

# INSTRUCTION MANUAL



Congratulations on receiving your new WorkoutMouse Computer Remote Control system. We are certain that you will love using it, and you'll wonder why we have all been stuck behind a keyboard all these years. You now have in your hand, the most effective tool for multitasking with your computer available, and possibly the most important exercise product you have ever used.

But it's not only a computer remote. It's a TIME MACHINE, giving you the ability to exercise and be productive at the same time. Take that time you spent working out, and do something you would rather do. And setup is as simple as Plug and Play.

The incredible WorkoutMouse system consists of:

- \* The WorkoutMouse (patent pending)
- \* An Advanced Technology RF receiver
- \* A Mounting Bracket for attaching to most fitness machines
- \* A USB 4 port station, for turning one USB port into four.
- \* Owner's Manual

Don't go throwing away your conventional keyboard and mouse yet! You still will be much faster using them than the WorkoutMouse. After all, you've had years of practice. But if you want to use your fitness machine, give a dynamic presentation, or just kick back at your desk and surf the net, the WorkoutMouse is awesome!

We also have some other products to help you take full advantage of your WorkoutMouse, including an exciting PC to TV converter, that turns any TV in your home into a copy of your computer monitor, so that you can use your computer from any room in the house. Please see more about these and other exciting products at: [www.WorkoutMouse.com](http://www.WorkoutMouse.com).

**All Functions Listed as: Press / Press and Hold (Mac in parentheses if different)**



## I. FEATURES and FUNCTIONS: (Press & Release/ Press & hold 2 sec)

- |                          |  |
|--------------------------|--|
| 1. Alt. Tab. -           | TAB / Switches between open applications or windows.   |
| 2. Envelope -            | Opens email program / Opens Favorites  |
| 3. 'e' -                 | Opens Web Browser / Turns on Laser   |
| 4. 'X' -                 | Minimizes Window / Closes Window   |
| 6. Left Arrow -          | Page Back  |
| 7. Right Arrow -         | Page Forward   |
| 8. Cursor Control -      | Heart of the WorkoutMouse. Use it to control your cursor.  |
| 9. Left/Right Click. -   | The same as left click and right click on your old mouse.<br>Hold right click 5 seconds, 3 flashes of USB indicates switch from PC to Mac/Mac to PC. |
| 10. Alpha-numeric keys - | Use these for entering text and numerals.  |
| 11. Enter Button -       | The same as the enter button on your keyboard.   |
| 12. Thumbwheel -         | Scroll page up and down. Press in and it becomes volume control.   |

Laser Pointer - Simply press and hold the 'e' button for 2 seconds, and the laser turns on. Release the button and laser turns off.

## II. INSTALLATION

Super-Easy. Simply plug the Advanced RF Receiver into any USB port on your computer. It's that easy. There are no CDs or drivers to load. To use the included USB 4 Port Hub, just plug the cable portion into any USB port, then the USB receiver into the 4 Port Hub.

**MOUNTING BRACKET** - By far the most common way to use the included mounting bracket is to

find a convenient, flat surface on your fitness machine.  
Installation is as easy as:

- \* Locate a flat surface on your exercise machine convenient for mounting the bracket.
- \* Clean the above mentioned surface and the back of the mounting bracket with rubbing alcohol or window cleaner. Wait 5 minutes.
- \* Apply the double sided sticky pad, first to mounting bracket within the rectangle on back of Mount, then to your exercise machine.
- \* Allow at least one-half hour before using.

### III. BASIC USAGE

The WorkoutMouse is specially designed to be so light and easy to use, you will be using it “by braille” within a very short amount of time. Exercising has never been so fun or easy, when you engage your mind while working out.

- \* First, turn your computer monitor towards where you are going to exercise
- \* Open the application you desire with an Application (top 5 white) Button.
- \* Use the WorkoutMouse as described in the Features Section.

ALPHA-NUMERIC ENTRY - Use these keys just like text messaging on your cellular phone, with a cool twist. At the Star and Pound keys, we have programmed:  
www, @, .com, and other commonly used browsing phrases.

CURSOR BUTTON - The Cursor will move slowly for 1 second, then move rapidly across the screen. Sometimes, you need to move the cursor just past the one second distance, and then over-shoot your target. To avoid this, simply 'pulse' the cursor button, holding it for almost one second and releasing, then repeating. It sounds difficult, but actually is very simple.

**\*\*\*It is important that you always keep in mind that you are exercising FIRST, and using your computer SECOND! Do not allow yourself to become so distracted by what you are doing on the computer that you fall off your fitness machine! Remember, everything is of secondary importance to the priority of staying balanced, preventing yourself from falling down, and staying safe! NEVER POINT LASER TOWARDS ANYONES EYES! WM Products can not be held responsible for operation of its devices in an unsafe manner.\*\*\***

The product described herein is intended for use by healthy individuals. The instructions for its use are not intended as a substitute for the advice provided by your own physician or health care provider, and may not necessarily take your individual health situation into account. ALWAYS consult a physician before beginning ANY fitness program.

### IV. INCREASING FONT SIZE ON YOUR MONITOR

This is super easy, though some browsers allow greater the font size to get larger than others. For instance, Netscape and Firefox let you increase the font size as large as you want, whereas Internet Explorer only gives you 5 different choices.

If you wish to increase the size of the text in your web browser, follow these easy steps from any browser. It is the easiest thing you can do on your computer.

1. In your browser or email application's Menu Bar, click 'View'
2. Click 'Text Size'
3. Increase text size to the level desired
4. To reduce it back down, simply follow the same steps.

### V. The WORKOUTMOUSE CHALLENGE

We challenge you to get back into shape, and we've just given you the tool to do it. Just spend 20 minutes, once in the morning, and once in the afternoon or evening, using any form of aerobic exercise. We guarantee you will loose 10 lbs, or if your already thin, get in better shape, within 30 days, GUARANTEED! Some helpful hints are:

- Exercise every time you check your email
- Eat a smart and sensible diet under 1,500 calories to loose weight
- For many more diet, fitness, and recipe tips, go to:

**www.workoutmouse.com**

**Warning:**

Changes or modifications to this unit not expressly approved by the party responsible for compliance will void the user's authority to operate the equipment. Any change to the equipment will void FCC grant.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The equipment compliance with FCC radiation exposure limit set forth for uncontrolled environment