

SCREENSAVER INSTRUCTION

If you do not have access to the advertising banner server, we invite you to register via this email:

info@evolve-fitness.eu

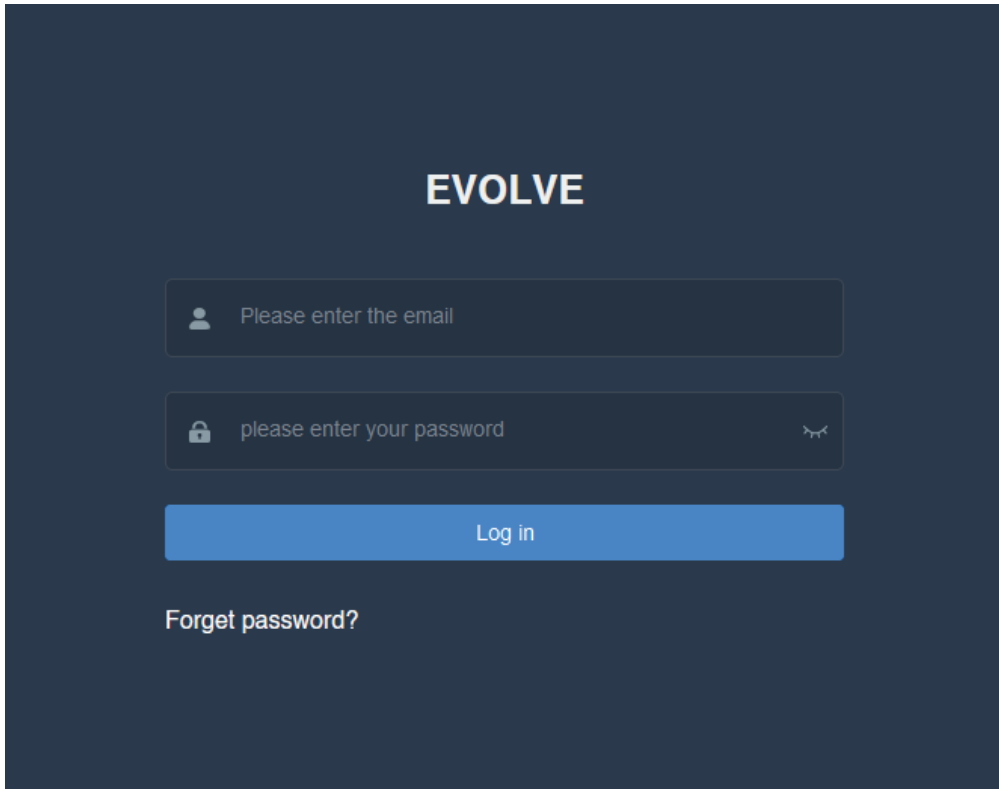
In your email, please provide the following information:

- 1.First name
- 2.Last name
- 3.Phone number
- 4.Email address
- 5.Company name
- 6.Gym name
- 7.Country
- 8.City

Later, we will send you the link where you will be able to manage your ads.

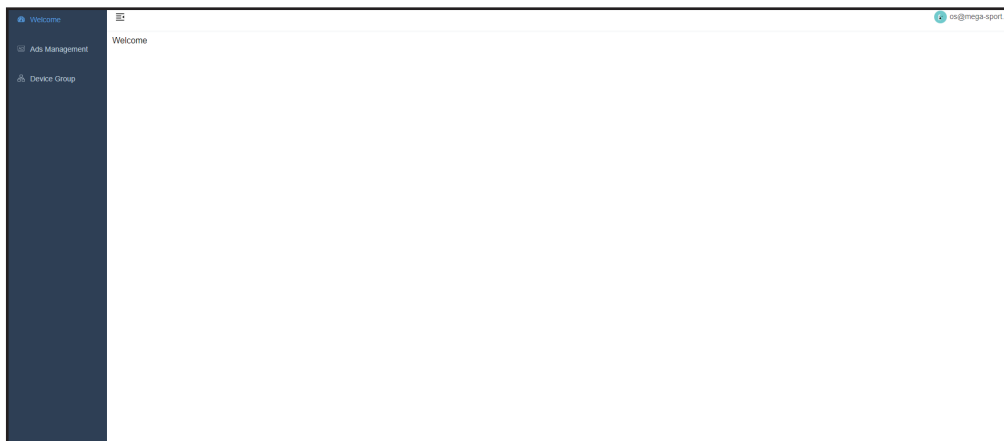
■ Screensaver Instruction

Login with your email and password



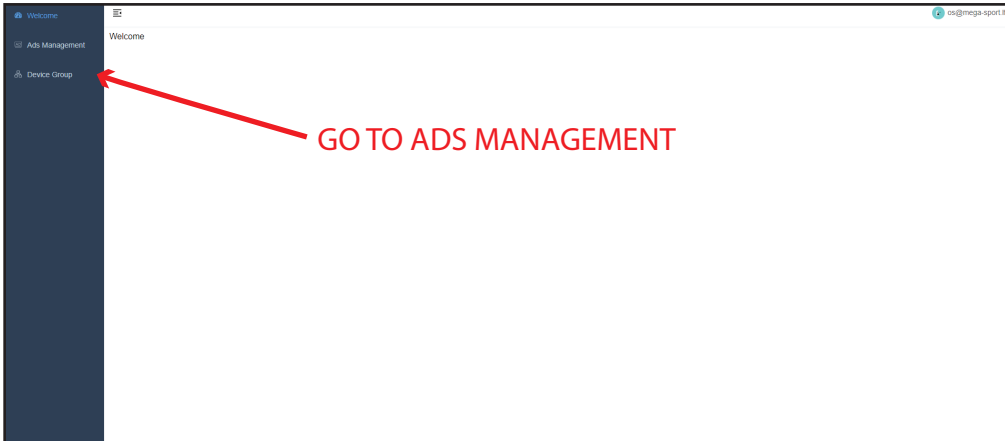
The screenshot shows a dark blue login interface for 'EVOLVE'. At the top center, the word 'EVOLVE' is displayed in white. Below it are two input fields: the first is for email, with a person icon and the placeholder text 'Please enter the email'; the second is for password, with a lock icon, the placeholder text 'please enter your password', and a toggle icon for visibility. A blue 'Log in' button is positioned below the password field. At the bottom left, there is a link for 'Forget password?'.

Now you are in this home page

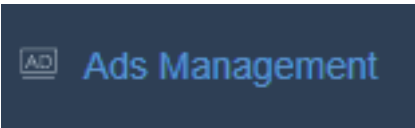


Screensaver Instruction

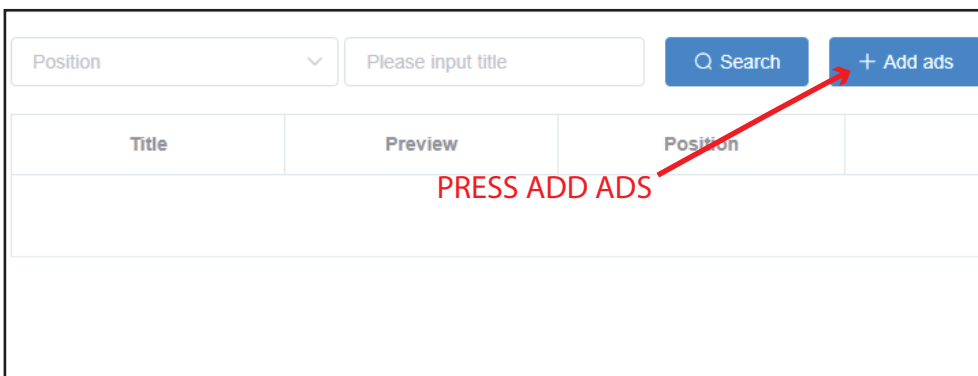
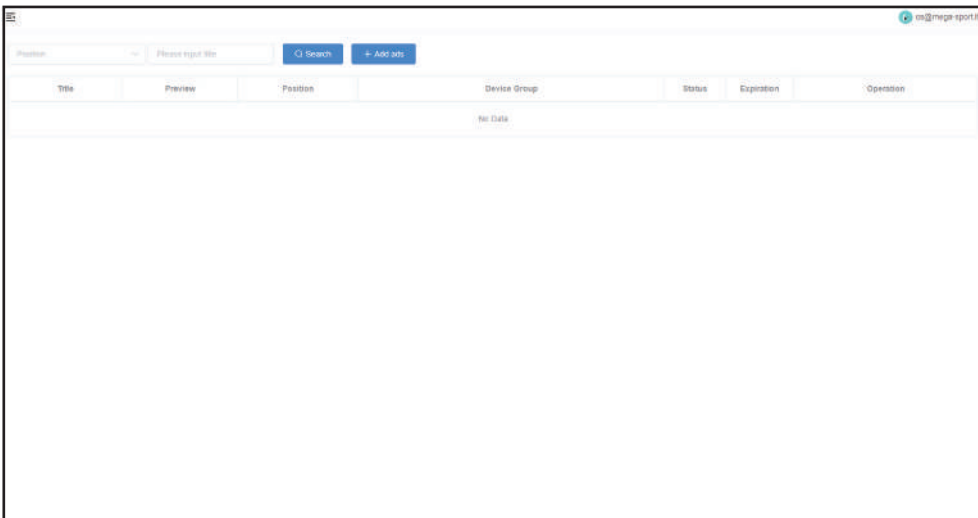
Go to "ADS MANAGEMENT"



Login with your email and password



Press ADD ADS



■ Screensaver Instruction

Fill the ads form

Add ×

* **Title**

* **Position**

* **Release Time**

* **Format** Image Video

* **Upload File** The image size can't exceed 2Mb

* **Duration**

* **Device Group** Customer's Gym

Fill your add title

* **Title**

Fill your position "screensaver"

* **Position**

* **Release Time**

* **Format**

* **Upload File**

■ Screensaver Instruction

Fill your release time

* Release Time

Fill what format you want

* Format Image Video

* Upload File

PAY ATTENTION

If you choose Image size can't exceed 2Mb

* Format Image Video

* Upload File

If you choose Video size can't exceed 30Mb

Dimensions of the media you upload should not exceed 1920*1080px

■ Screensaver Instruction

* Duration

* Device Group

- 15s
- 30s
- 45s
- 60s
- full length

Duration of photo you can choose how long you want it to last for video it better to choose full length


Press check to the check boxes for customers gym

* Device Group Customer's Gym

Press submit


■ Screensaver Instruction

If you want to show your add to cardio equipment

Title	Preview	Position	Device Group	Status	Expiration	Operation
ovis		Screensaver (1920*1080)	Default Device Group	Suspended	Not expired	Release Delete


PRESS RELEASE

If you want to pause your add to cardio equipment

Title	Preview	Position	Device Group	Status	Expiration	Operation
ovis		Screensaver (1920*1080)	Default Device Group	Enabled	Not expired	Edit Suspend Delete

PRESS SUSPEND

If you want to edit your add releasing time

Title	Preview	Position	Device Group	Status	Expiration	Operation
ovis		Screensaver (1920*1080)	Default Device Group	Enabled	Not expired	Edit Suspend Delete

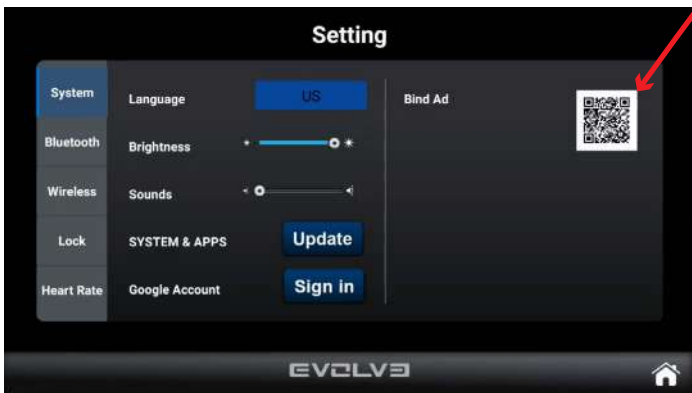
PRESS EDIT

How to bind the Ultra Series cardio machine:

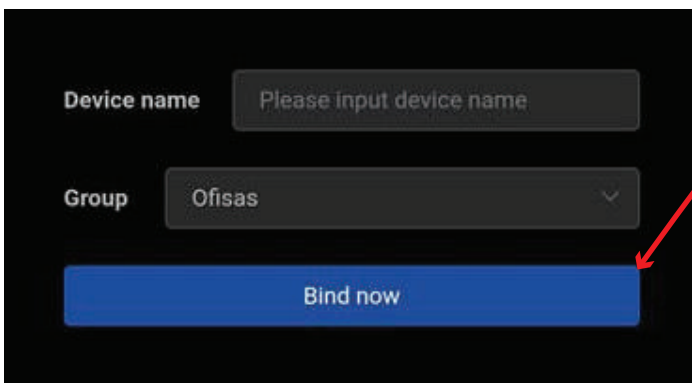
Tap **SETTINGS** on your device



Go to **SYSTEM** section. There you will find **BIND AD** QR code, scan this code and open URL of the EVOLVE MANAGEMENT PLATFORM. Login to your profile and choose your device group name. Now you have binded the machine to your device group.



After scanning and logging in, a window will appear where you need to enter the equipment name. Give it a clear and descriptive title so you can easily identify which machine you are managing — for example, “Treadmill – first from the wall” or “Treadmill 23” and press “Bind now”



System Settings Explanations

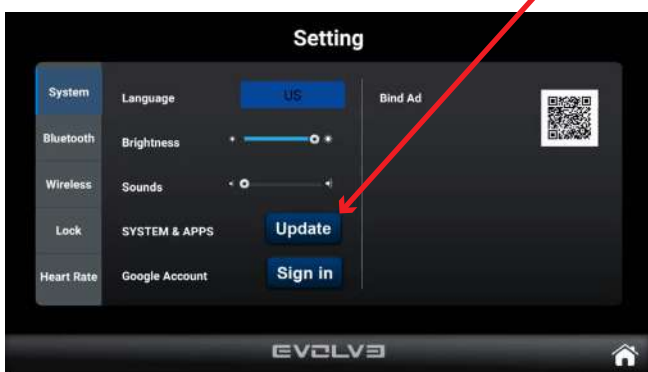
Language – Change the system language to your preferred one.

Brightness – Adjust the brightness level of your screen.

Sound – Control and change the sound volume.

SYSTEM & APPS – This display all applications that are pre-installed or available on the cardio equipment.

Select System and Apps Update



Google Account – Sign in with your Google account to access services, search in the Google app, check Gmail, or listen to sound/videos on YouTube.

In Application Management, look for the **Update** button. If it is highlighted, press it to update the application.



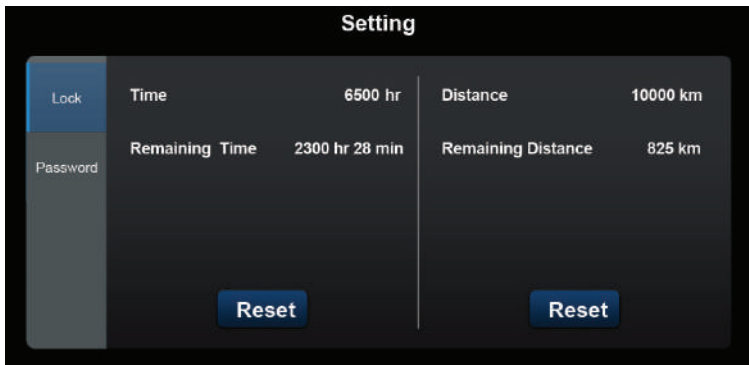
Settings Explanations



Bluetooth – Connect your wireless devices, such as headphones or speakers.

Wi-Fi (Wireless) – Sign in to the internet using a wireless network.

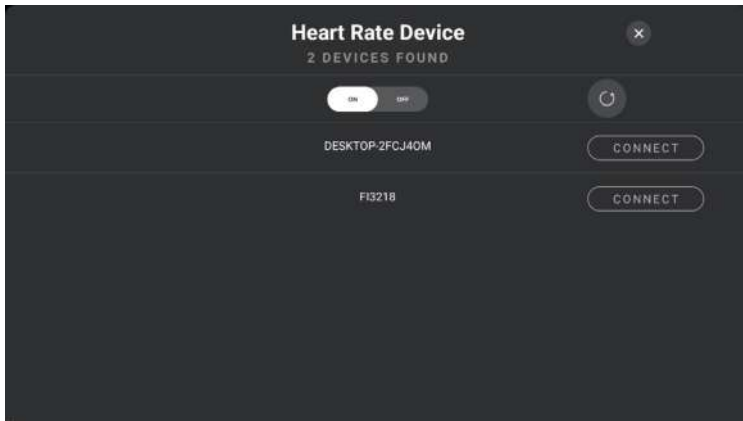
Lock Explanations First, you enter the code, and after entering the code you can set the time and distance. Time and distance limitations mean that, for example, if service is required, the machine can be set to stop after a certain period so that we can come and inspect it. However, you do not need to use this function.



■ Settings Explanations

Heart Rate Device Connecting a Bluetooth

The system can connect with a Bluetooth Heart Rate Device, such as a Bluetooth heart rate strap. Once paired, the device will transmit your heart rate data in real time, allowing the program to adjust the workout intensity and monitor your progress accurately.



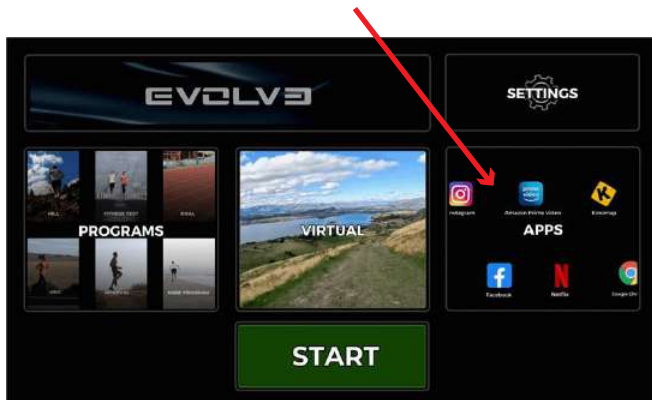
Virtual Explanations

Here you can choose any virtual run you like and start running.



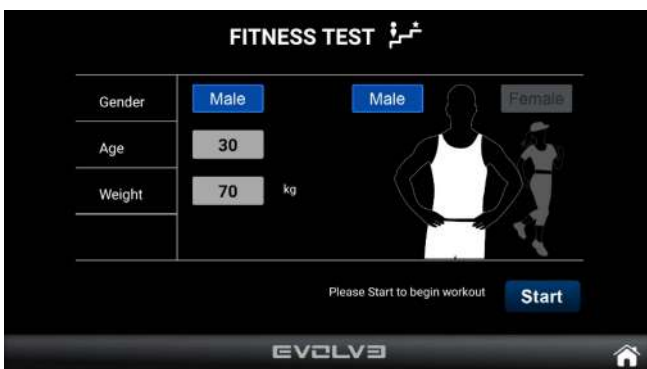
Apps Explanations

Here you can choose any app to use while you run.



Also, while running on the main page, if you want to use an app, you can press the Media button.

Programs Explanations



Fitness test Explanations

The **Fitness Test begins** when you enter your personal details, such as age, gender, and weight. After completing this step, the program starts with a Warm-Up phase. During the warm-up, the heart rate is not monitored for testing conditions.

If you press the Skip button, the workout will automatically continue, gradually increasing in intensity. This progression helps the body adapt and build endurance.

The test condition is based on your Target Heart Rate, calculated as:

$$\text{Target Heart Rate} = (220 - \text{Age}) \times 0.85$$

■ Programs Explanations

For example, if the user is 20 years old:

Target Heart Rate = $(220 - 20) \times 0.85 = 170$ BPM.

During the test, the system continuously compares your real-time heart rate with your target heart rate:

If your real-time heart rate remains below or equal to the target, the program moves on to the next stage.

If your real-time heart rate exceeds the target, the test ends immediately and switches to the Cooldown phase.

The duration of the test therefore varies depending on the user's physical condition. Once the test ends, the screen automatically switches to the Summary page, where your results are displayed.

Low speed

The Low Speed Start Program is designed for beginners, seniors, or individuals undergoing rehabilitation who require a gentle introduction to exercise. The program initiates at 1.0 km/h, providing a safe and comfortable pace that allows users to gradually adapt to movement.

Starting Speed: 1.0 km/h

Purpose: Ensures maximum safety for first-time users and individuals with limited mobility.

Benefit: Reduces the risk of imbalance, helps users build confidence, and allows gradual progression to higher speeds.

Recommended For: Rehabilitation, elderly users, and those seeking a very light-intensity workout.

The user may manually increase the speed step-by-step as they feel more comfortable, or continue at the low pace for gentle exercise and warm-up.

■ Programs Explanations

Goal Mode Explanations

Goal Mode allows the user to set one specific target for the workout. You can choose one goal from three:

Time – Select the workout duration (e.g., 20 minutes).

Distance – Set the total distance you want to complete (e.g., 5 km).

Calories – Choose the number of calories you want to burn (e.g., 200 cal).



Once a goal is selected and the workout begins, the program tracks your progress toward that chosen target. The session ends automatically once the set goal is reached, making this mode ideal for structured training or personal milestones.



Programs Explanations

HRC Mode (Heart Rate Control) Explanations

HRC Mode is a program that automatically adjusts the workout intensity based on your heart rate, helping you stay within a safe and effective training range.

Personal Information Before starting, you enter your gender, age, weight, and workout time. This information is used to calculate your target heart rate zones.

Heart Rate Zones The program calculates two main zones:

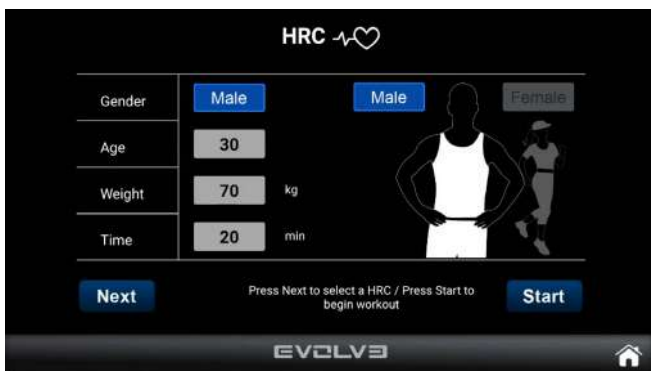
HRC 60% – The lower range of your heart rate (light intensity).

HRC 80% – The higher range of your heart rate (vigorous intensity).

You can also set a Target Heart Rate (bpm) that you want to maintain during the workout. The system then keeps your heart rate within the selected range (± 5 bpm).

Workout Control During the session, the equipment automatically adjusts resistance or speed to keep your heart rate close to the chosen target. This allows you to train effectively for fat burning, endurance building, or cardiovascular fitness.

At the end of the session, the program displays how well you maintained your target heart rate throughout the workout.



HRC will show workout summary at the end

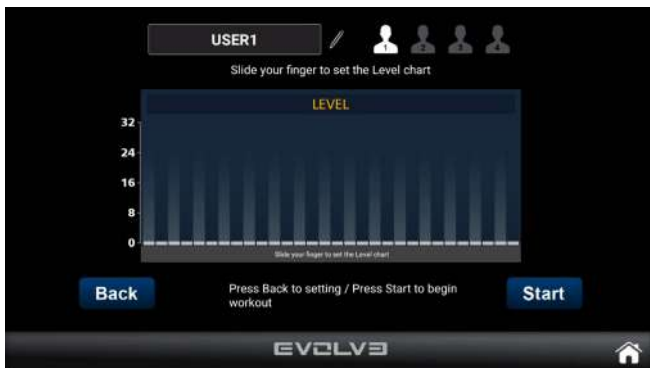
Programs Explanations



User Profile Explanations Setup (Second Image)

You first enter personal data: Gender (Male/Female); Age; Weight (kg); Workout Time. This information helps the console calculate calories burned, target heart rate zones, and adjust workout feedback.

After entering, you can press Next to continue or Start to begin directly with the default program.



This screen shows the User Program – Level Chart setup on the console.

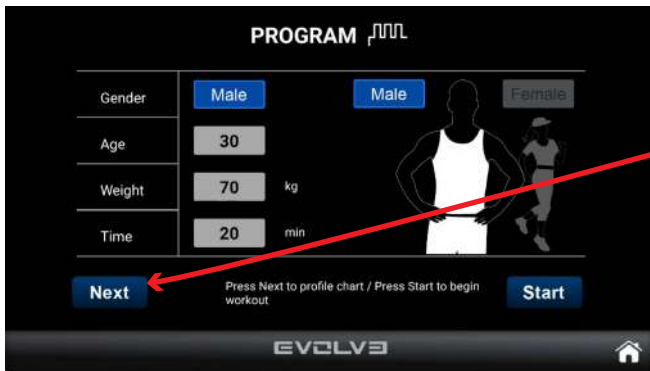
At the top, you see the selected profile (USER1). Up to 4 user profiles can be created.

The center area displays a bar chart, where each vertical bar represents a time interval in your workout.

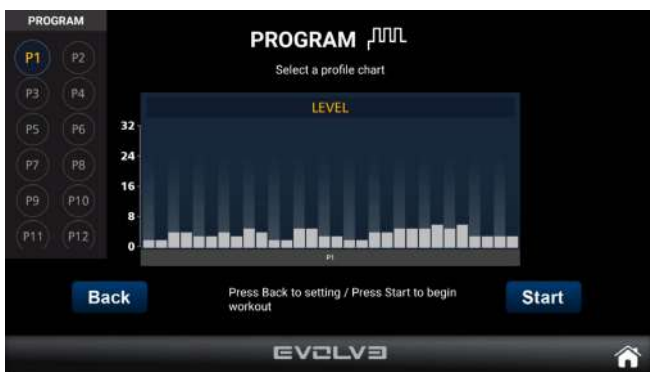
At the bottom: Press Back to return to the previous settings screen.

Press Start to save your program and begin the workout with your customized chart.

Programs Explanations



To begin, enter your personal information including gender, age, weight, and workout time. Then press “Next” and select your preferred option from the 32 available programs.



Program Mode Explanations

Program Mode offers 32 pre-set workout programs (P1–P32). Each program has a different intensity profile, displayed as a bar chart on the screen.

Personal Information Input. Before starting the workout, enter your gender, age, weight, and workout time. This helps the program calculate training metrics more accurately.

Profile Selection. After entering your details, you can choose from 32 different programs (P1–P32). Each program features a unique resistance pattern that alternates between higher and lower intensity levels. This provides different training effects such as endurance building, fat burning, or interval training.

■ Programs Explanations



Workout Display

Once a program begins, the bar chart shows the resistance profile in real time. The system automatically adjusts resistance according to the selected profile, guiding you through the workout.

Program Mode is ideal for users who want structured and varied training sessions without manually changing resistance.

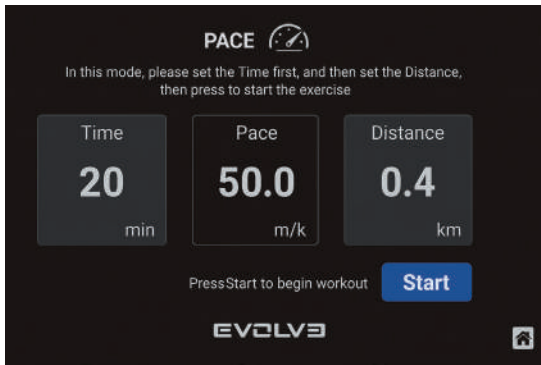
Programs Explanations

Program	Setting time / 30 = period in each section																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
P1	SPD	2	2	4	4	3	3	4	3	5	4	2	2	5	5	3	3	2	2	4	4	5	5	5	6	5	6	3	3	3	3
	INC	1	1	2	2	3	3	3	1	2	2	3	3	2	2	2	2	3	3	5	5	3	3	4	2	3	4	2	2	3	3
P2	SPD	2	2	5	5	4	4	6	4	6	4	2	2	4	4	2	2	2	2	4	4	6	6	8	7	8	6	2	2	3	3
	INC	1	1	2	2	3	3	3	2	2	3	4	4	2	2	2	2	3	3	5	5	4	4	4	3	4	4	3	3	1	1
P3	SPD	2	2	5	5	4	4	5	4	5	4	2	2	3	3	2	2	2	2	4	4	5	5	5	6	5	6	3	3	3	3
	INC	1	1	2	2	2	2	3	1	2	2	2	2	2	2	1	1	3	3	5	5	3	3	4	2	3	4	2	2	3	3
P4	SPD	3	3	6	6	7	7	5	8	5	9	6	6	4	4	3	3	4	4	2	2	6	6	8	6	3	2	6	6	2	2
	INC	2	2	2	2	3	3	3	2	2	4	6	6	2	2	2	2	3	3	4	4	6	6	2	3	7	9	5	5	2	2
P5	SPD	3	3	6	6	7	7	5	8	6	7	6	6	4	4	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
	INC	1	1	2	2	4	4	3	2	2	4	5	5	2	2	1	1	3	3	5	5	6	6	7	8	9	10	10	8	2	2
P6	SPD	2	2	8	8	6	6	4	5	9	7	5	5	4	4	3	3	4	4	2	2	4	4	6	8	7	8	6	6	2	2
	INC	2	2	2	2	6	6	2	3	4	2	2	2	2	2	1	1	4	4	3	3	4	4	4	3	4	2	3	3	2	2
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	INC	4	4	5	5	6	6	6	9	9	10	7	7	6	6	3	3	4	4	2	2	4	4	6	8	7	8	6	6	2	2
P8	SPD	2	2	4	4	6	6	8	7	8	6	2	2	3	3	2	2	3	3	5	5	4	4	4	3	4	3	2	2	2	2
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P9	SPD	2	2	4	4	5	5	5	6	5	6	3	3	3	3	2	2	3	3	4	4	4	4	3	5	5	6	3	3	3	3
	INC	3	3	5	5	3	3	4	2	3	4	2	2	3	3	2	2	3	3	5	5	4	4	4	3	4	3	2	2	2	2
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P11	SPD	3	3	5	5	8	8	8	9	5	7	6	6	3	3	2	2	3	3	4	4	6	6	2	3	7	9	5	5	2	2
	INC	4	4	5	5	6	6	6	9	9	10	8	8	6	6	3	3	3	3	4	4	4	4	3	5	5	6	3	3	3	3
P12	SPD	2	2	5	5	5	5	4	4	6	4	2	2	3	3	4	4	3	3	4	4	3	3	4	3	5	4	2	2	1	1
	INC	3	3	5	5	6	6	7	8	9	10	10	8	6	6	3	3	5	5	3	3	4	4	4	3	4	2	5	5	2	2
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	INC	3	3	4	4	6	6	2	3	7	9	5	5	2	2	2	2	1	1	2	2	4	4	5	2	2	4	6	6	3	3
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P15	SPD	4	4	2	2	4	4	6	8	7	8	6	6	2	2	3	3	2	2	5	5	4	4	2	4	2	4	2	2	4	4
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P16	SPD	3	3	2	2	5	5	7	3	5	6	7	7	2	2	1	1	2	2	5	5	4	4	5	4	5	4	6	6	3	3
	INC	3	5	9	10	9	9	8	8	4	3	3	3	2	2	4	4	1	1	2	2	2	2	3	1	2	2	1	1	2	2
P17	SPD	2	4	6	8	8	10	10	8	10	10	5	5	9	9	8	8	5	5	4	4	3	4	3	4	5	6	3	3	3	3
	INC	1	1	4	4	6	6	6	1	4	4	6	6	4	4	4	4	3	3	5	5	4	4	2	2	3	4	2	2	3	3
P18	SPD	3	5	10	10	7	7	8	10	8	10	10	10	7	7	5	5	7	7	10	10	9	9	8	8	4	3	3	3	2	2
	INC	1	1	4	4	4	4	6	1	4	4	6	6	8	8	4	4	5	5	10	10	8	8	10	8	10	10	5	5	2	1
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	INC	1	1	2	2	4	4	5	1	2	2	4	4	3	3	3	3	1	1	3	3	4	4	3	2	2	4	5	5	2	2
P20	SPD	3	3	10	10	7	7	10	7	10	7	7	7	7	7	3	3	4	4	6	6	7	7	5	8	6	7	6	6	3	3
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P21	SPD	3	3	4	4	3	3	4	3	5	4	2	2	5	5	3	3	2	2	8	8	6	6	5	5	6	7	5	5	4	1
	INC	2	2	3	3	4	4	4	3	4	2	5	5	2	2	5	5	5	5	4	4	6	6	2	3	4	2	2	2	2	2
P22	SPD	2	2	5	5	4	4	2	4	2	4	2	2	4	4	2	2	3	3	5	5	4	4	4	3	4	4	3	3	3	3

Programs Explanations

	INC	1	1	2	2	3	3	3	2	2	3	4	4	2	2	3	3	5	5	4	4	3	4	3	4	5	6	3	3	3	3
P23	SPD	2	2	5	5	4	4	5	4	5	4	6	6	3	3	2	2	3	3	5	5	8	8	8	9	5	7	5	6	4	2
	INC	1	1	2	2	2	2	3	1	2	2	1	1	2	2	1	1	5	5	6	5	6	5	6	9	9	10	10	8	6	3
P24	SPD	3	3	6	6	5	7	5	8	5	9	6	6	4	4	3	3	2	2	8	8	6	6	5	5	6	7	5	5	4	4
	INC	1	1	2	2	3	3	3	2	2	4	6	6	2	2	1	1	5	5	4	4	6	6	2	3	4	2	2	2	2	2
P25	SPD	4	4	6	6	7	7	5	8	6	7	6	6	5	5	3	3	4	4	2	2	5	6	8	7	8	6	5	4	3	3
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P26	SPD	2	2	8	8	6	6	5	5	6	7	5	5	4	4	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
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P27	SPD	2	2	6	6	7	7	4	4	7	4	3	3	4	4	2	2	4	4	5	5	6	6	6	9	9	10	8	8	6	3
	INC	4	4	5	5	6	6	7	9	9	10	10	10	6	6	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
P28	SPD	4	4	2	2	5	6	8	7	8	6	5	4	3	3	2	2	5	5	3	3	4	4	4	3	4	2	5	5	2	2
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P29	SPD	2	5	6	6	3	4	3	4	5	6	3	3	3	3	2	2	4	4	3	3	4	3	5	4	2	2	5	5	3	3
	INC	3	3	5	5	4	4	2	2	3	4	2	2	3	3	2	2	3	3	4	4	4	3	4	2	5	5	2	2	1	1
P30	SPD	3	5	3	3	5	5	4	4	5	3	6	6	3	4	3	2	3	3	4	4	3	3	4	3	5	4	2	2	2	1
	INC	4	4	1	1	3	3	6	7	8	8	7	7	3	3	3	3	5	5	3	3	4	4	4	3	4	2	5	5	2	2
P31	SPD	3	3	5	5	8	8	8	9	5	7	5	6	4	4	2	2	4	4	5	5	6	6	6	9	9	10	8	8	6	3
	INC	1	3	6	5	6	5	6	9	9	10	10	10	8	6	4	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
P32	SPD	2	4	5	4	5	5	6	8	6	4	3	2	3	3	4	4	3	3	10	10	7	7	10	7	10	7	7	7	3	3
	INC	3	3	5	5	6	6	7	8	9	10	10	10	7	6	3	3	1	1	2	2	4	4	5	2	2	4	6	6	3	3

Programs Explanations



Pace Explanations Header (PACE + Icon)

Indicates you are in the PACE training mode.

“In this mode, please set the Time first, and then set the Distance, then press to start the exercise.”

Explains the sequence: set time, then distance, then begin.

Settings Panels: Time (20 min)

Duration of the workout in minutes.

You can adjust this value to match your training goal.

Pace (50.0 m/k)

Defines how fast you should move per unit (meters per kilocalorie or another internal unit, depending on machine type).

This ensures consistent speed is maintained.

Distance (0.4 km)

Total workout distance in kilometers.

Used alongside time and pace to structure the session.

Start Button (Blue)

When pressed, begins the workout with the chosen settings.

Navigation Explanations



Main Workout Screen Navigation Top Display (Workout Data):

Time – Shows the elapsed workout time.

Distance – Displays the distance covered in kilometers.

Kcal – Indicates calories burned.

Pulse – Shows current heart rate (if connected to sensors or HR strap).

METS – Displays the metabolic equivalent of task (workout intensity).

Steps – Shows the total steps taken.

Center Graph (Workout Profile):

The chart displays Incline and Speed profiles over time.

Bottom Controls: Incline Control (left side): Adjust incline up or down. Current incline is shown in the center (e.g., 10.5).

Speed Control (right side): Adjust speed up or down. Current speed is shown in the center (e.g., 10.5).

Stop Button (center, red): Immediately stops the workout.

Grid Icons: When you press this button, a menu expands with quick-access keys that allow you to increase incline and speed in larger steps with a single press, instead of adjusting them one level at a time.

Home Icon (bottom right): Returns to the main menu.

Additional Options:

Media Button (top left): Access media functions.

Volume and Wi-Fi Icons (top right): Adjust sound or check connectivity.

Navigation Explanations

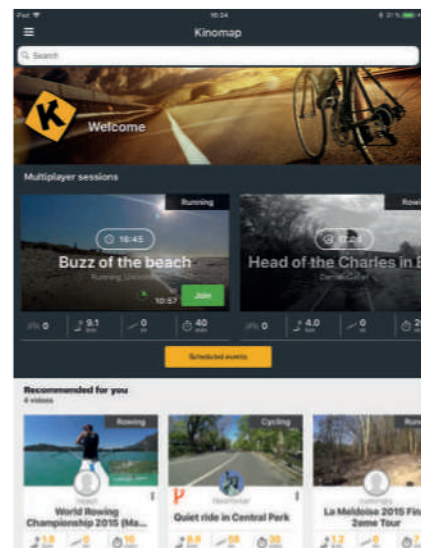
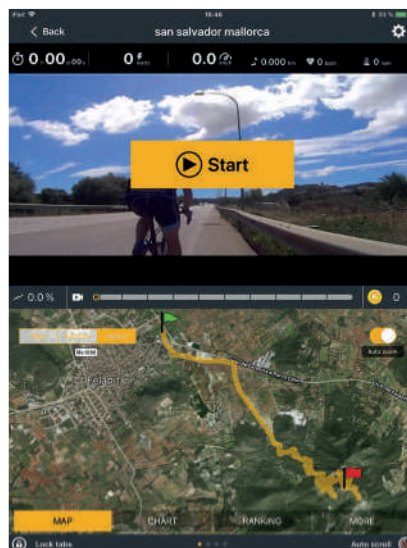
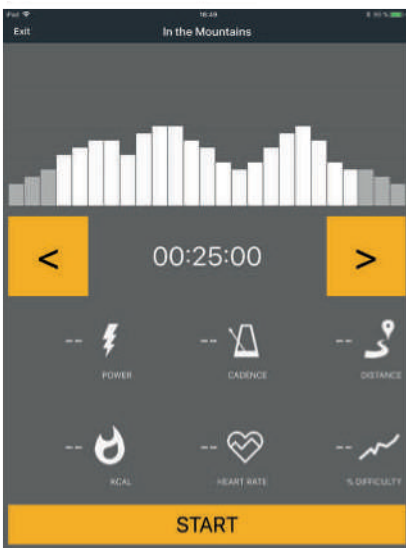
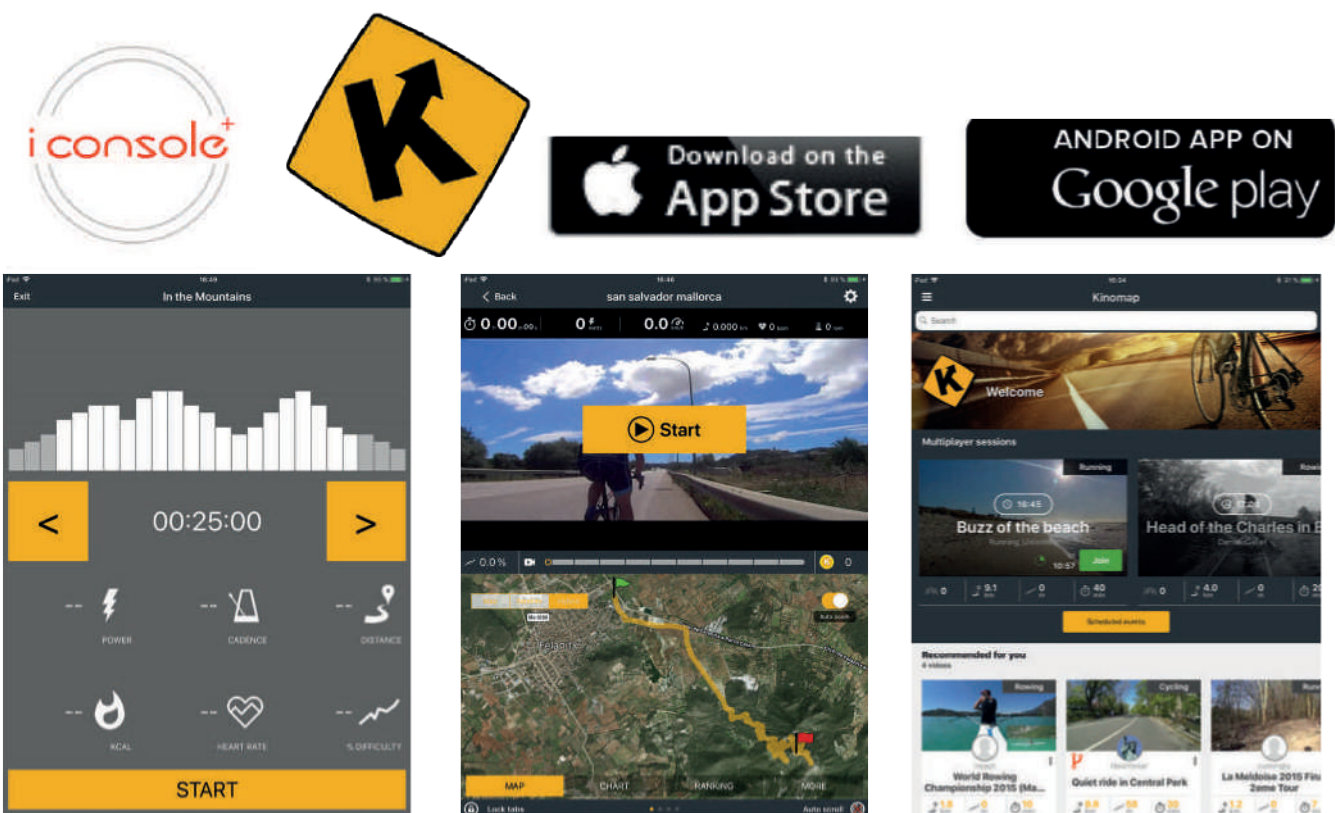
Incline	Indicates the current incline level between 1 - 15 %.
Distance	Indicates the covered distance between 0.0 - 9999 km.
Time	Indicates the already elapsed or remaining training time between 00:00 – 99:59 minutes.
Pulse	Indicates your current heart rate between 40 - 220 bpm.
Calories	Indicates the burnt calories between 0 – 999 Kcal.
Mets	<p>Definition: MET or metabolic equivalent is used to measure the average metabolic rate for a person. MET describes the quantity of oxygen that an average person needs when in rest.</p> <p>1 MET = 3.5 ml/kg/min (The body consumes 3.5 milliliters of oxygen per kilogram per minute) is the amount of oxygen that the body needs when in rest.</p> <p>The more intensively the body works, the more oxygen is consumed and the higher the MET level. If you train at a level of seven METS, then you are working approximately 7 times harder than when in rest. Furthermore, you need 7 times as much oxygen than when in rest.</p> <ul style="list-style-type: none">+ Training between three to six METs is seen as moderate physical activity.+ Training at more than six METs is seen as strong physical activity.
Speed	Indicates the current speed between 0.5 - 22 km/h.

Bluetooth and fitness apps

This console is equipped with a bluetooth interface. To use training apps you will have to connect your treadmill with your mobile device (tablet or smart phone). To do this, please activate the bluetooth function on your mobile device. Now choose your treadmill.

Please take note that your mobile device needs to be compatible with the bluetooth interface of the treadmill (bluetooth 4.0). Now start the fitness app. It might happen that you need to connect both the app and the console additionally. To do this, please follow the instructions given in the app. The console will be switched off as soon as the treadmill is connected with the app. When the connection is cut, the console will turn on again.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps „Kinomap“ or „iconsole+“. Please note that these apps are produced by an external manufacturer. Sport-Tiedje does not take any responsibility regarding the availability, functionality or contents of these programmes.



Example: Kinomap



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