



USING iNewLeaf™

Transferring your workout information from iNewLeaf to eNewLeaf.com in 3 easy steps:

1. set up Digifit™/iNewLeaf on your iPhone, iPod touch or iPad
2. enjoy a workout while recording your data
3. upload results to eNewLeaf.com for review

■ SET UP iNewLeaf ON YOUR iPhone, iPod touch or iPad ○○○○○○○○○○○○>>



Digifit™ Connect

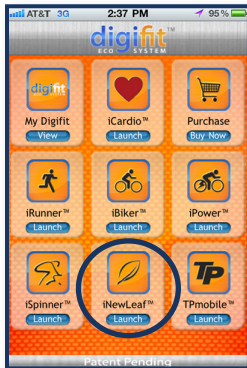
- insert the Digifit Connect into the device's dock connector

Setting up Digifit

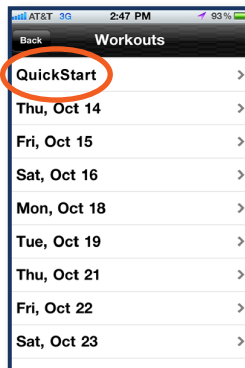
- open Digifit on your device
- select **My Digifit**
- select **Upload Partners**
- select **New Leaf Fitness**
- select **User Setup**
- enter your eNewLeaf login and password, select **Done**
- heart rate zones and workouts (if applicable) will be transferred to device
- select **Back** to main menu of **My Digifit**
- select **My Preferences** and enable ANT+ compatible fitness sensors



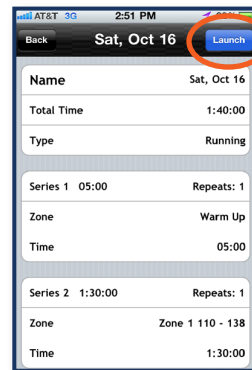
■ WORKOUT AND RECORD DATA ○○○○○○○○○○>>



- select **iNewLeaf**



- select **QuickStart** or appropriate **workout**



- select **Launch**
- select **Start**
- select **Stop** when finished

New Leaf
 350 Oak Grove Parkway
 St. Paul, MN 55127-8599
 USA
 Tel: 888.826.2751
 +651.484.4874
 Fax: +651.484.8941

www.newleaffitness.com

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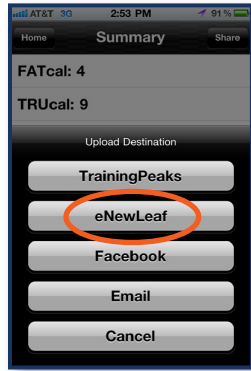
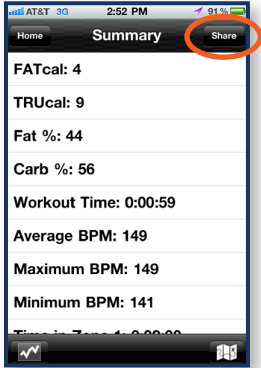
Product specifications subject to change without notice.

NL09-1050 Rev.B

For more information visit our web site at www.newleaffitness.com

■ UPLOAD AND SEND YOUR RESULTS TO eNewLeaf.com ○○○○○○○○○○○○>>

- once the workout is complete, select **Share** on the Summary screen

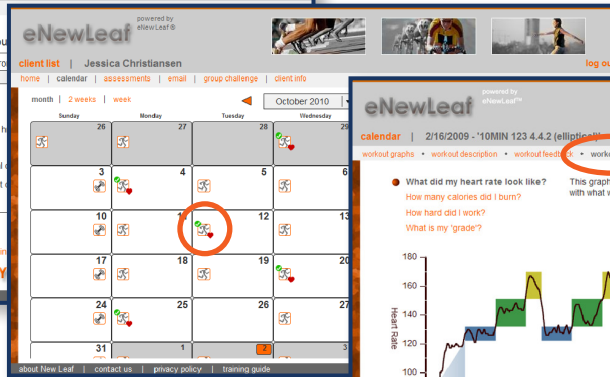
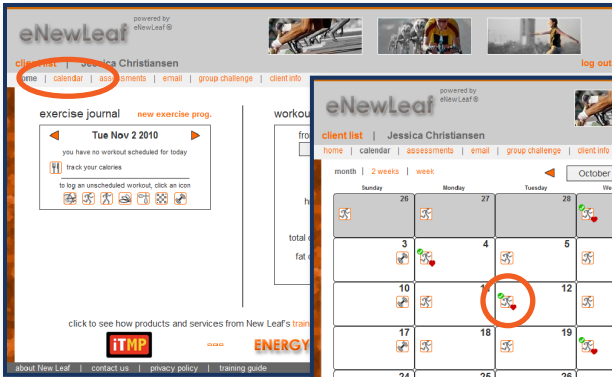


- select **eNewLeaf**

eNewLeaf.com

- log onto www.enuleaf.com
- enter login and password
- select **calendar** from the home page

- on desired date, select **red heart** to view **workout log**



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