



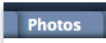
# iPod, nano & iPhone

## QuickStart Guide

### 1 Run the PumpOne installer

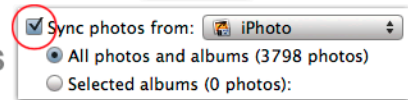
Double-click the PumpOne installer and go through the steps when prompted. The Installer will place the PumpOne Trainer folder on your desktop with all the workouts & documentation. It will also place the workouts in iPhoto as individual albums (Mac OS) or My Pictures/Pictures (Windows XP/Vista), ready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

### 2 Sync the PumpOne Image Trainer

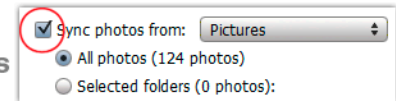
- Launch iTunes and connect your iPod to the computer.
- Select your iPod in the iTunes Source List & choose the Photos tab 

- Turn on the “Sync photos from” checkbox.
- Click Apply. Wait for the iPod to finish updating.

Mac OS



Windows



### 3 Sync the PumpOne Video Trainer

- Open the Media/Video folder in the PumpOne Trainer folder on your desktop.
- Select all videos & drag them into the iTunes library or the iTunes icon -they will copy.
- Select your iPod in the iTunes Source List & choose the Video tab 

Movies

Sync movies:

- Turn on the “Sync movies” checkbox. Then mark the PumpOne Videos to be synced.
- Click Apply. Wait for the iPod to finish updating.

## Using your PumpOne Trainers

### PumpOne Image Trainer

- Choose your music/playlist and set the volume level.
- Choose your desired PumpOne Workout from the “Photos” area.
- A preview grid will appear, choose the first image to begin.
- Use the Next button, scroll wheel or swipe to advance to the next exercise.

### PumpOne Video Trainer

- Choose your desired PumpOne Video from the “Videos” area.
- Watch the exercise video & listen to the audio instruction.
- Pause the video to perform the exercise.

## Setting the photo options on your iPod & nano *(optional, but a good idea)*

- Choose “Photos” from the iPod main menu.
- Choose “Slideshow Settings” and set:
  - Time per slide to “Manual”
  - Music to “Now Playing”
  - Shuffle Photos to “Off”