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**Christina T. Loguidice**  
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*American Fitness Training of Athletics  
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***Wii™ Fitness***  
FOR  
**DUMMIES®**

**by Christina T. Loguidice**

**Bill Loguidice**

American Fitness Training of Athletics (AFTA)  
Certified Personal Trainers



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In addition to her background in STM publishing and being well-versed in the latest cutting-edge medical research, Christina is an American Fitness Training of Athletics (AFTA) Certified Personal Trainer and a Black Belt in Tae Kwon Do. She has been a fitness enthusiast for more than 10 years.

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As a top videogame and computer historian and collector, Bill personally owns and maintains more than 350 different systems from the 1970s to the present day, including a large volume of associated software, accessories, and literature. It is from these great resources and his passion for the topic that Bill is often called upon to provide subject matter expertise to both public and private media interests, including the *Las Vegas Review-Journal* and the *Orlando Sentinel*. He is also coauthor of the book *Vintage Games: An Insider Look at the History of Grand Theft Auto, Super Mario and the Most Influential Videogames of All Time* and a writer and producer for an upcoming feature-film videogame documentary from Lux Digital Pictures.

In addition to his impressive credentials in technology, Bill is an American Fitness Training of Athletics (AFTA) Certified Personal Trainer. He has been a dedicated fitness enthusiast for more than 20 years and is uniquely positioned to combine the benefits of a healthy lifestyle with videogames.



## *Dedication*

Christina Torster Loguidice: I dedicate this book to my husband, Bill. Few people get to work on a project of this scope with their best friend, and I truly feel blessed to have this opportunity. I also dedicate this book to our girls, Amelie and Olivia, who fill our lives with unimaginable love and ensure that there is never a dull moment. Finally, I dedicate this book to my parents, Ulla and Wolfgang, and my sister, Brigitta, who have always believed in me and been my cheerleaders.

Bill Loguidice: I would like to dedicate this book to my family, including my amazing wife, Christina, my beautiful daughters, Amelie and Olivia, and of course my parents, Jody and Bill, and sister, Alicia, whose enthusiastic support for my work is always appreciated.

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# Introduction

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**E**xercise and gaming — who thought the twain would ever meet? At least not until *Wii Fit* came along. Sure, there were other fitness titles on other platforms prior to the Wii, but Nintendo’s console really helped bring the genre mainstream. Why is this? Well, for the first time, there was a way to accurately track even subtle body movements and provide feedback in real time. *Wii Fit* was engaging, giving you the sense that a personal trainer was right there with you, and you weren’t just haphazardly mimicking actions observed onscreen while a lifeless automaton cycled through the same repertoire of encouragement.

Certainly, as with all things, there are skeptics. Some may even smirk upon seeing a “videogame” book categorized as a fitness title, but those folks likely never gave “exergaming” a try or are hardcore fitness enthusiasts who spend hours pumping iron or putting the treadmill to its paces at the gym. There is certainly nothing wrong with that, unless taken to the extreme, but even if we wanted to, most of us simply don’t have the time or resources to devote to that type of lifestyle. For us, exergames can be a great and fun way to make regular physical activity a part of our lifestyle, rain or shine.

We concede that some fitness titles are certainly better than others at yielding results and offering guidance and feedback, but we believe if you try any of the games covered in this *For Dummies* book—*Wii Fit Plus*, *EA Sports Active: Personal Trainer*, *Jillian Michaels Fitness Ultimatum 2010* — you will feel like you are doing your body good (be sure to turn to Chapter 14 to get a glimpse of even more games). Time is exceptionally precious in this harried world, and our goal is to help you make the most of the time you devote to these Wii fitness titles.

## *Conventions Used in This Book*

Our objective is to help you get away from some of your conventions of daily living — those things that you do day in and day out — by helping you incorporate Wii fitness in your life. To facilitate this, we use *conventions* throughout this book. Although it seems ironic using conventions to get away from conventions, consistency is important when it comes to writing, especially when the objective is to provide an instructional guide.

To lead you on your Wii fitness journey, we always refer to exercises the way that the manufacturer does, even if its title seems a little off. For instance, we cover *Tricep Extension* and *Jumping Jack* in Chapters 3 and 11, respectively, even though these are more commonly referred to as *Triceps Extensions* and *Jumping Jacks*. This allows you to easily identify the exercises covered in the software in this book.

Whenever any of the equipment is mentioned, such as the Balance Board, Wii Remote, Leg Strap, and Resistance Band, these items are capitalized. This allows you to more readily identify any necessary equipment when skimming sections of the book.

We also use the word *click* quite a bit throughout, such as *click the A button* or *click the Next button*. The Wii Remote functions much like a computer mouse and the word *click* best describes the required action. Last, whenever we provide you with URLs for Websites, these appear in monospace font, ensuring they stand out. After all, these URLs are important to help you troubleshoot any issues with your equipment or to expand on the software's offering, allowing you to boost your Wii fitness potential.

## *Why You Need This Book*

In discussing *Wii Fitness For Dummies* with family, friends, and other individuals, some questioned, "Do you really need a book for that?" If you are reading this section, you are no doubt wondering this yourself. After all, these games generally have easy-to-navigate interfaces and do a great job of guiding you through each activity by demonstrating movements and providing feedback, making a *For Dummies* book seem superfluous. Although this book does provide you with a reinforcement of what the games already do well, its scope goes well beyond that.

Contained within these lovingly crafted pages, you also find tips on optimally performing the activities and navigating menus, suggestions for alternatives or variations on the exercises, additional routines, and countless useful figures and tables for quick reference. We also delve into exercise theory and physiology, dispelling common myths and noting how these activities can benefit your body. Most of the activities offered in each of the titles we cover, namely *Wii Fit Plus*, *EA Sports Active: Personal Trainer*, and *Jillian Michaels Fitness Ultimatum 2010*, are common exercises. Our goal is to give you a solid understanding of how to perform these activities so that you are confident in your ability to perform the exercises even without the guidance of your Wii.



---

## *How to Use This Book*

Unlike works of fiction or other narratives, this book does not have to be read in a linear fashion or in totality for that matter. Each section stands alone, and some parts may be more useful to you than others because this book covers three distinct fitness titles, some of which you may not own. Identifying the parts that are most relevant to you is a breeze thanks to the *For Dummies* style. Each chapter contains many subsections, each of which is outlined in the book's comprehensive table of contents, and every chapter features an "In This Chapter" introduction, which includes a bulleted list of the chapter's scope. With this setup, you are never left wondering what's covered. If you still can't find what you're looking for, turn to the index, where you can search for a topic alphabetically instead.

As for more specific uses, if you have just purchased one of the titles covered in this book, consider going through the part of the book devoted to that title before popping the program into your console. If you don't have time to read that entire section, at least glance at the Getting Started chapter for that program, which will give you a good sense of what to expect from the game and allow you to make the most of the program from the very beginning. For example, when playing *EA Sports Active: Personal Trainer*, you may be tempted to use a Guest Pass the first time you play, but if you read Chapter 7, you find out why it makes sense to establish a fitness profile from the get-go.

You can also use this book to get a quick overview of an exercise. Although you will want to watch any tutorial videos before performing an activity for the first time, you may not want to watch them subsequently. You can use this book to get a quick overview of an activity before performing it; for instance, if you forgot an arm or foot placement.

Finally, having three fitness titles outlined in one book allows you to easily compare activities and capabilities between the different games. This can be handy if you own multiple titles, as it can facilitate deciding which game you want to work out with at any given time. It can also help you decide whether to purchase one of the games you don't yet own. So dig in, digest, and enjoy.

## *Foolish Assumptions*

Whether your exercise bike is collecting dust or you are already a fitness enthusiast, we assume that you bought this book because you are looking to incorporate Wii fitness in your life. Our goal is to help you achieve this, no

matter how much or how little guidance you need. For Wii or exercise novices, there is support throughout this book on navigating the software and performing the exercises. On the other hand, for those more experienced in either area, there are countless tips, scoring and gameplay information, exercise variations, and other fitness and Wii tidbits that may help enhance the Wii fitness experience.

Although some of the activities in the book do not require a Wii Balance Board, and many of the activities in each of the three software titles covered here — *Wii Fit Plus*, *EA Sports Active: Personal Trainer*, and *Jillian Michaels Fitness Ultimatum 2010* — could be performed even without a Wii, we assume you either own a Balance Board or are looking to invest in one, as it greatly expands your Wii fitness options.

## *How This Book Is Organized*

This book is divided into four parts; the first three cover a popular fitness title for the Wii. The fourth is the Part of Tens, a staple of *For Dummies* books; it provides an overview of fitness accessories and other exercise titles available for the Wii. Each part consists of several chapters, all of which have multiple subsections. To find the information you need, you can simply skim chapters, refer to the table of contents, or peruse the index. Of course for maximum benefit, you can also read chapters in their entirety, which we hope you will.

### *Part I: Wii Fit Plus*

Part I consists of six chapters. Chapter 1 provides you with an overview of *Wii Fit Plus*, including everything you need to know to get started, such as familiarizing yourself with the Balance Board and navigating the menus. Chapter 2 details the series of body tests that you will be asked to perform to establish a baseline and monitor your fitness progress. The remainder cover each exercise category offered by *Wii Fit Plus*, including yoga, balance games, strength training, and aerobics.

### *Part II: EA Sports Active: Personal Trainer*

Part II, which starts with Chapter 7, gives you the information you need to get started. It examines the equipment that comes with this title, including the Resistance Band and the Leg Strap, and covers how to navigate the menu,

establish your fitness profile, use the fitness journal, and more. Chapter 8 covers the available exercises, which are broken out by upper body, lower body, cardio, and sports activities. The last chapter covers the routines, from selecting preset to customizing your own; we even give you a few specialized routines that you can try.

## ***Part III: Jillian Michaels Fitness Ultimatum 2010***

Some may wonder why we decided to include this title in the book, especially since its predecessor, *Jillian Michaels Fitness Ultimatum 2009*, received rather poor reviews overall. Certainly this game is not of the same caliber as *Wii Fit Plus* or *EA Sports Active: Personal Trainer*, but it offers a unique approach to working out with its less traditional exercises and more ballistic activities, such as swing kicks and water pump. Part III starts with an overview of this title, including navigating the menus, creating your character, enrolling in the Hell-week style boot camp, and tracking your stats. The second chapter in this section reviews the training options and discusses how to determine your regimen based on your objectives. The final chapter provides an overview of all the exercises.

## ***Part IV: The Part of Tens***

Part IV includes two chapters. The first, Chapter 13, gives an overview of the fitness and other accessories that you may want to consider to enhance your workouts, covering everything from exercise mats to wireless Nunchuks. Chapter 14 offers a glimpse of ten other fitness titles for the Wii that you may want to consider adding to your Wii fitness library.

## ***Icons Used in This Book***

In the left-hand margins of this book, you notice one or more icons, each of which has a distinct purpose and is vying for your attention. The three icons used are as follows:



As the name implies, this icon draws attention to information that you can make use of. It generally involves an action item, such as how to perform an activity or an alternate technique you can consider.



This icon signifies tidbits we want you to keep in mind. Some of this stuff you may already know, but because there is no way to tell, repeat we must. Besides, isn't repetition one of the keys to memory?



This icon signifies cautionary items. It highlights an action that can result in injury or an unintended consequence when making certain menu selections.

## *Where to Go from Here*

We hope you go home with this book and absorb it all, but in all seriousness, where you go from here is entirely up to you. You can read it cover to cover or take a look at the table of contents, index, or just flip through the book to find areas that interest you.

Regardless of where you go, we hope that this book will serve as a useful guide in helping you achieve your fitness goals. If we've neglected to cover something or you have any questions or comments you'd like to make, we'd love to hear from you. Feel free to e-mail us at [wiifitness@armchairarcade.com](mailto:wiifitness@armchairarcade.com).

Thank you for reading.

# Part I

# Wii Fit Plus

## The 5<sup>th</sup> Wave

By Rich Tennant



## *In this part . . .*

**W**elcome to a life of improved health and well-being with Wii fitness! This part of the book details Nintendo's insanely popular *Wii Fit Plus* and many of the core exercise concepts that translate to the other Wii fitness games and working out in general. Here you are introduced to the *Wii Fit Plus* software and the revolutionary Balance Board accessory. You also learn about your center of balance, body mass index, and the other important health information gleaned from *Wii Fit Plus*'s various fitness tests. Next, you dig into the yoga and strength training exercises, and then proceed to the section on My Fit Plus, where you gain important knowledge about calories, exercise routines, and more. Then, you learn how to get your heart pumping by jumping into aerobics. This section concludes with an overview of the Training Plus and balance games, which are both fun and challenging.

# Chapter 1

## Getting Started

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### *In This Chapter*

- ▶ Getting acquainted with *Wii Fit Plus*
  - ▶ Preparing your Mii
  - ▶ Using the Balance Board and other controls
  - ▶ Navigating the *Wii Fit Plus* software
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**A**fter you make the decision to incorporate *Wii Fit Plus* into your healthy lifestyle, the first step is to set up the system. Unlike most games, setting up *Wii Fit Plus* is a multistep process befitting its unique combination of sophisticated hardware and software. This chapter helps to make this process a breeze so that you can get down to the serious — yet surprisingly fun — business of working out.

In this chapter, you find out how to set up *Wii Fit Plus* to work with your Wii console. You also discover how to activate your Balance Board, prepare your Mii for the activities ahead, and establish your baseline physical fitness level. We go over what the Balance Board can and can't do, how the Wii Remote and Nunchuk are used, and how to navigate around the many *Wii Fit Plus* menus.

## *Introducing Wii Fit Plus*

One of the major reasons the Wii Fit phenomena has been so strong is because it relies on a unique bundled peripheral called the Balance Board. This innovative wireless controller has become the face of the Wii fitness revolution, adding a new dimension of interactivity far beyond what is possible with just the Wii Remote and Nunchuk.

Although the original Wii Fit features over 40 strength training, aerobics, yoga, and balance activities, the exercise experience is unstructured and mostly solitary. Although not a radical change, *Wii Fit Plus* adds over 20 more activities, provides preset routines and customizable workouts, has a

Metabolic Equivalent of Task (MET) calculator that tracks calories burned based on how much exertion is required to perform a movement, and offers far more robust multiplayer support, making this updated version a worthwhile investment for old and new Wii fitness enthusiasts alike.

## What's in the Box

*Wii Fit Plus* comes in two flavors: a box set with the *Wii Fit Plus* software and the Balance Board, or, for those who already own the original Wii Fit, just the *Wii Fit Plus* software.

Inside the oversized *Wii Fit Plus* box, shown in Figure 1-1, you find the following:

- ✔ **Wii Balance Board:** The plastic Balance Board is a flat, rounded, rectangular platform that can support a standing weight of up to 330 pounds. Through four Balance Sensors located on the bottom of the board, both weight (pressure) and balance can be measured. The board is battery operated and communicates wirelessly with the Wii console via Bluetooth, just like your Wii Remote.
- ✔ **Wii Fit Plus software:** Like most other Wii software, the *Wii Fit Plus* program comes in a plastic snap case that contains the *Wii Fit Plus* game disc, instruction booklet, registration information, and marketing material.
- ✔ **Wii Balance Board foot extensions:** If you plan to use the Balance Board on a thick carpet, one extension can be placed on each of the four balance sensors to provide sufficient clearance under the bottom of the platform to ensure proper measurements.
- ✔ **Wii Balance Board Operations Manual:** An instruction manual specific to the Balance Board hardware. A portion of this information is repeated in the *Wii Fit Plus* instruction booklet.
- ✔ **AA batteries:** For the Wii Balance Board to function, the four included batteries or suitable replacements must be placed in the well under the battery cover on the bottom of the board. Quality AA batteries can last approximately 60 hours.

Carefully remove these items from the box and discard the packing materials properly. You may wish to save the *Wii Fit Plus* box for future storage or transportation of the Balance Board, particularly because it features a convenient carrying handle.





**Figure 1-1:**  
The front  
of the full  
*Wii Fit Plus*  
bundle.

## *Hooking Up the Components*

At this point we assume you already have your Nintendo Wii set up and working, and at least one Mii stored on your console. If not, refer to the Wii Operations Manual that came with your console or, for additional detail, *Wii For Dummies* by Kyle Orland (Wiley Publishing). As for *Wii Fit Plus*, follow these setup steps after inserting your disc and starting the game, and you can be on your way to fitness and fun in no time flat:

- 1. Press A on your Wii Remote after you are comfortable with the Wii Remote Strap Usage screen instructions or simply wait to automatically proceed.**

If this is your first time playing *Wii Fit Plus*, you will have to create and save data and synchronize the Balance Board.

- 2. On the *Wii Fit Plus* save-data creation screen, press A on the Wii Remote.**

If you are upgrading from *Wii Fit*, *Wii Fit Plus* makes use of your previous data. After the save data has been created, a confirmation screen appears. Press A again. If you already have *Wii Fit* data, you are taken on a brief tour of *Wii Fit Plus*'s new features, and you can either skip ahead to the “Incorporating the Wii Remote and Nunchuk” section of this chapter, if you want a refresher on controller functionality, or go straight to the “Navigating the *Wii Fit Plus* Menus” section. Otherwise, you’ll be prompted to sync the Balance Board to the Wii.

- 3. Remove the battery cover on the bottom of the Balance Board and insert the four AA batteries if you have not done so already. Then press the small red SYNC. button, as shown in Figure 1-2.**

The blue power light on the Balance Board should now be flashing.



**Figure 1-2:**  
The Balance Board with the battery cover removed.

- 4. Open the SD Card slot cover on the front of the Wii console next to the system disc slot. While the blue power light on the Balance Board is still flashing, press the red SYNC. button on the Wii console, as shown in Figure 1-3.**

The power light on the Balance Board stops blinking and remains lit after the synchronization is complete.



**Figure 1-3:**  
The open  
SD Card slot  
cover on the  
front of the  
Wii console.



Do not press and hold the rectangular SYNC button on the Wii console for more than ten seconds; otherwise, all synchronization information for all your Wii Remotes will be deleted and you'll need to resynchronize them per the instructions in the Wii Operations Manual.

**5. Close the SD Card slot and Balance Board battery cover. Return the Balance Board to its upright position.**



Only one Balance Board can be registered to a single Wii console at any one time. Any new Balance Board synchronization will overwrite the current registration information. Because the Balance Board uses the Player 4 connection, any board-compatible software is limited to a maximum of a single board and three other controllers.

If all steps were followed correctly, the virtual Wii Balance Board greets you and serves as your animated anthropomorphic tour guide when you're playing *Wii Fit Plus*.

After a brief intro, you are asked to verify your console's date and time. If the settings are correct, use your remote to select Correct; otherwise choose Incorrect and make the necessary adjustments.