



Kinetic™



INSTRUCTION MANUAL



In association with



SONY



WARNING READ BEFORE USING YOUR PLAYSTATION®2.

A very small percentage of individuals may experience epileptic seizures when exposed to certain light patterns or flashing lights. Exposure to certain patterns or backgrounds on a television screen or while playing video games, including games played on the PlayStation®2 console, may trigger an epileptic seizure in these individuals. Certain conditions may trigger previously undetected epileptic symptoms even in persons who have no history of prior seizures or epilepsy. If you, or anyone in your family, has an epileptic condition, consult your physician prior to playing. If you experience any of the following symptoms while playing a video game—dizziness, altered vision, eye or muscle twitches, loss of awareness, disorientation, any involuntary movement, or convulsions—IMMEDIATELY discontinue use and consult your physician before resuming play.

WARNING TO OWNERS OF PROJECTION TELEVISIONS:

Do not connect your PlayStation®2 console to a projection TV without first consulting the user manual for your projection TV, unless it is of the LCD type. Otherwise, it may permanently damage your TV screen.

USE OF UNAUTHORIZED PRODUCT:

The use of software or peripherals not authorized by Sony Computer Entertainment America may damage your console and/or invalidate your warranty. Only official or licensed peripherals should be used in the controller ports or memory card slots.

HANDLING YOUR playstation®2 FORMAT DISC:

- This disc is intended for use only with PlayStation®2 consoles with the NTSC U/C designation.
- Do not bend it, crush it or submerge it in liquids.
- Do not leave it in direct sunlight or near a radiator or other source of heat.
- Be sure to take an occasional rest break during extended play.
- Keep this disc clean. Always hold the disc by the edges and keep it in its protective case when not in use. Clean the disc with a lint-free, soft, dry cloth, wiping in straight lines from center to outer edge. Never use solvents or abrasive cleaners.

EYETOY: KINETIC™

Consumer Service/Technical Support Line 1-800-345-7669

Call this number for technical support, installation or general questions regarding PlayStation®2 and its peripherals. Representatives are available Monday–Saturday 6AM–8PM and Sunday 7AM–6:30PM Pacific Standard Time.

GAME HINT GUIDE INFORMATION

playstation underground game guides

For free hints and tips visit us at www.us.playstation.com.

Sign up and become a member of the PlayStation Underground and access free hints, tips and cool moves for games produced by Sony Computer Entertainment America. No hints will be given on our Consumer Service/Technical Support Line.

FCC AND IC STATEMENTS

This device complies with the IC Rules and 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.

NOTE: The manufacturer is not responsible for ANY interference, for example RADIO or TV interference, caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

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HEALTH WARNING

ENSURE YOU HAVE READ THE FOLLOWING BEFORE CONTINUING:

Participating in this video game involves movements that may be challenging for you depending on your fitness level. Please consult your physician before starting any new exercise routine, particularly if you are pregnant or have any existing health concerns. The level of routines provided are only based on an approximation of your current level of fitness and should not be considered absolute. Always ensure that you warm up and warm down correctly before and after any exercise.



SETTING UP THE CAMERA

- Place the EyeToy® USB camera (for PlayStation®2) on top of or below the TV.
- Stand back approximately 5 to 7 feet from the TV.



ADJUSTING THE CAMERA

- Gently rotate the Focusing Ring to sharpen your image.
- Gently tilt the EyeToy® USB camera (for PlayStation®2) up or down to center the image.



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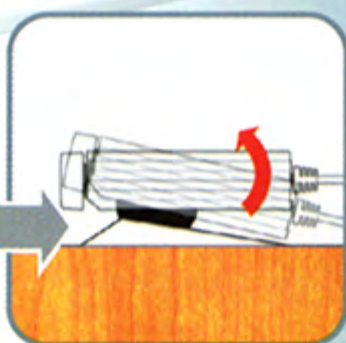
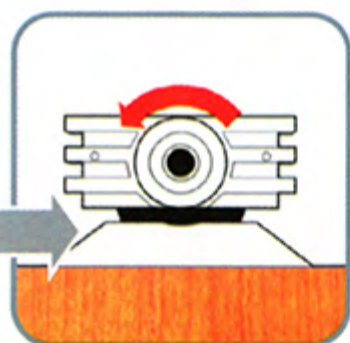
LIGHTING RECOMMENDATIONS

- Ensure there is enough light in the room.
- The red LED will blink if it is too dark.



MAKE SURE YOU HAVE ENOUGH ROOM TO PLAY!





Please see pages 4 and 5 for complete details on the EyeToy® USB Camera (for PlayStation®2).

NOTE: The EyeToy® USB Camera (for PlayStation® 2) illustrated here may differ slightly from the actual peripheral.



EyeToy® USB Camera (for PlayStation®2)

SCEH-0004

Instruction Manual

Thank you for purchasing the EyeToy® USB Camera (for PlayStation®2). Before using this product, carefully read this manual and retain it for future reference. This EyeToy® USB Camera is designed for use with the PlayStation®2 computer entertainment system.

WARNING

To prevent fire or shock hazard, do not expose the unit to rain or moisture.

Precautions

Safety

This product has been designed with the highest concern for safety. However, any electrical device, if used improperly, has the potential for causing fire, electrical shock or personal injury. To ensure accident-free operation, be sure to follow these guidelines.

- Observe all warnings, precautions and instructions.
- Do not use the device if it functions in an abnormal manner.
- If the device does not function properly, please contact our technical support line at 1-800-345-7669 for assistance.

Use and handling

- Do not expose the EyeToy® USB Camera to high temperatures, high humidity or direct sunlight (operate in an environment where temperatures range between 41 °F – 95 °F).
- Do not allow liquid or small particles to get into the EyeToy® USB Camera.
- Do not put heavy objects on the EyeToy® USB Camera.
- Never disassemble or modify the EyeToy® USB Camera.
- Do not twist the cable or pull it forcibly.
- Do not throw or drop the EyeToy® USB Camera, or subject it to strong physical shock.
- Do not touch the metal parts or insert foreign objects into the connector for the EyeToy® USB Camera.
- Do not place, or use, the EyeToy® USB Camera on an unstable surface.
- Make sure you have enough room to play.

Cleaning the EyeToy® USB Camera

After using the EyeToy® USB Camera for an extended period of time, you may find that dust has collected on the unit.

- Before cleaning the EyeToy® USB Camera, be sure to disconnect it from the PlayStation®2 console for safety.
- Wipe off the surface of the EyeToy® USB Camera with a soft, dry cloth.
- Use air pressure to clean off any dust that has collected on the lens.

Notes

- This product contains small parts, which, if removed, may present a choking hazard to children.
- Any cleaning of the EyeToy® USB Camera should be done by an adult, or under close adult supervision.
- Do not use a moistened cloth to clean the EyeToy® USB Camera. If water gets inside, it may cause the camera to malfunction.
- Do not use benzene, paint thinner, or other chemicals, as these may damage the EyeToy® USB Camera.
- When using a commercially available cleaning cloth, follow the instructions supplied with the cloth.

Connecting the EyeToy® USB Camera

Holding the connector for the EyeToy® USB Camera with the USB mark facing up, securely insert the connector into either USB connector on the front of the PlayStation®2 console. The LED power indicator (blue) on the front of the camera should light up blue to indicate that the EyeToy® USB Camera is now ready to use.



You can connect or disconnect the EyeToy® USB Camera while the console is turned on. However, software functionality may be impaired while the EyeToy® USB Camera remains unplugged.

Disconnecting the EyeToy® USB Camera

To disconnect the EyeToy® USB Camera, pull it out by the connector. Do not pull on the cable itself as this may damage it.

Removal of the EyeToy® USB Camera during play will result in termination of the live feed.

Using the EyeToy® USB Camera

The usage and function of the EyeToy® USB Camera may vary depending on the software in use. See the appropriate software manual for details.



5 ft. - 7 ft.



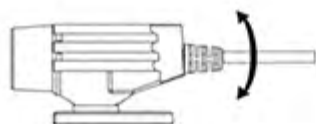
Positioning the EyeToy® USB Camera

Place the EyeToy® USB Camera on top of, or immediately below your television and stand back between 5 feet and 7 feet.



Focusing the EyeToy® USB Camera

The player's on-screen image may need to be focused. Do this by rotating the manual focus ring on the front of the camera.



Adjusting the angle of the EyeToy® USB Camera

The EyeToy® USB Camera must be positioned so that the player's image is centered on the screen. Do this by holding the camera base steady and gently tilting the camera body.

Troubleshooting

If you experience any of the following difficulties while using the EyeToy® USB Camera (for PlayStation®2), use this troubleshooting guide to help remedy the problem. Should any problem persist, contact our technical support line at 1-800-345-7669 for assistance.

Your on-screen image appears bright or too dark and the red LED is flashing.

- The lighting in the room is not suitable.
- If your on-screen image looks dark, switch on all available lighting in the room and point them at you.
- If your on-screen image looks too bright, draw the curtains and use artificial light instead.

You cannot see yourself on-screen.

- The EyeToy® USB Camera is not plugged in.
- The EyeToy® USB Camera is not positioned correctly.
- Position the camera either on top of your television set, or on top of your PlayStation®2 console.

On-screen image is blurred.

- The camera has not been focused correctly.
- Rotate the manual focus ring on the front of the EyeToy® USB Camera until your body shape is clearly defined on the screen.

The software seems to be picking up extra movement.

- The EyeToy® USB Camera is reacting to your environment.
- Make sure that the background behind you is as motionless as possible.

Specifications

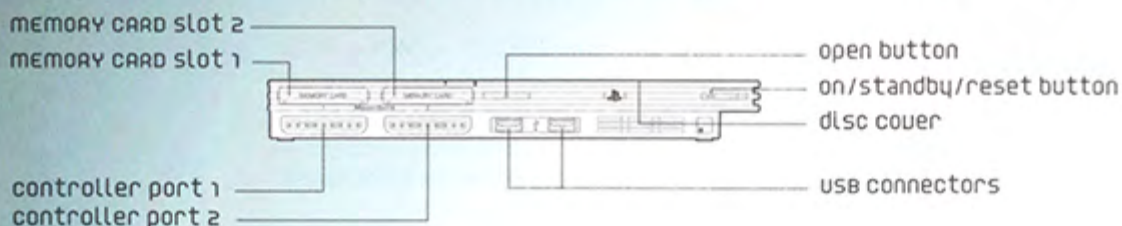
Interface	Connector	Power consumption	Dimensions (approx.)	Weight (approx.)
USB	USB Type 1.1	50mA	1.73 x 2.09 x 3.50 in	3/8 lb.
Cable length (approx.)	Operating temperature	Video capture	Lenshead	
6.50 feet	41 °F – 95 °F	640 x 480 pixel	Manual focus ring	

Design and specifications are subject to change without notice.

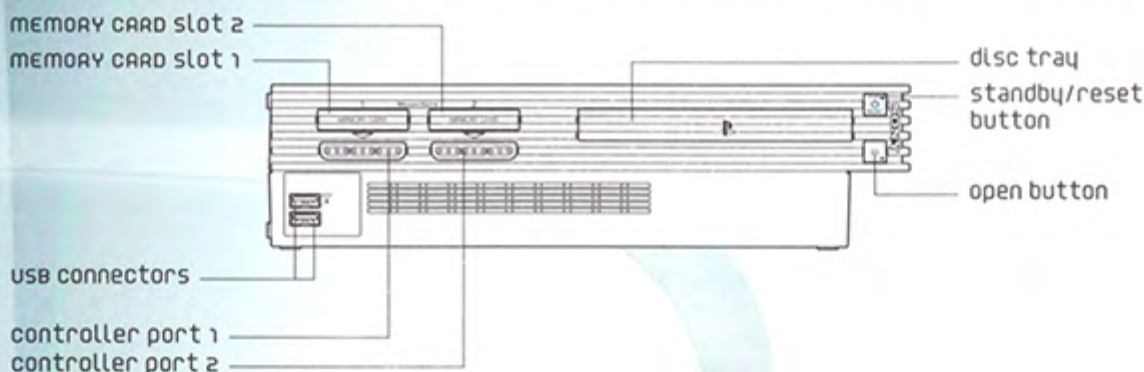
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SETTING UP

PlayStation® 2 computer entertainment system (slim):



PlayStation® 2 computer entertainment system (original):



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Set up your PlayStation®2 according to the instructions in its instruction manual. Make sure the MAIN POWER switch (located on the back of the console) is turned ON. Press the RESET button. When the power indicator lights up, press the open button and the disc tray will open. Place the **eyeToy: kinetic™** disc on the disc tray with the label side facing up. Press the open button again and the disc tray will close. Attach game controllers and other peripherals, as appropriate. Follow on-screen instructions and refer to this manual for information on using the software.

PLEASE NOTE: The information in this manual was correct at the time of going to print, but some minor changes may have been made late in the game's development. Some screenshots might have been taken from pre-completion screens that differ slightly from those in the finished product.

MEMORY CARD

PLEASE NOTE: Throughout this manual, the term "memory card" is used to describe the memory card (8MB)(for PlayStation®2). Memory cards designed for use with the PlayStation® format software are not compatible with this game.

On boot up, any saved options data present on the memory card will auto load. To save game settings and progress, insert a memory card into memory card slot 1. Make sure there is enough free space on your memory card before commencing play. If your memory card contains previously saved **ΕΥΕΤΟΥ: kinetic™** game data, then the system data will be automatically loaded.

If you do not have a memory card, then you will still be able to play **ΕΥΕΤΟΥ: kinetic™** but you will not be able to save high scores or game settings. Data can be saved and loaded from memory card slot 1.



USING THE EYETOY® USB CAMERA (for PlayStation® 2)



Insert the EyeToy® USB camera (for PlayStation®2) into either the upper or lower USB connector on the front of the console. The LED power indicator (blue) should be on.



Place the camera on top or immediately below your television and stand back between 5 and 7 feet.



Rotate the manual focus ring to focus the lens. Try to ensure that your body shape is clearly defined on the screen. If your television is positioned on the floor, simply tilt the EyeToy® USB camera (for PlayStation®2) for extra elevation. Alternatively, swivel the camera base around to reposition the camera.



Players of different height should tilt the angle of the camera for extra convenience. DO NOT move the whole camera, just tilt it gently.



Cover the camera lens to pause the current game.

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When triggering menu buttons, please find a waving style that suits you, but it is recommended that you wave with your fingers apart as this creates more motion feedback.

Make sure that there is no movement in the background as this motion will be detected by the EyeToy® USB Camera (for PlayStation®2) and may hinder gameplay.

Make sure you have enough room to play. Consider the space around you and watch out for shelves, doors, walls, pets, and above all, other people.

Enjoy playing **EYETOY: kinetic™** and stay in control!

FULL VISION LENS ATTACHMENT

EYETOY: kinetic™ uses a special 'Full Vision Lens' attachment, which allows you to see more of your body on-screen without moving too far away from your television.

The Full Vision Lens can be simply slipped over the existing camera lens of the EyeToy® USB Camera (for PlayStation®2), which can then be focused, as before, by rotating the manual focus ring.

WARNING: Choking hazard - small parts. Not for children under 3 years.

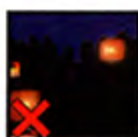
EYETOY® USB CAMERA (for PlayStation® 2)

LIGHTING RECOMMENDATIONS

The EyeToy® USB camera's ability to detect movement depends upon there being a significant difference in lighting between you and your background. Ideally, you should be lit from the front, as evenly as possible.



A single, central light of between 60 and 100 watts between you and your television should be sufficient. Any additional light pointing at you will also be beneficial.



If your on-screen image looks too dark, switch on all available lighting in the room and point them at you.



The red LED on the EyeToy® USB camera (for PlayStation®2) will blink if the room is too dark.



If your on-screen image looks too bright, close any curtains and use artificial light instead. Where artificial light is the primary source of illumination, concentrate all available light on you.

If possible, avoid low-energy bulbs and fluorescent tubes as these tend to flicker, which may be detected as movement by the EyeToy® USB camera (for PlayStation®2).

Do not setup the EyeToy® USB camera (for PlayStation®2) so that the camera is pointing directly towards a strong light source – for example, a window with direct sunlight streaming through it will affect the camera's initial calibration.

Even with daylight providing the primary light source, the introduction of any extra artificial light directed at you will always be beneficial.

So now that this is all clear, it is time to get started.

PLEASE NOTE: For additional options regarding improving lighting conditions, please see the Bright and Dim Room lighting options in the Lighting Conditions selection on pg. 20.

GETTING STARTED

PLEASE NOTE: Set up the EyeToy[®] USB camera (for PlayStation[®]2), following the instructions outlined earlier in this manual, so that you can stand comfortably within the on-screen player outline.

If you have a memory card inserted into memory card slot 1 which does not contain any **EyeToy: kinetic™** save data, you will be prompted to create an **EyeToy: kinetic™** data file. Wave your hand over "Confirm" to create a data file or wave your hand over "Cancel" to continue without saving. The Title Screen will be displayed. Wave your hand over "Start" to access the Main Menu.

PLEASE NOTE: If you do not create a data file, you will not be able to save any game settings, high scores or photo data.

USING MENU SCREENS

EyeToy: kinetic™ uses your body motion to activate objects and buttons on screen. The motion buttons can only be activated if they detect motion over a period of time. Indicators on the motion buttons will fill up as motion is applied.


Wave your hand over the motion button until the bar fills the button completely. You can also make menu selections by using an Analog Controller (DUALSHOCK[®]2) connected to controller port 1 - press **↑**, **↓**, **←** or **→** to highlight an option and press the **⊗** button to activate it. Return to the previous menu screen by pressing the **⬅** button.

GETTING READY TO EXERCISE

When you first access **EyeToy: kinetic™**, a short introduction will be displayed to help you get the best out of your EyeToy[®] USB Camera (for PlayStation[®]2). You'll also be reminded to ensure that the Full Vision Lens is attached. The **EyeToy: kinetic™** intro movie follows next; if you've seen it before you can skip it by pressing the **▶** button.

NOTE: You can also skip the title screens displayed on boot up by pressing the **⊙** button.

INTRODUCTION FROM MATT AND ANNA

Matt and Anna are your personal trainers, and before **εφετος kinetic™** begins, they'll give you a quick overview of the zones to help you get the most out of your exercise program. Again, press the  button if you wish to skip this introduction.

CHECK THE DATE AND TIME

If you want to undertake a 12 week training program in Personal Trainer mode, it is essential that the internal clock in your PlayStation®2 console is correctly configured. Check the date and time when prompted, and if necessary adjust the clock using the console's System Configuration menu.

READ THE HEALTH WARNING

Before playing **εφετος kinetic™** you must read the health warning that is displayed on screen. Once you've read and understood this warning, select 'Continue' to progress to the Main Menu.

MAIN MENU

Wave your hand steadily over the Main Menu option you wish to select. Choose from:

tutorials

options

routine builder

personal trainer

The Main Menu options listed above are explained in detail later in this manual.



ZONES AND EXERCISES

In both Routine Builder and Personal Trainer mode, the exercises in **ΕΥΕΤΟΥ: kinetic™** are divided into four themed zones:



Cardio Zone



Toning Zone



Combat Zone



Mind and Body Zone

Each zone is split into specific disciplines with varying levels of difficulty, designed to provide a holistic workout.

Exercises contained within the Cardio, Combat and Toning zones help to increase your overall fitness level.

In the Cardio Zone you'll workout in exercise routines that include movements and actions inspired by high energy choreographed aerobic sequences and modern dance.

Exercises in the Combat Zone utilize moves and stances from defense disciplines such as Tae Kwon Do, Kick Boxing and Karate.

The Toning Zone is where you'll find special lead and follow sequences designed to strengthen and tone specific muscle groups.

Exercises within the Mind and Body Zone take inspiration from Yoga and Tai Chi and help focus your breathing, concentration and flexibility, as well as aiding relaxation and body conditioning.

On-screen introductions are provided for all of the exercises in **ΕΥΕΤΟΥ: kinetic™**; further information on individual exercises can also be found in the **ΕΥΕΤΟΥ: kinetic™** User Guide.

PLAYER PROFILES

CREATING A NEW PROFILE

In order to use the Routine Builder or to work with a Personal Trainer, it is advised that you set up a player profile and save it to a memory card. To do this, select the 'Create New Profile' icon when prompted – this icon will be displayed automatically when you enter Personal Trainer mode or Routine Builder mode with no player profiles saved to a memory card.



Give your profile a name, input your weight and then take a photo of yourself so that the profile is instantly recognizable.

NOTE: The unit of measurement used to input weight can be toggled between Imperial (LB) and Metric (KB) by choosing 'Other Options' from the Options Menu. You may therefore wish to check that the unit of measurement is correctly set before attempting to set up a profile.

When it comes to taking photos, a viewfinder image is positioned in the center of the screen, so get yourself ready, double check that the EyeToy® USB Camera (for PlayStation®2) is accurately focused and select Take Photo. After a count of three, your picture will be taken – if it looks okay, select Yes to keep it; if you don't like it and want to try again, select Retake.

NOTE: You can also create additional player profiles at any time; simply use the left and right arrows to scroll through the profiles saved to the memory card and select the Create New Profile icon.

TUTORIALS

Select Tutorials from the Main Menu if you want a quick run through of any of the games in **εΥΕΤΟΥ: kinetic™**, or if you want to stretch or warm up for a workout. You can also have another look at Matt and Anna's introduction by selecting Information.

EXERCISE TUTORIALS

To learn about any of the routines in **εΥΕΤΟΥ: kinetic™**, first wave your hand over the left or right arrows to highlight the Cardio Zone, the Combat Zone or the Mind and Body Zone and then choose Select to display the list of individual exercises within that zone. Select an exercise by following the same procedure.

Matt and Anna will explain how each exercise works, so pay attention to both the on-screen demonstration and the audio instructions. You can end a tutorial at any point by selecting 'Exit'.

WARM UP AND STRETCH

For both the warm up and stretch options, there are three lengths of sequence to choose from, so wave your hand over the left or right arrows to highlight the Short Sequence, Medium Sequence or Long Sequence and choose Select. You can also choose which one of the four zone environments you wish to warm up or stretch in, and a music track (or silence if you'd prefer) to accompany you.

WARM UP/STRETCH SEQUENCE OPTIONS

□ button	Skip
○ button	Pause
△ button / R3 button	Exit
⊗ button	Change View
L1 button	Decrease Music Volume
R1 button	Increase Music Volume
L2 button	Mute Music
R2 button	Toggle Feedback On/Off

The above functions are also used for all sequences within the Toning Zone. The Yoga, Tai Chi and Meditation sequences within the Mind and Body Zone also feature these functions, except for Skip.

NOTE: Once Skip has been selected press the ↑ or ↓ directional buttons to choose the exercise you wish to undertake, and then press the ⊗ button.

ROUTINE BUILDER



Choose Routine Builder to have a go at any of the exercises in **εφετος kinetic™**, or to pick games and set up your own quick workout.

SELECT PROFILE

Before beginning a Routine Builder session you will be prompted to select a player profile that has been previously saved to the memory card. Highlight the left and right arrows to scroll through your saved profiles and select OK to choose one. If you don't yet have a profile saved to a memory card, see the 'Creating A New Profile' section of this manual. If you don't have a memory card, or don't wish to load a profile, select Play Without Profile to continue.

If you choose to workout without selecting a profile, no photograph will be displayed in-game and no information will be provided with regards to the number of calories you have burned or your Personal Best scores. Your name will also not be listed in the High Scores table.

PLAYERS

The Players screen allows you to add additional players in order to set up multiplayer games. If you are playing by yourself, just select Continue. Up to four players can participate; each player takes turns to have a go at any routine selected. Choose Add Another Player if you want to play with friends and they have their own profiles saved to the memory card in memory card slot 1. Select the profiles and choose Continue when all participating players are listed in the center of the screen. If you make a mistake, you can select Remove Player to delete a player profile from your game.

LOAD ROUTINE/NEW ROUTINE

Several pre-defined routines are available for you to select; choose 'Load Routine' and then decide which one you want to play through.

To set up your own routine, choose 'New Routine' and then begin building your routine by selecting a zone and an exercise. When the 'Routine Content' screen is displayed, you can choose to add another exercise to your routine, remove a game or begin your routine.

It is recommended that you add warm up and stretching sequences to your routine; if you wish to do so, select Yes when prompted. You will then be asked to choose an environment to exercise in and a music track.



ROUTINE BUILDER

SAVING A ROUTINE

After completing your routine, the Routine Results screen will be displayed. On this screen you can choose to 'Save Routine'. Once saved, your routine can be reloaded by selecting Load Routine as explained previously.

BEFORE EACH EXERCISE

After stretching, a Fact File screen will be displayed, giving some background information about the workout you are about to undertake. Matt or Anna will also talk you through the workout.

You can use this Fact File screen to change the difficulty level and to toggle the tutorials On or Off.

PERSONAL TRAINER MODE



Personal Trainer mode allows you to undertake a specially tailored 12 week training plan. Training plans are undertaken on one of three difficulty levels – the most suitable difficulty level for you will be ascertained before you start. Each training plan is comprised of a set number of routines which must be completed each week. By using the PlayStation®2 console's internal clock, Personal Trainer mode is able to chart your progress over time; this allows Matt and Anna to keep on top of your training program no matter where you are – if you try to skip a session, they'll know about it!

As you progress through your plan, your trainer will assess your performance and improvement and may alter the difficulty level of the workouts to help you get the best results.

NOTE: When you first begin Personal Trainer mode, your selected Personal Trainer will give you a quick introduction to the mode, including what you will see and what you can expect to achieve. Be sure to watch this introduction as it includes some important information about the flexibility of the program that will help you get the best out of it, while also fitting in to your lifestyle.

STARTING A TRAINING PLAN

Upon beginning Personal Trainer mode, you need to select or create a profile, as outlined earlier in this manual. When you re-enter Personal Trainer mode later you can simply select the same profile from those saved to the memory card.

To get the most out of your training plan, you also need to enter your height; along with your age and weight, this helps your Personal Trainer keep track of statistics referring specifically to you, such as the number of calories you have burned or your Personal Best and High Scores.

SELECTING YOUR PERSONAL TRAINER

Before your program can begin, you need to choose to work with either Matt or Anna. They are both great motivators, and will be on hand to expertly guide you through the next 12 weeks. You can also swap personal trainers at a later point if you wish.

After selecting your trainer, you next need to answer a few simple questions to help them set up the most appropriate program for you. They will need to ascertain your current activity level, EyeToy® experience and if you've had any recent injuries. Follow the on-screen instructions to pick the answers that best apply. If you agree with the training plan assessment, select 'Agree'; choose 'Disagree' to pick your own training plan difficulty level.

PERSONAL TRAINER MENU

After setting up or when re-entering the Personal Trainer mode as a selected profile, the Personal Trainer Menu will be displayed. The details of your plan are shown in the center of the screen and the following options are available:

Exit To Main Menu	Exit Personal Trainer mode
Options	Alter your profile information, change your trainer or view profile statistics
View Graphs	View and compare your results to gauge how well you are doing
Begin Routine	Begin the day's routine. You will be shown which games are to be played and given the opportunity to shuffle the selection of exercises, within certain parameters



cont.



PERSONAL TRAINER MODE

STARTING A ROUTINE

Before your day's exercise routine begins you can select an environment and music track, then it's time to join your personal trainer for a warm up.

The warm up is a sequence designed to prepare you for the forthcoming exercises, by warming the main muscle groups through gentle aerobic exercise. See the Warm Up And Stretch section earlier in this manual for further information.

GAME FACT FILES

Before each exercise is played, information about that particular exercise is displayed on screen. The 'Game Fact File' is also introduced by your trainer, who will provide information about the exercise's style and benefits of playing. This sequence can be skipped at any time. While the Fact File screen is displayed you can also choose to toggle the exercise tutorial On or Off.

TUTORIALS

Unless you opted to turn tutorials Off on the Fact File screen, your trainer will give you a quick demonstration of the exercise, and explain what you have to do, how to progress through the levels, and offer key tips about technique, movements and positioning. This sequence can be skipped at any time.

TRYING A ROUTINE

Exercises are played for a set time limit. Exercise routines from the Cardio Zone last 10 minutes, exercises from the Combat Zone last three minutes and games from the Mind and Body Zone last six minutes.

During a exercise routine, your profile photo, score, exercise level, completion of current level, time remaining and calories burned are displayed so you can see how well you are performing throughout. The higher the score you achieve without mistakes the greater the colored effects displayed around you will become.

IN-GAME OPTIONS

button

Pause

button

Increase Music Volume

button

Exit

button

Mute Music

button

Decrease Music Volume

button

Toggle Feedback On/Off

NOTE: If you press the button during a routine, two additional options will be displayed, 'Exit' and 'Resume'. Exit takes you to the results screen, while Resume allows continued play from your previous position.



EXERCISE RESULTS

After an exercise routine, a Results screen will give you some useful information, including a verdict on how well you performed, how many calories were burned plus relevant exercise routine specific statistics.

You can then choose to try the exercise once more if you believe you can better your performance. From the Results screen you can also view Progress Graph and Heart Rate information.

NOTE: Heart Rate information is not available in Mind and Body Zone as these routines are designed to calm and reduce stress rather than work your cardiovascular system.

OPTIONAL EXERCISE SEQUENCES

Once all exercises have been completed, you can also undertake any of three additional Toning Zone sequences, or Yoga, Tai Chi or Meditation sequences from the Mind and Body Zone. Each sequence has a different duration and is introduced by your trainer. These sequences are not compulsory and you will not be graded on them, but we recommend you give them a try to really get a great all around workout.

POST EXERCISE STRETCH

The stretch is a five minute sequence that warms down the core muscle groups, by gentle, consistent movements and stretching. As usual, your trainer will guide you through the stretches.

ROUTINE RESULTS

At the end of a day's routine your trainer will give you a verdict on your performance. The Routine Results screen additionally displays the names and scores achieved for the particular exercises you've played.

MISSING MULTIPLE PERSONAL TRAINER SESSIONS

If you miss five or more routines, the next time you return to **EyeToy: kinetic™** and try to undertake a routine you will be given the option to either begin your program again or continue with the current plan.

COMPLETING A PERSONAL TRAINER PROGRAM

Once you have completed your Personal Trainer mode training plan you can begin a new 12 week routine using the same profile. If you choose to do this you will repeatedly undertake weeks 9 to 12 of the next difficulty level's training plan.

For example if you have completed a Personal Training mode routine on the medium difficulty setting, you would begin a new 12 week training plan, continually cycling weeks 9 to 12, of the hard difficulty level.

OPTIONS

Choose Options from the Main Menu to alter various in-game settings; you can then save these settings to memory card, or load options settings you have already saved.

LOAD/SAVE

Select Save Options to overwrite the options data saved to memory card with your new options settings. When prompted, select 'Yes' to complete the save.

Choose Load Options to load alternative settings, previously saved to memory card.

EYETOY® USB CAMERA

Ensure that you get the clearest on-screen image by adjusting the following calibrations:

SET TO DIM / BRIGHT ROOM

If the on-screen image seems a bit dark, try selecting Set To Dim Room; this will slightly increase the camera's light intake, resulting in a brighter display. You can return to the original setting by selecting Set To Bright Room.

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FOCUS

Use the Focus option to manually adjust the focus of your EyeToy® USB Camera (for PlayStation®2). Follow the on-screen instructions to get the sharpest possible image.

SENSITIVITY SETTING

Adjust the sensitivity of your EyeToy® USB Camera (for PlayStation®2) by selecting either the left or right arrows. Choose the Low, Medium or High setting and select OK to confirm.

SCREEN POSITION

Follow the on-screen instructions to reposition the screen on your TV.

OTHER OPTIONS

UNITS: IMPERIAL (LB/IN) / METRIC (KG/M)

Toggle the system used to display height and weight information.

VOLUME

Use the left and right arrows to increase or decrease the volume of sound effects and music. Select OK to confirm your volume settings. You can also toggle feedback On and Off.

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beat freakz 'get out of my life' (original vocal mix)

M. Nieuwenhuizen/E.Laffleur/D. Siliakus. Published by MusicAllStars bv. Licensed from: Spinninrecords.nl.

4 strings

'turn it around' (extended mix)

Written by C. Resoort. Published by CR Music/MusicAllStars. Licensed from: Spinninrecords.nl.

the mystery 'fever' (original mix)

Written by R. van den Beuken / A. Veldman. Published by Floyd Music / MusicAllStars. Licensed from: Spinninrecords.nl.

clock 'overdrive' (original mix)

Written by R. van den Beuken / A. Veldman. Published by Floyd Music / MusicAllStars. Licensed from: Spinninrecords.nl.

ron van den beuken 'timeless' (ron van den beuken vocal mix)

Written by R. van den Beuken / A. Veldman. Published by Floyd Music / MusicAllStars. Licensed from: Spinninrecords.nl.

steve farris 'zgether' (club mix)

Written by M. Nieuwenhuizen/E.Laffleur/D. Siliakus/J. Loechel. Published by MusicAllStars bv. Licensed from: Spinninrecords.nl.

4 strings 'revelation'

Written by C. Resoort / J. Loechel. Published by CR Music/MusicAllStars bv. Licensed from: Spinninrecords.nl.

randy katana 'in silence' (ron van den beuken mix)

Written by S. Bonke / R. Joubert. Published by MusicAllStars bv. Licensed from: Spinninrecords.nl.

4 strings 'dying' (original vocal mix)

Written by C. Resoort / J. Loechel. Published by CR Music/MusicAllStars. Licensed from: Spinninrecords.nl.

sandler 'theme song' (original mix)

Written by S. Ketelaars. Published by MusicAllStars bv. Licensed from: Spinninrecords.nl.

JA Hartley feat. Lucie Cunningham 'out of time' (Richard Earnshaw mix)

Written by J. Hartley and L. Cunningham. Produced and arranged by JR Hartley. Additional remix and production by Richard Earnshaw for One51 Productions. Published by Duffnote Music. Record Label: Duffnote/CAT No. DUFF001.

mini coola presents 'spacejam'

(Richard Earnshaw mix)
Written by M. Horwood. Produced and arranged by M. Horwood for Mango Music. Additional remix and production by Richard Earnshaw for One51 Productions. Published by Duffnote Music. Record Label: Duffnote / CAT No. DUFF002

united soul feat. D.Empress 'paradise' (vocal mix)

Written by Diane Charlemagne, R. Earnshaw and E. Clery. Produced and Arranged by R. Earnshaw and E. Clery for One51 Productions. Published by Duffnote Music / Published by Chrysalis Music Ltd. Record label: Duffnote / CAT No. DUFF003

UJ Project feat. Lucie Cunningham 'you are my everything' (vocal mix)

Written by R. Earnshaw and L. Cunningham. Produced and arranged by R. Earnshaw for One51 Productions. Published by Duffnote Music. Record Label: Duffnote / CAT No. DUFF004

D.U.S.K. feat. Christine Bailey 'picture me falling' (K-bana club mix)

Written produced & arranged by Jim Urquhart. Additional remix and production by Chris Tomsett. Published by Duffnote Music. Record Label: Duffnote / Cat No. DUFF006

lawgierz (aka R kidz & nolze) 'up'

Written, Produced & Engineered by N. Ashcroft @ C? Studios, London. Published by Medley's Creek & Mutesong. Botchit Breaks / Cat No. BBV022. ISRC Code: GB BSP0400026

lawgierz (aka R kidz & nolze) 'mullet'

Written, Produced & Engineered by N. Ashcroft @ C2 Studios, London. Published by Medley's Creek & Mutesong. Record Label: Botchit and Scarper / Cat No: BOS2LP017 Part 3

atomic hooligan 'the highs and the lows'

Produced & written by M. Welch / T. Ryan @ Pod Studio, Watford. Vocals by M. Ataie. Publishing by Copyright Control. Record label: Botchit and Scarper / Cat No: BOS2LP017 Part 1.

atomic hooligan featuring sweet hustler 'shine a light' (introspective mix)

Written & Produced by M. Welch & T. Ryan @ Hooligan Diners, Watford. Vocals: Written & performed by Barnaby Wallace aka Sweet Hustler. Mixed & Engineered by M Welch, G Fleming (aka Wizard) & T Ryan. Tweaked by J Cat. Published by Copyright Control. Record label: Botchit and Scarper / Cat No. BOS2047.

Jason Sparks 'heroes'

Written & produced by Jason Sparks @ Sparks Studio, Herts. Published by Medley's Creek & Mutesong. Record Label: Botchit & Scarper. Taken from the 'Heroes & Villians' album - CAT No: Bos2cdlp019.

paiko & Frederik - 45 minutes (medway remix)

Written & produced by Sekander Raisani. Remix and additional production by Jesse Skeens. Published by Turnstile Publishing 2003. Licensed courtesy of Global Underground Ltd. gumusic@globalunderground.co.uk. © Global Underground Ltd. 2004. © Global Underground Ltd. 2004.

trafik - your light (luke chable's four to the floor dub)

Written and produced by Andrew Archer & John Elliott. Vocals by John Elliott. A Loft Studios Production. www.loftmusic.co.uk. Licensed courtesy of Global Underground Ltd. gumusic@globalunderground.co.uk. © Global Underground Ltd. 2004. © Global Underground Ltd. 2004.

MUSIC CREDITS

LUXH - chain'd (stonebridge club mix)

Written by Richard Hewson and mixed by Dan Dare. Produced by Shocking Music Productions (R & D Hewson). Vocals performed by Debbie Sharp. Additional production and remix by StoneBridge (StoneBridge Productions). www.stoneyboy.com Copyright Control. Publishing owned by Richard Hewson. Exclusively licensed to Born To Dance. © Born To Dance Records 2004 / www.borntodance.com.

skye - shades of blue

Writers: Anna Morris (40%) / Dan Hewson (40%) / Thierry Deneux (15%) / Alex L'Estrange (5%) / Anna Morris - Vocals, Violin. Dan Hewson - Keyboards, Beats, String Arrangement. Thierry Deneux - Guitars / Alex L'Estrange - Bass. Produced, written and mixed by Skye. Publishing owned by A.Morris & D.Hewson. Licensed to Born to Dance. © Born To Dance Records 2004 / www.borntodance.com.

skye - facing south.

Writers : Anna Morris (50%) / Dan Hewson (50%) / Anna Morris - Vocals, Rhodes / Dan Hewson - Keyboards, Beats. Produced, written and mixed by Skye. Publishing owned by A.Morris & D.Hewson. Licensed to Born to Dance. © Born To Dance Records 2004 / www.borntodance.com.

Lollo - Feuer blue

Written by: K. Avon, L. Falte. Produced By: Afreex for Chewattribution Productions. Recorded, Mixed & Mastered By: K. Avon at The Tribe Studios London. Copyright 2004 Chewattribution Productions/Succi Management.

uee - wake up

Written By: K. Avon, V. Lynch. Produced By: Afreex for Chewattribution Productions. Recorded, Mixed & Mastered By: K. Avon at The Tribe Studios London. Copyright 2004 Chewattribution Productions.

angel blue - flip the script

Written By: K. Avon/Eve. Recorded, Produced By: Afreex for Chewattribution Productions. Mixed & Mastered By: K. Avon at The Tribe Studios London. Copyright 2004 Chewattribution Productions.

atomic hooligan featuring. pav. 'head'

Written by M.Welch / T.Ryan / P.Sandhu. Produced by Atomic Hooligan. Vocals written and performed by Pav Sandhu. Published by copyright control. Record Label: Botchit and Scarper. www.atomichooligan.com / www.botchit.com.

atomic hooligan 'who stole monkeys clothes'

Written by M.Welch / T.Ryan. Produced by Atomic Hooligan. Published by copyright control. Record Label: Botchit and Scarper. www.atomichooligan.com / www.botchit.com.

atomic hooligan featuring justine berry 'spitball'

Written by M.Welch / T.Ryan / J.Berry. Produced by Atomic Hooligan. Vocals written and performed by Justine Berry. Vocal Scratching performed by Xander. Published by copyright control. Record Label: Botchit and Scarper. www.atomichooligan.com / www.botchit.com.

atomic hooligan featuring sweet hustler.

'pump friction'
Written by M.Welch / T.Ryan / B.Wallace. Produced by Atomic Hooligan. Vocals written and performed by Sweet Hustler. Additional production by Sweet Hustler. Published by copyright control. Record Label: Botchit and Scarper. www.atomichooligan.com / www.botchit.com.

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