

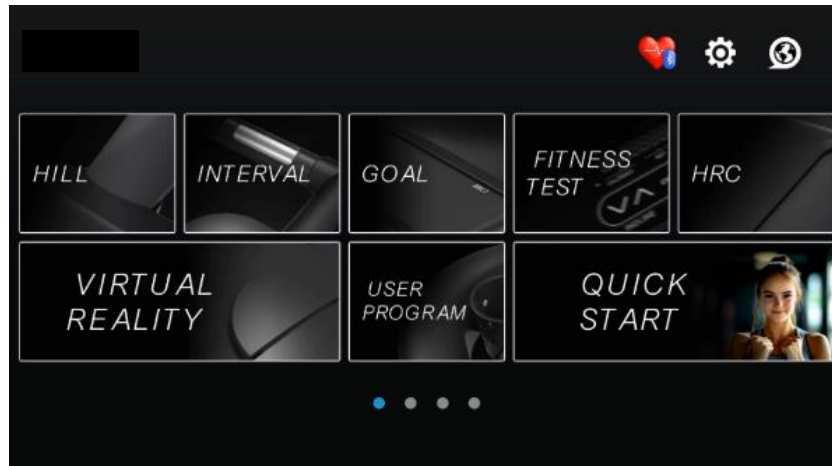
TA-790-T19 Console UI

Instruction of Console

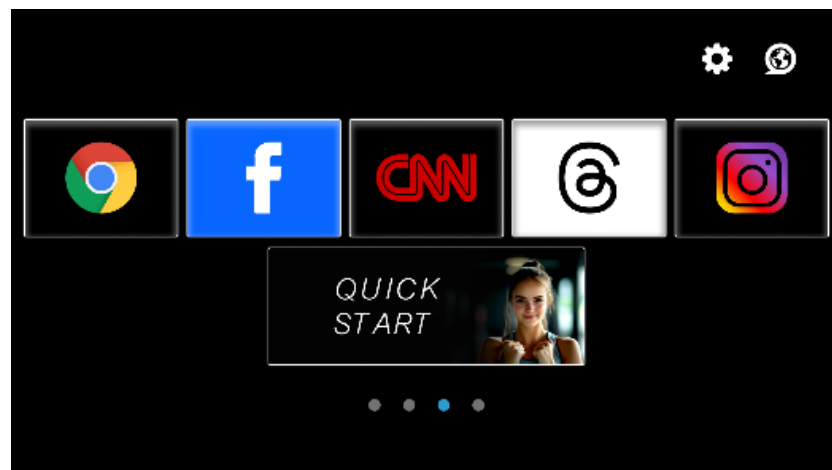
Get to know more of your Touch Screen Console:

There are three pages of the Touch Screen.

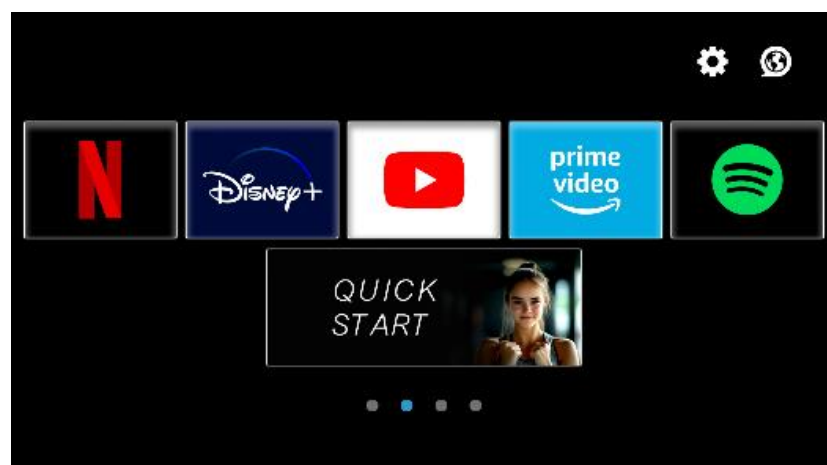
1. Main control page



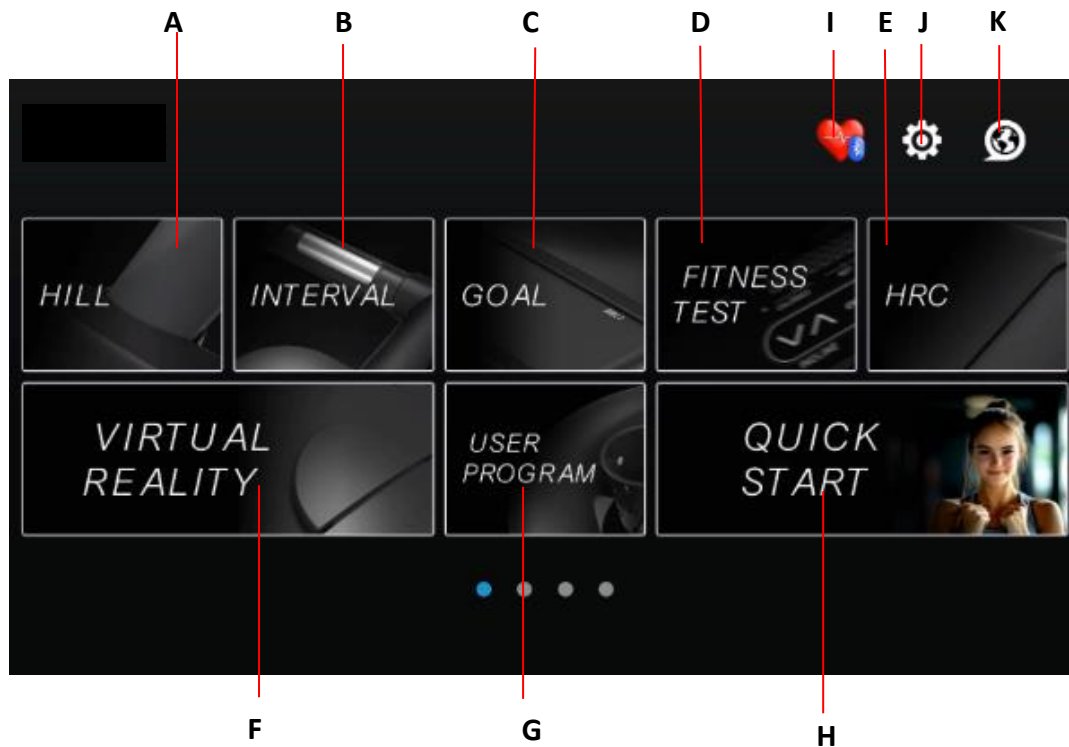
2. Social Media page



3. Multimedia page

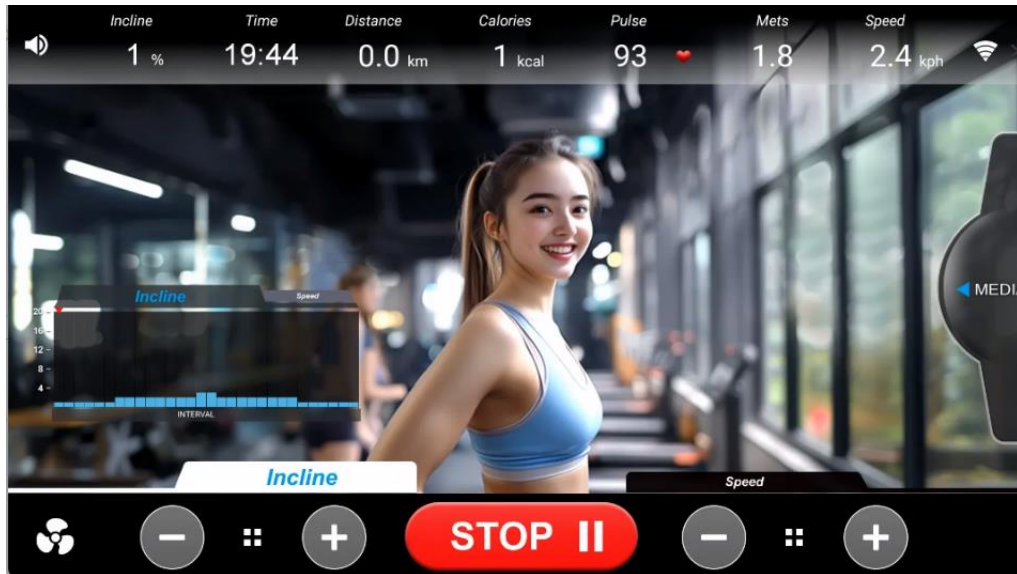


Introduction of Main Control

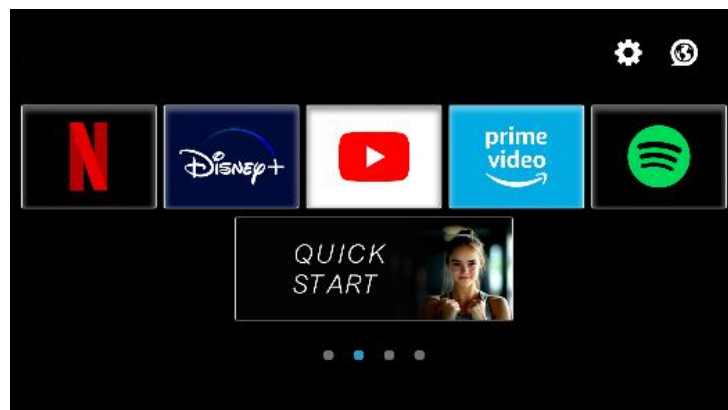


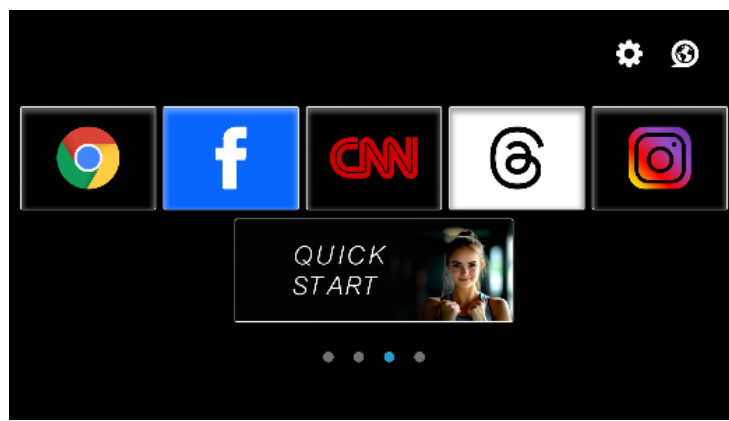
A	Hill mode	A grading training which imitates the uphill and downhill by automatically adjusting incline.
B	Interval mode	A grading training which adjusts the incline or speed automatically at regular intervals.
C	Goal mode	Time: This program allows you to select the training duration you want to accomplish. Distance: This program lets you choose the specific distance you want to accomplish. By increasing the distance target, the training program duration will be extended according to your speed. Calories: This program lets you choose the calories you want to consume. Raising the calorie target will extend the training program duration based on your speed
D	Fitness test mode	This program proceeds based on your heart rate.
E	Heart rate control mode	The program will adjust incline or speed automatically to maintain your target heart rate.
F	Virtual Reality mode	Use the real beautiful and famous landscapes around the world. Allows you to experience the most extreme fitness fun, breaking the limitations of routine training, to enjoy the vivid wonderful experience.
G	User program	This program allows you to set your own training program.
H	Quick start	Start your workout directly.
I	Sport mode	Connect to bluetooth heartbeat and display the name of the Bluetooth app connected to the mobile phone.
J	Setting	Set up the default value of "System" "Bluetooth" "Wireless" " Lock" , etc.
K	Language setting	The system supports multi-language.

Introduction of Quick Start Program



- Touch **+** **-** to increase or reduce speed or incline.
- Touch **⋮** to set up speed or incline.
- Touch **STOP ||** to pause the workout. Touch **▶** to continue the workout. Touch **◀** can quit the program.
- Touch **📶** to change the speed. 0, 1, 2, 3.
- Touch **◀** to open 10 different social media and multimedia which are
- **NETFLIX**、**Disney+**、**YouTube**、**Prime Video**、**Spotify**、**Chrome**、**Facebook**、**CNN**、**Threads**、**Instagram**、**ScreenMirroring**、**HDMI In**.





Introduction of Social Media & Multimedia

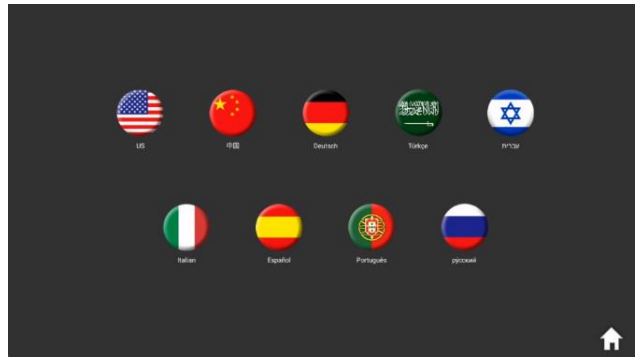
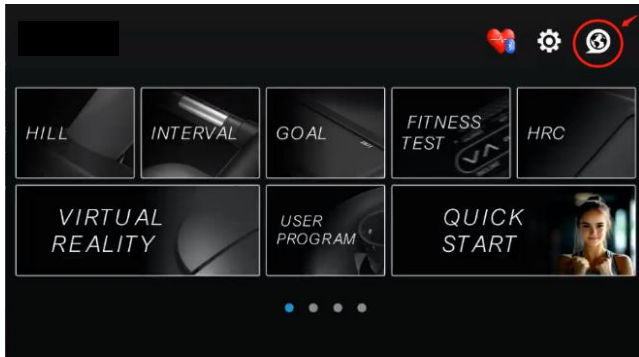


NETFLIX 、 Disney+ 、 YouTube 、 Prime Video 、 Spotify 、 Chrome 、 Facebook 、 CNN 、
Threads 、 Instagram 、 Screen Mirroring 、 HDMI In

(Account and password of APP are not provided; please apply for your own
account and password to enter the APP.

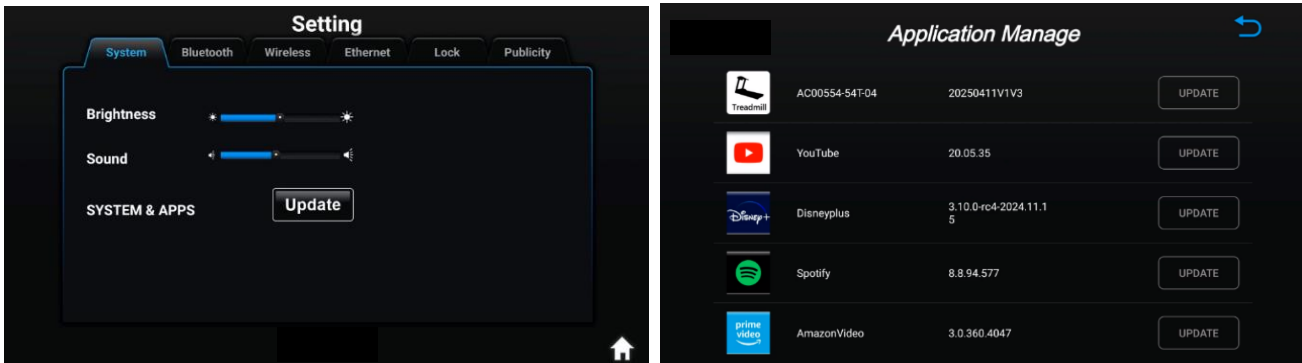
Language Selection page

This system supports multiple language switching. Click the flag icon in the upper right corner to enter the language setting page. Selecting a language will take effect immediately.



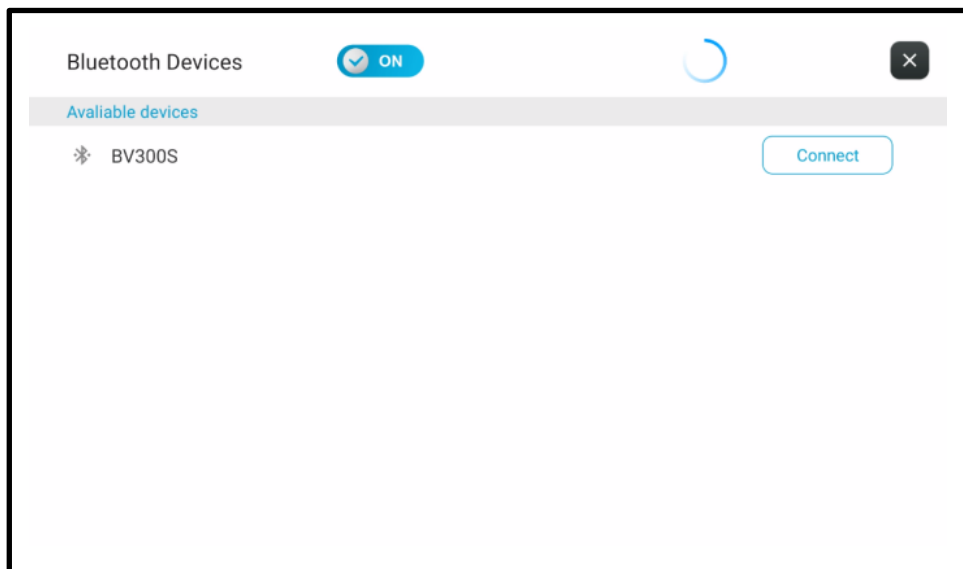
System Settings

This function page is divided into 6 sub-functions, namely System Settings, Bluetooth Settings, Wireless Network Settings, Ethernet Settings, Lock Setting, Publicity



Bluetooth Settings

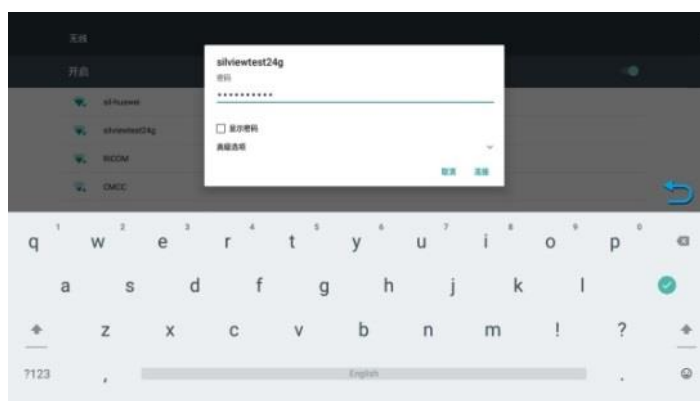
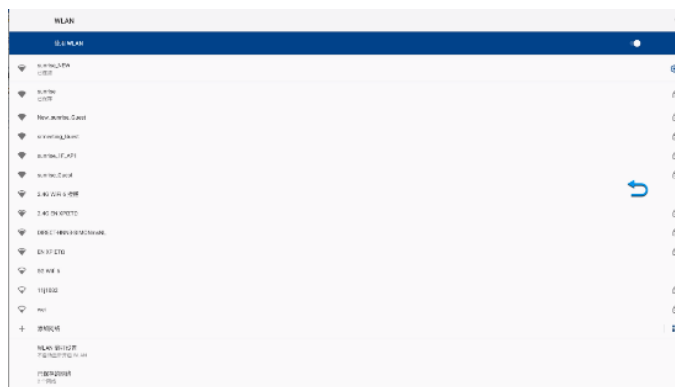
Turn on the Bluetooth connection, the system will automatically scan the surrounding Bluetooth. If the name of the Bluetooth device does not appear, you can click the circle to search again. Click the name of the Bluetooth to be connected, and pairing will be carried out. If the connection is successful, press the return button to return to the settings page and then press the Home button to return to the main screen. Otherwise, the connection will not be made.



Wireless network

Turn on the wifi connection, the system will automatically scan nearby wifi, click the wifi name to connect, enter the wifi password, the system will connect with the parameters entered by the user, if the connection is successful, press the return key to return to the settings page and then press the Home key to return to the main screen, otherwise it will only show that it has been saved and will not connect.

If Wifi and Bluetooth are turned on in the setting interface (indicating a connection), as long as you enter the sports screen, the Wifi and Bluetooth icons in the upper left corner will light up blue; if Wifi and Bluetooth are not turned on (not connected), as long as you enter the sports screen, the Wifi and Bluetooth icons in the upper left corner will light up blue.



Ethernet Settings

Turn on the Ethernet, there are two settings: DHCP mode and static IP mode. You can choose one of them to set the IP. After the setting is completed, enter the sports screen and you will see that the WIFI icon in the upper right corner will be constantly lit.

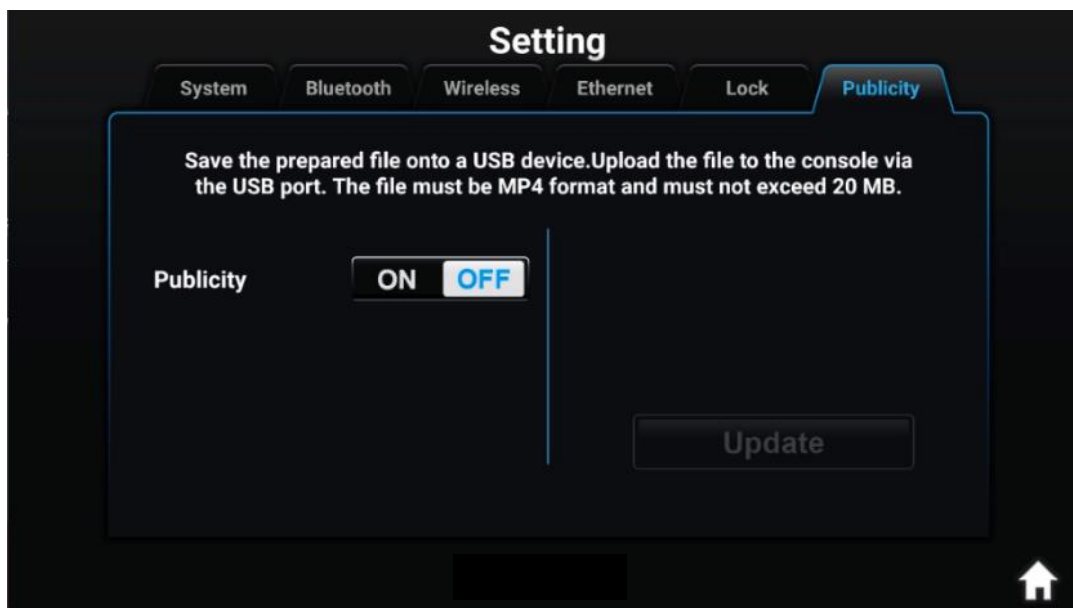


▲If Publicity is ON and the electronic watch is left idle for five minutes, it will enter the screen advertising program.

At this time, press any key or the screen to return to IDLE MODE; when set to OFF, the electronic watch will not enter the advertising function if there is no operation on the screen in IDLE MODE for five minutes.

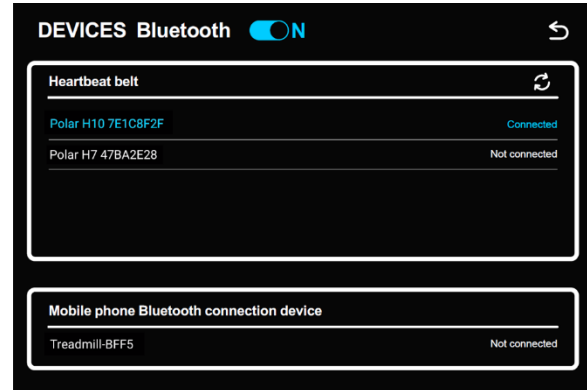
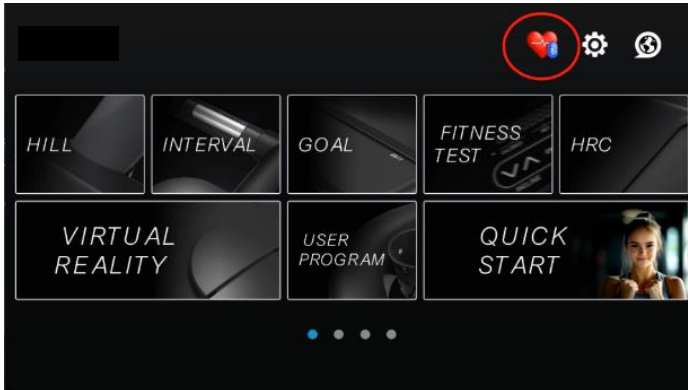
▲If the noise transmission mode is ON and Sleep mode is also ON, the noise transmission mode is ON as the main setting! ! !

△ If the noise mode is Off and the Sleep mode is OFF, no action will be taken.



Bluetooth Heartbeat & Bluetooth App Name

Press to  enter the bluetooth heartbeat connection and display the name of the connected mobile phone Bluetooth app.



◆ Bluetooth Heartbeat

The name of the bluetooth heartbeat device to be paired will appear. After selecting the name to pair, it will turn blue and display Connected. If it is not paired or not connected, it will display Not connected.

◆ Mobile Bluetooth app name (mobile Bluetooth connection device)

The Bluetooth name will be displayed below: Treadmill-XXXX (XXXX is the last four digits of the Bluetooth MAC address)

Can be connected to mobile phone apps, such as Kinomap and Zwift. After the mobile phone Bluetooth function is turned on, open the app you want to run (such as Kinomap and Zwift), and you can search for the name of the electronic watch Bluetooth in the app. After pairing, it will turn blue and display Connected.

If not paired, it will show "Not connected"

When the circle turns blue, the search is in progress. When the circle turns white, the search is over. To search again, click the circle again.

◆ OTA Update

The system main APK can also be updated through the cloud. If there is a new program, it will be placed in the cloud. The electronic watch will receive a notification in about 5 minutes after restarting and powering on. Click yes to update. Do not turn off the power during the update process to facilitate successful download and update!