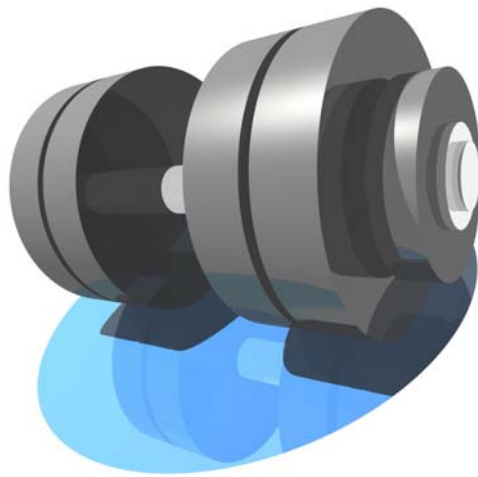


ReflexMan

The Manual for Xenware's Reflex

By Xenware



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Table of Contents

INSTALLATION	4
System Requirements & Compatibility.....	4
<i>For Reflex.....</i>	<i>4</i>
<i>For ReflexChange</i>	<i>4</i>
Installing/Upgrading Reflex	4
Installing ReflexChange -- the Reflex Conduit.....	4
Differences between Trial and Full Versions	4
How to change from trial to full version	5
<i>Unlimited free upgrades</i>	<i>5</i>
INTRODUCTORY TOUR	6
Getting Started	6
Exercise Definitions.....	6
Personalized Definitions	6
Viewing Exercise and Personalized Definitions	7
Entering Data 1 (Getting to the Data Sheet)	7
Entering Data 2 (Inputting a set).....	7
Entering Data 3 (Additional sets)	8
Entering Data 4 (Scrolling).....	8
Entering Data 5 (Subsequent days and workouts).....	8
Viewing Data.....	8
Analyzing Data 1 (Using functions on the Details Screen).....	9
Analyzing Data 2 (Attaching notes and more on functions)	9
Graphing Data 1 (A basic graph).....	9
Graphing Data 2 (Making your own graphs)	10
UPLOADING REFLEX DATA TO YOUR PC	11
Getting your data in cross-platform text files	11
Importing workout data to Excel	11
<i>ReflexChange Output Description Table</i>	<i>12</i>
DESCRIBING SPECIFIC WORKOUT SITUATIONS	13
Using Categories as Workouts / Routines / Regimens	13
Heavy and Light Days.....	13
REFLEX SCREENS	14
Intro Screen	14
Registration Screen.....	14
<i>Payment Methods and Places to Purchase</i>	<i>14</i>
Definition Screen	14
<i>Auto-Completion.....</i>	<i>15</i>
<i>Controls Table</i>	<i>15</i>
Summary Sheet.....	15
<i>Controls Table</i>	<i>16</i>
Data Sheet.....	16
<i>Set Entry & Where the Numbers Go</i>	<i>16</i>
<i>Automatic Time Stamping</i>	<i>16</i>
<i>Overriding and Editing Automatic Time Stamps</i>	<i>17</i>
<i>Entering Times</i>	<i>17</i>
<i>Deleting a Set.....</i>	<i>17</i>
<i>Workout Separator Bars.....</i>	<i>17</i>
<i>Cell Info String.....</i>	<i>18</i>
<i>Cell Info Bubble</i>	<i>18</i>

<i>Annotating Sets</i>	18
<i>Controls Table</i>	18
Timer Screen	19
<i>Controls Table</i>	19
Details Screen	20
<i>Functions</i>	20
<i>Controls Table</i>	20
<i>Function Answer Formats</i>	22
<i>Adding Notes to Exercises</i>	22
Graph Analysis Screen	22
<i>A Look at a Simple Graph</i>	22
<i>Controls Table</i>	23
Graph Preferences Screen	23
<i>Controls Table</i>	23
About Screen	28
FAQ's Screen	28
Upgrade Info Screen	28
Miscellaneous Functionality	29
<i>Beaming Data</i>	29
TROUBLESHOOTING	30
When I tap the Reflex icon on my Palm's home screen, nothing happens	30
HotSync appears to stall during Reflex synchronizing	30
I enter a set, but it instantly disappears when I tap out of the cell	30
The Excel macro doesn't appear to work in my non-English Excel	30
I double-click "Reflex.prc", but nothing happens	30
If your question is not answered here	30
INDEX	31

Installation

System Requirements & Compatibility

For Reflex

Reflex will run on Palm Powered™ devices running Palm OS™ version 3.0 or higher. To check the version of your Palm device's operating system:

- 1) From the home screen, tap the menu silk-screen button.
- 2) Choose "Info".
- 3) Tap "Version".
- 4) The version of your Palm OS software will now be displayed on the top of the screen.

To install Reflex on your Palm Powered™ device, you need a desktop computer that can HotSync™ with your Palm.

Reflex is compatible with Sony's High Resolution Assist and Palm OS 5.

For RefleXchange

RefleXchange is the program that runs on your PC and uploads data from Reflex during HotSync operations. RefleXchange requires Windows98 or higher – in other words, almost any Windows above Windows95. Sorry, we do not have a Macintosh version of RefleXchange at this time; however, the text and Excel files generated by RefleXchange can be transferred to and used on a Macintosh.

Installing/Upgrading Reflex

Whether you are installing for the first time or upgrading, the instructions are the same. You are upgrading if the version number of the program you are downloading is greater than the version number of the program currently installed on your Palm-device. The version number can be found by opening the program, tapping the "Menu" silk-screen button, and selecting "About" from the "Options" menu.

- 1) Expand the Reflex.zip archive. On most computers, you can do this simply by double-clicking Reflex.zip. (If double-clicking Reflex.zip does not expand the file, you probably do not have an expander on your computer. If you have a PC, you can get WinZip for free from <http://www.winzip.com/>. For Macintosh users, you can get StuffitExpander for free from <http://www.stuffitexpander.com/>.)
- 2) PC users:
 - Run "Reflex.exe".Mac users:
 - Go into the folder "MacUsers" and double-click "Reflex.prc".
- 3) HotSync your Palm™ device.

Installing RefleXchange -- the Reflex Conduit

RefleXchange is installed along with Reflex if you downloaded and ran Reflex.exe.

Differences between Trial and Full Versions

For the most part, the trial and full versions of Reflex are the same. Here are the main limitations of the trial version:

- 1) The trial version expires after 21 days.
- 2) The trial version is not upgradeable.
- 3) The trial version does not support manually editable timestamps, which are handy for back-entering data.
- 4) In some releases of Reflex, the full version supports functions on the “Details” screen that the trial version does not.
- 5) The trial version of Reflex only allows you to define up to 15 exercises, whereas the full version has no limit.

How to change from trial to full version

Only a trial version of Reflex can be installed on your handheld computer. By entering an activation code, you instantly turn any trial version of Reflex into a full version. You can purchase an activation code from <http://www.xenware.com/>, or other sites, including <http://www.palmgear.com/>, <http://www.handango.com/>, and <http://www.lifestylus.com/>.

Reflex presents step-by-step instructions when you tap the “Register” button on the Intro Screen. You can also read step-by-step instructions in this manual by referring to the section “Register Screen” (p14).

Unlimited free upgrades

Xenware offers unlimited free upgrades from the time of registration on, with no limit. If you are using an old Reflex, you may see a screen telling you when your free upgrade period ends. You may disregard this. Reflexes higher than version 2.0.8 will not mention any finite free upgrade period.

Once again, if your copy is registered, you can always download and install upgrades for free.

Introductory Tour

This tour covers the basics, but does not detail all features of Reflex. After completing the tour, you will have an understanding of some primary features, enabling you to begin tracking your workouts. From there, if you want to learn more, you can explore the program by yourself or read more from this manual.

Getting Started

If your copy of Reflex is unregistered, you will see the "Intro" screen each time you open the program. To follow along with the tour, tap the "Let's Workout!" button. Registered copies of Reflex bypass the "Intro" screen and go to the screen you were on when you last used Reflex.

The first time you run Reflex, no exercises are defined, so you are taken to the "Definition" screen to define your first exercise. (If you have defined at least one exercise, you are taken instead to the "Summary Sheet." If you are in the "Summary Sheet" screen but want to follow along with this tour, tap the "New" button to go to the "Definition" screen.)

Exercise Definitions

An exercise definition has several components: a name, an abbreviated name which Reflex will frequently use due to the small screen size of PDAs, measurable quantities (up to 3), and a category. I'll name this exercise "Incline Press". You can enter the name of any exercise you wish. "Abbrev. Name" is the only required field, but while we're here, it's handy to define the other components.

Definition	
Full Name:	Incline Press
Abbrev. Name:	InclineP
Quantity 1 Name:	Weight
Quantity 2 Name:	Arms
Quantity 3 Name:	Calisthenic
Workout:	Chest
	Flexibility
	Legs
	Nutrition
	Unfiled
	Edit Categories...
Done	Dele

For each set I do of incline press, I like to record both the weight and the number of repetitions, so after "Quantity 1 Name" I write the word "Weight" and after "Quantity 2 Name" I write the word "Reps." I don't usually record a third quantity for incline press, so I'll leave "Quantity 3 Name" blank for now. I can always return to the "Definition" screen and edit any of these fields later.

The category defaults to "Unfiled," but for Incline Press I tap the category popup trigger and select "Chest." You can edit the category options if none of the options provided is appropriate.

If you would like to define another exercise immediately, simply tap "New." If not, tap "Done" and continue to the next part of the tour.

Personalized Definitions

Reflex is a very versatile program that allows you to track and analyze data of all kinds. No matter what measurable quantities interest you, define and track them! Then use Reflex's various analysis commands to chart and assess your progress.

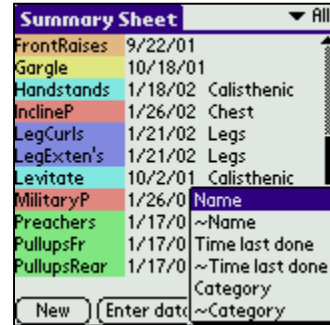
For example, as a weight lifter, I am interested in monitoring various nutritional metrics, such as my daily calorie intake, so the second definition I enter will allow me to track calories. I tap "New" to get another blank definition screen, and in the "Name" field, I write "Calories." For "Quantity 1 Name" I'll write "Number" so that I can enter the number of calories I consume at each meal or snack. "Quantity 2 Name" and "Quantity 3 Name" I'll leave blank for now, but in

the future I may return and make one of them calories from fats and the other calories from carbohydrates, or whatever. Now, I'll tap the category pop-up trigger and select "Nutrition."

I could also add separate definitions to track protein and so forth.

Viewing Exercise and Personalized Definitions

Tapping "Done" takes us from the "Definition" screen to the "Summary Sheet." Once you have defined at least one exercise, this is the home screen when you enter Reflex. The Summary Sheet is divided into three columns. On the left are abbreviated names for the exercises or definitions, in the center are the last dates data was entered, and on the right are the categories. If this is the first time you are running Reflex, you probably will have fewer exercises defined than the screenshot.



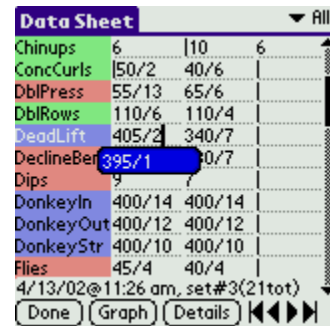
The middle column says "no sets" if you have never entered a set for a particular exercise. Reflex can't tell you the last date you did a set of an exercise for which you've never entered a set, so it just tells you you've never done it. Right now, the definitions appear in alphabetical order by name, but I can change how they sort by tapping on the "Sort by" popup trigger in the lower right. If I had a long list of exercises, I might want to look at all the chest ones together before going to the gym on a chest day. If I were deciding which exercises to do next, I might want to sort them by date last done and do the ones I haven't done for the longest period of time.

You can view all of your definitions or show only those in a certain category by tapping the popup trigger in the upper right corner and selecting a category.

Tapping on one of the names in the left column takes you to the "Definition" screen where you can edit that exercise's definition. You can then return to the "Summary Sheet" by tapping "Done" after you have finished making any changes.

Entering Data 1 (Getting to the Data Sheet)

From the Summary Sheet, you can enter data by tapping the "Enter data" button, which takes you to the "Data Sheet." Tapping anywhere in the date column or the category column also takes you to the Data Sheet.



When you enter the Data Sheet, you see all the same exercises that were displayed on the Summary Sheet, but to the right of them now appears a spreadsheet-like grid made up of data cells. Again, you can choose to display all exercises, or only those in a specific category, by tapping the pop-up trigger in the upper right corner.

Entering Data 2 (Inputting a set)

After doing my first set of incline press, I tap in the cell just to the right of the name "InclineP" and enter the data. I write "225/10" because I did 225 pounds for 10 repetitions. Instead of a writing a slash to separate the first quantity from the second, you can alternatively write a space or a comma, like this: "225 10" or "225,10". Use whichever symbols you Graffiti™ most easily with your stylus. If you use a space or a comma, for consistency, Reflex automatically changes it to a slash on the Data Sheet. Basically, what you are entering is:

Quantity1/Quantity2/Quantity3


When you enter data, Reflex automatically remembers the exact date and time you entered it. This record is called a timestamp, and it's handy for analysis and graphing later on.

Entering Data 3 (Additional sets)

Suppose on the second set of InclineP I lifted 235 pounds for 9 repetitions, but I was slightly tired and needed a little help from my spotter on the last rep. On old-fashioned paper workout sheets, I used to denote help by putting a little letter "h" next to the set. Reflex lets me do the same thing, so I tap in the second cell to the right of "InclineP" and write "235,9h". Reflex will change the comma to a slash, but it leaves the "h". All letters entered on the data sheet remain untouched.

Entering Data 4 (Scrolling)

I usually do four sets of incline press, so following my third set I write "245/7" in the third cell.

After entering three sets across, I need more space, so I tap the  button at the bottom right of the screen to scroll right by one cell. Now I enter my fourth set.

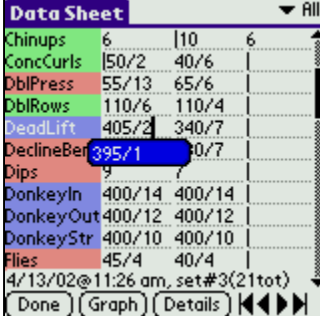
Entering Data 5 (Subsequent days and workouts)

The next day, when I look at the Data Sheet, I will see that Reflex has put a vertical bar ("|") to the left of the first empty cell. In this case, it is cell number 5, because I entered four cells worth of data yesterday. Reflex uses vertical bars like these to indicate the beginning of a new workout. You can see these vertical bars in some of the set cells in the below screenshot.

How does Reflex know it's the beginning of a new workout? Reflex breaks workouts at 4am, based on the clock in your Palm device. Since I've come back on the next day, Reflex assumes this is a new workout. I can also tell Reflex to start a new workout whenever I want by using Graffiti™ to put a "|" symbol in the data cell that I wish to be treated as the first in a new workout.¹ This is handy if I want to do a morning workout and an evening workout and track them as two separate workouts, not as one workout with a long rest in the middle. Since this is an introductory tour, we'll leave further explanation for later in the manual. For more information, see Workout Separator Bars (p17).

Viewing Data

On the "Data Sheet," Reflex provides a short readout about the data in the cell in which you place the cursor. For example, if I place the cursor in the fourth data cell for "DeadLift," at the bottom of the screen I see "4/13/02@11:26am, set#3(21tot)". The date and time correspond to the moment I entered the data. The "set#3" means this is the third set of the day, and the "(21tot)" means I've entered 21 sets total. If I do four more sets on my next chest day, then in the readout for my right-most data cell I'll see the date and time followed by "set#4(25tot)". The total, therefore, is cumulative over all workouts.



Data Sheet		
Chinups	6	10
ConcCurls	50/2	40/6
DblPress	55/13	65/6
DblRows	110/6	110/4
DeadLift	405/2	340/7
DeclineBer	395/1	40/7
Dips	9	7
DonkeyIn	400/14	400/14
DonkeyOut	400/12	400/12
DonkeyStr	400/10	400/10
Flies	45/4	40/4

4/13/02@11:26 am, set#3(21tot)

Done Graph Details

¹ To make this character, called a "pipe", tap once and then do a vertical up and down stroke. If you forget, on most Palm Powered™ devices, dragging the stylus from the bottom to the top of the screen will take you to a Graffiti™ lookup page.

The blue pop-up bubble tells you the entry you made for the corresponding set in the previous workout. In this case, on my third set I entered 405/2, and the bubble tells me that the last time I did DeadLift in a workout, my third set was 395/1. If this is the first day you have ever done this exercise, the info-bubble will say "none" in it, since there are no sets from a previous workout.

Analyzing Data 1 (Using functions on the Details Screen)

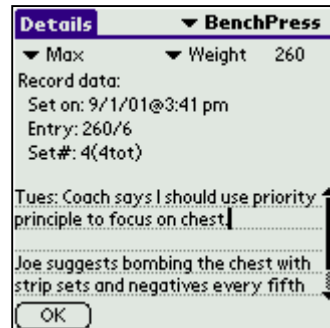
For quick analysis of a particular exercise, place the cursor in any data cell of that exercise and tap the "Details" button at the bottom of the Data Sheet. The pop-up menus on the "Details" screen allow you to choose from a variety of properties to calculate.



For each exercise or other definition, certain properties will be more useful than others. For example, if I tap "Details" while the cursor is in a "BenchPress" data cell, I can select "All-time max" to calculate the maximum weight I've ever lifted. Or I can select "Max daily average" if I want Reflex to calculate the average weight I've lifted in every workout, and then display my maximum average. While I'm here, I can use the other popup list to choose another quantity I have defined for this exercise – I choose repetitions. Now I can calculate statistics for my bench press repetitions.

Analyzing Data 2 (Attaching notes and more on functions)

On the Details screen, there is also a text field you can use to jot down any goals or notes. You may want to make note of how the trainer told you to do a particular exercise, or you may want to write how you felt when you did an exercise – in other words, anything you want to remind yourself of later. The notes can be very long, and therefore can function as a journal. When using stations on a Nautilus or Universal or other machine, I often write down my preferred settings for the seat height and so forth.

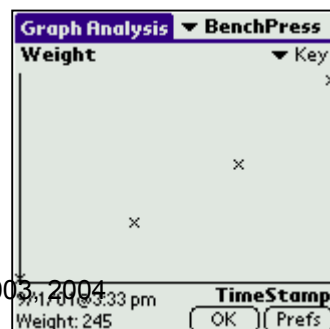


From the Data Sheet, if I put the cursor in a "Calories" data cell and tap the "Details" button, I might be more interested in other types of statistics, such as "Last day's sum." This would tell me the total number of calories I've consumed on the last day I entered calorie data. (If I've entered data today, the "Last day" is today. "Last day," in Reflex lingo, means the most recent day for which you've entered data.) Alternatively, I might choose "Max daily sum" if I want Reflex to tell me the maximum number of calories I've ever consumed in a day, as well as the day on which I consumed that maximum number.

When you're finished, tap "OK" to return to the "Data Sheet."

Graphing Data 1 (A basic graph)

To draw a quick graph of a particular exercise, go to the Data Sheet, place the cursor in any data cell of that exercise, and tap "Graph". If I graph my bench press data, I see the four sets I did. The data points are plotted as X's with "Weight" on the Y-axis and "Timestamp" on the X-axis. With this graph I can easily see how much weight I lifted at different points in time throughout my workout.



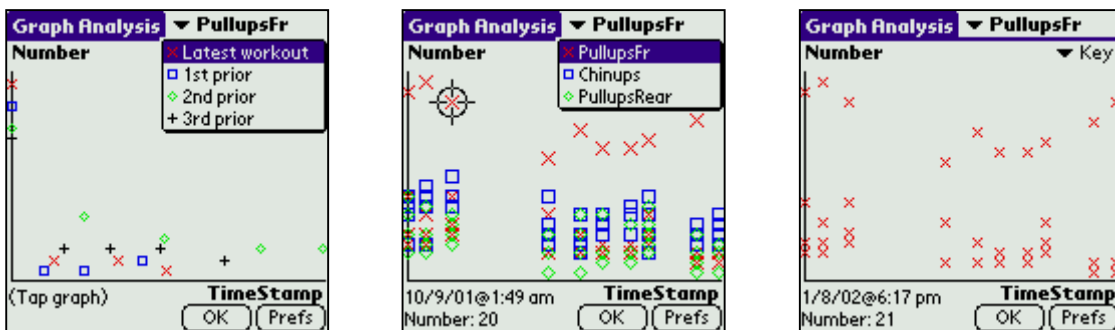
To save screen space and allow larger, clearer graphs, the axes are not numbered, but if you tap the screen with the stylus, the coordinates of the point you tap are displayed at the bottom-left corner of the screen.

For example, on the graph of my bench press data with "Weight" on the Y-axis and "Timestamp" on the X-axis, I'll tap the third data point. In the bottom left corner I see the X-axis (Time) value "9/1/01@3:33pm", and underneath this the Y-axis value, "Weight: 245".

Graphing Data 2 (Making your own graphs)

Reflex can produce an enormous variety of graphs. By tapping on the "Prefs" button at the bottom of the "Graph Analysis" screen, you can view the vast array of graphing options. For example, you can choose which aspects of an exercise to graph against each other on the X- and Y-axes (Weight, Reps, Timestamp, evenly spaced, etc.). You can also decide the date and time from which, and until which, you'd like to graph, and you can select additional exercises to graph along with the original exercise on your graph.

Here are a few examples. You can learn more in the Graph Analysis Screen (p22) and Graph Preferences Screen (p23) sections of this manual.



As an example of graphing multiple exercises simultaneously, you may have defined the exercises "Pull-ups," "Chin-ups," and "Pull-downs." Because these are all similar exercises that you might do together, you may also want to graph them on the same graph. You can also choose to graph just your latest workout, or your latest workout along with one, two, or three previous workouts. This can be handy to show you how your numbers compare with the last time you did that exercise. With these and other graphing options, a tremendous amount of information is at your fingertips, right in the gym, at the track, by the pool – wherever!

When you are choosing the X- and Y-axes, you may notice a choice for "Evenly spaced". This option spaces out points instead of graphing them proportionally to timestamps or any of your quantities. If you have data entered at sporadic times, such as a bunch of sets in the morning, one in the afternoon, and a few at night, this option will space them out evenly. Using this option in conjunction with the options to graph previous workouts or other exercises on the same graph makes the sets line up well. For instance, if I graph pull-ups and chin-ups on the same graph and use evenly spaced, the first set of pull-ups will be at the same X-position as the first set of chin-ups. Graphing with timestamp as the X-axis would not produce this effect, because the first set of pull-ups was clearly not done at the exact same time as the first set of chin-ups.

Uploading Reflex data to your PC

If you installed RefleXchange, the conduit that uploads data from Reflex to your PC every time you do a HotSync, you can easily transfer your workout data to almost any other software package. Reflex.exe, downloadable from <http://www.xenware.com/>, automatically installs RefleXchange. At this time, there is no version of RefleXchange for Macintosh computers.

Getting your data in cross-platform text files

Every time you HotSync your Palm-Powered™ device, RefleXchange will place these two tab-delimited text files on your PC:

- 1) C:\ReflexData01.txt (numerical workout data)
- 2) C:\ReflexData02.txt (notes attached to each exercise)

Virtually all spreadsheets can import data in text format.

Importing workout data to Excel

If your spreadsheet of choice happens to be Excel, there is an even easier way to import your data. Go under the start menu and select:

Start->Programs->Xenware->Reflex->GetReflexData.xls

This Excel sheet contains a macro that will import your data automatically and format it nicely. In order to work, you must enable macros. Excel will usually ask you if you want macros enabled when you open spreadsheets containing macros.

The screenshot shows an Excel spreadsheet with the following data:

	1	2	3	4	5	6	7	8
DeadLift								
Number of sets:	22							
Set number:	1	2	3	4	5	6		
Exact entry:	275/8	295/8	315/7	225/10	275/10	325/4	285/7	
Weight:	275	295	315	225	275	325		
Reps:	8	8	7	10	10	4		
(Qty 3):	0	0	0	0	0	0		
TimeStamp (date):	2/17/02	2/17/02	2/17/02	2/25/02	2/25/02	2/25/02		
TimeStamp (time):	16:19:36	16:24:34	16:29:50	17:54:08	17:59:17	18:06:11		1
TimeStamp (seconds since 1/1/1900):	3223056976	3223056274	3223056690	3223752848	3223753157	3223753571		3224
LegExten's								
Number of sets:	21							
Set number:	1	2	3	4	5	6		
Exact entry:	100/12	160/12	260/8	260/14	260/10	260/10	200/12	
Weight:	100	160	260	260	260	260		
Reps:	12	12	8	14	10	10		
(Qty 3):	0	0	0	0	0	0		
TimeStamp (date):	1/21/02	1/21/02	1/21/02	2/9/02	2/9/02	2/9/02		
TimeStamp (time):	16:44:58	16:47:08	16:49:19	12:21:30	12:24:12	12:26:51		1
TimeStamp (seconds since 1/1/1900):	3220724698	3220724828	3220724959	3222350490	3222350652	3222350811		3223

The fields will probably be self-explanatory, because they closely resemble the information you entered in Reflex. Here is a quick explanation of the fields (taken from the Excel screenshot above):

Note: The macros installed by default only work with English language versions of Excel. If you have a non-English version of Excel, we can give you another macro for your language. If this is your situation, e-mail feedback@xenware.com for details.

RefleXchange Output Description Table

Name	Example	Description
Exercise Name	DeadLift	The abbreviated name of the exercise. In the above screenshot, the first exercise is "DeadLift". Note that the order of your exercises is the same as the order you have them sorted in Reflex. For example, if you sort by time-last-done in Reflex, then HotSync, they will be sorted by time-last-done in the text and Excel files on your desktop machine.
Qty 1	Weight	The name of the first quantity you record for sets of this exercise. In this case, it happens to be "Weight". If it was not specified in Reflex, it appears as "(Qty 1)".
Qty 2	Reps	The name of the second quantity you record for sets of this exercise. In this case, it happens to be "Reps". If it was not specified in Reflex, it appears as "(Qty 2)".
Qty 3	(Qty 3)	The name of the third quantity you record for sets of this exercise. In this case, no third quantity has been specified, so it appears as "(Qty 3)". Un-entered quantities default to a value of 0.
TimeStamp (Date)	2/17/02	This is the date on which the set was entered. The first entry of DeadLift in the above example was done on 2/17/02.
TimeStamp (Time)	16:19:36	This is the time at which the set was entered, on the above-mentioned date. "16:19:36" is 24-hour time-notation for 4:19pm and 36 seconds.
TimeStamp (seconds since 1/1/1900)	3223055976	This is the same time given in the above two fields, but provided in a different format. Computers store times as the number of seconds since some particular point in time. Commonly, the reference point is the turn of last century (1/1/1900 at 12:00:00am). Other common reference times are 1/1/1904 and 1/1/1970. Since Excel uses 1/1/1900, RefleXchange provides the number of seconds since then. Many Reflex users may choose to ignore this field. Advanced Excel users and anybody who programs computers will probably find this field very helpful, however.

Describing Specific Workout Situations

Sometimes people write us feedback emails describing the exercise regimen they have developed for themselves and ask how they can best track such regimens using Reflex. Here are a few examples of how one might use the categories, definitions, and other features of Reflex to track a personalized exercise routine. These suggestions are not exhaustive and you may figure out a better way to record your workouts. After all, nobody knows your regimen as well as you, but here are some ideas.

Using Categories as Workouts / Routines / Regimens

If you do several different routines when you go to the gym, you probably have different versions of your lifting sheets already. You might have a workout sheet for upper body and one for lower body, for instance. One handy way to use Reflex's categories is to sort your exercises by workout.

If you assign all of your upper body exercises to a category named "Upper Body", when you go into the gym on an upper body day, you can choose to display only exercises relevant to the workout you are about to do. Then other exercises, such as leg extensions, will not take up screen space and entering data will be more convenient. To display only the exercises of a specific category, use the category popup trigger in either the Summary Sheet or Data Sheet.

Heavy and Light Days

Some lifters like to do heavy and light days in the gym. The exercises you do may be the same for each of these types of workout days (You could do squats, for instance, on both heavy and light days), but your goals would differ. On heavy days, you might do only 5 or 6 reps per set, using heavier loads. On light days, you would use lower weights and go for higher repetition counts or stricter form.

It is possible to categorize your exercises as "Heavy" and "Light", but since each exercise can belong to only one category, that might not be the best approach. For instance, the exercise "Squats" cannot belong to the category "Legs" if it already is a member of the category "Heavy".

Another approach is to define only one "Squats" exercise and record all of your sets of squats in that exercise. This works, but when you graph weight vs. time for the last few months, you would see two lines – one higher line for the heavy sets and one lower line for the lighter sets. And since the goals are different, and the form you use is different, it makes more sense to define two separate exercises, such as "HSquats" and "LSquats" for the heavy and light days, respectively. Both of these exercises can be assigned to the category "Legs", making it easy to graph just your heavy squats or just your light squats. Using graph preferences, you could also graph them simultaneously. And when you're at the gym, you can still choose the "Legs" category and instantly see the list of all your leg exercises.

Reflex Screens

Intro Screen

On trial versions of Reflex, the Intro Screen displays every time you start the program. It tells you how many days remain in your trial period, and has buttons to take you into the program or to help you register.

After the 21 day trial is over, the "Let's Workout" button disappears. Registered versions of Reflex do not display the Intro Screen -- when you start Reflex you are taken to the last screen you were on the last time you used Reflex.



Registration Screen

The Registration Screen is accessible on non-registered versions of Reflex only. It has simple directions telling you how to turn your copy of Reflex into the full version.

Please note that the ID code and the activation code are both case-sensitive. In other words, "A" is different from "a". Also, of course, the ID code displayed by Reflex on your Palm device will be different from the ID code in the screenshot here.



Payment Methods and Places to Purchase

There are a lot of ways to purchase a Reflex activation code. The fastest is by using the secure store at <http://www.xenware.com/>. This store is fully automated and will give you your code right away. If you would like to complete your order by mail or fax, you can download a printable order form from the store on Xenware.com.

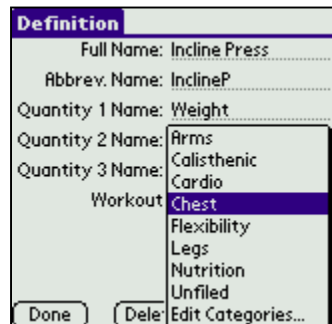
Other sites that sell Reflex activation codes include:

- 1) <http://www.palmgear.com/> (telephone: (817) 640-6558)
- 2) <http://www.handango.com/>
- 3) <http://www.lifestylus.com/>

Definition Screen

The Definition Screen is used to define new exercises, new categories, and to edit existing exercises and categories.

If you have no exercises defined, Reflex will take you to the Definition Screen when it starts. Otherwise, you may access the Definition Screen by tapping the "New" button on the Summary Sheet, to create a new exercise. To edit the characteristics of an existing exercise, tap its name in the Summary Sheet or the Data Sheet. This will take you to the definition of that particular exercise.



Auto-Completion

To make setting up an exercise even easier, Reflex guesses the quantity name as you enter it. Reflex knows hundreds of terms, from the obvious, like “Weight” and “Reps” to the less common, such as “Grams”, to the esoteric, such as “Stones”.

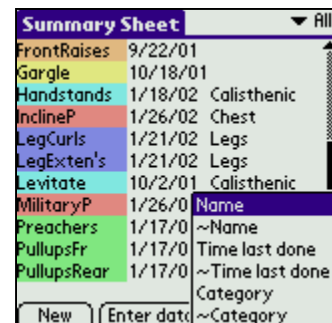
Controls Table

Control/Field	Example Entry	Description
Full Name Field	Incline Press	The full name of the exercise. Takes up to 20 characters.
Abbrev. Name Field	InclineP	The abbreviated name of the exercise. Takes up to 11 characters. The abbreviated name is used in many places, due to the tight screen-space constraints on PDAs. This is the only required field.
Quantity 1 Field	Weight	The name of the first quantity you record for sets of this exercise. This is an optional field. Note: you should name only the quantity fields you generally use as you record values for sets of this exercise.
Quantity 2 Field	Reps	The name of the second quantity you record for sets of this exercise. This is an optional field.
Quantity 3 Field	(Left Blank)	The name of the third quantity you record for sets of this exercise. This is an optional field.
Category Popup List	Chest	Either choose one of the pre-defined categories from the popup list or choose “Edit Categories...” to create your own category. When you define a new exercise, the category defaults to the category you were using at the time you told Reflex you wanted to define the new exercise.
Done Button		Saves your changes and takes you to the Summary Sheet.
Delete Button		Deletes the currently displayed exercise, including all of the data you have recorded for it. A confirmation will pop up before deletion proceeds, asking if you are sure.
New Button		Saves the exercise you have just defined and allows you to define another one.

Summary Sheet

The Summary Sheet shows high-level information about your exercises and workouts.

The first column shows the exercise name, the second shows the date on which that exercise was last done, and the third shows the category to which that exercise belongs. For instance, you can see on the screen image that incline press has been abbreviated as “InclineP”, that the last day on which it was done was 1/26/02, and that it is in the Chest category.



If more exercises are in the currently selected category than will fit on the screen, a scrollbar appears.

Here are the controls for the Summary Sheet:

Controls Table

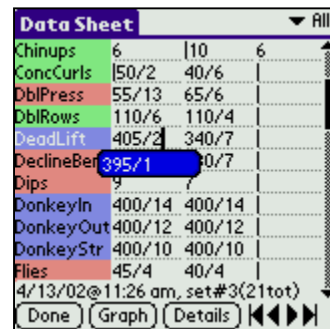
Control	Description
Category Popup List	This is the popup list in the upper right of the screen. You can choose a category, and then only exercises of that category will be displayed. This is a handy way to show only chest exercises when you are in the gym for a chest day, for instance.
Sort by Popup List	The Sort by popup list enables you to sort the exercises by name alphabetically, by the time of the last set done of each exercise, or by the category of each exercise. You can also do a reverse-sort order for each of the sort methods. Sorting alphabetically by name makes it convenient to read through your exercises. Sorting by category organizes all of your exercises so that related ones are next to each other. Sorting by time last done is very convenient to find out which exercises you have done most recently and which ones you have not done in a long time, helping you decide what to do next. If you first use the Category popup trigger to show only, say, chest exercises, then you can sort your chest exercises by any of these methods. Sorting by time last done would show you the order in which you did your last chest workout. You might want to repeat that order, or you might want to “shake it up”. Either way, these sorting features can help.
New Button	The New button takes you to the Exercise Definition screen to create another exercise.
Enter Data Button	The Enter Data button takes you to the Data Sheet, where you can input information from your workouts.

Data Sheet

The Data Sheet is the screen where you input your workout data and one of several screens where you can review workout data.

Set Entry & Where the Numbers Go

The leftmost column of the spreadsheet layout always shows the names of the exercises. The next three columns to the right show sets. Each cell contains one set, so if you defined an exercise that uses two quantities, do not put the two quantities in separate cells. Instead, write them in one cell, with a slash (/), comma (,), or space () between the numbers. For instance, the top left set in the screenshot shows a set of 6 Chinups. Below that set is a set of concentration curls – 50 pounds for two repetitions.



Automatic Time Stamping

Each time you enter a set, Reflex automatically assigns it a timestamp. Since most people enter the sets as they do their workout, this means Reflex automatically remembers the exact date and time when each set was done.

If you go back and change a number in an already-entered set, Reflex will not update the timestamp, because most of the time when you edit an already-entered set you are fixing a typo, not somehow changing the time when that set was done.

Overriding and Editing Automatic Time Stamps

It is possible to modify timestamps yourself, however. This is useful for entering data from a workout you did without your Palm device with you. To edit or override a timestamp manually:

- 1) In the Data Sheet, put the cursor in the cell of the set for which you want to change the timestamp.
- 2) Tap the "Menu" silkscreen button.
- 3) Choose Options->Edit Time Stamp.
- 4) Follow the simple on-screen directions.

After you edit a timestamp, Reflex will re-sort the sets of that exercise so that they are, once again, in chronological order from left to right.

Entering Times

To enter times, such as how long a jog took you, you can use colons (:) and Reflex will parse the entry into hours, minutes, and seconds. Reflex always assumes the number after the right-most colon represents seconds, and it works left from there. For instance:

Enter Set As	Reflex Interprets As
45	45 seconds
65	65 seconds
3:45	3 minutes, 45 seconds (225 seconds)
3:45:0	3 hours, 45 minutes, 0 seconds (13,500 seconds)
3:00:10	3 hours, 0 minutes, 10 seconds (10,810 seconds)
3::10	3 hours, 0 minutes, 10 seconds (10,810 seconds)
3::	3 hours, 0 minutes, 0 seconds (10,800 seconds)

Reflex can store times up to 9:06:07. Be careful not to confuse times with timestamps. Times are intervals, such as lap times. Timestamps, which Reflex automatically adds to every set when you enter it, store the date and time when the set was done (entered).

Deleting a Set

To remove a set through the menu:

- 1) In the Data Sheet, put the cursor in the cell of the set you want to delete.
- 2) Tap the "Menu" silk screen button.
- 3) Choose Options->Delete Current Set.
- 4) A confirmation message will pop up, verifying the set you have selected to delete and asking if you are sure.

Reflex will also ask you whether you want to delete a set if you delete all of the text in a Data Sheet cell. If you say yes, Reflex will delete the timestamp and other behind-the-scenes information that goes with the set.

When you remove a set, Reflex automatically shifts all the sets after it to the left to fill in the void and ensures that all sets are still in chronological order.

Workout Separator Bars

Notice that some cells have a vertical line before them. Reflex uses this bar to show the first set of a workout.

It is also possible to insert a workout separator bar manually. Simply Graffiti™ the stroke that creates a vertical bar.² You might want to do two workouts in one day, for instance in the morning and evening, and this is how you can tell Reflex that they are not one long workout with a long rest in the middle.

Cell Info String

In this screenshot, the cursor is in the first visible cell for dead lift. When you put the cursor in a cell, by tapping in it, a line appears at the bottom of the screen giving you additional information about that set. This is the Cell Info String.

In this case the cursor has been placed in an already-entered set, so the Cell Info String tells the exact date and time at which the set was entered, followed by the set number that set was in its workout. The number in parentheses at the end of the Cell Info String shows the number of this set, counting all workouts ever done, not just the workout in which this set was done.

If the cursor is in a cell that has not had any set entered, the Cell Info String tells you to enter the set, and what set number it is, both in the workout and overall.

Cell Info Bubble

When you tap in a cell, a bubble appears next to the selected cell. This tells you what you entered in the corresponding set of the previous workout. For instance, in the above screenshot, the cursor is in a cell of DeadLift that says “405/2”. From the info string at the bottom of the screen, you can tell this is the third set of dead lift in that workout. From the info bubble, you can tell that in the last workout that included dead lifts, the third dead lift set was 395/1.

Annotating Sets

You can annotate sets by putting letters in them. This is handy for inputting reminders about specific sets. If you want to make a log, record machine settings, write down trainer advice, or keep other data that goes better with an exercise, a better place to do it is in the exercise note on the Details Screen. If you want to record set-specific notes, however, such as an indication that your spotter helped you get the last rep, you can put an “h” in the cell of that set. Of course, you can use any letter, either uppercase or lowercase, to annotate anything you want. The only limitation is that a set can only be 12 characters long, total. If the set becomes too wide to fit in the cell, the cell will scroll as you write more.

Just like on the Summary Sheet, if more exercises are in the currently selected display category than will fit on the screen, a scrollbar appears. Also like the Summary Sheet, tapping an exercise name will take you to the Definition Screen to edit that exercise’s definition.

Controls Table

Control	Description
Category Popup List	This is the popup list in the upper right of the screen. You can choose a category, and then only exercises of that category will be displayed. This is a handy way to show only chest exercises when you are in the gym for a chest day, for instance.
Done Button	The Done button takes you back to the Summary Sheet.

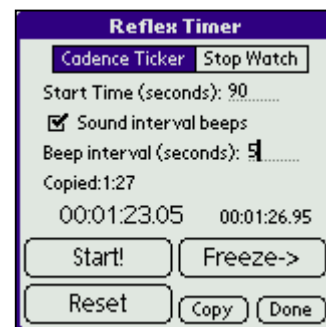
² To make this character, called a “pipe”, tap once and then do a vertical up and down stroke. If you forget, on most Palm Powered™ devices, dragging the stylus from the bottom to the top of the screen will take you to a Graffiti™ lookup page.

Control	Description
Graph Button	The Graph button takes you to the graph screen, where a graph is drawn based on your saved graph preferences for the selected exercise. If you have never set up graph preferences for this exercise, reasonable defaults are assumed and a graph is drawn.
Details Button	The Details button takes you to the Details Screen, where you can calculate various statistics for this exercise, attach an exercise-specific note or log, and so forth.
Beginning Button ◀	The Beginning button is a shortcut to scroll all of the way to the left, showing the first three sets you entered for this exercise.
Scroll Left Button ◀	The Scroll Left button scrolls all visible exercises left by one cell. Exercises that are already all of the way to the left are not scrolled.
Scroll Right Button ▶	The Scroll Right button scrolls all visible exercises right by one cell. Exercises that are already all of the way to the right are not scrolled.
End Button ▶	The End button is a shortcut to scroll all of the way to the right, showing the last two sets you entered for this exercise, as well as a blank cell for the set you will enter next.

Timer Screen

You open the Timer Screen from the Options menu on the Data Sheet. The timer has both a stopwatch and cadence / countdown ticker built in. Although the Timer reads time in hundredths of a second, the Data Sheet in Reflex stores data to a resolution of 1 second.

The timer can run like a stopwatch, count down like a timer, beep like a metronome, and alarm when time has expired. You can also copy your times to the clipboard for easy pasting into the Data Sheet or elsewhere.



Controls Table

Control	Description
Cadence Ticker Button	The Cadence Ticker button sets the timer to the mode in which it can count down to an alarm.
Stopwatch Button	The Stopwatch button sets the timer mode so that it will run as a stopwatch.
Start Time Field	The Start Time field is only displayed when the timer is in Cadence Ticker mode. Here is where you enter the number of seconds that the timer will count down from.
Sound Interval Beeps Checkbox	The Sound Interval Beeps checkbox indicates whether you want Reflex to make beeps every few seconds, at the interval entered in the Beep Interval field.
Beep Interval Field	Use the Beep Interval field to specify how many seconds Reflex should wait between playing beeps.
Copied Label	The Copied field shows what you have put on the clipboard with the Copy button.
Start Button	The Start button starts the stopwatch or countdown ticker.

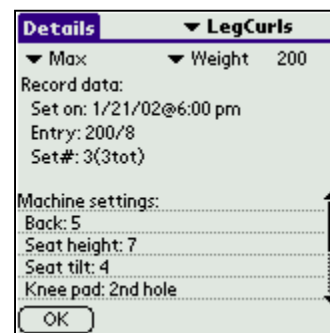
Control	Description
Freeze Button	The Freeze button allows you to make a readable replica of the running clock at any instant. The replica is written separately, off to the right.
Reset Button	The Reset button stops the running timer and sets it to its initial values.
Copy Button	<p>The Copy button puts your time on the clipboard for easy pasting elsewhere. If you have used the Freeze button, the frozen display is what is added to the clipboard. If you have not yet used the Freeze button, the value of the timer display is added to the clipboard.</p> <p>Whatever value you copy is placed after the Copied label. Note that the text copied to the clipboard is not copied to the hundredth of a second – only to the second.</p> <p>For more information about the syntax Reflex uses to display and copy times, see Entering Times (p17).</p>
Done Button	The Done button returns you to the Data Sheet .

Details Screen

The Details Screen gives you deeper information for each exercise, calculates various functions on your exercise data, and allows you to keep a very substantial and flexible log. You get to the Details Screen by tapping the “Details” button on the Data Sheet. Whichever exercise is highlighted (or whichever exercise was the last one highlighted) is the exercise for which details are shown.

Functions

Different exercises have different goals, so different functions are of interest. For instance, for pull-ups, you might want to know the maximum number you ever did in a set, but for a morning jog, you might want to know the shortest time you ever ran it in. To make the interface more convenient, Reflex remembers the last function you requested calculated for each exercise. Thus, if you switch from your morning jog details to your pull-ups details, you will not suddenly be looking at the all-time-minimum, which holds little interest for number of pull-ups but is interesting for your jog times.



Controls Table

Control	Description
Exercise Selector Popup List	The Exercise Selector popup list in the top right of the screen allows you to change to another exercise quickly, without going back out to the Data Sheet. This list shows all of your currently defined exercises, in the current sort order. Selecting an exercise from this list shows you the details for that exercise.

Control	Description																										
Function Selector Popup List	The Function Selector popup list is near the top left of the Details Screen. In the accompanying screenshot, it is set to calculate an all-time maximum.																										
	<table border="1"> <thead> <tr> <th>Function Name</th> <th>Calculation</th> </tr> </thead> <tbody> <tr> <td>All-time max</td> <td>Finds the all-time maximum for this exercise.</td> </tr> <tr> <td>All-time min</td> <td>Finds the all-time minimum for this exercise.</td> </tr> <tr> <td>All-time average</td> <td>Finds the mean average for all sets ever entered in this exercise.</td> </tr> <tr> <td>All-time sum</td> <td>Finds the sum of the specified quantity over all sets entered in this exercise.</td> </tr> <tr> <td>Last day's sum</td> <td>Sums up the specified quantity for all sets in the last workout. If you are in the middle of a workout, that is the workout it sums.</td> </tr> <tr> <td>Max daily sum</td> <td>Calculates the "Last day's sum" for every workout ever done of this exercise, then takes the maximum.</td> </tr> <tr> <td>Min daily sum</td> <td>Calculates the "Last day's sum" for every workout ever done of this exercise, then takes the minimum.</td> </tr> <tr> <td>Last day's average</td> <td>Finds the mean average for this exercise in the last workout. If you are in the middle of a workout, that is the workout it sums.</td> </tr> <tr> <td>Max daily average</td> <td>Calculates the "Last day's average" for every workout ever done of this exercise, then takes the maximum.</td> </tr> <tr> <td>Min daily average</td> <td>Calculates the "Last day's average" for every workout ever done of this exercise, then takes the minimum.</td> </tr> <tr> <td>Last day's PF (PowerFactor)</td> <td> <p>PowerFactor is total weight divided by time. If you do three bench press sets of 225lbs for 10 reps and they span 15 minutes, the PowerFactor is:</p> $((225\text{lbs} \times 10\text{reps}) \times 3 \text{ sets}) / (15 \text{ minutes})$ <p>This comes out to 450. PowerFactor gives you one way to quantify how intense your workout is.</p> </td> </tr> <tr> <td>Last day's PI (PowerIndex)</td> <td> <p>PowerIndex is total weight, squared, then divided by time, then divided by one million. If you do three bench press sets of 225lbs for 10 reps and they span 15 minutes, the PowerFactor is:</p> $((225\text{lbs} \times 10\text{reps}) \times 3 \text{ sets})^2 / (15 \text{ minutes}) / 1,000,000$ <p>This comes out to about 3.04. PowerIndex gives you another way to quantify how intense your workout is.</p> </td> </tr> </tbody> </table>	Function Name	Calculation	All-time max	Finds the all-time maximum for this exercise.	All-time min	Finds the all-time minimum for this exercise.	All-time average	Finds the mean average for all sets ever entered in this exercise.	All-time sum	Finds the sum of the specified quantity over all sets entered in this exercise.	Last day's sum	Sums up the specified quantity for all sets in the last workout. If you are in the middle of a workout, that is the workout it sums.	Max daily sum	Calculates the "Last day's sum" for every workout ever done of this exercise, then takes the maximum.	Min daily sum	Calculates the "Last day's sum" for every workout ever done of this exercise, then takes the minimum.	Last day's average	Finds the mean average for this exercise in the last workout. If you are in the middle of a workout, that is the workout it sums.	Max daily average	Calculates the "Last day's average" for every workout ever done of this exercise, then takes the maximum.	Min daily average	Calculates the "Last day's average" for every workout ever done of this exercise, then takes the minimum.	Last day's PF (PowerFactor)	<p>PowerFactor is total weight divided by time. If you do three bench press sets of 225lbs for 10 reps and they span 15 minutes, the PowerFactor is:</p> $((225\text{lbs} \times 10\text{reps}) \times 3 \text{ sets}) / (15 \text{ minutes})$ <p>This comes out to 450. PowerFactor gives you one way to quantify how intense your workout is.</p>	Last day's PI (PowerIndex)	<p>PowerIndex is total weight, squared, then divided by time, then divided by one million. If you do three bench press sets of 225lbs for 10 reps and they span 15 minutes, the PowerFactor is:</p> $((225\text{lbs} \times 10\text{reps}) \times 3 \text{ sets})^2 / (15 \text{ minutes}) / 1,000,000$ <p>This comes out to about 3.04. PowerIndex gives you another way to quantify how intense your workout is.</p>
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Is there another function that you would find useful? Please let us know by filling out the feedback form at http://www.xenware.com/ .																											

Control	Description
Quantity Selector Popup List	The Quantity Selector popup list specifies the quantity on which to run the function specified by the Function Selector popup list. It displays the quantity names you specified for this exercise when you defined it. If you did not specify names for all of the quantities, it uses the default names of “(Qty 1)”, “(Qty 2)”, and “(Qty 3)”.
Answer Fields	Depending on the function you choose, Reflex returns different types of values and displays them on the screen. This space is where they are displayed.
Exercise Note Field	The Exercise Note field can be used for any sort of note you would like to attach to an exercise. You can put a huge amount of information in this note – over 10,000 characters – so you can keep any and all types of logs or journals. If it becomes too large to display on one screen, a scrollbar appears.
OK Button	The OK button takes you back to the Data Sheet.

Function Answer Formats

Depending on the function you choose, different types of values are returned and displayed on the screen. For instance, if you calculate an all-time maximum, as in the screenshot, Reflex shows you the maximum, as well as the exact date and time at which the maximum was set. It also displays the full set entry of the record set, including annotations, and information about the number of that set, both in its workout and overall.

If you calculate all-time average, however, the reported information is different. For instance, there is not any one time when an all-time average is set. Averages change with every new set you do.

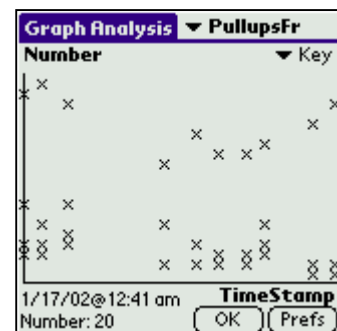
Adding Notes to Exercises

The exercise note field can be used for any sort of note you would like to attach to an exercise. It can include your goals, such as “I think I can learn to do a handstand push-up by December.” It can store advice from a trainer, such as a tip about proper form. In the Details Screen screenshot above, the note field has been used to store the complex and easy-to-forget settings of a leg curls machine.

Graph Analysis Screen

The Graph Screen can draw any of an enormous – almost limitless – variety of graphs. There are far too many graphing configurations to detail each of them in this manual, but this manual can show you how to use the controls and can give a few basic examples. For information about the controls, see Graph Preferences Screen (p23).

When you first go to the graph screen for an exercise, it displays a graph showing quantity 1 (whatever you may have named it) vs. timestamp. You can customize the graph by going to the Graph Preferences screen. Once you have customized the graph for that exercise, Reflex remembers how you customized it, so you will not have to re-customize it until you want to make another type of graph.



A Look at a Simple Graph

The above screenshot shows a simple graph of front pull-ups (PullupsFr), in which the y-axis is the number of pull-ups in each set and the x-axis is the automatic timestamp marking when

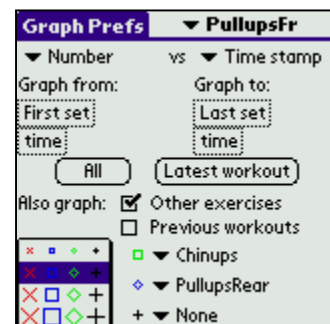
each set was done. Notice how all of the x marks tend to be in vertical clusters. This graph spans from September 22, 2001 to January 18, 2002. Each workout, which may be an hour or two long, is very narrow on such a long scale. Note the gap between the third and fourth workouts – and the fact that this long break resulted in a drop-off in performance. ☹ Every workout also appears to have a large variance between the highest and lowest set, because the first set was done when fresh and resulted in a very high number of pull-ups.

Controls Table

Control	Description
Exercise Selector Popup List	The Exercise Selector popup list in the top right of the screen allows you to change to another exercise quickly, without going back out to the Data Sheet. This list shows all of your currently defined exercises, in the current sort order. Selecting another one draws you a graph for that exercise. When it draws the graph for the other exercise, it uses the graph preferences saved for that exercise.
Graph Key Popup List	The Graph Key popup list shows the meaning of the symbols on the graph. To save space, the key is implemented as a popup item that is hidden when not needed, leaving more screen space for drawing a clear graph.
Touch-sensitive Graph	The graph itself is touch-sensitive. If you tap it with the stylus, it will tell you the coordinates of the point you tapped. In the screenshot, notice that in the lower left corner is displayed a date and time, and below them a number value. Reflex puts the x- and y-values in this corner. If you tap and drag on the screen, those values are updated continuously. This feature saves valuable screen space by eliminating numbers on the x- and y-axes.
OK Button	The OK button returns you to the Data Sheet.
Prefs Button	The Prefs button takes you to the graph preferences screen. This is where you can customize the graph in a zillion different ways. We give a few examples in the Graph Preferences Screen section of this manual.

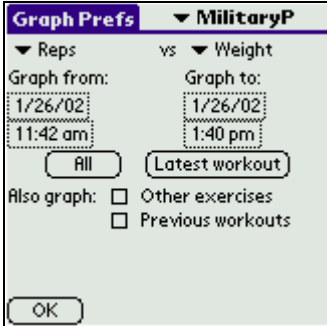

Graph Preferences Screen

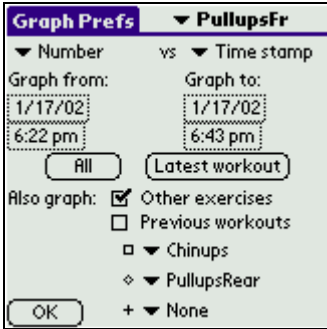
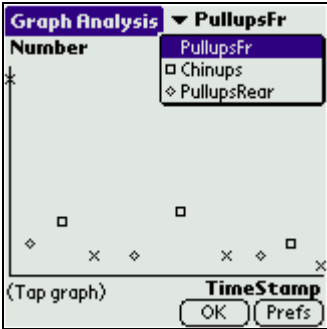
The Graph Preferences Screen helps you configure the graph screen to produce any of a huge variety of graphs. You can get to the Graph Preferences Screen by tapping the “Prefs” button on the Graph Screen.



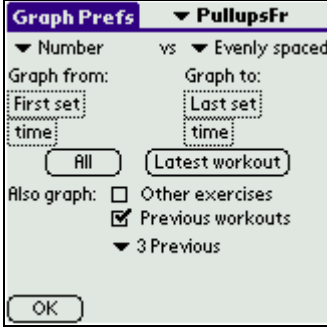
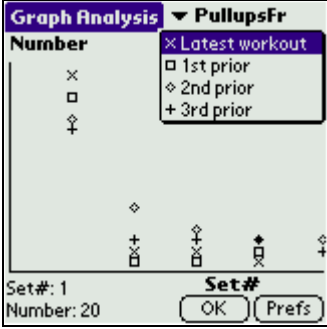
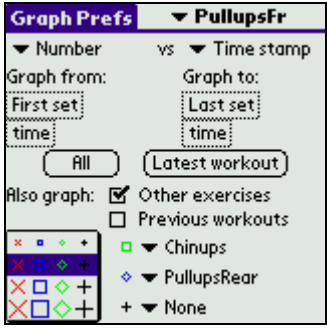
Controls Table


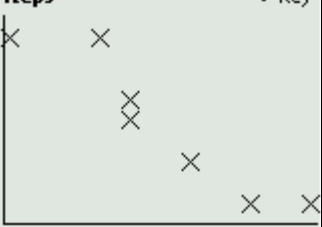
Control	Description
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Control	Description
Exercise Selector Popup List	The Exercise Selector popup list in the top right of the screen allows you to change to another exercise quickly, without going back to the Graph Screen. This list shows all of your currently defined exercises, in the current sort order. Selecting another exercise also changes the Graph Preferences controls to the last settings used for that exercise.
Y-Axis Selector Popup List	The Y-Axis Selector popup list, right under the screen title, allows you to choose which quantity to graph on the y-axis of the graph. In addition to any of your (up to) three quantities, you can also choose “Time stamp” or “Evenly spaced”.
X-Axis Selector Popup List	<p>The X-Axis Selector popup list, to the right of the Y-Axis Selector popup list, allows you to choose which quantity to graph on the x-axis. Just like the Y-Axis Selector, it allows you to choose from any of your quantities, or you can choose “Time stamp” or “Evenly spaced”.</p> <p>In this graph, the y-axis has been set to “Reps” and the x-axis has been set to “Weight”.</p> <div style="display: flex; justify-content: space-around;">   </div> <p>This graph shows a tradeoff between resistance and number of repetitions. As the weight increases, the number of repetitions drops down. When stuck in a plateau, sometimes it is helpful to see where along your strength-endurance curve you might be able to find a place to break through. In other words, if you cannot beat 10 repetitions at 225 pounds, you might have better luck beating 5 repetitions at 250 pounds. Then, after shocking your body this way, you could come back to 225 pounds another day.</p> <p>Because Reflex allows you to track 3 quantities, and the x- and y-axes can be any quantity you have defined or “Time stamp” or “Evenly spaced”, there are five possibilities for each axis. Thus, there are 25 possible x vs. y combinations.</p>
Graph From Date and Time Selectors	<p>Under the words “Graph from:” are two selector buttons. When tapped, the upper one brings up a date-selector window that you can use to choose the date from which to start the graph. The lower one, when tapped, brings up a time-selector window, which allows you to specify the precise time on that date from which to start the graph.</p> <p>Only sets with timestamps between the Graph From date and time and the Graph To date and time are graphed.</p>

Control	Description
Graph To Date and Time Selectors	<p>Under the words “Graph to:” are two selector buttons. When tapped, the upper one brings up a date-selector window that you can use to choose the date at which to stop the graph. The lower one, when tapped, brings up a time-selector window, which allows you to specify the precise time on that date at which to stop the graph.</p> <p>Only sets with timestamps between the Graph From date and time and the Graph To date and time are graphed.</p>
All Button	<p>The All button automatically sets the Graph From and Graph To selectors to span all sets ever entered for this exercise. In this state, the selector buttons say “First set” for the Graph From option and “Last set” for the Graph To option.</p>
Latest Workout Button	<p>The Latest Workout button automatically sets the Graph From and Graph To selectors to span all sets entered in the last workout for this exercise. In this state, Reflex graphs all of the sets of this exercise from the last workout you did of this exercise.</p> <p>This feature is also a quick, handy way to find out the exact duration of your last workout. You can just subtract the time Reflex fills in for your first set from the time Reflex fills in for your last set. Another way to see your latest workout is to use the Previous Workouts checkbox.</p>
Other Exercises Checkbox	<p>The Other Exercises checkbox allows you to graph other exercises on the same graph as this exercise. For instance, you might want to graph your chin-ups and rear pull-ups on the same graph as your front pull-ups. When you select this checkbox, three popup lists appear on the bottom of the Graph Preferences screen, allowing you to pick any other exercises you have defined. Here is what the Graph Preferences look like when chin-ups and rear pull-ups are graphed on the same graph along with front pull-ups, only graphing for the duration of the latest workout:</p> <div style="display: flex; justify-content: space-around;">   </div> <p>On the Graph Analysis Screen, the graph key has been expanded by tapping on it, so that you can tell which symbol goes with which exercise without going back to the Graph Preferences Screen to check. Also notice the words “(Tap graph)” in the lower left. This reminds you of the touch-sensitive graph, which will tell you the coordinates of any point you touch with the stylus. This is an easy way to find the value of any plotted point (or a point between plotted points).</p> <p>You can get a lot of information from such graphs. For instance, you</p>

Control	Description
	<p>can tell that chin-ups are easier than the other two exercises, because they have slightly higher repetition numbers. While front pull-ups are more difficult, they get one outstanding set, because the first set of this workout was a front pull-ups set. (Note: the x for this set is sitting high up on the y-axis.)</p>
<p>Previous Workouts Checkbox</p>	<p>The Previous Workouts checkbox allows you to graph previous workouts of the current exercise on the same graph as the latest workout of the current exercise. This allows you to get a quick comparison of how you are doing relative to your last day of this exercise. When you select this checkbox, a popup list appears allowing you to choose how many previous workouts to graph.</p> <div data-bbox="630 604 1312 934" style="border: 1px solid black; padding: 5px;"> </div> <p>On the Graph Analysis Screen, the graph key has been expanded by tapping on it.</p> <p>When Reflex graphs previous workouts on the same graph, it shifts the previous workouts' data so that the first sets of all of the workouts start at the same time – the time at which the latest workout started. Looking at this graph, you can tell a lot of things, including:</p> <ol style="list-style-type: none"> 1) The latest workout had the highest single-set number of pull-ups. By tapping on this x mark, I told Reflex to give me the exact coordinates, which it lists at 20 pull-ups done on January 17, 2002 at 6:23 p.m. 2) As workouts drag on, your strength drops off. It appears that the 2nd prior workout plateaued at a higher level than any of the other workouts graphed. 3) Aha! It is also apparent that the 2nd prior workout had higher repetition numbers because the sets were farther apart. Notice how spread-out the sets are for this workout, compared to the others. The extra rest time apparently helped. <p>More can be discerned from that graph, but let's look at another variation. The Graph Preferences are set up the same, except that the x-axis is "Evenly spaced" instead of "Time stamp".</p>

Control	Description
	<div style="display: flex; justify-content: space-around;">   </div> <p>This shows the same four workouts (the latest and the three prior), but now the sets are evenly spaced. The set-number-in-workout becomes the x-axis number. I tapped on the same 20 pull-up set that I tapped on before, but now Reflex tells me it is Set#1 instead of telling me a timestamp.</p> <p>One handy thing about evenly-spacing graphed data is that the first sets of all of the workouts line up, and the second sets line up, and the third sets line up, and so on. You can very quickly see that the latest workout started with magnificent sets, but dropped off steeply. The 2nd prior workout started off so-so, but then had the highest number of repetitions on every subsequent set (except for set #4, when it tied with the 3rd prior workout).</p>
<p>X-Size Popup List</p>	<p>The X-Size popup list on the lower-left of the Graph Preferences screen allows you to choose the size of the markers Reflex plots on the Graph Screen. If you are graphing many data points, you may want to choose smaller markers, for instance. The other symbols (square, cross, diamond) change size by the same amount.</p> <div style="text-align: center;">  </div> <p>The symbols can go from 3 pixels wide to 9 pixels wide.</p>

Control	Description
	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p>Graph Analysis ▾ Handstands</p> <p>Seconds ▾ Key</p>  <p>(Tap graph)</p> <p style="text-align: right;">TimeStamp</p> <p style="text-align: right;">OK Prefs</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p>Graph Analysis ▾ MilitaryP</p> <p>Reps ▾ Key</p>  <p>Weight: 135 Reps: 8</p> <p style="text-align: right;">Weight</p> <p style="text-align: right;">OK Prefs</p> </div> </div>

About Screen

The about screen is available from the Options menu on most screens of Reflex. It tells you the version you are using as well as copyright information and contact information. From almost any screen in Reflex, to get to the About Screen:

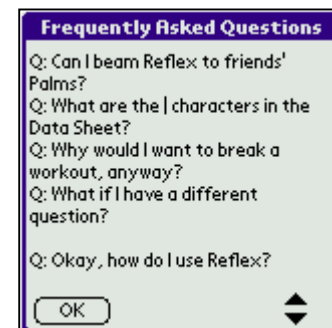
- 1) Tap the "Menu" silk screen button.
- 2) Choose Options : About Reflex.



FAQ's Screen

The FAQ's Screen is accessible from the Options menu on most screens of Reflex. It answers a few questions that we frequently receive in feedback e-mails. This manual goes into far more detail.

If you have a question for which you cannot find an answer, please feel free to ask us by filling out the feedback form on <http://www.xenware.com/>. We respond quickly.



Upgrade Info Screen

The Upgrade Info Screen is accessible from the Options menu on most screens of Reflex. It provides different information depending on the registration state of your copy of Reflex. Basically, it displays your activation code and tells you your eligibility for free upgrades.



If you have a trial (unregistered) copy, the Upgrade Info Screen reminds you that trial copies are not upgradeable.

If you have a full (registered) copy, the Upgrade Info Screen tells you your activation code, as well as when you registered.

Miscellaneous Functionality

Beaming Data

Reflex can beam its databases to another Palm device. This feature is available under the Options Menu. Generally, people do not share workout data exercise by exercise, and this functionality is meant to backup your data to another Palm device or to get another Palm device that is running Reflex prepared to assume duties as your workout assistant. When you choose to beam Reflex data from under the Options Menu, Reflex looks for another Palm device to beam the data to. The data is *not* transferred if the other Palm already has Reflex databases.

Troubleshooting

When I tap the Reflex icon on my Palm's home screen, nothing happens

When you start Reflex, it checks to make sure that your Palm device's version of Palm OS is compatible. If it detects that the OS is not new enough, it exits immediately. See System Requirements & Compatibility (p4) for more information.

HotSync appears to stall during Reflex synchronizing

This can be caused because Palm OS can store dates farther into the future than Windows. If any Reflex timestamps got accidentally set very far forward, Windows will not be able to handle them, causing the HotSync to stall. You can find which exercise it was on when it stopped by looking at C:\ReflexData01.txt. Simply edit the timestamp in Reflex so that it is a reasonable value and the problem will go away. In older versions of Reflex, skipping over cells and leaving them blank while entering data in cells further to the right could cause this. In newer versions of Reflex, this has been fixed.

I enter a set, but it instantly disappears when I tap out of the cell

Actually, it probably did not disappear. Your Palm's date and time is probably set to some time before the latest set you entered. When you enter a new set, Reflex sorts all of the sets chronologically, and the set you just entered got shifted left into its chronological spot. Setting your Palm's date and time should fix this.

The Excel macro doesn't appear to work in my non-English Excel

The Excel macro does not work in non-English versions of Excel. If you have a non-English version of Excel and would like to use the macro, e-mail feedback@xenware.com and we can send you an Excel macro customized for your language.

I double-click "Reflex.prc", but nothing happens

Most installs are done by running "Reflex.exe," but you can also install Reflex (without RefleXchange) by double-clicking Reflex.prc. If this problem occurs, make sure that you have installed the Palm Desktop software that came with your Palm OS device. This software enables you to perform HotSyncs, and it also tells your computer what to do with files that end in ".prc".

If you are sure you have the Palm Desktop installed, but still nothing happens when you double-click Reflex.prc, then open your Palm Desktop software and click the "Install" button. Then click the "Add" button and choose "Reflex.prc" as the file to install.

If your question is not answered here

If you have a question that is not answered here, you can send it to us from the feedback form on <http://www.xenware.com/>. We usually respond within 24 hours.

Index

About Screen	28	Cell Info Bubble	18
Activating Reflex	5	Info String	
Activation code	5, 14, 28, 29	also Cell Info String	18
All-time average	21	Installing	4
All-time max	21	System Requirements	4
All-time min	21	Upgrading	4
All-time sum	21	Intro Screen	5, 6, 14
Annotating		language	
exercises	18	compatibility	12
sets	18	Last day's average	21
Auto-Completion		Last day's sum	21
speeding data entry	15	Max daily sum	21
Beaming Data	29	Min daily average	21
cadence ticker	19	Min daily sum	21
Cadence Ticker	19	Note	
Categories	7, 13	Attaching to exercises	22
Cell Info Bubble	18	Palm OS 5	
Cell Info String	18	compatible	4
Conduit		PowerFactor	21
data exchange with spreadsheets	4	PowerIndex	21
Controls on		Purchasing	
Data Sheet	18	by telephone	14
Definition Screen	15	Purchasing Reflex Activation Code	
Details Screen	20	payment methods	14
Graph Analysis Screen	23	places to purchase	14
Graph Preferences Screen	23	RefleXchange	4, 11
Summary Sheet	16	Registering Reflex	5
Timer Screen	19	Registration Screen	14
countdown ticker	19	Sets	6, 7, 8
Data Sheet 7, 8, 9, 13, 14, 16, 17, 20, 22, 23		Sort by	16
Definition Screen	14, 18	Spreadsheets	
Details Screen	9, 18, 19, 20, 21, 22	uploading data to	4
Entering data		stopwatch	19
set entry	16	Stopwatch	19
Entering Data	7, 8	Summary Sheet	6, 7, 13, 14, 15, 16, 18
Entering Times		Timer Screen	19
hours, minutes, and seconds in sets	17	Timestamps	8, 10, 16, 17, 22, 26
Excel	4, 11	automatic	16
FAQ's Screen	28	editing / overriding / manual entry of	17
Full version		Tour of Reflex	6
differences from trial version	5	Trial version	
Getting started		differences from full version	5
an introductory tour	6	Troubleshooting	30
Graph Analysis Screen	22, 25, 26	Unlimited free upgrades	5
Graph Preferences Screen	22, 23, 25	Upgrade Info Screen	28, 29
Graphing	9, 10	Upgrading	4
High Resolution Assist		upload data	11
compatible	4	Workout Separator Bars	17
ID code	14	X-Size	27
Info Bubble		Zip files	
also		expanding	4