For The Long Run®

WOODWAY®

ProSmart Console 10.1″ / 21″

Translation of the original German Operating Manual

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1 Product Summary and Overview

WOODWAY 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.

The latest updates can be found here:
www.woodway.com/products/prosmarttouchscreen

2 Introduction

2.1 Operating Instruction Information

This manual provides information on installing and using the treadmill in combination with the ProSmart Console.

A condition for safe operation is compliance with all safety and operating instructions.

Read and observe the operating instructions!

Read these instructions carefully before beginning any work on the treadmill! It is a part of the device and must be kept accessible at all times and in the immediate vicinity of the treadmill for operating and maintenance personnel.

⚠ CAUTION

Improper operation can cause accidents!

Not using the treadmill as intended according to the manufacturer's instructions can cause accidents and equipment damage.

- ► These operating instructions must be completely read and understood before using the treadmill.
- ► Keep these instructions close at hand for all users of the device.

Observe the Instructions!

WOODWAY accepts no liability for accidents, equipment damage and consequences of equipment failure that are a result of failure to follow the operating instructions. In addition, the local accident prevention regulations and general safety conditions for intended use of the treadmill apply.

The manufacturer reserves the right to make technical changes in the context of improving the performance properties and further development without prior notice. Illustrations are for basic understanding and may differ from the actual design of the device.

Accessories from other suppliers have further safety regulations and guidelines. These must also be observed.

2.2 Trademarks

All brand names and trademarks possibly protected by third parties mentioned within this manual are subject without restriction to the provisions of applicable trademark laws and the ownership rights of the respective registered owners. All trademarks, trade names or brand names are or may be trademarks or registered trademarks of their respective owners. All rights which are not expressly granted herein are reserved.

The absence of an explicit labeling of registered trademarks used in this manual does not conclude that a name is free of third party rights.

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

2.4 Copyright

The release of the operating instructions to third parties without the written permission by WOODWAY is prohibited.

NOTE

All contents, text, drawings, images or other illustrations are copyright protected and are subject to intellectual property rights.
Any misuse is punishable by law!

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.

2.5 Replacement Parts

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

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

NOTE

The use of NON-original replacement parts may change the characteristics of the device and interfere with the safe use!
WOODWAY does not accept liability for damages resulting from this.

Disposal! Wear parts are considered hazardous waste!

After being replaced wear parts must be disposed of according to country-specific waste laws.

For further information on disposal, see Section 12 page 67.

2.6 Customer Service

For service questions contact the following:

WOODWAY GmbH
Steinackerstr. 20
79576 Weil am Rhein
Germany

Contact: Tel. +49 (0) 7621-940999-14
Fax. +49 (0) 7621-940999-40
Email: service@woodway.de

For faster processing of your request please have the following data and information available:

- Information on the nameplate (specific model/serial number)
- An accurate description of the circumstances
- Customer number (if available)
- What action has already been taken

Servicing: The address of your local service center can be obtained from the manufacturer. After repair or re-commissioning, the actions listed under "Installation" and "Commissioning" are to be performed as during commissioning.

DANGER

Danger of death by electric shock!

Maintenance and inspection work on the unit may cause serious or fatal electrical shock.

► Pull the power plug prior to any maintenance and inspection work on the equipment. The device must not be connected to the power!
► Ensure the device cannot be switched back on.

3 Safety

3.1 General

The treadmills in combination with the ProSmart Console have been reliably designed, manufactured and tested according to the latest state of technology and are in safe and technically perfect condition. Nevertheless, the device can cause risk to persons and property if it is operated improperly.

For this reason the operating instructions should be read completely and safety instructions must be observed.

Warnings attached directly to the device must be observed and kept in a legible condition.

Inappropriate use will result in the rejection of any liability or guarantee claims by WOODWAY.

3.2 Description of Warning Notices

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.

Sample of a 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. ► ...

Classification:

NOTE	NOTE or WARNING (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 a serious accident is possible with the possibility of injury or death.
⚠ DANGER	DANGER (with danger symbol) In the event of an accident immediate danger of 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 Safety before Use

Before operating the treadmill in conjunction with the ProSmart Console note the safety notices in the treadmill operating instructions. Familiarize yourself with the safety instructions for the connected treadmill. For more information see the supplied operating instructions.

ATTENTION

Before using the treadmill in conjunction with the ProSmart Console carefully familiarize yourself with the safety instructions.

Manufacturers and dealers accept no liability for personal injury and/or property damage resulting from lack of information.

4 Infrastructure Requirements

This chapter helps you prepare your facility's infrastructure for the current features of the WOODWAY ProSmart and to anticipate upcoming features. Entertainment and interactive features have quickly become integral parts of the workout experience, so to keep up with these features as they grow and expand, fitness facilities should plan a technical infrastructure to support them.

The guidelines in this chapter are meant to assist you whether you are designing new facilities or updating old ones. This chapter will provide insight on how to best prepare your facility in all ways to be both networked and ready to use the WOODWAY ProSmart.

Installing a Power, Data or Media Network

It is recommended that a general site survey be conducted by a WOODWAY recommended installer to create a list of hardware and infrastructure configurations your facility will need.

The following checklist describes the types of support you must implement before you install WOODWAY networked ProSmart Touchscreen Products.

- Treadmill Connections
- Power Circuit Requirements
- Audiovisual Signal Strength
- Data Networking Requirements

4.1 Treadmill Connections

Ideally, each treadmill should have its own individual set of connections points permanently built into the infrastructure of your facility. If you are not able to install such connections at your facility, contact your WOODWAY representative about alternate options.

ATTENTION

The electrical instructions are recommendations only. The wiring and connections at your facility must comply with National Electric Code (NEC) guidelines and local electric codes. Below are basic connection requirements.

Electrical Power Connections

For WOODWAY Treadmills with ProSmart Touchscreens consoles, one electrical wall outlet per machine is recommended. Treadmills require an individual wall outlet and an individual branch circuit. Daisy-chained power connections are not supported on ProSmart Touchscreen treadmills.

Audiovisual Connections

Audiovisual (AV) connections are only required if the ProSmart console with the 19" television option was purchased.

For WOODWAY Treadmills with ProSmart + 19" Television consoles, a separate F-type (coaxial) wall outlet for each piece of equipment is recommended.

For coaxial AV signal cables, a separate AV signal cable for each piece of equipment is recommended. However, AV cables can be daisy-chained or passed through taps to serve multiple units if the system continues to meet the minimum requirements for signal strength. These minimum requirements are listed in the following section. One cable can provide signal to a maximum of 15 pieces of equipment.

Data Networking Requirements

Every networked fitness console requires a dedicated Ethernet connection directly from the facility's network switches, based on Cat 6 (recommended) or Cat 5e twisted-pair cable and eight-contact modular connectors.

NOTE

WOODWAY advises that a wired Ethernet connection is always best.

Alternatively, the ProSmart console can connect wirelessly to your facility's network. WOODWAY strongly advises against wirelessly connected devices. If the SiliconDust TV Option was purchased, all treadmills must be connected to a wired network.

Consult with a wireless network specialist or your IT administrator for information on installing and managing a wireless network.

4.2 Power Circuit Requirements

IMPORTANT!

The power cord must be properly protected at all times, both when in use and storage.

Below are the standard electrical requirements by region. There are different options depending on which model you own. If you have a different electrical configuration, please contact your sales representative.

DO NOT BEND OR REMOVE PRONGS!

The plugs are polarized, meaning the prongs are different sizes and the plug can only fit in the outlet one way; if the plug does not fit, reverse the plug. If other power cord plugs are required, please contact your sales representative.

Before connecting the treadmill to the power supply, the information on main voltage and frequency (found on the name plate) is to be compared with the on-site connection values. Only connect the device if the values match. Power surges or voltage drops can cause malfunctions or defects in the device.

No other treadmills or devices may be operated on the same supply line. Each treadmill must be operated with its own circuit breaker. The treadmill must be grounded.

⚠ DANGER

Danger of Death by Electric Shock!

Improper handling of electrical equipment by unqualified persons can cause fatal electrical shock.

- ► If necessary, allow only qualified personnel to perform electrical installation.
- ► The power cord must not come into contact with hot surfaces or sharp edges.
- ► Electrical parts (e.g. motor, power cord, and power switch) must not come in contact with water.

⚠ WARNING

Danger of Injury by Falling when Switching the Device Off!

A complete shutdown of the unit caused by power surges or voltage dips can cause abrupt deceleration of the running surface belt.

► In order to avoid malfunctions, all data on the name plate must correspond with the actual terminal values.

⚠ WARNING

Danger of Injury by Tripping Over Wires!

► Improperly installed wires present a tripping hazard and danger of injury.
► Safely lay power cords, interface cable, etc. outside of walking areas.

Description:	**Parameters:**	
Voltage	208 / 230 V AC	
Frequency	50/60 Hz	
Current	10 Amps	
Electrical Wall Socket Requirements	Country-specific **Note**: Power cord plug must be compatible with electrical wall socket. Adapters should not be used.	
Power Cord Plug (standard)	Schuko Power Cord Plug 	
Power cord plug can be adapted upon request	Swiss Power Cord Plug 	UK Power Cord Plug

If the socket has a voltage of 230 volts and more than one main unit is on the direct line or in neutral conductor and the voltage drops to a minimum of less than 10% of 230 Volts the treadmill will switch off and be reset.

4.3 Audiovisual Signal Strength

Your facility's AV system needs to provide an adequate RF signal to each piece of equipment and must be balanced to within 2dBmV across all channels. One F-type coaxial cable outlet jack is required for each piece of equipment. RG6 coaxial cable is recommended to connect the headend to the outlet jacks. If the cable signal is distributed, commercial grade taps and/or splitters (such as those produced by Blonder Tongue) must be used to balance the proper signal strength to each piece of fitness equipment.

Fig. 1 Example of RG6 coaxial cable

Signal Requirements measured at the screen:

	Analog	**Digital**
Target	0dBmV to +10dBmV	-10dBmV to 0dBmV
Signal-to-Noise Ratio Minimum	+40dB	N/A
Modulation Error Ratio	N/A	+35dB

NOTE

AV Cables are only required if the ProSmart with 19" Television Option was purchased.

4.4 Data Networking Requirements

4.4.1 Cabling

A CAT6 Network cable in needed to connect ProSmart Touchscreen console directly to ports on the network switch. CAT5e cable may be substituted if necessary.

Fig. 2 Example of CAT6 Network cable

4.4.2 Network Switches

Depending upon the number of ProSmart Touchscreen consoles to be networked, you will need one or more network switches. Each console requires its own connection port at a network switch.

Switches come in a variety of sizes (4 ports, 8, 12, 16, 24, 48, and so on). Standard 19-inch commercial grade racks typically house 24-port or 48-port switches, but they can accommodate other standard rack mountable switches of any capacity. We recommend that you allow extra rack space or extra connection ports in your installed network switches, to accommodate equipment you may add in the future.

Contact your IT Administrator for more information.

4.4.3 Internet Connectivity Recommendation

WOODWAY recommends at least 2 Mbps minimum for each networked cardio unit to maintain a good level of product performance.

Dedicated bandwidth is recommended to ensure that ProSmart software runs efficiently at your facility. We highly recommend installing a separate dedicated Internet line if possible.

NOTE

The download data rate will grow as you add ProSmart Touchscreen consoles to your facility.

Upload Data Rate	5-10 Mbps
Download Data Rate	Good: 1Mbps per treadmill
Silicon Dust (Wire Only)	>5Mbps (local traffic)

Internet Connection: CAT6 preferred, CAT5 acceptable, or Wi-Fi (not recommended).

4.4.4 Silicon Dust

NOTE

SiliconDust is not supported in EU countries. Please contact WOODWAY for more information.

SiliconDust is the innovator of the HDHomeRun® line of network connected TV tuners. This allows televisions signals to be received by the computer in the tread-mill. SiliconDust offers global solutions to Live TV streaming in homes, businesses, hotels, education facilities or anywhere Live Linear TV will be streaming to multiple viewing devices within a connected network.

SiliconDust is required to stream TV to a ProSmart Console. SiliconDust is a set top box that uses the coaxial TV cable to provide TV for ProSmart devices.

NOTE

The number of tuners must be at least half the number of ProSmart Consoles in your facility. Each SiliconDust unit can accommodate (2) ProSmart Con-soles.

Please consult with your WOODWAY representative for purchase options and device selection.

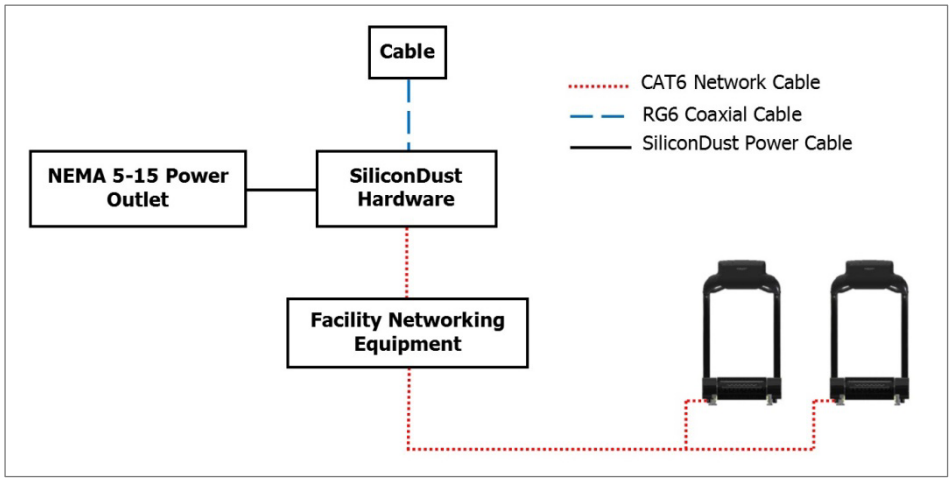

Fig. 3 Example of wiring scheme for facility with three WOODWAY ProSmart Touchscreen consoles

If you have purchased a ProSmart with the SiliconDust option, it is REQUIRED that all ProSmart Consoles are on a WIRED network. Each SiliconDust tuner requires ap-proximately 5 Mbps of local network traffic to stream a standard station. For this reason, WOODWAY REQUIRES wired Ethernet networks.

For more information on SiliconDust consult their website:
https://www.SiliconDust.com

4.4.5 Silicon Dust Compatibility

Due to hardware restrictions SiliconDust HD Homerun Extend is the only model that is compatible with the ProSmart. For the SiliconDust to work it must receive one of the following signal types:

- ATSC: Standard over the air broadcast digital television (Antenna option)
- QAM64/256: The headend system must output a QAM64/256 signal or the SiliconDust is not compatible.

Use the following flowchart to determine whether a SiliconDust is a viable option.

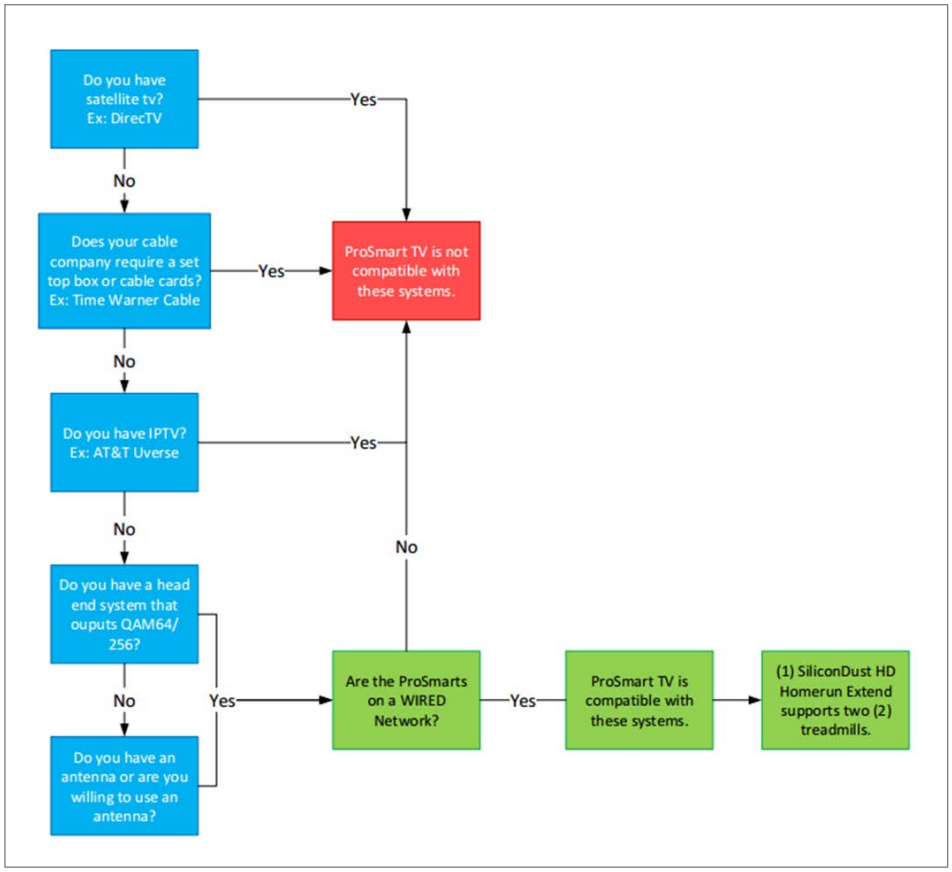

Fig. 4 Flowchart to determine whether a SiliconDust is a viable option

4.4.6 Data Networking Configuration Requirements

The administrator of your data network should ensure that the network meets the following requirements to support ProSmart.

Outbound ports required to support full ProSmart Functionality:

- TCP Port 80 (HTTP)
- TCP Port 443 (HTTP)
- UDP Port 123 (NTP)
- Port 5100-5299, 5500 (VNC)

If the SiliconDust option is being used there are additional network requirements. Connecting the SiliconDust to the treadmill requires knowing the IP Address that has been assigned to the SiliconDust box. The SiliconDust does NOT support a static IP Address. Instead, a DHCP Reservation based on the MAC Address will be required to keep a consistent connection to the treadmill.

4.5 Wireless Networking Recommendations

WOODWAY recommends hardwired connections. CAT6 provides the most reliable and highest speed connection.

IMPORTANT!

Always consult a wireless networking specialist for questions about network design and wireless equipment purchases. WOODWAY is not able to provide any wireless network equipment or technical support for that equipment.

The following table specifies the network recommendations needed to support ProSmart.

Criterion	Minimum Requirement
Support Port Access	80, 123, 443, 5100-5299, 5500 (outbound only)
DHCP/Static	Both Supported
Maximum Range	164 feet (50 meters)
Wireless Connection	2.4 GHz 802.11 b/g/n (Wired Connections are always recommended)
Treadmills for Each Access Point	25
Access Points	Commercial grade and dedicated to WOODWAY cardio equipment
SSID	Private

**All requirements are subject to change.*

4.5.1 Basic Recommendations

- Ethernet (CAT5e or CAT6) provides the most reliable and highest speed connection.
- Use commercial grade wireless equipment that supports 2.4GHz 802.11b/g/n. 5GHz is not supported.
- Install the correct number of wireless access points to ensure the wireless network has enough capacity to handle the peak load requirements.
- Place wireless access points such that all equipment has an unobstructed view of the access point.

NOTE

Most locations will require multiple access points. Consult a wireless networking specialist for site specific design requirements.

- WOODWAY recommends a 50-meter maximum range between the access point and the treadmill.
- Create separate wireless network for the ProSmart Touchscreen consoles.
- WOODWAY recommends dedicated bandwidth to ensure that ProSmart software runs efficiently at your facility.
- Install a separate dedicated Internet line if possible.
- Create a unique, non-broadcasting, wireless network ID (SSID) for the ProSmart Touchscreen consoles.
- Enable Network security. WPA2-PSK authentication is currently recommended.
- Use an Internet connection that provides at least 2Mbps per each piece of equipment.

5 Basic Installation

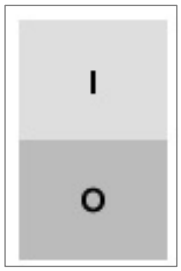

Fig. 5 Switch the treadmill On

- To turn the device on, switch the power switch on the side of device frame (on the right) from position "0" to "I".
- The treadmill is now in STAND-BY mode.

Fig. 6 ProSmart home page

- 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.

5.1 Wired Connection

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

Fig. 7 Ethernet port location

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

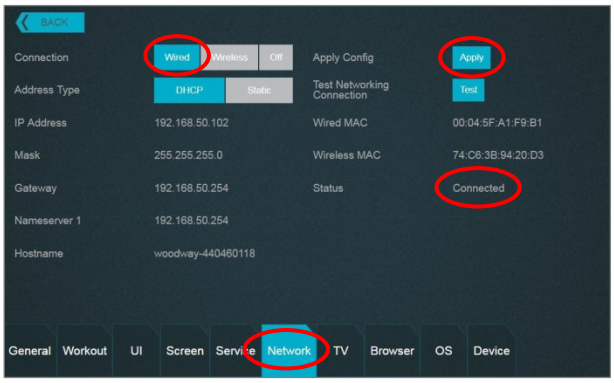

Fig. 8 Network Settings page – Wired Connection

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

5.2 Wireless Connection

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

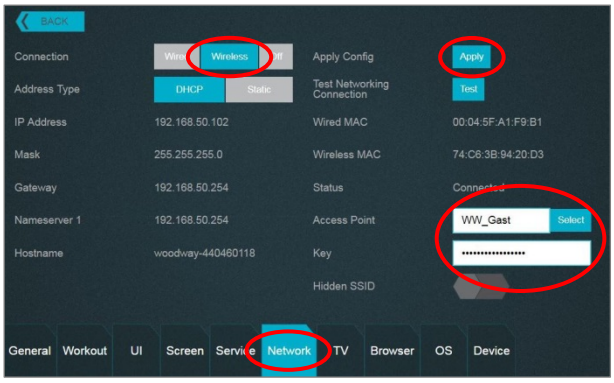

Fig. 9 Network Settings page – Wireless Connection

- Open Settings.
- Open the Network tab in the Settings page.
- Change the Connection type to Wireless.
- Enter Wi-Fi address into Access Point and the password into Key.
- Press Apply Config.
- Status should list Connected once the treadmill is online.

NOTE

If the access point is hidden toggle the Hidden SSID button.

6 Display Elements

6.1 Quick Start

6.1.1 Dashboard

This is the main workout dashboard. Each element (Grade, Duration, Watts Per Minutes, Speed and 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.

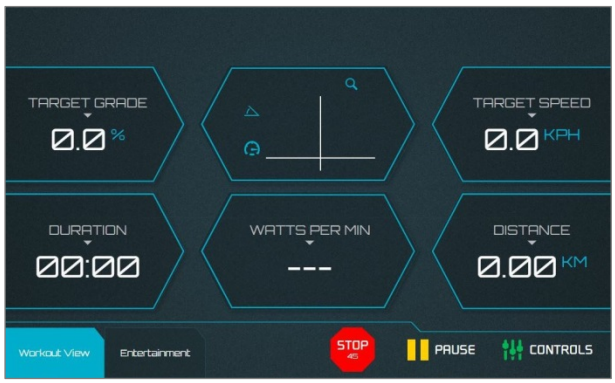

Fig. 10 Dashboard

- Each of the elements can be selected and expanded for details and more information.

Fig. 11 Dashboard – Grade

- **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.

Fig. 12 Dashboard – Duration

- **Duration**: Total time of the user's workout. This automatically begins tracking once the user begins the workout.
  - Calculates the peak grade of the user's workout.
  - The duration flyout tab charts changes to the workout time.
  - The tab displays a countdown from the manually set duration.

Display Elements

Fig. 13 Dashboard – Watts Per Minute

- **Watts Per Minute**: Measures the energy used in the workout.
  - The flyout tab lists watts per minute in Watts and Mets.

Fig. 14 Dashboard – Speed

- **Speed:** The speed in which the user is going measured in miles per hour.
  - The speed flyout calculates the pace in minutes per kilometer, peak and average speed achieved during the duration of the workout.
  - The user may also manually set a speed.

Fig. 15 Dashboard – Distance

- **Distance:** Distance traveled during a single workout, measured in miles (MI).
  - It also calculates the calories burned in total and per minute calculated by speed, incline and heart rate.

6.1.2 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.

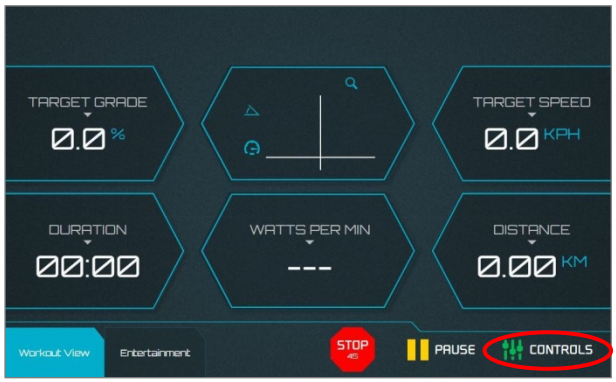

Fig. 16 Dashboard – Controls

- **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.

Fig. 17 Controls – Dynamic Start and Bluetooth Heart Rate Scan

- **Dynamic Start:** Dynamic Start allows manual belt movement at 0.0 km/h 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.

Fig. 18 Controls – Summary Report

- **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.

6.1.3 Entertainment Select

The user can select to view their workout in Entertainment Select and Entertainment View. *Dashboards, Real Run* and *Game Run* 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.

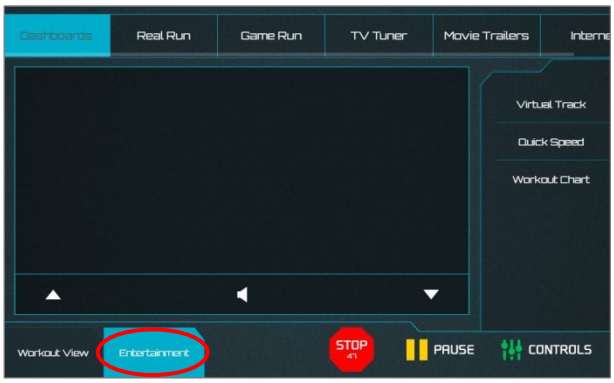

Fig. 19 Entertainment Select

- From the main dashboard, users can navigate Workout tabs from the default Dashboard tab to Entertainment Select.

Fig. 20 Entertainment Select – Dashboards

- 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.

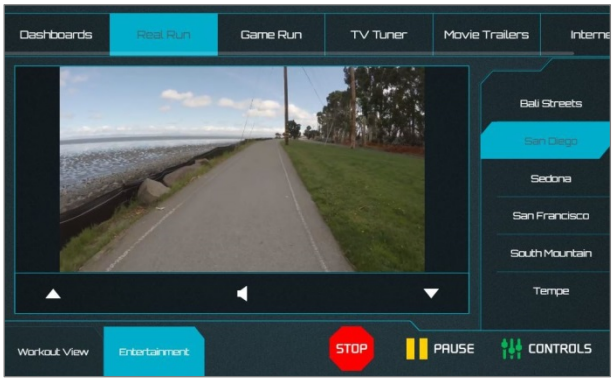

Fig. 21 Entertainment Select – Real Run

- Real Run: Generates a virtual running scene for the user. The location of the virtual run can be chosen from the right-hand categories.

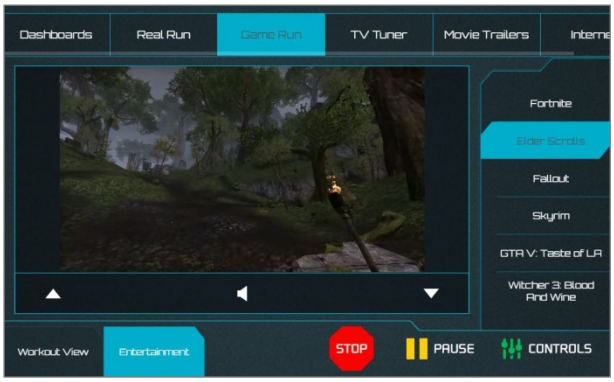

Fig. 22 Entertainment Select – Game Run

- 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.

6.2 Programs

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.

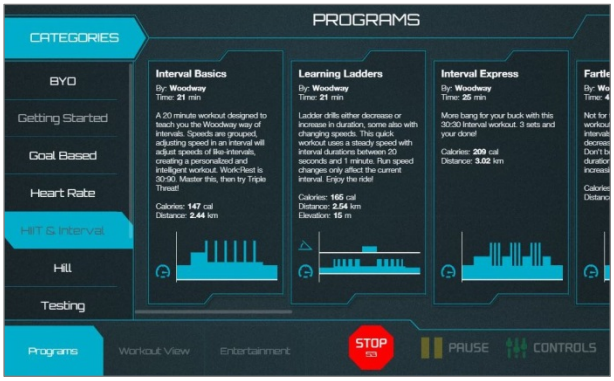

Fig. 23 Program Categories

- **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.

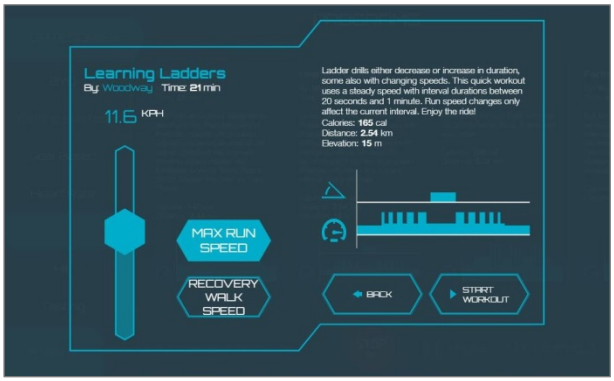

Fig. 24 Program Example

- **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.

6.3 Create a Profile

Fig. 25 Create a Profile 1

- Press Login.

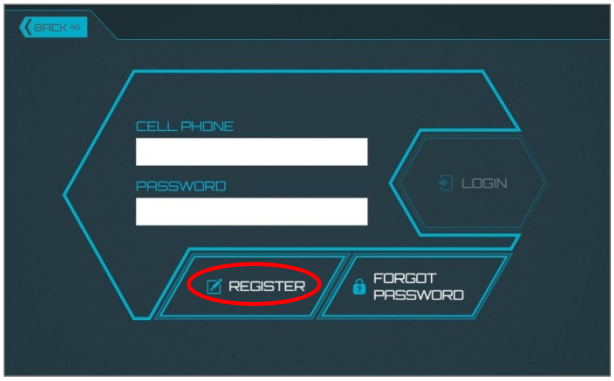

Fig. 26 Create a Profile 2

- Press Register.

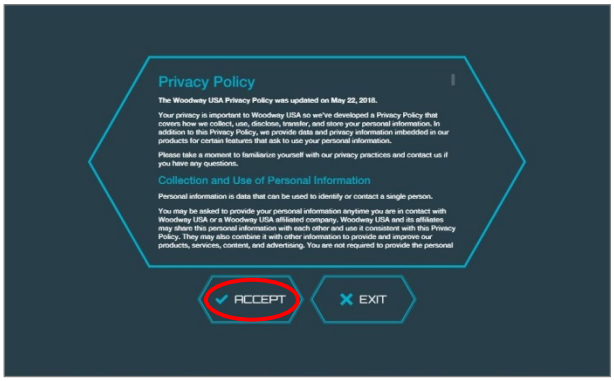

Fig. 27 Create a Profile 3

- Scroll down until the last paragraph of the Privacy Policy.
- Press Accept.

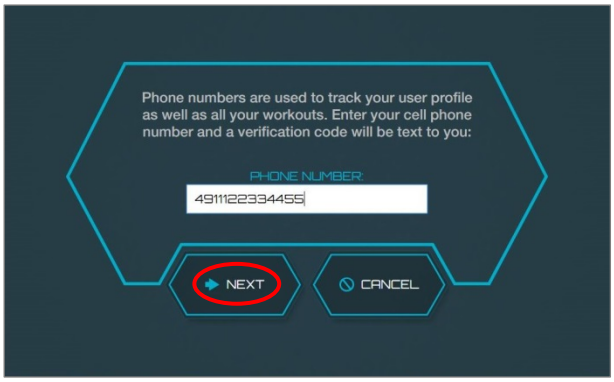

Fig. 28 Create a Profile 4

- Enter a mobile phone number.

Note: 49########## for Germany.

- Press Next.

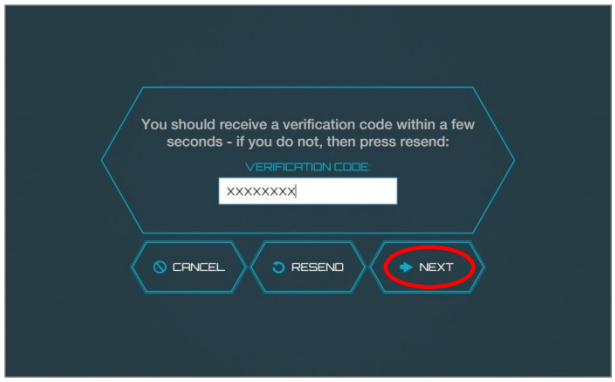

Fig. 29 Create a Profile 5

- Enter the verification code sent to the mobile number.

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

- Press Next.

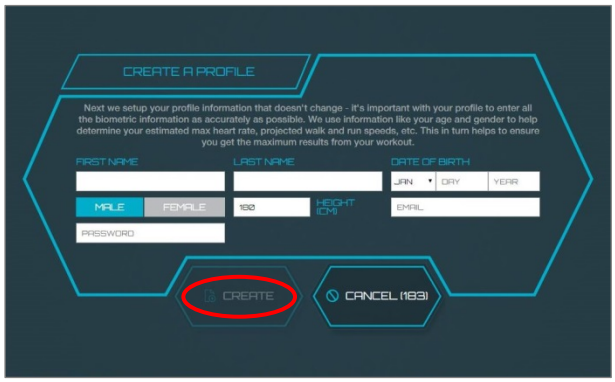

Fig. 30 Create a Profile 6

- Enter user profile information.
  - First Name
  - Last Name
  - Date of Birth
  - Gender
  - Height
  - Email
  - Password
- Press Create.

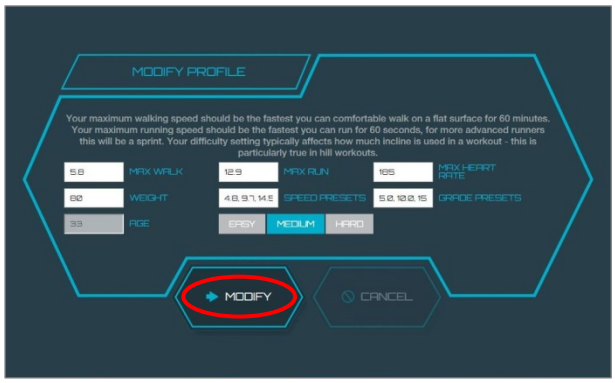

Fig. 31 Create a Profile 7

- Modify personal present.
- Press Easy, Medium or Hard according to your physical strength.
- The values will be adjusted automatically.
  - Max. Walk
  - Max. Run
  - Max. Heart Rate
  - Weight
  - Speed Presents
  - Grade Presents
- Press Modify.

Fig. 32 Create a Profile 8

- 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.
- Press Edit to access the following settings.
  - Edit Phone
  - Edit Password
  - Edit Profile

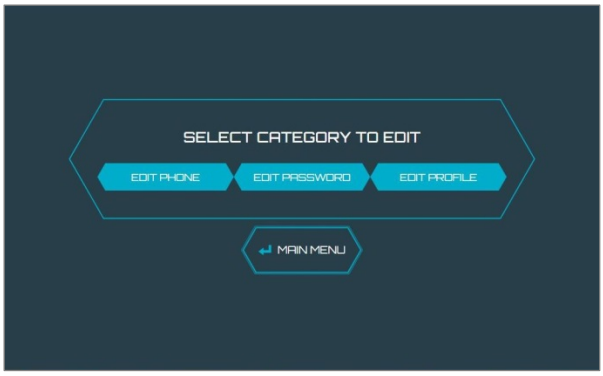

Fig. 33 Create a Profile 9

- Press Edit Phone, Edit Password or Edit Profile to modify your information.
- Press Main Menu to return to main screen.

Fig. 34 Create a Profile 10

- Press 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.

6.4 Smart Coach

Smart Coach is 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.

These workout programs are 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.

Fig. 35 Guided Workouts 1

- Press Smart Coach or Edit to select your workout.

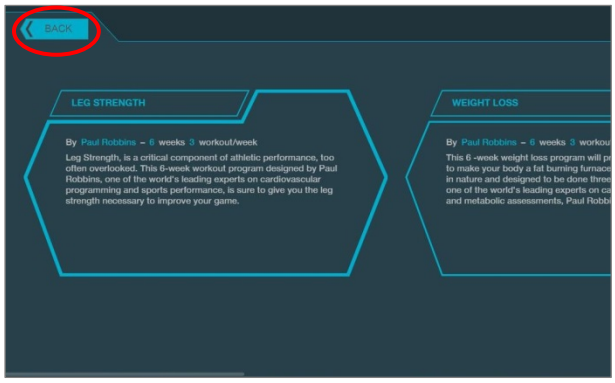

Fig. 36 Guided Workouts 2

- Select the desired workout.
  - Leg Strength
  - Weight Loss
  - Interval Explorer
  - From Sofa to So-fast
- Press Back to return to home page.

Fig. 37 Guided Workouts 3

- Press Progress to see your workout status.

Display Elements

Fig. 38 Guided Workouts 4

- Press Back to return to home page.

Fig. 39 Guided Workouts 5

- Press Go to launch your workout.

6.5 Settings

Fig. 40 Settings

- Press Settings.
- Enter Password: `8020`.
- Press Enter to continue.

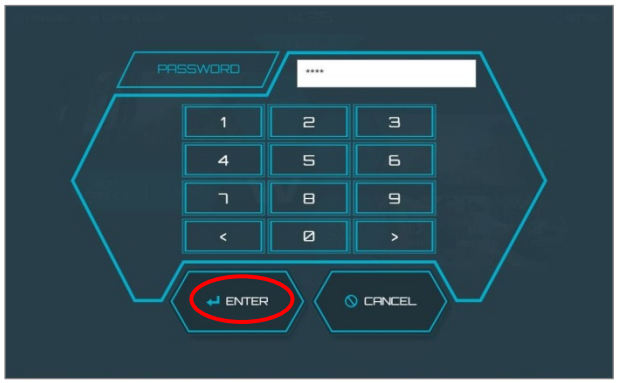

Fig. 41 Settings – Password

1. Settings – General

Fig. 42 Settings – 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 6.1.2 page 23.
- **Time Zone:** Press Select to choose your time zone from the popup listing.
- **Advanced Settings:** Press Open and enter password: `8020`.
- **24h Format:** Press the toggle switch to use 24h time format on the ProSmart.

2. Settings – Workout

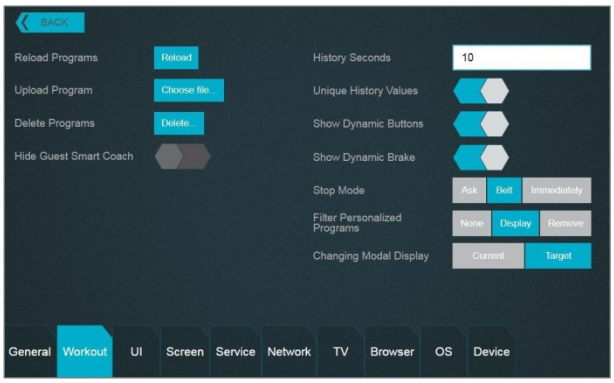

Fig. 43 Settings – Workout

- **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.
- **Hide Guest Smart Coach:** 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.

3. Settings – UI

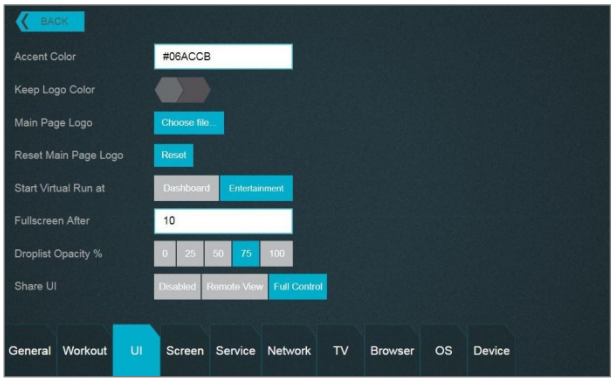

Fig. 44 Settings – UI

- **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.

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

Danger of Injury by Falling!

These settings may alter the performance and default appearance of the treadmill. Proceed with caution.

4. Settings – Screen

Fig. 45 Settings – 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 8 page 53.
- **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.
- **Inactivity Dim Time:** Set the amount of inactivity time in seconds before the display screens dims.
- **Dim Brightness:** Select from the presets the brightness level of the dim display screen mode.

5. Settings – Service

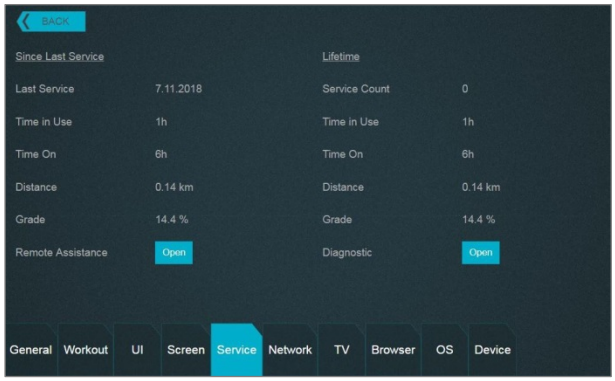

Fig. 46 Settings – Service

- **Remote Assistance:** Press Open to launch remote assistance. For further information please contact WOODWAY customer service.
- **Diagnostic:** Press Open to obtain a technical diagnostic of your treadmill.

6. Settings – Network

Fig. 47 Settings – 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.
- **Name server:** Identify a domain for the treadmill instead of the IP address.
- **Hostname:** Treadmill's network name.
- **Apply Config:** Press Apply 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.

7. Settings – TV

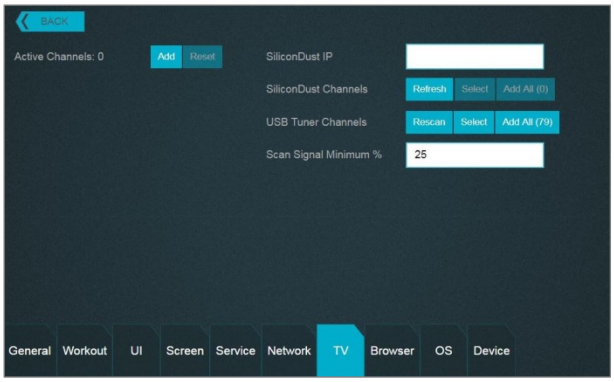

Fig. 48 Settings – TV

- **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.
- **Scan Signal Minimum %:** USB Tuner channels with this signal strength or above will be detected.
- **Active Channels:** Shows the number of active channels.
  - Press Add to individually remove/add a channel using SiliconDust or USB Tuner.
  - Press Reset to remove all active channels from available channels.
- For more information on adding channels see Section 11 page 64.

8. Settings – Browser

Fig. 49 Settings – Browser

- **URL:** The URL of the desired website.
- **Name:** Desired ID website name.
  - Press Save to include website to the Active sites list.
- **Active Sites:** Shows the number of active sites.
  - Press Add to activate website.

9. Settings – OS

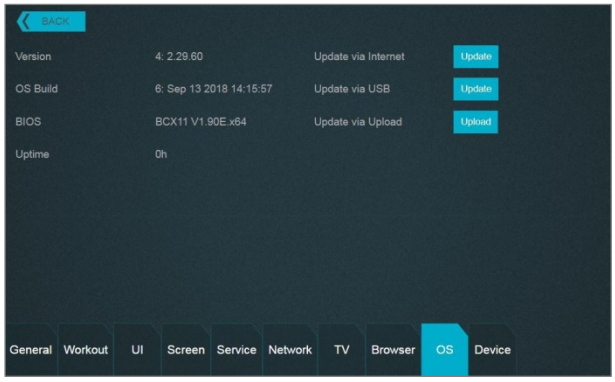

Fig. 50 Settings – OS

- **Version:** Current software version.
- **OS Build:** Current operating system software revision date.
- **BIOS:** Current BIOS version.
- **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 Section 7.7 page 52.
- **Update via Upload:** Click Upload from web interface to upload a software update; see Section 7.6 page 50.

10. Settings – Device

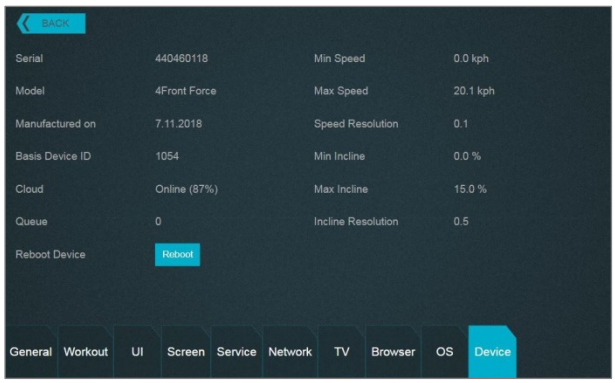

Fig. 51 Settings – Device

- **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 inclination percentage.
- **Max Incline:** Treadmill's maximum inclination percentage.

11. Settings – Advanced

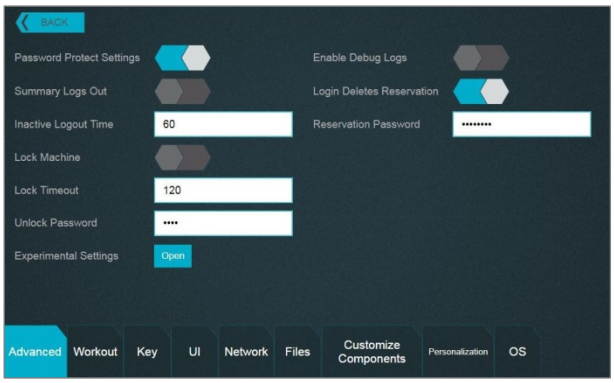

Fig. 52 Settings – Advanced

- **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.
- **Manufactured On:** Manufacturing date.
- **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.
- **Experimental Settings:** Press Open and enter password: `8020`.

IMPORTANT!

Altering the Experimental Settings controls can cause the device to become unusable.

- **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.

12. Settings – Advanced – Workout

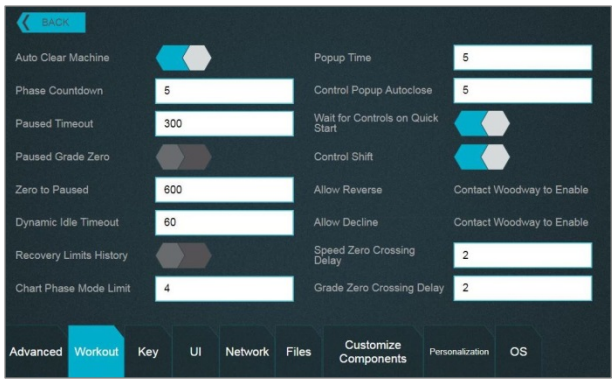

Fig. 53 Settings – Advanced – Workout

- **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 set to 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.
- **Speed Zero Crossing Delay:** Set time in seconds that the speed button must be held before the treadmill will move into reverse or negative decline.
- **Grade Zero Crossing Delay:** Set time in seconds that the grade button must be held before the treadmill will move into reverse or negative decline.

13. Settings – Advanced – Key

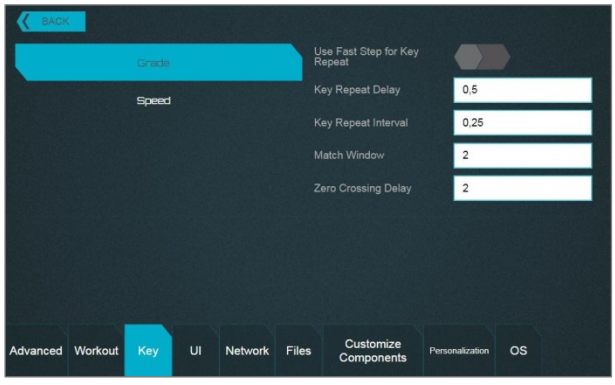

Fig. 54 Settings – Advanced – Key

- **Key Repeat Interval:** Reaction time of the UI to set the desired Speed / Grade.

  Recommended value: 0,15.

14. Settings – Advanced – UI

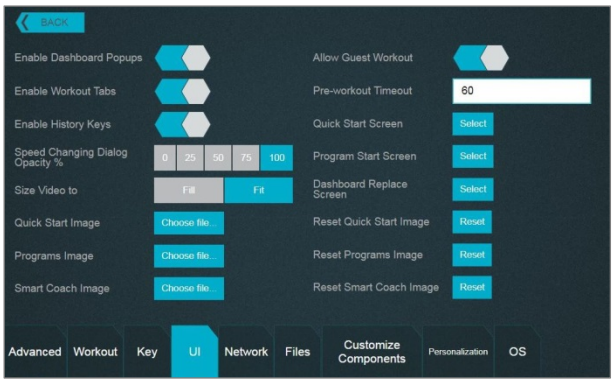

Fig. 55 Settings – Advanced – UI

- **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.
- **Speed Changing Dialog Opacity %:** Select the opacity of the speed/grade popup.
- **Quick Start Image:** Click Choose File to browse uploaded images to set as the Quick Start program image on the main screen.
- **Programs Image:** Click Choose Files to browse uploaded images to set as the Programs image on the main screen.
- **Smart Coach Image:** Click Choose File to browse uploaded images to set as the Smart Coach image on the main screen.
- **Allow Guest Workout:** Press toggle switch to allow users to use treadmill without logging in.
- **Pre-workout Timeout:** Set time, in seconds, of inactivity before returning to the main screen from program select.
- **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.
- **Reset Quick Start Image:** Press Reset to set the original image as the as the Quick Start program image on the main screen.
- **Reset Programs Image:** Press Reset to set the original image as the as the Programs image on the main screen.
- **Reset Smart Coach Image:** Press Reset to set the original image as the as the Smart Coach image on the main screen.

15. Settings – Advanced – Network

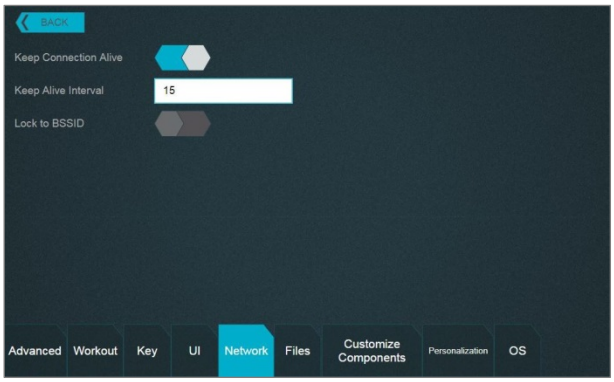

Fig. 56 Settings – Advanced – Network

- **Keep Connection Alive:** Press toggle switch to maintain internet connection when the treadmill is on.
- **Keep Alive Interval:** Set the length of connectivity before the treadmill is automatically logged out.

16. Settings – Advanced – Files

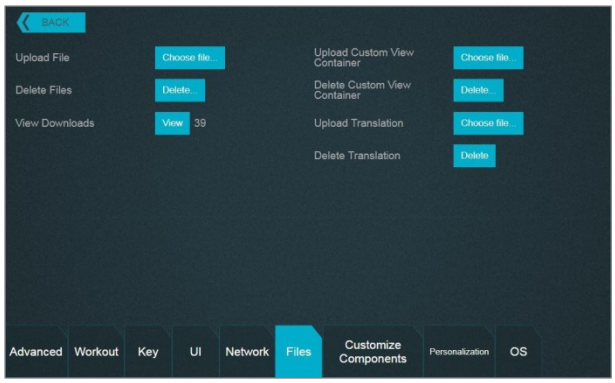

Fig. 57 Settings – Advanced – Files

- **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.

17. Settings – Advanced – Customized Components

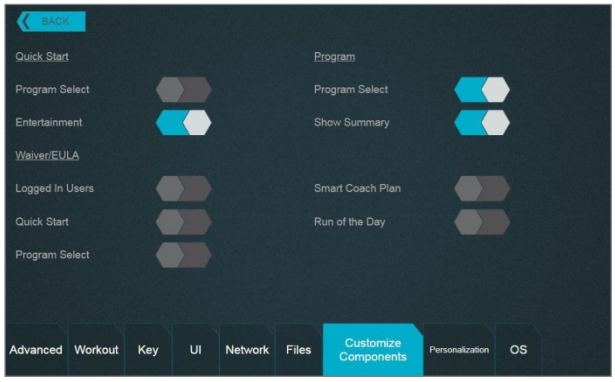

Fig. 58 Settings – Advanced – Customized Components

- **Quick Start:** Press the toggle switch to enable the following functionalities on a quick start workout.
  - Program Select
  - Entertainment
- **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
  - Smart Coach Plan
  - Run of the Day
- **Program:** Press the toggle switch to enable the following functionalities on a program workout.
  - Program Select
  - Show Summary

18. Settings – Advanced – Personalization

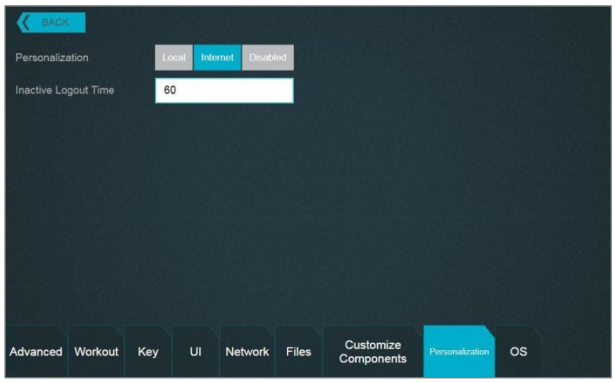

Fig. 59 Settings – Advanced – Personalization

- **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 automatically logout a user.

19. Settings – Advanced – OS

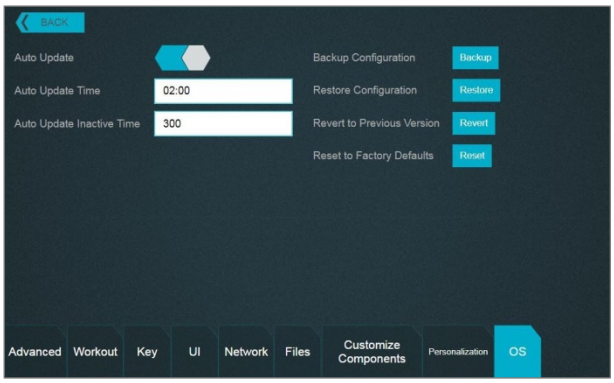

Fig. 60 Settings – Advanced – OS

- **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.
- **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.
- **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.

⚠ WARNING

Danger of Damaging the ProSmart Console!

Altering the **Experimental Settings** controls can cause the device to become unusable - only change them if necessary under the instruction of a service technician.

20. Settings – Advanced – Experimental Settings – General

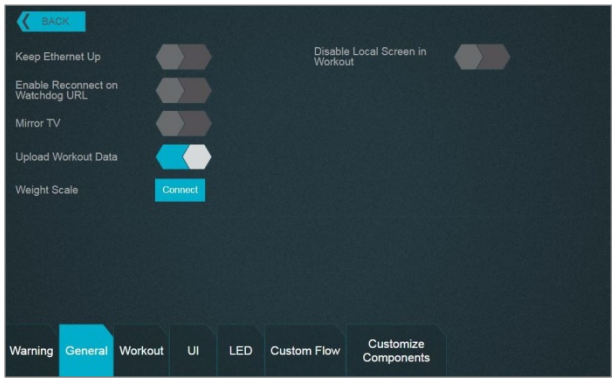

Fig. 61 Experimental Settings – General

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

21. Settings – Advanced – Experimental Settings – Workout

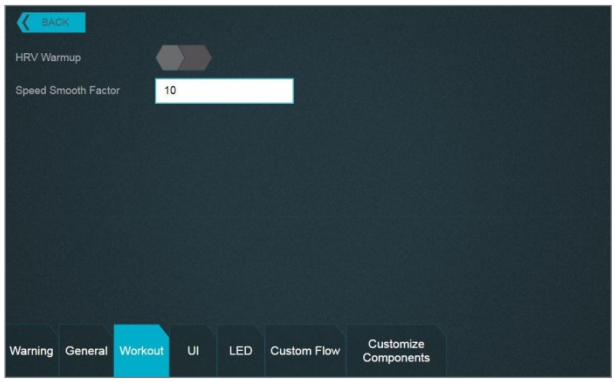

Fig. 62 Experimental Settings – Workout

- **DO NOT** alter these settings as they will cause serious issues with the operation of the ProSmart.

22. Settings – Advanced – Experimental Settings – UI

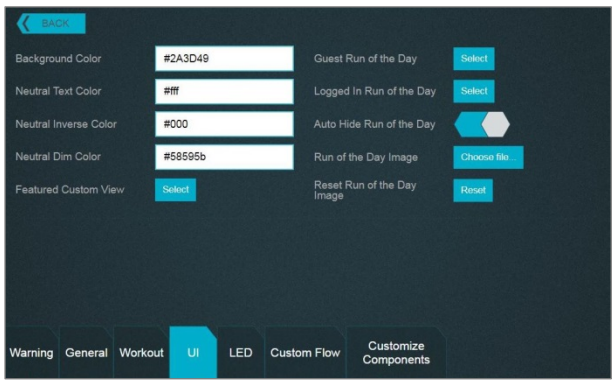

Fig. 63 Experimental Settings – UI

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

23. Settings – Advanced – Experimental Settings – LED

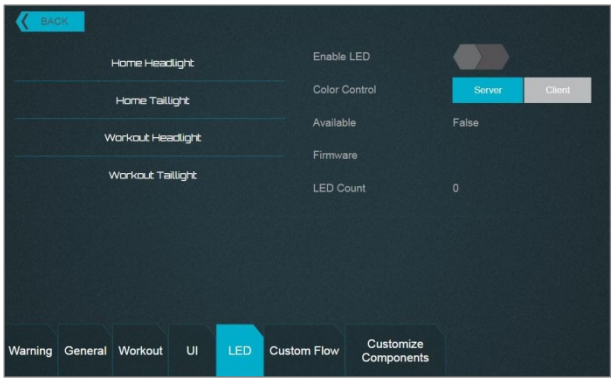

Fig. 64 Experimental Settings – LED

- **DO NOT** alter these settings as they will cause serious issues with the operation of the ProSmart.

24. Settings – Advanced – Experimental Settings – Custom Flow

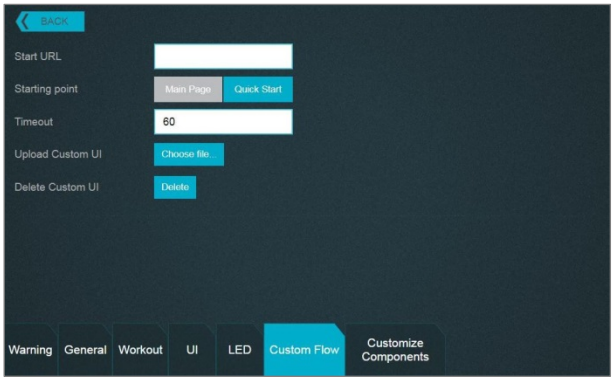

Fig. 65 Experimental Settings – Custom Flow

- **DO NOT** alter these settings as they will cause serious issues with the operation of the ProSmart.

25. Settings – Advanced – Experimental Settings – Customize Components

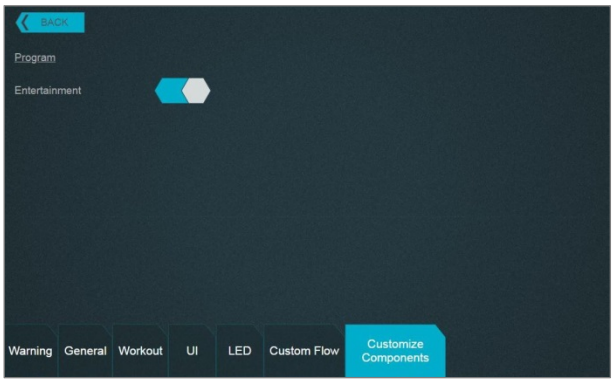

Fig. 66 Experimental Settings – Customize Components

- **Entertainment:** Press the toggle switch to enable the Entertainment functions on a program workout.

7 Accessing Web Interface

7.1 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.

7.2 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.

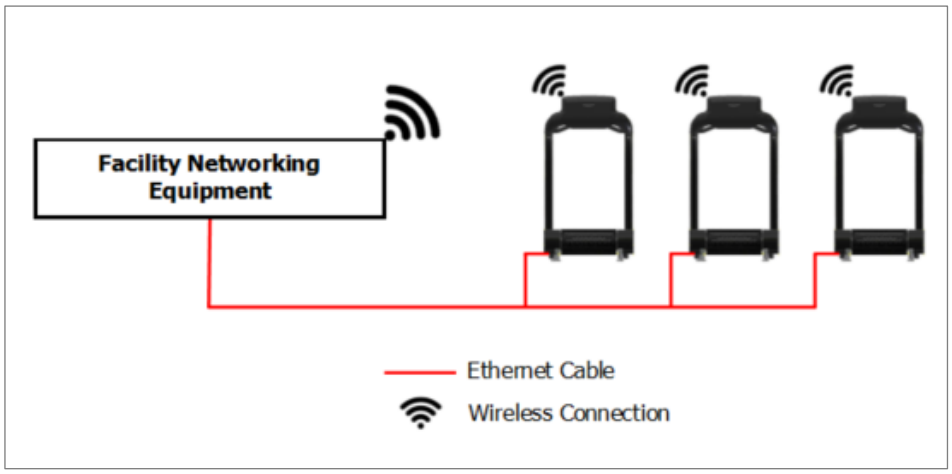

Fig. 67 Network Basic Overview

7.3 Connecting a ProSmart to a Network

Fig. 68 Connecting a ProSmart to a Network 1

- Go to Settings (Password: 8020).

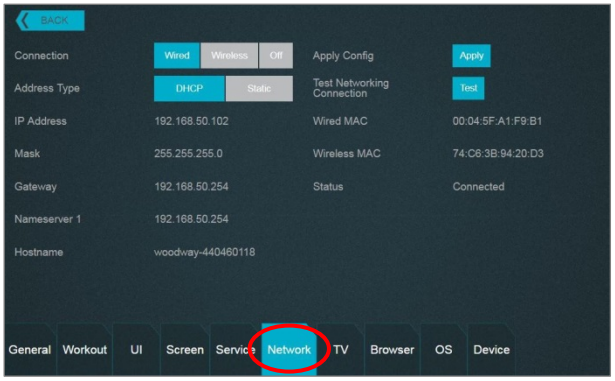

Fig. 69 Connecting a ProSmart to a Network 2

- Select the Network tab.
- If using wired network connection, see Section 7.3.1 page 44.
- If using wireless network connection, see Section 7.3.2 page 45.

7.3.1 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.

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.

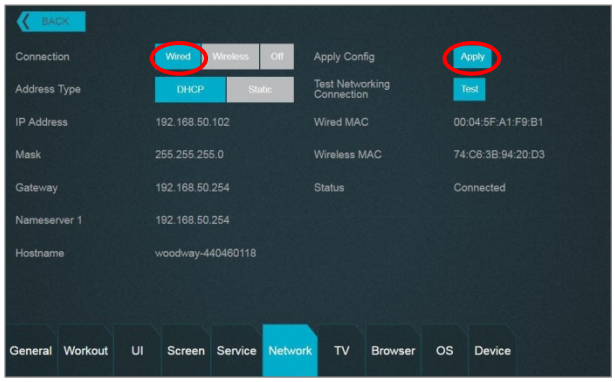

Fig. 70 Connecting a ProSmart to a Network – Wired

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

7.3.2 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.

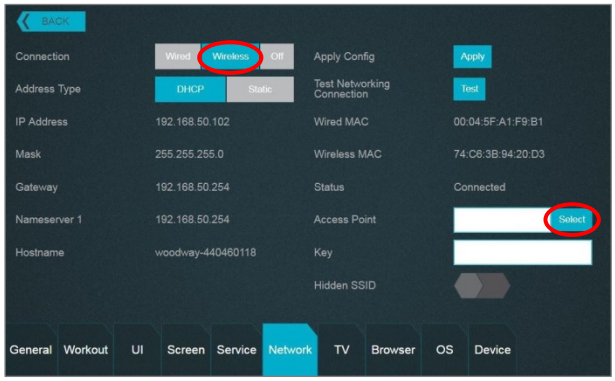

Fig. 71 Connecting a ProSmart to a Network – Wireless 1

- Change the Connection field to Wireless.
- Press Select next to Access Point.

Fig. 72 Connecting a ProSmart to a Network – Wireless 2

- Select the desired wireless network and press Done.

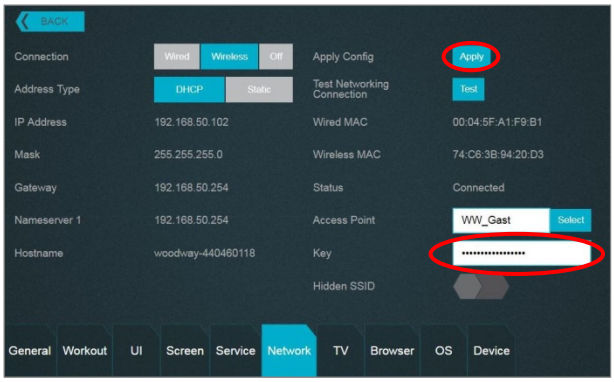

Fig. 73 Connecting a ProSmart to a Network – Wireless 3

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

7.3.3 Auto Update

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

Fig. 74 Auto Update 1

- Go to Settings (Password: `8020`).
- Open Advanced Settings (Password: `8020`).

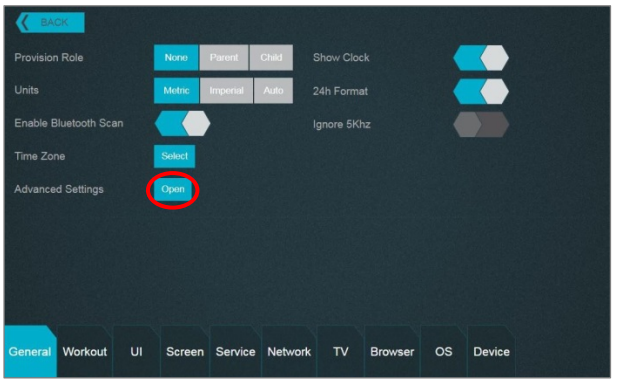

Fig. 75 Auto Update 2

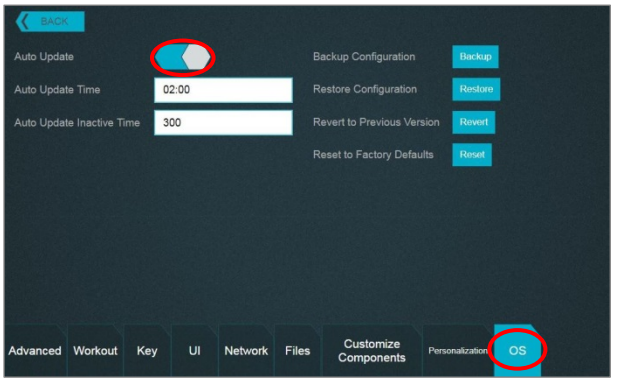

Fig. 76 Auto Update 3

- Open the OS tab.
- 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.

7.4 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:

`XXX.XXX.XXX.XXX:5678` (Where X is the IP Address)

This allows the web browser to connect to the treadmill at the IP address using Port `5678`.

Fig. 77 Accessing the web interface

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, see Section 6.5 page 31 (3. Settings – UI) for details.

⚠ WARNING

Danger of Damaging the ProSmart Console!

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 10.4 page 62 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 and Update Update the treadmill from a file on a computer instead of having the treadmill auto update from the internet. See Section 7.6 page 50.

7.5 Loading Update File in a Flash Drive

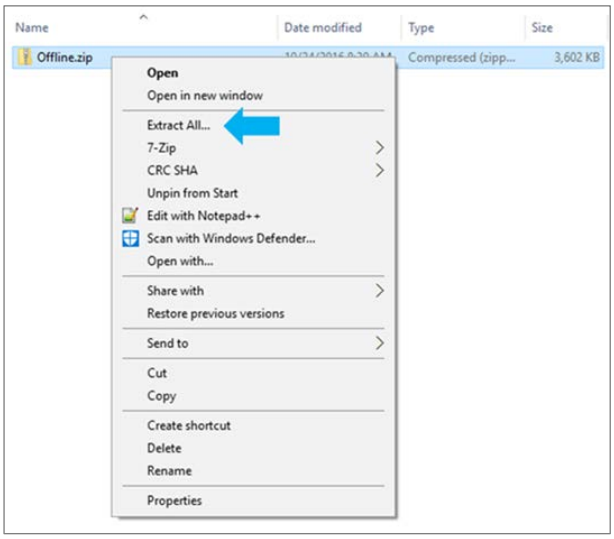

Fig. 78 Placing update file in a flash drive 1

- Open Downloads folder in My Computer.
- Right click on "*Offline.zip*".
- Select Extract All...

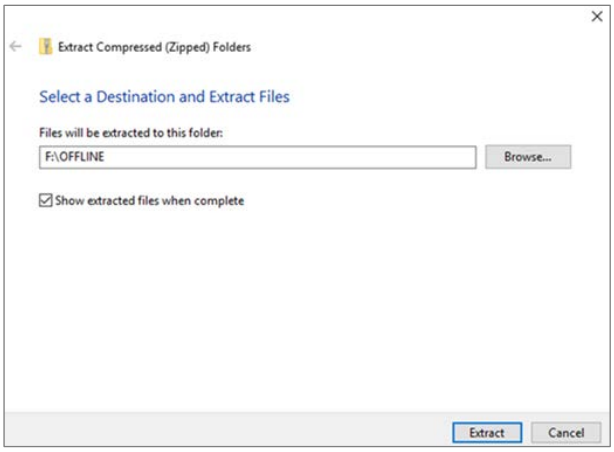

Fig. 79 Placing update file in a flash drive 2

- Select the Browse... button.
- Select the flash drive formatted to OFFLINE in previous step.
- Click Extract. This will extract a folder named OFFLINE to the flash drive.

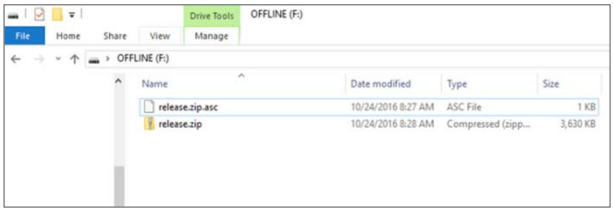

Fig. 80 Placing update file in a flash drive 3

- Select the OFFLINE folder on the flash drive.
- Copy and paste the two files from the OFFLINE folder to the root of the flash drive.
- After moving the files to the root of the flash drive, delete the OFFLINE folder.
- The flash drive structure should look like in the figure.

7.6 Uploading Update Files into the ProSmart Console

Fig. 81 Uploading update files 1

- Remove the two screws from the font USB port.

Fig. 82 Uploading update files 2

- **Carefully** pull the cable through the hole.
- There should be a USB extension cable zip tied to the back of the charging port.
- Plug in the USB stick with the OFFLINE files to the open port.
- Skip to Section 7.7 page 52.

Fig. 83 Uploading update files 3

- If not, continue with the following steps.

Fig. 84 Uploading update files 4

- Remove the back of the touchscreen head.
- There are 7 screws (labeled with blue arrows) to remove in the 10.1” ProSmar Console.
- There are 12 screws (labeled with blue arrows) to remove in the 21” ProSmar Console.

Fig. 85 Uploading update files 5

Fig. 86 Uploading update files 6

- Plug in the USB stick with the OFFLINE files to the open port.

Fig. 87 Uploading update files 7

WARNING!

DO NOT remove the white Samsung flash drive.

7.7 Update via USB

NOTE

The treadmill must remain powered throughout the update process. Loss of power may brick the machine.

Fig. 88 Update via USB 1

- After plugging the USB stick with the OFFLINE files, wait 10 seconds for the machine to mount the flash drive before continuing.
- Select Settings from the home screen on the ProSmart Touchscreen (Password: `8020`).

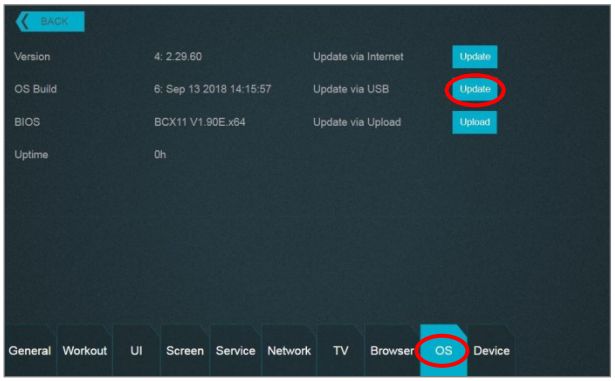

Fig. 89 Update via USB 2

- Choose OS from the tabs on the bottom on the settings screen.
- Click the Update via USB button.
- The treadmill will then begin the update process.

Note: The treadmill will restart automatically when it is done.

When the treadmill has restarted and the home screen is displayed, remove the flash drive from the open port and close the front USB port / back of the touchscreen head.

8 Upload 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.

Fig. 90 Upload Screensaver 1

- Go to Settings (Password: 8020).

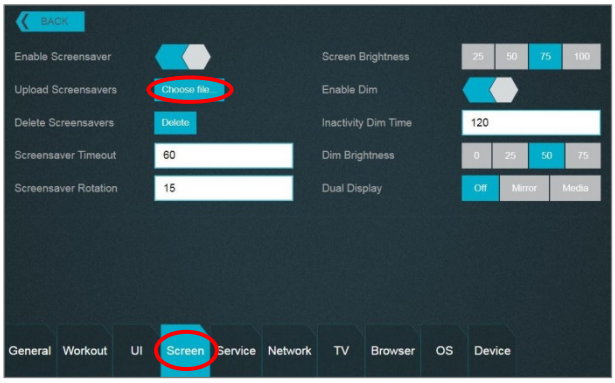

Fig. 91 Upload Screensaver 2

- Choose Screen from the tabs on the bottom on the settings screen.
- Next to Upload Screensavers, click Choose File.

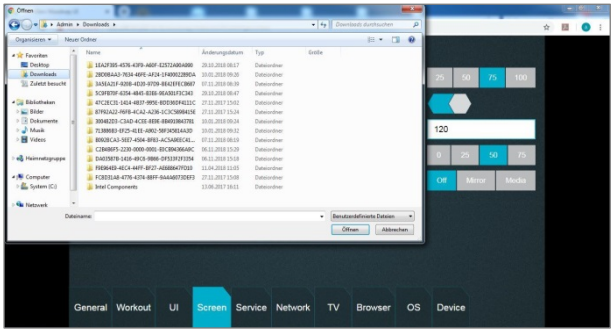

Fig. 92 Upload Screensaver 3

- Browse personal files on computer.
- Select the file and click Open.
- The file will automatically sync and save to the ProSmart.

NOTE

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.

9 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.

9.1 Configuration Backup

Creating a backup configuration requires the use of the web interface; see Section 7.4 page 48 for details.

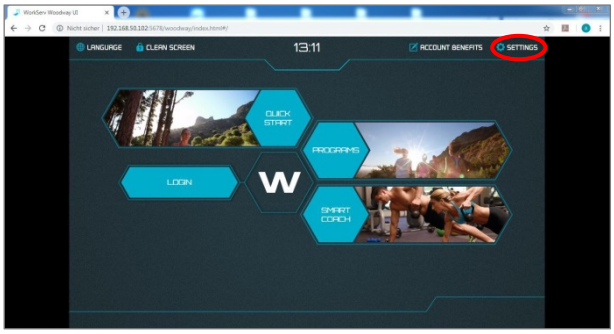

Fig. 93 Configuration backup 1

- Once in the web interface (Full Control), select Settings.
- Open Advanced Settings (Password: `8020`).

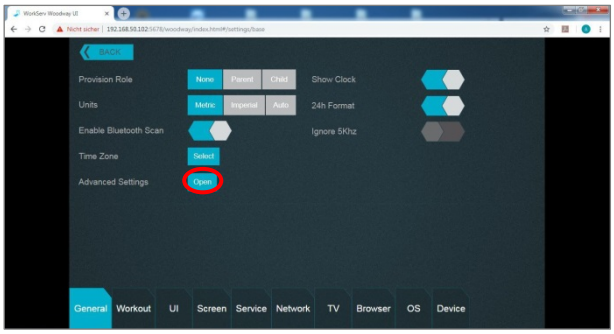

Fig. 94 Configuration backup 2

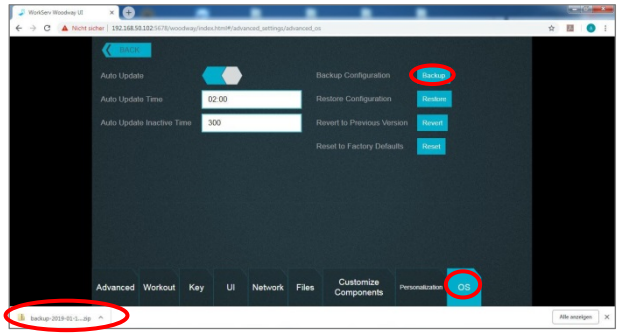

Fig. 95 Configuration backup 3

- Click the OS tab.
- Click Backup next to Backup Configuration. This will download a ZIP file of the current configuration.
- Click the arrow to the side of the .zip file
- 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.

9.2 Restoring Configuration

Restoring configuration requires the use of the web interface; see Section 7.4 page 48 for details.

Fig. 96 Restore configuration 1

- Once in the web interface (Full Control), select Settings.
- Open Advanced Settings (Password: `8020`).

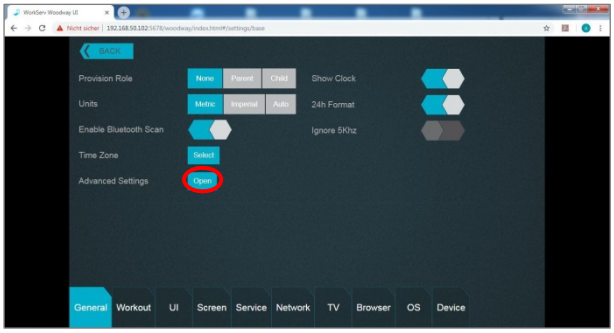

Fig. 97 Restore configuration 2

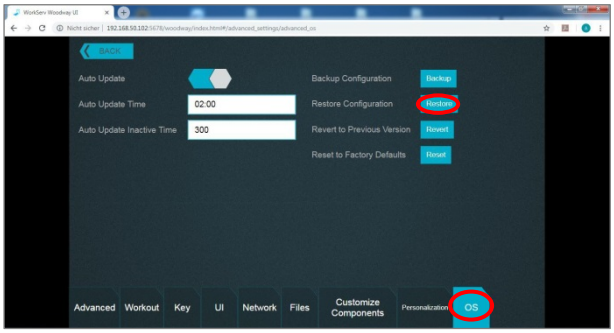

Fig. 98 Restore configuration 3

- Click the OS tab.
- Click Restore next to Restore Configuration.

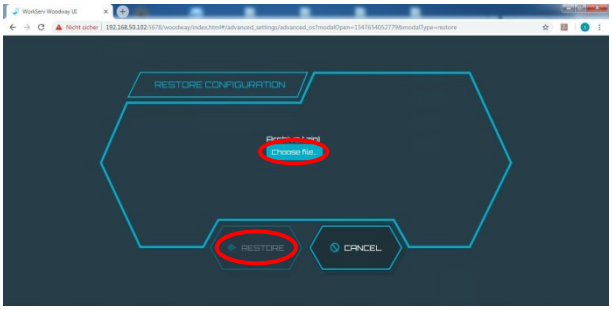

Fig. 99 Restore configuration 4

- Click Choose file.
- Navigate to a valid ProSmart backup file.

Note: If the file is valid the Restore button will become active.

- Click Restore.

10 Creating Custom Workouts

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.

10.1 Introduction 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 uses 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.

10.2 Harder Programming

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% in-
     cline. Adjust to your maximum comfortable speed to com-
     plete 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 con-
sole.
<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.

10.3 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.

10.3.1 Distance Mode

The following is a sample Distance phase from the Marine Workout. This phase uses 4.82803 km 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 (km/h). Use the internet or built in Windows Calculator functions to convert from mph to km/h.

```
<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>
```

10.3.2 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>
```

10.3.3 Heart Rate 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.

```
<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>
```

10.3.4 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>
```

10.3.5 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 in-
	corporate all of the custom functionali-
	ty.</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>
```

10.4 Uploading Custom Workout

Uploading a workout to a ProSmart console is done by using the web interface; see Section 7.4 page 48 for details.

Fig. 100 Uploading custom workout 1

- Once in the web interface (Full Control), select Settings.

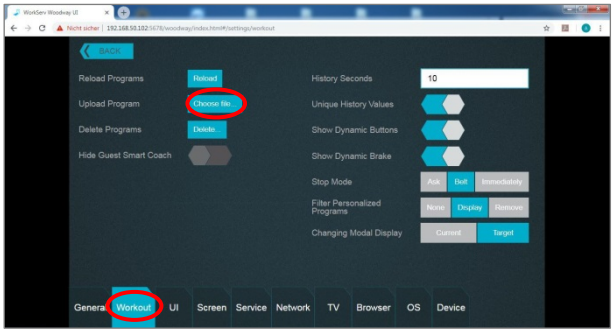

Fig. 101 Uploading custom workout 2

- Click the Workout tab.
- Click Choose File next to Upload Program.

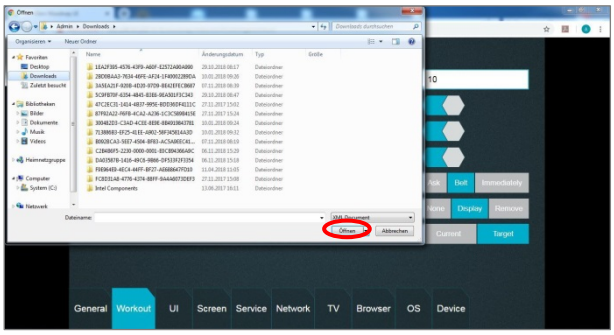

Fig. 102 Uploading custom workout 3

- Browse personal files for the program file.
- Click the file to upload.
- Click Open.

NOTE

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

10.5 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.

11 TV on the ProSmart

11.1 Adding Channels Using SiliconDust

NOTE
SiliconDust is not supported in EU countries. Please contact WOODWAY for more information.

11.2 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.

Fig. 103 Adding channels – USB Tuner 1

- Open Settings from the home screen on the ProSmart Touchscreen (Password: 8020).

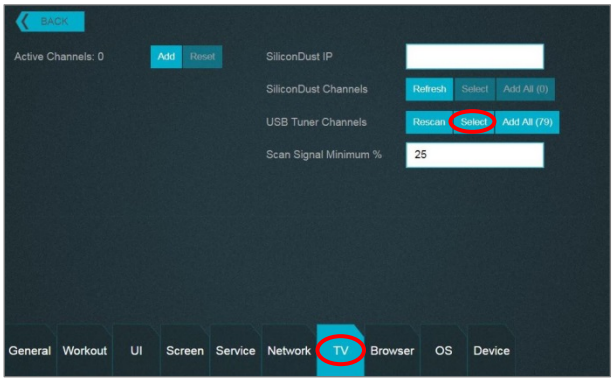

Fig. 104 Adding channels – USB Tuner 2

- Click the TV tab.

Note: If you don't have a TV tab, the treadmill requires an update.

- Click Select next to USB Tuner Channels.

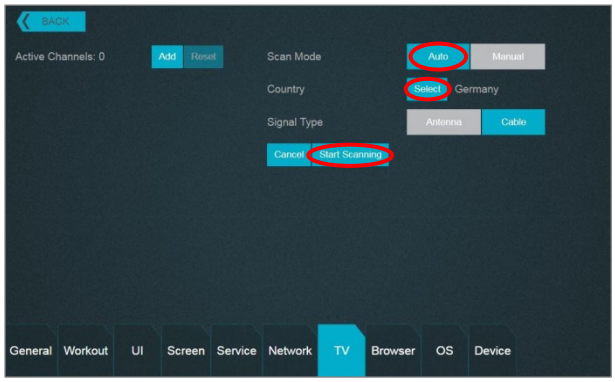

Fig. 105 Adding channels – USB Tuner 3

- Select the desired Scan Mode. Auto mode recommended.
- Select your country.
- Select Signal Type. Antenna or Cable.
- Press the Start Scanning button.

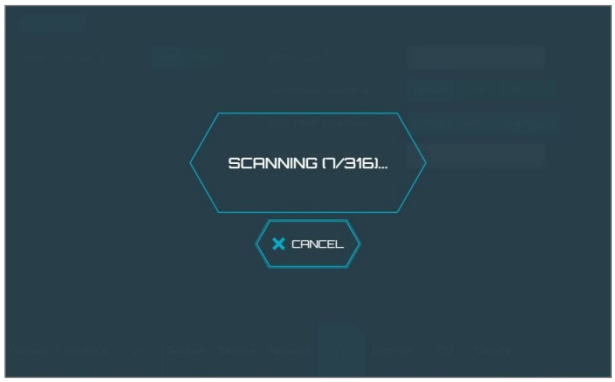

Fig. 106 Adding channels – USB Tuner 4

Note: This will detect available channels with signal strength above the set minimum signal percentage.

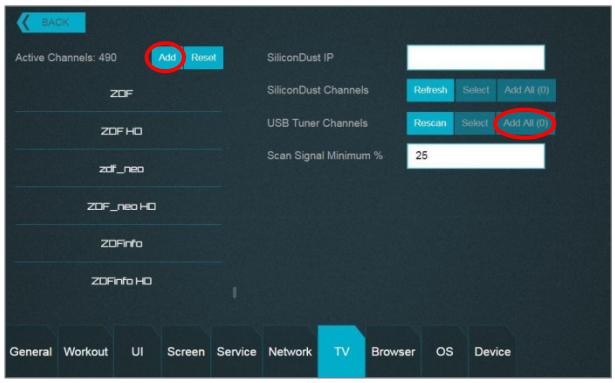

Fig. 107 Adding channels – USB Tuner 5

- After the scanning is complete, press the Add All button to add every channel detected.
- Press the Add button to add the channel to the list of viewable channels.

11.3 Watching TV on the ProSmart

Fig. 108 Watching TV on the ProSmart 1

- To watch TV, begin any workout using the normal flow of the ProSmart.
- Press the Entertainment Select tab.

Fig. 109 Watching TV on the ProSmart 2

- Press the TV option on the top menu.

Fig. 110 Watching TV on the ProSmart 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.

12 Disposal Notice

Electrical and electronic devices must be disposed of separately from normal household waste.

An appropriate waste disposal company should be contacted. Properly dispose of the device at the end of its service life (e.g. the local collection point for waste separation):

- The device packaging is disposed of through resource recycling.
- The metal parts of the machine go to scrap metal disposal.
- Plastic parts are given to plastic recycling.
- Rubber parts are disposed of as hazardous waste.

The disposal of the equipment must be in accordance with the respective national regulations.

Wear parts are considered hazardous waste! After being replaced wear parts must be disposed of according to country-specific waste laws.

Do not put batteries into the house waste after use. Dispose of them at a battery collection point.

13 Maintenance Report

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