ATARI® PROGRAM exchange

PERSONAL FITNESS PROGRAM
by
David Getreu

USER INSTRUCTIONS
USER-WRITTEN SOFTWARE FOR ATARI PERSONAL COMPUTER SYSTEMS

(APX-20033)

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PERSONAL FITNESS PROGRAM[tm]

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USER INSTRUCTIONS
9/1/81

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IMPORTANT INFORMATION

HEALTH WARNING

Users of the PERSONAL FITNESS PROGRAM perform the
exercises entirely at their own risk and at no
risk to the author, Atari, Inc., or any of
Atari's employees or agents. Consult your
physician and read the health advisory in the
HEALTH NOTES section before starting the PERSONAL
FITNESS PROGRAM.

DUPLICATE THE DISKETTE FILES

Copy the files on this diskette onto another DOS
2.0S-formatted diskette before using the
PERSONAL FITNESS PROGRAM. You must do so because
the APX diskette is write-protected, but the
PERSONAL FITNESS PROGRAM writes data to a
diskette file.

In addition, copy the files onto a different DOS
2.0S-formatted diskette for each user. (The
diskettes can contain other files as well.) The
PERSONAL FITNESS PROGRAM is designed to write
data automatically to one data file, and
therefore you must use a different diskette for
each user. For information about copying files,
see the DOS Reference Manual. For information
about using DOS 2.0S-formatted diskettes, see the
document titled "About Your APX Diskette",
accompanying your APX order.

CONTENTS

OVERVIEW

INTRODUCTION

Exercise is easy as well as fun. Proper physical conditioning helps you feel well and stay healthy. The exercises in the PERSONAL FITNESS PROGRAM are designed to improve your muscular flexibility, strength, and stamina, and your general coordination, circulatory system, and body tone.

This program tailors the exercises to your personal fitness level, which is highly individual. Your level depends on your age, build, and general physical condition. Therefore, it's not likely to be the same as your next door neighbor's, especially if she jogs 25 miles a day and you jog only to the corner doughnut store on Sunday mornings.

The PERSONAL FITNESS PROGRAM can help you improve your condition if you use the program every day—or at least every other day. It encourages you to exercise correctly in these four ways:

1. It contains exercises that promote general fitness conditioning.

2. It sequences these exercises for comfort and conditioning efficiency.

3. It adjusts the exercise sequence to your personal fitness level.

4. It encourages you to stay with your daily program by reporting your progress on daily and weekly progress charts.

Remember that flexibility and stamina develop slowly at first. In three to five weeks, you'll notice an improvement. However, the change in your spirits will be immediate! You'll be doing today what you put off yesterday.

DISKETTE FILES

The PERSONAL FITNESS PROGRAM consists of an auxiliary program to create and maintain your personal data file and a master program of exercises and progress charts.

(1) You run the personal data file program once to enter information about your age, sex, and heart rate. The program uses this information to determine your initial fitness level. From then on, information you enter during each exercise session is stored in this file. The master program uses this information to plot your progress on the daily and weekly charts and to adjust the number of repetitions of each exercise in your next session to suit your current level of fitness.

(2) You use the master program of exercises and charts in each exercise session. This program displays your fitness development on daily and weekly progress charts. It also contains the eight exercises in an exercise session:

1. OVERHEAD STRETCH
2. JUMPING JACK
3. SIT-UP
4. HIP-LIFT
5. PUSH-UP
6. TRUNK TWISTER
7. RUNNING in place
8. TOE TOUCH

Instructions follow for running the personal data file program to set up your personal data file and for running the master exercise program to perform the exercises and display your progress charts.

REQUIRED ACCESSORIES

24K RAM
ATARI 810 Disk Drive
ATARI BASIC Language Cartridge

OPTIONAL ACCESSORIES

One Paddle Controller
One Joystick Controller

YOUR FIRST EXERCISE SESSION

Your first exercise session is divided into eight activities. You will:

1. Use the personal data file program to enter information the program will use to determine your beginning fitness level, which in turn controls the stress level of the exercises in your exercise session.

2. Do several stretching movements to warm up the four muscle groups for the next step.

3. Do several exercises to strengthen your back, legs, torso, and shoulders and arms. After exercises three through six, you'll enter the number of completed repetitions for insertion into your personal data file.

4. Walk or run in place. Running in place raises your heartbeat, which conditions your circulatory system.

5. Measure your exercising pulse rate for insertion into your personal data file.

6. Do a limbering exercise to help you relax after your session.

7. Measure your resting pulse rate for insertion into your personal data file.

8. Check your progress on performance charts at the end of your daily session.

Each session should last from 15 to 30 minutes, the length depending on how many repetitions of each exercise you can perform comfortably.

LATER EXERCISE SESSIONS

You repeat steps 2 through 8 above in your daily (or alternate day) sessions.

USING THE PERSONAL DATA FILE PROGRAM

The personal data file program asks you to type in your age, sex, and pulse rate. The program then uses this information to determine your current level of physical fitness, and it decides how many times you should be able to do each exercise. If you find the number of repetitions too strenuous, you can type in the number you did comfortably of exercises three through six. The program will then adjust these exercises in your next session to suit your personal needs.

GETTING STARTED

Load the personal file builder program into computer memory (RAM) as follows.

1. Insert the ATARI BASIC Language Cartridge in the (Left Cartridge) slot of your computer.

2. Turn on disk drive one and insert the PERSONAL FITNESS PROGRAM diskette.

3. Power up your computer and turn on your video screen.

4. When the READY prompt displays, type RUN "D:MAKER.DIS" and press the RETURN key.

PRELIMINARY MESSAGES

The first display screen contains a health advisory notice:

```
CAUTION: BEFORE
ENGAGING IN ANY
NEW EXERCISE
PROGRAM, PLEASE
CONSULT YOUR
PHYSICIAN.
----------------------------
PRESS ANY KEY TO CONTINUE
```

Press the RETURN key (or any alphanumeric key on the keyboard) to obtain the next display screen. Next, the program explains why it needs some information from you:

```
THE EXERCISES ARE
OF A CALISTHENIC
NATURE. THE NUMBER
OF TIMES YOU WILL
DO AN EXERCISE
DEPENDS UPON
YOUR AGE, SEX, AND
RESTING PULSE.
--------------------------------
PRESS ANY KEY TO CONTINUE
```

ENTERING THE DATA TO CREATE YOUR FILE

The program then asks you to enter your age, sex, and resting pulse rate:

```
PLEASE ANSWER THE
FOLLOWING QUESTION

AGE (YEARS) __    <--enter the number
                  and press the RETURN key
SEX (M/F) __      <--enter M for Male or
                  F for Female and press
                  the RETURN key
WE ALSO NEED TO
FIND OUT WHAT YOUR
RESTING HEART RATE
IS.
--------------------------------
PRESS ANY KEY TO CONTINUE
```

The next display screen asks you to measure your resting pulse rate in your wrist, your chest, or your neck--that is, the rate your heart beats when you're relaxed. To find your wrist pulse, place your index finger on the inside of your wrist just outside the tendon leading to your thumb. To find your throat pulse, place your index finger under your jawline and beside your esophagus. To find your chest pulse, place a finger in the center of your diaphragm, located just below your ribs. Use the location most convenient for you. The message displayed is:

```
                    PLEASE SIT DOWN
                    AND LOCATE YOUR
                    PULSE IN YOUR
                    WRIST, YOUR CHEST,
                    OR YOUR NECK.  THEN
                    PUSH THE START
                    BUTTON AND BEGIN
                    COUNTING AT THE
                    TONE. STOP AT THE
                    NEXT TONE.
```

Once you can feel your pulse beat, press the START key. Begin counting the beats when the tone sounds. Continue counting until you hear the second tone. The message

```
          COUNTING
```

displays several times during this period. The program then asks you to enter your pulse count:

```
                    PLEASE ENTER YOUR
                    PULSE COUNT __
```

After you type in the number and press the RETURN key, the program displays your heart rate in beats per minute:

```
                    YOUR HEART RATE IS
                    nn BEATS/MINUTE
                    ----------------------------------
                    PRESS ANY KEY TO CONTINUE
```

Once you press the RETURN key, the program uses the information you've typed in to create your personal data file that keeps track of your progress. The message

```
                    PLEASE INSERT
                    YOUR DISKETTE TO
                    RECORD AND PUSH
                    THE START BUTTON
```

displays to remind you to have the diskette in disk drive one. Once you press the START button, the message

```
          WRITING DATAFILE
```

displays while the program creates your personal data file, and then the following message displays:

```
                    YOU MAY NOW USE
                    THIS DISK TO STORE
                    A RECORD OF YOUR
                    PROGRAM EACH TIME
                    YOU EXERCISE.


                    READY
```

Use this same diskette each time you exercise so that the program can track your progress via your personal data file.

To go on to the exercises, load the master program into RAM, as explained in the next section. From now on, you'll use only the master program of exercises and progress charts in your exercise sessions.

USING THE MASTER PROGRAM OF
CHARTS AND EXERCISES

The master program contains both your daily exercises and your daily and weekly progress charts.

GETTING STARTED

Load the master program into RAM as follows. If you're just powering up your system:

1. Insert the ATARI BASIC Language Cartridge in the (Left Cartridge) slot of your computer.

2. Turn on disk drive one and insert the PERSONAL FITNESS PROGRAM diskette.

3. Power up your computer and turn on your video screen.

4. When the READY prompt displays, type RUN "D:EXERCISE.DIS" and press the RETURN key.

(If this is your first session and you've just run the personal data file program, then skip steps one through three.)

5. The first display screen contains the program title and copyright notice:

    PERSONAL FITNESS
    PROGRAM

    COPYRIGHT (c) 1980 ATARI

6. Then a reminder to have your data diskette inserted in disk drive one displays:

    INSERT YOUR DATA
    DISKETTE AND PUSH
    THE START KEY

Because your data file is on the same diskette as the program file (already in disk drive one), simply press the START key for your data file to load into RAM and the menu to display.

THE MENU

After a few moments, a menu displays from which you choose either to do your exercises or to examine your charts:

PROGRESS CHARTS

WEEKLY CHART

DAILY CHART

EXERCISE SEQUENCE

ENTER ONE LETTER ____

You enter the first letter of the menu item you want to select and press the RETURN key. Let's select E and go through the exercise sequence. Then we'll look at the weekly and daily progress charts.

YOUR DAILY EXERCISES

USING A JOYSTICK OR PADDLE CONTROLLER

For your convenience, you can attach either a joystick controller or a paddle controller
to start each exercise. These devices let you start the exercises from an exercise
position on the floor or on an exercise mat without having to touch the console keyboard.
Insert the joystick or paddle controller plug into the far left (number one) controller
jack on your computer console. Now you can use either the red trigger button on your
controller or the START key on your computer console to begin each exercise.

STARTING AN EXERCISE SESSION

When you choose the letter E from the menu display and press the RETURN key, you've
started the exercise sequence. A message referring you to this manual first displays:

```
IF YOU ARE UNSURE
OF HOW TO PROPERLY
DO THE EXERCISE,
SEE THE MANUAL.
WE WILL NOW START
THE EXERCISE
SEQUENCE.
─────────────────────────
PRESS ANY KEY TO CONTINUE
```

You'll do two warm-up exercises, four stress exercises, one aerobic exercise, and one
cool-off exercise. These exercises run automatically.

You must perform each of the eight exercises in sequence and answer all questions in
order to enter the data that adjusts your program to your fitness level. The program
pauses after four of the exercises for you to enter the number of repetitions you
completed. You also enter your pulse rate two times during the exercise sequence. The
difference between these two pulse rates helps the program to measure how much you should
exercise in the next session. The program stores all this information in your personal
data file and, at the end of your exercise session, the menu redisplays so that you can
examine your progress on the daily and weekly charts.

SELECTING YOUR EXERCISE SPEED

Each exercise begins with a graphic figure demonstrating the exercise. The figure
continues to demonstrate the exercise until you press the START key to begin. The figure
illustrates the exercise at a speed of 5. (Note. This number doesn't display unless you
change the speed.) Select a comfortable exercising pace by pressing a digit on your
keyboard from 1 to 9; 1 is the slowest speed and 9 is the fastest. Select a speed a
little slower than the speed you believe to be your maximum performance rate. A speed
legend in white letters against a blue background strip at the bottom of your screen will
display your revised speed. (Because the program cycles through these numbers, you may

experience a slight delay between the time you enter a number and the time the legend displays.) Modifying a speed affects just the current exercise and only for the current exercise session. You may also accept the preset speed.

BEGINNING EACH EXERCISE

Hold down the START key on the computer console or the red trigger button on your joystick or paddle controller until the graphic figure pauses and the words GET READY flash on the screen. A pacing tone signals you to begin. Release the START key or trigger button and begin your exercise. The number of times the graphic figure does an exercise displays above the figure.

REPORTING THE NUMBER OF REPETITIONS

At the end of exercises 3 through 6, the program asks you to enter the number of repetitions you completed of the exercise. Perform as many exercise repetitions as you can do comfortably, but don't overdo it. The program uses this number to help determine the number of repetitions of each exercise it will suggest for you in your next daily sequence. Type in the number of successfully completed repetitions and then press the RETURN key. The program then goes on to the next exercise.

Following are detailed instructions for performing each exercise.

WARM-UP, STRESS, AND AEROBIC EXERCISES

THE OVERHEAD STRETCH

This warm-up exercise stretches and conditions your upper torso.

Stand with your feet together. Bring both arms up over your head, pause, and bring your arms down to your side. Repeat.

Set a comfortable pace for yourself by setting your speed from 1 to 9. Then press the START key or the red trigger button until the graphic figure stops moving and the words GET READY flash. Begin your exercise at the pacing tone.

THE JUMPING JACK

Like the OVERHEAD STRETCH, the JUMPING JACK stretches and flexes muscles in your shoulders, arms, chest, and back. Both exercises condition your circulatory system.

Stand with your arms at your sides and your feet slightly apart. Hop, bringing your feet down about 20 inches apart. As you hop, swing your arms in an arc to a vertical position over your head. Immediately hop back, bringing your hands and feet to their first position.

Set a comfortable pace for yourself by selecting a speed between 1 and 9. Then press the START key or the red trigger button until the graphic figure stops moving. Begin at the

pacing tone.

THE SIT-UP

The first two exercises have warmed up the muscle groups that your stamina exercises will now stress. The SIT-UP is your first stress exercise. It helps build strength and stamina in your abdominal muscles, and may help condition your circulatory system.

Lie on your back. Bend your knees and hook your feet under a chair to hold your legs down. Sit up and touch your elbows to your raised knees. Make a partial effort to sit up if you can't reach the full sitting position. Every sincere effort counts! Return to your first position and repeat.

Select a speed from 1 to 9. Then press the START key or the red trigger button until the graphic figure on your screen stops. Begin at the pacing tone.

In response to the prompt at the end of the exercise, enter the number of sit-ups you completed and then press the RETURN key to go on to the next exercise .

HIP LIFTS

HIP LIFTS help develop strength and stamina in your neck, back, and thighs.

Lie on your back with your knees bent, as if you were going to perform sit-ups. Place your arms at your side with your palms on the floor. Lift your hips and bear upward with your neck. Return to your original position.

Set your speed and press the START key or the red trigger button as described in the earlier exercises. Begin at the pacing tone.

Enter your repetitions at the end of the sequence and press the RETURN key to continue to the next exercise.

PUSH-UPS

PUSH-UPS help develop strength and stamina in your upper torso.

Lie stomach-down on the floor with your feet slightly apart. Bend your elbows and place your hands on the floor by your shoulders. Raise your body by pushing against the floor with your arms. Balance on your toes. Keep your body straight. Lower your body until your chest touches the floor. You may raise your body from your knees, instead of from your toes, until you can perform all repetitions on speed 4. Every sincere effort counts!

Set your speed and press the START key or the red trigger button to begin.

Enter the number of repetitions you completed at the end of the sequence and press the RETURN key to continue to the next exercise.

TRUNK TWISTER

TRUNK TWISTERS help develop flexibility and stamina in your chest, back, and waist.

Stand with your legs apart and your hands on your hips. First bend forward from your waist. Then bend backward from your waist, bending your knees slightly to keep your balance. Return to an upright position. Finally, bend from side to side, and then return to an upright position. Keep your legs straight.

Set your speed and press the START key or the red trigger button to begin.

Enter the number of repetitions you completed at the end of the sequence and press the RETURN key to continue to the next exercise.

RUNNING IN PLACE

Now you'll run in place for three (3) minutes. This aerobic exercise may help to condition your heart and circulatory system. Earlier in your program you helped to determine your ideal exercising pulse. Running in place is an exercise vigorous enough to sustain that exertion level.

You can't change the speed on this exercise, but you can still set your own comfortable exercise pace. What matters is to sustain physical exertion for three minutes. The starting and ending tones indicate a countdown by seconds; they're not pacing tones.

Press the START key or the red trigger button to begin.

LOGGING YOUR EXERCISE PULSE RATE

After running in place, a message displays asking you to enter your pulse rate:

```
PLEASE SIT DOWN
AND LOCATE YOUR
PULSE IN YOUR
WRIST, YOUR CHEST,
OR YOUR NECK.  THEN
PUSH THE START
BUTTON AND BEGIN
COUNTING AT THE
TONE.  STOP AT THE
NEXT TONE.
```

Once you can feel your pulse beat, press the START key (you can't use the red trigger button on the controller). (See page 5 for suggestions for locating your pulse beat.) Begin counting the beats when the tone sounds. Continue counting until you hear the second tone. The message

```
COUNTING
```

displays repeatedly during this period. The program then asks you to enter your pulse count:

```
PLEASE ENTER YOUR
PULSE COUNT ____
```

After you type in the number and press the RETURN key, the program displays your heart rate in beats per minute:

```
YOUR HEART RATE IS
nn BEATS/MINUTE

YOU ARE EXERCISING
AT nn% OF YOUR
EFFICIENT LIMIT.
----------------------------------
PRESS ANY KEY TO CONTINUE
```

The personal data file program computed your maximum pulse rate and compared it to your resting pulse rate. Then it computed a starting exercise level used to control your exertions during your exercise sequence. You gain maximum value from exercising when your heart beats at 70% of your maximum pulse rate (which corresponds to 100% of your efficient limit). This most efficient limit is called your EXERCISING PULSE RATE.

As you exercise, the program adjusts your exercise repetitions to hold you near this 70% level of your maximum pulse rate. If the percentage is more than 70% (in which case your efficient limit will exceed 100%), the program displays a warning message on the reporting screen that appears after you enter your pulse rate, and it decreases the number of repetitions in your next exercise session.

At this stress level, your circulatory system should be conditioned, but not overtaxed. You'll experience the comfortable moderate stress accompanying an efficient fitness development exercise program.

Be patient. At first, the difference between your resting pulse rate and your exercise pulse rate may not be great enough to allow strenuous exercise. However, this gap may widen in only a few days, and when it does, the program automatically revises your routine to suit your new pulse rate.

YOUR COOL-OFF EXERCISE

THE TOE TOUCH

Try not to pause between taking your exercise pulse count and going on to the TOE TOUCH. The timing must be constant from day to day to get an accurate reading of the difference between your exercising and resting pulse rates.

The TOE TOUCH helps you stretch the four muscle groups you've just exercised. Stretching helps you to cool off evenly and keeps your muscles flexible until your heart rate drops to its resting pulse rate. This limbering exercise also helps keep your muscles from becoming stiff.

Stand with your feet about 20 inches apart and your hands at your sides. Bend from the waist and with your right hand touch your toes on your left foot, keeping your legs straight and swinging your free hand outward. Return to a standing position and then with you left hand touch your toes on your right foot in the same way. If you can't reach your toes at first, don't strain. Return to a standing position and repeat the sequence.

Select your speed and press the START key or the red trigger button to begin the sequence.

LOGGING YOUR RESTING PULSE RATE

The same message asking you to measure your pulse rate displays again at the end of the TOE TOUCH exercise. Locate your pulse point and press the START key to begin. Start counting at the beginning tone and stop at the ending tone. Enter your pulse count and press the RETURN key.

This pulse-timing sequence compares your cooling-off pulse with your exercise pulse. The program asks you to recount if your cooling-off rate is greater than your exercise rate. Then it again displays the number of beats per minute.

EXITING THE EXERCISES

The menu redisplays after you enter your data. You'll usually want to look at your daily and weekly progress charts now. However, you may also exit the program at this point:

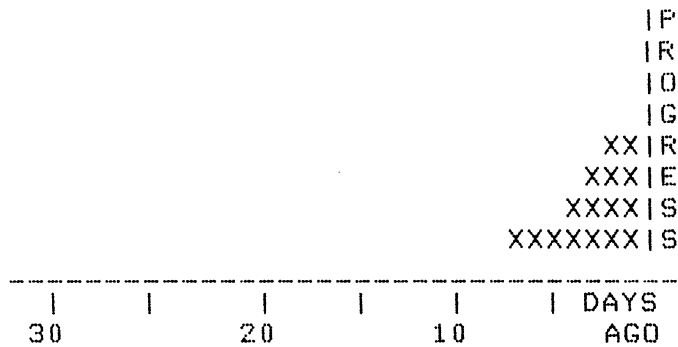Type D and press the RETURN key to look at your daily chart.

Type W and press the RETURN key to look at your weekly chart.

Type E and press the RETURN key to record your exercise data and exit the PERSONAL FITNESS PROGRAM.

YOUR PROGRESS CHARTS

THE DAILY PROGRESS CHART

Your PERSONAL FITNESS PROGRAM measures the growing difference between your exercising pulse and your resting pulse, and it enters the difference on your daily progress chart.
The chart looks approximately like this:

```
                                  | P
                                  | R
                                  | O
                                  | G
                            XX    | R
                            XXX   | E
                            XXXX  | S
                        XXXXXXX   | S
    ------------------------------------
        |      |      |      |      |  DAYS
       30            20            10   AGO
```
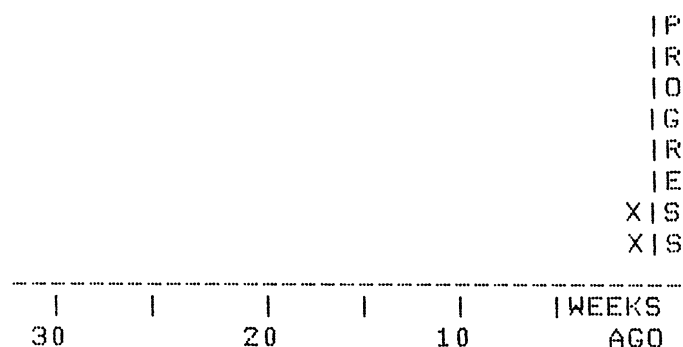
PRESS ANY KEY TO CONTINUE

Press the RETURN key to return to the menu.

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THE WEEKLY PROGRESS CHART

Your weekly progress chart displays up to 30 weekly reports. Each weekly report averages your last seven daily progress chart entries, and displays that average on your weekly progress chart. New weekly reports displace weekly reports more than 30 weeks old. The chart looks approximately like this:

```
                                              | P
                                              | R
                                              | O
                                              | G
                                              | R
                                              | E
                                          X | S
                                          X | S
----------------------------------------------------
      |       |      |      |      |   | WEEKS
     30              20          10        AGO
```

          PRESS ANY KEY TO CONTINUE

Press the RETURN key to return to the menu and press the RETURN key again to exit from the exercise program for the day.

ENDING THE PROGRAM

After you enter an E to exit the program, a message displays reminding you to write your new data to your personal data file:

```
BEFORE WE FINISH
WE MUST RECORD
YOUR PROGRESS UPON
THE DATA-DISK.
PLEASE INSERT
THE DATA-DISK TO
RECORD AND PUSH
THE START BUTTON.
```

Make sure your program diskette is still in disk drive one and press the START button. The message

```
WRITING DATAFILE
```

displays briefly, followed by a sign-off:

```
DATAFILE SAVED.
THIS ENDS TODAY'S
SESSION.  SEE YOU
TOMORROW!
```

HEALTH NOTES

HEALTH ADVISORY

Consult your doctor before beginning this exercise program to determine your general medical state of health and fitness. Obtain your doctor's permission to exercise if you've ever experienced the following medical disorders:

* Heart or circulatory diseases
* High blood pressure
* Kidney disease
* Diabetes
* Chronic back pains
* Arthritis
* Lung diseases
* Anemia
* Obesity

If you're 35 years old or older, request a physical examination that includes an EKG scan and a stress test. Also ask your doctor to set your maximum safe pulse rate, based on your age and physical condition.

In addition, consult your doctor if you've experienced any other health problem or injury serious enough to hamper normal daily physical activity.

EXERCISE REMINDERS

1. Remember, you must schedule fitness training regularly for it to be effective. Your conditioning level can begin to decline after only 72 hours!

2. Set aside 20 minutes daily to exercise. Reserve any convenient time, but remember that your body is more efficient earlier in the day.

3. Exercise every day, but pause if you're ill. Wait for one day after you've recovered fully, and resume at a lower fitness level. You'll quickly make up for lost time.

4. You can select your own exercise pace for each exercise by typing a number between 1 and 9 before you begin each exercise. Select a speed one or two numbers slower than your maximum performance rate. You can always quicken your pace in a few days. Press your selected number until the indicated speed displays in the blue band across the bottom of your video screen.

5. You can perform more repetitions of an exercise than called for in the program. Continue your repetitions until you first feel breathlessness or muscle soreness, and then STOP. Type in the number of repetitions when you've finished. Your program will automatically adjust to your new performance level for that exercise.

6. Muscle stiffness is a sign of muscle growth. However, never exercise to the point that muscle stiffness interferes with your daily routine.

7. Breathing hard is good for your heart and lungs, but don't exercise until you're breathless.

DETERMINING YOUR MAXIMUM PULSE RATE

Your maximum pulse rate is your computed safe maximum heartbeat rate for your age and sex. The PERSONAL FITNESS PROGRAM uses the following formula to calculate your maximum pulse rate:

$$Maximum\ pulse\ rate = 200 - your\ age$$

Your pulse rate will increase when you begin to exercise. Never exercise so strenuously that your heart pulse rate increases beyond a safe maximum rate. The PERSONAL FITNESS PROGRAM indicates whether you've stressed yourself to your maximum pulse rate level. First it determines your actual exercising pulse, and then it evaluates whether this pulse rate exceeds your predetermined safe exercising pulse rate, as shown on your report warning screen.

If you report a pulse rate greater than 70% of your computed maximum pulse rate during your exercise sequence, your program will decrease the number of repetitions in your next exercise session.

ABOUT FITNESS

The term "fitness" generally refers to your ability to perform an exercise without injuring yourself. According to several references in our bibliography, four measurable physical qualities and conditions work together to promote general physical fitness:

1. FLEXIBILITY measures the difference in length of a muscle fully extended and fully contracted.

2. STRENGTH measures the maximum weight a muscle can lift.

3. STAMINA measures the length of time a muscle can lift a weight before losing energy to lift the weight another time.

4. CIRCULATORY CONDITIONING refers to the speed with which a heartbeat rate drops from a quicker exercising rate to a slower resting rate after sustained, strenuous exercise.

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PROGRAM WARNINGS

DON'T USE LIST AND ENTER COMMANDS

Don't LIST this program to diskette and then ENTER it into RAM. Doing so will damage the program's graphics.

MODIFYING THE PROGRAM CODE

Owing to the way this program handles the player missile graphics, modifying the code can cause unpredictable results.

ERROR MESSAGE

The error message CHECK DISK DRIVE displays if the program is trying to read from or write to your personal data file and it can't succeed. Check that the I/O connector is securely fastened and that the PERSONAL FITNESS PROGRAM diskette is in disk drive one. Then press RETURN or any alphanumeric key to resume using the program.

DISKETTES WITH AUTORUN.SYS FILES

If you copy the PERSONAL FITNESS PROGRAM files (MAKER.DIS and EXERCISE.DIS) onto a diskette having an AUTORUN.SYS file, extraneous graphics characters sometimes display on the screen. To clear up the problem, either transfer the files to a diskette with no AUTORUN.SYS file or erase the AUTORUN.SYS file on the diskette, if you don't need it.

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ATARI PROGRAM EXCHANGE

We're interested in your experiences with APX programs and documentation, both favorable and unfavorable. Many software authors are willing and eager to improve their programs if they know what users want. And, of course, we want to know about any bugs that slipped by us, so that the software author can fix them. We also want to know whether our documentation is meeting your needs. You are our best source for suggesting improvements! Please help us by taking a moment to fill in this review sheet. Fold the sheet in thirds and seal it so that the address on the bottom of the back becomes the envelope front.

1. Name and APX number of program _____

2. If you have problems using the program, please describe them here.

_____

_____

_____

3. What do you especially like about this program?

_____

_____

_____

4. What do you think the program's weaknesses are?

_____

_____

_____

5. How can the catalog description be more accurate and/or comprehensive?

_____

_____

6. On a scale of 1 to 10, 1 being "poor" and 10 being "excellent", please rate the following aspects of this program?

_____ Easy to use
_____ User-oriented (e.g., menus, prompts, clear language)
_____ Enjoyable
_____ Self-instructuve
_____ Useful (non-game software)
_____ Imaginative graphics and sound

7. Describe any technical errors you found in the user instructions (please give page numbers).

7. Describe any technical errors you found in the user instructions (please give page numbers).

_____

_____

_____

8. What did you especially like about the user instructions?

_____

_____

_____

9. What revisions or additions would improve these instructions?

_____

_____

_____

10. On a scale of 1 to 10, 1 representing "poor" and 10 representing "excellent", how would you rate the user instructions and why?

_____

_____

11. Other comments about the program or user instructions:

_____

_____

_____

From

_____

_____

_____

| STAMP |

ATARI Program Exchange
P.O. Box 3705
Santa Clara. CA 95055

[seal here]