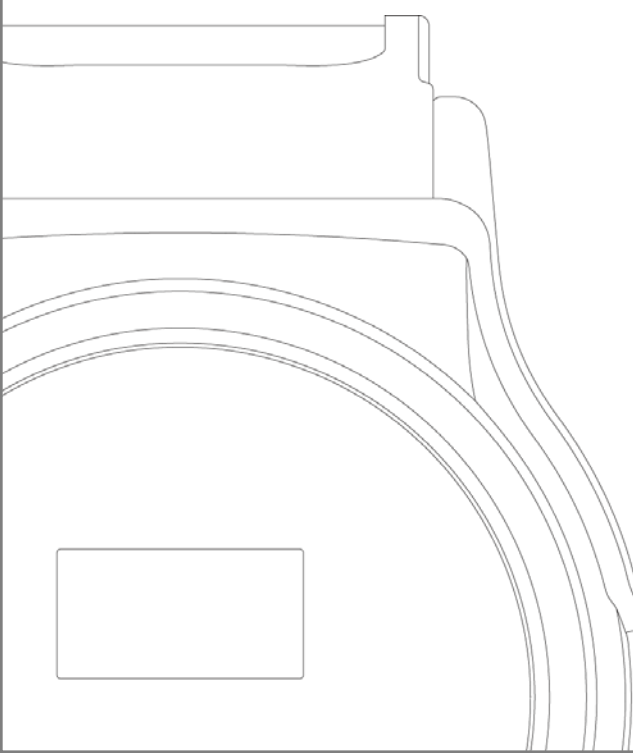


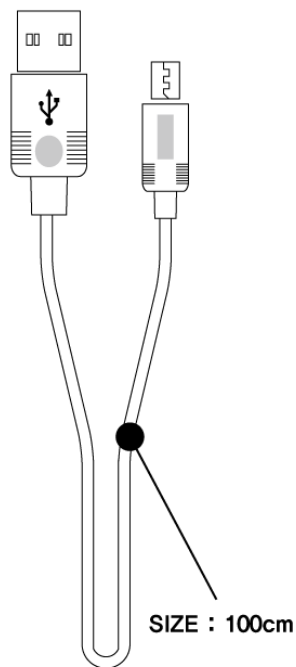
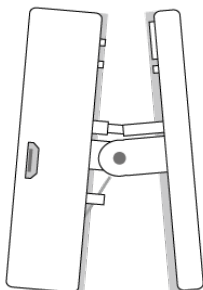
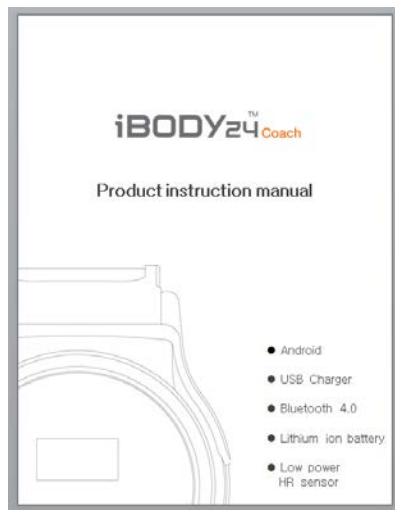


## Product instruction manual



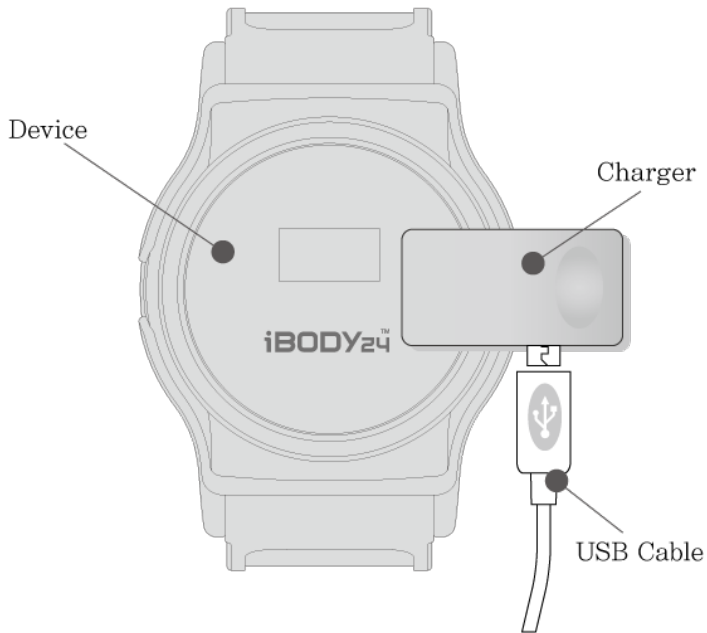
- Android
- USB Charger
- Bluetooth 4.0
- Lithium ion battery
- Low power HR sensor

# iBODY24<sup>TM</sup> Coach Product constitution



# iBODY24<sup>TM</sup> Coach How to charge

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Please charge a device to 100% before you start to use.

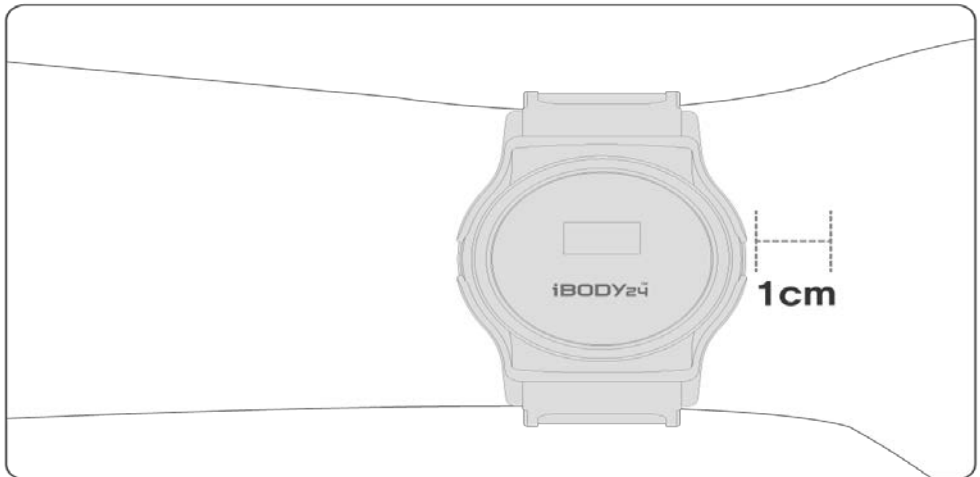
iBODY24 Coach is supporting to do charge with USB charger.

A charger has to be a correct place on the device as a given picture.

Do not take a charger off hard, It occurs to be broken.

iBODY24 Coach is automatic recognizing your activities by detailed sensor. So it has to be put on right place to get results. It causes error if you put a device on a wrong place. Please check a place of band before you use.

1. The screen has to be placed on the top of a logo.
2. Please take a device on the left wrist.
3. Please put a band on the 1cm next of a folded point.
4. Please put a band on to be tight on your wrist.



**The wrong way of put on the device makes error to measure the Heart rate.**

### 1. Install

- Search 'iBODY24 coach' then install the APP on Google app store (about 20mb).
- Install the app through QR code on the bottom page of product instruction.

### 2. When the change of a phone

- All the data and personal information are saved on DB storage. So it does not matter if you use other phone. Install the App then log-in with your ID.

### 3. Precaution

- iBODY24 Coach App can be different as how your phone does work.

iBODY24<sup>TM</sup>Coach

‘ The first wearable to be ’  
your personal trainer

E-mail 이메일 주소를 입력하세요

비밀번호 비밀번호를 입력하세요 (16자리 이하)

비밀번호 확인 다시한번 비밀번호를 입력하세요

☒ 이용 약관에 동의 합니다. [약관 보기](#)

가입완료

iBODY24<sup>TM</sup>Coach

‘ The first wearable to be ’  
your personal trainer

iBODY24 Coach에 가입 되셨습니다.

시작하기

Install ‘iBODY24 coach’ App on your smart phone.

Register in iBODY24 coach with your e-mail address.

iBODY24 Coach do not demand certified for uses personal information.

이름을 입력하여 주세요.

아이바디

생년월일을 입력하여 주세요.

1989 년 5 월 17 일

성별을 입력하여 주세요.

여

신장을 입력하여 주세요.

175 cm

언어를 선택하여 주세요.

한국

직업을 선택하여 주세요.

사무직

직업을 선택하여 주시면 라이프 스타일에 맞는  
더욱 세밀한 칼로리 계산이 가능합니다.

Next >

### ▶ 몸무게 설정

▶ 현재 몸무게 76 kg



▶ 목표 몸무게 70 kg



WHO BMI 공식에 따르면 당신의 키를 기준으로한 적정 몸무게는  
56~75 Kg 입니다.

▶ 감량기간 6 주

▶ 일일 소모칼로리 1500 kcal



적절한 일일 칼로리 소모량은 1800 kcal 입니다.

시작하기

-You need to complete your information to set up the target weight loss.

-Immoderate weight loss will make you harm.  
Please set your suitable period of weight loss.

\*Personal information is not going through the certified steps, only for  
estimating your exercising data.

iBODY24<sup>TM</sup> Coach

▶ i BODY24 Coach 기기를 선택해주세요.

iBODY24 Coach

iBODY24 Coach

iBODY24 Coach

iBODY24 Coach

iBODY24 Coach

iBODY24 Coach

+ 기기검색하기

Next >

▶ 디바이스 연결



iBODY24를 찾지 못하셨나요?  
아래 항목을 확인하여 주세요.

- 1 iBODY24 제품의 전원이 제대로 켜져 있는지 확인하여 주세요.
- 2 스마트폰의 블루투스 기능을 활성화 시켜주세요.
- 3 iBODY24 제품을 스마트폰과 가까운 곳에 놓고 실행하여 주세요.
- 4 가까운 곳에 동일한 제품이 있는지 확인하여 주세요.

Next >

Turn on the Bluetooth on your phone.

Please check the serial number inside of device. Connect the device on your phone with the serial number.

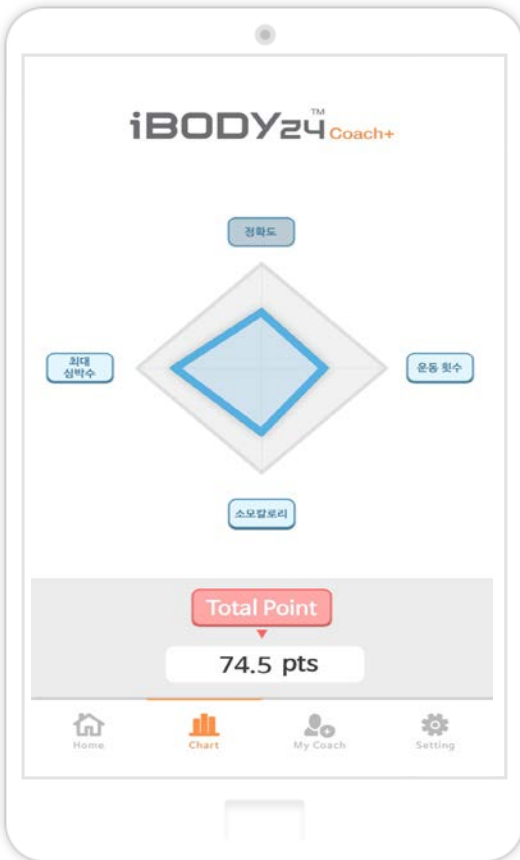
If you have problem with connection consistently, Please go to <http://www.ibody24.com> and find out on FAQ or call to customer center 1661-4473.



# iBODY24<sup>TM</sup>Coach Main app screen



Level is not changing for 7days from starting.(Select the level with accumulated data)  
mcalories burned can be higher than Target calories burn.  
iBODY24 recommend you to start on Amateur level first.



iBODY24 coach collects exercising information through variety sensors. iBODY24 helps User to do proper workout by measuring Accuracy, Counts(frequency), Heart rate, Calories burned.

Workout results data have being saved for a year then that dissipate after a year.

Please read personal information & terms of service for data instructions.

- Make sure to have enough place to do workout. It may cause dangerous situation if there is sharp things.
- Please put on device properly on your left wrist iBODY24 have very elaborated sensors in. That recognize every Users motions. It can be errored if you put on the device wrong.
- Check the battery before you start workout. iBODY24 Coach send data on live time so it consume battery a lot. Full charged battery goes 8hours last.
- Please do warm-up program before and after workout. You need to do warm-up program at least 5mins.
- Select the workout programs on your level. iBODY24 Coach recommend to do suitable workouts to Users.
- iBODY24 do not have responsibility if you are injured while your workouts as we noticed advice options.

# iBODY<sup>TM</sup>24

- 3axis accelerometer sensor
- Altitude sensor
- Optical pulse sensor
- Vibrated motor
- Bluetooth 4.0
- System condition: -10~45 °C
- OLED Mono
- Battery usage: 8hours
- Full charging: 60mins
- Lithium-polymer 3.7 VDC 300mAh
- Android 4.4 KitKat or above

(1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation. Caution: Any changes or modifications to the equipment not expressly approved by the party responsible for compliance could void user's authority to operate the equipment. This appliance and its antenna must not be co-located or operation in conjunction with any other antenna or transmitter.

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[www.greencomm.co.kr](http://www.greencomm.co.kr)