ergo_win premium pro

PC-Software for Premium, Classic and Space Lines

User manual ergo_win premium pro,
ergo_win space edition and ergo_win race edition

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0. Preliminary Remarks

0.1. Purpose of this document

This document describes the operation of *ergo_win premium pro*.

0.2. Concepts and abbreviations

This chapter presents all concepts and abbreviations used within the document:

Abbreviation	Description
EMC	ergo_memo card of daum electronic gmbh
EMC1	ergo_memo card 1 for Classic 3 and ergo_memo Adapter
EMC2	ergo_memo card 2 for Premium and Medical devices
EWPP	ergo_win premium pro (complete version)
EWPPSE	ergo_win premium pro space edition (no support for EMC1/2)
EWRE	ergo_win race edition (only group training over the web)

0.3. Used Symbols

Symbol	Description
	This symbol indicates a warning. Please read it carefully!
	This symbol indicates a note. Please read it carefully!

0.4. Notes

Note: This document describes all the functions of the EWPP program. Some of these functions are not available in the EWPPSE and EWRE programs.

Note: The functions that behave differently in the different versions are described in the respective chapters.

0.5. Structure of the document

Chapter 1 contains an overview of the functionalities of EWPP.

Chapter 2 describes the hardware and EMC requirements.

Chapter 3 describes the package contents.

Chapter 4 describes the installation of EWPP.

Chapter 5 gives a short overview of EWPP and its operation.

Chapter 6 gives a detailed description of the operation of EWPP.

Chapter 7 Appendix

1. Overview

The present version of EWPP offers the following functions:

1) Simple entry or editing of your personal data.
2) Backup of your personal EMC and restore the EMC.
3) Creating, managing and downloading of your own programs between the computer and EMC.
4) Downloading, managing, evaluating and printing training results.
5) Managing multiple users.

2. Requirements

2.1. Hardware requirements

In order to use EWPP the computer hardware must satisfy the following requirements:

- Standard computer
  Minimum: Pentium III 1GHz, 512 MB
  Recommended: >= Pentium IV 2 GHz, 1024 MB
- >= 200 MB free space on the hard drive
- Standard SD card reader and writer for the EMC.
  Ideally with a USB2 or Firewire interface for fast data transfer.
- Serial port, USB-serial adapter or PC Bluetooth adapter.
- CD-ROM or DVD drive
- Operating system: Windows XP Home / Professional / Media Center Edition
- Screen resolution: 1024x768 24 bits colour depth or better

2.2. EMC1 Requirements

Note: An empty SD card must first be formatted and initialised with EWPP (see chapter 6.3.2.4 Format and initialize…).

Note: SD cards with a capacity of 32, 64, 128, 256, 512, and 1024 MB with sector size of 512 bytes are supported.

2.3. EMC2 Requirements

Note: Make sure there is enough free space on your EMC2.
Recommended: >= 5 MB free storage space!

Note: SD cards with a capacity of 128, 256, 512, and 1024 MB with block and sector size of 512 bytes are supported.

3. Package contents

EWPP is offered for sale is stores or a download version can be bought directly over Internet. the package contents depends on the version of EWPP you have.

3.1. Store version

The package contents of EWPP consists of the following components:

- Hand book
- CD-ROM
- Registration forms with individual serial number

3.2. Download version

The package contents of EWPP consists of the following components:

- Web page and / or email with a link to the download page.
- Web page and / or link with the registration data
- optional: a CD containing the program can be shipped

4. Installation of EWPP

4.1. Store version of EWPP

Insert the EWPP CD in your CD drive. The installation of the program should start automatically. If the installation does not start automatically please follow the steps outlined below to start it:

1) Open Windows Explorer.
2) Switch to the CD-ROM drive.
3) Start the setup program (EWPP_xxx.EXE) from the SETUP folder.

4.2. Download version of EWPP

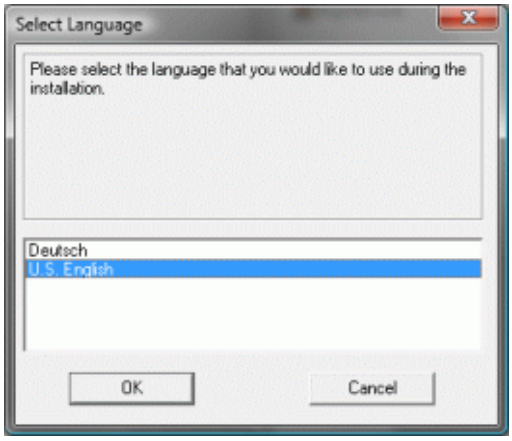
If you acquired the download version of EWPP, then please follow the steps outlined below:

1) Open Windows Explorer.
2) Switch to the folder into which you downloaded the setup program.
3) Start the setup program (EWPP_xxx.EXE).

4.3. Installation step by step

4.3.1. Choosing the installation language

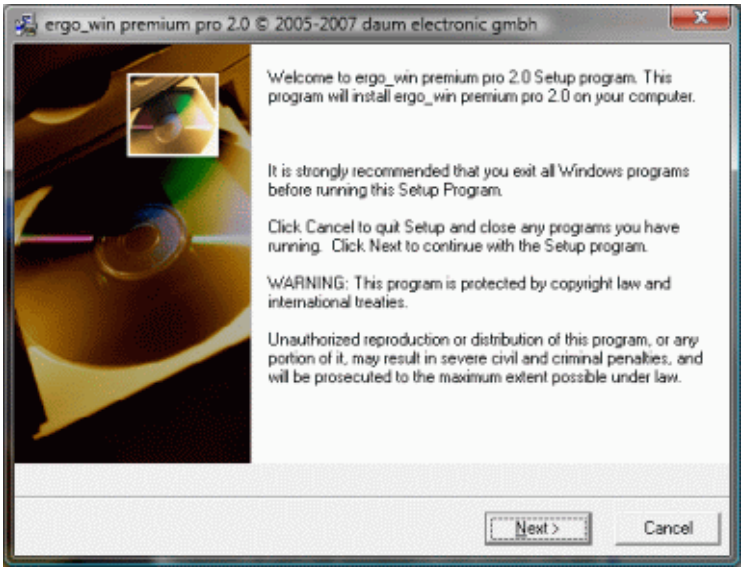
Select the language you want to use during the installation in the dialog box below.



Please choose the language and press the “OK” button.

4.3.2. Welcome screen of the installation

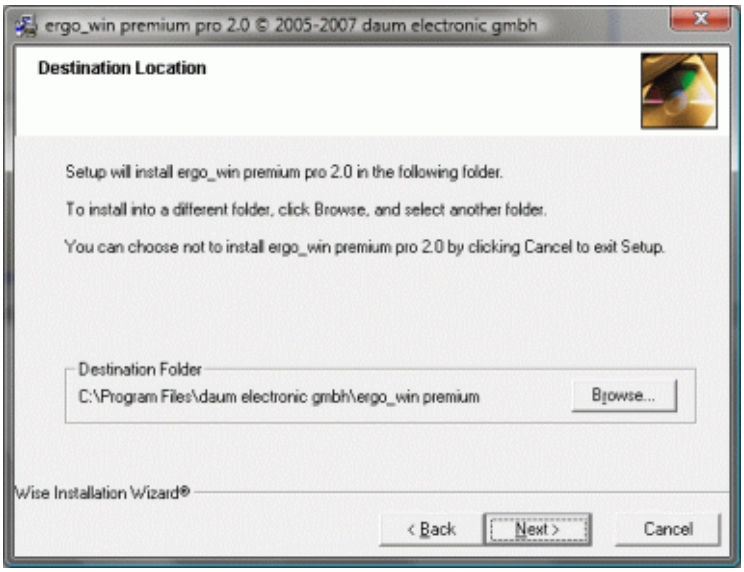
After the choice of the language the installation welcome screen appears.



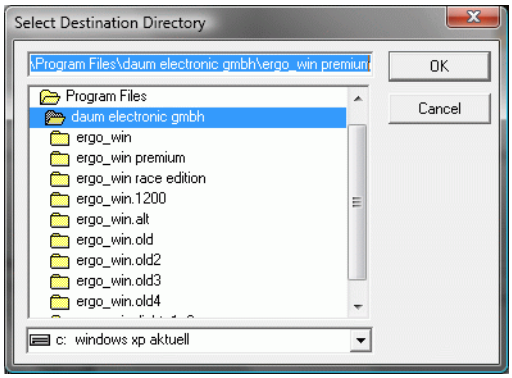
Read the information presented and click on the “Next >” button.

4.3.3. Choosing the destination folder

In the following dialog window you can choose the destination folder on your computer.



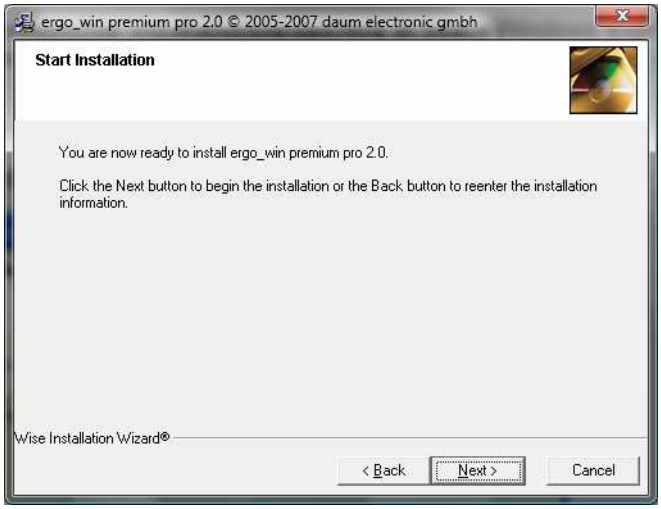
In the case you want to change the destination folder click on the “Browse...” button and select another folder.



Select the folder into which you want to install and click on the “OK” button. The folder you selected will appear as the destination folder.

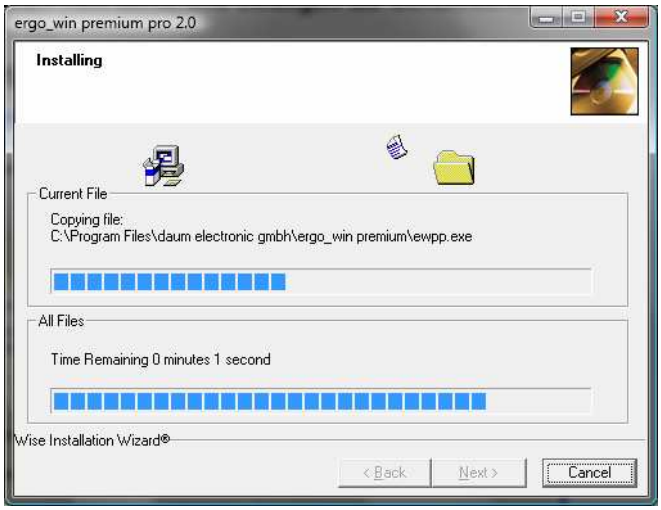
Click the “Next>” button to continue with the installation.

4.3.4. Confirmation of the installation



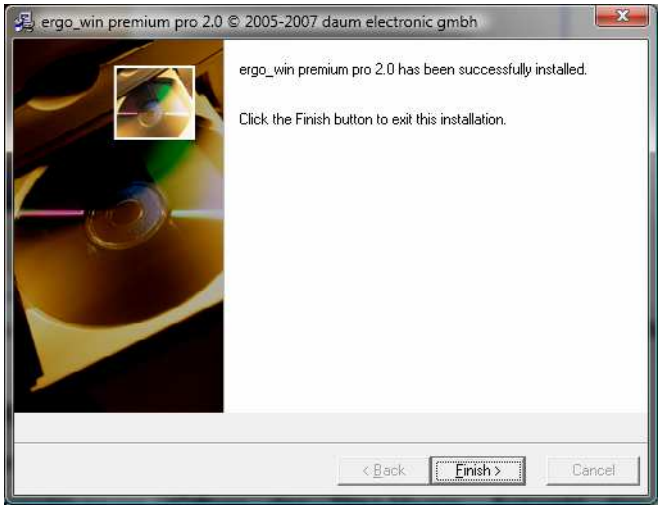
Please read the information provided and click the “Next >” button when you are ready to start the installation.

4.3.5. Installation progress



The above dialog window shows the installation progress, i.e. which files are being installed and where they are installed.

4.3.6. Completing the installation



The installation is complete. Click the “Finish >” button to close the dialog window.

4.4. Uninstalling EWPP

Proceed as follows to remove EWPP from your computer:

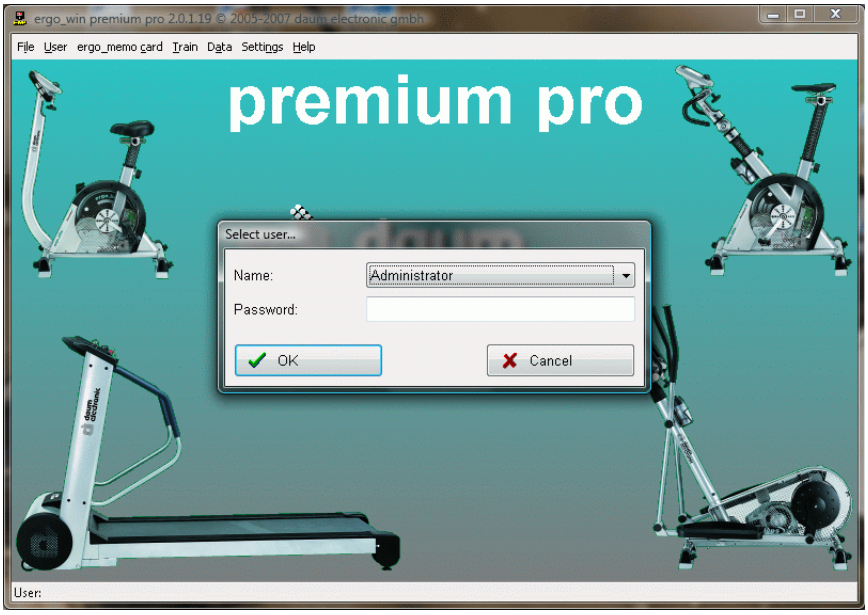
1) Open the control panel (open the start menu, select “Setting” and then choose “Control Panel”)
2) Open the software configuration window by double clicking the “Add or Remove Programs” icon.
3) Select EWPP in the program list.
4) Click on the “Change/Remove” button.

Select “Automatic” for an easy uninstalling process and follow the on-screen instructions.

5. First start of EWPP

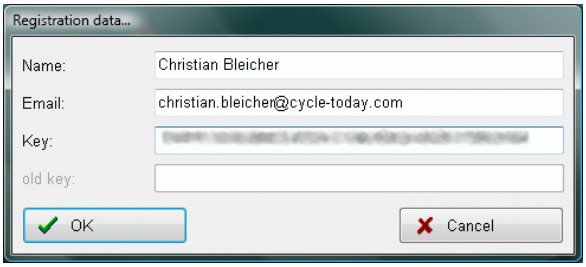
5.1. Starting the program

Start the EWPP program by double-clicking its icon on the Desktop.



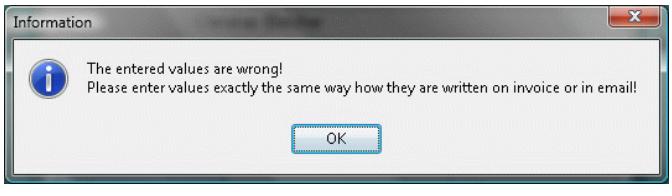
5.2. Registration data entry

Before you can start EWPP you must complete a one time registration. You will find the registration data on your invoice or in the corresponding email.



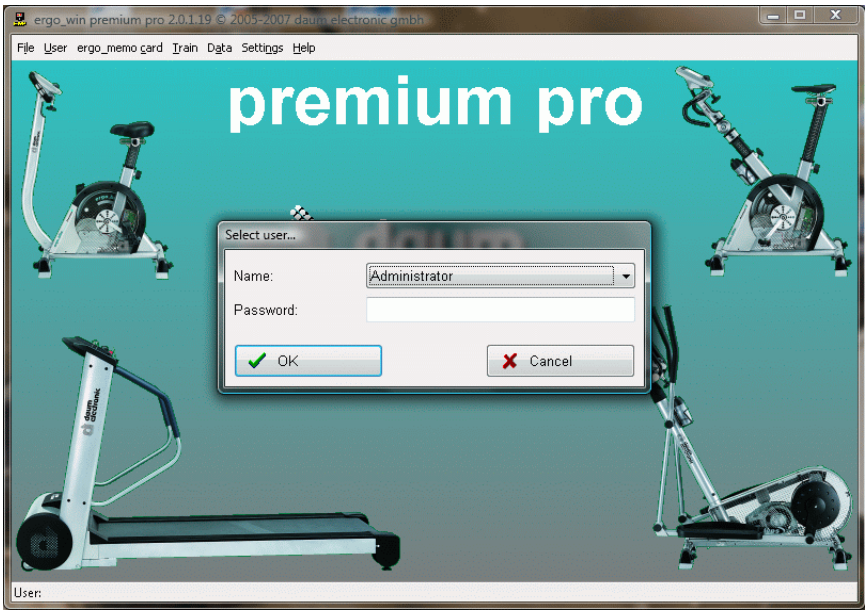
Item	Meaning
Name	Your name as it appears in the invoice or email.
Email	Your email address as it appears in the invoice or email.
Key	Your key as it appears in the invoice or email.
Old key	If this is an upgrade installation please enter your old key of ergo_win premium.

Confirm the entry of your registration data by clicking OK. If there is an error in your entry, for instance if you have a typing mistake in the email address, the following window will inform you about it so that you can correct your entry.



5.3. User selection

Once you completed the registration, you will be required to select the user. Right after the installation only the Administrator user is available.



Choose the desired user, enter the password (if assigned) and click the “OK” button.

Note: Right after the installation, **no** password is assigned to the administrator, i.e. the password field **must** remain blank.

Note: The administrator password can be changed as outlined in **chapter 6.2.2**.

Note: We recommend that you set a new user for yourself as outlined in **chapter 6.2.2.1**.

5.4. Menu items

EWPP is operated by mean of the menu in the upper menu bar. The respective menu items have the following functions:

Menu item	Functions
File	Terminate EWPP.
User	This menu lets you perform all the user related activities, for instance choosing the active user or deleting a user.
ergo_memo-card	Changing the personal settings and data on the EMC, like the downloading of programs or deleting training data. Furthermore, backups and restores can also be executed.
Train	Running a group training or one or many training units.
Data	Access to the training programs and training data stored on the computer.
Settings	Basic settings of EWPP.
Help	Calls the online help and information about EWPP.

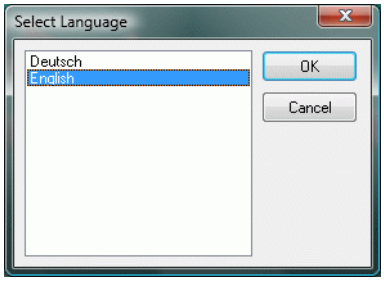
6. EWPP in details

The following chapters will provide you with a detailed explanation of the menus and dialog windows of the EWPP program.

6.1. “File” menu

6.1.1. Language selection …

Select here the language in which you want to use EWPP.



When you confirm your choice by clicking OK, EWPP will restart and operate in the selected language.

6.1.2. Standard language selection …

Set the selected language to the original language of EWPP (German). Eventually EWPP will restart.

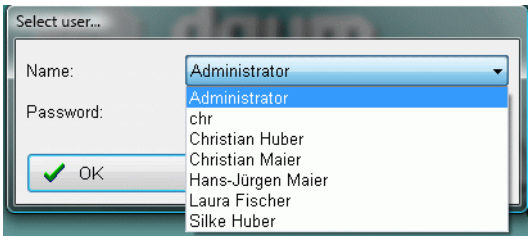
6.1.3. Terminate

Menu item “File/Terminate” closes EWPP.

6.2. “User” menu

6.2.1. User selection …

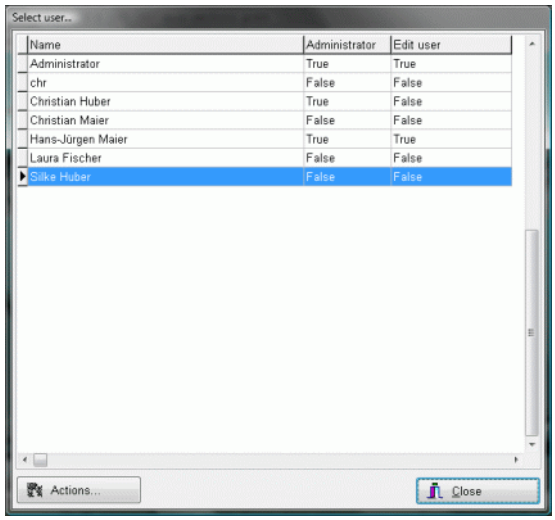
Choose an available user from the drop down list, enter the password if required and confirm your choice/entry by clicking OK.



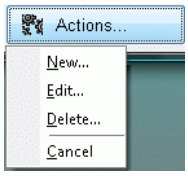
6.2.2. Edit user …

Note: You can only use this menu option if you have sufficient access rights. You will find a explanation below.

The menu option “Edit User …” lets you create new users, edit existing users as well as delete existing users. The following dialog window appears when you take this option:



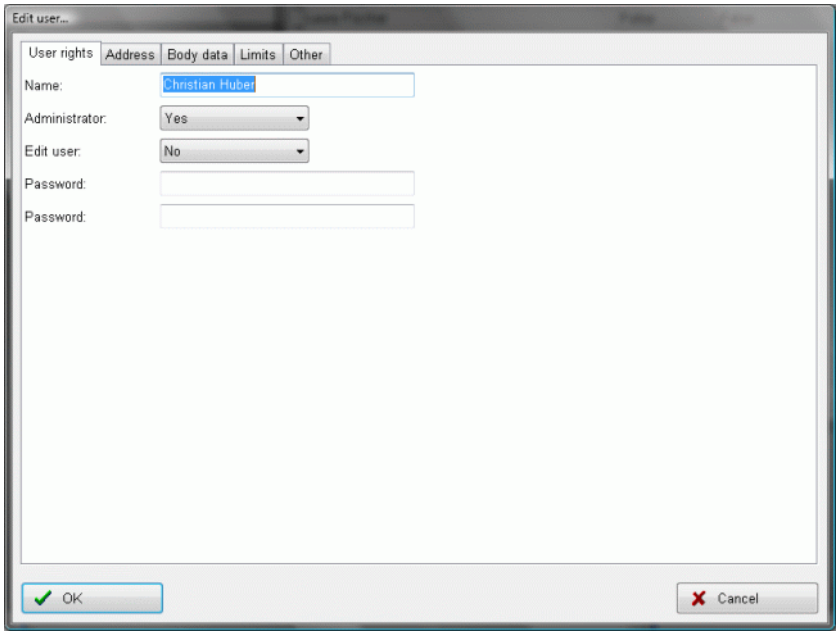
All the actions in this dialog window are initiated by the “Actions...” button. When you click on this button, the following submenu appears with the available actions.



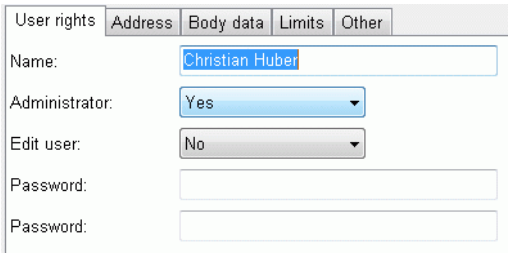
Menu option	Meaning
New…	Calls a dialog window to create a new user. See **chapter 6.2.2.1**.
Edit…	Calls a dialog window to edit a user. See **chapter 6.2.2.1**.
Delete…	After a security confirmation, deletes the selected user from the users’ list.
Cancel	Closes the menu

6.2.2.1. New user or edit user settings

When you select the “New...” or “Edit...” option the following dialog window appears:



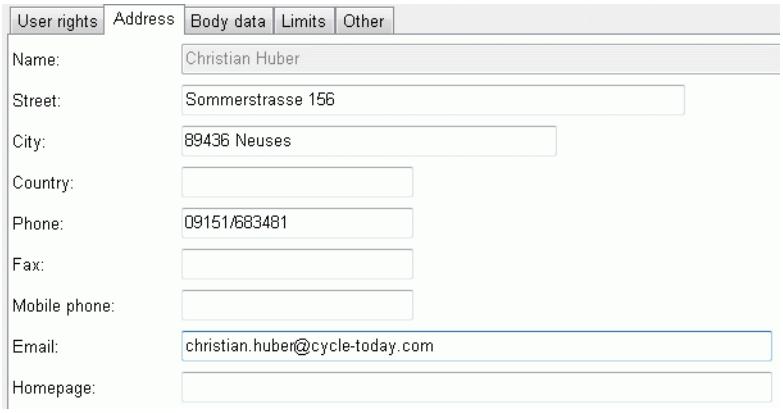
6.2.2.1.1. User rights tab



Element	Meaning
Name:	Enter the desired user name. When you click OK, you will receive a warning if the user name already exists.
Administrator:	Determine if the user is allowed to see the training data of other users. If you answer YES this is possible, if you answer NO the user can only see his own data.
Edit user:	Determine if the user is allowed to edit the users. If you answer YES this is possible, if you answer NO the user cannot change any user setting.
Password:	Set the password for this user.
Password:	Confirm the password for this user by re-entering it here. This is required to avoid typing mistake!

After you complete the desired entries confirm your entries by clicking on the “OK” button, or click on the “Cancel” button to discard them.

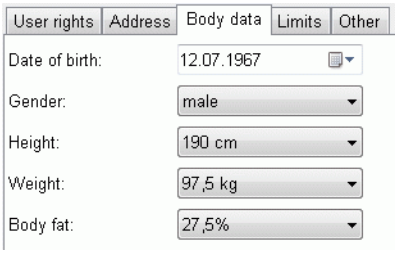
6.2.2.1.2. Address tab



Please enter the required address information.

Note: The name is taken from the user rights page and cannot be entered here.

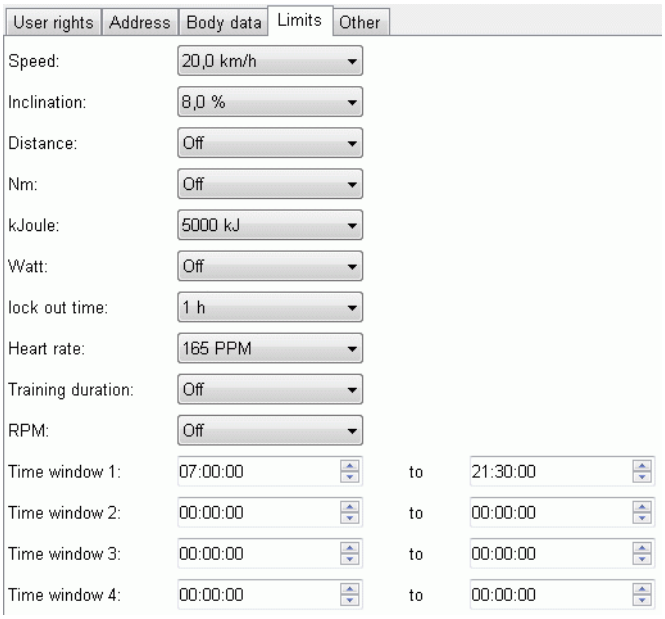
6.2.2.1.3. Body data tab



Enter here your physical data.

Note: These information is required to allow for an optimal training control and for a correct display of the realistic energy dissipation!

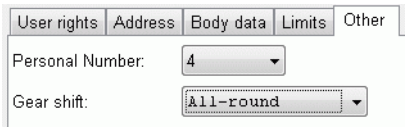
6.2.2.1.4. Limits tab



Enter your desired limit values.

Element	Meaning
Distance	Display distance exceeded.
Nm:	Maximal attainable loading.
kJoule:	Display kJoule exceeded.
Watt:	Maximal attainable loading.
Lock out time:	Pause period at the end of a training.
Heart rate:	Reduces the loading when exceeded.
Training duration:	Display time exceeded.
RPM:	Display RPM exceeded.
Time window 1-4:	Allows training within the given time windows.

6.2.2.1.5. Other tab



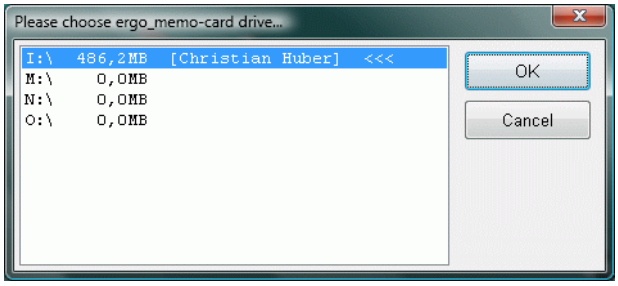
Carry out the required settings.

Element	Meaning
Personal number:	Only used for the Classic(pro/3) and Space devices: User number on the dashboard to account for the total data.
Gear shift:	You can here set the desired gear shift for the training with distance programs. **Note:** In the case of devices of the Classic and Space line the Allround shift type corresponds to a Mountain bike type gear shift.

6.3. Menu option “ergo_memo-card”

6.3.1. Choose drive …

Choose the drive for the EMC.



Please choose the same drive letter as used in Windows Explorer and confirm by clicking OK.

6.3.2. Menu option “ergo_memo-card 1”

6.3.2.1. Personal card data...

By selecting the menu option “ergo_memo_card/ergo_memo_card 1/Personal card data...” you can

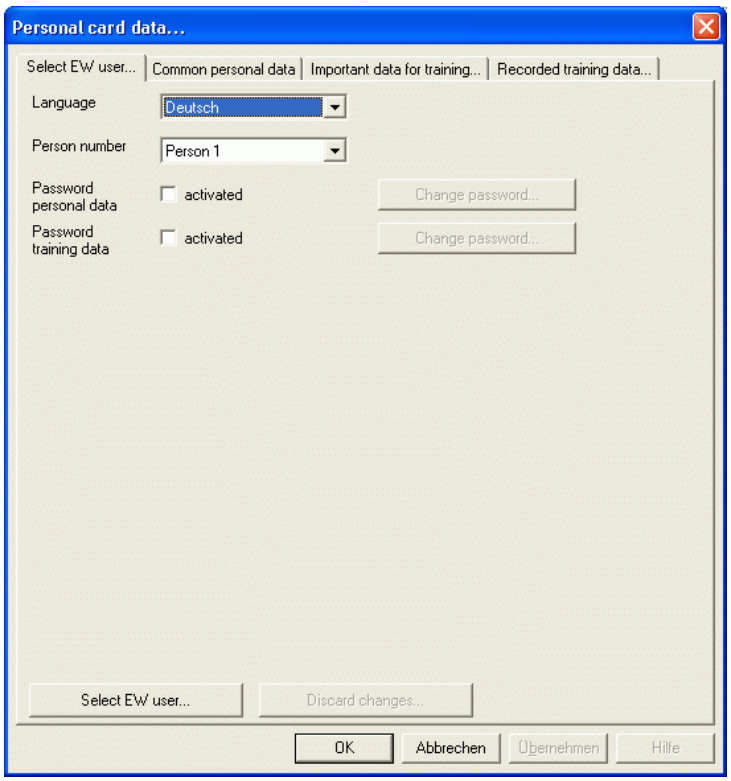
- Enter the miscellaneous personal data,
- The significant personal training data, and
- The card options as well as
- Erase the training data.

The dialog window presents the various setting options grouped by themes under various tabs. To choose a particular dialog window click on the corresponding tab.

Click on the “Accept” button to write the modification to the EMC, or click on the “Reject changes” button to re-read the data from the EMC.

6.3.2.1.1. Dialog window “Card Options”

On this dialog window you can set the characteristics of the EMC that could not be assigned to any other setting group.

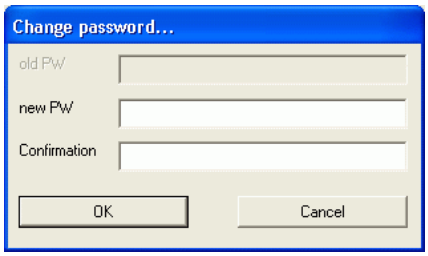


Item	Meaning
Display language	Choose the dashboard display language in the dropdown list.
Personal number	Selected dashboard user number. Available choices are guest (= Guest) or user no 1 to 4.
Personal data password	This check box lets you activate or deactivate password protection for personal data. See **chapter 6.3.2.1.1.1** for further information.
Training data password	This check box lets you activate or deactivate password protection for training data. See **chapter 6.3.2.1.1.1** for further information.

6.3.2.1.1.1. Password protection

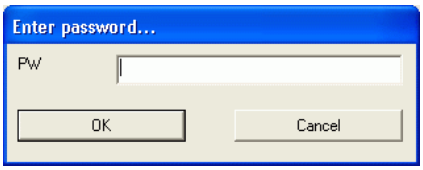
Password protection prevents unauthorised users from viewing and/or changing personal and/or training data.

When you enable the protection by checking the corresponding check box a dialog window is displayed to let you enter the corresponding password.



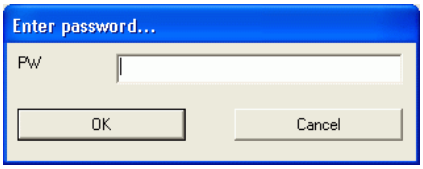
Enter here the required password along with its confirmation (= the same password repeated to eliminate an eventual typing mistake). Access protection is enabled upon clicking the “OK” button.

If access protection is enabled the following password request is displayed when you try to access a protected dialog window.



Access to the dialog window will not be granted unless the correct password is entered!

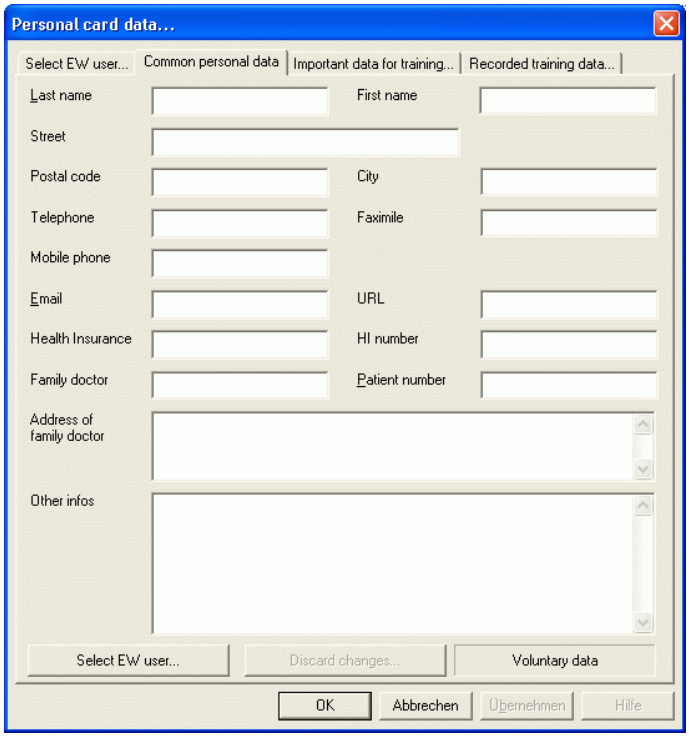
If you disable the protection by unchecking the check box, the following password dialog window is displayed.



You must enter here the assigned password to disable password protection.

6.3.2.1.2. Miscellaneous personal data

Enter your personal data not related to training on the “Miscellaneous personal data” dialog window.

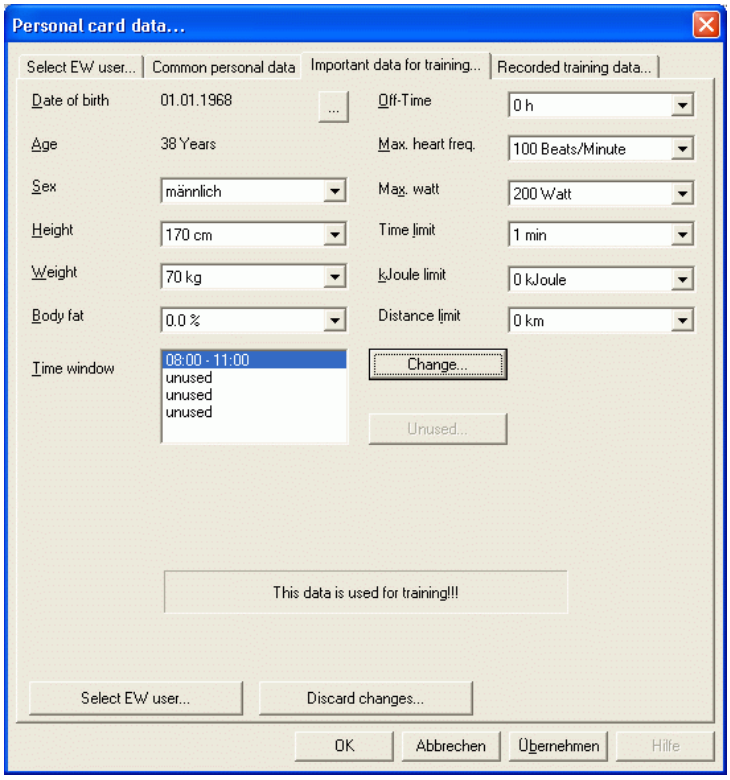


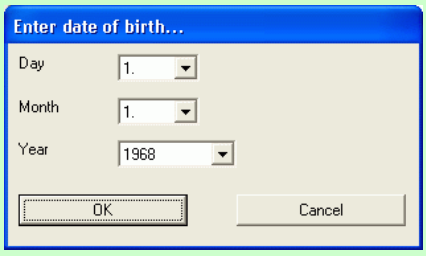
Item	Meaning
Last name	Family name of the user. This name will be shown when the EMC is inserted in the dashboard.
	Optional entry.
First name	Optional entry.
Street	Street name and address number.
	Optional entry.
Zip code	Optional entry.
City	Optional entry.
Telephone	Optional entry.
Fax	Optional entry.
Mobile phone	Optional entry.
E-Mail	Optional entry.
URL	Optional entry.
Health insurance	Optional entry.
Health insurance number	Optional entry.
Family doctor	Optional entry.
Patient No.	Optional entry.
Family doctor address	Optional entry.
Other	Optional entry.
Accept user...	Accept the user data entered (see **chapter** Edit user …).

6.3.2.1.3. Significant personal training data

The “Significant personal training data” dialog window is used to collect personal data needed for an optimal personalised training.

Note: All fields are initially filled with default values.



Item	Meaning
Date of birth	Required entry. Enter here the day, month and year of your birth date or select them in the dropdown list, then click the “OK” button to confirm. 
Age	The age will be computed based on the birth date entered above.
Sex	Required entry
Size	Required entry
Weight	Required entry
Body fat content	Required entry
Time window	Optional entry. See **chapter 6.3.2.1.3.1.**
Lock out time	Required entry. The lock out time is the minimum time laps in hours that must separate two training units. If no lock out time is required you must enter 0h in this field.

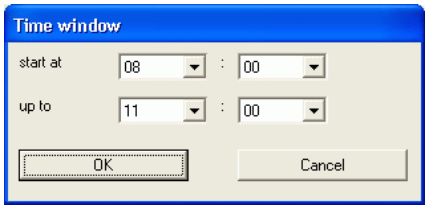
Item	Meaning
Max. heart rate	Required entry. If no heart rate limit is required enter 0 beats/minute in this field.
Watt upper limit	Required entry. If no watt load limit is required enter 0 watt in this field.
Time Limit	Required entry. If no time limit is required enter 0 min. in this field.
kJoule-Limit	Required entry. If no kJoule limit is required enter 0 kJoule in this field.
km-Limit	Required entry. If no km limit is required enter 0 km in this field.
Accept user...	Accept the user data entered (see **chapter** Edit user …).

6.3.2.1.3.1. Time windows

Time windows can be used, in a manner similarly to the lock out time, to set the time period during which training is allowed. This is particularly useful when a given (fixed) rest period must elapse between training units to help achieve optimal results from the training.

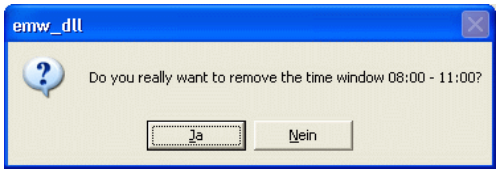
In total four time windows can be set per day, during which the EMC will be accepted by the card reader as “valid”. If the EMC is inserted in the card reader outside of a defined time window it will be rejected as “invalid”.

To enter or correct a time window, select the corresponding entry in the list and click on the “Change...” button.



Enter the start and end time of the time window and click on the “OK” button to close the dialog window and accept the entry. The time windows are sorted in the list according to the start/end time.

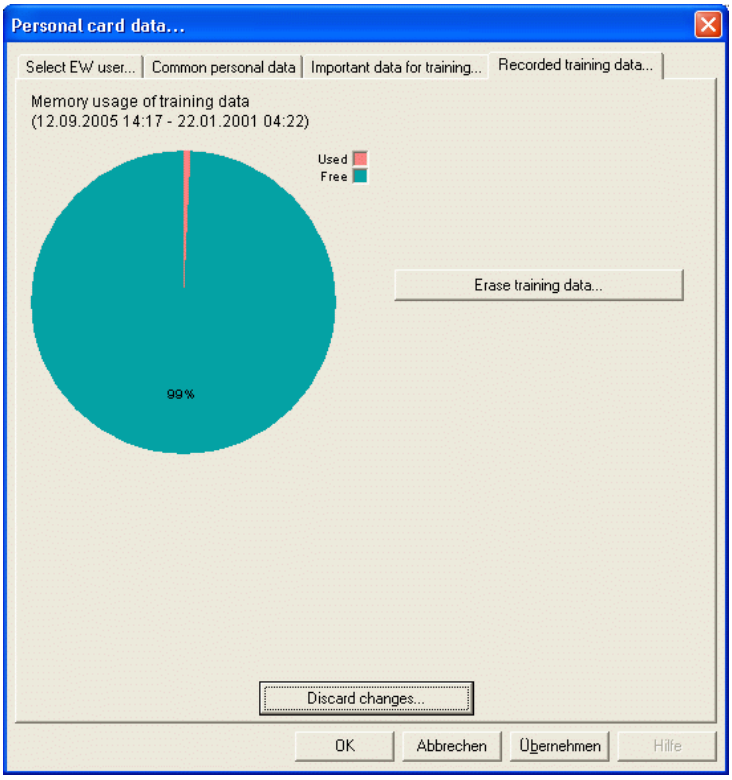
If you want to delete a time window, select the corresponding entry in the list and answer “Yes” to the following safety confirmation.



The time windows will be sorted by the start/end time.

6.3.2.1.4. Saved training data

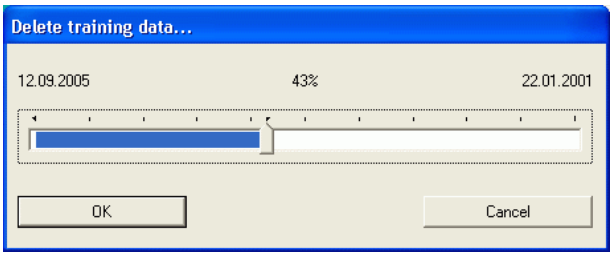
The dialog window “Saved training data” shows graphically the actual amount of memory used to store training data.



You can also save training data on your computer or erase them.

6.3.2.1.4.1. Erasing training data

By clicking on the “Erase training data...” button you can erase the training data saved on the EMC. After you click the “OK” button the following dialog window will appear:



You can set the percentage of the saved data to erase by adjusting the position of the slider in the window. The dates of the first and last trainings are shown as the limits of the slider control.

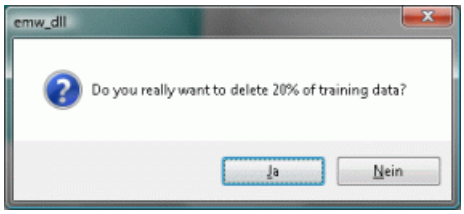
Please note the following:

1) Training data sets will only be erased as whole units, i.e. when you choose to erase 20%, the system will eventually erase a little more than 20%.

2) The percentage shown represents the actually released memory space and **not** the percentage date position between the first/last training.

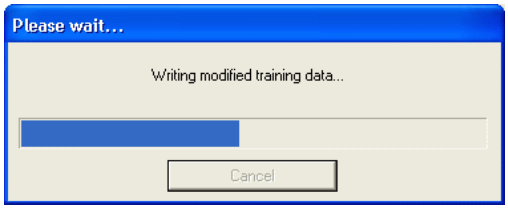
When you click on the “OK” button to erase the data, a confirmation dialog window appears for you to confirm your request to erase the data.

Note: Erasing the training data removes the data from the EMC. Please use EWPP to backup your training data first as described in **chapter 6.3.2.5** Backup to PC.



When you click on the “OK” button on the above dialog window

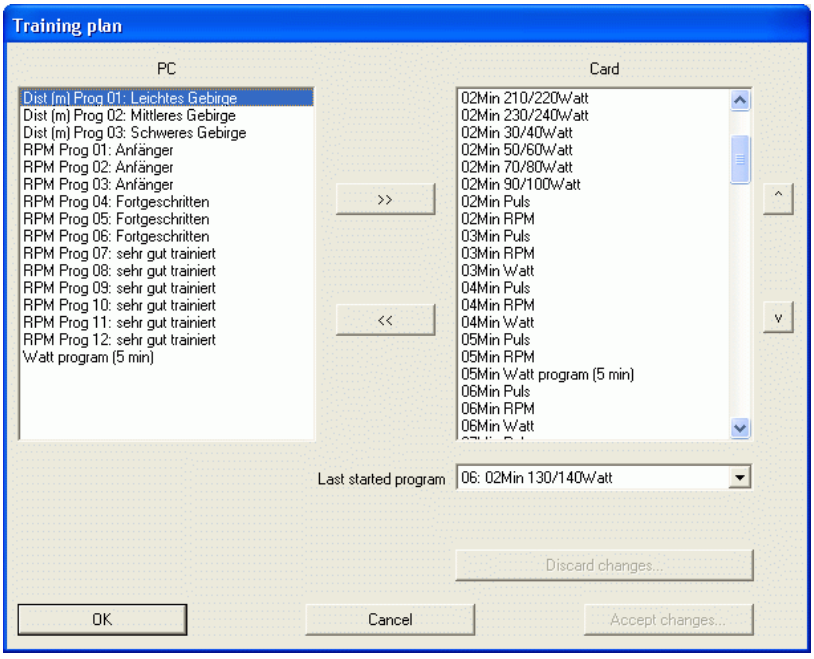
- The training data are read in the computer,
- The training data is erased according to the setting in the previous window and
- The remaining training data is rewritten to the EMC.



6.3.2.2. Training plan

Select menu option “ergo_memo_card/Training plan...” to open the following dialog window, which

- Displays the training plan on the EMC,
- Allows you to copy training programs to the EMC and/or remove them from the EMC and
- Change the sequence of the training programs.



The left hand list shows all the programs available in EWPP.

The right hand list shows all the programs available on the EMC.

The drop down list in the lower right part of the window let you choose the program last used. If you want the training to start from the top of the list choose “No program” here!

Item	Description
>>	Copies the program selected in the PC list to the EMC list. A double-click on an entry in the PC list will have the same effect.

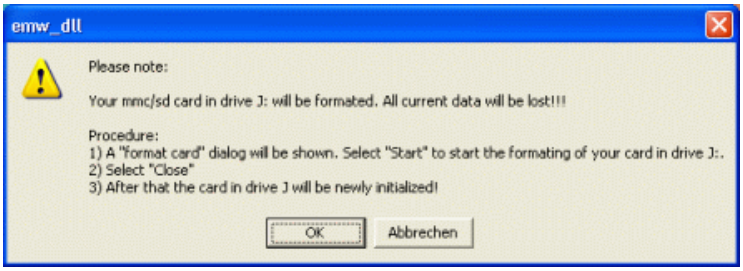
Item	Description
<<	Removes the program selected in the EMC list from that list. A double-click on an entry in this list will have the same effect.
^	Moves the selected program in the EMC list upwards in the list.
v	Moves the selected program in the EMC list downwards in the list.
OK	Accepts the changes to the EMC list and closes the dialog window.
Cancel	Rejects the changes to the EMC list and closes the dialog window.
Apply	Accepts the changes to the EMC list.
Reject changes …	Rejects the changes to the EMC.

6.3.2.3. Submenu option “ergo_memo_card 1/Card Actions”

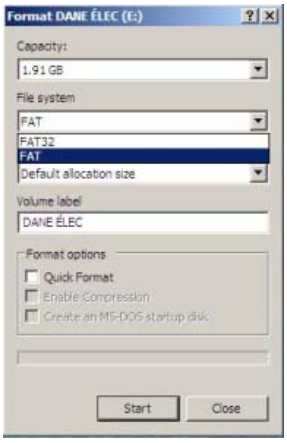
The submenu option “ergo_memo_card/Card Actions” lets you execute rarely used actions:

6.3.2.4. Format and initialize…

To use a new SD card as an ergo_memo-card you should to use the function “format and initialize…”. After starting the function you will see a notification window containing important information about the next steps.

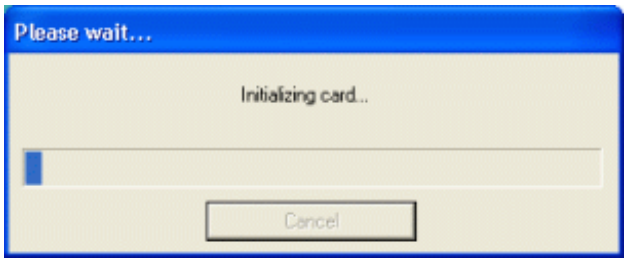


Please press OK to start “format and initialize” function. At the next window you must select FAT as file system (not FAT32!).



Press the Start button. Please select always OK in the next visible windows.

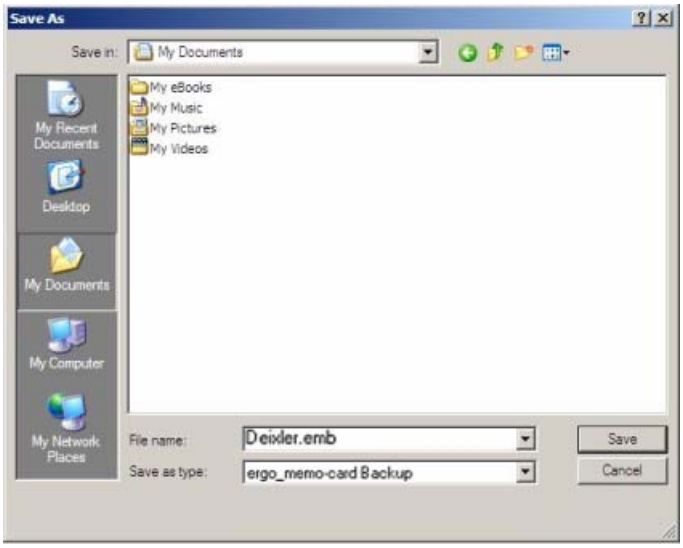
After formatting the card please press Close and the initialization of the card is started:



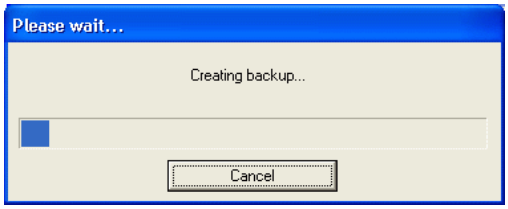
Note: The time for formatting and initialization depends on the size and speed of the SD card and the speed of the card reader used for the action. It may take a long time to complete the action (even a long time to see the above window!).

6.3.2.5. Backup to PC

The submenu option “ergo_memo_card/Card Actions /Backup to PC…” lets you backup the data stored on you EMC to your computer. This action will backup all the data entered by you, for instance training programs or the data relevant to the training, as well as all the training data available on the EMC.



Select the folder where you want the backup to be stored and give it a file name. Click “Save” to confirm your entry.



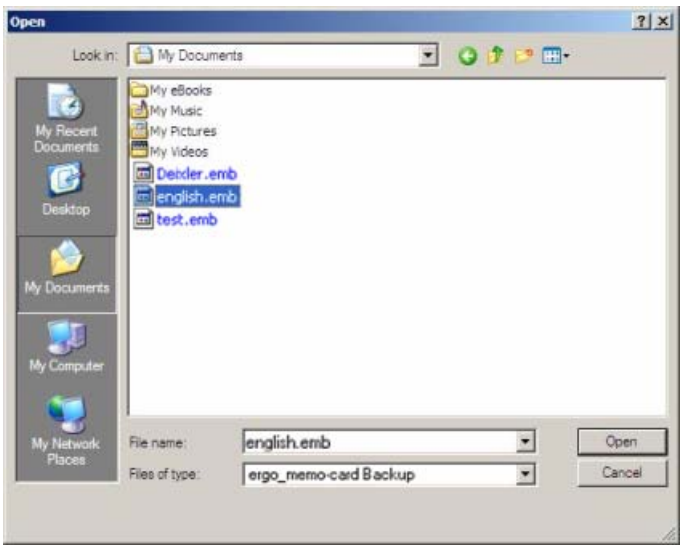
The progress bar window shows the progress of the backup operation. You can interrupt the backup operation at any moment by clicking the “Cancel” button. However in this later case *no* backup will be created!

The progress bar window will close automatically when the backup completes without error.

Notes: Depending on the size and speed of the SD card and the speed of the card reader used this operation may take a long time to complete (it may also tale a long time until the above window is displayed!).

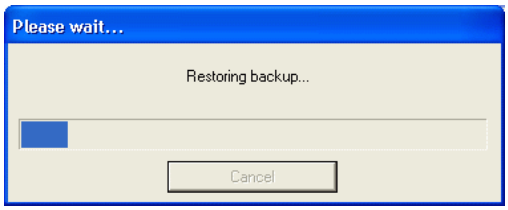
6.3.2.6. Restore the data from the PC

The submenu option “ergo_memo_card/Card Actions/Restore from PC…” lets you restore a previously saved backup from to computer to the EMC.



Select the required backup file on you computer and confirm your selection by clicking the “Open” button.

Warning: All the data currently available on the EMC will be erased by the restore operation!



The progress bar shows the progress of the restore operation. The progress bar window will close automatically when the restore completes without error!

Note: Depending on the size and speed of the SD card and the speed of the card reader used this operation may take a long time to complete (it may also tale a long time until the above window is displayed!).

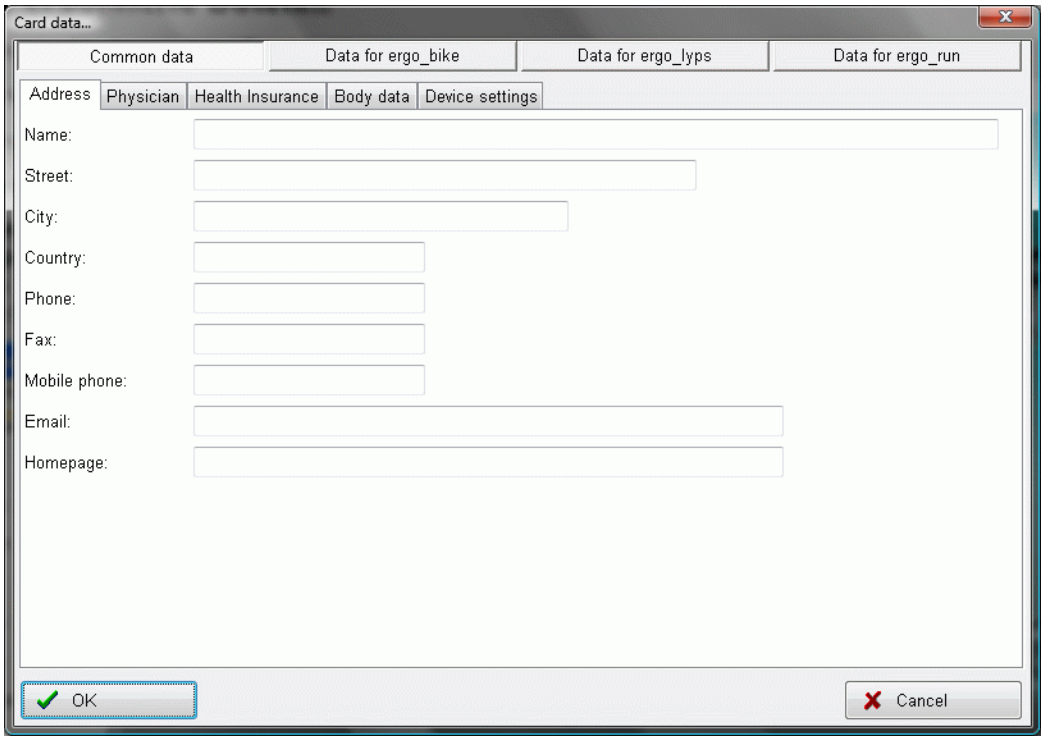
6.3.3. Menu option “ergo_memo-card 2”

6.3.3.1. Personal data...

The “Personal data...” option lets you enter the following data

- General personal data,
- Personal data related to the training
- Card options.

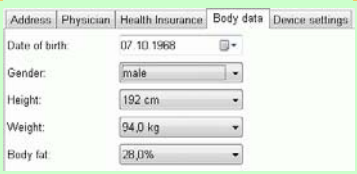
The dialog window presents the various setting possibilities grouped by topics into single topic groups and file cards. To select a particular topic select the corresponding button in the upper part of the window, to select a particular file card select the corresponding tab.



Click on “OK” to accept the changes or click on “Cancel” to discard the changes.

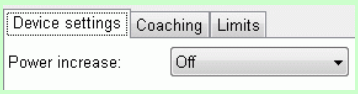
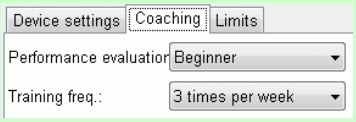
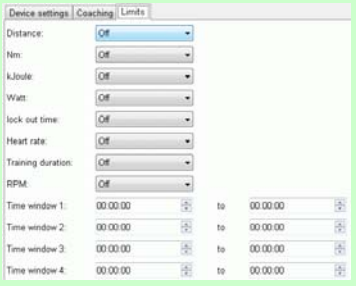
6.3.3.1.1. Topic group “Common Data”

Element	Description
Address 	Enter here your personal data like name and place of residence. **Note:** Data entry is not mandatory! **Note:** The name entered will be displayed on the device!
Physician 	Your family physician data. **Note:** Data entry is not mandatory!
Health insurance 	Your health insurance data. **Note:** Data entry is not mandatory!
Body data	Enter here your personal physical data. **Note:** These information is required to allow for an optimal

Element	Description
	training control and for a correct display of the realistic energy dissipation!
Device settings 	Select the desired language and the desired energy display for the device. **Note:** Realistic energy means including the physical body efficiency into the evaluation of the dissipated energy. The physical body efficiency depends mainly on age, gender, etc., entry of your physical data is therefore mandatory!

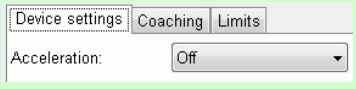
6.3.3.1.2. Topic group “ergo_bike/ ergo_lyps data”

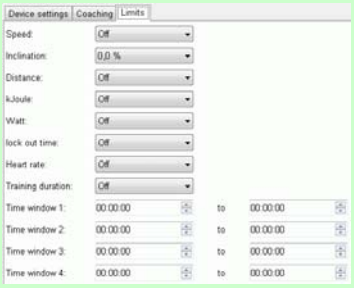
Choose here the settings that will apply to the corresponding device.

Element	Meaning
Device settings 	Select the maximum power (load in watt) increase per second. You can choose between 5 to 100W/s in 5W increments. **Information:** turning this function on reduces the maximum reactive speed of the eddy current brake in the device. For instance if you set a value of 5W/s and you have a training program in which the loading increases from 50W to 100W, the device will now take 10s to reach 100W.
Coaching 	Set the basic coaching settings. **Notes:** The performance evaluation impacts the length and intensity of the coaching programs.
Limits 	Enter your required limit values. Distance: training is interrupted when exceeded. Nm: maximum reachable loading. kJoule: training is interrupted when exceeded. Watt: maximum reachable loading. Lock out time: Pause period at the end of a training. Heart rate: Reduces the loading when exceeded. Training duration: training is interrupted when exceeded. RPM: Displays RPM exceeded. Time window 1-4: Allows training within the given time windows.

6.3.3.1.3. Topic group “ergo_run data”

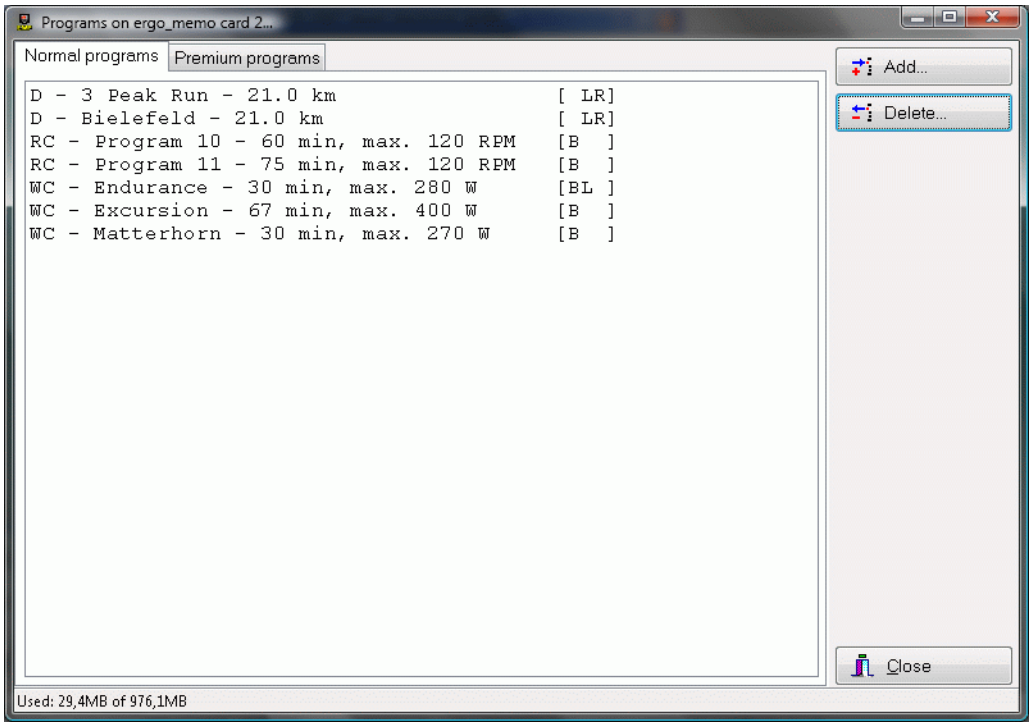
Choose here the settings that will apply to the corresponding device.

Element	Meaning
Device settings 	Select the maximum treadmill acceleration. You can choose OFF or set the acceleration in the range 0.01 to 0.50m/s² in 0.01m/s² increments.

Element	Meaning
	Information: turning this function on changes the acceleration of the treadmill. For instance if you set a value of 0.05m/s² and you have a training program in which the speed increases from 3.6km/h to 7.2km/h, the device will now take 20s to reach 7.2km/h.
Limits 	Enter your required limit values. Speed: Maximum reachable speed. Inclination: Maximum reachable inclination. Distance: training is interrupted when exceeded. kJoule: training is interrupted when exceeded. Watt: maximum reachable loading. Lock out time: Pause period at the end of a training. Heart rate: Reduces the loading when exceeded. Training duration: training is interrupted when exceeded. Time window 1-4: Allows training within the given time windows.

6.3.3.2. Program-Manager…

The program manager displays the normal programs and premium programs available on the EMC2 in separated tabbed cards, and makes it possible to add new programs or to remove existing programs.



Click the “Close” button to close the program manager window.

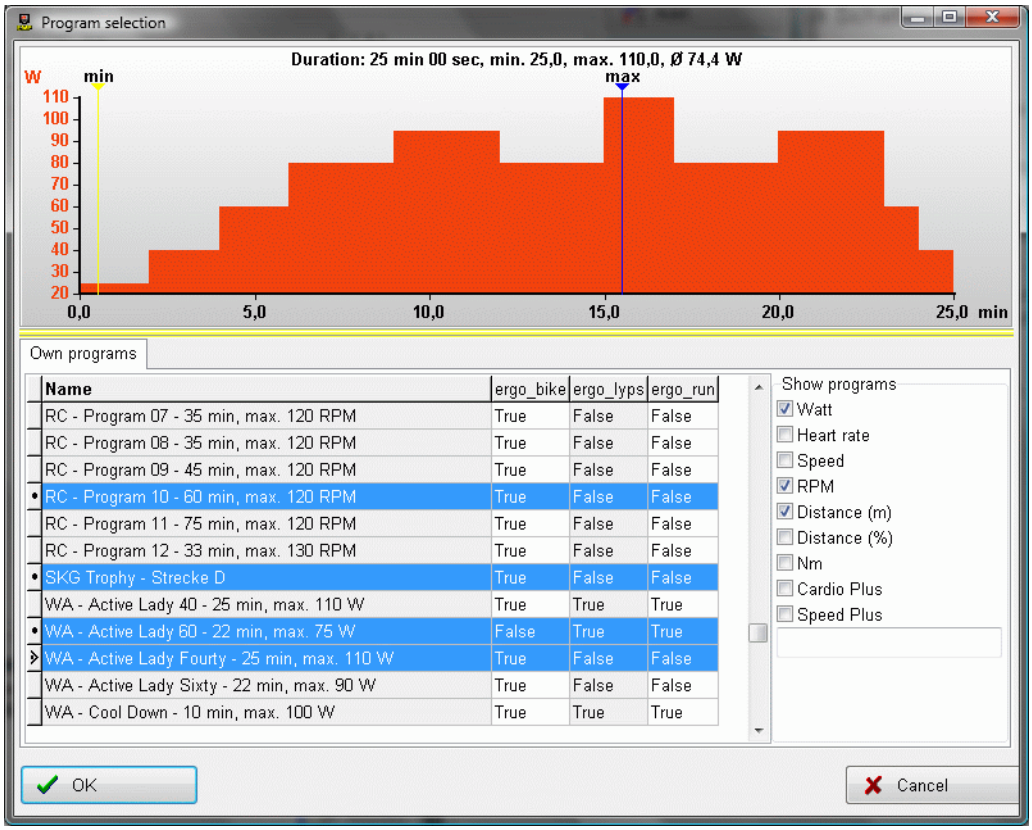
Note: Changes cannot be undone.

6.3.3.2.1. “Normal Programs” tab

When you click on this tab you see a list of the normal programs available on the EMC2.

6.3.3.2.2. Adding programs

Click the “Add...” button. A dialog window appears displaying the programs available in EWPP.



Select the required programs and confirm the choice by clicking “OK”. Click “Cancel” to close the dialog window without adding any program. You can select the types of program to show by selecting them in the “Show program” box; you can thus reduce the number of shown programs to make finding one easier.

Note: You can limit the number of programs displayed by entering a part of the program name in the entry field “Show programs”.

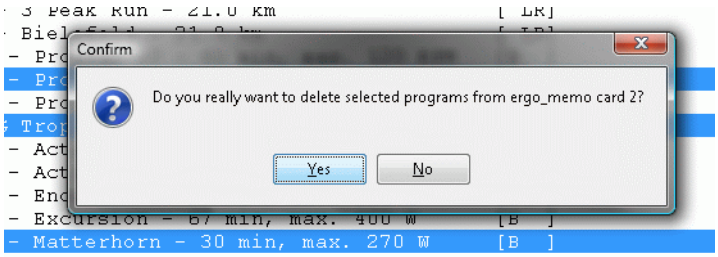
Note: The icons in the leftmost column of the table have the following meaning:

- Selected line and last selected line.
- Selected line.
- Line not selected.

Note: You can mark (select) many programs simultaneously. Select the first program with one mouse click, and then select all the additional programs by clicking while holding the Ctrl key on the keyboard.

6.3.3.2.3. Deleting Programs

Click the “Delete...” button to delete the selected programs from the EMC2.



When you confirm the deletion by clicking “Yes”, the selected programs will be removed from the card. Otherwise click “No”.

Note: You can mark (select) many programs simultaneously. Select the first program with one mouse click, and then select all the additional programs by clicking while holding the Ctrl key on the keyboard.

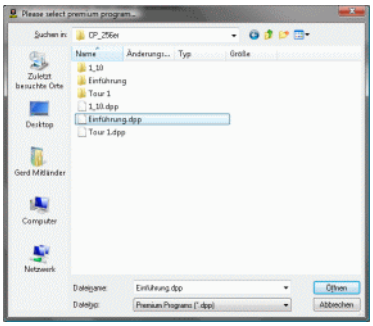
6.3.3.3. “Premium Programs” tab

When you click on this tab you see a list of the premium programs available on the EMC2.

6.3.3.3.1. Adding programs

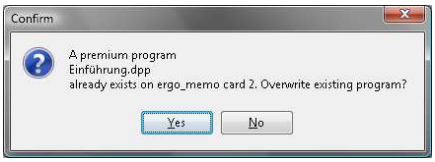
Click the “Add...” button. A dialog window appears displaying the premium programs available on the computer.

Select the required program and click “Open”. The selected program will be copied to the EMC2.



Note: If a premium program with the same name already exists on the EMC2, a message box will appear to ask you if you want to replace the existing program.

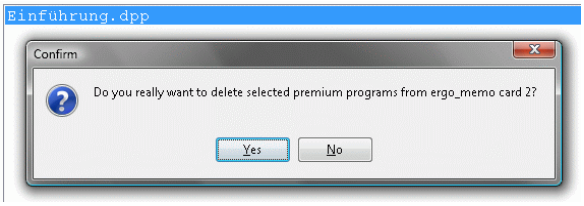
If you click Yes the existing premium program on the EMC will be overwritten.



6.3.3.3.2. Deleting Programs

Click the “Delete...” button to delete the selected programs from the EMC2.

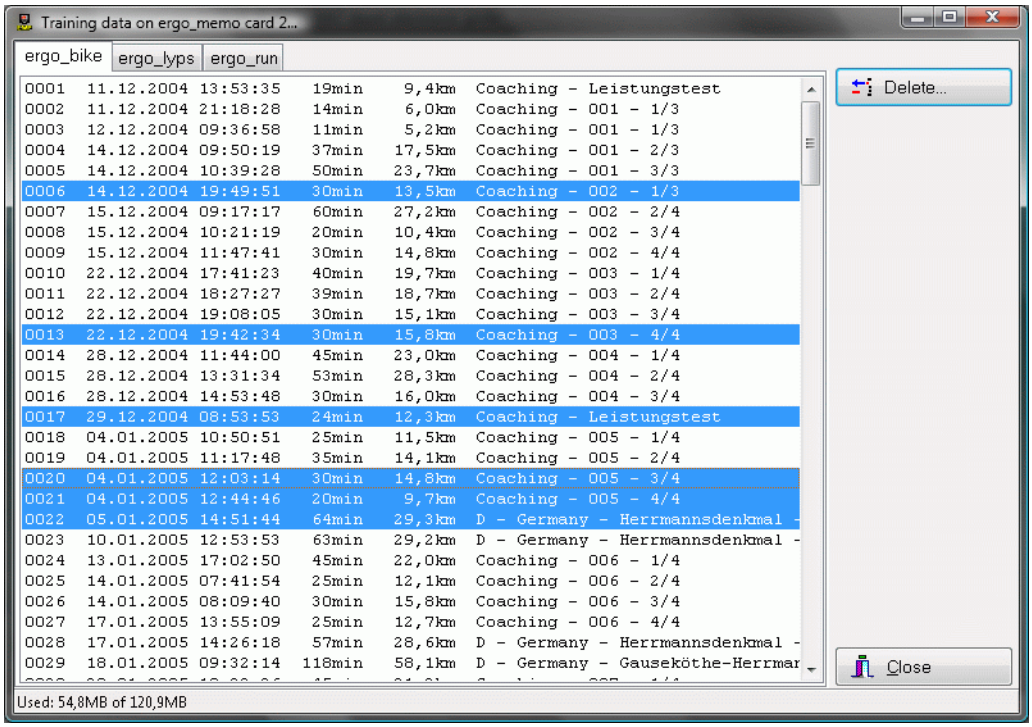
When you confirm the deletion by clicking “Yes”, the selected programs will be removed from the card. Otherwise click “No”.



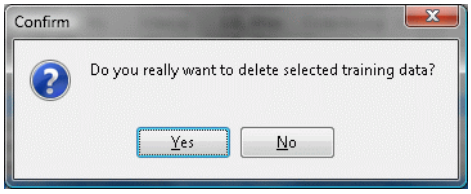
Note: You can mark (select) many programs simultaneously. Select the first program with one mouse click, and then select all the additional programs by clicking while holding the Ctrl key on the keyboard.

6.3.4. Training data manager…

The training data manager enables you to delete training data existing on the EMC.



Select the training device, select the required training units and click on the “Delete...” button. The following safety confirmation appears to confirm that you really want to delete the training units.



When you confirm the deletion by clicking “Yes”, the selected data will be deleted. Otherwise click “No”.

Note: You can mark (select) many programs simultaneously. Select the first program with one mouse click, and then select all the additional programs by clicking while holding the Ctrl key on the keyboard.

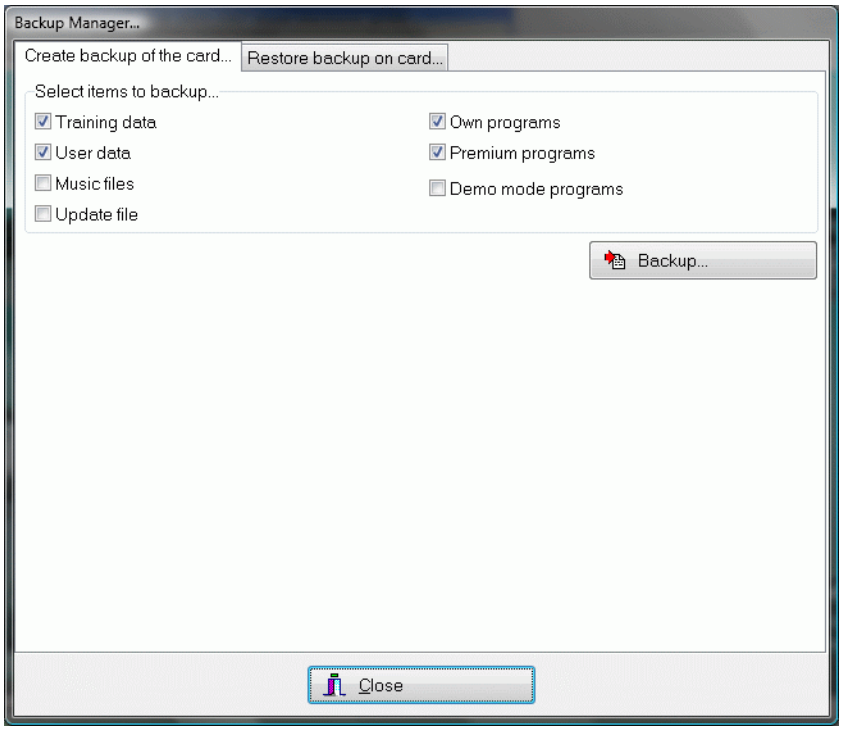
Note: The operation to read the training units in the computer is described in **chapter 6.5.2.2**.

6.3.5. Backup Manager…

You can create backups of your EMC2 and restore them with the backup manager.

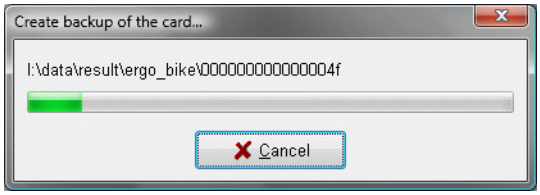
6.3.5.1. “Create Backup” tab

Click on the “Create Backup...” tab to create a backup of your card.



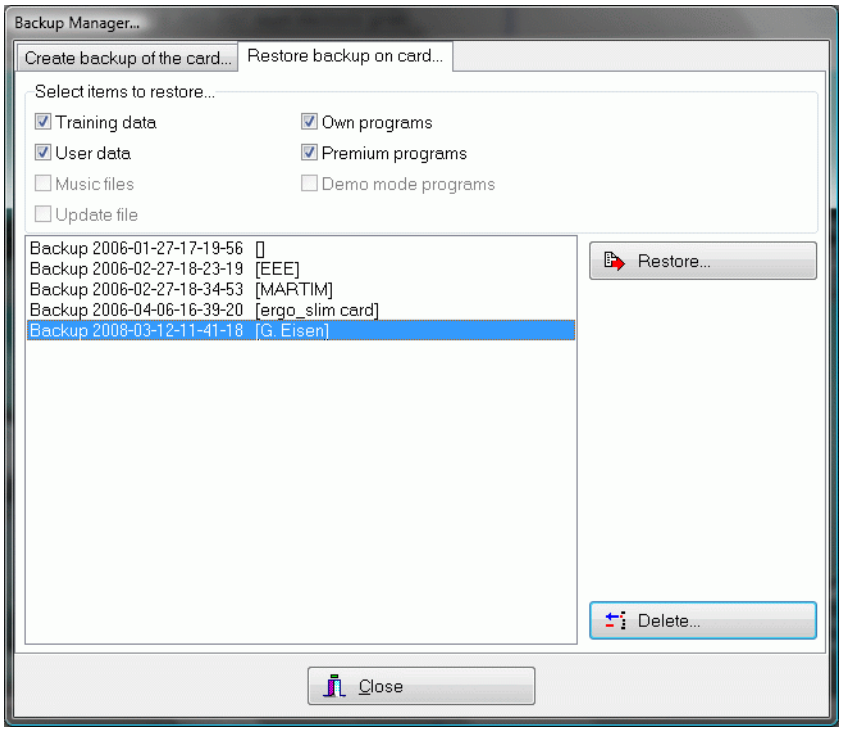
Element	Meaning
Training data	Backups the training data.
User data	Backups the user data, i.e. personal settings like limit values, name, etc.
Music files	Backups your files located in the MP3 subfolder.
Update files	Backups the update files located in the UPDATE subfolder.
Own programs	Backups your own created programs on the EMC2. These can be programs created directly on the device or programs downloaded on the card with EWPP.
Premium programs	Backups the premium programs.
Demo mode programs	Backups the demo mode programs.

Select the data you want to backup and click on the “Backup...” button.



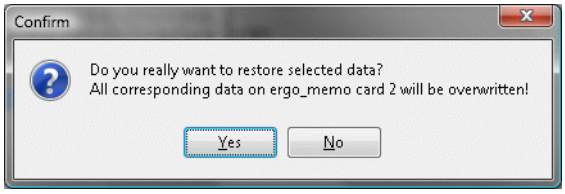
6.3.5.2. “Restore Backup on Card” tab

Click on the tab “Restore Backup on Card...” if you want to restore your card from a previous backup.

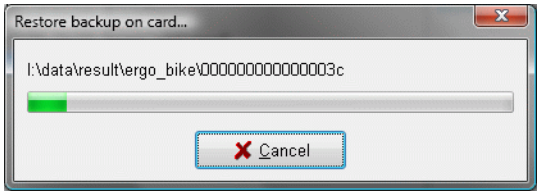


The upper part of the window contains the restore options. Some of these options may not be available depending on the selected backup. This means that the corresponding option was not selected when the backup was created.

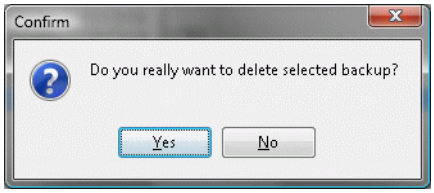
To restore a backup, select the backup in the list and click on the “Restore...” button. Answer Yes to the following query to restore the backup, and No to cancel.



When you answer Yes to the query, the data existing on the card will be deleted first and then the data from the backup will be restored.



If you want to delete a backup, select the backup you want to delete in the list and click on the “Delete...” button. Answer Yes to the following query to delete the backup, and No to cancel.



6.4. “Train” menu option

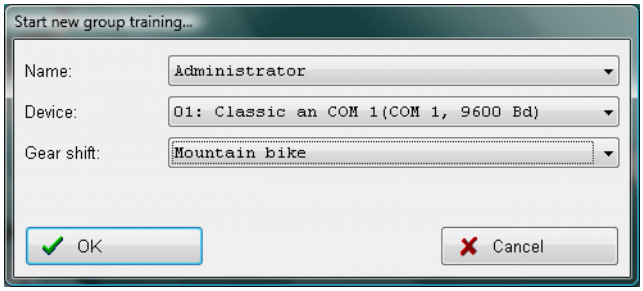
6.4.1. Group training

A group training is a training executed with training partners over Internet.

Note: You will find notes and advice about configuring the computer and an eventual router in the appendix in chapter 7.5.2.2 Connection over the network from page 69.

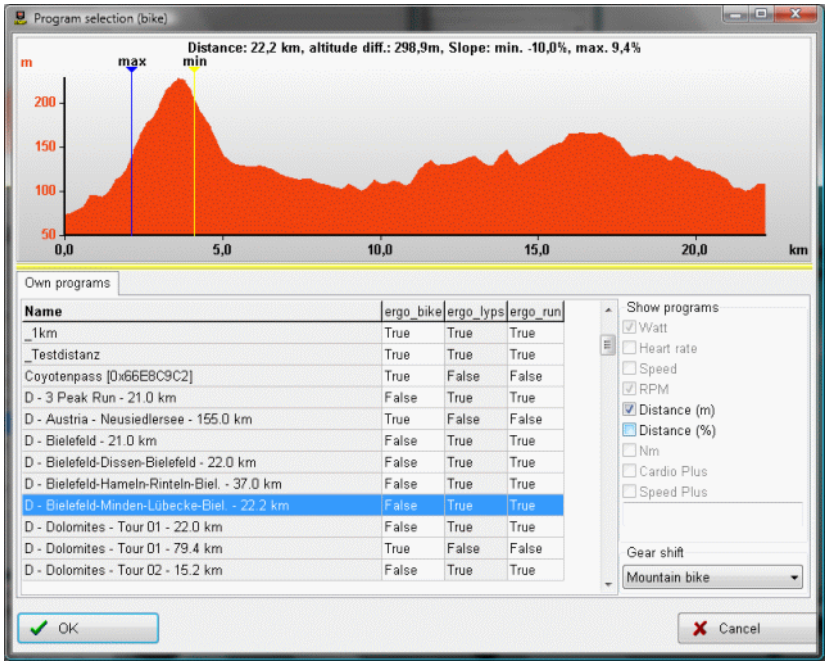
6.4.1.1. Group training / Start new group …

Click on “Group training / Start new group …” if you want to start a new group, i.e. make it available for other participant. The following dialog window appears:



Select here the desired participant (the training data will be saved under this participant), the desired training device (if more than one are available) and the desired gear shift type. Confirm your selection by clicking OK.

Select a program in the following dialog window, this program will be proposed to the other participants.



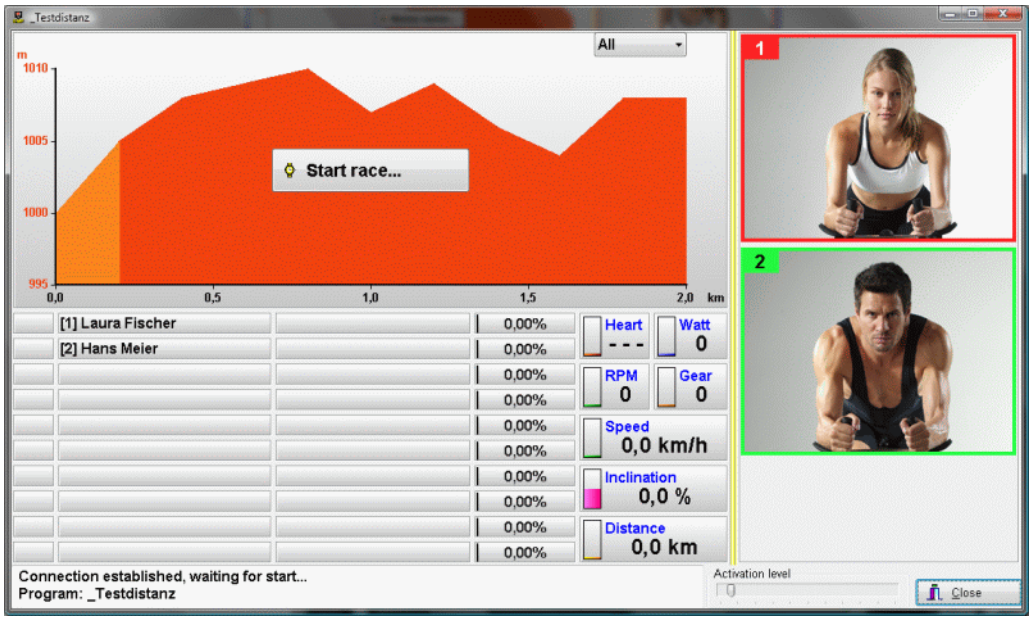
Note: you can set in the gear shift field how your device will behave during the training. The available options are road bike, racing bike, and mountain bike.

Note: with the devices of the Classic series (Classic 3, Space, Pro etc.) the road bike shift corresponds to the mountain bike shift.

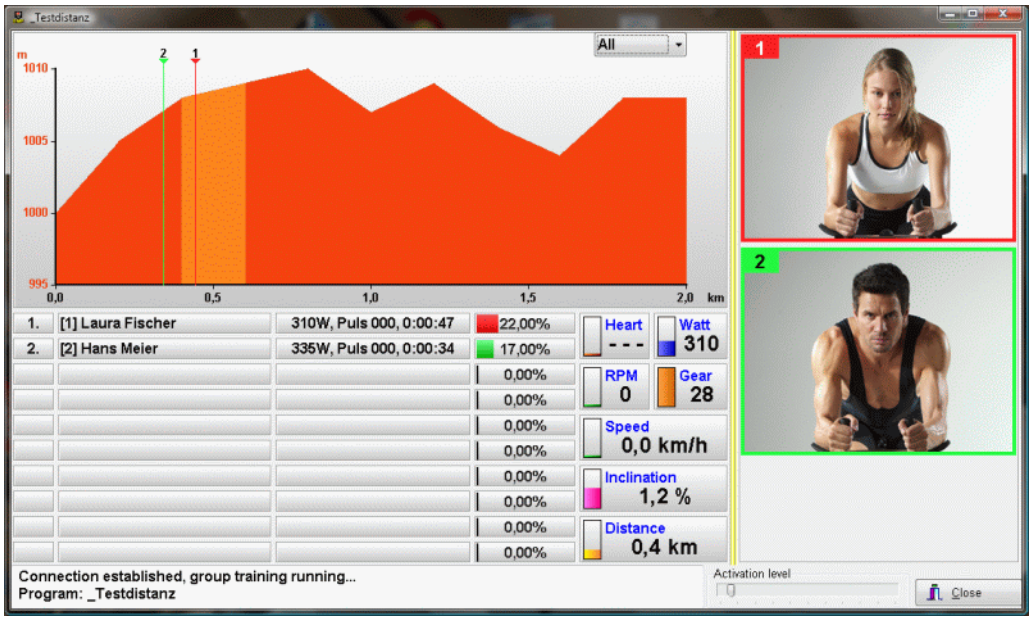
Once you have selected the required training program and clicked on OK, the group training view appears.

The group training view is divided into four areas:

Area	Meaning
Training graph	Shows a graphical representation of the actual training. The positions of the participants are represented by lines identified with the starting number. **Note:** Use the selection box in the upper right part to adjust the displayed section (= Zoom).
Ranking list	Shows the actual participants with the most important data (Watt, heart rate, position). The colour of the progress bar corresponds to the colour of the frame in the picture area.
Own training data	Shows the most important local training data like heart rate, Watt, RPM, gear shift, etc.
Picture area	Shows the webcam images of the other participants. **Note:** A talking participant will be identified by a round “Record” symbol in the image.



When all the participants are ready press the button labelled “Start race...” to start the group training for all participants.

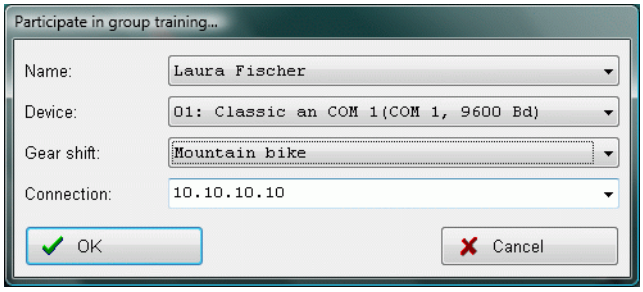


Once the race is started the training graph will show the positions of the participants and the ranking list will be sorted accordingly.

Note: If the sensitivity setting of your microphone is too high, with the increased loading the noise of your breath might be transmitted to the other participants (as will be indicated by the record symbol). If that is the case raise (=move to the right) the activation level by means of the sliding control located beside the “Close” button. If you want to interrupt voice transmission to the other participants, e.g. because of sound interferences, move the slider all the way to the right.

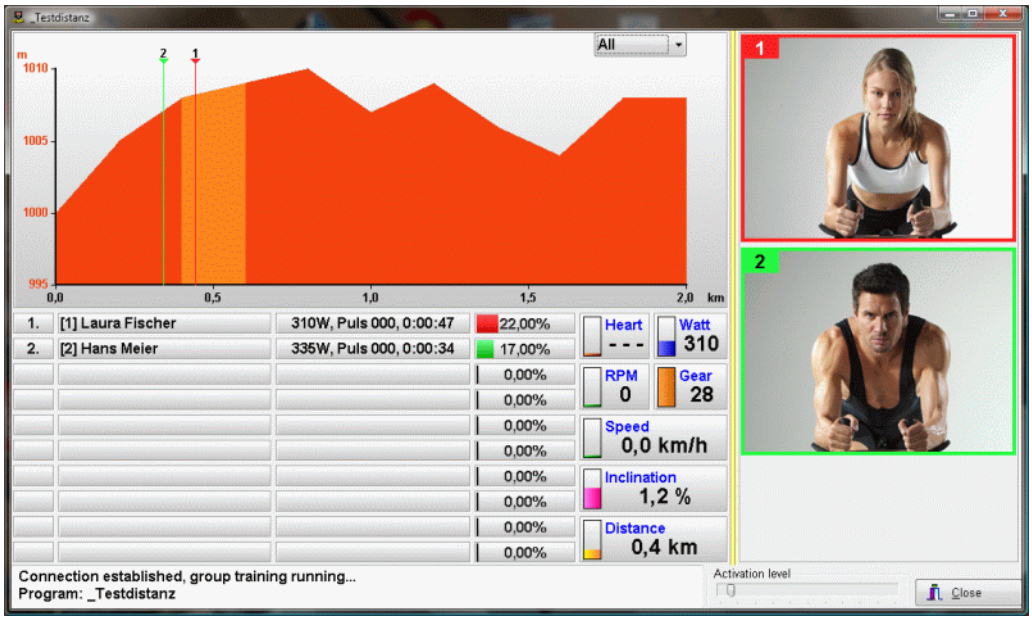
6.4.1.2. Group training / participate…

If you wish to participate to a group training, you need to know the IP address or the web address of the participant with whom you wish to train.



Enter this information in the connection field or select it in the drop down list if you already entered it previously. Confirm your selection by clicking on the “OK” button.

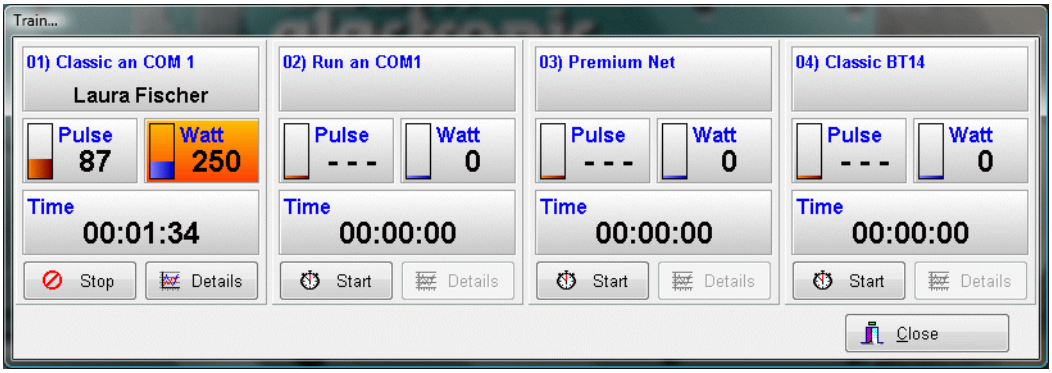
The group training view appears with the ranking list of the participants who are already connected with the participant acting as the “server”.



Watch the status area of the view window to see when the race is started to start training.

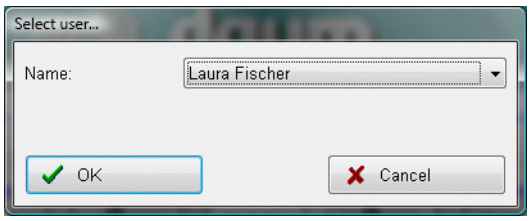
6.4.2. Train…

If you want to perform a normal training unit, open the “train” dialog window by taking the menu option “Train/Train”. Depending on the number of the configured training devices, up to four training overviews will be displayed in the dialog window. The following figure shows you an example with two current training units with four configured training devices:



6.4.2.1. Start the training

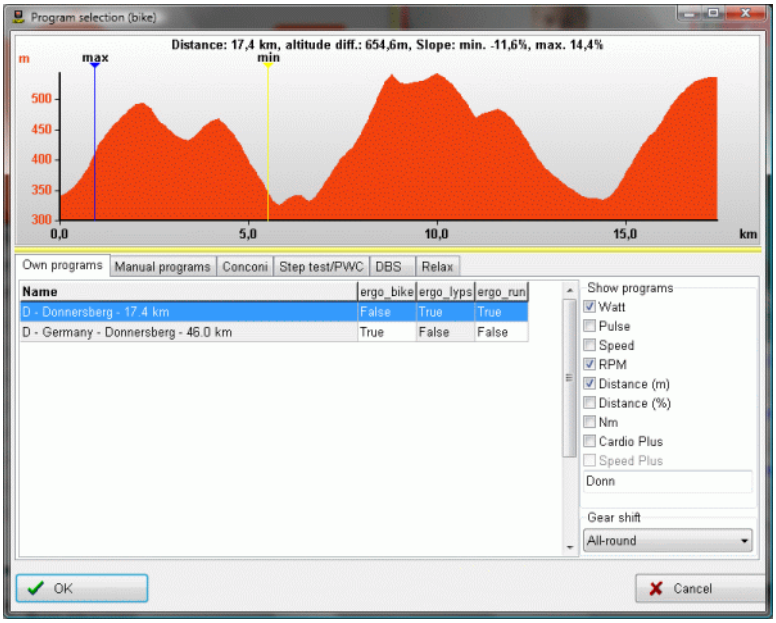
To start a training click on the “Start” button in the corresponding training overview. Next select the user for whom the training must be started in the following dialog window and click OK.

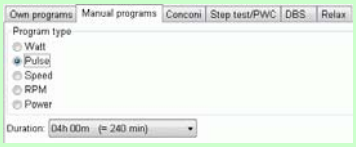
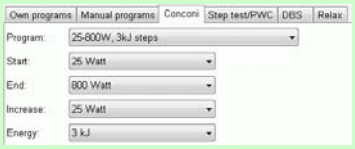
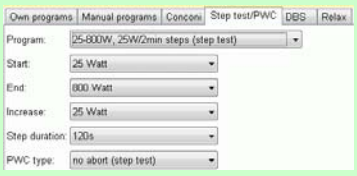


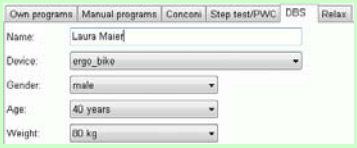
The limit values set for this user, e.g. heart rate or Watt, will be taken into account during the training, and the training data will be saved in the training data of that user.

6.4.2.1.1. Choosing the training program

You can choose the program that you will run in the dialog window that is displayed next. You can choose among the following possibilities:

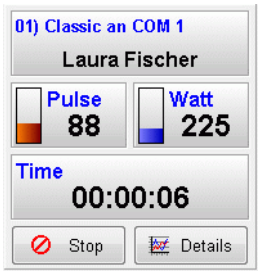


Program type	Meaning
Own programs 	Select your desired own program in the list. Use the selection box to the right to restrict the number of programs in the list. **Note:** Do select the starting point simply click into the training graphic. **Note:** you can only change the gear shift type when a distance program is selected!
Manual programs 	Select the desired manual program and the training duration.
ConConi 	Select the desired ConConi test or apply your own settings. **Note:** Enter the amount of kJ you want to dissipate per program step in the energy field.
Step test/PWC 	Select the desired step test or PWC or apply your own settings. **Note:** Use the PWC type field to determine whether to interrupt the step test when a certain heart rate is reached.

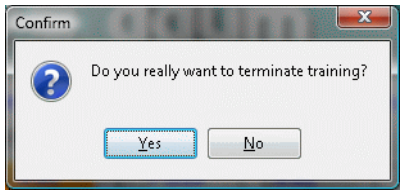
Program type	Meaning
DBS 	Special test set for the “Deutschland bewegt sich” contest.
Relax 	Select Relax as training type to start the relaxation function. See also chapter Training details for Relax from page 46.

6.4.2.2. Terminating the training

Click on the “Stop” button in the training view to terminate the training.

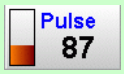


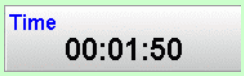
Confirm the following query by clicking Yes.



6.4.2.3. Description of the training view

The training view contains various elements, which are explained in the following table.

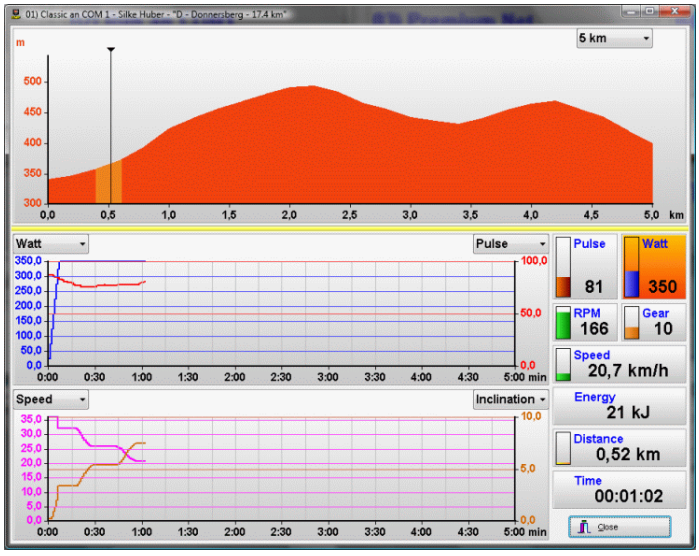
Element	Meaning
Training device and user 	The training device is specified using a blue font and the user name is given using a black font. **Note:** With premium devices, a progress bar is shown in this field during the download of the training program into the device.
Heart rate 	Indicates the actual heart rate of the user or displays “---“ when the heart rate is not available. If the heart rate limit of the user is reached or exceeded the background colour is changed to orange/red.
Watt 	Indicates the load currently set in watt for the training device. If the watt limit of the user is reached or exceeded the background colour is changed to orange/red.

Element	Meaning
Relax 	The watt display is replaced by the actual relaxation value during the execution of the relax function. **Note:** the relaxation value starts at 100 and drops while you relax. If you are stressed or otherwise upset the value can exceed 100!
Time 	Indicates the actual training duration. If the maximum training duration limit for the user is reached or exceeded the background colour is changed to orange/red. **Note:** This field will also display messages about the communication with the training device. Notification messages will have a green background, while warning or error messages will have an orange or red background. Example:
Training details 	Opens the display of training details.

6.4.2.4. Training details

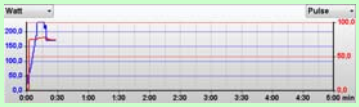
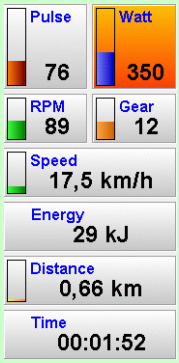
6.4.2.4.1. Training details for programs

Click on the “Details” button in the training view of the training device when you want to see more details about a current training.



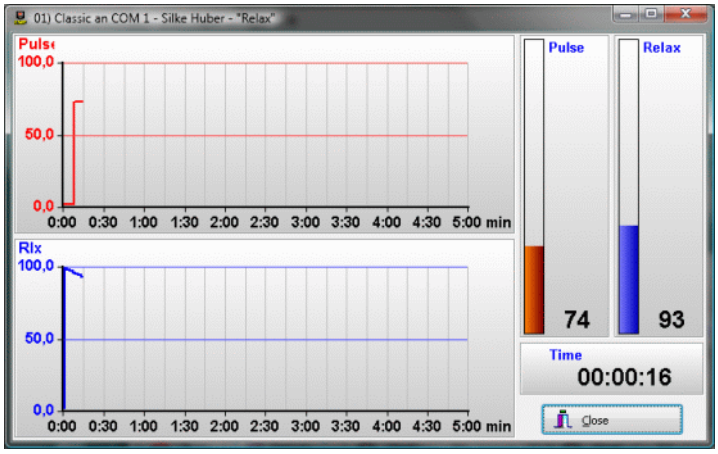
The window is divided into three parts: training program view, graph and numerical values.

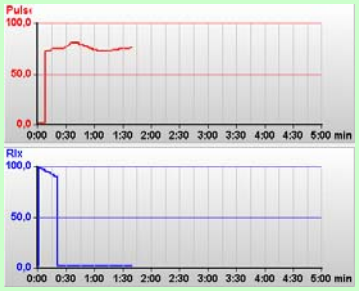
Element	Meaning
Training program view 	Displays the graph of the currently running program. The present training step within the program is shown in orange, and the actual position within the step is identified by a vertical line. **Note:** the selection box in top right corner lets adjust the displayed section (= zoom). **Note:** drag the yellow line underneath the graph view to adjust the size of the training program graph view within the

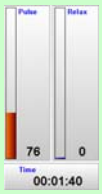
Element	Meaning
	window.
Values graph 	Four values graphs are displayed in two sections under the training program view. You can select the value shown for each graph by mean of the drop down selection box above each of the coordinate axis. **Note:** gear shift, speed, heart rate, RPM, inclination, and watt can be selected for graph view.
Numerical values 	The actual training values are shown in the numerical values view. When a set limit value is exceeded the corresponding field will take an orange/red background and an audible signal will sound. **Note:** The bars beside the numerical values indicate the position between the minimum and maximum values. **Note:** A progress bar is show beside the training time for time based program, in the case of distance based programs the bar is shown beside the training distance. In both cases the end of the training is reached when the bar reaches the top.

6.4.2.4.2. Training details for Relax

Press the “Details” button in the training view of the training device when you want to view more details about the relax process.



Element	Meaning
Values graph 	Two graphs show you the progress of the heart rate value and of the relaxation value during the relaxation process. **Note:** The relax and heart rate graphs drop with the relaxation and increase if the stress level increases.

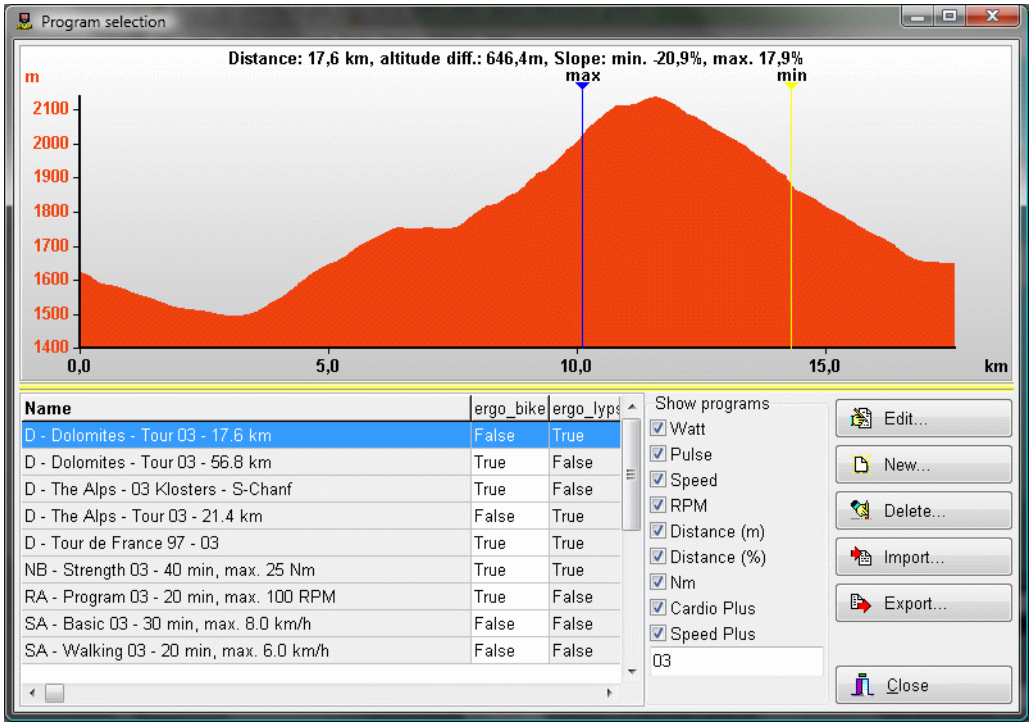
Element	Meaning
Numerical values 	The numerical values show the actual heart rate and relaxation value, and the duration of the relaxation process.

6.5. “Data” menu option

The data option of the menu lets you manage the training programs and training results.

6.5.1. Training programs

The dialog window “Program selection” presents the available programs and offers many create, import, and export possibilities.



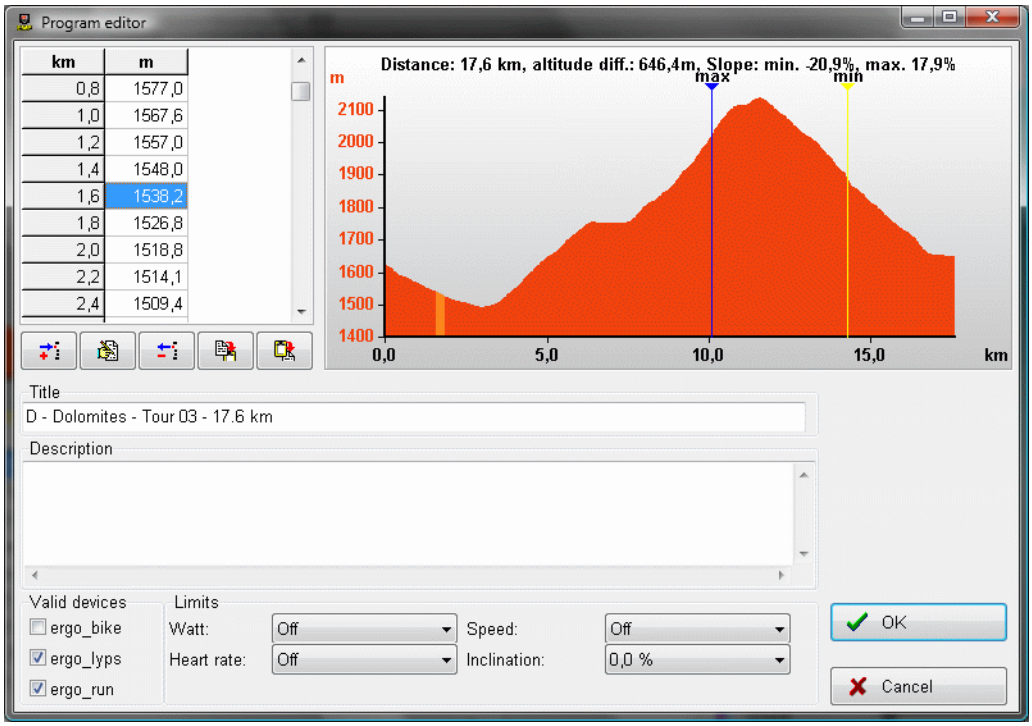
The window is divided in four sections: preview, programs list, “program view”, and actions. The available programs are listed in the programs list showing the name and the valid training devices. When you select a program in the list its program profile is shown in the preview section and you can edit, export, or delete the program.

Use the “Show programs” selection box to the right to restrict the number of programs in the list to help you find a program.

Note: Enter a part of the program name into the entry field of the “Show programs” box to limit the number of programs listed.

6.5.1.1. The “Edit...” action

To edit a program, select that program in the list and click on the “Edit...” button.

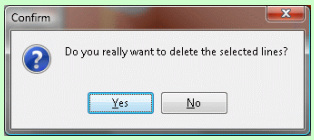


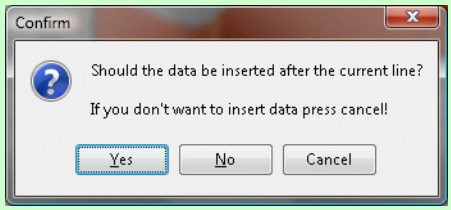
The editor window is divided into the sections: assigned values, profile view, and program options.

6.5.1.1.1. Assigned values

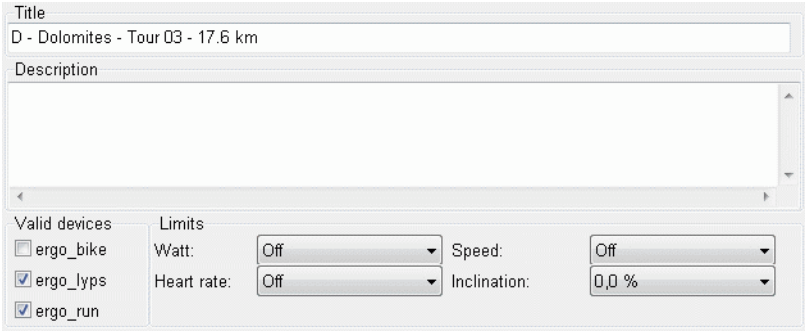
The assigned values are shown in a two or three columns table. The first column always represents the “actual step column”, i.e. it will indicate the actual time, distance, or the actual step of the program.

To enter values in the table you can either use the buttons below the table or use the mouse and keyboard to enter the required values. Double click on the table to switch it to edit mode. You can now use the cursor up/down/left/right keys to move in the table and change the values as needed. When you reach he end of the table, a further “cursor down” will create a new row. This way you can edit and enter data fast and conveniently.

Element	Meaning
	Insert a new row at the current position.
	Switch to edit mode.
	Delete the selected rows in the table after confirming with a safety query. 
	Copies the selected rows to the clipboard.

Element	Meaning
	Insert the rows copied to the clipboard in the table before or after the currently selected row.  Click Yes to insert after the actual row. Click No to insert before the actual row. Click Cancel to cancel the insert operation.

6.5.1.1.2. Program options



Element	Meaning
Title	Enter here a title for the program. **Note:** A title must be entered and it may not be identical with an already existing title. This is verified when you click on OK to close the window.
Description	Enter an optional description.
Valid devices	Select the devices on which the program will run.
Limit values	Set limit values specific to the program or turn them OFF.

6.5.1.2. “New...” action

Click on the “New...” button if you want to create a new program. A dropdown menu will appear under the button in which you can choose the type of the new program.

After you select the program type another window will appear to let you set the step length for the program in seconds or meters.

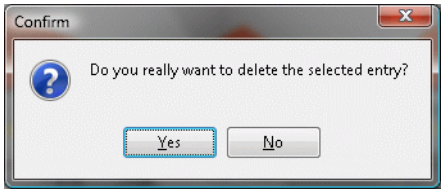
Element	Meaning and processing in the device
Watt	Creates a watt controlled program. In a watt controlled program you set the loading levels and their length. The device applies the respective loadings levels for the specified length.
Heart rate	Creates a heart rate controlled program. In a heart rate controlled program you set the required heart rates and the step length. If the actual heart rate exceeds the required heart rate the device reduces the loading, if the heart rate drops below the required value the device increases the loading. This way the devices will adjust itself

Element	Meaning and processing in the device
	to help achieve at the closest possible the required heart rates.
Cardio Plus	Creates a Cardio Plus program. In a Cardio Plus program you make a prescription for required heart rate and loading in watt per program step. A step is then completed when the heart rate exceeds or drops below the prescribed value. The device applies the load of the first step and waits until the heart rate exceeds the prescribed value “from below”. When this is the case the device activates the next step and applies its load in watt. Whether the heart rate value should exceed the prescribed value “from below” or drop below it “from above” depends on whether the previous prescribed heart rate was higher or lower. • If the previous heart rate was lower then the actual heart rate must be reached “from below”. • If the previous heart rate was higher then the actual heart rate must be reached “from above”. With this type of training it can happen that a step lasts “forever” if the required heart rate is not reached. In that case terminate the training manually.
Speed	Creates a speed controlled program. In a speed controlled program you set the required speed levels and their length. The device applies the respective speed levels for the specified length. **Note:** Applicable only for treadmills and ellipse trainer.
Speed Plus	Creates a speed plus program. In a speed plus program you set the required speed and inclination levels and the step length. The device applies the respective speed and inclination levels for the specified length. **Note:** Applicable only for treadmills.
RPM	Creates an RPM controlled program. In an RPM controlled program you set the required pedalling speed and the step length in time. When the pedalling speed exceeds the required value the device increases the loading, and when the pedalling speed drops below the required value the device reduces the load. This way the devices will adjust itself to help achieve at the closest possible the required pedalling speed. **Note:** Only for bikes.
Distance (m)	Creates a distance program with height differences in meters. In a distance (m) program you set the required height in meter and the step length. **Bikes and elliptic trainer:** The device computes based on the actual speed and the inclination calculated from the required height in meter a loading value corresponding approximately to real loading. **Note:** the gear shift or the step size control are active! **Treadmills:** The device applies an inclination computed from the height in meter. You can choose the speed.

Element	Meaning and processing in the device
Distance (%)	Creates a distance program with inclination prescription in percentage. In a distance (%) program you set the height of the starting point, and then only the subsequent inclinations and the steps length. **Bikes and elliptic trainer:** The device computes a loading value based on the given inclination corresponding approximately to real conditions. **Note:** the gear shift or the step size control are active! **Treadmills:** The device applies the required inclination. You can choose the speed.
Nm	Created a Nm program (power). In a NM program you set the required Nm and the step length. The Nm are kept largely constant by automatically adjusting the load in watt. **Note:** Only for bikes and elliptic trainer.

6.5.1.3. “Delete” action

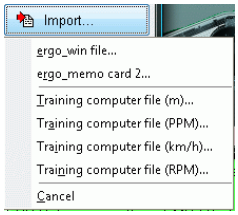
Select the program to delete in the programs list and press the “Delete...” button. The following safety query appears:



Answer Yes to confirm the deletion of the program or No to cancel the operation.

6.5.1.4. “Import...” action

Press the “Import...” button when you want to import a program. A dropdown list opens under the button in which you can choose the type of import.



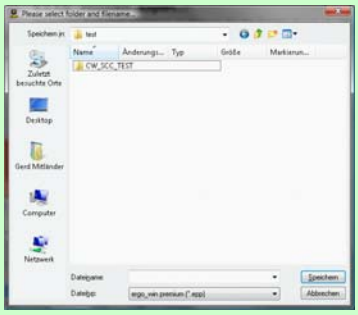
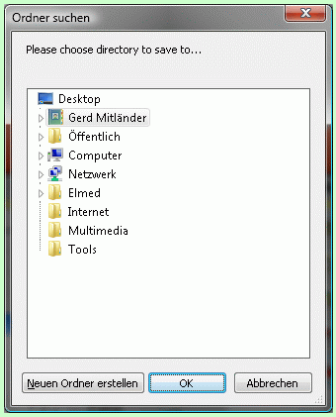
Element	Meaning
ergo_win file	Use this option to import EPP and EUP files that you download from daum electronic gmbh (www.daum-electronic.de) or from another web site (for instance: www.bikendaheim.de).
ergo_memo-card 2	Use this option to import EPP files from your EMC2. This option lets you import programs that you or your trainer created directly on the device.
Training computer file (m)	Use this option to import current training computer files (TUR, CRP, HRM) as distance (m) program. The step (increment) length is set to 200m.
Training computer file (PPM)	Use this option to import current training computer files (TUR, CRP,

	HRM) as heart rate controlled program. The step (increment) length is set to 30s.
Training computer file (km/h)	Use this option to import current training computer files (TUR, CRP, HRM) as speed controlled program. The step (increment) length is set to 30s.
Training computer file (RPM)	Use this option to import current training computer files (TUR, CRP, HRM) as RPM program. The step (increment) length is set to 30s.

Note: Files of the TUR, CRP and HRM format exist in various different versions. The import operation may therefore not complete successfully.

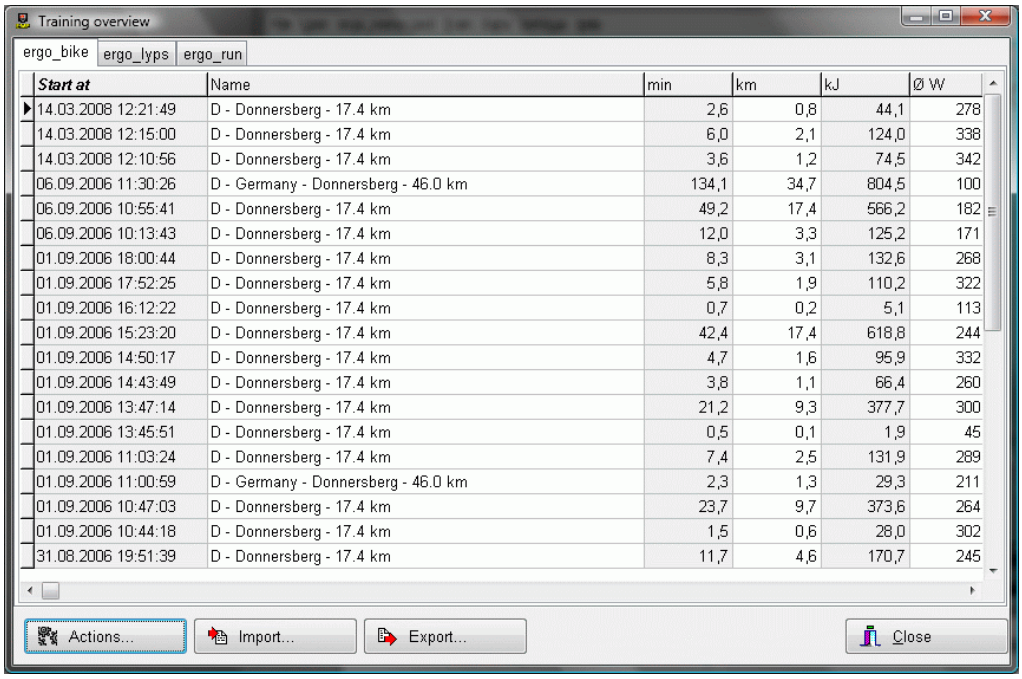
6.5.1.5. "Export..." action

Press the "Export..." button when you want to export a program. A dropdown list opens under the button in which you can choose the type of export.

Element	Meaning
Selected as ergo_win file	opens a "File save" dialog box. Select the folder in which you want to save the file and type in a name then click on Save.  **Note:** if you want to save the file in the ergo_win 2003 format select "ergo_win 2003 1.x" as file type.
All as ergo_win file	Opens a "Folder search" dialog window. Select the folder in which you want to save all the programs. If this folder does not exist click on the "Create new folder" button to create a new folder.  Click on the OK button to save all the programs in the EPP format into the selected folder. Click on Cancel to terminate the operation.
ergo_memo-card 2	Opens the program manager described in **chapter 6.3.3.2**.

6.5.2. Training results

The training view window let you easily and conveniently manage training results in a database.



Start at	Name	min	km	kJ	Ø W
14.03.2008 12:21:49	D - Donnersberg - 17.4 km	2,6	0,8	44,1	278
14.03.2008 12:15:00	D - Donnersberg - 17.4 km	6,0	2,1	124,0	338
14.03.2008 12:10:56	D - Donnersberg - 17.4 km	3,6	1,2	74,5	342
06.09.2006 11:30:26	D - Germany - Donnersberg - 46.0 km	134,1	34,7	804,5	100
06.09.2006 10:55:41	D - Donnersberg - 17.4 km	49,2	17,4	566,2	182
06.09.2006 10:13:43	D - Donnersberg - 17.4 km	12,0	3,3	125,2	171
01.09.2006 18:00:44	D - Donnersberg - 17.4 km	8,3	3,1	132,6	268
01.09.2006 17:52:25	D - Donnersberg - 17.4 km	5,8	1,9	110,2	322
01.09.2006 16:12:22	D - Donnersberg - 17.4 km	0,7	0,2	5,1	113
01.09.2006 15:23:20	D - Donnersberg - 17.4 km	42,4	17,4	618,8	244
01.09.2006 14:50:17	D - Donnersberg - 17.4 km	4,7	1,6	95,9	332
01.09.2006 14:43:49	D - Donnersberg - 17.4 km	3,8	1,1	66,4	260
01.09.2006 13:47:14	D - Donnersberg - 17.4 km	21,2	9,3	377,7	300
01.09.2006 13:45:51	D - Donnersberg - 17.4 km	0,5	0,1	1,9	45
01.09.2006 11:03:24	D - Donnersberg - 17.4 km	7,4	2,5	131,9	289
01.09.2006 11:00:59	D - Germany - Donnersberg - 46.0 km	2,3	1,3	29,3	211
01.09.2006 10:47:03	D - Donnersberg - 17.4 km	23,7	9,7	373,6	264
01.09.2006 10:44:18	D - Donnersberg - 17.4 km	1,5	0,6	28,0	302
31.08.2006 19:51:39	D - Donnersberg - 17.4 km	11,7	4,6	170,7	245

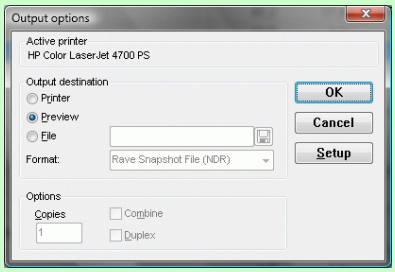
The results are divided into three categories according to the device used, ergo_bike, ergo_lyps und ergo_run. Click on the column header to sort the results in **ascending** or **descending** order.

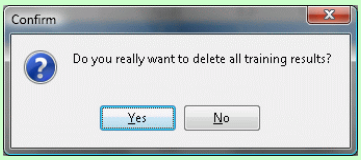
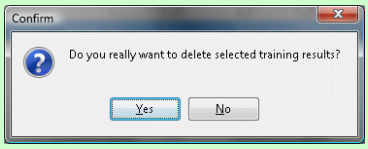
The “Actions...”, “Import...”, and “Export...” buttons located under the table apply to the currently active device category.

6.5.2.1. “Actions…” action

The actions submenu let you view the details of an entry and print or delete records. To open it press the “Actions...” button.

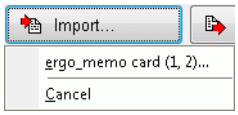
A drop down menu will open under the button in which you can choose the required action.

Element	Meaning
Show...	Opens a details view for the entry marked with . See **chapter 6.5.2.4** for the detail view, page 55. **Note:** the icons for the table selections are the same as described in chapter 6.3.3.2.2 page 34!
Print all...	Prints all records in the actual sort order. You have the choice of printing directly, to preview the printing or to print to a file. 
Print selected records...	Prints only the records marked with and .

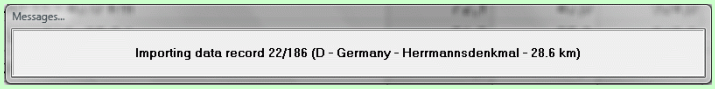
Element	Meaning
Delete all...	Deletes all training results after you confirm a safety query.  Click Yes to delete and No to cancel.
Delete selected records...	Deletes the training results marked with and after you confirm a safety query.  Click Yes to delete and No to cancel.

6.5.2.2. “Import...” action

With “Import...” you can import training results from your EMC2. Click on the “Import...” button.

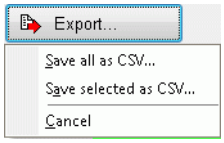


A dropdown menu will open under the button in which you can choose the required action.

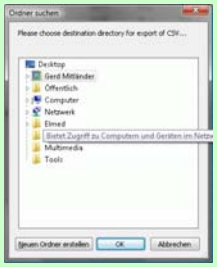
Element	Meaning
ergo_memo-card 2	Imports training results from your EMC2. Only non available results will be imported, i.e. all training data already imported will not be re-imported. 

6.5.2.3. “Export...” action

With “Export...” you can export training results. Click on the “Export...” button.



A drop down menu will open under the button in which you can choose the required action.

Element	Meaning
Save all as CSV 	Saves all training data in the CSV format in a folder of your choice. A “Folder search” dialog window will open to let you choose the folder. Select the required folder to save all the training data. If the required folder does not already exists create a new folder by clicking on the button labelled “Create new folder”. Click OK to save the training data.

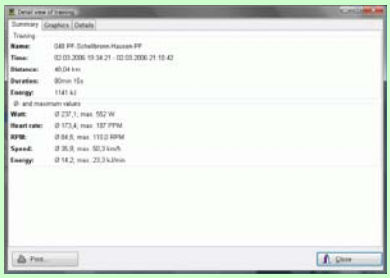
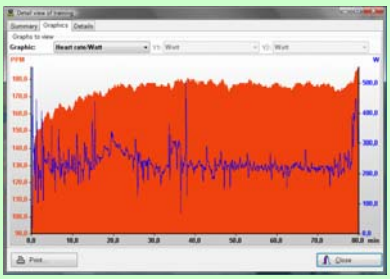
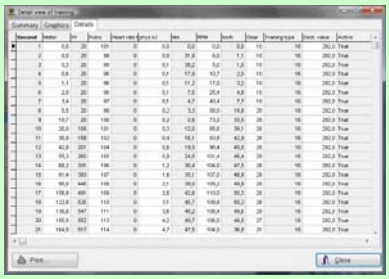
Element	Meaning
Save selected as CSV	Saves the selected training data in the CSV format in a folder of your choice.

Note: CSV means “Comma Separated Values” and defines a data format for tables which can be read by many programs, e.g. OpenOffice or Excel, etc. You can then manipulate the data in a spreadsheet of your choice, to generate graphs, etc.

It is important though to select “**;**” as separator character. Also make sure that a header row exists!

6.5.2.4. Training details

You can watch a single training “in details” in the training details window.

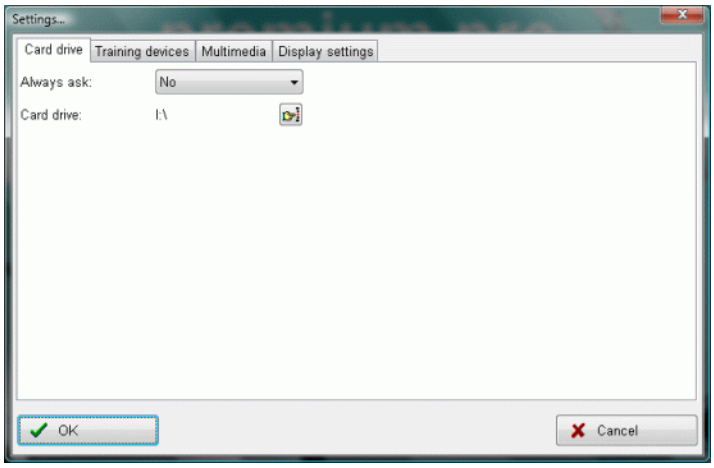
Element	Meaning
Summary 	The summary shows you among other the training time, and training duration as well as the average and maximum values.
Graphs 	You can use various graphs to evaluate the training. You have the following possibilities here: • Heart rate/Watt: you can view how your heart rate reacts under increasing or decreasing loads. • RPM/Watt: you can view at what load your pedalling speed breaks down. • Speed/Watt: indicates the achieved speed for a given load. • Heart rate variability: you view the variability of hour heart rate, i.e. how the individual heartbeat sequence varies in time. Ask your physician for a precise evaluation and explanation. • Free: you can choose to display freely among Watt, heart rate, speed, and RPM.
Details 	Review the individual measured values in a one second interval and sort them the way you want. **Note:** Eventually the seconds column will show some seconds entries twice while some other will be missing. This is due to the fact that the seconds column shows only integer numbers. The measure in the device is effected every second, but the instant the measure is taken may vary minimally, i.e. some minimal oscillation may exist. example: the measure is effected at 4.00s, 4.99s and 6.00s => the resulting time displayed will then be 4s, 4s, and 6s.

6.6. “Settings” menu

Use the “Settings...” menu when you want to change the basic settings of EWPP.

6.6.1. “Settings...” menu option

You can use the dialog window to configure the settings of EWPP and adjust to your personal preferences. The settings are presented in a tabbed window dialog.



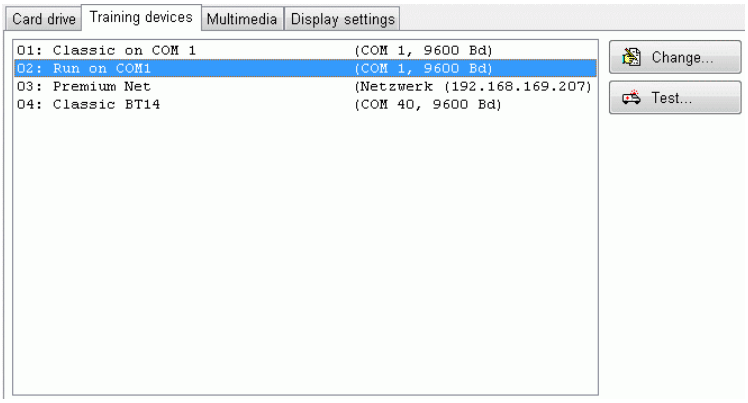
6.6.1.1. Card drive tab

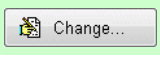
On this page you can change the settings for the card drive used for the EMC1 and EMC2.

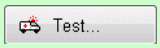
Element	Meaning
Always ask	Choose “No” to turn off the continuous query for the card drive. Choose “Yes” to turn it on again.
Card drive	Set the card drive to use by clicking on . See also **chapter 6.2.2.1.5**.

6.6.1.2. “Training devices” tab

On this page you can set the communication settings for the available training devices.

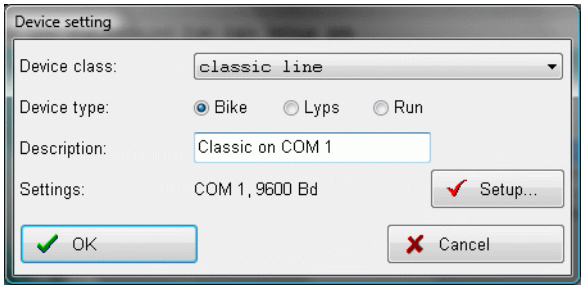


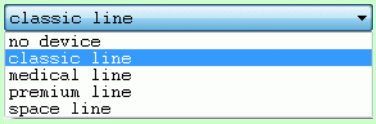
Element	Meaning
Training devices listing	Shows a list of the configured training devices or of the free devices. To change an entry, select it with the mouse and double click on it or click on the “change” button.
“Change” button 	Opens a settings dialog for the device under consideration. See following chapter Training device settings.

Element	Meaning
"Test" button 	Tests the communication with the training device selected. **Note:** for the Space-Line only the software version and the serial number can be queried.

6.6.1.2.1. Training device settings

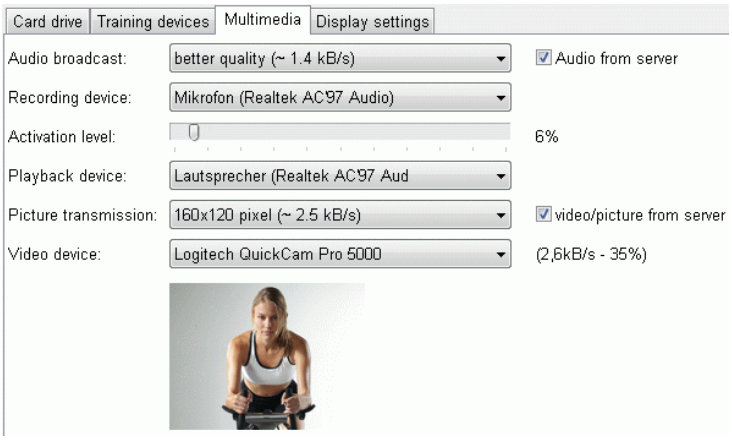
In the following dialog window you can change the communication settings for the selected training device.



Element	Meaning
Device class:	Select here the device class. You can choose one of the following: 
Device type:	Set here the device type, i.e. whether it is a bike (= Bike), an elliptic trainer (= Lyps) or a treadmill (= Run). This information is among other things important for the training control.
Description:	Enter your own description of the training device, e.g. "John's lyps", to simplify the classification in the training view. If you do not enter any description then the device class will be used.
Settings:	Shows the actual settings. To change the settings press the "Setup" button. You will find a detailed explanation of the configuration for the various device series in the appendix chapter Configuration of the communication settings.

6.6.1.3. Multimedia tab

You can use the following window to change the multimedia settings used for group trainings.



Element	Meaning
Audio broadcast:	Choose the quality of the audio broadcast or turn it off. **Note:** if you do not want to receive any audio broadcast from the server uncheck the box “Audio from Server”.
Recording device:	Choose the required recording device. **Note:** Verify that the microphone is selected as recording source in the settings of your sound card and that the recording level is set at a sufficient level.
Activation level:	Set the volume level at which EWPP should consider the incoming signal as valid. Optimise the level in the dialog window such that you comfortably hear you own voice in the headset. **Note:** if the activation level is set too low all the participants in a group training will hear your respiration. **Note:** if the activation level is set too high then parts of what you say will be missing in the transmission (broadcast). **Note:** we recommend setting the level relatively high and then to speak a little louder. This way respiration noises will be surely suppressed.
Playback device:	Choose the playback device. **Note:** Make sure that the wave playback option is not deactivated in the audio characteristics settings of your sound card, and that the global level control is set at a proper level.
Picture transmission:	Select the quality of picture transmission or turn picture transmission off. **Note:** if you do not want to receive any picture transmitted from the server uncheck the box “video/picture from Server”.
Video device:	Choose the video device.

Note: If you want to minimise the quantity of data transmitted in a group training or if the available speed of your DSL connection cannot handle the required data transmission, you should completely deactivate audio/voice and video/picture transmission.

6.6.1.4. Display settings tab

You can change the display settings used for the group training in the following window.

Element	Meaning
Energy display:	Choose the energy display you wish to see in EWPP. This setting is valid in the training and in the training data.

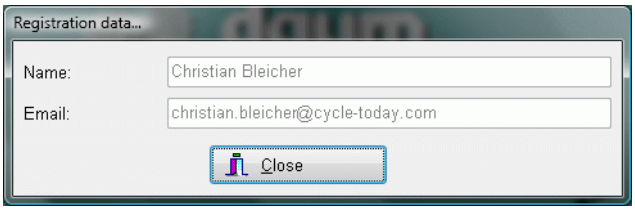
6.7. Menu “Help”

6.7.1. Content

Retrieve the user manual for the EWPP program.

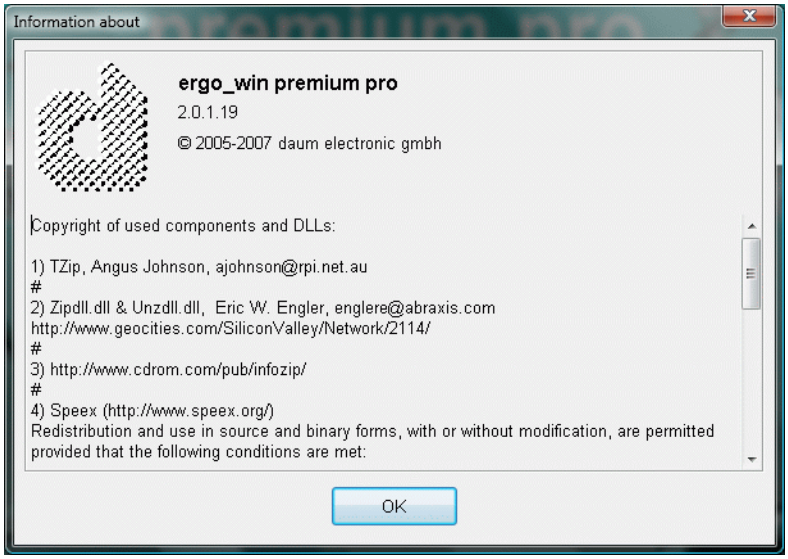
6.7.2. Registration data

Shows who this version of EWPP is registered for.



6.7.3. About

Gives the version number and the Copyright-Information for the EWPP program.



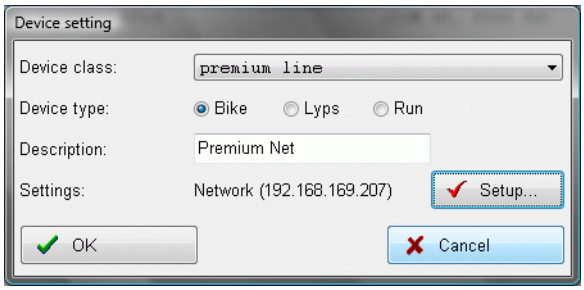
7. Appendix

7.1. Configuration of the communication settings

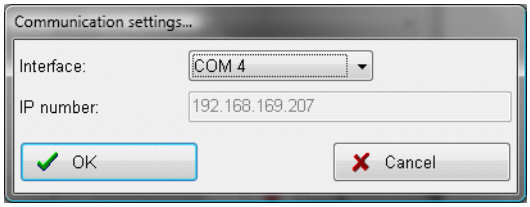
The communication of EWPP with the devices of the premium series takes place over a different driver than that communication with the devices of the classic-/space series. The reason therefore is the different communication protocols (the premium series is more capable) and the networking capacities of the premium series. The configuration for each device series will consequently be separately described in the following chapters.

7.1.1. Premium/Medical series

If you want to use a device of the premium/medical series with EWPP, make the following choice in the setting dialog (see also chapter Training device settings page 57).



Choose **premium line** or **medical line** for the device class and the corresponding device type **Bike**, **Lyps** or **Run**. Click now on the “Setup” button to change the communication settings.



Choose the COM interface or Network in the **Interface** drop down list. When network is selected you can enter the IP number (also called IP address) of the premium/medical device in the corresponding field.

7.1.1.1. Notes about the network

Note: You will find the IP address/number of your premium/medical device on the device under Information/Network in the top under **ifconfig eth0**.

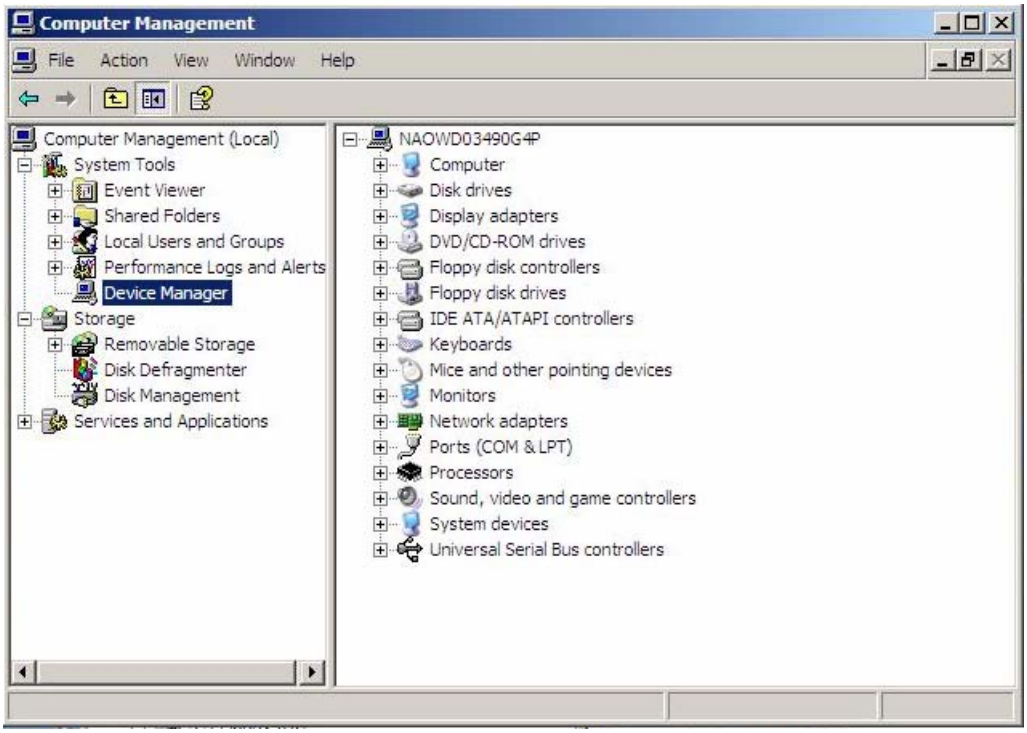
Note: You can review and change the IP settings of your premium/medical device on the device by taking the menu option Settings/Device data/Network.

7.1.1.2. Notes about COM settings

Note: You can choose from COM1 to COM255 in the interface field. To find out which COM interface is available or configured over Bluetooth in your computer look in the **device manager** of Windows XP under **Ports (COM & LPT)**.

Note: The easiest way to open the **device manager** of Windows XP is to make a right click on the **My Computer** icon (on the Desktop or in Windows Explorer) and to select Manage.

Then select Device Manager in the Computer Management Window and then select connections (COM and LPT).

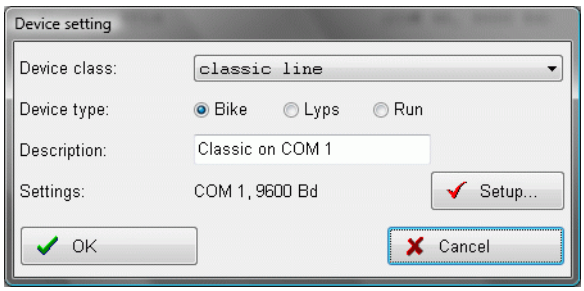


7.1.1.3. Confirming the settings

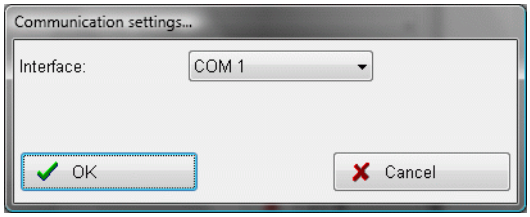
Confirm your entries by clicking OK and close the device settings window also by clicking OK.

7.1.2. Classic/Space series

If you want to use a device of the classic/space series with EWPP, make the following choice in the setting dialog (see also chapter Training device settings page 57).



Choose **classic line** or **space line** for the device class and the corresponding device type **Bike**, **Lyps** or **Run**. Click now on the “Setup” button to change the communication settings.



7.1.2.1. Notes about COM settings

Note: You can choose from COM1 to COM255 in the interface field. To find out which COM interface is available or configured over Bluetooth in your computer look in the **device manager** of Windows XP under **Connections (COM and LPT)**.

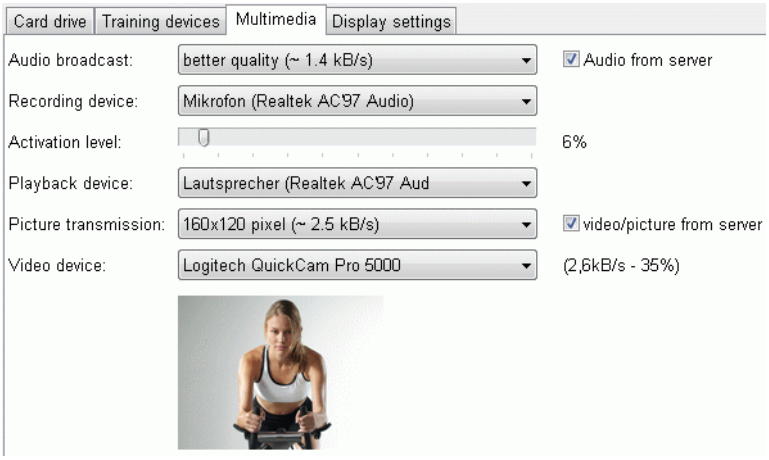
For more details see the previous chapter about Premium/Medical devices.

7.1.2.2. Confirming the settings

Confirm your entries by clicking OK and close the device settings window also by clicking OK.

7.2. Configuring the multimedia settings

In order take part in a group training with video and audio you should adjust the multimedia settings to your circumstances.



7.2.1. Audio settings

The first four settings in the multimedia dialog are important for audio broadcasting, whereas the recording device and the activation level impact the audio/speech data send by yourself and the playback device the heard audio/speech. While you are at the settings dialog window you can optimise your settings. To this effect you can hear with about one second delay how the other participants would hear your broadcasting.

Note: Many of the settings referred to in the following chapters depend on the sound card used and the installed driver. Should the general description given here diverge too much from the setting possibilities of your sound card, then please refer to the user manual of your sound card.

7.2.1.1. Connection of a headset to the sound card

On the newer headsets and sound cards the connectors and plugs are colour coded. Connect hence the red plug for the microphone into the red connector of the sound card and the green plug for the earpiece into the green connector.

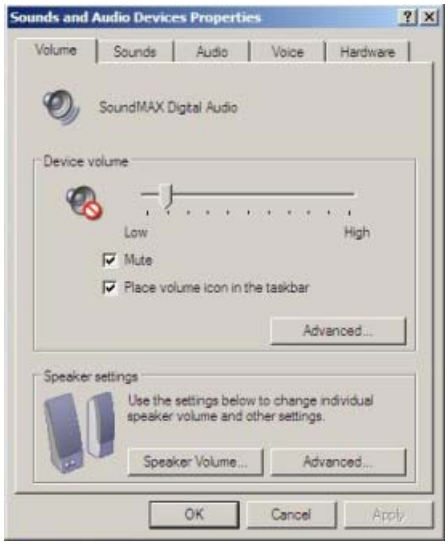
Note: Should your sound card and/or headset not be colour coded please check in the appropriate user manual.

Also if your headset cable includes a volume control please set this control to maximum level!

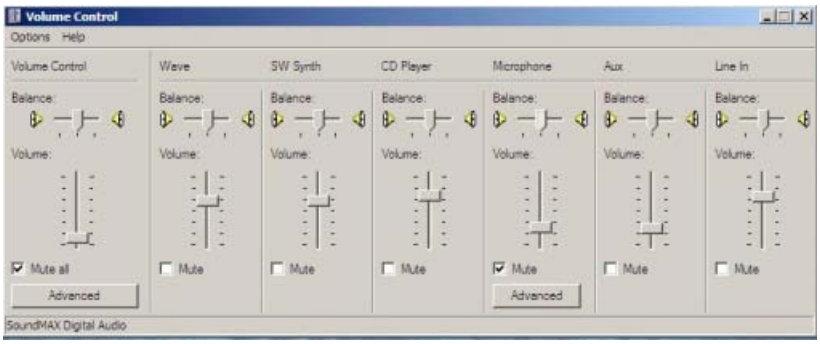
7.2.1.2. Optimising recording and playback

7.2.1.2.1. Open the volume settings

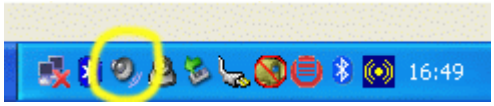
Open the Start menu, go to settings and then to Control Panel. Open here the Windows XP setting “Sound and Audio devices”.



click on the advanced button to display the audio volume of Windows XP:



Note: Another fast possibility to open the volume control is by performing a **double click** on the loudspeaker icon in the system tray (below right) close to the system clock.



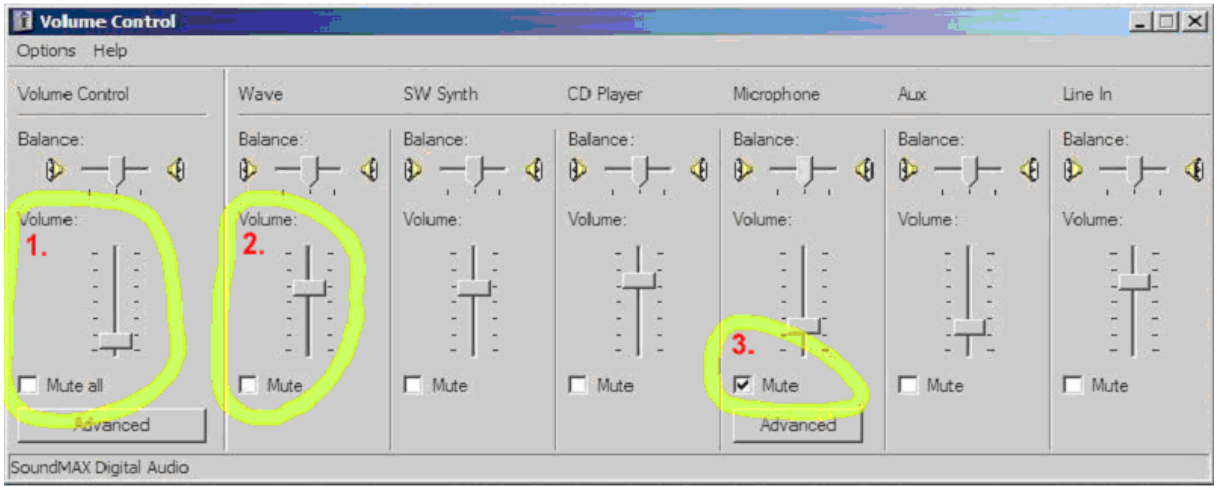
7.2.1.2.1.1. Playback settings

Open the Option/Properties menu of the volume control.

Make sure that the your sound card is set as the mixer device and that playback is selected in the frame labelled “Adjust volume for”. Verify also that in the “Show the following volume control” box the **volume control**, **wave,** and **microphone** controls are enabled (= the box is checked).

Note: some sound cards have an entry for playback (= output) and recording (=input) in the mixer device selection , i.e. you should then choose playback here (and not under “Adjust volume for”).

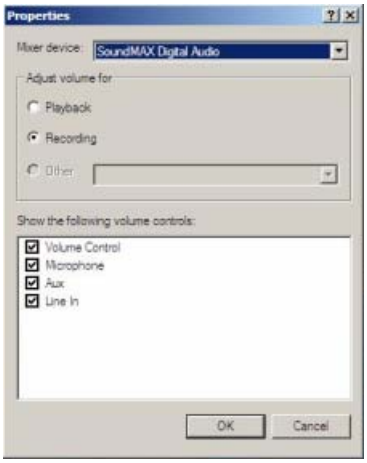
Make the following settings in your playback volume control. Please make sure that the microphone is **muted** for playback. If this is not the case it can lead to echoic reverberations or acoustic feedback (=whistling noise)!



7.2.1.2.1.2. Recording settings

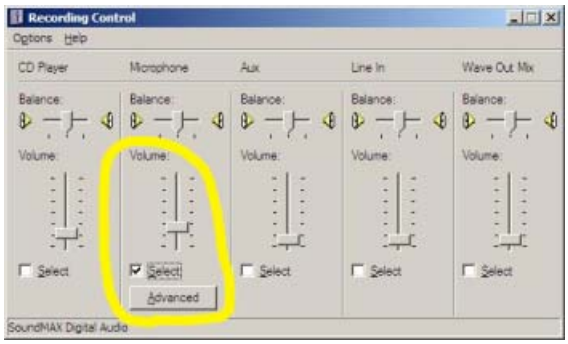
Open the Option/Properties menu of the volume control.

Make sure that the your sound card is set as the mixer device and that Recording is selected in the frame labelled “Adjust volume for”. Verify also that in the “Show the following volume control” box the **line-in** and **microphone** controls are enabled (= the box is checked).



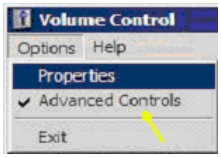
Note: some sound cards have an entry for playback (= output) and recording (=input) in the mixer device selection , i.e. you should then choose recording here (and not under “Adjust volume for”).

Choose the microphone as recording source (check the box labelled selected) and set the volume at about 2/3 to start.



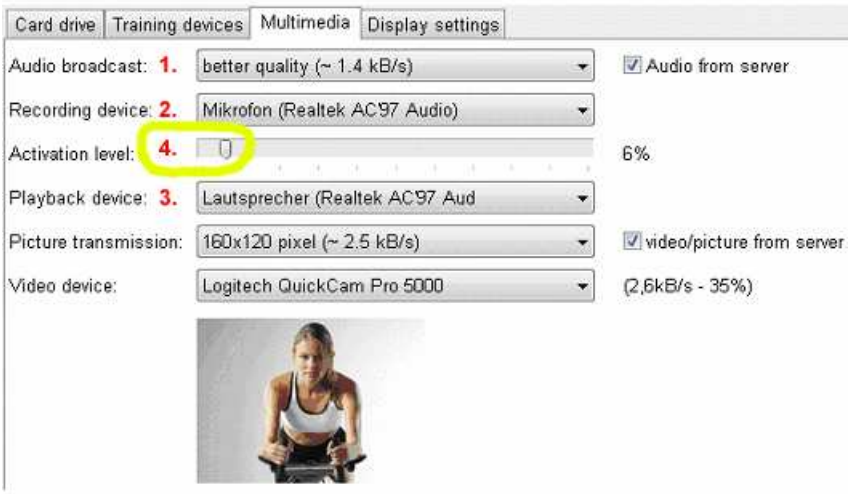
Note: If after this the microphone volume is too low, you can raise to 100%.

Note: If this is not enough, then you can switch on a microphone booster in the advanced settings section, open by clicking the Advanced button. If the Advanced button is not shown, then please activate the “advanced controls” option in the options menu.



7.2.1.2.2. Setting ergo_win

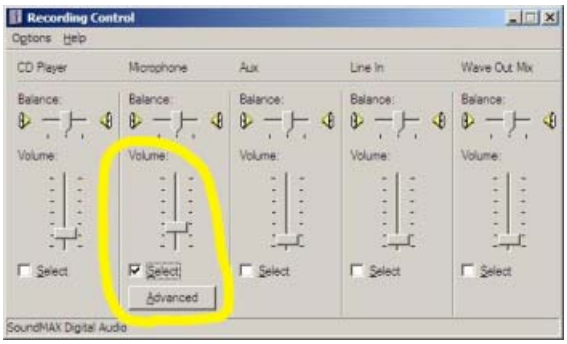
In order to optimally use the microphone and headset with ergo_win open also the multimedia settings of ergo_win and perform the following settings:



1. Verify that the audio (voice) transmission is not turned OFF.
2. Select the sound card as recording device.
3. Select the sound card as playback device.
4. Set the slider control for the activation level at 0 to start, i.e. all the way to the left! The numbers behind the slider will now appear bold and green!

Note: now when you speak in microphone of the headset you should hear yourself after a little delay.

Set now the slider for microphone recording level (see illustration below) such that you can hear yourself loud and clear without cracking sounds (=overmodulation).



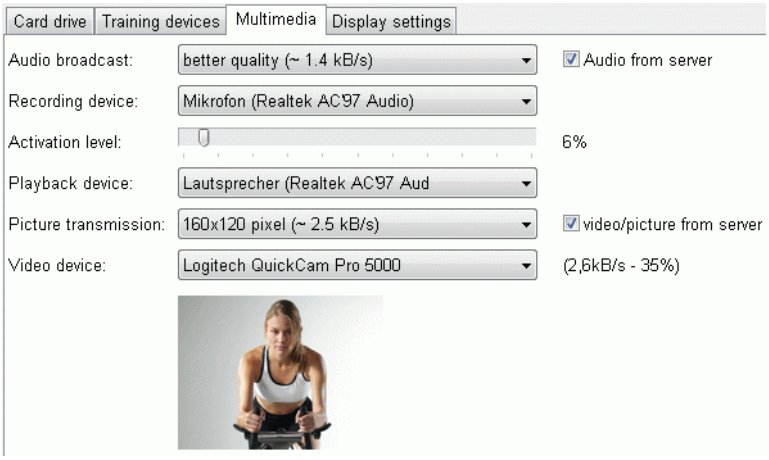
Once you have reached an optimal volume setting, increase the activation level (4) (=move the slider to the right), so that the number behind the slider appears normal black with silence and respiration noises and turns bold and green when speaking.

Note: Keep in mind that your respiration will be louder during the training. It would therefore be better to set the slider a little higher and to speak a little louder!

Eventually, you would have to alternatively set the microphone level and the activation level until you find the ideal setting for your sound card. When you achieve the required settings close the settings dialog window by clicking OK and close ergo_win also. The setting are now saved!

7.2.2. Video settings

Make sure that picture transmission is not switched off and choose the required recording device (=usually your webcam).



7.2.3. Reducing the transmission rate over Internet

If you are using a slow DSL connection or simply prefer to save your transmission capacity, you can change the following settings:

Element	Meaning
Audio broadcast:	Reduce the quality of the audio broadcast to low or normal quality.
Picture transmission:	Reduce the picture size to 80x60 pixels. Keep in mind that you picture will appear of lower quality on the screen of the other participants!

7.3. Internet access configuration

In order to participate to group trainings your computer must be connected to Internet. This means for instance that you can use this computer to open various web pages (e.g. www.daum-electronic.de). If this is not the case, please configure internet access appropriately or have another person set it up for you.

7.3.1. Participating to a group training

If you want to participate to a group training, then you should configure the firewall, if one is available on your computer, to let ergo_win establish a connection over Internet.

Note: If you get the following error message “Unable to connect to server” when you try to participate to a group training although the connection address is correctly entered, then please check your firewall settings.

7.3.2. Offering a group training

If you want to have the possibility to offer a group training then you must configure the firewall in the computer, if there is one in the computer, and the firewall in the DSL router, in order to satisfy the following conditions:

1. In the DSL router the port no. 1366 is set for TCP on the IP address of your computer.
2. In the firewall in the computer port 1366 must be enabled for TCP for ergo_win.

Note: If you don’t know how to perform the settings to configure your router or computer firewall, please ask a person with sufficient networking knowledge to help you.

7.4. Comparing the various versions

7.4.1. ergo_win premium pro

All the functions described in this document are available in ergo_win premium pro.

7.4.2. ergo_win premium pro space edition

The Space Edition presents the following limitations relative to the “full version”:

1. The card functions for EMC1 and EMC2 are missing, i.e. menu option ergo_memo-card, Import from EMC etc.
2. Training is only possible with devices of the Space series.

7.4.3. ergo_win race edition

The Race Edition includes only the following characteristics of the “full version”:

1. Settings possibility for training devices and multimedia
2. participation to races over web server by downloading a race ticket.
3. User management to set personal limit values, etc.

Among other things, there is no local training data capture, local training, etc.

7.5. Connecting a computer with the training device

7.5.1. Classic 3 and Space

7.5.1.1. Connection with a serial cable

Use a standard serial cable with 9 pins connectors. Plus the cable with the training device and the computer both turned off.

Turn the computer and the training device on, and set the corresponding COM port as communication interface (see chapter Configuration of the communication settings).

7.5.1.2. Connection with the daum_BT adapter

The connection of the computer with the daum_BT (Bluetooth) adapter is described in the manual of the daum_BT adapter.

7.5.2. Premium and Medical

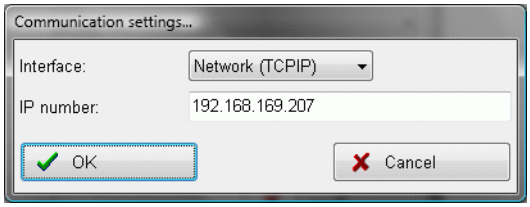
7.5.2.1. Connection with the daum_BT adapter

The connection of the computer with the daum_BT (Bluetooth) adapter is described in the manual of the daum_BT adapter.

7.5.2.2. Connection over the network

7.5.2.2.1. Manual entry of the IP Address

If you entered manual settings in your training device in the menu option “Menu->Settings->Device Data->Network”, then please enter the IP address of the training device in the communication settings dialog (see also chapter 7.1.1 Premium/Medical):



7.5.2.2.2. Automatic assignment of the IP Address with DHCP

If an IP address is automatically assigned to your training device by DHCP, open menu option “Menu->Information->Network” and read the actually assigned address in the **ifconfig eth0** section behind **inet addr**.

Enter this address in ergo_win as described in the previous chapter.

Note: Dynamically assigned IP addresses can change every time the computer and the training device are turned ON. Please verify therefore that the entered address is still valid (review it in the training device and in ergo_win).

Note: We recommend the IP address be assigned (entered) manually **or** to assign fixed addresses for specific MAC addresses in the DHCP server of your router. If you are not familiar with the configuration of your DHCP server in the router, then please ask another person wo help you.