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MB100 Software Manual

Before using the software, please spend some time to read the start up overview. You can use these instructions to understand this software's detailed operation procedures and usage of the data.

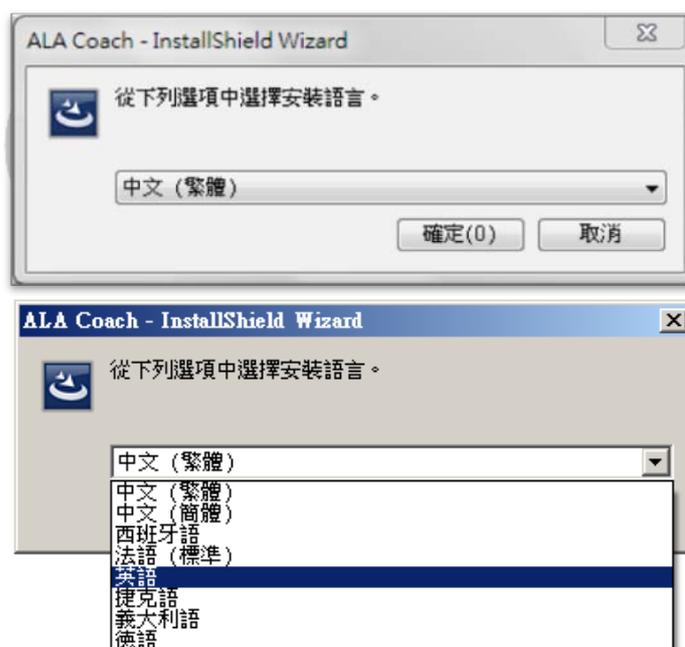
Start Up and Registration

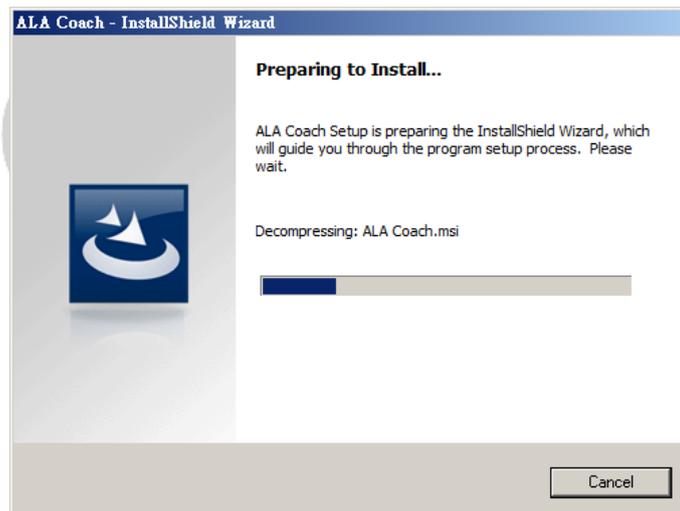
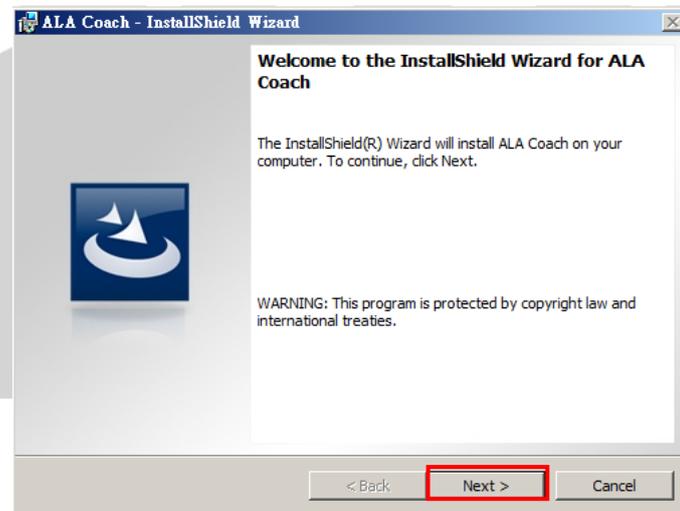
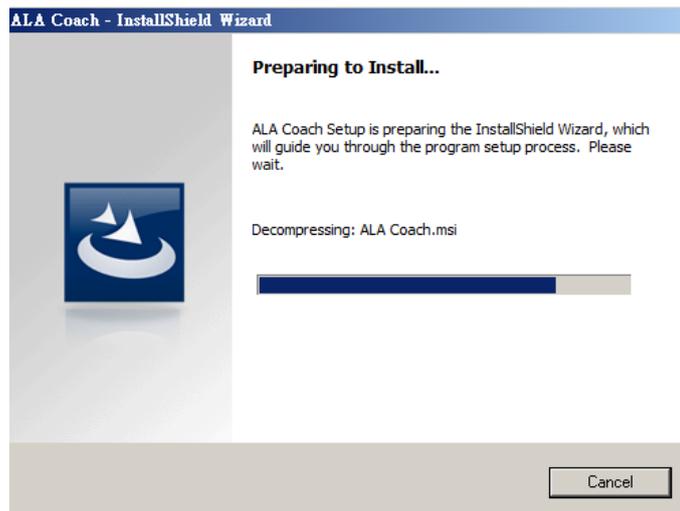
Installation

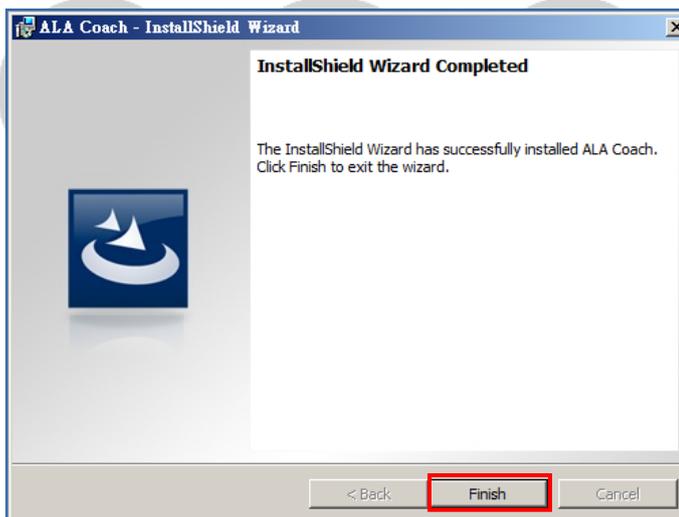
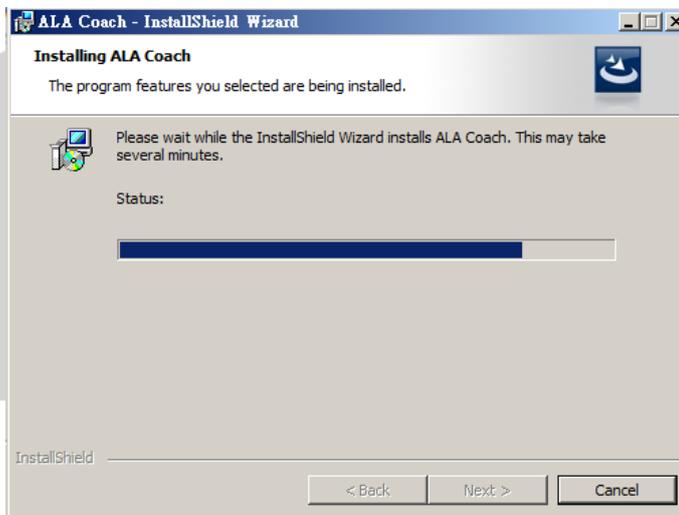
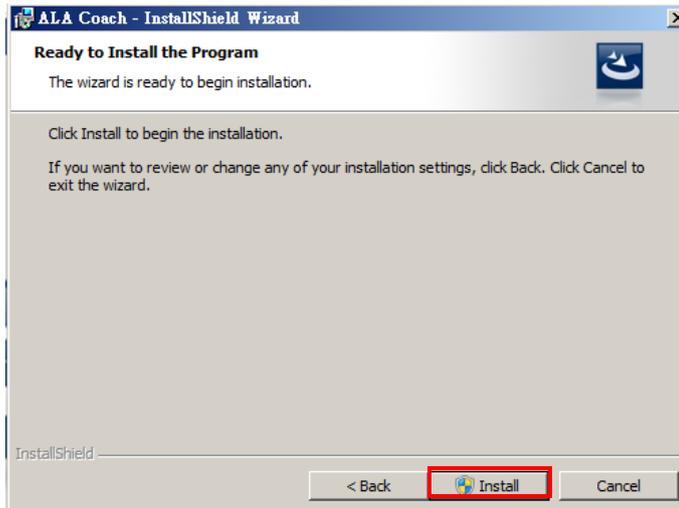
The ALA COACH analysis software will provide the PC-end analysis software for every set of MB100 to help the exerciser record and analyze his/her training data after exercising in order to help them achieve their self-training goals.

If you need to seek help on installation problems, please visit the "Installation Support Center" at www.alatech.com.tw.

1. Install Microsoft .NET Framework 3.5 and .NET Framework Fix 4.0 or above, this software will automatically be detected to see whether it is already installed during the installation of the PC-end software; if it is not installed, the software installation will stop. The .NET Framework 3.5 can be downloaded from the Microsoft website.
2. If .NET Framework 3.5 and .NET Framework Fix 4.0 is already installed, then the PC-end software can be installed normally; the installation process is as follows:

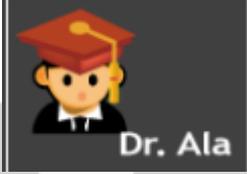






Instructions

The ALA COACH analysis software has a total of six major tool items, which are Date Display, Sport Date, Date Analysis, Dr. ALA, ALATECH Website link and instructions.

 <p>Date Display</p>	<p>The dates the exerciser saved the exercising file into.</p>	 <p>Sport Mode</p>	<p>Reads the data of the files saved in the ALACOACH database and a simple reminder can be added to the exercising file for that day.</p>
 <p>Data Analysis</p>	<p>Performs analysis on a single file entry or select any three entries to perform analysis and comparison, and use this data to adjust exercising goals and evaluate the self-training.</p>	 <p>Dr. Ala</p>	<p>Provides the exerciser's basic standard weight and ideal weight range, and performs preliminary estimations with his/her daily meal and exercising items in order to define the exercising goal.</p>
 <p>Print</p>	<p>The exercise analysis data can be printed out.</p>		<p>When connected to the PC, pressing this button will connect you to ALATECH's official website.</p>
	<p>Built-in interface introduction and instructions of the ALA COACH software.</p>	 <p>Log out</p>	<p>You must log out if you wish to log in with another user account.</p>

MB100 Software Introduction



Press the ALA coach icon on the PC desktop to enter the following screen, this starts up the ALA coach exercising data recording and analysis software.



When entering the software, the USER ID window will appear; if you are using the software for the first time or you are a new user, you must select "Create ID" to create a personal account.



*Remember me

When Remember me is checked, the next time you enter this software this will be the built-in ID.

1. Login

People who already have an account can select the ID directly and log into the software.

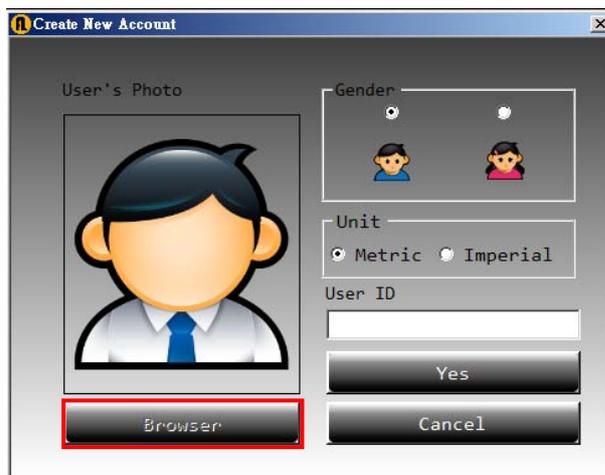
2. Create ID

For first time users, you must select Create ID to enter the screen below to set ID sex, display units and personal images; the user can also press Browser.

When the setting is complete, the following window will appear.



* Use the customized personal image you want; you can press Browser to browse your PC and browse for the picture you like.



Delete ID

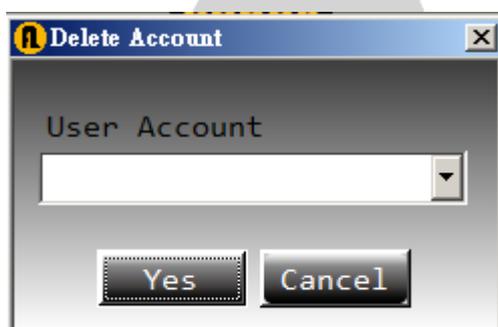
This software can only set four sets of accounts; if the user account number is full, the following warning window will appear to warn the user.



If you want to create another new account, you must delete an existing account in order to create a new account.



Select an existing account, and then delete it.



The system will display the warning window again to confirm whether to delete the selected account.



When the account is successfully deleted, the system will display the following window.



Date Display

The user can double-click the left mouse button on a suitable date to import the exercising data of the MB100; a maximum of **16 entries** of exercising data can be accessed daily.



If exercising data was imported on the selected date, the left icon will display; if the exercising data was already saved, the right icon will display.

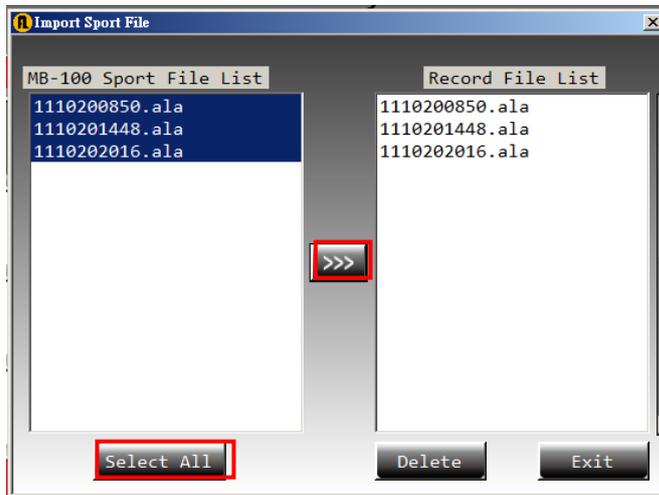


When the PC can not detect the ALATECH music exercising player (MB100), the following window will display if the user tries to import exercising data.

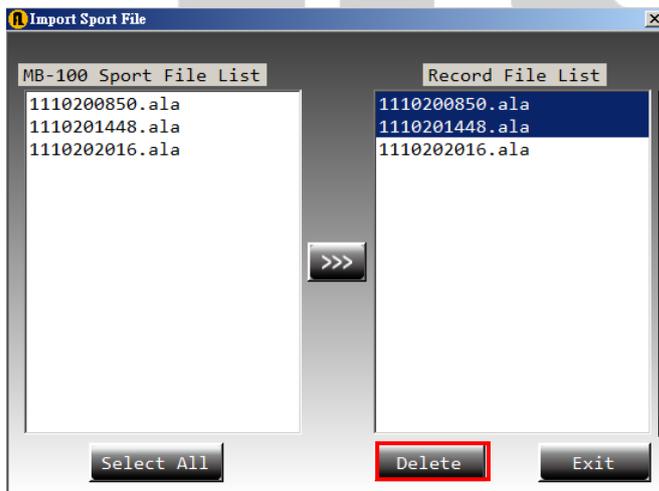


When the user double-clicks the mouse on a date that he/she exercised, the following window will appear, and if there were exercising data on that day, it will display just as follows.

First select the file and then press the "convert button" to send the file onto the PC. Then press Exit and the icon on the calendar will change.

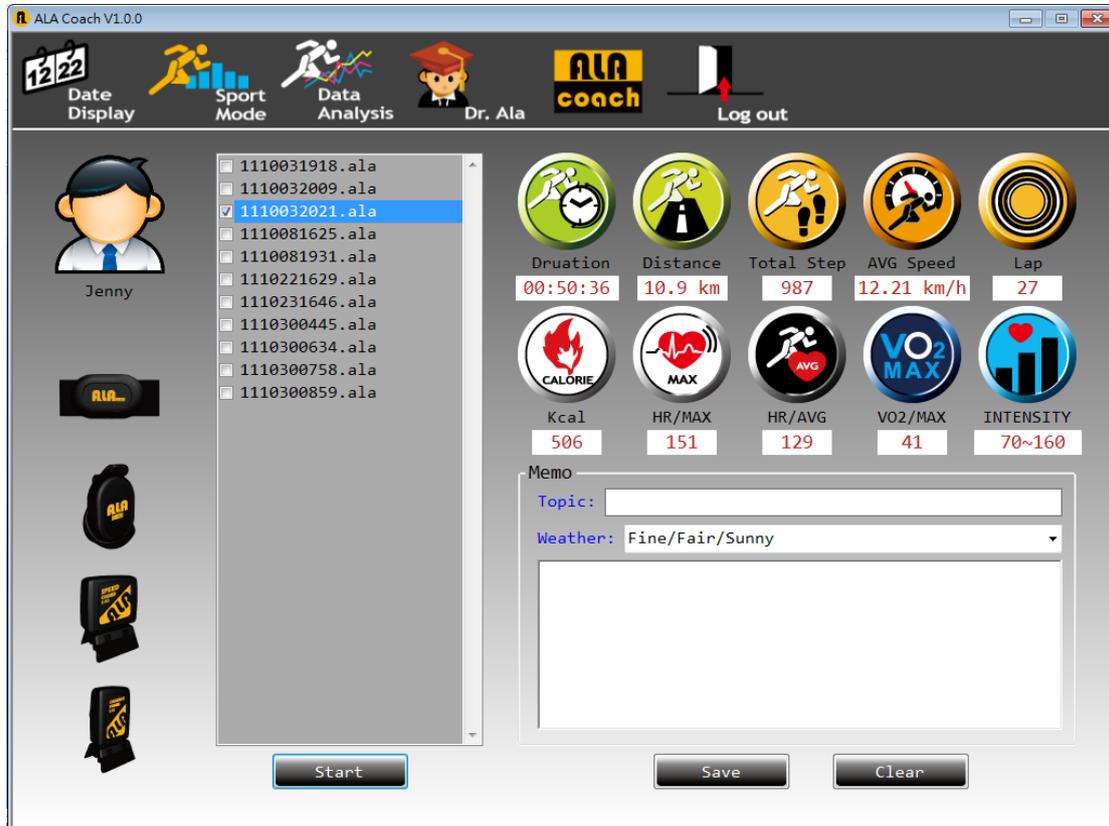


If you want to delete a file, first select the file and then press the "Delete" button to delete it.



Sport Mode

The user can click on all the imported exercising data in this feature; clicking a single data entry will display its related information.



* The user must first select a single exercise data to display related information; if no entry is selected and the "Start" button is pressed, the following warning window will appear.



Exercise data display icon explanation:

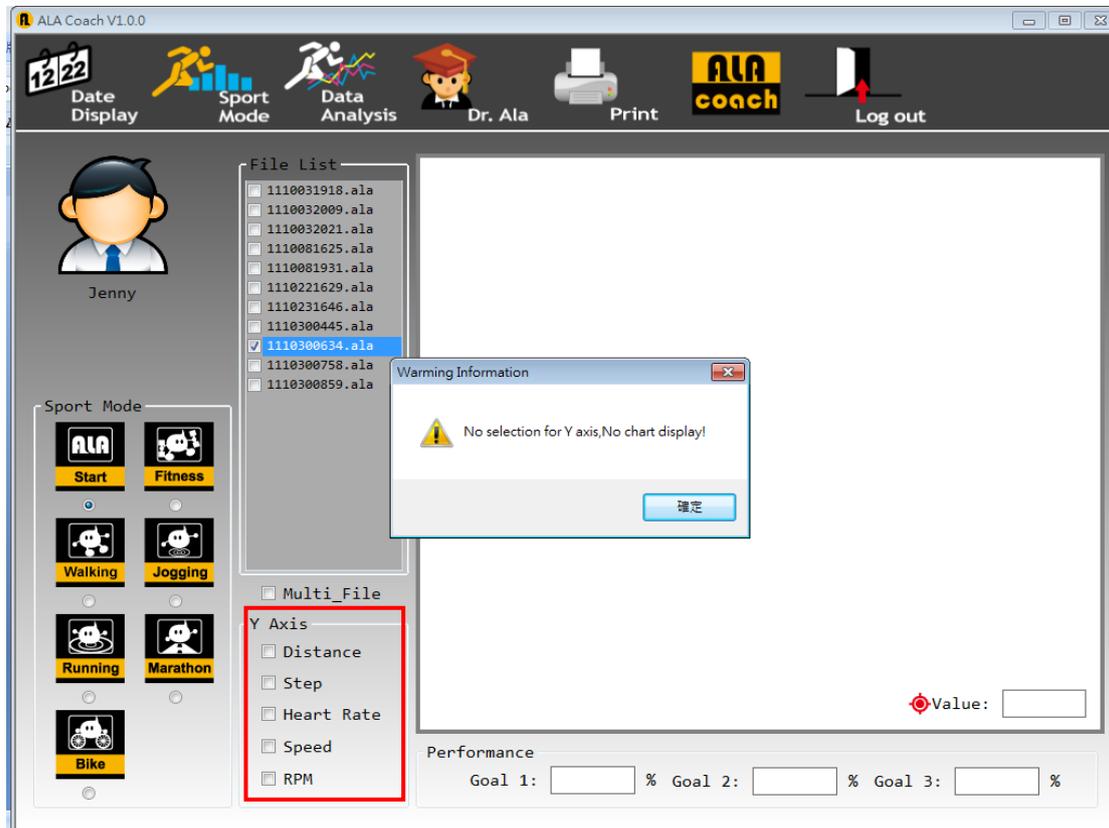
 <p>Distance</p>	<p>Displays the total exercising distance for the specific exercise record of the user.</p>	 <p>Duration</p>	<p>Displays the total exercising time for the specific exercise record of the user.</p>
 <p>Total Step</p>	<p>Displays the total number of exercising steps for the specific exercise record of the user.</p>	 <p>AVG Speed</p>	<p>Displays the average exercising speed for the specific exercise record of the user.</p>
 <p>Lap</p>	<p>Displays the total number of laps for the specific exercise record of the user. (The size of each lap is the distance the user set in MB100 /User setting for each lap)</p>	 <p>Kcal</p>	<p>Displays the total amount of consumed calories for the specific exercise record of the user.</p>
 <p>HR/Max</p>	<p>Displays the user's maximum heart beat rate for the specific exercise record of the user.</p>	 <p>HR/AVG</p>	<p>Displays the user's average heart beat rate for the specific exercise record of the user.</p>
 <p>VO2 max</p>	<p>Displays the user's maximum oxygen consumption for the specific exercise record of the user.</p>	 <p>HR Intensity</p>	<p>Displays the user's heart rate intensity for the specific exercise record of the user.</p>

The display of the detected related sensor for each exercise.

<p>The image display of detected sensors</p>				
<p>The image display of sensors not detected.</p>				

Data Analysis

The user can select an exercise file from the exercise record according to the exercise item's category to perform analysis and comparison. Please first select an option from the Y-axis, and then select a file; if the file is selected first, the following warning window will appear.

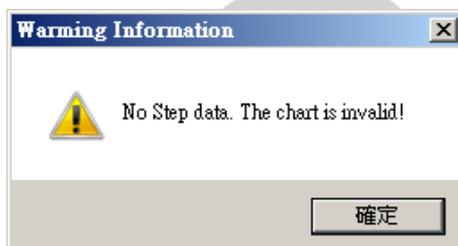


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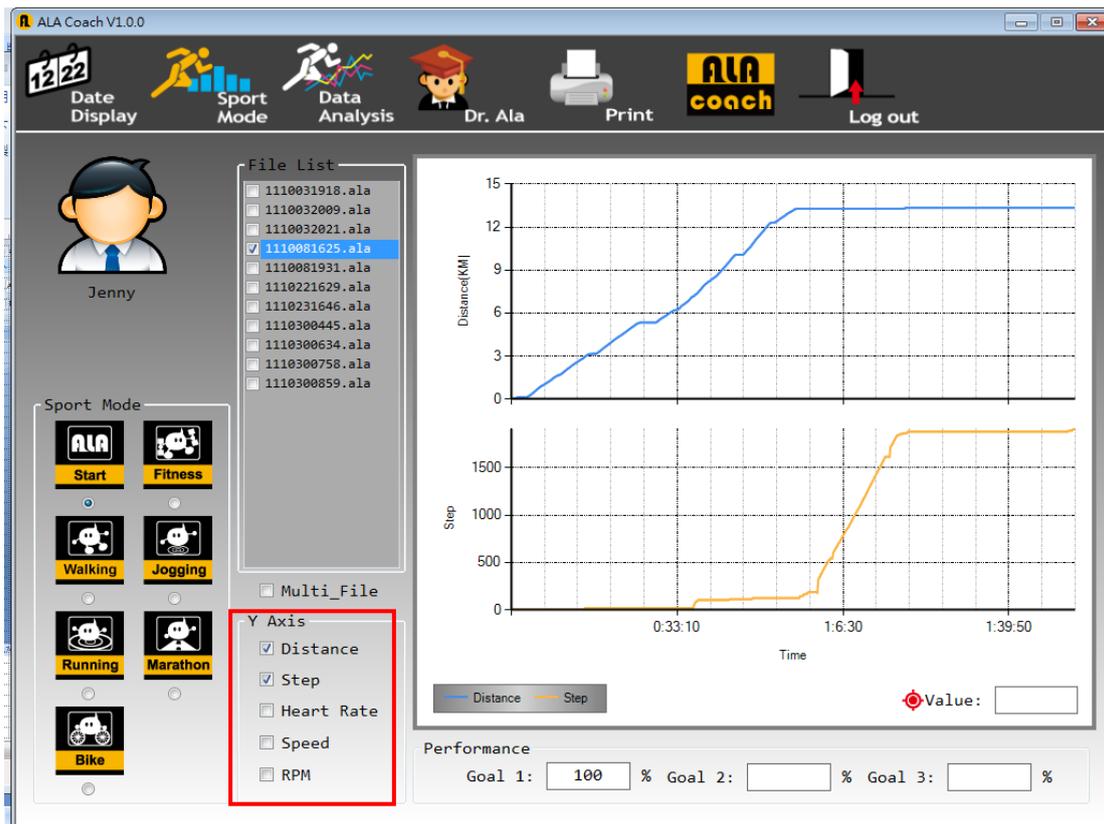
For a single file, the Time is fixed to be used as the X-axis, and select any two Y-axes (Distance / Step / Heart rate / Speed /RPM) for comparison, provided that the file has accessed the related sensor's data. A maximum of two items can be selected for the Y-axis; if more than two are selected, the following warning window will appear.



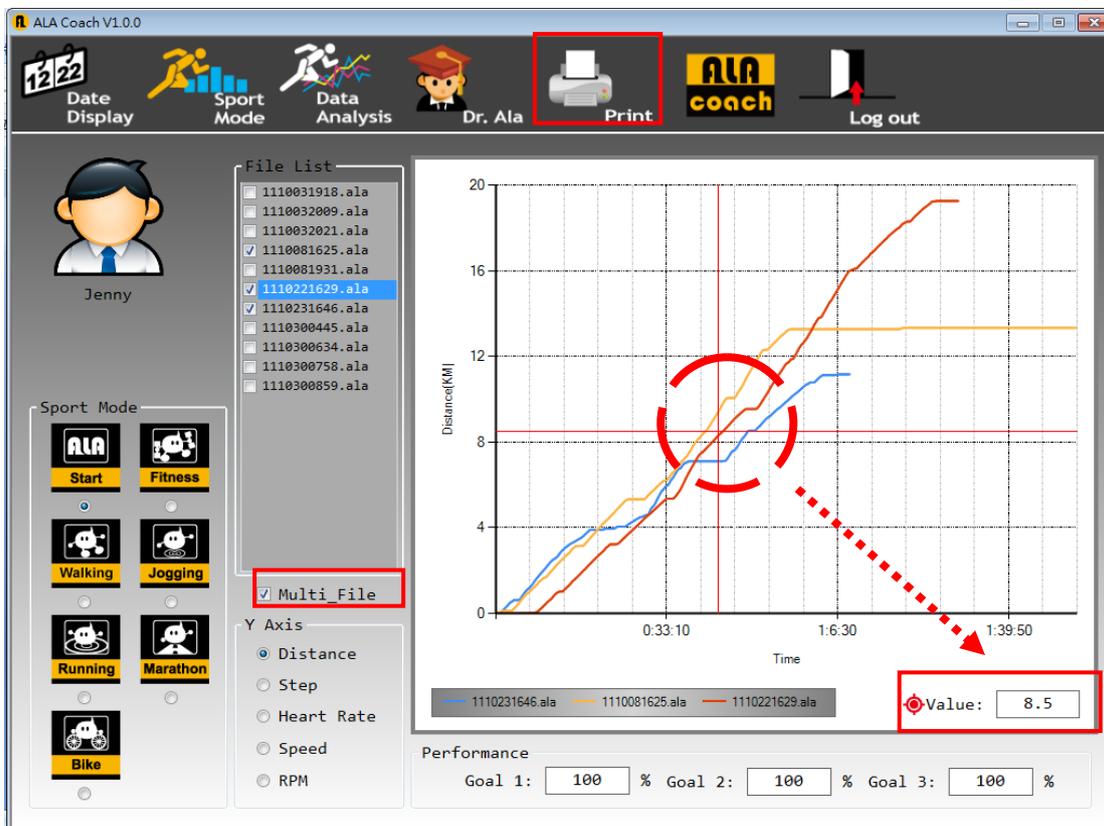
If the selected exercise data has no related sensor data, the following warning window will appear, meaning that the file has no Y-axis data. The user must select another file or other Y-axis options.



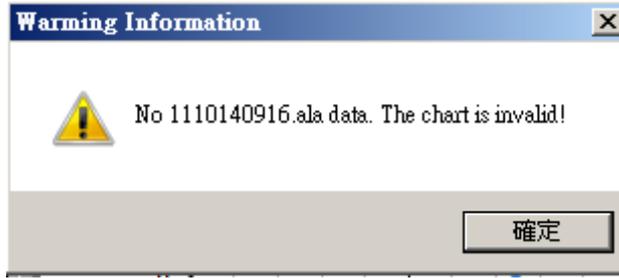
Analysis with different data can be performed for single files; any two of the followings could be compared, such as number of steps, distance, heart rate, speed and pedal speed etc. A warning window will appear if more than two items are selected for comparison.



Data Analysis can also perform analysis on multiple exercise data (maximum of three): Step 1: Sport mode must be selected to perform filtering for the same type of exercise data. Step 2: check Multi File to select multiple files. Step 3:

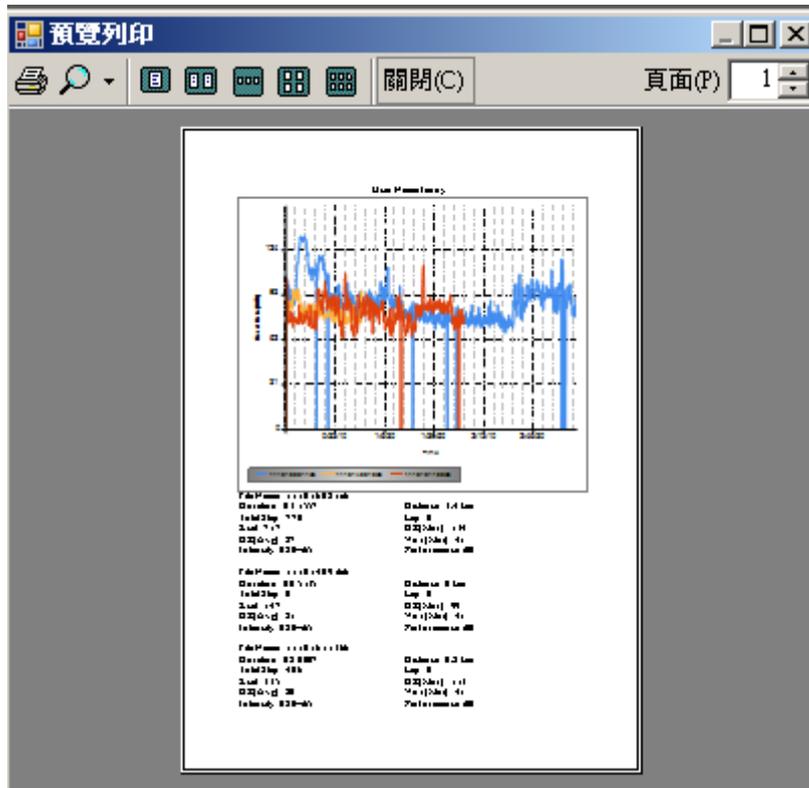
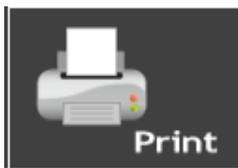


The following warning window will appear if there are no optional data for the selected file.



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Under the file analysis function, the user can press the Print function to print out the analysis data.



MB100 Exercise goal; when exercising, the user can select different exercise goals to perform self-training.

 <p>Start</p>	<p>This feature is to perform recording of the exercise data on the MB100 for the sensor that the user is wearing.</p>	 <p>Fitness</p>	<p>This function is for the user to perform exercises according to the calorie consumption and exercise time set on the MB100 as the exercise goal.</p>
 <p>Walking</p>	<p>This function is used for the user to set exercise goals for the walking exercise on the MB100, and records the exerciser's related data such as exercise steps, time and distance and confirms whether he/she has achieved the set exercise goal.</p>	 <p>Jogging</p>	<p>This function is used for the user to set exercise goals for the jogging exercise on the MB100, and records the exerciser's related data such as exercise distance, time and number of laps and confirms whether he/she has achieved the set exercise goal.</p>
 <p>Running</p>	<p>This function is used for the user to set exercise goals for the running exercise on the MB100, and records the exerciser's related data such as exercise distance, time and number of laps and confirms whether he/she has achieved the set exercise goal.</p>	 <p>Marathon</p>	<p>This function is used for the user to set the marathon's exercise distance goal on the MB100, and records the exerciser's related data such as exercise distance and time, and confirms whether he/she has achieved the set exercise goal.</p>
 <p>Bike</p>	<p>This function is used for the user to set exercise goals for the biking exercise on the MB100, and records the exerciser's related data such as exercise distance, time and number of laps and confirms whether he/she has achieved the set exercise goal.</p>		

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Dr.Ala

The MB100 provides a self-training reference data for users. Before exercising, the user can enter Dr.Ala and calculate personal BMI and the standard weight range from the user's height, weight and age. It can also use the energy from the food's calories and the calorie consumptions of various activities to develop a personal exercise plan.

User's personal data.

In this function page, the user can find out his/her personal standard weight and BMI to use as a reference basis for his/her exercise management.

The screenshot displays the ALA Coach V1.0.0 software interface. The top navigation bar includes icons for Date Display (12/22), Sport Mode, Data Analysis, Dr. Ala, ALA coach, and Log out. The main content area is divided into several sections:

- User Profile:** A cartoon avatar of a man labeled "Jenny".
- Gender Setting:** Radio buttons for Female (♀) and Male (♂).
- Unit Selection:** Radio buttons for Metric (selected) and Imperial.
- Personal Data:** Age: 30 years old; Height: 170 cm; Weight: 75 kg.
- WHO-Standard Weight Calculation Method:**
 - Male: $(\text{Height}-80)*70\%=\text{Standard Weight}$
 - Female: $(\text{Height}-70)*60\%=\text{Standard Weight}$
 - My standard weight: 60.0 kg
 - Standard weight range: 54.0~66.0 kg
- BMI (Body Mass Index):**
 - Formula: $\text{BMI} = \frac{\text{Weight}(\text{kg})}{\text{Height}^2(\text{m}^2)}$
 - Calculated BMI: 25.95
 - Classification Legend:
 - Underweight, $\text{BMI} < 18.5$
 - Normal, $18.5 < \text{BMI} < 24.9$
 - Overweight, $25.5 < \text{BMI} < 34.9$
 - Highly obese, $35 < \text{BMI} < 39.9$
 - Extremely obese, $\text{BMI} > 40$

Exercise calorie consumption reference.

With the help of this function page, the user can find out the amount of energy that can be consumed from various activities and times to use as a reference for his/her exercise plan.

ALA Coach V1.0.0

Date Display Sport Mode Data Analysis Dr. Ala ALA coach Log out

Jenny

Your Weight 137 kg Calculation 0

Duration of exercise time

Rest Gardening Sweep Mopping Volleyball Baseball Basketball Tennis Football Skating Badminton Boating Rope skipping Stairs Down the stairs Calisthenics Cycling(8.8 km/h) Cycling(20.9 km/h)

Swimming(optional) Swimming(butterfly) Swimming(backstroke) Swimming(freestyle) Dancing(moderate-intense) Dance(Waltz-Rumba) Dance(square dance) Walking Walking(flat-5.5 km/h) Walking(uptill 5-10 degrees) Walking(uptill 10-15 degrees) Walking(downhill 5-10 degrees) Walking(downhill 10-20 degrees) Running(8 km/h) Running(12 km/h) Running(16 km/h) Running (20 km/h) Climbing

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Food calories reference table.

The user can find out about the number of calories of related food on this function page to use as a reference for his/her exercise plan.

(The number of calories in food items differs due to weight differences in each region)

The screenshot shows the ALA Coach V1.0.0 application window. The top navigation bar includes icons for Date Display (12/22), Sport Mode, Data Analysis, Dr. Ala, ALA coach, and Log out. The main interface features a user profile for Jenny and a grid of food category selection buttons: Main Meals, Takeaways, Sushi, Subway, Eggs, Drinks, Chocolate, Coffee, Side Orders, Pizza, Fish, Fruit & Veg, Doughnuts, Snacks, and Starbucks. Each category has a dropdown menu currently set to 'None'. A 'Total Kcal' field displays '0.0' with a 'Clear' button next to it.

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ALATECH website



Click the ALA coach function button on the toolbar above to enter ALATECH's official website and find out related information.

