

PDAbs 4

Installation and User's Guide

1 Preface

This book describes how to install and use Acrocat PDAbs 4 on a Palm OS personal digital assistant. To learn more about all Acrocat products and services, visit <http://www.Acrocat.com>.

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2 Introduction

Welcome to PDAbs 4

PDAbs is designed to give you the ability and convenience of logging and tracking your workout with your Palm OS Powered PDA. Our goal is to free you of the cumbersome charts and pencil that you carry around in the gym and use your handy PDA instead. The intention is also to help you keep easy, accurate and durable records of all types of exercise that you do or design.

PDAbs comes with a very easy-to-use interface that requires minimal typing for faster input and greater freedom of movement. PDAbs allows you to:

- Track your fitness routines: strength/resistance, aerobic/cardio, classes, runs etc.
- Input, archive, view and sort your progress - daily, weekly etc.
- Log your work out on the most common machines, in typical classes or with free weights
- Create new categories of exercises according to your needs and your personal goals
- Be both your own trainer and client to regularly increase difficulty, repetitions or vary exercises
- Enter as many clients as you wish if you are a trainer, keep their profile and routines handy, print their exercises easily to track their progress
- Prepare your workout in advance
- Beam your workout or your client's workout to another PDA
- Store all this information in your cassette or CD player carrying belt and log all data with a tap of your stylus

What's New in Version 4

We sorted through many users' comments and tried very hard to implement most suggestions. PDAbs has more features and is now even easier to use. Some of the changes are: At Acrocat Software, we

Calculate Calories Burned	The amount of calories burned is calculated by using your body weight, duration of the exercise, and the calories coefficient, supplied for the default categories.
Add Courses to Cardio/Aerobic Entries	Record the course where you performed the exercise. For example if you were running, you could enter "the park" or "downtown", etc.
Record Heart Rate	A field to enter in your average heart rate is now available in the Cardio/Aerobic entries.
Add Instructions to Strength/Resistance Categories	Add instructions to the Strength/Resistance categories and pull up instant help in the middle of your workout.

3 Installation

1. Download the program to your hard drive.

NOTE You can download PDAbs at <http://www.Acrocat.com/PDAbs>.

2. Double tap on the file named PDAbs3.prc and the program will be added to the Install Tool.



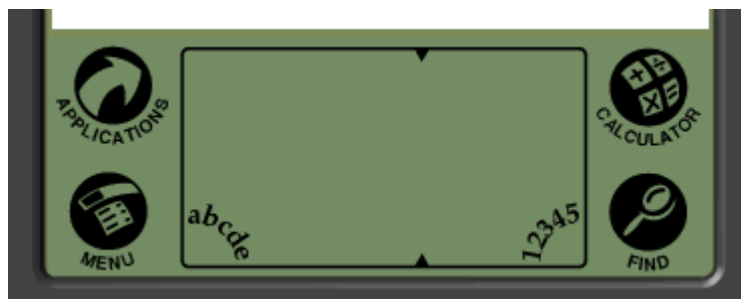
3. PDAbs 4 will be installed on your PDA during the next HotSync.

4 Registration

Acrocat Software, L.L.C. provides potential customers with a 21 day trial period for PDAbs. At the end of that time, you will need to enter an unlock code to continue using PDAbs.

In order to register PDAbs:

1. You must first have PDAbs running.
2. Go to the Menu Icon (bottom left of the silk screen)



- Tap on **Help**
 - Tap on **Register**: the Registration screen appears with a registration code
3. E-mail the registration code to register@Acrocat.com
 4. You will receive an unlock key to enter in the registration screen
 5. After you enter the unlock code, tap **Unlock PDAbs**
 6. Provided you typed in the correct unlock code, your program will now be registered for unlimited use.

Registration

Registration Code
41:63:72:6F:63:61:74:20:53:6F:9F

Unlock PDAbs

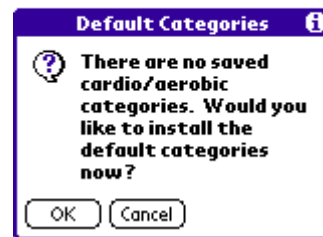
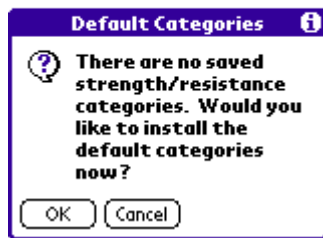


5 Running the Application

1. Tap on the **Acrocat PDAbs** icon



2. The first time you run PDabs 2.0 or if at any time there are no Strength/Resistance or Cardio/Aerobic categories saved, the following message box appears.



3. Tap **OK** to install the default categories or **Cancel** to continue without installing them.
4. Tap on **Start Workout**



5. The **main screen** appears. This is the central point from which to navigate throughout the application.

Acrocat ▼ Strength/Resistance
Client: ▼ *Acrocat
Period: ▼ All

New (R) **Type:** ▼ All

6. PDAbs has four components:
- Strength / Resistance
 - Cardio / Aerobic
 - Measurements
 - Body Weight
7. The component title is the pop up trigger to access the four sections of PDAbs and go to the respective section to view, add, edit, or delete entries.

Acrocat Strength/Resistance
Client: ▼ * Cardio/Aerobic
Period: ▼ All Measurements
Weight

New (R) **Type:** ▼ All



6 Strength/Resistance

From the main screen select Strength/Resistance from the pull down menu. The screen shows the **Client** and the **Period**. Upon starting the application, the registered user is the client by default. Tap on **New** to enter a new strength/resistance session. The following information appears:

<i>Field</i>	<i>Description</i>
Name	Name of the client
Date	Date of the workout
Type	Strength/Resistance category
Reps	Number of repetitions
Weight	Weight used
Seat Position 1	Seat position of workout machine, if applicable
Seat Position 2	Seat position of workout machine, if applicable
Sets	The number of sets

Add Record

1. The selected client from the table view shows up automatically in the name field. You can select another client from the drop down list. Or, to add a new one, see the “Managing Clients” section.
2. The current date is automatically filled in for your convenience, but you can enter in another date by tapping the date box to bring up the calendar and choosing any date.
3. Tap the drop down arrow next to **Type** to enter the exercise category. To add, edit, and delete categories see the “Managing Categories” section.
4. Tap the dropdown arrow next to **Reps** to enter the repetitions.
5. Tap the dropdown arrow next to **Weight** to enter the desired amount.
6. (Optional) Tap the dropdown arrow next to **Seat Position** to enter the seat position of the workout machine, if applicable.
7. Tap the dropdown arrow next to **Reps** to enter the desired amount of repetitions.
8. If you saved instructions for the selected category, you can tap on the ? button to have the instructions popup on the screen.



9. Tap **Save** to save your data or **Cancel** to exit the form without saving it.

Strength/Resistance
Add Strength/Resistance

Name: ▼ *Acrocat Software
 Date: 5/12/03
 (?) Type: ▼
 Reps: ▼ Seat Pos.:
 Weight: ▼ ▼ 0 ▼ 0
 Sets: ▼

Save Cancel

Strength/Resistance
Add Strength/Resistance

Name: ▼ *Acrocat Software
 Date: 5/12/03
 (?) Type: ▼ Bench Press
 Reps: ▼ 10 Seat Pos.:
 Weight: ▼ 140 ▼ 0 ▼ 0
 Sets: ▼ 3

Save Cancel

You will be returned to the **main screen** (shown below with multiple entries).

Acrocat ▼ Strength/Resistance
 Client: ▼ *Acrocat Software
 Period: ▼ All

<input type="checkbox"/>	7-5	Ab Machine	50	0
<input type="checkbox"/>	7-5	Bench Press	15	195
<input type="checkbox"/>	7-5	Arm Curl	10	12
<input checked="" type="checkbox"/>	7-3	Incline Press	15	80
<input checked="" type="checkbox"/>	7-2	Military Press	12	130
<input checked="" type="checkbox"/>	7-2	Lat Pulldowns	10	80
<input checked="" type="checkbox"/>	7-1	Shrugs	20	40
<input checked="" type="checkbox"/>	6-30	Tricep Pushdown	10	40
<input checked="" type="checkbox"/>	6-28	Seated Calf Raises	20	55

New (R) Type: ▼ All



Delete a Record

1. In the main screen, tap on the record to be deleted.
2. The Edit screen appears. Tap the **Delete** button.
3. Tap **Yes** at the prompt to confirm the deletion.
4. Tap **No** to return to the Edit screen if you do not want to delete the data.
5. To go back to the main screen, tap **Cancel** or **Save** to keep the changes.

Edit a Record

1. In the main screen, tap on the record to be edited.
2. You can edit the record's Client, Date, Type, Reps, and/or Weight. Tap on the desired field and select the new data.
3. Tap **Save** to keep the changes.
4. Tap **Cancel** to discard the changes.

7 Cardio/Aerobic

From the main screen, select Cardio/Aerobic from the pull down menu. The screen shows the **Client** and the **Period**. Upon starting the application, the registered user is the client by default. Tap on **New** to enter a new Cardio/Aerobic session. The following information appears:

Field	Description
Name	Name of the client
Date	Date of the workout
Type	Cardio/Aerobic category
Distance	The distance of your activity, if any
Time	Duration of the workout
Course	Course where exercise was performed
Calories	Calories burned
Heart Rate	Average heart rate

Add a Record

1. The selected client from the table view shows up automatically in the name field. You can select another client from the drop down list. Or, to add a new one, see the "Managing Clients" section.



- The current date is automatically filled in for your convenience, but you can enter in another date by tapping the date box to bring up the calendar and choose any date.
- Tap the drop down arrow next to **Type** to enter the exercise category. To add, edit, and delete categories see the “Managing Categories” section.
- Write the **Distance** in the distance field if applicable.
- Tap the dropdown arrows next to **Time** to enter the desired hours, minutes and seconds.
- Select the **Course** from the dropdown list.
- Write in the **Heart Rate**.
- Calculate **Calories** burned. In order to do this, you need to have a Body Weight saved in the **Weight** section, an exercise selected, and a duration. The **Calories** field will be populated with the amount of calories that were burned based on those pieces of data. You can always write in the calories burned if you choose.
- Tap **Save** to save your data or **Cancel** to exit the form without saving it.

Cardio/Aerobic

Name: ▼ Choose Client...

Date: 5/12/03

Type: ▼

Distance:

Time HMS: ▼ 0 ▼ 0 ▼ 0

Course: ▼

Calories:

Heart Rate:

Cardio/Aerobic

Name: ▼ Choose Client...

Date: 5/12/03

Type: ▼ Aerobics, General

Distance:

Time HMS: ▼ 1 ▼ 20 ▼ 5

Course: ▼ Custom Course

Calories: 510

Heart Rate: 130

You will be returned to the **main screen** (shown below with multiple entries).

Acrocat ▼ Cardio/Aerobic

Client: ▼ *Acrocat Software

Period: ▼ All

<input type="checkbox"/>	6-19	Step Class	0	0:45:00
<input checked="" type="checkbox"/>	6-18	Jogging	0	0:28:30
<input checked="" type="checkbox"/>	6-18	Mountain Clim	0	0:01:00
<input checked="" type="checkbox"/>	6-18	Running	2.5	0:12:00
<input checked="" type="checkbox"/>	6-17	Fat Burning Cla	0	0:45:00
<input checked="" type="checkbox"/>	6-14	Jogging	0	0:25:30
<input checked="" type="checkbox"/>	6-9	Stationary Bik	0	0:26:15
<input checked="" type="checkbox"/>	6-7	Step Class	0	0:30:00
<input checked="" type="checkbox"/>	6-5	Rollerblading	0	1:02:00

Type: ▼ All

Delete a Record

- In the main screen, tap on the record to be deleted.
- The Edit screen appears. Tap the **Delete** button.



3. Tap **Yes** at the prompt to confirm the deletion.
4. Tap **No** to return to the Edit screen if you do not want to delete the data.
5. To go back to the main screen, tap **Cancel** or **Save** to keep the changes.

Edit a Record

1. In the main screen, tap on the record to be edited.
2. You can edit the record's Client, Date, Type, Distance and/or Duration.
3. Tap on the desired field and select the new data.
4. Tap **Save** to keep the changes.
5. Tap **Cancel** to discard the changes.



8 Measurements

From the main screen, select Measurements from the pull down menu. The screen shows the **Client** and the **Period**. The registered user is the client by default. Tap on **New** to enter measurements information. The following screen appears:

<i>Field</i>	<i>Description</i>
Name	Name of client
Date	Date of the measurement
Neck	
Chest	
Biceps	
Forearms	
Waist	
Hips	
Thighs	
Calves	

Add a Record

1. The selected client from the table view shows up automatically in the name field. You can select another client from the drop down list. Or, to add a new one, see the "Managing Clients" section.
2. The current date is automatically filled in for your convenience, but you can enter another date by tapping the date box to bring up the calendar and choose any date.
3. Tap the drop down arrow next to the targeted body part. Select the corresponding measurement in each column for decimal precision.
4. Tap **Save** to save your data or **Cancel** to exit the form without saving it.

Measurements

Name: ▼ *Acrocat Software

Neck: ▼ 0 . ▼ 0 Date:

Chest: ▼ 0 . ▼ 0 4/18/02

Biceps: ▼ 0 . ▼ 0

Forearms: ▼ 0 . ▼ 0

Waist: ▼ 0 . ▼ 0

Hips: ▼ 0 . ▼ 0

Thighs: ▼ 0 . ▼ 0 Save

Calves: ▼ 0 . ▼ 0 Cancel

Measurements

Name: ▼ *Acrocat Software

Neck: ▼ 2 . ▼ 0 Date:

Chest: ▼ 10 . ▼ 0 4/18/02

Biceps: ▼ 9 . ▼ 0

Forearms: ▼ 4 . ▼ 0

Waist: ▼ 6 . ▼ 0

Hips: ▼ 0 . ▼ 0

Thighs: ▼ 0 . ▼ 6 Save

Calves: ▼ 0 . ▼ 6 Cancel



You will be returned to the **main screen** (shown below with multiple entries).

Acrocat ▼ Measurements									
Client: ▼ *Acrocat Software									
Period: ▼ All									
4-1	2	10	9	4	6	0	0.6	0.6	
4-1	1	2	3	4	0	0	0	0	
4-1	0	0	0	0	0	0	0	0	
4-1	0	0	0	0	0	0	0	0	
4-1	0	0	0	0	0	0	0	0	
4-1	0	0	0	0	0	0	0	0	
4-1	0	0	0	0	0	0	0	0	
4-1	0	0	0	0	0	0	0	0	
4-1	0	0	0	0	0	0	0	0	
4-1	0	0	0	0	0	0	0	0	
New									

Delete a Record

1. In the main screen, tap on the entry line to be deleted.
2. The Edit screen appears. Tap the **Delete** button.
3. Tap **Yes** at the prompt to confirm the deletion.
4. Tap **No** to return to the Edit screen if you do not want to delete the data.
5. To go back to the main screen, tap **Cancel** or **Save** to keep the changes.

Edit a Record

1. In the main screen, tap on the record to be edited.
2. You can edit any measurement.
3. Tap on the desired body part and select the new data.
4. Tap **Save** to keep the changes.
5. Tap **Cancel** to discard the changes.



9 Body Weight

From the main screen, select **Weight** from the pull down menu. The screen shows the **Client** and the **Period**. Upon starting the application, the registered user is the client by default. Tap on **New** to enter body weight information. The following screen appears:

<i>Field</i>	<i>Description</i>
Name	Name of client
Date	Date of the measurement
Weight	Your body weight

Add a Record

1. The selected client from the table view shows up automatically in the name field. You can select another client from the drop down list. Or, to add a new one, see the “Managing Clients” section.
2. The current date is automatically filled in for your convenience. You can enter another date by tapping the date box to bring up the calendar and choose any date.
3. Tap the drop down arrow next to **Weight** to enter the amount.
4. Tap **Save** to save your data or **Cancel** to exit the form without saving it.

Body Weight
Add Body Weight

Name: ▼ *Acrocat Software
Date: 4/18/02
Weight: ▼

Save Cancel

Body Weight
Add Body Weight

Name: ▼ *Acrocat Software
Date: 4/18/02
Weight: ▼ 115

Save Cancel



You will be returned to the main screen (shown below with multiple entries).

Client	Period	Weight
*Acrocat Software	All	126
*Acrocat Software	All	126
*Acrocat Software	All	124
*Acrocat Software	All	125
*Acrocat Software	All	125
*Acrocat Software	All	131
*Acrocat Software	All	127
*Acrocat Software	All	129
*Acrocat Software	All	130

New

Delete a Record

1. In the main screen, tap on the entry to be deleted.
2. The Edit screen appears. Tap the **Delete** button.
3. Tap **Yes** at the prompt to confirm the deletion.
4. Tap **No** to return to the Edit screen if you do not want to delete the data.
5. To go back to the main screen, tap **Cancel** or **Save** to keep the changes.

Edit a Record

1. In the main screen, tap on the record to be edited.
2. Select the new weight from the dropdown list.
3. Tap **Save** to keep the changes.
4. Tap **Cancel** to discard the changes.

10 Notes

From the main screen, select Notes from the pull down menu. The screen shows the **Client** and the **Period**. Upon starting the application, the registered user is the client by default. Tap on **New** to enter a new Note. The following information appears:

Field	Description
Name	Name of the client
Date	Date of the note
Title	Title of the Note
Body	The body of the note

Add a Note



1. The selected client from the table view shows up automatically in the name field. You can select another client from the drop down list. Or, to add a new one, see the “Managing Clients” section.
2. The current date is automatically filled in for your convenience, but you can enter in another date by tapping the date box to bring up the calendar and choose any date.
3. Enter the title or subject of the **Note**.
4. Write the **Note** in the body field.
5. Tap **Save** to save your data or **Cancel** to exit the form without saving it.

Notes

Add Notes

Name: ▼ Acrocat Software

Date: 10/14/02

Title: |

.....

.....

.....

↑

Notes

Add Notes

Name: ▼ Acrocat Software

Date: 10/14/02

Title: Sample Subject

This is a sample note

.....

.....

.....

You will be returned to the **main screen** (shown below with multiple entries).

Acrocat ▼ Notes

Client: ▼ Acrocat Software

Period: ▼ All

10-14 Sample Subject
10-14 Another Subject
10-14 Note 3
10-14 Note Example

Delete a Note

1. In the main screen, tap on the note to be deleted.
2. The Edit screen appears. Tap the **Delete** button.
3. Tap **Yes** at the prompt to confirm the deletion.
4. Tap **No** to return to the Edit screen if you do not want to delete the data.
5. To go back to the main screen, tap **Cancel** or **Save** to keep the changes.



Edit a Note

1. In the main screen, tap on the record to be edited.
2. You can edit the note's Date, Client, Subject and/or Body.
3. Tap on the desired field and select the new data.
4. Tap **Save** to keep the changes.
5. Tap **Cancel** to discard the changes.

11 Setting up Routines

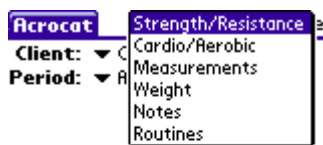
PDabs 4 gives you the ability to setup workout routines. With routines you have the advantage of being able to prepare your workouts in advance. By applying the routine you do not need to manually enter each individual exercise.

Routines are designed for people who repeat a series of exercises on a regular basis. Once the routine is named and all the corresponding exercises are entered with their weight, reps, and sets, the exercises are added to the main screen with empty checkboxes.

When you go to the gym, you can either complete each exercise and check it off or you can modify the weight, reps, and sets to correspond to what you actually accomplish that day. To complete this routine another day, simply recall its name by tapping on the R button and choosing the new date and the routine from the drop down menu.

Naming a Routine

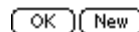
1. From the dropdown menu in the top right corner of the screen tap on **Routines**.



New (R) Type: ▼ All



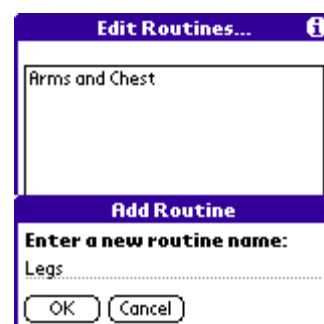
- Since this is the first time we opened the routine list, there are no routines in the list. Click on the drop down menu next to **Routine:** and tap on **Manage Routines...**



- The following screen appears:



- Tap **New** to display the Edit Routines form in which you can enter in the name of the routine.



Setting up the Routine

Now that we named a few routines, we are going to add exercises to them.



Routine List

Routine: ▼ Select Routine...

Exercise	Weight	Reps	Sets
----------	--------	------	------

New OK

1. To add an exercise to a routine that you have named, select the routine from the **Routine** drop down menu.

Routine List

Routine: Arms and Chest

Exercise	Weight	Reps	Sets
----------	--------	------	------

New OK

2. Once a routine is selected, the exercises that are associated with it are displayed in the table view. Since we haven't added any exercises, we will not see a list.

Routine List

Routine: ▼ Arms and Chest

Exercise	Weight	Reps	Sets
----------	--------	------	------

New OK



Adding Exercises to the Routine

1. Tap on **New** to display the **Add Routine** form.

Add Routine

Add Routine

Routine: ▼ Arms and Chest

Type: ▼

Reps: ▼

Weight: ▼

Sets: ▼

Save Cancel

2. Select the Exercise Type, Weight, Reps, and Sets from the drop down menus and tap on **Save**.

Add Routine

Add Routine

Routine: ▼ Arms and Chest

Type: ▼ Bench Press

Reps: ▼ 10

Weight: ▼ 80

Sets: ▼ 3

Save Cancel

3. The Routine View is shown and the exercises you saved are displayed in the list.

Routine List

Routine: ▼ Arms and Chest

Exercise	Weight	Reps	Sets
Bench Press	80	10	3

New OK

Routine List

Routine: ▼ Arms and Chest

Exercise	Weight	Reps	Sets
Bench Press	80	10	3
Arm Curl	85	15	4

New OK



4. You have the ability to add and modify the exercises associated with the routine in the same manner as you can add and modify exercises to your workout. Tap on the exercise you wish to modify or delete and make the necessary corrections.

Applying the Routine

- 1. From the **main screen**, you can apply the routine by tapping on the **R** button next to **New**.**

Acrocat ▼ Strength/Resistance
Client: ▼ *Acrocat Software
Period: ▼ All

New **(R)** **Type:** ▼ All

2. The **Apply Routine** form is displayed where you can select the Routine that you wish to apply, the Date, and the Client to whom you wish to apply the routine.

Apply Routine

Apply Routine

Routine: ▼

Client: ▼ *Acrobat Software

Date: 7/6/02

Save Cancel

Apply Routine

Apply Routine

Routine: ▼ Arms and Chest

Client: ▼ *Acrobat Software

Date: 7/6/02

Save Cancel



3. To apply the Routine, tap on **Save** and the routine is added to the client's workout.

Acrocat ▼ Strength/Resistance

Client: ▼ *Acrocat Software

Period: ▼ All

<input type="checkbox"/>	7-6	Bench Press	10	80
<input type="checkbox"/>	7-6	Bench Press	10	80
<input type="checkbox"/>	7-6	Bench Press	10	80
<input type="checkbox"/>	7-6	Arm Curl	15	85
<input type="checkbox"/>	7-6	Arm Curl	15	85
<input type="checkbox"/>	7-6	Arm Curl	15	85
<input type="checkbox"/>	7-6	Arm Curl	15	85

Type: ▼ All

Notice that in our example we had two exercises in our routine, Bench Press and Arm Curl. By applying the routine, it entered in Bench Press three times, and Arm Curls four times. This is because we set up the sets to be three and four, respectively.

You can now simply check off the exercises as they are completed. This gives you the ability to modify the settings to change the client, date, weight, or sets.

Acrocat ▼ Strength/Resistance

Client: ▼ *Acrocat Software

Period: ▼ All

<input type="checkbox"/>	7-6	Bench Press	10	80
<input type="checkbox"/>	7-6	Bench Press	10	80
<input type="checkbox"/>	7-6	Bench Press	10	80
<input type="checkbox"/>	7-6	Arm Curl	15	85
<input type="checkbox"/>	7-6	Arm Curl	15	85
<input checked="" type="checkbox"/>	7-6	Arm Curl	15	85
<input checked="" type="checkbox"/>	7-6	Arm Curl	15	85

Type: ▼ All

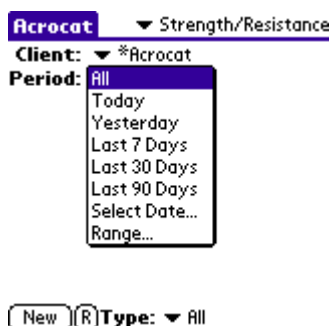


12 Setup Future Sessions

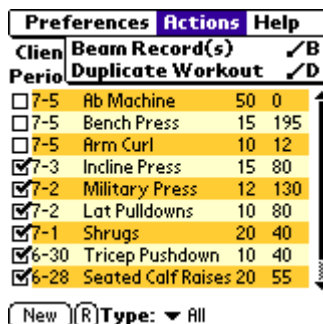
There are two ways to enter in future workouts. You can simply keep adding new records with a future date or you can duplicate or copy a workout from a previous date into the future. Regardless of which way you choose, the addition of checkboxes makes entering your workout easier. By default, whenever you enter a record with a date in the future, the checkbox is unchecked in the main table view. When you go to the gym or your class, you can simply check the box to show completion of that exercise. This gives you the ability to setup your workout in advance with minimal data entry.

Duplicate a Workout

1. Select the day you wish to duplicate from the **Period** list.



2. Tap on the **Menu** icon
3. From the **Beam** menu, select **Duplicate Workout**



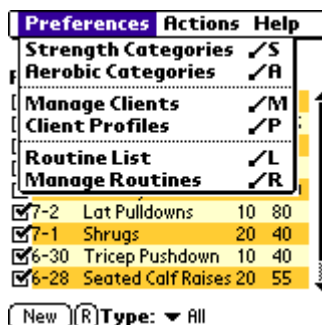
4. In the calendar that opens, choose the date when the workout is to be duplicated.



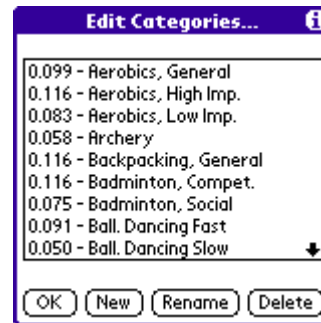
13 Manage Categories

You have the ability to add, delete, and rename the Strength/Resistance and Cardio/Aerobic categories that are used to populate the dropdown boxes in PDAbs.

1. Tap the **Menu** icon.
2. From the Preferences menu, select the appropriate category.

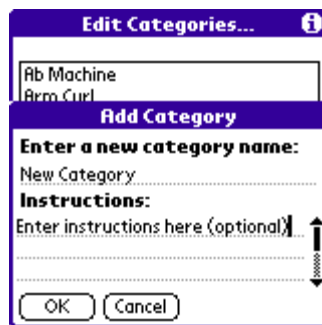


3. A box appears listing the current categories: Strength or Cardio.



Add a Category

1. To add a category tap on **New**. A form appears in which you can type a category.



2. For **Strength/Resistance** categories, you can enter instructions that will appear when you tap on the ? button in the **Add Strength** form.
3. For **Cardio/Aerobic** enter in the calories coefficient of the exercise if you know it. These values can be found on the National Institute of Health website.

NOTE A warning is displayed if you try to enter a category that already exists.

Rename a Category

1. You can rename a category. Select the category to rename and tap on the **Rename** button.



2. Enter in the desired new name and Instructions or Calorie Coefficient.

Edit Categories...

Bench Press

Rename Category

Enter a new category name:
Bench Press

Instructions:
N/A

OK Cancel

Edit Categories...

Aerobics, General

0.116 - Aerobics, High Imp.
0.083 - Aerobics, Low Imp.
0.058 - Archery 099

Rename Category

Enter a new category name:
Aerobics, General

Calorie coefficient:
0.099

OK Cancel

Delete a Category

1. You can delete a category by selecting the category and tapping the **Delete** button.
2. Tap **Yes** at the prompt to confirm the deletion.
3. Tap **No** to return to the Edit screen if you do not want to delete the data.

14 Manage Clients

You have the ability to add, edit, and remove people in your client list.

NOTE An asterisk is added to your name to ensure that this is the first or default entry when you add exercises or entries. You can remove it at any time.

1. From the main screen, tap on the **Menu** icon.
2. Select **Preferences**.
3. Select **Manage Clients**.

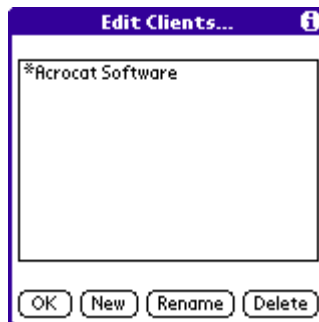
Preferences	Actions	Help
Strength Categories	✓S	
Aerobic Categories	✓A	
Manage Clients	✓M	
Client Profiles	✓P	
Routine List	✓L	
Manage Routines	✓R	

<input checked="" type="checkbox"/>	7-2	Lat Pulldowns	10	80
<input checked="" type="checkbox"/>	7-1	Shrugs	20	40
<input checked="" type="checkbox"/>	6-30	Tricep Pushdown	10	40
<input checked="" type="checkbox"/>	6-28	Seated Calf Raises	20	55

New (R) Type: ▼ All

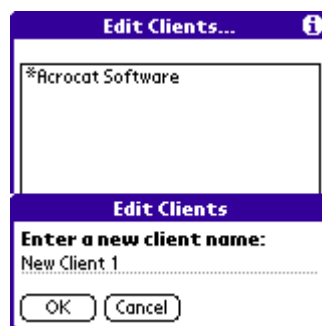


4. A box appears listing the current clients.



Add a Client

1. To add a client tap on **New**. A form appears in which you can write the new name.



NOTE A warning will popup if you try to enter a client's name that already exists.

Rename a Client

1. You can rename a client. Select it and tap on the **Rename** button.
2. Write the desired new name.

Delete a Client

1. You can remove a client by selecting her-his name and tapping the **Delete** button.
2. Tap **Yes** at the prompt to confirm the deletion.
3. Tap **No** to return to the Edit screen if you do not want to delete the client.



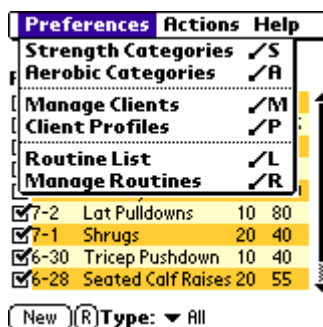
15 Client Profiles

PDabs allows you to add and edit client profiles. This is helpful to view and calculate your target heart rate range, and list your goals and profile. It is also very useful to the trainer or teacher who needs to keep track of all client and their profiles.

A default profile is automatically attributed to each new client you add in the Manage Clients screen.

Access the profiles

1. From the main screen, tap on the **Menu** icon and select **Client Profiles**.
2. From the name pull down list, tap on the desired name to view its profile.



3. The client profile screen appears.

Client Profile

Name: ▼ *Acrocat Software

Age: ▼ 18 Weight: ▼ 100

THRR: 0 - 0

Goal: ▼ Muscle Tone

Start Date: 4/18/02

Health Considerations:
N/A

Target Heart Rate Range

1. Select the name of the client, and add the age and weight.
2. Tap on **Calc...** to calculate the Target Heart Rate Range (THRR).



3. Enter the Resting Heart Rate (RHR) provided by your client. For directions on how to figure the RHR, click on the information **i** icon.

Client Profile

Name: ▼ *Acrocat Software

Age: ▼ 18 Weight: ▼ 100

THRR: 0 - 0

Goal: ▼ Weight Loss

Start Date: 4/18/02

Resting Heart Rate **i**

Enter resting heart rate:

65

Client Profile

Name: ▼ *Acrocat Software

Age: ▼ 18 Weight: ▼ 100

THRR: 140 - 181

Goal: ▼ Weight Loss

Start Date: 4/18/02

Health Considerations:

N/A

4. The THRR minimum and maximum fields are automatically filled with the THRR for that client.

Profile data

1. To specify the **Goal** of your client, tap on the appropriate option in the drop down list.
2. Type in specific **Health Considerations** that may apply to each client: diabetes, knee problem, lower back pain, etc.

NOTE The profile is automatically saved as you edit it, so you do not need to save it separately.

NOTE If you delete a client in the Managing Clients screen, you will delete the corresponding profile for that client.



16 View Data

PDAbs allows to display the data in three categories: Client, Date (specific or range) and Strength/Resistance or Cardio/Aerobic categories.

View by Client

1. In the main screen, select the client in the dropdown list.
2. All records belonging to the selected **client** in the displayed category title appear. They correspond to the **period** selected.

Acrocat ▼ Strength/Resistance

Client: *Acrocat Software

Period: New Client 1

<input type="checkbox"/>	7-5	New Client 2	0
<input type="checkbox"/>	7-5	Bench Press	15 195
<input type="checkbox"/>	7-5	Arm Curl	10 12
<input checked="" type="checkbox"/>	7-3	Incline Press	15 80
<input checked="" type="checkbox"/>	7-2	Military Press	12 130
<input checked="" type="checkbox"/>	7-2	Lat Pulldowns	10 80
<input checked="" type="checkbox"/>	7-1	Shrugs	20 40
<input checked="" type="checkbox"/>	6-30	Tricep Pushdown	10 40
<input checked="" type="checkbox"/>	6-28	Seated Calf Raises	20 55

New (R) Type: ▼ All

View by Type

1. In the main screen, select the **Type** in the dropdown list.
2. All records belonging to the selected **Type** in the displayed category will appear. They correspond to the **period** and **client** chosen.

Acrocat ▼ Strength/Resistance

Client: *Acrocat Software

Period: ▼ All

<input type="checkbox"/>	7-5	Ab Machine	50 0
<input type="checkbox"/>	7-5	Bench P	All
<input type="checkbox"/>	7-5	Arm Cur	Ab Machine
<input checked="" type="checkbox"/>	7-3	Incline P	Arm Curl
<input checked="" type="checkbox"/>	7-2	Military	Barbell Curl
<input checked="" type="checkbox"/>	7-2	Lat Pull	Bench Press
<input checked="" type="checkbox"/>	7-1	Shrugs	Butterfly
<input checked="" type="checkbox"/>	6-30	Tricep F	Cable Kickbacks
<input checked="" type="checkbox"/>	6-28	Seated	Cable Pushdowns
			Cable Sidekicks
			Chest Press

New (R) Type: ▼ All

View by Date

1. In the main screen, select the **period** in the dropdown list: All, Today, Yesterday, Last 7 days, Last 30 days, Last 90 days, Select Date, or Date range.



2. All records belonging to the selected **client** in the displayed category will appear. They correspond to the **period** chosen.

Acrocat ▼ Strength/Resistance

Client: ▼ *Acrocat Software

Period: All

<input type="checkbox"/> 7-5	Today	50	0
<input type="checkbox"/> 7-5	Yesterday	15	195
<input type="checkbox"/> 7-5	Last 7 Days	10	12
<input checked="" type="checkbox"/> 7-3	Last 30 Days	15	80
<input checked="" type="checkbox"/> 7-2	Last 90 Days	12	130
<input checked="" type="checkbox"/> 7-2	Select Date...	10	80
<input checked="" type="checkbox"/> 7-1	Range...	20	40
<input checked="" type="checkbox"/> 6-30	Tricep Pushdown	10	40
<input checked="" type="checkbox"/> 6-28	Seated Calf Raises	20	55

New (R) Type: ▼ All

NOTE Selecting "Today", "Yesterday", etc. displays the entries for the selected client for that time period.

View by Specific Date

1. To view the entries for a specific day, tap on **Period** and highlight **Select Date** in the Period drop down list.
2. A calendar appears. Tap on the desired date.

Select Date

◀ 2002 ▶

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec
S	M	T	W	T	F
	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30			

Cancel Today

View by Date Range

1. To view the entries within a specific range, tap on **Range...** in the **Period** drop down list.
2. A first calendar appears. Tap on the desired start date.



3. A second calendar appears. Tap on the desired end date.



17 Beam Records

Beaming is yet another practical feature of PDAbs. There are two ways to beam records.

Beam an Individual Record

1. Tap on the record you wish to beam.
2. Tap the **Menu** icon.
3. Tap on **Beam Record(s)**.

Preferences	Beam	Help
Edit St.	Beam Record(s)	✓B
Client: ▼ *Acrocat Software		
Date: 6/16/02		
Type: ▼ Bench Press		
Reps: ▼ 15 Seat Pos.: ▼ 0		
Weight: ▼ 195 ▼ 0 ▼ 0		
<input type="button" value="Save"/> <input type="button" value="Cancel"/> <input type="button" value="Delete"/>		

Beam Multiple Records

1. In the main table view, select the search criteria, such as Type, Client, and Date Range for the records you wish to beam.
2. Tap the **Menu** icon.



3. Tap on **Beam Record(s)**.

Preferences		Actions	Help
Client	Beam Record(s)	✓B	
Period	Duplicate Workout	✓D	
<input type="checkbox"/>	7-5 Ab Machine	50	0
<input type="checkbox"/>	7-5 Bench Press	15	195
<input type="checkbox"/>	7-5 Arm Curl	10	12
<input checked="" type="checkbox"/>	7-3 Incline Press	15	80
<input checked="" type="checkbox"/>	7-2 Military Press	12	130
<input checked="" type="checkbox"/>	7-2 Lat Pulldowns	10	80
<input checked="" type="checkbox"/>	7-1 Shrugs	20	40
<input checked="" type="checkbox"/>	6-30 Tricep Pushdown	10	40
<input checked="" type="checkbox"/>	6-28 Seated Calf Raises	20	55

New (R) Type: ▼ All

NOTE All records matching the search criteria will be beamed by tapping on **Beam Record(s)**.



18 Uninstalling PDAbs

1. Tap on the Home icon to get to the Applications view.
2. Tap the **Menu** icon.
3. Tap on **Delete**.
4. Select PDAbs in your applications list.
5. Tap on **Delete**.
6. Tap **Yes** at the prompt to confirm the uninstall.
7. Tap **No** to return to the application view if you do not want to uninstall the application.



19 Support

PDabs Support

Technical support is available 9AM-5PM PST to all users, regardless of registration status via e-mail.

We strive to respond within one business day to all requests and problems.

We look forward to any questions, concerns, comments, suggestions that you may have. You can find the appropriate email addresses in the Contact Information section.

We hope you enjoy our product.

Have a safe and pleasant high tech workout.

20 Contact Information

Acrocat Software, L.L.C.

<http://www.Acrocat.com>

Web	http://www.Acrocat.com/PDAbs
Info	info@Acrocat.com
Sales	sales@Acrocat.com
Registration	register@Acrocat.com
Support	support@Acrocat.com









