



BlazePod App User Manual

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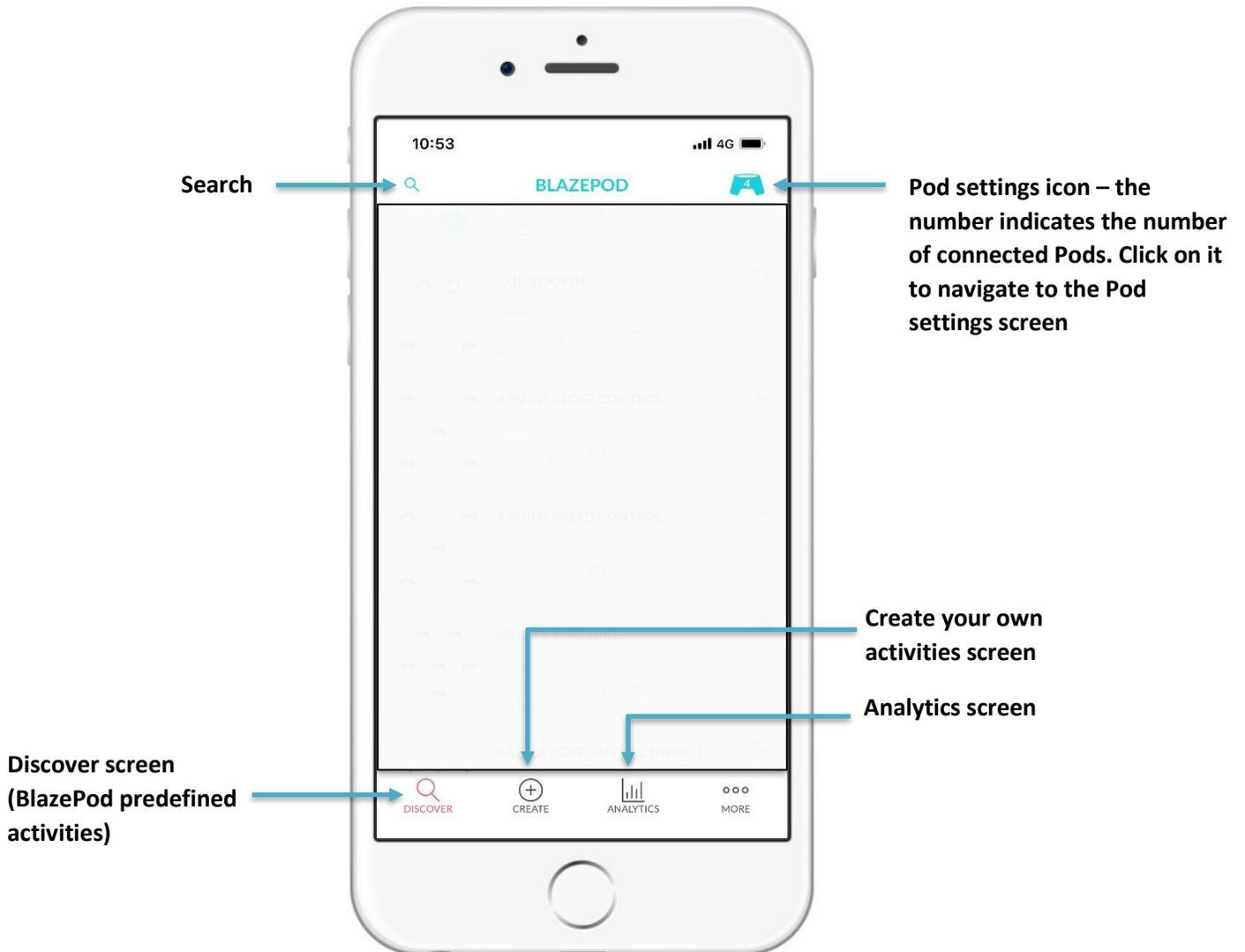
Downloading the APP

To download the app to your Android or iOS mobile device, just search for **BlazePod** in Google Play or the iOS App Store.



The App

Let's take a look at the App structure and go over all the screens



Pod settings

First thing you need to do is to connect to your Pods. First, make sure your Bluetooth is turned on.

Tap the Pod settings icon –

In the screen you will see two lists. One with all available Pods (all the Pods in range that aren't connected to any other device) and one with your connected Pods.



Battery status

- High
- Medium
- Low

Pod settings icon – the number indicate the amount of connected Pods

Disconnect from all your connected Pods

Light button – Click to lights all the connected Pods.

Long press on individual Pod to connect/ disconnect or to enable/ disable auto connect.

Short press to light the relevant Pod for 5 seconds.

Sort your available Pods by:

- Name
- Proximity (distance for your phone)
- Auto connect
- Last connected

Connection status

- Trying to connect
- Disconnected

Connect – Select this option to connect all the available Pods.

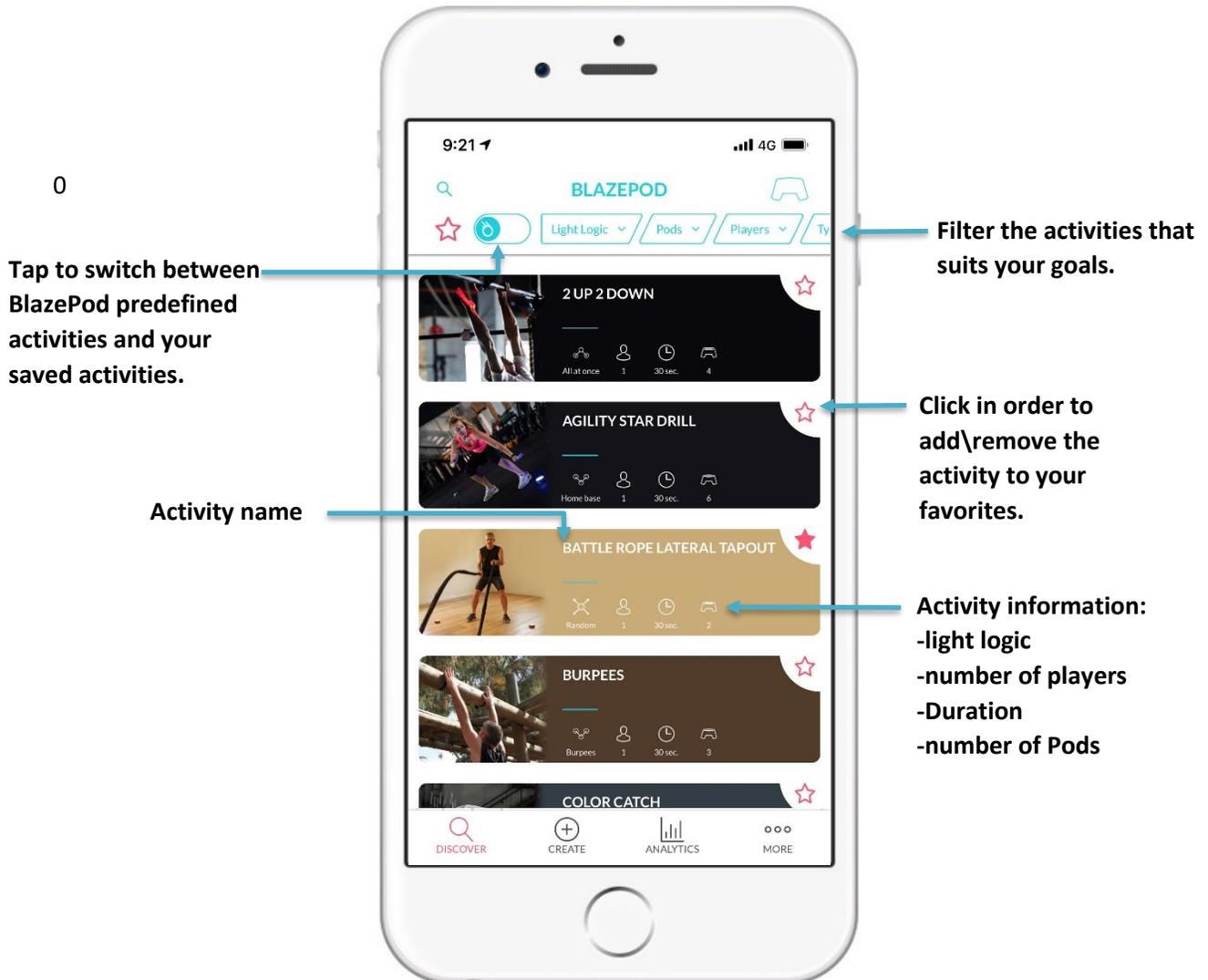
Auto connect – Select this option to automatically connect to the Pods when you open the app

Use the actions next to the title in order to apply settings to all the Pods in the list at once or press on an individual Pods to apply settings to this Pod only.

- * Please note that the maximum number of Pods that you'll be able to simultaneously connect, to, will depend on the mobile device itself.

Discover screen (BlazePod Predefined activities)

The “Discover” screen is the main screen of the app and where you will find the ever-growing list of BlazePod’s predefined activities.



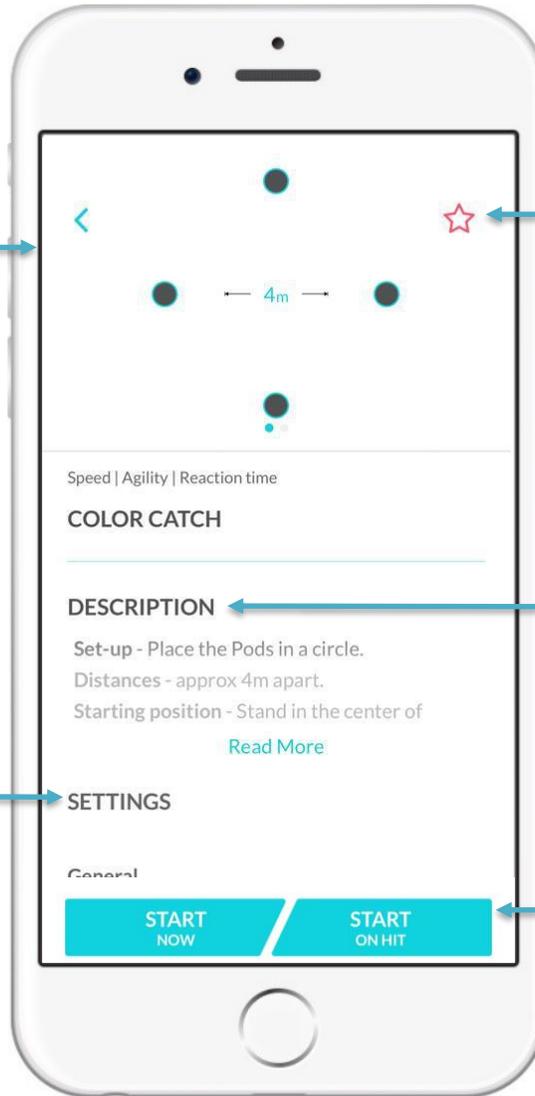
Activity screen

1. general

When tapping on a specific activity, the activity screen will open.

Activity set up - Swipe to make sure you don't miss anything about how to set up and hit your Pods.

Add to favorites – Tap the star to add/ remove this activity to your Favorites.



Activity settings – Set of activity settings.

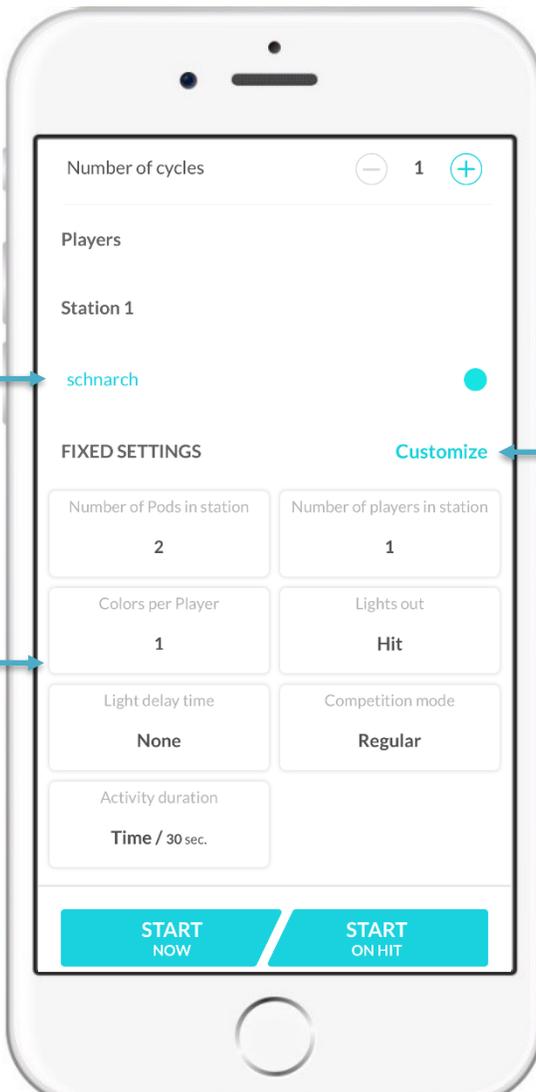
Description – detailed explanation on how to set up the Pods, the starting position, how to tap out the lights, and how the activity works.

Tap “Start Now” button to start your activity immediately. Tap “Start on hit” button for the activity to start when you hit a Pod.

Activity screen

2. Fixed/ open Settings

Inside the pre-defined activities, you'll find set of setting that some are fixed, and some can be modified.



The image shows a smartphone screen with the following settings:

- Number of cycles: 1 (with minus and plus buttons)
- Players: Station 1 with a player named "schnarch" and a blue dot.
- FIXED SETTINGS section with a "Customize" link:

 - Number of Pods in station: 2
 - Number of players in station: 1
 - Colors per Player: 1
 - Lights out: Hit
 - Light delay time: None
 - Competition mode: Regular
 - Activity duration: Time / 30 sec.

At the bottom are two buttons: "START NOW" and "START ON HIT".

Change the player name / color or add a new player. (Callout pointing to "schnarch")

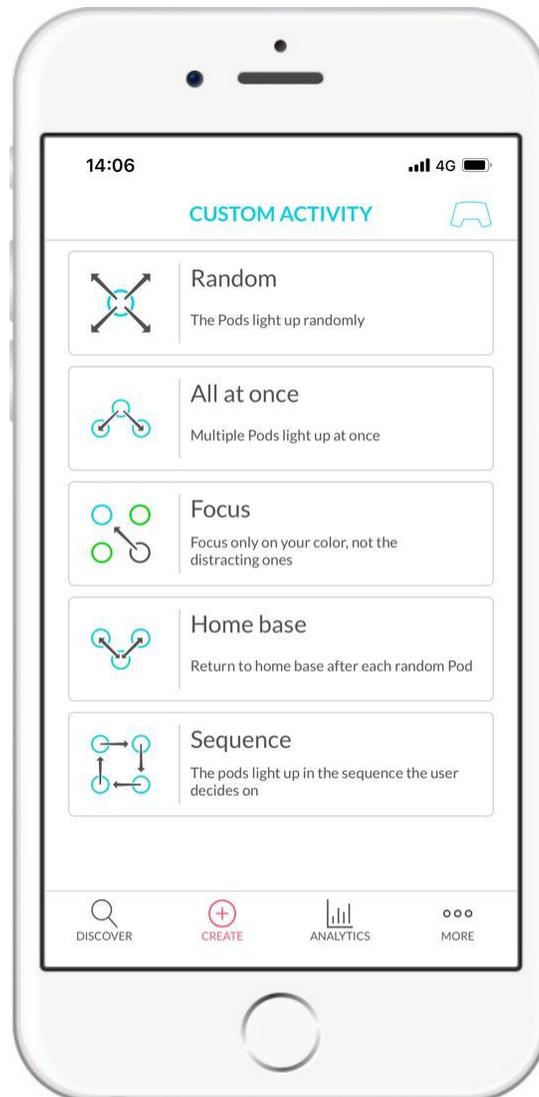
Tap "customize" to be able to adjust all the settings to your needs and start / save your new activity. (Callout pointing to "Customize")

Fixed settings – view to understand more about the activity- and start to train immediately. (Callout pointing to the "FIXED SETTINGS" section)

Create screen

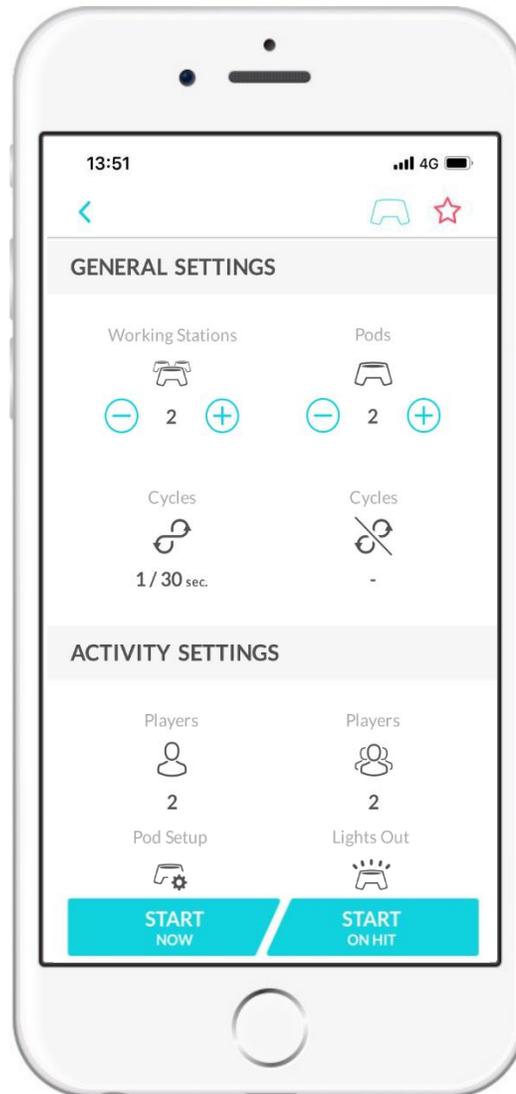
in this area you will be able to create your own activity based on settings that you will be able to customize.

First thing you need to do is to choose the light logic. The light logic determines the how the Pods will light up.



Activity settings

Each Light logic contains a different set of settings that you can change for the specific activity.



General settings

- **Working stations** refers to an activity that runs with a specific number of Pods. For example, if you set up 3 Pods for a burpee. you can set up a second Pod station with another 3 Pods to use the same exercise for another player at the same time.
- **Number of Pods** are the number of Pods working the specific activity, like with the number of players, we are talking about the number of Pods in a single Pod station.
- **Number of cycles** refers to the amount of times you want the activity to run. If you select more than one cycle, you will also need to determine how much time you want between the cycles.

Activity settings

- **Player** refers to a single participant taking part in a BlazePod activity. Note that we refer to number of players in a single Pod station.
 - By pressing on the players' name a list of players will open to choose from, and the ability to create a new player. The results of each player will appear on the analytics.
- **Activity duration** is where we set the amount of time you want the activity to run for. You can choose between one of 3 options:
 - **Hit** – the activity will end after the numbers of hits that you've set.
 - **Timeout** - the activity will end after the amount of time that you've set.
 - **Hit/Timeout** - whichever comes first. Either you reach the number of hits you set or, the time you set runs out.
- **Lights Out** is where we choose how to turn off the Pod's lights during an activity. You can choose between one of 3 options
 - **Hit** – Tap out the Pod's light to turn them off.
 - **Timeout** - the Pod's light turns off after the amount of time that you've set.
 - **Hit/Timeout** - whichever comes first. Either you reach the Pod and tap-out the light, or the time runs out and the next Pod lights up.
 - **Light Delay Time** is the time between a Pod's light being turned off, until the next Pod lights up. You can choose between 3 options
- **None** – the next Pod will immediately turn on after the first one turns off.
 - **Fixed** – the next Pod's light will turn on X seconds after the first one turns off, based on the exact number of seconds you set.
 - **Random** – the next Pod's light will turn on a random number of seconds after the first one turn's off, based on the min and max seconds you set.
- **Delay before activity** is the amount of time that can be set, from when you tap to start the activity, until the activity begins its countdown.
- **Competition Mode** can be set in a competition activity, you can choose one of 2 competitive options
 - **Regular mode**, where each player taps out their own light.
 - **First to hit mode**. This mode means that the first player to tap out their light, automatically taps out all competitors' lights too.



Home base logic- Special settings

- **Home base Pod color** will determine the color the Home base Pod will light up each time

Focus logic- Special settings

- **Number of distracting Pods** will determine how many Pods will light up in order to confuse the player
- **Distracting Pod colors** accordingly different colors will light up in the distracting Pods.
- **Strike Out-** if chosen will determine the number of strikes (falls hits) until the activity will stop.

Sequence logic- Special settings

- **Number of steps** will determine how many Pods will light up in the activity.

Pods indications

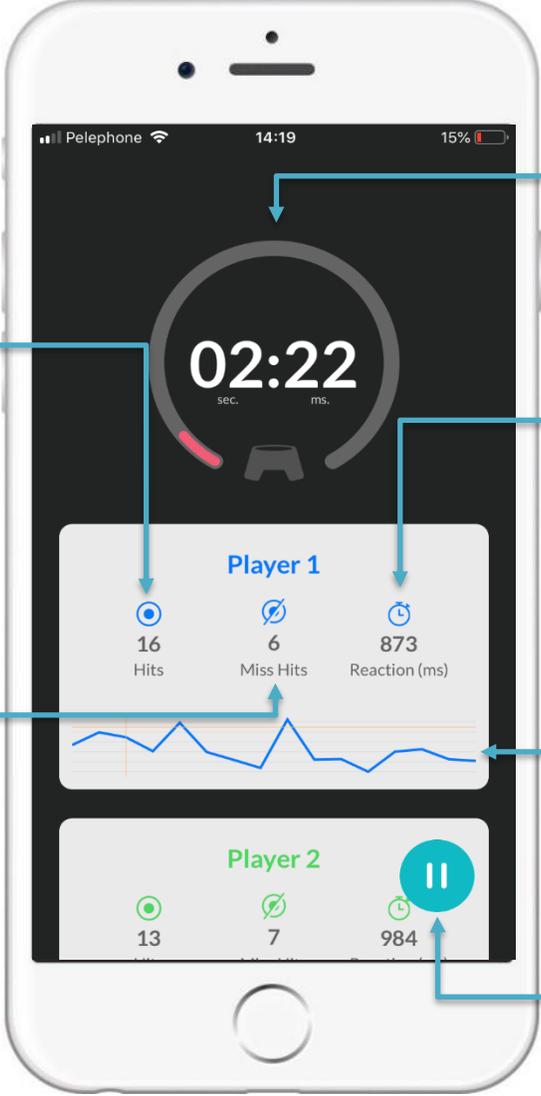
When you are in a specific activity, the participants Pods will be flashing to indicating which of the Pods have been selected to be used for the specific activity.

There are few types of indications:

- If all the activity's Pods are being used in the same way, then all the Pods will flash in the same color.
- If one or more of the Pods has a specific placement position or purpose, then each Pod will always flash in their specific color in accordance to the setup description of the specific activity, no matter which colors have been chosen for the activity or players.
- If you have more than one player, each with their own color Pods. then all the Pods in use will flash in one players color, followed by the next player's color, and a third and fourth and so on. and then return to start the sequence again.
- There are also different indications for different light logics-
 - Focus- The Pods will indicate only the chosen color; you will not see an indication of the distracting colors.
 - Home base- The Pods will indicate in 2 steps- which Pod is the 'home' Pod, and the rest of the Pods together- to make sure to separate the home base Pod from the rest.
 - Sequence- The Pods will light to indicate each step: color and order (which Pod will light first, second, etc).

Results screen

In the results screen you will see the results we receive from the Pods in real time, for each one of the players, in each set, in each cycle. There might be changes in the result screen between different light logics.



Countdown/timer of the activity – depends on the activity settings

Hits – the amount of times you tap out the light during the activity.

Reaction – the average reaction time (the time from when the Pod lights until the light is tapped out) of all the hits in the activity.

Miss-Hits – the amount of times you did not tap out the light in time. Relevant in the following cases:

- When the “Lights out” option is set to “Hit/Timeout”
- When Competition mode is set to “First to hit”.

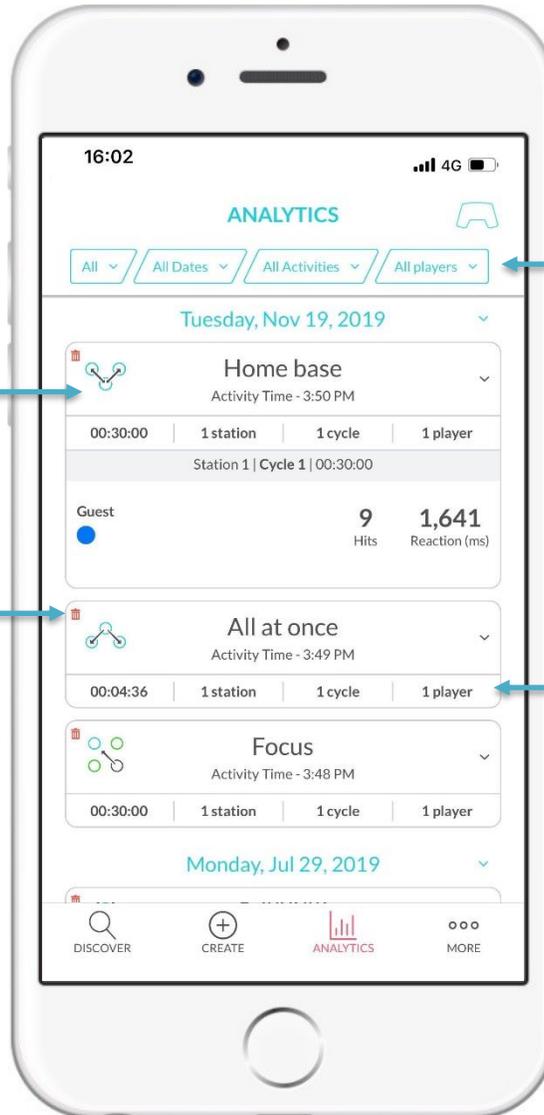
Reaction trend - graph showing the reaction time for each hit.

Pause button – tapping it will pause the activity and display the following options:

-  End the activity
-  Continue from the same point
-  Restart the activity

Analytics screen

In the analytics screen you'll see the history of your activity results, it will help you to keep track on yours and your players' progress and improvement process.



Press on the activity to see the relevant players, number of hits and avg' reaction time.

Tap in order to delete specific results.

Filter through your results by:

- Date
- Activity type
- Player

See each activity light logic, duration, number of stations, cycles and players.

More screen

In the More screen you'll be able to edit your profile, add more players and gain some more information about BlazePod.

