

Tempo Move User & Safety Guide

Let's get started →

Welcome to the Tempo Family

Let's get you set up. We've got our Member Experience Team standing by to help with any problems.

Phone

(415) 964-2975

Live Chat

[tempo.fit](#)

Email

hello@tempo.fit



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Hardware Safety Information

In this section, we'll cover →

Maintenance & Routine Inspection

Proper Use

Unsupported Use and Product Misuse

Minors

Use In Conjunction With Third-Party Resources

During Use

Storage

Maintenance & Routine Inspection

Before each use, be sure to check your Tempo Move for any signs of damage or unusual wear. If you believe anything is out of the ordinary, we suggest that you do not use your Tempo Move. Contact Tempo Member Experience (hello@tempo.fit) to schedule inspection by an approved Tempo technician.

If you do not understand how to operate the Tempo Move, please contact Tempo Member Experience. We can explain how it works and give you guidance on safe and proper use. Keep the manual and any warning labels for future reference.

It's important that you do not attempt to repair the Tempo Move on your own. Damaged or worn parts should be replaced immediately by an approved Tempo technician. Do not use the Tempo Move until a proper repair and inspection has been performed.

Use of damaged equipment could result in serious injury or death. Never operate the Tempo Move if it is not functioning properly. Ensure other individuals in the household or who may come in contact with the product know not to use the Tempo Move until maintenance has been performed and the machine is in good working order.

Proper Use



Keep area near the Tempo Move clear and free of trip hazards.

When working out, make sure small children and pets cannot access the area near you or the Tempo Move.

After use, stow away all accessories – dumbbells, weights, collars, etc.



Do not drop dumbbells to the floor.

Do not forcefully bump dumbbells or weights together.

Do not let children climb or pull on the Tempo Move.

Indoor use only. Do not use outdoors.

Avoid placing your Tempo Core so that direct sunlight hits the phone camera while working out.

Unsupported Use and Product Misuse

Tempo's form feedback technology does not support multiple users simultaneously. Limit use to one user at a time and only in accordance with authorized Tempo workouts and documentation.

Do not lean or sit on the Tempo Move. Do not place heavy items on top of the cabinet.

Minors

The Tempo Move is designed for use by individuals aged 18 and up.

Keep children under the age of 13 away.

If approved in advance by a physician, teenagers aged 13+ may use the Tempo Move under direct adult supervision. An adult should review all safety instructions with the minor prior to use.

Do not allow children near Tempo equipment and accessories. Tempo contains parts, components, and functions that can cause severe injury or death.

You are responsible for the safety of your children and anyone else you allow to use your Tempo Move.

Use In Conjunction With Third-Party Resources

Your use of third-party applications, products and accessories (collectively, “Third-Party Resources”) with the Tempo Move should be limited to those that have been approved by Tempo. Tempo cannot assess the safety of untested or unapproved Third-Party Resources, nor does it make any warranties about the safety of Third-Party Resources, whether or not approved by Tempo.

Use of Third-Party Resources in conjunction with the Tempo Move that are not approved by Tempo may result in damage to the unit, injury, or death.

During Use

Always wear appropriate exercise clothing and shoes when working out.

Avoid loose clothing or jewelry that could get caught in the equipment.

Always allow a 6' x 6' area in front of the product during use. Pay attention to your surroundings and communicate with other individuals in the home if using Tempo in a common area.

Start out slowly and make progress according to your physical ability and while using common sense. Even if you are an experienced exerciser make sure you feel familiar with the equipment and movements before moving onto more advanced workouts.

Listen to your body. Do not overexert yourself or work to exhaustion. Use reasonable judgment when working with weights. Using excessive weight and pushing yourself in overly-strenuous workouts may cause injury.

If you experience faintness, chest pain, shortness of breath, or other abnormal symptoms, stop use immediately and consult a physician. Contact your medical provider prior to restarting your training.

Weight recommendations, metrics, directions, and various other aspects of the display experience may be subject to error. Values and directions should be used for reference only.

Tempo may update its software periodically without prior notice, which may result in a loss of data, access, features, or functionality.

Storage

Always fully stow all Tempo accessories between workouts. This helps keep you and everyone in your household safe, and helps preserve longevity of your Tempo.

Health & Fitness Safety Information

In this section, we'll cover →

Medical Warnings

Fitness Advice

Medical Warnings

Before using your Tempo Move, as with any fitness plan, you should consult a physician who can assess an appropriate exercise regiment based on your overall health and any particular health conditions that may influence your safe use of the Tempo Move.

Certain exercise programs, classes, or equipment may not be appropriate for all people. Incorrect or excessive training can result in serious injury or death.

Some health conditions that may influence your appropriate and safe use of the Tempo Move are:

- Acute or chronic injuries
- Medication that may affect your heart rate
- Lack of prior exercise
- Advanced age
- Physical or mental health conditions that inhibit physical activity

The foregoing are not intended to be an exhaustive list, nor a substitute to consulting your physician.

It is the responsibility of the Tempo owner to ensure that all users of the Tempo Move are adequately informed of all warnings, precautions, guidelines, and information related to the Tempo Move.

Fitness Advice

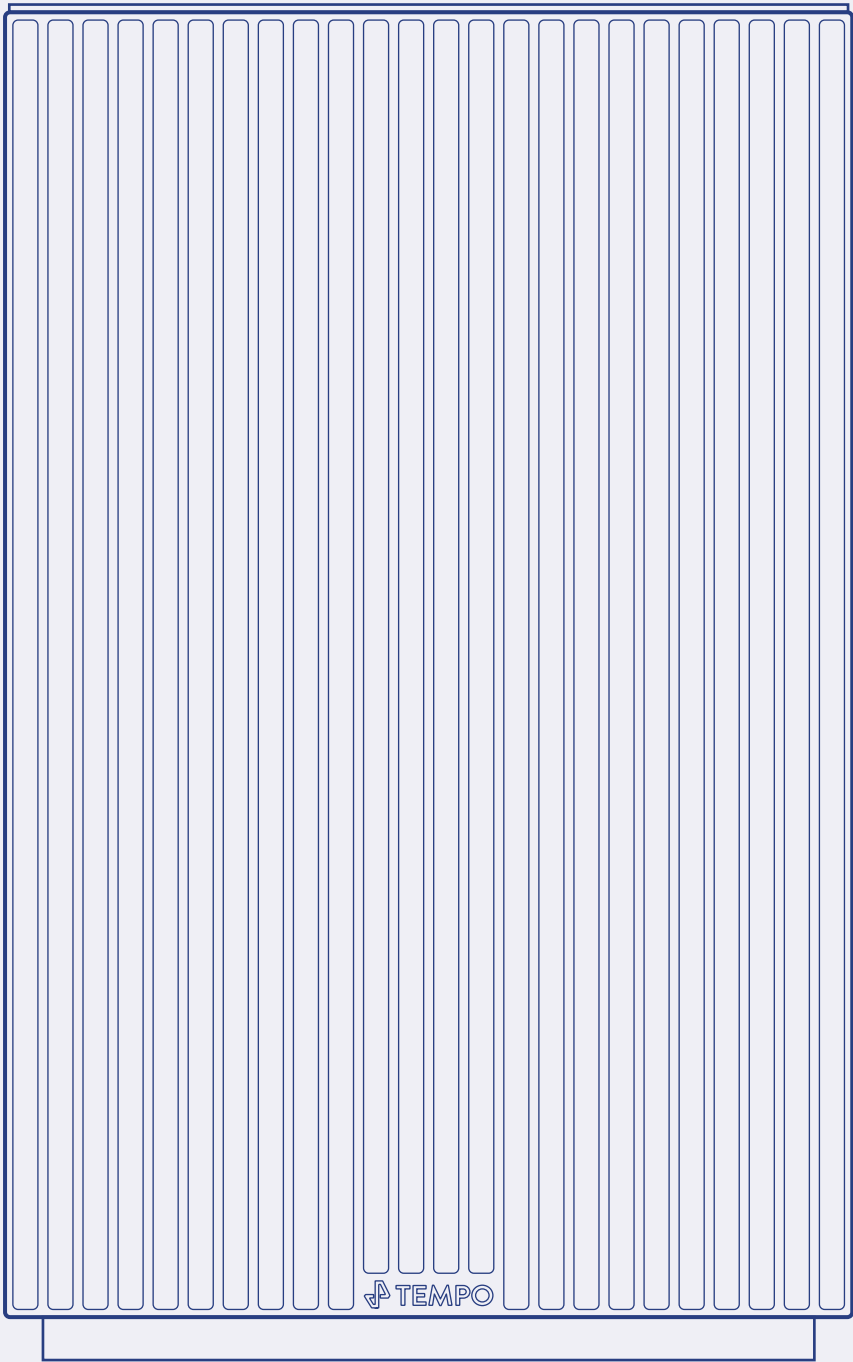
During the Tempo onboarding process, think carefully as you select your fitness goals. The goals you select will influence the classes and programs that are recommended to you. Recommendations do not take into account your current or previous health history.

Make sure to take all the Tempo introductory classes when you receive your Tempo Move. These classes will:

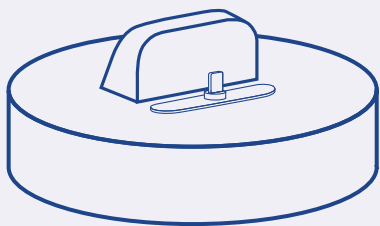
- Guide you through proper use of the Tempo Move and your new equipment.
- Introduce you to our Tempo coaches who will have valuable safety and performance tips for you during class.
- Show you how to use Tempo form feedback and metrics systems to get the most out of your workout and reach your goals faster.

Our coaches will be able to provide personal training-related recommendations via Tempo's classes, newsletters, emails, or social media channels. However, they are not physicians. Consult your doctor before starting any fitness program. You are highly encouraged to carefully review any information you encounter with your professional healthcare provider.

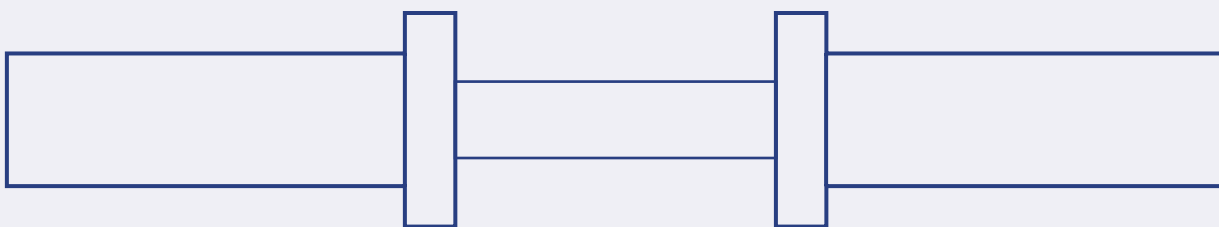
What's Included



Accessories Cabinet
22" H x 13.5" D x 13.5" W



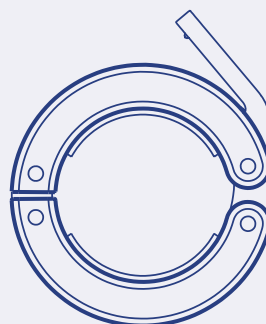
Tempo Core
3.94" x 3.94" x 1.12"



Dumbell
7.5lb x 2



Weight Plates
1.25lb x 4, 2.5lb x 4, 5lb x 4



Collars
x 4

Getting Started

In this section, we'll cover →

Meet Tempo

Heart Rate Tracking

Weight Collars

Rep Counting

Meet Tempo

To get started, download the Tempo app through the App Store by scanning this QR code with your phone.



Alternatively, use can download the Tempo app through the App Store. Then log in through the app to continue the setup process.

Log in through the app to continue the setup process.

Heart Rate Tracking

A Tempo Heart Rate Monitor (HRM) or Apple Watch is recommended for using the Tempo Move, but is not required. If neither a Tempo HRM or Apple Watch is paired, Tempo will not be able to detect or provide metrics about your heart rate. If you have a HRM or Apple Watch, you can pair the device through the Tempo app.

Tempo Heart Rate Monitor (HRM)

Place the HRM around your upper arm, with the monitor facing outward. Press the power button on top of the device. Once turned on you should see green lights flashing underneath. Be sure to turn it off at the end of the workout to preserve the HRM's battery.

In the event that your HRM does not respond to your Tempo, please check the following:

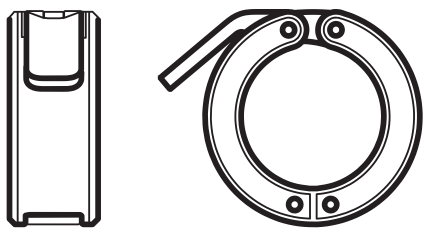
- In order to optimize your workout, be sure that your HRM is fully charged beforehand. The charging cable is included in the box that the monitor came in. The HRM will alternate red and green to indicate that it's being charged.
- Check that the placement is right. The HRM is designed to be fastened snugly around your upper arm, with the monitor facing outward. Wrist placement may provide unreliable results and is not recommended. If you are struggling to get a reading during a workout, be sure that your device is uncovered by clothing, is facing away from the torso of your body, and isn't over large tattoos or thick patches of hair that may interfere with the sensor. Once a heart rate is found, it will display on the Tempo screen.

Apple Watch

- Make sure your iPhone and Apple Watch are connected to the same WiFi network.
- Complete the setup flow in the mobile app.

Weight Collars

Weight collars are intended to keep added weight plates from sliding off of your dumbbells, as well as other accessories in the Tempo Accessories Store, such as the kettlebell or barbell. Ensure collars are securely placed and latched on the dumbbells, kettlebell, or barbell. Collars should be placed on the dumbbells, kettlebell or barbell so that the entire collar is on—partial placement can result in collar malfunction.



In the event that you find it difficult to remove your collars, be sure that you are fully opening them. When they are fully opened, the collar will produce an audible “CLICK” or “POP” noise.

There are two divots on the latch which make that noise, and when not fully extended, they may be visible.

Rep Counting

Rep counting requires your phone's 3D sensor to detect your body and Tempo weights without obstruction. Follow these best practices:

Background and Environment — Check behind you

The 3D sensor needs a direct line of sight to you to provide form guidance and rep counting. Since Tempo workouts may involve laying on the ground or stepping from side-to-side, it's important to keep your workout area clear to ensure ideal performance.

Obstruction — Make sure there is nothing between you and your Tempo

If the 3D sensor can't see you, it can't count your reps. This doesn't just apply to your whole body, but also to individual body parts. To be as accurate as possible, the 3D sensor needs an unobstructed view of your whole body. If something is between you and the 3D sensor, it may mean your rep counting will be affected. The more of you that is obstructed, the more likely your reps won't be counted.

Even small obstructions can be problematic: the stack of weight plates that blocks your wrist/forearm when doing push ups or the loaded dumbbell that blocks your foot/ankle when doing goblet squats can cause a failure. More obvious examples include: stepping behind a couch, chair, or bed when doing a lunge, and pets or children that step between the 3D sensor and you.

Positioning — Make sure there is at least 6 feet between you and Tempo, and get centered

Being at the right distance and facing the correct direction is crucial. If Tempo tells you to move back, please move back. Always face the direction the coaches or Tempo tells you to. Facing the correct way allows the 3D sensor to see the most critical parts of your body to provide accurate form guidance. Staying centered to the 3D sensor is also important. It's easy to lose track of this when doing a lateral movement (lunges) or a ground-based movement (chest press). If you step out of view or lay down, a part of your body may be out of the frame, making tracking more difficult.

Lighting — Avoid extreme lighting conditions when taking a class

Make sure you are not working out in an extremely dark space or in a spot where direct sunlight can shine into the 3D sensor (on your phone). The 3D sensor will still work in poorly lit rooms, or rooms with very direct sunlight, but as you deviate away from “normal” lighting conditions it increases the odds that the 3D sensor may confuse you with the background or something in the environment.

Form — Try your best to complete a rep

Tempo rep counting requires you to meet certain conditions to trigger a rep. If Tempo does not recognize that your motion is similar to the instructed exercise, it will not count the rep. It’s important to go through the entire motion, not doing a “half rep”, if you want to get credit for your repetitions.

GETTING STARTED



0:32 High Knees

12:42 REMAINING

EVERYONE

20		145
21		138
22		136
23		135
24		134
25		128

HEART RATE 146 Zone 4



Care & Maintenance

In this section, we'll cover →

Tempo Move & Accessory Maintenance

Software Maintenance

Tempo Move & Accessory Maintenance

For occasional cleaning of the Tempo Move or accessories, wipe down using a mild cleaning detergent, or a small squirt of dish detergent in a gallon of warm water. Please use a non abrasive cloth for cleaning.

Do not use any harsh cleaners that are “tough on grease.” This will take off any rubber materials that are on your weights or on other accessories.

Software Maintenance

Once you download the mobile app, enable “automatic updates” to keep the software up to date.

Member Support

If you run into problems or have questions along the way, our Member Experience Team is standing by 24 hours a day to help.

Troubleshooting:
support.tempofit

Email:
hello@tempofit

Live Chat:
tempofit

Phone:
415-964-2975

tempo.fit