

INSTRUCTIONS FOR THE IMPORT OF EXERCISE LIBRARY PICTURES

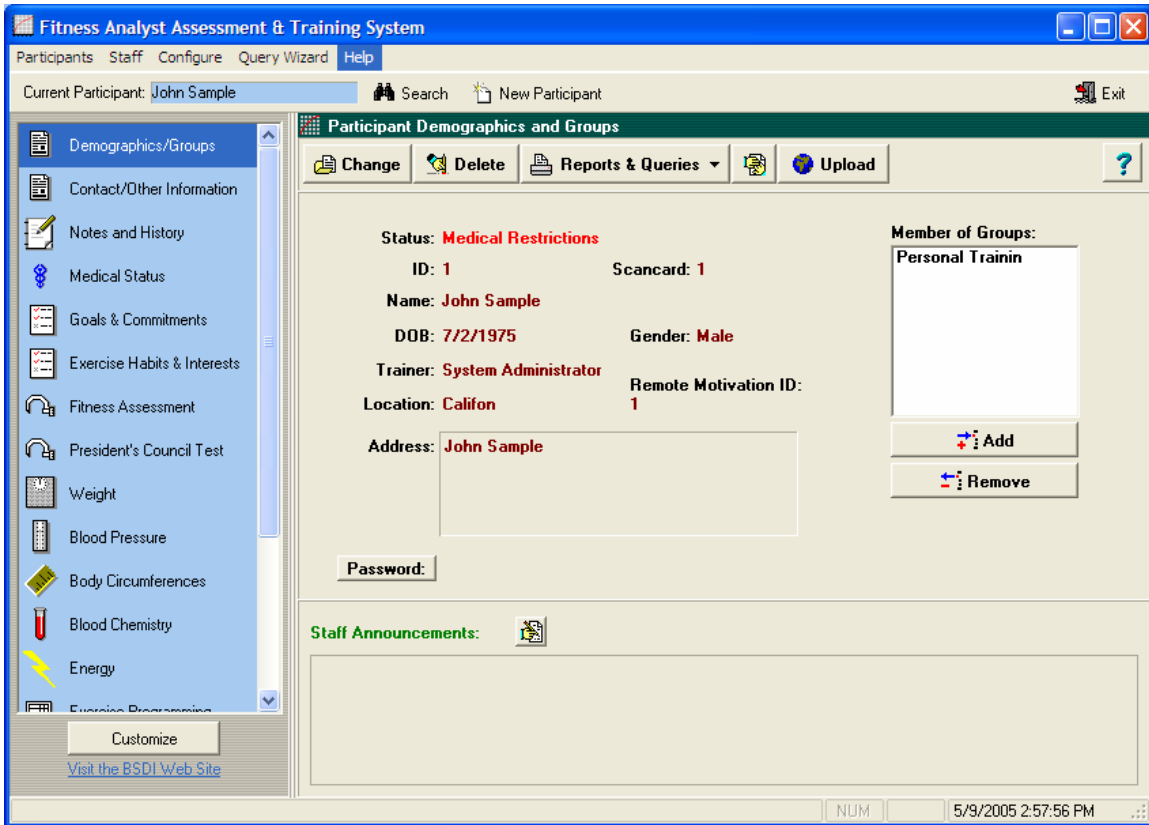
This document will outline the steps necessary to import the Exercise Library pictures into the Fitness Analyst database. Please note that the exercise library pictures, when imported will update the database, therefore if you have setup your own digital pictures it is import to deselect these exercises from the list of pictures to be imported. Otherwise, you will over write your own digital pictures.

As the update is to the database, if you are running the Fitness Analyst on more than one PC, you will only have to do the update **once**. It does not have to be carried out on each PC running the Fitness Analyst.

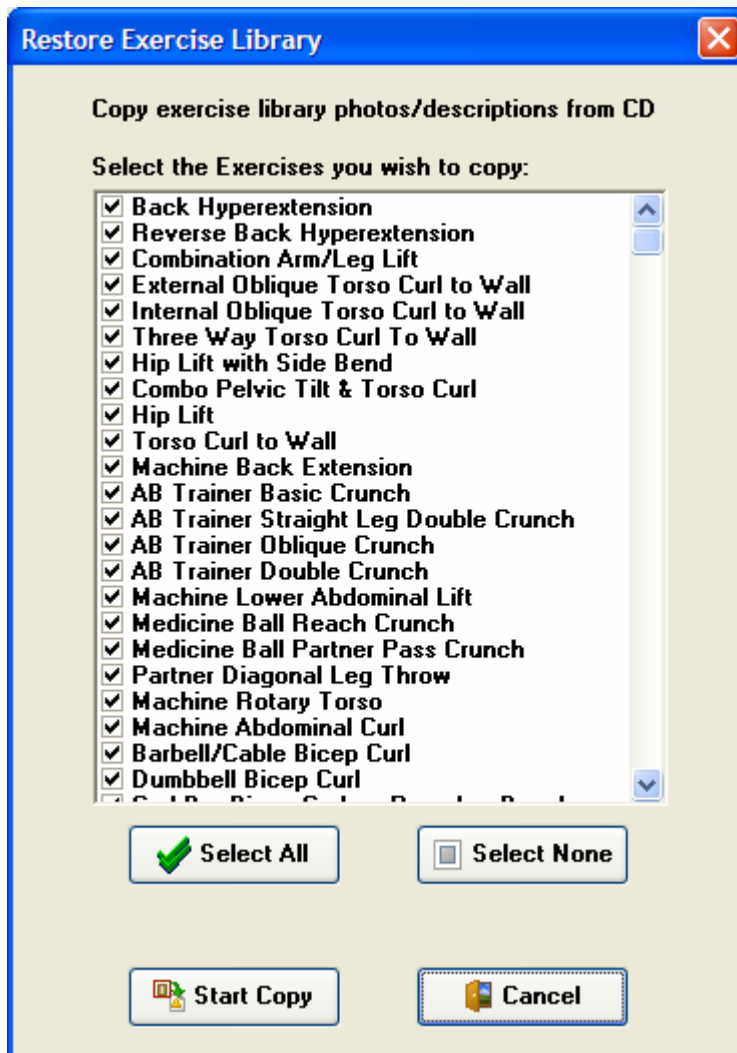
Procedure

Please ensure that you have your BSDI software installation CD inserted into the CD ROM drive when you carry out the following:

1. Open the Fitness Analyst.
2. Select "Help" from the submenu



3. Select "Add/Restore Exercise Library Photos"



4. This will display a list of all the Exercise Photos that will be imported into the Fitness Analyst.
5. By default all Exercises are selected. You can deselect all Exercises by clicking the "Select None" button.
6. You can select or deselect individual Exercises by checking/un-checking the checkbox next to the Exercise name. **(Please note that if you leave an Exercise "checked" it will overwrite any existing photo you have in the library for that particular Exercise).**
7. Click on "Start Copy" to begin the copy process.
8. A window will appear telling you that the copy is complete. Click "OK" to continue.