

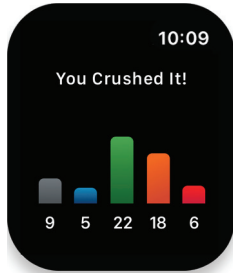


## Setting up your OTbeat Link

1. Download the Orangetheory Mobile App
2. Allow permissions of the Orangetheory Mobile App to receive data from the Health App (must be done in order for the OTbeat Link to work)
3. Ensure the Orangetheory Watch App is downloaded
4. Pair your OTbeat Link by scanning for device from the Orangetheory Watch App
5. Once your OTbeat Link has connected, be sure your OTbeat Link Serial # is entered into your studio's OTbeat system by studio staff. (This can be found on the box or within the Orangetheory Watch App once successfully paired)

Tip: To ensure secure attachment of your OTbeat Link, it is recommended to use Apple Brand's silicon or sport watch band.

## Starting/Ending Class



1. Open the Orangetheory Watch App
2. Select Join Class, then Start Workout. If the class has not yet started in the OTbeat system, it will read Starting Soon. If you forget to select the Start button on your watch, it will automatically start once the class has begun.
3. During class, you'll be able to see your real-time performance data directly on the face of your Apple Watch.
4. Once the studio staff selects 'show summary' on the OTbeat computer, your Apple Watch will display your performance summary. No action is needed if you've attended the entire length of class, but you can end the workout at any time, by swiping left and tapping End.

## Activity

The OTbeat Link also syncs with the Activity App on your iPhone to show your heart rate data and your active/total calories post-workout.

Active calories (active energy) are calories that you burn by completing OTF workouts, standing or moving around. Total calories are active + resting calories (those used each day when your body is minimally active).

Plus, your Orangetheory workouts will now contribute to closing your Apple Watch activity rings.

