Getting Started Guide



IMBODY

Internet Connection

Please connect your IMBODY device to the internet first.

Make sure your WLAN router is not too far from the device and that the connection remains stable.

It is recommended to connect via a 2.4GHz network.

If the router continues to be disconnected or removed, a WLAN repeater may not be effective.

The IMBODY device can also be used without an internet connection, but certain features will not be available.



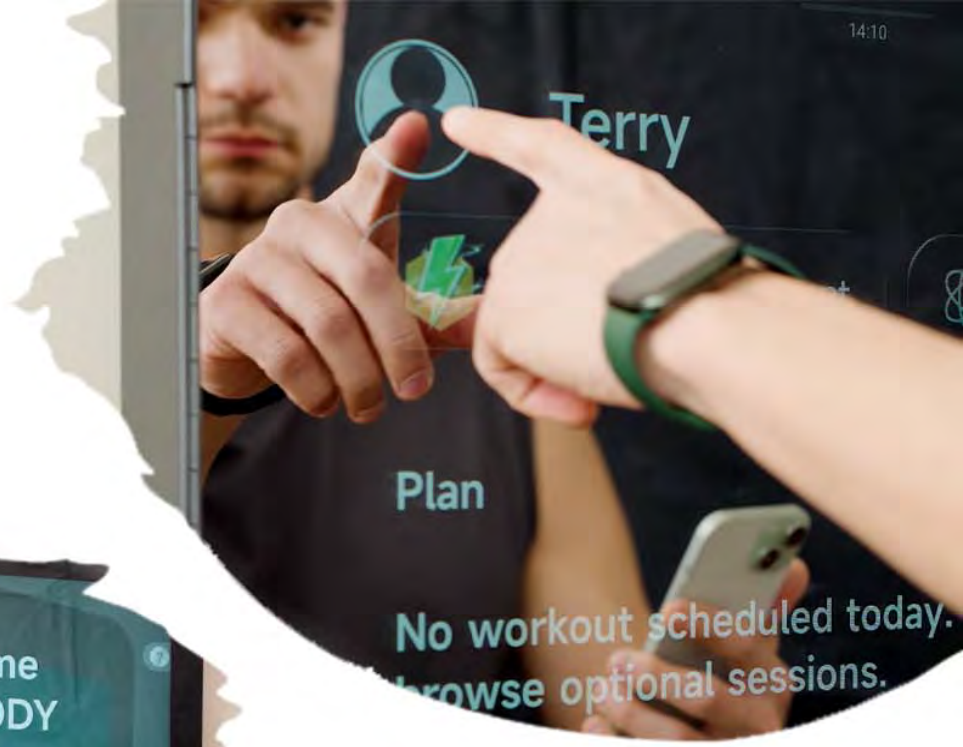
Before You Begin

Profile Setup:

1. Create your personal profile through the IMBODY app “IM ProFit.”
2. The app is available on the App Store and Google Play.
3. If you prefer not to connect a smartphone, you can also create your profile directly on the device using your email address.

Sign In:

To log in, simply scan the QR code displayed on the IMBODY device using the app.









Check for Updates

Once your IMBODY device is connected to the internet, it will automatically search for software updates.
However, we recommend performing this step manually as well.

Body Data

Smart Devices

1. If you are logged in, you can find the “Smart Devices” button in the main menu at the top right.
2. You can now connect your body fat scale and digital measuring tape to begin your first measurements.
3. This data helps you better track your training progress and supports the AI in recommending classes and preset-ting weights for fitness sessions.

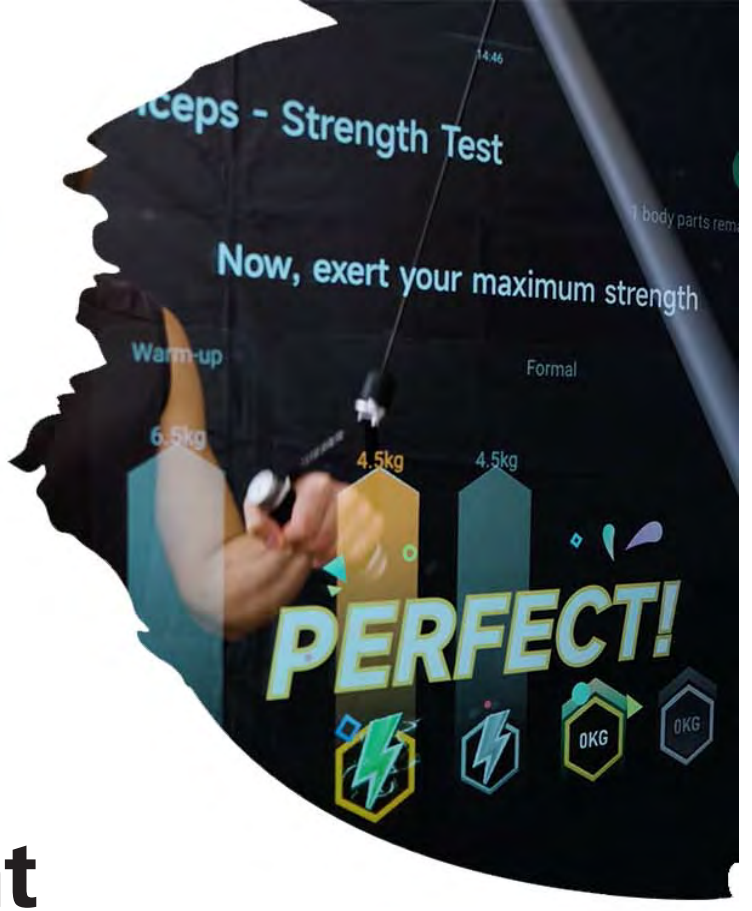












Strength Assessment

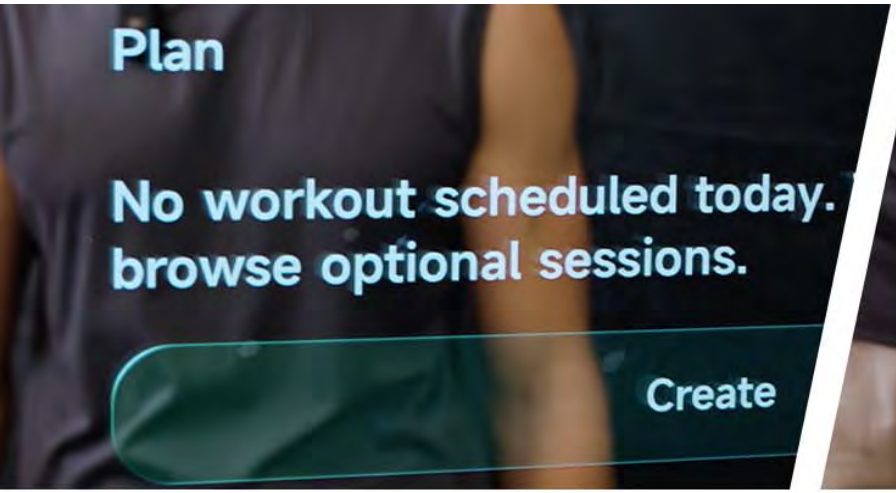
Determine Your Strength Score

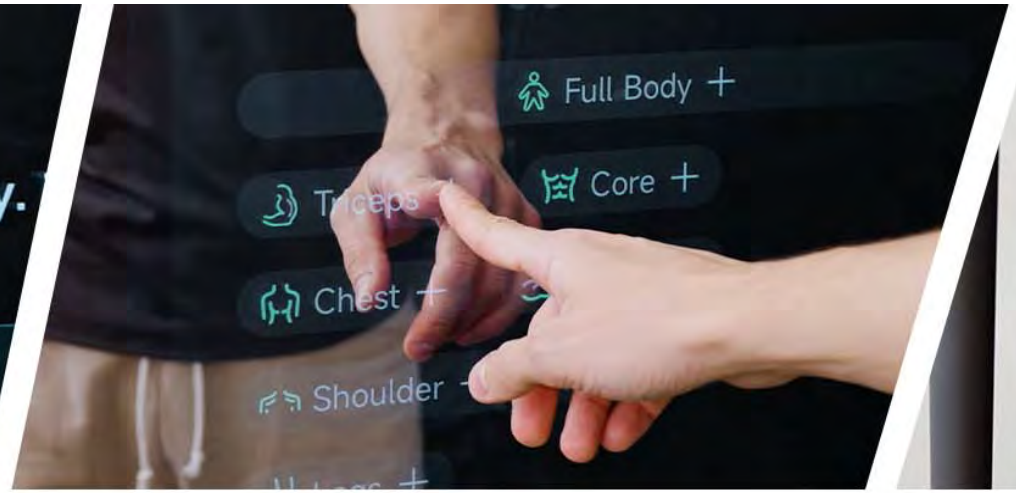
1. Tap the “Strength Assessment” button in the main menu.
2. Follow the coach’s instructions. With just a few exercises, your initial strength score will be calculated.

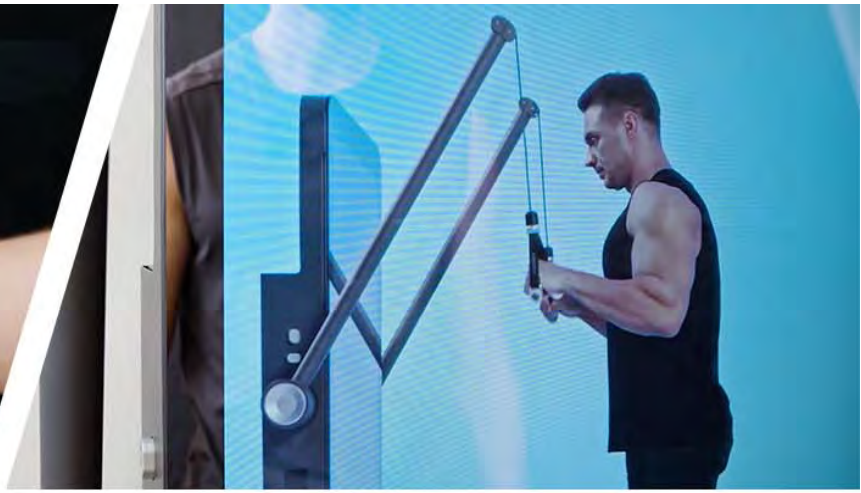
Health Management

Access the Health Management System at any time to view a detailed overview of all your measured body metrics.







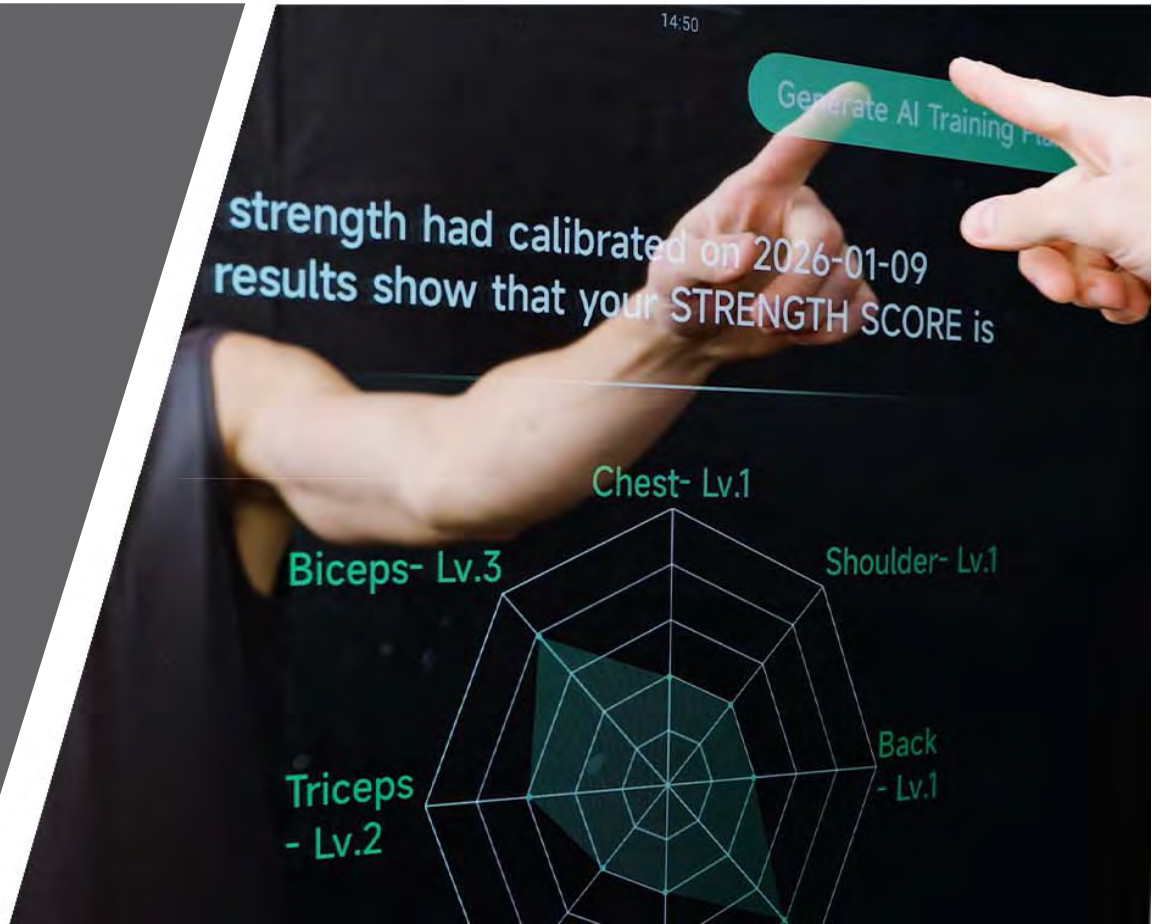


Your Training Plan 1 / 2

If your strength score has been determined, please return to the main menu.

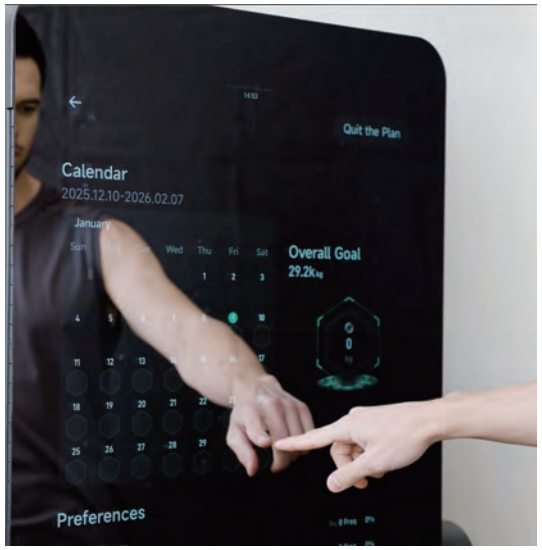
Now, under the Training Plan section, tap Create and answer a few questions about your health status.

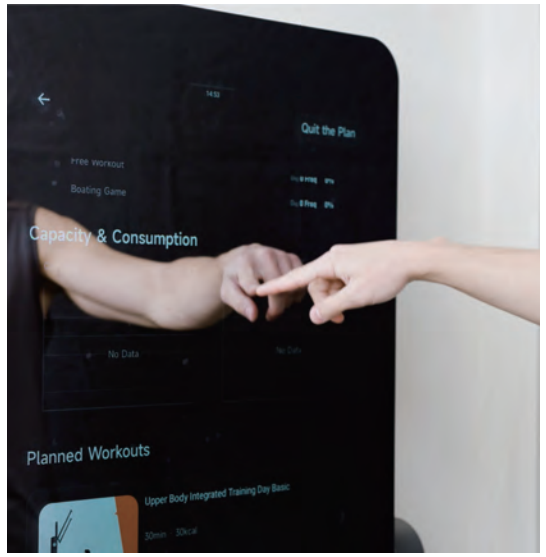
1. Confirm your body data
2. Set your training goals
3. Provide your health information
4. Confirm using your strength score to create a personalized training plan









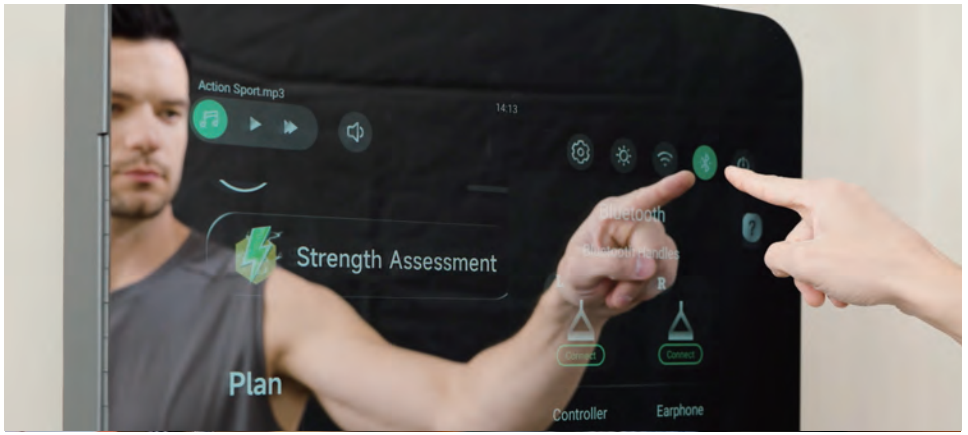


Your Training Plan 2 / 2

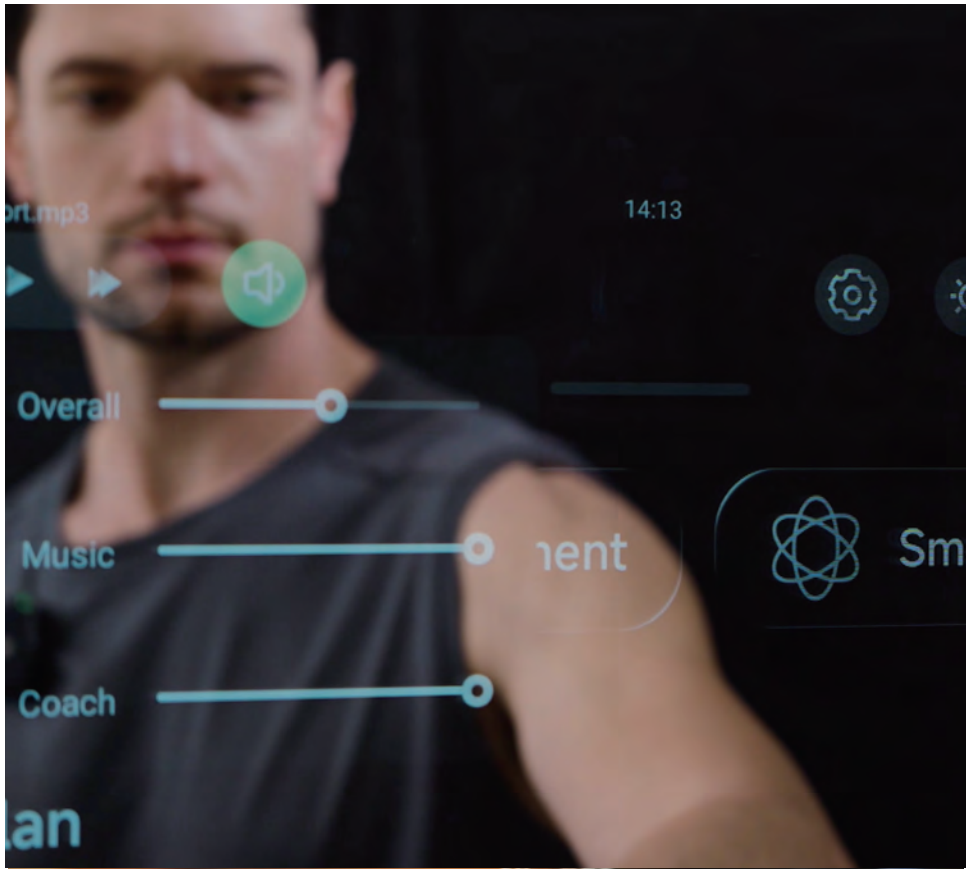
After creating your training plan, you will return to the main menu.

1. Tap the calendar icon in the top right corner to open the main view of your training plan.
2. Browse through the overview to discover the recommended daily workouts designed to help you achieve your first 30-day goal.
3. Even if you choose not to follow a recommended class and instead complete free training, select other classes from the library, create your own workout combinations, or use the rowing/skiing modes, all results will still be recorded in your training plan while it is active.

Smart Handles & Bluetooth Controllers







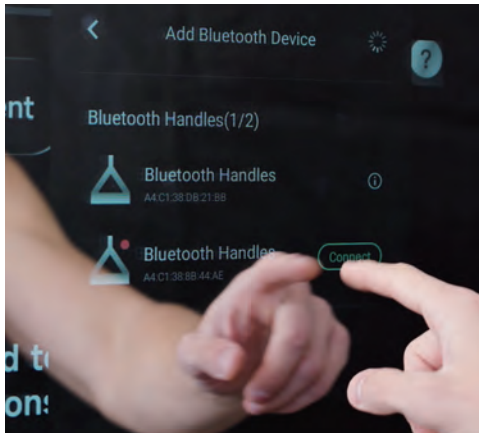
Swipe down from the top edge of the screen to open the Settings menu.

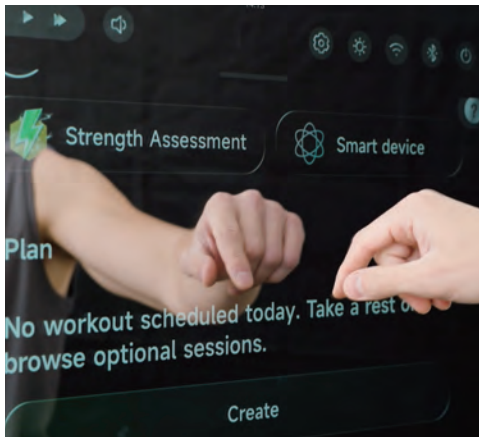
In addition to adjusting volume, music tracks, lighting, Wi-Fi and device language, you can also connect your Bluetooth controllers and smart handles here and assign the following functions:

1. Enable / disable resistance
2. Increase resistance
3. Decrease resistance

To connect, press and hold the Bluetooth button on each controller simultaneously.

Once the Bluetooth controllers have been paired for the first time, simply press the Bluetooth button once after the device powers on. The handles will auto-matically pair within 2-3 minutes.





How to Connect the Fitness Handles

To connect each handle, please insert the connector adapter into the designated slot. Then press and rotate the locking mechanism 90 degrees.

You can confirm a proper connection by checking the fit:
If there is a small visible gap between the connector and the adapter, the handle is correctly attached.







Arm Position Locking

The training arms can be adjusted to 7 horizontal positions and 2 vertical positions. (The Power Q Series has 7 horizontal positions.)

When adjusting the arms, press and hold the corresponding button on the side of the device.

Tip: Always turn off the resistance before repositioning the arms.





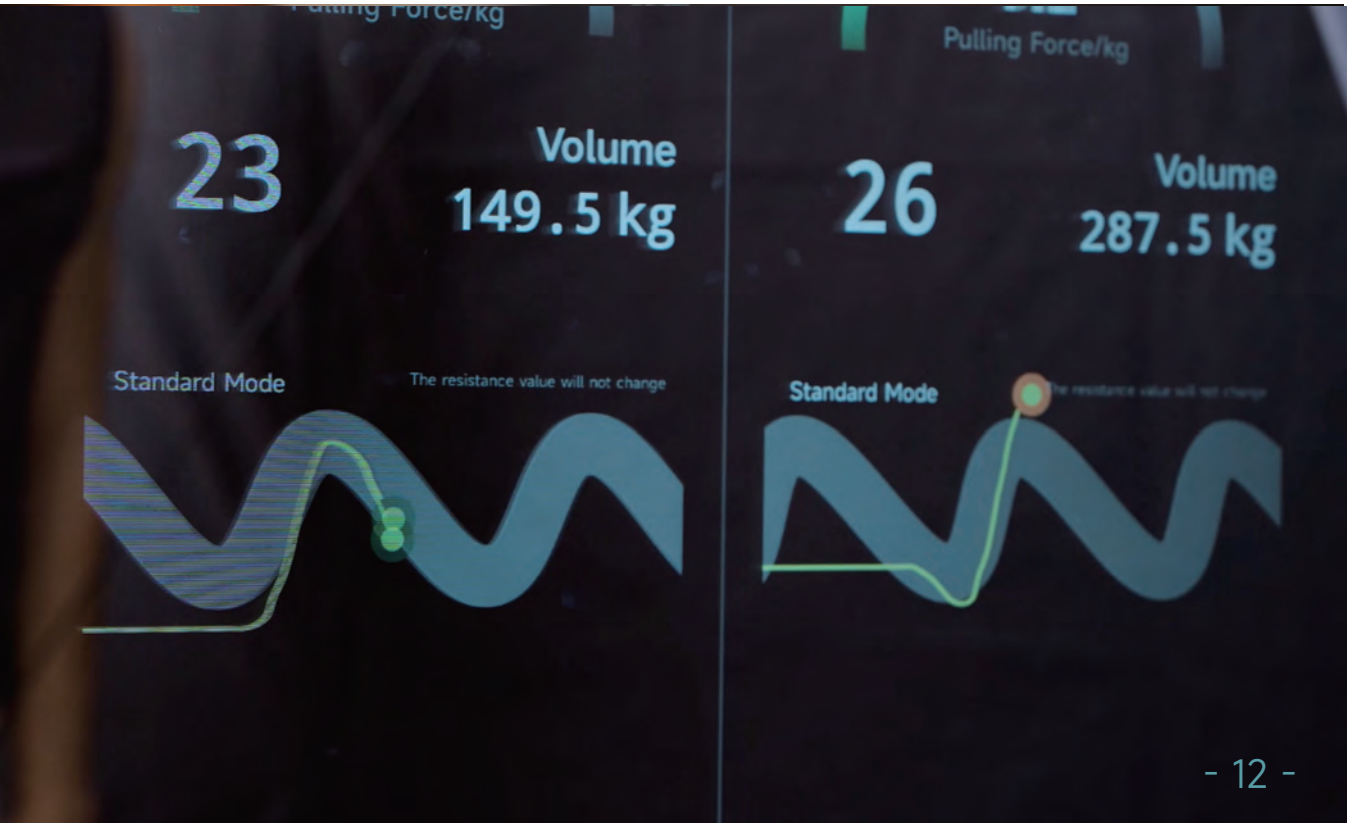


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Free Training

In Free Training mode, you can work out however you like without video instruction. Please begin by selecting one of the following options:

1. Single Mode (both arms controlled by the motor simultaneously)
2. Dual-Arm Mode (each arm can be adjusted independently) (see image)





Fitness Menu

Whether you are using Free Training, doing a single workout with video guidance, or participating in a class, the Fitness Menu remains consistent and essential throughout your training experience.

Resistance Settings

- As long as both cables are in their starting position, you can activate or deactivate the weight and easily adjust the resistance by sliding the virtual power wheel.

- If one or both cables are pulled out, the resistance can only be adjusted using the (+/–) buttons or the smart handles for safety reasons.



Assist Mode

You can find the Assist Mode located beneath the resistance display.

As long as you are in Standard Training mode, you can activate it at any time.

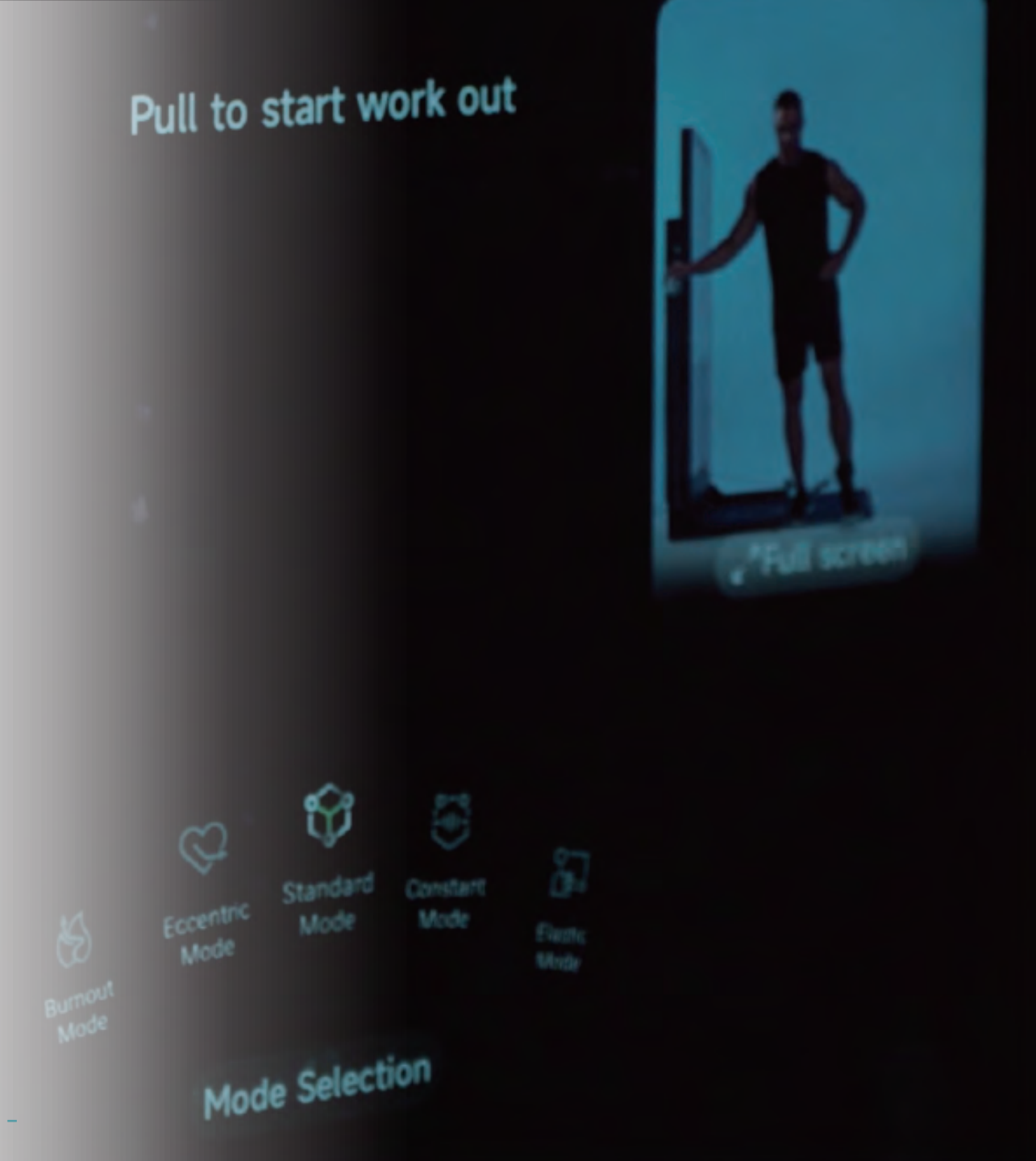
If you begin to “fatigue” during an exercise, the Assist will automatically detect this and reduce the weight. Once you regain sufficient strength, the Assist will increase the weight again.



Training Modes

Above the displayed resistance level, you will see a hexagon icon. Tap it to open the Training Modes menu, where you can choose from five different modes designed to continually challenge your muscles:

1. Burnout Mode
2. Eccentric Mode
3. Standard Mode
4. Constant Mode
5. Elastic Mode



Burnout Mode

Cardio Mode. In Cardio Burnout Mode, the resistance continuously changes, creating a constantly shifting performance curve.

This makes it ideal for high-rep training.



Eccentric Mode

This mode simulates gravity.

When pulling the cable, the resistance remains constant; when lowering the cable, an additional load is applied.

It is ideal for anyone looking to add extra challenge while focusing on proper exercise execution.



Standard Mode

Train just like you would in a cable-based gym.

The key feature of Standard Mode is that the Assist function can be activated.



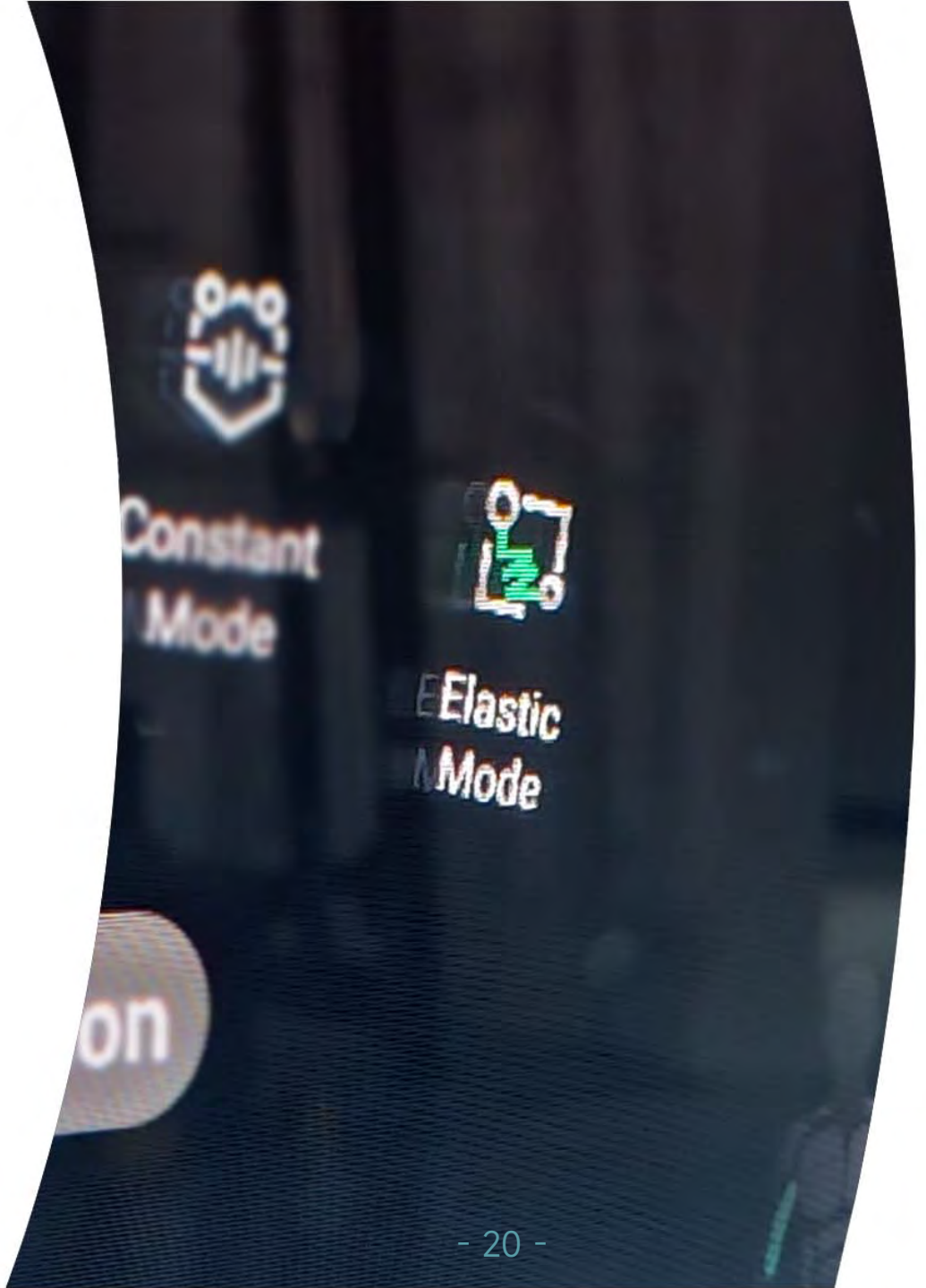
Constant Mode

Constant Mode maintains a constant speed or resistance throughout the entire movement, allowing for a smooth, even pace.

It is perfect for safe rehabilitation training.



Elastic Mode



This mode is suitable for use with a rowing machine or when using the IMBODY device as a ski fitness trainer.

It simulates an elastic cord-the longer the cable is pulled, the higher the resistance.

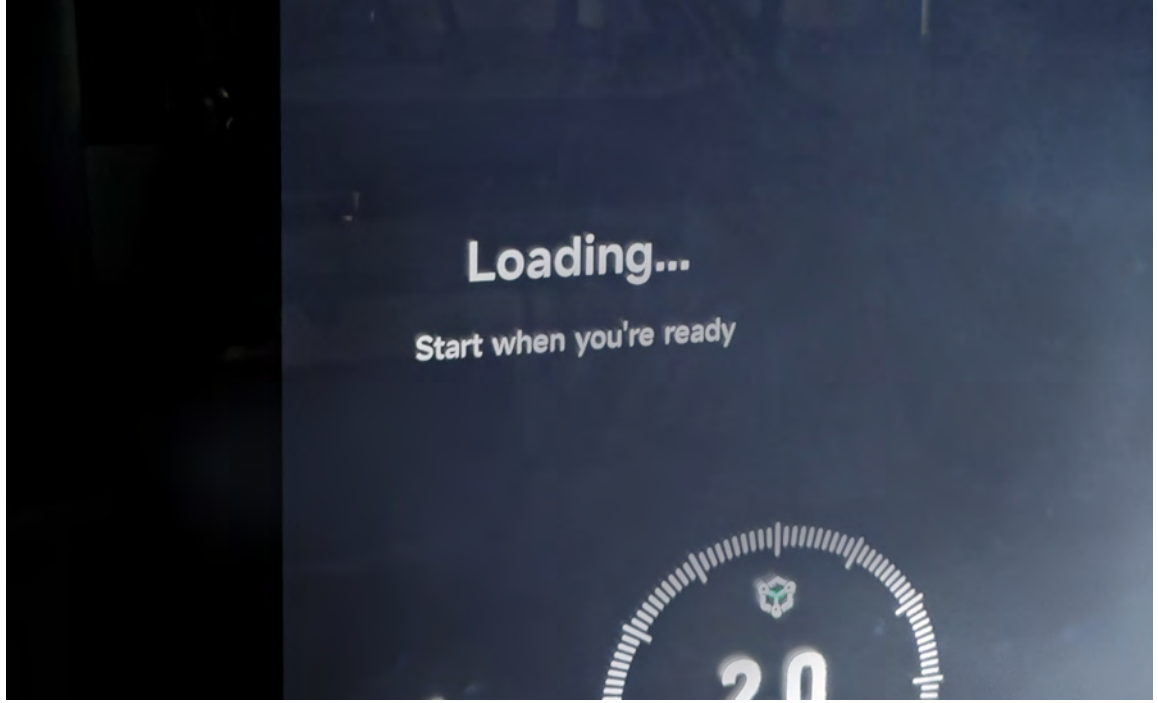
It is especially suitable for individuals at high risk of injury or for rehabilitation training.

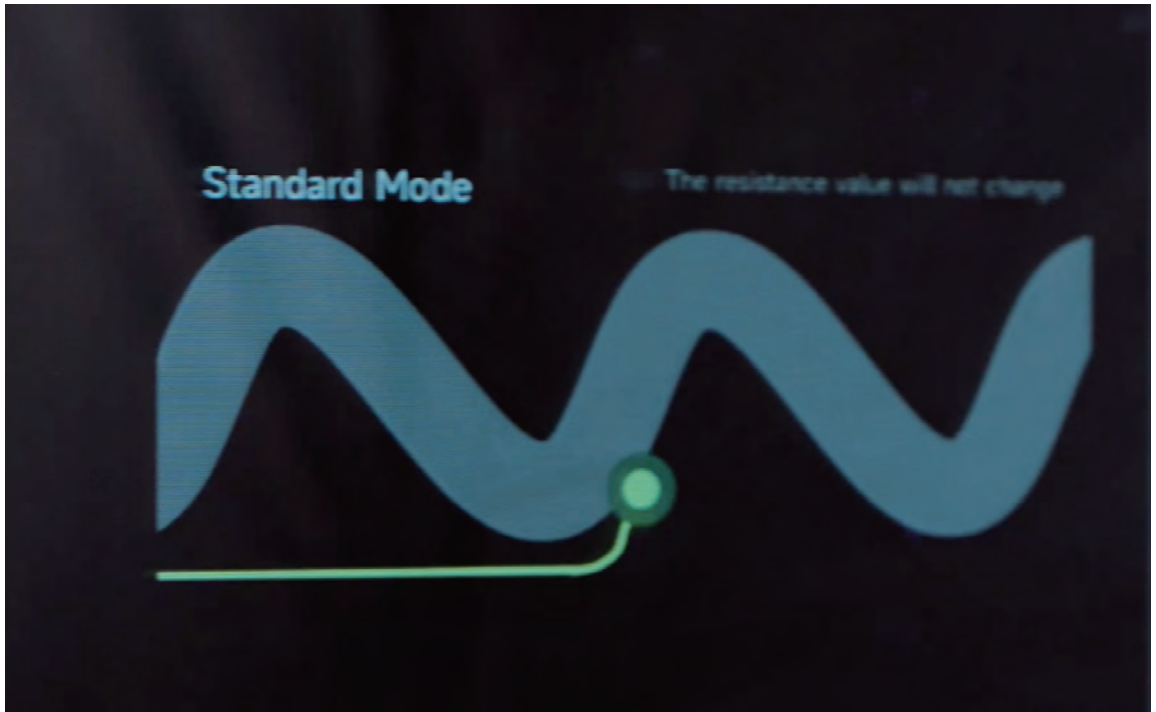
Training Curve

At the start of your workout, you will see a large black area displaying the message “Loading...”

The IMBODY device will first wait for you to complete your first three repetitions to measure your execution speed.

It will then display a training curve, which you should continuously monitor to ensure consistency in each exercise.



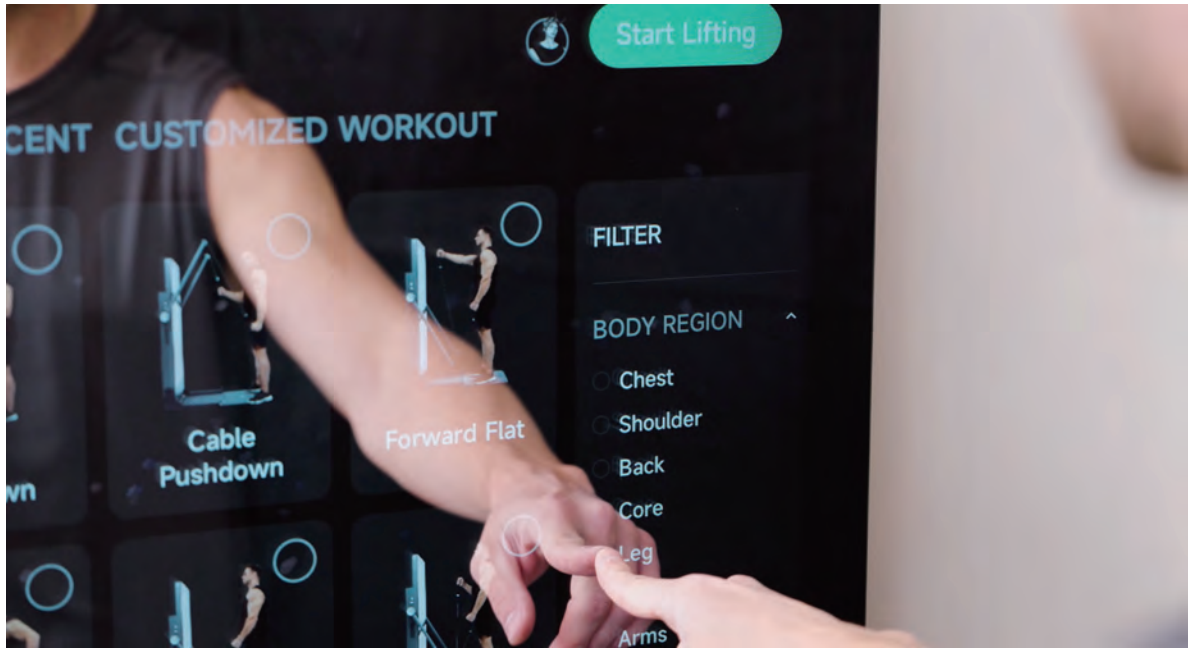


Courses

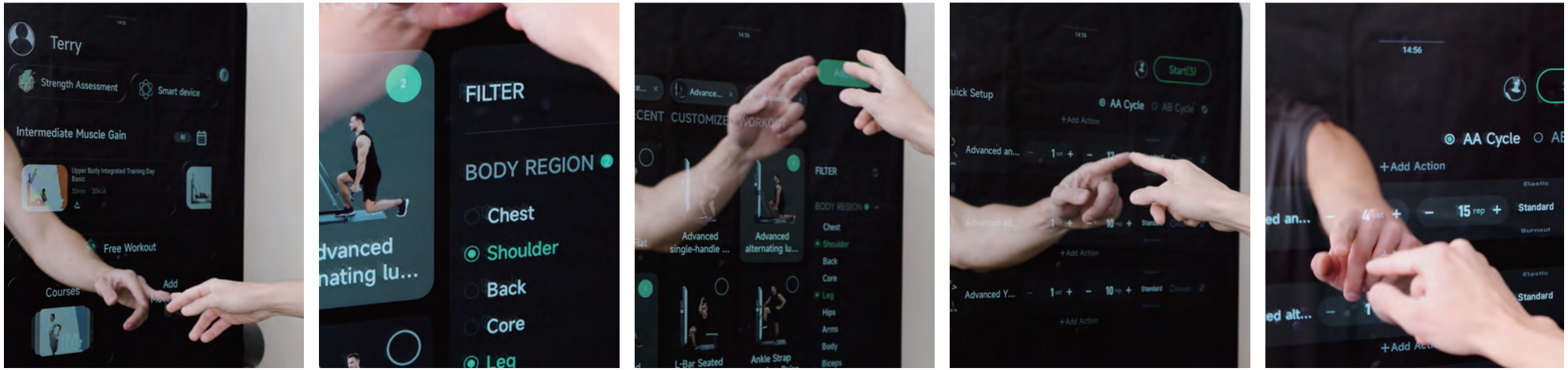
Use the filter function in the Courses menu to find workouts that suit you.

When starting a workout, don't forget to activate the weight function if you are training with the strength arms.

Tip: Since you have already completed the strength assessment, the AI will set a personalized resistance for you. You are free to adjust the resistance and training mode as desired.







Add Workout

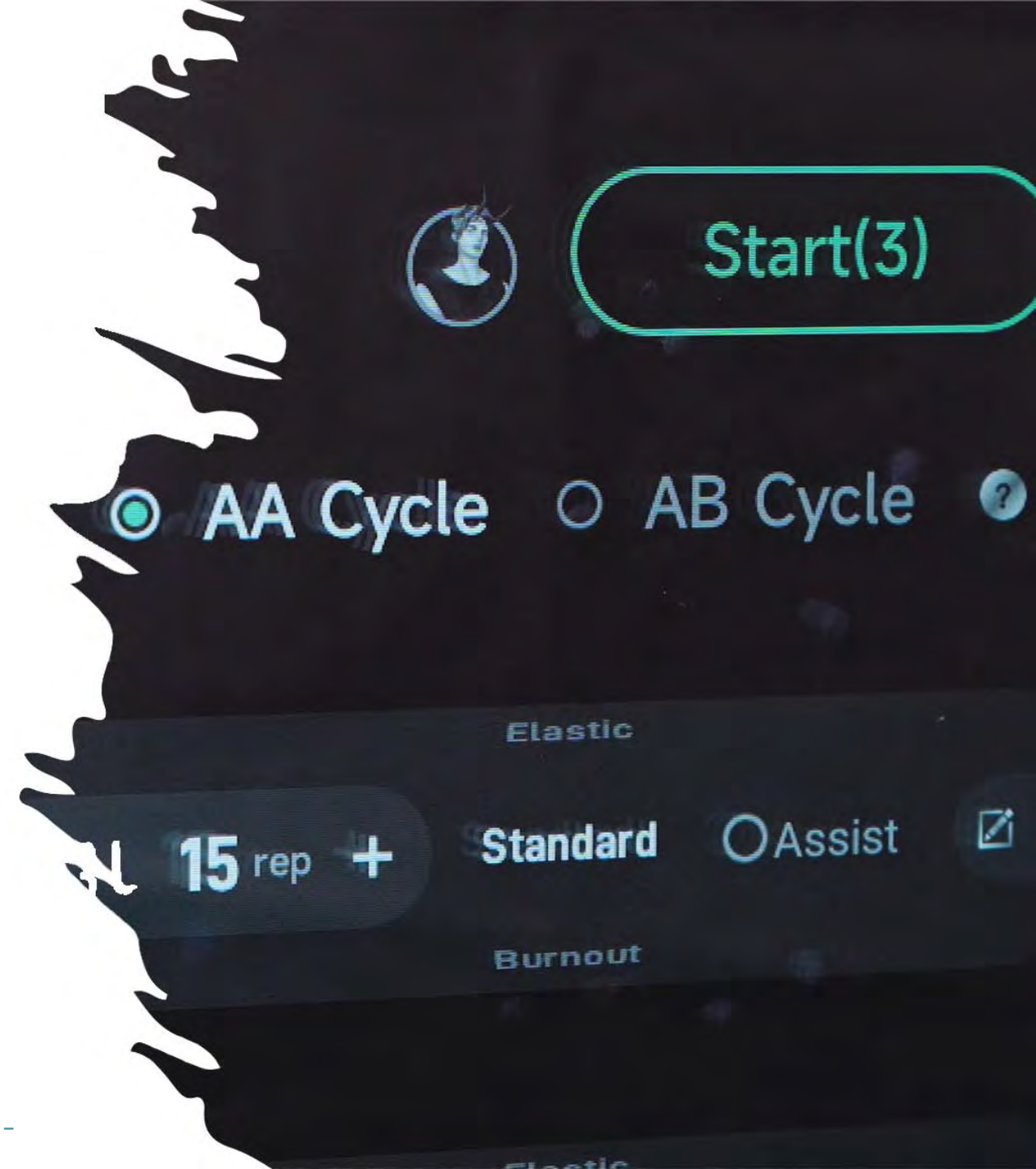
Under the “Add Workout” menu, you can select your personalized workout plan.
Use the filter function on the right to quickly find the exercises you need. Tap a preview image to open a video preview that demonstrates the proper execution of the exercise.

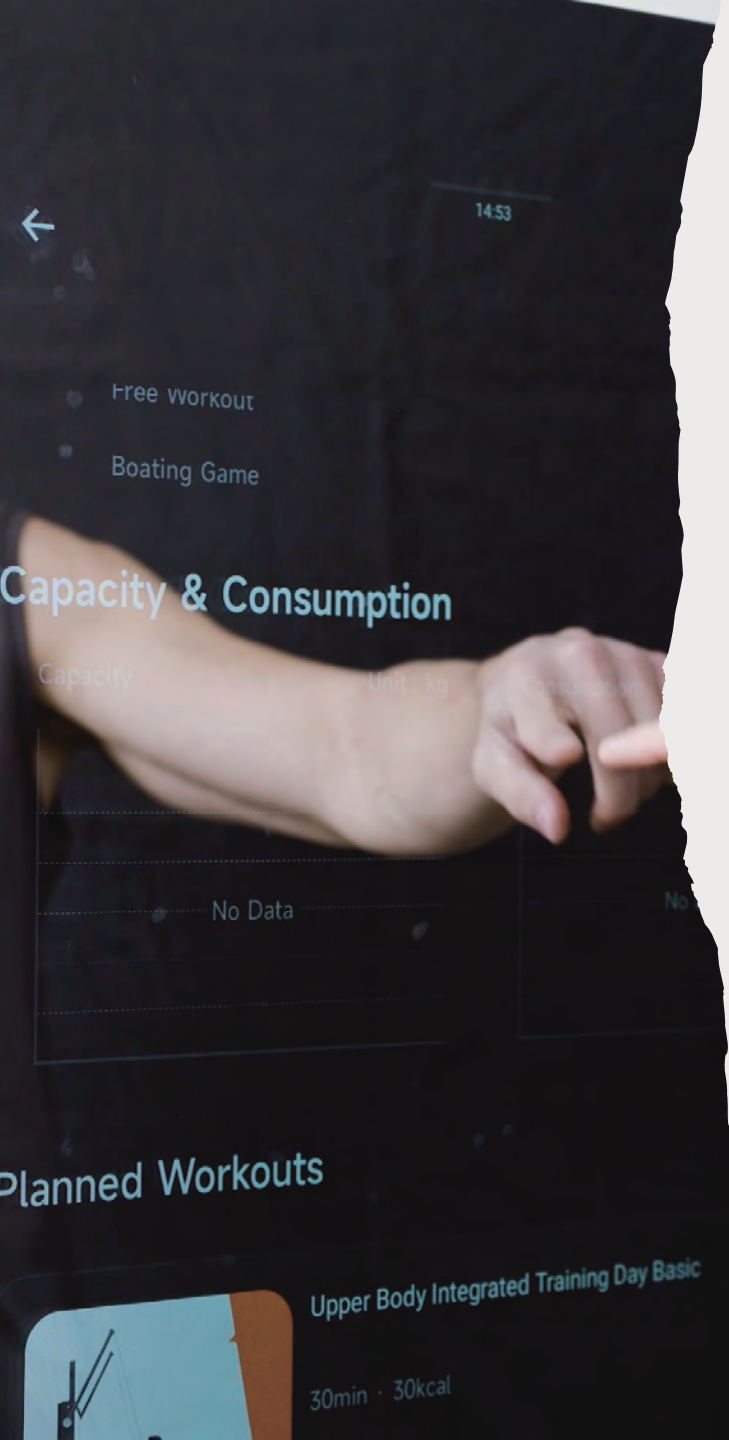
Once you have added all exercises, a menu will appear where you can pre-set the number of sets, desired repetitions, and whether to activate the workout mode and Assist function (if applicable).

Circuit Settings

AA Circuit Mode – If you select more than one exercise in your workout, each exercise will be displayed until all sets are completed.

Start from Circle – In this mode, the course alternates between the first and second exercises until all exercises are completed. This is recommended only when the selected pair of exercises (always 2) use the same arm positions and the same handles.



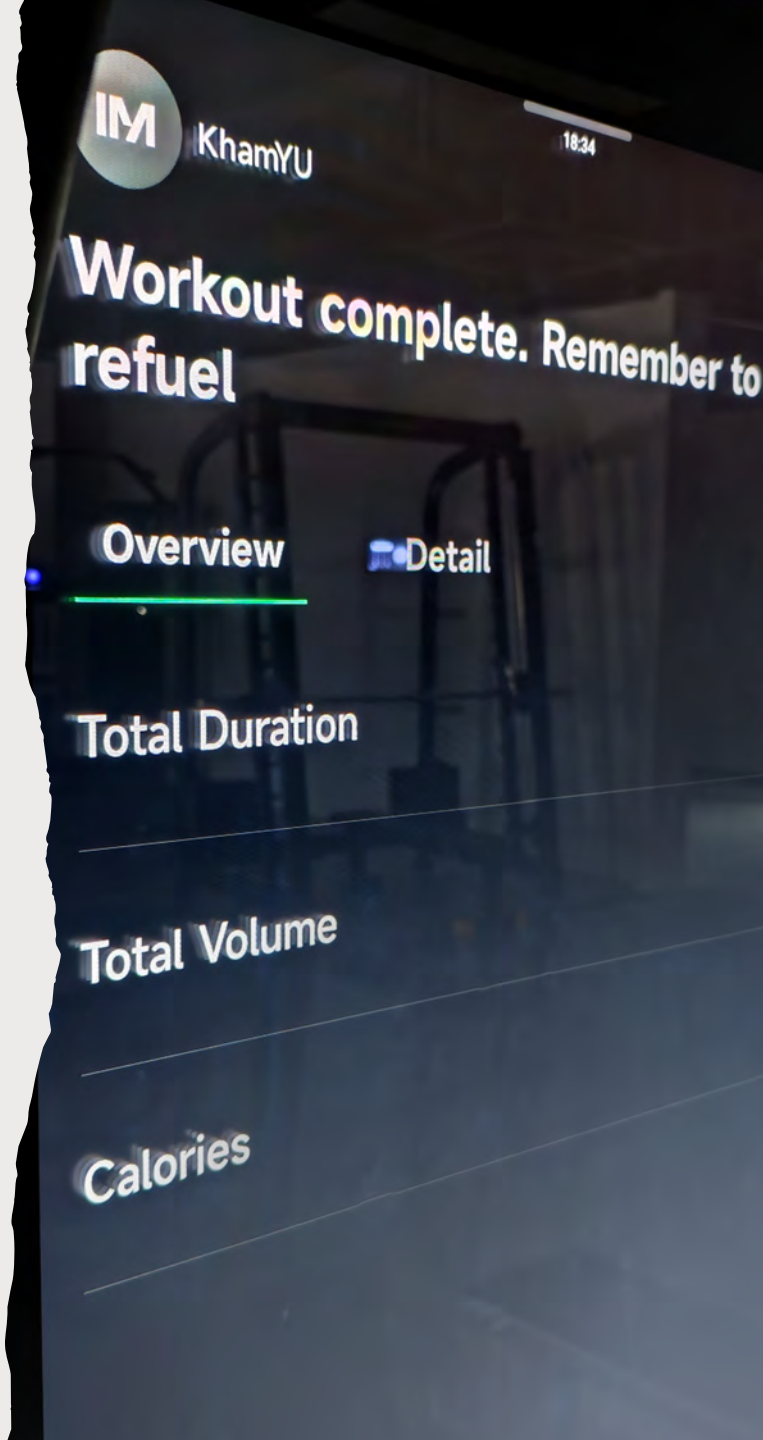


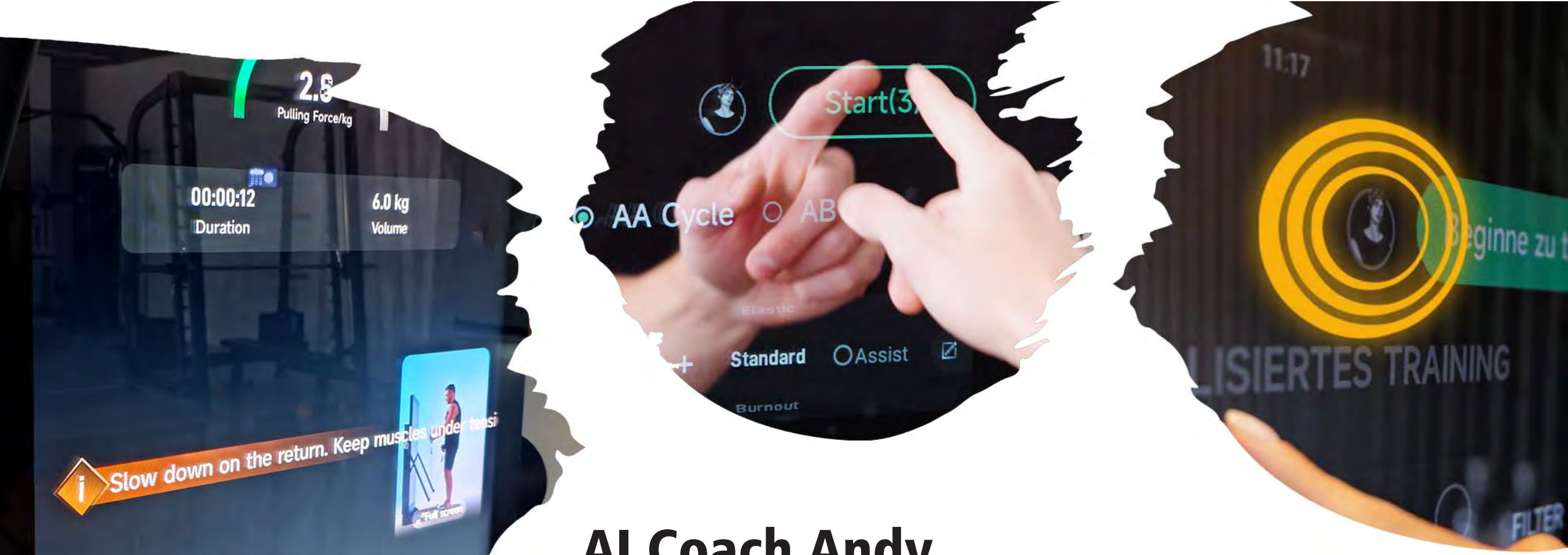
Post - Workout Review

Here you can view all the details of your workout.

Tip: Your workout will only be saved to your training plan if you tap “End” and return to the main menu.

Tip: Do not turn off the IMBODY device immediately after finishing your workout. Wait a few minutes to allow the motor to cool down.





AI Coach Andy

When creating your personalized training plan, simply tap the coach icon next to “Start Training” on the left to activate AI Coach Andy.

From this point on, you will receive guidance on exercise execution as well as a visual “Push - Pull Analysis.”



Push & Pull Analysis

The Push & Pull Analysis shows how consistent and balanced your pulling and cable return forces are.

This allows you to precisely control your workout and identify any inconsistencies when necessary.



Create Your Own Training Plan

You can create and follow your own training plan. These features are available under the “Add Workout” tab in Personalized Training.
You can create your plan:

1. Directly on the IMBODY device
2. Through the app

Sports Games

Need some extra motivation?

Visit the Games Zone to push yourself in rowing and skiing games and challenge your limits.







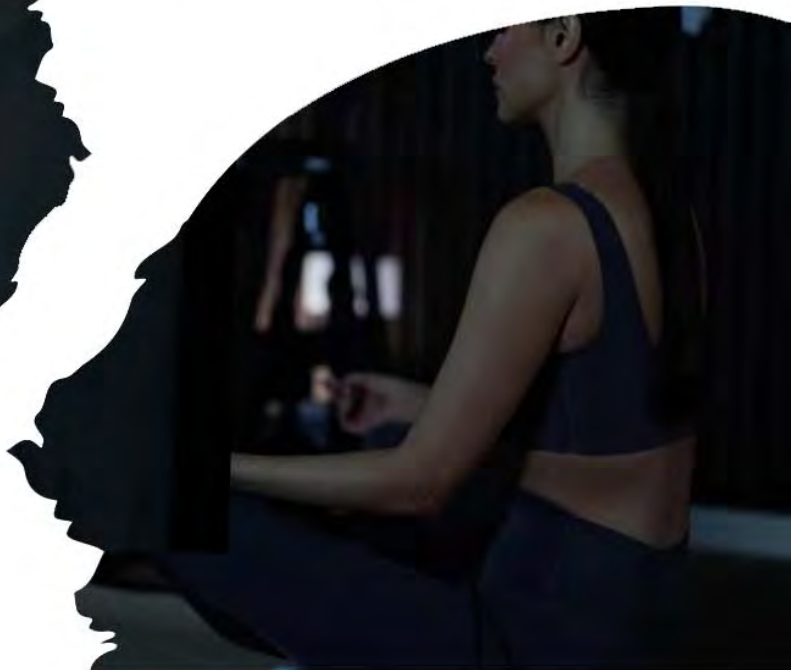


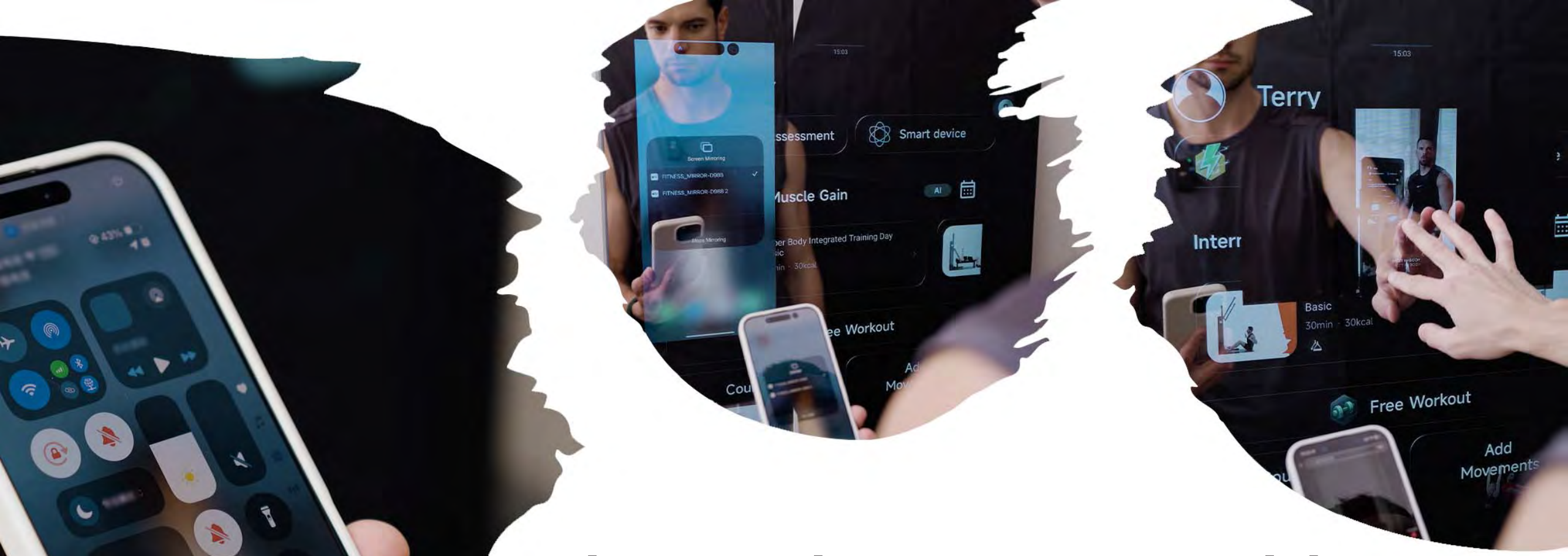
Meditation

Have you finished your workout, or do you just want to do something to center your mind?
Visit the Meditation area and choose your place of relaxation from a variety of meditation environments.









Mirror Casting & App Connectivity

Cast your mobile device to the IMBODY screen.
Currently supported devices: Apple, Xiaomi, Redmi, OPPO, vivo, OnePlus.
Coming soon: Samsung, Huawei, ZTE, Lenovo
Tip: Unfortunately, Netflix is not supported for mirror casting.

Technical Support

If you experience any technical issues, please contact IMBODY Customer Support immediately. You can reach us via:

Email: info@imbody.com

Please describe the issue and provide your MAC address. You can find this address under “My Device” on your profile page.

