



**FitSync<sup>®</sup> Personal  
Java<sup>™</sup> (J2ME<sup>™</sup>) User's Guide**

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# Introduction

FitSync® is a combined mobile and Web application that includes a Web site where you can create and manage your fitness programs and a J2ME™ application for your mobile phone. FitSync lets you download your workouts from your personal FitSync Web pages to your mobile phone, log your activity and then upload your data to your FitSync Web pages.

This guide will help you become familiar with FitSync's application for selected Java™ (J2ME™) MIDP 1.0 and later mobile phones. To use FitSync on your mobile phone you must have GPRS service from a service provider that allows you to access <http://fitsync.com/install> and permits installation of Java™ applications. Mobile features and services are service provider dependant and may not be available on all networks or all mobile phones. The **Downloads** section of your FitSync Web page has instructions on how to install FitSync on your phone. FitSync is easy to use and can be learned in just a few minutes.

It is very important that you accurately set the time and date on your phone. Any data you record on your phone will be uploaded to the Web stamped with the phone's current time and date setting. If you travel to different time zones, switch SIM cards or networks, or reset your phone, make sure to check your time and date settings. This will ensure that the data you log on your phone will be accurately uploaded to your personal FitSync Web page. To learn more about your *FitSync® Personal* Web pages, please visit the **Personal Web Help** section.

## Getting Started

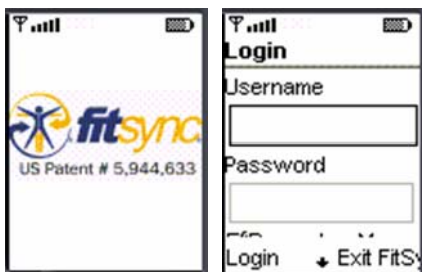
**Important:** FitSync utilizes standard phone keys such as **Select**, **Up/Down** navigation, and the **Left** and **Right** softkeys. Check your phone's user guide for more information on key functions for your phone.

Not all phones are the same so your screens may appear different from those illustrated below. Some softkey functions (such as Login, Back, Select, Next Exercise, etc.) may not appear on your screen. If a softkey function does not display on your screen it can be found by tapping **Menu**. Some phones may use **More** or **Info** softkeys instead of a **Menu** softkey.

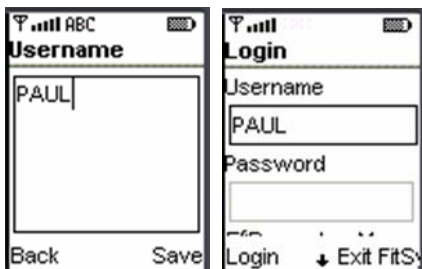
## Connecting to the Web

When you login, the FitSync J2ME™ application will automatically connect to your FitSync Web page to download your workouts. Your phone will need to make a GPRS connection to the FitSync Web site. If you are not in a GPRS service area you will only be able to access Workouts that have already been downloaded to your phone.

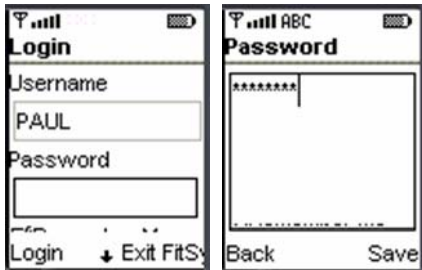
## Login



Select **FitSync** from your **Applications** folder. The entire screen will briefly display the FitSync logo and then a login screen will appear. The Username box will be highlighted.

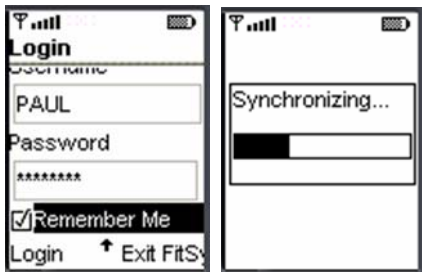


Use your **Select** key to launch the Username screen. Enter your FitSync username and tap **Save**.



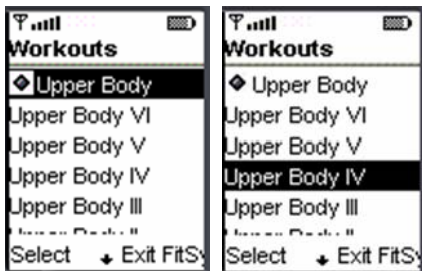
Use your **Down** key to highlight the Password field. Use the **Select** key to launch the Password screen. Enter your FitSync password and tap **Save**.

You can save your FitSync username and password. Use your **Down** key to highlight **Remember Me** and then check the box using your **Select** key.

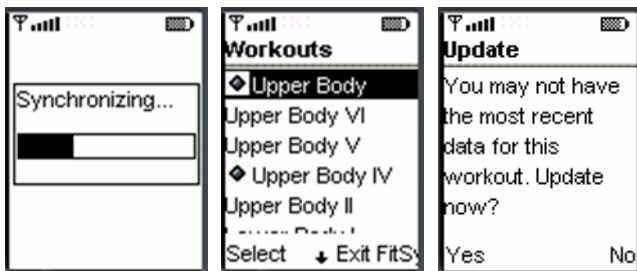


When you tap the **Login** softkey the application will automatically synchronize with your FitSync Web page and download your day's workout. A progress bar will display during the connection. Your FitSync Java™ application will automatically download your day's workout when you login and upload your activity when you exit. Make sure you always exit FitSync when you are done with your workout session by selecting **Exit FitSync**.

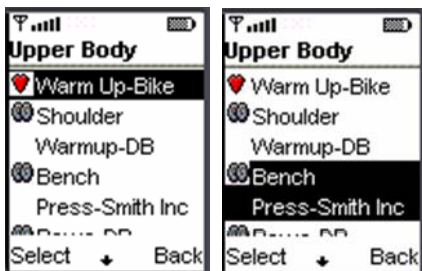
## Managing Workouts and Exercises



When the synchronization is complete, the main screen will appear listing your workouts. The workout scheduled for today will appear highlighted at the top of the list marked with a diamond icon. Use your **Up/Down** navigation key to highlight the workout you want and then tap **Select**.

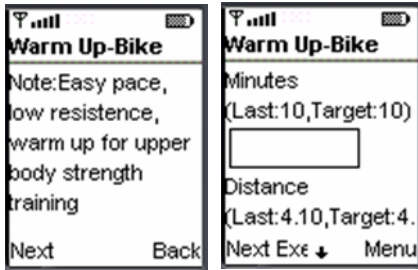


The diamond icon next to a workout indicates that data for the workout is already on your phone. If you select a workout without a diamond icon, the application will synchronize with your FitSync Web page and download the workout. If you select a workout that is already on your phone but does not have current data you will be prompted to sync to update the workout. You can store up to 7 workouts on your phone at one time.

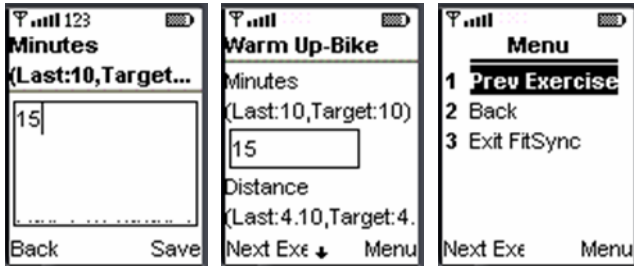


After you select a workout, the screen will display the workout name and all exercises in the order in which they are to be performed. **Strength** exercises are identified by a dumbbell icon. **Cardio** exercises are identified by a heart icon. Use your **Up/Down** navigation key to highlight the exercise you want and then tap **Select**.

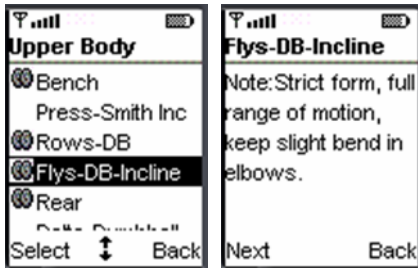
# Logging Your Activity



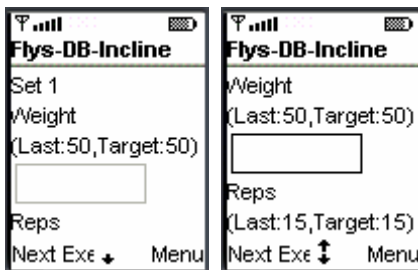
When you select a **Cardio** exercise, the screen will display the exercise name and training note. **Cardio** exercises are used to log endurance activities such as stationary bike and running. You can record **Minutes**, **Distance**, **Level**, **Calories**, and **Heart Rate**. You do not need to complete all fields. For example, if you are running or cycling you may choose to only log time and distance. Tap **Next** to go to the data entry screen which will display previous activity (**Last**) and any targets you have set (**Target**). Use your **Up/Down** navigation key to highlight the desired field and tap **Select**.



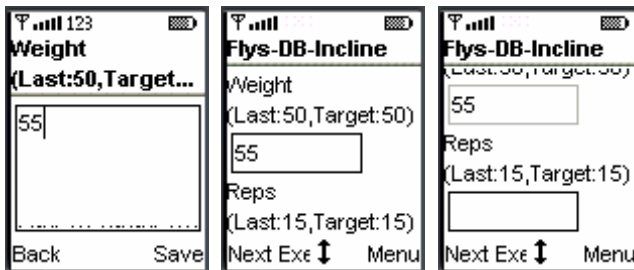
Enter data and tap **Save**. Use your **Up/Down** navigation key to move to the next field and tap **Select**. When you are finished with this exercise, you can tap **Next Exercise** to move to the next exercise in the Workout or you can tap **Back** and return to the Workout's exercise list. You can access additional functions by tapping **Menu**.



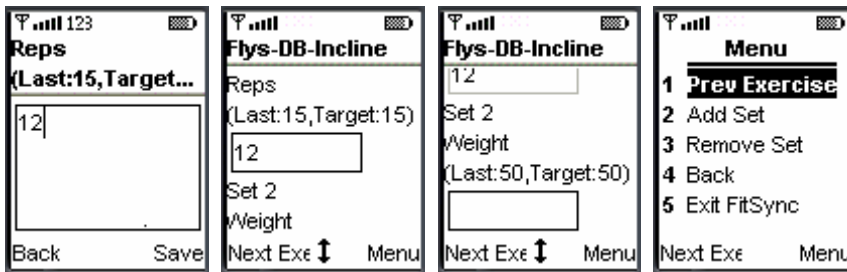
When you select a **Strength** exercise, the screen will display the exercise name and training note. A **Strength** exercise is used to log weight training and other resistance training activities such as bodyweight exercise like pushups and pullups. Strength exercises let you record multiple **sets** of **weight** and **repetitions**. If you are doing a bodyweight exercise you only need to record repetitions. Tap **Next** to enter data for this exercise.



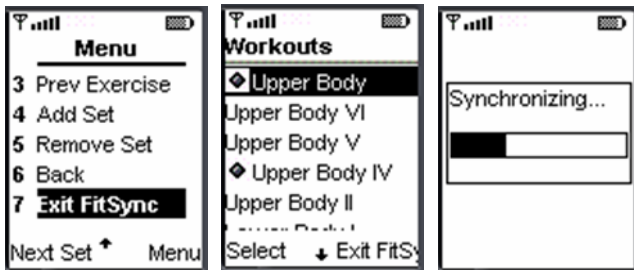
The first set for the exercise will appear at the top of the screen and display Last and Target **Weight** and **Reps** (repetitions). Use your **Up/Down** navigation key to scroll down to highlight the desired field and tap **Select**.



Enter data and tap **Save**. Use your **Up/Down** navigation key to highlight the next field and tap **Select** to enter data.

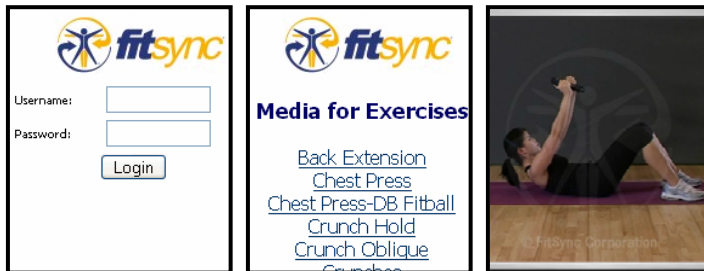


Enter data and tap **Save**. Use your **Up/Down** navigation key to scroll down to the next set for this exercise. Additional functions are available by tapping **Menu**.



Make sure you logout when you have finished your training session. Select **Exit FitSync** from any of the screens. A progress bar will display as your activity is automatically uploaded to your FitSync Web page.

## Viewing Exercise Videos



Go to <http://fitsync.com/mobile> on your phone's Internet browser and login with your FitSync username and password. If you have a compatible viewer you can view exercise videos and images on your phone. You can also download and save videos and images to your phone for viewing any time.

## Quick Tips

**Carrying your phone** - Using FitSync is easier if you have a convenient, hands-free way to carry your phone while exercising out. There is a wide variety of holsters and belt clips available that you can wear on your waistband that won't interfere with your training.

**Phone settings** - Your FitSync Java™ (J2ME™) application will automatically download your day's workout when you login and upload your activity when you exit. Make sure you exit FitSync when you are done with your workout session by selecting **Exit FitSync**.

It is very important that you accurately set the time and date on your phone. Any data you record on your phone will be uploaded to the Web stamped with the phone's current time and date setting. If you travel to different time zones, switch SIM cards or networks, or reset your phone, make sure to check your time and date settings. This will ensure that the data you log on your phone will be accurately uploaded to your personal FitSync Web page.

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