

E Plus 2.0

Be Your
Own
Trainer.



circle
FITNESS

E Plus 2.0

-
The
most self-
motivating,
entertaining,
engaging console.

Get Motivated



TARGET TRAIN

Achieving your fitness goals has never been easier. Target Train is a self monitoring program developed to help you achieve your fitness targets with ease. It will become your most powerful training partner in your transformation by offering an encouraging completion status chart, detailed information on your current status, the remaining figures for achieving your targets, and the ability to share that you achieved your targets with friends.

Distance



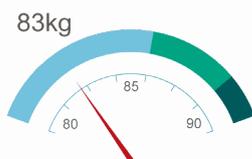
Calories



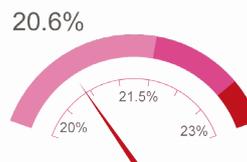
Frequency



Weight



Body Fat



Avg. Speed



Avg. Distance



Performance Target

Distance



Give yourself a distance goal you want to hit. The progress chart will encourage you until you hit that target.

Calories



Simply type in the calories you wish to burn. Let's witness your goal being completed together!

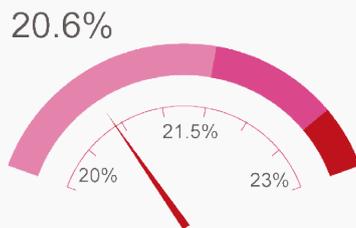
Frequency



No time? No motivation? No problem! The Frequency function is a great helper to keep your workout schedule on track.

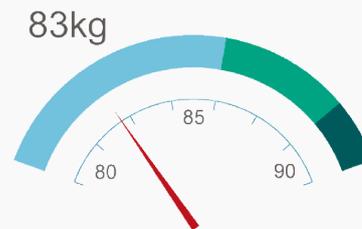
Body Target

Body Fat



Set your ideal body fat %.
Attain your ideal body shape. Easy!

Weight



Simply enter your target weight
and make your annual weight loss
plan obsolete.

Training Target

Avg. Speed



Train yourself to become a sprinter or endurance runner with Average Speed target training.

Avg. Distance



A perfect tool to help you prepare for distance runs or to become a distance runner.

Get Motivated



BODY MANAGER

You can easily access your body composition analysis results and manage your body status thanks to Circle Fitness' integration with Body Composition Analyzer machines.



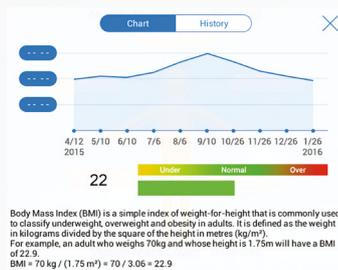
Body measurement data integrated with InBody570 and the Circle Intelligent Body Analyzer gives users the most relevant body indexes for their fitness statuses without the need to consult with health instructors.

Body Analysis

Last Update Time 2016-03-14 16:48:01	
Weight	57.5 kg
Total Body Water	53.8 L
BMI	22
BMR	1959.00 kcal
Visceral fat rating	5
Body fat	24.30 %
Obesity Degree	97 %

Provides clear and concise information containing all your key fitness body measurements.

Detailed Analysis



Detailed analysis provides definitions, measurement scales and record-tracking graphs.

Muscle Mass



Body Fat



Clear and easy to understand illustrations showing your body balance and segmental body composition data.

Get Motivated



WORKOUT PERFORMANCE

Designed for exercisers who are looking to be more engaged in their fitness programs, Workout Performance partners with multiple fitness APPs and wearables to offer detailed analytical workout data by session, or from monthly and yearly perspective.

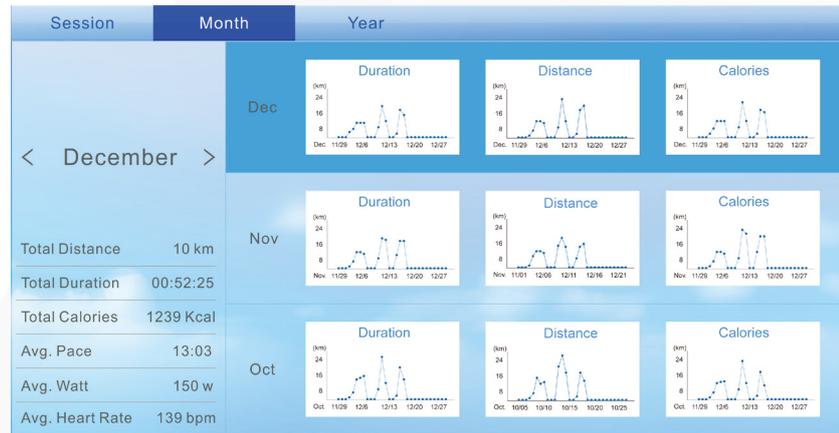
Session

In "Session", we integrate the data you collected from the most popular outdoor training apps with the data collected from our indoor machines to offer a clear view of each of your workout information.



Month

“Month-to-Month” comparison charts break down your workout numbers into 6 important categories for you to study and compare.



Year

We enhanced the “Month-to-Month” comparison idea and created the “Year-to-Year” comparison charts to give you a clear summary of your yearly performance figures and to bring you a more engaging experience in your long-term workout routine.



CircleFit APP

Real-time connection with the E Plus 2.0 system for users to monitor their body status, fitness goals, and workout history, set customized programs and or to add classes to their calendar anytime, anywhere on their smart devices. Let's check what this powerful app can do for you!

Target

Not only can you review your target progress you can also set up your training targets directly from the App. You can set up and monitor up to 3 targets at once.

Distance



Calories



Frequency



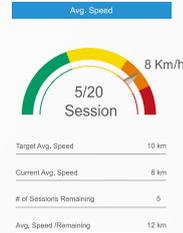
Weight



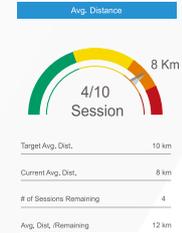
Body Fat



Avg. Speed



Avg. Distance



Body

Displays information from Body Manager through Body Composition Analysis. Now you can monitor your body status anywhere anytime.



Workout

See your workout history and review workout performance. Popular outdoor exercise Apps and popular device data are integrated for your convenience.



Bulletin

Receive news and events from the facility. See the latest class schedules offered. Add classes to your calendar.



Custom

Review, edit, or create customized workouts from your Smartphone. Set up as many as 5 customized workout programs.



Get Entertained



VIRTUAL CONNECT

Virtual Connect eliminates boundaries and take you into an interactive exercising experience through 10 beautiful. Experience the magic with Virtual Connect!





Along the Beach

With the soft sand beneath your feet and the turquoise waters by your side, you will never want to stop running.



In the Forest

Start your day with a beautiful walk through nature, or refresh yourself after a long day of work. Adventure awaits!



Alpine Mountain Passes

Begin your virtual walk through France & challenge yourself with each step. We'll see you in Italy!



Mountain Fall Scenery

Enjoy the scenery and get into the mood as you walk through the beautiful Pyrenees National Park.



Canyon Landscapes

Whether you're walking, jogging or running, let the beautiful desert landscapes take you away!



Singapore Tropical Gardens

Experience the magnificent 'Gardens by the Bay' with over 25,000 species of tropical plants and flowers.



Coastal Scenery Walk

Welcome to Coron, Philippines! The pristine beach assures the most indulgent workout.



Through the Forest

Run through the beauty of colors, or jog alongside the quiet of nature. Let the fresh air be your guide, while the giant Karri trees become your friends.



Singapore Boardwalks & Rainforests

Bring your workout closer to nature and enjoy the splendour that it has to offer.



Wetlands and Lakes

Experience a relaxing walk in one of Europe's largest wetlands. See if you can spot the birds!

Get Entertained

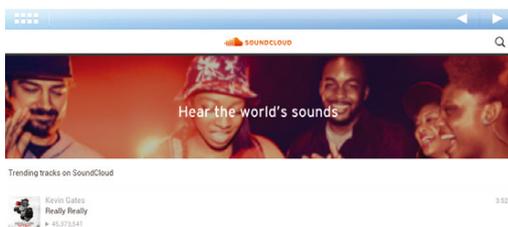
MUSIC & VIDEO APPS

Enjoy the greatest hits today or oldie-but-goodie songs on the most powerful music Apps to keep your workout hyper and entertained!



Spotify

E Plus 2.0 partners with one of the biggest digital music services that give access to millions of songs.



SoundCloud

The audio platform that allows you to listen to what you adore and share the sounds you create.

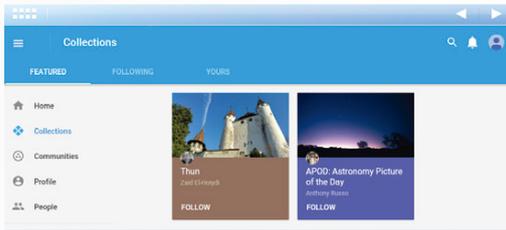


Youtube

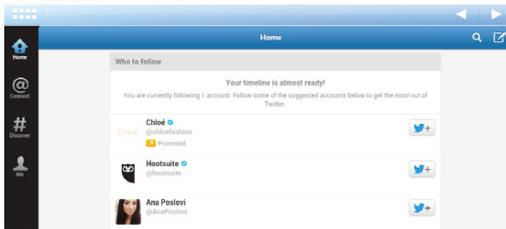
Watch endless videos from YouTube and get entertained while working out.

SOCIAL NETWORKING APPS

Stay connected with the social network. Who says you can't manage your workout and connect with your friends at the same time?



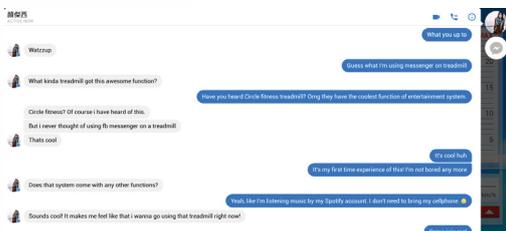
Owned by Google, it is now one of the most popular social media sites.



This amazing microblogging service has gained worldwide popularity rapidly after it was launched. Have fun texting!



This networking App which has created a big sensation throughout the world. Now you could connect to your friends and families during your workout.



Chat with your friends through Messenger from Facebook. Your friend's icon pops up the instant you receive the message.

Get Entertained

TV / MUSIC

TV availability and Music supported by Android device make sure that you won't be bored by your workout.



TV

Watch your favorite TV Channels during your workout. You could preset your favorite TV channels.



Music

Listen to your playlist by plugging in Android smartphone.

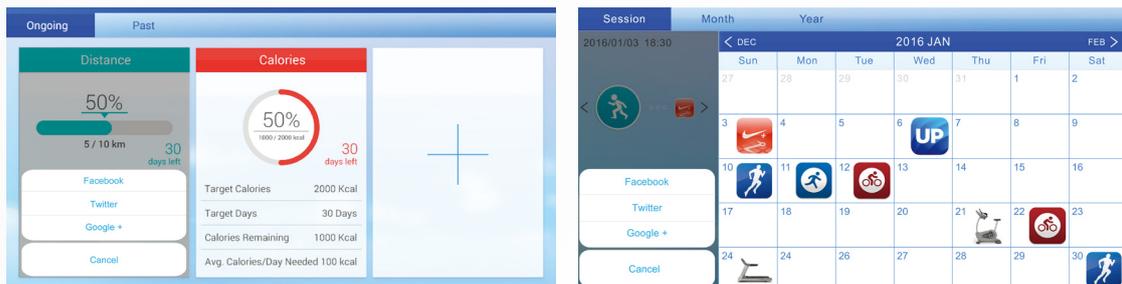
Web Surfing

Surf your favorite websites and stay connected during your workout.



Share

Share your fitness joy with your family and friends. For those who motivate through group training, "Share" brings your workout experience into the crowd so you could share your target achievement, workout performance or even compete with your friends.



Share your joy of achieving the fitness targets with your friends.

Show your friends the amazing progress you have made!

Get Engaged

OUTDOOR WORKOUT APPS & WEARABLE DEVICE INTEGRATION

Unite your fitness data by integrating the most popular outdoor exercise apps and wearable device in All-in-One system.

Outdoor Workout Apps

Workout progress recorded on the most popular fitness apps will be transferred to Circle cloud and CircleFit app. Now you could manage your outdoor workouts with gym workouts all at once!



Nike+



Runkeeper



MapMyRun



MapMyWalk



MapMyRide



Google fit

Wearable Device Integration



Fitbit



Jawbone

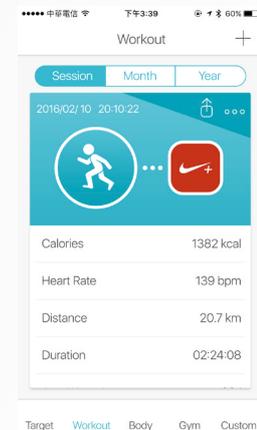


Garmin

Unite your fitness data by integrating the most popular outdoor exercise apps and wearable device in All-in-One system.

Seamless Integration

No matter you are having an indoor or outdoor exercise activity, your fitness statistics will be seamlessly recorded in our system.



Your fitness is tracked, and the data will sync with our app, CircleFit, for you to review whenever, wherever.

Get Engaged



BULLETIN

Bulletin is your one stop site that keep you posted on the latest news and classes offered from your facility.

News & Events

Receive latest news and events offered from your facility and stay informed.

Bulletin	Class	My Calendar
HOT	Give the gift of Fitness this Christmas!	2016/02/18
HOT	PUMPKIN POSE COMPETITION!!	2016/02/10
NEW	*Older adult Pilates / Exciting news*	2016/02/1
	FAMILY FUN DAY – Sunday 9th JAN	2016/01/5
	Happy New Year!	2016/01/1
	NEW STRENGTH & CONDITIONING STUDIO OPENING SOON..!	2015/12/18
	FREE OPEN WEEKEND 28th & 29th NOV!!	2015/11/18

Class

See classes offered by your facility in an easy to view weekly calendar format.

Bulletin	Class	My Calendar				
Jan						
14 Sun	15 Mon	16 Tue	17 Wed	18 Thu	19 Fri	20 Sat
Kickin Circuit 10:00-11:00	Corepower Yoga 09:00-10:00	Kettlebells 10:30-11:30	Hatha Yoga 10:00-11:00	Insanity	HIIT 10:00-11:00	
	Flow Yoga		Power Step		ABS & Core	

Add Class

Add any class you would like to attend and you would be reminded automatically.

Bulletin Class My Calendar

< Class

Kickin Circuit [★ Add to my calendar](#) 10:00-11:00

Put it in your diary.. THIS SUN 9th AUGUST FAMILY FUN DAY @ our studios!
Half hour classes from 9:00-1:30pm. Bring the kids!
Bootcamps, Hot yoga, Ab's class, Spin, Suspension, Dansation kids classes, Weigh-in's, Bouncy Castle, Smoothie tastings, Beauty room discounts and more ALL FOR FREE!
Members come along for a fitness challenge of back to back classes!
Non-members come and sample our studios!
#familyfitness #maghull #liverpool #hotyoga #fitness
01515260062 to book your space!



My calendar

All the courses added will enter My Calendar so there is no worry to miss out.

Bulletin Class My Calendar

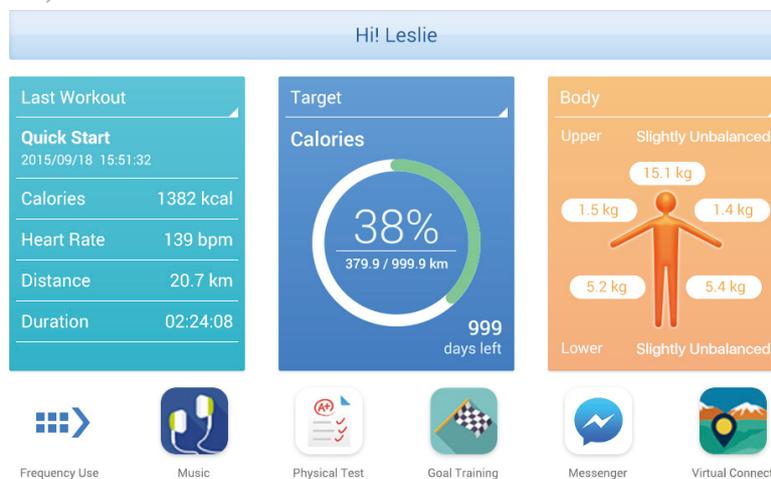
< Jan >

14 Sun	15 Mon	16 Tue	17 Wed	18 Thu	19 Fri	20 Sat
★ Kickin Circuit 10:00-11:00	★  Corepower Yoga 09:00-10:00		★  Power Step 18:00-19:00		★  ABS & Core 17:30-18:30	

MY PAGE

Your target progress, body status, workout performance and the most frequently used programs are all displayed here so you could have all the information and favorite programs in a glance.

A sweet reminder to state the classes you have added, your goal completion progress and the latest news feed given by your gym/club.



Your workout records, personal body information, target progress and information on the gym facility are displayed. You could customize the display windows to your liking.

The most frequently used programs are all displayed here so you could have all the information and favorite programs at a glance.

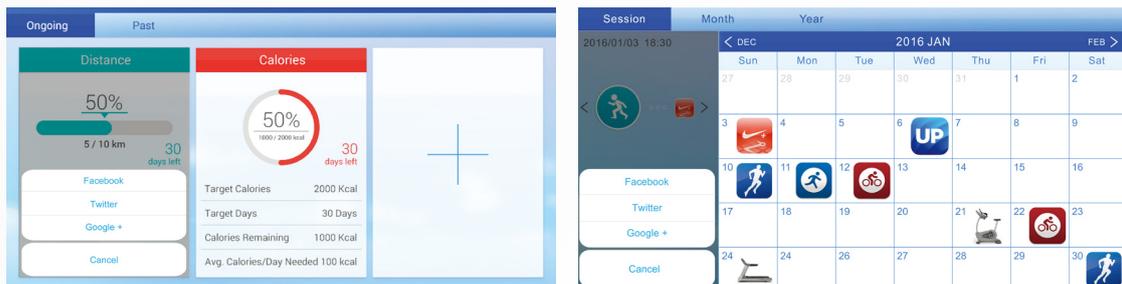
Web Surfing

Surf your favorite websites and stay connected during your workout.



Share

Share your fitness joy with your family and friends. For those who motivate through group training, "Share" brings your workout experience into the crowd so you could share your target achievement, workout performance or even compete with your friends.



Share your joy of achieving the fitness targets with your friends.

Show your friends the amazing progress you have made!

NEW

CIRCLE ASSET MANAGER

Updated and powerful, the new Circle Asset Manager is the platform to not only maximize your investment but to create a strong engagement with facility members for the most long term reward.

Type	Internal Number	Total Time	Total Distance	Software Version	Online/Offline	Error Status
Treadmill	01 98765-4321(M)	98765m/2341234m	98765m/2341234m	2.0.1(A)	Online	
Treadmill	01 98765-4321(M)	98765m/2341234m	98765m/2341234m	2.0.1(A)	Offline	ERR25
Treadmill	01 98765-4321(M)	98765m/2341234m	98765m/2341234m	2.0.1(A)	Online	48 Hours Error recorded
Treadmill	01 98765-4321(M)	98765m/2341234m	98765m/2341234m	2.0.1(A)	Online	WARNING55
Treadmill	01 98765-4321(M)	98765m/2341234m	98765m/2341234m	2.0.1(A)	Online	48 Hours Error recorded
Treadmill	01 98765-4321(M)	98765m/2341234m	98765m/2341234m	2.0.1(A)	Online	WARNING55

Overview

A detailed summarized overview gives operator a clear status of the machines in the facility. The information includes equipment's usage, running status, software version and more.

Date	Update
02-19-2016	Circle Fitness will showcase at Taipei from Mar. 2-5, 2016 at booth B1229a, Taipei World Trade Center.
02-15-2016	Circle Fitness announced to join FIBO (Apr. 7-10, 2016) at G/E01, Exhibition Centre Cologne.
02-05-2016	Happy Chinese New Year! Circle Fitness wish all our valued clients a fruitful new year.
02-03-2016	Circle Fitness Year-End Party Ended On A High Note!

Latest Update

Receive latest information on equipment maintenance, new features, software updates or technical support.

Date	Notification
01-03-2016	Latest user manual has been released.
12-12-2015	New catalogue in pdf format has been released.

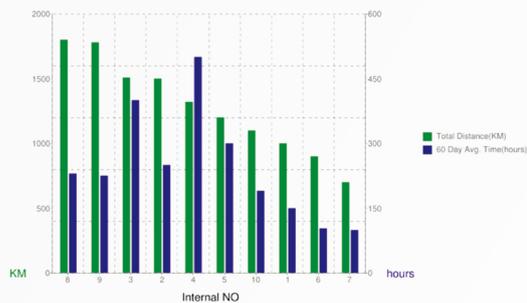
Date	Item
08-24-2015	System maintenance notification

Software Update

Check the latest software updates or technical supports.

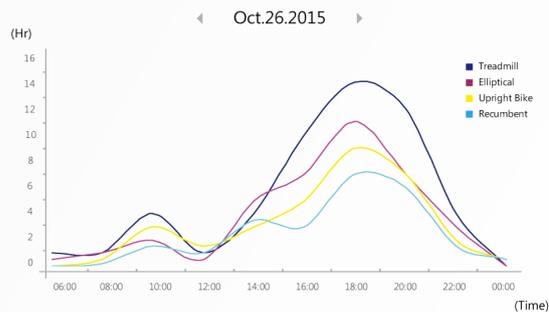
Maximize Asset Investment

Prolong the equipment lifecycle to its max and keep maintenance cost to minimum.



Usage: Total vs. Recent

The graph is designed to help the facility operator balance the usage frequency of the equipments which in return maximize the equipment lifecycle.



Daily Usage Statistics

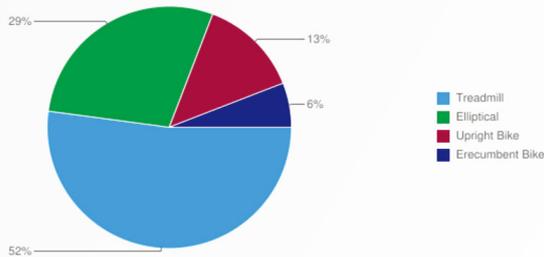
The graph helps gym owners realize the peak/off-peak usage hours of the equipments in order to arrange a more effective floor plan.

NEW

CIRCLE ASSET MANAGER

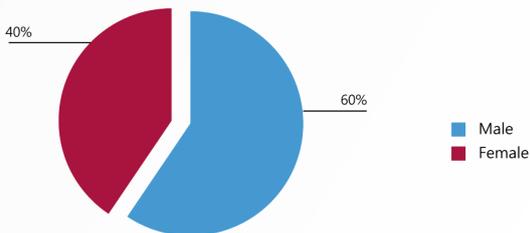
Plan Better

Planning is paramount in extracting the most return from limited resource, be it floor space or class scheduling. We can help you gain the extra advantage.



Preference Chart

Which equipments do your members use the most? Do you have right equipments for your members need? The easy to understand chart helps you floor plan better.



Demographic Study

This chart is designed to you help you understand your customer base and their preference by selecting the demographic categories. Now you could plan equipment, floor space, facility ambience and even class better that are suited to your facility's demographic preference.

Engage Members

We believe member engagement is the future to the success of the fitness clubs. A member who is more engaged in his or her fitness regime the club has to offer will be more loyal and will introduce more of his or her friends to join. Member engagement = Member retention + Member expansion.



Bulletin List			Add
Title	Date		
New Class Offering: HIIT	11-13-2015	Edit Unpin Delete	
Give the gift of Fitness this Christmas!	11-02-2015	Edit Pin to Top Delete	
Family Fun Day! Saturday 7th October!	09-02-2015	Edit Pin to Top Delete	
New Class Offering: Hot Yoga	08-23-2015	Edit Pin to Top Delete	
New Studio is Opening Soon...!	08-05-2015	Edit Pin to Top Delete	

News & Event

Post news or events that are important to your members. The information can be read on E Plus 2.0 console during exercise or on Smartphone via CircleFit App .



Bulletin List			Add
Title	Date		
New Class Offering: HIIT	11-13-2015	Edit Unpin Delete	
Give the gift of Fitness this Christmas!	11-02-2015	Edit Pin to Top Delete	
Family Fun Day! Saturday 7th October!	09-02-2015	Edit Pin to Top Delete	
New Class Offering: Hot Yoga	08-23-2015	Edit Pin to Top Delete	
New Studio is Opening Soon...!	08-05-2015	Edit Pin to Top Delete	

Hot Items

Simply click on "Pin to Top" icon and the information will be posted as Hot item that remain on the top of the list for... days.

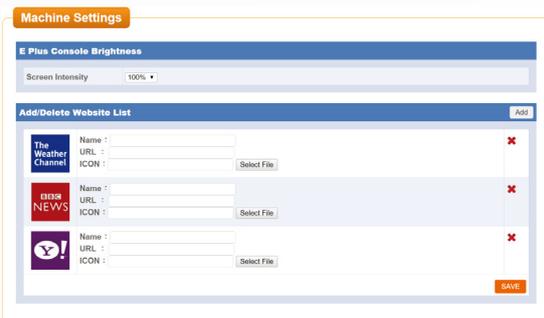
NEW

CIRCLE ASSET MANAGER



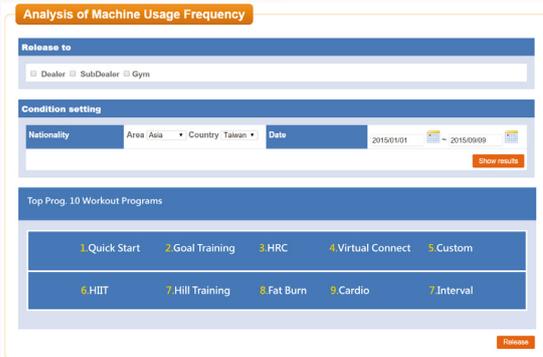
Class Schedule

There is no need to worry about where to post class schedule paper anymore. Circle Asset Manager allows you to post class schedule sent directly onto E Plus 2.0 consoles and members' Smartphone via CircleFit App. You could also post video or pictures of the class and offer written descriptions.



Select Websites

Create your customized website selections on the console. Select contents on the console that will best keep your members engaged and entertained.



Top 10 Workout Programs

Develop a better understanding of your member workout preference with this data. You could select the demographic categories to obtain different results.



Top 10 Entertainment Programs

Most popular non workout programs are ranked in this data. Now you could select contents to keep your members more entertained and engaged than ever.



Add_

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