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(54) **INTERFACING PORTABLE MEDIA DEVICES AND SPORTS EQUIPMENT**

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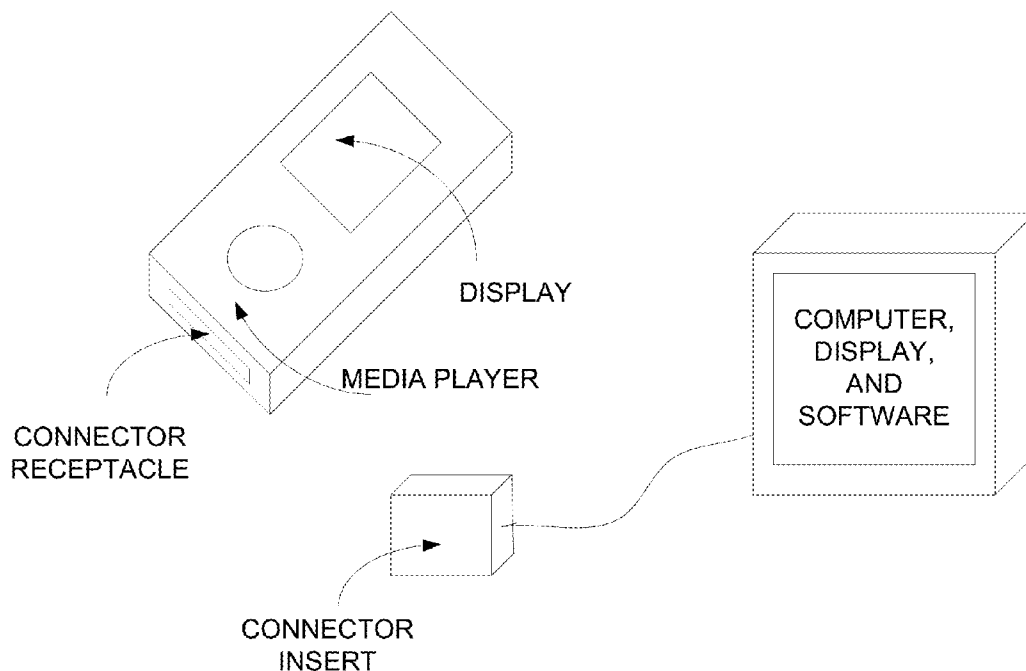
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(60) Continuation of application No. 13/271,230, filed on Oct. 12, 2011, now Pat. No. 8,317,658, which is a

(57) **ABSTRACT**

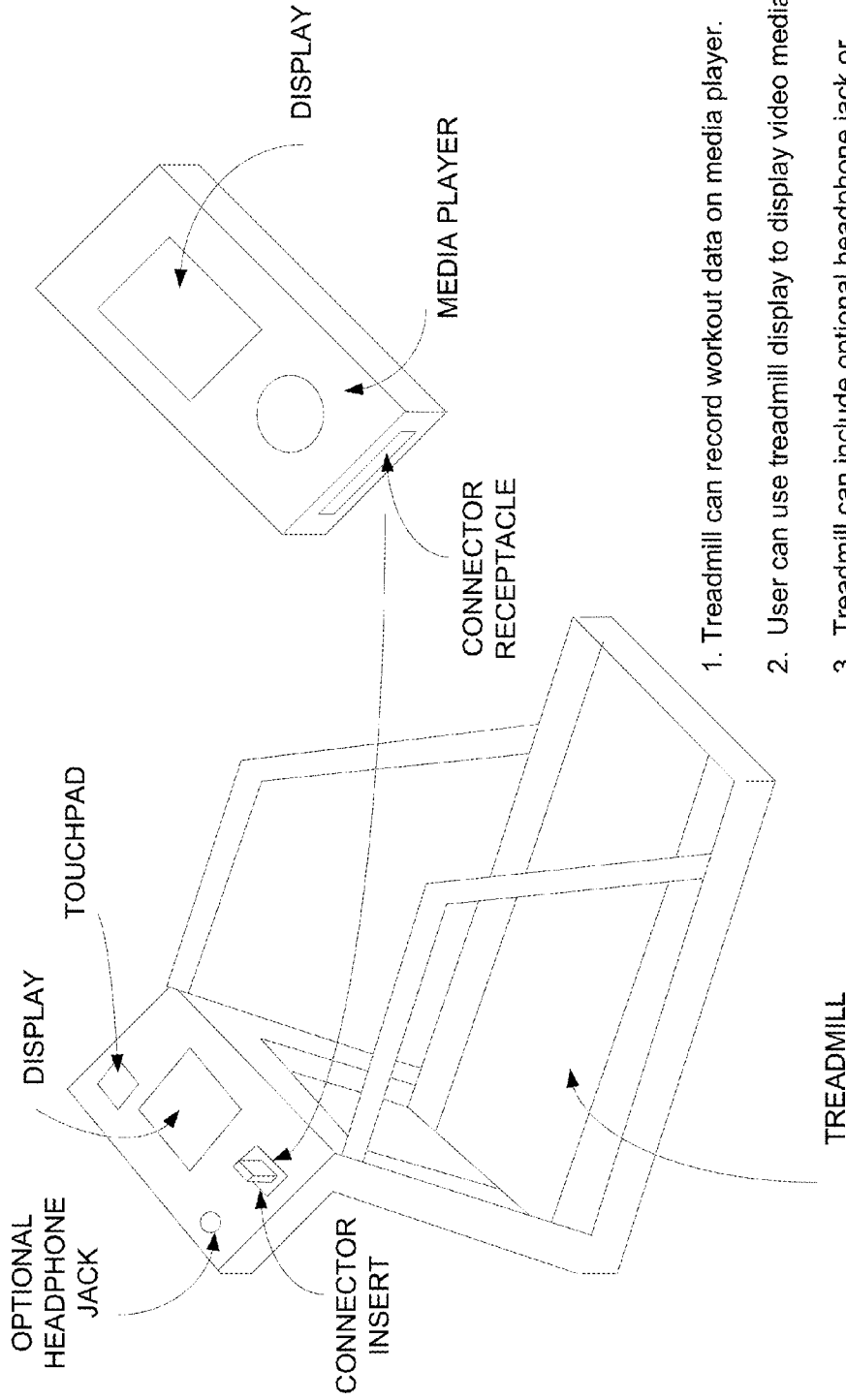
Circuits, methods, and apparatus allow sports or other equipment, such as gym or other cardio equipment, to write data to a media player. Examples further provide the uploading of this data to a computer and third-party website. To monitor progress, the third-party website can be used to track workout data over time. The third party-website can also collect data from other users, which is particularly useful for providing a competitive environment. This data can then be graphically displayed in various ways to provide encouragement.



1. Media player connected to computer and data transferred.
2. Computer displays user data in graphical format.



FIGURE 1



1. Treadmill can record workout data on media player.
2. User can use treadmill display to display video media.
3. Treadmill can include optional headphone jack or speakers (not shown).

FIGURE 2

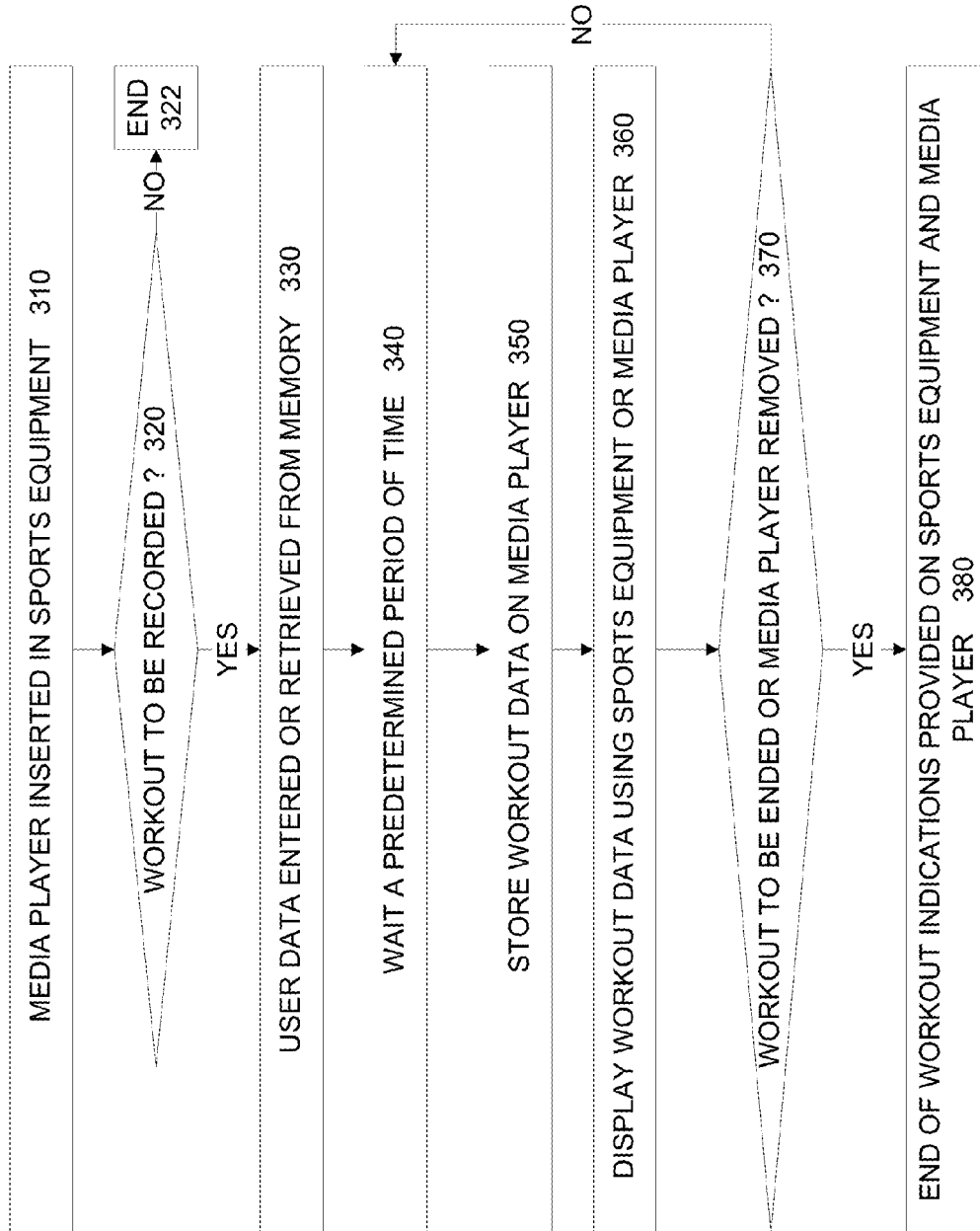
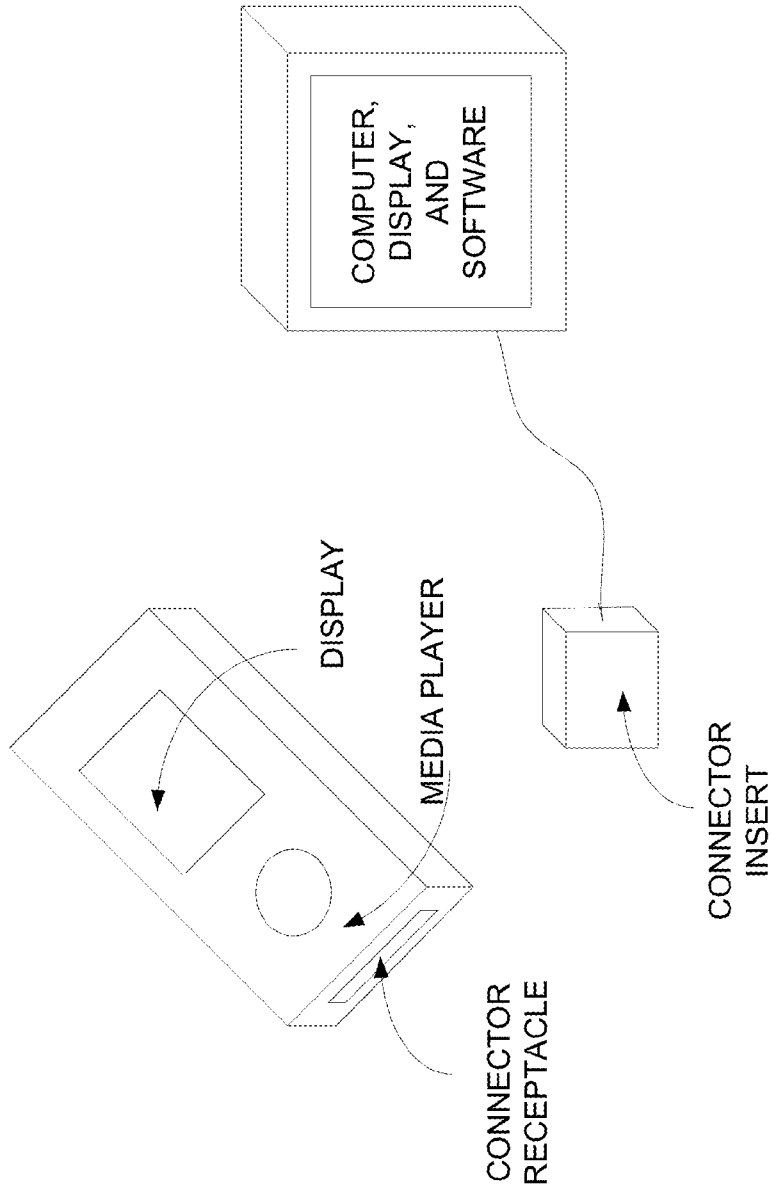


FIGURE 3



1. Media player connected to computer and data transferred.
2. Computer displays user data in graphical format.

FIGURE 4

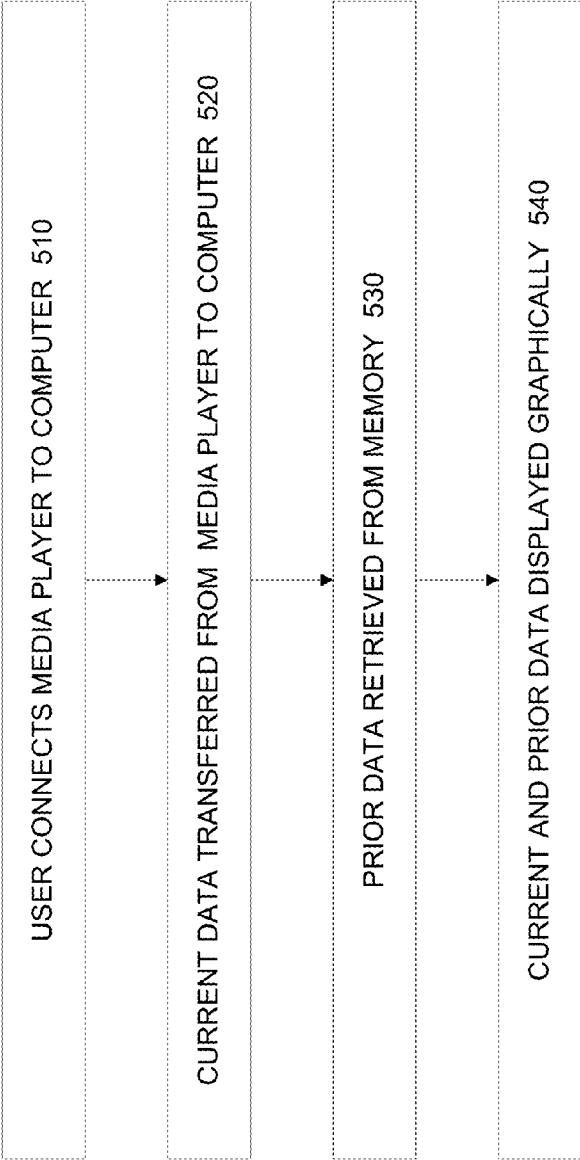
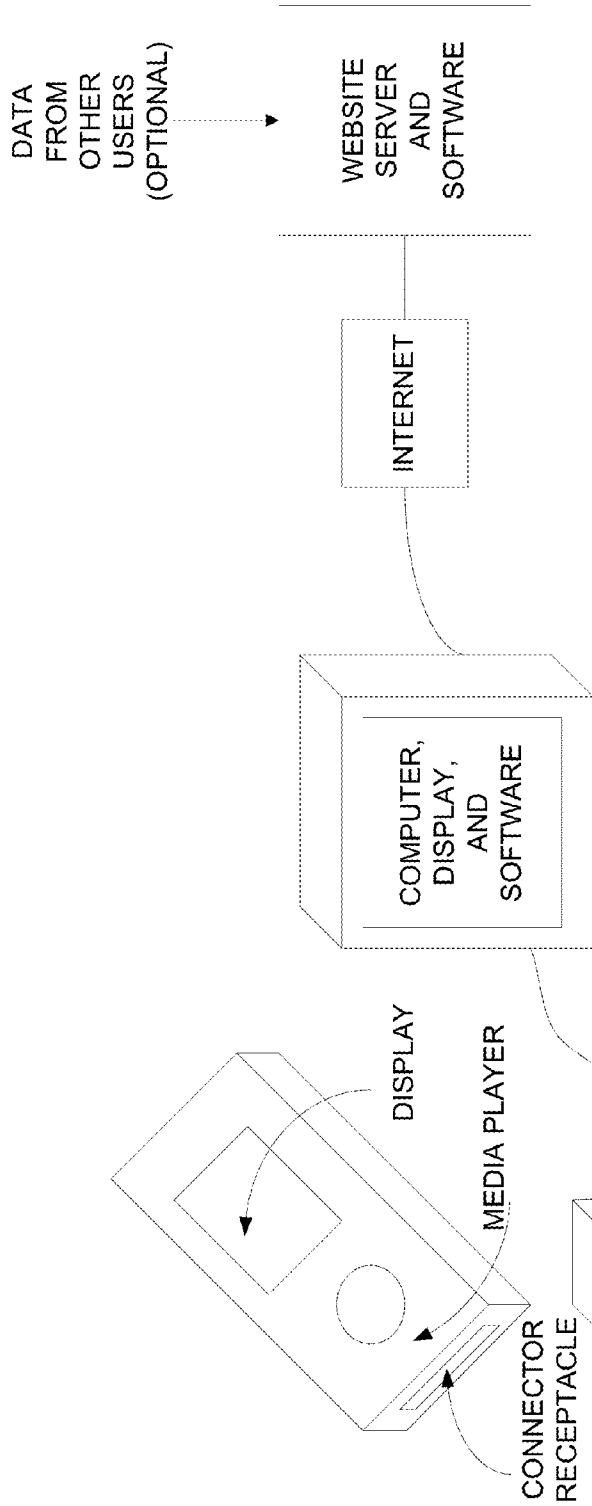


FIGURE 5



CONNECTOR INSERT 1. Media player connected to computer and data transferred.

2. Data uploaded from computer to server.

2a. Data from other users uploaded to server.

3. Server downloads user data in graphical format to computer for display.

3a. Server optionally downloads competitive data to computer for display.

FIGURE 6

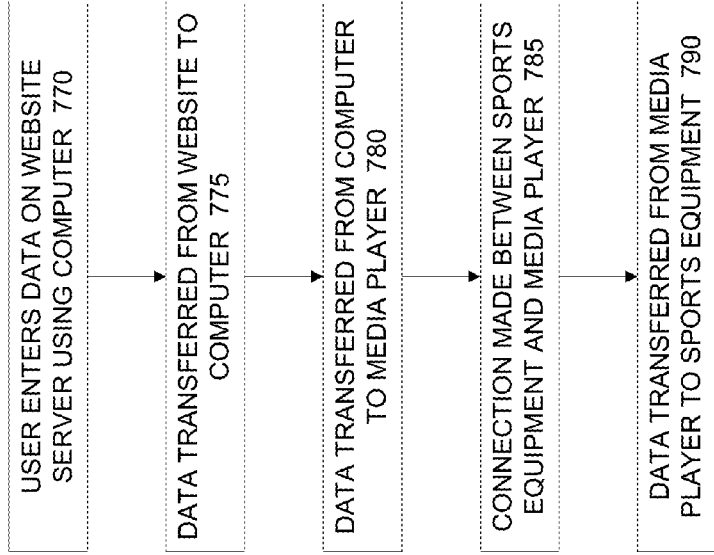


FIGURE 7B

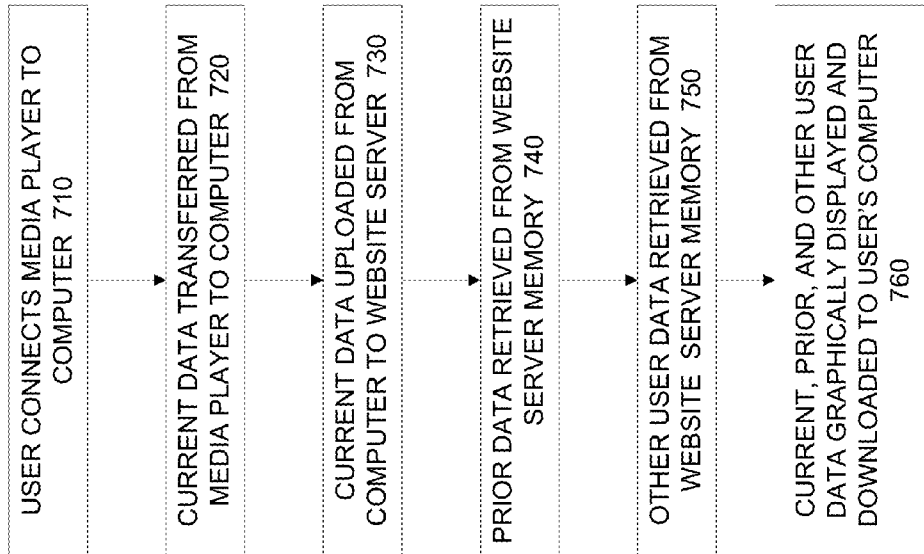


FIGURE 7A



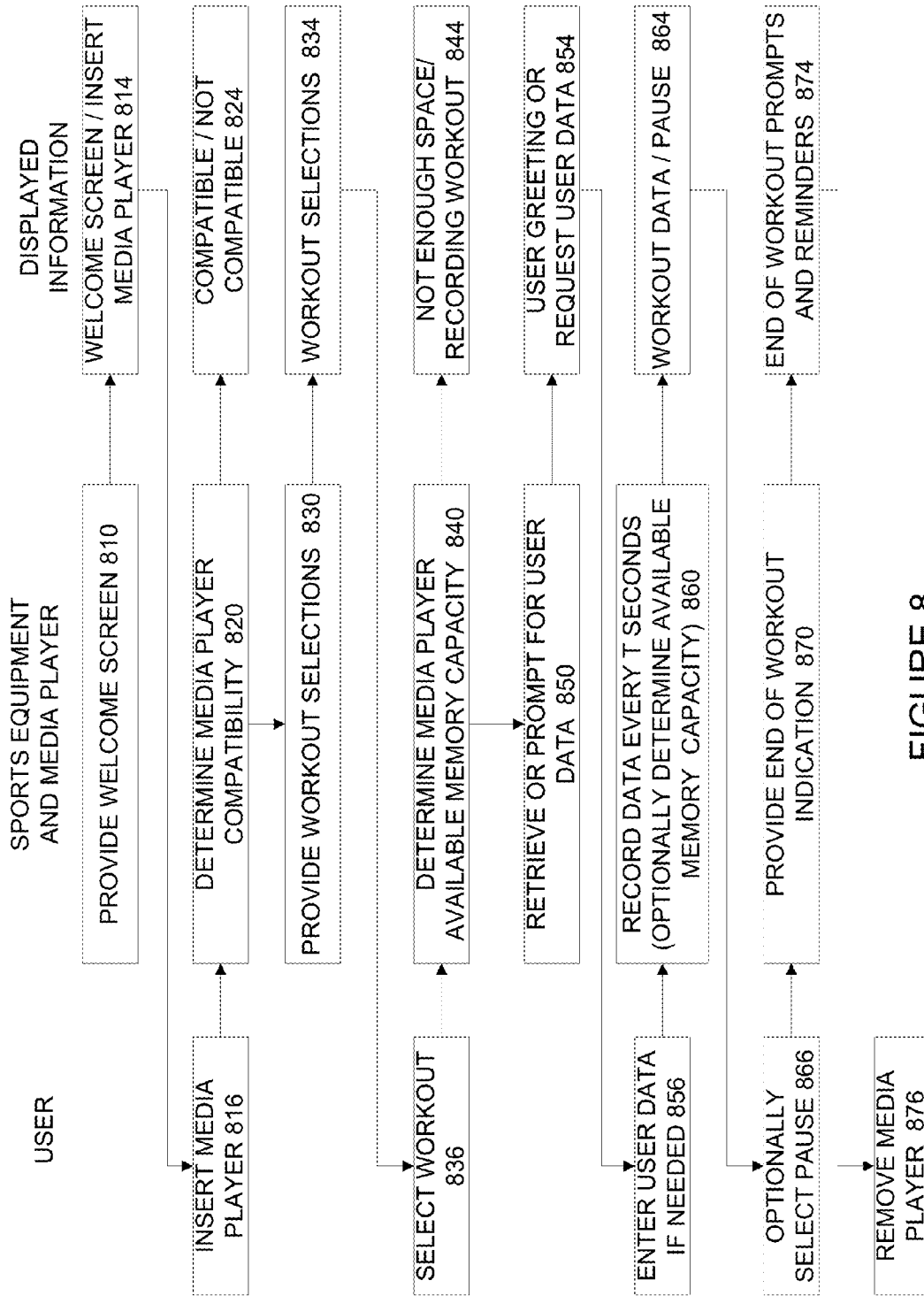


FIGURE 8

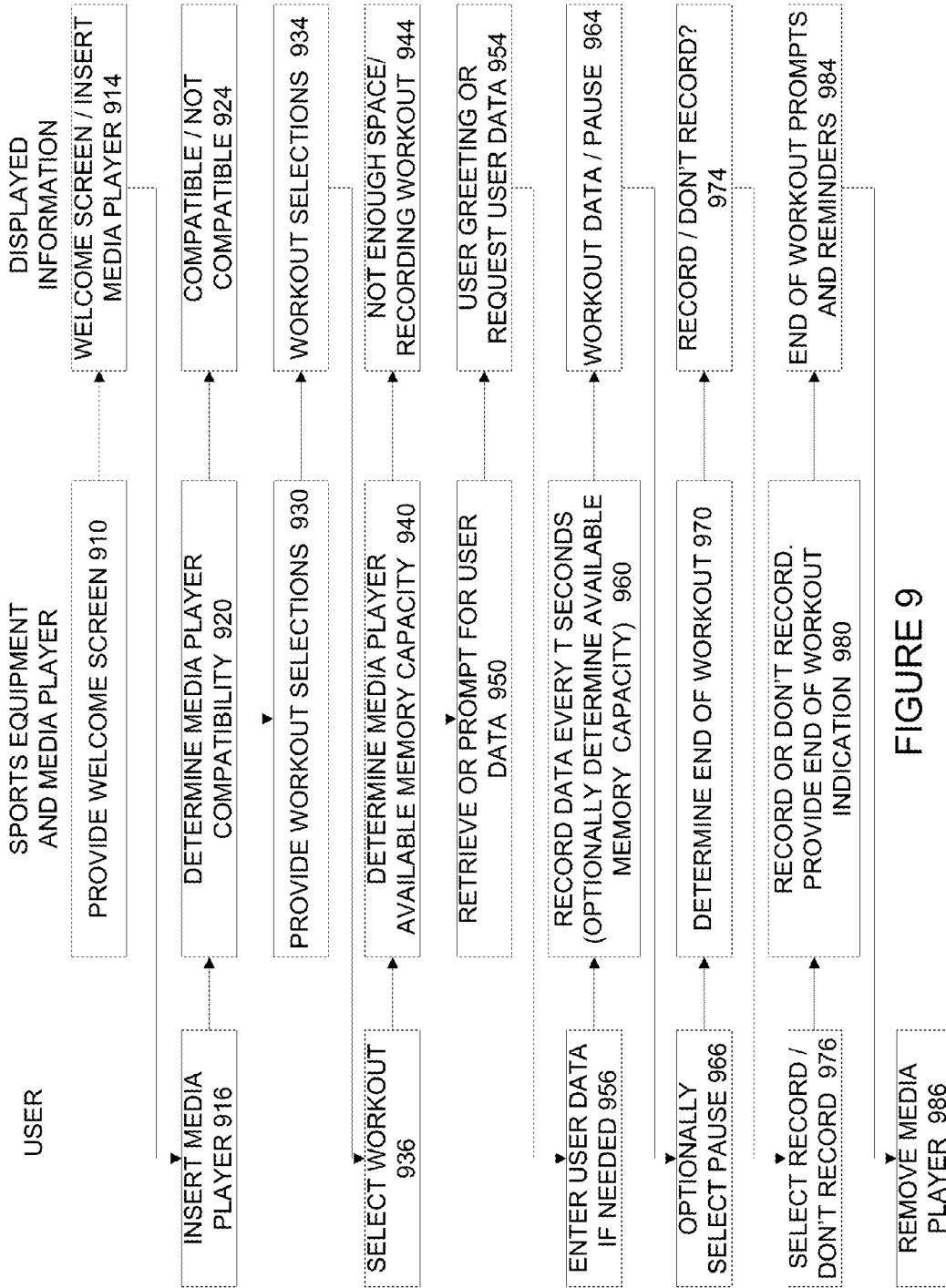


FIGURE 9

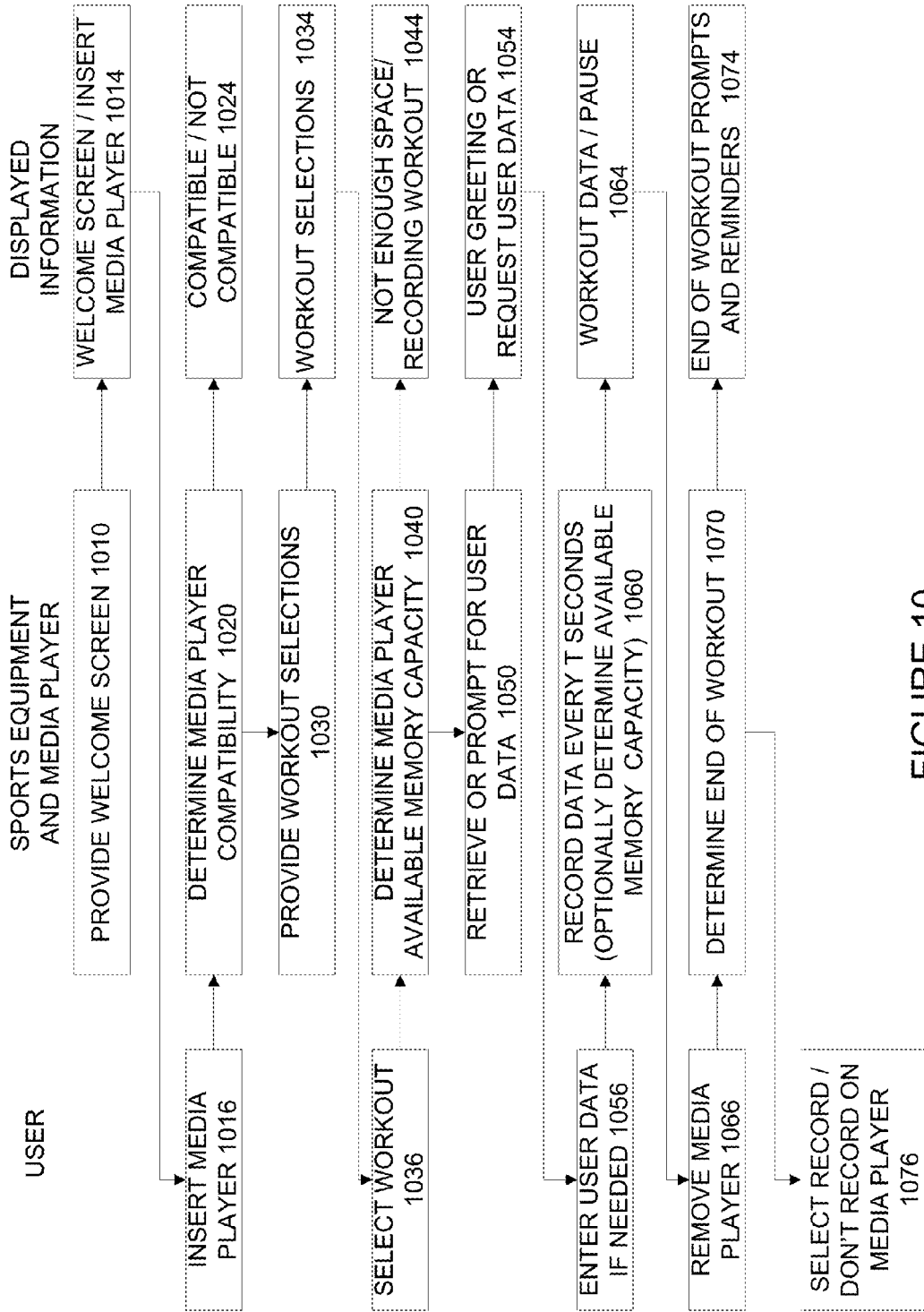


FIGURE 10

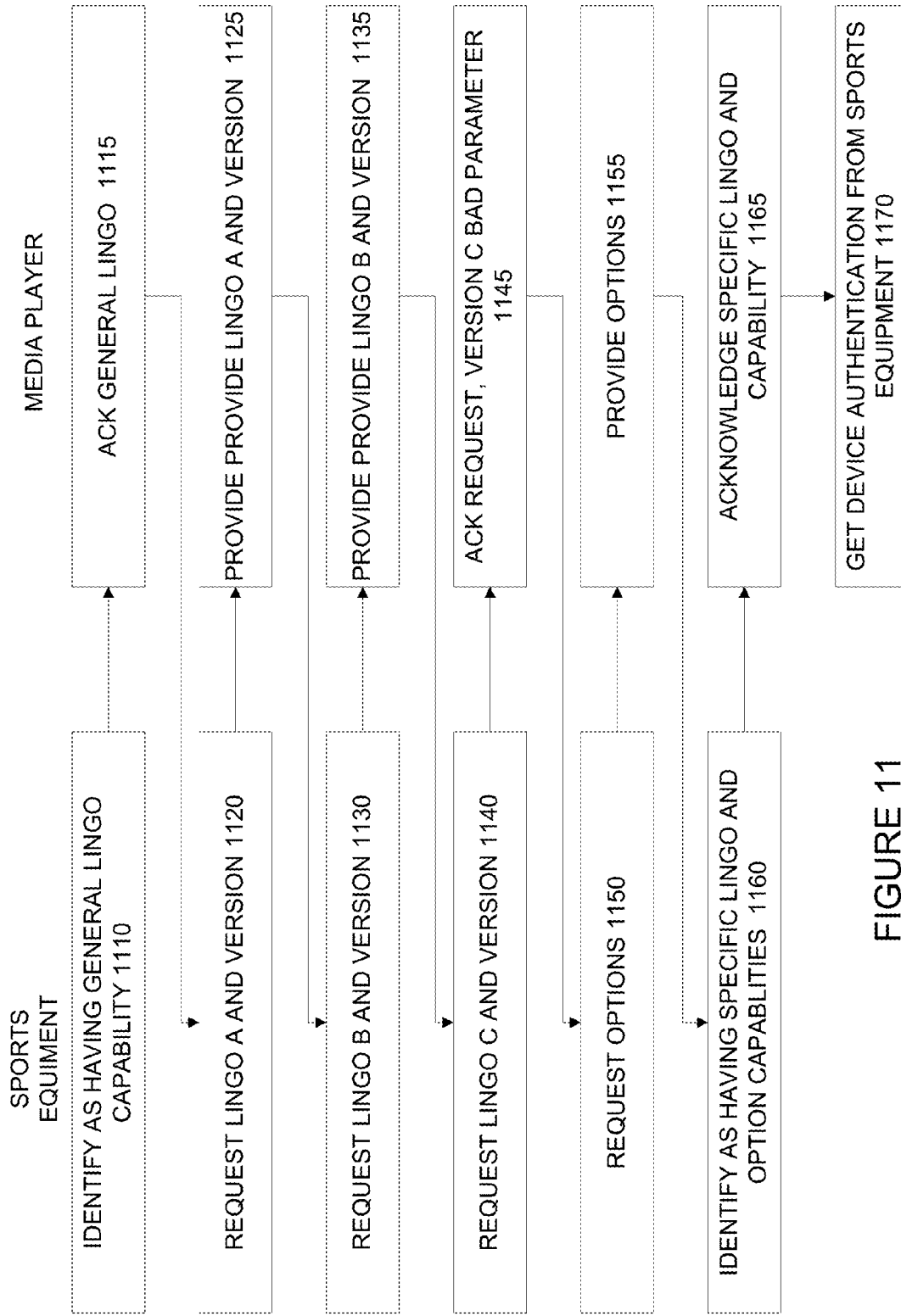
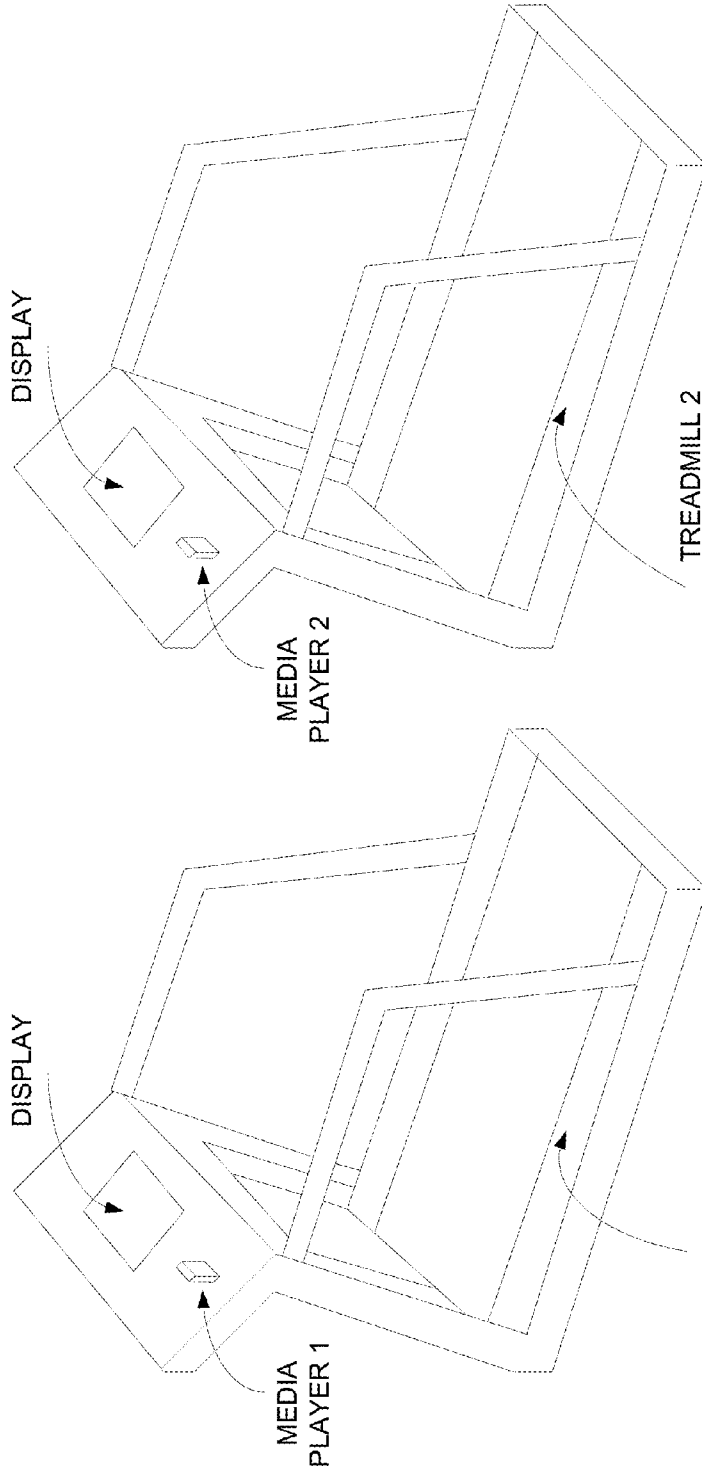


FIGURE 11



FIGURE 12



1. Treadmill 1 and treadmill 2 can be in same or different locations.

2. Media can be shared between treadmills.

3. Data from both treadmills can be displayed on each treadmill.

4. Communication can be from treadmill to treadmill, from media player to media player, or treadmill to media player.

5. Communication can be wireless, wired, via internet, LAN, or other network.

FIGURE 13

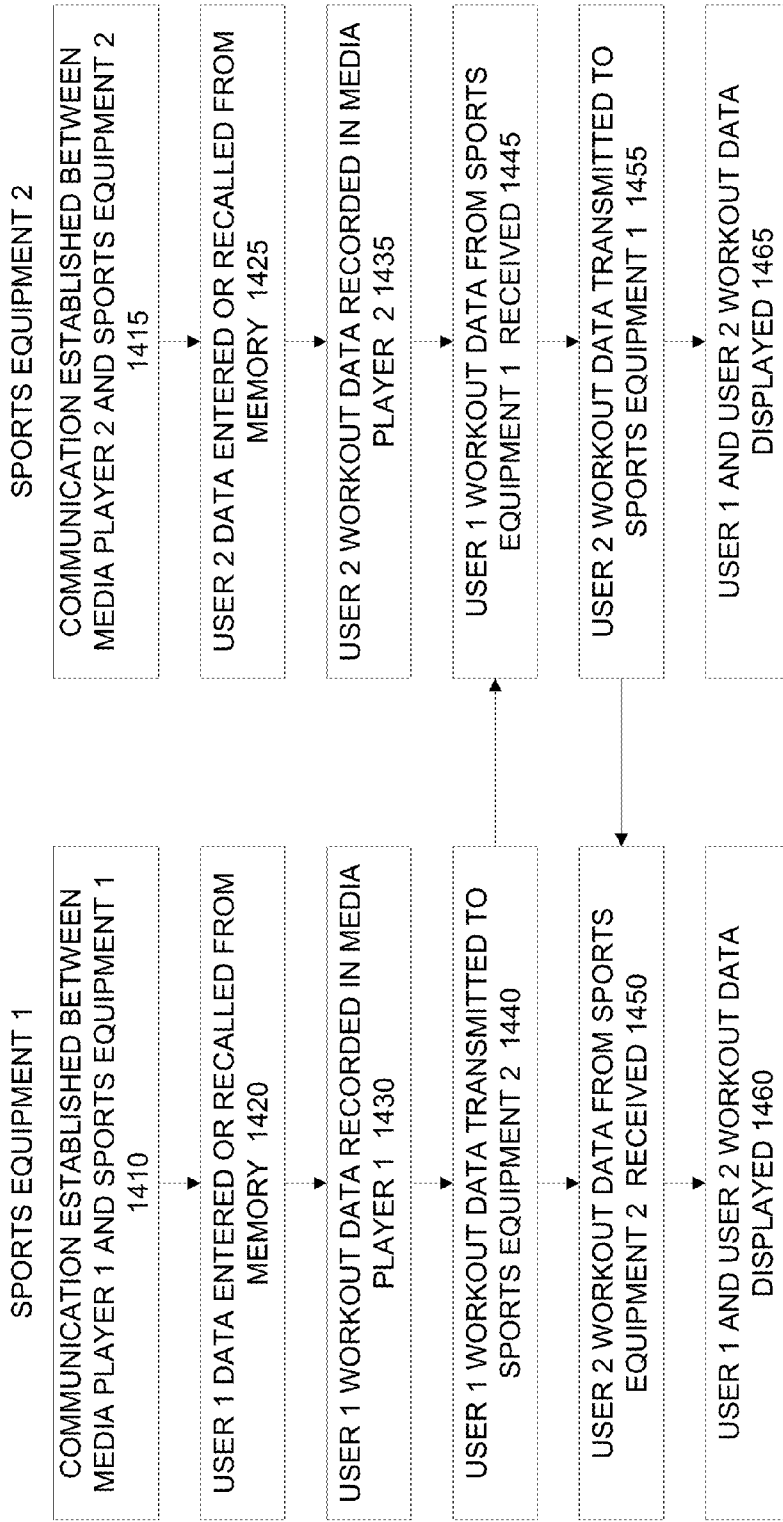


FIGURE 14

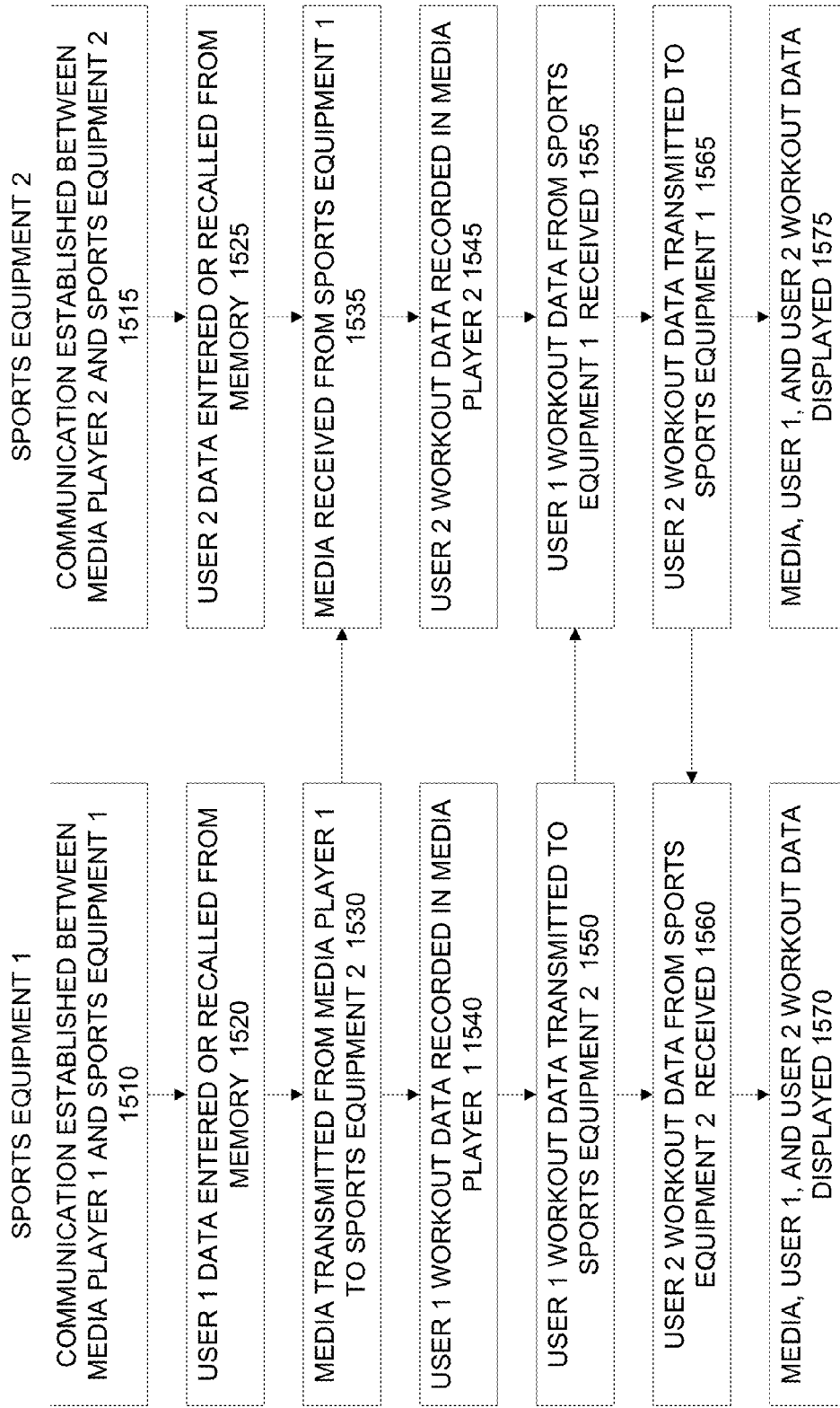


FIGURE 15



**INTERFACING PORTABLE MEDIA DEVICES AND SPORTS EQUIPMENT**

**CROSS-REFERENCES TO RELATED APPLICATIONS**

[0001] This application is a continuation of application Ser. No. 13/271, 230, filed Oct. 12, 2011, which is a divisional of application Ser. No. 12/238,436, filed Sep. 26, 2011, both entitled "Interfacing Portable Media Devices and Sports Equipment," the disclosures of which are incorporated herein by reference for all purposes. This application claims priority to Provisional Application No. 61/032,805, filed Feb. 29, 2008, entitled "Interfacing Portable Media Devices and Sports Equipment," the disclosure of which are incorporated herein by reference for all purposes.

**BACKGROUND**

[0002] Portable media players have become very popular the past few years and their market penetration shows no signs of abating. People use them when walking, driving, and commuting by bus or train. They are also particularly useful as a distraction or source of entertainment when working out. People often bring these to a gym or similar location to use while exercising.

[0003] While exercising, many people like to keep track of their progress. For example, the distance "traveled" while on a treadmill may be recorded and progress over time monitored. This can provide positive feedback when progress is made; it can also provide encouragement to improve when efforts have been somewhat lacking.

[0004] This data is typically recorded using a clipboard and paper or notebook. However, this is somewhat time consuming. Because people often carve a few minutes out of their day to exercise, it is not desirable to lose time keeping track of this data; they may need to quickly return to work or home. Also, since it does not happen automatically, such record keeping can become spotty at times.

[0005] The portable media players that are often found at the gym are capable of carrying data. Unfortunately, there is currently no simple way to transfer workout data to them. That is, there is no easy way to transfer data from equipment in the gym to a portable media player.

[0006] Further, it would be desirable to store other types of data using a media player. For example, heart rate, blood pressure, blood oxygen level, and other monitors and sensors provide data that could be collected and stored.

[0007] Thus, what is needed are circuits, methods, and apparatus that allow sports and other types of equipment, such as the above-mentioned treadmill, to write data to a media player for record-keeping and other purposes.

**SUMMARY**

[0008] Accordingly, embodiments of the present invention provide circuits, methods, and apparatus that allow sports and other types of equipment, such as gym or other cardio equipment, to write data to a media player. Embodiments of the present invention further provide for the uploading of this data to a computer and third-party website. To monitor progress and provide encouragement, the third-party website can be used to track workout data over time. The third party-website can also collect data from other users. This is particularly useful in providing a competitive environment to

encourage progress. This data can then be graphically displayed in various ways using the computer.

[0009] An exemplary embodiment of the present invention provides sports equipment that is capable of writing workout data to a media player. The workout data may be data related to contemporaneous workout activity. The sports equipment may include a connector or connector insert for mating to a connector receptacle on a media player to form a communication link. The sports equipment may also have wireless or optical circuitry that may be used to establish a communication link with the media player.

[0010] Once a communication link is established, user information may be retrieved from either the media player or sports equipment. A workout regime may also be selected. In various embodiments of the present invention, media on the media player can be read by the sports equipment and provided to the user.

[0011] A user may end a workout session at any time and disconnect the media player from the sports equipment. Accordingly, data is typically written from the sports equipment to the media player on a periodic basis. This prevents the loss of most of the workout data that would otherwise occur if the sports equipment waited until the end of a workout to write data.

[0012] Another exemplary embodiment of the present invention provides the uploading of this data to a user's computer. The computer may also track past workout data. This data may be graphically presented to the user. Reminders and encouragement may also be provided to the user, for example, using a display, speakers, headphone jack, or other interface.

[0013] Another exemplary embodiment of the present invention also provides the uploading of this data to a user's computer. The data can be further uploaded to a third-party website. The website may track past workout data. The website may also track other user's data. Current and past data may be provided to the user to show progress and provide encouragement. User workout data may be compared to data from other users to show competition progress and results. This information may be provided for viewing on the user's computer.

[0014] Another exemplary embodiment of the present invention provides real-time, head-to-head competition. These competitions may be between two or more people in one or more locations. Competition data may be shared and displayed to each user. Data may be shared using a wired, wireless, or optical link over a cellular, Internet, LAN, or other type of network.

[0015] Various embodiments of the present invention may incorporate one or more of these and the other features described herein. A better understanding of the nature and advantages of the present invention may be gained by reference to the following detailed description and the accompanying drawings.

**BRIEF DESCRIPTION**

[0016] FIG. 1 illustrates a method of using a media player to record workout data according to an embodiment of the present invention;

[0017] FIG. 2 illustrates a data workout recording system including a media player and sports equipment according to an embodiment of the present invention;

[0018] FIG. 3 illustrates a method of using a media player to store workout data according to an embodiment of the present invention;

[0019] FIG. 4 illustrates a system for uploading workout data from a media player to a computer;

[0020] FIG. 5 is a flowchart illustrating a method of transferring data to a user's computer according to an embodiment of the present invention;

[0021] FIG. 6 illustrates the use of a third-party website in displaying workout data according to an embodiment of the present invention;

[0022] FIG. 7A illustrates a method of using a third-party website to display workout data according to an embodiment of the present invention, while FIG. 7B illustrates a method of transferring data from a user's computer to sports equipment via a website according to an embodiment of the present invention;

[0023] FIG. 8 illustrates the activities performed by sports equipment and a media player during a workout session according to an embodiment of the present invention;

[0024] FIG. 9 illustrates another method of collecting data and providing prompts during a workout session according to an embodiment of the present invention;

[0025] FIG. 10 illustrates the activities performed by sports equipment and a media player when a user removes a media player or otherwise breaks a communication link between a media player and sports equipment before the expected end of a workout session according to an embodiment of the present invention;

[0026] FIG. 11 illustrates a method that may be used by sports equipment to assess the capabilities of the media player according to an embodiment of the present invention;

[0027] FIG. 12 illustrates data that may be written to a media device memory by sports equipment before, during, and after a workout session according to an embodiment of the present invention;

[0028] FIG. 13 illustrates a system including two items of sports equipment that may be used for real-time competitions;

[0029] FIG. 14 illustrates the activities performed by two items of sports equipment during a real-time competition according to an embodiment of the present invention; and

[0030] FIG. 15 illustrates activities performed by two items of sports equipment during a real-time competition where media is shared according to an embodiment of the present invention.

#### DESCRIPTION OF EXEMPLARY EMBODIMENTS

[0031] FIG. 1 illustrates a method of using a media player to record workout data according to an embodiment of the present invention. This figure, as with the other included figures, is shown for illustrative purposes and does not limit either the possible embodiments of the present invention or the claims.

[0032] In this method, a media player records data provided by sports or other gym equipment. This data is then transferred to a computer. The data is then uploaded to a website, where it is combined with previous data as available, and downloaded to the computer and presented in a graphical fashion.

[0033] Specifically, in act 110, a communication link is established between a media player and an item of sports equipment. This communication may be wired or wireless.

[0034] For example, it may be established by using a connector such as the 30 pin connector described in copending U.S. patent application Ser. No. 10/423,290, filed Apr. 25,

2003, titled Media Player, which is incorporated by reference. The communication link may alternatively be wireless or optical in nature. The link may be used to download workout data from the sports equipment to the media player. Also, other types of information may be exchanged between the media player and the sports equipment. For example, the sports equipment may be located in a gym or hotel. In such a situation, it may be desirable that local news, weather, and information regarding the gym or hotel be placed on the media player.

[0035] The link may also include power supply circuitry to charge the media player. The power supply charging circuitry may provide DC power, or it may provide inductive charging. The sports equipment may derive the charging power from a power source. Alternatively, user interaction with the equipment may be used to create the power source, particularly where a physical connection is not practical, for example, on a bicycle. In this case, a generator that derives power from a spinning wheel or other moving part can be attached to the sports equipment, be it a treadmill, bicycle, or other type of equipment. The power thus generated can then be used to charge the media player.

[0036] The media player may be a media player such as an iPod or iPhone manufactured by Apple Inc. of Cupertino, Calif. Alternatively, other types of phones, media players, personal digital assistants, or other electronic devices may be used.

[0037] The sports equipment may be gym equipment, such as a treadmill, elliptical stepper, stationary bicycle, weight machine, or other gym or cardio equipment. The sports equipment may be other types of sports equipment, such as bicycles or other sports or cardio equipment. Also, while embodiments of the present invention are particularly suited to recording data provided by sports equipment, data from other sources may be recorded as well. For example, data from monitors, detectors, sensors, or other measuring or other types of equipment may also be recorded and placed on the media player.

[0038] The sports equipment may be located in a traditional location such as a gym. The equipment may also be located in workplace or hotel workout areas. The sports equipment may be for personal use and located in a home, or used by individuals in public places. For example, the equipment may be a bicycle.

[0039] The data may be data generated by the sports equipment by measuring physical movement of a portion of the sports equipment being acted on by a user. This physical movement may be angular, linear, or have other directional qualities. For example, a user may spin a wheel on a bicycle. Alternatively, the user may cause one or more wheels to spin on a treadmill. These physical activities can then be translated by circuitry in or associated with the sports equipment into data to be written to the media player. The data may be written by the same or other circuits on or associated with the sports equipment. The translation from physical movement to workout data may include or account for user profile data such as weight, height, or other attributes or types of data.

[0040] It is often desirable that this recorded data be associated with a particular user. Accordingly, in act 120, user data, such as user profile data, is either entered or recalled from memory. The user data may include user profile data such as a user name, nickname, or other identification, age, weight, gender, or other user data. The user data may be entered using the sports equipment, media player, computer, or other device. This information may alternatively be entered

before the communications link is established in act 110. For example, it may be desirable for a user to enter certain information at home while the media player is connected to a computer before the user goes to a gym for a workout.

[0041] This data may be newly entered, or it may be retrieved from memory located either on the media player or the sports equipment. In some instances where a user may be limited in time, it may be desirable to collect and store this user data while the workout is proceeding. Alternatively, for safety reasons, it may be desirable to collect this data either after or before the workout. In some embodiments of the present invention, user data for more than one user may be stored on a media player. Accordingly, act 120 may consist of asking the user to identify herself from a list of possible users.

[0042] Once communication is established between a media player and sports equipment, data may be recorded by the sports equipment on the media player. Accordingly, in act 130, workout data is recorded by the sports equipment on the media player. Typically, this data is recorded on a periodic basis. This prevents large amount of workout data from being lost if communication between the media player and sports equipment is broken. Specifically, only the amount of data generated since the last write cycle is lost when the user removes or otherwise breaks the communication link between the media player and the sports equipment. For example, a user may abruptly remove the media player at a time before what the sports equipment may expect. The user may be dissatisfied if the workout data is not recorded on the media player due to its removal. Accordingly, a specific embodiment of the present invention records data every 10 seconds, though other embodiments may record the data every 20 seconds, or on another periodic basis.

[0043] In act 140, the workout data is transferred to a user's computer. The data may be transferred using software, such as iTunes, a product of Apple Inc. of Cupertino Calif. The software program used to transfer the workout data may be the same software program that is used to write data and media to the media player. In other embodiments of the present invention, the workout data is transferred to the user's computer in real-time, for example, using a wireless link between the media player or sports equipment and the user's computer.

[0044] Once the data is transferred to a user's computer, it is desirable to make this data available to the user in a graphical format. For example, a graphical format may be useful in encouraging the user to continue with a workout regiment. In this specific example, the data is uploaded to a server where it is formatted graphically and downloaded to the user's computer for viewing. Alternatively, this may be done on the user's computer. Moreover, some or all of this may be done on the media player itself.

[0045] Specifically, in act 150, workout data is uploaded from the user's computer to a website server. This data may be combined with previous data retrieved from the server memory in act 160. This is particularly useful in showing a user's workout progress. Also, data from other users may be provided as well. This is particularly useful in providing a competitive setting. For example, it may be desirable to track which of the number of users is the first to reach a certain number of miles on a treadmill.

[0046] Again, for encouragement purposes, it is often desirable to show such workout data, including progress and

competition data, in a graphical format. Accordingly, in act 170, the graphical data is downloaded from the server to the user's computer.

[0047] Again, the equipment may be sports equipment or other types of equipment. The sports equipment may be gym equipment, or other type of equipment, such as a bicycle. One type of gym equipment that is particularly suited to an embodiment of the present invention is the treadmill. An example is shown in the following figure.

[0048] FIG. 2 illustrates a data workout recording system including a media player and sports equipment according to an embodiment of the present invention. This figure includes a media player and a treadmill. The media player includes a display, touchpad, and a connector receptacle. The treadmill includes a connector insert, typically located in a recessed portion of the treadmill, and an optional display. In various embodiments of the present invention, some sports equipment may not have a display. Alternatively, other sports equipment may have a simple display, for example, one formed using a number of LEDs. Still other embodiments may include an LCD or other type of display, while still other higher-end units may include a touchscreen display.

[0049] User data, prompts, and other information may be generated and displayed using either the media player or the display on the treadmill. The treadmill may also have other means of receiving input data, in this example, the touchpad. The touchpad may be a keypad or other such tactile interface, or it may be another type of data entry interface.

[0050] The user can establish communication between the media player and the treadmill by inserting the connector insert of the treadmill into the connector receptacle of the media player. Again, the treadmill insert may be recessed for mechanical stability reasons. While the workout is underway, the treadmill can record workout data on the media player.

[0051] A user may also wish to enjoy the media stored on the media player while the workout is progressing. Accordingly, embodiments of the present invention may also include items such as a headphone jack or speakers (not shown.) Also, the display, if available, may be used to view video or other media. The touchpad or touchscreen, if available, can be used to enter user data, select workout routines, or select and control media from the media player. These various activities are shown further in the following figure.

[0052] FIG. 3 illustrates a method of using a media player to store workout data according to an embodiment of the present invention. In this figure, the media player is inserted in the sports equipment. During the workout, data is written to the media player.

[0053] Specifically, in act 310, the media player is inserted into the sports equipment, for example, the treadmill in FIG. 2. Again, in other embodiments of the present invention, communication may be established in other ways. For example, wireless, optical, or other wired connections may be used. Alternatively, the media player may be attached to a cable or other electronic device that is in communication with the sports equipment.

[0054] In act 320, the user is prompted as to whether the workout should be recorded. For example, the user may simply insert the media player in order to watch a movie or listen to music during her workout. If the workout is not to be recorded, no further activity is performed, as shown in act 322. If the workout is to be recorded, user data is entered or retrieved from memory in act 330. Again, this may include

entering data using the media player or sports equipment, or selecting a user from a list of possible users.

**[0055]** Once a workout commences, data is typically written to the media player on a periodic basis. Again, a user, at the completion of a workout, may simply remove the media player without warning or being prompted by the sports equipment. It is therefore undesirable to wait until the end of the workout session to write data to the media player. Accordingly, in act **340**, it is determined that a predetermined amount of time, in one specific example, 10 seconds, has passed, thus the workout data is stored on the media player by the sports equipment in act **350**. In other embodiments of the present invention, other periods of time, such as 20 seconds, may be used, that is, data may be written by the sports equipment to the media player every 20 seconds.

**[0056]** It may also be desirable to display workout data to the user while the workout is progressing. For example, speed, calories burned, and the like may be displayed. Further, other information, for example, information from other users, may also be provided for competitive purposes. Previous information generated by the user may be displayed to show progress.

**[0057]** In act **370**, it is determined whether the workout has ended or the media player has been removed. If not, data is written after the predetermined time has elapsed. When the workout ends, workout indications may be provided on the treadmill or media player. Such indications may be messages such as “congratulations,” “good work,” and the like, and these may be used to provide encouragement to the user.

**[0058]** Workout data collected in this way may be viewed using the media player. However, it is desirable to transfer this data from the media player to a computer, which typically has more storage space, in order to free memory space on the media player for the next workout, or for storing media or other content. Also, for encouragement purposes, it is desirable to view the data in a more sophisticated graphical context. Accordingly, workout data is typically moved to a user’s computer. An example is shown in the following figure.

**[0059]** FIG. 4 illustrates a system for uploading workout data from a media player to a computer. In this example, the workout or other data collected above can be transferred from the media player to a user’s computer. Also, data from the computer may be loaded onto the media player. For example, information may be entered by the user on the computer. This information may in turn be loaded onto the media player. Again, the media player typically includes a connector receptacle. A cable having a connector insert on a first end and a second connector, such as a USB or FireWire connector appropriate for connecting to a computer on a second end. This cable may be used to form a wired connection between the computer and the media player. Alternatively, wireless or optical communications may be used to transfer data between the media player and the user’s computer. A software program resident on the computer can then process the data. The computer can then display the data in a graphical format. This data may include recent workout data, as well as workout data from prior workout sessions to show user progress. These acts are shown further in the following figure.

**[0060]** FIG. 5 is a flowchart illustrating a method of transferring data to a user’s computer according to an embodiment of the present invention. In act **510**, the user connects the media player to a computer. This connection may be a physical connection, or wireless, optical or other type of connection. Current data is transferred from the media player to the

computer in act **520**. Prior data may be retrieved from memory in act **530**. Current and prior data may be displayed graphically in act **540**.

**[0061]** It may be further desirable to upload workout data to a third-party website. This is particularly useful as it allows third-party information to be provided to the user. Also, workout data from other users may be provided by the website for competition purposes. An example of this is shown the following figure.

**[0062]** FIG. 6 illustrates the use of a third-party website in displaying workout data according to an embodiment of the present invention. As before, a connection is made between a user’s computer and media player. Data can be transferred from the media player to the user’s computer. This data can be further uploaded via the Internet to a third-party website. The third-party website can retrieve previous workout data and present this data to the user. Again, this is particularly useful to show use progress. Data from other users may be included as well. This is useful to show competitive results. These activities are shown in the following figure.

**[0063]** FIG. 7A illustrates a method of using a third-party website to display workout data according to an embodiment of the present invention. In this method, the user connects a media player to her computer. Data is transferred from the media player to the computer, then uploaded to a website server. Other data is combined with this and graphically displayed on the user’s computer.

**[0064]** Specifically, in act **710**, a user connects the media player to her computer. In act **720**, current data is transferred from the media player to the computer. This workout data is uploaded from the computer to a third-party website server in act **730**. Other data, such as prior workout data or other user data may also be retrieved from server memory in acts **740** and **750**. This data is then graphically displayed on the user’s computer in act **760**.

**[0065]** In these examples, data is written to a media player during a workout. Later, the data is transferred to a computer. In other embodiments of the present invention, data can be written directly to a computer or third party website. This may be accomplished using a web-enabled media player. For example, data may be written to the media player, then uploaded over a wireless network or cellular network to a computer or third-party server.

**[0066]** In these examples, data is written by the sports equipment to the media player. Data on the media player is uploaded to the user’s computer. The user’s computer can then pass the data on to a third-party website and the third-party website can then display this and other data on the user’s computer. In other embodiments of the present invention, other data flows are possible.

**[0067]** For example, a user may use her computer to log on to the third-party website. User information, such as a user identification or nickname, may be provided by the user to the website. The website can then provide this data to the media player via the user’s computer. The media player can in turn provide this data to the sports or other equipment when communication is established between the media player and the equipment. These acts are shown further in the following figure.

**[0068]** FIG. 7B illustrates a method of transferring data from a user’s computer to sports equipment via a website according to an embodiment of the present invention. In this method, a user enters data on a computer. This data may be an identification, nickname, or other type of data. This data is

uploaded to a third-party website server. The third-party website server then transfers this data to the media player via the computer. The data is then transferred to the sports equipment.

[0069] Specifically, in act 770, a user enters data on a website using her computer. In act 775, the data is transferred from the website to the user's computer. In act 780, the data is transferred from the computer to a media player. In act 785, a communication link is established between the sports equipment and the media player. In act 790, the data is transferred from the media player to the sports equipment.

[0070] When a user uses a media player in conjunction with a piece of sports or other equipment, it is desirable that the equipment provides information back to the user as well as record workout data. Flowcharts illustrating methods of performing these tasks are shown in the following three figures.

[0071] FIG. 8 illustrates the activities performed by sports equipment during a workout session according to an embodiment of the present invention. In this embodiment of the present invention, the sports equipment writes workout data onto the media player. Also, the sports equipment or media player, or combination of the equipment and media player, provides various prompts at different times during the workout session. These prompts may be shown using a display on the sports equipment, on the media player, or these displays may work in conjunction with each other.

[0072] Specifically, in act 810, the sports equipment provides a welcome screen. At this time, the information displayed is a welcome screen, which may inform a user the way to establish communication between a media player and the sports equipment. In act 816, a user inserts a media player into the sports equipment or otherwise establishes communication between the media player and the sports equipment.

[0073] In act 820, the capabilities of the media player can be determined. Information regarding the compatibility or incompatibility of the media player may be displayed in act 824. In act 830, a selection of workouts may be provided and displayed in act 834. The user may select one of these workouts in 836.

[0074] Once the workout is selected, the media player may determine whether the media player has enough capacity to store information for this workout in act 840. If there is enough room, an indication that there is enough memory space and that data will be recorded may be provided in act 844. If there is not enough memory space, this may be indicated in act 844. This information may be handled differently in various embodiments of the present invention. For example, if the chosen workout is 1 hour, the media player can determine how much memory will be required since data will be recorded every T seconds, as outlined below. If there is enough space, that can be communicated to the user. If there is not enough space, that can be communicated. However, in some embodiments of the present invention, the duration of a selected workout may be undetermined. In this case, the media player may inform the user that it has room for a workout of duration X. In some embodiments of the present invention, X is provided to the user only when it is below a threshold; it may not be of interest to a user that a workout of 28 hours can be recorded.

[0075] At this point, or at another point, user data may be prompted for or retrieved. This may be in the form of the user greeting or request for user data in act 854. If needed, the user can enter this data in act 856. This data may be entered using an interface on the sports equipment, media player, or both.

Again, this may be as simple as identifying oneself from a list of users. Alternatively, no identification may be needed. As the workout is occurring, data is recorded every T seconds in act 860. This limits the data loss if communication between the media player and the sports equipment is terminated, as for example, when a user removes the media player. Also at this time, the media player may optionally determine how much memory capacity it has left. From this, it can let the user know how much longer it can record workout data. This information along with workout data or information regarding the workout data may be provided on the display in act 864. This information or data may include calories burned, elapsed time, distance, speed, heart rate, incline, resistance, effort, and other types of information. An option to pause may also be displayed. This pause may be optionally selected in act 866. The use of this pause function avoids having the sports equipment write large amounts of empty data to the media player.

[0076] At the end of the workout, an end of workout indication may be provided to the user in act 870. This may be displayed in act 874. This indication may include congratulatory statements, reminders to resynchronize the media player, or other such information. In act 876, the user may remove the media player.

[0077] FIG. 9 illustrates another method of collecting data and providing prompts during a workout session according to an embodiment of the present invention. In this method, the option of recording or not recording the data is provided to the user at the end of the workout.

[0078] Specifically, in act 970, the end of the workout is determined. In act 974, the option to record or not record the data is provided. The user may select one of these options in act 976. If the selection is made to not record, the data is not recorded. If the selection is made to record the data, the data is recorded in act 980. In either case, an end of workout indication may be provided in act 984. Specifically, workout prompts and reminders may be provided in act 984. The media player may be removed in act 986.

[0079] Again, a user may end a workout session early by removing the media player or otherwise breaking a communication link between the media player and sports equipment. This is shown in the following figure.

[0080] FIG. 10 illustrates the activities performed by sports equipment when a user removes a media player or otherwise breaks a communication link between a media player and sports equipment before the expected end of a workout session according to an embodiment of the present invention. Specifically, in act 1066, the media player is removed by the user at a time before the time the sports equipment expects the workout session to end. This triggers an end of workout determination by the sports equipment in act 1070. End of workout prompts and reminders may be displayed in act 1074. The user may further be asked whether she wants to record or not record data on the media player in act 1076. If the option to not record is selected, the data can be deleted from the media player. If the option to record is selected, the data is retained on the media player for uploading to the user's computer at a later time.

[0081] New types of media players and related devices are consistently being provided to the marketplace. Each successive generation of these devices has various capabilities. Moreover, different firmware or software releases may mean that different devices within a particular device type also have different capabilities. In some embodiments of the present

invention, it may be beneficial if the sports or other equipment can utilize various capabilities of the media player to the extent that they are available. However, when these capabilities are not available, it is desirable that the sports equipment continue proper operation in their absence. Accordingly, it is desirable that the sports equipment be able to accurately assess the capabilities of the media player. A flowchart illustrating one method of performing this is shown in the following figure.

[0082] FIG. 11 illustrates a method that may be used by sports equipment to assess the capabilities of the media player according to an embodiment of the present invention. This interrogative process avoids a situation where an error condition arises when an item of sports equipment identifies itself as communicating using a lingo not understood by the media player.

[0083] Specifically, in act 1110, the sports equipment identifies itself as being capable of communications using a general lingo. The media player acknowledges this in act 1115. In act 1120, the sports equipment requests information regarding a particular lingo and version from the media player. In this example, the media player is capable of understanding this lingo and replies appropriately in act 1125. In act 1130, the sports equipment requests information regarding another lingo and version from the media player in act 1130. Again, the media player is capable and replies appropriately in act 1135. A further request for information regarding another lingo and version is made to the media player in act 1140. In this case, the media player is not capable of understanding this lingo. Accordingly, the media player acknowledges the requests and sends back a bad parameter response in act 1145. The sports equipment requests options that the media player may have in act 1150. This information is provided by the media player in act 1155. In act 1160, the sports equipment identifies itself as having the specific lingo and option capabilities determined by the above interrogatory. The media player acknowledges this in act 1165. In act 1170, the media player may retrieve device authentication from the sports equipment.

[0084] Various types of data may be written to the media player memory before, during, and after a workout session. Examples of data that may be written are shown the following figure.

[0085] FIG. 12 illustrates data that may be written to a media device memory by sports equipment before, during, and after a workout session according to an embodiment of the present invention. For each piece of data, the memory space allocated for the data is also shown in parentheses. In this example, data is written using XML format, though in other embodiments of the present invention, other data formats may be used. Identifying information is provided at the beginning and end of the complete data package. Similarly, identifying information is included at the beginning and end of each particular information type.

[0086] Specifically, identification data identifying this as gym data is provided as data 1200 and 1295. Gym equipment information 1220 is also included. This includes manufacturer ID, manufacturer name, equipment type, model, serial number, as well as the name and location of the gym. User information 1230, which may include user profile information such as name, weight, gender, or other information, may also be included.

[0087] Workout data includes a workout template 1240, interval data 1250, and workout summary 1270. Workout

template data 1240 may include such information as a workout name, caloric goal, time goal, distance goal, speed goal, and heart rate goal.

[0088] Interval data 1250 is data that is written to the media player periodically, for example every 10 or 20 seconds. This data can include current calories, current elapsed time, current distance, current speed, current heart rate, incline, and resistance/effort information. This data can be combined in a workout summary 1270, which may include total calories, total elapsed time, total distance, and average speed.

[0089] Once the workout is done and the media player is removed from the sports equipment, or the communication link between the sports equipment and media player is otherwise interrupted, end of file data such as a signature 1290 may be written by the media player. In various embodiments of the present invention, files are signed or verified. This signing or verification requires an increase in the file size that is written to the media player. In a specific embodiment of the present invention, this signing doubles the file size written to the media player. Also, end of file data such as media player information including start and end times, model, software version, and serial number may be written.

[0090] Typically, equipment, user, and workout template information may be written to the media player before the workout begins. Interval data can be written during the workout session. End of file data such as a workout summary and signature data can be written after the workout, either by the sports equipment or the media player itself. The media player information can be written after the workout, though most data, except for end time, can be written some time before the end of the workout.

[0091] Again, in various embodiments of the present invention, it is desirable to provide data from other users. This data is useful for competitions as a way of encouraging progress by the user. This data may be collected ahead of time, or it may be collected in real-time. Examples of real-time data collection and sharing are shown in the following figures.

[0092] FIG. 13 illustrates a system including two items of sports equipment that may be used for real-time competitions. In this example, treadmills are depicted, though as before, other types of sports or other equipment may be used. Each treadmill is in communication with a media player. Specifically, treadmill 1 is in communication with media player 1, while treadmill 2 is in communication with media player 2. These treadmills may be located in the same building, or they may be located in different buildings, in different cities, or even in different continents. In this example, media on one media player can be shared between the two treadmills. Also, data from both treadmills can be displayed on each treadmill, thus showing the users their respective standings in the competition.

[0093] Information may be shared between the sports or other equipment using a communication link through the equipment itself, through the media players, or through a combination of equipment and media players. For example, the sports equipment may include or be associated with optical, wired, or wireless communication circuits that can form a communication link via the Internet, WiFi, LAN, Bluetooth, one of the IEEE802.11 standards, or other network or a combination of these. Also, information may be shared between the sports or other equipment using a communication link between the media players. For example, the media players may include wireless circuitry for WiFi, Bluetooth, cellular, Internet, LAN, one or more of the IEEE 802.11 standards, or

other networks. The media players may communicate over short distances using, for example, Bluetooth, one or more of the IEEE 802.11 standards, or other wireless, optical, or wired connections. The media players may also communicate with each other over long distances, for example using the Internet, cellular, or other connection. Information may also be shared in other ways, for example, media on a media player may be shared between the media player and a piece of sports equipment located remotely from the media player using any of the above or other networks. Also, while two pieces of sports equipment are shown in this example, this concept may be extended to any number of pieces of sports equipment and media players. The activities performed by the two items of sports equipment are shown in the following figures.

[0094] FIG. 14 illustrates the activities performed by two items of sports equipment during a real-time competition according to an embodiment of the present invention. Communication is established between a first media player and first sports equipment in act 1410. Similarly, communication is established between a second media player and second piece of sports equipment in act 1415. In act 1420 and 1425, user data is entered or recalled from memory. A workout data is recorded on the media players in act 1430 and 1435. User 1 workout data is transmitted to the second sports equipment in act 1440. In act 1445, user 1 workout data is received from sports equipment 1 by sports equipment 2. In act 1455, workout data is transmitted to sports equipment 1 from sports equipment 2. In act 1450, this data is received from sports equipment 2. User 1 and user 2 workout data is displayed in acts 1460 and 1465.

[0095] Again, in various embodiments of the present invention, it is desirable to share media between two or more users. An example of this is shown in the following figure.

[0096] FIG. 15 illustrates activities performed by two items of sports equipment during a real-time competition where media is shared according to an embodiment of the present invention. As before, communication is established between the media players and sports equipment in act 1510 and 1515. User data is entered or recalled from memory in acts 1520 and 1525. In this example, media is transferred from media player 1 to sports equipment 2 in act 1530. The media is received from the sports equipment 1 in act 1535 and provided to the user. Workout data is recorded in acts 1540 and 1545. Workout data is transferred between the sports equipment in act 1550, 1555, 1560, and 1565. The media, user 1, and user 2 data is displayed or otherwise provided to the users in acts 1570 and 1575.

[0097] In these examples, workout data may be transmitted from a first item of sports equipment to a second in a number of ways. For example, workout data may be transmitted from the first item of sports equipment to the second directly, that is, without involving the media players. Also, data may be generated by the first item of sports equipment then transferred to its associated first media player, which then transmits the data to the second item of sports equipment. The data may be received by the second item of sports equipment either directly or via its associated second media player. To achieve this, either or both sports equipment and media play-

ers may include or be associated with circuitry for wireless, wired, or optical communications. These may include one or more of the IEEE 802.11 standards, WiFi, Bluetooth, LAN, cellular, Internet, or other types of network communications or combination of these.

[0098] The above description of exemplary embodiments of the invention has been presented for the purposes of illustration and description. It is not intended to be exhaustive or to limit the invention to the precise form described, and many modifications and variations are possible in light of the teaching above. The embodiments were chosen and described in order to best explain the principles of the invention and its practical applications to thereby enable others skilled in the art to best utilize the invention in various embodiments and with various modifications as are suited to the particular use contemplated.

What is claimed is:

1. A portable media player comprising:
  - circuitry to form a communication link with an item of sports equipment;
  - circuitry to transmit media through the communication link to the item of sports equipment;
  - circuitry to receive control information from the user for controlling the transmitting of the media; and
  - circuitry to store workout data received from the item of sports equipment via the communication link.
2. The portable media player of claim 1, further comprising circuitry to transmit user profile data to the item of sports equipment via the communication link.
3. The portable media player of claim 2, wherein the workout data depends at least in part on the user profile data.
4. The portable media player of claim 1, wherein the workout data is written to the portable media on a periodic basis using the communication link.
5. The portable media player of claim 1, further comprising circuitry to graphically format the workout data.
6. The portable media player of claim 5, wherein a communication link with a computer is formed by circuitry of the portable media player, wherein the graphically formatted workout is transmitted from the portable media player to the computer via the communication link.
7. The portable media player of claim 6, wherein prior workout data is stored by circuitry of the portable media player, the prior workout data is graphically formatted by circuitry of the portable media player, and graphically formatted prior workout data is transmitted to the computer via the communication link.
8. The portable media player of claim 1, further comprising circuitry for determining, based at least in part on a selected workout, whether a memory of the portable media player has sufficient capacity to store all of the workout data for the selected workout; and
9. The portable media player of claim 8, further comprising circuitry for providing a notification to the user in the event that the memory does not have sufficient capacity to store all of the workout data for the selected workout.

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