ActiveStation®
The Office Wellness Solution

USER GUIDE

ASWD1001 & ASWD2001

The health and productivity benefits are realized at as little as 40mns of walk per day. Splitting walk time in two or more sessions is even more beneficial

Preschedule walk while working sessions (use interoffice or app calendar with reminders)

Be mindful of the type of work you're most comfortable performing while walking (webinars, calls, reading, email…) and schedule accordingly

Adjust desk height to a comfortable posture (generally, elbows at 90º) manually or press a preset memory button (set by pressing 5 secs)

TIP: Should not be leaning on desk while walking

TIP: Starting the treadmill from the console does not allow for saving any user data. All data will be lost when the treadmill stops

Pull console from under desk top

Press any key to wake if not lighted

Press START (starts at 0.6mph)

Raise speed as desired

TIP: Experiment with different speeds to identify comfortable typing speed range

Push console back under desk top

Move closer to bumper and start walking

Press STOP button when done

*TIP: Machine stops very slowly for comfort; be patient after you press stop*

TIP: Machine stops immediately when the magnetic switch is pulled

TIP: Error E07 means that the magnetic switch is removed

For support, contact us at **support@active-station.com** or 952-242-6667

APP REGISTRATION (first time use only)

Download app from Play/App Store » Open app » Enter: name/email/ organization and chose a password » Press Register » Check your inbox and junk folder for a confirmation email (will not be able to login without confirmation) » Confirm your email » Open app and login

Press Scan Devices if none are found » Select device » Press PAIR » Press OK
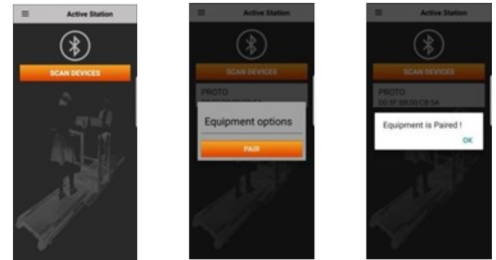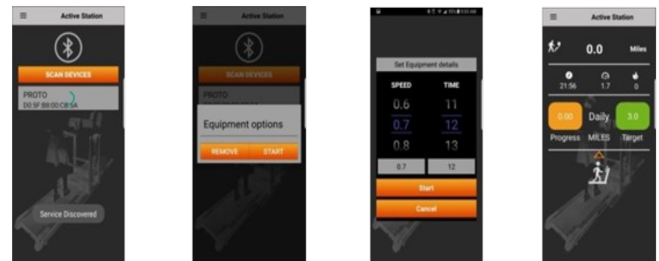
APP USE

Open app » Select device on app (Pair if necessary) » Click START button (in app) » Select desired walking speed » Select desired walk time » Press START

Press stop on machine console if you wish to interrupt session before scheduled end

Machine will stop at end of set time

Walk data is automatically added to profile; keep up the good work.

APP MENU

My Workout

Set Goals

Go to Menu » Set Goals » Name a Goal » Select Daily, Weekly or Monthly (goal) » Select goal criteria (Calories, Miles or Time/Minutes) » Enter the desired value » Click SET GOAL

Statistics

Send Challenges

Name the challenge and select if Daily, Weekly or Monthly » Select and fill criteria (time in minutes or Miles) » Select a group from list or click "Users" » Under Users, start typing users' email address and select users to challenge. Can select as many as needed

Once all users are selected, either Click ADD GROUP and create a group for continuous use or click SEND CHALLENGE to challenge selected users

Click the "Click to see sent Challenges" button at the top of the screen to see the challenges you sent

Challenge Requests

Schedule

Select day to schedule » If you have access to more than one unit, select unit from list at the top of the screen » Select the Vacant time slots to reserve (slots are 30mins each). A check mark will appear in box » Press the orange + to save your selection

NOTE: The schedule is a 24HR format (00:00 to 23:59)

Your phone will remind you of upcoming sessions based on your phone's default reminder setting