



TransFit

User manual



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Revision history

Version	Date	Description
v0.1	9 September 2014	Initial concept
v1.0	22 September 2014	First release



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1 TransFit introduction

Thank you for downloading TransFit, the best elliptical cross-trainer enhancement available! TransFit is a product of 2Quest Entertainment and part of Fun Group Gaming. Other products of Fun Group Gaming are TransBlaster, TransThrust, TransSnake, TransSoccer and TransTank.



Figure 1-1 Fun Group Gaming

1.1 TransFit for home usage

With TransFit you can enhance your indoor cross-trainer experience. TransFit uses a simple webcam to track your workout activity and translates it to a virtual athletic world. Here you can run against your recorded activities, the computer or your friends. TransFit makes your workout more fun and helps you stay motivated!

1.2 TransFit for groups

When more cross-trainers are placed next to each other all active workout sessions can be linked together. When linked it's possible to have a real simulated workout session for the whole group at once. Each player can see how he or she is doing in the virtual world while comparing it to the others in real time, as if you're all having a real race against each other! The free version of TransFit is limited to single user only. Please contact us if you're interested in group entertainment!

1.3 Future enhancements

TransFit v1.0 is launched as pilot application. Future updates will be released over time bringing the following functionality:

1. Share activities to social media;
2. Music and sound effects;
3. Select different avatars and scenery;
4. Play against friends online;
5. Track editing;
6. And much more!



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1.4 Requirements

To use TransFit at home you need the following:

1. A computer or laptop;
 - a. 1 Ghz processor (or faster);
 - b. 1 Gb ram (or more);
 - c. 3D capabilities;
 - d. Windows operating system installed;
 - e. Java runtime v1.6 installed (or newer);
2. A working webcam connected to your computer or laptop;
3. An USB extension cord to be able to place the webcam near the cross-trainer;
4. A cross-trainer;
5. Some post-it notes with a bright colour, preferably pink or orange;
6. Sticky tape;
7. TransFit software.

1.5 Safety instructions

1. Excessive training can lead to serious health damage;
2. Always follow the guidelines as documented in your elliptical cross-trainer manual.

Have fun with TransFit!



2 Installation

2.1 Hardware assembly instructions

Once you've made sure all requirements are met you can start setting up TransFit.

2.1.1 Positioning the elliptical cross-trainer and webcam

Start by placing the cross-trainer in a position so you can place the webcam next to it. Also make sure you can see the monitor of your computer while standing on the elliptical cross-trainer. Since the webcam is used to track your speed on the cross-trainer you have to aim the webcam at a rotating part of the cross-trainer. This rotating part should rotate at the same speed your legs are moving. If no rotating parts are visible you can also aim the webcam at the location of the pedal crank. See Figure 2-1, just make sure the webcam can see something moving in a circular motion.

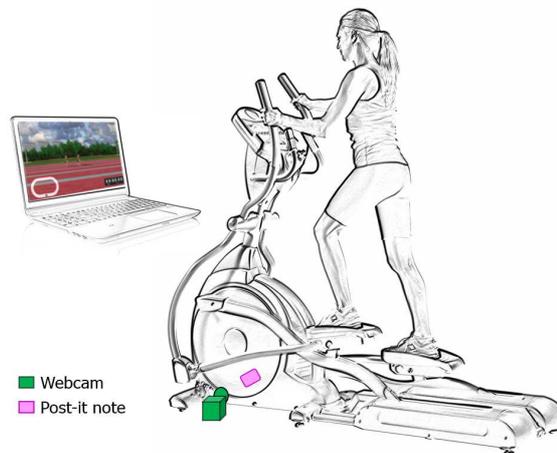


Figure 2-1 Positioning the webcam and the post-it note

2.1.2 Sticking the post-it note to the elliptical cross-trainer

After you've placed the webcam at its position you can stick the post-it note to the elliptical cross-trainer. Don't worry about aiming the webcam yet, this will be done later. Make sure you pick a spot that moves in and out the webcam view though. Stick the post-it note to the spot you've chosen. Make sure it's attached properly so it cannot fall off the elliptical cross-trainer. Use some sticky tape if necessary. See Figure 2-1 as an example for a good spot on the elliptical cross-trainer.

2.1.3 Connecting to the computer

Connect the webcam to your computer using the extension USB cord. If the USB cord isn't long enough you either have to move the elliptical cross-trainer closer to your computer or buy a longer USB extension cord. You can use cables up to 5 metres without any problems. That's it, the assembly is done!



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2.2 Software installation

2.2.1 Downloading the latest TransFit version

Make sure you've downloaded a complete TransFit package called: "[TransFit v1.0.zip](http://transfit.2quest.nl)" (or newer) from our website: "<http://transfit.2quest.nl>" and place the .zip file somewhere on your computer. Please choose the latest version available. Unzip the contents of the .zip archive file.

The archive contains two executables in the root folder and data files stored in a folder called: "res".

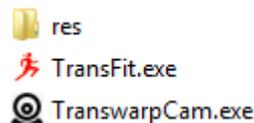


Figure 2-2 Archive contents

2.2.2 Initialising the webcam

Launch the application called: "[TranswarpCam.exe](#)". At this point, if you're missing the right Java Runtime you should get a message telling you that Java isn't installed.

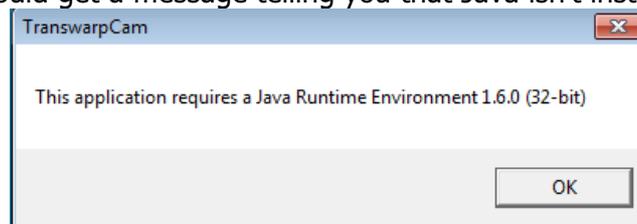


Figure 2-3 Missing the right Java Runtime

If you get this message than please install the Java runtime v1.6 (or higher) on your computer. You can find a download link on our website: "<http://transfit.2quest.nl>"

It's also possible that your computer will ask to verify if you trust this application. If you're sure the archive is downloaded from our website you can select the "Run" button. If you're in doubt than press the "Cancel" button, you won't be able to use TransFit though.



Figure 2-4 Computer asking for verification

The computer also asks you if it's ok to let the application make changes to your computer. TransFit and the webcam application want to store configuration files on your hard drive. In



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order to allow this you need to approve this. TransFit will also connect to our website to see if any updates are available. If you don't allow this you cannot use TransFit so make sure you've got a verified copy of TransFit. If in doubt please contact us through our website.



Figure 2-5 Request to make changes

When you've launched the webcam application you'll see a small opening screen followed by a view from your webcam. If the application fails to find your webcam it will stop right after the opening screen. You won't be able to use TransFit if this happens so please contact us through our website: "<http://transfit.2quest.nl>".



Figure 2-6 Opening screen (left) and webcam view (right)

At the right image of Figure 2-6 you can see a small part of the post-it note. If you don't see a part of the post-it note through the webcam then either alter the position of the webcam or rotate the part you've attached the post-it note to. Just make sure the post-it note is visible and the webcam cannot be hit by any moving parts of the elliptical cross-trainer. Now select the colour of the post-it note inside the webcam view by placing the mouse pointer on top of the post-it note and pressing the left mouse button. If done correctly the webcam will initialise the colour detection algorithm. Only the post-it note should be visible. If you've selected a wrong colour you can press the webcam view with your right mouse button to try again. The webcam application will remember your selection for future use.



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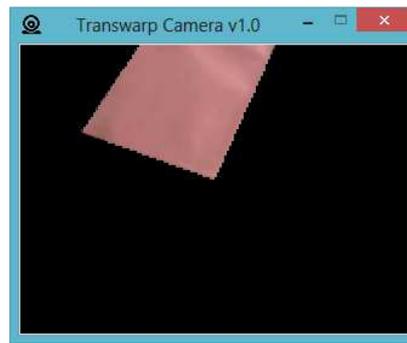


Figure 2-7 Webcam view after selecting the post-it note

Now make sure that when training on the elliptical cross-trainer the post-it note moves in and out the webcam view. It's important that the webcam is placed in such a way the post-it note fully moves in and out the webcam view. If not, the speed detection algorithm won't be able to accurately measure your speed. Once you've found a good spot to place your webcam then make sure the webcam cannot be moved anymore while exercising. Preferable the webcam is fixed for future use so you won't have to fiddle with the webcam every time you want to use TransFit.

2.2.3 Launching TransFit

Once you've configured the webcam application you can also launch the TransFit application. Confirm any security questions just like you did in paragraph 2.2.2 to make sure the application can run properly. Once the application is launched you'll see the selections screen as shown in Figure 2-8. Always make sure you've launched both applications before you can actually use TransFit!



Figure 2-8 TransFit launched

You can use the maximize button to enlarge the screen to full size. You can select the distance you want to run using your mouse. Once the selection is made you can start running on the elliptical cross-trainer.



3 Using TransFit

After successfully launching TransFit and the webcam application you can start using TransFit. First you need to select the distance you want to run on the elliptical cross-trainer. You can do this by selecting the distance using your mouse.

1. 100 metres sprint is for those people who want to run as fast as possible;
2. 400 metres sprint stands for a single lap (+/- 3 minutes);
3. 800 metres sprint stands for two laps (+/- 5 minutes);
4. 5000 metres run stands for an about 30 minute exercise.

Once you've selected the running distance the virtual runners wait for you to get ready. As soon as you start running on the elliptical cross-trainer you can see a 'ready-set-go' start. After that your player runs according to your movements on the elliptical cross-trainer. The clock will show the length of your exercise.

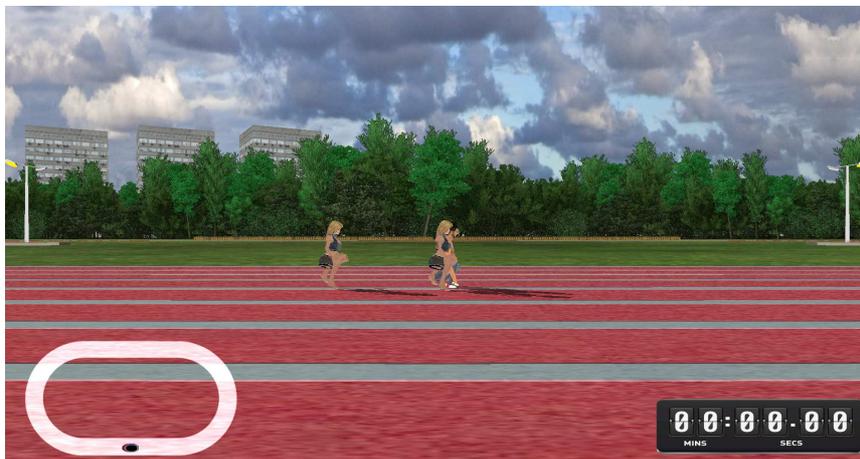


Figure 3-1 Waiting for activity on the elliptical cross-trainer

3.1 The two other players on the track

If you're using TransFit for the first time you'll probably notice two other runners on the track. These players aren't moving yet. As soon as you've finished your exercise the computer stores your times. One player will replay your fastest exercise and the other will replay your last attempt.

3.2 Finishing

After you've run the distance that was selected at the beginning the clock will stop and your player won't run anymore. The computer will store your activity on the hard drive so it can be used again. You can stop exercising now and close the applications.

3.3 Automatic updates

Every time you launch TransFit the application will check if updates are available. If no updates are found, or no internet connection is available TransFit will run using the current version installed. Updates are not required but will bring more functionality and fun!