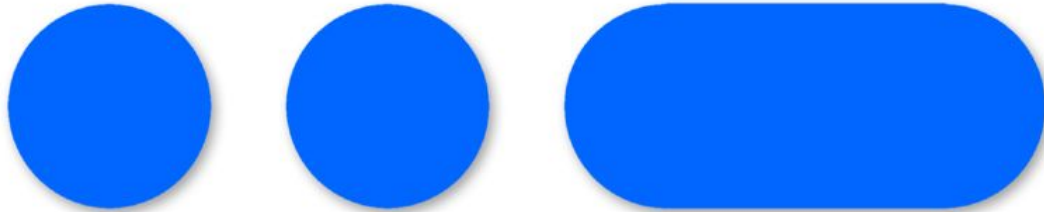# MultimediaForSports.com

Multimedia products for fitness testing, fitness training and sports education

Circuit Training Music Timer

For XP and Vista PC

English version

2.2 The basic functions of the Circuit Training Music Timer
Figure 4 shows the functions of the Timer. Some functions are explained in more detail.

Figure 4. The interface of the Circuit Training Music Timer

New schedule		Creates a new schedule. Default setting are assigned and the mp3 list will be cleared.
Open schedule		Opens an 'open file' dialog box for loading an existing schedule (*.xml) from disk.
Save schedule		Opens an 'save file' dialog box for saving the actual schedule to disk. Do not forget to use the extension '.xml'. When highlighted red the actual schedule is edited and should be saved.
		Exits the Circuit Training Music Timer. When selected a beep sound is used when the 20 metre line has to be touched.
		When selected a whistle sound is used when an exercise starts or stops.
[INTRO]		When selected an intro sound is used.
		When selected the music will be paused during the resttime.

⬇ ⬆	Moves the selected mp3 up or down in the list.
📂	Opens an 'open file' dialog box for adding one or more mp3 files to the list.
❌	Removes the selected mp3 from the list.
File: default_CTMT.xml	The name of the schedule file on disk.
12:57 min	Total time of all mp3 files, minus crossfade time. When colored red the Circuit Training schedule is longer than total time of the mp3's. If so, add more mp3's to the list.
◀	Decrease a value.
4	Input box for typing a value.
▶	Increase a value.
music volume: 85	The volume of mp3 files.
music crossfade time: 1 sec	Overlap time of two successive mp3 files.
whistle volume: 80	The volume of the sound (beep or whistle) that is used starting and stopping an exercise.
whistle fade out volume: 60	The volume decrease of the mp3 music when a beep or whistle sounds.
rest sounds volume: 60	The volume of the Rest Sound (ticks and beeps).
music fadetime: 1000 ms	The fade out time before the beep/whistle sound and fade in time after the beep/whistle sound.
countdown volume: 80	The volume of the countdown to the rest period, 'Three, two, one'.
countdown fade out volume: 40	The volume decrease of the mp3 music when a countdown ('Three, two, one') is announced.
'ten seconds to go' volume, music: 65	The volume of the announcement 'Ten seconds to go' during an exercise.
'ten seconds to go' fade out volume: 20	The volume decrease of the mp3 music when the announcement 'Ten seconds to go' is announced.
'ten seconds to go' volume, rest period: 45	The volume of the announcement 'Ten seconds to go' during the rest period.
◼ ▶	Start and stop button.