

Fluid Connect – Brief User Guide for iOS

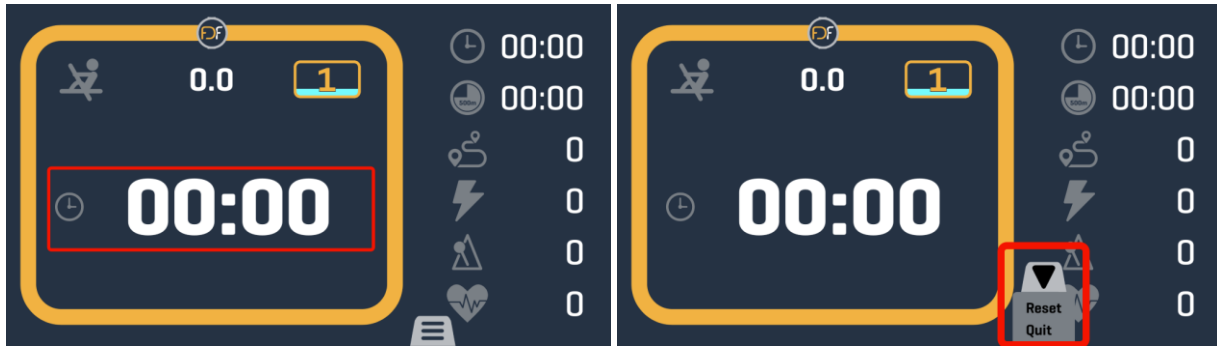
1. Download and install the Fluid Connect App from the Apple App Store
2. Enable Bluetooth on the console as per the accompanying User Guide
 - Note – following console firmware update this will not be required.
3. Start a workout (click Just Row) to begin connection to the console
4. This will bring up the available equipment list. Click the *connect* icon



5. The following screen will allow you to update the console's firmware. Click *Update* then *Done* when the update is complete.



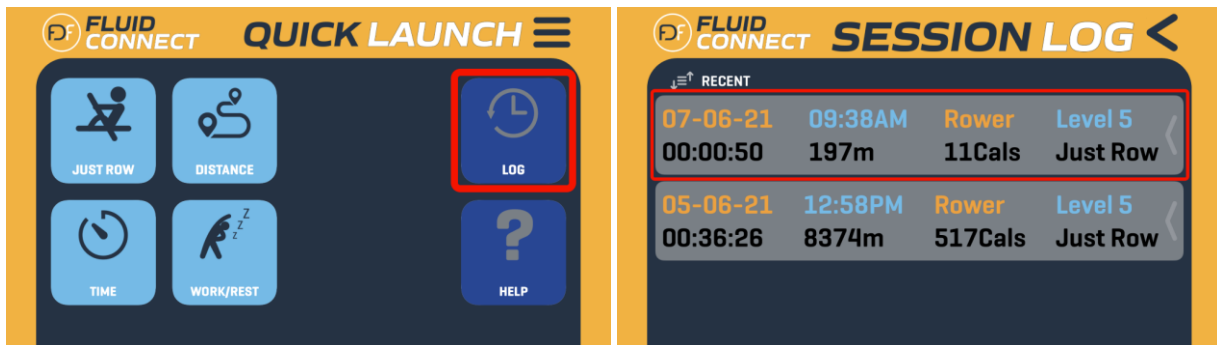
6. To begin testing select a workout
 - *Just Row* – no targets, just row and record
 - *Distance* – target workout distance, workout is complete when distance reaches 0
 - *Time* – target workout duration, workout is complete when time reaches 0
 - *Work/Rest* – simple interval based training, row while work interval is active then rest while rest interval is active
7. Select *Just Row* and connect to you console – see steps #4 to #6 above



8. All workouts use a track with progress indicator showing progress, a readout showing number of laps or % workout complete (for Time & Distance), along with current resistance level, and workout specific information. To the left is a simple console style read out of session and stroke metrics.
9. Tap the workout specific area (Just Row only) to change what is indicated (Time, Split Time, Distance, etc.)
10. Click the lower tab to bring up an options menu. You can modify the workout parameters when applicable, reset your workout, or quit the workout.
11. Begin rowing and you will see the track update to show your progress. For targeted workouts, one lap is equivalent to the target, for other workouts it is equivalent to 500m



12. To view workout history, select *Log* on the Quick Launch page which will bring up a list of previously *saved* workouts.



13. Click on a workout to bring up details, or swipe left to delete the workout
14. Swipe left or right to move between charts and details

FLUID CONNECT SESSION DETAIL <

07-06-21 09:38AM	Rower Level 5
Just Row Free Run	11 Cals Burned
00:50 Actual Duration	137 Actual Distances
161 Watts Average	161 Watts Maximum
02:09 500m Average	02:09 Fastest
22 SPM Average	22 SPM Fastest
0 BPM Average	0 BPM Maximum

FLUID CONNECT SESSION DETAIL <

05-06-21 12:58PM Rower Level 5
00:36:26 8374m 517.0Cals Just Row

