NetpulseOne

USER GUIDE

TABLE OF CONTENTS

WHAT IS NETPULSEONE?

The NetpulseOne digital fitness platform provides workout tracking and data management in one location to help facilities connect, engage, and interact with their members everywhere.

NetpulseOne works with all your favorite cardio equipment, 3rd party tracking apps and devices, along with a mobile app and web portal all under one brand…yours.

NetpulseOne allows club members to set goals, track workouts, and compete in challenges with one universal exercise ID across your favorite fitness equipment and mobile apps.

DO YOU KNOW YOUR xID?

Netpulse-connected equipment utilizes the xID™ user identification system, a universal numeric user ID for fitness equipment, mobile apps, and websites.

Members can create a 10-14 digit xID [phone number] and a 4-digit passcode on Netpulse-connected equipment, club mobile app, or online at the club member portal.

With xID there is no need to remember multiple user names and passwords for your members to access all of their fitness information. Members simply sign in with their xID and passcode to access their personalized account.

DASHBOARD

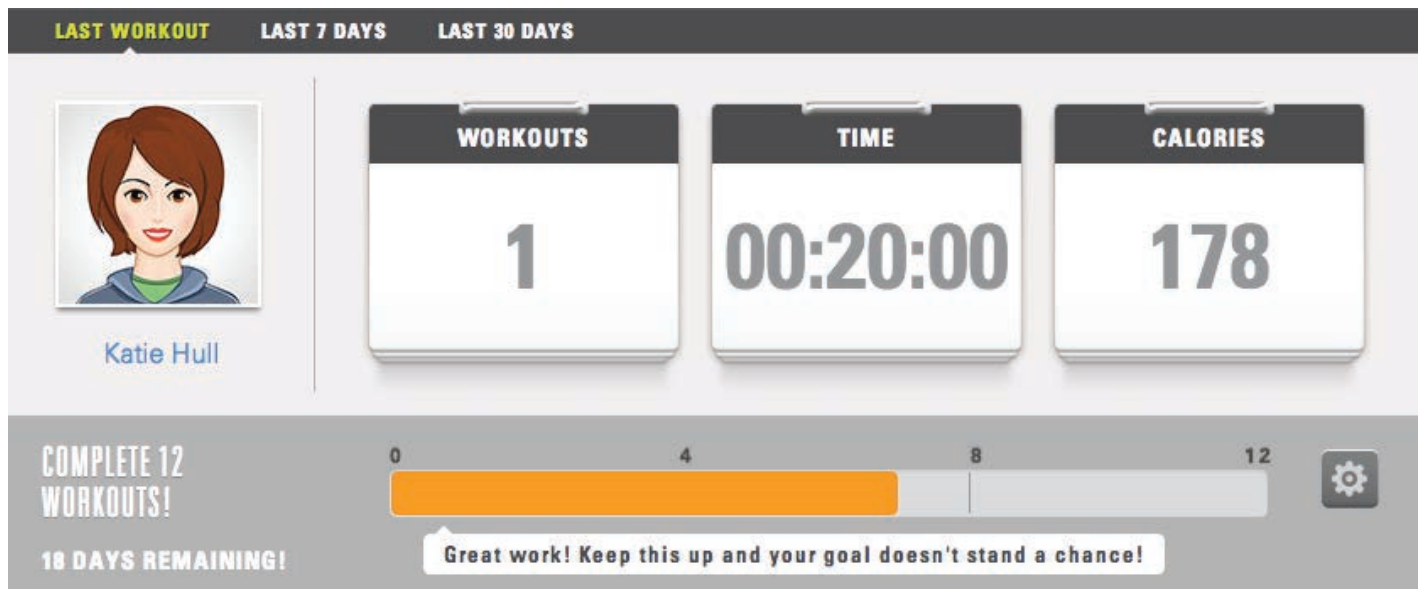| DASHBOARD | GOAL CENTER | MY WORKOUTS | CHALLENGES | MY PROFILE | ENTERTAINMENT |

The Dashboard tab shows an overview of your last workouts, goal progress, and challenge status. This is the screen you will land on once you sign into your account.

LAST WORKOUT   LAST 7 DAYS   LAST 30 DAYS

Katie Hull

| WORKOUTS | TIME | CALORIES |
| 1 | 00:20:00 | 178 |

COMPLETE 12 WORKOUTS!

18 DAYS REMAINING!

0   4   8   12

Great work! Keep this up and your goal doesn't stand a chance!

MY FEED   CLUB

Jason M. just put in a great workout!
Jason M. just did a 37-minute workout on a Woodway treadmill at The Lab.

Time: 37 min   Calories Burned: 282   Distance: 3.36 miles

Way to go Jason M.!

5 hours ago   applaud | comment (2)

Konstancia M., Jason M. have applauded

Konstancia M.
im warming up.....;)
2 hours ago

Duncan K.
Jason draws first blood. Enjoy the lead ...for now.
4 hours ago

Write a comment...

1 challenge was defeated!
Manuel A. finished Back to School by working out for 568 minute(s) in 32 days.

Remember to give Manuel A. a high five!

14 hours ago   applaud | comment (0)

ACTIVITY FEED

See the activity of your club as members compete, team up, and celebrate achievements together.

Applaud, share, or comment on achievements or new club posts by clicking the button on the bottom of the activity box.

DASHBOARD

3rd Party Apps and Challenges:

• View the 3rd party apps that are linked to your account including: MyFitnessPal, FitBit, Aetna CarePass, Runkeeper, BodyMedia, etc.

• View progress in club-sponsored and national challenges

• Join open challenges

1790 CALORIES REMAINING — myfitnesspal

Goal	Food	Exercise	= Net
1790	0	- 0.0	0.0
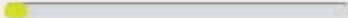
MY CHALLENGES

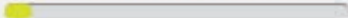GAME DAY — **YOUR RANK: 7 OF 104**

CALORIE COMBUSTION — YOU HAVE COMPLETED 6% OF THE CALORIE COMBUSTION CHALLENGE!

BACK TO SCHOOL — YOU HAVE COMPLETED 7% OF THE BACK TO SCHOOL CHALLENGE!

GOAL CENTER

The Goal Center allows you to create a personalized goal based on number of workouts, calories, distance, or time. Workouts will automatically track on all Netpulse-connected cardio equipment, through mobile xCapture, or linked 3rd party tracking apps and devices.

To create a goal:

• Click the Goal Center tab

• Chose goal type (# of workouts, calories, distance, or time)

GOAL TYPE: Workouts | TARGET | PERIOD | GOAL NAME

HOW DO YOU WANT TO MEASURE YOUR GOAL?

# of workouts | calories | time | distance

• Choose the target of your goal (how many workouts, calories, etc. per week)

GOAL TYPE: Workouts | TARGET: 4 Workouts | PERIOD | GOAL NAME

MOST USERS SELECT A GOAL BETWEEN 2 AND 4 WORKOUTS

BACK

1 workout per week | 2 workouts per week | 4 workouts per week | enter your own workouts per week

• Choose the time period for your goal (how many weeks)

GOAL TYPE: Workouts | TARGET: 4 Workouts | PERIOD: 4 Weeks | GOAL NAME

HOW MANY WEEKS?

BACK

1 week | 2 weeks | 3 weeks | 4 weeks

GOAL CENTER

To create a goal (continued):

• Name your goal

Your goal is ready!
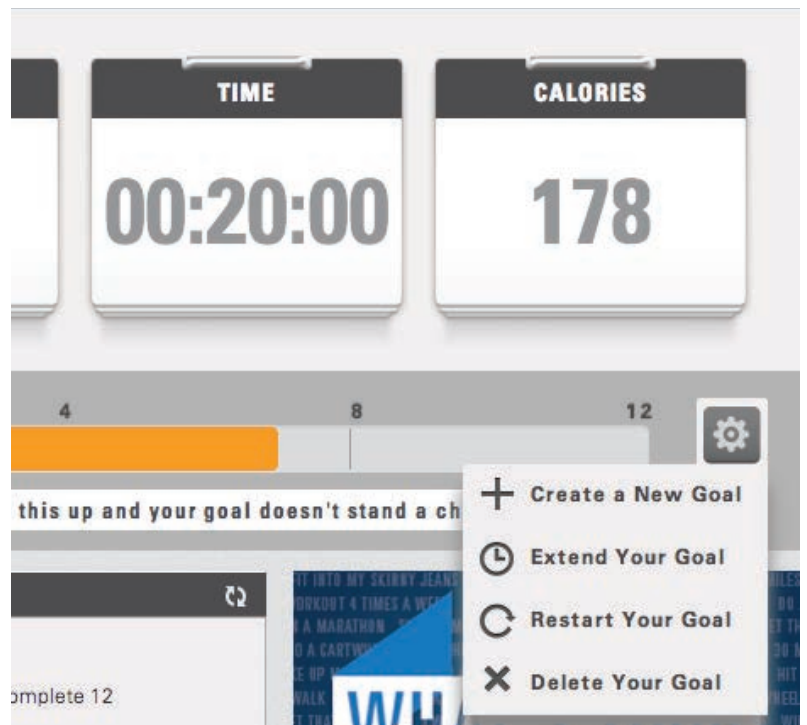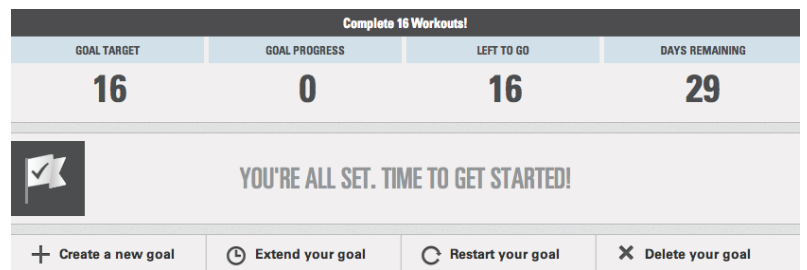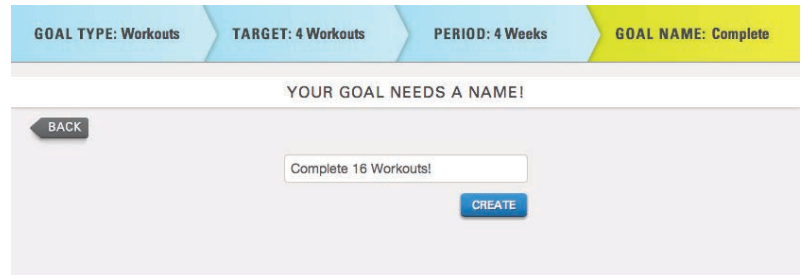
• View your progress in the Goal Center and on your Dashboard

How to delete or edit a goal:

• Click the Goal Center tab

• You have the option to create a new goal, extend your goal, restart your goal, or delete your goal

OR

• Click the Dashboard tab

• Click the "settings" icon next to your goal

• Select a new goal, extend your goal, restart your goal, or delete your goal

MY WORKOUTS

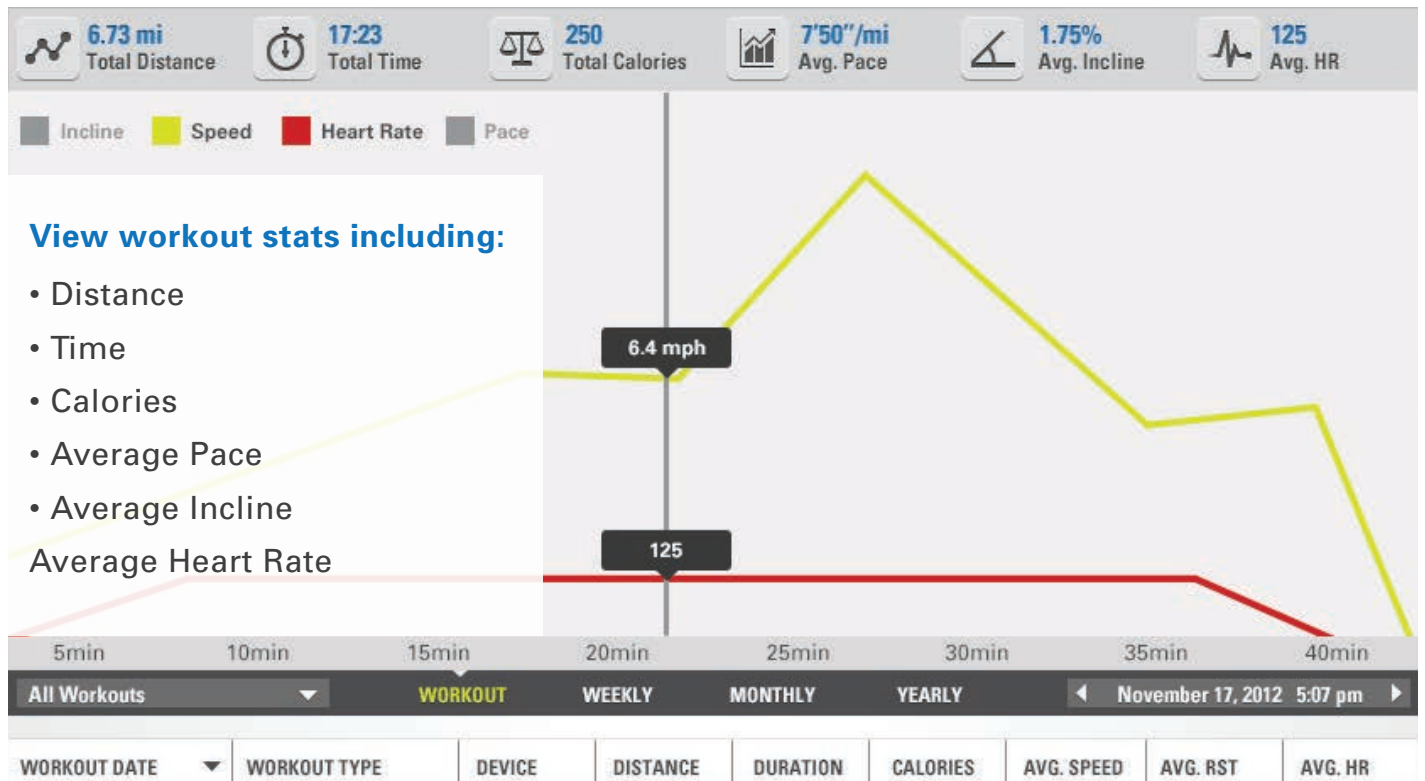View your workout history from workouts completed inside and outside of the club.

View workout stats including:

• Distance
• Time
• Calories
• Average Pace
• Average Incline
Average Heart Rate

6.73 mi Total Distance	17:23 Total Time	250 Total Calories	7'50"/mi Avg. Pace	1.75% Avg. Incline	125 Avg. HR

Incline   Speed   Heart Rate   Pace

All Workouts ▼	WORKOUT	WEEKLY	MONTHLY	YEARLY	◀ November 17, 2012 5:07 pm ▶

WORKOUT DATE ▼	WORKOUT TYPE	DEVICE	DISTANCE	DURATION	CALORIES	AVG. SPEED	AVG. RST	AVG. HR

+ MANUALLY ADD WORKOUT				? MISSING WORKOUTS			
19 Aug 2013	MapMyFitness	3.43 mi	20m 00s	178	10.29 mph	0	0
19 Aug 2013	FitBit	—	00m 00s	534	—	0	0
18 Aug 2013	MapMyFitness	3.47 mi	20m 00s	175	10.41 mph	0	0
18 Aug 2013	FitBit	—	00m 00s	1905	—	0	0
17 Aug 2013	FitBit	—	00m 00s	1905	—	0	0
16 Aug 2013	FitBit	—	00m 00s	1905	—	0	0

Manually add any workouts that you missed by clicking the "Manually Add Workout" button.

CHALLENGES

Sign up for a club-sponsored or national challenge and compete against fellow members. View your leaderboard status with real-time updates.

Join a running or cycling challenge to stay on top of your game, earn new achievements, and see how you stack up.

BE YOUR BEST
BEAT YOUR BEST

AUGIE'S QUEST

Help find a cure for ALS by donating money for each minute you work out in March.

start: January 6
end: February 10

37462 calories / 2135 participants

JOIN NOW BY JANUARY 6

AUGIE'S QUEST EARLY MORNING CHALLENGE

SHOW UP TO SHAPE UP CHALLENGE

They say you can't win if you don't show up. So we challenge you to do 3 workouts per week for one month. Think you can do it?

start: December 7
end: January 5

10034 miles / 2135 participants

YOU HAVE JOINED

NPFIT NEW MEMBER CHALLENGE

NPFIT ANNIVERSARY CHALLENGE

Help celebrate our first year with a 1500 calorie club-wide Challenge!

start: November 10
end: December 23

37462 calories / 2135 participants

YOU HAVE JOINED

3K CALORIE CRUSHER CHALLENGE

TURKEY TROT

Get ready for your Thanksgiving Feast by running, walking or trotting 25 miles in November.

start: October 28
end: November 24

37462 calories / 2135 participants

COMPLETED

SHAPE UP FOR SPRING BREAK

To sign up for a challenge:

• Click the Challenges tab

• Click the challenge logo that you want to participate in

• Click the "Join Now" button

You signed up for the challenge!

SHOW UP TO SHAPE UP CHALLENGE

JOIN NOW

They say you can't win if you don't show up. So this month we are encouraging you to show up and see how it helps you shape up. The challenge is to do 3 cardio workouts per week for a month. You will be amazed at your progress!

start: December 7
end: January 5

HOURS TO COMPLETE THE CHALLENGE	TOTAL PARTICIPANTS	TOTAL HOURS BY ALL PARTICIPANTS
15	215	1,034

LEADERBOARD   RULES   PRIZES   YOUR INFO

All Participants ▼   All Ages ▼   Global ▼   Search

RANK	NAME	WORKOUTS	HOURS
1	Ro Hernandez	22	17

CHALLENGES

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COMPLETED

How to view your challenge status:

• Click the Challenges tab

• Click the challenge logo that you are participating in

LEADERBOARD	RULES	PRIZES	YOUR INFO	
All Participants ▾	All Ages ▾	Global ▾	Search	
RANK	NAME		WORKOUTS	HOURS
1	Ro Hernandez		22	17
2	Mike Hanes		24	16
3	Vlad Kerkez		20	15.5
4	Bryan Arp		22	14
5	Kurt Weinsheimer		21	13.5

• Me

• Look for the "Me" tab on the leaderboard to view your status

• Filter by participants (male / female) or age group (all / my age group)

OR

• Click the Dashboard tab

• Scroll down and see your leaderboard on the right hand side of the screen

MY CHALLENGES

GAME DAY

YOUR RANK:
7 OF 104

CALORIE COMBUSTION

YOU HAVE COMPLETED 6% OF THE CALORIE COMBUSTION CHALLENGE!

BACK TO SCHOOL

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MY PROFILE

Personalize your account by choosing an avatar and managing your account preferences on the profile tab. Keep all of your fitness data in one place by linking your account to your favorite fitness apps and devices including MapMyFitness, MyFitnessPal, and more!

Click "Workouts" to view your all time workout stats.

| WORKOUTS | ACTIVITY | ACCOUNT | CARDIO SIGN IN | PRIVACY | COMMUNICATION | ACCOUNT LINKING |

Katie Hull

Run. Test. Sleep. Repeat.

ALL TIME WORKOUT STATS

73 WORKOUTS

22:39:41 TIME

83K+ CALORIES

3 GOALS COMPLETED

187 MILES

0 CHALLENGES

SELECT AVATAR

| WORKOUTS | ACTIVITY | ACCOUNT |

To choose an avatar:

• Click the My Profile tab

• Click "Account"

• Scroll down and click "Select Avatar"

• Click "Save"

MY PROFILE

| WORKOUTS | ACTIVITY | ACCOUNT | CARDIO SIGN IN | PRIVACY | COMMUNICATION | ACCOUNT LINKING |

Katie Hull

Run. Test. Sleep. Repeat.

CARDIO EQUIPMENT SIGN-IN

X ID

09051986

Your User ID is a numeric ID you'll use to sign in to Netpulse-powered cardio machines at your health club.
Your Cardio ID must be between 4 and 14 numbers long. No letters, spaces or special characters.
Most people use their phone number or another easy-to-remember 10 digit number.

SAVE

Old Passcode

Your passcode must be 4 numbers long.

New Passcode

Confirm Passcode

| WORKOUTS | ACTIVITY | ACCOUNT | CARDIO SIGN IN | PRIVACY | COMMUNICATION | ACCOUNT LINKING |

Katie Hull

PRIVACY

⊙ **Public**
Select "Public" if you would like your activities and achievements to be shared with other members of your fitness facility.

○ **Private**
Select "Private" if you do not wish any of your activities or achievements to be shared with other members of your fitness facility.

Click "Cardio Sign In" to edit your passcode and User ID information.

Click "Privacy" to view and edit your privacy settings.

| WORKOUTS | ACTIVITY | ACCOUNT | CARDIO SIGN IN | PRIVACY | COMMUNICATION | ACCOUNT LINKING |

Katie Hull

Run. Test. Sleep. Repeat.

COMMUNICATION

Use the check boxes to opt in or out of receiving email communications about your fitness activities.

WORKOUT REPORTS	
Each Workout	☑
Weekly Summary	☑
Monthly Summary	☑

NOTIFICATIONS	
Goal	☑
Challenge	☑
System Messages	☑

Click "Communication" to view and edit your workout summary, goal, and challenge email notifications.

MY PROFILE

How to link 3rd party apps and devices to your account:

• Click "Account Linking" under the "My Profile" tab

• Click the "Link" button next to the 3rd party app or device that you would like to connect to

• The link will transfer you to the app or device's website

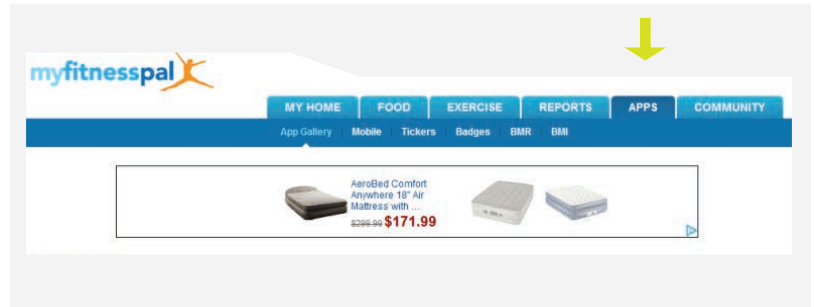• Verify your account information
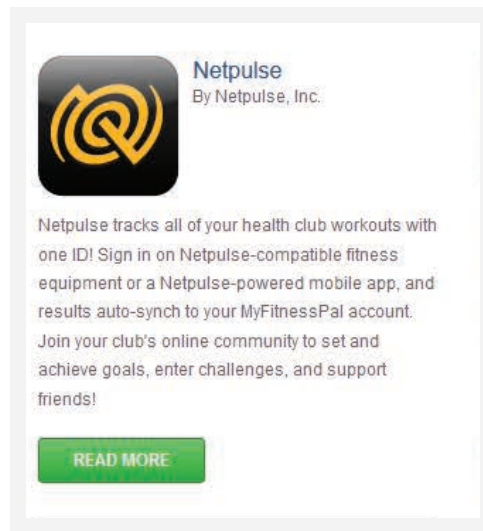
Your account is linked!

MY PROFILE

For MyFitnessPal:

• Click the "Link" button next to the MyFitnessPal app

• Sign out of your Netpulse account

• Sign-in to your MyFitnessPal account online

• Click "Apps"

• Scroll down to click on the Netpulse app

• Click "Connect Accounts"

• Sign-in to your NetpulseOne account

Your account is linked!

ENTERTAINMENT

Create a personalized music video playlist from our library of over 4,000 music videos.

Music Library

Browse available songs and click + to add selections to your custom playlist. Search the library by artist or genre to find just what you're looking for!

Artist   Genre   Artist

To add music videos to your playlist:

• Search by artist name or genre

Music Library

Browse available songs and click + to add selections to your custom playlist. Search the library by artist or genre to find just what you're looking for!

BACK   Beyonce

Music Library	
Diva	
Halo	
Single Ladies - Put A Ring On It	
Sweet Dreams	
Irreplaceable	+
Why Don't You Love Me	

Your Playlist

This list shows the songs currently in your custom playlist. Create and add songs to your custom playlist using our Music Library on the left.

13 songs   SHUFFLE

Ben Folds Five **Brick**	✖
Beck **Girl**	✖
Better Than Ezra **Desperately Wanting**	✖
Band Perry **Done**	✖
Band Perry **Postcard From Paris**	✖
Band Perry **Better Dig Two**	✖

• Hover your mouse over the song you would like to choose

• Click the "+" button

• The song will appear under "Your Playlist"

FAQ

Q: I lost my sign in information (xID number, passcode). What do I do?
A: Go to your club's member portal and click "forgot passcode" under the sign-in field. You will be prompted to enter your xID or the email address associated with your account. Once you click "Submit" a temporary passcode will be generated and delivered to your email address.

Still having trouble? Please email support@netpulse.com to receive a reminder. You will receive an update within 48 business hours.

Q: I didn't receive my validation email.
A: Sign in with your xID and passcode. Click the prompt to "resend your validation email".

Still having trouble? Please contact support@netpulse.com and the team can assist you.

Q: What is xID?
A: The xID™ user identification system is a universal numeric user ID for fitness equipment, mobile apps, and websites. You can use a 10-14 digit number to sign in (phone numbers are easiest to remember). There is a 4 – digit numeric passcode for security reasons. Look for the xID mark to know if your club has Netpulse-connected equipment. Be sure to sign-in to track and personalize your workout activity.

Q: I signed in the cardio equipment before my workout but I don't see it under my workout history. What do I do?
A: You can add missing workouts online. Sign in with your xID and click the "Missing a Workout" button under the "My Workouts" tab. Enter your workout stats and give as much information about the cardio equipment as possible. A message will be sent to the Netpulse support team to look into the issue. Note- you can only add one "missing" workout per day.

Q: I don't work out on cardio equipment but want to track my workouts. How do I do that?
A: No problem, use the "Manual" entry feature under "My Workouts" and enter in your workouts by day. You can also link 3rd party tracking apps and devices to your account under My Profile tab to automatically track workouts outside of the club.

Q: I don't see my favorite 3rd party apps and devices, are you adding more?
A: We are continuously adding more. Please let us know your favorite so we can add it to the list feedback@netpulse.com.

Q: Can I link more than one 3rd party app and device?
A: Yes, you can link multiple devices and they will all track.

Q: I don't see my 3rd Party App summary on the "Dashboard" page. Are my accounts linked?
A: Try a few steps to ensure your account is linked properly:
• Log in and sign out to your 3rd party app account
• Log out of the NetpulseOne site and sign back in
Still having problems? Email support@netpulse.com and we'll get back to you within 48 hours.

Q: What is the Entertainment Tab?
A: If your club has Netpulse-connected cardio equipment, you can create your music playlists to have a customized experience while you work out.

FAQ CONT.

Q: Can I watch my music video playlist outside of my club?
A: The music video feature is currently only available on Netpulse-connected equipment in your facility.

Q: Can I add songs from my MP3 player or phone to my playlist?
A: This feature is not currently available, but there are over 4,000 music videos available in the music video library. To browse the library and add music videos to your playlist go to the "Entertainment" tab.

Also be sure to email your music video requests to the Netpulse team at feedback@netpulse.com. We love receiving feedback and will respond back to all inquiries.

Q: What if I don't want my workouts highlighted on the Dashboard?
A: Please go to the My Profile Tab and under Privacy, you can control your settings.

Q: Can I participate in more than one challenge?
A: Absolutely, join as many as you'd like.

Q: I have some ideas for new features that Netpulse should know about. How do I pass that along?
A: Please email the Netpulse team at feedback@netpulse.com. We love receiving feedback and new ideas, and will respond back to all inquiries.

Q: I'm moving and changing clubs. Will I lose all my fitness activity?
A: No, you won't lose your fitness activity. Be sure to ask your new club if they have Netpulse-connected equipment and you can use your xID to sign in and track your workouts.