

Beep Test Trainer

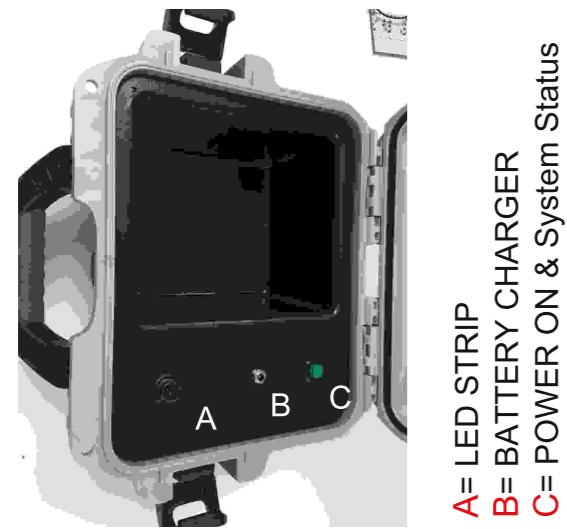
Ver. 1.0

Quick Guide

1 BTT (Beep Test trainer) is composed of LED Strip and Control Unit Case



2 Plug in the 2 connectors:



3 System SWITCH ON by Pushbutton C (Reset system by Pushbutton C off-on)

THE WHOLE LED STRIP GETS LIGHTED

Pushbutton C light:

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

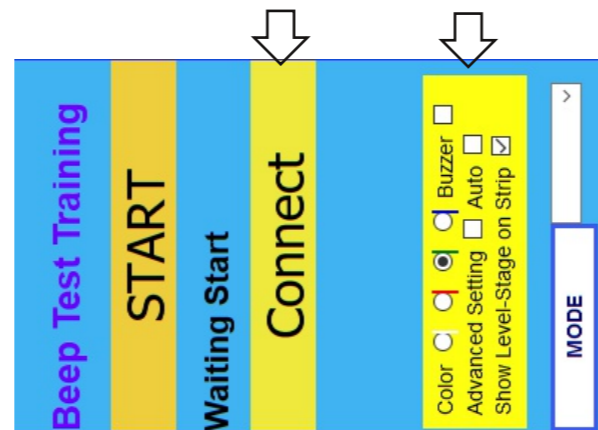
Battery RECHARGING: plug charger connector to plug B

4 Switch your SmartPad, SmartPhone or PC ON

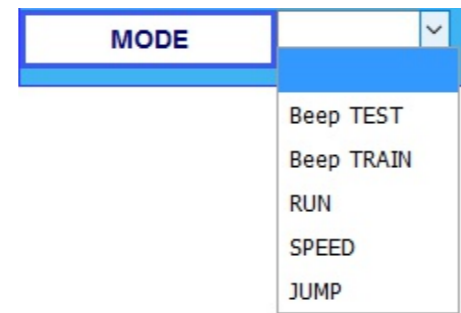
5 Page into your Wifi the name: **BeepTestTrainer C148**
Psw: vtbeeptest

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

7 Touch "Connect":
"Waiting Start" advise will appear
Choose: Strip Color, Buzzer On-Off, Advanced Setting, Auto and Show Level-Stage on Strip



8 SELECT MODE



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 led Nr 3 gets steady RED: reset needed



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Léger Shuttle Test Training

Mode Description

Level	Stage #	Time [s]
1	7	8.47
2	8	8.00
3	8	7.58
4	9	7.20
5	9	6.86
6	10	6.55
7	10	6.26
8	11	6.00
9	11	5.76
10	11	5.54
11	12	5.33
12	12	5.14
13	13	4.97
14	13	4.80
15	13	4.65
16	14	4.50
17	14	4.36
18	15	4.24
19	15	4.11
20	16	4.00
21	16	3.80

Beep Test MODE

SET: none

From Level 1 to Level 21:
Each Level SHUTTLE is repeated from 1 to 'Stage #'
Each Level SHUTTLE lasts 'Time[s]'

Léger TEST

The TEST Sequence (see aside table) is applied from the beginning to the end.
Switch off-on is required to interrupt and restart sequence

If Buzzer is checked:
- Beep @ each Stage start
- Longer Beep @ each Level start

MODE	Beep TRAIN
Speed [Km/h]	0.2 <small>0.05 [m/s]</small>
Distance [m]	25 <small>450 [s]</small>
Inc Step [Km/h]	0 <small>0 [m/s]</small>
EACH	1
Shuttles #	1
Repeats #	1
Rest Time [s]	0

Beep Train MODE

SET: Distance, Speed, Inc Step, EACH, Shuttle #, Repeat #, Rest Time
Advanced SET: Acel Dist %, Decel Dist %, Reverse Time

Beep Train Shuttles @ Increasing Speed
Speed = average speed to cover Distance
Shuttle # = Number of back and forward runs
Repeats # = Number Shuttle series

Accel Dist = % of Distance where speed is increased
Decel Dist = % of Distance where speed is decreased
Reverse time = waiting time before reversed speed
Inc Step = amount of increasing speed
EACH = number of Shuttle before increasing speed



If Show Level and Stage is checked:
The last part of the Led Strip (>20m) is used to show actual Level and Stage. The position on the blinking led (i.e. 4th) indicates the actual Level. The same applies to actual Stage (3rd in the example). The red fixed led lights are the boundary positions

Auto: Sequence stops @ Over ADDITIONAL SENSORS REQUIRED

If Auto is checked: This Function is not available in BTT VER 1.0
The sequence is automatically stopped when the athlete does not perform correctly according to Léger test rules.
Last Level and Stage reached remains showed on led strip. Coach supervision is not necessary

MODE	RUN
Speed [Km/h]	0.2 <small>0.05 [m/s]</small>
Distance [m]	25 <small>450 [s]</small>
Repeats #	1
Rest Time [s]	0

RUN MODE

SET: Distance, Speed, Nrep, Rest Time
Advanced SET: Reaction Time

RUN One direction running @ variable speed
TIME to cover Distance = Distance / Speed
Reaction Time = delay from start shot

MODE	JUMP
Speed [Km/h]	0.2 <small>0.05 [m/s]</small>
Distance [m]	25 <small>450 [s]</small>
Sections Breaks	1
Time ON [s]	10

JUMP MODE

SET: Distance, Speed, Sections Break, Time ON

JUMP Steady Light Spots changing color
Leds Lighted at each Section Break stay Red for 2 seconds, then they turn to the chosen color for a time=
=Distance/ Speed
A beep at each color change

MODE	SPEED
Speed [Km/h]	0.2 <small>0.05 [m/s]</small>
Distance [m]	25 <small>450 [s]</small>
Sections Breaks	1
Time ON [s]	10

SPEED MODE

SET: Distance, Speed, Sections Break, Time ON

SPEED Series of Spots moving at constant Speed
Sections Breaks = Numbers of Sections to divide the whole Distance = Number of moving spots
Time ON = Lasting Time of the MODE