

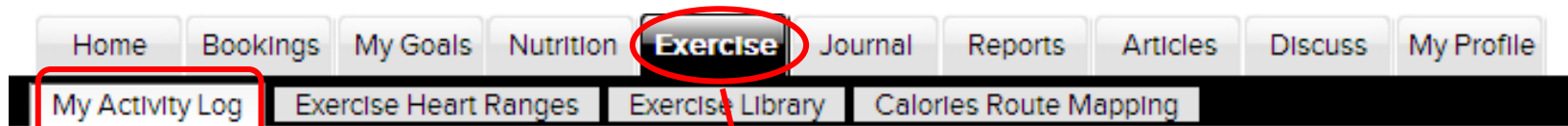
# How To Use the Exercise Features

THE **MOTION** ROOM Fitness Studio



## How To Use the Exercise Features

(Logging, Library, Heart Rate, Route Mapping)



**Exercise**  
(My Activity Log)

# Logging Your Exercise



## Exercise > My Activity Log

My Activity Log

Thursday, August 29, 2013

**Log An Activity**  
Select The Closest Activity Below or [Manually Enter An Activity / Kcal](#)

- Aerobics, high impact
- Aerobics, low impact
- Archery (nonhunting)
- Automobile repair
- Backpacking, general
- Badminton, competitive
- Badminton, social, general

Enter The Activity Duration In Minutes

**Log The Activity**

Aug 2013  
S M T W T F S  
1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

Kcals Burned Aug 2013  
For days where no activity has been logged an estimate of Kcals burned is used (BMR x 1.2) which assumes no exercise.

Thursday, August 29, 2013

**Log An Activity**  
Enter The Activity Below or [Select From The Activity List](#)

Enter The Activity Name

Enter The Activity Duration in Minutes

Enter The Kcals Burned

**Log The Activity**

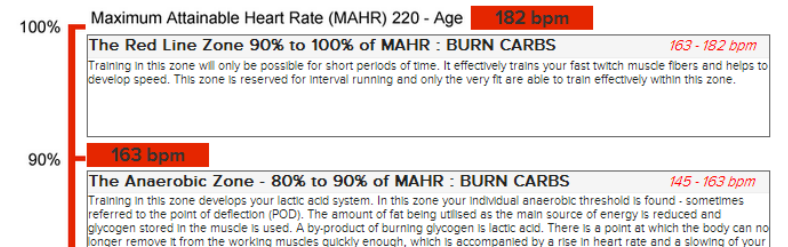
- \* Weight loss goals are tied very closely to calorie expenditure so by logging your exercise you are able to accurately monitor your calories in vs. calories out.
- \* You may choose from standard activities or manually enter the activity and amount of calories.
- \* This data is shown in the Reports section – Calories Out.

# Exercise Library & Heart Rate



## Exercise > Exercise Library/ Exercise Heart Ranges

- \* An Exercise Library is included to provide suggestions on different exercises for major body parts.
- \* After selecting the major body part from the image, you may search further depending on degree of difficulty.
- \* A Target Heart Range is provided as informational purposes to further optimize your exercise program.



# Calorie Route Mapping



## Exercise > Calorie Route Mapping

\* Calorie Route mapping is a feature that allows you to approximate the amount of calories expended for a given route.

\* You may choose to either walk, run or cycle the route, each at different levels.

\* You may enter a time it takes to complete the route and the system will calculate the Kcals burned. Conversely, you may enter a level and it will calculate Kcals burned.

My Activity Log | Exercise Heart Ranges | Exercise Library | **Calories Route Mapping**

### Calories Route Mapping

Distance <b>4.5 miles</b> ● miles ○ km	Time Hrs:mins 1   13 <b>Avg 3.7 mph</b>	Kcals Burned <input type="checkbox"/> <b>416 Kcals</b> walking @ 3.7 mph	This tool lets you select any route on a map at a default pace instead.
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Map Location:  **Change**

