

## SMARTfit Strike Pods

**Full instructions are available in the following locations:**

A - Within the HELP section of the SMARTfit Seize the Now App.




B - By downloading the User Manuals at: <https://www.smartfit.rocks/Downloadable-Brochures-and-Catalogs>

C - By following video instructions available at: <https://www.smartfit.rocks/smartfit-app>

**The following instructions are designed to get you started quickly.**

### Setting Up Your System

How do I turn my system on?

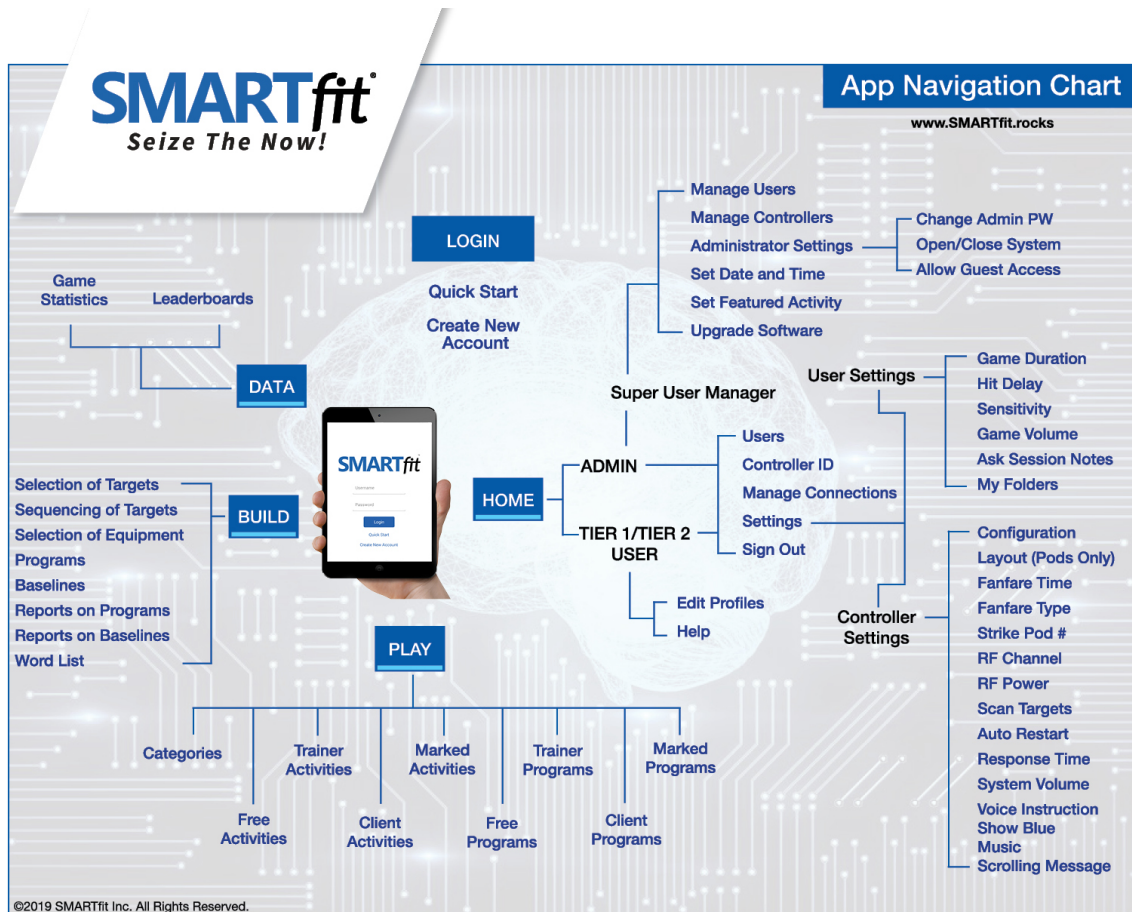
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| <p>1. Unpack your SMARTfit Pods, CPU, and Charging Station.<br/><i>Unpacking the SMARTfit Strike Pods:</i><br/><a href="https://vimeo.com/305151354">https://vimeo.com/305151354</a></p>   |   |
| <p>2. Unplug all batteries from the CPU and Strike Pods. Assemble your charging station. Charge all 6 batteries overnight or 4-5 hours for a full charge.<br/><i>Learn how to charge SMARTfit batteries:</i><br/><a href="https://vimeo.com/249442975">https://vimeo.com/249442975</a></p>   |  |
| <p>3. Place the fully charged batteries into the CPU and Strike Pods. Make sure all battery wires, connected to the CPU and Strike Pods, are inserted into the "2.1 Amp" battery port. Now turn on the display of each Strike Pod, so that you see each Strike target light up.<br/><i>Learn how to turn on Strike Pods:</i><br/><a href="https://vimeo.com/249443013">https://vimeo.com/249443013</a></p> |  |

**The SMARTfit App**


You can download our SMARTfit App on both the iOS and Android Platform. The SMARTfit App is your tool to select a game, adjust the level, time, volume, and system settings.


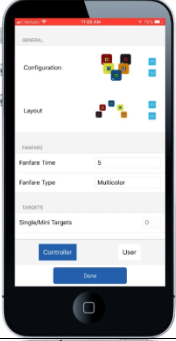

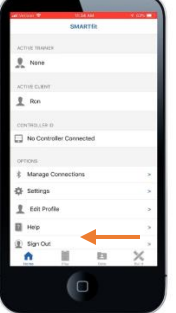
By selecting the indicated tabs, you can sequentially scroll through the available game categories, free programs, and controller settings. SMARTfit can be programmed for a variety of functions.

**How to use the SMARTfit App Navigation Chart:**



**Follow the directions as laid out below to activate your account and get started.**

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| <p>4. Learn how to quick start the SMARTfit App:<br/><a href="https://vimeo.com/305600983">https://vimeo.com/305600983</a></p> |  <p>SMARTfit Quick Start</p> |
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| <p>a. Download and open the SMARTfit App, create a new account, and sign in.</p>   |    |
| <p>b. Adjust the settings in the App to match the Strike Pod configuration, then select the blue done tab.</p>   |    |
| <p>c. Select the Manage connection tab and connect to your CPU. Your Strike Pods will light up and are ready for play.</p>   |   |
| <p>d. These instructions are available at the help section on the SMARTfit app, as well as on our website at <a href="https://www.smartfit.rocks/smartfit-app">https://www.smartfit.rocks/smartfit-app</a></p> |  |

**This section covers key components of the app that will guide you to getting started.**

**Create an Account**

There are two types of user accounts. One account is a Tier one user. Here you can choose to be a coach, doctor, teacher, owner, therapist, or trainer. When this type of user is signed into the SMARTfit App, data cannot be collected for this account. A Tier two user must be activated. A Tier one user has access to create Tier two users.



Learn how to create a Tier one user: <https://vimeo.com/285559462>

The second account is a Tier two user. A Tier two user is a managed user. Here you can choose to be an athlete, patient, student, member, or client. When this type of user is signed into the SMARTfit App, data can be collected and tracked for this account.

Learn how to create a Tier two user: <https://vimeo.com/289378134>

**The following tabs appear either at the bottom of the app on iOS or at the top of the app on Android.**

### **Home tab**

The Home tab will allow you to adjust the active user, sign into the SMARTfit controller, adjust the controller/user settings, edit user profiles and access the help section.

Learn Controller Settings: <https://vimeo.com/288433033>

Learn User Settings: <https://vimeo.com/288433063>

### **Play Tab**

There are 37 Game Categories under the first “Categories” tab. Select a desired category and read the “Game Rules” before you begin. The game rules will provide you with the information you’ll need to know about what each standard and specialty setting does, so that you can adjust them accordingly. The Play tab is used to access our Free activities and Free Programs, which are video supported activities and programs with customized settings for specialized training.

Learn how to Play Free Activities: <https://vimeo.com/285559470>

Learn how to Play Free Programs: <https://vimeo.com/285559482>

The Play tab allows the you to create your own customized activities and programs from the categories list of games.

Learn how to create an Activity: <https://vimeo.com/286054032>

Learn how to create a Program: <https://vimeo.com/286089321>

### **Data Tab**

The Data tab will allow you to select data search features, view individual statistics on an active Tier two user, and view the high score tables for a desired category or activity.

Learn how to search and export data: <https://vimeo.com/250687988>

### **Build Tab**

The Build tab will allow you to build programs, build program reports, create selections, create new sequences, add new equipment, and develop new word lists.

How to build a Program: <https://vimeo.com/286089321>

How to build a baseline Program: <https://vimeo.com/302940218>

How to build a program report: <https://vimeo.com/287539877>

How to build a Selection: <https://vimeo.com/299518205>

How to build a Sequence: <https://vimeo.com/300604820>

