

## **PLEASE READ ALL COMPONENTS OF THIS DOCUMENT FOR IMPORTANT INFORMATION**

### **Welcome to the CyberStretch by Jazzercise Demonstration Version**

This demonstration version expires in 30 days.

As with the full version of CyberStretch, the demonstration version can run in screen saver mode, as well as interactive mode. When the CyberStretch screen saver is active, hold down the "SHIFT" key to go into interactive mode. This will allow you to select specific activities from a comprehensive menu.

To launch CyberStretch at any time, use the shortcut on the desktop.

### **Troubleshooting**

CyberStretch uses the standard Windows screen saver as its engine. If any other screen saver is being used, it must be switched off prior to running CyberStretch.

### **What is installed**

CyberStretch installs 3 components into the C:\WINDOWS\ directory:

- Cyberstretch.exe
- Cyberstretch.scr
- a directory called XTRAS

After you have used the demonstration version, you will need to remove all 3 of the above components if you do not wish to use CyberStretch any further. If you purchase a full copy of CyberStretch, then the full version will install over the top of the demonstration version with new components.

### **What is new in CyberStretch 1.5**

CyberStretch with Activity Log provides you with a personal tracking system so you can evaluate how you use CyberStretch. This information is located in the Stats section of the Interactive Menu. There are many features in the Stats section that can help you see how you are using CyberStretch. The Interactive Menu can be accessed by holding down the 'SHIFT' key when CyberStretch is in screen saver mode.

NOTE: Only stretches performed in the interactive mode are registered. You must also fully complete a stretch before it will register in the Stats module. This will give you an accurate record of your activity using the CyberStretch interactive module.

Also, if you do not want to use the interactive section, CyberStretch will run in screen saver mode, as with all previous versions.

## **Interactive mode**

Interactive mode allows you to select which stretch you want to do, including the ability to select stretches in a number of different groups.

## **How does interactive mode work?**

To launch CyberStretch at any time, use the shortcut on the desktop.

When the CyberStretch screen saver is active, hold down the "SHIFT" key to go to the Interactive Menu. This menu allows you to select individual stretches as well as stretches and activities in a number of different groups with a single mouse click.

While in interactive mode, if you choose not to continue the activity, you may click the mouse or press any key on the keyboard. This will take you back to the Interactive Menu.

Once at the Interactive Menu you can select another stretch or Action Tip.

There is also a Quit button to take you out of CyberStretch completely.

CyberStretch screen saver will now activate in the normal way, by leaving your computer idle.

We hope you enjoy the demonstration version.

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