

# **BeaconIO (BeaconFit) User Manual**

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CSCI 460  
2025

<b>BeaconIO (BeaconFit) User Manual.....</b>	<b>1</b>
Introduction.....	3
Getting Started.....	3
System Requirements.....	3
Installation.....	3
App Overview.....	3
Home Tab.....	3
Stations Tab.....	3
Workout Tab.....	4
History Tab.....	4
Using BeaconIO.....	5
Starting a Workout.....	5
Method 1: Automatic Detection.....	5
Method 2: Manual Selection.....	6
Tracking Your Workout.....	6
Pausing a Workout.....	7
Resuming a Workout.....	7
Completing a Workout.....	8
Viewing Your History.....	8
Tips for Best Experience.....	8
Troubleshooting.....	9
Beacon Not Detected.....	9
Workout Data Not Syncing.....	9
App Performance Issues.....	9

# Introduction

BeaconIO is a fitness application that helps you track your workouts by detecting nearby exercise stations using Bluetooth technology. The app automatically recognizes when you're near a workout station, suggests exercises, and allows you to record your sets, reps, weights, and notes.

This manual will guide you through setting up and using the BeaconIO app to make your workout experience more efficient and enjoyable.

## Getting Started

### System Requirements

- iPhone or iPad running iOS 14.0 or later
- Bluetooth 4.0 or later
- Internet connection for syncing workout data

### Installation

1. Download BeaconIO from the App Store (Test Flight)
2. Open the app
3. The app will request permission to use Bluetooth - tap "Allow"
4. For the best experience, also grant permission for Notifications when prompted

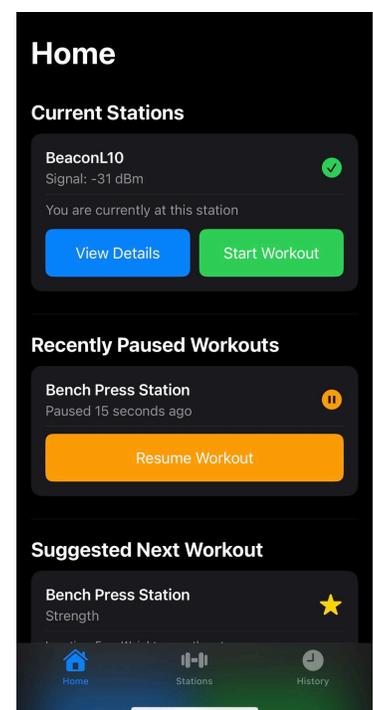
## App Overview

BeaconIO features a tab-based interface with four main sections:

### Home Tab

The Home tab is your starting point, showing:

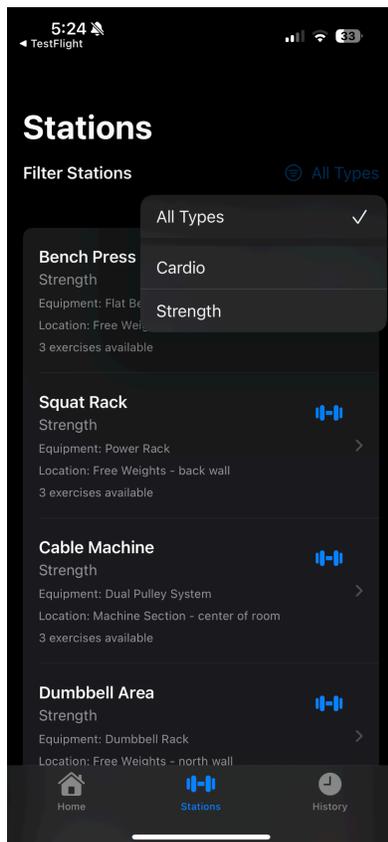
- Current stations you are near
- Recently paused workouts
- Suggested workouts based on your history



## Stations Tab

The Stations tab displays all available workout stations. You can:

- Browse all stations in the gym
- Filter stations by type (strength, cardio, etc.)
- View details about equipment and available exercises



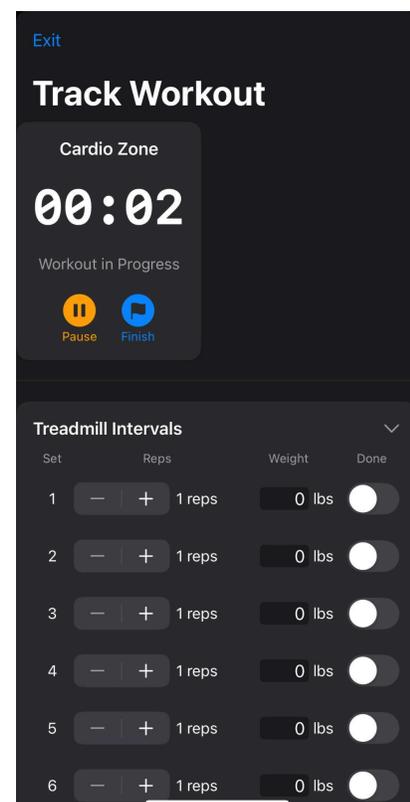
## Workout Tab

The Workout tab appears when you're tracking an active workout. Here you can:

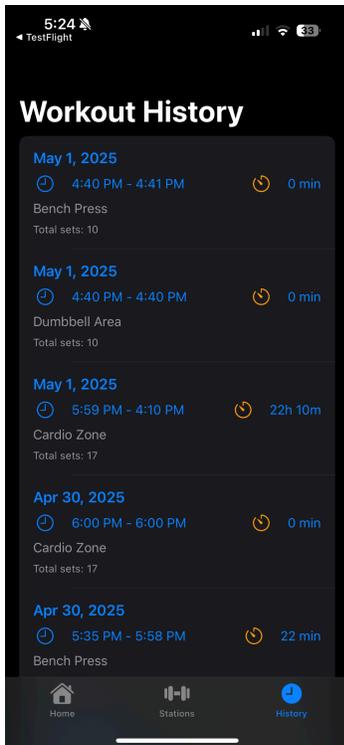
- View your current exercise list
- Track sets, reps, and weights
- Record notes about your performance
- Pause or complete your workout

## History Tab

The History tab shows your workout history. You can:



- View past workouts
- See details about exercises, sets, and weights
- Track your progress over time

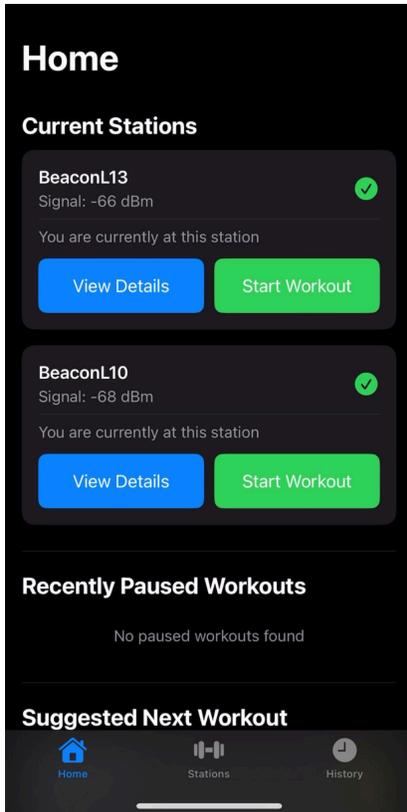


## Using BeaconIO

### Starting a Workout

#### Method 1: Automatic Detection

1. Approach a workout station equipped with a BeaconIO beacon
2. When your phone detects the beacon, a notification will appear
3. Tap the notification or open the app
4. The app will show that you are at the station
5. Tap "Start Workout" to begin tracking



## Method 2: Manual Selection

1. Open the BeaconIO app
2. Go to the Stations tab
3. Find and tap on the station you want to use
4. View station details and available exercises
5. Tap "Start Workout" to begin tracking

## Tracking Your Workout

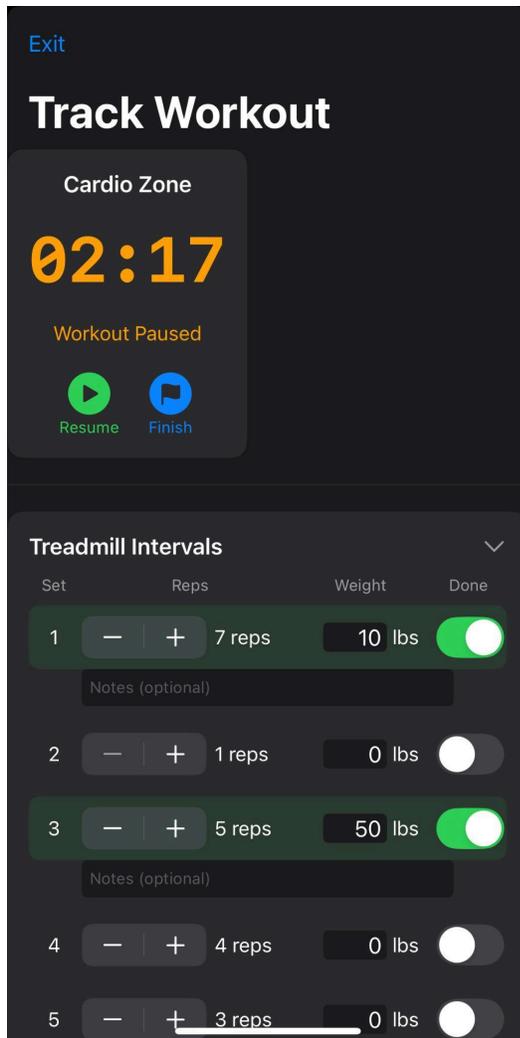
Once you start a workout, you'll see the Workout Tracking screen:

1. The timer at the top shows your workout duration
2. Each exercise appears as a card with its recommended sets and reps
3. Tap the expand button to view exercise details
4. For each set:
  - Use the stepper to adjust the number of reps
  - Enter the weight used
  - Mark the set as completed when done
  - Optionally add notes about the set
5. Tap "Add Set" to add additional sets for an exercise

## Pausing a Workout

If you need to take a break or move to another station:

1. Tap the "Pause" button at the top of the workout screen
2. The workout timer will stop
3. Your progress will be saved
4. You can return to the Home tab or close the app



## Resuming a Workout

To resume a paused workout:

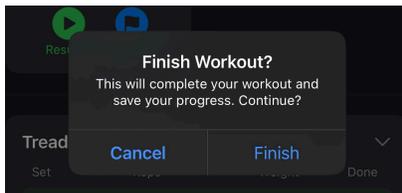
1. Open the BeaconIO app
2. On the Home tab, find your paused workout under "Recently Paused Workouts"
3. Tap "Resume Workout"

4. The workout will continue from where you left off

## Completing a Workout

When you're finished with your workout:

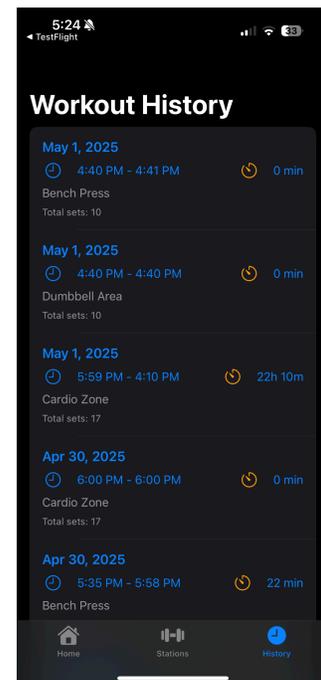
1. Tap the "Finish Workout" button
2. Confirm that you want to complete the workout
3. Your workout data will be saved to your history
4. You'll be returned to the Home tab



## Viewing Your History

To review your past workouts:

1. Tap the History tab
2. Scroll through your workout history (newest first)
3. Tap on a workout to view details
4. The workout detail screen shows:
  - Date and duration
  - Stations used
  - Exercises completed
  - Sets, reps, and weights for each exercise
  - Any notes you recorded



## Tips for Best Experience

- **Enable Bluetooth:** Keep Bluetooth turned on to automatically detect stations
- **Stay Close to Beacons:** Stand within 2-3 meters of a beacon for reliable detection
- **Complete Your Workouts:** Be sure to tap "Finish Workout" rather than just closing the app
- **Use Workout Notes:** Record notes about how exercises felt for future reference
- **Check Suggested Workouts:** The app learns from your history to suggest balanced workouts

# Troubleshooting

## Beacon Not Detected

If a workout station isn't detected automatically:

1. Make sure Bluetooth is turned on
2. Move closer to the station (within 2-3 meters)
3. Wait 10-15 seconds for detection
4. If still not detected, use the Stations tab to manually select the station

## Workout Data Not Syncing

If your workout data isn't appearing in your history:

1. Check your internet connection
2. Restart the app
3. If the problem persists, your data is still saved locally and will sync when connection is restored

## App Performance Issues

If the app seems slow or unresponsive:

1. Close and restart the app
2. Check for available app updates
3. Ensure your device has sufficient free storage space