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While the information contained in this manual is deemed to be accurate at the time of publishing, FITLIGHT Sports Corp. reserves the right to make changes and additions, deletions without notice. This publication cannot be copied without the prior written consent of FITLIGHT Sports Corp.
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” icon located at the top right of the webpage. Please have your serial number nearby, located on the inside cover of your Charger Case. Failure to register your FITLIGHT Trainer™ may void your WARRANTY.

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

SUPPORT
A full range of drill concepts, examples and videos are available through the website and are only available once you successfully register the FITLIGHT Trainer™.
Please go to www.fitlighttraining.com.

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

HANDLING INSTRUCTIONS

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 either request another copy by emailing info@fitlighttraining.com or selecting the “lost your password?” option when logging in.

Should you have any queries about the use/operation of the FITLIGHT Trainer™ product, you can contact FITLIGHT Sports Corp. at: info@fitlighttraining.com.

You should always consult your Physician or another healthcare provider before beginning an exercise program.
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 in water for any length of time.

Some images in the Manual may appear different or may not match exactly to the actual.
GENERAL INFORMATION

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. 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
GENERAL INFORMATION

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; (8) changes to factory settings including installation of 3rd party apps.

EXCLUSIVE REMEDIES & PROCEDURE

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 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 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. Customer Care, 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.
SYSTEM INFORMATION

WHAT’S INCLUDED?

The following items are included with each FITLIGHT Trainer™ system.

1. FITLIGHTS™
2. CHARGER CASE
3. TABLET CONTROLLER
4. TABLET POWER SUPPLY
5. CHARGER POWER SUPPLY
6. VELCRO PADS
### TECHNICAL SPECS

<table>
<thead>
<tr>
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<th>Specification</th>
</tr>
</thead>
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<tr>
<td><strong>Wireless Range</strong></td>
<td>50-75 Meters* (LOS)**</td>
</tr>
<tr>
<td><strong>Battery Charge (FITLIGHTS™ duration)</strong></td>
<td>10-12 Hours ***</td>
</tr>
<tr>
<td><strong>Battery Type</strong></td>
<td>NiMH</td>
</tr>
<tr>
<td><strong>Universal Charger Voltage</strong></td>
<td>100/240 V</td>
</tr>
<tr>
<td><strong>Activation Distance (Programmable)</strong></td>
<td>0-80 cms</td>
</tr>
<tr>
<td><strong>Activation Times (Programmable)</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Flashing Light Mode (Programmable)</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Constant Light Mode (Programmable)</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Multi Coloured Light (Programmable)</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Water Resistant</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Outdoor Capable</strong></td>
<td>Yes</td>
</tr>
</tbody>
</table>

*Subject to conditions.
**Line of Sight
***Depends on frequency and intensity of use.

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

### PHYSICAL DATA
Weight: 0.3 kg (10oz / .7lbs) per FITLIGHT™
Weight: 12 Light System : 8.2 kg (18 lbs)
24 Light System: 15 kg (34 lbs)

### 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

### PATENT INFO
CHARGING INSTRUCTIONS

4 EASY STEPS TO CHARGE THE FITLIGHT TRAINER™

1. FITLIGHTS™ properly nested in charger case with the white dots visible (as shown).
2. Insert the Charger case power supply into the electrical outlet.
3. Now insert the Charger Power Supply into the dual jack as shown. DC 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 1 hour to fully charge the batteries as this will ensure an uninterrupted operation of the system from the beginning of its use. Ensure that the Tablet Controller be powered off while charging the FITLIGHTS™.

To fully charge the FITLIGHTS™, 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 FITLIGHTS™ INTO THE CHARGER CASE

The FITLIGHTS™ should be inserted into the Charger Case with the two contact points facing downwards to match and align with the contact points in the Charger Case. 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 FITLIGHTS™ are not inserted correctly into the Charger Case, the Power Supply will shut off and there will be no power to the Charger Case until the FITLIGHTS™ are inserted correctly. Interrupted power to the Charger Case is easily determined by removing one FITLIGHT™ at a time and the remaining FITLIGHTS™ will come on once the misaligned FITLIGHT™ is removed. Reposition the FITLIGHTS™ in the Charger Case until they are illuminated.

QUICK TIPS TO ENSURE THE FITLIGHTS™ ARE PLACED CORRECTLY.

1. Make sure the FITLIGHTS™ are properly centered onto the contacts of the Charger Case.
2. Should the FITLIGHTS™ not illuminate, check to make sure that the FITLIGHT™ is correctly positioned.
3. As the system is used continuously, the contacts may be pushed out of contact with the FITLIGHTS™, they can easily be adjusted by pulling them forward until contact is made with the FITLIGHT™.
4. Always charge the FITLIGHTS™ with the Velcro attachment on, as this aligns the FITLIGHTS™ in the Charger slot.
5. While charging the FITLIGHTS™ please ensure the Tablet Controller is turned off.

You can also visit the online portal and take a look at the video on how you should correctly insert the FITLIGHTS™.
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.
SYSTEM OPERATION

QUICK GUIDE: MAIN MENU

- **A**: Indicates the status of the dongle
- **B**: Indicates the status of the FITLIGHT™ set up
- **C**: Indicates the status of the wireless connection
- **D**: Indicates the status of the FITLIGHT™ battery charge
- **E**: Captures a picture of the screen (Screenshot)
- **F**: Volume control of the Tablet Controller (decreases the volume)
- **G**: Previous Screen
- **H**: Home Screen
- **I**: Multiple screens of the Tablet Controller
- **J**: Volume control of the Tablet Controller (increases the volume)
- **K**: Menu for recording Data
- **L**: Menu for Wireless connection of the FITLIGHTS™
- **M**: Menu for the FITLIGHT™ Games
- **N**: Menu for the Training Programs
- **O**: Settings Menu
- **P**: Indicates the status of the Dashboard
# SYSTEM OPERATION

## PARAMETER EXPLANATIONS

**TIMEOUT** How long the FITLIGHTS™ stay on: (The duration that the FITLIGHTS™ remain activated for).

**DELAY** The time between more than 1 FITLIGHT™: (The interval between FITLIGHTS™ activating in succession).

**DISTANCE:** Indicates the deactivation range from the center of the FITLIGHT™. The distance can be set from 10 cms to 80 cms and can be changed with the use of the +/- buttons.

### LED MODE

<table>
<thead>
<tr>
<th>LED mode:</th>
<th>Standard</th>
<th>Slow blink</th>
<th>Flash</th>
<th>Fast blink</th>
</tr>
</thead>
</table>

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

### LIGHT MODE

<table>
<thead>
<tr>
<th>Light mode:</th>
<th>Center Only</th>
<th>Full light</th>
<th>Ring only</th>
</tr>
</thead>
</table>

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

### SENSOR MODE

<table>
<thead>
<tr>
<th>Sensor mode:</th>
<th>Distance</th>
<th>Impact</th>
<th>Both</th>
</tr>
</thead>
</table>

- **DISTANCE:** FITLIGHT™ deactivates by proximity sensing
- **IMPACT:** FITLIGHT™ deactivates by impact sensing
- **BOTH:** FITLIGHT™ deactivates by proximity and / or impact sensing
SYSTEM OPERATION

BEEP MODE

NO BEEP: Sound to the FITLIGHT™ is turned off
BEEP WHEN ARMED: Sound to the FITLIGHT™ is turned on when FITLIGHT™ illuminates
BEEP ON HIT: FITLIGHT™ beeps when deactivated
BEEP ON TIMEOUT: FITLIGHT™ beeps if not deactivated
*This Beep Mode applies to the Program Sequences mode only. These explanations are also available in video format on the online portal under Tutorials.

FITLIGHT™ COLOUR SELECTION SET-UP

Select Colours: Touch “Select Colours” and a new menu will appear.
Select Colour Mode: Random Colour distribution, Define Hits Per Colour, User Individual Group Colours.

RANDOM COLOUR DISTRIBUTION SET-UP

Select Colours: Touch “Select Colours” and a new menu will appear.
Select Colour Mode: Random Colour distribution, Define Hits Per Colour, User 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 FITLIGHT™ 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

1. FUNCTION: Use this function when FITLIGHTS™ are assigned to groups. Colours will be automatically assigned.
2. Select “Use individual group colours” to assign different colours per group as required.
3. Select “Done” once all group colours are selected.
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 time out can be set from 0.10 seconds to 120 seconds.

3. **SENSOR MODE**: There are 3 deactivation modes to select from:
   a. Distance only
   b. Impact only
   c. Both (meaning the FITLIGHT™ can be deactivated by motion or impact)

   Please refer to “Parameter Explanations” for more information.

4. **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).

5. **DELAY**: Select the “Delay”, for the interval between FITLIGHTS™ coming on in succession.

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. **HITS**: Select the number of hits/ FITLIGHTS™ required in the routine. The example shows 25.

8. **PENALTY**: Add a penalty for those FITLIGHTS™ that were not deactivated.

9. **LIGHT MODE**: There are 3 choices of Light mode: Center only, Full light and Ring only. Please refer to “Parameter Explanations” for more information.
10. Select if sound (Beep) is required.

11. **SAVE DATA**: Select “Save Data” if you require the results/data of the routine to be saved and uploaded to the Dashboard.

12. **COLOURS**: 6 different colours are available to be used. See the following pages for more info. *Please refer to “Parameter Explanations” for more information.*

13. **START BY LIGHT**: Please refer to the Start by Light Manual for more information.

14. **LOAD PRESET**: Select “Load Preset” if the set-up has been saved before.

15. **SAVE PRESET**: Select “Save Preset” to save the current set-up.

16. **DELETE PRESET**: If the set-up has been saved before, select “Delete preset” to remove it.

17. **START**: Select “Start” to begin the routine/drill.

18. **RANDOM SEQUENCE RESULT**: This displays the results of the run, see following pages for explanation of the “Results/Data”.

**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.
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.
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 FITLIGHT™ 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.
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.
MULTIPLE FITLIGHT™ ACTIVATION PROGRAM EXAMPLE

In this example, FITLIGHTS™ #1 to 8 will activate at the same time.

SAVE & 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 Controller screen. Best practice should be naming the sequence which will allow you to easily recognize it for recall.

When 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.

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, select “New” or select “Ok” to return to the Main Menu.

DELETE A STEP

Press and hold to a number in the sequence to successfully delete it. Once selected, a pop up box will appear to confirm your selection.

EDIT/INSERT A STEP

Example of changing step 2 from one FITLIGHT™ to another.

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

- Step 2. Touch and hold the FITLIGHT™/step that you would like removed. When prompted, a pop up box will appear to confirm your selection. Select “Yes” and the step will be removed and replaced with the new step executed in the first step above.
SYSTEM OPERATION

RUN PROGRAMMED SEQUENCE

Select Performance & Training

Select Run Programmed Sequences

PERFORMANCE & TRAINING

Random Training
- Adjust FTLD settings and let the application generate randomized sequences

Run Programmed Sequence
- Run custom sequences to measure your improvement

Hand/Eye Co-ordination
- Measure your reaction time and reaction time with a cross-eye

Program Sequences
- Create and modify sequences to challenge yourself and others

Split Time Test
- Set the FTLD test time and measure the time between your presses

Export training data
- Export results from your training sessions and analyze them in FITLIGHT or 3rd party tools
Select the Sequence and then select “Ok”. Once you complete the parameters select “Start” to run the programmed sequence.

1. **REPEATS**: This will repeat the sequence based on the number of times requested.

2. **START BY LIGHT**: Please refer to the Start by Light Manual for more information.

3. **SINGULAR**: This will select one FITLIGHT™ in a row of FITLIGHTS™. This option is used when there are more than 2 FITLIGHTS™ in a row.

4. **GLOBAL DELAY**: This enables the system to follow the users hit rate, as the user speeds up so does the triggering of the FITLIGHTS™. They are paced to the rate at which they are being hit.

5. **SAVE DATA**: This will save the data when the Sequence has completed and uploaded to the Dashboard.

6. **RANDOM START**: This will start the Sequence at a random point in the Sequence.
SPLIT TIME SET-UP

This set-up allows the user to track and measure the time between each deactivated FITLIGHT™
1. **DISTANCE**: Indicates the deactivation range from the center of the FITLIGHT™. The distance can be set from 10 cms to 80 cms.

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 recommended you only use the “DISTANCE” setting.

5. **START BY LIGHT**: Please refer to the Start by Light Manual for more information.

6. **RETRIGGER**: This feature will automatically restart the routine.

7. **SAVE DATA**: Allows the user to save the split times to the Dashboard.

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.

**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

TIPS

1. When using the Split Time Test, you will get better performance if the athlete wears light coloured clothing, black or dark clothing is not preferred attire as dark colours are not reflective.

2. Make sure that the FITLIGHTS™ are in sequential order, from 1 to 8 in the split segments. It can be checked by cycling the FITLIGHTS™ and observing the sequence in which they activate. Once the FITLIGHTS™ are set-up continue to the training menu.

<table>
<thead>
<tr>
<th>SPLIT TIME TEST RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
</tr>
<tr>
<td>B</td>
</tr>
<tr>
<td>C</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPLITTIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td># 1</td>
</tr>
<tr>
<td># 2</td>
</tr>
<tr>
<td># 3</td>
</tr>
<tr>
<td># 4</td>
</tr>
<tr>
<td># 5</td>
</tr>
</tbody>
</table>

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. Using the Start By Light feature, the 1st split is “zeroed”.

A Group
B Running Time
C Time of deactivated FITLIGHT™
D Split Times will be recorded at each FITLIGHT™ and displayed here
SYSTEM OPERATION

HAND/EYE COORDINATION SET-UP

Select Performance & Training

Select Hand/Eye Coordination
SYSTEM OPERATION

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

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 .10 seconds to 120 seconds.

3. **SENSOR MODE**: There are 3 deactivation modes to select from. Distance only, Impact only or both, which means the FITLIGHT™ can be deactivated by motion or Impact. Please refer to “Parameter Explanations” for more information.

4. **Select if sound (Beep) is required.**

5. **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).

6. **DELAY**: The interval between FITLIGHTS™ activating in succession.

7. **RUNTIME**: Indicates the duration of the routine.

8. **COLOUR**: This gives a choice of 6 different colours.
9. **LIGHT MODE:** There are 3 choices: Center only, Full light and Ring only. *Please refer to “Parameter Explanations” for more information.*

10. **SAVE DATA:** Select “Save Data” if you require the results of the routine to be saved for future analysis.

11. **LOAD PRESET:** Select “Load Preset” if the set-up has been saved before.

12. **SAVE PRESET:** Select this to save the current set-up.

13. **DELETE PRESET:** If the set-up has been saved before, select “Delete preset” to remove it.

14. **DYNAMIC DELAY:** This enables the system to follow the users hit rate, as the user’s speed increases so does the triggering of the FITLIGHTS™. The FITLIGHTS™ are paced to the rate at which they are being hit.

15. **HAND/EYE COORDINATION RESULT:** 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

- 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 FITLIGHTS™. Each player has their own colour and as the user hits their FITLIGHT™, a red FITLIGHT™ is triggered on the opponents’ side.

- The opponent is required to deactivate the red FITLIGHT™, at the same time trying to activate a red FITLIGHT™ on their opponents’ side.

- As the red FITLIGHTS™ are missed, the players are assigned a point depending on who misses the red FITLIGHT™.

- The first to score 25 points wins and the game stops and the winner’s FITLIGHTS™ will activate indicating the winner.

- The game is best played within a grid.

- Depending on the number of FITLIGHTS™ assigned the system automatically divides the FITLIGHTS™ equally.
DATA / RESULTS

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

* These results can also be analyzed and viewed on the Dashboard (providing you selected “Save Data”)
SYSTEM OPERATION

ATHLETE DATABASE SET-UP

To learn more about the features (Import, Export and New Group) please refer to the Saving, Searching and Grouping Manual.

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

EXPORT TRAINING DATA SET-UP

Please note that you can export the data via the Dashboard (once logged in).

We recommend that you select “unexported data only” when prompted. This will export only the data that was recently recorded since the last time an export data was performed.
SYSTEM OPERATION

WIRELESS GROUP SET-UP

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

HOW TO CREATE 1 GROUP
SYSTEM OPERATION

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

Select
The number of groups

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 be 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.
**TABLET CONTROLLER ISSUES**

*The Controller does not turn on/no Power to the Tablet Controller*
- Make sure that the battery is fully charged. If unsure recharge again until the fully charged indicator is visible.
- Battery has discharged and is no longer rechargeable. Service required.

**TABLET DISPLAY ISSUES**

*The Display does not turn on/not visible*
- Make sure that the Tablet Controller is fully charged. If unsure recharge again.
- Turn off the Tablet Controller and reboot.
- Reload Firmware.

*The Display Touch Screen does not function*
- Turn off the Tablet Controller and Reboot.
- Reload Firmware.

*The FITLIGHTS™ do not change colour*
- Check that the program is set to change colour as defined.
- Reboot the Tablet Controller.
- Check that you have a good wireless connection to the FITLIGHTS™.

*The FITLIGHTS™ do not connect to the Controller Tablet*
- Check that the FITLIGHTS™ are fully charged.
- Reboot the Tablet Controller.
- Check that the Tablet Controller is fully charged.
- Restart the wireless by touching restart on the Tablet Controller set up screen.
- Check that the Dongle is properly connected to the Tablet Controller.
FITLIGHT™ ISSUES

FITLIGHT(S)™ does (do) not turn on/no Power to the FITLIGHT(S)™

- Check that the polarities of the batteries are installed correctly, positive (+) to positive (+)/negative (-) to negative (-).
- Make sure that the batteries are fully charged, if unsure recharge again until the Light is green.
- Try a different set of fully charged batteries. If the FITLIGHT™ 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.
- Make sure that the correct voltage batteries are inserted into the FITLIGHTS™. They should be 1.2 volts DC
- Make sure that you are using rechargeable batteries.
- Make sure that all of the batteries are fully charged and that there is not a weak charge battery within the group.
- Check that you have a good wireless connection to the FITLIGHTS™.

CHARGER ISSUES

The Charger does not turn on/no Power to the Charger

- 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.
- Check that the power supply is properly plugged into the wall outlet and also the Charger unit.
- 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.
- 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

- Check that the FITLIGHTS™ are correctly inserted into the Charger.
- Make sure that there are batteries in the FITLIGHTS™.
- Check that the polarities of the batteries in the FITLIGHTS™ are installed correctly, positive (+) to positive (+) / negative (-) to negative (-).
- Try a different set of batteries. If the FITLIGHT™ 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.
- Make sure that the correct voltage batteries are inserted into the FITLIGHTS™. They should be 1.2 volts DC
- Make sure that you are using rechargeable batteries.
- Make sure that there is no weak charge battery within the group by replacing one at a time.
- Make sure that the FITLIGHTS™ are making contact with the terminals in the Charger Case.
- Check that the power supply connection to the Charger Case cable is functional, rotate cable connection and observe if problem is resolved.
When prompted if you would like to perform a network test select “Yes”.

The results of the test, indicate that the wireless connection is performing to specifications. This shows that there is 100% connectivity for the 1 FITLIGHT™ that was tested.

Should there be poor wireless connectivity, then Manual Channel selection is recommended. You can locate this by selecting the Settings menu item in the main screen and then selecting Settings again.

Here, you will find the channel settings located under “Dongle RF Channel”. If the problem persists, please either contact Support or log into the online portal and complete a service form.
BATTERY REPLACEMENT

Need to install or replace the battery in your FITLIGHT™? First identify which FITLIGHTS™ that you have.

If your FITLIGHT Trainer™ was purchased in 2015 or earlier follow the instructions below to correctly replace the batteries located in the FITLIGHT™.

Step 1

Remove the Rubber Guard

Rubber Guard removed and 4 screws exposed.

Unscrew the cover and expose the batteries for replacement.

Step 2

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 FITLIGHT™. It is important that the contacts on the bottom cover are aligned with the contacts on the top case.
If your FITLIGHT Trainer™ was purchased in 2016 or later follow the instructions below to correctly replace the batteries located in the FITLIGHT™.

**Step 1**

1. **Remove the Rubber Guard**
2. **Rubber Guard removed and 4 screws exposed.**
3. **Unscrew the cover, and simply remove the bottom case ensuring that the 4 Rubber O-Rings are kept in place.**
4. **Locate the Battery Pack connector.**

Using light pressure with either a flat screw driver or pliers, gently remove the plug from the connector. With the Battery Pack unplugged, it can safely be removed and replaced.

When inserting the new Battery Pack connector, there is only one way to do this. Ensure that it’s inserted correctly, with the writing on the Battery Pack facing up.

Finally, with the new Battery Pack in place, ensure that the 2 prongs are touching the 2 contact points on the circuit board.

* To install the replacement Battery Pack, please follow the previous steps in reverse. An instructional video of this is also available in the online portal under “Tutorials”.
SUPPORT

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 use the Charger or batteries if they are damaged.
- Do not use batteries or Charger that are not specified for the FITLIGHT Trainer™.
- Do clean the FITLIGHT Training™ System with a damp cloth only for optimum visual performance.
- Do keep your FITLIGHT Trainer™ properly charged at all times. The FITLIGHT Trainer™ is never off and so it should be left charged at all times.
- Do charge your FITLIGHT Trainer™ before every training session.
- Do keep the contacts of the FITLIGHTS™ clean for optimum charging.
- Do turn the FITLIGHT Trainer™ off when not in use.
- Do remove the batteries from your FITLIGHT Trainer™ 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.
- Do not use or store the battery with other batteries or where it could touch metal.
- 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 FITLIGHTS™ may cause a reaction to persons prone to Epilepsy. Please exercise caution when using this option.
## POWER SYSTEM SAFETY INFORMATION

The FITLIGHT Trainer™ 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 FITLIGHT Trainer™ 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
SUPPORT

SETTINGS

And then select Settings again.
**SUPPORT**

**SETTINGS**

- **Dongle Selection**
  Selection for a wired or Bluetooth wireless Dongle. *DO NOT change unless your FITLIGHT Trainer™ has a Bluetooth Dongle*

- **LED Intensity**
  FITLIGHT™ intensity settings are used to adjust the brightness of the FITLIGHTS™.

- **Sun Filter Preset**
  Use in the event that bright direct sunlight is triggering the FITLIGHTS; Level 1 being the lowest level of filter, and 4 the highest.

- **Dongle RF Channel**
  The wireless operating channel for the Dongle. *Should be set to 25 by default*

- **Network PAN ID**
  *For troubleshooting purposes only, do not click*

- **Dashboard Login**
  Enter your login credentials to link your Tablet Controller to the Dashboard.
Enable Dashboard
Select if you wish to connect your tablet to the Dashboard.

User
Enter the username for your FITLIGHT™ account (created when registering on the FITLIGHT website).

Password
Enter the password associated with your FITLIGHT™ user account.

*Upload all previous saved runs to dashboard. Upload all stored run data from the Tablet Controller to the Dashboard.

BACK UP & RESTORE

Backup all athletes and all programmed sequences to file
Create a backup file for all entered names in the Athletes Database, and program sequences.

Restore athletes and programmed sequences from file
Restore previously backed up athletes entered in the Athletes Database, and program sequences from file.

ABOUT

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.
CHECK FOR UPDATE

Ensures the operation on the latest software that is available. Simply ensure the Tablet Controller is connected to WiFi and select “Check for update”.

If a new version is available please follow the onscreen instructions and select OK. Once the update is complete, the software will shut down and the home screen of the Tablet Controller will be shown. Here, simply select the FITLIGHT Trainer™ software icon to launch it.

If there are no software updates available, a prompt stating this will appear on the screen.