

# Quick Start Guide

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# WOODWAY®

*For The Long Run®*

Desmo Elite – Powered by Netpulse™



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# Getting Started

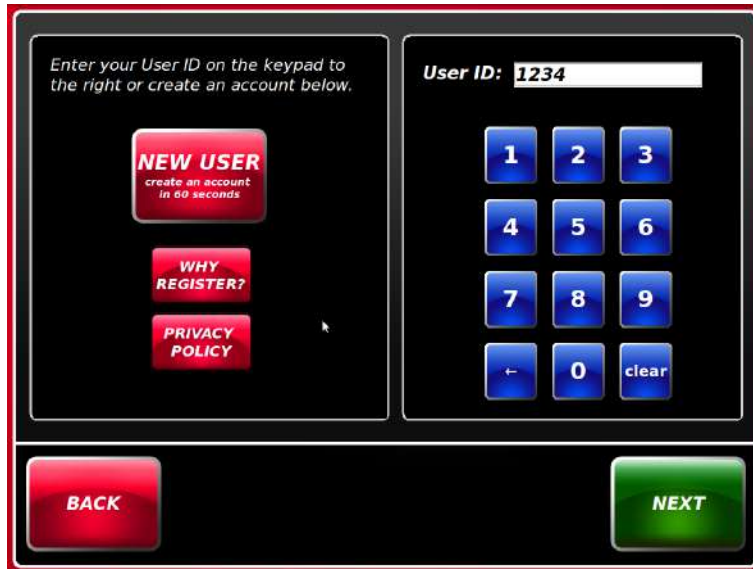


At the login screen, you have three options to choose from:

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

## Section 1:

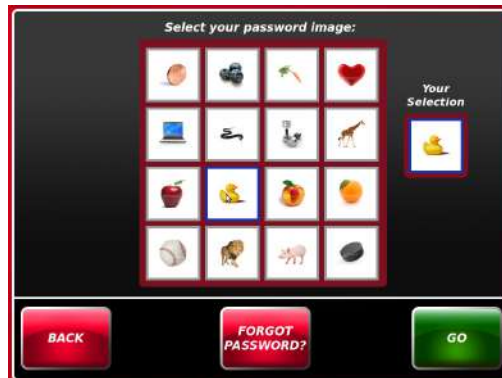
If you choose to **Sign In**, you will be taken to the following screen:



The sign-in screen is divided into two main sections. The left section contains the text "Enter your User ID on the keypad to the right or create an account below." Below this text are three red buttons: "NEW USER" (with subtext "create an account in 60 seconds"), "WHY REGISTER?", and "PRIVACY POLICY". The right section features a text input field labeled "User ID:" containing the value "1234". Below the input field is a blue keypad with buttons for digits 1-9, 0, a back arrow, and a "clear" button. At the bottom of the screen are two large buttons: a red "BACK" button on the left and a green "NEXT" button on the right.

### 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:



The "Select your password image" screen displays a 4x4 grid of 16 different icons. To the right of the grid is a smaller box labeled "Your Selection" which contains a yellow duck icon. Below the grid are three buttons: a red "BACK" button, a red "FORGOT PASSWORD?" button, and a green "GO" button.

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)



The screenshot shows a registration screen titled "Create a User ID". Below the title, it says "Up to eleven digits. Select an ID you can remember. We suggest using your phone number." There is a text input field above a numeric keypad with buttons for digits 1-9, 0, and a "clear" button. At the bottom of the screen, there are three buttons: a red "BACK" button on the left, a green "NEXT" button on the right, and the text "Registration Step 1 of 6" in the center.

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.*



The screenshot shows a registration screen titled "Enter E-mail Address:". Below the title, it says "You will receive a confirmation email to complete registration." There is a text input field containing "bart@simpsons.com". Below the input field is a full QWERTY keyboard. At the bottom of the screen, there are three buttons: a red "BACK" button on the left, a green "NEXT" button on the right, and the text "Registration Step 2 of 6" in the center.

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



The screenshot shows a registration screen titled "Select an Image Password". Below the title, it says "Select an image you can remember. This will be your password for your User ID." There is a "Categories" list on the left with buttons for "Animals", "Fruits", "Sports", and "Other". To the right of the list is a 3x3 grid of image icons. At the bottom of the screen, there are three buttons: a red "BACK" button on the left, a green "NEXT" button on the right, and the text "Registration Step 3 of 6" in the center.

4. Enter gender and birthdate.

The screen is titled "Registration Step 4 of 6". It is divided into two main sections: "Gender" and "Date of Birth".

- Gender:** Two buttons labeled "Male" and "Female" are stacked vertically.
- Date of Birth:** Three input fields are stacked vertically: "Month" (with "--" below it), "Day" (with "--" below it), and "Year" (with "----" below it). To the right of these fields is a numeric keypad with buttons for digits 1-9, 0, and a "clear" button.

At the bottom of the screen, there is a red "BACK" button on the left, the text "Registration Step 4 of 6" in the center, and a green "NEXT" button on the right.

5. Enter weight.

The screen is titled "Registration Step 5 of 6". It features a central input field with the number "142" entered. Below the input field is a numeric keypad with buttons for digits 1-9, 0, and a "clear" button.

At the bottom of the screen, there is a red "BACK" button on the left, the text "Registration Step 5 of 6" in the center, and a green "NEXT" button on the right.

6. Review your information and select **GO!**

The screen is titled "Registration Step 6 of 6" and is labeled "Review your information". A subtitle reads: "You can use the back buttons to correct your entries."

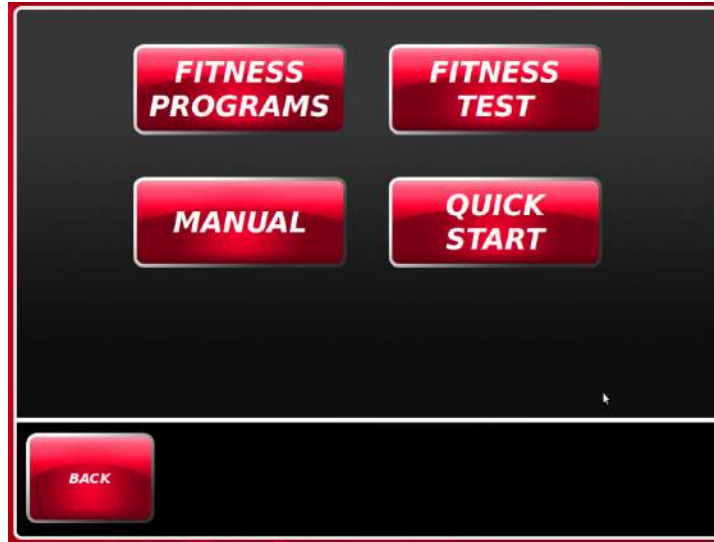
The information is displayed in two columns:

- Left Column:** "User Id:", "Email:", "Password", "Image:", "Gender:", "Date of Birth:", "Weight:"
- Right Column:** "8547", "bart@simpsons.com", a small image of a yellow object, "Male", "02/19/1967", "142 Lbs."

At the bottom of the screen, there is a red "BACK" button on the left, the text "Registration Step 6 of 6" in the center, and a green "GO" button on the right.

## Section 2:

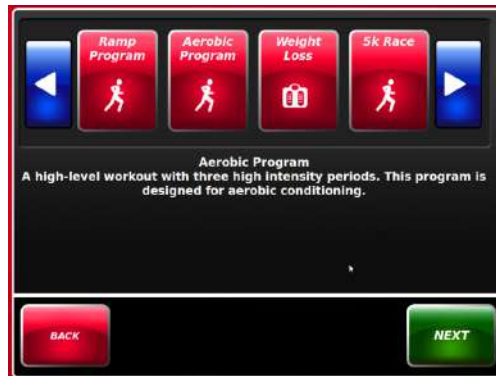
If you choose **Select a Workout**, you will be taken to the following screen:



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.

**AEROBIC PROGRAM**

GENDER: **Male** / Female

AGE: **42** (Value between 12 and 99)

LEVEL: [ ] (Value between 1 and 10)

WEIGHT: **155** (Value between 50 and 300)

TIME: [ ] (Value between 10 and 99)

1 2 3  
4 5 6  
7 8 9  
Clear 0 Next

BACK GO!



## 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**.



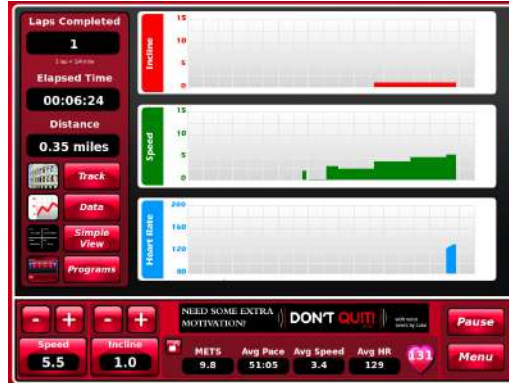
At this screen, you may begin your workout simply by pressing the + or – buttons in the lower left corner or by selecting **Speed** or **Incline** buttons to take you into the “touch and go” screen.



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.



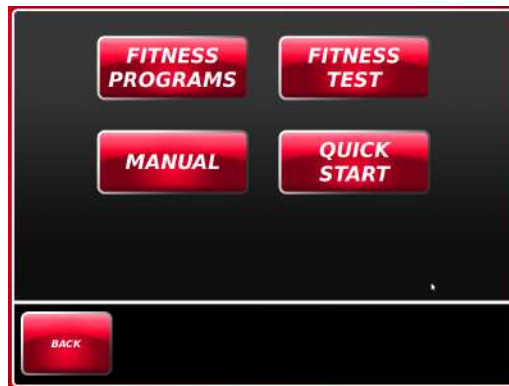
Select the **Data** button to view graphs of your incline, speed, or heart rate for immediate feedback and comparison.



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, iTunes, 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.



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



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





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