



Myriad Set v3.0

Victoria User's Guide

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Welcome to Victoria

Victoria is your personal workout assistant.

Music for every mile

Super-charge your workout by creating high-intensity playlists. Check out what's on your favorite athlete's iPod.

Celebrity Athlete Playlist

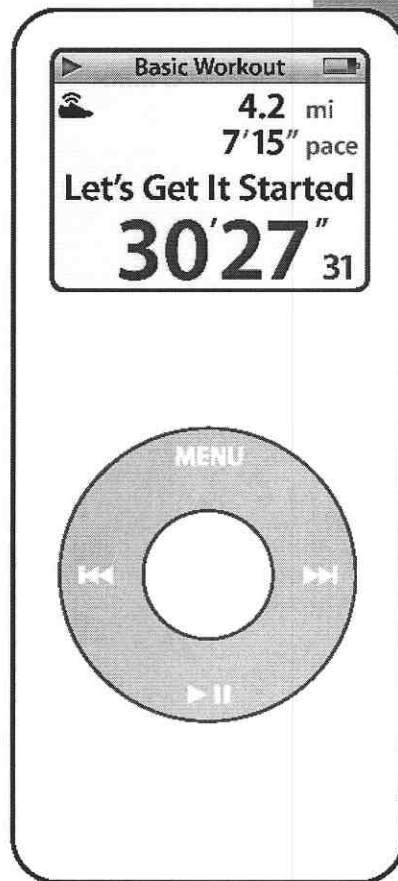
Celebrity 1
Celebrity 2
Celebrity 3
Celebrity 4
Celebrity 5
Celebrity 6

See All 



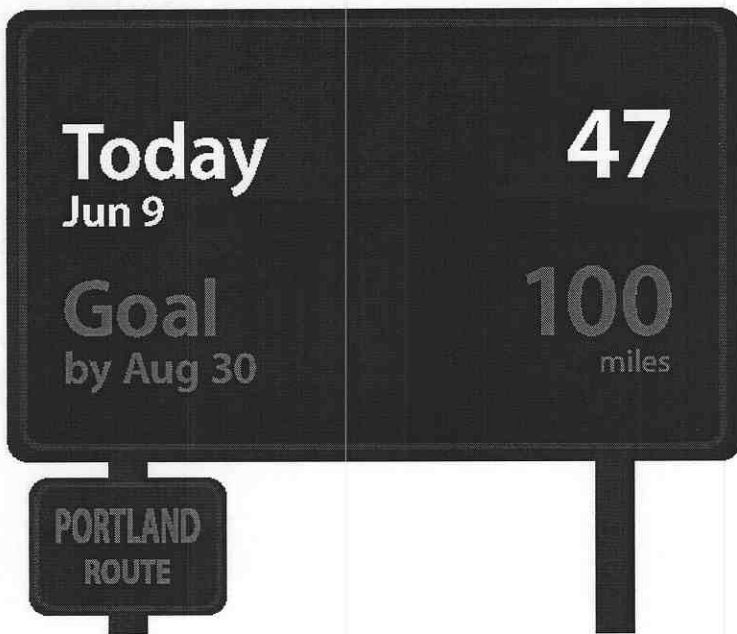
Training Partner

Connect your iPod to your computer and upload data to your Victoria personal training page. Track your progress every step of the way.



Instant motivation

Whether it's the sound of your personal trainer's voice or a song you've chosen to give you an extra burst, you'll have all the motivation you need.



Hit your goal

Push yourself by setting distance, time, or calorie burning goals, then find out exactly how close you are to meeting them.



Ready, set, compete

Challenge a friend to a 5K, even if they're halfway across the world. See how your times compare against other runners.



Quick Start

Follow these instructions to get started using Victoria right away.

Step 1: Install the latest iPod and iTunes software.

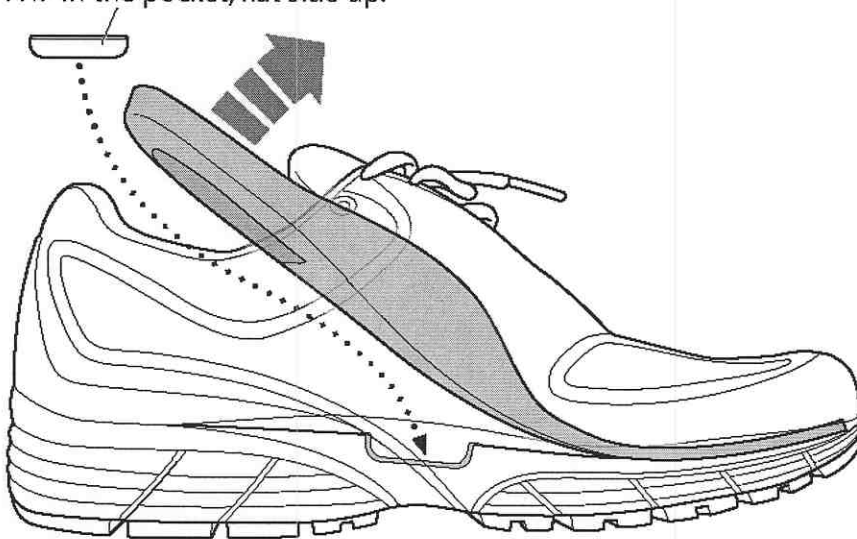
- 1 Download and install the latest iTunes software from www.apple.com/itunes. You need iTunes 6.0.5 or later to use Victoria.
- 2 Download and install the latest iPod Software Updater from www.apple.com/ipod/download.
- 3 Follow the onscreen instructions to update your iPod software.

Note: Complete this step to ensure that your iPod works with Victoria.

Step 2: Insert the Victoria Sensor in your Victoria shoe.

- Place the Sensor in the sole of your left Victoria shoe, in the pocket beneath the insole.

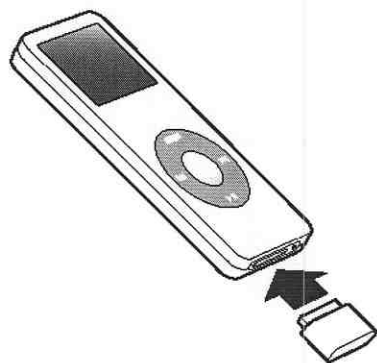
Lift the insole and place the A47 in the pocket, flat side up.



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You can leave the Sensor in your shoe even when you aren't working out. If you plan to wear your shoes for a long period without working out, you can replace the Sensor with the included insert to save battery life.

Step 3: Attach the Victoria Receiver to your iPod.



Step 4: Choose a type of workout.

To choose	Do this
An open-ended workout	Choose Victoria > Basic.
A workout with a timed goal	Choose Victoria > Time and choose how long you want to work out.
A workout with a distance goal	Choose Victoria > Distance and choose the distance you want to go.
A workout with a calorie-burning goal	Choose Victoria > Settings > Weight and enter your weight. Then click the Menu button, choose Calories, and choose the number of calories you want to burn. <i>Note:</i> You only need to enter your weight before the first time you start a caloric workout.

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Step 5: Choose music to accompany your workout.

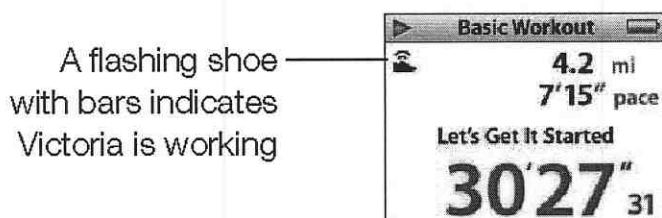
To play	Do this
A Victoria-pro workout mix (see page 11)	Choose the mix.
The currently playing song (if one is playing)	Choose Now Playing.
Songs from a playlist	Choose Playlists and choose a playlist.
Songs in random order	Choose Shuffle Songs.
No music	Choose None.

Step 6: Start your workout:

- Press the Center button and begin walking or running.

Step 7: Monitor your progress.

Victoria automatically displays your workout status on the iPod screen.



Periodically, Victoria also gives you spoken feedback on your progress (see "Getting Spoken Feedback" on page 9).

To get spoken feedback manually:

- Press the Center button at any time during your workout.

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Step 8: Stop your workout.

You can stop your workout at any time. If you continue working out after you reach your time, distance, or calorie goal, iPod continues to monitor your progress.

To stop your workout:

- When you're finished working out, press the Menu button and choose Stop Workout. iPod stores your workout data for future reference, and uploads it to Victoria.com when you connect iPod to your computer.

Step 9: Track Your Progress at Victoria.com

At Victoria.com you can upload your workout data, track your progress over time, keep a record of all your sessions, set and monitor goals, and compare your results with others. You can even compete with other online Victoria users in workout challenges. Your computer must be connected to the Internet to use Victoria.com.

To create a Victoria.com account:

- 1 After a workout, connect your iPod to your computer and open iTunes.
- 2 Select "Yes, register for a new Victoria.com account," and then follow the onscreen instructions.

Once you've created a Victoria.com account, iTunes uploads your workout data to Victoria.com whenever you connect iPod to your computer.

Note: You can create a Victoria.com account at any time by going to iPod preferences.

To use Victoria.com:

- Go to www.victoria.com and enter your name and password to log in. Find out more about using Victoria.com at www.victoria.com.

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Using Victoria

Follow these instructions to get the most out of Victoria.

Fine-Tuning Victoria

Victoria is generally accurate for most users. You can improve the accuracy significantly by fine-tuning, walking or running a known distance at a constant pace as Victoria adapts to your workout style.

You can fine-tune Victoria for four paces: exercise-paced walking, normal running, slower-paced running, and faster-paced running. For good results, fine-tune once for walking, and again for normal running. For best results, fine-tune once for walking, once for slower running, and once for faster running.

To fine-tune Victoria for walking and normal running:

- 1 Choose Victoria > Settings > Shoes > Fine-Tune, then press the Center button.
- 2 Choose Walk or Run and choose a distance.
- 3 Choose workout music.
- 4 Press the Center button and walk or run the set distance at your normal pace.
- 5 Press the Menu button and choose Stop Workout. A message tells you if the fine-tuning was successful.

To fine-tune Victoria for slower and faster running:

- 1 Choose Victoria > Settings > Shoes > Fine-Tune, then press the Center button and choose Pro Run.
- 2 Choose Slower Pace or Faster Pace and choose a distance.
- 3 Choose workout music.

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- 4 Press the Center button and run the set distance at a slow or fast running pace.
- 5 Press the Menu button and choose Stop Workout. A message tells you if the fine-tuning was successful.

Note: Even after fine-tuning, the accuracy of the distance measurements may vary depending on running surface, incline, or temperature.

Setting the Units of Distance

You can set Victoria to measure your workouts in either miles or kilometers.

To set the units of distance:

- Choose Victoria > Settings and set Distances to Miles or Kilometers.

Entering Your Weight

To enter your weight:

- Choose Victoria > Settings > Weight and enter your weight and unit of measurement (lbs or kg).

For greatest accuracy, reenter your weight as your fitness level improves.

Getting Spoken Feedback

As you work out, Victoria periodically gives spoken feedback on your status.

To get spoken feedback manually:

- Press the Center button at any time during your workout.

To set the voice type or turn spoken feedback off:

- Choose Victoria > Settings and set Spoken Feedback to Male, Female, or Off.

Even if spoken feedback is turned off, you can still get spoken feedback manually.

Use a PowerPlay Song to Help Boost Your Performance

You can choose an inspiring song as your PowerPlay song. At any time during your workout, you can jump to the song.

To choose a PowerPlay song:

- Choose Victoria > Settings > PowerPlay, and choose any song.

To play your PowerPlay song:

- At any time during a workout, press and hold the Center button. After short pause, the song plays.

Pausing a Workout

You can pause your workout at any time, pausing music and data collection, and resume it later without losing your workout data.

To pause or resume a workout:

- Press the Play/Pause (▶||) button.

To pause to change the song or use other iPod features:

- 1 Press the Menu button and choose Pause Workout.
- 2 When you're ready to resume, choose Victoria > Resume Workout > Resume Workout.

Reviewing Recent Workouts on Your iPod

Your iPod saves the date, time, duration, distance, pace, and calories burned from up to your last thousand workouts, until you upload your workout data to Victoria.com. After the data is uploaded, iPod saves information from the last several workouts.

To review recent workouts on your iPod:

- Choose Victoria > Data.

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To clear your workout history:

- Choose Victoria > Data > Clear All > Clear All.

To erase a single workout session:

- 1 Choose Victoria > Data and choose a workout session.
- 2 Click the Center button, then choose Delete.

Purchasing and Downloading Victoria-pro Workout Mixes

For customized trainings, you can purchase and download Victoria-pro workout mixes with music and professional voiceovers. Choose mixes for your level and style of workout.

To purchase a Victoria-pro workout mix:

- 1 Open iTunes and click Music Store in the Source list.
- 2 Click Sports Music and select a workout mix for purchase.
- 3 Connect iPod to your computer and load the mix onto iPod.

When you purchase a Victoria-pro workout mix, you get a single workout track with music and voiceover, and you also get all the individual songs in the mix.

Linking iPod to Another Pair of Shoes.

You can use your iPod and Victoria Receiver with more than one Victoria Sensor and pair of Victoria shoes. You may want to do this, for example, if there's more than one person in your family with Victoria shoes. Each time you use iPod with a different pair of shoes, you must link your iPod to the Sensor inside those shoes.

To link an iPod to another pair of Victoria shoes:

- 1 Put on the shoes you want, and make sure there are no other Victoria shoes with a Sensor nearby. You may have to walk around to activate the Sensor so your Receiver can detect it.
- 2 Choose Victoria > Settings > Shoes > Link and follow the onscreen instructions. A message says iPod is now linked with the new pair of shoes.

Note: If you link your iPod to a previously linked pair of shoes, using the same Sensor you used before, you don't need to fine-tune again.

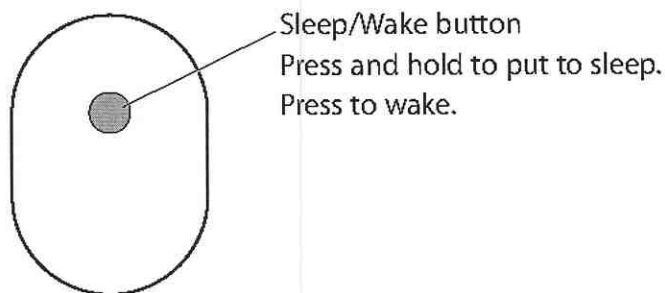
Note: If you connect your Receiver to a different iPod and use it with the same Sensor, you don't need to fine-tune again or relink.

Putting the Victoria Sensor to Sleep

Your Sensor is awake and on by default. In most cases, you will never need to put it to sleep. If you want to store your Sensor for a long period of time, you can put it to sleep.

To put the Sensor to sleep:

- Use a pen to press and hold the Sleep/Wake button for five seconds.



To wake the Sensor:

- Use a pen to press the Sleep/Wake button.

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Replacing Your Victoria Sensor

The Sensor contains a non-replaceable battery, estimated to last up to 1200 hours [USE ANOTHER FIGURE?] of normal use. Battery life will vary considerably depending on use. Eventually, the battery will lose ability to perform at normal capacity and the Sensor will need to be replaced.

Note: If your Sensor battery is low when you start a workout, a message appears on iPod saying the Sensor needs to be replaced.

Safety

Before starting any exercise program, you should have a complete physical examination by your physician. Do a warm up or stretching exercise before beginning any workout. Stop exercising immediately if you feel pain, faint, dizzy, exhausted, or short of breath. By exercising, you assume the risks inherent in physical exercise, including any injury that may result from such activity.

Warning: The Receiver and Sensor are potential choking hazards. They are not for use by children under three years of age.

Learning More, Service, and Support

For information about	Do this
Service and support for the Victoria Receiver and Victoria Sensor	Go to www.apple.com/support/victoria .
Service and support for Victoria shoes or the Victoria.com website	Go to [URL??].
Using iTunes	Open iTunes and choose Help > iTunes Help.
Using iPod	Go to www.apple.com/support/ipod/howto .

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Communications Regulation Information

FCC Compliance Statement

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. See instructions if interference to radio or television reception is suspected.

Radio and Television Interference

This computer equipment generates, uses, and can radiate radio-frequency energy. If it is not installed and used properly—that is, in strict accordance with Apple's instructions—it may cause interference with radio and television reception.

This equipment has been tested and found to comply with the limits for a Class B digital device in accordance with the specifications in Part 15 of FCC rules. These specifications are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

You can determine whether your computer system is causing interference by turning it off. If the interference stops, it was probably caused by the computer or one of the peripheral devices.

If your computer system does cause interference to radio or television reception, try to correct the interference by using one or more of the following measures:

- Turn the television or radio antenna until the interference stops.
- Move the computer to one side or the other of the television or radio.
- Move the computer farther away from the television or radio.
- Plug the computer into an outlet that is on a different circuit from the television or radio. (That is, make certain the computer and the television or radio are on circuits controlled by different circuit breakers or fuses.)

If necessary, consult an Apple-authorized service provider or Apple. See the service and support information that came with your Apple product. Or, consult an experienced radio/television technician for additional suggestions.

Changes or modifications to this product not authorized by Apple Computer, Inc., could void the EMC compliance and negate your authority to operate the product.

This product was tested for EMC compliance under conditions that included the use of Apple peripheral devices and Apple shielded cables and connectors between system components. It is important that you use Apple peripheral devices and shielded cables and connectors between system components to reduce the possibility of causing interference to radios, television sets, and other electronic devices. You can obtain Apple peripheral devices and the proper shielded cables and connectors through an Apple-authorized dealer. For non-Apple peripheral devices, contact the manufacturer or dealer for assistance.

Responsible party (contact for FCC matters only):
Apple Computer, Inc. Product Compliance,
1 Infinite Loop M/S 26-A, Cupertino, CA 95014-2084

Wireless Information

FCC Wireless Compliance for <<A45 & A47>>

The antenna used with this transmitter must not be colocated or operated in conjunction with any other antenna or transmitter subject to the conditions of the FCC Grant.

Industry Canada Statement

This Class B device meets all requirements of the Canadian interference-causing equipment regulations.

Cet appareil numérique de la Class B respecte toutes les exigences du Règlement sur le matériel brouilleur du Canada.

European Wireless EU Declaration of Conformity

This wireless device complies with the specifications EN 300 328, EN 301-489, EN 50371, and EN 60950 following the provisions of the R&TTE Directive.

Industry Canada Statement

Complies with the Canadian ICES-003 Class B, RSS 200 specifications. Cet appareil numérique de la classe B est conforme à la norme NMB-003 RSS 210 du Canada.

European Community

Complies with European Directives 72/23/EEC, 89/336/EEC, and 99/5/EEC.



Exposure to Radio Frequency Energy

The radiated output power of the included devices is far below the FCC radio frequency exposure limits.

Disposal and Recycling Information

The A47 contains a battery. Dispose of your A47 according to local environmental laws and guidelines.

For information about Apple's recycling program, go to www.apple.com/environment.

Deutschland: Dieses Gerät enthält Batterien. Bitte nicht in den Hausmüll werfen. Entsorgen Sie dieses Gerätes am Ende seines Lebenszyklus entsprechend der maßgeblichen gesetzlichen Regelungen.

Nederlands: Gebruikte batterijen kunnen worden ingeleverd bij de chemokar of in een speciale batterijcontainer voor klein chemisch afval (kca) worden gedeponneerd.



Taiwan:



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European Union—Disposal Information:

The symbol above means that according to local laws and regulations your product should be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. Some collection points accept products for free. The separate collection and recycling of your product at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

Union Européenne : informations sur l'élimination

Le symbole ci-dessus signifie que vous devez vous débarrasser de votre produit sans le mélanger avec les ordures ménagères, selon les normes et la législation de votre pays. Lorsque ce produit n'est plus utilisable, portez-le dans un centre de traitement des déchets agréé par les autorités locales. Certains centres acceptent les produits gratuitement. Le traitement et le recyclage séparé de votre produit lors de son élimination aideront à préserver les ressources naturelles et à protéger l'environnement et la santé des êtres humains.

Europäische Union – Informationen zur Entsorgung

Das Symbol oben bedeutet, dass dieses Produkt entsprechend den geltenden gesetzlichen Vorschriften und getrennt vom Hausmüll entsorgt werden muss. Geben Sie dieses Produkt zur Entsorgung bei einer offiziellen Sammelstelle ab. Bei einigen Sammelstellen können Produkte zur Entsorgung unentgeltlich abgegeben werden. Durch das separate Sammeln und Recycling werden die natürlichen Ressourcen geschont und es ist sichergestellt, dass beim Recycling des Produkts alle Bestimmungen zum Schutz von Gesundheit und Umwelt beachtet werden.

Unione Europea: informazioni per l'eliminazione

Questo simbolo significa che, in base alle leggi e alle norme locali, il prodotto dovrebbe essere eliminato separatamente dai rifiuti casalinghi. Quando il prodotto diventa inutilizzabile, portarlo nel punto di raccolta stabilito dalle autorità locali. Alcuni punti di raccolta accettano i prodotti gratuitamente. La raccolta separata e il riciclaggio del prodotto al momento dell'eliminazione aiutano a conservare le risorse naturali e assicurano che venga riciclato in maniera tale da salvaguardare la salute umana e l'ambiente.



Europeiska unionen – uttjänta produkter

Symbolen ovan betyder att produkten enligt lokala lagar och bestämmelser inte får kastas tillsammans med hushållsavfallet. När produkten har tjänat ut måste den tas till en återvinningsstation som utsetts av lokala myndigheter. Vissa återvinningsstationer tar kostnadsfritt hand om uttjänta produkter. Genom att låta den uttjänta produkten tas om hand för återvinning hjälper du till att spara naturresurser och skydda hälsa och miljö.

Apple and the Environment

At Apple, we recognize our responsibility to minimize the environmental impacts of our operations and products.

For more information, go to www.apple.com/environment.

Mention of third-party products is for informational purposes only and constitutes neither an endorsement nor a recommendation. Apple assumes no responsibility with regard to the performance or use of these products. All understandings, agreements, or warranties, if any, take place directly between the vendors and the prospective users. Every effort has been made to ensure that the information in this manual is accurate. Apple is not responsible for printing or clerical errors.

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www.apple.com/victoria
www.apple.com/support/victoria

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