

ROBO-PONG[®] **3050 XL**

OWNER'S MANUAL

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WELCOME!

Congratulations on Purchasing a Newgy Robo-Pong 3050XL!

Thank you for choosing Newgy! Newgy Industries, Inc. takes pride in developing high quality, smartly engineered table tennis products that are easy to use, while also being challenging and exciting.

The Robo-Pong 3050XL table tennis robot was developed to create the most human-like playing and training experience for you. The life-like features enable you to perfectly simulate any opponent - from recreational beginner player to Olympic Gold Medalist, and everything in between. With the simple touch of a button, you can decide to have a basic playing session, advanced training session, design your own training session, or a full-body aerobic workout session.

The easy-to-use APP and Bluetooth® technology allows you to navigate easily from drill to drill. The Robo-Pong 3050XL really is the table tennis tool for everyone - easy enough for a beginner yet challenging enough for a pro!



Mr. Joseph E. Newgarden, Jr.
Founder / Inventor

“For the last 21 years, I have traveled to Europe, Asia and throughout North America training and competing against the world’s best table tennis players. I know exactly what an Olympic-level training session should be.

With the development of the Robo-Pong 3050XL, robot training has “come to life” for me. With human-like combinations of different spins, deceptive serves, powerful smashes, no-spin balls, spinny loops and excellent variations, I can now get an Olympic training session from the convenience of my own home.

The best aspect of the robot is that it is designed for everyone. With the simple touch of a button, my wife, my five year-old daughter and I can all use the same robot to fit our different playing levels and training needs in the same session. Just select the drill and press play! I’m overjoyed by the simplicity - no adjustments necessary! I look forward to continuing to improve my table tennis skills with the Robo-Pong 3050XL as I train for the Olympics, and as I train my five year-old daughter to be a future Olympic champion!”



-Samson Dubina, U.S. National Team Member

QUICK START

1 Verify All Parts

First, unpack your robot and all parts from the box and verify that everything is present. If a part is missing, please contact Newgy immediately (see back page for contact info).

- Robot
- Balls (U.S. Only)
- Rubber Tips
- Plastic Clips
- Transformer
- Device Holder
- Pong-Pal (U.S. Only)
- Tell-A-Friend/Warranty Flyer (U.S. Only)
- Quick Start Guide



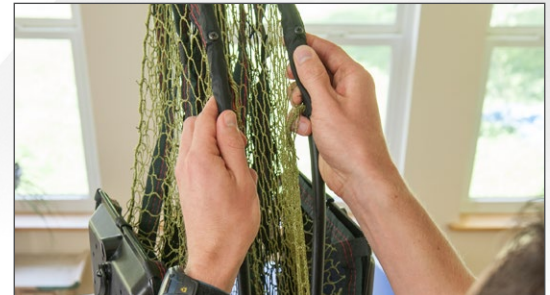
2 Preparing the Mounting Bracket

Place the robot on the table with the open front side facing you. *Gently* lift the robot's head and pull the mounting bracket towards you. Using the rubber tip packet - select and install the correct rubber tips for the thickness of your table so the trays stay level.



3 Lift the Back Net Tubes

Turn the robot around 180° so the net support tubes are now facing you. Grasp the second tube from your right and pull up, removing it from its storage hole. Place the bottom of this tube into the top of the first tube on your right as shown. Repeat on the left side.



4 Attach the Robot to the Table

Pick up the robot by the center base and secure it to the table by angling it downward and against the table. The support legs should be as wide as possible before they go underneath the table and the front support triangle sits on top of the table.



5 Lower the Ball Trays

Grasp one of the ball return trays and lift straight up to unlock it. Now grasp the adjacent net support tube, and slowly lower it into position. Be careful not to let the tray or support tube slam down. Repeat on the other side.



6

Attach the Side Nets

Attach the side nets to your table tennis table net by slipping the red flexible band over your table net support base and looping it over the table net clamp screw. Adjust each side nets tension to “lock” the trays firmly against the table, which reduces vibration and increases accuracy.



7

Pour in the Balls

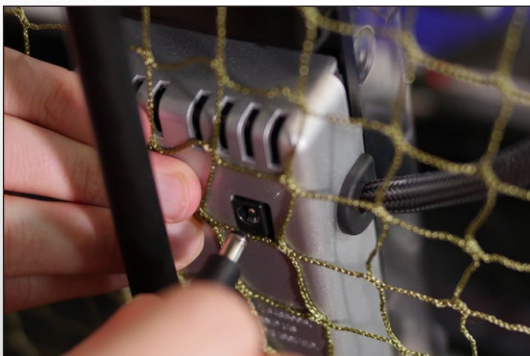
Make sure that you use only recommended balls for the Newgy Robo-Pong 3050XL – Newgy Robo-Ball 2-Star 40+mm, or any ITTF-approved 2 or 3 star 40+mm balls. Do not mix 40+mm balls with other size balls. Extra Robo-Balls can be purchased at www.newgy.com.



8

Plug-In the Robot

Plug the black power cable into the back of your robot.



9

Attach the Device Holder to Table

The included Personal Device Holder is for your convenience to safely hold your smart phone or tablet while playing and be within easy reach to adjust settings in the App. It is optional to use. To install, use the holder knob to attach the bracket to the Device Holder. Then slide the bracket under the table and adjust the bracket knob until it secures tightly to the table. This will function vertically or horizontally.



10

Download the Newgy APP

Using your own personal electronic device (ie: tablet, smartphone or laptop), download and the Newgy APP.



11

Connecting your Robo-Pong 3050XL to the Newgy APP

iOS Users

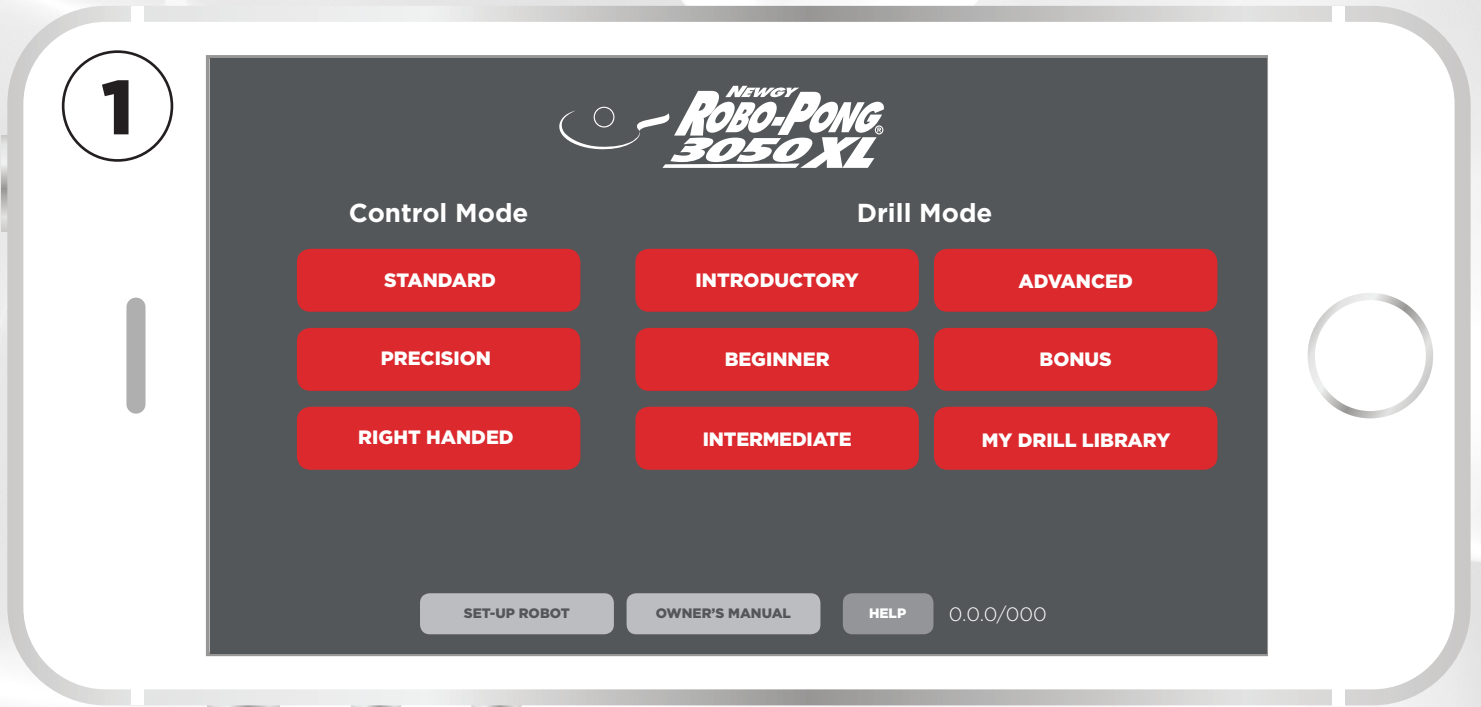
- 1) Go to your Settings to turn on your Bluetooth® feature on your device.
- 2) Launch the Newgy APP.
- 3) Press the “Play” button
- 4) Select your robot (ie: NWGYC441).
- 5) Press “Pair” in pop-up window.
(This step is only necessary on initial set-up.)
- 6) There will be an automatic calibration process that your 3050XL will automatically execute. This will take approximately 30 seconds while connecting to your 3050XL.
- 7) You will be notified that your connection is successful.

Android Users

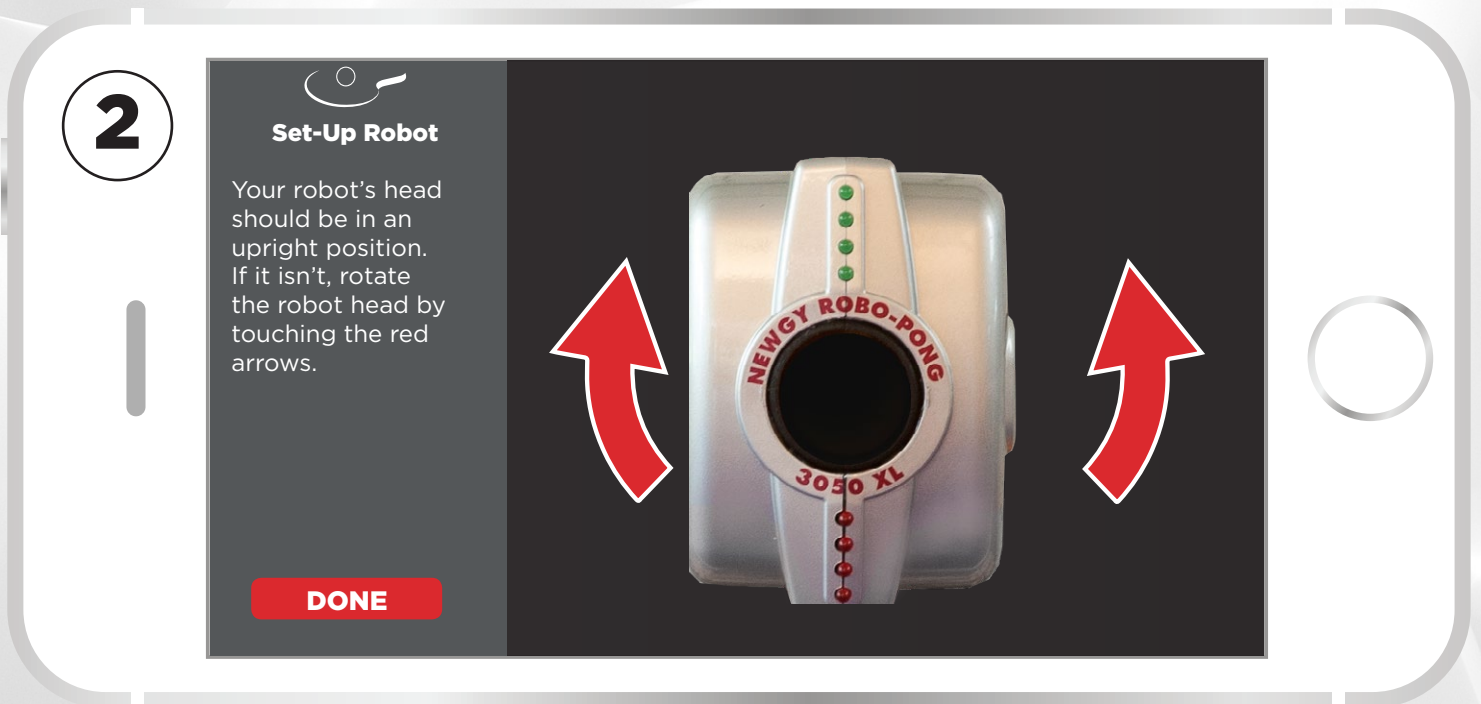
- 1) Go to your Settings to turn on your Bluetooth® feature on your device.
- 2) Within your Bluetooth® settings, under Available Devices, select your robot (ie: NWGYC441).
- 3) Launch the Newgy APP.
- 4) Press the “Play” button
- 5) You will be notified that your connection is successful.

12 **IMPORTANT** - Calibrate Your Robot

The calibration step is **required** to make sure your robot functions properly. This step will ensure all drills perform correctly.

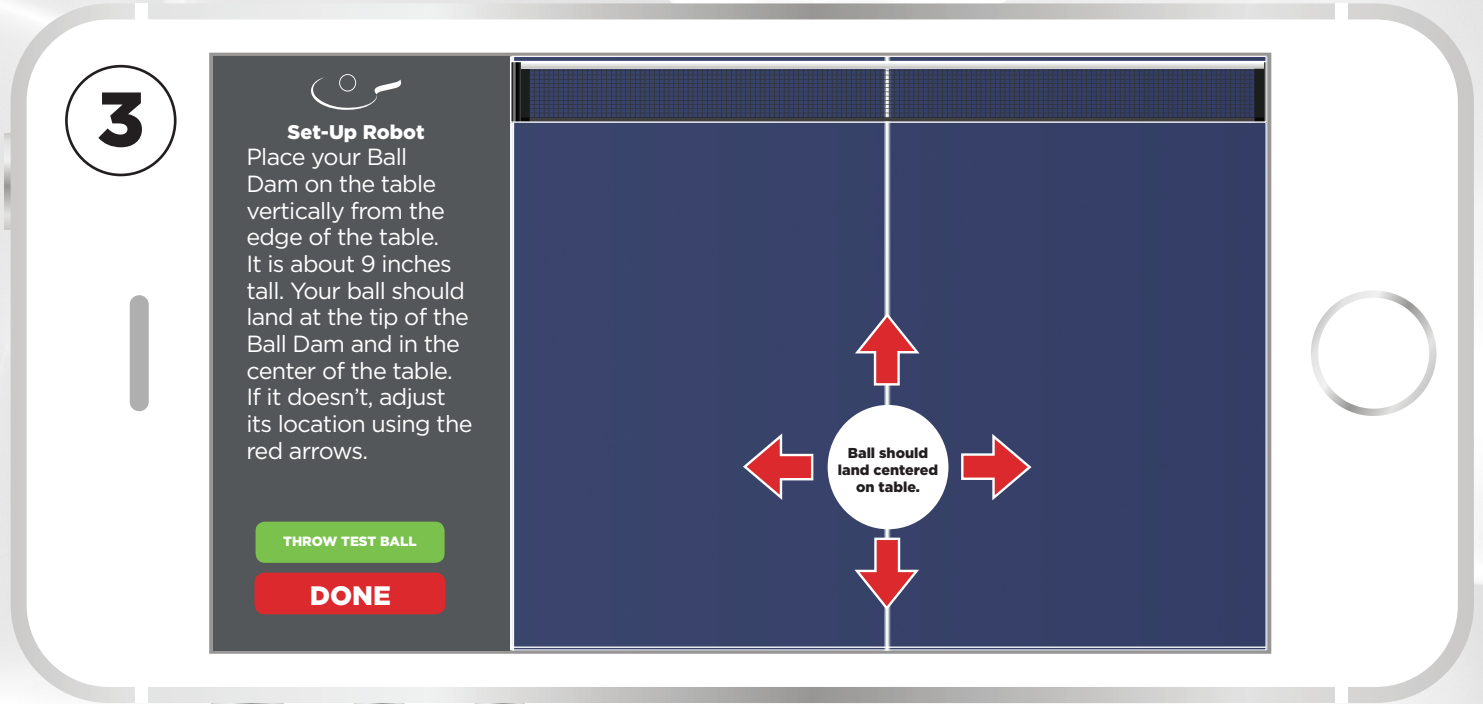


1. To start the calibration process, press the gray SET-UP ROBOT button on the bottom left of your screen (see image 1 above).
2. Adjust your robot's head angle. The LED lights on your robot should be as close to vertical as possible (see image 2 below). Once you are finished with this step, press done.



12 **IMPORTANT - Calibrate Your Robot** (continued)

The calibration step is **required** to make sure your robot functions properly. This step will ensure all drills perform correctly.



3. This step is important to make sure all robot functions including drills run correctly. Place your robot's ball dam at the center edge of player's side of the table (see image 3A below). Use the arrows on the App to adjust placement of the ball (see image 3 above). Adjust the throw until the ball lands in a roughly 6" area in front of the ball dam (see image 3A below). Once you have the head angle and oscillation angle set it is helpful to throw a couple more balls to make sure of placement. Once this step is complete press done on your App to return to the home screen.



You are now ready to begin using your Newgy Robo-Pong 3050XL robot!

OPERATING YOUR ROBOT

All robot functions are controlled by the Newgy APP. This APP will be periodically updated, so please check for new versions to experience the latest features. The contents in the “Operating Your Robot” section of this manual may vary in the future due to APP updates.

Home Screen



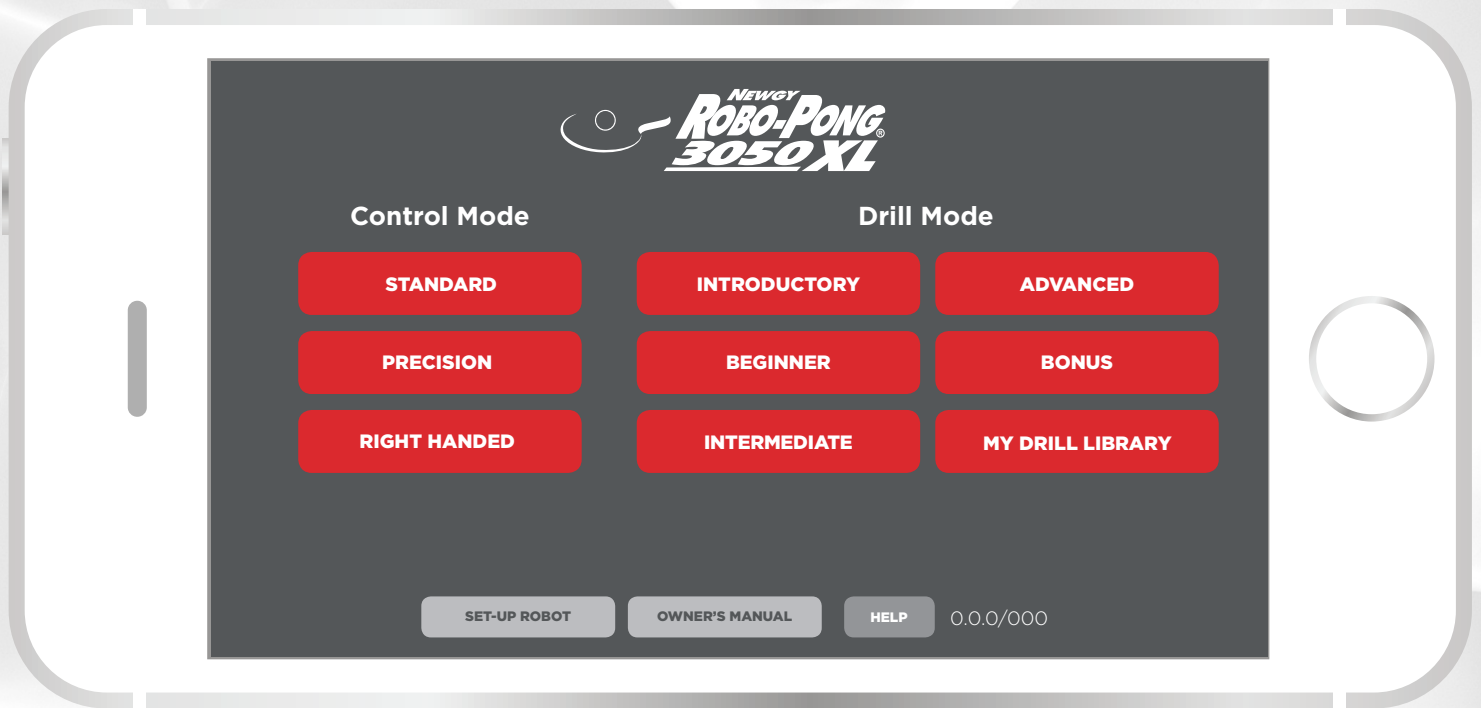
PLAY: Press this button to launch the Newgy Robo-Pong 3050XL experience.

SHOP: Press this button to navigate to www.newgy.com with a large inventory of table tennis equipment.

SUPPORT: Press this button to navigate to a wide-range of support information.

CONTACT: Press this button to navigate to Newgy’s contact information.

Main Interface Overview



Control Mode

Standard: Press this button to launch a mode of play with basic ball control options.

Precision: Press this button to launch a mode of play with a wide-range of ball control options.

Drill Mode

Introductory: Press this button to launch a mode of play with introductory-level drills.

Beginner: Press this button to launch a mode of play with beginner-level drills.

Intermediate: Press this button to launch a mode of play with intermediate-level drills.

Advanced: Press this button to launch a mode of play with advanced-level drills.

Bonus: Press this button to launch a mode of play with bonus drills.

My Drill Library: Press this button to launch your library of your custom saved and favorited drills.

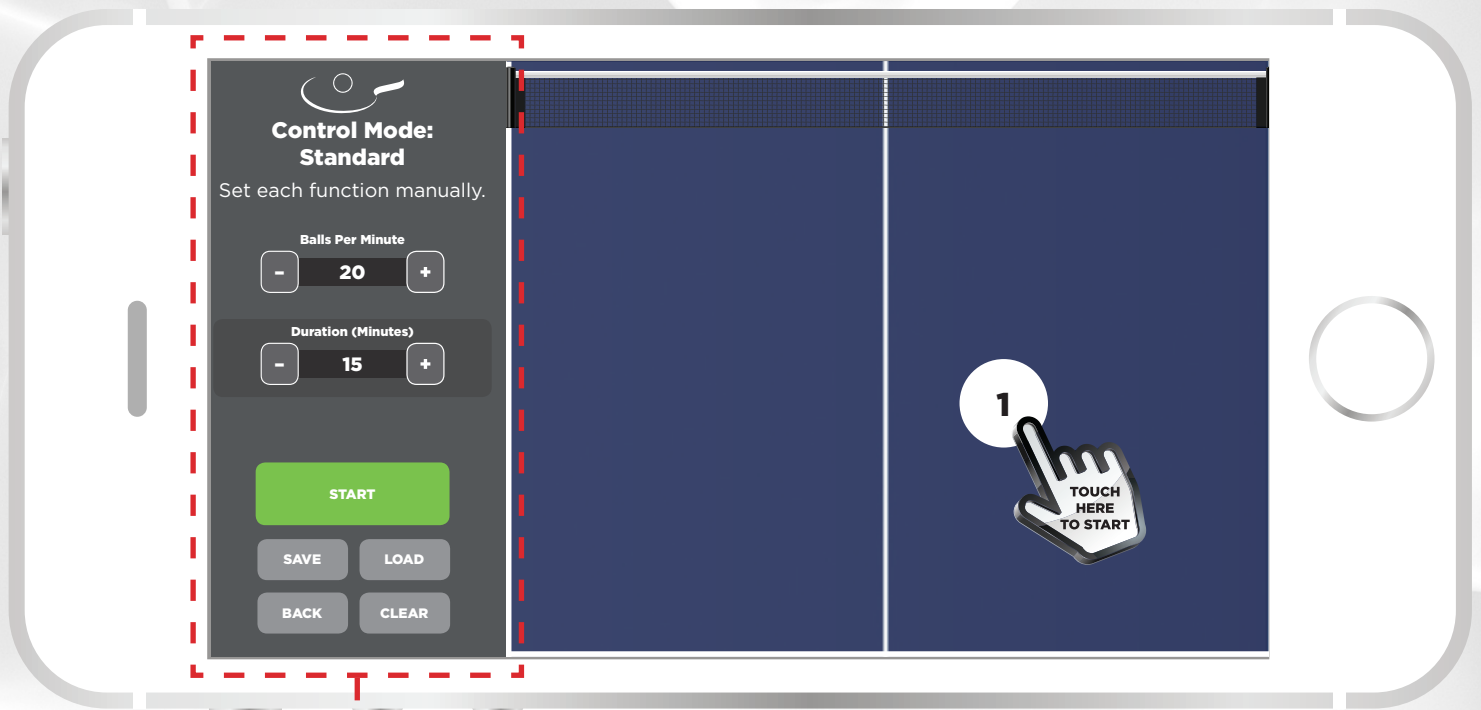
Set-Up Robot: Press this button to launch your robot's set-up process. This can also be used if your robot needs re-calibration.

Owner's Manual: Press this button for the Newgy Robo-Pong 3050XL Owner's Manual for more detailed information on your 3050XL.

Help: Press this button to launch help for your 3050XL, if needed.

APP Version Number: This number indicates the version of your Newgy APP if needed for reference.

Control Mode: Standard



Balls Per Minute: This is the number of balls thrown per minute. Selecting <1 opens random screen where you can set values for random Balls Per Minute

Duration (Minutes): This is the length of your play session. Setting this value to 0 will cause your play session to run continuously until you stop it manually. Selecting <0 opens random screen where you can set values for random duration.

Start: Press this button to begin your play session.

Save: Press this button to save your play session as a custom drill for future use in your Drill Library.

Load: Press this button to load any of your favorited or saved drills that have been previously saved.

Back: Press this button to go back to the previous screen.

Clear: Press this button to clear all settings and ball placement.

Setting your attributes to your ball(s) in your playing session in Control Mode: Standard:

Touch the image of the table where you'd like your ball(s) to land. Then a screen will pop-up to select the four attributes of each ball. You can set one ball, or multiple balls up to a maximum of 10 balls.

Attributes are:

Ball Type: Top Spin, Top Spin Serve, Back Spin, Back Spin Serve, No Spin

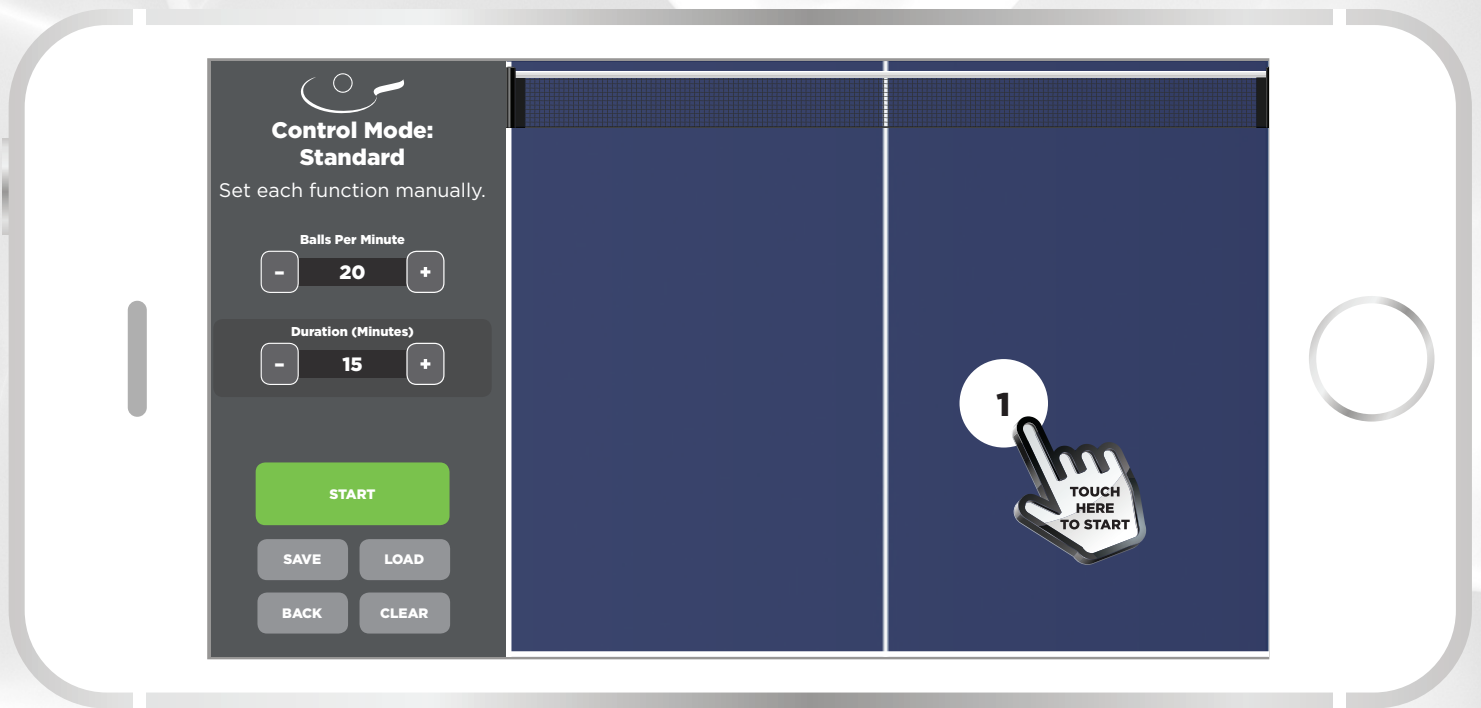
Spin Speed: Lowest, Lower, Low, Middle, High, Higher, Highest

Side Spin: None, Left, Right

Angle: 0°, 15°, 30°, 45°, 60°, 75°, 90°

Then touch SET to set your first ball. Repeat steps as desired. You will then see a preview of your chosen ball(s) on the image of the table in your selected landing position(s) and the type of spin you chose will be indicated on each ball(s). You may also re-position each ball around the table by touching and dragging the ball icon.

Control Mode: Standard



In its most standard form, the user interface allows you to indicate where and what type of ball or balls the robot should throw. Here are the properties of the ball:

- Location on the table
- Type of spin (top spin, back spin, deadball)
- Type of ball (serve or regular)
- Amount of spin
- Side spin direction
- Side spin amount

You can specify 1 or more balls for the robot to throw. You can also specify the time between balls (Balls Per Minute) and the length of time to run the drill (Duration).

Once you have created a session you like, you can save it as a custom drill to use at a later date. The robot also comes with several pre-programmed drills you can choose from in Drill Mode.

The main interface includes a depiction of your side of the table and 3 options for setting up a playing session. Those options are “Number of Balls”, “Balls Per Minute”, and “Duration”.

When you touch the table, a screen will pop up to allow you to set the characteristics of the ball you want:

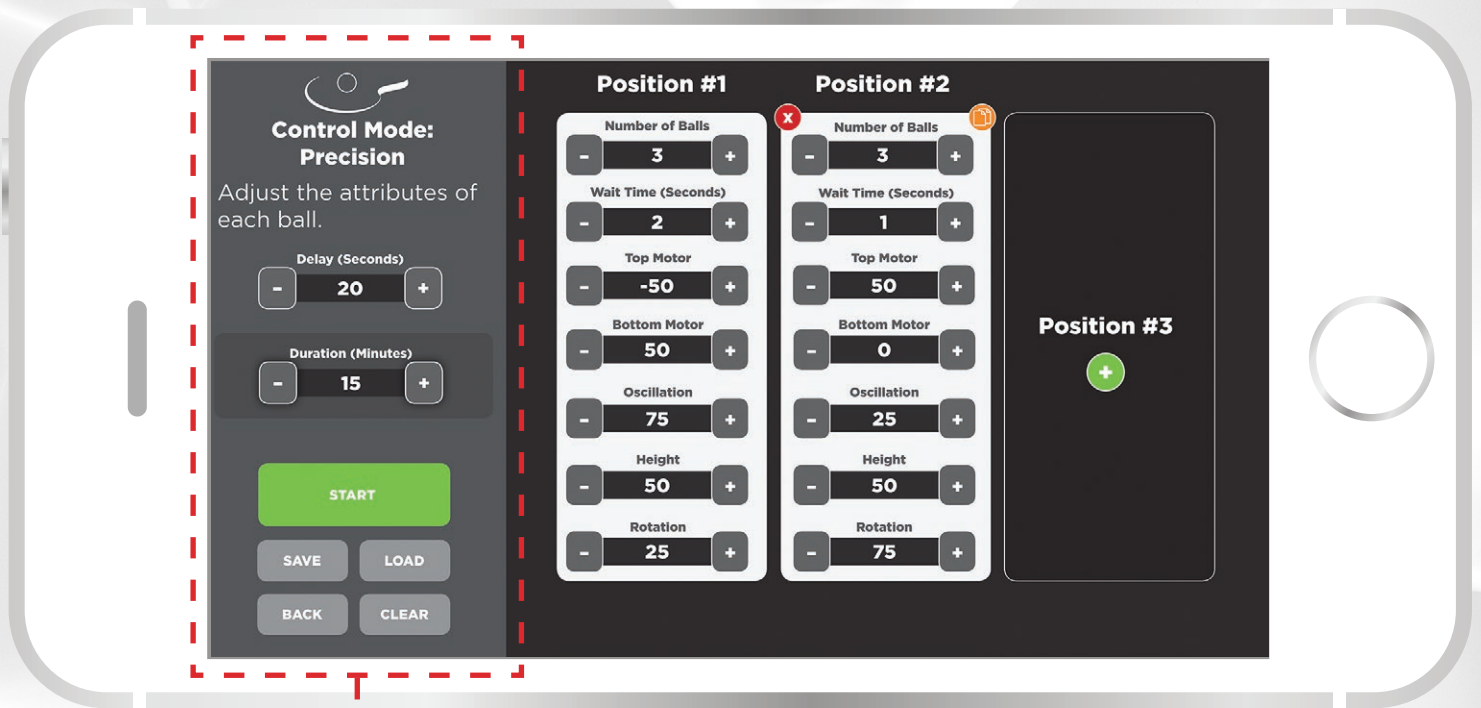
1. Ball Type - 5 options - Top Spin Serve, Back Spin Serve, Top Spin, Back Spin, and Deadball
2. Spin Speed - 7 options from Lowest to Highest
3. Side Spin - 3 options - None, Left, Right
4. Angle - 7 options - None, 15°, 30°, 45°, 60°, 75°, and 90°

Once you select the characteristics you want, the ball will appear on the table.

Each ball on the table is “draggable”, which means you can touch it and move it to a new location. You can also double touch it to change its characteristics.

Pressing the “Start” button will prepare the robot for the session. You will have 3 seconds to prepare before the session begins.

Control Mode: Precision



Delay (Seconds): This is the duration of time, in seconds, before the drills starts over. (Example: In the image above, the delay time after Position #2 has completed will be 20 seconds before Position #1 runs again.)

Duration (Minutes): This is the length of your session. Setting this value to 0 will cause your session to run continuously until you stop it manually.

Start: Press this button to begin your session.

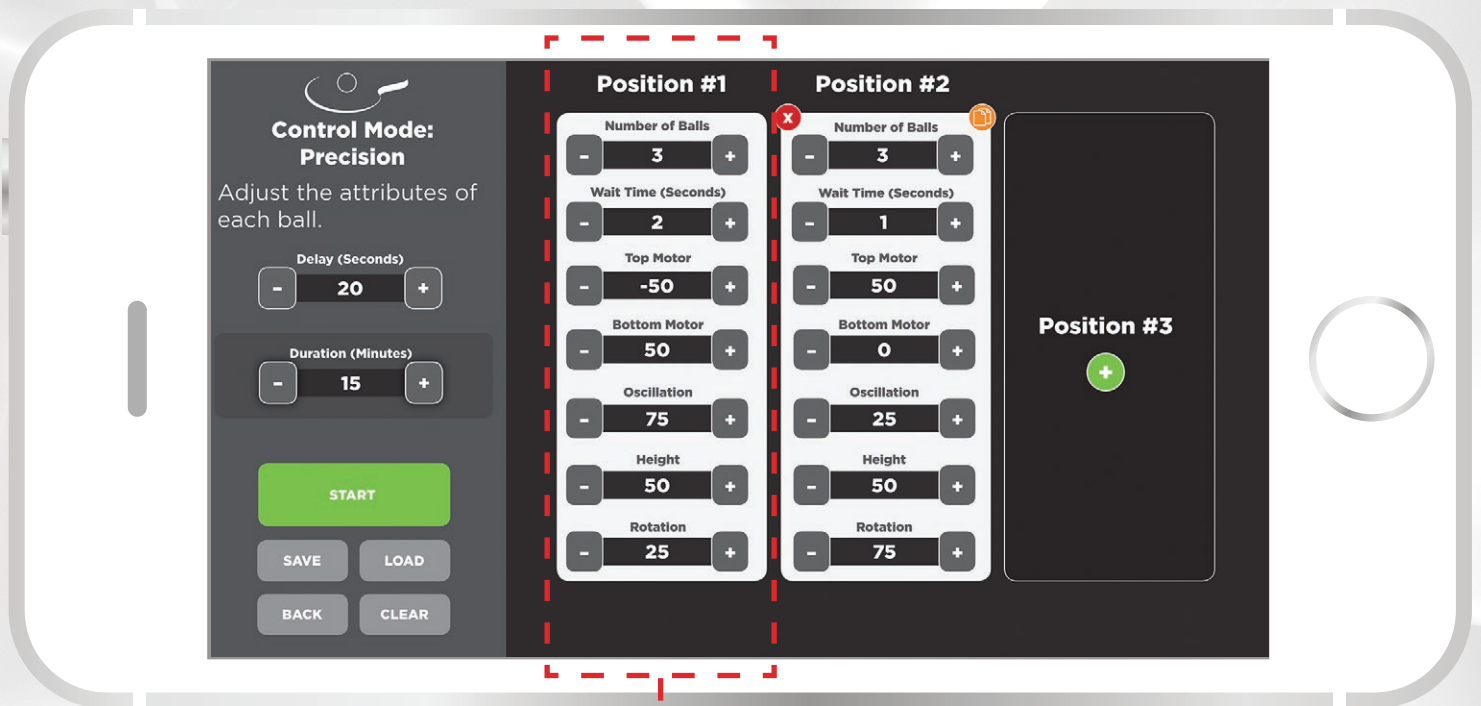
Save: Press this button to save your current session as a custom drill for future use in your Drill Library.

Load: Press this button to load any of your favorited or saved drills that have been previously saved.

Back: Press this button to go back to the previous screen.

Clear: Press this button to clear all settings and ball placement.

Control Mode: Precision



Each position in the interface gives you 7 attributes to control each ball:

Number of Balls: This is the number of balls you want in each ball position.

Wait Time: This is the time between balls in each position. Note that the Wait Time also affects the time between the last ball in a position and the first ball in the next position. (Example: In the image above, when transitioning between Position #1 to Position #2, the Wait Time between these two positions will be 1 second, because Position #2's Wait Time is 1 second.)

Top Motor (Wheel): This is the speed of the top motor. Positive numbers to 100 will turn the wheel forward and increase the amount of top spin. Negative numbers to 100 will turn the wheel backwards, adding more spin to the back spin effect.

Bottom Motor (Wheel): This is the speed of the bottom motor. Positive numbers to 100 will turn the wheel forward and increase the amount of back spin. Negative numbers to 100 will turn the wheel backwards, adding more spin to the top spin effect.

Motor (Wheel) Notes: For even more spin on your ball, use both the top and bottom motors and set them to counter each other. Example: Set your top motor at -50 and your bottom at 50.

If you desire no spin on your ball, set both the top and bottom motors to the same speed. Example: Set your top motor at 50 and your bottom motor at 50.

One of the main benefits to having two motors is you can now achieve more spin without having to increase the speed at the same time.

Oscillation: This controls the robot from left to right. The range is 0 to 100, from player's left to right, with the centerline of the table being 50.

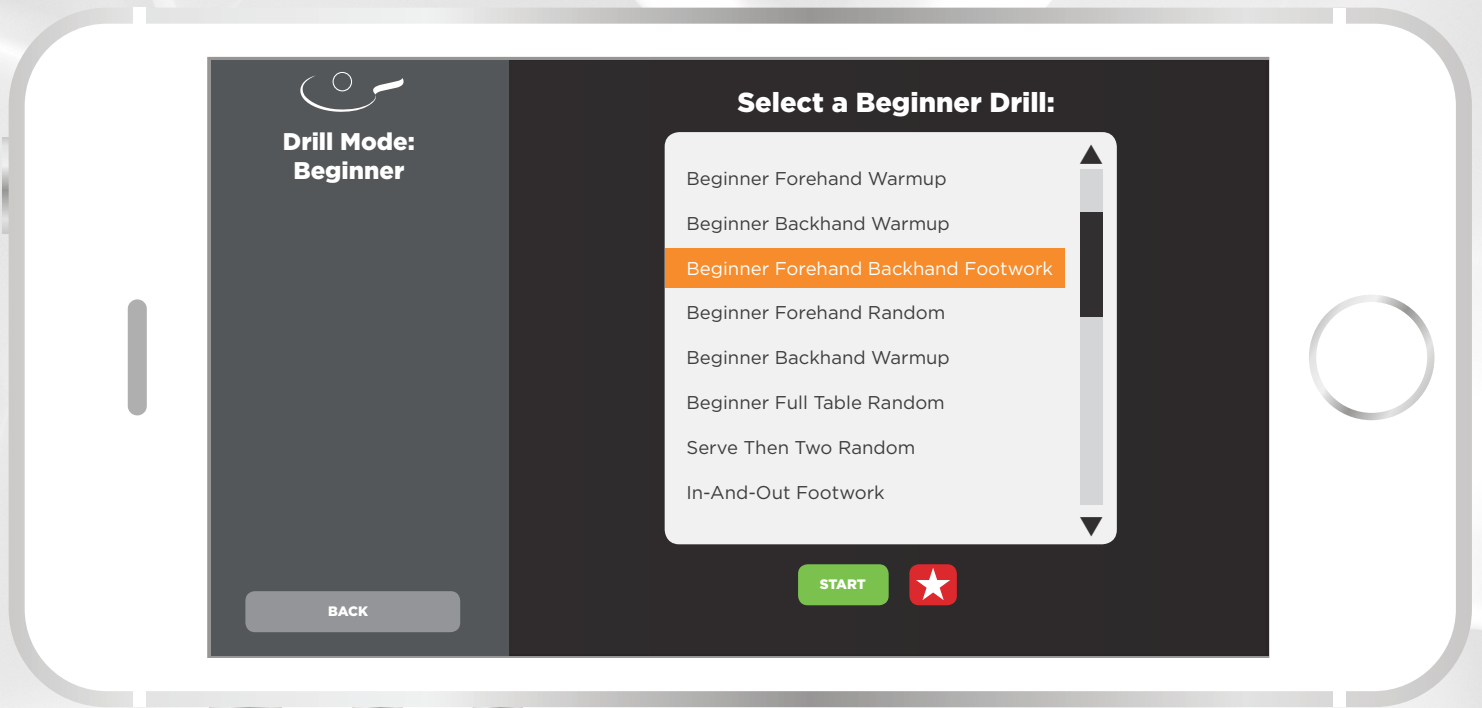
Height: This controls the robot head tilting up and down. This value ranges from 0 to 100.

Rotation: This controls the rotation of the robot head that creates your desired side spin. Range is -90 to +90, with 0 being a vertical robot head. Positive numbers rotate it to the right, negative to the left.

Pressing the green "+" button allows you to add a ball position to your session. Pressing the red "x" button removes the ball position from your session. Pressing the yellow "copy" button copies the ball position to your session.

Once you have chosen the 7 attributes for all of the ball positions, press the Start button to activate your Precision playing session.

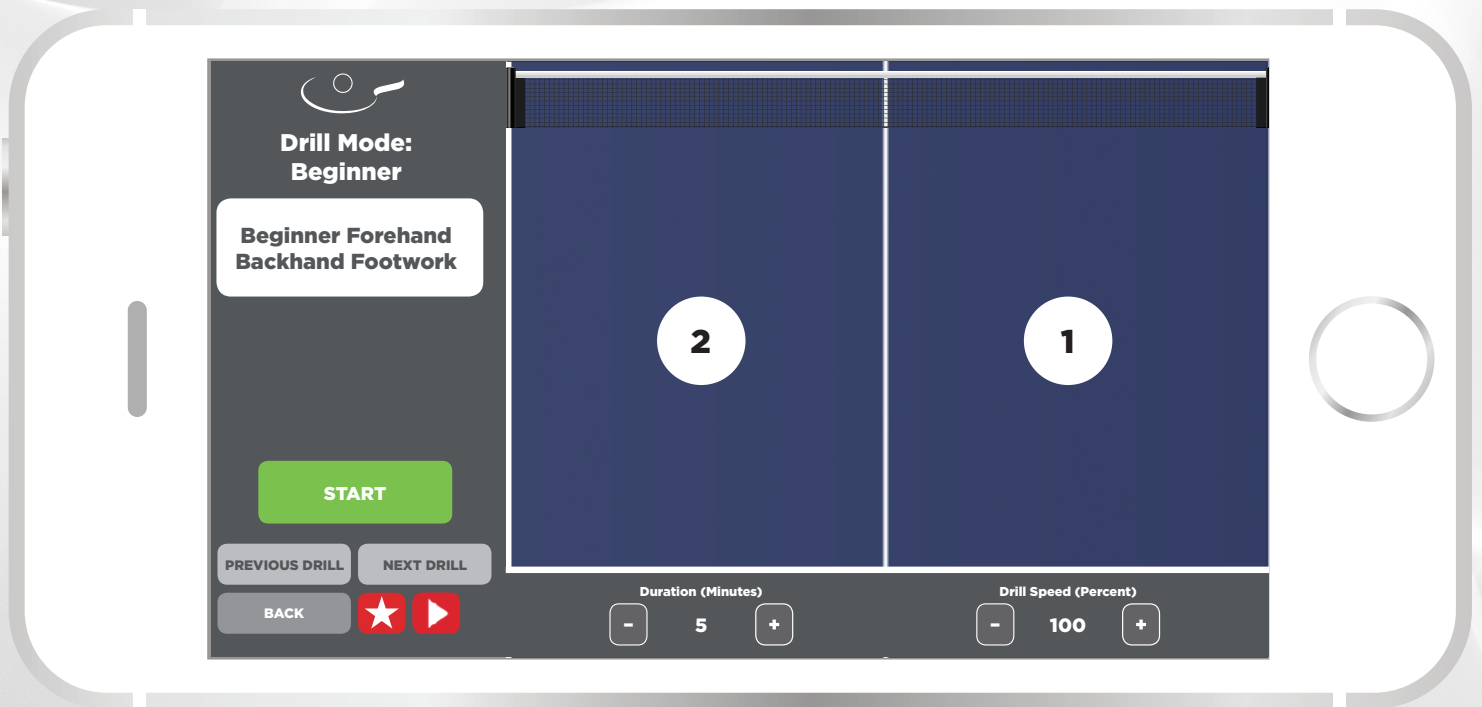
Drill Mode



Example of the Beginner Drill selection screen.

Your Robo-Pong 3050XL comes pre-programmed with several table tennis drills. There are a wide-range of playing or skill levels (including Introductory, Beginner, Intermediate and Advanced - plus Bonus Drills), giving you the flexibility to choose your training based off your experience level and goals.

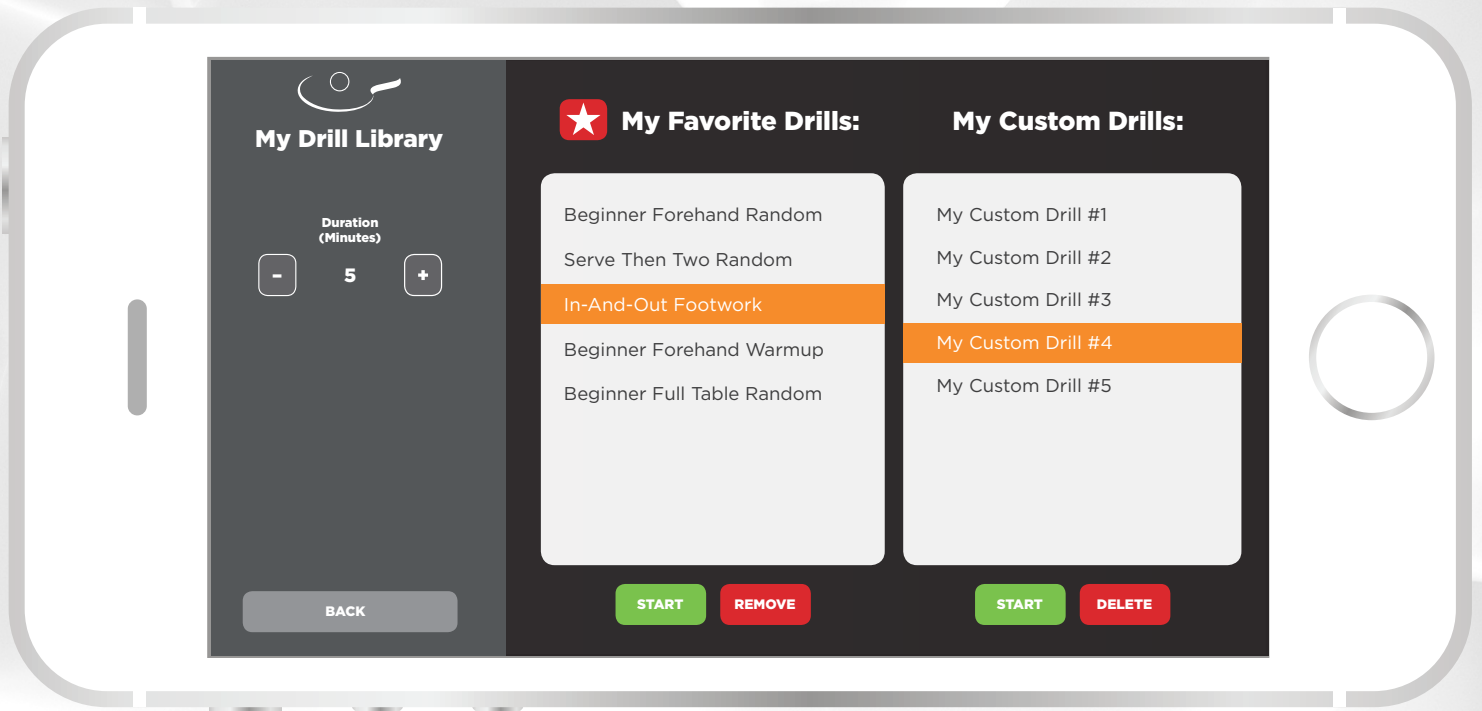
Please refer to the Newgy APP to access the pre-programmed drills and watch a brief demonstration video of each drill. You can also Create Your Own Custom Drills with the Robo-Pong 3050XL in either Control Mode.



Example of a Beginner Drill screen.

My Drill Library

Easily save, store and access your Favorite and Custom Drills here.



Indicator Lights

The Newgy Robo-Pong 3050XL has excellent spin variation in the rallies, just like playing against a real opponent in a tournament! The green and red indicator lights will let you know the exact spin on the ball so that you can choose the correct stroke to use.

- 1 green light = light topspin
- 2 green lights = medium topspin
- 3 green lights = heavy topspin
- 4 green lights = very heavy topspin
- No lights = no spin
- 1 red light = light backspin
- 2 red lights = medium backspin
- 3 red lights = heavy backspin
- 4 red lights = very heavy backspin



As in a real match, there are also sidespin variations as well. The robot's head will turn clockwise or counterclockwise before throwing a sidespin ball. The direction of the lights is the direction of the sidespin. For example, if you see the indicator lights pointing to the left, that signifies that the opponent's racket went to the left (similar to a backhand sidespin serve). If the indicator lights are point to the left and down, that signifies that the opponent's racket went to the left and down (similar to a backhand backspin/sidespin serve).

In order to return the spin, touch the same side of the ball as the lights are indicating. If you see lights on the bottom of the robot's head, touch the bottom of the ball. If you see lights on the right, touch right. If you see lights on the top-right, then touch top right. Using the 3050XL to return the various spins is really the best way to learn how to counter the spin and impart your own spin!

Notice:

In the event that your Bluetooth® connection is lost or the robot unpairs from your device, follow these steps to begin a new connection:

- 1) Exit and restart the Newgy APP
- 2) Turn your device's Bluetooth® capability off and then back on again
- 3) Reconnect your Robo-Pong 3050XL to your device using the Newgy APP

DRILL DESCRIPTIONS

INTRODUCTORY DRILLS

Forehand Warmup

This drill gives you a steady no-spin ball, slowly to your forehand.

Backhand Warmup

This drill gives you a steady no-spin ball, slowly to the backhand.

Forehand 2-Step Footwork

Backhand 2-Step Footwork

Forehand Push

Backhand Push

Forehand Push With Footwork

This drill gives you a very light backspin ball, one to the middle and one to the forehand.

Backhand Push With Footwork

This drill gives you a very light backspin ball, one to the middle and one to the backhand.

Forehand Topspin

Backhand topspin

Forehand Topspin With Footwork

Backhand Topspin With Footwork

Forehand Backspin

This drill gives you a very light backspin ball directly to your forehand.

Backhand Backspin

This drill gives you a very light backspin ball directly to your backhand.

Forehand Backspin With Footwork

Backhand backspin With Footwork

Three Balls

No Spin Forehand

No Spin Backhand

BEGINNER DRILLS

Beginner Forehand Warmup

Warm-up your basic forehand stroke by keeping your angle set at 90 degrees and stroking forward on the ball.

Beginner Backhand Warmup

Warm-up your backhand stroke by controlling the ball to different locations - sometimes hitting to the forehand, sometimes middle, and sometimes backhand.

Forehand Backhand Footwork

Link the strokes together by hitting one forehand and one backhand! Use a mini-step to move from one ball to the next.

Beginner Forehand Random

This drill is a bit more challenging. The robot will move the ball around in the forehand zone; watch the robot's head and look for the subtle variations!

Beginner Backhand Random

This drill will give you balls in the backhand zone. Keep your racket in front, move into position, and control the ball sometimes hitting a bit harder, sometimes giving a slow variation!

Beginner Full Table Random

Now this feels more like a game! Just like playing a real opponent, the balls will go anywhere on the table. Work on adjusting to the ball, while still maintaining good ball placement on all of your shots.

Serve Then Two Random

This drill gives you a serve then two balls anywhere, then a break, just like a game.

In-And-Out Footwork

Move in for the short forehand, then move back for the deep forehand. Next, move in for the short backhand, then move back a bit for the deep backhand. Stay on your toes, leaning forward, and contact the ball in-front of your body.

Three Middle, One to Either Corner

Pay Attention! The first three balls go to your middle, then suddenly the fourth ball goes surprisingly to either corner. Watch the robot's head and be ready to make the adjustment!

Forehand Random

Within the forehand side of the table, you will get medium speed balls. Move quickly, get in position, and turn your shoulders as you make contact with the ball!

Backhand Random

Within the backhand side of the table, you will get medium speed balls. Lean forward, creating space for your backspin, and brush the ball forward using your wrist and forearm to generate spin on your backhand stroke.

Fast Random

Be ready to quickly adjust, these balls will be coming anywhere on the table. Keep your racket in front and be ready to make fast transitions from middle to forehand to backhand!

Short Forehand, Deep Backhand

The first ball will be short to your forehand, then the follow-up ball will be deep to your backhand. If you are right handed, step forward with your right foot to get you closer to the ball.

Short Backhand, Deep Forehand

Attack the first ball with your backhand, then quickly get back for the deep forehand.

Backhand Rally, Surprise Forehand

This is just like a game. It starts with a serve, then gives a backhand rally of one to five balls, then suddenly it surprises you to the forehand. After the sequence, it gives a short break for you to physically and mentally recover for the next ball.

No-Spin Serves

This drill gives you no-spin serves. You can choose whether to chop or attack each of these balls. Whichever you choose, make sure that you keep a relaxed grip and brush the ball to impart maximum spin.

Serve, Two Speed Balls

After returning the serve, get ready for two fast balls. Just meet the ball and focus on keeping it low!

Serve, High Forehand, High Backhand

After returning the serve, you will get a high ball to your forehand then a high ball to the backhand. Get in position and smash both high balls with your powerful forehand!

Serve, Then Speed

After returning the serve, be ready for three fast balls – one to the forehand, one to the middle, then one to the backhand.

Forehand Game Situation

First, you will get a backspin serve to the forehand, push it. Next you will get a deep backspin ball to the forehand, get down low and loop it up and over the net. Finally, you will get a deep topspin ball to the forehand, start your hand high and drive through the ball forward.

Backhand Game Situation

First, you will get a backspin serve to the backhand, push it. Next you will get a deep backspin ball to the backhand, get down low and loop it up and over the net. Finally, you will get a deep topspin ball to the backhand, start your hand high and drive through the ball forward.

Short Serve Then 10 Balls

You will get a short serve, step forward and push or flip this ball. Next, you will have a marathon rally of 10 topspin balls anywhere on the table. You will then have a short rest before the next rally.

No Spin, Topspin

Watch out for the tricky spin variations. The robot will alternate between no-spin serves and topspin serves! Pay attention and adjust your swing slightly for each ball!

Left Sidespin Serve Return

Regardless if you choose to hit with your forehand or backhand, touch the right side of the ball to control it onto the table.

Right Sidespin Serve Return

If you contact the back of the ball, it will fly off your racket far to the left. In order to counter the spin, touch the left side of the ball.

No-Spin Serve Return

Against these serves, float the ball controlled over the net with a steady chop.

Topspin Serve Return

Using a controlled stroke, contact the ball with a relaxed grip and a 60 degree racket angle.

Lefty Sidespin Serve Anywhere

Be ready to adjust in-and-out as well as side-to-side for these very spinny left sidespin serves.

Right Sidespin Serve Anywhere

Prepare for the long sidespin serve, but always be ready to move in slightly with the right foot for the surprise short one! To control the spin, touch the left side of the ball.

Left Sidespin Topspin Serve

To return this combo serve, contact the top right of the ball. If you imagine that the ball is a globe with the United States facing you, you will touch the state of Maine.

Right Sidespin Topspin Serve

To return this combo serve, contact the top left of the ball. This serve is a simulation of a right handed player doing a backhand serve.

Backspin, Topspin

After getting a backspin serve, you will then get five topspin balls anywhere. Try to keep score against the robot. Every time you get all 6 balls back, it is 1 point for you. Every time you miss during the six ball sequence, it is a point for Robo-Pong. Games to 11. Loser buys lunch.

INTERMEDIATE DRILLS

Intermediate Forehand Warmup

Contact the top of the ball and swing forward toward the top of the net.

Intermediate Backhand Warmup

Use a quick, short stroke and get ready for a series of quick balls to your backhand.

Two Backhands, Two Forehands

Practice varying your spin a bit. Hit the first ball at medium speed, then the next a bit faster. Alternate speeds between each hit - medium backhand, hard backhand, medium forehand, hard forehand.

Forehand, Middle

What a workout! Continuously move for every ball, playing one forehand from the forehand side then one forehand from the middle!

Backhand, Middle

Backhand footwork is one of the most neglected aspects of the game! Use your backhand from the backhand side then quickly move and use your backhand from the middle of the table.

Backhand, Middle, Backhand, Forehand

This systematic drill alternates between backhand and forehand with a unique pattern - backhand, middle, backhand, forehand!

One or Two Backhands, One or Two Forehands

I love this semi-systematic drill. Watch the robot's

head to see where the ball is going, then focus on the ball as it approaches.

Middle, Corner

This is one of the world's most popular drills! Play a forehand from the middle, then be ready to adjust for the surprise to either corner. The pattern continues, one middle then one to either corner. See if you can last for three full minutes!

Wide Faulkenberg

This drill gives you two balls to the backhand then one ball to the wide forehand. Play the first ball with your backhand, play the second ball with your forehand from the backhand side, play the final ball with your forehand from the forehand side.

Forehand Random

You will be getting speed balls anywhere in the forehand side of the table. Take mini-steps and continue to move for every ball!

Backhand Random

Your choice, you can use all backhand or you can choose to use both backhand and forehand for this drill. As you improve, you can also vary the speed, spin, and placement of your shots!

Random

The fast topspin balls will now go anywhere on the table. Be ready to move, especially for the tricky middle ball. Keep your feet active, stay on your toes, and be ready to adjust!

Short Forehand, Deep Backhand

After getting a short backspin ball to the forehand, you will then get two quick topspin balls to the backhand. Push or flip the short one, then loop the two deep ones.

Serve Then Footwork

After getting a short backspin ball to the backhand, you will then get three deep topspin balls - one to the forehand, one to the middle, and one to the backhand. After these four balls, you will get a short rest before the next sequence.

Three Ball Drill

You will get a short backspin serve to the middle, followed by a heavy backspin ball to either corner, followed by a spinny topspin ball back to the middle!

Three Ball Random

This is the same as the previous drill, but now all three balls are random! Short backspin then long backspin then long topspin!

Twelve Ball Rally

It all starts with a short backspin serve followed by a long backspin push, then the marathon begins – ten fast topspins anywhere. It's like playing a blocker who never misses!

No Spin, Topspin, High Ball

This is what the 3050 XL is all about... Game-like variations! You will get a sequence of a no-spin balls, then a topspin ball, then a high ball.

Left Sidespin Then Rally

After returning the left sidespin serve, be prepared for three or four or five fast topspin balls. Keep track of the score, every time you have a perfect rally, you get one point. Every time you miss a ball during the rally, the robot gets one point! Games to 11! I never said he was an easy opponent!

Serve Then Backhand Random

After returning the right sidespin serve, you will then get a tough rally of ten balls randomly to your backhand!

Serve Then Speed

Attack the topspin serve then block the next two speed balls. To control your block, relax your grip and keep your hand in-front of your body and cushion the ball with a pillow grip.

High Spins

This difficult five ball drill gives you a serve, then a high backspin, high topspin, high backspin, high topspin. Smash the backspin by going up and forward. Smash the topspin by going down and forward.

High Backhand, High Forehand

Use your forehand to smash both balls – one high ball from the backhand side and one high ball from the forehand side.

High Spins

Smash the high topspin ball by hitting slightly down and forward. Smash the high backspin ball by hitting slightly up and forward. This drill has a lot more spin than you might guess – it is like playing a high level chopper!

Forehand Speed

The lightening speed balls to the forehand come fast and with a bit of topspin. Get close to the table and contact the ball early, on the rise.

Backhand Speed

To block these speed balls, crouch low in your ready position, keep your racket in front of your body, and block with control keeping the ball low.

Left Sidespin Topspin Serve

The left sidespin topspin serve is like a right handed player serving a forehand pendulum serve. To return this difficult spin, touch the top right side of the ball.

Right Sidespin Topspin Serve

The right sidespin topspin serve is like a left handed player serving a forehand pendulum serve. To return this difficult spin, touch the top left side of the ball.

Left Sidespin Backspin Serve

To return this serve, you can either push it with control or loop it with spin. Touch the bottom right side of the ball.

Right Sidespin Backspin Serve

To return this serve, push or loop with spin. It is vitally important to impart your own spin so that your opponent's spin will have less effect on your rubber. Work on stroking through the ball slightly.

Smash, Topspin, Lob

You will first get a speed ball, block it with control. Next, you will get a normal topspin ball, loop it with good topspin. Finally, you will get a high ball, smash it with every ounce of energy you have left!

Spinny Serves

This drill will give you very spinny serves anywhere long! Look at the lights to tell the direction and amount of spin. The more lights that are on, the stronger the spin.

ADVANCED DRILLS

Advanced Forehand Warmup

These balls to the forehand are not only fast, but also have placement, speed, spin, height, and depth variations. Be ready to make quick adjustments!

Advanced Backhand Warmup

With fast and slightly random balls to the backhand, the advanced backhand warmup is both a fun and challenging beginning to any practice session. Warmup for one minute, take a break, recover, then warmup for another minute.

Forehand, Middle, Backhand

Within the forehand, middle, and backhand zones, the robot will add subtle variations. Sometimes challenge yourself to see if you can play all forehands the entire time!

One or Two Forehands, One or Two Backhands

Using all forehand, make quick adjustments to hit forehand from the wide angle and forehands from the center of the table.

One or Two Backhands, One or Two Middle

You can use backhand or forehand for this drill, just make sure that you are moving for every ball. Also, watch the robot's head to see where the next ball will be thrown.

One Middle, One Random

First you will get a speed ball to the middle, next you will get a speed ball anywhere, the pattern continues, one middle, one random.

Forehand, Backhand, Random

This is called a semi-systematic drill. First a simple forehand then backhand followed by a surprise anywhere!

Six Balls

It starts with a backhand, middle, forehand, then goes random for three balls anywhere. The pattern continues without a break. Try to survive for two full minutes before taking a needed water break!

Backhand, Random

This drill alternates between a backhand then a random ball anywhere. Remember, the random ball might just be to the backhand; in that case, you would get three backhands in a row.

Nine Balls

Three backhands, three forehands, then three random. Try your best to change locations when hitting, sometimes hit to the wide forehand, sometimes wide backhand, and sometimes try to jam your opponent in the middle.

Medium Random

This drill always keeps you guessing, it gives excellent variations in placement and actually feels like you are playing a real game!

Wild Random

This tough drill gives you placement, speed, spin, height, and depth variations. Be alert and ready to make the adjustments. Start off with just doing twenty balls, before taking a break. As you develop the ability to adjust, then challenge yourself with longer drills.

Serve, Backspin, Topspin

First, the serve will come with slight backspin sidespin, next a very spinny backspin, followed by a very spinny topspin ball. Be ready to adjust to the extreme spin!

Serve, Forehand, Backhand

This is a great drill for defense. It gives you a backspin serve, followed by a topspin ball to your forehand then a topspin ball to your backhand.

No-Spin Serve then Backhand, Forehand

After pushing the no-spin serve, use a controlled stroke and block with your backhand then block with your forehand. Try to keep your blocks as low to the net as possible!

Serve Then Middle Random

After a heavy backspin serve, the footwork drill begins - middle then random, middle then random, middle then random. Try to play most of the middle balls with your forehand.

Block Training

After returning the no-spin serve, you will then get five to ten topspin balls anywhere, simply block the ball with control. See if you can last the entire drill without missing a single block!

Mega Backspin, Ten Topspins

After pushing the very spinny serve, endure the ten ball rally with your steady defense. Instead of reaching for the balls, move your feet into position for each shot - it is tiring, but worth the effort!

Two Ball Speed

This is the quickest drill on the robot. After a left sidespin serve, it will immediately give you a quick topspin ball.

Serve Then Rally of One-Ten Balls

After returning the left sidespin serve, be ready for a variable rally of one to ten balls. Sometimes it will just give one, sometimes six, sometimes maybe ten. Prepare for the ten every time.

No-Spin Serve Then Speed

This is one of the most entertaining drills! After returning the no-spin serve, the robot will pound you hard with the next shot. Just try to make contact with the ball. As you become more advanced, then you can begin taking a small swing.

Serve Then Ten Lobs

You will be winded, guaranteed! After returning the topspin serve, you will get ten lobs. Get in position, and smash down and forward with full power!

Speed Forehand, Speed Backhand

The robot will give you one speed ball randomly in the forehand zone then one speed ball randomly in the backhand zone. Move into position and block the ball with good placement.

Random Smashing

Speed balls will be coming anywhere on the table. Instead of merely guessing, you should keep your racket neutral in-front, move into position, and try to touch every ball. Even if you can't block it on, try to make contact.

Random Lobbing

The most difficult part about these lobs is the depth variation. Be ready to move out and smash or be ready to charge the table and smash. As the ball leaves the robot's head, try to judge the depth and move accordingly!

Spin Lobs

This drill will give you a topspin lob, backspin lob, then a no-spin lob. Instead of lobbing, it will sometimes be a bit low and short, in this case, give it a controlled stroke. If it is high, try to use your most powerful smash!

Sidespin Lobs

Move the furniture aside! This drill requires a bit of space! The sidespin lobs will be curving at very wide angles! Read the spin, adjust with your feet, and smash all the balls using your forehand!

Short and Long

The robot will give you one to four short backspin balls followed by one deep backspin ball followed by three deep topspin balls to the backhand then one deep topspin ball to the forehand.

Short Ball Training

After one to ten short backspin balls, the robot will surprise long with a backspin ball anywhere, followed by a long topspin ball anywhere.

Backspin, No-Spin Serve

This drill alternates between a short backspin serve and a short no-spin serve. Push the backspin and flip the no-spin. Also, work on placement by sometimes returning short, sometimes long, sometimes to the middle, sometimes use the angles.

Heavy Topspins

This drill gives you heavy topspin balls to your forehand on half of the table. Practice your blocking placement to various locations. As you perfect your control, then begin an active block or even a counterloop!

Low Lobs

This drill gives you lower lobs – one topspin, one backspin, then one no-spin. Move into position and smash all of them using your forehand.

BONUS DRILLS

Corners

This drill gives you deep topspin balls randomly to the corners.

Surprises to Middle and Forehand

This drill give you topspin balls continuously to the backhand and occasionally surprises with a deep topspin ball to the middle or wide forehand.

Table Gradient

This topspin drill give you steady topspin balls from the backhand side to the forehand side then back to the backhand side with slight gradient movement between each ball.

Fan Out

This topspin drill starts with the wide forehand and gradually fans toward the backhand side, suddenly, it surprises to the wide forehand and begins the same pattern.

World Class Short Serves

This drill gives extremely spinny short serves with many different spin variations.

World Class Long Serves

This drill gives extremely spinny long serves with many different spin variations.

Ma Lin Ghost Serve

This drill gives extremely heavy backspin serves short or half-long anywhere on the table.

Topspin, Sidespin

This drill gives one topspin ball then one sidespin ball to the middle of the table. Be careful, the sidespin ball can be sidespin either direction. Be sure to check the lights so that you know which way the sidespin is going.

Random Topspin, Sidespin

This drill gives one topspin then one sidespin ball anywhere randomly on the table.

Entropy

This drill gives any variation of spin – be ready for anything!

QUICK TAKE-DOWN, STORAGE & TRANSPORT

Your Robo-Pong 3050XL is quick and easy to take-down, store and transport.

1 Unplug Power Cable and Place Side Nets in Trays

First, unplug the power cable from the back of the robot. Then detach the Side Nets and place them in the trays.



2 Place Robot on Corner of Table

Remove the robot from the end of the table and place on top of your table at the corner to easily access both the front and back of the robot.



3 Remove Ball Dams

From the front of the robot, raise each tray slightly and remove the Ball Dams from their storage positions. Don't raise too much or the balls will fall out.



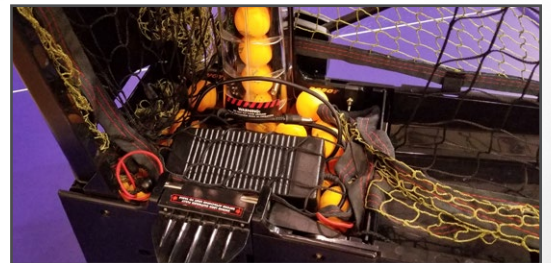
4 Insert Ball Dams

Push the balls into the Center Trough and place the Ball Dams in their retaining slots.



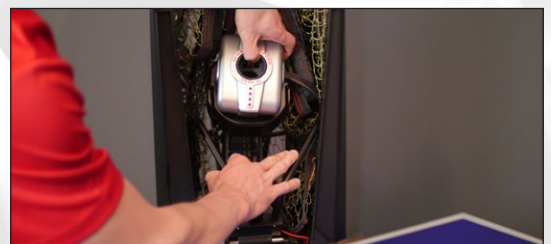
5 Place Cord in Center Trough

Unplug the power cable from the wall outlet and coil to place it on top of the balls in the Center Trough. Place the ends of the Side Nets just inside the Ball Dams.



6 Fold Back Support Assembly

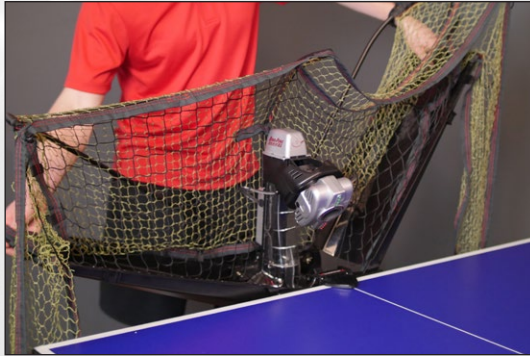
Swing the Support Legs inward and fold the whole support leg assembly up and into the robot. You may need to *gently* lift the robot head up. Hold up the Trap Net while folding the assembly so it does not interfere with the folding process.



7

Fold Trays Up

Fold the Ball Return Trays closed by lifting carefully until they lock into their vertical position.



8

Place Net Tubes in Storage Holes

From the back of the robot, detach the left and right Curved Net Support Tubes from their associated Straight Net Support Tubes. Place the curved tubes into their storage holes on top of the Net Support Plate.



9

Robot Properly Folded

When the robot is fully folded, all components should be stored in the Center Trough.



10

Buckle Carrying Strap

Pull the tops of the Ball Return Trays together by buckling the free ends of the Carrying Strap together.

**If You Purchased a Robo-Tote carrying case:**

11

Place Robot in Robo-Tote

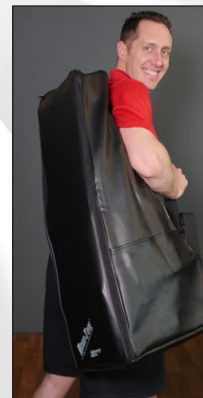
If you own the optional Robo-Tote carrying case, your Robo-Pong 3050XL will now fit inside the case. The Robo-Tote protects the exterior of the robot during movement or storage. Robo-Tote has a shoulder strap for easy transport.



12

Ready for Storage or Transport

With your Robo-Pong 3050XL inside the Robo-Tote, it's ready to go anywhere you go. Carry it on your back, store it in your closet, or take it in your car to your friend's house or local table tennis club. Your robot will be protected and you won't have to worry about losing any components of your robot system.



ROBOT ADJUSTMENTS

LEVELING ADJUSTMENT

Robo-Pong 3050XL is designed to sit level when attached to the table. In proper position (Figure 1), the CT Support Legs fit underneath the table and the CT Front Support Plate sits on top of the table. If the robot does not sit level, balls will not feed properly. If this condition occurs, it is necessary to make some leveling adjustments.

If the robot does not sit level, then it will be necessary to make adjustments to the robot itself. The Support Legs come with 3 sizes of Rubber Tips and 4 rubber spacer-washers to accommodate different table top thicknesses, and cause the Center Trough to sit level. The Rubber Tips are marked on their top with the table thickness they are used with. The longest is used for 1/2" (13mm) tops. The mid-size one is used on 3/4" (19mm) tops and comes pre-installed. The shortest tip is used for 1" (25mm) tops.

In addition to these different sized tips, there are 4 rubber spacer-washers which are used with the Rubber Tips for finer adjustments. Either one or two of these spacer-washers (depending on how much adjustment you need) are placed inside the Rubber Tips before the tips are placed on the end of the Support Legs.

Another reason why your robot may not sit level is that it is not properly seated on the locating tab. When seated correctly, the Support Flange of the Back Panel sits flush on the Locating Tab that protrudes from the top of the Center Trough (see Figure 2). Your robot serial number is located on top of this Support Flange.

TIP: If it is possible to adjust the level of the robot's half of the table independently from the player's half, you may choose to purposely give a slight slope to the robot's half so balls that end up on the table roll into the robot's trays. If you make the table unlevel, make sure the robot sits level by adjusting the Rubber Tips as described above. In this case, it may be necessary to use the Rubber Tip one size larger than normal and/or the rubber spacer washers to level the robot.

ADJUSTING NET TENSION

The Ball Return Trays should sit level at or just below the level of your table top. If the tension of the Main Net is too tight, the trays will be pulled up into a slight "V" shape with the top edge of the trays above the level of the table top. To correct this situation, loosen the adjustment straps shown in Figure 3 until the trays sit level. If this adjustment is insufficient, stretch the net by grabbing it with two hands and pulling gently apart to relax the net fabric.

The Trap Net (the black net with large holes) slows down your returns so more of them are captured. The size of the holes is slightly smaller than the diameter of a ball. Hard hit shots force the ball through the net and the ball becomes trapped between the Trap Net and the Main Net. When slowly hit balls contact the Trap Net, they do not have enough force to go through the net, so they immediately drop down into the trays.

Side Nets - Adjust each side nets tension to "lock" the trays firmly against the table, which reduces vibration and increases accuracy.

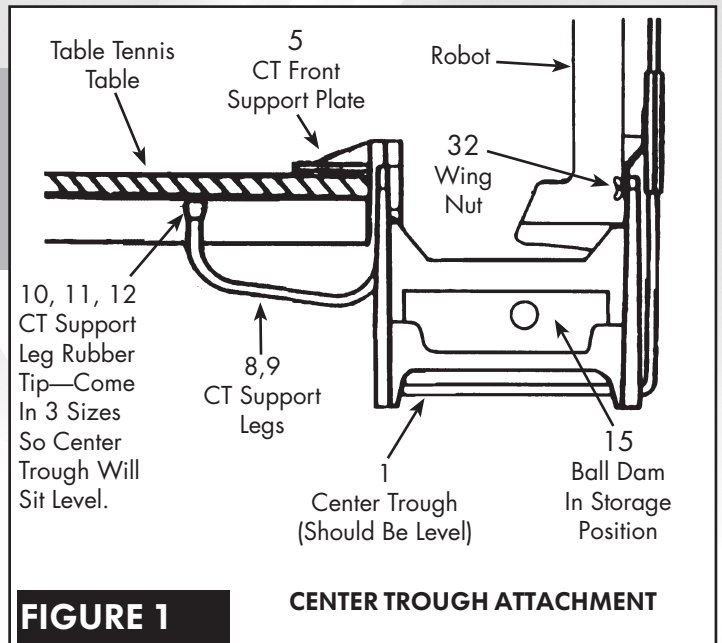


FIGURE 1

CENTER TROUGH ATTACHMENT

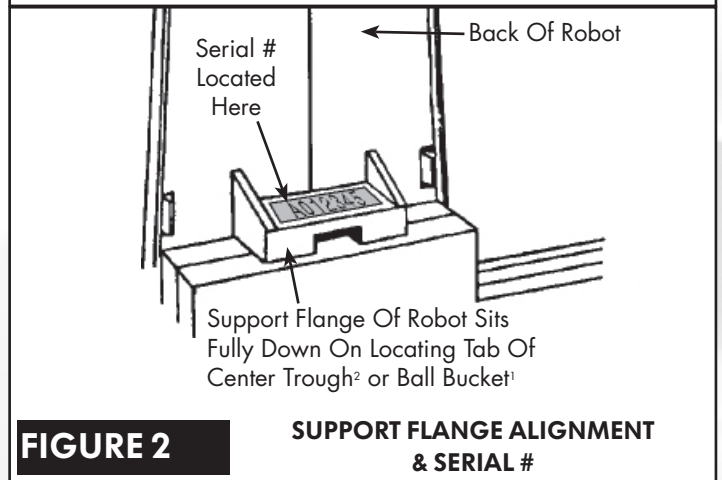


FIGURE 2

SUPPORT FLANGE ALIGNMENT & SERIAL #

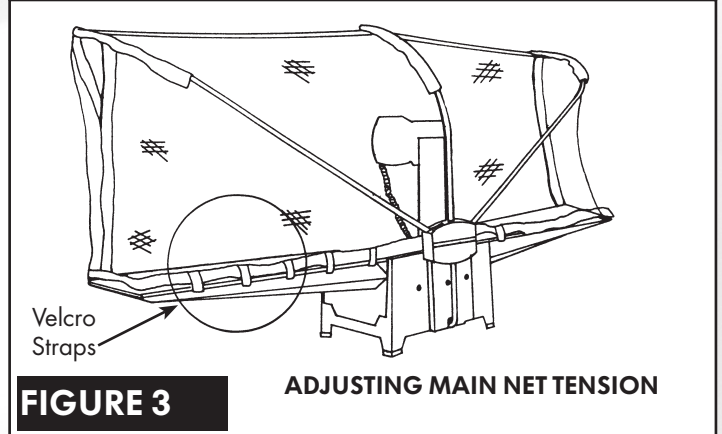


FIGURE 3

ADJUSTING MAIN NET TENSION

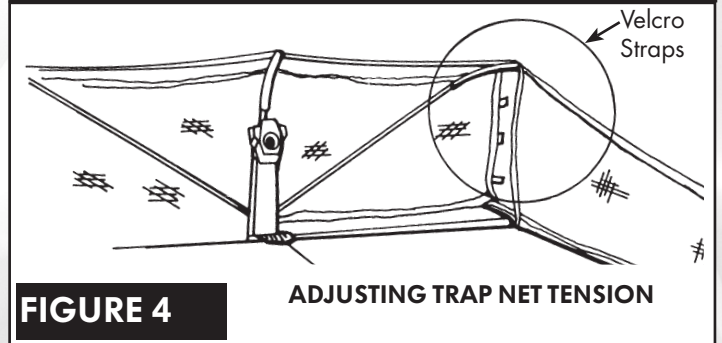


FIGURE 4

ADJUSTING TRAP NET TENSION

CARE AND MAINTENANCE

Robo-Pong robots are easy to maintain. The only maintenance that our robots require is an occasional cleaning. The Ball Discharge Wheels and Friction Block are prone to dirt build-up. Periodically inspect parts and clean with Rubber Drive Cleaner (available in USA only) or a general purpose cleaner and a cloth. One indicator that these parts are dirty is reduced ball speed or erratic delivery—balls are occasionally ejected sideways, down into the net, or popped up.

It's possible to clean these parts without disassembling the robot head. The following steps show how it is done using Rubber Drive Cleaner and a cloth. This cleaner is terrific for removing dirt from rubber surfaces and restores the natural grip to these parts. If your fingers are too large to clean these parts through the discharge hole, you will need to disassemble the robot head.

To reduce the amount of dirt that enters your machine, keep the table, balls, and playing area clean. Dust, pet hairs, carpet fibers, and other fibrous material can wrap around the drive pin and literally strangle the Ball Speed Motors and stop them from functioning. When wiping off the outside of your robot, use a damp cloth. Do not use any petroleum based solvent, cleaner, or lubricant as these chemicals are corrosive to the plastic. Be careful not to get water on the motors, Control Box, Ball Sensor, or the 5-Pin Connector.

1 Remove Robot Body

First, remove the robot body from the Center Trough. Loosen the two Wing Nuts (32) and disengage the black Clip Washers (34). Pull straight up on the robot body to remove it. Then lay it on a flat work surface.

2 Clean Upper Discharge Wheel

Make sure the word Topspin is at the top of the discharge hole. Wet your cloth with a small amount of Rubber Drive Cleaner. Insert one finger into the hole to hold the side of the wheel and keep it from turning. Now, insert the wet cloth with your other finger and forcefully rub the rubber surface of the wheel and rub it forcefully over the curved rubber surface of the Upper Discharge Wheel. After you clean the initial exposed section of the wheel, rotate the wheel a little with your first finger to expose the next section of wheel for cleaning. Keep cleaning a small section of wheel at a time until you've cleaned the entire

wheel. Using a dry, clean section of the cloth, wipe the Upper Discharge Wheel lightly to remove any remaining cleaner and dirt this will dry the wheel off.



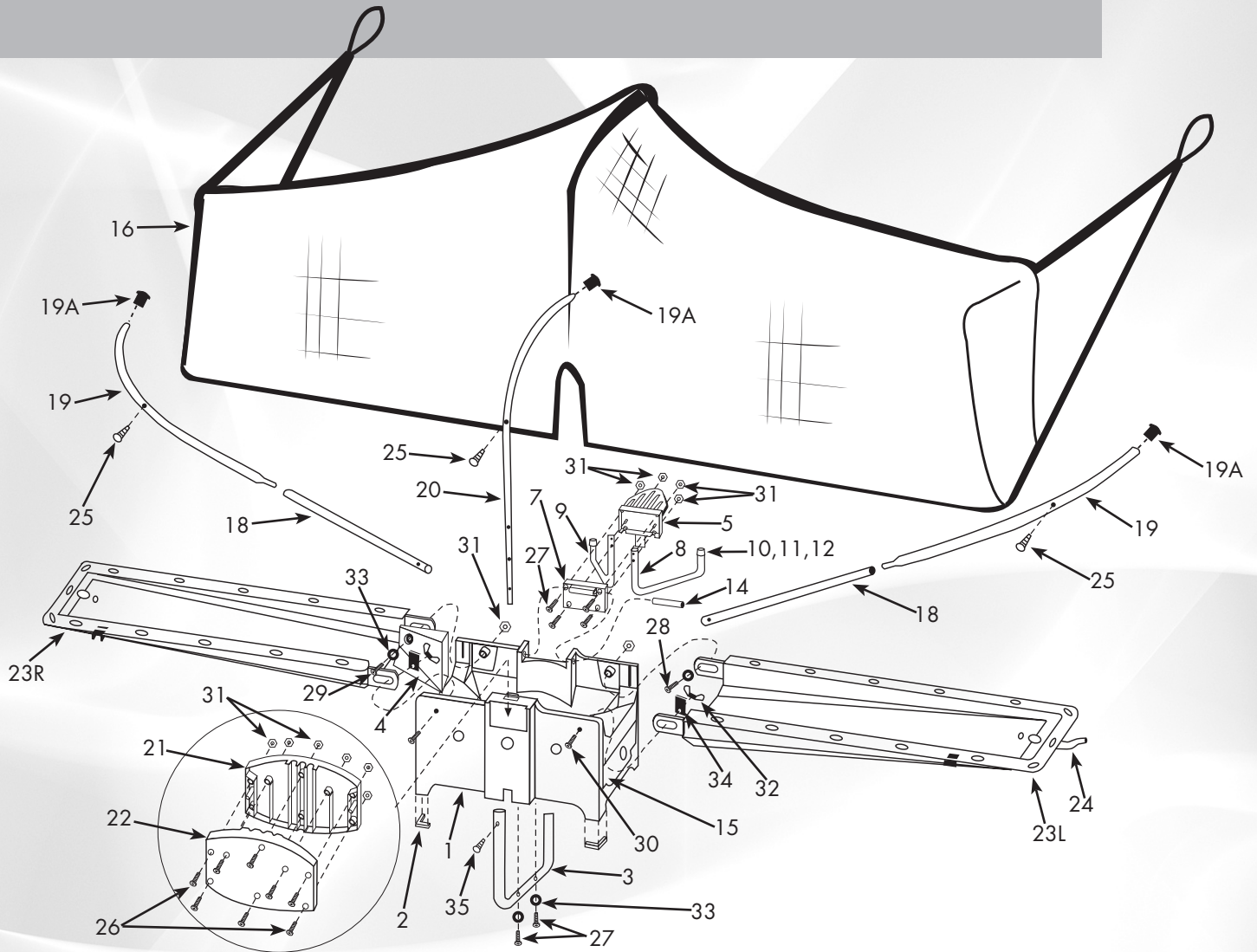
3 Clean Lower Discharge Wheel

Rotate the head so the word Backspin is at the top of the discharge hole. To clean the Lower Discharge Wheel (78), you must insert two fingers into the discharge hole. Wet a clean section of the cloth with the cleaner. Insert one finger into the hole to hold the side of the wheel and keep it from turning. Now, insert the wet cloth with your other finger and forcefully rub the rubber surface of the wheel. After you clean the initial exposed section of the wheel, rotate the wheel a little with your first finger to expose the next section of wheel for cleaning. Keep cleaning a small section of wheel at a time until you've cleaned the entire wheel. Then use a dry section of cloth to lightly dry off the wheel.



4 Lastly, reattach the robot body by reversing Step 1.

PARTS LIST FOR NET ASSEMBLY

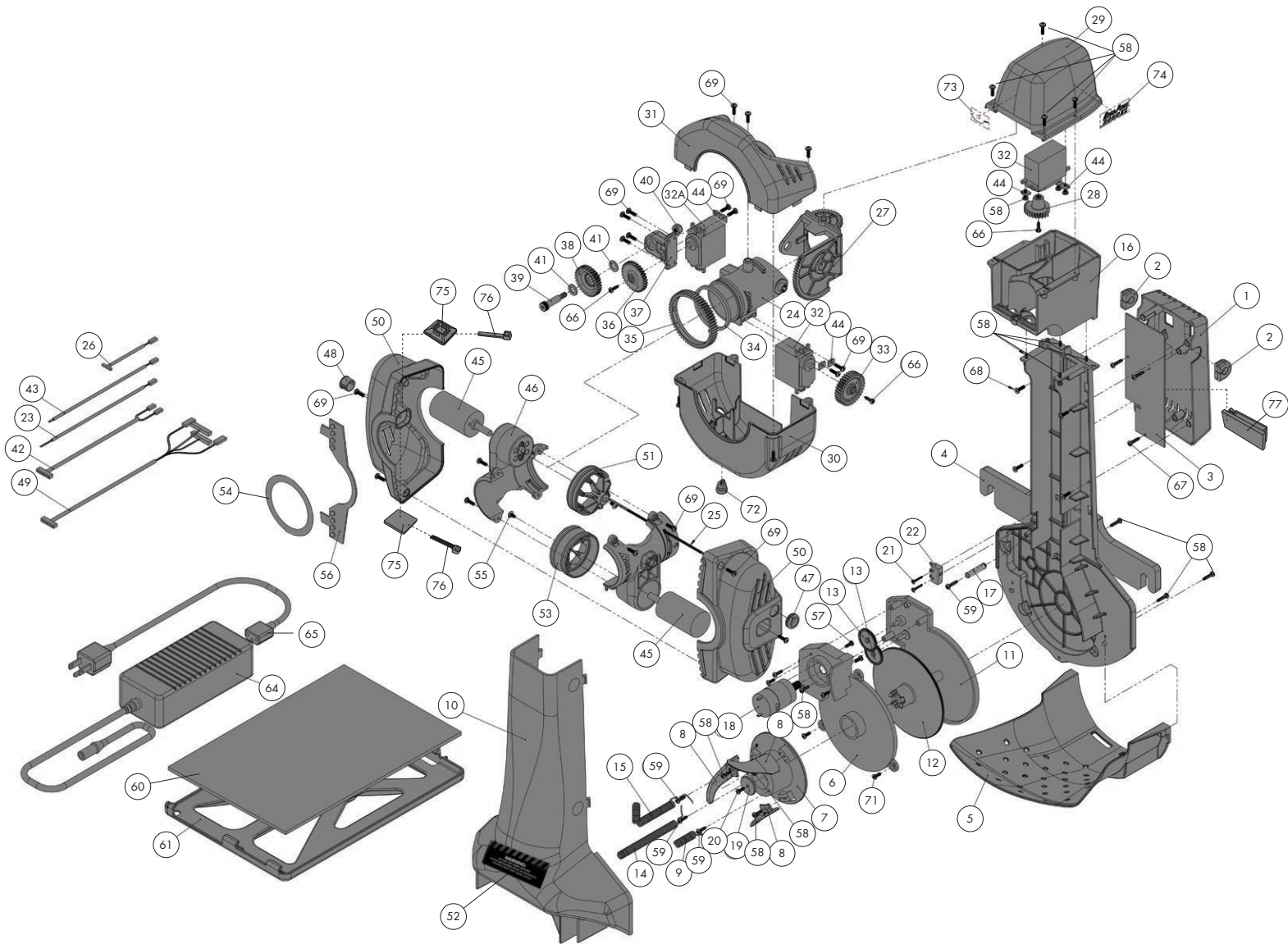


NOTE: The key numbers on this parts list correspond to the numbers used to identify parts in this manual.

Key#	Part #	Item	Qty.
1	2000-100	Center Trough	1
2	2000-101	CT Rubber Feet	4
3	2000-102	CT U-Shaped Support Tube	1
4	2040-103	CT Wedge Filler	1
5	2000-104A	CT Support Plate, Front	1
6	2000-106A	CT Front Support Plate Pad (not shown)	1
7	2000-108A	CT Support Plate, Back	1
8	2000-110	CT Support Leg, L	1
9	2000-112	CT Support Leg, R	1
10	2000-114	CT Support Leg Rubber Tip, 1/2"	2
11	2000-116	CT Support Leg Rubber Tip, 3/4" (std.)	2
12	2000-118	CT Support Leg Rubber Tip, 1"	2
13	2000-120	CT Rubber Spacer-Washer (not shown)	4
14	2000-122	CT Pivot Pin	1
15	2050-124A	CT Ball Dam, 40mm	2
16	2040-126B	Net, 40mm	1
17	18022-219	Plastic Clip (Fig. 18A, Pg. 20)	2
18	2000-128	Net Support Tube, Straight	2

Key#	Part #	Item	Qty.
19	2000-130	Net Support Tube, Curved, L & R	2
19A	2000-131	Net Support Tube Plug	3
20	2000-132	Net Support Tube, Curved, Center	1
21	2000-134A	Net Support Plate, Front	1
22	2000-136A	Net Support Plate, Back	1
23R	2000-138R	Ball Return Tray, Right	1
23L	2000-138L	Ball Return Tray, Left	1
24	2000-140A	Carrying Strap	1
25	2000-300	Net Retaining Screw	3
26	2000-302	#8 x 1" Machine Screw	8
27	2000-304	#8 x 3/4" Machine Screw	6
28	2000-306	#8 x 1/2" Machine Screw	1
29	2040-307	#8 x 5/8" Machine Screw	1
30	2000-308	#8 x 1" Hex Bolt	2
31	2000-310	#8 Hex Nut	16
32	2000-312	Wing Nut	2
33	2000-314	Large Washer	4
34	2000-315A	Clip Washer	2
35	2000-316	#8 x 3/8" Machine Screw	1

PARTS LIST FOR ROBOT BODY ASSEMBLY



Key#	Part #	Item	Qty.
1	3050-402	Logic Board Cover	1
2	3050-404	Logic Board Cover Grommet	2
3	3050-400	Logic Board PCB	1
4	2050-142B	Ball Feed Back Panel, 40+	1
5	2000-144B	BF Collector Plate	1
6	2040-147A	BF Top Cap, 40+	1
7	2040-151C	BF Pickup Wheel	1
8	2040-153A	BF Pickup Finger	3
9	2040-161C	BF Spring, Short	1
10	2040-162A	BF Clear Front Cover	1
11	2050-145	BF Mounting Plate	1
12	2050-149	BF Main Gear	1
13	2050-155	BF Transfer Gear	2
14	2050-157B	BF Spring, Long	1
15	2050-159B	BF Spring, Medium	1
16	2050-164C	BF Upper Guide, 40+	1
17	2050-169	BF Check Valve Spring	1
18	2050-158	BF Motor w/ Gear	1
19	2050-313	BF Pickup Wheel Washer	1
20	2050-317	BF Pickup Wheel Screw (LH Thread)	1
21	2050-327	BF Ball Sensor Screw	2
22	2050-143	BF Ball Sensor	1
23	3050-160	BF Power Wire	1
24	3050-166	BF Discharge Tube	1
25	3050-170	BF Retension Spring	1
26	3050-171	BF Sensor Power Wire	1
27	3050-196	Oscillation & Tilt Guide	1
28	3050-199	Osc Servo Horn	1
29	3050-204	Osc Servo Cover	1
30	3050-179	Lower Housing	1
31	3050-176	Upper Housing	1
32	3050-209	Tilt/Osc Servo	2
32A	3050-209A	Rotation Servo	1
33	3050-180	Tilt Servo Horn	1
34	3050-168	Rotation Retainer Ring	2
35	3050-167	Rotation Ring Gear	1
36	3050-259	Rotation Servo Horn	1
37	3050-154	Rotation Servo Post	1
38	3050-255	Rotation Transfer Gear	1
39	3050-253	Rotation Transfer Gear Bolt	1
40	3050-322	Rotation Transfer Gear Locknut	1
41	3050-256	Rotation Transfer Gear Washer	2
42	3050-212	Servo Harness	1
43	3050-210	Servo Power Wire	1
44	3050-313	Servo Centering Washer	7

Key#	Part #	Item	Qty.
45	3050-184	Ball Speed Encoder Motor	2
46	3050-173	BS Housing	2
47	3050-175	BS Motor Cover, Grommet	1
48	3050-177	BS Motor Cover, Plug	1
49	3050-186	BS Motor Harness	1
50	3050-188	BS Motor Cover	2
51	3050-190	BS Upper Drive Wheel	1
52	2000-274	Warning Label	1
53	3050-192	BS Lower Drive Wheel	1
54	3050-260	3050 Newgy Head Label	1
55	3050-306	BS Discharge Wheel Screw	2
56	3050-261	Ball Spin LED Indicator	1
57	2000-330	#2 x 1/4 Machine Screw	6
58	2000-328A	#5 x 3/8" Self Drilling Screw	20
59	2050-319	BF Spring Screw	4
60	3050-225-1	Device Holder Pad	1
61	3050-225	Device Holder	1
62			
63			
64	3050-222	3050 Transformer Main Body	1
65	3050-223	3050 Transformer Socket Cord	1
66	3050-257	Servo Horn Screw	3
67	3050-392	Logic Board PCB Screws	3
68	3050-390	Logic Board Cover Screw	4
69	3050-310	310 Machine Screw	21
70			
71	2000-318	BF #4 x 5/16 Machine Screw	4
72	3050-178	Harness Lock	1
73	3050-288	Paddle Logo Label	1
74	3050-286	Robo-Pong XL Label	2
75	3050-700	Wire Mounting Pad	2
76	3050-701	Wire Tie	2
77	3050-702	Harness Retainer	1

GLOSSARY OF TABLE TENNIS TERMS

Antispin - An inverted rubber sheet that is very slick so that spin does not take on it. It usually has a very dead sponge underneath. It is mostly used for defensive shots. Also known as “anti.”

Backhand - A shot done with the racket to the left of the elbow for a righthander, the reverse for a lefthander.

Backspin - A type of spin used mostly on defensive shots. When you chop the ball, you produce backspin. The bottom of the ball will move away from you.

Blade - The racket, usually without covering.

Block - A quick, off the bounce return of an aggressive drive done by just holding the racket in the ball's path.

Blocker - A style of play where blocking is the primary shot.

Chop - A defensive return of a drive with backspin, usually done from well away from the table. (See backspin.)

Chop Block - A block where racket is chopped down at contact to create backspin.

Chopper - A style of play where chopping is the primary shot.

Closed Racket - If the racket's hitting surface is aimed downward, with the top edge leaning away from you, it is closed.

Counterdrive - A drive made against a drive. Some players specialize in counter-driving.

Counterloop - To loop a loop.

Counter-smash - To smash a smash.

Crosscourt - A ball that is hit diagonally from corner to corner.

Crossover - A style of footwork that require you to cross your feet.

Dead - A ball with no spin.

Deep - A ball that will not bounce twice on the opponent's side of the table if given the chance.

Default - Being disqualified from a match for any reason.

Double Bounce - A ball that hits the same side of the table twice. The person on that side loses the point.

Down-the-Line - A ball that is hit along the side of the table, parallel to the sidelines, is hit down the line.

Drop Shot - Putting the ball so short that the opponent has trouble reaching the ball. Done when the opponent is away from the table.

Flat - A ball that has no spin, usually traveling with good pace. A shot where the ball hits the racket straight on, at a perpendicular angle.

Flip - An aggressive topspin return of a ball that lands near the net. (A short ball.)

Footwork - How a person moves to make a shot.

Forehand - Any shot done with the racket to the right of the elbow for a righthander, to the left for a lefthander.

Free Hand - The hand not holding the racket.
Game-Situation - A drill that starts with a serve and simulates an actual game.

Hard Rubber - A type of racket covering with pips out rubber but no sponge underneath. It was the most common covering for many years until the development of sponge rubber.

Heavy Spin - A ball that is rotating more than 40 rotations per second.

High Balls - A slow high-trajectory ball that clears the net by more than 15”

High Toss Serve - A serve where the ball is thrown high into the air. This increases both spin and deception.

Hitter - A style of play where hitting is the primary shot.

Inverted Sponge - The most common racket covering. It consists of a sheet of pips out rubber on top of a layer of sponge. The pips point inward, so the surface is smooth. This is the opposite of pips-out sponge, where the pips point outward.

Kill shot - See smash.

Let - If play is interrupted for any reason during a rally, a let is called and the point does not count.

Light Spin - A ball that is rotating less than 5 rotations/second.

Loaded - A ball with a great deal of spin.

Lob - A high defensive return of a smash. Usually done with topspin or sidespin.

Long - See deep.

Long Pips - A type of pips out rubber where the pips are long and thin and bend on contact with the ball. It returns the ball with whatever spin was on it at contact and is very difficult to play against if you are not used to it.

Loop - A heavy topspin shot usually considered the most important shot in the game. Many players either specialize in looping or in handling the loop.

Looper - A style of play where the primary shot is the loop.

Match - A two out of three or three out of five games contest.

Open Racket - If the hitting surface of the racket is aimed upwards, with the top edge leaning towards you, it is open.

Pips - The small conical bits of rubber that cover a sheet of table tennis rubber.

Pips-out - A type of racket covering. It consists of a sheet of pips out rubber on top of a layer of sponge. The pips point outward, the opposite of inverted.

Playing Surface - The top of the table, including the edges.

Push - A backspin return of backspin. Usually defensive.

Racket - What you hit the ball with. The blade plus covering.

Racket hand - The hand that holds the racket.

Rally - The hitting of the ball back and forth, commencing with the serve and ending when a point is won.

Random - A drill that the ball can be hit anywhere within a random zone or random zones on the table

Rating - A number that is assigned to all tournament players after their first tournament. The better the player the higher the rating should be. The range is from about 200 to about 2900.

Receive - The return of a serve.

Rubber - The racket covering. Sometimes refers only to the rubber on top of a sponge base.

Rubber Cleaner - Used to keep the surface of inverted rubber clean.

Sandwich Rubber - A sponge base covered by a

sheet of rubber with pips, with the pips pointing either in or out. If pointed in, it is inverted sponge. If pointed out, it is pips out sponge.

Serve - The first shot, done by the server. It begins with the ball being thrown up from palm of hand and struck by the racket.

Shakehands Grip - The most popular grip. It gives the best balance of forehand and backhand.

Short - A ball that would bounce twice on the opponent's side of the table if given the chance.

Sidespin - A ball that is spinning right to left or left to right.

Smash - A putaway shot. Ball is hit with enough speed so opponent cannot make a return.

Speed Balls - a fast shot like a loop or power smash that is 50-90 mph

Spin - The rotation of the ball.

Sponge - The bouncy rubber material used in sandwich covering. It is used under a sheet of rubber with pips. It revolutionized the game and ended the hard rubber age in the 1950's.

Systematic - A drill that uses specific locations on the table in an exact pattern

Stroke - Any shot used in the game, including the serve.

Topspin - A type of spin used on most aggressive shots, with an extreme amount being used in the loop shot. When you topspin the ball, the top of the ball moves away from you.

Two-Step Footwork - The most popular style of footwork.

Underspin - See backspin.

Variation Spin - an unspecified type or amount of spin

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