

Index

• *Symbols and Numerics* • • *B* •

2-P Run exercise, Wii Fit Plus, 94
30 Day Challenge, EASA:PT, 141–142
30 Day Champion trophy, EASA:PT, 133
50 Strong trophy, EASA:PT, 134

• *A* •

AA batteries, Wii Balance Board, 10
Abs workout, JMFU2010, 224
Active Life games, Namco Bandai, 241
Activity Log, Wii Fit Plus, 42, 43
adjustment strip, Leg Strap, EASA:PT, 128–130
Advanced Step aerobic exercise, Wii Fit Plus, 96
aerobic exercise, Wii Fit Plus
 step risers for, 237
 types of, 89–99
 warm-ups, 28
Aerobics Selector Menu, Wii Fit Plus, 89, 91
age
 and BMI, 32–33
 and target heart rate, 91, 92
Agility Test, Wii Fit Plus, 34
Alternating Bicep Curls exercise, EASA:PT, 146
Alternating Cross Knee Punches exercise,
 EASA:PT, 146–148
Alternating High Knee Reverse Lunges exercise,
 EASA:PT, 157
Alternating Lunges exercise, EASA:PT, 158
Alternating Shoulder Presses exercise, EASA:PT,
 148–149
Alternating Side Lunges exercise, EASA:PT,
 159–160
Alternating Side Lunges with Toe Touches
 exercise, EASA:PT, 160–161
Alternating Standing Knee Crunches exercise,
 EASA:PT, 161–162
Alternating Triceps Kickbacks exercise,
 EASA:PT, 149–150
Arm and Leg Lift exercise, Wii Fit Plus, 64, 71–72
arm bands, 237–238
avatar customization, Fitness Profile, 131–132
Aylio's Resistance Bands Exercise
 Training Set, 237
Back Kick exercise, JMFU2010, 206, 212
Backhand exercise, EASA:PT, 175
Backhand volley exercise, EASA:PT, 175–176
badge, 30 Day Challenge, EASA:PT, 142
Balance Board Check, Wii Fit Plus, 19
Balance Board, Wii
 Center of Balance Test, 31–32
 covers for, 235–236
 creating baseline information with, 14–16
 EA Sports Active: Personal Trainer, settings
 for, 143
 exercises with, 168–169, 172, 174–176, 178,
 214–219
 overview, 9–10
 setup of, 11–13
 step risers for, 237
 weight limitations, 131
 Wii Balance Board Check option, 143
Balance Bridge exercise, Wii Fit Plus, 64, 72
Balance Bubble game, Wii Fit Plus, 113, 118–119
Balance Bubble Plus game, Wii Fit Plus, 103,
 111–112
Balance Games selector menu, Wii Fit Plus,
 101–102
Balance Games, Wii Fit Plus, 101–102, 112–120
Balance Sensors, Wii Fit Plus, 17–18
Balance Test, Basic, Wii Fit Plus, 16
Baseball activity, EASA:PT, 171–172
baseline fitness level, Wii Fit Plus
 body control baseline, 16–17
 Body Mass Index (BMI), 32–33
 Body Test results, 40–44
 center of balance, finding, 30–32
 goals, setting, 40–41
 initial body measurements, 14–16
 Mind and Body Control Tests, 34–39
 overview, 14, 29
 Wii Fit Age, determining, 39
Basic Balance Test, Wii Fit Plus, 16, 35
Basic Run exercise, Wii Fit Plus, 93–94
Basic Run Plus game, Wii Fit Plus, 37, 103, 112
Basic Step aerobic exercise Wii Fit Plus, 95–96

Basketball activity, EASA:PT, 173–174
 batteries, Wii Balance Board, 10, 19, 234–235
 Batting exercise, EASA:PT, 171–172
 Bent Over Rows exercise, EASA:PT, 150–151
 Bent Over Rows with Triceps Kickbacks exercise, EASA:PT, 152
 Bicep Curl with Shoulder Press exercise, EASA:PT, 152–153
 Bicep Curls with Upright Rows exercise, EASA:PT, 153–154
 Bicycle exercise, JMFU2010, 206, 216
 bicycle game, Wii Fit Plus, 104–105
 Big Top Juggling game, Wii Fit Plus, 103, 110
 The Biggest Loser program, THQ, 243
 Bird's-Eye Bull's Eye game, Wii Fit Plus, 103, 106–107
 birth date, 14
 Blocking exercise, EASA:PT, 177
 BMI graph, Wii Fit Plus, 41–42
 Boat Pose exercise, JMFU2010, 206, 214–215
 body control baseline, Wii Fit Plus, 16–17
 body fat. *See* Body Mass Index (BMI), Wii Fit Plus
 Body Mass Index (BMI), Wii Fit Plus, 15, 32–33, 41
 body measurements, Wii Fit Plus, 14–16
 Body Test, Wii Fit Plus, 14, 30–31, 40–44
 body weight. *See* weight, body
 Bonus Time, Rhythm Boxing, 97–98
 Born to Skate trophy, EASA:PT, 134
 box set
 EA Sports Active: Personal Trainer, 124–125
 Wii Fit Plus, 10–11
 Boxing aerobics exercise, Wii Fit Plus, 90, 97–98
 breathing, deep, Wii Fit Plus, 47–48
 Bridge yoga pose, Wii Fit Plus, 50, 59
 Bumping exercise, EASA:PT, 177

• C •

Calendar
 EA Sports Active: Personal Trainer, 139
 Wii Fit Plus, 22–24, 26, 40
 calorie calculations, Wii Fit Plus, 26
 Calories goal, EASA:PT, 139
 cardiovascular exercise, EASA:PT, 167–171, 182–183
 Catching exercise, EASA:PT, 172
 Center of Balance, Wii Fit Plus
 Body Test, 30–31
 Center of Balance Test, 31–32
 measurement of, 15
 overview, 30

Chair yoga pose, Wii Fit Plus, 49, 55
 challenges, virtual trainer, Wii Fit Plus, 75–76
 Checking In trophy, EASA:PT, 133
 Checklist, Fitness Journal, EASA:PT, 136–138
 Circuit Training, JMFU2010, 202, 221–227
 cleaning Wii Balance Board, 18
 Closed Push-Up exercise, JMFU2010, 206, 218–219
 clothing
 gloves, 236
 Leg Strap, using with, 127
 socks, 236
 weight of, 15, 31
 Cobra yoga pose, Wii Fit Plus, 50, 58–59
 Combine Routines menu, Wii Fit Plus, 82–83
 Completionist trophy, EASA:PT, 134
 Connection setting, Wii Remote Settings menu, 20
 controller, wireless. *See* Balance Board, Wii
 cooling down exercises, 28, 219–220
 Create My Workout screen, EASA:PT, 187
 Credits option
 EA Sports Active: Personal Trainer, 142
 Jillian Michael Fitness Ultimatum 2010, 204
 Wii Fit Plus, 21
 Crunch exercise, JMFU2010, 206, 215–216
 CTA Digital WI-BBP Battery Pack, 235
 custom workout, EASA:PT, 182–193

• D •

daily medals, EASA:PT, 138
 Daisy Fuentes Pilates program, Sega, 241–242
 Dance Fever trophy, EASA:PT, 134
 dance game, EASA:PT, 169
 Dance yoga pose, Wii Fit Plus, 50, 57–58
 DanceDanceRevolution program, Konami, 242
 date setting, Wii, 228
 deadline, goal, Wii Fit Plus, 17
 Dear Diary trophy, EASA:PT, 133
 Deep Breathing exercise, Wii Fit Plus, 47–48, 49
 Diet Tips, JMFU2010, 203
 difficulty levels, routine, EASA:PT, 187
 doctor approval, 46
 Downward-Facing Dog yoga pose, Wii Fit Plus, 49, 58
 D-Pad, Wii Remote, 207
 Dreamcatcher Interactive's Yoga program, 244
 Driving Range game, Wii Fit Plus, 103, 105
 Dual Balance Test, Wii Fit Plus, 35–36
 dumbbells, 239
 Dyna-Band resistance bands, 237

• E •

- EA Sports Active: Personal Trainer. *See also*
 - custom workout, EASA:PT
 - cardiovascular exercise, 167–171
 - contents of box set, 124–125
 - Fitness Journal, 136–139
 - Fitness Profile, 130–134
 - Help & Settings menu, navigating, 142–143
 - Leg Strap, adjusting, 127–130
 - lower body exercise, 156–168
 - Main Menu, navigating, 134–135
 - multiplayer support, 143–144
 - overview, 4–5, 123, 145
 - Resistance band, adjusting, 125–127
 - routines, 179–181, 193–195. sports activities, 171–178
 - upper body exercise, 145–156
 - workouts, 139–142
- eco-friendly exercise mat, 234
- Everlast 2lb Dumbbells, 239
- exercise mat, 233–234
- Exercise tab, JMFU2010, 208, 226
- Exercise Tips, JMFU2010, 203
- exercises. *See also* EA Sports Active: Personal Trainer; Jillian Michaels Fitness Ultimatum 2010; Wii Fit Plus
 - choosing for routines, 182–186
 - Favorites menu, Wii Fit Plus, 87
 - My Routine, creating, 84–85
- explosive exercise
 - EA Sports Active: Personal Trainer, 162–164
 - Jillian Michaels Fitness Ultimatum 2010, 205
- extra-thick exercise mat, 234

• F •

- fat, body. *See* Body Mass Index (BMI), Wii Fit Plus
- Feel the Burn trophy, EASA:PT, 134
- Fists of Fitness trophy, EASA:PT, 134
- Fit Bank, Wii Fit Plus, 26, 79–80
- Fit Credits, Wii Fit Plus, 26, 42, 43
- Fitness 101 trophy, EASA:PT, 133
- Fitness Inferno trophy, EASA:PT, 134
- Fitness Journal, EASA:PT
 - Calendar, 139
 - Checklist, 136–138
 - creating, 132
 - daily medals, 138
 - Fitness Profile access from, 139

- goals, setting, 139
- overview, 136
- setting goals, 139
- Fitness Profile, EASA:PT
 - avatar customization, 131–132
 - earning trophies, 133–134
 - editing, 133
 - Fitness Journal, accessing from, 139
 - overview, 130
 - Personal Stats, 130–131
- Fitness Superstar trophy, EASA:PT, 133
- floor yoga poses, Wii Fit Plus. *See* yoga, Wii Fit Plus
- food, calories in, 79
- foot extensions, Wii Balance Board, 10, 18
- foot placement, 31
- footwear, 15
- Forehand exercise, EASA:PT, 176
- Forehand volley exercise, EASA:PT, 176
- Form routine, Wii Fit Plus, 82
- Free Run exercise, Wii Fit Plus, 94
- Free Step aerobic exercise, Wii Fit Plus, 96–97
- Front Shoulder Raises exercise, EASA:PT, 154
- Fuel for The Fire trophy, EASA:PT, 134

• G •

- Gate yoga pose, Wii Fit Plus, 50, 61–62
- Getting Fresh Air trophy, EASA:PT, 133
- gloves, 236
- GOAAAAAL! trophy, EASA:PT, 134
- Goal Achiever trophy, EASA:PT, 134
- Goal Food menu, Wii Fit Plus, 79–80
- goals
 - Calorie Burn Goal, Wii Fit Plus, 78–79
 - EA Sports Active: Personal Trainer, 139
 - Wii Fit Plus, 16–17, 40–41
- Goals screen, EASA:PT, 194, 195
- Go-Getter trophy, EASA:PT, 133
- Going for Gold trophy, EASA:PT, 134
- Gold's Gym Cardio Workout, Ubisoft, 242
- golf game, Wii Fit Plus, 105
- Graph Display Area, Wii Fit Plus, 22, 23, 41–42
- grips, non-slip, 236
- Grounded V yoga pose, Wii Fit Plus, 50, 62–63

• H •

- Half Way There trophy, EASA:PT, 133
- Half-Moon yoga pose, Wii Fit Plus, 49, 51
- hardware. *See specific hardware by name*

Health routine, Wii Fit Plus, 82
 heart rate, target, 91, 92
 Heavy Bag exercise, EASA:PT, 167–168
 height adjustments, BMI, 32–33
 Help & Settings menu, EASA:PT, 135, 142–143
 High Knees exercise, EASA:PT, 170
 high-density lipoprotein (HDL), 167
 Hip Twist exercise, JMFU2010, 206, 210–211
 Home menu, EASA:PT, 135
 Hours goal, EASA:PT, 139
 Hula Hoop aerobics exercise, Wii Fit Plus, 90–91, 98–99

• I •

Icon Wireless Playchuk Pro, 238
 icons used in this book, 5–6
 In-line Skating exercise, EASA:PT, 174–175
 installing Wii Fit Plus Channel, 27
 instruction manual, Wii Balance Board, 10
 Intec Wireless Nunchuk, 238
 intensity level, 30 Day Challenge, EASA:PT, 142
 internal memory, Wii, 27
 Island Cycling game, Wii Fit Plus, 103, 104–105
 Island Hub, JMFU2010, 201–204
 Island Lap Course, Wii Fit Plus, 93
 Island Overview area, JMFU2010, 202

• J •

Jackknife Challenge exercise, Wii Fit Plus, 64, 76
 Jackknife exercise, Wii Fit Plus, 64, 73–74
 Jillian Michaels Fitness Ultimatum 2010
 cooling down exercises, 219–220
 exercise tracking and scoring, 205–207
 Island Hub, navigating, 201–204
 overview, 5, 199–200, 205–220
 registration, 200–201
 routines, 221, 227–229. *See also* Circuit Training, JMFU2010
 single exercise workout area, customizing, 207–208
 Wii Balance Board exercises, 214–219
 Wii Remote exercises, 208–214
 Jillian's Circuits, 222–225
 Jillian's Locker, 203
 Jillian's Pre-Made resolutions, 229
 jogging. *See* running, Wii Fit Plus
 Judgment Test, Wii Fit Plus, 36
 Juggling game, Big Top, Wii Fit Plus, 110

Jump Lunges exercise, EASA:PT, 162–163
 Jump Squats exercise, EASA:PT, 163
 Jumping Jack exercise, JMFU2010, 206, 213

• K •

kick boxing, EASA:PT, 168
 Kick Ups exercise, EASA:PT, 170
 Konami's DanceDanceRevolution program, 242
 Konami's Walk It Out program, 243

• L •

Lateral Shoulder Raises exercise, EASA:PT, 154–155
 latex allergy, 125, 234
 Leg Strap, EASA:PT, 124, 125, 127–130
 Lifestyle & Nutrition Survey, EASA:PT, 136–137
 Lifestyle routine, Wii Fit Plus, 81
 Location tab, JMFU2010, 208, 227
 Long Course, Wii Fit Plus, 93
 Lotus Focus game, Wii Fit Plus, 113, 120
 lower body exercises, EASA:PT
 overview, 156–168
 routines, creating, 184
 sample routine, 191
 lower body strength training, Wii Fit Plus. *See* strength training, Wii Fit Plus
 Lower Body workout, JMFU2010, 225
 Lunge exercise, Wii Fit Plus, 64, 66
 Lunge Kick exercise, JMFU2010, 206, 216

• M •

Main Menu, EASA:PT, 134–135
 Making it Mine trophy, EASA:PT, 134
 marching band game, Wii Fit Plus, 109–110
 martial arts game, Wii Fit Plus, 105
 mats
 Active Life game, 241
 types of, 233–234
 measurement, body, 14–16, 23
 medication, heart rate on, 91
 memory management, Wii, 27
 Memory Test, Wii Fit Plus, 36
 menus, Wii Fit Plus, 20–27
 Metabolic Equivalent of Task (MET) calculator, Wii Fit Plus, 10, 26, 91
 Mii, Wii Fit Plus, 14, 22
 Mind and Body Control Tests, Wii Fit Plus, 34–39

Multiplayer options

- EA Sports Active: Personal Trainer, 143–144
- Wii Fit Plus, 22

Music tab, JMFU2010, 208, 227

My Circuits, JMFU2010, 225–227

My Fitness Coach, Ubisoft, 242–243

My Info option, JMFU2010, 203–204

My Wii Fit Plus, 23, 77–87

• N •

Namco Bandai's Active Life programs, 241

neoprene, 125

NiMH rechargeable batteries, 235

non-slip gloves, 236

non-slip socks, 236

Nunchuk, Wii, 19–20, 238–239

Nyko Cord-Free for Wii Nunchuk, 238

Nyko Wii Fit Energy Pak, 235

Nyko Wireless Kama, 238

• O •

Oblique exercise, JMFU2010, 206, 211

Obstacle Course game, Wii Fit Plus, 103, 107–108

Omron HJ-112 Pedometer, 240

Omron HJ-720ITC Pedometer, 240

one-legged balance yoga poses, Wii Fit Plus, 55–58

Operations Manual, Wii Balance Board, 10

Other Activity Survey, EASA:PT, 137–138

outfits, JMFU2010, 203

Overhead Smash exercise, EASA:PT, 176

• P •

Palm Tree yoga pose, Wii Fit Plus, 49, 54–55

parallel stretch, Wii Fit Plus, 71

partner, running, 94

Passing exercise, ESP:PT, 173

password, profile, Wii Fit Plus, 17, 44

Pause menu, Wii Fit Plus, 26, 46

pedometer, 42, 93, 239–240

Pelvic Thrust exercise, JMFU2010, 206, 217

Penguin Slide game, Wii Fit Plus, 113, 119–120

Perfect 10 game, Wii Fit Plus, 103–104

Performance screen, EASA:PT, 193–194

Peripheral Vision Test, Wii Fit Plus, 36

peripherals. *See specific peripherals by name*

personal identification number (PIN), Wii Fit Plus, 14, 17

Personal Stats screen, Fitness Profile, 130–131

Pet Stats option, Wii Fit Plus, 20

phthalate-free exercise mat, 234

Pilates, Sega's Daisy Fuentes, 241–242

Pitching exercise, EASA:PT, 172

Plank Challenge exercise, Wii Fit Plus, 64, 76

Plank exercise, Wii Fit Plus, 64, 71

plyometric exercise

- EA Sports Active: Personal Trainer, 162–164

- Jillian Michaels Fitness Ultimatum 2010, 205

poses, yoga, 214. *See also* yoga, Wii Fit Plus

post-workout results, assessing, EASA:PT, 193–195

Power Hour trophy, EASA:PT, 134

Power Play Corporation RiiFlex, 239

Prediction Test, Wii Fit Plus, 37

Preset & Custom Workouts, EASA:PT, 135, 142

preset workouts, EASA:PT, 180–181

printed exercise mat, 234

profile

- Jillian Michaels Fitness Ultimatum 2010, 200–201

- Wii Fit Plus, 23, 44

programs. *See* software

Projected Calories Burned screen, EASA:PT, 181

Pulse Bar, JMFU2010, 205–206

pulse rate, 91, 92

punching exercise, Wii Fit Plus, 97–98

Punching Targets exercise, EASA:PT, 168

Push-Up and Side Plank exercise, Wii Fit Plus, 63, 69–70

Push-Up Challenge exercise, Wii Fit Plus, 64, 76

Push-Up exercise, JMFU2010, 206, 217–218

• R •

rechargeable batteries, 234–235

registration

- for Balance Board, 13

- Jillian Michaels Fitness Ultimatum 2010, 200–201

- pet information, 20

Remember icon, 6

Remote, Wii. *See* Wii Remote

Resistance Band, EASA:PT, 124–127, 236–237

Resolutions, JMFU2010, 202, 227–229

Rhythm Boxing exercise, Wii Fit Plus, 97–98

Rhythm Kung Fu game, Wii Fit Plus, 103, 105

Rhythm Parade game, Wii Fit Plus, 103, 109–110
risers, Balance Board, 237
routines

EA Sports Active: Personal Trainer, 179–181,
182–193, 190–195

Jillian Michael Fitness Ultimatum 2010, 221,
221–227, 227–229

My Wii Fit Plus, 23, 77–87

Rowing Squat exercise, Wii Fit Plus, 64, 66–67

Rumble setting, Wii Remote Settings menu, 20
running

EA Sports Active: Personal Trainer, 171

Jillian Michael Fitness Ultimatum 2010, 206,
213–214

Wii Fit Plus, 90, 92–94, 112

Running in the Mix trophy, EASA:PT, 134

• S •

safety, workout, 146

sample routines, EASA:PT, 189–193

Scale Challenge, Wii Fit Plus, 31

scoring

Jillian Michael Fitness Ultimatum 2010, 205–207
Wii Fit Plus games, 105–120

Scoring Help, JMFU2010, 204

SD Card slot, Wii console, 12–13

Segway Circuit game, Wii Fit Plus, 103, 106

Sensors, Balance, Wii Fit Plus, 17–18

Serving exercise, EASA:PT, 177

sets, 189

Setting exercise, EASA:PT, 177–178

Settings menu, Wii Remote, 19

Settings options, EASA:PT, 143

Shooting exercise, EASA:PT, 173

Short Course, Wii Fit Plus, 93

Shoulder Stand yoga pose, Wii Fit Plus, 50, 60–61

Side Lunge exercise

Jillian Michael Fitness Ultimatum 2010, 206,
211–212

Wii Fit Plus, 64, 67–68

Side Plank exercise, JMFU2010, 206, 217

Side to Side Jumps exercise, EASA:PT, 163–164

Sideways Leg Lift exercise, Wii Fit Plus, 64,
74–75

Simple Test, Wii Fit Plus, 30

single exercise workout area, JMFU2010, 202,
207–208

Single Leg Balance Test, Wii Fit Plus, 37–38

Single Leg Reach exercise, Wii Fit Plus, 64

single player workout screen, EASA:PT, 139–140

Single-Arm Stand exercise, Wii Fit Plus, 64, 67

Single-Leg Extension exercise, Wii Fit Plus, 63, 65

Single-Leg Reach exercise, Wii Fit Plus, 68–69

Single-Leg Twist exercise, Wii Fit Plus, 64, 74

Skateboard Arena game, Wii Fit Plus, 103, 110

Ski Jump game, Wii Fit Plus, 113, 115

Ski Slalom game, Wii Fit Plus, 113, 114

Slam Dunk trophy, EASA:PT, 134

Sledge Swing exercise, JMFU2010, 206, 209–210

sleeves, Balance Board, 235–236

Slugger trophy, EASA:PT, 134

Snowball Fight game, Wii Fit Plus, 103, 107

Snowboard Slalom game, Wii Fit Plus, 113, 115–116

Soccer Heading game, Wii Fit Plus, 113–114

socks, 15, 236

software. *See also* EA Sports Active: Personal
Trainer; Jillian Michaels Fitness Ultimatum
2010; Wii Fit Plus

Active Life, 241

Biggest Loser, 243

Daisy Fuentes Pilates, 241–242

DanceDanceRevolution, 242

Gold's Gym Cardio Workout, 242

My Fitness Coach, 242–243

overview, 241

Walk It Out, 243

Wii Sports, 244

Yoga, 244

Your Shape, 244

speed of exercises, 65

Sphinx yoga pose, Wii Fit Plus, 59

Spinal Twist yoga pose, Wii Fit Plus, 50, 60

Spine Extension yoga pose, Wii Fit Plus,
50, 52–54

sports activities. *See* EA Sports Active: Personal
Trainer

Squat & Hold exercise, EASA:PT, 164

Squat Jacks exercise, JMFU2010, 207, 213

Squat Master trophy, EASA:PT, 134

Squats exercise, EASA:PT, 164–165

Squats with Calf Raises exercise, EASA:PT,
165–166

stamp, calendar, Wii Fit Plus, 23, 40

Standing Hip Hinge position, EASA:PT, 146

Standing Knee yoga pose, Wii Fit Plus, 49, 56

Standing Twists exercise, EASA:PT, 166–168

standing yoga poses, Wii Fit Plus, 51–58

step aerobics, Wii Fit Plus, 90, 95–97

step measurement, 23

step risers, 237

Steps graph, Wii Fit Plus, 42

sticky exercise mat, 233

Stillness Test, Wii Fit Plus, 37–38
 strength training, Wii Fit Plus
 accessing activities, 46
 lower body workout, 65–69
 My Routine, creating, 85
 overview, 45, 63–64
 upper body workout, 69–72
 virtual trainer challenges, 75–76
 waistline, exercises for, 73–75
 stretch yoga poses, Wii Fit Plus, 51–54
 stretching, 28, 190
 Summary screen, EASA:PT, 193, 194
 Sun Salutation yoga pose, Wii Fit Plus, 49, 51–52
 Super Hula Hoop exercise, Wii Fit Plus, 99
 surveys, EASA:PT
 Lifestyle & Nutrition, 136–137
 Other Activity, 137–138
 Swing Kick exercise, JMFU2010, 207
 Switch! button, Wii Fit Plus, 25
 SYNC button, Wii console, 12–13
 synchronization of Balance Board, 12–13

• T •

Table Tilt game, Wii Fit Plus, 113, 116–117
 Table Tilt Plus game, Wii Fit Plus, 103, 110–111
 target heart rate, 91, 92
 tempo, Free Step, Wii Fit Plus, 97
 Ten out of Ten trophy, EASA:PT, 134
 Tennis activity, EASA:PT, 175–176
 Tennis Pro trophy, EASA:PT, 134
 THQ's The Biggest Loser program, 243
 Tightrope Walk game, Wii Fit Plus, 113, 117–118
 Tilt City game, Wii Fit Plus, 103, 108
 time setting, Wii, 228
 timing, Rhythm Boxing, Wii Fit Plus, 97
 Tip icon, 5
 Today's Exercises screen, EASA:PT, 180–181
 toe socks, 236
 Torso Twist exercise, Wii Fit Plus, 64, 73
 Total Body 1 Circuit workout, JMFU2010, 223
 Total Body 2 Circuit workout, JMFU2010, 223
 total body sample routine, EASA:PT, 192–193
 Track activities, EASA:PT, 170–171
 Training Menu, Wii Fit Plus, 24–26, 46
 Training Plus, Wii Fit Plus, 90, 101–112
 Tree yoga pose, Wii Fit Plus, 49, 56
 Trend Setter trophy, EASA:PT, 133
 trial version of Wii Fit Plus, 21–22
 Triangle yoga pose, Wii Fit Plus, 49, 52

Tricep Extension exercise, Wii Fit Plus, 64, 71
 trophies, EASA:PT, 133–134
 two-legged balance yoga poses,
 Wii Fit Plus, 54–55
 two-player workout screen, EASA:PT, 140

• U •



Ubisoft's Gold's Gym Cardio Workout
 program, 242
 Ubisoft's My Fitness Coach program, 242–243
 Ubisoft's Your Shape program, 244
 Ultimate Balance Test, Wii Fit Plus, 39
 upper body exercises
 EA Sports Active: Personal Trainer,
 145–156, 184, 190
 Wii Fit Plus, 69–72
 Upper Body workout, JMFU2010, 224
 Upright Rows exercise, EASA:PT, 155–156

• V •

Velcro strip, Leg Strap, EASA:PT, 128–130
 verbal guidance, Wii Remote, 94, 96–97
 vestibular system, 112
 virtual trainer challenges, Wii Fit Plus, 75–76
 Vision Test, Peripheral, Wii Fit Plus, 36
 Volleyball Champ trophy, EASA:PT, 134
 Volleyball exercise, EASA:PT, 176–178
 volume, Wii Remote, 19, 94, 97

• W •

Waist graph, Wii Fit Plus, 42
 waist measurement, 23
 waistline strength training, Wii Fit Plus, 73–75
 Walk It Out program, Konami, 243
 Walking exercise, EASA:PT, 171
 Walking Test, Wii Fit Plus, 38–39
 warming up
 before aerobic exercise, 91
 importance of, 28
 overview, 46
 stretching not part of, 190
 Warmup Cooldown tab, JMFU2010, 227
 Warning icon, 6
 Warrior yoga pose, Wii Fit Plus, 49, 54
 Water Pump exercise, JMFU2010, 207, 208–209

- Weekly Calendar View, 30 Day Challenge, EASA:PT, 141
 - weight, body
 - limitations in EA Sports Active: Personal Trainer, 131
 - losing, 16–17, 40–41, 193
 - setting baseline information, 15–16
 - Weight graph, Wii Fit Plus, 42
 - weight of clothing, 15, 31
 - weights, workout, 239
 - Wii Balance Board. *See* Balance Board, Wii
 - Wii Balance Board Check, Wii Fit Plus, 19, 21
 - Wii Balance Board Foot Extensions, 10, 18
 - Wii Balance Board options, Help & Settings menu, 143
 - Wii Fit Age, Wii Fit Plus, 39, 42
 - Wii Fit Plaza, Wii Fit Plus, 20–22, 23, 27
 - Wii Fit Plus. *See also* baseline fitness level; strength training, Wii Fit Plus; yoga, Wii Fit Plus
 - aerobic exercise, 89–99
 - Balance Board capabilities, 17–19
 - Balance Games, 101–102, 112–120
 - box set components, 10–11
 - components, hooking up, 11–14
 - cooling down, 28
 - menus, navigating, 20–27
 - My Wii Fit Plus, 77–87
 - Nunchuk, incorporating, 19–20
 - overview, 4, 9–10
 - Training Plus, 90, 101–112
 - warming up, 28
 - Wii Remote, incorporating, 19–20
 - Wii Fit Plus Channel, 27
 - Wii Fitness workout programs
 - Active Life, 241
 - Biggest Loser, 243
 - Daisy Fuentes Pilates, 241–242
 - DanceDanceRevolution, 242
 - Gold’s Gym Cardio Workout, 242
 - My Fitness Coach, 242–243
 - overview, 1–6, 241
 - Walk It Out, 243
 - Wii Sports, 244
 - Yoga, 244
 - Your Shape, 244
 - Wii internal memory, 27
 - Wii Menu screen, Wii Fit Plus, 20
 - Wii Nunchuk
 - incorporating in Wii Fit Plus, 19–20
 - wireless options for, 238–239
 - Wii Remote
 - arm bands for, 237–238
 - Basic Run activity, using for, 93
 - batteries, 235
 - creating dumbbells out of, 239
 - D-Pad, 207
 - exercises with, 208–214
 - incorporating in Wii Fit Plus, 19–20
 - Island Cycling, using in, Wii Fit Plus, 104–105
 - Segway Circuit, using in, Wii Fit Plus, 106
 - verbal guidance for Free Run, 94
 - verbal guidance for Free Step, 96–97
 - Wii Fit Plus setup, 11–12
 - Wii Remote Jacket, 235
 - Wii Sports program, Nintendo, 244
 - Wiitality Armband, 238
 - wireless Nunchuk devices, 238–239
 - workout area customization, JMFU2010, 207–208
 - Workout Area, JMFU2010, 202
 - Workout Buddies trophy, EASA:PT, 134
 - Workout goal, EASA:PT, 139
 - workout screens, EASA:PT, 139–140
 - workouts. *See also* Wii Fitness workout programs
 - EA Sports Active: Personal Trainer, 139–142, 189
 - Jillian Michaels Fitness Ultimatum 2010, 222–227
-
-  •
 - Yamax Digiwalker CW-701 Pedometer, 240
 - yoga, JMFU2010, 214
 - yoga, Wii Fit Plus
 - accessing activities, 46
 - deep breathing, 47–48
 - floor poses, 58–63
 - My Routine, creating, 84–85
 - overview, 45
 - standing poses, 51–56
 - Yoga program, Dreamcatcher Interactive, 244
 - Yoga submenu, Wii Fit Plus, 25
 - Your Shape program, Ubisoft, 244
 - Youth routine, Wii Fit Plus, 82
-
-  •
 - Zazen, practice of, 120