

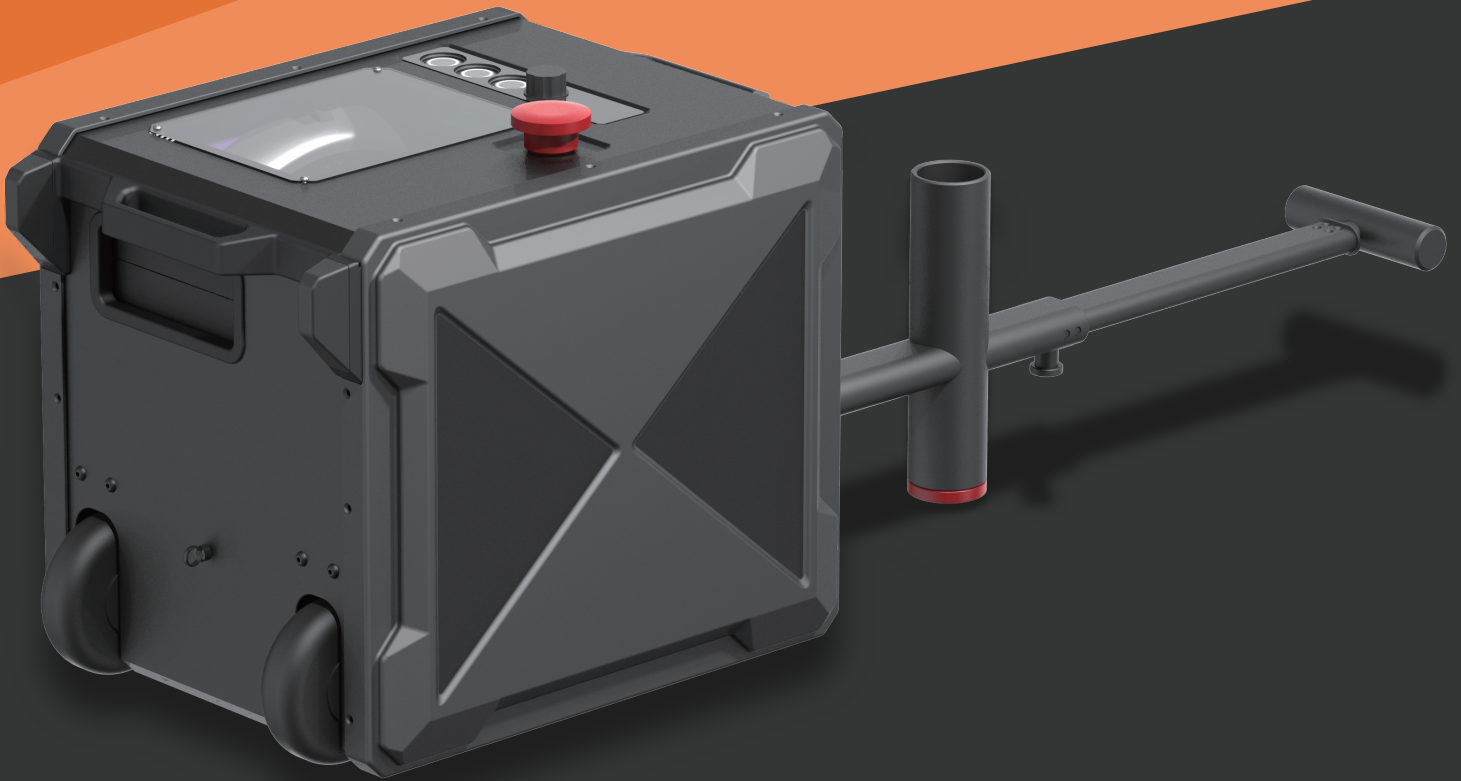


T-APEX

# T-APEX

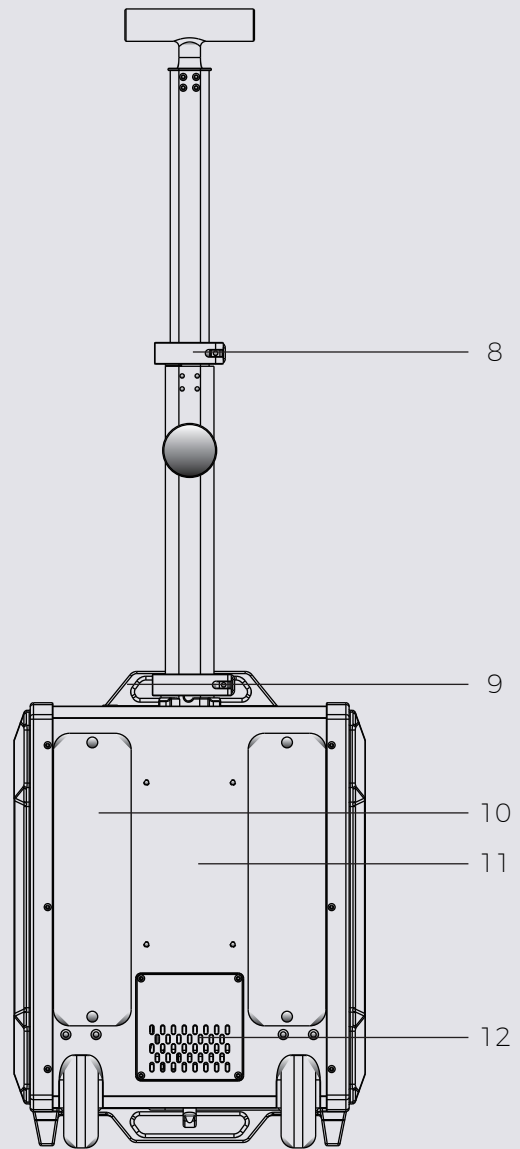
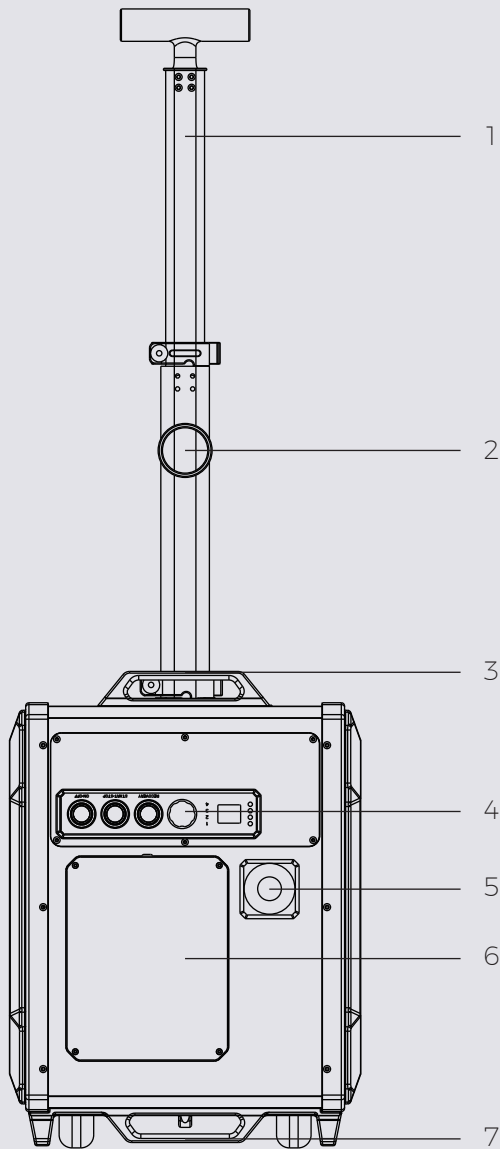
## USER GUIDE

Next Generation  
Intelligent Training System

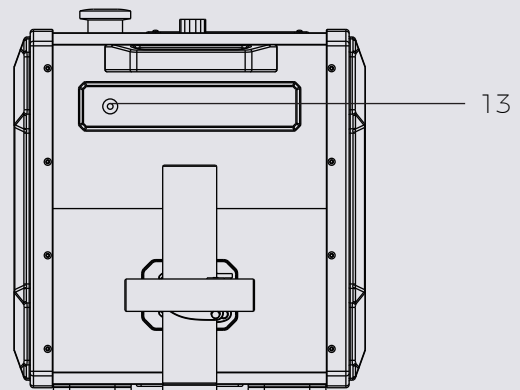


Designed by Enhanced Power

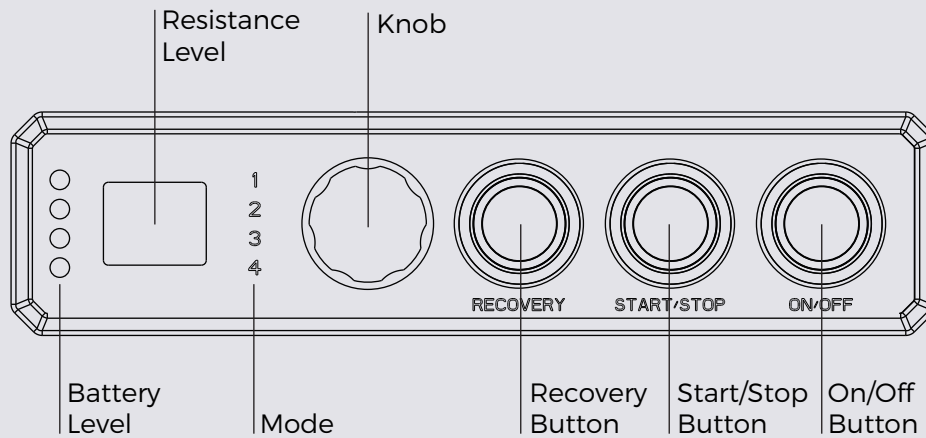
# Device Structure



1. Pull Rod
2. Counterweight Holder
3. Handle
4. Control Panel
5. Emergency Button
6. Repair Window
7. Handle
8. Pull Rod Length Changer
9. Pull Rod Detacher
10. Battery Compartment
11. Accessory Assembly
12. Dust Container
13. Charge Port

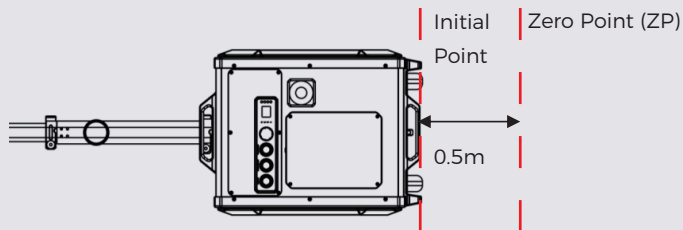


# Control Panel (Onboard)



# Operation Process (Onboard)

1. Pull up the emergency button.
2. Press the power button.
3. As soon as the device powers on, the Zero Point (ZP) automatically sets to 0.5m from the initial cable position.



4. Press the knob to select a mode. (Mode1, Mode2, Mode3, Mode4).

Mode	Mode Name	Function	Preset Parameters	Controllable Parameters
1	Normal Mode	Single-direction resistance training, such as resistance training.	Recovery Speed: 1m/s	Load
2	Isotonic	Bi-direction resistance training, such as CoD Training, Lateral Training.	Recovery Speed: 6m/s	Load
3	Overspeed	Overspeed assistance training.	Assistance: 15kgf	Speed
4	Calibration	Set the zero point		/

5. Rotate the knob to increase or decrease controllable parameters for each mode selected. The resistance load range is from 0 to 15 kgf, with 1 kgf intervals. The speed range is from 0 to 7 m/s, with 1 m/s intervals.
6. In mode 1-3, you can press the start/stop button to begin recording data and press again to stop recording.

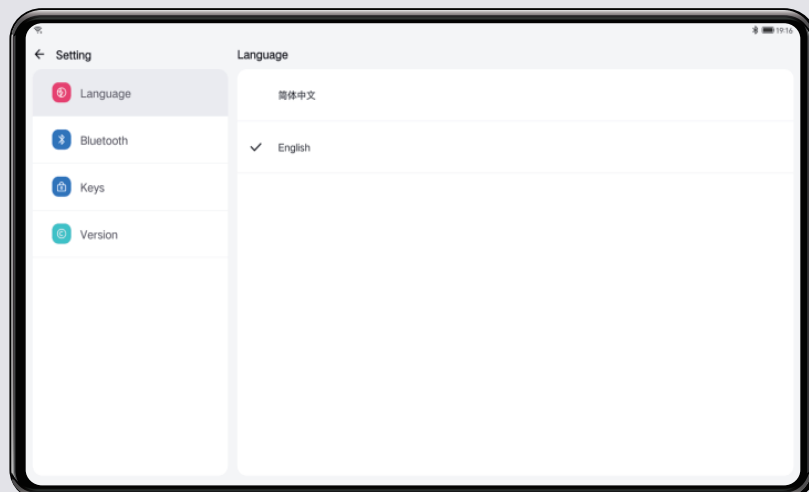


7. In mode4, you can press the recovery button to start calibrating the Zero Point (ZP). The calibration force will match your set resistance force. You can rotate the knob to increase or decrease the calibration force. The force range is from 3 to 8 kgf. Recovery speed is 0.5m/s. Press the recovery button again to stop calibration once you are standing at the desired position. The new Zero Point will be set 0.5m away from your current position.

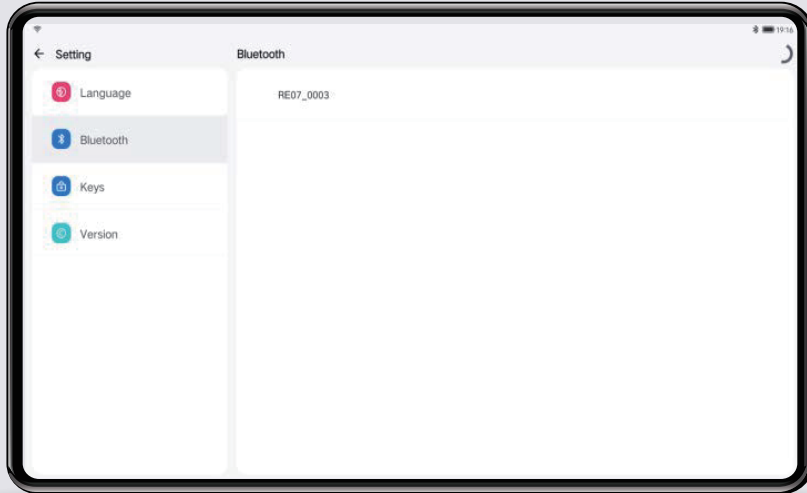


## Operation Process ( APP )

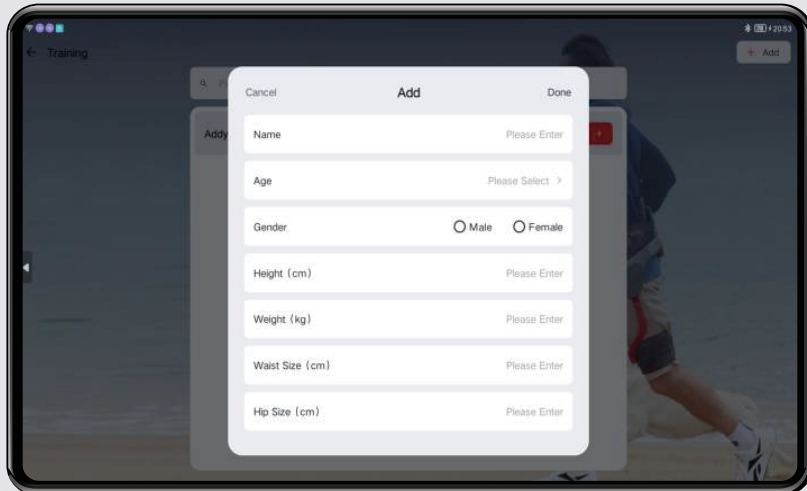
1. Language Setting – APP supports both English and Chinese. You can select the APP language within the language setting page.



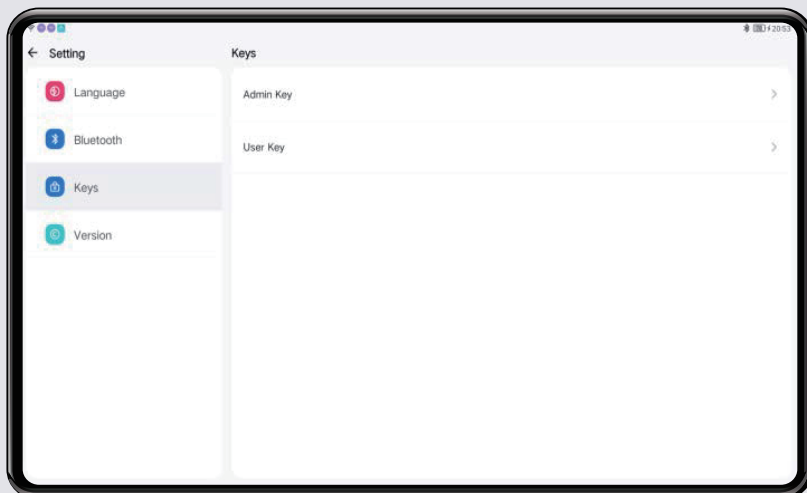
2. Bluetooth Connection – For first connection



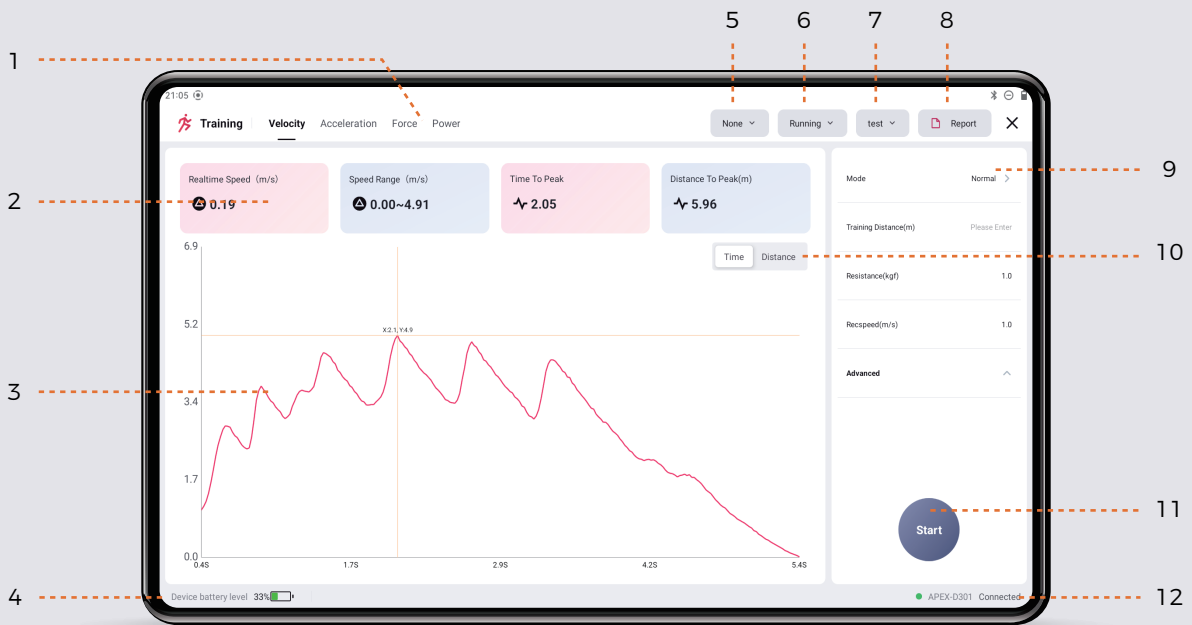
3. Create User Profile



4. Key Management – Every user can create their profile password. Coach can create Admin password. Some actions will require keys to process.



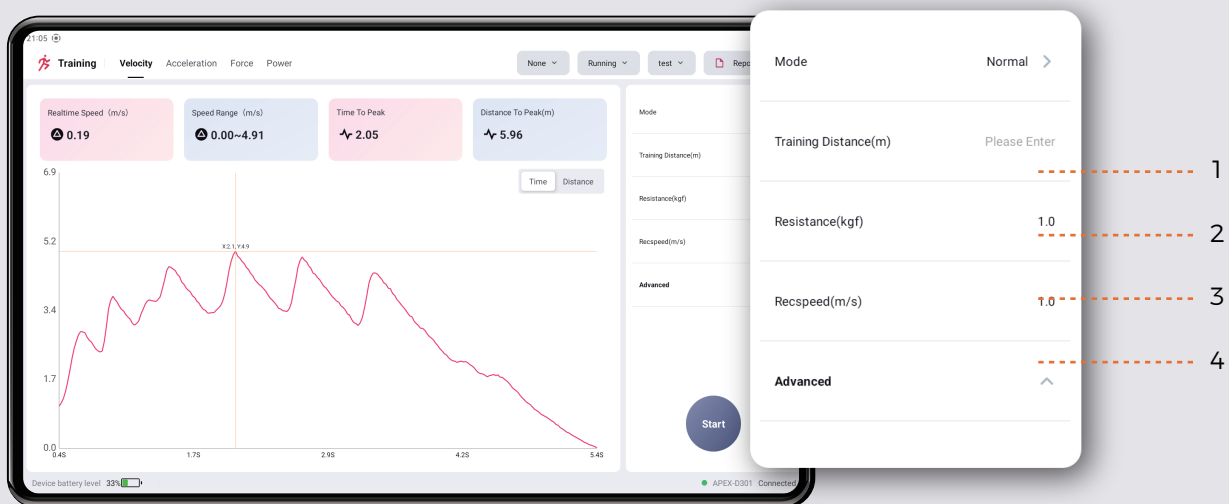
# Real Time Training and Control



- |                         |                           |                                       |
|-------------------------|---------------------------|---------------------------------------|
| 1. Data Selection       | 5. Accessory Selection    | 9. Parameter Input                    |
| 2. Data Display         | 6. Tag Selection          | 10. Time Based / Distance Based Graph |
| 3. Real-time Graph      | 7. User Selection         | 11. Start/Stop Data Recording         |
| 4. Device Battery Level | 8. Quick Access to Report | 12. Bluetooth Connect Status          |

## Normal Mode

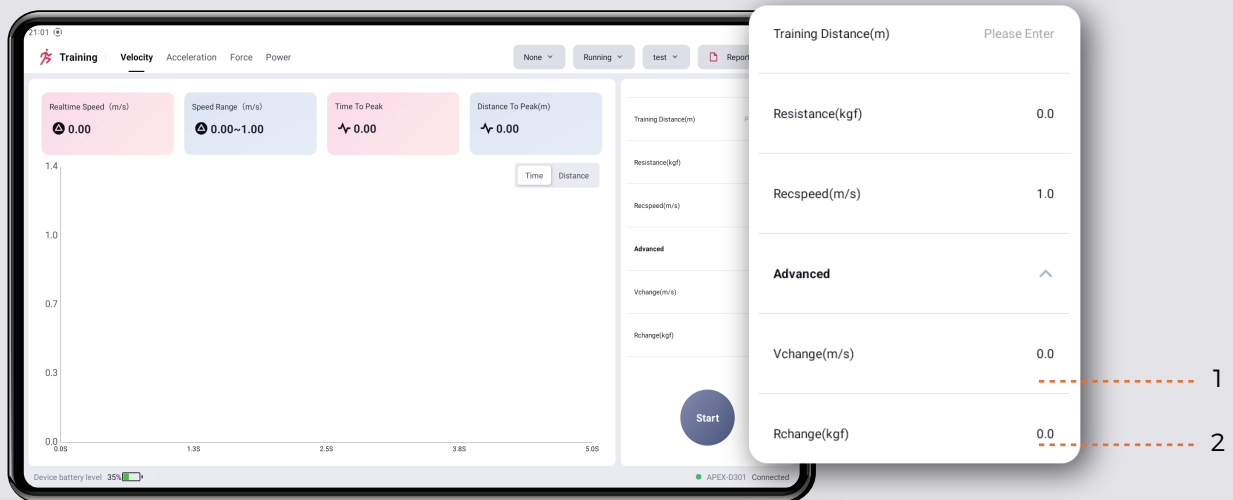
Normal Mode is designed for single-directional training, especially for resistance sprints. You can integrate your start-off technique, top speed, acceleration period, etc. You can also set a small resistance to maintain the tension on the cable and then test your speed capability under this mode.



- 1. Training Distance (optional):** Limits the distance for data recording. (0 - 100m)
- 2. Resistance:** Loads. (0 - 20kgf)
- 3. Recspeed:** Recovery speed after each drill. (0-7m/s)  
*The recspeed is preset to 1m/s for safety purpose. If you want to increase your workflow, you can change it.*
- 4. Advanced:** More precise control of Normal Mode.

# Advance control for Normal Mode

This function is beneficial for a full sprint training. Generally, you will need a larger load while starting off and much less load during the transition phase or full-sprint phase. These advanced settings allow you to perform such training.



1. **Vchange:** the speed which you want to change the load.
2. **Rchange:** the load you want to change to.

## Examples:

Load set to 10 kgf, VChange: 6.5 m/s, RChange: 3 kgf.

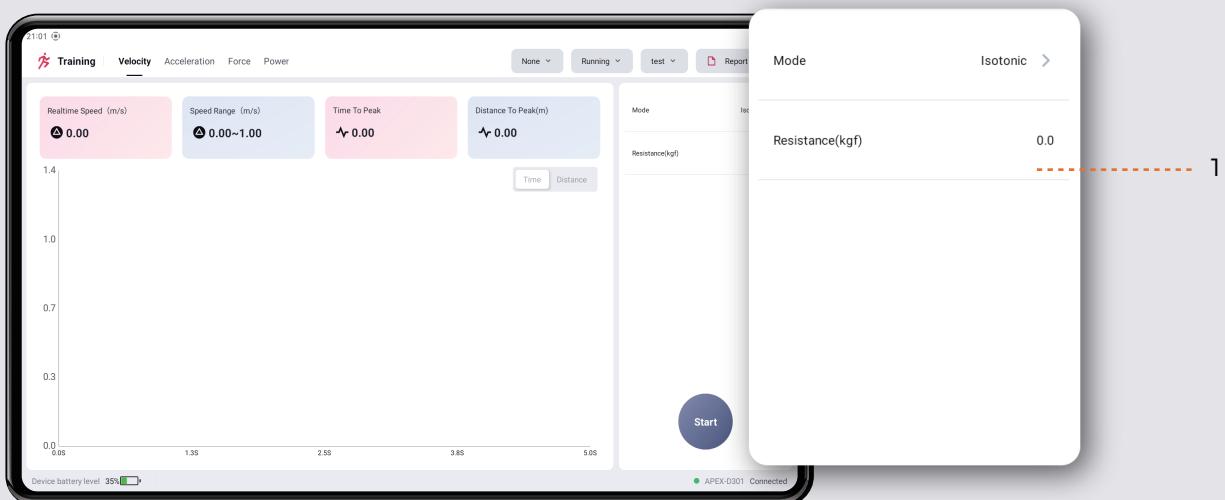
In this case, you will receive 10 kgf resistance until Aaron reaches 6.5 m/s.

Then the load will change to 3 kgf.

You can set Vchange as 0 to close this function.

# Isotonic Mode

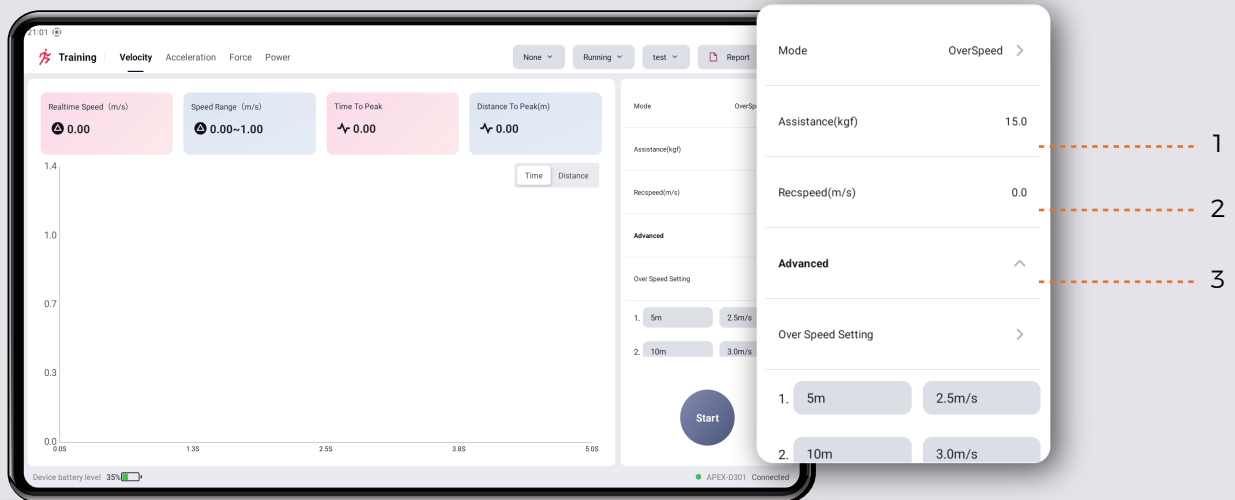
Isotonic Mode is designed for lateral training, such as agility training and change of direction training. The recovery speed is fixed at 7 m/s to ensure tension on the cable during bi-directional movement.



1. Resistance: Load. (0 – 20kgf)

# Overspeed Mode

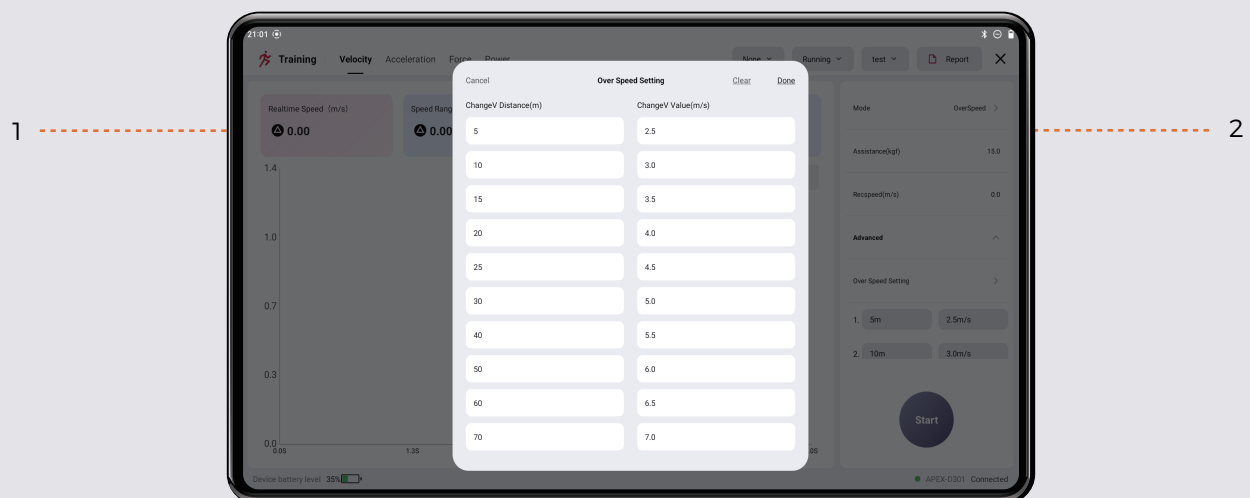
Overspeed Mode is designed for those who want to experience faster speeds and break their limits. For swimmers or other lower-speed sports, you can use this function straightforwardly, receiving a towing speed from 0-7 m/s. For sprinters, we suggest installing the overspeed add-on to boost the towing speed limit to 14 m/s.



- 1. Assistance:** The maximum assistance force during the session. (0 - 15kgf)  
The assistance is preset to 15 kgf. If this is your first time using this function, we suggest starting with 8 kgf and increasing it in 1 kgf intervals to find the best fit for your athlete.
- 2. Recspeed:** The maximum towing speed during the session.  
Please test your speed capability under Normal Mode with a 1-2 kgf resistance if this is the first time using this function. We suggest that the speed does not exceed 20% of your capability.
- 3. Advanced Control:** This section allow you to control the speed curve more precisely.

# Advanced Control for Overspeed Mode

In this advanced setting, we allow you to input up to 10 distance-based velocity segments. You can control your overspeed curve more precisely and safely.



- 1. ChangeV Distance:** The location you want to achieve the velocity.
- 2. ChangeV Value:** The speed goal for this segment.  
Example: 5m - 2.5 m/s means the device will try to tow you to 2.5 m/s from the 0-5m segment.





T-APEX

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