

FITNESS PARTNER™ Demonstration Version

Setup Information 5-5-93

This demonstration copy of Fitness Partner™ is distributed on CD-ROM and Floppy Diskettes. If you need assistance using this demonstration program please call Computer Directions at 209/435-7775.

SYSTEM REQUIREMENTS FOR DEMONSTRATION

CPU: 386sx/16 or greater

RAM: 2MB

VIDEO: SVGA (640x480 256-color)

SOUND: MPC™ compatible sound card

OTHER: Microsoft Windows™ 3.1

INSTALLING FROM FLOPPY DISKS

If you have received this program on floppy diskettes, you need to run SETUPFPC.BAT to install the program on your hard disk drive C: or SETUPFPD.BAT to install the program on your hard disk drive D:.

You must have 10 MB of free space on your hard disk to install this demonstration copy of Fitness Partner™.

To install Fitness Partner™ on your hard disk:

1. Insert Disk 1 into your floppy disk drive.
2. Type A: and press <ENTER> to logon to your floppy drive.
(or B: if you installing from floppy drive B:)
3. Type SETUPFPC (or SETUPFPD) and press <ENTER>.
4. Follow the on screen instructions complete the installation.

USING THE FITNESS PARTNER™ DEMONSTRATION PROGRAM

This demonstration copy of Fitness Partner™ includes a sample beginner workout and a brief description of the features and benefits of the retail version of Fitness Partner™.

To run Fitness Partner™

1. Run Microsoft Windows™ 3.1.
2. From the Program Manager Choose File, Run, and run FPDEMO.EXE from your hard disk or CD-ROM drive.

(If you need help running a program from Windows™ consult your Microsoft Windows™ User's Manual.)

Each time you use this demo version, Fitness Partner™ will display the MUSIC screen. Choose the sound card that matches the one installed in your computer. Press the TRY IT button to test your selection. Press done when you have completed your selection.

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