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Nintendo 45496901691

# Nintendo Wii Fit Plus with Balance Board Instruction Manual

Model: 45496901691 | Brand: Nintendo

## 1. INTRODUCTION

The Nintendo Wii Fit Plus with Balance Board is an interactive fitness system designed to enhance your physical well-being through a variety of exercises and games. This manual provides essential information for setup, operation, and maintenance to ensure a safe and effective user experience.



Image: The retail packaging for Wii Fit Plus with Balance Board, illustrating different fitness categories and activities available within the game.

## 2. SETUP

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### 2.1 Unpacking

Carefully remove all components from the packaging. Ensure the following items are present:

- Wii Fit Plus Game Software Disc
- Wii Balance Board
- Instruction Manual (this document)
- AAA Batteries (4 required for Balance Board)

### 2.2 Balance Board Battery Installation

1. Locate the battery compartment on the underside of the Wii Balance Board.
2. Open the battery compartment cover.
3. Insert four (4) AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

### 2.3 Connecting to Wii Console

1. Ensure your Wii console is powered on.
2. Press the SYNC button located inside the battery compartment of the Wii Balance Board.
3. Within 15 seconds, open the SD Card slot cover on the front of your Wii console and press the red SYNC button.
4. The blue LED on the Balance Board will flash and then remain lit when successfully connected.

### 2.4 Software Installation

1. Insert the Wii Fit Plus game disc into your Wii console.
2. Select the Wii Fit Plus channel from the Wii Menu.
3. Follow the on-screen prompts to install the game data and create your user profile.

## 3. OPERATING INSTRUCTIONS

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### 3.1 Getting Started

Upon first launch, you will be guided through setting up your profile, importing your Mii character, establishing a physical baseline, and setting fitness goals. Wii Fit Plus tracks your usage, weight, and progress over time, providing status reports at the start of each session.

### 3.2 Activity Categories

Wii Fit Plus offers a diverse range of activities categorized as follows:

- **Yoga:** Poses and stretches to improve flexibility and balance.
- **Aerobics:** Cardio exercises to elevate heart rate and burn calories.
- **Strength Training:** Exercises targeting specific muscle groups.
- **Balance Games:** Engaging mini-games designed to improve balance and coordination.

### 3.3 Personalization Options (The Locker Room)

The Locker Room allows you to customize your workout experience:

- **Preprogrammed Routines:** Select from timed workouts (20-, 30-, or 40-minute options).
- **My Routine:** Create custom workout sequences by choosing specific activities and focusing on desired body

areas.

- **Favorites:** Quickly access frequently used and preferred exercises.

### 3.4 New Activities

Wii Fit Plus introduces new content to expand your fitness options:

- **New Yoga & Strength Exercises:** Six additional challenging activities to integrate into your routines.
- **New Balance Games:** Fifteen new entertaining games, including Juggling, Skateboarding, Snowball Fight, Obstacle Course, and Perfect 10.

### 3.5 Tracking Progress

The system provides estimates of calories burned and allows you to track your weight and progress towards your fitness goals. A unique feature also allows for weighing pets.

## 4. MAINTENANCE

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### 4.1 Cleaning the Balance Board

To clean the Wii Balance Board, wipe its surface with a soft, dry cloth. For stubborn marks, a slightly damp cloth can be used, followed immediately by a dry cloth. Do not use abrasive cleaners or solvents.

### 4.2 Battery Care

Remove batteries from the Balance Board if it will not be used for an extended period to prevent leakage. Replace all four batteries simultaneously with new ones when the low battery indicator appears.

## 5. TROUBLESHOOTING

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### 5.1 Balance Board Not Connecting

- Ensure batteries are correctly installed and not depleted.
- Repeat the synchronization process (Section 2.3).
- Ensure no other wireless devices are causing interference.

### 5.2 Inaccurate Weight Readings

- Place the Balance Board on a hard, flat surface. Avoid carpets or uneven flooring.
- Ensure no objects are touching the Balance Board during calibration or use.
- Recalibrate the Balance Board through the in-game options.

### 5.3 Game Disc Read Errors

- Check the game disc for scratches or smudges. Clean with a soft, lint-free cloth if necessary.
- Ensure the Wii console's disc drive is clean and functioning correctly.

## 6. SPECIFICATIONS

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<b>Model Number</b>	45496901691
<b>Product Dimensions</b>	20.51 x 13.19 x 3.11 inches
<b>Item Weight</b>	3.75 pounds

<b>Batteries Required</b>	4 AAA batteries
<b>Release Date</b>	October 4, 2009
<b>Language</b>	English

## 7. WARRANTY AND SUPPORT

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This product is covered by Nintendo's standard manufacturer warranty. For detailed warranty information, product support, or service inquiries, please refer to the official Nintendo website or contact Nintendo customer service directly. Keep your proof of purchase for warranty claims.

## 8. OFFICIAL PRODUCT VIDEOS

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No official seller videos were provided in the product data for embedding in this manual.