appear on your Workout dashboard. Recommend less than 8 characters.
4. Upper %: Enter upper limit of **HR-max** percentage.
5. Lower %: Enter lower limit of **HR-max** percentage.
6. Press Save.

The new Zone will now appear below the default Zones. You are now able to add this Zone to programmed Workouts.

Workouts

iRPM+ allows you to create an unlimited number of unique Workouts, with customized Zones to monitor and manage your achievement of interval training goals.

iRPM+ offers four default Zones: Manual, Short, Normal and Long. It is easy to define and set up Workouts for all of your different cardio exercises.

To create a new custom Workout:

1. Press the + sign at the top right of the **Programs** screen.
2. Description: Enter the name of the new Workout.
3. Difficulty Level: Select the level. Press Program.
4. Add Zones by pressing the green plus sign. The Zone selections are based on default Zone settings, or Zones that were selected in Settings.
5. Once Zones have been entered, press Save.

To edit existing Workouts

1. Press Edit at the top left of the **Programs** screen.
2. Select Workout to be edited by pressing the > sign at far right.
3. Make edits to Difficulty Level and Zones by touching the > sign at far right.
4. When finished, press Save.

Now you are ready to begin your Workout.

1. From the **Programs** screen, select your Workout. (See Figure 7)
2. At the top right of the **Program Info** screen, press Start.
3. Here you will be presented with tiles that represent data from the Workout. Press Start to begin the Workout.

4. By default, there are six screens that can be scrolled through to view your Workout data in real-time. Note: the default red tiles represent heart rate data, and the default yellow tiles represent cycling data. (See Figure 8)
5. Press Pause to suspend the Workout, and End to finish the Workout.
6. When the Workout is completed, by pressing End, you will be presented with a Workout Summary.
7. Once viewed, press Done and it will return you to the previous Workout should you want to resume. Otherwise, press the Home button to return to your Home screen.



Figure 7

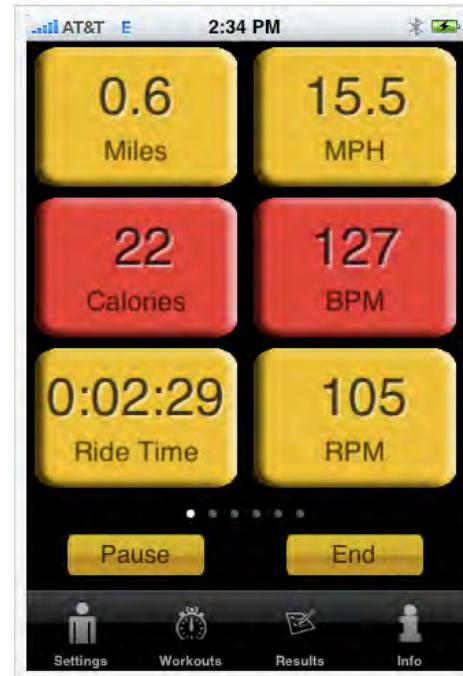


Figure 8

Results

Your Workout Summaries will be stored in Results so you can view each Workout in a diary format. (See Figure 9) Each Workout Summary presents the following information:

- Calories Burned
- Workout Time
- Average HR
- Maximum HR
- Time in Zone 1
- Time in Zone 2
- Time in Zone 3
- Total Miles
- Ride Time
- Average MPH
- Maximum MPH

- Average RPM
- Maximum RPM



Figure 9

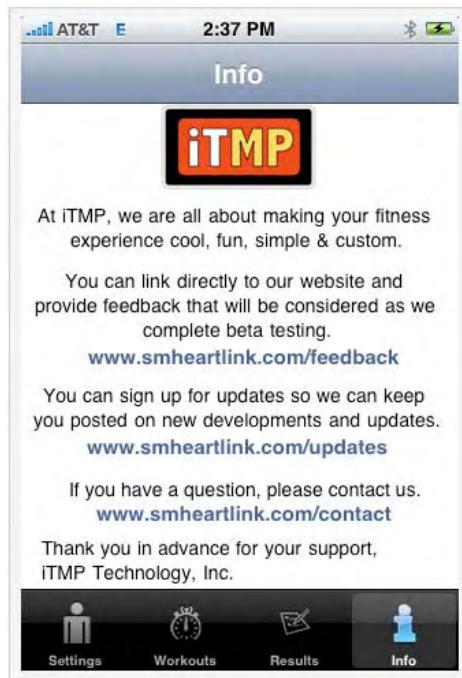


Figure 10

Info

In order to submit questions or gain technical assistance, please go to Info by touching the Info icon on the tab bar. There you can get updates, provide feedback and contact iTMP with any questions or comments. (See Figure 10)

A summary of these website resource pages are as follows:

Provide feedback

www.smheartlink.com/feedback

Sign up for updates to keep informed of new developments

www.smheartlink.com/updates

Questions, comments and assistance

www.smheartlink.com/contact

Federal Communications Commission Notice

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.**

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 this equipment does not cause harmful interference to radio or TV reception. This can be determined by turning the equipment on and off. 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 or television technician for help.**

NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USERS AUTHORITY TO OPERATE THE EQUIPMENT.

When used with an accessory that contains no metal and that positions the device a minimum of 20 cm from the body. Use of other accessories may not ensure compliance with FCC RF exposure guidelines.

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