

FITLIGHT

TRAINER™ | SEE THE LIGHT



FITLIGHT TRAINER™ CATALOGUE

MOVE, MEASURE, MOTIVATE with the FITLIGHT Trainer™

The FITLIGHT Trainer™ system is a unique wireless reaction training system comprised of RGB LED powered lights controlled by a tablet. The FITLIGHTS™ are used as targets for the user to deactivate, and can be adapted and configured for all sports and training regimes. This training system is designed to capture human performance, targeting reaction time, speed, agility, coordination - all measured for immediate performance feedback.



HOW DOES IT WORK?

The FITLIGHTS™ are used as targets for the user to deactivate as per the training routine. Various measurements can be captured for immediate feedback in relation to the user's performance on the Tablet and on the Dashboard (a web-based software) which also offers users a central location to view and analyze all of their training data. The FITLIGHTS™ can be deactivated by use of the user's hands, feet, head, or sport / fitness related equipment, either through full contact or proximity.

1



ARRANGE THE
FITLIGHTS™

2



ENTER YOUR
TRAINING ROUTINE

3



PERFORM YOUR
TRAINING ROUTINE

4

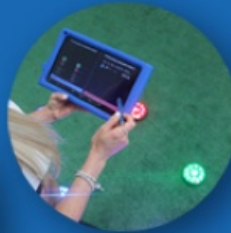


EVALUATE YOUR
PERFORMANCE

FITLIGHT TRAINER™ FEATURES

EASILY PROGRAMMABLE

6 COLOUR OPTIONS



WIRELESS, RGB LED LIGHTS



SLEEK,
LIGHTWEIGHT
DESIGN



SEVERAL MOUNTING
CAPABILITIES



IMMEDIATE DATA
ANALYSIS



USE PROXIMITY
OR TOUCH



CONTROLLED BY
ANDROID TABLET



WHO CAN USE THE FITLIGHT TRAINER™?



Provides interactive training platforms to improve reaction time, agility and speed.

Can be used to improve range of motion, strength and coordination.

Enhances regimes for dynamic target training and drills.

The FITLIGHT Trainer™ has several applications and can be used by individuals of all levels and developmental stages whereby they can experience a powerful training experience for a wide range of physical conditioning, reaction / response training, vision training and numerous other physical and cognitive skills training.

Any user can easily monitor performance levels, customize training regimes and engage in the ongoing development and assessment of training programs through the analysis of real-time data feedback.

ARE YOU



A Coach?



An Athlete?



A Rehab Patient?



A Physiotherapist?



A Trainer?



A Fitness Enthusiast?

WHY USE THE FITLIGHT TRAINER™?



OPTIMIZES TRAINING SESSIONS

Provides measurable routines, either predefined and customizable, for an individual, both in teams, groups or one-on-one.



SIMPLE AND DURABLE

The system is easy to use with a simple set up and recharging system, along with versatility in program configuration. Designed for both outdoor and indoor use, the FITLIGHT Trainer™ is water and impact resistant.



PROVIDES OBJECTIVE EVALUATION

Where areas of improvement are determined, performance levels are analyzed, enhancements to the training regime are applied to improve overall performance.



WHAT'S INCLUDED?

- FITLIGHTS™
- Tablet Controller
 - Android Operating System
 - Bluetooth & WiFi Capability
- Universal Power Supply
- Velcro Backs
- Velcro Pads
- Charging / Carrying Case
 - Holds up to 12 or 24 FITLIGHTS™



FITLIGHT Trainer™ SPECIFICATIONS



WIRELESS RANGE: 75 meters (LOS)

SIZE: 10 cm (4") diameter of each FITLIGHT™

WEIGHT: .3 kg (10 oz) of each FITLIGHT™

BATTERY CHARGE (FITLIGHTS™): 10-12 Hours

UNIVERSAL CHARGER VOLTAGE: 100/240 V

PROGRAMMABLE ACTIVATION DISTANCE: 0-80 cms

SPLIT TIME ACTIVATION: 0-6 ft

PROGRAMMABLE LIGHT MODES:

Flashing, Constant, Multi-Coloured

WATER RESISTANT: Yes

OUTDOOR USE: Yes

SOUND: Yes, Multi-Tone Buzzer

DATA CAPTURE: Yes

IMPACT RESISTANT: Yes



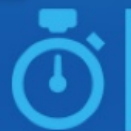
FITLIGHT Trainer™ DASHBOARD



The FITLIGHT Trainer™ Dashboard is a cloud - based utility that offers users a central location to view and analyze all of their training data.

FEATURES

- User Friendly Cloud Based Platform
- Provides Immediate Performance Analysis
- Intuitive Data Presentation
- Printable and Exportable Data Analysis
- Measure and Evaluate Your Progress
- Access From Any Mobile Or Desktop Device
- Safe, Secure Data Protection
- Create, Edit and Customize an Individual and/or Team



Uploaded automatically after each saved session, training data is quickly and easily accessed online giving users the freedom to view, analyze, compare and export as they see fit.



CONTACT US

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Actual products may vary as illustrated.