

SMARTfit Mini User Manual

Version 5.3



www.smartfitinc.com

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IMPORTANT SAFETY INSTRUCTIONS

(READ ALL INSTRUCTIONS)

CAUTIONS, WARNINGS and DANGERS

- This is not a toy and is intended for use by or under the supervision of adults.
- To reduce the risk of fire, replace only with a fuse of the same type and electrical rating.
- No user serviceable parts with the exception of the fuse.
- Please note the yellow CAUTION and WARNING labels on the device.
- Note all pinch points on the device before using.
- If an extension cord is used pay close attention to the current requirement and routing to eliminate tripping hazards.
- Pay close attention to the pinch points pointed out in yellow CAUTION labels.
- Do not climb on the device.
- Weights in the back of the unit are required for safety.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.

PLEASE SAVE THESE INSTRUCTIONS

Maintenance

- Clean all surfaces with a water-based disinfectant, such as Windex Disinfectant.
- Check all bolts and ensure they are tightened.
- Check all mechanical parts for wear.
- Check wiring for wear and fraying.

Battery Operations

Power Banks are found in certain configurations of SMARTfit systems. This section only applies to such systems.

- Only a power bank from SMARTfit shall be used.
- Power banks shall be removed from the system prior to charging the pack.
- Exhausted power banks shall be disposed of in a proper manor in accordance to your local laws.
- If the system is to be dormant for an extensive period remove all power banks.

Getting Started

Welcome to your new SMARTfit Mini!

The SMARTfit Mini System Includes the Following:

- Software License including downloadable iOS/Android mobile application and data gathering/reporting module.
- CPU controller, timeclock, score display, sound system with 4 tracks of voice /tones/music.
- LED Targets multicolored high resolution, super bright, 16 x 16 dot matrix. Allows for images, symbols, numbers up to 999 and three letter words.
- The system offers 37 categories consisting of hundreds of options that can be scaled to the ability level of players regardless of capability.
- Adjustable touch sensitivity to suit the light touch of a hand or the weight of a medicine ball.
- 18-month warranty (extended warranty available) and SMARTfit's exclusive Platinum Service Plan.

What's in this Document?

This manual will get you familiar with your SMARTfit Mini and guide you to quickly set it up. Setup instructions include system components, On-Wall and On-Frame assembly and integration with SMARTfit Strike Targets. The remainder of the manual walks you through the setup of the SMARTfit app for iOS and Android including setup of open and closed platforms, playing and creating activities and programming and searching and exporting data. Additional resources for setup and installation can be found at www.smartfit.rocks

Customer Service

If you need assistance, feel free to give our Customer Service a call at 1-800-900-8542 x 116, between the hours of 9:00 a.m. and 4:30 p.m. PST, Monday thru Friday or watch our easy to follow instruction video on our website at https://www.smartfit.rocks/Customer-Resources/SMARTfit-Mini-videos

What's in the Box

Power Requirements for the Mini System: 100-240VAC/50-60HZ/3Amp, receptacle





SMARTfit Mini On-Wall

- 1. One Interactive 46"x 46" Station
- 2. 9 Multi-Functional Targets
- 3. AC CPU controller



SMARTfit Mini On-Frame

- 1. One Interactive 46"x 46" Station
- 2. 9 Multi-Functional Targets
- 3. AC CPU controller
- 4. Six 22 lb. Rubber Coated Weights
- 5. Adjustable height system (range from floor to 6')





SMARTfit Mini On-Frame Portable

- 1. One Interactive 46"x 46" Station
- 2. 9 Multi-Functional Targets
- 3. AC CPU controller
- 4. Six 22 lb. Rubber Coated Weights
- 5. Adjustable height system (range from floor to 6')
- 6. Pneumatic lift kit for portability.

Assembly Instructions

Visit the following links for detailed assembly instructions. If you have any questions or need assistance give our Customer Service a call at 1-800-900-8542 x 116, between the hours of 9:00 a.m. and 4:30 p.m. PST, Monday thru Friday

Mini On-Wall Assembly Instructions: https://www.youtube.com/watch?v=DskOyKvhqzY

Mini On-Frame Assembly Instructions:

https://smartfitinc.com/wp-content/uploads/2018/02/Min-On-Frame-Installation.pdf

On-Frame Portable Assembly Instructions: https://www.youtube.com/watch?v=DskOyKvhqzY

SMARTfit Mini 9 Operating Instructions

ADJUSTING THE PANEL HEIGHT (On-Frame and On-Frame Portable Systems)

The brake system is located on the left post behind the panel. (See photo below)

To adjust the panel height, pull the brake knob and move the panel to the desired height.

Release the knob to engage the brake and lock it into desired position.





Powering On Your SMARTfit Mini System

1. Locate the Power and Target Ports on the CPU.	
2. Plug in the Target Wire as shown in the picture. Use the top target wire port on the CPU.	
3. Plug in the Power Cord as shown in the picture.4. Turn the toggle switch to the On position.	
5. Your CPU is now ready for play!	SMARTHE SCORE SSIS TIME

Wheel Kit Operation



The Mini On-Frame Portable comes with a pneumatic lift kit and wheels built into the frame for easy portability.

Locate the single rocker switch that is labeled Controller On. Set the switch to the center position (Off). Plug the power cord into an outlet.

Note: The power supply will adjust to any voltage between 100 and 240 VAC/50-60Hz. All electrical

devices are low voltage DC devices and are powered by the single power supply.



To power the system on, push the rocker switch down so that it is in the Controller On position.

To power the system off, push the rocker switch to the center position in the Power Off position.

To use the wheel kit, flip the Wheels Up/Down toggle switch to Up. Now press and hold the top of the Power switch in the "Wheels" position for approximately 15 seconds. When you release the switch, the compressor will stop.

Now unplug the power cord and the system can be easily be moved to another location.

When the system is in the desired location, plug the power cord into an outlet. Flip the Wheels toggle switch to the down position and the wheels with retract.



Caution! Ensure nothing is underneath the base plate when you're lowering the system. Failure to do so could cause serious injury.

Strike Target Options

Add SMARTfit Strike Pods to your Mini System to create a 360-degree playing environment. The SMARTfit Controller can run up to 15 wireless targets at a time. We recommend adding 3 to 5 Strike Pods to a Mini System. Optional Strike Pod Stands recommended.

1.	SMARTfit Strike Pods: Available colors are Black, Red, Blue, Orange, and Yellow. Note: Each Pod comes with a Power Bank, Mounting Plate & Rack Strap	
2.	SMARTfit Power Bank Charging Station. Charges up to 6 power banks at a time.	
3.	Optional Extra Power Banks	S. S
4.	SMARTfit 68" Strike Pod Stand. Includes two 22-lb rubber coated weights. Provides a pod location range from floor to 68".	
5.	SMARTfit 48" Portable Strike Pod Stand. Includes an 18-lb removable base.	

The SMARTfit App

CONTROL OF DATA OPTIONS:

It is important to know whether you need an "Open Platform" or a "Closed Platform".

Open Platform: This option allows any user open access to the SMARTfit Controller when signed into their user profile.

Closed Platform: This option does not allow users to connect to the SMARTfit Controller from their user profile, unless given permission from the Admin Settings.

An "Open Platform" is recommended, unless your system is being used in a hospital or there is a need for patient/user confidentiality.

*Please see the end of this document or our website for an explanation of Closed and Open Platforms (Pg. 25).

The following steps will take you through the downloading procedures of SMARTfit app and choosing the right activities and programs for you.

** Please see the end of this document or our website for an explanation of our activities (Pg. 28 & 36) and programs (Pg. 32 & 41).

Controller Settings

The Controller Settings menu item allows you to make choices about what components of the system will be used for the session. Below is the list of controller settings and their functions.

General

Configuration: Cycle through Configurations such as Strike Pods, Single, Mini, Single & Strike Pods, and Mini & Strike Pods.

Strike Target Layout: When a Configuration includes an image of Strike Pods, this option will appear. Cycle through the Strike Pod Layouts for ideas and data tracking purposes. This Layout will display when accessing the Free Activities Section under the "Play" tab.

Time

Fanfare Time: Select the amount of time between the finished game and the next game.

Targets

Single/Mini Targets: This will display the number of wired targets found by the CPU. This setting is locked and predetermined based off the system being used.

Strike Pods: This will display the number of wireless targets (strike Pods) found by the CPU. This setting is locked and predetermined based off the system being used.

RF Channel: Select the RF radio band that drives the wireless pods (only change if conflicting with another RF system nearby). Changing the channel means the Strike Pods will need to be changed as well.

RF Power: Increase or decrease the RF radio band strength that connects the Strike Pods and CPU.

Game

Auto Restart: With Auto Restart on, the game will display scores and then ready itself for another game to start. With Auto Restart off, the system will remain idle displaying the score of the last game and only start a new game when the menu button is pressed.

Audio

Volume: Increase or decrease the volume of the instructions (start the game, end of game). Game tones are adjusted within the Game settings.

Game Tones: Select which set of game tones will be played to register hits and misses.

Voice Instructions: Turn voice instructions on or off.

Visual

Show Blue: Choose to turn on or off each target's ability to display the color blue.

Attract

Music: Select the music played while attract mode is active and the system is not in use (only used in entertainment zones).

Message: The message displayed here is the message that is displayed on the targets during the Attract mode.

Downloading the SMARTfit App

iOS or Android smartphone or tablet

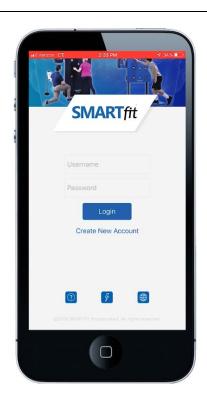
1. Follow the instructions located on the CPU Back Plate.



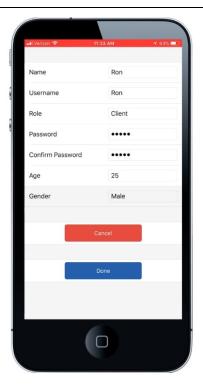
 Select the app store on your iOS or Android device and Search "SMARTfit – Seize the Now." Download it to your device, then open the SMARTfit app. (The iOS view is shown. The Android view differs slightly.)



- 3. Select "Create New Account" located under the login button.
- 4. This option gives the user the ability to create a tier one or tier two user. A tier one user is a trainer, therapist, teacher, coach, doctor, or owner. These users can create/manager tier two users to track data on each account. A tier two user is a client, patient, student, athlete, or member. These users cannot create/manage additional users under this account but can perform every other function of the SMARTfit App.

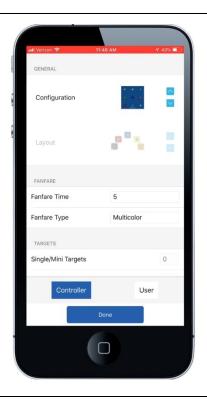


- 5. Create login credentials by entering a name, username, password, age, and gender.
- The role option allows you to select a tier 1 or 2 user. If this is your system, then we recommend that you create a tier 1 user.
- 7. Select the blue "Done" button to continue.



8. Enter the username and password of the profile you just created. Create New Account 9. Select the "Settings" menu item. SMARTfit None Ron No Controller Connected * Manage Connections Settings Edit Profile Sign Out

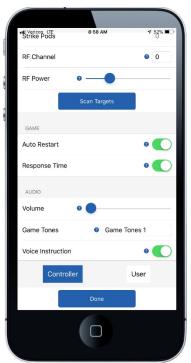
10. Change the configuration, so that your system matches the photograph.



- 11. Turn on the setting labeled,

 "Response Time." This setting will

 enable target data collection
 including response time and
 accuracy.
- 12. Select the blue "Done" button when you are finished.



Select the "Manage Connections" 13. menu item. SMARTfit None Ron CONTROLLER ID No Controller Connected * Manage Connections 🗱 Settings Edit Profile Sign Out Select the Bluetooth symbol at the 14. top right of the screen. 15. Select the 8-digit ID number displayed on your CPU.



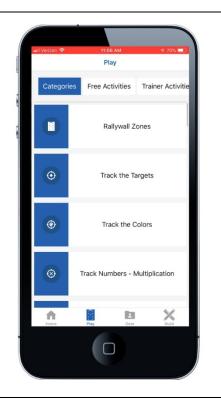
- 16. Wait 5 10 seconds, while Bluetooth connects the CPU and SMARTfit App.
- 17. **NOTE:** You will not be able to connect to the SMARTfit system if you are connected to any other Bluetooth device. For example, you must disconnect from Apple watches, wireless speakers, headphones, etc.
- 18. If you are still unable to connect, then please call our customer service line at 800-900-8542 x 112.



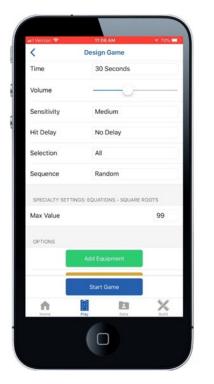
Start a Game

1. Select the "Play" tab at the bottom of the screen.

2. Select a game category from the list provided under "Categories."

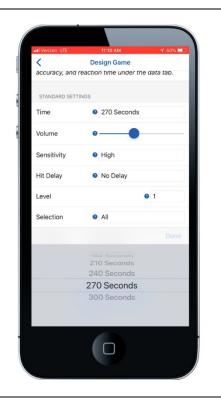


3. Customize the game settings, then scroll down to select the "Start Game" button.

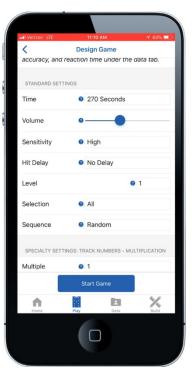


Standard Settings

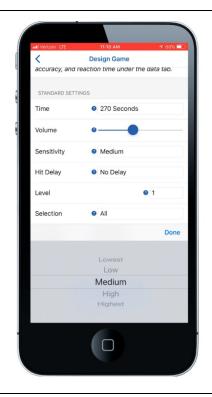
- The standard settings are found within every Category.
- The time indicates the duration, in seconds, the game will be played for. The remaining time is shown on the CPU, which can be found below the score.



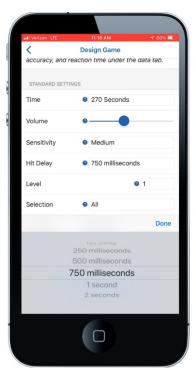
3. The volume bar controls how loud the sound of each target strike will be. This sound is emitted from the speaker on the CPU.



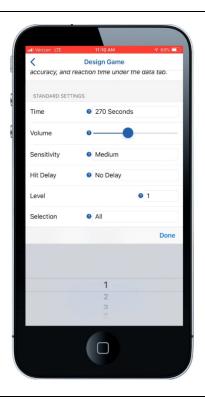
4. The Sensitivity option determines how hard or soft the target must be struck to register the strike. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.



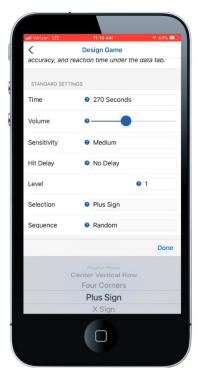
5. Hit Delay determines the time the target will delay before listening for another strike. This is used to eliminate false strikes in targets that may continue to shake or vibrate after being struck. An example is when Strike Pods on stands are struck and shake after contact.



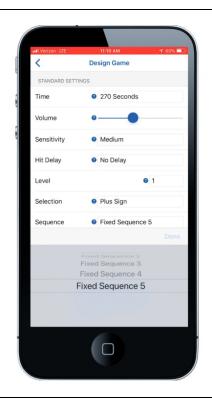
6. Level determines the difficulty of the game. Each category gives level a different meaning. Level will control the speed the targets change color (track categories) or how long a target stays lit (memory categories).



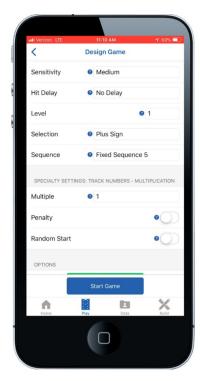
- 7. Selection determines the targets available in a game.
- 8. To create your own selection, visit the Build tab within the App and select the "Selection" button.



- Sequences are patterns of correct targets that are played within a game. A random sequence will have a random pattern each game. Fixed sequences 1 5 are default patterns that are provided and are known by the user when played within a game.
- 10. To create your own sequence, visit the Build tab within the app and select the "Sequence" button.

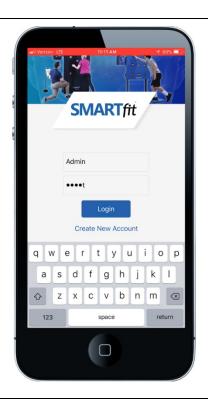


11. The specialty Settings differ between each category. To understand the meaning of each, select the question mark next to the setting.

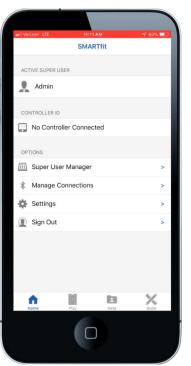


Open and Closed Platforms

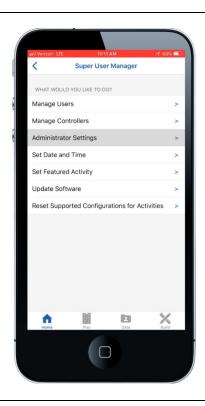
 Open the SMARTfit App, type "Admin" under username and "smart" under password.



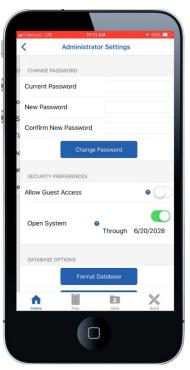
Select the "Super User Manager" menu item.



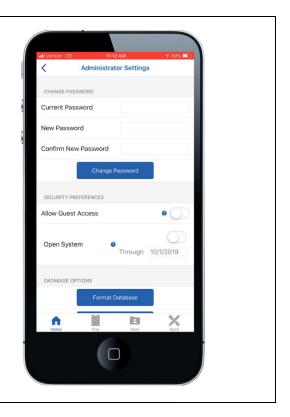
3. Select the "Administrator Settings" menu item.



- 4. The SMARTfit App will start with the open platform activated.
- 5. The expiration date will expire 6 months after the App has been downloaded.
- 6. Change the expiration date to provide more time with the open system feature.



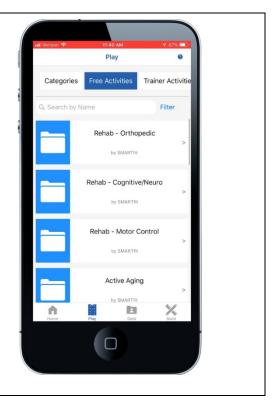
- 7. To turn off the open system platform, switch the open system bar to the left.
- 8. Once complete, the setting will instantly save. Select the backarrow button until you are at the home screen. Your system is now ready for play!



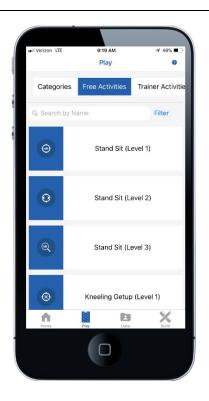
Play a Free Activity

Free activities are pre-designed game categories played while performing a specific action with custom game settings and equipment.

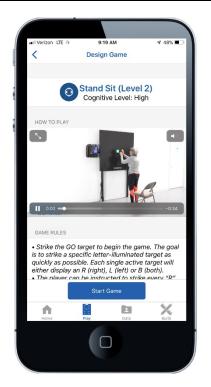
- 1. Select the "Play" tab at the bottom of the screen.
- 2. Select the "Free Activities" tab at the top of the screen.
- 3. Select one of the folders to see a secondary list of activities based off the selected focus area.



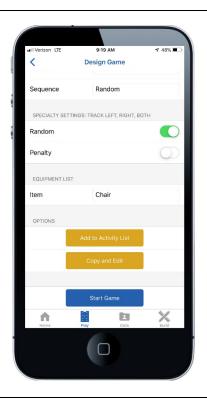
4. Select one of the activities based on the player's ability level. Level 1 is an easier activity, while Level 3 is more challenging.



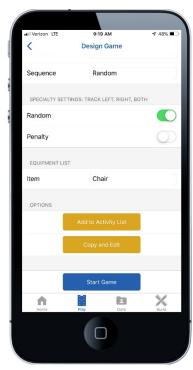
- 5. If the device is connected to the internet, a video of this activity will be activated.
- 6. Scroll down this page to review the standard and specialty settings.



7. You cannot adjust the settings from this direct page. However, if you select the Copy and Edit feature, then you will be given access to adjust the settings.



8. The orange Add to activity list will import this activity into a program.



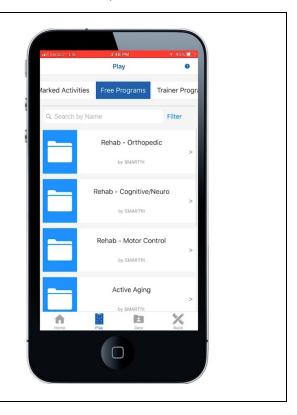
9. To begin the activity, select the blue Start Game button. The timeclock will begin after the player strikes the first target.



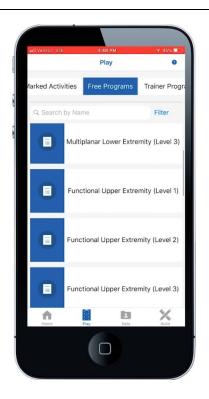
Play a Free Program

Free programs are a pre-designed custom sequence of activities used for a specific focus area.

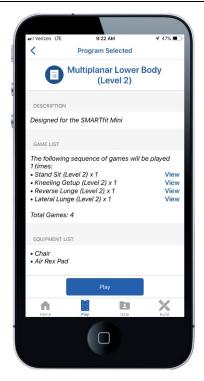
- 1. Select the "Play" tab at the bottom of the screen
- 2. Select the "Free Programs" tab by sliding the top option bar to the right.
- 3. Select the folder that matches the area of focus you're interested in using.



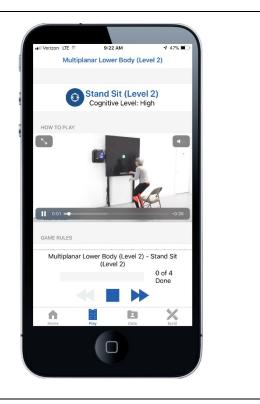
4. Select one of the programs based on the player's ability level. Level 1 is an easier difficulty, while Level 3 is a more challenging difficulty.



 This screen will provide a brief description, the game list, and the equipment list for the selected program.
 Select the blue "Play" button near the bottom of the screen when ready to play.



- 6. If WIFI is connected, a video of this activity will begin to play.
- 7. The first activity on the game list will activate. The game will begin when the player strikes the first target.
- 8. When the game is finished, the app will send a notification of completion, and the next game activity will begin.



9. The Trainer, Therapist, or Teacher may want to restart the activity after the GO target has been struck. To do this correctly, select the back-arrow keys, pointing to the left, before the timer on the CPU ends. This will ensure that no data is generated for this attempt.



10. Before the Go target is struck, the user can select the blue arrows pointing to the right to skip the activity and move the program to the next position.



- 11. When all game activities are completed, the app will send a "Program Completed" notification.
- 12. The user can also select the blue square to stop the program at any time.



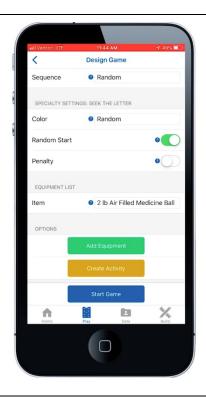
Create an Activity

Activities are a list of game categories, created by a Tier One User, with chosen settings and equipment to meet a focus area.

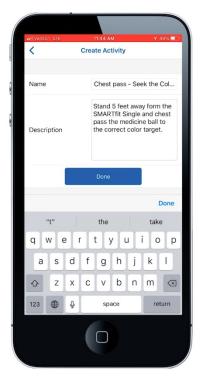
Select the "Play" tab at the bottom of the screen.
 Select a category from the list.

Select a category from the list.
Rallywall Zones
Track the Targets
Track the Colors
Track Numbers - Multiplication

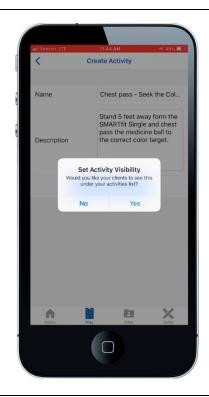
- 3. Customize the standard settings, then scroll down the page.
- 4. Select the "Create Activity" button.



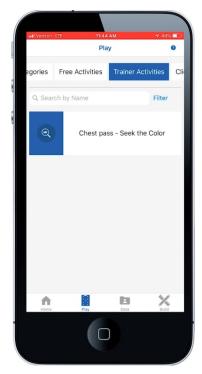
- 5. Name the activity and provide a brief description of the rules and set up of the activity.
- 6. Select the blue "Done" button when you are finished.



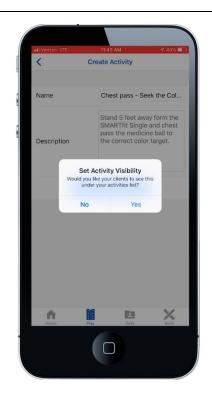
- This option will ask for permission for all Tier Two Users to see this activity under the Tier One Users Activities tab when signed into their personal account
- 8. Tier One Users are teachers, trainers, doctors, owners, and coaches.
- 9. Tier Two Users are students, clients, patients, members, or athletes.



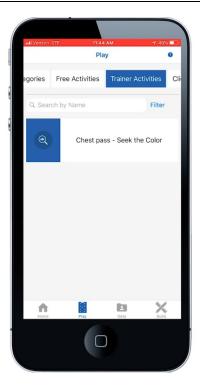
- 10. If Yes is selected, the new Activity will show up under the Trainer (Tier One User) Activities tab when both the trainer and client are signed in.
- 11. If No is selected, the new Activity will show up under the Trainer (Tier One User) Activities tab when the trainer is signed in.



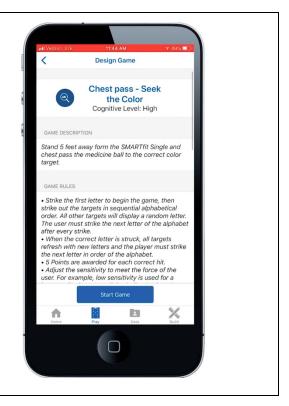
- 12. This option will ask for permission for clients (Tier Two Users) to see this activity under their account.
- 13. If Yes is selected, the trainer will choose which client will see this activity under their personal account. The new activity will show up under the Marked Activities tab.
- 14. If No is selected, the new Activity will show up under the Trainer Activities Tab.



15. Select the Trainer Activities folder and select the new Activity.



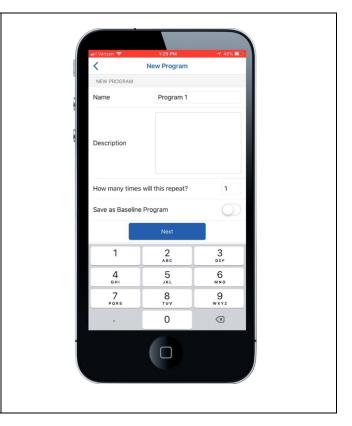
- 16. Scroll down the game options to select the blue "Start Game" button.
- 17. The game will begin when the player strikes the first target.



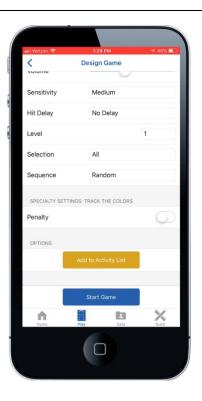
Create a Program

A program is a list of activities, created by a Tier One User (Trainer, Teacher, Doctor, Coach, or Owner) that play in sequence to meet a focus area.

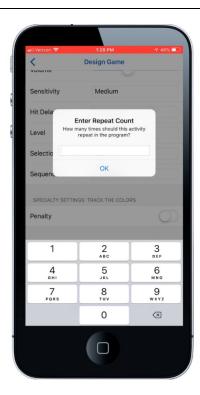
- Select the first Activity you wish to build into your Program.
- 2. You can either select one of the Free Activities or an Activity that you created.



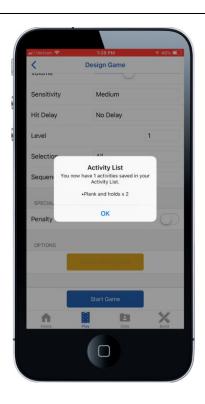
3. Scroll down the page, then select the orange Add to Activity List button.



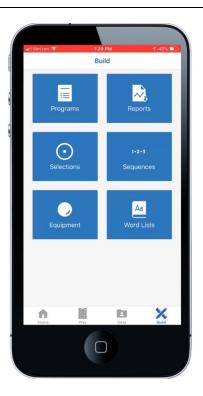
4. This question is asking you to enter the number of repetitions that this activity will repeat before the next activity appears in the program.



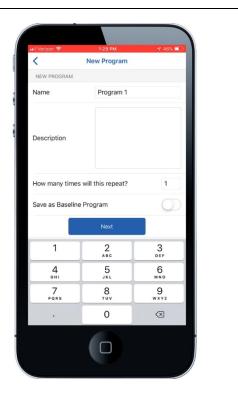
 The App will update you on the current activity list that your program will import.



- 6. Repeat the above steps until you are ready to build the Program. Select the "Build" tab at the bottom of the screen.
- 7. Select the "Programs" button.



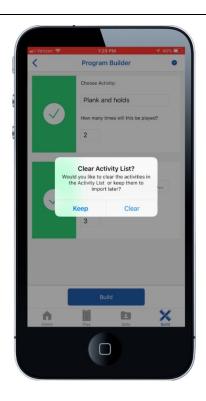
- 8. Fill in: Name, Description, and Number of program repetitions. The number of program repetitions is the number of repetitions the program will play after it has finished once.
- 9. Press the Blue Next Button to continue.



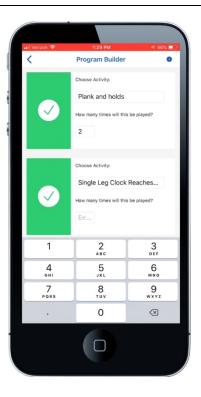
10. The app will ask you if you want to import your activity list. Select Import if you wish to do so.



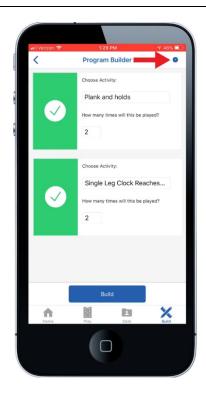
11. Choose Clear if you'd like to clear the activities in the activity list or if you'd like to keep them to import later.



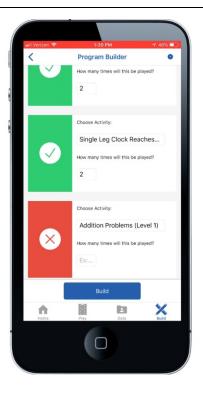
12. On this page, the user can make a change to the number of repetitions an Activity will play.



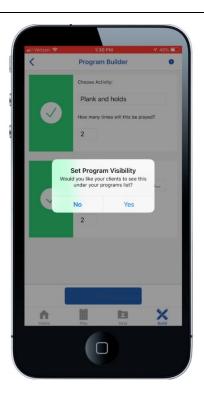
- 13. If you forgot an activity and you know the name, you can select the Add activity button at the top of the page.
- 14. You can scroll through the entire activity library and select the one you desire.



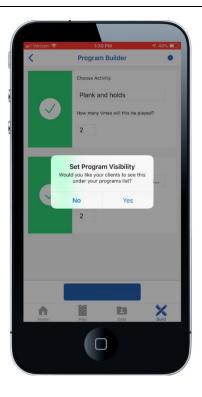
15. Once you have selected the desired activities, select the blue Build tab to continue.



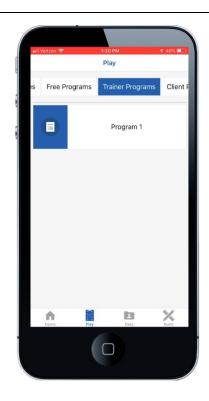
- 16. If Yes is selected during this first option, the program will be public for all users under the trainer account
- 17. If No is selected, the new program will stay private for the creating user only.



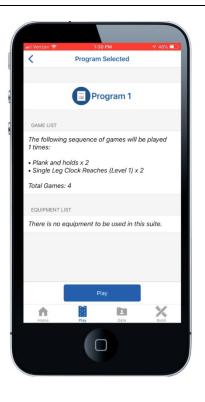
- 18. If Yes is selected during this second option, the user can choose to save this program for a specific client.
- 19. If No is selected, the app will keep the new program private for the creating user only.



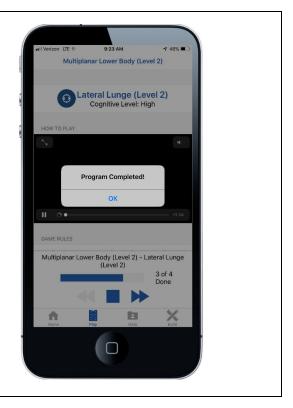
- 20. Access this program by selecting the Play tab and scrolling across the top menu bar to the Programs tab.
- 21. This program will show up under the name of the creating user.



- 22. Select the new program
- 23. Scroll down and confirm that the games list is known, then select the blue Play tab.

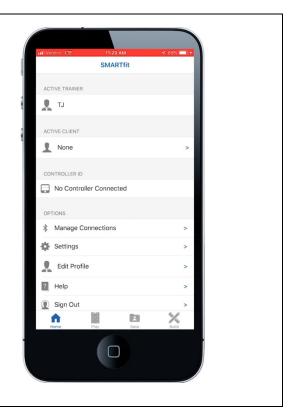


24. The first activity will begin after the player strikes the first target. Once all activities are finished, the app will send a notification of completion.



Search and Export Data

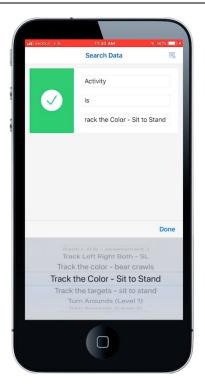
- First, activate the client, patient, or student that you produced data on for this activity.
- 2. Now select the data tab at the bottom of the screen.



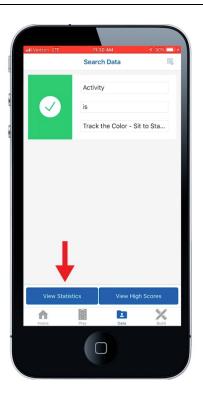
3. Select the activity you wish to look at by clicking on the list symbol at the top right of the screen.



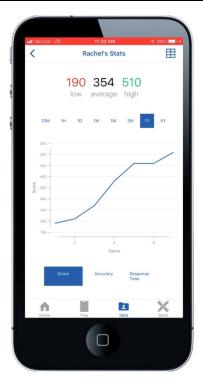
- 4. Select the first tab that appears, then select "activity".
- 5. Select the second tab that appears, then select "is".
- 6. Select the third tab that appears, then select the name of the activity you wish to view.
- 7. In this video, the activity is called "Track the Color- Sit to Stand." These activities are alphabetically organized and contain all the created and free activities within the SMARTfit App.



8. Click on the view statistics tab.



9. Here you'll be able to select the time stamp of the attempts near the middle of the screen. For example, the 1D button indicates all attempts completed within 24 hours, while 1W indicates all attempts completed within 1 week. 1M indicates 1 month, 3M indicates 3 months and 1Y equals 1 year. You can now see 7 data points played within 1 year



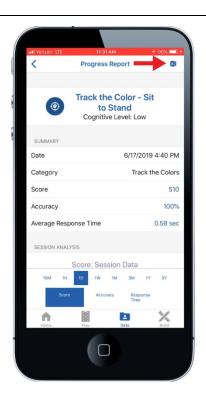
10. Select the list symbol at the top right of the screen.



- 11. Here are all 7 attempts with the average statistics on each attempt.You can also see the time stamp and order of which they were played.
- 12. Select the bottom data set to produce an excel report for all 7 attempts.



13. Now select the excel symbol at the top right of the screen.



14. You can zoom in here on your tablet to take a closer look at each attempt.



15. You can analyze the hit totals for each attempt, followed by the target the player stuck, the target the player should have struck, the points scored during that strike, the response time for each strike, followed by the time stamp, and game ID.



16. Scrolling down the page will reveal the data on the remaining 6 attempts.



17. To export the excel file, select the export symbol at the top right of the screen.



EU Declaration of Conformity (DoC) SMARTfit CPU 12V

Name and address of the manufacturer:

Company Name: SMARTfit, Inc Contact Name: Jim Manley Contact

Title: CTO

Company Address: 3977 Camino Ranchero, Camarillo, CA 93012

Phone: 805-383-0080 x130

FAX: 805-383-0085

WEB: www.smartfitos.com

Identification of Radio Equipment:

Model Number:

3-56323 CPU 12V

Object of the declaration:

Product Name: SMARTfit Mini and SMARTfit Panel

The object of the declaration described above is in conformity with the relevant Union harmonization legislation:

RED Directive 2014/53/EU

EN 60950-1:2006+A11:2009+A1:2010+A12:2011+A2:2013 EN

301489-3v2.1.1 and EN 301489-17 3.2.0

EN 300 220-2 v3.1.1 and EN 300328 v2.1.1

EN 62479:2010

ROHS Directive 2015/863 WEEE

Directive 2012/19/EU

The notified body CKC Certification Services, LLC NB0976 performed testing on our systems to allow us to receive the CE mark and issued the EU-type examination certificate;

Controller: 99819-10-EURED

This declaration of conformity is issued under the sole responsibility of the manufacturer.

Signed for and on behalf of: SMARTfit, Inc

fri Mombre

Printed Name: Jim Manley

Date: 5/14/18 Title/Function:

CTO

Place: 3977 Camino Ranchero, Camarillo, CA 93012