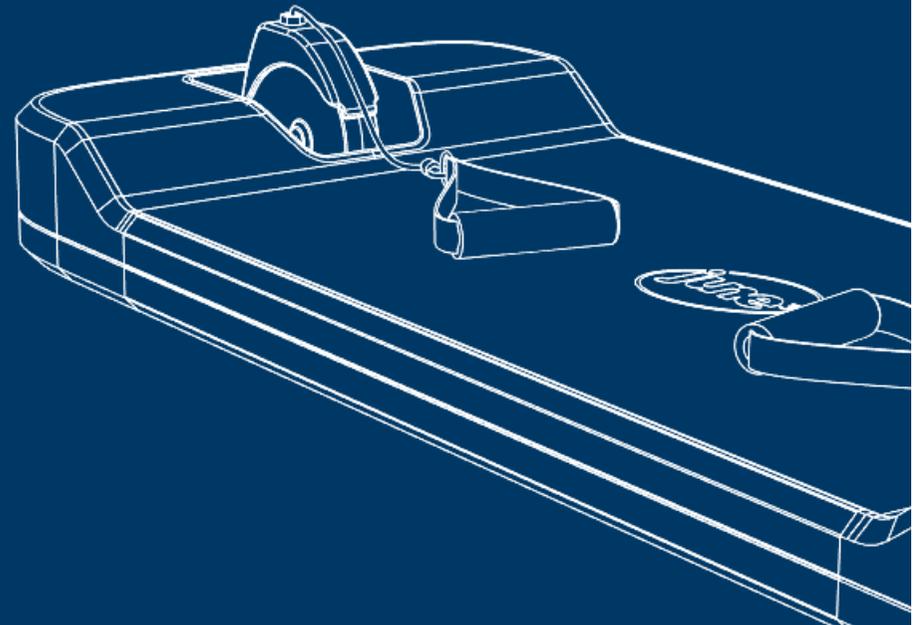


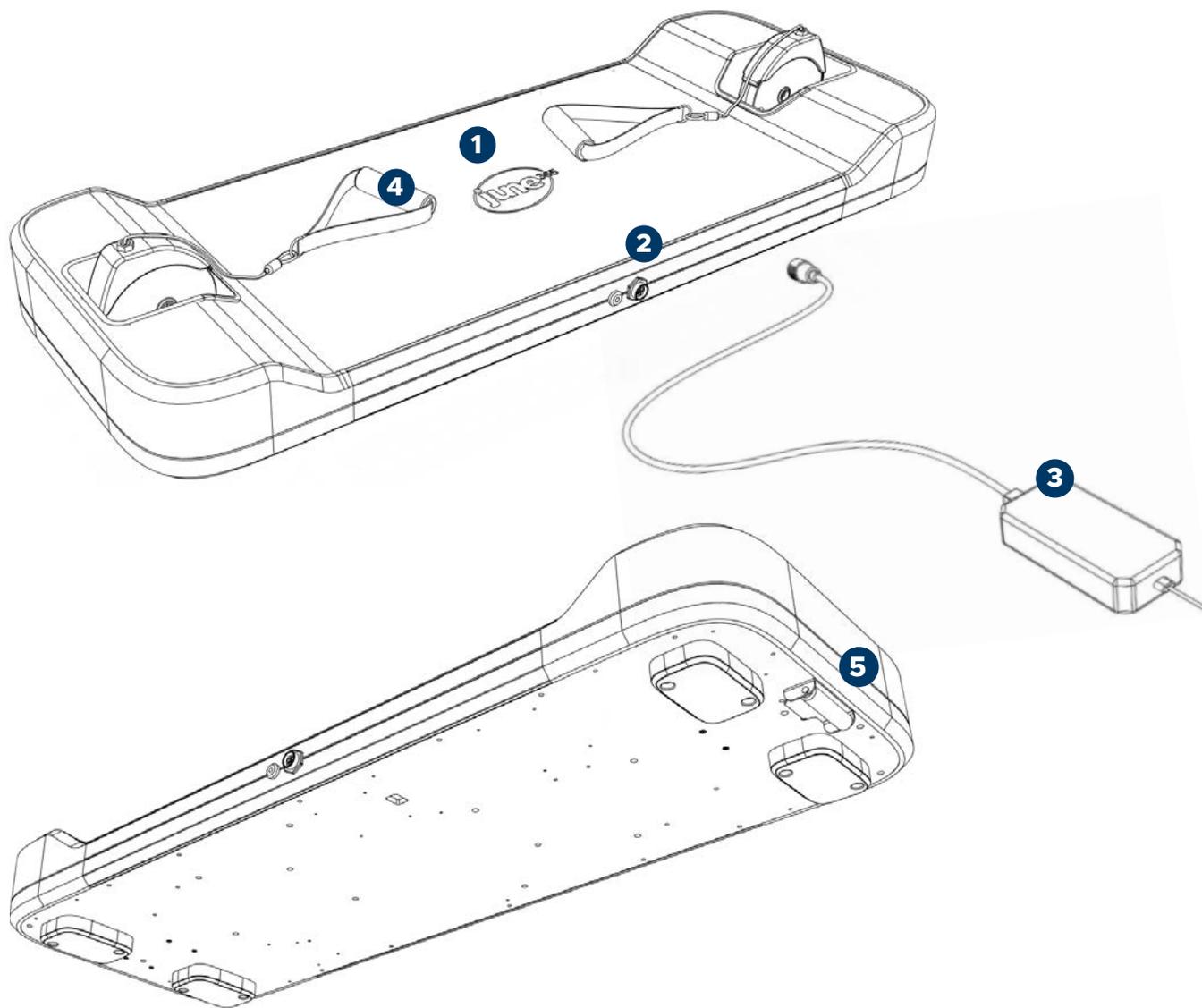
Inspiring active lives

Your Set Up Guide

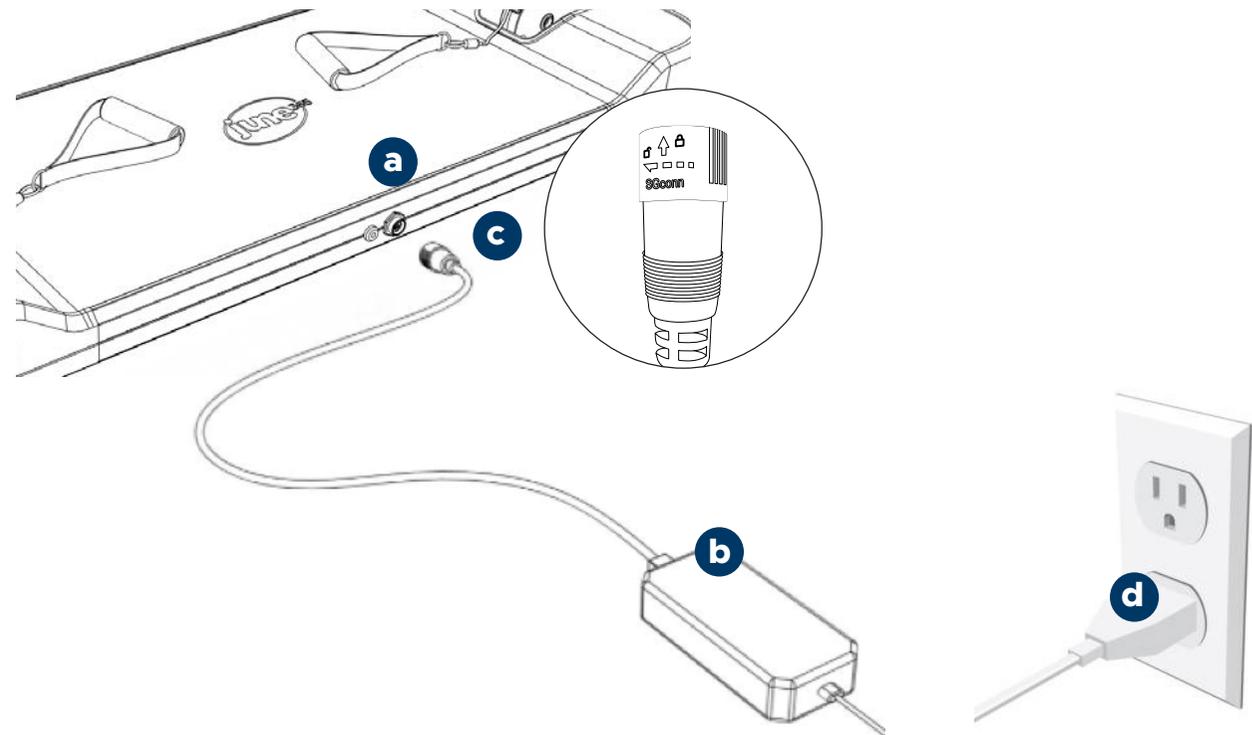


Introducing your SmartDeck

- ① Workout platform
- ② Charging port
- ③ Charging cable & power brick
- ④ Handles
- ⑤ Roller

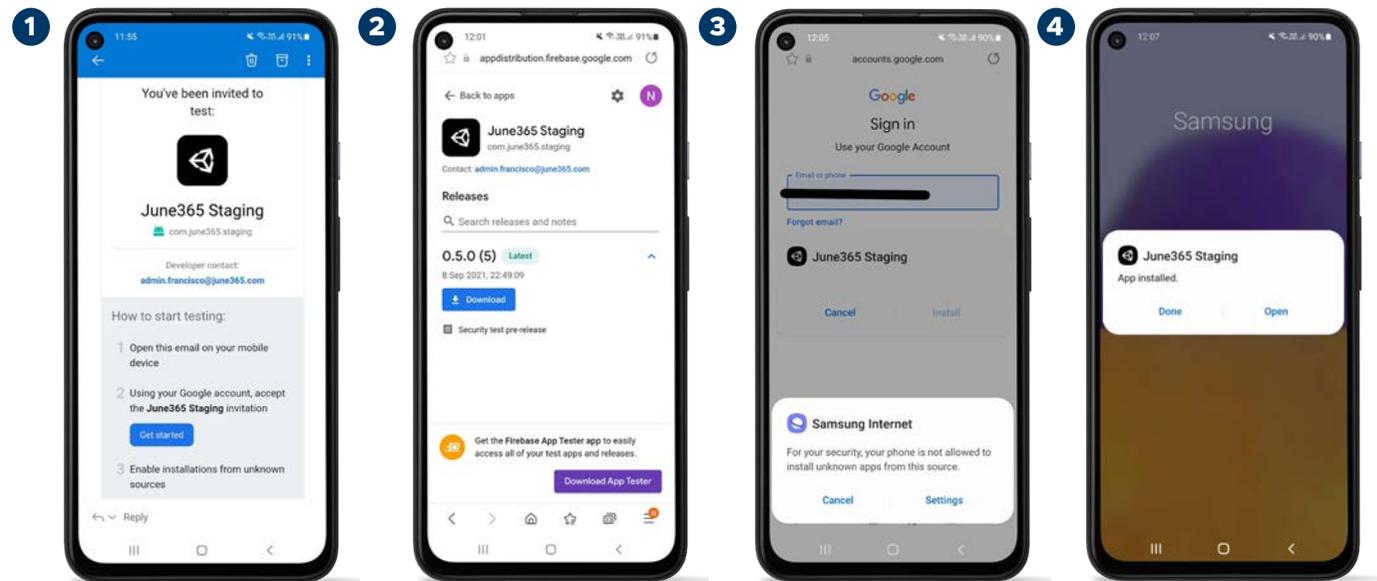


Charging your SmartDeck



1. Ensure charging port **(a)** is free of dust or dirt on the side of your SmartDeck.
2. Connect the charging cable to the power brick **(b)** then connect the cord to the SmartDeck **(c)** (ensure the logo on the cord faces upwards, then twist the cord to lock in position). Plug the charging cable **(d)** into a power outlet, making sure the SmartDeck is far away from any close appliances, walls or other hazards. Battery should be fully charged in around 90mins. Check your **June365** app for your battery percentage at any time. When battery is low, it will show on your **June365** app main screen.

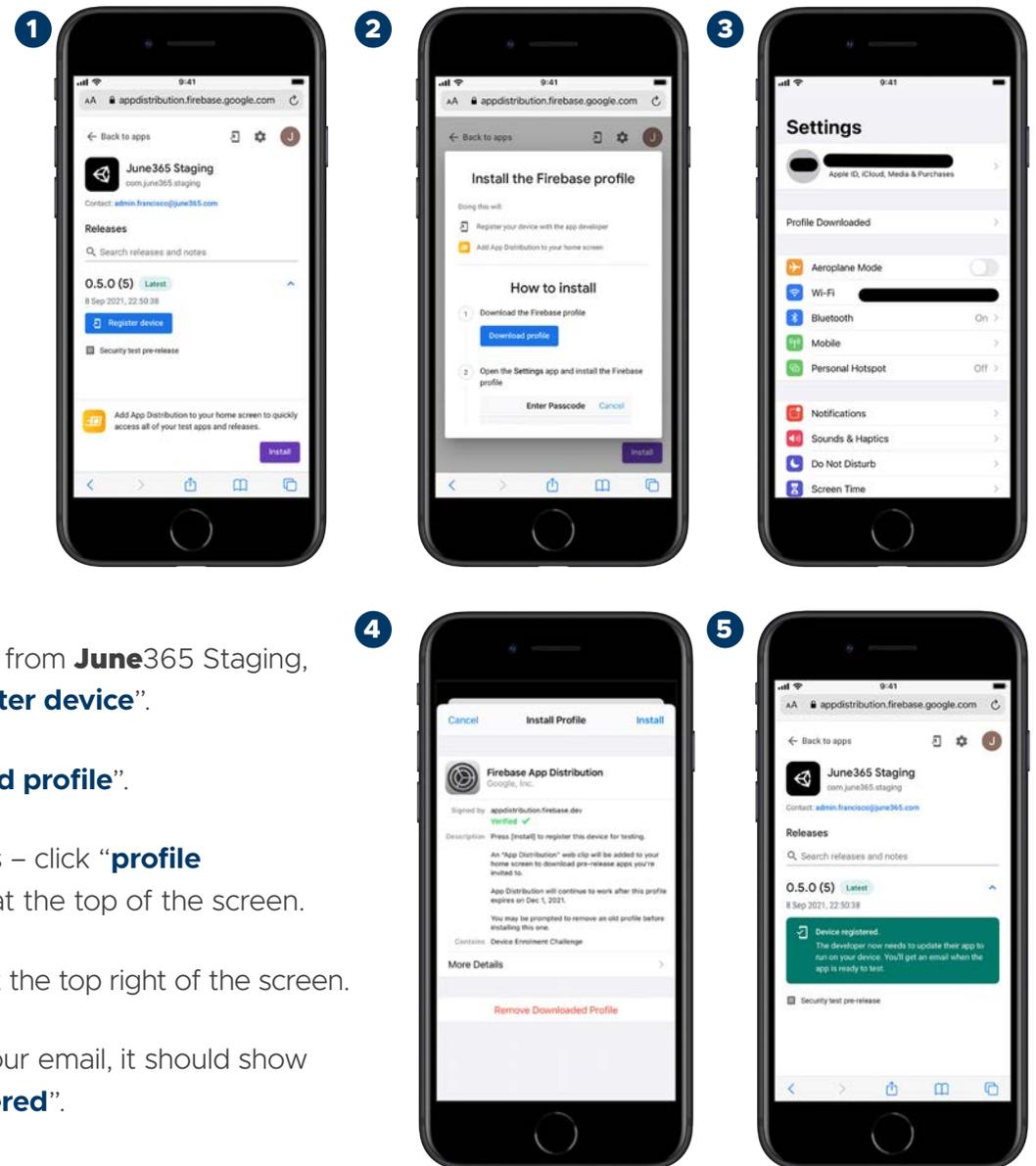
How to download the app – Android™



1. Open the email from **June365 Staging**, and click “**get started**”.
2. Click “download” to download the Firebase app – click “**download**” again on the warning pop-up.
3. Enter your email address on the next screen, and click “**install**”.
4. On the next screen **June365 Staging** – app installed should show. Click “**open**”.



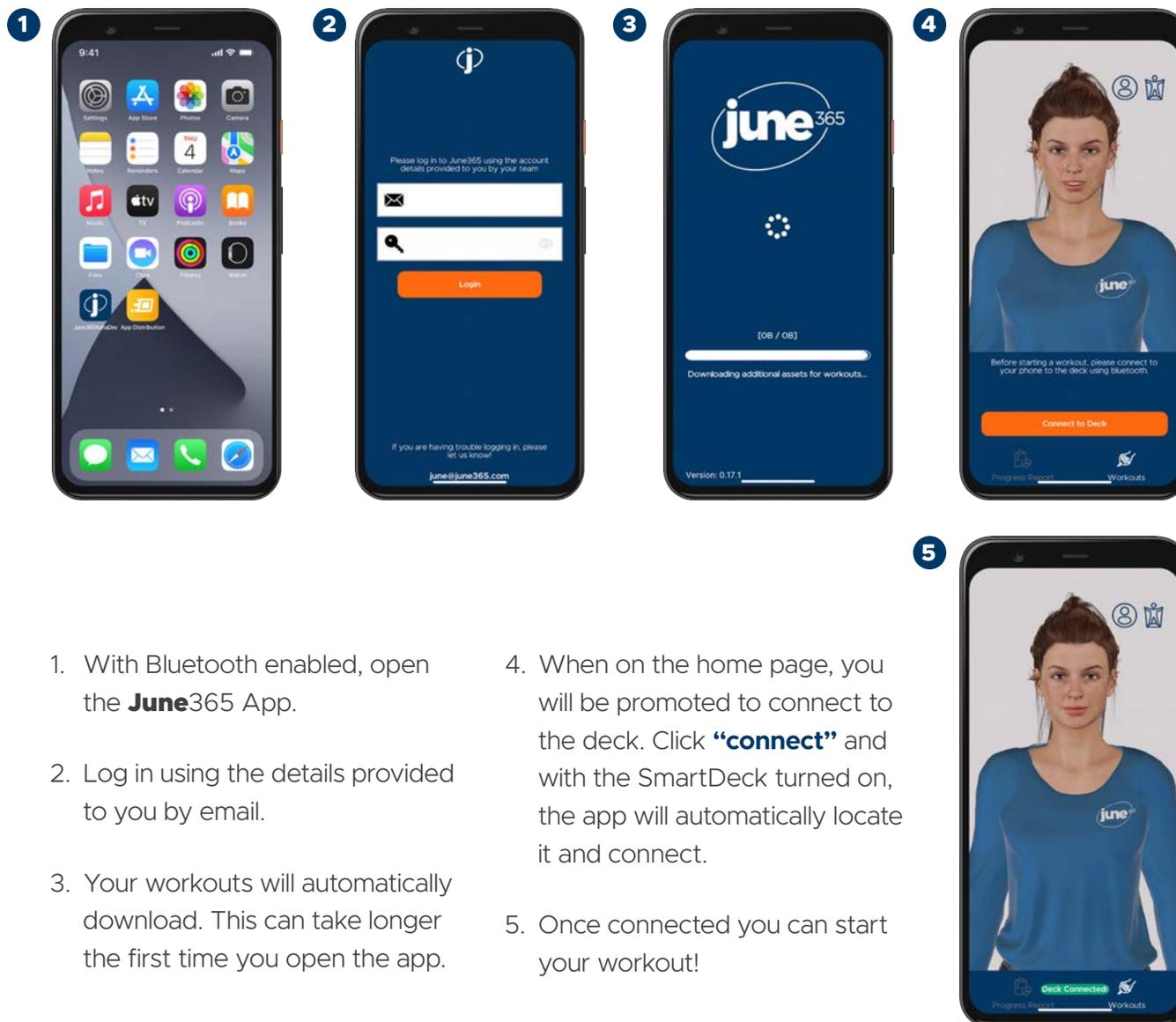
How to download the app – iOS™



1. Open the email from **June365 Staging**, and click “**register device**”.
2. Click “**download profile**”.
3. Go into settings – click “**profile downloaded**” at the top of the screen.
4. Click “**install**” at the top right of the screen.
5. Go back into your email, it should show “**device registered**”.

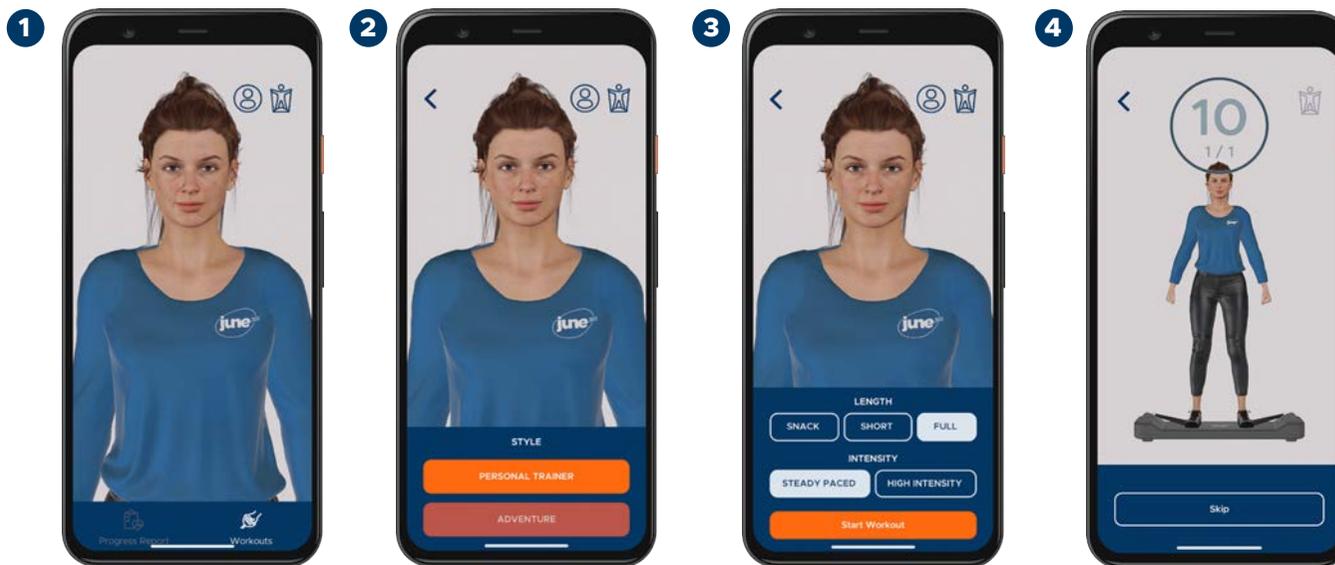
Connecting the SmartDeck to the app

Provided you have Bluetooth enabled on your phone, the **June365** app will handle connection to the SmartDeck through the app.



1. With Bluetooth enabled, open the **June365** App.
2. Log in using the details provided to you by email.
3. Your workouts will automatically download. This can take longer the first time you open the app.
4. When on the home page, you will be prompted to connect to the deck. Click **“connect”** and with the SmartDeck turned on, the app will automatically locate it and connect.
5. Once connected you can start your workout!

What your first workout will look like



Select '**Workout**' on the Home Screen.

Select '**Personal Trainer**' style workout. Adventure workouts will be coming soon!

Select the desired intensity of your workout. '**Length**' will limit the number of exercises selected, and '**Intensity**' will adjust the weights and rest time between exercises.

Enjoy your workout!

We hope you enjoy leading an active, healthier life with **June365** – now you are ready for your first workout!

Wellness Check-in Guide

Before you workout, you will be asked to check-in on how you are feeling.

Please have a read of the wellness check-in guide to get a better idea of what the scales mean and how it works.

1

Wellness-Checkin

MOOD

1 2 3 4 5

STRESS MANAGEMENT

1 2 3 4 5

FOOD QUALITY (LAST 24HRS)

1 2 3 4 5

WATER INTAKE (LAST 24HRS)

1 2 3 4 5

SLEEP QUALITY (LAST 24HRS)

1 2 3 4 5

Submit

Enter how you are feeling on a scale of 1-5 for each metric.

2

Readiness-Checkin

PHYSICAL ACTIVITY (LAST 24HRS)

1 2 3 4 5

MUSCLE SORENESS

1 2 3 4 5

Submit

Enter your recent physical activity and muscle soreness on a scale of 1-5.

Wellness Check-in Guide

While you're on this 90 day journey with June, we'd like to have a quick wellness check-in with you before you start your session on the SmartDeck.

As you progress, you should see increased improvement in the different aspects of your wellness journey.

The questions and scales from 1-5 are:

Mood - Think of how you've been feeling in the past 24 hours.

Have you been feeling really happy, upbeat and motivated or have you had a day where you were feeling down and not keen to do much?



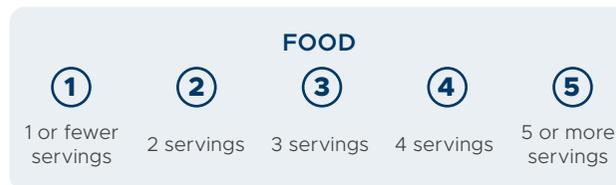
Water Intake - Staying hydrated is extremely important for our bodies and brain to function.

How much water did you drink yesterday? 1 glass is ~250ml of water and remember that if you're not drinking much water at the moment, it's important to slowly build up your intake over time.



Wellness Check-in Guide

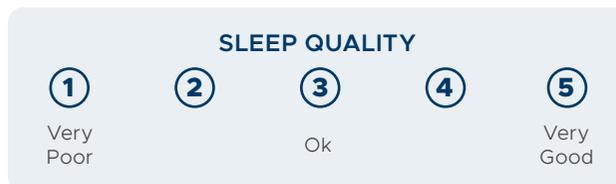
Food - Think about what you ate yesterday - how many servings of vegetables and fruit did you have? Keep it simple and try to have 5 servings of veg and fruit a day. Remember a serving is just the size of your palm.



Stress Level - We all face stress in our daily lives. Some stress can motivate us to get things done and some stress can have a negative effect on our mental and physical wellbeing. How were your stress levels yesterday?



Sleep Quality - We all have our own standard of what a good night's sleep means for us. Taking your own "normal" into consideration, how was your sleep quality last night?



Wellness Check-in Guide

Soreness - How sore you are after a workout is called delayed onset muscle soreness. This is temporary damage to the muscles as it gets used to a new activity or strenuous exercise and should only last 2-3 days. What level of muscle soreness are you feeling right now?

SORENESS				
①	②	③	④	⑤
No soreness	Mild aches or soreness when touched	Soreness or discomfort when walking up/down stairs	Moderate soreness, stiffness or weakness when walking	Significant discomfort or soreness that limits ability to move

Activity - It's important to make sure we move our bodies everyday - but sometimes that is a challenge. Since your last session with June how active were you? Did you manage a quick walk around the block or play a sport that you love?

ACTIVITY				
①	②	③	④	⑤
Very Sedentary, little movement throughout the days		Light activity & moving around throughout the day		Very Active, long walks, running, biking, sports

After your workout



The SmartDeck's battery charge should last through two full workouts, however it is best practice to charge the deck after each workout to ensure it's ready to go for your next session.

While it's charging, you can store the SmartDeck flat under a bed or furniture, or on its side against a wall. If storing vertically against the wall, please do so carefully so the plastic end caps on the unit don't get damaged. The **June365** logo should be facing upwards at all times to reduce any risk of damage to the handles.

Please note: The SmartDeck will only activate with a user on the deck and with the app connected, but please take care around children or pets when not using **June365.*

***Important:** Make sure that the unit is not laying on the power connector when charging or stored away.*

Warnings

- **You should immediately stop** and consult your doctor if you experience any pain, dizziness, nausea, fatigue, loss of balance, shortness of breath or discomfort while using the SmartDeck or the June365 Program.
- **Only 1 user** is to use the SmartDeck at a time, to prevent risk of injury.
- **Be careful** when placing the SmartDeck, make sure it is on a level surface.
- **Be careful** when children or pets are near the SmartDeck, as there is a possibility of choking on small parts.
- **Do not** let children play with or on the SmartDeck as ropes and power cables could be a strangulation hazard.
- **Be careful** when using the SmartDeck around other people, to ensure no one is harmed accidentally when doing a workout. Make sure you have sufficient space around the deck when doing a work out to ensure the safety of people, pets and property.
- **Please ensure** to only hold exercise ropes by their handles to avoid friction burn that could be caused by direct contact with the rope.
- **Do not** use the product outside in the rain, or in high winds. It is possible that liquids can get in and harm the electrical components.
- **Do not** consume food or drink around that may spill onto the SmartDeck. If the deck does get wet, please ensure that is dried thoroughly before use.
- **Do not** use the product under the influence of drugs or alcohol as injury can occur due to impaired judgement.
- **Do not** use if SmartDeck, power cable or charger brick become worn or damaged.
- **It is important** that the SmartDeck is stored away from children when not in use.
- **Please ensure** no dirt/dust/debris or objects are blocking the cable system before each use as this can be a fire hazard.
- **Please ensure** all power cables and ropes are stowed away safely as these could be a trip hazard.
- **To avoid** injury, place the handles down before stepping on/off the deck.

Legal Disclaimers

You are responsible for the SmartDeck. You must ensure that you use and store it safely and in accordance with the End User Agreement and all operating instructions. You are responsible for ensuring that any other person that has access to the SmartDeck also complies with those instructions.

Use of the SmartDeck is at your own risk. Like any fitness activities, strength training using the SmartDeck may inherently carry a risk of injury or death, particularly if you have any existing medical conditions or injuries. Please consult your doctor before using the SmartDeck if you have any current or past injury, ailment or condition.

To the maximum extent permitted by law, **June365** and its affiliates are not liable for any loss, damage or injury sustained in connection with the use of the SmartDeck or the **June365** Program or information provided in this guide.



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78 Springs Road, East Tamaki, Auckland 2013, New Zealand.

 0800 032 162

 support@june365.com