x360 micoach online game manual table of contents

miCoach brings the fun and reward of a video game to your entire exercise life. Train in the comfort of your own home with an all-star training team from your favorite sport. Earn Fit Points and awards for every bit of exercise you do. Train at home, in the gym and outdoors, tracked by the latest motion tracking technology and portable fitness hardware. Wake up to a whole new community of friends and social network updates. It's your exercise world, available on your console, on the web or on your smartphone.

starting up

Each time you boot up the game, you will be taken to the 'Swipe to start' screen. On this screen you will need to position yourself so that the Kinect sensor can see you – use the video feed in the corner of the screen to check.
Raise your right hand to the circle and swipe left to progress. You will be identified, or asked to select which profile you wish to use. You will then be prompted to select which storage device you would like to save to.
You will now be asked if you want your account to be linked to an online miCoach profile.
We strongly recommend using the micoach.com website to get the most out of your training.
Go to micoach.com, create a profile there, then link it to your console profile using your Xbox Live ID and the 6 digit code given in-game.

voice commands during a workout

You can use the following voice commands to control miCoach while you're working out:

WHAT YOU CAN DO	HOW YOU DO IT: KINECT VOICE COMMAND	HOW YOU DO IT: KINECT WITHOUT VOICE COMMAND
Play a tutorial during an exercise	'miCoach' then 'show me'	Perform system gesture, then select 'Exercise Details' from the pause menu.
Skip an exercise while you're doing it.	'miCoach' then 'skip this'	Perform system gesture, then select 'Skip Exercise' from the pause menu.
Get more time on an exercise if you've stopped and your trainer is asking if you want to move on.	'miCoach' then 'more time'	Select the on-screen 'More Time' control (there will also be an on-screen 'Move On' control).
Pause the workout	'miCoach' then 'pause game'	Kinect system gesture to bring up the pause menu
Resume a workout after pausing OR when it has paused to let you change equipment	'miCoach' then 'resume'	Select 'Resume' from the pause menu
Move onto the next exercise after the trainer asks if you want to move on	'miCoach' then 'move on'	Select the on-screen 'Move On' control (there will also be an on-screen 'More Time' control).

user metrics

When you start up your first game you will be promoted to enter your gender, age, weight and height: this allows miCoach to more accurately calculate your calorie burn.

linking the game with micoach.com

When the game is played with a system account linked to an Xbox Live account, you can link your game to the micoach.com website if you choose to stay online. You can choose to link the game with the website the first time you sign into the game, or at any other time through the Game Options. To link the game, you simply have to select qto "create/link account" in the Game Options sections. You will then be given a 6 digit code, which you will need to enter into the "sharing" section of the micoach.com website, along with your Xbox Live ID.
Once both steps have been completed, your accounts will be linked. You can unlink your accounts at any time.

linking features

Linking the game with the micoach.com website allows you to:
- Manage your workouts on the web or through the game
- Track your progress for both web and game workouts
- Combine results
- Follow your friends, to see their results in the ticker at the bottom of the screen

logging activities

If you have, or are going to complete any activities outside of the miCoach system or micoach.com website, you can log them through the calendar. When you select a day and select 'Log Activity' you can choose from a long list of the most popular activities and select how long you did this for. The game will then calculate how many calories you will have burned during that activity. Calories burned during these activities count towards your Fit Points total, and will eventually allow you to unlock awards and medals.

workouts

This is where you will spend the majority of your time. When you first go into a workout, you will be presented with your training team, made up of 3 world class athletes. For some sports, you can change your team members by hovering over their name and selecting it. When you choose a new team member you will be shown a short video, introducing the new athlete.

training components

The first screen you will see when performing a standard workout breaks the workout down into Training Components, such as Movement Preparation, Pillar Preparation and Strength and Power. You can select any of these Training Components to complete individually, or you can complete the entire workout in one go.

circuits and sets

Each Training Component of a workout is broken down into circuits and sets. A circuit is a group of exercises and a set is how many times each circuit is repeated. Normally a circuit will contain multiple exercises, with 2 or 3 sets. The easy way to remember this is that a workout contains several Training Components; components contain several circuits, which can have multiple sets, which can have multiple exercises. The circuits, sets and exercises are shown on the Circuit Screen for the current workout along with the number of reps and any equipment needed.
On this screen you can select to start or skip exercises, change weights or view tutorials. If you do not interact with this screen it will continue into the current exercise automatically (but if a change of equipment is needed, the screen will wait until you continue, to ensure you're ready). You can use voice commands in the user interface, which can be useful when you're holding equipment: just say 'miCoach' then the name of the button your want to select.

weights

miCoach will automatically manage the weights you use for each exercise. It will ask you for a starting weight the first time you encounter a particular type of exercise (for example, a chest press). It will then calculate the weights you should use for other exercises of that type. During your first few workouts, you'll encounter lots of exercise types for the first time, so will need to give miCoach a starting weight for each: as you progress with your training miCoach will need less and less input from you. If you don't know what weight to start with, just select 'Don't know', and miCoach will start you off with a relatively low weight. You can always manually adjust your weights before an exercise or while you're doing it (just pause the game and use the 'Change Weights' option on the pause menu).

outdoor sections

miCoach workouts are designed to get you fit at home, but the team at Athlete's Performance have included outdoor portions that will take your training to the next level. If you have space you can use outside, you can opt to complete these portions for 'extra credit'. To do an outdoor portion, scan the QR code given on screen with a smartphone or similar device. You will then be taken to a PDF file containing instructions for the outdoor section. You can also view all these instructions in the game. After you scan the QR code and download the instructions, make sure you end the work out. The outdoor section counts towards your fitness points, reps and awards.

conditioning

Conditioning workouts are short cardio workouts that can be done separately from your workout plan. You can complete these by selecting "Conditioning" on the main menu, or by adding them as individual workouts through the calendar. These workouts are the only ones that feature training games. Training games played in this mode last for a fixed time and include just one scenario. More information on training games can be found in the "Training Games" section of this online manual. A conditioning workout will move through a number of Work, Rest and Training Game sections.

completing workouts

For a workout to be marked as 'complete' in your calendar, you need to have reached the end of the workout, even if you skipped some exercises. If you quit from a workout it will NOT be marked as complete: this allows you to do the workout later if you start a workout and then get interrupted before you can finish.

training games

Training games are motion controlled games based around Football, Basketball and Tennis. Each training game has 20 normal levels, which are played through in sequence and escalate in difficulty. You start with a fixed time on the clock and can add more time by scoring baskets in Basketball, scoring goals in Football and hitting bricks in Tennis. If you manage to complete all 20 levels (called scenarios) you play through a series of bonus levels, played in a random order for as long as you can keep time on the clock. When you start a training game you will always start at the first scenario and work your way through them, unless you enter a training game through a conditioning workout. When Training Games are played through conditioning workouts you only play a single (randomly-selected) scenario and you only play for a fixed time.

extras

In the extras section, you can visit the video gallery, view your statistics or see the awards you have earned. In the video gallery you can view the "This is miCoach" video, along with the intro and Masterclass videos for the athletes in the game. All intro videos will be unlocked from the start; Masterclasses are unlocked by doing 30 exercises with a particular athlete. The Masterclass videos contain tips from the professional athletes for their respective sport. As a bonus, Jose Mourinho also features in his very own Masterclass, which is unlocked by doing exercises with any athlete. Statistics shows a few choice statistics about your training. These can be both tracked (in game) and untracked (Logged activities or website workouts). Awards are split into two categories, collectables and medals. Collectables are only ever awarded once and can be thought of as extra achievements. Medals are repeatable and are awarded over and over again. When viewing a medal or collectable you will be able to see the criteria for unlocking it, the progress you have made towards achieving it and on medals you can see how many times it has been awarded. As awards and medals are given, a pop up will appear on screen informing you of the award.

tips

STABILITY BALLS AND DUMBELLS:
Some exercises use an adidas Core Stability Gym Ball to make you work harder and dumbbells to introduce resistance. If you have any of these, follow the trainer on the video in order to use them correctly when playing the game.

HOW TO REMOVE WORKOUT DATA FROM YOUR XBOX 360 CONSOLE
To delete a workout on micoach.com, go to Manage and select Schedule. See the guide **How to delete a workout** on micoach.com/support for more details If you ever want to remove your workout data from your Xbox 360 console, you can delete your saved miCoach game data using the Dashboard: all progress will be lost!
1. From Xbox Home, go to Settings and then select System.
2. Select Storage.
3. Select the storage device that contains the content you want to delete.
    Possible storage options:
    Hard Drive: Your console's hard drive.
    Cloud Saved Games: Storage space on our Xbox LIVE servers. For information about this, see Store your saved games in the cloud.
    USB Storage Device: A USB storage device plugged into your console.
    Memory Unit: A memory unit plugged into your original Xbox 360 console.
4. Select the type of content that you want to delete.
5. Select the item that you want to delete.
6. Select Delete.
7. Do one of the following: o If you're deleting content, confirm the deletion.

EDITING OR DELETING YOUR PROFILE WITHIN THE MICOACH CONSOLE GAME
You can change your height, weight, gender and age at any point by following these steps in the console game: Main Menu -> Options -> Game Options -> User Metrics. You can delete your height, weight, gender and age by deleting your saved data. All progress will be lost!

the athletes

TENNIS - ANDREA PETKOVIC

German Number 1 **Andrea Petkovic** was born in Bosnia and has been playing Tennis from the age of 6. Mentored by her father, she would often throw tantrums. She later focused her fiery energy and spirit to become one of the top female tennis players in the world and has gone on to win one WTA title and reach a career high ranking of #9.

TENNIS - ANA IVANOVIC

Since the age of 5 **Ana Ivanovic** has dreamed of being a Tennis star like her hero Monica Seles, whom she watched on the television in her native country - Serbia. Her hard work, training and dedication have helped her realize her dream and she is now one of the top female players in the world winning 10 tournaments, the highlight being the 2008 French Open.

TENNIS - FERNANDO VERDASCO

Tennis star **Fernando Verdasco** has been playing tennis since the age of 4 with his father at home in Madrid. This grounding proved invaluable as he has gone on to win 5 ATP titles, been part of the Spanish Davis Cup winning team twice and reached a career high of #7 in the world.

AMERICAN FOOTBALL - CJ SPILLER

Buffalo Bills running back **C.J. Spiller** is one of the fastest and most versatile young players in the game today and scored six touchdowns by ground and air last season. The top running back selected in the 2010 NFL Draft, the Bills selected Spiller out of Clemson after a record-breaking four year career. Spiller joined Reggie Bush as the only players in college football history with at least 3,000 rushing yards, 1,500 kickoff return yards, 1,000 receiving yards and 500 punt returns yards. During his career, Spiller was a consensus All-American and set more than 30 conference and school records in various categories including all-purpose yards and career touchdowns. A three-time All-American in track at Clemson, Spiller ran a blistering 4.27 40-yard dash at the 2010 NFL Combine.

AMERICAN FOOTBALL - ERIC BERRY

Kansas City's versatile and athletic safety **Eric Berry** has established himself as one of the top young defensive players in the NFL. A Pro Bowler in his rookie year, Berry started every game, led the Chiefs in interceptions and finished second in tackles. Berry joined Kansas City as the 5th overall selection in the 2010 NFL Draft after an amazing career at the University of Tennessee where he was a consensus All-American and Jim Thorpe Award winner, given to the nation's top defensive back

AMERICAN FOOTBALL - VON MILLER

Denver linebacker **Von Miller** burst onto the NFL scene in 2011 and established himself as one of the most explosive defensive players in the game. After an 11.5 sack rookie season, the Broncos' defensive rock was named a Pro Bowl starter and earned Defensive Rookie of the Year honors. The 2nd overall selection in the 2011 NFL Draft out of Texas A&M, Miller earned the Butkus Award, given to the nation's top linebacker, was a consensus first-team All-American and finished his Aggies career with more than 33 sacks.

the athletes

FOOTBALL - JOZY ALTIDORE

Jozy Altidore is known all over the world as a world class football player. Born from Haitian parents in New Jersey, he was then raised in Florida and has gone on to play for British and Spanish teams as well as the USA in the Olympics and World Cup. He was the youngest player ever to start in a Major League playoff game and the youngest US Player to score a hat trick in an international game.

FOOTBALL - KAKA

Ricardo Izecson dos Santos Leite is known to most people as **Kaka**, and plays as a Midfielder for Real Madrid as well as the Brazilian National Team. He's been playing football since he was 8 years old, professionally since he was 18. He won the FIFA World Cup with Brazil when he was just 20. He's also played for AC Milan and was awarded in 2007 the FIFA World Player of the Year, UEFA Club Footballer of the Year and the Ballon D'Or. It hasn't all been glory though: at 18 he suffered from a potentially career-ending spinal injury, but after a lot of hard work and dedication he recovered back to top form.

FOOTBALL - GARETH BALE

Gareth Bale is a pacy and skillful left footed winger for Tottenham Hotspur and also for the Welsh national squad. He got spotted by Southampton when he was still at school and played for them when he was just 16 until he moved to Spurs in 2007. He's also played for his country since 2006 and is the youngest player ever to turn out for Wales, as well as the youngest ever to score a goal for the team. In 2011 Gareth was in the UEFA team of the year and was voted 'PFA Player Of The Year' by his peers to cap a remarkable season for him.

FOOTBALL - MANUEL NEUER

Manuel Neuer is one of the best goalkeepers in the world. He started off his international career playing for the German Under 21 team to win the European Championship, and later progressed to the senior national squad in 2009. He was named Germany's Footballer of the Year in 2011. Manuel has won the German Cup in 2011 and is currently goalkeeper for Bayern Munich.

BASKETBALL - DWIGHT HOWARD

Dwight Howard overcame many obstacles to get where he is today. As a youngster he dreamed of being number 1 in the NBA Draft, but was told by people that he was too short and skinny to ever play basketball. He wrote down his goals and read them every morning. His dream later became true when he was drafted to the Orlando Magic. He is the first player in history to be awarded Defensive Player of the year three consecutive years and attained Olympic Gold at the 2008 Beijing Olympics.

BASKETBALL - JOSH SMITH

Josh Smith, AKA J-Smoove plays as a forward for the Atlanta Hawks in Georgia, where he was born and raised. During his rookie year he won the Slam Dunk contest. Three years later he became the youngest player to block 500 shots: after another 3 years he became the youngest player to have blocked 1000 shots. If you need someone to swat shots, pressure the ball and score in transition, J-Smoove is your man.

the athletes

BASKETBALL - JRUE HOLIDAY

Philadelphia 76er star **Jrue Holiday** got to where he is through hard work and dedication. He played varsity all four years of high school, leading Campbell hall to a state title and receiving the Gatorade Player of the Year in 2008. Before the 2009 NBA Draft he played for UCLA as a shooting guard.

RUGBY - MA'A NONU

Ma'a Nonu plays Rugby for the Auckland Blues in New Zealand as well as the notorious New Zealand national team - The All Blacks. It's been said that he is the best linebreaker in the country, a talent he uses to create fast free-flowing balls and win games.

RUGBY - WILL GENIA

Will Genia plays half-back, or scrum half, for the Queensland Reds. Since 2009 he also played rugby union for Australia. In his first European game with the Wallabies he picked up the Man of the Match award, and beat England 18-9. In 2011 the Queensland Reds won the Australian Conference title and Will was named Super Rugby Player of the year.

TRACK AND FIELD (RUNNING) - TYSON GAY

Tyson Gay is the fastest American track and field sprinter in history. Not surprising since he comes from a family of runners and has been training from an early age. At the 2007 world championships he went on to win the gold medal for the 100 metres, 200 metres and the 4x100 metres relay.

TRACK AND FIELD (RUNNING)- JESSICA ENNIS

Jessica Ennis showed promise as a heptathlete and pentathlete from an early age. She started when she was 9 years old, trying all the events at a summer camp. When she reached the age of 16 she took things more seriously and has never looked back. She has won gold medals at the IAAF World Championships, IAAF Indoor World Championships and the European Athletics Championships.

BONUS FEATURE: MOURINHO MASTERCLASS - JOSE MOURINHO

Jose Mourinho is also known as "The Special One", and not without good reason. He's won titles at every club he coached and has been named the world's best football manager for several years, including the FIFA Ballon D'Or Award. Confident, ambitious and a dream maker, José Mourinho is close to perfection. Bright and with an above average tactical understanding of the game, he is able to take the maximum performance from each player.

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Thanks To
Curtis Barnes
David Sapienza
The Hall
James Cheetham
Isobar

Special Thanks To:
Our families for their understanding during the development of this game

Dedicated To Edward Logan Alexander

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CONNECTING

Before you can use Xbox LIVE, connect your Xbox 360 console to a high-speed Internet connection and sign up to become an Xbox LIVE member. For more information about connecting, and to determine whether Xbox LIVE is available in your region, go to www.xbox.com/live/countries.

FAMILY SETTINGS

These easy and flexible tools enable parents and caregivers to decide which games young game players can access based on the content rating. Parents can restrict access to mature-rated content. Approve who and how your family interacts with others online with the Xbox LIVE service, and set time limits on how long they can play. For more information, go to www. xbox.com/familysettings.

HOW TO GET HELP WITH KINECT

Learn More on Xbox.com
To find more information about KINECT, including tutorials, go to www.xbox.com/support.

⚠ Playing KINECT Safely

Make sure you have enough space so you can move freely while playing. Gameplay with KINECT may require varying amounts of movement. Make sure you won't hit, run into, or trip over other players, bystanders, pets, furniture, or other objects when playing. If you stand or move during gameplay, you need good footing.

Before playing: Look in all directions (right, left, forward, backward, down, and up) for things you might hit or trip over. Be sure your play area is far enough away from windows, walls, stairs, etc. Make sure there is nothing you might trip on—for example, toys, furniture, loose rugs, children, pets, etc. If necessary, move objects or people out of the play area. Don't forget to look up—be aware of light fixtures, fans, or other objects overhead when assessing the play area.

While playing: Stay far enough away from the television to avoid contact. Keep enough distance from other players, bystanders, and pets—this distance may vary between games, so take account of how you are playing when determining how far away you need to be. Stay alert for objects or people you might hit or trip on—people or objects can move into the area during gameplay, so you should always be alert to your surroundings.

Make sure you always have good footing while playing. Play on a level floor with enough traction for the game activities, and make sure you have appropriate footwear for gaming (no high heels, flip flops, etc.) or are barefoot if appropriate.

Before allowing children to use KINECT: Determine how each child can use KINECT and whether they should be supervised during these activities. If you allow children to use KINECT without supervision, be sure to explain all relevant safety and health information and instructions. **Make sure children using KINECT play safely** and within their limits, and make sure they understand proper use of the system.

To minimize eyestrain from glare: Position yourself at a comfortable distance from your monitor or television and the KINECT sensor; place your monitor or television and KINECT sensor away from light sources that produce glare, or use window blinds to control light levels; choose soothing natural light that minimizes glare and eyestrain and increases contrast and clarity; and adjust your monitor's or television's brightness and contrast.

Don't overexert yourself. Gameplay with KINECT may require varying amounts of physical activity. Consult a doctor before using KINECT if you have any medical condition or issue that affects your ability to safely perform physical activities or if: You are or may be pregnant; you have heart, respiratory, back, joint, or other orthopedic conditions; you have high blood pressure or difficulty with physical exercise; or you have been instructed to restrict physical activity. Consult your doctor before beginning any exercise routine or fitness regimen that includes KINECT. Do not play under the influence of drugs or alcohol, and make sure your balance and physical abilities are sufficient for any movements while gaming.

Stop and rest if your muscles, joints, or eyes become tired or sore. If you experience excessive fatigue, nausea, shortness of breath, chest tightness, dizziness, discomfort, or pain, STOP USING IMMEDIATELY, and consult a doctor.

See the Healthy Gaming Guide at **www.xbox.com** for more information.