

XBOX 360

KINECT



Valérie Orsoni presents

# My BodyCoach3

COMPLETE COACHING





**WARNING** Before playing this game, read the Xbox 360® console, Xbox 360 Kinect® Sensor, and accessory manuals for important safety and health information. [www.xbox.com/support](http://www.xbox.com/support).

### **IMPORTANT HEALTH WARNING: 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 with no history of seizures or epilepsy may have an undiagnosed condition that can cause “photosensitive epileptic seizures” while watching video games. Symptoms can include light-headedness, altered vision, eye or face twitching, jerking or shaking of arms or legs, disorientation, confusion, momentary loss of awareness, and 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, watch for or ask children about these symptoms— children and teenagers are more likely to experience these seizures. The risk may be reduced by being farther from the screen; using a smaller screen; playing in a well-lit room, and not playing when drowsy or fatigued. If you or any relatives have a history of seizures or epilepsy, consult a doctor before playing.


## ■ ■ Saving

My Body Coach 3 automatically saves your progress. It is saved at key moments, during which the console must not be turned off.


## ■ ■ The Kinect Guide

Access the Kinect Guide at any time by raising your left arm 45° with respect to your body. You can access the Kinect Calibration, consult the Achievements to unlock, and see which of your friends are on-line.

## ■ ■ Game controls

Action	Movements to make in front of the Kinect Sensor
Activate the Kinect Sensor .....	Shake your right hand from left to right.
Confirm (menus) .....	Move your hand to your choice and close it to confirm.
Back (menus) .....	Move your hand to  and close it to confirm.
Navigate through a scroll bar .....	Close your hand to activate the button. Scroll left or right with your hand closed.
Pause (game), help (menus) .....	Stretch out your left arm at 45 degrees and keep your right arm against your body.

## ■ ■ Connection screen

Welcome to My Body Coach 3! Follow the instructions displayed on-screen in order to let the Kinect Sensor recognize you. If the Kinect Sensor cannot identify you, select  to choose another profile.

**Note:** Each step when you navigate through the My Body Coach 3 menus is accompanied by a help message to guide you. To display it, stretch out your left arm at 45 degrees and keep your right arm against your body.


## ■ ■ Profile creation


The first time you connect, your coach will ask you to configure information about your profile. Define your sex, age, weight and height. Your coach will then ask you a few questions to determine your fitness level and your stress level.

You can modify your profile information at any time in the "Profile" menu, which is accessible via the main menu. Select "Manage profile" then "Edit my profile".

## Define an objective and program

When you have finished creating your profile, your coach will suggest an objective adapted to your needs.

You can choose a different objective from that suggested by your coach. To do this, select  to access all of the objectives in the game.

You will then be proposed a program for achieving this objective. If you don't like the program, select  to choose another program without changing the objective.

There is also a free program available where you will be able to define the program parameters yourself.

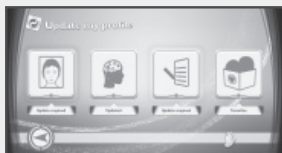
You can change objectives and/or programs at any time via the main menu: select "Profile", then select "Goal and program".

## Updating your profile

Update your profile to have your program monitored regularly; your sessions will also be adapted depending on the new information.

- The photo: the coach will offer to take a photo of you once per week in order to monitor your progress.
- Your weight or stress level: monitor changes to your weight or stress level through regular updates. Progress graphs are created when the information is entered.
- Your program: answer the coach's questions and your program will be updated depending on your answers.
- Favourites: select your favourite training room as well as your favourite music for all of your Fitness and Relaxation sessions. You can let the game decide instead of you; in this case set your choice to "Random".

This screen is accessed via the main menu: select "Profile", then select "Manage profile" and "Update my profile".



## Summary of the program

Keep an eye on changes to your current program through the summary displayed on the screen "Program summary".

Your coach will tell you if you are starting a session that is scheduled in the calendar or not:

Welcome to your session for the day: there is a session scheduled for today.

Start your next session early: today is a Rest day but if you still want to train, your coach will suggest carrying out the next scheduled session.

Return to the previous session: you missed the previous session, so your coach will offer to make it up and update your calendar.




## The Boost Up

In MyBody Coach 3, before starting your recommended session, your coach will question you on how you are that day. Based on these questions, a quick Boost-Up session may be suggested to get you going. This session will be added to your main session.

## Summary of the session

This screen displays the different steps in your complete session as well as the parameters for your session.

You can modify your room and music by selecting  at the bottom of the screen.



## Structure of a session

### • Fitness session

Depending on your objective, your coach will suggest different types of Fitness sessions. A cardiovascular session lets you burn calories to eliminate excess fat, a muscular toning session tones your body, and a stretching session tones your look.

During the session, your coach is in front of you and directs the training by demonstrating the exercises. The mirror behind your coach displays the name of the current exercise. There is also an icon to identify the type of current exercise and those to come.



Warm up exercises



Muscle relaxation exercises



Cardio exercises



Stretching exercises



Muscle toning exercises (the muscle being toned is also displayed)

### Correcting your movements

When you make a movement, the game indicates the quality of your imitation with a coloured line on the corresponding part of the coach's body.

Part of the body is red: the movement on the corresponding part of the body is poorly imitated.

Part of the body is green: the movement on the corresponding part of the body is properly imitated.

### • Relaxation session

Depending on your objective and in addition to your Fitness session, your coach will suggest several types of relaxation sessions.

The breathing session will help you regulate your stress, the relaxation stretching session will make your body flexible, and the session based on the Pilates exercises will work on your carriage and general posture.

When you start a guided breathing exercise: your coach uses an arrow to indicate how to breathe in and out while you move.

For Pilates exercises, copy your coach's movements. Several positions must be held for a certain period of time.

### Correcting your movements

Poorly carried out movements are indicated by a colour halo around your coach's body.

The green halo means you are imitating your coach's movements perfectly.

The orange halo, on the other hand, means that your movements are only partly correct.

The red halo means you are not following your coach's movements.

#### • Results of the session

See the results of your performance at the end of the Fitness and Relaxation sessions.

If you don't reach your goal for the session, your coach will suggest another quick session in order to finish what you need to achieve your objective.

Your coach will also assign a percentage score to mark the quality of your movements. The better your performance, the higher your score will be.

## Your workout area

During your session, the Kinect Sensor displays your digital silhouette on the left side of the screen.

This lets you synchronise your movements with those of your coach. Your silhouette also ensures you are in the workout area, represented by a circle at the bottom of your silhouette.

Make sure to remain in the workout area so the Kinect Sensor can properly monitor all of your movements. Arrows at your silhouette's feet appear when you are no longer in the workout area. In this case, just move to return to the workout area, in front of the Kinect Sensor.

## Monitoring your movements

### Your coach's advice

Do your best to imitate your coach's movements and follow her advice! Your coach's advice is indicated with a colour in the speech bubble and accompanies the text information that is displayed.



Pink: Your coach will tell you the movement that will be carried out.



Green: You carried out the movement brilliantly, congratulations!



Orange: Your coach is encouraging you!



Red: You didn't manage to correctly complete the movement this time. Hang in there!



Blue: At the start of the exercise, your coach explains how to do it.



## Calendar

Each session in your program is planned ahead and displayed in the calendar. You can consult the calendar at any time via the main menu: go to the "Profile" menu, select "Goals and programs", then select "Session calendar". This can help you better understand your progress so you can manage your training efficiently.

Once you have completed a session, the day's training is marked as complete in your calendar. You can, if you wish, perform the next day's recommended session, or make up for the last session you missed. But be careful, rest is as important as training. Remember to take breaks.

My Body Coach 3 will suggest a rest day between each session. When the program is created, the rest days are automatically scheduled.



Planned: a recommended session is scheduled in the planning



Recommended session missed



Recommended session completed



This icon represents the end of your program

## Progress graphs

Display the progress graphs via the main menu: select "Profile", "Goals and programs" and then select "Progress graphs". These graphs store all of your progress from the start of your program.

## Nutritional advice

My Body Coach 3 lets you consult a list of menus adapted to your nutritional needs. These menus are defined according to your profile and objective.

To access your menus for the week, select "Nutrition" in the main menu.

## Options

Access the game options by selecting "Options" in the main menu.

Among other things, the "Options" menu lets you modify how data is stored and the game's sound and music volume. You can also read the game credits.



# Credits

## Kylotonn Entertainment

### Studio Manager

Roman Vincent

### Creative & Art Director

Yann Tambellini

### Production Manager

Isabelle Penven

### Production Assistant

Suzanne Penin

### Administrative Team

Maylis Chaudière

Didier Masseret

### Technical Director

Benoît Jacquier

### Lead Game Programmer

Colin Giraud

### Game Programmers

Thibault Hennequin

Rony Murat

### Additional Game Programmers

Sarah Duglout

Maxim Juravliov

Nicolas Séguier

### Engine Programmers

Eric Cannet

Florian Pernot

### Additional Engine Programmer

Qui-Dong Nguyen

### Game Designer

Marina Jin

### Lead Artist

Amaury Beyris

### Lead UI Artist

Pascal Pouvereau

### UI Artist

Axel Crémont

Julien Sallot

### 2D/3D Artist

Arnaud Darche

Oriane Emery

Daniel Dinca

### Lead 3D Animator

Hugo Touzé

### 3D Animator

Yann Courtois

### QA

Paul Chaland

Jim Alvarez

### Fitness and Relaxation Special Advisor

Claude M'fouliou

### Sound Designer

Roman Cabezoz

### Music Composer

Chancy Publishing

Dynamedion

Markus Schmidt

### Localization

Cybione / Sébastien Soulier

### Motion Capture

Mocaplab / Rémi Brun

## Bigben Interactive

### Head of Software Group

Benoît Clerc

### Head of Marketing Group

Isabelle Houzet

### Senior Software Product Manager

Antoine Cadoret

### Software Product Manager

Régis Fontenay

### Trade Marketing Manager

Fabrice Poisbloud

### Web Designer

Delphine Michaux

### Marketing Artist Manager

Caroline Lebrun

### Marketing Artist

Thomas Lelong







 **bigben.**  
interactive