

Fitness Golf Game Instructions

1. Once the Fitness Golf software is purchased from SkyTrak, you will need to transfer the license files to your SkyTrak unit. To do this, with the SkyTrak unit turned off, open the SkyTrak App while connected to the internet. Once you click the profile menu in the top right corner and see “Data Synced” checked you should then turn the SkyTrak on, connect to the SkyTrak App, and the license files will be written to the unit at this time. Once the Fitness Golf software has been activated, you will not need to have an internet connection to use the Fitness Golf software, and you should follow the SkyTrak App instructions for connecting your SkyTrak unit to your computer. Some users have reported problems when using the Fitness Golf software with the SkyTrak connected in “Network Mode”, so we strongly suggest connecting in “Direct Mode” or “Usb Mode”. You will not need to do this first step if you are using the Fitness Golf Demo.
2. If you will be using the Fitness Golf fitness modes, you will need to purchase a USB Ant+ stick and a Garmin Foot Pod if you plan to walk/run, and a bike speed sensor if you plan to bike. Links have been sent to you to purchase these items. The USB Ant+ stick can be inserted into any USB port of your computer but it is best if it has line-of-sight to your treadmill and bike so front or top computer USB ports are recommended. The USB Ant+ stick also needs to be within 10 feet of your treadmill and bike for the movement data to be sent to the Fitness golf software. If it is not possible for the computer to be located within 10 feet of your fitness equipment then a USB 3.0 male to female extension cable can be purchased as seen here:



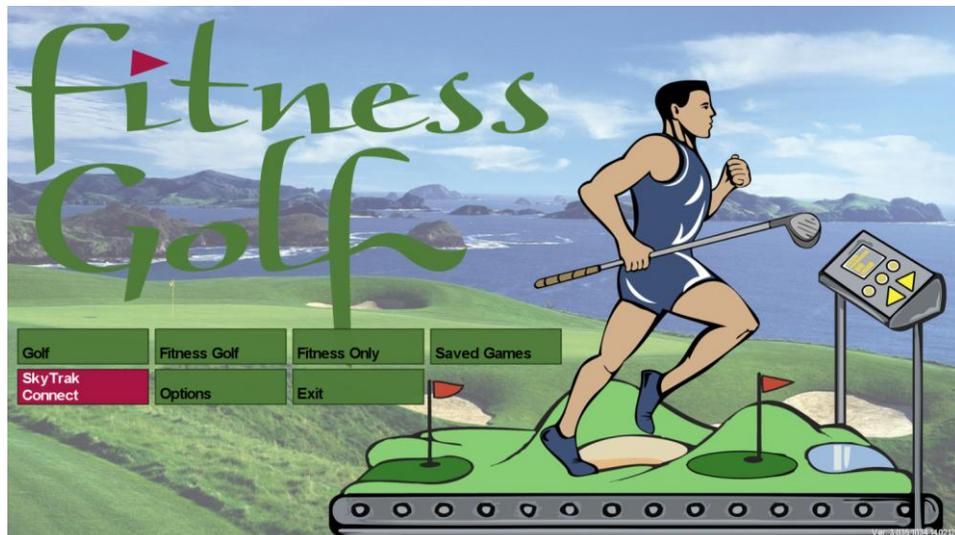
When you first insert the USB Ant+ stick into your desired USB port, you need to have an internet connection in case the device needs to download current drivers. After it is functional, you will no longer need an internet connection. If you will be running or walking, the foot pod is simply attached to your shoelaces as seen here:



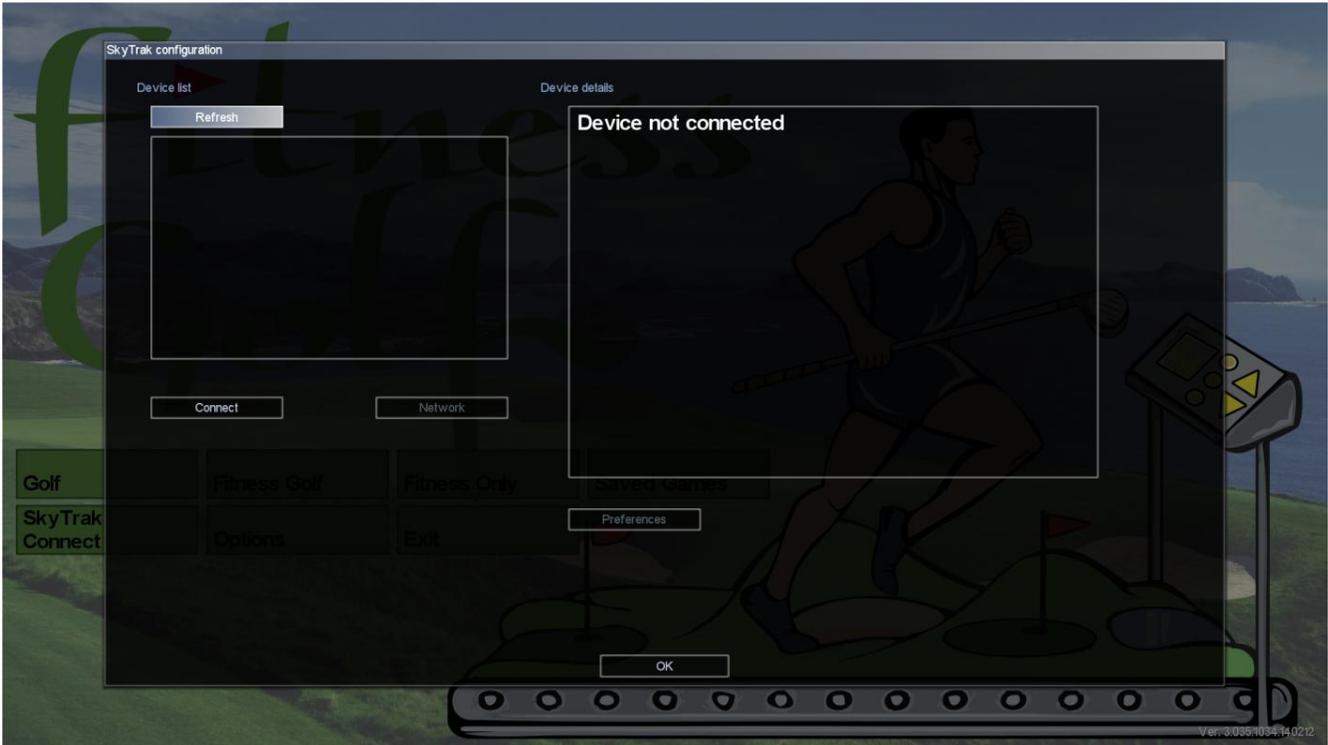
If you will be using the bike sensor, only the speed magnet needs to be attached to a wheel spoke because the cadence sensor is not used. Following the instructions, it is very important that the spoke magnet passes within 2-3 millimeters of the arm of the bike sensor. If you will be using a stationary bike which does not have a wheel with spokes, either magnet can be attached to any spinning area of the wheel using superglue or poster putty. Here is a picture of the sensor attached to a regular bike:



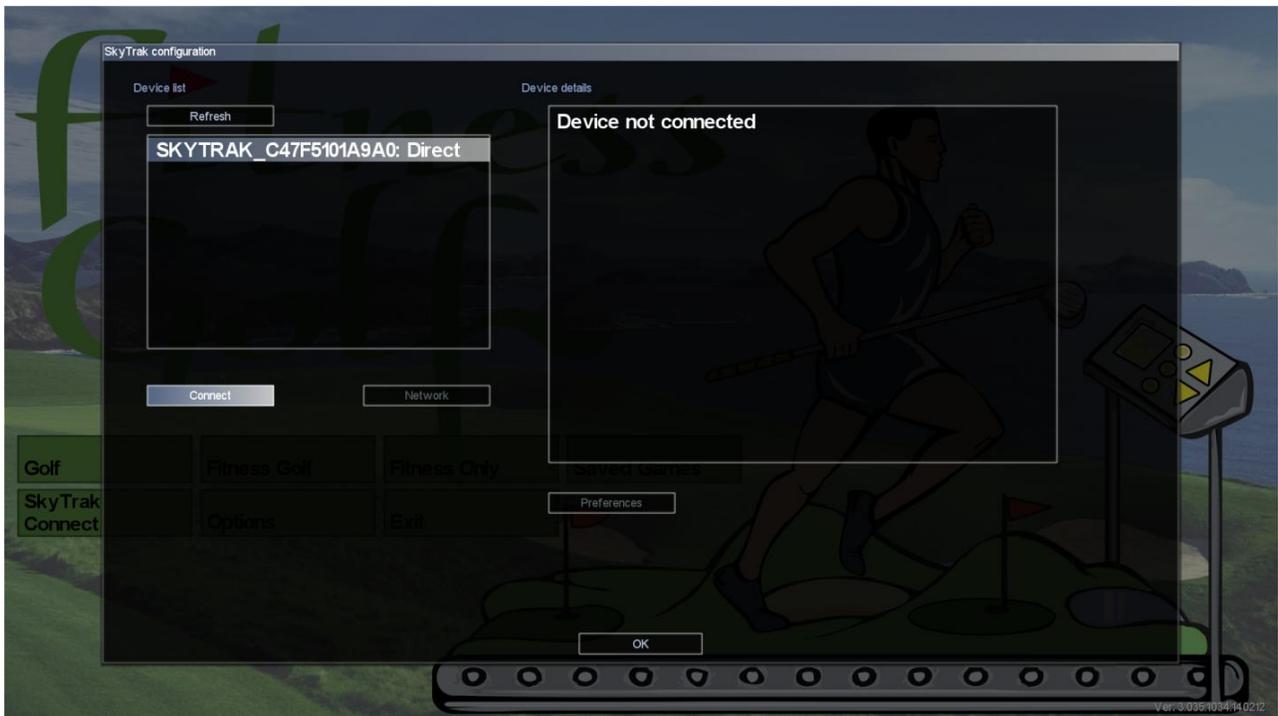
3. Install the Fitness Golf software from the web link that you received in your welcome email from Skytrak. After unzipping (extracting) the “Courses” folder that we provided as a download, open this unzipped (extracted) “Courses” folder, right click the “Courses” folder found inside and select “Cut”. Now, open the “Fitness Golf” installation folder found on your hard drive at: (C) >Program Files (X86) > Fitness Golf, right click a blank area inside this folder and select “Paste”. You should now have a courses folder filled with all 160 golf courses. For the demo version, 3 course choices are automatically installed.
4. Make sure your SkyTrak is turned on and double click the Fitness Golf icon on your desktop to open the FG software. Before connecting, you must exit other simulator programs including the SkyTrak App.
5. Click the “SkyTrak Connect” button:



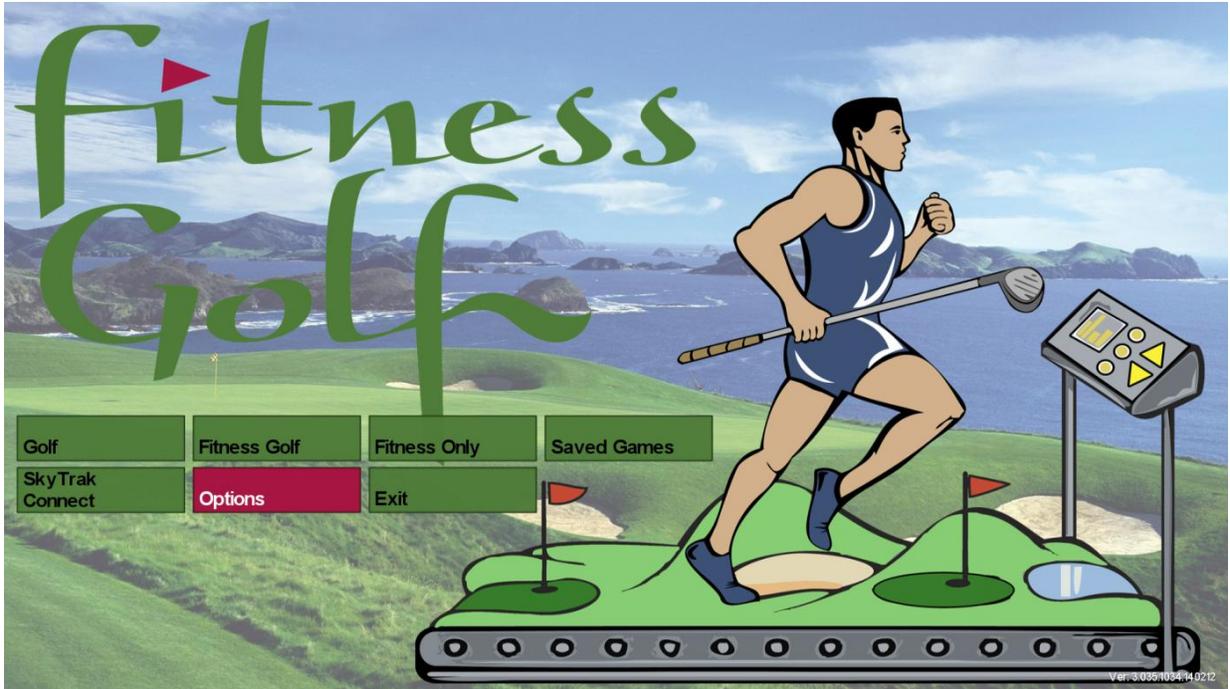
- Click "Refresh". You may have to click this multiple times until the SkyTrak is displayed in the device list:
list:



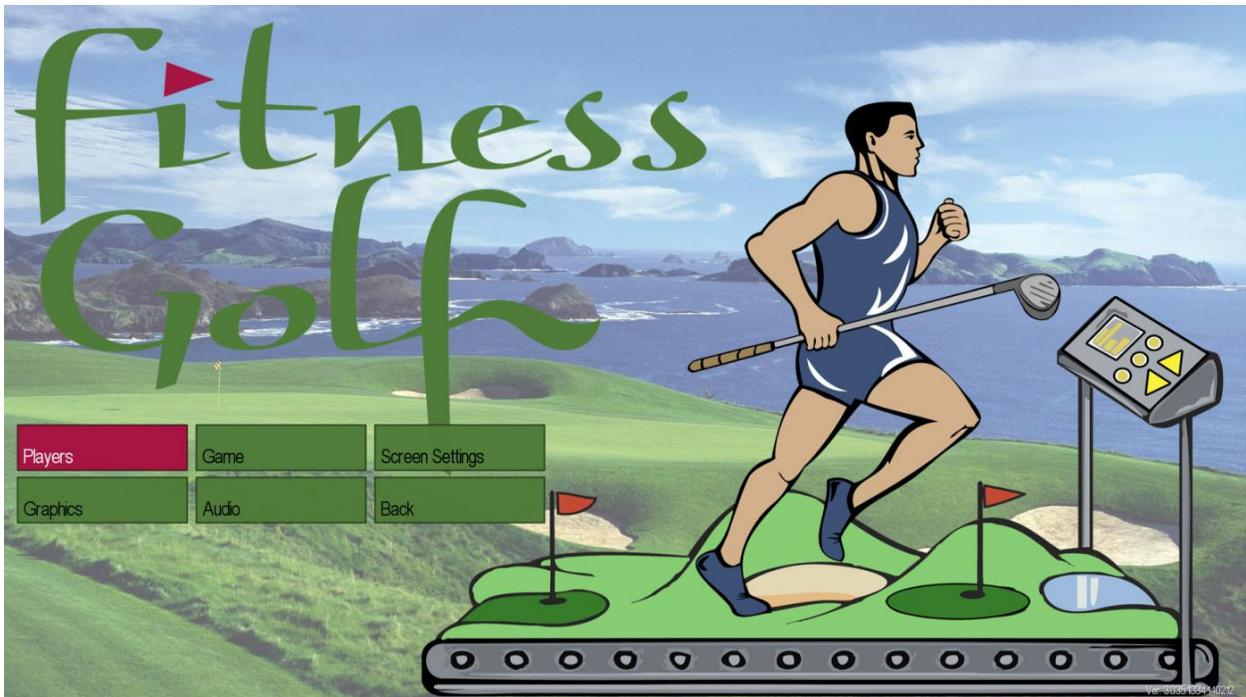
- Once the Skytrak shows in the Device list click "Connect":



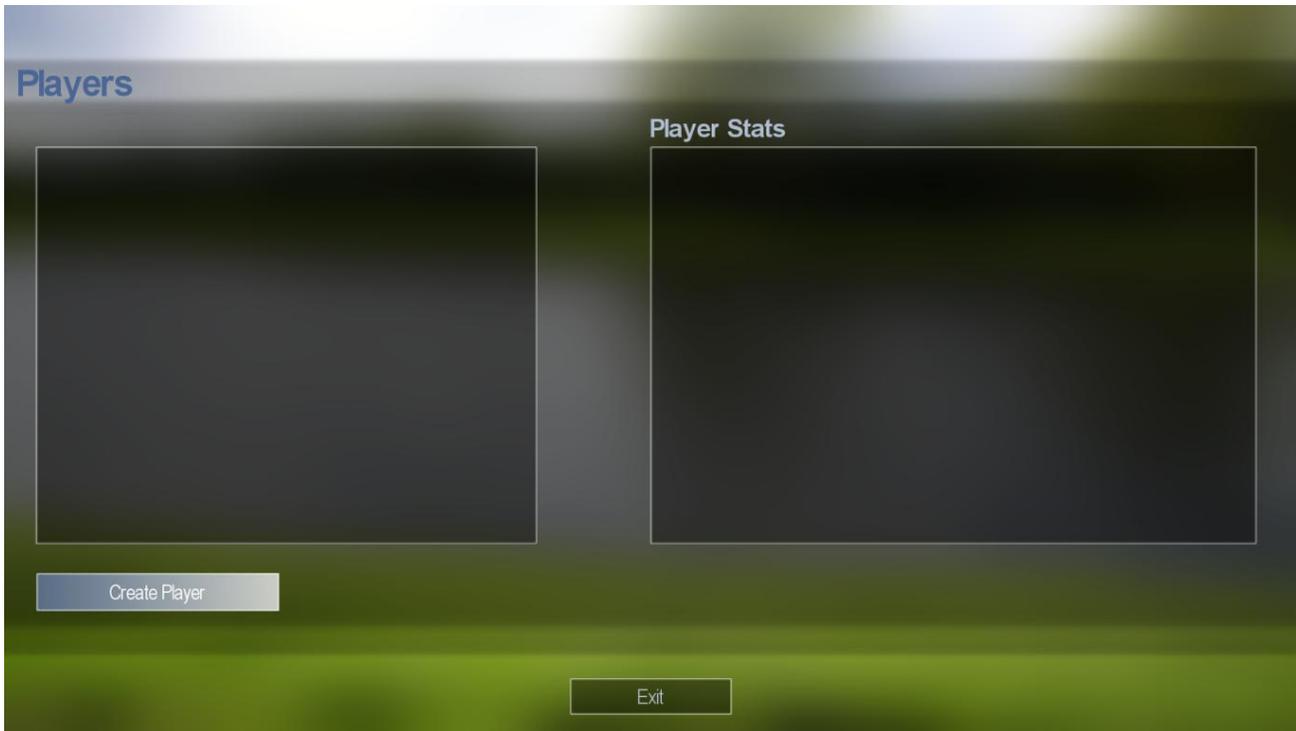
- 8. Once the Skytrak device details are displayed, the SkyTrak red laser dot should be displayed on your hitting mat and you can click "OK".
- 9. Now click "Options":



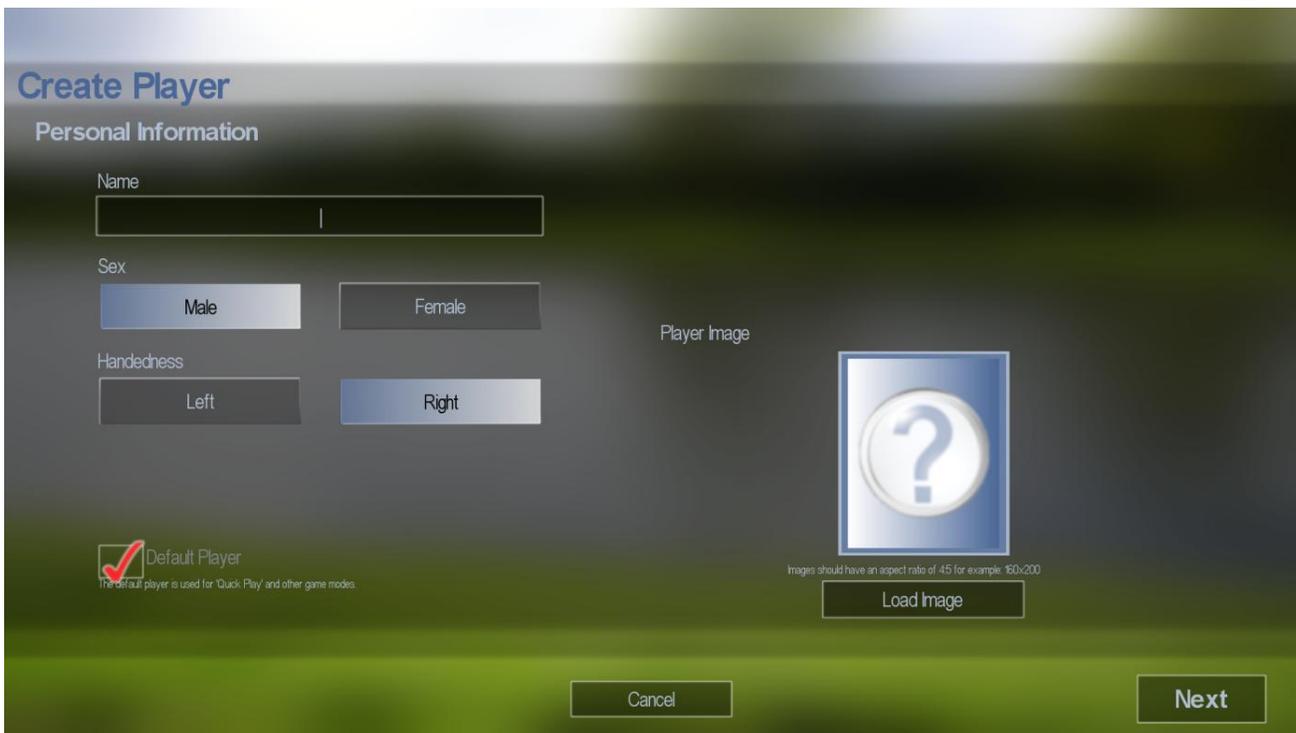
- 10. Then "Players":



11. Then "Create Player":



12. Then type the name of the player, their sex, whether they are right or left-handed, whether they are the default player, and then click "Next":



13. Change the equipment if you choose, but we recommend leaving the default selections so now click “Next”:



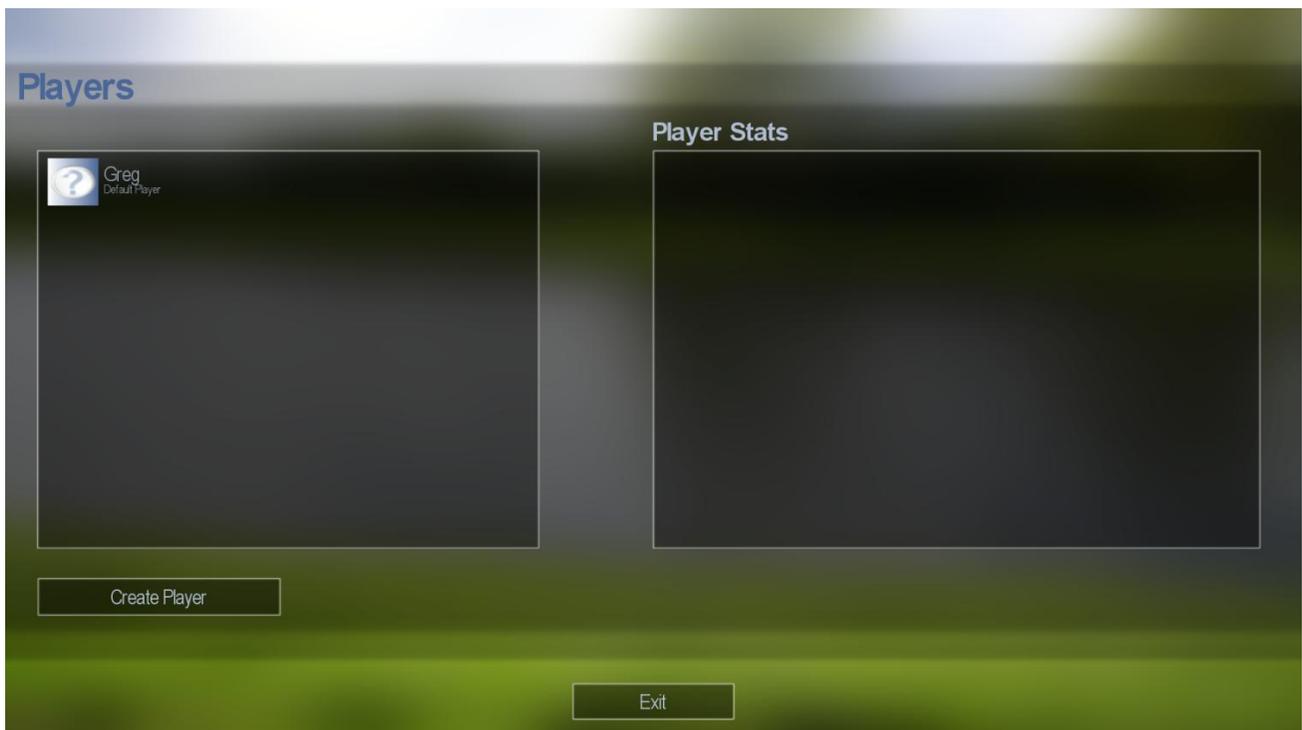
14. For Club Distances, move the sliders to the average distances you hit the 3 clubs and click “Next”:



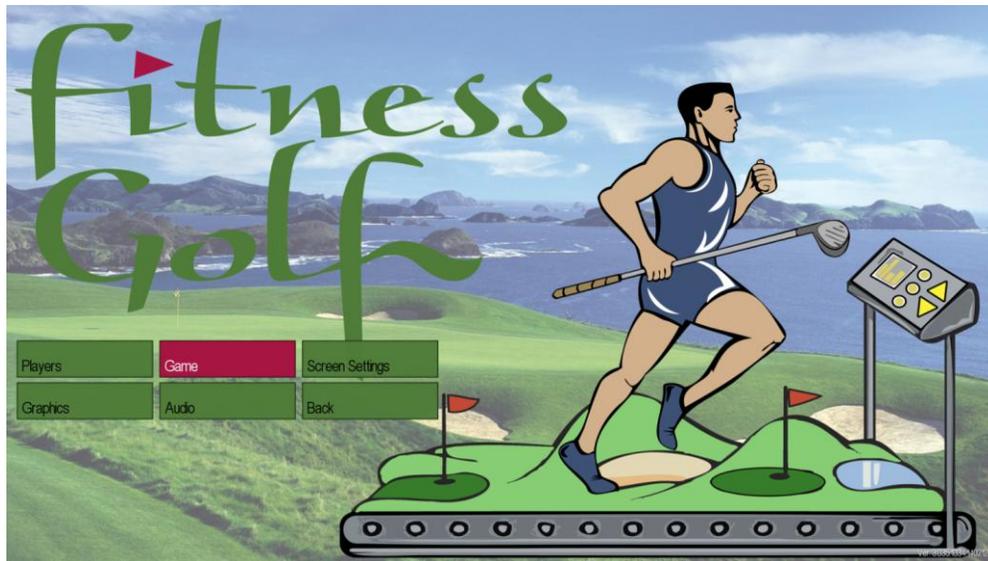
15. For shot cameras, choose the default shot cameras you wish to use for regular shots and putts. These can always be changed later once you become familiar with the software and decide on your favorite camera views. Now click “Create Player”:



16. You can add as many additional players as you wish by clicking “Create Player” and following the above instructions. Click “Exit”:



17. Click "Game":



18. Choose your unit of measurement. If you are using a bike speed sensor for the fitness modes, you need to move the "Tire Circumference" slider to the correct tire circumference you are using measured in centimeters. To calculate this, if your bike tire diameter is listed in inches multiply this number by 7.98 and move the slider to this number. If your bike tire diameter is listed in millimeters multiply this number by .314 and move the slider to this number. You will not have to change this slider unless you change to bike tires with different diameters. Adjust the "Ball Roll Friction Scaler" initially to 1.25 and adjust lower to increase the speed of the greens and higher to decrease the speed of the greens if so desired. Slide the "Shot Boost" slider to the desired level when using Almost Golf Balls or if you feel your indoor distances do not accurately reflect your real-life outdoor distances. Then click "OK":



19. Click “Screen Settings”. Adjust the screen resolution and aspect ratio settings so they match your impact screen dimensions and your computer display resolution. Make sure “Screen” is set to “Full Screen” and don’t change the other settings. Click “OK”:



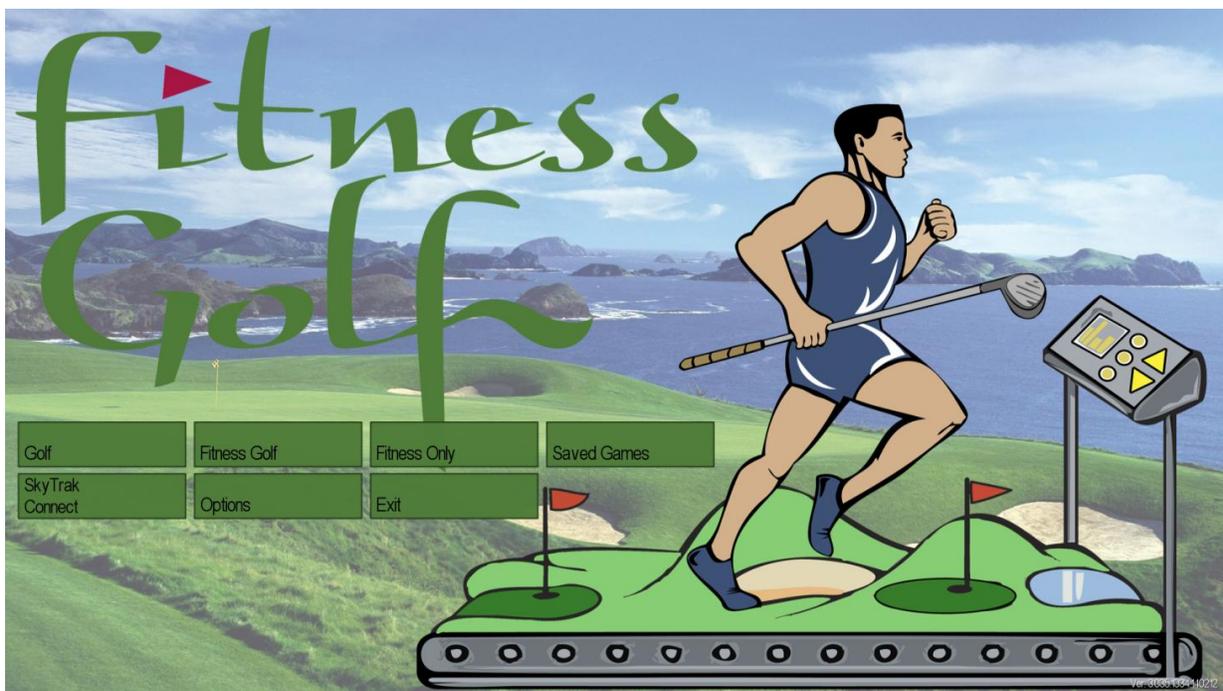
20. Click “Graphics”. Choose the Quick Select “Maximum” setting but change the “Max Texture Size” to “Medium”. If you experience frame stuttering, the minimap disappearing, or the software crashing, you may need to change the Quick Select settings to “Minimum” or “Balanced” and then restart the software. Set the “Brightness” to .70 and “Contrast” to 2.00 initially, and you can adjust these later to your liking. Click “OK”:



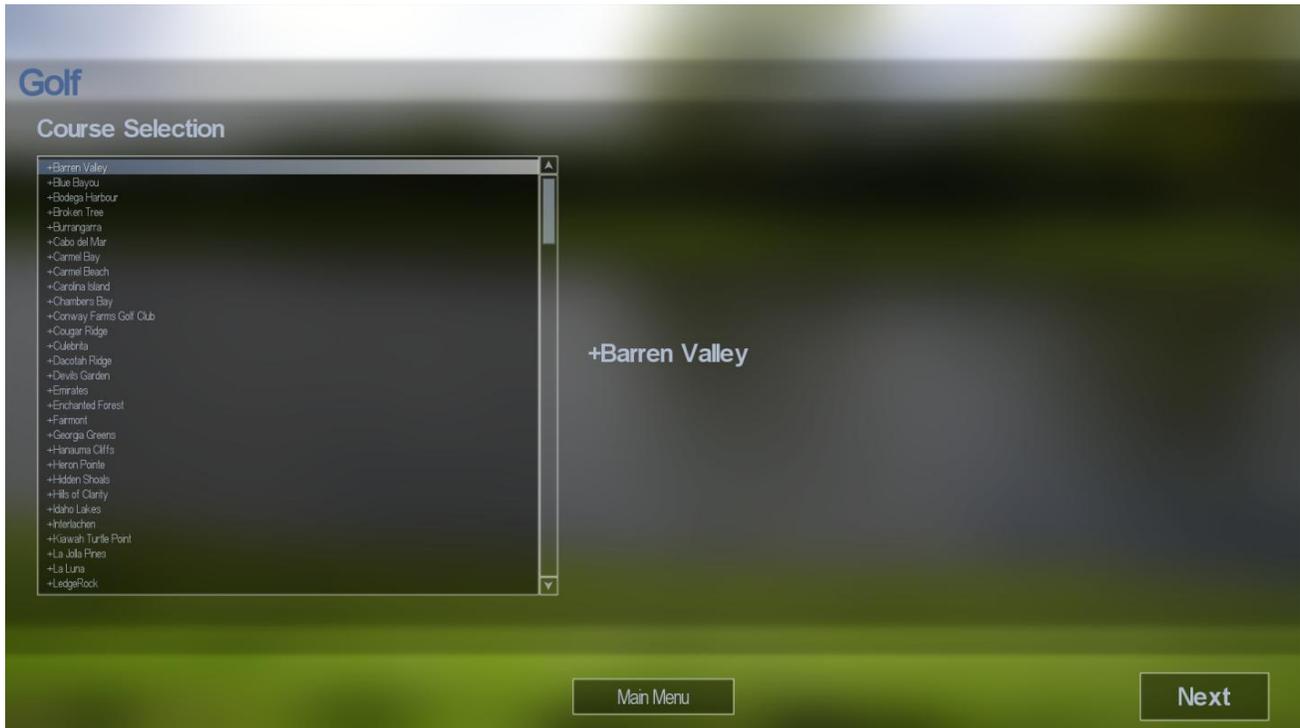
21. Click "Audio". Adjust the "Sound Volume" slider to desired position for ball impact, birds, ocean noises etc. Adjust the "Music Volume" slider to the desired level for the background music. Click whether you would like to hear crowd sounds which we recommend. Click "OK" and then "Back". Now restart the Fitness Golf software to have all of the above settings saved:



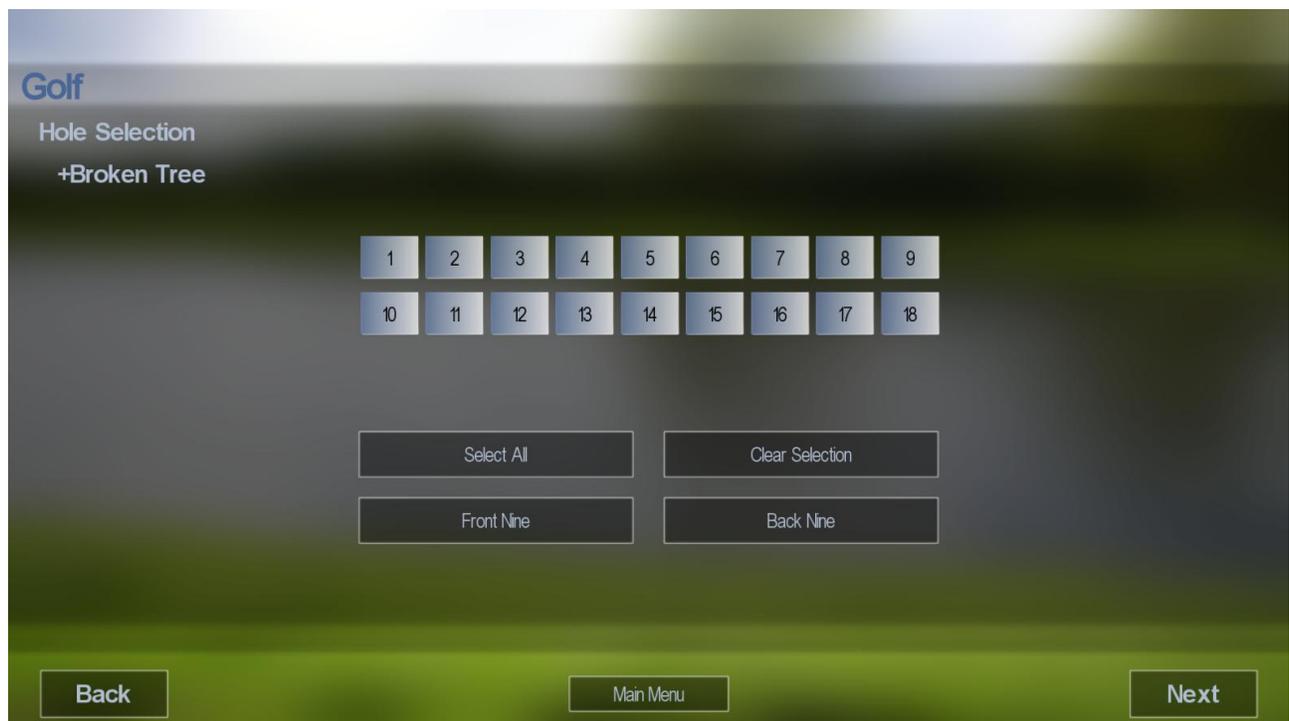
22. Now you are ready to select from the 3 modes offered by Fitness Golf: Golf Only mode where you play a regular simulated round of golf with no movement required. Fitness Golf mode where you hit your regular golf shot and then must run, walk, or bike your distance hit before making your next shot. Fitness Only mode where you run, walk, or bike thru the courses with no golfing required:



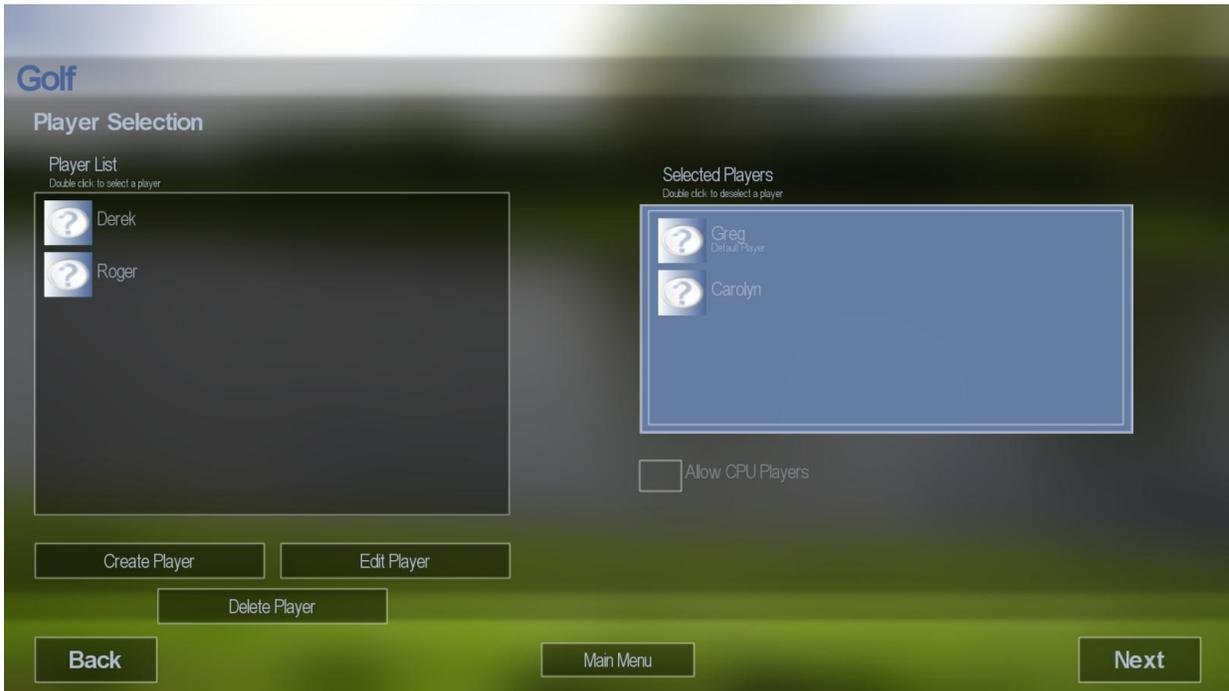
23. For Golf Only and Fitness Golf modes, the selection screens are the same. Click on “Golf” or “Fitness Golf”. Choose the course you wish to play from the 160 choices (or 3 choices for the demo version). The courses with a “+” in front of the name are our favorite courses either due to design quality, beauty, or other unique characteristics. Click “Next”:



24. Choose the holes you want to play from 1-18. Click “Next”:



25. Double click the players you would like to add to the current round. Up to 4 players can play together in Golf Only mode, and 1 or 2 players in Fitness Golf mode. If two players are selected for Fitness Golf mode and the players will walk or run, they must each wear a foot pod. However, they will use the same bike:



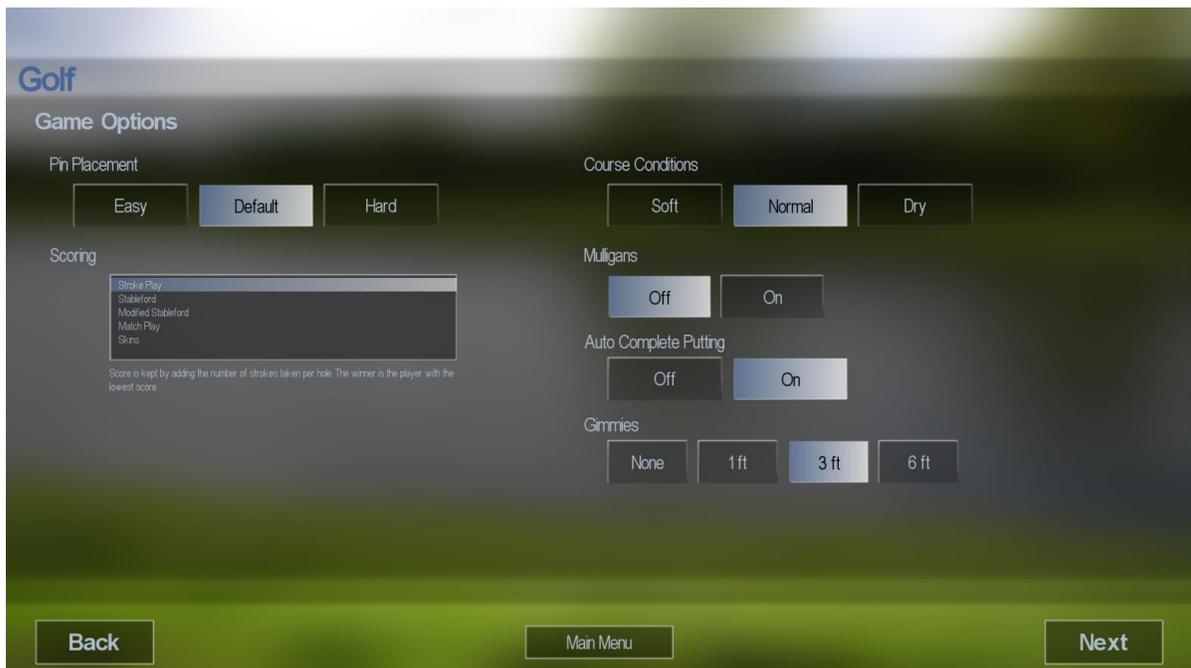
For Golf Only mode, you can also elect to play against up to 3 computer generated players for your round by clicking “Allow CPU Players” as seen in the prior screenshot. Clicking “Create Player” from the screen below will add the CPU players to your round. After the regular or CPU players are added, click “Next”.



26. Choose the tee boxes/distances each player would like to play from and then click “Next”:



27. Choose the pin placement difficulty, the firmness of the course, and the scoring game to be played. Allowing “Mulligans” can be checked “On” or “Off”. If all holes will be completed by putting out, then “Auto Complete Putting” should be checked to “Off” and “Gimmies” set to “None”. If you want to allow 1 foot, 3 foot, or 6 foot gimmie putts, then click the appropriate button and make sure “Auto Complete Putting” is set to “Off”. If “Auto Complete Putting” is selected it will over-ride all gimmie distances selected and no putts will be made. An algorithm based upon the balls distance to the cup will determine if 1, 2, or 3 putts are needed to complete the hole. This setting is very useful for players using the fitness modes, or when the time needed to complete a round needs to be minimized. Click “Next”:



28. Select weather, wind, and time of day settings and click “Play”:



29. Once the course loads, you will see various buttons at the bottom of the screen. The “Wind” button shows you the speed and direction of the wind so you can adjust your alignment direction. The “Lie” box describes your ball’s lie. Clicking the “MiniMap” box will show and remove the hole map located on the right side of the screen. The aiming flag on the main screen and in the MiniMap is moved right or left by using the right and left arrow keys on the keyboard. You can also move the mouse arrow to any area of the MiniMap and it will show the distance from the tee to that position as well as the distance to the flag from that position. This will help you choose the best club to hit for your individual distances. The up and down keyboard arrows will move you forward and backwards from your ball position to easily view any area of the course. Clicking the “Flyby” button will show a moving overhead camera view of the entire hole. Left clicking your mouse at anytime will stop the Flyby.

When you are on the putting green, clicking the “Green Grid” button will show you the slopes of the green and allow you to adjust your putting aiming alignment by using the right and left arrow keyboard keys. If the putting line indicator line is distracting, it can be toggled on and off by pressing the “S” keyboard key. From highest to lowest elevation, the Green Grid colors go from Red>Yellow>Green>Blue. The “Club” selection button has no effect on the distance the shot is hit but is useful to show where your average distance for the club selected might land. The “Hole” box shows the remaining distance to the cup and the elevation change from your ball to the cup. A good rule of thumb to use when off of the green is to divide the elevation change by 3 and add or subtract this distance when choosing your club. When putting, a good rule of thumb is to add or subtract 1 foot of putting distance for each 1 inch of elevation change.



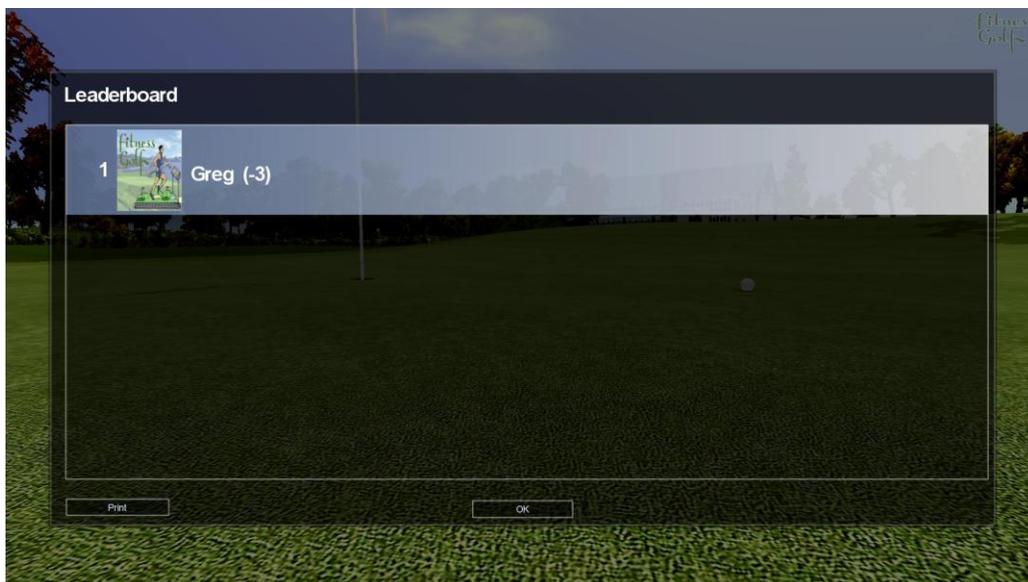
30. Clicking the “Menu” button at the bottom left of the screen will bring up multiple other buttons. You can click “Quit” to exit your game. The “View Flyby” does the same thing as the previously described button at the bottom of the screen. The “Game”, “Screen Settings”, and “Graphics” buttons bring up the same selection screens as you already are familiar with but allow you to make in-game adjustments:



Clicking the “Shot Cameras” button will bring up a selection screen to choose from 13 different ball cameras, as well as a random ball camera selection which changes the moving camera view with each shot. You will need to experiment with the various cameras to decide for yourself which ones you prefer. Changing these cameras can help make each course and shot seem unique:



The “Green Grid” button does the same as the button at the bottom of the screen. “Show Pin” will bring the flag close to your point of view so you can see the direct line to the flagstick if you are having trouble viewing it. “Skip Hole” moves you to the next hole with a 5 or 6 shot penalty depending on the hole. This is a great feature when you are just practicing and not concerned with the score. Clicking the “Ball Trail” box will show a ball tracer for each shot and is really personal preference. Clicking “Practice Shot” allows you to repeatedly hit the same shot from your present ball location until you click the button again to “End Practice”. Clicking “Leaderboard” will show you your score relative to par:



Clicking “Score” will bring up your full scorecard:

+Zion Cliffs Score Card
Derek

Hole	1	2	3	4	5	6	7	8	9	Total	Net
Par	4	4	4	4	3	4	4	3	5	35	35
Length (Yds)	444	402	406	416	164	441	365	215	603	3456	3456
Score	4	4	4	4	3	5	4	3	3	34	34

Hole	10	11	12	13	14	15	16	17	18	Total	Net
Par	4	5	3	4	3	4	5	4	4	36	71
Length (Yds)	453	573	206	358	229	337	558	420	423	3555	7011
Score	3	5	4	3	3	3	5	3	4	33	67

Print OK

31. From the “Menu” bar, clicking “View Replay” will allow you to view and save any shot you wish as a video file. You will be asked to name the file as well as select the video quality to save the file as. It you cannot input any characters into the name box, click any video quality box and then reselect your choices before entering the name of the file:

Out
View Replay
View FlyBy
Game Options
Screen Settings
Graphics Options
Shot Cameras
Green Grid
Show Pin
Skip Hole
Ball Trail ✓
Mini Map ✓
Practice Shot
Leaderboard
Scores
Mulligan

Menu Wind 0 mph Le Rough Mini Map FlyBy Green Grid Club 2 Iron Hole 440 Yds -18 Yds



32. Clicking “Quit” from the top of the “Menu” selection bar will stop your round. For Golf Only and Fitness Golf modes you will be asked if you would like to save your game. If so, you will name the round and then this round can be selected at a future time to complete, by clicking the “Saved Games” button from the main screen and then selecting the round you wish to complete. Any saved round on the saved games list can also be manually deleted if you do not wish to complete it at a later time:





33. For Fitness Only mode, you select from the same screens as for Golf Only and Fitness Golf modes, and use these to select which of the 160 courses you want to exercise on, the number of holes to exercise on, the player who will exercise (only 1 player can play Fitness Only mode), the weather conditions, wind conditions, and time of day. The software will keep a running count of your distance moved in yards, as well as your current speed and elapsed time. You can run, walk, or bike at any time during your workout, and the leaderboard at the end of the round will indicate whether it was a biking round, a walking/running round, or a combination of the two.
34. All three modes save your scores to master leaderboards so you can compare to your prior workouts as well as to other players. Your Fitness Golf Score combines your strokes and minutes for the round.

Pos	Name	Course	Num Holes	Score
1	Derek	+Burrangarra	9	35
2	Roger	+Hanauma Cliffs	9	36
3	Michelle	+Saxe Gotha	9	40
4	Becky	+Fairmont	9	42
5	Derek	+Zion Cliffs	18	67
6	Adam	+La Jolla Pines	18	69
7	Greg	+Broken Tree	18	71
8	Michelle	+Carmel Beach	18	71
9	Adam	+Idaho Lakes	18	73
10	Carolyn	+Rocky Mountain	18	78

Fitness Golf Leaderboard

Pos	Name	Course	Num Holes	Num Players	Exercise	Score
1	Carolyn	+Carmel Beach	1	1	Running	8
2	Michelle	Abu Dhabi	3	1	Cycling	19
3	Derek	+Saxe Gotha	6	1	Cycling	34
4	Roger	+Idaho Lakes	9	1	Cycling	56
5	Greg	+San Francisco	18	1	Cycling	100
6	Becky	+Monterey Hill	18	1	Combination	102
7	Adam	+Zion Cliffs	18	1	Combination	110
8	Carolyn	+Rocky Mountain	18	1	Combination	118
9	Derek	+Burrangarra	18	1	Running	142
10	Michelle	+Hanauma Cliffs	18	1	Running	156

OK

Hole 1
782 Yds
0.0 mph
05:04

Fitness Leaderboard

Pos	Name	Course	Num Holes	Exercise	Minutes
1	Michelle	+Carmel Beach	3	Cycling	1:13
2	Adam	+Idaho Lakes	3	Cycling	1:15
3	Michelle	+Monterey Hill	9	Cycling	4:02
4	Roger	+Fairmont	3	Running	4:05
5	Roger	+Hanauma Cliffs	9	Cycling	4:22
6	Derek	+Broken Tree	3	Running	5:54
7	Becky	+Blue Bayou	18	Cycling	7:14
8	Carolyn	+Cougar Ridge	18	Cycling	8:50
9	Greg	+Saxe Gotha	18	Running	43:27
10	Adam	+Zion Cliffs	18	Running	49:22

OK

Menu

Safety Guidelines

1. If you will be using the exercise modes, make sure that both you and your doctor feel you are healthy enough to participate in this. Make sure to drink plenty of water and to use a fan or fans to help control your body temperature.
2. Before using the Fitness Golf software, all players should first slowly swing a driver to make sure they have enough club clearance from the hitting cage top and side poles, as well as the fitness equipment behind them. If not, the SkyTrak unit and hitting mat may need to be moved as well as the fitness equipment. Some very tall players, or players with abnormal swings, may not be able to use the longer clubs.
3. Always make sure the golf grips are in good enough shape to allow for a full golf swing without losing control of the club.
4. If using the fitness modes, a player needs to use a towel to frequently wipe the perspiration off of their hands and the golf grips before swinging.
5. Never swing when someone is within the hitting cage or within a swing distance behind you.
6. Repetitive hitting of the golf ball and/or hitting mat can lead to strain and other injuries of the hands, shoulders, and back. If any pain is felt by a player, the golf session should be stopped and medical attention sought if needed.
7. All forms of exercise contain inherent risks. A player agrees that in using the Fitness Golf software, they assume all risks of injury and will not hold Fitness Golf LLC responsible for any such injuries.

Have Fun!