



# QUICK START GUIDE

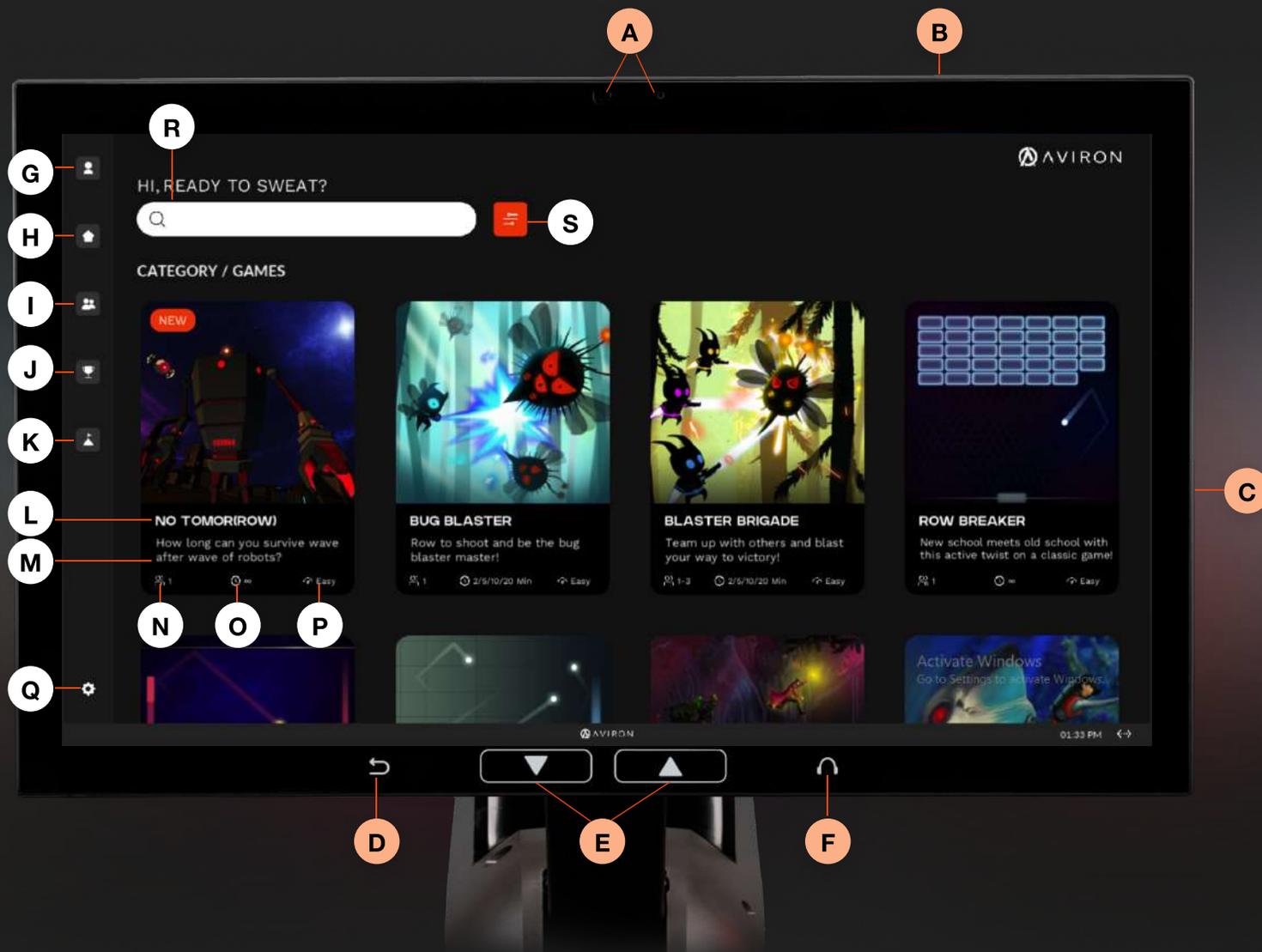
AVIRON INTERACTIVE

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## NAVIGATING THE TOUCHSCREEN



**A** CAMERA & MICROPHONE

**B** SLEEP BUTTON

**C** VOLUME CONTROL

**D** BACK/EXIT BUTTON

**E** RESISTANCE CONTROL

**F** HEADPHONE/SPEAKER JACK

**G** SIGN IN & SIGN UP

**H** HOME

**I** GROUP WORKOUT LOBBY

**J** LEADERBOARD

**K** MONTHLY CHALLENGES

**L** WORKOUT TITLE

**M** WORKOUT DESCRIPTION

**N** NUMBER OF USERS

**O** WORKOUT LENGTH

**P** WORKOUT DIFFICULTY

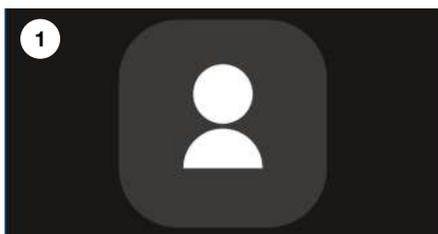
**Q** OPTIONS

**R** SEARCH BAR

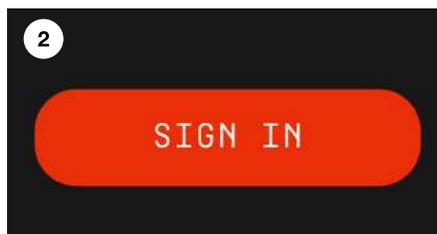
**S** WORKOUT TYPE FILTER

## SIGN IN, CREATE PROFILE & QUICK LOGIN

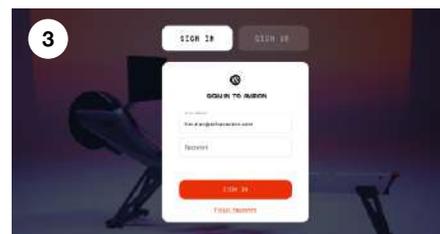
### HOW TO SIGN IN



Select the **PROFILE** icon at the top left of the home screen



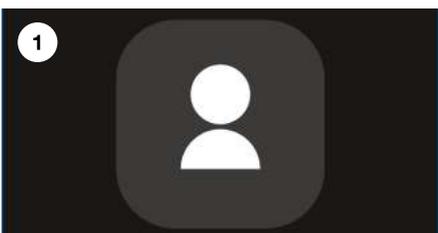
Select **SIGN IN**



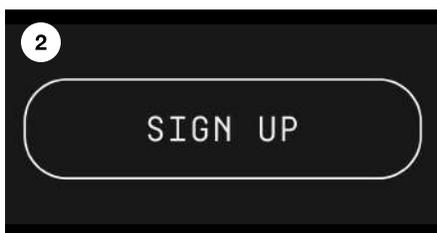
Enter your credentials and select **SIGN IN**

### HOW TO CREATE A PROFILE

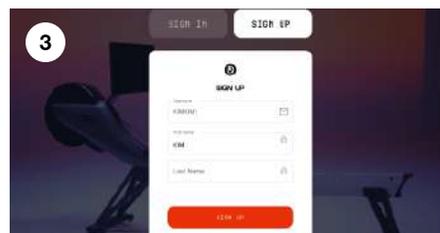
You can create an Aviron account directly from the touchscreen.



Select the **PROFILE** icon at the top left of the home screen



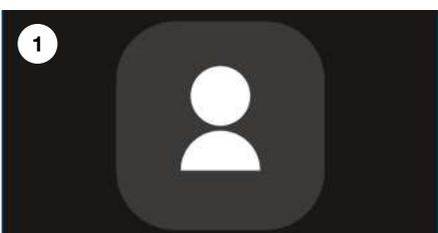
Select **SIGN UP**



Follow the step-by-step instructions and select **SIGN UP**

### QUICK LOGIN

There is no need to re-enter your credentials every time you sign in. You can sign in to your profile using the Quick Login feature. Note that you must sign in to your account at least once before using the Quick Login feature.



Select the **PROFILE** icon at the top left of the home screen



Select your profile under **QUICK LOGIN**



To remove a profile from **QUICK LOGIN**, press and hold the Profile for a few seconds and select the trash can icon once it appears

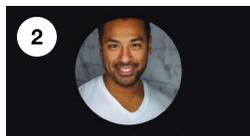
## ADD FRIENDS & LOG OUT

### HOW TO ADD FRIENDS

Add, follow, and challenge friends. Keep track of each other's successes through the comprehensive profile.



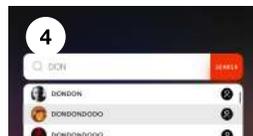
**SIGN IN**



Select the **PROFILE** icon at the top left of the home screen



Select **ADD FRIEND** at the bottom left



Search for friends by their username



Add friends by selecting the black icon next to their username

### HOW TO LOG OUT

After logging in, you will automatically be logged out after 3 minutes of inactivity. Or you can log out manually.



Select the **PROFILE** icon or **OPTIONS** icon on the left side of the home screen



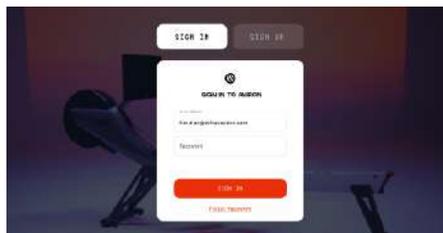
Select the **LOG OUT** at the bottom left

## NAVIGATING USER PROFILE & SETTINGS

### NAVIGATE YOUR PROFILE

We compile a complete history of you and your friends' workouts, including metrics, achievements, and rewards.

1



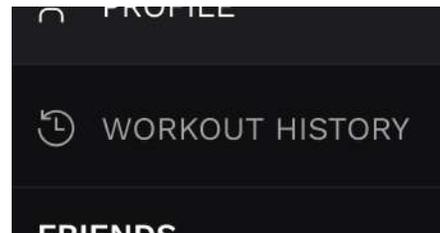
**SIGN IN**

2



Select the **PROFILE** icon at the top left of the home screen

3



Select **WORKOUT HISTORY**

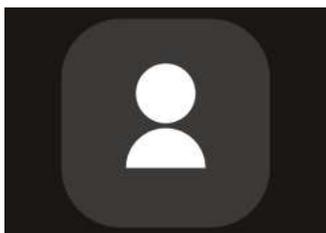


- A PROFILE PICTURE
- B USERNAME
- C EXPERIENCE LEVEL
- D ACHIEVEMENTS
- E FILTER BY TIME
- F WORKOUT METRICS
- G WORKOUT HISTORY
- H GRAPH OF SELECTED WORKOUT

### MAKE CHANGES TO YOUR PROFILE

Make changes to your profile such as changing your photo, password, weight, and height.

1



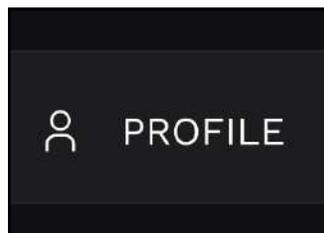
**SIGN IN**

2



Select the **PROFILE** icon at the top left of the home screen

3



Select **PROFILE**

4



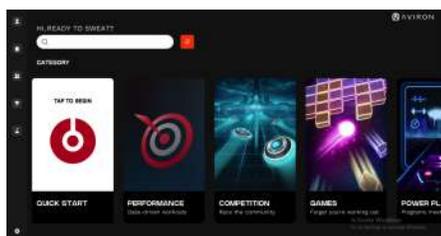
Select **SAVE** after making changes

## START A WORKOUT

### START A WORKOUT

Starting a workout is easy! You don't need to sign up / sign in to an account; but doing so will keep a record of your complete workout history, achievements, and more.

1



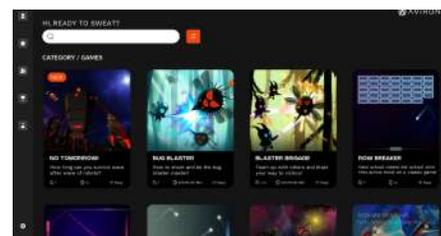
Swipe your finger left or right to browse workout categories. Press on a category to see the workouts

2



Scroll through the selection of workout options by gliding your finger up and down or by holding the up and down arrows at the bottom of the touchscreen

3



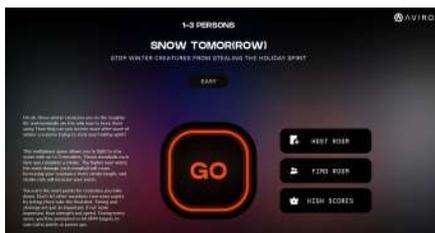
Select your workout

4



If applicable, follow the step-by-step instructions

5



Select **GO** to workout by yourself or with Aviron's advanced artificial intelligent androids

Select **HOST ROOM** to create a Public or Private Room

Select **FIND ROOM** to go to the Group Workout Lobby and join public rooms hosted by other members or by Aviron

Select **HIGH SCORES** to view global high scores or your friend's high scores

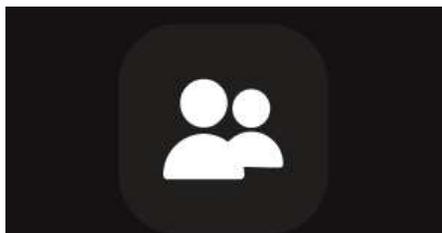
Depending on the workout you select, you may not see all the above options

## GROUP WORKOUTS

### JOIN A PUBLIC ROOM

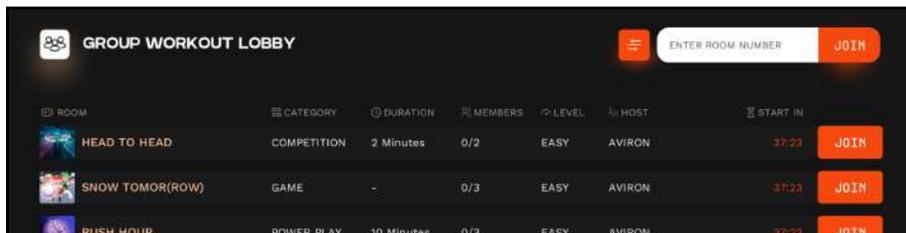
The Group Workout Lobby allows you to join other members in group workouts. They are hosted by Aviron and members.

1



Select the **Group Workout Lobby** icon at the left of the home screen

2



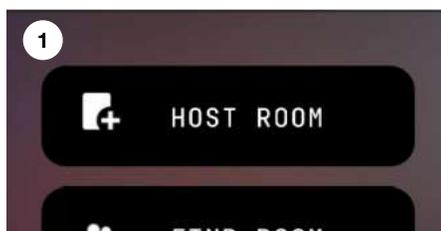
Select **JOIN** to the right of the workout you would like to join

For rooms hosted by Aviron, the workout will start at the scheduled time or when the room is full. For rooms hosted by members, the workout will start 60-seconds after at least two members are in the room

### CREATE A PUBLIC ROOM

A Public Room allows you to host a group workout with other members. The Public Room will appear in the Group Workout Lobby.

1



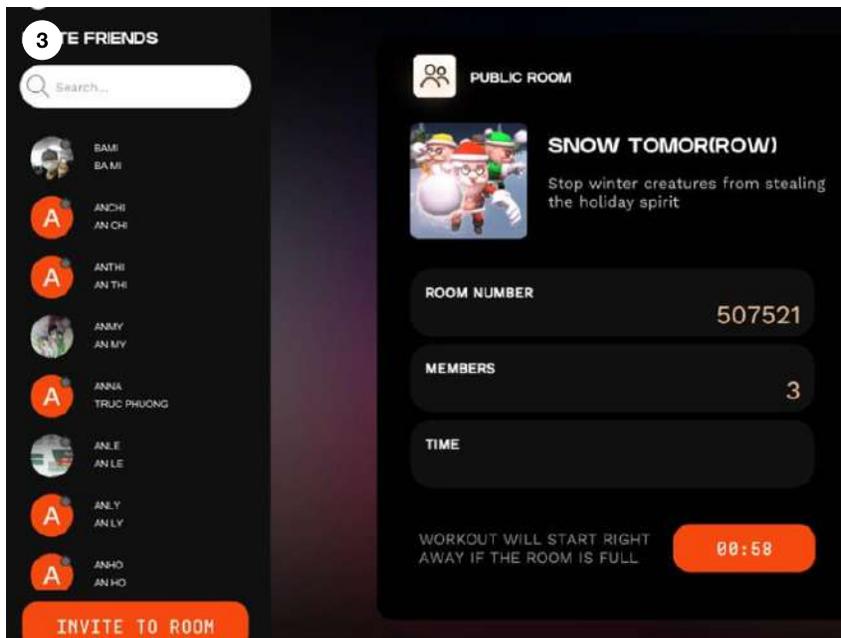
Navigate to the workout you want to start and select **HOST ROOM**

2



Select **HOST PUBLIC ROOM** to create the Public Room

3

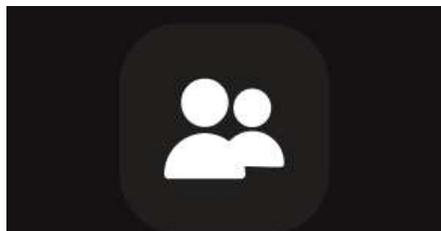


When at least one other member joins the room, the workout will start after 60 seconds

## JOIN A PRIVATE ROOM

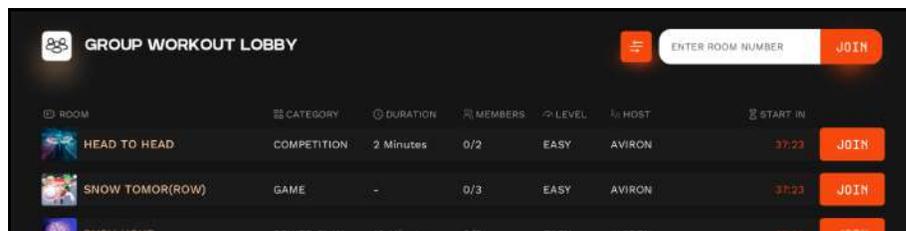
Friends can send you an invitation directly from their room or provide you with the Room Number.

1



If you have been provided a Room Number, select the **Group Workout Lobby** icon at the left of the home screen

2



Enter the Room Number at the top right corner and then select **JOIN**

3

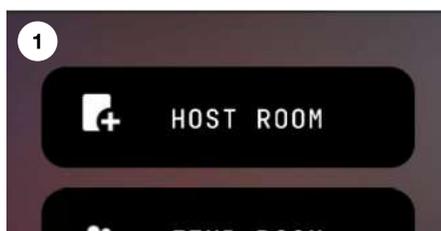


Wait until the host starts the workout

## CREATE A PRIVATE ROOM & INVITE OTHERS

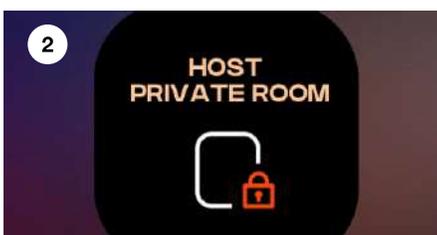
A Private Room allows you to host a group workout with other members. The Private Room will not appear in the Group Workout Lobby.

1



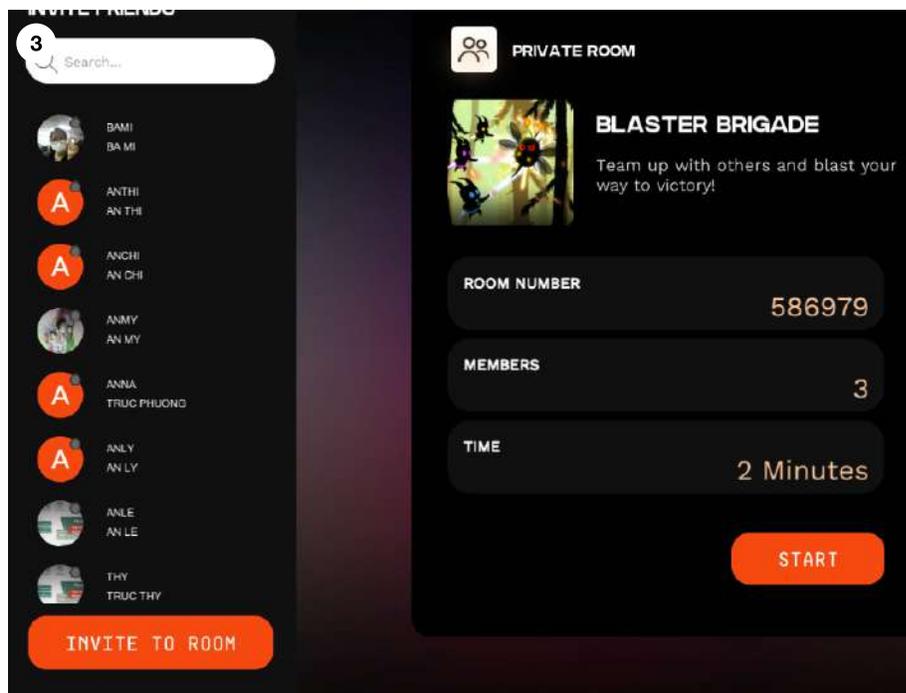
Navigate to the workout you want to start and select **HOST ROOM**

2



Select **HOST PRIVATE ROOM** to create the Private Room

3



Invite friends by selecting their names from the list and then by selecting **INVITE TO ROOM**. Or invite members by providing them with the Room Number

4

Start the workout by selecting **START**

## BLUETOOTH HEADPHONES & HEART RATE DEVICE

### PAIR BLUETOOTH HEADPHONES & SPEAKERS

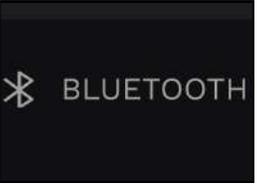
- 1**



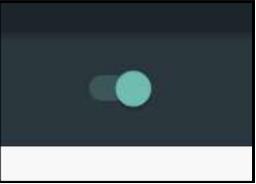
Turn on your Bluetooth headphones/speakers and enable pairing
- 2**



Select the **OPTIONS** icon at the bottom left of the **HOME** screen
- 3**



Select **BLUETOOTH**
- 4**



Ensure Bluetooth is switched on at the top right. The image shows the "ON" position
- 5**



Select the Bluetooth headphones/speakers you want to pair

### PAIR HEART RATE DEVICE

Aviron can pair with any dedicated Bluetooth heart rate device.

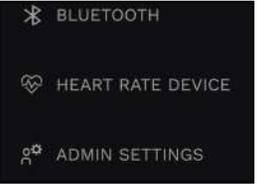
- 1**



Turn on your heart rate device and enable pairing
- 2**



Select the **OPTIONS** icon at the bottom left of the **HOME** screen
- 3**



Select **HEART RATE DEVICE**
- 4**



Select **SEARCH**
- 5**



Select **PAIR** next to your heart rate device

# END BORING WORKOUTS