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 FITLIGHTSTM 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 FITLIGHTSTM can be deactivated by use of the user’s hands, feet, head, or sport/fitness related equipment, either through full contact or proximity.
WHO CAN USE THE FITLIGHT TRAINER™?

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

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

TACTICAL
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

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
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.