

CHAPTER 2: PRODUCT OVERVIEW

ENVISION WITH COMPASS 16" OVERVIEW:

Touch Screen Display

Cooling Fan



USB Jack

Headphone Jack

Warning Decal

Reading Rack

CHAPTER 2: PRODUCT OVERVIEW

ENVISION WITH COMPASS 16" OVERVIEW:

Touchscreen Display:

A capacitive touch screen used for workout control and feature navigation.

Headphone Jack:

Standard 3.5mm audio jack used to connect headphones to the console during media playback.

Reading Rack:

This ledge on the console can be used to hold a book, magazine, e-reader, or tablet computer during a workout.

Cooling Fan:

Integrated fan that delivers a cool flow of air during a workout.

Warning Decal:

Important safety information for users to review prior to using the equipment.

TOUCH SCREEN INTRODUCTION:

The Envision¹⁶ with Compass touchscreen console utilizes a fully-integrated capacitive touch screen display and a multi-screen interface to provide a state-of-the-art and user-friendly workout.






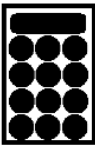


Capacitive touch screen technology relies on the conductive properties of the human body to detect when and where on the display the user is touching. Due to this, capacitive touch screens are highly responsive and do not require pressure to register a touch.

TOUCH SCREEN NAVIGATION:

TRUE recommends that users familiarize themselves with the different screens to ensure they are safely taking advantage of all of the features this equipment has to offer.

Icon Character Map:

This console uses several icons to provide users with a simplified and visually appealing workout experience. The character map below is a quick reference of commonly used icons:

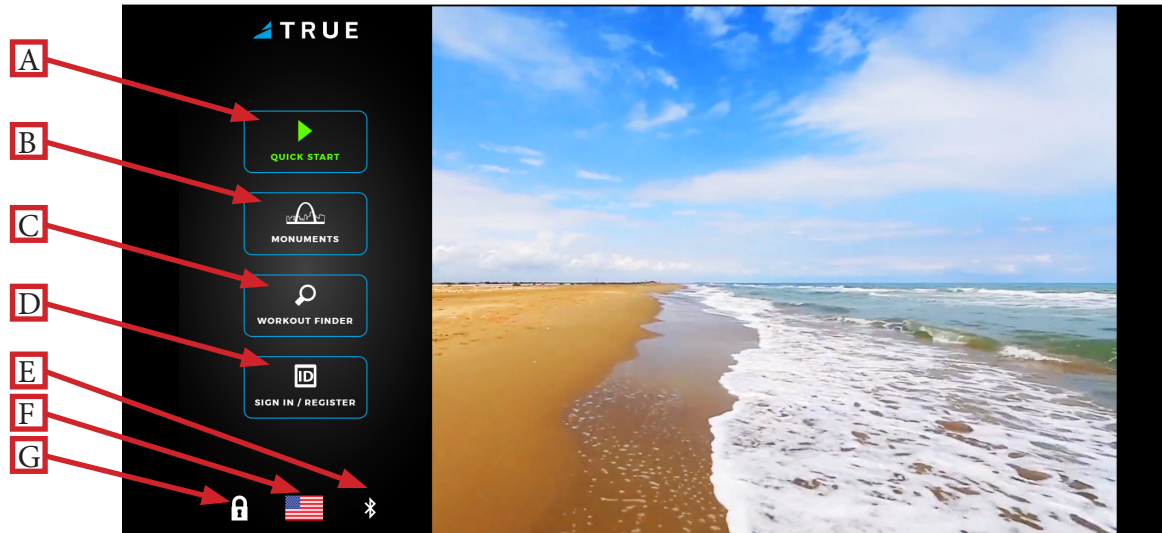
 Fan Icon	 Speed
 Screen Toggle	 Options
 Bluetooth Connection	 Keypad
 TV	 Home

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TOUCH SCREEN NAVIGATION:

Home Screen:

The Home Screen is displayed on the console when there is no workout in progress. From this screen, the user is able to select from various options to begin a workout.



A) Quick Start

Starts a workout in which the user controls all settings. The workout continues until it is ended by the user.

B) Monuments (Only available on the Alpine Runner [TI1000])

Displays a list of five preset workouts based on international monuments. Monument workouts are only available on the Alpine Runner (TI1000). Note: for Cardio360 products, this button will display the Cardio360 workout icon.

C) Workout Finder

Displays a list of preset workouts.

D) User Profile Login

Enables the user to create a new user profile or access an existing user profile. The user profile displays the user's first and last name, birthday, gender, height, email address, and unique password.

E) Bluetooth Connectivity

Displays the Bluetooth connectivity interface before starting a workout to pair Bluetooth wireless technology enabled devices with the Envision¹⁶ with Compass touchscreen console. Note: The pairing process between the Envision¹⁶ with Compass touchscreen console and a third party app on a Bluetooth wireless technology enabled device must be completed before a workout begins.

F) Language Options

Enables users to choose between 12 language options.

G) Screen Lock

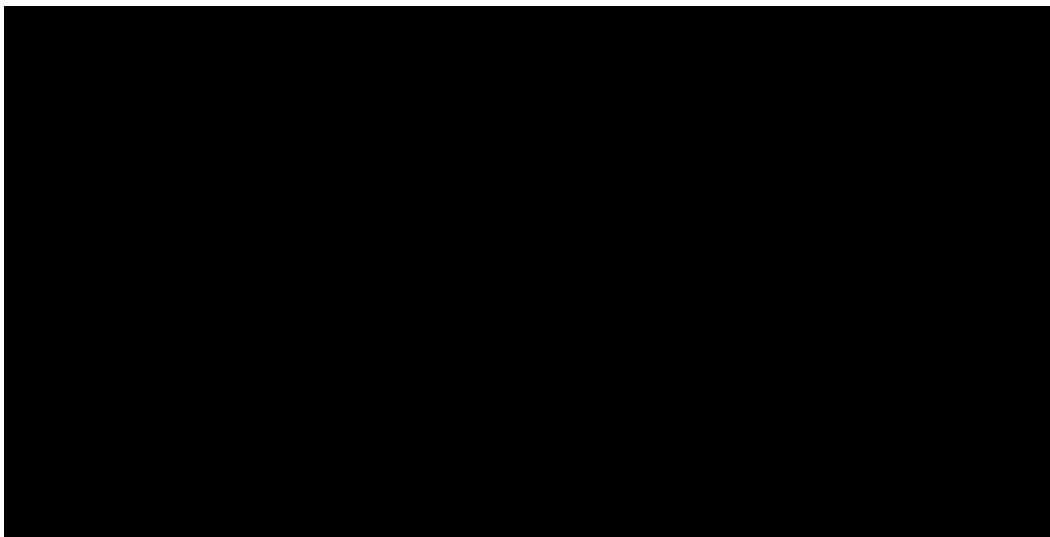
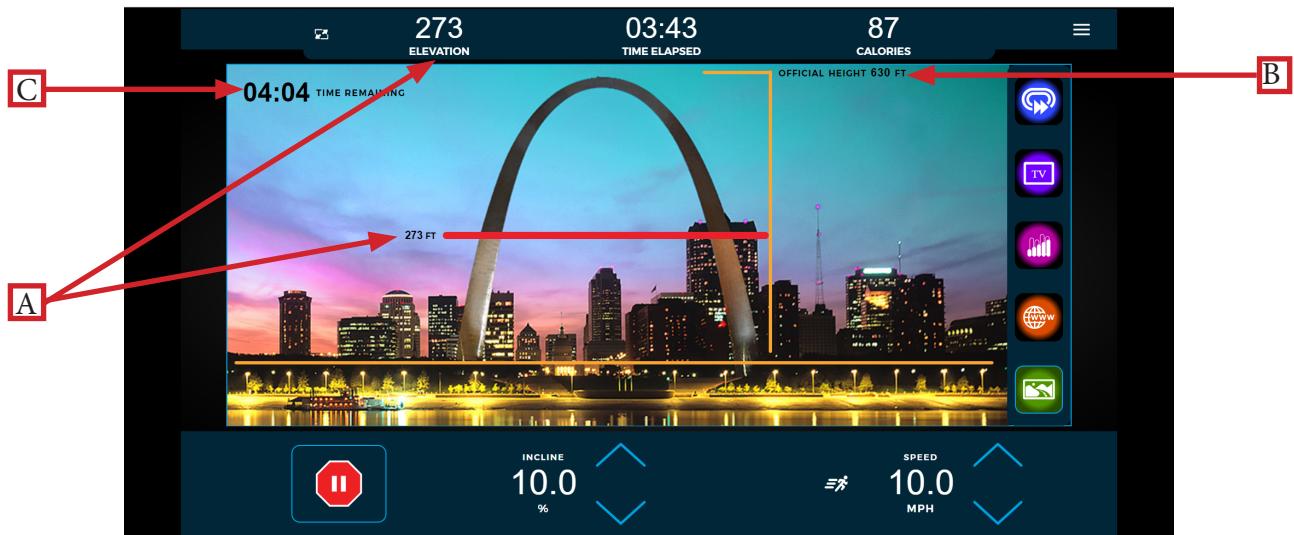
When the screen lock is held for three seconds, the touch screen display will lock for 20 seconds to enable cleaning.

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TOUCH SCREEN NAVIGATION:

Monuments (Only available on the TI1000):

For the Alpine Runner only, the user can select from custom workouts based on international monuments such as the Gateway Arch, Eiffel Tower, and Mount Everest. These custom workouts are based on the height of each monument displaying the current height traveled in real time (A) and total height (B) with the workout automatically ending once the user has reached the top of the monument. The user determines their individual climbing pace by manually entering the INCLINE and SPEED levels, which determines their projected finish time (C).



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TOUCH SCREEN NAVIGATION:

Selecting a Preset Workout:

Preset workouts are accessed by selecting the Workout Finder button on the home screen. All available workouts are listed as a default on the right side of the screen, but the user may select from specific workout categories listed on the left side of the screen to view a subset of all available workouts such as HRC workouts. To begin a workout, swipe through the workout list (A) and press anywhere within the blue workout bounding box to proceed except the gray arrow that displays a description of the workout.

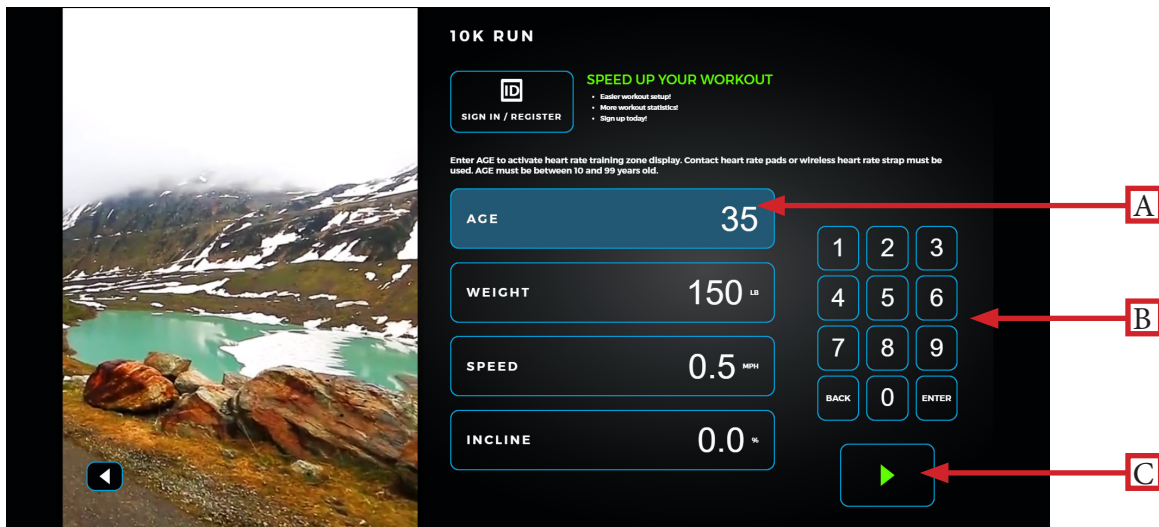
Note: The image below may differ slightly based on the base unit used.



Workout Data Entry Screen:

The Workout Data Entry screen enables the user to input workout parameters specific to the selected workout and the user prior to beginning the workout. To set a value, select the heading (A) of the value and manually enter a value using the keypad (B). Note: Selecting enter on the keypad after entering a value will save the value in that item and then automatically select the next item in the list. Select the green arrow (C) to begin the workout.

Note: The Workout Data Entry screen will vary based on the workout selection. If the user entered their User Profile login credentials via the User Profile Login screen, then the selected workout parameters will be saved.



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TOUCH SCREEN NAVIGATION:

User Profile:

The user may elect to create a profile for setting user preferences such as speed and incline presets in addition to tracking workout data. For returning users, select the Sign In tab (A) and enter your login credentials. For new users, select the Register tab (B) to create a new account. Note: The user can also create a User Profile via the Compass portal.

A

WELCOME BACK

SIGN IN

REGISTER

RETURNING USER

CELL PHONE NUMBER

PASSWORD

SIGN IN

FORGOT PASSWORD

B

CREATE ACCOUNT

SIGN IN

REGISTER

REGISTER CELL PHONE NUMBER

Phone numbers are used to track your user profile as well as your workouts. Enter your cell phone number below and a verification code will be sent to your phone.

CELL PHONE NUMBER

NEXT

FORGOT PASSWORD

User Profile:

For new users creating a new profile, a verification code will be sent to their mobile device confirming their login credentials. Next, the user will enter their profile information via the Create Profile screen and select the Create button when finished entering profile data.

ENTER CODE

CODE

NEXT

RESEND CODE

CREATE PROFILE

Next we set up your profile information that doesn't change - It's important with your profile to enter all the biometric information as accurately as possible. We use information like your age and gender to help determine your estimated max heart rate, projected walk and run speeds, etc. This in turn helps to ensure you get the maximum results from your workout.

FIRST NAME*

LAST NAME*

MM* / DD* / YYYY*

FEMALE MALE

HEIGHT* Feet Inches

PASSWORD*

WEIGHT* WEIGHT*

EMAIL

BACK

CREATE

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TOUCH SCREEN NAVIGATION:

Workout View Screens:

During any workout a Workout View Screen will be displayed to give the user a comprehensive visual overview of their current workout data.



A) Workout Data Menu:

This menu will toggle between data points (six total or none displayed at a time) available during a workout. To select which data points are displayed, press the icon identified to open the pop-out window and make the desired selections. Touch anywhere within the pop-out window to minimize it. Note: The above image displays a sampling of available data points.

B) Distance:

Displays the current distance traveled.

C) Average Incline:

Displays the average incline level.

D) Average Speed:

Displays the average speed since the start of the workout.

E) Time Elapsed:

Displays the time elapsed since the start of the workout.

F) Calories:

Displays the estimated total amount of calories burned since the start of the workout.

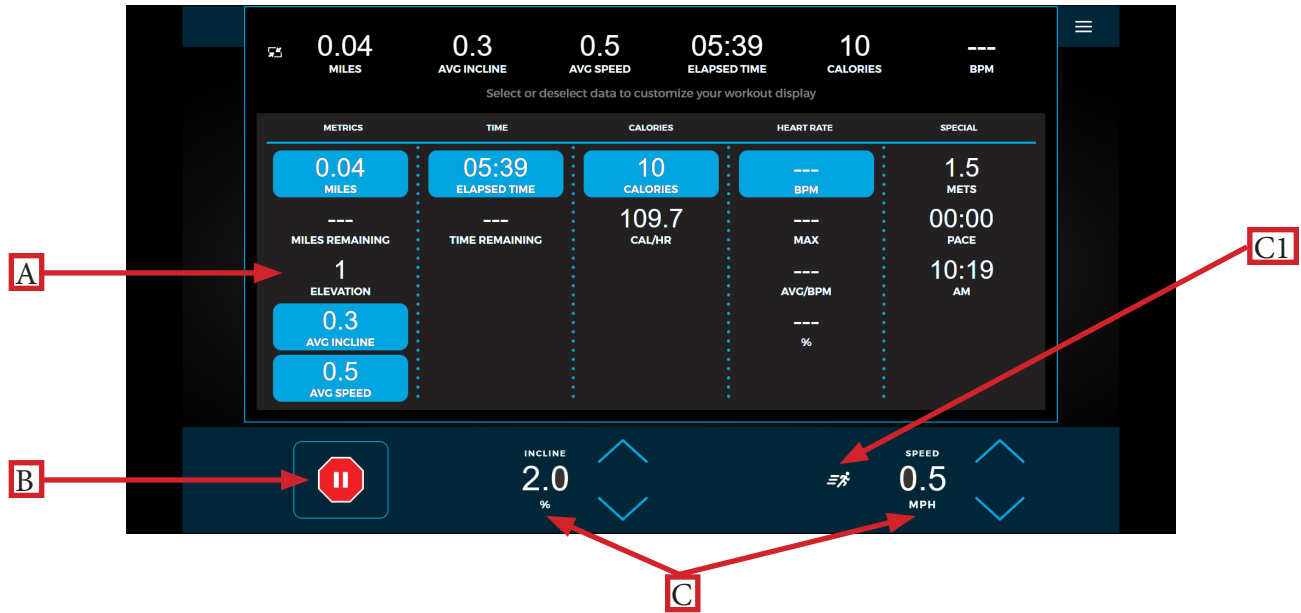
G) Heart Rate Information:

When the user is wearing a heart rate chest strap or utilizing the Contact Heart Rate system, their heart rate will be displayed in bpm (beats per minute). Note: If heart rate is not selected to display in the Workout Data menu, it will automatically display while heart rate data is available in addition to deselecting the last non-heart rate data value to display heart rate if six data values have already been selected. If heart rate is selected to display in the Workout Data menu, it will continuously display the selected heart rate data value.

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Workout Data Menu:

The Workout Data menu displays selectable workout data metrics during a workout.



A) Workout Data Menu:

The Workout Data menu enables the user to make selections on what workout data appears in the main workout screen. To select which data points are displayed, press the selection to highlight it in blue and enable it to appear on the top toolbar. The default data points displayed are distance, time, and calories, with a minimum display requirement of zero data points and maximum display number of six data points. Note: Available workout data fields will vary based on the base unit attached and the workout selected.

B) Stop:

Stops or pauses the current workout.

C) Quick Touch Incline/Speed Keys:

These keys allow the user to quickly adjust the INCLINE levels in increments of 0.5% and SPEED in increments of 0.5 mph. To manually enter a speed or incline increment, press the corresponding numerical readout and a numerical pad will appear to enter your selection.

Note: To select between preset speed increments, press the runner icon (C1). This icon may vary in appearance and functionality across products. Speed presets are 3, 5, and 7 mph respectively. With a User Profile created on the Envision¹⁶ with Compass touchscreen console, the user can customize the standard 3, 5, and 7 mph speed presets and leverage those in a workout provided they are logged into their User Profile.

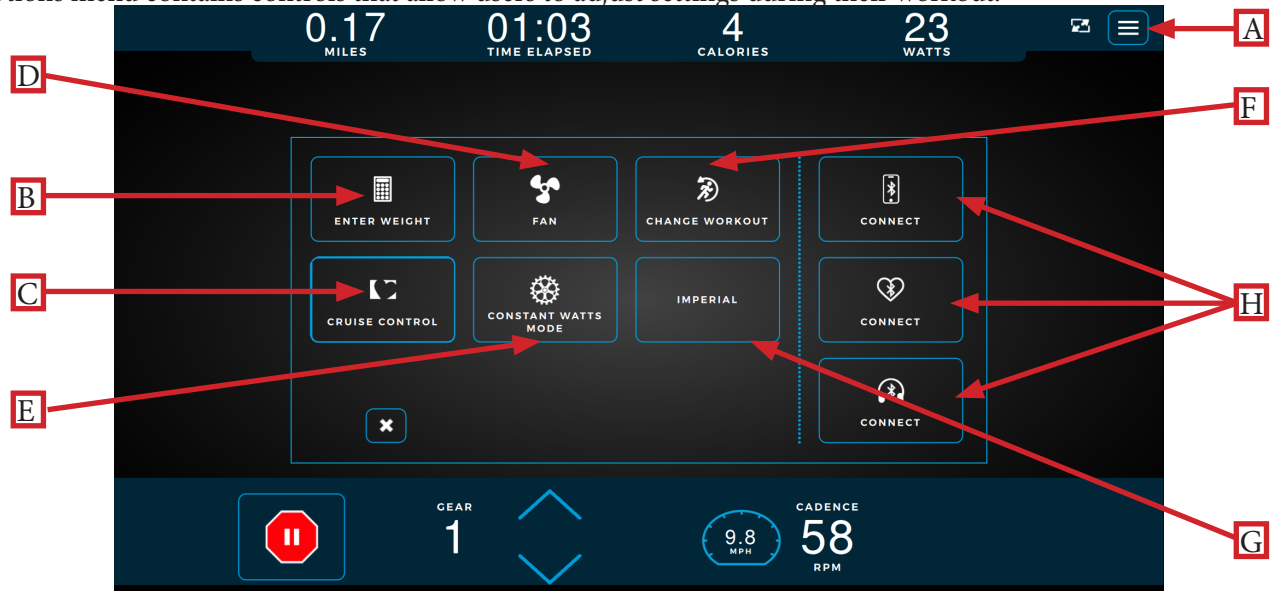
Note: For non-treadmill base units, the INCLINE data field will display WORKLOAD measured in levels of resistance from 1-30 and the SPEED data field will display PACE measured in revolutions-per-minute (rpm). For the UC400, UC900, RC400, and RC900 models engaged in a Pace workout, the Pacesetter option will display next to the PACE data field providing a target pace for the user based on the type of Pace workout selected.

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TOUCH SCREEN NAVIGATION:

Options Menu:

The Options menu contains controls that allow users to adjust settings during their workout.



A) Options Menu:

The Options menu enables users to customize their workout experience such as entering their weight for more accurate caloric calculation and display during a workout, adjusting the on/off functionality for the console fan, and pairing Bluetooth wireless technology enabled devices with the console.

B) Enter Weight:

Enables the user to update their weight. Note: If the user is logged into their User Profile on an Envision¹⁶ with Compass touchscreen console, then the user weight autofills based on the weight data entered by the user in their User Profile.

C) Heart Rate Cruise Control:

Sets the current heart rate as the target heart rate with the machine adjusting incline/workload and speed to maintain that target.

D) Fan:

Enables the user to turn the console fan on or off with it automatically defaulting to off after completing the workout.

E) Constant Watts Mode/Autostride:

Constant Watts mode enables the user to switch the resistance to constant torque. Workouts that control watts will always stay in Constant Watts mode. All other workouts will start out in Constant Torque mode with the ability to switch in and out of Constant Watts mode. Note: Constant Watts mode is only available on the RC400, RC900, UC400, and UC900. Autostride automatically adjusts the stride length based on the user's speed during the workout. Note: Autostride is only available on the XS1000.

F) Change Workout:

Enables the user to change their current workout parameters such as time, intensity, and level of the workout.

G) Unit of Measurement:

Enables the user to switch between metric and imperial (US) unit of measurements displayed on the screen.

H) Bluetooth Connectivity:

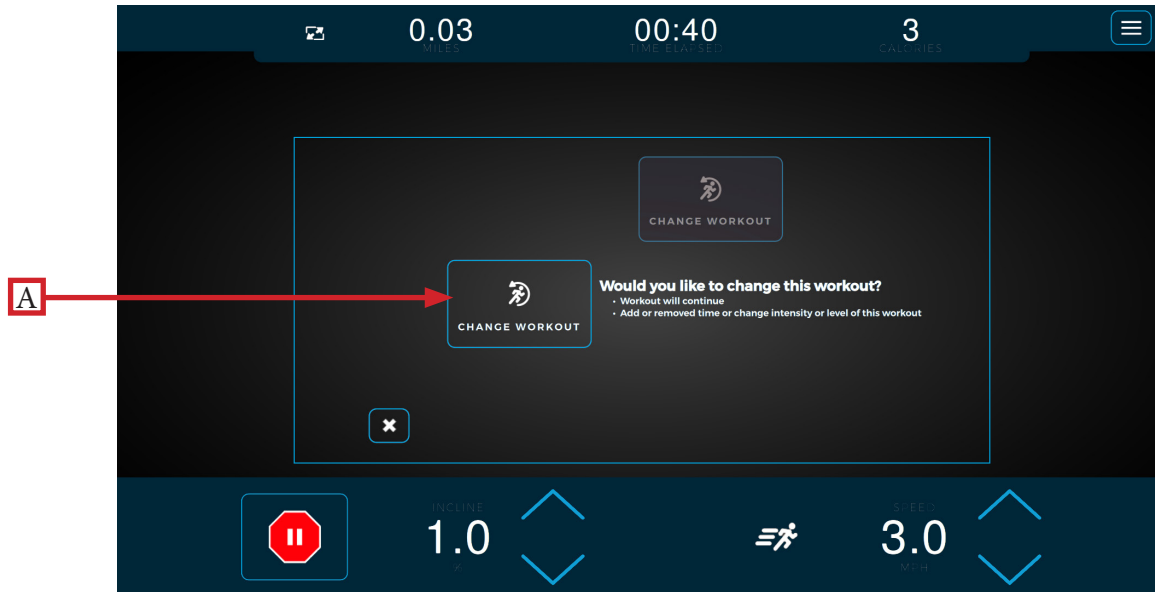
Allows the user to pair Bluetooth wireless technology enabled devices with the Envision¹⁶ with Compass touchscreen console such as audio devices, heart rate monitors, and headphone devices.

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TOUCH SCREEN NAVIGATION:

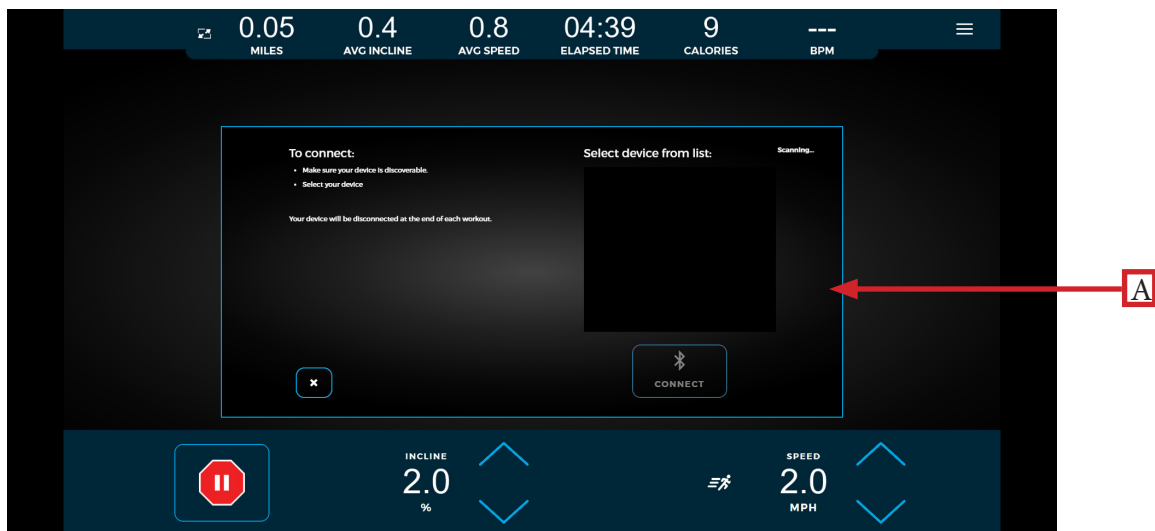
Change Workout:

The Change Workout screen (A) enables the user to update their workout parameters such as time, intensity, and level of workout and then return to the main screen of the current workout with all previous workout data intact. Note: The workout parameters for certain preset workouts such as Quick Start and Fitness Tests are unable to be updated once the workout has begun.



Bluetooth Connectivity:

The Bluetooth connectivity screen (A) displays the Bluetooth wireless technology enabled devices available for pairing with the Envision¹⁶ with Compass touchscreen console. Follow the on-screen prompts on the Envision¹⁶ with Compass touchscreen console and the Bluetooth device to complete the pairing process. Once the pairing process is complete, the audio screen will appear where the user can navigate playable audio menus, mute and adjust volume, pause, advance, or replay tracks, and unpair the Envision¹⁶ with Compass touchscreen console and Bluetooth device. Note: The Bluetooth connectivity screen can also be accessed from the console home screen to pair your Bluetooth wireless technology enabled devices with the console before starting a workout.



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WALK/RUN TRACK:

The Walk/Run Track screen displays a virtual track with a progress dot representing the user walking and/or running around the track.



A) Lap Count:

Displays a counter for the number of laps the user has completed around the virtual track.

INCLINE/SPEED GRAPH:

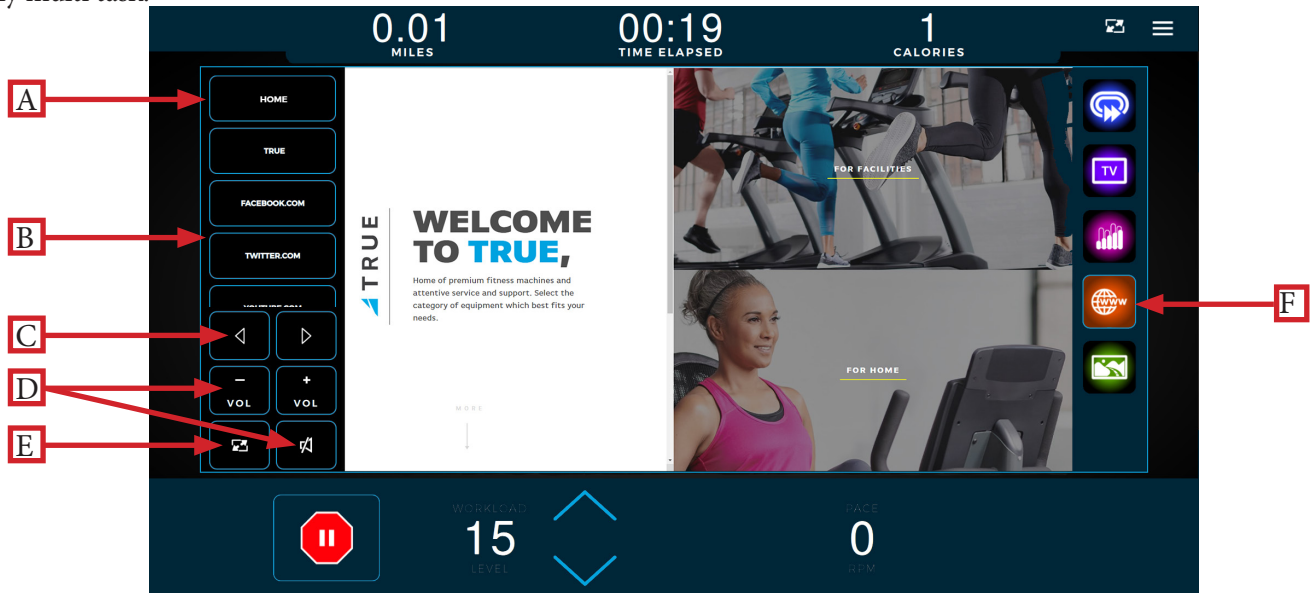
The Incline/Speed screen (A) provides a real-time graphical display of the user's current workout incline or speed data based on the type of workout selected. A horizontal progress bar driven by preset time increments tracks the progress through the current graph bar. Select the Bar Graph icon (B) to navigate to the screen shown below.

Note: Incline and Speed will both be displayed for certain workouts such as Custom Ultra. Incline and Speed will be replaced with Workload and Pace for non-treadmill base units.



CHAPTER 4: ENVISION¹⁶ WITH COMPASS OPERATION WEB BROWSER:

When enabled, the integrated web browser allows users to catch up on breaking news, watch sports highlights, check email, and connect with their friends on social media. Having this feature built into a Workout Data Screen allows users to easily multi task.



A) Home:

Displays the web browser's home page.

*See the Advanced Console Options section for instructions on setting the default homepage.

B) Website Links List:

Scroll through the list of popular websites with easy navigation during the workout. Note: The Envision¹⁶ with Compass touchscreen console enables the user to edit the links available .

C) Navigation Buttons:

Move forward or backward to the previously displayed page.

D) Volume:

Enables the user to adjust the volume of audio generated from the console.

E) Screen Toggle:

Allows the user to switch back and forth between full screen and regular mode.

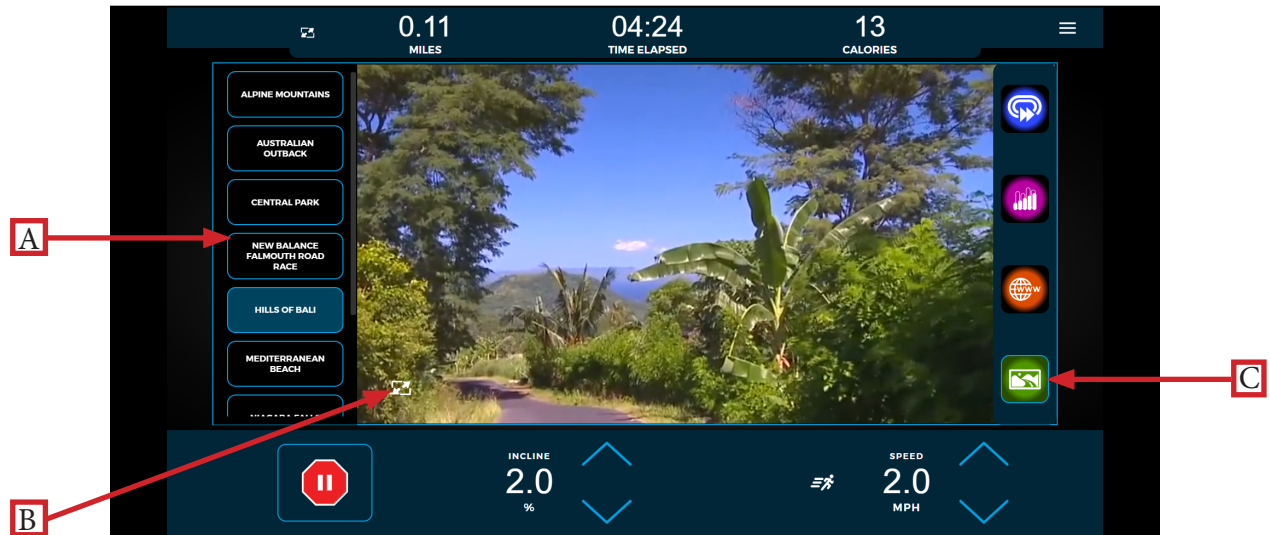
F) Web Browser Icon:

Select this icon to navigate to the web browser page.

CHAPTER 4: ENVISION¹⁶ WITH COMPASS OPERATION OUTSIDE INTERACTIVE VIDEOS:

Outside Interactive[®] provides users with a scenic, first-person video to enhance their workout. Scroll through the list of available videos (A) to make your selection. To display the video in full screen mode, select the Screen Toggle button (B); current incline and speed workout selections will appear in full screen mode. Select the Videos icon (C) to navigate to the video screen.

*Content is provided by Outside Interactive[®] and is subject to change without notice.



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IDLE SCREEN:

During a workout when the user becomes idle or presses the Stop button on the bottom toolbar, the Idle screen shown below will appear, prompting the user to resume their workout (A), start a five minute, low intensity cooldown (B) with the workout ending after that time, reset the Idle Screen Timer (C) to 60 seconds while the user makes their selection, or end the current workout (D) and proceed to the Workout Summary screen.

Note: During the cooldown sequence, the unit is in manual mode where the user directly controls all settings such as SPEED and INCLINE.

Note: The Idle Screen will disable the Resume Workout, Cool Down, and Reset Pause buttons until the belt and incline motors cease movement.



WORKOUT SUMMARY:

At the end of a workout the Workout Summary screen will display an overview of the workout data. If the user requires more time to view the workout summary, they can press the Reset Timer button (A) to reset the timer back to one minute. Press the Home button (B) to return to the home screen before the reset timer reaches zero seconds. Note: For fitness test workouts, the Workout Summary screen will display additional data such as a fitness test score. Workout data is viewable in the Compass portal if the user logged into their User Profile before starting the workout. If the user synced their User Profile with the designated third-party apps on the Sync to App (User View) menu via the Compass portal, the current workout data will automatically upload to the designated third-party apps.

