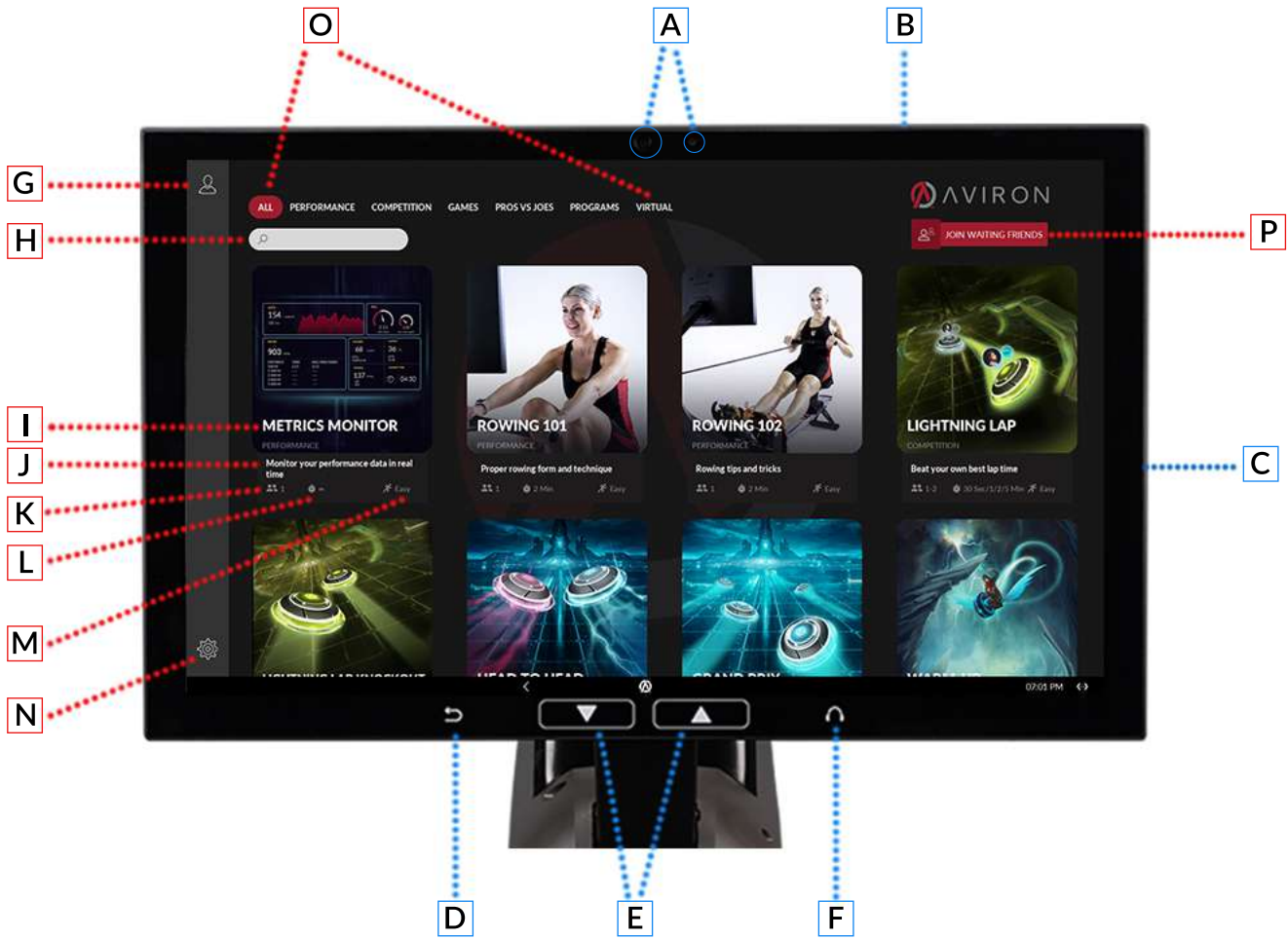


NAVIGATING THE TOUCHSCREEN



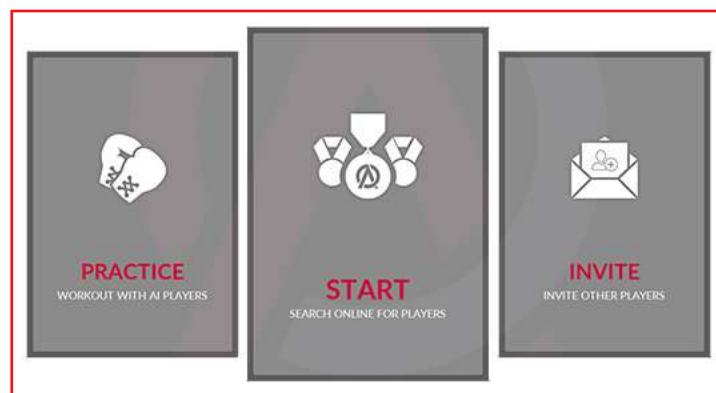
- A. CAMERA & MICROPHONE
- B. SLEEP BUTTON
- C. VOLUME CONTROL
- D. BACK/EXIT BUTTON
- E. RESISTANCE CONTROL
- F. HEADPHONE JACK
- G. PROFILE
- H. WORKOUT SEARCH
- I. WORKOUT TITLE
- J. WORKOUT DESCRIPTION
- K. NUMBER OF USERS
- L. WORKOUT LENGTH
- M. WORKOUT DIFFICULTY
- N. OPTIONS
- O. WORKOUT TYPE FILTER
- P. JOIN WAITING ROOM

START A WORKOUT & PRIVATE ROOMS

START A WORKOUT

Starting a workout is easy! You don't need to create/log into an account; but doing so will keep a record of your complete workout history, achievements, and more.

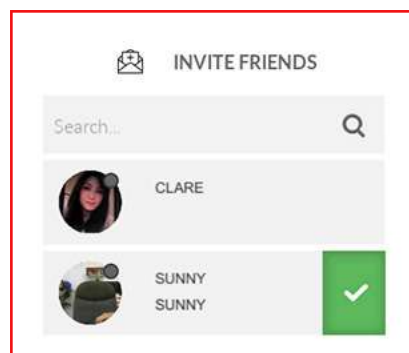
1. Scroll through the selection of workout options by gliding your finger up and down or by holding the up and down arrows at the bottom of the touchscreen
2. Select your workout
3. If applicable, follow the step-by-step instructions
4. Select **PRACTICE** to workout with Aviron's advanced artificial intelligent androids
Select **START** to workout with others on Aviron's global network
Select **INVITE** to create a private room
Depending on the workout you select, you may not see all the above options



CREATE A PRIVATE ROOM & INVITE OTHERS

A private room allows you to invite other people to a workout in real-time.

1. Create a private room
2. Invite friends by selecting their names on the friends list (left side) and then selecting **INVITE**



3. Invite others not on your friends list by providing them with the room number



JOIN A PRIVATE ROOM WITH A ROOM NUMBER

A private room guarantees you will work out with the people you want. Friends can send you an invitation directly from their room or provide you with their room number.

1. On the **HOME** screen, select **JOIN WAITING FRIENDS**



2. Enter the room number you wish to join
3. Select **I'M READY**

LOG IN, SIGN UP, ADD FRIENDS & LOG OUT

HOW TO LOG IN

You can log in with either your Aviron (recommended) or Facebook account.

1. Select the **PROFILE** icon at the top left of the **HOME** screen



2. Select either **AVIRON LOGIN** or **FACEBOOK LOGIN**
3. Enter your credentials and select **LOG IN**

HOW TO SIGN UP

You can create an Aviron account directly from the touchscreen.

1. Select the **PROFILE** icon at the top left of the **HOME** screen



2. Select **AVIRON LOGIN**
3. Select **SIGN UP**



4. Follow the step-by-step instructions

HOW TO ADD FRIENDS

Add, follow, and challenge friends. Keep track of each other's successes through the comprehensive profile.

1. Log in
2. Select the **PROFILE** icon at the top left of the **HOME** screen
3. Select **ADD FRIEND** at the bottom left



4. Search for friends by their username
5. Add friends by selecting the blue icon next to their username



HOW TO LOG OUT

After logging in, you will automatically be logged out after 3 minutes of inactivity. Or you can log out manually.

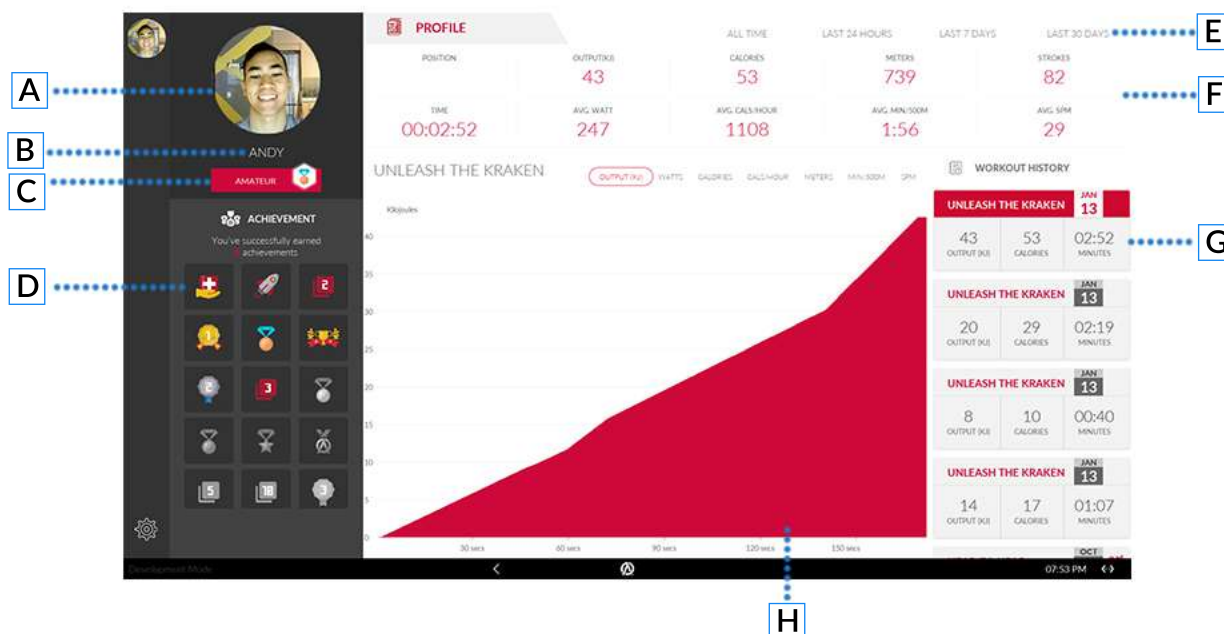
1. Select the **PROFILE** or **OPTIONS** icon on the left side of the **HOME** screen
2. Select **LOG OUT** at the bottom left

NAVIGATING USER PROFILE & SETTINGS

NAVIGATE YOUR PROFILE

We compile a complete history of you and your friends' workouts, including metrics, achievements, and rewards.

1. Log in
2. Select the **PROFILE** icon at the top left of the **HOME** screen
3. Select **VIEW PROFILE**



- A) PROFILE PICTURE
- B) USERNAME
- C) EXPERIENCE LEVEL
- D) ACHIEVEMENTS
- E) WORKOUT METRICS FILTER
- F) WORKOUT METRICS
- G) WORKOUT HISTORY
- H) GRAPH OF SELECTED WORKOUT

MAKE CHANGES TO YOUR PROFILE

Make changes to your profile such as changing your photo, password, weight and height which directly impact caloric calculations.

1. Log in
2. Select the **PROFILE** icon at the top left of the **HOME** screen
3. Select **PROFILE SETTINGS**
4. Select **SAVE** after making changes

BLUETOOTH HEADPHONES & HEART RATE DEVICE

PAIR BLUETOOTH HEADPHONES

1. Turn on your Bluetooth headphones and enable pairing
2. Select the **OPTIONS** icon at the bottom left of the **HOME** screen



3. Select **BLUETOOTH**
4. Ensure Bluetooth is switched on at the top right



"ON" Position

5. Select the Bluetooth headphone you want to pair

PAIR HEART RATE DEVICE

Aviron can pair with any Bluetooth heart rate device.

1. Turn on your heart rate device and enable pairing
2. Select the **OPTIONS** icon at the bottom left of the **HOME** screen



3. Select **HEART RATE DEVICE**
4. Select **SEARCH**
5. Select **PAIR** next to your heart rate device

