



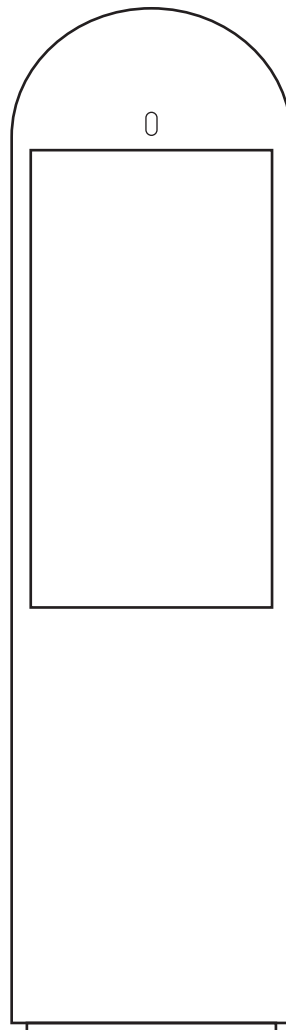
FIT Wind, LLC d/b/a Alter  
2825 E Cottonwood Parkway,  
Suite 500  
Salt Lake City, UT 84121



FCC ID: 2A9F4-AIFS01

# ALTER SCREEN

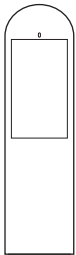
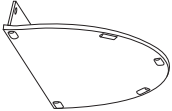

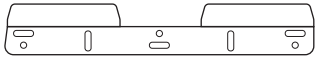





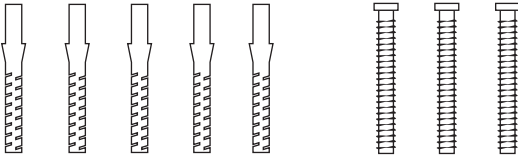
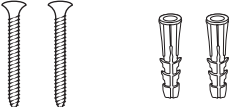
## Instruction Manual



**PLEASE, READ THESE SETUP INSTRUCTIONS CAREFULLY BEFORE  
INSTALLING, OPERATING OR TURNING ON YOUR ALTER SCREEN**



## CONTENT SUMMARY

#	NAME	REFERENCE IMAGE
1	Alter Screen	
2	Base Stand	
3	Saftey Tether Anchor	
4	Wall-Mounting Cleat	
5	Power Cable	
6	Factory Reset Pin	
7	Camera Cover	
8	Allen Wrench (M5)	
9	Hex Head Screw (M5) 45mm x 2pcs	
10	Wall Plug (M8) 40mm x 5pcs	
	Phillips Head Screw (M4.7) 40mm x 3pcs	
11	Wall Plug (M6) 30mm x 2pcs	
	Phillips Head Screw (M4) 30mm x 2pcs	

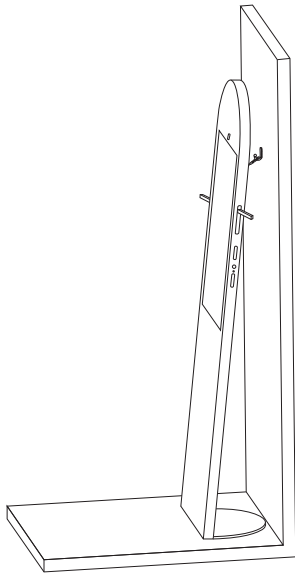
## ALTER INSTRUCTIONS

Welcome to Alter. We're happy you're here.

Your Alter Screen is your portal to a whole world of exercise, expert-advice from world-renowned trainers, fitness, and wellness.

Before you dive in, you'll need to assemble your Alter Screen. There are two ways to do that.

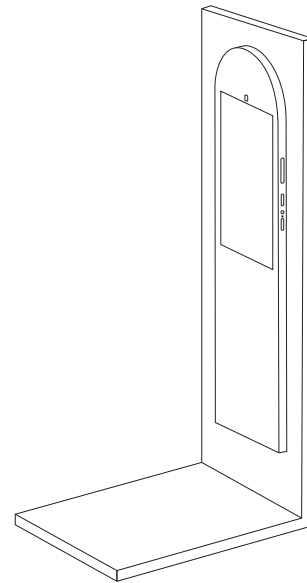
### Option 1:



#### Use the free-standing base stand

This method involves using the base stand and safety tether provided to set up your Alter Screen.

### Option 2:



#### Mount your Alter Screen to a wall

This method requires mounting your Alter screen to your wall using the wall-mounting cleat bracket provided. (We highly recommend hiring a professional to wall mount your Screen).

Whether it's a friend, or a pro — screen installation takes two sets of hands. You get better results when you workout with an expert trainer. You'll also get better results when you work with a professional when setting up your Alter Screen, especially if you're planning on wall mounting your screen.

Alter partnered with [Angi](https://www.angi.com/) (<https://www.angi.com/>) to offer new customers a discount when hiring professional installers. [Hire one right here and get your screen installed in 30-45 minutes](http://match.angi.com/booknow/zip?taskoid=40066) (<http://match.angi.com/booknow/zip?taskoid=40066>).

Whether you choose to call a professional, or your friend we'd highly recommend having someone to help you out during your Alter Screen installation.



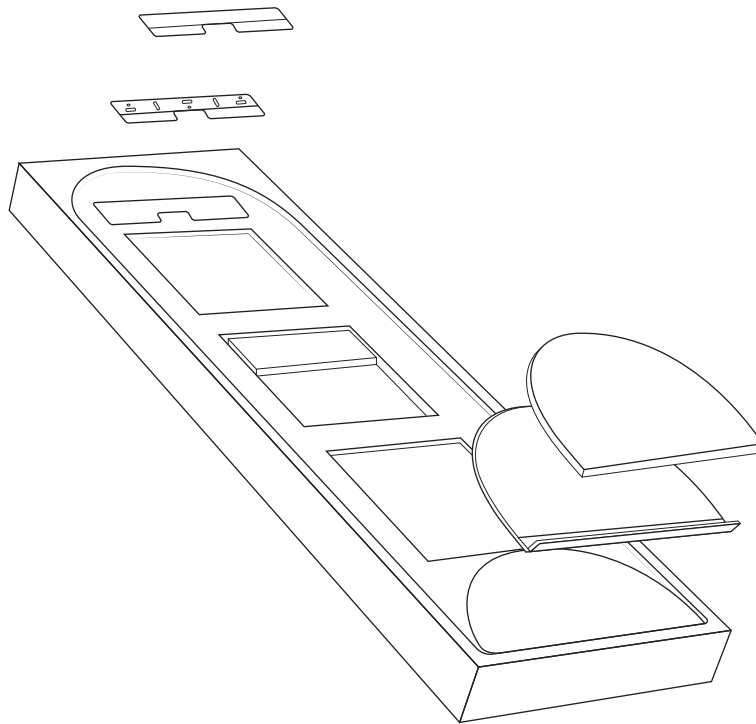
## BASE STAND INSTRUCTIONS

### Choose Your Location

Before you unpack your Alter Screen, choose the area where you'd like to install it. You'll want to look out for a few key factors:

- Room to workout - Make sure the area you pick has enough room for you to squat, push up, press, fly and lunge your way to your fitness goals. You'll need to be able to workout 5 feet away from your screen without running into anything in front of you or beside you.
- Power accessibility - Your Alter Screen needs to be plugged into a power source to work. Use the 6 foot power cable provided to reach an outlet, or use an extension cord if you're mounting your screen more than 6 feet away from an outlet.
- Internet accessibility - Your Alter Screen also needs WiFi to broadcast your daily workouts, wellness sessions, and more. Make sure the location you choose has a strong WiFi signal.

### Get Organized

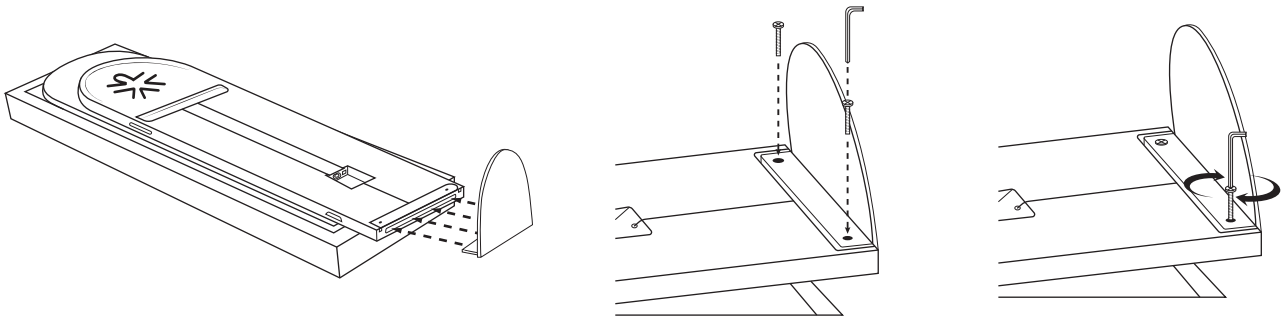


Pick a spot where you'll unbox and organize all the items and tools you'll need to mount your Alter Screen using the base stand.

First, remove the base stand and other components from the box. Make sure to leave the plastic film on your Alter Screen until you're directed to remove it.



## Set Up the Base Stand



With your base stand unboxed and clear of any obstructions, grab the Allen Wrench (M5) and loosen the two hexagonal bolts located at the bottom of your Alter Screen. Keep these bolts handy.

Next, grab your base stand and line up its two threaded holes with the two threaded holes at the bottom of your Alter Screen. Grab the bolts you just set aside, and use them to attach the base stand to your screen with the Allen Wrench (M5).

## Secure the Base Stand and Safety Tether Anchor Brace to the Wall



Move your Alter Screen to the general area where you plan on installing it. Identify a spot in the wall where you'd like to mount the safety tether that will secure your Alter Screen to your wall, preventing it from tipping over.

Drill two pilot holes, preferably on a stud, 55 to 60 inches above the floor.

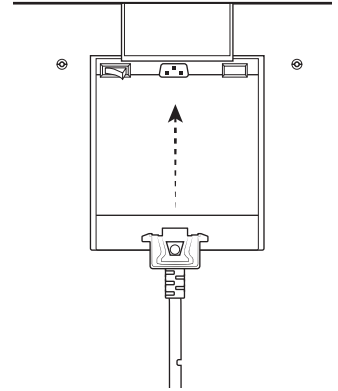
Insert 2 × 30mm Wall Plugs (M6) and securely tighten the safety tether anchor brace to the wall using 2 × 30mm Phillips Head Screws (M4).

*One note here — if you choose not to anchor your Alter Screen with the safety tether, your limited warranty will remain intact. But, in accordance with Alter's Terms of Service, any defects, damage, or failure stemming from not using the provided safety tether will not be covered by your warranty. Additionally, Alter is not liable for any injury or property damage arising out of installations that do not follow the standard installation instructions.*

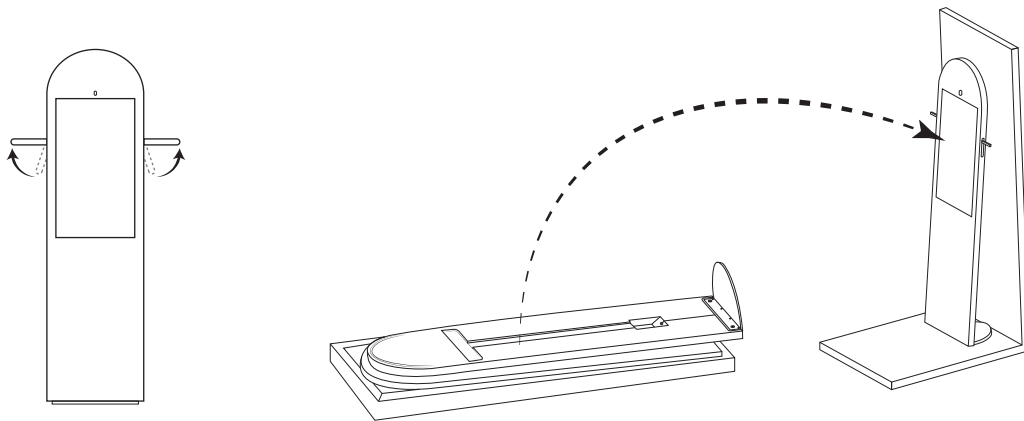


## Get Ready for Power

Grab your Alter Screen as well as the power cord provided and insert the female end into your screen. Do not attempt to plug your Alter Screen into the outlet yet.



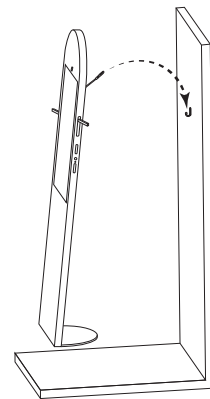
## Get Your Alter Screen Into Its Place



This part takes two people. So, call your friend or the professional helping you out and ask for help. Next, use the fold out handles on the sides of your Alter Screen to carefully lift it into a vertical, standing position in front of the safety tether anchor brace.

## Attach Your Screen to the Safety Tether Brace Point

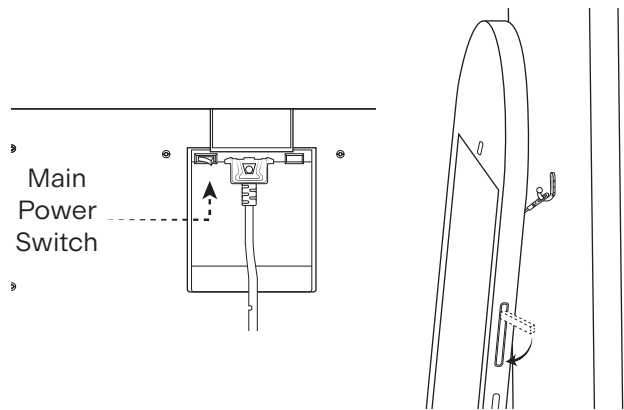
Grab the retractable safety cord located on the back of your Alter Screen, approximately 15" from the top of your screen, and attach that cord to the safety tether anchor brace that you secured on the wall.



## Plug in Your Alter Screen

Once your Alter Screen is safely tethered to the wall, plug its power cord into a wall outlet or extension cord. Make sure the master power switch at the back of your Alter Screen is in the “on” position. Note that the master power switch is different from the power button. The power button is at the right side of your Alter Screen. The master power switch is at the back.

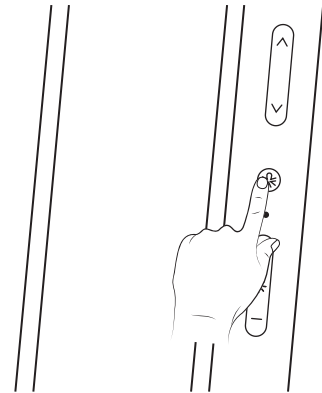
Next, fold out the handles on the side of your Alter Screen and position it so the back of the base stand touches the wall.



## Turn On Your Alter Screen

The big moment is here. It's time to turn on your Alter Screen. Find the power button on the right side of your screen between volume and brightness controls and press that button to turn your screen on.

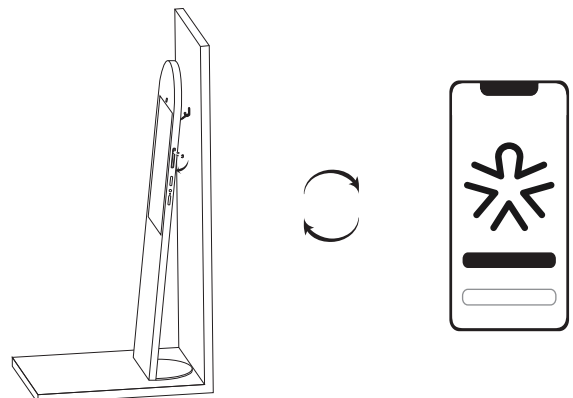
Next, remove the plastic film from your screen.



## Pair Your Screen and the Alter App

You've done the hardware work. Now, it's time for software to take over. Follow the instructions displayed on your Alter Screen. Open the Alter app on your phone to pair your screen to Wifi, and to link your screen to your Alter account.

After that's set, you're ready to start your journey with Alter. Congrats!



## Wall Mounting Instructions

If you choose to wall mount your Alter Screen, we'd highly suggest hiring a professional. You'll need experience to find studs, drill holes into drywall, make sure your screen is level and more. Professionals excel at this type of work. Hire one right here (<http://match.angi.com/booknow/zip?taskoid=40066>).

If you chose not to hire a professional, remember that your Limited Warranty will remain intact. However, in accordance with Alter's Terms of Service, Alter & FIT Wind, LLC will not be liable for any injury or property damage arising out of accidents occurring before, during or after installation or relocation. For complete warranty information, please see our Warranties page at (<http://www.alterme.com/legal/limited-warranty>).

### Gather the Tools You Need:

1. Wall-Mounting Cleat
2. Wall Plug (M8) 40mm x 5pcs
3. Phillips Head Screw (M4.7) 40mm x 3pcs
4. Hex Head Screw (M5) 45mm x 2pcs
5. Alter Screen
6. Power Cord

### What you will need that is not included in your Alter Screen box:

1. Pencil
2. Tape Measure
3. Stud Finder
4. Level
5. Drill
6. Hammer / Rubber Mallet
7. Phillips Head Screwdriver

### Choose Your Location

Before you unpack your Alter Screen, choose the area where you'd like to install it. You'll want to look out for a few key factors:

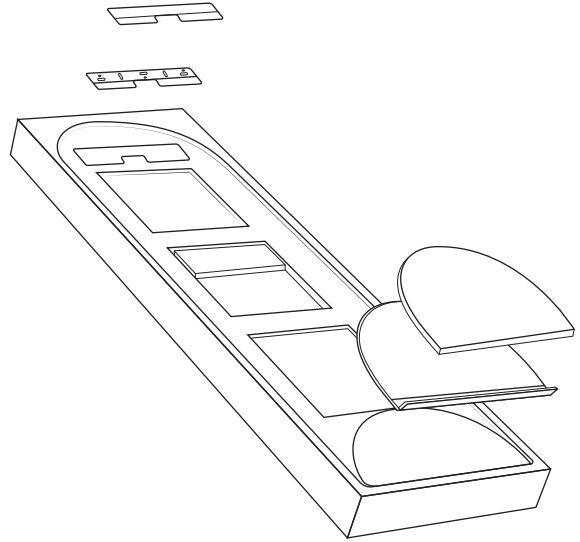
- Room to workout - Make sure the area you pick has enough room for you to squat, push up, press, fly and lunge your way to your fitness goals. You'll need to be able to workout 5 feet away from your screen without running into anything in front of you or beside you.
- Power accessibility - Your Alter Screen needs to be plugged into a power source to work. Use the 6 foot power cable provided to reach an outlet, or use an extension cord if you're mounting your screen more than 6 feet away from an outlet.
- Internet accessibility - Your Alter Screen also needs WiFi to broadcast your daily workouts, wellness sessions, and more. Make sure the location you choose has a strong WiFi signal.





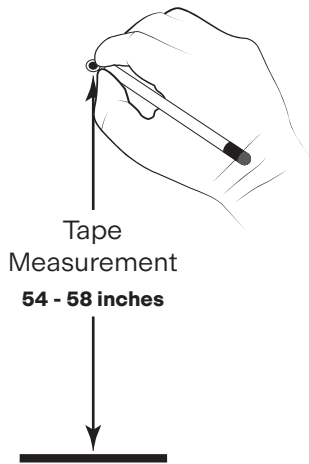
## Get Organized

Pick a spot where you'll unbox and organize all the items and tools you'll need to mount your Alter Screen to your wall.



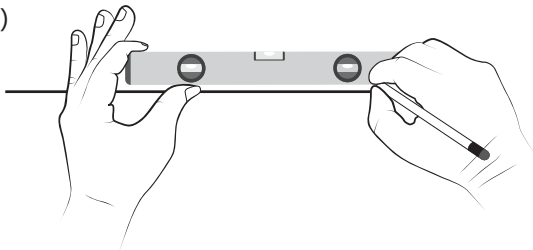
## Measure and Mark

(1)



1) Use measuring tape and a pencil to mark a spot on the wall where you want to mount your screen. This spot should be 54 - 58 inches above the floor.

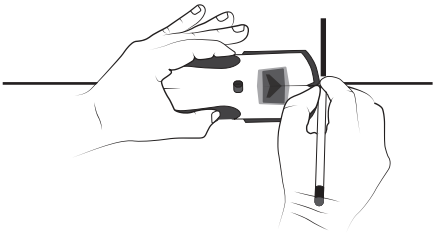
(2)



2) Using a level as a guide, start at the spot you marked and draw a straight, horizontal line approximately 18 inches across, 9 inches on each side of the marking.

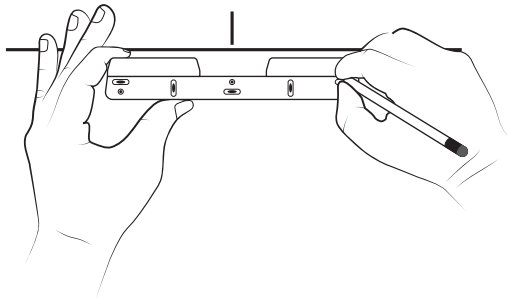


(3)



3) Along the line you just made, find a wall stud. Mark the stud's location underneath the line you drew. When installing your Alter Screen into drywall, the wall mounting cleat must be connected to a stud. If you cannot find a stud, or don't have a stud finder tool, purchase one at any local hardware store.

(4) & (5)

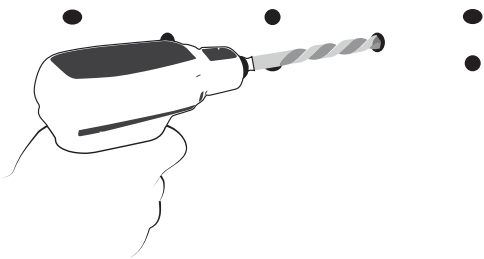


4) Place the wall mounting cleat in a position where it is both level and in-line with the stud you've marked. The top of the wall mounting cleat should be below the horizontal line you've drawn, just enough to still see the line slightly above the top edge of the cleat.

5) Using a pencil and the wall mounting cleat as a location template, mark out at least five pilot hole connection points. You'll need at least two holes in the center of the cleat located in-line with the stud. Then set aside the cleat.

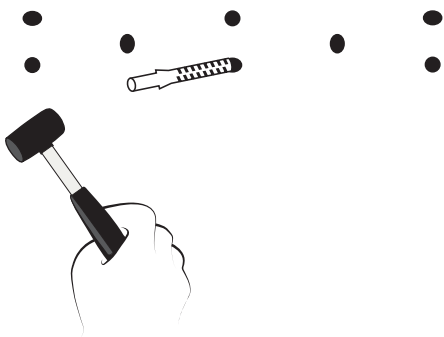
*(Warning: Before drilling, ensure that pilot holes are not drilled in walls with water, plumbing, electric, wiring or other internal components behind the pilot holes — if you don't know, ask a professional and do not proceed).*

(6)



6) Next, drill pilot holes where you've marked them. Each pilot hole should be one inch deep.

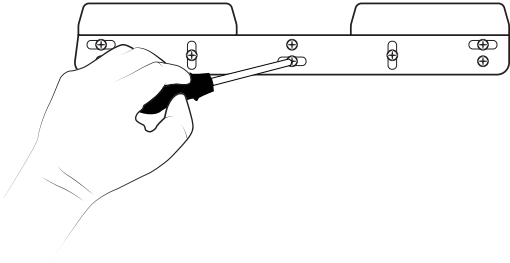
(7)



7) Insert the Wall Plugs (M8) into the pilot holes.



(8) & (9)

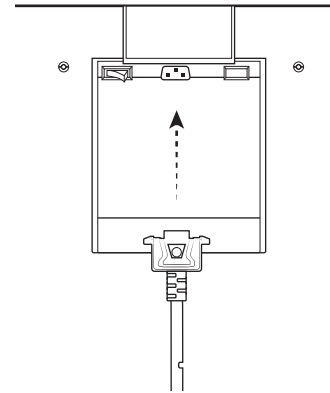


8) Use the 2 x Hex Head Screws (M5) for the center holes, which are in-line with the stud, to fix the cleat to the wall.

9) Use the 3 remaining Wall Plugs (M8) and Phillips Head Screws (M4.7) to securely attach the cleat to the wall.

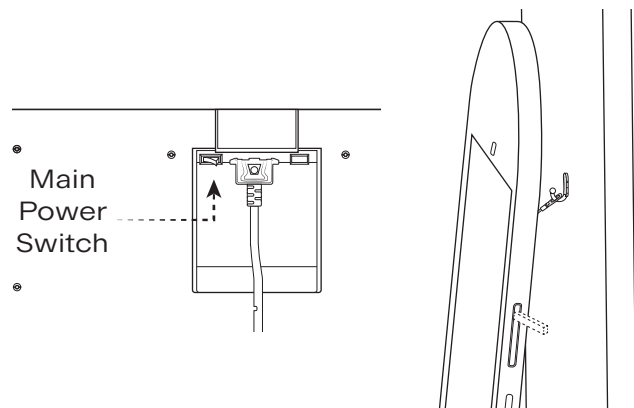
### Get Ready for Power

Grab your Alter Screen as well as the power cord provided and insert the female end into your screen. Do not attempt to plug your Alter Screen into the outlet yet.



### Plug in Your Alter Screen

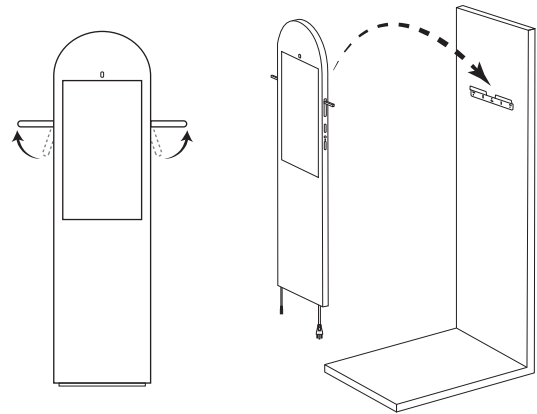
Once your Alter Screen is safely tethered to the wall, plug its power cord into a wall outlet or extension cord. Make sure the master power switch at the back of your Alter Screen is in the "on" position. Note that the master power switch is different from the power button. The power button is at the right side of your Alter Screen. The master power switch is at the back.



## Attach Your Screen to the Wall Mounting Cleat

This part takes two people. So, call your friend or the professional helping you out and ask for help. Next, use the fold out handles on the sides of your Alter Screen to carefully lift it into a vertical, standing position. Then, lift your screen above the wall-mounting cleat and carefully lower on to the cleat so that your screen securely attaches to the cleat and wall.

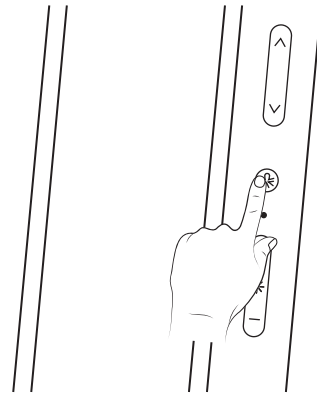
Once your screen is secured push the handles back into position with the frame.



## Turn On Your Alter Screen

The big moment is here. It's time to turn on your Alter Screen. Find the power button on the right side of your screen between volume and brightness controls and press that button to turn your screen on.

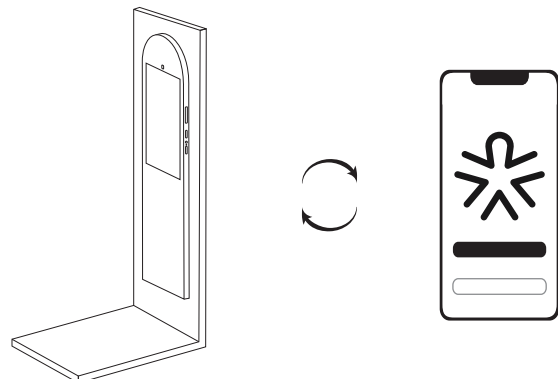
Next, remove the plastic film from your screen.



## Pair Your Screen and the Alter App

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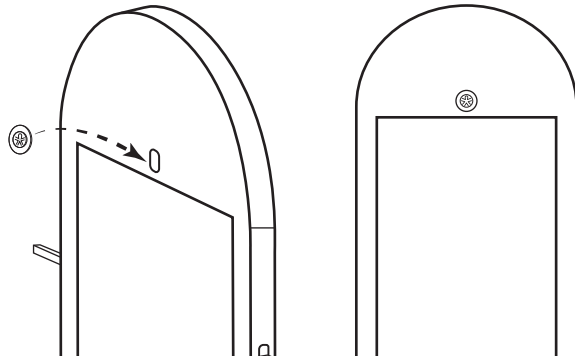


## CAMERA COVER

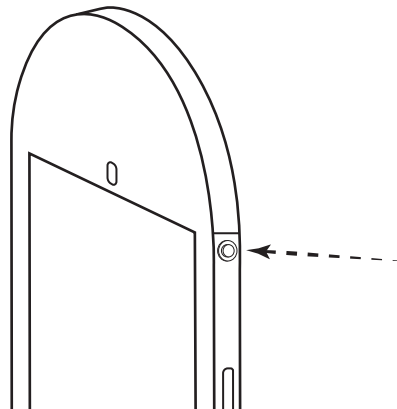
Your Alter Screen comes with a magnetic camera privacy cover which is located in your tool kit (Item #7). For more info on how Alter protects your privacy, check out our Privacy Policy at (<http://alterme.com/legal/privacy-policy>).



To attach the Camera Cover, turn your Alter Screen on, then place the Camera Cover onto the magnetic connection point in the middle at the top of the illuminated LED screen. The Camera Cover will connect over the camera when it is aligned.



The Camera Cover can be stored on a magnetic connection point located on the right-hand side of your Alter Screen (see the image).



## CLEANING INSTRUCTIONS

It is recommended that you only use Microfiber cloth that will protect your Alter Screen from scratching. The safest cleaner for your Alter Screen is a damp Microfiber cloth using clean, warm water. Dampen Microfiber cloth, then wring out all excess water and wipe your Alter Screen. Then dry off with a clean, dry Microfiber cloth.

- Do not use any acid or alkaline cleaners on your Alter Screen. They can damage both the surface and edges of the frame and back of your Alter Screen. Never use an abrasive cleaner on any surface of your Alter Screen or frame.
- Do not use cleaners with heavy ammonia bases. These too can damage your Alter Screen's reflective surface.
- Never spray any type of cleaner directly on to your Alter Screen. Instead, apply the cleaner to a clean, soft Microfiber cloth and then wipe the surface.
- Always use soft, grit-free Microfiber cloths when cleaning your Alter Screen to reduce chances of scratching the surface.
- Be sure to wipe dry all joints and edges thoroughly and be sure that no cleaner comes in contact with the edges of the frame.
- Routine cleaning maintenance can be accomplished simply and effectively by dusting and/or cleaning regularly.

FC FCC ID: 2A9F4-AIFS01

### NOTE:

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

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