



FitLift Device Technical MANUAL

FitForm Technologies Inc.

Version 2.0

Revision Sheet

Release No.	Date	Revision Description
Rev. 1	09/08/2021	User's Manual Initial Release
Rev. 2	10/24/2021	Added Basic Device Instructions Section, added missing UI elements

User's Manual

Authorization Memorandum

I have carefully assessed the User's Manual for FitForm Technologies Inc. This document has been completed in accordance with the requirements of System Development Methodology.

MANAGEMENT CERTIFICATION - Please check the appropriate statement.

The document is accepted.

The document is accepted pending the changes noted.

The document is not accepted.

We fully accept the changes as needed improvements and authorize initiation of work to proceed. Based on our authority and judgment, the continued operation of this system is authorized.

Blaine Killen
NAME
Chief Executive Officer

10/24/2021
DATE

Eric Atcheson
NAME
Chief Operating Officer

10/24/2021
DATE

USER'S MANUAL

TABLE OF CONTENTS

	<u>Page #</u>
A. General Information	1
1.1 Device Specifications & Basic Device Instructions	1
1.2 Company Contact Information	3
1.3 Organization of the Manual	3
1.4 Acronyms and Abbreviations	3
B. Instructions for Use	3
2.1 Installation	3
2.2 Plan a Workout	5
2.2.1 Set-up Sets	8
2.3 Record a Workout	11
2.3.1 One-off Exercises	11
2.3.2 Preplanned Workouts	15
2.4 Logbook	22
2.5 Account Tab	24
2.6 Pairing Instructions	25
C. Special Instructions for Errors	26
D. Appendix	26

1.0 GENERAL INFORMATION

A. GENERAL INFORMATION

1.1 Device specifications

Physical Properties	
Attachment	FitLift Strap
Battery life	Up to 9 hours (continuous use)
Weight	11.2 g
Dimensions	36.3 x 30.4 x 10.8 mm (l x w x h)
Operating temperature range	0 – 50 °C
Storage temperature range	25 ±10 °C
IP Rating	IP68
Internal sampling rate	800 Hz
Output rate	60Hz
Communication	Best performance with Bluetooth 5.0 devices
Communication platforms	iOS 11.0 or above

Basic Device Instructions	
A1	Inside the packaging, you will find a micro-USB charging cable, a strap, and a FitLift device.



A2	<p>The FitLift device has a charging port found at its base and a button under the center of the face.</p> <p>To turn the device on/ off please press and hold the button on the face for 5 seconds.</p> <p>The total battery life is 9 hours with regular use, make sure to turn your device off at the end of each workout.</p>
A3	<p>To charge the device, plug the micro-USB end of the provided cable into your FitLift device and attach the other end to any standard charging block or USB port.</p>
A4	<p>Place the FitLift device inside the strap and ensure all 4 sides are secured by the edges of the strap.</p>



1.2 Company Contact Information

The points of organizational contact (POCs) that may be needed by the document user for informational and troubleshooting purposes can be reached at support@fitlift.com. Most responses are made within 24-48 hours, if no response is received please reach out again.

1.3 Organization of the Manual

User's Manual V1.

1.4 Acronyms and Abbreviations

Provide a list of the acronyms and abbreviations used in this document and the meaning of each.

2.0 INSTRUCTIONS FOR USE

B. INSTRUCTIONS FOR USE

2.1 Installation

The FitLift Application is only available for Apple iOS users but, will be available for Android soon.

1	Download the FitLift app from the app store
----------	---



2 I don't have an account

Username or Email

Password

Login

I don't have an account

Forgot password?

3 Fill out the fields/ Press "Continue" and "Sign Up"

Username

First name Last name

Email

Password

Confirm Password

Continue

I already have an account

Jun 21, 1988

Male

205 Metric Standard

6 1

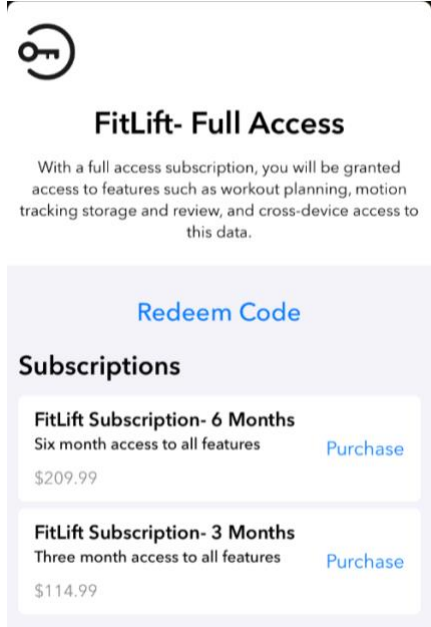
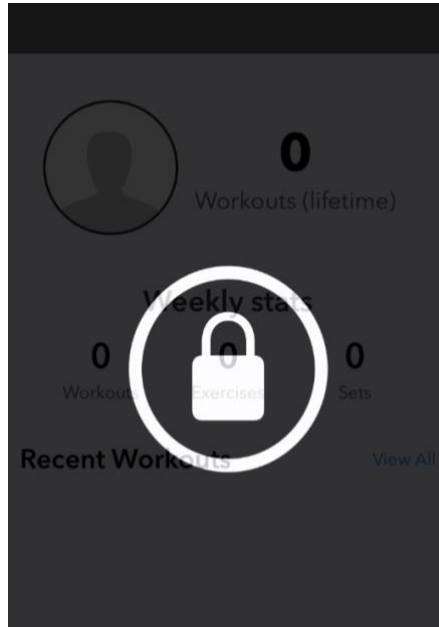
BMI % (Optional)

Sign Up

I already have an account

4

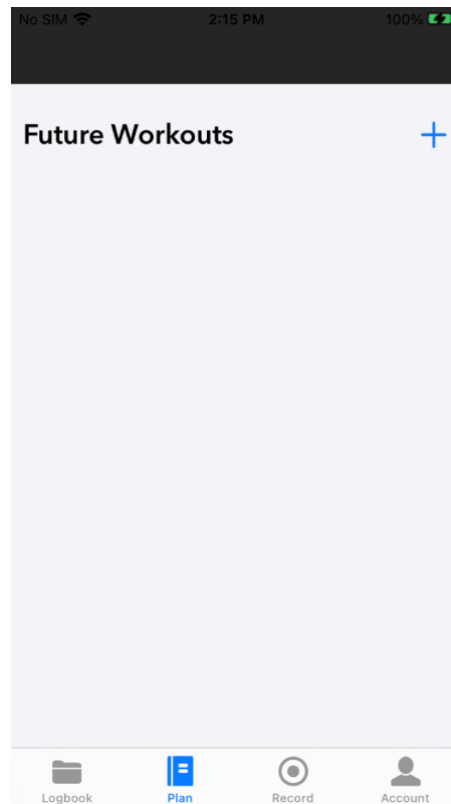
Account will appear locked/select and purchase a subscription option or go to step 16 for instructions on performing exercises without a save option



2.2 Plan a Workout

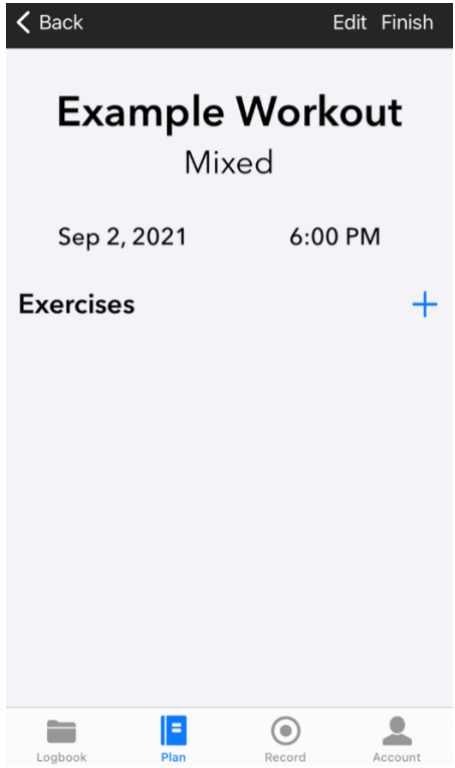
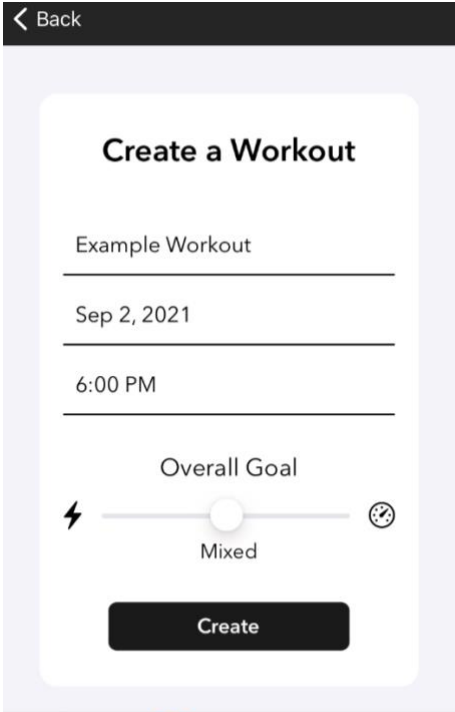
5

The plan tab will contain any planned workouts and will also be where you create new workouts. Press the + sign to make a new workout

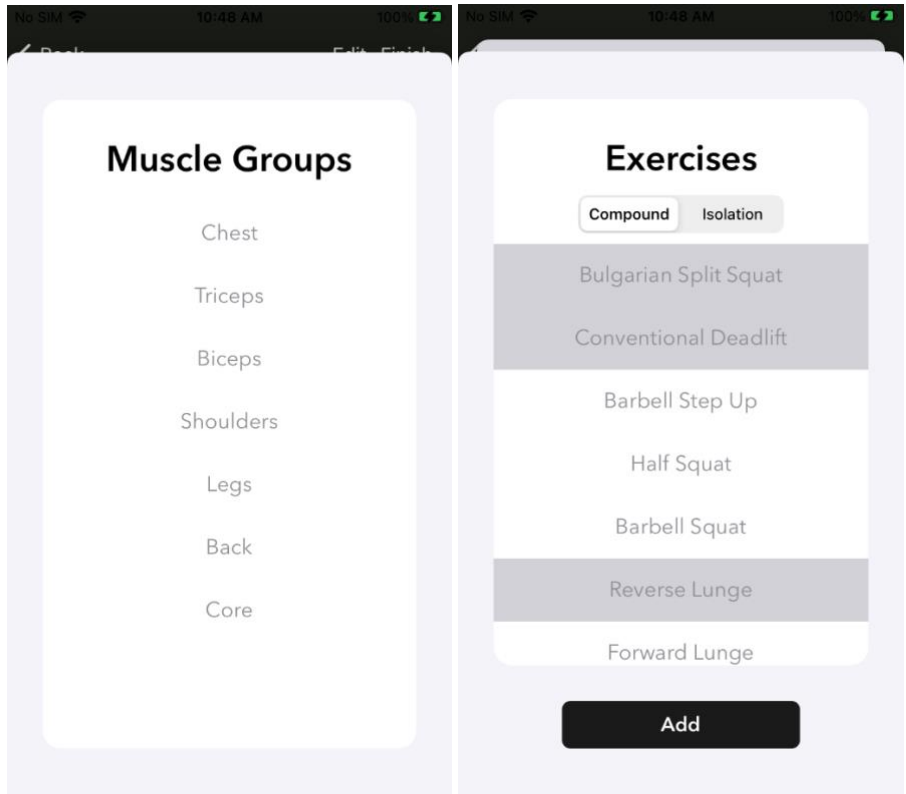


6 Select name, date, and time - after your workout time passes it will go to the logbook as a skipped workout

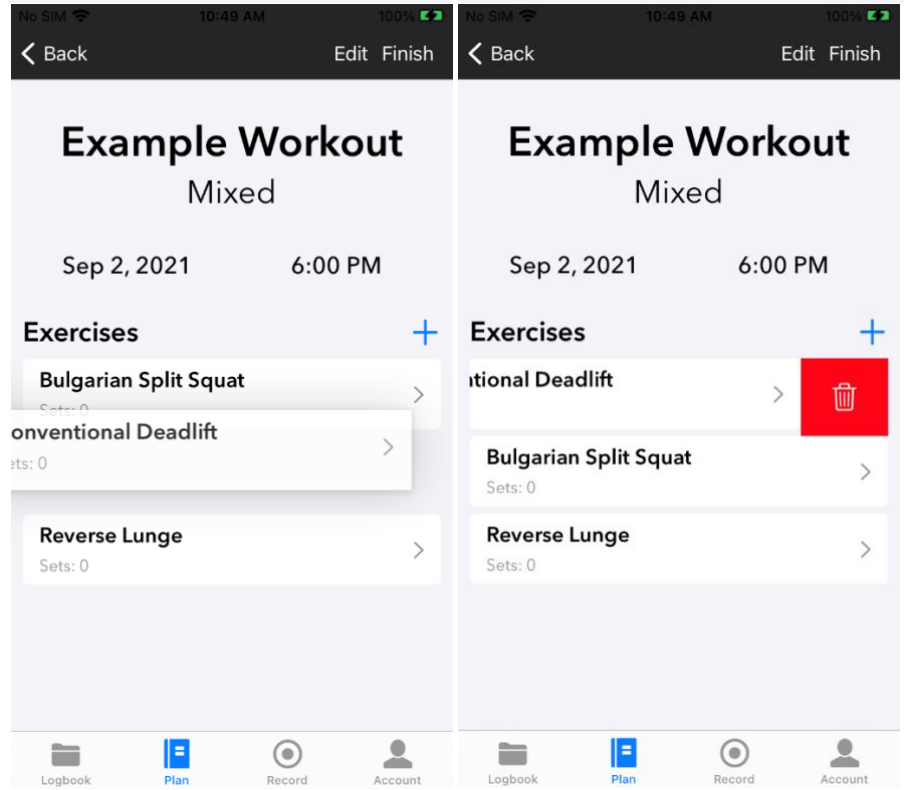
7 Edit Name /Date/Time at any time by selecting – “Edit”
Press the “+” sign to add a new exercise



8 Select Muscle Group and then select the desired exercises

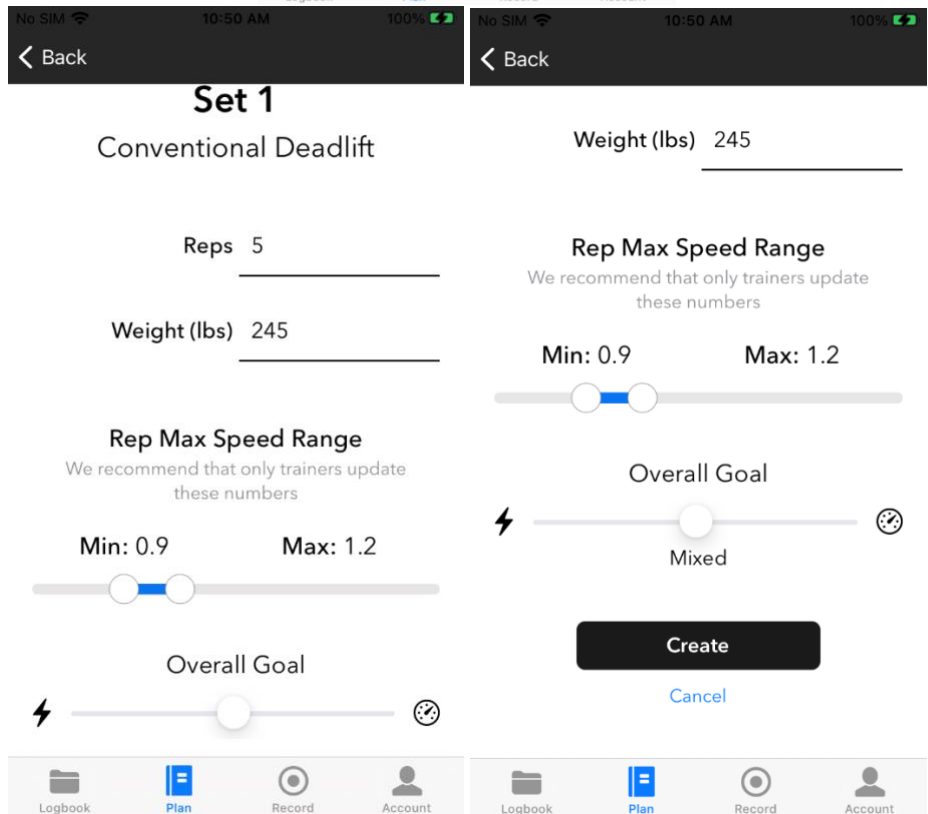
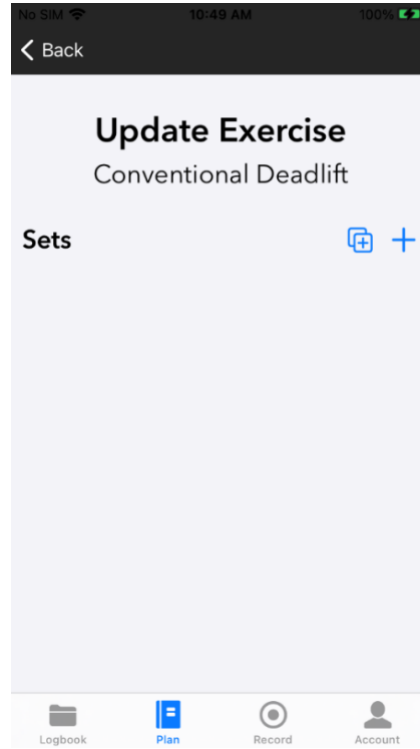


9 Slide to delete or hold to reorder



2.2.1 Set Up Sets

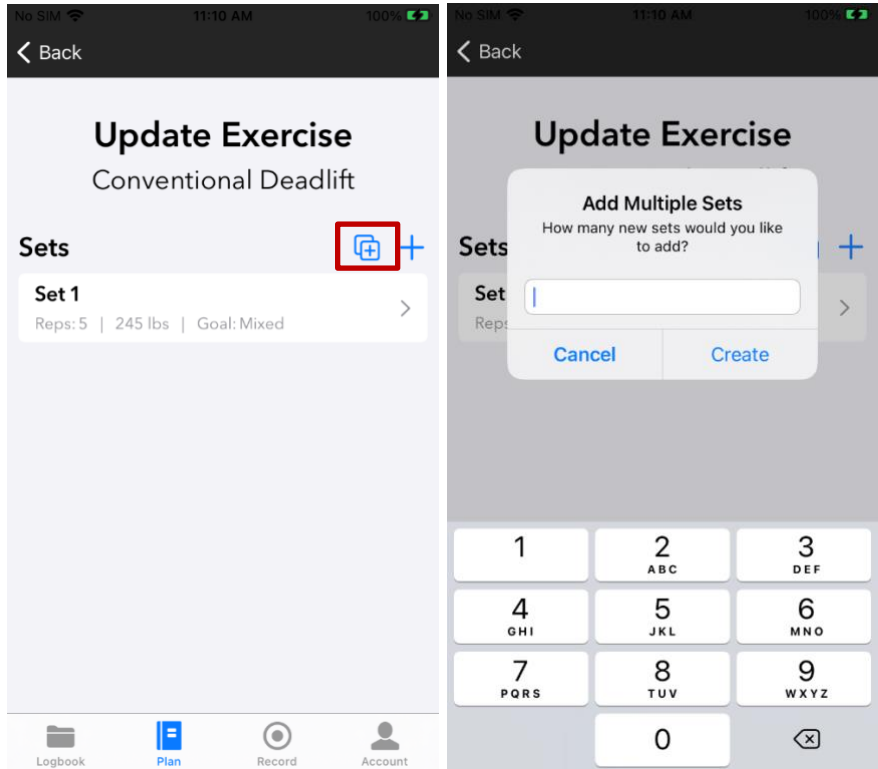
10	Press + to plan a single set
11	Enter Reps/weights/target ranges and exercise goals Then press "Create" when complete



12

Press the multi-page icon to plan multiple sets

Then enter the amount of sets you would like to plan

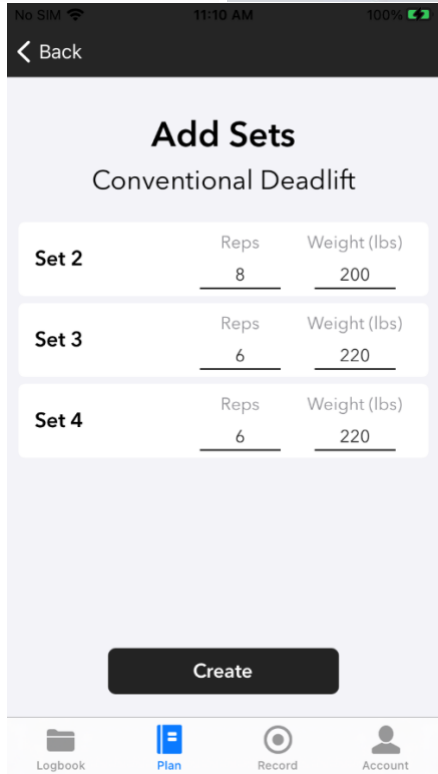


13

Enter Reps/Weights

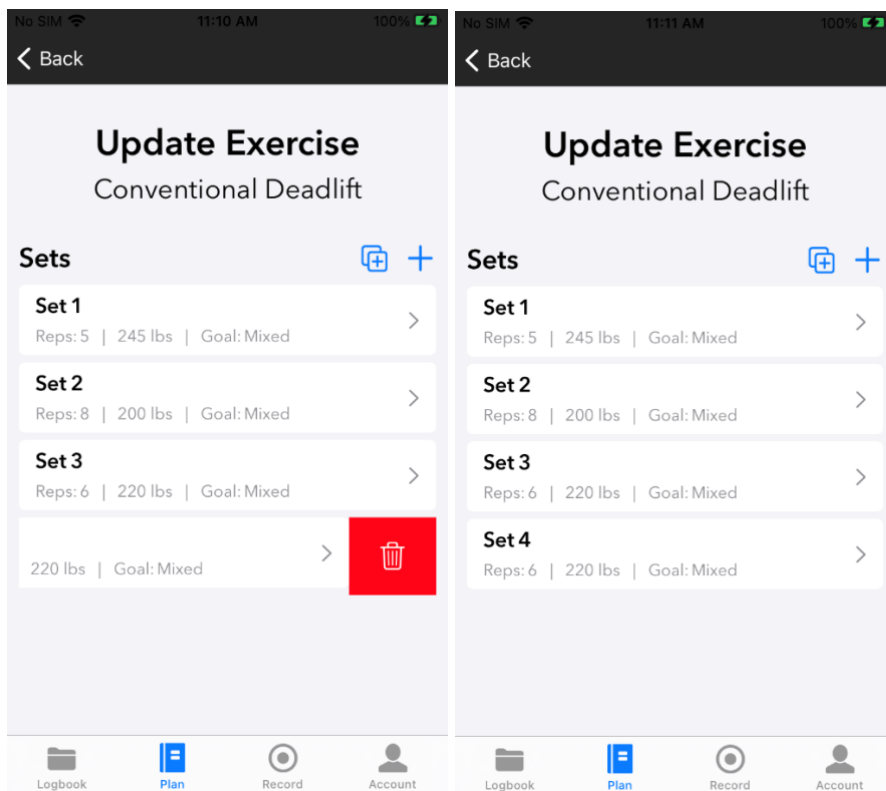
Then press "Create" when complete

Default ranges will be assigned to the exercise but can be edited by selecting the set after creation



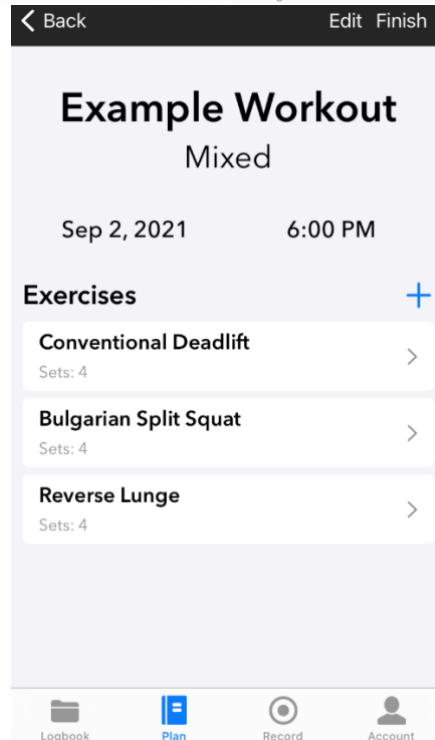
14

Slide to delete
 Select "back" when you are done planning each exercise



15

Select "Finish" when planning is complete



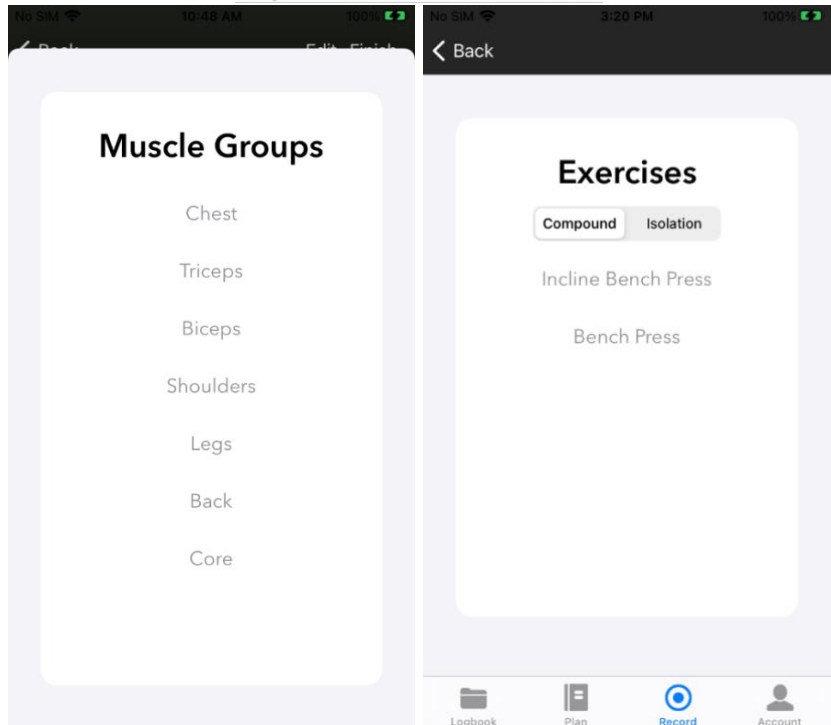
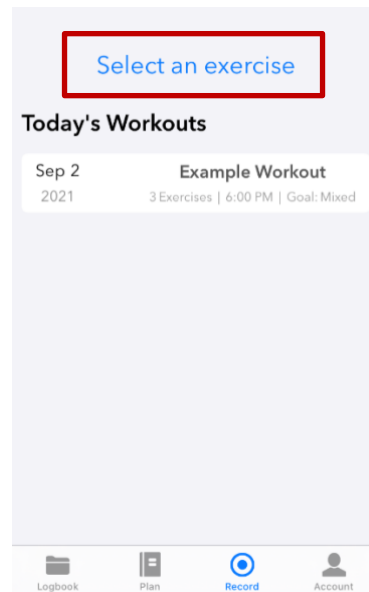
2.3 Record a Workout

Record tab will allow you to track your exercises using preplanned workouts (data stored) or one-off exercises (data not stored)

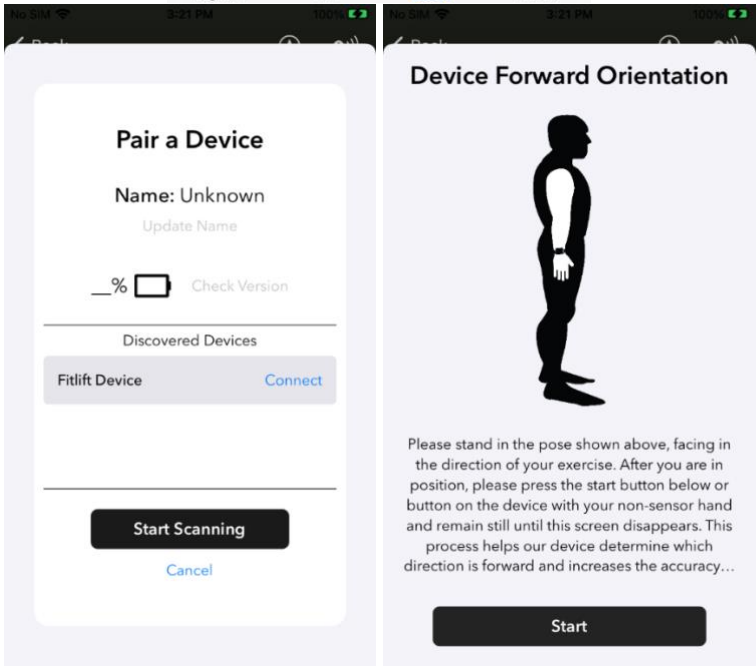
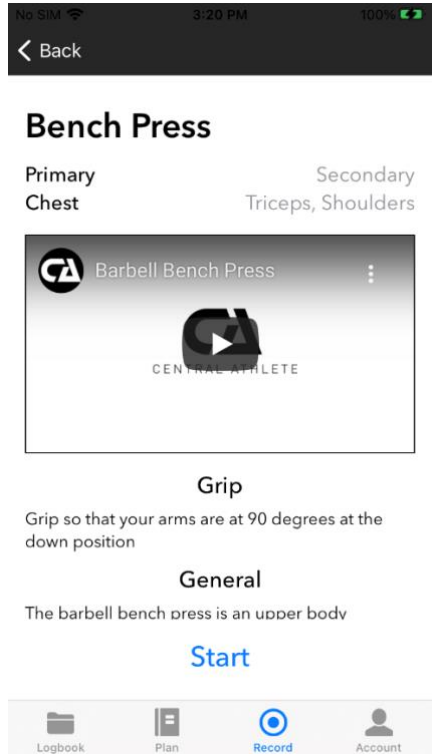
2.3.1 One-off Exercises

One-off exercises are available to all users, but data collected from here will not be stored as there is no associated workout.

16	Press "Select an exercise" to track any exercise in the library but the data will not be saved. Only data in planned workouts will be saved
17	Select Muscle Group and Exercises



18	<p>General information about the exercise along with a short 20 second example video will be presented. Press "Start" to begin</p>
19	<p>Pair your device if you have not done so already. ** See Pairing Instructions</p> <p>You will need to tell the device what direction is forward. Either stand in the posture displayed and press the start button with the other hand or stand in position and press the button on the device with the other hand</p>



20

1. If you have changed the direction you are facing press the navigation icon and repeat step 27
2. If you would like to connect to another device press the device signal icon and complete pairing steps. ** See Pairing Instructions
3. To view the scorecard of the just completed set, press the scorecard button
4. To change the viewable reps in the bar chart by pressing the eye icon and entering the number of reps you would like to view at a given time
5. To set your count down timer to allow you greater time to set up for each exercise
6. To turn on and off the countdown timer sound

5:21 PM Sun Oct 24

< Back

Bench Press

Reps 0/-

Velocity Loss --%

Max Lean -°

Set Time 0:00

Max Speed (m/s)

Rep

Report inaccurate results

100%

5 4 sec

6

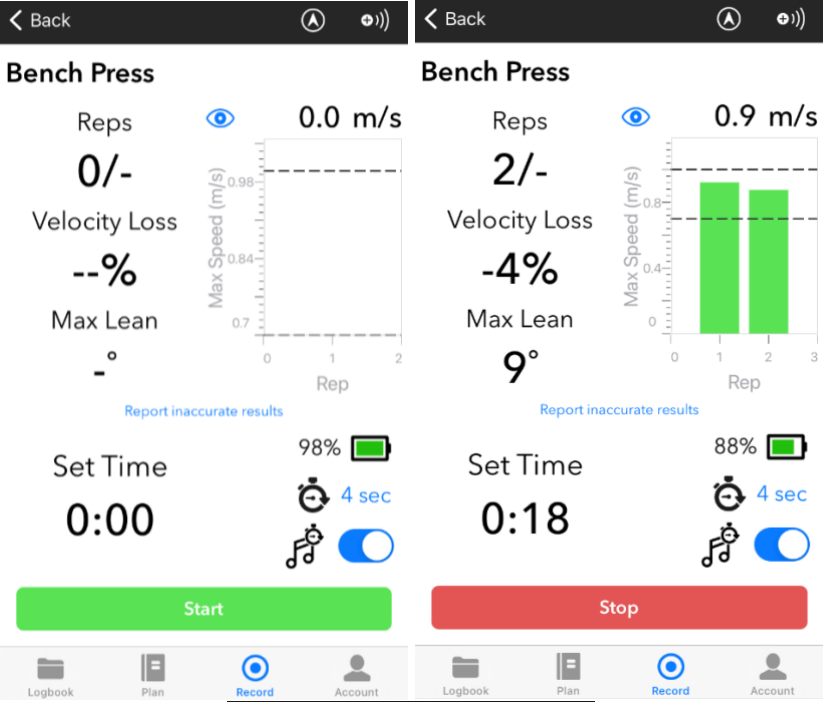
Start

Logbook Plan Record Account

21

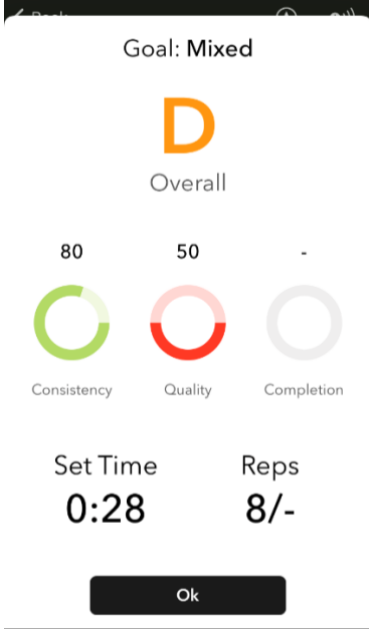
You will see set time, velocity, velocity loss, max lean (Right-Positive, Left-Negative) and rep count

Press “start” in the app or from the button on your wrist ONLY when ready to lift. This is a calibration phase, and any excessive movement may affect your results



22

Grades are based on 3 criteria: Consistency (How consistent was the speed of each rep throughout the set), Quality (how often you were in the target range), completion (Were all planned reps completed)

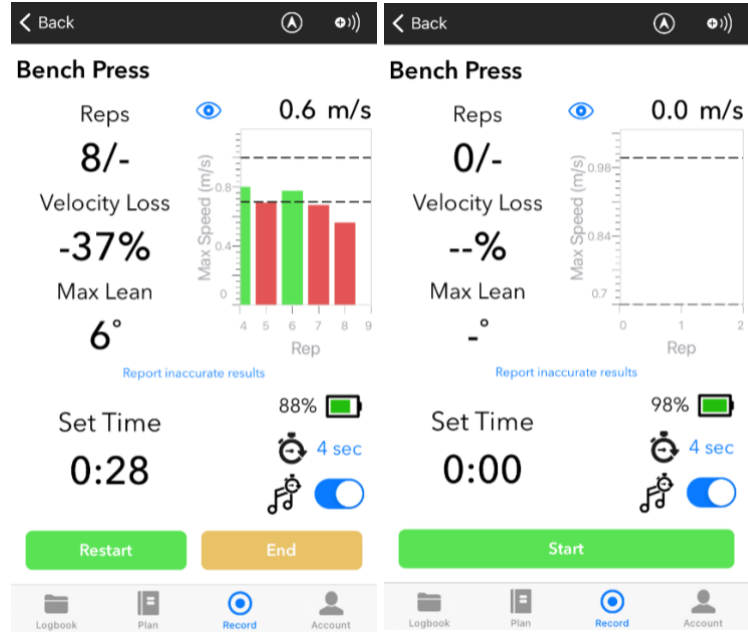


23

When completed press “end” on the app or the button on the device

Press the button on the device to restart when in position or press “end” to reset the screen

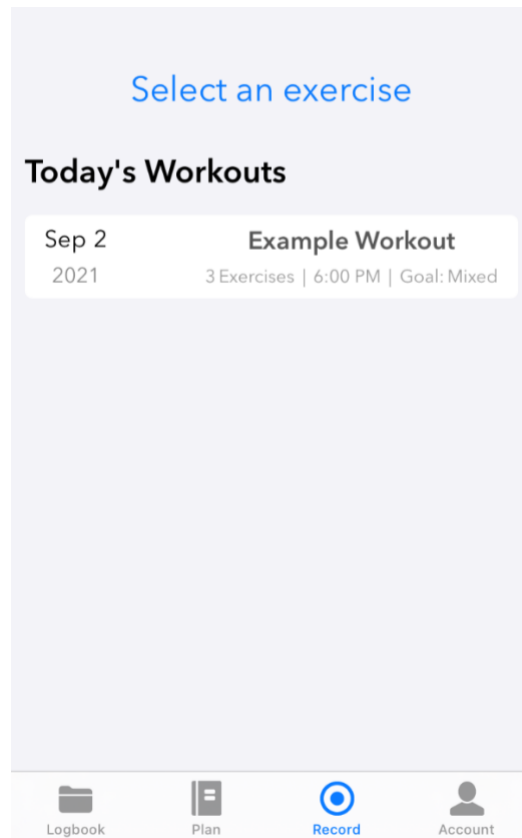
Press back at any time to change exercise



2.3.2 Preplanned Workouts

24

Planned workouts will be displayed on the main record screen and automatically moved to the logbook at the end of the day it is assigned

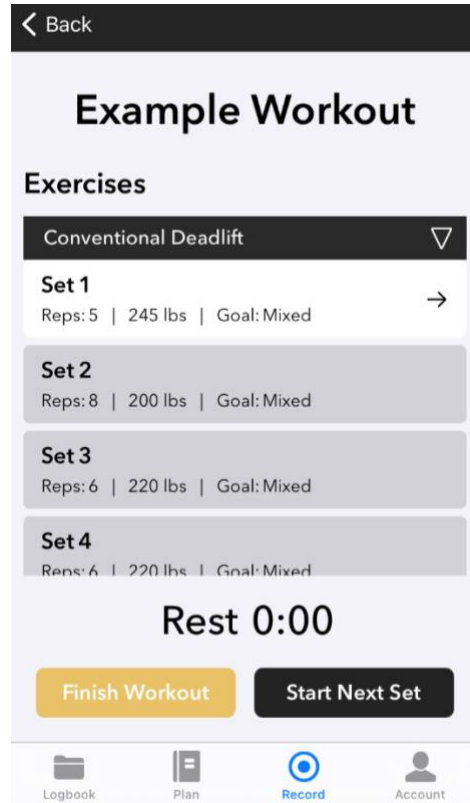


25

When selecting a planned workout, you will see the Sets, Reps, Weights, and Goals set for each exercise in the workout.

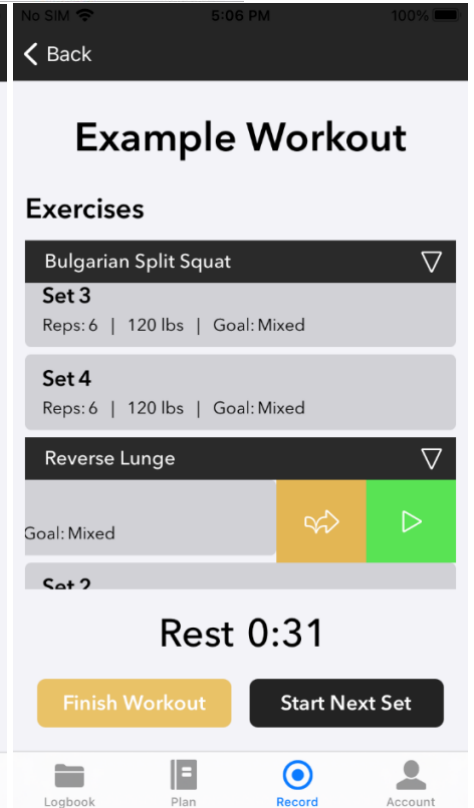
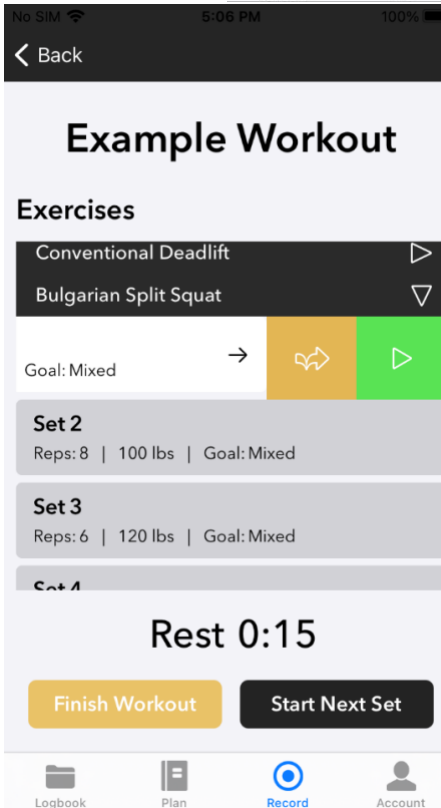
Press "Start Next Set" to begin at the highlighted exercise

You may add an exercise to the workout or edit an existing one at any time in the plan tab and it will update accordingly



26

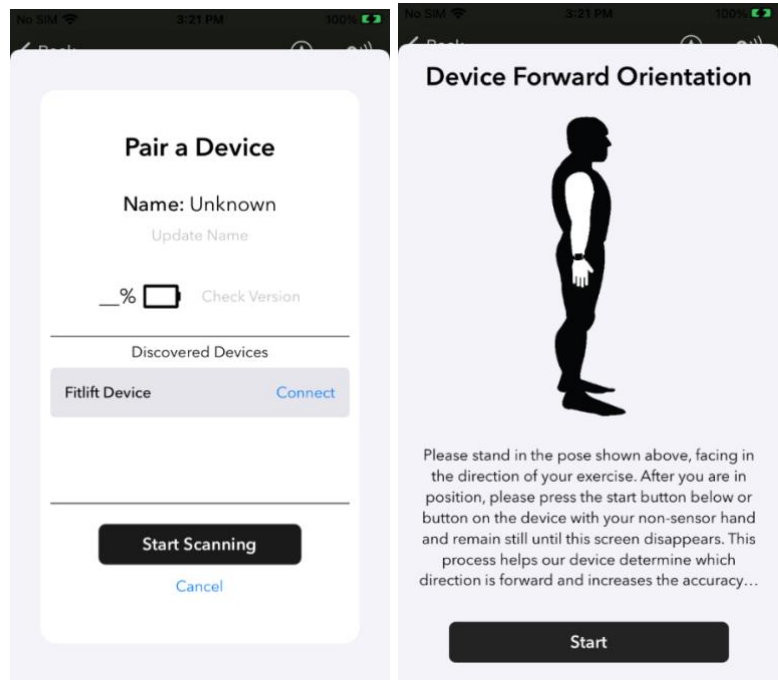
Swipe and select "skip" to skip a current exercise or start one out of the original order with the "play" button



27

Pair your device if you have not already. ** See Pairing Instructions

You will need to tell the device what direction is forward. Either stand in the posture displayed and press the start button with the other hand or stand in position and press the button on the device with the other hand



28

1. If you have changed the direction you are facing press the navigation icon and repeat step 27
2. If you would like to connect to another device press the device signal icon and complete pairing steps. ** See Pairing Instructions
3. To view the scorecard of the just completed set, press the scorecard button
4. To change the assigned weight for the current set, select the blue numbers of the weight
5. To change the viewable reps in the bar chart by pressing the eye icon and entering the number of reps you would like to view at a given time
6. To set your count down timer to allow you greater time to set up for each exercise
7. To turn on and off the countdown timer sound

5:21 PM Sun Oct 24 53%

< Back

Bench Press

Reps 0/8

Velocity Loss --%

Max Lean -°

Set Time 0:00

100%

4 sec

Start

Logbook Plan Record Account

Report inaccurate results

Max Speed (m/s)

Rep

1.05

0.98

0.91

0.84

0.77

0.7

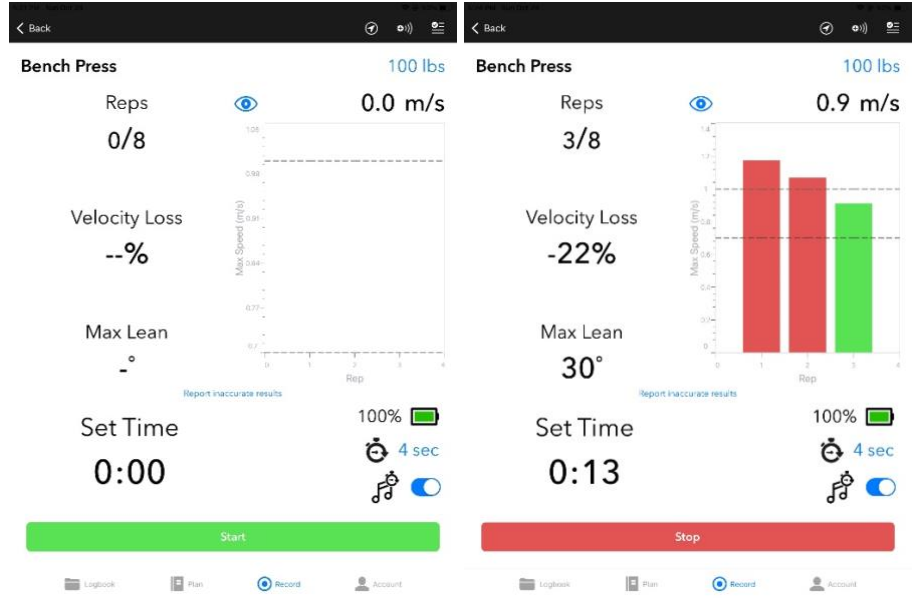
0 1 2 3 4

1 2 3 4 5 6 7

29

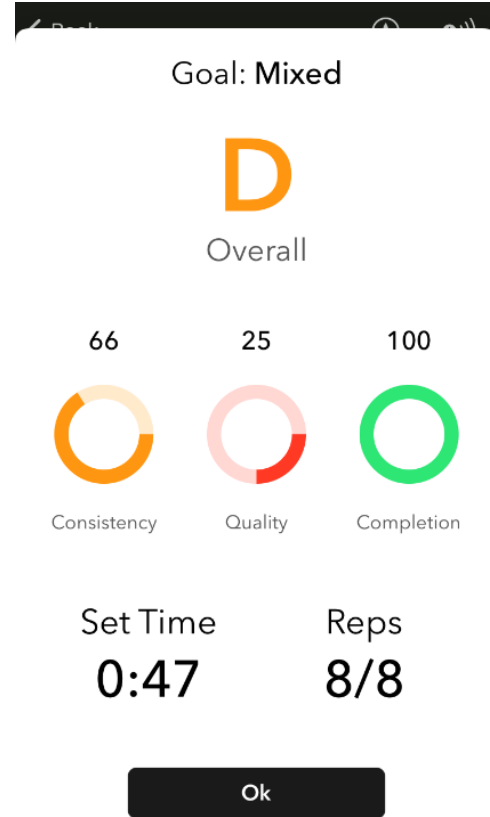
Press "start" in the app or from the button on your wrist ONLY when ready to lift. This is a calibration phase, and any excessive movement may affect your results

When completed press "Stop" on the app or the button on the device



30

Grades are based on 3 criteria: Consistency (How consistent was the speed of each rep throughout the set), Quality (how often you were in the target range), completion (Were all planned reps completed)

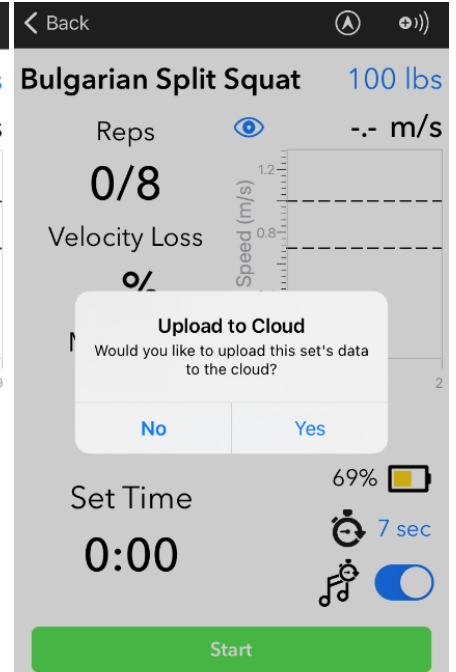


31

Press the button on the device to restart when in position

or

Press "end" to end the set. You will be given an option to upload the file. If you select no you will be given other opportunities in the future. (see step 32, 38)

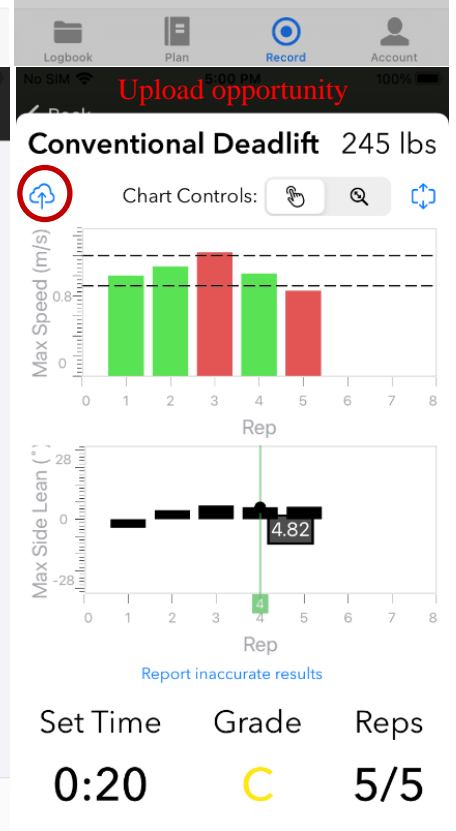
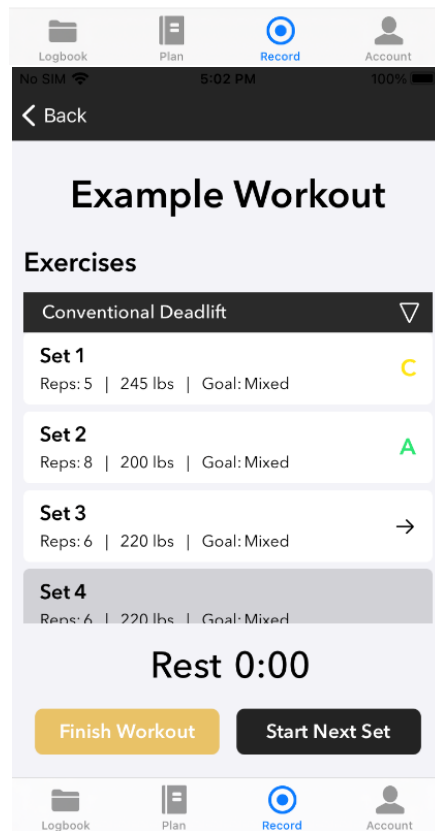


32

You will then be returned to the live workout screen where you will see the rest timer at the bottom of the screen

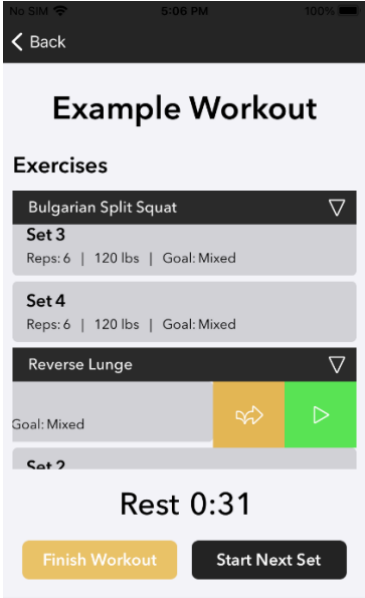
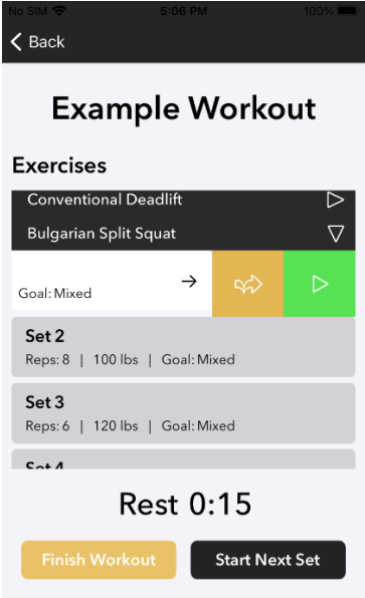
Tap any completed workout to review the data from the set. Slide down to view the live workout screen

When you are ready to begin the next set press "Start Next Set" button



33

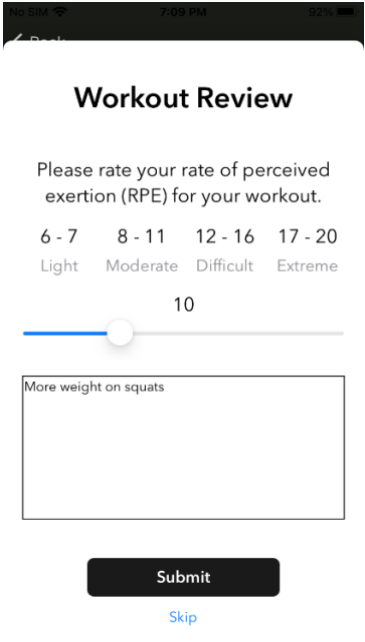
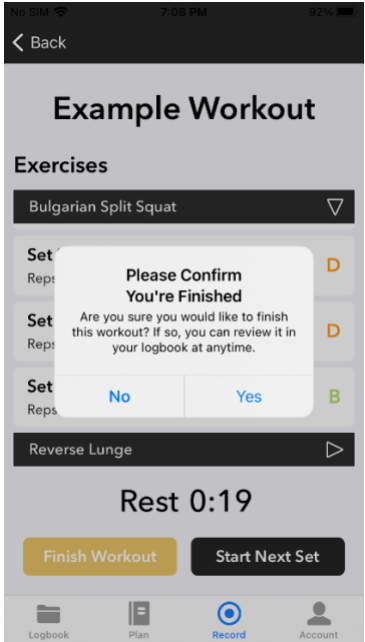
Slide an active set to the left and skip the set or slide any inactive set and start your exercise out of order



34

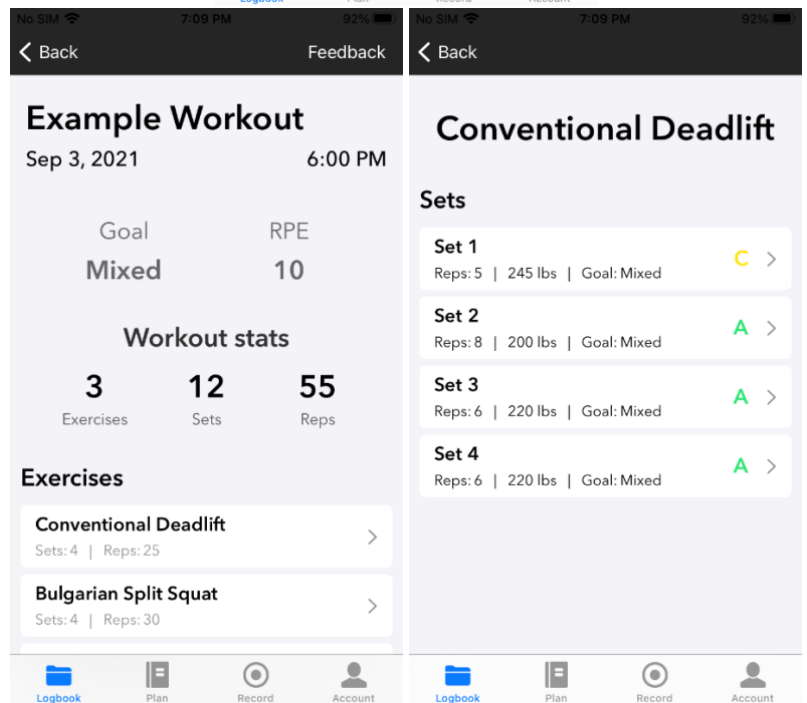
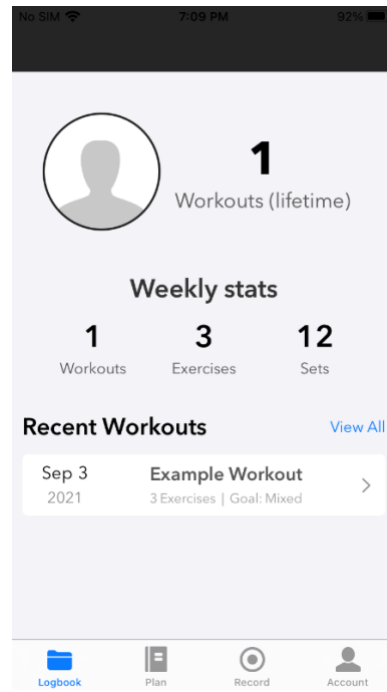
When you have completed an entire workout, or you want to end the workout press the "Finish Workout" button.

Leave an RPE score rating the difficulty of the work out and any comments for when the workout is reviewed



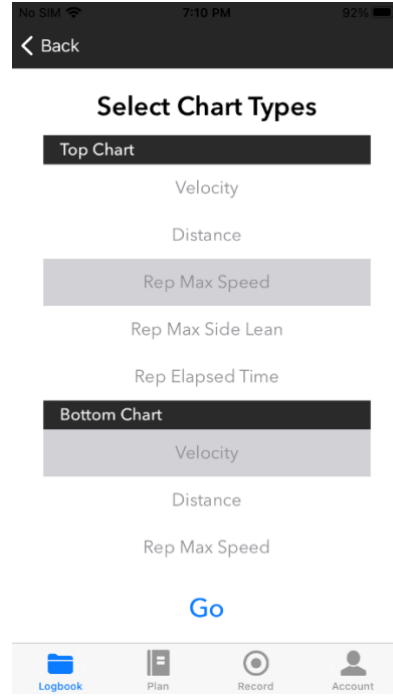
2.4 Logbook

35	<p>The logbook tab will contain basic stats and all recent workouts are stored. You may also press "View All" so see a full list of every workout you have ever done</p>
36	<p>Select any workout you would like to view</p> <p>Feedback and general information are available on the first screen</p> <p>Scroll and select any exercise from the workout then select the set</p>



37

Only 2 charts can be viewed at a given time from our list for in depth analysis. Press "Go" when you have selected the charts you would like to view



38

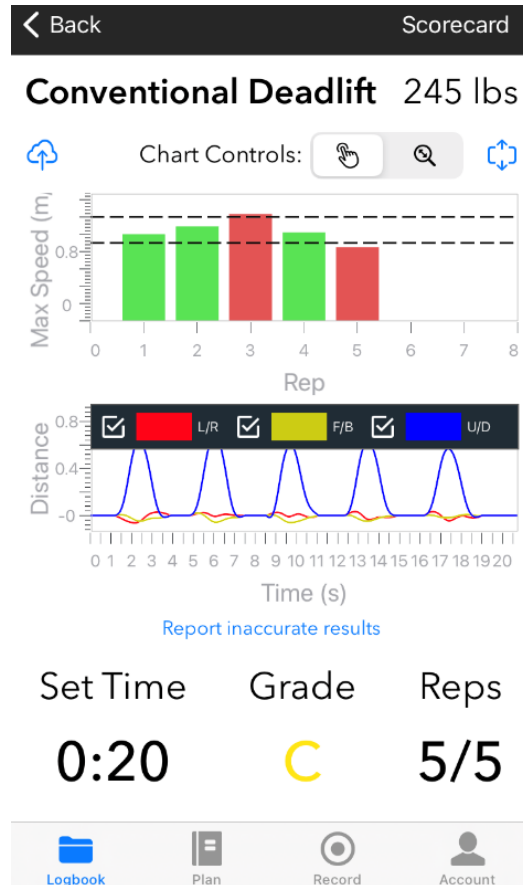
Viewing Controls:

1. The finger icon will allow you to run over the data to look at max, min, and mean values
2. The magnifying glass icon will allow you to zoom and pad over the data
3. The full screen icon will rest the data to fit the full screen

Data legend:

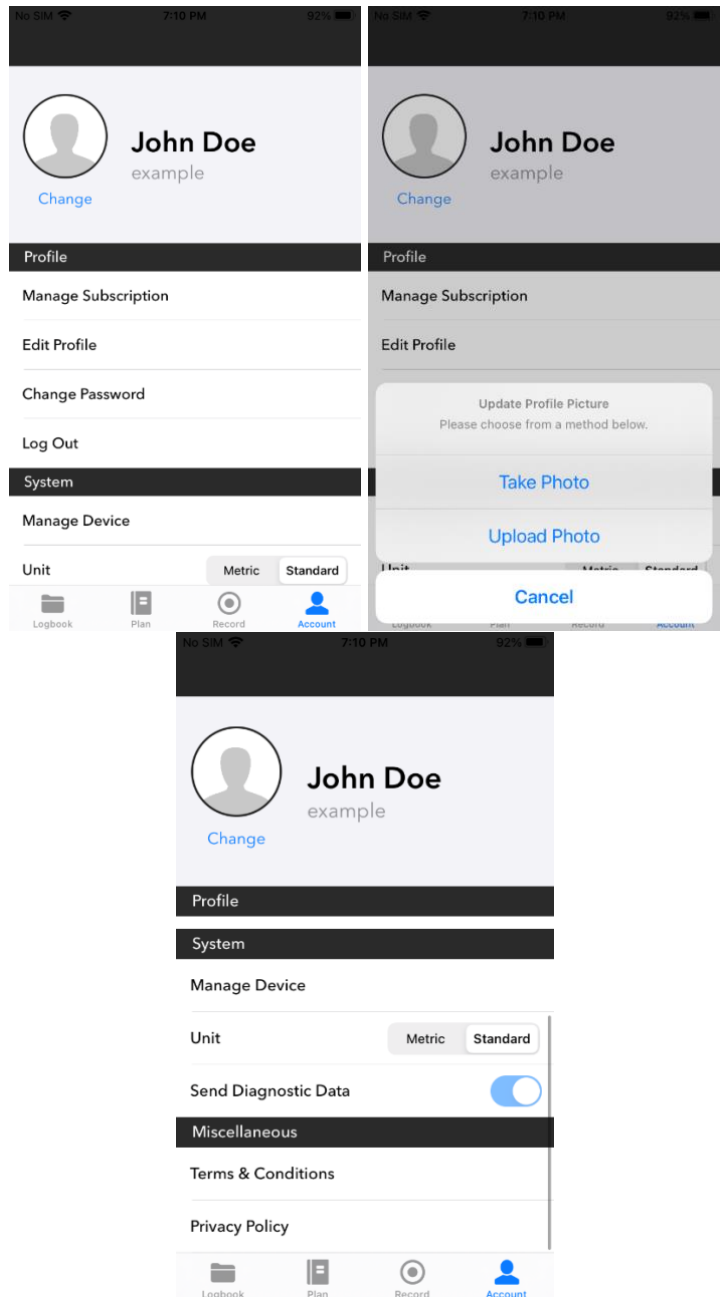
1. L/R = Left (Negative) Right (Positive)
2. F/B = Forward (Positive) Backward (Negative)
3. U/D = Up (Positive) Down (Negative)

Press "back" to go to the previous screen or double press the bottom icon to go to the home screen of any tab



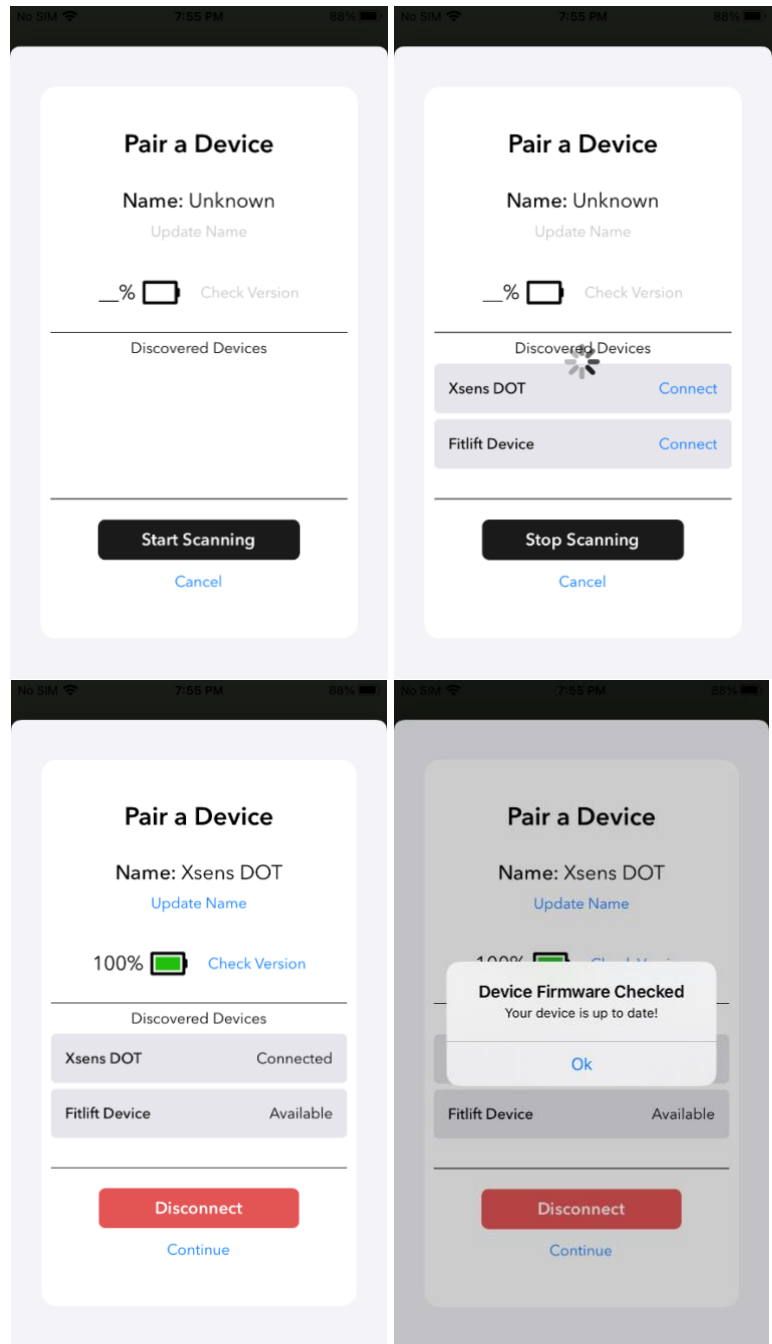
2.5 Account Tab

39	<p>To change you profile picture press “change” and either upload or take a photo using your camera</p> <p>You can change your profile information and manage your subscription in the profile section</p> <p>Manage devices and device setting in the system section</p>
40	<p>Our privacy policy and term & conditions are in the miscellaneous section</p>



2.6 Pairing Instructions

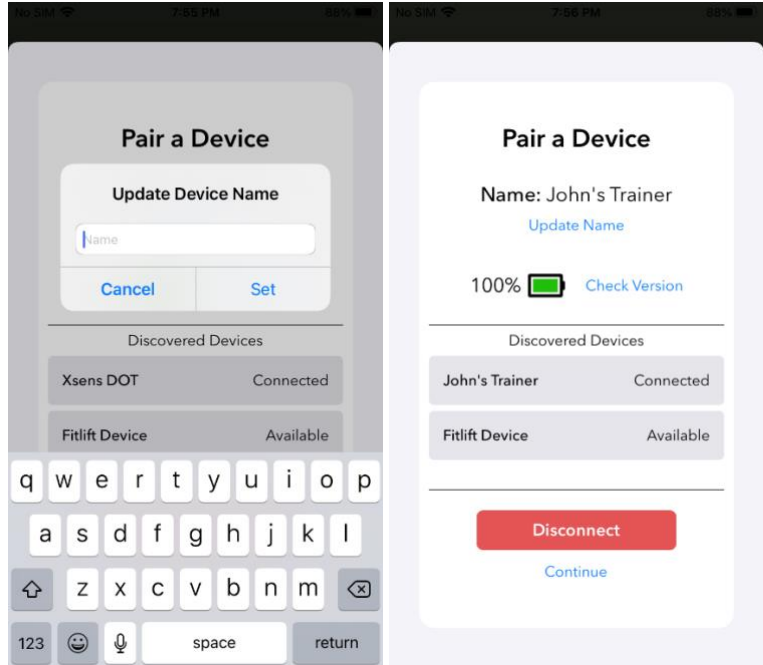
41	<p>Press "Start Scanning"</p> <p>A list of devices will appear. Your device will be called Xsens DOT initially. Once you have changed the name of your device it will appear as your given name.</p> <p>Press "Connect"</p>
42	<p>Press "Check Version" to verify your device has the most up to date version of the device firmware</p> <p>To update a device, it must be plugged into power</p> <p>Always keep your devices up to date as this may affect the accuracy of the data</p>



43

Press " Update Name" to update the name of your device

Press "continue" when you have connected to your desired device



SPECIAL INSTRUCTIONS FOR ERRORS

C. SPECIAL INSTRUCTIONS FOR ERRORS

APPENDIX

D. APPENDIX