IFIT Support – Getting Started with your Membership

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How to use Bluetooth® consoles (non-touchscreen):

Exercise machines with a Bluetooth console require activation. If you have a treadmill, the safety key must be attached before attempting to activate it. To activate Your Treadmill, Bike, or Elliptical, follow these steps:

Download the iFIT app from the App Store or Play Store.

Once you have downloaded the app, follow the instructions to successfully pair and connect to your equipment. After you have paired with your equipment, your machine is activated and can be used as normal. Additionally, you have the option to sign up for a free 30-day trial to experience the interactive personal training that iFIT provides.

If you don't have access to your smart device, hold down the IFIT SYNC button for approximately 15 seconds to activate your non-touchscreen console. Please note, this will bypass the 30 day iFIT membership trial.

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How to use the Touchscreen Console:

Select one of the 3 options below:

- **Log-in with Existing Account**
    - Enter username and password
- **Sign-Up**
    - Create an account & activate membership trial
- **Use In Manual Mode**
    - Click on "continue without iFIT"
    - Under "Included workouts", there are Beginner, Intermediate, and Advanced workout options. Under each of these options, choose between the following:
        - Destination Workouts
        - Incline Workouts
        - Calorie Burn Workouts
        - Speed Workouts
        - Interval Workouts