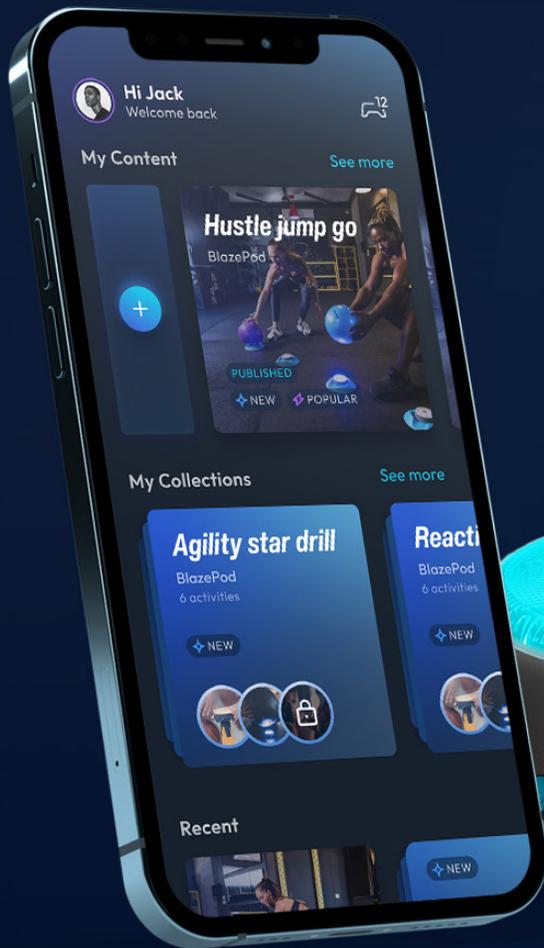




# BLAZEPOD APP USER MANUAL



# BlazePod App User Manual

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Home Page .....	3
Training Hub .....	4
Pod Settings.....	5
Activity Screen .....	6
Create Screen.....	7
Activity Settings .....	8
Collection Screen .....	11
Pods Indications .....	12
Results Screen .....	13
Performance Tests Screen .....	14
Analytics Screen .....	15
My Activites.....	16
Filter Pages .....	18
App Settings Screen.....	19

## Downloading the APP

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

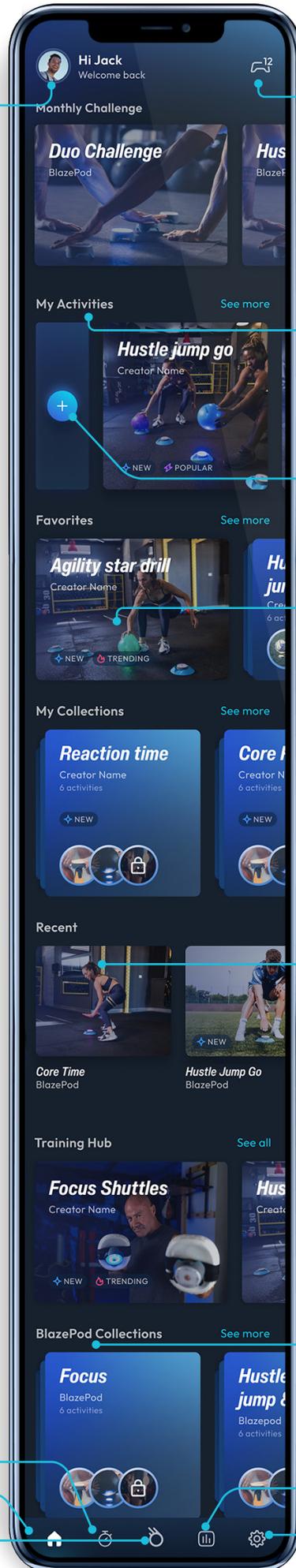


# BlazePod App User Manual



## Home Page

The BlazePod Training Hub is the place to view your own content and explore other activities created by real BlazePod Pros.



Pod Settings Icon — the number indicates the number of connected Pods. Click on it to navigate to the Pod settings screen

Your saved activities

Tap to Create an Activity

Your Favorite Activities and Collections.

Your Recent Activities

BlazePod's own set of Collections for you to utilize.

Analytics

App Settings

Your Profile

Performance Tests

Home Screen

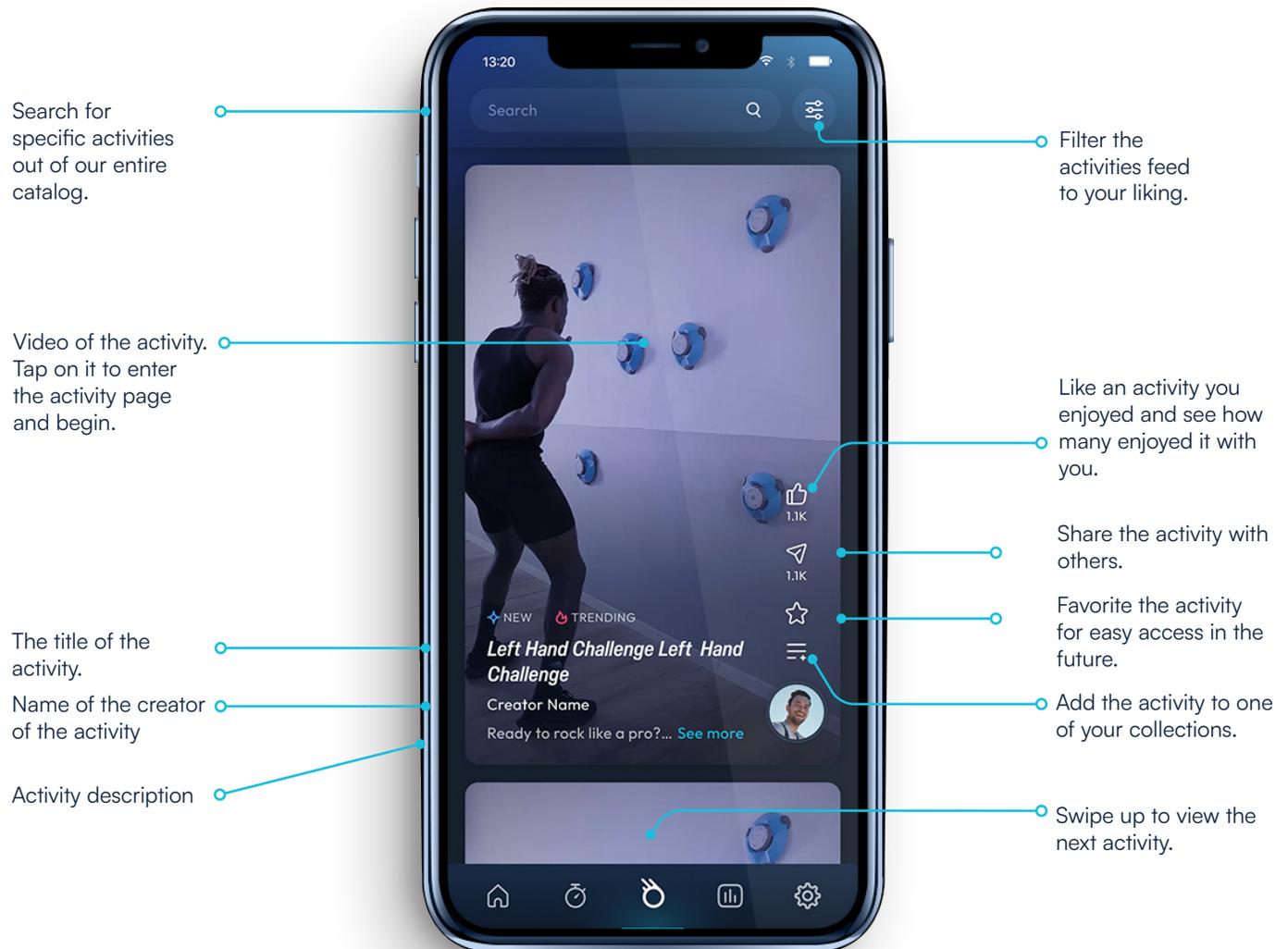
Training Hub

# BlazePod App User Manual



## Your BlazePod customized feed of activities.

The Training Hub is your place to fully experience BlazePod. Here you will find activities created by BlazePod, BlazePod Pros, athletes, and coaches, to use and discover.



Search for specific activities out of our entire catalog.

Video of the activity. Tap on it to enter the activity page and begin.

The title of the activity.

Name of the creator of the activity

Activity description

Filter the activities feed to your liking.

Like an activity you enjoyed and see how many enjoyed it with you.

Share the activity with others.

Favorite the activity for easy access in the future.

Add the activity to one of your collections.

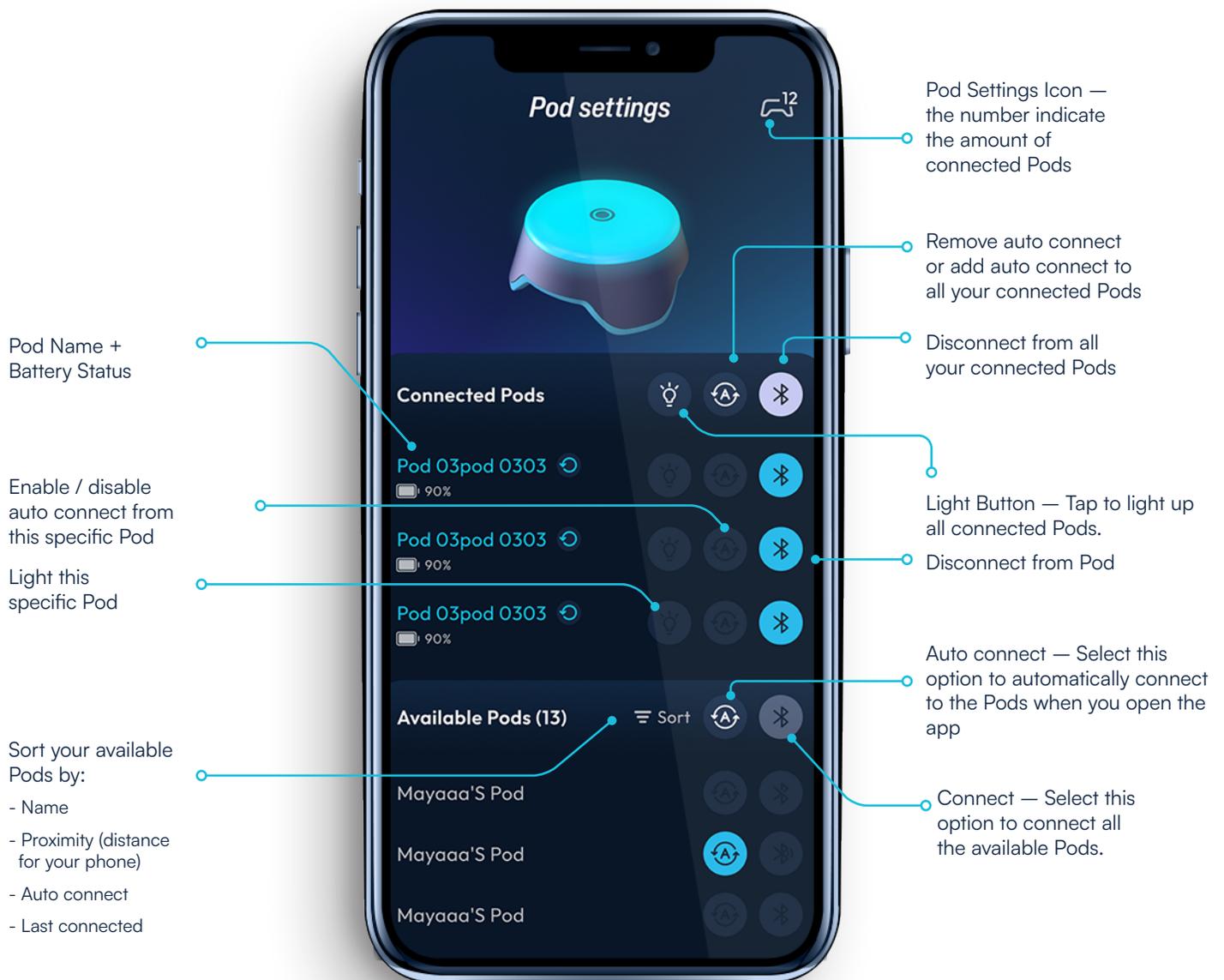
Swipe up to view the next activity.

## Pod Settings

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

Tap the Pod settings icon —

On 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 specific Pod.

\*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



## Activity Screen

### General

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

Benchmark- Check the activity's community statistics and see your players leaderboard!

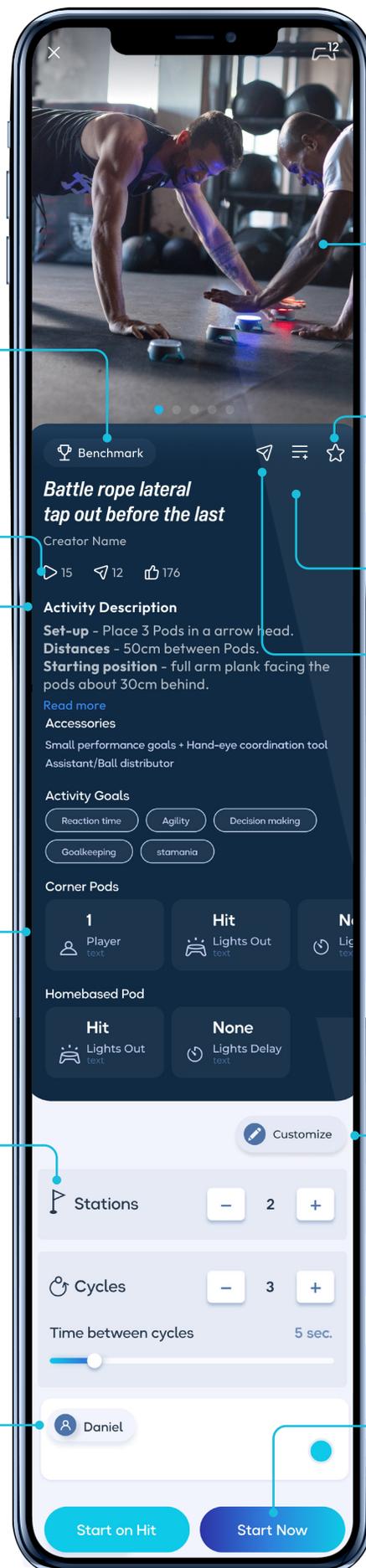
An overview of the activity's plays, shares, and likes.

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.

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.



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.

Collection icon - Add the activity to your collections!

Share the activity

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

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

## Create Screen

In this area you will be able to create your own activity based on settings that you can customize. First, choose the light logic. The light logic determines how the Pods light up.

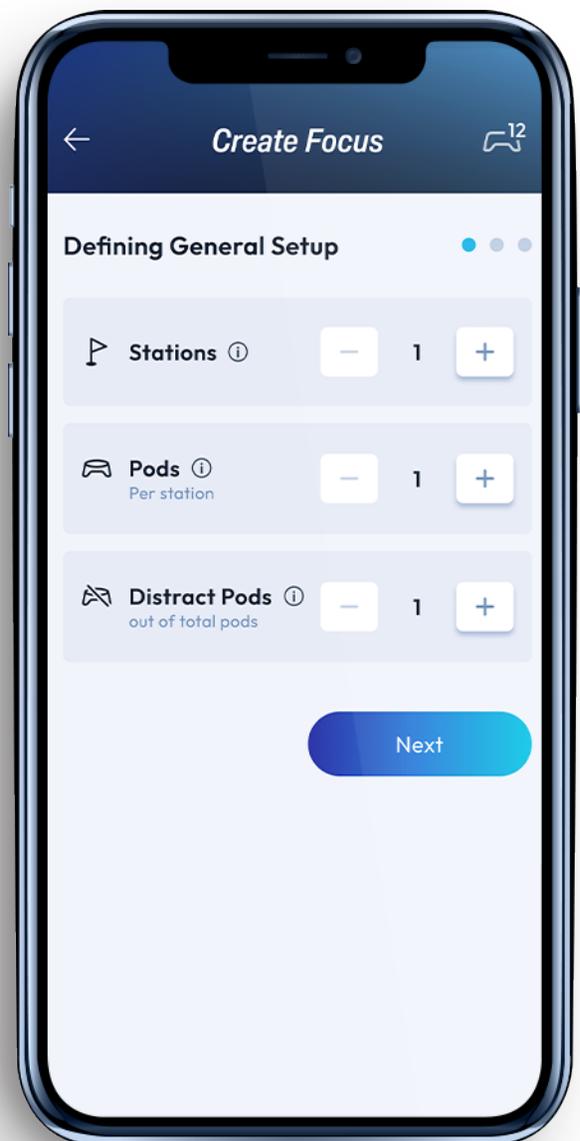


## Activity Settings

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

### General Settings

- Working stations refers to an activity that runs with a specific number of Pods. For example, if you set up 3 Pods for a burpee, you can set up a second Pod station with another 3 Pods to use the same exercise for another player at the same time.
- Number of Pods are the number of Pods working the specific activity. As 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 decide how much time you want to rest between the cycles



## Activity Settings

- **Player** refers to a single participant taking part in a BlazePod activity. Please note that we refer to the number of players in a single Pod station. For example, if you would like to have two Pod stations and need two Pods for the activity, you will need four Pods in total.
  - By tapping on the players' name, a list of options will appear, including the ability to create a new player. The results of each player will be displayed separately within the analytics after the activity.
  
- **Activity Duration** is where we set the length of the activity. You can choose between one of 3 options:
  - **Hit** - the activity will end after the numbers of hits that you've set.
  - **Timeout** - the activity will end after the amount of time that you've set.
  - **Hit/Timeout** - whichever comes first. Either you reach the number of hits you set or the time you set runs out.
  
- **Lights Out** is where we choose how to turn off the Pods' lights during an activity. You can choose between one of 3 options:
  - **Hit** - tap out the Pod's light to turn them off.
  - **Timeout** - the Pod's light turns off after the set amount of time.
  - **Hit/Timeout** - whichever comes first. Either you reach the Pod and tap-out the light, or the time runs out and the next Pod lights up.
  
- **Light Delay Time** is the time between a Pod's light being turned off, until the next Pod lights up. You can choose between 3 options:
  - **None** - the next Pod will immediately turn on after the first one turns off.
  - **Fixed** - the next Pod's light will turn on X seconds after the first one turns off, based on the 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 minimum and maximum seconds you set
  
- **Competition Mode** can be set in a competition activity, where you can choose one of 2 competitive options:
  - **Regular mode** - each player taps out their own light.
  - **First to hit mode** - the first player to tap out their light, automatically taps out all competitors' lights too.

## Activity Settings

### Home Base Logic - special settings

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

### Focus Logic - special settings

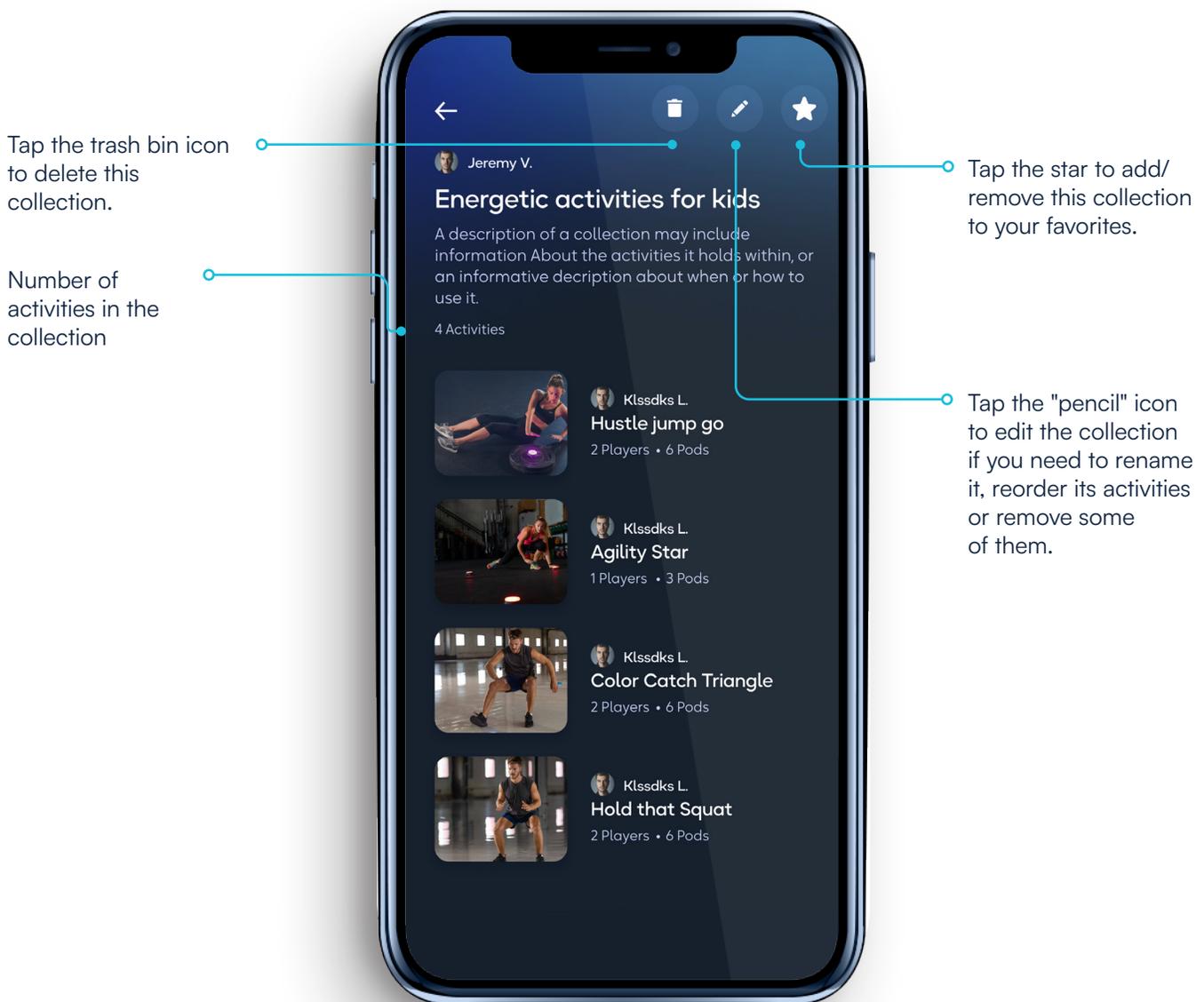
- **Number of distracting Pods** - determines how many Pods will light up in order to distract the player.
- **Distracting Pod colors** - different colors will light up in the distracting Pods.
- **Strike Out** - if chosen will determine the number of strikes (false hits) until the activity ends.

### Sequence Logic - special settings

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

## Collection screen

When tapping on a specific collection, the collection screen will appear.



## Pods Indications

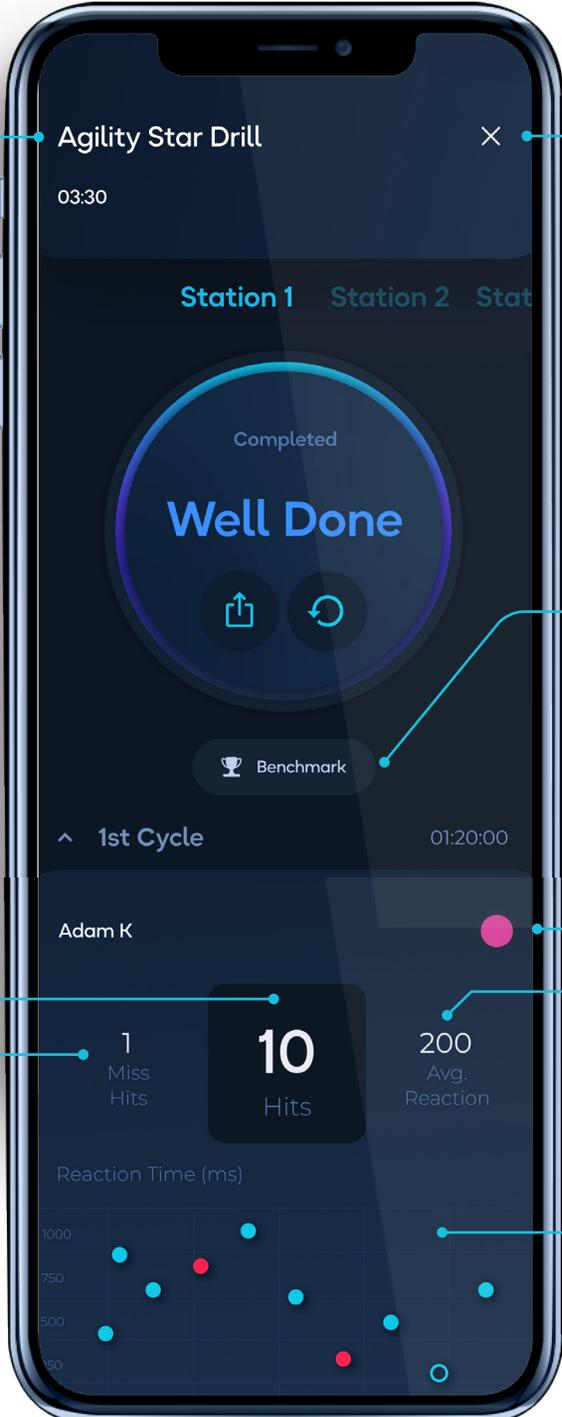
When you are in a specific activity, the participants' Pods will be flashing to indicate which of the Pods have been selected to be used for the specific activity.

There are a 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 its specific color according to the setup of the specific activity.
- 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.
- 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 image shows a smartphone screen displaying the BlazePod app's results screen for an activity named "Agility Star Drill". The screen is dark-themed with blue and white text. At the top, the activity name "Agility Star Drill" is shown next to an "X" exit button. Below the name is a timer showing "03:30". The screen is divided into sections for "Station 1", "Station 2", and "Station 3". A large circular graphic in the center says "Completed Well Done" with two icons: a share icon and a refresh icon. Below this is a "Benchmark" button with a trophy icon. The "1st Cycle" section shows a timer at "01:20:00" and a player's name "Adam K" with a pink circle representing the player's color. The results for Adam K are: 1 Miss Hits, 10 Hits, and 200 Avg. Reaction. At the bottom, a "Reaction Time (ms)" graph shows a series of colored dots representing reaction times for each hit.

Activity Name

Exit Button

Completed  
Well Done

Benchmark- Check the activity's community statistics and see your players leaderboard!

Benchmark

1st Cycle 01:20:00

Adam K

Player Color

1 Miss Hits

10 Hits

200 Avg. Reaction

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

Hits — the number of times you tap out the light during the activity

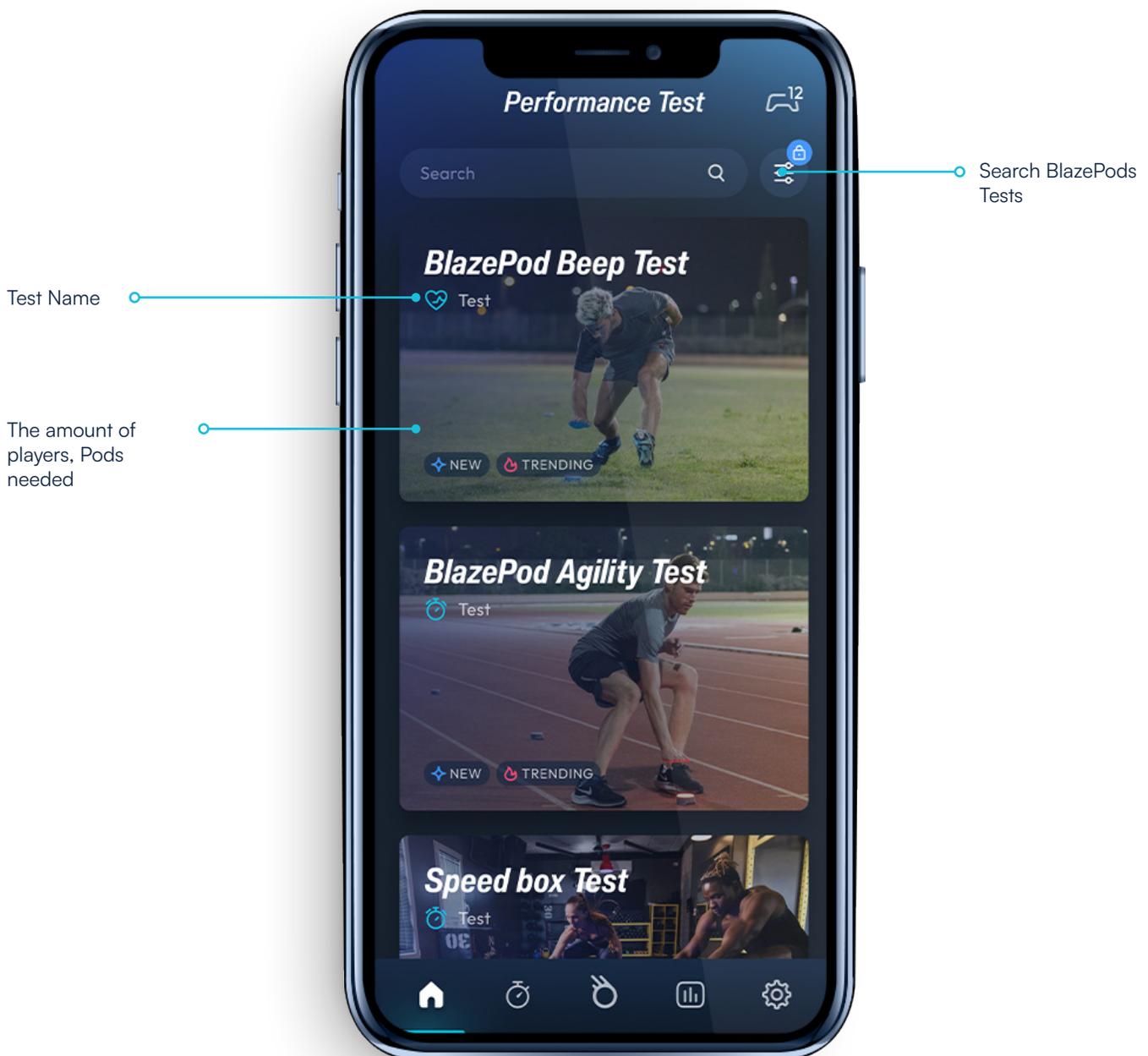
Miss-Hits — the number of times you did not tap out the light in time. Relevant in the following cases:  
- When the "Lights out" option is set to "Hit/Timeout"  
- When Competition mode is set to "First to hit"

Reaction Time (ms)

Reaction Trend - graph showing the reaction time for each hit

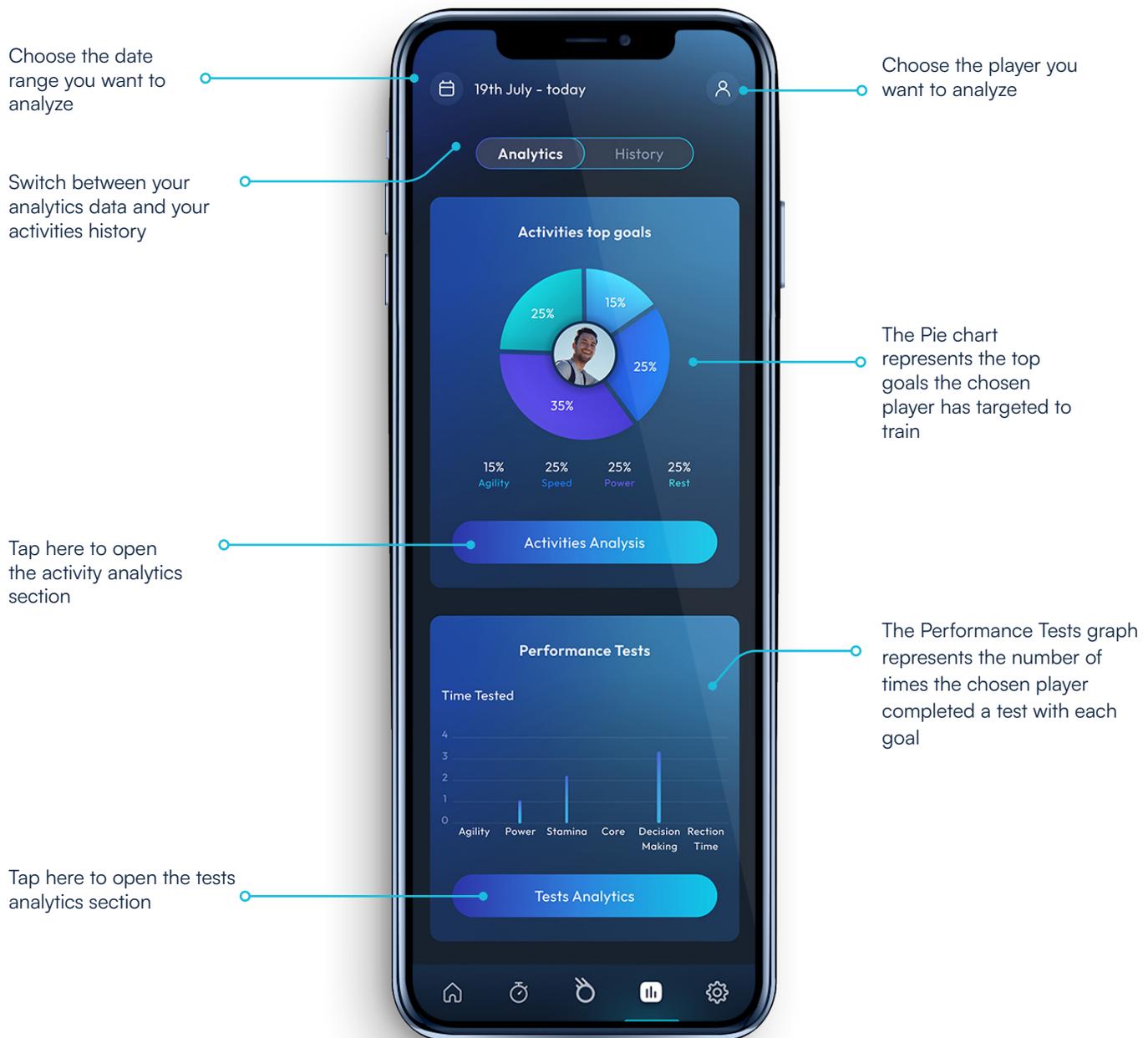
## Performance Tests Screen

Here you can find all Athlete Performance Tests. We offer a variety of tests and update them regularly. Performance tests differ from standard activities in that you can compare the results with the industry standard results, track your best performance and analyze progress.



## Analytics Screen

On the Analytics screen you'll see your results history, which will help you keep track of your and your players' progress and improvement. You can additionally export your results for further analysis, or send them to your clients to showcase their improvement.



# BlazePod App User Manual



## My Activities

Choose how your statistics are presented



Tap on the activity name to navigate to the specific activity history screen, filtered solely to this activity

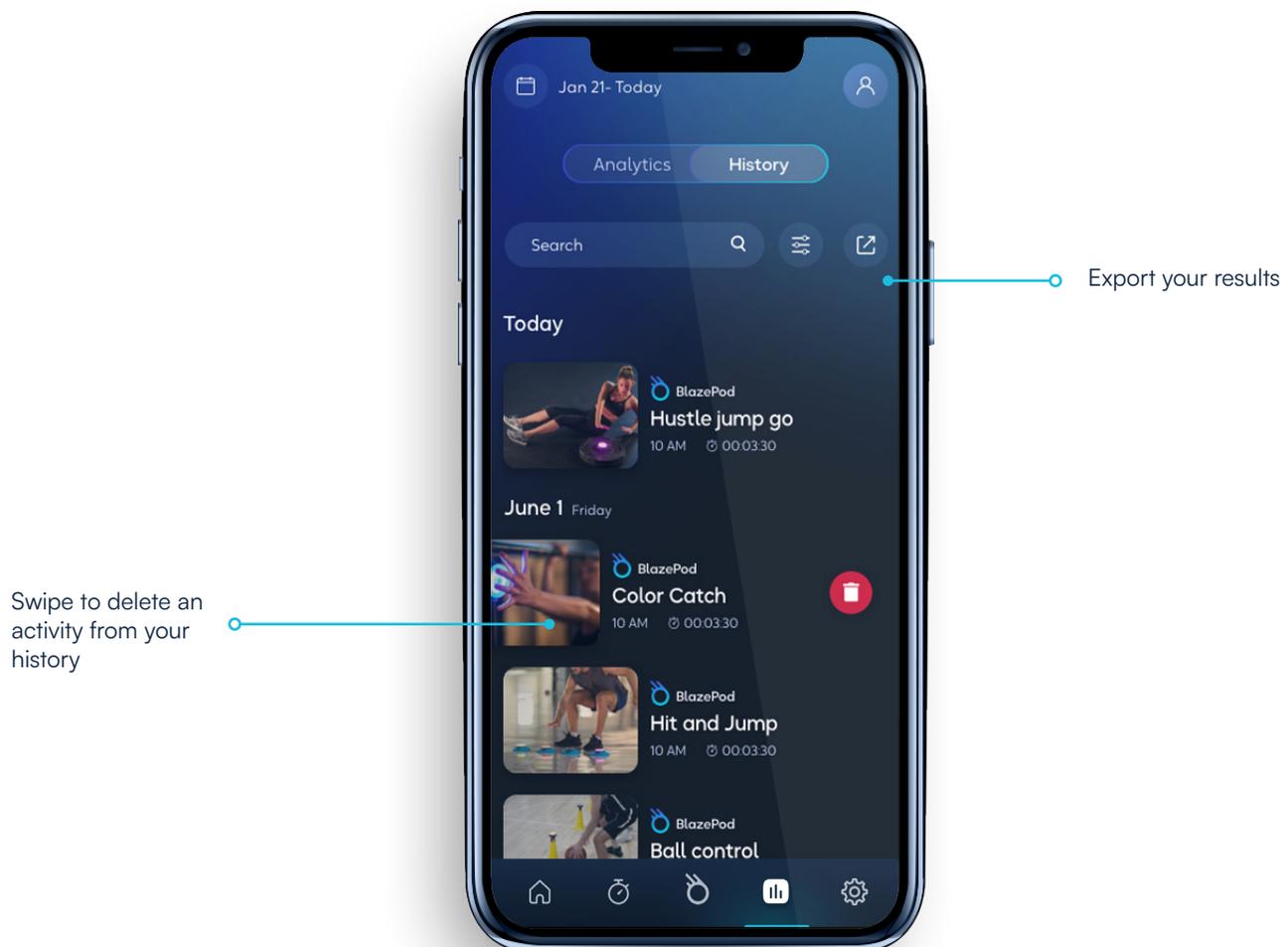


The graph shows the average data for every time the activity has been completed, including the average of each cycle

## Analytics Tab

### History Screen

On the History screen you'll see your results history, which will help you keep track of your and your players' progress and improvement. You can additionally export your results for further analysis, or send them to your clients to showcase their improvement.



## Filter Pages

When searching for an activity, or when looking through your analytics, you may apply filters to help you find what you are looking for faster.

### ● **Activities List**

Filters you can apply when searching for an activity in the different activities lists.

- **Field** - Find activities for a specific discipline/interest.
- **Pods** - Filter your results by the number of Pods used in an activity.
- **Players** - Adjust the search to specify how many players will be participating in the activity.
- **Goal** - Search with a specific goal in mind. For example, if you were looking to work on your agility, you can choose “agility” to limit activities you see to only ones that work your agility skills.
- **Accessories** - Specify activities that require, or do not require, an accessory with the activity.

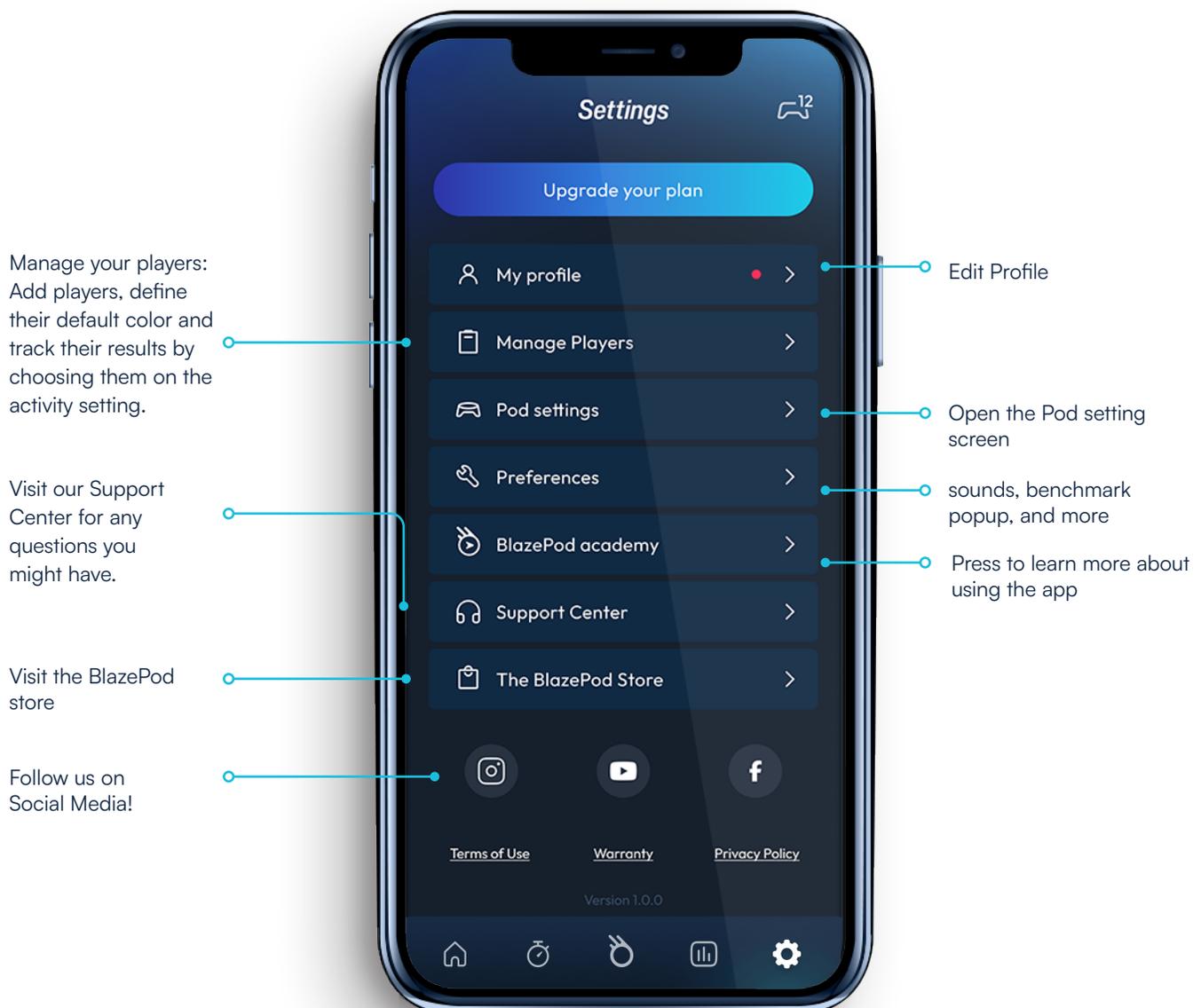
### ● **Analytics Filter Page**

Filters you can apply when searching for specific analytics results.

- **Activity Type** - Choose from your own activities, predefined BlazePod activities, or Athlete Performance Tests.
- **Activity Name** - Filter based on a specific activity by its title.
- **Player Name** - See analytics for a specific player.
- **V** - Choose the dates you wish to see your analytics from.
- **Content Type** - Filter by BlazePod activities or community activities.
- **Filter by tag** - Popular, trending, or new.

## App Settings Screen

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





Visit BlazePod's website to learn more  
about using the app

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

Have questions about how to properly use BlazePod?  
Visit the BlazePod academy for more information,  
or visit our website to learn even more about using the app.