

Bitworks Team Beep Test / Bleep Test - Help File

Thank you for downloading and purchasing the Bitworks Team Beep Test software. We have tried to make the software as easy to use as possible but we have provided this help file to get you started. If you cannot find the help you need in this file, please email/call Bitworks (teambt@bitworks.fsbusiness.co.uk) for support and answers to any outstanding questions – www.bitworks-engineering.co.uk.

Getting Started

The Team Beep Test software does not require installation. Simply download & unzip the file (to unzip, right click the zip file and click “Extract All”) and you are literally ready to run. Double click on the file named “TBeep#_#.exe” to start Team Beep Test, add a shortcut to your desktop if required.

When you first run Team Beep Test the about screen will appear along with the main beep test screen. The about screen is where you can register Team Beep Test to unlock the team features of the software. *NOTE: You can access the about screen at any time on the <help> menu at the top of the main beep test screen.* Close the about screen by clicking the “OK” button. When you have entered player names (see Changing Players Names), you will notice a series of buttons at the bottom of the main beep test screen that correspond to the players on the team. These buttons record the scores of each player so they can be plotted on a graph on the statistics screen. *NOTE: The statistics screen can be started by clicking on the <File> menu and then clicking “Team statistics”.* At the top of the main screen, there are two buttons. They start/stop and pause the beep test. When a beep test is started, a number of things appear. The screenshot below shows you what they all mean:-

The screenshot shows the main interface of the Team Beep Test software. At the top, there is a menu bar with 'File' and 'Help'. Below the menu bar, there are two buttons: 'Stop' (with a running man icon) and 'Pause' (with a vertical bar icon). To the right of these buttons are two pull-down menus: 'Default Team' and 'Standard Beep Test Script'. The Bitworks Design Cheltenham logo is in the top right corner. The main display area features a large 'Stage 14' and a timer ':9'. On the left, there is a 'VO2 Max' display showing '62.70 mls/kg/min' and a 'Total lap count' display showing '134'. Below the lap count is a 'Total distance run' display showing '2680 m'. A running man icon is positioned in the center of the screen. At the bottom, there is a grid of 12 buttons, each with a player's name and a green dollar sign icon. Red arrows and text labels point to various elements: 'Start/Stop the Test' points to the Stop button; 'Pause the Test' points to the Pause button; 'Pull down menu to select multiple teams' points to the Default Team menu; 'Pull down menu to select custom tests' points to the Standard Beep Test Script menu; 'Shows the current stage' points to the Stage 14 text; 'Number of laps completed in the current stage' points to the timer; 'Current VO2 Max of the players' points to the VO2 Max display; 'Total lap count' points to the lap count display; 'Running man giving a graphical representation of the running speed' points to the running man icon; and 'Players scoring buttons' points to the grid of player buttons.

www.bitworks-engineering.co.uk

Start/Stop the Test

Pause the Test

Pull down menu to select multiple teams

Pull down menu to select custom tests

Shows the current stage

Number of laps completed in the current stage

Current VO₂ Max of the players

VO₂ Max
62.70 mls/kg/min

134 Total lap count

2680 m Total distance run

Running man giving a graphical representation of the running speed

Players scoring buttons

Neemia Tialata	Jerry Collins	Joe Rokocoko
Anton Oliver	Chris Masoe	Tana Umaga
Carl Hayman	Rodney So'oialo	Conrad Smith
Chris Jack	Byron Kelleher	Rico Gear
James Ryan	Dan Carter	Mils Muliana

NOTE: The VO₂ Max figures are only shown when the Team Beep Test has been registered (see Registering your Beep test Software with Bitworks).

Changing Players Names

To add players to a team, you need to use the Edit Players window, click the <File> menu at the top of the main beep test screen and then click "Edit Players", you can then enter a team name and the name of each player on the team (the player number and weight are optional). This information is needed for recording player scores using the player buttons and viewing player's results on the statistics window. Click "OK" to save the changes you have made and close the Edit Players window. *NOTE: Registered users can add multiple teams using the team pull down menu on the main beep test screen.* An example team is shown in the screenshot below:

Team Name: New Zealand All Blacks

Players	No.	Weight (kg)
Neemia Tialata	1	110
Anton Oliver	2	105
Carl Hayman	3	112
Chris Jack	4	115
James Ryan	5	110
Jerry Collins	6	98
Chris Masoe	7	105
Rodney So'oialo	8	105
Byron Kelleher	9	90
Dan Carter	10	90
Joe Rokocoko	11	95
Tana Umaga	12	100
Conrad Smith	13	95
Rico Gear	14	90
Mils Muliana	15	100

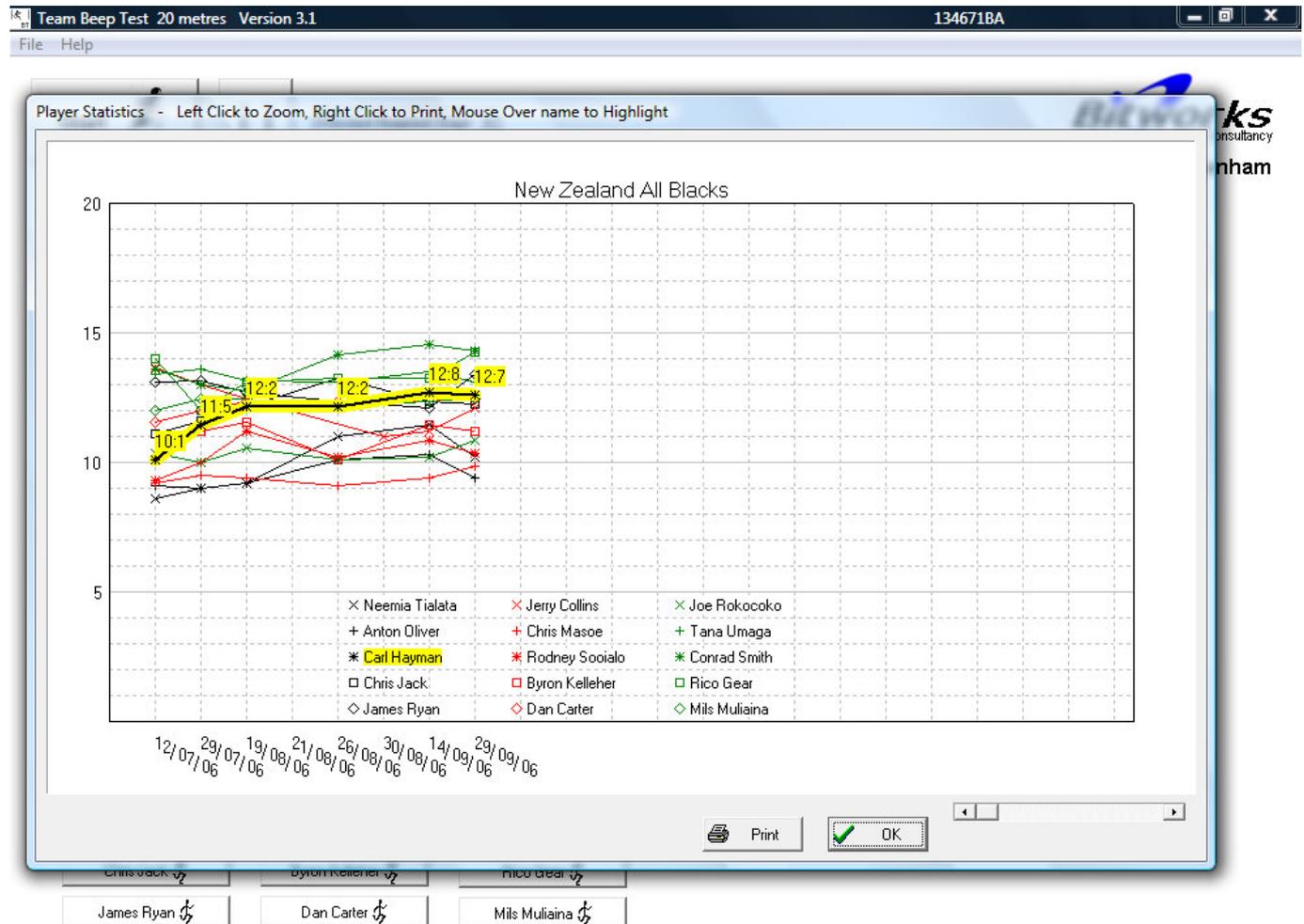
Start

Neemi
Anto
Carl
Chi
Jame

Bitworks Design Cheltenham

Using the Statistics Window (Only applicable to registered users)

The statistics window lets you graphically view your team's scores that have been recorded since you began using the Team Beep Test software. This is useful to track player fitness in comparison with the team especially if recovering from injury. You can zoom in on a section of the graph by simply clicking on that section. A player can be highlighted by moving your mouse over the player name in the key. Clicking the print button at the bottom of the window will print the statistics graph. To print the graph while highlighting a player, simply right click the player name in the key.



Starting a Gym Test

To start a gym test, simply click the button at the top of the main beep test screen with the caption "Start". To record players scores, click a player button corresponding to the player when they quit the test. Finally, save the players scores by clicking the <File> menu and then "Save results", the application will remind you of unsaved scores if you try to exit.

NOTE: The player buttons only work when you have registered your Team Beep Test software with Bitworks (see Registering your Beep Test Software with Bitworks).

Creating your own beep test using a custom script file (Only applicable to registered users)

Since the release of Team Beep Test V2.6 (May 2008), the software has allowed you to create your own beep test script and run it using the Team Beep Test software. You simply create a text file in the same directory as the "TBeep#_#.exe" executable, double-click to open it, and design your own fitness test using the following commands:

START n ;Start or move to stage 'n'
RUN n ;Run 'n' laps
REST n ;Rest/Pause for 'n' seconds, usually for some specific sport practice activity
REPEAT n ;Repeat a series of beep test commands where 'n' is the commands to be repeated

Typical usage:

START 5

REPEAT 100 RUN 6 REST 10

This is a simple script to start at level 5, then to run six laps followed by a 10s rest, repeated 100 times.

Save the text file into the beeptest directory and be sure to have "script" somewhere in the filename so that your test will appear in the fitness test pull down menu on the main beeptest window.

Customisation

You can change the rest voice or even the beep sounds by simply recording your voice or sound into a wav file and saving it into your Team Beep Test folder with the same name. We can also provide customisation of other aspects of the Team Beep Test software including adding team colours or changing the rest football animations, any requests send us an email or call.

Registering your BeepTest Software with Bitworks

To register your software with Bitworks and unlock all the team features, you need to purchase an unlock key using a secure PayPal transaction. You can pay for your unlock key on <http://www.topendsports.com/testing/team-beeptest/index.htm>. After you have bought your unlock key you need to contact Bitworks quoting the registration code in the top text box on the About screen. To access the About screen, click the <Help> menu and click "About". Bitworks will then send you your unlock key via email. Type the unlock key you receive from Bitworks into the lower text box on the About screen

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