SMARTfit Single On-Frame Trainer User Guide

Contents

SMARTfit®
Your Brain Matters

SMARTfit Single On-Frame Trainer

SMARTfit Single Quick Start Guide

Full instructions are available in the following locations:

1. Within the HELP section of the SMARTfit Seize the Now App.
2. By downloading the User Manuals at: **https://smartfitos.com/smartfit-single-resources/**
3. By following video instructions available at: **https://smartfitos.com/smartfit-app/**

The following instructions are designed to get you started quickly.

Setting Up your System

1. Unpack and assemble your SMARTfit Single.
2. The assembly video can be found at the link below. **https://smartfitos.com/smartfit-single-resources-videos/**
   - SMARTfit Single On – Frame:

The SMARTfit User Interface App Is Your Tool to Manage Your System.

Download our SMARTfit User Interface App from either the iOS and Android Platform which will allow you to create a personal account, customize your settings and preferences, and run games or pre-designed programs of your choice. The settings allow you to select a game category, adjust the level, time, volume, and touch sensitivity. By selecting the indicated tabs, you can sequentially scroll through the available game categories, predesigned programs, and controller settings.

This Navigation Chart Gives You an Overview of the Contents of the App. To get started quickly we will focus on creating an account and learning how to play the games.
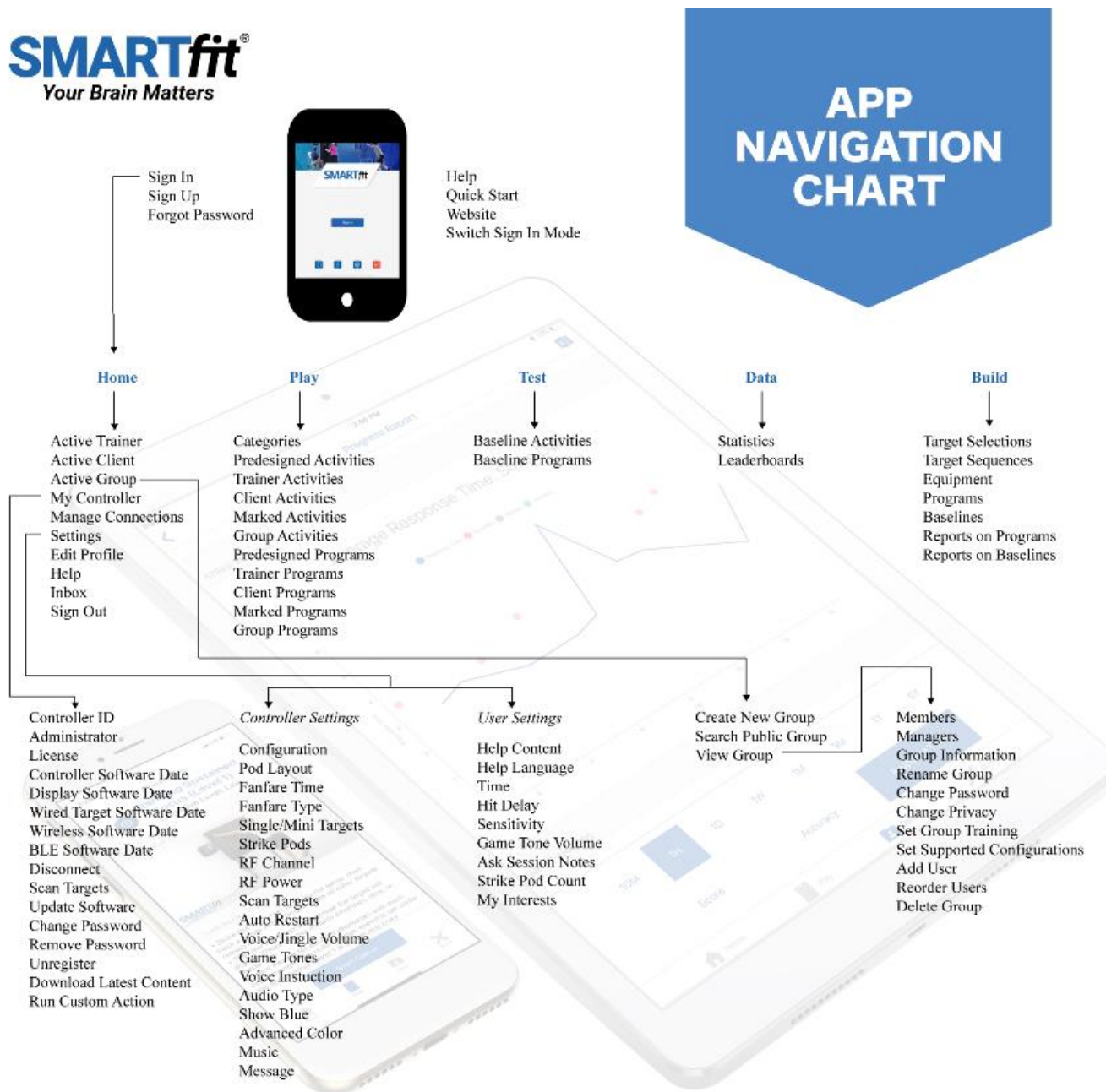
Follow the directions as laid out below to activate your account and get started.
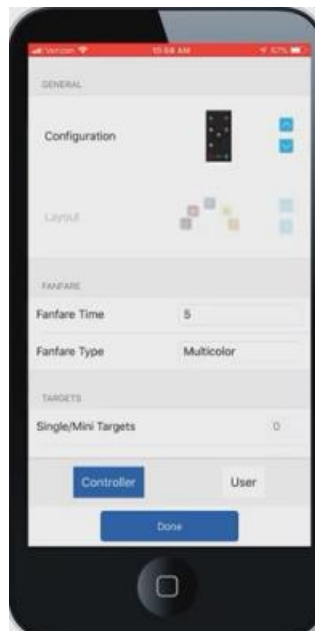
1. Learn how to quick start the SMARTfit App: Watch the video labeled "Create a new Account on the Cloud" at the link below. **https://smartfitos.com/smartfit-app/** .

2. Download and open the SMARTfit App, create a new account, and sign in.
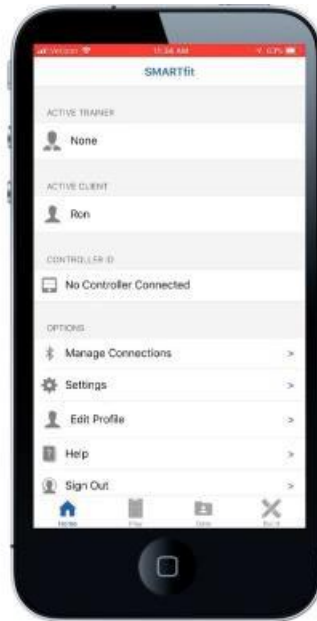

3. Adjust the settings in the App to match the Single configuration, then select the blue done tab.

4. Select the Manage connection tab and connect to your CPU. Your wired targets will light up and are ready for play.

5. These instructions are available at the help section on the SMARTfit app, as well as on our website at **https://smartfitos.com/smartfit-app/**

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. 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 Cloud Account by watching the video labeled, "Create a New Cloud Account" at the link below **https://smartfitos.com/smartfit-app/**

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 the Controller Settings by watching the video labeled, "Controller Settings" at the link below **https://smartfitos.com/smartfit-app/** Learn the User Settings by watching the video labeled, "User Settings" at the link below **https://smartfitos.com/smartfit-app/**

Play Tab

There are 43 Game Categories under the first "Categories" tab. Select the 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 also used to access our Predesigned activities and Predesigned Programs, which are video-supported activities and programs with customized settings for specialized training. Learn how to Play Predesigned Activities by watching the video labeled, "Predesigned Activities" at the link below **https://smartfitos.com/smartfit-app/**

Learn how to Play Predesigned Programs by watching the video labeled, "Predesigned Programs" at the link below **https://smartfitos.com/smartfit-app/**

The Play tab allows you to create your own customized activities and programs from the categories list of games. Learn how to create an Activity by watching the video labeled, "How to Create an Activity" at the link below **https://smartfitos.com/smartfit-app/** Learn how to create a Program by watching the video labeled, "How to Create a Program" at the link below **https://smartfitos.com/smartfit-app/**

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 by watching the video labeled, "Exporting Data to an Excel File" at the link below **https://smartfitos.com/smartfit-app/**

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. Learn how to build a program report by watching the video labeled, "Reporting on a Patients Progress" at the link below: **https://smartfitos.com/smartfit-app/**

- Learn how to build a Selection by watching the video labeled, "How to Create a Target Selection" at the link below **https://smartfitos.com/smartfit-app/**

- Learn how to build a Sequence by watching the video labeled, "How to Create a Target Sequence" at the link below **hhttps://smartfitos.com/smartfit-app/**

Documents / Resources

	SMARTfit Single On-Frame Trainer [pdf] User Guide Single, On-Frame Trainer, Single On-Frame Trainer