



## USING iNewLeaf™

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

1. set up iNewLeaf on your iPhone or iPod touch
2. enjoy a workout while recording your data
3. send your results to eNewLeaf.com

### ■ SET UP iNewLeaf ON YOUR iPhone OR iPod touch ○○○○○○○○○○○○>>

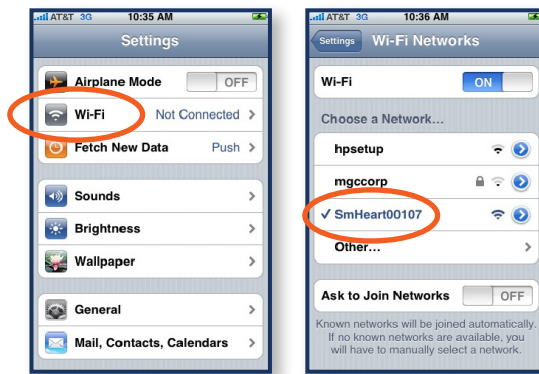
#### SMHeart Link™

- turn on your SMHeart Link

#### Heart Rate Chest Strap

- put it on

#### iPhone or iPod touch



- under Settings, select Wi-Fi
- turn Wi-Fi on
- select your SMHeart Link (it will appear as SmHeart00001 with the number being specific to your device)

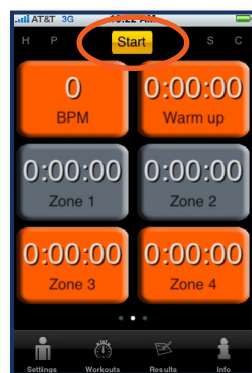


#### iNewLeaf (on your iPhone or iPod touch)

- open iNewLeaf app, select continue
- select Settings, New Leaf Fitness and User Setup
- enter your eNewLeaf Username and Password
- select Done
- return to Settings, select Sensor Settings
- select the Heart (your monitor will be paired with SMHeart Link)

### ■ ENJOY A WORKOUT WHILE RECORDING YOUR DATA ○○○○○○○○○○>>

#### iNewLeaf



- in Workouts, select date of workout
- select Launch
- select Start to begin workout (remember to select End when done)

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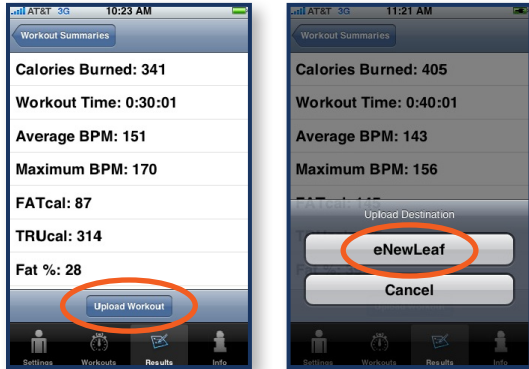
Product specifications subject to change without notice.

NL09-1050 Rev.A

For more information visit our web site at [www.newleaffitness.com](http://www.newleaffitness.com)

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

iNewLeaf



- in Results, select Upload Workout
- upload destination is eNewLeaf (your workout data has been successfully uploaded to eNewLeaf)

eNewLeaf.com

- enter login and password
- on your home page, click on calendar
- on the desired date, click on the red heart to view workout log

