For The Long Run®

WOODWAY®

ProSmart Console

User Manual: 07/2017, UM-PS-EN-00

Language   11:35 AM   Settings

PERSONALIZE

QUICK START

PROGRAMS

FEATURED
Sedona

GUIDED WORKOUTS
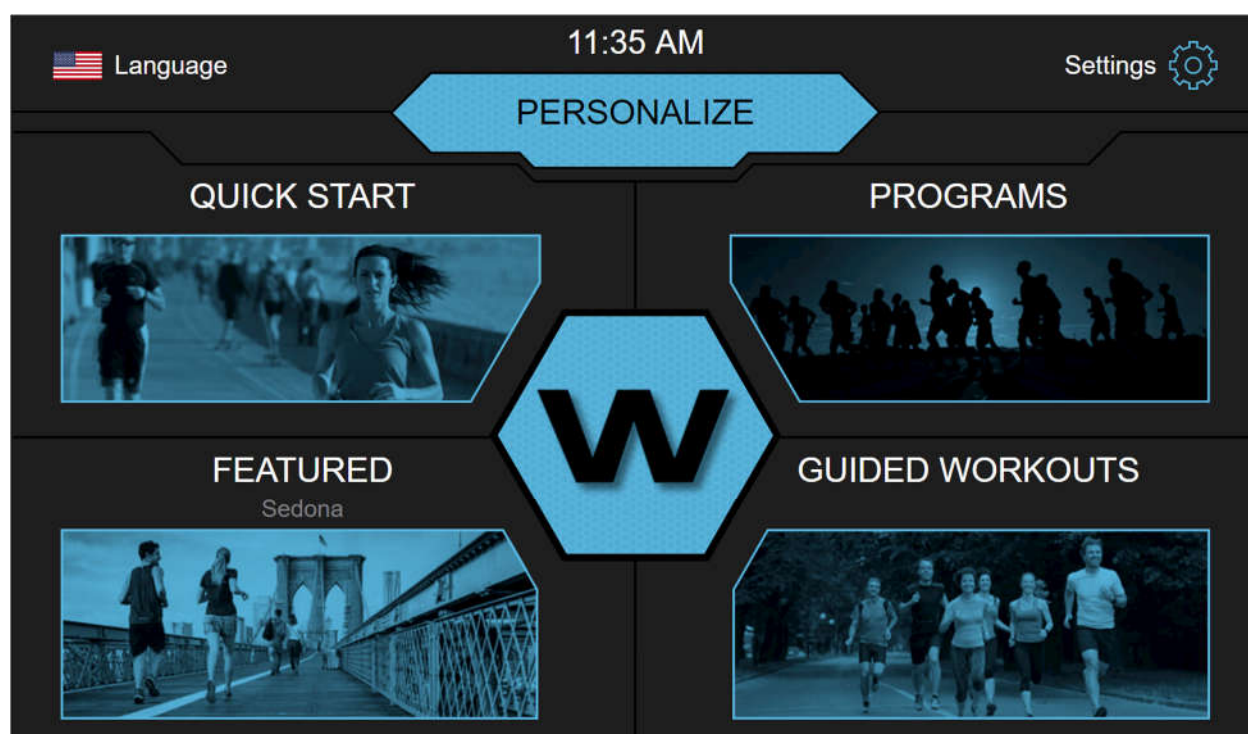
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	Fax.: +49 (0) 7621-940-999-40	Fax.: 1-262-522-6235
	Web: www.WOODWAY.de	Web: www.WOODWAY.com

MY WOODWAY: _____ **ARRIVED:** _____

WOODWAY History

WOODWAY's history began in Germany in 1974. Willi Schoenberger, a technical director in charge of planning a fitness center, noticed that the most important piece of equipment, the treadmill, did not meet the most important requirements: a mechanically sound machine that is designed to meet human needs.

He envisioned a comfortable surface that did not interfere with the natural biomechanics of running or walking. Also, he wanted to design a transportation system which eliminated the friction associated with the conventional (conveyor belt) treadmills. After intensive research, and trial and error (and in cooperation with the Deutsche Sporthochschule in Koln, Germany), Willi developed and patented a very unique and revolutionary treadmill design.

In 1975, WOODWAY GMBH was founded in Weil am Rhein, Germany. The name "WOODWAY" is derived from the German "wald weg" or "way of the woods" – the feel of running on a soft pine needle covered path in the forest.

In 1983, a manufacturing license was awarded to Sakai Medical, for the use of WOODWAY technology in the Japanese marketplace.

In 1988, a U.S. license was granted to a small, but well-established manufacturing company in Waukesha, Wisconsin. WOODWAY USA was formed when the U.S. incarnation of the WOODWAY was developed and completed in 1990. WOODWAY USA is very proud to be the primary manufacturer of WOODWAY Treadmills worldwide, exporting treadmills each month to Germany and Japan for inter-national distribution, in addition to serving our domestic customers and clients.

Today, WOODWAY's design and manufacturing facilities in the United States, Germany and Japan make WOODWAY the largest specialized treadmill manufacturer in the world. Constant enhancements in quality, design and function are shared and implemented by all three WOODWAY manufacturers.

WOODWAY
For The Long Run

Table of Contents

1 Product Summary & Overview

Woodway USA Inc. is proud to present the newest innovation in cardio fitness: the ProSmart Touchscreen Display. The ProSmart Touchscreen is a one-of-a-kind display that personalizes every aspect of the user's experience: User Profiles, Guided Progressions, Real/Game Runs, streaming TV and the ability to customize the UI theme.

Woodway designed the ProSmart so that you could step onto any ProSmart enabled treadmill in the world and have access to your profile and information. Our backend STATS website accumulates ProSmart statistics in cloud storage. STATS allow you to track workout history, chart progress and export data to numerous apps or your trainer/coach.

Woodway is continually updating and adding new features to ProSmart, we strive to create an ever-improving and robust platform based off customer input and our forty plus years of experience. Smart treadmills will be commonplace in the future, at Woodway the future is now with ProSmart Touchscreen Display.

Check here for the latest updates: www.woodway.com/products/prosmarttouchscreen

2 Safety

For treadmill safety instructions, see official treadmill user manual.

3 Description of Warning Notes

Warning notices indicate potential hazards or safety risks. They are indicated in this manual by a color-coded signal word panel (symbol with the appropriate signal word).
All warning notices have the same design and the same standardized content design.

3.1 Sample of Warning Notice

⚠ SIGNAL WORD
Warning text, type, and source of danger: • Description of the consequences of ignoring the danger • Measures, instructions, and forbidden actions to avoid the hazard • Further measures

3.2 Classification

NOTE	NOTE (no danger symbol), No risk of injury, pertinent information and warning against material damage
⚠**CAUTION**	CAUTION (with danger symbol), Slight possibility of injury
⚠**WARNING**	WARNING (with danger symbol), In a dangerous situation, serious accident possible with the possibility of injury or death
⚠ **DANGER**	DANGER (with danger symbol), In the event of an accident, immediate danger or death or serious injury

3.3 Description of Terminology

Press Press means that the function can be used on the touch screen module. It will be followed by the name of the button to be pressed in blue.
Example: Press Select to...

Click Click action required the use of a computer through remote access. It will be followed by the name of the button to be clicked in blue.
Example: Click Choose File to...

Select Select means choose between several options displayed on the touch screen module.

Set Set means enter a value or text into the designated box. This may be done from either the touch screen or remote access.

Toggle Switch A button that turns a function ON or OFF depending on its position. When the button is white and the space blue, this means the function is ON. When the button is grey and the space is also grey, this means the function is OFF.
Example:

3.4 Limitation of Liability

All information and instructions in this manual have been compiled in accordance with applicable standards and regulations, the current state of technology, and our knowledge and experience. WOODWAY accepts no responsibility for damages resulting from:

- Disregarding the operating instructions
- Improper use
- Use by non-authorized persons
- Use of replacement parts which were not approved by WOODWAY
- Unauthorized modifications to the device or accessories

WOODWAY general terms and conditions and delivery conditions apply, as well as the legal regulations valid at the time of contract conclusion.

3.5 Copyright

The release of the operating instructions to third parties without the written permission of WOODWAY is prohibited.
Duplication in any manner and form - including excerpts - as well as use and/or communication of the content are not permitted without written permission from WOODWAY.

3.6 Replacement Parts

WOODWAY recommends the use of original replacement parts. Original replacement parts have qualities and ensure reliable and safe operation:

- Developed for specific use with the device
- Manufactured for high quality and excellence
- Ensure the legal warranty period (excluding wear parts) or other reached agreements

NOTE
Claims to the manufacturer of any kind due to damage from improper use of any kind are excluded. The representative alone is liable for all damages resulting from improper use.

3.6.1 Disposal

Wear parts are considered hazardous waste.
After being replaced, wear parts must be disposed of per country-specific waste laws.

3.7 Customer Service

For service questions contact the following:

WOODWAY USA, Inc.
W229 N591 Foster Ct.
Waukesha, WI 53186
USA

Tel: 1 (262) 548-6235
Fax: 1 (262) 522-6235
Email: service@woodway.com
Web: www.woodway.com

For faster processing of your request, please have the following data and information available:
- Information on the name plate (specific model/serial number)
- An accurate description of the circumstances
- Customer number (if available)
- What action has already been taken?

3.7.1 Servicing

The address of your local service center can be obtained from the manufacturer. After repair or re-installation, the actions listed under *Setup and Installation* are to be performed as during installation.

4 Basic Installation

1. Switch the treadmill on.
   Note: *The switch is located on the treadmill base on its front-right side on the AC bracket.*
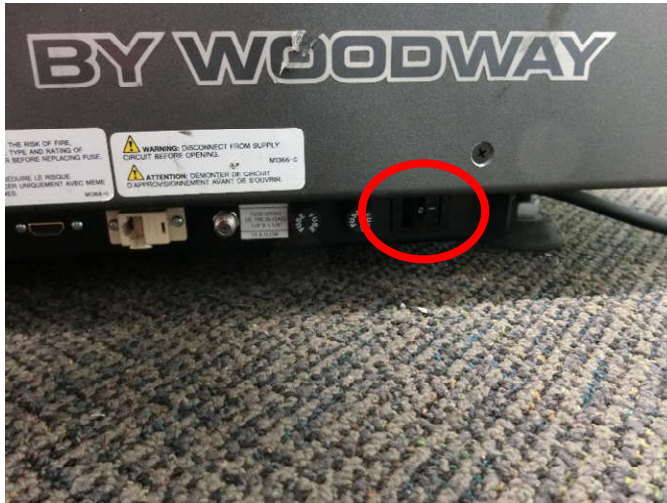
2. Wait for the Woodway loading page to complete and the display screen to open the home page.


| NOTE |
| --- |
| Once the treadmill is powered on, check the internet connection. The treadmill must have an active internet connection and Auto Update must be enabled. Once connected to the internet, it is advised not to remove the Ethernet cable or its wireless connection. |

4.1 Wired Connection

For a wired connection, be sure the treadmill has direct access to an Ethernet cable.

1. Plug the Ethernet cable into the Ethernet port location on the same bracket as the ON/OFF switch.
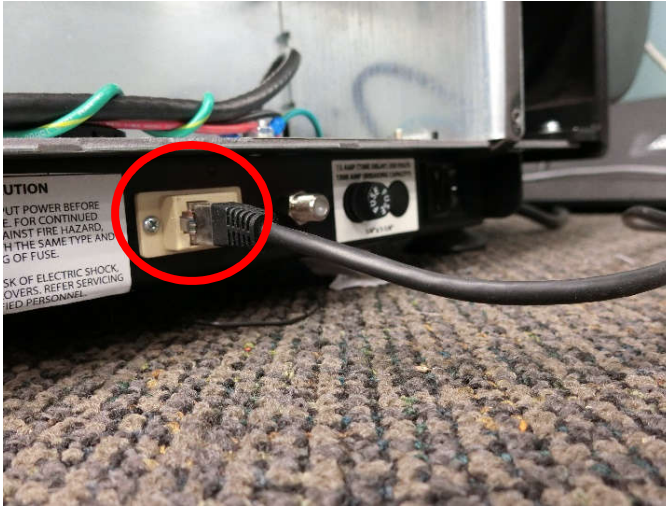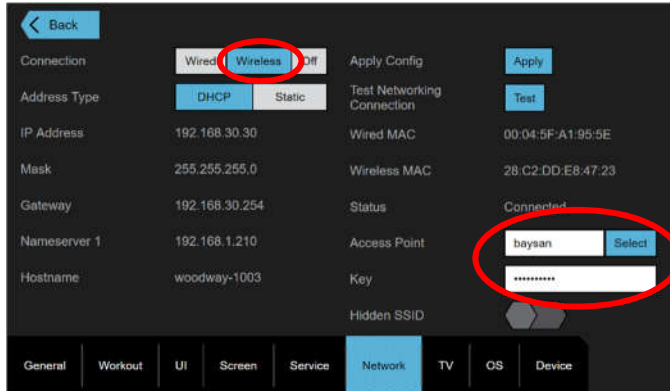

2. Open Settings.
3. Open the Network tab in the Settings page.
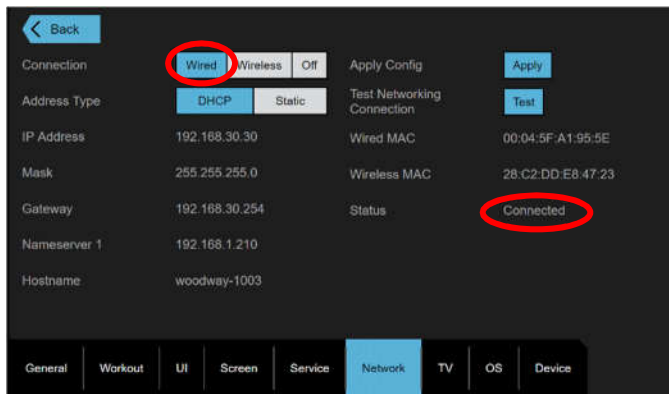
4. Make sure the Connection option is set to Wired.
5. Press Apply Config. Status should list *Connected* once the treadmill is online.

4.2 Wireless Connection

1. Open Settings.
2. Open the Network tab in the settings page.
3. Change the Connection type to Wireless.

4. Enter Wi-Fi address into Access Point and the password into Key.

| NOTE |
| --- |
| If the access point is hidden toggle the Hidden SSID button. |

5. Press Apply next to Apply Config.

5 Display Elements

5.1 Quick Start

5.1.1 Dashboard

This is the main workout dashboard. Each element (Grade, Speed, Duration, Distance) can be selected and expanded in a flyout tab listing more information. Workout tabs can be seen in the bottom left-hand corner of the screen. These are used to navigate the workout options. Controls and Stop in the lower right-hand corner of the display screen allow you to stop the workout at any time or adjust the speed and incline manually.
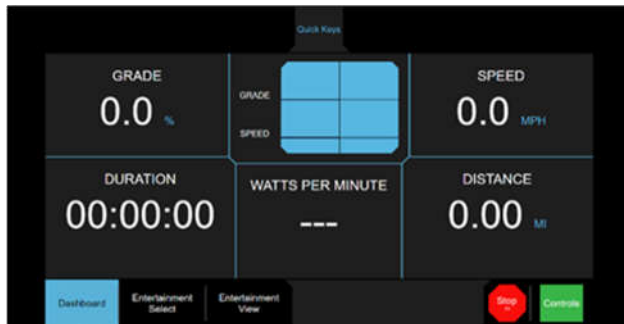
Each of the elements can be selected and expanded for details and more information.
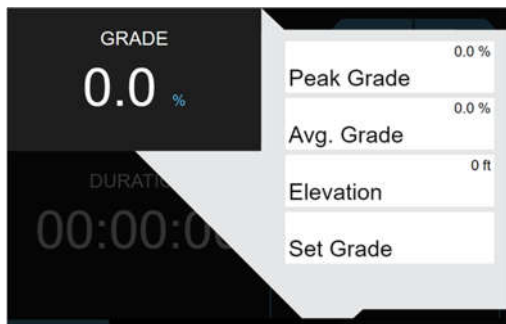
Grade: Incline percentage

- Calculates the peak grade of the user's workout.
- Calculates average grade percentage.
- Converts incline to elevation measured in feet (ft.).
- Incline percentage can be set manually from this screen.
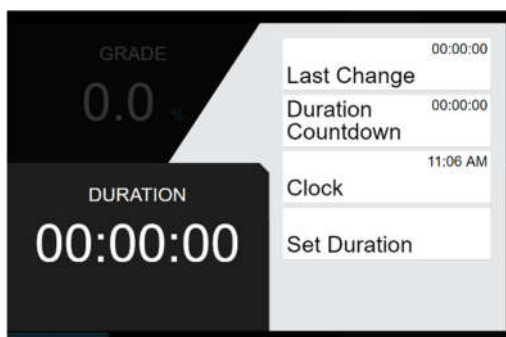
Duration: Total time of the user's workout. This automatically begins tracking once the user begins the workout.

The duration flyout tab charts changes to the workout time. The tab displays a countdown from the manually set duration.
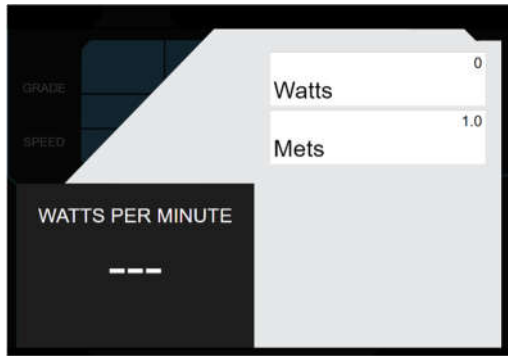
Watts Per Minute: Measures the energy used in the workout.
The flyout tab lists watts per minute in Watts and Mets.

Speed: The speed in which the user is going measured in miles per hour. The speed flyout calculates the peak and average speed achieved during the duration of the workout. The user may also manually set a speed.
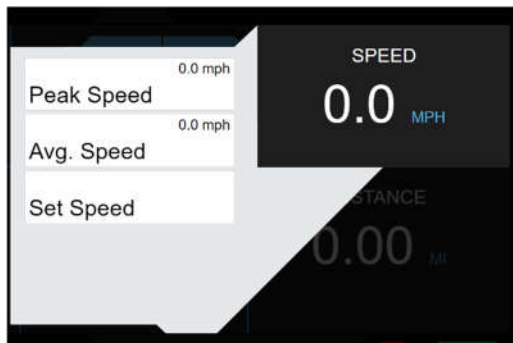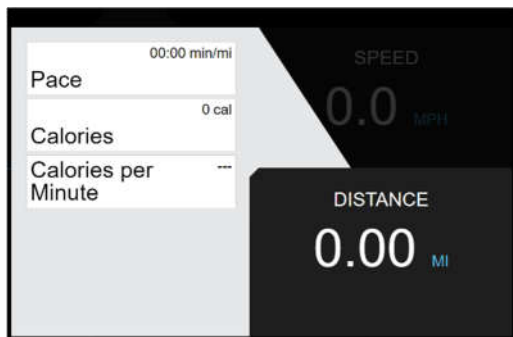
Distance: Distance traveled during a single workout, measured in miles (MI).
The distance flyout tab calculates pace in minutes per mile. It also calculates the calories burned in total and per minute calculated by speed, incline and heart rate.

5.1.2 Controls

The Controls display manages the user's workout. The arrows allow the user to adjust the incline and speed elements of the workout from the touchscreen.
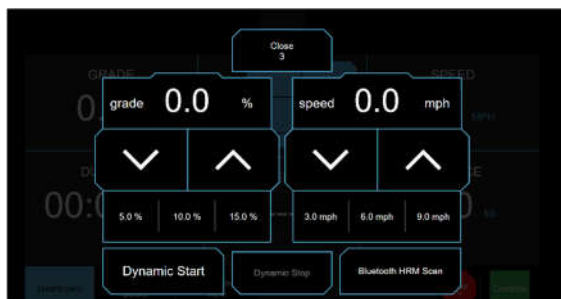
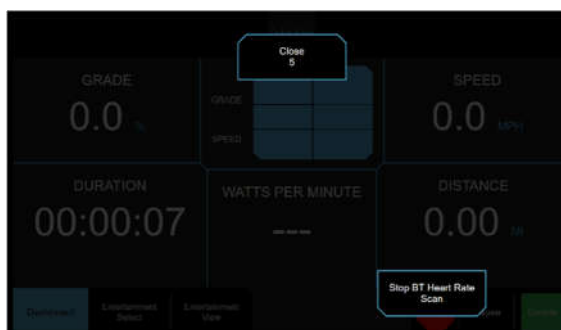**Dynamic Start:** Dynamic Start allows manual belt movement at 0.0mph for the user to immediately begin their workout at their own desired pace. The belt moves freely without a user defined speed through the controls.

Bluetooth Heart Rate Scan: Press the Bluetooth HR Scan to connect a Bluetooth Heart Rate Monitor.

Controls: From the dashboard, the Controls can be accessed from the square green button located in the bottom right-hand corner of the screen. From this screen, the user can toggle Dynamic Start and the Bluetooth HR scan. The speed and incline can also be adjusted in this view by using the arrow keys. Preset increments can also be selected.

**Summary Report:** When the user selects Stop, a summary report screen will generate when the workout is ended. This screen lists all the elements of the workout and their values. The user may wait for the timer to run out to return to the main screen or select Return to Main. The user is also able to favorite, like, or dislike the workout they completed if logged in.

5.1.3 Entertainment Select

The user can select to view their workout in Entertainment Select and Entertainment View. *Real Run*, *Game Run*, and *Dashboards* are virtual screens able to be viewed in Entertainment Select and Entertainment View. From any of these runs, the featured option may also be chosen.

From the main dashboard, users can navigate Workout tabs from the default Dashboard tab to Entertainment Select.
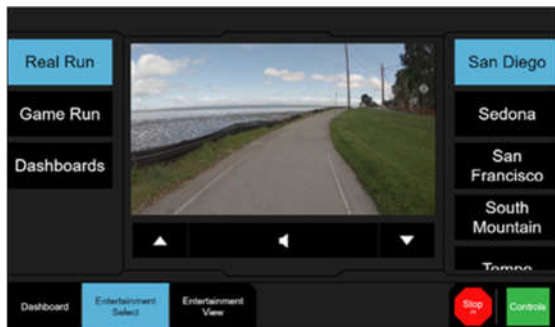
Real Run: Generates a virtual running scene for the user. The location of the virtual run can be chosen from the right-hand categories.
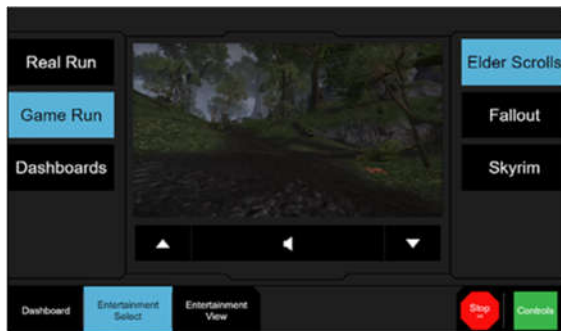
Game Run: Generates a virtual running scene based on popular video game modules. The type of virtual run can be chosen from the right-hand categories.

Dashboards: User can select which type of view to enable in Entertainment View on the right-hand side of the screen. The user can select from the option on the right-hand categories.

5.2 Programs

5.2.1 Program Select

From the Home Page, the Programs tab can be selected to open the pre-loaded programs installed on the ProSmart. The Program select tab prompts the user to choose between any of the loaded programs. The following tabs along the bottom ribbon, (Dashboard, Entertainment Select, and Entertainment View) are different views enabled when you select a program to begin. These programs can vary over time. Each workout includes its individual stats.
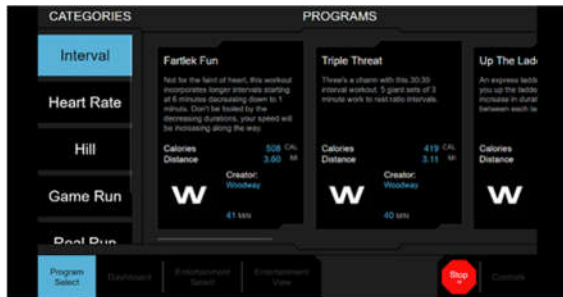
Program Categories:

Program categories are listed on the left-hand side of the Programs screen. These categories can change based on the programs applied to the ProSmart. Each category will expand list of programs based on the type of workout the user is looking for. Once selected, these programs can be viewed in Dashboards and Entertainment Views.
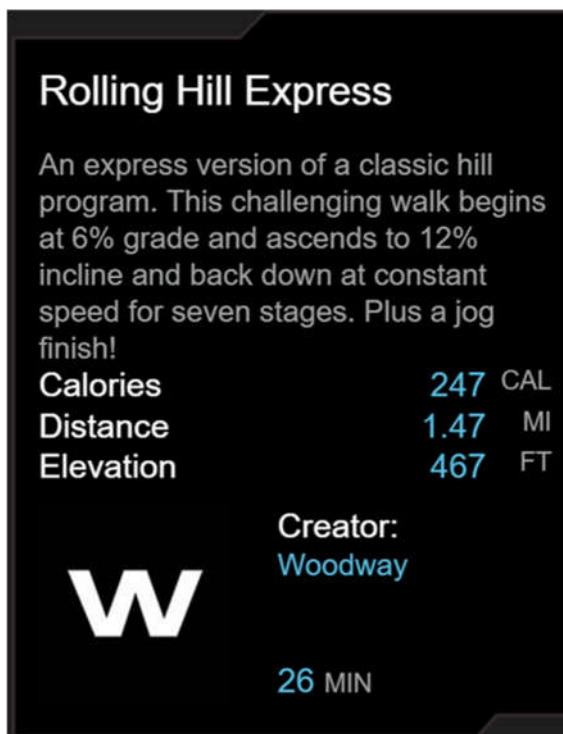
Program Example:

Each program will have an individual description panel. This panel includes a brief description of the program details. These programs list each of the elements and their overall stats of the total program.

- **Calories:** The calories element lists the intended calorie burn for the program.
- **Distance:** The distance element lists the total miles of the program.
- **Elevation:** The elevation lists how many feet the user has climbed during the program.

The program will also list the creator of the workout program as well as the duration on the bottom of the panel.

5.3 Featured

The Featured workout will begin the workout automatically based on the programmed settings in that specific workout. The user may adjust these settings through the control tab in the bottom right-hand of the screen once the program launches. Tap anywhere on the screen to view the workout tabs.

5.4 Create A Profile

5.4.1 Personalize

1. Press Personalize.
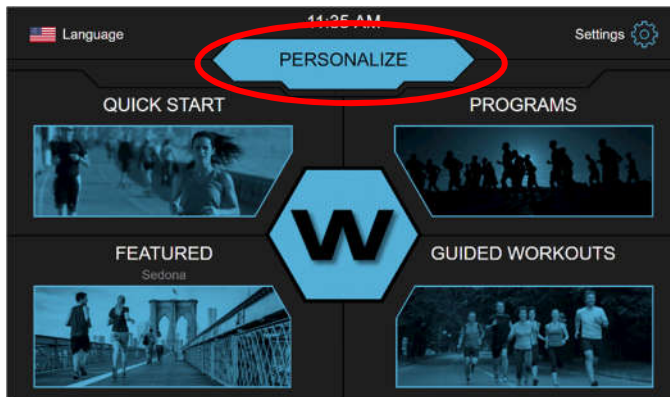
2. Press Register.
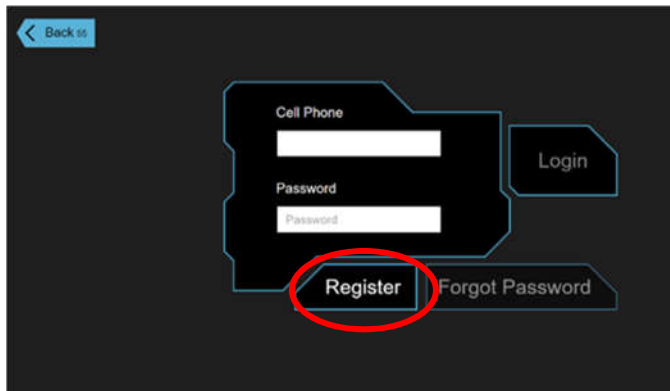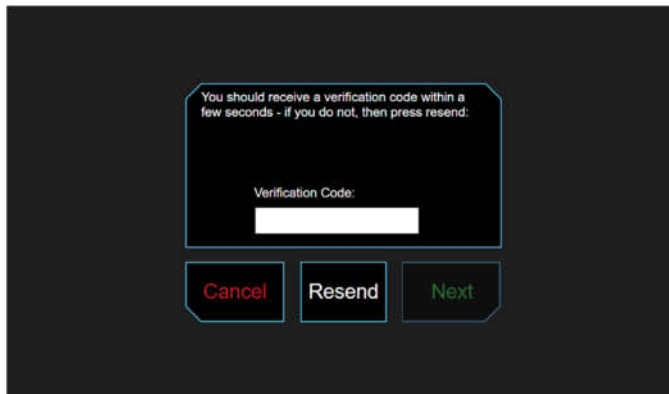
3. Enter a mobile phone number:
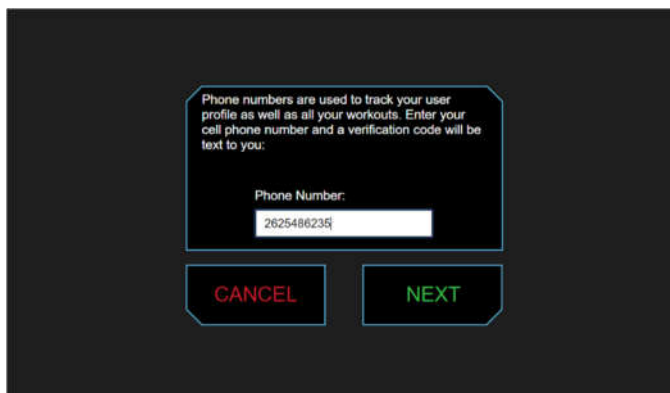
   Note: *Use 10 digit for US* (##########).

   Use E164 formatted for international (ex: +############)

4. Press Next.

5. Enter the verification sent to the mobile number.
   Note: *Press Resend if a verification code is not sent to the mobile device.*

6. Press Next.

7. Enter user profile information.

8. Modify personal presets.

The main screen will load the new profile automatically. User profile name chosen in the modifications settings will appear in the upper ribbon of the main screen.

9. Press Edit to access these settings.
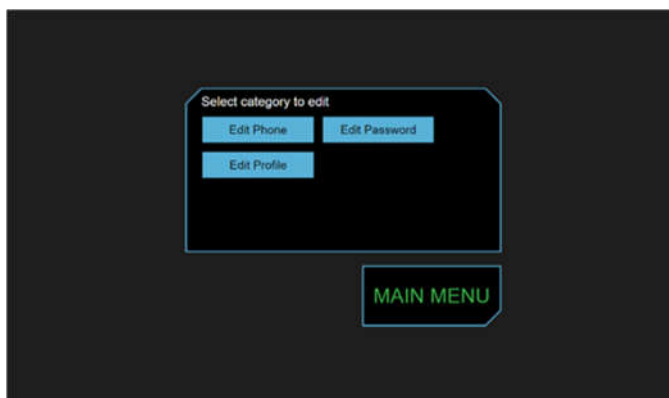
10. Press the name in the profile ribbon to see statistics.
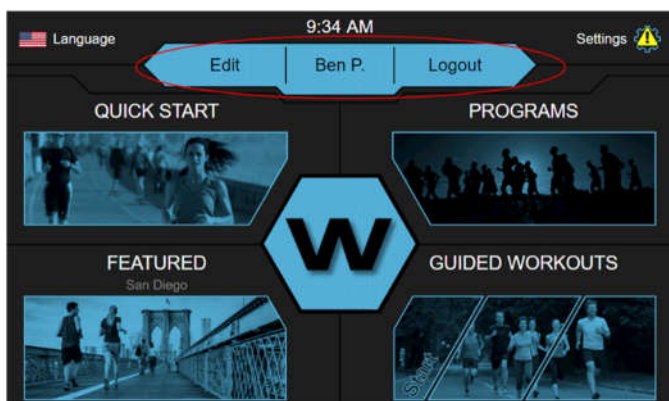
11. Select Logout to logout a user profile.

By logging in a profile allows the ProSmart software to track personal workouts. For the current build, this includes lifetime stats such as total distance, duration, and elevation. It also includes modifying workouts based around the user's Max Run and Walk speeds set in the profile.

5.5 Guided Workouts

Launch Guided Workouts by tapping the program on the bottom right-hand of the screen. These workouts are intended to guide a user through a personalized workout program that will track progress and stats for each workout. Once logged in, guided workouts will track progress for that individual user.

Guided Workouts are workout programs designed to be followed for weeks at a time. Once a user is logged in, the user can review the Guided Workouts stats provided, and select a workout program to begin. The details of each workout are provided in its selection tab.
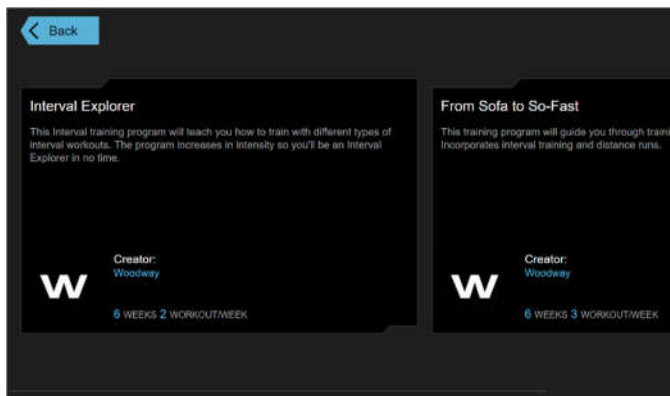
5.6 Settings
5.6.1 General

Units: Select preference in units of measurement on the treadmill's display screen.

Enable Bluetooth Scan: Press the toggle switch to enable Bluetooth Heart Scanning. See Section 5.2 on page 19 for more information on how to connect your Bluetooth HRM.

Time Zone: Press Select to choose your time zone from the popup listing.

Advanced Settings: (Password **8020**)

24h Format: Press the toggle switch to use 24h time format on the ProSmart.

5.6.2 Workout
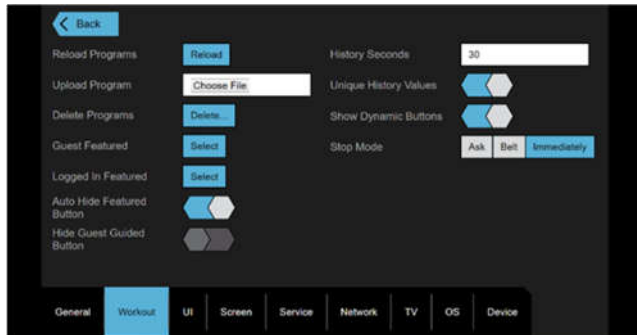
Reload Programs: Press Reload to reactivate removed programs to the treadmill's program queue.

Upload Programs: Click Choose File to manually select and add programs via the web interface.

Delete Programs: Press Delete… to customize the program list and delete any preexisting programs.

Guest Featured: Press Select to set program(s) to feature during guest use.

Logged in Featured: Press Select to set program(s) to feature when a user is logged in.

Auto Hide Featured Button: Press the toggle switch to enable featured buttons.

Hide Guest Guided Button: Press the toggle switch to enable guest guided buttons.

Unique History Values: Press the toggle switch to enable history values.

Show Dynamic Buttons: Press the toggle switch to enable dynamic buttons.

Stop Mode: Select a prompt type or simple stop type for Stop Mode.

- Ask: the belt remains in motion until the user presses Resume or Stop
- Belt: the belt slows to a stop while the user is prompted to press Resume or Stop
- Immediately: stops the belt and ends the workout immediately without asking the user to confirm.

5.6.3 UI

User Interface (UI) is the interaction between the user and ProSmart treadmill. These settings are customizable by the user to improve the user's experience with the ProSmart.

⚠ WARNING
These settings may alter to performance and default appearance of the treadmill. Proceed with caution.
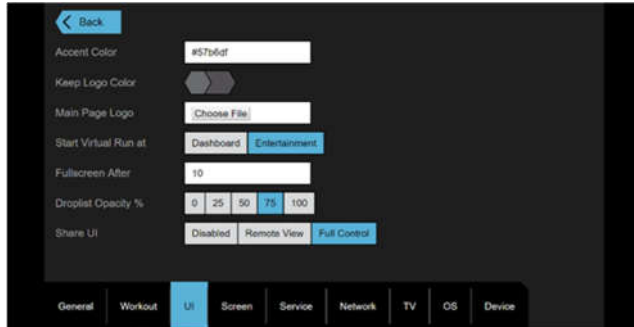
Accent Color: This sets the accent color used on the treadmill display.

Keep Logo Color: Use the toggle switch to toggle the default logo color.

Main Page Logo: Press Choose File to upload a personal image to the Main Page display screen.

Start Virtual Run at: Select which display screen the virtual runs begin in.

Full-screen After: Sets how long before the controls option box popup disappears on entertainment view.

Drop-list Opacity %: Select opacity percentage for drop lists.

Share UI: Select desired control access to UI settings.

- Disabled: Disables all remote access to the UI settings via browser URL.
- Remote View: Allows remote access viewing to the ProSmart interface from the browser URL.
- Full Control: Allows full access to view and interact with the ProSmart interface via browser URL.

5.6.4 Screen
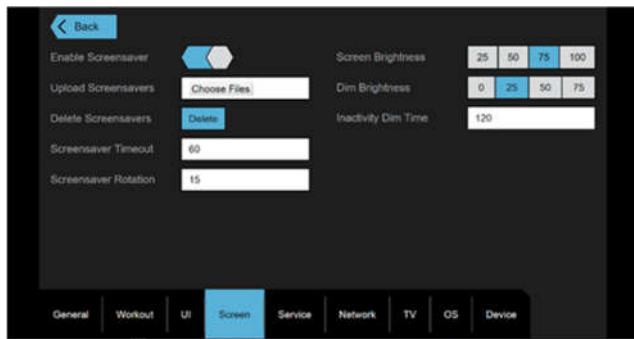
Enable Screensaver: Use the toggle switch to allow a screensaver to appear after a certain time of inactivity.

Upload Screensavers: Click Choose Files to browse screensavers from a USB upload. See Section 7 for more details.

Delete Screensavers: Press Delete to remove screensavers on file.

Screensaver Timeout: Set the number of seconds the treadmill display waits before the screensaver is activated.

Screensaver Rotation: Set the number of seconds an individual screensaver will display before rotating to a new saver.

Screen Brightness: Select the brightness level of the display screen.

Dim Brightness: Select from the presets the brightness level of the dim display screen mode.

Inactivity Dim Time: Set the amount of inactivity time in seconds before the display screens dims.

5.6.5 Network
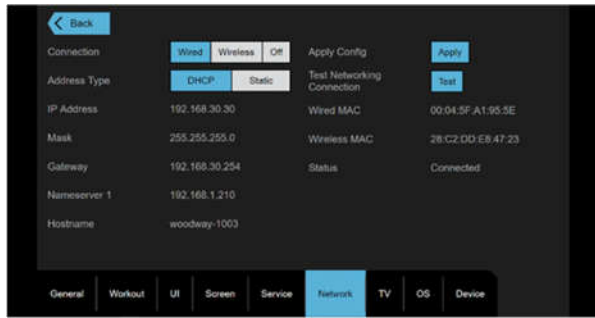
Connection: The type of internet connection the treadmill is using.

Address Type: Set the machine's address type to dynamic host configuration protocol (DHCP) or Static. DHCP automatically receives an IP address. Static requires manual input.

IP Address: The treadmill's address on the network.

Mask: Identifies which bits in an IP address correspond to the network address.

Gateway: Routes the internet connection to your treadmill.

Nameserver: Identify a domain for the treadmill instead of the IP address.

Hostname: Treadmill's network name.

Apply Config: Press Apply Config. to save settings.

Test Networking Connection: Press Test to check the connection of the chosen network connection.

Wired MAC: Address identifier for Ethernet adapter.

Wireless MAC: Address identifier for Wi-Fi adapter.

Status: Lists the treadmills current connection status.

5.6.6 TV

SiliconDust IP: The IP address of the SiliconDust tuner.

SiliconDust Channels: Press Refresh to update the channel list from the SiliconDust tuner. Press Add All to add all channels from the SiliconDust channel list.

USB Tuner Channels: Press Rescan to update the channel list from the USB tuner. Press Add All to add all channels from the USB tuner channel list.

Active Channels: Shows the number of active channels. Press Reset to remove all active channels from available channels.

Delivery System: Press ATSC, DVBT, or DVBT2 to change the TV delivery system. Used for USB Tuner.

Modulation: Press VSB, QAM, or QPSK to change the TV modulation method. Used for USB Tuner.

Scan Signal Minimum %: USB Tuner channels with this signal strength or above will be detected.

Channel: Press Add to individually remove/add a channel using either SiliconDust, USB, or IPTV.

For more information on adding channels see Section 10 on page 65.

5.6.7 OS
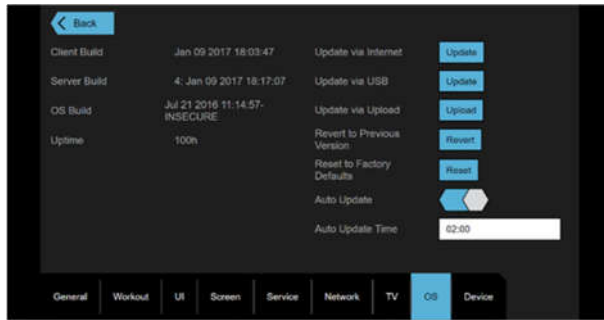
Client Build: Current client software revision date.

Server Build: Current server software revision date.

OS Build: Current operating system software revision date.

Uptime: Amount of time the treadmill has been powered on since last restart.

Update via Internet: Press Update to check for updates via the internet.

Update via USB: Press Update to update software, see;

Update via Upload: Click Upload from web interface to upload a software update. See Section 6.5 for more details

Revert to Previous Version: Press Revert to revert all custom settings to previous default versions.

Reset to Factory Defaults: Press Reset to restore the treadmill to its original factory defaults.

Auto Update: Press the toggle switch to allow the treadmill to automatically update at a set time with internet access.

Auto Update Time: Set the time the treadmill checks for an update when connected to internet.

5.6.8 Device
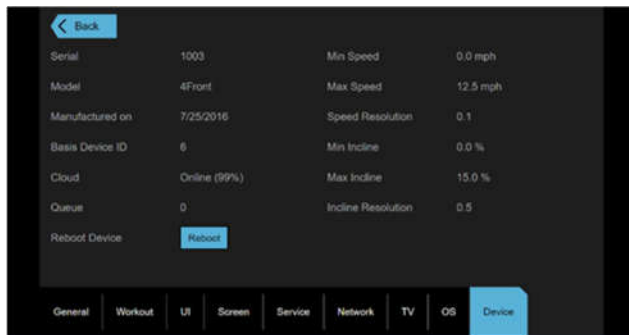
Serial: The serial number of the treadmill.
Model: The Woodway treadmill model.
Manufactured On: Manufacturing date.
Reboot Device: Press Reboot to restart your device for a reboot or setting change.
Min Speed: Treadmill's minimum speed
Max Speed: Treadmill's maximum speed
Min Incline: Treadmill's minimum incline percentage
Max Incline: Treadmill's maximum incline percentage.

5.6.9 Advanced
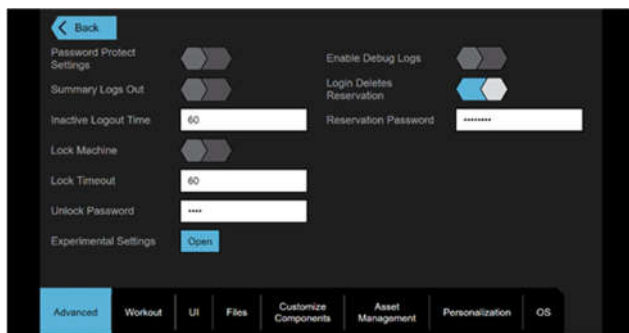
Password Protect Settings: Use the toggle switch to enable password protect settings.
Summary Logs Out: Use the toggle switch to activate automatic logout on the workout summary screen.
Inactive Logout Time: Set the length of inactivity before the user is automatically logged out.
Lock Machine: Use the toggle switch to lock the treadmill when not in use.
Lock Timeout: Set the number of seconds of inactivity before the screen is locked.
Unlock Password: Set a password to unlock the treadmill.
Enable Debug Logs: Use the toggle bottom to enable debug logs. This should be left off.
Login Deleted Reservation: Use the toggle switch to enable the login to delete the reservation.
Reservation Password: Set a password for reservation.

5.6.10 Workout
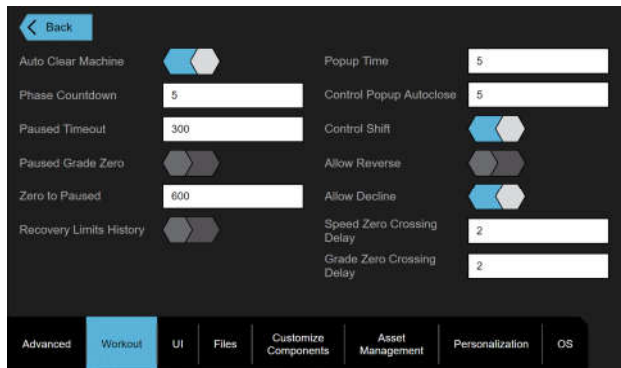
Auto Clear Machine: Press toggle switch to automatically clear machine reservations after workout.

Phase Countdown: Set time, in seconds, before changing phases in a selected program.

Paused Timeout: Set time, in seconds, the pause screen will appear before auto timeout.

Paused Grade Zero: Press toggle switch to have the treadmill return to grade zero when program is paused.

Zero to Paused: Set time, in seconds, the treadmill can be zero speed before pausing the workout.

Popup Time: Set time, in seconds, a popup will appear.

Control Popup Auto close: Set time, in seconds, the manual control selection will appear.

Allow Reverse: Enables the treadmill belt to move in reverse. Reverse option is not standard, must be purchased through Woodway.

Allow Decline: Enables the treadmill to move to a negative grade. Negative grade option is not standard, must be purchased through Woodway.

Zero Crossing Delay: Set time in seconds that the speed or grade buttons must be held before the treadmill will move into reverse or negative decline.

5.6.11 UI
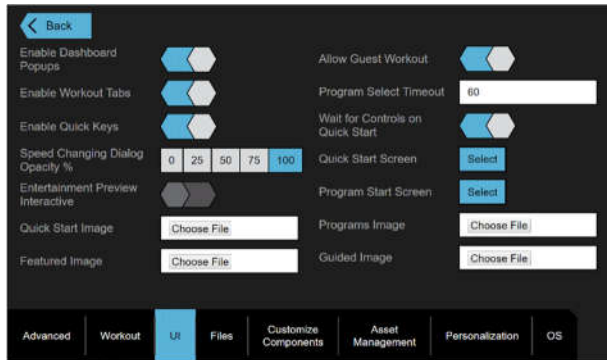
Enable Dashboard Popups: Press toggle switch to enable Entertainment View drop down popups

Enable Workout Tabs: Press toggle switch to enable workout tabs on the dashboard.

Enable Quick Keys: Press toggle switch to enable the quick keys on the top of the dashboard.

Speed Changing Dialog Opacity %: Select the opacity of the speed/grade popup.

Entertainment Preview Interactive: Press toggle switch to enable the treadmill to change speed/grade while selecting entertainment view.

Quick Start Image: Click Choose File to browse uploaded images to set as the Quick Start program image on the main screen.

Featured Image: Click Choose File to browse uploaded images to set as the Featured program image on the main screen.
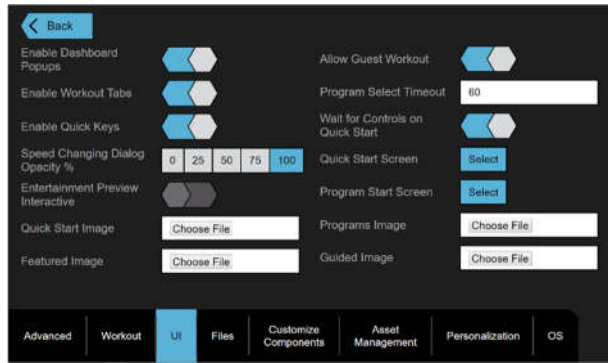
Allow Guest Workout: Press toggle switch to allow users to use treadmill without logging in.

Program Select Timeout: Set time, in seconds, of inactivity before returning to the main screen from program select.

Wait for Controls on Quick Start: Press toggle switch to wait for speed or grade adjustment before beginning workout time.

Quick Start Screen: Press Select to choose which screen the workout starts on by default.

Program Start Screen: Press Select to choose which screen the workout starts on by default.

Programs Image: Click Choose Files to browse uploaded images to set as the Programs image on the main screen.

Guided Image: Click Choose File to browse uploaded images to set as the Guided programs image on the main screen.

5.6.12 Files
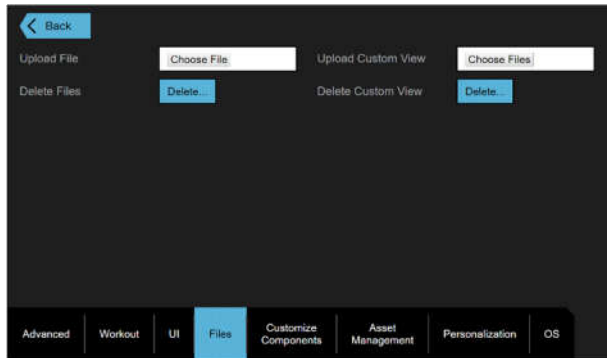
Upload File: Click Choose File to browse for additional files to upload.

Delete Files: Press Delete to view installed files to delete from the device.

Upload Custom View: Click Choose File to browse for additional custom view files to upload.

Delete Custom View: Select Delete and browse uploaded custom views to remove from the device.

5.6.13 Customize Components
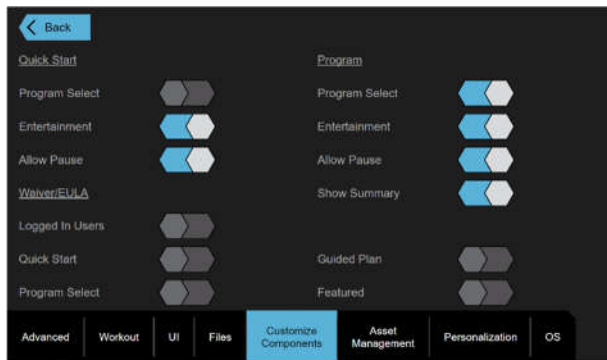
Quick Start: Press the toggle switch to enable the following functionalities on a quick start workout.

- Program Select
- Entertainment
- Allow Pause

Waiver/EULA: Press the toggle switch to require a user to accept a waiver/EULA before starting a workout.

- Logged in Users
- Quick Start
- Program Select
- Guided Plan
- Featured

Program: Press the toggle switch to enable the following functionalities on a program workout.

- Program Select
- Entertainment
- Allow Pause
- Show Summary

5.6.14 Asset Management

Enable Asset Management: Press the toggle switch to enable asset management using a third-party platform.

Username: Set a desired username for the asset management platform.

Password: Set a desired password for the asset management platform.

Asset Company: Select third-party compatible platform.

FitnessEMS URL: The URL of the FitnessEMS platform.

5.6.15 Personalization

Personalization: Select how the treadmill looks for user profiles. Leave this on Internet for best functionality.

Inactive Logout Time: Set length, in seconds, of inactivity before the treadmill will automatically logout a user.

5.6.16 OS
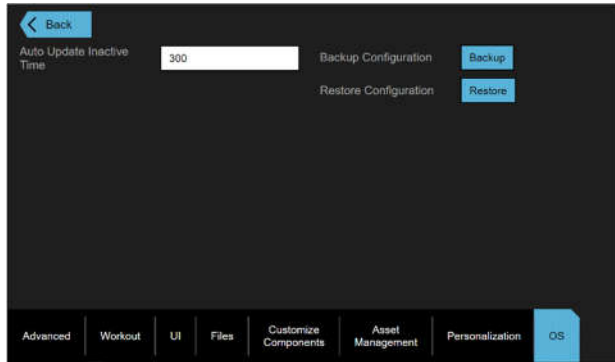
Auto Update Inactive Time: Set time, in seconds, of inactivity before the treadmill automatically updates.

Backup Configuration: Click Backup to manually backup the treadmill. When selected, remote access will automatically download a zip file to the device. This zip file contains restore configuration settings. Save the zip file to a file location to use in the restore configuration.

Restore Configuration: Click Restore to manually browse files to restore the treadmill's configuration. The zip file downloaded from remote access backup configuration will be needed for this restore configuration. Select the zip files in the file browser. Click Restore when ready to apply the configuration.

5.6.17 Experimental Settings

⚠	**WARNING**
Altering these controls can cause the device to become unusable - only change them if necessary under the instruction of a service technician.	
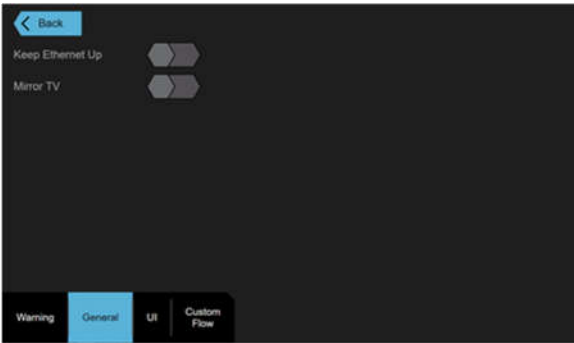
General

Mirror TV: Press the toggle switch to mirror TV

Keep Ethernet Up: Press the toggle switch to enable wired internet while Wi-Fi is enabled.

Background Color: Enter # followed by the RGB color code of desired background color here. Default: #000

Accent Background Color: Enter # followed by the RGB color code of the desired accent background color here. Default: #1E1E1E

Neutral Text Color: Enter # followed by the RGB color code of the desired neutral text color. Default: #FFF

Neutral Inverse Color: Enter # followed by the RGB color code of the desired neutral inverse color. Default: #000

Neutral Dim Color: Enter # followed by the RGB color code of the desired neutral dim color. Default: #58595B
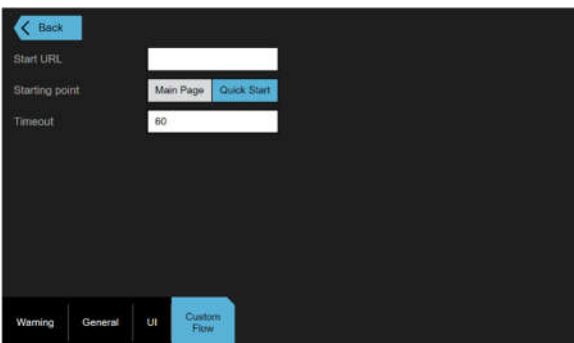
Warning! **DO NOT** alter these settings as they will cause serious issues with the operation of the ProSmart.

6 Accessing Web Interface

6.1 Summary

One of the best features of the ProSmart console is the web access. If the treadmill is connected to private use or club network, it can be accessed using a computer that is on the same network. It is very important that the ProSmart has a stable internet connection for up to date profile information and auto software updates. This section will explain how to put the ProSmart on the network and access the web interface.

6.2 Network Basic Overview

Network connectivity can be wired through an ethernet cable or wireless. The network device can vary depending on the network. Typical devices are switch, router, or modem. This involves one or more devices using Cat6 wires to connect at a unified point. This device allows the devices on the network to talk to each other. The network device is also responsible for routing other devices to the internet. Each device is assigned an IP (Internet Protocol) address. This address is used when trying to communicate with another device.

The current standard is IPv4 which used 4 octets or 12-digit address in the form: xxx.xxx.xxx.xxx.

The same concepts apply and the wireless router will route traffic to the internet. In fitness clubs, it is more common that access points are used which are wired to the switch or router. Use this address to access the ProSmart console from a web browser.

Facility Networking Equipment

——— Ethernet Cable

Wireless Connection
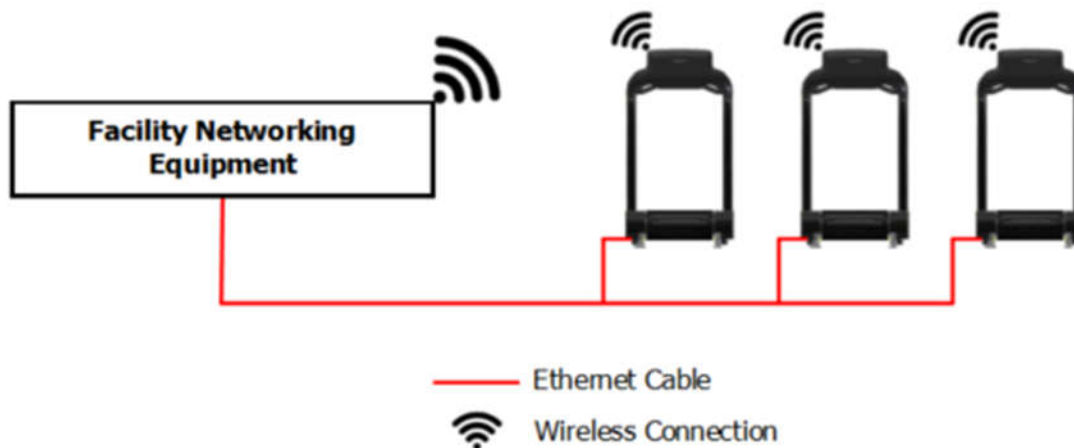
6.3 Connecting a ProSmart to a Network

1.   Go to Settings (Password is **8020**).
2.   Select the Network tab.

        If using wired network connection, see Section 0

        If using wireless network connection, see Section 6.3.2

6.3.1 Wired Network Settings

Woodway recommends wired networks when using the ProSmart console. Performance and reliability of a wired network is better than a wireless one.

To use a wired network first make sure the treadmill has an Ethernet cable going to the Ethernet port in the front right of the treadmill.

1. Change the Connection field to Wired.

NOTE
By default, the *Address Type* will be DHCP. DHCP means that the network equipment will assign an IP address to the treadmill. The *Static* option is only used if a Network Administrator has assigned a specific IP address to the device.

2. Press Apply next to Apply Config.
3. After an IP address appears press Test next to Test Networking Connection.
   a. If it succeeds a popup will say "*Network Test Succeeded*" and the treadmill is now connected to the internet.
   b. If your treadmill does not resolve an IP Address, contact the network administrator or call WOODWAY Customer Service.

6.3.2 Wireless Network Settings

If using the TV option a wireless network connection will not work. A wireless network will add significant latency leading to very poor performance.

NOTE
By default the *Address Type* will be DHCP. DHCP means that the network equipment will assign an IP address to the treadmill. The *Static* option is only used if a Network Administrator has assigned a specific IP address to the device.
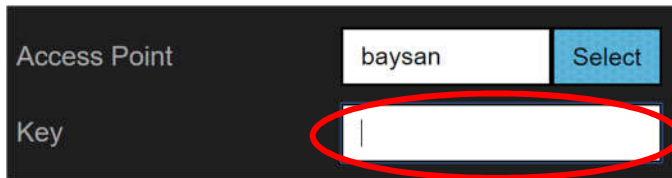
1. Change the Connection field to Wireless.
2. Press Select next to Access Point.
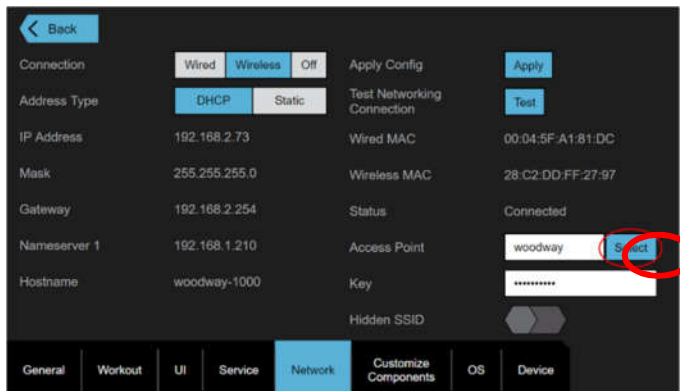
3. Select the desired wireless network and press Done.

4. Enter the password in the Key textbox.
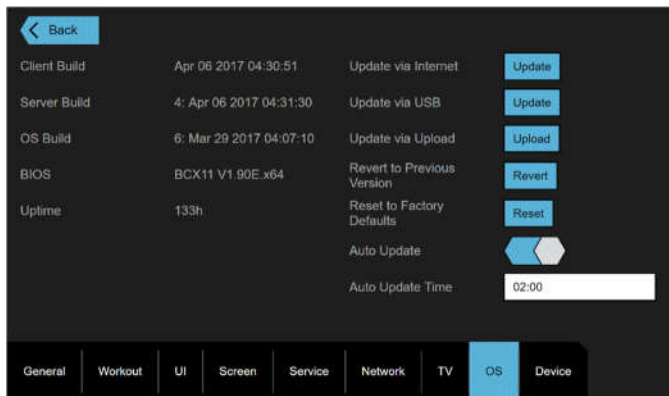
5. Press Apply next to Apply Config.
6. After an IP address appears press Test next to Test Networking Connection.
   a. If it succeeds a popup will say "Network Test Succeeded" and the treadmill is now connected to the internet.
   b. If the treadmill does not resolve an IP Address, contact the network administrator, or call WOODWAY Customer Service.

6.3.3 Auto Update

The ProSmart can check for software updates automatically at a set time daily. To enable this feature:

1. Open Settings.
2. Open the OS tab.
3. Press the toggle switch to turn the Auto Update field on. The Auto Update Time can be set on the same tab.
   Note: *The time is entered in the 24-hour format.*

6.4 Accessing the Web Interface

Once the treadmill is set up on the network, the web interface can be accessed via web browser. Google Chrome is the recommended web browser to ensure optimum performance.
Locate the IP address in Settings on the Network tab. Go to the web browser on a computer. Type the following into the address bar:

<center>XXX.XXX.XXX.XXX:5678 (Where X is the IP Address)</center>

This allows the web browser to connect to the treadmill at the IP address using Port 5678.
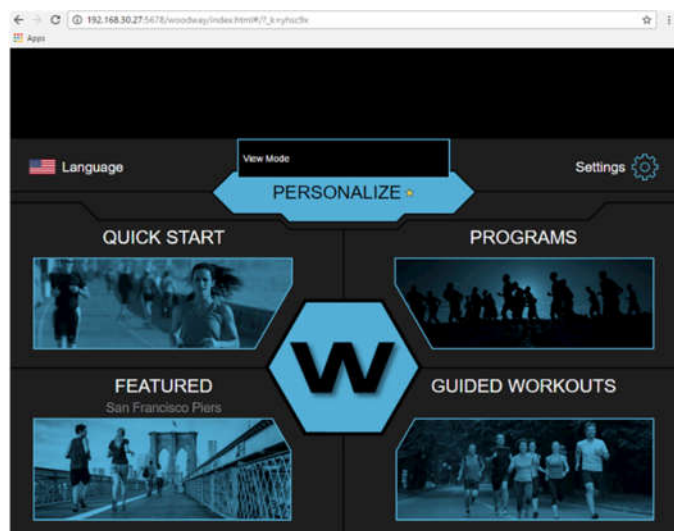
If there is a popup saying, "View Mode", as shown above, the user is only able to view content. Full control must be enabled in Settings. (Password **8020**). Navigate to the UI tab and change Share UI to Full Control.

> ## ⚠ WARNING
>
> This will allow full control of the treadmill from any computer on the same network.

Some features are only accessible via web browser. For example:

Program Upload	This allows a user to upload a custom workout that was written in XML. See Section 9 for more details.
Main Page Logo	From the web interface a user can upload a custom image for the center of the home screen.
Upload an Update	Update the treadmill from a file on a computer instead of having the treadmill auto update from the internet. See Section 6.3.3.

6.5 Putting the Update on the Flash Drive

1. Open Downloads folder in My Computer.
   Note: *From Step 1, a folder downloaded called "offline.zip"*

2. Right click on Offline.zip
3. Select Extract All...
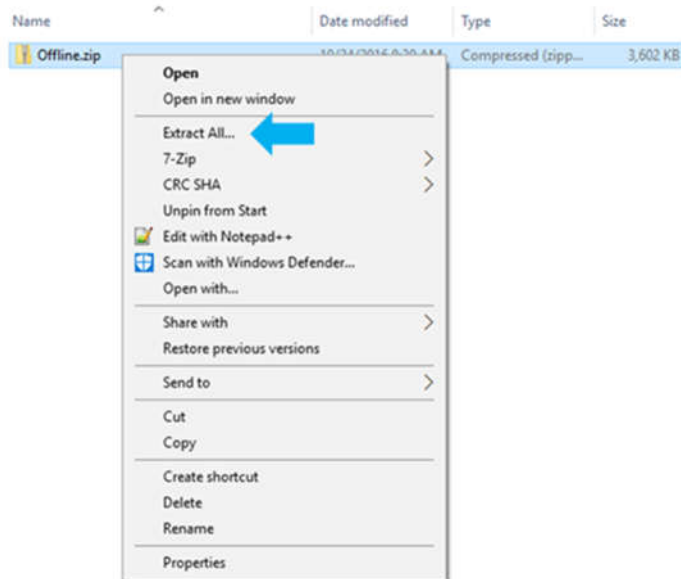
4. Select the browse button.
5. Select the flash drive formatted to OFFLINE in Step 2.
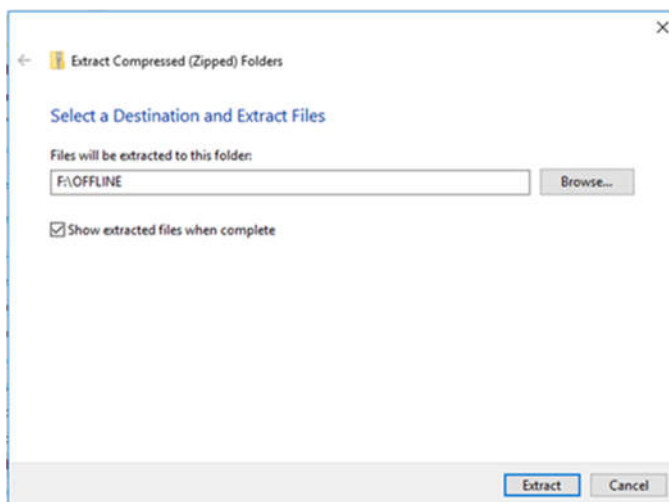
Note: *This will extract a folder named OFFLINE to the flash drive.*

6. Select the OFFLINE folder on the flash drive.
7. Copy and paste the two files from the OFFLINE folder to the root of the flash drive.
8. After moving the files to the root of the flash drive, delete the OFFLINE folder.
   Note: *The flash drive structure should look like the following screenshot:*
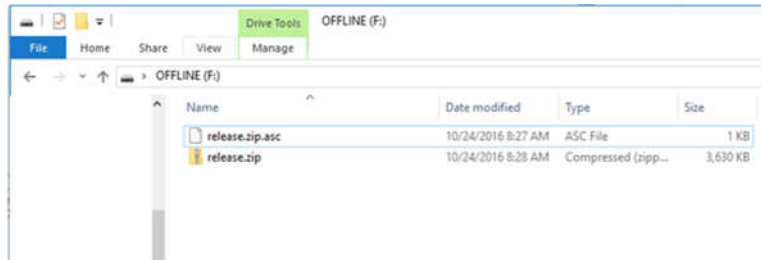
6.6 Removing the Front USB Port

1. Remove the two screws from the front panel.

2. **Carefully** pull the cable through the hole. There should be a USB extension cable zip tied to the back of the charging port.

3. If there is a USB extension cable, skip to Section 6.7
4. If not, continue to Section 6.6.1

6.6.1 Removing the Back of the Head Unit

1. Remove the back of the touchscreen head to plug into the tablet. There are 7 screws (labeled with **blue arrows**) to remove.

2. Plug in USB stick with OFFLINE files to open port.

⚠ **WARNING**
DO NOT REMOVE THE WHITE SAMSUNG FLASH DRIVE SHOWN BELOW

6.7 Plug Your USB into the Port

1. Plug the OFFLINE USB into the open port.
2. Wait 10 seconds for the machine to mount the flash drive before continuing.

6.7.1 Starting the Offline Update

NOTE
THE TREADMILL MUST REMAIN POWERED THROUGHOUT THE UPDATE PROCESS. LOSS OF POWER MAY BRICK THE MACHINE.

1. Select Settings from the home screen on the ProSmart Touchscreen. The password is **8020.**
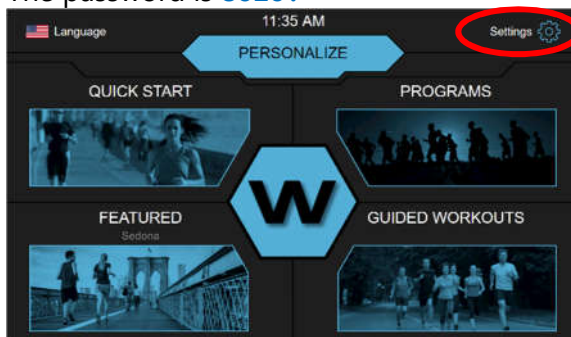
2. Choose OS from the tabs on the bottom on the settings screen.
3. In OS, click the Offline Update button.
4. The treadmill will then begin the offline update process.
   Note: *The treadmill will restart automatically when it is done.*
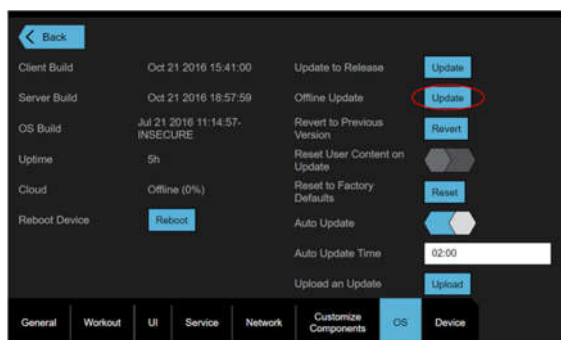
5. When the treadmill has restarted and the home screen is displayed, it is safe to remove the flash drive and close any open connectors.

7 Upload a Screensaver

In Settings, the Screen tab contains details included for the main screen and screensavers. Personal images may be uploaded to be set at screensavers. Uploading a screensaver from a file on a personal computer must be done via remote access.

1. Next to Upload Screensavers, click Choose File.
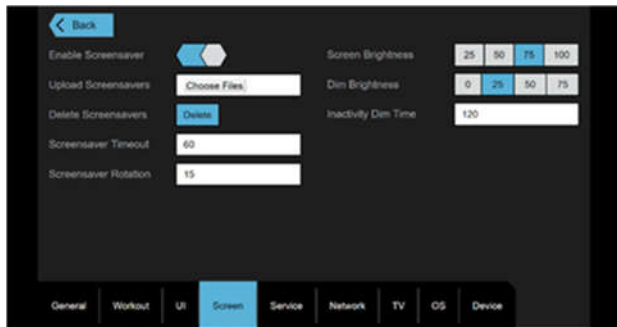
2. Browse personal files on computer.
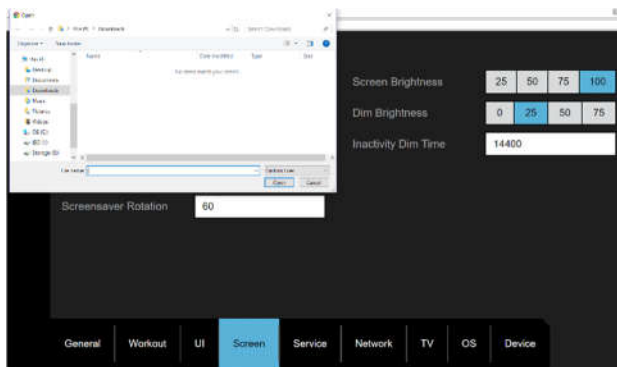
3. Select the file and click Open.
4. The file will automatically sync and save to the ProSmart.

Files formats for screensavers include: JPG, PNG, GIF, and MP4. Screensaver images do not have a size restriction, but files 4MB or smaller are recommended for quick upload to the ProSmart.

8 ProSmart Configuration Backup

Configuration backup guides the user to download a zip file to use as restore property to the ProSmart. This ensures the use and function of the ProSmart, backing up the data stored on the treadmill.

8.1 Configuration Backup

Creating a backup configuration requires the use of the web interface which can be enabled via the UI tab.

1. Change the Share UI field to Full Control.
2. Access the web interface using the treadmill's IP address and port **5678**.
3. Click Settings.
4. Click Open next to Advanced Settings
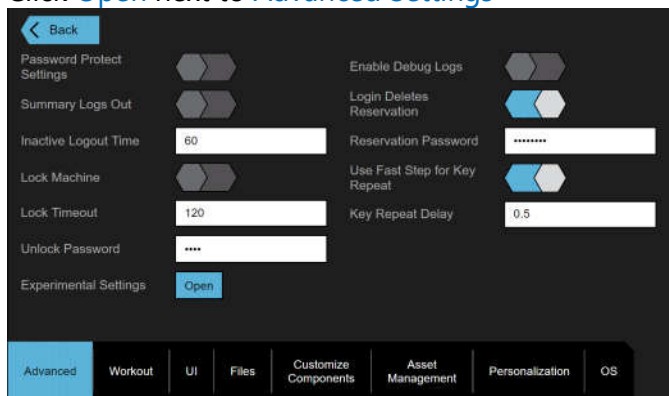
5. Click the OS tab.
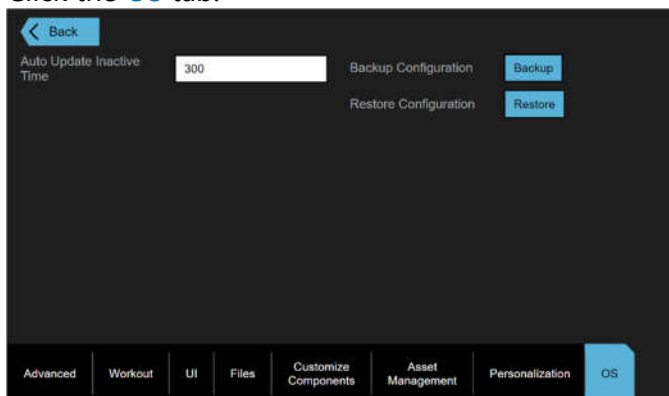
6. Click Backup next to Backup Configuration. This will download a ZIP file of the current configuration.
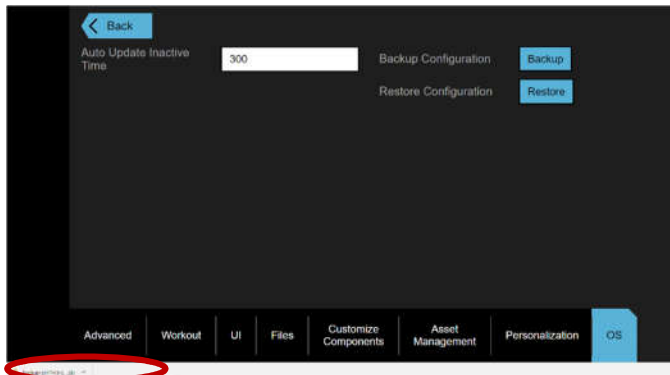
7. Click the arrow to the side of the .zip file
8. Select Show in Folder option or Show in Finder if using a Mac.
   Note: *This will allow you to save the .zip file to your desktop for use in provisioning other ProSmart treadmills.*

8.2 Restoring Configuration

1. Change the Share UI field to Full Control.
2. Access the web interface using the treadmill's IP address and port **5678.**
3. Click Settings.
4. Click Open next to Advanced Settings.
5. Go to the OS Tab in Advanced Settings
6. Click Restore Configuration.
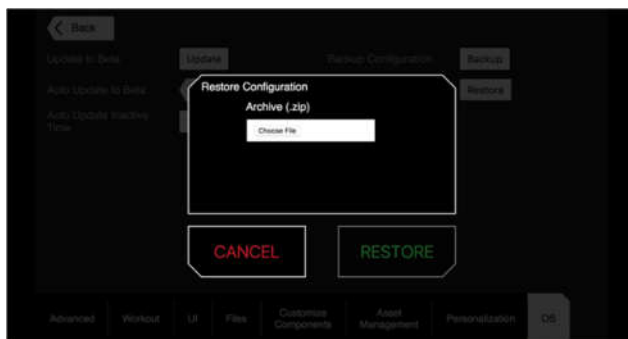
7. Click Choose file.
8. Navigate to a valid ProSmart backup file.
   Note: *If the file is valid the Restore button will become active.*

9. Click Restore.

9 Writing Your Own Workouts

9.1 Summary

The ProSmart software ships with built in functionality to write custom workouts. This functionality is very primitive and low level as of right now, but will be built into a user-friendly interface in future releases. The following section will break down how to write a full workout piece by piece.

A beginner template is available at:
http://eng.woodway.com/ProSmart/ExampleProgram.zip.

9.2 Intro to XML

XML is a markup language that has many uses in the programming world. It is widely used because it is both human readable and machine readable. Common use in these programs are XML tags. An XML tag describes a variable that the ProSmart program uses to interpret various aspects of your workout. Each tag begins with a variable surrounded by brackets and ends with the same variable surrounded by brackets with a slash in front of it. The following is an example of a simple XML tag.

```
<Name> Tag Example </Name>
```

It is important to note that every tag must have a closing tag associated with it and tags can be nested. For Example:
Correct Nesting:

```
<Phase>

        <Name> 1.5Mi Run </Name>

</Phase>
```

Incorrect Nesting:

```
<Phase>

        <Name> 1.5Mi Run </Phase>

</Name>
```

Note that the Phase tag must be ended in the correct order or this XML statement will fail.
All workouts on your ProSmart are built using this structure and with a little practice you will be building workouts in no time at all.

9.3 Program Header

Each program has a header that describes the basic components of the program. The following is an example header from the Navy workout.

```
<Name>Navy PFA</Name>
<Description>This 1.5 mile run is a component of the Physical Readiness
        Test. Minimum passing time is 14 minutes. Treadmill will begin at
        4.3 mph pace and 1% incline. Adjust to your maximum comfortable
        speed to complete the challenge.</Description>
<Author>Navy</Author>
<Machine>Treadmill</Machine>
<Category>Test</Category>
<Challenge>Difficult</Challenge>
<Thumbnail>Navy</Thumbnail>
<Flags>NoSkip,NoWarmup,NoCooldown</Flags>
```

The header describes how the workout appears in the programs menu.

```
<Name> The name of the workout</Name>
<Description> Short description of the workout</Description>
<Author>Your Name</Author>
<Machine>: Treadmill</Machine>
```
(THIS SHOULD ALWAYS SAY *TREADMILL*)
```
<Category>User</Category> This can be anything you want and it will
        create a new category. Our recommendation is to enter "User" into
        this field as this will display best on the console.
<Challenge>Difficult</Challenge>
```
(THIS SHOULD ALWAYS SAY *DIFFICULT*)
```
<Thumbnail>Woodway</Thumbnail>
```
(THIS SHOULD ALWAYS SAY *WOODWAY*)

By default, there is a 3-minute warm up and cooldown added to every workout. The flags tag is used if you want to add a warm up and cooldown manually. If you are using your own warm up and cooldowns the Flags tag should be as follows:

```
<Flags> NoWarmup,NoCooldown <Flags>
```

The NoSkip flag is used if you never want to be able to skip a phase of the workout. Unless your workout is 100% static we would not recommend using the NoSkip flag.

9.4 Workout Tags

There are different ways of phasing the workouts. The most common and basic workout uses speed and incline phases and is surrounded by <Workout> tags. Each phase can have a different <Mode>. The <Mode> can include Distance or Time.

9.4.1 Distance Mode

The following is a sample Distance phase from the Marine Workout. This phase uses 4.82803Km as the target distance for the workout. In a distance mode phase, a distance can be set to reach during the initial phase. The phase will loop if instructed, otherwise it will end once the user reaches the target distance set for the phase.

It is important to remember that all hardcoded speeds are in Kilometers per Hour (kph). Use the internet or built in Windows Calculator functions to convert from mph to kph.

```
<Phase>
        <Name>3mi Run</Name>
        <Type>Goal</Type>
        <Mode>Distance</Mode>
        <Speed>
                <Target>6.90</Target>
        </Speed>
        <Grade>
                <Target>0.0</Target>
        </Grade>
        <Distance>
                <Target>4.82803</Target>
        </Distance>
</Phase>
```

9.4.2 Time Mode

The next phase example uses a time for the phase. This phase uses 30 seconds for the duration. The example code below also shows how to use the User's defined settings. The program will adjust the speed to 95% of the specified MaxRun speed. This allows the phase to adjust to the person using it.

```
<Phase>
        <Name>30 Second Sprint</Name>
        <Type>Goal</Type>
        <Mode>Time</Mode>
        <Flags>ExactDuration</Flags>
        <Speed>
        <Target>{Profile.RunMax} * 0.95</Target>
        </Speed>
        <Duration>30</Duration>
</Phase>
```

9.4.3 Heart Rate Mode

This phase example uses heart rate for the phase. This mode will adjust the treadmill speed in small steps to reach the goal Heart Rate. Notice there is no <Goal> in this mode. The ProSmart software recognizes Heart Rate mode with the <Type> tag. The <Flags> tag should be noted always as

```
<Flags>SmallStepsOnly</Flags>
```

This will limit how much the treadmill can adjust the speed at one time.
All Heart Rate modes require the use of a HR monitor.

```
<Phase>
        <Name>Target 60%</Name>
        <Type>HeartRate</Type>
        <Flags>SmallStepsOnly</Flags>
        <HeartRate>
        <Target>{Profile.MaxHeartRate} * 0.60</Target>
        </HeartRate>
        <Duration>3000</Duration>
</Phase>
```

9.4.4 Loop Mode

<Loop> and <Count> tags allow for alternating code phases used to create intervals used in interval program training. The example code will loop MyIntervalLoop 10 times before stopping.

```
<Loop>
      <Name>MyIntervalLoop</Name>
      <Count>10</Count>
      <Phase>
            <Name> Walk</Name>
            <Type>Goal</Type>
            <Mode>Time</Mode>
            <Speed>
                  <Target>{Profile.WalkMax} * 0.95</Target>
            </Speed>
            <Grade>
                  <Target>1.0</Target>
            </Grade>
            <Duration>120</Duration>
      </Phase>
      <Phase>
            <Name>Run</Name>
            <Type>Goal</Type>
            <Mode>Time</Mode>
            <Speed>
                  <Target>{Profile.RunMax} * 0.95</Target>
            </Speed>
            <Grade>
                  <Target>5.0</Target>
            </Grade>
            <Duration>20</Duration>
      </Phase>
</Loop>
```

9.4.5 Full Example

The following workout is a full program using the techniques described. The program file can be downloaded at:

http://eng.woodway.com/ProSmart/ExampleProgram.zip

```
<Program>
        <Name>Example Program</Name>
        <Description>This program is an example of how to incorporate all
        of the custom functionality.</Description>
        <Author>Woodway</Author>
        <Machine>Treadmill</Machine>
        <Category>User</Category>
        <Thumbnail>Woodway</Thumbnail>
        <Flags>NoWarmup,NoCooldown</Flags>
<Workout>
        <Phase>
                <Name>1/4Mi Warmup</Name>
                <Type>Goal</Type>
                <Mode>Distance</Mode>
                <Speed>
                        <Target>{Profile.WalkMax} * .80 </Target>
                </Speed>
                <Grade>
                        <Target>0</Target>
                </Grade>
                <Distance>
                        <Target>0.402336</Target>
                </Distance>
        </Phase>
        <Loop>
                <Name>SprintWalkLoop</Name>
                <Count>5</Count>
                <Phase>
                        <Name>Walk</Name>
                        <Type>Goal</Type>
                        <Mode>Time</Mode>
                        <Speed>
                                <Target>{Profile.WalkMax} * 0.95</Target>
                        </Speed>
                        <Grade>
                                <Target>1.0</Target>
                        </Grade>
                        <Duration>120</Duration>
                </Phase>
```

```
                <Phase>
                        <Name>Sprint</Name>
                        <Type>Goal</Type>
                        <Mode>Time</Mode>
                        <Speed>
                                <Target>{Profile.RunMax} * 0.95</Target>
                        </Speed>
                        <Grade>
                                <Target>0</Target>
                        </Grade>
                        <Duration>30</Duration>
                </Phase>
        </Loop>
        <Loop>
                <Name>HR Loop</Name>
                <Count>3</Count>
                <Phase>
                        <Name>Target 50%</Name>
                        <Type>HeartRate</Type>
                        <Flags>SmallStepsOnly</Flags>
                        <HeartRate>
                                <Target>{Profile.MaxHeartRate} * 0.50</Target>
                        </HeartRate>
                        <Duration>300</Duration>
                </Phase>
                <Phase>
                        <Name>Target 90%</Name>
                        <Type>HeartRate</Type>
                        <Flags>SmallStepsOnly</Flags>
                        <HeartRate>
                                <Target>{Profile.MaxHeartRate} * 0.90</Target>
                        </HeartRate>
                        <Duration>120</Duration>
                </Phase>
        </Loop>
        <Phase>
                <Name>5 Min Cooldown</Name>
                <Type>Goal</Type>
                <Mode>Time</Mode>
                <Speed>
                        <Target>{Profile.WalkMax} * .60 </Target>
                </Speed>
                <Grade>
                        <Target>0</Target>
                </Grade>
                <Duration>300</Duration>
        </Phase>
    </Workout>
</Program>
```

9.5 Uploading a Custom Workout

Uploading a workout to a ProSmart console is done by using the web interface. (See Section 6.4) The documents explain how to get the IP Address of the treadmill on your network. The web interface can be accessed using an internet browser on the same network. In the address bar of the browser use the 12 digit IP address following by a colon and 5678 for the port.

xxx.xxx.xxx.xxx:5678

1. Log into the settings screen using the password **8020**.
2. Open the Workout tab.
3. Click Choose File.
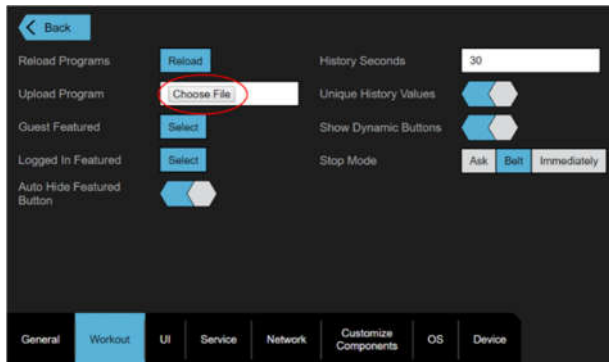
4. Browse personal files for the program file.
5. Click the file to upload.
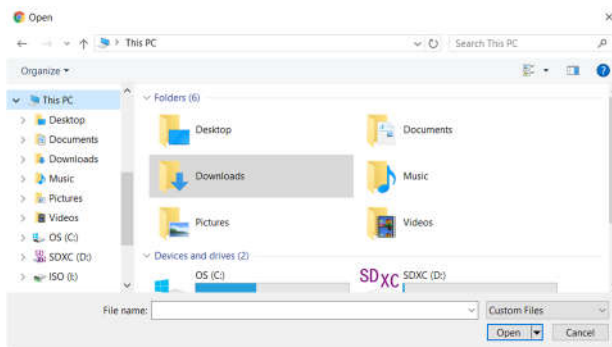
6. Click Open.

File formats for program uploads included .txt files in XML.

9.6 Tips for Error Free Programs

- Use a programming text editor such as Notepad++ to write programs. This will color the XML tags to be easier to see the tags vs plain text.

- Style the indentations for consistency. Use the Tab key to indent nested tags. All the previous examples follow standard indentation practices.

- Notepad++ can debug the XML file in Chrome. In Notepad++, select Run from the menu and select Run in Chrome. Chrome will attempt to open the file. If it fails it will define which line it failed on. This can also be done by simply dragging and dropping the XML file into chrome.

10 TV on the ProSmart

10.1 Setting Up a SiliconDust

10.1.1 Determining Your Video Signal

For the HDHomerun extend unit to work, it must be compatible with the signal you are providing it on the coaxial (RG6) cable. The compatible signal types are over the air digital broadcast (ATSC) or unencrypted digital TV (QAM64/256).

10.1.2 Installing the SiliconDust

The SiliconDust installation involves 3 connections.

- Coax Input (RG6) Cable from the antenna or head end system.
- Ethernet (CAT6) Cable from a network switch.
- Power from the wall
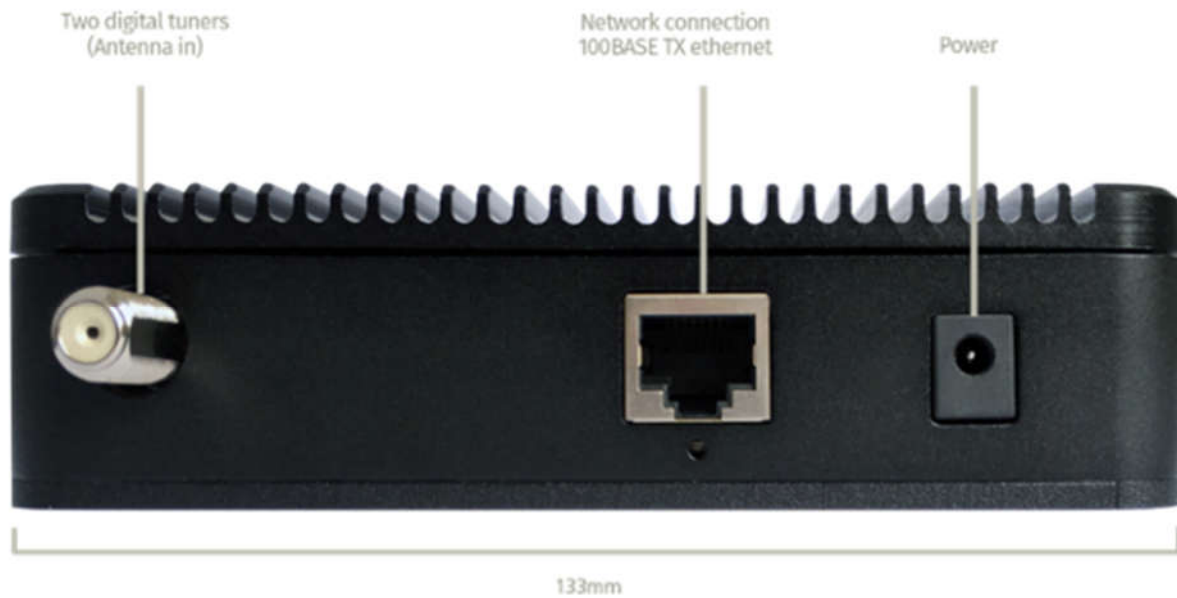
1. Connect all the above connections.
2. Power the unit on.

10.1.3 HDHomerun Setup

To set up the HDHomerun you must download HDHomeRun Software. The software can be found at the following link:

https://www.silicondust.com/support/downloads/

If you need more detailed instructions on installation and setup refer to the documentation provided with your SiliconDust product.

1. After installing HDHomeRun, open HDHomeRun Setup. This is a full list of devices found on your network.
    Note: HDHomeRun Setup will NOT find devices on anything other than the local subnet.
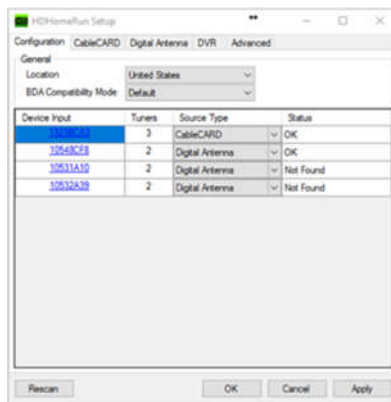
The "Device Input" column corresponds to a number listed on the bottom of your HDHomerun Extend unit.

2. Click on the hyperlink for each device will open the web interface for the device selected. The web interface is where the network connection information can be found including the IP Address, Subnet Mask, MAC Address, etc.
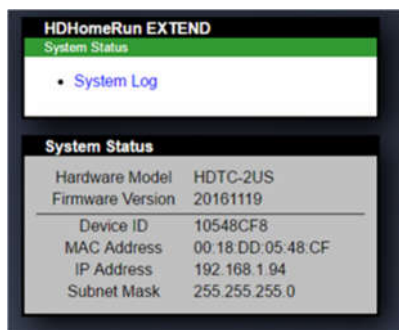
3. Take note of the IP Address as it will be used to point the ProSmart at the SiliconDust box.

NOTE
For stability purposes, it is **HIGHLY** recommended that a DHCP Reservation is made for each SiliconDust device on the network. The SiliconDust device does not support Static IP addressing.

10.1.4 Scanning for Channels

1. Use HDHomeRun Setup to scan for channels.
2. Find the tab corresponding to the incoming signal, either Digital Antenna or Digital Cable.
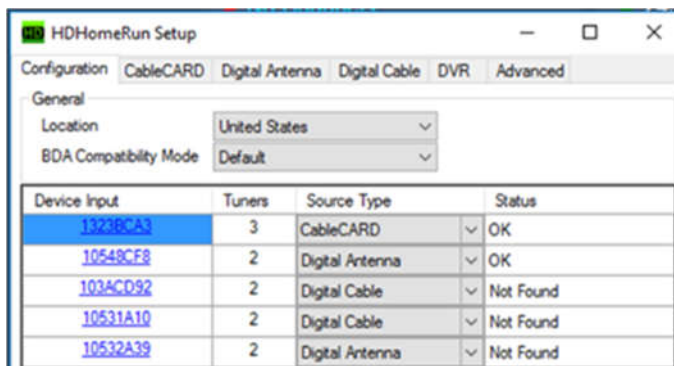
3. Navigate the tab.
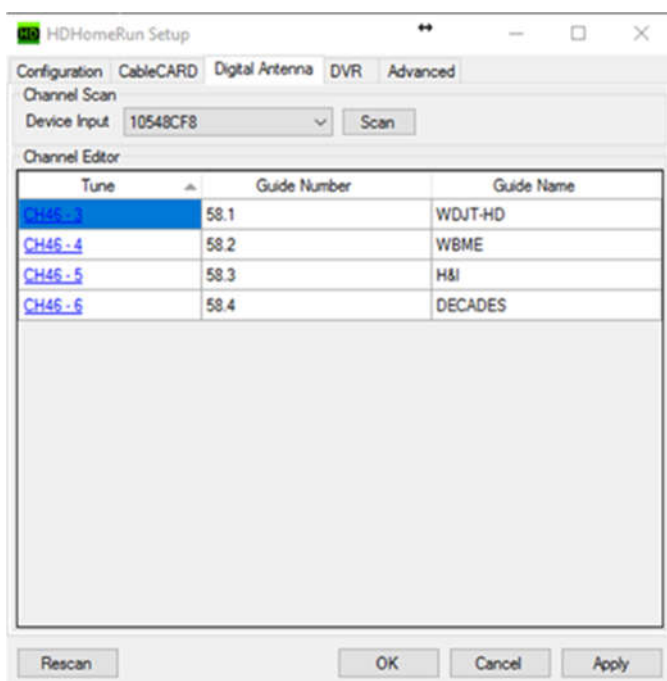
4. Select the Device Input from the dropdown box and click the Scan button. This process will take a varying amount of time based on the number of channels it finds.

10.2 Setting Up an IPTV Solution

The ProSmart platform is compatible with IPTV streams. Typical IPTV solutions use UDP, HTTP, or an RTP video stream. Woodway does not provide, install, or support IPTV solutions, but can provide a recommended installer if needed.

10.3 Setting Up TV on a ProSmart

10.3.1 Adding Channels Using SiliconDust

1. Open the Settings (password **8020**).
2. Navigate to the TV tab.
   Note: *If you don't have a TV tab, the treadmill requires an update.*
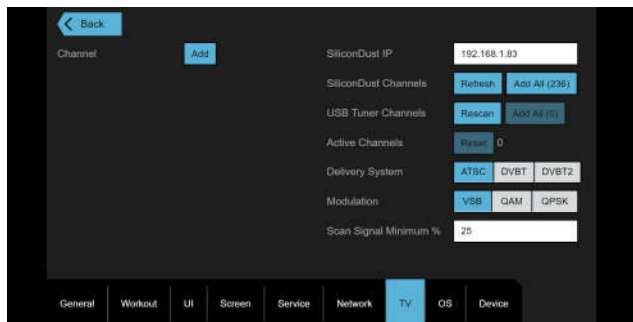
3. Type the IP Address of the SiliconDust box in the SiliconDust IP field.
4. Press the Refresh button.
   Note: *This will detect available channels and the number of channels detected will be shown and should match the number of channels found on the* HDHomeRun Setup.

5. Press the Add All button to add all channels detected to the channel list.
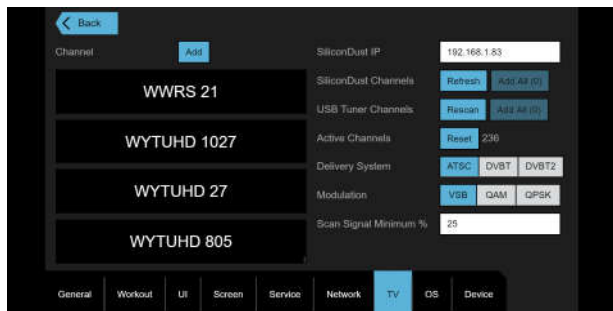
6. Press the Add button to add detected channels one at a time.
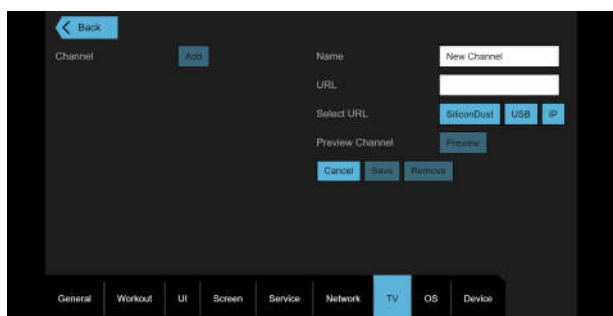
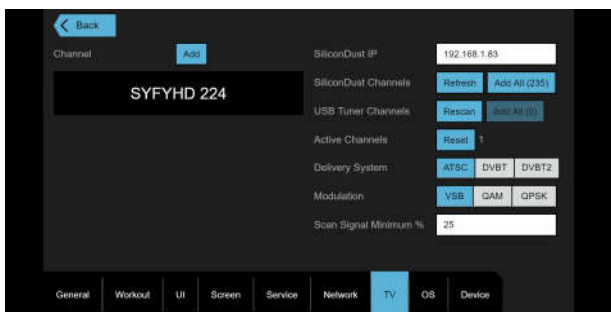7. Press the SiliconDust button to bring up the detected SiliconDust channel list.

8. Select a channel on the screen.
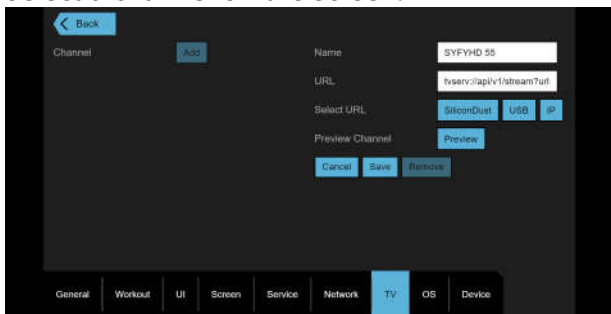
9. Press the Save button to add the channel to the list of available channels.
Note: *You can remove a single channel by selecting it from the channel list on the left side of the screen and then pressing the* Remove *button.*

10.3.2 Adding Channels Using USB Tuner

The built-in USB tuner allows the ProSmart to receive live TV over a coaxial (RG6) cable. The RG6 cable is connected to the A/C bracket on the treadmill. If the RG6 connection is not present the treadmill does not have a built-in tuner. Please contact Woodway for more information.

1. Open the Settings (password **8020**).
2. Navigate to the TV tab.

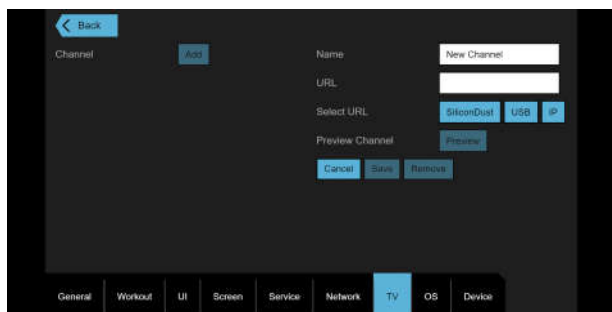   **Note:** *If you don't have a TV tab, the treadmill requires an update.*
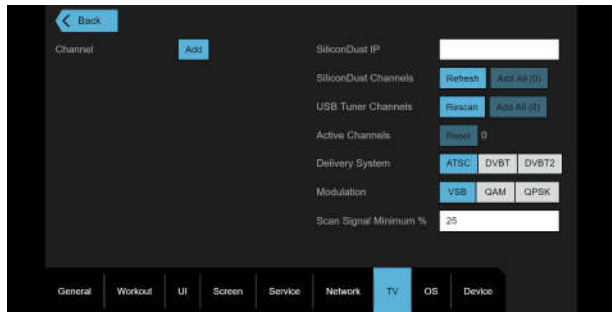
3. Select the correct TV delivery system and modulation.
4. Press the Rescan button.

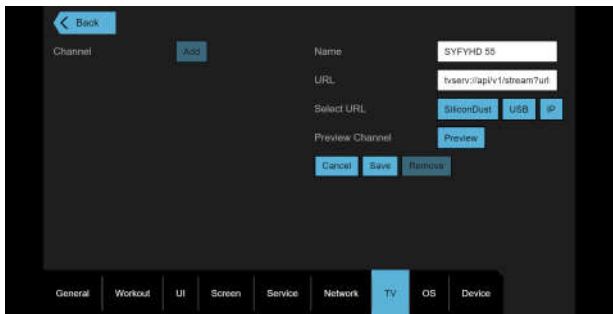   **Note:** *This will detect available channels with signal strength above the set minimum signal percentage.*
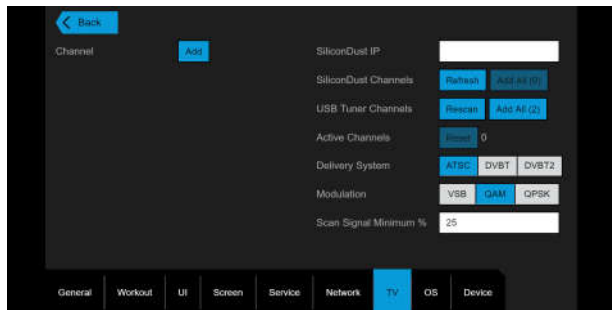
5. Press the Add button to add detected channels one at a time. Press the Add All button to add every channel detected.

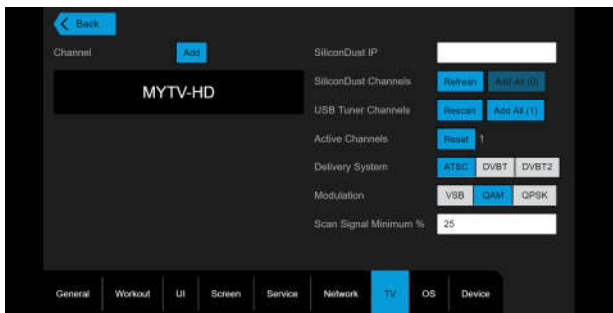6. Press the USB button to bring up the detected USB tuner channel list.

7. Select a channel on the screen.

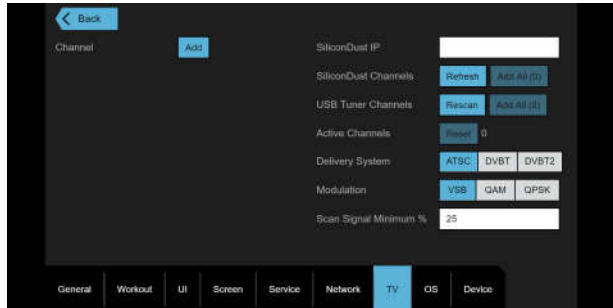8. Press the Save button to add the channel to the list of viewable channels.

   Note: *You can remove a single channel by selecting it from the channel list on the left side of the screen and then pressing the* Remove *button.*
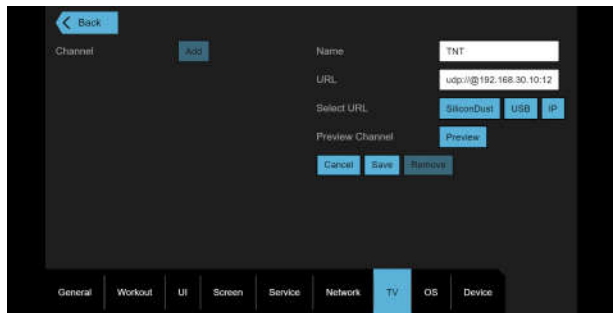
10.3.3 Adding Channels Using IPTV

1. Open the Settings (password **8020**).
2. Navigate to the TV tab.
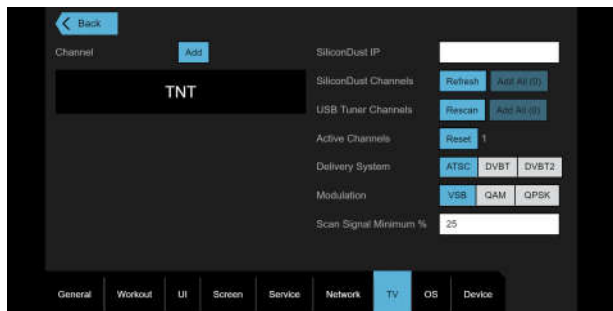   **Note:** *If you don't have a TV tab, the treadmill requires an update.*
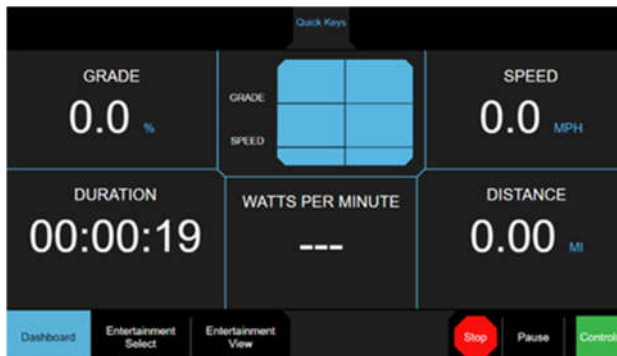

3. Press the Add button.

4. Press the IP button and enter the name and URL of the IPTV channel stream.
5. Press the Save button.
   Note: *You can remove a single channel by selecting it from the channel list on the left side of the screen and then pressing the Remove button.*
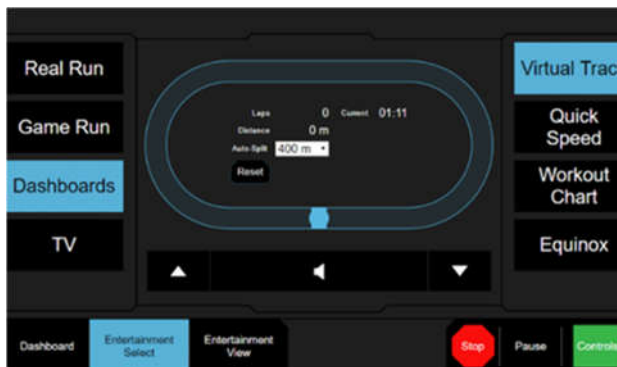
10.4 Watching TV on the ProSmart

To watch TV, begin any workout using the normal flow of the ProSmart.

1. Press the Entertainment Select button

2. Press the TV option on the left.
3. Navigate channels using the list on the right.

Note: *Full screen mode can be accessed by using the Entertainment View button located on the bottom of the screen.*