

SNS-ALFE-USA

EXERTAINMENT™

MOUNTAIN BIKE RALLY

SPEED RACER™



INCLUDING: Your Electronic Personal Trainer!

LifeFitness™

FITNESS
FORMAT™

INSTRUCTION BOOKLET



SUPER NINTENDO
ENTERTAINMENT SYSTEM

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Thank you for selecting the **LIFE FITNESS Program Manager™**, **Mountain Bike Rally™** and **Speed Racer™** Game Pak.

Please read this instruction booklet thoroughly to ensure proper handling of your new games. Then save this booklet for future reference.

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MOUNTAIN BIKE RALLY



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HOW TO START

1. Make sure the Super NES™ power switch is OFF.
2. Make sure the Exertainment™ interactive fitness system module is connected to the Super NES as shown in the Lifecycle manual.
3. Insert the Life Fitness Program Manager/Mountain Bike Rally/Speed Racer Game Pak into the Super NES as described in the Super NES instruction manual.
4. Turn the power switch ON. The game selection screen will appear.
5. Press the corresponding button to select the desired game.
6. Press START. The title screen will appear. Press START again to begin.



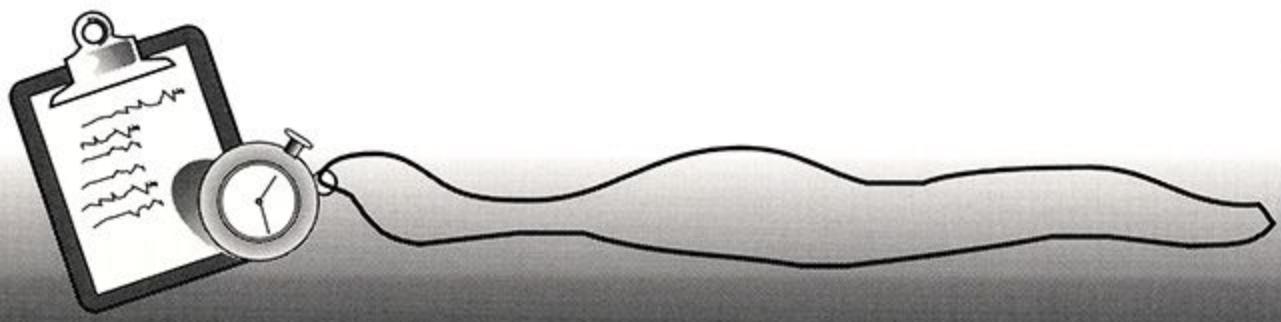
INTRODUCTION TO PROGRAM MANAGER™

Life Fitness Program Manager™ allows you to exercise using the traditional Lifecycle programs and set short- and long-term personal workout goals, while retaining your personal statistics and workout information. Additionally, Program Manager, with the Fit Test Program, will evaluate your fitness level compared to others of the same age and gender. Program Manager will store the long-term personal workout information for up to four users at a time. It also provides a guest option for riding without data retention.

HOW TO INPUT/CHANGE/ DELETE INFORMATION

Generally, the process for entering or editing your profile is as follows:

- Use the control pad UP/DOWN arrow buttons to highlight the options you want from those listed.
- Press SELECT to highlight the information you wish to enter or change.
- Arrow UP or DOWN to change the information, then press SELECT to complete the input of your information.
- Repeat process for other options.



- To delete past workout information, enter Update Profile and change the name. After changing the name, you will be asked if you want to delete past workout information. Select YES and then press the SELECT button.

WELCOME TO THE MAIN MENU

Once you come to the Program Manager's Main Menu, simply scroll down the list with the UP/DOWN arrows and press SELECT to choose one of the following:

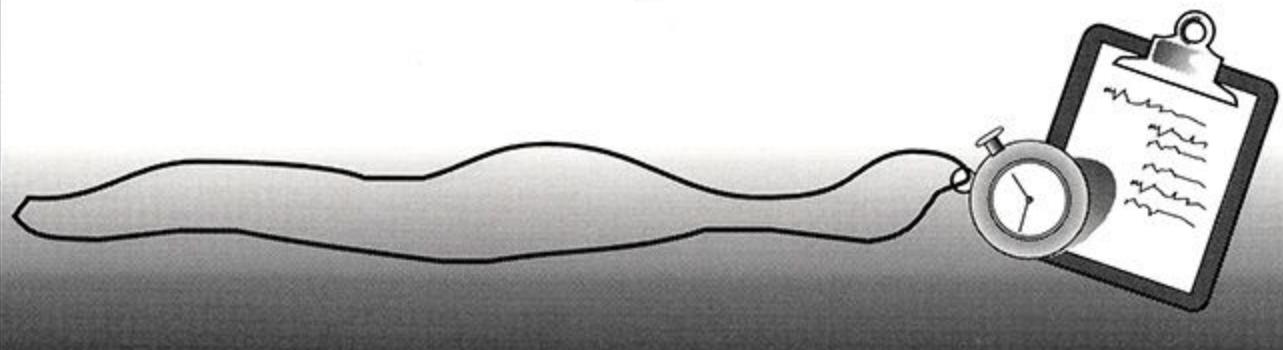
1. Select Today's Workout
2. Review Progress Towards Long-term Goal
3. Update Profile

SELECT TODAY'S WORKOUT

This option allows you to set up or change the following workout tracking features and options:

DATE: Allows you to enter today's date to track your progress by date.

LIFECYCLE PROGRAM: Choose from Hill, Random, Manual, 12-Speed Race or Heart Rate (requires Heart Rate Kit). Select Lifecycle Program Preview (see page 7) or see your Lifecycle Operation Manual for a description of the workout programs.



YOUR LEVEL: This is the pedal resistance level at the start of your workout (0 is the easiest, 12 the most difficult). You may increase or decrease your level by pressing the X and Y buttons, respectively.

TODAY'S WORKOUT GOAL: Choose to base your workout goal on time, calories burned or distance.

HOW LONG: Enter today's workout goal by entering how many minutes you want to ride, how many calories you want to burn, or how many miles you want to ride.

LIFECYCLE PROGRAM PREVIEW: A brief description of the workout programs available through Program Manager.

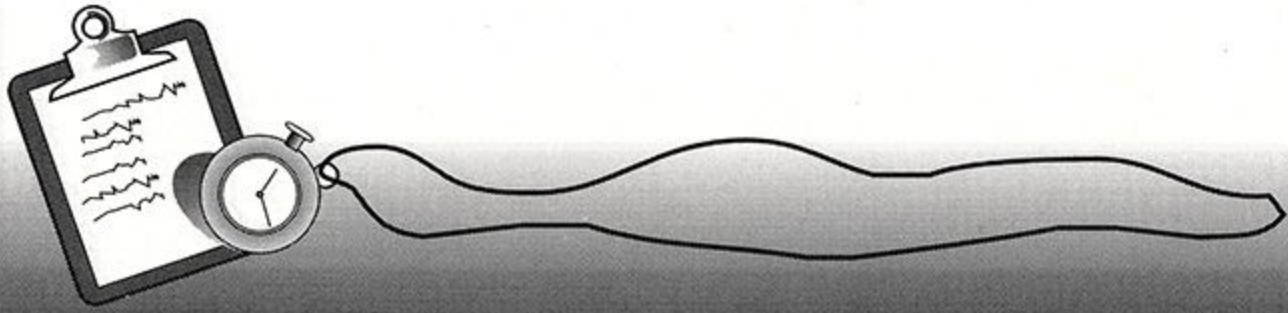
TAKE A FIT TEST: The Fit Test gives you an accurate estimate of your fitness level compared to others of your age and sex. Your Lifecycle operation manual contains a complete description of the Fit Test program.

BEGIN WORKOUT: Select to start your workout.

REVIEW PROGRESS TOWARD LONG-TERM GOAL

Press the SELECT button and your progress toward your long-term goal is shown on the screen.

Press any key to view the details of your past 10 workouts. Use the UP and DOWN arrows of the control pad to scroll through these workouts.



UPDATE YOUR PROFILE

Use the UP/DOWN arrows of the control pad to choose any item that you want to input or change. Press SELECT to highlight any item.

NAME: Use the control pad to move the selection box to the first letter of your name and then press the SELECT button. Repeat this process for the remaining letters of your name and then arrow to END and press SELECT.

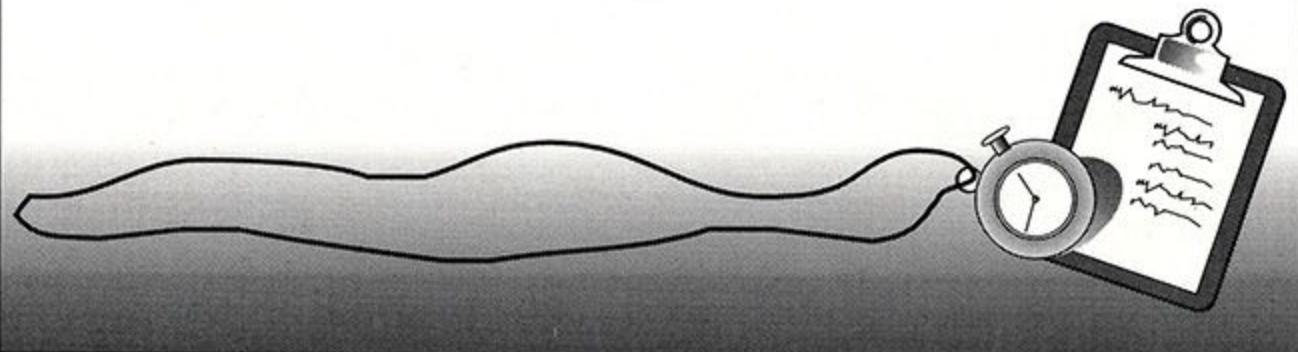
AGE: Select your age by pressing the UP/DOWN arrow of the control pad, and then press the SELECT button when finished (minimum age is 5, maximum is 99).

SEX: Select your gender by pressing SELECT to toggle between male (M) and female (F).

WEIGHT: Enter your current weight by pressing the UP arrow to increase the weight or the DOWN arrow to decrease the weight, then press SELECT.

GOAL TYPE: Select your long-term goal type by pressing the UP/DOWN arrows of the control pad to toggle among the CALORIES, TIME or DISTANCE options.

LONG-TERM GOAL: Use the UP and DOWN arrows to choose the total hours, miles or number of calories you would like to enter as your long-term goal. Press SELECT when finished.



START DATE: If you are entering your information for the first time, enter today's date. Use the UP arrow to increase the month and the DOWN arrow to decrease the month. After selecting the month, arrow to the right and repeat the process to select the day and year. Press SELECT when finished. (NOTE: If you have changed the start date, you will be asked if you want to delete past workout information. Deleting past workout information resets cumulative workout information to zero.)

MAXIMUM HEART RATE: Your theoretical maximum heart rate is automatically calculated when your age is entered. Your theoretical maximum heart rate is based on the American College of Sports Medicine's formula of 220 minus your age.* See Zone Training™ for calculation of your target Heart Rate Zone.

STORE PROFILE NOW: When you have completed entering or changing personal information, arrow to this box and press SELECT to save your information and exit to the main menu.

*American College of Sports Medicine, *Guidelines for Exercise Testing and Prescription*, Third Edition (Lea & Febiger: Philadelphia, 1986), p. 32.



LIFECYCLE TRAINER CONSOLE SCREEN

As you start your program, the Lifecycle console screen appears, displaying the following windows:

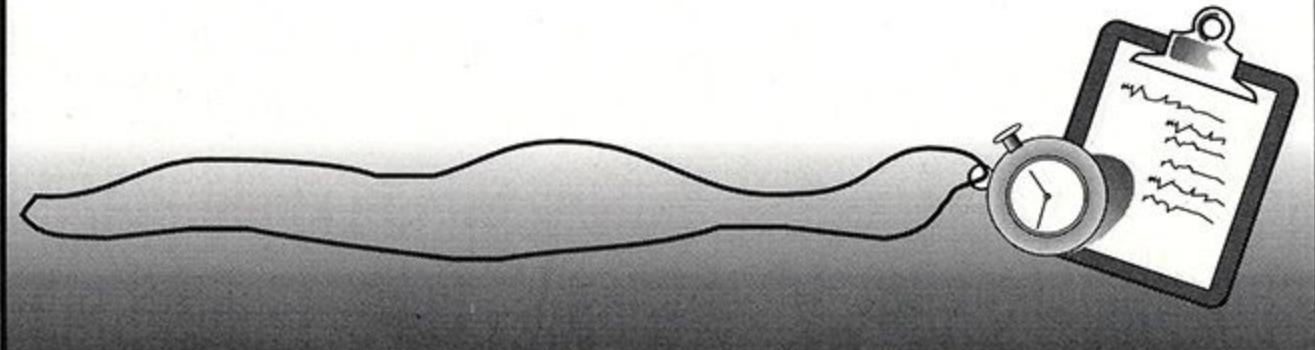
ELAPSED TIME: The length of time you have been working out is shown here. This window also functions as a stopwatch when checking your pulse in the Fit Test program.

PEDAL RPM: Your pedal speed, measured in revolutions per minute (rpm), is displayed here. You should keep your pedal speed between 77 and 83 rpm, except during the cool-down period of the Hill Profile program and the lowest hills of the Random program, during which you should pedal approximately 100 rpm as prompted by the program.

If you are pedaling at an rpm below or above the desired range, "PEDAL FASTER" or "PEDAL SLOWER" will appear beneath the Pedal RPM window.

CAL AND LEVEL: This displays your calories burned and resistance level. The readout continually alternates between these two items.

MILES AND CAL/HR: This displays your miles ridden and calories burned at your current workout level and pedal rpm. The readout continually alternates between these two items.



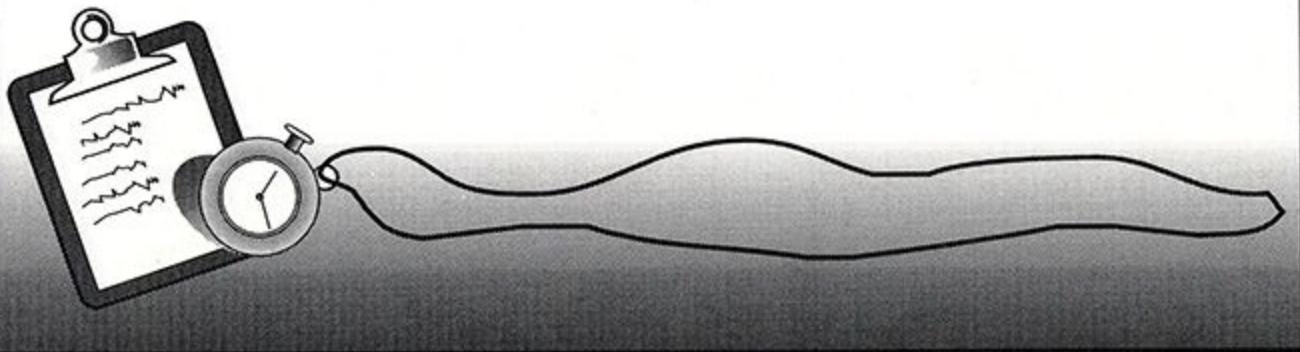
PROGRAM PROFILE: This matrix of dots shows your present hill conditions (yellow column, far left) and the upcoming terrain (red columns). As you pedal, the lights move across the screen from right to left. The higher the column of lights, the more difficult it is to pedal.

To increase your level during a workout, press the X button. To decrease your level, press the Y button. To end your workout prior to reaching today's workout goal, press the START button and choose QUIT.

WORKOUT SUMMARY

At the conclusion of each workout, a summary will be given with the following information:

- Program Completed
- Level
- Time Ridden
- Calories Burned
- Distance Covered



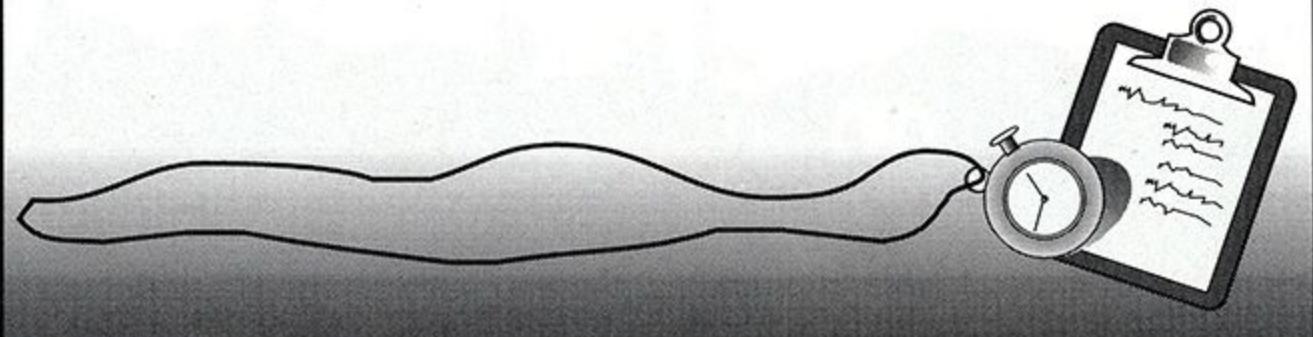
TRACKING YOUR LONG-TERM GOAL

Simply press SELECT following your workout summary to view your progress toward your long-term goal, including cumulative number of workouts, time, calories burned, distance, your long-term goal and what percentage of your goal you have met by month. Workouts while playing Speed Racer and Mountain Bike Rally games will be included in this cumulative workout information.

NOTE: *To delete or reset historical workout information, change your start date under the Update Profile screen and select YES when asked to delete past workout information.*

LAST 10 WORKOUTS

After the long-term tracking screen, a list of your last 10 workouts will be displayed. Workouts while using the Mountain Bike Rally and Speed Racer games will be included in this list.





INTRODUCTION TO MOUNTAIN BIKE RALLY™

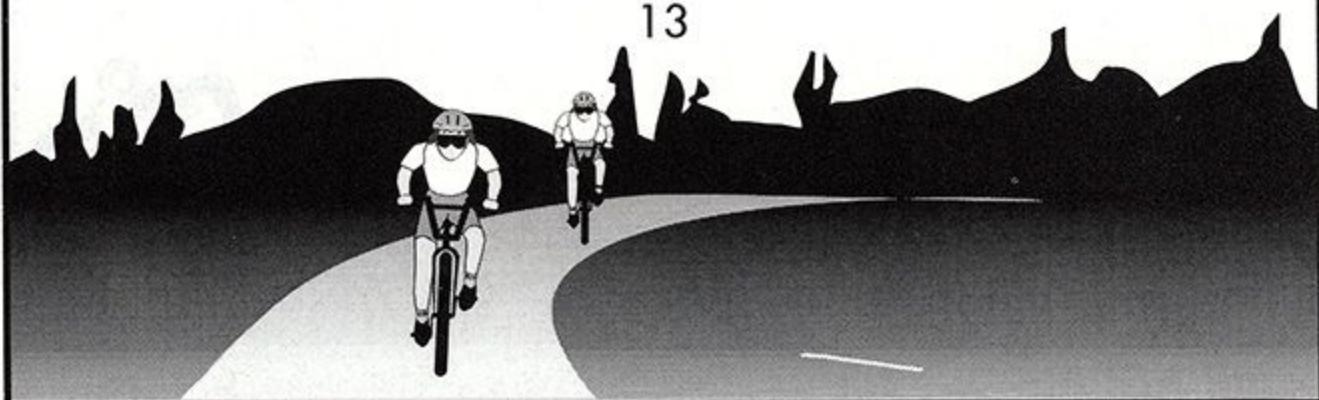
Mountain Bike Rally™ brings the excitement of an interactive video game to your exercise program. All you do is select your bike and steering options and you're on your way! But wait, keep your eyes fixed on that terrain. It's full of enemies and obstacles that can ruin your day. There's a bunch of stuff out there to trip you up and wipe you out. Are you up to the challenge of this fast-paced road race? Ready, set, ride!

PREPARING FOR YOUR RIDE

Before you get started in the Mountain Bike Rally, enter the date, your name as a player and then select a rider, a track, an appropriate bike and other options you want.

SELECT PLAYER

Mountain Bike Rally will store workout information for up to four users. It also provides a guest option without data retention. Use the control pad arrow buttons to select a player or the guests option. To add, change or edit your name, press the B button. Repeat pressing the up or down arrow keys on the control pad to scroll through the alphabet and select the desired letter. Press either the right or left arrow key on the control pad to add or change letters.



When you have finished entering your name, press the B button. Repeat the process to enter the date, press the START button.

NOTE: You can only ride on the tracks of the stages you have qualified for.

SELECT RIDER

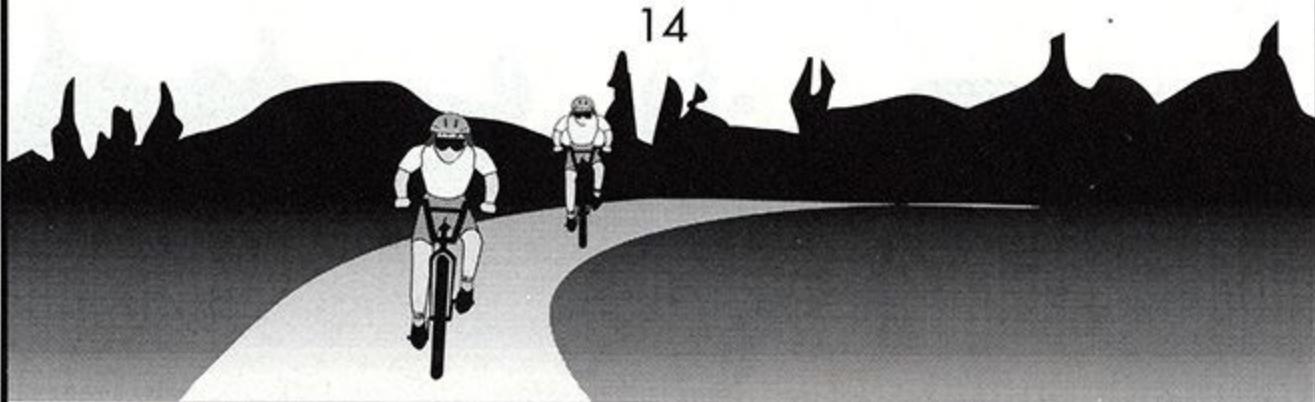
Select a rider by pressing the control pad arrows to move the yellow box to the desired rider and then press SELECT.

THE RIDERS

CALIFORNIA JACK has got a laid back 'tude right out of Malibu, but don't let it fool ya. When it comes to road racing, he keeps his cool — all the way to the finish line. Ya gotta love it, baby.

MYSTERY knows how to leave opponents in a cloud of doubt. Just when you're wondering who's coming up on you, like magic, Mystery passes, leaving you dazed and confused.

BRUCE eats nails for breakfast, washes 'em down with drain cleaner. Tough is his middle name. Watch out when he grabs the handlebars, flexes those ham-sized biceps and throws out that big old lantern jaw. He's not about to take any prisoners.



WIND RIDER comes on like a hurricane, covering ground quicker than the wind. The eye looks peaceful, but it's the calm before the storm. She'll sweep to the finish, taking other riders and the checkered flag with her.

MOUNTAIN DEMON always gives opponents a devil of a time. He's cunning, he's quick and he's notorious for ruining his opponents' day.

SHADOW RIDER makes every race personal, coming and going with the sun, one moment on your left, the next, on your right. Look closely. Who knows who's going to win? The shadow knows.

VERONIQUE will make you weak in the knees by turning on the charm as quickly as she makes the second turn. What's that sound you hear? It's Veronique laughing as she leaves you in the dust.

THE RAGING BEAST has been known to eat riders who get in his way. Half man, half reptile, all monster — he'll do *anything* to be king of the track.

SELECT STAGE

Use the up and down arrows of the control pad to select one of the four different stages. (Remember, you can only ride on the tracks of the stage(s) that you have qualified for.) Press any button to advance to the next screen.

1. Qualifier Stage:

Steeltown

2. Regional Stage:

Dark Gulanda

Pine Meadows

Hatsuki Japan

3. Championship Stage:

Sunshine Island

Frostlands

Chaos

4. Final Stage:

Alumnitech City



SELECT TRACK

If you have selected to race on the Regional or Championship circuits, use the control pad to arrow left or right to select one of the three tracks available in those stages.

Next, use the control pad to arrow down to select the number of laps you want to ride. As you select laps, the game will estimate the amount of time it will take you to complete your race. Note: Since the race time is an estimate, your actual race time may vary depending upon your rpms and video-game-playing ability.

A general description is given for each track. Remember, the terrain description of the selected track. This will be important to you when selecting your bike.

Press any key to advance to the next screen.



SELECT BIKE

Each bike will have different attributes that will make it more or less desirable than other bikes with respect to the chosen track. Hints for bike selection are provided as bike pros and cons. Use the control pad to arrow up or down to the desired bike and then press SELECT.

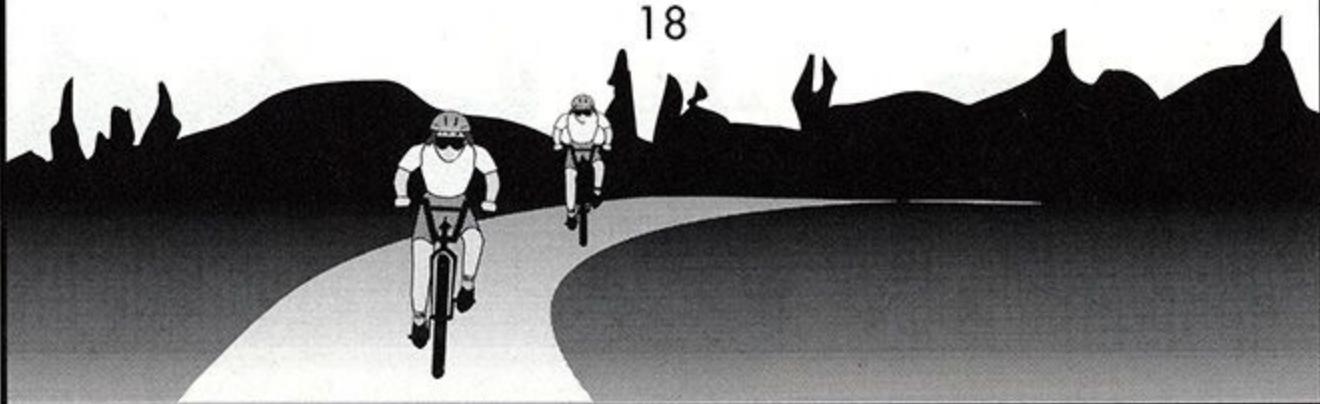
OPTIONS

The options menu allows you to change options for your workout/game play. To change an option, use the control pad to arrow the selection box up or down to the item you wish to change and then arrow left or right to change the options as detailed below:

SKILL LEVEL: You will have the option to choose from three skill levels - **AMATEUR**, **PRO** and **CHAMPION**. These skill levels have the following default option configurations:

	WIPEOUTS	PUNCHING	STEERING
AMATEUR	Off	Off	Touring
PRO	Off	On	Sport
CHAMPION	On	On	Racing

NOTE: For **AMATEUR** and **PRO** some default option settings can be changed.



WIPEOUTS: When the Wipeouts option is ON, your rider will crash when riding into certain objects or sustains maximum damage. Conversely, when the Wipeouts option is OFF, your rider will not crash regardless of what he rides into.

PUNCHING: When Punching is ON, other riders are allowed to strike your rider. When this option is OFF, other riders cannot punch you, but you are always able to punch other riders.

STEERING: Three types of steering are available:

TOURING – *the game steers for you.*

SPORT – *you steer the bike with some help from the game.*

RACING – *you are in total control, steering with no assistance.*

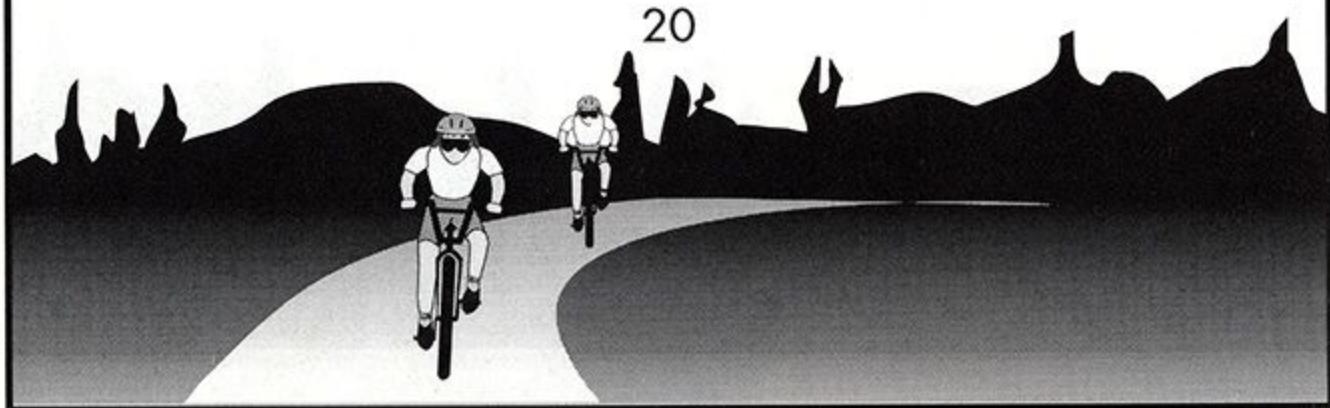
NOTE: *The more difficult the selected game options are, the greater the automatic setting bonus will be and the greater the scoring potential.*

PROGRAM: Press the control pad to choose among four Lifecycle workout programs— Random, Hill, Manual and Heart Rate. The Random and Hill programs provide hilly terrain and less overall resistance at any given level than the Manual program. The Manual program provides constant, flat terrain and bike resistance. The Heart Rate program automatically adjusts your pedal resistance to keep you in your personal Target Heart Rate Zone.

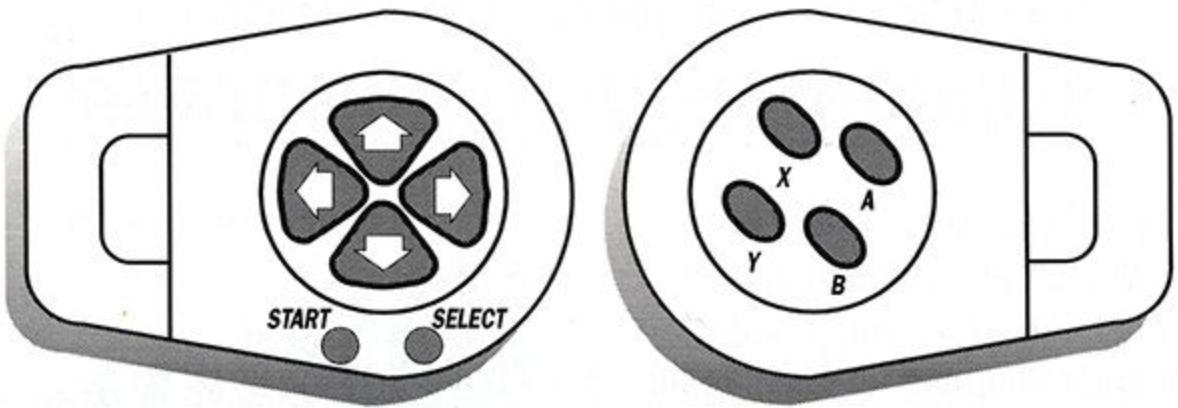
BIKE LEVEL: Press the up arrow on the control pad to increase the starting resistance level or down to decrease the starting resistance level. During your workout, the resistance level can be increased or decreased by pressing the X and Y buttons, respectively, with the Type A controller configuration, or the right and left directional arrows, respectively, with Type B controller configuration.

USING THE HEART RATE PROGRAM

If you have selected the Heart Rate program from the options menu, the screen will prompt you to enter your age by pressing the right or left arrow keys. The Heart Rate Program will establish a Target Heart Rate equal to 70% of the theoretical maximum heart rate for someone of your age. Your pedal resistance will be adjusted automatically to keep your heart beating at that rate during your workout. To begin your workout with a target heart rate other than 70% of your theoretical maximum, select Target (heart symbol) and press the right and left arrow keys to increase and decrease your target heart rate. To change your Target Heart Rate during the game, simply use the X and Y keys. (See chart below for your appropriate Training Heart Rate Zone.)

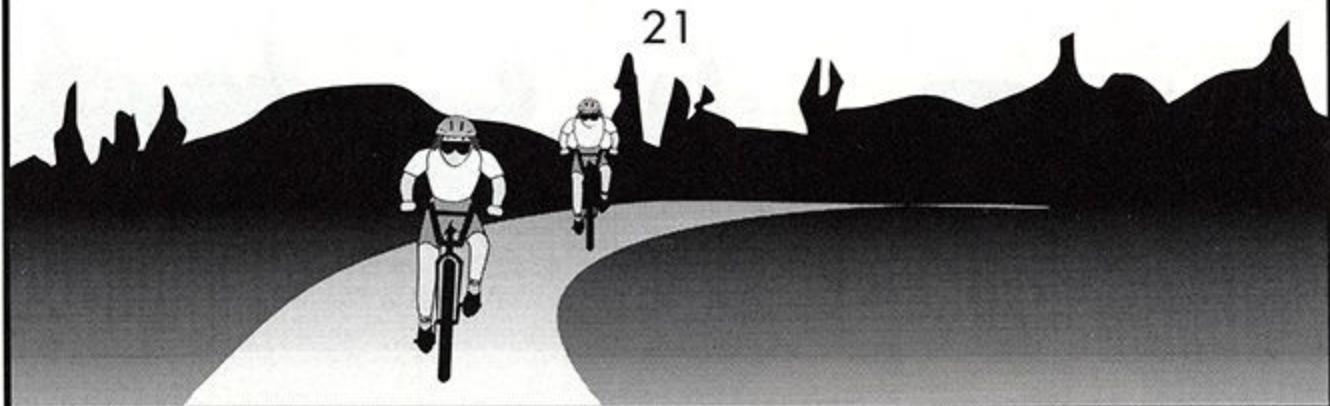


GAME CONTROL FUNCTIONS

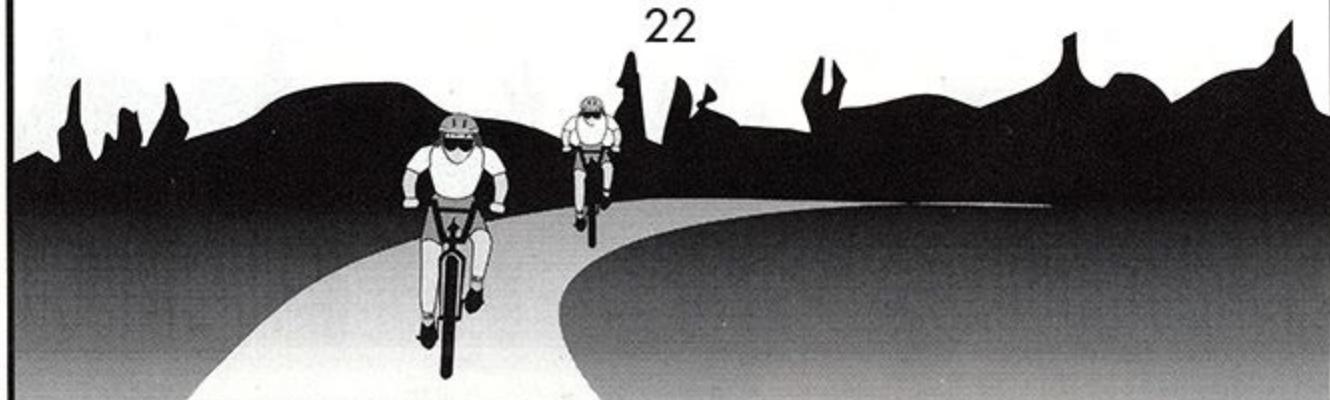


CONTROLLER

Press any button on the right controller to view controller configurations, which are as follows:



CONTROL	TYPE A	TYPE B
X Button	Shift up	Punch
Y Button	Shift down	Grab
A Button	No function	No function
B Button	Brake	Brake
Right Rear Button	Punch	Steer right
Left Rear Button	Grab	Steer Left
Start Button	During set-up, advances you through screens. Also used to pause or end a race.	During set-up, advances you through screens. Also used to pause or end a race.
Select Button	During set-up, advances you through screens. Also used to pause or end a race.	During set-up, advances you through screens. Also used to pause or end a race.
Right Arrow	Steer right	Shift up
Left Arrow	Steer left	Shift down
Up Arrow	No function	No function
Down Arrow	Duck	Duck



SOUND: Match the sound of the game to the sound capability of your TV. Press the right or left arrow on the control pad to change the sound from stereo to mono or vice versa.

SETTING BONUS: Your setting bonus is automatically determined from the selection of your skill level, wipeouts, punching and steering. The more difficult the game settings, the higher the bonus. The bonus multiplier is only used when you finish in the top three of any race (see Scoring on page 26 for details).

Press the START button at any time to begin your **Mountain Bike Rally** race!

HOW TO PLAY THE GAME

Use the controls as described on page 21 to guide your rider around the track. Each track's terrain features and hazards are described below.

TRACK FEATURES AND HAZARDS

TERRAIN: Terrain varies on each track and from one track to the next. The effect of the terrain will depend upon the type of terrain on your selected track and the type of bike used. Be careful when you select a bike, and make sure you stay on the solid road, avoiding rough, slippery or wet terrain. Except when encountering hills, bike resistance is not affected by the terrain.

TRACK ANTAGONIST: Each track features a different type of track antagonist. Avoid the track antagonist and catch any objects thrown at your rider to replenish your damage bar (see section on On-screen Feedback, page 25, for damage bar description). Failure to catch thrown objects will slow your rider down and eventually cause your rider to crash.

OTHER RIDERS: Seven other riders will appear on each track with your rider. These riders will attempt to punch your rider unless the Punching Option is switched OFF on the Options Menu. Punch back and avoid getting punched to slow down other riders.

RAMPS: Most courses feature ramps. When used properly, these ramps may be short cuts and may be used to jump over rough terrain and other riders. Be careful, though. Some ramps may throw you off the track!

OFF ROAD OBSTACLES: Each course features different off-road obstacles. If you ride into an off-road obstacle, you will wipe out unless you turn Wipeouts OFF under the Options Menu.

PAUSING AND ENDING THE GAME: To pause the race, press the START button. To resume the game, select CONTINUE. If you wish to end your race, use the control pad down arrow to QUIT and then press SELECT. After the race, your game summary and workout summary will be displayed.

ON-SCREEN FEEDBACK

The level window displays the current bike resistance level (level 0 through 12). The MPH window displays the speed of your rider in miles per hour.

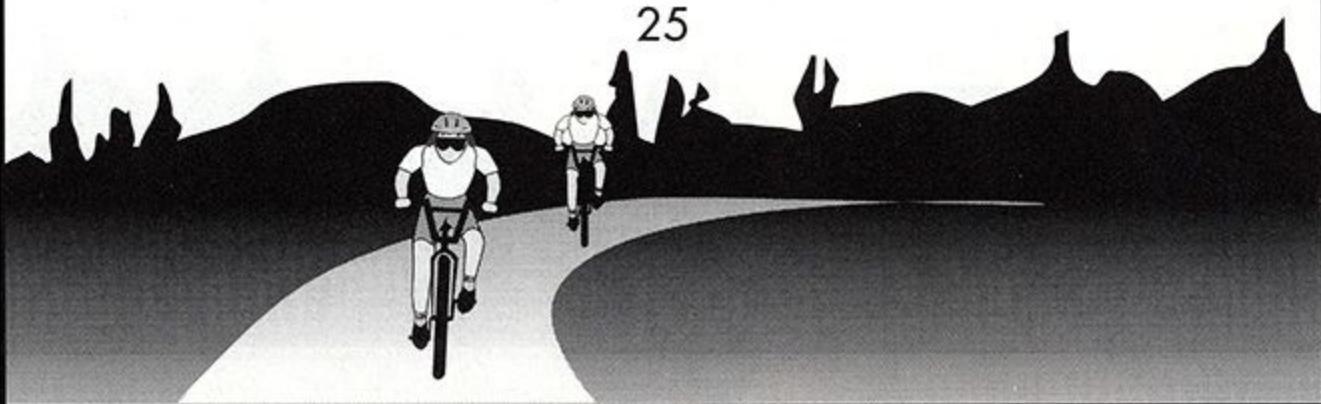
- D:** Displays the damage your rider has incurred. The shorter the damage bar the greater the damage. If you have Wipeouts ON and your damage bar is completely used, your rider will wipe out.
- S:** Displays your score. See Mountain Bike Rally Scoring section.

BONUS PADS

Each track will feature on-road bonus pads of various colors and shapes that will give you bonus points, heal your rider or give your rider a burst of speed.

TWO PLAYER GAME!

Connect a Super Nintendo controller to the right controller port to allow a second player to control the punching and grabbing of the rider with the L and R buttons. Mom and Dad can steer and pedal while the kids punch other riders and catch thrown objects!



SCORING

The better your position and the higher your Lifecycle level, the more points you will score. You'll score bonus points for finishing in the top three positions. Bonuses increase with finish position, setting bonus multiplier (determined by the difficulty of your game settings) and the number of laps ridden.



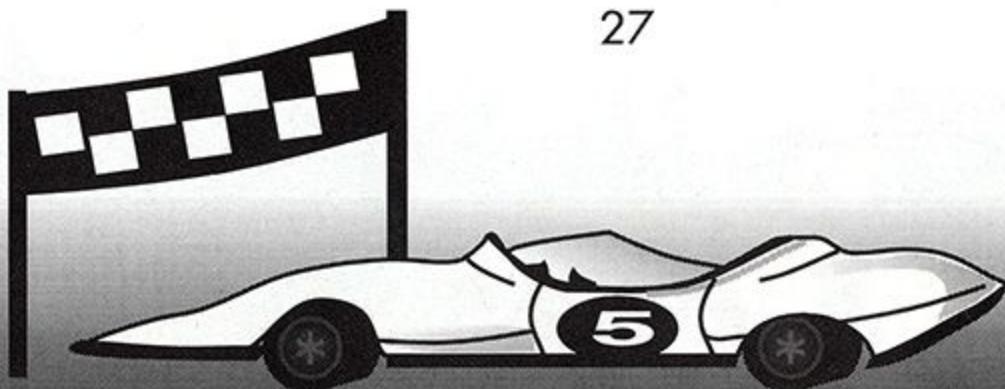
INTRODUCTION TO SPEED RACER™

SPEED RACER™ INSTRUCTIONS

Get ready for adventure racing fans — with **Speed Racer™** and his powerful Mach V! **Speed Racer** is a teenager born into a high-torque, high-tech lifestyle. His brother Spridle, girlfriend Trixie, and the rest of the GO Team join him as he races around the world battling evil along the way. As Speed Racer, you'll drive the fastest, most advanced car in the world, the Mach V. You'll reach speeds beyond 200 mph while competing in six grueling race courses including The Great Alpine Race and The Mythical Islands Tour. And that's only half the adventure. Off the track, you'll find yourself in exotic locations such as the Streets of Cairo and The Temple of Kopetopek. In hand-to-hand combat, you'll battle the Gang of Assassins, the Car Acrobatic Team, and other classic Speed Racer villains. Be careful! They'll stop at nothing to prevent Speed Racer and X Racer from advancing to the next race. **Go, Speed Racer, Go!**

THE LIFE FITNESS CHALLENGE™

The **Life Fitness Challenge™** rewards you for reaching set goals in **Speed Racer**. Simply complete the required number of laps or points displayed on the player selection screen and earn a reward. One person per household is eligible to be rewarded, so call 1-800-EXERFUN today!



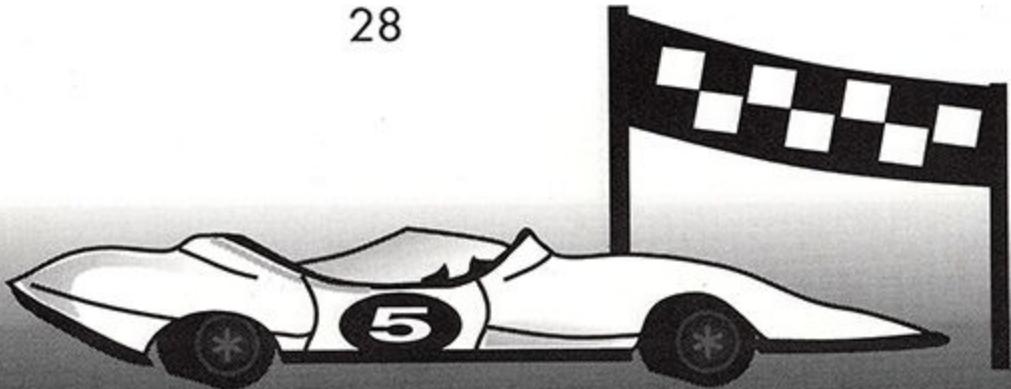
NOTE: Adventure scenes are not required to complete the Life Fitness Challenge.

To participate in the challenge, simply call 1-800-EXERFUN to register. Before you call, make sure you have the serial numbers of your bike and controllers ready for the operator. During the registration, you will be given a top secret code you will need to claim your reward, so write it down.

As you progress through the **Life Fitness Challenge**, the **Speed Racer** software will keep track of your progress by counting down the laps and points required to move to the next race. When you complete the final race, you will be given another secret code which will enable you to claim your prize. At this time, call 1-800-EXERFUN again to claim your prize!

Only one person per household is eligible to claim a prize in the **Life Fitness Challenge**, so call 1-800-EXERFUN today.

NOTE: The *Life Fitness Challenge* screen will continue to appear each time you play *Speed Racer* until you enter the code given to you during the *Challenge* registration.

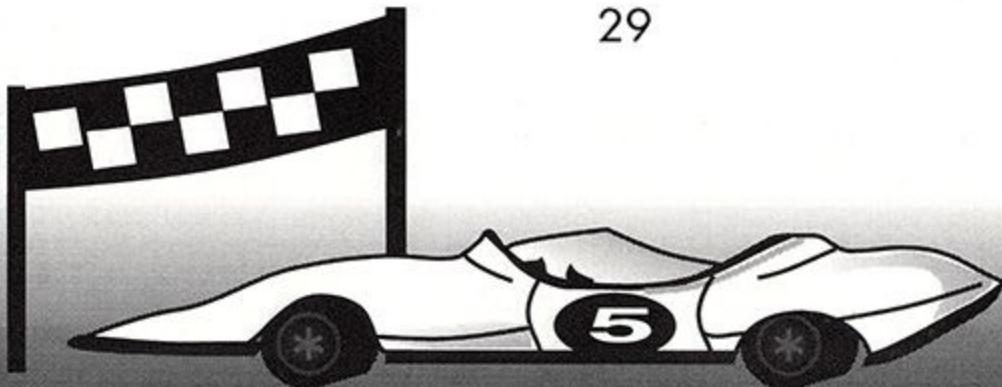


GAME CONTROLLER FUNCTIONS

TRACKS

Before you begin playing Speed Racer, familiarize yourself with the layout of the controller. Select from two controller configurations. Press any button on the right controller to view controller configurations.

CONTROL	TYPE A	TYPE B
X Button	Level up.....	Level up
Y Button	Level down.....	Level down
A Button	Use feature	Use feature
B Button	Jump	Jump
Right Rear Button	Skid right..... plus arrow right	Skid right
Left Rear Button	Skid left	Skid left plus arrow left
Start Button	During set-up, advances you through screens, pauses or ends a race.	During set-up, advances you through screens., pauses or ends a race.

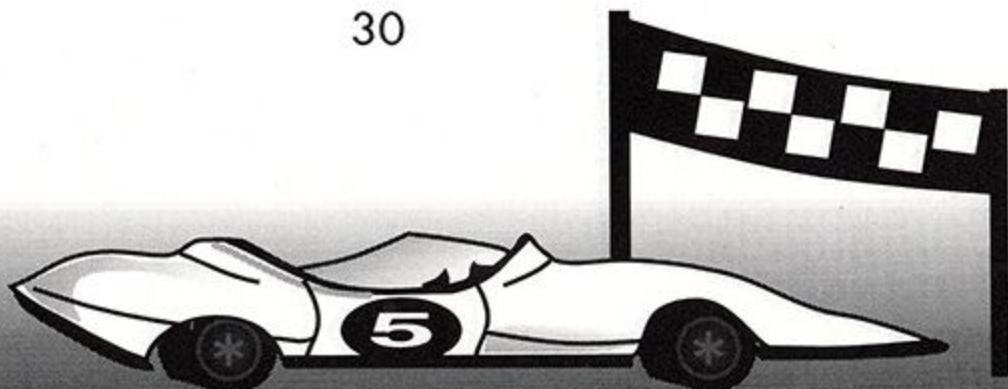


Select ButtonAdvances youAdvances you through set-up screens; on Mach V: Selects Turbo, Chopper Blade and Gripper Tires during race.
Right ArrowSteer rightSkid right
Left ArrowSteer leftSkid left
Up ArrowNo functionNo function
Down ArrowNo functionNo function

ADVENTURE SCENES

The configurations of the controller for the adventure scenes are different from the tracks. Press any button on the right controller to view controller configurations.

CONTROL	FUNCTION
X Button	Punch
Y Button	Run
A Button	Kick
B Button	Jump
Y & B Buttons	Left Rear, Right Rear, Running Jump Decrease Level, Increase Level



PREPARING FOR SPEED RACER

Before you begin, enter your name and the date. The Speed Racer software will track progress for the first four players.

ENTERING YOUR NAME AND DATE

Use the control pad up and down arrows to select a player. To change a player's name, press the B button. You'll then be able to continue pressing the up or down arrow keys on the control pad to scroll through the alphabet and select the desired letter. Press either the left or right arrow key on the control pad to add or change the next letters.

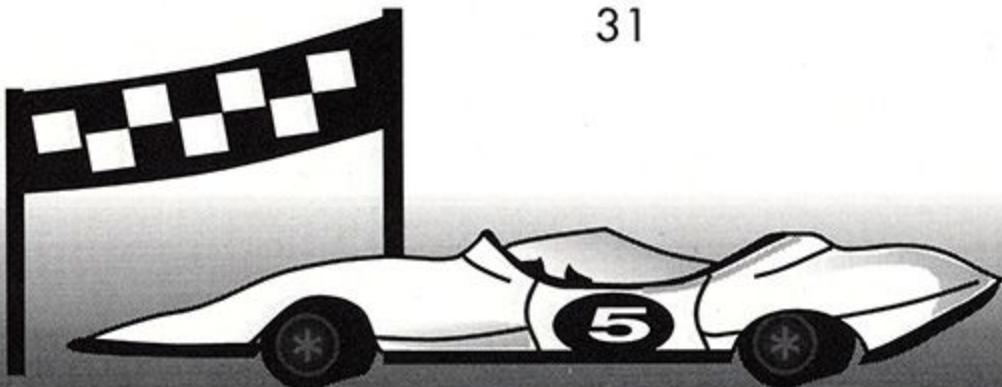
When you have finished entering your name, press the B button, repeat the process to enter the date. Press the START key to advance to the next screen.

THE GLOBE SCREEN

SELECTING YOUR TRACK

The **Globe Screen** displays the six available tracks. Use the control pad to select any track for which you have qualified, then press the START button. Specific tracks may be chosen only if a minimum number of laps or points per race has been attained.

NOTE: *Each race is followed by an optional adventure scene. The adventure scenes are not required to complete the Life Fitness Challenge.*



TRACKS

NEW YORK GRAND PRIX: Race through rural New York.

SAHARA DESERT: Race through the treacherous Sahara Desert.

MYTHICAL ISLAND: Race through the Mythical Island.

FIRE RACE: Race through the center of an erupting volcano.

TOKYO RACE: Race through the suburbs of Tokyo.

ALPINE FINALE: This is it! The finale!

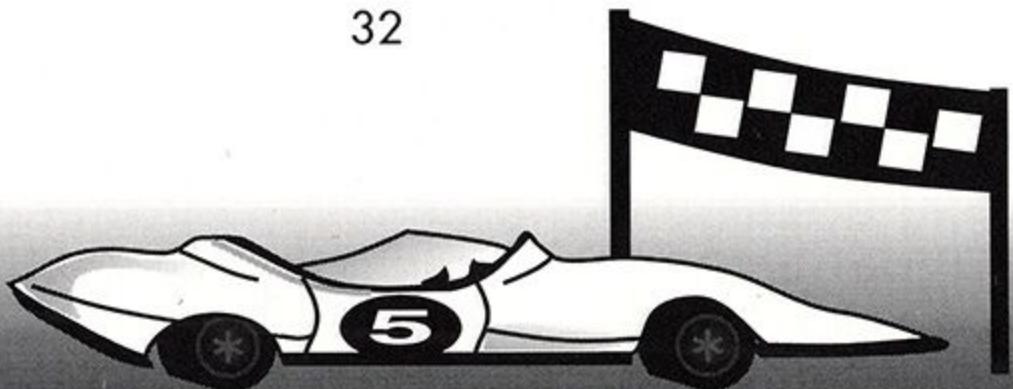
ANTAGONISTS

Each track features a different type of track antagonist. Avoid them to replenish your damage bar.

GANG OF ASSASSINS: This ruthless band of racers has the muscle and instinct to win. They create havoc around them in order to eliminate their opponents.

SNAKE OILER: The best driver in the car acrobatic team. Snake Oiler can win a race on skill alone, but prefers to do some damage along the way.

MELANGE: The Melange is a dangerous robot-driven car built for revenge. It was designed not only to win, but to destroy racing opponents.



KABALA: This one-time mentor of X Racer is well-known for precision racing. It's rumored that mysterious crashes occur whenever he races.

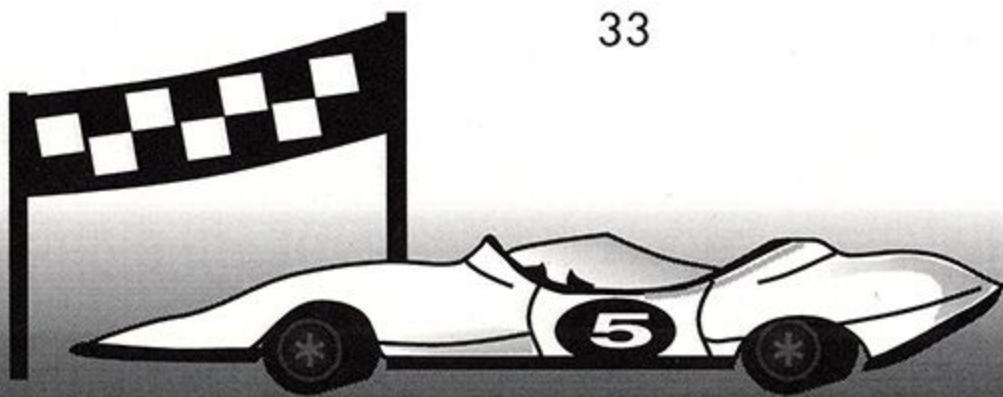
CAR ACROBATIC TEAM: This gang of highly skilled racers is well-known for entertaining audiences with amazing driving tricks and daring feats. On the race track, the show ends and the danger begins.

RACE OPTIONS

After you have selected a race on the Globe Screen, the race options menu will appear. (NOTE: If you have chosen an adventure, you will skip the race options.) Use the control pad to arrow up or down to the item you wish to change and then arrow left or right to change the options as detailed below:

SKILL LEVEL	VEHICLE	DAMAGE	BONUS SETTING
AMATEUR	X Racer	Off	100%
PRO	X Racer/Mach V	Off/On	100%-200%
CHAMPION	Mach V	On	250%

NOTE: When racing at the Champion skill level, the pedal resistance varies with the type of terrain, as well as with the grade of terrain.



CAR MODEL

Mach V Offers special features of turbos, grip tires and blades.

X Racer Offers superior handling and turbos.

NOTE: Pressing Select button during the race will switch between the Mach V special features: the number of turbos left, grip tires or blades.

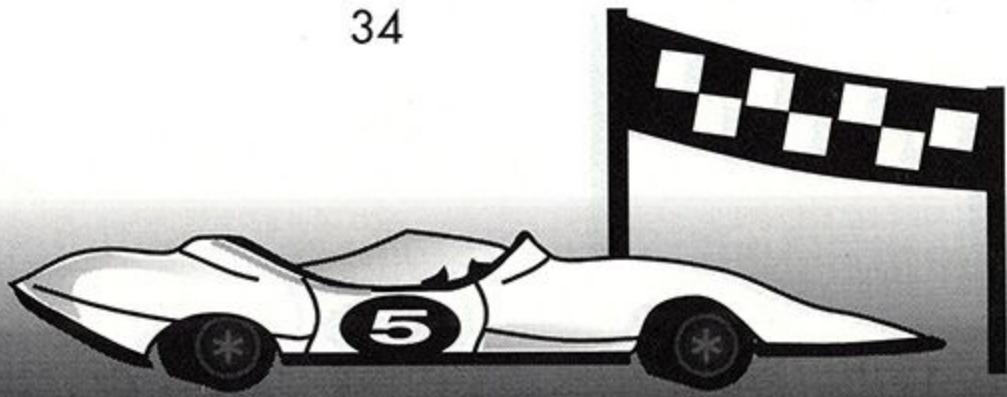
DAMAGE

Damage ON adds to your bonus setting. If you sustain maximum damage (damage bar all the way), your car will temporarily stall. There is no limit to how many times you can stall during a game. However, the more calories you burn the more damage will be automatically fixed.

TERRAIN

Press the control pad to choose among Hilly, Random, Flat and Heart (for Amateur and Pro Skill levels only) terrain (programs). Hilly terrain is a pre-set hill and valley profile, while Random varies hills and valleys (over one million combinations possible) on the race course.

Select Heart for terrain and pedal resistance which change based on your heart rate. By automatically adjusting the pedal resistance based on your heart rate, the Heart terrain keeps you in your personal Target Heart Rate Zone.



LEVEL

Use the control pad to select from Level 0 (easiest) to Level 12 (the most difficult pedal resistance). During your race, the resistance level can be increased or decreased by pressing the X and Y buttons. Your level is shown on the screen in the lower right corner of the information window.

CONTROLLER

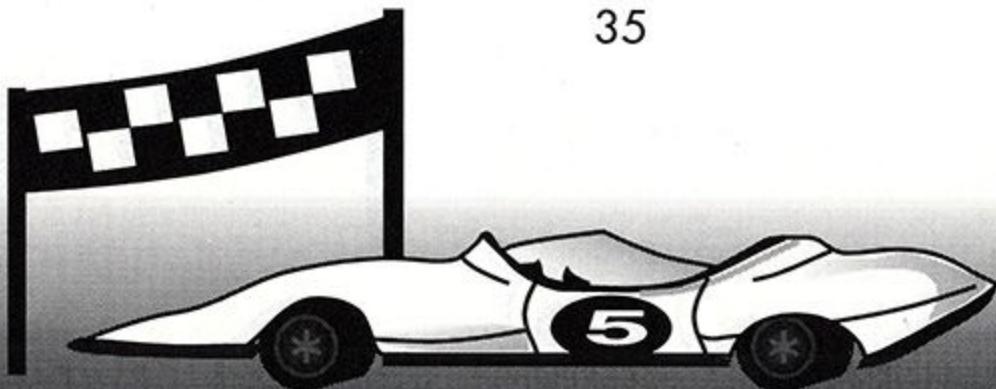
Select from the two available controller configurations which differ in steering methods (see page 29 and 30).

BONUS SETTING

The more difficult your selected game options, such as skill level, vehicle and damage, the greater the bonus multiplier will be and the greater your scoring potential.

LAPS

Press the control pad to select between 1 and 50 laps. The estimated workout time (depending on the track you are on) will appear beneath the selected number of laps. The track's best times for one lap and first five laps appear on this screen.



ON THE TRACK

ON-SCREEN FEEDBACK

The control panel for the Mach V or X Racer includes the following:

RPMs: Displays your pedaling speed. Optimal pedal speed is when the end of the rpm bar is green.

MPH: Your speed is displayed in miles per hour.

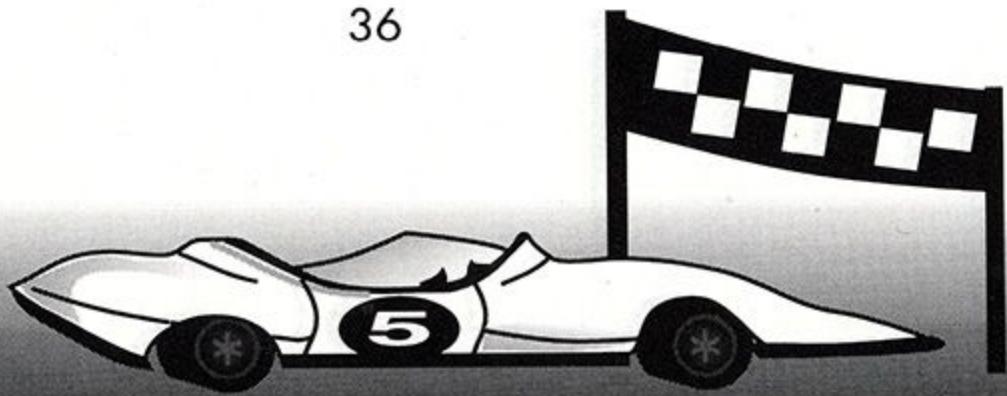
BONUS ICONS: Each track will feature on-road bonus icons that will give you additional turbos or fix some damage on your car (wrench icons). The maximum number of turbos is nine. Turbo icons are "5" for the Mach V car and stars (*) for the X Racer car.

DAMAGE BAR: Displays the damage your car has incurred. The longer the damage bar the greater the damage. If you have Damage ON and your damage bar is maximized, your car will stall. There is no limit to stalls per game.

CALORIES: Shows you how many calories you're burning during your workout.

GIZMO BIRD: If your car veers off the track, the Gizmo Bird automatically engages to work as a homing device to direct you back toward the track. Once you've re-entered the race track on the right course, the Gizmo Bird returns to the car.

RACE LAP/POSITION INDICATOR: During the race, laps completed and your position will appear.



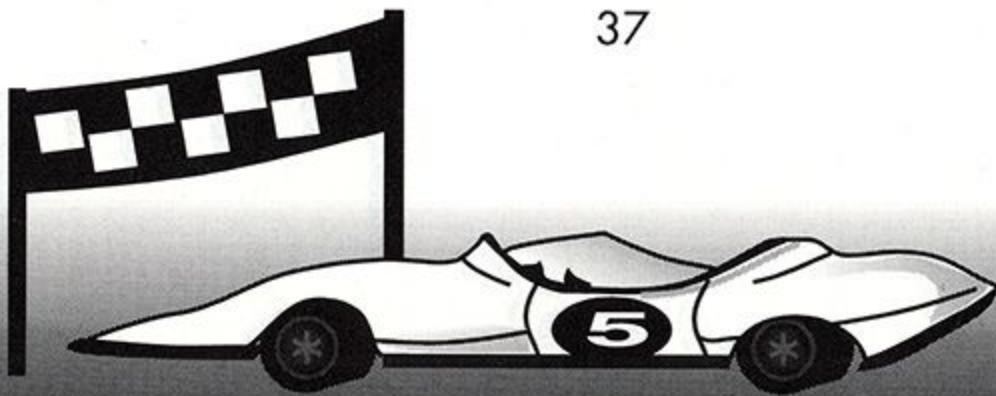
SPECIAL CAR FEATURES

AUTOJACKS: Jump over cars and hazards.

CHOPPER BLADES: Rotary blades cut trees, signs, and slash opponent's cars.

GRIPPER TIRES: Provide more traction if you're off the track or in sand.

TURBO BOOSTS: Turbo Boosts give your car an extra burst of speed to zoom past other racers. The Mach V and X Racer each race with an initial supply of 5 turbo boosts and can carry up to 9. To pick up additional turbos, drive over the red markers with a yellow "5" (if you're racing as Speed Racer) or the yellow markers with a black star (if you're racing as X Racer).



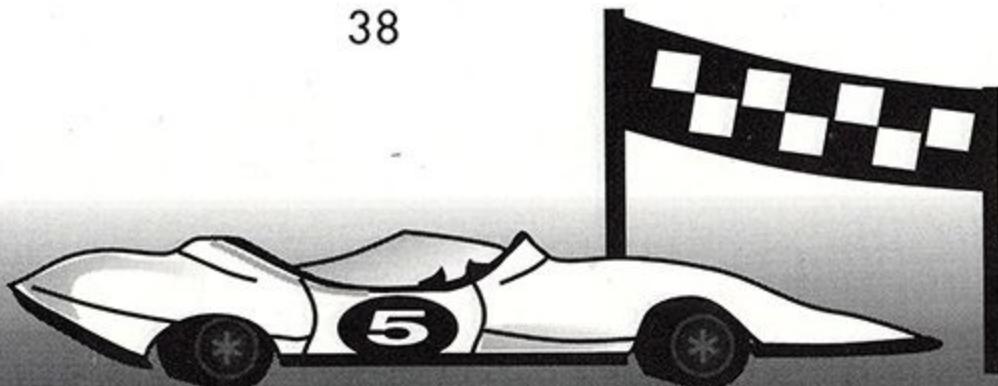
PAUSING AND ENDING THE GAME

To pause game play, press the START button. To resume game play, press START again; to end game play, press SELECT. After quitting, your game summary and workout summary will be displayed.

SCORING

Scoring is heavily based on the Life Fitness Caloric Scoring™ method. The better your position and the more calories you burn, the more points you will score. You'll score bonus points for finishing in the top three positions. Increases in bonus depend on:

- Your finish position
- Your bonus multiplier (determined by game settings difficulty)
- Your calories burned



WORKOUT SUMMARY

At the conclusion of each workout, a game summary and workout summary will be given with the following information:

SUMMARY SCREEN #1

- Finish Position
- Race Score
- Bonus Score
- Total Race Score
- Cumulative Score
- Record Race Score



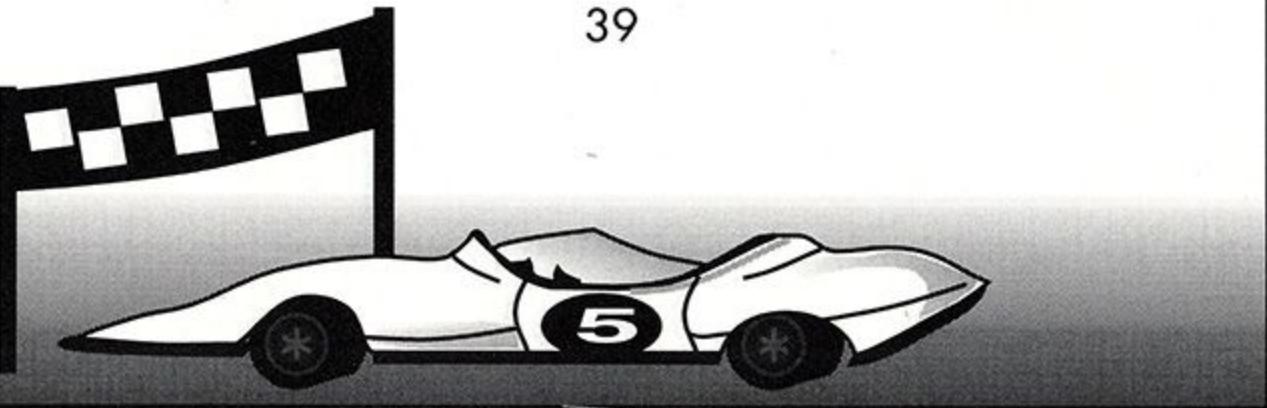
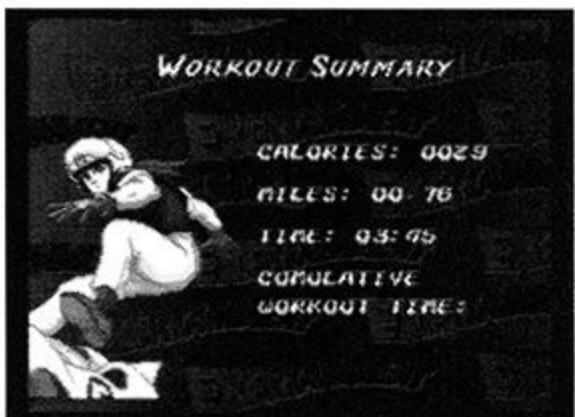
SUMMARY SCREEN #2

- Best Lap
- Record Lap
- First 5 Laps
- Record First 5 Laps



SUMMARY SCREEN #3

- Calories Burned
- Miles Ridden
- Time



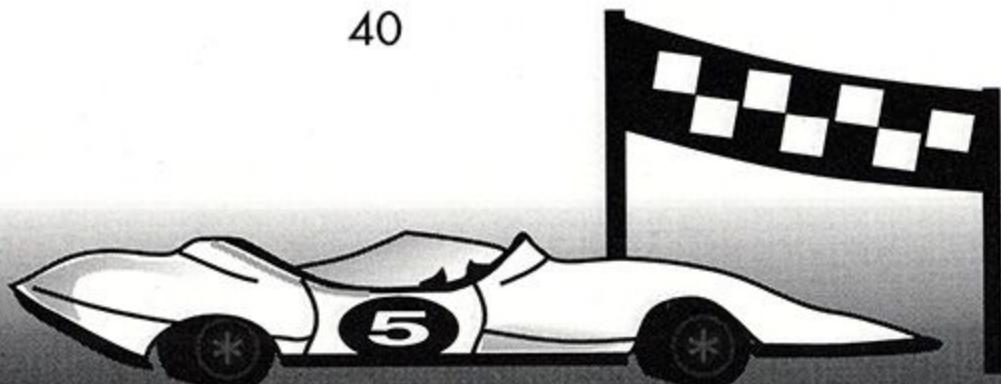
ADVENTURE SCENES

SELECTING YOUR ADVENTURE SCENE

Besides the available tracks, the **Globe Screen** displays the five available adventure scenes:

- **NIGHT BOAT TO CAIRO:** Help Speed get back to Mach V.
- **STREETS OF CAIRO:** Save Spridle and Chim Chim below the streets of Cairo.
- **TEMPLE OF KOPETOPEK:** Keep a cool head in the fiery temple.
- **SIBERIAN EXPRESS:** Speed boards the Siberian express bound for Tokyo.
- **MOUNTAIN OF DOOM:** Brave the cold as you climb the Mountain of Doom.

Use the control pad to select any scene for which you have qualified, then press the START button. Specific scenes may be chosen only if a minimum number of laps or points per race have been attained.



ADVENTURE SCENE OPTIONS

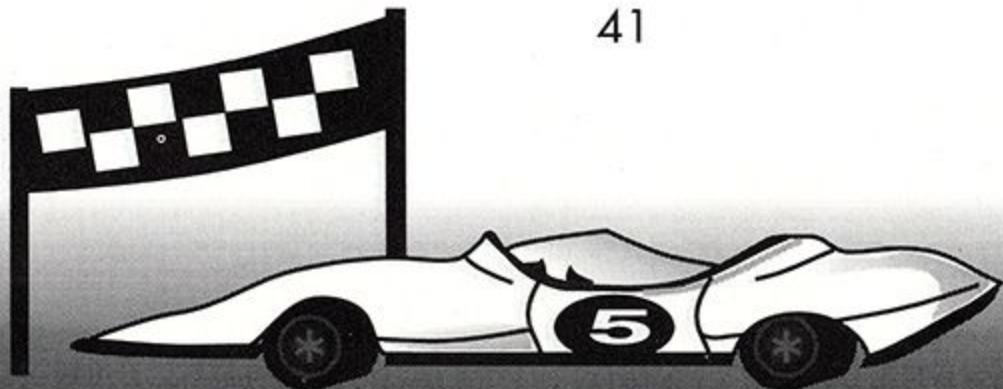
If you selected an adventure scene on the Globe Screen, the Adventure Options menu screen will appear.

MODE: Select between Game and Bike modes. Game mode allows you to play without riding. Bike mode requires pedaling at a constant pace but rewards you with healing bonuses as you burn calories.

LEVEL: Applicable in Bike mode, the selection allows you to choose your starting workout level. During game play, you may increase or decrease the workout level by pressing the right or left rear buttons respectively.

CONTROLLER VIEW: Arrow right to view the controller configuration. See page 29–30 for more details regarding button functions.

Press the START button to begin the Adventure Scene.



PLAYING ADVENTURE SCENES

Punch and kick the antagonists along the way to meeting the goal described as the adventure scene appears. See the controller functions for the adventure scenes on page 30.

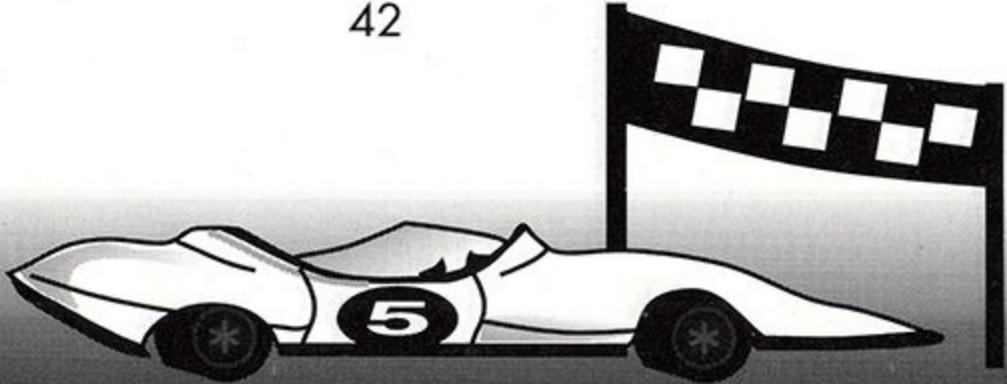
HEALTH BAR

The lighted health bar indicates your health (power) during the adventures. Capturing icons, such as flags, will add to your health bar. Injury incurred during a fight or high fall will cause you to lose power. If you lose all your power, you'll fall unconscious and the game will end.

SUMMARY

GAME MODE: If you are using the game mode, your summary will include your elapsed time for completing the adventure scene, as well as the record elapsed bike mode time.

BIKE MODE: If you are using the bike mode, your summary will include the workout summary described for the Speed Racer track options, as well as your elapsed time for completing the adventure scene and the record elapsed bike mode time.



HOW TO USE THE GRAPHIC OVERLAY OPTION

The Graphic Overlay Module is an option available to owners of the Exertainment system with the Exertainment module only. During any Life Fitness Program Manager workout, press the up and down arrows to change the screen from the Life Fitness screen to graphic overlay.

TROUBLESHOOTING GUIDE

MALFUNCTION

Bike is hard to pedal

PROBABLE CAUSE

The Lifecycle trainer requires a break-in period.

CORRECTIVE ACTION

This tightness usually subsides after the first 10 to 15 hours of use.

Program level of intensity is set too high.

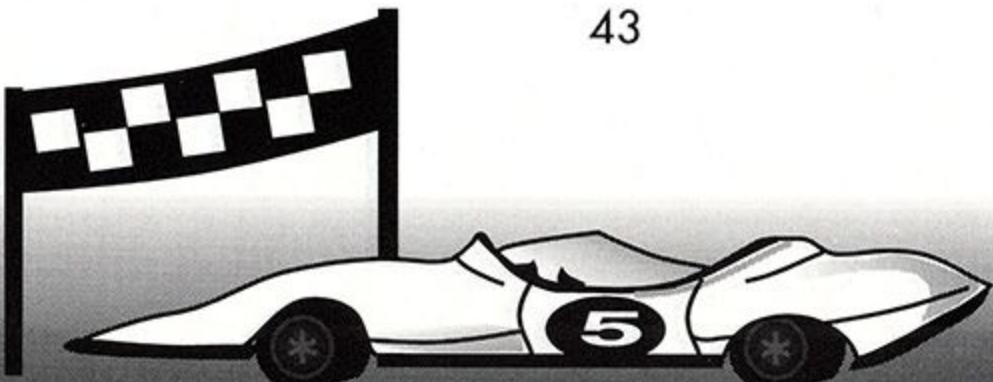
Lower the level.

Introduction appears but rider does not move and a message appears.

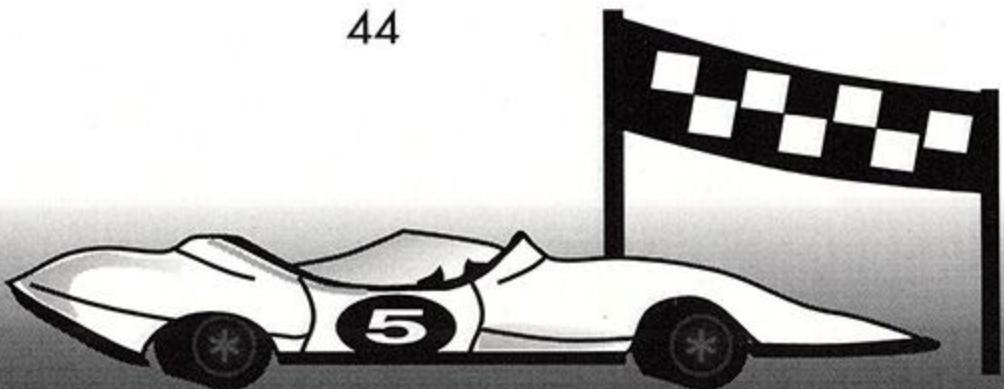
Bike power cable disconnected.

Check power connection to bike and cable from bike to Exertainment module, then reset the Super NES system.

Cable not connected to Exertainment module and/or bike.



MALFUNCTION	PROBABLE CAUSE	CORRECTIVE ACTION
Can't move from first screen.	Bike controller cable disconnected. Cable not connected to Super NES.	Check bike controller cable connection. Check cable connection.
Can't steer.	Bike controller cable and/or bike cable disconnected. Touring steering selected. Not selecting desired controller configuration.	Check bike controller cable and/or cable. Choose sport steering in options menu. Look at controller configuration in options menu.
Program does not start, screen goes black, no picture, no sound.	No power to Super NES. No Game Pak.	Check power to Super NES, power LED should be lit. Insert game Game Pak correctly. Check Game Pak contracts for dirt or coatings.



MALFUNCTION

Program works OK,
but no bike resistance.

PROBABLE CAUSE

If opening game screen
did not show Life
Fitness logo, not Fitness
Format™ game.

CORRECTIVE ACTION

Change Game Pak.

Screen static white,
no picture, loud
static noise.

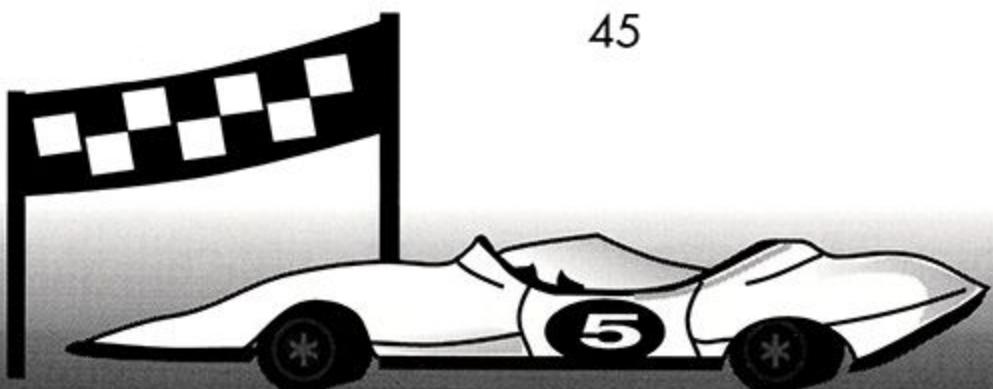
Super NES channel
switch not set to
same as TV.

Super NES not
connected to TV
properly.

Check cartridge
contacts for dirt or
coatings.

Check Super NES
channel selector. (If
using RF switch, SNES
& TV must be set to
same channel. If
using A/V cable, TV
must be set to
video.)

Check Super NES A/V
cable or RF switch.



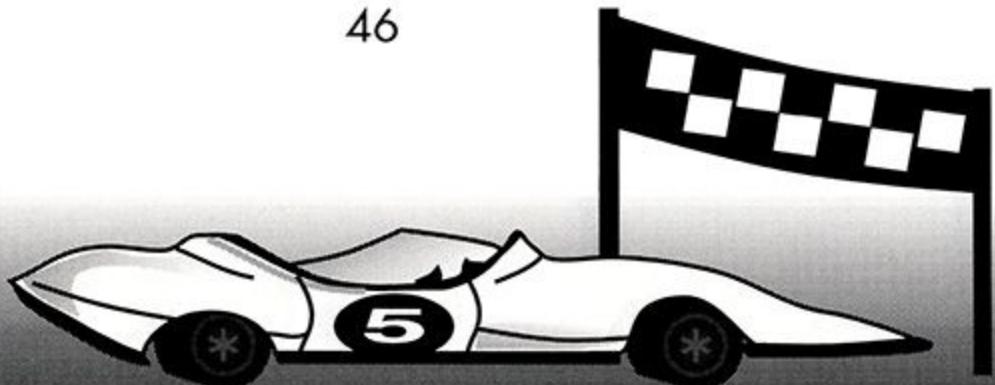
CREDITS

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<i>Programmer</i>	Chris Robertson • Mark Slemko
<i>Sound</i>	Paul Wilkinson
<i>Radical Producer</i>	Rory Armes
<i>Life Fitness Producer</i>	Bryan Andrus
<i>Testing</i>	Jim Fox
<i>Game Design</i>	All of the above

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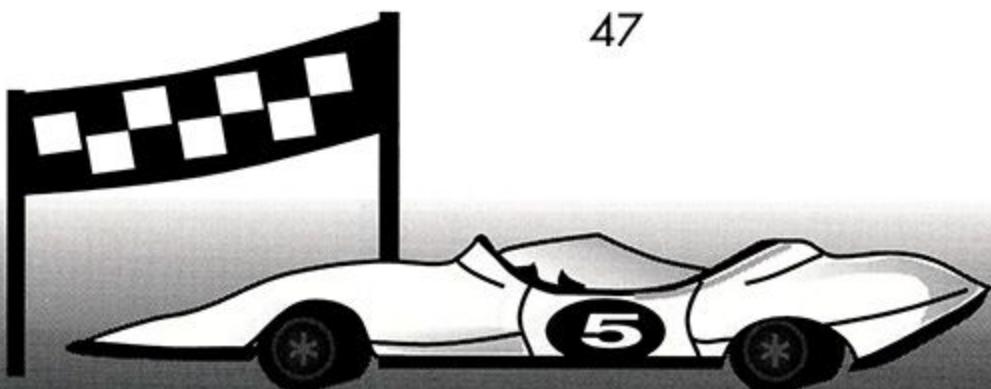
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Test Team Top Riders

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Ryan Slemko • Ian Verchere

Sound & Music

Marc Baril • Paul Wilkenson



90-DAY LIMITED WARRANTY

Life Fitness warrants for a period of 90 days from the date of purchase by the original purchaser of this Game Pak that the Game Pak will be free from defects in materials and workmanship. A defective Game Pak that has not been subjected to misuse, excessive wear or damage due to carelessness may be returned during the 90-day period without charge.

To Receive Warranty Service:

1. DO NOT return your defective Game Pak to your purchase source.
2. Notify the Life Fitness Customer Support Center of the problem by calling 1-800-216-8894 between the hours of 8 am and 6 pm (Central Time) Monday through Friday. NOTE: Please DO NOT send your Game Pak to Life Fitness before calling Life Fitness.
3. If the Customer Support person is unable to solve the problem by phone, you will be provided with a Return Authorization Number. Simply record this number on the outside packaging of your defective Game Pak (be sure your packaging is at least 4 inches by 6 inches as many shipping companies will not ship anything smaller) and return your Pak FREIGHT PREPAID AND INSURED FOR LOSS OR DAMAGE, together with your sales slip or similar proof-of-purchase within the 90-day warranty period to: LIFE FITNESS, 10601 West Belmont Avenue, Franklin Park, Illinois 60131

After the 90-day period, a defective Pak may be replaced in the United States for \$15 (U.S.; plus sales tax for your state. Make checks payable to Life Fitness, and return to the address above. (To speed processing, return only the Game Pak, not other materials.)

LifeFitness™

**10601 W. Belmont Avenue
Franklin Park, IL 60131**

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