EXER·FLY

PORTABLE SENSOR & APP MANUAL

1. About Exerfly

With the Exerly app, you can get statistics such as the energy, power, speed, time and force exerted by you during exercises. This feedback is helpful to see if you are progressing in your goals.

The sensor is a rotational sensor that measures rpm, time, angle at 250Hz and from this data and the inertia of the flywheel, we can calculate many statistics.

The Exerfly app connects via WiFi to the Exerfly Sensor. The Exerfly Sensor is powered by a 5 volt/2 amp mobile phone charger/battery pack or the supplied power supply.

The Exerfly App is a special type of app that works anywhere your web browser works. It's available on Android, iPad, iPhone, Windows, Mac and Linux and updates automatically.

EXER·FLY

Contents

2. Downloading the App

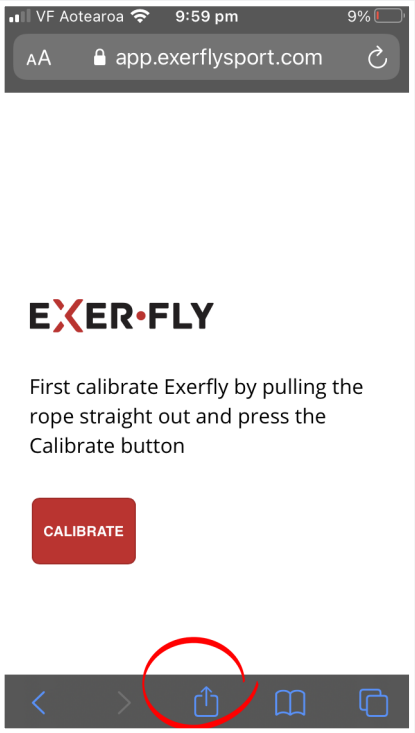
The Exerfly App is a special type of app that works anywhere your web browser works. It's available on Android, iPad, iPhone, Windows, Mac and Linux. In most cases you will need to have Google Chrome installed first to download and use the Exerfly app, except IOS which uses Safari.

Instead of downloading it from the App Store, you visit the website https://app.exerflysport.com and install it from there, or you can just use/view it in your web browser.

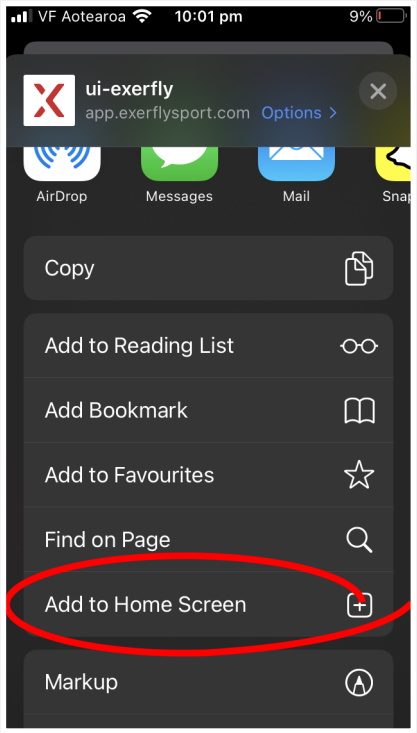
2.1 iOS (iPhone/iPad)

Using **Safari Web Browser** only

1. Open Safari and go to https://app.exerflysport.com
Click the Share button at the bottom of the screen.

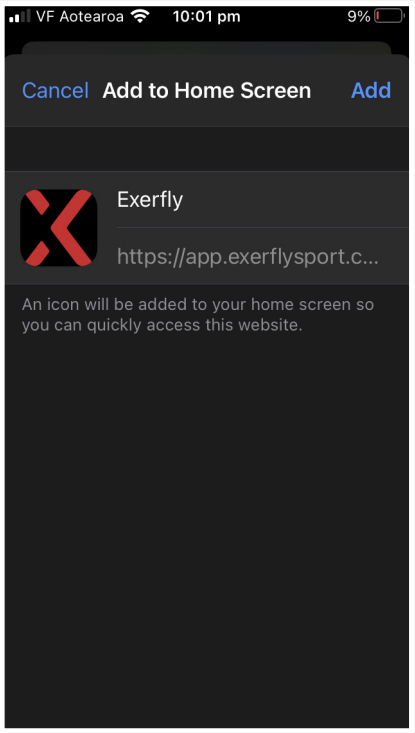


2. Tap the icon **Add to Home Screen**.

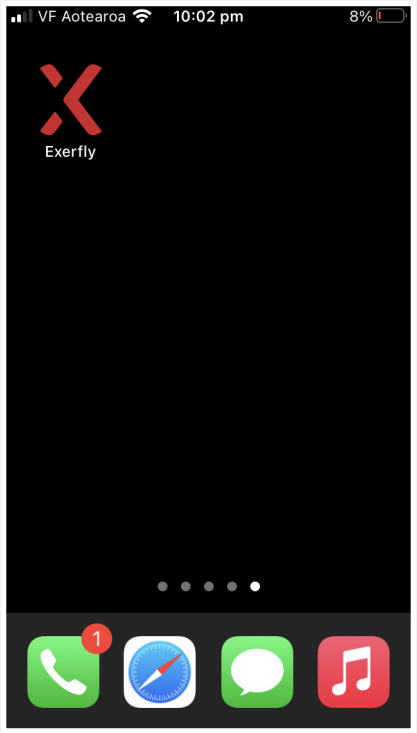


2.1 iOS (iPhone/iPad) cont.

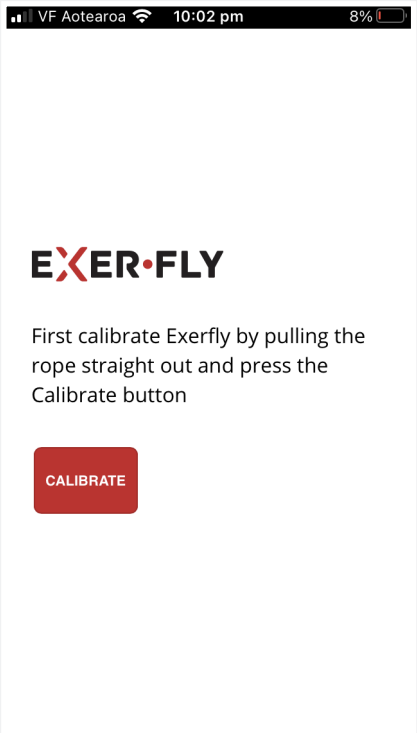
3. Tap **Add** in the upper-right corner.



4. The Exerfly Icon now appears on your Home screen.

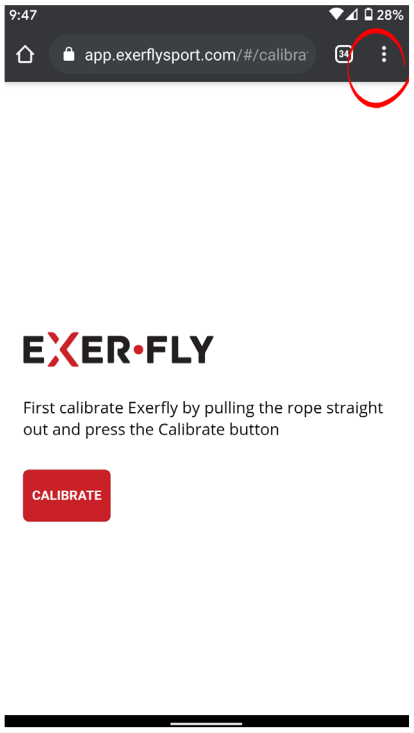


5. When you click the icon, the app will launch.

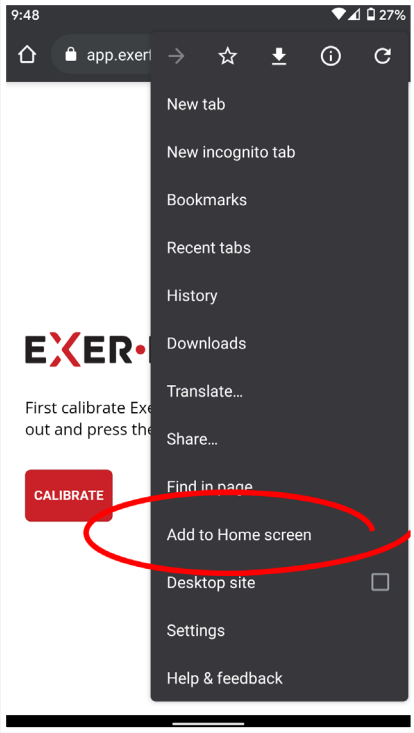


2.2 Android

1. Open your web browser and go to https://app.exerflysport.com

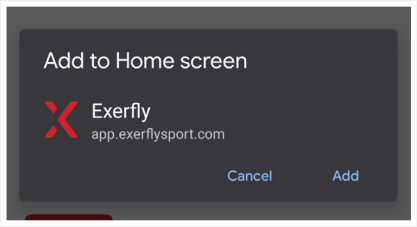


2a. Click the menu (3 dots) and select **Add to Home screen**.



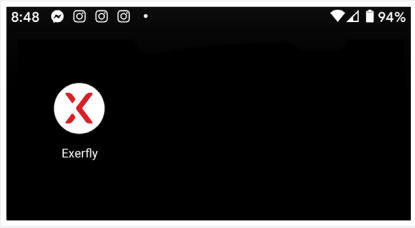
Or in some browsers, a prompt will appear at the bottom of the Web Browser window Add Exerfly to Home screen.

2b. Tap the prompt.

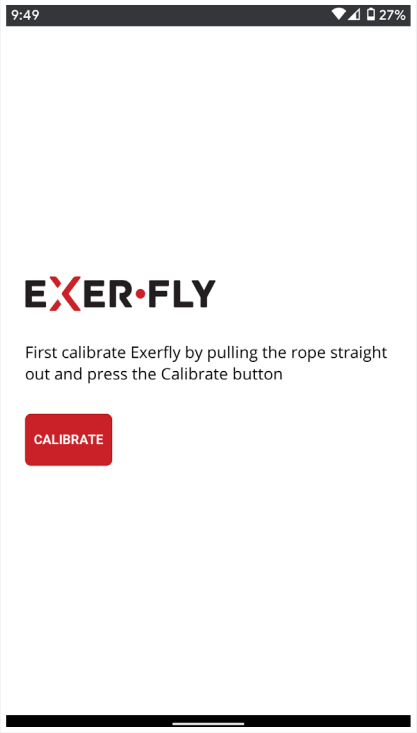


3. Tap **Add** when the popup appears.

The Exerfly Icon now appears on your Home screen.



4. Open up the app.

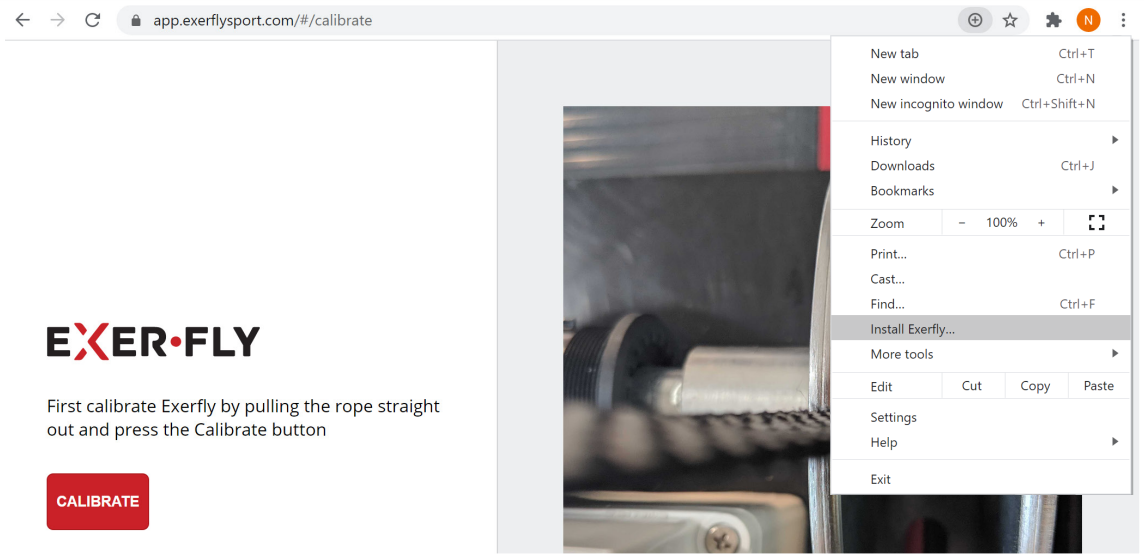


2.3 Windows and Mac

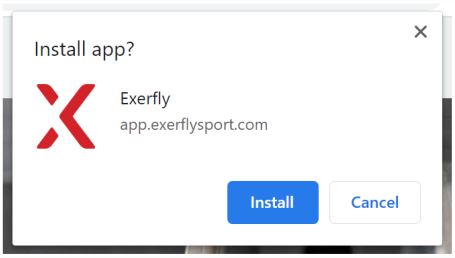
You can run this from the app, or your web browser at https://app.exerflysport.com

Google Chrome

1. Click the **circular plus icon** in the right side of the URL window or select the **menu (three dots)**.



2. Click Install button.

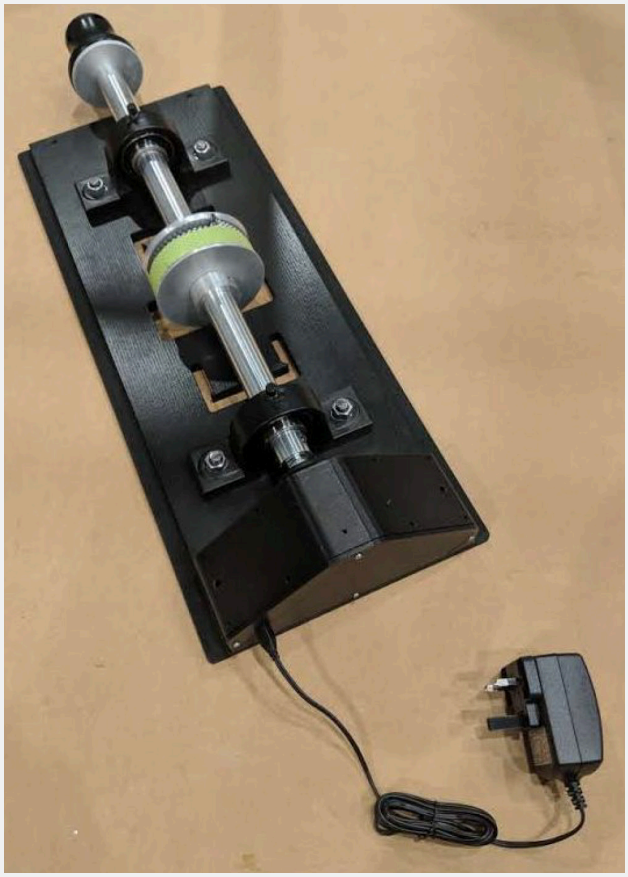


3. The Exerfly app shortcut will be shown on the desktop.

3. Connecting the hardware

Overview of parts

The sensor uses a micro USB connector to plug into the Power Supply (or a 5 volt / 2amp mobile phone charger or battery pack). Plug it into the sensor case as indicated above, and plug the other end into a power socket.



Pluggin in to the power

Plug the Power Supply into a power socket. After about 20-30 seconds you'll hear a double beep and the lamp on the top of the controller will flash. You are now ready to setup the Wifi connection and use the app.

Note: Every time you want to use the sensor/app, you will need to plug into the power and wait the 20-30 seconds until you hear the double beep, then connect to the Exerfly Wifi connection on your phone/computer.

4. Connecting to the Exerfly Sensor

Step 1. Download App

Make sure you've completed downloading the App from https://app.exerflysport.com
The Exerfly App works on Windows, Mac and Linux desktops/laptops, and Android and IOS phones/tablets. In most cases you will need to have Google Chrome installed first to download and use the Exerfly app, except IOS which uses Safari.

Step 2. Plug in Power

Connect the power cable to the Exerfly Platform. After about 20-30 seconds, you'll hear 2 short beeps. Now the Exerfly Platform is ready to connect to the app.

Step 3. (You only need to do this once)

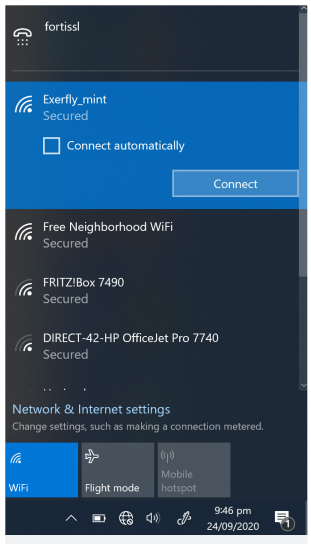
Exerfly uses WiFi to connect, and there are two modes of operation to choose from.

1. Router WiFi (Recommended)

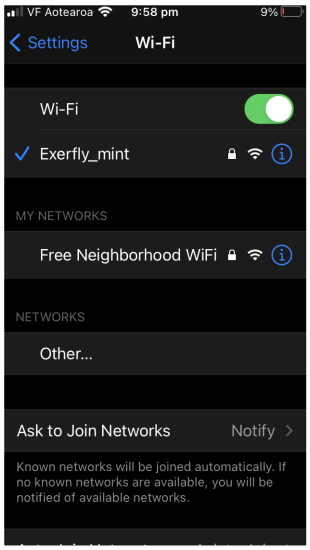
One Time Setup: This mode connects to an existing WiFi network and gives the Exerfly a local IP address. This method can be used if there is a local WiFi connection available and all devices are able to connect to that WiFi connection too. It will work for all devices and only needs to be setup once.

First, connect to the WiFi connection Exerfly_XXXX where XXXX will be the name of your business.

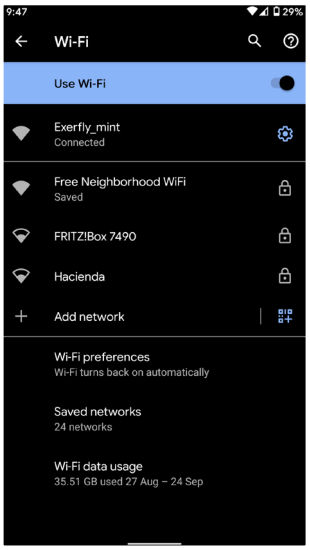
Windows



iOS

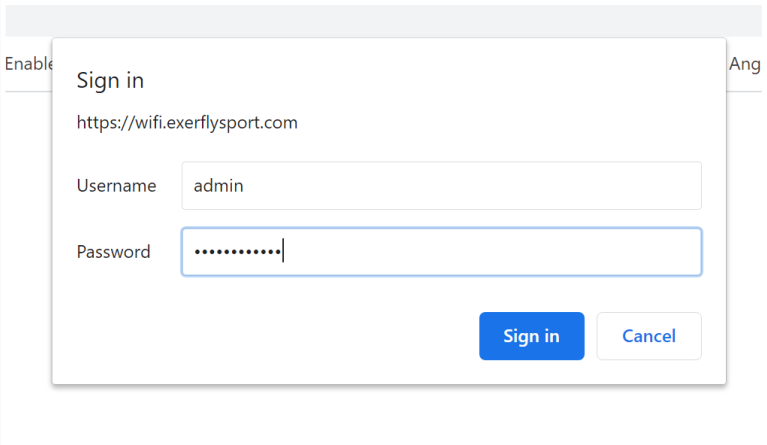


Android

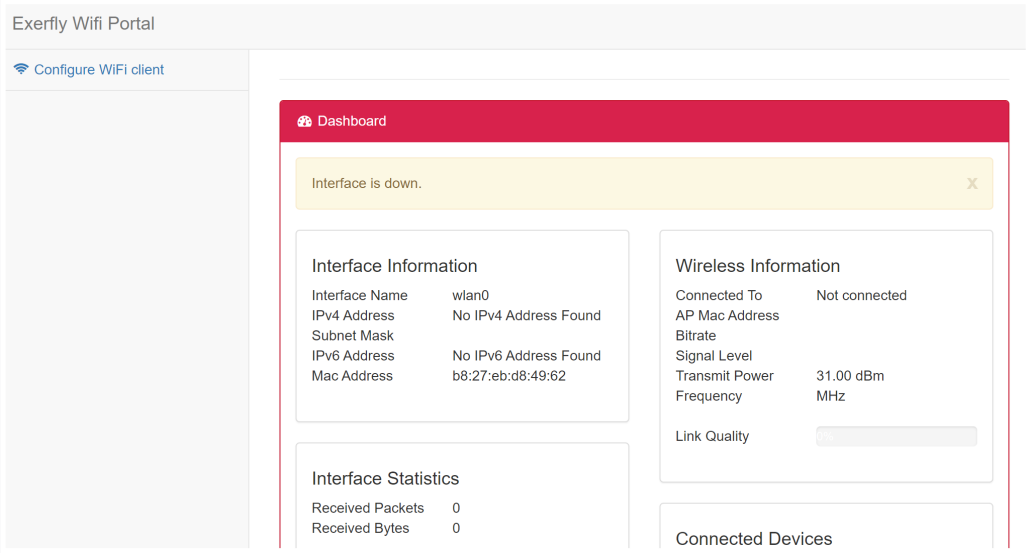


4. Connecting to the Exerfly Sensor cont.

Now go to https://wifi.exerflysport.com to take you to the Exerfly WiFi Portal.
Enter the username **admin** and password **spinthewheel.**

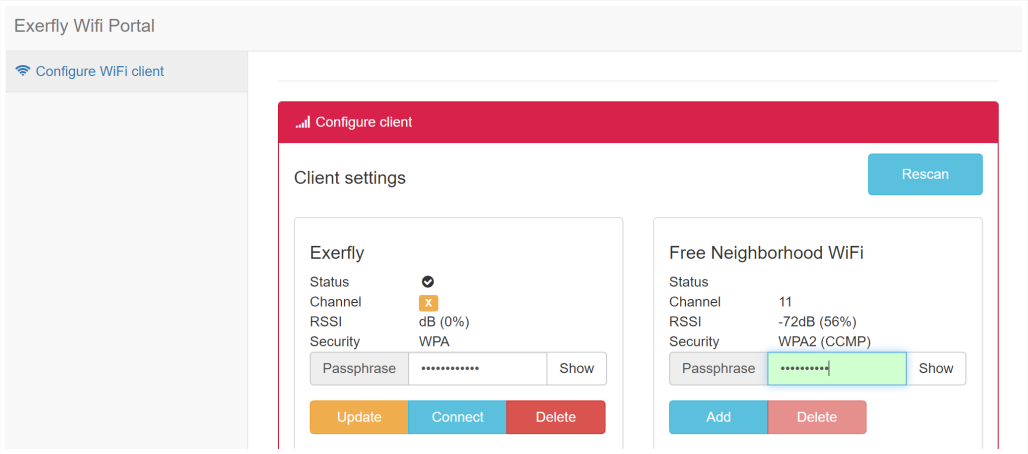


Click the link on the left side **Configure WiFi client.**



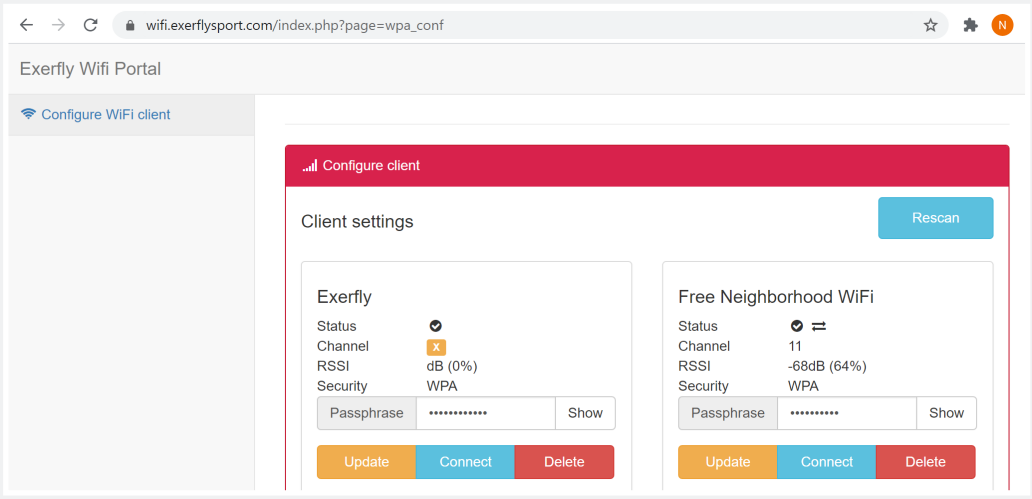
4. Connecting to the Exerfly Sensor cont.

Find the WiFi network you use and enter the password for it.



Click **Connect**. You may need to click the ‘Rescan’ button. You’re all setup!

Note: Do not delete the WiFi point named Exerfly.



After setup: For all users

In this mode, users connect to the WiFi connection Exerfly_XXXX where XXXX will be the name of your business. Enter the password **spinthewheel**.

Users will now be connected to the Exerfly sensor and also the business WiFi at the same time.

4. Connecting to the Exerfly Sensor cont.

2. Direct Wifi (Not recommended for Windows or Android, but suitable for IOS)
Look for the WiFi connection Exerfly_XXXX where XXXX will be the name of your business and connect to it. The password is spinthewheel . You may be prompted to ask if you really want to connect since there's no worldwide internet connection with the Exerfly, the connection is just to the Exerfly itself. On Android, confirm that you do want to keep the connection.

Known Issues: Android users will lose their 4G connection while connected in this mode. It's an unfortunate downside with Android phones. IOS devices do not have this issue. Windows users may find their connection drops occasionally to favour a connection with an internet connection.

Step 4. Run App
Tap on the Exerfly app on your screen to launch it, or use it from within the web browser at https://app.exerflysport.com

NOTE: Everytime you want to use the app, you will need to connect to the Exerfly WiFi point 'Exerfly_XXXX' and if needed, with password 'spinthewheel'.

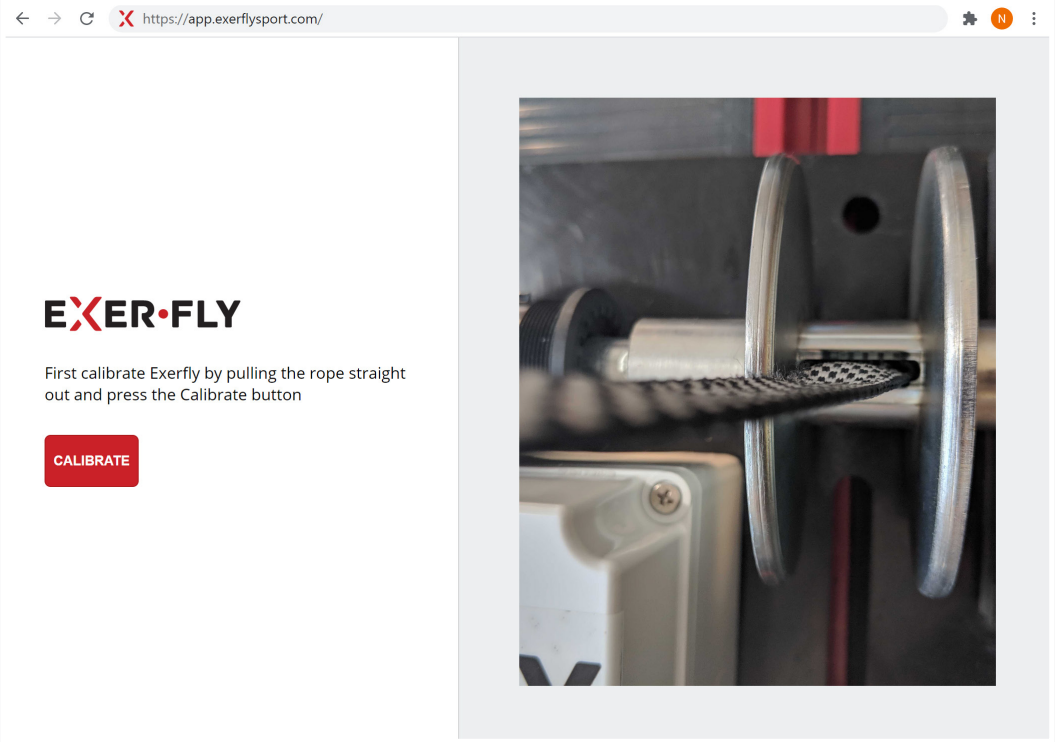
5. Using the app with the Exerfly sensor

You are now ready to use the app to get feedback on your exercises. You'll need to enter details of your warm-up reps, reps and flywheel inertia into the app and press the START button. Statistics are shown in real-time after each rep.

Calibrate

Each time you turn the Exerfly electronics on, you'll first need to calibrate the Exerfly app/rope. This is so the app where the point is that the rope crosses over for concentric to eccentric movements.

Hold the rope straight out (90 degrees) from the shaft and click the calibrate button. The Settings (Gear icon at top right) also contains a calibrate button.



Language

Change the language of the user interface. This will also change the voice feedback to the selected language.

5. Using the app with the Exerfly sensor cont.

Warm up reps

These reps are used to get the flywheel moving and are not counted in the statistics for energy, time, force etc.

Reps

Enter the number of reps you wish to complete. The statistics will only count up to the number of reps you enter.

Click the gear icon to choose an option to stop the reps

a) After the reps have finished

b) if the rep time is greater than x seconds. This is useful in velocity based training where you're trying to do reps within a set time limit.

c) If power decreases by more than x percent. This is useful to see when a user is getting too tired.

Inertia

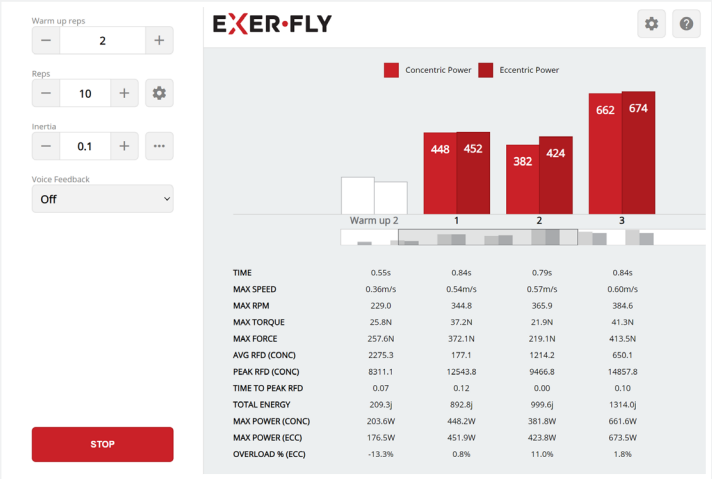
Enter the discs you are using in the options. This will calculate the total amount of inertia loaded on to the Exerfly machine.

Voice Feedback

Choose the option to have a voice spoken to you after each rep. The voice can either say the rep number, or the power of the rep.

START button

This starts the statistics collection and shows a graph of power output.



5. Using the app with the Exerfly sensor cont.

Statistics

On the same screen you'll see some basic and average statistics for your exercise.
You can scroll left and right on the graph to show the power of each rep.

Force: Total force exerted by the user
Energy: Total energy exerted by the user
Peak Overload: The highest eccentric overload reading
Lowest Overload: The lowest eccentric overload reading
Average Overload: The average of all the eccentric overload readings for all of a users' reps
Avg RFD: The average rate of force development for all reps
Peak RFD: Peak rate of force development for a rep
Time to peak RFD: THe time it takes to get to the peak rate of force development
Conc. Peak Power: The highest power exerted by the user in the concentric phase of a rep
Eccn. Peak Power: The highest power exerted by the user in the eccentric phase of a rep
Peak Speed: The highest speed that the user moved through the rep
Slowest Speed: The slowest speed that the user moved through the rep
Average Speed: The average speed through all the reps
Fastest Rep: Time in seconds of the fastest rep
Slowest Rep: Time in seconds of the slowest rep
Average Rep Time: The average time of all the reps