GYM|AWARE

Quick Start Guide

Made for
iPod iPhone iPad

Welcome

## Congratulations on your purchase of a GymAware PowerTool

You have now joined the community of GymAware users who are all benefitting from using the best power monitoring equipment available.

At Kinetic we value your feedback on our products and hope that you will contact us with any questions or comments you may have.

This quick start guide is designed to get you up and running. For further help check out our website at http://kinetic.com.au/index.php/support-ga

The GymAware Kit

- POWERTOOL
- INDICATOR LEDs
- VELCRO STRAP
- TETHER
- CHARGER
- TETHER SLOT
- MINI USB CONNECTOR
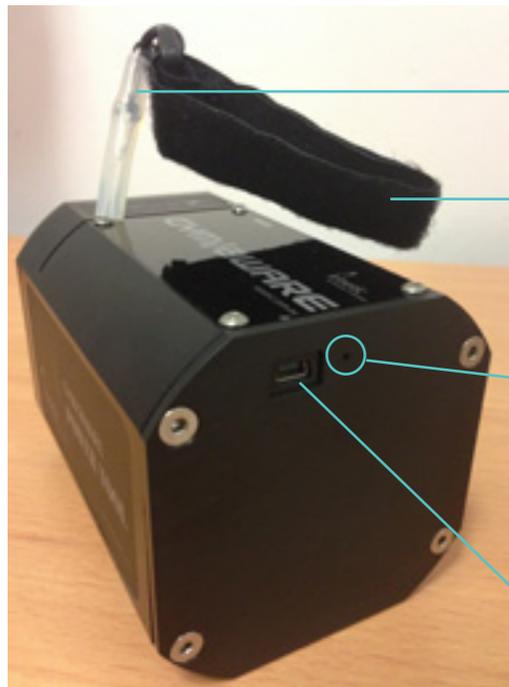
The PowerTool

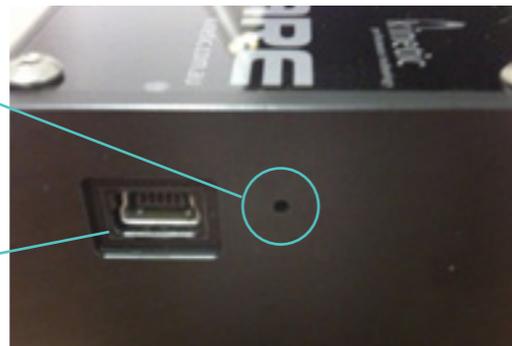TETHER

VELCRO STRAP

RESET HOLE

MINI USB CHARGE PORT

Each GymAware kit contains:
• PowerTool device
• Wall charger with mini USB charger cable
• Hard carry case
• Quick start guide

Optional extras available from the online shop:
• Ceiling mount bracket
• Magnetic cradle for iPhone/iPod Touch
• iPad stand
• Replacement Velcro straps

Download the GymAware App from the iTunes store

Log on to the iTunes store and download the appropriate free GymAware App. Note: For the latest GymAware features make sure your iOS device is running the latest software.

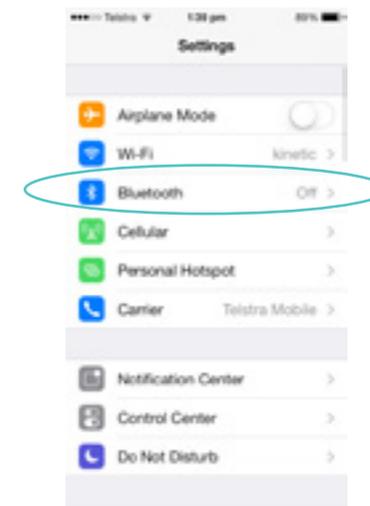## Manual Pairing - Bluetooth Pairing

Follow these steps for Bluetooth pairing of the PowerTool and an iOS device for iOS devices which have not been previously paired.
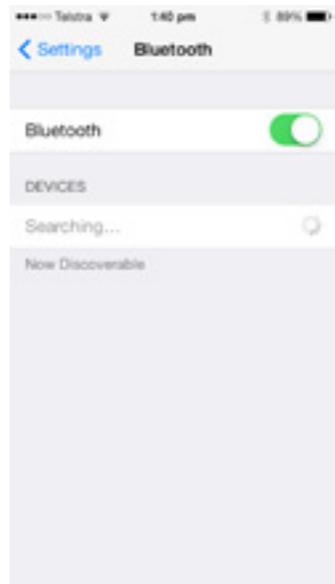

Sleep/Wake button
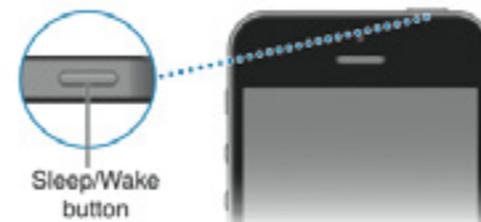
Turn ON the iOS device

Open the Settings App

Select Bluetooth
Flight mode must be turned off.
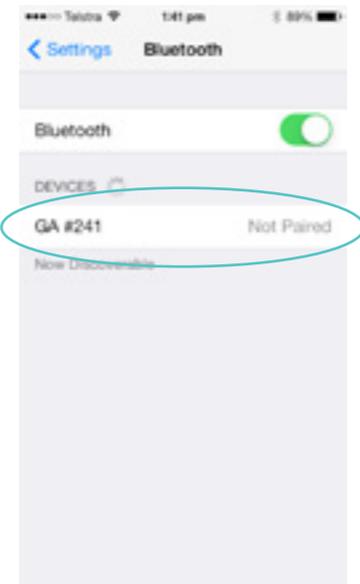
Make sure Bluetooth is **ON**.

In this setting, wake up the PowerTool by pulling the tether.

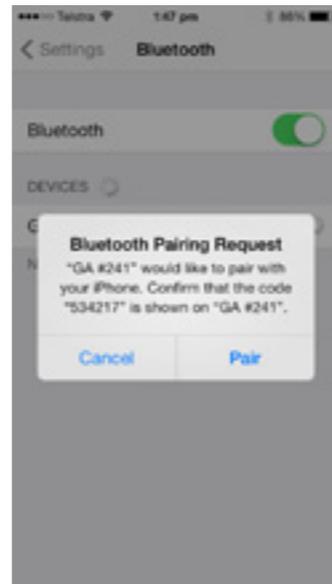When the PowerTool beeps, stop pulling the tether.

The LED will change from orange to green and will start flashing.

This indicates that the PowerTool is ready for pairing.

The PowerTool name should now appear on the iOS' Bluetooth device list (this will match the serial number on the bottom of the PowerTool)

Make a connection by **selecting** the PowerTool name.

As this is the first connection between the PowerTool and iOS device, the iOS device will prompt you (as above): press **Pair.**

When successfully paired the PowerTool will beep twice and the green LED will change to a continuous orange LED.

Press the iOS Home button to return to the main screen.

Select the GymAware App - either Lite or Online/Pro

You are now ready to GO!

NOTE: You must select Pair while the green LED is still flashing or the connection will time out.
Read "Section 6: Trouble Shooting Pairing Unsuccessful"

Previously Paired PowerTool and iOS Device

Reconnecting your iOS device to GymAware PowerTool
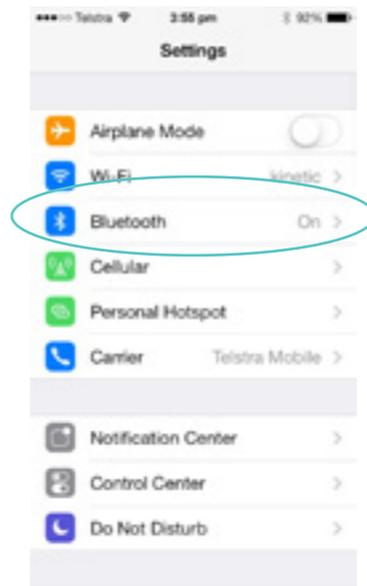*Skip to Section 4 if you have just Manually Paired your device*

Turn on your iOS device and go to the Home Screen

Select the Settings App

Make sure Bluetooth is **ON**

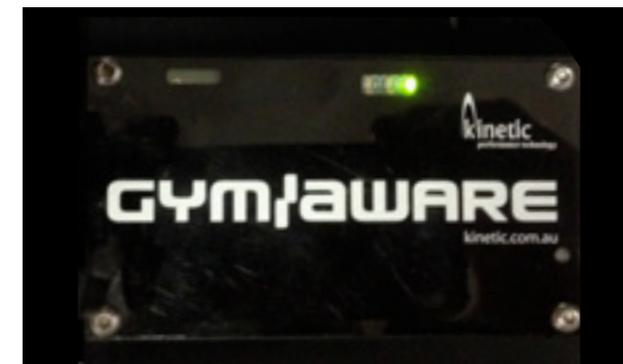NOTE: Flight mode must be turned *"OFF"*

Continually pull the tether on your PowerTool.

When the PowerTool finds your iOS device the PowerTool will beep twice to indicate successful connection. The LED will stop flashing and turn orange.

You can now stop pulling the tether as the GymAware App will automatically open.

You are now ready to GO!

If the PowerTool does not find the iOS device it previously paired to, it will continue to search for as long as you continue to pull the tether.

If you stop pulling the tether the PowerTool will revert back to accepting new connections, indicated by green flashing LED.

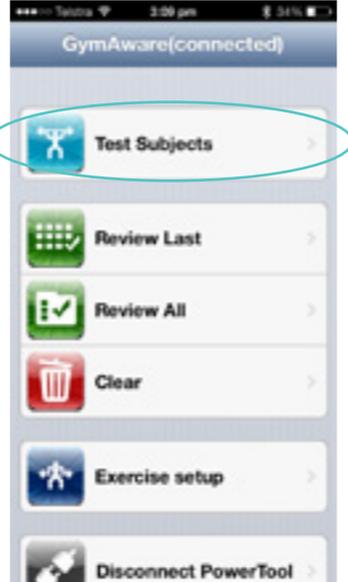You will need to follow Step 2 - Manual Pairing.

Once the PowerTool is connected the angle sensor needs to be zeroed.

Do this before connecting your PowerTool to the weight stack/bar.
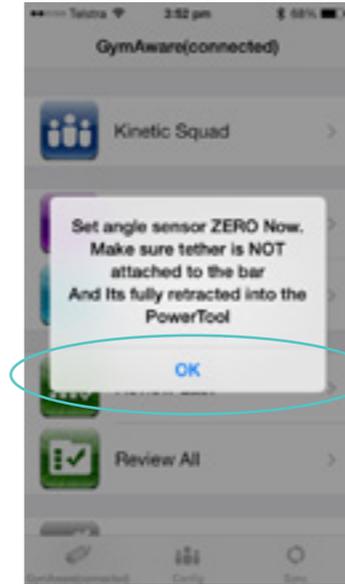

Make sure the PowerTool tether is not attached and fully retracted into sensor.

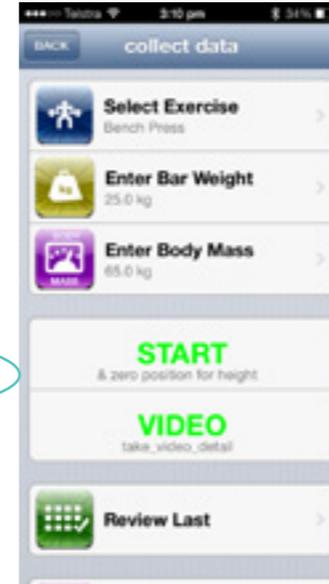**Select** the GymAware App - either Lite or Online/Pro

Select Test Subjects (This is the GymAware Lite App)

To check if the Angle of measurement is turned ON

This message will appear.

Press **OK**

Once you have pressed OK you will be taken to this screen (GymAware Lite)

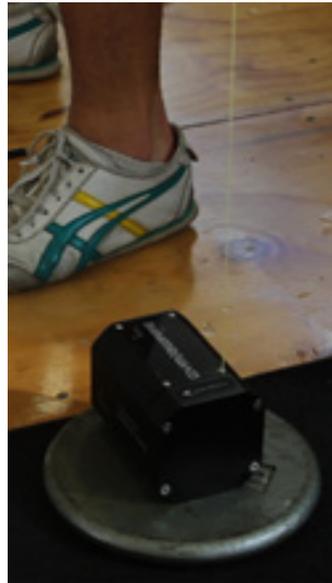Now connect the tether to the weight and you are ready to GO!

In the GymAware App

Go to Settings

By default Angle Measurement is set to ON
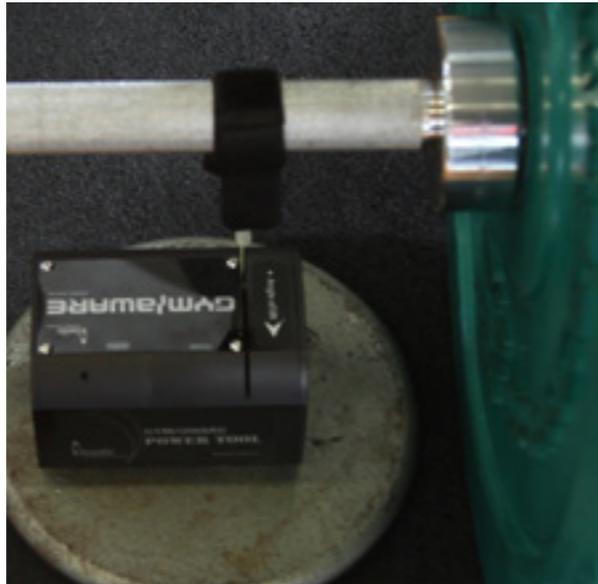
On the Floor

Positioning of the PowerTool for optimal performance. Use the magnetic feet of the PowerTool to hold it firmly in position.

On the gym floor place the PowerTool on a small wight to help keep it in place.

Aim to position the PowerTool so that it is vertically under the path of lift

The PowerTool should be positioned away from the athletes feet.

Attaching the Velcro Strap

Thread the Velcro strap around the bar with the fuzzy side to the outside.

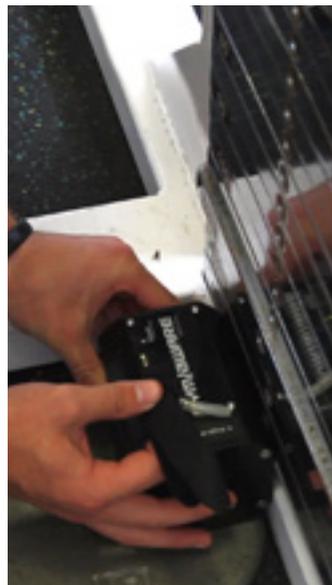Go through the buckle and back on itself.

Ensure the fuzzy side is on the outside of the bar.

Make sure the loop is pulled tight.

Pin-loaded weights machine

The PowerTool can be attached to any pin-loaded weights machine.

Place PowerTool on a small weight close to the weight stack

Thread the pin through the Velcro strap.

Return the pin to the weight stack.

You are now ready to GO!

Ceiling Mount

The GymAware PowerTool can be mounted above the lifting platform as an alternate position. You will need to purchase a ceiling bracket and mount it using the additional mounting screws provided.
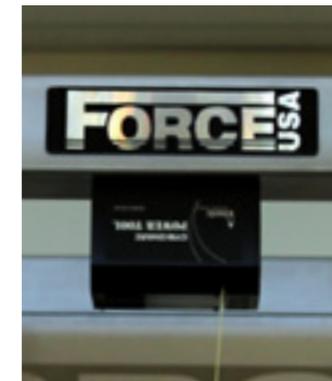

Screw the PowerTool to the ceiling bracket.

Maximum mounting height: 3m*
*An extension tether is available.

Attach the bracket to the roof.

The ceiling mount brackets are available from the Kinetic shop.

Ceiling mount in use attached to a weights cage - this need to be attached with the ceiling mount and screws for safety.

During the exercise, position the Velcro strap in the centre of the bar.

PowerTool Hardware
ISSUE: Battery Warnings

PowerTool emits two long beeps and switches off when tether pulled.

The PowerTool battery needs recharging. Plug in the provided charger and ensure the "charge" LED turns on to indicate charging is occurring.

The red LED starts flashing when the tether is not being pulled.

The Battery is starting to go flat. Put the PowerTool on charge as soon as you can.

The PowerTool continuously beeps and the red LED flashes when the tether is not being pulled

The PowerTool battery is nearly flat and will power off very shortly.

Put the PowerTool on-charge immediately after the current set has been completed.
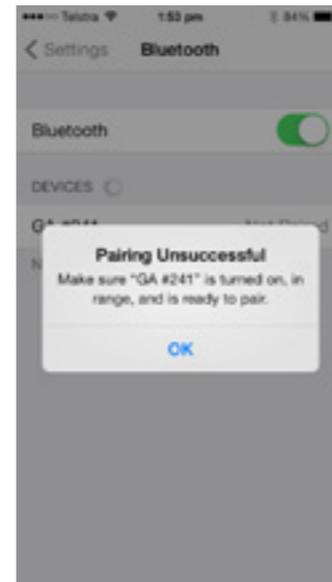
See images to the left.

The *"charge"* LED will be orange when the unit is charging.

When it is fully charged, the LED will turn off

Bluetooth
ISSUE: Pairing Unsuccessful

If you see the *Pairing Unsuccessful* screen then the Power Tool or iOS device has timed out (the PowerTool may have switched off).

First allow the PowerTool to enter sleep mode.

It will go to sleep when there is no connection from an iOS device and no movement of the tether for 1 minute.

This will be indicated by no illumination of the LED. When it first enters sleep mode there will be a quadruple beep.

Next wake up the PowerTool by pulling the cord once and listening for a beep. The green LED should be flashing.
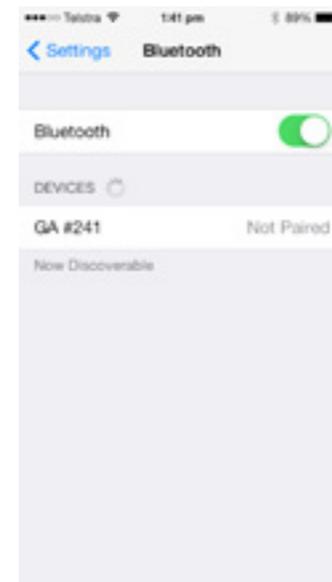
Select the PowerTool device from the list again. It should now automatically connect.

If this doesn't work, forget the PowerTool device from the device list - see over the page.
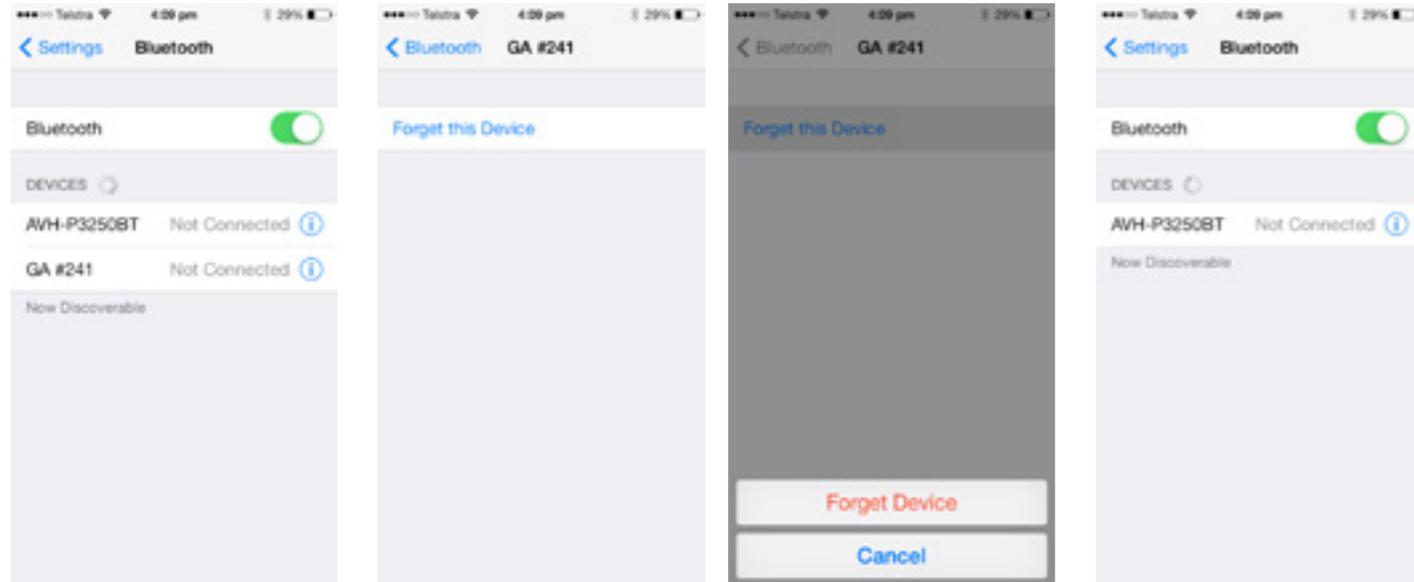
Once it is forgotten you can pair the device manually and then continue as if it were an initial setup.

If this doesn't work the iOS device will need a complete power down. You can then pair the device manually as in step 2.

Bluetooth

ISSUE: Forgetting the device

Select the PowerTool from the device list - as above GA #241. Click on the ⓘ

Select "Forget this Device"

Select "Forget this Device"

The PowerTool will have disappeared from the device list. You now need to manually pair (See Part 2 of the manual)

Bluetooth

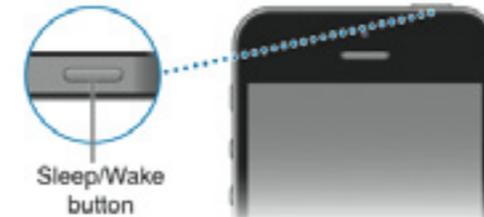### ISSUE: iOS and PowerTool Communication

*PowerTool connects to the iOS device, then omits one long beep and switches off.*

The PowerTool has a problem and cannot continue communicating with the iOS device.
Restart the iOS device. This should fix the problem.

Sleep/Wake button

Hold the Sleep/Wake button for *5 seconds* then swipe the on-screen slide to power off.

Now, turn the iOS device back on by pressing the power button and go back to *Initial Setup.*
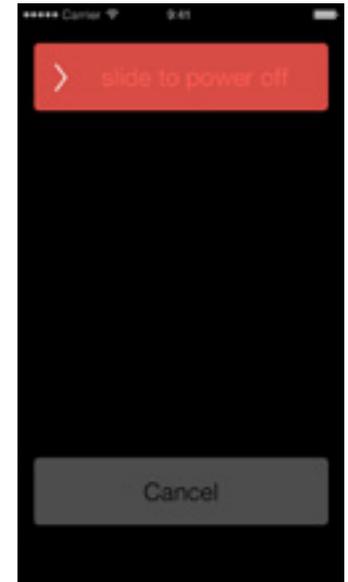
The iOS device will need a complete power down.

NOTE: If problems persist please contact Kinetic on +61 2 6162 1770 or help@kinetic.com.au

GymAware Software Options

GymAware PowerTool

kinetic.com.au

FREE

Lite

Video capture
Meta export
Language support
Maximum 50 sets
Real-time results
Free-run mode
Feedback targets

Online*

All the features of GymAware Lite and

Squad management
Unlimited data recording
Body mass
Full export options
Data editing
Leader board
Individualised targets
Graph review
Multi-station support

* Incurs an online annual fee

Pro*

All the features of GymAware Online and

Analysis reports
Personal best
Emailed reports
Personalised branding

* Incurs an online annual fee