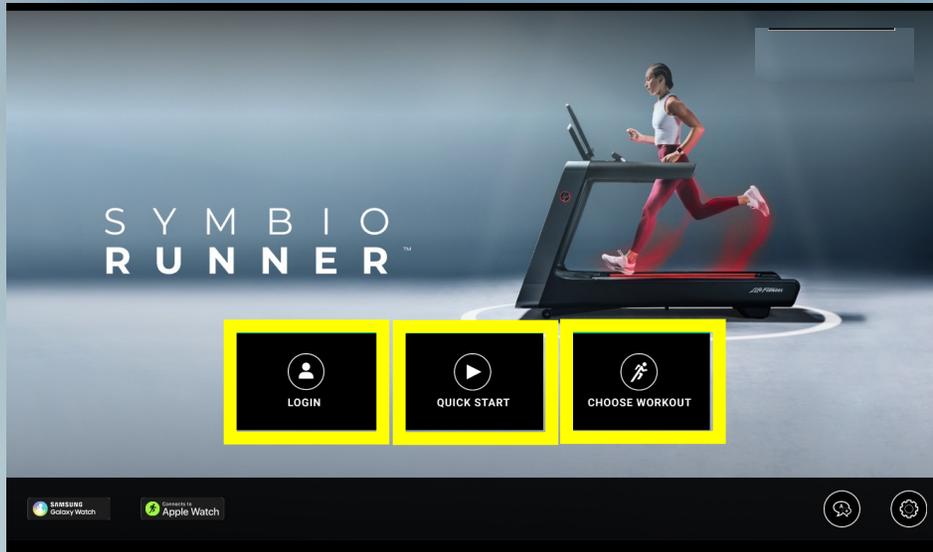


GET STARTED WITH SYMBIO CONSOLE

SYMBIO™

SYMBIO CONSOLE GET YOUR WORKOUT STARTED



HOW TO BEGIN

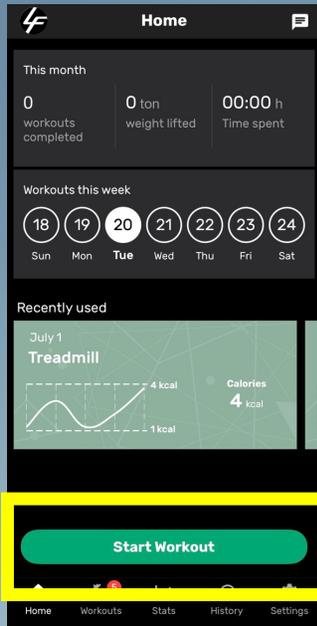
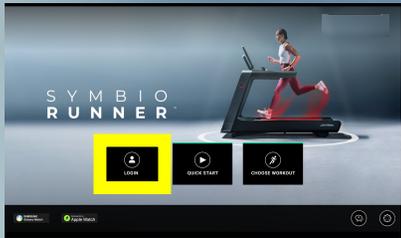
Choose one of these 3 icons to start:

- **LOGIN**
Allows you to use the Life Fitness Connect App on your phone.
- **QUICK START**
Begins your workout right away.
- **CHOOSE WORKOUT**
Allows you to browse and select a workout that fits your goals.

Optional: tap your Apple watch or Galaxy watch on the lower left of the console to connect.

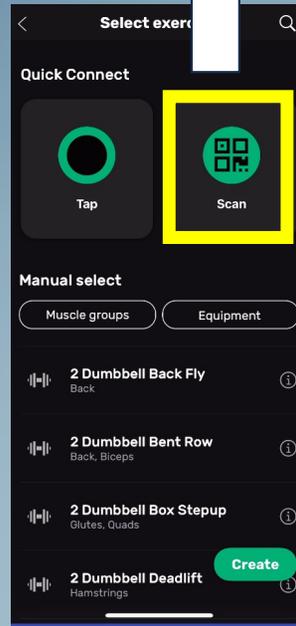
SYMBIO CONSOLE START: LOGIN

Life Fitness Connect App



1.

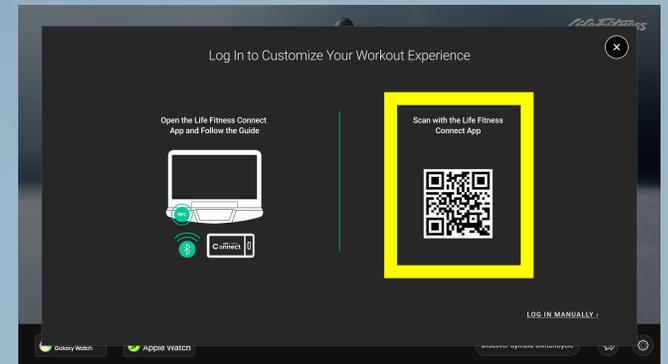
1. Tap Start Workout



2.

2. Tap Scan

Login Screen on Console



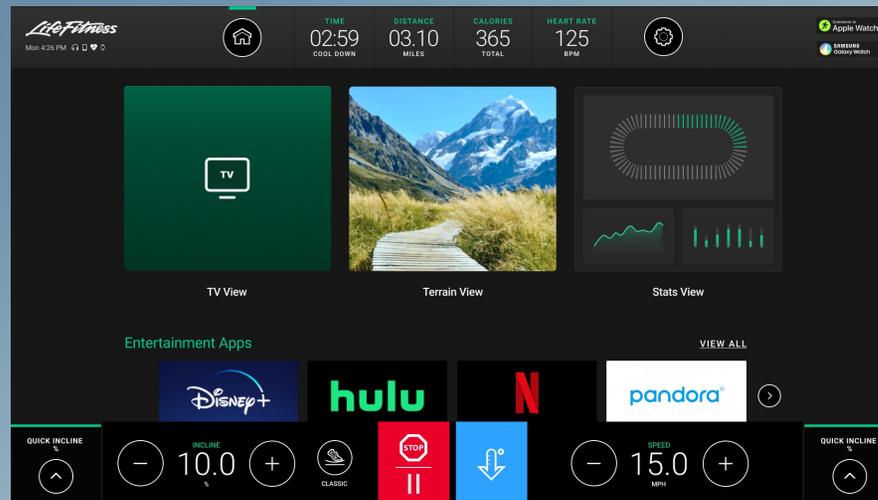
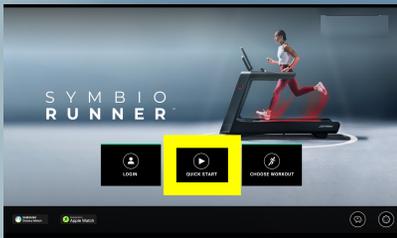
3.

3. Scan the QR code on the console login screen.

Forgot to log in? You can also scan a QR code at the end of your workout to save your results.

SYMBIO™

SYMBIO CONSOLE START: QUICK START



QUICK START

Begins your workout right away.

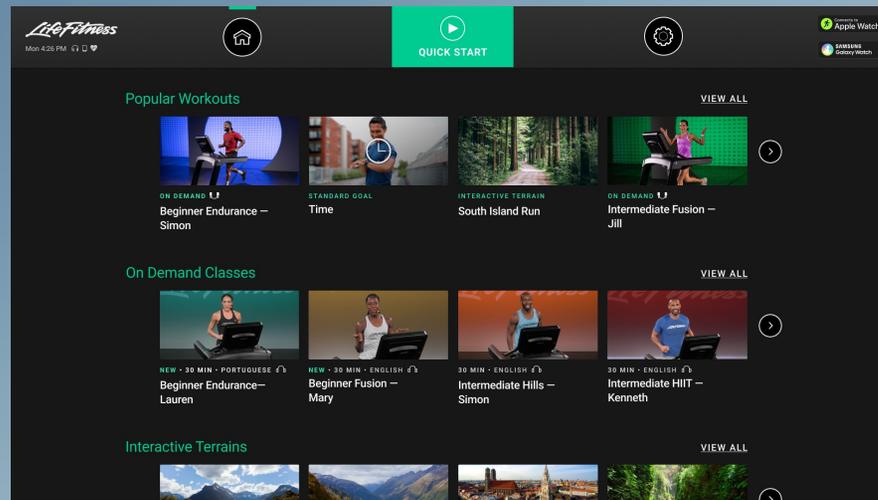
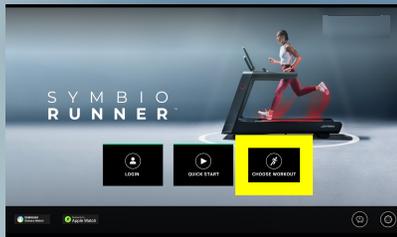
You will then see options like

- Entertainment
- Terrain View
- On Demand Classes
- Other workouts

Swipe up on the screen to explore more

SYMBIO™

SYMBIO CONSOLE START: CHOOSE WORKOUT

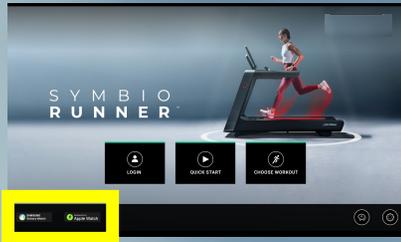


CHOOSE WORKOUT

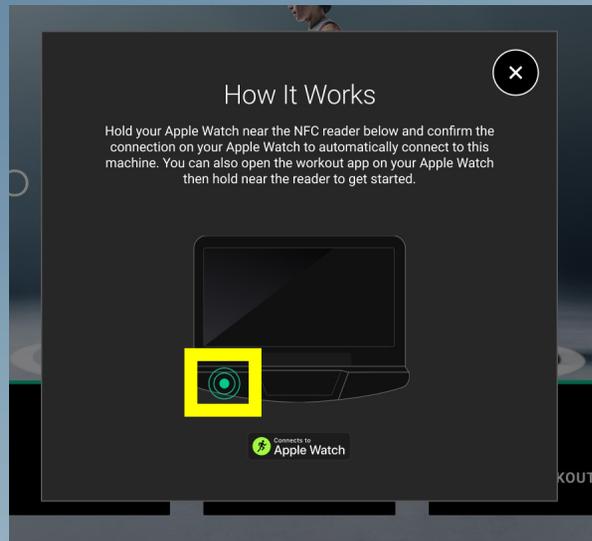
Allows you to browse and select a workout that fits your goals.

Swipe up on the screen to see more options.

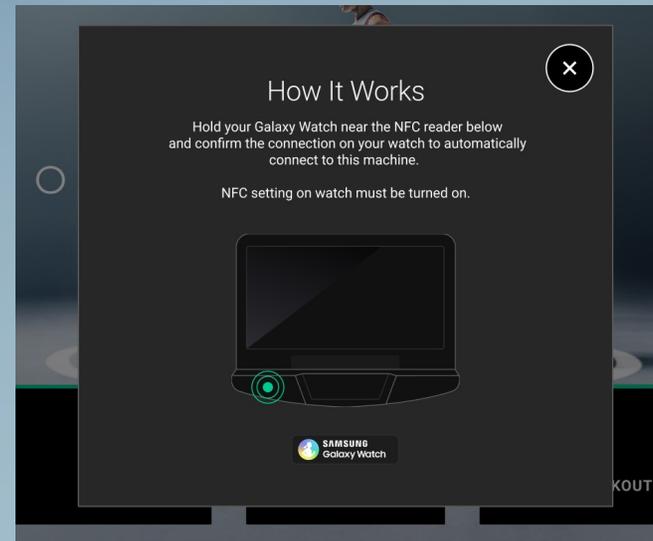
SYMBIO CONSOLE START: CONNECT YOUR WATCH



Apple watch



Galaxy watch



CONNECT YOUR WATCH

Tap your Apple or Galaxy watch on the lower left of the console to connect your smartwatch.

S Y M B I O TM

LifeFitness