FitLight Trainer ™

PROXIMITY OR TOUCH

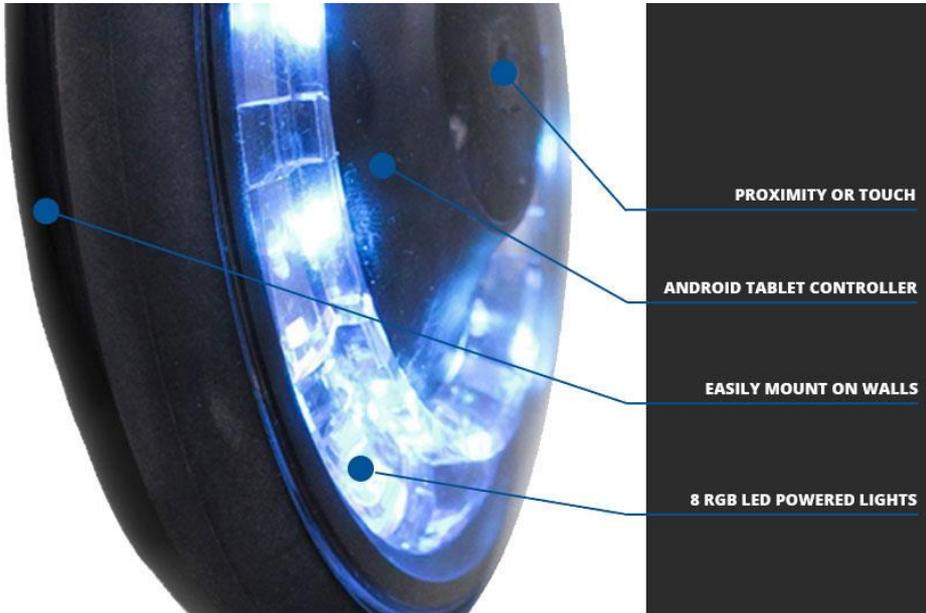**ANDROID TABLET CONTROLLER**

EASILY MOUNT ON WALLS

8 RGB LED POWERED LIGHTS

The **FITLIGHT Trainer™** is a unique wireless reaction system comprised of 8 RGB LED powered lights controlled by a tablet. The lights are used as targets for the user to deactivate, and can be adapted and configured for all sports and training regimes. The system is versatile and dynamic, with the ability to capture various attributes of human performance such as reaction time, speed, agility, coordination – all measured for immediate performance feedback.

The **FITLIGHT Trainer™** system is a wireless light system comprised of 8 RGB LED powered lights controlled by a tablet. The lights are used as targets for the user to deactivate as per the training routine. Various measurements can be captured for immediate feedback in relation to the user's performance or can later be downloaded to a central computer for future analysis. The lights can be deactivated by use of the user's hands, feet, head, or sport/fitness related equipment, either through full contact or proximity.

WHO IS **FITLIGHT™** FOR?

The **FITLIGHT Trainer™** is designed for the use of any individual that seeks to improve attributes of human performance through dynamic training regimes. This includes athletes, coaches, trainers, physiotherapists, fitness enthusiasts, rehabilitation patients, as well as individuals with cognitive and sensory processing challenges. **FITLIGHT Trainer™** has several applications and can be used by individuals of all levels and developmental stages whereby they can experience a powerful training experience for a wide range of physical conditioning, reaction/response training, vision training and numerous other physical and cognitive skills training.

APPLICATIONS

SPORTS

The **FITLIGHT Trainer™** System will become integral to all user's training needs by mirroring actual game training conditions to motivate and develop your athletes by enhancing their ability to react in intense game conditions.

The **FITLIGHT Trainer™** is perfectly suited for intense physical exercise with metrics to create performance benchmarks. The system's flexibility allows you to create individual routines, applicable fitness conditioning, or sport specific programs for both athlete and trainer, while always bringing awareness to the athlete's current form and allowing them to create tangible goals to improve.

Benefits include:

Sport Specific High Performance Training

Enhanced Reaction/Response Time

Improvements to athletes speed, agility, stamina, conditioning, coordination and visual cognitive processing functions

Ability to track and monitor athlete's development and provide real-time feedback

Easy to analyse data for the coach or trainer

HEALTHCARE

REHABILITATION
Medical practitioners can use the **FITLIGHT Trainer™** system as a tool to rehabilitate clients from injuries as well as utilize the system for more complex diagnoses

The data collected from the system gives tangible information that can be used to increase or decrease the exercise load, and also assist in determining the rate of recovery

COGNITIVE DISORDERS
Challenges in sensory processing are common amongst individuals with cognitive related disorders. Training with light and sound stimuli offers stimulation to those with difficulties in sensory processing. **FITLIGHT Trainer™** provides a new, dynamic and visual learning framework to enhance sensory and motor skills, identification and focus, and reactivity.

Benefits include:

Improved fine motor control & coordination

Increased movement & mobility

Monitor movement capabilities, establish norms and progression of performance and motivate improvement.

Versatility in rehabilitation routines

Applicable for a wide variety of injuries or age group of patients

Real-time feedback to assess, evaluate & intervene

TACTICAL

The **FITLIGHT Trainer™** has the ability to measure and track attributes or movements integral to the physically demanding tasks associated with tactical occupations.

Several drills can be executed using the **FITLIGHT Trainer™** including squad movement, speed, and strength training drills. Actions such as response and reaction time, peripheral vision measurement, visual-motor skills, can also be measured with the **FITLIGHT Trainer™.**