

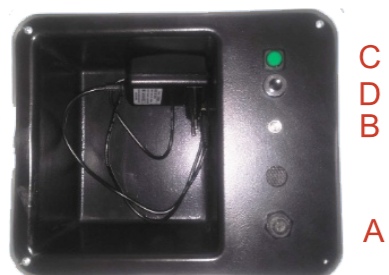
Speed Agility TRAINER

Ver. 3.3 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
RESET by Pushbutton C off-on
Pause - Restart by Pushbutton D
- First part of the LED Strip gets lighted for a while

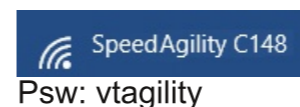
System Status LED (C):

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



- 6 On your browser address bar write:
http://192.168.4.1

SAT interface page will appear.
Size it to your screen dimension.
Suggestion: create an Icon on your device to fastly access this address

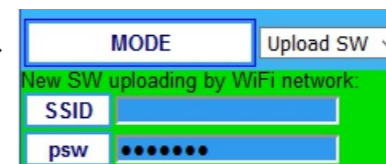


- 7 Make your choice:
Strip Color, Buzzer On-Off,
Yards/Meters, Advanced Setting

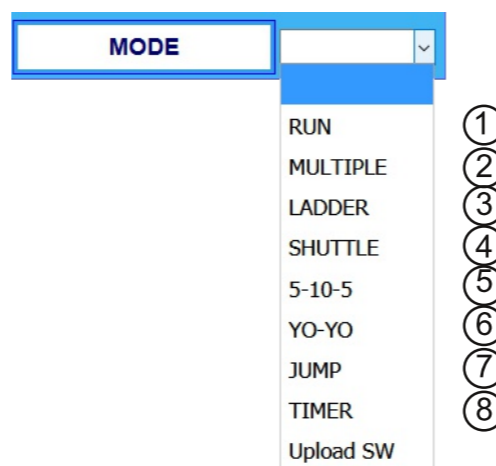


Touch "Restore" if wifi connection is lost.
If successfully recovered "Waiting Start" will appear.

Add new functionality via WiFi (optional)



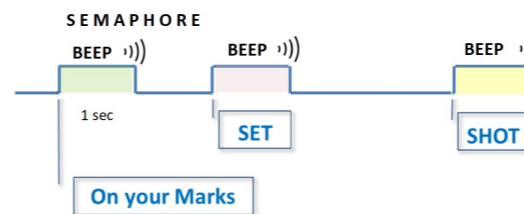
- 8 SELECT MODE



if Average speed > MaxSpeed
background becomes RED

if "Section Length" * "Sections Number" > 50
"Section Length" background becomes RED

- 9 TOUCH START



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

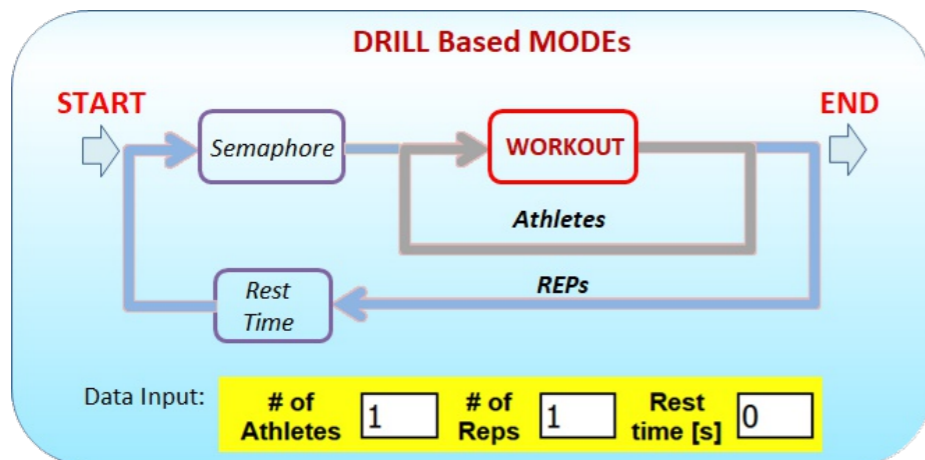
INDICOTECH s.r.l.s.

Via Rovigo, 4 - 10152
Torino - TO Italia ITALY

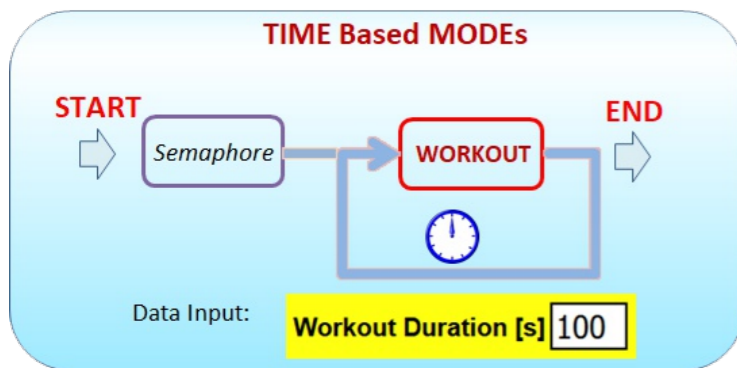


SAT - The LED RABBIT

Modes Description



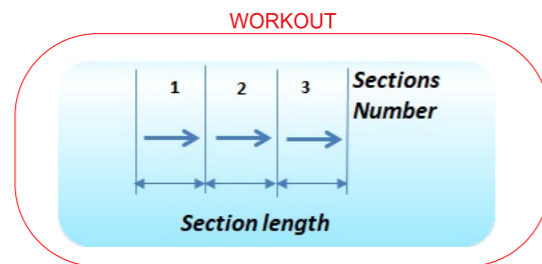
When Rest time is set > 0 a Led light spot shows the remaining Rest Time by decreasing its position along the strip



② **MULTIPLE** series of Led Light Spots moving at Set Constant Speed
Number of Spots is "Sections Number" positioned at "Section Length" distance

④ **SHUTTLE** Back and forward on each Set Section

Section Length [Y]	5
Section Time [s]	5
Sections Number	4
RANDOM	<input type="checkbox"/>



The average speed of the moving Led Light Spot is obtained as a ratio between "Section Length" and "Section Time"

When random is checked, the Led Light Spot moves randomly inside the "Section Length"

⑦ **JUMP** Steady Led Light Spots at Set Distance changing color on Timing

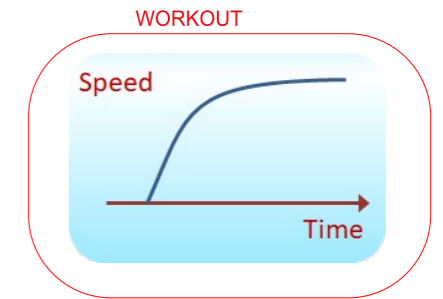
Number of Spots is "Sections Number" positioned at "Section Length" distance, in their place
Marks are used when at least one of them is set >0

Section Length [Y]	5
Color RED Time [s]	5
Sections Number	4
Color ON Time [s]	10

① **RUN** Forward run on Set Distance

If "One direction" is not checked:
run stroke starts each time from the opposite side of the previous one, no matter if the iteration is 'Athletes' or 'Reps'

Run Distance [Y]	12
Time [s]	5
One direction	<input checked="" type="checkbox"/>



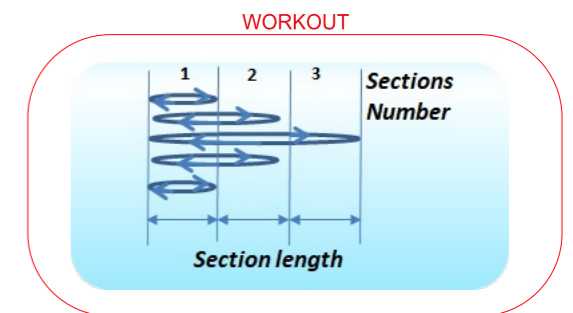
③ **LADDER** Back and forward on Increasing[Decreasing] Sections
⑥ **YO-YO** from Side position from Center of Length

⑤ **5-10-5** 5 Yards (or Meter) left, 10 right and 5 left

"Drill time" is the time to execute the whole drill. The system calculates the average speed by this time on the base of "Section Length" and "Sections Number"

When random is checked, steps sequence is mixed up (the average speed doesn't change because the full workout length is kept)

Section Length [Y]	3
Drill Time [s]	60
Sections Number	4
RANDOM	<input type="checkbox"/>



⑧ **TIMER** Steady Led Light Spots switched On-Off on Timing

Number of Spots is "Sections Number" positioned at "Section Length" distance, in their place
Marks are used when at least one of them is set >0

Section Length [Y]	5
Color OFF Time [s]	5
Sections Number	4
Color ON Time [s]	10

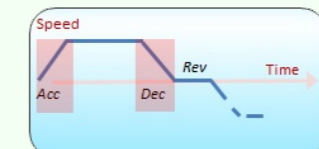
Advanced Parameters:

Accel Dist = % of Distance where speed is increased

Decel Dist = % of Distance where speed is decreased

Reverse time = Waiting time before reversed speed

Accel Dist[%]	15
Decel Dist[%]	20
Reverse Time [s]	0.



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

Mark [Y]	0	0	0	0	0
----------	---	---	---	---	---

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

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

note: settable "Start Delay" applies to Run Mode only, in all the other Modes "Start Delay" is 1 second.

Reaction Time [s]	0.15
Start Delay	1-2 Sec

