

CHALLENGE DISC USB – Readme

<https://www.mft-bodyteamwork.com>

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1 ABOUT MFT BODYTEAMWORK

If you train with your training device from MFT on a regular basis, you will achieve many benefits. The app MFT Bodyteamwork will support you in doing so!

Makes you more effective in sports and at work

Well-coordinated muscles move more precisely, helping to avoid unnecessary energy expenditure. As a result, you can improve and subsequently implement strength, endurance, mobility, and speed in a better way. MFT Bodyteamwork also increases overall performance and fitness in all sports.

Strengthens your back and keeps your joints healthy

Deep-set muscles, not affected by traditional modes of training are strengthened, helping to protect the spine. Your posture will improve. MFT Bodyteamwork also strengthens those small muscles which surround and protect the joints. This prevents strains and eventual joint problems. Improved reaction/response-time to occasional awkward movements reduces the risk of sports injuries and the risk of falling in old age.

Ensures more concentration and creativity

MFT Bodyteamwork makes you more relaxed, more creative and increases your concentration. This can be greatly beneficial to your work or study habits. Just use your MFT training device for short breaks at the office or in the library.

2 SYSTEM REQUIREMENTS

Use an USB cable to connect the **Challenge Disc USB** (Product Nr 8005) to your computer, tablet, or smartphone.

The following table list all supported operating systems and the minimal system requirements:

Challenge Disc USB

	Microsoft Windows	Mac OS X	Android
Operating System	Windows 11 Windows 10	macOS 12 macOS 11 macOS 10.15 macOS 10.14 macOS 10.13 macOS 10.12	Android 6.0 and later
Processor	Intel Pentium 4 2GHz (or faster)	all Intel processors 2GHz (or faster)	any
Memory	1 GB or more		
USB	USB 2.0 an unused USB port		USB-host support an USB-OTG adapter to connect device (link)
additionally	internet connection to download the most current version		internet connection Google Account for installation

3 HOW TO INSTALL / UNINSTALL

3.1 Windows

Install

To begin with installation, double click on "**bodyteamworkSetup_<x>.exe**" and follow the instructions of the installation program (<x> denotes the version number).

At start you will be asked to select a language. This language is only used during the installation process, the application itself will always be multilingual.

Uninstall

Navigate to the menu "**MFT Bodyteamwork**" at the Windows start menu and click on "**Uninstall**".

3.2 Mac OS X

Install

In Mac OS X you just need to open the supplied **.dmg**-image and drag the application "**MFT Bodyteamwork**" into the "**Application**" folder.

Uninstall

Remove the program " **MFT Bodyteamwork** " from the "**Application**" folder.

4 USAGE

The app is structured into following sections:

1. Balance	Here you can warm-up before you start your training.
2. Self-Check	Before you start training you are asked to do a self-check. After 30 seconds you know the training level which is best suited for you to begin with.
3. Training	During the training you are controlling a ball. You must try not to leave the target area by correct balancing of your training device. This sounds a lot easier as it is... You can select from different levels of difficulty.
4. Games	Here you can select from different Games. After you completed a game, you will be asked to track your results and enter them into a high-score list (the same applies to training mode, too).

In the main menu, click on **i** (small "i", for "information") to inform yourself about the training benefits you can achieve with MFT Bodyteamwork.

Besides you can select a language. The application speaks many languages - now 12 different languages are at your disposal to choose from! At program start, the operating system's default user language will be chosen.

To end the software, press the <ESC> key.

5 TROUBLESHOOTING

Before you attempt to fix a problem, please make sure that you have the latest version of the software installed. It might well be that the error has already been fixed:

<https://www.mft-bodyteamwork.com/en/support>

If, however you don't succeed to solve your problem, following the instructions below, contact us:

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A-6365 Kirchberg/Tirol
Austria

email: office@mft-bodyteamwork.com

<https://www.mft-bodyteamwork.com>

5.1 General Issues

```
>> Sensor was not found
>> Nothing happens - there is just an empty bar and the word "starting..." on the screen.
```

error causes / diagnosis

If the application hangs at the Start screen the sensor of the training device was not found. Try the following:

(1)	Update MFT Bodyteamwork to make sure you have the latest version Android: Google Play Store macOS and Windows: Software download on support page
(2)	Update your tablet-/smartphone-/PC-Operating System to the most recent version.
(3)	Is there a problem with your USB port? Plug the disc into a different port or try a different PC/tablet.

(4)	Contact your vendor
(5)	<p>Contact us!</p> <ul style="list-style-type: none"> • Include a screenshot of the application • include hardware details of your PC or tablet (model, make, date of purchase) as well as which operating system you are using • contact us with a detailed error report (contact details see above) <p>If the sensor does not work and is probably defective, please send it to the above address for inspection or repair.</p>

5.2 Windows

```
>> After program start the screen goes blank.
>> The screen stays white or gray.
```

error causes / proposed solutions

This could be a problem with applications in full screen mode. This issue happens due to an incompatibility with Window's graphics card driver. If you run across this problem with our application, chances are you will encounter the very same behavior with other programs, too.

(1)	<p>Update your graphics card driver. Try running a Windows Update. Maybe there is a newer version for your graphics card driver available, that solves this issue.</p>
(2)	<p>Alternatively, you can choose to start the application in window mode, allowing you to freely move and scale the window.</p> <ul style="list-style-type: none"> • run the tool "ScreenFix" which is provided with your installation (located in the program menu "MFT Bodyteamwork" at the Windows start menu) • the tool displays which screen mode the application is currently in • check that it reads "full screen mode" • click on "window mode"

```
>> Application is running – but parts of the screen are missing/cut off.
```

error causes / proposed solutions

It has been noted that some notebooks and tablets are affected by this issue. This is because the selected screen resolution exceeds the maximum physical display resolution. Therefore, the image appears to be cut off.

(1)	Select an appropriate screen resolution: Right mouse click on desktop >> menu item "Screen Resolution"
(2)	Alternatively, you can choose to start the application in window mode, allowing you to freely move and scale the window. <ul style="list-style-type: none">• run the tool "ScreenFix" which is provided with your installation (located in the program menu "MFT Bodyteamwork" at the Windows start menu)• the tool displays which screen mode the application is currently in• check that it reads "full screen mode"• click on "window mode"

5.3 Mac OS X

```
>> Around 2 minutes after starting the application the screen dims.  
>> After around 10 minutes the screen is completely black.
```

error causes / proposed solutions

This is no error, just the screen saver in operation. If mouse and keyboard are not used (which will most likely be the case while training with the Challenge Disc) the sleep timer runs. Additionally, OS X has a setting to dim the screen before it will be turned off completely.

You can decide when you want your screen to be switched off. Adjust the knob **"Display sleep"** in the menu of **System Preferences >> Energy Saver**.

To disable screen dimming before the screen gets switched off, deselect the check box **"Automatically reduce brightness before display goes to sleep"**.