

Family Fun & Fitness



VIDEO
JoggerTM
AND
REFLEXTM

TRAINING GUIDE

exuTM BRINGS FITNESS HOME

You own the EXUS FITNESS SYSTEM. It is the first of its kind, and was developed by EXUS Corporation, the revolutionary high-technology company based in California's world-famous "Silicon Valley."

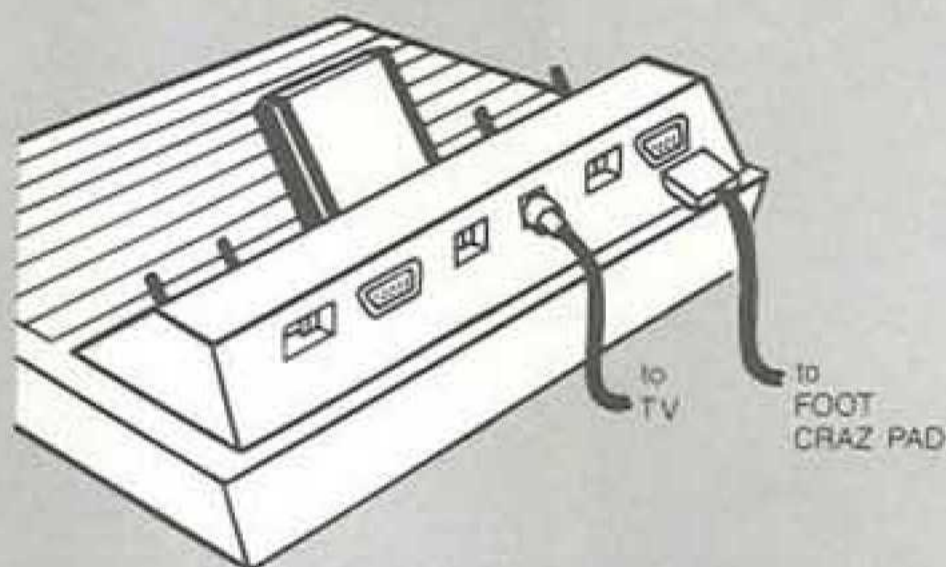
It affords you the opportunity to create a life-long exercise program. Wherever you have a television set and an Atari 2600VCS, you have your own physical fitness center.

Together, the entire family can enjoy the fun and fitness available through the patent-pending "FOOT CRAZ" and the lively "JOGGER" and "REFLEX" programs.

WARNING: *As in all fitness programs you should seek the advice of your physician before starting.*

HOW TO USE YOUR EXUS™ FITNESS SYSTEM

Plug your FOOT CRAZ ACTIVITY PAD cable into the rear left (player #1) socket of your Atari 2600VCS, which should be connected to your color television set. If you have any problems completing this step, refer to your instructions for the Atari 2600VCS console.



Place the Atari 2600VCS console on the floor, with the EXUS FOOT CRAZ cable fully extended. You should be four to six feet back from your television set to comfortably view the screen while exercising.

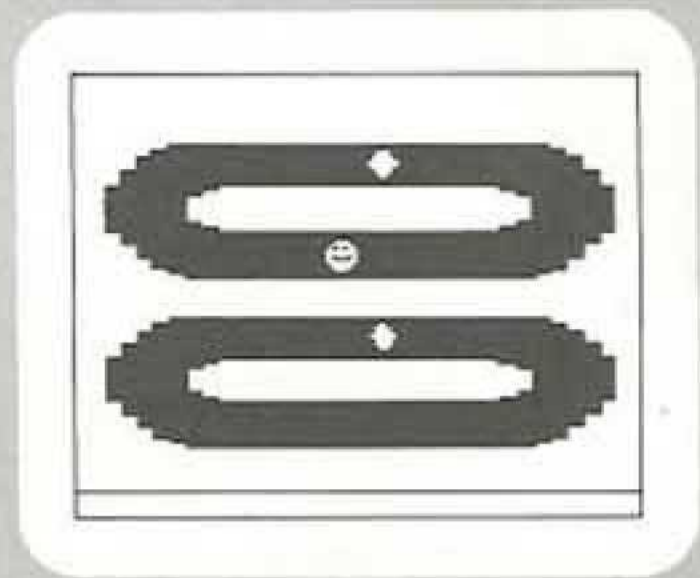
Make certain that the FOOT CRAZ ACTIVITY PAD is on a *flat surface with nothing underneath it.*

Insert either the JOGGER or REFLEX cartridge, *with label side up*, into the Atari 2600VCS. *Always insert and remove an EXUS cartridge with the console power off.*

Turn on your television set to Channel 3 or 2; activate the Atari 2600VCS. You are ready to begin exercising. The EXUS fitness program of your choice will be automatically displayed on your television screen. *THE FOOT CRAZ ACTIVITY PAD does not have an on/off switch.*

TO ACTIVATE EXUS™

VIDEO Jogger™



When you are ready to start exercising, step on the FOOT CRAZ ACTIVITY PAD GREEN dot. It starts the pace symbols moving around each track.

There are two tracks displayed on the screen. To start moving the jogger figure, jog alternately on the ORANGE and BLUE dots on the FOOT CRAZ ACTIVITY PAD. The faster you jog, the faster the jogger figure moves around the track. Lap count, time and score are displayed on the bottom of the screen. Once around the track is equal to approximately thirty-five yards.

To add variety and greater challenge to JOGGER, you may at any time, switch the jogger figure to the lower, faster track by stepping on the RED dot of the FOOT CRAZ ACTIVITY PAD, and back again to the upper, slower track by stepping on the YELLOW dot.

JOGGER is more effective at the slower pace. The length of time jogging is more beneficial to your fitness than moving at sprint speed.

Track laps are counted, giving JOGGER a competitive feature for increased family pleasure. After 2,000 points are accumulated, the pace symbol speed increases and challenges you to jog faster.

Five minutes into your run, a second pace symbol appears on each track, making JOGGER even more spirited among participants.

Bonus points may be earned by passing the pace symbol when it is GREEN. If you pass when it is RED, you lose a "life." JOGGER gives you three "lives" before the sequence needs to be repeated.

There are four levels of difficulty. The chart below shows the mile rate for each level on each track:

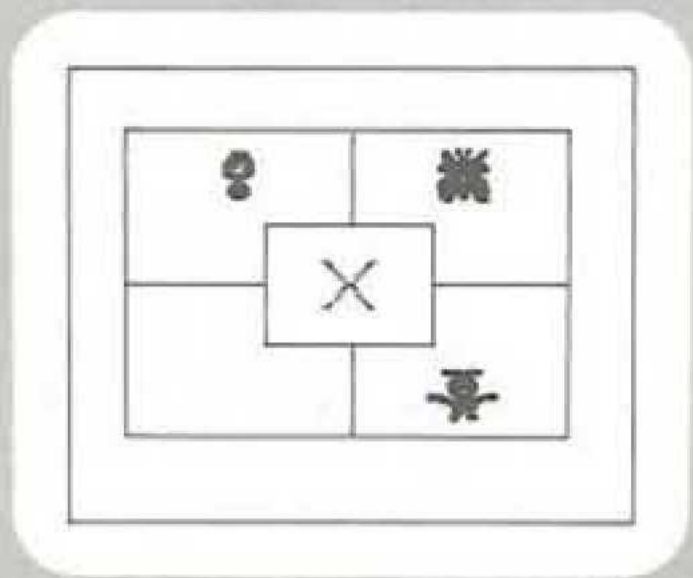
LEVEL	TRACK #1	TRACK #2
1	13½ minutes	11½ minutes
2	11½ minutes	9½ minutes
3	9½ minutes	7½ minutes
4	7½ minutes	6 minutes

When you exercise on JOGGER, it is beneficial to remember that you are running in place. Maintain an erect posture and you will get more out of your workout. Make certain that you jog on the BLUE and ORANGE dots.

JOGGER is an excellent trainer for those who want to begin a jogging program, or trim off pounds.

TO ACTIVATE EXUS™

VIDEO **REFLEX™**



REFLEX is the ultimate conditioner. Unless you are in top physical shape, it is suggested that you spend the first month on a daily regime of JOGGER before working out with REFLEX.

Be sure, when working out, that the colors of the REFLEX pattern on the TV screen are as follows, clockwise from top left: BLUE, ORANGE, GREEN, YELLOW with RED in the center.

Select a program level of difficulty (1-9) by stepping on the RED dot of the FOOT CRAZ ACTIVITY PAD. See below:

Level 1-3	Random Bugs with Butterfly
Level 4 & 6	Sequential Bugs in Increasing Order
Level 5	Sequential Bugs in Decreasing Order
Level 7-9	Combination Bugs in Increasing Order

Next, step on the GREEN dot of the FOOT CRAZ ACTIVITY PAD to begin the program.

There are five squares displayed on the screen, each with a different color. When you see a "bug" appear on one of the colored squares, you have a limited time (one to three seconds, depending on the level) to step on the corresponding colored dot of the FOOT CRAZ ACTIVITY PAD.

To train your reflexes further, a "bug" can appear on more than one colored square at the same time. You get a point for each correct hit.

The level of difficulty increases every twenty points.

There are eight "lives" per program. A life is lost each time you step on the wrong color or delay too long in hitting the dot.

You should not step on a colored square when a BUTTERFLY appears. If you do, it takes one of your "lives."

REFLEX is the ideal trainer for those participating in aerobics, jazzercise, tennis, soccer, football, track and field, and snow and water skiing.

When you work out on REFLEX, develop a steady bouncing rhythm, and memorize the colored dot pattern on the FOOT CRAZ ACTIVITY PAD.

Unless you are in excellent physical condition, limit your exercise sessions on REFLEX to three (3) minutes, once a day for the first two (2) weeks.

BEFORE STARTING TO WORK OUT ON THE EXUS FOOT CRAZ™ ACTIVITY PAD

Have you seen your physician? Have you had an exam? Does your doctor say it is O.K. for you to exercise on the EXUS FOOT CRAZ ACTIVITY PAD?

If the answers to the above questions are, "Yes," you are ready to add fun to your fitness program.

WHERE:

Choose a location that is not cluttered, and maintain good air circulation by opening a nearby window. Fresh air and full breathing while exercising aid fitness.

WHEN:

Each of us has a unique biological clock that determines, for us, the most comfortable time to exercise. Maybe it is in the early morning while the home is quiet; mid-day when you are alone; after work; before dinner; or prior to going to bed in the evening. A good workout can relax you, and encourage a sound sleep. However, don't go to bed or lie down right after exercising. See COOL DOWN procedure below.

WARM UP:

Never exercise when you are cold or stiff, for you can cause excessive strain and stress on your muscles and cardiovascular system.

Try not to exercise in hot humid weather.

Wear light, loose-fitting clothing. Do not wear rubberized clothing.

Devote five to ten minutes to stretching and limbering up before you begin your program.

First, do stretches, beginning with slow, steady toe touches. Bend your knees to touch toes, if you're having difficulty as you start. After a week, try and keep your knees locked.

Next, stretch your achilles tendons and calf muscles by standing three feet from a wall, heels firmly on the floor, lean against the wall, hands at head height, arms stiff. Hold for a count of fifty (50).

Then do *three sets* of side-straddle hops. From a standing position, with arms at your side, swing arms up over your head, touching palms together; and at the same time jump off the floor, spreading legs wide apart. Return to the standing position. Repeat ten times. Rest sixty seconds between sets.

Now you are ready to start your EXUS FITNESS SYSTEM workout. Remember to start slow. Fitness takes time. Give it time.

COOL DOWN:

After exercising with either JOGGER or REFLEX, spend ten minutes cooling down to allow your body to return to its normal resting state. Don't sit down. Walk around inside your home or outdoors. Breathe deeply.

The purpose of the EXUS FITNESS SYSTEM is to add an element of fun to your exercise program. It is not intended to be a weight-loss plan. The best we can do in this regard is to suggest the tried-and-true method of getting a moderate amount of exercise at least three times a week, and using both hands ... to push yourself away from the table after the first *average-sized* helping of food! The old adage, "you are what you eat" is seldom wrong.

Here is a reference to several food items and their calories:

FOOD	CALORIES
Beer, 8 oz.	110
Cocoa, cup	235
Coffee, Tea, 8 oz.	0
Lemonade, medium glass	105
Milkshake, 10 oz.	335
Orange Juice, cup	120
Cola, 12 oz.	145
Ice Cream, cup	270
Butter, 1 pat	50
Cheesecake, 6 oz.	400
Chocolate Cake, 1 slice	250
Donut, plain	100
Chocolate bar, small	145
Potato, baked—1 med.	105
Popcorn, 1 cup	85
Bacon, 2 strips	85
Cereal, dry-unsweetened, 1 oz.	110
Fried egg, one	115
Pancakes (3)	180
Cheeseburger	518
Ham sandwich	350
Soup, chicken, 1 cup	80
Tuna, canned, 3 oz.	170
Spaghetti, with sauce	260

What are calories? They are a measure of heat—the amount needed to raise the temperature of one kilogram of water to one degree centigrade. Every pound you lose or gain is worth 3500 calories.

The rate of calorie burn-off depends on numerous factors. Your height, weight and diet can affect the number of calories you use while exercising. A high protein diet burns up more calories than one which includes heavy intake of fruits and vegetables.

Jogging is regarded as one of the better ways to burn off calories at an average of 10 calories per minute. Swimming burns 8 calories per minute, bicycling 6.4 calories per minute, and walking 4 calories per minute.

A person of average height and weight burns about 100 calories per mile while jogging.

The above are very general estimates. You should consult your nutritionist for accurate data according to your height, weight and dietary habits.

Eating one tablespoon of butter adds 100 calories, and commits you to jogging one mile on your FOOT CRAZ ACTIVITY PAD, if you want to hold the line.

Keep a daily log of your weight as well as your exercise accomplishments. Your progress should motivate you to continue the program.

JOGGING ON FOOT CRAZ™ IS A BETTER IDEA

The double-layer foam cushion pad of the patent-pending FOOT CRAZ ACTIVITY PAD is easier on you physically. The relentless pounding of your feet on solid ground while jogging outdoors can cause serious damage to your feet and legs. Choose the EXUS FITNESS SYSTEM for fun and greater comfort.

When you are not using your FOOT CRAZ ACTIVITY PAD, store it in the open position. Do not re-roll it.

The cover, or pillow, of your FOOT CRAZ ACTIVITY PAD is washable in warm water, using gentle laundry soap. Wash it by hand, and let dry naturally. Do not place in a dryer.

**WATCH FOR THE NEXT SERIES OF
EXCITING FITNESS PRODUCTS FROM EXUS.**

FOOT CRAZ, JOGGER, and REFLEX are trademarks of Exus Corporation.

exus™ BRINGS FITNESS HOME

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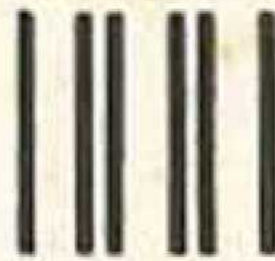
LIMITED WARRANTY REGISTRATION

In order for the Limited Warranty Provisions to become valid, all warranties must be registered with EXUS Corporation. The self-addressed, postage paid postcard must be filled out and returned to EXUS Corporation within 30 days after purchase.

NOTE

The information requested under "Warranty Information - Required" must be filled out by the purchaser or recipient of the EXUS Corporation product.

The information requested under "Consumer Information - Optional" is not required to validate Warranty Provisions. However, it will be helpful in EXUS Corporation's continuing efforts to "Bring Fitness Home".



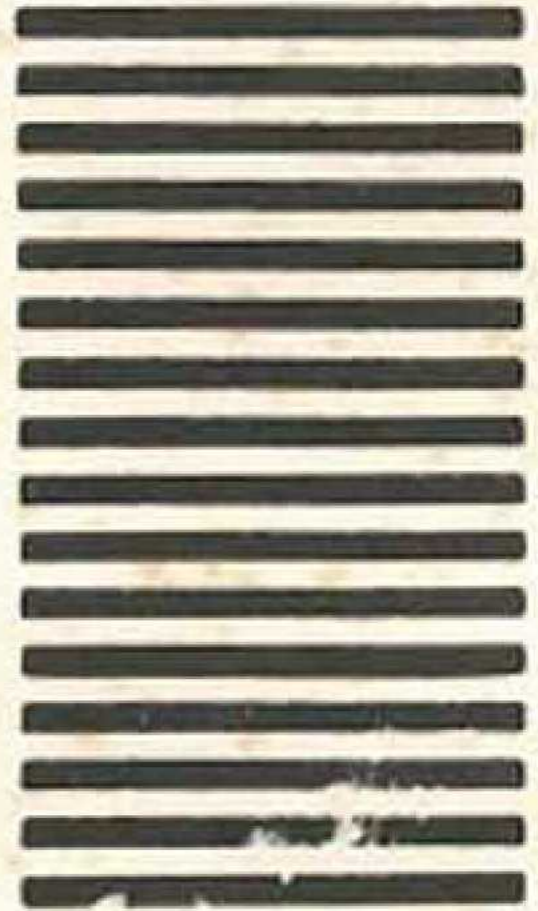
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LIMITED WARRANTY

EXUS Corporation warrants this EXUS Corporation product to be free, under normal use and service, of manufacturing defects in material and workmanship for a period of 90 days from date of purchase, subject to the following conditions:

1. EXUS Corporation will repair or replace (at our option) at no charge, any parts found to be defective during the warranty period.
2. The original owner must provide, upon request, the original dated Bill of Sale to EXUS Corporation. Warranty Registration card must be returned to EXUS Corporation to validate warranty provisions.
3. Transportation to and from EXUS Corporation is the responsibility of the customer.
4. EXUS Corporation does not assume any liability for incidental or consequential damages of any kind whatsoever and in any event, liability shall in no case exceed the original purchase price of the product. This warranty gives you specific legal rights, and you may have others which vary from state to state, so this exclusion may or may not apply to you. This warranty does not cover any product which has been altered, repaired or modified in any manner by anyone other than an authorized EXUS Corporation representative, or to any product connected, installed or used with said product unless expressly stated in the instructions provided by EXUS Corporation.

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