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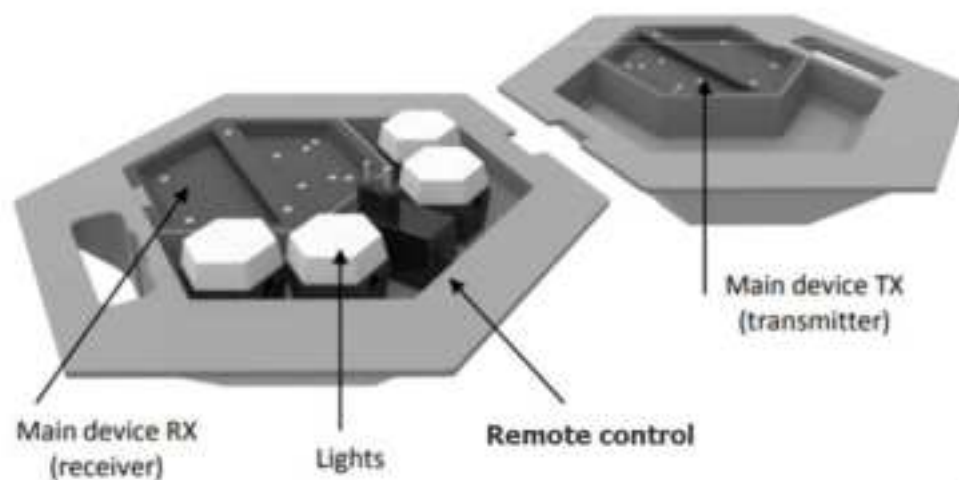


Heads Up Sports Training System (STS) is an innovative tool for training athletes in team and individual sports to develop SPATIAL AWARENESS, PERIPHERAL VISION & REAL-TIME DECISION MAKING

INSTRUCTION MANUAL



Inside two white cones you will find:
4 lights
2 main devices
1 remote control
4 additional visors



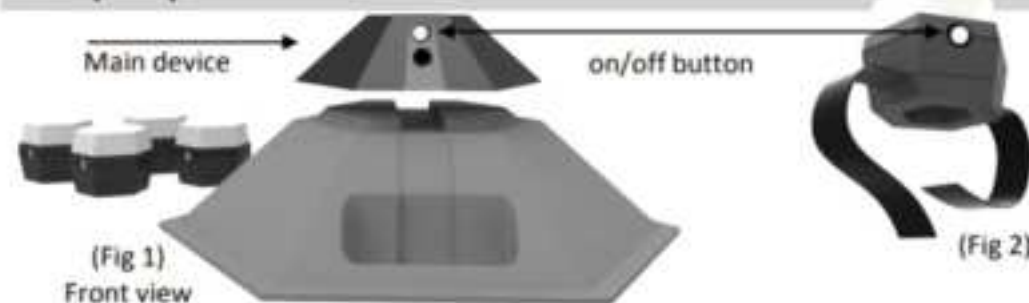
Proudly made and developed in Greece:



Yannis Georgaras Design Spot



Set up steps:



- **Step one:** The main devices must be placed on the cones, as shown in Fig 1.
- **Step two:** The four lights are placed as desired.
- **Step three:** Activate the number of lights you intend to use (1-4) by pressing the illuminating on/off button on the lights, as shown in Fig 2.
- **Step four:** Place the cones on the ground facing each other, at Max. distance of 7 ft apart.
- **Step five:** Activate the two main devices by pressing the illuminating on/off button.
- 6- prong charger, charges all units at same time. Contains EU, USA, and UK plug options.
(Fig 4 - Power Supply)



Once the signal between the cones is interrupted by any means (from a ball or a player), one of the lights will come on randomly with a random color indicating a target or a specific task to be done by the player. Either one light will come on (red, green, yellow or purple) or all 4 will come on blue

- The lights are placed according to the training drill.
- The lights are equipped with adjustable rubber ropes and magnets for easy of placement.
- The lights must be placed at eye level to get players to look up and not below.



(Fig 3)



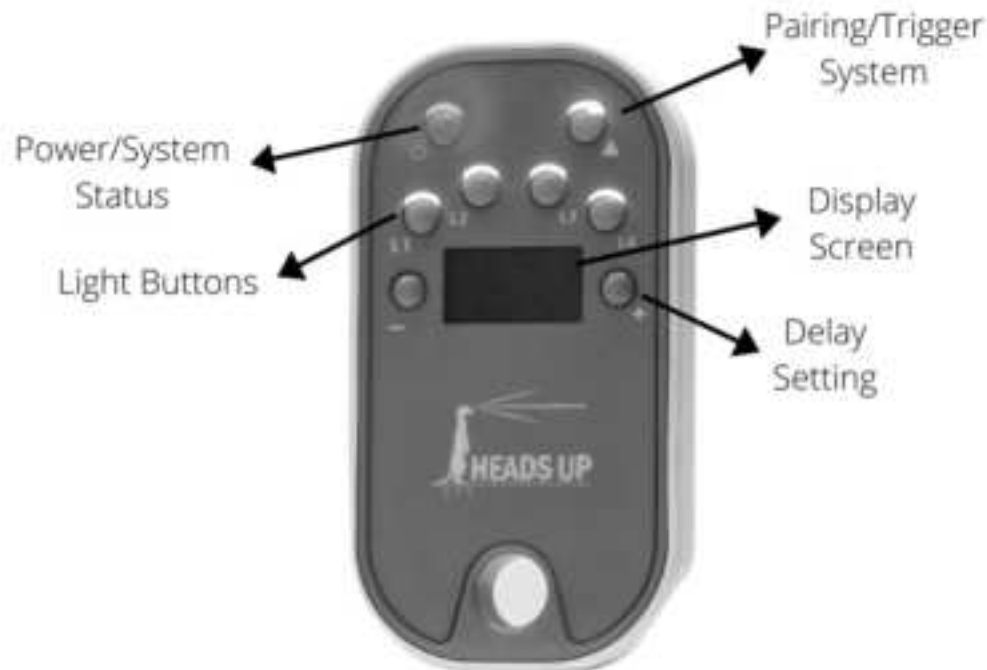
There are two kinds of visors. One is wide open and the other one is narrow. Visors are intended for outdoor use. Visors are provided to reduce the effects of sunlight and allow the lights to be more visible in an outdoor setting.



- The device operates at six volts and is fully rechargeable, with eight hours of continuous operation. When the on/off button starts flashing, it's a signal that you have to charge the devices (10% of energy before run out).
- If the system is not aligned the lights will start dancing with blue colors. Make sure the cones are facing each other. When the lights stop flashing, the device is ready for use.
- After training, the white cones can be converted into a carrying case (Fig 3).

THE TWO DEVICES AND 4 LIGHTS MUST BE FULLY CHARGED FIRST ONCE RECEIVED PRIOR TO USING.

Remote Control



*Charge remote via included Mini USB

Power/System Status

1. Long press to turn the remote On and Off. (Power to the Heads Up System still needs to be manually turned on.)
2. Short press shows additional system information and wakes up display screen

Display Screen

1. Shows the system battery status and delay timing
2. Remote battery status and system signal strength

Pairing/Trigger System

1. Long press to pair the remote to the system
2. Short press to deactivate and activate the trigger system

Light Buttons

1. Long press to deactivate and activate individual lights
2. Short press to instantaneously trigger the light manually

Delay Setting

1. Delay is from the time of trigger activation to light illumination or if triggers are deactivated the delay is from time the light button is pressed to light illumination
2. Increase and decrease the delay time from 0 to 9 seconds

Federal Communications Commission (FCC) Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications made to this device not expressly approved by **Sehat Sporting Goods, LLC** may void the FCC authorization to operate this device.

Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

RF exposure statement:

RX:

The transmitter must not be colocated or operated in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a Minimum distance of 20cm between the radiator and any part of your body.

LIGHT:

The transmitter must not be colocated or operated in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a Minimum distance of 20cm between the radiator and any part of your body.

RC:

The transmitter must not be colocated or operated in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. This device should be installed and operated without restriction.