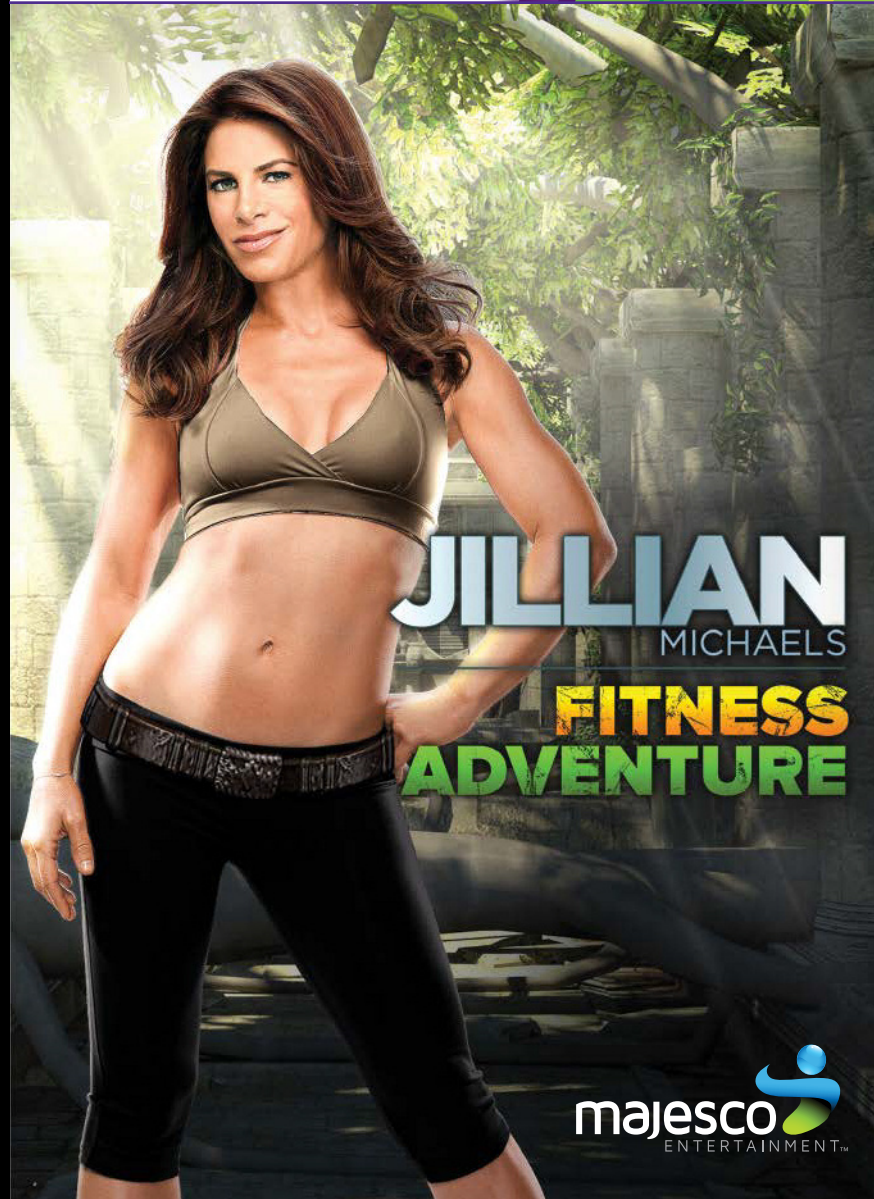


XBOX 360

KINECT™



JILLIAN
MICHAELS
FITNESS
ADVENTURE

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majesco
ENTERTAINMENT™

WARNING Before playing this game, read the Xbox 360® console instructions, KINECT sensor manual, and any other peripheral manuals for important safety and health information. Keep all manuals for future reference. For replacement hardware manuals, go to www.xbox.com/support or call Xbox Customer Support.

For additional safety information, see the inside back cover.

Important Health Warning About Playing Video Games

Photosensitive seizures

A very small percentage of people may experience a seizure when exposed to certain visual images, including flashing lights or patterns that may appear in video games. Even people who have no history of seizures or epilepsy may have an undiagnosed condition that can cause these “photosensitive epileptic seizures” while watching video games.

These seizures may have a variety of symptoms, including lightheadedness, altered vision, eye or face twitching, jerking or shaking of arms or legs, disorientation, confusion, or momentary loss of awareness. Seizures may also cause loss of consciousness or convulsions that can lead to injury from falling down or striking nearby objects.

Immediately stop playing and consult a doctor if you experience any of these symptoms. Parents should watch for or ask their children about the above symptoms—children and teenagers are more likely than adults to experience these seizures. The risk of photosensitive epileptic seizures may be reduced by taking the following precautions: Sit farther from the screen; use a smaller screen; play in a well-lit room; do not play when you are drowsy or fatigued.

If you or any of your relatives have a history of seizures or epilepsy, consult a doctor before playing.

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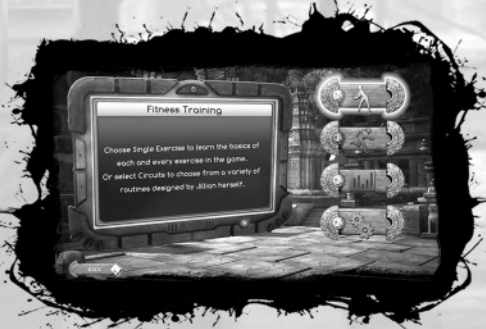
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CONTROLS



MAIN MENU



Menu Navigation

Left Hand
Swipe to the right to go Back

Right Hand
Navigate/Swipe to the left to Proceed

CREATE A PROFILE

Profile Create

Create your personal profile here.
Enter in your Gender, Age, Height and Weight.

HEADS UP DISPLAY



FITNESS TRAINING

Single Exercises

Choose from more than 60 exercises to learn proper form and technique. Plus there are 4 extra exercises that can be selected when choosing a Warm-up.

Circuits

Select from ten predefined circuits with 12 exercises each that have been handpicked by Jillian to give you the best overall experience and results based on your personal goals. Or create and save a custom built circuit by choosing from any of the exercises within the game.



FITNESS ADVENTURE

Trek into a mysterious temple with Jillian as your guide. Run in place to navigate through the temple. The faster you run in place, the faster you run in game. Be quick and avoid traps and perils deep inside the temple. Choose between 58 exciting levels, each containing 4 randomized exercises pulled from the 71 learned in Fitness Training mode.

Bonus Medallions: When running, pick up medallions by sticking your arms out to your side or above your head. The green medallions are good and will lower your final time. Watch out for the red medallions these are bad and will add to your final time!

Statistics

View your personalized Fitness Calendar and gain access to Online Leaderboards.

Fitness Calendar

Review your performance on completed workouts and preview or change upcoming scheduled workouts in your training plan. See the number of Adventure Levels, Training Circuits, and Single Exercises completed, calories burned, and how much time you've put into each.

Leaderboards

Compare your Fitness Adventure scores and times with other players around the world via Xbox LIVE.

Options

Adjust Audio and Video settings, Kinect Tuner, and view Credits.

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XBOX LIVE

Xbox LIVE® is the online game and entertainment service for Xbox 360®. Just connect your console to your broadband Internet service and join for free. You can get free game demos and instant access to HD movies (sold separately)—with KINECT, you can control HD movies with the wave of a hand. Upgrade to an Xbox LIVE Gold Membership to play games online with friends around the world and more. Xbox LIVE is your connection to more games, entertainment, and fun. Go to www.xbox.com/live to learn more.

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.

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