

Speed Agility TRAINER

Ver. 2.9 Quick Guide

- 1 Speed Agility Trainer (SAT)
Control Unit Case and LED Strip in a coil



- 2 Internal:



- A= LED Strip connector
- B= Battery Charger plug
- C= POWER ON & System Status LED
- D= Pause-Restart -optional

- 3 SWITCH ON by Pushbutton C → The LED Strip gets Lighted a while
RESET by Pushbutton C off-on
Pause - Restart by Pushbutton D (optional)

System Status LED (C):

1. Flashing: WiFi ready to be connected
2. Fast flashing: Battery low
3. ON steady: LED strip in operation
3. OFF: System off or fault

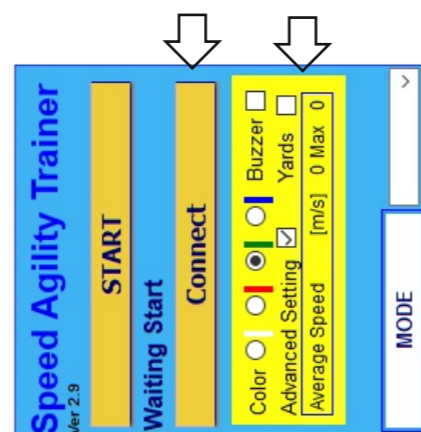
Battery RECHARGING: plug charger connector to plug B

- 4 Switch your SmartPad, SmartPhone or PC ON

- 5 Page into your Wifi the name:
SpeedAgility xxxx
- SpeedAgility C148
-
- Psw: vtagility

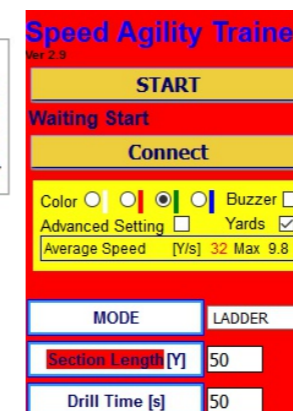
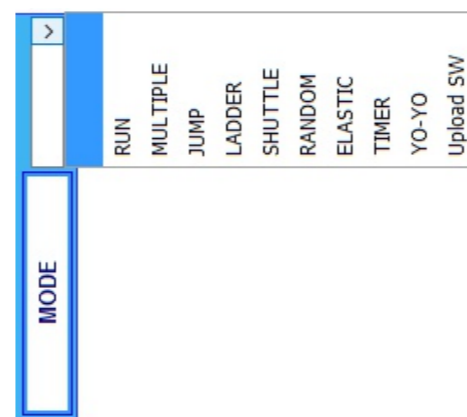
- 6 On your browser address bar write:
http://192.168.4.1
- 192.168.4.1
- SAT interface page will appear.
Size it to your screen dimension.

- 7 Touch "Connect": Choose:
"Waiting Start" Strip Color, Buzzer On-Off,
advise will appear Yards/Meters, Advanced Setting



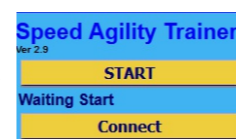
Add new functionality via WiFi (optional)

- 8 SELECT MODE



if Average speed > MaxSpeed
background becomes RED

- 9 TOUCH START



if Rest time > 0 A Led light spot shows the remaining Rest Time
by decreasing its position along the strip

In case of system error: the strip LED Nr 2 or 8 get steady RED → RESET to restart



BV Systems LLC
8248 Nieman Rd
Lenexa, KS 66214, USA
sales@TheLEDRabbit.com

www.counteck.com

INDICOTECH s.r.l.s.

Via Rovigo, 4 - 10152
Torino - TO Italia ITALY



SAT - The LED RABBIT

Mode Description

RUN Forward run on **Set Length**

LADDER Back and forward on **Increasing/Decreasing Sections** from start position

YO-YO Back and forward on **Increasing/Decreasing Sections** from Center of Length

ELASTIC Back and forward on the whole **Set Length**

SHUTTLE Back and forward on each **Set Section**

RANDOM as SHUTTLE but random distance is covered inside Set Section

JUMP Steady Light Spots at **Set Distance** changing color on **Timing**

TIMER Steady Light Spots at **Set Distance** switched On-Off on **Timing**

MULTIPLE series of Light Spots moving at **Set Constant Speed**

General Parameters:

Accel Dist = % of **Distance** where speed is increased

Decel Dist = % of **Distance** where speed is decreased

Reverse time = Waiting time before reversed speed

Repeats # = Number of Repeats. Each one with a Rest Time phase and Semaphore at Start

Ladders/Yo-Yo # = Number of Repeats without any interruption

Reaction Time = delay time between start Shot and actual strip moving

Marks = Distance of fix **Marks** to be positioned on the length

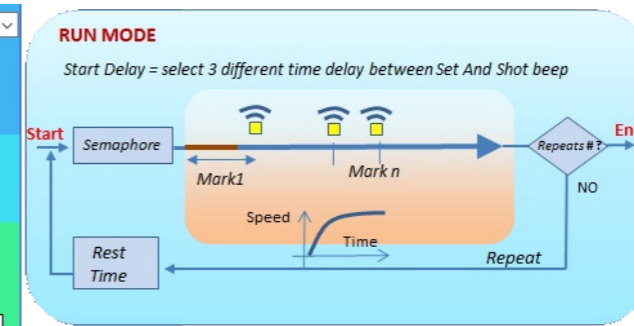
Start Delay = delay time from Set to start Shot advised:

1 Sec = 1 second after Set

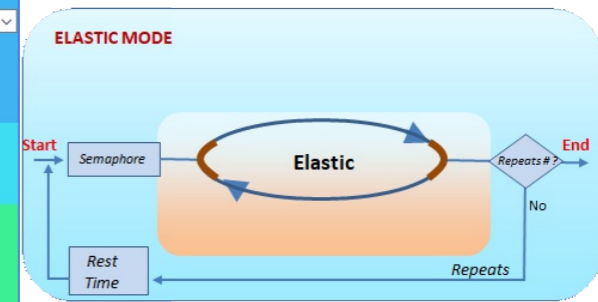
1-2 Sec = randomly between 1 and 2 seconds after Set

1-3 Sec = randomly between 1 and 3 seconds after Set

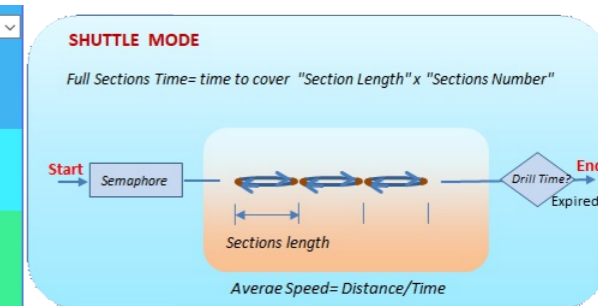
MODE	RUN
Run Distance [m]	25
Time [s]	5
Repeats #	1
Rest time [s]	0
Reaction Time [s]	0.15
Start Delay	1-2 Sec
Mark [m]	0 0 0 0 0



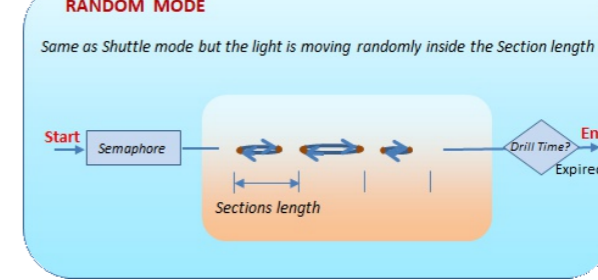
MODE	ELASTIC
Run Distance [m]	5
Time [s]	50
Repeats #	1
Rest time [s]	0
Accel Dist[%]	15
Decel Dist[%]	20
Reverse Time [s]	0.



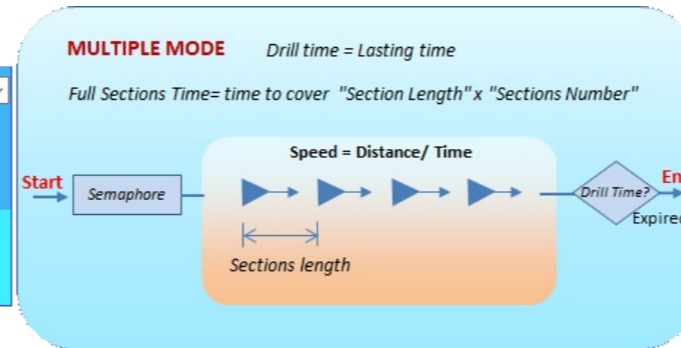
MODE	SHUTTLE
Section Length [m]	5
Full Sections Time [s]	50
Sections Number	4
Drill Time [s]	10
Accel Dist[%]	15
Decel Dist[%]	20
Reverse Time [s]	0.



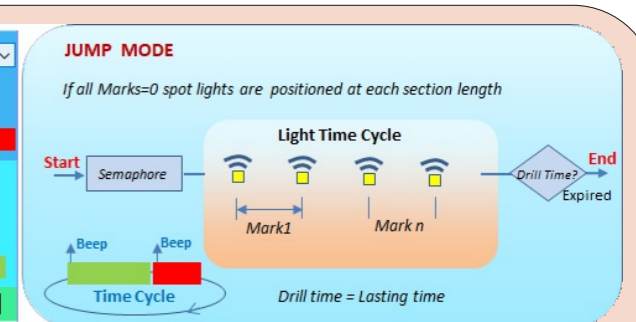
MODE	SHUTTLE
Section Length [m]	5
Full Sections Time [s]	50
Sections Number	4
Drill Time [s]	10
Accel Dist[%]	15
Decel Dist[%]	20
Reverse Time [s]	0.



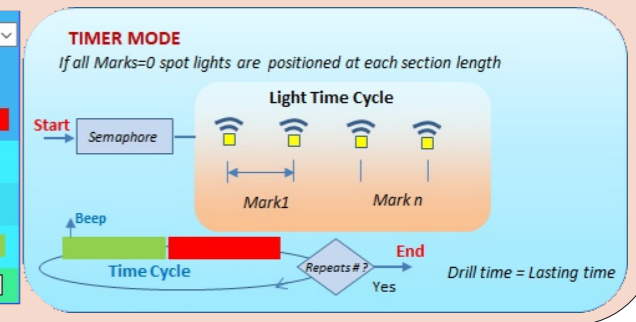
MODE	MULTIPLE
Section Length [m]	5
Full Sections Time [s]	5
Sections Number	4
Drill Time [s]	10



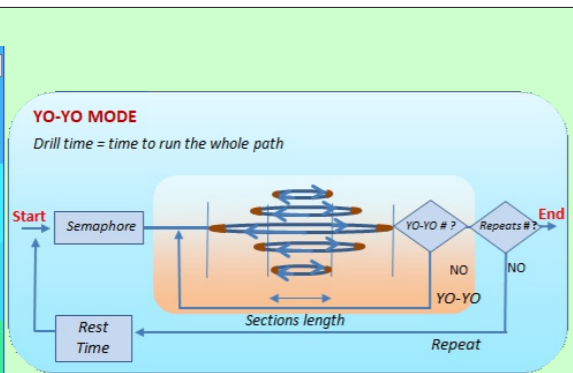
MODE	JUMP
Section Length [m]	5
Color RED Time [s]	5
Sections Number	4
Drill Time [s]	10
Color ON Time [s]	10
Mark [m]	0 0 0 0 0



MODE	TIMER
Section Length [m]	5
Color OFF Time [s]	50
Sections Number	4
Repeats #	1
Color ON Time [s]	10
Mark [m]	0 0 0 0 0



MODE	YO-YO
Section Length [m]	5
Drill Time [s]	50
Sections Number	4
YO-YO #	1
Repeats #	1
Rest time [s]	0
Accel Dist[%]	15
Decel Dist[%]	20
Reverse Time [s]	0.



MODE	LADDER
Section Length [m]	5
Drill Time [s]	50
Sections Number	4
Ladders #	1
Repeats #	1
Rest time [s]	0
Accel Dist[%]	15
Decel Dist[%]	20
Reverse Time [s]	0.

