

mobii

motion  
experience  
centre

software

user

manual

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**DISCLAIMER**

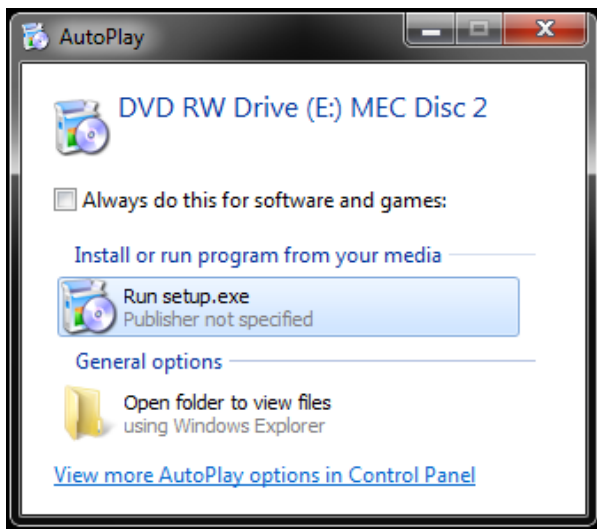
Software documentation is provided “as is” without warranty of any kind, either expressed or implied, including but not limited to the implied warranties of merchantability and fitness for a particular purpose.

# Getting Started

## Installation

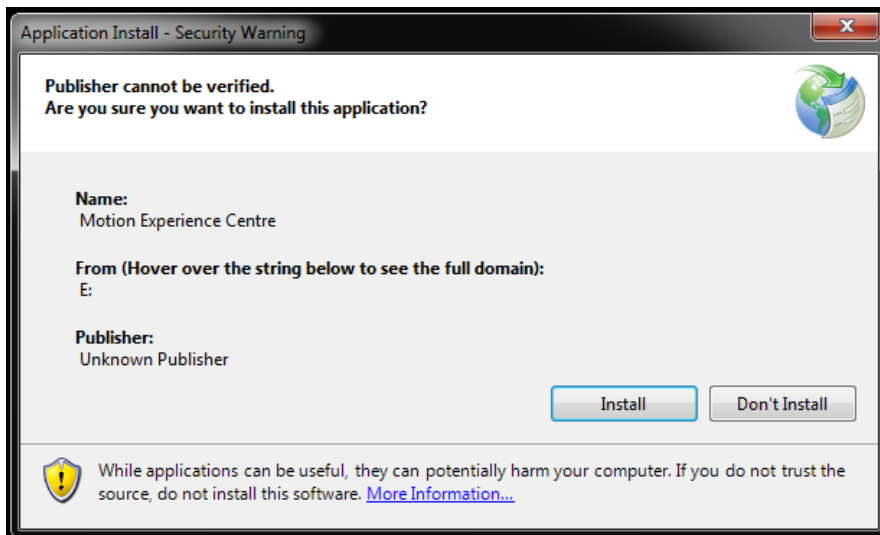
To install the Motion Experience Centre, insert any of the two DVD's included in the Motion Package.

When you see the AutoRun pop up, click "Run Setup.exe".



**Figure 1: AutoRun Pop Up**

If no pop up is visible, navigate into the DVD's folder, and run "Setup.exe". When the Install Dialog loads, click "Install".



**Figure 2: Install Dialog**

Once the software has installed, the Motion Experience Centre will load. It can also be found in the start menu and on the Desktop.

## Main Menu

The Main Menu allows navigation to different features in the software.

These features include:

- My Profile
- Activity Review
- Music
- Playback
- Updates
- Activity Type Editor
- Select Profile

Navigating between items in the menu can be done by either of the following:

- Clicking the navigation arrows to the left and right of the screen
- Pressing the left arrow and right arrow keyboard buttons
- Clicking items with the mouse

Once an item is in the centre of the screen, clicking it with the mouse once, or pressing the enter key will select the feature.

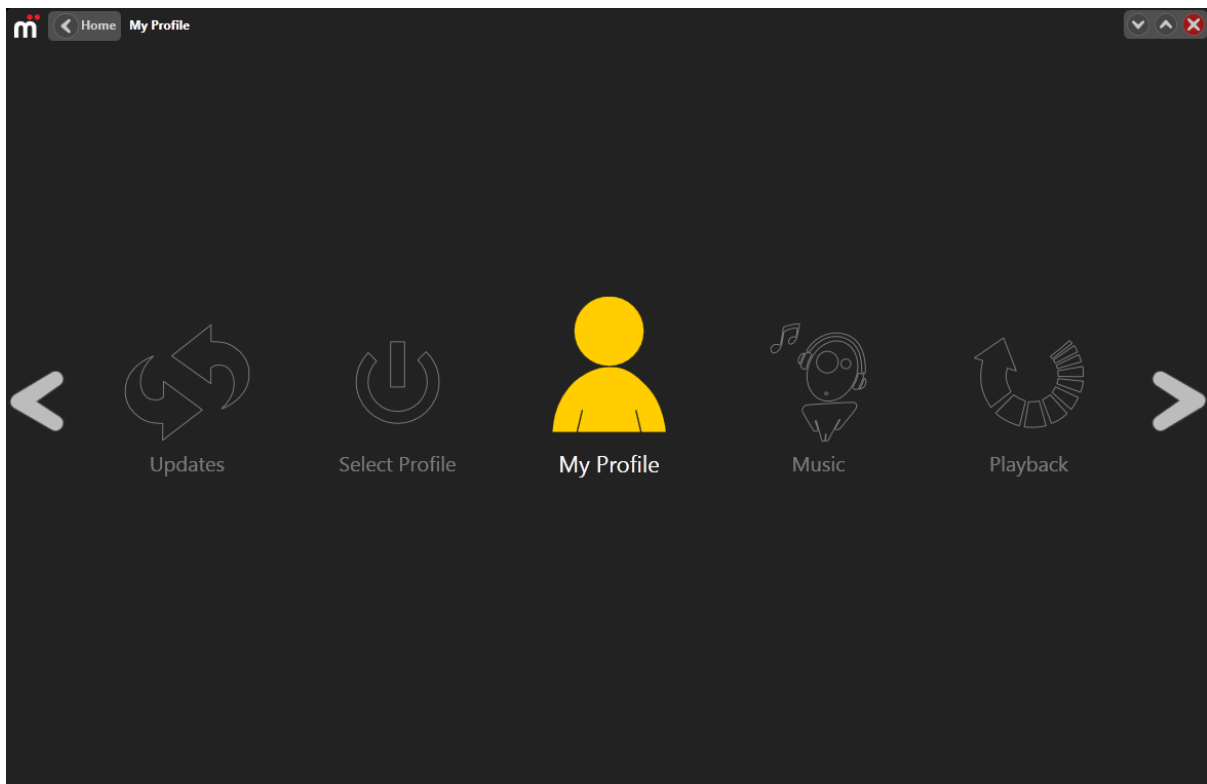


Figure 3: Main Menu

# Profile Setup

## New Profile

When loading the Motion Experience Centre the first time, you will need to set up a Profile. To do this, click on the New Profile menu option. This will take you to the profile setup screen.

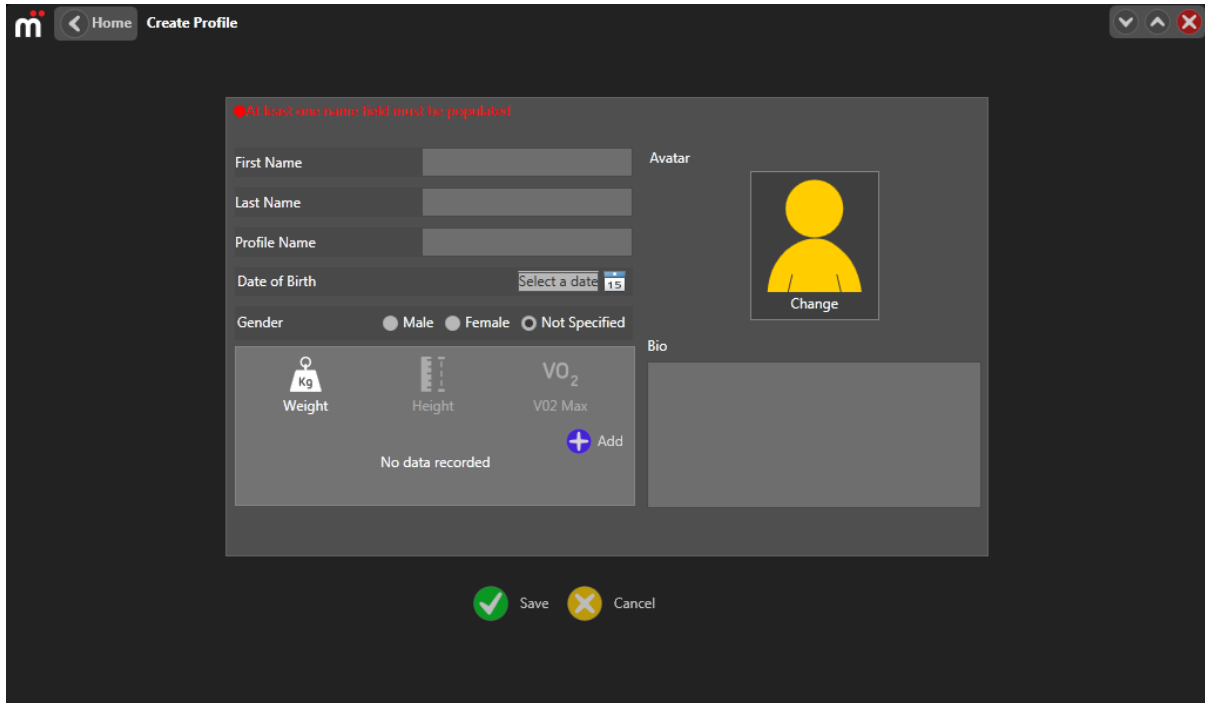


Figure 4: New Profile Setup

### Required Data

In order to save the new profile, you must enter at least one of the following:

- First Name
- Last Name
- Profile Name

### Recommended Data

In order to calculate Energy Expenditure, it is important that the following data is filled in:

- Gender
- Date of Birth
- Weight (see Tracking Metrics below)

VO<sub>2</sub> max is optional, and will be used in Energy Expenditure calculations when available. It is, however, not required and should only be entered if it has been accurately measured.

### Metric Tracking (Weight, Height and V02Max)

Metric Tracking allows for recording data against a time scale. This means each time a metric is entered (e.g. weight), a date is recorded along with the data. This allows for tracking changes in the metric over time. When an activity is recorded, it will search for the correct value of the metric at the time of the activity.

To add a metric value, select the Add button.

Choose a date (which will be the current date by default), and enter a value for the metric. To change the metric unit (e.g. kg to lb), click on the unit name. When happy with the value entered, click Accept.

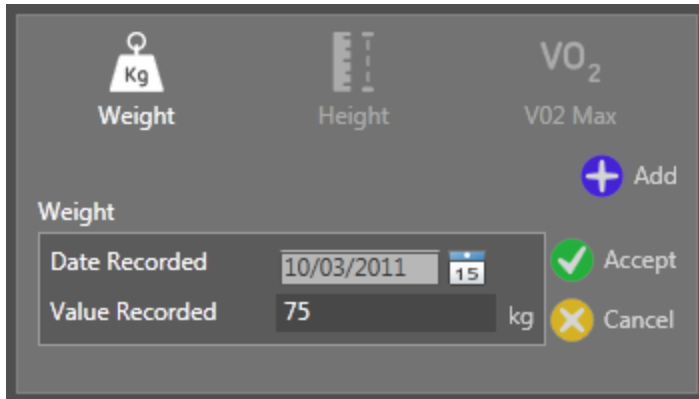


Figure 5: Adding a metric value

### Avatar

To change the avatar of the profile, click in the avatar image. This will display a pop up with a list of default avatars. To select an avatar, select it and then click Accept. To use a photo as an avatar instead, click "Find an image on the computer". This will enable a pop up where an image can be selected from the computer.

### Editing a Profile

To edit a profile, select the My Profile feature in the Main Menu. The screen will look the same as the New Profile feature, with the exception being that each field has an edit button next to it.



To edit a field, click the edit button. The field will then change to allow text entry. After editing the field, accept the changes by clicking on the Accept button (green button), or cancel them by clicking the Cancel button (yellow button).



Clicking the Accept button saves the changes to the profile immediately.

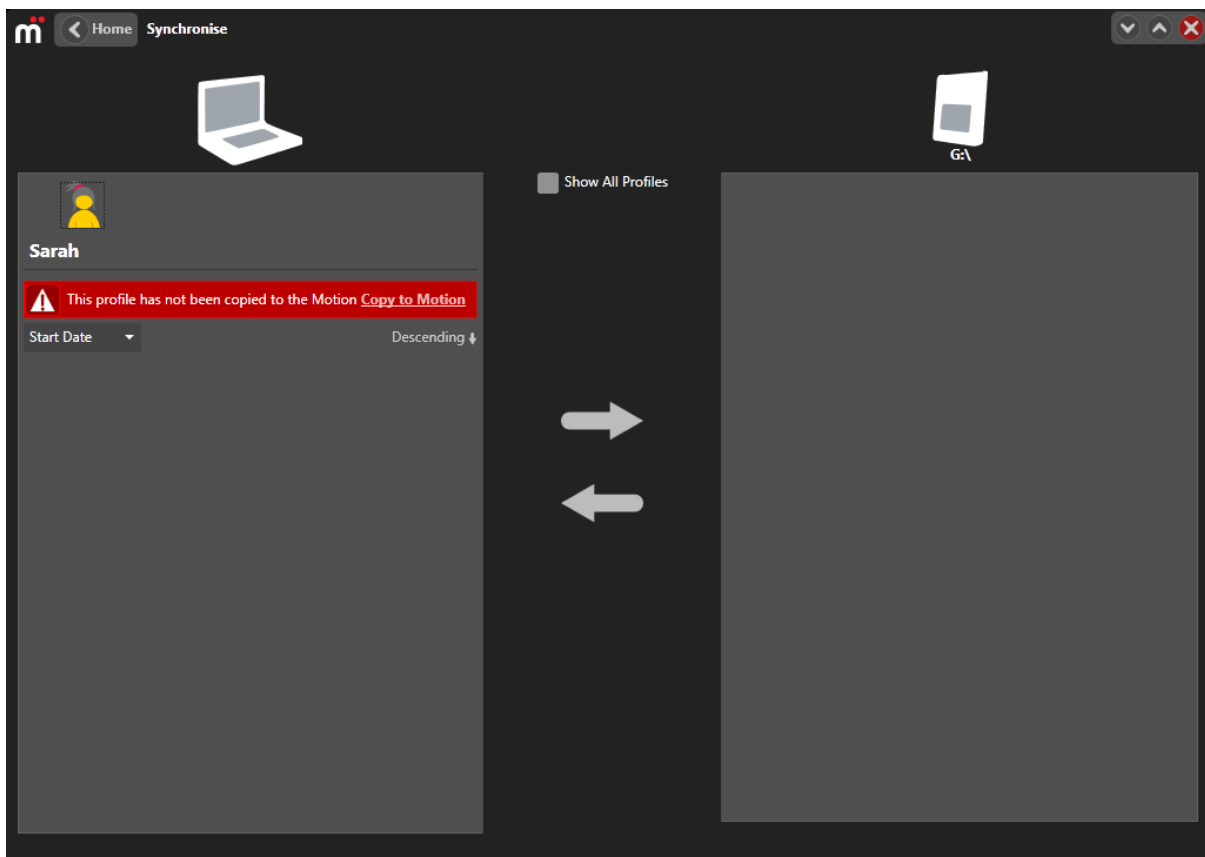
## Synchronise (Import / Export Activities)

In order to use the Synchronise feature, the Motion M01-1 must be connected to the computer using a USB cable.

Once a Motion M01-1 has been connected, the activities on the computer will populate on the left side of the screen, grouped by user profile, and the activities on the Motion M01-1 will appear in a list on the right of the screen.

### Copy a Profile

Once a new profile has been created, it will need to be copied to the Motion. If the profile does not exist on the Motion, a note in bright red will display with the option to copy the profile to the motion. To copy the profile across, click the underlined link “**Copy To Motion**”.



## Copy an Activity

To copy an activity, select it in the list. The corresponding arrow will enable and change colour. Click on the arrow to copy the activity across. Hold down the control key (ctrl) to select multiple activities, or the Shift key to select a range of activities. If an activity already exists in the other list, it will be ignored.

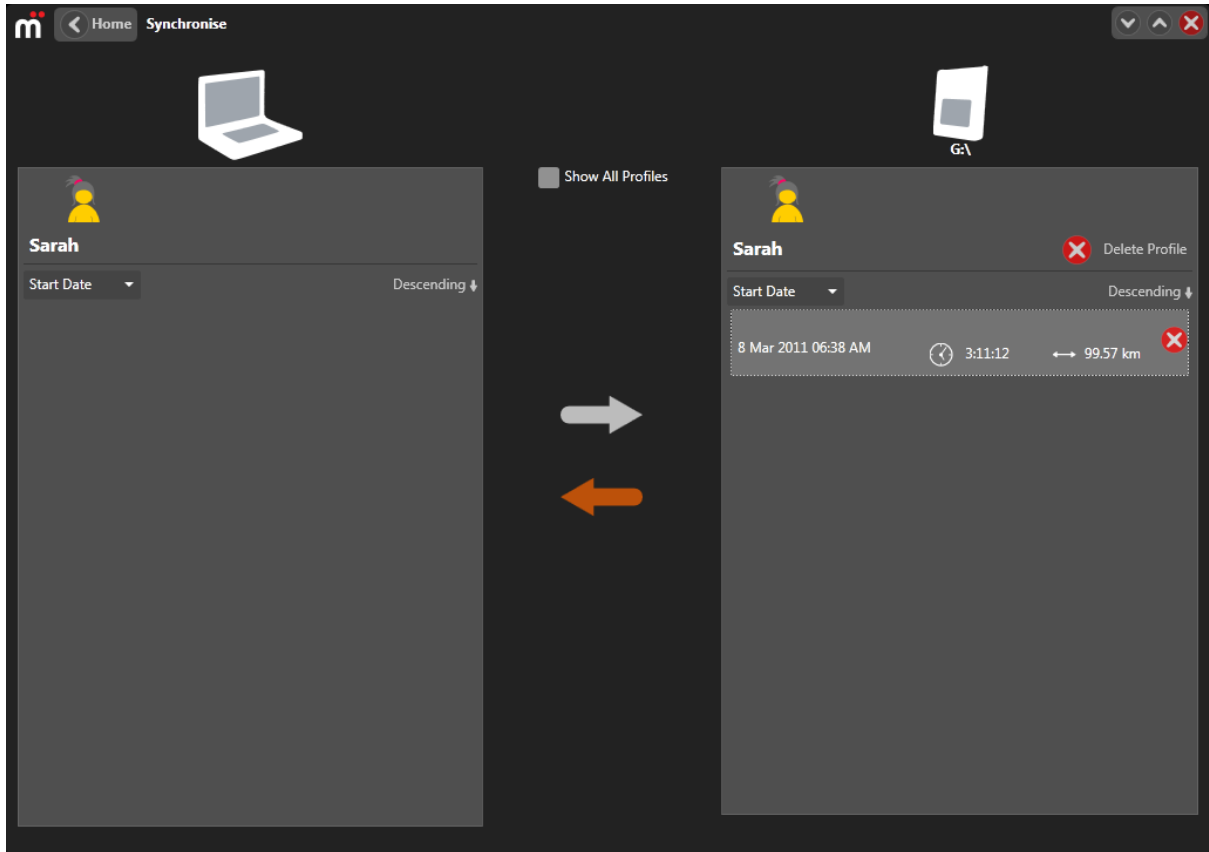


Figure 6: Copying an activity

## Show All Profiles

By default, only the profile of the logged in user will be displayed. This is to prevent a user from accidentally deleting activities that belong under another user's profile.

If it is necessary to copy an activity between different user profiles, check the "Show All Profiles" checkbox. This will make all the profiles on the computer and the Motion visible.

## Copy Activities between Profiles

To copy an activity between profiles, select the activity. In the other list, select the profile that the activity will be copied to, then select the copy button.

## Conflicting Profile

When a profile is synchronised, it exists on both the computer and the Motion. If a change is made to the profile on the Motion, it will be out of date on the computer. If it is changed on the computer, it will be out of date on the Motion.

When a profile on the computer does not match the copy on the Motion a bright red message will display informing of the conflict.

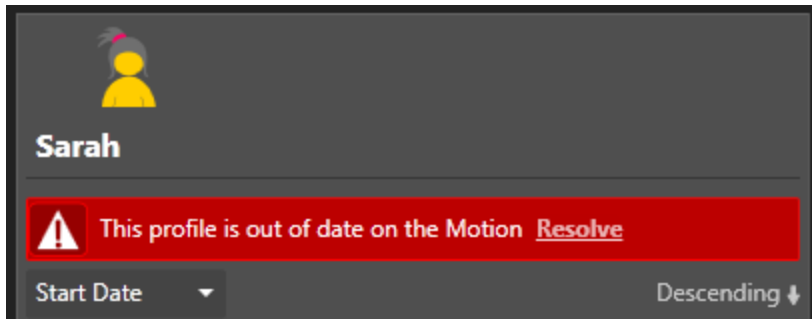


Figure 7: Profile out of date message

To resolve the conflict, click "Resolve". A pop up will allow for a choice between profile. Select a profile version to keep, and click Accept.

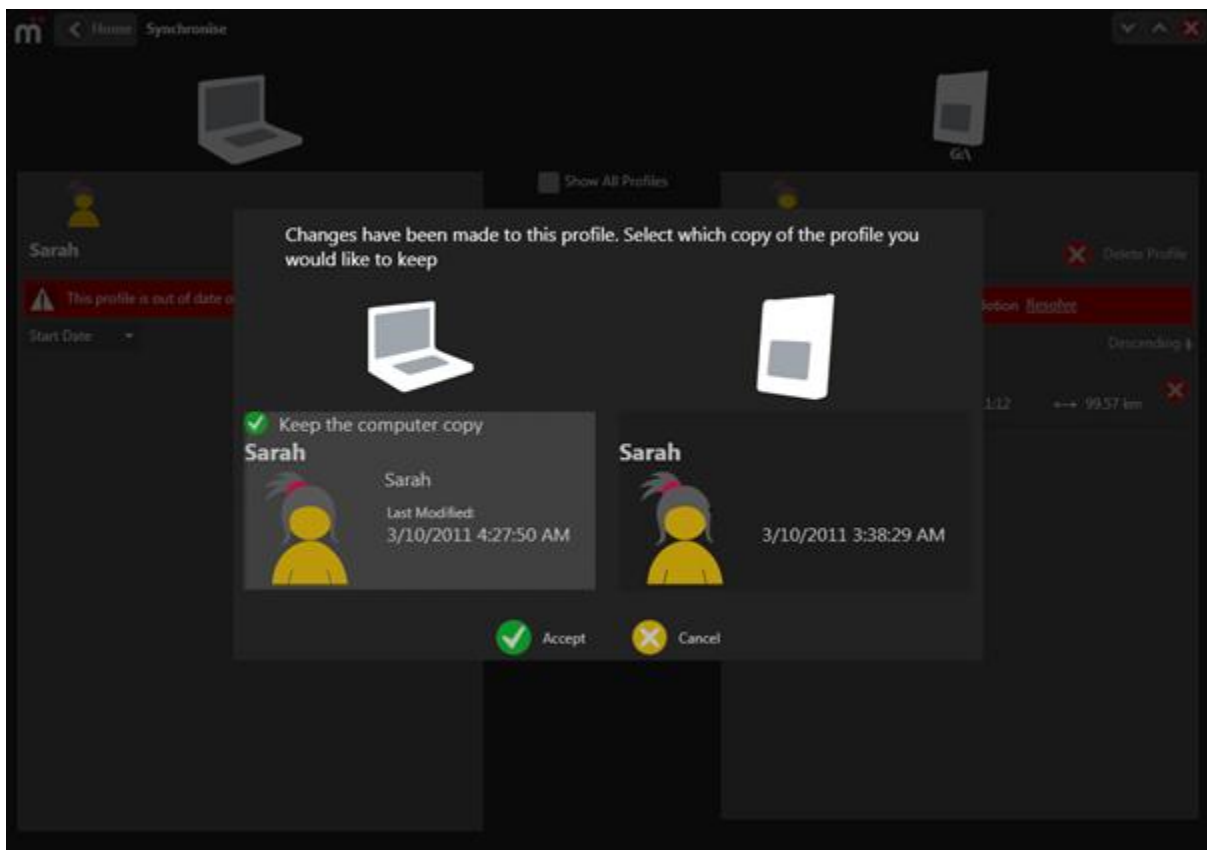


Figure 8: Conflict pop up

## Conflicting Activities

Conflicting activities work in the same way as conflicting profiles in that a bright red message will inform the user that some activities are out of date.

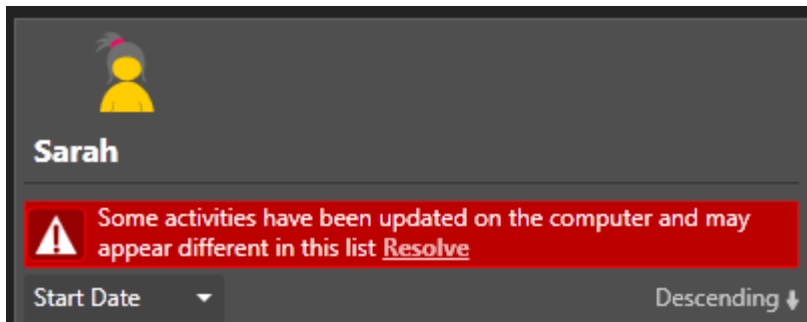


Figure 9: Activities out of date message

When an activity is altered, it can be difficult to tell it apart from its previous version. It may have a new name and different activity type.

In order to make it easier to tell which activities are related, they are placed side by side in the conflict popup along with the date that they were last modified.

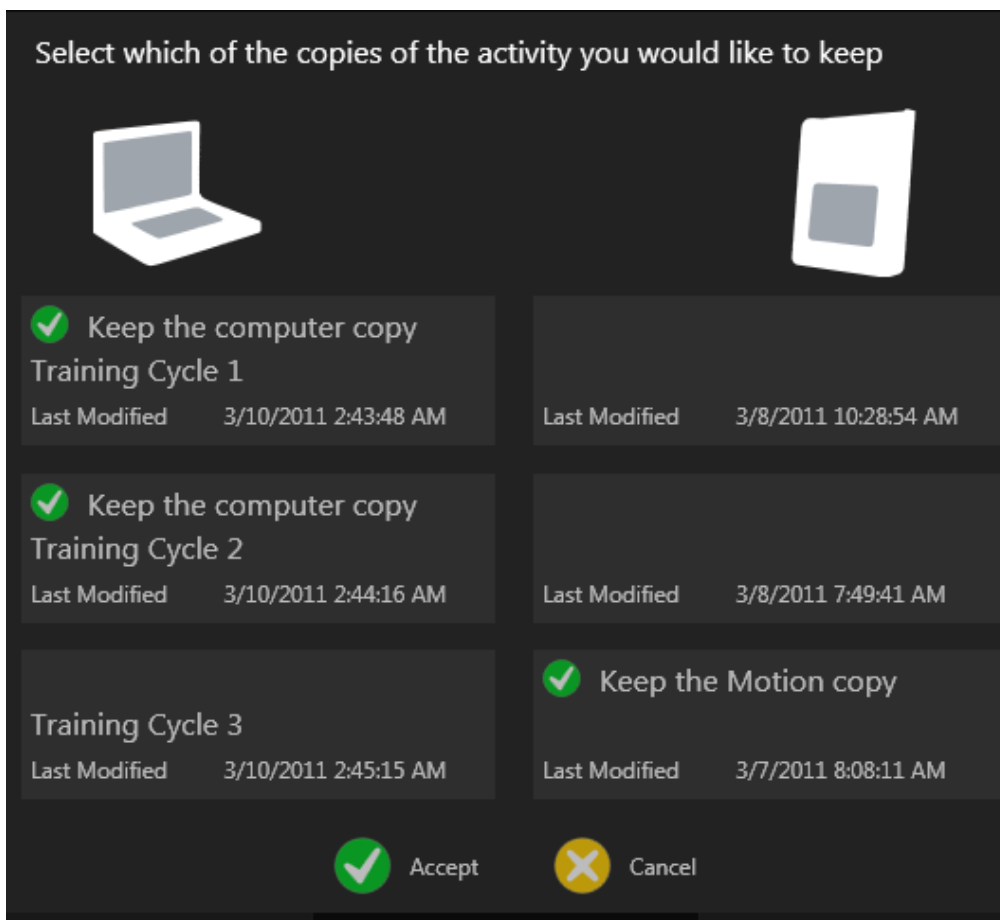
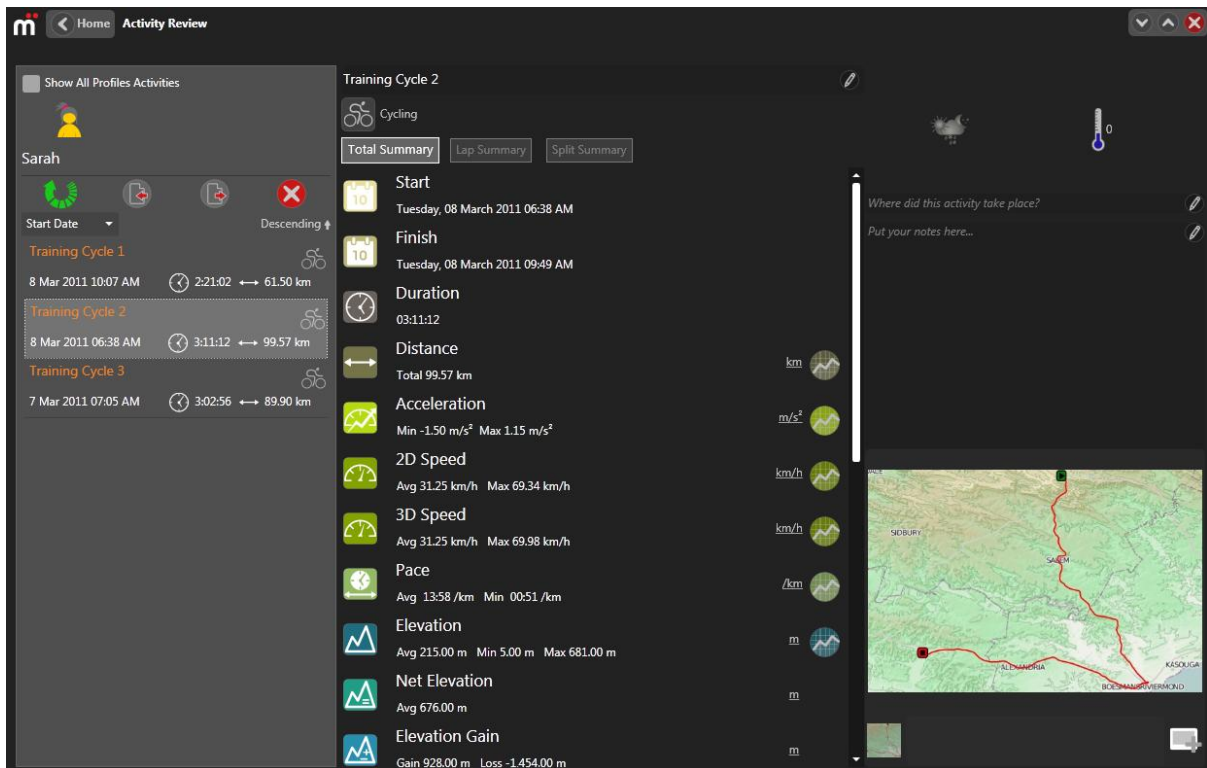


Figure 10: Conflict Activity Selection

Choose the correct versions and click Accept.

# Activity Review

The Activity Review section allows for an in-depth view of an activity. To select an activity for review, select it in the list on the left.



## Change the Activity Name



To change an activity name, click the edit button next to the watermark, enter the name and accept (much the same as editing a profile).

## Change the Activity Type

To change the Activity Type, click on the current activity type. This will bring up a list of custom Activity Types in the profile, as well as standard activity types that are packaged with the Motion Experience Centre and Motion M01-1. Clicking on one of these options will change the Activity Type.

## Activity Summary

The centre of the screen shows a list of summary data for each of the metrics that was recorded.

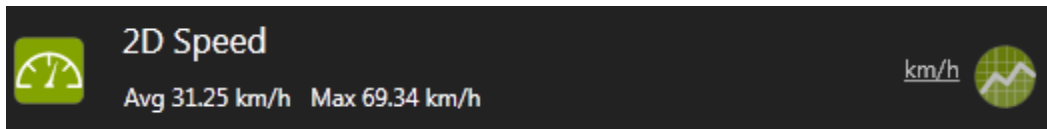


Figure 11: Summary Item

To change the unit of the summary data, click on the unit button to the right of each summary item.

## Graph Data

To view a graph of the data, click the graph button to the right of the summary item

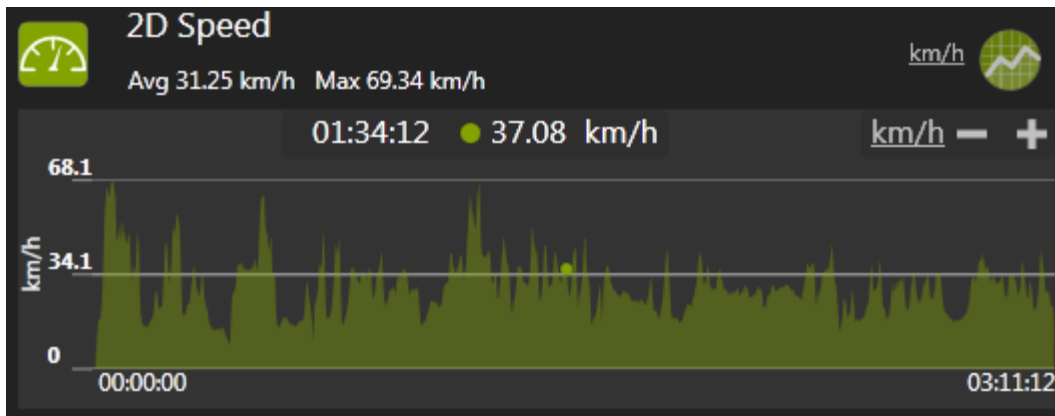


Figure 12: Summary Item with Graph

As you move the mouse over the graph, a small circle will follow the cursor along the profile of the graph. The time and value of the metric at that point are displayed at the top of the graph. These will update as the cursor moves along the graph.

If multiple graphs are visible, moving the cursor in one graph will move the dot to the same location in all the corresponding graphs.

## Zooming in on the Graph

To get a closer look at the data, zooming is possible either by clicking on the zoom buttons at the top right hand corner of a graph, or by scrolling the mouse wheel.

## Panning a zoomed in Graph

To pan a graph, it must be zoomed in. Click and hold the left mouse button on the graph, and then drag the graph.

## Drop a Marker

To drop a marker at the same location in all the graphs, click on the graph. This will leave a marker on the graph, and display the data at that point on the bottom of the graph. To remove the marker, click the marker.

## Additional Fields

To allow for the recording of information that was not recorded by the Motion, there are extra

fields available in the Activity Summary that allow for the entry of additional data. These include Weather, Temperature, Location, Notes and Images.

## Weather and Temperature

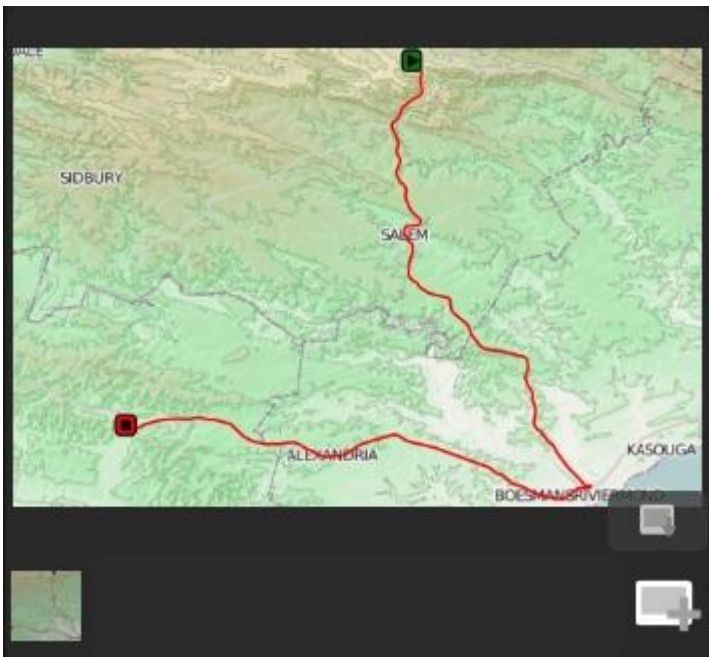
To edit Weather and Temperature, click on them. The Weather icon will pop up with a list of possible weather. The Temperature icon will pop up a text entry where the temperature at the time of the activity can be recorded. To change the unit of the temperature for the activity, click on the unit type next to the temperature in the pop up.



Figure 13: Weather and Temperature

## Images

Images can be added to an activity. If the activity is synchronised back with the Motion, the images will be visible on the Motion in the Activity History section.

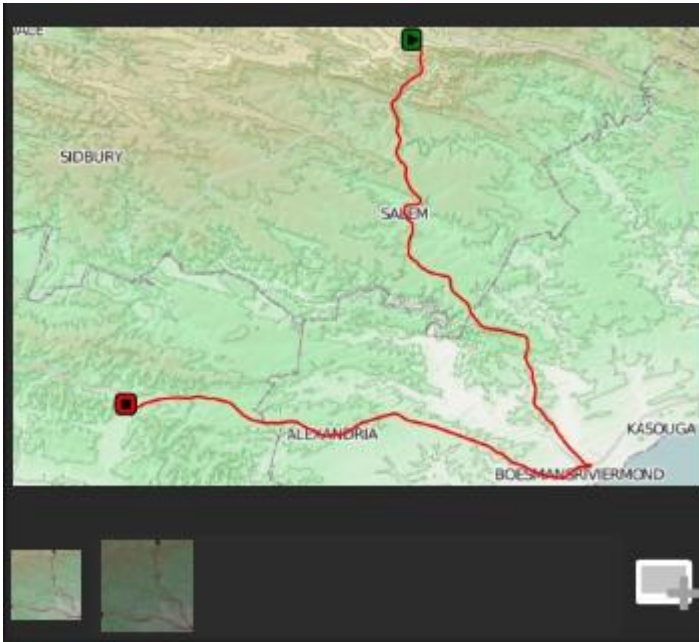


The image control has a series of tabs below an image. The first tab will be a snapshot of the route of the activity overlaid onto a map. This is not added to the activity by default. In order to add the map thumbnail to the activity, hover over the map, and click the button that becomes visible



Figure 14: Add map thumbnail button

A copy of the map image will then pop into the list of images added to the Activity. The result will look like the following:



**Figure 15: Activity with map thumbnail added to Activity Image list**

To add images from the computer to the Activity, click on the Add Icon at the bottom right of the control.

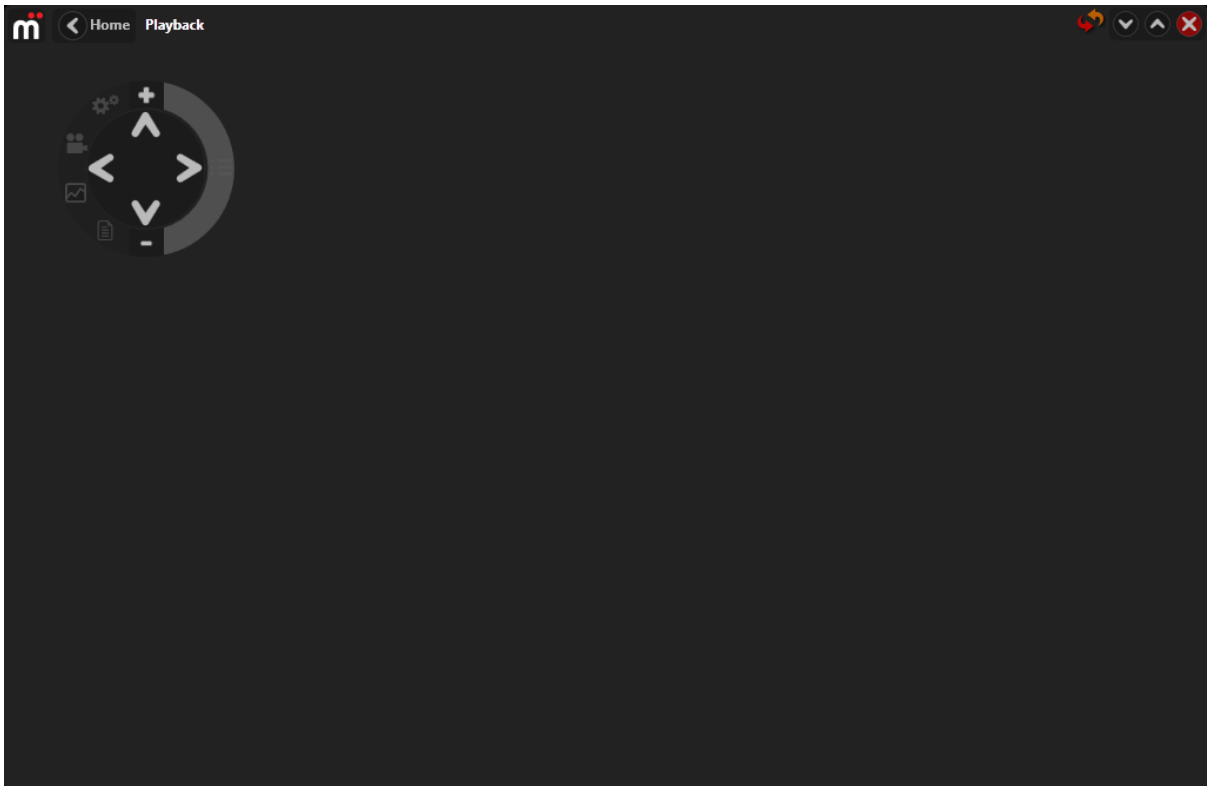


**Figure 16: Add image button**

# Playback

The Playback feature in the Motion Experience Centre allows for an interactive experience when viewing an activity's data.

When loading Playback for the first time, if no mapping data is visible, then no mapping data has been copied to the computer.



**Figure 17: Playback screen after software install**

To view mapping data, there are two options:









1. Go to the **Updates** feature in the Main Menu and download mapping data from the DVDs accompanying the Motion Package, or from Mobii.com. For more on how to do this, see the Updates section further in this User Guide.
2. Change the Map Layer to use an online mapping option. See **Map Layers** below in this document.

## The Control Bezel

The Control Bezel is the set of buttons in the top left of the screen. With it, you can control all aspects of the Motion Experience Centre playback feature.



The following features are available on the Bezel:

1.  Change Playback Settings
2.  Select Activities
3.  Toggle Video Playback
4.  Toggle Graph Overlay
5.  Toggle Stats Overlay
6.  Zoom In
7.  Zoom Out
8. Pan (Left, Right, Up, Down)
9.  Play
10.  Seek Bar
11.  Follow
12.  Playback Speed

## Change Playback Settings

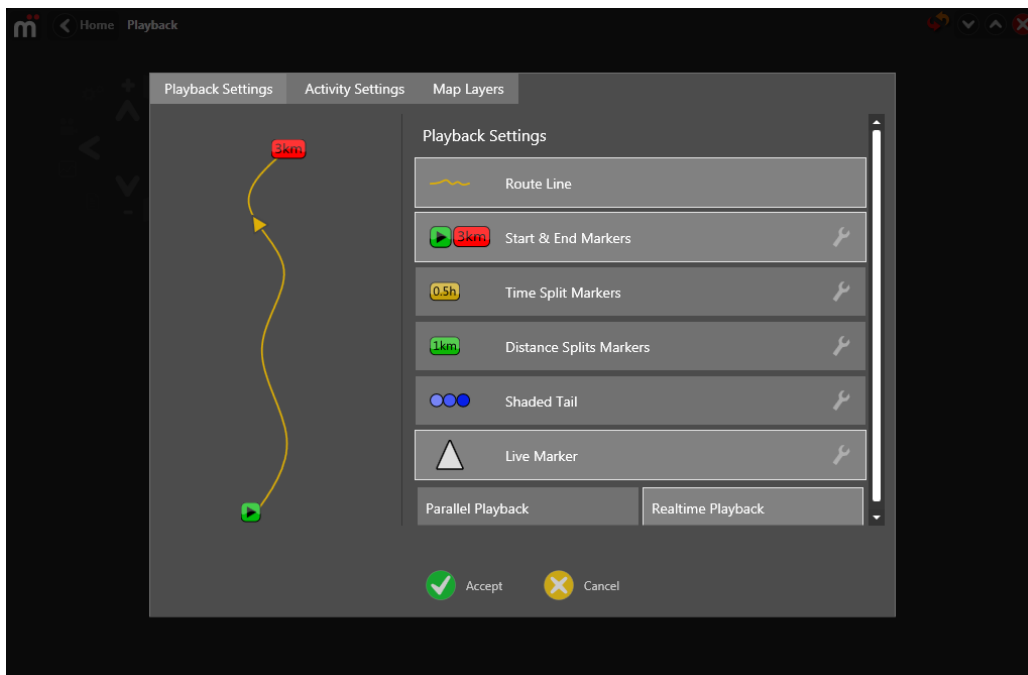


Figure 18: Change Playback Settings

Playback Settings is divided into 3 sections: Playback Settings, Activity Settings, Map Layers

### Playback Settings

Playback Settings will allow adding and removing layers to activities loaded into playback.

To make the layer active, click on the layer in the list. It will change to a lighter colour with a white border if selected. You will also see the example overlay on the left change to show how the layer will look during playback. To change the settings of a layer, click the settings icon next to each layer name.



Figure 19: Settings Icon

The list of available layers include:

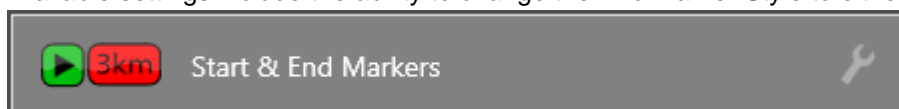
#### 1. Route Line

The route line is a solid line that will mark out the entire activity. Each activity will have a different route line colour.



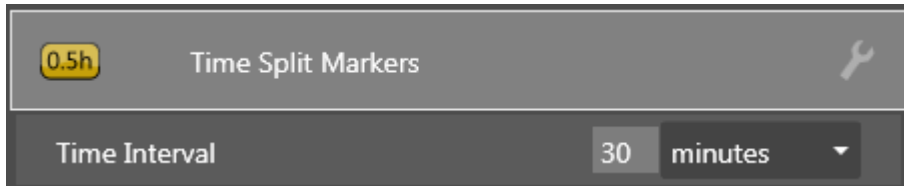
#### 2. Start and End Markers

Start and end markers demarcate the start and end points on an activity. Available settings include the ability to change the End Marker Style to either time or distance.



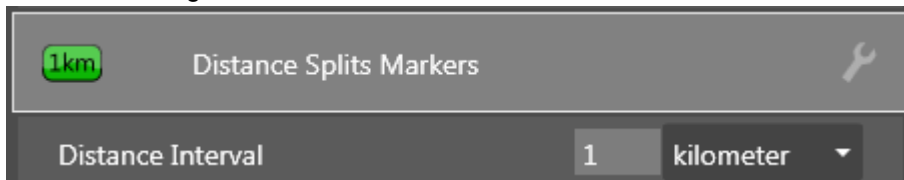
### 3. Time Split Markers

Time markers can be dropped at regular time intervals along the route  
Available Settings: Time interval



### 4. Distance Split Markers

Distance markers can be dropped at regular distance intervals along the route  
Available Settings: Distance interval

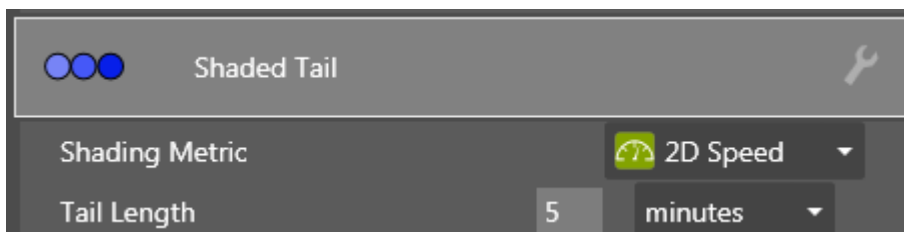


### 5. Shaded Tail

The Shaded Tail layer allows a set of shaded markers to follow the Live Marker along the map. Each shaded marker in the tail will indicate the intensity of the metric used for the Shaded Tail. As an example, when the Shaded Tail is set to use the Speed Metric, it will change to shades of the colour green. The darker green indicates faster speed, lighter green indicates slower speed, with white indicating the slowest speed in the activity, and full green indicating the fastest speed in the activity.

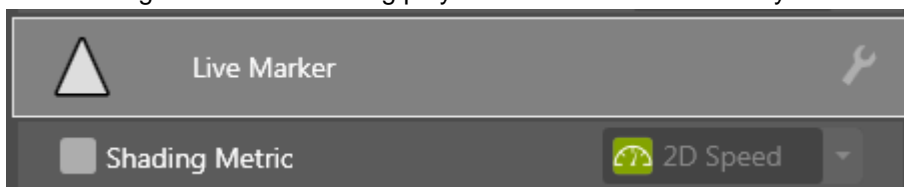
Each metric has a colour assigned to it, and these colours are the same as the colour in the metric icons seen elsewhere in the application (red for Heart Rate, dark blue for Elevation etc).

Setting the Tail Length will change how long the tail behind the Live Marker is.



### 6. Live Marker

The Live Marker is a shape that indicates the current position in playback. It will default to a solid colour the same colour as the Route Line. This makes it easy to tell the difference between activities on the map. It is possible to shade the live marker the same way as the Shaded Tail is, by selecting a Shading Metric. This will change the colour of the marker as it moves along the route line during playback to indicate the intensity of the metric selected.



## 7. Timing

When adding more than one activity to Playback, they will load using Realtime playback by default. This means that if they were recorded one after each other, they will playback one after each other. To play back multiple activities together, select Parallel Playback. This will allow playing two activities side by side, even though they may have been recorded weeks apart.



## Activity Settings

Activity Settings allow changing the colour of an activity (which affect the Route Line and Live Marker) and Live Marker shape. The settings can be adjusted for each activity.

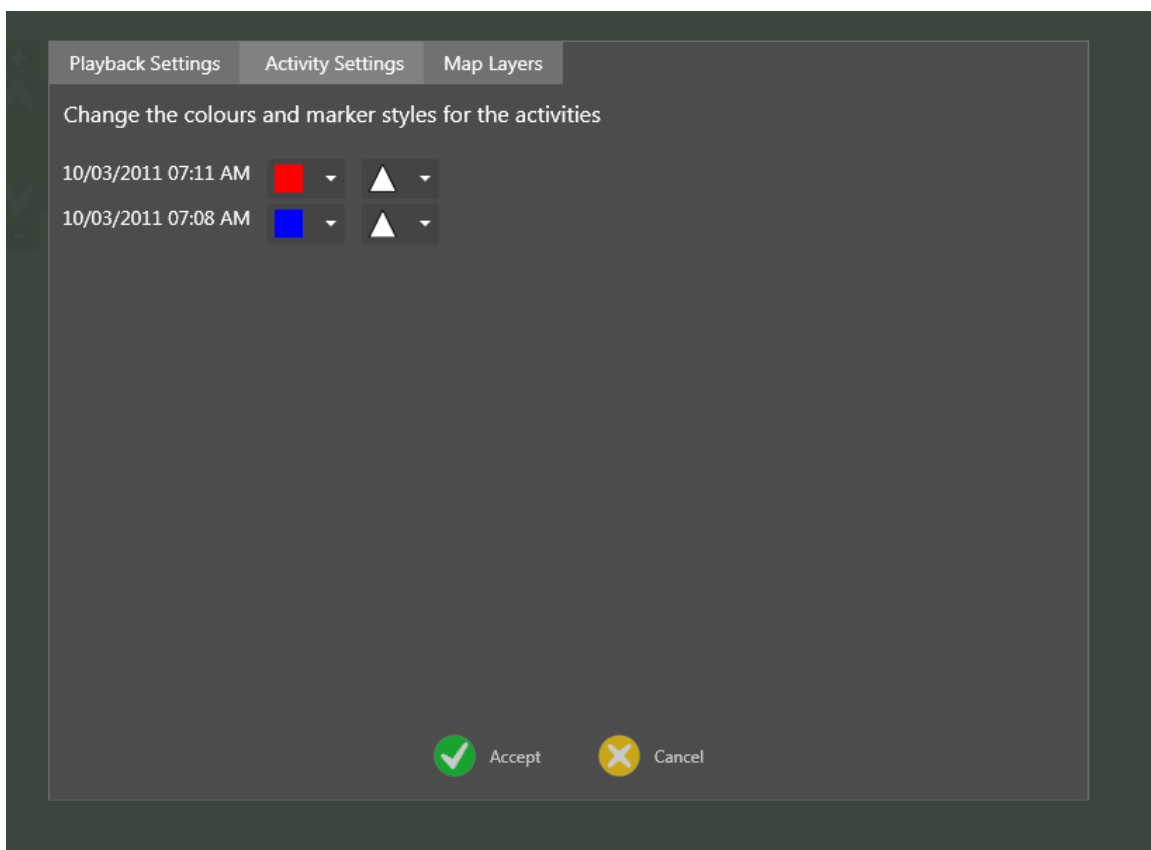


Figure 20: Activity Settings Popup

## Map Layers

To change the Map Layer, open the Playback Settings option on the Control Bezel and select the Map Layers tab.

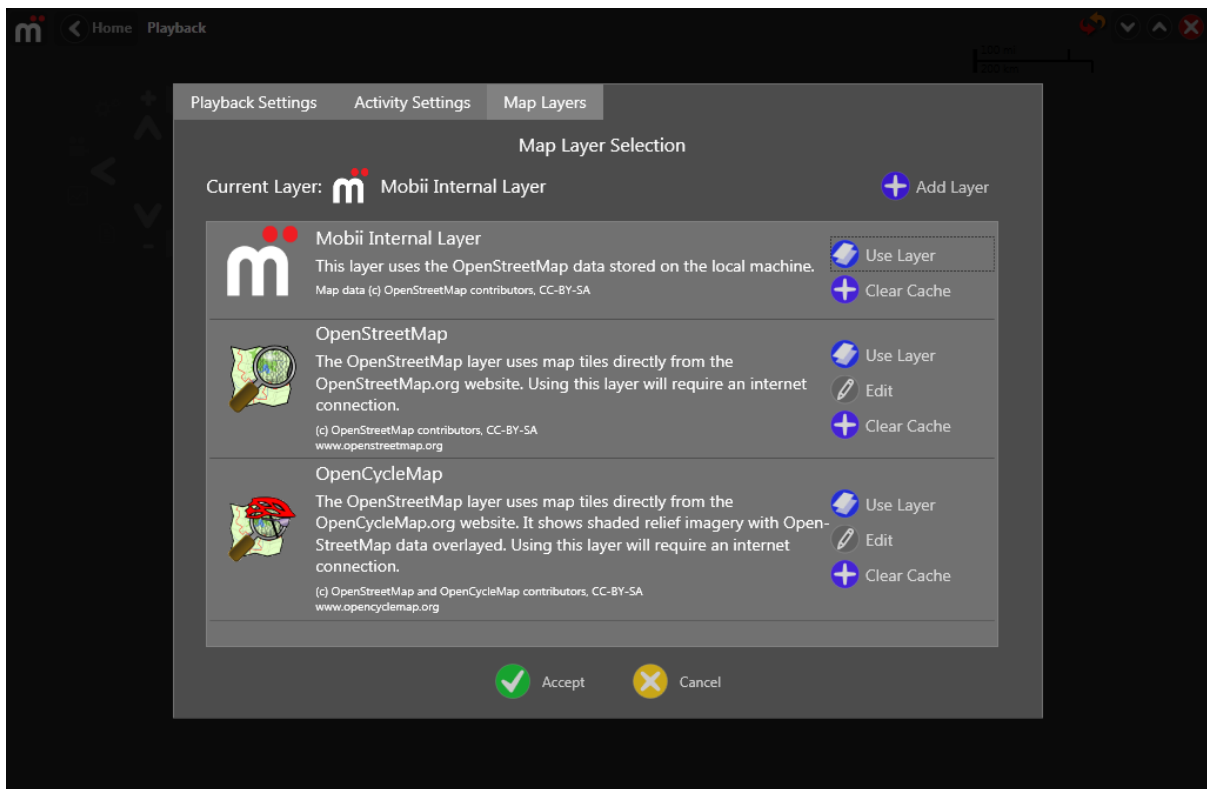


Figure 21: Map Layers pop up

By default, the Mobii Internal Layer is selected. To change to another layer, click the “Use Layer” button next to the layer you would like to use. **Note that using any layer other than the Mobii Internal Layer will result in data being downloaded from the internet.**

The map will then change, and display data from the new layer.

## Map Cache

The Motion Experience Centre caches mapping data to make the user experience faster when viewing the map. When mapping data is downloaded using one of the online mapping layers, (tile servers), the images are set to “expire” based on the settings on the tile server. Tile servers expire mapping data at regular intervals to allow new map data to be downloaded.

To clear this cache, click the “Clear Cache button”. To change the expiry time, click “Edit” and change the expiry time. To prevent the tiles from expiring, uncheck the Expire Cache option.

## Select Activities

To select activities, click the “Select Activities” button on the Control Bezel. A window will pop up with a list of available profiles and activities on the left, and selected activities on the right. To add an activity, select it on the left, and click the copy button in the middle of the screen (right arrow).

When happy with the list of selected activities, click Accept.

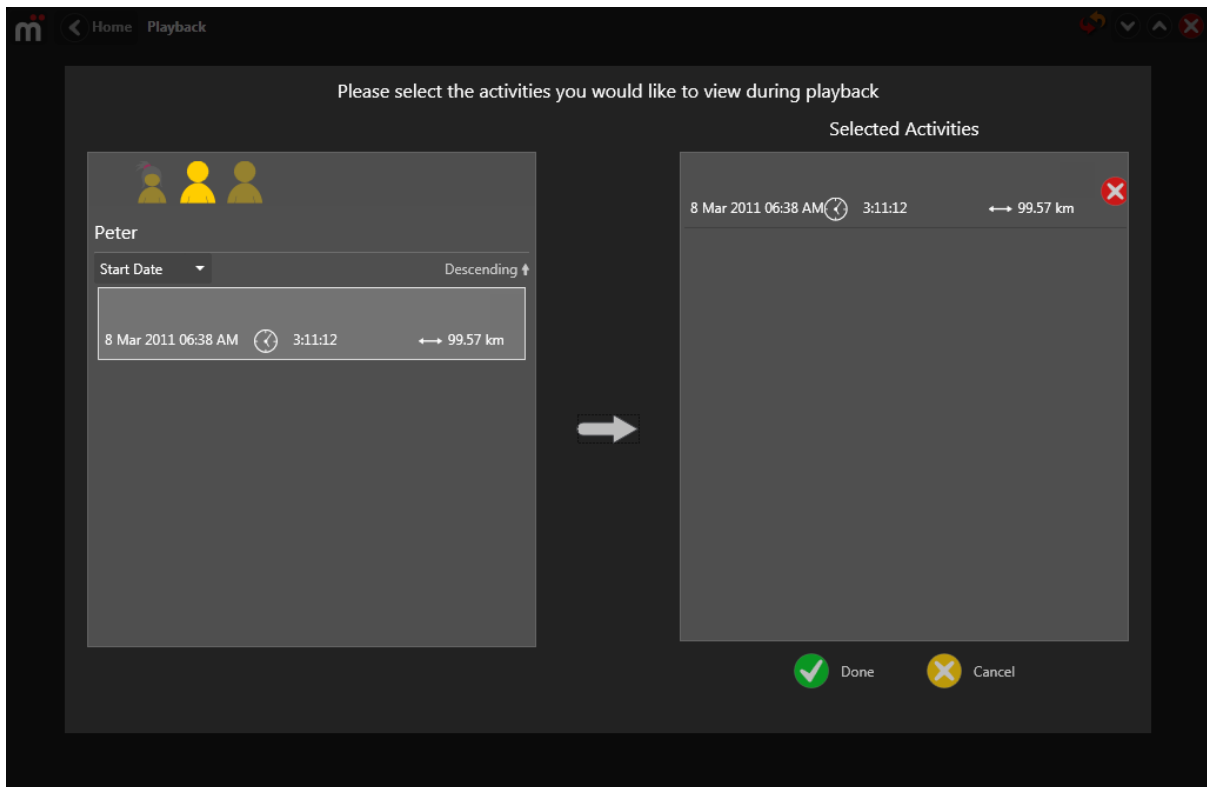


Figure 22: Select Activities Dialog

## Toggle Video

This button will only work if activities have been added to playback.

To show the Video Overlay, click the Video button. This will pop up the video control.

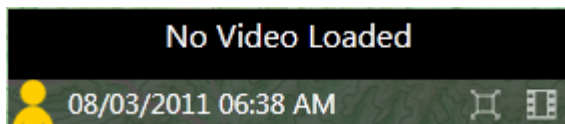


Figure 23: Video control with no video loaded

If more than one activity has been loaded, switch to the correct activity using the arrow on either side of the control.

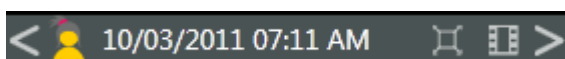


Figure 24: Video control with multiple video loaded


To load a video for this activity, click the Change Video button . This will bring up a pop up where you can find a file on the computer to play. Once a file has been selected, it will load up in the video.



Figure 25: Video control with video loaded

The Motion Experience Centre will read the “Date Modified” timestamp of the video file, and try to synchronise it with the activity. If it cannot, due to the date on the video camera being different, the video having been edited or the time zone changed, then it will synchronise it at the start of the activity.



To change the point that the video is synchronised at, click the Sync button .



Figure 26: Sync Slider below the Video

This will show a slider that will seek the video forwards or backwards. At this point, use the **seek bar on the Control Bezel** to move the Live Marker to the correct point, and the **sync slider on this control** to match the video to a position on the map. This can be matched at any point in the activity. Once done, click the green accept button in the sync slider

To remove the video, click the delete button .

To remove the map, and make the video full screen, click the full screen button .

**NOTE: Some video types do not support playback at any other speed other than 1X Realtime (i.e. the speed at which it was recorded). Other videos do not playback if the speed is set too high. If the video stops playing, check that the playback speed is set to 1X. A warning will display with a message if playback speed is too high.**

## Toggle Graph

This button will only work if activities have been added to playback.

To show the graph overlay, click the graph button on the Control Bezel. This will overlay the playback graph at the bottom of the screen.

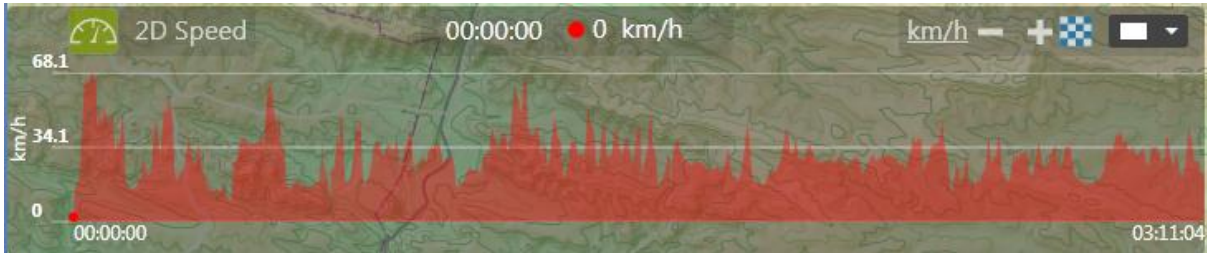


Figure 27: Transparent graph overlay

To change the metric used in the graph, click the metric button at the top left of the graph. This will pop up a list of metrics to choose from. Select the appropriate metric, and the graph will change to reflect that metric.



Figure 28: Change Metric Button

- To change the unit type of the metric, click the unit type at the top right of the control
- To change the zoom on the graph, click the Zoom In or Zoom Out buttons, or use the mouse wheel. Once zoomed in, pan the graph with the mouse. Once Playback has started, the graph cannot be panned with the mouse.
- To change the opacity of the background, click the Change Opacity button. This will pop up a slider that can be dragged to changed the background opacity.
- To change the colour of the text on the graph, select a colour from the colour drop down.



Figure 29: Graph control Buttons (Unit Type, Zoom Out, Zoom In, Change Opacity, Change Text Colour)

## Toggle Stats

This button will only work if activities have been added to playback.



Figure 30: Stats Overlay

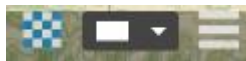


Figure 31: Stats overlay buttons (Change Opacity, Change Text Colour, Select Metrics)

- To change the opacity of the background, click the Change Opacity button. This will pop up a slider that can be dragged to changed the background opacity.
- To change the colour of the text on the graph, select a colour from the colour drop down.
- To change the list of metrics in the overlay, click the Select Metrics button. This will show a pop up with a list of metrics, clicking these metrics will add or remove them from the metrics displayed in the stats overlay

To change the unit type of a metric, click on the metric.

If more than one activity has loaded, arrows will display next to the activity name. These arrows will swap between activities, and the colour of the dot next to the name corresponds with the colour of the route line of the activity.



Figure 32: Stats overlay with multiple activities loaded

## Play Activity

To start playback, click the play button in the Control Bezel. This will begin the playback animation. The play button will change to a pause button to stop the animation.

## Seek Bar

The seek bar is used to skip forward and backwards in an activity. The position of the marker on the graph overlay will track this position, and the figures on the Stats Overlay will represent the values at this point in time.

## Playback Speed

To change the playback speed, click the Playback Speed Button. This will show a pop up with a slider that can be used to change the playback speed. To playback the activity in a specific amount of time, click the Fixed Time button (F). This will change the scale to time, and dragging the slider will change to total number of minutes taken to play the activity back.



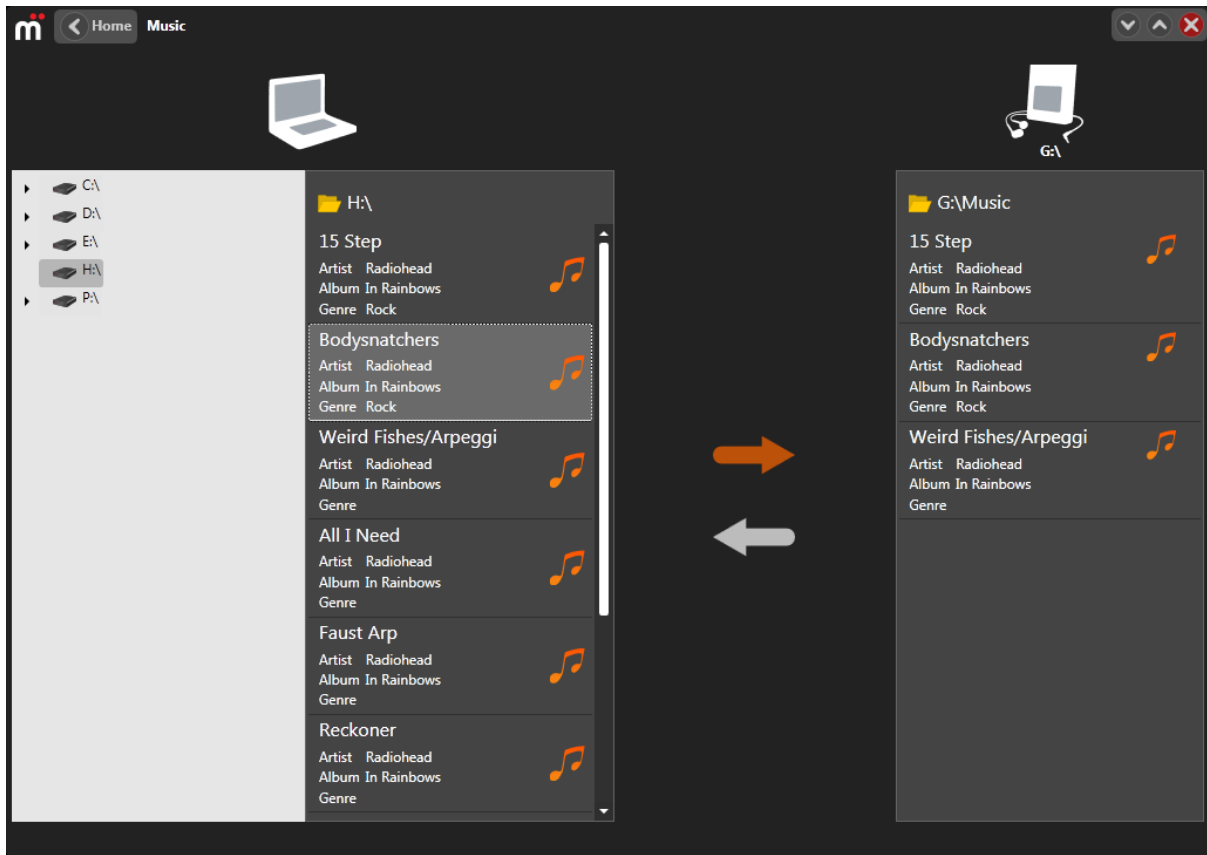
Figure 33: Playback Speed (Real Time)



Figure 34: Playback Speed (Fixed Time)

# Music

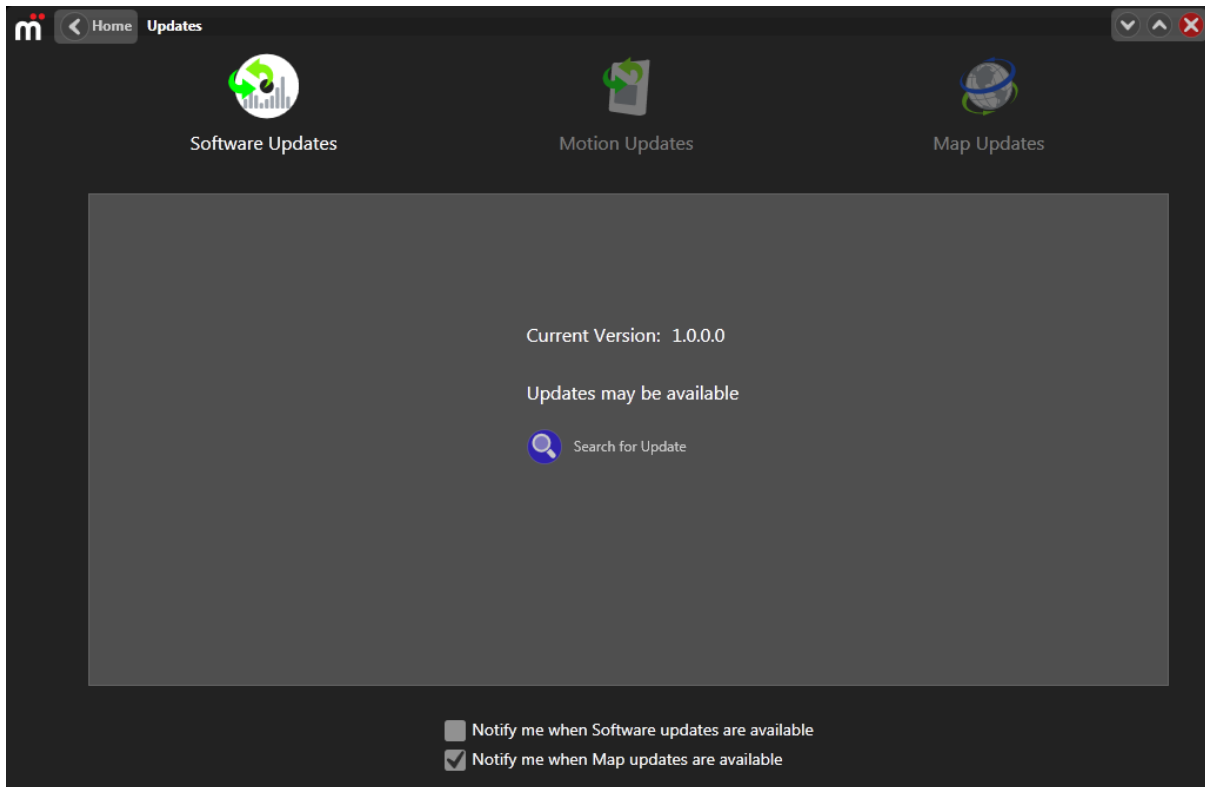
The Music feature allows for the copying of MP3 tracks to the Motion M01-1.



The left panel is a directory browser for the computer. To load a set of MP3s onto the Motion M01-1, browse to the directory with the MP3's. They will then list in the panel next to the directory structure. To copy the MP3 across, click on it and click the right arrow. To copy music from the device to the selected folder, select the MP3s in the list on the right, and click the left arrow.

## Updates

The Updates feature of the Motion Experience Centre makes it easy to ensure that you are always up to date with the latest Motion Experience Centre software for your pc, firmware for the Motion M01-1 or maps stored for offline mapping.

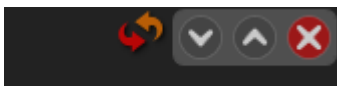


**Figure 35: Motion Experience Centre Update Feature**

By default, the Software Updates tab is selected. When one of the tabs is selected, it is highlighted and becomes brighter. Green arrows in the icons indicate that either no updates have been searched for, or that there are no new updates to be found. If an update has been found on the Mobii servers, the green arrows will change to red.

### Automatic Update Checking

To enable automatic checking of updates when the Motion Experience Centre starts, check “Notify me when software updates are available”. This will check the version of the software on the server when the application starts. It will also check for new firmware updates for any Motion M01-1 connected via USB. If an update is found, a red and orange update icon will display in the top right corner of the Motion Experience Centre window. This will be visible anywhere in the application. If this icon is visible, the update can be found by navigating to the Updates feature from the Main Menu.

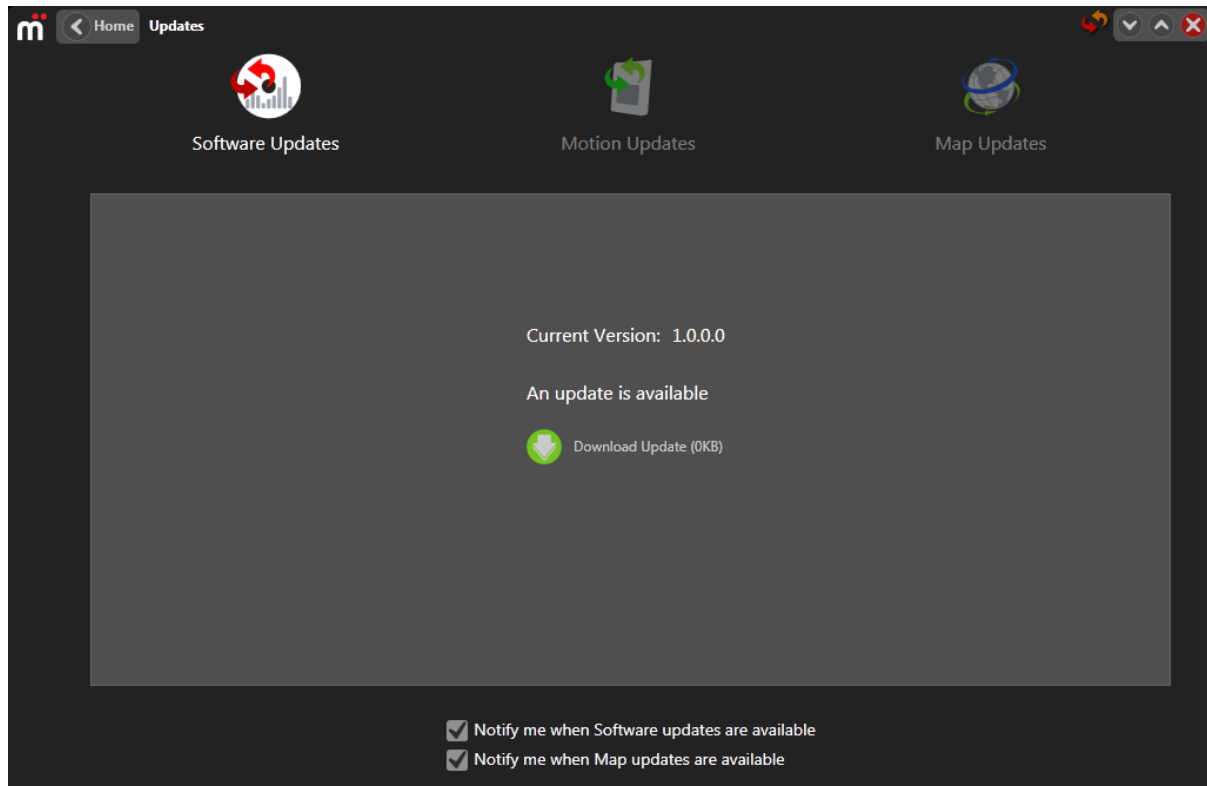


**Figure 36: The update available icon**

## Software Updates

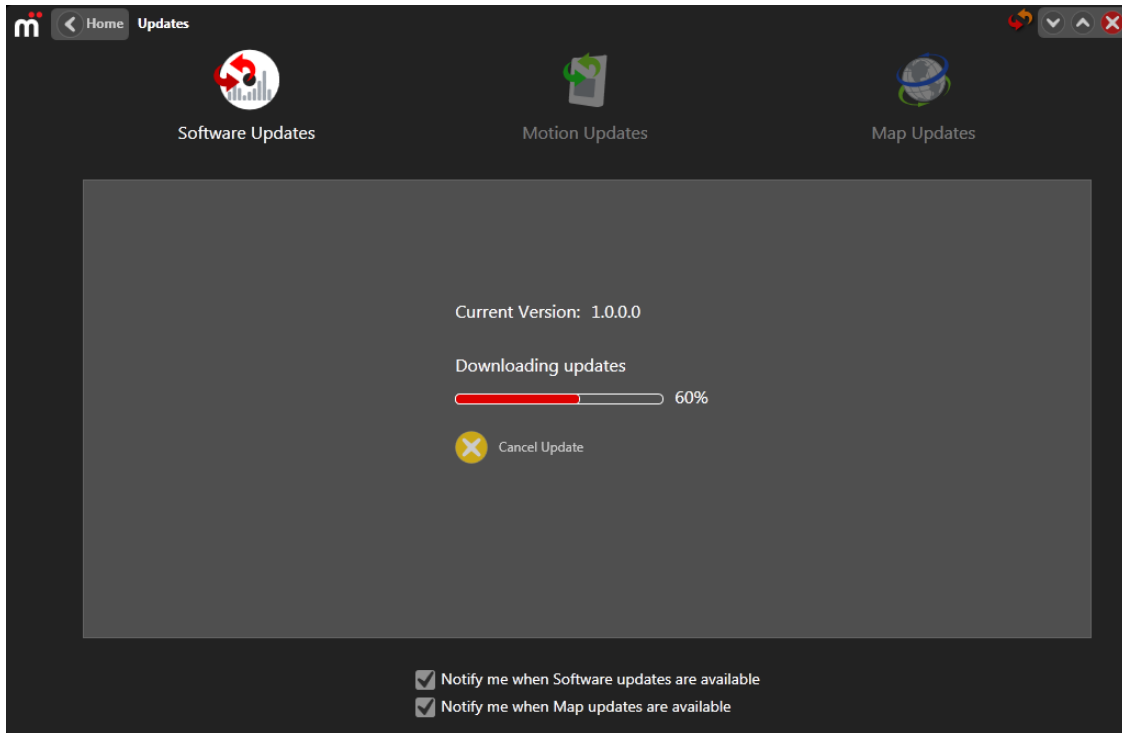
Software Updates will allow the Motion Experience Centre to update itself. To search for a software update, click on “Search for Update”. If automatic update checking is turned on, this search will take place automatically when the Motion Experience Centre starts.

If a software update is found, an option to download it will be displayed, along with the download size of the update. The arrows in the software update icon will also turn red to indicate that a software update is available.



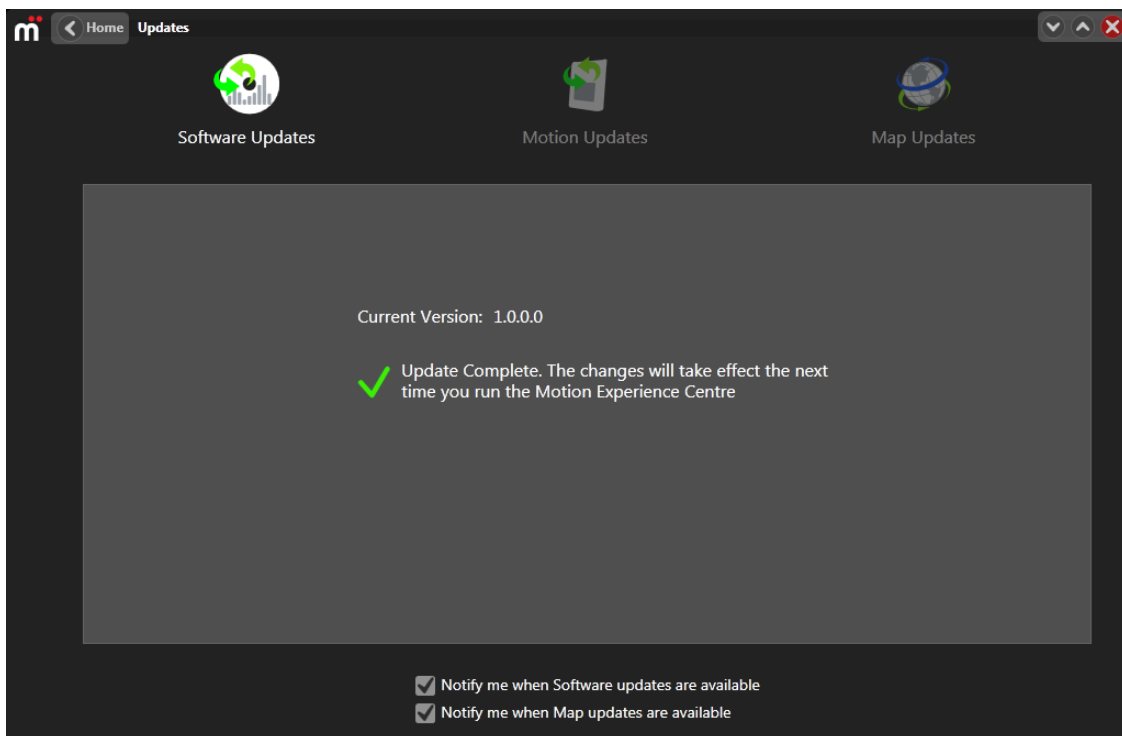
To download and install the update, click “Download Update”.

The download progress will be indicated with a progress bar, and the option to cancel will be available.



**Figure 37: Software update download progress**

Once the download and update has completed, a message will indicate that the process is complete. The updates will only take effect the next time the Motion Experience Centre starts. To take advantage of the new release, close and re-open the Motion Experience Centre.



**Figure 38: Update complete message for the Motion Experience Centre**

## Motion Updates

The process is the same as the software update process. If more than one Motion M01-1 is plugged in via USB, arrows will display, allowing the user to cycle between Motions to update.

## Map Updates

The Map Updates section allows two different tasks. Managing the Map Subscription, and Check for Map Updates.

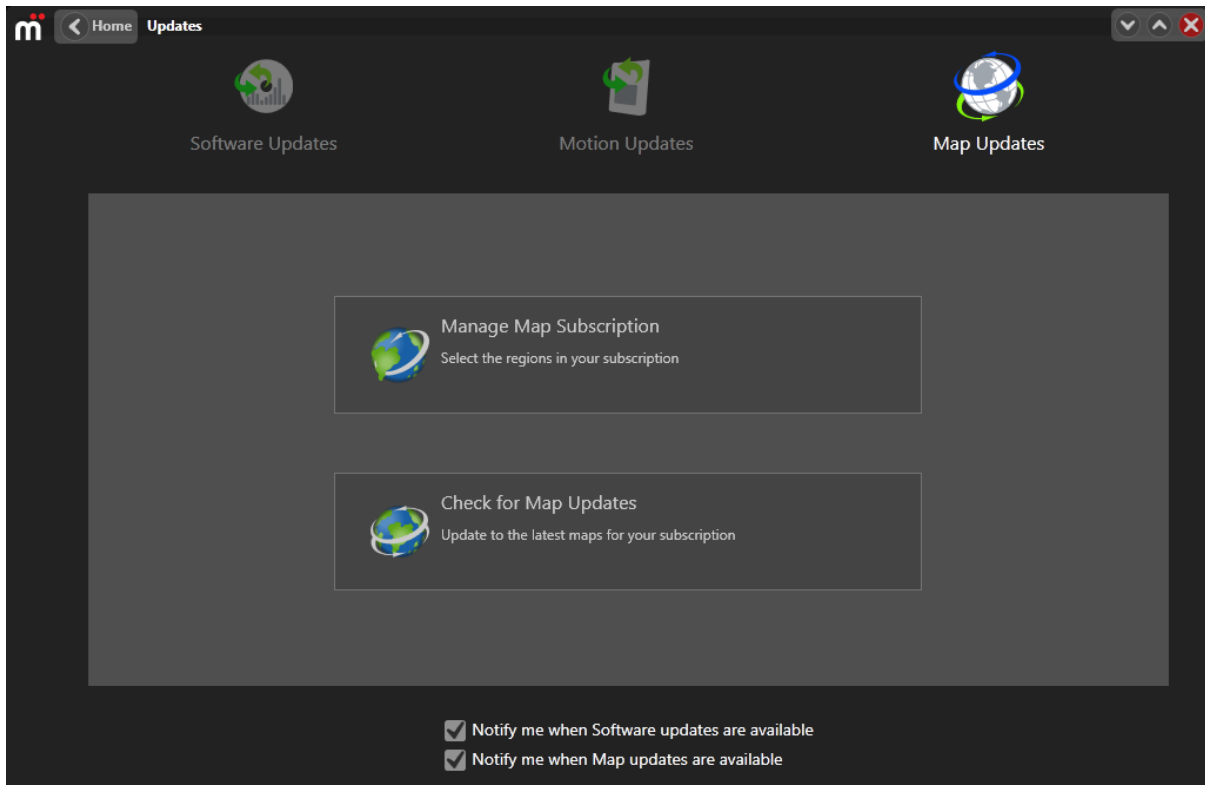
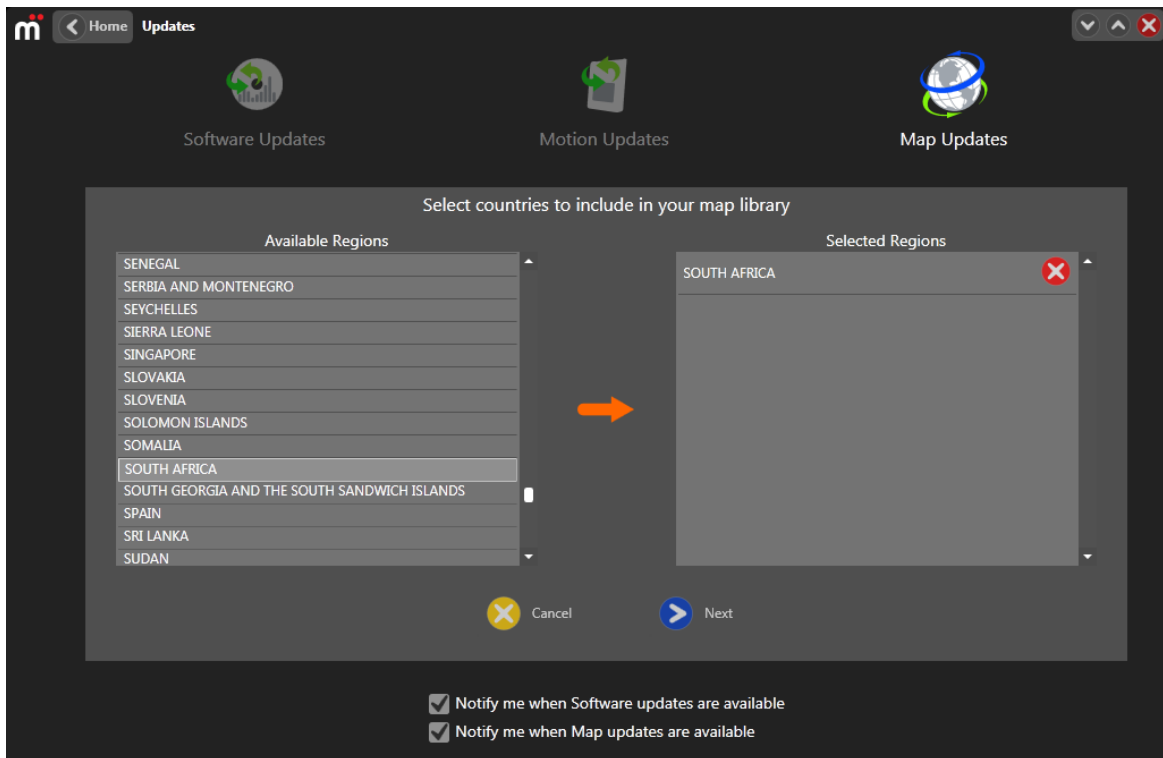


Figure 39: Map Updates Menu

The Map Subscription is the list of maps that are currently stored on the computer. Mapping data is selected by country, and the Map Subscription Manager enables adding new countries to the list, or removing countries from the list.



**Figure 40: Map Subscription Manager**

To add a country's maps to the computer, select it from the list of available countries on the left, then click the right arrow to move it to the list on the right.

**Note: It is not recommended to download a lot of countries at once as the updates process can take a long time if a lot of mapping data is selected.**

Once happy with the selection of countries, selecting the Next button will allow the selection of where to get the mapping data from.

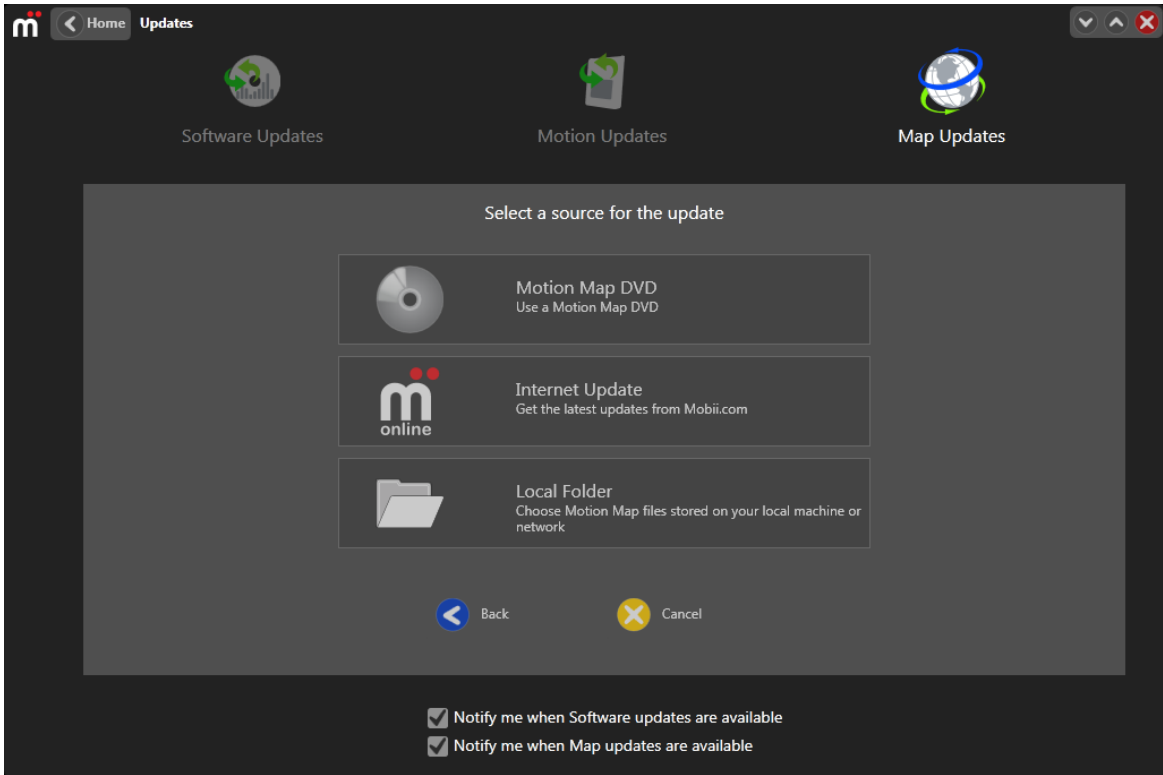


Figure 41: Map Source Selection

### Update from DVD

To copy the maps from a Motion Experience Centre DVD, insert any of the DVD discs received with the Motion M01-1. Once the DVD is inserted, click "Motion Map DVD". The update progress will be visible, and an option to cancel available.

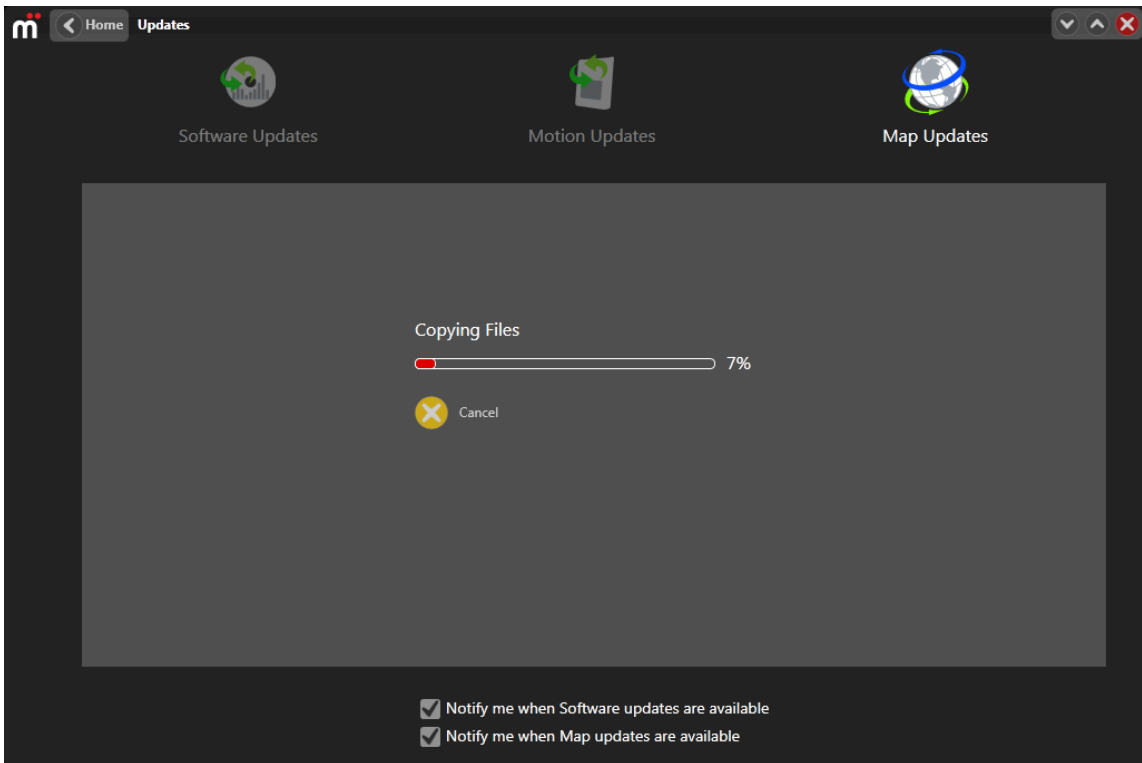
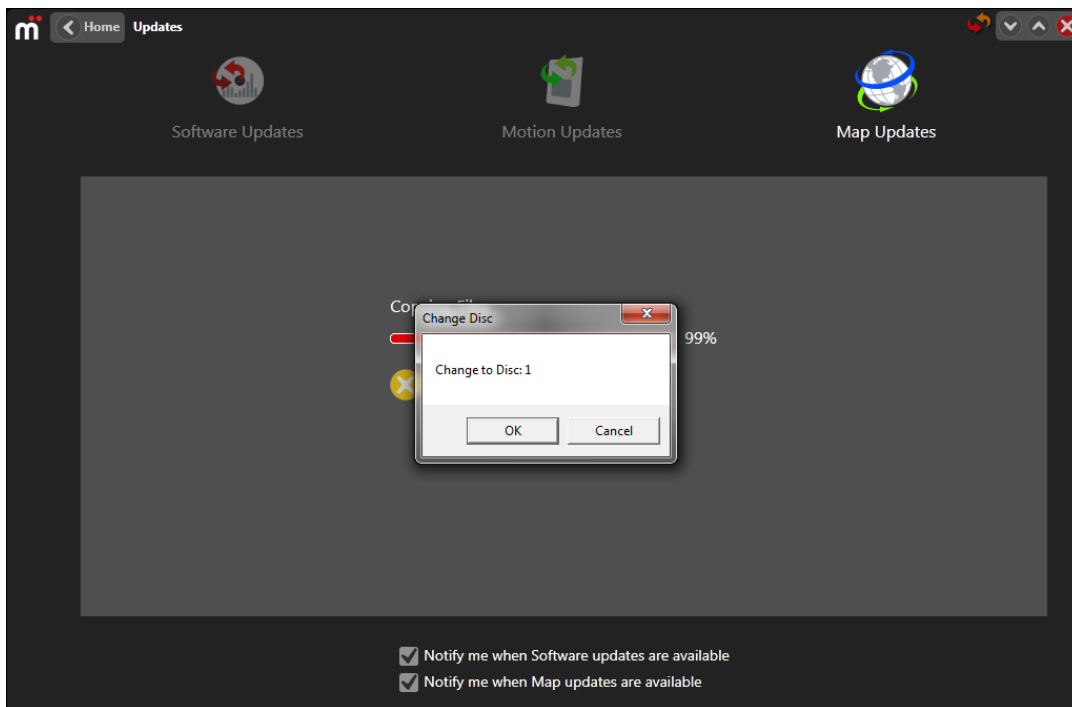


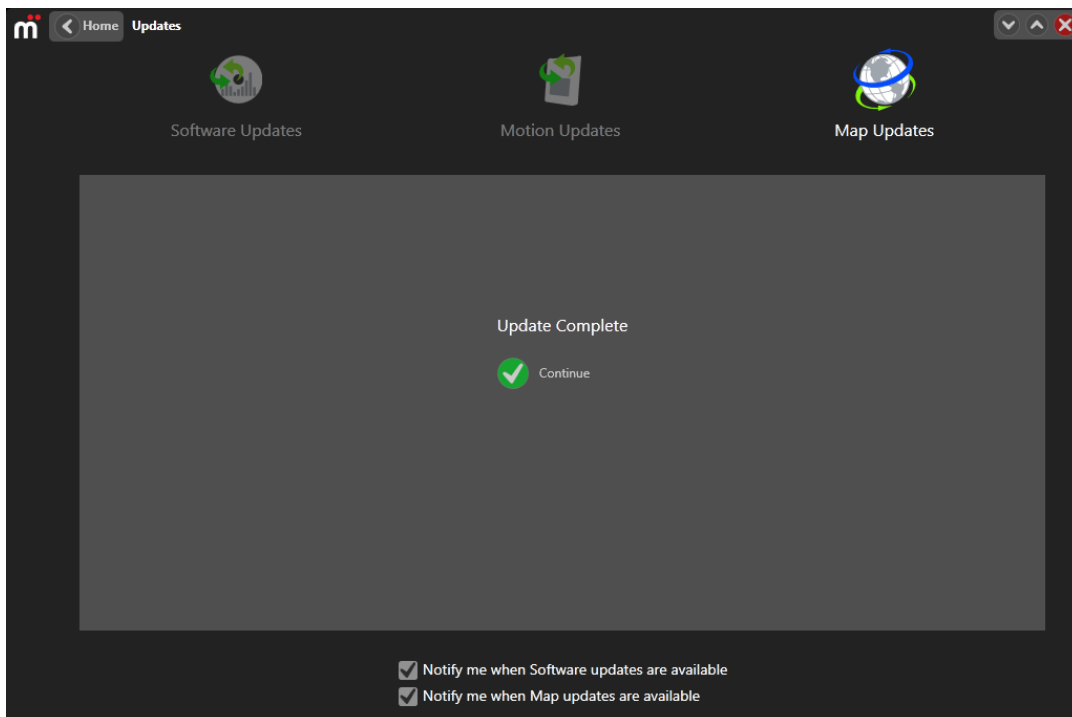
Figure 42: Map Update progress

During the update process, it may be necessary to change mapping discs. If this is the case, a message will pop up asking to swap to the necessary disc. Each DVD is marked with a number (e.g. DVD 1 or DVD 2). Remove the current DVD, and insert the one with the number matching the number on the pop up. Once the new DVD is inserted, click OK on the pop up.



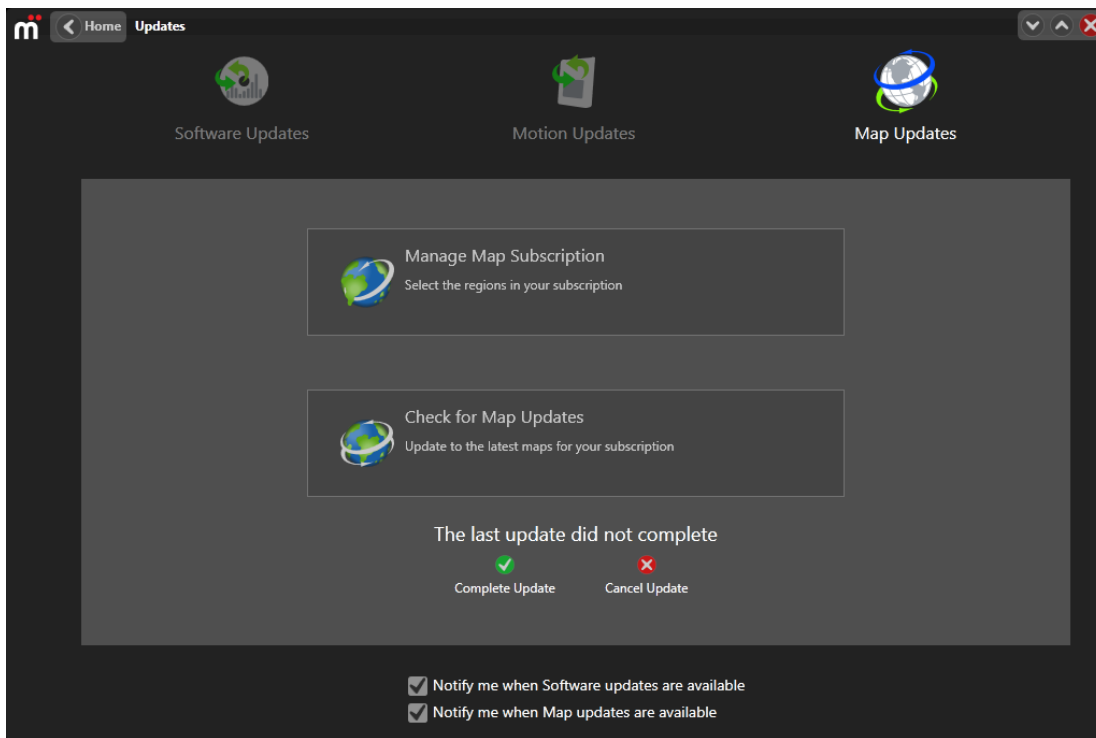
**Figure 43: Changing Disc**

Once the map updates is complete, a message will display if the update was successful.



**Figure 44: Update Complete**

When cancelling an update before it is complete, the partially updated data is stored in a temporary folder so that the update can be completed later. To cancel the update and delete the temporary files, click “Cancel Update”. To complete the partial update, click “Complete Update”.



**Figure 45: Continue incomplete update prompt**

### **Internet Update**

Downloading the mapping data from Mobii.com is much the same process as downloading it from the DVD.

Downloading mapping data from the internet will ensure that you have the latest mapping data for the regions selected. This will incur data costs from your Internet Service Provider as any other data that you download would. The update process will check the size of the download before beginning the update and display a popup with the data download size so that a decision to continue can be made.

### **Check for Map Updates**

Once a Map Subscription has been created, checking for map updates can be done in the Map Updates Menu by clicking “Check for Map Updates”. Map Updates only happen over the internet via Mobii.com. Like the Internet Update process when updating the Map Subscription, data charges may be levied by the Internet Service Provider.