

QUICK-START FOR USING ACTIVITY MONITOR WITH VIRTUAGYM

**IMPORTANT:
DO NOT INSERT THE CONNECTOR IN YOUR USB PORT
BEFORE INSTALLING THE SOFTWARE!**

We advise you to read the manuals of both the Activity Monitor and the Connector first (also available as download). This is a short step by step guide to get you started quickly.

1. Insert the batteries in the Activity Monitor (back side, using the provide screw driver) and Connector (back side), set the time and choose user number on Activity Monitor (1-9).

2. Setup the software and register your Connector (1 time only)

- Install the software, which can be downloaded from VirtuaGym under HELP -> Product Support. We recommend you use the software installation guide, which can be downloaded there as well.
- Restart your computer OR start the Software, called RelayKeyEn, manually for the first time.
- Make sure your internet connection works and insert the Connector in the USB-port of your computer. The RelayKey software will automatically start and ask you to register your Connector. Fill in your username and password, which you use for your online profile. The software will have you verify your personal information. After you've registered, your browser will automatically start and you will get the message "Connector is registered. Now you can use it to sync your Tanita device."

3. Use and sync your Activity Monitor

Just take the Activity Monitor with you i.e. in your pocket. The device will monitor your steps during various activities. After one or more days you can sync the data with your personal profile. The Activity Monitor has memory for a maximum of 15 days, so we advise you to sync about once a week.

Syncing your Activity Monitor:

- Make sure the outer ends of both the Connector and Activity Monitor are aligned like in the picture below.
- Press and hold the Data Transmission button on the Activity Monitor (number 1 in the image below) for about 2 seconds, until the displays shows the syncing animation.
- Now press the Communication button on the Connector (number 2 in image below) and the data transfer will start. The transfer has finished once the Connector light is blinking fast and turns off.
- To send the data to your online profile, stick the Connector in the USB port of your computer. Your browser is automatically started and shows you the message: "Connector data uploaded to your profile." You can now log in to your profile to check your activity in the Calendar. Click the steps icon in each calendar day to get a full overview of the hourly activity for that day.

Tanita and VirtuaGym hope you enjoy their products!

TANITA
Monitoring Your Health

VirtuaGym 

