

Quick Start Guide

WOODWAY®

For The Long Run®

Desmo Elite – Powered by Netpulse™



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Getting Started

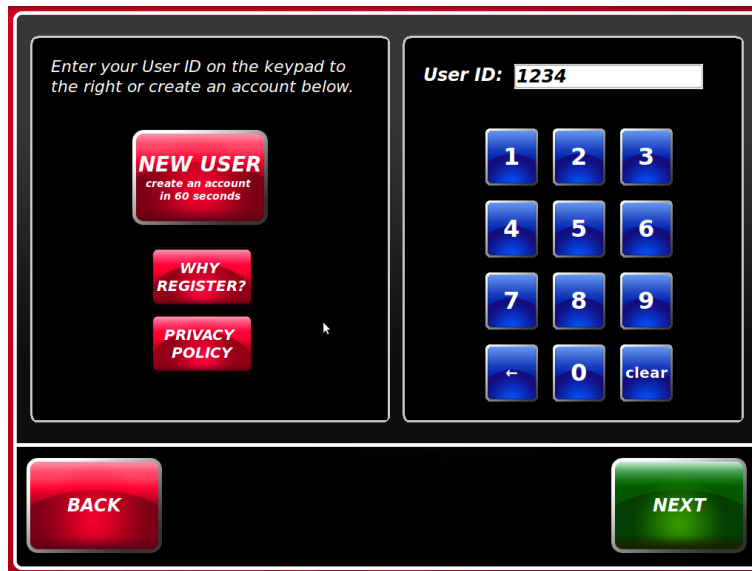


At the login screen, you have three options to choose from:

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

Section 1:

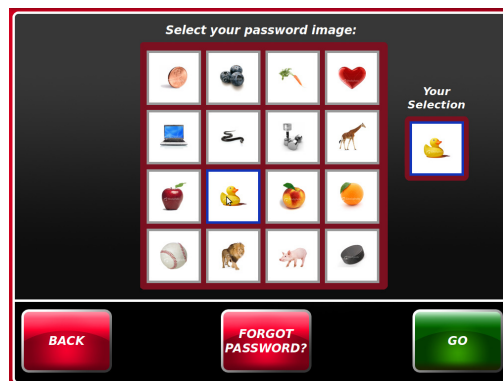
If you choose to **Sign In**, you will be taken to the following screen:



The Sign In screen is divided into two main sections. The left section contains 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', and a numeric 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 images. To the right of the grid is a smaller box labeled 'Your Selection' which contains a yellow duck icon. At the bottom of the screen 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:

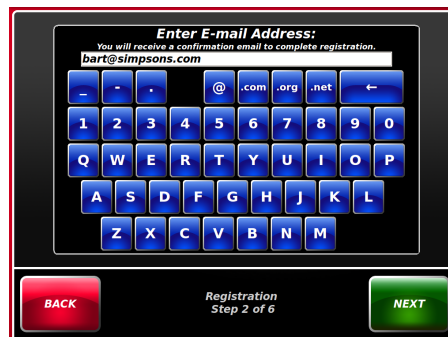
If you do not yet have a user ID set up, select the **New User** button and follow the prompts to set one up.

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 screen is titled "Create a User ID" with a subtitle "Up to eleven digits. Select an ID you can remember. We suggest using your phone number." Below the text is a numeric keypad with buttons for digits 1-9, 0, and a "clear" button. At the bottom, there are "BACK" and "NEXT" buttons, 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 screen is titled "Enter E-mail Address:" with a subtitle "You will receive a confirmation email to complete registration." Below the text is an email input field containing "bart@simpsons.com". Below the input field is a full QWERTY keyboard. At the bottom, there are "BACK" and "NEXT" buttons, 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 screen is titled "Select an Image Password" with a subtitle "Select an image you can remember. This will be your password for your User ID." Below the text is a grid of 12 images. To the left of the grid are four category buttons: "Animals", "Fruits", "Sports", and "Other". At the bottom, there are "BACK" and "NEXT" buttons, and the text "Registration Step 3 of 6" in the center.

4. Enter gender and birthdate.

This screen is titled "Registration Step 4 of 6". It has two main sections: "Gender" and "Date of Birth". The "Gender" section contains two buttons: "Male" and "Female". The "Date of Birth" section contains three input fields: "Month" (with "--" as a placeholder), "Day" (with "--" as a placeholder), and "Year" (with "----" as a placeholder). To the right of these fields is a numeric keypad with buttons for digits 1-9, 0, and a "clear" button. At the bottom, there are three buttons: a red "BACK" button, a green "NEXT" button, and the text "Registration Step 4 of 6" in the center.

5. Enter weight.

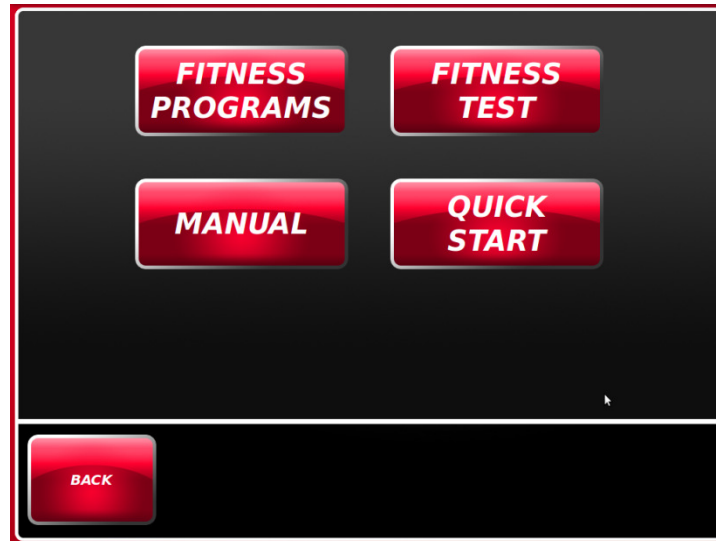
This screen is titled "Registration Step 5 of 6". It has a central section titled "Enter Weight" with a text input field containing the value "142". Below the input field is a numeric keypad with buttons for digits 1-9, 0, and a "clear" button. At the bottom, there are three buttons: a red "BACK" button, a green "NEXT" button, and the text "Registration Step 5 of 6" in the center.

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

This screen is titled "Registration Step 6 of 6". It has a central section titled "Review your information" with the subtitle "You can use the back buttons to correct your entries." Below this, there is a list of user information: "User Id: 8547", "Email: bart@simpsons.com", "Password Image: [icon of a key]", "Gender: Male", "Date of Birth: 02/19/1967", and "Weight: 142 Lbs.". At the bottom, there are three buttons: a red "BACK" button, a green "GO" button, and the text "Registration Step 6 of 6" in the center.

Section 2:

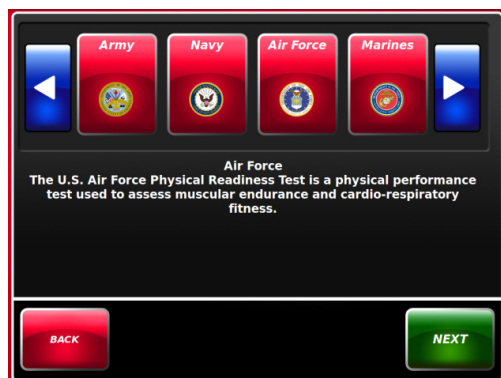
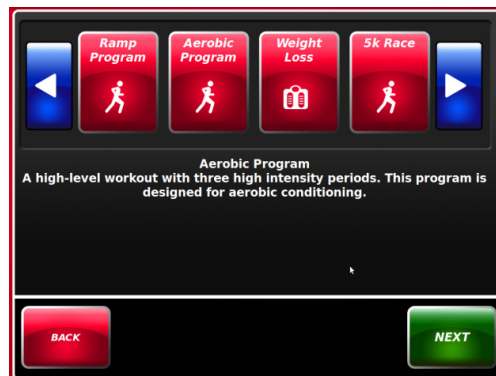
If you choose **Select a Workout**, you will be taken to the following screen:



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.

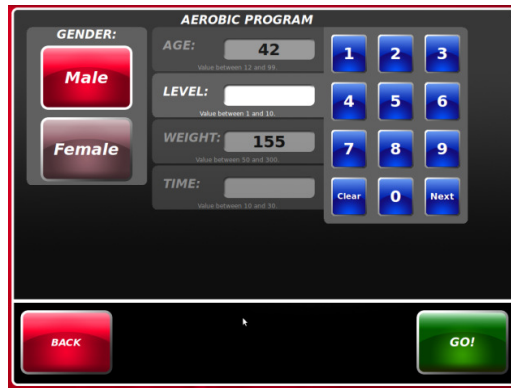


FITNESS TEST:

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

MANUAL:

Create your own workout program.



The AEROBIC PROGRAM screen is a black interface with red and blue buttons. It features a GENDER selection with 'Male' and 'Female' options. The AGE field is set to 42, with a range of 12 to 99. The LEVEL field is empty, with a range of 1 to 10. The WEIGHT field is set to 155, with a range of 50 to 300. The TIME field is empty, with a range of 1.0 to 30.0. A numeric keypad with buttons 1-9, 0, Clear, and Next is on the right. At the bottom are BACK and GO! buttons.

Field	Value	Range
GENDER	Male	
AGE	42	12 and 99
LEVEL		1 and 10
WEIGHT	155	50 and 300
TIME		1.0 and 30.0

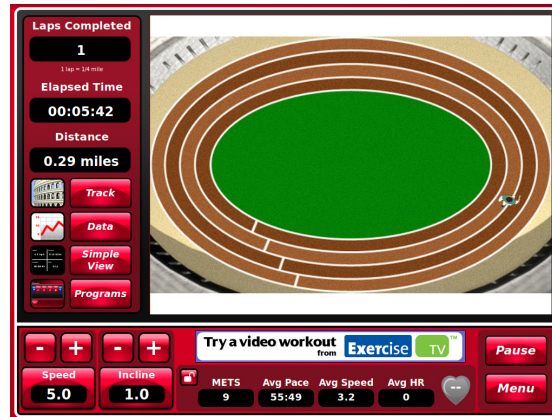


QUICK START/WORKOUT VIEW:

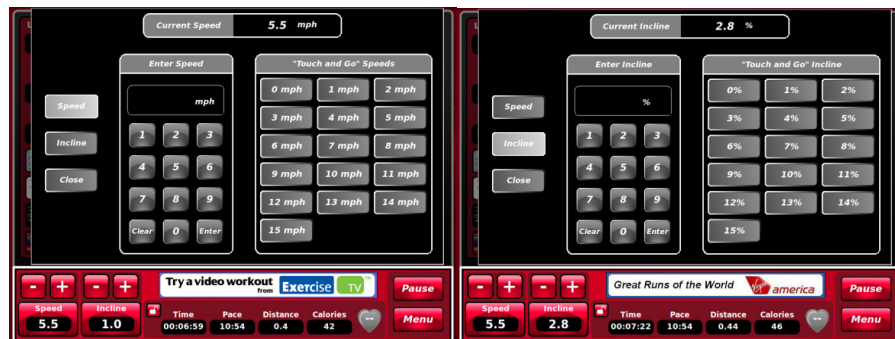
When you “get on and go,” this is the screen you will be taken to. Your workout begins immediately.

Section 3:

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

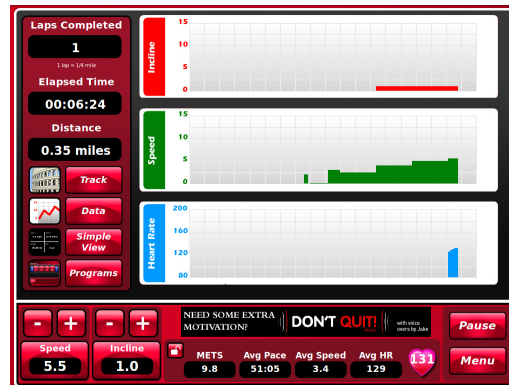


At this screen, you may begin your workout simply by pressing the + or – buttons in the lower left corner or by selecting **Speed** or **Incline** buttons to take you into the “touch and go” screen.



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.

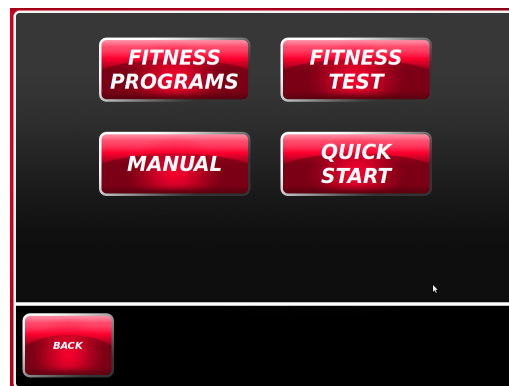
Select the **Data** button to view graphs of your incline, speed, or heart rate for immediate feedback and comparison.



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.

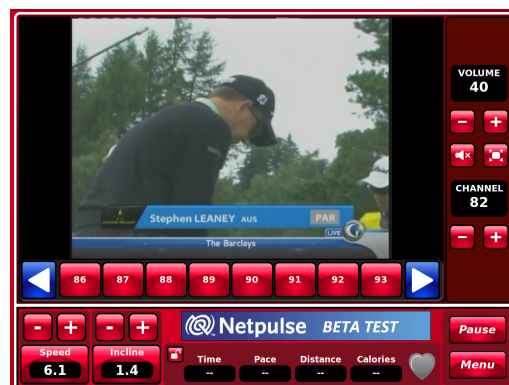


You may press **Pause** to pause your workout at any time or press **Menu** in the bottom right-hand corner to go back to the main menu.

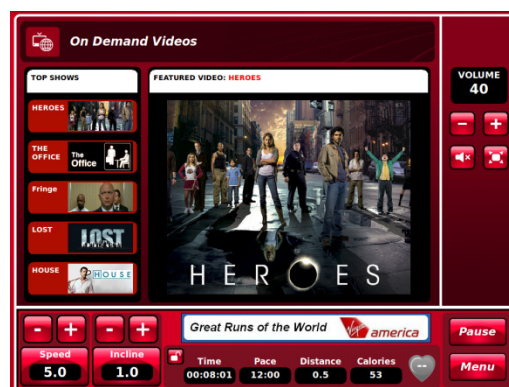
The main menu offers many entertainment programs as well as personal health and fitness feedback choices. At any time you may choose a **Workout View** to go back to your workout.



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.



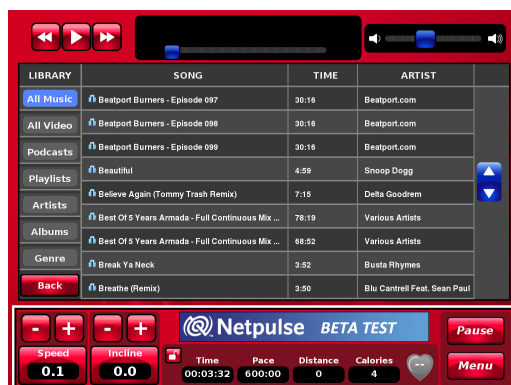
You can also select **On Demand Videos** to choose from over 100 daily downloaded movies and shows.



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.



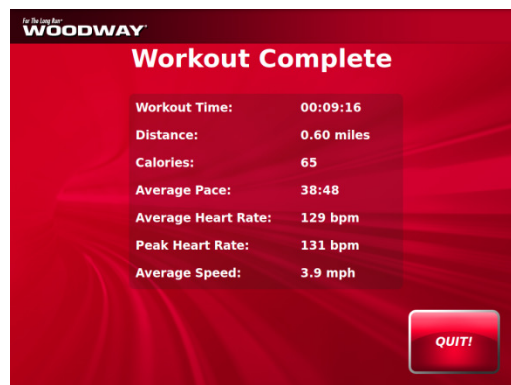
Select **Exercise TV** to watch popular fitness gurus motivate and instruct you on new and exciting workout programs and techniques.



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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