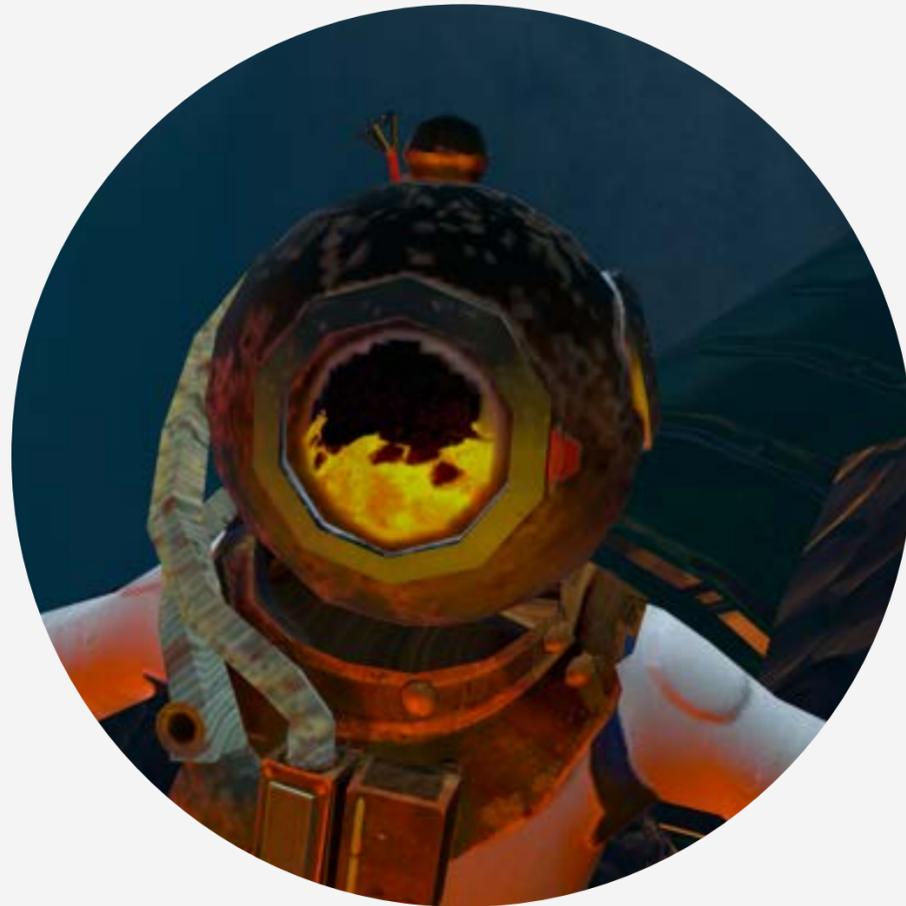


HOLOFIT USER MANUAL

Congratulations on your HOLOFIT purchase!



Navigate the manual



[HOLOFIT with Fitness machines](#)

[HOLOFIT without Fitness machines](#)

[How to: Connect your fitness machine](#)

[How to: Install the cadence sensor](#)

[How to: Customize HOLOFIT](#)

[How to: Manage your subscription](#)

[Game modes walkthrough](#)

[HOLOWorlds](#)

[Download the HOLOFIT Companion app](#)

Some call it a workout, we call it a game

Fitness machines

1) Get on the fitness machine comfortably, and put the headset on.

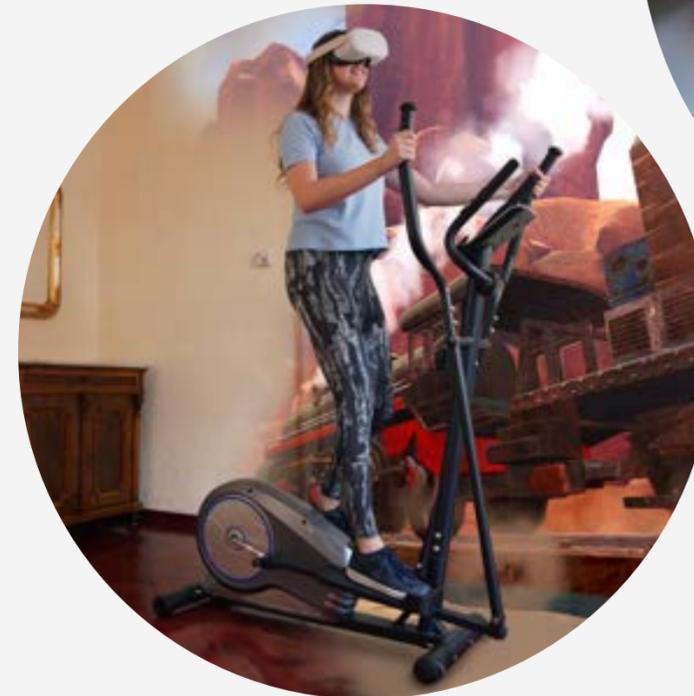
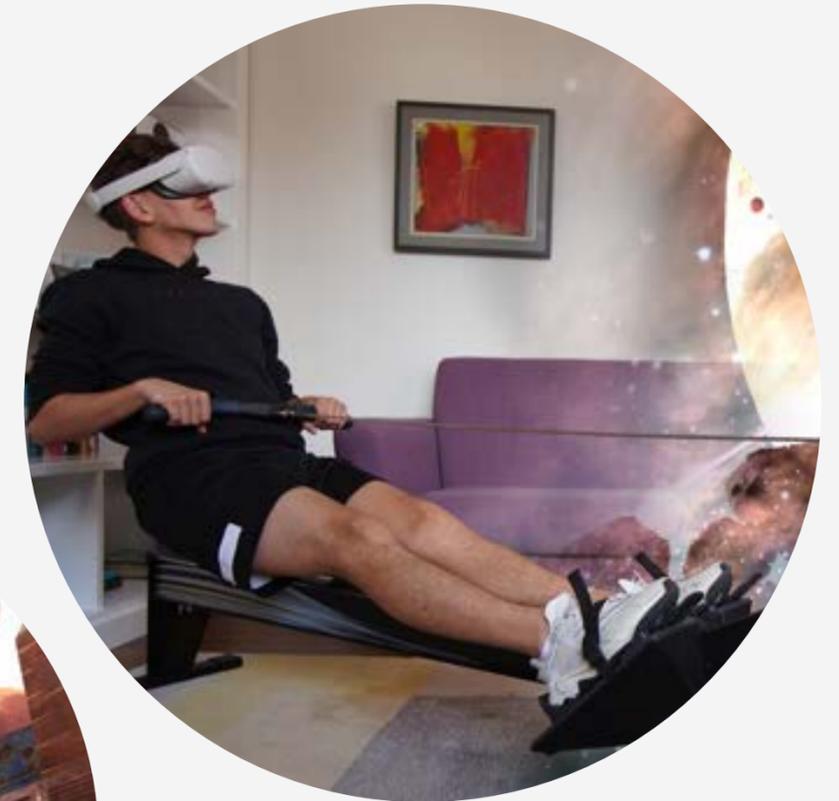
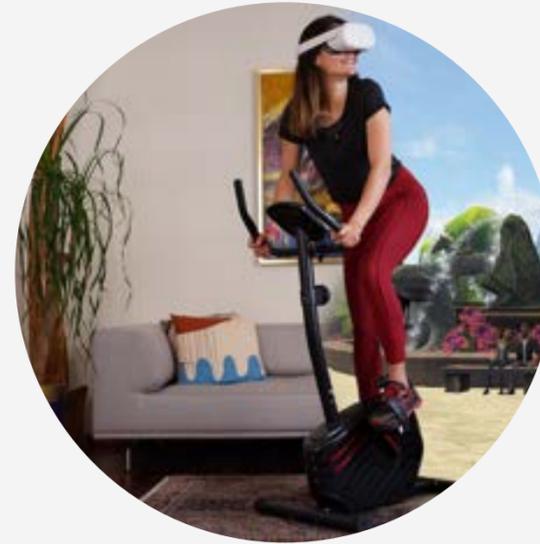
2) For bikes and ellipticals, set the guardian to **STATIONARY**.

For rowers, set the guardian to **ROOMSCALE** and draw as big of a guardian as possible.

3) Start **HOLOFIT**, and sign up/ log into your account.

4) Connect the machine.

5) Select and start your workout.

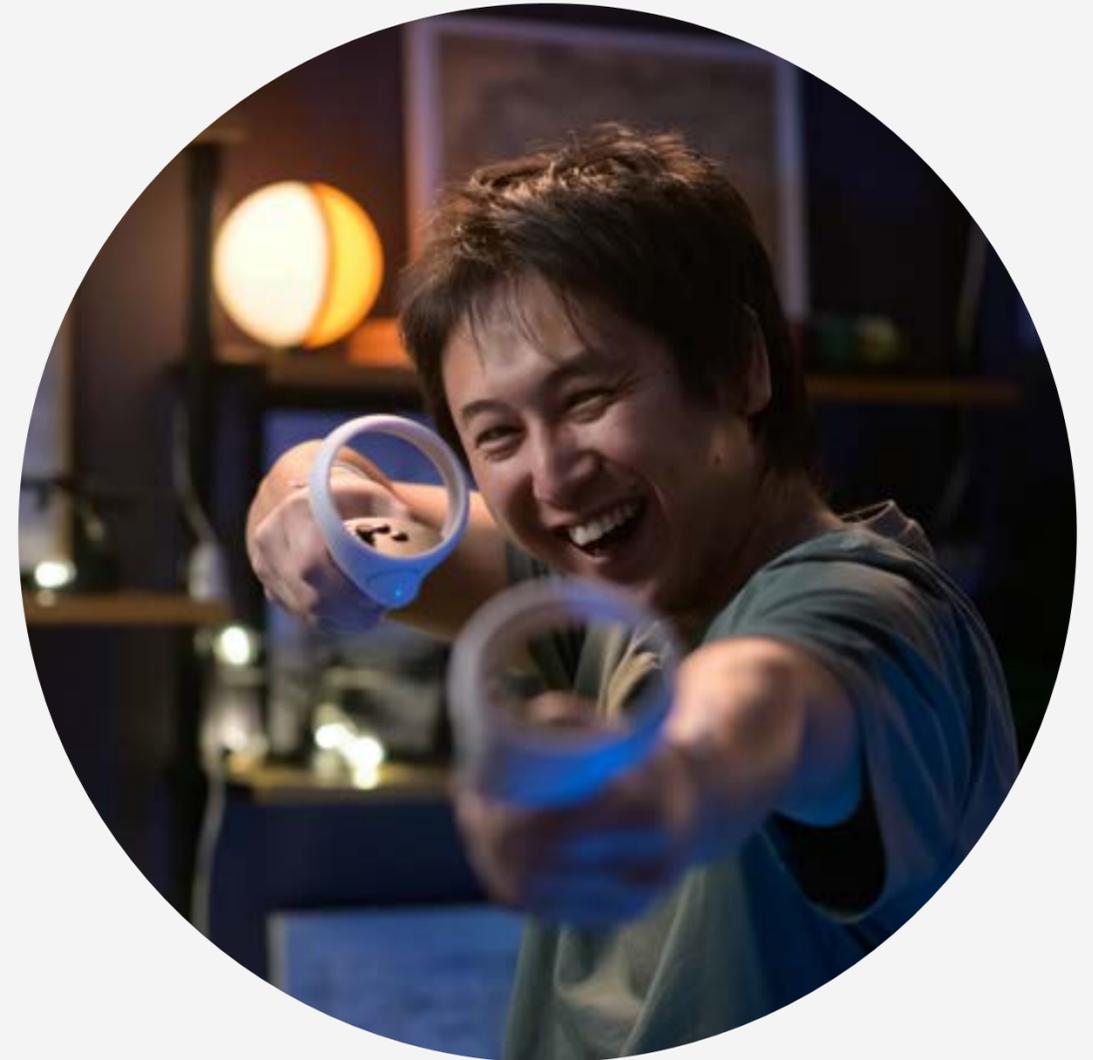


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No fitness machines

- 1) Position yourself so that you have enough space around you for a workout.**
- 2) Set the guardian to ROOMSCALE and draw as big of a guardian as possible.**
- 3) Start HOLOFIT, and sign up/ log into your account.**
- 4) Choose the FREESTYLE CONTROLLERS:**

HOLOFIT Settings > HOLOFIT Setup > Freestyle Controllers.
- 5) Select and start your workout.**



Some call it a workout, we call it a game

How to: Connect your fitness machine



1) With FTMS Bluetooth:

Open HOLOFIT Settings (gear icon) > HOLOFIT Setup > Fitness Machine > Bluetooth Machine.

Activate your machine by rowing/running/pedaling and click on the **CONNECT** button.

Once connected, select the fitness machine type (recumbent bike/ elliptical/ spin bike).



2) Without FTMS Bluetooth:

All other rowing machines work perfectly with HOLOFIT in the non-Bluetooth rower mode, by tracking the back-and-forth motion of the headset while rowing. Follow these steps:

HOLOFIT settings > HOLOFIT Setup > Fitness machine > Non-Bluetooth rower.

Some call it a workout, we call it a game



3) With cadence sensor:

All other bikes and wheel-based ellipticals connect directly to HOLOFIT with the addition of a cadence sensor, that is usually attached to the pedal crank.

Open HOLOFIT Settings (gear icon) > HOLOFIT Setup > Fitness Machine > Bluetooth Machine.

Activate your machine by rowing/running/pedaling and click on the **CONNECT** button.

How to: Connect your fitness machine



Compatible sensors:

- The one we recommend is the IGPSport cadence sensor which you can get on Amazon.
- Other cadence sensors that we know work with HOLOFIT include: Garmin Cadence Sensor 2Magene Cadence Sensor (Gemini 210, S3+)Wahoo Cadence SensorFitCare Cadence Sensor.

*Cadence sensors only work with bikes and wheel-based ellipticals.

Some call it a workout, we call it a game



On **ELLIPTICALS**, there are 3 possible positions:

- On the outer edges of the wheel (if the wheel spins)
- On another part of the spinning wheel
- On the back of the pedal



How to: **Install the cadence sensor**



On **BIKES**, position the cadence sensor on the pedal crank. Get as near to the pedal as possible.

Make sure that the sensor doesn't touch your feet or other parts of the bicycle while cycling.



*Cadence sensors only work with bikes and wheel-based ellipticals.

HOLOFIT by HOLODIA

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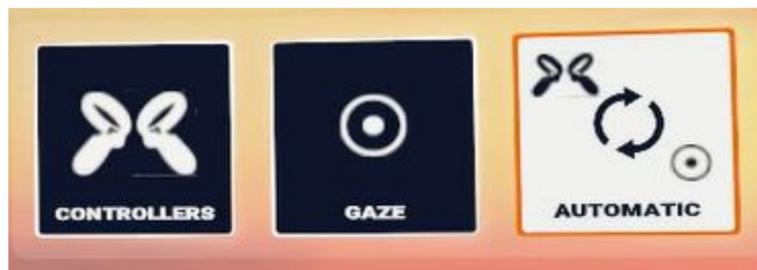
1) HOLOFIT Settings



Find the gear icon on the HOLOFIT menu. Here, you can switch between different languages, connect your fitness machine or switch to the Freestyle mode, adjust in-game options like turning the Special trophies on an off (only available in Journey mode) and switching between control methods.

Control method options:

- controllers
- gaze
- automatic



How to: Customize HOLOFIT



2) Companion app

Download the HOLOFIT Companion app to set your Streak goal, connect Strava and Health Kit apps, change your VR avatar, edit your profile info and VR nickname, change the units (metric VS imperial).

Check out the [Companion app Guide](#).

Some call it a workout, we call it a game

How to: Manage your subscription

There are two ways to manage your subscriptions on the Meta Quest:

- On the web
- In your Meta Quest phone app

Navigate to Settings > Subscriptions, and find all relevant data along with the option to cancel the subscription.

In HOLOFIT itself, you'll be able to see the status of your membership on the user login screen. If active, you'll see the date of your next renewal, and if canceled, you'll see the expiry date.



Some call it a workout, we call it a game



Game modes walkthrough

HOLOFIT offers you 6 different workout modes, including guided training programs, each of them catering to your fitness level!

No matter if you are using a fitness machine, or working out in Freestyle mode with your controllers, you`ll have access to all 6 modes.

Some call it a workout, we call it a game



1) **JOURNEY** - immersive and gamified mode with collectable trophies.

2) **ZEN** - relaxing, endless workout mode with no stats, trophies, points, or distractions, just you and the environment of your choice.

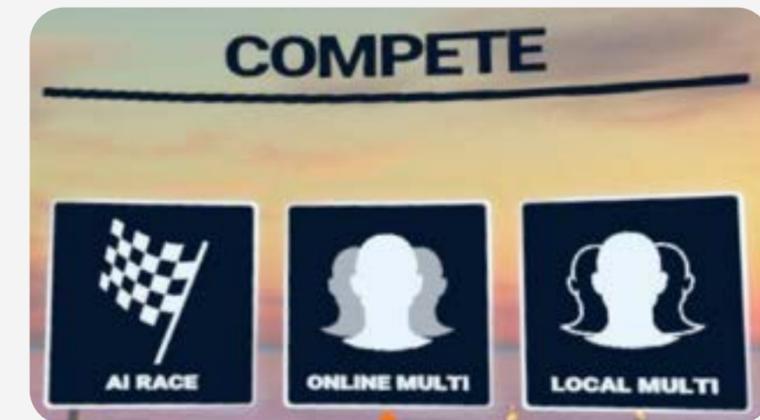


3) **CARDIOGOALS** - guided cardio workouts with 4 options: HIIT, Cardio, Fat Burn and Interval.

4) **PERFORMANCE** - beat your own score in competitive time attack play.

5) **COMBO WORKOUTS** - no-fitness-machine-needed workouts that activate your whole body.

Game modes walkthrough



6) **COMPETE** - race against computer-generated players or HOLOFIT members in real-time.

Some call it a workout, we call it a game

HOLOworlds



15+ amazing virtual worlds await your arrival:

- real cities like Paris or San Francisco,
- historical places like Babylon,
- fantasy worlds like Saturn or the mysterious Troglodyte,
- pleasant natural surroundings like Tropical or Snowy Mountains,
- worlds based on real sporting events such as Cambridge or the Grand Sablon desert

Not sure which world to head into? Choose the **SURPRISE ME** button in the upper right corner and HOLOFIT will randomly choose one of our HOLOWorlds.

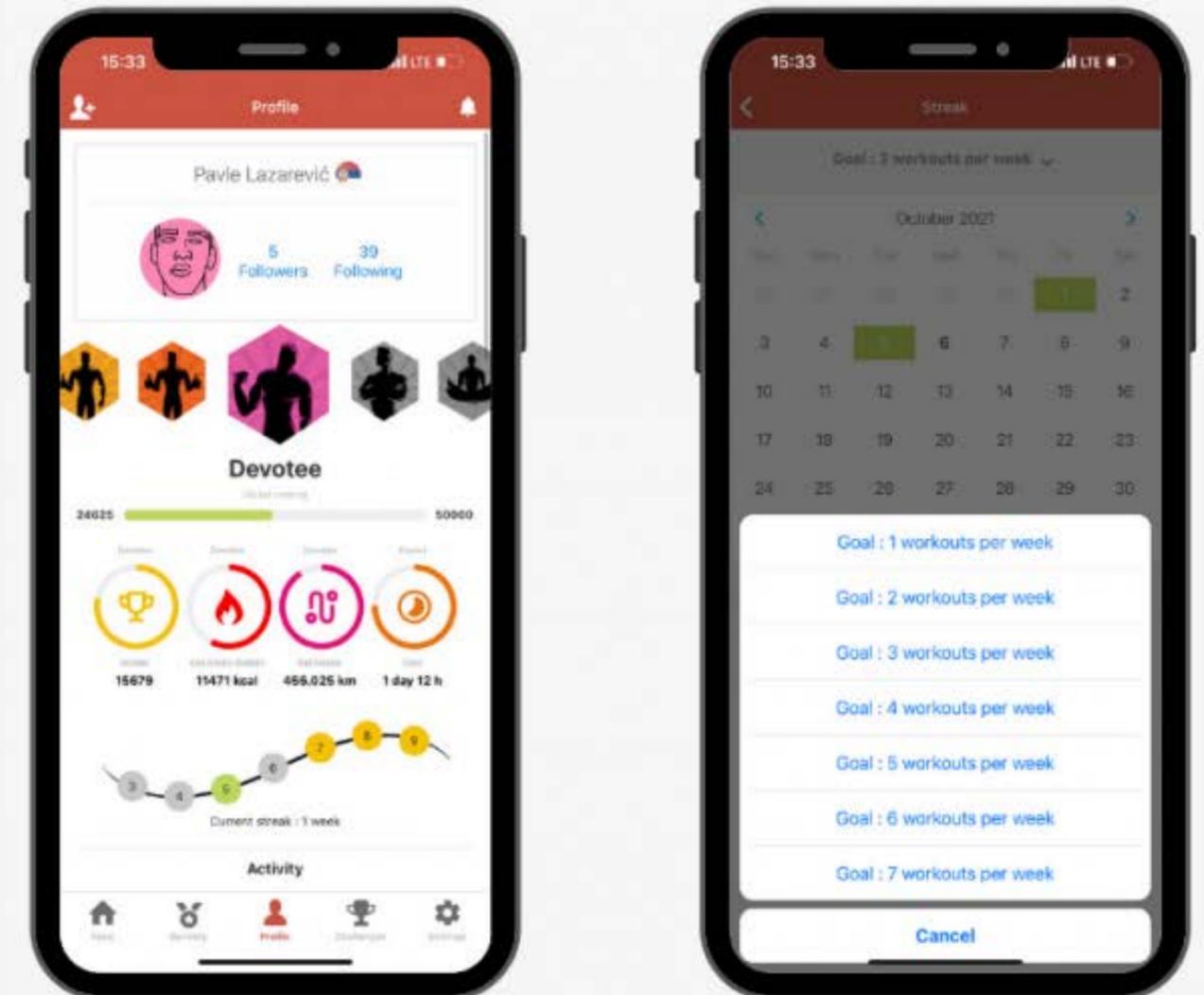
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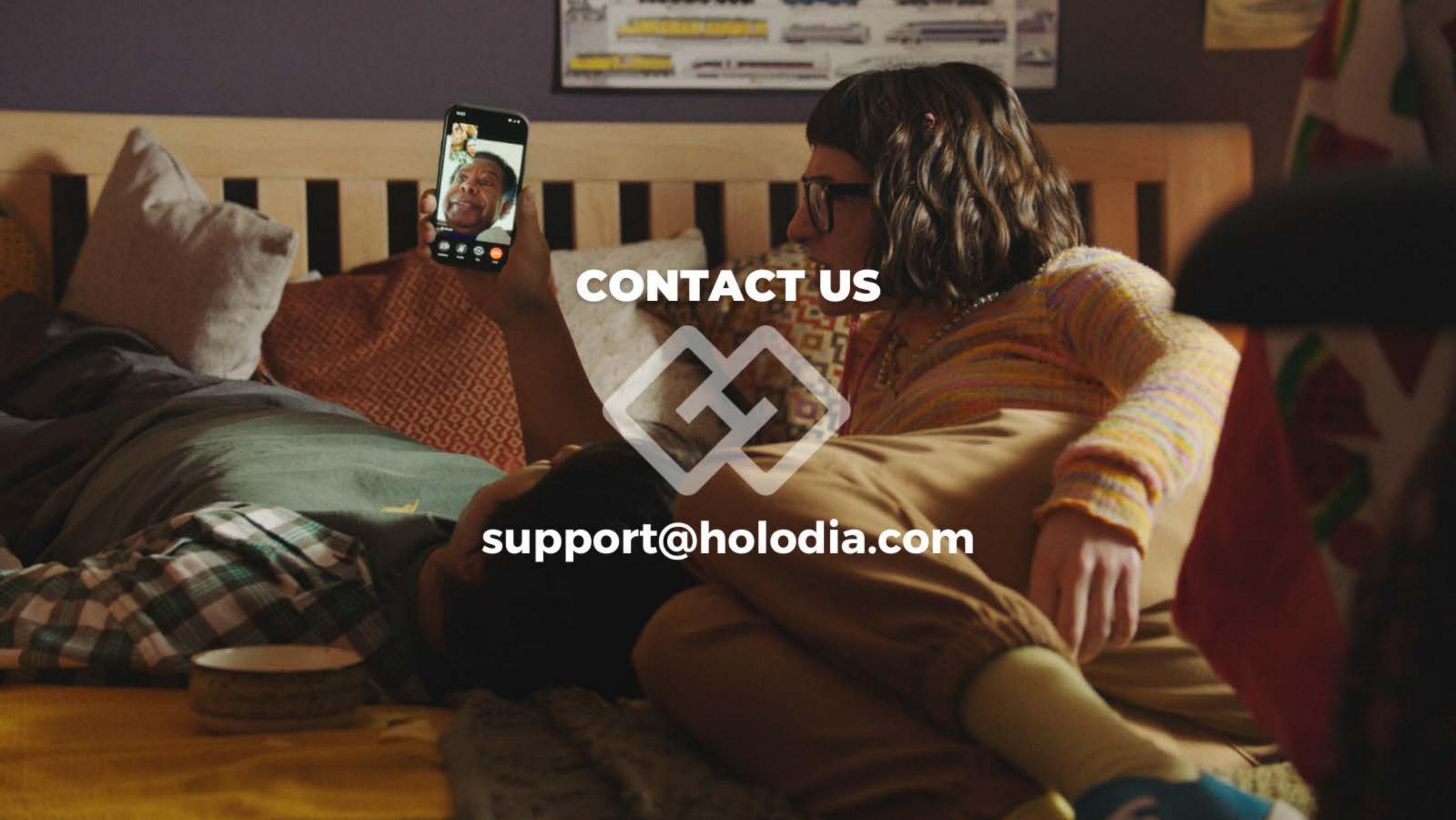
Download the HOLOFIT Companion app

Our **Companion App** is where you can track your workouts, follow your progress, keep yourself accountable with streaks, meet new friends, and see how your rank on our global leader board, country-specific leaderboard, and sport-specific leaderboard.

It's the perfect motivational tool for those who like statistics and for those who like some friendly competition.

1. Find the HOLOFIT **Companion app** on [Google Play](#) or the [App Store](#) and download it.
2. Log in with the same credentials you used for your HOLOFIT account when you first subscribed.





CONTACT US



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