

# CHALLENGE DISC USB – Readme

MFT - Bodyteamwork®

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## 1 ABOUT YOUR CHALLENGE DISC

If you train with your Challenge Disc on a regular basis, you will achieve many benefits. The application or app accompanying the disc, will support you in doing so!

### Makes you more effective in sports and at work

Well-coordinated muscles move more precisely, helping to avoid unnecessary energy expenditure. As a result, you can improve and subsequently implement strength, endurance, mobility and speed in a better way. Body Teamwork® also increases performance in sports such as: running, golf, Nordic Walking, hiking, ball sports, cross-country and downhill skiing and well as in fitness training.

### Strengthens your back and keeps your joints healthy

Deep-set muscles, not affected by traditional modes of training are strengthened, helping to protect the spine. Your posture will improve. Body Teamwork® also strengthens those small muscles which surround and protect the joints. This prevents strains and eventual joint problems. Improved reaction/response-time to occasional awkward movements reduces the risk of sports injuries and the risk of falling in old age.

### Ensures more concentration and creativity

Body Teamwork® makes you more relaxed, more creative and increases your concentration. This can be greatly beneficial to your work or study habits. Just insert the MFT Disc for short breaks at the office or in the library. You don't even need to change your clothes!

## 2 SYSTEM REQUIREMENTS

Use an USB cable to connect the **Challenge Disc USB** (Product Nr 8005) to your computer, tablet or smartphone.

The following tables list the supported operating systems as well as the minimal system requirements in detail:

### Challenge Disc USB

	Microsoft Windows	Mac OS X	Android
<b>Operating System</b>	Windows 10 Windows 8.1 Windows 8 Windows 7 Windows Vista Windows XP SP3 Windows Server 2008 R2 Windows Server 2008 Windows Server 2003	OS X 10.11 (El Capitan) OS X 10.10 (Yosemite) OS X 10.9 (Mavericks) OS X 10.8 (Mountain Lion) Mac OS X 10.7 (Lion) Mac OS X 10.6 (Snow Leopard) Mac OS X 10.5 (Leopard)	Android 3.1 (Honeycomb) and later
<b>Processor</b>	Intel Pentium III 1GHz, recommended: Pentium 4 2GHz (or faster)	all Intel processors (Core Duo 1.83GHz, or faster)	Any
<b>Memory</b>	512 MB recommended: 1 GB		
<b>USB</b>	USB 2.0 an unused USB port		USB-host support an USB-OTG adapter to connect device ( <a href="#">link</a> )
<b>additionally</b>	internet connection to download the most current version (CD-ROM / DVD-drive for software installation)		internet connection Google Account for installation

## 3 HOW TO INSTALL

### Windows

In Windows software installation will start automatically after you have inserted the installation CD-ROM. Therefore, you just have to follow the instructions of the installation program. At start you will be asked to select a language. This language is only used during the installation process, the application itself will always be multilingual.

You can also choose to install the application manually by starting "**challengeDiscSetup\_<x>.exe**" from the main directory of the installation CD-ROM.

<x> denotes the version number.

### Mac OS X

In Mac OS X you just need to open the supplied **.dmg**-image and drag the application "**Challenge Disc**" into the "**Application**" folder.

## 4 USAGE

The application is structured into four sections:

<b>1. Warm-up</b>	Here you can warm-up before you start your training. At the same time you can get acquainted with the features and the advantages of the Challenge Disc.
<b>2. Self-Check</b>	Before you start training you are asked to do a self-check. After 30 seconds you know the training level which is best suited for you to begin with.
<b>3. Training</b>	During the training you are controlling a green ball. You have to try not to leave the area marked in red by correct balancing of the Challenge Disc. This sound easier as it actually is... You can select from five different levels of difficulty.
<b>4. Games</b>	Here you can select from six different Games. After you completed a game you will be asked to track your results and enter them into a high-score list (the same applies for training mode, too).

In the main menu, click on **i** (small "i", for "information") to inform yourself about the training effects you can achieve with your Challenge Disc.

Besides you can select a language. The application speaks many languages - at the moment 10 different languages are at your disposal to choose from! At program start, the operating system's default user language will be chosen.

To end the software, press the **<ESC>** key.

## 5 HOW TO UNINSTALL

### Windows

Navigate to the menu "Challenge Disc" at the Windows start menu and click on "Uninstall".

### Mac OS X

Remove the program "Challenge Disc" from the "Application" folder.

## 6 TROUBLESHOOTING

Before you attempt to fix a problem, please make sure that you have the latest version of the software installed. It might well be that the error has already been fixed. Here is the [download link](#).

If, however you don't succeed to solve your problem, following the instructions below, [contact us](#).

### 6.1 Windows

```
>> After program start the screen goes blank.
>> The screen stays white or gray.
```

#### error causes / proposed solutions

This is a known but rare problem affecting Adobe Flash programs in full screen mode. The application is partly developed in Flash and is therefore unfortunately affected by this issue, too.

This issue happens due to an incompatibility of Flash with Window's graphics card driver. If you run across this problem with the application, you will encounter the very same behavior with other Flash-based programs, too. Try to watch a [YouTube-video](#) and send it to full screen, for instance.

(1)	Update your graphics card driver. Try running a Windows Update. Maybe there is a newer version for your graphics card driver available, that solves this issue.
(2)	Update your Adobe Flash Player at <a href="http://get.adobe.com/flashplayer">http://get.adobe.com/flashplayer</a>
(3)	You can fix the problem by turning off graphics hardware acceleration for Adobe Flash: <ul style="list-style-type: none"> <li>• run the tool "ScreenFix" which is provided with your installation</li> <li>• (located in the program menu "Challenge Disc" at the Windows start menu)</li> <li>• click on "HW-acceleration"</li> <li>• another window opens</li> <li>• untick the checkmark labeled "Enable hardware acceleration"</li> <li>• confirm by clicking on "Close"</li> </ul>

(4) As a last resort, you can choose to start the application in a window. Therefore, full screen mode will not be used anymore and the problem with the graphics card doesn't occur.

- run the tool "ScreenFix" which is provided with your installation
- (located in the program menu "Challenge Disc" at the Windows start menu)
- the tool displays which screen mode the Application is currently in
- check that it reads "full screen mode"
- click on "window mode"

>> Application is running – but parts of the screen are missing/cut off.

#### error causes / proposed solutions

Recently it has been noted that some notebooks and tablets running under Windows 8 (or 8.1) are affected by this issue. This is because the selected screen resolution exceeds the maximum physical display resolution. Therefore, the image appears to be cut off.

(1) Select an appropriate screen resolution:  
Right mouse click on desktop >> menu item "Screen Resolution"

(2) Alternatively, you can choose to start the application in window mode, allowing you to freely move and scale the window.

- run the tool "ScreenFix" which is provided with your installation  
(located in the program menu "Challenge Disc" at the Windows start menu)
- the tool displays which screen mode the application is currently in
- check that it reads "full screen mode"
- click on "window mode"

>> An error dialog appears: This program needs a missing component "flash.ocx"

#### error causes / proposed solutions

Some Windows variants (e.g. Windows 7 Home Premium 64 Bit) stopped shipping an essential component for the application (**fLash.ocx**). Proceed as following to install this component:

- |            |  |
|------------|--|
| <b>(1)</b> | Install the latest flash plugin for the Internet-Explorer.<br><b>Using Internet Explorer</b> , visit <a href="http://get.adobe.com/flashplayer/">http://get.adobe.com/flashplayer/</a> and select "Install now".   |
| <b>(2)</b> | If you didn't succeed (the application is still reporting that <b>fLash.ocx</b> is missing), you can also copy the missing file yourself: <ul style="list-style-type: none"><li>• Open Windows Explorer and go to the folder with Flash in. On Windows 7 it is usually: <b>C:\Windows\SysWOW64\Macromed\Flash\</b></li><li>• In there is a file called <b>FLash##.ocx</b> - where the <b>##</b> are version numbers -- e.g. it may be called <b>FLash32_11_9_900_117.ocx</b></li><li>• Whatever it is called, copy and then paste into the same folder (you will need administrator rights to do so).</li><li>• This file will be given a name with <b>Copy</b> in it.</li><li>• Rename the copy to <b>fLash.ocx</b></li><li>• Now try again to start the application</li></ul> <p>Here the same procedure is described in detail:<br/><a href="http://lasthussar.wordpress.com/2011/07/11/how-to-solve-missing-flash-ocx-the-simple-way/">http://lasthussar.wordpress.com/2011/07/11/how-to-solve-missing-flash-ocx-the-simple-way/</a></p> |

>> The software hangs after the calibration bar appears.  
>> Nothing happens – there is just a green bar and the word "starting..." on the screen.

#### error causes / proposed solutions

Perhaps the sensor's hardware is defective. Please contact your vendor.

## 6.2 Mac OS X

```
>> "Challenge Disc" can't be opened because it is from an unidentified developer.
```

### error causes / proposed solutions

Don't let yourself be fooled by this message: Due to security concerns it gets increasingly difficult to install software on a Mac that was not obtained from Apple's App-Store. Of course we ensure you that our software does not pose any threat to your computer!

This is how you can start the application nevertheless:

- Keep the <ctrl> key pressed while double clicking on the application's icon.
- The operating systems asks again, if you are sure and what to proceed. Confirm.
- OS X remembers your preference. Thus, from now on, you can start normally.

```
>> Around 2 minutes after starting the application the screen dims.  
>> After around 10 minutes the screen is completely black.
```

### error causes / proposed solutions

This is no error, just the screen safer in operation. If mouse and keyboard are not used (which will most likely be the case while training with the Challenge Disc) the sleep timer runs. Additionally, OS X has a setting to dim the screen before it will be turned off completely.

You can decide when you want your screen to be switched off. Adjust the knob "**Display sleep**" in the menu of **System Preferences >> Energy Saver**.

To disable screen dimming before the screen gets switched off, deselect the check box "**Automatically reduce brightness before display goes to sleep**".

```
>> The software hangs after the calibration bar appears.  
>> Nothing happens - there is just a green bar and the word "starting..." on the screen.
```

### error causes / proposed solutions

Perhaps the sensor's hardware is defective. Please contact your vendor.