

# FORME

STUDIO

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MANUAL

A woman in athletic wear is performing a toe touch stretch in front of a large, dark digital screen. The screen displays a fitness app interface with a timer set to 45 seconds, the current exercise 'Toe Touch', and the next exercise 'Shoulder Press'. The screen also shows the time 12:32 PM, a heart rate of 140, and other fitness metrics. The woman is leaning forward with her hands reaching towards her feet. The background is dark, and the overall scene is dimly lit, focusing on the woman and the screen.

# YOUR GUIDE TO THE FORME STUDIO EXPERIENCE AT HOME

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## SAFETY INFORMATION

Read all instructions before using the Studio. It is the owner's responsibility to inform every user of the Studio of the safety warnings and precautions.

Consult a physician before beginning any new fitness program. If you experience chest pain or shortness of breath, stop exercise immediately and reach out to your healthcare provider.

The FORME Studio requires professional installation. Do not attempt to install, uninstall, or relocate your Studio without the help of an approved FORME installer.

The Studio warranty will be voided in the case of self-installation.

We need to add the sentence about voided warranty in case of self-install, unless we dropped it on purpose, since we are not allowing threshold deliveries anymore.

Do not install the Studio outside. It is designed for indoor use only. Always keep the Studio away from water, moisture, or damp environments.

Do not cover FORME Studio with a blanket or any covering. Excessive heating can occur and cause fire, electric shock, or injury to persons. Additionally, do not hang towels or clothing on the Studio.

Connect the Studio to a properly grounded outlet. Improper connection of the equipment grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service professional if you are in doubt as to whether the product is properly grounded. No adapter should be used with this product.

Do not allow children under the age of 18 to use the Studio or its accessories without supervision. You are responsible for the safety of your children and anyone else you allow to use your FORME Studio.

Keep the power cord away from heated surfaces.

Never operate the Studio if it has a damaged cord or plug, or if it was dropped into water. Do not operate if air openings are blocked with lint, hair or the like. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

If you need to unplug the Studio, hold the power button on the right side of the screen for four seconds until the display turns off, then turn off the main power switch. You can then safely unplug the Studio.

Before each use, inspect the Studio for any signs of damage or wear. If you believe anything is out of the ordinary, do not use the Studio. Do not attempt to repair anything on the Studio on your own.

FORME tracks certain metrics during a workout (heart rate, caloric burn, etc.). These are to be meant to be general indicators and may be inaccurate.

The Studio does not have the ability to support user input devices such as a keyboard, mouse, or touchpad.

Do not lean on the Studio mirror.

California Only (lithium coin cell): Perchlorate Material – special handling may apply, See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate)

## NOTICES

This device complies with FCC part 15 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, including interference that may cause undesired operation of the device.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

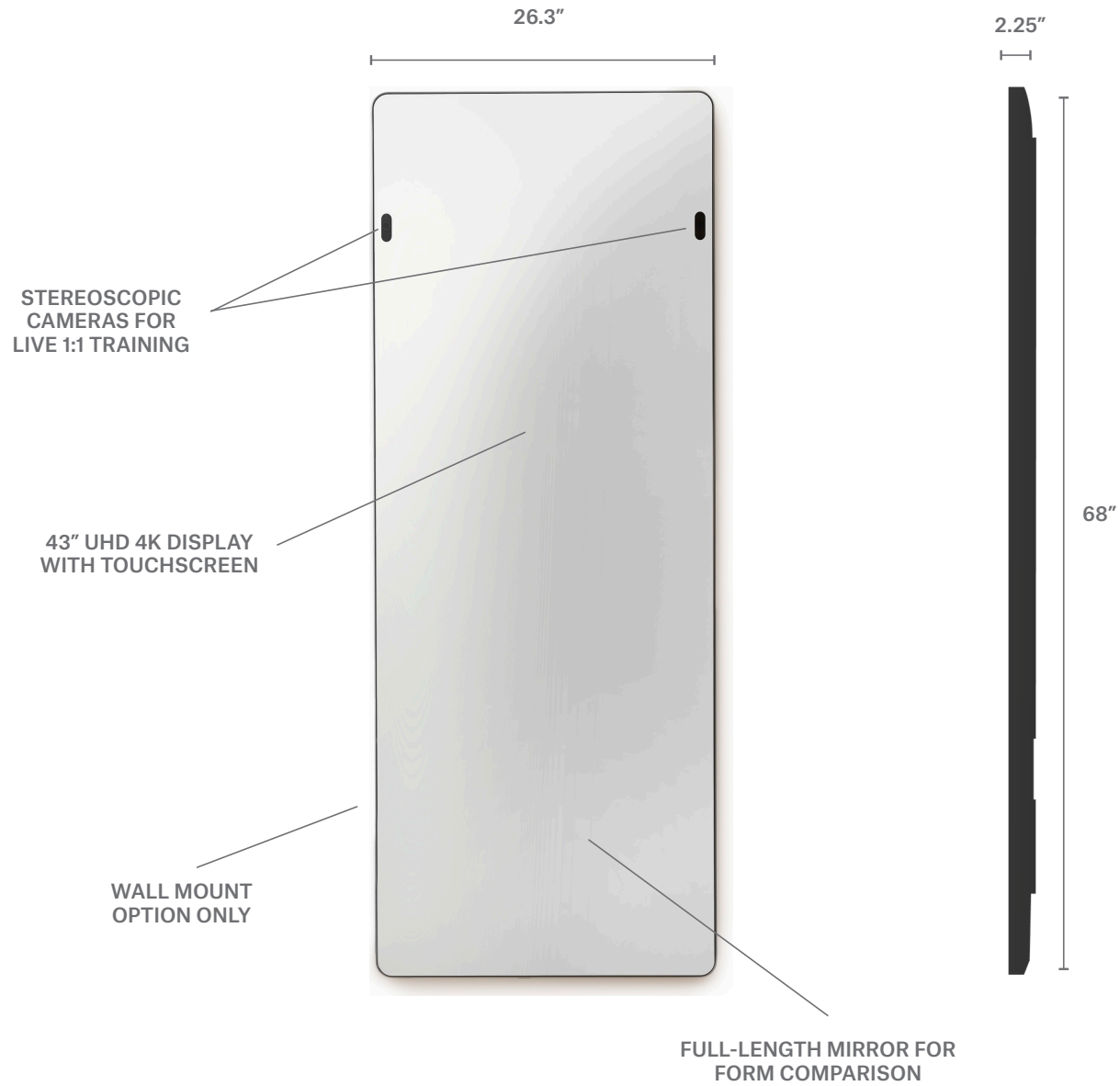
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

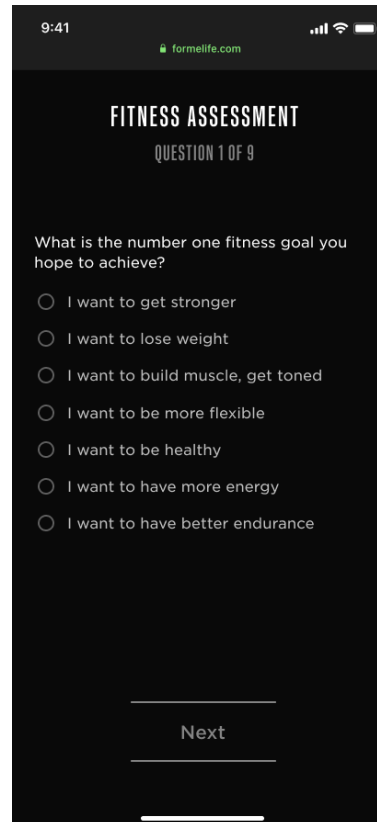
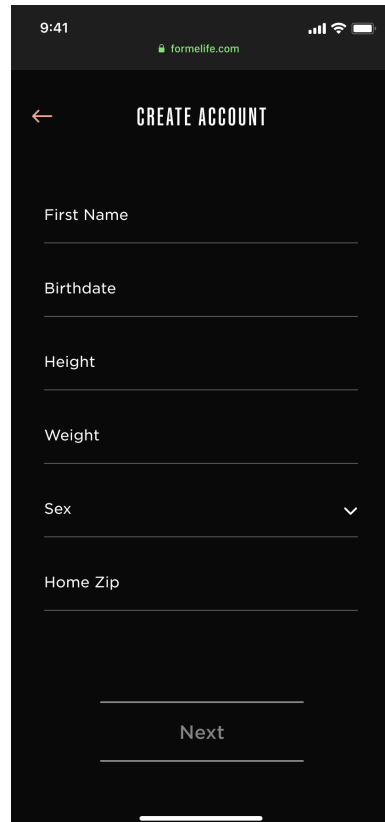
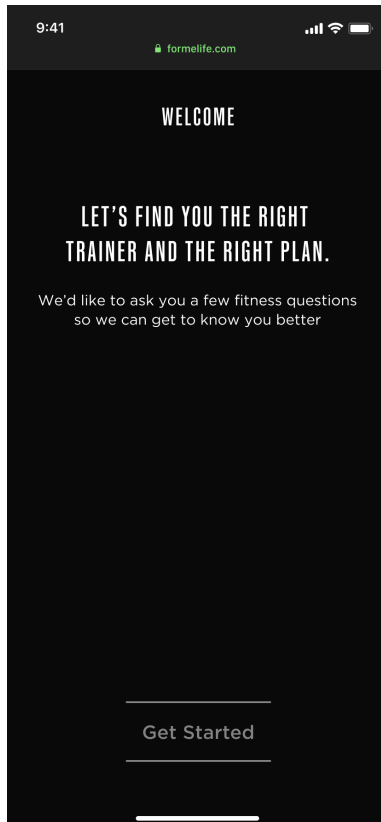
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

**Responsible Party:**  
**Interactive Strength Inc.**  
**9854 National Blvd**  
**Los Angeles, CA 90034**

Unique Identifier: FORME Life, Model FLSS-1000  
Contains FCC ID: PD99260NG





## SET UP YOUR MEMBERSHIP

Use the FORME web app at [formelife.com/activate](https://formelife.com/activate) on your mobile device to activate your account and create additional user profiles.

Set up your membership before your delivery date, so you can start using the Studio as soon as it's installed.



POWER  
BUTTON

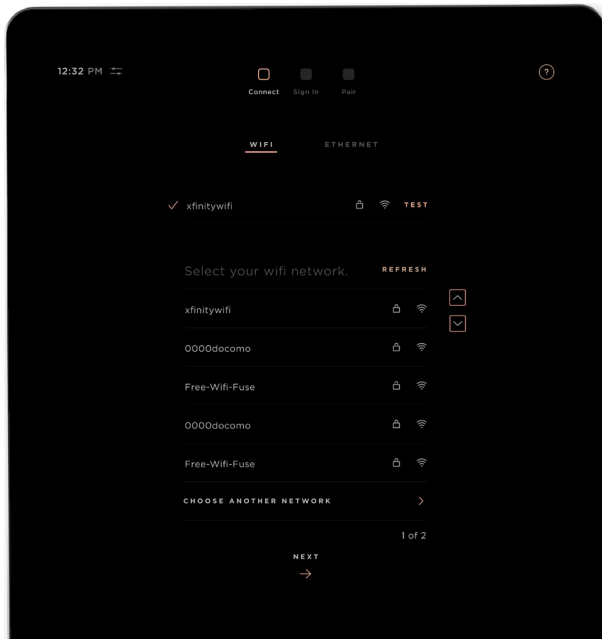
## POWERING ON + OFF

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To wake the Studio, touch the display. The Studio goes to sleep automatically a few minutes after you stop using it. You can also manually put the Studio to sleep or restart it using the touchscreen menu. In sleep mode, the Studio uses very little electricity.

If the Studio does not wake up when you touch the display, it can be turned on by pressing the power button. The round power button is located below the right camera on the rear of the Studio. When the Studio is on, pressing the power button will put it to sleep, or holding down the button for 4 seconds will shut it down.

There is an installer power switch located near the power cord. Your installer will switch this to ON and it should remain in this position.

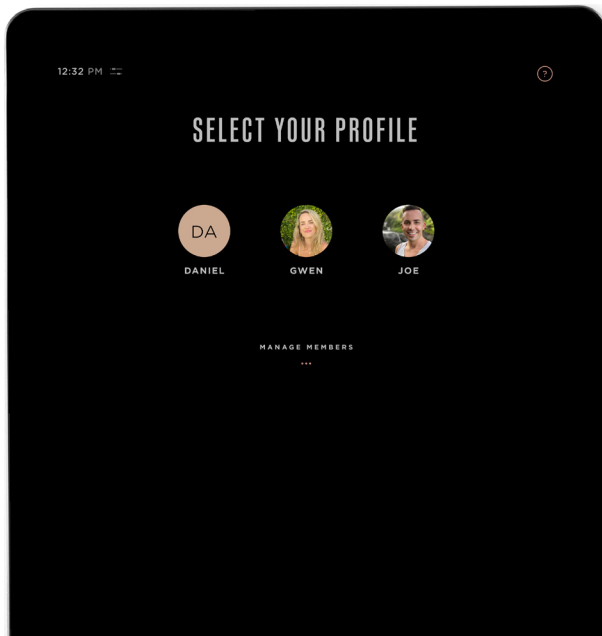


## CONNECT TO WIFI OR ETHERNET

A strong WiFi or ethernet connection is required for your Studio.

If you are using an ethernet cable, it can be plugged into the port next to where the installer power switch is located at the bottom rear of the Studio. If you are using WiFi, we recommend a download speed of 50 Mbps with a minimum of 25 Mbps.

If you are planning to use Live 1:1 Training, we recommend an internet upload speed of 35 Mbps with a minimum of 20 Mbps.

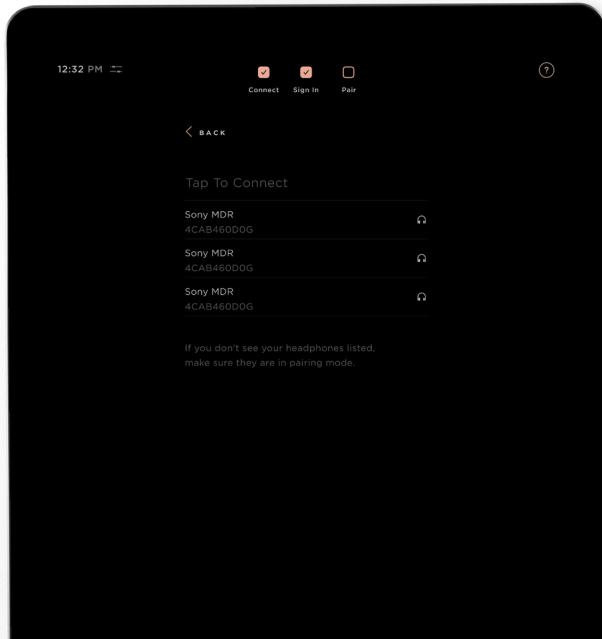


## SIGNING IN

Use the same email address and password that you used on the app setup to log in.

You can add users from your household by tapping Manage Members in Settings (in the top left of your Studio) or on the Profiles page. All users must create their own account profile on the web app before logging into the Studio for the first time.





## PAIRING BLUETOOTH WITH HEADPHONES

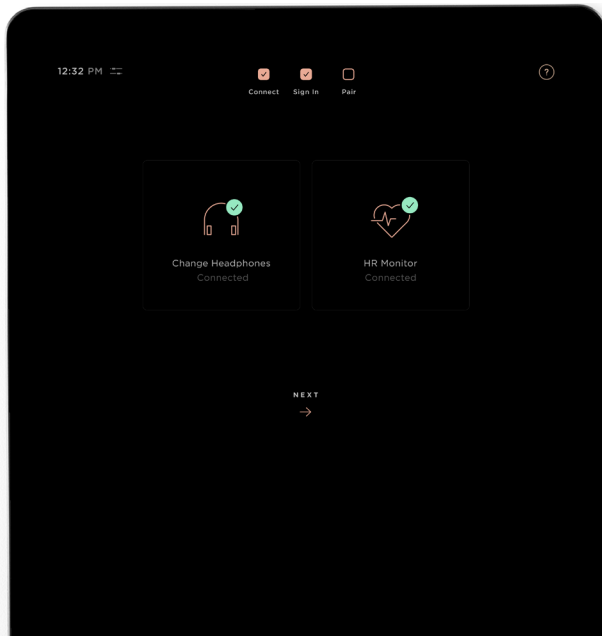
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Visit Settings > Bluetooth on your Studio.

Make sure that your headphones are in pairing mode first, and have them close to the Studio.

In the list of nearby bluetooth devices on your Studio, find and tap your headphones.

You'll see a confirmation once they are paired.



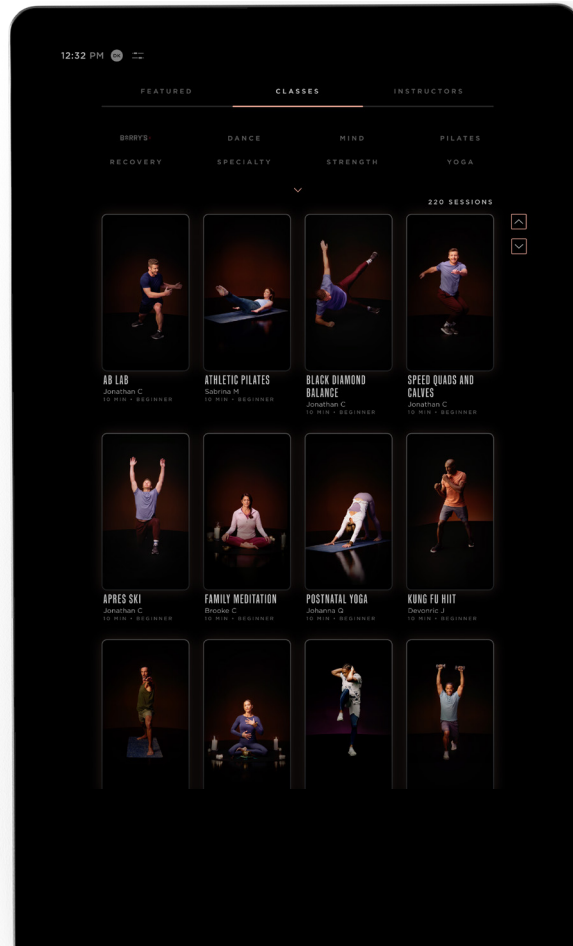
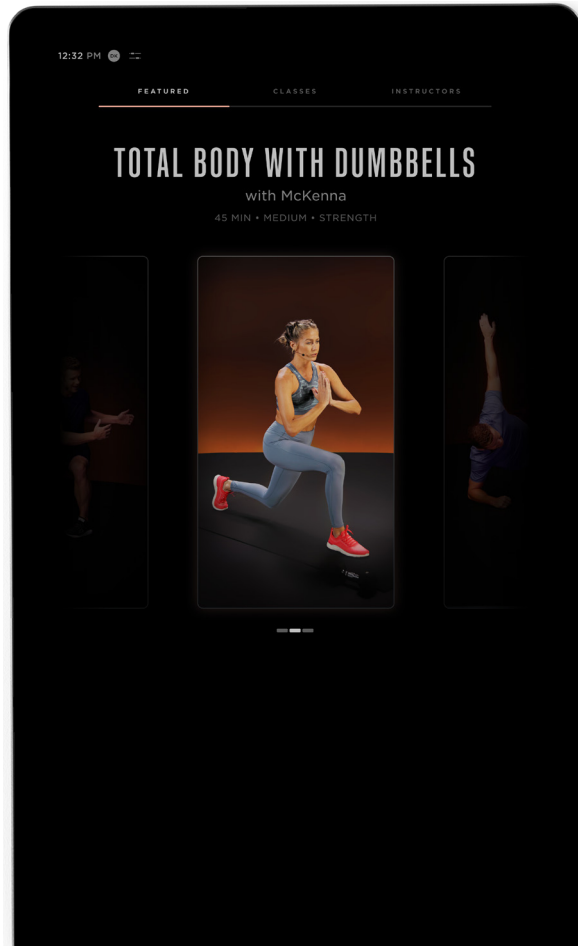
## PAIRING BLUETOOTH WITH YOUR HEART RATE MONITOR

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Visit Settings > Bluetooth on your Studio.

Put on your heart rate monitor following the instructions included with its packaging. The Blue LED will flash, indicating the heart rate monitor is in pairing mode.

In the list of nearby Bluetooth devices on your Studio, find and tap the device named FORME HRM. When paired, the Blue LED will stop flashing.



## GET TO KNOW YOUR STUDIO

We'll always encourage you to explore new classes and instructors under our Featured tab, which will regularly highlight new content.

Under the classes tab, you'll be able to explore the full library of content that is updated daily. You can choose a category by tapping strength, pilates, yoga, mind and more at the top. To further filter by trainer, class length, focus or difficulty level, tap the small arrow that appears on the classes tab as well as within each class category to reveal these filter options.

You can get to know everyone teaching classes on your FORME Studio under the Instructors tab, which features short bio videos from the entire team.



## THE CLASS SCREEN

Your FORME Studio features a menu bar (like your smartphone) at the top of the screen. This bar contains a clock, the settings button, the total time remaining in the current class, a calorie counter, and your current heart rate.

Depending on the class you're taking, you may also see a countdown clock for the current exercise in the upper left of your screen, along with the current exercise name and the one coming up next. The blocks just below the countdown clock track your sets as you work through the class.

Some classes, like yoga and dance, do not have timed exercises or sets, so you won't see the countdown clock or blocks during those classes.

Each time a new song begins during a class, the title and artist will appear in the bottom left corner. Tap the speaker icon in the upper right corner of the menu bar to adjust the music and trainer volume independently.



HEART RATE MONITOR



MICROFIBER TOWEL



CAMERA COVERS (X2)



PREMIUM  
NON-SLIP MAT



## THE BARRE

The barre can be easily attached in two simple steps. First, insert the two metal arms that hold the barre into the keyholes behind either side of the Studio. Insert the arm at the top of the keyhole, then slide it down into place. Lock each arm in position by pushing the protruding lever down toward the arm. Now your studio is ready to hold the barre.



With the caps at the end of the barre unscrewed, line the T-shaped hook on each arm with the hole on the underside of the barre. Insert the T-hook into the barre and screw the ends of the caps tightly into place.



To detach the barre, simply unscrew the caps at each end to loosen, lift the barre up and off the T-hooks, and stow. Remove the metal arms at the back of the studio by lifting the lever to unlock the arm, and then pulling each arm up and out of the keyhole.



## CLEANING

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We recommend using your microfiber cloth to clean your Studio. If necessary, you can also use alcohol-based electronics cleaners. Household cleaners like Windex are not recommended.

Never use corrosive liquids or filmy soap products (e.g. hand soap, dishwashing soap, etc.) on your Studio.

Never allow any cleaning fluid or product to enter the vents on your Studio.

## TEMPERATURE CONTROL

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Just like any electronic device, your Studio should be kept in a moderate temperature environment — above 32 F/0 C and below 95 F/ 35 C at all times. Do consider this if you want to place your Studio in a garage or other unregulated temperature environment.

## ROUTINE INSPECTION + CARE

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Before each use, inspect FORME Studio for any signs of damage or wear. If you believe anything is out of the ordinary, do not use FORME Studio and contact support.

Keep the manual and any warning labels for future reference.

Damaged or worn parts should be replaced immediately. Do not attempt to repair any part of the Studio on your own.

## SOFTWARE UPDATES

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The Studio will automatically download and install system updates when put to sleep. New workout content will also be downloaded regularly to the Studio.

If any user action is required to update your Studio, FORME will send a notification with instructions via email, our app, or directly on the Studio.

## REMOVING YOUR STUDIO

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If you need to uninstall your Studio from a wall, our team will professionally remove it for you. After we remove your Studio, you should expect your wall to look similar to after removing a TV that is wall-mounted. Your technician will not be able to help with wall repairs.

## 30-DAY RETURN POLICY

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Every customer can take advantage of our 30-day return policy, which starts on the day of installation. Customers must contact our Member Support team (via email/phone) to request a return, within 30 days of installation.

Customers will receive a refund when returning their Studio.

FORME will deduct \$250 from this refund to cover for the unit's removal.

The \$250 return cost will be applied to the refund upon scheduling removal.

Our Member Support team will create a ticket with our third party logistics company (XPO), and contact the customer to schedule a return.

FORME team is not responsible for any repairs to the walls resulting from the dismounting of a Studio.

## 1-YEAR MANUFACTURER'S WARRANTY

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The Manufacturer's Warranty comes with every Studio purchase and provides coverage for any mechanical or electrical issues causing the unit to be inoperable.

In order to initiate a warranty claim, the customer must contact the Member Support team (via email/phone) and provide a description of the issue.

If the FORME Member Support team deems that unit needs to be replaced, FORME will create an order with XPO company and contact the customer to schedule the replacement.

## ADDITIONAL COVERAGE

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Every customer can purchase a 2-year, 3-year, or 4-year Extended Warranty at the time of purchase or within 30-days from the date of installation.

The Extended Warranty covers the customer against 1 claim of accidental damage, which makes the unit inoperable and requires replacement.

The 2-year and 3-year Extended Warranty extends the Manufacturer's Warranty, syncing coverage for electrical, mechanical, and accidental damage.

You will receive two email reminders with instructions on how to purchase coverage if you did not do so prior to installation.

## HOW TO OBTAIN WARRANTY SERVICE

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To file a claim, please email [support@formelife.com](mailto:support@formelife.com)

## TERMS AND CONDITIONS

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To view the Terms and Conditions of your purchase, please visit [formelife.com/terms-conditions](https://formelife.com/terms-conditions).

## MEMBER SUPPORT

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Taking care of you and your Studio is why we are here. Do not hesitate to reach out to us for anything, especially technical support. We are happy to help!

Contact us at [support@formelife.com](mailto:support@formelife.com).

 FORME