

# FORME

---

MANUAL

03 **SAFETY INFORMATION + NOTICES**

FCC COMPLIANCE

- FCC Warning
- FCC Radiation Exposure Statement

IMPORTANT SAFETY INTRUCTIONS

SAVE THESE INSTRUCTIONS

INSTALLATION SAFETY

BATTERIES

GROUNDING INSTRUCTIONS

PRIOR TO USE

- Medical Warnings
- Maintenance and Routine Inspection
- Minors
- Illness and Disability

05 **STUDIO**

06 **PRODUCT SPECIFICATIONS**

- Studio

07 **GETTING STARTED**

- Membership Set Up
- Powering On + Off
- Connecting to Wi-Fi or Etherne
- Signing In
- Pairing Bluetooth To Headphones
- Pairing Bluetooth to Heart Rate Monitor

11 **THE SCREEN**

- Get to Know Your Studio
- The Class Screen

13 **ACCESSORY PARTS**

- What's Included
- Barre Accessory

15 **STUDIO LIFT**

16 **PRODUCT SPECIFICATIONS**

- Studio Lift
- Adjustments and Restrictions

18 **AFTER USE**

- Cleaning
- Updates
- Sleep
- Powering Down

19 **ACCESSORY PARTS**

- Barre Accessory +
- What's Included

22 **USING THE STUDIO LIFT**

- Instructions and Metrics
- General Safety Tips
- Turning your Studio Lift on and off
- Unstowing Arms
- Stowing Arms
- Adjusting Height
- Adjusting Hug
- Adjustment Prompts
- Attaching and Detaching Accessories

29 **THE SCREEN**

- Workout Screen
- Setting Resistance
- Using the Passcode Feature

33 **TERMS OF USE**

- 30-Day Return Policy
- 1-Year Warranty
- Additional Coverage
- How to Obtain Warranty Service
- Terms of Use
- Member Support

## FCC COMPLIANCE

Federal Communications Commission (FCC) Supplier's Declaration of Conformity 47 CFR § 2.1077 Compliance Information

Unique Identifier: FORME, Model FLLL-1000

Responsible Party:  
Interactive Strength Inc.  
204 West Spear St., Ste 3697  
Carson City, NV 89703  
Telephone: (310) 697-8655

This device complies with FCC part 15 FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

## FCC WARNING

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

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, uses 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.

## FCC RADIATION EXPOSURE STATEMENT

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

Contains FCC ID: PD99260NG

## IMPORTANT SAFETY INSTRUCTIONS

When using electrical equipment, basic precautions should always be followed, including the following: Read all instructions before using FORME Studio Lift

## DANGER: TO REDUCE ELECTRIC SHOCK

1. Always unplug this equipment from the electrical outlet for servicing.

## WARNING: TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

2. Connect this equipment to a properly grounded outlet only. See Grounding Instructions.
3. Keep children under the age of 13 away from this machine.
4. Do not cover FORME Studio Lift with a blanket or any covering. Excessive heating can occur and cause fire, electric shock, or injury to persons.
5. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given

supervision or instruction concerning use of the equipment by a person responsible for their safety.

6. Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by FORME.
7. Never operate this equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact us at support@formelife.com for further instructions.
8. Keep the power cord away from heated surfaces.
9. Never operate the product with the air openings blocked. Keep the air openings free of lint, hair, and the like.
10. Never drop or insert any object into any opening.
11. Do not use outdoors.
12. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
13. To turn off the Studio Lift, turn off the main power switch on the right side of the Lift resistance module.
14. No user-serviceable parts are inside. Please contact FORME Member Support for all repair needs.

## SAVE THESE INSTRUCTIONS

Should an alert or notification appear on the screen before or during the course of a workout, stop your movement and follow the instructions provided by the Studio. If you are unsure of what to do, please contact support@formelife.com to address the alert or notification prior to continuing your workout.

- Do not lean on the Studio Lift mirror.
- Do not attempt to lift the Studio Lift, or remove it from its wall-mount.
- Use FORME-provided accessories only. Other accessories may damage the Studio Lift, and/or the mirror.
- FORME is certified to provide only the workouts offered via a FORME Membership.
- Do not attempt to serve other content through the Studio Lift that was not offered via a FORME Membership.
- Do not hang or store anything on the Studio Lift.
- Do not hang wet towels or clothing on or near the Studio Lift.

## INSTALLATION SAFETY

FORME Studio Lift requires professional installation. Do not attempt to install, uninstall, or relocate your FORME Studio Lift without the help of an approved FORME installer. If you require assistance installing, moving, or repositioning the product, please contact us at support@formelife.com.

- Do not attempt to use FORME Studio Lift until it has been fully assembled and inspected for correct performance by an approved FORME installer.

- Do not attempt to install FORME Studio Lift on your own. Incorrect installation can lead to improper functioning of the product, cause serious injury, or death. Installation by unauthorized personnel will void the warranty of the Studio Lift device. Please refer to the Terms of Use page on the FORME website for further information (<https://formelife.com/terms-of-use>).

- FORME Studio Lift is meant for indoor use only. Do not install FORME Studio Lift outside. Always keep FORME Studio Lift away from water, moisture, or damp environments.

-FORME Studio Lift is designed for home use only and is not designed for commercial applications.

## BATTERIES CAUTION:

Risk of Explosion if Battery is replaced by an Incorrect Type. Dispose of Used Batteries According to the Instructions.

## GROUNDING INSTRUCTIONS

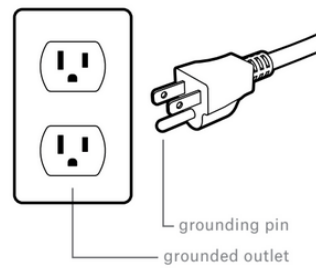
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

## DANGER!

Improper connection of the equipment grounding conductor can result in a risk of electric shock. Check with a qualified

electrician or service professional if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated provided in this manual. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



## PRIOR TO USE MEDICAL WARNINGS

Consult your physician before beginning this or any fitness plan. This is particularly important for individuals over 65 or persons with preexisting health conditions. Incorrect or excessive training can result in serious injury or death.

Certain exercise programs or equipment may not be appropriate for all people. Consult your physician prior to using FORME Studio Lift.

If you experience faintness, chest pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and consult a physician.

If you are taking medication that may affect your heart rate, consult your physician before using FORME Studio Lift.

## MAINTENANCE AND ROUTINE INSPECTION

Before each use, inspect FORME Studio Lift for any signs of damage or wear. If you believe anything is out of the

ordinary, do not use FORME Studio Lift. Contact us at support@formelife.com to schedule inspection by an approved FORME technician.

- If you do not understand how to operate FORME Studio Lift, contact us at support@formelife.com for an explanation on safe and proper use.

- Keep the manual and any warning labels for future reference. Request replacement of any labels, if damaged, illegible, or removed, by contacting us at support@formelife.com.

- Damaged or worn parts should be replaced immediately. Do not attempt to repair FORME Studio Lift on your own. Do not use FORME Studio Lift until a proper repair and inspection has been performed by an approved FORME technician.

- Use of damaged equipment could result in serious injury or death.

- Never operate FORME Studio Lift if it is not functioning properly. If you believe there is a problem, do not use your FORME Studio Lift until a proper assessment has been conducted by an approved FORME representative. Ensure other individuals in the household or who may come in contact with the product know not to use FORME Studio Lift until maintenance has been performed and the machine is in good working order.

## MINORS

WARNING: Risk of serious injury or death.

FORME Studio Lift may not be used by individuals below the age of 18. Do not allow children near FORME Studio Lift equipment and accessories.

You are responsible for the safety of your children and anyone else you allow to use your FORME Studio Lift.

## ILLNESS AND DISABILITY

Do not use this equipment if you are pregnant, have a heart condition, have muscle injuries, or are feeling unwell.

FORME Studio Lift is provided for fitness and entertainment only. It is not a certified health conditioning plan.

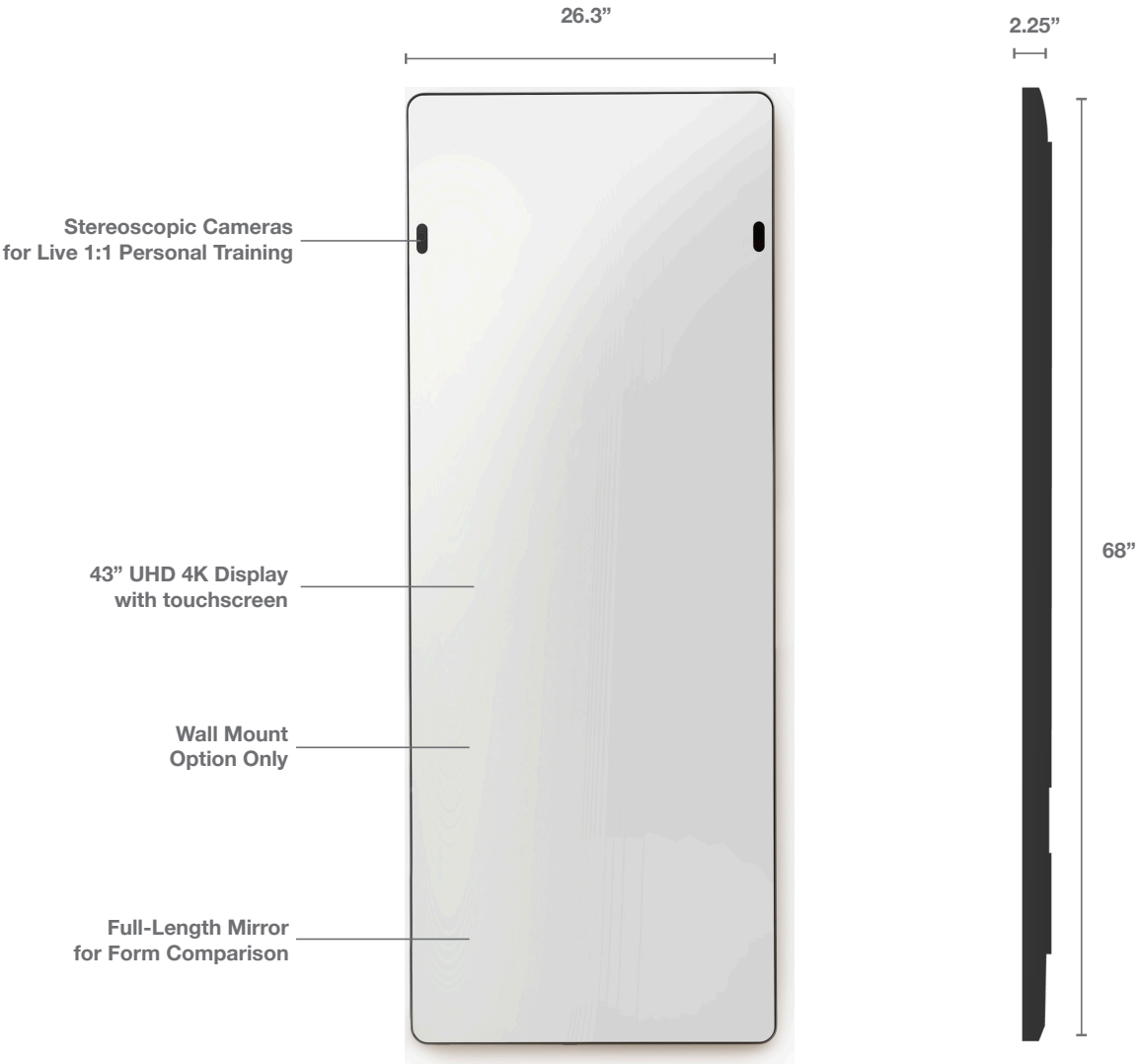
If a movement feels uncomfortable, stop immediately and ensure you are following the correct movement or form. Do not overexert or push your body beyond your comfort level, even if the trainer advises it.

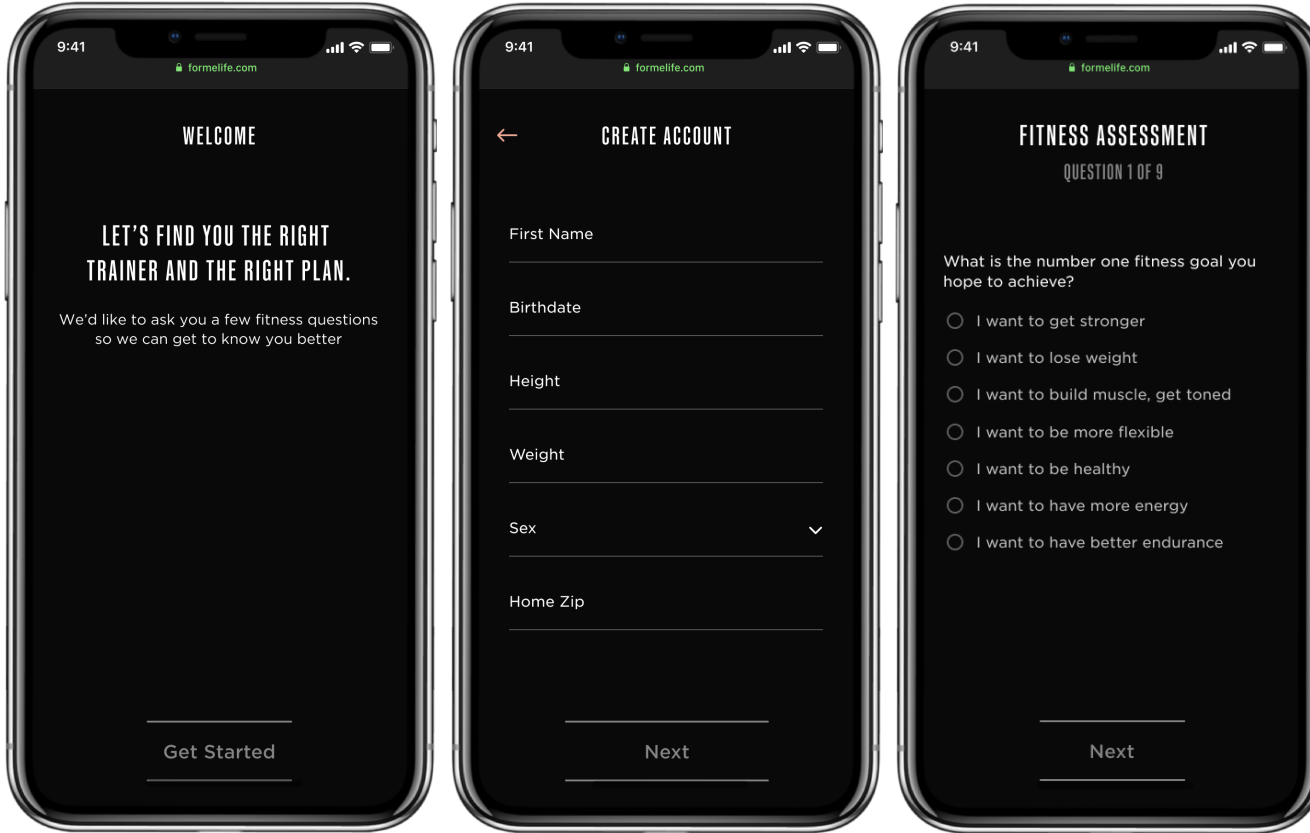


# FORME

THE STUDIO







## SET UP YOUR MEMBERSHIP

Use the FORME web app at [members.formelife.com/activate](https://members.formelife.com/activate) to set up your account and membership. Additional member profiles can be created by visiting [members.formelife.com](https://members.formelife.com).



Power Button

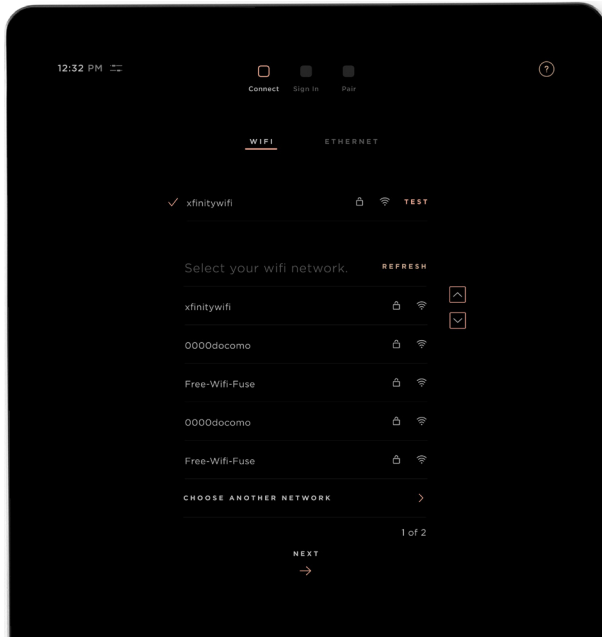
## POWERING ON + OFF

To wake the Studio, touch the display. The Studio goes to sleep automatically a few minutes after you stop using it. You can also manually put the Studio to sleep or restart it using the touchscreen menu. In sleep mode, the Studio uses very little electricity.

If the Studio does not wake up when you touch the display, it can be turned on by pressing the power button. The round power button is located below the right camera on the rear of the Studio. When the Studio is on, pressing the power button will put it to sleep, or holding down the button for 4 seconds will shut it down.

There is an installer power switch located near the power cord. Your installer will switch this to ON and it should remain in this position.

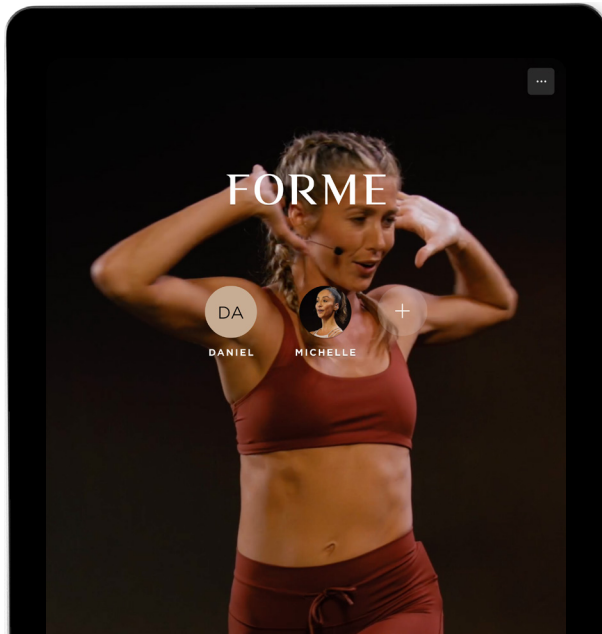




## CONNECT TO WIFI OR ETHERNET

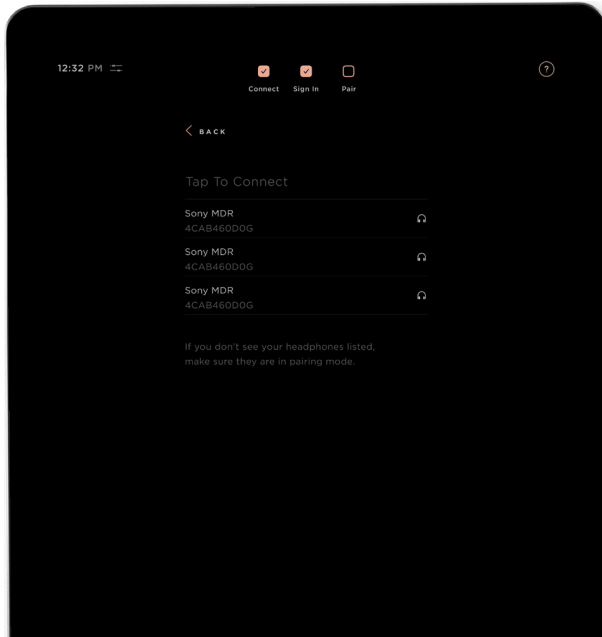
A strong WiFi or ethernet connection is required for your Studio.

If you are using an ethernet cable, it can be plugged into the port next to where the installer power switch is located at the bottom rear of the Studio. If you are using WiFi, we recommend a download speed of 50 Mbps with a minimum of 25 Mbps.



## SIGNING IN

Use the same email address and password that you used on the app setup sign in. You can add users from your household by tapping the ellipsis (three dots) on the top right corner of the Studio screen, then tapping Profiles. Tap Manage Members on the Profiles page. All users must create their own account profile on the web app before signing into the Studio for the first time.



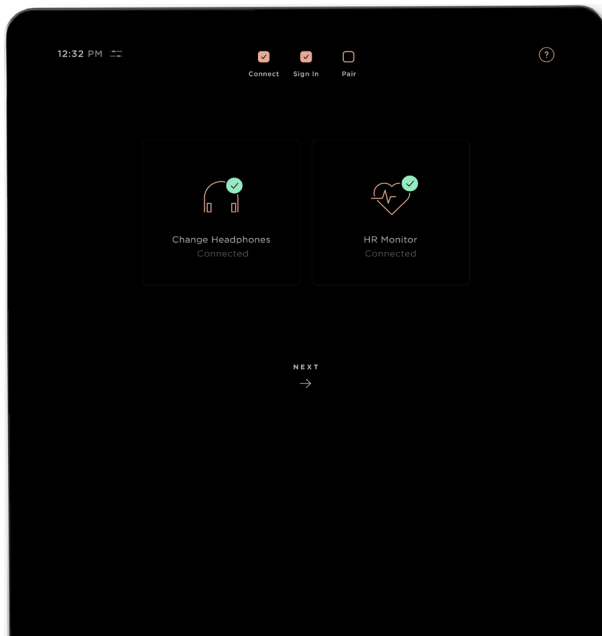
## PAIRING BLUETOOTH WITH HEADPHONES

Visit Settings > Bluetooth on your Studio.

Make sure that your headphones are in pairing mode first, and have them close to the Studio.

In the list of nearby bluetooth devices on your Studio, find and tap your headphones.

You'll see a confirmation once they are paired.

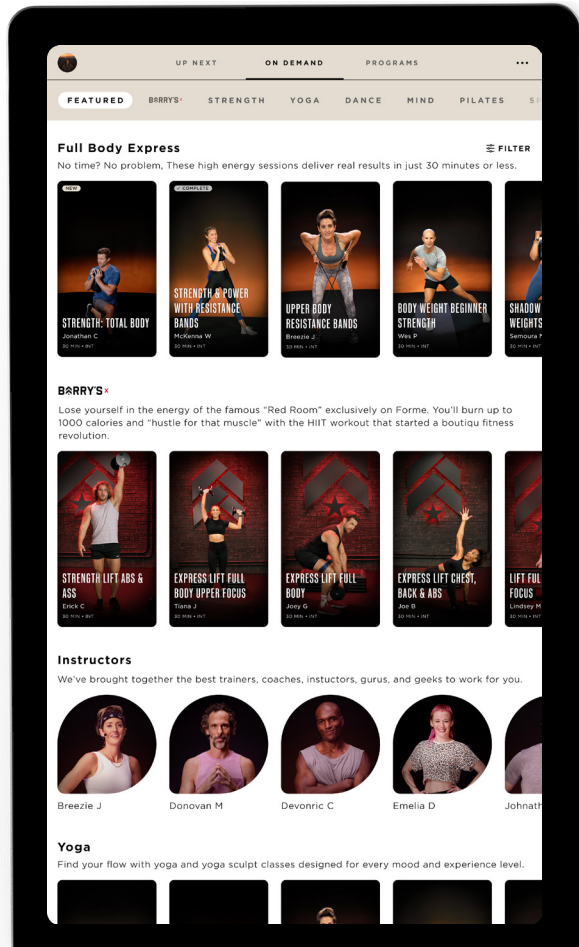
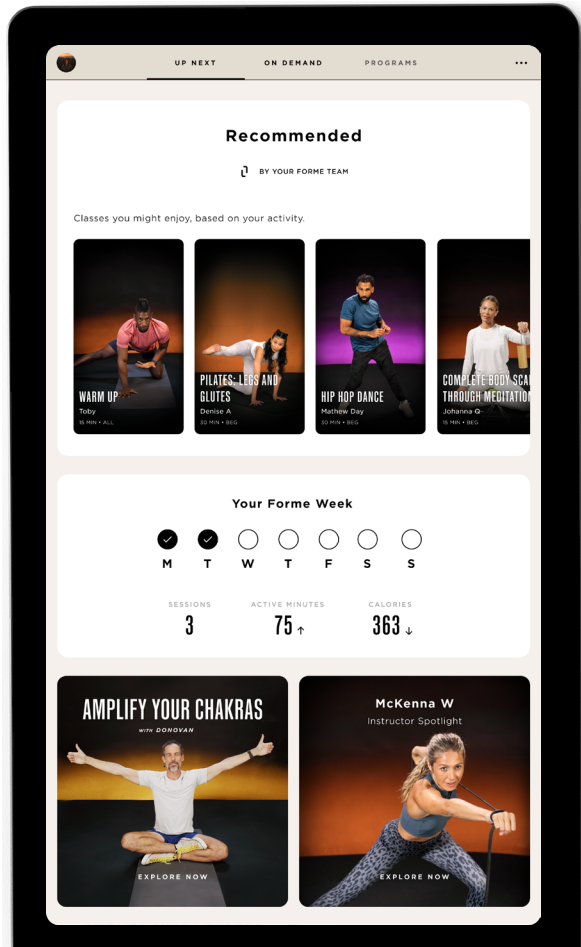


## PAIRING BLUETOOTH WITH YOUR HEART RATE MONITOR

Visit Settings > Bluetooth on your Studio.

Put on your heart rate monitor following the instructions included with its packaging. The Blue LED will flash, indicating the heart rate monitor is in pairing mode.

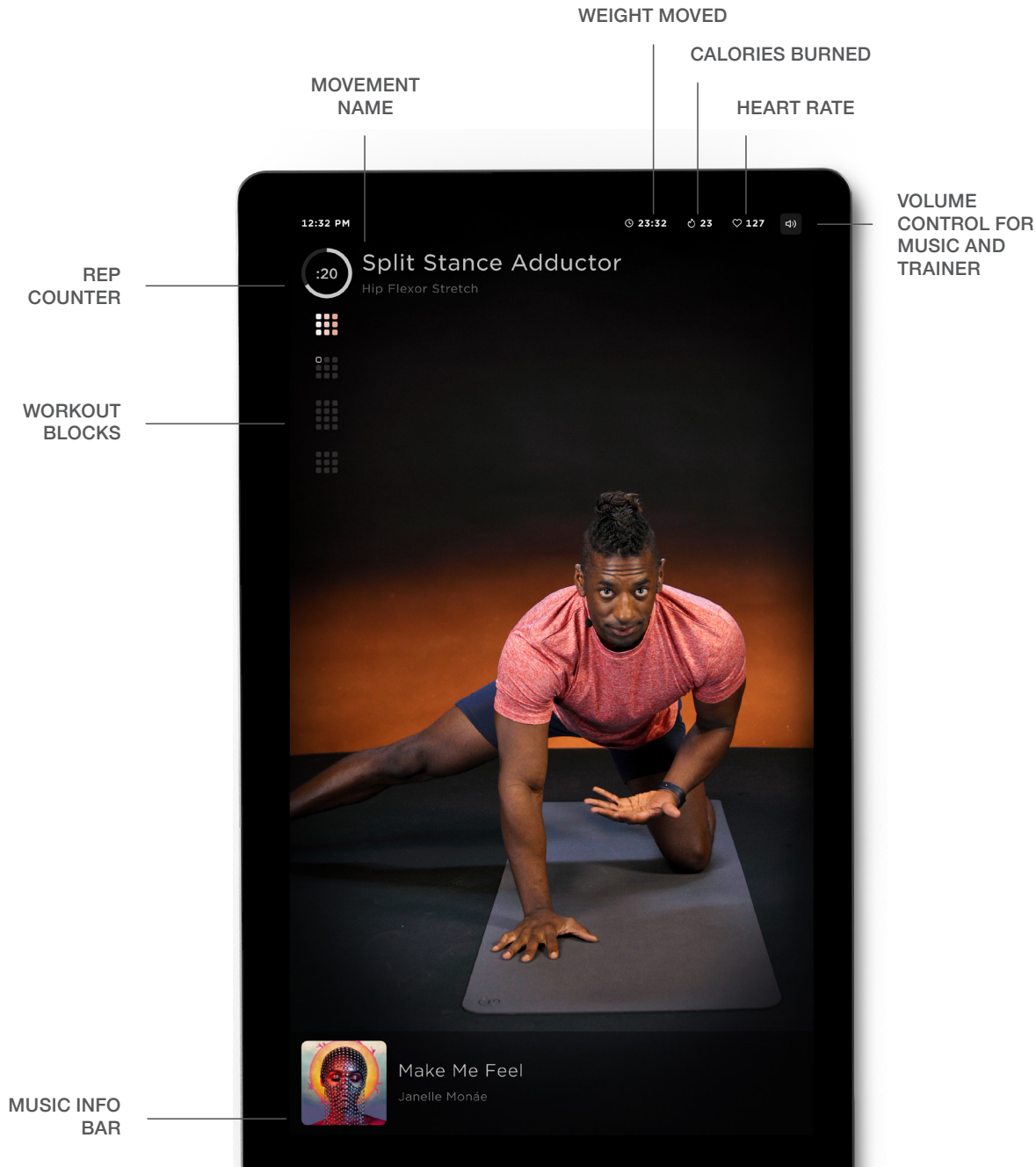
In the list of nearby Bluetooth devices on your Studio, find and tap the device named FORME HRM. When paired, the Blue LED will stop flashing.



## GET TO KNOW YOUR STUDIO

The Up Next tab is your screenshot for the week, with classes picked just for you and your tracked progress ready to view. Under the On Demand tab, you'll be able to explore the full library of content that is updated daily, and meet our world class instructors.

You can choose a class category by tapping any of the options at the top of the screen. To further filter by instructors, class length, focus, equipment or difficulty level, tap the Filter button to reveal these options. New programs are introduced regularly and can be found under the Programs tab. There, you can watch the trailer, tap through the classes and begin to experience the program.



## THE CLASS SCREEN

Your FORME Studio features a menu bar (like your smartphone) at the top of the screen. This bar contains a clock, the settings button, the total time remaining in the current class, a calorie counter, and your current heart rate.

Depending on the class you're taking, you may also see a countdown clock for the current exercise in the upper left of your screen, along with the current exercise name and the one coming up next. The blocks just below the countdown clock track your sets as you work through the class.

Some classes, like yoga and dance, do not have timed exercises or sets, so you won't see the countdown clock or blocks during those classes.

Each time a new song begins during a class, the title and artist will appear in the bottom left corner. Tap the speaker icon in the upper right corner of the menu bar to adjust the music and trainer volume independently.



Heart Rate Monitor



Microfiber Towel



Magnetic Camera  
Covers



Premium  
Non-Slip Mat

## THE BARRE

The barre can be easily attached in two simple steps. First, insert the two metal arms that hold the barre into the keyholes behind either side of the Studio. Insert the arm at the top of the keyhole, then slide it down into place. Lock each arm in position by pushing the protruding lever down toward the arm. Now your studio is ready to hold the barre.



With the caps at the end of the barre unscrewed, line the T-shaped hook on each arm with the hole on the underside of the barre. Insert the T-hook into the barre and screw the ends of the caps tightly into place.



To detach the barre, simply unscrew the caps at each end to loosen, lift the barre up and off the T-hooks, and stow. Remove the metal arms at the back of the studio by lifting the lever to unlock the arm, and then pulling each arm up and out of the keyhole.

10:00 AM

© 18:05 1,314 282 135

1 / 10  
REPS Standing Reverse Fly

DEMO

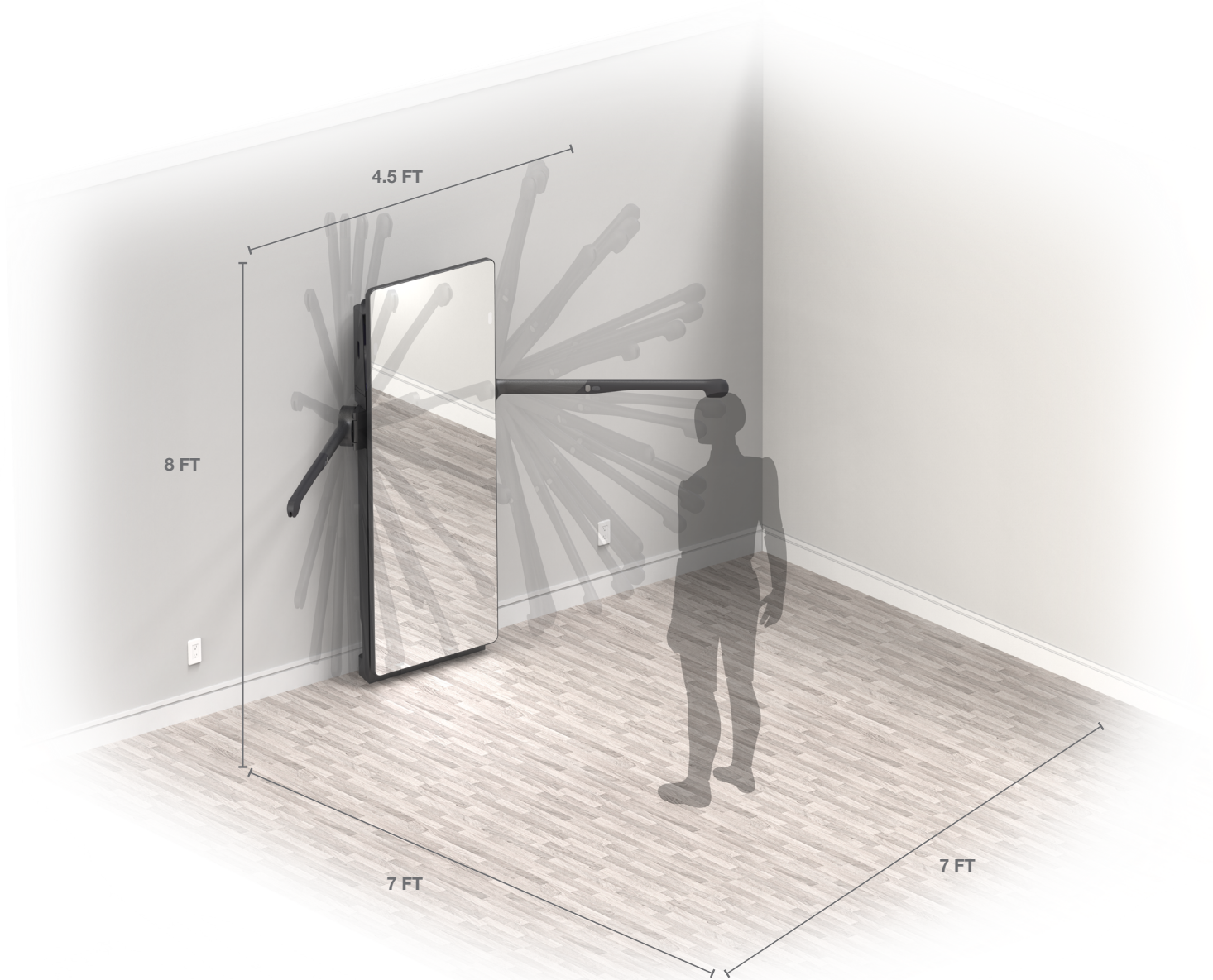
5  
LBS

# FORME

THE LIFT



Always be mindful of your surroundings, since working with Studio Lift requires certain space to perform the suggested activities. Use the following illustrations to create a safe workout environment: Proper viewing requires a minimum of 7 feet by 7 feet zone





Maximum height with arms at fully raised position (165 degrees) is 7.2 feet, so please allow at least 8 feet of ceiling clearance to safely operate the Studio Lift equipment.



## CLEANING

To keep the mirror in pristine condition, wipe it down using the provided micro-fiber cloth after each use.

Never use corrosive liquids or filmy soap products (e.g. hand soap, dishwashing soap, etc.) on your Studio Lift.

Never allow any cleaning fluid or product to enter the vents on your Studio Lift.

## UPDATES

The Studio Lift will automatically download and install system updates when it goes to sleep. New workout content will also be available regularly on the Studio.

If any user action is required to update your Studio Lift, FORME will send a notification with instructions via email, our app, or directly on the Studio Lift.

If you have any issues with your Studio Lift, please contact us at [support@formelife.com](mailto:support@formelife.com).

## SLEEP

To put the Studio Lift to sleep after use, tap the Sleep button on the top of the Studio screen after completion of the class or session. Alternatively, navigate to the Settings menu and tap the Sleep icon. The Studio Lift will count down to sleep.

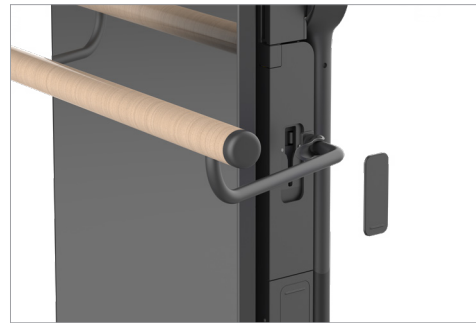
## POWERING DOWN

To fully power down the Studio Lift, flip off the power switch located inside the panel on the right side of the Lift Resistance Module.



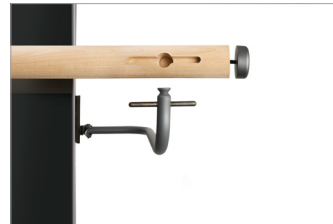
## THE BARRE

To attach the Barre accessory, locate the plastic magnetic covers on each side of the Lift. Push the top or bottom of the cover to open and remove to uncover the keyhole for the metal arms.



Slide the metal arms on each side through the keyhole adaptor and lock the latch.

Place the wooden bar with the openings aligned with pins on the metal handles. Tighten the caps on each end of the wooden bars until it's secure.



To detach the barre, simply unscrew the caps at each end to loosen, lift the barre up and off the T-hooks, and stow. Remove the metal arms at the back of the studio by lifting the lever to unlock the arm, and then pulling each arm up and out of the keyhole.



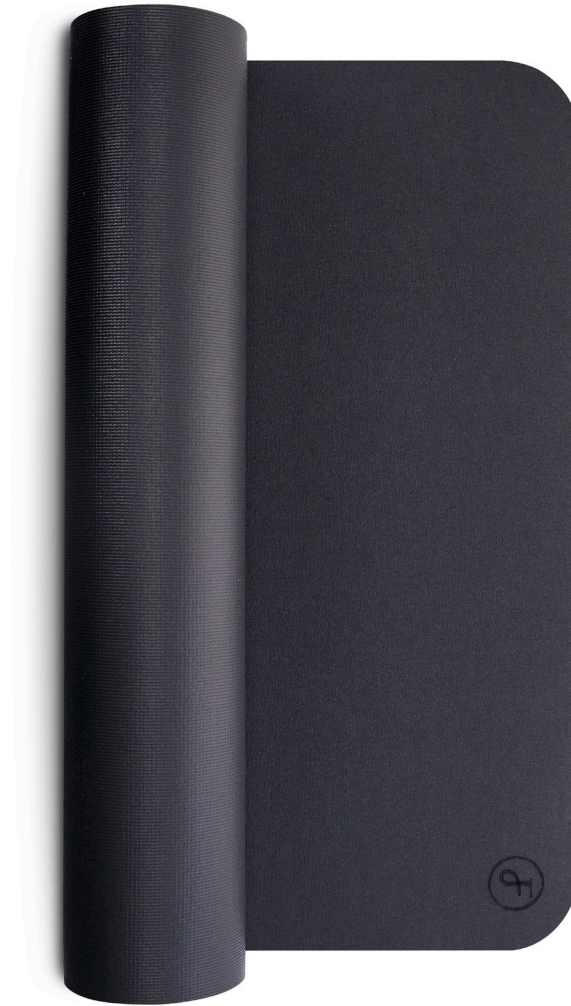
Heart Rate Monitor



Microfiber Towel



Magnetic Camera  
Covers



Premium  
Non-Slip Mat



Storage Cabinet



Rope Grip



Ankle Straps



Handles



Short Bar



## INSTRUCTIONS AND METRICS

FORME tracks certain metrics during a workout (heart rate, caloric burn, etc.). These are to be taken as general indicators and are provided for reference. They are not to be taken as guidance.

## GENERAL SAFETY TIPS

When engaging with the Studio Lift resistance arms, we always recommend:

- Keep all young children, pets and objects away from the Lift during use
- Use two hands any time you are moving the Lift arms
- Support the arms till they lock into position
- Ensure the accessories are always securely attached to the quick release
- Set a passcode to limit unintended use of the Lift arms
- When adjusting the Lift arms, make sure that the cable is fully retracted on each arm before moved
- Stowing your arms is the safest position to leave your machine. The quick release and cable remain operational when FORME is not in use and the arms are unstowed

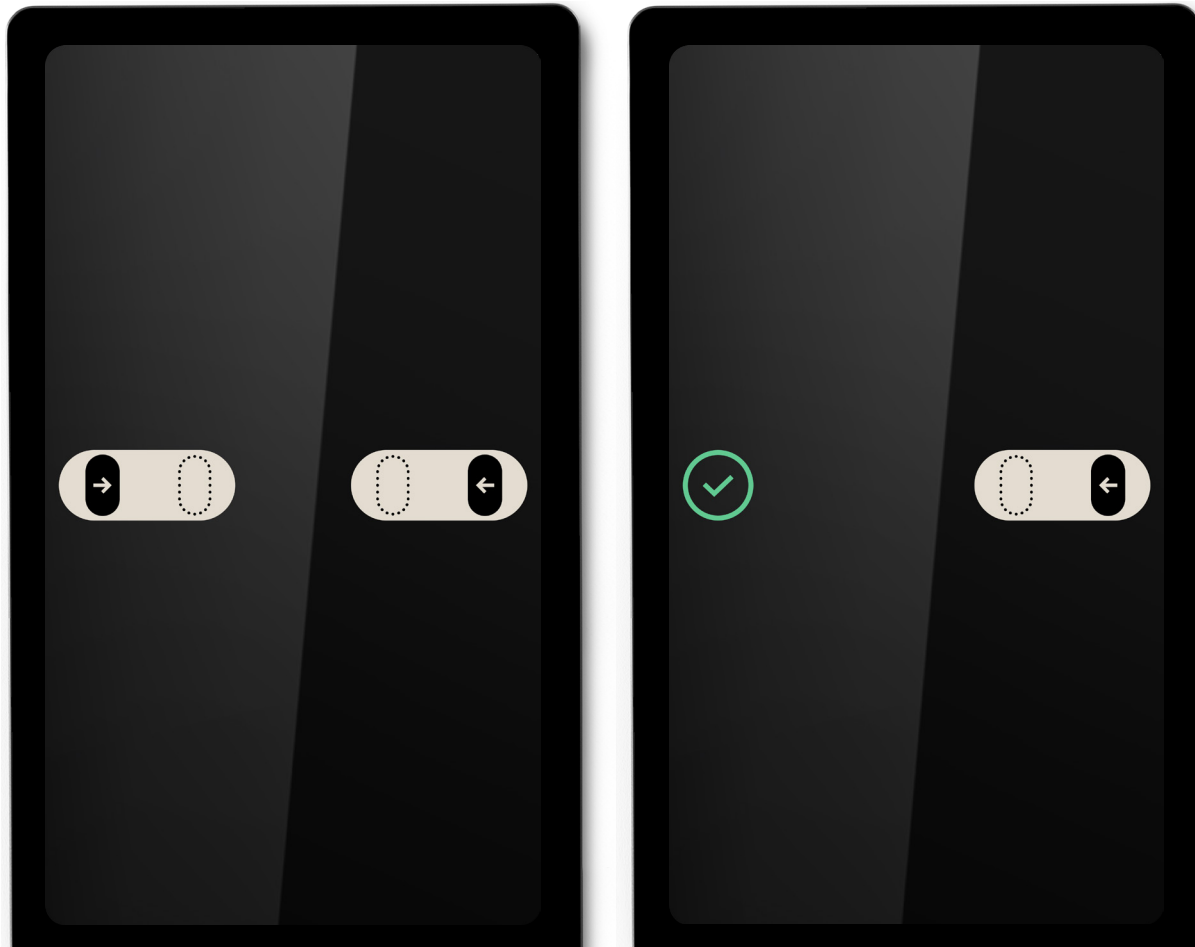
## TURNING YOUR LIFT ON AND OFF

To wake your Studio Lift, simply tap on the screen. To power down, tap the Sleep button when you've finished your workout session. The Sleep button is located on the session summary screen, and in the Control Center.

In the rare case when a power cycle is needed, follow these steps:

Find the lower access door on the right side of your Studio Lift. Tap the top of that door, and it will tilt out.

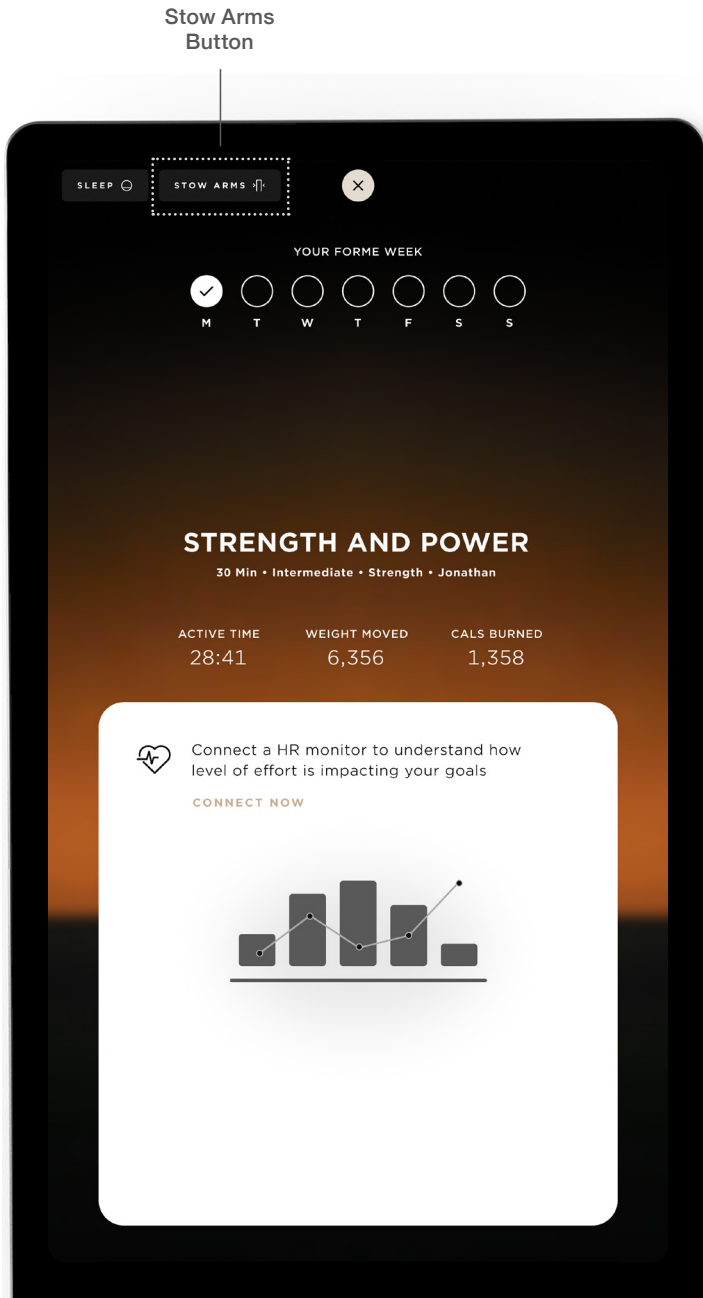
Remove the door and set it aside. Inside the door is a rocker switch. Simply flip that switch to power your Studio Lift off or on. If you have trouble reaching the switch, just grab a pen. If your Lift is off, just flip the switch in the other direction to turn it back on.



## UNSTOWING ARMS

Unstowing is the process to release the arms for use in your workout. Make sure there are no items on the left or right of your Studio Lift that could prevent unstowing. Typically, unstow automatically begins anytime the arms are needed, for example when you start a strength training class. When unstow begins, the arms will pop out from behind the mirror. Grab the shoulder - that's the rounded top part of the arm - and pull it away from the wall until it locks. When you hear the lock, it's unstowed. Always use two hands when managing the Studio Lift arms. Repeat for the other arm and you'll see an onscreen message, confirming the arms are unstowed.

▶ [Video: Unstowing Lift Arms](#)



## STOWING ARMS

When you are done with your workout, we recommend the arms be stowed behind the Studio. The stowed position is the safest placement to prevent unintended use of the quick release and cables. Before stowing the arms, make sure that you remove any attachments connected to the quick release. Next, pull out and place the quick release onto the dock for safe storage (see image below). In order for the arms to properly stow, the quick release needs to be docked. This also prevents the cables from unintended use.

Next, lower the arms to the lowest height position. We call this the Stow position. Remember to always use two hands when adjusting the arms.

Then, tap the Stow Arms button. If you're at the end of a workout, you'll find that button on the workout summary screen. The Stow Arms button is also available in the Control Center. To stow the arms, make sure they're at the lowest height setting. The arm hug will unlock automatically, allowing you to rotate the arm out of sight, behind the mirror. As with any fitness equipment, it's important to be aware of the places where moving parts could pinch your fingers. Using your fingers, press gently on the front of the shoulder, until it locks in place, behind the Studio mirror. When you hear the arm lock into place, you'll see confirmation on screen that the arm has been stowed. Repeat these steps for the other arm.

▶ [Video: Stowing Lift Arms](#)

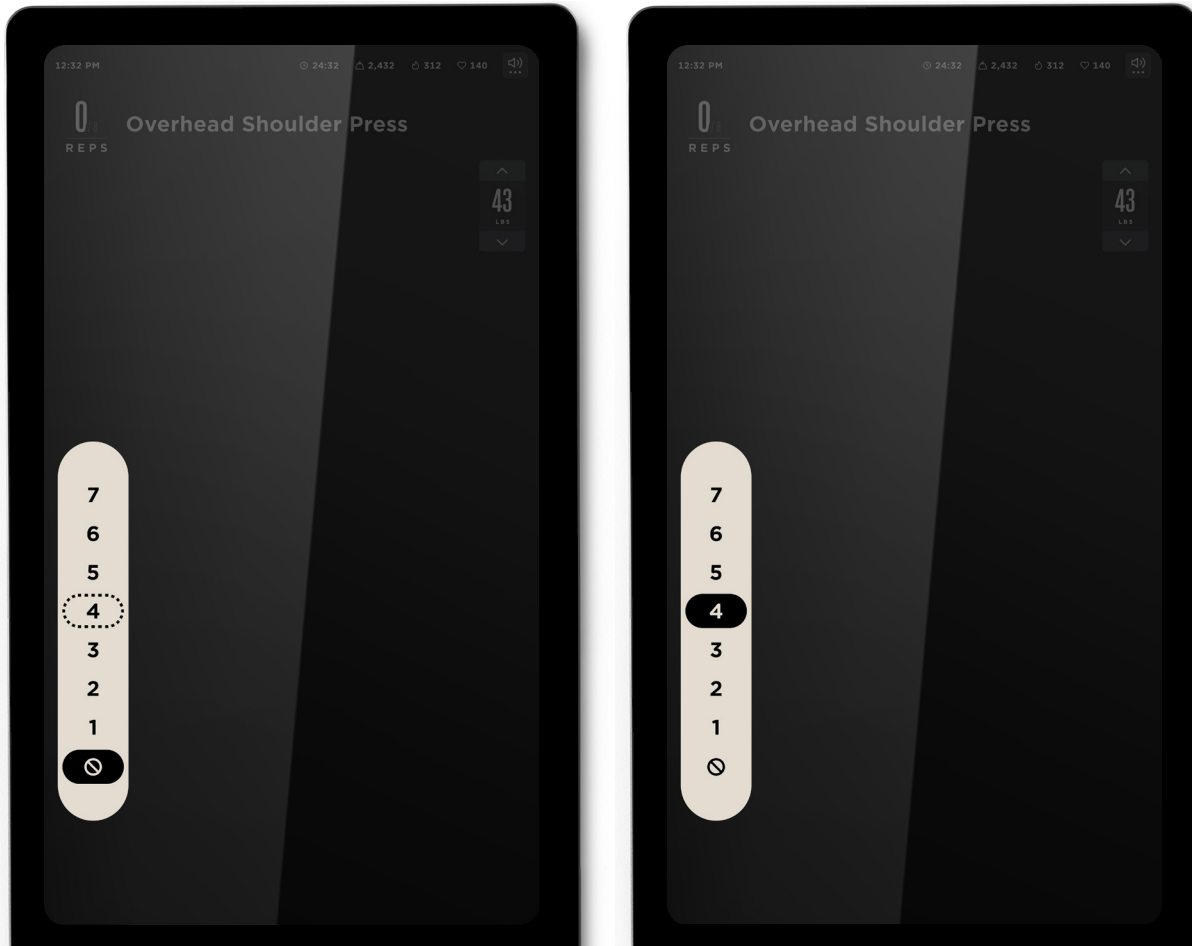




## ADJUSTING HEIGHT

Each of the arms on the Studio Lift has two buttons. One has a line, and the other has a circle. The button with the line allows you to adjust the height. Press the Height button and hold it down. On the screen, you'll see the height unlock. The current position of the arm will be outlined in black, and the intended destination will appear as a dotted outline. As you move the arm, the current position will track till you arrive at the destination position. The cables should be fully retracted before you move an arm. Remember to always use two hands when adjusting the arms.

Continue to hold the button while you support the arm with your other hand. Now move the arm up or down. change to: You can then move the arm up or down to your desired height. When you have the arm at your desired height, release the button. For safety purposes, we only allow you to change the position of one arm at a time.



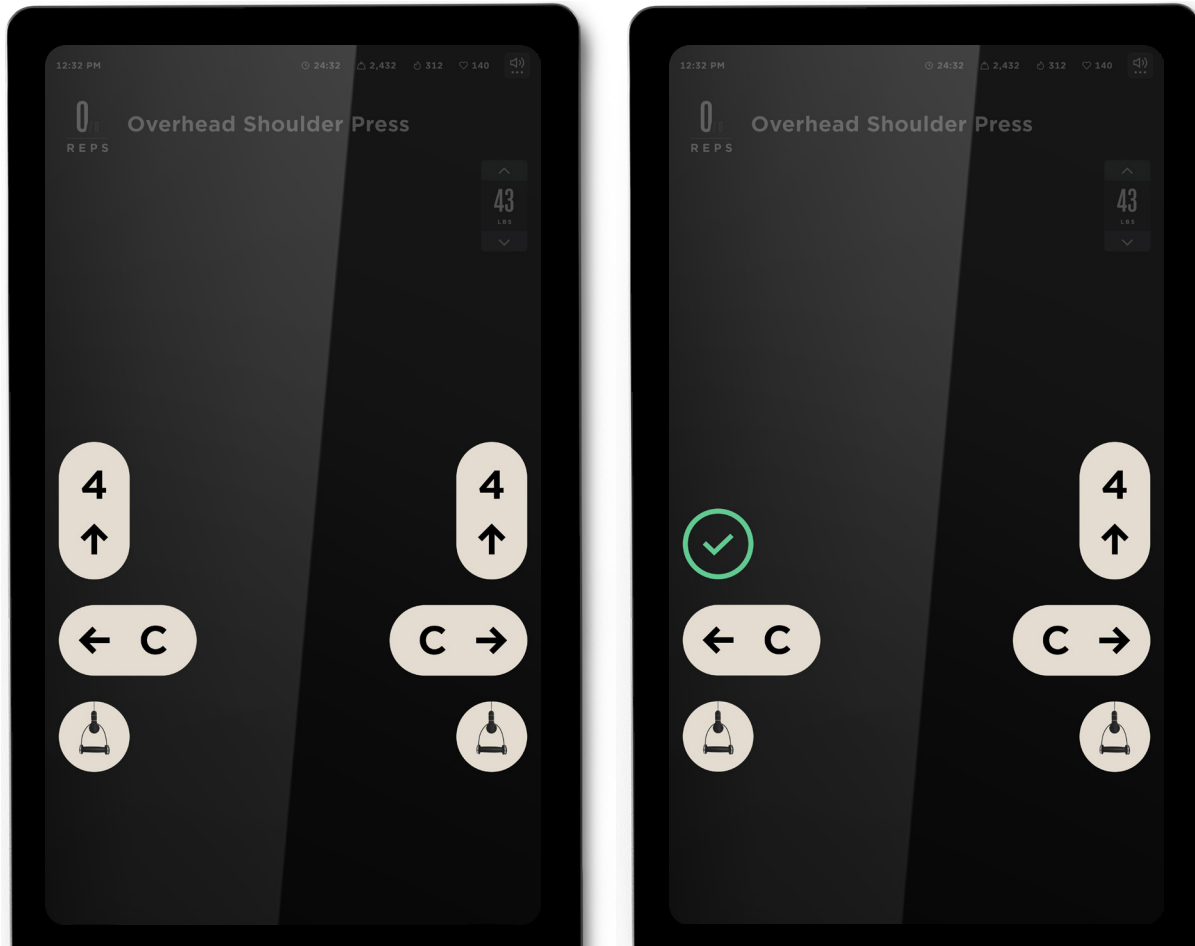


## ADJUSTING HUG

The Lift Arms can be adjusted to different angles, up to 90°. We call this adjusting the “hug” of arms. Press and hold the Hug button, with the circle, to unlock the arm. On the screen, you’ll see the hug unlock. When the hug is unlocked, continue to hold the button while you move the arm towards or away from the wall. When you have the arm at your desired hug, release the button. The arm will now lock in place. The cables should be fully retracted before you move an arm. For safety purposes, we only allow you to change the position of one arm at a time.



[▶ Video: Adjusting Arms](#)



## ADJUSTMENT PROMPTS

During a workout, the Studio Lift will show on screen prompts for the recommended Height position, Hug position and attachment to be used for a prescribed movement. The Height can be set for a prescribed movement. The Height can be set to seven different positions, designated as 1 - 7, from lowest to highest. Similarly, the Hug can be adjusted to 4 different widths, designated as A - D, from narrowest to widest position.

The Studio Lift will display the recommended position for a given movement, by indicating the numbered Height and letter Hug position. Next to each prompt, arrows will indicate the direction the arm needs to be adjusted. If an arm is already in the correct position, the prompt will be replaced by a checkmark.

Studio Lift will also display the recommended attachment for both arms at the beginning of each exercise in which the cables are used. When you see the attachment prompt, ensure you have the correct attachment connected on each arm. In some cases, one arm might need a different Lift attachment than the other.



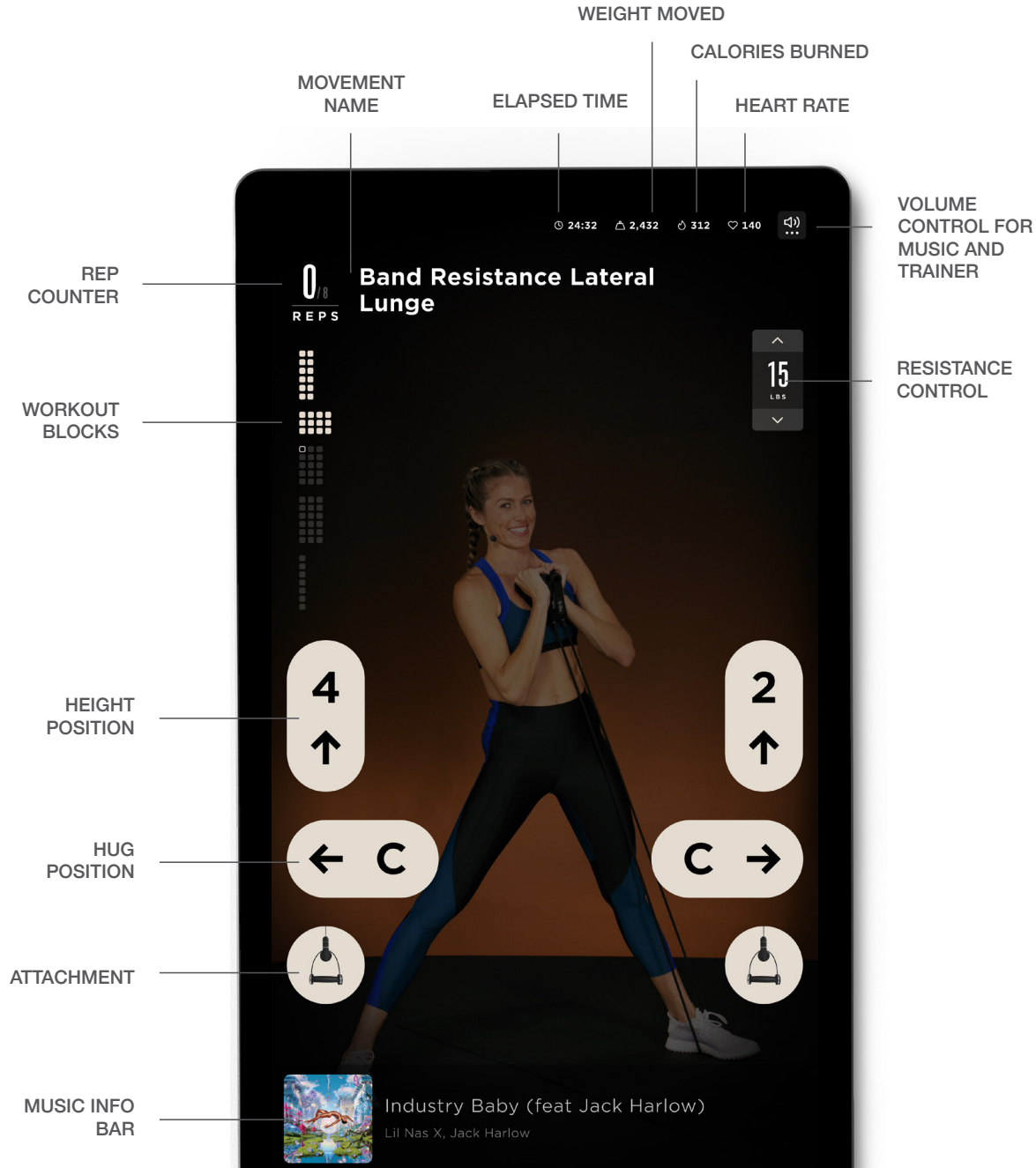
## ATTACHING AND DETACHING ACCESSORIES

Your Studio Lift comes with a variety of accessories that attach to the cables on your Lift: Handles, Rope, Short Bar, and Ankle Straps. These accessories can be conveniently stored in a drawer behind the Studio mirror.

Attaching the accessories is as easy as clicking them into place. Just press the accessory connector into the quick release, until you hear it click. Give the accessory a tug to ensure it's properly locked.

To detach an accessory, hold the round collar in the center of the quick release end in one hand. In your other hand, hold the accessory, and quickly pull both the collar and the accessory away from the arm. The accessory will separate from the quick release and be ready for the next accessory.

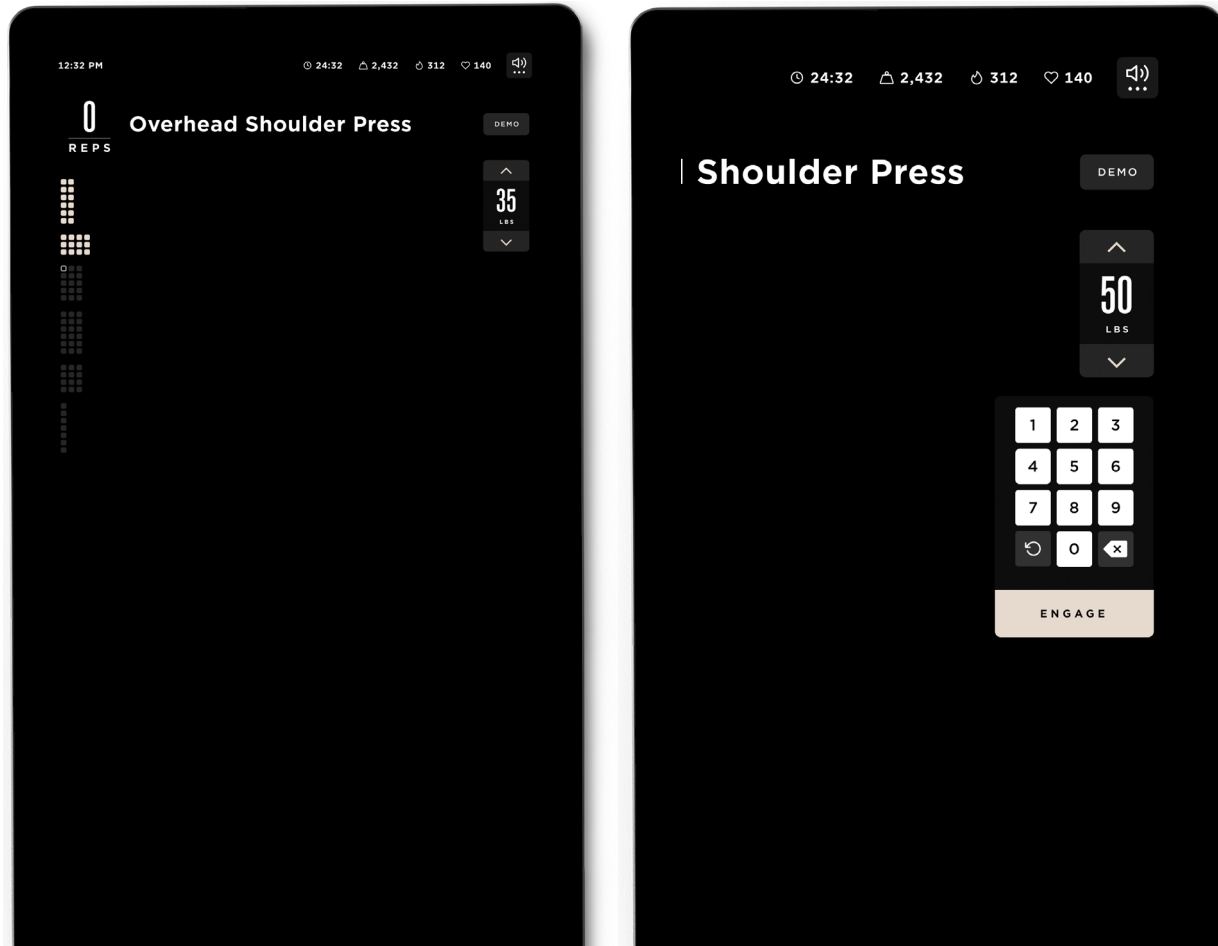
▶ [Video: Attaching & Detaching Accessories](#)



## WORKOUT SCREEN

When you are in a workout, Studio Lift provides essential information about the movements and data from your workout. Along the top of the screen, you'll see the Session Status bar that lists the elapsed time, weight moved, calories burned and heart rate (if you've connected your heart rate monitor).

Below is the movement name, which will always show you the active movement, e.g. "Band Resistance Lateral Lunge." To the left of the movement name, you'll see your reps performed, or in a time-based set, a timer that counts down to the end of the set. Below the rep counter are the workout blocks - each square icon signifies a movement to be performed, and each grouping of squares indicates a workout block. As you move through the workout, each square will turn from hollow to filled and show your progress.

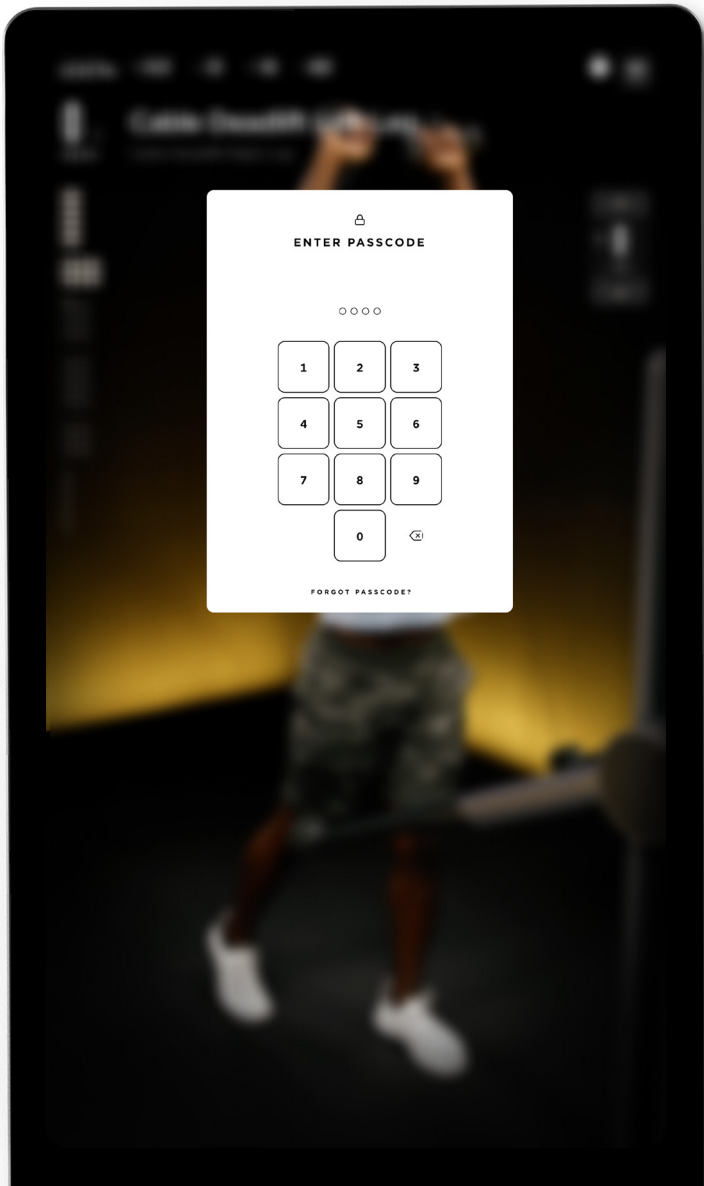


## SETTING RESISTANCE

Anytime you're in a workout that uses the Studio Lift arms, you'll see the resistance control on the screen. Currently, you can set a maximum resistance of 50 lbs per arm and a minimum resistance of 5 lbs.

You can adjust resistance one of two ways: Tap on the up or down arrows to make 1 pound adjustments or access a keypad by tapping the number in the center of the resistance control. Micro adjustments with the arrows can be performed while the cables are extended or retracted, and the resistance will update immediately. To make larger adjustments, use the keypad while the cable is fully retracted. After tapping Engage, you'll feel the new resistance the next time you pull the cables.

▶ [Video: Setting Resistance](#)



## USING THE PASSCODE FEATURE

We've equipped the Studio Lift with a passcode feature that allows you to lock the device from unintended use and restricts use of the Studio Lift Arms when unattended. The passcode is a 4 digit PIN that will need to be entered each time you wake the device for use. The passcode is the same across all member profiles on your Studio Lift.

### How to set up passcode

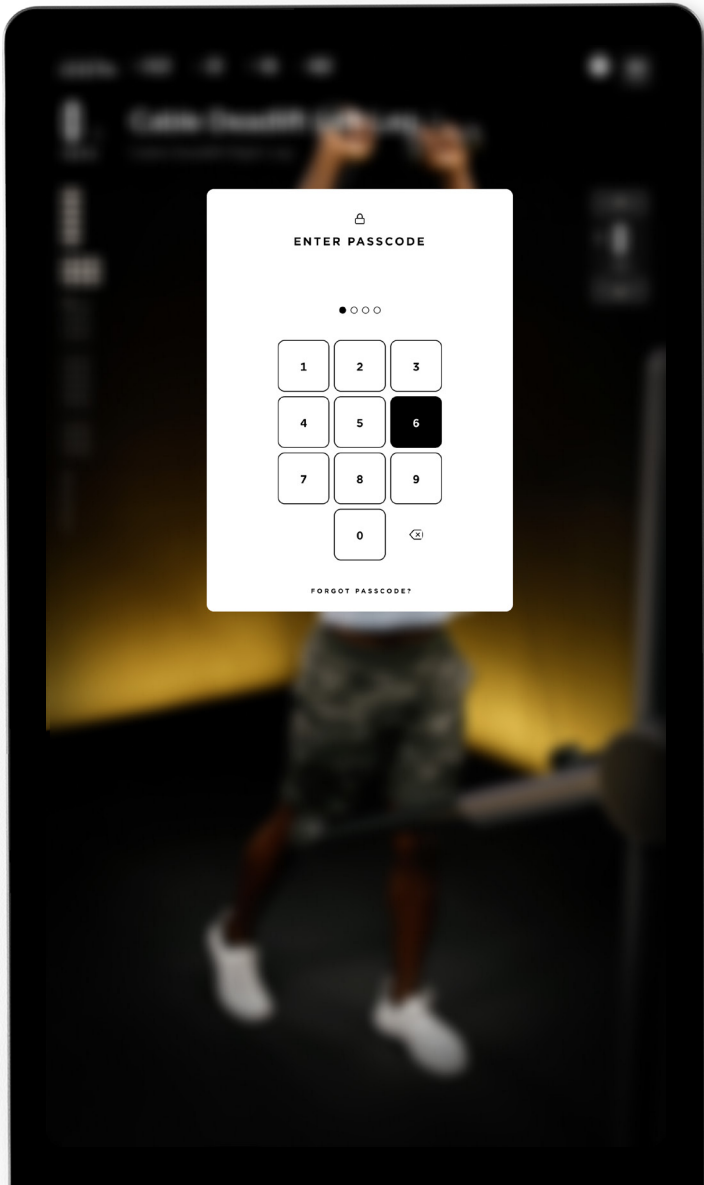
The Passcode feature is automatically enabled during the Installation process. If your device is installed without a passcode, here are the steps to enable the feature.

1. Log in to your Studio Lift with the main member account
2. Go to Settings
3. Then tap on System
4. Scroll down and tap on "Lift Passcode"
5. Tap on Turn On Passcode (if Passcode is turned off)
6. Enter a 4 digit passcode
7. Re-enter the passcode

Your Studio Lift is now passcode enabled.

### How to reset your passcode if you forget

If you forget your passcode, you can easily create a new one. Tap the "Forgot Passcode" feature on the Pin Pad. For security purposes, you must enter the password for the master member account. After entering the password of the master account, follow the instructions to enter a new passcode.



## USING THE PASSCODE FEATURE

### How to lock the Studio Lift Arms

You can always lock the Studio Lift arms at any time using the Lock button located in the Control Panel. Locking the device will render the Studio Lift arms inoperable. To unlock the device, simply enter your passcode on the PIN pad.

### Passcode Auto Lock

In situations where the Studio Lift arms are unstowed and in an active position, auto-lock will engage and deactivate the Lift arms, preventing any unauthorized use. After ten minutes of inactivity, you will see an onscreen message informing you that the Studio Lift arms will be deactivated in 10 seconds. Tap on the screen to dismiss the 10 second countdown. If the countdown timer reaches zero, the Studio Lift arms will become in-active. You may continue to use the other functions of your Studio, but will need to enter your passcode if you wish to use the Studio Lift arms.

### Deactivating the Passcode feature

If you wish to deactivate the passcode feature, you can do so by going to the Settings menu and tapping on the Passcode option. From there, you will see an option to Turn Off the Passcode feature. Please review and accept the disclaimer by tapping “Accept”, and the Passcode will be deactivated. If you wish to re-activate the passcode feature in the future, you can always do so from the Passcode option in Settings.



## 30-DAY RETURN POLICY

Every member can take advantage of our 30-day return policy, which starts on the day of installation. Members must contact our Member Support team (via email/phone) to request a return, within 30 days of installation.

Members will receive a refund when returning their Studio.

Our Member Support team will create a ticket with our third party logistics company and contact the member to schedule a return.

FORME team is not responsible for any repairs to the walls resulting from the dismounting of a Studio.

## MEMBER SUPPORT

Taking care of you and your Studio is why we are here. Do not hesitate to reach out to us for anything, especially technical support. We are happy to help!

Contact us at [support@formelife.com](mailto:support@formelife.com) /

## 1-YEAR MANUFACTURER'S WARRANTY

The Manufacturer's Warranty comes with every Studio purchase and provides coverage for any mechanical or electrical issues causing the unit to be inoperable.

In order to initiate a warranty claim, the member must contact the Member Support team (via email/phone) and provide a description of the issue.

If the FORME Member Support team deems that unit needs to be replaced, FORME will create an order with company and contact the customer to schedule the replacement.

## ADDITIONAL COVERAGE

Every member can purchase a 2-year, 3-year, or 4-year Extended Warranty at the time of purchase or within 30-days from the date of installation.

The Extended Warranty covers the member against 1 claim of accidental damage, which makes the unit inoperable and requires replacement.

The 2-year and 3-year Extended Warranty extends the Manufacturer's Warranty, syncing coverage for electrical, mechanical, and accidental damage.

You will receive two email reminders with instructions on how to purchase coverage if you did not do so prior to installation.

## HOW TO OBTAIN WARRANTY SERVICE

To file a claim, please email [support@formelife.com](mailto:support@formelife.com).

## TERMS OF USE

To view the Terms of Use of your purchase, please visit <https://formelife.com/terms-of-use>. For information regarding the product's warranty terms, please visit <https://formelife.com/warranty-and-return>.

Our Member Support team is available to help you with any questions or concerns you may have. Contact us at [support@formelife.com](mailto:support@formelife.com)

FORME