

FitLight Trainer™ User Manual

Tablet controller

version 2.0

Note! Read page 2 about charging the system.

Read page 2 about charging the FitLight system thoroughly and practice a few times. This will help you achieve the best experience with FitLight Trainer.

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For inspiration - search for FitLight Trainer on Youtube.com

Storage and charging

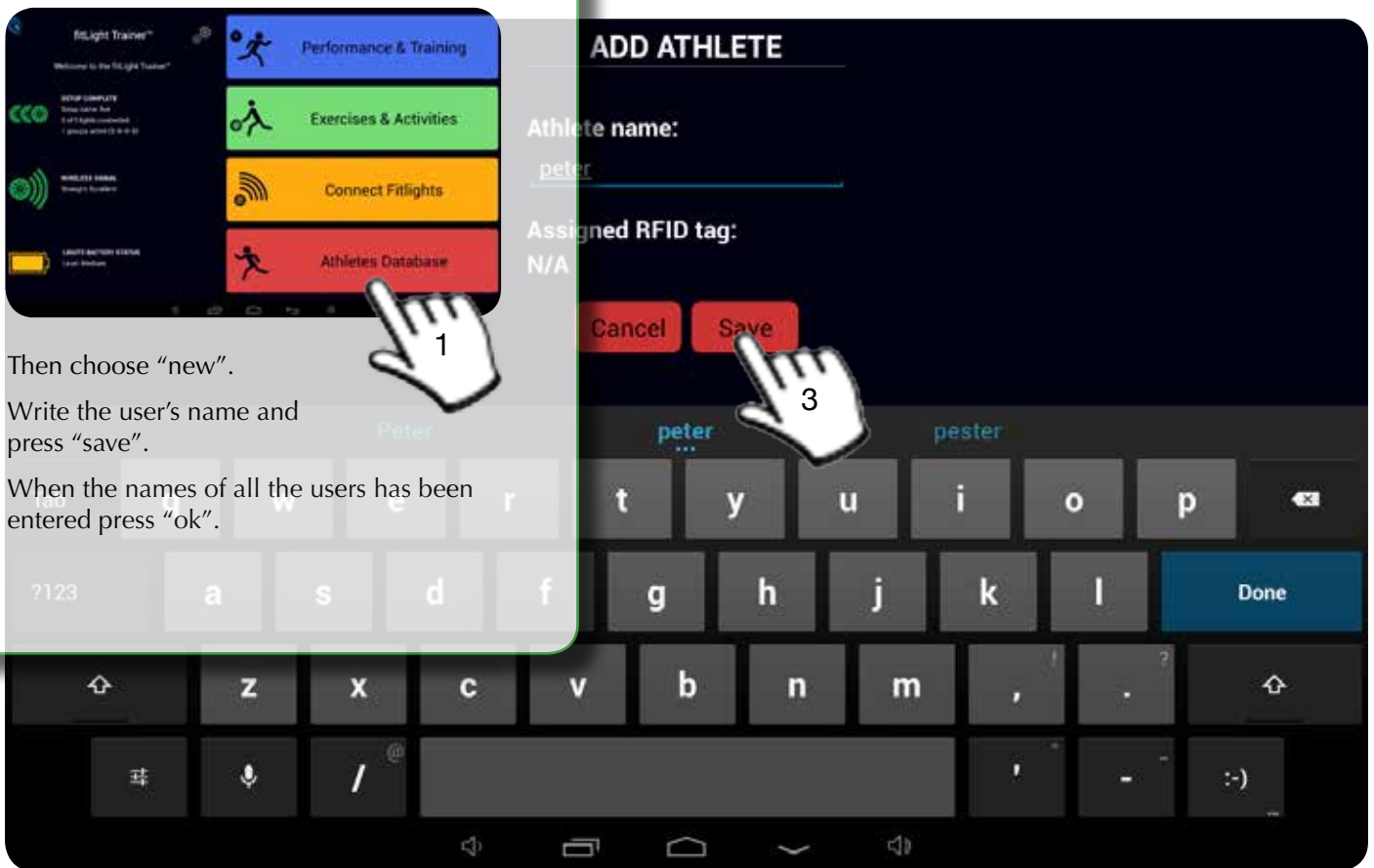
1. **Turn off the controller**, make sure Quick Boot Mode **isn't** ticked off.
2. Plug the charger into the power outlet and connect it to the wire in the charger case. Turn on the power.
3. Place **the velcro back on the lamps**, if they have been removed.
4. Insert the FitLights so that the contacts on the FitLight are properly aligned with the contacts in the charger case. It will be a big help, if you look into the charger case, while you insert the lamps. The lamps will be green for a brief period of time and then turn yellow. When the lamps are fully charged, they will turn green again.
5. The lamps always use power - even when they are in the charger case. Therefore, always charge the lamps before use.



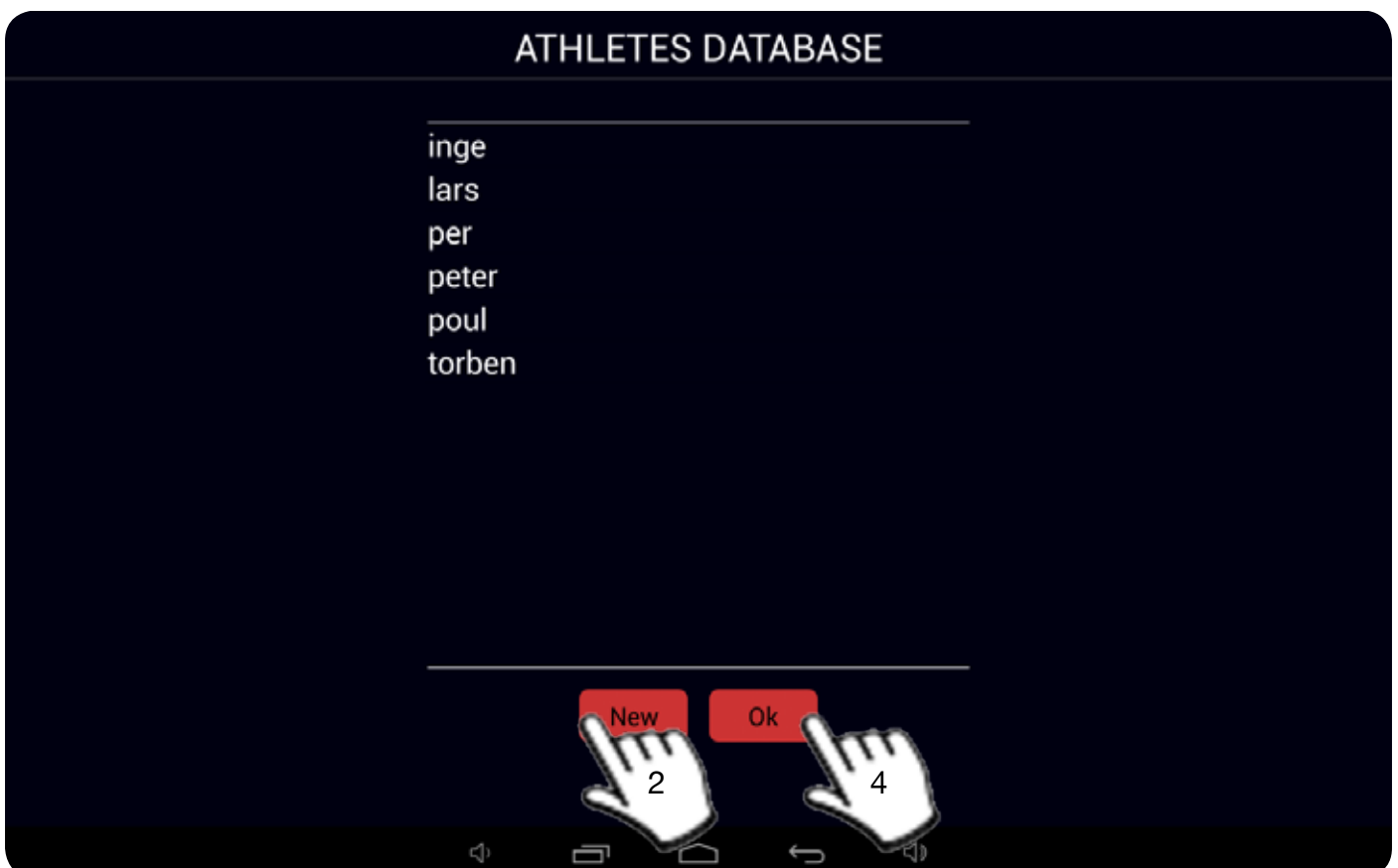
Tablet charger

Create user

1. Choose "Athletes Database" in the main menu.

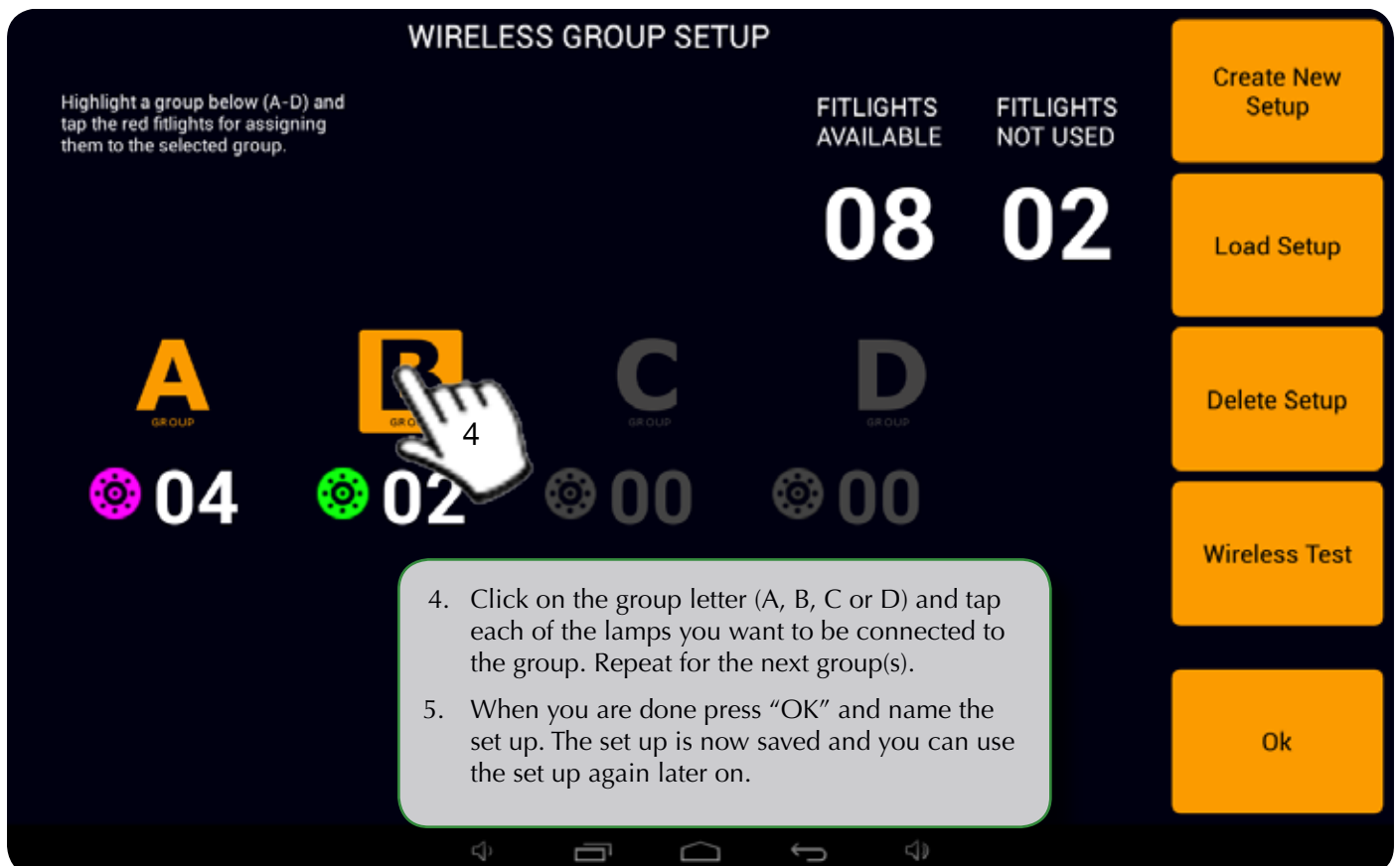
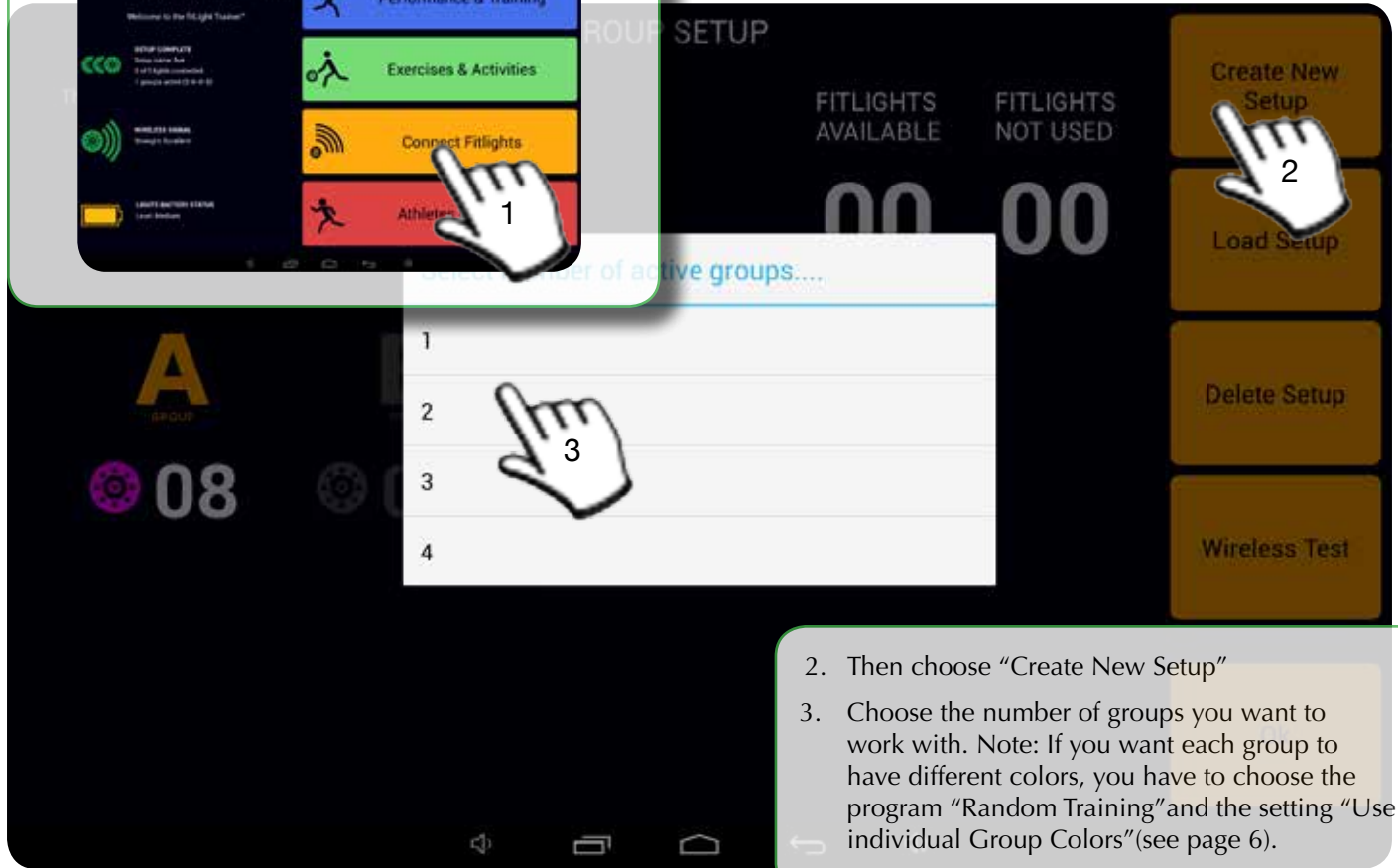


2. Then choose "new".
3. Write the user's name and press "save".
4. When the names of all the users has been entered press "ok".

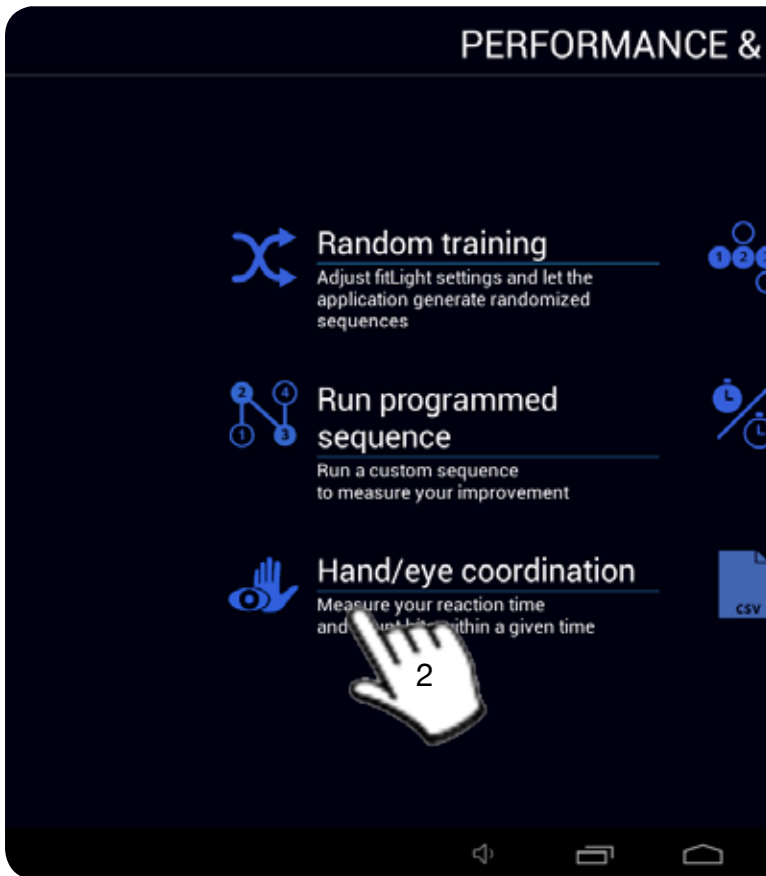


Connect lamps

1. Choose "Connect FitLights" in the main menu



Run random sequence - Specific period of time - One color



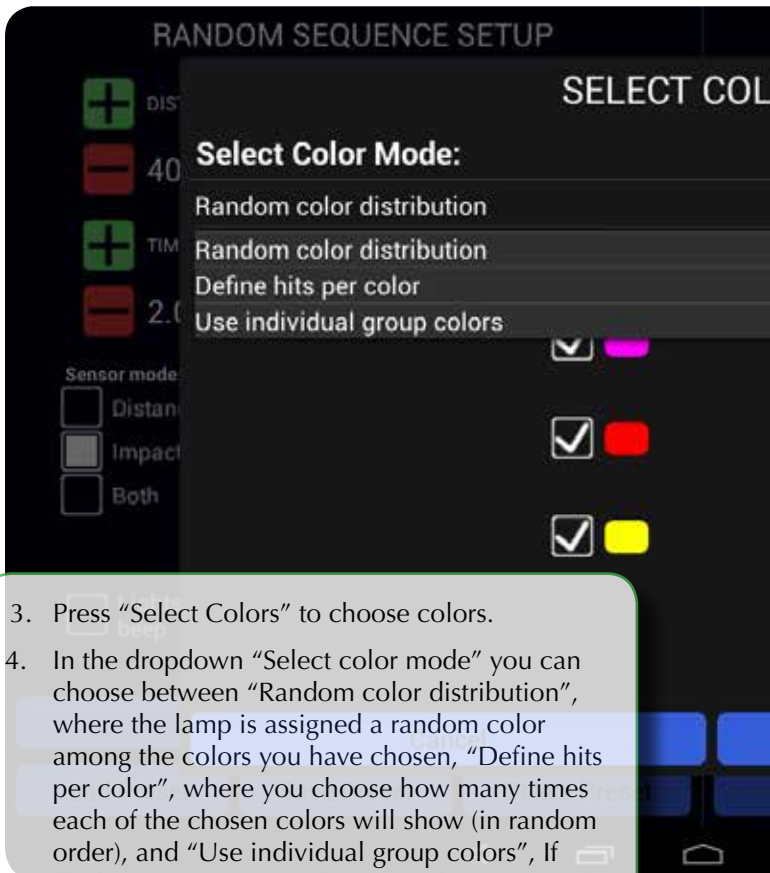
1. Choose "Performance & Training" from the main menu.
2. And from the "Performance & Training" menu, choose "Hand/eye coordination".



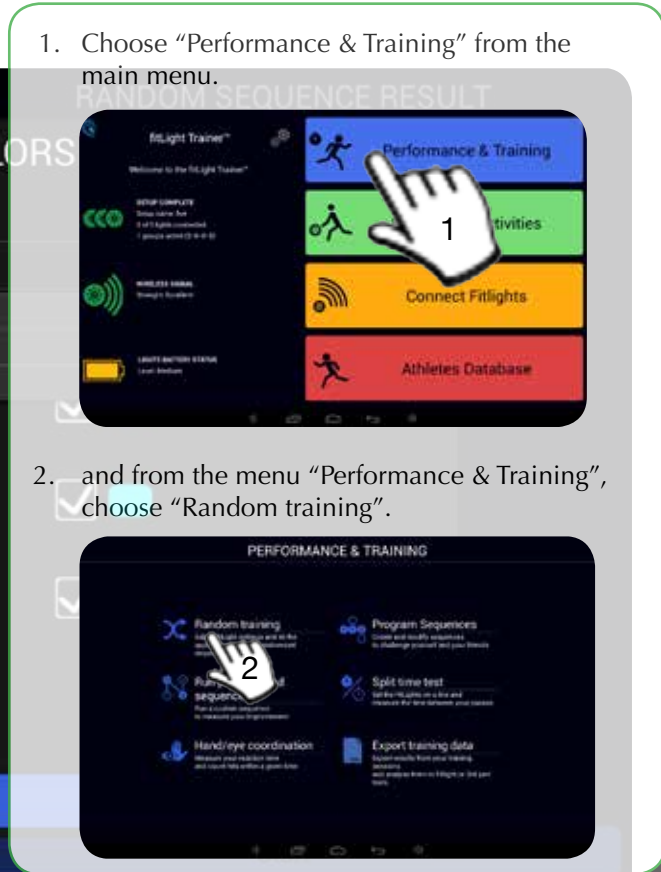
3. "Distance": Set the distance you want the lamp to react to. The distance sensor can be turned off by choosing "impact" in "Sensor mode".
4. "Impact sensitivity": Set how sensitive the sensor is to a stroke.
5. "Runtime": How long the sequence runs for.
6. "Timeout": Decide how long a lamp will stay turned on before it turns off by itself. Lamps turned off by the timeout will show as a red number on the score.
7. "Delay": Set how long it will take from one lamp turns off till the next one illuminates.
8. "Color": Decide the color of the lamps.
9. "Sensor mode": Decide what the lamps will react to - distance, impact or both.
10. "Light mode": How much of the lamp will illuminate.
11. Choose "Lights beep" and the lamps make a sound when they illuminate, "dynamic delay" adjusts the delay, and "save data" is where you can save the users individual results (see page 3 for "Create user").
12. Push "Start" to run the program.



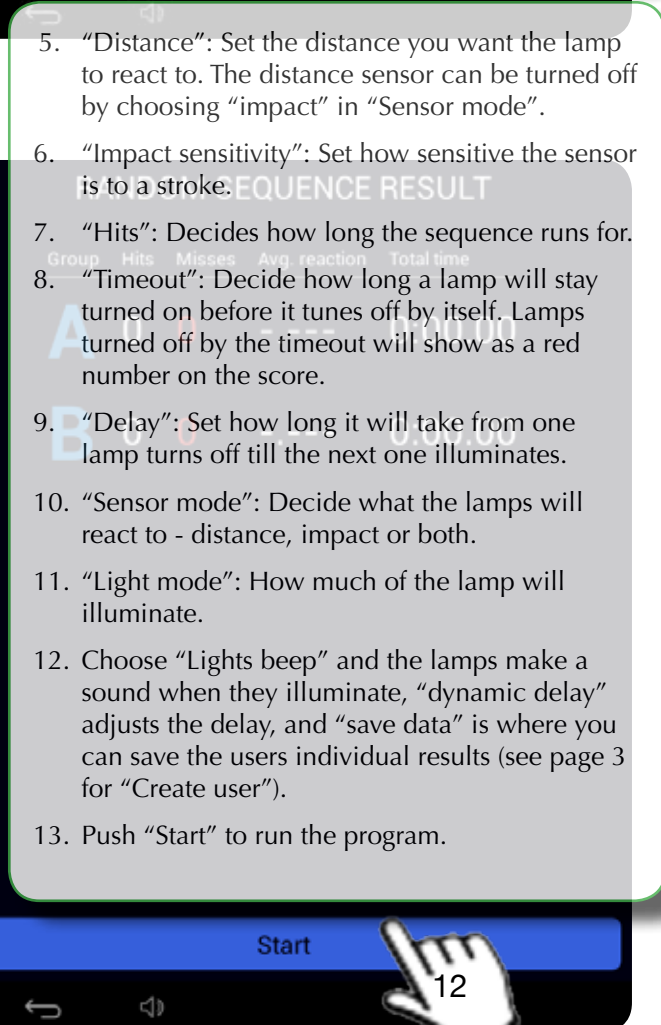
Run random sequence - Specific number of hits - Different colors



3. Press "Select Colors" to choose colors.
4. In the dropdown "Select color mode" you can choose between "Random color distribution", where the lamp is assigned a random color among the colors you have chosen, "Define hits per color", where you choose how many times each of the chosen colors will show (in random order), and "Use individual group colors", if the lamps are organized in several groups, each group will be assigned different colors (see page 4 Group Setup)



1. Choose "Performance & Training" from the main menu.
2. and from the menu "Performance & Training", choose "Random training".



5. "Distance": Set the distance you want the lamp to react to. The distance sensor can be turned off by choosing "impact" in "Sensor mode".
6. "Impact sensitivity": Set how sensitive the sensor is to a stroke.
7. "Hits": Decides how long the sequence runs for.
8. "Timeout": Decide how long a lamp will stay turned on before it turns off by itself. Lamps turned off by the timeout will show as a red number on the score.
9. "Delay": Set how long it will take from one lamp turns off till the next one illuminates.
10. "Sensor mode": Decide what the lamps will react to - distance, impact or both.
11. "Light mode": How much of the lamp will illuminate.
12. Choose "Lights beep" and the lamps make a sound when they illuminate, "dynamic delay" adjusts the delay, and "save data" is where you can save the users individual results (see page 3 for "Create user").
13. Push "Start" to run the program.

Programming sequence

1. Choose "Performance & Training" from the main menu.



2. And from the "Performance & Training" menu, choose "Program Sequences".

Run programmed sequence
Run a custom sequence to measure your improvement



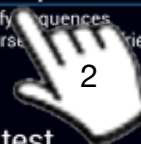
Hand/eye coordination

Measure your reaction time and count hits within a given time



Program Sequences

Create and modify sequences to challenge yourself and friends



Split time test

Set the FitLights on a line and measure the time between your passes



Export training data

Export results from your training sessions and analyse them in Fitlight or 3rd part tools

PROGRAM SEQUENCE

1-8

Created: 05.28.2014 - 02:04:22
Modified: 05.28.2014 - 03:37:46
Sequence steps: 8
Lights required: 8

Fitlight_sequence_04_08_2014_063404

Created: 04.08.2014 - 06:34:12
Modified: 06.21.2014 - 12:52:12
Sequence steps: 3
Lights required: 2

Fitlight_sequence_07_02_2014_080610

Created: 07.02.2014 - 08:06:12
Modified: 07.02.2014 - 08:06:57
Sequence steps: 5
Lights required: 4

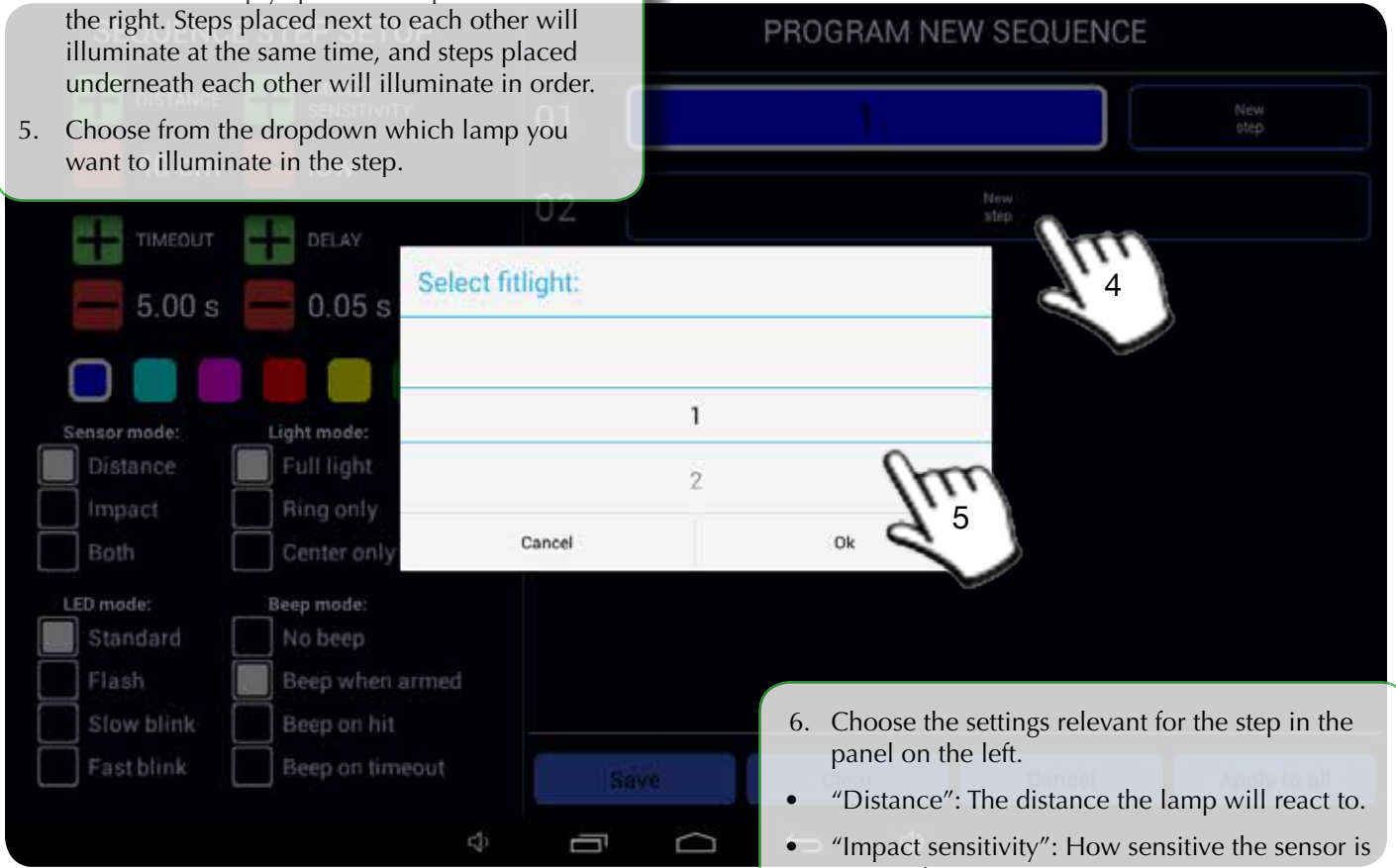
attack

Created: 07.02.2014 - 05:00:18
Modified: 07.02.2014 - 05:25:20
Sequence steps: 29
Lights required: 5

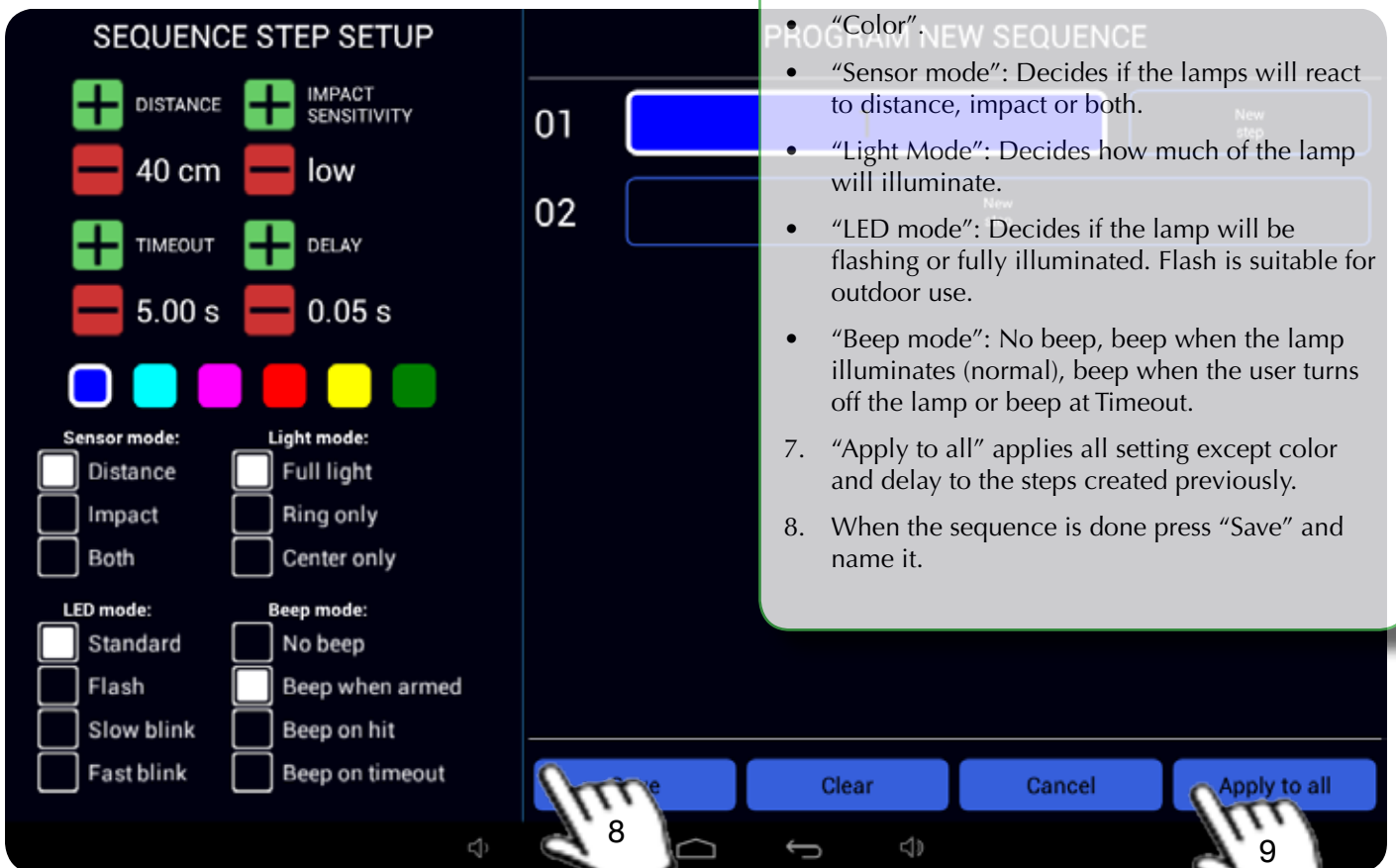
3. Choose an existing sequence to edit or press "New" to program a new sequence.



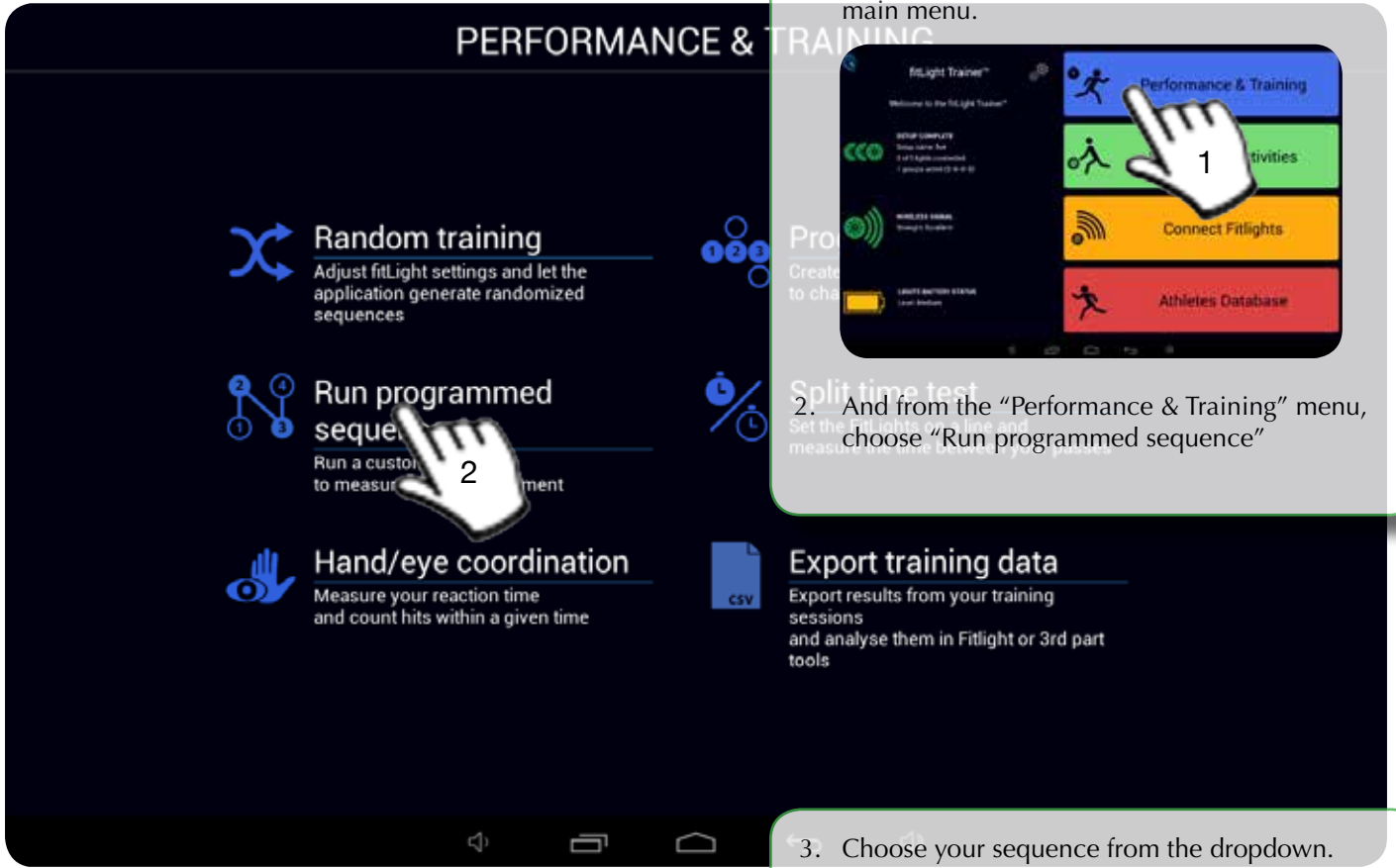
- Click on the empty space in the panel on the right. Steps placed next to each other will illuminate at the same time, and steps placed underneath each other will illuminate in order.
- Choose from the dropdown which lamp you want to illuminate in the step.



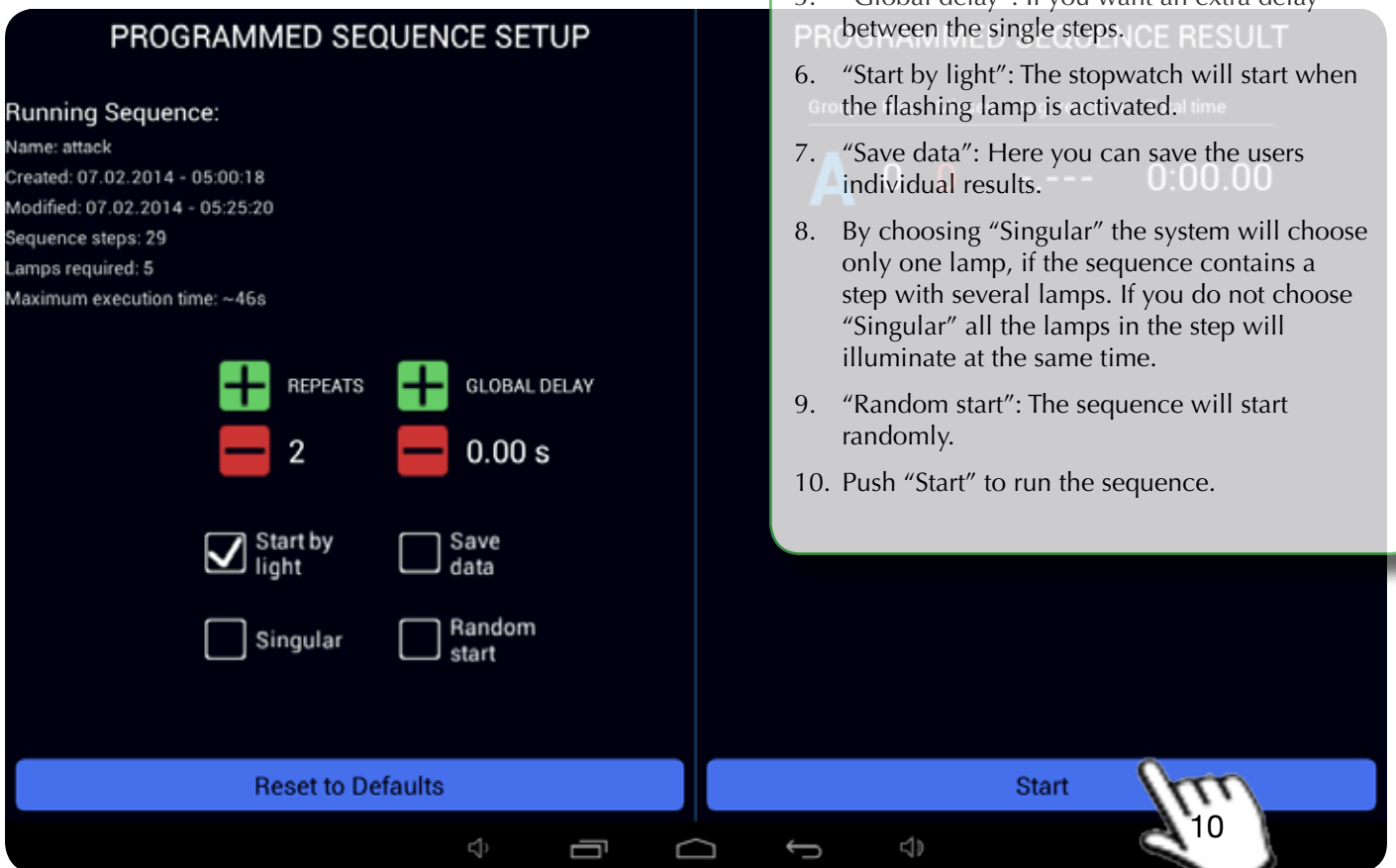
- Choose the settings relevant for the step in the panel on the left.
 - “Distance”: The distance the lamp will react to.
 - “Impact sensitivity”: How sensitive the sensor is to a stroke.
 - “Timeout”: How long a lamp will stay turned on before it turns off by itself.
 - “Color”
 - “Sensor mode”: Decides if the lamps will react to distance, impact or both.
 - “Light Mode”: Decides how much of the lamp will illuminate.
 - “LED mode”: Decides if the lamp will be flashing or fully illuminated. Flash is suitable for outdoor use.
 - “Beep mode”: No beep, beep when the lamp illuminates (normal), beep when the user turns off the lamp or beep at Timeout.
- “Apply to all” applies all settings except color and delay to the steps created previously.
- When the sequence is done press “Save” and name it.



Run programmed sequence



1. Choose "Performance & Training" from the main menu.
2. And from the "Performance & Training" menu, choose "Run programmed sequence"



3. Choose your sequence from the dropdown.
4. "Repeat": Set the number of times the sequence will be repeated by pressing + or - .
5. "Global delay": If you want an extra delay between the single steps.
6. "Start by light": The stopwatch will start when the flashing lamp is activated.
7. "Save data": Here you can save the users individual results.
8. By choosing "Singular" the system will choose only one lamp, if the sequence contains a step with several lamps. If you do not choose "Singular" all the lamps in the step will illuminate at the same time.
9. "Random start": The sequence will start randomly.
10. Push "Start" to run the sequence.

Update software

1. Connect the lamps and the tablet to the power outlet.
2. Choose a setting in "Connect FitLights" which uses all of your lamps.
3. Press the gear symbol and choose "Check for updates".
4. After a few seconds a box will pop up, if an update is available. Follow the instructions.

