# iFIT®

# User's Manual

**Model No. EXIF12.0**
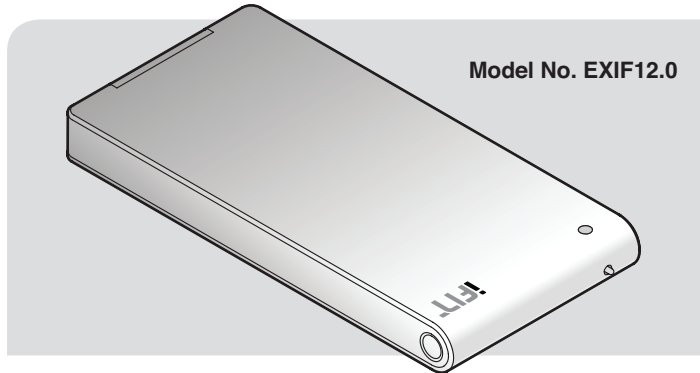
Congratulations for selecting the revolutionary iFit Module. Your iFit Module will help you to create and manage a personal fitness program designed to make your fitness goals a reality. With the iFit Module, you can wirelessly download customized workouts, track your workout results, get support, and even share your achievements on popular social networking sites. These are just some of the features available with your iFit Module.

## OPERATING REQUIREMENTS

To configure and use your iFit Module, you will need the following:

- A Wi-Fi® device, such as a computer, smartphone, or tablet

- A wireless 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported)

- An Internet connection (a broadband connection is recommended; performance depends on connection speed)

- An iFit.com membership

Note: The iFit Module supports unsecured and secured (WEP, WPA™, and WPA2™) encryption.

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## ⚠ WARNING

**Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

**ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

## COMPLIANCE INFORMATION

**IMPORTANT: To comply with FCC and IC RF exposure compliance requirements, the antenna used for this transmitter must be installed to provide a separation distance of at least 8 in. (20 cm) from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

# HOW TO CONFIGURE YOUR IFIT MODULE
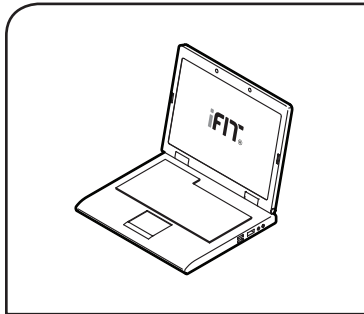
## METHOD 1—WEBSITE

**IMPORTANT: You will need to know your network SSID (network name), network encryption type, and network password.**

Note: You can use a variety of Internet browsers to configure the iFit module. For best results, use the Google Chrome™ browser.

1. **Create an iFit account.**

   On your computer, smartphone, tablet, or other Wi-Fi device, open an Internet browser and go to **www.iFit.com.**

   Follow the prompts on the website to sign up for your iFit membership. If you have an activation code, select the code activation option.

2. **Log in to your iFit account.**

   Make sure that you are logged in to your iFit account. Go to **www.iFit.com,** and follow the prompts on the website to log in to your iFit account.
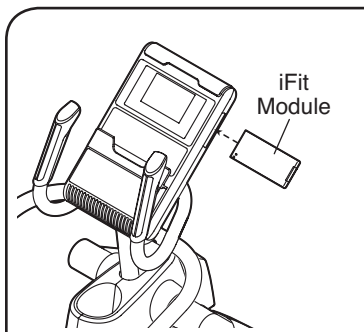
3. **Go to the iFit Module Setup web page.**

   After you have logged in to your iFit account, go to **www.iFit.com/wifi.** Your browser will load the iFit Module Setup web page.

4. **Insert the iFit Module into the console.**

   Insert the iFit Module into the iFit port on your fitness equipment console. An LED indicator light on the iFit Module will glow amber.

   To learn how to read the indicator light on the iFit Module, see the back cover of this manual.

   **IMPORTANT: If your fitness equipment console has a tablet holder, you may have to remove the tablet holder to access the iFit port. To remove the tablet holder, see your fitness equipment user's manual. After you insert and configure the iFit module, reattach the tablet holder.**

   iFit Module

5. **Select the network IFIT_SETUP.**

   On your computer, smartphone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT_SETUP; select this network.

   If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks.

Note: It may take a few minutes for the network IFIT_SETUP to appear. The network IFIT_SETUP will not appear if the iFit Module has already been configured to connect to a wireless network. Go to step 9 and reset the iFit Module.

6. **Begin the setup process.**

   A prompt on the iFit Module Setup web page will notify you when your Wi-Fi device is connected to the network IFIT_SETUP.

   When the prompt appears, click the Setup WiFi Module button to begin the setup process. Then, your browser will load a new web page.

7. **Choose the basic or the advanced setup option.**

   On the new web page, select either the basic setup option or the advanced setup option. Then, enter the requested information into the fields on the web page.

   **If you select the basic setup option,** you will be requested to select your network and to enter your network password (if your network has a password).

   **If you select the advanced setup option,** you will be requested to select your network and to enter your network password, your IP address, your netmask, your gateway address, and your global DNS server.

   After you enter the requested information, click the submit button on the web page.

8. **Wait for the setup process to finish.**

   **If the setup process is successful,** the indicator light on the iFit Module will glow green.

   The iFit Module is now connected to your wireless network and you are logged in to your iFit account. Go to step 10.

   **If the setup process has failed,** the indicator light will glow red. Go to step 9 and reset the iFit Module.

9. **Reset the iFit Module if necessary.**

   To reset the iFit Module's settings and start the configuration process over, press and hold the Reset button on the iFit Module for a few seconds; **do not remove the iFit Module from the iFit port on the console.**

   The indicator light will glow amber when the iFit Module is ready again for setup. Then, repeat steps 3 to 8.

10. **The iFit Module is now configured.**

    To learn how to read the indicator light on the iFit Module, see the back cover of this manual.

    To use the iFit Module, see your fitness equipment user's manual or go to **support.iFit.com.**

**If you have questions after following these instructions, go to support.iFit.com for assistance.**

**If Method 1 for configuring the iFit Module does not work, see the instructions for Method 2 on page 3.**

## METHOD 2—IP ADDRESS

**IMPORTANT: You will need to know your network SSID (network name), network encryption type, and network password.**
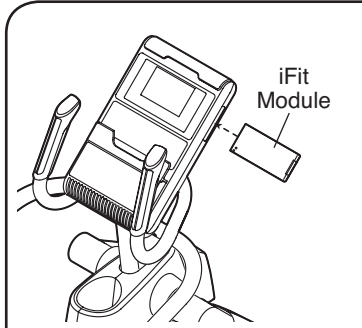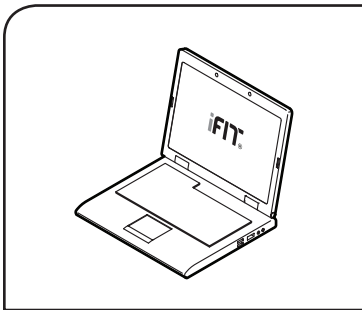
Note: You can use a variety of Internet browsers to configure the iFit module. For best results, use the Google Chrome™ browser.

1. **Insert the iFit Module into the console.**

   Insert the iFit Module into the iFit port on your fitness equipment console. An LED indicator light on the iFit Module will glow amber.

   To learn how to read the indicator light on the iFit Module, see the back cover of this manual.

   iFit Module

   **IMPORTANT: If your fitness equipment console has a tablet holder, you may have to remove the tablet holder to access the iFit port. To remove the tablet holder, see your fitness equipment user's manual. After you insert and configure the iFit module, reattach the tablet holder.**

2. **Select the network IFIT_SETUP.**

   On your computer, smartphone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT_SETUP; select this network.

   If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks.

   Note: It may take a few minutes for the network IFIT_SETUP to appear. The network IFIT_SETUP will not appear if the iFit Module has already been configured to connect to a wireless network. Go to step 6 and reset the iFit Module.

3. **Go to the setup web page.**

   Open a web browser on your computer, smartphone, tablet, or other Wi-Fi device. Next, **type the following IP address into the URL bar in your browser: http://192.168.0.1:8080**

   Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step.

4. **Connect the iFit Module to your wireless network.**

   Follow the instructions on the web page to connect the iFit Module to your wireless network.

5. **Wait for the setup process to finish.**

   **If the setup process is successful,** the indicator light on the iFit Module will glow green. The iFit Module is now connected to your wireless network and you are logged in to your iFit account. Go to step 7.

   **If the setup process has failed,** the indicator light will glow red. Go to step 6 and reset the iFit Module.

6. **Reset the iFit Module if necessary.**

   To reset the iFit Module and start the configuration process over, press and hold the Reset button on the iFit Module for a few seconds; **do not remove the iFit Module from the iFit port on the console.**

   The indicator light will glow amber when the iFit Module is ready again for setup. Then, repeat steps 1 to 5.

7. **The iFit Module is now configured.**

   To learn how to read the indicator light on the iFit Module, see the back cover of this manual.

   To use the iFit Module, see your fitness equipment user's manual or go to **support.iFit.com.**

**If you have questions after following these instructions, go to support.iFit.com for assistance.**

# HOW TO READ THE LED INDICATOR LIGHT

| Indicator Color | Flashes | Meaning | Troubleshooting Action |
|---|---|---|---|
| Amber | No | Broadcasting "IFIT_SETUP" | None |
| Amber | Constantly | Connecting to wireless network | None |
| Green | No | Connected to wireless network and logged in to iFit.com | None |
| Green | Constantly | Sending data | None |
| Red to Green | Alternately | Performing an update | None |
| Red | No | Network connection failed | Reset the iFit Module and repeat the configuration process |
| Red | Constantly | There is an internal error in the iFit Module | Remove the iFit Module, wait one minute, and then re-insert the iFit Module |
| Red | Once | There is an issue with your wireless router | Reset the iFit Module and repeat the configuration process |
| Red | Twice | There is an issue with your Internet connection | Reset the iFit Module and repeat the configuration process |
| Red | Three times | There is an issue with the DNS server | Reset the iFit Module and repeat the configuration process |
| Red | Four times | There is an issue connecting to iFit.com | Repeat the configuration process at a later time |
| Red | Five times | Your iFit username and password were not entered correctly | Enter your iFit username and password correctly |

## LIMITED WARRANTY