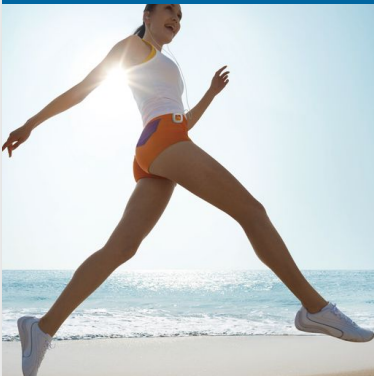


PHILIPS

Portable fitness device

Activa



ACT101M



Activa knows you can

Music, feedback and results to keep you going

Get the most out of your workout with Philips Activa as your workout pal! Stay motivated with TempoMusic and get encouragement and status with Vocal Feedback. Review your progress against your long term goal with the intuitive software.

Hear the motivation

- TempoMusic to match your music with your workout pace
- Vocal feedback to keep your workout – and stride – in check
- Fullsound™ to bring your MP3 music to life

Get the most out of your workout

- Instant workout monitor to give a sense of accomplishment
- Goal tracking on PC to monitor your long-term progress
- Compete against yourself to beat your last record

Ready, steady, go

- Comfy earhook headphones - your perfect workout companion
- Clip and move - stylish and convenient
- No-look rocking lens for intuitive control during workouts
- Smartload for easy transfer of workout songs to your Activa

Highlights

TempoMusic



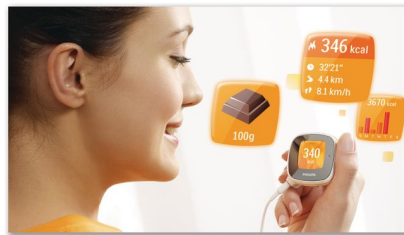
What's a good workout without great music to match? With TempoMusic, you can move to the right music and beats to stay motivated during your entire workout. No musing about with your library searching for music tracks. Just leave it to TempoMusic to automatically select suitable tracks that just keeps in perfect time with you ... and your workout pace. Kick off your routine with a pumping rock hit, keep up your pace with upbeat pop rhythms and then cool down to a smooth ballad.

Vocal feedback



Get encouragement and important feedback on your workout – without breaking your stride! Vocal feedback provides status updates at regular intervals or on demand. Find out the calories you've burnt or the distance, time and pace covered – depending on your chosen workout or sport. Vocal Feedback keeps you in your groove and does not butt in to interrupt your music. You can also choose the voice-type to get you going: male, female, friendly or tough.

Instant workout monitor



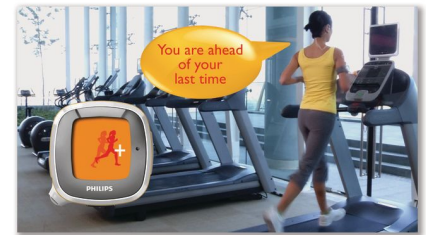
Your Activa player has a smart Instant workout monitor function that records the activity data from your workout. Not only do you get immediate results of your performance but you also get a great sense of accomplishment. Using personal inputs like your age, weight and height, the monitor calculates the calories you've burnt and the time covered depending on your chosen workout. The information is then displayed instantly on your Activa screen after your workout. If numbers aren't your thing, check out the visual representation of how many chocolate bars you've offloaded during your workout.

Goal tracking on PC



The various parameters of all your workouts are faithfully recorded by your Activa player so you can monitor your progress daily or over a year, month or week. The software application also lets you set your workout goals, for example how many calories you wish to lose or the distance you want to cover over a specific period. The data is then synchronized with your PC once you connect it to your Activa via USB, and you can view it on a fun and intuitive user interface. With all this info at your fingertips you can give yourself a gold star for your performance or set the bar even higher.

Compete with yourself



You know who your most formidable adversary is ... yourself! Add a new dimension and challenge to your workout by competing with yourself and trying to beat your previous – or best – workout. Your Activa helps keep you on your toes by recording and comparing your previous and best workout scores. Not only that, it will prompt you with comparative updates via voice feedback during your workout so you can speed up, push on and stay ahead of yourself!

No-look rocking lens

During any exercise, you may want to skip a music track ... but not your workout. With innovative No-look rocking lens, you will have full, intuitive control right at your fingertips. Hit the up, down, left and right keys to control your music or get vocal feedback on your current workout status. Then, just as easily, you can get back into focusing on your workout!

Clip-and-move



Nothing should get in the way of you and your workout. That's why your Activa player is cleverly designed to be clipped onto your attire securely and stylishly – whether you're wearing a winter sports jacket or a fine mesh top. It also makes it easier to make use of your player's No-look rocking lens function.

Specifications

Fitness

Boost song: Yes, customisable

Motivating feedback: Compete against yourself

Record your own encouragements

Sports: Indoor Cycling, Indoor Rowing, Outdoor Cycling, Running

Trainer voices: 2 males and 2 females

Vocal encouragement

Vocal feedback: calories, time

Activa center

Goal: Setting and tracking

Personal profile setting: Boost song select, Feedback frequency, Feedback type

Convenience

Function: Keypad lock

Superscroll

Volume control

Firmware upgradeable

Sound

Equalizer customizable

Equalizer settings: Funk, Hip Hop, Jazz, Rock, Techno, Classical

Sound Enhancement: FullSound

Storage Media

Music memory capacity, MP3: Up 50h (with 128kbps MP3 songs)

Audio Playback

Compression format: MP3, WAV, WMA, AAC

ID3 Tag support: Song title, artist, album

Audio Capturing

Built-in microphone: mono

Voice recording: MP3

Tuner/Reception/Transmission

Tuner bands: FM

Station presets: 20

RDS: Station Name

Still Picture Playback

Picture Compression Format: JPEG

Slide show

Picture/Display

Backlight

Type: LCD

Diagonal screen size (inch): 1.44 inch

Resolution: 128 x 128 - 65k colors

Connectivity

Headphone: 3.5 mm

USB: High speed USB 2.0

Software

Device manager: to restore and upgrade

Philips Songbird

System Requirements

CD-ROM drive

PC OS: Windows XP / Vista / 7

Internet connection: Yes, needed to access to updated support documents, manuals, future firmware and PC software upgrades

USB: Free USB port

Green Specifications

Lead-free soldered product

Power

Playtime on internal battery: Up to 20 hours in workout mode (music + monitoring)

Rechargeable: Yes, via USB

Accessories

Headphones: Sport Headphones with hooks and cinch

Pouch: Protective pouch

USB cable: AY3930

Quick start guide

Armband: Arm / Leg band

Cable management: Cable clip

Dimensions

Carton dimensions (WxDxH):

42(w)x66(h)x11.8(d)mm

Packaging type: Drinking bottle

