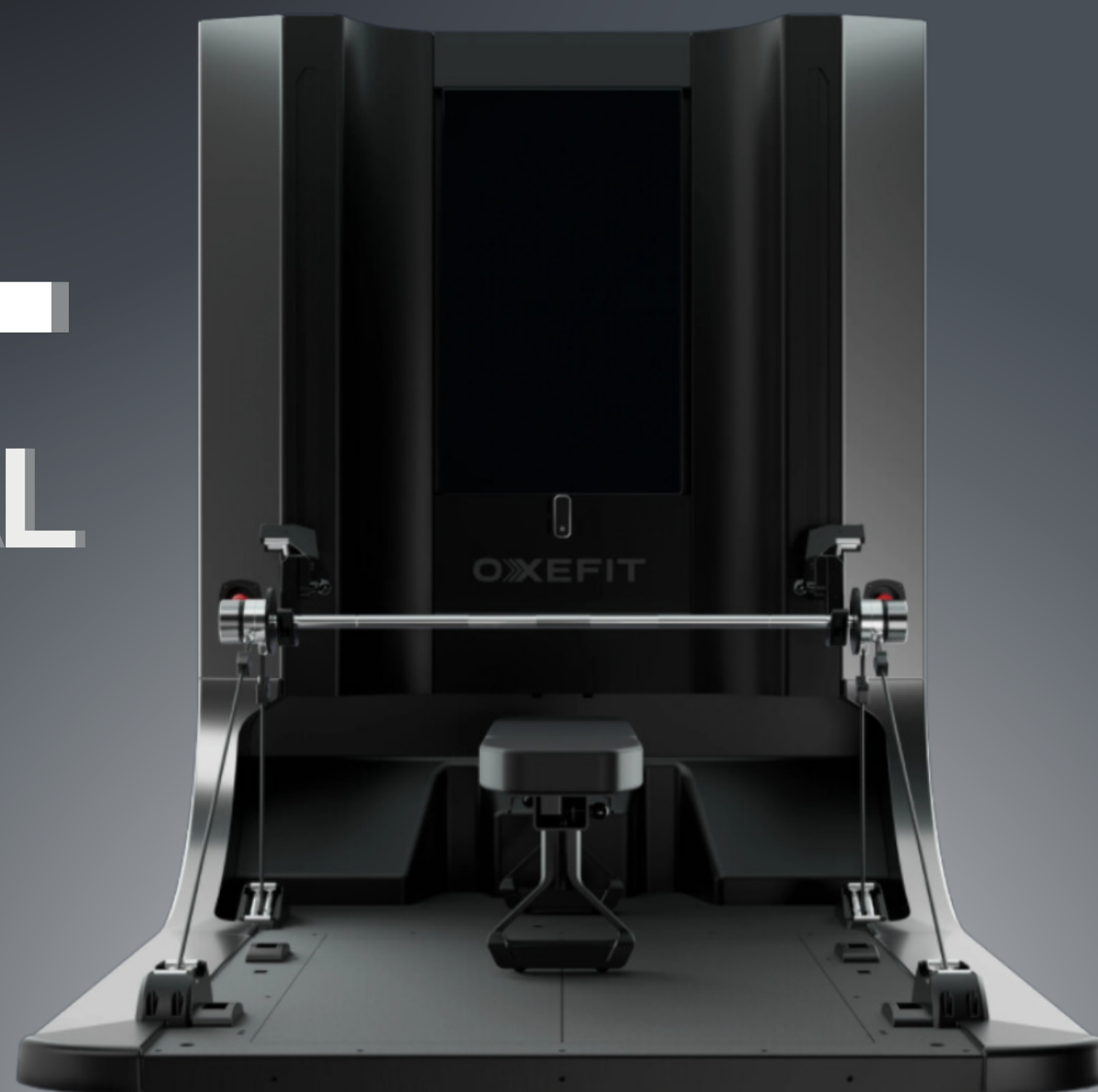


# XP1

## USER MANUAL



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**WELCOME**

## START HERE

### SAFETY

Before using the XP1 device, please read the full **IMPORTANT SAFETY INFORMATION** section located in the **APPENDIX**. We have prepared this information for your safety. By using the XP1, you acknowledge that you have read and understand the **IMPORTANT SAFETY INFORMATION** in its entirety and will adhere to it. Please note that the points below are not intended to represent a complete list of safety guidelines, but rather to highlight a few selected areas of significance.

Only one (1) person is allowed to operate the XP1 at a time. Stay on Deck while performing an exercise. Only use accessories that have been supplied or approved by OxeFit. Keep pets and children away from the XP1.

### ASSEMBLY

No assembly or installation is required on your end. The XP1 will be fully assembled and installed by our technicians upon delivery. When installation technicians leave your site, they will have:

- ✓ Transported device from delivery truck to location placement
- ✓ Unpacked device
- ✓ Positioned device properly in designated space, with at least 18 inches of clearance around all four sides

**IMPORTANT:** The XP1 is not designed for assembly and installation by consumers. DO NOT attempt to install, uninstall, or relocate your XP1 without the help of an OxeFit certified professional installer. If you require assistance while installing, moving, or repositioning the device, please contact OxeFit Support.

### INTERNET REQUIREMENTS

The XP1 requires a stable internet connection for operation. Once set up, the XP1 can operate in Offline Mode with limited functionality. However, in this mode, no user data will be recorded and remote support and troubleshooting is not capable.

The XP1 can connect to the internet through a WiFi connection or an Ethernet connection. Once the type of connection is set up, use the Administrator section to change it.

#### — WIFI —

The XP1 supports WiFi connections that are IPV4, with a WPA2 encryption. A network password must be in use, meaning this entry cannot be blank. The XP1 cannot connect to a captive portal type network.

#### — ETHERNET —

The XP1 can connect to the internet using the Ethernet port on the back of the XP1. Ensure the XP1 is plugged into an active Ethernet connection before proceeding with the network connection setup.

### USER REQUIREMENTS

Height Range	4' 2" - 8' 2"
Weighty Range	105 - 500 LBS / 48 - 227 KG
Minimum Age	18 years old

### INSPECT XP1 BEFORE USE

Equipment must be inspected and maintained at regular intervals. DO NOT use the device if it is damaged or contains worn or broken parts. Use only replacement parts supplied by OxeFit.

### INITIALIZATION CYCLE

Initialization of the XP1 is a calibration cycle for the cables and vertical positioner. This step is required when the device powers on, restarts, registers an E-Stop event, or clears a system error.

If the system is not initialized, the user will have limited access to the XP1 functionality. The user will not be able to start an exercise until the initialization process is successfully completed.

You will know that the system requires initialization when the vertical lights are displaying the Pulsing Orange pattern.

Prior to starting initialization, place any of the three barbells (Light, Standard, Advanced) in the rack and connect all four cables, two on the left and two on the right. Ensure that there are no obstructions to the motion of the rack and cables.

Prior to starting initialization and while the device is on, there will be a high resistance to the pulling out of the cables, if attempted. If the device is powered off, the cables will move more freely and this is a good time to set the XP1 up for initialization. Or, you can start the initialization process with the cables not attached to a barbell, and then immediately after pressing start, pull the cables out, one by one, and clip them to the barbell.

Once the device is set up properly, press the START INITIALIZATION button on the screen. If the button is not visible, try to start a workout and the XP1 will prompt to start initialization.

During initialization, the cables will gradually gain tension. If it is discovered that one or more of the cables are mistakenly not connected at this point, do not worry, just let the initialization proceed. The system will quickly discover this issue and allow the XP1 be to initialize again.

Once the cables are fully tensioned, the vertical positioner will move to the top position and then to the bottom position to finalize its cycle. During this process, do not touch the cables or barbell. If, during the vertical positioner movement the user presses the up or down button, the motion will stop and the initialization process will be cancelled.

A successful completion of the initialization process will be indicated by the vertical lights showing the system has entered the IDLE state. If the initialization process does not complete successfully, a dialog box will pop up with the reason for the failure.

If failure does occur, simply attempt the initialization process again. Prior to attempting to initialize again, the user should verify that the bar is in the rack and the cables are connected to the barbell. If after several attempts the device still will not successfully complete the initialization process please contact customer support.

**NOTE:** If your device is registered and connected to the internet, important diagnostic information about your device will be sent to the OxeFit servers to assist customer support in troubleshooting your XP1.





# INITIAL SETUP

# INITIAL SETUP

## FIRST-TIME USE

### POWER ON

- Plug the power cord into the port located on the back of the XP1 device. Plug the other end into a standard three-prong outlet (120 V 15A 60Hz). See INSTALLATION REQUIREMENTS or contact [support@oxefit.com](mailto:support@oxefit.com) if you have any question.
- Turn the power switch located on the back of the device to the ON position

### INITIALIZATION

When the device powers on, initialization is needed and you will be prompted to proceed . This is a short cycle to eliminate cable slack and ensure cables are ready for use. During this process, step off device and stay clear of all cables and cable pathways. The device will perform this cycle each time it powers on..

### SELECT TIME ZONE

Once the Initialization Cycle is complete, follow the onscreen prompts to proceed.

- Select GET STARTED
- Select TIME ZONE
- Select CONTINUE

### CONNECT INTERNET

#### — IF USING WIFI CONNECTION —

- Select CONNECT TO INTERNET (or JOIN NETWORK)
- Choose WiFi from list of detected networks
- Select CONTINUE

#### — IF USING ETHERNET COONNECTION —

- Insert active Ethernet cable into port located on back of device
- Select CONNECT TO INTERNET
- Select the SKIP button when asked to choose WiFi network from list
- Select CONTINUE

**NOTE:** Ethernet connection is recommended

### REGISTER DEVICE | FIRST-TIME SIGN IN

A QR code will appear prompting you to scan it with your mobile device. This step will take you to the OxeFit portal for Admin login credentials to be entered in order to register device under the proper user account.

If you experience any difficulty during registration and are unable to proceed forward, please contact [support@oxefit.com](mailto:support@oxefit.com).

**NOTE:** Registration is required before the first use and must be completed by the designated admin account holder. An active username and password associated with admin credentials is needed to complete registration steps.

### DOWNLOAD MOBILE APP

The OxeFit mobile app provide the most versatile way to access your account, explore training options, see your tracked activity, and more.

Get started with these quick and easy steps:

- Open the App Store or Play Store on your mobile device
- Search OxeFit → Download App → Open App
- Login to your OxeFit account by entering the same username and password that is setup and used for your device

**NOTE:** Logging in to the mobile app for the first time will link your mobile app and device to the same account so that you will have seamless access between the two. Contact [support@oxefit.com](mailto:support@oxefit.com) if you experience any difficulty.

### XP1 COMMERCIAL USE

Some XP1 functionalities are configured differently for consumer vs. commercial account use.

For commercial accounts that provide client services or member accessibility, the XP1 is designed to be used with OXELEAD, our web-based management platform for training, tracking, and more.

If using XP1 at a facility, as a client/member/guest of the organization, your may experience limited access to some of the features and functions presented in this user manual.

Learn more about OxeLead on our website or send us an inquiry at [support.OxeFit.com](mailto:support.OxeFit.com).

## ADMIN INFO

### PIN

As part of the device registration process, the administrator will be prompted to select a 4-digit PIN code. The code should be noted down and kept in a secure location. Resetting the PIN can be performed by the admin by accessing settings and then entering admin username and password.

### SETTINGS

After registering the XP1, users can access the Admin settings by tapping the OxeFit X Logo located top-center of screen.

Access to settings is protected by the 4-digit PIN code

If the code is not available, access can be obtained through an internet connection. The QR code should be scanned, and the OxeFit username and password of the organization administrator should be used.

### RESTART

The RESTART operation will power cycle the computer and restart the software. When collaborating with OxeFit support, they may provide instructions to perform a restart. It should be noted that following a restart, the system will necessitate Initialization.

### FACTORY RESET

A factory reset is required when the XP1 will be changing organizations. The factory reset must be performed by the current administrator of the XP1.

To perform the factory reset, the following are required:

- An active internet connection
- The OxeFit username and password for the administrator of the organization



# DEVICE OVERVIEW

# DEVICE OVERVIEW

## SPECIFICATIONS

### DIMENSIONS

92" L x 70" W x 88" H

### WEIGHT

15,000 lbs

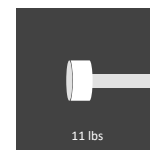
### USER INTERFACE

43" Touchscreen

### CABLE RESISTANCE

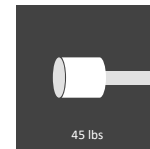
400 lbs Max Load Capacity  
(Digital Weight)

## ACCESSORIES



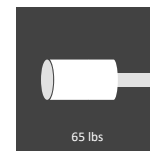
11 lbs

### LIGHT BARBELL



45 lbs

### STANDARD BARBELL



65 lbs

### ADVANCED BARBELL



60 lbs

### HEX BAR



### COOK BAR



### HANDLES



### ROPE



### ANKLE STRAPS



### WAIST HARNESS



A

B

C

D

E

F

G

H

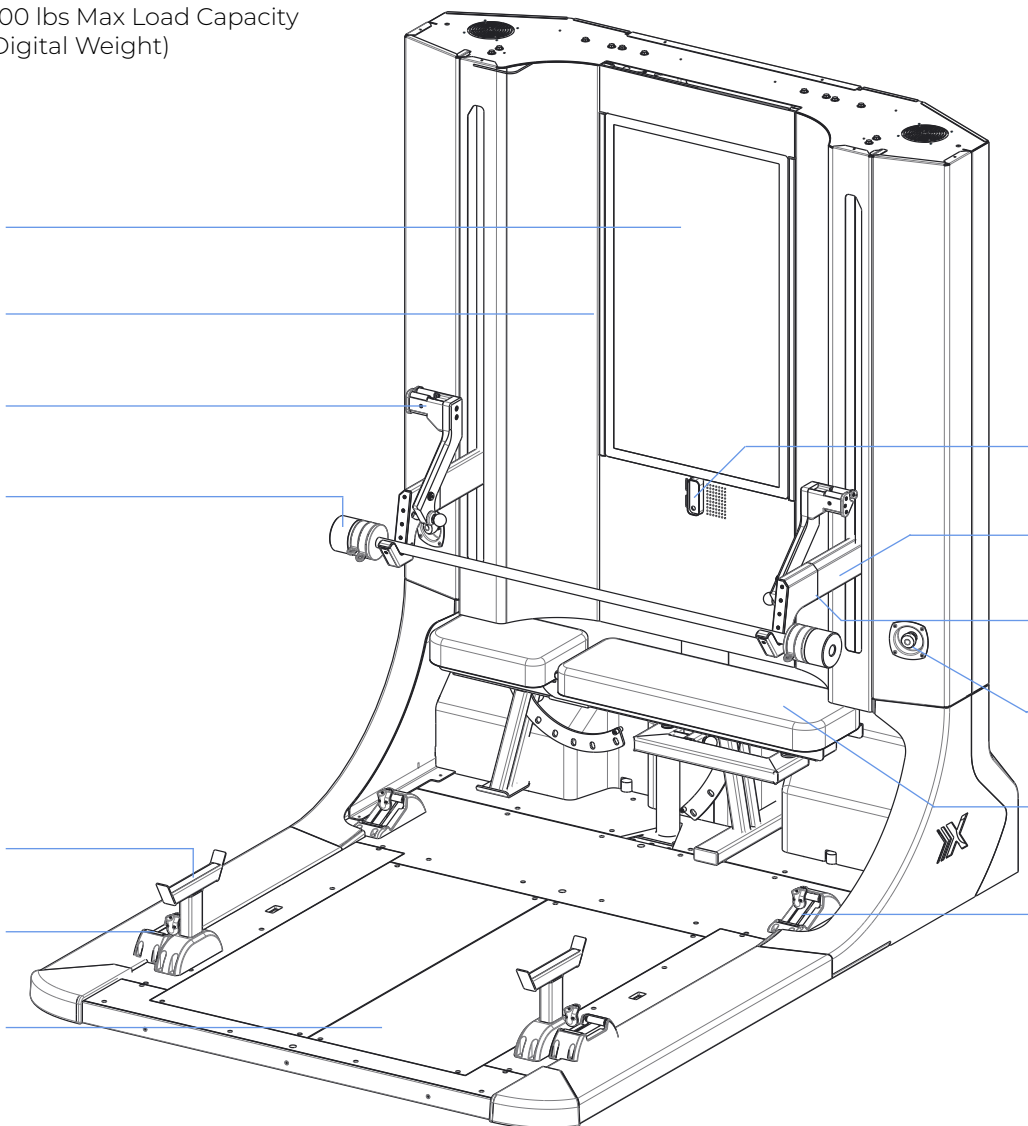
I

J

K

L

M



A. 43" User Interface (UI)

B. Tempo Lighting

C. Pulldown Arm (x2)

D. Barbell

E. Floor Rack Post (x2)

F. Rear Cable Outfeed (x2)

G. Force Plate (x2)

H. Camera System

I. Adjustable Rack Arm (x2)

J. Rack Arm Up-Down Control

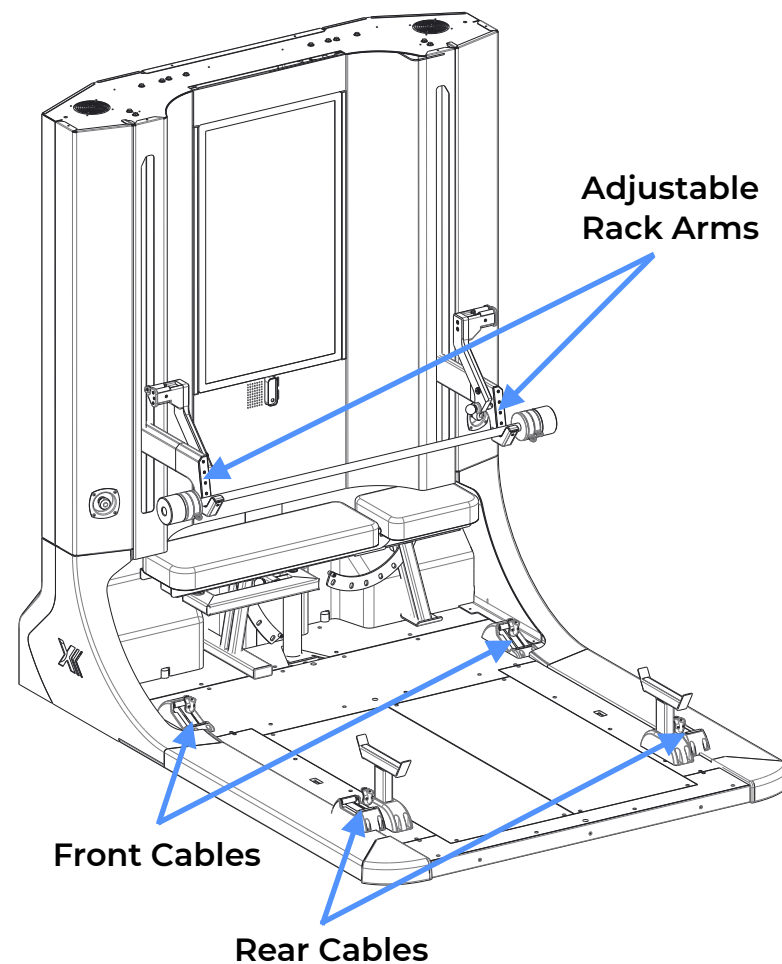
K. Emergency E-Stop Button (x2)

L. Stowable Bench

M. Front Cable Outfeed (x2)



## CABLE CONNECTION



### CABLES FROM DECK

There are four cables from the deck in total. Two located at the front (towards the screen) and two located in the rear.

Exercises performed from deck include: Bench Press, Squat, Deadlift, Shoulder Press, Barbell Curl, and more.



### ADJUSTABLE RACK ARMS

The rack arms use a motor to move up and down into different height positions for different exercises and to accommodate different user heights. Use the buttons located on the left arm to adjust the rack position up and down.

**NOTE:** Weight must be unloaded to adjust rack arms.

**NOTE:** Both rack arms move together as one unit. They cannot be moved independently.



### CABLES FROM RACK ARMS

The two front cables move into the rack arms for certain exercise positioning.

Exercises performed from rack arms include: Chest Fly, Tricep Extension, Lat Pulldown, Backward Shuffle, and more.



## USER INTERFACE

### NAVIGATION

Aside from adjusting the cables and connecting accessories, all other functions to setup and begin a training session are performed from the UI. This includes:

- Choosing exercise from library
- Adjusting weight
- Selecting barbell option (if applicable)
- Applying Advanced Settings
- Loading weight
- Viewing real-time feedback during lifts
- Unloading weight
- Viewing post-workout summary
- And more

The main areas of the UI include:

#### — LEADERBOARD —

This is the Home Screen that appears when device wakes or powers on. From here, choose either QUICKSTART or SELECT USER PROFILE.

#### — EXERCISE LIBRARY —

Select QUICKSTART to navigate here. Then select a training exercise to proceed with.

#### — ASSESSMENTS —

Select QUICKSTART to navigate here. Then select an assessment to proceed with.

#### — USER DASHBOARD —

Select SELCET USER PROFILE and then type/search your username to find and choose your user profile.

#### — ADMIN PANEL —

Tap the OxeFit X logo located top-center of screen to open and view admin/device settings. Access to this area requires entering the 4-digit PIN.

### SOFTWARE UPDATES

When a software update is available, a notification will appear in Admin Panel. The Admin Account must be used to initiate the install by simply following the on-screen prompts to allow XP1 to install and reboot. The entire process should take around 5 minutes to complete. Ensure your device is connected to the internet when updating the XP1 software. Contact [support@OxeFit.com](mailto:support@OxeFit.com) with any questions.

### POWER ON/OFF & SLEEP MODE

ON/OFF button is located on the back panel of the XP1. After a training session, there is no need to power down the device, as it is designed to go into Sleep Mode to protect the screen while remaining available for software upgrades. To begin using the XP1 anytime, simply touch the screen to activate it.

Keeping XP1 plugged in and powered on at all times is recommended.

**SLEEP MODE**—When the XP1 is powered on but inactive after 10 minutes, it will enter Sleep Mode. Tap the touchscreen to wake your XP1.

**POWER CYCLING**—When power cycling the XP1, allow the system to remain off for at least 60 seconds before turning the system back on.

**WARNING:** When power cycling the XP1, allow the system to remain off for at least 60 seconds before turning the system back on.



## FORCE PLATES

Two force plates (Left & Right) are located in the center of the deck. The force plates are used to measure asymmetrical balance during lifts and provide real-time visual feedback on the screen to help you correct your weight distribution between your stance.

See article [HOW TO USE FORCE PLATE DATA TO ACHIEVE YOUR FITNESS GOALS](#) on our blog to learn more.

## VERTICAL LIGHTS

The XP1 features two vertical light strips, one on each side of the screen. These lights indicate the current operating state of your device. Below is a summary of the different patterns that will be seen.

Pulsing Orange	The device needs to be initialized.
Steady Blue	The device is idle.
Flashing Blue	The device is in idle and the user has triggered a diagnostic report.
Rising Blue	The device is loading the tension and starting an exercise.
Falling Blue	The device is in the process of unloading the exercise.
Moving Yellow	An exercise has been selected and the system is waiting for the user to set the machine up properly for that specific exercise. In this state, the LOAD button will be visible, but not pressable.
Pulsing Yellow	The device is now ready to load. Pressing the LOAD/RELOAD button will start the exercise and load the cables.
Steady White	The device is loaded an an exercise or assessment is in progress. For exercises where the sides can be loaded individually, the light will indicate which side will be loaded for that exercise.
Steady Red	An error has been detected and the device will require action from the user.
Flashing Red	The E-Stop is pressed.

## SAFETY FEATURES

### EMERGENCY E-STOP BUTTONS

The XP1 system is equipped with two E-stop buttons. The E-stop should be pressed only if there is an immediate danger from the motion of the vertical positioner or the tension in the cables. Pressing the E-stop will immediately release the tension in the cables and stop the vertical positioner.

Once pressed, the vertical positioner cannot be moved using the blue illuminated buttons. If the vertical position needs to be moved, the user can release the brake on the back of the system and manually raise or lower the rack. Note that once released, the rack will begin to move down slowly under its own weight. Once the rack has been moved to the desired position, the user must re-engage the manual brake release for the system to operate properly.

Pressing the E-stop will immediately end any workout in progress for all users. The data from the workout will still be recorded, but the user(s) will not be able to continue this workout once the E-stop is released.

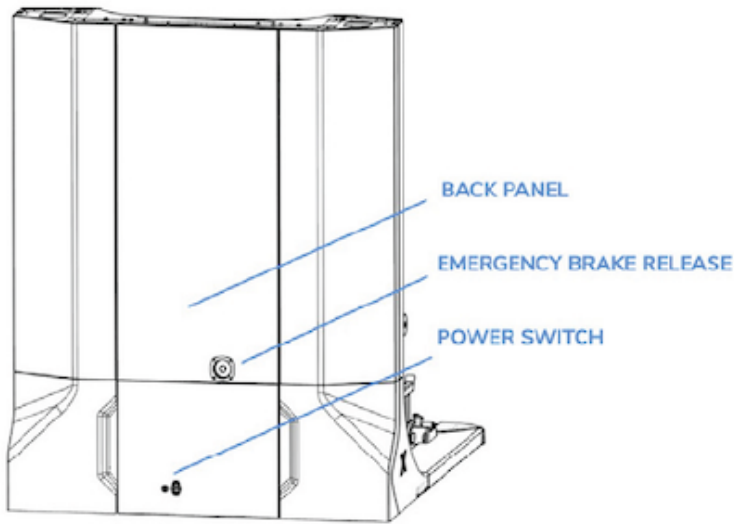
Before releasing the E-stop and attempting to resume operation of the XP1, ensure that the system and uses are safe. If you suspect there is a hardware malfunction, please contact support.

After pressing the E-stop, the user will be required to acknowledge the event with a pop-up dialog box. To resume operation of your XP1, you must release the E-stop that is pressed. Once the E-stop is released, the flashing red lights will stop and the system will reset. After about 10 seconds, the system will then enter the initialization state and the lights will illuminate accordingly. The user will be required to initialize the system before starting a workout.

### EMERGENCY E-BRAKE RELEASE

Familiarize yourself with the Emergency Release pull knob located on the back panel of the XP1. This knob is to be used in the event that the Adjustable Rack Arms must be moved manually in an emergency situation and the buttons are not functional, or the emergency stop has been pressed. Pulling this knob will cause the Adjust-able Rack Arms to slowly fall under their own weight and allow the rack to be manually lifted up or pushed down.

After the rack has been moved and the system is ready for use again, push the knob back to its original position. The system must be power cycled for proper operation.



### AUTO UNLOAD DETECTION

While an exercise is In Progress, there are several scenarios in which the XP1 will unload the cable tension, depending on the type of exercise and what has been detected. When the system is unloading, the vertical lights will display a falling blue pattern.

**Exercise Time Out**—For all types of exercises, if a cable is not moved within a set time the exercise will unload. For most exercises, the time is set to 45s. For some exercises, such as Sit-To-Stand, this time is increased to 15 minutes.

**Workspace Boundary**—For Barbell 4-Cable and Waist Harness 4-Cable, the user must stay in the usable workspace of the XP1 or the exercise will unload. This means:

- The barbell/waist harness must be between the deck cable exits from from the front to back and left to right.
- The barbell/waist harness must be at least 0.3m above the surface of the deck.

**Struggle**—Some exercises have struggle detection enabled to UNLOAD when "no movement" of the cables is detected. When struggle detection is enabled for a given exercise, there are different stall times. At the start of an exercise, the stall time is 30 seconds until the user has moved the barbell.

Once the user has moved at least 0.1m, a second stall time is used for the bottom half (0%-50%) of the range of motion. This second time is detailed by the exercise type below.

Exercise Type	Bottom ROM Stall Time
Barbell 4-cable exercise with a concentric rep start	10s
Barbell 4-cable exercise with an eccentric rep start	2.75s
Barbell 2-cable exercise	15s
Waist harness exercise ( Excluding sit-to-stand exercises, which has struggle detection disabled )	15s

**Tilt**—For Barbell 4-Cable and Waist Harness 4-Cable, the exercise will unload if the barbell or the waist harness is tilted more than 10 degrees.

**Twist**—For Barbell 4-Cable, the exercise will unload if the following the barbell is twisted more than 16 degrees.

**NOTE:** When an AUTO UNLOAD DETECTION occurs, re-rack the bar and reload the weight to continue.

A large, light gray 'X' graphic is centered on the page, composed of two intersecting diagonal bars. The word 'TRAINING' is superimposed over the center of the 'X'.

# TRAINING

TRAINING SETUP

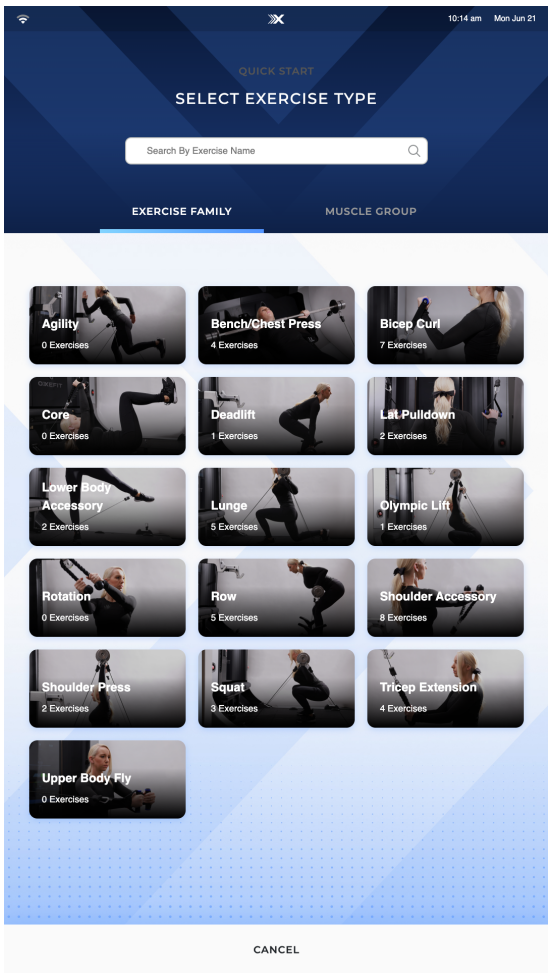
EXERCISE LIBRARY

Select QUICKSTART from the main menu to begin an exercise, workout, or assessment. This action will direct you to the Exercise library.

The Exercise Library houses the 250+ training exercises that can be performed on the XP1. Use the filter options to browse exercises.

- EXERCISE FAMILY—Browse By Category
- MUSCLE GROUP—Browse By Muscle Region
- SEARCH BAR—Browse By Name

Exercises are preconfigured with their corresponding *Modality* and *Accessory*.



EXERCISE MODALITIES

All exercises in the library use one of six cable modalities and need to be set up accordingly in order for the training movements and device functions to operate properly.

Each modality has its own icon to indicate when it should be used. This icon will become visible when an exercise is selected from the library.



SINGLE  
ONE CABLE WITH ONE ACCESSORY

- Six cable points to use:
- Front Cable from Deck (Left or Right)
- Front Cable from Rack Arm (Left or Right)
- Rear Cable from Deck (Left or Right)



DUAL  
TWO CABLES WITH 2-PIECE ACCESSORY PAIR

- Either Front Cables or Rear Cables are used with a two-piece accessory pair (Handles) to control Left/Right side independently
- Left/Right reps are performed either simultaneously or alternating



FRONT  
TWO CABLES WITH ONE ACCESSORY

- Front Cables are used from rack arms
- Rear Cables must be retracted in deck to begin



REAR  
TWO CABLES WITH ONE ACCESSORY

- Rear Cables are used from deck
- Front Cables must be retracted in deck or rack arms to begin



4+BARBELL  
FOUR CABLES WITH ONE ACCESSORY

- Barbell is positioned in rack arms and used with all four cables attached
- Front Cables attach to inner connection point on barbell
- Rear Cables attach to outer connection point on barbell



4+HARNESS  
FOUR CABLES WITH ONE ACCESSORY

- Fasten waist harness to self first and secure properly
- Front Cables attach to front connection rings on harness
- Rear Cables attach to rear connection rings on harness
- Perform exercises from a centered position over force plates.

ATTACH ACCESSORY

Ensure the proper accessory is being used with the selected exercises. Each accessory is built with one or multiple attachment points in which the cable(s) connect to. Use carabiner to clip cable(s) to accessory.

Each exercise has a guided video tutorial available for setting up that specific exercise, pertaining to the proper *Modality* and *Accessory*. Select any exercise from the library and click the “PLAY” thumbnail to watch its tutorial.

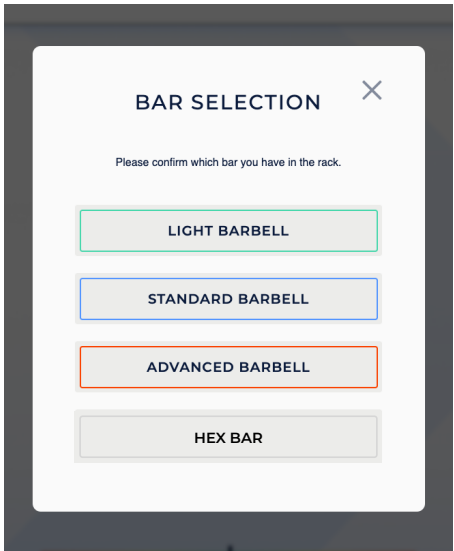
**NOTE:** Some exercises have been slightly modified and may show a tutorial that has not yet been updated to match it. If a selected exercise displays a *Modality Icon* that differs from the *Video Tutorial*, follow the Modality Icon and setup the cables accordingly.

BARBELL SELECTION

There are multiple XP1 barbell options (Light, Standard, Advanced, Hex) and because each one has a different weight and different minimum/maximum loads, it is pertinent to make sure that the barbell currently attached to device is then also selected on the UI before loading the weight.

This action is performed via letter **H** on the *EXERCISE TRAINING SCREEN* (see diagram on next page).

The default selection is *Light Barbell*. Press this button to select a different barbell when necessary so that the XP1 can adjust the digital weight calibration accordingly.



# TRAINING

## TRAINING IN PROGRESS

### USING DIGITAL WEIGHT

Free weights and other cable machines require the force of gravity to generate resistance. You train by moving weighted plates in the opposite direction. The XP1 uses hyper-advanced technology to calculate that same resistance through cable tension. This is often referred to as cable resistance or digital weight. It may not feel exactly the same as free weights, but this is to be expected because the resisting force is being generated differently.

Tension is not applied to the cables at all times. The cable tension is either *loaded* or *unloaded*. It remains *unloaded* the majority of the time and is only *loaded* when you manually select for it to be right before each set.

Controlling the weight is done from the user interface.

#### — LOAD CABLE TENSION —

No cable tension is applied until you **LOAD** the weight. Loading the weight applies tension to the cables based on the amount of resistance you have set. To load the weight, select the **LOAD** button on the UI.

#### — LIFT —

After loading the weight, the device is ready for you to begin your training exercise or set. Get into the necessary position on the device, firmly grasp the accessory attached to the cable(s), and perform the training movement until the reps/set or routine is complete (*reps/set* refers to strength training and *routine* refers to cardio training).

#### — UNLOAD CABLE TENSION —

Once a set is complete, re-rack barbell onto rack arms **or** slowly allow cables to retract fully to deck or rack so you can release hold of the accessory.

Select **UNLOAD** on the UI to disengage the cable tension and complete your set.

**NOTE:** The XP1 will automatically unload the tension when it detects certain abnormalities. See *Auto Unload Detection* under *SAFETY FEATURES* for more info.

### EXERCISE IN PROGRESS

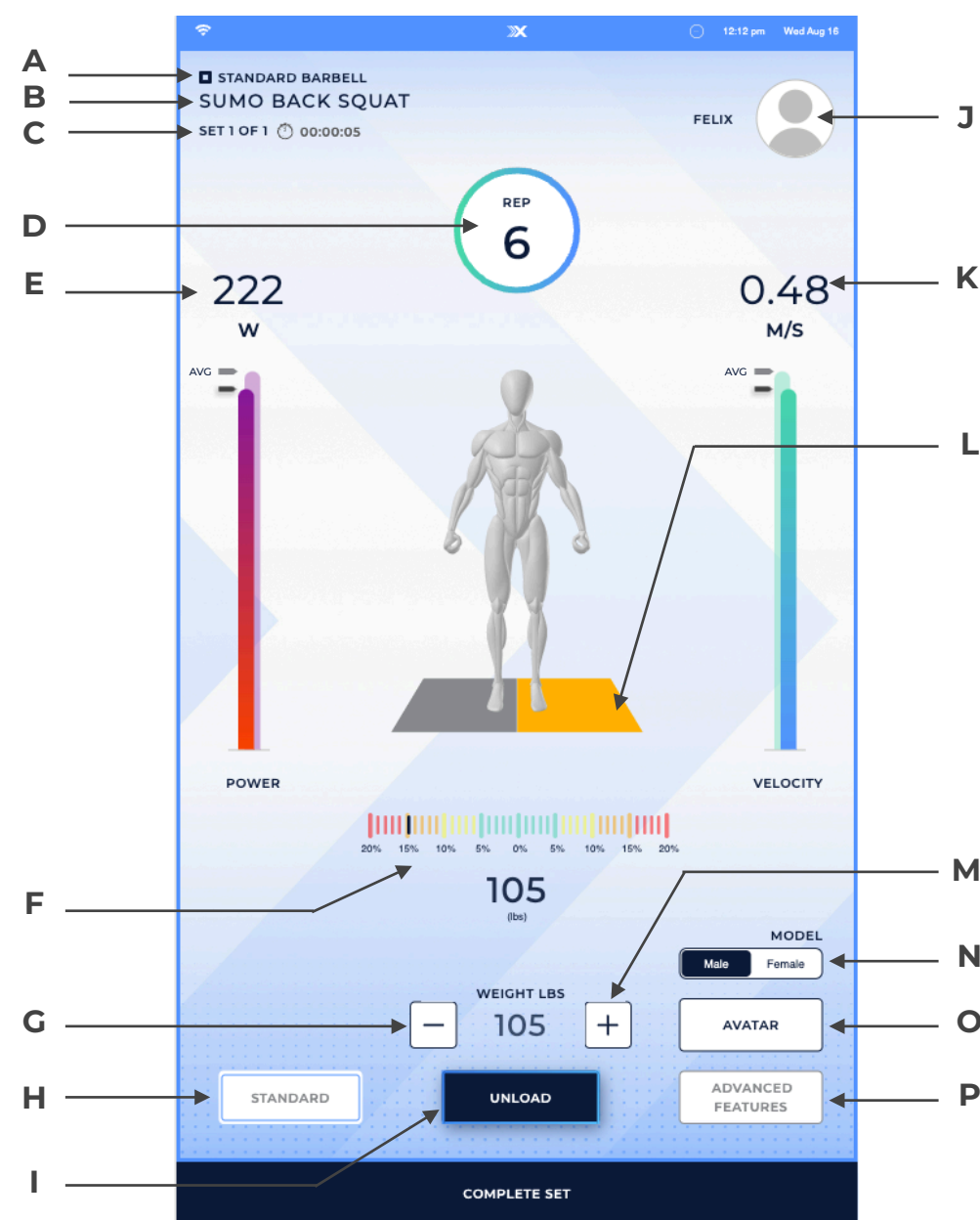
An exercise *In Progress* means that the cables will be loaded based on the selected exercise and the initial cable setup.

During an exercise, the user can adjust the base load using the plus and minus buttons. This is the only modification to the loading that the user is allowed to make while the exercise is in progress,

### EXERCISE TRAINING SCREEN

The diagram below displays the screen view when an exercise is selected and the weight has been loaded, at which point training is considered *In Progress*.

Familiarize yourself with the labeled parts of the diagram so you will be able to navigate the UI seamlessly, as well as understand and benefit from the *Real-Time Feedback* components during training.



### REAL-TIME FEEDBACK

Get real-time visual feedback while working out on the XP1. Choose the *Avatar Mode* to view a 3D model of your workout stance, select *Mirror Mode* to view yourself, or disable both by selecting *Hidden*. Hidden Mode will display the XP1 logo. Avatar Mode is the default setting. You can switch between *Avatar*, *Mirror*, and *Hidden* with the toggle button.

- A. Exercise Modality
- B. Exercise Name
- C. Set Number
- D. Repetition Count
- E. Power Output
- F. Balance Indicator
- G. Decrease Weight
- H. Barbell Selection
- I. LOAD or UNLOAD Weight
- J. User Profile
- K. Velocity
- L. Force Plate Balance Indication
- M. Increase Weight
- N. Avatar Gender Display
- O. User Portrayal Mode
- P. Settings

#### IMPORTANT:

See BARBELL SELECTION on previous page for important info regarding letter H.



# TRAINING

## TRAINING COMPLETE

### COMPLETE SET—EXERCISE—WORKOUT

Press the COMPLETE SET button after performing each set (upon completing a set and unloading the cable tension). This action will then present you with the following options depending on how you want to proceed:

#### — NEXT SET —

Select this option to end the current set and continue with performing another set of the same exercise. The weight can still be adjusted as needed before you decide to LOAD it and begin the next set.

#### — SELECT NEW EXERCISE —

Select this option to end the current set and also end the current exercise. The screen will be directed back to the exercise library for you to select a new exercise.

#### — QUIT WORKOUT —

Select this option when you are entirely finished with all exercises in your training session and are ready to end the workout entirely. The activity you completed in succession will be logged together as a *workout*.

### POST-TRAINING SUMMARY

Once an exercise or workout is complete, a summary of your activity will be displayed on the screen. This is a brief outlook for quick-reference review. The complete post-training analytics will be logged to your TRACKED ACTIVITY and available to review anytime.

## STEPS TO BEGIN TRAINING

Provided here is a start-to-finish walkthrough of how to begin a training routine on the XP1, broken down into simple steps for you to easily reference and follow at a glance.

#### 01. SELECT TRAINING ACTIVITY

On the UI, select the training activity you would like to perform.

#### 02. ADJUST CABLE POSITION

If using the rack arms, adjust cables to the proper position according to the exercise.

#### 03. ATTACH ACCESSORY

Connect the corresponding accessory to proper cables according to exercise.

**IMPORTANT:** For barbell exercises, press *Select Bar* from the Exercise Training Screen to confirm barbell selection. The default barbell selection is Light Bar (11 lbs).

#### 04. CHOOSE ADVANCED SETTING(S)

If you would like to apply Advanced Setting(s), select them now before engaging the digital weight.

#### 05. LOAD WEIGHT

When you are ready to begin your lift, press the LOAD button on the screen to engage the digital tension on the cables.

#### 06. LIFT WEIGHT

Proceed with your lift, performing all reps you want to complete within the set.

#### 07. UNLOAD WEIGHT

When you have completed your lift, rack the barbell (if necessary) and press the UNLOAD button on the screen to disengage the digital tension on the cables.

#### 08. COMPLETE ALL SETS

Repeat steps 4-7 until all sets in the exercise have been completed.

#### 09. COMPLETE TRAINING ACTIVITY

Select END TRAINING when you have completed all exercises within the current routine.

#### 10. WIPE DOWN ACCESSORIES

Use a disinfectant cleaner and towel to wipe down all accessories used during your training session.



## ADVANCED SETTINGS

Advanced Settings are designed to maximize your training by way of altering the cables to react in specific ways based on the selected setting. Using Advanced Settings helps target your training even more towards a particular “style” or “technique,” based on your personal goals and want you want to achieve.

Access Advanced Settings from the Exercise Training Screen, located near the lower right side.

You can engage/disengage/switch Advanced Settings anytime in between sets by unloading the weight and selecting Advanced Settings.

### NOTE: CONCENTRIC & ECCENTRIC PHASES

A rep has two different phases: the Concentric phase and the Eccentric phase. The Concentric Phase is when you pull the cables out against the resistance of the device or, in traditional weight lifting, raise the weight. The Eccentric Phase is when you release the cables back into the device, or in traditional weight lifting, lower the weight. The concentric weight will apply during the concentric phase of your motion. The eccentric weight will apply during the eccentric phase of your motion. If you stop moving during the exercise, the system will default to the concentric phase and will only return to the eccentric phase if you start an eccentric motion.

### VIRTUAL SPOTTER

The load will gradually or instantly decrease when a struggle is detected, based on the mode selected: *Gradual Return*, *Gradual Reduce*, *Instant*.

**Gradual Return:** The load will gradually decrease when assistance is needed to complete the concentric phase of a rep and will then *Return* to the full amount once the rep is complete.

**Gradual Reduce:** The load will gradually decrease when assistance is needed to complete the concentric phase of a rep and will then remain at the *Reduced* amount for the next rep.

**Instant:** The resistance will be unloaded completely when you are unable to complete the concentric phase of the rep.

This training method is designed to maximize your load capacity by allowing you to safely attempt heavier loads and/or more reps during a lift than you’d typically be capable of.

### BURNOUT

The load will increase or decrease with each consecutive rep in a set, depending on your selection.

**Increase:** Set an additional load amount to be added incrementally after each rep.

**Decrease:** Set a load amount to be subtracted incrementally after each rep.

This training method is designed to increase your overall muscle hypertrophy, including size, stamina, and motor unit recruitment.

### CHAINS

The load will increase or decrease throughout the range of motion, depending on your selection

**Regular:** The load will increase throughout the concentric phase and decrease throughout the eccentric phase, with the full chain weight applied at the “top” of your range of motion. This training method is designed to increase your explosive power.

**Inverted:** The load will decrease throughout the concentric phase and increase throughout the eccentric phase, with the full chain weight applied at the “bottom” of your range of motion. This training method is designed to maximize your force output during the onset of each concentric phase.

### PERTURBATION

The cables will receive randomized oscillations throughout the range of motion that disrupt your balance and force your body to react.

This training method is designed to improve the body's ability to react and stabilize effectively, enhancing overall strength, coordination, core activation, and injury prevention.

### OVERLOAD

The load will increase during the selected phase of each rep by setting the percent overload.

**Eccentric Overload:** Because you can resist a greater force than you can generate, setting heavier eccentric weight is an effective strength building method. This training method is designed to stimulate greater muscle growth, improve joint stability, and decrease risk of injury.

**Concentric Overload:** Setting heavier concentric weight allows you to conserve more energy during the eccentric motion so you can generate more concentric force. This training method is designed to maximize load capacity and power output.

### A.I. DAPTIVE

The load will increase with each rep until your motion indicates a struggle, gauged by the target average concentric speed you set.

The goal is to perform each rep with a smooth and consistent speed in order to find your “Optimal Load,” which is the amount that you can complete 10 reps of with moderate effort.

Set the target average concentric speed based on the specific exercise movement, for example ones that are more explosive should have higher target speeds.

This training method is designed to determine your optimal load based on your concentric phase velocity.

### REACTIVE

The load will increase or decrease based on the previous rep’s average concentric velocity in order to help you maintain a consistent target speed.

This training method is designed to maximize the concentric load you can move with a certain velocity

### TEMPO

Use the tempo lights as a guide to match the velocity of your movement during each rep.

This training method is designed to help improve technique and time under tension.

### OXEAIR

The load is applied before each jump and remains in place until you become airborne, at which point it is unloaded for you to land safely with just your body weight.

This training method is designed to help improve your explosive jump power and increase your vertical.

### OXEWHEEL

Modeled after Flywheel Training, which generates resistance from the momentum of a spinning wheel rather than the force of gravity like traditional weightlifting, *OxeWheel* enables more control over the eccentric resistance based on the concentric force applied.

Apply more force during the concentric phase to generate more virtual momentum, which will then be inversely applied during the eccentric phase for you to resist.

The concentric resistance is based on the wheel size you select and the eccentric resistance is capped at the load you set. The first rep is a calibration rep.

This training method is designed to allow eccentric overload and variable resistance, both of which are effective in stimulating muscle hypertrophy. To get the most out of this training mode, set the load as high as you can safely lift.

ASSESSMENTS

TO BEGIN USER ASSESSMENT

1. Stow the bench away and remove any accessories from the rack arms.
2. From the Home/Leaderboard screen, choose SELECT USER PROFILE.
3. Search/Select your user profile, then press CONTINUE.
4. Select QUICKSTART.
5. Select ASSESSMENTS.
6. Select the user assessment you want to proceed with, either:
  - ROM (*Range of Motion*)
  - OXJUMP CMJ (*Counter Movement Jump*)
7. Select CONTINUE.

RANGE OF MOTION ASSESSMENT

This user assessment consists of five movements that will assess your current form and flexibility within ideal parameters. Follow the onscreen prompts to proceed through these ROM movements, which will include:

1. Shoulder Abduction (left and right)
2. Squat Depth
3. External Rotation (left and right)
4. Hip Flexion (left and right)
5. Flexibility (lower back hinge-depth)

For each movement, the goal is to mimic the ROM you see demonstrated by the trainer on screen.

After each movement, you have the option to proceed or repeat that specific movement again.

Your ROM results for each movement will be displayed upon completion of assessment.

OXEJUMP CMJ ASSESSMENT

This user assessment consists of performing vertical jumps straight up and down to measure max jump height reached, also known as *vertical*.

Due to OxeFit’s patented force plates and other technology, XP1 is able to measure and provide an advanced range of other data points from jumps.

**NOTE:** Jumps must range between 0.5 inches and 69 inches. Jumps outside of these parameters cannot be measured.

- **Kinetic Asymmetry Impulse Index** — Measures imbalance between left and right leg during jump. Perfect balance of strength and power is represented as 0%. An imbalance of strength and power is represented as a percentage indicating which leg is producing greater output.
- **Flight Time** — Elapsed time the user is entirely off both force plates (in milliseconds).
- **Calculated Jump Height** — Time of flight approach used to calculate jump height, reflected in *inches* (in).
- **Peak Force Percentage (R) and (L)** — Measures peak force (PF) on right and left force plate during jump concentric motion as a percentage of nominal weight on each side prior to jump.
- **Time to Takeoff (TT)** — Time from start of unweighting phase to start of flight phase during jump (measured in milliseconds). Increase of TT from jump to jump is a potential indication of fatigue.
- **Reactive Strength Index Modified (mRSI)** — Measures lower body explosiveness during countermovement jump. A decrease in mRSI correlates with fatigued states and/or undertraining.
- **Peak Force (PF)** — Measures the sum of the left and right force plate during pre-flight phase to determine peak ground reaction force (PF).
- **Time to Peak Force (TPF)** — Time from start of unweighting phase to peak force prior to flight phase during jump (measured in milliseconds). TPF is a useful method for monitoring changes in readiness and overall adaptation to training.
- **Rate of Force Development (RFD)** — Measures rate of ground reaction force development (RFD) in Newtons per second (N/s). RFD expresses the ability of a muscle or muscle group to rapidly develop external force and is frequently used to evaluate explosive strength.

JUMP INSTRUCTIONS

You have the option to perform between 1-10 individual jumps during this assessment.

Follow the vertical light patterns during assessment to know when device is jump-ready:

- **Steady White Lights**—waiting for user to stand still on force plates or waiting for user to *Accept* or *Reject* current jump.
  - **Rising Blue Lights**—ready for user to perform jump.
  - **Falling Purple Lights**—jump calculation in progress (after user has landed, in which they should remain steady in their position on force plates).
1. Position yourself standing on force plates, with your left and right foot in the middle of each plate. (Steady White Lights)
  2. Perform your jump. (Rising Blue Lights)
  3. Maintain balance and hold position momentarily when you land, allowing XP1 to finalize jump calculation. (Falling Purple Lights)
  4. After each jump, the XP1 will display metrics for *Jump Height* and *Flight Time* for you to review right away before proceeding with further jumps.
- Select APPROVE or REATTEMPT when prompted.
  - **NOTE:** This is primarily for use if you believe a slight error was made the way in which your jump was performed (such as your launch form, countermovement rhythm, etc.). For example, if you realize too much horizontal displacement (landing significantly forward or backward from your launch stance) occurred and may have affected jump measurement.
5. Proceed to perform any further jumps. You have the option to perform between 1–10 individual jumps during each assessment.
  6. A complete summary of metrics for all jumps performed during assessment will be available after all jumps have been completed. These metrics will be displayed in a table-view for you to easily compare the different jumps performed during this assessment.
- Select SUMMARY at anytime (after at least one jump has been completed) to complete jump assessment and receive your results.
  - Select EXIT ASSESSMENT at anytime to cancel jump assessment and return to main menu. Jump results will not be available to view and will not be saved to analytics.

## ADDITIONAL TRAINING FUNCTIONALITIES

### TEAM WORKOUT

Allows up to five users from the same organization to perform a workout together by rotating through each exercise.

Each user will take turns completing a set of the same number of repetitions for the same exercise.

Each user may change the weight load in the exercise during their turn.

If a user cannot complete the set, they can select UNLOAD and then press NEXT to end their turn.

### WORK-IN MODE

Enables a smooth transition for multiple users to continuously rotate ON/OFF the device while each performing a different workout.

Up to 15 users can be supported in rotation, in a regular or irregular cycle, and each user's progress will save separately to their individual profile for them to continue wherever they left off each time.

Upon completion of each set, the Set Summary screen will feature an *Active Sessions* control that displays the currently active sessions in a 5x3 grid. Select a profile from the grid to resume that session or choose *New Session* to allow additional user to sign in and join rotation, or current user can do another set

The *Pause Session* option will pause your session, sign out of your account, and return to the sign-in screen.

Users can resume their sessions from the Active Sessions control on the Set Summary page, from the Active Sessions control on the sign-in page, or from their user dashboard after they sign in.

#### Session Security

Protect your session with a PIN to prevent the users from accessing it.

#### Session Timeouts

Paused sessions will automatically time out after 1 hour of inactivity.

#### Team Workouts

Work-In Mode cannot be used in combination with Team Workouts.

### SCHEDULE TRAINING SESSIONS

There is a *CALENDAR* feature that users can choose to use in conjunction with their specific user profile. This allows users to schedule training routines on certain calendar day(s) to align with their fitness goals and intentions.

The training routines that can be added are the custom-built workouts each user creates for themselves.

To schedule workouts:

1. Login to OxeFit Mobile App
2. Select the **EXPLORE** tab
3. Select **CUSTOM**
4. Find & select the custom-built workout you intend to schedule
5. Select the **SCHEDULE** button
6. Select **ONCE** and the date to schedule a single occurrence or select **REPEATING** to schedule a recurring event on selected day(s) each week
7. Press **SCHEDULE** at bottom of screen when complete to add training routine to calendar

Scheduled workouts are accessible on XP1 from your user dashboard.

Trainers and Admin can schedule workouts for clients using the OxeLead Web App. Clubs can access scheduled workouts on the XP1 by selecting them from *Today's Schedule* on the XP1 leaderboard.

### BUILD CUSTOM WORKOUTS

Users have the ability to create custom training routines using the preconfigured exercises in the library. Building custom training routines can be done on either the Mobile App or XP1 device.

**NOTE:** Use the Mobile App to create a custom workout if you also want to SAVE that custom workout. Workouts created ON DEVICE will not be saved for use at a later time.

— via XP1 DEVICE —

1. From the XP1 Home Screen, press **SELECT USER PROFILE**.
2. Select your user profile from the list or use the search bar to find and select your user profile, then press **CONTINUE**.
3. Select **CREATE NEW WORKOUT**.
4. Add **WORKOUT TITLE** and press **CONTINUE**.
5. Select **NEW BLOCK** to begin building.
6. Add **EXERCISES** and adjust the sets, reps, weight, and Advanced Settings accordingly for each one.
7. Add additional **NEW BLOCKS** as needed and continue building out your custom workout.
8. When complete, select **START WORKOUT** to proceed with your custom built workout.



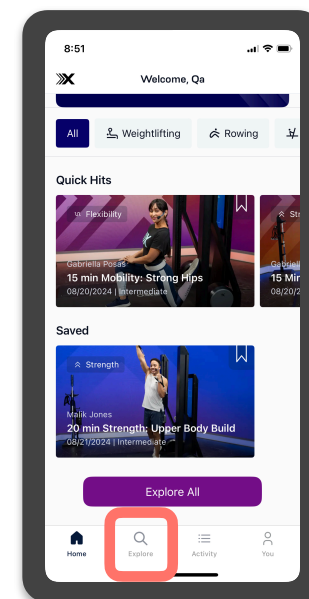
## ADDITIONAL TRAINING FUNCTIONALITIES

continued

### BUILD CUSTOM WORKOUTS continued

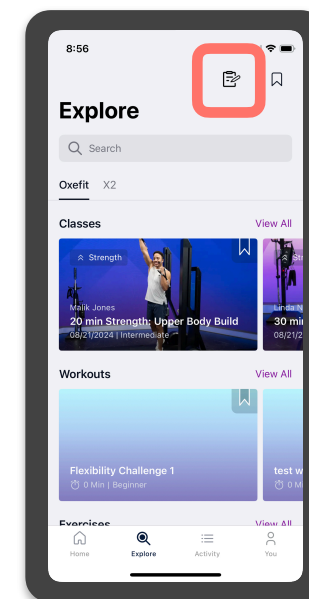
— via MOBILE APP —

- Open Mobile App and select **EXPLORE** tab.
- Select **CUSTOM WORKOUT** icon in top right corner.
- Select **CREATE NEW WORKOUT** icon in bottom right corner.
- Select **XP1** when asked which platform.
- Add **WORKOUT TITLE** and any **WORKOUT NOTES** you'd like to include.
- Add **BLOCKS**
  - BLOCKS**—are a structural aspect that allow you to group exercises within your workout in various ways. You can add as many BLOCKS as you need and rename each one.
- Add **EXERCISES**
  - EXERCISES**—are added within each Block. Select the individual exercises you want to add.
- Configure **EXERCISE SETTINGS**
  - EXERCISE SETTINGS**—adjust number of Sets, Reps, and Advanced Settings to customize each exercise you include.
- Choose **ROUND ON/OFF**
  - ROUND**—is an optional function that pertains to the workout structure of each Block. It allows you to perform alternating sets of each exercise within a Block.
  - ROUND OFF**—when turned OFF, the Block remains defaulted to STANDALONE
  - ROUND ON**—when turns ON, the Block will automatically become:
    - SUPERSET when 2 exercises are present
    - TRISET when 3 exercises are present
    - CIRCUIT when 4 or more exercises are present
- Continue adding BLOCKS and EXERCISES and configuring settings to build out your workout.
- Select **SAVE** when complete.
- The Custom Workouts you create will appear on your XP1 user dashboard.



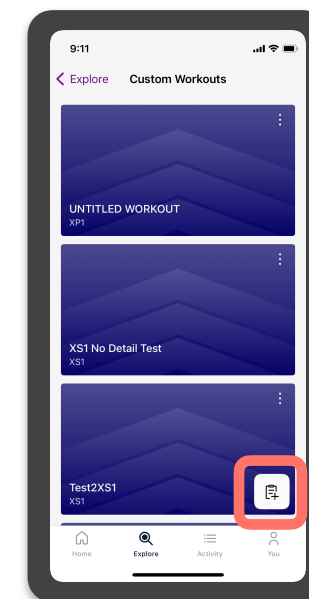
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EXPLORE tab



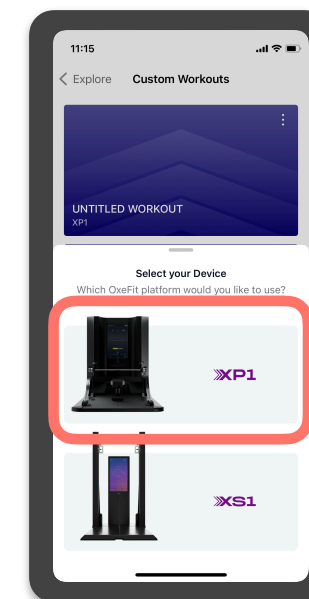
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CUSTOM WORKOUT icon



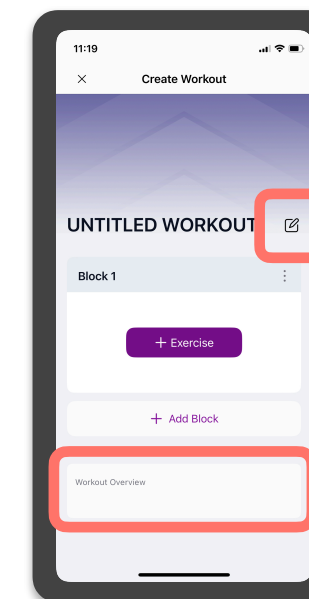
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CREATE NEW WORKOUT icon



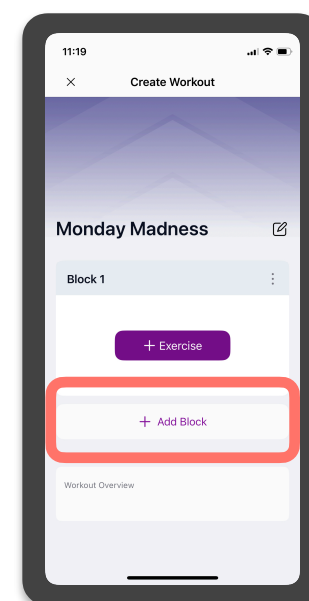
4

XP1 platform



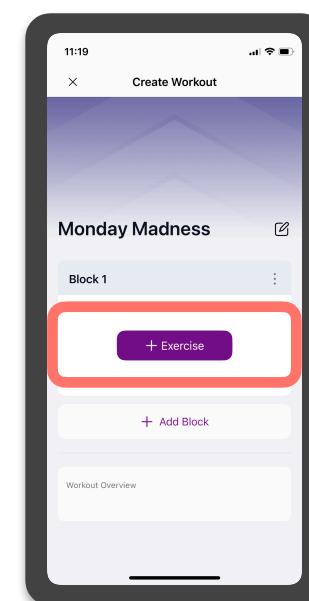
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WORKOUT TITLE & NOTES



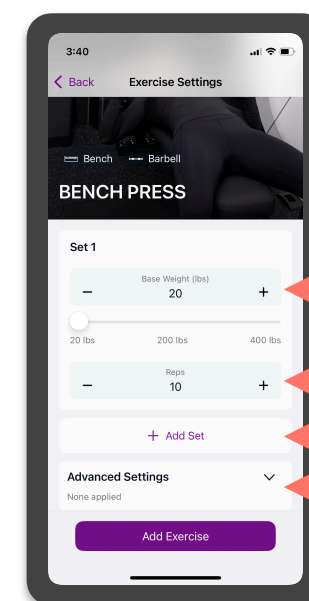
6

Add BLOCKS



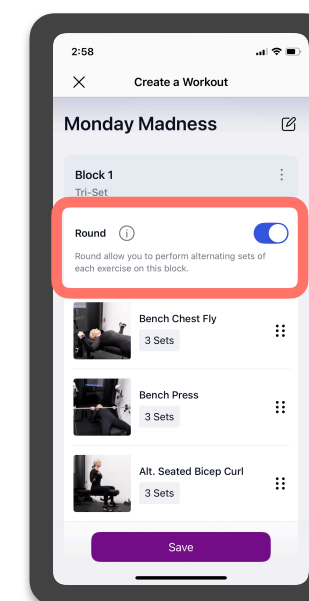
7

Add EXERCISES



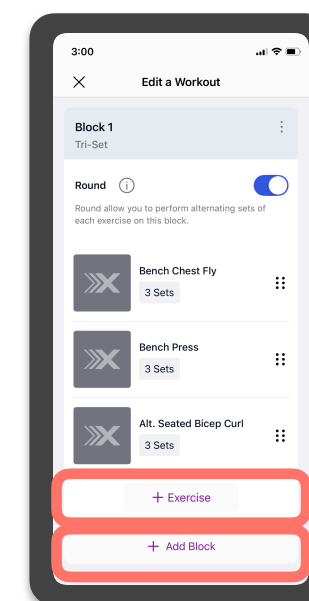
8

Configure EXERCISES SETTINGS



9

Choose **ROUND** ON/OFF



10

Continue adding BLOCKS & EXERCISES

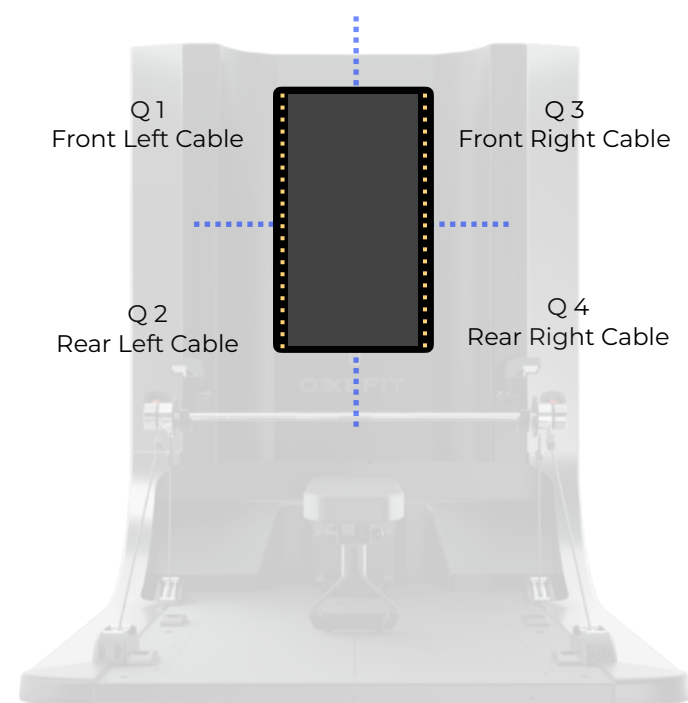
## ADDITIONAL TRAINING FUNCTIONALITIES

continued

### CABLE-READY LIGHT PATTERN

The Vertical Light Strips will use different patterns to display cable-readiness feedback when a SINGLE CABLE or DUAL CABLE exercise is selected.

To communicate which cables are in the proper position for loading, the light strips will use 4 quadrants corresponding to each of the 4 cables.



**Pulsing Light**—indicates cable(s) ready for use.

**Light Moving Up & Down**—Indicates non-available cable

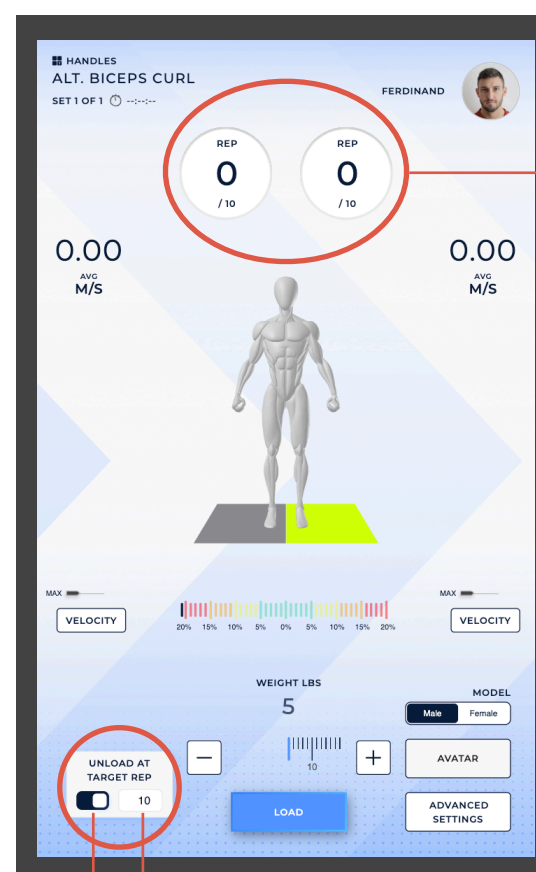
If a moving light traveling up & down is the only pattern spanning both sides (no pulsing light in any of the quadrants), NONE of the cables are readily set up for loading and the exercise cannot proceed until corrected.

Free up occupied cables so that they fully retract into the deck, and the quadrant's light pattern will change to reflect readiness.

### UNLOAD AT TARGET REP COUNT

Set a rep count that unloads the cable tension instantly when reached. Easily turn ON/OFF and adjust rep count in-between sets before loading the weight.

Exercises that control left/right side independently (Dual Cable Modality) will have a rep count for each side, and target must be reached on both sides to trigger automatic unloading.



ACTIVE REP COUNTER

SET HOW MANY REPS

TURN ON/OFF





# TRACKING

# TRACKING

## TRACK FITNESS

### MOBILE APP



Tracking Fitness via the OxeFit Mobile App.

The XP1 automatically syncs information to/from your OxeFit Mobile App. This includes your scheduled workouts, custom built workouts, and more. All training activity performed on the XP1 under your user profile will be logged and available to review in your Mobile App signed into the same account.

**NOTE:** Commercial user accounts do not have access to Mobile App. OxeLead (Web Portal) will typically be used instead, in conjunction with the affiliated organization's account. An OxeFit Membership for personal use can be purchased to access Mobile App capabilities, if desired.

### ON DEVICE



Tracking Fitness on XP1 User Interface.

When you are actively performing a training activity on the device, the user interface provides real-time tracking information to help visually guide each training session with an overall enhanced experience during training

Once a training routine is complete (exercise, workout, etc.), the XP1 will display a snapshot summary of that routine on the screen. A detailed summary of analytics will be logged and available to view in the Mobile App & Web Portal.

### WEB PORTAL



Tracking Fitness via the OxeFit Web Portal.

The XP1 automatically syncs information to/from your OxeFit Web Portal account. Depending on the user activity performed, there may be additional graphs or charts displayed as visual representations of training analytics.

**NOTE:** Web Portal will vary with memberships and account types. Commercial clients using OxeLead can find more information in the OxeLead User Guide.



Build Custom Workouts



Schedule Training Sessions



View Activity History



Watch Session Recordings



Build Custom Workouts



Track Real-Time Activity



Post-Workout Summary



Build Custom Workouts



Schedule Training Sessions



View Activity History



Watch Session Recordings



Post-Training Analytics

A large, light gray 'X' graphic is centered on the page, composed of two intersecting diagonal bars. The word 'APPENDIX' is written in a bold, dark gray, sans-serif font across the middle of the 'X'.

# APPENDIX

## IMPORTANT SAFETY INFORMATION

Please read all instructions, safety information, and warnings before using your OxeFit XP1. It is the responsibility of the owner to ensure that all XP1 users are aware of warnings, precautions, and safety requirements. Failure to follow instructions and safety precautions in this manual may result in serious injury or death.

Improper use of this equipment may result in injury or death. OxeFit is not responsible for injury, accidents, or damage caused by misuse of the equipment.

The OxeFit XP1 is not intended to diagnose, treat, cure, or prevent medical disorders or any conditions. Consult with your medical provider before starting a new workout plan.

Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a medical provider prior to commencing an exercise program. If at any time during exercise activities you feel faint, dizzy, or experience pain, stop exercising immediately and consult a physician.

Keep loose clothing, shoelaces, long hair, and accessories away from moving parts when the equipment is in use. Keep all observers, especially children and pets, away from moving cables and pulleys. Ensure others do not touch the machine when in use.

The XP1 is designed for use by individuals aged 18 and up. Keep individuals under the age of 16 away from the machine. If approved in advance by a physician, individuals aged 16 - 18 may use the XP1 under direct adult supervision. An adult should review all safety instructions with the minor prior to use. The XP1 contains parts, components, and functions that could cause severe injury or death. You are responsible for the safety of any children and other persons you allow to use your XP1.

Be cautious when stepping onto and off of the platform. Please wear appropriate non-slip footwear. DO NOT dismount from equipment while any of the cables are loaded. Press the QUIT or UNLOAD button to reduce tension on cables.

Use reasonable care and safety precautions at all times while using the XP1, including resting, hydrating, and modifying any exercise as needed.

Ensure safety by checking for wear and damage regularly. Perform regular care and maintenance for optimal performance and longevity of the device. Discontinue use and contact OxeFit if the device is making unusual noises. Always unplug the device before cleaning.

Changes or modifications to this device not approved by OxeFit may void the warranty. DO NOT attempt to repair the XP1 on your own, for this may affect its operation. Please contact OxeFit immediately for repairs.

Never use any accessories or equipment other than ones provided or approved by OxeFit. This includes dumbbells, weight plates, bands, chains, bars, or other means to increase the resistance force.

The XP1 is for indoor use only. DO NOT store the device outdoors, near water, or at high humidity levels. Metrics on the screen may be inaccurate and should be used as reference only.

**CAUTION:** Read and follow all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

### INSPECT XP1 BEFORE USE

Equipment must be inspected and maintained at regular intervals. DO NOT use the device if it is damaged or contains worn or broken parts. Use only replacement parts supplied by OxeFit.

### FOLLOW USER REQUIREMENTS

The XP1 is designed and tested for users who meet the requirements below. It is not recommended for users outside of these parameters.

User Height Range:	4' 2" - 8' 2"
User Weight Range:	105 - 500 LBS / 48 - 227 KG
User Minimum Age:	18 years


### MAINTAIN ALL EQUIPMENT

Preventative maintenance is critical for maintaining the function and safety of this equipment, as well as keeping the equipment in safe operating conditions. Failure to conduct preventative maintenance by the owner may cause the equipment to operate in an unsafe manner.

Commercial Consumers: Your facility must follow written guidelines for preventative maintenance and keep written or digital records of the maintenance performed on the XP1. Log in to the web portal to review the XP1 device report and ensure that the XP1 software is always up to date. To view the XP1 device reports and software updates from the web portal, you must be logged in to an ADMIN account.

### MAINTAIN LABELS & NAMEPLATES

Do not remove labels for any reason. Labels contain important information. If unreadable or missing, contact OxeFit for a replacement. It is the responsibility of the owner to ensure that users are aware of all warnings and precautions before use.

**WARNING**

Misuse of this equipment may result in serious injury or death.

- Follow all warnings and instructions in the manual and on the equipment.
- Moving parts can cause injury. Keep loose clothing, hair, shoelaces, and accessories away from moving parts.
- Unplug the equipment before servicing or if you experience a malfunction.
- If you experience faintness, dizziness, shortness of breath, or pain, stop immediately.
- Metrics provided are for reference only.
- Keep children and pets away from equipment at all times.
- User weight must not exceed 400 lbs.

### NOTICE

This device is designed to comply with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Contains Transmitter Module:  
FCC ID: PD9AX201NG  
Canada IC: 1000M-AX201NG

## REQUIREMENTS

### ELECTRICAL

The XP1 requires a standard (120 Vac, 60 Hz), grounded, three-pronged outlet. The XP1 must be plugged directly into a grounded outlet without the use of an extension cord or surge suppressor. OxeFit does not support the use of power bars or extension cords, and the use of such may void your warranty.

### LOCATION

**Placement**—Device must have 18" of clearance on all sides.

**Floor Specifications**—Floor must be level. Hard surface floors are best. The use of gym mats, carpets, or any other material barrier between the floor and XP1 are not recommended.

### ENVIRONMENT

Due to the sensitivity of the electronics, the XP1 system must be installed in a climate-controlled environment that meets the conditions specified below. The XP1 cannot be installed outdoors, and the warranty does not cover devices that are placed outdoors or in locations that do not comply with OxeFit's location and operating environmental requirements.

OPERATING RELATIVE HUMIDITY	20% to 70% non-condensing
OPERATING TEMPERATURE	50°F to 85°F (10°C to 30°C)
STORAGE TEMPERATURE	-13°F to 113°F (-25°C to 45°C)

### INTERNET

**Network**—The XP1 requires a stable internet connection for operation. Once set up, the XP1 can operate in Offline Mode with limited functionality. However, in this mode, no user data will be recorded and remote support and troubleshooting will not be possible.

The XP1 can connect to the internet through a WiFi connection or an Ethernet connection. Once the type of connection is set up, use the Administrator section to change it.

**WiFi**—The XP1 only supports WiFi connections that are IPV4, with a WPA2 encryption, and the password must not be "blank". The XP1 cannot connect to a captive portal type network.

To connect to a WiFi network, select the desired network from the list, or just press "Join Network". If the XP1 did not discover the desired network, type it in the "name" box. Then enter the password.

**Ethernet**—The XP1 can connect to the internet using the Ethernet port on the back of the XP1. Ensure the XP1 is plugged into an active Ethernet connection before proceeding with the network connection setup.

### SOFTWARE UPDATES

Ongoing software improvements is a staple of OxeFit's product offering in order to continuously fix bugs, optimize functionality, and provide brand new features.

When a software update is available, a notification will appear in Admin Panel. The Admin Account must be used to initiate the install by simply following the on-screen prompts to allow XP1 to install and reboot. The entire process should take around 5 minutes to complete. Ensure your device is connected to the internet when updating the XP1 software. Contact [support@OxeFit.com](mailto:support@OxeFit.com) with any questions.



## MAINTENANCE & CARE

### CLEANING

Keeping your OxeFit XP1 unit(s) clean is essential for preventative maintenance and maintaining the overall aesthetics of your equipment and accessories. Proper care and cleaning will extend the life of your equipment and reduce premature aging and wear.

**CAUTION:** Always power off and unplug the XP1 before cleaning.

- Barbell should be wiped down after each use and cleaned daily with a mild soap and water mix or an approved antibacterial cleaner.
- Upholstery should be cleaned daily with a mild soap and water mix or a non-abrasive, gentle antibacterial cleaner.
- Hand grips should be cleaned daily with a mild soap and water mix or a non-abrasive, gentle, and antibacterial cleaner.
- Main frame should be cleaned weekly with a mild soap and water mix and dampened cloth or a gentle antibacterial cleaner to remove all dust and accumulated contaminants.

**NOTE:** DO NOT use cleaners that contain solvents, alcohol, or abrasives.

### DISPLAY

Moisture on or near the touchscreen should be avoided. Wipe the screen gently with a clean, soft, and dry cloth.

### PREVENTATIVE

Preventative maintenance is crucial for maintaining the function and safety of this equipment. For Commercial Consumers, your facility must follow written guidelines for preventative maintenance and keep written or digital records of the maintenance performed on the equipment.

Visual inspections of your OxeFit XP1 unit(s) will ensure a safe environment and alert you of any issues that may require maintenance prior to equipment failure. Thorough visual inspections are a critical component of the long-term care of the XP1. Contact OxeFit Support immediately for replacement parts.

**CAUTION:** DO NOT have open beverages on or near the XP1.

#### DAILY

- Verify that the Adjustable Rack Arms can be raised and lowered. As the rack moves, listen for unusual sounds, such as squeaks and grinding sounds. Report any issues to support immediately.
- Make sure that each adjustment pin inserts completely into each position. Always engage the Safety Rack Posts when exercises are performed.
- Inspect carabiners to verify that the latch is properly working and the plastic handle has no damage.

#### WEEKLY

- Cables should be inspected weekly for damages, including fraying, abrasion, signs of wear, twisting, or excessive rubbing.
- Ensure proper maintenance of your device, cables, motor timing, and motor calibration by performing the following procedure once a week:

1. Power down the XP1 using the power switch located on the back of the device. **NOTE:** Your XP1 may have a power switch located at the bottom of the back panel or located slightly higher. See page 6 for more information.

2. With the cables attached to the barbell, extend the cables to their full extension (total cable length exiting the system should be about 15 feet) towards the front of the device.
3. Inspect the cables for wear, abrasion, and fraying before slowly releasing the cables.
4. Power the device back on before pressing Initialize to allow the motors to wind the cables slowly. **NOTE:** This procedure will prompt a Problem Detected. However, this is not a cause for concern in this instance.
5. When the cables are fully spooled and the clips have reached a hard stop, press Restart to allow your XP1 to initialize properly.

If you notice any signs of issues, including wear, abrasion, and/or fraying, discontinue using the XP1, and contact support immediately.

#### MONTHLY

- Inspect all accessories for wear or damage and replace them as needed.
- Inspect upholstery for wear or damage and replace it as needed.
- Inspect pulleys for integrity, cracking, or rubbing leading to excessive wear. Any incident of wear should elicit immediate replacement of the damaged pulley.

## WARRANTY

### LIMITED WARRANTY

At OxeFit, we stand by the superior quality and design of our products, and as a valued member of our community, your satisfaction is our priority. We offer a full one (1) year limited warranty that covers the use of the OxeFit XP1. During the applicable Limited Warranty periods described below, the covered components of the OxeFit XP1 will be free of defects or malfunctions during normal use. Certain exclusions apply, as described in the Limited Warranty. The Limited Warranty gives you specific legal rights, and you may also have other rights, which vary from State to State. Please note that we reserve the right to change the Limited Warranty at any time.

The Limited Warranty applies for the following components of the OxeFit XP1 only for the time period indicated. The Limited Warranty applies only against defects discovered within the applicable Limited Warranty period and only so long as the OxeFit XP1 remains in possession of the original purchaser, a gifted OxeFit XP1 owner, or the owner of the original Subscription attached to that OxeFit XP1.

- HD Touchscreen—Twelve (12) Month Warranty: OxeFit warrants the touchscreen against defects in workman-ship and materials for a period of twelve (12) months from the date of original delivery to you.
- Frame—Thirty-six (36) Month Warranty: OxeFit warrants the Product platform frame (excluding any moving parts attached to the structural frame) against defects for a period of three (3) years from the date of original delivery to you.
- Moving and Electrical Components—Twelve (12) Month Warranty: OxeFit warrants the components and all original parts of the Product against defects for a period of twelve (12) months from the date of original delivery to you.
- Labor—Twelve (12) Month Warranty: OxeFit will cover the labor cost for reasonable repair or replacement of components and equipment that OxeFit determines to be defective for a period of twelve (12) months from the date of original delivery to you. In the event OxeFit determines that repair is not possible, OxeFit will replace your equipment.

### HOW TO OBTAIN WARRANTY SERVICE

To be eligible for service under this Limited Warranty, you must contact the OxeFit Support Team. If you discover any nonconformity or defect, contact the OxeFit Support Team immediately. You will be asked to provide OxeFit with the serial number of your XP1 and the dated receipt or other proof of purchase indicating the date purchased. Claims must be made within the specified warranty period. Contact our support team at <https://www.oxefit.com/contact> to start the warranty process.

### OXECARE

Scan QR code to view the details of OxeCare, the extended warranty for XP1.



## LEARN & SUPPORT

### LEARN MORE

Learn more about fitness, training, and XP1 best practices via the OxeLearn Blog on our website. Scan QR Code to access.



### GET SUPPORT

Visit the Support Center on our website for troubleshooting, additional resources, and to request personal assistance. Scan QR Code to access.







[WWW.OxeFit.com](http://WWW.OxeFit.com)

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