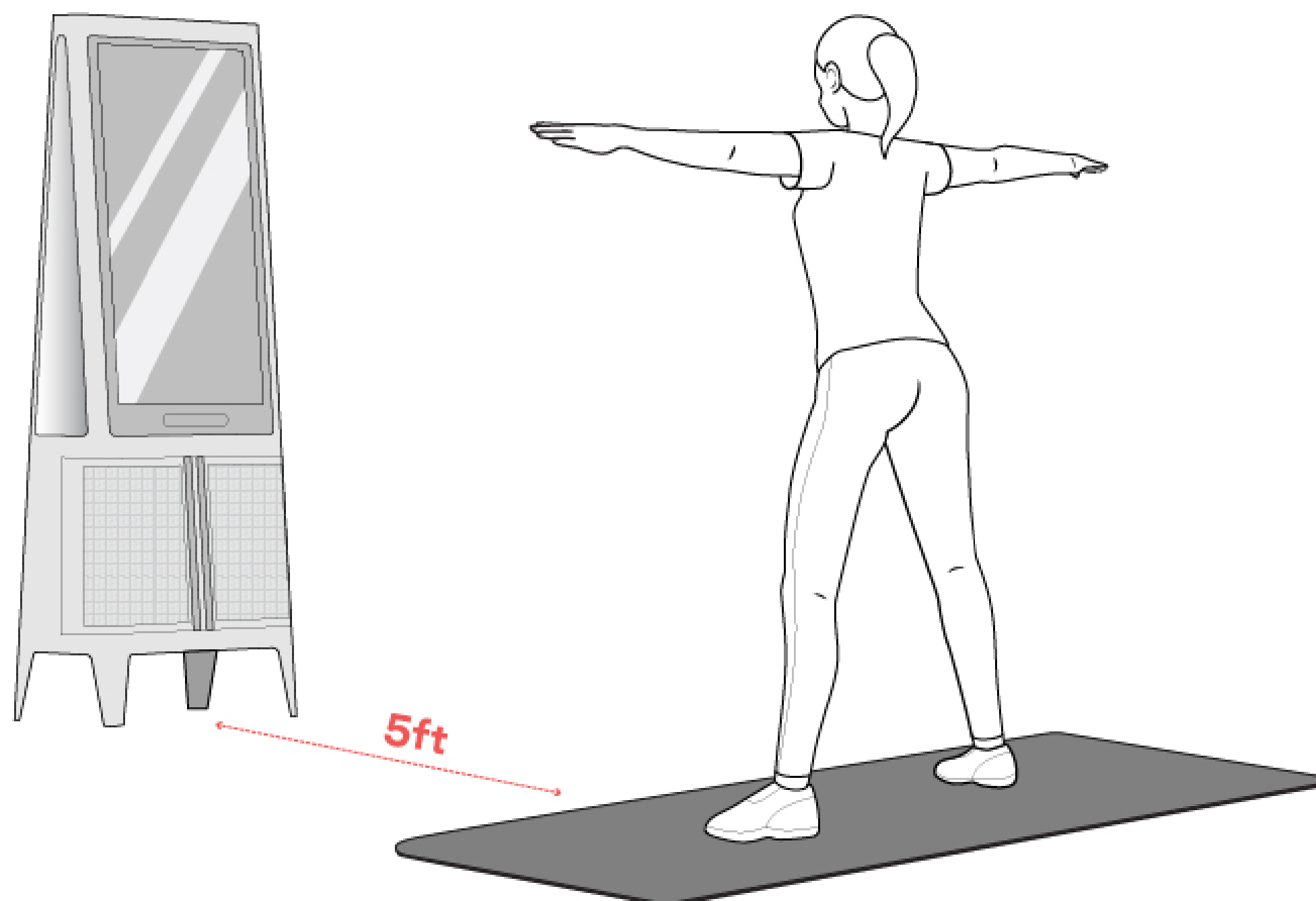


QUICK START GUIDE

1. GIVE YOUR TEMPO ITS NEW HOME

You'll need about eight by eight feet of open space in front of your Tempo, with nothing between you and the screen during a workout. Your mat goes five feet away, with the long side parallel to the screen.



Leave a little bit of space behind and to either side of your Tempo so you can easily grab the weights and bars.

For best results, avoid placing your Tempo so that direct sunlight hits the screen. This can interfere with our 3D motion tracker.

2. INSTALL DUMBBELL/BARBELL HOOKS

These little hooks keep your dumbbells and barbells conveniently attached to your Tempo. Use the included allen wrench to screw them into the empty holes completely in the back, making sure the hooks are facing outward.

3. TURN IT ON

Remove the plastic from the screen and sensor. Press the power button behind the bottom right corner of the screen, just around the back:



4. CREATE YOUR ACCOUNT

Connect to WiFi and follow the steps on the screen. Add a profile photo on the Tempo iPhone app or by logging into tempo.fit.

5. BEFORE YOU BEGIN

Consult your physician before starting this or any other fitness program to determine if it's right for you.

6. YOUR FIRST CLASS

Next, you'll be shown a short video introducing your new weight set. After the video, you'll be guided to our assessment, so Tempo can begin to learn how much weight to recommend for you.

7. HEART RATE MONITOR

Turn it on by pressing the button on top, so you see a blue light flashing. Wear it snugly on your upper forearm or bicep. If it doesn't turn on, charge it for at least half an hour.

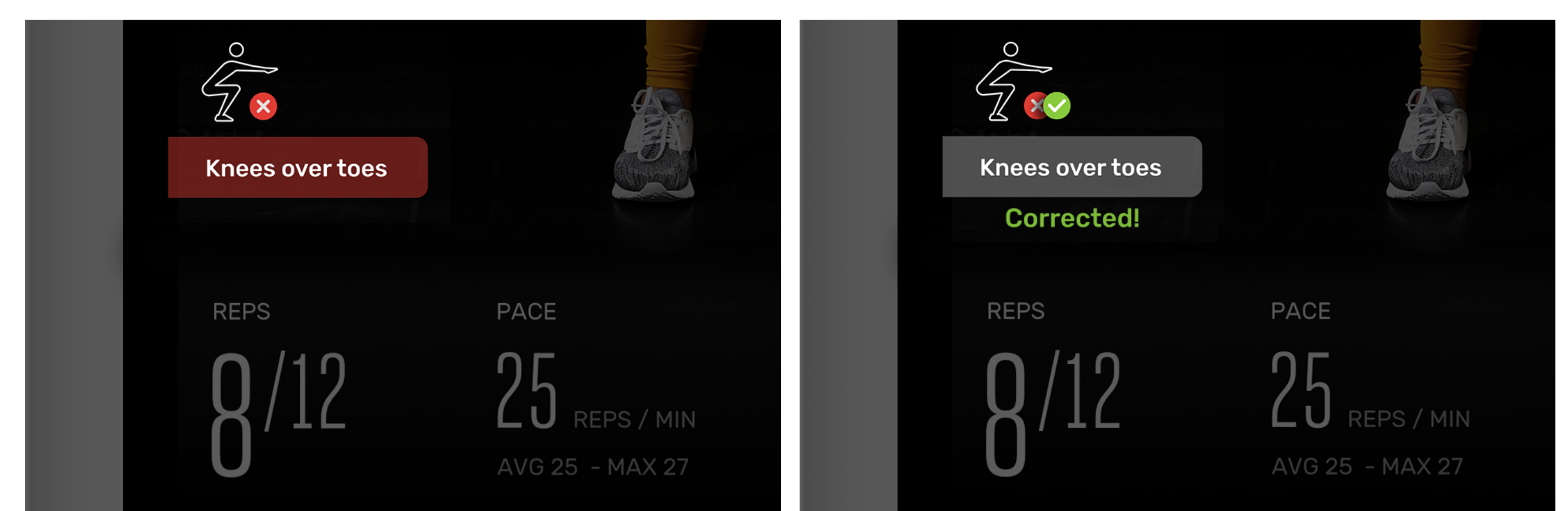
8. PERFORMANCE TRACKING

During class, face the direction that your coach is facing, so the sensor can properly track your form. As you work out, Tempo will record your pace, range of motion, and reps.

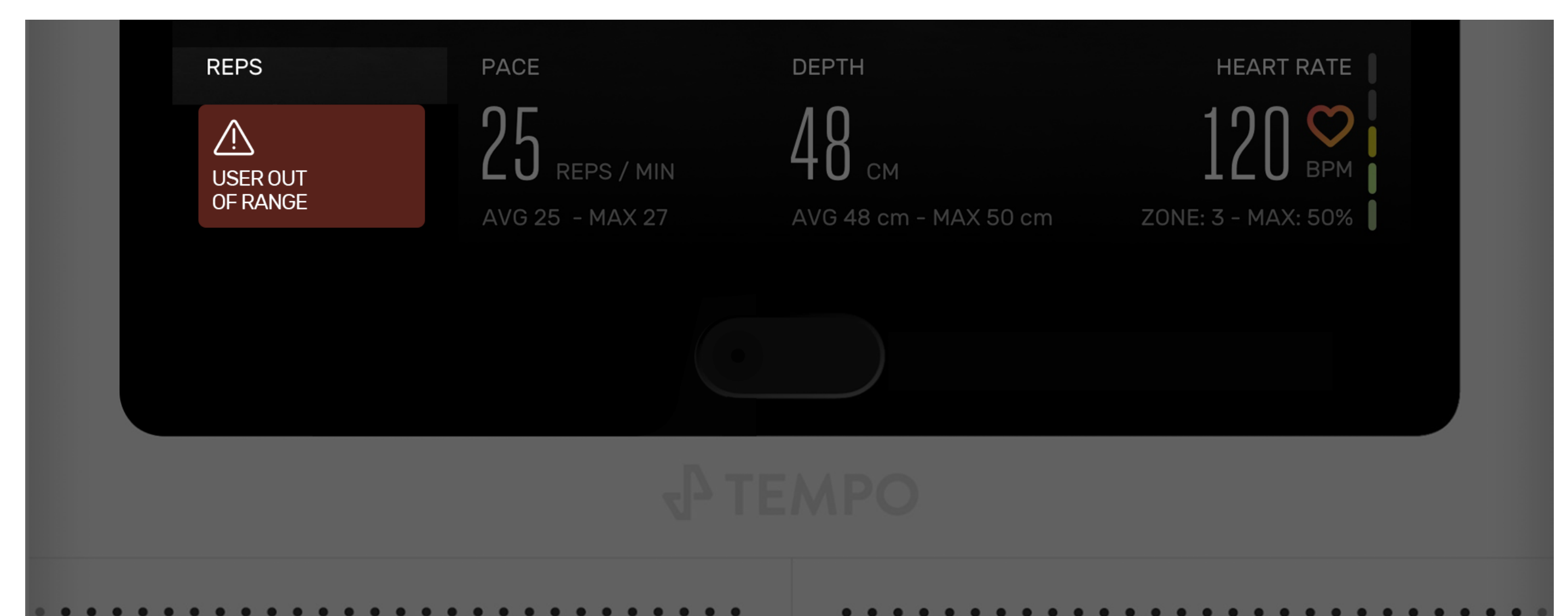
Note: You're encouraged to go beyond the target number. This lets Tempo know 1) you rock, and 2) you're ready to increase weight.

9. FEEDBACK

Anytime Tempo senses your form can be improved or fine-tuned, a visual cue will flash on the bottom left of the screen just above the rep counter, and flash again to let you know when you've got it right.



If at any point during your workout you move out of position, a red flash will appear over the rep counter, letting you know you're either too close or too far away.



Questions? Email us at hello@tempo.fit