

Installation Instructions and Documentation Inside!

THIS PRODUCT DEMONSTRATES VARIOUS EXERCISES PERFORMED BY PHYSICALLY FIT EXPERTS. NOT ALL OF THE EXERCISES ARE SUITABLE FOR EVERYONE. CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM.

3DO Version
SEF-01-3DO



Total Sports Instruction



Intellimedia Sports, Inc.
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The ESPN logo in red, bold, italicized font, positioned in the upper left corner of the cover art.

The IntelliPlay logo in green, sans-serif font with a small "x" above the "i" and a circular arrow around the "y", positioned in the upper right corner of the cover art.

User Manual



step
Aerobics

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GETTING STARTED

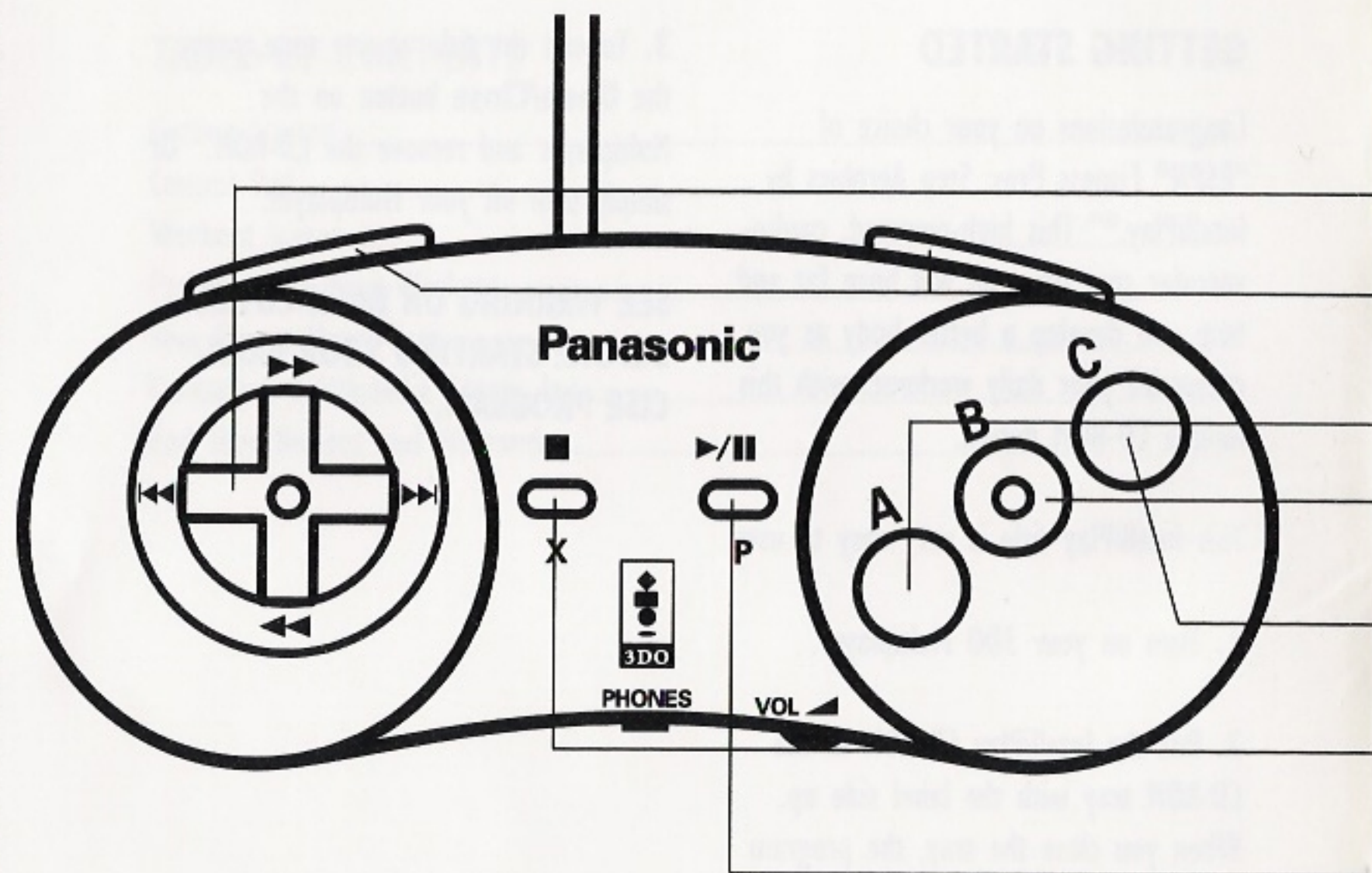
Congratulations on your choice of "ESPN® Fitness Pros: Step Aerobics by IntelliPlay.®" This high-powered, cardiovascular step program will burn fat and help you develop a better body as you customize your daily workouts with this unique CD-ROM design.

This IntelliPlay title is very easy to use:

1. Turn on your 3DO Multiplayer.
2. Put the IntelliPlay CD-ROM in the CD-ROM tray with the label side up. When you close the tray, the program will begin playing.

3. To exit the title at any time, press the **Open/Close** button on the Multiplayer and remove the CD-ROM. Or simply turn off your Multiplayer.

SEE WARNING ON BACK COVER BEFORE STARTING YOUR EXERCISE PROGRAM.



CONTROL PAD

It's a good idea to get familiar with the 3DO Control Pad before you get started.

Directional Pad: Highlights a specific workout routine.

Rewind (Left and Right Shift): Returns to the beginning of the video that's currently playing.

Play (A): Plays your workout after you have selected the order of the routines.

Select (B): Selects a routine that you have highlighted with the directional pad. Selected routines appear on the workout bar at the top of the screen.

Credits (C): Introduces the Fitness Pros, who guide you through your workout, and lists the people who helped to bring you this fitness product.

Stop: Stops the currently playing video and takes you back to the workout screen. (This also can be done by pressing C.)

Play/Pause: When pressed once, allows you to pause the video you are currently viewing. When pressed a second time, the video continues playing.

WORKOUT SCREEN

When the program starts, the **Workout Screen** will appear on your screen. It consists of the workout bar, workout selections, buttons, and the stopwatch.

Workout Bar: The seven "boxes" located at the top of the screen make up your workout bar where you can build your workout. As you highlight and select specific routines, the icons (or pictures) for those routines appear in the workout bar in the order that you select them. This allows you to see the exact format of your personalized workout.

Workout Selections:

Next to each selection is an icon (or picture) that relates to the workout routine. The selections are described below:



All Selections: Chooses the standard workout which consists of the Warmup, Basic Step, Power Step, and Cooldown.



Warmup: Gets your blood flowing and heart pumping. (9:05)



Basic Step: Gives you basic step patterns that safely prepare you for more strenuous moves. (12:13)



Power Step: Adds variety and challenge with new step combinations and fat-burning moves. (12:37)



Cooldown: Brings down your heart rate and stretches your muscles. (4:00)



Erase Workout Sequence: Clears the workout bar of the selections you've made.



Techniques: Shows you how to perform your workouts safely.

Buttons: Allow you to program your workout or view the credits. They are located on the right-hand side of the screen.

Stopwatch: You'll know how long your workout will be by looking at the stopwatch in the top right-hand corner of the screen. The stopwatch will display the length (minutes : seconds) of your chosen workout. As you add routines to the workout bar, the time on the stopwatch will change according to the length of each routine.

PROGRAMMING YOUR WORKOUT

It's easy to personalize your step aerobics workout.

1. Use the directional pad to position the highlight box on the routine you want to do.
2. Press **Select (B)** to add the highlighted routine to the workout bar.
3. When you've finished programming your workout, take a deep breath, press **Play (A)** and prepare yourself for the ultimate workout!

If you make a mistake or change your mind...

1. Highlight **Erase Workout Sequence** with the directional pad.
2. Press **Select (B)**. The workout bar will clear all selections.
3. Program your workout as described above.

A couple of things to keep in mind:

- To play the **Techniques** segment, highlight the **Techniques** icon and press **Play (A)**.

- If you need to pause the video for a moment, press the **Play/Pause** (▶/||) button. Press it again to restart the video.
- To rewind the video to the beginning of the segment, press the **Left Shift** or **Right Shift** button.
- To stop a currently playing video or the credits segment and return to the workout screen, press **Stop** (■) or the **C** button.
- When you choose **All Selections**, you'll notice that four boxes are filled and three are blank. You can continue adding routines to the workout bar until all seven boxes are filled.

YOUR TARGET HEART RATE

At least once during the cardiovascular section of your workout, you should check your target heart rate. Gently place two fingers against your wrist or the carotid artery in your neck, and feel for your pulse. Count your pulse for a period of 10 seconds. For best cardiovascular results, your heart rate should fall within the range shown below for your age group.

| Age | Target Heart Rate (Beats per 10 seconds) |
|-------|---|
| 15-19 | 21-28 |
| 20-27 | 21-27 |
| 28-36 | 20-26 |
| 37-45 | 19-25 |
| 46-53 | 18-24 |
| 54-62 | 17-23 |
| 63-70 | 16-22 |

If your heart rate is above this range, lower your intensity by working off your step or not using your arms. If your heart rate is below this range, pick up the pace a little bit by using your arms or raising the height of your step, if your step is adjustable.

CONTACTING INTELLIMEDIA SPORTS, INC.

Product Registration

It is extremely important to send in your product registration card. Doing so insures that your warranty is registered and that you receive notice of updates, new IntelliPlay® products and other opportunities from Intellimedia Sports. This information will help us design future IntelliPlay® titles to meet the needs of you and your family.

Customer Support

If you have any problems running this title, you may contact Intellimedia Sports customer support line at 1-800-269-2099 or FAX at 1-404-261-2282 or write us at Intellimedia Sports, Inc.,

Customer Support Department, Two Piedmont Center, Suite 300, Atlanta, GA 30305.

Sales

For information about additional Intellimedia products, you may reach our sales department at 1-800-269-2101 from 9 a.m. to 6 p.m. EST.

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