

XBOX 360

KINECT™

HARLEY PASTERNAK'S  
**HOLLYWOOD**  
// WORKOUT

**5-Factor**  
FITNESS

**5-Factor**  
DIET

TRANSFORM  
YOUR BODY WITH  
THE WORLD'S #1  
CELEBRITY  
TRAINER!

majesco  
ENTERTAINMENT™

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

For additional safety information, see the inside back cover.

### Important Health Warning About Playing Video Games

#### Photosensitive seizures

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

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

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

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

### ESRB Game Ratings

The Entertainment Software Rating Board (ESRB) ratings are designed to provide consumers, especially parents, with concise, impartial guidance about the age-appropriateness and content of computer and video games. This information can help consumers make informed purchase decisions about which games they deem suitable for their children and families.

ESRB ratings have two equal parts:

- **Rating Symbols** suggest age appropriateness for the game. These symbols appear on the front of virtually every game box available for retail sale or rental in the United States and Canada.
- **Content Descriptors** indicate elements in a game that may have triggered a particular rating and/or may be of interest or concern. The descriptors appear on the back of the box next to the rating symbol.



For more information, visit [www.ESRB.org](http://www.ESRB.org).

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## HEALTH DISCLAIMER: Before You Begin

The information in this product is provided for informational purposes only and is not meant to substitute for the advice provided by your doctor or other health care professional, nor is it intended to diagnose, treat, cure, or prevent any disease. Please consult your physician prior to undertaking any fitness or nutritional program. There are inherent risks in any physical activity. Majesco Entertainment, Harley Pasternak, and any other parties associated with the product are not responsible for any harm or injury caused by those inherent risks or any inappropriate or negligent use of **Harley Pasternak's Hollywood Workout**.

# ABOUT HARLEY PASTERNAK AND 5-FACTOR FITNESS

Harley Pasternak is a renowned fitness and nutrition expert and an acclaimed celebrity trainer. He holds a Master of Science in Exercise Physiology and Nutritional Sciences from the University of Toronto and an Honors Degree in Kinesiology from University of Western Ontario. He is also certified by The American College of Sports Medicine and The Canadian Society of Exercise Physiology.

The 5-Factor methodology was originally created for Pasternak's celebrity clientele. A Toronto native, Harley began training celebrities on-set of the city's many A-list film shoots and was challenged to create brief, yet effective, fitness programs for high-profile talent. He also designed healthy meals with short preparation using a few simple ingredients that fit the space challenges of a set. Pasternak's clients were eating five-ingredient meals, five times a day and engaging in a signature fitness program that consisted of five-minute sets.



# GETTING STARTED

Before accessing the Main Menu, you must first be enrolled using the Kinect Sensor. You may use an existing Xbox Gamertag to exercise, or you may sign in as a Guest User. Guest Users cannot save their progress or unlock Achievements.

## **Weight**

Enter your weight. You may choose to enter your weight in pounds (lbs.) or kilograms (kg).

## **Resistance Weight**

Select whether you are using your own weights or a Harley Bar (sold separately).

# NAVIGATING MENUS

Once enrolled, a hand cursor will appear on-screen. Move your hand around to move the cursor and position it over a selection to choose it.

**Note:** You will see a circle around the hand cursor when it's over a valid selection. When the light makes its way completely around the circle, the selection activates.



## **Alternate Method for Menu Navigation: Voice Control**

Using the Kinect microphone, you can speak commands to navigate through all menus, including: the Main Menu Screen, Options Menu, Pause Menu, and more. As long as you see the microphone icon in the bottom left corner of the screen, Kinect voice control is enabled. For example, at the Main Menu, you can say "Harley" in a firm and clear voice to select a variety of options, and then say the option. You may also say "Harley, Pause Game" during a workout to pause the game.

**Note:** Make sure there is limited background noise so the Kinect microphone can hear you.

# ON-SCREEN DISPLAY



## 1 **Microphone**

Voice commands can only be used when this icon is visible.

## 2 **Arrows**

Follow these arrows to perform exercises properly.

## 3 **Game Clock**

The outer ring is the overall workout completion. The inner circle is the completion of the current exercise along with a timer in the center.

## 4 **Reps**

Number of reps completed/Minimum number of reps recommended by Harley.

## 5 **Score**

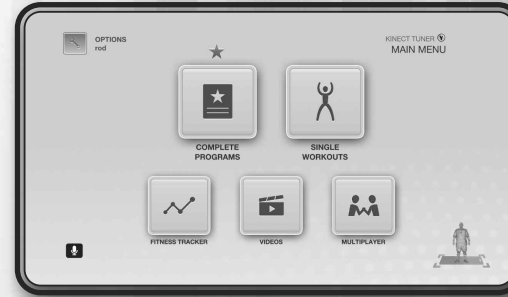
Points earned for exercises performed properly.

## 6 **Player Icon**

This shows your body as read by the Kinect Sensor. Your entire body should appear in green. If any of it is red, change your position in relation to the Kinect Sensor to ensure proper body tracking.



# MAIN MENU



At the Main Menu, choose from the following:

## Complete Programs

Select Complete Programs to create a custom program of 5 or 10 weeks in length at one of three difficulty levels (Light Body Toning, Getting Red Carpet Ready, and The A-List Celebrity Workout). Once created, view a calendar which tracks your progress and lets you choose to take pictures and update your weight over the course of your program.

## Single Workouts

Choose a Single Workout to perform one of Harley's 25-minute custom workouts just like his celebrity clients do on their movie sets.

## Fitness Tracker

Track your progress using the following options:

### **Workout Journal**

Provides detailed breakdown of your performance including estimated calories burned, Harley Points earned, weight loss and more. Harley Points are the game's measurement for monitoring your daily performance and help you analyze overall progress.

## **Personal Data**

Update basic player information and personal data.

## **Before and After Pictures**

Take before and after pictures with the Kinect Sensor.

## **Exercises**

Review performance per exercise completed.

## **Achievements**

View achievements you've unlocked based on performance.

## **Videos**

Select from Harley's library of videos sharing his secret tips on nutrition, workouts, lifestyle, and more.

## **Multiplayer**

### **Create Challenge**

Challenge your friends via an Xbox LIVE message to beat your workout score.

### **View Challenges**

View incoming, outstanding and completed challenges.

## **Options**

### **General**

Sync environment to time of day, toggle subtitles on/off, and enable or disable Harley Bar usage (sold separately).

### **Audio**

Adjust the volume of dialogue, music, and sound effects.

### **Correct Identity**

Change your identity if you have been incorrectly recognized by the Kinect Sensor.

# **XBOX LIVE**

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

## **Connecting**

Before you can use Xbox LIVE, connect your Xbox 360 console to a high-speed Internet connection and sign up to become an Xbox LIVE member. For more information about connecting, and to determine whether Xbox LIVE is available in your region, go to [www.xbox.com/live/countries](http://www.xbox.com/live/countries).

## **Family Settings**

These easy and flexible tools enable parents and caregivers to decide which games young players can access based on the content rating. Parents can restrict access to mature rated content. Approve who and how your family interacts with others online with Xbox LIVE service, and set time limits on how long they can play. For more information, go to [www.xbox.com/familysettings](http://www.xbox.com/familysettings).

# **HOW TO GET HELP WITH KINECT**

## **Learn More on Xbox.com**

To find more information about KINECT, including tutorials, go to [www.xbox.com/support](http://www.xbox.com/support).

# CREDITS

## Heavy Iron Studios

**Developed by**  
Heavy Iron Studios, Inc.

**Produced by**  
Denise Doi

**Executive Producers**  
Lyle Hall  
Matthew Seymour

**Lead Programmer**  
Karen Paik

**Programmers**  
Wade Fong  
Wen-Hsin Hsieh

**Lead Game Designer**  
Kirk Tome

**Game Designers**  
Ray Wade  
Timmy Jordan

**Art Director**  
Sean Ro

**Artists**  
Robert Rose  
Charles Stalie

**UI Artist**  
Jordan Delgado

**Animation Director**  
Mark Vulcano

**Senior Character TD**  
Carlo Sansonetti

**Rigger**  
Nathan Winfrey

**Audio Designer**  
Garner Knutson

**Lead QA Tester**  
Amanda Rose

**QA Tester**  
Lance Carrido



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**Autodesk**

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## Majesco Entertainment

**Chief Executive Officer**  
Jesse Sutton

**Chief Technology Officer /  
Head of Development**  
Kevin Ray

**Producer**  
Taiki Homma

**Associate Producer**  
Steven Travers

**QA Manager**  
Eric Jezercak

**QA Project Lead**  
Onix Alicea

**Lead Testers**  
Joe Ronquillo  
Joseph Goldstein  
Marc Dunyai

**Testers**  
Larry Contreras  
Jonathan Young  
Andrew Rosen  
Rebecca Norton  
Christopher Becker  
Rodney Fleetwood Jr.  
Brian Suscavage  
James Lee

Joseph Curren  
Jason Somers  
Brian Harvey  
Sean Watts  
Brian McMillan  
Martin Sanelli  
Daniel Taylor  
Daniel Lessin

**Director of Technology**  
Paul Campagna

**IT Manager**  
Kevin Tsakonas

**SVP & Chief Marketing Officer**  
Christina Glorioso

**VP of Marketing**  
Liz Buckley

**Senior Director of Marketing**  
Amy McPoland

**Senior Product Managers**  
Tony Chien  
Anthony Saggese Jr.

**Assistant Product Manager**  
Pete Rosky

**Marketing Coordinator**  
Lauren Pica

**Creative Director**  
Leslie Mills DeMarco

**SVP of Operations**  
Jo Jo Faham

**SVP of Business &  
Legal Affairs**  
Adam Sultan

**Contract Administrator**  
Anna Salmas

**EVP of Research &  
Development**  
Joseph Sutton

**Director of Business  
Development**  
Adam Sutton

**SVP of Sales**  
Anna Chapman

**Director of Channel Marketing**  
Linda Ethridge

**Special Thanks**  
Jesse Sutton  
Harley Pasternak  
Alex Nesbitt  
Holly Rawlinson  
Gabrielle Cahill  
Kim Kurdes  
Mike Vesey  
Alexandra Buttermark  
Lisa Roth  
Quest Pictures  
Reverb Communications

## Playing KINECT Safely

**Make sure you have enough space so you can move freely while playing.** Gameplay with KINECT may require varying amounts of movement. Make sure you won't hit, run into, or trip over other players, bystanders, pets, furniture, or other objects when playing. If you stand or move during gameplay, you need good footing.

**Before playing:** Look in all directions (right, left, forward, backward, down, and up) for things you might hit or trip over. Be sure your play area is far enough away from windows, walls, stairs, etc. Make sure there is nothing you might trip on—for example, toys, furniture, loose rugs, children, pets, etc. If necessary, move objects or people out of the play area. Don't forget to look up—be aware of light fixtures, fans, or other objects overhead when assessing the play area.

**While playing:** Stay far enough away from the television to avoid contact. Keep enough distance from other players, bystanders, and pets—this distance may vary between games, so take account of how you are playing when determining how far away you need to be. Stay alert for objects or people you might hit or trip on—people or objects can move into the area during gameplay, so you should always be alert to your surroundings.

Make sure you always have good footing while playing. Play on a level floor with enough traction for the game activities, and make sure you have appropriate footwear for gaming (no high heels, flip flops, etc.) or are barefoot if appropriate.

**Before allowing children to use KINECT:** Determine how each child can use KINECT and whether they should be supervised during these activities. If you allow children to use KINECT without supervision, be sure to explain all relevant safety and health information and instructions. **Make sure children using KINECT play safely** and within their limits, and make sure they understand proper use of the system.

**To minimize eyestrain from glare:** Position yourself at a comfortable distance from your monitor or television and the KINECT sensor; place your monitor or television and KINECT sensor away from light sources that produce glare, or use window blinds to control light levels; choose soothing natural light that minimizes glare and eyestrain and increases contrast and clarity; and adjust your monitor's or television's brightness and contrast.

**Don't overexert yourself.** Gameplay with KINECT may require varying amounts of physical activity. Consult a doctor before using KINECT if you have any medical condition or issue that affects your ability to safely perform physical activities or if: You are or may be pregnant; you have heart, respiratory, back, joint, or other orthopedic conditions; you have high blood pressure or difficulty with physical exercise; or you have been instructed to restrict physical activity. Consult your doctor before beginning any exercise routine or fitness regimen that includes KINECT. Do not play under the influence of drugs or alcohol, and make sure your balance and physical abilities are sufficient for any movements while gaming.

**Stop and rest** if your muscles, joints, or eyes become tired or sore. If you experience excessive fatigue, nausea, shortness of breath, chest tightness, dizziness, discomfort, or pain, STOP USING IMMEDIATELY, and consult a doctor.

See the Healthy Gaming Guide at [www.xbox.com](http://www.xbox.com) for more information.