1. It is important that the FITLIGHTS™ are positioned in the charging case correctly and are seated in the cradle. Always place the FITLIGHTS™ in the Charger with the Velcro attachment on the FITLIGHT™.

2. When the FITLIGHTS™ are inserted correctly and the system is powered up, the FITLIGHTS™ will be either yellow (this indicates charging) or red (this indicates that the batteries are low) which means the batteries are low. This indicates that the FITLIGHTS™ are charging.

3. When the system is fully charged, the FITLIGHTS™ will go completely green.

4. If the FITLIGHTS™ are not powered on, check that all of the FITLIGHTS™ are seated correctly in the case and the “White Dots” on the FITLIGHTS™ are visible above the foam insert and that the Tablet Controller is off.

5. The system should be charged for 3 hours for the first time before use.

6. The FITLIGHTS™ will flash red when they are low on battery charge.

7. When powering on the Tablet Controller, allow the Tablet Controller ample time to find all of the FITLIGHTS™. The FITLIGHTS™ should all be found within 90-120 seconds. If all FITLIGHTS™ are not found reboot the system.

8. To reboot the system, press and hold the “On/Off” button at the side of the Tablet Controller button for 5 seconds until you have an option to select “Power off”, “Reboot” and “Silent mode”. Never select the “Reboot” button. Always power off and then power back on when trying to reboot the Tablet Controller.
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 programs. The Tablet Controller can also be used to upload your saved data to the Dashboard 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.

Never select the REBOOT button