Getting Started

At the login screen, you have three options to choose from:

- **Sign In** (Section 1)
- **Select a Workout** (Section 2)
- **Quick Start** (Section 3)
Section 1:

If you choose to **Sign In**, you will be taken to the following screen:

![Sign In Screen](image)

**Registered Users:**

If you are a registered user, enter your user ID on the right-hand side of the screen using the number pad. The following screen will come up:

![Password Selection Screen](image)

Choose the password image that you selected when you registered for your user ID. You will then be logged into your personalized workout.
New Users:

If you do not yet have a user ID set up, select the **New User** button and follow the prompts to set one up.

1. Create a user ID, up to 11 digits. You should select a number that is unique and you can easily remember (i.e. phone number)

![Create a User ID](image1)

2. Enter E-mail Address. This step of the process allows you to be emailed confirmation. You will be able to log in to view workout progress. *Note: the sole purpose of this email is to be able to provide information to you. Your information will not be used or disseminated to any third party organization.*

![Enter E-mail Address](image2)

3. Select an image password. This allows for greater security of your personal information and preferences

![Select an Image Password](image3)
4. Enter gender and birthdate.

5. Enter weight.

6. Review your information and select GO!
Section 2:

If you choose **Select a Workout**, you will be taken to the following screen:

![Screen with options: Fitness Programs, Fitness Test, Manual, Quick Start]

Depending on which program you choose, you will be taken to one of the following four screens:

**FITNESS PROGRAMS:**

Choose from several workout programs, each with a different level of intensity and goals.

**FITNESS TEST:**

Choose from four (4) military-based workout tests designed to test physical performance.
MANUAL:

Create your own workout program.

QUICK START/WORKOUT VIEW:

When you “get on and go,” this is the screen you will be taken to. Your workout begins immediately.
Section 3:

If you choose **Quick Start**, you are brought directly to the **Workout View**.

At this screen, you may begin your workout simply by pressing the + or – buttons in the lower left corner or by selecting **Speed** or **Incline** buttons to take you into the “touch and go” screen.

You may select different running scenarios by selecting **Track**. This screen will give you options for displaying different places you can look at while you workout.
Select the **Data** button to view graphs of your incline, speed, or heart rate for immediate feedback and comparison.

Select **Simple View** for simple and easy-to-read, real-time statistics on Speed, Distance, Duration, and Pace.

Select **Programs** to go to ready-made workout programs to strive for new aerobic goals.

You may press **Pause** to pause your workout at any time or press **Menu** in the bottom right-hand corner to go back to the main menu.
The main menu offers many entertainment programs as well as personal health and fitness feedback choices. At any time you may choose a **Workout View** to go back to your workout.

Choose **Watch TV** to work out while watching your favorite TV shows. You can view your favorite TV shows in standard or full screen mode.

You can also select **On Demand Videos** to choose from over 100 daily downloaded movies and shows.
Choose **Music** to hear many of today’s hottest artists and musicians.

Select the **iPod** menu button and use the docking station to plug in your iPod, iTouch, or iPhone to select your **iPod** music, videos, shows, and movies.

**My Workouts** shows a summary of your ten most recent workouts with an option to look back at all prior workouts.
Select **Exercise TV** to watch popular fitness gurus motivate and instruct you on new and exciting workout programs and techniques.

![Exercise TV Screenshot](image)

**Personal News** will bring you the news you are interested in. The latest headlines are available in Business, Health, Fitness, Sports, and Weather.

![Personal News Screenshot](image)

Choose **End Workout** to finish and view a summary of your workout session.

![Workout Complete Screenshot](image)
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