

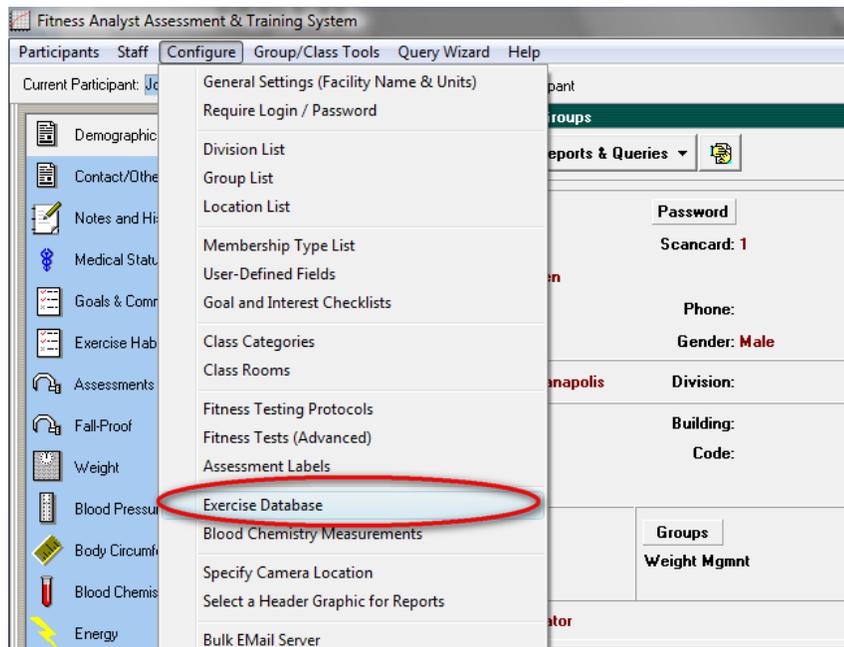
## INSTRUCTIONS FOR ADDING EXERCISES TO THE EXERCISE DATABASE

This document will outline the steps necessary to add new exercises, and exercise pictures, to the Exercise Database in the Fitness Analyst.

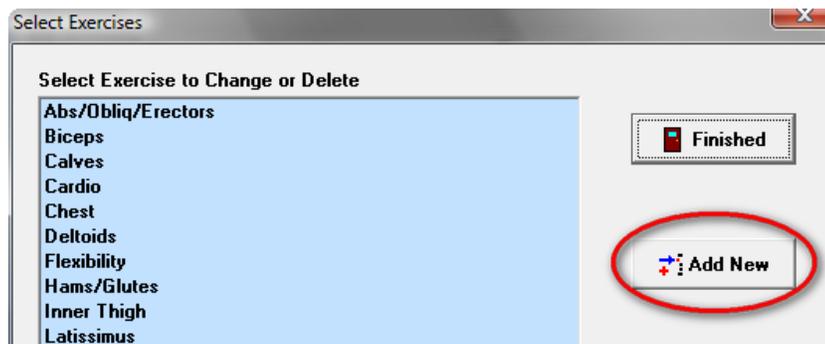
***The exercise pictures need to be in “jpg” format in landscape orientation. For the best results the images should be in the approximate range of between 640 by 480 pixels, and 720 by 500 pixels in size.***

### Procedure

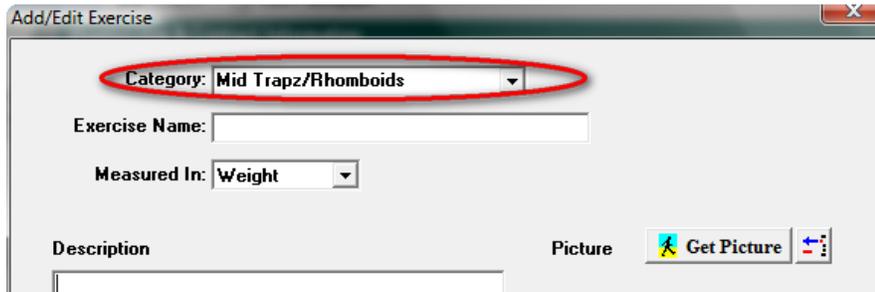
1. From the Fitness Analyst submenu, select “Configure”, and then click on the “Exercise Database” link from the dropdown menu.



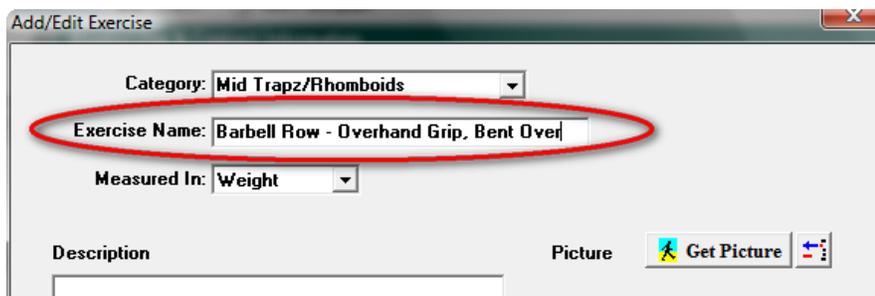
2. Click on the “Add New” button.



3. In the "Add/Edit Exercise" dialog window select a category from the "Category:", or enter a new category



4. Enter an Exercise Name.



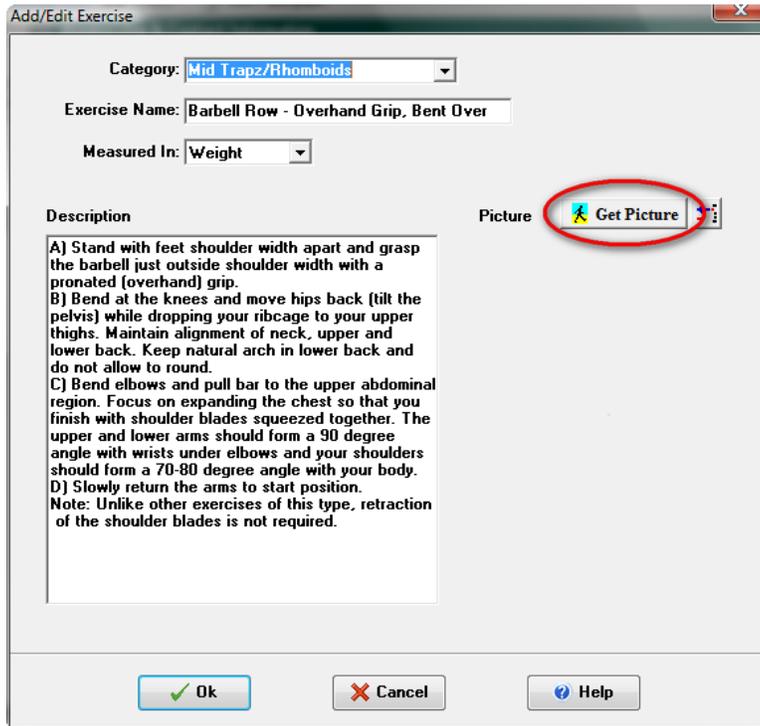
5. Enter how the exercised is measured; weight or time for example.



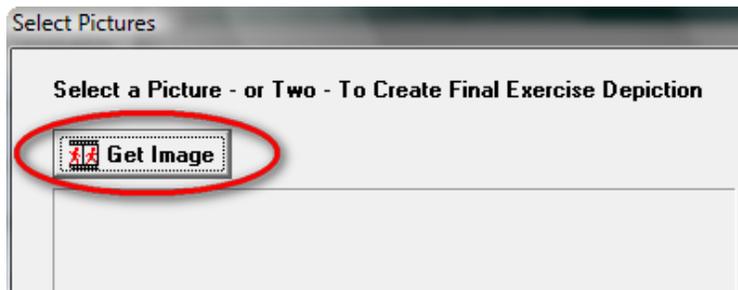
6. Enter a Description of how to do the exercise.



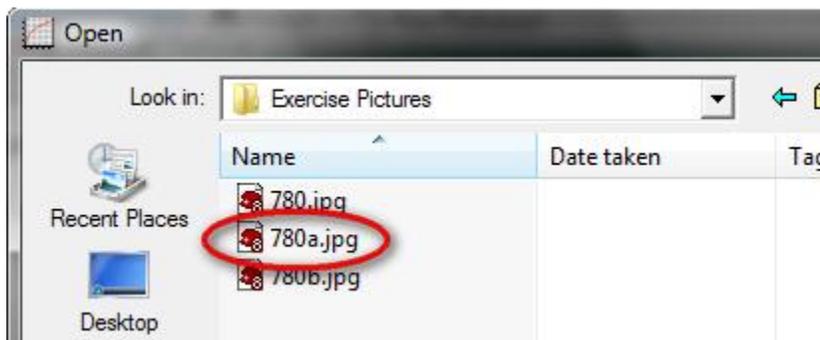
7. Once you have entered your Description, click on the "Get Picture" button, to select a starting & ending picture for the exercise.



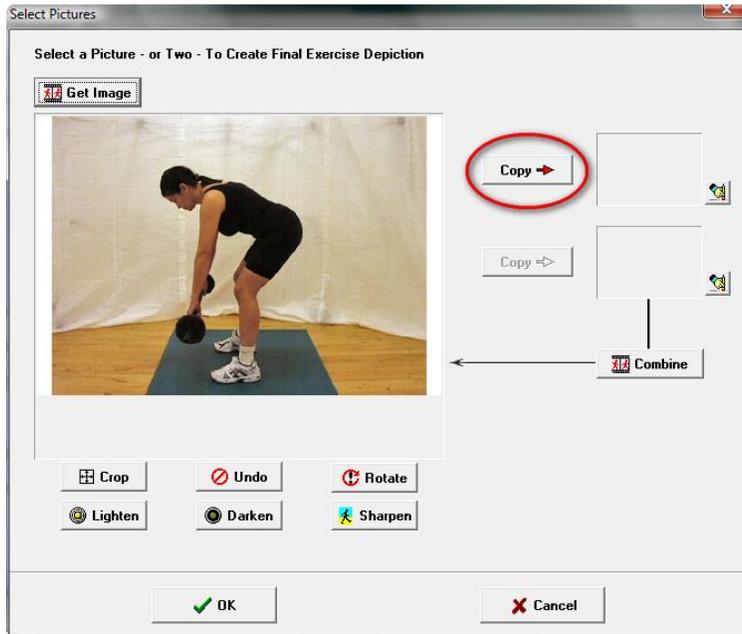
8. In the Select Pictures dialog window to get an image to attach as the Starting position, click on the "Get Image" button.



9. Navigate to the image that you want to import as the Starting position for the exercise.



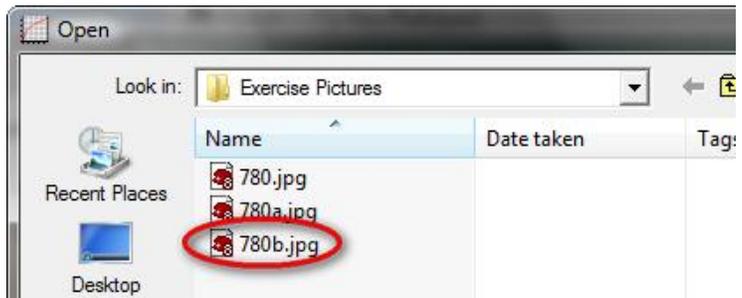
10. Click on the copy button to copy the image into the starting image location.



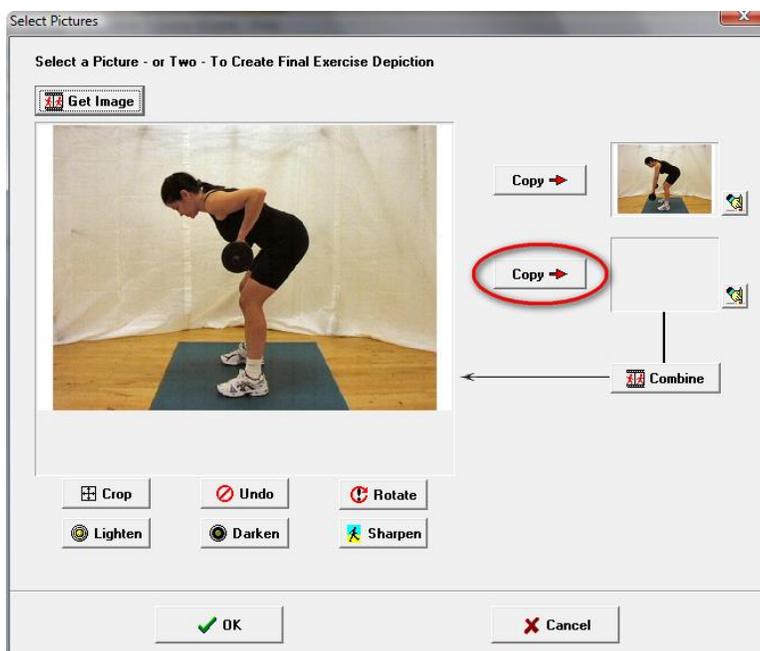
11. Click on the “Get Image” button again, to get the Ending position image.



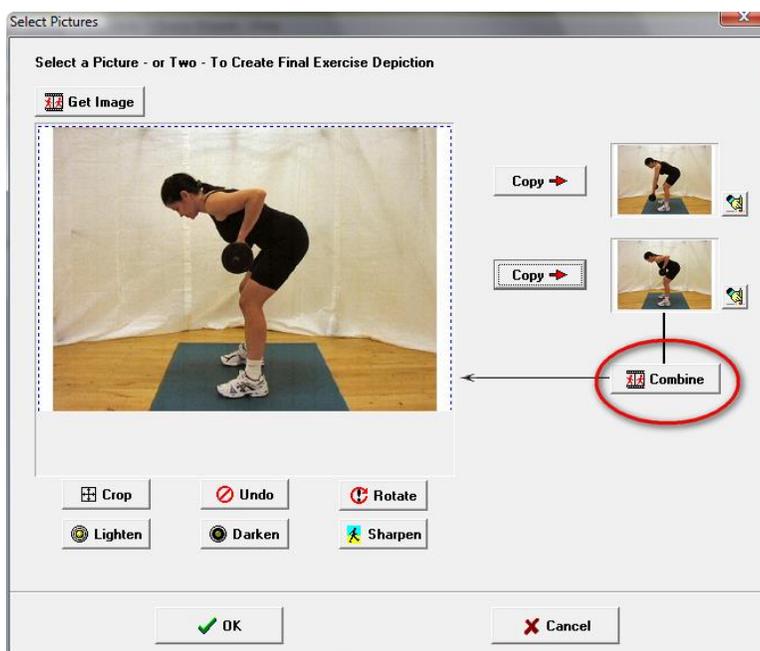
12. Navigate to the image that you want to import as the Ending position for the exercise



13. Click on the copy button to copy the image into the ending image location.



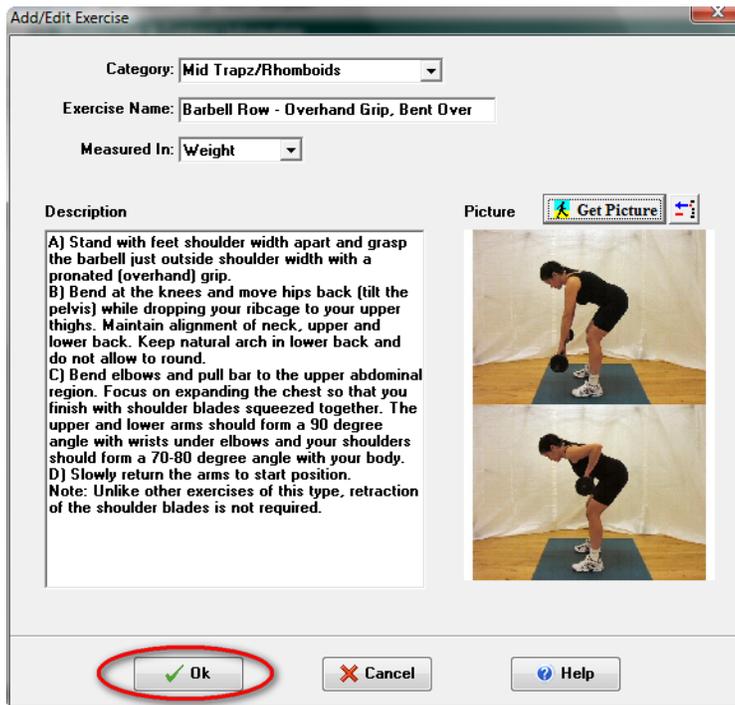
14. To combine the two images, click the “Combine” button.



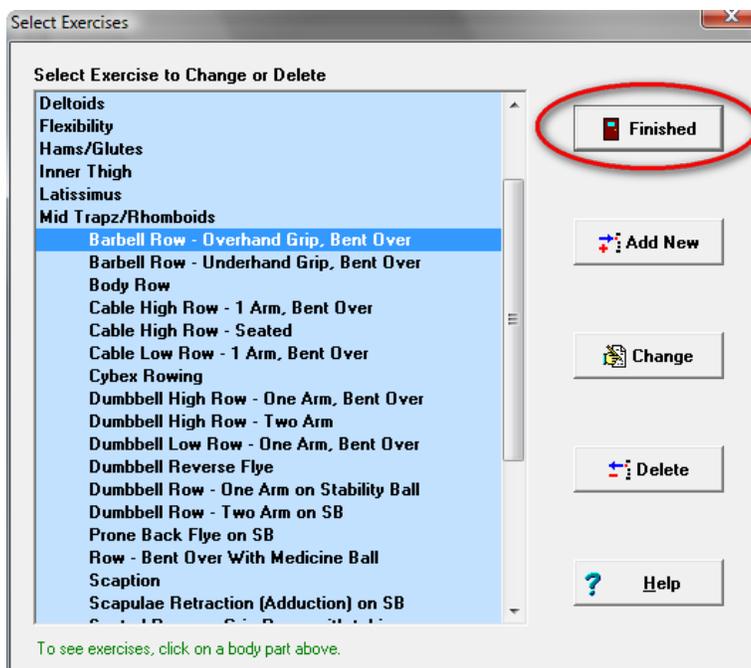
15. Click the “OK” button to save the combined picture.



16. You will be returned to the “Add/Exercise” window, with your pictures added to the exercise description.



17. Click the “OK” button, to save the exercise.



18. Click the "Finished" button to close the window.