



## **FITLIGHT Trainer™ User Manual**

# INDEX

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<b>2</b>	<b>GENERAL INFORMATION</b>
2	FCC STATEMENTS
3	REGISTRATION & SUPPORT
4	HANDLING INSTRUCTIONS
5	IMPORTANT NOTICES
6	WARRANTY
<b>9</b>	<b>SYSTEM INFORMATION</b>
<b>11</b>	<b>CHARGING THE SYSTEM</b>
<b>13</b>	<b>OPERATIONAL TIPS</b>
15	QUICK GUIDE: MAIN MENU
	<b>SYSTEM OPERATION</b>
16	RANDOM TRAINING
18	PARAMETER EXPLANATIONS
24	PROGRAM OR EDIT SEQUENCE
33	RUN PROGRAMMED SEQUENCE
36	SPLIT TIME TRAINING
39	HAND / EYE COORDINATION
41	FITLIGHT GAME
43	RESULTS / DATA
	<b>GROUP SET UP</b>
48	HOW TO CREATE ONE OR MULTIPLE GROUP
	<b>SUPPORT</b>
57	TROUBLE SHOOTING
59	INSTALLING THE RECHARGEABLE BATTERIES
63	NETWORK & WIRELESS TEST



### FCC STATEMENTS

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates/uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Re-orient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect equipment and receiver to outlets on different circuits.
- Consult the dealer or an experienced radio/TV technician for help.

#### **US FCC Labeling Requirements (FCC Part 15.19)**

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

#### **US FCC Modification warning (FCC Part 15.21)**

Warning: Any changes or modifications not expressively approved by *FITLIGHT SPORTS CORP.* could void the user's authority to operate this equipment

Contains FCC ID: OA3MRF24J40MB

Contains IC: 7693A-24J40MB

## REGISTRATION & SUPPORT

**REGISTER** your **FITLIGHT Trainer™** to comply with the Warranty Requirements.

Please go to **www.Fitlighttraining.com** and click on the “Register” link on the upper right hand corner of the page. You will need the serial number of the FITLIGHT Trainer™ which is located on the inside of the Charger case. Failure to register your system may void your warranty.

Registration also allows the user to be notified of new protocols and the ability to download software updates.

## SUPPORT

A full range of drill concepts, examples and videos are available through the **FITLIGHT Trainer™** website. You also have access to this information once you successfully register the FITLIGHT Trainer™. Please go to **www.fitlighttraining.com**.

For further support please contact us at:  
**support@fitlighttraining.com**

Serial number



## HANDLING INSTRUCTIONS

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- Please take the time to read the following instructions carefully so that you can get the most enjoyable experience from the **FITLIGHT Trainer™**.
- These instructions will guide you through the entire set up, operation and programming of the **FITLIGHT Trainer™** whereby you can experience the full benefits of the equipment while safely carrying out your exercise routine trouble free.
- It is recommended that you keep all of the information included with your **FITLIGHT Trainer™** in a safe place in the event you need to reference it again. Should you lose it, you can readily request another copy on line from *FITLIGHT Sports Corp.* at **info@fitlighttraining.com**.
- Should you have any queries about the use/operation of the **FITLIGHT Trainer™** product, you can contact *FITLIGHT Sports Corp.* at: **info@fitlighttraining.com**.



## IMPORTANT NOTICES

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### **DO NOT REMOVE THE BLUE PROTECTIVE CASE FROM THE TABLET**

- The **FITLIGHT Trainer™** is designed to be used as a training aid for athletic conditioning and should not be used for any other purpose for which it was not intended.
- Please use the necessary precautions in the use of the **FITLIGHT Trainer™** and follow the instructions to avoid any accidental injury.
- The **FITLIGHT Trainer™** should only be recharged using **FITLIGHT Trainer™** approved equipment, using unapproved accessories can lead to damage of the **FITLIGHT Trainer™** or personal injury.
- The **FITLIGHT Trainer™** should not be recharged in any environment that is exposed to rain or water. Recharging of the **FITLIGHT Trainer™** should be done under dry conditions when used externally.
- Do not attempt to alter the characteristics of the **FITLIGHT Trainer™** in any way that can lead to damage to the **FITLIGHT Trainer™** or personal injury.
- The **FITLIGHT Trainer™** has been designed to withstand a high degree of force but it should not be subjected to possible penetration of sharp objects which can potentially damage the **FITLIGHT Trainer™**.
- The **FITLIGHT Trainer™** should not be subjected to falls from elevated distances.
- The **FITLIGHT Trainer™** is designed to be water resistant and as such can readily function in very wet conditions and puddles of water. However the **FITLIGHT Trainer™** is not designed to be submerged at the bottom of swimming pools for any length of time.
- Some images in the Manual may appear different or may not match exactly to the actual.

### **DO NOT REMOVE THE BLUE PROTECTIVE CASE FROM THE TABLET**

# WARRANTY

## FITLIGHT TRAINER™ LIMITED HARDWARE WARRANTY

Subject to the exclusions, limitations and conditions stated, FITLIGHT Sports Corp. warrants to the original purchaser that FITLIGHT™ products shall be free from defects in material and workmanship for the period of one year under normal consumer use, unless specified otherwise on your product package and / or contained in your user documentation, from the original date of purchase. You may also find this information by selecting your product in the Online Support section of our website at [www.fitlighttraining.com](http://www.fitlighttraining.com). Except where prohibited by applicable law, this warranty is non-transferable and is limited to the original purchaser. This warranty gives you specific legal rights, and you may also have other rights that vary under local laws.

## LIMITATIONS OF LIABILITY & EXCLUSIONS

FITLIGHT Sports Corp. SHALL NOT BE LIABLE FOR ANY SPECIAL, INDIRECT, INCIDENTAL OR CONSEQUENTIAL DAMAGES WHATSOEVER, INCLUDING BUT NOT LIMITED TO LOSS OF PROFITS, REVENUE OR DATA ( WHETHER DIRECT OR INDIRECT ) OR COMMERCIAL LOSS FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON YOUR PRODUCT EVEN IF FITLIGHT Sports Corp. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES ,FITLIGHT Sports Corp.'s ENTIRE LIABILITY SHALL BE LIMITED TO COSTS OF REPLACEMENT, REPAIR, OR REFUND OF THE PURCHASE PRICE PAID, AT THE SOLE OPTION OF THE COMPANY. THE FOREGOING WARRANTIES AND REMEDIES ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, PERFORMANCE, ACCURACY CORRESPONDENCE WITH DESCRIPTION, AND NONINFRINGEMENT, ALL OF WHICH ARE EXPRESSLY DISCLAIMED. IN NO EVENT SHALL FITLIGHT Sports Corp. BE LIABLE, WHETHER IN CONTRACT OR TORT ( INCLUDING NEGLIGENCE ) FOR DAMAGES IN EXCESS OF THE PURCHASE PRICE OF THE PRODUCT, ACCESSORY OR SOFTWARE, OR FOR ANY INDIRECT, INCIDENTAL, SPECIAL, CONSEQUENTIAL, OR PUNITIVE DAMAGES OF ANY KIND OR LOSS OF REVENUE OR PROFITS, LOSS OF BUSINESS, LOSS OF INFORMATION OR DATA, SOFTWARE OR APPLICATIONS OR OTHER FINANCIAL LOSS ARISING OUT OF OR IN CONNECTION WITH THE ABILITY OR INABILITY TO USE THE PRODUCTS, ACCESSORIES OR SOFTWARE TO THE FULL EXTENT THESE DAMAGES MAY BE DISCLAIMED BY LAW.

Some jurisdictions do not allow the exclusion or limitation of special, indirect, incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty excludes (1) cosmetic or physical damage to the surface of the product, including cracks or scratches on the LCD screen or outside casing; (2) damage caused by misuse, neglect, improper installation or testing, unauthorized attempts to modify the product, attempted servicing, except for battery replacement, by anyone other than an authorized service representative of FITLIGHT Sports Corp. or any other cause beyond the range of the intended use; (3) damage caused by accident, fire, water or liquids, power changes, other hazards, or acts of God; (4) use of the product with any non-FITLIGHT™ device, component, such as chargers or connection cables, or service if such device, component or service causes the problem; (5) use of this product for any non-consumer, commercial; (6) failure to perform required preventative maintenance; (7) normal wear and tear or rental purpose.



### EXCLUSIVE REMEDIES & PROCEEDURE

FITLIGHT Sports Corp.'s entire liability and your exclusive remedy for any breach of warranty shall be, at FITLIGHT Sports Corp.'s option, (1) to repair or replace the hardware, or (2) to refund the price paid, provided that the hardware is returned to the point of purchase or such other place as FITLIGHT Sports Corp. may direct with a copy of the sales receipt or dated itemized receipt. Shipping and handling charges may apply except where prohibited by applicable law. FITLIGHT Sports Corp. may, at its option, use new or refurbished or used parts in good working condition to repair or replace any hardware product. Any replacement hardware product will be warranted for the remainder of the original warranty period or thirty (30) days, whichever is longer or for any additional period of time that may be applicable in your jurisdiction. This warranty does not cover problems or damage resulting from (1) accident, abuse, misapplication, or any unauthorized repair, modification or disassembly; (2) improper operation or maintenance, usage not in accordance with product instructions or connection to improper voltage supply; or (3) use of consumables, such as replacement batteries, not supplied by Fitlight Sports Corp. except where such restriction is prohibited by applicable law.

Before submitting a warranty claim, we recommend you visit the support section at [www.fitlighttraining.com](http://www.fitlighttraining.com) for technical assistance in the event of a covered defect during the warranty period, FITLIGHT Sports Corp. will, at its sole option, repair or replace the product at no charge to Customer for parts or labor. To obtain warranty service for FITLIGHT Training™ products, the Customer must contact FITLIGHT Sports Corp.'s customer service center at [info@fitlighttraining.com](mailto:info@fitlighttraining.com) or 1-905-713-3330 for a return authorization code, and return the unit shipping prepaid, with proof of the date of original purchase, return authorization code, and Customer return address to: Warranty Returns, FITLIGHT Sports Corp. 14845-6 Yonge Street, Suite 376, Aurora, Ontario, Canada, L4G 6H8. Shipping labels must contain the return authorization code. ANY shipments sent for warranty service WITHOUT the appropriate return authorization code will be refused and returned to Customer at Customer's expense. FITLIGHT Sports Corp. will not be responsible for any loss or damage to the product incurred while the product is in transit from Customer for repairs. Customer should, as a precaution, purchase adequate insurance for the unit while it is in transit. FITLIGHT Sports Corp.'s total obligation under this warranty shall be, at FITLIGHT Sports Corp.'s sole discretion, to repair or replace the product or part with a comparable product or part, or if neither repair nor replacement is reasonably available, FITLIGHT Sports Corp. may refund to Customer the purchase price paid for the product or part. Parts removed by FITLIGHT Sports Corp. shall become the sole property of FITLIGHT Sports Corp.

### DURATION OF IMPLIED WARRANTIES

EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ANY IMPLIED WARRANTY OR CONDITION OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS HARDWARE PRODUCT IS LIMITED IN DURATION TO THE DURATION OF THE APPLICABLE LIMITED WARRANTY PERIOD FOR YOUR PRODUCT. Some jurisdictions do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

### NATIONAL STATUTORY RIGHTS

Consumers have legal rights under applicable national legislation governing the sale of consumer goods. Such rights are not affected by the warranties in this Limited Warranty.



### NO OTHER WARRANTIES

No FITLIGHT Sports Corp. dealer, distributor, agent, or employee is authorized to make any modification, extension, or addition to this Limited Warranty, oral or written.

### WARRANTY PERIODS

Please note that in the European Union, FITLIGHT Sports Corp. warrants their products in accordance to the required European Union regulatory period.

### GOVERNING LAW

This Registered User Limited Warranty shall be governed by the laws of the Province of Ontario, Canada, and by the laws of the Canada, excluding their conflicts of laws principles. The United Nations Convention on Contracts for the International Sale of Goods is hereby excluded in its entirety from application to this Limited Warranty.

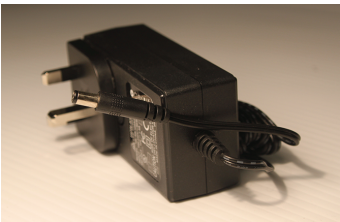
WHAT'S INCLUDED?



FITLIGHTS™



TABLET CONTROLLER



CHARGER POWER SUPPLY



TABLET POWER SUPPLY



CHARGER CASE



16 VELCRO PADS

SYSTEM SPECIFICATIONS

TECHNICAL SPECS

Wireless Range	75 Meters
Battery Charge ( Lights )	10-12 Hours
Battery Type	NiMH
Universal Charger Voltage	100/240 V
Activation Distance ( Programmable )	0-80 cms
Activation Times ( Programmable )	Yes
Flashing Light Mode ( Programmable )	Yes
Constant Light Mode ( Programmable )	Yes
Multi Coloured Light ( Programmable )	Yes
Water Resistant	Yes
Outdoor Capable	Yes
Proximity Sensing	Yes
Contact Sensing	Yes ( Multi-Directional )
Accelerometer	2g, 4g, 8g, Sensitivity
Sound	Yes, Multi-Tone buzzer
Maximum Lights per Controller	32
Data Capture	Yes
Impact Resistant	Yes
Size ( Lights )	10 cms
Weight ( Lights )	0.3 kg

ELECTICAL DATA

100-240VAC - AC to DC  
Universal Power Supply  
Frequency: 50/60Hz  
Power Consumption: 30 Watts.

PHYSICAL DATA

Weight: 0.3 Kg ( 10oz ) per light  
Weight ( Case & Lights ): 3.4Kg.

BATTERY DATA

NiMH 1,2V TYP.820mAh  
Li-ion 3.7V, 1180mAh



COMPLIANCE RATING

The FITLIGHT Trainer™ has been tested against industry standards and is approved to the following:  
FCC: 0A3MRF24J40MB  
IC 7693A - 24J40MB CE 681



# CHARGING INSTRUCTIONS

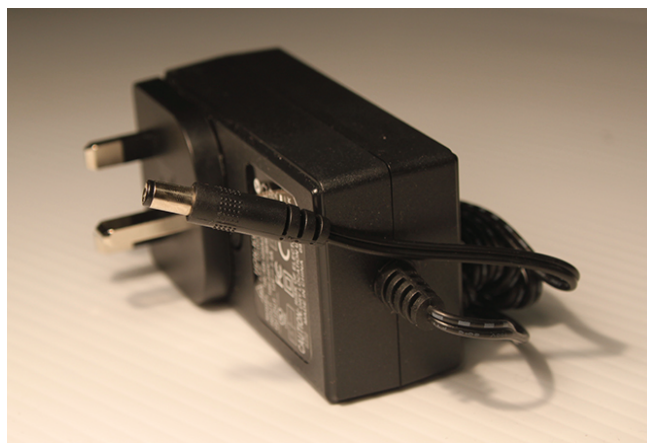
### 4 EASY STEPS TO CHARGE THE FITLIGHT TRAINER™

①



Lights properly nested in charger case. White dots visible.

②



Insert the Power Supply jack into the free end of the input jack from the Charger case.

③



Insert the Charger Power Supply into the dual jack as shown. Dual jack can be found attached to the inside of the Charger Case.

④



Connect the Tablet Controller Power Supply to an electrical outlet. Once completed, insert the other end into the Tablet Controller.

It is recommended that the FITLIGHTS™ and Tablet Controller are charged for at least 3 hours to fully charge the batteries as this will ensure an uninterrupted operation of the system from the beginning of its use.

To fully charge the FITLIGHTS™ and Tablet Controller, place them into the charging case and connect the power supply adaptor to the charging case. Connect to a 110/220V outlet. Charge the Tablet Controller with the supplied Power Supply, plug into 120/220 V electrical outlet.

## CHARGING THE SYSTEM

### INSERTING THE LIGHTS INTO THE CHARGER CASE

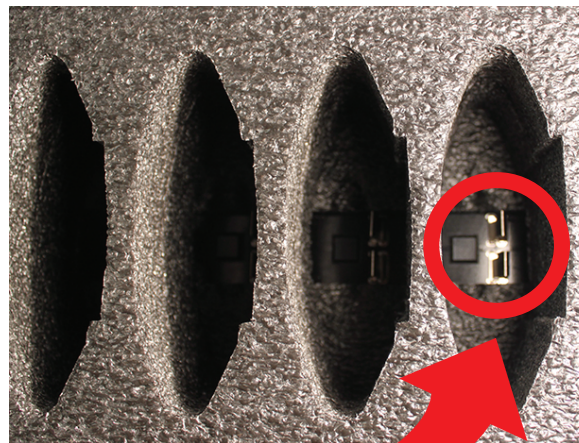
The Lights should be inserted into the Charger with the two contact points facing downwards to match the contact points in the Charger. Make sure that the contacts are in line with the contacts in the Charger Case and the “White Dots” are aligned with the top of the foam insert.

**Note:** If the Lights are not inserted correctly into the charger case, the Power Supply will shut off and there will be no power to the Charger until the Lights are inserted correctly.

Interrupted power to the Charger is easily determined by removing one light at a time and the remaining Lights will come on once the misaligned Light is removed. Reposition the Lights in the Charger until the Lights are all illuminated.

Quick tips to ensure the Lights are placed correctly.

White dots



Insert the Lights so that the contacts on the Lights are properly aligned with the contacts in the Charger.

Contacts

1. Make sure the Lights are properly centered onto the contacts of the Charger.
2. Should the Light not illuminate, check to make sure that the Light is correctly positioned.
3. As the system is used continuously, the contacts may be pushed out of contact with the Lights, they can easily be adjusted by pulling them forward until contact is made with the Light.
4. Always charge the Lights with the Velcro attachment on, as this aligns the Lights in the Charger slot.

### TIPS

1. It is important that the Lights are positioned in the charging case correctly and are seated in the cradle. Always place the Lights in the Charger with the Velcro attachment on the Light.
2. When the Lights are inserted correctly and the system is powered up, the Lights will be yellow.
3. When the Lights are charging, they will cycle from yellow to green.
4. When the system is fully charged, the Lights will go completely green.
5. If the Lights are not powered on, check that all of the Lights are seated correctly in the case and the “White Dots” on the Lights are visible above the foam insert.
6. The system should be charged for 3 hours for the first time before use.
7. The Lights will flash red when they are low on battery charge.
8. Allow the Tablet Controller ample time to find all of the Lights. The Lights should all be found within 90-120 seconds. If all Lights are not found reboot the system.
9. To reboot the system, press and hold the “On” at the side of the Tablet Controller button for 5 seconds.



## OPERATIONAL TIPS

The Tablet Controller enables you to operate the **FITLIGHT Trainer™**. You can program routines, collect and store data, edit drills and create various exercise programs. The Tablet Controller can also be used to download data to the FITLIGHT™ Data Management Utility on your computer for further analysis.

**Identify which type of Tablet Controller that you have.**



Use the following instructions if your Tablet Controller looks like this.

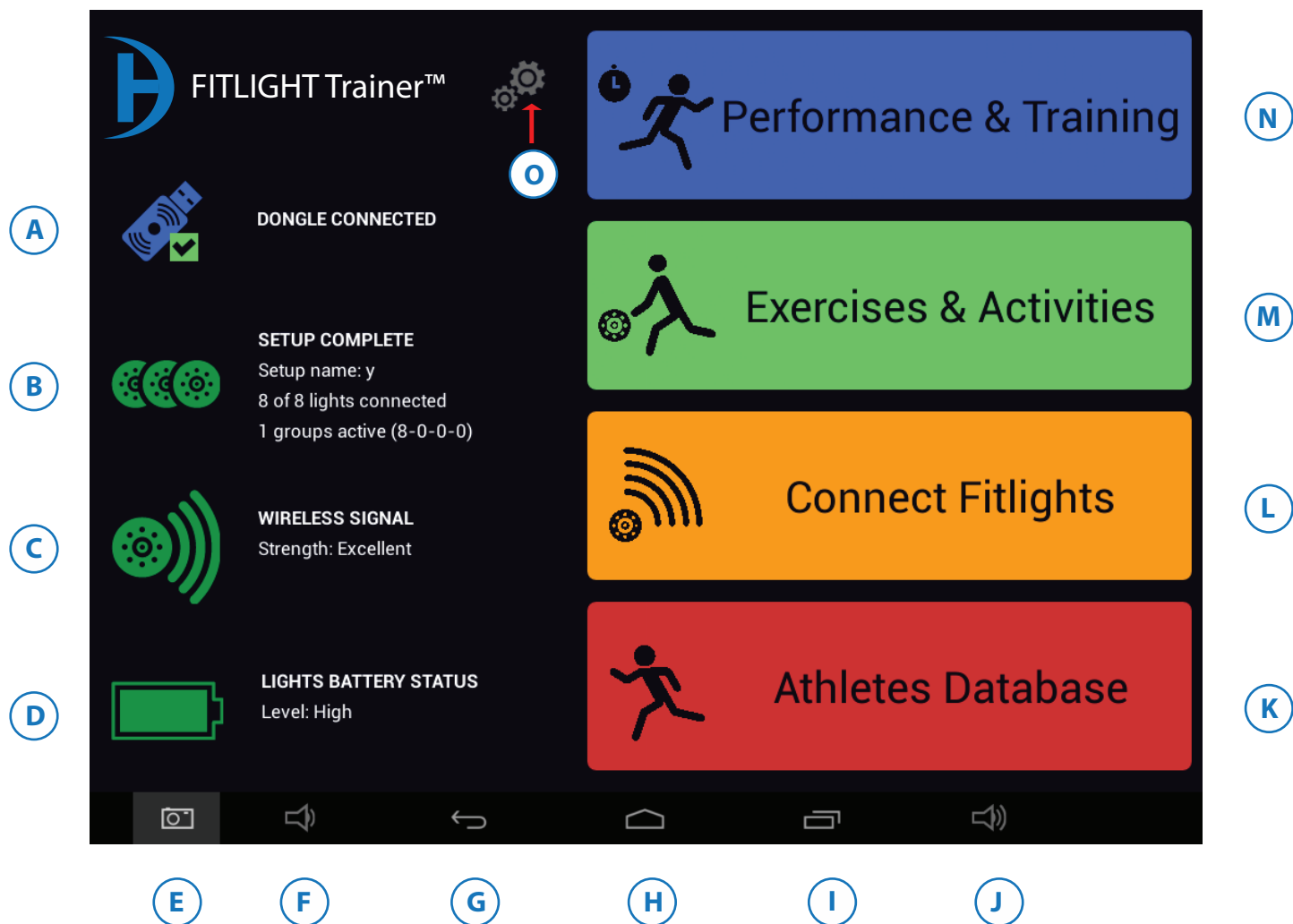
1. Power on the Tablet Controller by depressing the On/Off button for 5 seconds. If done correctly, you will notice 5 penguin icons at the top of the screen.
2. On the homepage, touch the FITLIGHT™ icon to launch the software.



Use the following instructions if your Tablet Controller looks like this.

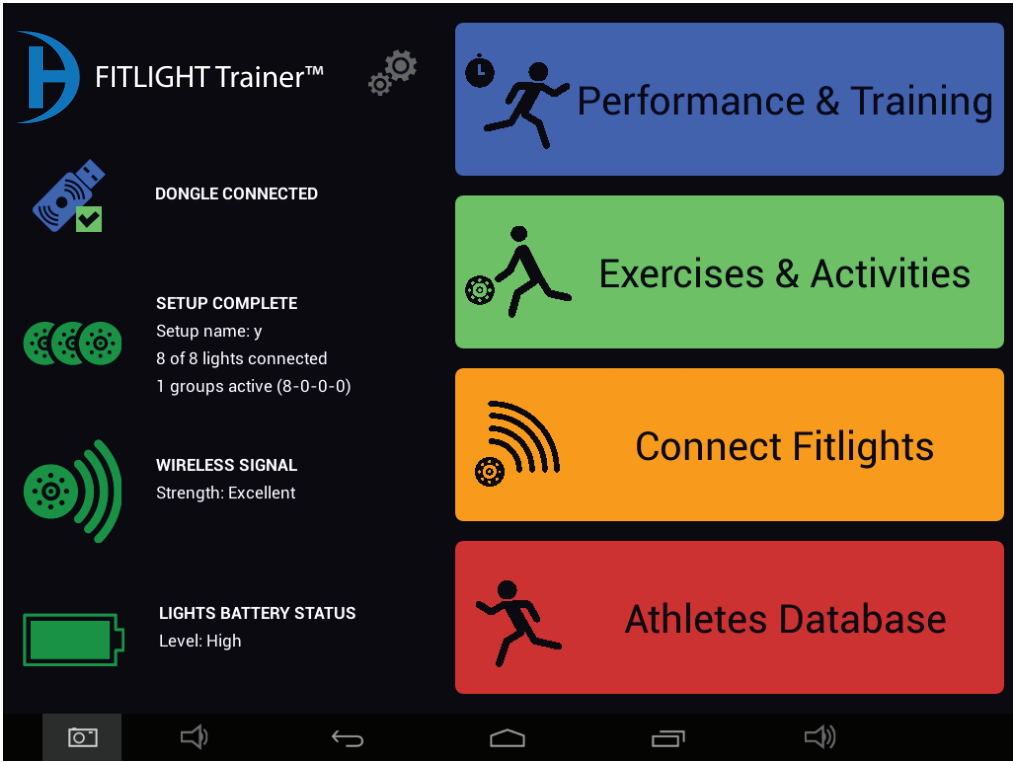
1. Power on the Tablet Controller by depressing the On/Off button.
2. The FITLIGHT™ software will launch immediately.

## QUICK GUIDE: MAIN MENU



- A. Indicates the status of the dongle
- B. Indicates the status of the Light set up
- C. Indicates the status of the wireless connection
- D. Indicates the status of the Light battery charge
- E. Captures a picture of the screen ( Screenshot )
- F. Volume control of the tablet ( decreases the volume )
- G. Previous Screen
- H. Home Screen
- I. Multiple Screens of the tablet
- J. Volume control of the tablet ( increases the volume )
- K. Menu for recording Data
- L. Menu for Wireless connection of the Lights
- M. Menu for FITLIGHT™ Games
- N. Menu for Training Programs
- O. Settings menu

RANDOM TRAINING SET UP



Select Performance & Training

Select Random Training



## SYSTEM OPERATION - RANDOM TRAINING

The image shows two side-by-side screens from a tablet application. The left screen is titled 'RANDOM SEQUENCE SETUP' and the right screen is titled 'RANDOM SEQUENCE RESULT'. Red callout boxes with numbers 1 through 18 point to various UI elements.

**RANDOM SEQUENCE SETUP:**

- 1:** Plus button for DISTANCE.
- 2:** Minus button for DISTANCE.
- 3:** Distance value: 10 cm.
- 4:** Plus button for IMPACT SENSITIVITY.
- 5:** Minus button for IMPACT SENSITIVITY.
- 6:** Impact sensitivity value: low.
- 7:** Plus button for HITS.
- 8:** Minus button for HITS.
- 9:** Hits value: 25.
- 10:** Plus button for TIMEOUT.
- 11:** Minus button for TIMEOUT.
- 12:** Timeout value: 2.10 s.
- 13:** Plus button for DELAY.
- 14:** Minus button for DELAY.
- 15:** Delay value: 0.05 s.
- 16:** Plus button for PENALTY.
- 17:** Minus button for PENALTY.
- 18:** Penalty value: off.
- Sensor mode:**
  - ☐ Distance
  - ☐ Impact
  - ☒ Both
- LED mode:**
  - ☐ Standard
  - ☐ Slow blink
  - ☐ Flash
  - ☐ Fast blink
- Light mode:**
  - ☐ Center only
  - ☒ Full light
  - ☐ Ring only
- ☒ Lights beep
- ☒ Start by light
- ☐ Save data
- Select Colors** button
- Load Preset** button
- Save Preset** button
- Delete Preset** button

**RANDOM SEQUENCE RESULT:**

Group	Hits	Misses	Avg. reaction	Total time
A	0	0	-.---	0:00.00

**Start** button

1. The deactivation distance can be set from 10 cms to 80 cms.
2. The time out can be set from 0.10 seconds to 10 seconds.
3. There are 3 deactivation modes to select from. Distance only, Impact only or both, which means the Light can be deactivated by motion or Impact.
4. Select the "LED" mode of the Light, there are 4 selections, which will have the LEDs flash rapidly or slowly etc. per your preference and ease of visibility.
5. Select if sound ( Beep ) is required.
6. Select the sensitivity of 'Impact' as required, "soft hit or a firm hit".
7. Select the number of hits/Lights required in the routine. The example shows 25. Use the +/- buttons to increase or decrease the number.
8. Select the "Delay" interval between Lights coming on in succession.
9. There are 3 choices, Full Light, Perimeter Light or just the Centre of the Light that illuminates.
10. Select "Save Data" if you require the results of the routine to be saved for future analysis.
11. Select "Start by Light" if you would like the "User" to start the routine.
12. Select "Start" if the routine is to be controlled by the administrator.
13. This displays the results of the run, see following pages for explanation of the "Results".
14. Add a penalty for those lights that were not deactivated.
15. This gives a choice of 6 different colours. See the following pages for more info.
16. Select "Load Preset" if the set up has been saved before.
17. Select this to save the current set up.
18. If the set up has been saved before, select "Delete preset" to remove it.

**PLEASE NOTE: Depending on the Tablet Controller that you have, you may have to scroll up/down within the "Sequence Step Setup" to view all of the options.**

PARAMETER EXPLANATIONS

Sensor mode:

☐

Distance

☐

Impact

☒

Both

LED mode:

☒

Standard

☐

Slow blink☐☐

Light mode:

☐

Center only

☒

Full light

☐

Ring only

LED MODE

- STANDARD:** Light does not flash when it activates
- FLASH:** Light flashes initially when it activates
- SLOW BLINK:** Light flashes slowly when it activates
- FAST BLINK:** Light flashes rapidly when it activates

LIGHT MODE

- FULL LIGHT:** Light is fully illuminated when it activates
- RING ONLY:** Light outer ring is illuminated when it activates
- CENTER ONLY:** Light center only is illuminated when it activates

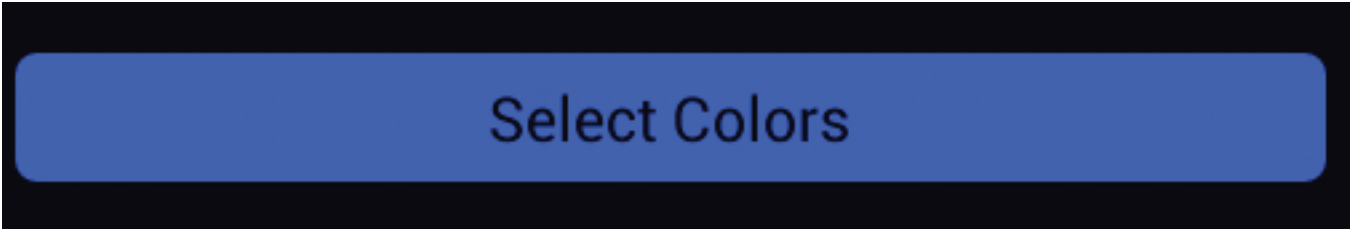
SENSOR MODE

- DISTANCE:** Light deactivates by proximity sensing
- IMPACT:** Light deactivates by impact sensing
- BOTH:** Light deactivates by proximity and / or impact sensing

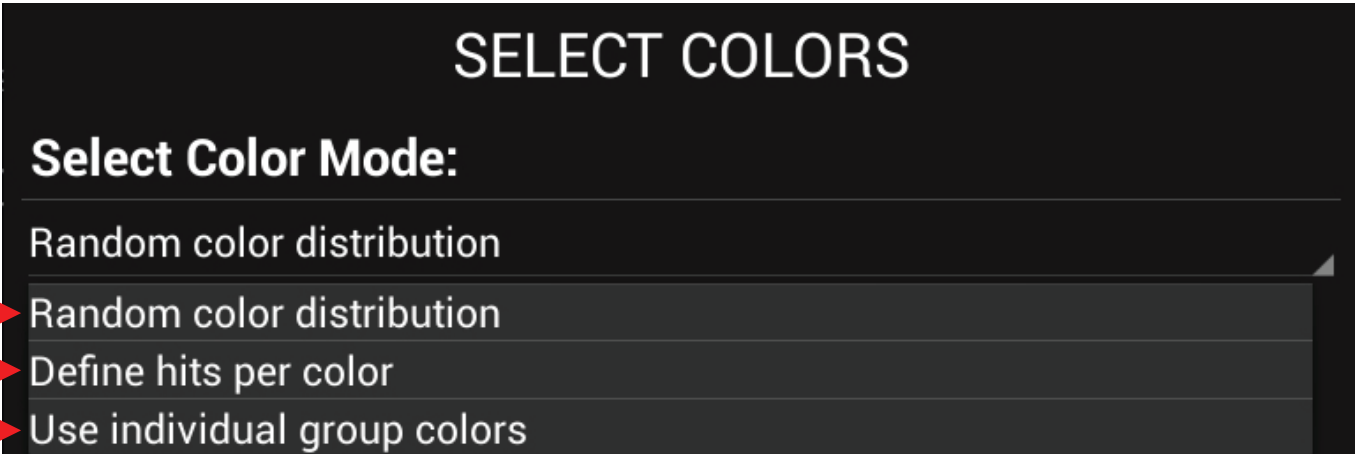
BEEP MODE

- NO BEEP:** Sound to the Light is turned off
- BEEP WHEN ARMED:** Sound to the Light is turned on when Light illuminates
- BEEP ON HIT:** Light beeps when deactivated
- BEEP ON TIMEOUT:** Light beeps if not deactivated

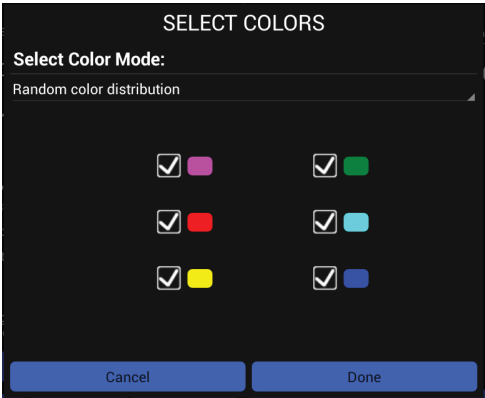
LIGHT COLOUR SELECTION SET UP



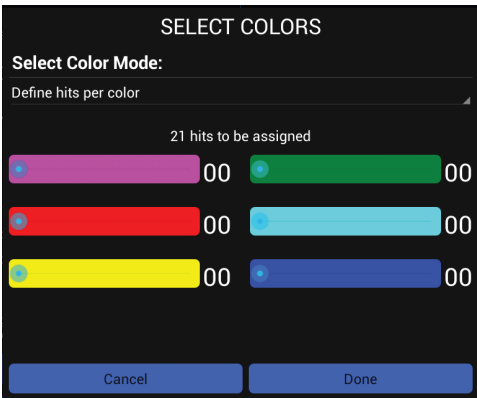
Touch “Select Colours” and a new menu will appear.



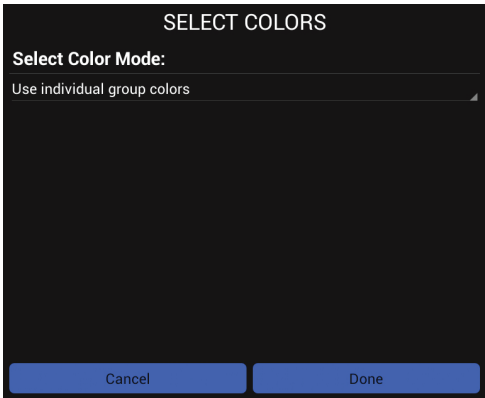
3 choices will appear ( as shown above )



RANDOM COLOUR DISTRIBUTION



DEFINE HITS PER COLOUR



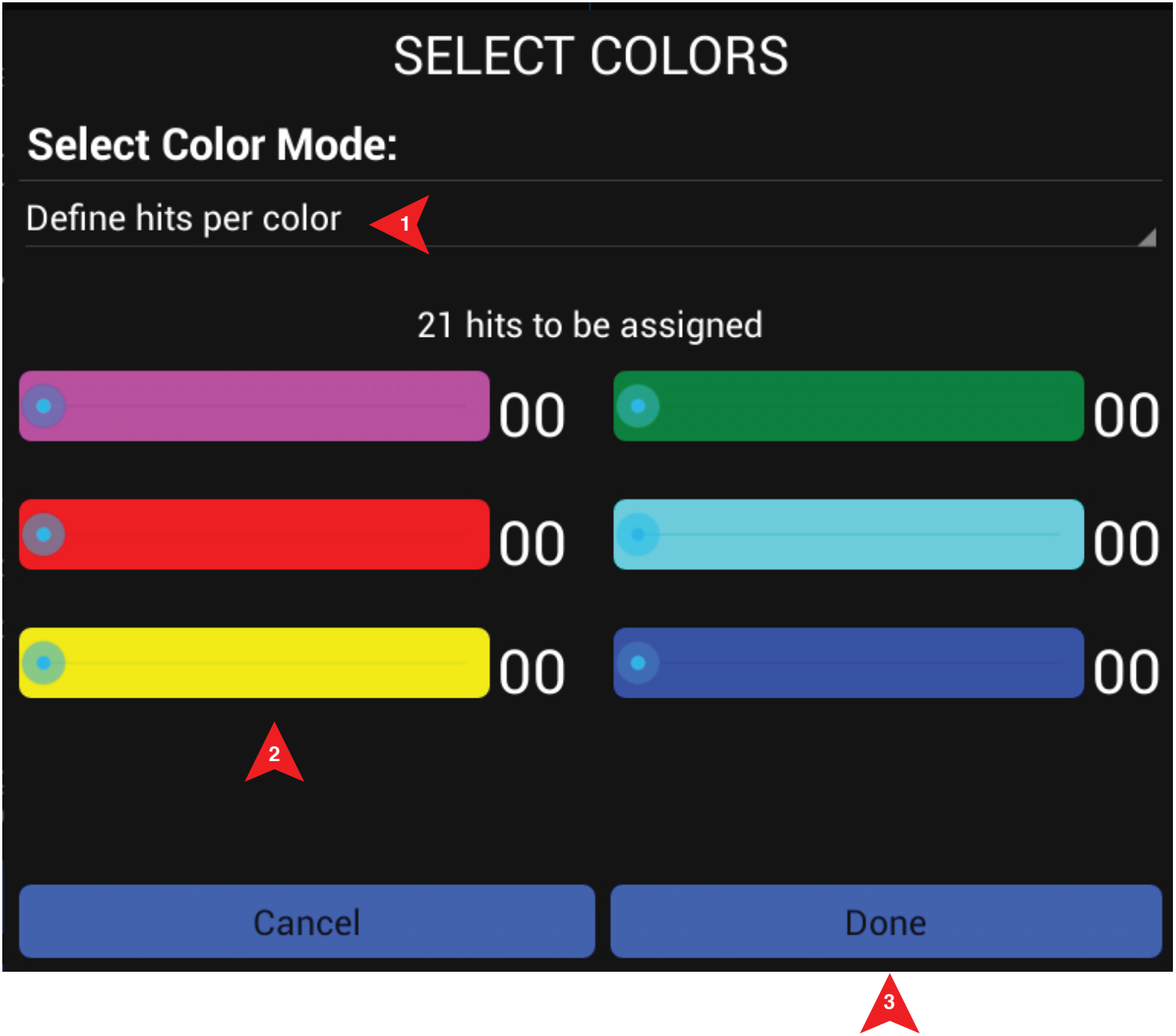
USE INDIVIDUAL GROUP COLOURS





DEFINE HITS PER COLOUR SET UP

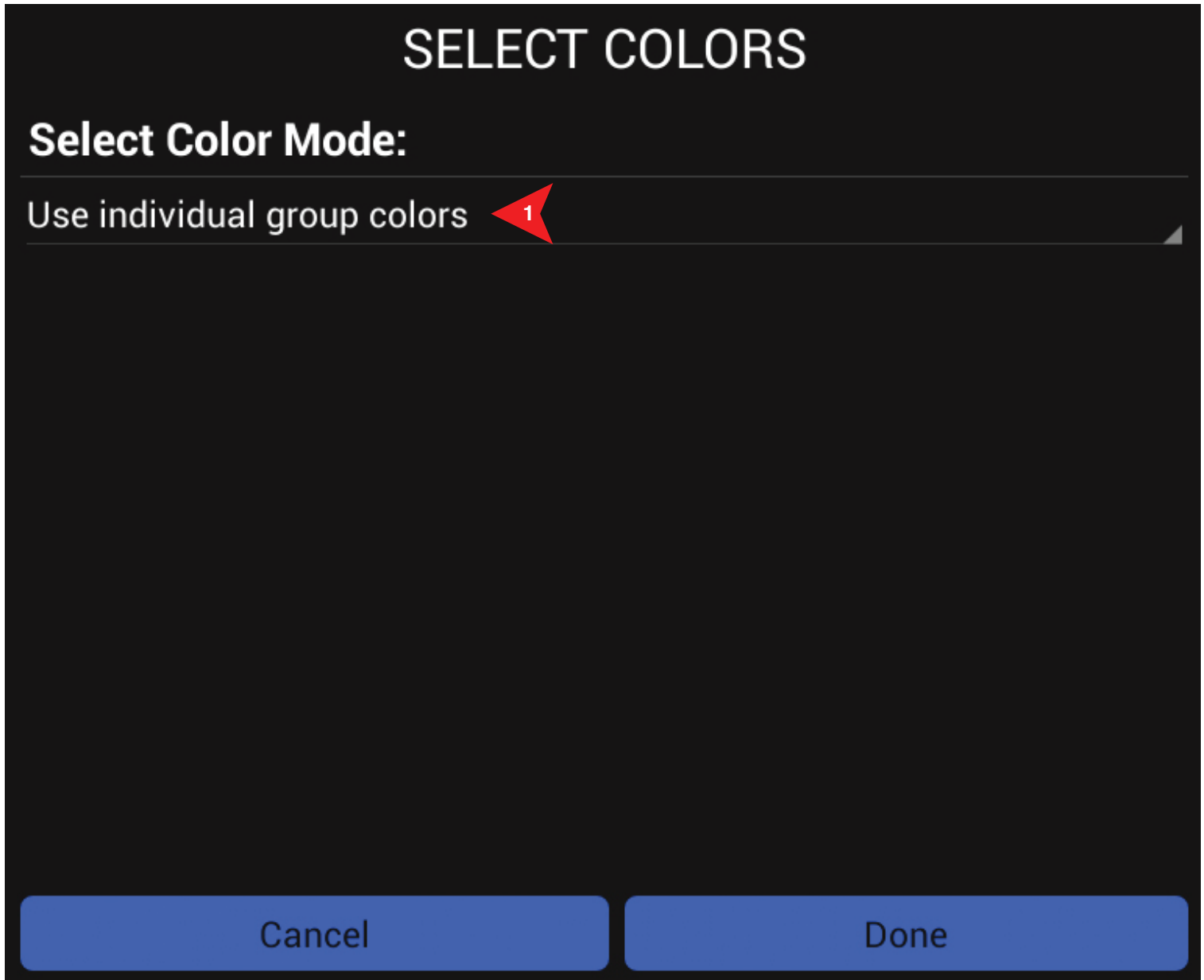
FUNCTION: The program will randomly select the colours as per the number of hits defined per colour.



1. Select “Define hits per colour” and a new menu screen will appear for the selection of hits per colour.
2. Select the number of hits per Light by moving the slide bar to the desired number of hits per colour. The number of hits per colour will be illustrated and the total hits will be deducted from the original set up.
3. Select “Done” once all hits are selected.

### USE INDIVIDUAL GROUP COLOURS

FUNCTION: Use this function when lights are assigned to groups. Colours will be automatically assigned.



1. Select "Use individual group colours" to assign different colours per group as required.
2. Select "Done" once all group colours are selected.

RESULTS

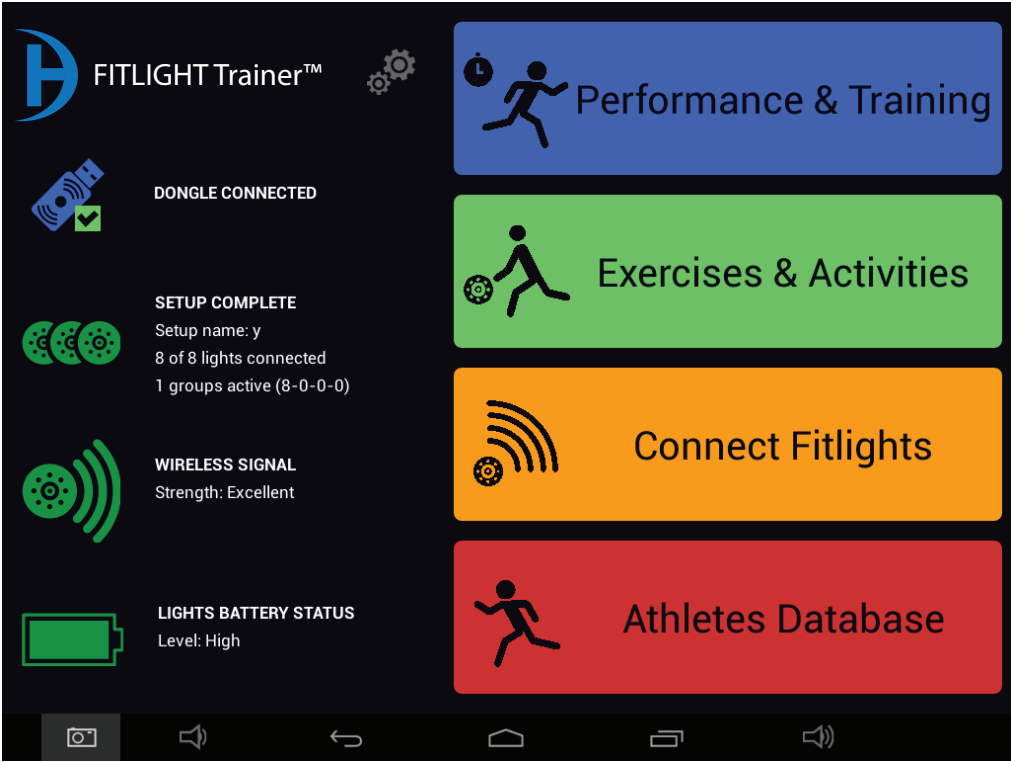
Group	Hits	Misses	Avg. reaction	Total time
A	0	0	-.---	0:00.00
1	2	3	4	5

Start



- 1. Indicates the Group or Groups in the routine
- 2. Indicates the number of hits actually performed in the routine
- 3. Indicates the numbers of misses from the routine
- 4. Indicates the average time per hit / deactivation
- 5. Indicates the total time used to complete the routine
- 6. “Stop” can be used at any time to cancel the routine

PROGRAM OR EDIT A SEQUENCE

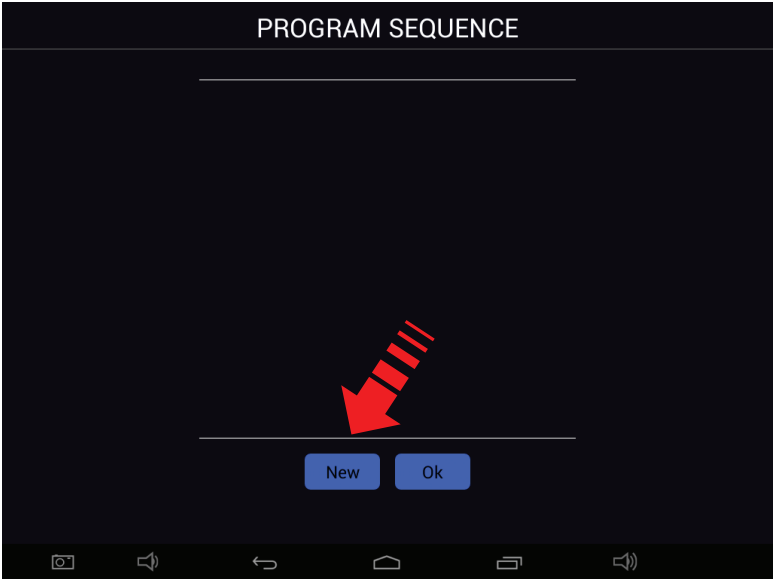


*Select*  
Performance & Training

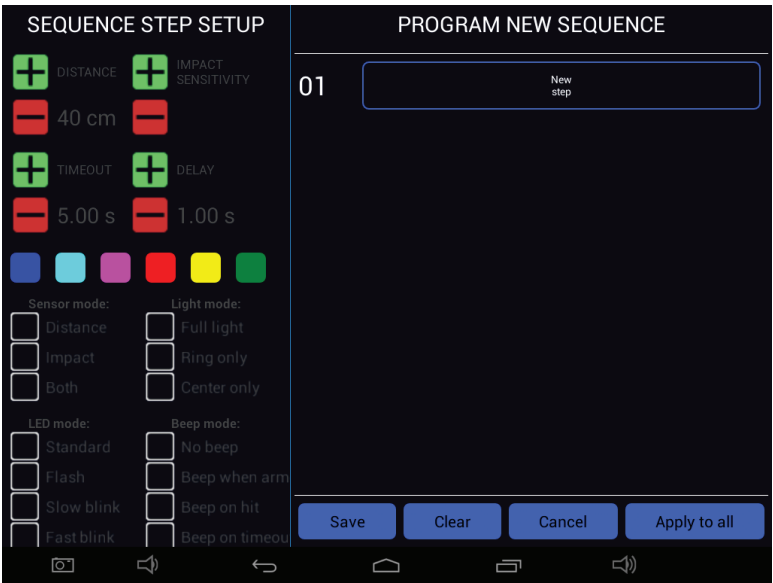


*Select*  
Program Sequences

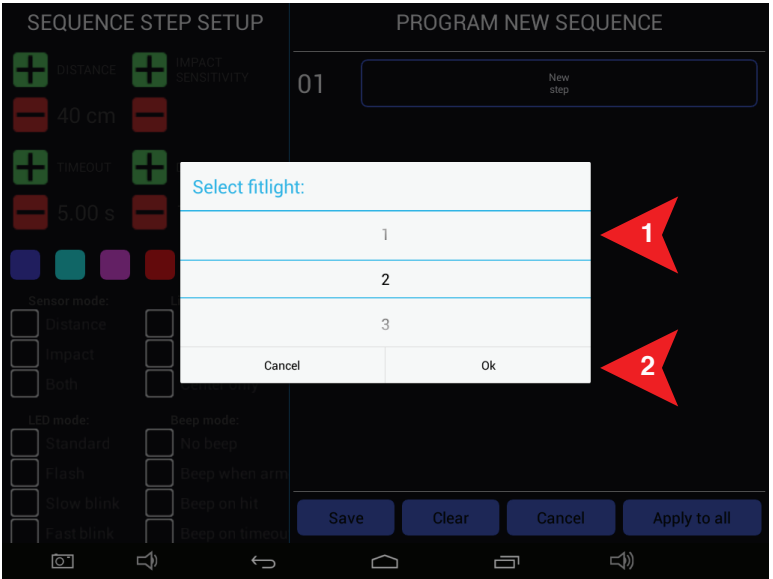
PROGRAM A SEQUENCE



Select “New” to start the programming process. A new menu will open to allow programming.



Select “New Step”. A drop down menu will appear to enable you to select the Light number.



- 1. Select the light number by scrolling down.
- 2. Once the number appears in the window, touch “OK”. In this example, Light #1 is selected.
- 3. Once “Ok” is selected a new screen will appear which will allow the selection of all the Light parameters.



PROGRAM / EDIT A SEQUENCE

Indicates Light #1 is the first step and it is Blue.

The image shows two side-by-side screens from a control interface. The left screen is titled 'SEQUENCE STEP SETUP' and the right is 'PROGRAM NEW SEQUENCE'. Red arrows with numbers 1 through 13 point to specific UI elements. A large red arrow points from the 'New step' button in the 'PROGRAM NEW SEQUENCE' screen to the text above it.

**SEQUENCE STEP SETUP**

- 1: + button for DISTANCE
- 2: - button for 40 cm
- 3: + button for IMPACT SENSITIVITY
- 4: - button for low
- 5: + button for TIMEOUT
- 6: - button for 3.00 s
- 7: + button for DELAY
- 8: - button for 0.05 s
- 9: Color selection box (Blue is selected)
- 10: Sensor mode: Distance, Impact, Both
- 11: Light mode: Full light, Ring only, Center only
- 12: LED mode: Standard, Flash, Slow blink, Fast blink
- 13: Beep mode: No beep, Beep when arm, Beep on hit, Beep on timeout

**PROGRAM NEW SEQUENCE**

- 01: Step number and value '1' in a blue box
- 02: Step number and 'New step' text in a box
- Buttons at the bottom: Save, Clear, Cancel, Apply to all

The Light parameters can now be selected as per requirements.

1. The deactivation distance can be set from 10 cms to 80 cms, use the +/- to adjust. The distance increments are 10 cms.
2. The time out can be set from 0.10 seconds to 120 seconds. The time out increments are 0.10 seconds up to 10 seconds , after which it increments by 10 seconds. The “Time Out” function can also be turned off by going past 120 seconds.
3. Select Light colour as required by selecting the colour box.
4. There are 3 deactivation modes to select from. Distance only, Impact only or both, which means the Light can be deactivated by motion or impact.

SYSTEM OPERATION - PROGRAM OR EDIT A SEQUENCE

- 5. Select, the mode for the Lights, there are 3 choices, Full light, Perimeter Light or just the Centre of the Light that illuminates.
- 6. Select the “LED” mode of the Light, there are 4 selections, which will have the LEDs flash rapidly or slowly etc. per your preference and ease of visibility.
- 7. Select if sound (Beep) is required.
- 8. Select “Save” to save your program, a drop down menu will appear to enable you to name the program as required.
- 9. Select clear to remove all data. A drop down menu will appear to query if you are sure as all data inputs will be cleared and cannot be recovered.
- 11. Select “Apply to All” if you require the Lights to have all of the same parameters.
- 12. Select the sensitivity of ‘Impact” as required, “soft hit or a firm hit”.
- 13. Select the “Delay” interval between Lights coming on in succession.

SEQUENCE STEP SETUP

DISTANCE

40 cm

IMPACT SENSITIVITY

low

TIMEOUT

3.00 s

DELAY

0.05 s

Sensor mode:

Distance

Impact

Both

Light mode:

Full light

Ring only

Center only

LED mode:

Standard

Flash

Slow blink

Fast blink

Beep mode:

No beep

Beep when arm

Beep on hit

Beep on timeou

PROGRAM NEW SEQUENCE

01

1

New step

02

3

03

New step

Save

Clear

Cancel

Apply to all

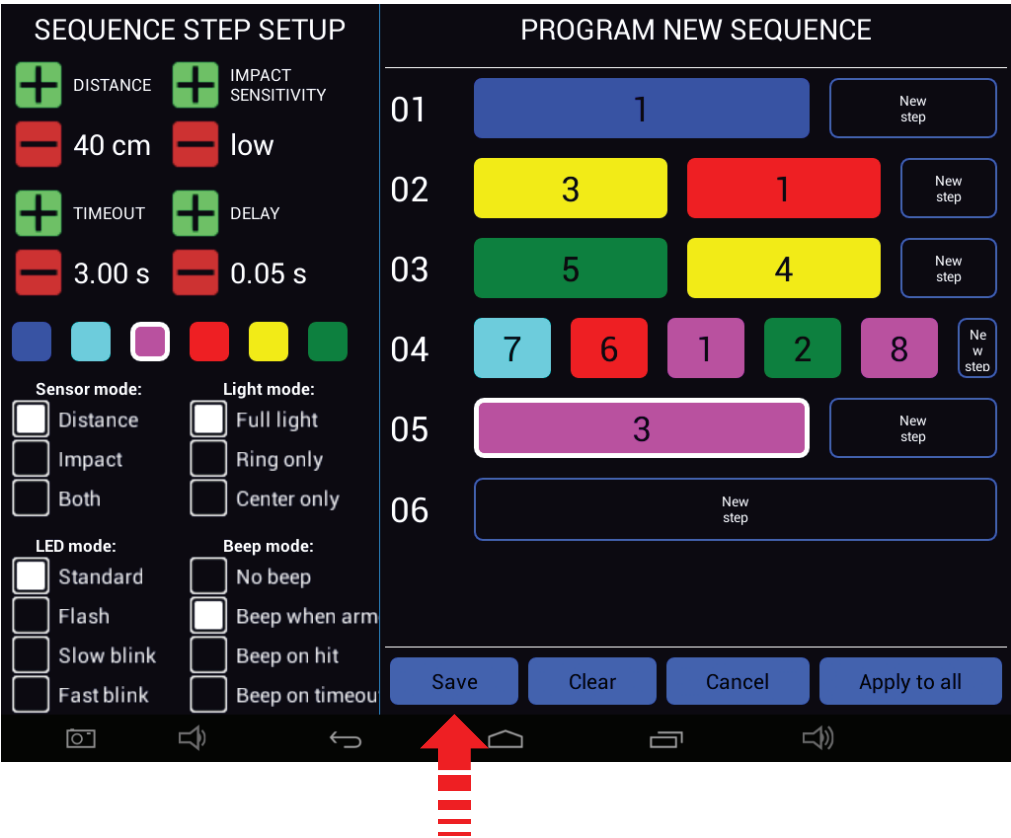
Repeat the process as per the previous step for all subsequent Lights required for the Routine. In this example, Light #3 is shown as the second Light in the sequence with a YELLOW colour selected.

PLEASE NOTE: Depending on the Tablet Controller that you have, you may have to scroll up/down within the “Sequence Step Setup” to view all of the options.

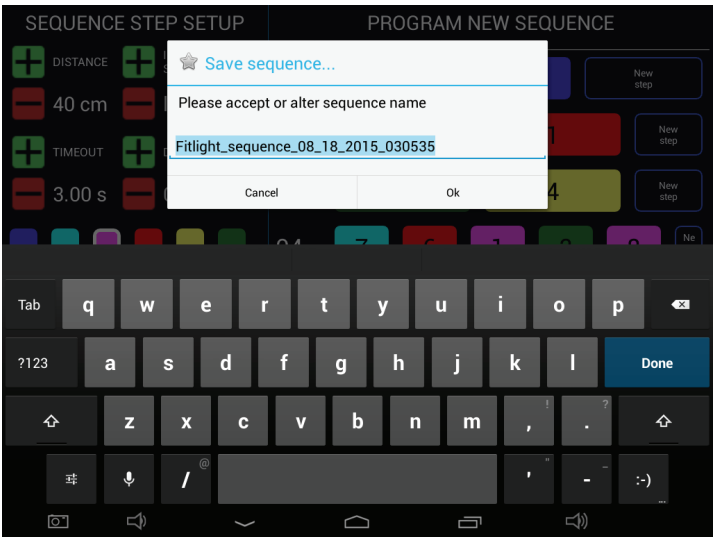
SYSTEM OPERATION - PROGRAM OR EDIT A SEQUENCE 27



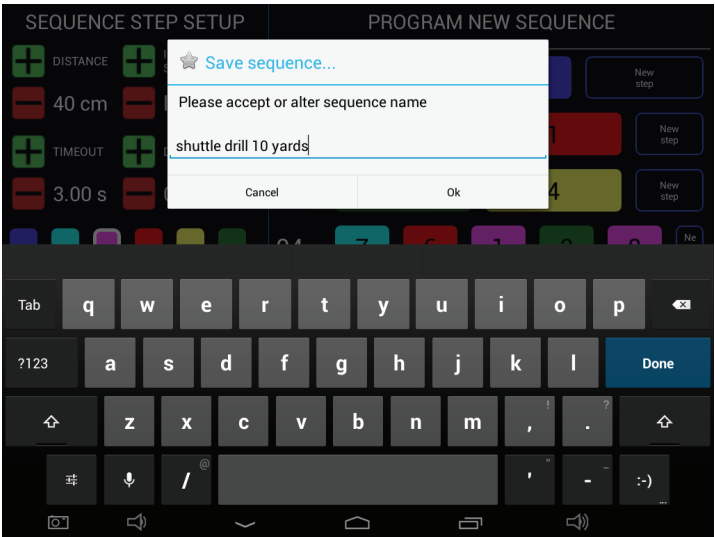
SAVE AND NAME A PROGRAM



Once a Program is complete, it can be saved by touching “Save” and a drop down menu will appear allowing you to name and save the Sequence.



Type the name of the sequence as required using the keypad provided on the Tablet screen. Best practice should be naming the sequence which will allow you to easily recognize it for recall.



Once the name has been typed as required, select “OK”. Best practice is to use names of sequences that best describe the activity for easy recall.

# PROGRAM SEQUENCE

shuttle drill 10 yards

Created: 08.18.2015 - 03:06:10  
Modified: 08.18.2015 - 03:06:10  
Sequence steps: 11  
Lights required: 8



Once the Sequence has been saved it will appear in the Sequence library for recall. It will also indicate the profile of the Sequence, date, number of steps etc.



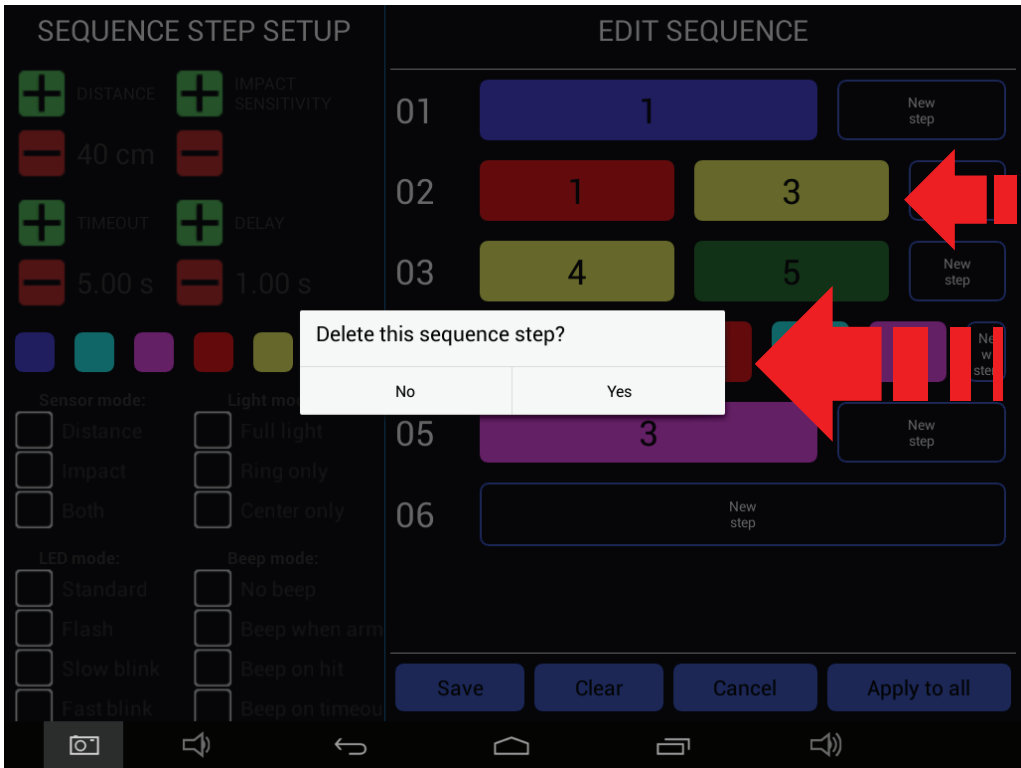
To generate a new sequence, touch "New" or touch "OK" to return to the main menu.

New

Ok



EDIT / DELETE A STEP



Press and hold to edit this sequence in this example.

To “Edit / Delete” a step, touch the step and a pop up menu will appear. Select “yes” to delete the step or “No” to cancel.

EDIT / CHANGE / INSERT A STEP

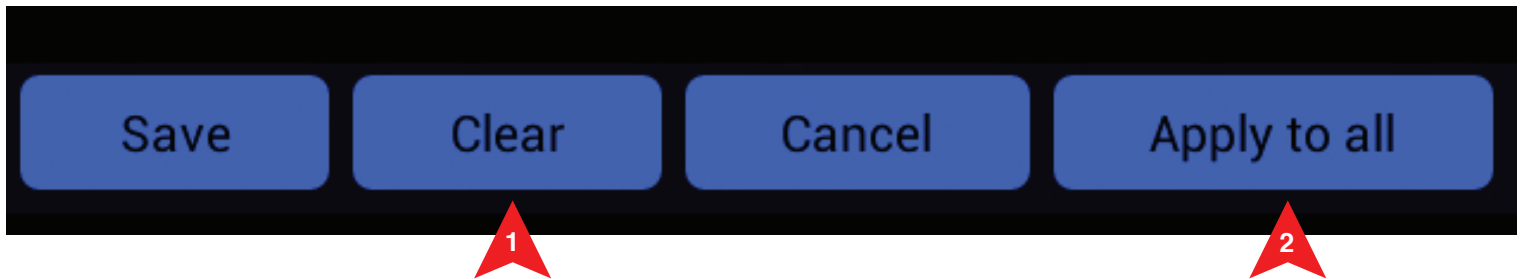
Example of changing step 1 from Light #1 to Light # 6



1. To remove and replace an incorrect insertion of a Light/step, first create a new step of the correct Light, adjacent to the light that you wish to remove or edit. Once this is done move to the next part of the edit process.

2. Touch and hold the Light/step that you would like removed. A pop up menu appears, select “Yes” and the step will be removed and replaced with the new step executed in the first step above.


### SEQUENCE “POP UPS” EXPLANATIONS




1. The entire sequence that was programmed will be deleted. Once executed it cannot be reversed/recovered.

2. Selecting this will apply all of the same parameters to every light in the sequence. Once this function is selected it cannot be reversed.


RUN PROGRAMMED SEQUENCE



FITLIGHT Trainer™



DONGLE CONNECTED




SETUP COMPLETE

Setup name: y


8 of 8 lights connected

1 groups active (8-0-0-0)




WIRELESS SIGNAL

Strength: Excellent




LIGHTS BATTERY STATUS


Level: High




Performance & Training



Exercises & Activities



Connect Fitlights




Athletes Database

Select Performance & Training


Select Run Programmed Sequence

PERFORMANCE & TRAINING




Random training

Adjust fitLight settings and let the application generate randomized sequences




Program Sequences

Create and modify sequences to challenge yourself and your friends




Run programmed sequence

Run a custom sequence to measure your improvement




Split time test

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



Hand/eye coordination

Measure your reaction time and count hits within a given time

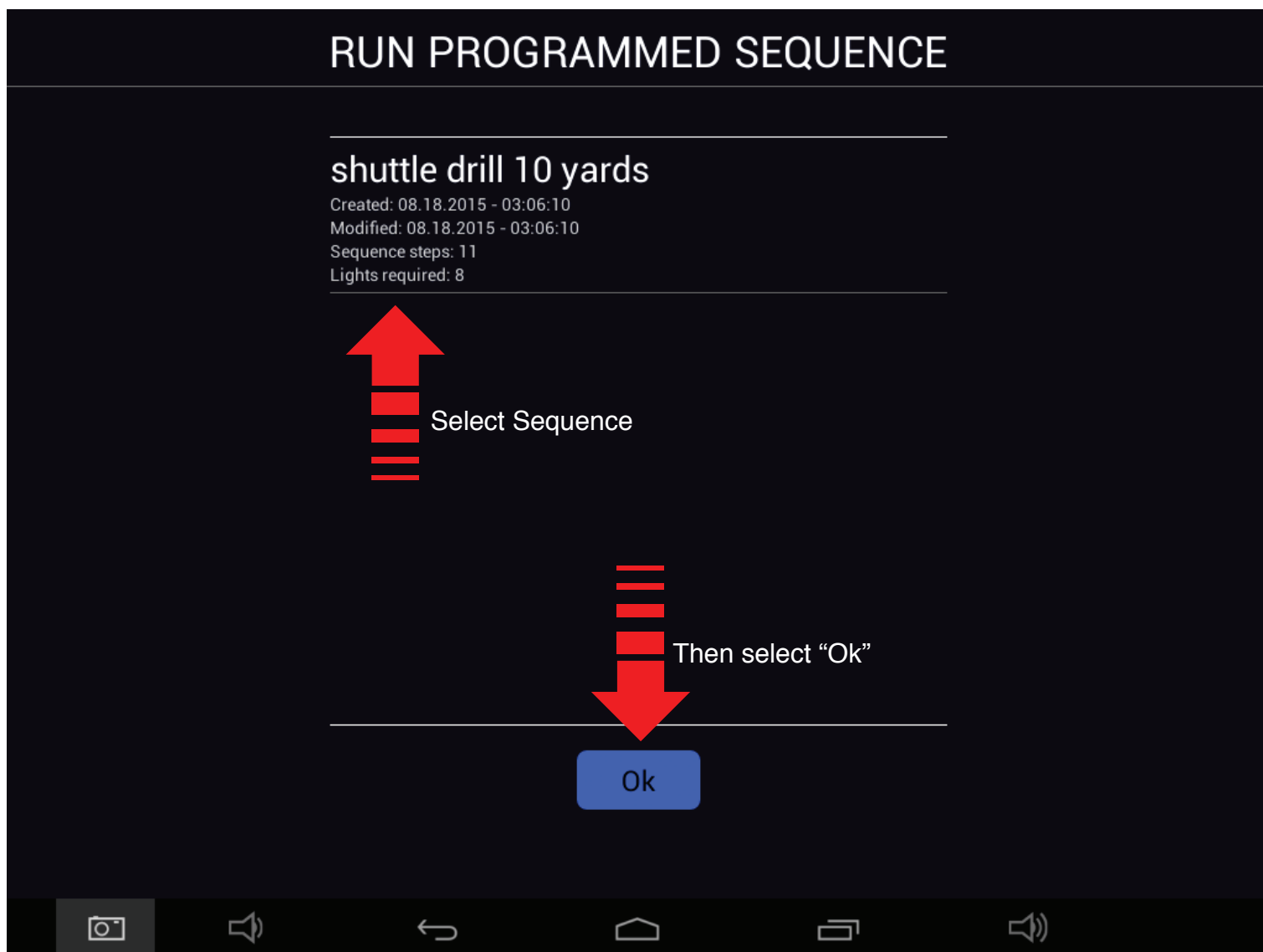


Export training data

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

SYSTEM OPERATION - RUN PROGRAMMED SEQUENCE 33









Once the parameters have been set ( shown through numbers 1 - 6 ) you can select "Start" to begin the sequence. The parameters are explained in the following page.

## SYSTEM OPERATION - RUN PROGRAMMED SEQUENCE

### PROGRAMMED SEQUENCE SETUP

Running Sequence:  
Name: cognitive recall routine  
Created: 07.08.2015 - 21:07:11  
Modified: 07.08.2015 - 21:07:11  
Sequence steps: 6  
Lamps required: 7  
Maximum execution time: ~30s

1  REPEATS  
 1

4  GLOBAL DELAY  
 0.00 s

2 ☒ Start by light

5 ☐ Save data

3 ☐ Singular

6 ☐ Random start

Reset to Defaults

### PROGRAMMED SEQUENCE RESULT

Group	Hits	Misses	Avg. reaction	Total time
A	0	0	-.---	0:00.00

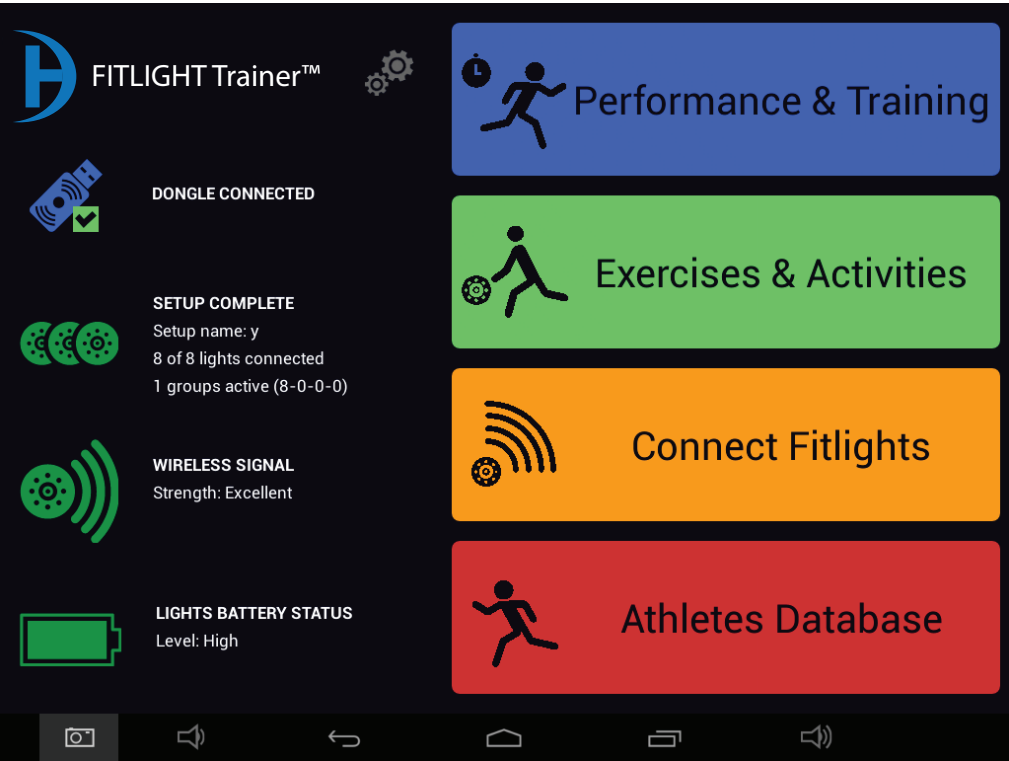
Start

### EXPLANATION OF PARAMETERS

- Repeats:** This will repeat the sequence based on the number of times requested.
- Start by Light:** This will start the sequence when the flashing Light is deactivated.
- Singular:** This will select one Light in a row of Lights. This option is used when there are more than 2 Lights in a row.
- Global Delay:** This enables the system to follow the users hit rate, as the user speeds up so does the triggering of the lights. The Lights are paced to the rate at which they are being hit.
- Save Data:** This will save the data when the sequence has completed.
- Random Start:** This will start the sequence at a random point in the sequence.

SYSTEM OPERATION - RUN PROGRAMMED SEQUENCE 35

SPLIT TIME TRAINING SET UP



Select Performance & Training



Select Split Time Test

### SPLIT TIME TEST SETUP

+ DISTANCE  
- 80 cm  
1

+ IMPACT SENSITIVITY  
- low  
2

+ COLOR  
-   
3

4

Sensor mode:

☒ Distance

☐ Impact

☐ Both

☒ Start by light  
5

☐ Retrigger  
6

☒ Save data  
7

Load Preset  
8

Save Preset  
9

Delete Preset  
10

### SPLIT TIME TEST RESULT

A  

-:--:--
-.-(-)

---

SPLITTIMES

---

Start

Clear

1. **Distance:** Indicates the deactivation range from the center of the Light.
2. **Impact Sensitivity:** This setting is not relevant for Split Time testing.
3. **Colour:** Choose from 6 different colours.
4. **Sensor Mode:** For Split Time testing, it's suggested you only use the "Distance" setting.
5. **Start by Light:** Allows the athlete to start on their own readiness.
6. **Retrigger:** This feature will automatically restart the routine.
7. **Save Data:** Allows the user to save the split times.
8. **Load Preset:** Only used if the user has saved the preferred settings.
9. **Save Preset:** Allows the user to save the current settings.
10. **Delete Preset:** Allows the user to remove the previously saved settings.

### TIPS

- When using the Split Time Test, you will get better performance if the athlete wears light coloured clothing, black or dark clothing is none preferred attire as dark colours are not reflective.
- To enable a wider deactivation range lights can be placed opposite each other 120 cms. apart.
- Make sure that the lights are in sequential order, from 1 to 8 in the split segments. It can be checked by cycling the Lights and observing the sequence in which they activate. Once the Lights are set up continue to the training menu.

SPLIT TIME TEST RESULT

A

0:05.79

0:05.79(8)

SPLITTIMES

#10:00.00

#20:01.71

#30:03.20

#40:03.31

#50:03.40

#60:04.65

#70:05.68

#80:05.79

Group


Running Time

Time of deactivated Light

Split Times will be recorded at each Light and displayed here

- 1. The results are shown under the right hand column for each split.
- 2. The Running and Total time will be displayed at the top.
- 3. Note well when starting by Light, the first split is “zeroed”.

HAND / EYE COORDINATION SET UP




FITLIGHT Trainer™

**DONGLE CONNECTED**


**SETUP COMPLETE**  
Setup name: y  
8 of 8 lights connected  
1 groups active (8-0-0-0)

**WIRELESS SIGNAL**  
Strength: Excellent


**LIGHTS BATTERY STATUS**  
Level: High




Performance & Training



Exercises & Activities



Connect Fitlights



Athletes Database

Select Performance & Training

Select Hand/Eye Coordination

PERFORMANCE & TRAINING



**Random training**  
Adjust fitLight settings and let the application generate randomized sequences



**Program Sequences**  
Create and modify sequences to challenge yourself and your friends



**Run programmed sequence**  
Run a custom sequence to measure your improvement



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



**Hand/eye coordination**  
Measure your reaction time and count hits within a given time



**Export training data**  
Export results from your training sessions and analyze them in Fitlight or 3rd part tools

## SYSTEM OPERATION HAND/EYE COORDINATION

The object of the test is to hit as many Lights in the selected time.

The image shows a tablet interface for a hand/eye coordination test. It is divided into two main sections: 'HAND/EYE COORDINATION SETUP' on the left and 'HAND/EYE COORDINATION RESULT' on the right. The setup section includes controls for distance, impact sensitivity, runtime, timeout, delay, color, sensor mode, light mode, and checkboxes for beep, dynamic delay, and save data. At the bottom are buttons for 'Load Preset', 'Save Preset', 'Delete Preset', and a large 'Start' button. The result section displays a table with columns for Group, Hits, Misses, Avg. reaction, and Total time. Red callout numbers 1 through 15 point to specific UI elements: 1 points to the distance '+' button, 2 to the timeout '+' button, 3 to the sensor mode section, 4 to the 'Lights beep' checkbox, 5 to the impact sensitivity '-' button, 6 to the delay '-' button, 7 to the runtime '-' button, 8 to the color '+' button, 9 to the light mode section, 10 to the 'Save data' checkbox, 11 to the 'Load Preset' button, 12 to the 'Save Preset' button, 13 to the 'Delete Preset' button, 14 to the 'Dynamic delay' checkbox, and 15 to the 'Start' button.

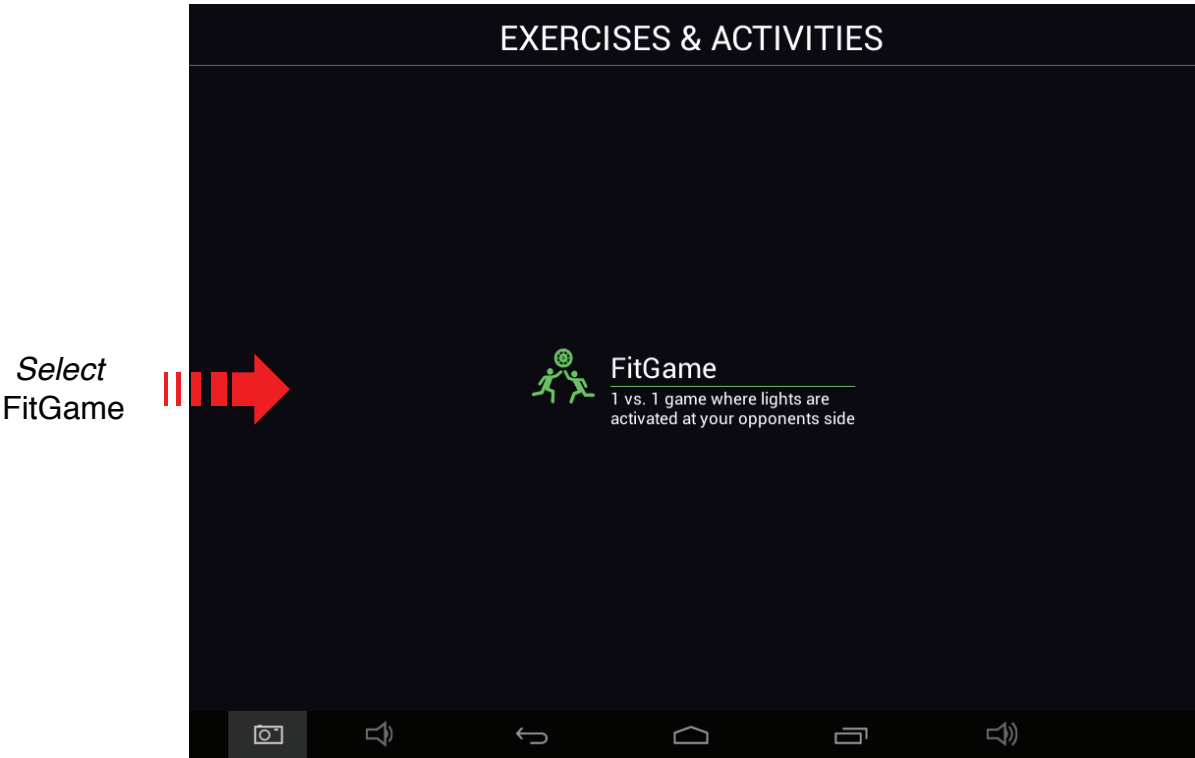
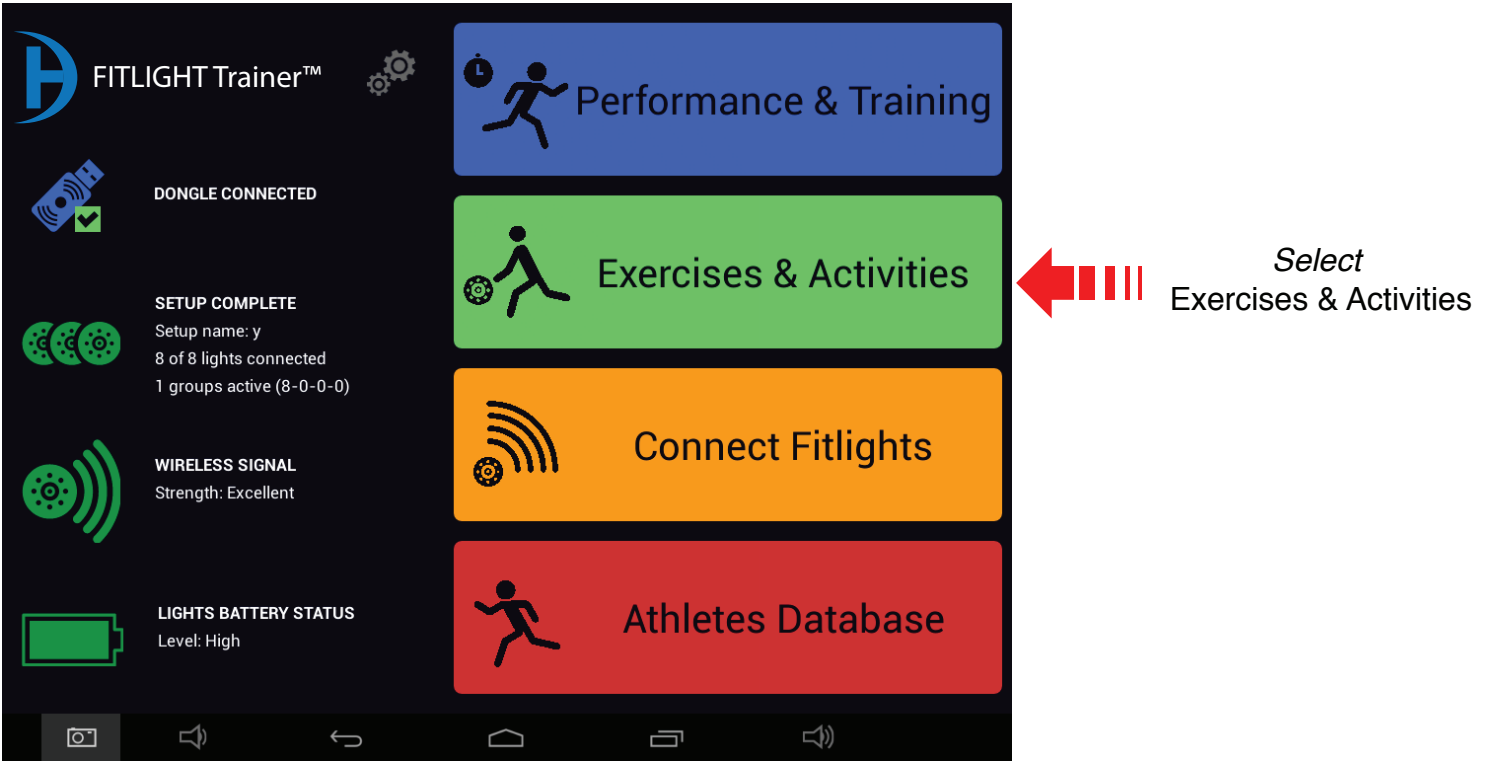
Group	Hits	Misses	Avg. reaction	Total time
A	08	02	0.640	0:00

Select the routine parameters before selecting “Start”. All parameters are similar to previous setting modes.

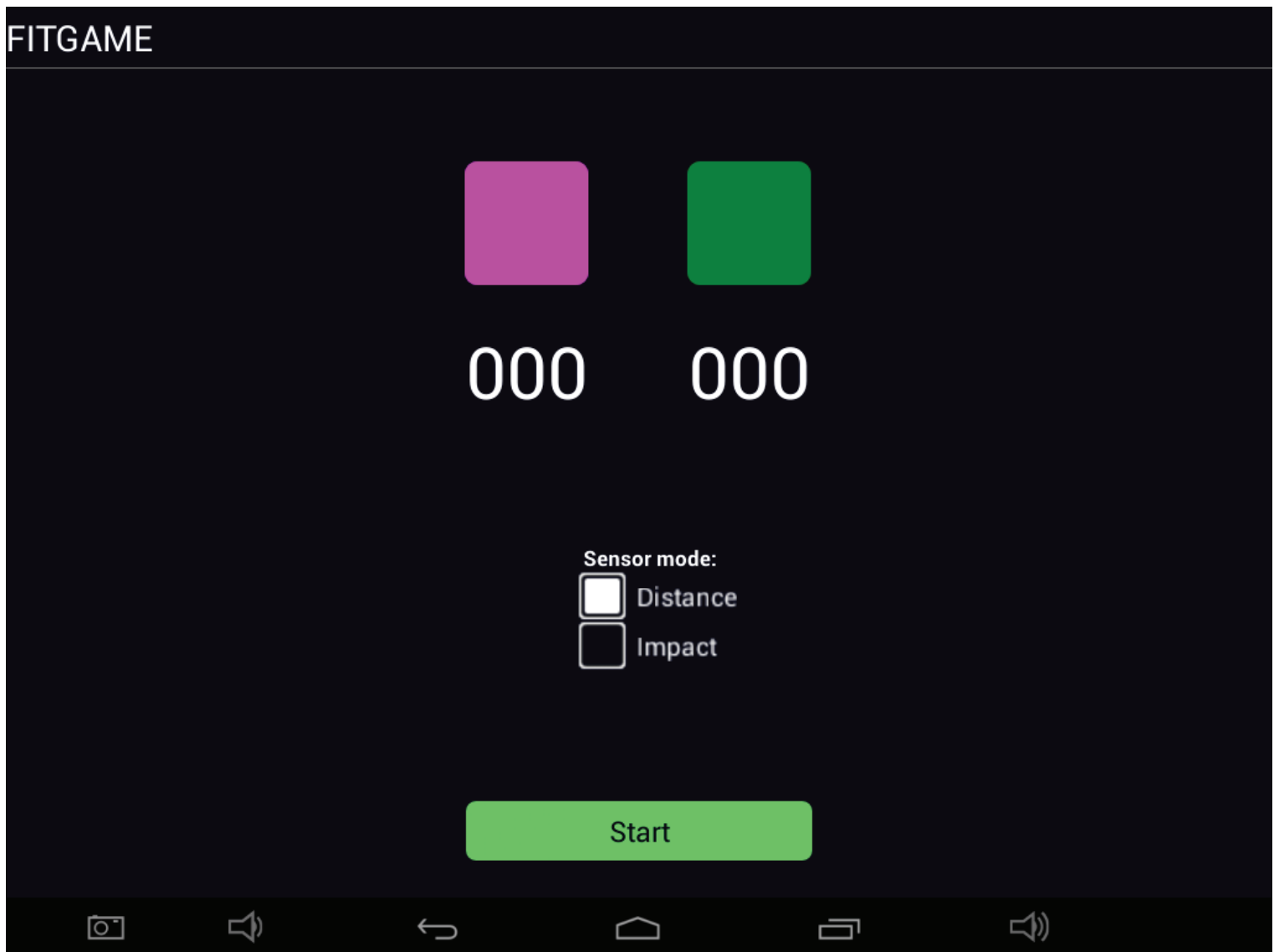
1. The deactivation distance can be set from 10 cms to 80 cms.
2. The time out can be set from 0.10 seconds to 10 seconds.
3. There are 3 deactivation modes to select from. Distance only, Impact only or both, which means the Light can be deactivated by motion or Impact.
4. Select if sound (Beep) is required.
5. Select the sensitivity of “Impact” as required, “soft hit or a firm hit”.
6. Select the “Delay” interval between lights coming on in succession.
7. Indicates the duration of the routine.
8. This gives a choice of 6 different colours.
9. There are 3 choices, Full light, Perimeter light or just the Centre of the Light that illuminates.
10. Select “Save Data” if you require the results of the routine to be saved for future analysis.
11. Select “Load Preset” if the set up has been saved before.
12. Select this to save the current set up.
13. If the set up has been saved before, select “Delete preset” to remove it.
14. This enables the system to follow the users hit rate, as the user speeds up so does the triggering of the Lights. The Lights are paced to the rate at which they are being hit.
15. This displays the results of the run.

**PLEASE NOTE: Depending on the Tablet Controller that you have, you may have to scroll up/down within the “Sequence Step Setup” to view all of the options.**

FITLIGHT GAME SET UP



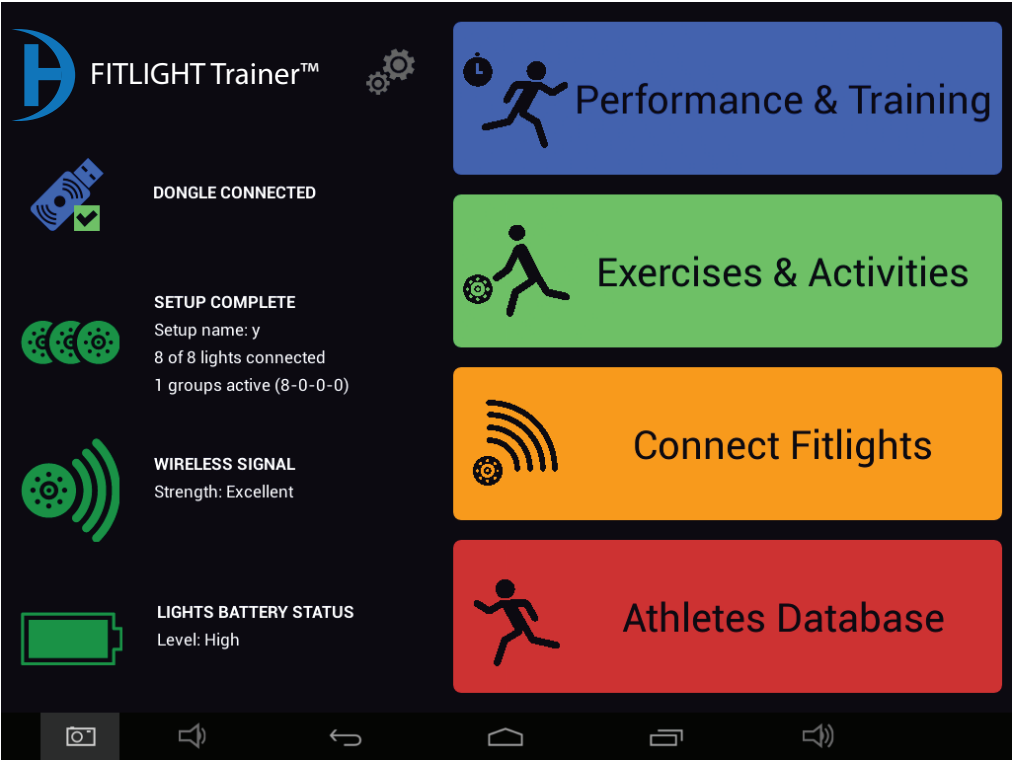




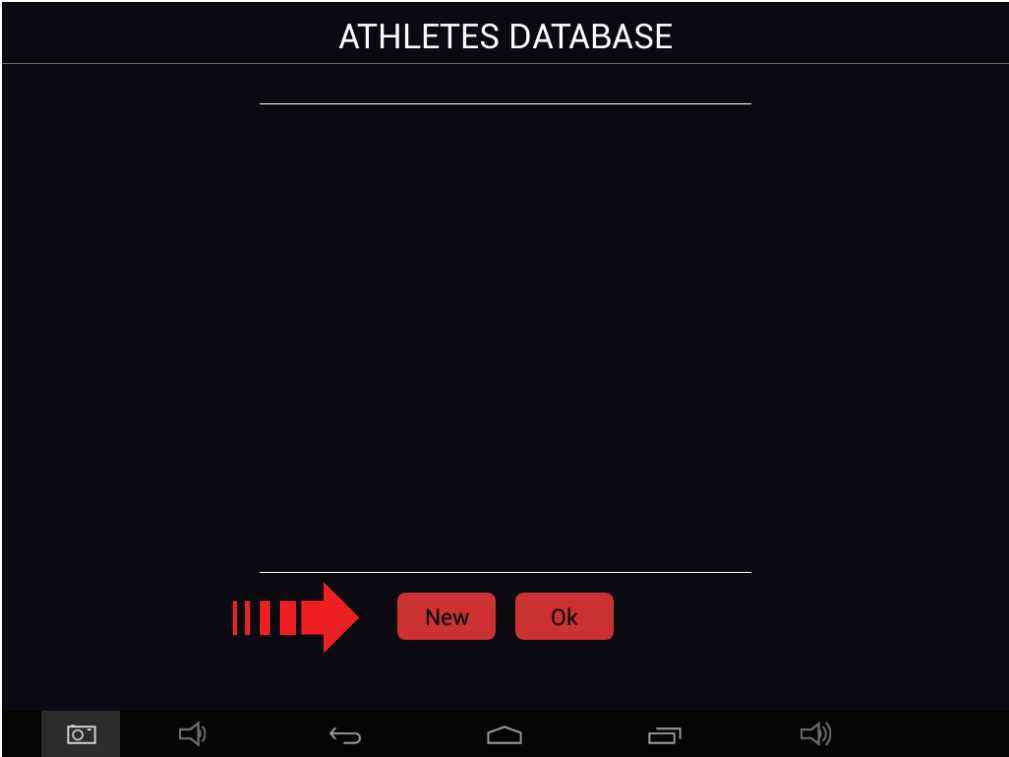
1. This game is based on 2 or more groups of people playing. Each group is assigned a colour. The object of the game is to compete 1V1 or 2V2 depending on the number of Lights. Each player has their own colour and as the user hits their Light, a red light is triggered on the opponents' side.
2. The opponent is required to deactivate the red light, at the same time trying to activate a red light on their opponents' side.
3. As the red lights are missed, the players are assigned a point depending on who misses the red light.
4. The first to score 25 points wins and the game stops and the winner's Lights will activate indicating the winner.
5. The game is best played within a grid.
6. Depending on the number of Lights assigned the system automatically divides the Lights equally.

DATA / RESULTS

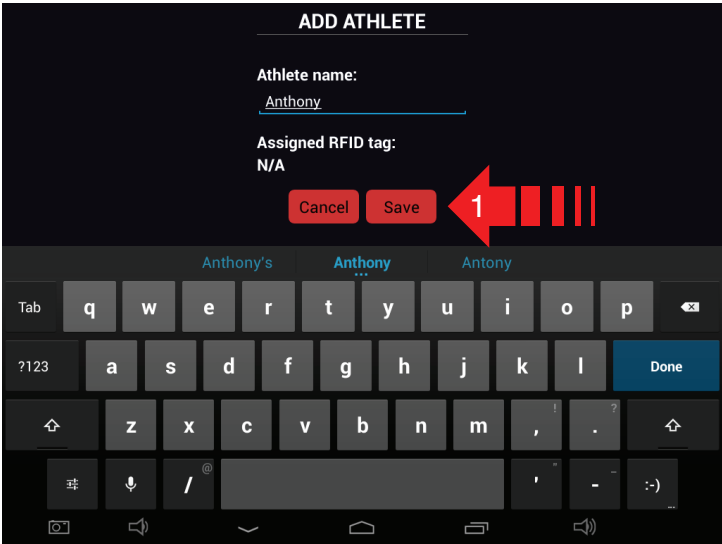
ATHLETE DATABASE SET UP



Select Athletes Database



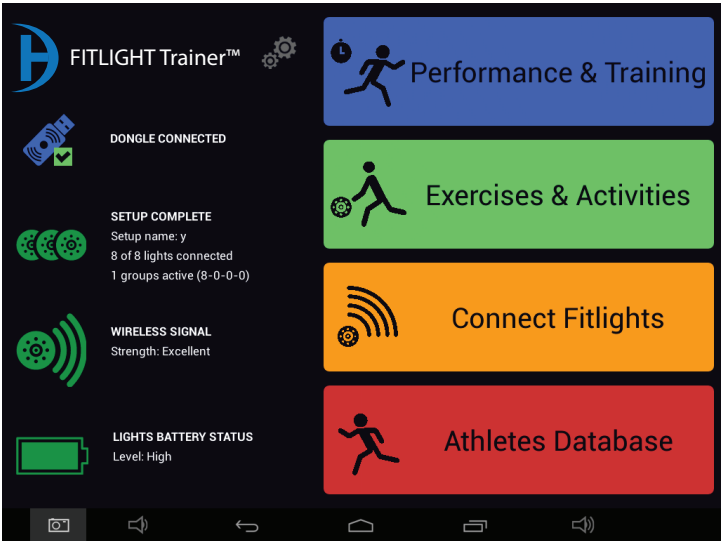
Select New



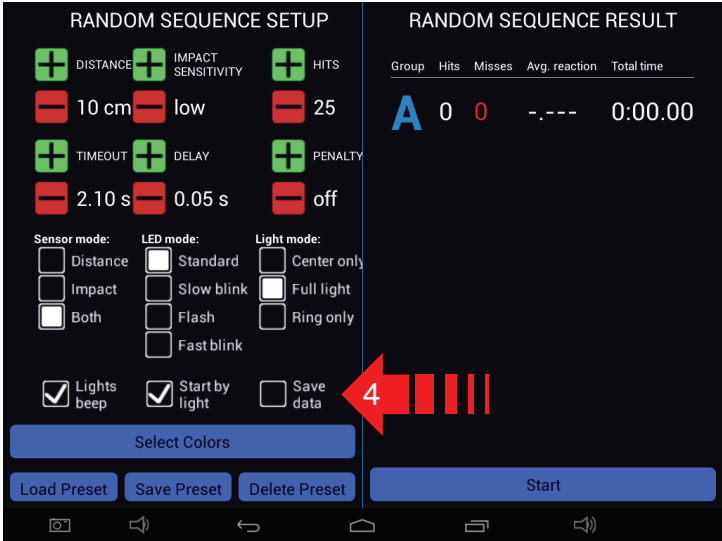
1. Type name(s) then select “Save”.



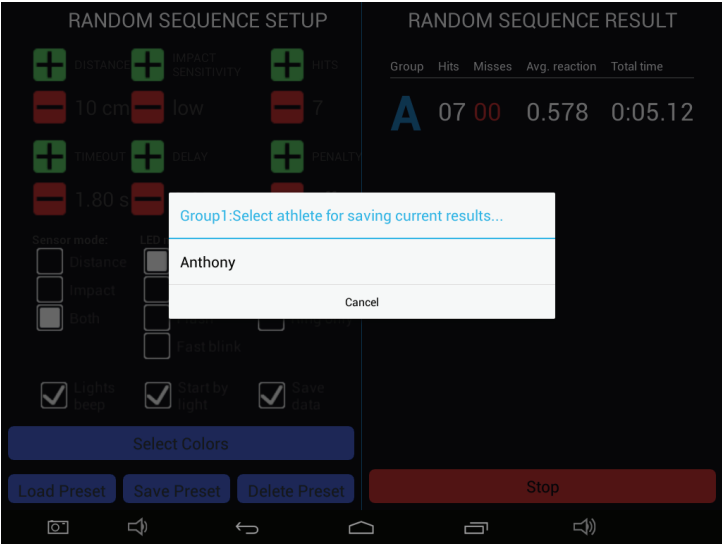
2. Name(s) appears in the database. Select “Ok”.



3. Select “Performance & Training”.



4. Ensure that the “Save Data” box is selected prior to starting the particular routine.



5. Select the name.

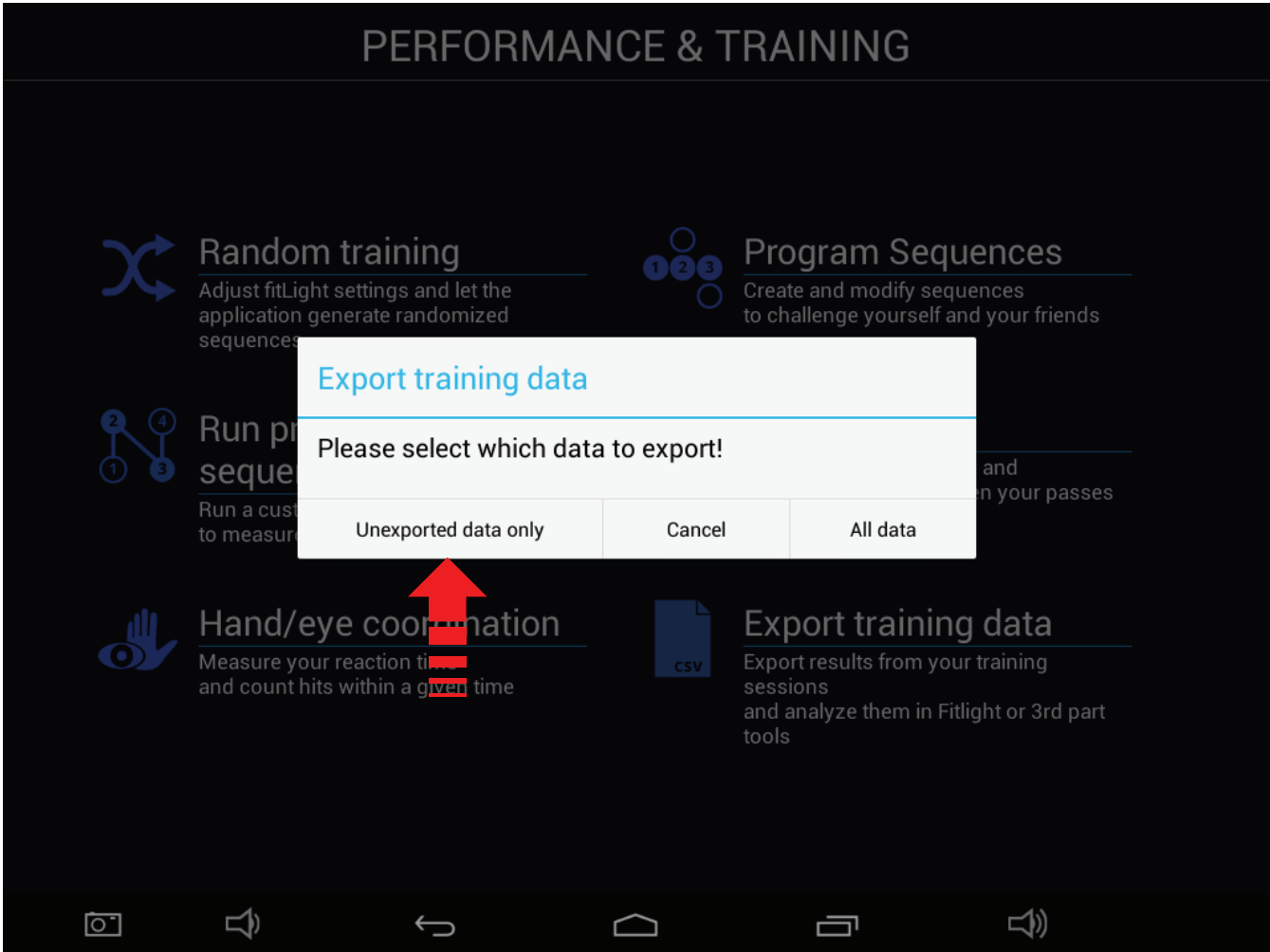
Note: In the step #5, you can still continue doing the routine. At the end of your session or when you are finished you can then go to back to the Performance and Training menu and select “Export Training Data”.

Repeat the these steps for Split Time, Hand eye, and Running the Programmed Sequence.

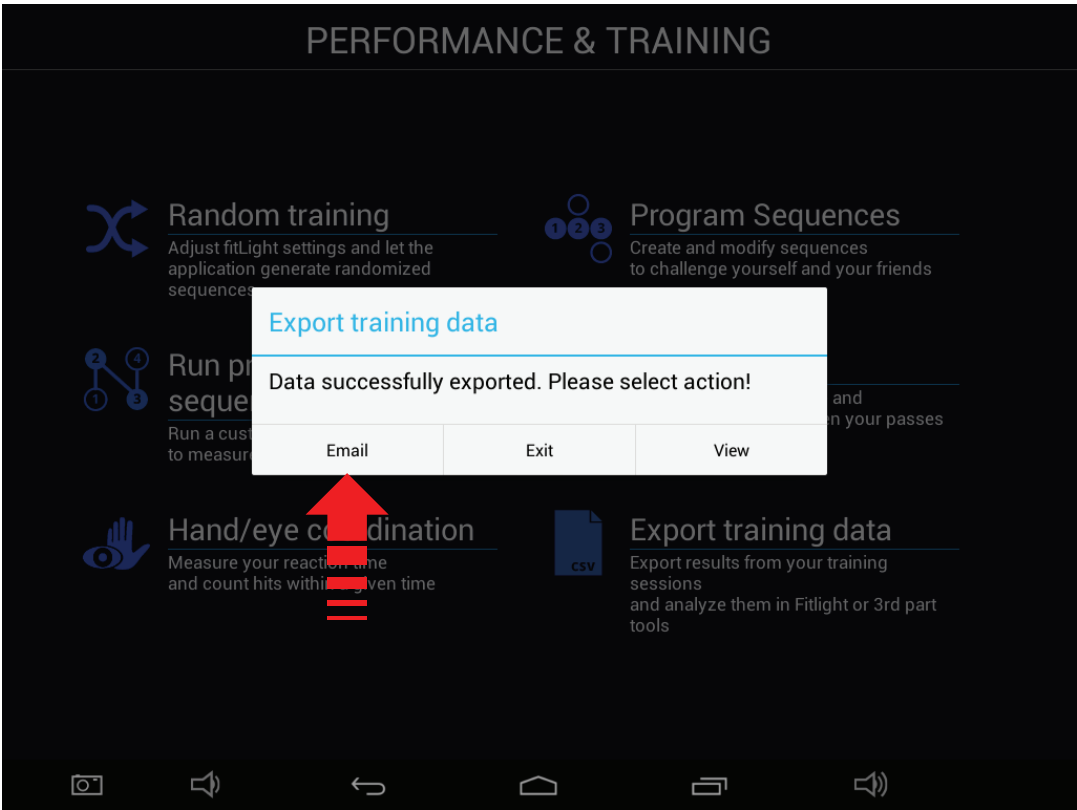
EXPORT TRAINING DATA SET UP



Select Export Training Data



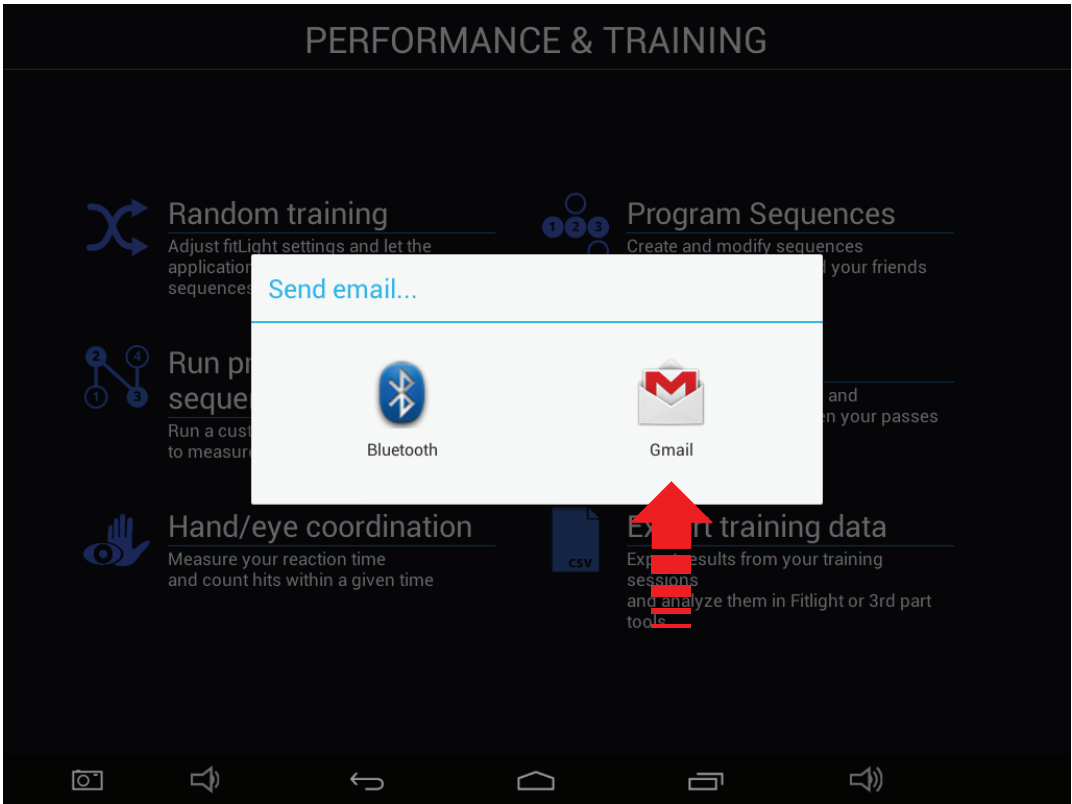
Select Unexported data only



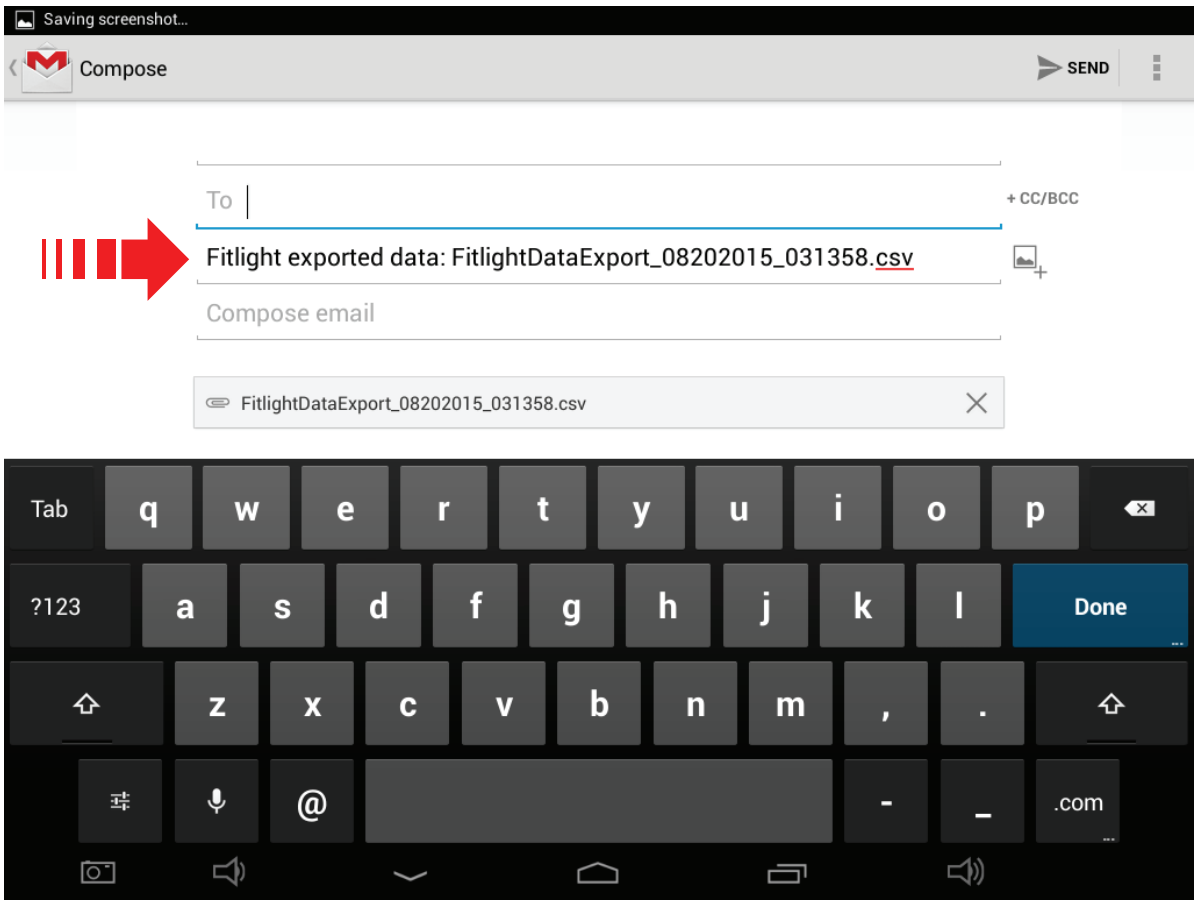
Select Email or View

Email: Enables the export of the data to the FITLIGHT™ Utility

View: Enables the user to view the data on the Tablet ( only if you have downloaded the CSV Viewer app )




Select Email




Enter Email address and send data.




# HOW TO CREATE ONE OR MULTIPLE GROUPS



FITLIGHT Trainer™




DONGLE CONNECTED




SETUP COMPLETE

Setup name: y  
8 of 8 lights connected  
1 groups active (8-0-0-0)




WIRELESS SIGNAL

Strength: Excellent




LIGHTS BATTERY STATUS


Level: High




Performance & Training




Exercises & Activities



Connect Fitlights



Athletes Database



Select  
Connect Fitlights


## HOW TO CREATE ONE GROUP

WIRELESS GROUP SETUP

This is your current setup.

FITLIGHTS AVAILABLE

8 Lights are available




08

FITLIGHTS NOT USED

00


A

GROUP

08


B

GROUP

00


C

GROUP

00

D

GROUP

00


Create New Setup

Load Setup

Delete Setup

Wireless Test

Ok



Select  
Create New Setup

GROUP SET UP 48

GROUP SET UP



Select number of active groups....

1

2

3

4

Select the number of groups. In this example, shows 1 group of 8 Lights



WIRELESS GROUP SETUP

Highlight a group below (A-D) and tap the red fitlights for assigning them to the selected group.

FITLIGHTS AVAILABLE

8

FITLIGHTS NOT USED

8

Create New Setup

Load Setup

Delete Setup

Wireless Test

Ok

A

GROUP

00

B

GROUP

00

C

GROUP

00

D

GROUP

00

Group “A” is automatically selected

GROUP SET UP 49

GROUP SET UP

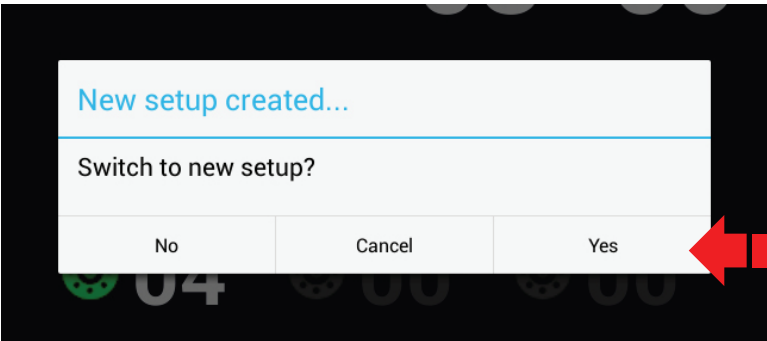


Lights will turn RED

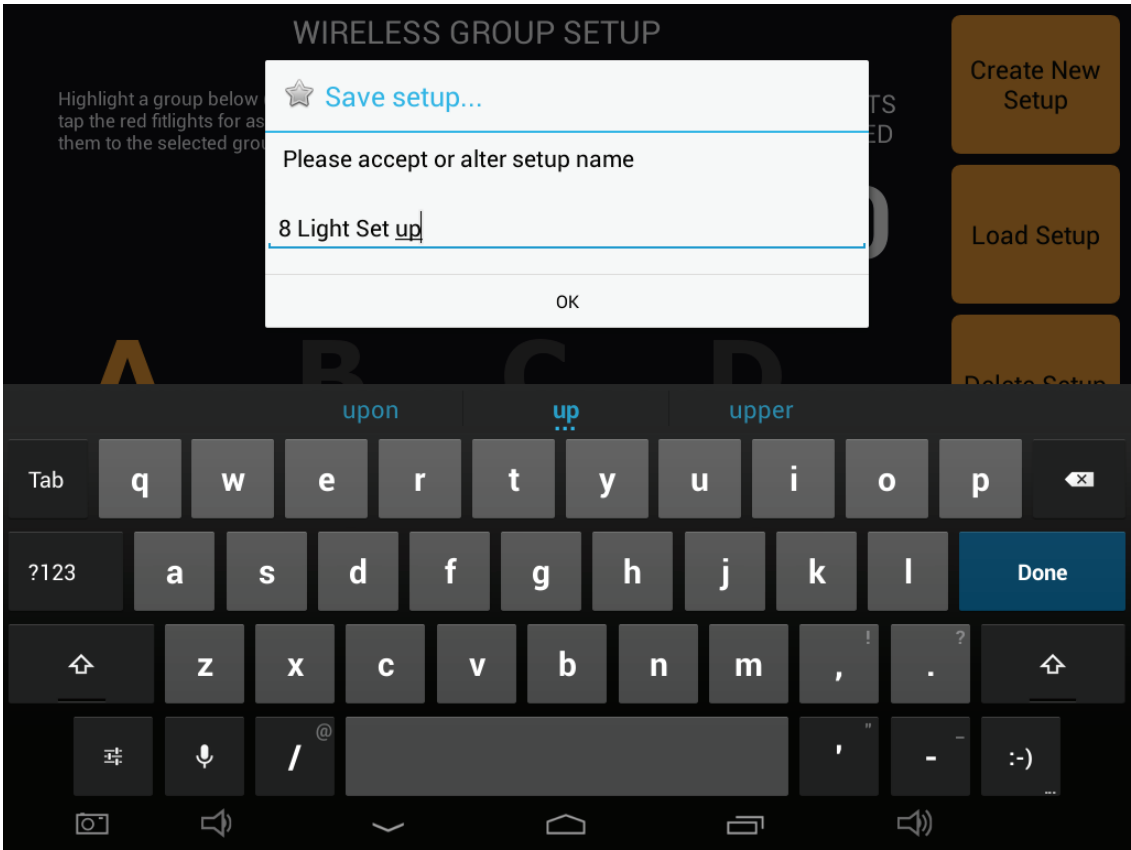


Tap each Light until they turn purple

Once the Lights have been assigned to the group, select “OK”



Select “Yes”

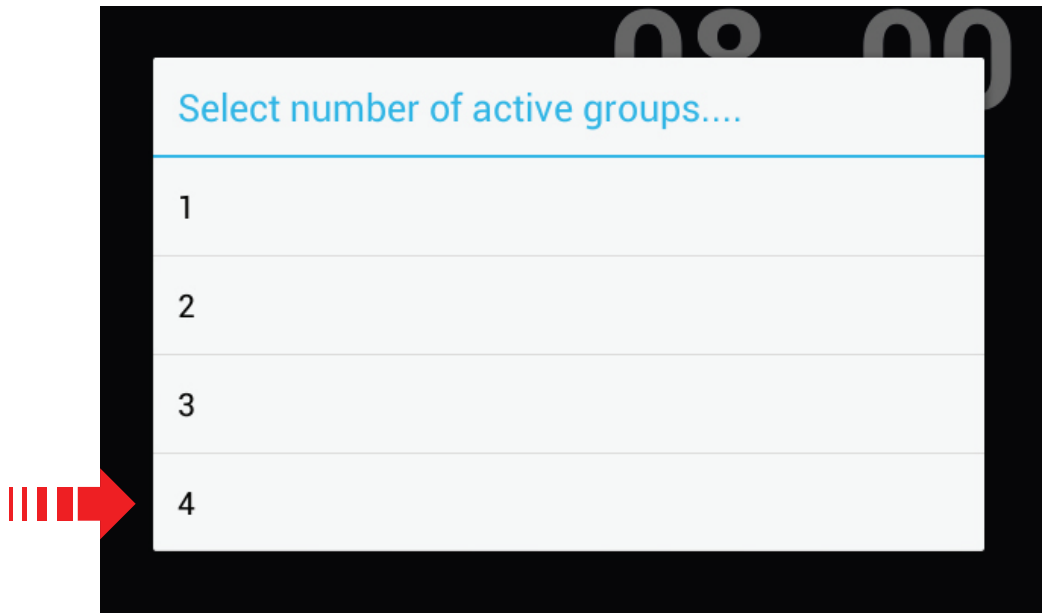


Input new set up name using the keypad and select “Ok”

HOW TO CREATE MULTIPLE GROUPS



Select Create New Setup

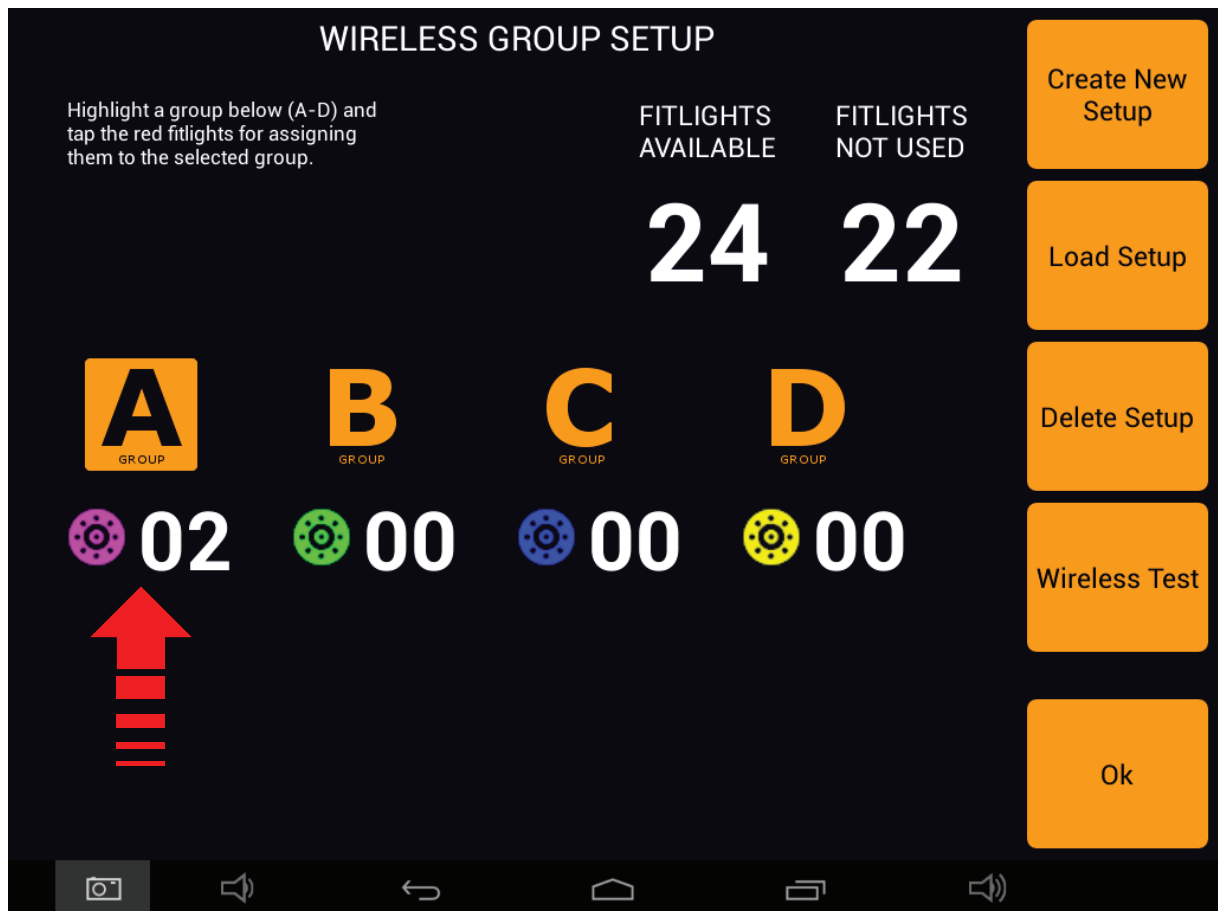


Select the number of groups. This example will use 4 groups of 2 Lights per group

## GROUP SET UP



Select "A" and tap 2 Lights to change from RED to PURPLE

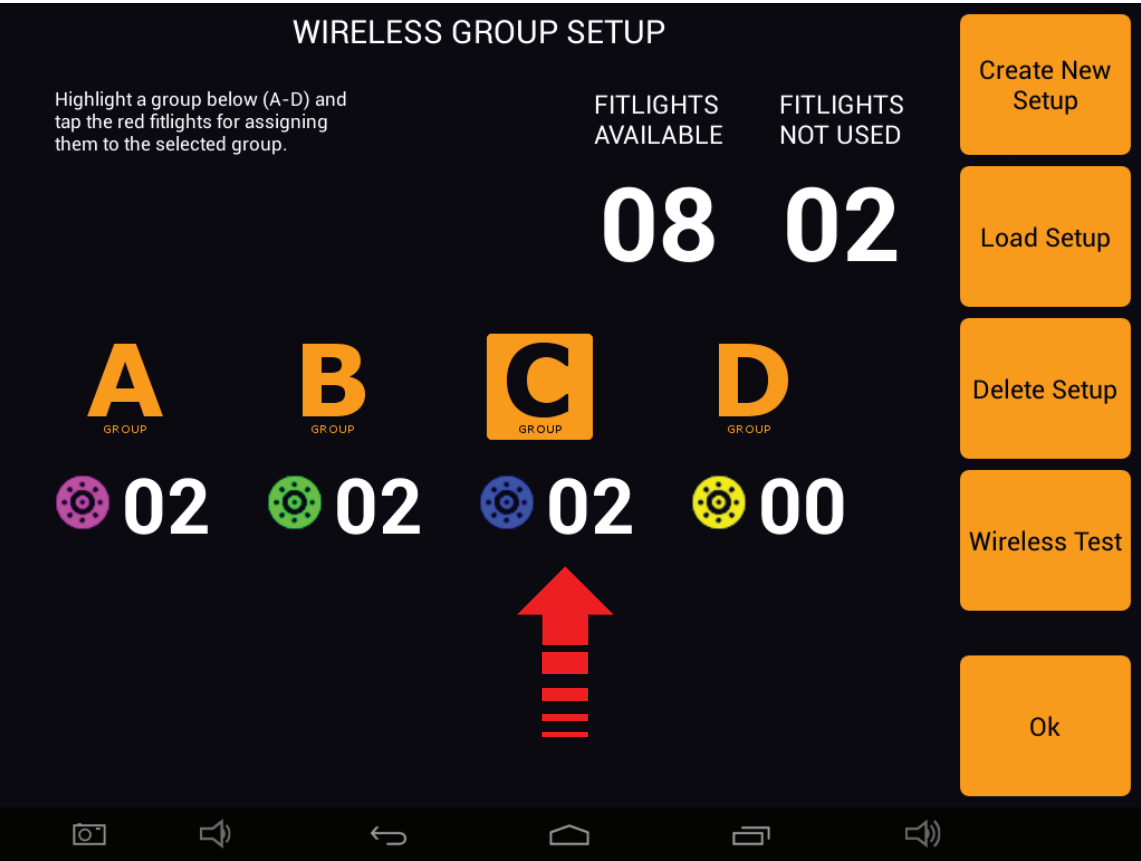


2 Lights conected for Group A

GROUP SET UP

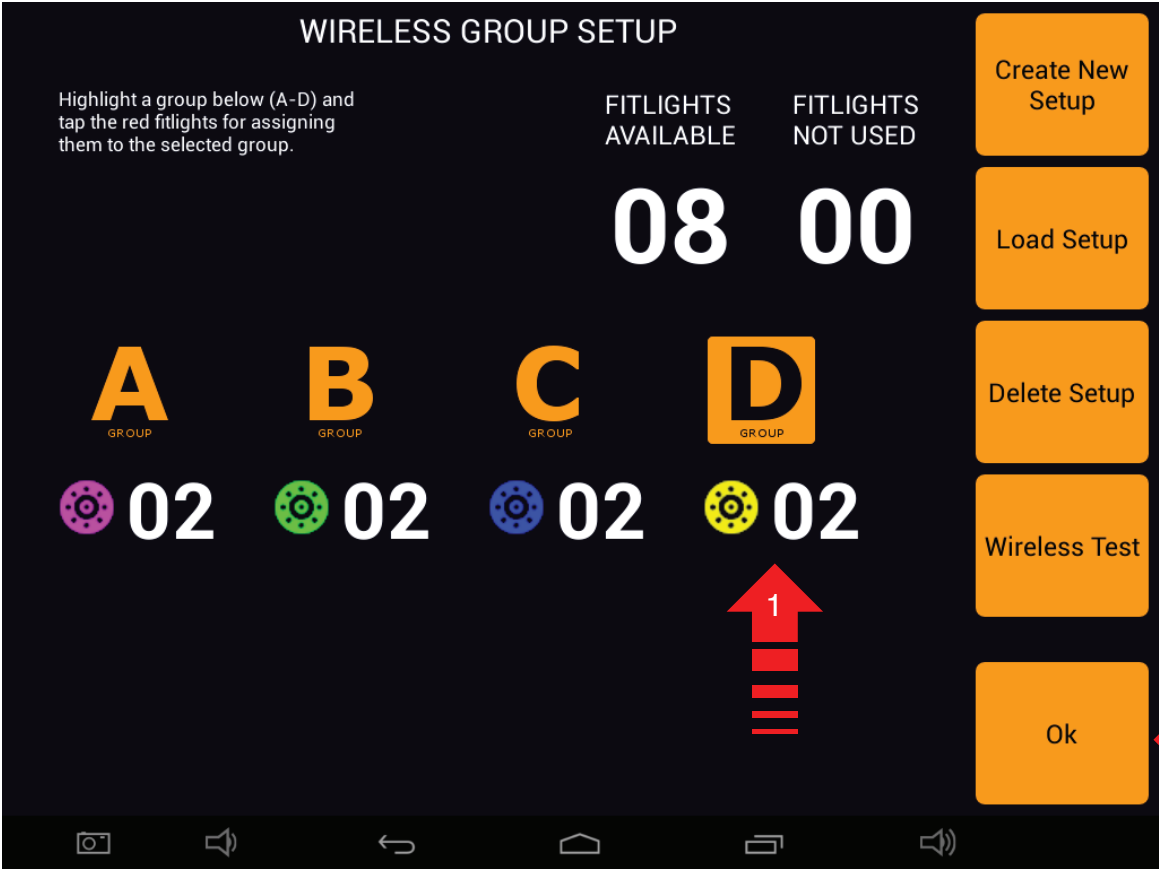


Select “B” and tap 2 Lights to change from RED to GREEN

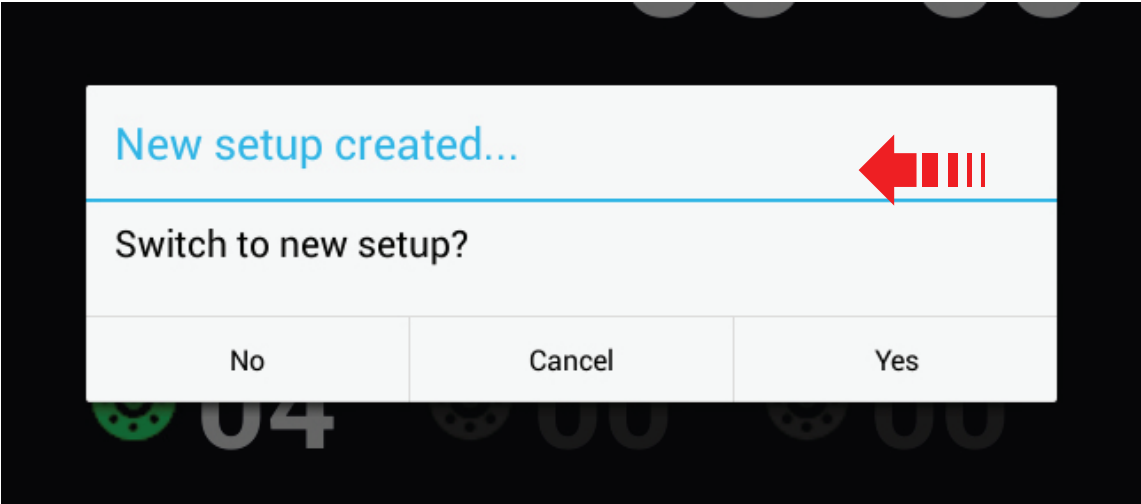


Select “C” and tap 2 Lights to change from RED to BLUE

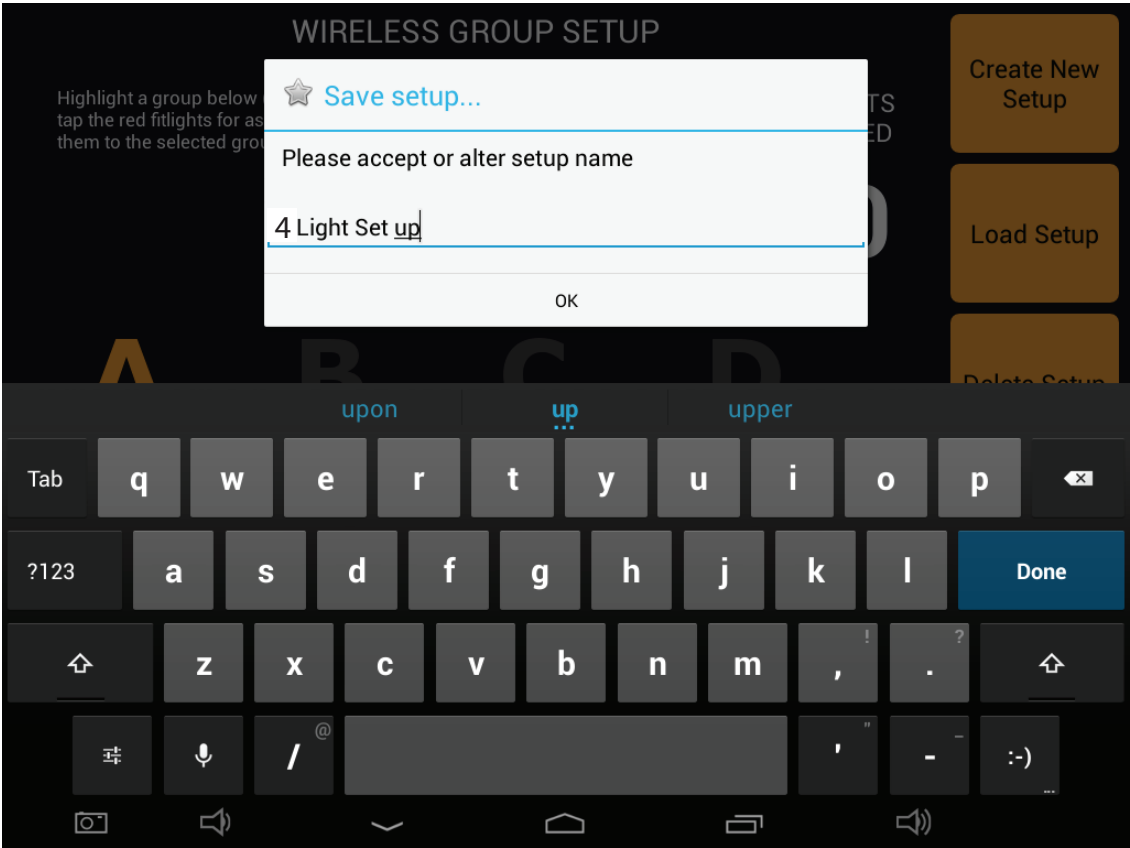




- 1. Select “D” and tap 2 Lights to change from RED to YELLOW
- 2. Once all the groups have been assigned, select “Ok”



Select “Yes”



Input new set up name using the keypad and select “Ok”

# GROUP SET UP

## HOW TO LOAD A GROUP


Create New Setup

Load Setup

Delete Setup

Wireless Test

Ok

 *Select Load Setup*

Select setup to load...

2 groups Hand & Eye Coordination

4 grps split time

8 Light Set up

pro agility

Select the setup to load. In this example, “8 Light Set up” was previously created and saved

## HOW TO DELETE A GROUP


Create New Setup

Load Setup

Delete Setup

Wireless Test

Ok

 *Select Delete Setup*

Select setup to delete...

2 groups Hand & Eye Coordination

4 grps split time

8 Light Set up

pro agility

Select the setup to delete.

# TROUBLE SHOOTING

## TABLET CONTROLLER ISSUES

*The Controller does not turn on / no Power to the Tablet Controller*

1. Make sure that the battery is fully charged. If unsure recharge again until the fully charged indicator is visible.
2. Battery has discharged and is no longer rechargeable. Service required.

## DISPLAY ISSUES

*The Display does not turn on / not visible*

1. Make sure that the Controller is fully charged. If unsure recharge again.
2. Turn off the Tablet Controller and reboot.
3. Reload Firmware.

*The Display Touch Screen does not function*

1. Turn off the Tablet Controller and Reboot.
2. Reload Firmware.

*The FITLIGHTS™ do not change colour*

1. Check that the program is set to change colour as defined.
2. Reboot the Tablet Controller.
3. Check that you have a good wireless connection to the Lights.

*The FITLIGHTS™ do not connect to the Controller Tablet*

1. Check that the Lights are fully charged
2. Reboot the Tablet Controller.
3. Check that the Tablet Controller is fully charged.
4. Restart the wireless by touching restart on the Tablet Controller set up screen.
5. Check that the Dongle is properly connected to the Tablet Controller.

### LIGHT ISSUES

*FITLIGHT(s)™ does ( do ) not turn on / No Power to the FITLIGHT (s)™*

1. Check that the polarities of the batteries are installed correctly, positive (+) to positive (+) / negative (-) to negative (-).
2. Make sure that the batteries are fully charged, if unsure recharge again until the Light is green.
3. Try a different set of fully charged batteries. If the Light works it indicates that the replaced battery life has been depleted and the batteries should be discarded according to your local disposal regulations for batteries.
4. Make sure that the correct voltage batteries are inserted into the Lights. They should be 1.2 volts DC
5. Make sure that you are using rechargeable batteries.
6. Make sure that all of the batteries are fully charged and that there is not a weak charge battery within the group.
7. Check that you have a good wireless connection to the Lights.

### CHARGER ISSUES

*The Charger does not turn on / No Power to the Charger*

1. Check that there is power to the charger; make sure that the electrical outlet that the charger power supply is connected to is functioning correctly. You can test the outlet by simply plugging a lamp or cell phone charger into the outlet to see if it is functioning.
2. Check that the power supply is properly plugged into the wall outlet and also the Charger unit.
3. Check to make sure the small cable is not unplugged from the charging case, lift the foam in the Charger case and check the connection of the cable.
4. Check that the power supply connection to the case cable is functional, rotate cable connection and observe if problem is resolved.

*The FITLIGHTS™ are not charging*

1. Check that the Lights are correctly inserted into the Charger.
2. Make sure that there are batteries in the Lights.
3. Check that the polarities of the batteries in the Lights are installed correctly, positive (+) to positive (+) / negative (-) to negative (-).
4. Try a different set of Batteries. If the Light charges it indicates that the replaced battery life has been depleted and the batteries should be discarded according to your local disposal regulations for batteries.
5. Make sure that the correct voltage batteries are inserted into the Lights. They should be 1.2 volts DC
6. Make sure that you are using rechargeable batteries.
7. Make sure that there is no weak charge battery within the group by replacing one at a time.
8. Make sure that the lights are making contact with the terminals in the charger.
9. Check that the power supply connection to the case cable is functional, rotate cable connection and observe if problem is resolved.

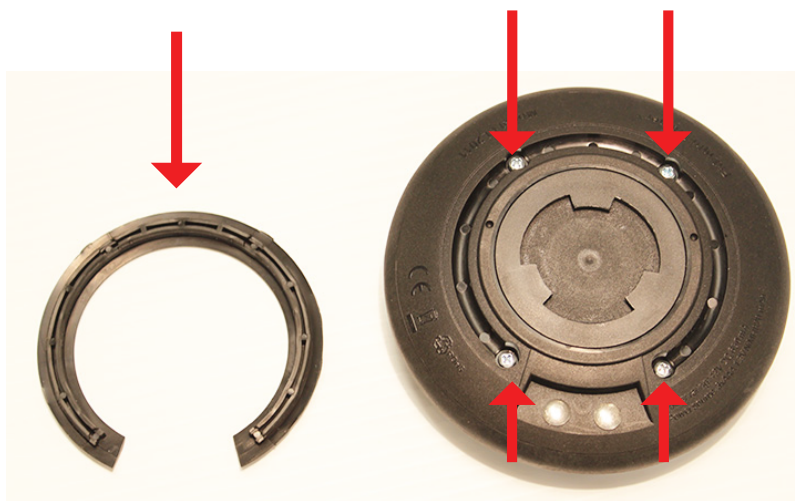
## INSTALLING THE RECHARGEABLE BATTERIES

### STEP 1

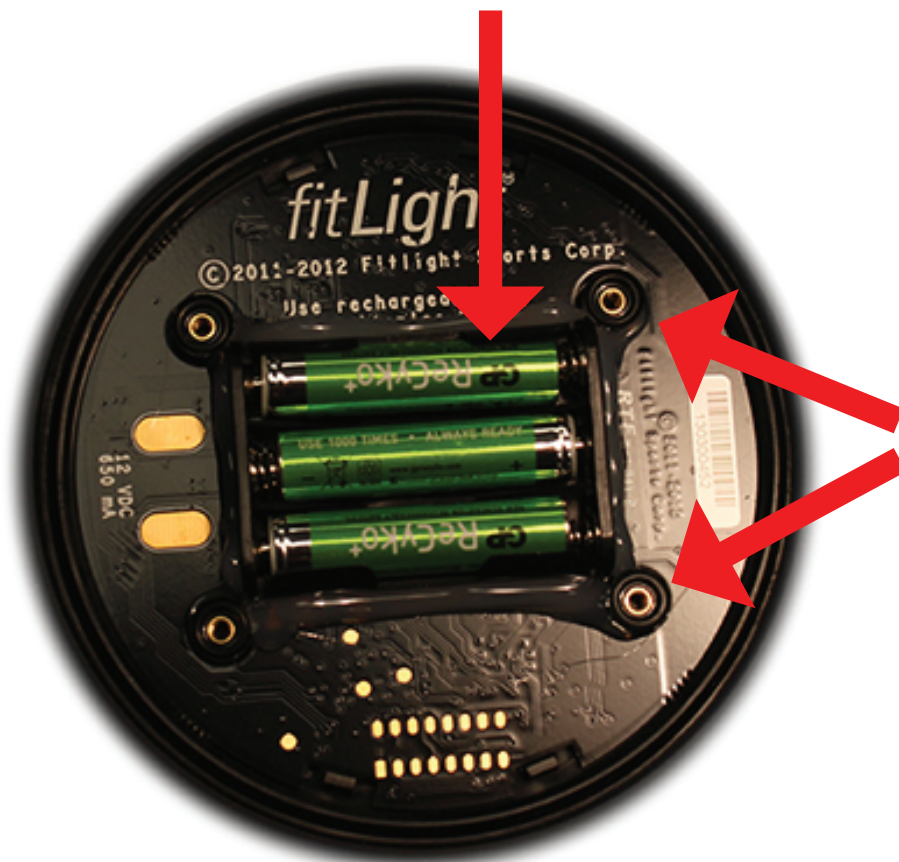
Remove Rubber Guard



Rubber Guard removed and 4 screws exposed



Unscrew the cover and expose batteries for replacement



NOTE: There are 4 "O" Rings on the posts of the plastic, make sure they are not displaced. These "O" Rings protect against water entering the Light.

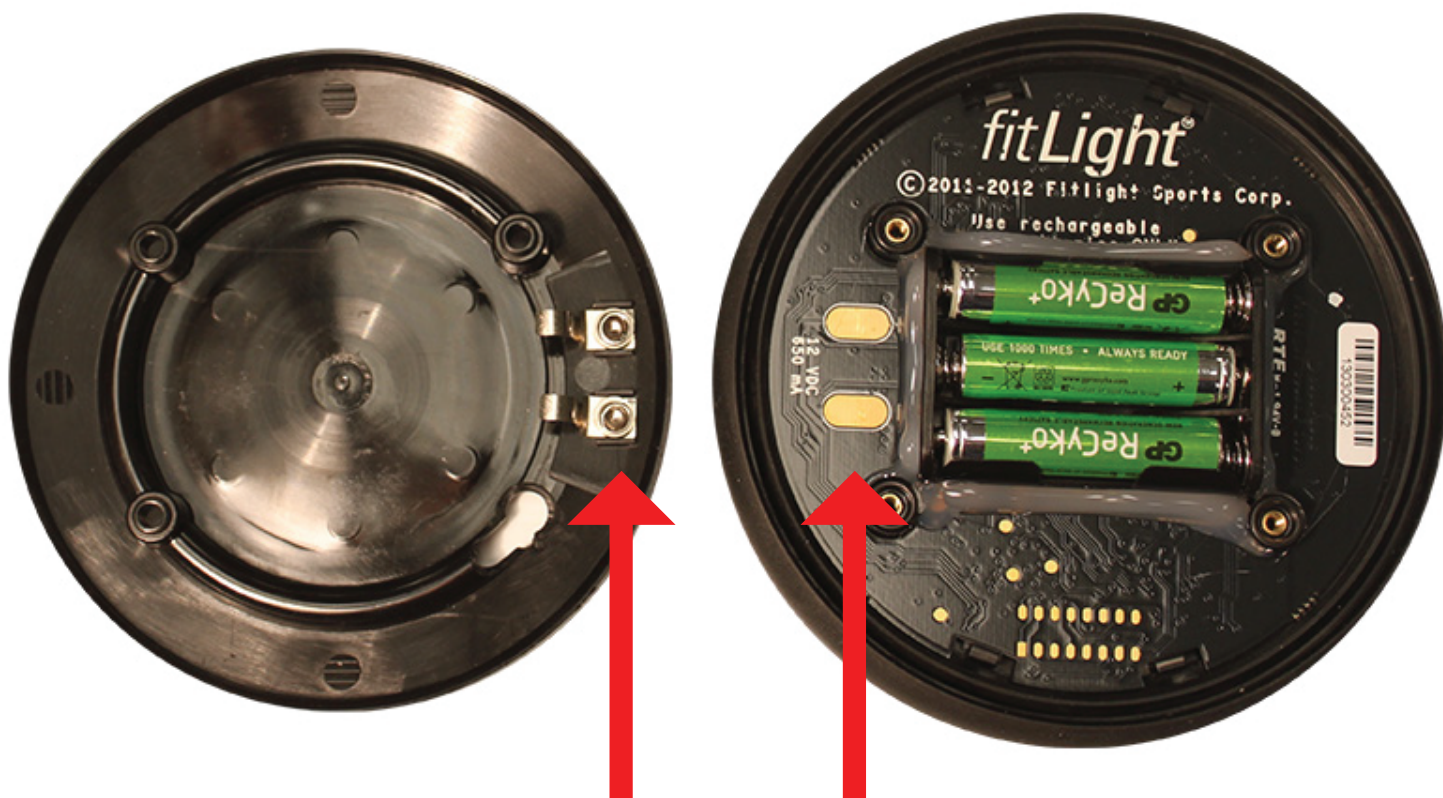


### STEP 2

*Installation into the FITLIGHTS™*



Take special care inserting the batteries as indicated by the markings on the case, making sure that the polarity (Positive+ / Negative-) is correctly oriented.



Reverse the process to close the Light. It is important that the contacts on the bottom cover are aligned with the contacts on the top case.

# MAINTENANCE & CHARGING



- Do not remove the blue protective cover from the Tablet Controller.
- Do not store the FITLIGHT Trainer™ in hot areas. Extreme high temperatures can damage the batteries.
- Do not use harsh cleaning solvents to clean the FITLIGHTS™, Tablet Controller or accessories.
- Do not let your system become fully discharged.
- Do not use the Charger or batteries if they are damaged.
- Do not use batteries or Charger that are not specified for the system.



- Do clean the FITLIGHT Training™ System with a damp cloth only for optimum visual performance
- Do keep your system properly charged at all times. The system is never off and so it should be left charged at all times.
- Do charge your system for only 12 hours maximum per single charge.
- Do charge your system before every training session.
- Do keep the contacts of the Lights clean for optimum charging.
- Do turn the system off when not in use.
- Do remove the batteries from your system if it will be stored for more than 1 month.
- Do try to charge the batteries as close to room temperature as possible for better charging.
- Do dispose of batteries as per local regulations.

## BATTERY INFO & SAFETY REQUIREMENTS

- Batteries will discharge over time if left unused.
- Batteries have a recharge life of typically 600 times.
- Keep the battery away from sources of excessive heat such as fire or direct sunlight.
- Keep the battery away from sources of high voltage or static discharge.
- Do not use or store the battery with other batteries or where it could touch metal.
- Do not put the battery into a microwave oven.
- Do not allow the battery to be crushed.
- Keep the batteries away from children.
- Do not disassemble, destroy, or attempt reassembly of the battery.
- Do not place or leave the battery in a damp or wet environment.
- Do not allow water to touch the battery.
- Do not wrap the batteries with conductive material.
- Do not incinerate or burn the battery.
- Do not leave or discard the battery where it could get wet or become submerged in water.
- Do not weld or solder anything to the battery, attach wires, or to the connector.
- Dispose of the battery per local / country regulations.



### POWER SUPPLY CAUTION / WARNING ELECTRICAL SHOCK

For indoor use only, do not expose to moisture, liquid or heat. Do not use any other power supply with your FITLIGHT Training™ system.



**Warning:**

Please be aware that the use of the Flashing Option of the lights may cause a reaction to persons prone to Epilepsy. Please exercise caution when using this option.

### SYSTEM SAFETY INFORMATION

The System has been tested to and is in compliance to the following standards:

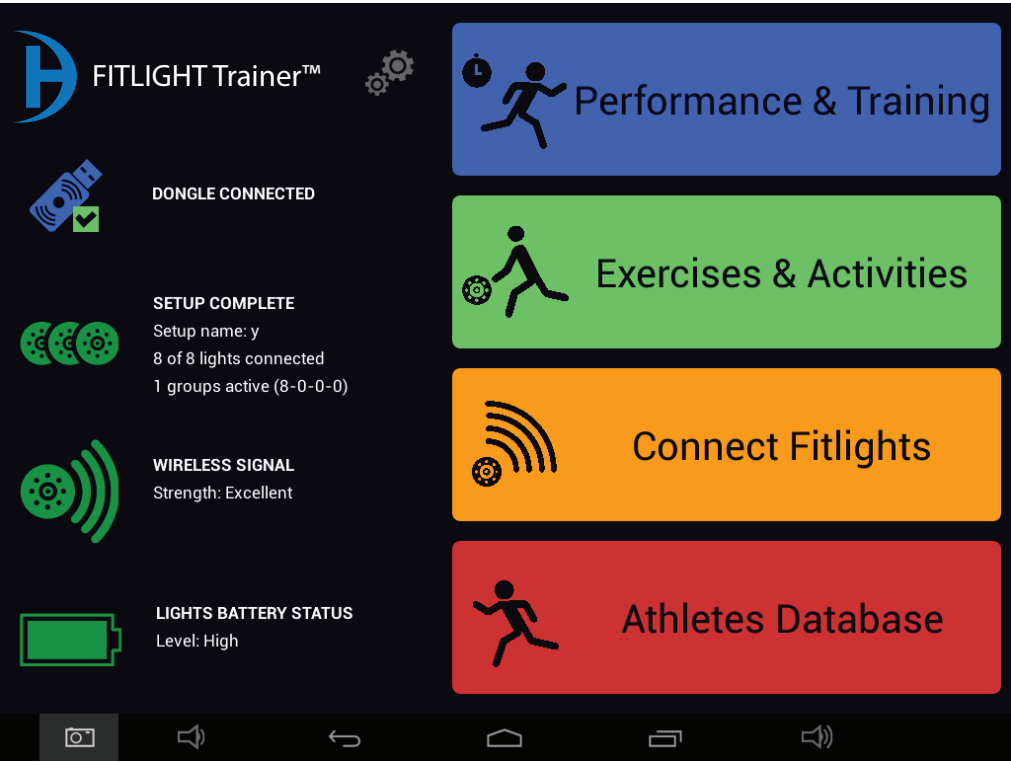
EN 60950-1:2006  
EN 62471:2008  
EN 62311:2008  
FCC CFR 47 Part 15 Subpart C  
FCC CFR 47 Part 15 Subpart B  
EN 300328V1.7.1:2006  
EN 301489-1V1.8.1:2008  
RSS-210  
RSS102  
RSS-Gen

### EU BATTERY DIRECTIVE

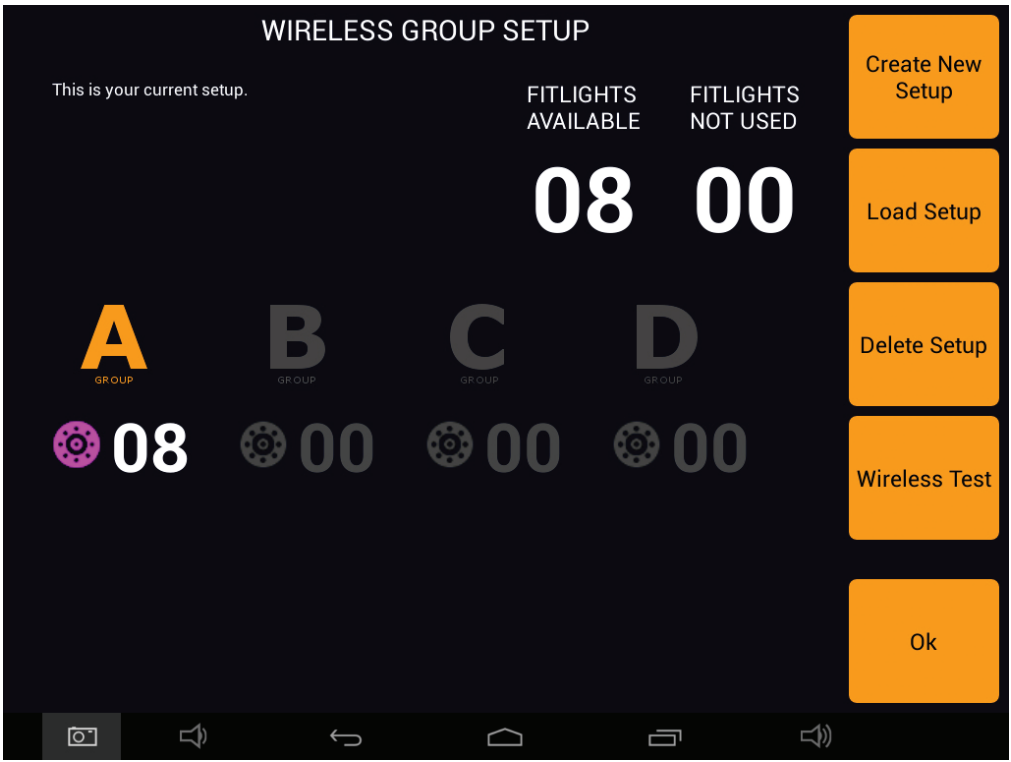
The System has been tested to and is in compliance to the following standards:

EN 60950-1:2006  
EN 62471:2008  
EN 62311:2008  
FCC CFR 47 Part 15 Subpart C  
FCC CFR 47 Part 15 Subpart B  
EN 300328V1.7.1:2006  
EN 301489-1V1.8.1:2008  
RSS-210  
RSS102  
RSS-Gen

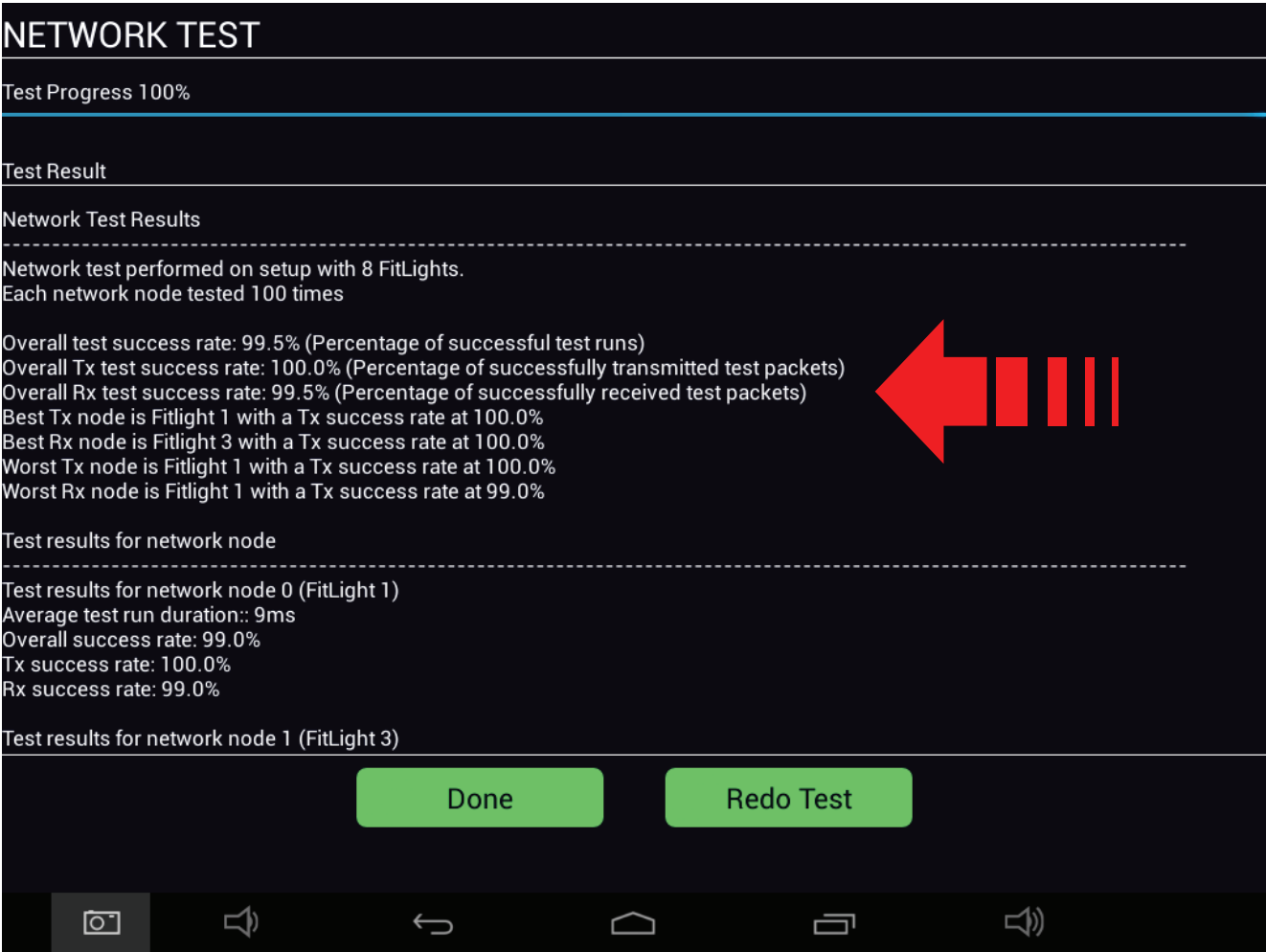
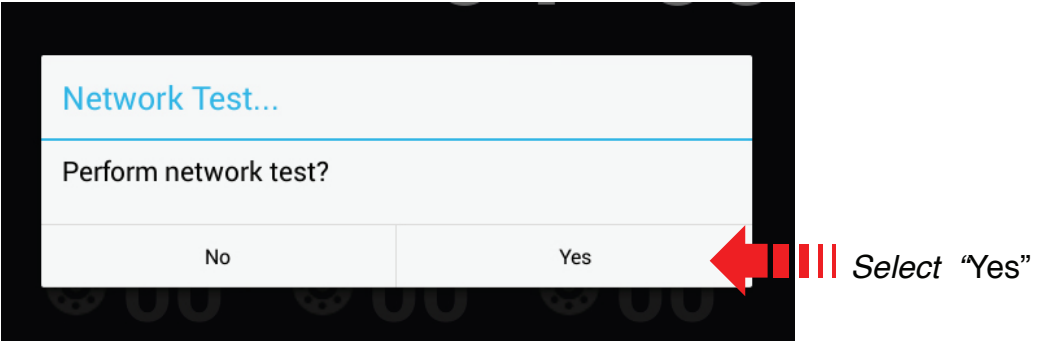
WIRELESS TEST



Select  
Connect Fitlights

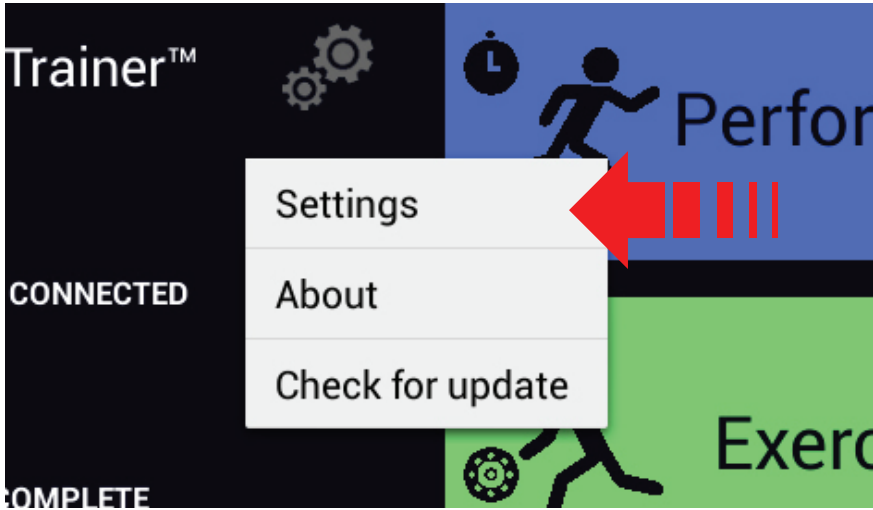
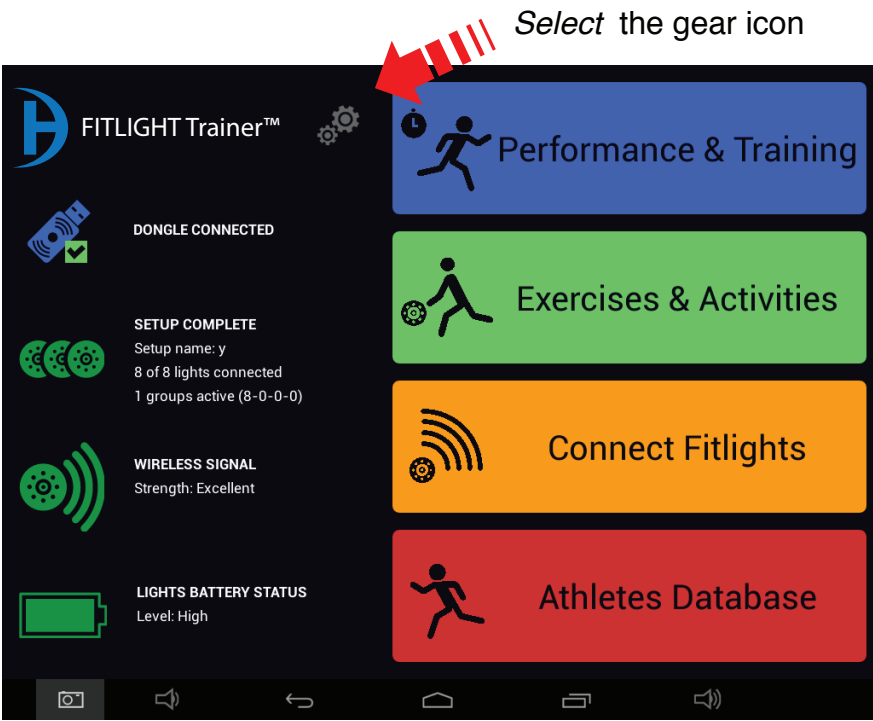


Select  
Wireless Test



The results of the test, indicate that the wireless connection is performing to specifications. Should there be poor wireless connectivity, then Manual Channel selection is recommended. Refer to Wireless Channel settings for the set up procedure.

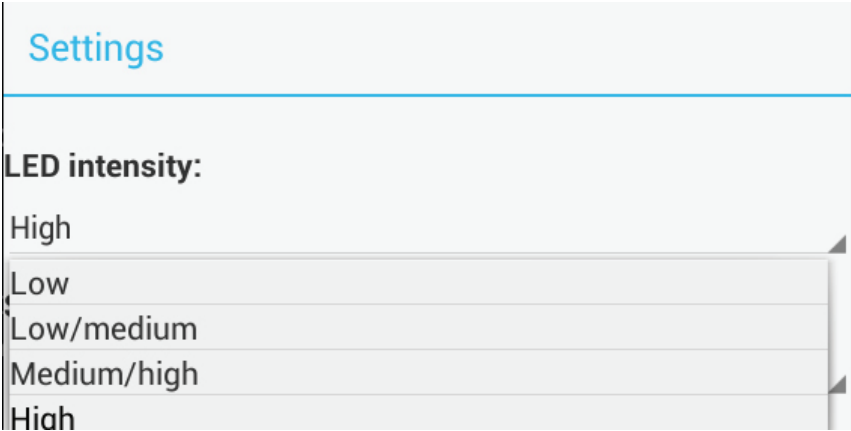
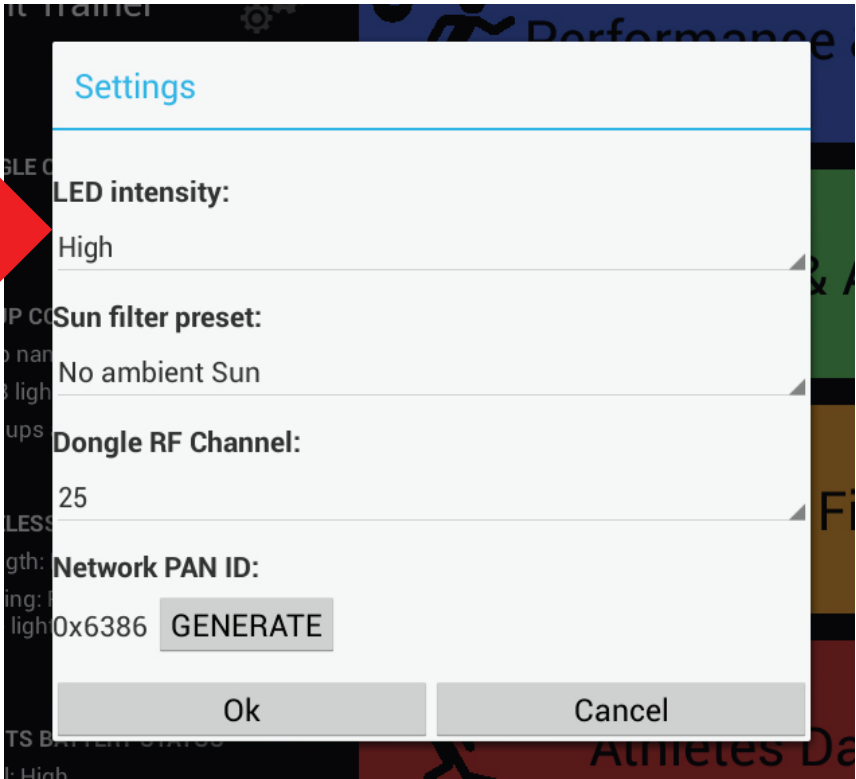
LIGHT SETTINGS



Select Settings

Light Intensity Settings are used to adjust the brightness of the Lights.

Select “High” to adjust the brightness of the Light.



Menu will open for intensity level selections.

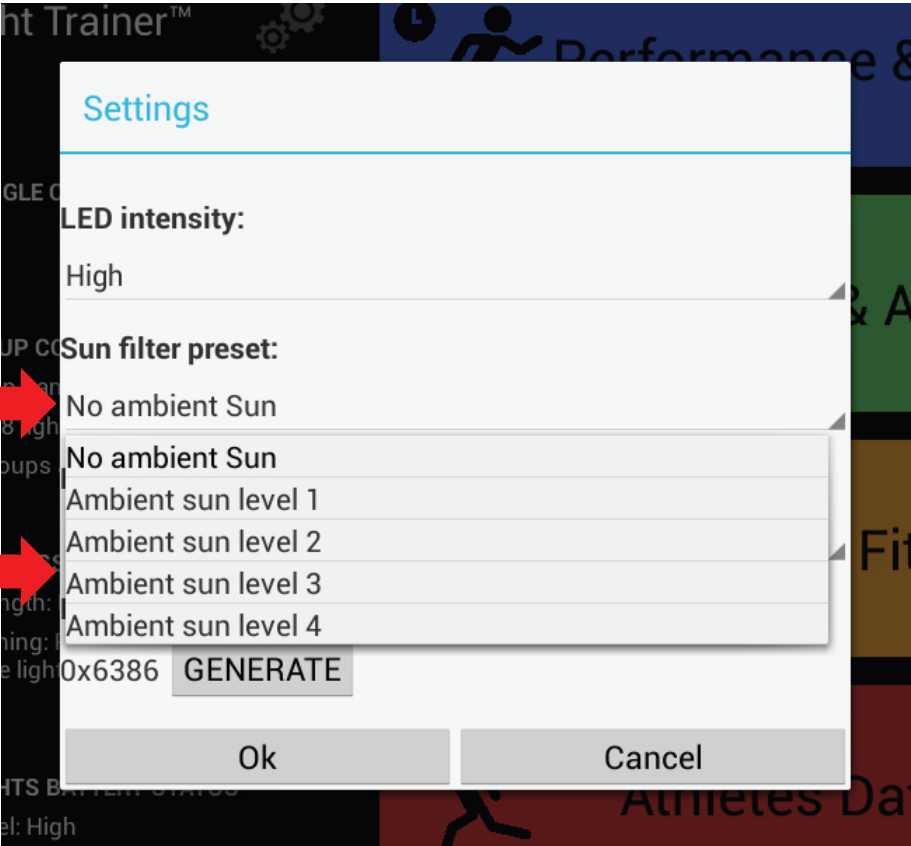
A drop down menu will appear.

SUNLIGHT SETTINGS

Select No ambient Sun  
A drop down menu appears  
( as shown ).

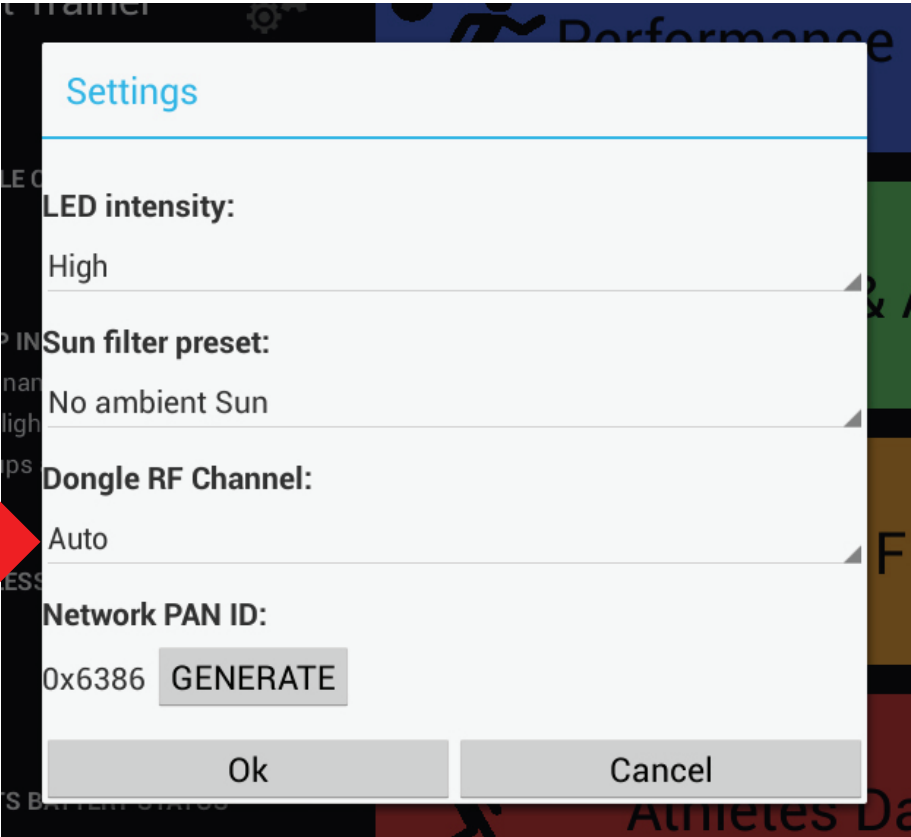
Select the level that best suits the  
ambient sun that matches the sun’s  
intensity.

**Note:** “No ambient Sun” indicates  
no direct sunlight”

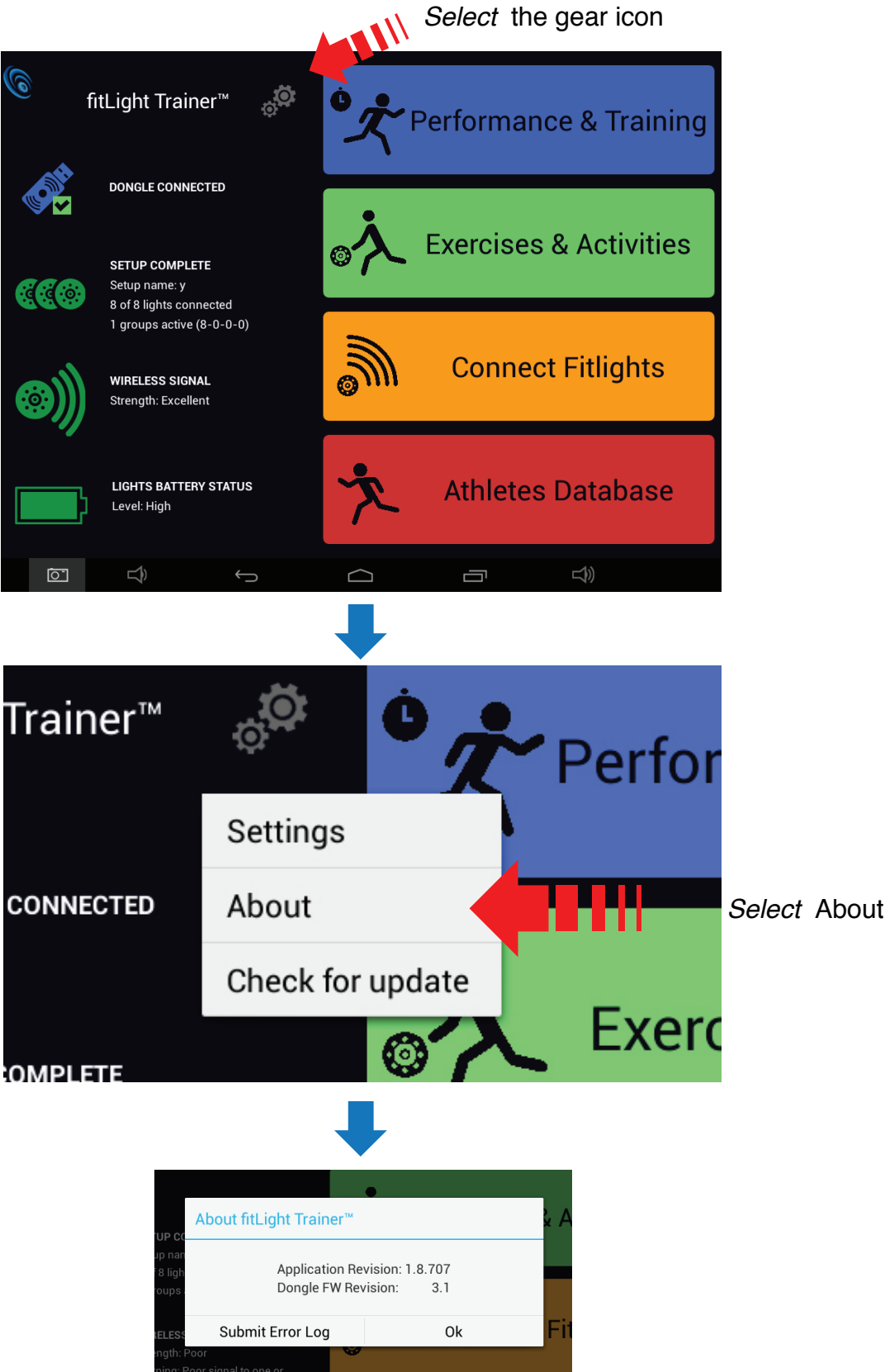


RF CHANNEL SETTINGS

Select AUTO to allow the  
system to automatically select  
the best Channel for the  
wireless reception. A drop down  
menu will appear to allow  
manual selection of the best  
channel for wireless reception.



SYSTEM SOFTWARE



Shows the information on the current level of software loaded onto your system. This is useful to know when upgrading the new software to your system.

SOFTWARE UPDATES

