

CURVES

SMART

**MY BODY
BALANCE
SCREEN**

What is the Red, Yellow, and Green Upside Down "U" on the Left Upper Side of the Screen Mean?

The Upside Down "U" on the left upper side of the screen indicates the level of your workout. Red indicated that you have worked out from 0% to 30% of your PI (Performance Index - see next page for explanation). Yellow indicated that you have worked out from 30% to 89% of your PI. Green indicates that you have worked out from 90% to 100% of your PI. Your goal is to work out somewhere in the green area; however, you may not always accomplish this and your most important goal is to DO YOUR BEST!!!!

What does PI stand for on the Bar on the Left 1/3 of Screen Mean?

PI stands for Performance Index. This number can range from 0 to 1000 and is a number assigned especially to you based on your strength on the machines each time you work out. 0 represents a carrot working out on the machines, 1000 represents a professional athlete working out on the machines. Obviously a carrot would not move the machines, thus they get a 0. An athlete, at their peak fitness, would get a 1000. You are somewhere in between and will steadily rise as you progress on the machines. This number represents the average PI for the last 10 workout.

What is the Sliding Bar along the Bottom of the Screen Mean?

The sliding bar along the bottom is your most recent weight. If you slide the bar to the right it raises the weight and the size of the woman above. If you slide the bar to the left it reduces the weight and the size of the woman above. Of course, we are not all built like the woman above the bar; however, it can give up a general idea of what will happen to our bodies should we lose or gain weight. Please note that the woman in the picture is an average height and does not change in height.

What does "My Last 10 Workouts" Mean at the Top of the Screen?

When you go into "My Body" screen, the woman you see first will show dots that average your last 10 workouts; HOWEVER,....

What does "My Last Workout" Mean at the Right Top of Screen?

ALWAYS CLICK THIS BUTTON TO SEE YOUR MOST RECENT WORKOUT, OTHERWISE YOU WILL SEE YOUR AVERAGED LAST 10 WORKOUTS!!!!!!

A RED OUTLINE WILL APPEAR AROUND EITHER "MY LAST 10 WORKOUTS" OR "MY LAST WORKOUT" DEPENDING ON WHICH IS SHOWING

What do the Dots on the Woman Mean on the Screen?

The dots on the woman are the major muscles you worked out. When you see red dots you are working the muscles at 0% to 30%. Yellow dots appear when you work the muscles 30% to 90%. Green appears when you work the muscles anywhere from 91% to 100%. By clicking on the dots the muscle and the percentage worked appears. Our goal is green or 91% or better; however, you should not expect all green dots rather you should just do your best and allow this as a guideline for areas of improvement!!!!

FOR THOSE OF YOU THAT WORKOUT EVERYDAY, PLEASE NOTE THAT DURING ALTERNATE DAYS YOU ARE WORKING YOUR HEART AND SHOULD EXPECT MORE YELLOW DOTS ON YOUR PERSON BECAUSE THE COMPUTER IS STILL EXPECTING 100% ON THOSE DAYS WHILE THE MACHINES REQUIRE LESS TO GET GREEN...THIS INFORMATION DOES NOT EFFECT YOUR PI.

How is the Best Way to Read the Dots on the Woman?

The best way to read the dots on the woman is to compare the muscles worked on each machine to see if you are working opposing muscles equally. The machines working opposing muscles have double positive cylinders that allow you to work muscles equally. These machines are the Bicep/Tricep, Shoulder Press, Pec Dec, Chest/Back, Ab/Back, Hip, and Leg Curl.

Some of the machines work muscles multi-directional - these machines are single positives where the cylinder resistance is only one directional. These machines include Oblique, Lateral Lift, Glute, Squat and Leg Press.

On the following page is a list of the machines, the muscles worked and in which direction they are worked. In that list, when the direction is not listed, that machine has a single positive cylinder.

Arm Machines

Tricep/Bicep Shoulder Press Pec Dec	Tricep(down) Deltoids(up) Pectorals(in)	Bicep(up) Latissimus Dorsi(down) Rhomboids(out) Latissimus Dorsi*(out)
Chest/Back	Pectorals(in)	Rhomboids(back) Latissimus Dorsi*(back)

Abdominal Machines

Oblique Lateral Lift Ab/Back	Oblique Oblique Abdominal(down)	Oblique Quadratus Lumborum Erector Spinae(up)
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Legs Machines

Glute	Gluteals Quadriceps*	Iliopsoas Hamstrings*
Squat	Gluteals Quadriceps*	Iliopsoas Hamstrings*
Hip/Ab/ADD Leg Press	Adductor(in) Quadracep Gluteals*	Tensor Fascia(out) Hamstrings Iliopsoas*
Leg Curl	Quadracep(up)	Hamstrings(down)

* Represents muscles worked to a lesser degree

**MY FLAGS
SCREEN**

On this screen you get messages about your routine, following are types of messages you may receive and what they mean. The old messages do not disappear for 7 days so that you can review the messages, the newest messages are at the top...just look for the date. On the next page is possible messages you may receive and what they mean.

At the bottom of the page are "Need Assistance", "Previous Message", "Next Message" and "Delete Message" boxes. When double clicking on the "Need Assistance" box a message will be sent to the staff and reviewed, we will contact you and assist you as needed.

Possible Messages on My Flag Screen

Progression: This message tells you when you have progressed or worked out equal to or above our PI for a machine or several machines. We have 12 machines, though if we have had to eliminate any from your workout you may have less (you will know if we did that). Out to the right of the email title will be a number which represents the number of machines you have progressed on and in the actual message it will tell you the exact machines you have progressed on.

Consistency: This message tells you if you are having difficulty being consistent on a machine. This may mean your range of motion may not be consistent, you may be working harder in one direction than another, or you are alternating short movements with full range of motion. If this message continues to appear continuously for 6 workouts let a staff member know and we will work on finding a solution (retesting on the machine).

Fitness Level: The fitness level is how many calories the computer calculates that you burn on the recovery pads. We all will start at the beginning level. From there Beginner to Intermediate will be automatically executed by the system based on certain conditions. On the first workout of each week, the system will look back at the previous week and determine if you are achieving your PI goals overall (not counting the consecutive day workouts). If you are, you will be transitioned to "Intermediate". Conversely, if you are not achieving your goals, you will be transitioned back to "Beginner". This only applies on 100% workout days, not alternative days if you workout daily. You may also be transitioned back to "Beginner" if they have not worked out for more than one month. You get 4 calories for each recovery board on the beginning level, 5 calories on intermediate and if the staff finds you dancing on the recovery boards, they will move you to advance where you receive 6 calories per recovery board.

WORKOUTS SCREEN

What do the Bar(s) of the Top Half of the Screen Mean?

The bar(s) on the top half of the screen represents the overall PI (performance Index). These bars which will show for 10 workouts across represent the PI for the date under the bar. The most recent workout is always the bar on the right. The dot either within the bar or above the bar is your target PI. You can "hover" over this dot and a number will appear - your target PI. The target PI will adjust based on your past performances. This is the goal you were trying to accomplish for the day (though you did not know it). Remember we do not always meet our goals (PI in this case) nor are we expected to..this is simply a goal and a way for the computer to adjust future goals (PIs)!!!!

To see other dates than the most recent simply click on the bar above that date and it will be highlighted in purple. You can easily then compare other dates to the most current.

What Do the Bars on the Bottom Half of the Screen Mean?

The bars on the bottom half of the screen represents each machine which you work. Each machine is labeled under a bar. You will become very familiar now with the machine names. The bars represent your current workout's PI on each machine. The dot either within the bar or above the bar is your target PI. You can "hover" over this dot and a number will appear - your target PI. The target PI will adjust based on your past performances. This is the goal you were trying to accomplish for the day (though you did not know it). Remember we do not always meet our goals (PI in this case) nor are we expected to..this is simply a goal and a way for the computer to adjust future goals (PIs)!!!!

This is also a great way to refer back to those muscles on the "My Body Balance" screen that might have been difficult to determine the exact machine that might have been difficult.

- The Glute, Squat, Leg Press and Leg Curl machine all work the quads and hamstrings.
- The Glute, Squat and Leg Press all work the glute and iliopsoas muscles.
- The Oblique and lateral lift both work the oblique muscles.

- The Shoulder Press, Pec Dec and Back/Chest all work the Latassimus Dorsi Muscles.
- The Pec Dec and Back/Chest both work the pectoral and rhomboid muscles.
- The Pec Dec and Shoulder Press both work the Trapezius muscles.

So if any of those muscles were difficult for you as shown on the "My Body Balance" screen you can come to this screen to determine the exact machine which was difficult. Otherwise all the other machines work their own muscles.

The final bar appearing on the right side of this screen in the far lower corner is **residual**. It is a red bar and represents the difference between the target PI for the workout date selected (on the top chart) and the actual PI achieved. Note that if the target PI is less than the actual PI there will be NO residual so no bar will appear.

**MY
STRENGTH
SCREEN**

The top bar chart shows the calories burned for 10 workouts with the dates listed below each bar and calories listed above the bar, the last being on the right. The lower left bar chart indicates the trending of the muscle highlighted on the pie chart. The pie chart shows the % of calories burned per each muscle group for the workout most recent completed. The pie chart can also show you the % imbalances between opposing muscle groups. Remember there is a difference in muscle sizes so this is just a very general guideline. Should you like to review previous pie charts simply click on the bar above the date you would like to review, the bar will be highlighted in purple and the pie chart for that date will appear.

**FREQUENTLY
ASKED
QUESTIONS**

PERFORMANCE INDEX

- **What is PI?**
 - Think of PI as a numerical value that sums up the quality of your workout. It represents the intensity level the workout is performed at and this is determined through a unique combination of personalized equations and data collected from each workout. The Global PI score is scaled 1 to 1000. As you hit pre-defined targets on each machine, your overall (global) PI score goes up. As your PI goes up, you are getting fitter and achieving your health and fitness goals.
- **Why wouldn't one's PI go up?**
 - On an individual machine basis, the member is not hitting her targets on all machines. One's global PI score is an average calculated on hitting or not hitting the targets on all the machines included in the workout.
- **Why is my Pi going down?**
 - Depending on which program is selected, if you fail to hit pre-determined targets for a number of consecutive workouts on each machine, your PI will decrease to the point where you can hit your targets again.
- **How does PI relate to my fitness level?**
 - When your PI goes up, you are meeting your targets for weight loss, cardio and strength/endurance.
- **Why does each machine have a PI?**
 - Each machine has a PI because each muscle group has specific targets that will likely be different (either higher or lower) than others. Simply put, different muscles work in different ways so they each need their own targets. The combination of all muscle group targets together (average out) to produce the global target. However the stepper does not because it is a recovery station where a member can get her heart rate value.
- **Is PI the same as my targets?**
 - Yes. But each muscle group has its own unique PI which your global PI is then determined from.

- **How is PI determined?**
 - PI is determined by your range of motion, cylinder resistance, speed of motion and the number of reps performed. It is calculated using personalized equations and data collected from the workout to determine your targets.
- **If my PI is higher than my friend's, does that mean I am more fit?**
 - It means you have a higher potential for producing work energy. But, even though your PI values may be higher than your friend's, her PI may be improving at a faster rate.
- **I've doubled my PI over the last number of months. Does that mean I'm twice as fit?**
 - It means you have doubled your energy work output. It will definitely mean you are fitter than you previously were but you may not be twice as fit. That would depend on your definition of fitness and specific quantitative fitness tests that measure those defined variables.
- **If I increase my PI, am I burning more calories?**
 - Yes. Calories are based on how fast you move the cylinders and how fast you move the cylinders dictate what energy light colour (green/yellow) you receive on the Success Coach.
- **If I increase my range of motion does my PI increase?**
 - Yes. If you do the same number of reps as usual, but with a bigger range of motion, than you will have a higher PI score however, it is very marginal.
- **Why do I have a different PI target for forward and reverse motions?**
 - Muscles work differently in forward and backward types of motions and often times what appears to be one muscle doing the work is in fact a different muscle. So muscles have different strengths depending on what they are being asked to do. We therefore have to assign them different targets based on those motions.

THE STEPPER

- **How do I measure contact heart rate on the Stepper?**
 - The Stepper is considered a recovery station. Contact heart rate grips will be used to measure your heart rate (HR) while using the Stepper. Heart rate is averaged during the 30 seconds and is sent to the database. A heart rate is obtained from the Stepper when both hands are applied to the hand grips. Heart rate electrical activity is conducted through the metal grips via arteries found close to the surface of the skin in the palm and finger tips of the hand. A firm but not overly tight grip should be applied for the full duration of the Stepper time period. Hand lotions and gloves will obscure the HR signal and should be avoided. Sweaty hands provide the best conductor of HR activity. Do not start your CurvesSmart workout with the Stepper. In fact, start at least 3 machines ahead or any machine past the Stepper.

HESITATION METHOD

- **When does hesitation apply?**
 - A new method of measuring the your heart rate and introducing a hesitation at each exercise station has been implemented for all programs. You may choose to exercise on the stepper or not depending on any limitations in your movement you may not need to move. It is important that you inserts her ID Tag into the ID Tag Holder and places your hands on the heart rate grips for the full time allotted on the machine (25 seconds) during the time on the stepper you will receive your heart rate. Your heart rate will be displayed three times, (a low heart rate, high heart rate and an average, with the average being sent to the following three machines if a hesitation is necessary. If you receives a heart rate that is above your 80% maximum it will prompt a count down that will last anywhere between 3 and 10 seconds. For every 1% over your 80% max, it will add 1 second to the count down with a minimum of 3 seconds. When that count down goes to zero (3,2,1..GO) and you see green in the energy window you may start

working out. The hesitation method is designed to slow down your heart rate to safe levels.

WARM-UP AND COOL-DOWN

- **When to warm-up and cool-down**

The warm-up and cool-down will take place within the regular 'timed' exercise program, with the number of warm-up and cool-down machines as defined by the selected program. (3 for Fit 'n' Trim, Muscle Size and Strength; 5 for Cardio and 0 for Endurance). After you have used the first three to five machines (depending on program selected), the system assumes you have started your workout. It will set PI targets and measure results. The first three machines (warm-up) will scroll the word "EASY" and will not show a rep count. The system notifies you when cool-down begins when the word "COOL" is scrolled on the Success Coach and no rep count occurs. Caloric results from the warm-up and cool-down machines will be added to your energy expenditure but not used for any other tracking purpose. Machines used while warming up and cooling down will not count in the PI calculation, but will be counted in caloric burn.

SUCCESS COACH GREEN LIGHT

- **Explain Yellow to Green Transition**

- The Yellow light will change to Green when you achieve 90% of your PI target. This includes the targets set for Warm-up, Cool-down and Consecutive days. Note that if you are working out just in the Green, your results could be slightly below target in the Kiosk, since this is shown as 100%.

- **I am getting yellow in the energy light window on the SC. How do I get that to turn green?**

- Make sure you are moving the cylinder fast enough. Keep in mind that although the ROM does not affect the energy light, if you were to shorten their ROM and keeps the same speed, the system thinks you are

working harder because it's calculating distance over time which equals your speed. This will progress you based on that short ROM. When you go back to doing a full ROM you will notice that your energy light will for the most part stay in the yellow because you cannot cover that larger distance in the same amount of time (less speed). You will have to wait 2-3 workouts before the system regress's you to where you can hit your target or you become stronger and able turn the energy light green.

- **The Range of Motion lights don't always go all the way across to the end. What am I doing wrong?**
 - You may not be going through a full Range of Motion so try and increase that.
- **If I go too fast will the Energy light do something other than glow green?**
 - The Energy light will flash green over 80% in warm up and 160% in workout.
- **What does the Cardio light do?**
 - When using the Stepper, the Cardio light will glow green if your heart rate is in your training zone. If your heart rate is too high it will glow red and continue to glow red on the following three machines.
 - When using the Heart Rate Belt insure that it is tight and moist with a saline solution (sweat). Your heart rate will show up on most Success Coaches.
- **It was glowing yellow. How do I get it to turn green?**

If the Cardio light glows yellow, it means you need to increase your intensity

