

# SPS Training System

## Quick Start



The [vending machine](#) is used to give copies of the [HUD](#) and to buy supplements.

1. Go to the vending machine to *buy* the HUD (it is free)

a. Use the arrow keys to cycle through the products to find the Training HUD.

b. You may transfer SML strength the first time you take the HUD. **To transfer SML strength**, wear your SML HUD and respond “Yes” when asked to transfer strength. Once you take the SPS hud, you can remove the SML hud.

2. Put on the SPS Training HUD. This is your interface to the SPS gym equipment:

- a. [Power Rack](#) for strength training
- b. [Treadmill](#) for cardio
- c. [Exercise mats](#) for yoga, stretching and calisthenics
- d. [Massage](#) for injury and fatigue recovery.

You are now ready to train. **NOTE: To SIT**, touch the display or the mat. You will automatically be seated. **To STAND**, use the menu on the machine. SL sitting and standing will not work with this equipment. (see [FAQ](#))

# User's Guide

## Introduction

SPS Training mimics first-life training, combining weight lifting, cardio and flexibility training. Strength training with SPS uses all these. A player with good cardio has a faster recovery time. A player that is flexible is less likely to suffer an injury. Fatigue is divided between [Reps in Reserve](#), which limits how many reps are performed in a set, and total fatigue, which limits the number of sets you can do. SPS is not a simulation where strength is based solely on time-spent, but a holistic strategy game. A player should balance all aspects of strength, cardio and flexibility of risk injury or decreased performance from overtraining.

## Cardio and Aerobic Efficiency

Cardio removes lactic acid from fatigued muscles and helps build aerobic efficiency. An athlete with good aerobic efficiency shortens their recovery time between sets, allowing for more intense strength training.

## Flexibility

In first-life, muscles and tendons stretch when they are worked out. Overtraining, performance-enhancing drugs and heavy lifting can all lead to injuries. Flexibility is achieved through yoga, stretching and calisthenics helps to prevent injury. Someone that is flexible and stretches is [less-likely to be injured](#).

## Trainers

Trainers are SPS gym rats who help other players by being spotters, massage therapists or run exercise classes. They register at the gym where they are training, and then can be spotters, massage therapists or yoga instructors at the gym. Trainers earn *trainer dollars* (\$T), which can then be used to buy supplements.

## Massage Therapy

Massage is useful to help remove lactic acid from fatigued muscles and improve recovery. It also helps with injury recovery. Massage tables allow clients to request trainers.

## Spotting

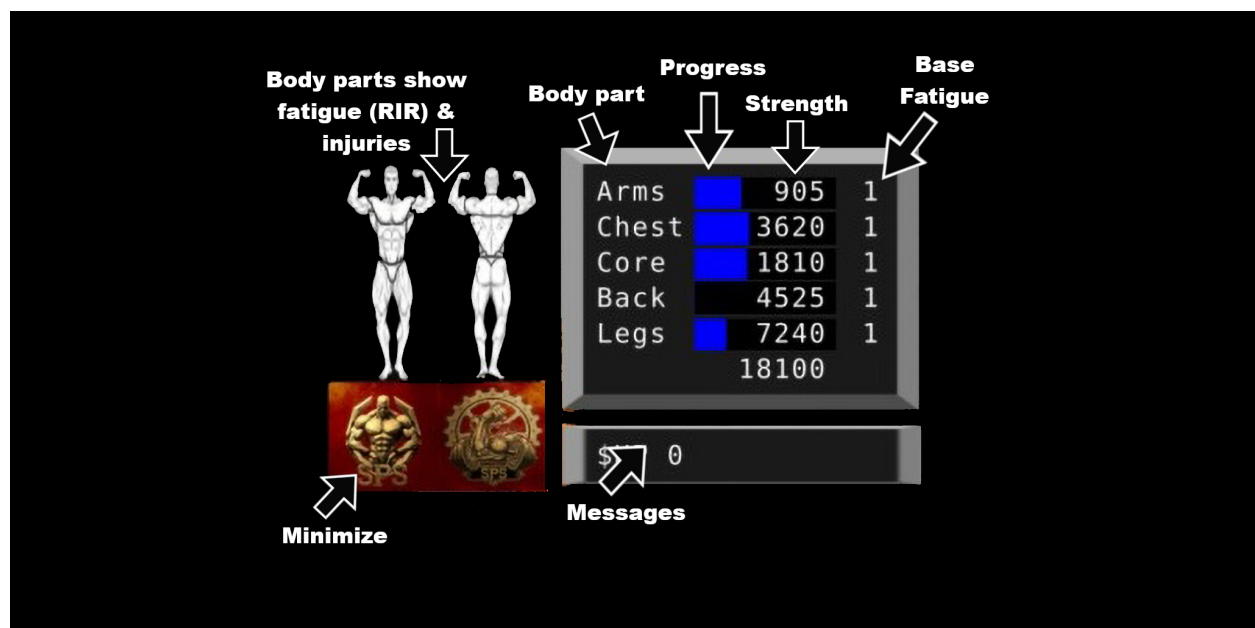
The spotting system is integrated into the strength system which summons available trainers through the power rack menu.

## Supplements

Supplements are used to speed recovery and increase strength.

Supplements are purchased with Trainer Dollars, which are earned through the trainer system. Warning: certain performance enhancing drugs may increase the chance of injury.

# The Details: HUD



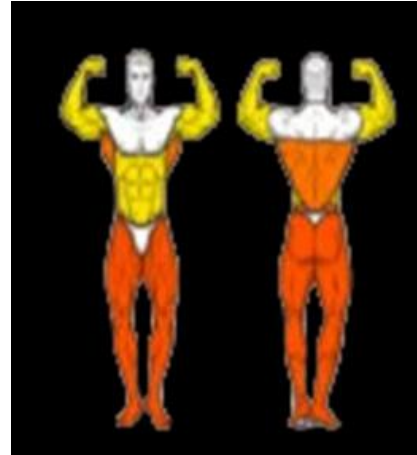
The SPS HUD is your interface to the training system. It displays all the information to control your training.

## Fatigue, RIR and Injuries

The two figures on the top left show your body's integrity, including current fatigue and any injuries. This fatigue includes RIR. For each rep, the body parts being exercised will get more fatigued until you can perform no more reps (your Reps In Reserve is 0). As you rest between sets, your RIR recovers quickly so you can perform another set.

Color is used to display body integrity.

- White: body part is cold
- Yellow: body part is warmed-up
- Red: body part is fully fatigued
- Blue: body part is fully injured



Colors change slowly with one exception. As you work out, body parts transition from yellow through orange to red. You control when to end the workout as the colors change. Greens and purples indicate injuries. The one exception is snap injuries, which can occur suddenly.

## Strength and Fatigue

The large view on the top right shows the strength and base fatigue. Unlike RIR, base fatigue increases after each set and decreases slowly over time. The blue bar indicates progress to next strength increase. Total strength is shown under all the body parts.

## Messages

The messages box displays information about your training. These messages can include:

1. Trainer Dollars earned
2. Active Supplements
3. Overtraining warnings
4. Recovery time
5. Workout time for yoga
6. Aerobic efficiency (increase by doing cardio)

## 7. Flexibility (increase by stretching)

# The Details: Equipment

## Vending Machine



The vending machine is SPS's method of distributing items to SPS players. It is used to get copies of the HUD and buy supplements.

The vending machine cycles through each item every few seconds. To manually advance to the next or previous supplement, use the *Advance Buttons* arrows. The item name and cost are displayed, as well as a graphic. To get the item,

click *BUY*.

The first time you get the HUD from the vendor, you are given the option to transfer strength from SML. SML is a time-based *strength* game which is fundamentally different than SPS. SML strength is divided between your body parts, with any fractional strength indicated in the progress bar. (see [FAQ](#))

## Power Rack



The power rack is used for strength training. It consists of a display, a wooden base, a bench press and metal rack. The bench and rack configure themselves for exercises.

Click the display to select an exercise. It will seat you and configure the machine for that exercise. It will then ask you to select a weight to lift. (Weights progress as you get stronger). The barbell

and weights will rez, and you can start your workout.

## Exercising

The power rack is designed for a complete strength workout in a single *sit*. Exercising consists of performing a number of reps to *failure*, resting for recovery, then performing another set. Weights are grouped into sets of warming up, muscle building (hypertrophy) or power. An exercise should start by warming up, then changing weight to achieve your goals. When finished with one exercise, you can select a new exercise from the menu.

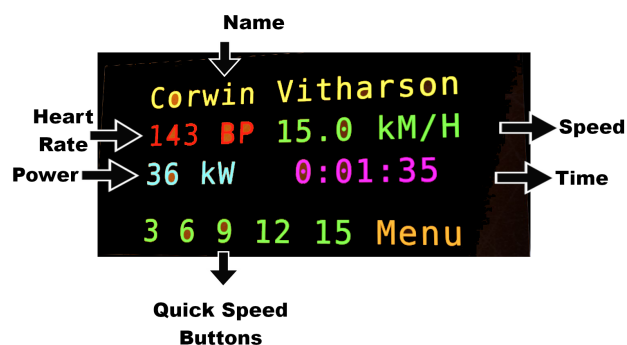
If there are available trainers, you may request a spot via the menu. If no trainers are available, you will not see the option to add a spotter.

## Commands

Keyboard commands are used to stop (and start) workouts, and position the avatar.

- **Page Down** – from the rest position, start working out. Workouts can also be started from the menu.
- **Page Up** – stop working out. From the rest position, will bring up the menu and allow you to stand.
- **Up/Down/Right/Left arrows** – when working out, adjusts your position
- **Right/Left Rotation arrows** – adjust bar for various avatar sizes
- **Touch base** – when resting, summon the menu

## Treadmill and Cardio



Exercise mats

Exercise classes

Message Table



# The Details: Trainers

## Registration



## Massages and Spotting

## Classes

## Trainer dollars

## Frequently Asked Questions

1. Why can't I sit on the equipment?
  - Your workout is stored in the equipment and transmitted to the SPS server when you are done. Detecting when someone stands can be challenging in LSL scripting. By controlling sitting and standing, the system is much more stable.
2. Why can't I stand?

- See above.

### 3. What if I teleport away?

- Since the workout is in the machine, it will transmit your workout to the server and reset. Teleporting away will end your workout, but is considered unsafe. Do it at your own risk.

### 4. Can I play SML and SPS at the same time?

- SML is a closed-source system. SPS is open-source, with a [github](#) repository and public [design document](#). It is impossible to import strength into SML from other systems while SPS encourages it. This is a fundamental difference of philosophy between the systems.
- SPS strength is divided between five body parts, each of which gains strength at different rates (e.g. a person's arms are normally weaker than their legs). SML has a single strength.
- SML strength is tied to *levels*. As a person's level increases, strength gains decrease. SPS has no notion of levels. SPS strength increases based upon the type of workout, intensity, frequency (i.e. overtraining) and body integrity (i.e. injuries). Since there are no levels, SPS provides consistent gains regardless of initial strength.
- Once strength is transferred to SPS, you may continue to play SML also, but for the reasons above, future transfers of strength are discouraged.

### 5. Can I access SPS to add new equipment?

- Yes, but not yet. SPS will provide public APIs to get player statistics and increment fatigue, injury and strength. [Coming soon]. You can read the code in its [repository](#).

### 6. How can I file a bug report?

- You can file bug reports and feature requests through [github](#).