



**FIT IMMERSION KIT MOBILE-2 : USER GUIDE**

## Contents



Fit Immersion Mobile edition kit is composed of:

- VR headset for smartphone
- Wireless Bluetooth/ANT+ cadence sensor
- Memory stick

## Compatibility

### Phones

This version of Fit Immersion is compatible with iPhone devices.

To use the Fit Immersion content, the smartphone must integrate a "lightning" port allowing to plug a memory stick (where you plug your charger).

For an optimal experience we recommend full HD resolution display of a size of at least 4.5 inches.

### Fitness equipment

Fit Immersion is designed to enhance your indoor cycling experience but is also compatible with other equipment containing a part in rotation.

Fit Immersion was tested on exercise bikes, turbo trainers and elliptical machines.

If your exercise bike or turbo trainer implements Bluetooth FTMS protocol, then the equipment difficulty will be synchronised with virtual environment difficulty in real time. Otherwise, difficulty change notices will appear on your screen and you may change it manually.

Bluetooth FTMS protocols is implemented on most top turbo trainers and some exercise bikes (such as: Wattbike Atom, Stil-Fit...).

## Installation

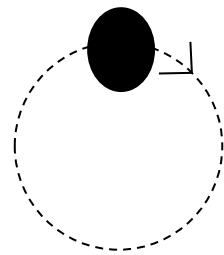
- **Insert the memory stick into your smartphone.** It must remain plugged during your virtual training.
- **Download and install the Fit Immersion application from the App Store.**
- Once the application is installed, **start it and accept the authorization requests** (necessary for the application to work properly).
- **Verify that virtual tracks are discovered:** in the application touch the button to select a virtual track (by default it's random) and if the list appears and some tracks are local (no *preview* text) go to next step.

- **Install the cadence sensor** on a part in rotation when your fitness equipment is in use.

**In case of exercise bikes** a good location is the crank near the pedal. Install it using **one** of provided rubber ring like on the image at the right.



**In the case of an elliptical trainer** the sensor should be fixed with a tape on a rotating extremity. The part on which it's attached is expected to make circular movements perpendicular to the ground.



- The cadence sensor can communicate using BLE (Bluetooth low energy). **It is not necessary to pair the sensor with the phone, the application will automatically detect it when it will be in motion.**

## Headset adjustment

*Launch the application and start training in VR mode to get visual feedback.*

### *Adjustment of phone position.*

**Check that the line separating the two images** in VR mode is at the separation between the two lenses. If not, adjust the position of the phone by sliding it to the left or right.

### *Lens adjustment*

**Adjust the interpupillary (between eyes) distance.** It varies from one person to another. This is done by moving thumbs on the bottom on the headset to left or right. Ideally the eye center should be in front of the center of the lens.

**Focus adjustment** is done by using the gear wheel on the center on top of the headset. Its purpose is to move the lens closer or further away from the eyes. This operation can be used as a substitute for corrective eyewear.

At the end of this operation the image must be sharp.

### *Rear attachment adjustment*

An adjuster wheel on the back allows the helmet to be adjusted to the size of the head. It should be adjusted so that the eye gets as close to the lens center as possible. Adjust the headset until the image is perfectly sharp.

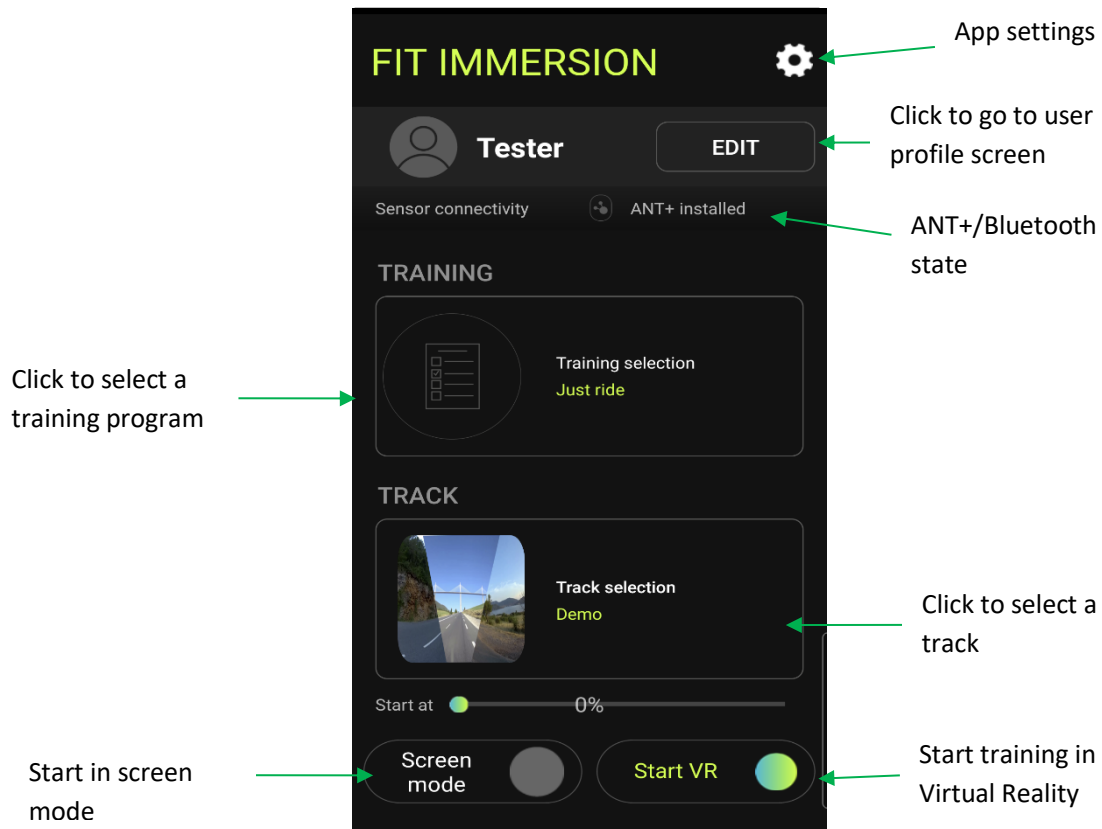
Finally, the adjuster wheel tightens the headset for greater stability.

## Headset composition



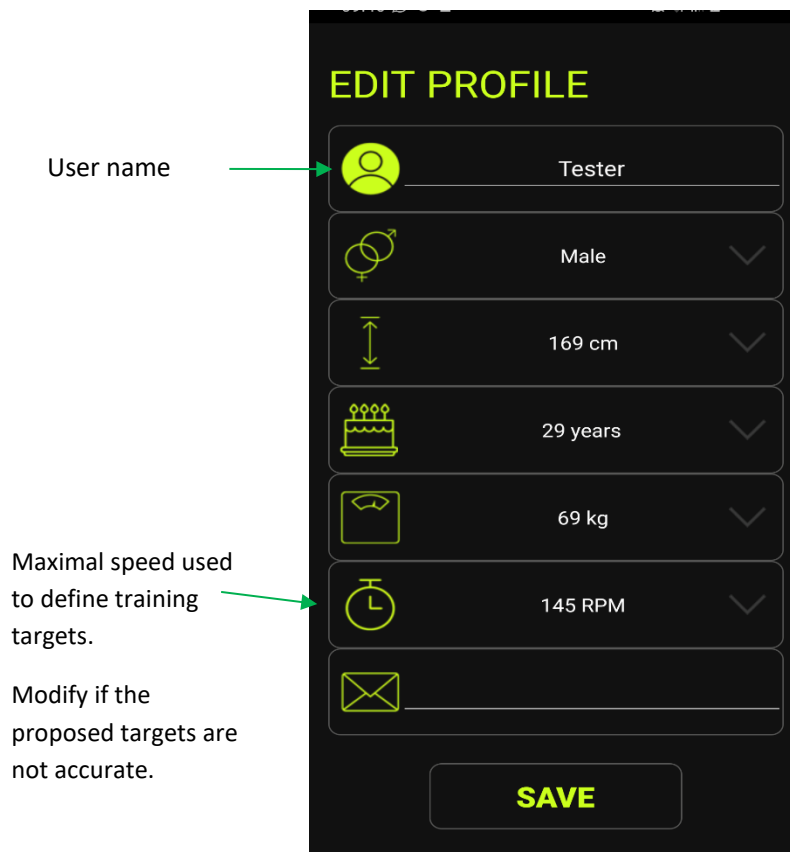
## Application

### Main screen

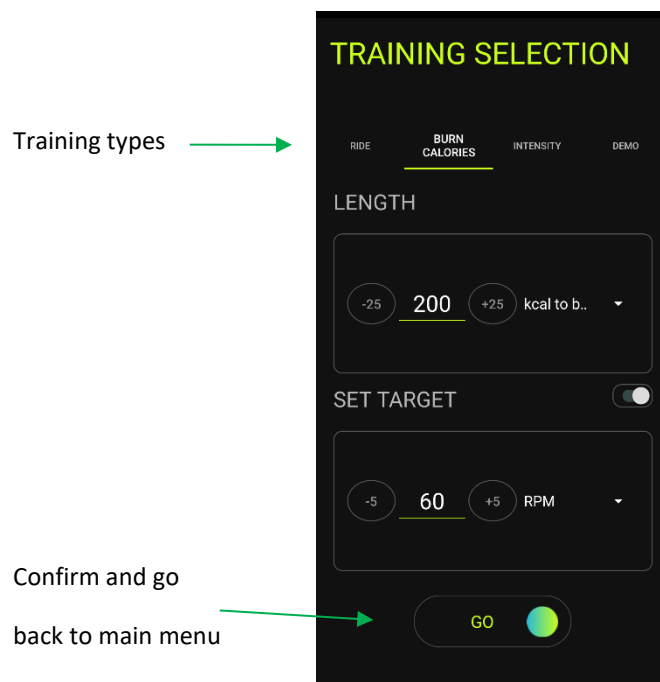


NB : When you selected your track and training program the application is in camera mode in order to make it easier to be installed of your fitness equipment. When ready click the action button to start (over the helmet). The same button can be used to recenter the image in training mode.

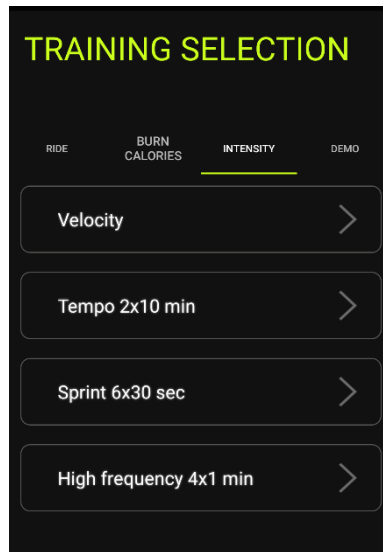
## User profile



## Training selection



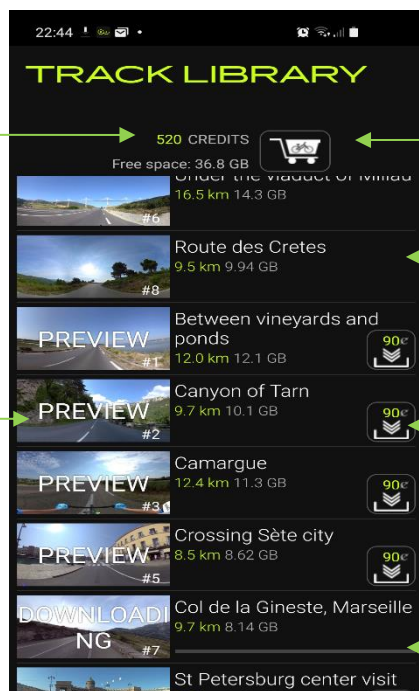
Click to select  
Next screen  
:training details



### Track selection

Available credits and  
free space on  
memory Stick

Preview in streaming  
Those tracks are available to  
download



Buy credits

No icon : the track is  
on the memory stick  
Swipe to delete (to free  
space)

Download track (credit  
cost in green)

Download progress  
Swipe to cancel



## Settings

**Sensor configuration**

- Cadence sensor** (toggle on)
- Sensor ID: 0 **CLEAR**
- Speed calibration**: 1
- Heart rate sensor** (toggle on)
- Sensor ID: 0 **CLEAR**
- Track quality**: Streaming in 4K (toggle off)
- Difficulty adjustment**:
  - Difficulty change notifications (toggle off)
  - Difficulty adjust coefficient: 1
  - Speed number on the equipment: 10
- Update on recenter click (toggle on)
- Language**

**Annotations:**

- Cadence and heart rate sensor association
- Click Clear to sync with another sensor
- Force 4K or 2K quality on tracks preview
- Speed number on your equipment. Not necessary with FE-C trainers
- Change language
- Display messages when difficulty should be changed
- Difficulty adjustment
- If the proposed difficulty is too high/low modify this value

## Virtual training screen

**Annotations:**

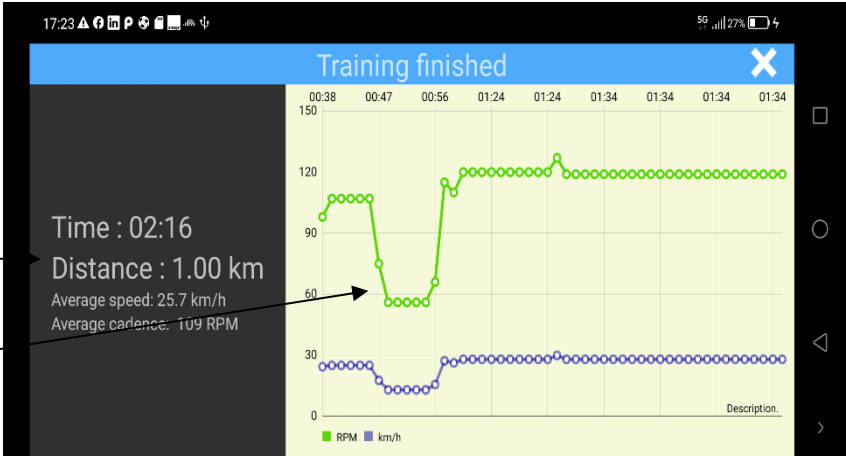
- Battery level: 27%
- Current target: Target: 15.0 km/h
- Feedback on target: Too fast!
- Current speed: 31 km/h
- Current cadence: 123 RPM
- Progress on virtual track: 61%
- Col de la Ginestre
- Progress on current training step: 200m at 15 km/h (01/0.2 km), Next: 200m at 17 km/h
- Total reached distance: 6.25 m
- Total burned calories: 21 Kcal
- Total training time: 01:29

To stop training click on "back" button of your phone.

Training report

Total time and distance

Cadence over time



## Maintenance & Updates

Updates will be available on our site. When an update is available, the application will notify you and propose to download it. If you encounter issues, contact us and we will provide direct download link. The update will not alter your preferences.

After a few months cadence sensor battery may need to be replaced. The CR2032 battery will be necessary. It needs to be installed inside the sensor by opening the lock. After battery replacement green and red LED will light up for a short time. You can check it by launching a training and simulating rotation in your hand. Sometimes up to 1 minute may be necessary to the sensor to start to provide measures.

Synthetic leather pads in contact with the face should be replaced when necessary. You can order them on our internet shop.

New virtual tracks will appear in the library every month. App updates will allow you to preview them using direct streaming over internet connection. Speed synchronisation is disabled for previews.

## Troubleshooting

### No speed synchronisation

Check if the sensor is clearly visible from the phone. We recommend trying to connect to it with the nRF Toolbox application available on Google Play. When launched click the "CSC" icon. The sensor is named SCxxx (where xxx is a number). **If the sensor is not visible, check if the location service is activated.**

The battery status should also be checked (if sensor has been in use for some time). The procedure is described above (Maintenance & Updates).

## **Contact**

By mail: [sav@fitimmersion.com](mailto:sav@fitimmersion.com)

Facebook chat: [facebook.com/fitimmersion](https://www.facebook.com/fitimmersion)