

# **iFit**

## User Guide



MMM000 Presented. 2008

<http://blog.immmoo.com>

Most people fail to ever achieve their fitness goals, with one major simple reason as laziness and a short-lasting interest towards repeated sameness day after day which firstly being considered inspiring and constructive. Then comes the point, of whether you will accomplish the goals, big or small, set by yourself. Can you keep your initial spirit for a relatively long time? Or even just hold on to the very end of your present plan? That is what iFit comes to help you for.

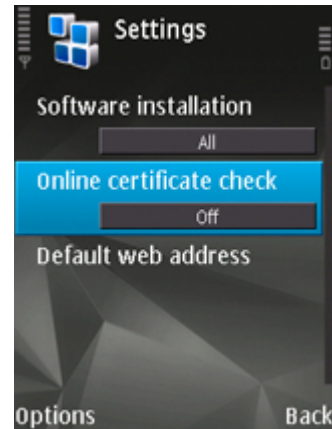
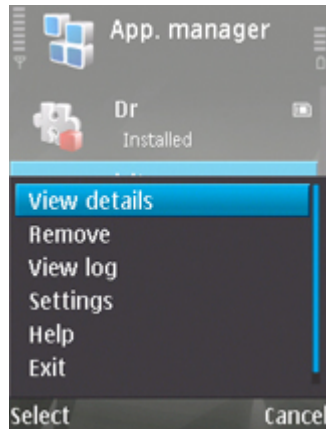
Please visit the official website of iFit where you can find updates, videos, posts and other stuff of it, at

[http://www.immmooo.com/product\\_service.php?txt\\_id=22](http://www.immmooo.com/product_service.php?txt_id=22)

This app has been tested on sample handsets. Nice & safe proved! Just feel free to try.

## Installing and launching iFit

To install iFit app after transferring the iFit sis file to your phone device from computer, find the .sis file, open it. 'Yes' to install, continue. Once the installation is completed, you can find the icon of iFit in the application folder.



To skip the Security Warning popup, go to App. mgr, hit left key for Options, and enter Settings to turn Off the " Online certificate check "

To launch iFit, you just go to Applications folder, locate on the icon of iFit, enter.

And these are some screenshots of the app.

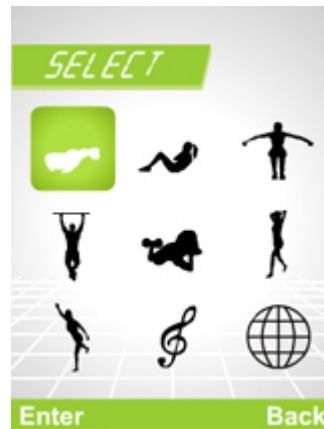




## Let's get started:

- Workout type

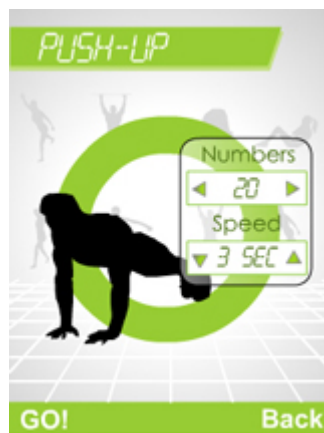
The 7 icons on the page are different interactive animation for workouts. Hit direction keys to select one.



- Be planned

Set amount and speed

1. Once the workout type has been selected, the setting page for the workout shows up.
2. Hit right or left direction key to add or reduce amount.
3. Hit up or down to speed up or slow down.
4. Left key to confirm and action.



- Action  
3, 2, 1..go!



Wanna a pause? Hit left key in the middle of your workout.

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All of our products are tested by sample phones. Nice & freshing proved!  
Also, most of our products are symbian signed by symbian organization, so feel free to install.

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How to use:

Series 60 phones: Download the .sis file to your PC, then install the file with Nokia Pc Suite or copy it to your phone and install it in File Manager. Once installed, the file could be seen in Apps.

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Hints for Applications installation: When installing to S60 3rd phones, you may have to revise as this: Tools -> App.mgr. -> Options -> Settings: Software installation(all), Online certif.check(off).

This will help you solve and skip the "security warning" pop-up.

themes are proved and tested by sample phones, themes are passive contents, they will not impact your phone's system.

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**If you have any further questions,don't hesitate to contact us by:**

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**Customer Service Department**

**Shanghai Jibiao Info Tech Co.,Ltd.**

**Installation & Instruction Manual**

**by MMM000.com Enrich your mobility!**