Athletic World FAQ/Walkthrough

by harryjamespotter   Updated to v1.00 on Jul 13, 2008

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ATHLETIC WORLD FAQ/WALKTHROUGH
Gamefaqs Username: harryjamespotter
Universal Account Name: Yoh_of_Izumo
AIM: xLord Protectorx
Email: xXmasterofalltradesXx@gmail.com
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(                              I. PROLOGUE                                )
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1.1 About the Author
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Evan T. Delaney - a user of the Gamefaqs boards who is currently attending
college with planned majors in classics, philosophy, and physics.

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1.2 About the Guide
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This guide informs a user on how to utilize the power pad for the intended
game. While the game is extremely simple, a background in how the courses are
designed, what their purposes are, and how to effectively complete them must be
covered in this guide. I will say that this game is fairly intuitive and
throughout my whole gaming, I only got stuck on one of the obstacles that took
about half an hour to figure out before I could successfully complete the
course. Other than that, there is nothing much else to say.

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1.3 Version History
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
1.00 - Started July 12, 2008; finished July 13, 2008


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(                              II. GAMEPLAY                               )
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//////////////////////////////////////////////////////////////////////////////
2.1 Background
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Think of this as a semi-review and introduction to the game. Athletic World is
a game that was released onto the Nintendo Entertainment System in 1986. It was
developed by Bandai. As with probably all Bandai games it involves exercise and
contrary to belief of many people, was probably the first game to introduce
interactive gaming to the mainstream console gaming marking (well before Wii
may I add). Since it requires a user to move, it does not require the game
controller per se, but rather a power pad - developed by Bandai as well - to
play the game. If you do not have a power pad, you will not be able to play
this game.
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Now then, this game will take most people less than a quarter of an hour to complete. It involves a training mode, a beginner mode, and an expert mode. The training mode allows a player to get used to the five obstacle courses in the game: hurdles, animal trail, dark tunnel, hop a log, and rafting. Each of these obstacles is supposed to test a different component of athleticism.

The most common thing a player will do is run in place or rather jog in place. Sometimes a player will have to move around the pad to move the character up and down the screen and during the final obstacle, a player will have to get down on his hands and crouch for a few areas in the rafting event.

After completing the training, a player will easily tackle the beginner mode. The standards of how well a player does are based on a comparison with a turtle a player will have to race against. The father a person beats the turtle, the higher the score will be. Scores range from zero to a hundred. After the completion of the beginner or expert mode, a player's tested characteristics in the game will be rank and a comment will be made on what areas need improvement. After this a player can enjoy reading a certificate stating completion of the school. On the certificate, there will be a mention of what difficulty level - beginner or expert - was completed and what degree is bestowed on the player (1st degree being the best and 9th degree the worst).

Some opinions on this game:
-It only takes about five minutes to complete and if a person wants to complete both expert and beginner, only about ten minutes.

-It is very simple and unless a person tries to repeat the levels about four or five times to allow for 20-30 minutes of gaming, hardly a sweat will occur.

-Though for appearing on the Nintendo Entertainment System, I will say it was a start and now with the games on the Wii, much progress has been made.

-Unless a person is highly out of shape, this game poses no difficulty.

-Of course though with any activity, a stretch or two is still recommended.

-It is fun to try a few times, but after that it becomes boring very quickly and most people would consider a waste of time or money that could be spent elsewhere.

With all that noted above though, it is time to introduce the other aspects of this guide.

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2.2 Controls
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For the controls, the NES controller is only necessary for selecting levels and inputting date such as a player's name. For the power pad, only side A is necessary to play this game. For the control setup for side A of the power pad, please refer below:

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|D                          DO NOT WEAR SHOES                             |
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|P                                                                       |
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While certain controls will be repeated for each obstacle course, here is a
general overview of the controls:

Power Pad - Side A
_____
4&5 - start race; move forward; middle level
3&4 - move forward, but now move to upper level
5&6 - move forward, but now move to lower level

Running/Jogging - left foot on lesser number, right foot on greater number.
After that, merely start to run/jog in place to get the character moving. To
start a race, simply put both feet on 4&5 and the race will start promptly
after the game character stretches and the monkey says go.

To jump: a player must lift one leg off a number in the center row of numbers
on the number pad to successfully leap. In order not to crash upon impact a
user should, after clearing the obstacle, start running again.

In order to move from top level to lower level, middle level (3&4) must be
crossed. In other words, you cannot jump two levels down at once.

1&2&3&4 - crouch (preferably a player will have both feet on 4 and 5 and then
touch numbers 1&2 with hands for the supposed crouched position)

7&8 - move backwards and stay on whatever level a player is currently

Special Note
These controls will be slightly altered for the 'hop a log' obstacle course.

CRUCIAL NOTE
THE CONTROLS BELOW ARE NOT RECOMMENDED FOR THIS GAME. I HAVE TESTED THEM AND
THEY DO NOT WORK. BELOW ARE LISTED HYPOTHETICALLY CONTROL SETUPS. HOWEVER TO
SUCCESFFULLY DO WELL AT THIS GAME, SIDE A IS THE ONLY THAT WORKS.

CRUCIAL NOTE

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|    |     1     |       |     2     |       |     3     |    |     4     | |
|    |           |       |           |       |           |    |           | |
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|    |     5     |       |     6     |       |     7     |    |     8     | |
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|    |     9     |       |    10     |       |    11     |    |    12     | |
|    |           |       |           |       |           |    |           | |
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**********************************************************
HYPOTHETICAL - I HAVE TRIED THEM AND THEY DO NOT WORK!!!
**********************************************************
```

Power Pad - Side B
_____
6&7 - start race; move forward; middle level
5&6 - move forward, but now move to lower level
7&8 - move forward, but now move to upper level

Running/Jogging - left foot on lesser number, right foot on greater number.
After that, merely start to run/jog in place to get the character moving. To
start a race, simply put both feet on 6&7 and the race will start promptly
after the game character stretches and the monkey says go.

To jump: a player must lift one leg off a number in the center row of numbers
on the number pad to successfully leap. In order not to crash upon impact a
user should, after clearing the obstacle, start running again.

In order to move from top level to lower level, middle level (6&7) must be
crossed. In other words, you cannot jump two levels down at once.

2&3&6&7; 1&2&5&6; 3&4&7&8 - crouch (preferably a player will have both feet ie
on 4 and 5 and then touch numbers 1&2 with hands for the supposed crouched

position); the different crouch number positions refer to whether a player is at upper, middle, or lower level.

10&11 - move backwards on center level
9&10 - move backwards on upper level
11&12 - move backwards on lower level

NES Controller
_____
Start - begins the obstacle you selected in training mode; selects a mode a player wishes to choose; starts the beginner and expert mode after the data entry screen; pauses game during an obstacle run

Select - scrolls through the choices of modes on the primary screen and choices of obstacles for the training mode; for the data entry selects the character highlighted and moves onto the next space

A - moves forward in the input data screen; it is necessary to move from name to age to sex and to date; if select button is used, character that is highlighted is selected, while the A button merely moves forward without inputting data

B - moves backwards in input screen without changing any inputted data

Up - moves arrow up to highlight another specific character in input screen

Down - move arrow down to highlight another specific character in input screen

Right - move arrow right to highlight another specific character in input screen

Left - move arrow left to highlight another specific character in input screen

Other Notes
Here below is a simplified drawing of the power pad for easier reference that I will use in each section of the various obstacles:

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|          1        2          |
|                              |
|   3      4        5      6    |
|                              |
|          7        8          |
|                              |
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///
2.3 How to Use This Guide
\\\
This guide really is not specifically designed as a page-by-page walkthrough. Instead, it is more of a reference tool for users to skim in the areas in which they are having difficulty. Personally, I believe this game is mostly intuitive and this guide will provide some tips for those who may need to know a certain controller command that they might know or just are not doing correctly.

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(                            III. WALKTHROUGH                            )
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///////////////////////////////////////////////////////////////////////////
3.1 Hurdles
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 |         1        2       |
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 |   3      4        5      6 |
 |                          |
 |         7        8       |
 |                          |
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```

Necessary Controls
_____

For training mode: 4&5
For beginner mode: 4&5
For expert mode: 3&4, 4&5, 5&6

Overview
_____

There are 14 hurdles in this obstacle course that a player must successfully
jump over. The training mode and beginner mode are exactly the same and the
expert mode is made more difficult by the fact that moles will pop up from the
ground that must be avoided.

Training Mode
_____

Simply stand on 4&5 to start the race and start running. When coming to a
hurdle, lift one leg to cause the character to jump. After clearing the hurdle
immediately drop leg and start running again. If you hang too long in the air,
the character will crash and time will be lost. This is only training mode
though, so there really is not any pressure, but rather a place to perfect a
player's moves for the beginner mode.

Beginner Mode
_____

Do exactly as would be done in the training mode. The only difference now
though is to try to be as perfect as possible. Avoid crashing, because even
though you may receive a 100 at the end, if you fall enough, you may lose some
points off your rankings in the end and jeopardize a chance at 1st degree
ranking.

Expert Mode
_____

Well, time for a little change. Place your feet on 4&5 to start, but then
immediately move your character to the top of the screen (5&6) to avoid the
moles. After the seventh hurdle, move your character to the lowest level. After

that, all the rest of the moles will be avoided and you can easily get the 100 score. This took me a few times, but if you can realize that the character needs to only stay on the top level until the seventh hurdle and then move all the way down, there is not much difficulty in easily mastering this course.

R2-R4: More hurdles, the moles alter directions and unless a player wishes to play this all the time, the predictable takes a while to learn. The best strategy against the moles to watch out for the shadows right before they pop out of the ground. It is probably easier to jump over them then just avoid them.

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//////////////////////////////////////////////////////////////////////////////
3.2 Animal Trail
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 |          1         2        |
 |                             |
 |    3       4         5        6   |
 |                             |
 |          7         8        |
 |                             |
  \---------------------------/
```

Necessary Controls
_____

For training mode: 3&4, 4&5, 5&6 (possibly 7&8)
For beginner mode: 3&4, 4&5, 5&6 (possibly 7&8)
For expert mode: 3&4, 4&5, 5&6 (possibly 7&8)

Overview
_____

A player will run down a trail and have to avoid animals that may come either direction.

Training Mode
_____

All modes are basically the same. When starting, the furry creatures will start to run after you. The easiest way to avoid them is to either move to the side (preferable) or jump backwards (wastes time). At the very end, a wave of furry creatures will come after a player. Unfortunately, this wave is almost unavoidable and a player will most certainly end up falling down. Though a tip would be that a player may try to identify the slowest of the three and try to move down as quickly as possible to that level. Another way would be to jump backwards, which may save a little more time then falling down and waiting for the player to dust himself before starting again.

Beginner Mode
_____

The exact same as the training mode except that a player will want to make as fewest mistakes to allow for a high score at the end.

Expert Mode
_____

The same as both training and beginner mode except that when a player must dodge a creature, another creature will come the other way. Luckily the creature going the other way will come at a slower speed. The best thing would be to jump over the creature and easily avoid it.

R2-R4: The multiple rounds following the first round just get more tedious then
actually check whether a player has a fit capability. The name of this game is
whether a play can dodge easily the creatures and avoid getting hit. Of course,
with most games of this genre, game creators make certain stunts almost
impossible unless the right timing and luck are mixed together. However, it is
still possible to finish the course with a 100.

//
3.3 Dark Tunnel
\\

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|          1        2      |
|                          |
|   3      4        5      6 |
|                          |
|          7        8      |
|                          |
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```

Necessary Controls
_____
For training mode: 4&5
For beginner mode: 4&5
For expert mode: 4&5

Overview
_____
In this obstacle course, a player must attempt to run up certain inclines. At
the expert difficulty level, a player must also avoid bats. The name of this
game is simply running/jogging in place. A light run is all that is needed to
accomplish this task as it appears that running faster results in the pad not
registering foot movements.

Training Mode
_____
Simply start running after you start (both feet on 4&5) and when you start
going up an incline, simply just keep jogging normal pace. It appears that it
really is not speed, but rather if the current normal pace is kept at the same
interval. If a player slows down, the character will roll off the incline and
if a player speeds up, unfortunately the touch pad will not register and it
will result also in the character slowing down and rolling off the incline.

Beginner Mode
_____
The exact same as the training mode, except this time a player is also being
ranked. The technical aspect being judged is endurance, though I consider the
ability to hold a steady pace and not speed up or slow down as the crucial
factor.

Expert Mode
_____
This is basically the same as all previous modes. The only difference is that a
character must now avoid bats. The bats are extremely annoying to avoid and the
secret is that as long as the middle to upper part of the bat does not interact
with the character, the character will not fall down. If they do, then the
character will fall. The only problem when avoiding bats is that a player must
slow down.

R2-R4: As the rounds keep increasing, the difficulty increases quite
drastically. The tunnel is longer and the stream of bats is ever continuing. It
has been my personal opinion that in rounds 3 and rounds 4, it is impossible to
achieve a score of above at the very end. Avoiding bats is very annoying when
about a wave a four starts coming at the player. The only thing to do is just
to stay calm, find the pattern (it is noticeable) and try to complete the
tunnel as fast as possible. The only problem with this is that slowing down on
an incline causes the character to stop and take a breather, which in itself
results in valuable time lost.

//
3.4 Hop a Log
\\

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 |                           |
 |   3      4        5      6 |
 |                           |
 |         7         8       |
 |                           |
  \---------------------------/
```

Necessary Controls
_____

For training mode: 3 - upper log; 5 - middle log; 6 - lower log
For beginner mode: 3 - upper log; 5 - middle log; 6 - lower log
For expert mode: 3 - upper log; 5 - middle log; 6 - lower log

Overview
_____

This is probably my favorite part of the game. All that a player needs to do is
stand on one leg and start hopping around the logs. When a log is above or
below the current player, just switch numbers while in midair. The interesting
part about this game is that a player can change directions in air - quite an
athletic feat. The expert mode is made more challenging by the fact that frogs
must be avoided.

Training Mode
_____

Simply begin with both feet on 4&5 and then start the hopping. If a player does
not wish to hop, he or she can have 4&5 for the center level, right foot on 3
and left foot not on pad for upper log, and left foot on 6 and right foot not
on the pad for the lower log. This is probably how the 'hop a log' obstacle is
supposed to be played, but I prefer the challenge of one leg hopping. This is
very easy course to score a 100 if mastered.

Beginner Mode
_____

The same as the training mode except that a player will have completed the
'dark tunnel,' 'animal trail,' and 'hurdles' prior and may feel a little
sweaty. Another factor is that attributes are being ranked so being perfect is
a necessity. I again do not recommend trying beginner or expert mode unless a
player can easily do this course in the training mode.

Expert Mode
_____

The expert mode is complicated by the fact that frogs now litter your path. The
best way to overcome this problem is jump in front of them and while in midair,

a player can then switch directions. Sometimes though it is best to not change
directions and instead actually hop from log to log (when the next leg is
basically in jumping distance in front of the player).

R2-R4: These rounds are made harder by a longer course, more shifts in
directions, and more frogs. As the rounds increase, difficulty increases and
can prove very annoying. Yet again, fitness is not being judged but the ability
to remember when and wear the frogs pose a danger. Just keep jumping over them
and shifting directions and in rounds 3 and 4, right before the goal line,
merely attempt to jump in between the series of frogs.

//
3.5 Rafting
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 |   3       4        5      6  |
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 |          7        8         |
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Necessary Controls
_____
For training mode: 4&5 - move forward, jump; 3&4 - move forward, upper level,
jump; 5&6 - move forward, lower level, jump; 1&2&4&5 - crouch
For beginner mode: 4&5 - move forward, jump; 3&4 - move forward, upper level,
jump; 5&6 - move forward, lower level, jump; 1&2&4&5 - crouch
For expert mode: 4&5 - move forward, jump; 3&4 - move forward, upper level,
jump; 5&6 - move forward, lower level, jump; 1&2&4&5 - crouch

Overview
_____
This is the course I wish the game creators had a player utilize side B instead
of side A of the power pad. While side A is quite fine for the beginner and
training mode, it is almost impossible for the expert mode. For this course, a
player must have the ability to hop over logs, crouch under raised logs, and
shift directions to avoid incoming rocks. It is very easy in the training mode
and beginner mode, but extremely difficult in the expert mode when flying fish
become another target that must be avoided.

Training Mode
_____
After starting (4&5) simply jump over obstacles that hug the water and crouch
(1&2&4&5) under obstacles that are raised above the water. Eventually after
avoiding these first sets of obstacles, a player must then avoid rocks. This is
not difficult and all a player must do is merely shift his or her feet from
some number to other numbers to get the character on the screen to shift the
raft from the upper, middle, and lower levels when necessary. At the very end,
a player must jump to get to the goal line otherwise the character will fall
into the water.

Beginner Mode
_____
Just do the same as would be done in the training mode and it should be quite
easy. The interesting part about this obstacle is that it judges a player on

concentration. It appears the less times a player falls into the water the
better the score at the end is.

Expert Mode
_____
Besides the 'dark tunnel' at expert difficulty, this is equally or probably
harder. Fish now become a nuisance and when wishing to avoid the fish, a player
must shift to the crouch position. Unfortunately though, if the player has feet
on 3&4, the player cannot merely place the hands on 1&2, but must shift back to
the original 1&2&4&5 crouch position. The big issue with this is that it may
also shift the character on screen to the center level and while a player will
avoid the fish, the player will then smash into a rock. This is truly annoying
and a flaw in game design. However, if the timing is right, the player will
crouch and remain on the current level and after uncrouching, will then move
down or up to the center level.

R2-R4: This in my opinion is one of the points in a game made impossibly
difficult and pointless for the gameplay. The course gets longer, the fish get
more unpredictable, and with a crippled power pad that only allows a certain
crouch position, very poor game design. However, it a player does wish to get
through these, in round 3 and round 4, the course is so long that it is
impossible to attain a 100 score. Though possible to complete, it gets really
boring quick. My suggestions are to keep doing as would be down in expert mode
round 1, but then in the further rounds, watch out also during the rock scenes
when moving a character to the lower position as fish will also pop out of the
water there. At the very end, be sure to duck as well as a wave of fish will
jump up and are unavoidable unless a player crouches.


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 (                       IV. PHYSICAL ATTRIBUTES                           )
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4.1 Reflexivity
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Reflexivity is measured in the hurdles obstacle course. Falling down results in
a lower score and not completing the course fast enough also lowers this score.
It is possible, but not probable to get a perfect 100 in this area, but the
difference between an 80 and 100 in this characteristic is not noted.

//
4.2 Agility
\\\
In the animal trail, it appears dodging furry critter results in this obstacle
measuring agility. Again, such indicators in a video game mean nothing and the
ability to complete the course and not fall down is the difference between a
high score and a low score.

//
4.3 Endurance
\\\
The dark tunnel measures the endurance aspect of a player, but frankly since a
player runs perhaps 100-200m at most through this tunnel in stationary fashion,

I am highly doubtful that it is a test of endurance. Nevertheless, if a player
can keep a steady normal pace, he or she can easily score a decent score in
this area. Unfortunately though, when bats are introduced, it is not a question
of endurance, but timing.

//
4.4 Concentration
\\
The hop a log measures concentration and it does seem reasonable. The ability
to hop from one log to another and not accidentally place the feet on the
incorrect number probably makes this reading the most accurate of all the
readings. Falling into the water and not completing the course on time results
in a lower score. Despite increasing difficulty in the later rounds of the
expert mode, it is still possible to complete this area and achieve a high
score.

//
4.5 Flexibility
\\
Rafting is supposed to measure flexibility, but since a player crouches instead
of touching one's toes, I am still not sure how flexibility comes into the
picture. Unless a player is extremely inflexible, this attribute is not well
judged. Besides this fact, a player in the expert mode must also learn to avoid
fish, which calls more in reflexive attributes than it does flexibility ones.

//
4.6 Advice
\\
After all is said and done, the five characteristics will be averaged to give a
player an overall score. At the bottom of the screen will be some advise.
Usually it will state, "you have excellent athletic skill" and then follow with
a comment of which area needs the most improvement. Of course despite when any
area needs improvement, the final comment will state "keep practicing" or
something to that nature.

//
4.7 Certification
\\
In the end, a player will receive a nice certificate upon completion of the one
round in the beginner level and the four rounds in the expert level. A players
name and date of completion will be on the certificate. Besides this the
certificate will mention at what difficulty the course was completed and what
degree a player is bestowed (first degree being the highest). Frankly it is
impossible to receive a first degree at the expert level simply due to the
limitations of the power pad and the extreme difficult this poses for a player
when the obstacle course is so long that a score of 100 is impossible to attain
due to same time limitations, but ever increasing course lengths. Completion of
either beginner or the first round of the expert is enough to get most people
warmed up for other activities for the day.

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(V. FAQ   )
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1. Q: What is this game?
   A: It is an interactive game that utilizes a device called a power pad.
Instead of a controller, a player uses the power pad to move a character. It is
similar to a dance pad and was the ancestor to many of the current inventions
that involve such devices. This game also makes a player actually exercise in
front of a television. Just as the Nintendo Wii of today does the same, this
game was one of the first twenty decades ago. However due to bad graphics, bad
design, and bad user interface, it probably was not until the Wii before such
gaming genre eventually garnered favor from the masses.

2. Q: With is this power pad?
   A: Power Pad is an invention created by Bandai to allow uses to interact
with characters in a game. These games involved exercise and instead of a user
just move thumbs, this pad allows for more body movement and little more
caloric burn. For more information, refer to this link:
http://en.wikipedia.org/wiki/Power_Pad

3. Q: Will this make me lose weight?
   A: No. A person would much rather spend time running on a treadmill watching
the television or listening to music instead of doing this. It is a nice
concept, but just as these types of games on the Wii claim movement activity,
they still provide hardly any physical activity compared to true running,
swimming, etc.

4. Q: Should I get this game?
   A: Unless you can get this game and the power pad for a mere dollar or two,
I would not recommend it. It easily becomes boring after an hour and after
that, it is something many people would not wish to play again.

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(VI. EMAILS AND COMMENTS   )
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None.

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(VII. SPECIAL RECOGNITION   )
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Nintendo - for making the Nintendo Entertainment System and starting the
mainstream console gaming market

Bandai - for doing something unique and creating the power pad, which would
later form the predecessor to many inventions used today by the Nintendo Wii

Gamefaqs - for making a great gaming website where millions of users post
messages, guides, and where uses can be assisted. I also enjoy the simplicity
of the website.

Fellow Readers - for even looking at this guide.

If I forgot anyone or anything, just email me or AIM me.

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(                      VIII. WEBSITE HOSTS/COPYRIGHT INFORMATION                )
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T. Delaney.

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(                                 IX. EPILOGUE                                  )
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An interesting game with some intriguing features, but unfortunately, it is
marred with several flaws. It was nice to right this FAQ though, because I
never knew about the power pad before this game.

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 (                        X. CONTACT INFORMATION                                )
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AIM: xLord Protectorx
Email: xXmasterofalltradesXx@gmail.com
Gamefaqs' Username: harryjamespotter
Universal Account Name: Yoh_of_Izumo


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