SA WELL+ KIT MANUAL CONTENTS

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DISCLAIMER

The information in this user manual is subject to change without prior notice.

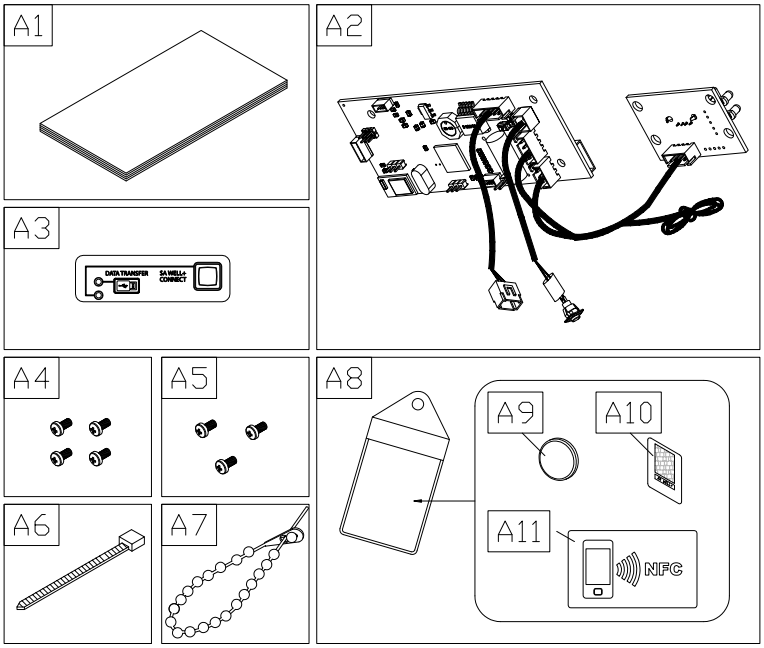
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WARNING

DO NOT upgrade Windows operating system of Mini PC. It may result in SA WELL+ system malfunction.

HARDWARE ASSEMBLY



1. LIST OF PART

Assembly Parts					
No.	**Name**	**Qty.**	**No.**	**Name**	**Qty.**
A1	Manual	1	A7	Beaded cable tie	1
A2	SA WELL+WIFI (or BLE)	1	A8	Zipper bag	1
A3	Port label	1	A9	Lithium-ion battery	1
A4	Phillips pan head screw M4	4	A10	SA WELL+QR code label	1
A5	Phillips pan head screw M3	3	A11	NFC label	1
A6	Zip tie	1			

Components on the Product				
No.	**Name**	**Qty.**	**Specification**	**Notes**
43	Inner hex screw	4	M6	
	Flat washer	4	D16*d6.3*t2	
44	Mushroom head self tapping screw	2	M4	
45	Mushroom head philps screw	2	M5	

2. TREADMILL CONSOLE ASSEMBLY

Caution: Make sure the motor cover is on securely, to prevent the screws from dropping into the chassis.

(a) Remove screws (43)(44)(45) from the console rear back cover by using a flat head screwdriver.

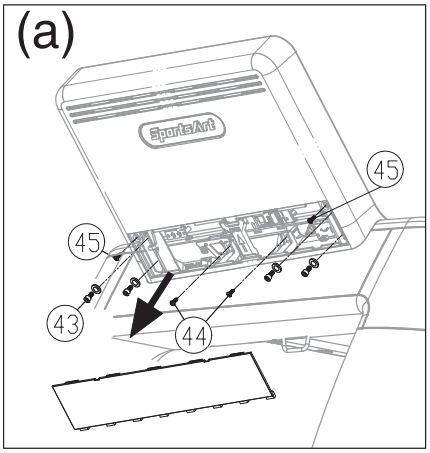
(b) First disconnect the upright wire from the console wire, next remove the console assembly, then remove the rear housing case cover of the console.The recommended operating position is shown below.

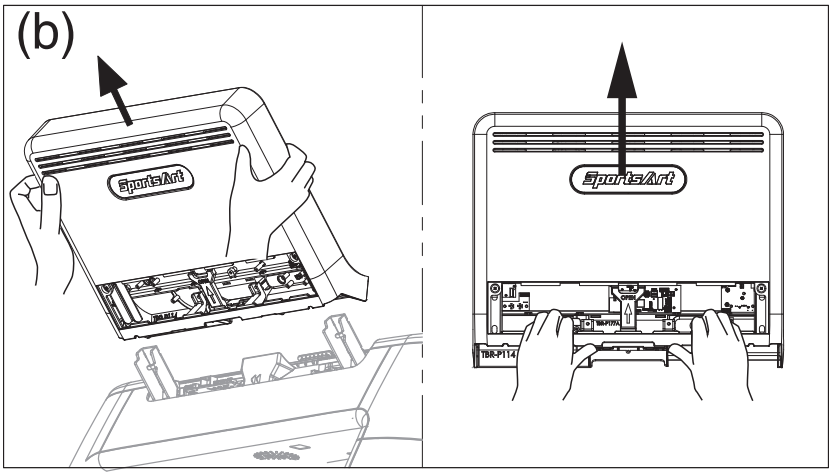
Note: Cover the console with a soft cloth to prevent scratching the display panel.

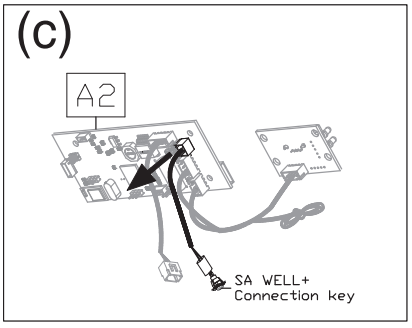
(c) Remove SA WELL+ Connection key from the SA WELL+ assembly(A2).

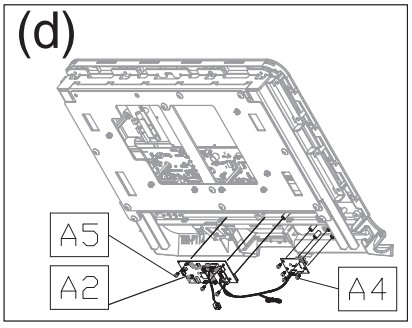
(d) Secure the SA WELL+ assembly (A2) to the console circuit board with screws (A4)(A5).

(The figure below shows the treadmill equipment assembly steps. Follow the same steps on other fitness equipment.)









(e) Plug the CTL cable into location A on the SA WELL+ assembly (A2), and feed the SA WELL+ Connection key through location B from the front side of the console (be sure the key is fully seated), then plug the cable into SA WELL+ assembly (A2).

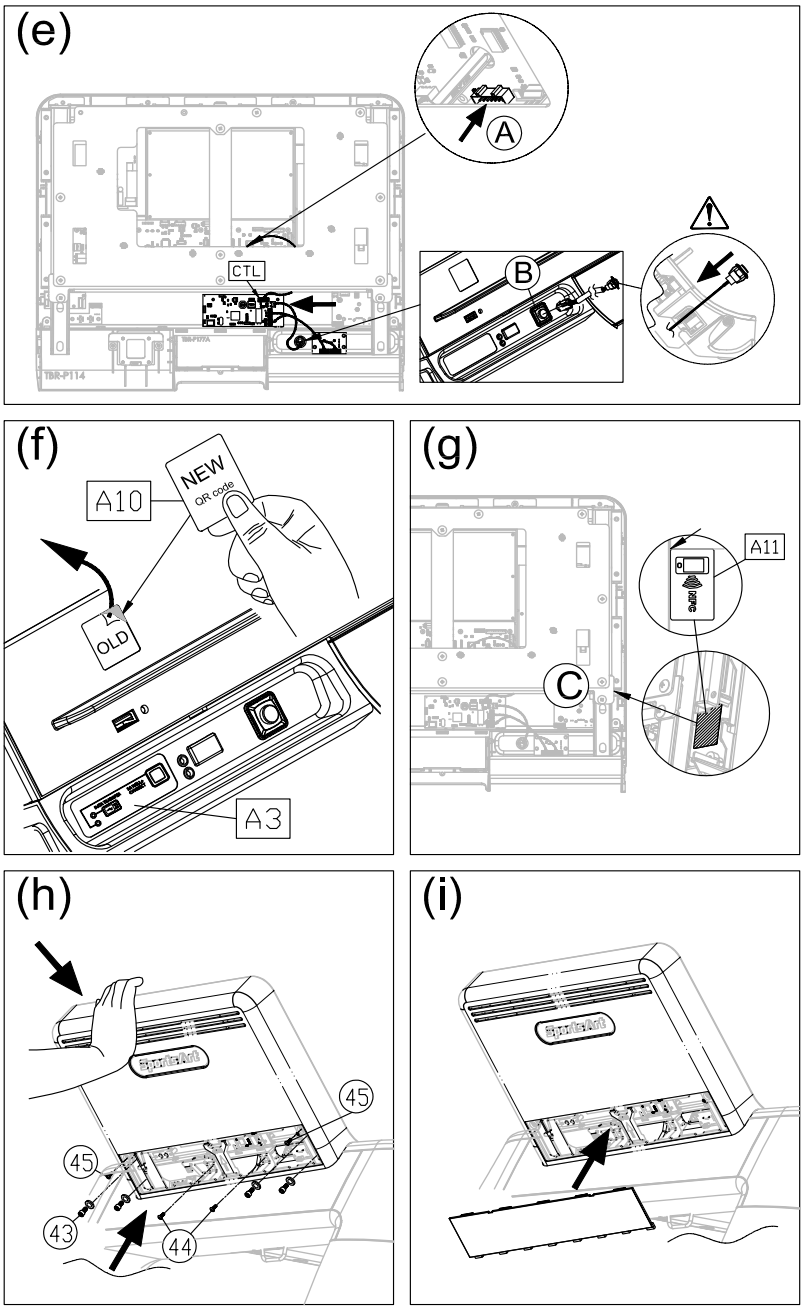
(f) Replace the QR code on the console with a new one (A10), then attach the port label (A3) to the console.

(g) Remove the NFC label on location C as shown, then attach the new NFC label and keep it aligned with edge of the console.

(h) Hold the console assembly with one hand, gently tilt it forward, and then press it downward. Connect the console wire with the upright wire, then secure the rear back cover using screws (43)(44)(45) (Do not pinch the wires between the parts) .

(i) Put the rear housing case cover back on.

(The figure below shows the treadmill equipment assembly steps. Follow the same steps on other fitness equipment.)



GENERAL DESCRIPTION

SA WELL+ system is compatible with SportsArt treadmill, elliptical and cycle products as well as strength equipment. The SA WELL+ system has Bluetooth and WiFi versions. Please familiarize yourself with this Owner's Manual and find instructions that match the version being selected.

1. SA WELL + SYSTEM REQUIREMENTS

1.1 Smart Phone

Supports BT 4.0 or WiFi tethering.

(a) For iphone users: iOS 6 or higher is required (iOS 7.1 is most recommended.)

(b) For Android users: Android 4.3 or higher is required. (Not supported in Android tablet PC.)

1.2 Router

Smart phone or Mini PC can connect to the internet or the cloud server through a Router.

1.3 Wireless IP sharer (Only available in WiFi Version)

Allows the smartphone and Mini PC to connect to the equipment wirelessly, and support multiple users working at the same time.

1.4 Mini PC (Only available in WiFi Version)

For fitness equipment management and information display of the Green System.

2. HOW TO CONNECT THE EQUIPMENT TO SA WELL+ SYSTEM

Use SA WELL+ App to scan the QR code or tap the NFC tag on the console to connect to the equipment.

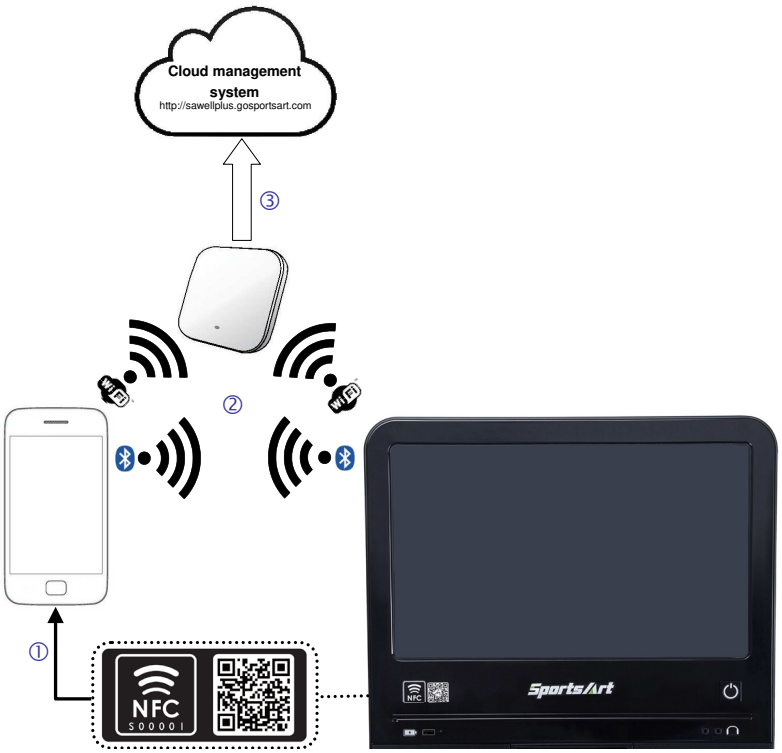
2.1 How QR Code and NFC Tag Work with SA WELL +

(a) Use smart phone to scan the QR code or tap the NFC tag.

(b) Bluetooth version: Connect SportsArt fitness equipment via Bluetooth.

WiFi version: Connect SportsArt fitness equipment via Wireless IP sharer.

(c) Transmit workout data to a cloud server.



3. HOW TO USE SA WELL +

3.1 Bluetooth Version

(a) Install SA WELL+ Bluetooth version into SportsArt exercise equipment.

(b) For smart phone, user may download the App “SA WELL+” from the Google Play Store or iTunes App Store and install it.

(c) First time user must create a user account and then login with your ID and password.

(d) First, enable Bluetooth on your smart phone. Enable WiFi/3G/4G as well if you’d like to transmit the workout data to the cloud server.

(e) Enter SA WELL+ App home page and tap the “Workout” button to scan the QR code or tap the NFC tag on the console to connect to the equipment.

(f) When connected, you will see the workout data.

(g) User may use App or visit SA WELL+ website to review the workout history.

3.2 Wifi Version

(a) Install SA WELL+ WiFi version into SportsArt exercise equipment and connect your equipment as seen on page 29 and then turn on Mini PC to enter the main page of SGwebUI.

(b) For smart phone, user may download the App “SA WELL+” from the Google Play Store or iTunes App Store and install it.

(c) First time user must create an user account and then login with your ID and password.

(d) First, enable WiFi on your smart phone to connect to the product and transmit the workout data to the cloud server.

(e) Enter SA WELL+ App home page and tap the “Workout” button to scan the QR code or tap the NFC tag on the console to connect to the equipment.

(f) When connected, you will see the workout data.

(g) User may use App or visit SA WELL+ website to review the workout history.

SA WELL+ SYSTEM OPERATION

1. SA WELL + APP INSTALLATION

1.1 Download the app on your smartphone

Visit SA WELL+ official website (http://sawellplus.gosportsart.com) to download “SA WELL+” App. The primary installation methods are as follows:

(a) Open your computer’s Internet browser and visit SA WELL+ website, select scan QR code that matches your operating system to download SA WELL+ App.

(b) Scan the QR code or tap the NFC tag on the console with the smart phone and link to SA WELL+ website to scan the QR code to download SA WELL+ App.



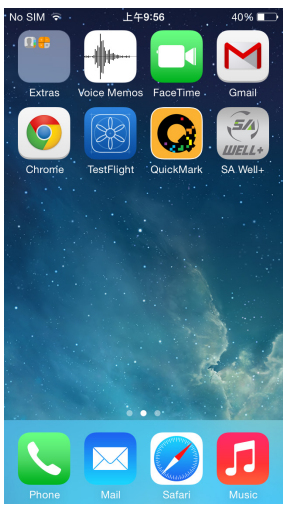
Note:

(a) Please download and install SA WELL+ APP from Google Play or App Store. Which app store you use depends on the type of phone or tablet you have, and the ecosystem it belongs to.

(b) Download a QR code reader app first if you want to scan the QR code on the console, simply copy and paste the address into your browser, and tap to visit SA WELL+ official website.

(c) Be sure to uninstall and remove Blue light filter (if you have this app on your phone) before installing SA WELL+ system.

(d) If installed successfully, the app icon will appear in the app list as shown below.





1.2 Download the app on your iPAD

According to APPLE, applications designed for iPhone are also compatible with iPad. To do that, users have to choose ‘iPhone only’ first, and download the application. For iPad, please refer to the following instructions.

(1) To download the application, please search for ‘SA WELL+’ in your App store.

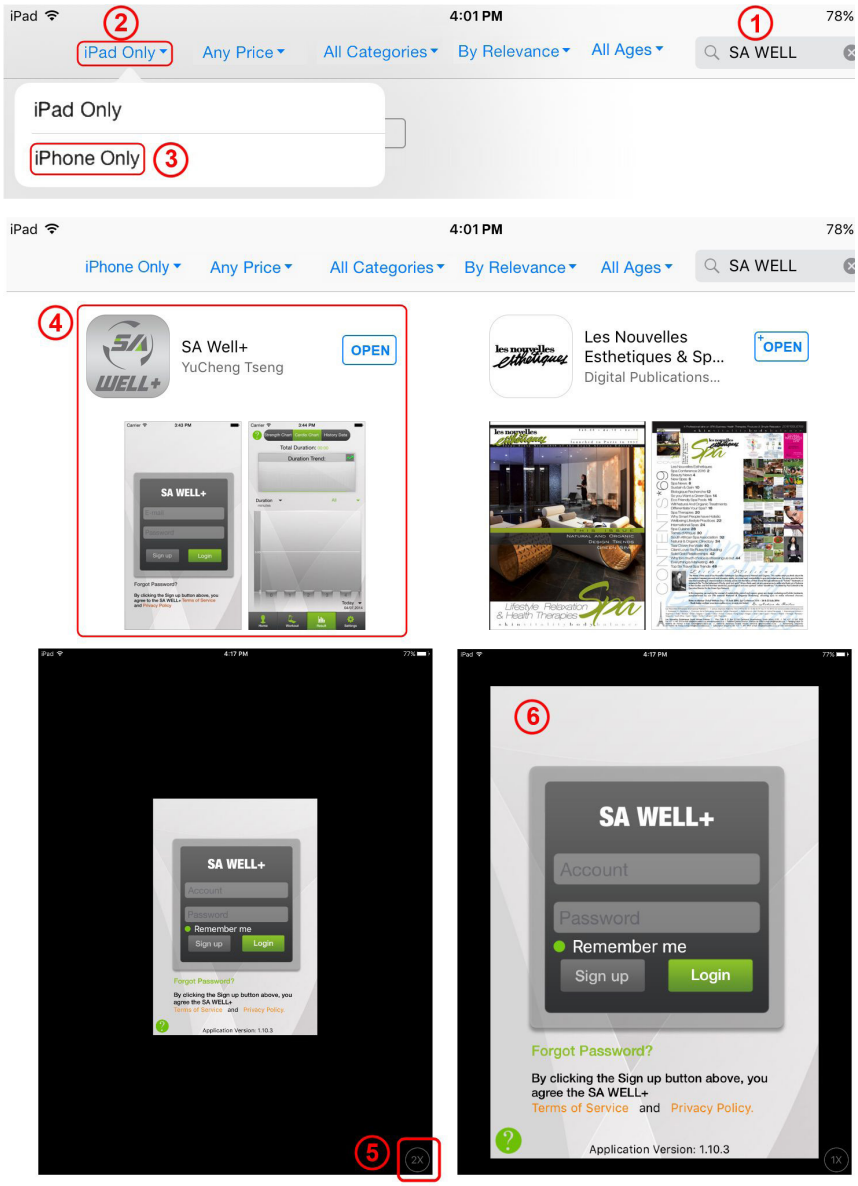
(2) Select “iPad only”, which is at the top left corner of the screen.

(3) A dropdown menu coming with two options will show up automatically. Users must choose “i Phone only” from it. Otherwise, “SA WELL+” won’t be found.

(4) Download the application.

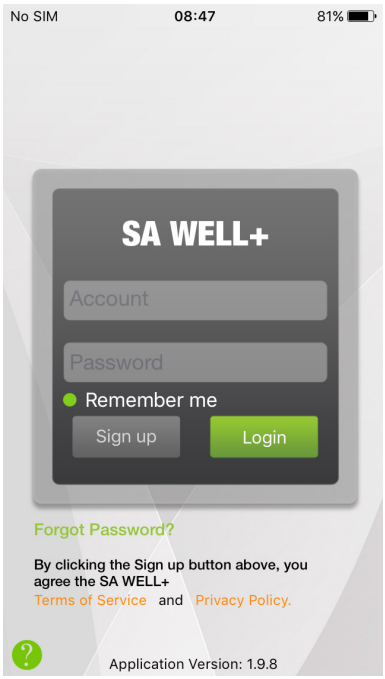
(5) Click the “2x” button at the bottom right corner of the screen to zoom in.

(6) A clear home page image will now be seen.

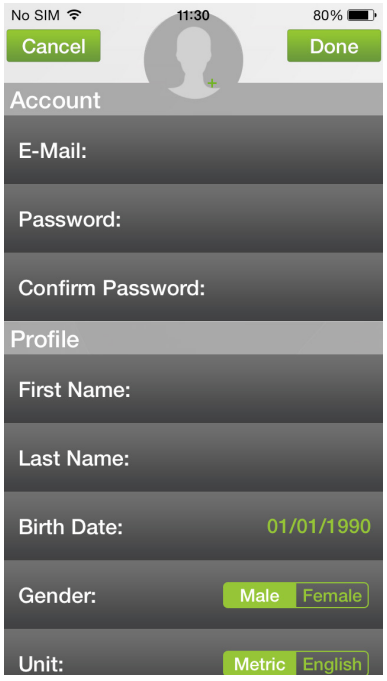


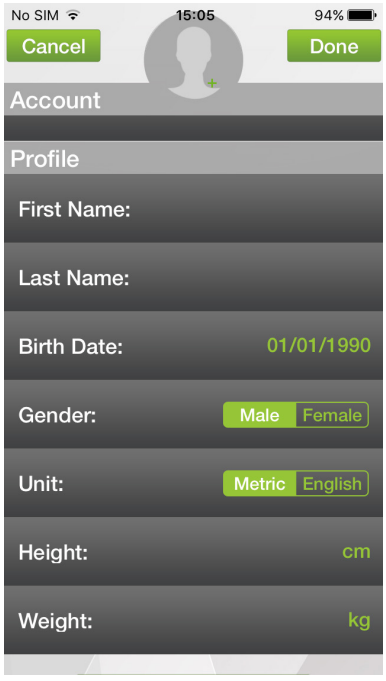
1.3 SA WELL+ Registration

(a) First time users must register to have access to the SA WELL+ system, please note that you cannot register yourself for the same item more than once. Also, be sure to turn on WIFI or 3G/4G to connect to the inter- net during registration process.



(b) On the following screen you will be required to enter your login details. When all the required information has been entered, tap on the “Done” button to complete the registration process.



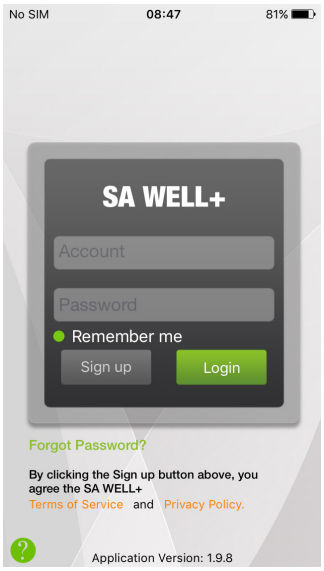


1.4 SA WELL+ Login

For SA WELL + WiFi version, make sure your smart phone connect to the internet via WiFi SS ID: SportsArt_10_5G with password " 00000000".

For SA WELL + Bluetooth version, your smartphone can connect tointernet via your WiFi or 3G/4G network.

(a) Tap "login" as shown below to enter SA WELL+ system main page.



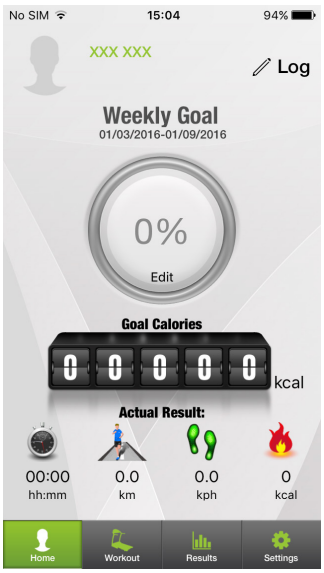
(b) There are 4 options on the main page to choose from:

(i) Home : Set exercise goals to help you track your weekly workout routine. These goals may be based on time, distance or calories. For users who want to manually set the workout parameters, find and tap "log" button in the upper right hand corner of the screen as shown below.

(ii) Workout : scan the QR code on the console, then your smartphone will sync workout data automatically with SportsArt fitness equipment.

(iii) Results : store all your historical workout data.

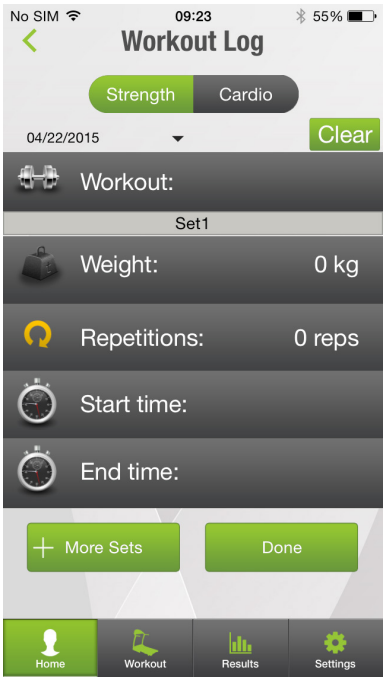
(vi) Settings: change default settings and logout.

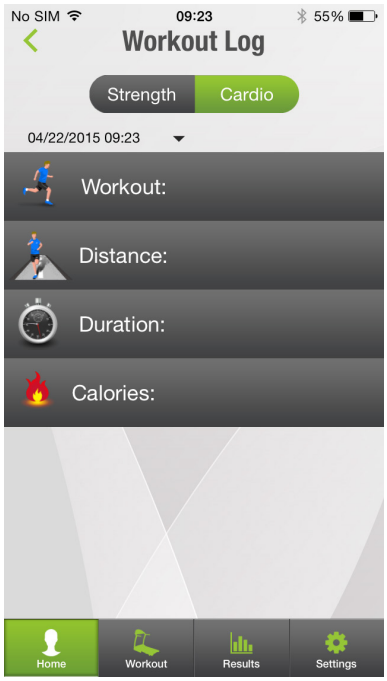


1.5 SA WELL + Workout Log

(a) There are 2 types of workout log pages: Cardio and Strength pages.

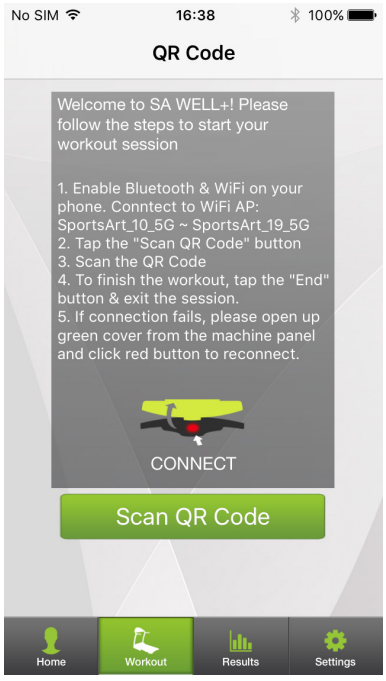
(b) This function allows the user to manually input the historical workout data. It will link to a cloud server for backup and storage management.





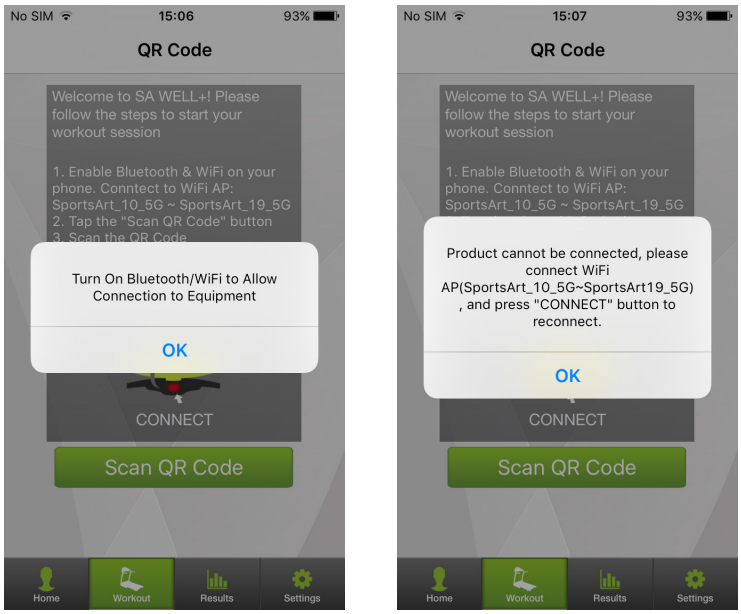
1.6 SA WELL + Sync Function

(a) Select and tap the “Workout” button. Next, you will be navigated to the bar- code scanner page. Tap “Scan QR Code” to scan the QR code on the console. If the blue LED light on the console keeps lighting up, it means the equipment is successfully paired with your smartphone.





(b) If Bluetooth/WiFi is not turned on, a reminder pop up will appear as shown below(left). If a connection timeout error occurred a reminder pop up will appear as shown below(right). To exit from the pop-up windows, press OK to return to main page and reconnect. Note: If Bluetooth/WiFi disconnects the blue LED on the console will be flashing.

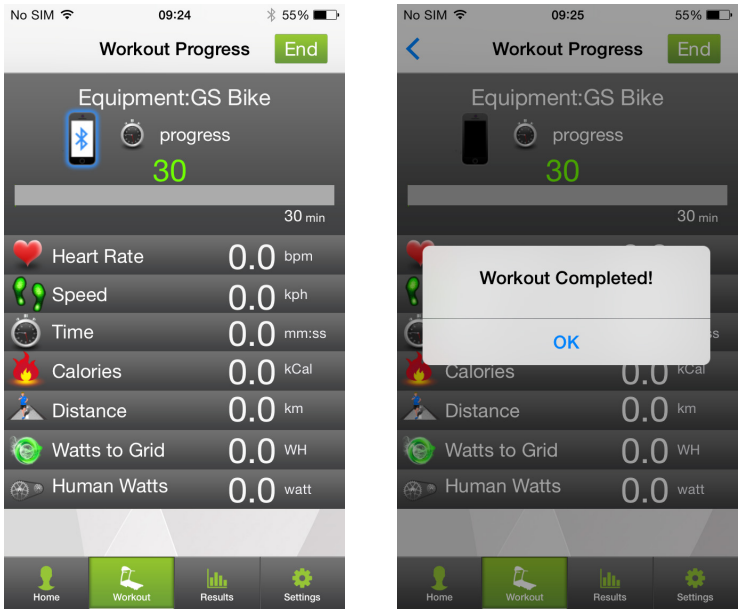


1.7 SA WELL + Workout Progress

(a) After successfully pairing the equipment, you will get a “workout prog ress” screen on your smartphone. Here you can see the sync status on your smartphone.

(b) Press START on the equipment to start exercising, the workout data will be recorded and stored

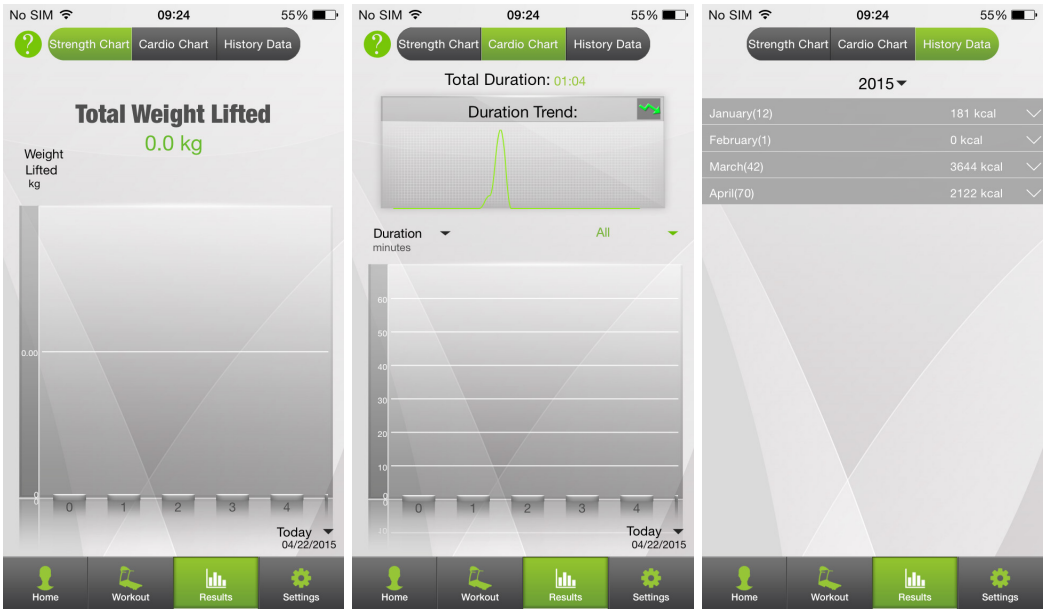
(c) Press END button on your smartphone, or STOP button on the console to end the exercise program, and the finish screen will show up on your smartphone.



1.8 SA WELL + Workout Summary

(a) Enter this page to view historical workout data.

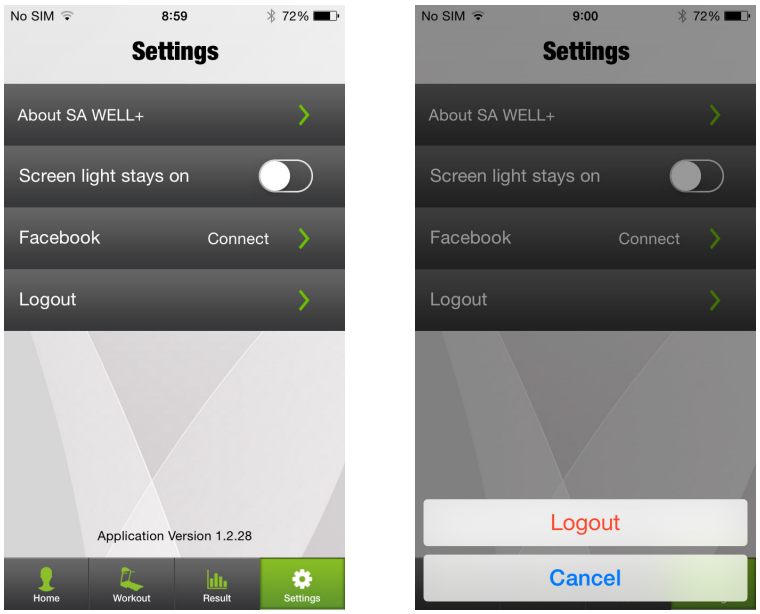
(b) The data can be sorted according to values of any property, such as workout goals (e.g. time, distance, or calories), time (e.g. daily, weekly, monthly, yearly), and equipment (e.g. treadmill, bike, elliptical).



1.9 SA WELL + System Settings

(a) Change default settings.

(b) Logout SA WELL+ system.



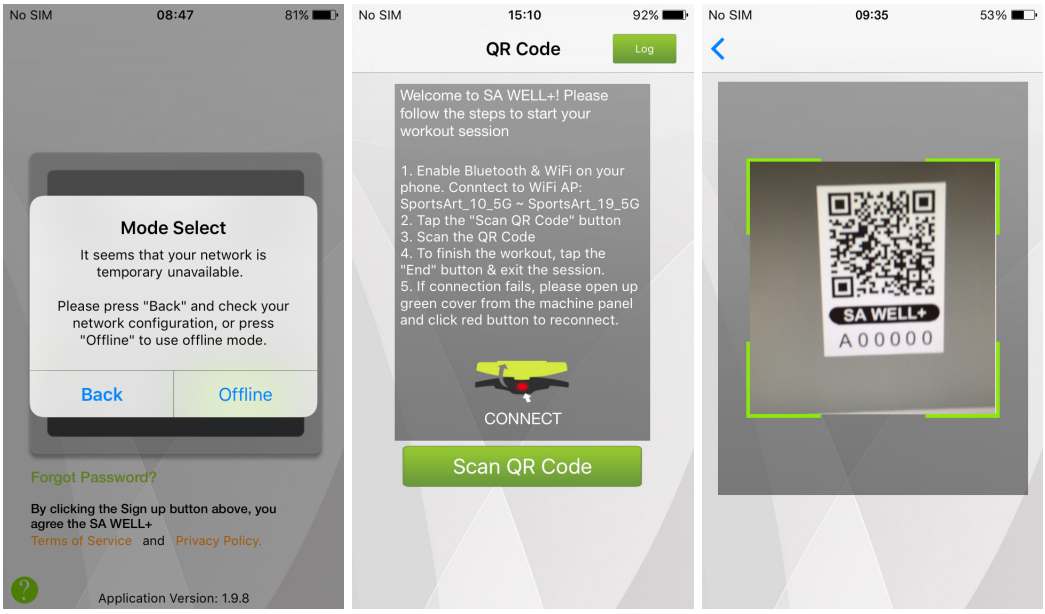
1.10 SA WELL + Offline Mode

(a) Use offline mode when you are not connected to WiFi. The login screen is shown as below.

(b) The operation procedure is the same as online mode, as well as recording WORKOUT.

(c) Your workout data will be stored on the smartphone, simply press “Log” button in the upper right hand corner of the screen so that you can look back to see how you’ve progressed.

Note: The cloud server will automatically sync the offline data on the smartphone when you have access to the Internet and the data stored on your smartphone will be complete cleared.



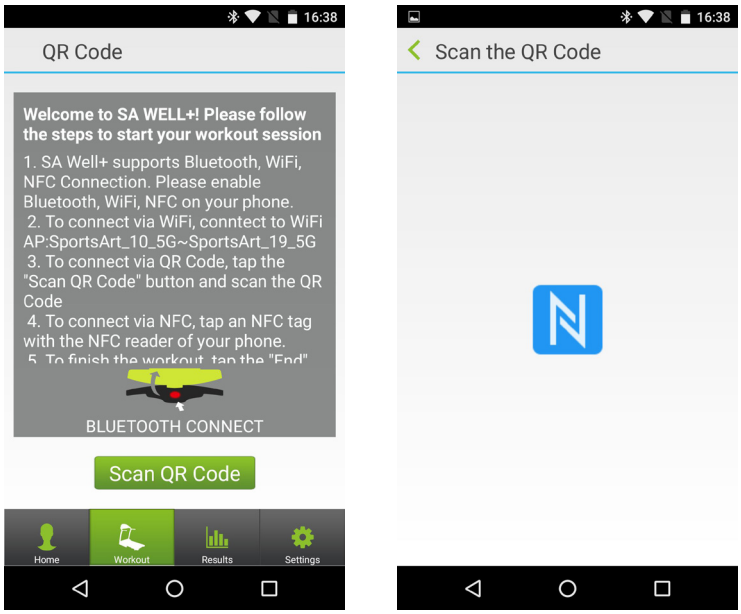
1.11 SA WELL+ NFC Instructions

SA WELL+ NFC function is compatible with Android smartphones only.
Currently, it is not compatible with iOS smartphones.

(a) You can find NFC indicating label as below on the left side of the console.



(b) Select the Workout option to tap the NFC tag and link with the product. When connected via Bluetooth/WIFI the blue LED will light up to indicate it is connected to the product.



2. SA WELL + SYSTEM OPERATION

2.1 SA WELL + OPE RATION INSTRUCTIONS

N685/G690 Console: Press “MODE” --> Press “GOAL” --> Then go into age and weight settings.

Other Console: Press “PROGRAMS” --> Press “GOAL” --> Then go into age and weight settings.

2.2 SA WELL+ Control Panel Operating Instructions:



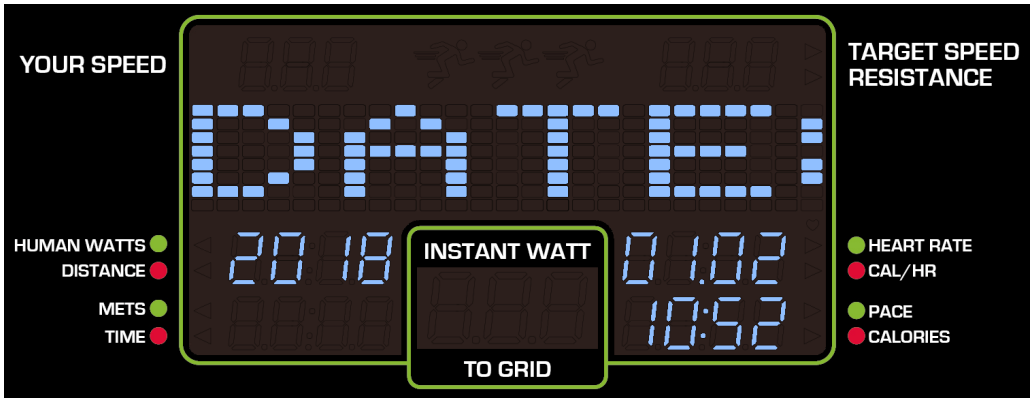
No.	Name of button	Function
a	USB port	This port is used for optional data transferring.
b	Bluetooth/ WIFI button	Disconnect from WIFI/Bluetooth device. Simply press this button to disconnect from WIFI/ Bluetooth devices. If you want to reconnect, scan the QR code or tap the NFC tag on the console to connect to the equipment again.

2.3 How to disconnect your device from Bluetooth or WIFI connection

1. Press “END” button in the upper right hand corner of the screen.
2. Press red SA WELL+ button on the console entertainment cap.
3. Press STOP button on the console to end program.

2.4 Calendar Settings on the Console

1. Set the date and the local time on the console if the calendar screen appears.
2. Events that would reset the calendar:
   (1) First-time installation of SA WELL + sub-board.
   (2) The battery on SA WELL+ board is dead.
   (3) Time sync when connected to the Internet via Bluetooth or WIFI.
3. How to set up the calendar on the console:
   (1) Press ENTER and volume up/down keys(▲/▼) a the same time for 2 seconds, then the word “DATE & TIME” will pop up on the display. Use the up/down keys to change the year, date, and time.
   Note: the numbers showed on the display are explained as follows: 2018 indicates year, 01.02 indicates date, 10:52 indicates time.
   (2) Press Enter to save the settings to SA WELL + sub-board and exit the calendar menu.



3. SA WELL + WEBSITE OPERATION

Visit SA WELL+ website for more details and operation instructions.

3.1 SA WELL + Official Website

Web address: http://sawellplus.gosportsart.com

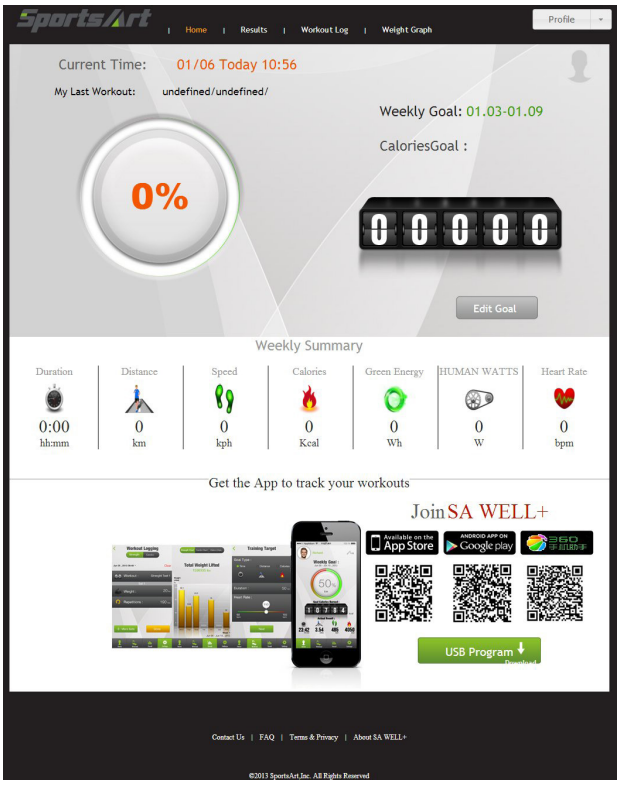
(a) The official website allows users to register, login, and download SA WELL+ APP.

(b) Press SportsArt logo in the upper left hand corner of the screen to enter SportsArt official website (http://www.gosportsart.com).

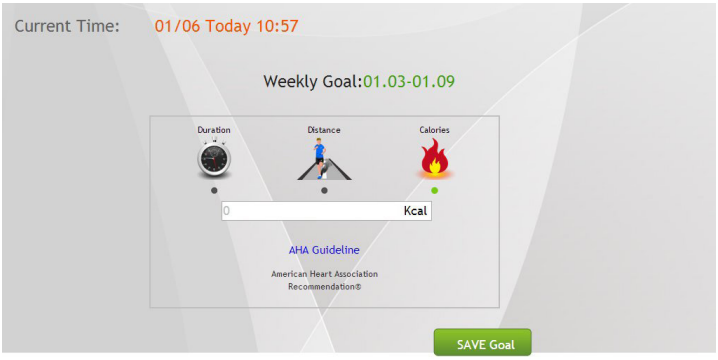


3.2 SportsArt Home Page

(a) Allows users to view historical workout data and set workout goals.



(b) Users can set workout goals based on time, distance, and calories.



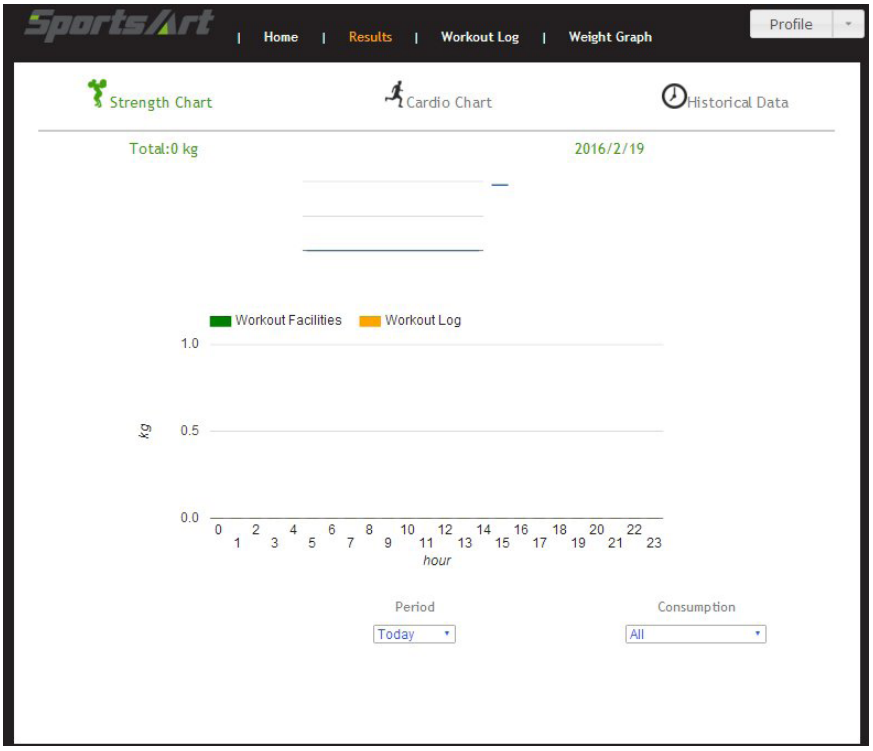
(c) The “weekly summary” shows your personal achievement rate, and cumulative workout data. (e.g. distance, time, speed, calories, Watt-hour To GRID, and heart rate)

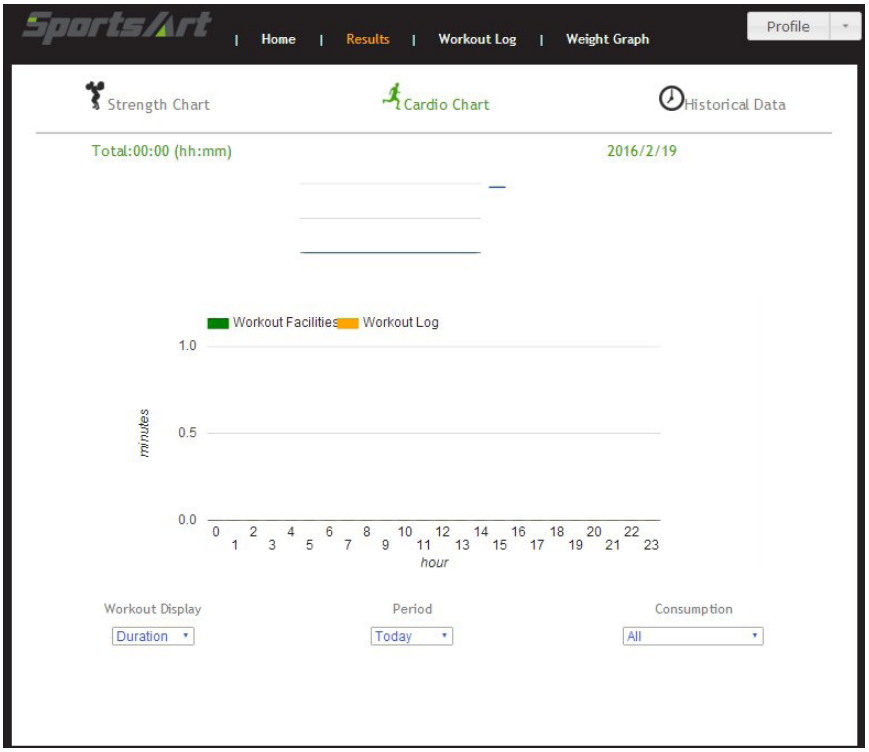


3.3 Workout Results

(a) This page shows all of your workout statistics, graphs and charts.

(b) The workout results are categorized based on fitness equipment. (e.g.strength, cardio)

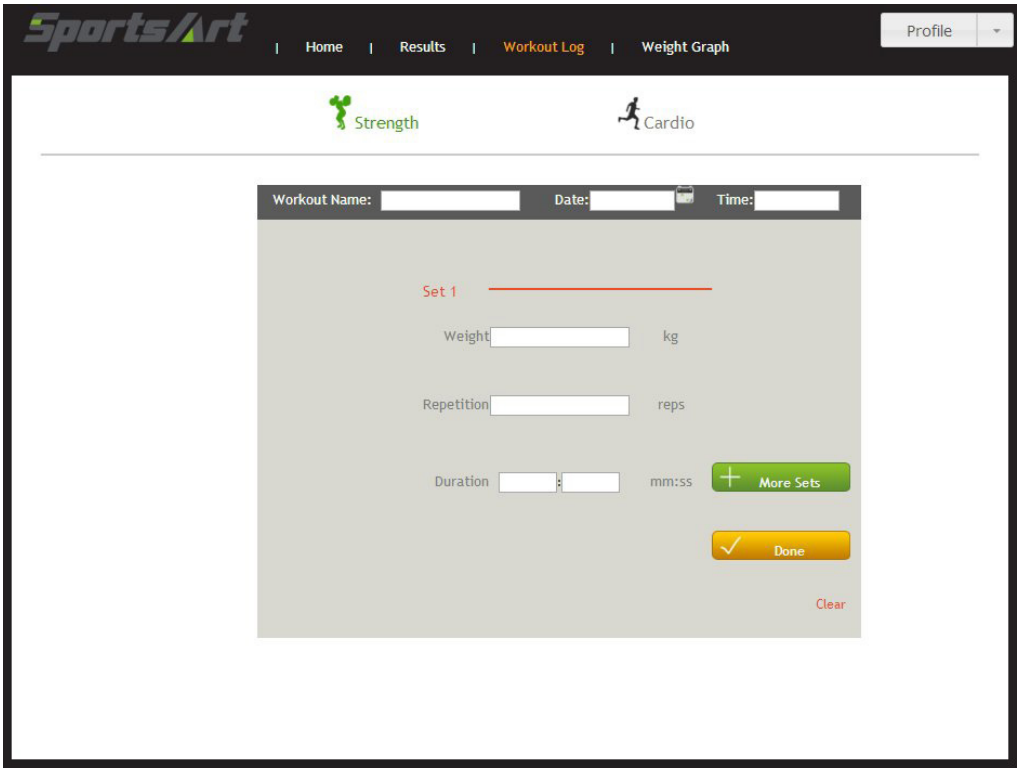




3.4 Enter Workout Data Manually

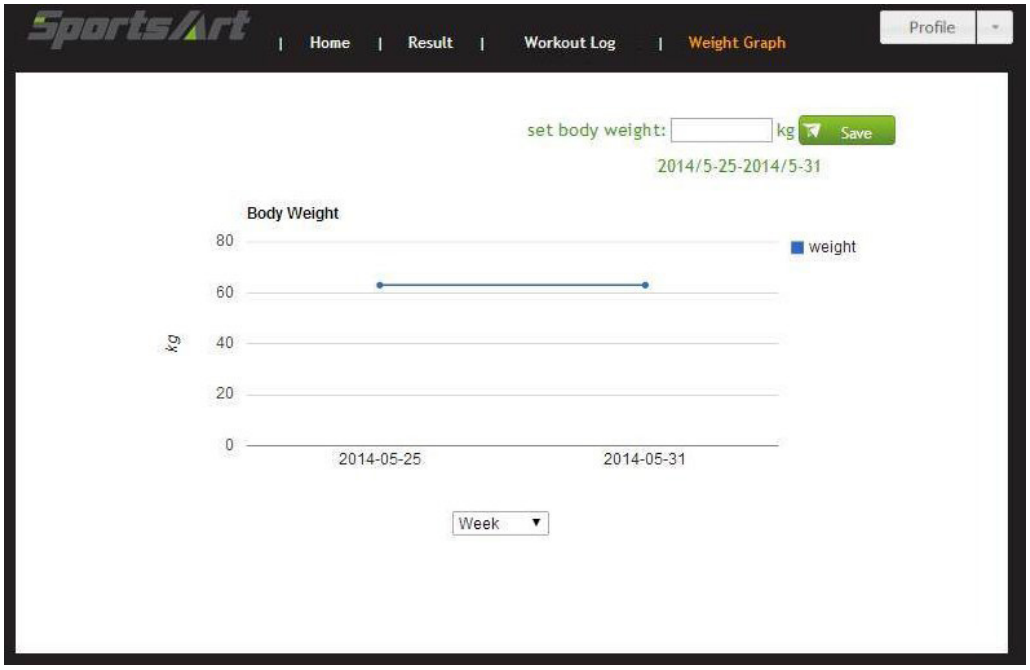
(a) This page allows users to manually enter workout data.

(b) The workout data is automatically saved and categorized on fitness equipment.(e.g. strength, cardio)



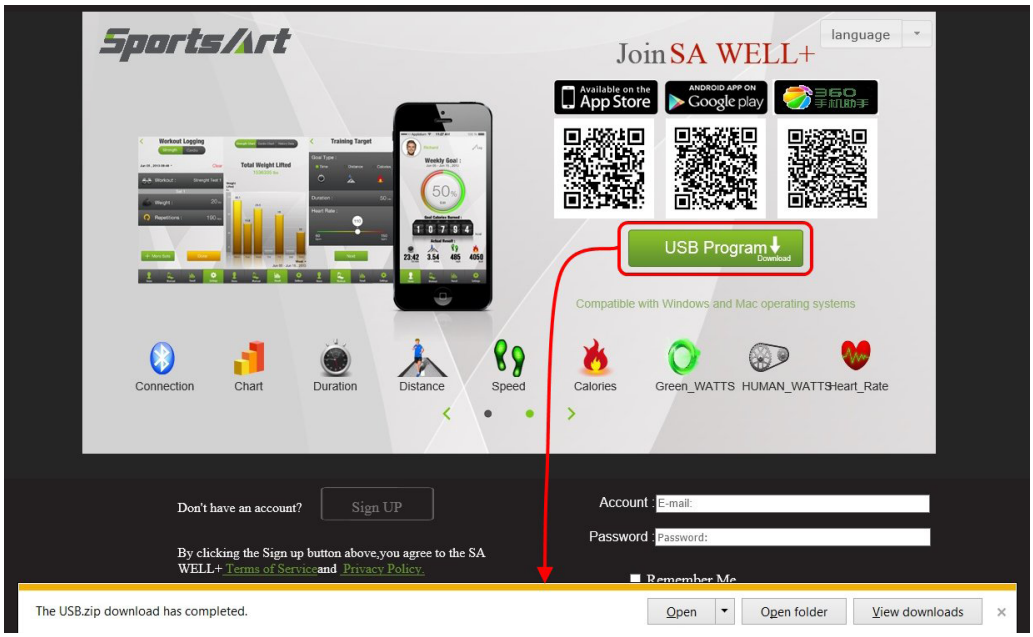
3.5 Weight Management

This page allows user to record and manage weight.



3.6 Upload Data from USB

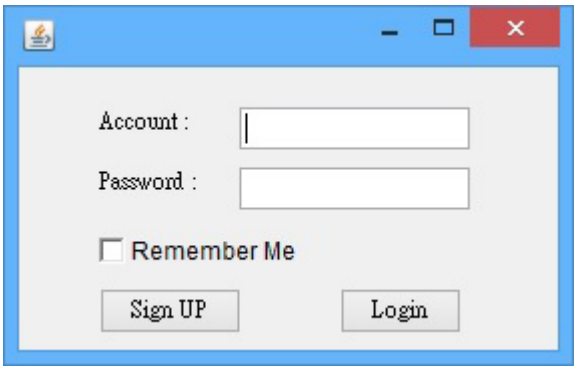
(a) Download installation file from SA WELL+ website and execute it.



(b) When installation is finished, click USB icon on the desktop, enter your username and password, and click the login button.

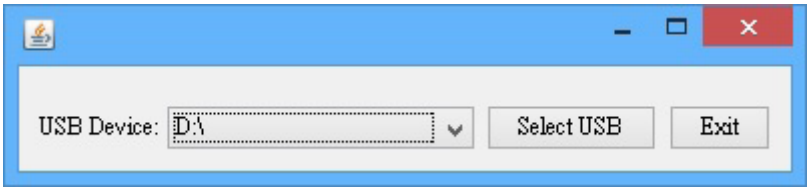
If you don't have a SA WELL+ account, you can click the Sign Up button to register, or create an ID using SA WELL+ APP.





(c) If there is no personal information stored on the USB flash drive, the following window will appear.

Click the "Select USB" button to enter your personal information. If there is registered information stored on the USB flash drive, the following window will not appear.



(d) The USB flash drive will automatically sync data to cloud storage and send the message “Upload Success” when sync successfully complete, and the data stored on your USB flash drive will be cleared then.

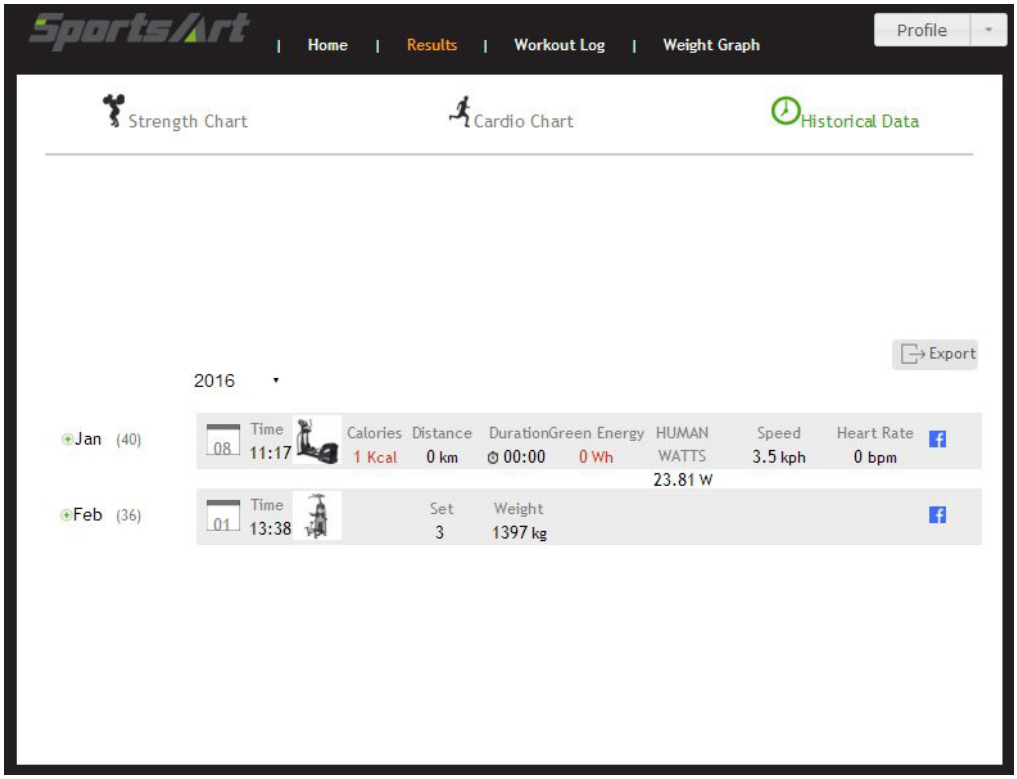
(e) The USB flash drive must satisfy the following requirements:

(1) USB 3.0 version or below.

(2) The USB drive must be formatted as FAT 16 or FAT 32. NTFS not supported.

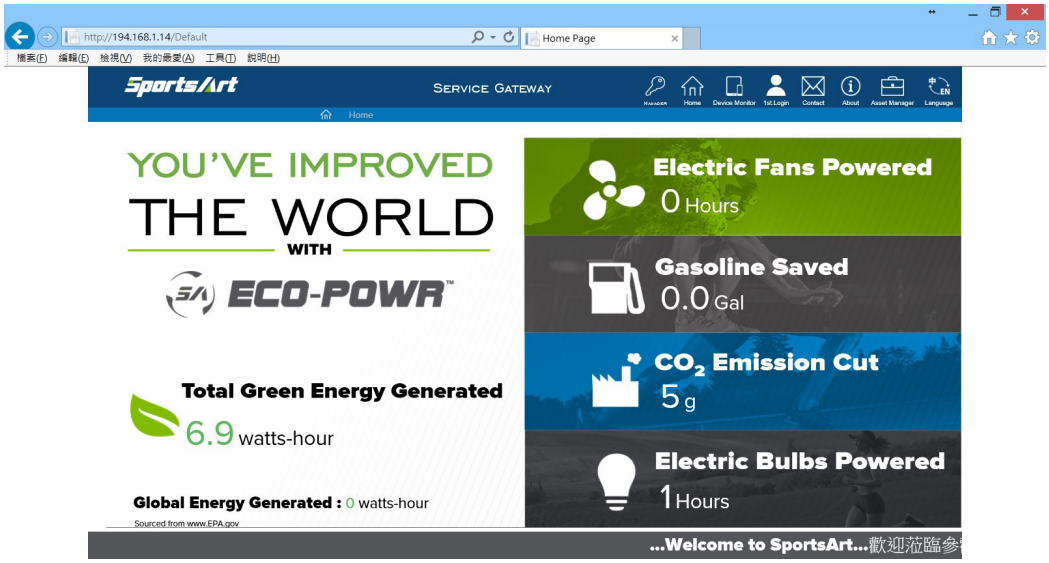
3.7 View the Status and History Of your Uploads

(a) Login to your personal account at http://sawellplus.gosportsart.com/sawellplus/result.html/, click “Results” at the top of the screen, and then click “Historical Data” to view further details.

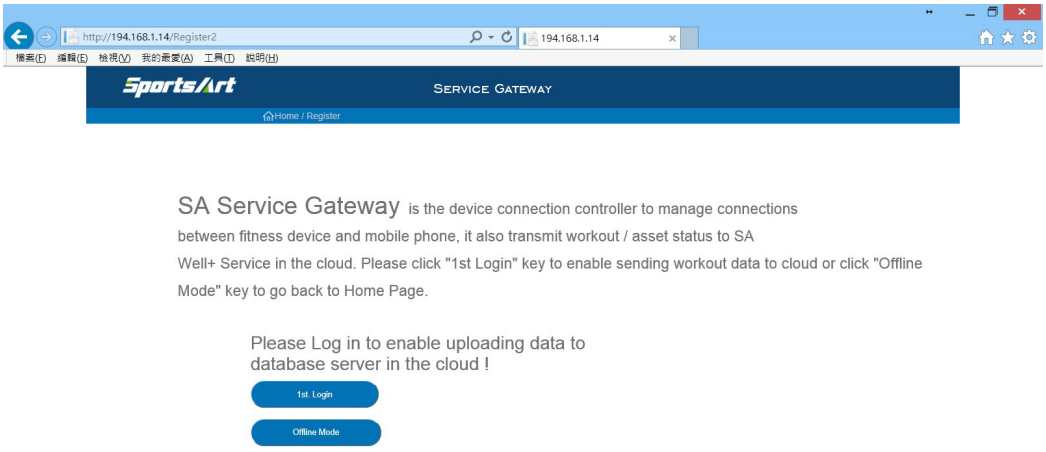


3.8 SA WELL + SGwebUI Website

(a) SGWebUI can help staff track fitness equipment usage, check internet connections, keep tabs on maintenance or repairs and flag the need for replacement of worn-out, failing or superseded equipment. The SGWebUI Homepage is compatible with SportsArt GS products only.



(b) For your first login, you need to click on the “1st Login” button (Note: you only have to register once), then click “1st Login” and enter your ID and password to use the upload functions. If you do not need to upload workout data, click “Offline Mode”, then the workout data will not be uploaded to the website.

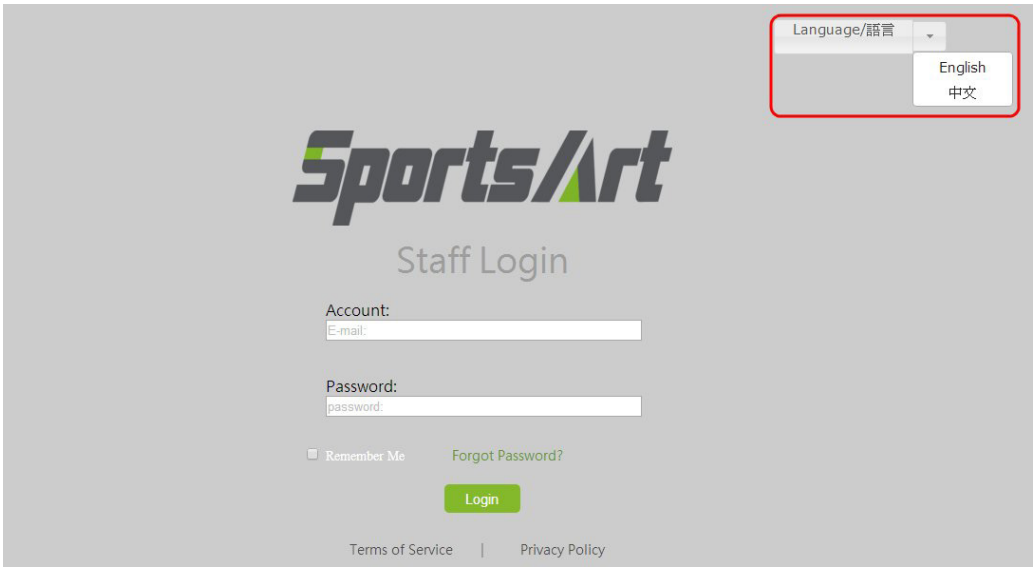


3.9 SA WELL+ User Administrator Page

(a) Access the website.

(1) Visit at http://sawellplus.gosportsart.com/sawellplus_club/index.html

(2) Click “Asset Manager” to sign into your account. Click the “ Language” button in the upper right hand corner of the screen and select the language you want to set as default.

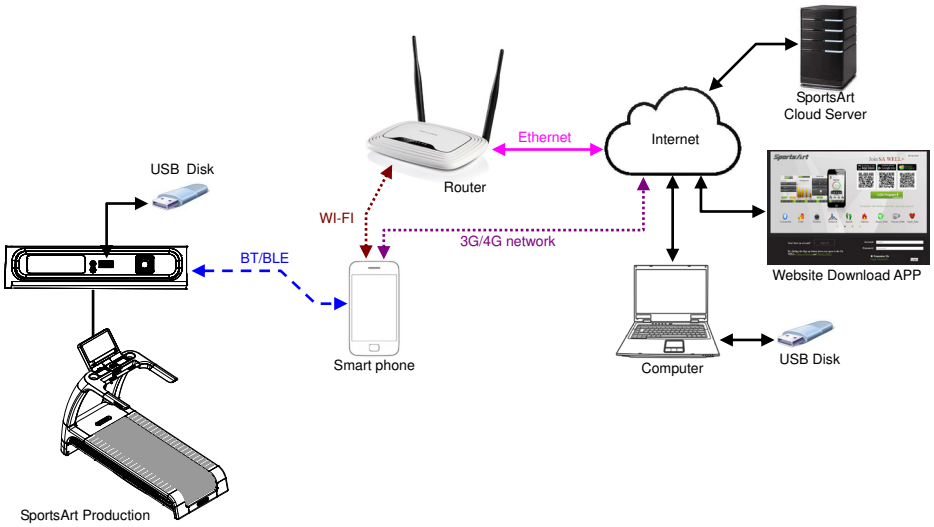


(b) Click “Facility Data” to view further details.

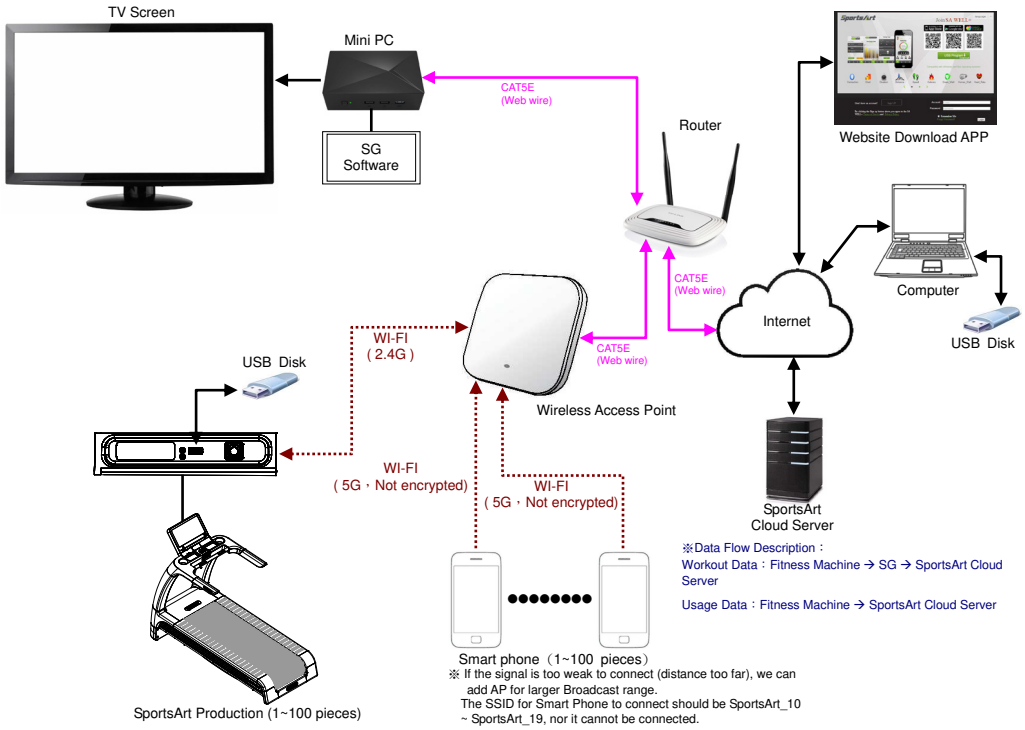


SA WELL+ SYSTEM STRUCTURE

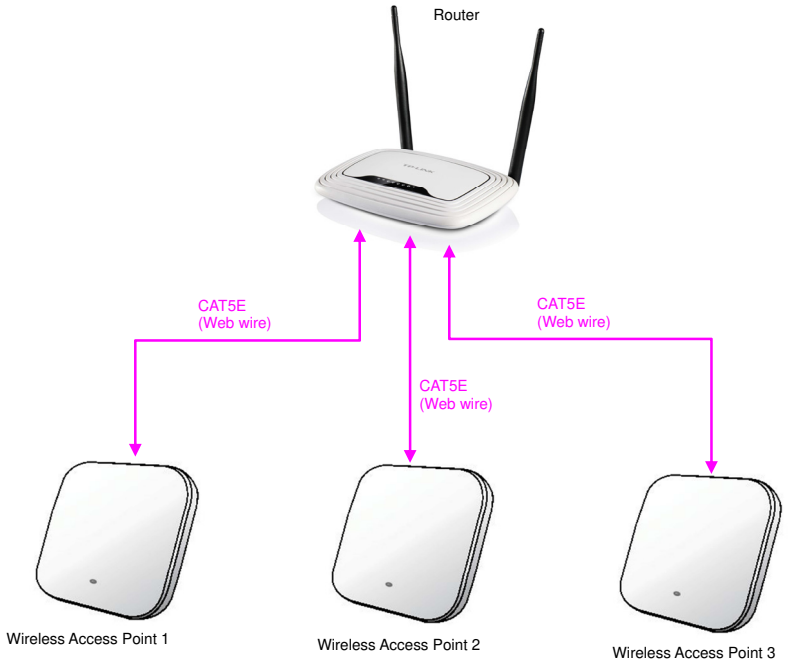
1. BLUETOOTH FRAME STRUCTURE



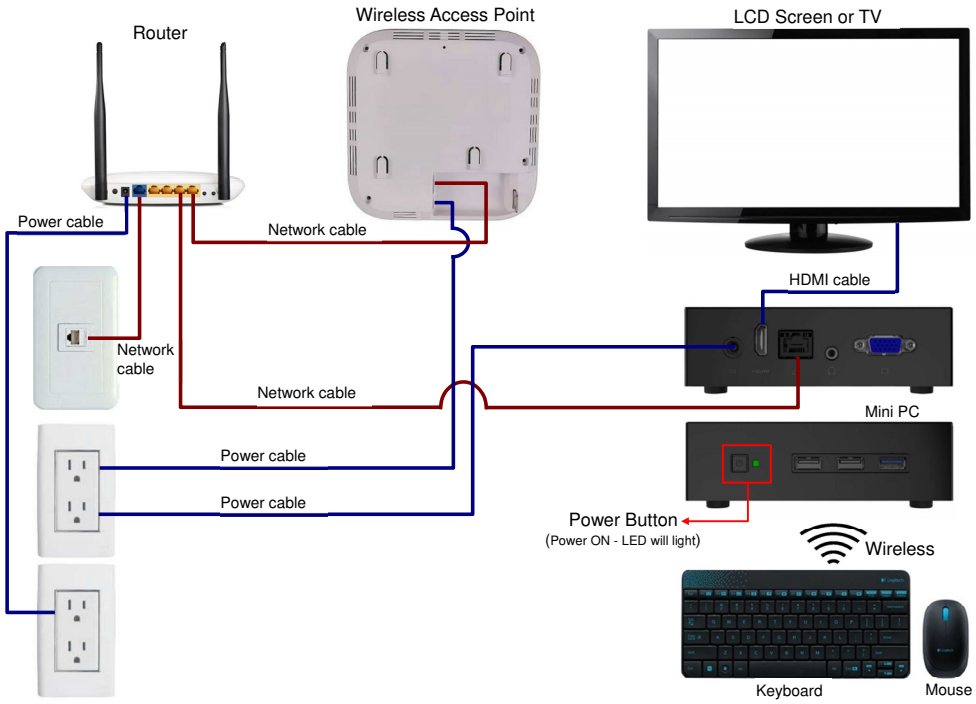
2. WIFI SYSTEM STRUCTURE



2.1 Multiple AP Connection

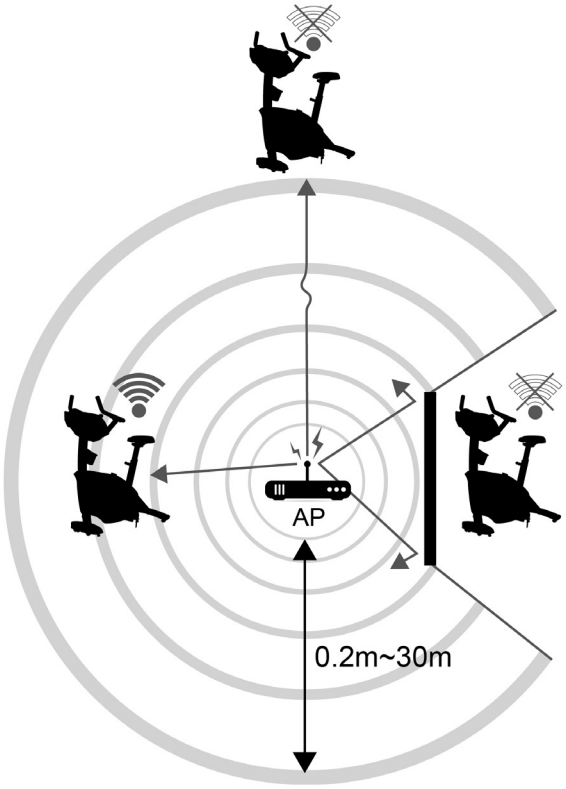


2.2 Mini PC Connection



2.3 AP Coverage Area

Machines are allowed to operate within the AP’s coverage area: a 30-meter radius circular region without walls and partitions. (Walls and partitions may refuse to let internet signals pass through).

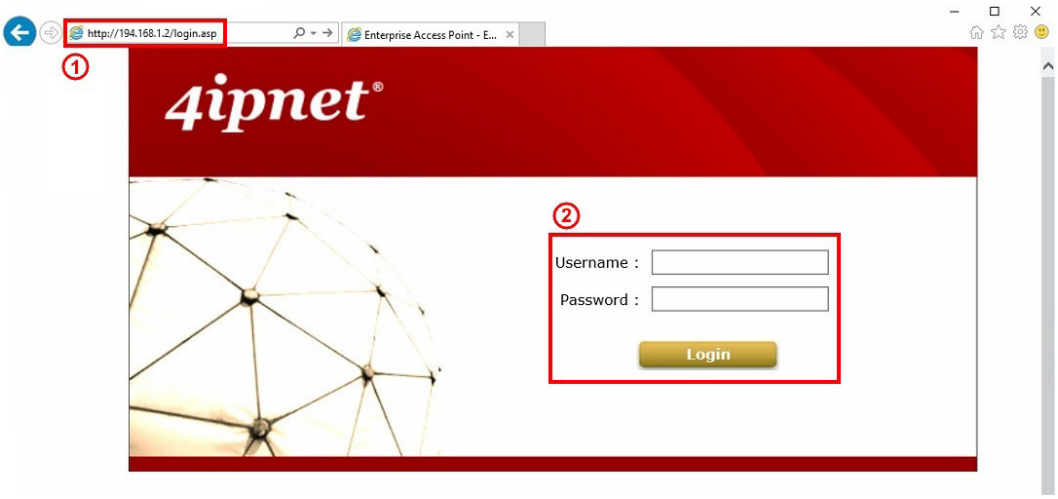


2.4 Check the Wi-Fi Connection quality

(a) Follow steps 2.3 and complete the set up for the kit

(1) With mini-PC, open AP set up page **http://194.168.1.2/** on ie browser.

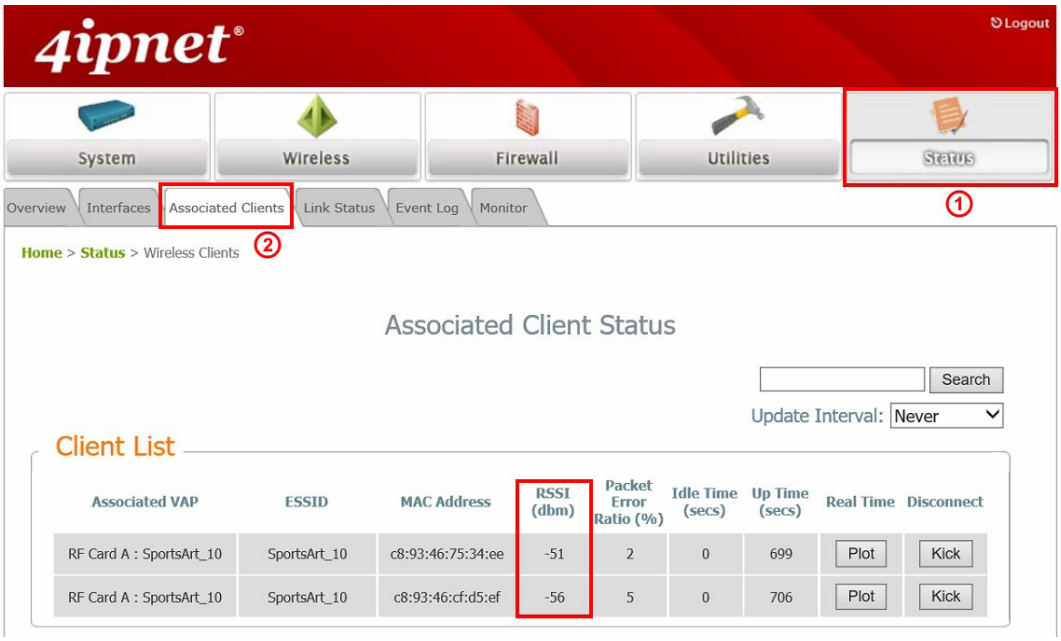
(2) Enter Username ” admin” and Password “ $Portsart1” and click Login.



(b) After login, click the following:

(1) Status

(2) Associated Clients



(c) Check the ESSID “ SportsArt_10” under Client List, and RSSI (dbm) shows the signal strength between the machines and AP.

(1) Check the RSSI (dbm) value:

Signal is excellent if the value is between -30 to -60

Signal is reliable if the value is between -60 to -70

Signal is not very strong if the value is between -70 to -75

Signal is very weak if the value is between -75 to -80 and can be easily disconnected or intermittent connections.

(2) Please adjust the machines or AP to ensure that the RSSI (dbm) value falls between -30 to -70 for good connection.

3 SA WELL+ DATA TRANSMITTION AND USER ID

3.1 SA WELL + System Data Types

(a) Workout data

(b) Fitness equipment Usage data (Only available on WiFi Version)

3.2 SA WELL + System Data Transmission (Bluetooth Version)

First the workout data is transmitted via Bluetooth to the smartphone, then it is uploaded to SportsArt cloud server through WiFi or 3G/4G.

3.3 SA WELL + System Data Transmission(WiFi Version)

(a) Clients connect wirelessly to an AP and transmit data through AP to access the Mini PC, then the data is uploaded to SportsArt cloud server using a router.

(b) The fitness equipment usage data is uploaded to SportsArt cloud server through WIFI.

3.4 SA WELL + System User ID

Your user ID for SA WELL + system contains your registered personal information, it can be stored on a USB flash drive, or a smartphone. You can also sign in using your USB flash drive or smartphone with your saved account.

(a) SA WELL+ System Bluetooth Version:

(1) Use the smartphone to sign in your SA WELL + account:
You can read your workout data and upload to the cloud server on your smartphone with your saved account.

(2) Use the USB flash drive to sign in your SA WELL + account:
Insert a flash drive into the USB port on the fitness equipment, and your workout data will be stored on the USB flash drive. Plug the USB drive into a computer and you can upload the workout data via the computer. You can also save workout data on the USB flash drive without having to create an account, please refer to “3.6 Upload Data from USB” for details.

(b) SA WELL+ System WiFi Version:

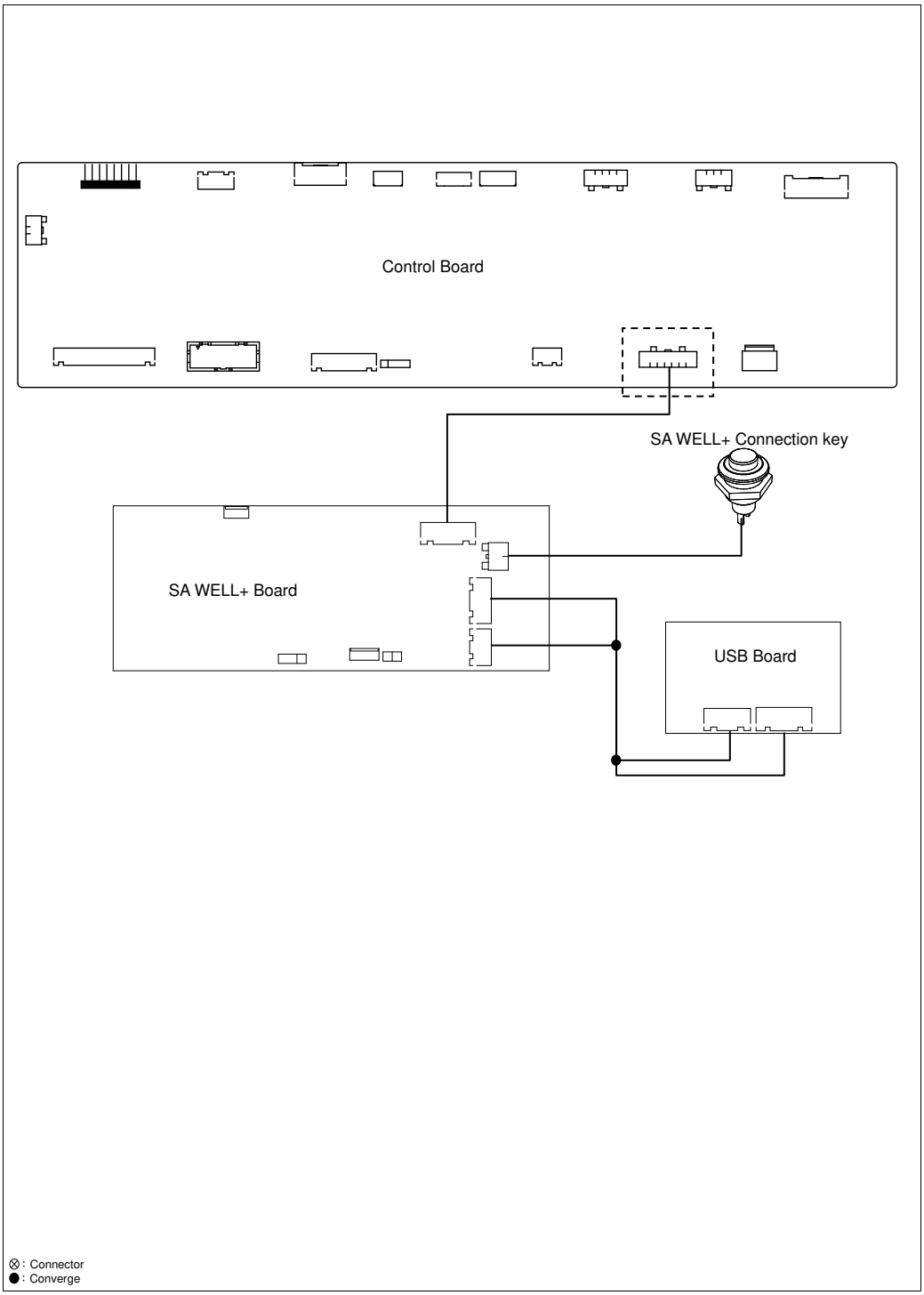
(1) Use the smartphone to sign in your SA WELL + account:
You can read your workout data and upload to the cloud server on your smartphone with your saved account.

(2) Use the USB flash drive to sign in your SA WELL + account (with your personal profile saved on the flash drive):
The workout data will be transmitted and stored in Mini PC , then Mini PC will upload the workout data to SportsArt cloud server Note: If there is no user account being created, your workout data will not be stored on the USB flash drive. This also means you cannot upload workout data via Mini PC.

SA WELL+ SYSTEM WIFI VERSION PACK-

Factory No.	Name	Spec.	Qty.	Icon
000020900	Mini PC (2G/32G/W8)	ECS (LIVAX)	1	
000020910	Wireless keyboard and mouse combo	Logitech MK240	1	
000025410	Router	TP-LINK	1	
000025420	Enterprise-grade INDOOR ACCESS POINT	802.11ac/a/b/ g/n, 2x2 MIMO radios 32 SSIDs (Incluing power supply)	1	
000020930	1.4b HDMI to HDMI	length 1.8M	1	
000060710	AP BOX, Gateway Package	5mm corugated paper A1 346*296*90mm	1	

SA WELL+ BLOCK DIAGRAM



Your Authorized Distributor