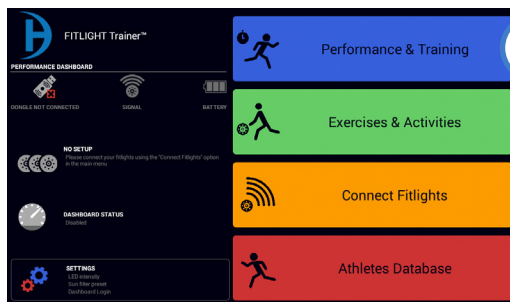


SYSTEM OPERATION



PROGRAM OR EDIT A SEQUENCE



Select
Performance & Training



Select
Program Sequences

PROGRAM A SEQUENCE

After Program Sequences is selected, select **“New”** to begin the process of programming the **FITLIGHTS™**. To learn more about the features (Import, Export and New Group) please refer to the Saving, Searching and Grouping Manual.

Select **“New Step”**. A drop-down menu will appear to enable you to select the **FITLIGHT™** number.

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

Repeat the process as per the previous step for all subsequent FITLIGHTS™ required for the routine

SYSTEM OPERATION

The screenshot displays the FITLIGHT™ configuration interface. The left panel, titled 'SEQUENCE STEP SETUP', shows settings for Step 1. Red circles 1-7 highlight specific settings: 1. Distance (40 cm), 2. Timeout (5.00 s), 3. Colour (Blue), 4. Sensor mode (Distance), 5. Light mode (Full light), 6. LED mode (Standard), and 7. Beep mode (No beep). The right panel, titled 'PROGRAM NEW SEQUENCE', shows a sequence of 8 steps, with Step 1 selected. The bottom of the interface has buttons for 'Save', 'Clear', 'Cancel', and 'Apply to all'.

Indicates **FITLIGHT™** #1 is the first step and it is Blue.

The **FITLIGHT™** parameters can now be selected as per requirements.

1. **DISTANCE:** Indicates the deactivation range from the center of the FITLIGHT™. The distance can be set from 10 cms to 80 cms.
2. **TIMEOUT:** The Timeout can be set from 0.10 seconds to 120 seconds. The TIMEOUT increments are .10 seconds up to 10 seconds, after which it increases by 5 seconds. The “Time Out” function can also be turned off by going past 120 seconds.
3. **COLOUR:** Select **FITLIGHT™** colour as required by selecting the colour box.
4. **SENSORE MODE:** There are 3 deactivation modes to select from:
 - a. Distance only

b. Impact only

c. Both (meaning the **FITLIGHTS™** can be deactivated by motion or impact)

5. **LIGHT MODE:** There are 3 choices of Light mode: Center only, Full light and Ring only. *Please refer to “Parameter Explanations” for more information.*
6. **LED MODE:** Select the “LED” mode of the **FITLIGHT™**. There are 4 selections which will have the LEDs flash rapidly or slowly etc. per your preference and ease of visibility. *Please refer to “Parameter Explanations” for more information.*
7. **BEEP MODE:** Select if sound (Beep) is required.

SYSTEM OPERATION

The screenshot displays two side-by-side screens from the FITLIGHTS™ system interface.

SEQUENCE STEP SETUP: This screen contains various configuration options. At the top, there are two main sections: 'DISTANCE' and 'IMPACT SENSITIVITY'. Under 'DISTANCE', there is a red minus button (labeled 8) and a value of '40 cm'. Under 'IMPACT SENSITIVITY', there is a red minus button (labeled 9) and a value of '1'. Below these are 'TIMEOUT' and 'DELAY' sections, each with a red minus button and a value of '5.00 s' and '1.00 s' respectively. A row of six colored buttons (blue, cyan, magenta, red, yellow, green) is visible. Below this are four groups of checkboxes: 'Sensor mode' (Distance, Impact, Both), 'Light mode' (Full light, Ring only, Center only), 'LED mode' (Standard, Flash, Slow blink, Fast blink), and 'Beep mode' (No beep, Beep when armed, Beep on hit, Beep on timeout). Red callout numbers 11 and 12 point to the 'IMPACT SENSITIVITY' and 'DELAY' sections respectively.

PROGRAM NEW SEQUENCE: This screen shows a list of steps. Step '01' is highlighted, and a 'New step' button is visible next to it. At the bottom, there are four buttons: 'Save' (labeled 8), 'Clear' (labeled 9), 'Cancel' (labeled 10), and 'Apply to all'.

8. **SAVE:** Select “Save” to save your program, a drop-down menu will appear to enable you to name the program as required.
9. **CLEAR:** This removes 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.
10. Select “Apply to All” if you require the **FITLIGHTS™** to have all of the same parameters.
11. **IMPACT SENSITIVITY:** Select the sensitivity of “Impact” as required. The higher the value the less sensitive the deactivation requires (i.e. the more force that is required for the **FITLIGHT™** to be deactivated upon impact).
12. **DELAY:** The interval between **FITLIGHTS™** activating in succession.

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.