

FITNESS Suite

Plan, analyze and monitor your fitness regime with these innovative handheld applications.

Activity Log (163)

▼ Date	▼ Location	▼ Distance
5/25/00	Strongsville	4.50 miles
5/26/00	Carlebone Trail	3.50 miles
5/26/00	Strongsville	4.50 miles
5/27/00	Jones Park	3.50 miles
5/28/00	Luck 25 - Mac 2 miles	
5/28/00	Millersville P.	4 miles
5/30/00	Luck 25 - Sep 5.50 miles	
5/30/00	Colchester Park 3 miles	
5/30/00	Carlebone Trail 3.50 miles	
5/30/00	Luck 25 - Sep 5.50 miles	

Runner's Log

Total Body Fitness (1)

▼ By Distance		▼ By Time	
Date	Distance	Date	Time
4/25/00	2.10	4/25/00	2:20
4/26/00	2.20	4/26/00	4:40
4/16/00	0.00	4/16/00	4:40
4/16/00	1.60	4/16/00	5:05
4/16/00	0.00	4/16/00	5:05
4/16/00	2.00	4/16/00	5:05
4/16/00	0.00	4/16/00	5:05
4/16/00	0.00	4/16/00	5:00

Total Body Fitness

Lift Log (28)

▼ By Exercise	▼ Weight	▼ Reps	▼ Date
DB Curls	20	20	5/25/00
DB Curls	25	15	5/19/00
DB Curls	20	15	5/16/00
DB Curls	25	15	5/23/00
DB Curls	40	10	5/26/00
DB Curls	45	9	6/4/00
DB Curls	50	8	6/13/00
Preacher C	75	10	7/14/00
Preacher C	85	10	7/11/00

Lift Log



FOR PALM OS®

Welcome

Thank you for your Handango Software Suite purchase. To help you learn about your new software, Handango pulled together the most relevant information for users into this friendly guide. It includes simple tips on how to get started and other resources. Read on to find out how to use each of these applications to your benefit.

Handango Fitness Suite

To help you get the most out of your life with your Palm OS® device, Handango created this suite of fitness applications. From an exercise tracker, to a fitness guide, to a personal trainer, these applications can help you get a better handle on your health and your world.



BONUS!
Trial Applications
Included On Your CD

Handango has included more than 75 **free** trial applications on your installation CD. Browse for the latest titles - all available for immediate download from Handango!

Getting Started

1. Insert your CD.
2. Enter your serial number where asked.
3. Click **Get It** to begin installation.

Note: The serial number can be found on the printed insert that came in your CD package.

4. Be sure to perform a HotSync® operation to ensure its installation on your device.

Register Your Software!

Registration has its benefits. Registering the software you purchased makes you eligible for technical support and for early notification when new product releases become available. There are two ways to register your new software with Handango:

1. Register online at our Web site: www.handango.com/register.
(Recommended)

OR

2. Fill out the registration card included with your software CD and drop it in the mail with the appropriate postage.

Launch 'Em

by Synergy Solutions



Resources

For more detailed information on how to use Launch 'Em open the Read Me text file. You can find it in the Launch 'Em folder along with your application file.

After you install the Handango Power Suite on your device, Launch 'Em organizes your handheld's screen into folder tabs, a databases window, and a toolbar. The folder tabs include *Apps*, *Utils*, *Games*, and *Handango*.

Under the *Handango* tab, the icons for the applications in your suite appear including the Launch 'Em icon. The rest of the applications on your device appear under the *Apps* tab.

Setting Launcher Default

- To make Launch 'Em your default launcher, tap on the Launch 'Em icon. select **General Prefs**. Check **Always Use Launch 'Em**.
- To use your device's native launcher or another third-party launcher application, make sure **Always Use Launch 'Em** is unchecked.

Application Sorting and Moving

- To sort applications in a tab manually, select **Manual** in the tab preferences menu.
- To move an application to a new tab, simply drag it to the desired tab and drop it there.

Organizing Applications and Tabs

You can drag applications to new locations in the database window, to new tabs, and to certain gadgets. You can drag tabs to new tab locations, as well.

- To make a new tab, choose **New Tab** from the tab menu. A new tab and the Tab Preferences screen appear. Enter a new name for the tab and tap **OK**.
- To move a tab to a new location, just tap and drag it there.

Toolbar Elements

The toolbar provides many gadgets and information, including:

- ✓ move/copy indicators
- ✓ date icon
- ✓ toolbar expand/compact toggle button
- ✓ time icon
- ✓ battery level and memory meter

Important Note: If you ever decide to delete Launch 'Em, uncheck **Always Use Launch 'Em** in the *General Prefs* menu so your device's native launcher is used after Launch 'Em is deleted. If you already tried to delete Launch 'Em without unchecking **Always Use Launch 'Em**, you need to re-install Launch 'Em to remove it again. After installation, uncheck the preference in the *General Prefs* menu, then delete Launch 'Em again.

Lift Log

by Craig Cecil

To access Lift Log, tap the thinkDB icon under the **Handango** tab.

In the main screen enter the weights by size, number, and repetition in the datalog.

When you finish, tap **OK** to view your weight lifting chart.

Pocket Cardio

by Craig Cecil

To access Pocket Cardio, tap the thinkDB icon under the **Handango** tab.

In the main screen enter the your resting heart rate, your active heart rate, and timed cardio workout.

When you finish, tap **OK** to view your personal fitness chart.



After tapping on the Work It Out icon, you are directed to the Work It Out home screen.

Work-it-out provides a quick, accurate and efficient method of entering your information without a stylus.

- To access the *Weight Training Exercise* menu, tap the title bar menu button on the main screen. Choose **Weights Exercises** from the Setup menu.
- To add an exercise, tap **New**, which will take you to the *Edit Weights Exercise* screen. When you have finished entering the required information, tap **Done** to return to the *Weights Exercise* screen.
- To edit an exercise, tap **Edit**. Tap the exercise you want to edit in the list. You will be taken to the *Edit Weights Exercise* screen where you can make any changes. Tap **Done** to save and return to the *Weights Exercise* screen.

Runner's Log

by Martin Rice



Use Runner's Log to track your training progress, or simply to keep a detailed journal of your exercise activity.

Getting Started and Registered

To launch Runner's Log, tap its icon under the *Handango* tab. The screen directs you to the Runner's Log title window.

After tapping **OK** in the title window, you are directed to the *Activity Log* screen.

Upon your first launch a welcome window appears in the lower half of the screen. It asks you to enter your registration code.

1. Find the registration code printed on the paper insert that came with your CD.
2. Use Graffiti or your device's the built-in keyboard to enter the code.
3. Tap **OK**. The welcome screen disappears leaving you with a blank *Activity Log* screen.

Entering Your Activity Information

1. Before adding entries to your running log, create a category in which to store your entries. For example, your first name. The use of categories allows multiple people to use the same running log.
2. To change the present category, or to create a new category, simply tap on the category selector located in the upper right-hand corner of the screen.
3. To add new entries to your running log, simply tap the **New** button on either the Log or Summary pages.

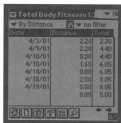
Log Screen

At the top right of the log screen you can select the current category being viewed. You may also edit the category list to add, rename, or remove categories from the Runner's Log database.

There are three modes for viewing the log in varying degrees of detail. You can change modes by selecting one of the three rectangular icons at the bottom of the screen. In all log modes, the left-most column of the log view lists the date of each entry. You may select a different format for the date column by tapping the Date selector and choosing an option from the popup list.

Total Body Fitness

by Carey Enterprises



Date	Distance	Total
4/3/01	2.20	2.20
4/9/01	2.20	4.40
4/10/01	0.00	4.40
4/10/01	1.65	6.05
4/14/01	0.00	6.05
4/18/01	2.00	8.05
4/19/01	0.00	8.05

To access Total Body Fitness, tap the thinkDB icon under the **Handango** tab.

Entering Information

- ✓ Under the weight-training tab, you can enter the date the weight training activity, reps, duration and any comments.
- ✓ Under the calories tab, you can enter the date, how many cups of water you drank for the day, you can list the food eaten and calorie amounts by AM, Mid, PM and Other.
- ✓ Under one of the Sort menus, you can see your calories consumed versus your calories eaten.

Once you have entered a few records, you may view your information selecting a view from the pull down menu on the upper left hand side (i.e. By Distance, By Weight, By Total Cal Burned, etc.)

Note: Under the *By Distance*, there is a column to provide your total distance for your activities.

Under *By Report*, your information is displayed by date, LBM, fat percent, resting heart rate, caloric intake vs. burned for that day.

Note: If an exclamation point (!) appears a column, it means the column is too narrow to view the filed amount.