

A woman and a man are shown using e-poles on a forest path. The woman is on the left, wearing a pink tank top and black shorts, with a tattoo on her right arm. The man is on the right, wearing a bright yellow-green shirt and black shorts. Both are holding e-poles and appear to be in motion. The background shows a dirt path surrounded by green trees and foliage.

Quick Start Guide e-poles

Download the App



Android



Google Play



iOS



Download on
App Store

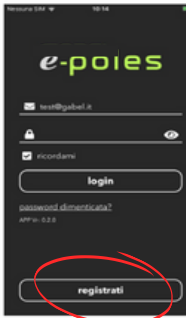
scan QR Code



www.e-poles.com/download
info@gabeltrch.com

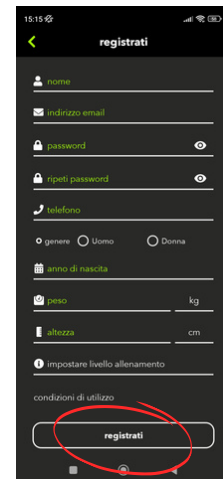


OPEN the application to complete your registration.



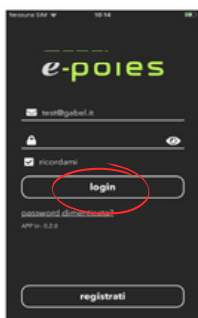
Click on the **REGISTER** button on the home screen.

FILL IN all the required fields with your data, then register the account.



*check all the boxes for the **TERMS OF USE** to be able to proceed with the account registration it is necessary to accept the terms of use and the privacy policy.*

*If the fields have been filled in correctly, the system will send an email to the address specified in the first registration phase. To activate the account, go to the email entered and click on the **LINK** received via email.*



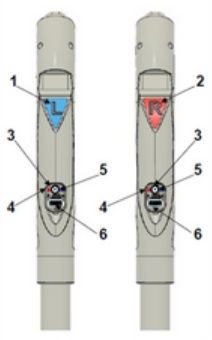
From this moment on you can use the newly created **CREDENTIALS** to **LOGIN**.

Enter your email and password, and check the **REMEMBER ME** box.

CONFIGURE your smartphone settings and permanently disable the **APP's** background shutdown function.

Give all **PERMISSIONS** permanently to the APP in your smartphone's control panel.

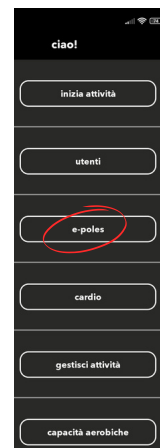
Always activate **GPS** and **Bluetooth** to detect the poles and the heart rate monitor.



LEGENDA	
1	Modulo elettronico sinistro
2	Modulo elettronico destro
3	Pulsante accensione/spegnimento
4	Spia LED rossa
5	Spia LED blu
6	Connettore micro USB

Turn on your **E-POLES** and your **HEART RATE MONITOR**, so that they are visible to your **APP** and you can connect them.

Click on the **E-POLES** icon to access the control section of your poles.



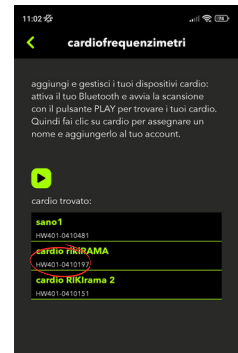
Click on **E-POLES R** and **L** to connect the poles to the application, and associate them with your account.



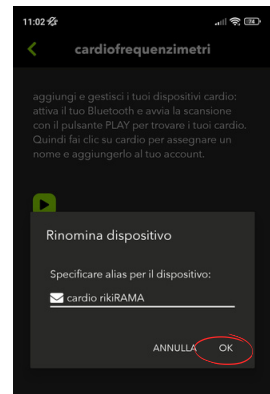
The **SCREEN** will open where you can check the battery status, memory, and version of your **E-POLES**.

You can **RENAME** them as you like, by clicking at the top, and **SAVING** the operation.

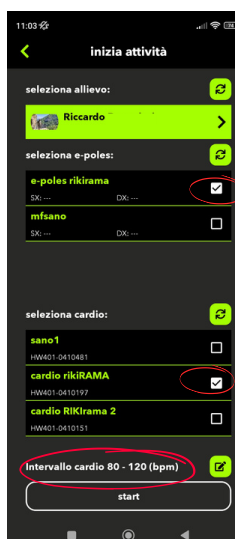
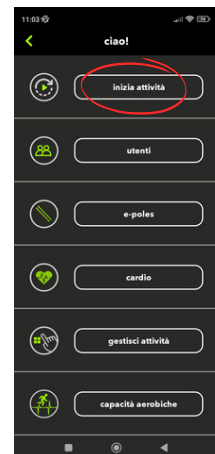
If you have a **HEART RATE** monitor, you can also pair it.
It is recognizable by a code that begins with **HW**...



You can also **RENAME** this device as you like, confirming your choice with **OK**.

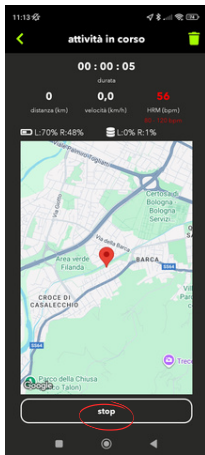


To start a recording click on **START ACTIVITY**.



Select the pair of **E-POLES** you want to use and also the **HEART RATE** monitor.
You can also decide in which **BPM** range to train.

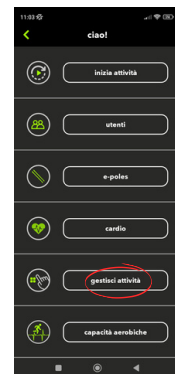
Click on **START** before you begin, wait for the **GPS** signal to connect.



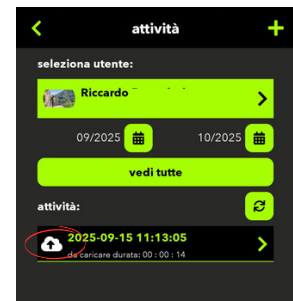
Once the recording has **STARTED**, begin your **WORKOUT**.

To end your activity, press STOP.

To **UPLOAD** the recording to the APP, click on **MANAGE ACTIVITY**.



CLICK on the activity to be uploaded, the icon is in the shape of a "**CLOUD**".



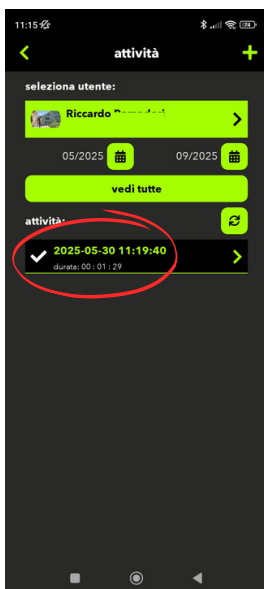
Press **UPLOAD**, the data will be transmitted from the poles to your **APP**.

This way they will be **SAVED** permanently.





Wait until the app finishes **UPLOADING** the **TRACK**.



Once uploaded you will be able to see all the recorded **DATA** and the various **ANALYSES** of the system activity summary.

Here you can find all the data and analysis on your workout

