

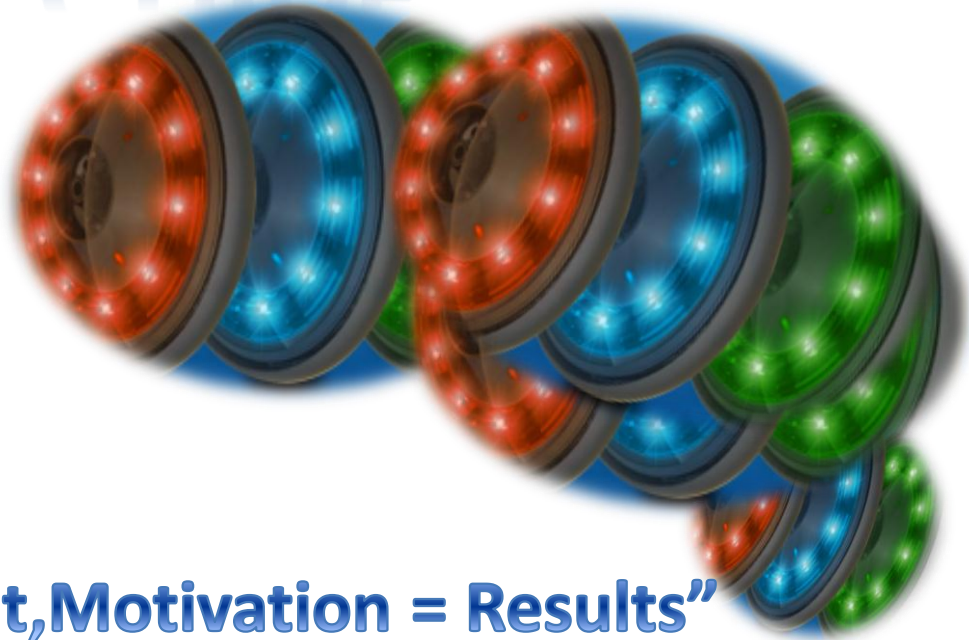


fitLight[®]

T R A I N E R
L I G H T

fitLight SPORTS CORP.

QUICK GUIDE



“Movement, Measurement, Motivation = Results”



fitLight®

T R A I N E R
L I G H T

- 1.WIRELESS SET UP**
- 2.RANDOM TRAINING**
- 3.SEQUENCE PROGRAMMING**
- 4.SPLIT TIME SET UP**
- 5.HAND/EYE SET UP**
- 6.GAMES SET UP**
- 7.MANUAL LIGHT/GROUP SET UP.**

“Movement,Measurement,Motivation = Results”



WIRELESS SET UP

“Movement, Measurement, Motivation = Results”





fitLight[®]

T R A I N E R
L H V I N E R

Step 1

Press
Button to
Power On
Controller



Allow
Controller
to Boot up,
Approx.25
seconds



“Movement, Measurement, Motivation = Results”





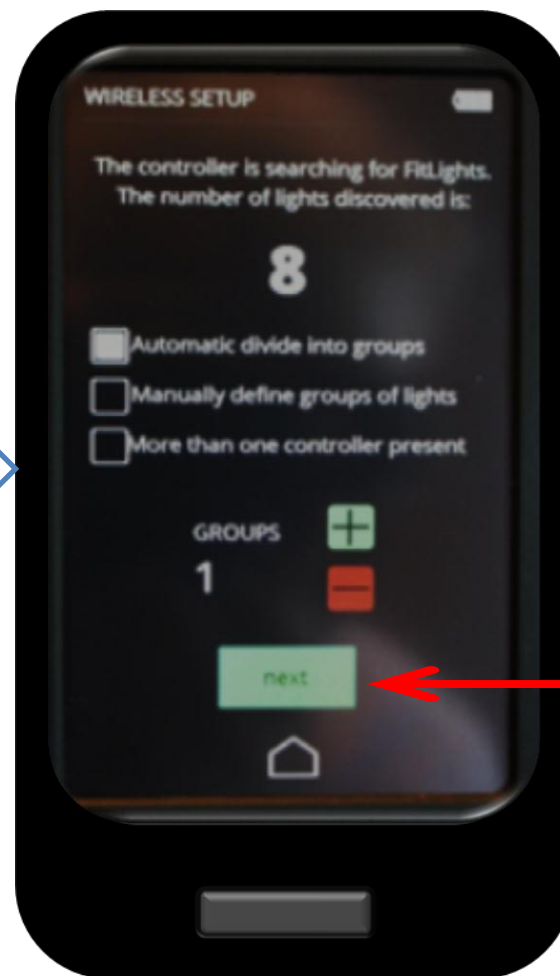
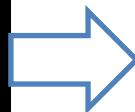
fitLight[®]

T R A I N E R
L H V I N E H

Step 2

Screen display after Boot up.

Select Wireless



Wait for lights to be connected to the Controller

Select Next after all lights are discovered.

“Movement, Measurement, Motivation = Results”

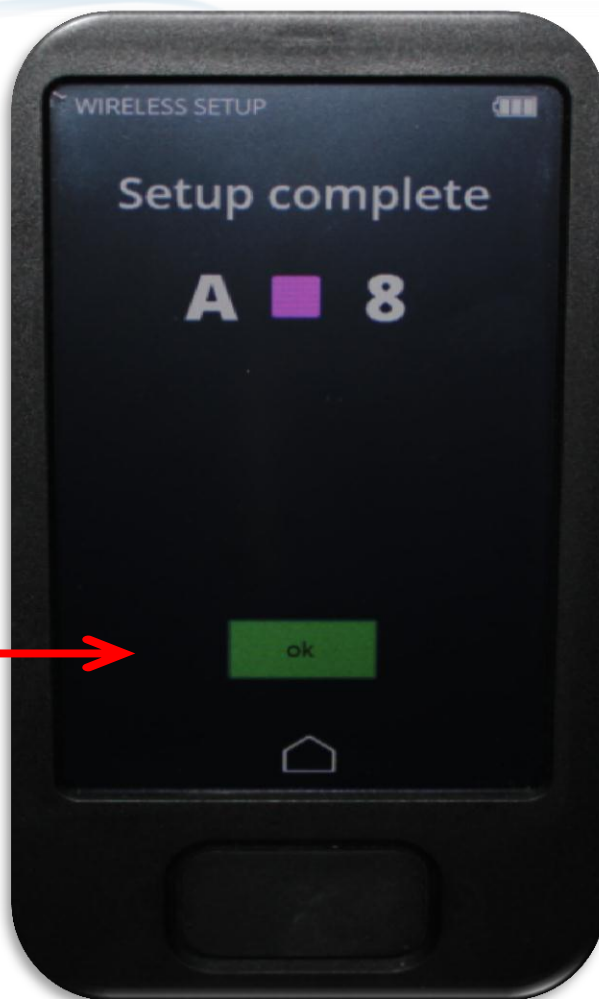




fitLight[®]

T R A I N E R
L H V I N E H

Step 3



Select
OK

Display
returns
to Home
Screen



Select
Settings

“Movement, Measurement, Motivation = Results”



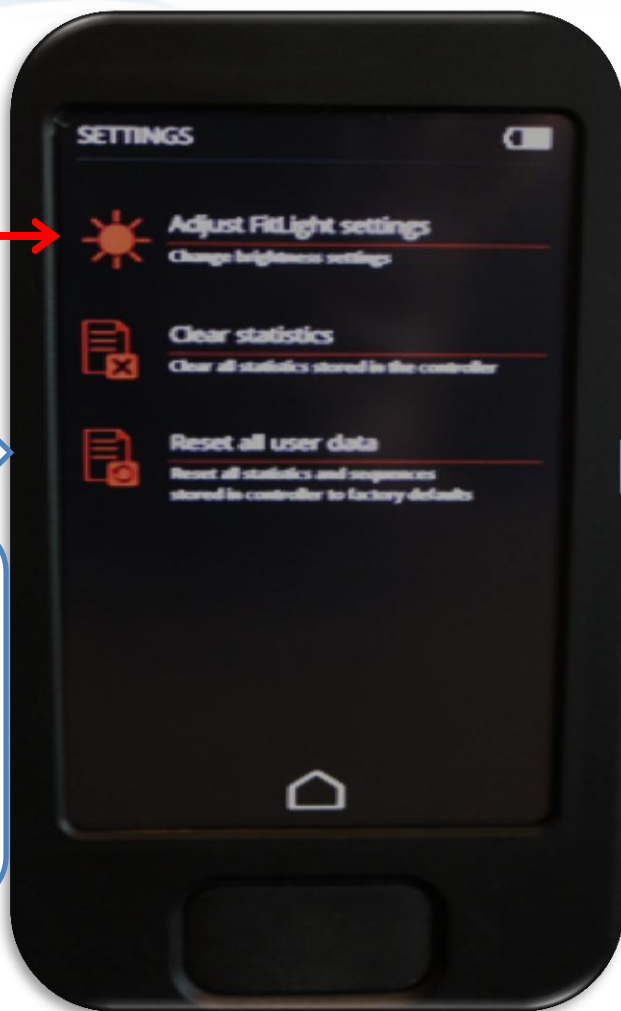


fitLight[™]

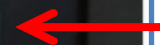
T R A I N E R
L H V I N E H

Step 4

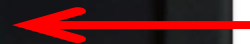
Select
Adjust
Light
Settings



Adjust
Brightness



Save



This will be
the
brightness
for all
lights and
programs

“Movement, Measurement, Motivation = Results”

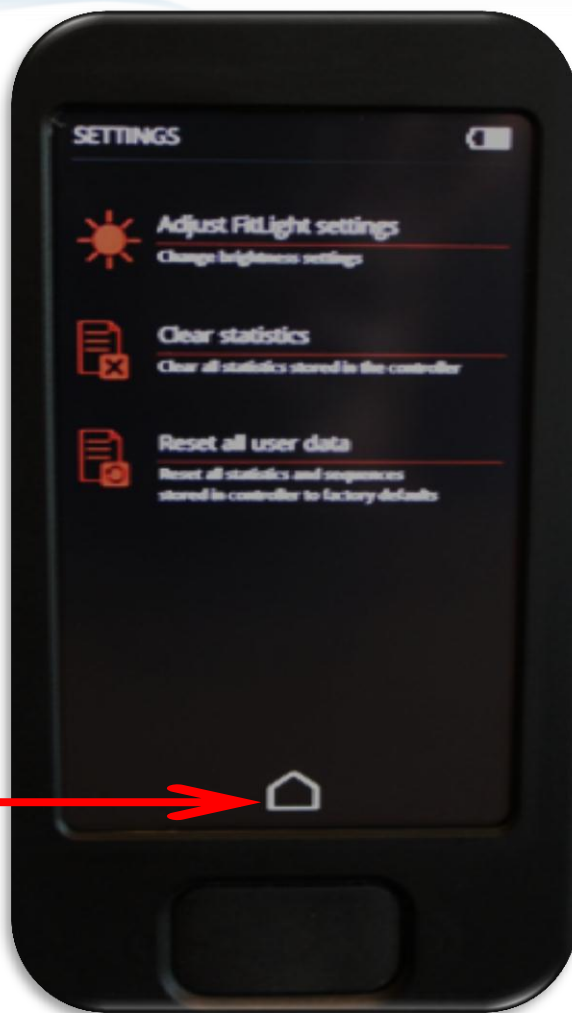




fitLight[®]

T R A I N E R
L H V I N E H

Step 5



Select
Return



Select
Training

“Movement, Measurement, Motivation = Results”



RANDOM TRAINING

“Movement, Measurement, Motivation = Results”



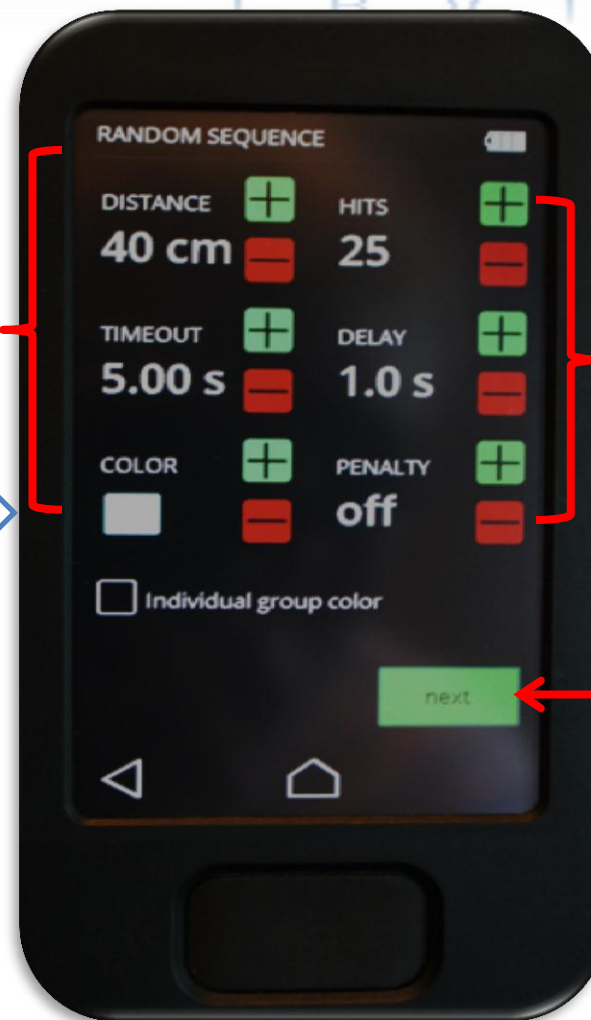
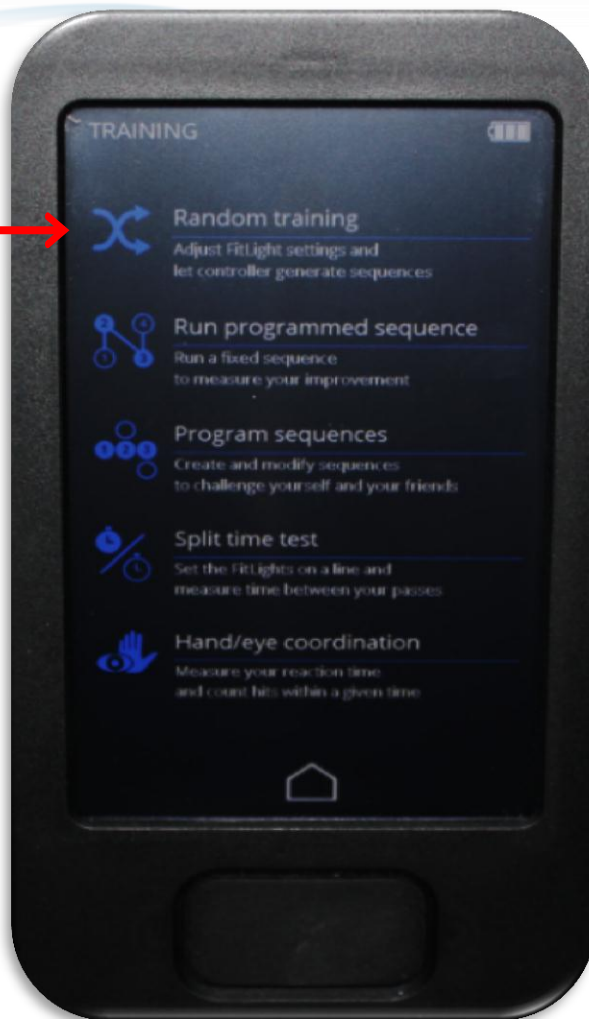


fitLight[®]

T R A I N E R

Step 1

Select
Random
Training



Select
features
for program

Select next
for more
features

“Movement, Measurement, Motivation = Results”





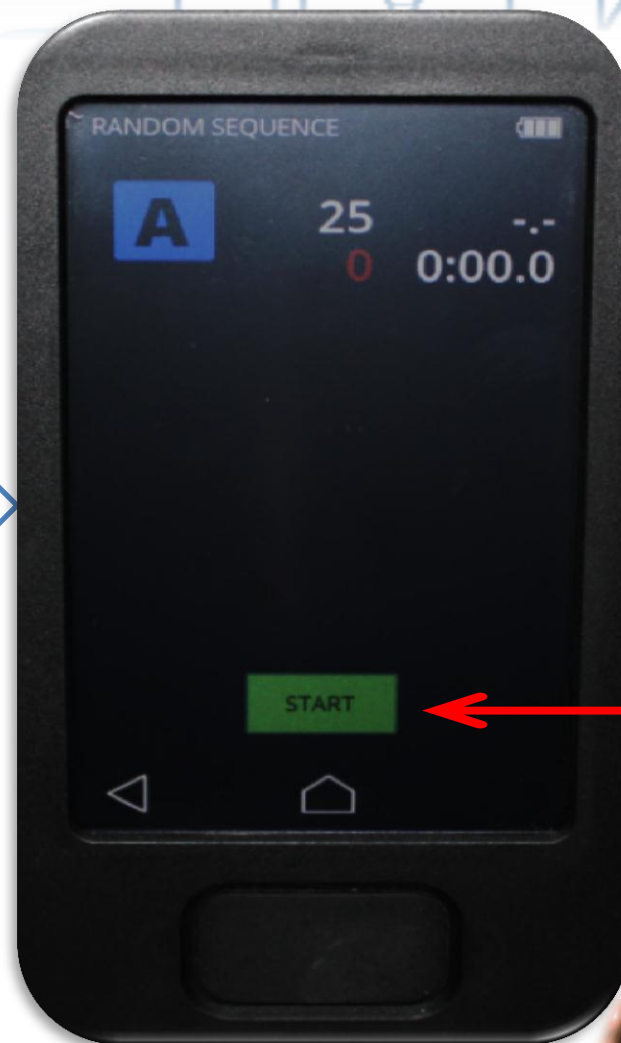
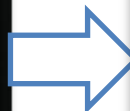
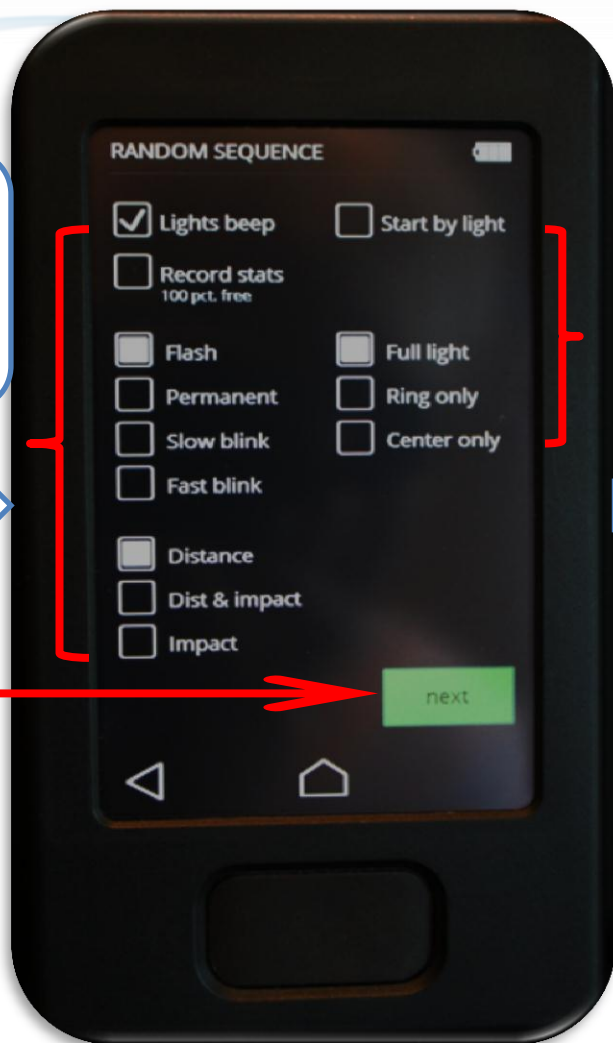
fitLight[®]

T R A I N E R
L I V I N G

Step 2

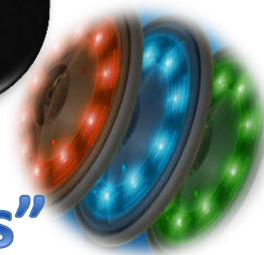
Select
Parameters
for program

Select
Next



Select
Start

“Movement, Measurement, Motivation = Results”





fitLight[®]

T R A I N E R
L I G H T

SEQUENCE PROGRAMMING

“Movement, Measurement, Motivation = Results”



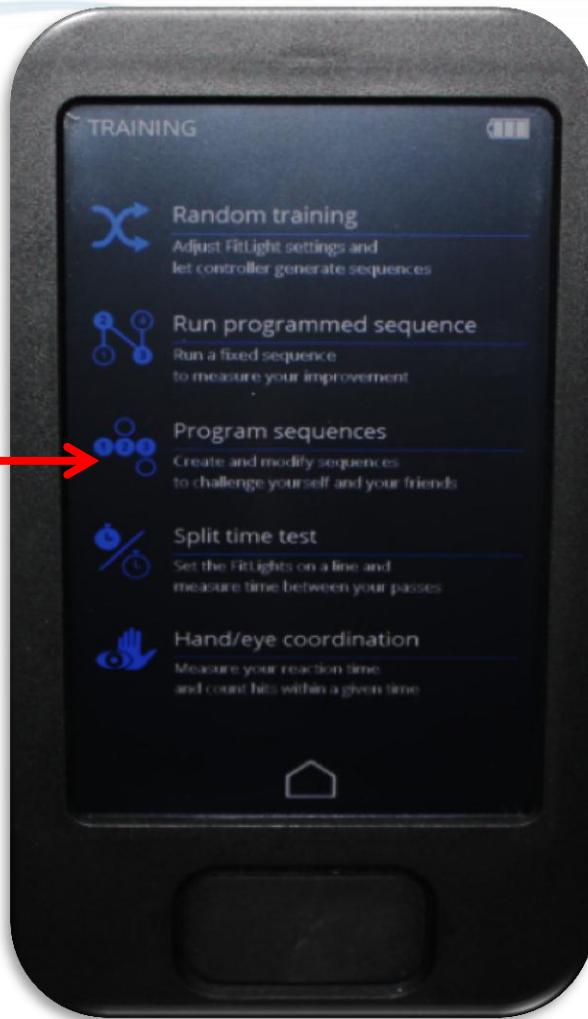


fitLight[®]

T R A I N E R
L I G H T

Step 1

Select
Program
Sequences



Select
Sequence
One

Select
Next

“Movement, Measurement, Motivation = Results”





fitLight[®]

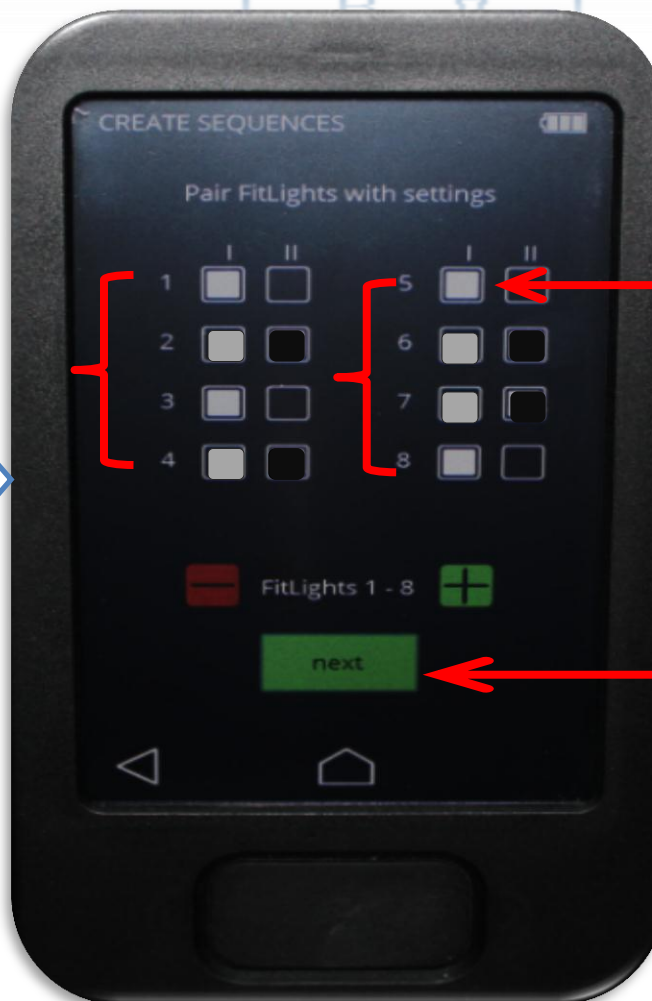
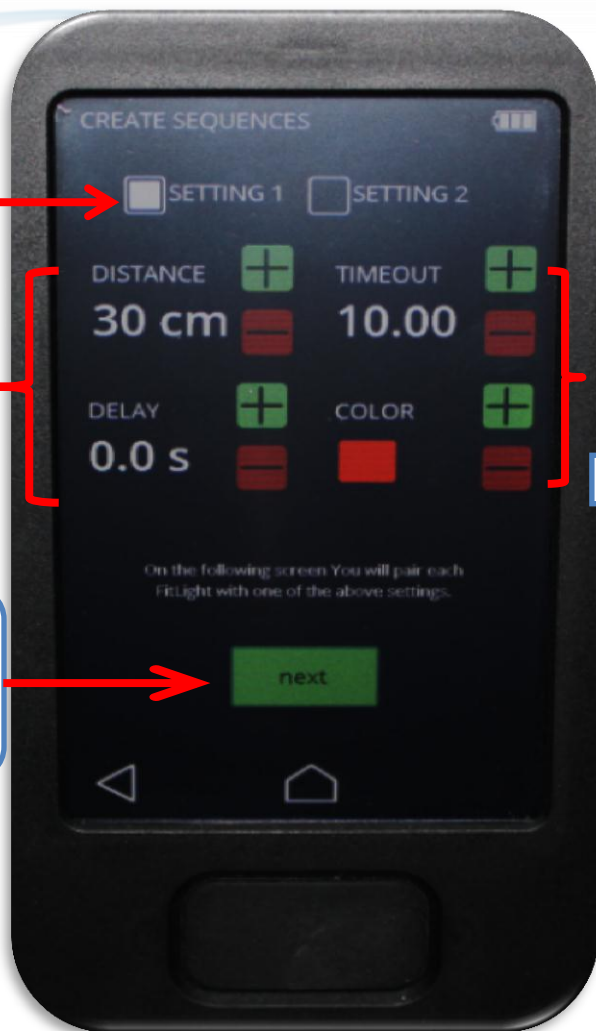
T R A I N E R

Step 2

Select
Settings
One

Select
Program
Features

Select Next



Select
Settings
One

Select
Next

“Movement, Measurement, Motivation = Results”





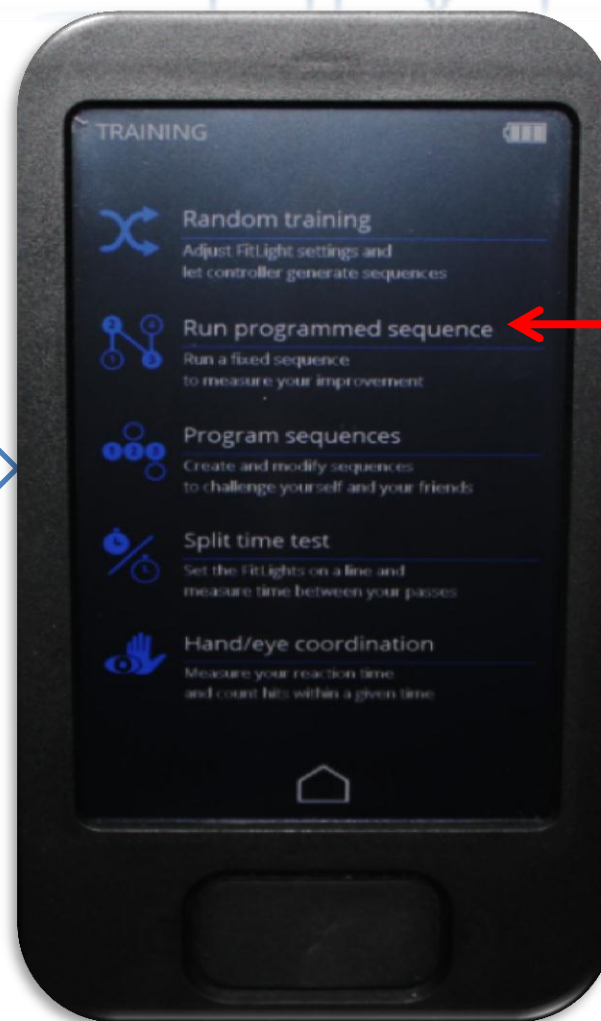
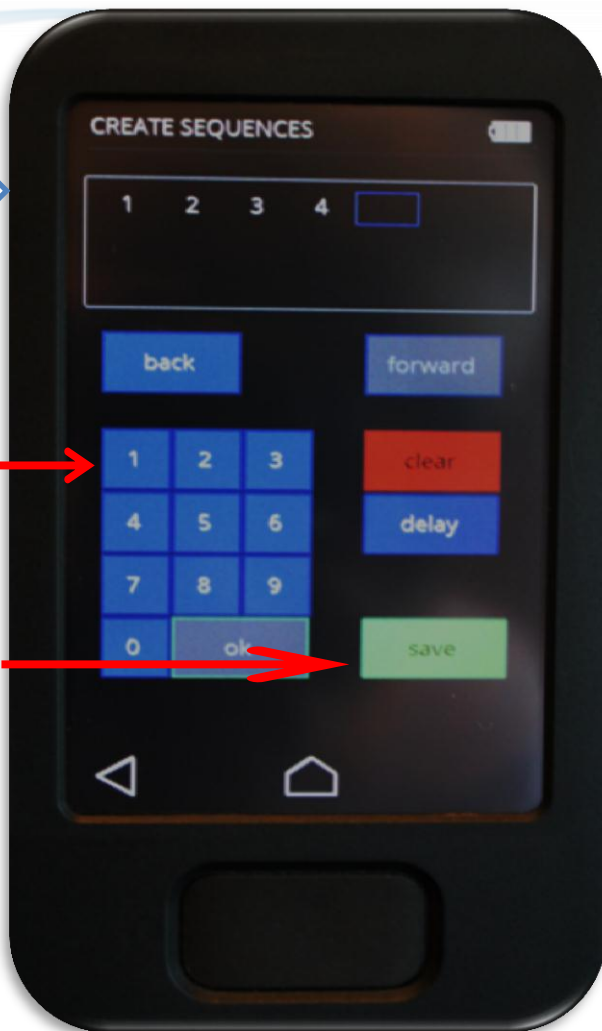
fitLight[®]

T R A I N E R
L I G H T S

Step 3

Select
light
numbers

Select Save



Select Run
Program
Sequence



“Movement, Measurement, Motivation = Results”





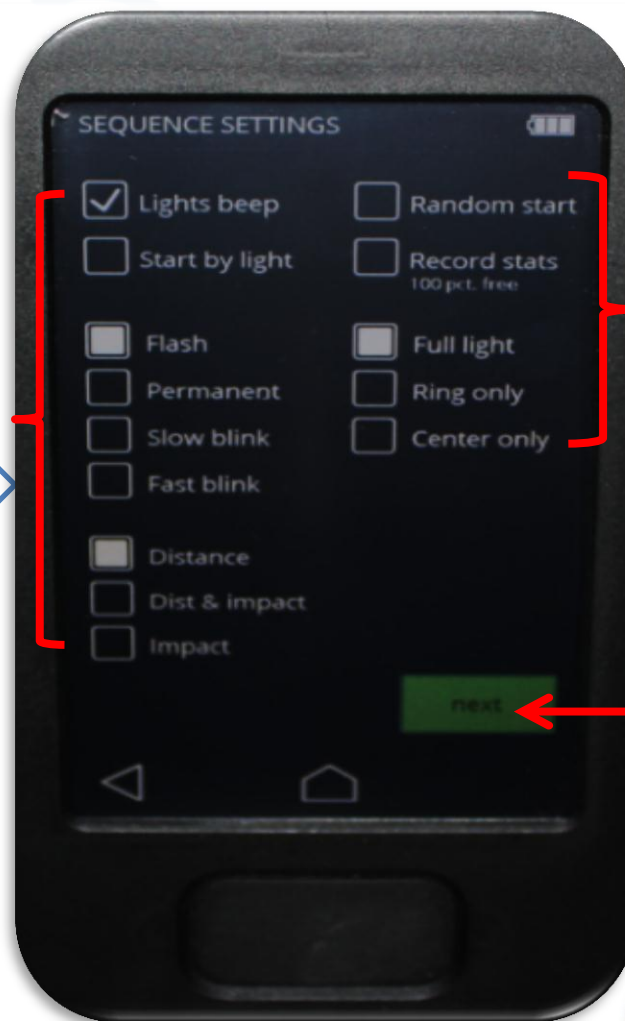
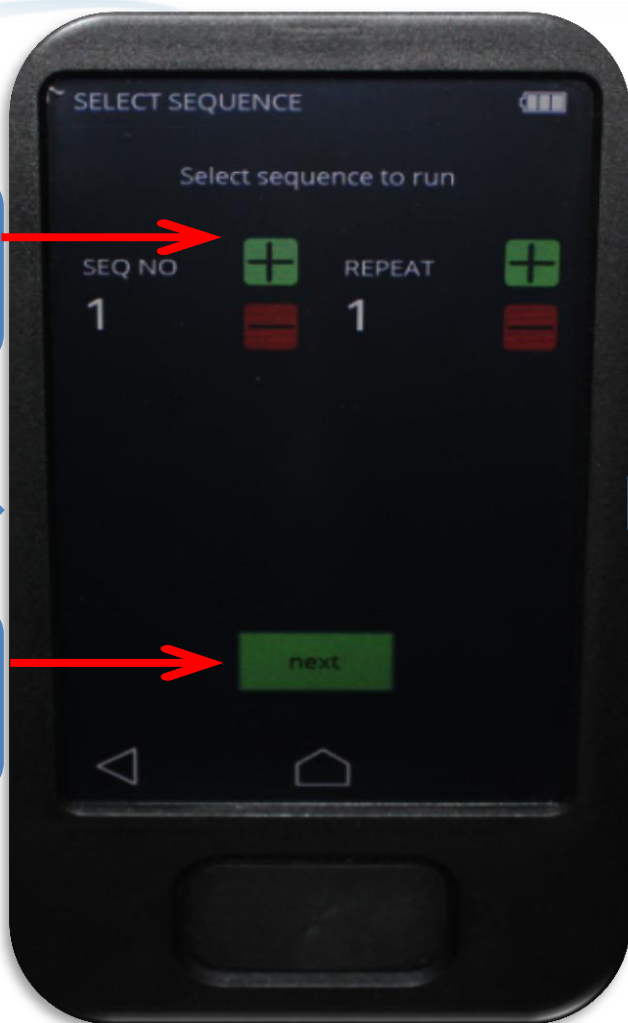
fitLight[®]

T R A I N E R
L H V I N E H

Step 4

Select
Sequence

Select
Next



Select
Features

Select
Next

“Movement, Measurement, Motivation = Results”



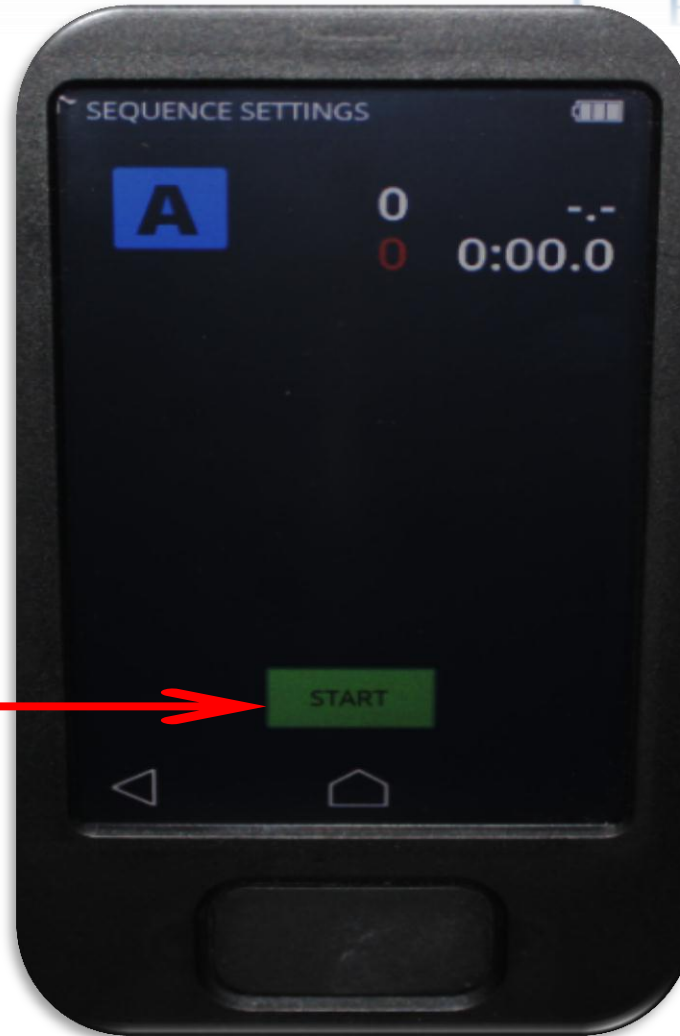


fitLight[®]

T R A I N E R
L B V I N E R

Step 5

Select
Start



“Movement, Measurement, Motivation = Results”



SPLIT TIME SET UP

“Movement, Measurement, Motivation = Results”

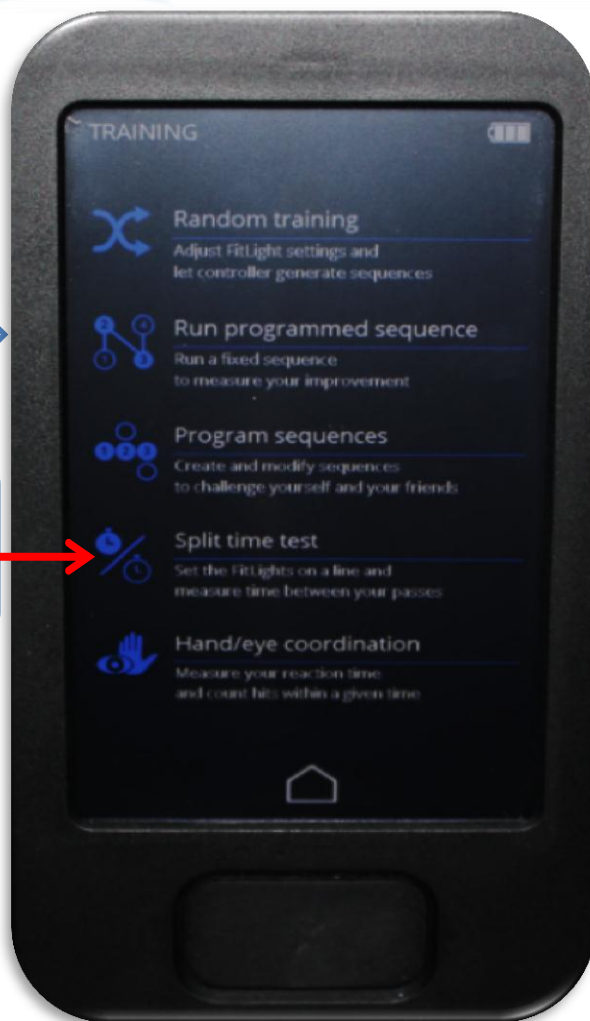




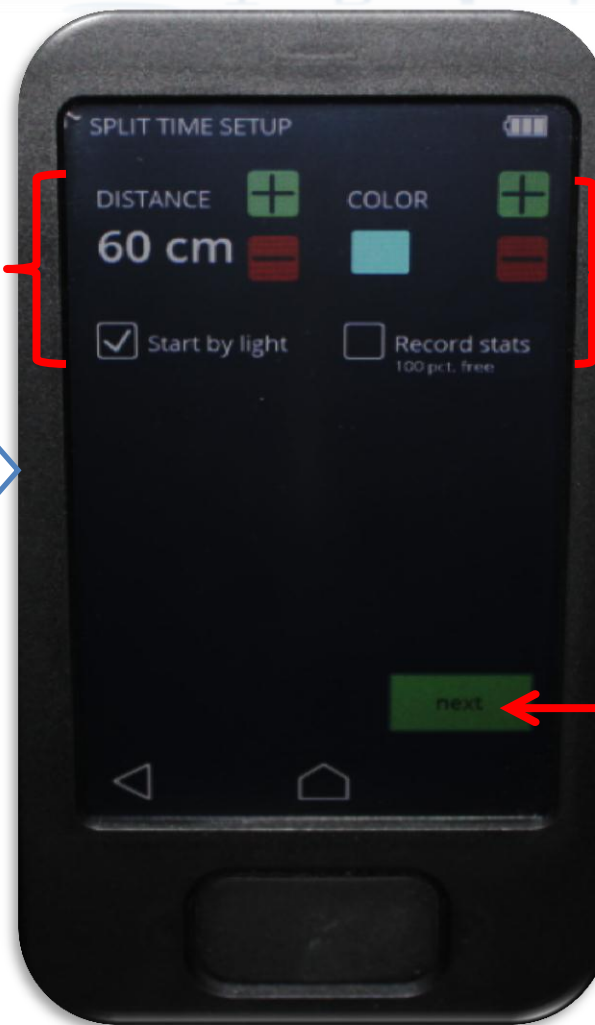
fitLight[®]

T R A I N E R
L H V I N E H

Step 1



Select Split
Time test



Select
Features

Select next

“Movement, Measurement, Motivation = Results”





fitLight[®]

T R A I N E R
H A V I N E H

Step 2



Select Start

“Movement, Measurement, Motivation = Results”





fitLight[®]

T R A I N E R
L B V I N E R

HAND/EYE SET UP

“Movement, Measurement, Motivation = Results”

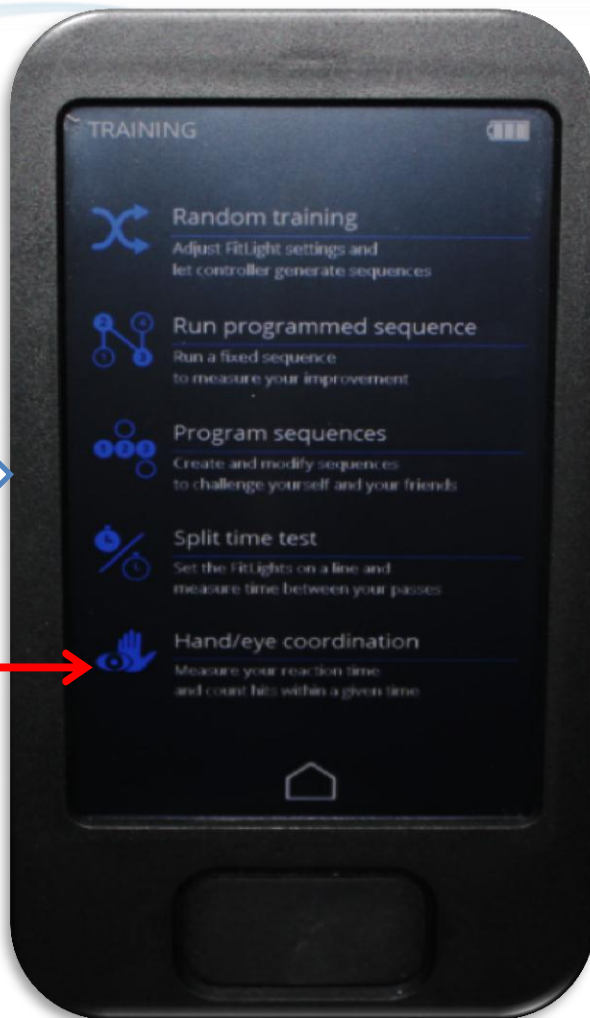




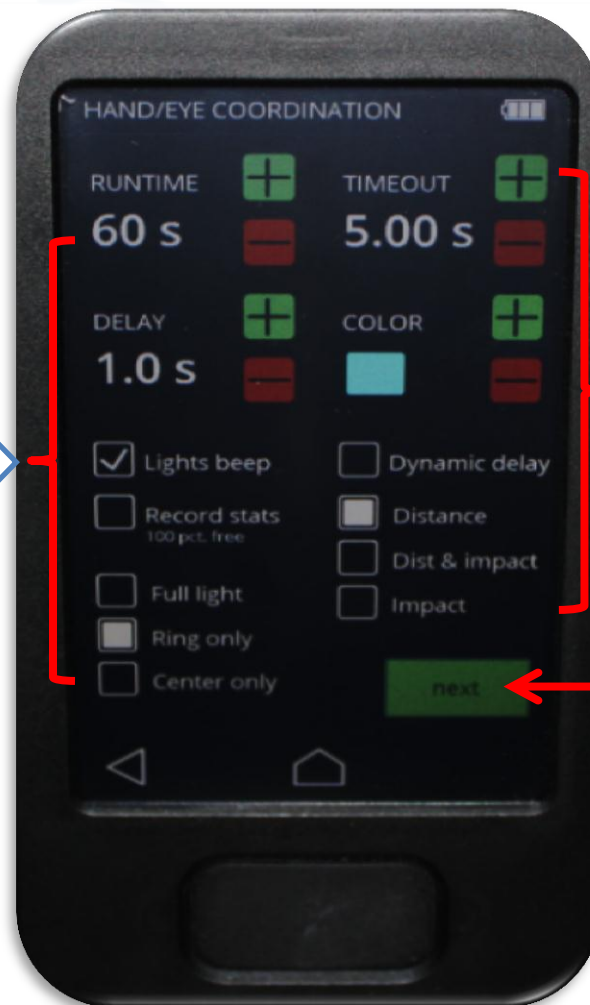
fitLight[®]

T R A I N E R
L H V I N E H

Step 1



Select
Hand/Eye



Select
Program
Features

Select Next

“Movement, Measurement, Motivation = Results”

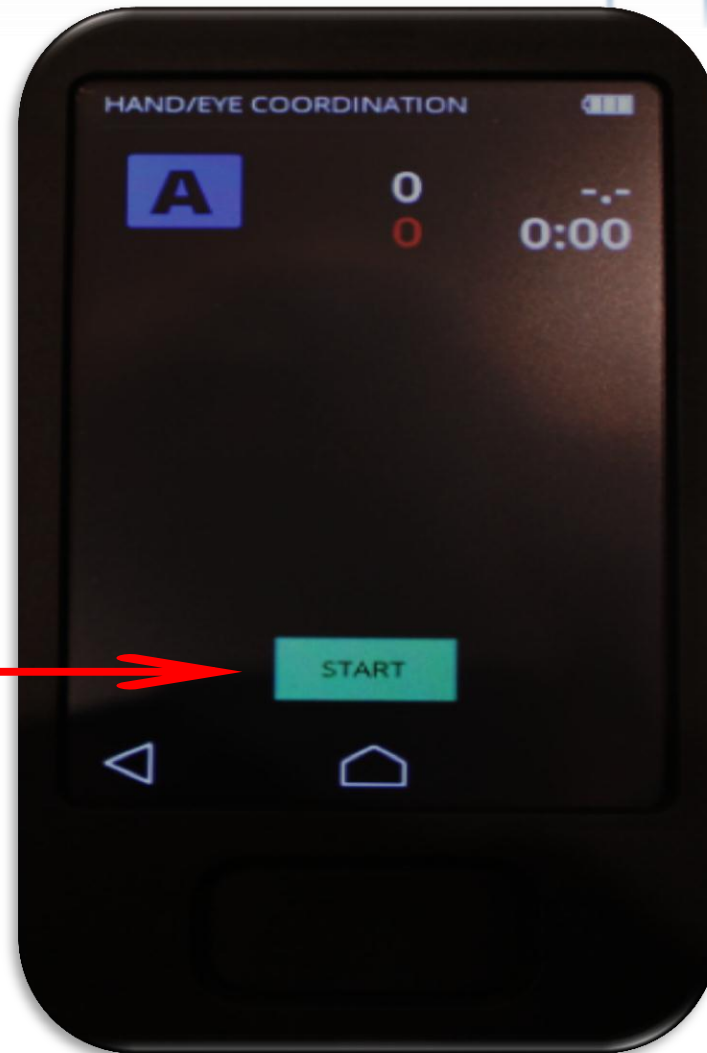




fitLight®

T R A I N E R
L I V E

Step 2



Select
Start

“Movement, Measurement, Motivation = Results”





fitLight[®]

T R A I N E R
L I G H T

GAMES

“Movement, Measurement, Motivation = Results”



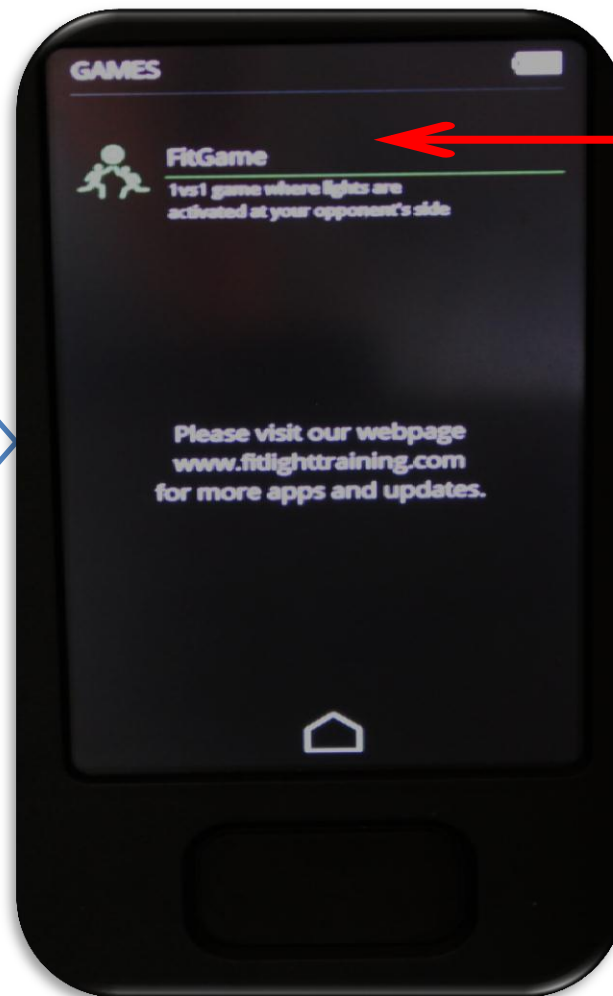


fitLight[®]

T R A I N E R
L B V I N E R

Step 1

Select
Games



Select
FitGame



“Movement, Measurement, Motivation = Results”

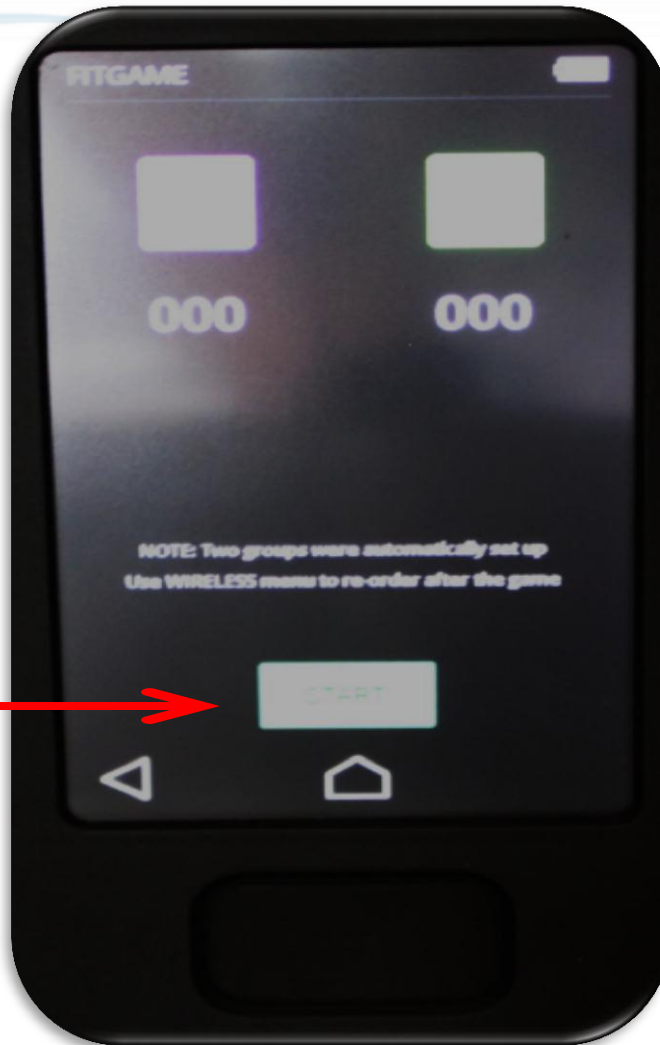




fitLight[®]

T R A I N E R
L B V I N E H

Step 2



Select
Start

“Movement, Measurement, Motivation = Results”





fitLight[®]

T R A I N E R
L I G H T

MANUAL LIGHT AND GROUP SET UP

“Movement, Measurement, Motivation = Results”





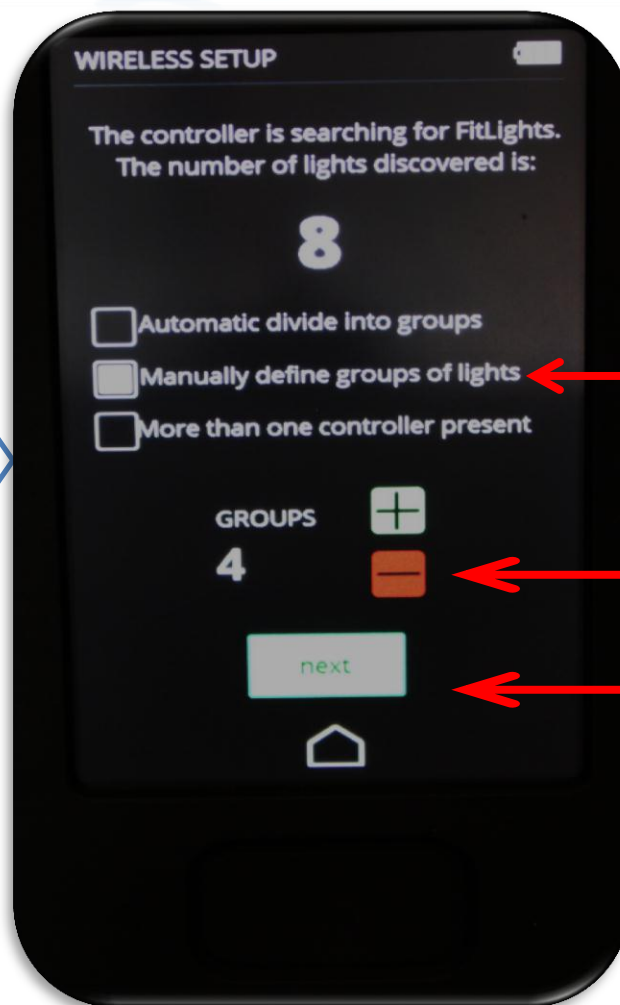
fitLight[®]

T R A I N E R
L I G H T S

Step 1



Select
Wireless



Select
Manually
define
Groups of
lights

Select # of
Groups

Select Next

“Movement, Measurement, Motivation = Results”



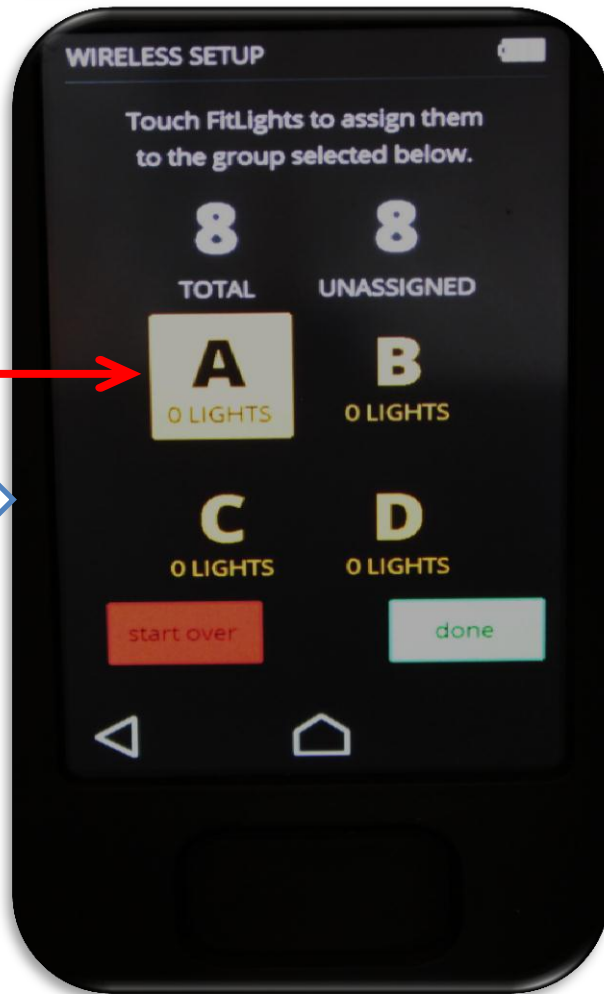


fitLight[®]

T R A I N E R
L I G H T S

Step 2

Select A



Touch 2
RED lights

Lights
Change
colour



Continue to
"B"



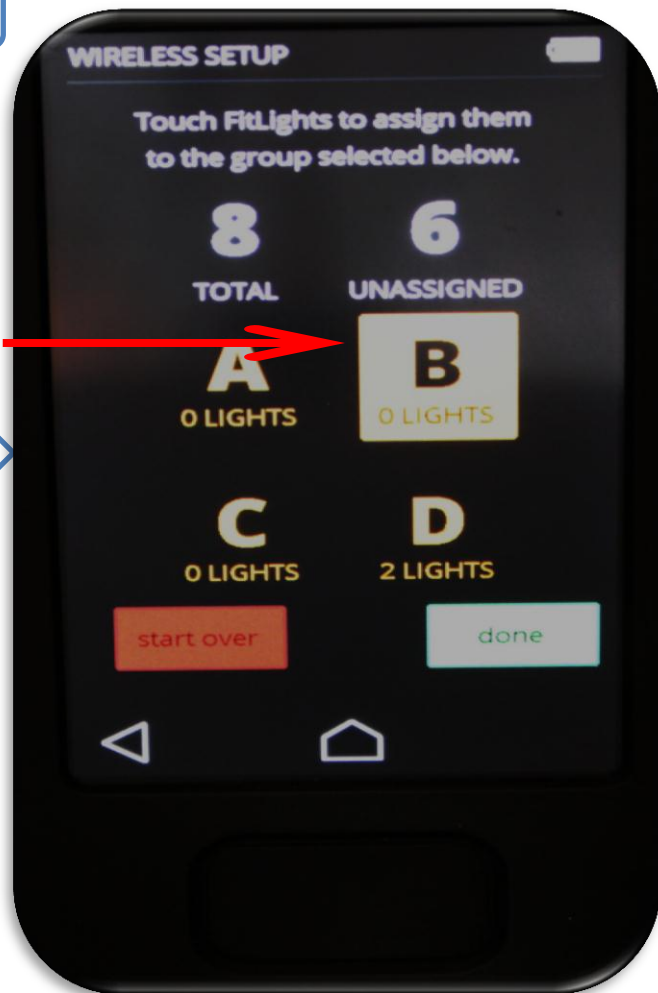
"Movement, Measurement, Motivation = Results"



fitLight[®]

T R A I N E R
L B V I N E R

Step 3



Select B

Touch 2
RED lights

Lights
Change
colour



Continue to
"C"

"Movement, Measurement, Motivation = Results"

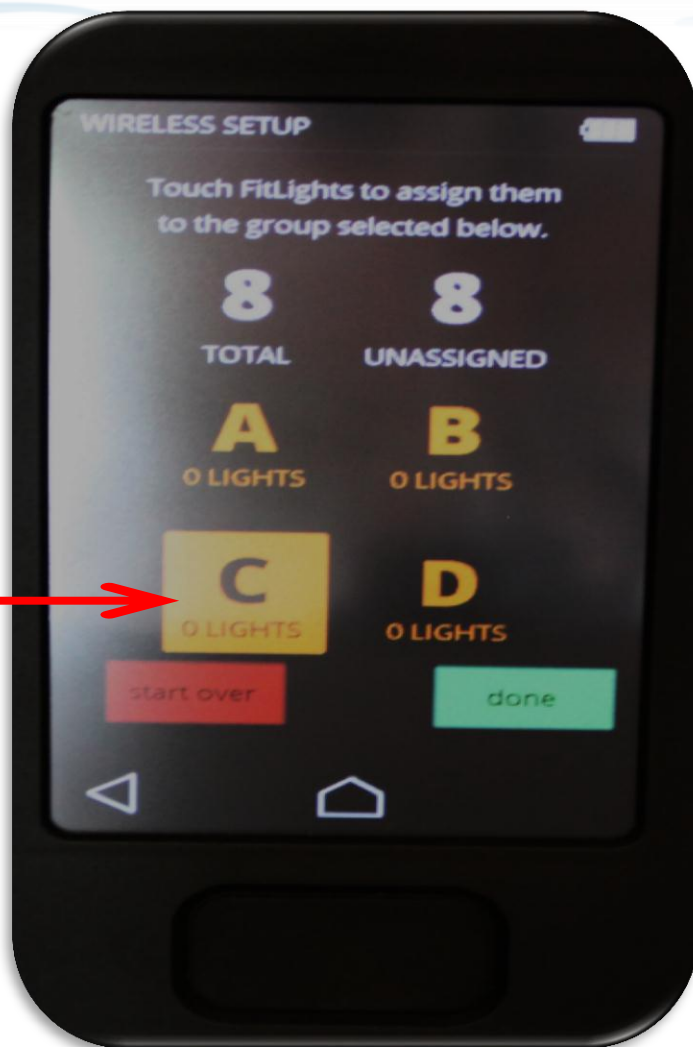




fitLight[®]

T R A I N E R
L B V I N E H

Step 4



Select C



Touch 2
RED lights

Lights
Change
colour

Continue to
"D"

"Movement, Measurement, Motivation = Results"

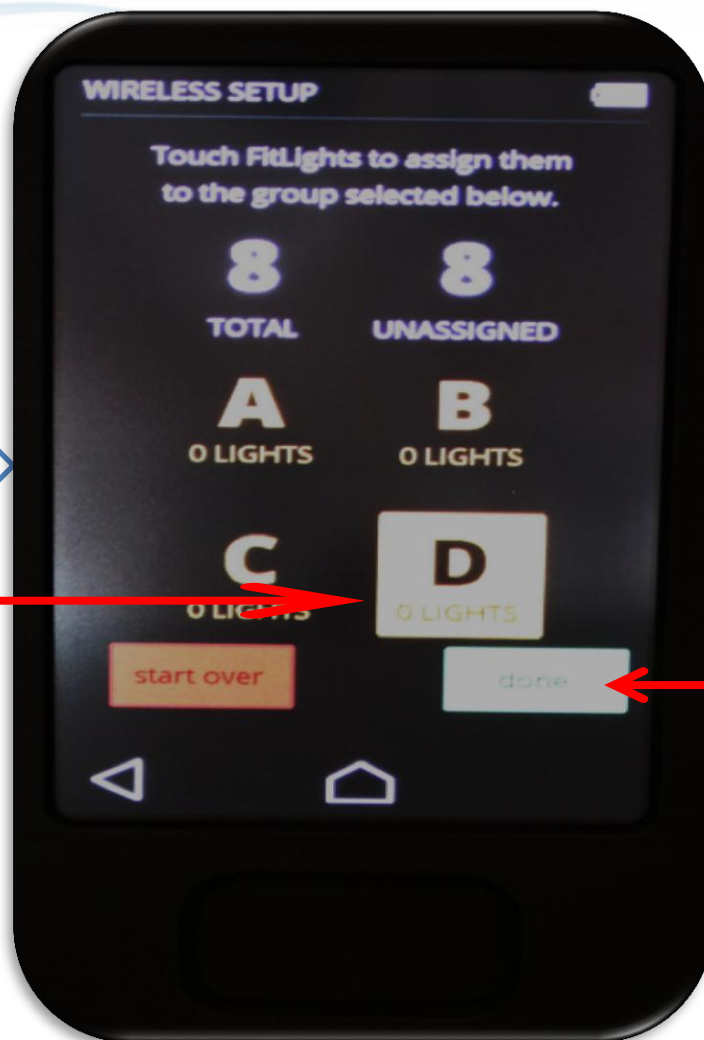




fitLight[®]

T R A I N E R
L I G H T S

Step 5



Select D



Touch last 2
RED lights

Lights
Change
colour

Select
Done

“Movement, Measurement, Motivation = Results”

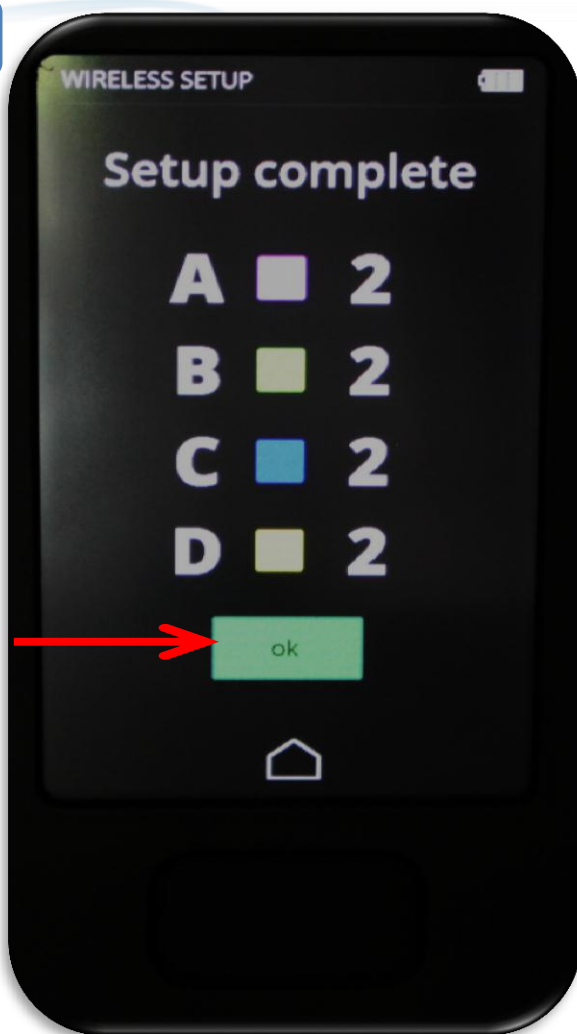




fitLight[®]

T R A I N E R
L B V I N E H

Step 6



Select
OK

Display
returns
to Home
Screen



“Movement, Measurement, Motivation = Results”

