



BODiBEAT

BODY. MUSIC. IN SYNC.

BF-1

BF-1 Quick Guide

The "Precautions" section is located on pages 4 – 5. Please read this carefully before using the BODiBEAT BF-1.

Congratulations!

Thank you for purchasing the Yamaha BODiBEAT BF-1 Interactive Music Player. If you're a music lover who enjoys exercising along with music, you'll find that the many functions and features of the BF-1 not only make exercising more enjoyable but also make it much more effective. Have fun and exercise safely!



Main Features

- BODiBEAT automatically plays music to match your jogging/walking pace. (See page 12.)
- BODiBEAT plays music to match and maintain optimal aerobic exercise level for your exercise sessions. (See page 13.)
- BODiBEAT lets you manage your music and your workouts via computer. (See page 18.)

Included Accessories



Armband



Earphones
(with pulse sensor)



Earphone
Pads



USB cable



User
Registration
Card



Cable clip



Start-up Guide



Quick Guide
(this manual)



CD-ROM



Safety
Information

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About PDF manual

In the supplied CD-ROM, there is the BF-1 Owner's Manual (PDF) which provides complete, detailed information and instructions for using the BF-1. Please refer to this manual for detailed information.

In order to view the PDF files, Adobe Reader must be installed to your computer. Adobe Reader can be downloaded free at the following website: <http://www.adobe.com/>

- Copying of the commercially available musical data is strictly prohibited except for your personal use.
- This manual is the exclusive copyrights of Yamaha Corporation.
- The illustrations and displays as shown in this manual are for instructional purposes only, and may appear somewhat different from those on your device.
- The company names and product names in this manual are the trademarks or registered trademarks of their respective companies.

Precautions



Please keep this manual in a safe place for future reference.

⚠ DANGER

- Do not disassemble the device or modify it in any way. This can result in the device bursting, or even an explosion or fire. If the device should appear to be malfunctioning, discontinue use immediately and have it inspected by qualified Yamaha service personnel.
- Do not drop the device into the water.
- Do not throw the device into a fire, or put burning items near the device.
- Do not use or expose the device to extreme heat (such as direct sunlight, near a heater or in a car during the day) to prevent the possibility of explosion, fire or bursting. Charge the device and use it in temperature conditions between 0° to 40°C (32° to 104°F) and keep in an environment of between -10° to 45°C (14° to 113°F).
- Do not operate the device or use earphones while driving a car or riding a motorcycle or a bicycle, since this could result in a serious accident.
- To avoid accidents while walking or jogging, keep the volume low enough to hear outside traffic sounds and avoid concentrating too closely on the display.
- If there is a sudden loss of sound during use of the device, or if any unusual smells or smoke should appear to be caused by it, immediately turn off the power switch and have the device inspected by qualified Yamaha service personnel.

⚠ WARNING

- If you are not in good physical condition (chronic illness, during pregnancy, or other abnormal conditions), consult your physician before beginning any exercise.
- If exercising causes you any pain or discomfort, immediately get rest and consult a physician if necessary.
- Make sure that any ear jewelry or accessories you wear do not interfere with the pulse sensor for accurate heart rate readings. Wearing earrings may cause inaccurate heart rate detection, which can result in your workout being too strenuous or not strenuous enough.
- Keep the device in a place out of the reach of small children.
- Never insert paper, metallic, or other objects into the device. If this happens, turn off the power immediately, and then have the device inspected by qualified Yamaha service personnel.
- When using the optional AC power adaptor:
 - Only use the voltage specified as correct for the adaptor. The required voltage is printed on the adaptor.
 - Use the specified adaptor (PA-U010 or an equivalent recommended by Yamaha) only. Using the wrong adaptor can result in damage to the device or overheating.
 - Check the electric plug periodically and remove any dirt or dust which may have accumulated on it.

CAUTION

- Do not use or expose the device to excessive dust, or extreme cold. Doing so may cause the device to malfunction.
- Do not rest your weight on, or place heavy objects on the device, and do not use excessive force on the buttons, switches, connectors or earphone cable.
- Do not touch the connector with wet hands. If the device gets wet inside from the connector, it may cause the device to malfunction.
- Take care not to tangle the earphone cable around your body or neighboring objects, since this can cause injuries or accidents.
- Do not use the device or earphones for a long period of time at a high or uncomfortable volume level, since this can cause permanent hearing loss. If you experience any hearing loss or ringing in the ears, consult a physician.
- Some people may experience an abnormal sensation or discomfort on their skin. If this should occur, stop using the device and consult a physician.
- When using the optional AC power adaptor, unplug the AC power adaptor from the wall AC outlet when you are not using the device for a long time, or during electrical storms.
- Do not try to exercise with the device while charging. Doing so may cause the device to malfunction. Moreover, the USB cable may get tangled up with your body and result in injury.
- When cleaning the device, use a soft, dry cloth. Do not use paint thinners, solvents, cleaning fluids, or chemical-impregnated wiping cloths.

- Yamaha cannot be held responsible for damage caused by improper use or modifications to the device.
- Yamaha cannot be held responsible for any health problems during exercise with the device. Take full responsibility for your own health.

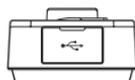
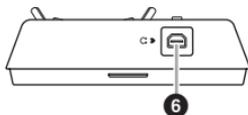
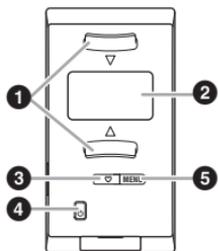


Li-ion

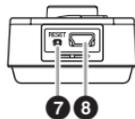
This device contains a lithium-ion battery. After usage, you may recycle the battery, but never attempt to remove it by yourself. Have the device inspected by qualified Yamaha service personnel. If there is no Yamaha service personnel in your area, dispose of it properly according to relevant environmental laws and disposal rules in your area.



Panel Controls



Open the flap



1 ▲/▼ (Up/Down) buttons (page 8)

2 Display

3 LED

Red: Heart rate is fast.

Green: Optimal aerobic exercise.

Blue: State of relaxation.

4 [⏻] (Standby/On) button

Press this to turn the power on/off or turn

Control-hold on/off.

Holding this turns the power off.

5 [MENU] button (page 8)

6 Earphone/ear clip connector

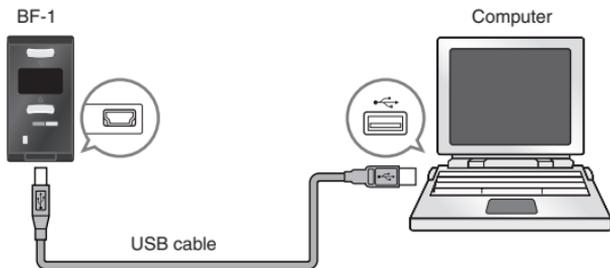
7 [RESET] switch

8 USB connector (pages 7 and 19)

Charging the Battery

You will need to charge the BF-1 before you use it for the first time.

To charge the battery of the BF-1, simply connect it to a computer with the included USB cable. (Refer also to page 19.)



DANGER

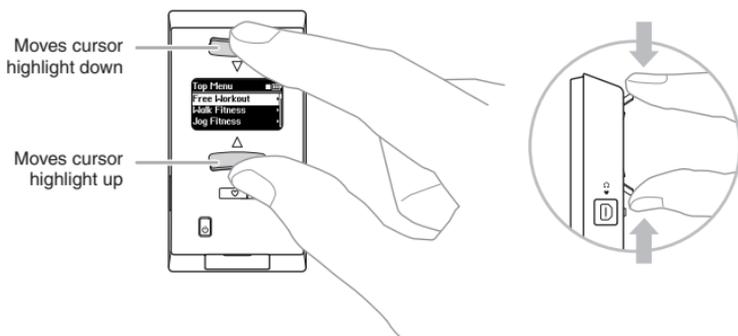
Do not connect to a computer in extremely hot environments. You should charge it in a temperature conditions of between 0° to 40°C (32° to 104°F).

While the battery is being charged, the battery-charge icon () appears. After charging is complete, the battery-full icon will light.

While you're using the BF-1, you can check the remaining battery power with the battery icon.



Basic Operations



■ Selecting a menu item

Press the ▲ button: Moves the cursor highlight up

Press the ▼ button: Moves the cursor highlight down

Press both ▲/▼ buttons simultaneously: Actually selects or calls up the item

■ Changing a setting or parameter value

Press the ▲ button: Increases or changes the selected setting

Press the ▼ button: Decreases or changes the selected setting

Press both ▲/▼ buttons simultaneously: Actually enters the change and moves the cursor to the next parameter

■ Cancel the operation or return to the previous display

Press the [MENU] button: Returns to the previous display

Hold the [MENU] button: Returns to the Top Menu

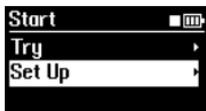
Turning the Power On / Making Initial Settings

The first time you turn on the power of your new BF-1, the device guides you through several important settings. You'll need to make these settings before you can effectively use the BF-1.

- 1 Press the [] (Standby/On) button to turn on the power.

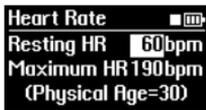
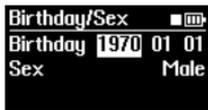


- 2 Select the desired language, then simultaneously press both ▲/▼ (Up/Down) buttons.



- 3 Select "Set Up" to start making the initial settings.

The following displays will appear in succession.



After you've made all necessary initial settings, the Top Menu is called up.



Select one of the modes from the Top Menu and start exercising!

Attaching the armband

1 Connect the earphone cable to the BF-1.



Correct

2 Attach the device to the armband.



Incorrect

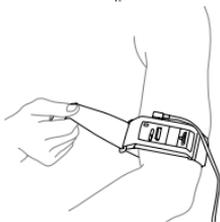
3 Loosen the armband and put your left arm into the armband.

4 Fasten the armband to your upper arm.

Adjust the armband into position so that you can easily see the display.

I IMPORTANT

Do not wear the armband anywhere on your body other than your upper arm (for example, your neck, wrist, ankle, etc.)



When removing the BF-1 from the armband...

Push the tab down and pull the device up and out.



Putting on the earphones and pulse sensor

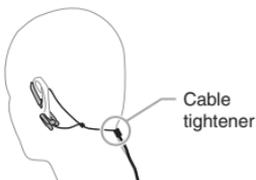
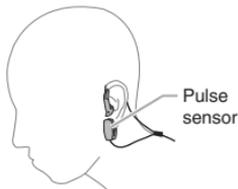
1 Hook the earphone cable over the top of your ear.

2 Insert the earphone into your ear.

3 Adjust the earphone angle as desired.

4 Clip the pulse sensor onto your left ear lobe.

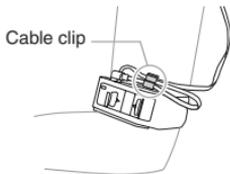
5 Slide the cable tightener toward your head.
Adjust the tightener to the most comfortable position.



Using the cable clip...

If the cable is too long and gets in your way while you are exercising, bind the excess cable with the convenient cable clip.

If desired, you can also attach the cable to your clothing using the cable clip.

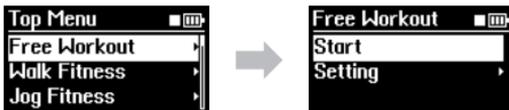




Walking/Jogging at Your Own Pace—Free Workout Mode

In the Free Workout mode, the BF-1 automatically matches the music to your exercise pace, selecting songs that have almost the same tempo as your jogging or walking speed. When you change pace, the music changes with you. This lets you jog freely and set your own pace—and enjoy music that perfectly fits your pace.

- 1 Select “Free Workout” from the Top Menu.



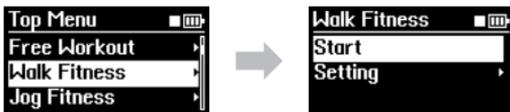
- 2 Select “Start.” Then simply start jogging or walking at whatever pace you want!
For details on operations while exercising, see page 14.
- 3 When you want to stop the exercise, simultaneously hold both the ▲/▼ (Up/Down) buttons.
This ends the session and calls up the log display (page 17).

You can also set the target for your exercise in advance. See page 15.

Optimal Aerobic Exercise—Walk Fitness and Jog Fitness Modes

The Fitness Modes (Walk Fitness programmed for walking and Jog Fitness for jogging) provide the most appropriate music playback for optimal aerobic exercise. The built-in pulse sensor detects your heart rate as you exercise. Continuously and in real time, the BF-1 calculates the optimal exercise pace for you, given your physical condition—and then automatically changes the music to match your pace and heart rate.

- 1 Select “Walk Fitness” or “Jog Fitness” from the Top Menu.



- 2 Make sure the pulse sensor is properly attached.
- 3 Select “Start.” Then start jogging or walking with the tempo of the song that plays!
For details on operations while exercising, see page 14.

WARNING

If you find it too strenuous to match your pace to the song, do not force yourself to keep pace. Lower the pace accordingly or stop the exercise.

- 4 When you want to stop the exercise, simultaneously hold both the ▲/▼ (Up/Down) buttons.
This starts the cooling down segment, ends the session and calls up the log display (page 17).

You can also set the target for your exercise in advance. See page 15.

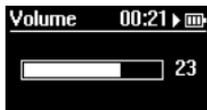
Operation During Exercise

■ Pausing the exercise

Press (but do not hold) the ▲/▼ (Up/Down) buttons simultaneously. This pauses the music and exercise session. Press them again to restart the music and exercise.

■ Changing music playback volume

Press one of the ▲/▼ (Up/Down) buttons and change the volume.



■ Changing songs

This lets you select other songs having roughly the same tempo as the song currently playing.

Press the [MENU] button once and select the top or other song by pressing the appropriate ▲/▼ (Up/Down) button.



■ Locking or changing the pace

Press the [MENU] button twice and use the ▲/▼ (Up/Down) buttons to change the tempo. Press both ▲/▼ buttons simultaneously to lock the tempo.



Goal Setting

You can specify the target to structure your sessions if you want. When you specify the target before your exercise, music playback will automatically stop once the set target has been reached.

1 At step 2 on page 12 or step 3 on page 13, select “Setting.”

2 Select the desired setting: Time, Distance, Calories.

Time

Available settings:

10, 20, 30, 45, 60, 90 (minutes), Custom

Distance

Available settings:

2, 5, 10 (miles), Half Marathon, Marathon, Custom

When the units of measurement is set to “Meters,” the available settings are:

3, 5, 10 (kilometers), Half Marathon, Marathon, Custom

Calories

Available settings:

100, 300, 500, 700, 1000 (K calories), Custom

If you select “Custom” here, you can freely set the desired target.

Exercising According to a Training Program—Training Mode

The Training mode is like having a professional athletic coach by your side, telling you not only when to speed up and when to slow down, but exactly how much you should speed up or slow down—all the while playing your favorite music to keep you on program.

Select “Training” from the Top Menu.



Not only can you choose one of the built-in nine Training programs to start the exercise quickly, but you can also create your original programs. Each training program contains several segments, each lasting for a specific interval (time or distance) and has different targets as shown below.

Interval Time, Distance

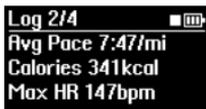
Target Pace (minutes:seconds per mile), Tempo (bpm), HR (bpm), %HRR (%)



For details about the Training mode (about preset Training programs, creating original programs, etc.), refer to page 20 in this document, as well as the BF-1 Owner's Manual and the BODiBEAT Station Owner's Manual in the CD-ROM.

After a Workout Session

Once your exercise session is stopped, a log of the session automatically appears. Use the ▲/▼ (Up/Down) buttons to scroll through the display pages to view all log entries and graphs.



To exit from the Log display pages, press the [MENU] button.

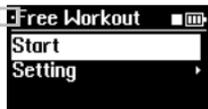
Selecting “Data” from the Top Menu also calls up your exercise logs stored in the BF-1. This lets you check not only each workout session but also cumulative data for a day/week/month.

Using the BF-1 in Guest Mode

If you select “Try” from the initial display (page 9) or select “Guest” from the Top menu, you can use the convenient Guest mode, which lets you or one of your friends take the unit on a “test run,” freely use the Free Workout and Fitness modes.

In the Guest mode, “•” is shown at the beginning of the display title.

Indicates the Guest mode
is active.



To exit from the Guest mode, hold the [MENU] button for about two seconds.

Connecting to a Computer



About the BODiBEAT Station

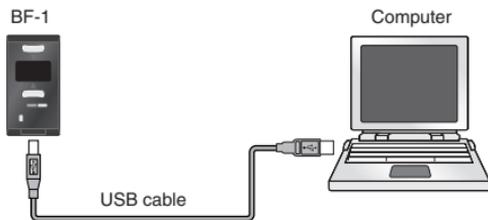
Connecting with a computer and using the included BODiBEAT Station software allows you to easily and intuitively manage the exercise logs, training programs, and music data, and lets you take full advantage of all the modes and functions on the BF-1 conveniently and efficiently from your computer.

System Requirements

OS	Windows® XP Professional SP2/XP Home Edition SP2 or Vista* (*Only compatible with 32-bit Ultimate/Business/Home Premium/Home Basic/Enterprise versions.)
Computer	1 GHz or higher; Intel® Pentium®/Celeron® processor
Available Memory	Windows XP: 128 MB or more (256 MB or more is recommended) Windows Vista: 512 MB or more (1 GB or more is recommended)
Hard Disk	200 MB or more
Display	1024 x 768 or more
Sound	Windows-compliant Audio Interface or Sound Card (Windows Media® Player must be installed to the computer.)

How to Connect

Connect the device to the computer with the included USB cable.



When connected, the BF-1 automatically switches to PC mode and any key operations on the unit are disabled.

⚠ CAUTION

- Do not turn the computer to the power-saving mode when the BF-1 is connected. Doing so risks freezing the BF-1 and losing data, or depleting the power of the BF-1.
- Always use the included USB cable. Using an improper cable may cause damage to the USB terminal.
- Never disconnect the USB cable while data is being transferred. Doing so may cause loss of data or damage to the device.

When removing the BF-1 from the computer...

- 1** Double-click “Safely Remove Hardware” icon on the Windows task bar.
The “Safely Remove Hardware” dialog appears.
- 2** Confirm that the “Display device component” is checkmarked, select “Yamaha BODiBEAT USB Device,” then click [Stop].
The “Stop a Hardware device” dialog appears.
- 3** Click [OK].
- 4** Disconnect the USB cable from the computer.

BODiBEAT Station Installation

IMPORTANT

Before installing the software, please read carefully the End User Licensing Agreement included in the CD-ROM. By installing it, you are agreeing to be bound by the terms of the license agreement.

1 Insert the supplied CD-ROM into your computer's CD/DVD drive.

The initial menu appears on the screen.

(If the initial menu does not appear, select the CD/DVD drive from My Computer, then double-click "Setup.exe" and go on to step 3.)

2 Click "Install BODiBEAT Station" from the initial menu.

The installation starts. After the message "Please plug in your BODiBEAT device" appears, connect the BF-1 to the computer with the supplied USB cable.

3 Execute the installation by following the onscreen instructions.

CAUTION

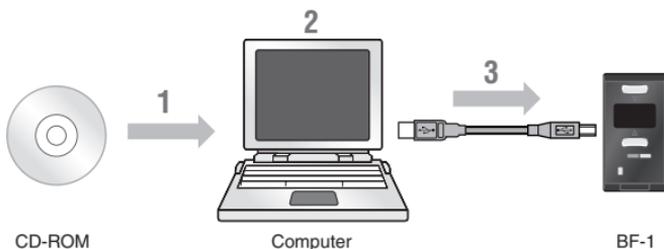
When you first connect the BF-1 to the computer in which the BODiBEAT Station is installed, the preset Training programs on the BF-1 will be overwritten by the programs on the BODiBEAT Station. If you have edited the preset programs on the BF-1, your changes will be lost. To avoid this, copy the program you have edited to another program. (Refer to the BF-1 Owner's Manual in the CD-ROM.)

Loading Music Data to the BF-1

By loading your favorite songs to the BF-1, you can listen to them when you exercise or play them back in the Music Playback mode.

NOTE

If you want to load the song data from a music CD, import songs from the CD to your computer in advance, using a CD ripping software, such as Windows Media Player.



- 1** Install the BODiBEAT Station software to the computer
- 2** Import the songs to the BODiBEAT Station
- 3** Transfer the songs to the BF-1 device

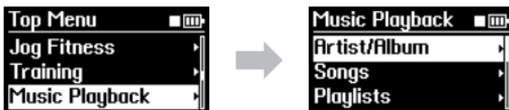
For details about the procedure, refer to the BODiBEAT Station Owner's Manual.

Using the BF-1 as a Music Player



Selecting Songs

In the Music Playback mode, the BF-1 performs as a simple music player. From the Top Menu, Select “Music Playback.”



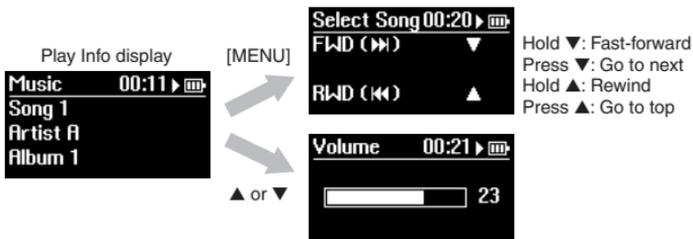
There are three operations to select a song to be played:

Artist/Album..... Select a specific album, and automatically play the songs of that album.

Songs Select a single song and play back all songs in the device.

Playlists Select a custom Playlist, and automatically play the songs assigned to that Playlist.

During playback, the Play Info display is shown. From the Play Info display, you can fast-forward/rewind the song and adjust the volume.



To stop playback, press and hold down both ▲/▼ (Up/Down) buttons.

To temporarily pause playback, press the ▲/▼ (Up/Down) buttons together.

Settings



This group of controls and parameters let you customize the BF-1 for your own preferences and physical condition. The Settings are divided into three main groups: Music, Hardware and User, with a separate Initialize function for instantly restoring the default settings of the device. Also included is an Information menu, which lets you check the version of your BF-1. From the Top Menu, select "Settings."



For details of each setting menu, refer to the Menu Tree on page 24 and the BF-1 Owner's Manual included in the CD-ROM.

Menu Tree



Top Menu	Free Workout		
	Walk Fitness		
	Jog Fitness		
	Training		
	Music Playback	Artist/Album, Songs, Playlists, Now Playing	
	Data	Workouts, Days, Weeks, Months	
	Settings	Music Settings	Workout Music
			Music Priority
			Tempo Guide
			Half Tempo
			Song Transition
			Playback Time
			Normalize Volume
		Play Mode	Repeat
			Shuffle
		Bass Boost	
	Hardware Settings	Sensors	Pulse Sensor
			Step Sensor
			Pace Sensor
		Display	Main Disp_Workout
			Measurement
			Language
			Display Time
			Contrast
		Date/Time	
	User Settings	Heart Rate	Check Heart Rate
			Change Heart Rate
		Stride	
		Weight/Height	
		Birthday/Sex	
		Learning Function	
		Information	
		Initialize	
Guest	Free Workout		
	Walk Fitness		
	Jog Fitness		

Specifications



Model		BF-1
Size		75.7 x 38.0 x 20.1 mm (2.98 x 1.50 x 0.79 inches)
Weight	Main body	65 g (2.29 oz)
	Earphones/ Pulse sensor	22 g (0.78 oz)
Output power		6.5 mW x 2 (33 Ω)
Frequency response		20 to 20,000 Hz
Playtime		Approximately 9 hours (typical use) * Depending on use preferences and surrounding environment.
Battery		Built-in rechargeable lithium-ion battery
Charging method (power source)		USB (computer or optional AC power adaptor)
Full-charge time		Approximately 3 hours
Operating temperature range		0° – 50°C (32° – 122°F) * Except when charging: 0° – 40°C (32° – 104°F)
Display		1.0 inch 128 x 64 OLED
Capacity		512 MB
Supported audio formats		MP3 (32 to 320 kbps, variable bit rate) WMA (32 to 192 kbps, variable bit rate) AAC (8 to 320 kbps, variable bit rate) WAV
Auxiliary jacks		Earphones/Pulse sensor: proprietary 8-pin, USB 2.0 (Hi-speed)
Included software		BODiBEAT Station

* Specifications and descriptions in this owner's manual are for information purposes only. Yamaha Corp. reserves the right to change or modify products or specifications at any time without prior notice. Since specifications, equipment or options may not be the same in every locale, please check with your Yamaha dealer.

For details of products, please contact your nearest Yamaha representative or the authorized distributor listed below.

NORTH AMERICA

CANADA

Yamaha Canada Music Ltd.
135 Milner Avenue, Scarborough, Ontario,
M1S 3R1, Canada
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U.S.A.

Yamaha Corporation of America
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Tel: 714-522-9011

CENTRAL & SOUTH AMERICA

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ARGENTINA

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Viamonte 1145 Piso2-B 1053,
Buenos Aires, Argentina
Tel: 1-4371-7021

PANAMA AND OTHER LATIN AMERICAN COUNTRIES/CARIBBEAN COUNTRIES

Yamaha Music Latin America, S.A.
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