

FITLIGHT Trainer™ Dashboard

User Manual



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MANUAL OVERVIEW

This manual is intended to give users a complete overview of the FITLIGHT Trainer™ Dashboard from initial setup to exporting data.

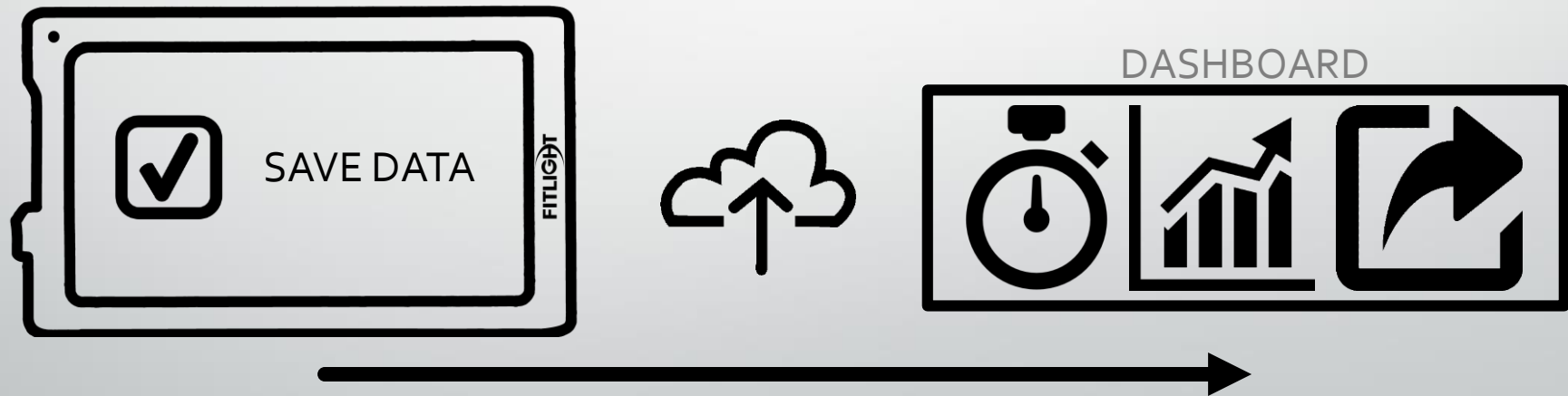
WHAT IS THE FITLIGHT Trainer™ DASHBOARD?

The FITLIGHT Trainer™ Dashboard is a cloud-based utility that offers users a central location to view and analyze all of their training data.



DATA UPLOAD OVERVIEW

Uploaded automatically after each saved session, training data is quickly and easily accessed online giving users the freedom to view, analyze, compare, and export as they see fit.







FITLIGHT Trainer™ APP UPDATE OVERVIEW

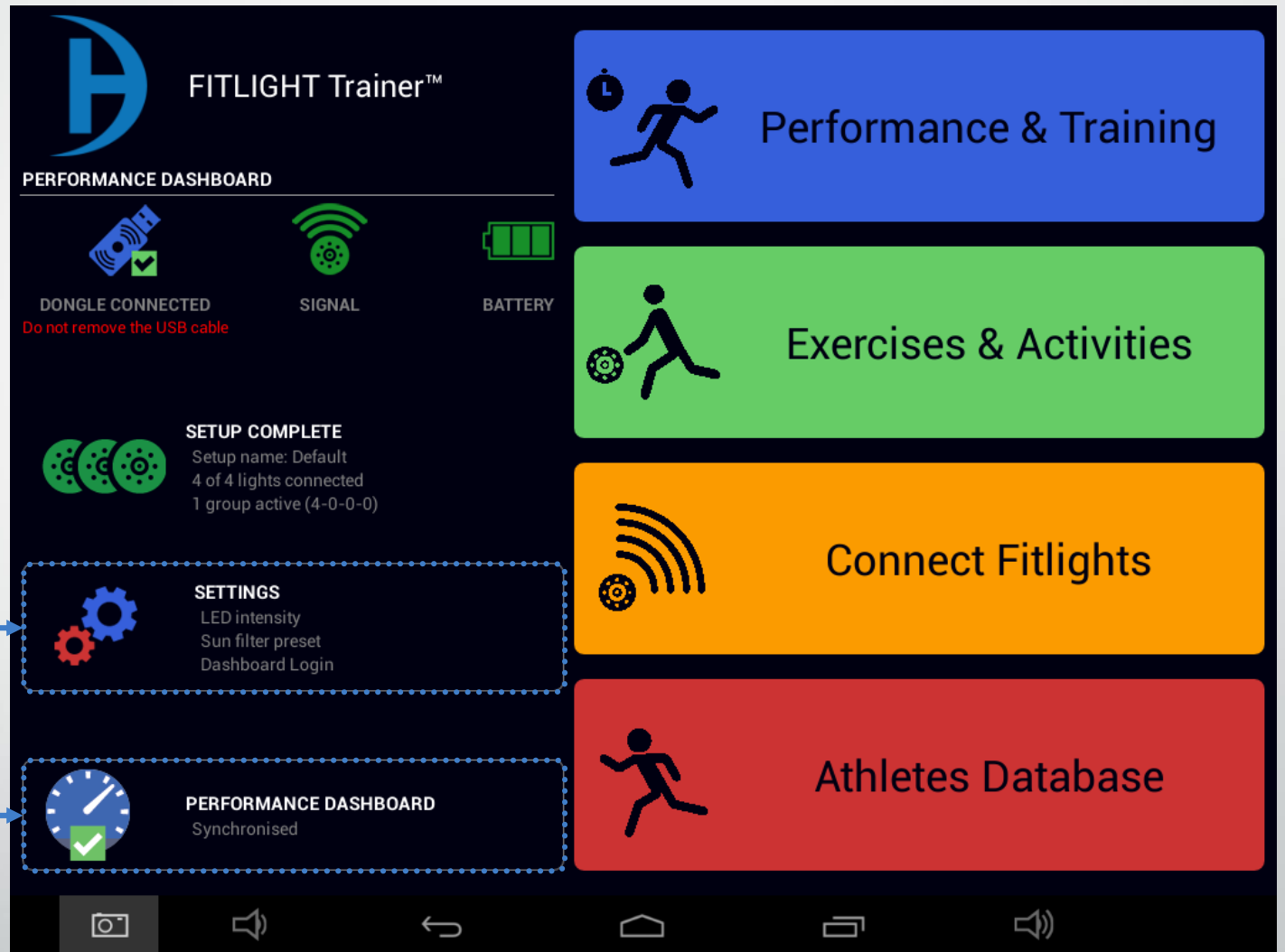
SETTINGS

- [Dashboard Login](#)
- Advanced Settings
- Check for Update
- About

PERFORMANCE DASHBOARD

Status of dashboard synchronisation

	Disabled
	Unavailable
	Sync in Progress
	Sync Successful



FITLIGHT Trainer™

PERFORMANCE DASHBOARD

DONGLE CONNECTED Do not remove the USB cable SIGNAL BATTERY

SETUP COMPLETE
Setup name: Default
4 of 4 lights connected
1 group active (4-0-0-0)

SETTINGS
LED intensity
Sun filter preset
Dashboard Login

PERFORMANCE DASHBOARD
Synchronised

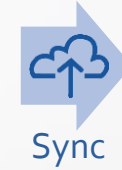
- Performance & Training
- Exercises & Activities
- Connect Fitlights
- Athletes Database

QUICK SETUP GUIDE

Establish
Tablet Wi-Fi
Connection



Login to
Dashboard on
Tablet





Access
Dashboard
Online




DETAILED SETUP GUIDE

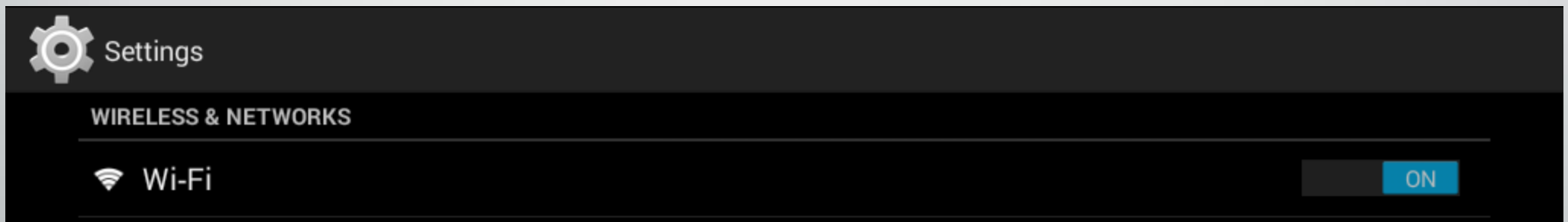
1. ESTABLISH WI-FI CONNECTION

To ensure that you have a Wi-Fi connection established, you must first open the tablet 'SETTINGS'.

This is found by pressing the  icon at the bottom of your screen, then the  icon on the right side of the screen, which opens your apps folder.

Next, select the  icon, opening the tablet 'SETTINGS'.

Under 'SETTINGS' you'll find 'WIRELESS & NETWORKS', with the option to turn the Wi-Fi ON/OFF. Ensure that this is turned "ON", then by clicking on "Wi-Fi" you will be directed to a list of available connections.



DETAILED SETUP GUIDE

2. LOGGING IN TO THE DASHBOARD ON THE TABLET

In order to log in to the Dashboard on the tablet, you must first open the FITLIGHT Trainer™ program.

Once the app is running, you'll notice an updated user interface as pictured [here](#).

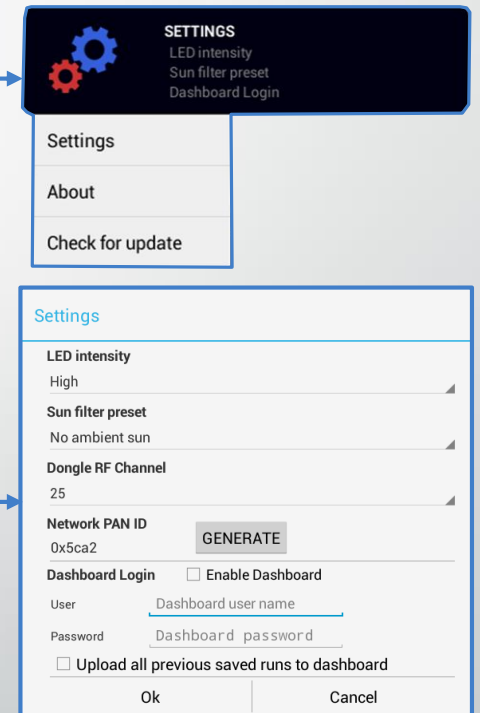
By selecting the "SETTINGS" button, you will be prompted with a drop-down menu:

Choose "Settings" in this menu which will open the "Settings" window.

Here you will find the Dashboard Login. In order for the tablet to properly sync with the Dashboard you must use your User Login and password (the same which you registered your system at www.fitlighttraining.com with).

Once you have entered your login information, select "Enable Dashboard", and if desired select "Upload all previous saved runs to dashboard". Selecting this option will upload any runs you have previously saved on the tablet to the Dashboard.

You can now select "Ok" which will close the "Settings" window and begin the data upload to the Dashboard.

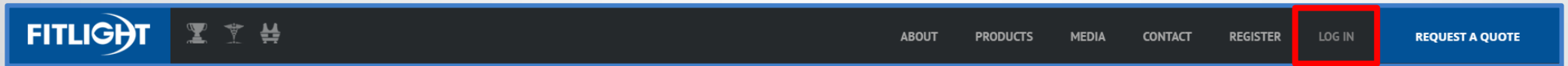


DETAILED SETUP GUIDE

3. LOGGING IN TO THE DASHBOARD ONLINE

The Dashboard is accessed through our website: www.fitlighttraining.com

Once on our website you can find the customer 'LOG IN' button located in the top right of the toolbar.



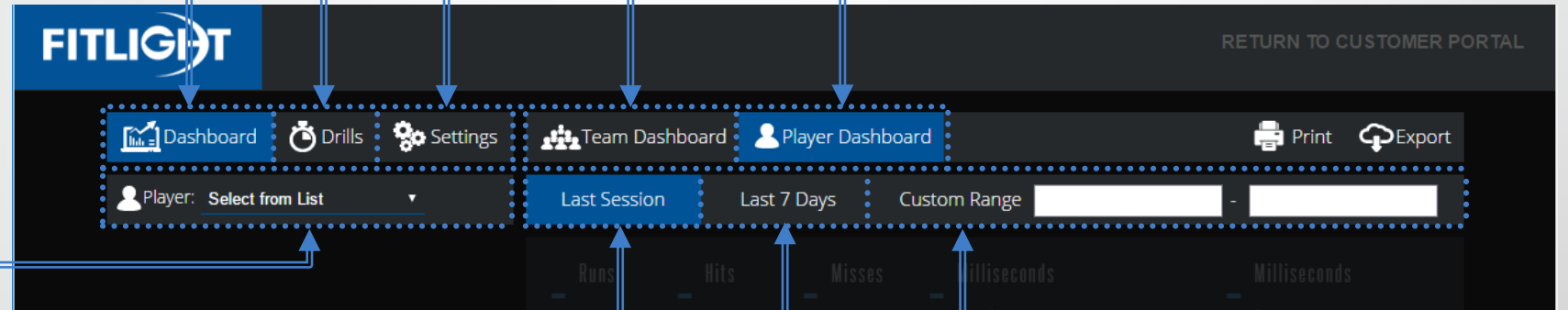
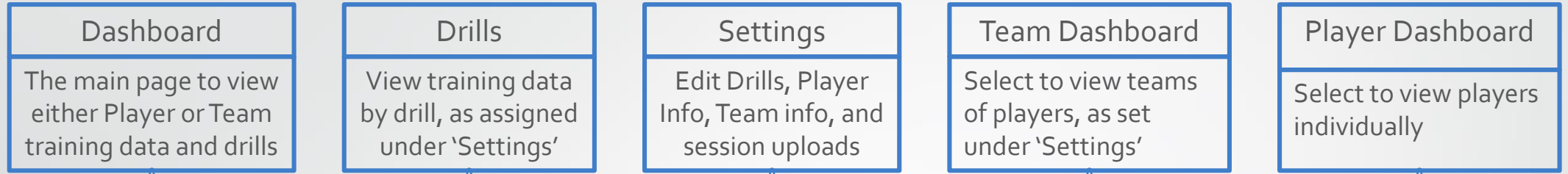
By selecting 'LOG IN' you will be prompted for your Username and Password. This is the same information you used when registering your FITLIGHT Trainer™ System.

Once you have successfully logged in you will be shown your customer Home Page. You can then find the Dashboard button 2nd from the top in the list of buttons along the right side of the page.

FITLIGHT TRAINER™ Dashboard



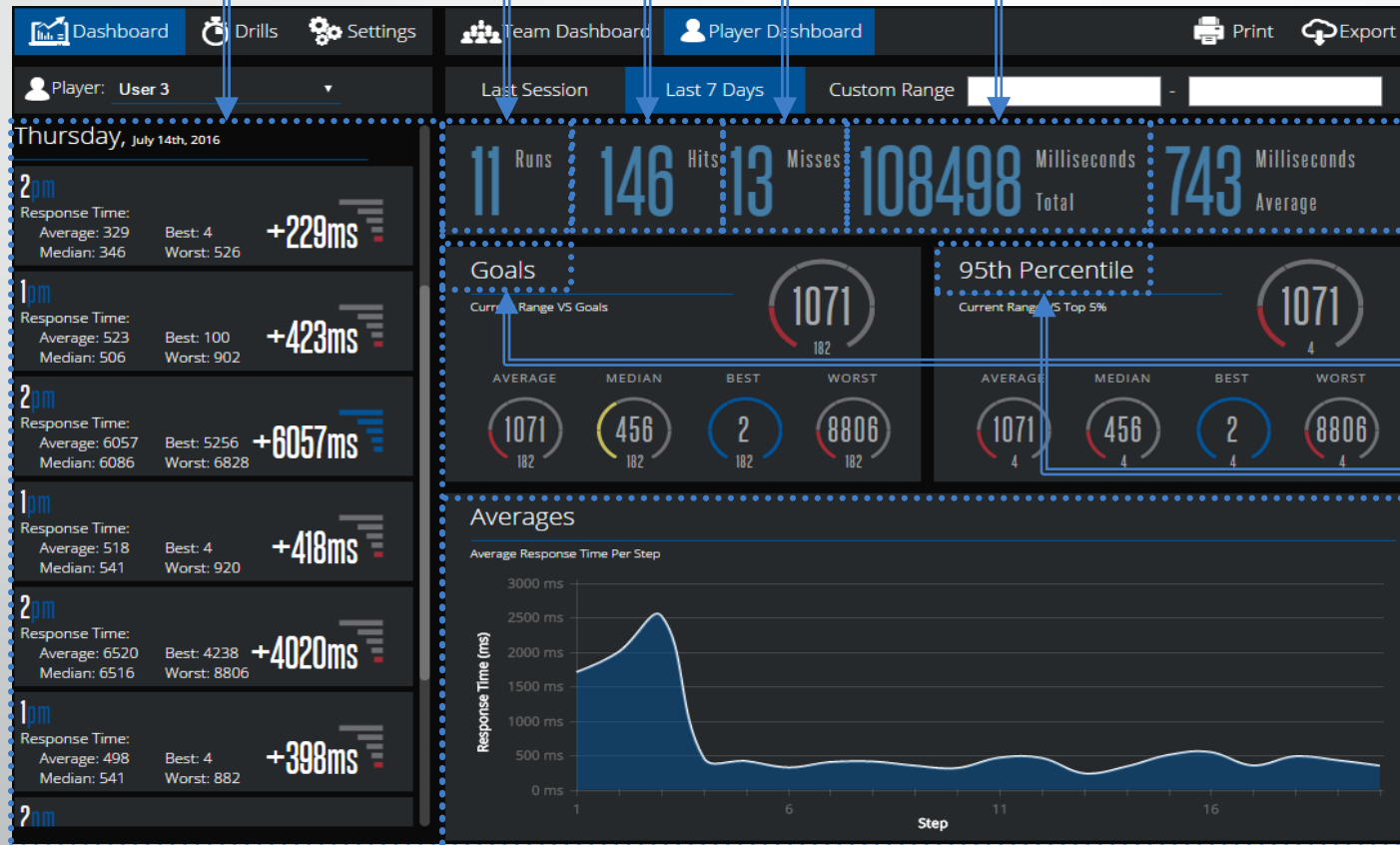
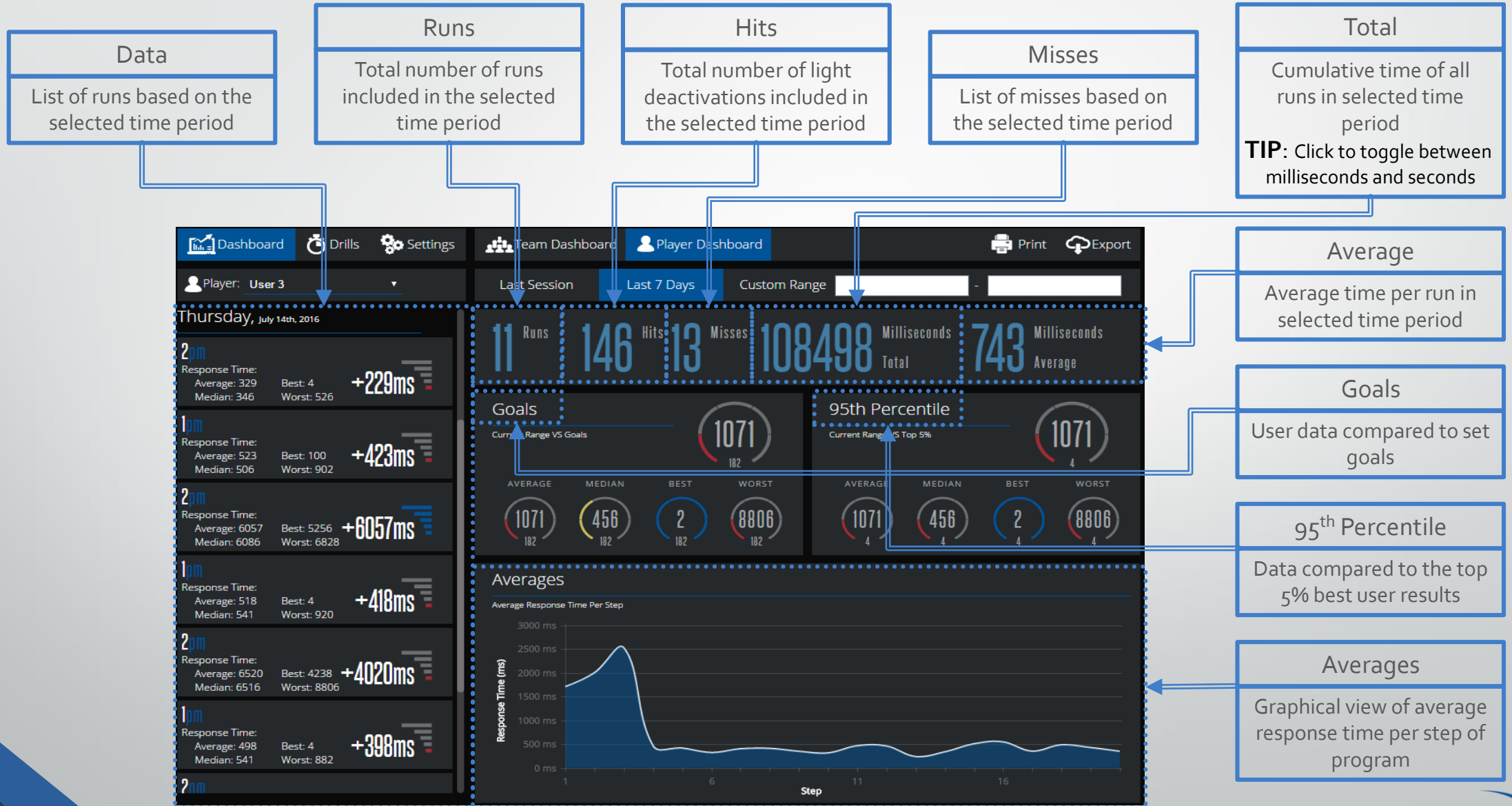
DASHBOARD OVERVIEW



Select Player
Choose an individual player from your Athlete Database

Last Session	Last 7 Days	Custom Range
Displays data from the last uploaded session	Displays data uploaded from the previous 7 days	Displays data based on a range set by the user
Time Period Selection		

PLAYER DASHBOARD OVERVIEW



TEAM DASHBOARD OVERVIEW



Top Performer

Displays the top performing team member

Most Improved

Displays the team member with the most improved stats over the selected time range

Underachiever

Displays the team member whose performance is declining

Straggler

Displays the lowest performing team member

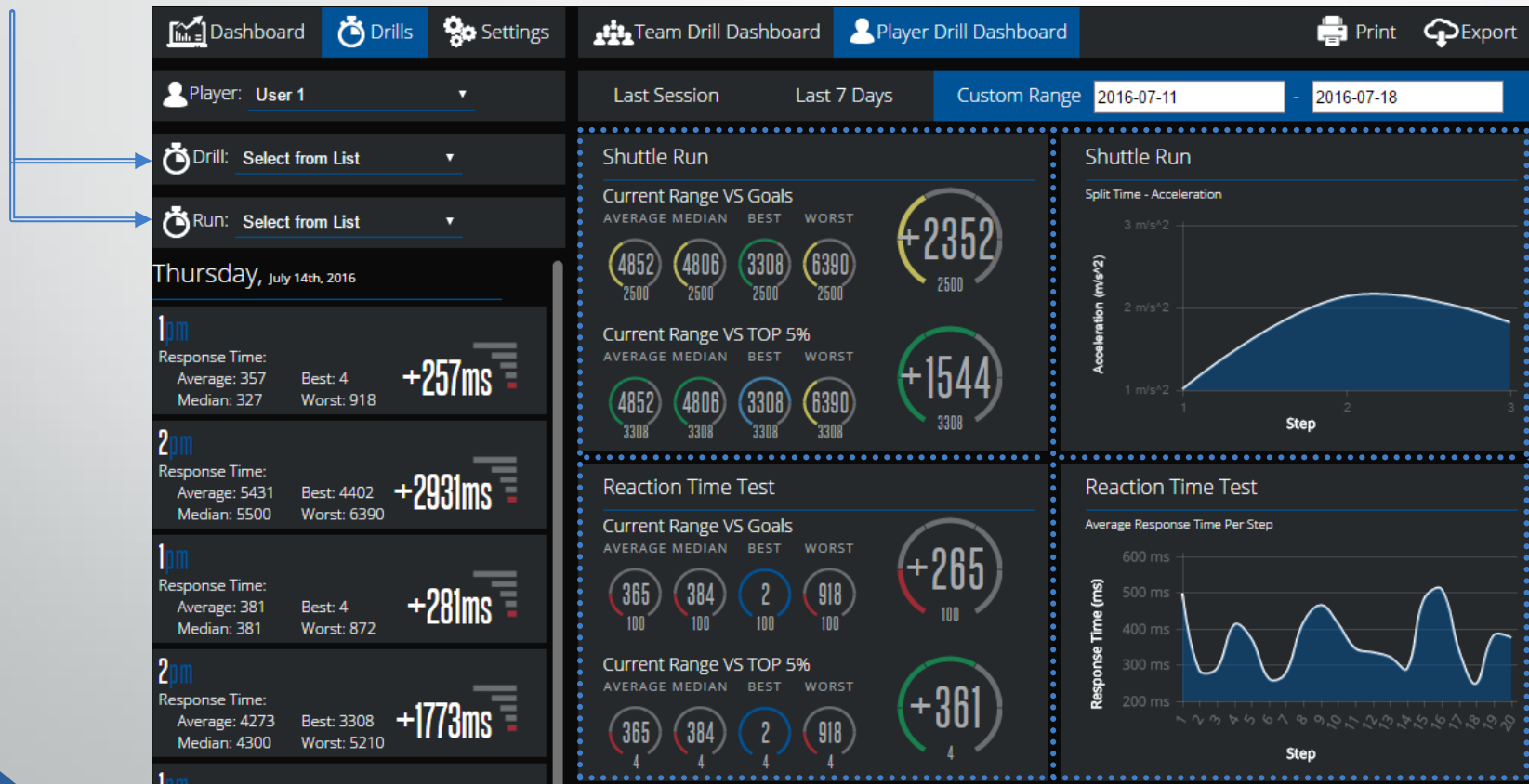
Head 2 Head

Compare the stats of two team members against one another

DRILLS DASHBOARD OVERVIEW

The Drills page allows for viewing of Programmed Sequence training data and sessions that have had a Drill assigned to them via the "Session Management" configuration (under "Settings").

Specific Drills and Runs (based on the selected time range) can be selected via the drop down menus. These can also be left blank to display a general overview of the data.



TIP
Clicking each of the 4 quadrants allows the user to cycle through different display options for the data!

DRILL MANAGEMENT

The Drill Management tab allows for the creation, editing, and removal of Drills.

User created Programmed Sequences will appear here when data is saved after a run.

The Response Time goal can be set for any Drill/Programmed Sequence.

The Split Time and Distance goals are relevant only to Split Time and other custom routines involving distance.

The screenshot displays the 'Drill Management' tab in the FITLIGHT Trainer software. The interface is dark-themed with white text and input fields. At the top, a navigation bar includes icons and labels for Dashboard, Drills, Settings, Drill Management (highlighted), Player Management, Team Management, and Session Management. Below the navigation bar, there are three buttons on the left: 'Create New Drill' with a plus icon, 'Shuttle Run' with a stopwatch icon and the text 'Fastest time, straight run, 4 lights', and 'Reaction Time Test' with a stopwatch icon and the text '4 light reaction test'. The main area is titled 'Create New Drill' and contains a sub-header 'Create or Modify a Drill'. It features a 'Name:' field with the value 'Shuttle Run', a 'Description:' text area with the value 'Fastest time, straight run, 4 lights', and three goal fields: 'Response Time (ms)' with the value '2500', 'Split Time (ms)' with the value '5', and 'Distance (m)' with the value '15'. At the bottom right of the form are 'Remove' and 'Save' buttons.

PLAYER MANAGEMENT

The Player Management tab allows for the adding/editing of information for all users in the Athlete Database.

Users can add weight (lbs/kgs), height (in/cm), date of birth, and a photo for each Athlete.

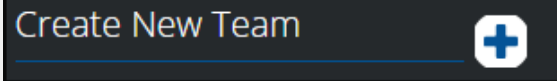


Be sure to select 'Save' once you have finished entering the information for each Athlete.

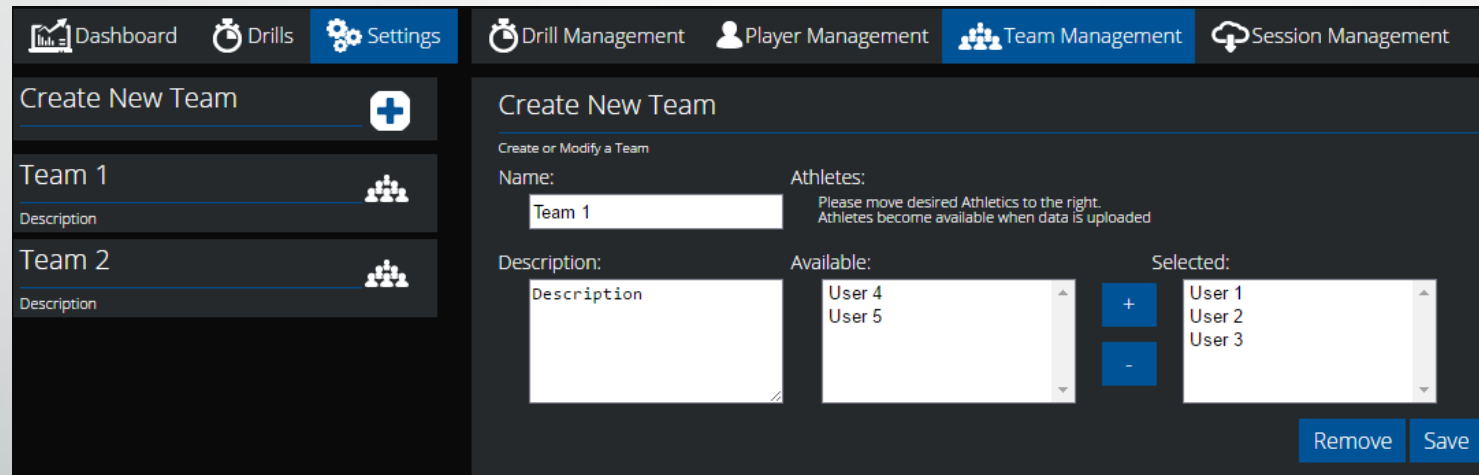
The screenshot displays a web application interface for Player Management. At the top, a navigation bar includes icons and labels for Dashboard, Drills, Settings, Drill Management, Player Management (highlighted), Team Management, and Session Management. On the left, a vertical list shows five users: User 1, User 2, User 3, User 4, and User 5, each with a person icon. The main area is titled 'Player Profile' and contains a form for 'User 1'. The form includes the following fields: Name (User 1), Weight (164), Unit (lbs), Height (70), Unit (in), Date of Birth (1989-08-22), and Photo (a drop file area with the text 'Drop File Here Or Click To Select File'). A blue 'Save' button is located at the bottom right of the form.

TEAM MANAGEMENT

The Team Management tab allows for the creation, editing and removal of user created teams.

The team can have a name and description as defined by the user.

Teams are created by clicking the  icon, then selecting an “Available” athlete from the list and clicking the  icon. Similarly, athletes can be removed from a team by selecting an athlete in the “Selected” list and clicking the  icon.



SESSION MANAGEMENT

The Session Management tab allows for users to assign Drills to uploaded Random Training and Split Time Test runs, or assign a different Drill to a Programmed Sequence upload.

By assigning a Drill to an uploaded session users can then compare their training results against set goals.

To do so, select a specific run from the list of uploads (sorted chronologically) on the left, it will then display whether it was a Random Sequence, Split Time Test or a custom Programmed Sequence. Select the desired Drill from the drop down menu and click 'Save'.

The screenshot shows the FITLIGHT Trainer interface. The top navigation bar includes: Dashboard, Drills, Settings, Drill Management, Player Management, Team Management, and Session Management (which is highlighted). The date is Thursday, July 14th, 2016.

Left Sidebar (Training Runs):

- 1pm**
Response Time: Average: 335, Best: 234, Worst: 458, Median: 318. Change: +235ms
- 1pm**
Response Time: Average: 463, Best: 2, Worst: 760, Median: 541. Change: +363ms
- 2pm**
Response Time: Average: 4565, Best: 2460, Worst: 6808, Median: 4428. Change: +2065ms
- 1pm**
Response Time: Average: 386, Best: 250, Worst: 758, Median: 341. Change: +286ms

Main Area (Session Management):

Adjust Session Mappings

Player	Sequence	Drill	Date
User 5	Random sequence	Reaction Time Test	2016-07-14

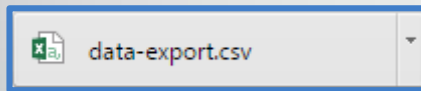
Save

EXPORTING DATA

If at any point you wish to export the data in your Dashboard, simply click the “Export” button located in the top right of the user interface.



This will export data from the current configuration that you are viewing. For example, if you are viewing data for a set team, clicking “Export” will then provide a .csv file containing all relevant session data for that team.



You can now freely access the data and perform any further analysis as desired.

PRINTING DATA

If at any point you wish to print the data in your Dashboard, simply click the “Print” button located in the top right of the user interface.



This will print the data from the current configuration that you are viewing. For example, if you are viewing data for a set team, clicking “Print” will then provide an image of your current view which can either be saved, saved as a PDF, or printed out.

Selecting “Print” in this window will print the image.

Selecting “Download as image” will save the image for you.

Selecting “Cancel” will return you to the previously viewed page.

