



PAFERS

Right Tech. Better Sports.

Run on Earth

User Guide

Run on Earth User Guide Outline

1. Connect Device to a PAFERS Enabled Fitness Machine
 1. 30-pin fitness machine – iOS only
 2. Bluetooth fitness machine - iOS
 3. Bluetooth fitness machine - Android
2. Selecting a Default Start Point
3. Searching for a Start Point
4. Setting up a Route
5. Selecting Connection Type in App
6. Choosing a Language
7. Tracking Workout Results
8. Setting up a Bluetooth Smart (4.0) Heart Rate Sensor (iOS only)
9. Changing the Default View

Connect Device to PAFERS Enabled Fitness Machine

iOS – 30-pin fitness machine (iOS only)

Step 1: Slide the iOS device onto the 30-pin connection



Step 2: Open Run on Earth



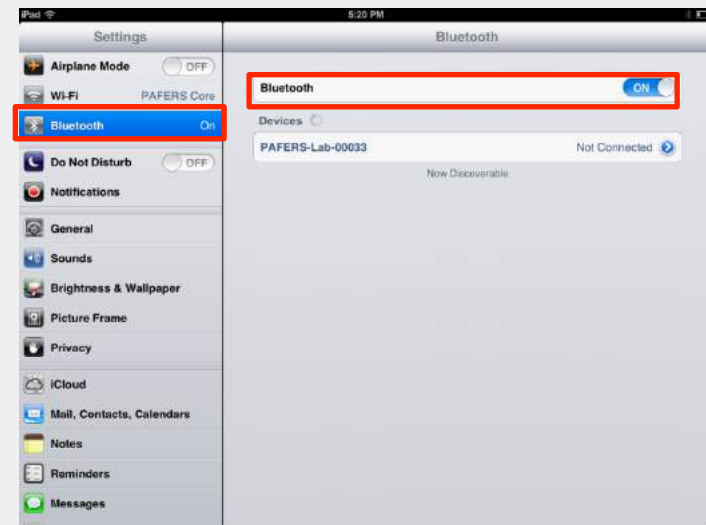
Connect Device to PAFERS Enabled Fitness Machine

iOS – Bluetooth fitness machine

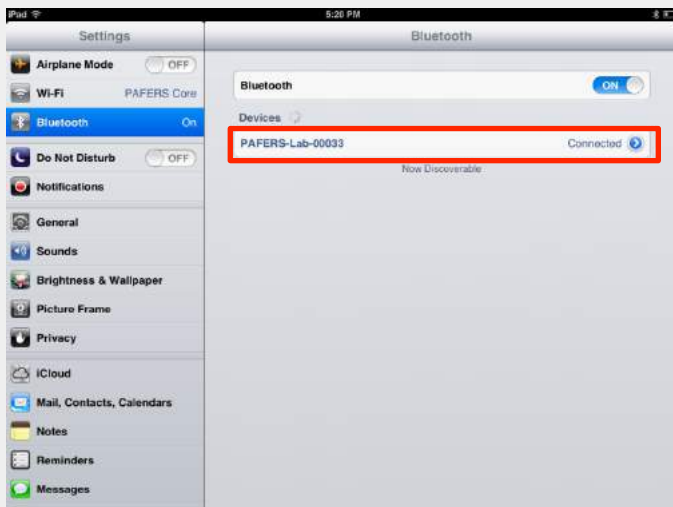
Step 1: Tap on the Settings icon



Step 2: Tap on the Bluetooth tab on the left and then turn on Bluetooth



Step 3: Click on the fitness machine and wait until it connects



Step 4: Open Run on Earth



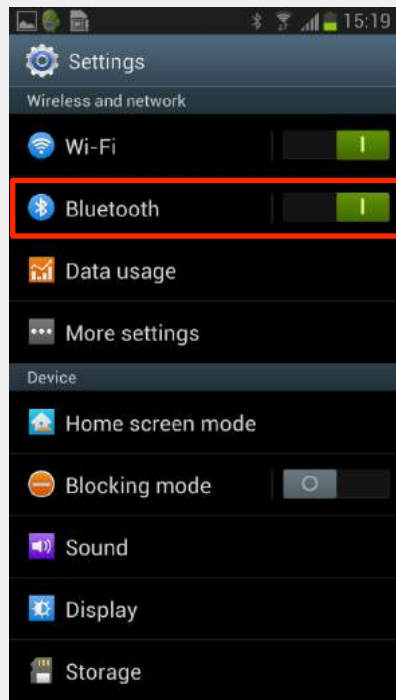
Connect Device to PAFERS Enabled Fitness Machine

Android – Bluetooth fitness machine

Step 1: Tap on the Settings icon



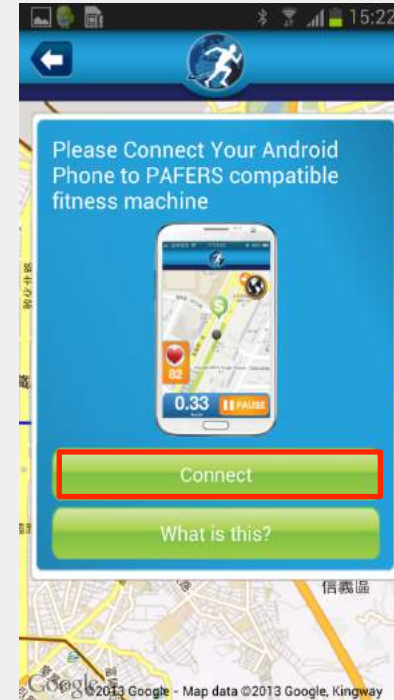
Step 2: Turn on Bluetooth



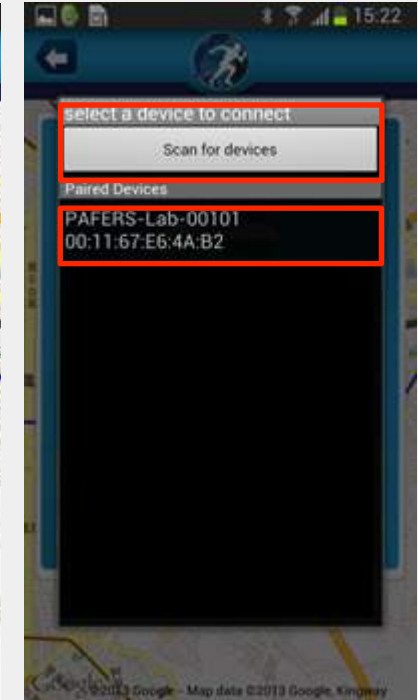
Step 3: Open Run on Earth



Step 4: Set up the route and continue until you see this screen and hit connect



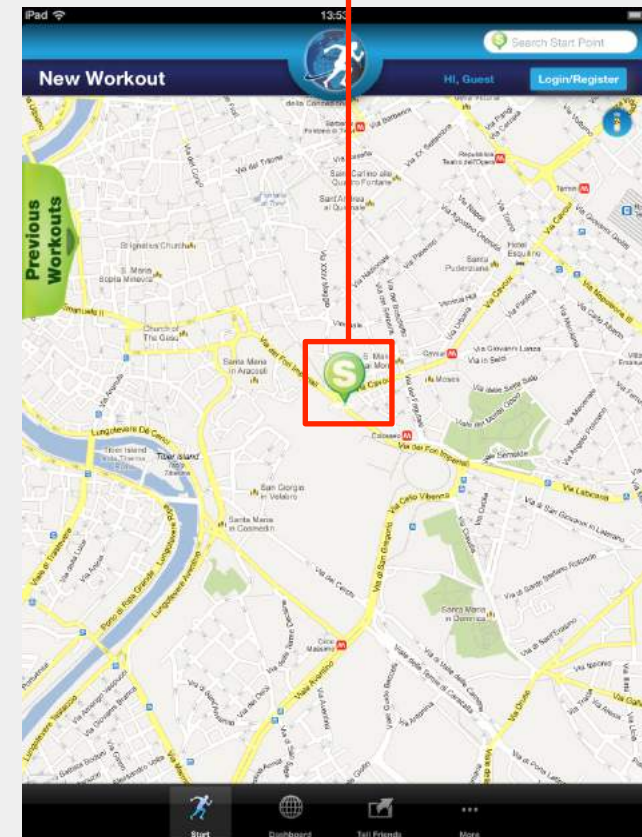
Step 5: Scan for devices and click on the fitness machine



Selecting a Default Start Point

- You will go to the Start Screen when you open Run on Earth
 - The “S” indicates the start point
 - Start point is chosen when you first open the app and is one of either three points - your current location, the previous start point of your last route or Taipei, Taiwan
 - To set the start point as your current location, first turn on location services in the settings of your device. Then open the app and allow it to access your location. This will set your current location as the app’s default location
 - If you don’t have location services on then it will automatically search for the start point of your last workout
 - If the app can’t get current location or find the start point of your last workout it will default to Taipei
 - Follow this path to turn on Location Services
 - Settings -> Privacy -> Turn on Location Services

Turn on Location Services and allow app to access your location



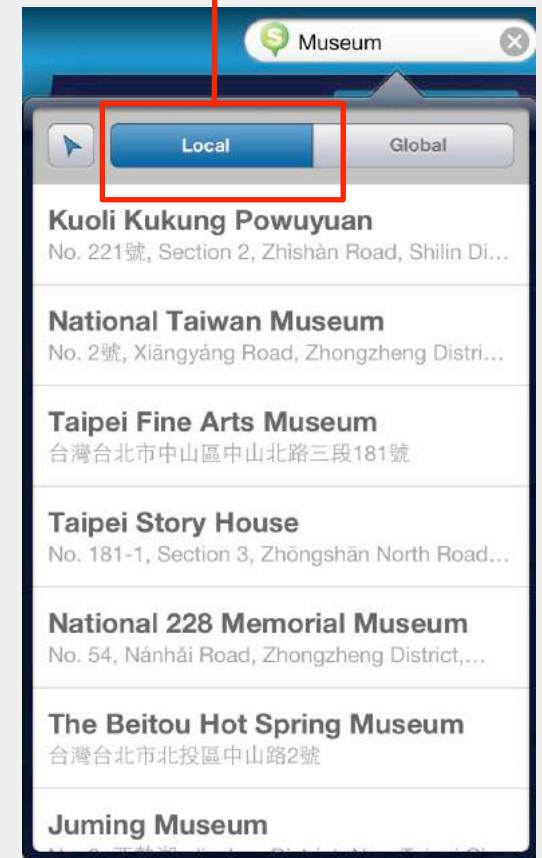
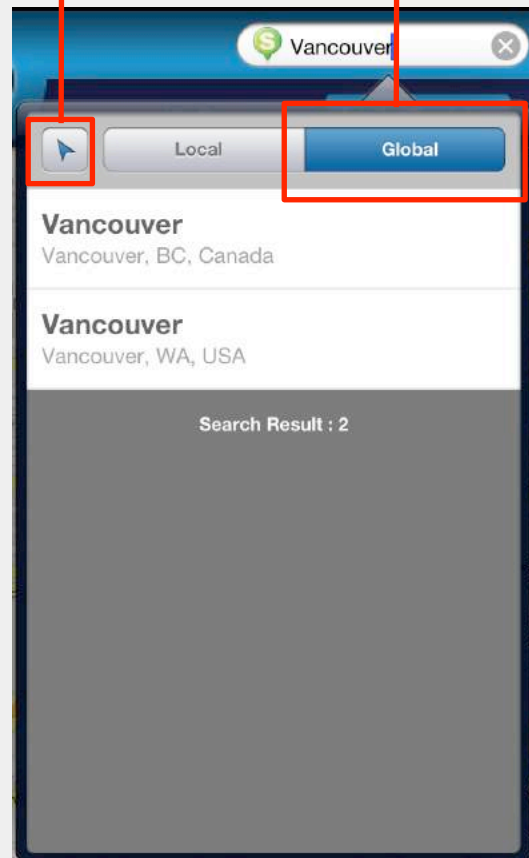
Searching for a Start Point

- Search anywhere in the world and use it as your start point
 - Global: Can be used to search places around the world
 - Local: Can be used to search places nearby to your present location

Go back to your current location

Global Search

Local Search



Setting up a Route

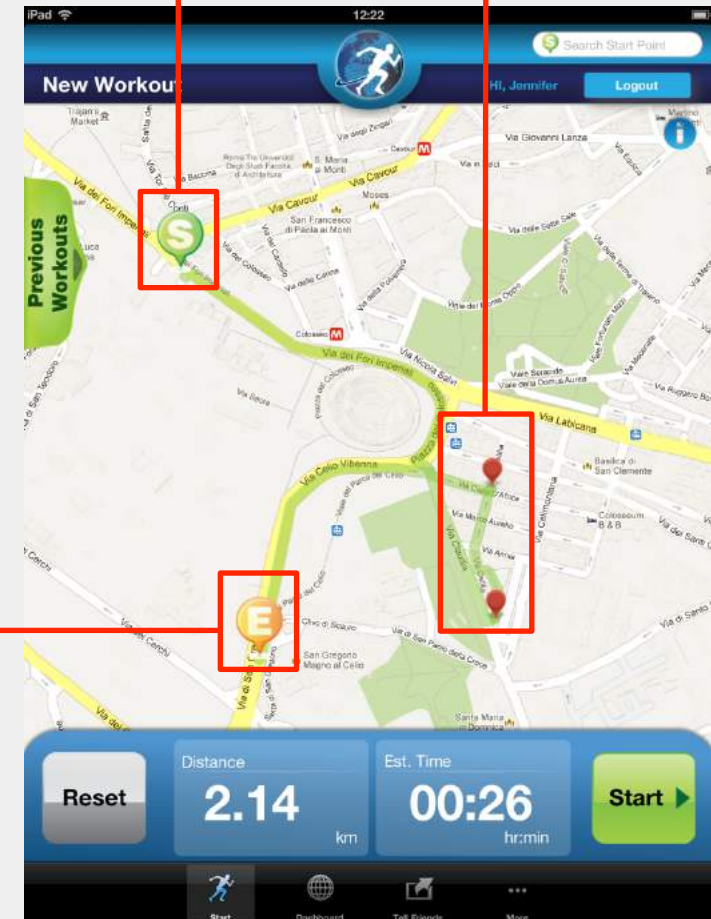
- First move the “S” icon to the place you want to start
- Then tap on the place you want to end and an “E” will appear
 - If you tap on the wrong place, just hit the “reset” button and the select the correct end point
- After your route is selected, you can adjust the path by tapping on the place(s) you want to go
 - You can add up to 8

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Tap to Select End Point

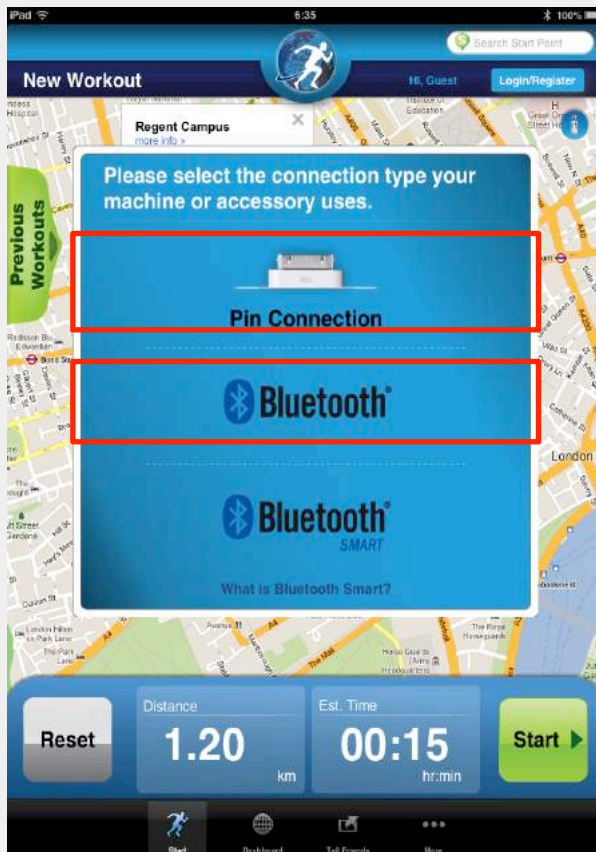
Drag “S” to place you want to start

Make route changes to the path

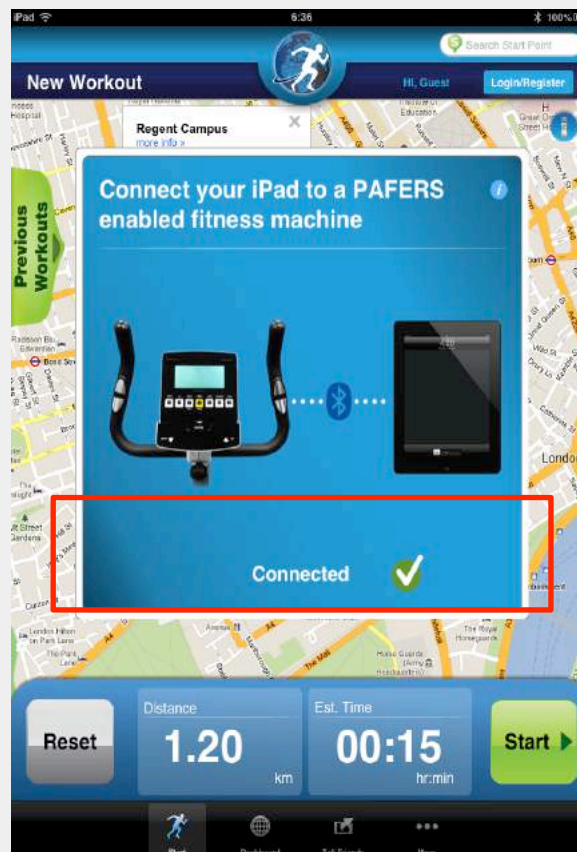


Selecting Connection Type in App (iOS only)

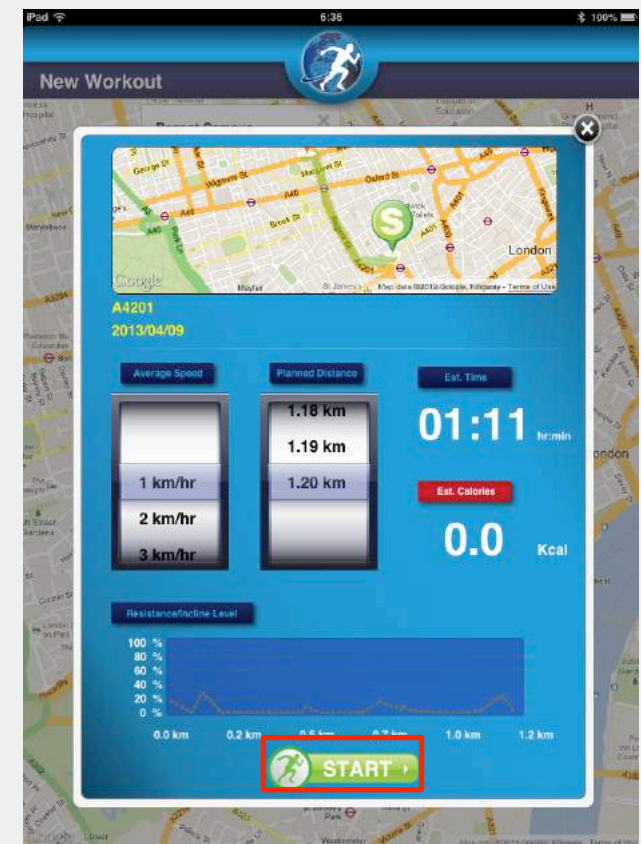
After setting route, select either “Pin Connection” or “Bluetooth” depending on your fitness machine connection type



Wait until the connection is successful

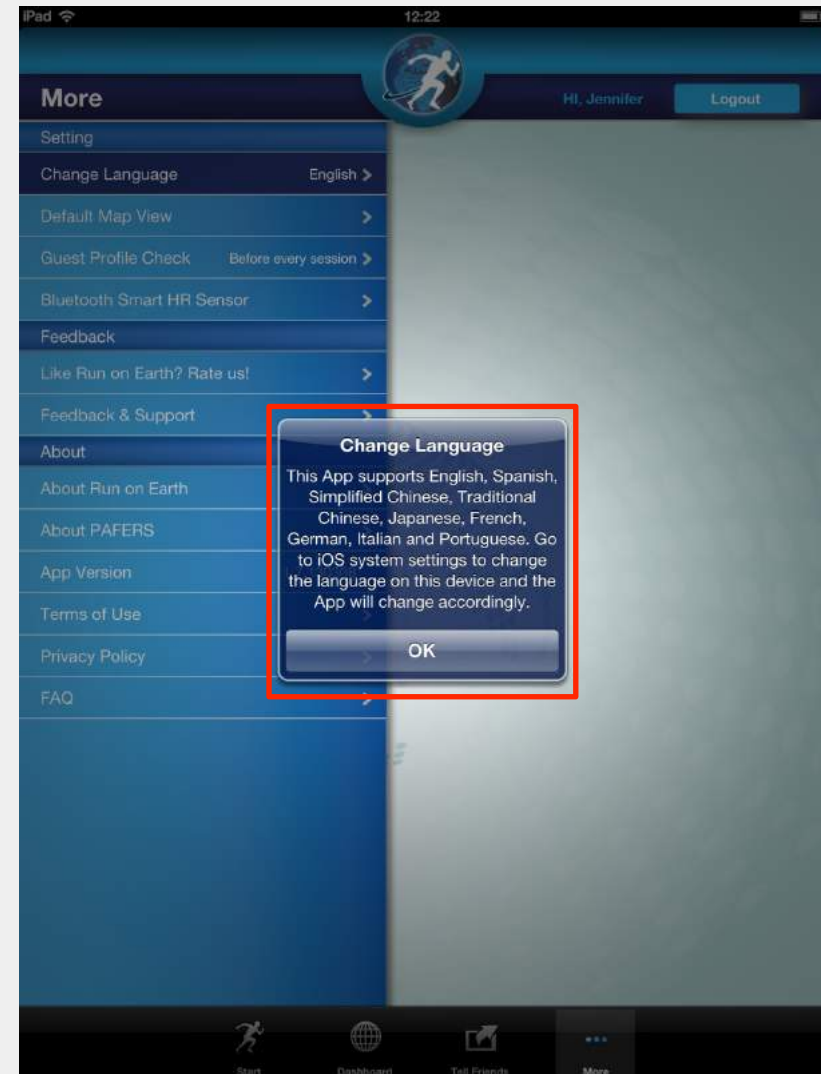


Once successful, you will see a preview of your workout. Press start to begin exercising



Choosing a Language

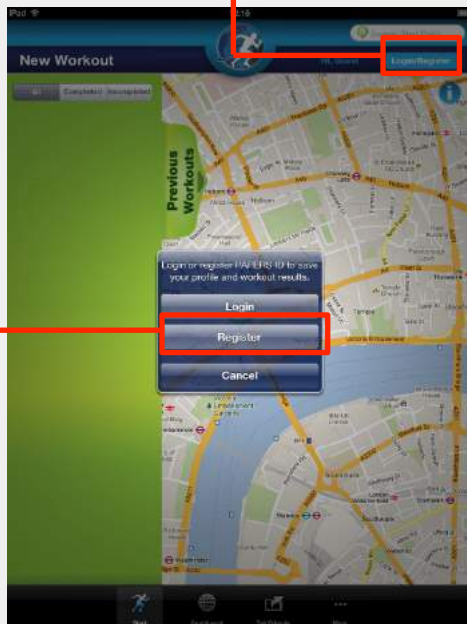
- Run on Earth supports 9 languages
 - English, Spanish, French, German, Italian, Portuguese, Simplified Chinese, Traditional Chinese, Japanese
 - You can see the list of supported languages in the “More” tab in the “Choose Language” setting
 - To change the language in Run on Earth, you must change the language in your device settings
 - Follow this path to change the language
 - iOS: Settings -> General -> International -> Language -> Select your desired language
 - Android: Settings -> Language and input -> Language



Tracking Workout Results

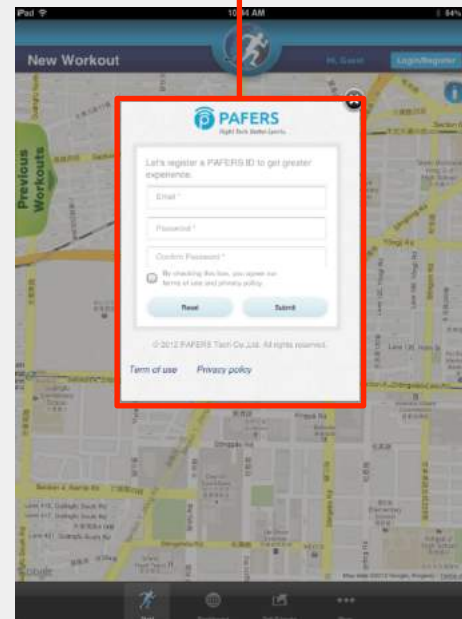
- To track workout results, first register a PAFERS ID by following the steps below
 - Tap “Login/Register” -> Tap “Register” -> Fill in details on form -> Tap submit
 - You will be able to see previous history and important workout stats
 - Multiple people can use the app with different login IDs to track their individual workout stats

Login/Register Button

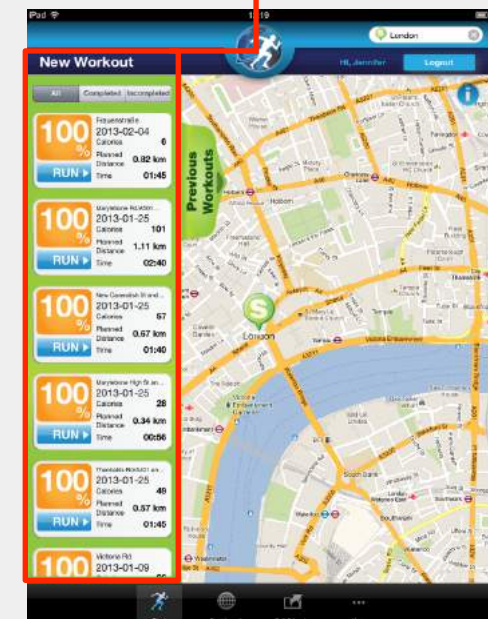


Register a PAFERS ID

Fill in form and hit submit



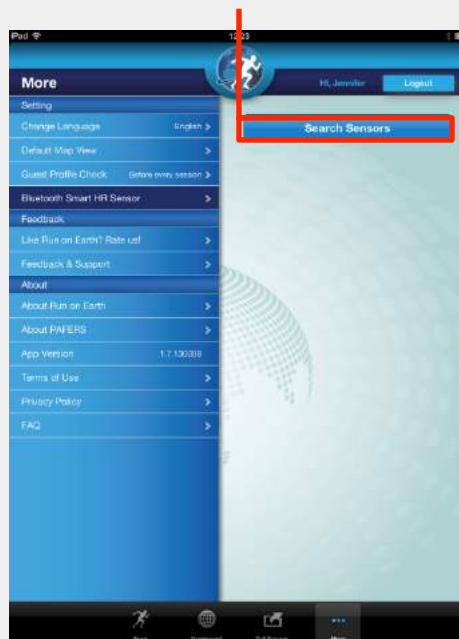
See previous workout stats



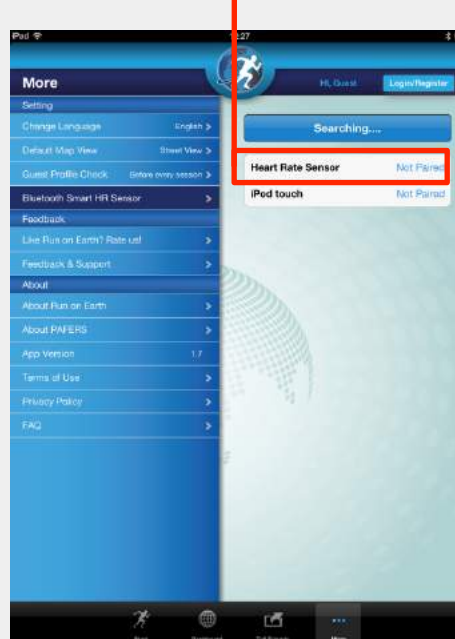
Setting up a Bluetooth Smart Heart Rate Sensor (iOS only)

- To set up a Bluetooth Smart heart rate sensor, follow these steps
 - First hit the “More” button on the bottom of the app
 - Click on the “Bluetooth Smart HR Sensor” tab on the left
 - Tap on the Search Sensors button to search for your heart rate sensor
 - Look for your heart rate sensor to be listed and then tap on it to pair it to the app
 - After it has paired, you are now ready to use the app with your heart rate sensor

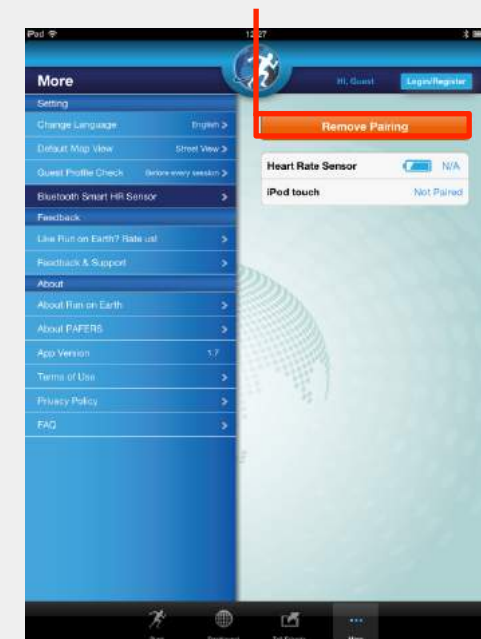
Search Sensor Button



Heart Rate Sensor

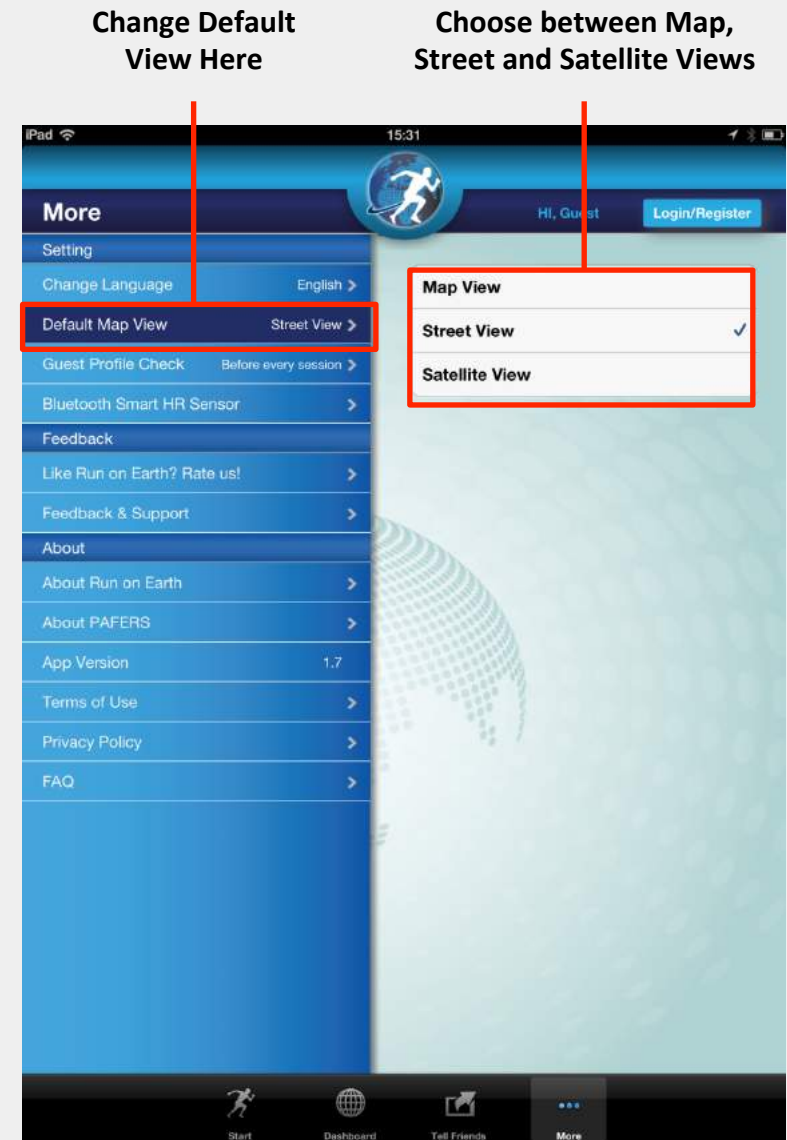


HR Sensor is paired



Changing the Default View

- Run on Earth has three excellent viewing modes
 - **Street view:** Lets you experience lifelike outdoor runs around the world
 - **Map view:** Makes it easy to track the location of where you are on the map
 - **Satellite mode:** Provides an excellent bird's eye view of roads and terrain you are running through
- Can set a default viewing mode in the “More” section
 - Every time you start a new route it will open in the default view you selected





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User Guide for Tread Monitor:

Quick Training Mode, Program Mode and HRC Mode

Tread Monitor User Guide Outline

1. Connect Device to a PAFERS Enabled Fitness Machine
 1. 30-pin fitness machine
 2. Bluetooth fitness machine
2. Quick Training Mode
3. Program Mode
4. HRC Mode
5. Setting up a Bluetooth Smart (4.0) Heart Rate Sensor

Connect Device to PAFERS Enabled Fitness Machine

30-pin fitness machine

Step 1: Slide the iOS device onto the 30-pin connection



Step 2: Open Tread Monitor



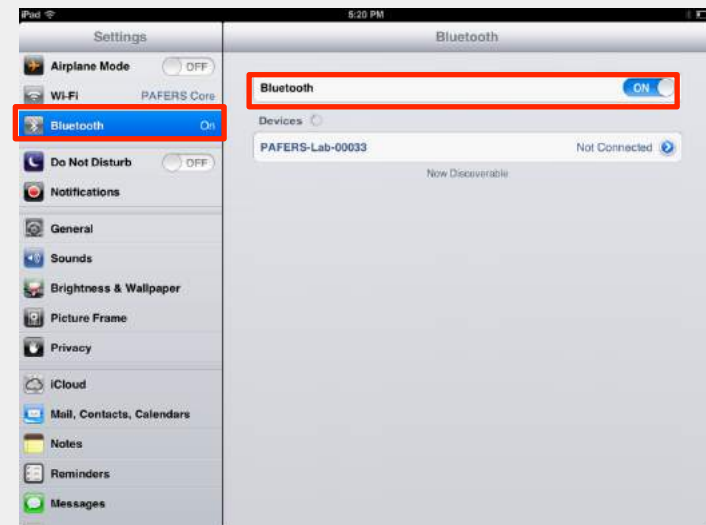
Connect Device to PAFERS Enabled Fitness Machine

Bluetooth fitness machine

Step 1: Tap on the Settings icon



Step 2: Tap on the Bluetooth tab on the left and then turn on Bluetooth



Step 3: Click on the fitness machine and wait until it connects



Step 4: Open Tread Monitor

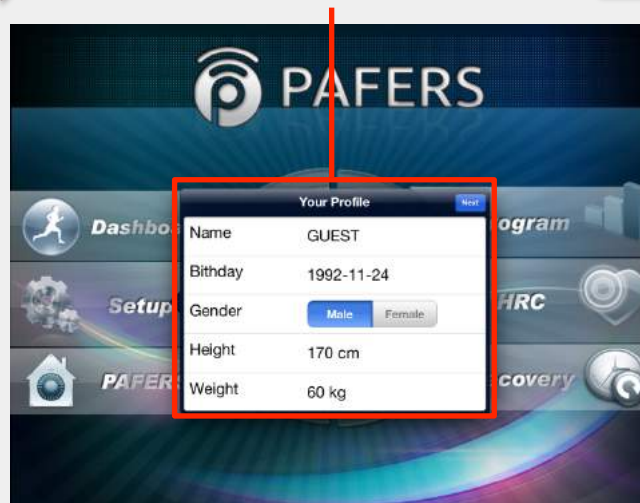


Quick Training Mode - Start

Press the Quick Training button to begin quick training mode



Confirm your profile and press "Next" to continue

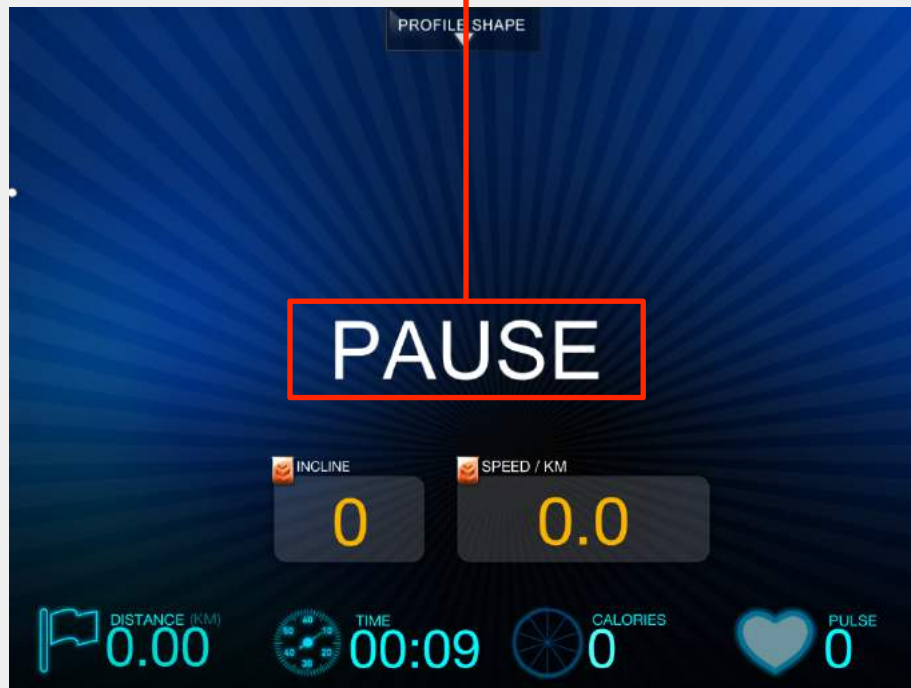


Press the Start button on the treadmill to begin workout

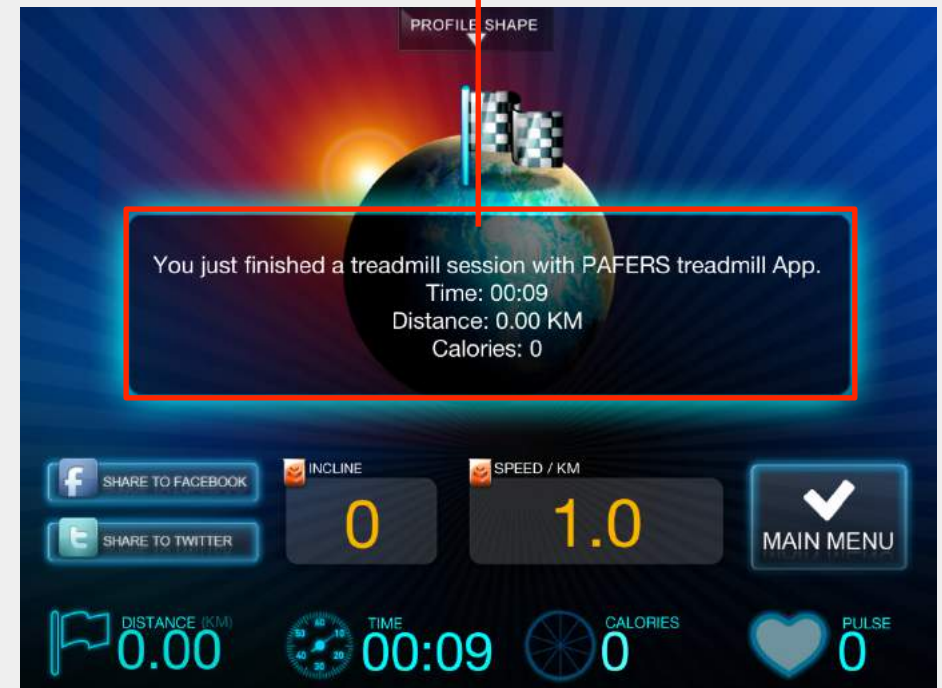


Quick Training Mode - Pause/End

To pause, press the Stop button on the treadmill



To end the workout, first pause the treadmill and then long press the Stop button until you hear the beep

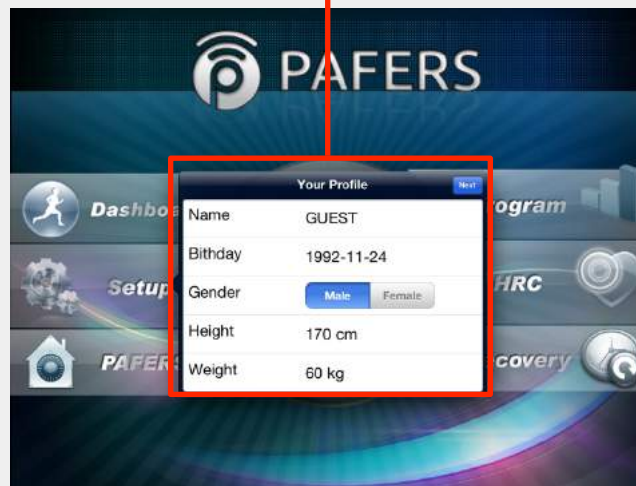


Program mode – Selecting a Program

Press the Program button to begin program mode



Confirm your profile and press "Next" to continue



Select the program you want

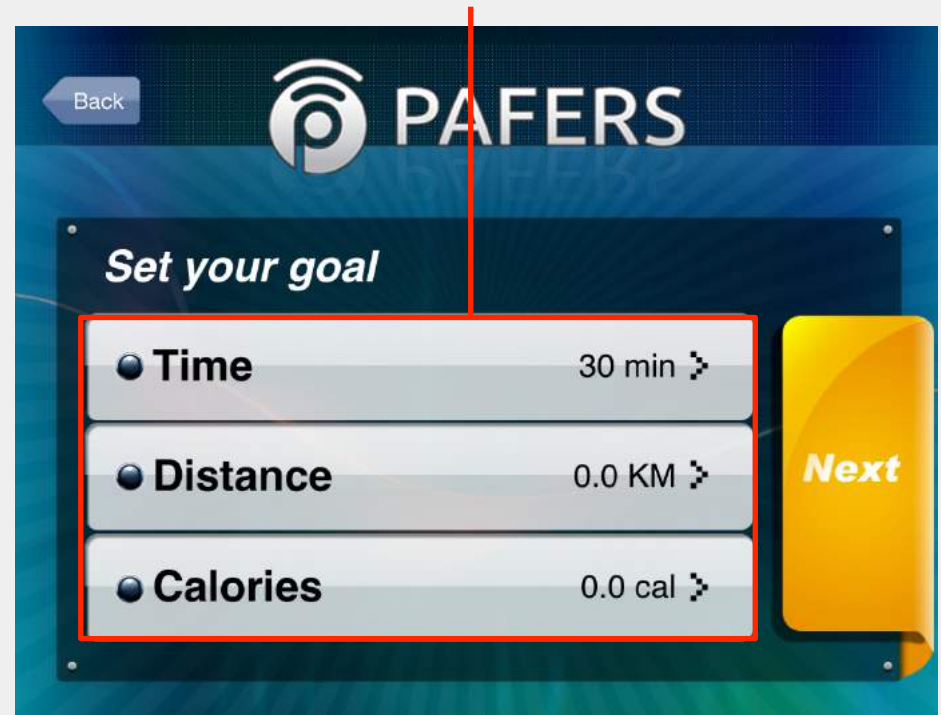


Program mode - Goal Selection Overview

Select if you want to set up training targets (goals) . If you select “No” you will skip this page

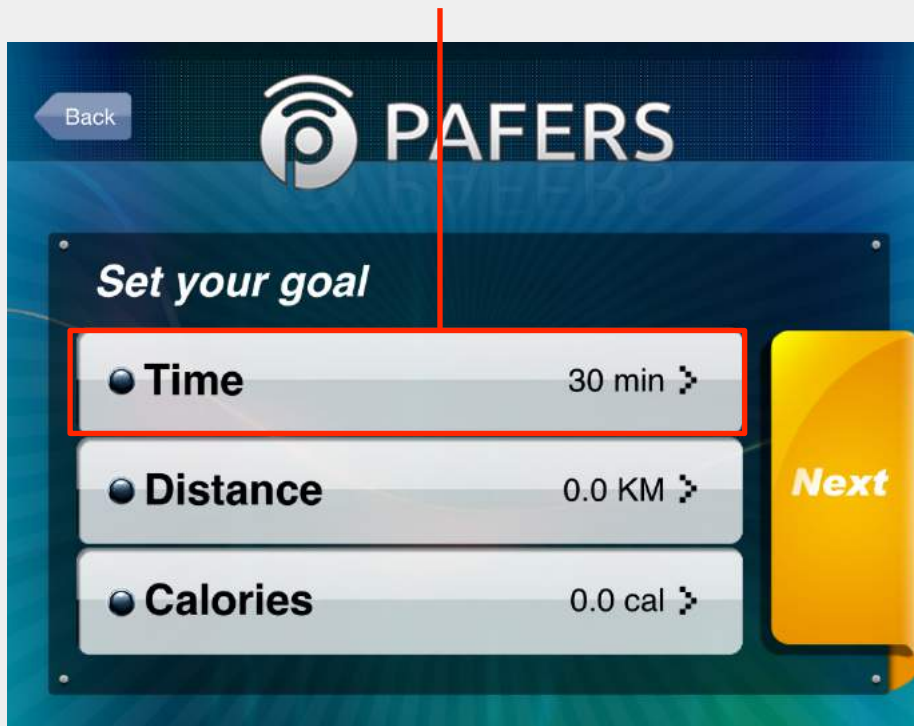


Choose the goals you want to change



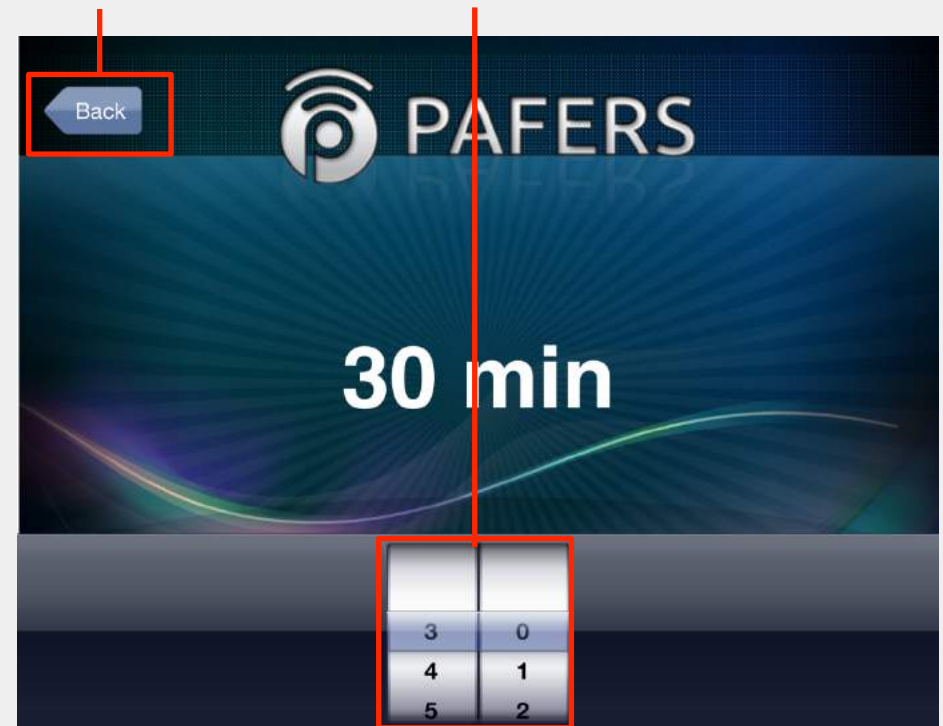
Program mode – Goal: Changing Time

Press the Time button to change the time



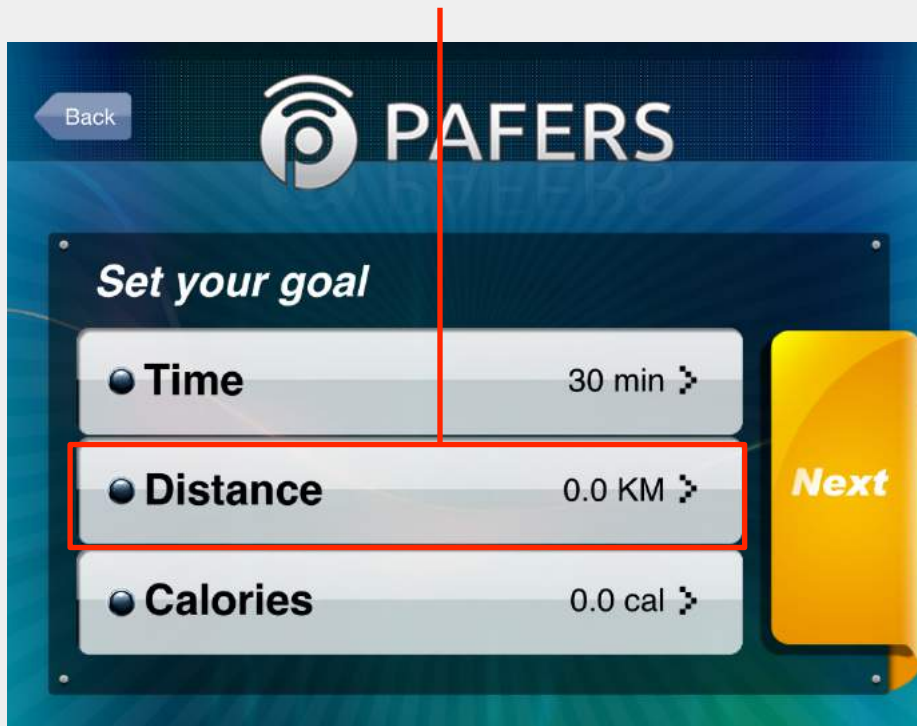
Press Back after time is adjusted

Change the time here

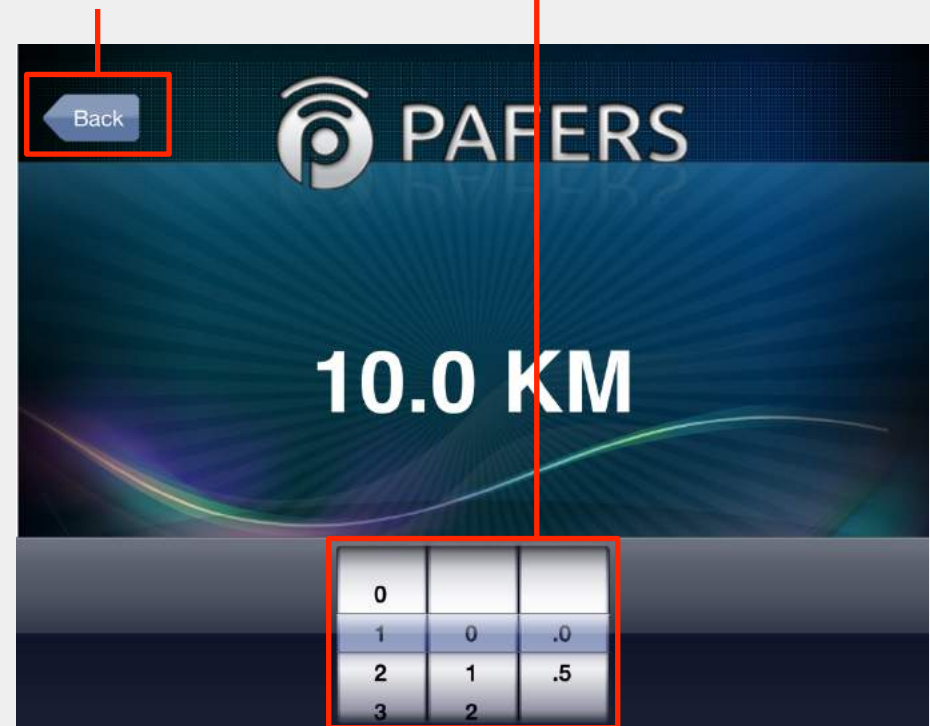


Program mode – Goal: Changing Distance

Press the Distance button to change the distance



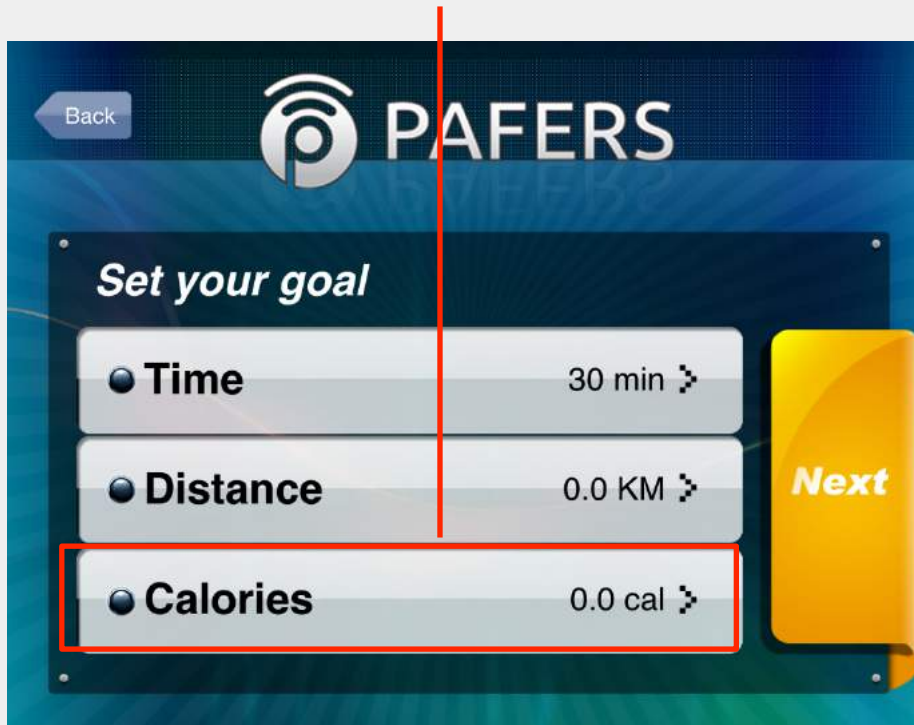
Press Back after distance is adjusted



Change the distance here

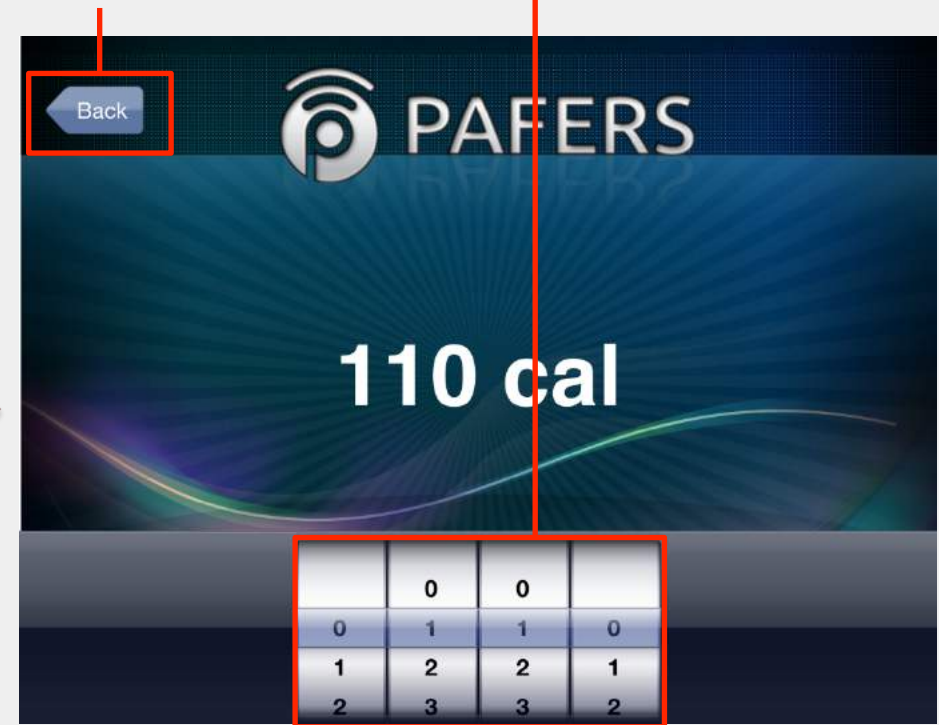
Program mode – Goal: Changing Calories

Press the Calories button to change the calories



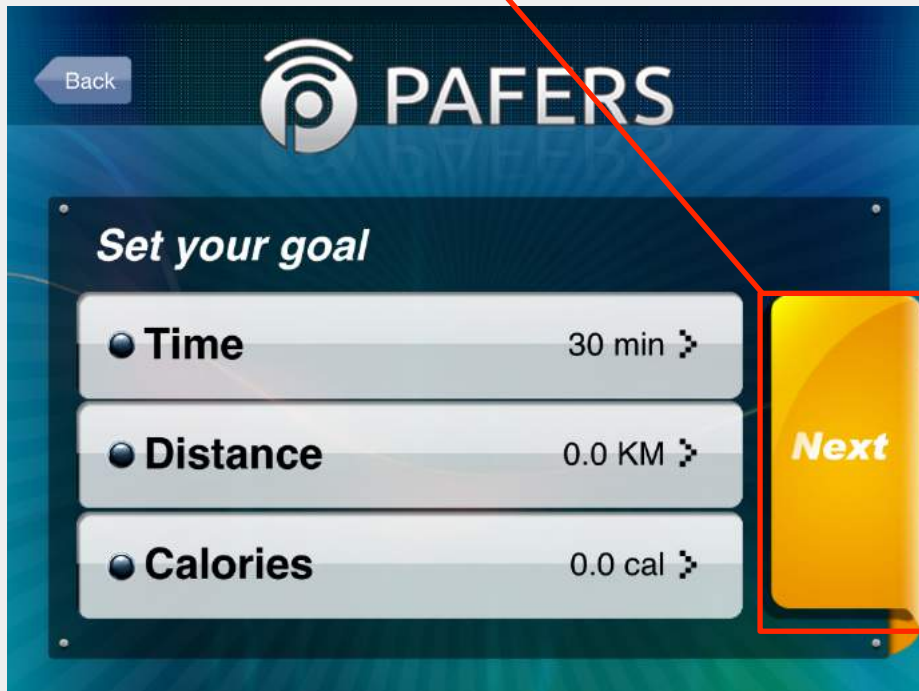
Press Back after calories is adjusted

Change the calories here

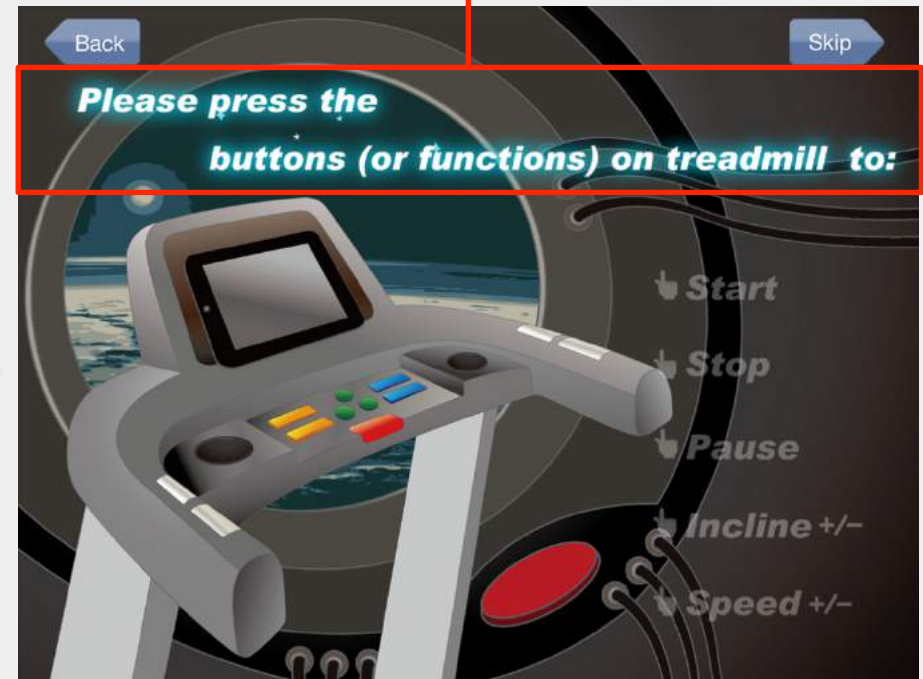


Program mode - Start Workout

Press the Next button to continue

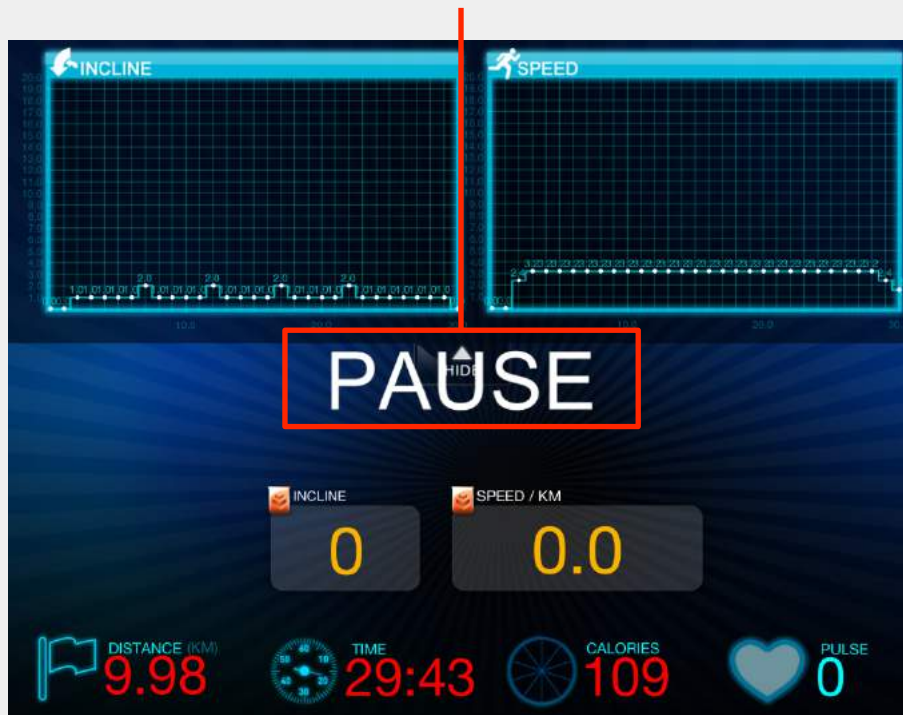


Press the Start button on the treadmill to begin workout

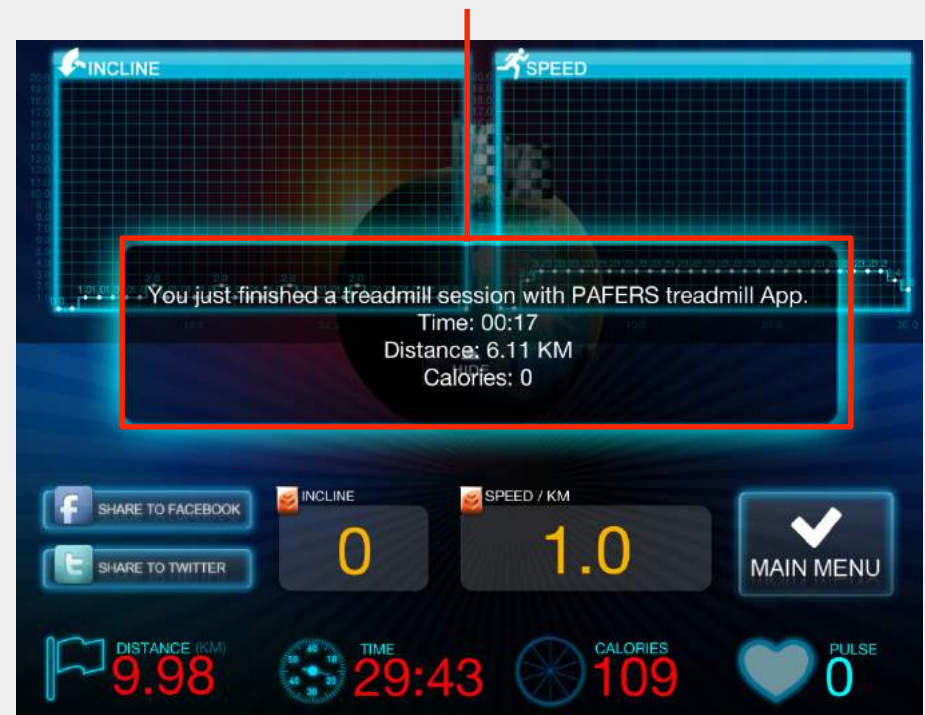


Program Mode – Pause/End

To pause the treadmill,
press the Stop button on
the treadmill



To end the workout, first pause the
treadmill and then long press the
Stop button until you hear the beep

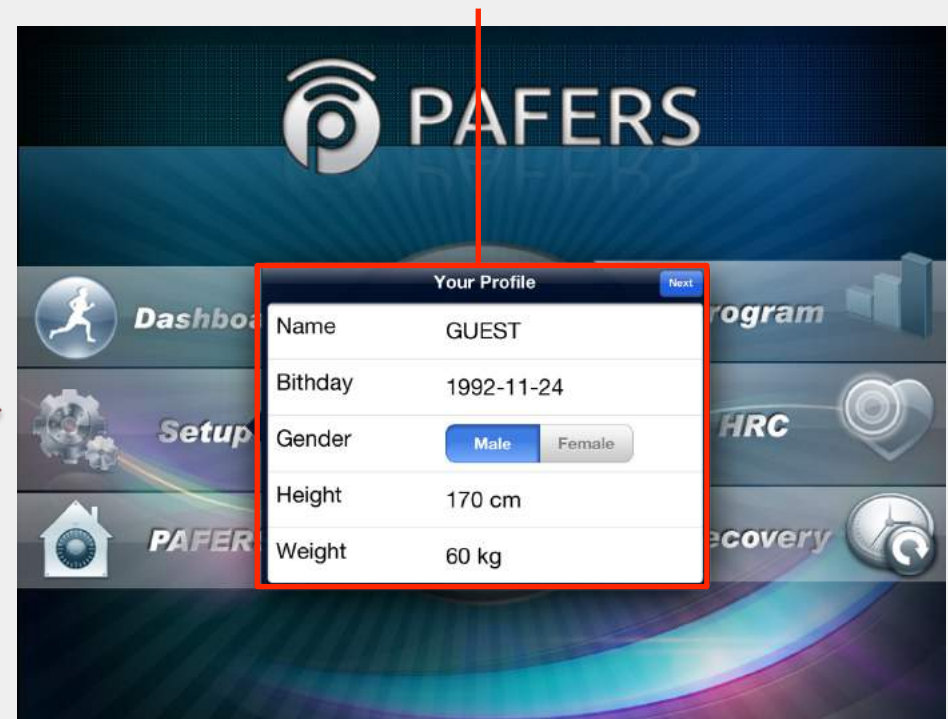


HRC Mode - Setup

Press the HRC button to begin HRC mode



Confirm your profile and press "Next" to continue



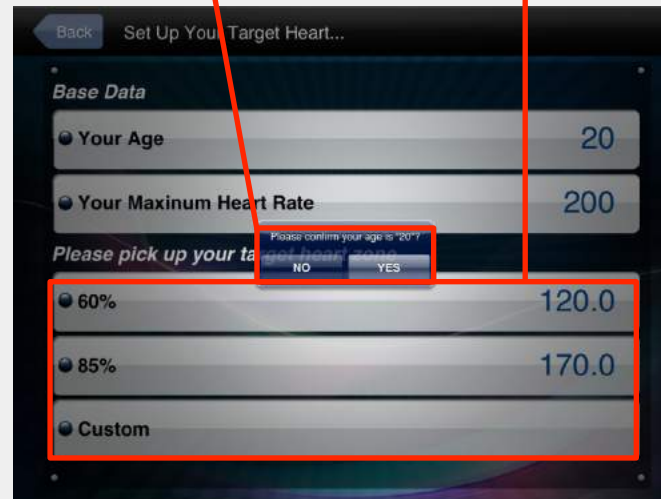
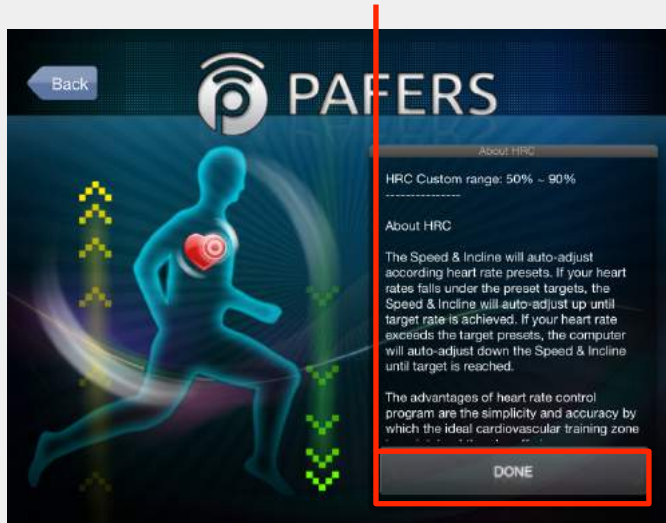
HRC Mode – Setup and Start

Read through instructions and press “Done” to continue

First confirm your age

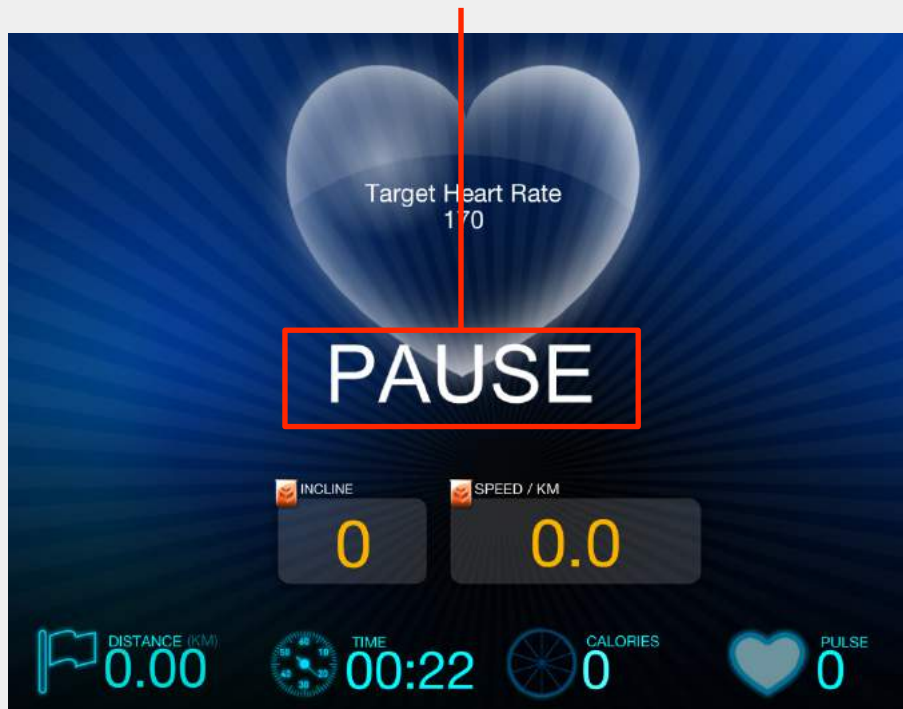
Then select your target heart rate to start workout

Press the Start button on the treadmill to begin workout

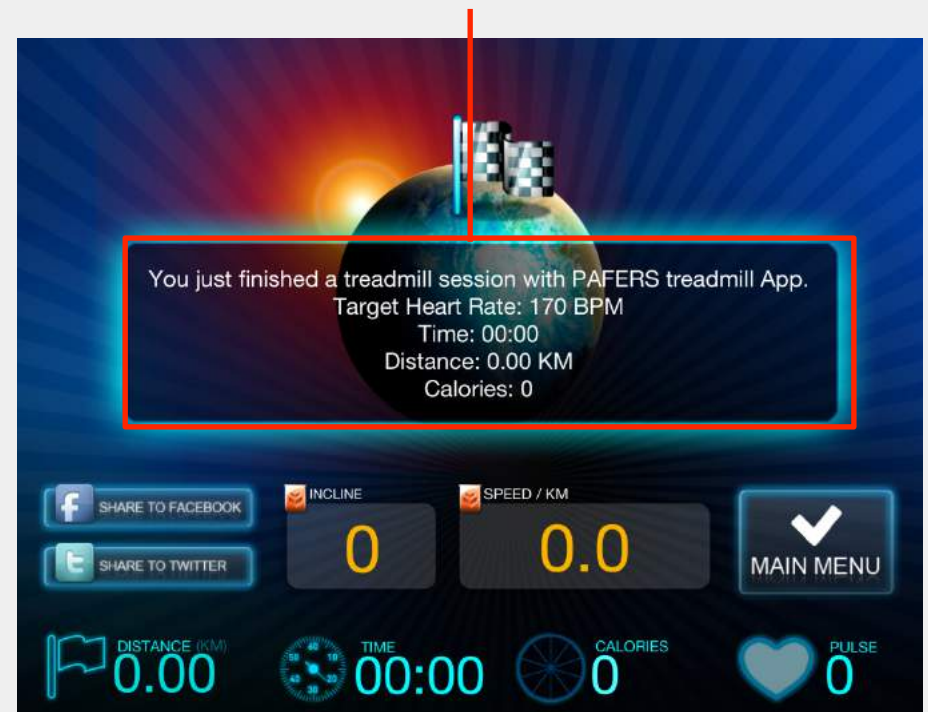


HRC Mode - Pause/End

To pause the treadmill,
press the Stop button on
the treadmill



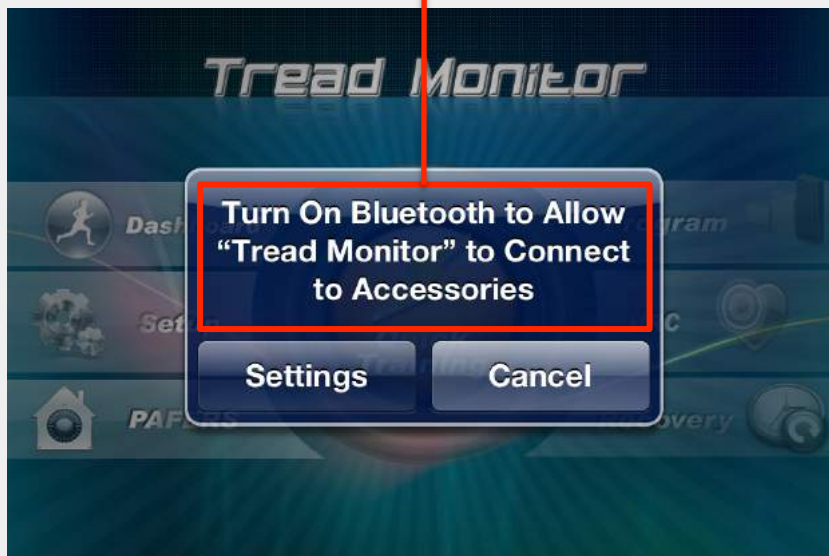
To end the workout, first pause the
treadmill and then long press the
Stop button until you hear the beep



Setting up a Bluetooth Smart Heart Rate Sensor (iOS only)

- To set up a Bluetooth Smart heart rate sensor, follow these steps
 - First turn on the “ Bluetooth ” function of your device, then open the app
 - Hit the “Setup” button on the left of the app
 - Click on the “Bluetooth Smart HR Sensor” tab on the right
 - Look for your heart rate sensor to be listed and then tap on it to pair it to the app
 - After it has paired, you are now ready to use the app with your heart rate sensor

Turn on the Bluetooth function

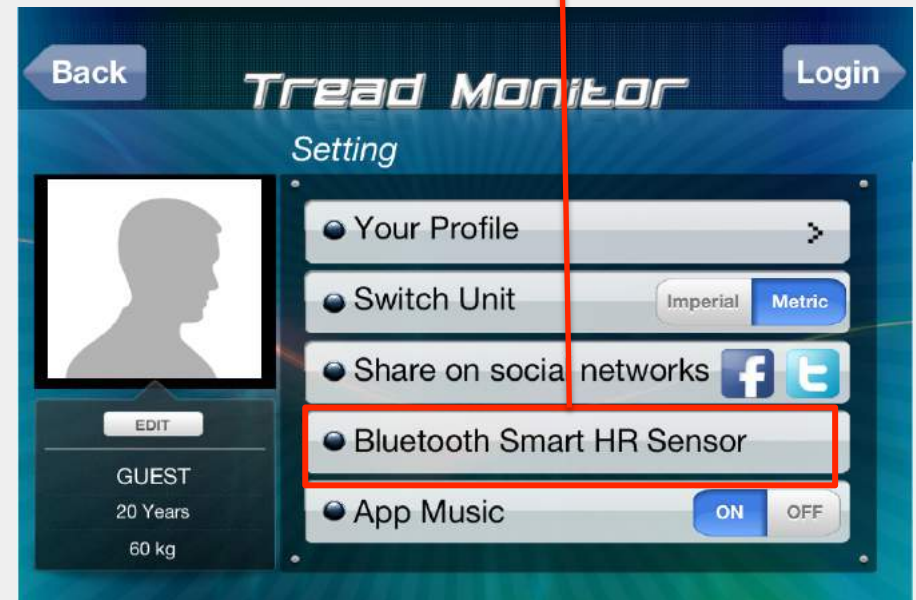


Setting up a Bluetooth Smart Heart Rate Sensor (iOS only)

Hit the "Setup" button on the left of the app



Click on the "Bluetooth Smart HR Sensor"



Setting up a Bluetooth Smart Heart Rate Sensor (iOS only)

Look for your heart rate sensor to be listed and then tap on it to pair it to the app

Ready to use the app with your heart rate sensor

