

# Les Mills Immersive Fitness

USER MANUAL – PLAYER 2019 V1.0

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## 1. Welcome

Your Les Mills Immersive System has been delivered and your studio is ready to go.

Note: The system may only be used to play the Les Mills IMMERSIVE FITNESS content and one external source for other Les Mills products. It has no user serviceable parts. In case of any issue please contact your AV supplier.

Note: Some screen images may differ between installations where the Les Mills Immersive System has been customized for specific studio requirements.

### 1.1 Terminology

Your system consists of a few standardized parts which are working together delivering a cinema-like experience.

#### **LMP**

Les Mills - Player. This is the main software which plays the movies and talks to all components. This Software is running exclusively on a Mac. No user interaction is needed for normal operation.

#### **LMR**

Les Mills - Remote. This is the application running on the iPad. All user interaction is made on this device.

#### **MTX**

Yamaha MTX Audio Matrix. This device is routing and mixing all audio sources to your speaker system. Like an audio mixer without buttons and faders.

#### **Screen**

Your system consists of one to five video projections. The whole projected surface is the screen.

#### **Holding Loop**

This screensaver video is always playing if there is no movie loaded.

Note: Only when the Immersive Mode is active.

## 2. Les Mills Player

The LMP is the core service of the system and is running on a special configured Mac Mini. It is not permitted to use the Mac Mini for other purposes in parallel. We can only guarantee a stable workflow of the system, in case the system is not abused. Please note that the system is writing logfiles.

### 2.1 Power up the system

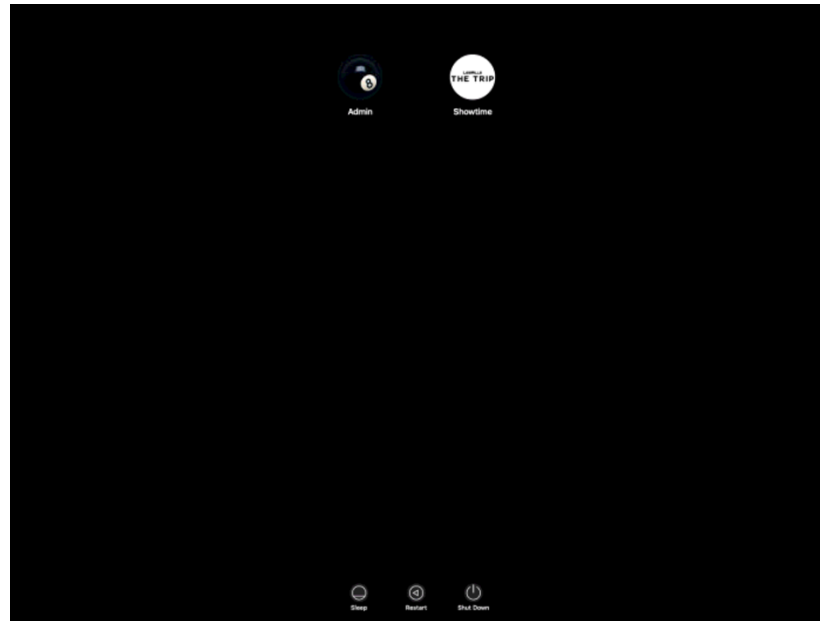
a. The system will start up and you will be presented with the Mac login screen.

b. Check that all projectors display correctly (i.e. projectors that have a blue picture are not correct).

Do not log in unless all projectors display correctly. Projection display issues need to be resolved at the login stage

c. Choose the user account you want to log into. For standard LMP operation choose **Showtime**:

a. Use the keyboard and press **s** and then **enter**



The LMP will automatically start.

**From this point on, standard operation is performed via the iPad LMR.**

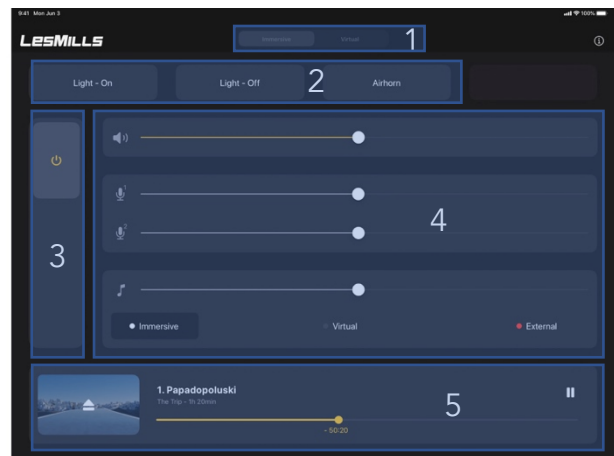
### 3. Les Mills Remote

The LMR is the software running on your iPad to control the system. This means projectors, audio and the LMP will be controlled by just one device, to allow the user to have access to every feature not touching any other components, except the iPad. The system is designed to be integrated into other room control systems, like Crestron, or AMX by having the opportunity to design customized buttons or load a web interface. The iPad is made to work exclusively for the system, so usage of other functions is permitted and will lead into a loss of warranty.

#### 3.1 The Interface

The interface is made as a one-page design, to ensure a simple use to all key feature, without the need to swap to different pages.

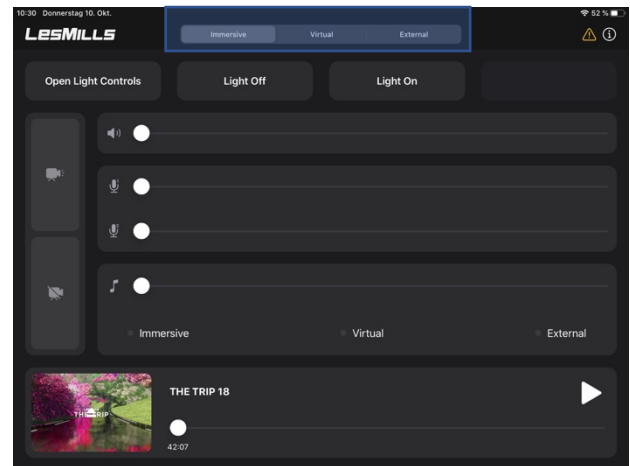
- 1 – Switch between Immersive / Virtual
- 2 – Custom Buttons
- 3 – Projectors On/Off
- 4 – Audio Control
- 5 – Movie Control



### 3.1.1 Switch between Immersive / Virtual / Music only

The system allows you to implement LesMills Virtual and an audio only mode as additional scenarios. Please contact CWP to provide a tailored configuration for your studio. Its also possible to configure an automated switch to Virtual when The Trip is idle for a certain time.

We strongly recommend that the first step is always to select a category at the very top, tapping on it. This will reload a defined state of the system. Audio and video will be switched to the right source. If the right scenario is set already, tap it again to reload its pre-set state.

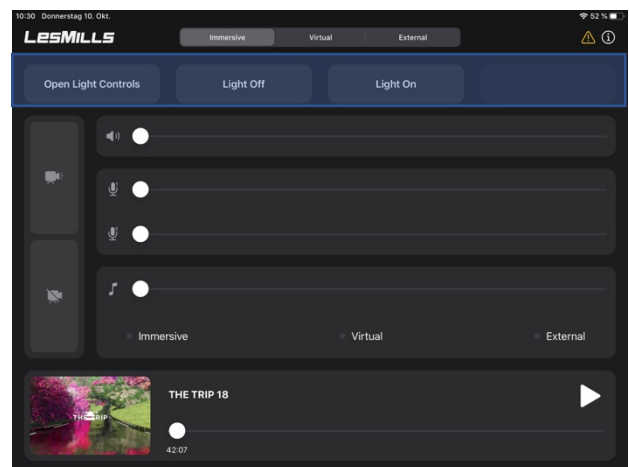


### 3.1.2 Custom Buttons

Custom buttons allow you to have 3<sup>rd</sup> party systems, like AMX or Crestron controlling the light, or other customizable features and being integrated into the Remote app. This allows you, to be able to have one single point of control, even for features which are not directly belonging to the core system. Also implementing a web interface for 3<sup>rd</sup> party systems is possible.

Up to 6 buttons are possible. The possibilities are always to be negotiate with the local supplier, who is responsible for the executing of the backend programming.

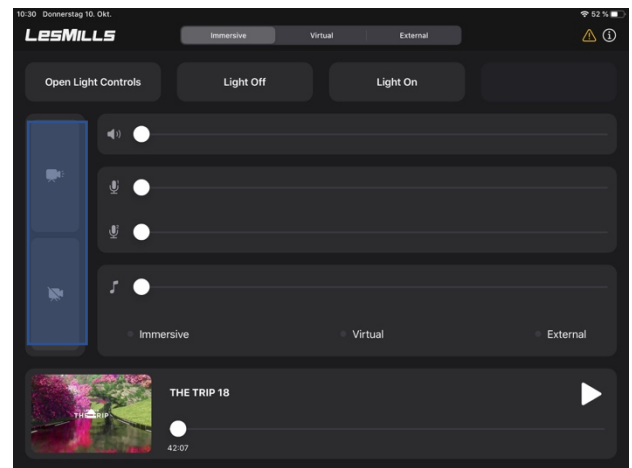
Please note that the iPad remote only has the opportunity to send commands, not to replace a room control system.



### 3.1.3 Projectors On/Off

This function allows you to switch projectors on and off. We strongly recommend to not leave the projectors running when it is not mandatory (e.g. at closing time of your facility). Projector laser units have a limited lifetime and need to be replaced after 20,000 hours of runtime (numbers will be supplied by the manufacturer and may differ).

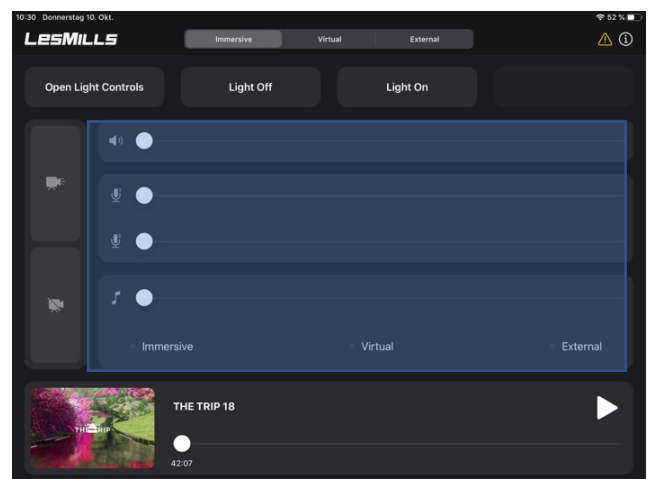
Simply tap the button at the top to turn the projectors on. After operation tap the lower button to turn them off.



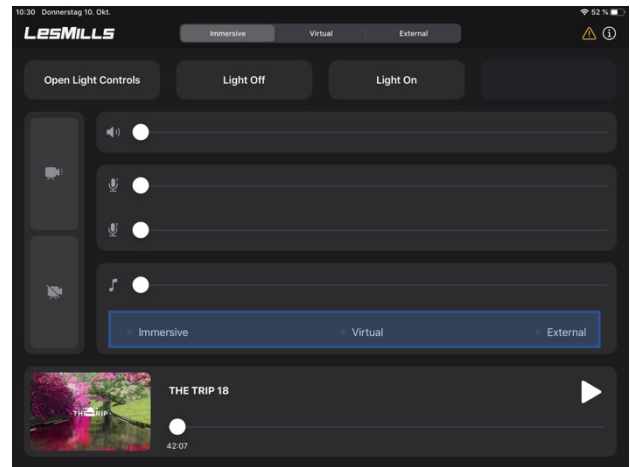
### 3.1.4 Audio Control

Audio control of microphones was never as easy as it is now. The user has all needed volume adjustments on the main interface of the iPad. The user is able to touch both microphones separately and also the volume of the player systems / external devices, like an iPhone.

Simply use the slider and drag it to the right, to increase the volume, or swipe it to the left, to decrease the volume.



To change the source, when you want to use your phone or another player for music, just click on the “External” button. Same applies for the virtual player as the input sound source.

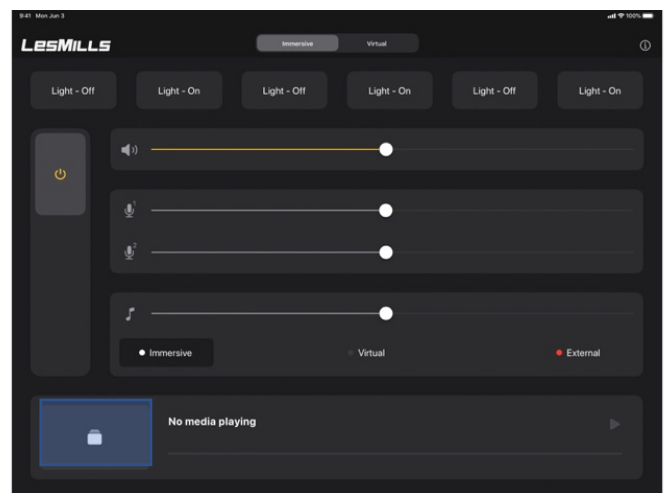


Please note: Use the switch source button (refer to 3.1.1 Switch between Immersive / Virtual) also switches sound sources automatically, so there is no need to switch sound sources in that case.

### 3.1.5 Movie Control

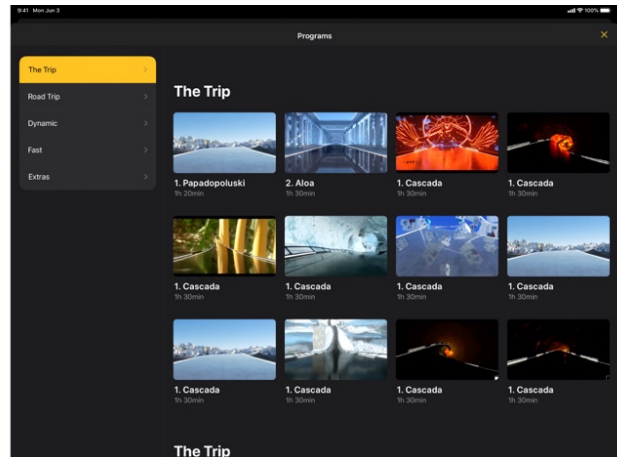
Choosing the right Trip Movie is very convenient. Below you find step by step, how to choose a movie, play it and even eject it, when you are finished.

At first, just press the button, which is located on the bottom left

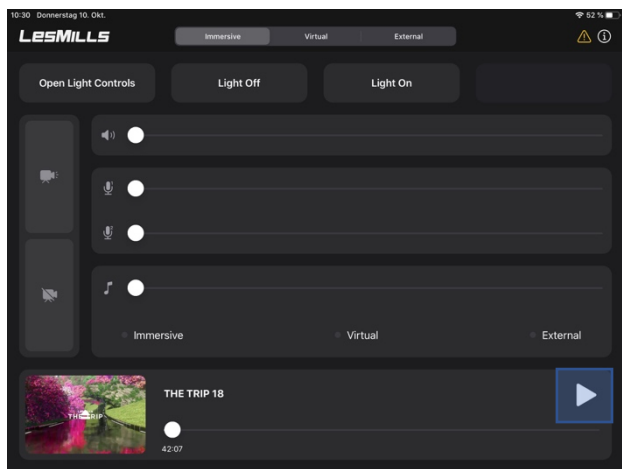




You will be directed to the movie library. On the left side you can quickly jump to different topics, such as The Trip movies or still images. Select and simply tap the icon of the movie you want to play.

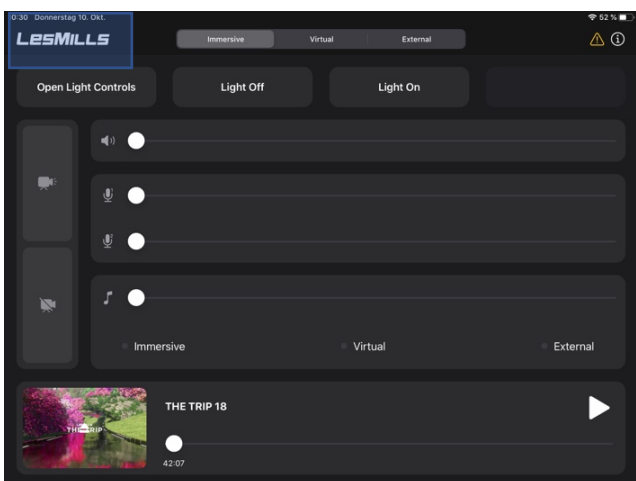


The movie is loaded into the player area at the bottom. Just press play at the right side to start. Pausing the movie is also possible. Drag the dot through the timeline to jump at any position within the movie. Ejecting a movie works on the same button as loading. You need to confirm "Eject video" to avoid accidental interruption of a training.



### 3.1.6 Additional Information

On the left of the home screen is a reconnect button. This button is used to reload the current status of the player and the audio from the system.



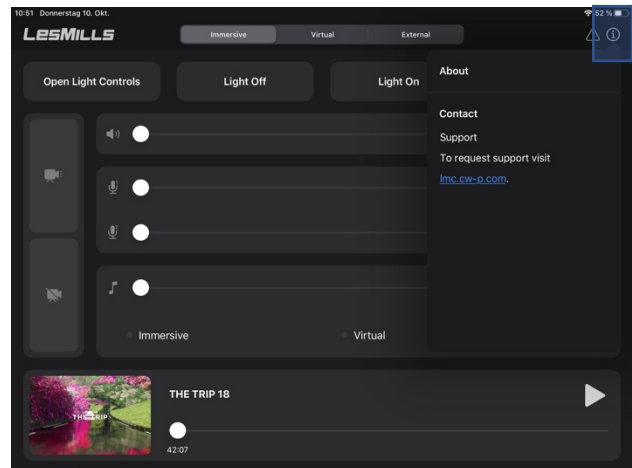
This might be useful if you have the feeling, some of your adjustments are not executed by the player.

## 4. Support

If you ever need support, you can tap at the implemented information sign on the upper right corner. The link under the Support tab leads you to our online portal with all information regarding the system.

You can also send a helpdesk ticket from there.

Support may be charged by CWP.



Please keep in mind: You have a service agreement with your local supplier. They did the technical execution of the system and are therefore responsible for any hardware warranty issues.