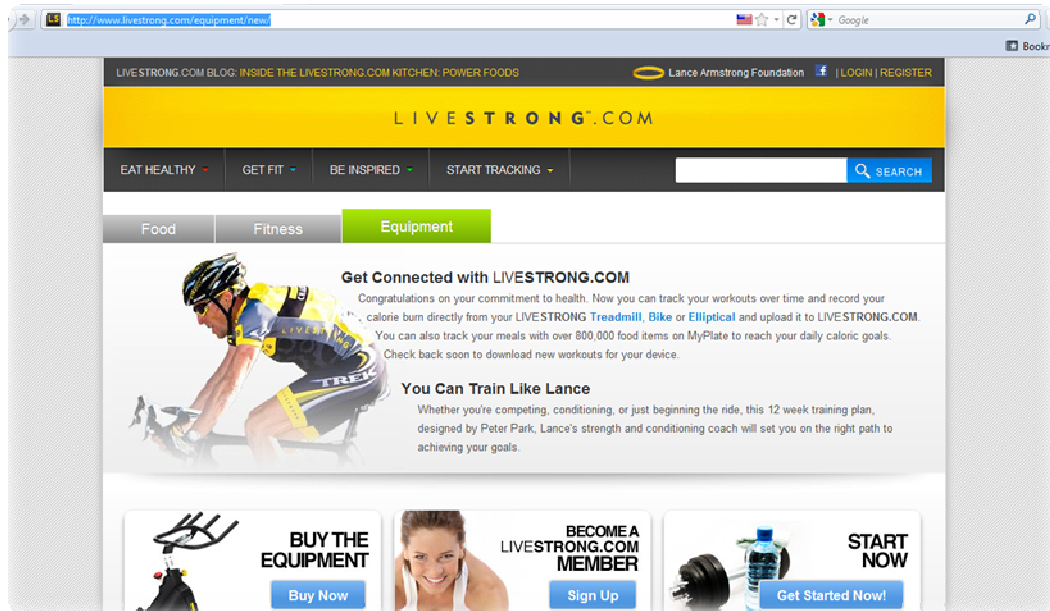


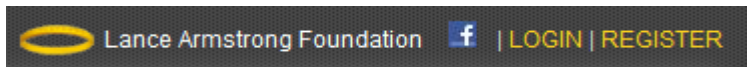
HOW TO DOWNLOAD AND SET UP NEW WORKOUTS FROM A PC

The first step is that the customer will need to open their internet browser and go to this address:

<http://www.livestrong.com/equipment/new/>



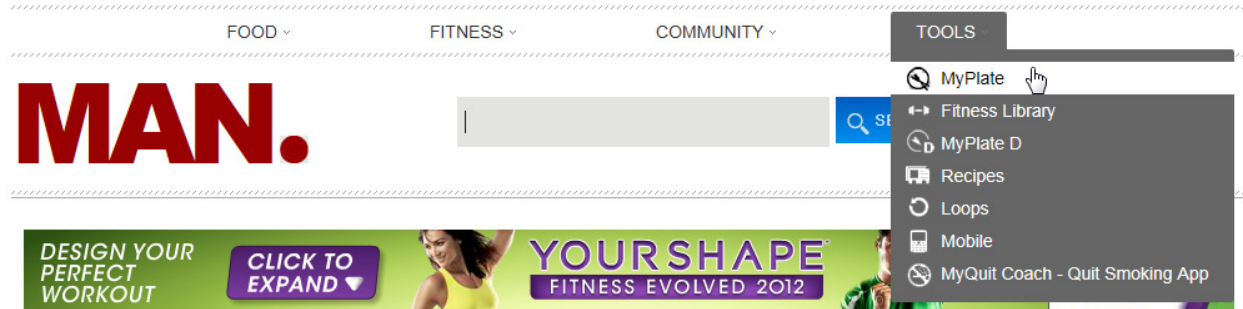
The customer would need to log into the site, at this time. The customer should be already registered. (IF THEY ARE NOT REGISTERED AND LOGGED IN, THEY WOULD NOT BE ABLE TO DOWNLOAD ANYTHING).



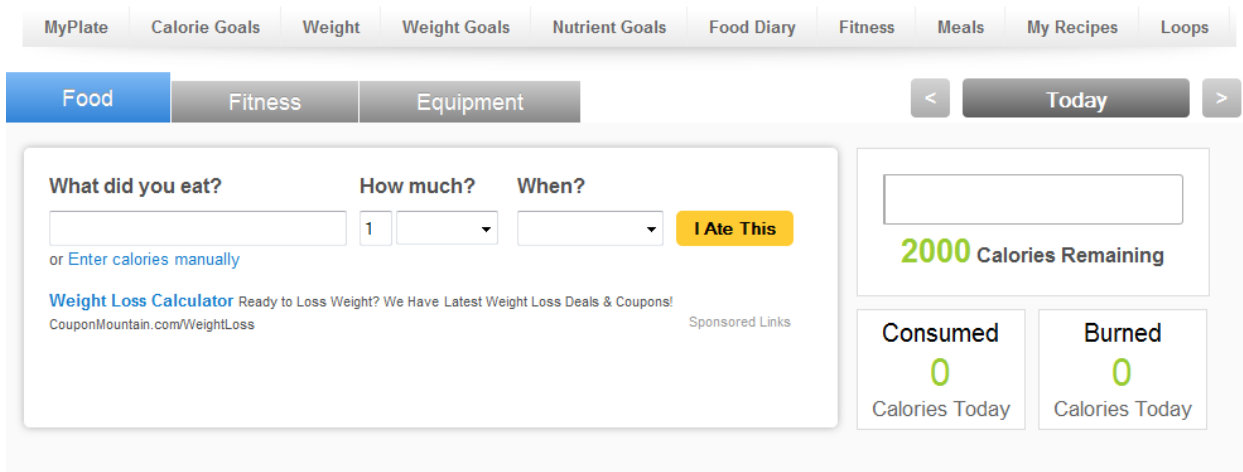
After the customer registered and logs in, the main page will display like this:



The customer will need to hit the tab under the name of TOOLS and then select the option MyPlate:



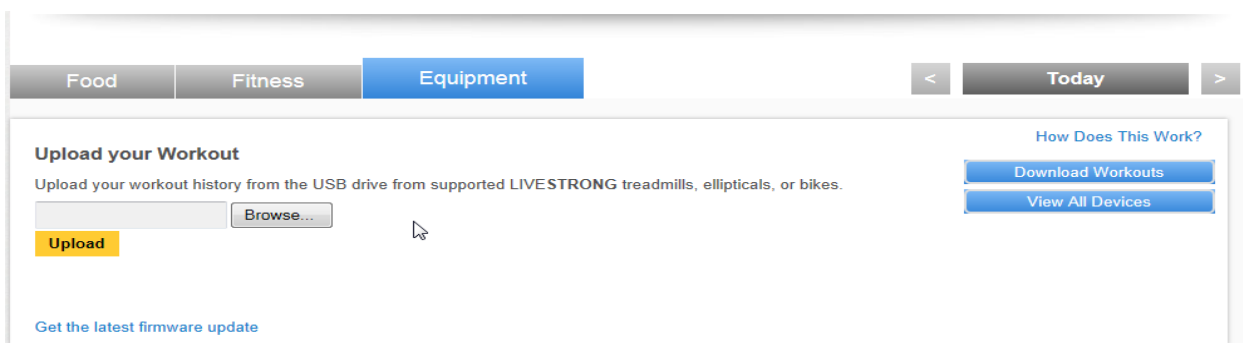
And the customer will be directed to this page:



At this point the customer needs to hit at the tab under the name EQUIPMENT:



After the customer hits their selection, a screen will appear like this and the customer will have to click at the blue box that says **DOWNLOAD WORKOUTS**:



Food

Fitness

Equipment

Equipment:

Track your Workout

Upload your workout history from the USB drive from supported LIVESTRONG treadmills, ellipticals, or bikes.

How Does This Work?

Download New Workouts

Fitness Fusion

Learn how to mix up your cardio equipment workouts with easy body weight strength exercises for better results in less time!



Train Like Lance

Whether you're competing, conditioning, or just beginning the ride, this 12 - week training plan, designed by Peter Park, Lance's strength and conditioning coach, will set you on the right path to achieving your goals.



Includes 4 Workout Portfolios

Training Plans by Peter Park



Peter Park is the personal strength and conditioning coach of Lance Armstrong, winner of an unprecedented seven Tour de France cycling competitions. Along with training Lance, Peter serves as a personal trainer for many other professional and amateur athletes.

[A new window will pop and will ask the customer to save the file:](#)

Upload your Workout

Upload your workout history from the USB drive from supported LIVESTRONG treadmills, ellipticals, or bikes.

Get the latest firmware update

Download New Workouts

Train Like Lance

Whether you're competing, conditioning, or just beginning the ride, this 12 - week training plan, designed by Peter Park, Lance's strength and conditioning coach, will set you on the right path to achieving your goals.

Includes 4 Workout Portfolios



Check Back Soon For More Workouts!

Opening programs-treadmill.zip

You have chosen to open

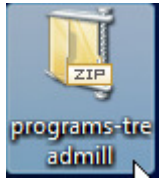
programs-treadmill.zip
which is a: Compressed (zipped) Folder
from: http://www.livestrong.com

What should Firefox do with this file?

☐ Open with PowerArchiver 2010 (default)
 ☒ Save File

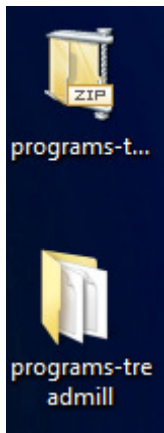
☐ Do this automatically for files like this from now on.

A ZIP file will be downloaded from the website. **PLEASE BE AWARE THAT THE ICON MIGHT BE A LITTLE BIT DIFFERENT DEPENDING ON THE OPERATING SYSTEM THAT THE CUSTOMER HAS IN HIS COMPUTER.**



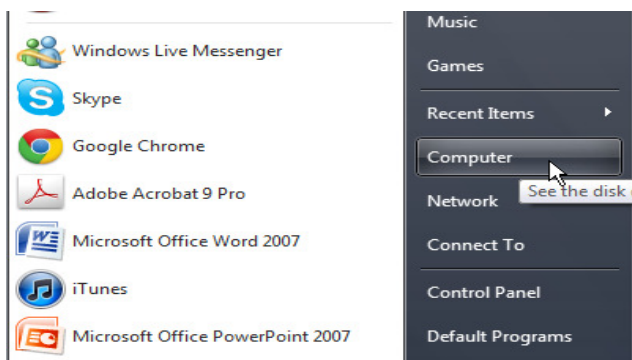
We would suggest that the customer saves the file that they are about to download from Livestrong.com into their **DESKTOP** for easy access.

From here the customer will have to “UNZIP” or extract the file. Once the customer completes this process, a “normal” folder will appear in the same location where they saved the original document:

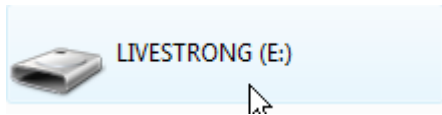


The next step is that the customer needs to plug the USB stick into their PC and open the files from the USB: **(AGAIN PLEASE REMEMBER THAT THE ICONS MIGHT BE A LITTLEBIT DIFFERENT BECAUSE OF THE OPERATING SYSTEM):**

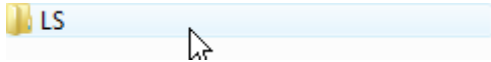
1. – Hit the icon at the bottom left corner of your display (it should have the Windows logo or a green icon that says START if the customer is running Windows XP). And click at **Computer**.



2.- The customer will need to explore the USB stick and double click at the icon.



The customer will be able to see one folder called LS:



3. – The customer will see 3 folders after they get into the LS folder:

FW	6/29/2011 9:00 AM	File Folder
PROGRAMS	6/4/2011 1:35 AM	File Folder
USERS	6/4/2011 1:35 AM	File Folder

From here the customer will have to open the folder that they UNZIPPED or decompressed and copy the NEW WORKOUTS that were downloaded:

Austin.prg	6/29/2010 8:12 AM	PRG File	7 KB
Power.prg	6/29/2010 8:25 AM	PRG File	6 KB
Spring.prg	6/29/2010 8:53 AM	PRG File	7 KB
Tour.prg	6/29/2010 9:02 AM	PRG File	8 KB

The best way to do this is by selecting all the workouts then right click at the computer mouse and select **COPY**. Customer needs to open the **PROGRAMS FOLDER** from the **USB stick**, then will right click at the computer mouse and select **PASTE**

Name	Date modified	Type	Size
Austin.prg	6/29/2010 8:12 AM	PRG File	7 KB
Power.prg	6/29/2010 8:25 AM	PRG File	6 KB
Spring.prg	6/29/2010 8:53 AM	PRG File	7 KB
Tour.prg	6/29/2010 9:02 AM	PRG File	8 KB

Name	Date modified	Type
FW	6/29/2011 9:00 AM	File Folder
PROGRAMS	6/4/2011 1:35 AM	File Folder
USERS	6/4/2011 1:35 AM	File Folder

This will copy the new workouts into the USB stick, once that this process is completed, the customer can remove the USB stick from their computer and then they could proceed to plug their USB stick to the console:

The customer will need to use the Up, Down, Back and Enter buttons to scroll through the options:



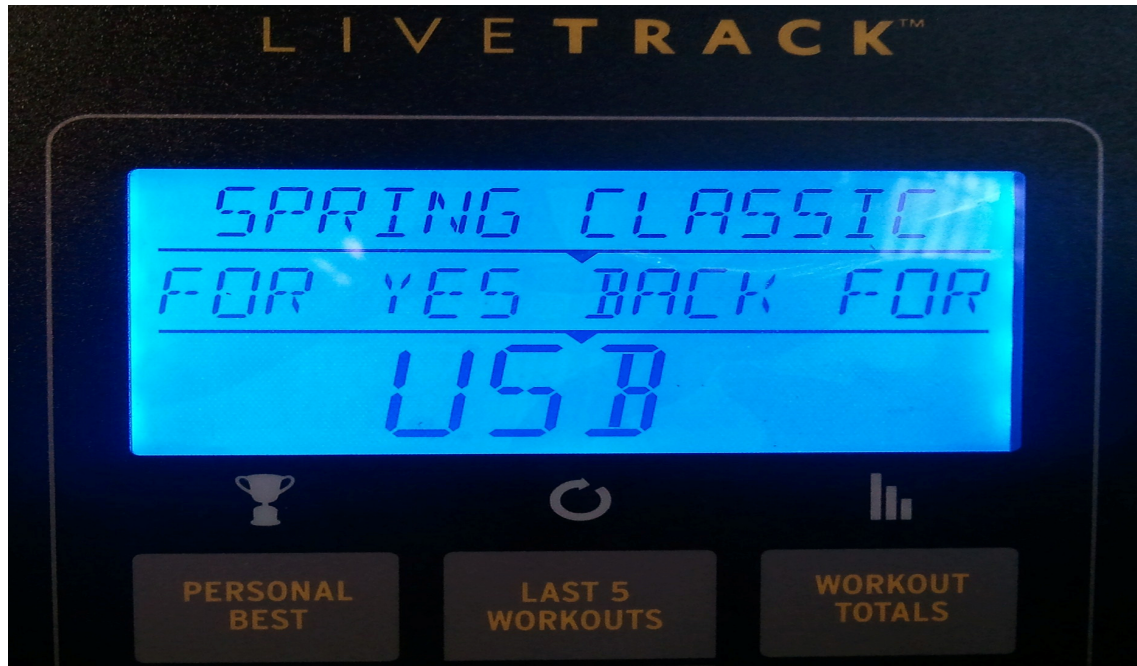
The first image that the customer will see as soon as the USB stick is plugged into the console is:



At this point the customer has to press the down button **ONCE** and the display would show **DOWNLOAD PROGRAM**
PROGRAM:

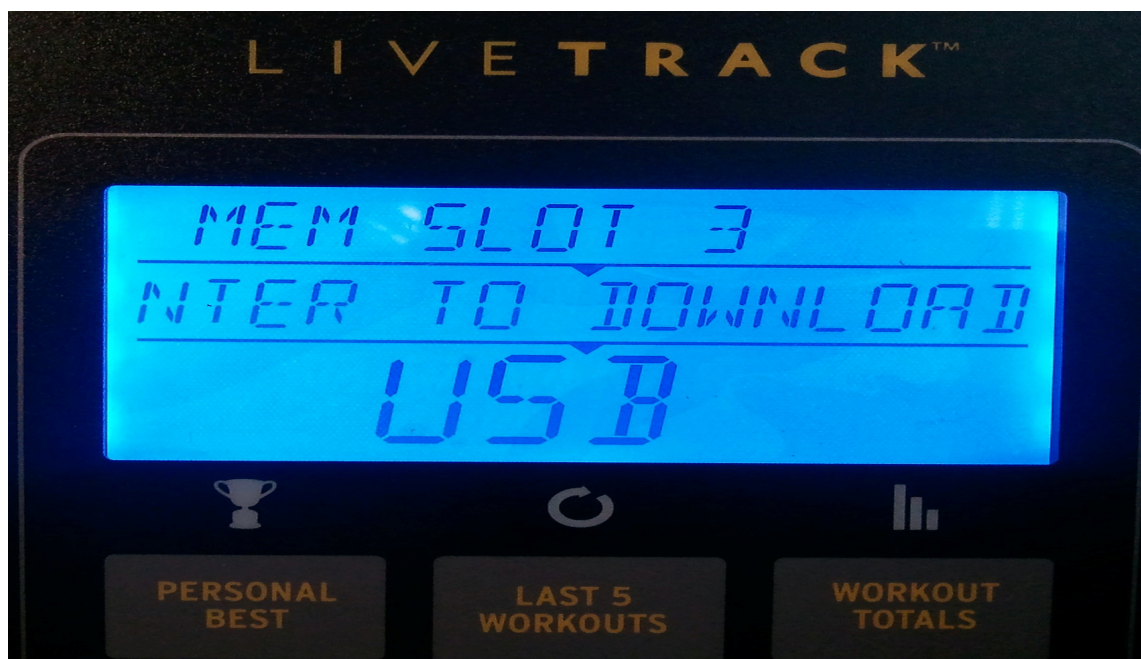


After the customer finds this option, the customer will click **ENTER** to go to the next screen:



At this point the customer can press Up or Down to scroll through the different workouts, once that the customer selects the workout, then proceeds to hit **ENTER**.

After this, the console will give you the option to select the where to install the new workout. (Please remember that the console could store up to 4 workouts at the time). The console has 4 memory slots available so the customer could pick an empty slot to install the new workout:



Once the customer selected the open slot, the customer needs to hit **ENTER** the download will begin:



It would take a few seconds to download and to install into the console, once that this process is done; the console will show a message that is COMPLETED:



This means that the installation was successful and the customer should be able to use that workout from now on and it would be an option while the customer scrolls through the workouts. **The customer does not need to leave the USB stick plugged into the console in order to use these new workouts:**



The customer is done at this point. The customer should be able to install any workouts at anytime. If the website has more than 4 workouts available, these workouts are going to be installed into the PROGRAMS file; however he could only have 4 workouts at the time stored in the **console**. The customer has the option to **OVERWRITE** these workouts and download a new workout as many times as they want.

If the customer is ready to upload a new workout and the slots are not available, the customer could proceed by hitting **ENTER** and the console will show a warning saying if it's OK to overwrite the new workout into the slot:



The customer will hit **ENTER** to overwrite the workout and it will take a few seconds to install. Then the console will display a message saying that the download was completed:

