

CurvesSmart Tips

The Stepper

It's important to use and maintain proper hand placement on the hand sensors. Several readings will take place and the system will average these readings. Follow these steps to obtain proper hand placement:

- Place your fingertips on the bottom sensors.
- Roll your hand onto the top sensor – this places the palm on the top sensor.
- Lay thumb to the side.
- Ensure proper hand placement for the entire time on the Stepper – the Stepper will continue to take measurements so we don't want to interrupt that process by removing the hands from the sensors or moving them around on the sensors.
- Squeeze the handle bars as if you were holding eggs.

The hand sensors are taking a heart rate measurement based on the pulse felt through the hand. Because of this, there are several factors that may affect the reading:

- Squeezing too tightly (white knuckles)
- Severely dry hands
- Lotions and oils on the hands
- Excessive upper body movement
- Wearing workout gloves
- Cold hands
- Medications
- Jewelry

If you do not obtain a heart rate measurement or if you feel the heart rate measurement is inaccurate:

1. First, wipe off any lotions or oils that may have been on your hands.
2. Obtain proper hand placement again.
3. You may take a 10 second manual count on the next recovery board.
4. You may use a Polar Heart Rate Chest Strap monitor.

What causes an Attendance Flag to be sent?

An Attendance Flag is sent if you have not attended the amount of days per week expected by your workout program.

- Cardio – 3 or more days per week.
- Fit 'n' Trim – 3 or more days per week.
- Endurance – 5 or more days per week.
- Muscle Size 'n' Strength – 5 or more days per week.

Performance Index (PI): Increase and Decrease

PI values will increase and decrease automatically within each workout program based on previous workout performance. You will want to look for gradual increases in overall PI over an extended period of time, approximately 10 workouts. We will have ups and downs throughout our training program and we will have days when we have a hard time reaching our PI targets. This is expected and okay! This is why CurvesSmart™ uses an average in order to determine if an increase or decrease in the target is necessary. Each day you attend, the system will look back at your previous high intensity workouts (the system doesn't look back at consecutive day workouts as those are meant to be recovery days) and determines if you are meeting your PI targets on average. The system does this each day you attend, but also does this for each individual machine (not just your overall PI target). If the system notices you are meeting your targets on average on a machine, it will increase the target. If the system notices you are not meeting your targets on average, the system will decrease your target on that machine. Your targets may increase on some machines and decrease on others on the same day. This will affect your overall PI.

When a target is increased, you may see more yellow on that machine and may not reach the new target for a period of time. This is expected because you will need to use a higher intensity (while maintaining full range of motion) to meet the new target. It will take time for the body to adapt and respond to new demands we place on it. During this period of adapting, you may see more yellow. Stay motivated during this time and know that this is due to your workout intensity being taken to the next level! Once the body responds and starts to get used to this new intensity, you will start to see green and get closer to that new target. If the system increased the target too much, and you are having a very difficult time reaching the new target, the system will recognize this after about 3-5 workouts and will begin to decrease the target. It decreases the target bit by bit to a point you can reach, and then progresses you from there. It's very normal to see ups and downs through the program and up and down movement with your PI targets while being coached through the system and to the next level.

It's crucial to focus on your progress over the long term period of time. The goal is to see maintenance of these targets or a gradual increase in them over the course of about 10 workouts.



Consecutive (Alternate) Day Workouts (Fit 'n' Trim & Muscle Size 'n' Strength)

A consecutive day workout immediately follows a high intensity workout day. The workout intensity for you to get Green on the Success Coach will automatically be lowered. Your next workout, either tomorrow or a few days afterward will be set back to the regular workout. Intensity is lowered to allow an opportunity for your muscles to recover after overloading those muscles during the previous workout.

Because your goal is lowered on a consecutive day, you may see a flashing green Energy light more often on the Success Coach. When you review your results at the Kiosk, you may see that you did not reach your PI target, and Yellow dots on the Body Balance chart. This is good, since we want you to recover from your hard workout yesterday. On consecutive workout days, emphasis is on muscle recovery. Your results from the Consecutive day will not be used for calculating your future PI targets.

Why am I receiving a Green Energy Light while exercising but am not hitting my PI targets at the Kiosk?

A Green Energy light is an indication you are exercising at 90% or more of your PI target for that machine. To reach the PI target at the Kiosk, you will need to hit 100% of that target. Seeing the green energy light indicates you are exercising within the intensity range the system has set for you on that machine. Also keep in mind; on Consecutive (Alternate) Day workouts the system lowers the goal to achieve a green energy light while on the circuit. This is okay! CurvesSmart™ is not prompting you to exercise with as much intensity on these days as the emphasis is on active muscle recovery. It's on those high intensity workout days that you really want to go after those targets!

Why has my Fitness Level been changed automatically?

Fitness level may change automatically based on previous workout performance. The system will look back at your previous workouts to determine if you have been meeting your PI targets on each machine. If you have been meeting your targets on average, the system will move you from Beginner to Intermediate and if you have not, the system will adjust from Intermediate to Beginner fitness level. A Circuit Coach must manually move you to the Advanced Fitness Level.

Reasons for a Yellow Energy Light

This is an indication you are exercising below 90% of the PI target on that machine. Keep in mind, yellow is not bad! In many cases, you may see green one day and the next day you may see more yellow. There may be a couple of reasons for this:

1. Your well-being on that day. If you are feeling a bit tired or under the weather, you may not be able to put as much intensity into your workout as you typically do. The system will always adjust to what you can do while maintaining enough of a challenge to achieve positive trending over time.
2. Progression of PI Targets: An increase in your PI target is very positive! This indicates you have been meeting your PI targets consistently and it's time to take your workout to the next level on that machine. When a PI target increases, you will need to increase your intensity to meet the new target. It's important to ensure that you maintain your full range of motion while trying to increase intensity. When your body begins to adjust to the new intensity, you will begin to see green again.

When you see a yellow energy light, first ensure you are meeting full range of motion. Ensure proper technique is being utilized for each machine. Then increase intensity while maintaining proper technique. It is expected to see periods of green and periods of yellow and to have some ups and downs as you are coached to the next level. Keep up that intensity and remember to focus on the trending of your PI targets over time.

Calories Burned

Calories burned are affected by many factors including:

- Range of Motion (ROM)
- Speed of movement or intensity.
- Number of repetitions performed
- Fitness Level selected:
 - Beginner = 4 calories per recovery board
 - Intermediate = 5 calories per recovery board
 - Advanced = 6 calories per recovery board
- Ratio of lower body machines to upper body machines used. Larger muscle groups are capable of burning more calories than smaller muscle groups.
- Your health and well-being on that day.

Using improper range of motion and technique may “trick” the system into thinking you are doing more work than you really are and result in an inaccurate calorie burn. Use full range of motion, maximum intensity and proper technique on each machine to maximize calorie burn during your workout!

The Curves logo is written in a stylized, cursive purple font with a registered trademark symbol.