



HOLODIA
FITNESS. REINVENTED.

HOLOFIT MOBILE

INSTALLATION
INSTRUCTIONS

Requirements

1) CHECK IF YOUR PHONE IS VR-READY

Before installing HOLOFIT on your mobile, check if your phone is compatible.

[Check compatibility](#)

Installation

1) INSTALL HOLOFIT ON YOUR PHONE

Go to Google Play store, search for HOLOFIT VR Fitness (the main app) and install it on your phone ([link](#)).

On iOS, go to the App Store, search for HOLOFIT VR Fitness, and install it on your phone ([link](#)).

2) REGISTER YOUR HEADSET ON myholofit.holodia.com

1. Start HOLOFIT, and write down the 5-digit number that appears.
2. Go to your [MyHolofit dashboard](#) and put in this number in the corresponding field.



REGISTER HOLOFIT GO

If your standalone headset is not registered, a 5 characters code will be displayed in the VR experience. Please inquire the given code here and press the register button.

Device code, 5 characte

REGISTER

Usage

1) PLACE YOUR PHONE INTO YOUR HEADSET

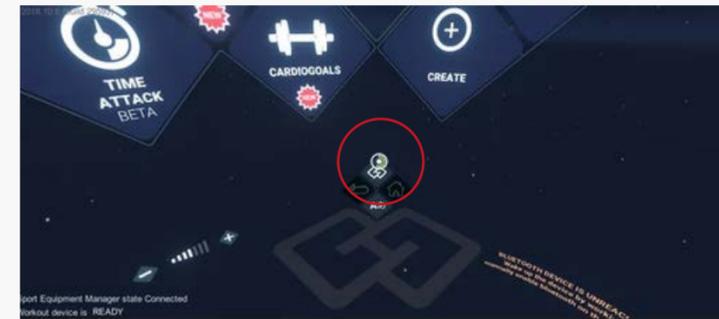
After starting the HOLOFIT app on your phone, 1) open the strap on your headset, 2) place your phone inside and close the strap back.

You are now ready to use HOLOFIT!



2) CONNECT HOLOFIT TO THE FITNESS MACHINE

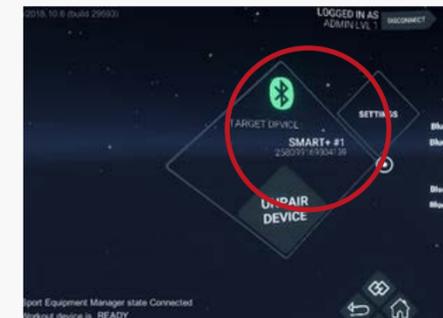
2A) **NOTE:** If you're using the cadence sensor for your bike, move on to the next page for installation instructions.



A) Start HOLOFIT and you will be automatically taken to the Bluetooth settings.

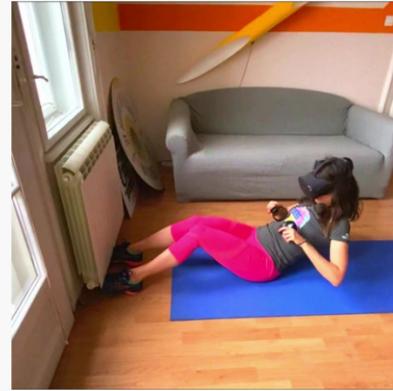
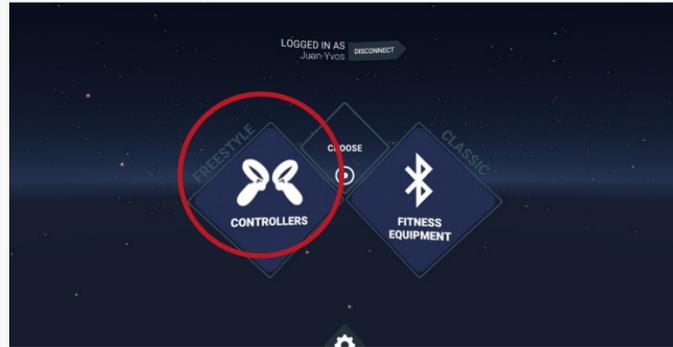
B) After enabling the Bluetooth on your fitness machine, find its name in the panel on your right and click it.

Your fitness machine is now paired with HOLOFIT Go.



NOTE: For the connection to work, make sure that your fitness machine is disconnected from any other devices. Make sure to connect to your fitness machine in-HOLOFIT, and NOT in your phone's Bluetooth settings.

2B) If you don't have a fitness machine, you can use HOLOFIT Freestyle rowing. In the Bluetooth settings, simply select the "Controllers" option.



Get your feet stuck under your sofa, bring your arms to the side of your body, and make rowing motions. Keep your core strong and engaged. The farther back that you lean, the more core muscles you'll engage!

3) INSTALL THE CADENCE SENSOR (OPTIONAL)

A) Put the battery you received in your package into the sensor.



Open the back panel, put the battery in and close the back panel. The sensor will now start working.

B) Attach the cadence sensor to the inside of one of the pedals. Find a spot where it won't be touching you or the bike while you're cycling.

Hook the sensor on using the elastic bands you received in the package.



C) Connect HOLOFIT to the cadence sensor using Bluetooth. It will automatically be visible in the pairing settings on HOLOFIT. Refer to step 2 for step-by-step instructions.

4) COLLECT WORKOUT DATA

Download the HOLOFIT Companion app from Google Play and login with your HOLOFIT account ([link](#)).

All your workout data will be saved in this app where you can monitor your progress, and compare your results with your friends.

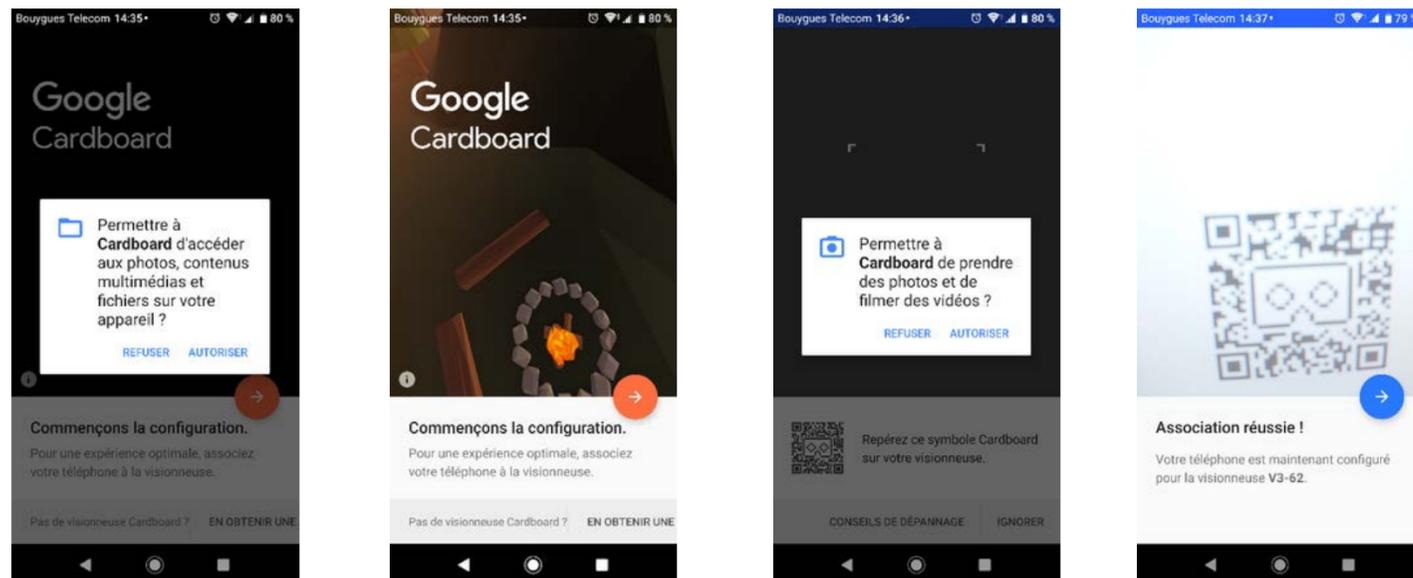
Troubleshooting the installation

If you experience double vision, or feel like the image (field of view) is too small try scanning the appropriate QR code for your phone with the Google Cardboard app.

Go to the Google Play store, search for Google Cardboard and install the app. ([Link to app](#))

Once you start the app, you'll be prompted to accept the terms of service and configure your phone for VR.

To do so, you'll have to give the Cardboard app access to your camera.



Scan these codes, smallest to largest, until you find the right interpupillary distance for your eyes.

Small

Interpupillary distance less than 62mm.

Medium

Interpupillary distance between 62mm and 64mm.

Large

Interpupillary distance greater than 64mm.

And if your phone is bigger than 6.1", use this QR code for the setup:

Larger than 6.1"

You will be greeted with a screen confirming you've successfully set up your phone. To apply the changes, restart your phone.

iOS

When I start HOLOFIT on my iPhone, the screen just spins around. What should I do?

This is a bug on iOS phones that Google Cardboard is working on addressing. In the meantime, to solve this issue, simply reboot your phone.

ENJOY HOLOFIT

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