

FITLIGHT

TRAINER™ | SEE THE LIGHT



corpore sano LLC

Body Technologies

FITLIGHT TRAINER™ CATALOGUE



MOVE, MEASURE, MOTIVATE with the FITLIGHT Trainer.™

Enhance Human Performance with the world's most revolutionary wireless reaction-training system.



FEATURES

- Wireless light system comprised of RGB LED powered lights
- Central tablet controller
- Various data points captured for immediate feedback
- Flexible and versatile configuration capabilities
- Water & impact resistant
- Mobile

How Does It Work?

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.



1 Arrange FITLIGHT Trainer™ Lights



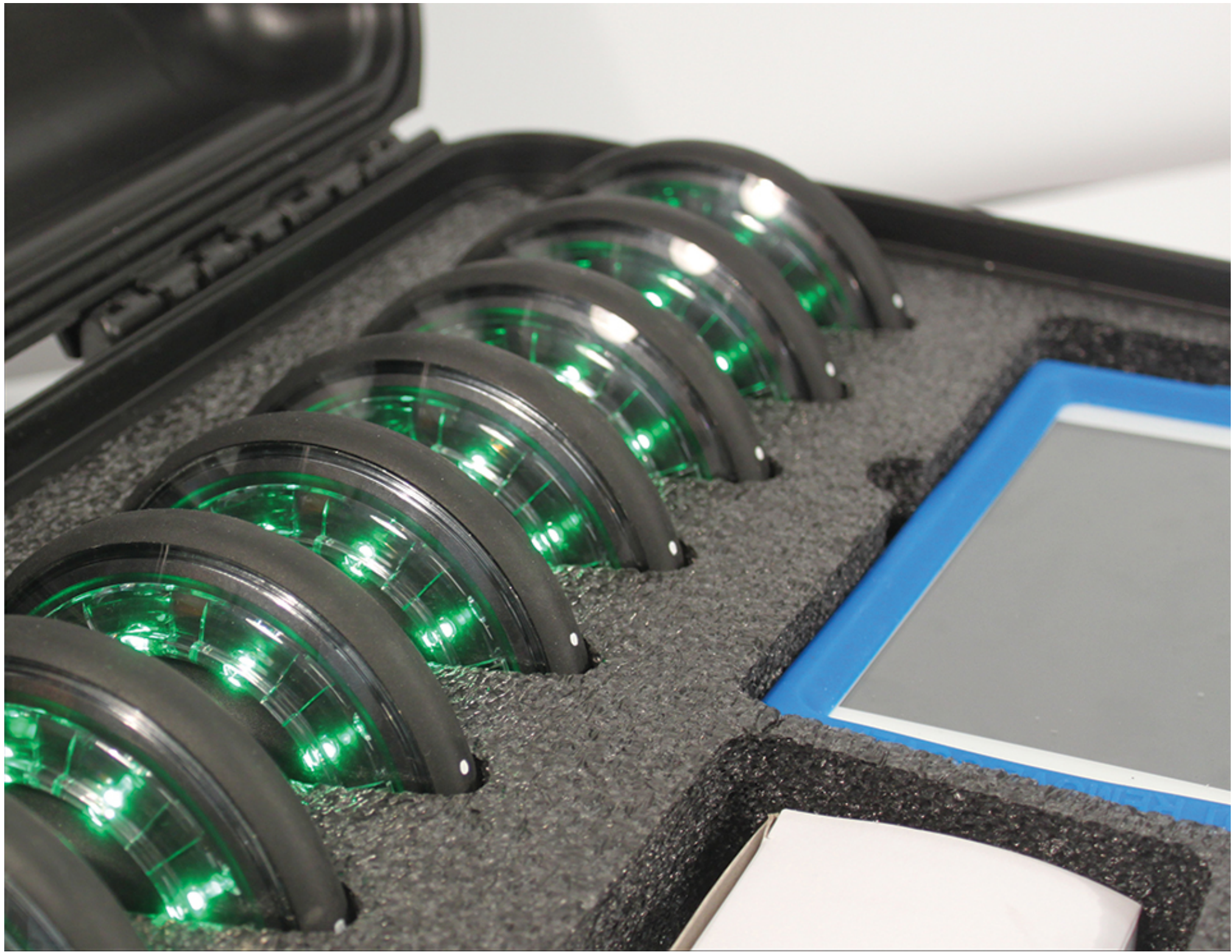
2 Enter Your Training Routine



3 Perform Your Training Routine



4 Evaluate Your Performance





Who is the FITLIGHT Trainer™ for?

The FITLIGHT Trainer™ has a diverse range of applications and can be used by individuals of all physical activity levels. It is designed to improve attributes related to human performance through dynamic training regimes.

FITLIGHT Trainer™ provides a powerful training experience for a variety of individuals including athletes, coaches, trainers, physiotherapists, rehabilitation patients as well as individuals with cognitive and sensory processing challenges. Any user can easily monitor performance levels, customize training regimes and engage in ongoing development and assessment of training programs.

Applications of FITLIGHT Trainer™



SPORTS

FITLIGHT Trainer™ provides interactive training platforms to improve reaction time, agility & speed.



HEALTH CARE

FITLIGHT Trainer™ can be used to improve range of motion, strength and coordination.



TACTICAL

FITLIGHT Trainer™ enhances regimes for dynamic target training & drills.

Why use the FITLIGHT Trainer™?



FLEXIBLE & POWERFUL

- 3D training system, versatile in configuration abilities - can be mounted and configured anywhere (floor, wall, outdoors)
- Captures and measures user performances for improvement analysis
- Single user or multiple users for more dynamic and competitive training



EASY TO USE

- Simple set up & recharging system
- Equipped with standard routines or user defined routines for training sessions
- Programmable audible signal to accompany multiple colour light capabilities



ROBUST & RELIABLE

- Portable / mobile system for indoors/outdoors and all seasons
- Water & impact resistant
- Automatic ambient light adjustments even in bright sunshine for ease of recognition





How does the FITLIGHT Trainer™ enhance your training?

OPTIMIZES TRAINING PROGRAM SESSIONS

Provides measurable training routines, either predefined or customized, for the individual, one-on-one, or groups / teams.

ENABLES PERFORMANCE DATA CAPTURE

Both the user and coach / trainer / therapist can monitor reaction time, speed, and performance levels, in real-time.

PROVIDES OBJECTIVE EVALUATIONS

Training programs are enhanced as the appropriate benchmarks are established, performance levels analyzed, areas of improvement determined, and enhancements to the training regimes applied, all in order to improve performance levels.

BASELINE TESTING

Establish physical and mental baseline testing protocols for result comparisons towards the rehabilitation of general injuries, TBI, concussions and much more....

8 Pack FITLIGHT Trainer™ System

- 8 FITLIGHTS™
- 1 Tablet Controller
- 1 Universal Power Supply
- 2 Waist Clips
- 8 Velcro Backs
- 16 Velcro Pads
- 1 Charging / Carrying Case
- FITLIGHT™ software for MAC or PC



FITLIGHT Trainer™ Spec Sheet

- Wireless Range: 75 Meters (LOS)
 - Size: 10cm (4") diameter of each light
 - Weight: .3 kg (10 ozs) of each light
 - Battery Charge (Lights): 10-12 Hours
 - Universal Charger Voltage: 100/240 V
 - Programmable Activation Distance: 0-80 cms
 - Split-time Activation: 0 – 6 feet
 - Programmable Light Modes: Flashing, Constant, Multi-Coloured
 - Water Resistant: Yes
 - Outdoor Use: Yes
 - Sound: Yes, Multi-Tone buzzer
 - Data Capture: Yes
 - Impact Resistant: Yes
- The **FITLIGHT Trainer™** is also sold in cases of 4-lights and 24-lights. Individual lights are also available.





FITLIGHT Trainer™

Additional Features

FITLIGHT Trainer™ has 3 Light Modes:



Center Only



Ring Only



Full Light

Individual light colour options:

RED, YELLOW, GREEN, BLUE, PURPLE, TURQUOISE



FITLIGHT Trainer™ tablet includes:

- Android Operating System
- Bluetooth & WiFi Capability
- Real-Time Data Feedback