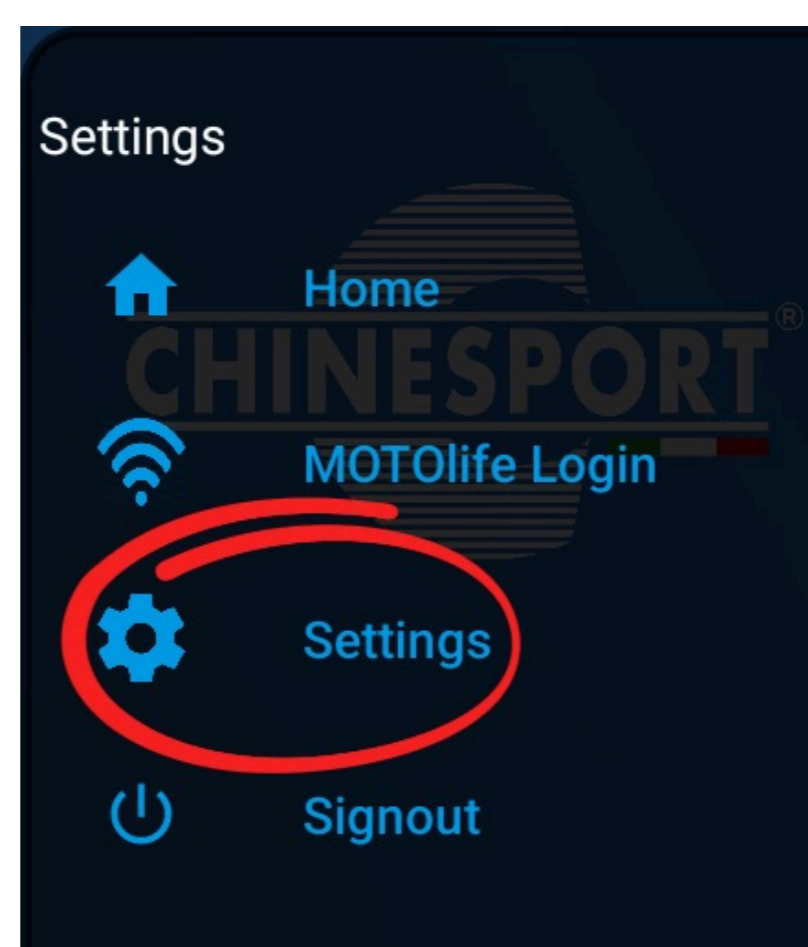### Connect both devices to the Internet

PraxFit system:
Navigate to
Menu > Settings > WiFi,
find your home network
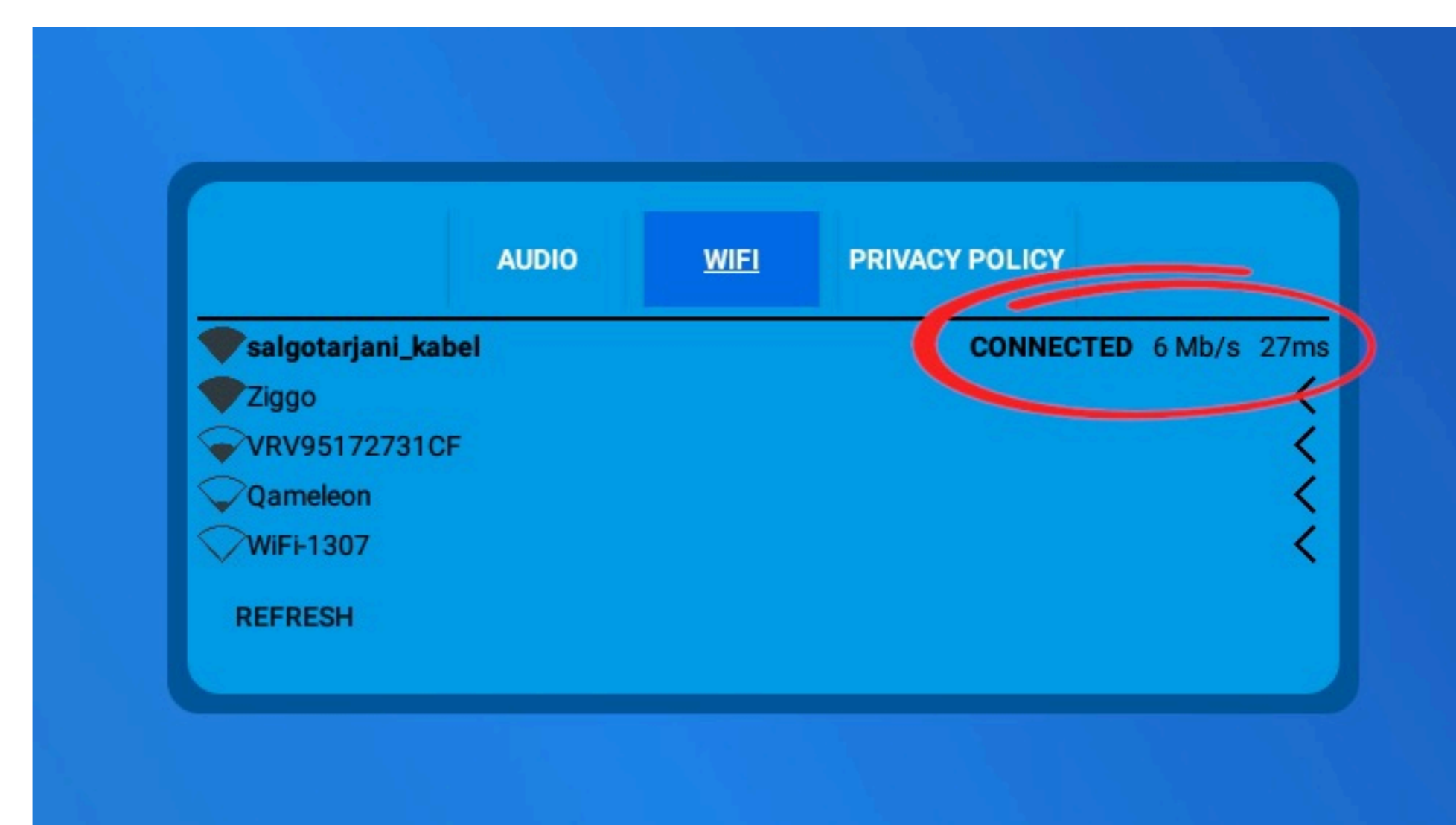and connect

MOTOlife:
Use separate description
'MOTOlife network
connection'

STEP 01

Once connected, the numbers next to your network show that you have Internet access

If no numbers show, or you always see 0 Mb/s or high ping (ms), contact an IT expert

STEP 02

Enter IP: 178.62.194.237, and the serial number on the MOTOlife system

STEP 03

You will be redirected to the Home screen

STEP 04

If you want to disconnect, use the button at Menu > MOTOlife Login, then go back to Step 02 to reconnect

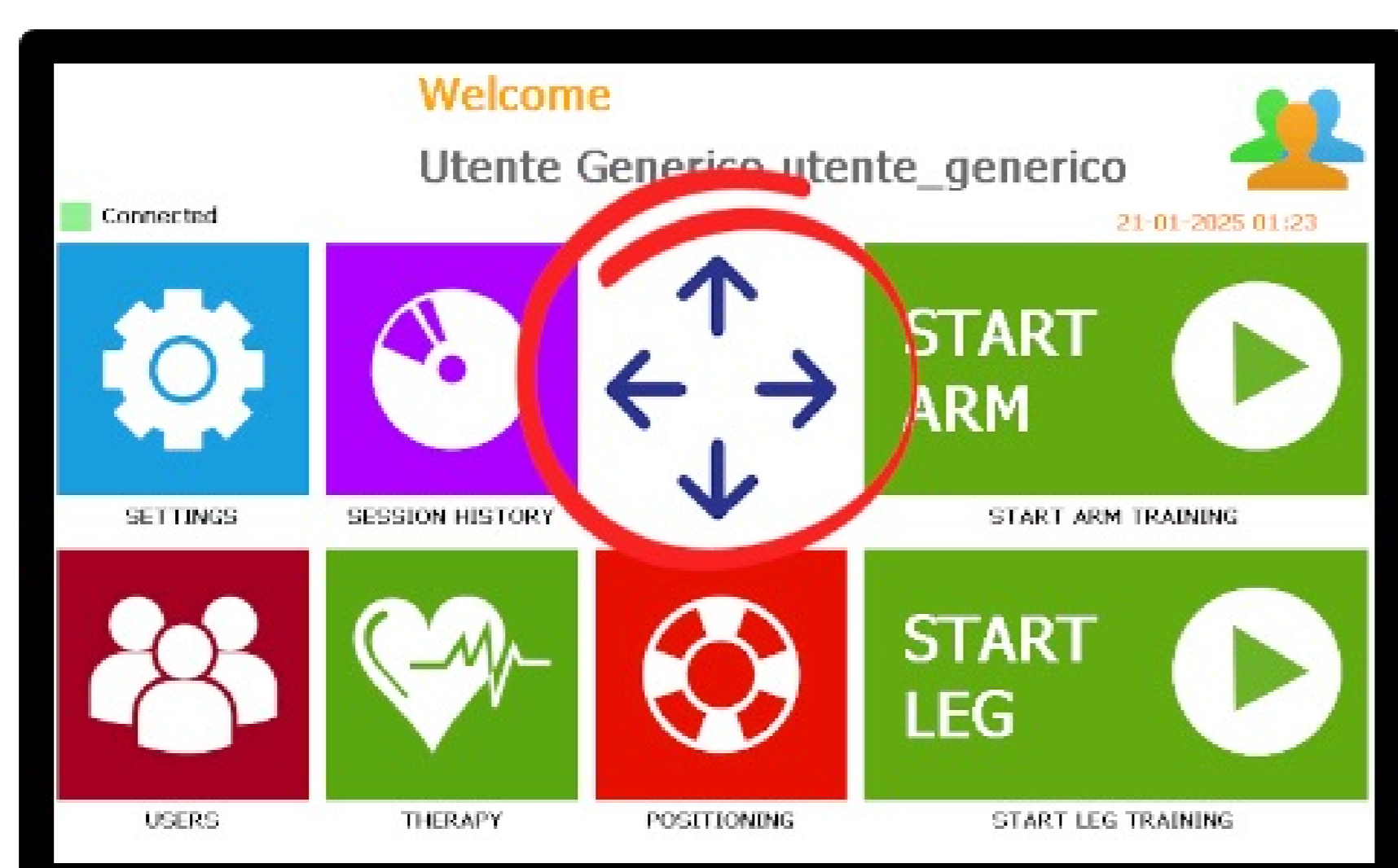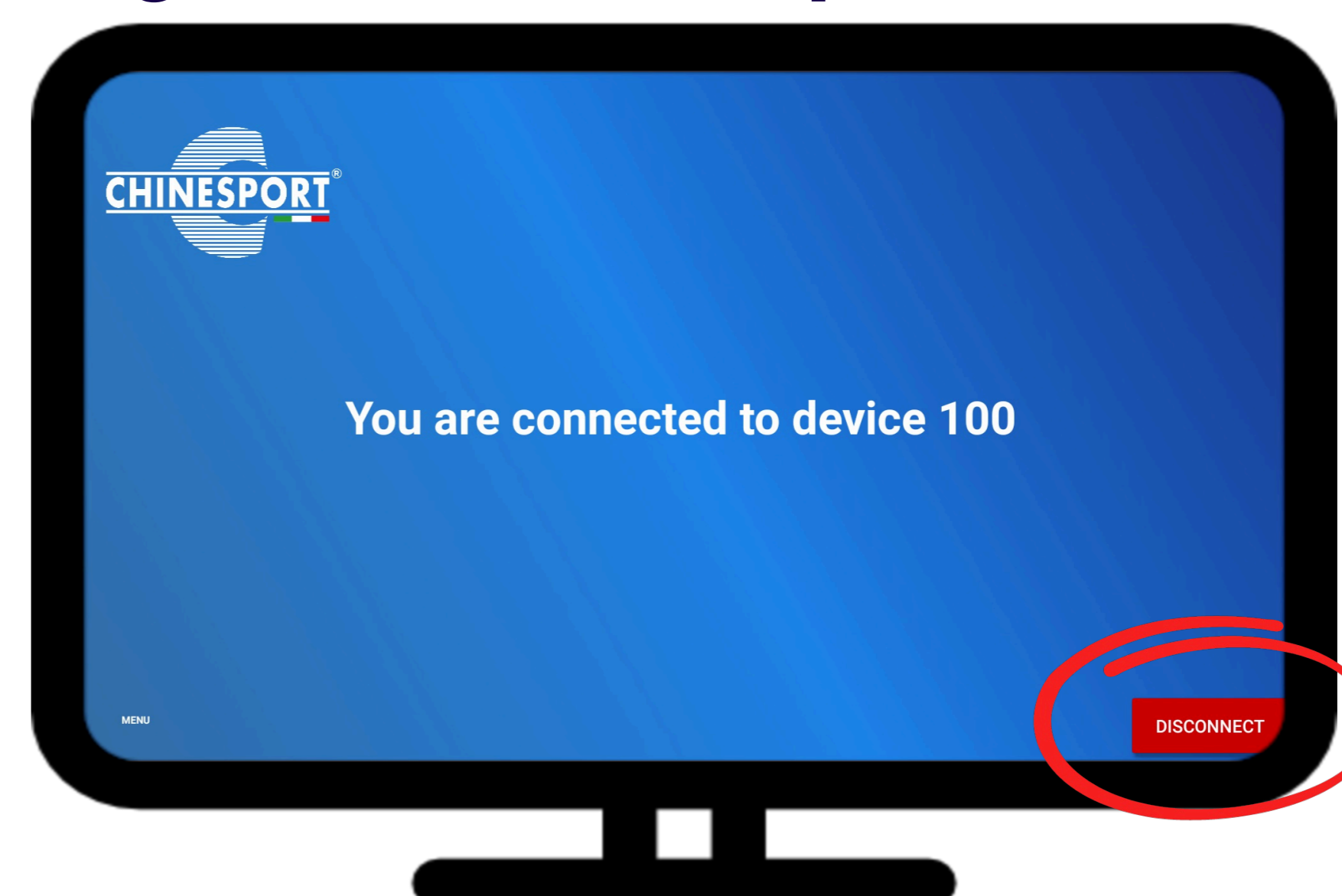**Make sure that you have connection**

a. Choose your product

b. Use the arrows on the MOTOlife interface to navigate movies

STEP 05

In case of no connection:
- Make sure the MOTOlife says "Connected" with a green rectangle
- Check your internet connection: see speedtest in Praxtour app settings
- Restart both devices
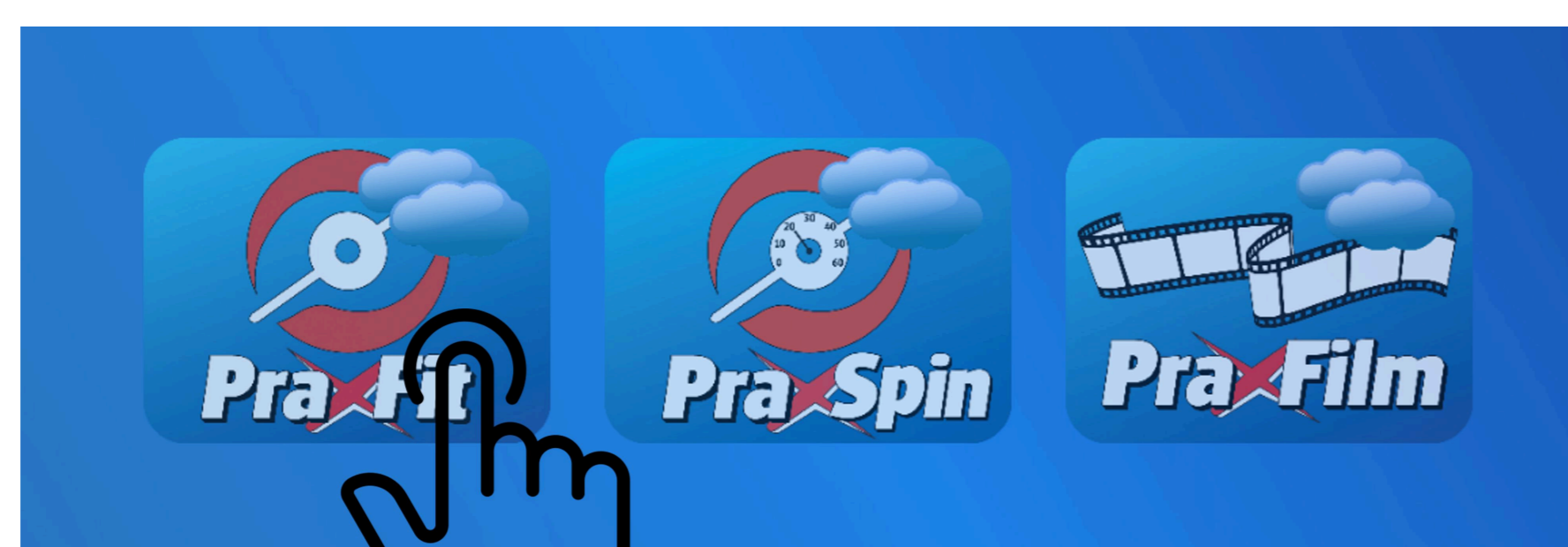- Re-establish connection from the PraxFit system following the steps above

In case problems persist:
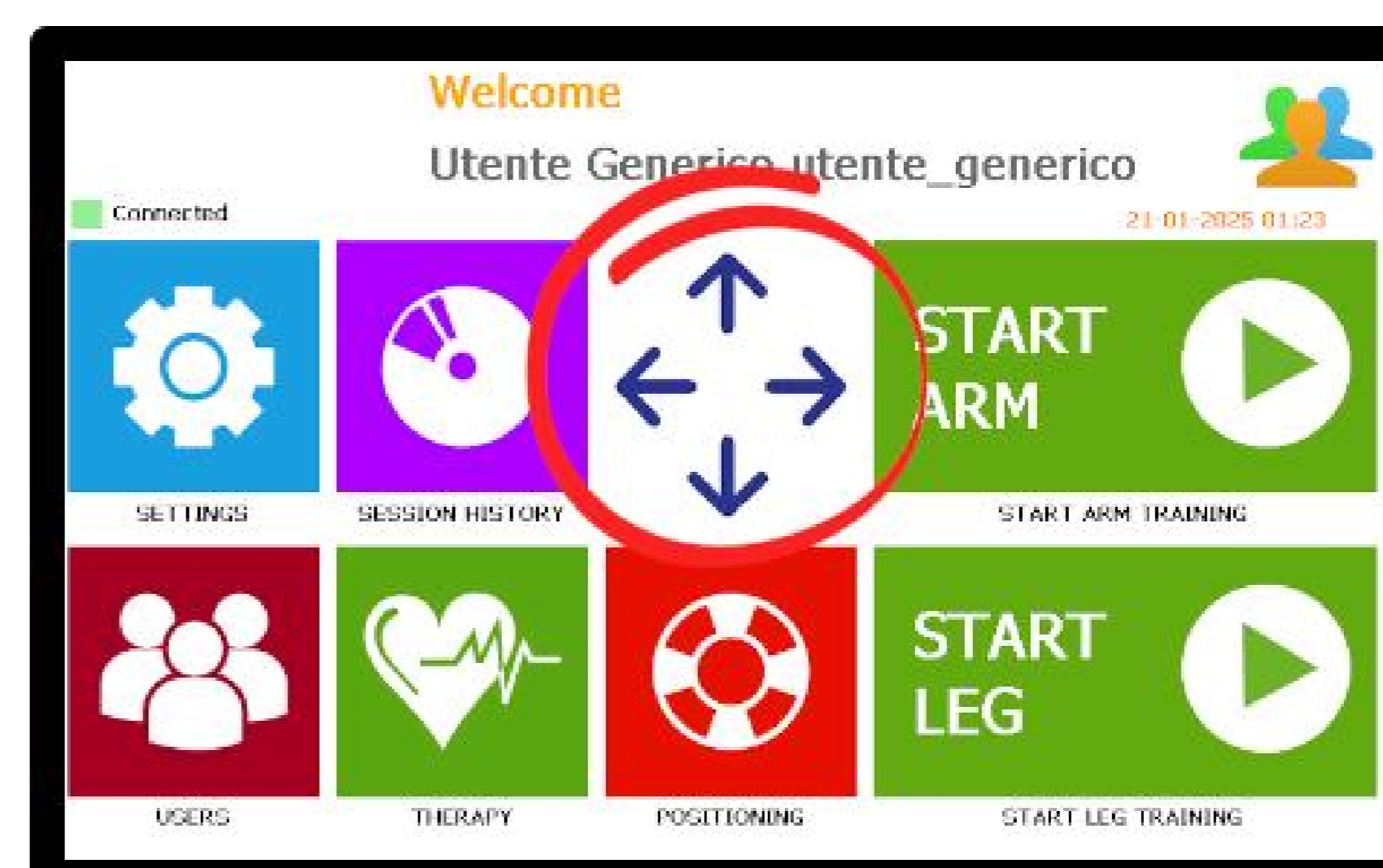- Contact your dealer or reach us at service@praxtour.com

Choose your product

STEP 01

PraxFit: based on movement (RPM)
PraxSpin: set your own pace
PraxFilm: fixed speed

Use the arrows on the MOTOlife interface to select a film

Welcome
Utente Generico utente_generico
Connected
21-01-2025 01:23
SETTINGS
SESSION HISTORY
START ARM
START ARM TRAINING
USERS
THERAPY
POSITIONING
START LEG
START LEG TRAINING

Start training: the film will start automatically

STEP 02

Welcome
Utente Generico utente_generico
Connected
21-01-2025 01:23
SETTINGS
SESSION HISTORY
START ARM
START ARM TRAINING
USERS
THERAPY
POSITIONING
START LEG
START LEG TRAINING

Use MOTOlife interface to pause, resume, and stop training

STEP 03

AVERAGE POWER
1
[W]
STOP

Do you want to continue or stop training?

CONTINUE

TERMINATE
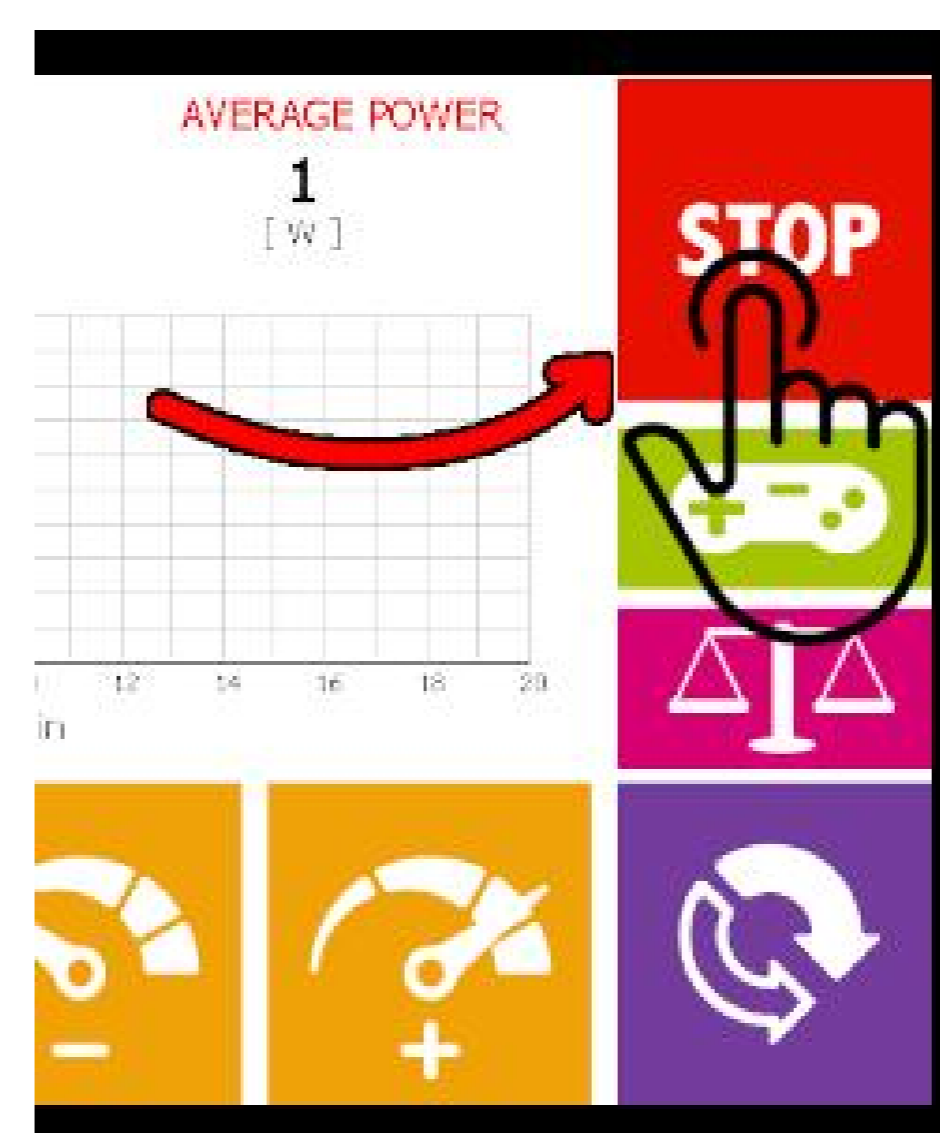
What do the icons mean?
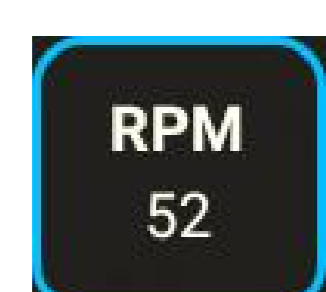
Praxtour interface

STEP 04
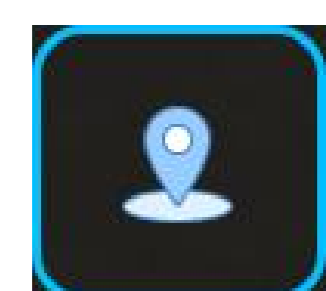
Locator: jump to a starting point

22 kmh — Speed: kilometres per hour (PraxSpin)

RPM 52 — RPM: Rotations per minute

Scroll the green bar to jump to a different point

1   2   3   4   5   6

Use Buttons 1-6 to jump to a different starting point

TIME
1:37
18:23
[min : sec]
SPEED
33
[rpm]
STOP
Pulsanti di salto percorso praxtour
1   2   3   4   5   6
Connected

MOTOlife interface

Locator: jump to a starting point

STOP — Pause training and film

STEP 05

Tap a number to jump to a starting point

1   2   3   4   5   6

In case of no connection:

- Make sure the MOTOlife says "Connected" with a green rectangle
- Check your internet connection: see speedtest in Praxtour app settings
- Re-establish connection from the PraxFit system following the steps in the connection manual
- Restart both devices

In case problems persist:

- Contact your dealer or reach us at service@praxtour.com