

4RCE



4RCE Steps of Use:

- Download App
- Turn Bluetooth 'On' within Phone
- Plug in Device to Power
- Start App
- Select Exercise
- Push Start (not standing on the scales)
- Exercise
- Push Stop
- If doing multiple sets—press 'next set'
- Once finished with sets – press 'finish exercise'

Best Practices:

- Reset/Re-plug device every 5 minutes
- Program will not read 100 lbs or less (total)
- Once app is started and device is plugged in, best to wait 10 seconds before pushing 'start set'
- Max total weight is 800 lbs
- One phone app running at a time per workout group (the bluetooth may get confused when multiple 4RCE apps are running near the device)

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