

IWM Users' Manual





IWM - A CUSTOMISED EXERCISE PROGRAMME

IWM calculates the calories needed to be burned by the user to maintain weight. This calculation is based on food intake and weight in contrast with standard body mass index (BMI). It's just like having a personal training consultant.

The IWM console obtains user weight through wireless transmission from the provided IWM scale. It then displays current user weight and offers information on the ideal weight.

The IWM system will generate a personal exercise programme automatically. This customised programme is based on the difference between actual weight and the weight of standard BMI for the user size, gender and age.

IWM is not only for people who are overweight but is also perfect for people who understand weight loss, diet and exercise.

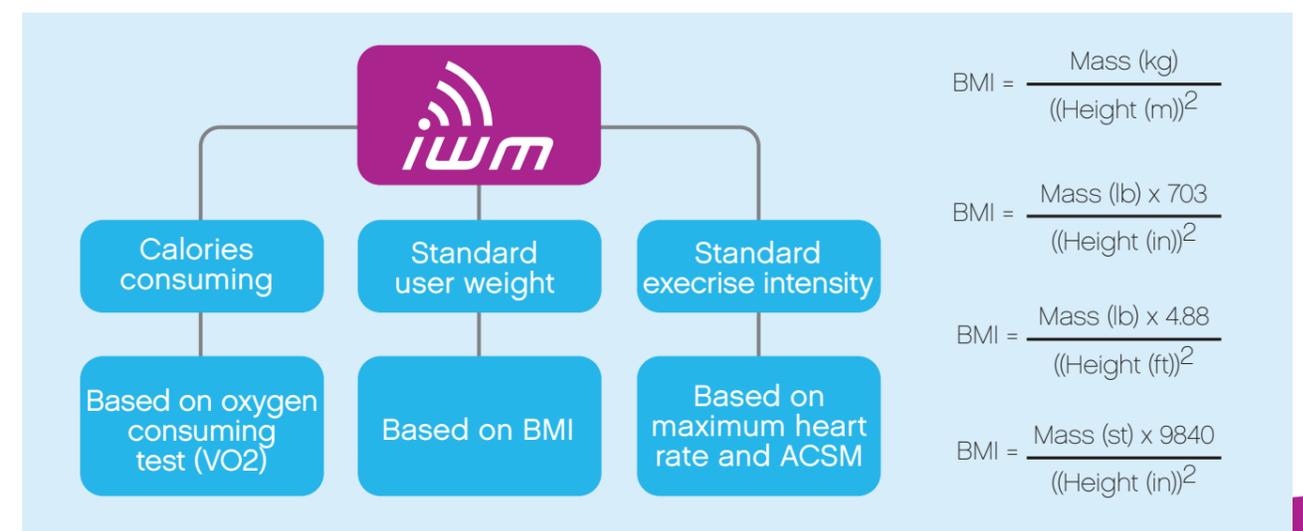
If the actual measured user weight is lower than the standard BMI, the smart IWM programme would also suggest an exercise programme to reinforce muscle building - and to help reach standard BMI.

The IWM can be implemented on various categories of CV equipment ranging from treadmills to stationary bikes and cross trainers.

THE BODY MASS INDEX INTRODUCTION

The Body Mass Index (BMI) is a heuristic proxy for human body fat based on an individual's weight and height. BMI doesn't actually quantify the percentage of body fat. The BMI is defined by the individual's body weight divided by the square of his/her height. The formula is universally used in medicine.

Following is the formula of BMI calculation, kg/m².



INTELLIGENT WEIGHT MANAGEMENT PROGRAMME OPERATION PROCEDURES

STEP 1

Power on Equipment. Press the "IWM" button on console. The IWM light will start blinking. This indicates that the IWM console is ready and the user can be weighed. Stand on the scale in a still manner until the body weight figures is displayed (3 blinks). The body weight figure will be automatically transmitted to the console display. The IWM light stops blinking and will "beep" once after confirmed data transfer. You will see the user weight figure on the console screen.

STEP 2

Press UP/DOWN buttons to select user ID (between U1 to U9) and press ENTER to confirm.

STEP 3

Input the users gender. Press UP/DOWN to select male or female and press Enter to confirm.

STEP 4

Input the user age, the default is 30. Press UP/DOWN to change and ENTER to confirm.

STEP 5

Input the users height. Press UP/DOWN buttons to adjust and press ENTER to confirm.

STEP 6

The console will display the recommend user weight on "RECOM". Here, you can compare the current body weight and recommend body weight. The console also automatically generates the personalised workout programme including target calories to burn. All you need to do now is press START and enjoy your workout. After pressing start, the exercise programme and the target calories will countdown to zero.

STEP 7

You can adjust the speed and incline (or resistance in Exercise Bike and Cross Trainer) by pressing the related buttons during exercise. The workout time can be changed using the speed and incline buttons (or resistance in Exercise Bike and Cross Trainer).

For example, if you increase speed manually (or resistance), the workout time will become shorter. This is due to the target calories being preset by IWM. Once you increase your speed (or resistance) the workout time becomes shorter to maintain the same level of calories burned.



WHAT IS BODY MASS INDEX - BMI?

Body Mass Index (BMI) is used to assess how much an individual's body weight differs from what is normal or desirable for his or her height. This weight excess or deficiency may, in part be accounted for by body fat. Although other factors such as muscularity also affect BMI significantly. The World Health Organization (WHO) regards a BMI of less than 18.5 as underweight and may indicate malnutrition, an eating disorder, or other health problems. While a BMI greater than 25 is considered overweight and one above 30 is considered obese. The ranges of BMI values are only as statistical guide when applied to adults. They are not a prediction of health.

Source: Adapted from WHO, 1995, WHO, 2000 and WHO 2004.

| Mass (weight) of a 1.8 metres (5ft 11in) person with this BMI |
|--|
| Less than 53.5 kilograms (8.42st; 118lb) |
| Between than 53.5 and 59.9 kilograms (8.42 and 9.43st; 118 and 132lb) |
| Between than 60 and 80.9 kilograms (9.4 and 12.74st; 130 and 178lb) |
| Between than 81 and 96.9 kilograms (12.08 and 15.26st; 180 and 214lb) |
| Between than 97 and 112.9 kilograms (15.3 and 17.78st; 210 and 249lb) |
| Between than 113 and 122.9 kilograms (17.8 and 20.46st; 250 and 286lb) |
| More than 130 kilograms (20st; 290lb) |

| Category | BMI range-kg/m ² | BMI prime |
|----------------------|-----------------------------|-------------------|
| Severely underweight | Less than 16.0 | Less than 0.66 |
| Underweight | From 16.0 to 18.5 | From 0.66 to 0.73 |
| Normal | From 18.5 to 25 | From 0.74 to 0.99 |
| Overweight | From 25 to 30 | From 1.0 to 1.19 |
| Obese Class 1 | From 30 to 35 | From 1.2 to 1.39 |
| Obese Class 2 | From 35 to 40 | From 1.4 to 1.59 |
| Obese Class 3 | Over 40 | Over 1.6 |

Get fit-Stay fit

in **1-2-3** easy steps

1 Press the IWM button



2 Stand on the IWM scale to measure your weight



The first time you use IWM just enter your age, sex and height. IWM will display the recommended weight and calories that are needed to be burned, the length of the workout - plus a customised workout menu for intensity.

3 Start and go!

