R i p T i m e !

Update Manual
(Version 3.0)

R i p t i m e !
Update Manual for Version 3.0

<u>**What's New**</u>

The following changes appear in Version 3.0:

- Added the ability to perform up to six sets per exercise.

- Four-set version included, which adds an additional tab on the RipTime! form to accommodate the fourth set.

- Summary tab in RipTime! has been renamed "Main".

- Log tab in RipTime! Exercises has been renamed "Track".

- Favorite and Hide checkboxes have been added to the former Log tab in RipTime! Exercises.

- Filters in RipTime! Exercises have been modified to exclude hidden exercises.

- Favorites Filter has been added to RipTime! Exercises.

- Hide Filter has been added to RipTime! Exercises.

- Favorites Category has been added to RipTime! Exercises.

- Medicine Ball Category has been changed to Medicine/Core Ball Category in RipTime! Exercises.

- 86 exercises have been added to RipTime! Exercises.

In addition, changes have been made to the User's Manual to accommodate these changes and to make certain minor corrections and clarifications.

<u>**Updating to Version 3.0**</u>

If you do not care about retaining any data you have already recorded in RipTime! or RipTime! Exercises, you can update simply by deleting your current versions of RipTime! and RipTime! Exercises and installing version 3.0 of each. If you are upgrading from version 2.0 or 1.3, you can also install just RipTime! v.3.0 or RipTime Exercises! v.3.0. Both are compatible with version 2.0 and 1.3 of RipTime! and RipTime! Exercises. <u>Because of changes in the links between RipTime! and RipTime! Exercises that occurred in version 1.3, you cannot update from version 1.2 or earlier without updating both.</u>

If you want to retain your data in RipTime! do not install Version 3.0. Instead, follow these instructions:

Adding the Ability to Perform Up to Six Sets

In order to increase the number of sets for an exercise that can be recorded in RipTime!, you need to create up to an additional eight fields and modify one field. Go into the Field Editor in RipTime! (found under the tools menu or by the tool icon) and add Wt4, Reps4, Wt5, Reps5, Wt6 and Reps6, setting each as an integer. You will also need to add Sets1 and Sets2 fields, setting each as advanced expressions and using the following formulae:
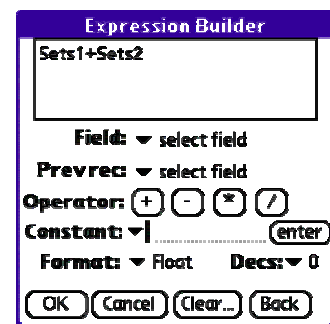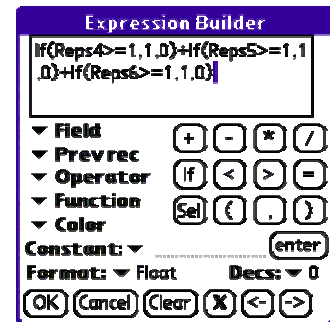
Sets1 should read:
If(Reps1>=1,1,0)+If(Reps2>=1,1,0)+If(Reps3>=1,1,0)

Sets2 should read:
If(Reps4>=1,1,0)+If(Reps5>=1,1,0)+If(Reps6>=1,1,0)

Note that at this point Sets1 is identical to Sets. Sets should be changed to an expression or can be kept as an advanced expression and should read: Sets1+Sets2

Adding Set Tabs

Once you have made the foregoing additions and changes to the fields, you should go into the Form Designer in RipTime! and add set tabs. Simply select the number of tabs that you will need (the number of sets plus two) using the drop-down menu at the bottom center of the form. You will want to add WtX to the first line and RepsX to the second line, where X represents the set number that corresponds to the tab. By tapping on the label that now says "WtX" or "RepsX", you can change the label to "Weight" and "Reps". Finally, use the rename feature at the top of the tabs drop-down list to rename the tab. If you want the Notes tab to appear at the end you will need to re-enter the Notes tab at the new location and enter the Set information on the old Notes tab.
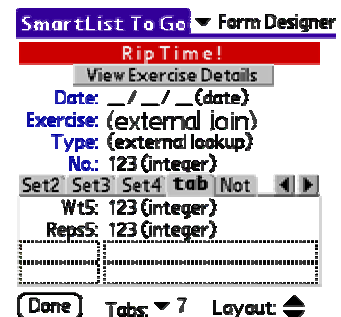
Renaming Set Tabs

The Summary tab in RipTime! has been renamed to the shorter name "Main" in order to allow you to see more of the tabs. If you are showing five or six sets, you may want to rename the tabs from SetX to something shorter like SX or X (where X equals the set number). If you use just the number, you may want to put a space on either side in order to keep the tab wide enough for your stylus.

Adding the Favorite and Hide Fields to RipTime! Exercises

Go into the Field Editor in RipTime! Exercises (found under the Tools menu or through the Tools icon) and add fields called "Favorite" and "Hide" and make each a checkbox.

Modifying RipTime! Exercises Log Tab

Modifications to the RipTime! Exercises Log tab are made through the Form Designer (found under the Tools menu or through the Tools icon). Using the tab drop-down menu at the bottom of the Form Designer, rename the Log tab in RipTime! Exercises to "Track". Add the Favorite and Hide checkboxes under the Exercise Log button. You will probably want to move the Exercise Log button to accommodate the checkboxes.

Modifying RipTime! Exercises Filters to Exclude Hidden Exercises

Modify existing filters in RipTime! Exercises by going into the Edit Filters function at the bottom of the filters drop-down list or in Design Filters under the Tools menu and add the following:

Select "AND" from the first drop-down box in the middle of the page. In the second box that appears, select hide from the drop-down menu on the first line, select < > from the first drop-down menu on the second line and select the checkbox from the second drop-down menu on the second line.
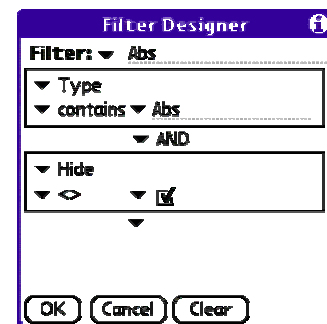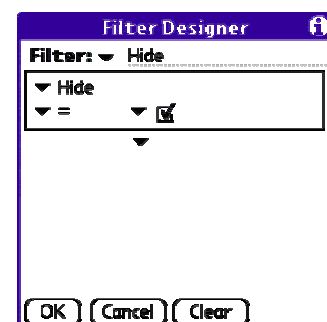
Adding the Favorites Filter

Using the Edit Filters function (found at the bottom of the Filters drop-down menu) or the Design Filters function found at the Tools menu in RipTime! Exercises, add the Favorites filter by renaming Filter 10 to Favorites. In the drop-down menu on the first line, select Favorite. In the first drop-down menu on the second line, select =, and on the second drop-down menu on the second line, select checkbox.

Adding the Hide Filter

Using the Edit Filters function (found at the bottom of the Filters drop-down menu) or the Design Filters function found at the Tools menu in RipTime! Exercises, add the Hide filter by renaming Filter 11 to Hide. In the drop-down menu on the first line, select Hide. In the first drop-down menu on the second line, select =, and on the second drop-down menu on the second line, select checkbox.

Adding the Favorites Category

To add the Favorites category in RipTime! Exercises, go into Edit Categories (found at the bottom of the Categories drop-down menu), select Add and insert "Favorites in the blank next to "Item". Select OK.

Renaming Medicine Ball Category

The Medicine Ball category has been renamed to Medicine/Core Ball because of the increasing use of medicine balls with handles. To make the change, go into Edit Categories (found at the bottom of the Categories drop-down menu), select "Medicine Ball" and then select Edit. Change the name and select OK.

Further Information

For more information, consult the RipTime! User's Manual. Questions or comments about RipTime! may be directed to RipTimeDB@hotmail.com.