

計劃代號	產品型號	撰寫者 Sam Kuo	撰寫日期 2012/10/01

#### **Overall Protocol and Device Behavior Description**

iPad and Android apps will connect to devices (Treadmill etc.) via Bluetooth. RFCOMM/SPP is used as a transport protocol. (Baud rate: 57600bps and data format: 8, N, 1). Initialization includes pairing of devices. After pairing devices are ready to go.

Every command must contain exactly 5 bytes. First byte is a command ID, other content depends on a command and described below. If command contains less then 5 bytes, the rest is filled with zeroes.

Every response must contain exactly 6 bytes. First byte is echo command ID, and the second byte is always a result code. Other 4 bytes depend on the command. Result code can be:

- •0xAA OK
- •0xFF FAIL
- •0xEE WRONG PARAMETER (corresponding "set" command parameter is out of possible device range)

Timeout is 5 seconds. If we did not get any response in 0.5 seconds, we will try to send command again. If failed and over 5 seconds — show alert to user and stop the program.



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Overall command sending logic is (FAIL is showing alert and stopping current program):

- Sending command
  - o If failed try to check engagement status.
    - If it's "disengaged", then engage external control
    - If failed try to engage external control again
      - If failed FAIL
- Try to send command again
  - o If failed FAIL



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#### **Device Command Sequences**

- Connecting to device and initializing
  - o User first pair the mobile device to equipment
  - o Then we execute the "Engage External Control mode" command
  - Then we execute the "Device Identification" command
  - o Then we execute the "Get Firmware Version" command
  - o Then we execute the "Reset all Counters" command
- Starting workout
  - We execute the "Reset all Counters" command.
  - o For standard program we set up the speed/incline/resistance for the first segment, for Manual mode we set up some default initial settings.
  - o Then we execute the "Start Motor" command.
- Pausing workout
  - o We execute the "Pause Motor" command. Equipment stores speed/incline/resistance itself.
- Resuming workout
  - o We execute the "Start Motor" command. Equipment restores speed/incline/resistance itself.
- Stopping workout
  - We set up speed/incline/resistance to 0.
  - o Then we execute the "Pause Motor" command.



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- Changing speed
  - We execute "Set Treadbelt Speed" command with the appropriate parameters
  - We execute "Get Variable" to get the target speed command
- Changing incline and resistance
  - Exactly like changing speed
- Application went to background
  - Continue sending "get commands" for 5 seconds, and then stop sending all commands.
- Application terminated
  - Stop sending all commands.

#### **Binary Command Reference**

#### Comments:

- OxAA in response means "OK" (or "YES" if command returns result, "Command Accepted", if there is no data in the result)
- OxFF in response means "Fault" (or "NO", if command is intended to return a result)
- 0xEE (only in some of "set" commands) indicates that argument that was passed to a system was out of possible range.

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Command	Code	Request	Echo	Possible Response	Response	Description
		(byte 1   byte 2   byte 3   byte 4)	Code	Codes	(byte1   byte2   etc.)	
Device	0x02	0x00   0x00   0x00   0x00	0x02	0xAA	Device ID   Model ID   0x00	Required after external control
Identification				0xFF	0x00	mode. Specifically, this command
					(See Appendix A)	must be issued when the tablet
						app is started after Bluetooth
						pairing has occurred.
						The application should then
						configure itself for the correct
						device.
Engage External	0x04	0x00   0x00   0x00   0x00	0x04	0xAA	0x00   0x00   0x00   0x00	This Command must be issued
Control mode				0xFF		after the app has started and the
						device has been paired. It should
						get back an acknowledgment
						(0xAA) that External control is
						engaged.
						The micro controller should then
						disable user program selection
						from the manufacturer's console.
						At this time the readout on the
						equipment should only display
						speed and incline values.
						All data Speed, distance, calories,
						pulse, incline level must be
						calculated by the equipment and

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						sent to the device for display.
Command	Code	Request (byte 1   byte 2   byte 3   byte 4)	Echo Code	Possible Response Codes	Response (byte1   byte2   etc.)	Description
Disengage External Control mode	0x05	0x00   0x00   0x00	0x05	0xAA 0xFF	0x00   0x00   0x00   0x00	This Command must set equipment back into Equipment computer mode (Treadmill, elliptical etc), and disable the Bluetooth module.
Speed Handrail Fast Key Function Control	0x06	<b>Status</b>   0x00   0x00   0x00	0x06	0xAA 0xFF	0x00   0x00   0x00   0x00	Status=AA means Fast key function enable. Status=FF means Fast key function disenable.
Incline Handrail Fast Key Function Control	0x07	Status   0x00   0x00   0x00	0x07	0xAA 0xFF	0x00   0x00   0x00   0x00	Status=AA means Fast key function enable. Status=FF means Fast key function disenable.
Engagement Status	0x08	0x00   0x00   0x00   0x00	0x08	0xAA 0xFF	Status   0x00   0x00   0x00	Status=AA means external control engaged. Status=FF means external control DISengaged.
Sleep Command	0x09	Value   0x00   0x00   0x00	0x09	0xAA 0xFF	0x00   0x00   0x00   0x00	Value = 0x01 ~ 0xFF, unit sec  Default 80 sec, if value = 0x00 or  0x50.
Get Firmware Version (console)	0xC2	0x00   0x00   0x00   0x00	0xC2	0xAA 0xFF	Major   Minor   Patch   0x00	This command lets you read the firmware version number. (Console)
Get Firmware	0xC3	0x00   0x00   0x00   0x00	0xC3	0xAA	Firmware Major   Firmware	This command lets you read the

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Version (MCB)				0xFF	Minor   Hardware Major	firmware version number. (MCB)
					Hardware Minor	
<b>Get Variable</b>	0xA1	Variable ID   0x00   0x00   0x00	0xA1	0xAA	See Appendix D	This command lets you read a
		(See Appendix B)		0xFF		16-bit variable from the
						Controller the requested variable
						is transmitted as two bytes.
Set Treadbelt Speed	0xD0	Integral   Fractional   0x00   0x00	0xD0	0xAA	0x00   0x00   0x00   0x00	Integral byte can be from 0x00 to
				0xFF		0xFF. Fractional part can be from
				0xEE		0x00 to 0x63. Maximum speed
						should be limited by "Max
						Possible Speed"
Set Incline	0xD2	Incline Level   0x00   0x00   0x00	0xD2	0xAA	0x00   0x00   0x00   0x00	In Treadmill:
		(See Appendix C)		0xFF		Values 0–50 represents actual
				0xEE		Integral values of Incline. 51
						means -1, 100 means -50.
						In Bike:
						Incline Level means Bike Level
						Level range 1 - 16

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Command	Code	Request	Echo	Possible Response	Response	Description
		(byte 1   byte 2   byte 3   byte 4)	Code	Codes	(byte1   byte2   etc.)	
Set Resistance	0xD3	Major Byte   Minor Byte   0x00	0xD3	0xAA	0x00   0x00   0x00   0x00	Values 0-400 represents actual
		0x00		0xFF		Integral values of Resistance.
		(See Appendix C)		0xEE		Example: 200Watt would be:
						0x00   0xC8
Motor Pause	0xE0	0x00   0x00   0x00   0x00	0xE0	0xAA	0x00   0x00   0x00   0x00	When pause mode is
				0xFF		uninterrupted for 5 minutes or
						longer the external control will be
						disengaged automatically on the
						equipment.
Motor Start	0xE1	0x00   0x00   0x00   0x00	0xE1	0xAA	0x00   0x00   0x00   0x00	Start Command
				0xFF		



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Command	Code	Request	Echo	Possible Response	Response	Description
		(byte 1   byte 2   byte 3   byte 4)	Code	Codes	(byte1   byte2   etc.)	
Reset all Counters	0xE2	0x00   0x00   0x00   0x00	0xE2	0xAA	0x00   0x00   0x00   0x00	Calories, Distance and Time
				0xFF		counters must be reset to zero on
						equipment.
Set User Weight	0xE4	Major Byte   Minor Byte   0x00	0xE4	0xAA	0x00   0x00   0x00   0x00	Sets user weight. Data byte 1 and
		0x00		0xFF		2 should be COMBINED into a 2
				0xEE		byte Hex value. If 0x01 is sent for
						data byte 1, and 0x5E is sent for
						data byte 2, the combine hex
						value would be 0x015E, or
						350lbs/kg. Unit of user weight
						equals to unit of measure in use
						(variable ID: 0x81)
Set User Age	0xE6	Age   0x00   0x00   0x00	0xE6	0xAA	0x00   0x00   0x00   0x00	Sets user age. Data byte 1
				OxFF		represents age.
				0xEE		
Forced To Start	0xE7	Command   0x00   0x00   0x00	0xE7	0xAA	0x00   0x00   0x00   0x00	For engineer mode used
Incline				0xFF		Command:
						0x00 – Incline Stop
						0x01 – Incline force up
						0x02 – Incline force down
Disengage Incline	0xE8	0x00   0x00   0x00   0x00	0xE8	0xAA	0x00   0x00   0x00   0x00	For engineer mode used
Err status				0xFF		
Set Unit of measure	0xE9	Unit   0x00   0x00   0x00	0xE9	0xAA	0x00   0x00   0x00   0x00	Unit:

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				OxFF		0xAA: Metric 0xFF: Imperial
Set Level	OxEA	Value   0x00   0x00   0x00	0xEA	0xAA 0xFF	0x00   0x00   0x00   0x00	Value: 0x00: don't used. 0x01: Level1 And so on.
Set Sex	OXEB	Byte1  0x00   0x00   0x00	0xEA	0xAA 0xFF	0x00   0x00   0x00   0x00	Byte1: 0x00: Female 0x01: Male

Please refer to Appendix E for IHP workout commands.

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#### Appendix A, Device IDs and Model IDs

Device IDs:

• Treadmill: 0x11

• Bike: 0x22

#### Model IDs:

Device Type	Device ID	Model ID	Model Name	Products
Treadmill	0x11	0x0a	TT-2	
	0x11	0x0b	TT-3	
	0x11	0x14	TR7000	
	0x11	0x15	TR8000	
	0x11	0x1e	DT	DT3, DT-5
Bike	0x22	0x0a	CR7000	C7000, R7000
	0x22	0x1e	DT	C3-DT
Elliptical	0x44			
(Reserve)				
Stepper	0x88			
(Reserve)				_

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Appendix B	3, Variable IDs			
<ul><li>Max</li></ul>	c Possible Speed	0x71		
<ul><li>Max</li></ul>	Resistance	0x73		
<ul><li>Max</li></ul>	R Possible Incline	0x75		
• Min	Possible Incline	0x76		
<ul><li>Unit</li></ul>	t of Measure:	0x81		
• Trea	adbelt Speed / Bike real spe	ed: 0x82		
<ul><li>Incli</li></ul>	ine / Bike Level:	0x83		
<ul><li>Resi</li></ul>	istance (W):	0x84		
<ul><li>Dist</li></ul>	ance traveled since reset:	0x85		
• Curr	rent Heart Pulse Rate:	0x86		
• Calc	ories since reset:	0x87		
<ul><li>Step</li></ul>	os	0x88		
• Wor	rkout Time	0x89		
● RPM	1	0x8A		
<ul><li>PAC</li></ul>	CE CE	0x8B		
<b>●</b> — <del>Safe</del>	ety key Status:	<del>0x90</del>		
● Equ	ipment Status:	0x91		
• Get	Fitness Test Result (VO2):	0x92		
• Get	ADC Value	0x93		
• Get	Workout Status	0x94		

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計劃代號	產品型號	撰寫者 Sam Kuo	撰寫日期 2012/10/01
<ul> <li>Get Workout Number</li> <li>Get Workout Duration Time</li> <li>Get Workout Warmup</li> <li>Get Workout Cooldown</li> <li>Get Target Heart Rate</li> <li>Get Workout Mode</li> <li>Get Workout Level</li> <li>Get Level</li> <li>Get Sex</li> </ul>	0x95 0x96 0x97 0x98 0x99 0x9a 0x9b 0x9c 0x9d		

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Appendix C, Incline and Resistance Levels

For Incline values 0-50 represents actual Integral values of Incline. 51 means "-1", 100 means "-50".

For Resistance values 0–400 represents actual Integral values of Resistance. (Watts)



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#### **Appendix D. Get Variable Responses**

Command	Variable	Request	Echo	Possible Response	Response	Description
	ID	(byte 1   byte 2   byte 3   byte 4)	Code	Codes	(byte1   byte2   etc.)	
Max Possible Speed	0x71		0xA1	0xAA	Integral   Fractional   0x00	Result shows maximum value of
				0xFF	0x00	Treadbelt speed in "general"
						format, used for get/set motor
						speed commands. SetTreadbelt
						Speed command should return
						OxEE if app is trying to set speed
						that exceeds MaxPossibleSpeed.
Max Possible	0x73		0xA1	0xAA	Major Byte   Minor Byte	Result shows maximum
Resistance				0xFF	0x00   0x00	equipment resistance.
						SetResistance command should
						return 0xEE if app is trying to set
						resistance that exceeds
						MaxPossibleResistance.
Max Possible	0x75		0xA1	0xAA	Integral   0x00   0x00   0x00	Result shows maximum
Incline				0xFF		equipment incline. SetIncline
						command should return 0xEE if
						app is trying to set incline that
						exceeds MaxPossibleIncline.
Min Possible Incline	0x76		0xA1	0xAA	Integral   0x00   0x00   0x00	Returns shows minimum
				0xFF		equipment incline. SetIncline
						command should return 0xEE if
						app is trying to set incline below
						MinPossibleIncline.

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Command	Variable	Request	Echo	Possible Response	Response	Description
	ID	(byte 1   byte 2   byte 3   byte 4)	Code	Codes	(byte1   byte2   etc.)	
Unit of measure	0x81		0xA1	0xAA	0xAA   0x00   0x00   0x00 for	0xAA: Metric
				0xFF	Metric	OXFF: Imperial
					0xFF   0x00   0x00   0x00 for	
					Imperial	
Treadbelt Speed /	0x82		0xA1	0xAA	Integral   Fractional   RPM	Exactly like setting speed. Integral
Bike real speed				0xFF	Status   0x00	byte can be from 0x00 to 0xFF.
						Fractional part can be from 0x00
						to 0x63.
						Example, 0x12, 0x63, the speed
						would be "18.99"
						RPM Status =
I						0x00 == Stillness
						0x01 == Turn
Incline / Bike level	0x83		0xA1	0xAA	Value   0x00   0x00   0x00	Values 0–50 represents actual
				0xFF		Integral values of Incline. 51
						means -1, 100 means -50.
Resistance	0x84		0xA1	0xAA	Major Byte   Minor Byte	Values 0–400 represents actual
I				0xFF	0x00   0x00	Integral values of Resistance.
I						Example: 200Watt would be:
						0x00   0xC8
Distance traveled	0x85		0xA1	0xAA	Integral   Fractional   0x00	First response byte one (0x00
since workout start				0xFF	0x00	(0)-0xff (255)): whole number 0x5
						= (5 miles or Kilometers) Second
						response byte (0x00-0x63).

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Command	Variable	Request	Echo	Possible Response	Response	Description
	ID	(byte 1   byte 2   byte 3   byte 4)	Code	Codes	(byte1   byte2   etc.)	
Current heart pulse	0x86		0xA1	0xAA	Value   0x00   0x00   0x00	0x00 (0)-0xFF (255). Maximum
rate				0xFF		being 220 BPM anything above
	_					210 should shut down the
						machine.
Calories burned	0x87		0xA1	0xAA	Major Byte   Minor Byte	Example: 2000K calories would
since start of				0xFF	0x00   0x00	be: 0x07   0xD0
workout						
Steps	0x88		0xA1	0xAA	Major Byte   Minor Byte	Example: 2000 steps would be:
				0xFF	0x00   0x00	0x07   0xD0
Workout Time	0x89		0xA1	0xAA	Hours / Minutes   Seconds	Hours: 0x00 – 0x17
				0xFF	0x00	Minutes: 0x00 – 0x3B
						Seconds: 0x00 – 0x3B
RPM	A8x0		0xA1	0xAA	Major Byte   Minor Byte	Example: 60 RPM would be:
				0xFF	0x00   0x00	0x00   0x3C
PACE	0x8B		0xA1	0xAA	Hours / Minutes   Seconds	Hours: 0x00 – 0x17
				0xFF	0x00	Minutes: 0x00 – 0x3B
						Seconds: 0x00 – 0x3B
Safety Key Status	<del>0x90</del>		0xA1	<del>0xAA</del>	0xAA / 0xFF   0x00   0x00	0xΛΛ — Key in Place,0xFF — Key
				<del>0xFF</del>	<del>0x00</del>	is Missing.
Equipment Status	0x91		0xA1	0xAA	Value   Err_code   0x00	Value =
				0xFF	0x00	0x01 — STATUS_IDLING 0x03 — STATUS RUN
						0x05 — STATUS PAUSE
						0x09 – STATUS_EDIT
						0X0A —
						STATUS_SAFE_KEY_LOSS

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			OXOF - STATUS_ERROR  Err_code =  OXOO - NO ERR OXO1 - DC1  OXO2 - DC2  OXO3 - DC3  OXO4 - DC4  OXO5 - DC5  OXO6 - DC6  OXO7 - DC7  OXO8 - DC8  OXO9 - DC9  OX11 - AC1  OX12 - AC2  OX13 - AC3  OX14 - AC4  OX15 - AC5  OX16 - AC6  OX17 - AC7  OX18 - AC8  OX19 - AC9  OX21 - E1  OX22 - E6  OX23 - E7  OX24 - E9  OX25 - E10  OX31 - UART  OX41 - DCV voltage overload  OX42 - DCV voltage overload.  OX44 - CMP current overcurr.  OX45 - DC bus Err.  OX46 - Short Circuit.  OX47 - Communication Fail.

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Get Fitness Test	0x92	0xA1	0xAA	Integral   Fractional   0x00	First response byte one (0x00
Result (VO2)			0xFF	0x00	(0)-0xff (255)): whole number 0x5
					= (5) Second response byte
					(0x00-0x63).
					For P23 used.
Get ADC Value	0x93	0xA1	0xAA	Major Byte   Minor Byte	For engineer mode used
			0xFF	0x00   0x00	ADC Value range 0 ~ 4000
					Example: 1000 would be:
					0x03   0xE8
Get Workout Status	0x94	0xA1	0xAA	Status   0x00   0x00   Byte4	Status:
			0xFF		0x00 – Warmup
					0x01 – Cooldown
					0x02 – Running
					0x03 – End
					Byte4: Status
					0x00: edit
					0x01: enter
Get Workout	0x95	0xA1	0xAA	Byte1   0x00   0x00   Byte4	Byte1: Program Number
Number			0xFF		See appendix F.
					Can not use 0x12, 0x13
					Byte4: Status
					0x00: edit
					0x01: enter
Get Workout	0x96	0xA1	0xAA	Major Byte   Minor Byte	Example: 500 secs would be:
Duration Time			0xFF	0x00   Byte4	0x01   0xF4
					Max 65535 secs
					Byte4: Status

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計劃代號	產品型號		撰寫者 Sam	Kuo	撰寫日期 2012/10/01
					0x00: edit
					0x01: enter
Get Workout	0x97	0xA1	0xAA	Major Byte   Minor Byte	Example: 500 secs would be:
Warmup			0xFF	0x00   Byte4	0x01   0xF4
					Max 65535 secs
					Byte4: Status
					0x00: edit
					0x01: enter
Get Workout	0x98	0xA1	0xAA	Major Byte   Minor Byte	Example: 500 secs would be:
Cooldown			0xFF	0x00   Byte4	0x01   0xF4
					Max 65535 secs
					Byte4: Status
					0x00: edit
					0x01: enter
Get Target Heart	0x99	0xA1	0xAA	Byte1   Byte2  0x00  Byte4	Byte1: Heart Rate (Hi) Value.
Rate			0xFF		(Default used) Max value: 255
					Byte2: Heart Rate (Low) Value.
					Max value: 255
					Byte4: Status
					0x00: edit
					0x01: enter
Get Workout Mode	0x9a	0xA1	0xAA	Byte1   0x00   0x00   Byte4	Byte1:
			0xFF		0x00: don't used.
					0x01: Incline mode
					0x02: Speed mode.
					Byte4: Status
					0x00: edit

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And so on.

0x00: Female 0x01: Male

Byte1:

Byte1 | 0x00 | 0x00 | Byte4

計劃代號		產品型號		撰寫者 Sam	n Kuo	撰寫日期 2012/10/01
						0x01: enter
Get Workout Level	0x9b		0xA1	0xAA	Byte1   0x00   0x00   Byte4	Byte1: Workout Level
			\	0xFF		0x01: Level1
						And so on.
						Range (L1 ~ L3)
						Byte4: Status
						0x00: edit
						0x01: enter
Get Level	0x9c		0xA1	0xAA	Byte1   0x00   0x00   Byte4	Byte1: Workout Level
				0xFF		0x01: Level1

0xAA

0xFF

0xA1

#### **Appendix E. Workout Data**

**Get Sex** 

0x9c

Command	Code	Request	Echo	Possible Response	Response	Description
		(byte 1   byte 2   byte 3   byte 4)	Code	Codes	(byte1   byte2   etc.)	
Set Workout Date	0x60	Byte1   Byte2   Byte3   0x00	0x60	0xAA	0x00   0x00   0x00   0x00	Byte1: Workout Year-2000; 0xFF: if
				0xFF		workout data does not exist
						Byte2: Workout Month; 0xFF: if
						workout data does not exist
						Byte3: Workout Day; 0xFF: if
						workout data does not exist
Set Workout	0x61	Byte1   0x00   0x00   Byte4	0x61	0xAA	0x00   0x00   0x00   0x00	Byte1: Program Number

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計劃代號		產品型號			撰寫者 <u>Sam</u>	Kuo	撰寫日期 2012/10/01
Number					Oxff Oxee		See appendix F. Can not use 0x12, 0x13 Byte4: Status 0x00: edit 0x01: enter Note:  If program flow start the edit state in the program number setting, the program setting will go step by step. If program flow start the enter state in the program setting, the program setting will go final result.
Set Workout Duration Time	0x62	Major Byte   Minor Byte   Byte4	0×00	0x62	OxAA OxFF	0x00   0x00   0x00   0x00	Example: 500 secs would be:  0x01   0xF4  Max 65535 secs  Byte4: Status  0x00: edit  0x01: enter
Set Workout Warmup	0x63	Major Byte   Minor Byte   Byte4	0x00	0x63	OxAA OxFF	0x00   0x00   0x00   0x00	Example: 500 secs would be:  0x01   0xF4  Max 65535 secs  Byte4: Status  0x00: edit  0x01: enter
Set Workout	0x64	Major Byte   Minor Byte	0x00	0x64	0xAA	0x00   0x00   0x00   0x00	Example: 500 secs would be:

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計劃代號	產品型號	撰寫者 Sam Kuo	撰寫日期 2012/10/01
Cooldown	Byte4	OxFF	0x01   0xF4  Max 65535 secs  Byte4: Status  0x00: edit  0x01: enter

Command	Code	Request	Echo	Possible Response	Response	Description
		(byte 1   byte 2   byte 3   byte 4)	Code	Codes	(byte1   byte2   etc.)	J Coon, pulon
Set Target Heart	0x65	Byte1   Byte2   0x00   Byte4	0x68	0xAA	0x00   0x00   0x00   0x00	Byte1: Heart Rate (Hi) Value.
Rate				0xFF		(Default used) Max value: 255
						Byte2: Heart Rate (Low) Value.
						Max value: 255
						Byte4: Status
						0x00: edit
						0x01: enter
Set Workout Mode	0x66	Byte1   0x00   0x00   Byte4	0x69	0xAA	0x00   0x00   0x00   0x00	Byte1:
				0xFF		0x00: don't used.
						0x01: Incline mode
						0x02: Speed mode.
						Byte4: Status
						0x00: edit
						0x01: enter
Set Workout Level	0x67	Byte1   0x00   0x00   Byte4	0x66	0xAA	0x00   0x00   0x00   0x00	Byte1: Workout Level
				0xFF		Range (L1 ~ L3)
						Byte4: Status
						0x00: edit
						0x01: enter

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計劃代號		產品型號		1	撰寫者 Sam	Kuo		撰寫日期
Set Workout Audio	0x68	Byte1   Byte2   Byte3	Byte4	0x67 0xA		0x00   0x00   0x00	0   0x00	Byte1: Sequential Number (copied from Mobile/Tablet's command).
Ivalile				0xFf				Byte2: Workout audio name character (Upper case, fill with 0 when end of name string). Byte3: Workout audio name character (Upper case, fill with 1 when end of name string).

#### **Appendix F. Program Number & Program Name define**

Area	Program number	Code	Program name (workout_name)	Default (min)	Note
	P00	0x00	MANUAL	20	APP no use
	P01	0x01	LONG SLOW DIST-1	40	
	P02	0x02	SHORT INTERVAL-1	20	
A. Sports Training	P03	0x03	MOD INTERVAL	30	
A. Sports Training	P04	0x04	LONG INTERVAL	40	
	P05	0x05	NEG INTERVAL-1	30	
	P06	0x06	NEG INTERVAL-2	30	
	P07	0x07	FARTLEK	30	
B. Healthy Living	P08	0x08	UPHILL CLIMB	30	
	P09	0x09	PYRAMID CLIMB	30	

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計劃代號	產品型號		撰寫者 Sam Kuo		撰寫日期 2012/10/01
	P10	0x0a	PLATEAU CLIMB	40	
	P10	0x0b	LADDER	30	
	P11	0x0c	UPHILL INTERVAL	20	
C. Weight	P13	0x0d	STEADY PACE	40	
	P14	0x0e 0x0f	LONG SLOW DIST-2	40	
Managenment	P15 P16		CARDIO RUN	20	
		0x10	SHORT INTERVAL-2		
D. Heer Defined	P17	0x11	UPHILL WALK	30	Cumond
D. User Defined	P18	0x12	CUSTOM USER 1	20	Suspend
Program	P19	0x13	CUSTOM USER 2	20	Suspend
	P20	0x14	HRC CONSTANT	20	HRC
E. Heart Rate Control	P21	0x15	HRC INTERVAL	20	HRC
	P22	0x16	HRC COMBINATION	20	HRC Hi Low
A. Sports Training	P23	0x17	Fitness Test Program	-	16Km or 10 mile

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計劃代號 產品型號 撰寫者 Sam Kuo 撰寫日期 2012/10/0	/01
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#### **♦** Modify List

Date	Modify item description	Note
2012-09-25	1. Cancel 0x90 Safety key status.	
	2. New command Set console unit. 0xE9	
	3. New Model ID defines.	
	4. New Program Number and Program Name define.	
	5. New Edit Status.	
	6. New Set Workout Status.	
	7. New Set Workout Mode.	
	8. New Get Workout Status, Number, Duration Time, Warmup. Cooldown, Target Heart Rate, Mode, Level,	
	Result.	
	9. Modify Engage External Control mode description.	
2012-10-01	1. New workout setting status.	
	2. New Set and Get Level.	

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