



ALA COACH+

App Quick Start Guide

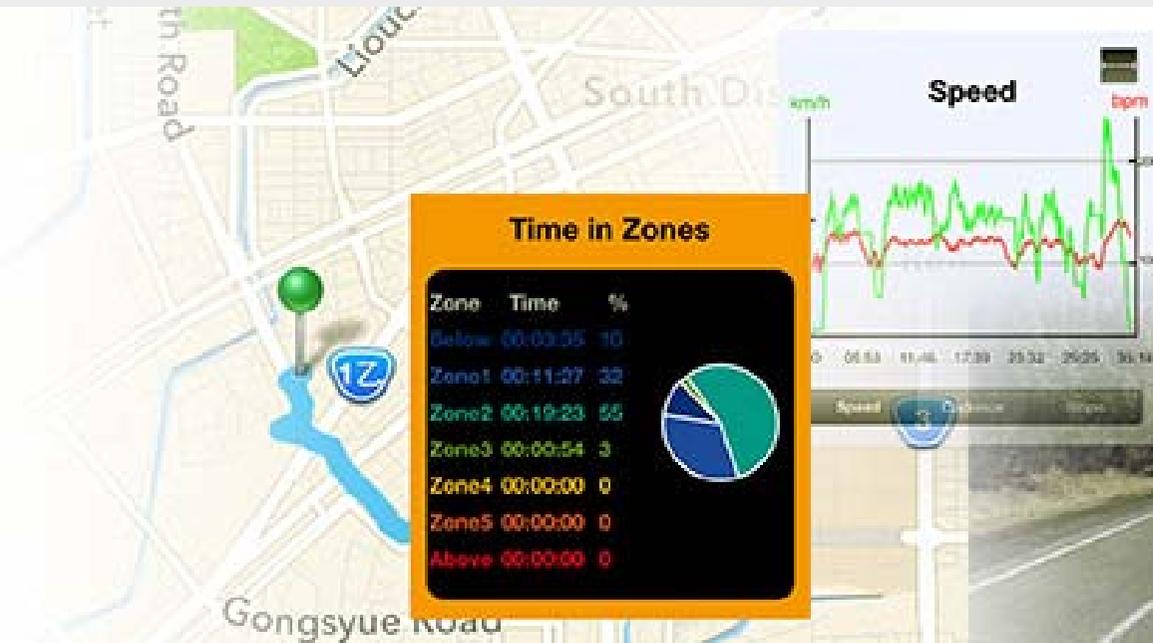


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ALA COACH+ App Overview

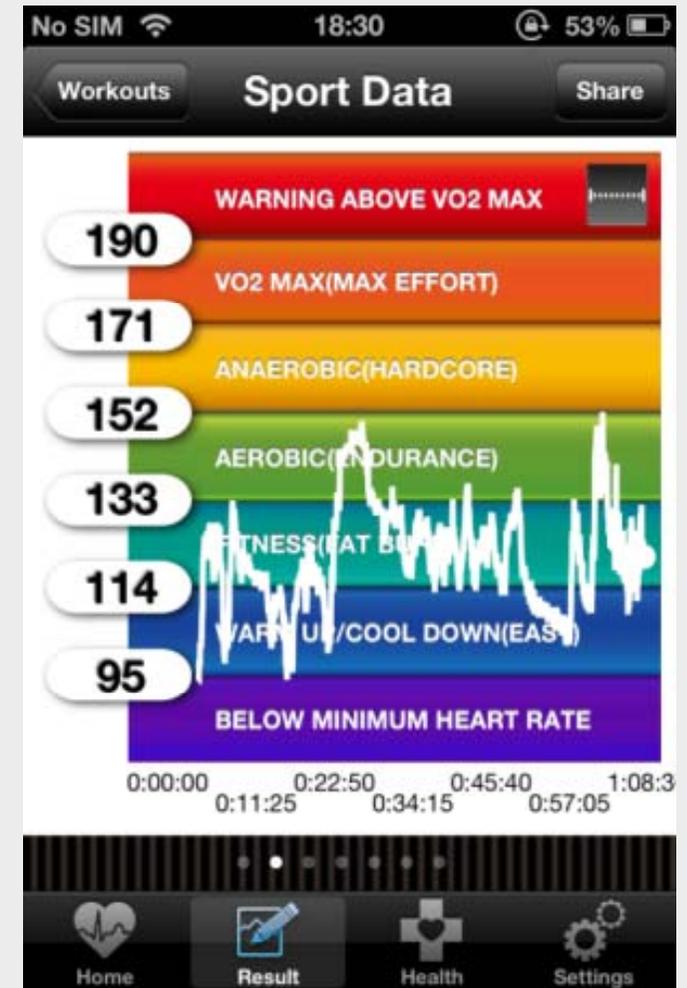
The ALA COACH+ App is designed to work with your ALATECH Bluetooth 4.0 sensor accessories to keep track and analyze your exercise data on supported systems and mobile devices.



Welcome screen



Home



Rainbow cardiograph

Compatible systems and mobile devices

Thanks to Bluetooth Low power (BLE 4.0) wireless transmission technologies, the ALA COACH+ App is compatible with the following operation systems and mobile devices for pairing with various Bluetooth accessories.

OS requirement:

iOS version 5.0 or higher

Compatible mobile devices:

- iPhone 4S or later
- iPod Touch 5th gen or later
- iPad mini or higher
- iPad 3rd gen or higher
- iPad Air or higher



iPod Touch



iPhone



iPad

Compatible Bluetooth accessories

ALATECH Heart Rate Strap:

- CS009



- CS010



- CS011



ALATECH Foot Pod:

- GS002BLE



ALATECH Cycling Speed and Cadence Sensor:

- SC001BLE



Compatible Bluetooth Accessories

(Illustration)



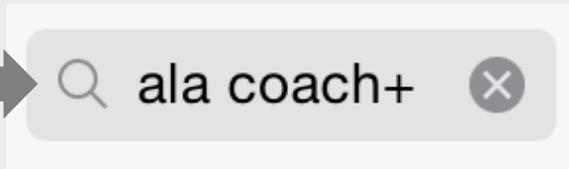
Download ALA COACH+ App

- ALA COACH+ App



System requirement:
iOS 5.0 or higher

- Go to



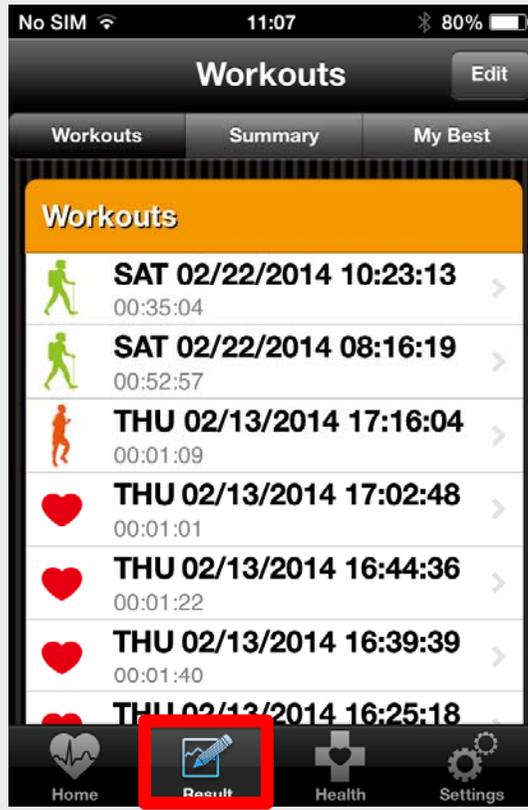
If you like to download to your iPad, tab to "iPhone only".



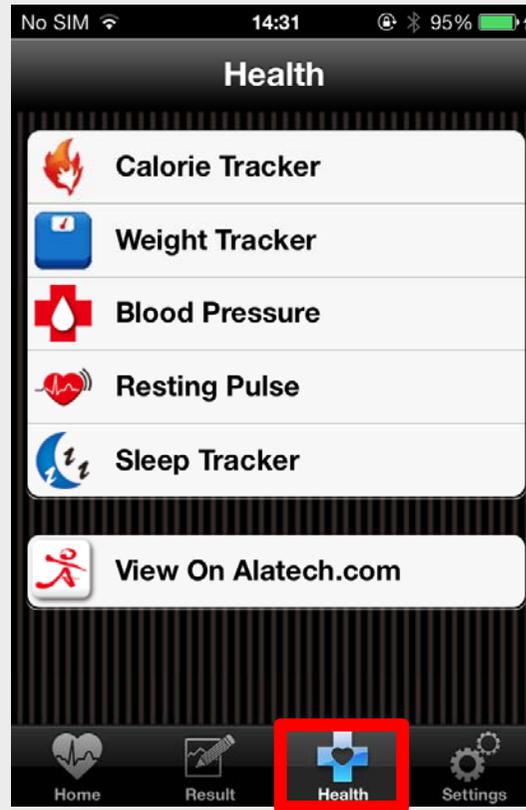
ALA COACH+ Functions



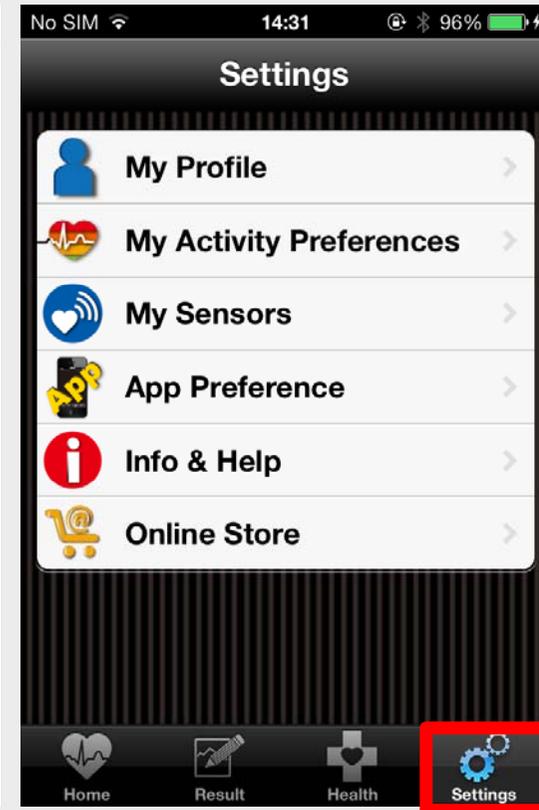
Home/
Exercise Modes



Result

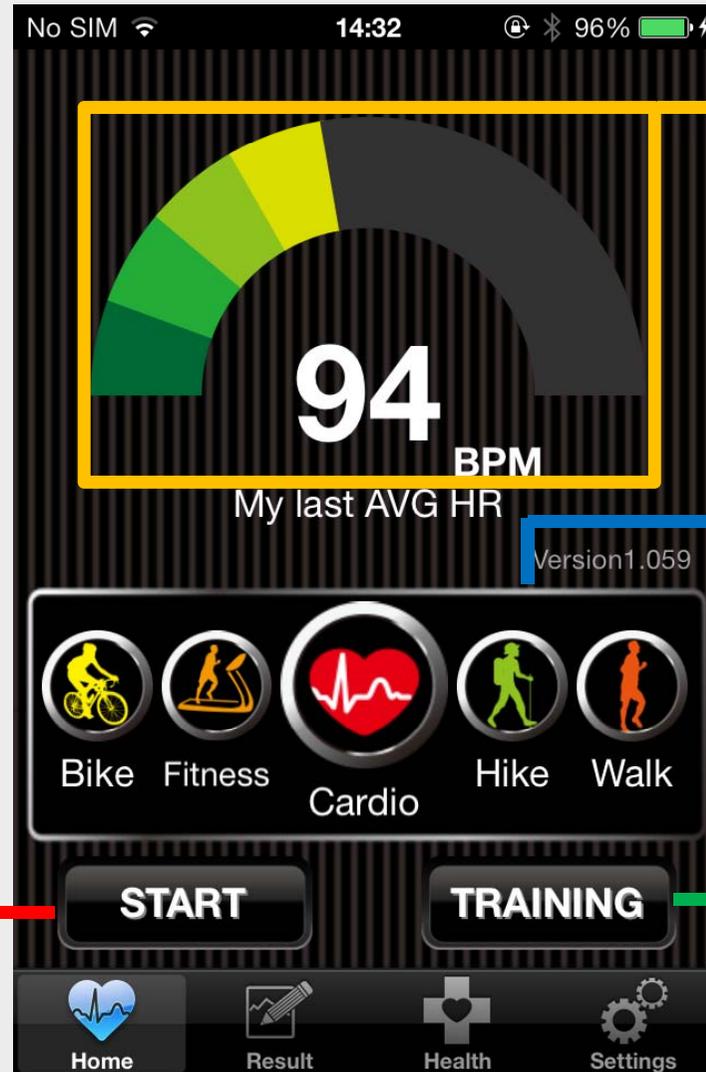


Health



Settings

ALA COACH+ Home/Exercise Modes



This area shows your average heart rate and intensity for your last exercise session.

STEP 1

Slide to select the icon that correspond to the type of training you are about to engage in



STEP 2-1

Touch Start to begin the timer



STEP 2-2

Touch Training to set a goal for your session before the timer starts

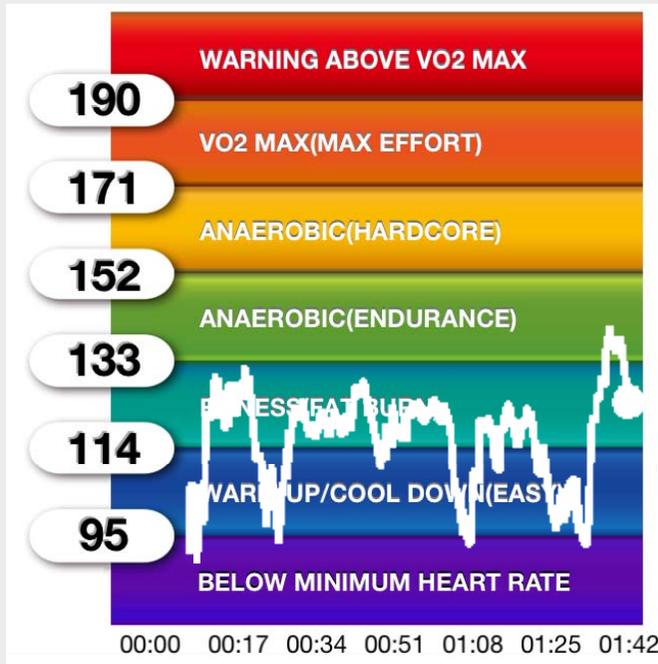
ALA COACH+ Instant Fitness Screen

The screenshot shows the ALA COACH+ Instant Fitness Screen with the following data and annotations:

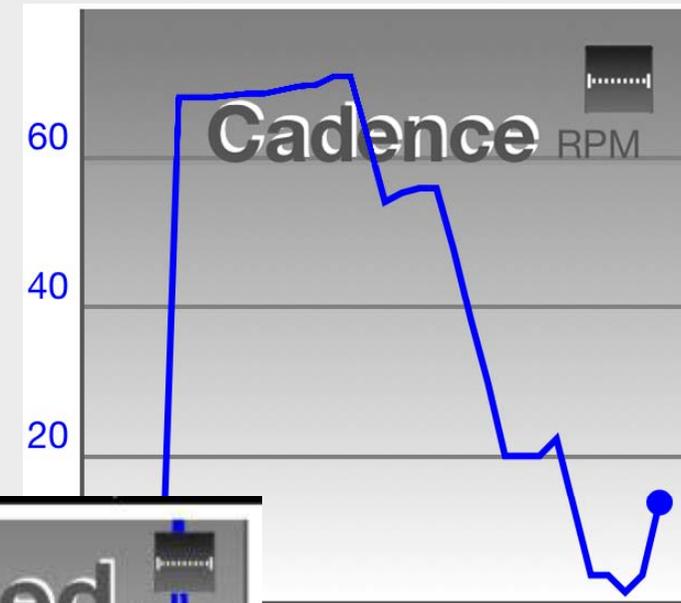
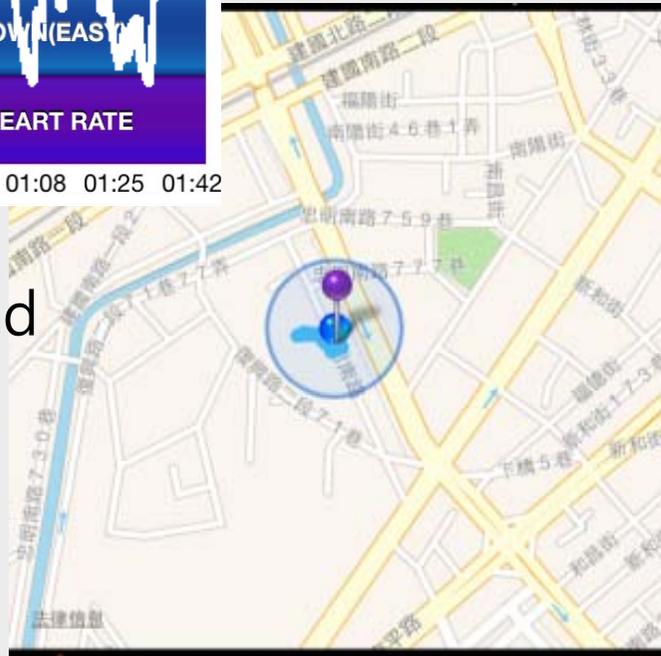
- Real-time Heart Rate:** 109 bpm (circled in red)
- Maximum | Average Heart Rate:** 155 Max | Avg 125 (circled in grey)
- Trip Timing:** 00:19:18 (with alarm clock icon)
- Burning Calorie:** 125 Kcal (with flame icon)
- Distance | Speed:** 2.73 Km | 9.10 Km/h (with road and speedometer icons)
- Pace | Cadence:** 14:03 | 60 RPM (with footprint and footprint with pulse line icons)
- Slide to right to end or resume timing:** (with heart icon)
- Play/ Pause Music:** (with play button icon)
- Skip to Your iTunes Music Playlist:** (with music note icon)
- Skip to application settings:** (with wrench icon)

The bottom navigation bar contains four icons: a heart (red), a play button (green), a music note (yellow), and a wrench (blue). The heart icon is highlighted with a red box and a red arrow pointing to the text "Slide to right to end or resume timing". The play button icon is highlighted with a green box and a green arrow pointing to the text "Play/ Pause Music". The music note icon is highlighted with a yellow box and a yellow arrow pointing to the text "Skip to Your iTunes Music Playlist". The wrench icon is highlighted with a blue box and a blue arrow pointing to the text "Skip to application settings".

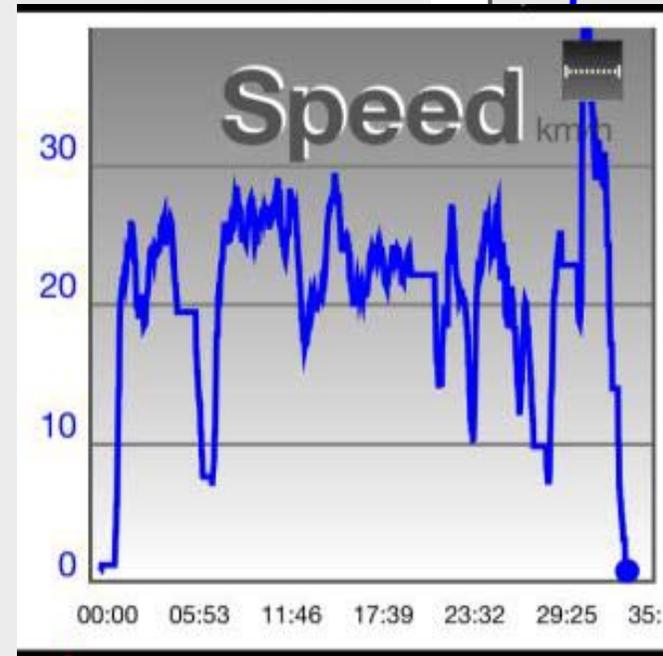
ALA COACH+ Instant Fitness Screen



Intensity zones
rainbow chart and
heartbeat graph



Cadence graph



Speed graph

ALA COACH+ Results

The screenshot shows the ALA COACH+ Results app interface. At the top, the status bar displays "No SIM", signal strength, time "11:07", and battery level "80%". Below the status bar is a navigation bar with the title "Workouts" and an "Edit" button. Underneath the navigation bar are three tabs: "Workouts", "Summary", and "My Best". The main content area is titled "Workouts" and displays a list of workout entries. Each entry includes an icon (hiker, runner, or heart), a date and time, and a duration. The bottom of the screen features a dock with four icons: "Home", "Result", "Health", and "Settings".

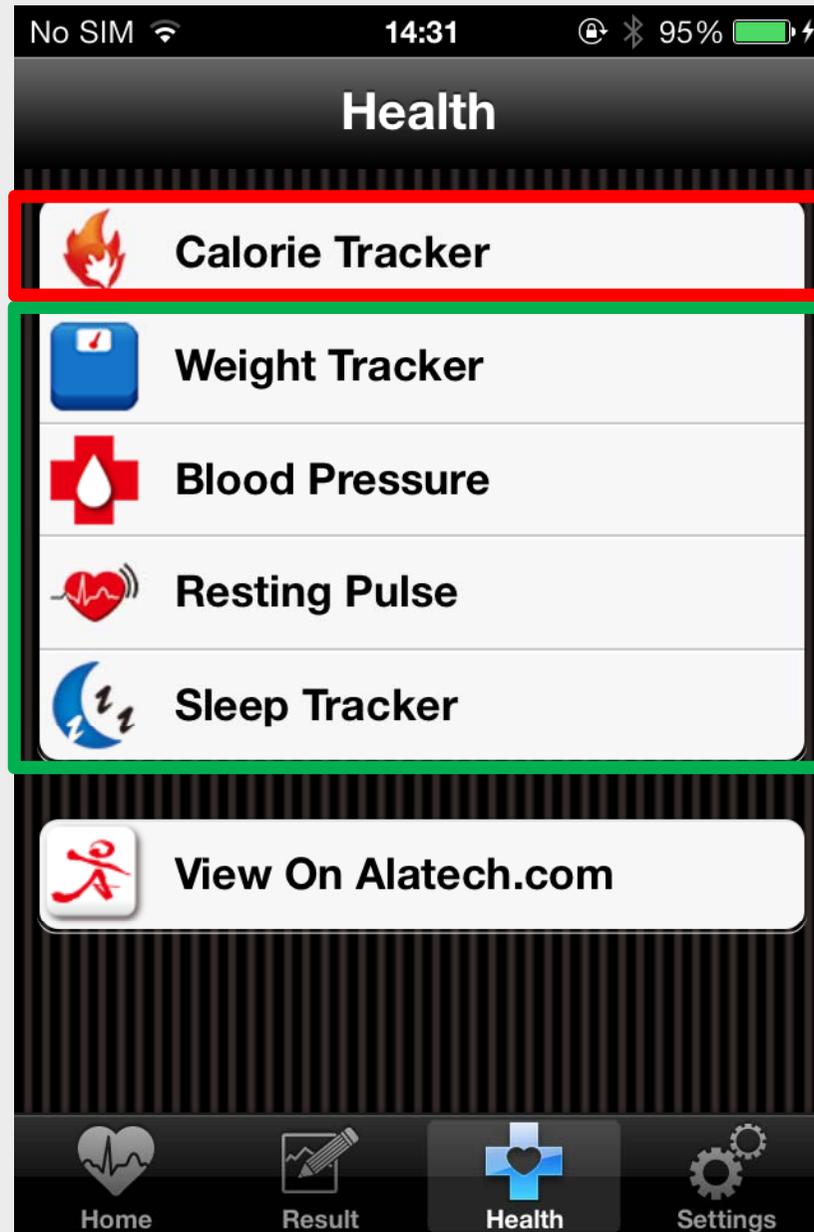
Annotations:

- Workouts (Red box):** You can browse each entry of workout results
- Summary (Green box):** Use this to see a summary of results
- My Best (Blue box):** Browse your best records for the month/year/all exercises
- Edit (Yellow box):** Use this to delete a selected entry

Icon	Date & Time	Duration
Hiker	SAT 02/22/2014 10:23:13	00:35:04
Hiker	SAT 02/22/2014 08:16:19	00:52:57
Runner	THU 02/13/2014 17:16:04	00:01:09
Heart	THU 02/13/2014 17:02:48	00:01:01
Heart	THU 02/13/2014 16:44:36	00:01:22
Heart	THU 02/13/2014 16:39:39	00:01:40
Heart	THU 02/13/2014 16:25:18	

ALA COACH+ Health

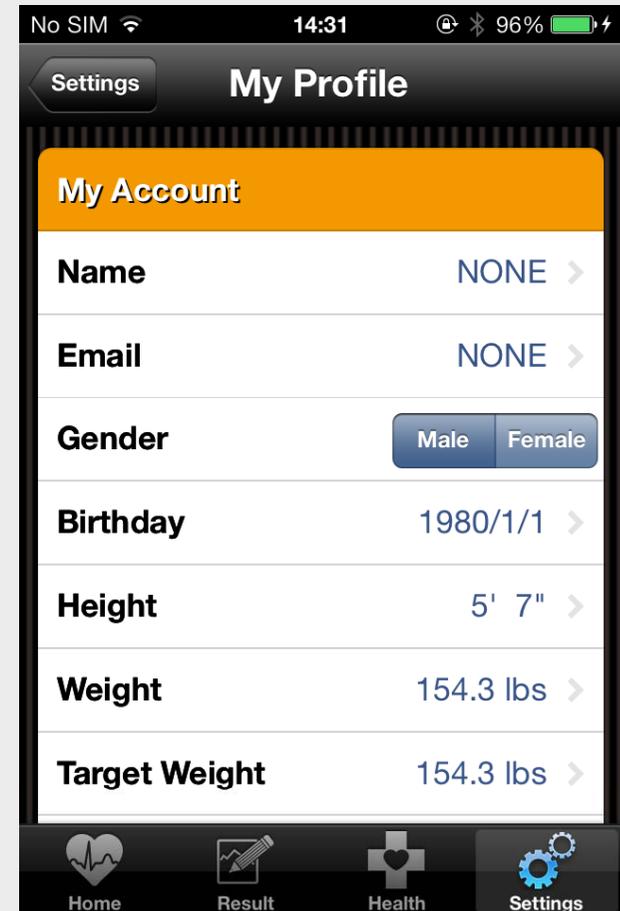
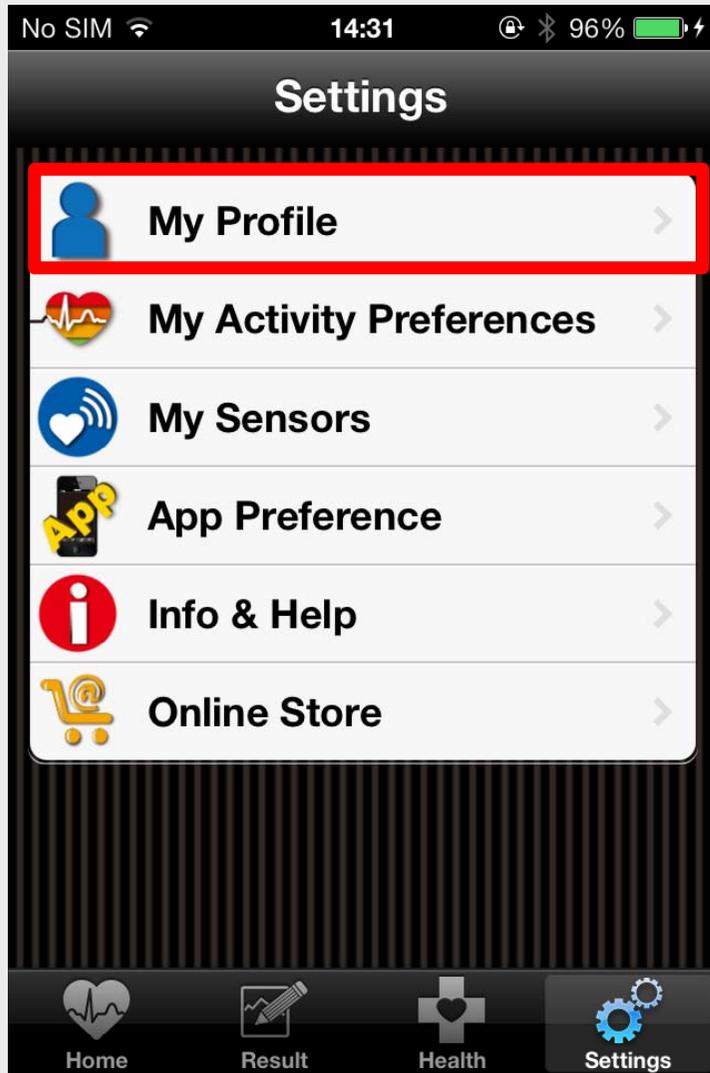
You can use the ALA COACH+ to track various data such as weight, blood pressure, resting pulse, sleep pattern and browse the progression of your personal health in trend charts.



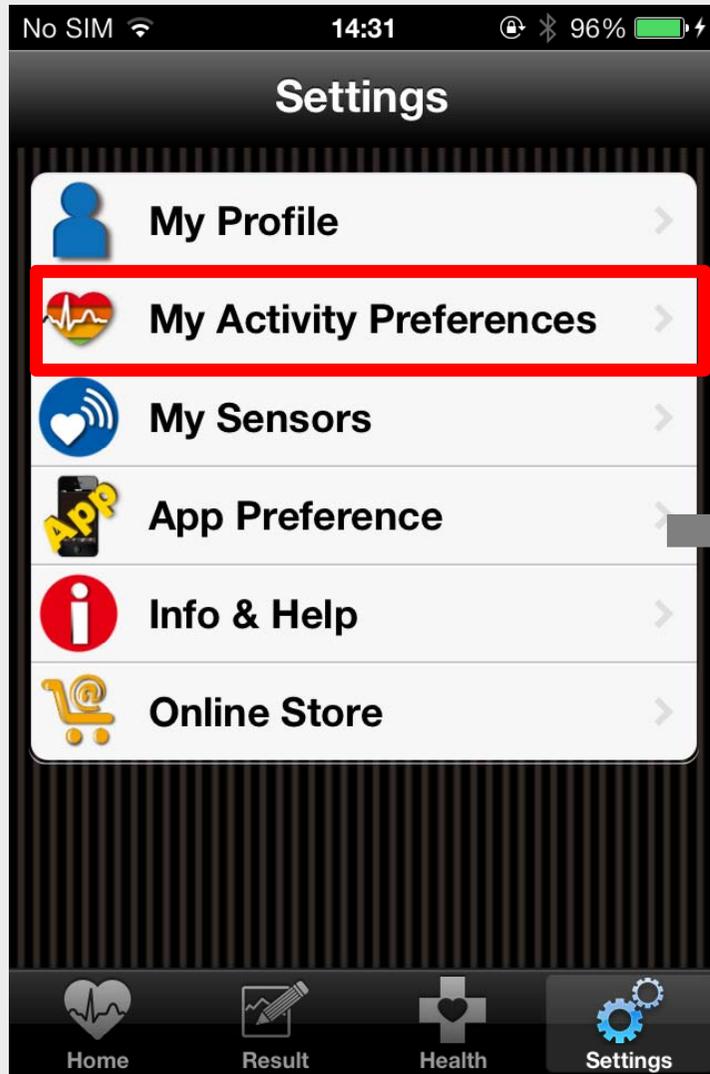
The calories you have lost during exercises will be shown in a bar graph.

ALA COACH+ Settings > My Profile

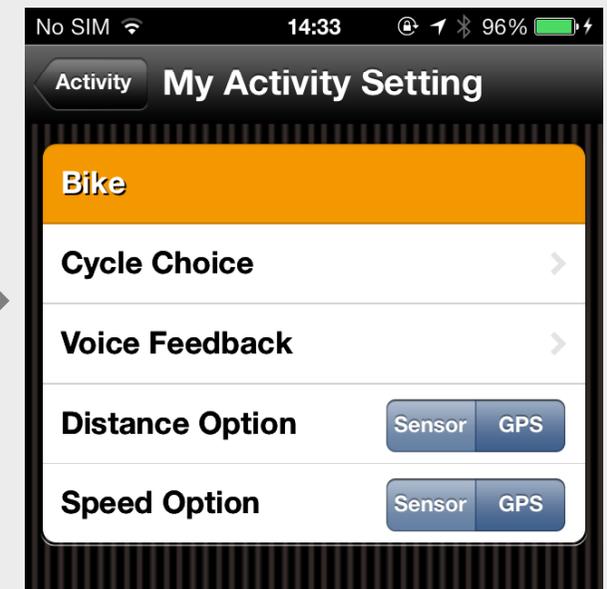
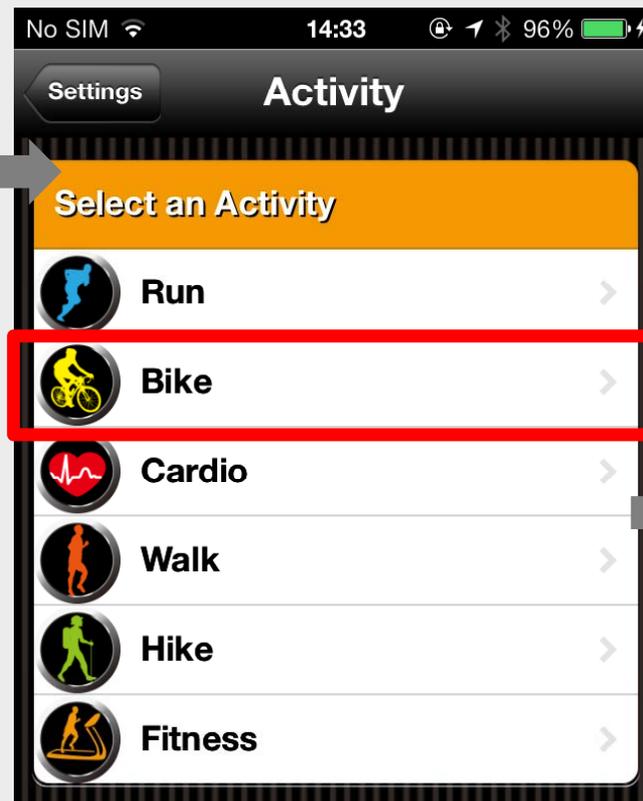
You can enter personal information such as your name, email address, gender, birthday, height, weight, unit conversion and so forth.



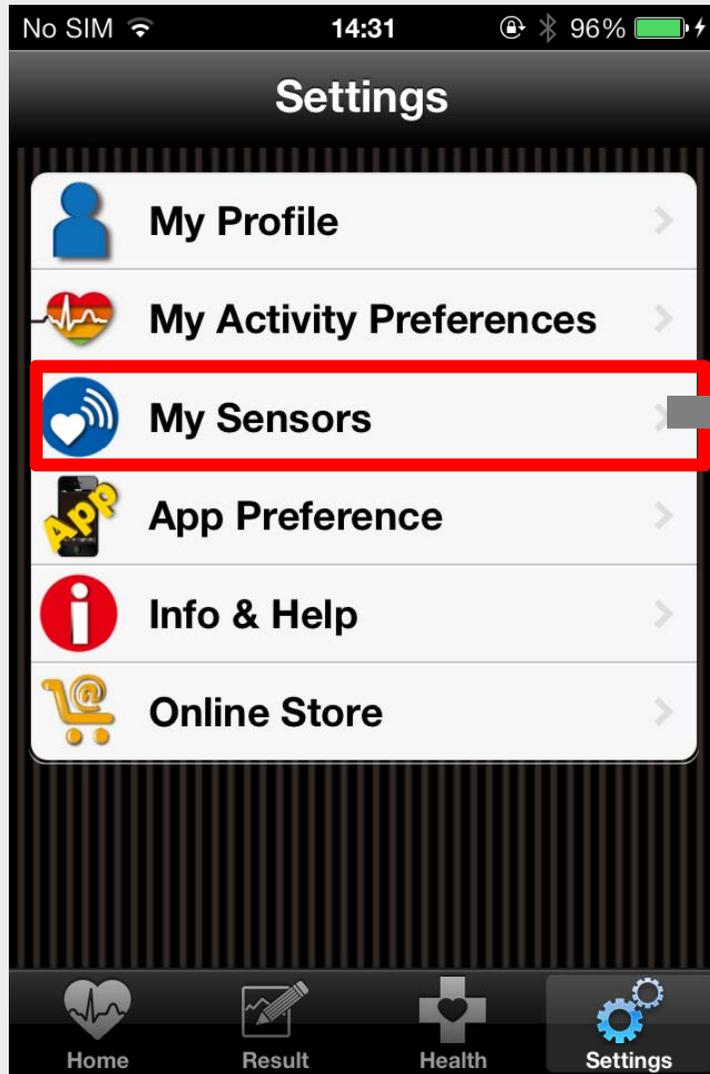
ALA COACH+ Settings>My Activity Preferences



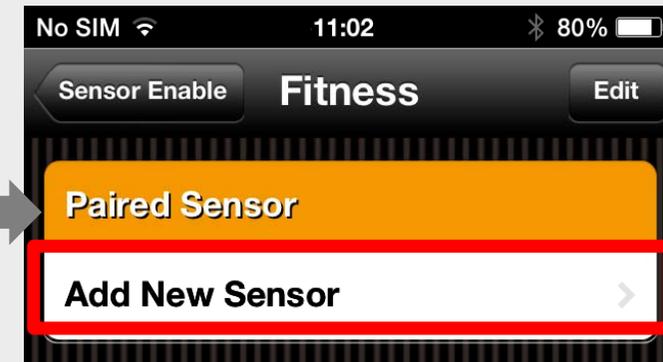
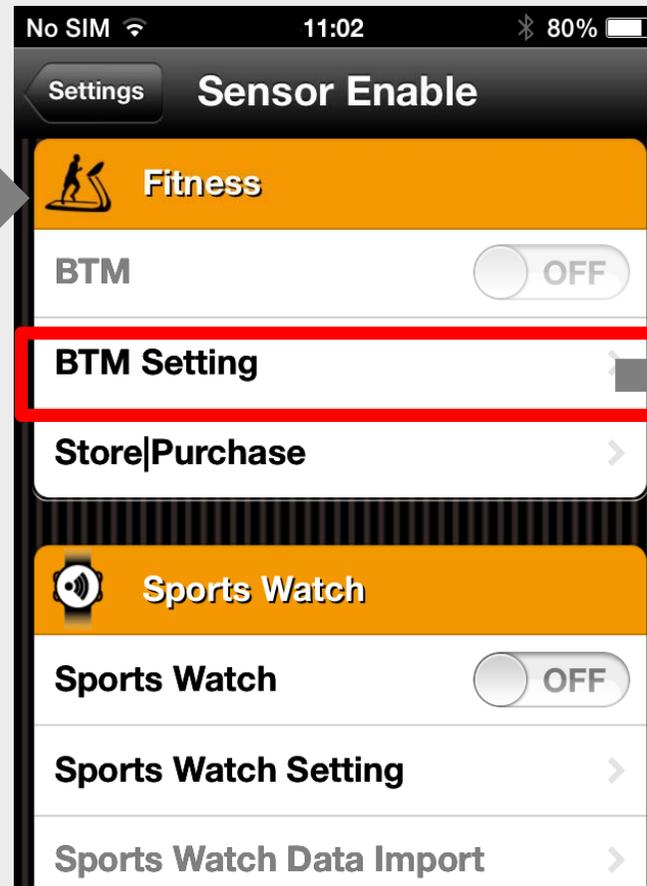
You can configure various options for each specific activity, including voice feedback setting, distance and speed detection by sensor or GPS, bicycle wheel circumference and so forth.



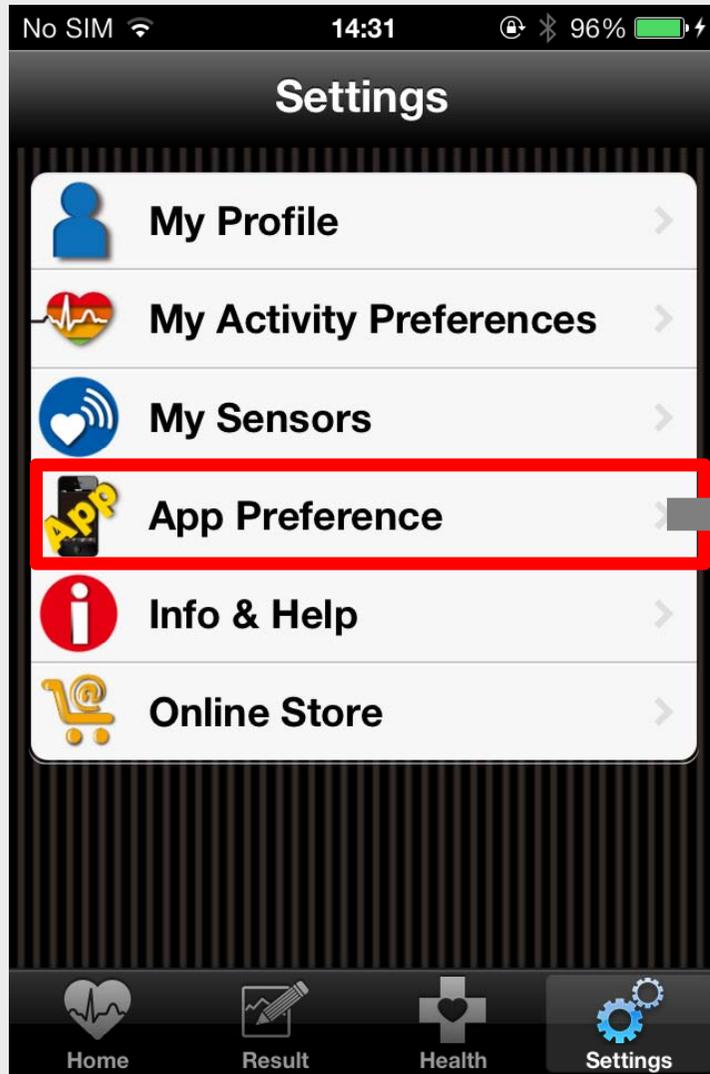
ALA COACH+ Settings > My Sensors



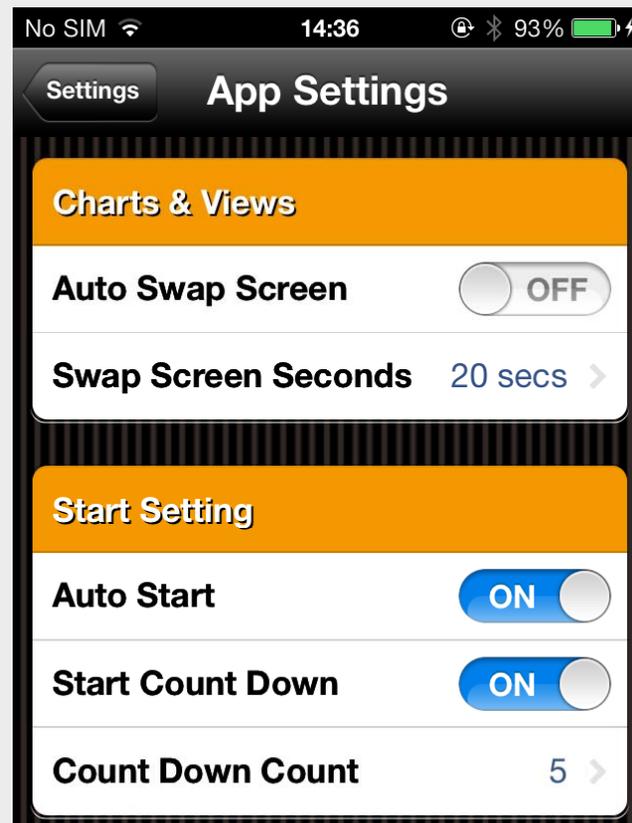
You can enable Location & GPS, Add/Enable/Pair with relevant Bluetooth accessories and devices here.



ALA COACH+ Settings > App Preferences

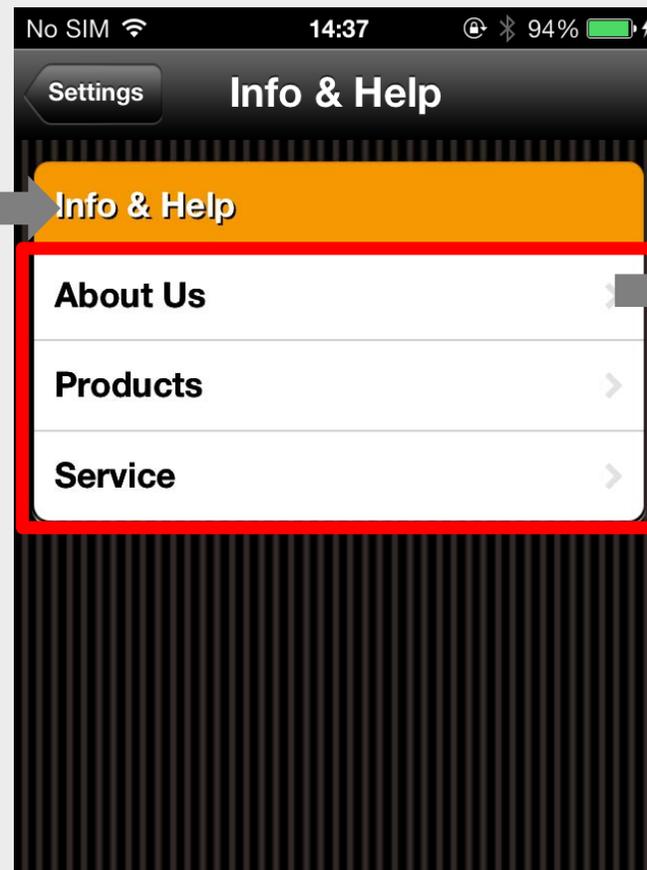
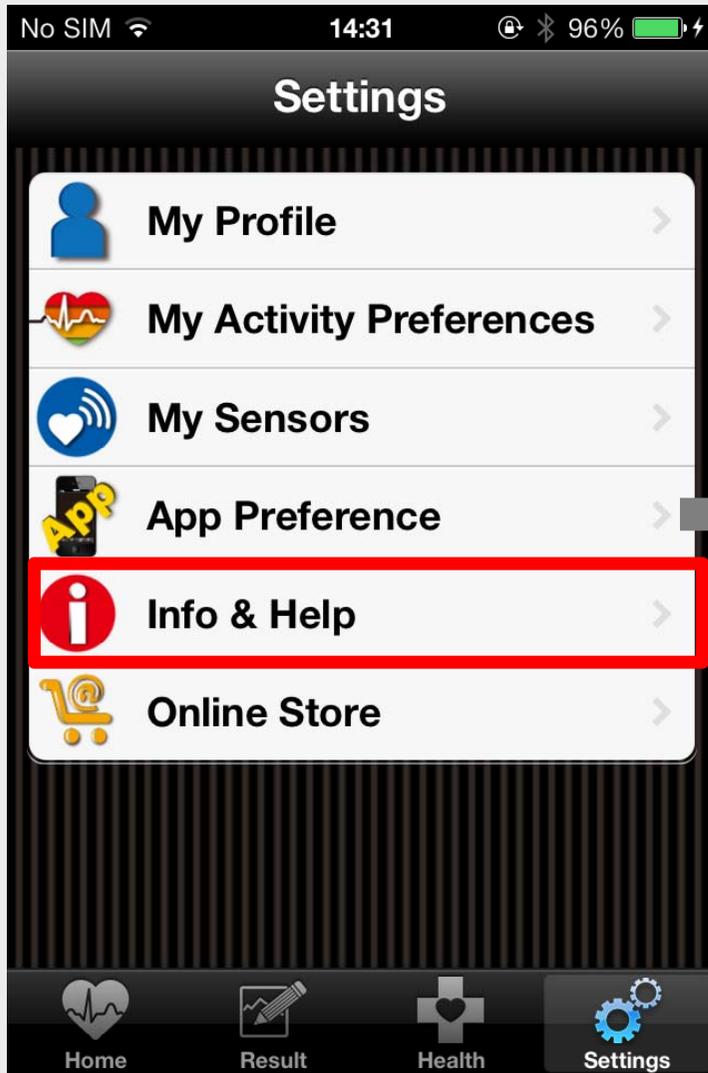


You can enable a number of functions here, including Auto Swap Screen, Count Down Count, Pause Settings, Voice Feedback, Zone Alert & Prompts, Enable Map Rotation and so forth.

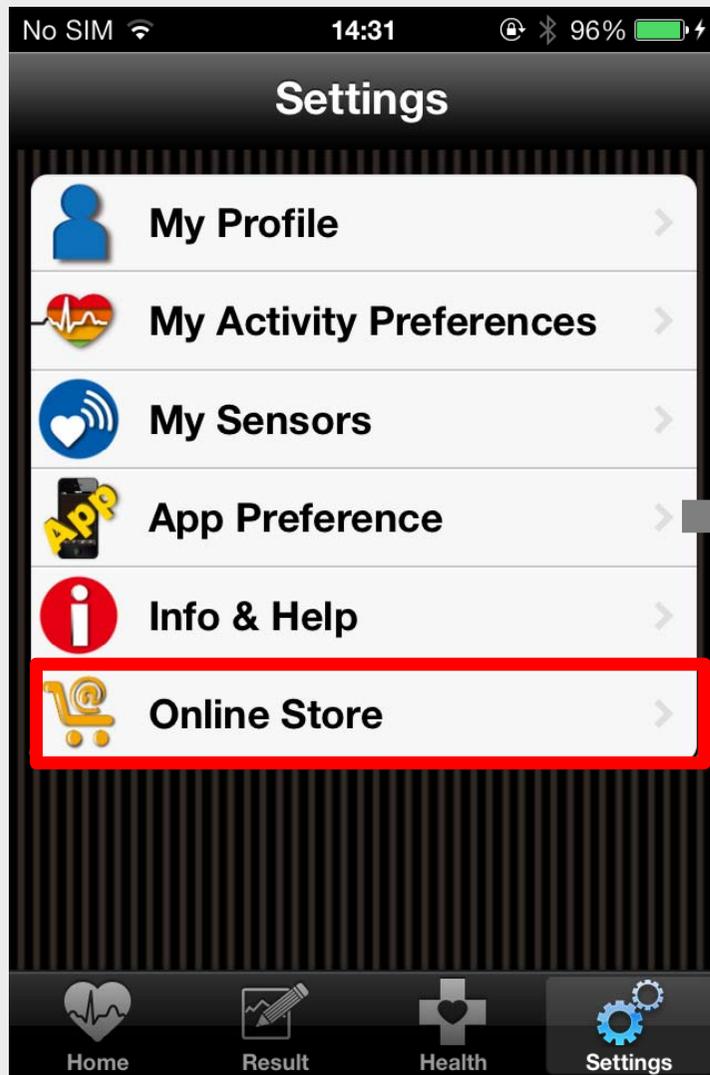


ALA COACH+ Settings > Info & Help

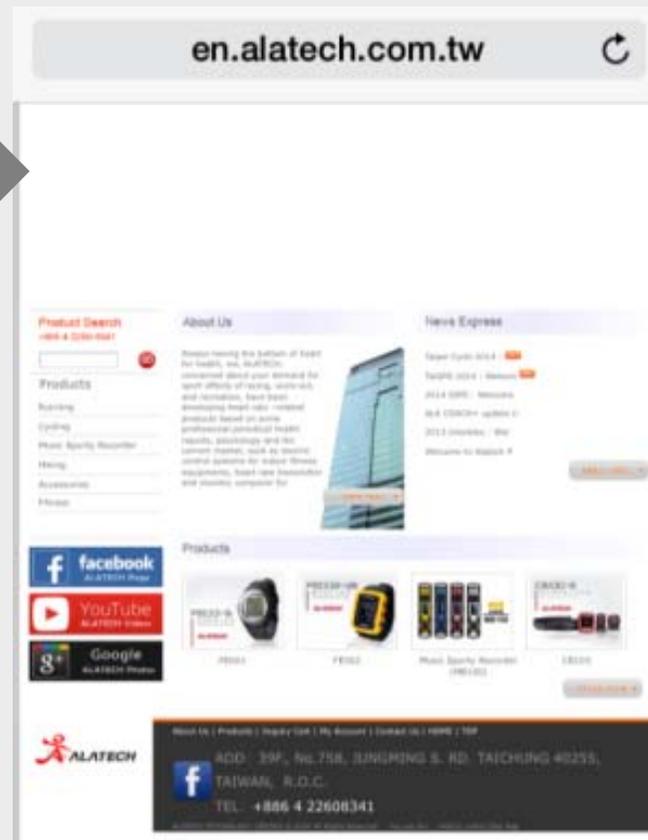
You can access ALATECH's home page here.



ALA COACH+ Settings > Online Store



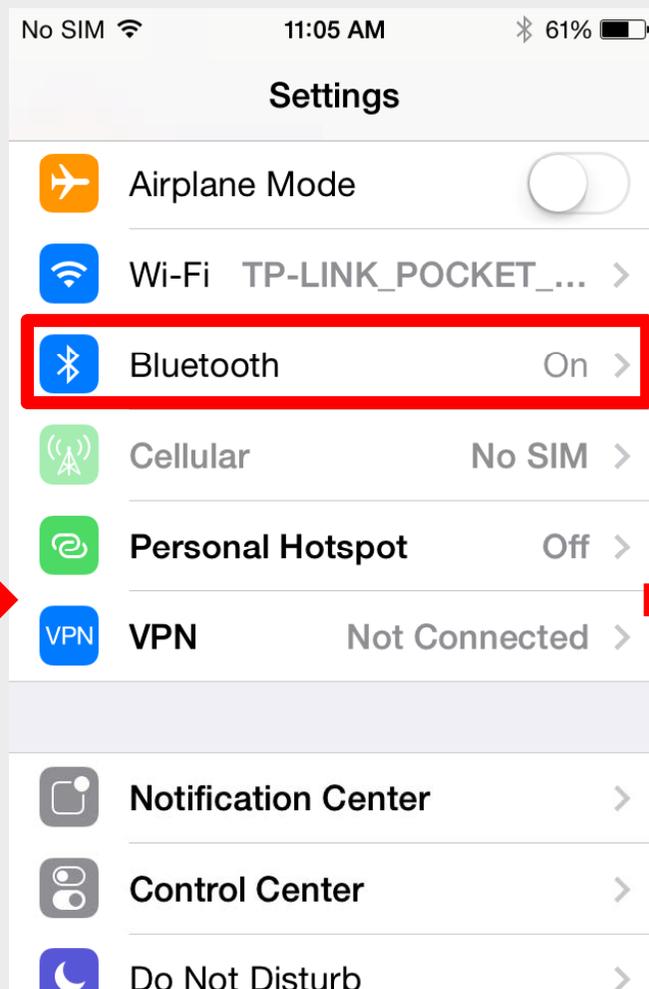
ALATECH's online store is currently under construction; selecting the option will lead you to ALATECH's homepage.



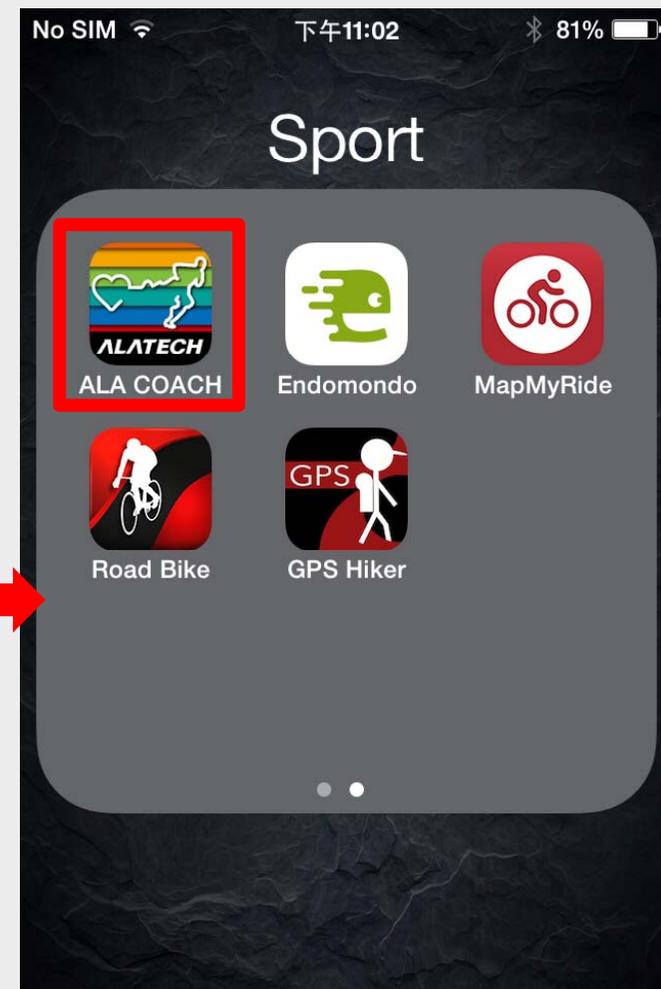
Pairing with your Bluetooth accessories



STEP 1
Go to Settings

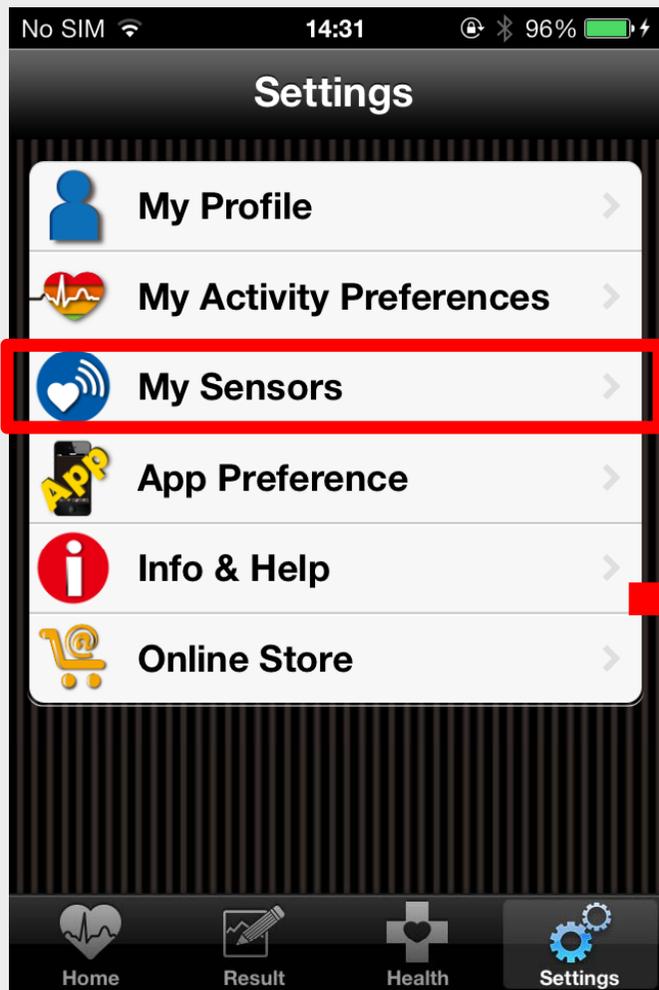


STEP 2
Enable Bluetooth



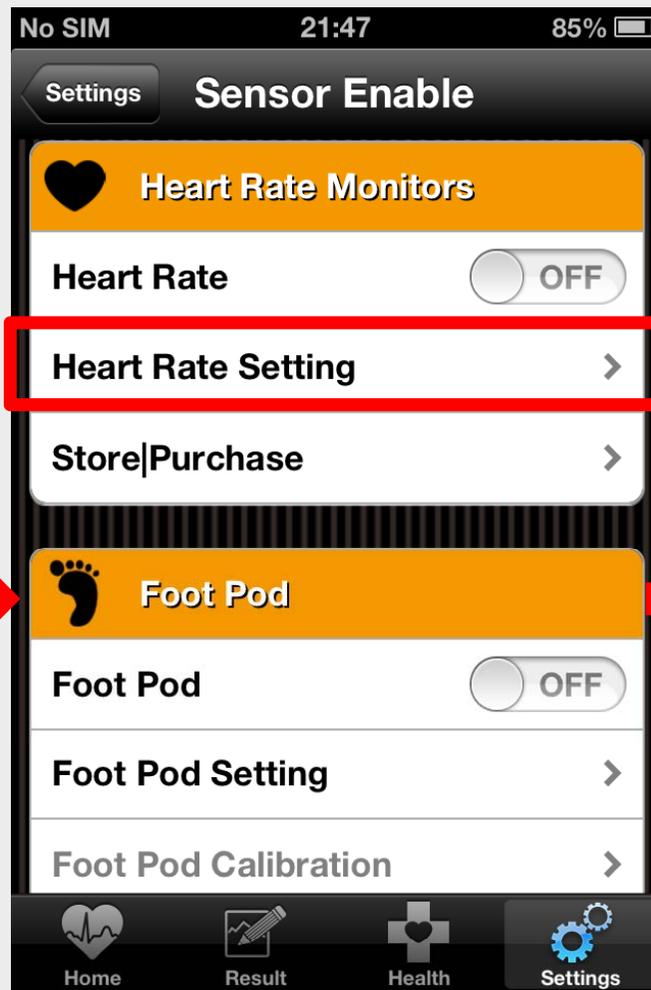
STEP 3
Activate ALA COACH+

Pairing with your Bluetooth accessories



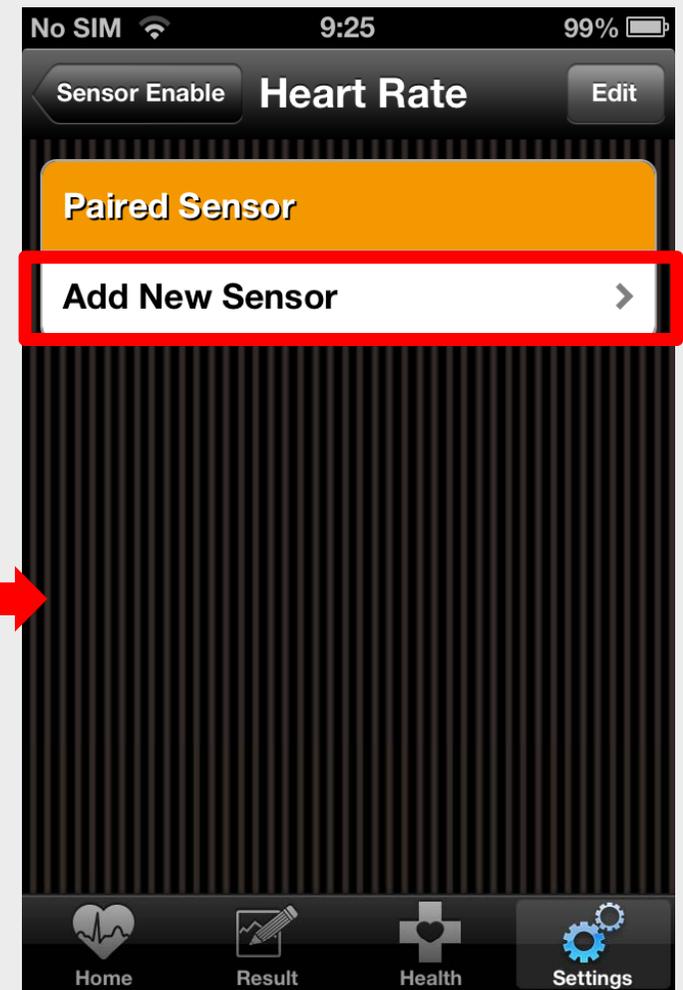
STEP 4

Go to My Sensors



STEP 5

To pair with a Fitness Equipment, select "BTM^{NOTE} Setting"

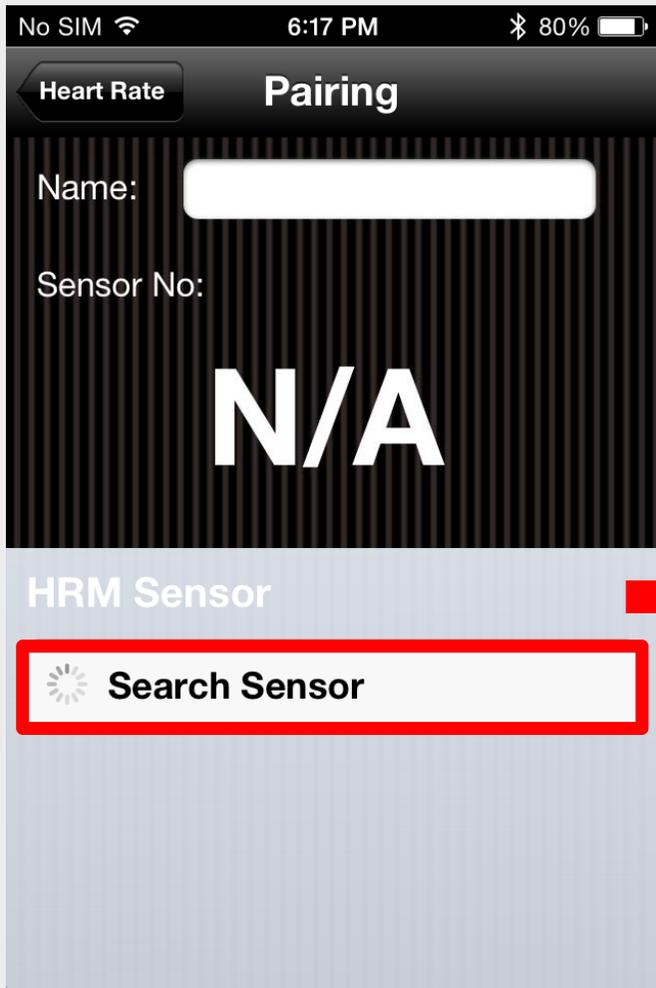


STEP 6

Select "Add New Sensor"

NOTE: BTM is an abbreviation of Bluetooth Module which in the fitness equipment panel.

Pairing with your Bluetooth accessories



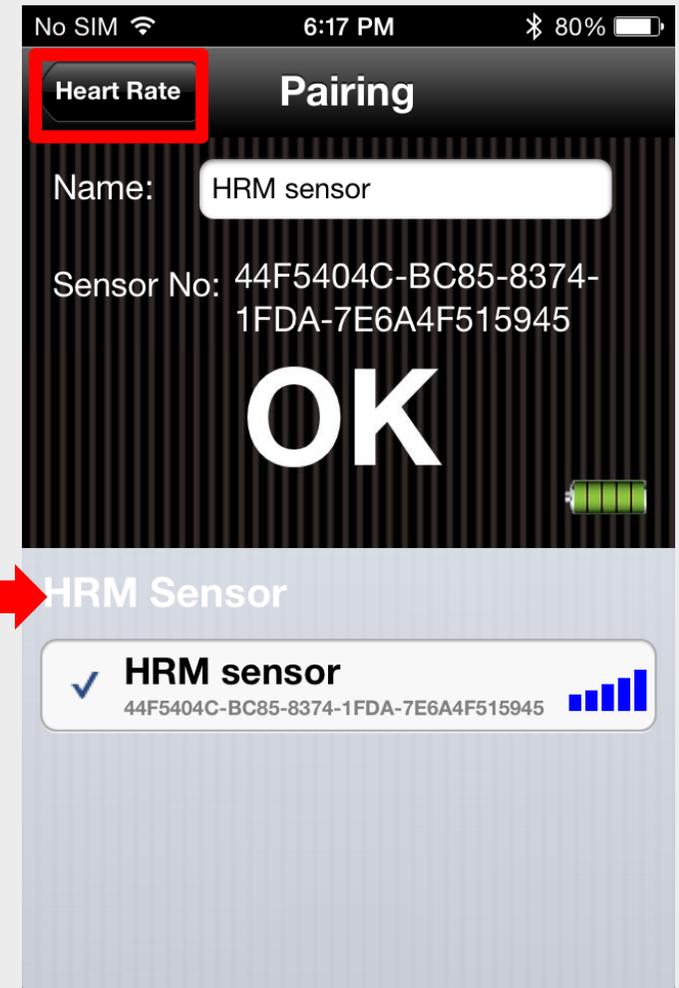
STEP 7

Activate the App and search for your heart rate strap



STEP 8

Select the option to finish pairing

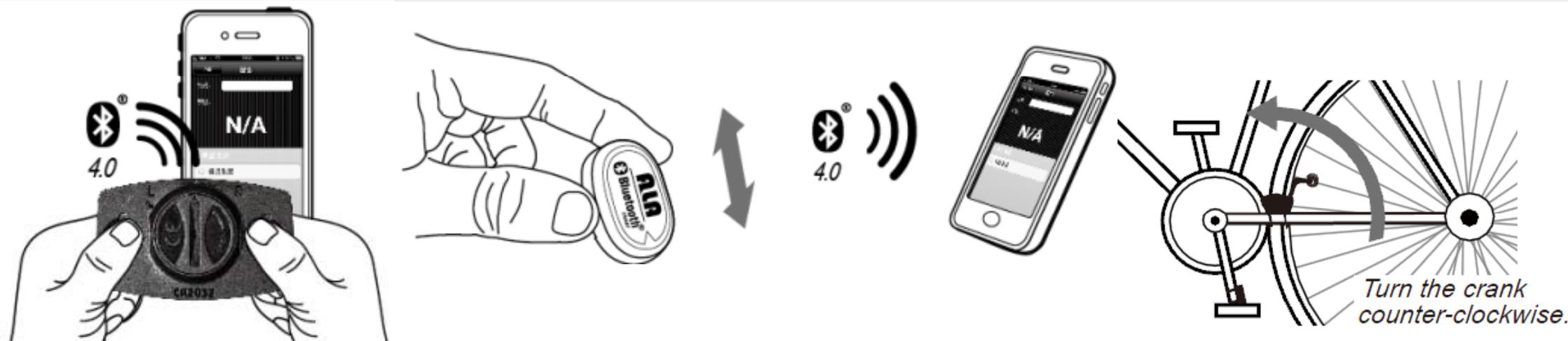


STEP 9

Pairing successful →
Select Heart Rate → Exit

Notes on pairing with Bluetooth accessories

1. When pairing with a Bluetooth accessory, keep your sensor and mobile phone within 10cm from each other. Keep both away from other Bluetooth devices.
2. When pairing with a heart rate strap, be sure to wear the strap on your chest or press and hold the metal buttons on the sides of the sensor with your thumb and index finger until the App finds the sensor.
3. When pairing with a foot pod, shake the foot pod at a steady tempo until the App finds the sensor.
4. When pairing with a cycling speed & cadence sensor, spin the pedal in a counter-clockwise direction until the App finds the sensor.



ALA COACH+

Thank You

