



FCC ID: 2A9F4-AIFS01

IMPORTANT: DO NOT TURN YOUR ALTER SCREEN ON UNTIL YOU HAVE READ AND FOLLOWED THESE SETUP INSTRUCTIONS

Installation Options







Your Alter Screen comes with two options for installation and the required components for both are included. Please make sure you have your Wi-Fi password available for either.

- **Free Standing with Base Stand – See Part 1 of Instructions:** Your Alter Screen is attached to our unique Base Stand and connects to the wall for safety using our Safety Tether. Safety Tether anchoring requires two small wall holes.
 - If you choose not to anchor your Alter Screen using the provided Safety Tether after connecting the Base Stand, your Limited Warranty will remain intact. However, any defects, damage, or failure arising from not using the provided Safety Tether will not be covered by the Alter Limited Warranty. And, per our Terms and Conditions, Alter will not be liable for any injury or property damage arising out of any installation that does not follow our standard installation options.
- **Wall Mounting – See Part 2 of Instructions:** Your Alter Screen is mounted flush to your wall (affixed to drywall, masonry, concrete and plaster) using the included Wall-Mounting Cleat bracket and requires five small wall holes for secure installation. (Professional Assistance Recommended).
 - If you choose to wall mount, please make sure that you have identified appropriate stud placement and that behind the wall risk items (i.e. water, plumbing, electrical, wiring, etc) have been properly researched, identified, vetted, and accounted for.

Installation Process

It is strongly recommended that installation be completed with the support of a second individual. Whether you choose Free Standing or Wall Mounted installation, we have partnered with Angi to provide you professional installation services nationwide. Angi is a network of more than 250,000 professionals and their Happiness Guarantee ensures that your Alter Screen will be installed promptly and correctly. As an Alter customer you will receive preferred pricing and can learn more by visiting <http://match.angi.com/booknow/zip?taskoid=40066>.

Professional installation is strongly recommended for Wall Mounting your Alter Screen and usually takes 30-45 minutes.

INSTALLATION KIT CONTENTS		
Items	Name	Image
1	Alter Screen	
2	Base Stand	
3	Base Stand Safety Tether	
4	Wall-Mounting Cleat	
5	Power Cable	
6	Factory Reset Pin	
7	Camera Cover	
8	Allen Key M5	
9	M5 x 45mm Hex Screws x 2pcs	
10	Raw Plug M8 40mm x 5pcs	
	Phillips head screw M4 40mm x 5pcs	
11	Raw Plug M6*30mm x 2pcs	
	Phillips screw M4*30mm x 2pcs	

PART 1:

BASE STAND SETUP AND ASSEMBLY INSTRUCTIONS. If you want to mount your Alter Screen to the wall, do not complete the Base Stand instructions. Instead, see our Wall-Mounting Cleat Guidelines, Part 2.

Step 1: LOCATE WHERE YOU ARE GOING TO POSITION YOUR ALTER SCREEN IN YOUR ROOM:

Installation Location: Part of choosing where to set up your Alter Screen will depend on understanding the requirements to make your workouts successful. Your Alter screen is only for indoor use where the operating temperature is above 55 degrees Fahrenheit.

Viewing Angles And Workout Space: Viewing angles and exercise space should be considered when you are choosing where to place your Alter Screen. Generally, you should stand 5 feet from your Alter Screen to allow the camera to capture your movements for coaching. Also, please keep in mind you will need additional room to move forward, backwards and laterally when performing exercises.

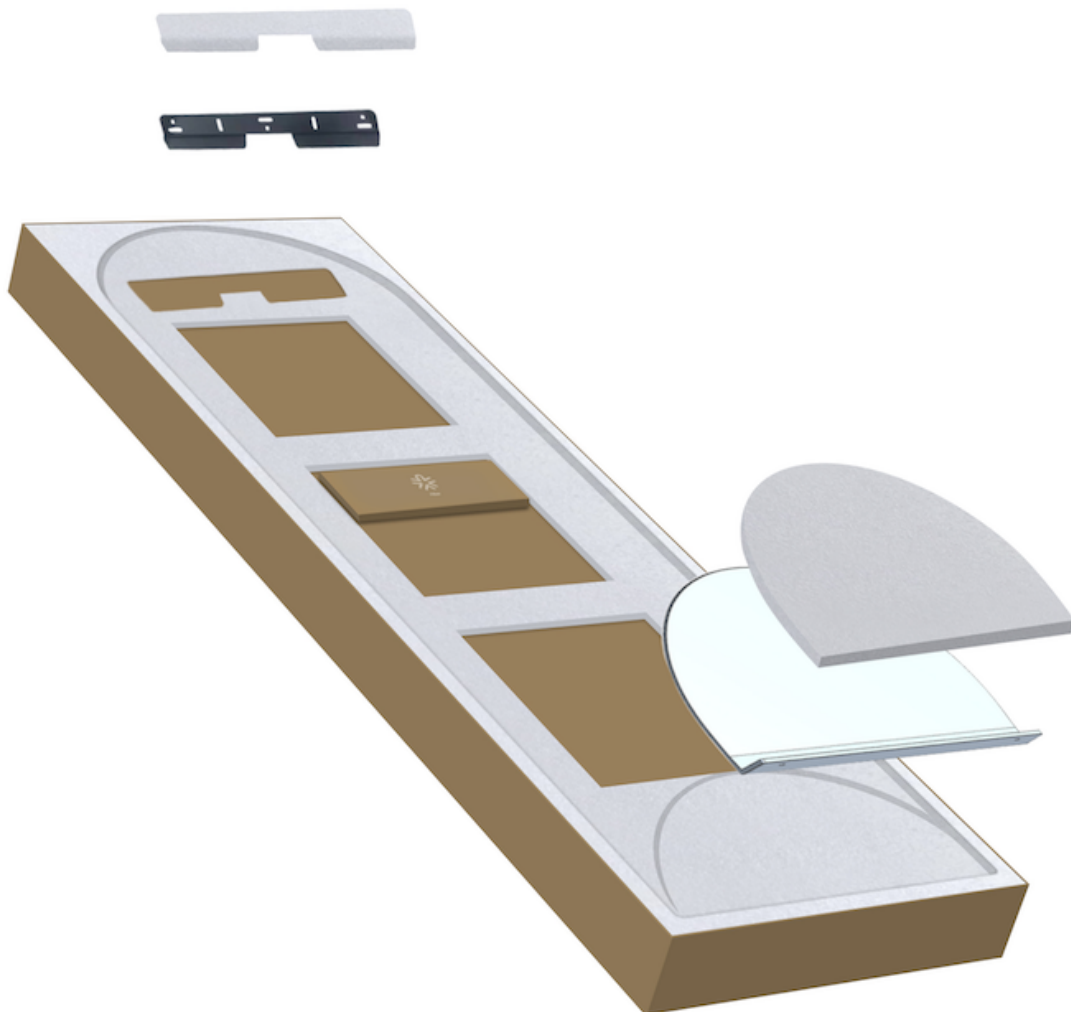
Installation Distance from Outlet: Your Alter Screen comes with a 6 foot Power Cable with a three-pronged plug. If you'd prefer to use an outlet farther than 6 feet from your Alter Screen you can use a UL-rated extension cord.

Internet Connectivity: Choose a location that has a strong Wi-Fi signal, as Wi-Fi is required for your Alter System to perform.

Step 2: UNPACK & REMOVE ACCESSORIES & ASSEMBLY COMPONENTS IN PREDETERMINED LOCATION

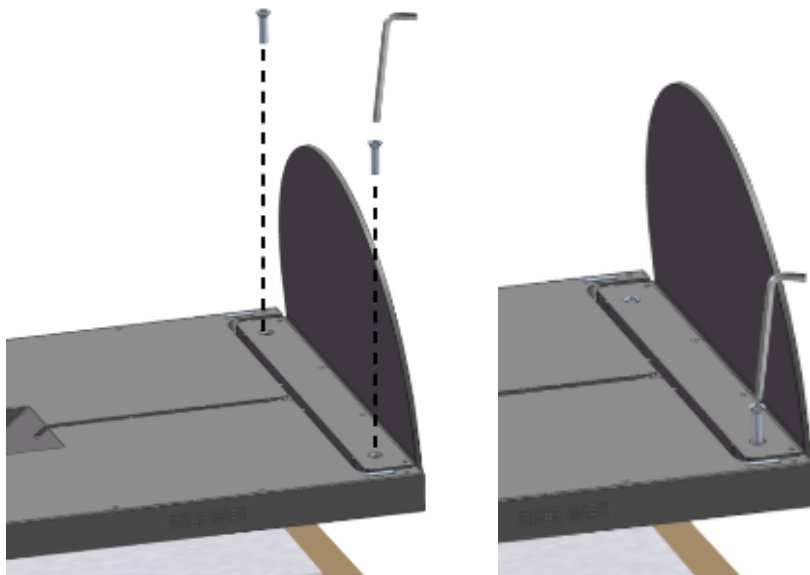
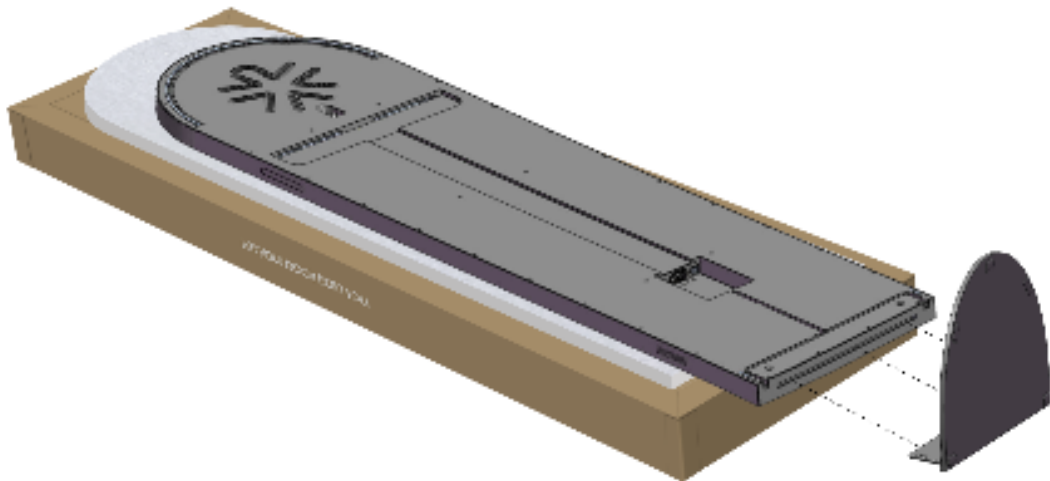
- a) Remove Base Stand and other components from box.
- b) You will not need the Wall-Mounting Cleat but make sure to keep it if you decide to wall mount your Alter Screen later.

IMPORTANT: Please save all packaging items, including your Alter Screen box and contents. Please do not remove the plastic film from your Alter Screen until instructed to do so.



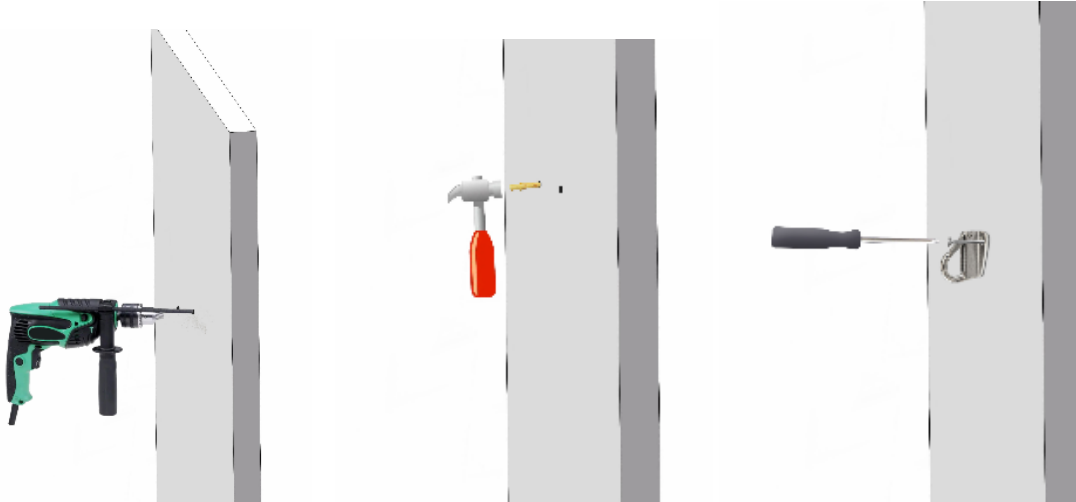
Step 3: ATTACH BASE STAND

- a) Using the supplied Allen Key M5, loosen and set aside the two hexagonal bolts already located at the bottom of your Alter Screen. Insert Base Stand into the slot at the bottom of your Alter Screen and securely hand tighten the previously set aside 2 hex bolts.



Step 4: SECURE BASE STAND SAFETY TETHER ANCHOR BRACE TO WALL

- a) Locate where you are going to place your Alter Screen.
- b) Identify a secure solid point (stud behind dry wall) at a height of 55 to 60 inches from the floor and drill two small pilot holes.
- c) Insert Raw Plug M6*30mm x2 and securely fit Safety Tether Anchor Brace to the wall using Phillips screw M4*30mm x2.



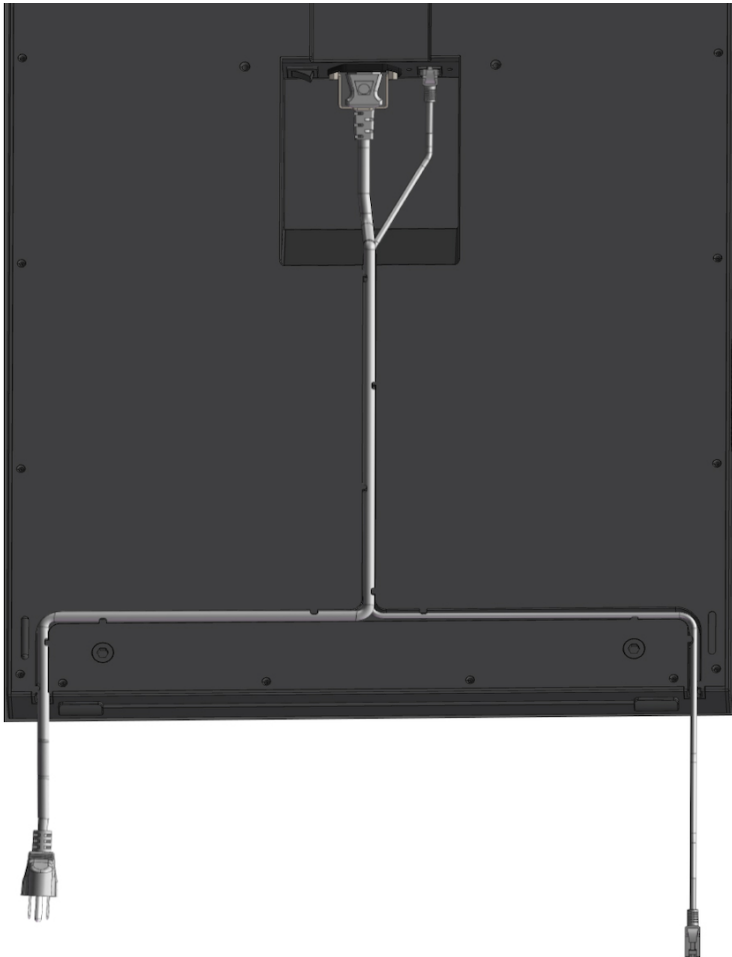
BASE STAND SAFETY TETHER MUST BE INSTALLED AND ATTACHED TO YOUR ALTER SCREEN AT ALL TIMES TO AVOID RISK OF SCREEN DAMAGE OR INJURY FROM TIPPING OR FALLING.

If you choose not to anchor your Alter Screen using the provided Safety Tether after connecting the Base Stand, your Limited Warranty will remain intact. However, any defects, damage, or failure arising from not using the provided Safety Tether will not be covered by the Alter Limited Warranty. And, per our Terms and Conditions, Alter will not be liable for any injury or property damage arising out of any installation that does not follow our standard installation options.

Step 5: CONNECT POWER CORD

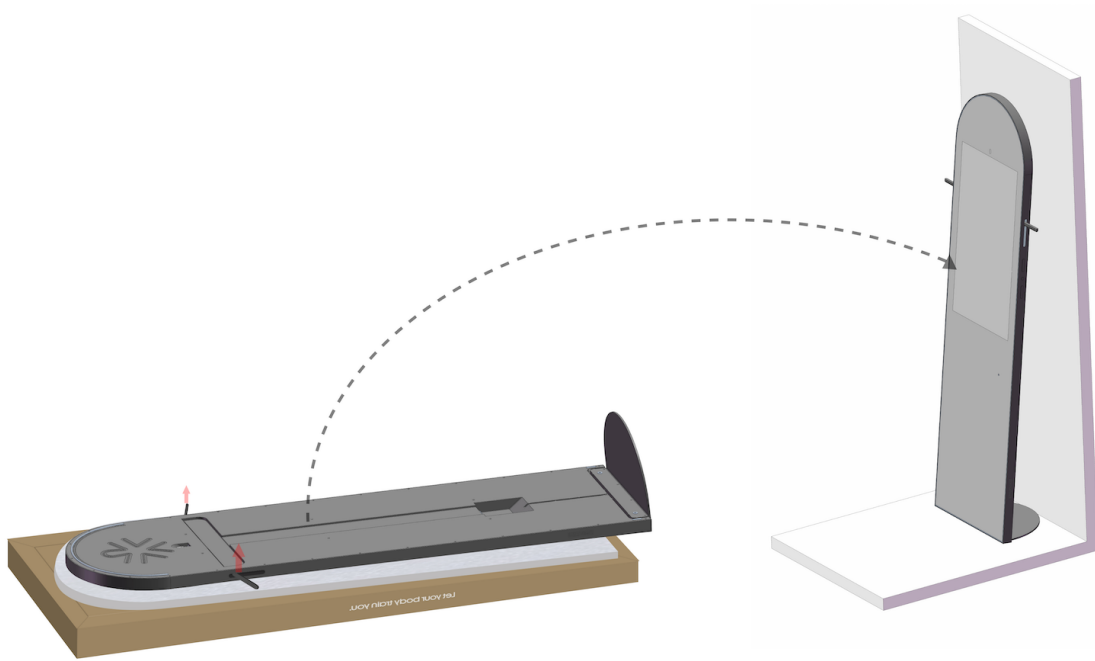
- a) Connect the power cord into the back of your Alter Screen. (The LAN cable below is pictured for reference and not provided. It is not required unless requested or advised by Alter Support).
- b) Take note of the location of the Master Power Switch (MPS) in the power recess on the back of your Alter Screen for a future step in the setup process.

Optional: You can run the power cord in the back of your Alter Screen (refer to the diagram below) through the cord recess where the power cord plugs into your Alter Screen. This step is not a requirement, rather an option based on the distance between your Alter Screen and the wall outlet.



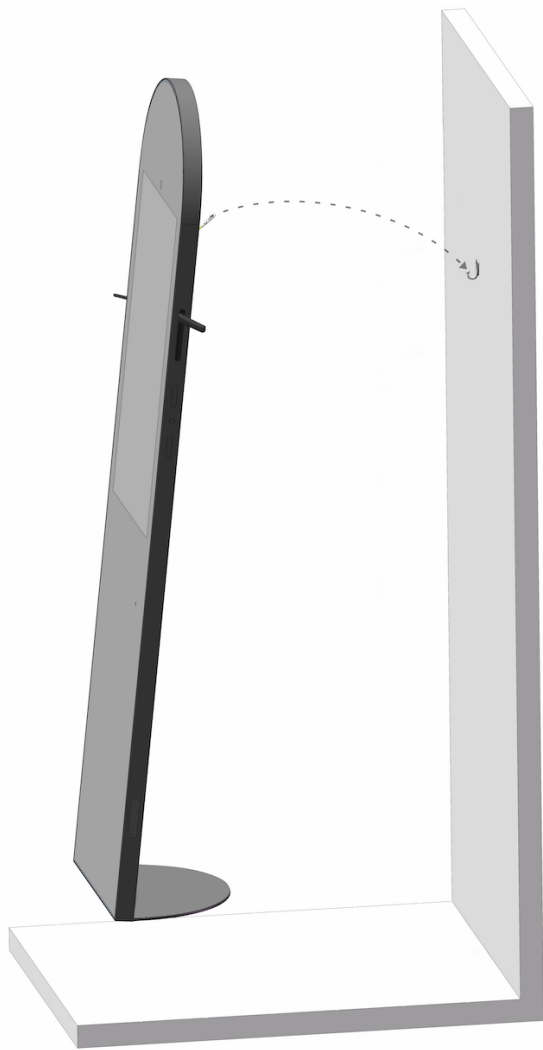
Step 6: LIFT YOUR ALTER SCREEN INTO LOCATION

- a) With the help of another person, using the fold out handles on the side of your Alter Screen, carefully lift your Alter Screen into a vertical standing position in front of the Safety Tether Anchor Brace.



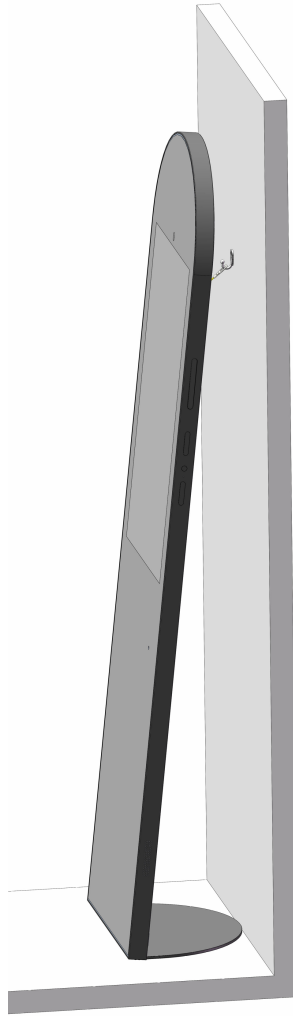
Step 7: ATTACH SAFETY TETHER TO BRACE POINT

- a) Attach your Alter Screen's retractable Safety Cord, located on the back of your Alter Screen approximately 15" from the top of your Alter Screen, to the Base Stand Safety Tether Anchor Brace that you secured on the wall.



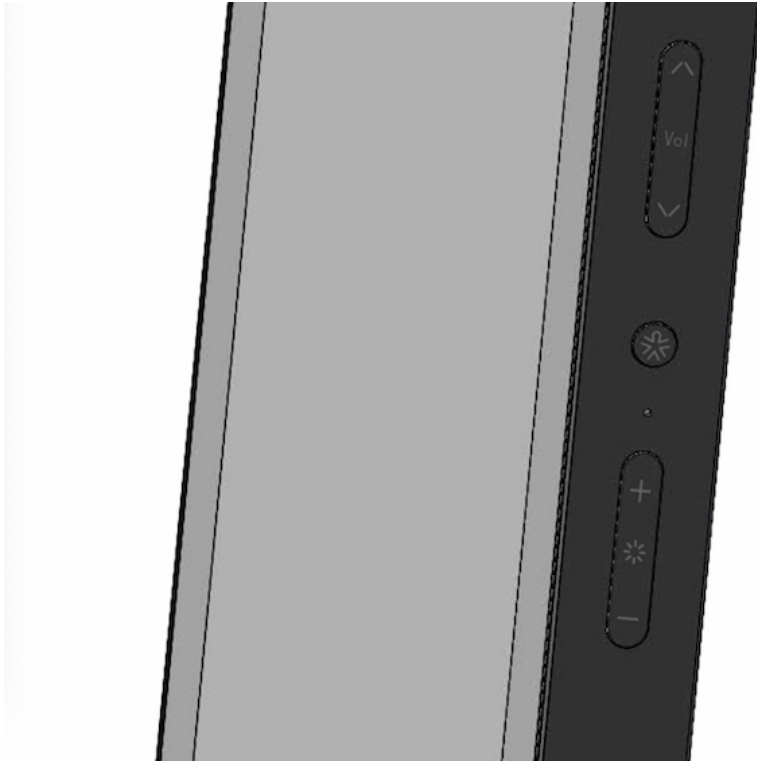
Step 8: PLUG IN AND POSITION

- a) Plug the power cord into a wall outlet.
- b) Switch the Master Power Switch (MPS) in the power recess on the back of your Alter Screen to the “On” position. Please note that the Master Power Switch is different than the Power Button located on the right side of your Alter Screen.**
- c) When plugged in, using the fold out handles on the sides of your Alter Screen, position it so that the back of the Base Stand touches the wall, as pictured below.



Step 9: TURN YOUR ALTER SCREEN ON

- a) Turn your Alter Screen on by pressing the round Power button with the Alter Symbol on it located on the right hand side of your Alter Screen. The Power button is located between the Volume and Screen Brightness controls.
- b) At this point, remove the plastic film from your Alter Screen.



Step 10: PLEASE FOLLOW INSTRUCTIONS ON YOUR ALTER SCREEN AND IN YOUR ALTER APP TO PAIR YOUR ALTER SCREEN TO YOUR WI-FI AND YOUR ALTER APP

PART 2:

WALL-MOUNTING CLEAT GUIDELINE FOR INSTALLATION BY A QUALIFIED TRADESPERSON

WARNING: If you are going to mount your Alter Screen on a wall, we recommend you use a qualified tradesperson. Mounting your Alter Screen entails drilling into walls and studs which can pose hazards. However, some people choose to mount the Alter Screen themselves. If that's you, 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>.

Reminder, we have partnered with Angi to provide you professional installation services nationwide. Angi is a network of more than 250,000 professionals and their Happiness Guarantee ensures that your Alter Screen will be installed promptly and correctly. As an Alter customer you will receive preferred pricing and can learn more by visiting <http://match.angi.com/booknow/zip?taskoid=40066>.

What you will need from your Alter Screen box:

1. Wall-Mounting Cleat
2. Raw Plug M8 40mm x 5pcs
3. Phillips head screw M4 40mm x 5pcs
4. Alter Screen
5. 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

Step 1: LOCATE WALL-MOUNTING CLEAT IN PACKAGING:



Step 2: LOCATE WHERE YOU ARE GOING TO MOUNT YOUR ALTER SCREEN NEAR POWER SOURCE:

Installation Location: Part of choosing where to set up your Alter Screen will depend on understanding the requirements to make your workouts successful. Your Alter screen is only for indoor use where the operating temperature is above 55 degrees Fahrenheit.

Viewing Angles And Workout Space: Viewing angles and exercise space should be considered when you are choosing where to place your Alter Screen. Generally, you should stand 5 feet from your Alter Screen to allow the camera to capture your movements for coaching. Also, please keep in mind you will need additional room to move forward, backwards and laterally when performing exercises.

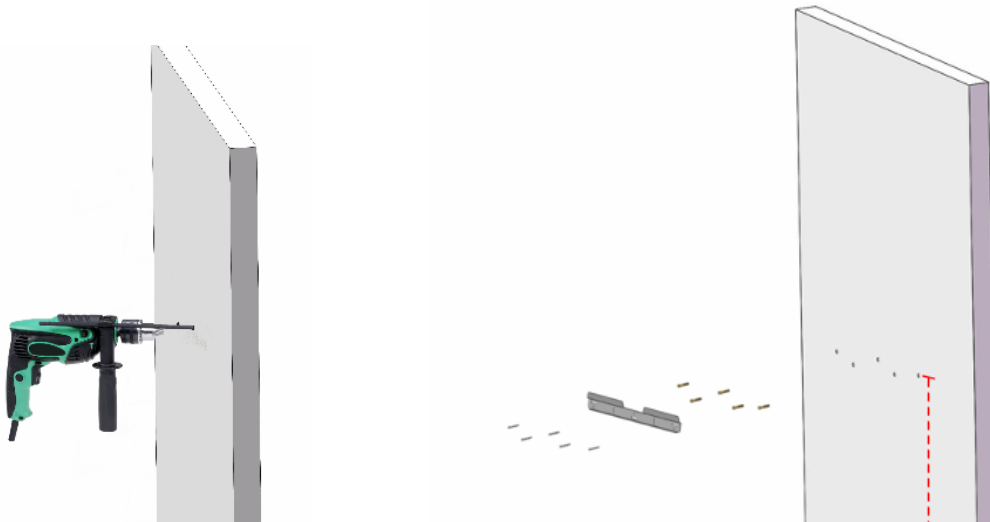
Installation Height -- Your Alter Screen should be mounted to the wall with no more than 8 inches between the ground and the bottom of your Alter Screen. This means the Wall-Mounting Cleat needs to be attached with the top of the Wall-Mounting Cleat at a height of around 54-58 inches from the floor, depending on preference.

Installation Distance from Outlet -- Your Alter Screen comes with a 6 foot power cord with a three-pronged plug. If you'd prefer to use an outlet farther than 6 feet from your Alter Screen you can use a UL rated extension cord.

Installation Over Power Source -- Should you choose to wall mount your Alter Screen over an outlet and conceal the cord, refer to the [diagram](#) of the back of your Alter Screen below. You'll see a power recess where the cord plugs into your Alter Screen and where the cord can be concealed.

Step 3: PREPARE TO AFFIX WALL-MOUNTING CLEAT TO WALL

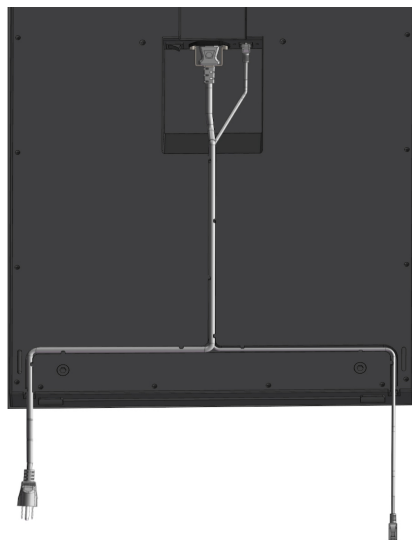
- a) Using a measuring tape and a pencil, mark a spot on the wall that is between 54-58 inches from the floor.
- b) From the spot you just marked, use a level and draw a horizontal line approximately 18 inches across.
- c) On the 18 inch horizontal line, find a wall stud under the line and mark the stud's location. Wall-Mounting Cleat must be connected into a stud when installing on dry wall. If you don't have a Stud Finder you can purchase one at your local hardware store or online.
- d) Place the Wall-Mounting Cleat so as the center of the Wall-Mounting Cleat is over the stud and the top of the Wall-Mounting Cleat is positioned right below the horizontal line, just enough to still see the line above the Wall-Mounting Cleat.
- e) Using a pencil and the Wall-Mounting Cleat as a location template, mark out at least five pilot hole connection points (with at least two being on the 2 holes in the center of the Wall-Mounting Cleat located over the stud) then set aside the Wall-Mounting 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).
- f) Drill one inch deep pilot holes where marked.
- g) Insert raw plugs into the pilot holes.
- h) Use the 2 x M5 Hex screws for the center 2 holes which are over the stud.
- i) Use 3 x M8 Wall Plugs and 3 x M4 Phillips head screws for the other 3 affixing points and securely attach the Wall-Mounting Cleat to the wall.



Step 4: CONNECT POWER CORD

- a) Position your Alter Screen in front of location where you have affixed the Wall-Mounting Cleat. With the plastic film still on your Alter Screen, carefully place your Alter Screen—*reflective side down*— on either packing foam or cardboard provided in box to protect your Alter Screen, with the bottom of your Alter Screen positioned near the wall with the Wall-Mounting Cleat.
- b) Connect the power cord into the back of your Alter Screen. (The LAN cable below is pictured for reference and not provided. It is not required unless requested or advised by Alter Support).
- c) Take note of the location of the Master Power Switch (MPS) in the power recess on the back of you Alter Screen for a future step in the setup process.

You can run the power cord in the back of your Alter Screen (refer to the diagram below) through the cord recess where the power cord plugs into your Alter Screen.

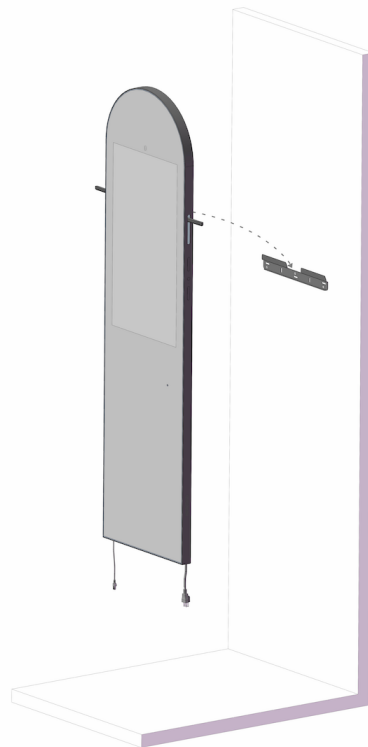


Step 5: PLUG IN

- a) Plug the power cord into a wall outlet.
- b) **Switch the Master Power Switch (MPS) in the power recess on the back of your Alter Screen to the “On” position. Please note that the Master Power Switch is different than the Power Button located on the right side of your Alter Screen.**

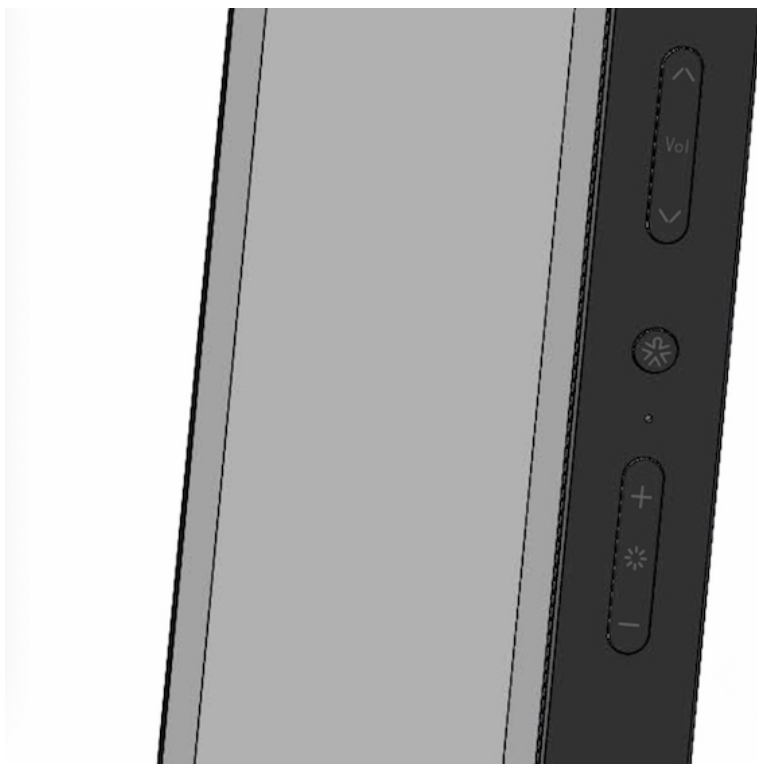
Step 6: ATTACH YOUR ALTER SCREEN TO WALL-MOUNTING CLEAT (Two people required)

- a) With the help of another person, using the fold out handles on the side of your Alter Screen, carefully lift your Alter Screen into a vertical standing position and then lift your Alter Screen onto and lower over the Wall-Mounting Cleat so your Alter Screen securely attaches to the Wall-Mounting Cleat.
- b) When securely on the Wall-Mounting Cleat you can push the handles back into position within the frame.



Step 7: TURN YOUR ALTER SCREEN ON.

- a) Turn your Alter Screen on by pressing the round Power button with the Alter Symbol on it located on the right hand side of your Alter Screen. The Power button is located between the Volume and Screen Brightness controls.
- b) At this point, remove the plastic film from your Alter Screen.



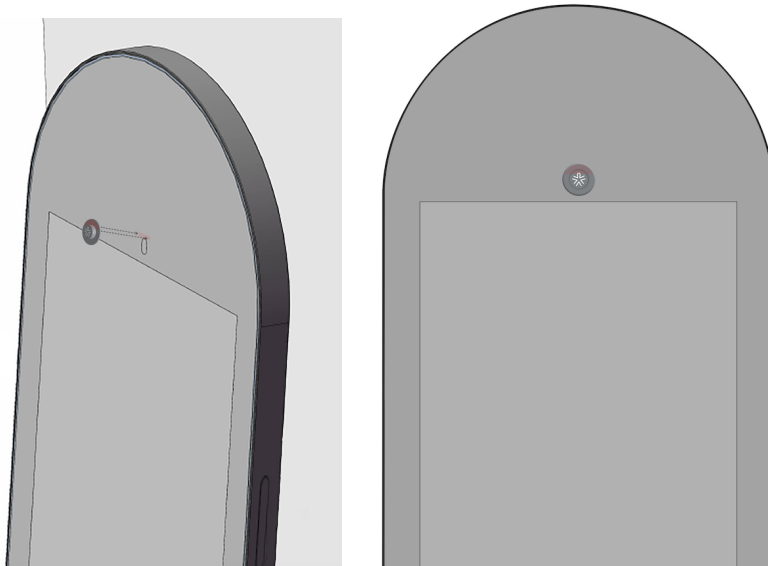
Step 8: PLEASE FOLLOW INSTRUCTIONS ON YOUR ALTER SCREEN AND IN YOUR ALTER APP TO PAIR YOUR ALTER SCREEN TO YOUR WI-FI AND YOUR ALTER APP

CAMERA COVER

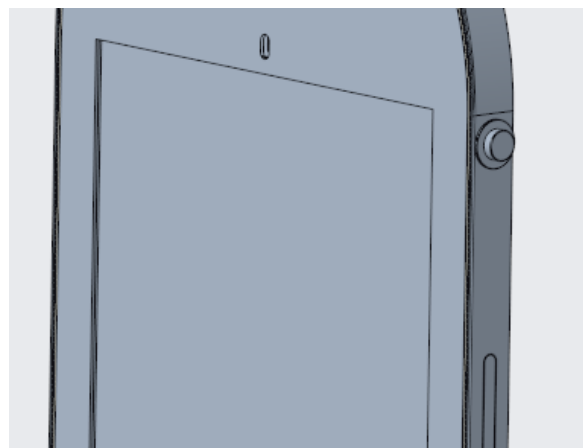
Your Alter Screen comes with a magnetic camera privacy cover which is located in your tool kit (Item #7). For more info on how Alter protects your privacy, check out our Privacy Policy at <http://alterme.com/legal/privacy-policy>.



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 below).



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.

 **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.

FIT Wind, LLC d/b/a Alter

2825 E. Cottonwood Parkway, Suite 500, Salt Lake City, UT 84121