

**Disclaimer**

ShoutBox is a tool that will help you keep time during your workouts. It is not an exercise program. It is your responsibility to learn the proper form and method to exercise. Consult a competent professional to learn how to exercise. Failure to use proper technique when exercising may result in injury. Always consult your physician or health care provider before beginning any exercise program.

**End User License Agreement**

ShoutBox may be freely distributed and used for personal or business purposes. ShoutBox must be distributed in its entirety. ShoutBox may not be sold by itself or as part of another product.

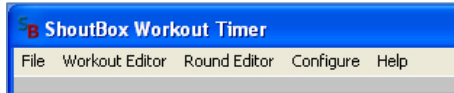
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**Overview**

A workout in ShoutBox is a set of rounds and rest periods. First, use the Round Editor to specify what sounds should be played. Second, use the Workout Editor to specify the order that the rounds are played in, the length of the rounds, and the rest period between each round. This allows you to quickly custom tailor a workout by selecting the rounds that you want to use.

**The Main Screen**

*The Menu Bar*



Option	Description
File	Load a workout into the player Exit the program
Workout Editor	Opens the Workout Editor screen
Round Editor	Opens the Round Editor screen
Configure	Opens the Configure screen
Help	Open the instruction file

*Player Controls*



Option	Description	Keyboard Shortcut
Play	Play selected round.	Space (Toggle with pause)
Pause	Pause current workout. Press play to continue	Space (Toggle with play)
Stop	Stop the workout. Reset to the first round.	Escape
Previous Round	Play previous round.	Period
Next Round	Play next round.	Comma

*Volume Control*

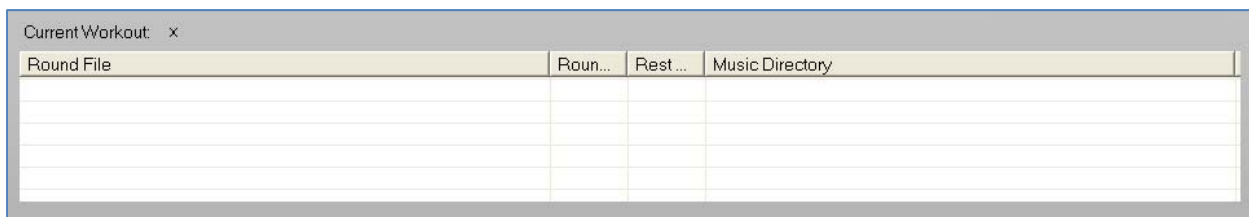


Option	Description
Volume Up	Increase system volume
Volume Down	Decrease system volume

*Rest Indicator*

Option	Description
	The round playing is not in a rest period.
	The round playing is an a rest period.

*Workout Display*



The workout display will show the current workout loaded. To play a round, highlight the round by clicking on it and click play on the player control.

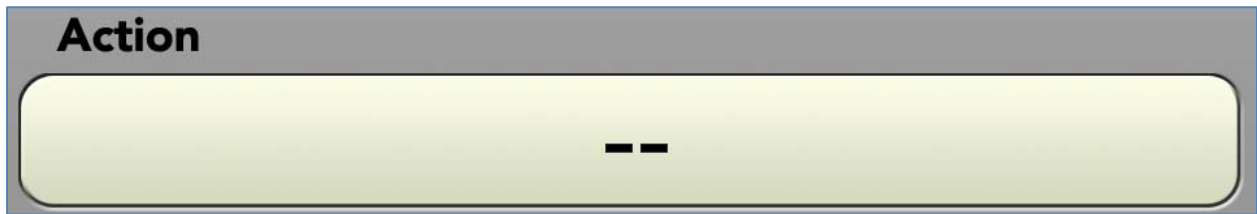
If a round named "default.sbw" is found in the data directory, that round will automatically be loaded when ShoutBox starts.

*Round Display*



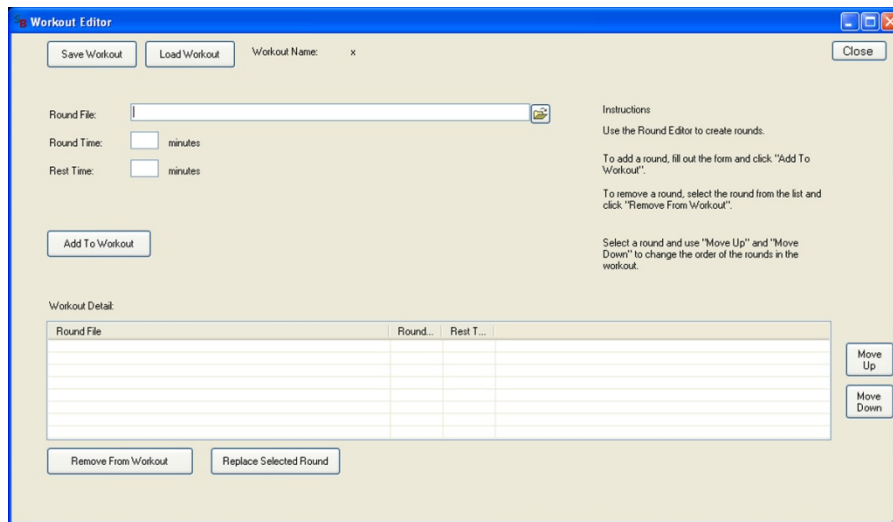
Option	Description
Round	This is the round number of the round playing
Time Remaining	This is the time remaining in the round, including the rest period.
Time Elapsed	This is the time that has elapsed from the current round.

*Action Display*



The action display shows the text assigned to a sound in the round editor. This display will let you see what description of the last action sound played was. For some workouts, it will help answer the question "What am I supposed to be doing?"

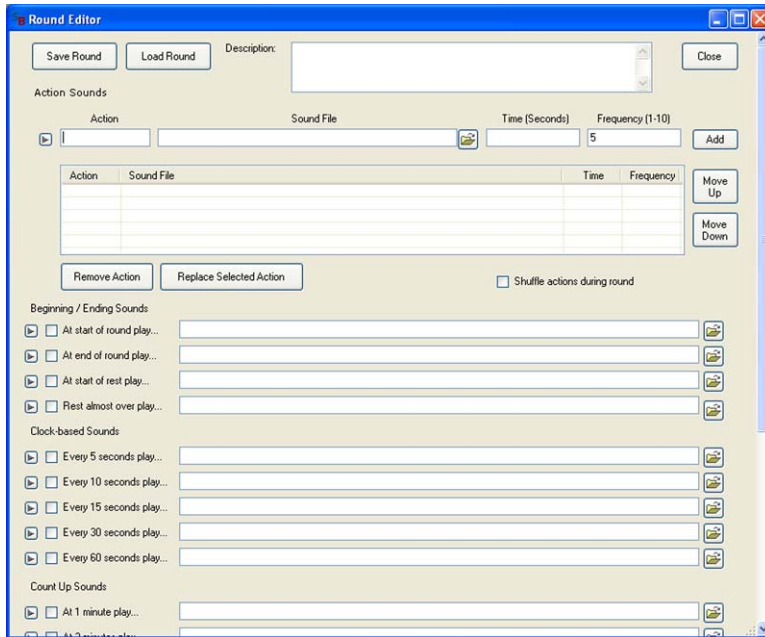
**Workout Editor**



If "default.sbw" is in the workout data directory, the workout editor will load this round automatically.

To use the workout editor, fill in the four form fields (File, Round Time, Rest Time) and click "Add to Workout". The round will be added to the "Workout Detail" Table. To change the order of rounds in a workout, select the round you want to move and click "Move Up" or "Move Down". To remove a round from a workout, select the round and click "Remove From Workout". If you select an item from the Workout Detail and click on "Replace Selected Round" then the fields in the form above will replace the selected item in the Workout Detail.

**Round Editor**



If "default.sbr" is in the workout data directory, the round editor will automatically load the file when it opens. Use the round editor to choose the sounds that will play during the round.

*Description*

The description field can be used to record notes about the round.

*Preview buttons*

The buttons with black triangles on them can be used to preview the sound that is specified in the box to the left.

*Action Sounds*

Action sounds are sounds that can be made to play randomly or sequentially during a round.

To add an action:

1. Enter the description of the Action in the "Action" field. This is the text that will appear on the player when playing the round.
2. Enter the file path and name in the "Sound File" Field. You can also click on the "folder" icon to choose a file using a file dialog form.
3. Enter the number of seconds that the action should take. This is the amount of time that the player will wait before playing the next sound.
4. Enter the frequency. Frequency is only used if the "shuffle actions during round" box is checked. The frequency is a number from 1 to 10. The frequency is used when the actions are shuffled to determine how often the sound will be played. The higher the frequency, the greater the chance that the player will select that action. The table below illustrates how the player chooses what to play:

Action	Frequency	Chance that the player will play the sound
One	3	3/18 (17%)
Two	5	5/18 (28%)
Three	10	10/18 (55%)
	TOTAL (18)	

5. Click the "Add" button to add the action to the Action Table.

Use the "Move Up", "Move Down", and "Remove Action" buttons to rearrange or delete items from the Action Table.

*Shuffle action during round checkbox*

Check this box if you want ShoutBox to randomize the actions when playing the round. This can be used to make each workout different or to call out random commands. If you do not check the "shuffle action during round", the actions will play in the same order over and over again until the round is over.

*Time Based Sounds*

Below the Action Table, there are many options for time-based sounds. These sounds can be useful for tracking the progress through the round or to give a warning when a round is going to end soon. If you are using ShoutBox for interval training, these sounds can be very useful.

To activate a Time-Based sound, check the box on the left side of the form and put the path and filename in the field to the right. If a file is entered in the field, but the check box is not checked, the sound will not play during the round.

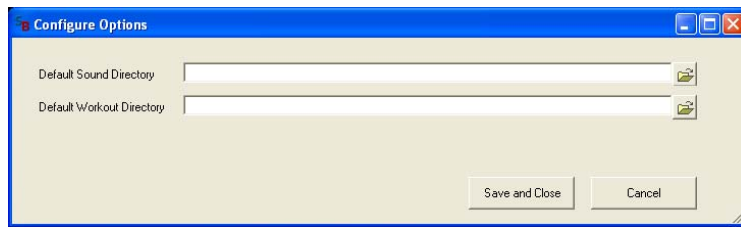
#### *Remove Action*

To remove an action from the round, select the action and click "Remove Action"

#### *Replace Selected Action*

To replace an action with the data in the form, select the item, fill in the form and click "Replace Selected Action".

### **Configure Options**



ShoutBox has default storage locations for the sounds and workout data. These directories can be changed using the Configure Options menu.