



# 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.

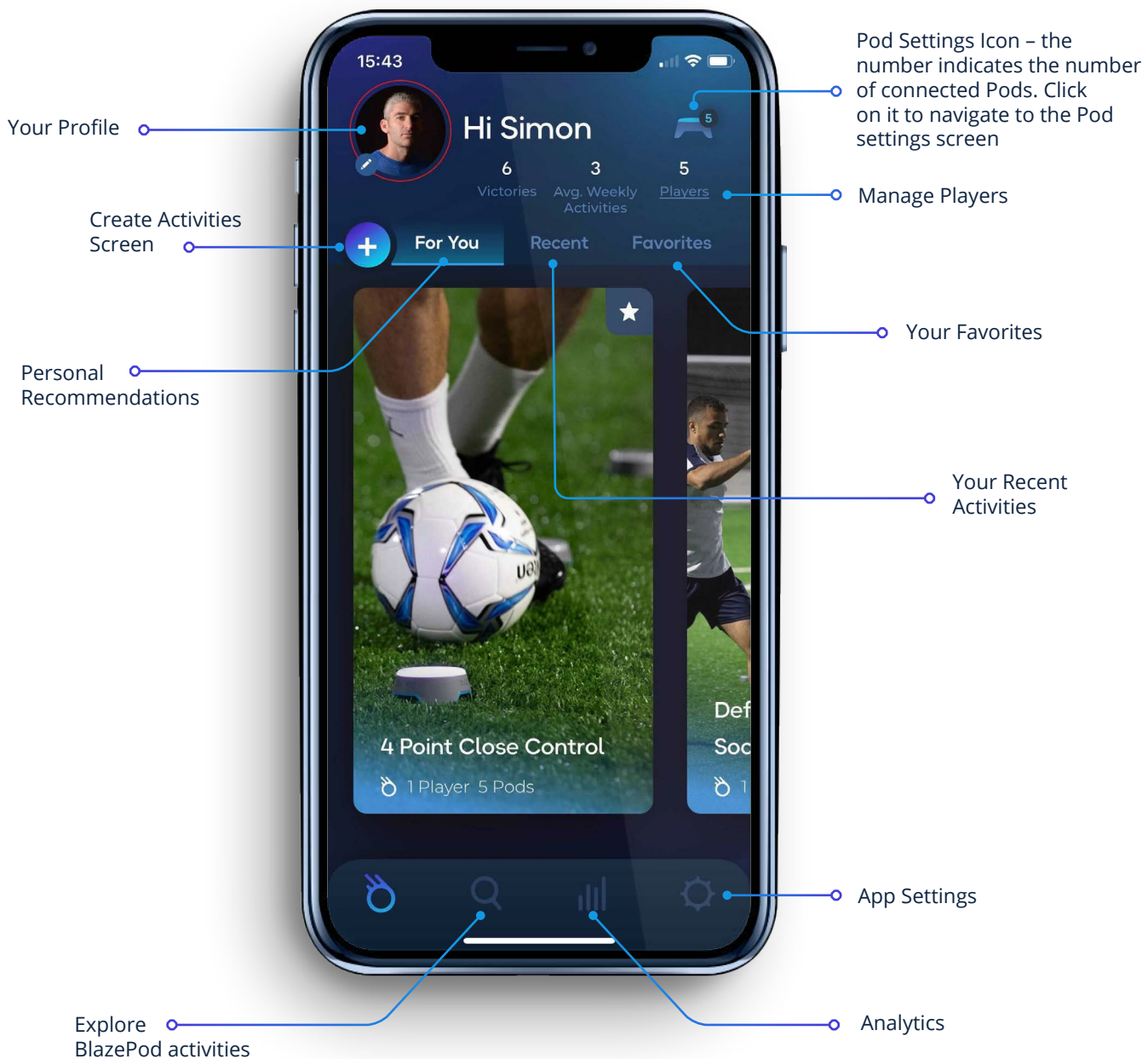


# BLAZEPOD APP USER MANUAL



## THE APP – MAIN SCREEN

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



# BLAZEPOD APP USER MANUAL



## 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.



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

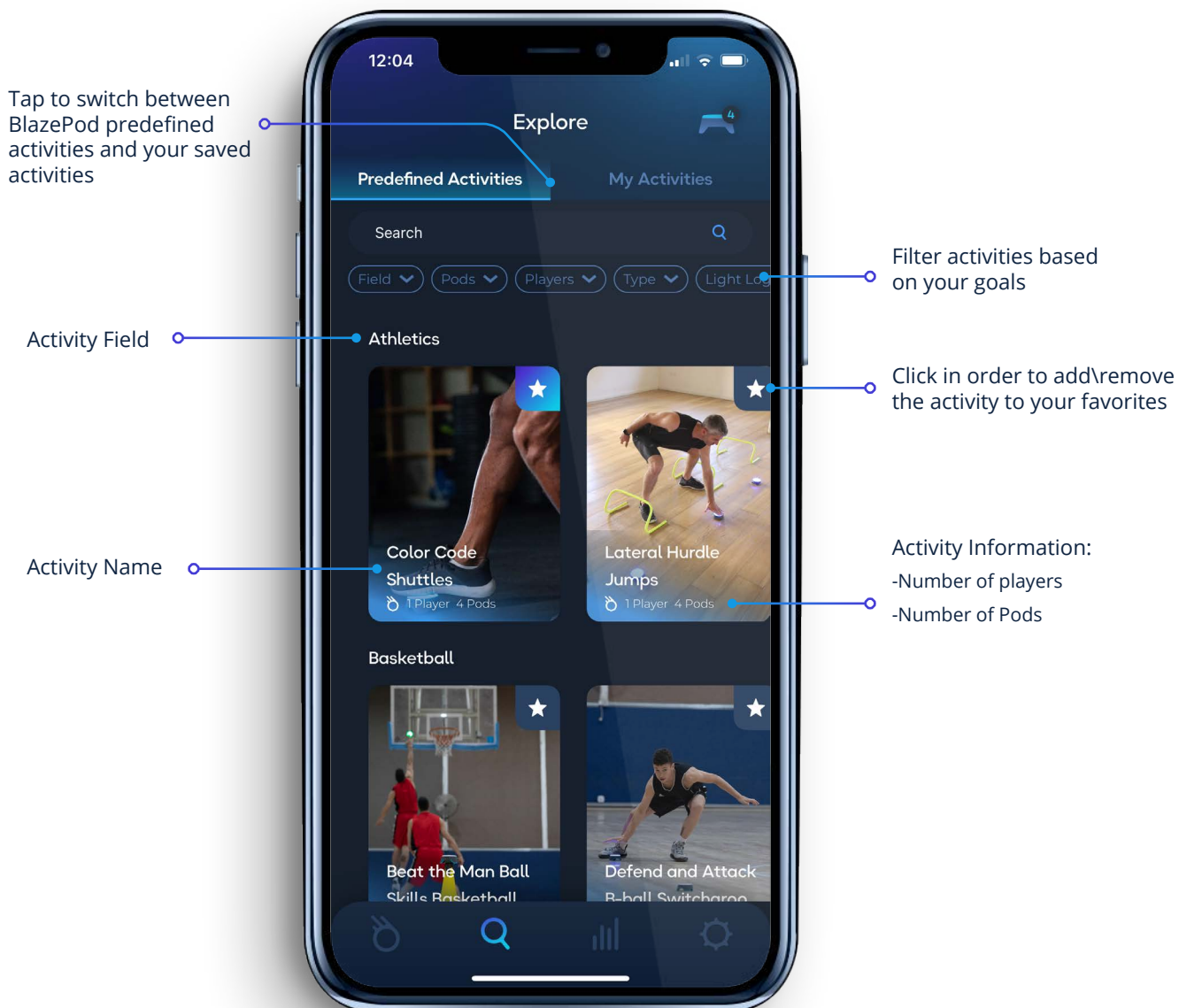
# BLAZEPOD APP USER MANUAL



## EXPLORE SCREEN

### (BLAZEPOD PREDEFINED ACTIVITIES + YOUR OWN SAVED ACTIVITIES)

The “Explore” screen is where you will find the ever-growing list of BlazePod’s predefined activities and manage your own saved activities list.



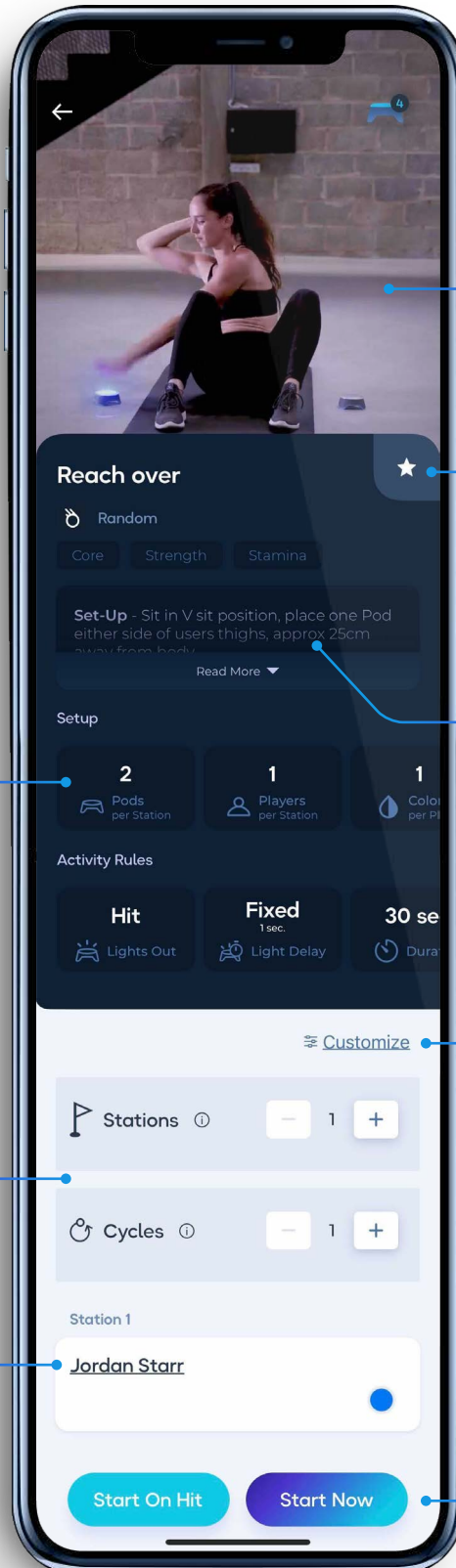
# BLAZEPOD APP USER MANUAL



## ACTIVITY SCREEN

### 1. GENERAL

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



Activity Setup - Swipe to find out exactly how to set up and perform each activity

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

Description - This is a detailed explanation on how to set up the Pods, the starting position, how to tap out the lights, and how the activity works

Fixed settings - View to understand more about the activity, and start to train immediately

Tap "customize" to be able to adjust all the settings to your needs and start / save your new activity

Activity open settings. Unlike fixed settings, in the open settings you can adjust to your needs

Change the player name / color or add a new player

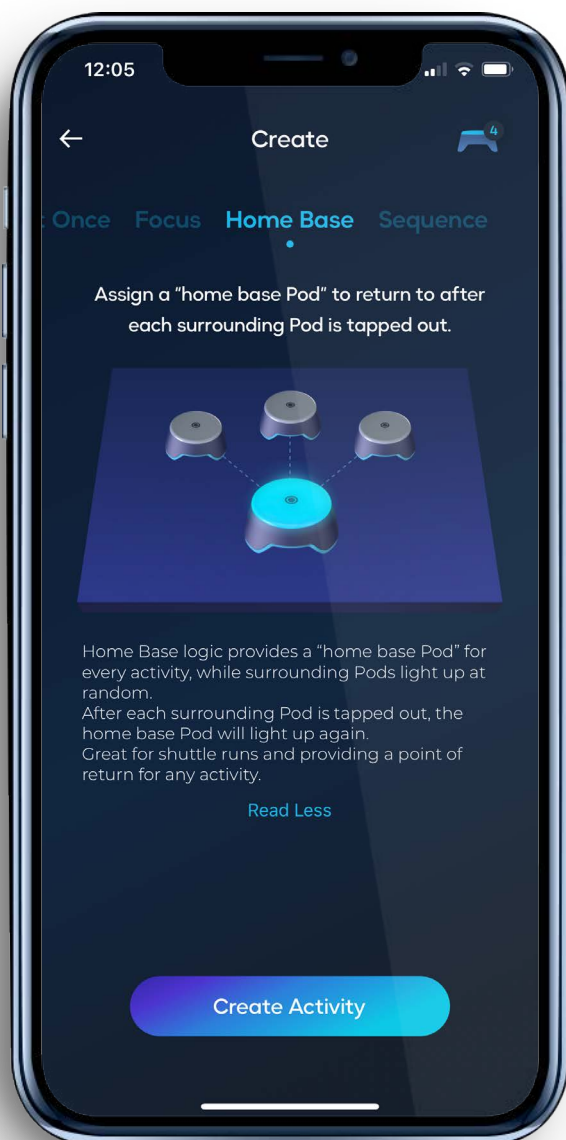
Tap "Start Now" button to start your activity immediately. Tap "Start on hit" button for the activity to start when you hit a Pod

## ACTIVITY SCREEN

### 2. 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.

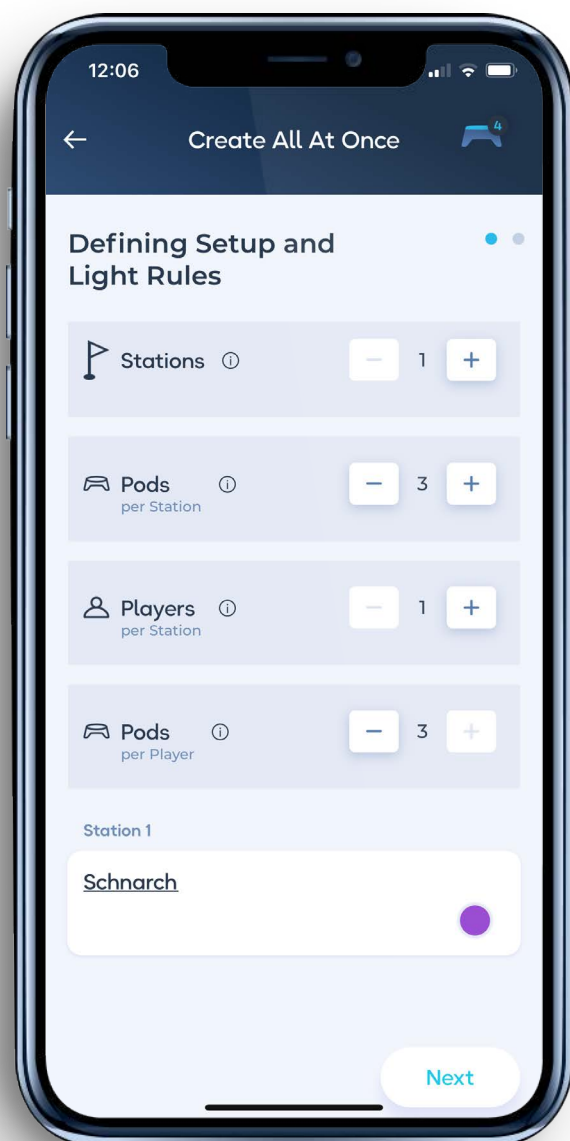


## ACTIVITY SETTINGS

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

### 1. 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

### 2. ACTIVITY SETTINGS

- **Player** refers to a single participant taking part in a BlazePod activity. Note that we refer to the number of players in a single station.
  - Pressing on the player's name will show you a list of players to choose from, as well as the option to create a new player. The results for each player will appear on the Analytics screen.
- **Activity duration** is where we set the amount of time you want the activity to run for. You can choose between 1 of 3 options:
  - **Hit** – the activity will end after the number of hits you set.
  - **Timeout** - the activity will end when the time you set runs out.
  - **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 you choose how to turn off the Pods' lights during an activity. You can choose between 1 of 3 options:
  - **Hit** – Tap out the Pods' lights to turn them off.
  - **Timeout** - the Pods' lights turn 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 turning off and the next Pod lighting 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 turns off, based on the min and max seconds you set.
- **Competition** Mode can be used when there is more than one player at the same station, you can choose 1 of 2 competitive options:
  - **Regular mode** - where each player taps out their own light and the Pod's light will only go out when the player taps it out.
  - **First to hit mode** - this mode means that the first player to tap out his/her light, automatically taps out all competitors' lights too.

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## ACTIVITY SETTINGS

### 3. HOME BASE LOGIC - SPECIAL SETTINGS

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

### 4. 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** decide in which colors the distracting Pods will light up.
- **Strike Out**, if chosen, will determine the number of strikes (false hits) until the activity will stop.

### 5. 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 player's 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.



The screenshot shows the results screen for an activity named "Random". The timer is at 00:11:80, and the current activity timer is 00:18:19. The player is Jordan Starr, with 2 Miss Hits and 11 Hits. The average reaction time is 717 ms. A graph at the bottom shows the reaction time trend for each hit.

**Activity Name** - Random

**Exit Button** - Exit ↗

**Countdown/timer of the activity** - depends on the activity settings

**Pause Activity** - ||

**Player Color** - Blue dot

**Hits** - the number of times you tap out the light during the activity

**Miss-Hits** - the number 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".

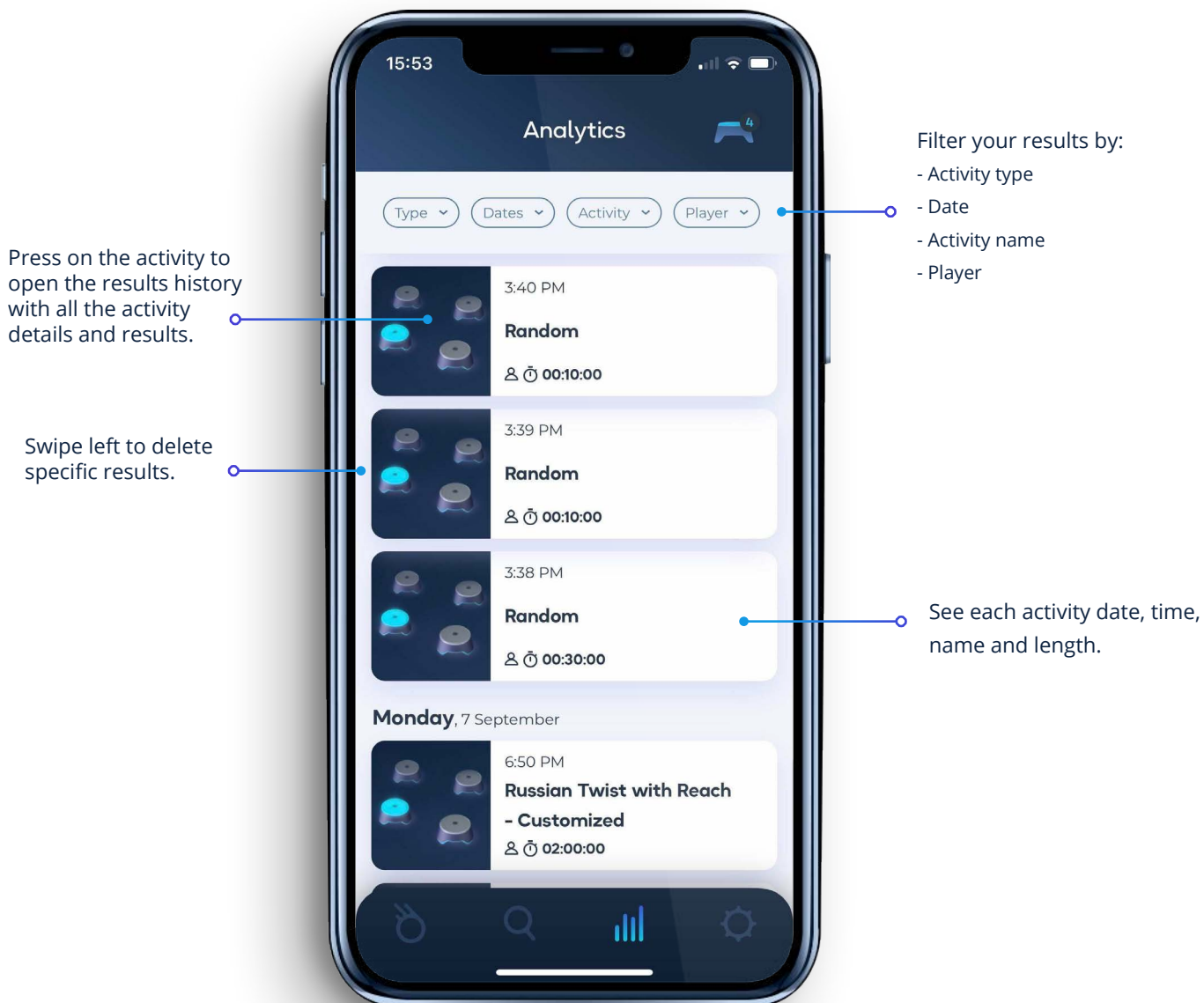
**Reaction** - the average reaction time (the time from when the Pod lights until the light is tapped out) of all the hits in the activity.

**Reaction Trend** - graph showing the reaction time for each hit.

Player Name	Miss Hits	Hits	Avg. Reaction (ms)
Jordan Starr	2	11	717

## ANALYTICS SCREEN

On the Analytics screen you'll see the history of your activity results, it will help you keep track of your and your players' progress and improvement process.

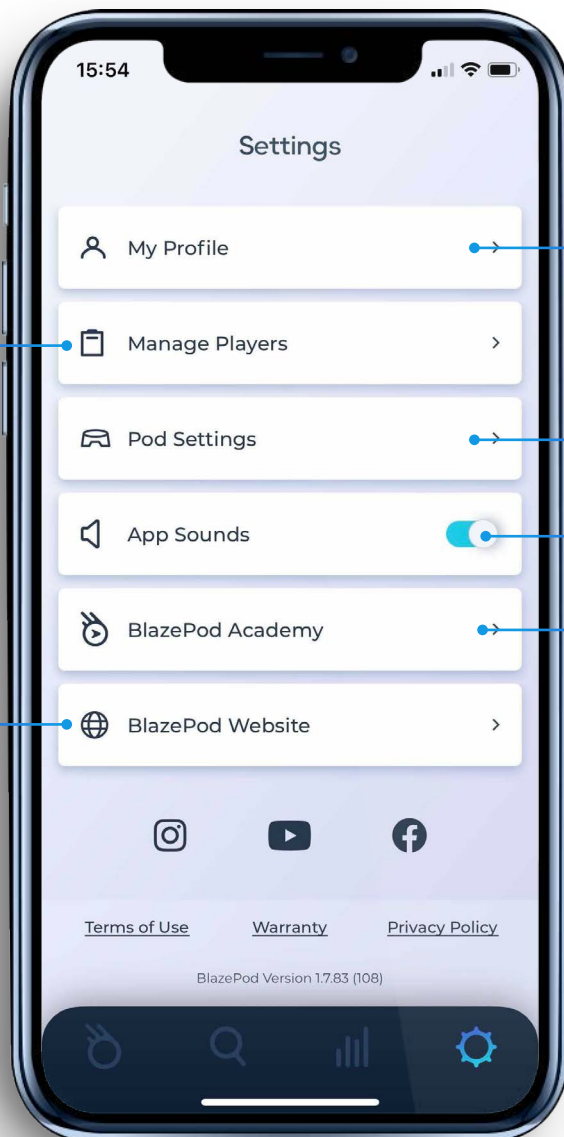


## APP SETTINGS SCREEN

In the App Settings screen you'll be able to edit your profile, add players and learn more about BlazePod.

Manage your players:  
Add players, define  
their default color and  
track their results by  
choosing them on the  
activity setting.

Visit BlazePod's  
website



Edit Profile

Open the Pod  
setting screen

Mute all app  
sounds

Press to learn more about  
using the app



**VISIT BLAZEPOD'S WEBSITE TO LEARN  
MORE ABOUT USING THE APP**

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[www.BlazePod.com](http://www.BlazePod.com)