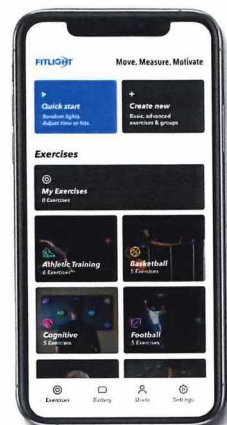


FITLIGHT®



Quick REFERENCE Guide



Getting started



Charge FITLIGHTS®



Download App &
Create Account



Connect FITLIGHTS® to app
WiFi light Password:

1234567890

GET STARTED & GO! →

FITLIGHT® Account

When you register your system and set up your FITLIGHT® account you get access to various resources, including the Dashboard, which is your data analytical tool to review your progress, create goals and more!

FITLIGHT® Support

NEED ASSISTANCE?
SCAN FOR HELP



OR

CONTACT US

Email: support@fitlighttraining.com

Made in Canada 🇨🇦

CE 0681 ID
FC ID 0A3MRF24J0MB
IC 7693A-24J40MB



14845-6 Yonge St.,
Suite 376, Aurora, ON
L4G 6H8
Canada

U.S. Patent 9,808,671.
For use under U.S. Patent
9,791,246.
Other patents pending.

Charging FITLIGHTS®

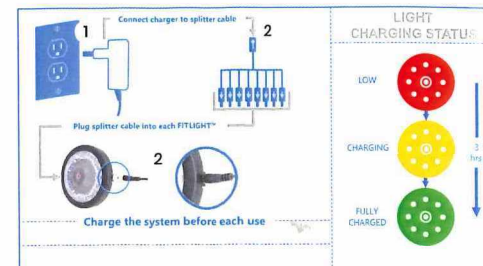
You will need to charge your FITLIGHTS® once you receive them. It is recommended the FITLIGHTS® are charged for approximately 4 hours to fully charge the batteries and ensure uninterrupted operation of the system when being used.

To fully charge the FITLIGHTS®, place or plug them in the charging case and connect the power supply to an applicable electrical outlet (100/240 volts AC).

The FITLIGHTS® are connected in 3 easy steps:

FITLIGHTS®

- 1 Plug the FITLIGHTS® power supply/charger into a functioning wall outlet.
- 2 Insert the connector into the case jack plug (if charging with case) or the plug of the splitter cable (if charging with octopus cable).
- 3 Connect each end of the splitter cable to each FITLIGHT®. If charging with a case, ensure FITLIGHT® is inserted correctly within each slot.



During the charging process the FITLIGHTS® will illuminate **red** if the battery level is very low, **orange/yellow** during charging process, and **green** once they have achieved a full charge. For optimal performance, FITLIGHTS® should be charged until **green** prior to use.

FAQ

Charging the FITLIGHTS®

③ How long do the FITLIGHTS® last?

- On a full charge, the FITLIGHTS® will last between approximately 6-8 hours (varies depending on use).
- The FITLIGHTS® have no "ON/OFF" switch, they are always on and deplete charge if not in use and not charging. It is recommended to keep them charging when not in use.

③ How long do the FITLIGHTS® take to charge?

- FITLIGHTS® take up to 4 hours to fully charge depending on the number of FITLIGHTS®.

③ How do I know when my FITLIGHTS® are fully charged?

- The FITLIGHTS® will turn a green color when fully charged.

WiFi Light

③ How do I know which is my WiFi light?

- **WHEN CHARGING:** It will show a yellow color, which is different to the other non-WiFi lights (they show an orange color).
- **WHEN CONNECTED:** It will show a blue color when connected to a handheld device and the FITLIGHT® app is closed.

③ My WiFi light is blinking when I charge it – why?

- During the start up of charging the FITLIGHTS®, the WiFi light will blink as an indicator and it will continue to do this until the other FITLIGHTS® are fully charged. Once the other FITLIGHTS® are fully charged, the WiFi light will stop blinking and remain a yellow color.

③ Do I need to use my WiFi light in every sequence?

- No, you do not need to use the WiFi light in every sequence. It needs to be connected in order to use the app.

③ I only use WiFi for my data coverage, can I use the app and still be able to receive/make calls?

- This is dependent on the mobile device being used. Generally, there should be no issues if you are using the cellular network for calls.

③ I do not have access to a WiFi network, can I still use the system?

- Yes, you do need to be connected to a WiFi network in order to use the FITLIGHTS®.

FITLIGHTS®

③ Can I use the FITLIGHTS® outside?

- Yes, you can use the FITLIGHTS® outside.

③ What is the range of the FITLIGHTS®?

- The range of the FITLIGHTS® is 50-75M from the WiFi light or device being used to control the FITLIGHTS®, and can vary depending on the environment.

③ Are the FITLIGHTS® water resistant?

- The FITLIGHTS® are moisture resistant (i.e. can be used outside in light rain or on the ice but cannot immersed in water).

③ How many FITLIGHTS® can I connect to my app?

- You can connect up to 32 lights (including 1 WiFi light) to one mobile device with the app.

FITLIGHT® app

③ If I uninstall the app do I lose all my data (i.e. saved sequences/exercises)?

- As long as you back-up your data in the FITLIGHT® app settings, then you can restore your data later in the event you delete/uninstall the app or use the app on a new device.

③ Can I use multiple groups using the FITLIGHT® app?

- Yes, you can do multiple groups using the app, with each group doing the same exercise and being controlled by one device.
- If you want to have multiple users doing different exercises, you would need an additional WiFi light(s) and additional handheld device(s).

③ Can I save data to the FITLIGHT® app?

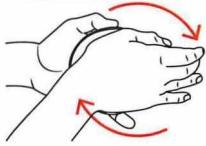
- Yes, you can choose the users you would like to save data to before each exercise. To upload the data, when your session is complete, disconnect from the WiFi light and connect to a WiFi with a secure Internet connection. The data saved to your device will upload to the dashboard linked to your FITLIGHT® account (created upon onboarding of the FITLIGHT® app).

③ Can I connect more than 1 WiFi light to my app?

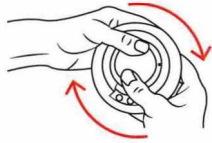
- No, you can only connect 1 WiFi light to the app at once.

Velcro Backs

Removal

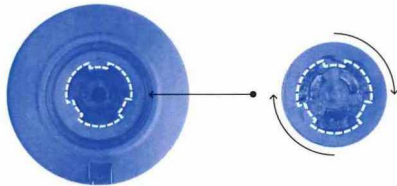


Start by placing the FITLIGHT® in one hand. Apply pressure using the palm of your hand to push downwards on the velcro lock while twisting a quarter (1/4) turn
OR



Use your thumb to push downwards to apply pressure while twisting a quarter (1/4) turn. The velcro attachment should pop out from the back of the FITLIGHT®.

Attaching



To attach the velcro back attachment, align the three protrusions on the attachment with the openings in the back of the FITLIGHT®, apply light pressure and turn one quarter(1/4) turn until you feel it click.

Note: Never pull up or pry the velcro lock upwards as damage to the velcro back ring may occur.

QUICK START:

Get started with ease. Do a quick drill with the FITLIGHTS® either by time or number of hits. Train alone or compete with others.

RECENTS:

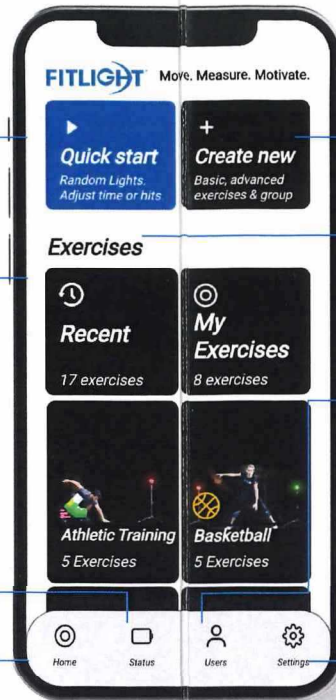
Expand to show your recently used exercises.

STATUS:

Check basics of your FITLIGHTS®- battery life, connections and more.

CATEGORIES:

Choose a category to execute a pre-programmed exercise.



CREATE NEW:

Create your own drills - choose from the basic or advanced options.

MY EXERCISES:

Run one of your created exercises.

USERS:

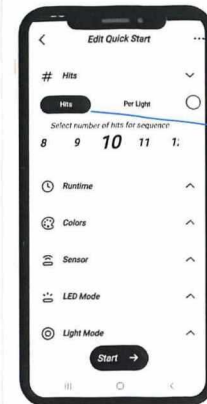
Create your player database. Add groups to keep track of team performance.

SETTINGS:

Adjust basic settings of your FITLIGHTS®, check the FAQ, connect to the Dashboard and more.

HITS

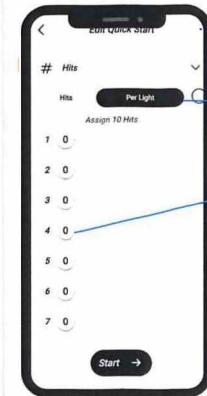
How long does it take to deactivate X amount of hits



The number of times the FITLIGHTS® will deactivate in the drill.
Min: 1
Max: 99

HITS PER LIGHT

Indicates how often a specific FITLIGHT® is activated for in a random sequence.

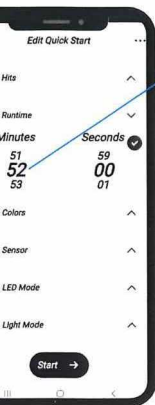


Drag slider to assign number of hits to a FITLIGHTS®

Questions? Please contact us at support@fitlighttraining.com

About the App

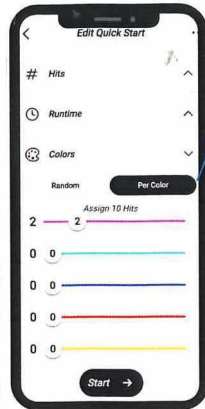
RUNTIME



Choose duration in seconds and/or minutes for the exercise to run.

Minutes: 01 seconds
Maximum: 59 min, 59 seconds

COLORS



Assign a number of hits per color.
Drag the slider to assign number of color activations per FITLIGHTS®.

LED MODE



Choose how the LED's illuminate

Normal: No flash

Slow: Slight pulse

Flash: FITLIGHTS® flashes on, stays illuminated

Fast: Quick pulse (not recommended for subjects sensitive to light or flashing)

BEEP



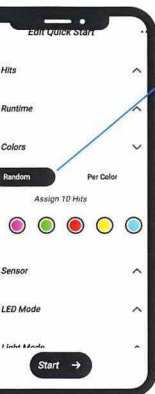
Choose beep activation
None: No beep

Armed: Beep when FITLIGHTS® is illuminated

Hit: Beep when FITLIGHTS® is deactivated

Timeout: Beep when FITLIGHTS® missed

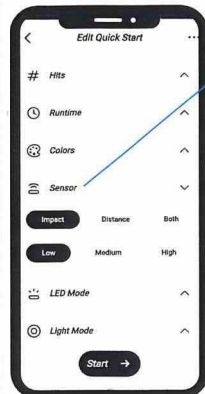
COLORS



Choose from 6 colors. Colors are distributed at random.

Press on the color to de-select/select it.

SENSOR



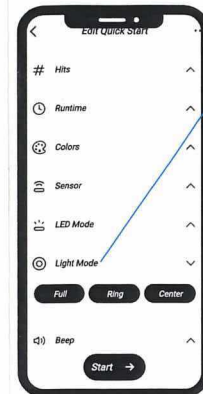
Choose how to deactivate the FITLIGHTS®

Impact: By hit (Low, Medium, High; High requires immense force to deactivate)

Distance: 10 cm (4 in) to 80 cm (31 in)

Both: Either impact or distance

LIGHT MODE



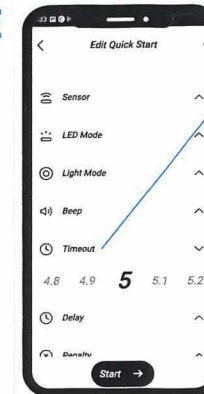
Choose which LED's illuminate

Full: All LED's illuminate (ring and center)

Ring: Outer LED's illuminate

Center: Inner LED's illuminate

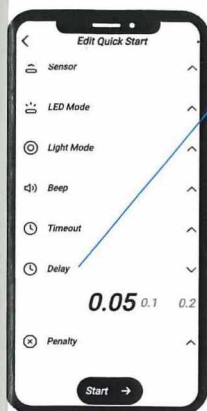
TIMEOUT



Choose the time one FITLIGHT® is illuminated or "stays on" before shuts off or "times out"

Change in increments of milliseconds (1/1000th of a second)

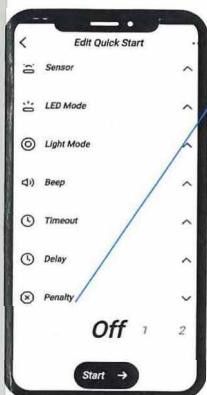
Min: Off (no timeout)
Max: 120 seconds



DELAY

Choose a time between two FITLIGHTS® activations

Change in increments of milliseconds (1/1000th of a second)
Min: 0.05 (no delay)
Max: 60 seconds



PENALTY

Add time to score for misses

Change in increments of 1 second
Min: Off (no penalty)
Max: 10 seconds

THE SCIENCE BEHIND THE LIGHTS

AN INTRODUCTION TO FITLIGHT®

+

NEUROCOGNITIVE PERFORMANCE

Get certified with the FITLIGHT® online education program:

A complete guide to the brain-body connection and how to implement FITLIGHTS® to enhance cognitive training and rehabilitation.

WHO IS THIS COURSE FOR?

This course is for anyone who wants to learn and gain an understanding on:

- Neurocognitive training methods and techniques as it applies within sport, athletic training, and rehabilitation
- Cognition and how it applies to performance training
- Creating and applying customized neuro-training protocols utilizing FITLIGHT® as the quantifiable visual stimuli and performance enhancement tool

**SCAN NOW
TO LEARN MORE**



FITLIGHT®

- ZUIGNAP INSTRUCTIES -



STAP 1

Verbind de FITLIGHT® met de zuignap door met de klok mee te draaien.



STAP 2

Breng een dun laagje water of wrijf met een vochtige doek over de onderkant van de zuignap.



STAP 3

Druk stevig op de voorkant van de zuignap om aan te brengen.



STAP 4

Om te verwijderen, simpelweg knijp in de zijkant van de onderkant van de zuignap.



Verwijder of installeer de FITLIGHTS® enkel door met de klok mee te draaien terwijl je de achterkant van de zuignap naar beneden drukt

Voordat je de zuignap aanbrengt op een vlakke ondergrond, zorg ervoor dat je eerst met een vochtige doek de achterkant bewerkt. Dit zorgt ervoor dat de zuignap beter vast houdt aan de ondergrond.

Let op: de zuignap kan een zichtbare zwarte ring achterlaten op de muur, dit kan worden verwijderd met zeep en water.

Om de zuignap op een glad oppervlak te installeren, druk stevig op de voorkant van de FITLIGHT® zodat de zuignap indeukt.

Om de zuignap te verwijderen, knijp in de zijkant van de onderkant van de zuignap en deze zal loslaten.

In het algemeen, als de zuignap juist is geïnstalleerd op een glad oppervlak, dan zal deze voor tenminste 6 uur vast blijven zitten.

Het is goed om periodiek de zuignap opnieuw te bevestigen om er zeker van te zijn dat deze zijn grip behoudt.

Let op: afhankelijk van het oppervlak, de grip van de zuignap is afhankelijk van de gladheid van het oppervlak. Des te gladder des te sterker de grip.

Beste oppervlakken voor grip:

- A) Glas / spiegel oppervlak
- B) Gelamineerde / stalen ondergrond

Gemiddeld oppervlak voor grip:

- A) Glad geschilderde muren

Thank You

for your purchase!

WE ARE PROUD TO WELCOME YOU TO THE FITLIGHT® FAMILY!



ORDER WITH THE COUPON CODE
VALID FOR 1 USE

GET STARTED IN 3 EASY STEPS

1. Register the system using the serial number (located on the power supply). This allows you to access your performance dashboard and the user manual on the portal.

2. Download the  App. Available on:



3. Launch the App on your handheld device to pair and use your FITLIGHTS®. Ensure they are fully charged before using.

For assistance, email info@fitlighttraining.com

STAY CONNECTED & FOLLOW US



@FITLIGHTTRAINING



@FITLIGHT

FITLIGHT®

ACCESSORIES



FITLIGHT® CLIP



TARGET



SUCTION CUP



LITE-BASE



UNPOWERED WALL MOUNT



MAGNET CLIP



TRIPOD

VIEW THESE AND MUCH MORE AT WWW.FITLIGHTTRAINING.COM

RETURN POLICY

FITLIGHT® can be returned for a **FULL REFUND** to the original method of payment (less shipping cost) within **14 days** of delivery date with original packaging.

Your item must be unused, undamaged and in original packaging and with all components including power supply, and velcro pads (and attachments).

Please note that all returns are subject to validation and approval by FITLIGHT® and FITLIGHT® reserves the right to limit or refuse a return, in its sole discretion.

All shipping and duty charges are non-refundable.
Any shipping or duty costs are at your expense for any items returned.



FITLIGHT CORP. 14845-6 YONGE ST., SUITE 376, AURORA, ON L4G 6H8 CANADA FITLIGHTTRAINING.COM INFO@FITLIGHTTRAINING.COM