

MuxlesMan

The Manual for Xenware's Muxles

By Xenware



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Installation

System Requirements

Muxles will run on Palm Powered™ devices running Palm OS version 3.5 or higher. To check the version of your Palm device's operating system:

- 1) From the home screen, tap the menu silk-screen button.
- 2) Choose "Info".
- 3) Tap "Version".
- 4) The version of your Palm OS™ software will now be displayed on the top of the screen.

To install Muxles on your Palm Powered™ device, you need a desktop computer that can HotSync™ with your Palm.

Muxles supports color on color Palm devices, but it also runs on black and white and grayscale devices.

Muxles supports high-definition screens on devices running Palm OS 5 or higher. On other devices, it displays in regular definition.

Installing/Upgrading Muxles

Whether you are installing for the first time or upgrading, the instructions are the same. You are upgrading if the version number of the program you are downloading is greater than the version number of the program currently installed on your Palm-device. The version number can be found by opening the program, tapping the "Menu" silk-screen button, and selecting "About" from the "Options" menu. You can also find the version number by tapping the "Menu" silk-screen button from the Palm™ home screen, tapping the "Version" button, and scrolling down to "Muxles".

- 1) Expand the Muxles.zip archive. On most computers, you can do this simply by double-clicking Muxles.zip. (If double-clicking Muxles.zip does not expand the file, you probably do not have an expander on your computer. If you have a PC, you can get WinZip for free from <http://www.winzip.com/>. For Macintosh users, you can get StuffitExpander for free from <http://www.stuffitexpander.com/>.)
- 2) Double-click the Muxles.prc file, and click "Ok" when you see a message stating that Muxles will be installed on your Palm-device when you next HotSync.
- 3) HotSync your Palm device.

Differences between Trial and Full Versions

Here are the main limitations of the trial version:

- 1) The trial version expires after 21 days.
- 2) The trial version is not upgradeable.
- 3) The trial version of Muxles only displays the front of the body.

How to change from trial to full version

Only a trial version of Muxles can be installed on your handheld computer. By entering an activation code, you instantly turn any trial version of Muxles into a full version. You can purchase an activation code from <http://www.xenware.com/> under the "Activate" link.

Muxles presents step-by-step instructions when you tap the “Register” button on the Intro Screen. You can also read step-by-step instructions in this manual by referring to the section “Register Screen” (p5).

Screens

Intro Screen

On trial versions of Muxles, the Intro Screen displays every time you start the program. It tells you how many days remain in your trial period, and has buttons to take you into the program or to help you register.

After the 21 day trial is over, the "Let's Workout" button disappears. Registered versions of Muxles do not display the Intro Screen, so that when you start Muxles you go straight to the Map Screen.



Registration Screen

The Registration Screen is accessible on non-registered versions of Muxles only. It has simple directions telling you how to turn your copy of Muxles into the full version. The directions are:

- 1) Go to www.Xenware.com or the site of any of several other resellers and purchase the program. You will receive an activation code custom-generated from your ID code.
- 2) After you have checked out of the store, within moments, a special web address will automatically be e-mailed to you. That web page will generate your activation code based on the ID code shown on the Registration Screen.
- 3) Enter the activation code you received.
- 4) Tap the "Register Now" button and enjoy!



Please note that the ID code and the activation code are both case-sensitive. In other words, "A" is different from "a". Also, of course, the ID code displayed by Muxles on your Palm device will be different from the ID code in the screenshot above.

Payment Methods and Places to Purchase

There are a lot of ways to purchase a Muxles activation code. The fastest is by using the secure store at <http://www.xenware.com/>. This store is fully automated and will give you your code without delay. If you would like to complete your order by mail or fax, you can download a printable order form from the store on Xenware.com.

Other sites that sell Muxles activation codes include:

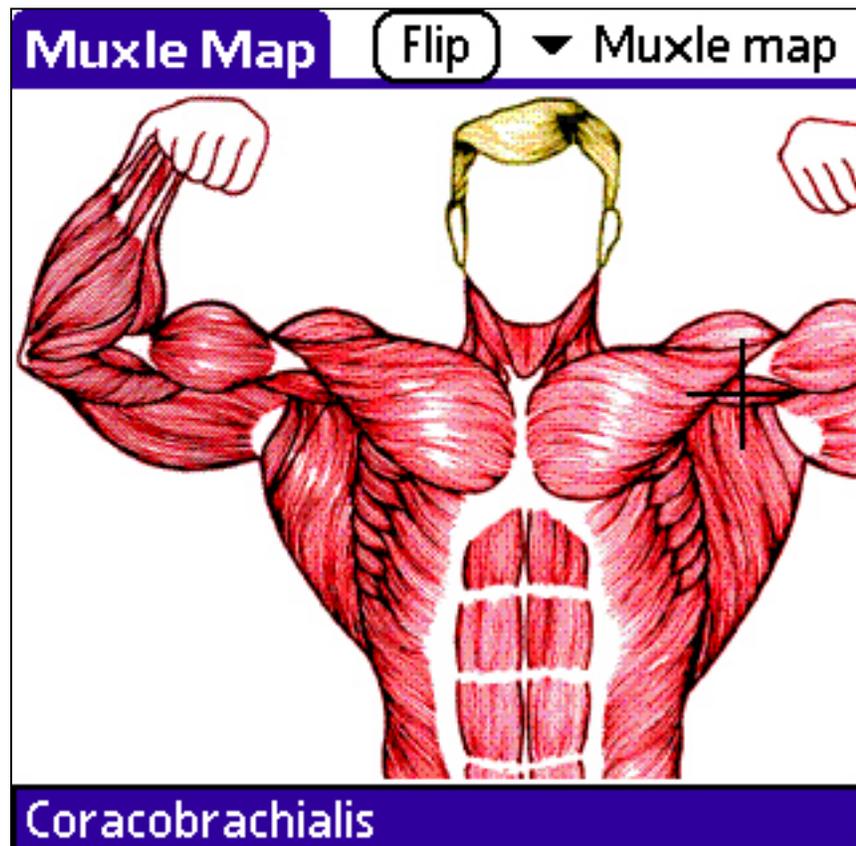
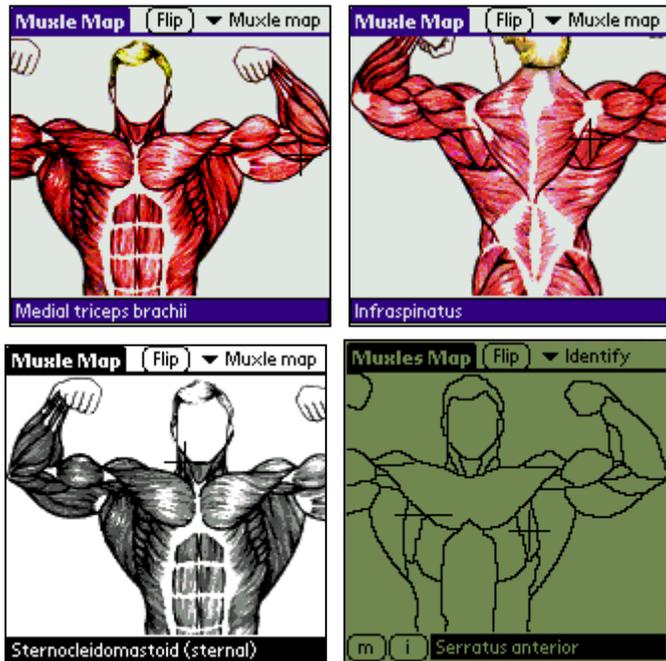
- 1) <http://www.palmgear.com/> (telephone: (817) 640-6558)
- 2) <http://www.handango.com/>
- 3) <http://www.lifestylus.com/>

Map Screen

The Map Screen displays an interactive muscle map. The level of color will depend on the type of Palm device you are using. The top screenshots here were taken from a Palm m505 running with 65,000 colors.

Grayscale Palms will display an image in the number of grays the device supports. The lower left image shows Muxles running in a mode with 16 shades of gray. Four shades of gray is the next lowest color depth, and Palms with only one shade of black and one shade of non-black will display a line drawing, as in the lower right screenshot.

High definition Palms running Palm OS 5 or higher will display in high definition in 65,000 colors, as in the screenshot below.



Tap a muscle to identify it. Tap and drag to scroll the image.

Controls Table

Control	Description
Flip Button	The Flip button switches the view from the front to the back of the body and vice versa.
Screen Selector Popup List	The Screen Selector popup list is how you change to other screens in Muxles.
Map	The map itself is touch sensitive. Tap a muscle to identify it, or tap and drag to move the map.
ID Box	The ID Box displays the name of the body part on which you tapped.

Info Screen

The Info Screen gives you more information about the muscle, tendon, or bone that you selected from the map. For every body part, Muxles gives the scientific name, one or more common names, a host of exercises, and a substantial article with general information.

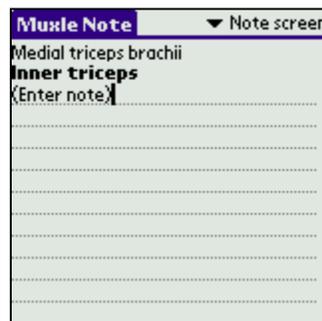


Controls Table

Control	Description
Scientific Name	The top line of the Muscle Info Screen displays the scientific name of the muscle, tendon, or bone.
Common Name	The second line of the Muscle Info Screen is bold and displays one or more common names or terms for the selected muscle, tendon, or bone.
Description	Below the common name are several paragraphs of information about the selected body part. These paragraphs usually describe the function of the muscle, where it attaches, and how to exercise it. In addition, other interesting details may be thrown in.
Exercises	Near the bottom of this screen, Muxles lists some exercises for hitting the selected muscle.

Note Screen

The note screen allows you to make custom notes for each muscle or body part.



About Screen

The About Screen is available from the Options menu on most screens of Muxles. It tells you the version you are using as well as copyright information and contact information. From almost any screen in Muxles, to get to the About Screen:

- 1) Tap the "Menu" silk screen button.
- 2) Choose Options : About Muxles.



Troubleshooting

Why is it not displaying the image in high resolution on my device?

Muxles currently supports high definition, not high resolution. High resolution is a system implemented by Sony for Sony devices running Palm OS versions below 5. We may add support for high resolution in the near future. Any device with a high-density screen display and Palm OS 5 or later should display Muxles in high-density. ***If your question is not answered here***

If you have a question that is not answered here, you can send it to us from the feedback form on <http://www.xenware.com/>. We usually respond within 24 hours.

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