

The logo for FENX, featuring the word in a bold, white, sans-serif font. The letter 'N' is stylized with a red vertical bar and a red chevron pointing to the right.

**FENX**

## **FENX CONSOLE**

User manual

BY **SALTER**

## Salter Cloud / Salter Fit® App

### All your training in one place.

- > FENX technology allows you to **save complete training results in SALTER.CLOUD.**
- > If a user logs in with their salter.cloud account when they start training, they can **save the results** of their workout, so that they can later view them in both mobile and web format.

Through the **SALTER FIT® app**, users can access all saved results from their mobile phone and **analyse the evolution of their strength and cardio workouts** performed with compatible equipment.

SALTER FIT® also stores info on the **weighing** done with SALTER.CLOUD compatible **scales**, offering the evolution of the different parameters such as: Total weight, Muscle weight, Fat weight, Water weight, BMR, etc.

- > **The Salter Fit® App is available for both Android and iOS.**



- > At the same time, the user will be able to view all its content from a **web browser**, by **accessing the url:**



www.salter.cloud



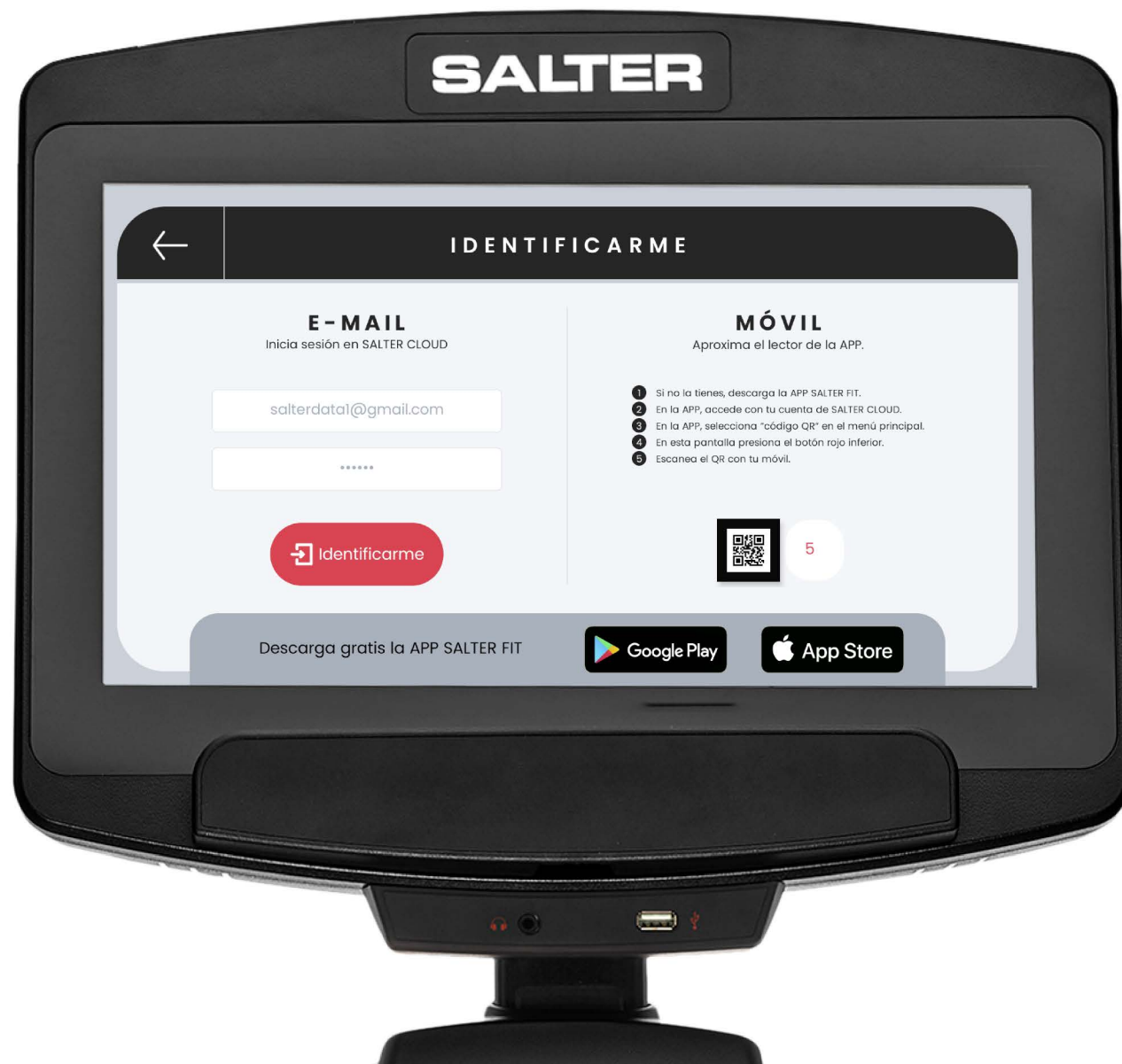
## Identification

> From the identification screen the user can identify himself in 2 ways:

- 1 By logging in to **SALTER CLOUD** using your email account and password.

 Identificarme

- 2 By QR code from your mobile device.  
To do this you must have previously downloaded the **SALTER FIT®** app.





## Languages

- > The FENX console is available in several languages. From the home screen the user can choose from the following languages:

- 1 Spanish
- 2 Catalan
- 3 Basque
- 4 English
- 5 French
- 6 German
- 7 Polish
- 8 Finnish



## Home Screen

> From the **Home Screen** we have direct access to the main options of the FENX console:

- 1 Quick start
- 2 Programmes
- 3 Physical tests
- 4 HRC Programmes
- 5 Watt programme
- 6 Virtual rides

It is possible to do any of these training sessions without having previously logged in; but only if the user has logged in, he/she will be able to save the results and view them later on his/her mobile phone through the App. SALTER FIT® or via the web at [www.salter.cloud](http://www.salter.cloud).



## Quick Start / Training Screen

- > The user will be able to **adjust both power and resistance** quickly and comfortably.
- > The **cool down** option allows the user to lower the heart rate before the exercise is completely finished. By selecting this option, a 5-minute cool down is started, reducing the resistance by half.
- > At any time the user can **pause** and/or **end the exercise**.



## Programmes

> The user has **6 predefined training programmes**:

- 1 Mountain
- 2 Fat burner
- 3 Incline
- 4 Strength
- 5 Cardio
- 6 Intervals





## Programmes / By Objectives

> By Objectives Programme option allows you to choose between 3 possibilities:

- 1 By Distance
- 2 By Time
- 3 By Calories

The user will be able to define a specific goal for their training, for example: Burn 300 calories, run 5km or exercise for 50 minutes.





## Programmes / HRC

- > 4 options are available for HRC Programmes: different programmes that take the **maximum heart rate** as a reference.

Once the programme has been selected, a screen appears on which you can personalise the training parameters. In all of them, the resistance is progressively adapted to reach the target heart rate.

**A FIT / Aerobic / Performance:**  
Each takes a target % of the athlete's maximum heart rate as a function of age. If the heart rate is below the target, the resistance will be increased, while if it is above the target, the resistance will be reduced to keep the heart rate slightly below the target.

**B Customised:** This programme differs from the previous ones in that you can edit the target heart rate you want to train with.



## Programmes / Watts

- > The **Watts Programme** allows you to work at constant watts for a given time.

The machine will dynamically adapt the resistance to always achieve the same watts.

Introduce tu tiempo

**20** min

Introduce vatios

**120** vatios

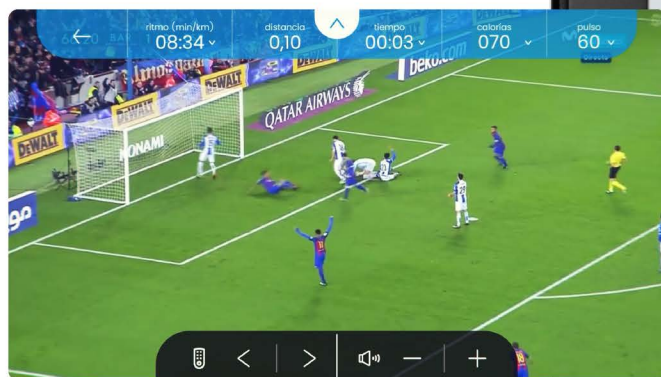


## Entertainment & Multimedia

- > FENX offers the **Multimedia** option so that the user can perform the exercise in a more playful and entertaining way.

During the exercise, at any time, the user can access the multimedia option which gives access to applications such as **live TV, Youtube, Spotify, Google, Netflix**, etc.

- > The user **can hide or display the training** parameters at any time.

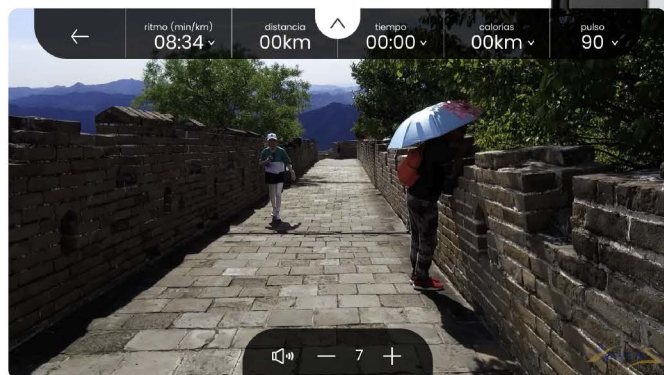


## Virtual Tours

- > The **Virtual Tours** option offers a selection of **8 interactive videos** with the machine.

These rides are categorised by workout location, making the workout more enjoyable.

Each of the rides has a unique distance and resistance curves depending on the terrain of the location.





## Physical Tests

- > The FENX console includes **Physical Tests** to measure the physical condition of the athlete.

There are two different tests:

**A VO2 max test:**

It should be maintained between 65 and 75 revolutions per minute while the resistance increases progressively. The longer the user can hold it, the higher the score. For safety reasons, the heart rate must be measured at all times.

**B 12-minute test:**

The goal is to burn as many calories as possible by increasing the resistance level and RPM (calculating calories based on these two parameters). For safety, the heart rate is also measured at all times. The evaluation will be based on this calorie measurement, the age and gender of the user.



## Guidelines and Recommendations

- The FENX console **includes recommendations** addressed to the user as **preventive measures**.

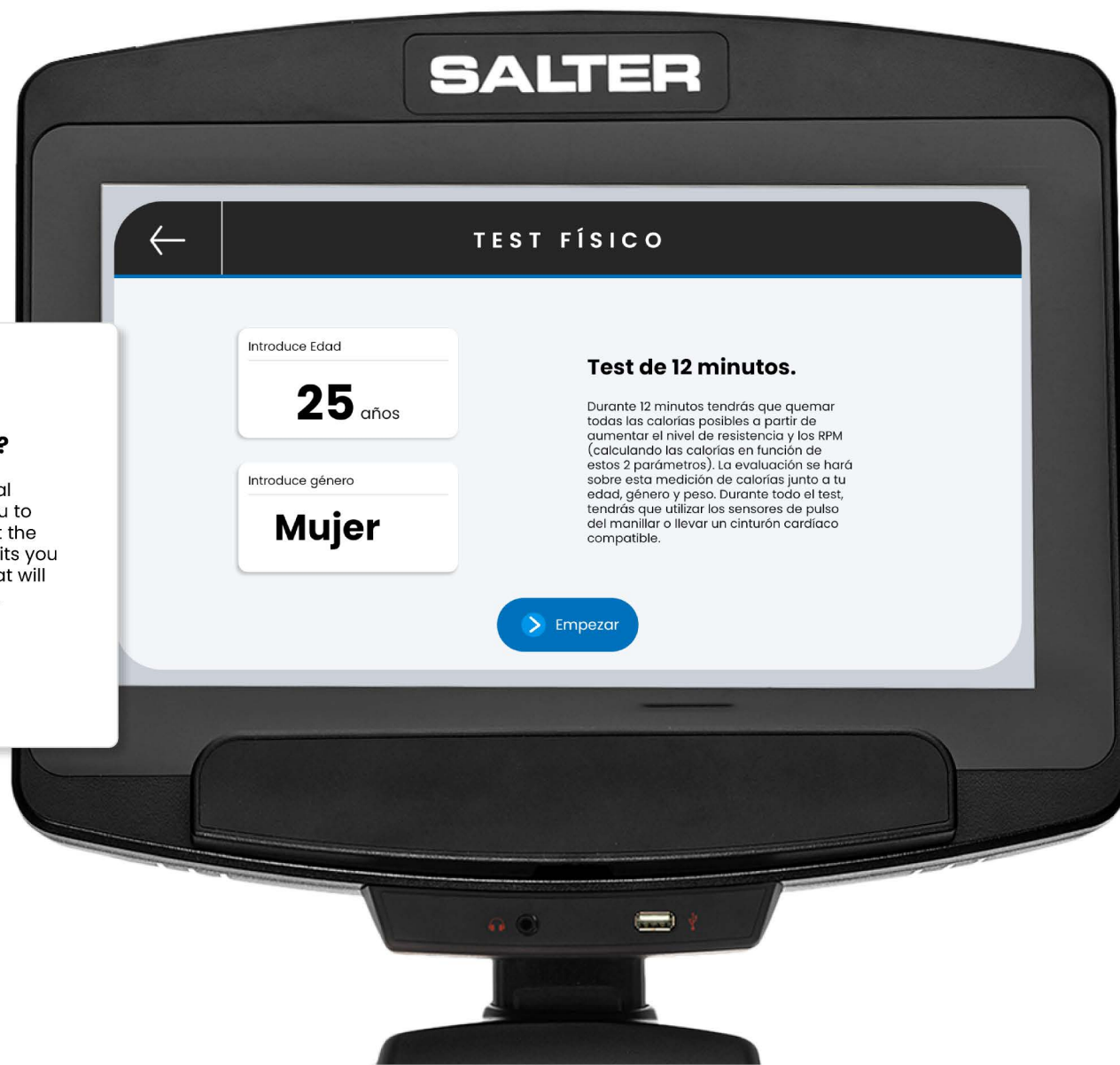
In addition, the user will find **informative and/or help tabs in the more technical options that will indicate how to proceed to get the most out of each of these options.**



### Have you checked your health?

We recommend that you have a medical check-up before exercising. It will allow you to know your state of health better and adapt the activity according to the result and the benefits you wish to obtain. It is another healthy habit that will help you to have a better quality of life.

I have read



## Administrator Mode / Installation Profile

- > FENX allows you to enter "**administrator mode**" by means of a password. This option gives access to machine configuration options as well as information exclusively for the internal use of the installation manager.

This option is password restricted as it gives access to configuration options, console settings and performance information of the machine in question.



**SALTER**

