Simon Family JCC

Fitness. Family. Fun. FOR EVERYONE!

FREEMOTION Powered By iFIT

MEMBER QUICK START GUIDE

Welcome to your new fitness experience!
Follow these simple steps to power up, connect entertainment, and get the most out of your workout using our state-of-the-art Freemotion consoles.

GETTING STARTED & CHARGING

- **Quick Start:** Simply step onto the machine and press the green Start button to immediately begin your workout in manual mode.
- **Cell Power & Charging:** Plug your smartphone or tablet device directly into the USB port located on the front of the console to keep your battery charged while you exercise + PLUS wireless charging pad.

HOW TO USE IFIT (INTERACTIVE WORKOUTS)

- **Browse Workouts:** Tap Browse on the vibrant touchscreen display to explore thousands of trainer-led global workouts, scenic trail runs, and high-energy studio classes.
- **Automatic Adjustments:** Once a workout begins, the machine will automatically adjust your speed, incline, or decline to match the actual terrain on the screen or the trainer's instructions.
- **Manual Override:** You can change your speed or incline at any time using the quick-access buttons on the console frame; doing so will temporarily override the automated adjustments.

If you need any assistance, please reach out to our staff. We are here to help!

TV & STREAMING APPS

- **Watch Cable TV:** Tap the TV icon or the Live TV button on the home screen (Coming soon). Use the on-screen channel guides or navigation arrows to browse available networks including sports, news, and local channels.
- **Streaming Apps:** Tap the Apps icon on the console screen to access built-in entertainment platforms and log into your personal streaming subscriptions during your session. Pluto TV is FREE (Click NOT NOW) you don't need to sign up.
- **To make Screen Larger**, click on the small box on the upper right side of screen. TV channels and categories are on left side of screen.

AUDIO & HEADPHONE CONNECTIONS

- **Bottom right screen:** Tap Workout settings, then tap Devices and connect to your Bluetooth headphones (Connection may take 30 seconds to 1 minute).
- **Bluetooth Headphones:** Tap the Bluetooth icon on the touchscreen, turn on your wireless headphones' pairing mode, and select your device from the discovered list to pair seamlessly.
- **Plug-In Headphones:** Plug your traditional wired headphone cord directly into the standard 3.5mm audio jack located on the front panel of the console frame.
- **Volume Control:** Adjust your audio volume at any time using the physical plus/minus buttons on the console or the convenient volume sliders on the touchscreen screen.

SMART WATCH & HEART RATE MONITORS

- **Apple Watch® Integration:** Look for the 'Connect to Apple Watch' graphic on the console. Tap your Apple Watch near the NFC reader icon on the console to sync your workout telemetry in real-time.
- **ANT+ & Bluetooth Monitors:** Put your compatible heart rate chest strap or armband monitor into pairing mode. Tap the Heart Rate / Bluetooth pairing option on the touchscreen to link your live stats.
- **Grip Sensors:** Alternatively, firmly hold the built-in metal pulse grips on the handlebars for quick, on-demand heart rate reading during manual mode exercises.