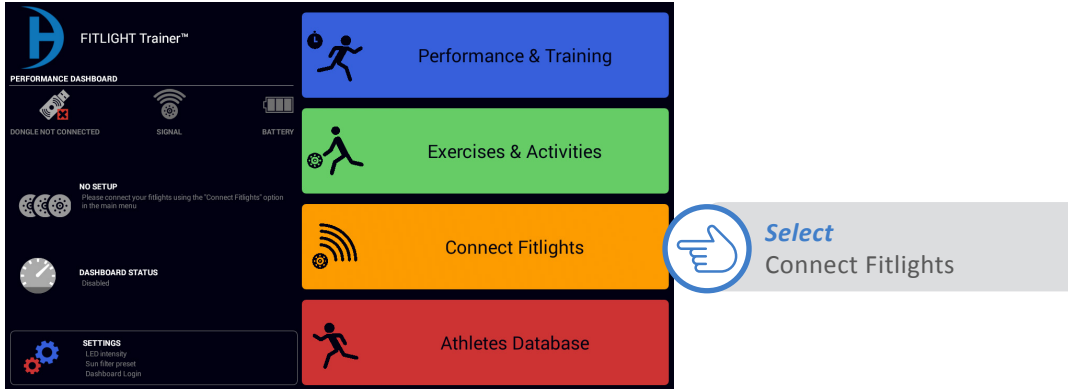


SYSTEM OPERATION

WIRELESS GROUP SET-UP

A video of this set-up is also available on the online portal under Tutorials.



FITLIGHT Trainer™

PERFORMANCE DASHBOARD

Performance & Training

Exercises & Activities

Connect Fitlights

Athletes Database

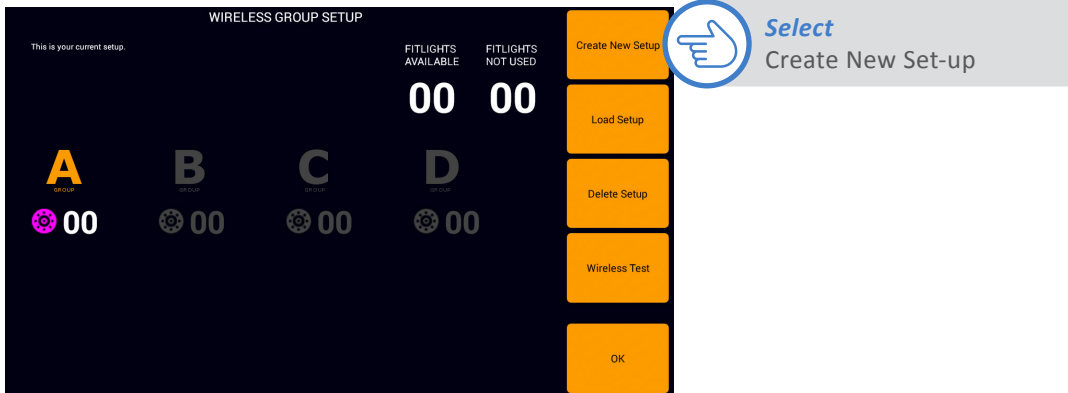
NO SETUP
Please connect your fitlights using the "Connect Fitlights" option in the main menu.

DASHBOARD STATUS
Disabled

SETTINGS
LED intensity
Sun filter present
Dashboard Login

Callout: *Select* Connect Fitlights

HOW TO CREATE 1 GROUP



WIRELESS GROUP SETUP

This is your current setup.

FITLIGHTS AVAILABLE: 00

FITLIGHTS NOT USED: 00

Group A: 00

Group B: 00

Group C: 00

Group D: 00

Create New Setup

Load Setup

Delete Setup

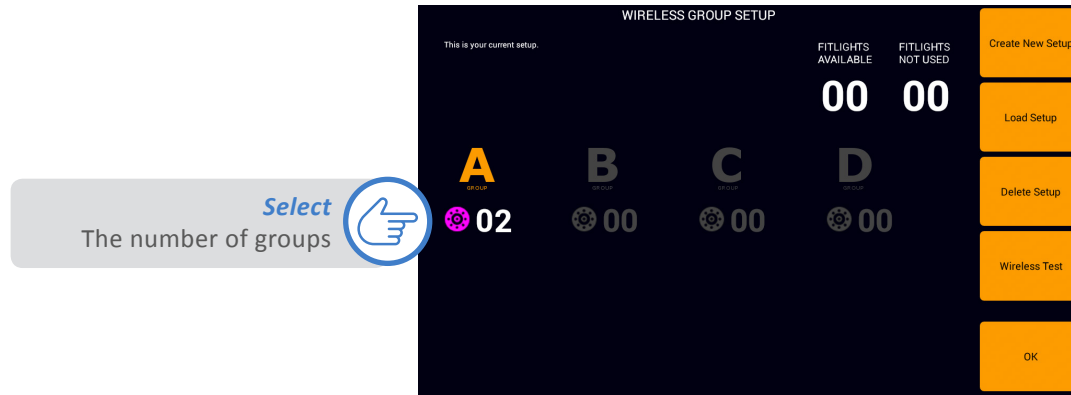
Wireless Test

OK

Callout: *Select* Create New Set-up

SYSTEM OPERATION

Select the number of groups. In this example, shows 1 group (A) of 2 FITLIGHTS™. Group A is automatically selected.



FITLIGHTS™ will turn RED



Tap each FITLIGHTS™ until they turn purple

Once the FITLIGHTS™ have been assigned to the group, select Ok.

The FITLIGHT Trainer™ will then ask if you would like to **“switch to new setup”**. If you select yes, then this current setup will become your new set-up. If you select No the FITLIGHT Trainer™ will then save this set-up for you to use another time (where you can load it by selecting Load Setup).

Name the setup and select Ok.

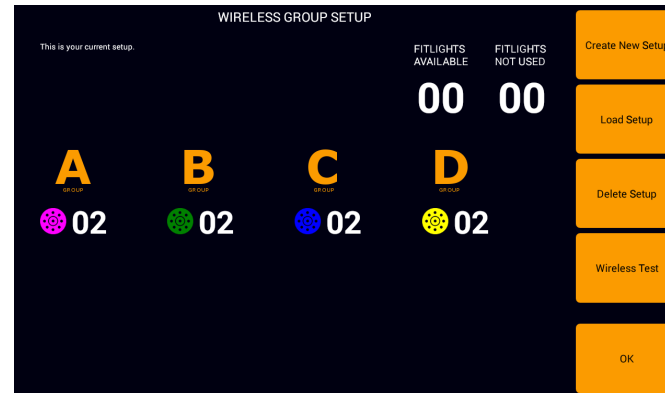
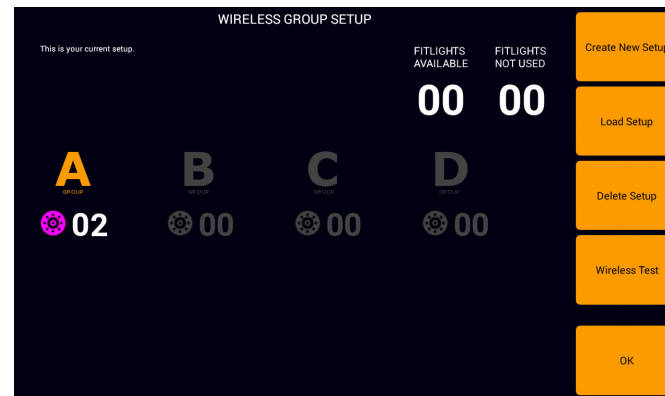
SYSTEM OPERATION

HOW TO CREATE MULTIPLE GROUPS

Select the number of groups. This example will assign 4 groups of 2 FITLIGHTS™ per group. After selecting the number 4, follow the steps below:

- ▶ Select **"A"** and tap 2 FITLIGHTS™ to change from RED to PURPLE
- ▶ Select **"B"** and tap 2 FITLIGHTS™ to change from RED to GREEN
- ▶ Select **"C"** and tap 2 FITLIGHTS™ to change from RED to BLUE
- ▶ Select **"D"** and tap 2 FITLIGHTS™ to change from RED to YELLOW

Once all the groups have been assigned, select **"Ok"** and save/set-up the group.



HOW TO LOAD & DELETE A SET-UP.

Select Load Setup from the Wireless Group Setup screen and then select the set-up you would like to use.

To delete a setup, simply repeat the steps above but instead of selecting LOAD SETUP, select DELETE SETUP.