Fastpong Instruction Manual

The next evolution in table tennis training

Instruction manual for the Fastpong table tennis training system
(FP01) and optional external display (ED01)

Download the latest version from www.fastpong.com

Introduction

Thank you for purchasing the Fastpong system. It is unlike any other system on the market. It is designed to make table-tennis training both more effective and more enjoyable. We believe it to be an invaluable tool for players of all levels from amateur to professional as well as an excellent tool for coaches and clubs.

This versatile system allows for a host of professional functions, including :

- Ball-shooter Training

- Service Training

- Reaction Training

- Manual / Coach Feed

We designed the system to be intuitive to use, but you may still find some useful information in this manual. *Please be sure to read the safety information.*

There are videos for everything from setting up the system, to using the mobile application. We have found that this is the easiest format for most people to understand. You can find them all on our website *https://www.fastpong.com*

If you have further questions or have problems then please visit the community forum, *https://fastpong.com/community/champ*

We wish you lots of fun training and playing table tennis. Feel free to say hello if you see us at a competition or exhibition.

Registering the device

Please don't forget to register the device using the mobile app. for some great benefits.

General Safety Information

- WARNING : Do not disassemble. Do not open. There are no user serviceable parts inside.

- Do not expose this product to rain or moisture.

- We strongly recommend that this equipment not be modified and/or used for any other application other than that for which it was designed.

- Only use the power adapter supplied with the system and ensure that the voltage is appropriate for your country / region.

- Keep the device unplugged when not in use for long periods of time.

- Do not place heavy items on the tiles.

- Do not place items containing liquid (such as vases or drinks) on or near the tiles.

- No naked flame sources such as lighted candles or other heat sources should be placed on or near the device.

- Keep the unit away from magnetic objects.

- Be careful to ensure that the cords are not a tripping hazard as you could risk injury as well as damaging the device.

- Only plug authentic devices from Fastpong into the ports, unauthorised third party devices may damage the device or be an electrical or other hazard.

- Regularly check the appliances for broken parts and/or damaged cords. Do not use if you find that it is damaged, contact Fastpong.

- This device is not suitable for young children without careful adult supervision.

Care and Maintenance

- Disconnect the unit from any power sources before cleaning.

- Do not connect or disconnect the tiles together while the power cord is connected.

- Clean only with a dry cloth.

Certification

This product has the following certifications / complies with the following standards:

1. CE : compliance with the relevant EU legislation and the product may be sold anywhere in the European Economic Area (EEA).

2. FCC :the product has been tested to comply with FCC (Federal Communications Commission) standards and it has been approved.

3. KC : KC certification as specified by the Korean Agency for Technology and Standards (KATS)

4. K : certifies the quality level of products manufactured in Korea.

5. RoHS : complies with the Restriction of Hazardous Substances Directive 2002/95/EC (RoHS 1)

6. TELEC : radio equipment conforms to the technical standards under the Radio Act of Japan.

7. SRRC : certification issued by the State Radio Regulation of China.

FCC statement on regulation

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.

2. This device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 the 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 ratio TV technician for help.

Box Contents

Your package should contain the items listed below. Optional items are for sale
separately.

- Board 1, Board 2, Board 3, Board 4 (see Figure 2a)
- Power adapter (see Figure 2b)
- Ball sensor (see Figure 2c)
- (optional item) External Display (see Figure 3a)
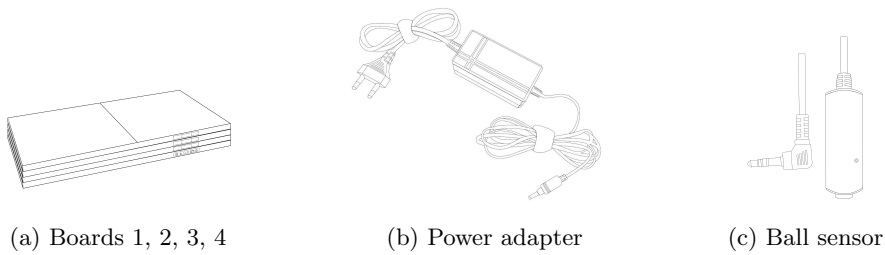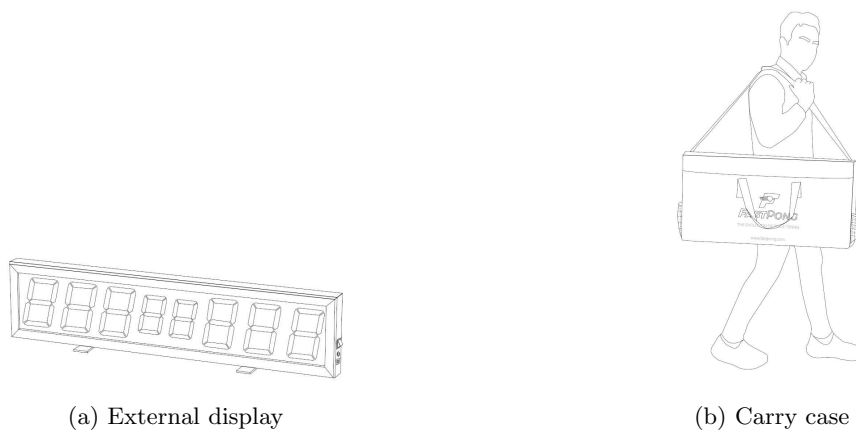- (optional item) Carry Case (see Figure 3b)

(a) Boards 1, 2, 3, 4   (b) Power adapter   (c) Ball sensor

Figure 2: Package Contents

(a) External display   (b) Carry case

Figure 3: Optional Accessories

Parts, Ports and Switches

The side of board 1 (see Figure 4) has the following ports, buttons and switches.

1. DC 12V in socket.

2. Power switch

3. Reset score button

4. Change mode button

5. Ball sensor socket
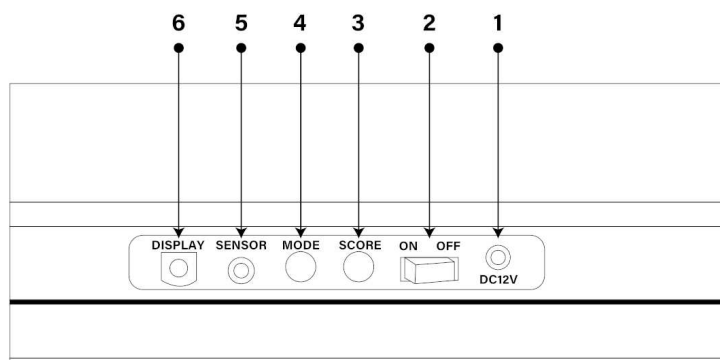
6. External display socket

Figure 4: Ports

Setting Up the Device

There is a quick set up video on the website in the support section.

1. Place the boards on the table tennis table as shown in the diagram for training modes using the ball shooter, (see Figure 5). If you are setting up for reaction mode then you will either need to remove the ball shooter (or place the tiles at the other end of the table).

2. Make sure that the boards are pushed together so that they are firmly connected together, in the correct order, (1,2,3,4), (see Figure 6). The number of each board is printed next to the d-sub connector on the side of the board. DO NOT attach the boards together or pull them apart when the power is plugged in.

3. Attach the ball sensor to the robot ball shooter using the included Velcro, (see Figure 7) The ball should pass in front of the sensor when it is ejected from the shooter. This sensor should work with a large variety of ball shooters.

4. Plug the other end of the ball sensor cable into the sensor socket in board 1.

5. Plug the power cord into the mains outlet and into the power input socket in board 1. Be careful to ensure that the cords are not a tripping hazard as you could risk injury as well as damaging the device.

6. If you are using the optional external display then plug it in and switch it in *before* you switch on the main device.

7. With the power input, sensor cable (and optional external display if you are using it) plugged in, you can switch the device on using the power switch on board 1.

8. Connect to the device with the mobile app and begin your trainining session.
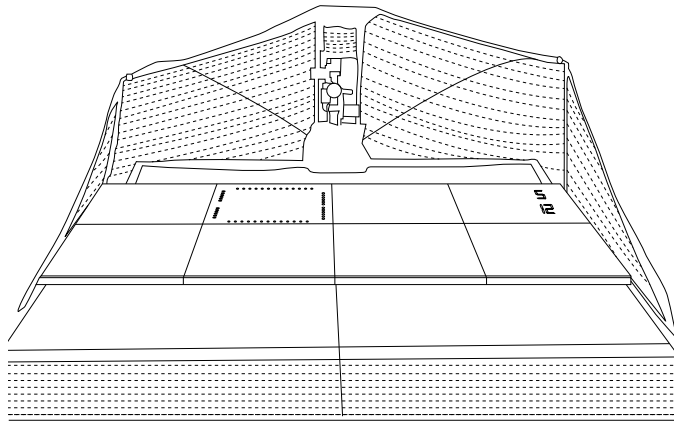
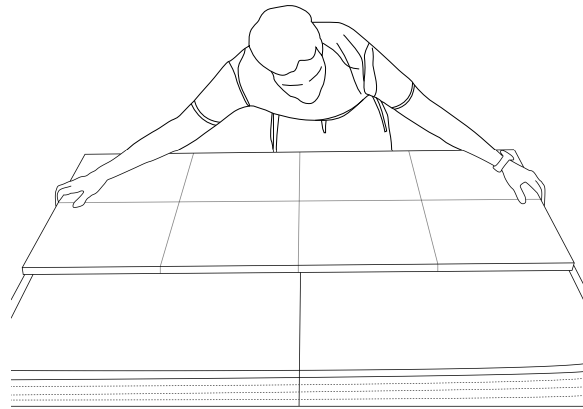Figure 5: Placement of tiles on the table tennis table

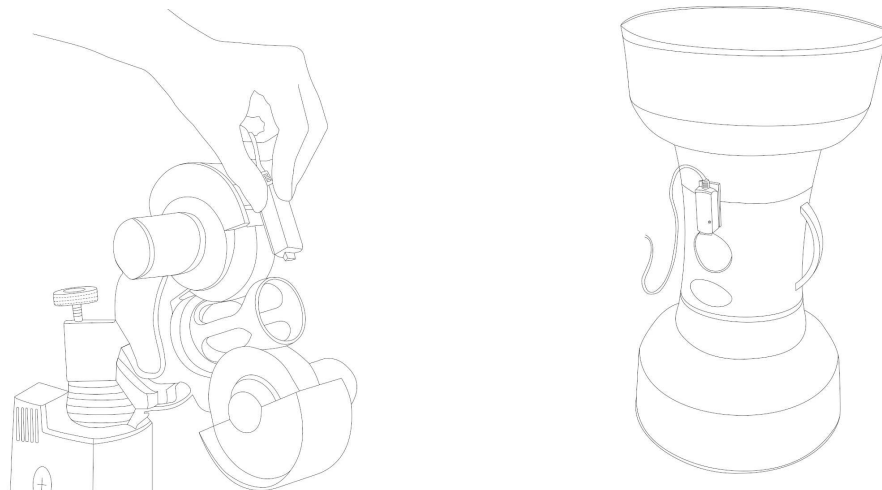Figure 6: Ensure that tiles are firmly pushed together

Figure 7: Attaching the ball sensor to the robot ball shooter.
This may be different depending on your model and brand of ball shooter

Using the device

The device operates in different modes. These modes can be entered using either the buttons on the device or using the mobile application. Pressing the *Mode Button* will change the mode. A list of the modes and their order is shown in Figure 10. Pressing the *Reset Score Button* restarts the training in the same mode.

Using the mobile application will allow access to many settings not directly available via the mode and reset score buttons.

Training Mode

In training mode with ball shooter as shown in Figure 8, you return the ball sent from the robot to the lit tile. Different tiles will light up depending on whether you are in sequential, random or custom mode. In training without a ball shooter, sequential, random and custom modes are also available.

The internal (and optional external display) will show the ball count and the number of correct returns. The mobile application will capture much more detailed data and allow you to analyse and compare your current and past performance. We recommend that you use the mobile device to get the most out of your training.
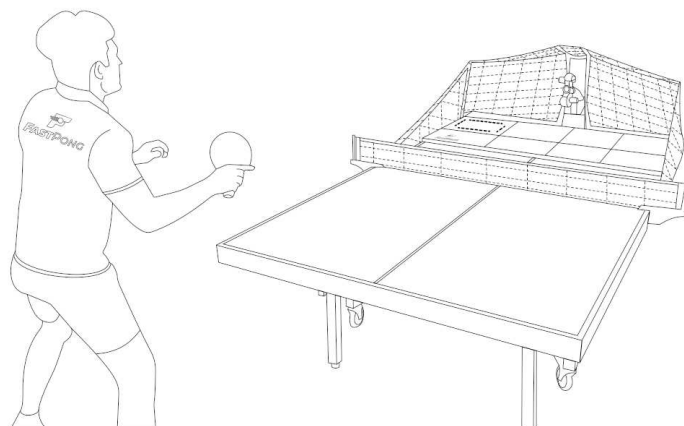

Figure 8: Using the device in training mode

Reaction Mode

Reaction mode is used to train your reaction time. In this mode (see Figure 9), a random tile will light up after a random period. When you tap the correct tile, the light will switch off again. The display will show the number of tiles that have lit up so far and your last reaction time. If you take more than 10 seconds to tap the correct tile, it will show 9.99 seconds.

The mobile application will allow you to customise the waiting period between lighting up tiles as well as the training duration.
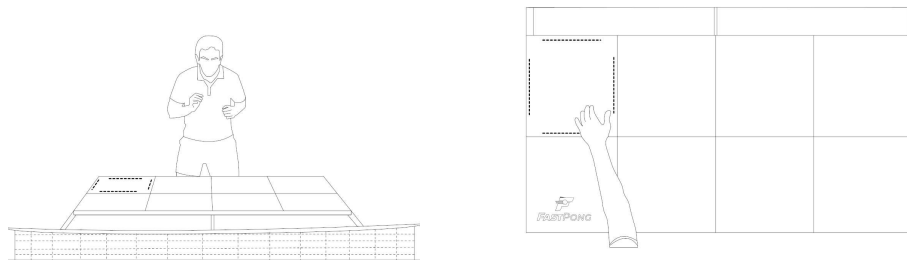

Figure 9: Training in reaction mode

Game Mode

There are 3 game modes. *Block*, *Snake* and *GreenVsBlue*.

In the first game, start the ball shooter and try to hit the lit squares with table tennis ball before time runs out. If you do well you will get to the next level. There are 6 increasingly difficult levels and your score is shown on the display.

In the second game, hit the snake that is circling the board. Everytime you hit the snake, it becomes shorter and faster until eventually it completely disappears, in this case, congratulations, you have completed the game. If you miss the snake it will become longer and slower. If it becomes too long the game will end, but you can press the reset button and try again.

The third game mode is for two players. When a green square is hit, it will turn it blue. When a blue square is hit, it will turn it green. One player should try to turn all of the tiles blue, while the other one should try to turn all of the tiles green. They should alternate each hitting a ball, then moving out the way for the other player to hit the ball. The winner is the player to turn all of the squares to their chosen colour.

Diagnosis Mode

Diagnosis mode is used to check the correct functioning of the device. In this mode tapping a tile will light the tile. When a ball is shot from the robot then the display will temporarily show the text '8ALL'.
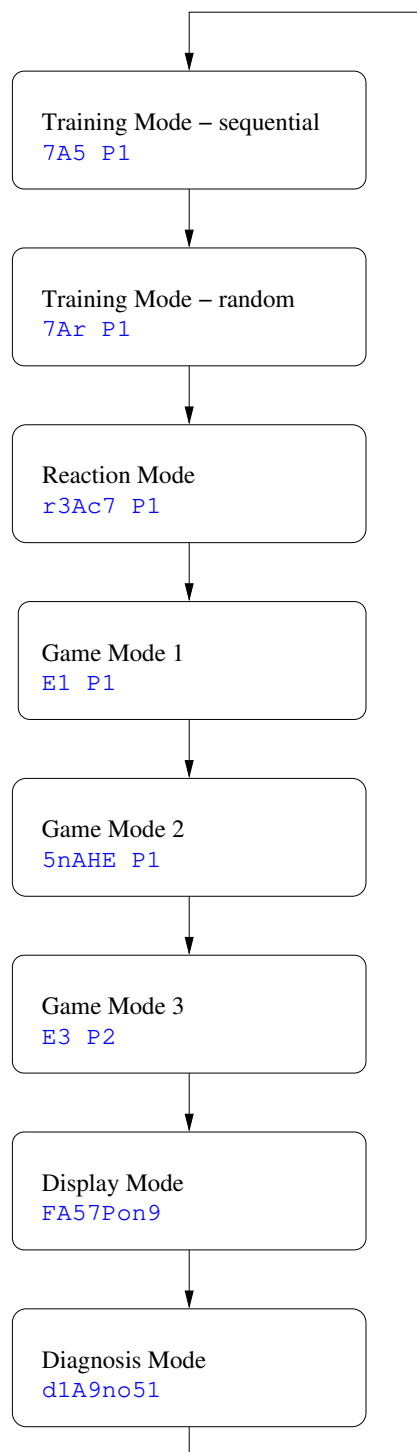
Figure 10: Modes available by pressing the mode button

Mobile Application

FastPong's device is designed to be used with our mobile app (see Figure 11), which allows you to access different features of the device and fine tune many of the settings. The app will enable you to log your training data for more detailed analysis of your performance, strengths and weaknesses, and track and share your progress.

Please watch the tutorial videos in the mobile application section of our website for details. If you have any problems using the app please visit the support section of the website.
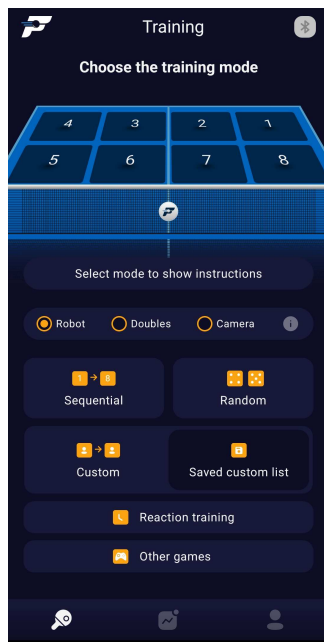
(a) Dark Theme
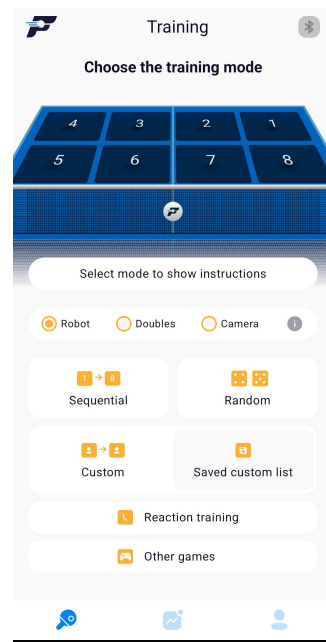
(b) Light Theme

Figure 11: Application Screenshot

Without the mobile app you can still use the device, but you will not be able to log your training data; select the mode manually instead by pressing the buttons on the side of the device.

Specifications

The company reserves the right to improve and upgrade products. Product specifications and design are subject to change without notice.

FastPong Training System FP01	
Physical	
Weight	total 14 ± 1 kg
Size(W x L x H)	each board measures 76cm x 38cm x 2.4cm
Electrical	
DC IN	12V / 3A
Bluetooth	
BLE	
Display	
Internal	8x digits, 7 segment plus dp display
Colours / Height	8x green 2.1 inch (5.3 cm)
Lit squares	4x boards (2x tiles per board), giving 8 squares total
Colours	each square can display both blue and green

The external display is optional.

FastPong External Display ED01	
Physical	
Weight	3 ± 0.5 kg
Size(W x L x H)	72cm x 16.5cm x 4.5cm
Electrical	
DC IN	12V / 3A
Display	
Internal	8x digits, 7 segment plus dp display
Colours / Height	3x green (12cm), 2x yellow (9cm), 3x red (12cm)