

## iPods & Other Handheld Devices

This QuickStart is for Apple iPod; iPod nano, iPod classic, iPod touch, iPhone and Apple TV. Non-iPod MP3 player & smartphone users can reference their device's manual or online product information to learn how to transfer or "sync" these Men's Health Workouts to Go from a computer to the device.

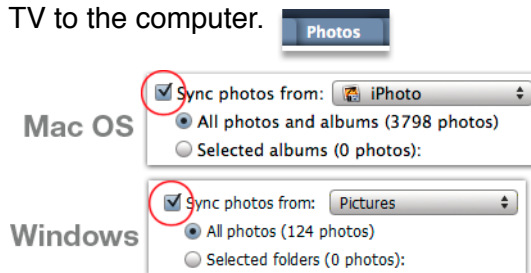
Note: The image & video media included in these Men's Health Workouts to Go can also be viewed on a computer.

### 1. Run the Workouts To Go Installer

Double-click the Workouts To Go installer and go through the steps when prompted. The Installer will place the Men's Health Workout To Go folder on your **desktop** with all the workouts & documentation. It will also place the workouts in iPhoto as individual albums (Mac OS) or My Pictures/Pictures (Windows XP/Vista), ready to be synced to your iPod or Apple TV. The Videos are in the Media/Video folder in the Workouts To Go folder.

### 2. Sync the Image Workouts

- Launch iTunes® and connect your iPod or Apple TV to the computer.
- Select the device in the iTunes Source List & choose the Photos tab.
- Turn on the "Sync photos from" checkbox.
- Click Apply. The device will sync.



### 3. Sync the Video Workouts

- Open the Media/Video folder in the Workouts To Go folder on your desktop.
- Select all videos & drag them into the iTunes library or the iTunes icon.
- Select your device in the iTunes Source List & choose the Video tab.
- Turn on the "Sync movies" checkbox. Then mark the Workout Videos to be synced.
- Click Apply. The device will sync.



## Using Your Men's Health Workouts To Go

### Image Workouts

- Choose your music/playlist and set the volume level.
- Choose your desired workout from the "Photos" area and start with the first slide.
- Use the Next button, scroll wheel or swipe to advance to the next exercise.

### Video Workouts

- Choose your desired workout video from the "Videos" or "Movies" area.
- Watch the exercise video & listen to the audio instruction.
- Pause the video to perform the exercise.

### Setting the Photo Options *(optional, but a good idea)*

In "Slideshow Settings" change the following:

- Time per slide to "Manual"
- Music to "Now Playing"
- Shuffle Photos to "Off"