

SMART Trainer and ProTrainer

Quick Start Guide for Instructors

And Frequently Asked Questions and Answers

Revision 1.4



2014

Unlike other fitness equipment which may require additional insurance, SMART ProTrainer and SMART Trainer have been approved by the Fitness Insurance Industry for use under general liability insurance.

Please check with your insurer to confirm insurance laws in your state.

PARTICIPANTS SHOULD CONSULT A DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM.

The content of this workout program is made available with the understanding that Multisensory Fitness, Inc. disclaims all responsibility for any injury incurred as a consequence of engaging in this program without first consulting a physician or otherwise qualified health care professional.

Thank You. Enjoy your new SMART system!

Multisensory Fitness, Inc.
www.multisensoryfitness.com

Table of Contents

Welcome Instructors.....	4
Chapter 1	5
Getting Started—SMART Trainer and SMART ProTrainer	5
1. Manuals	5
2. Pre-Lesson Checklist:.....	5
3. Introduction - Tips for Your First Class	5
Chapter 2	6
SMART Training.....	6
1. Modes of Play	6
2. Exercise and Game Series Programming.....	6
3. Lesson Format.....	7
4. Group Training and Personal Training	8
5. Lesson Template - Group Exercise.....	9
6. Lesson Template - Personal Training	10
7. Lesson Template — Design Your Own Class.....	11
8. Fitness Activity Suggestions:.....	12
9. Sports Activities.....	12
Chapter 3	14
Technical Management of the System	14
Learning the Basics	14
Technical Service Training.....	14
Troubleshooting.....	14
Chapter 4	15
Frequently Asked Questions	15

Welcome Instructors

Welcome to our team of certified instructors for the SMART Trainer and ProTrainer. Our SMART Technology was originally created to engage people in the joy and fun of exercise while delivering high-level brain and body fitness improving physical, sensory, and cognitive performance in game format.

Ensure everyone has a positive and productive experience on the equipment by preparing lesson plans prior to class and emphasizing what can be achieved using the SMART Trainer and ProTrainer. Our program diversity allows for training of anyone from individual personal training to small group exercise and team environments.

There are 43 manuals and boot camps available, each geared to deliver specific training for specific needs to make your classes run smoothly and achieve maximum results. Use our online videos to see how others are implementing the programming available at:

<http://www.youtube.com/MultisensoryFitness>.

There are also companion white papers that will help you understand SMART Technology:

<http://multisensoryfitness.com/benefits/white-papers/>

- The Science Supporting SMART Brain/Body Training for Seniors
- The Science Supporting SMART Brain/Body Training for Sensory Processing Disorders
- The Science Supporting SMART Brain/Body Training for Combating Childhood Obesity
- SMART Training Meets NASPE Standards
- Technical Service Manual for the SMART ProTrainer
- Technical Service Manual for the SMART Trainer

Thank you for joining our team of instructors. We trust this is the start of a long and enjoyable time together pushing the limits for SMART Technology. We encourage you to collaborate and share your ideas and experiences with each other on our Facebook page.

Cathi Lamberti, Founder and CEO.



Chapter 1

Getting Started—SMART Trainer and SMART ProTrainer

1. Manuals

Our SMART manuals are designed to help you run classes targeting different training environments such as fitness, athletic performance, and boot camps. We recommend using components within the manuals for creating customized lesson plans as you become more comfortable with the equipment and games. There are manuals and videos available for SMART products available on our website and YouTube:

<http://multisensoryfitness.com/resources/smart-programming-manuals/>

<http://www.youtube.com/MultisensoryFitness>.

2. Pre-Lesson Checklist:

1. Confirm system functions properly. Use Game 601 to check each target and Game 2 to check each below-the-line sensor.
2. At least one remote control for each system and confirm that they work correctly.
3. Copy of your lesson plan or drills from the manuals/boot camps you plan to teach. These can be printed from the online manuals.
4. Sufficient amount of inflated balls, available noodles, beanbags, etc for each station.
5. Include supplemental equipment such as: BOSU balls, 2lbs medicine balls, speed ladders, physio-balls, cones, and anything else contribute to enhancing your lesson plan.
6. Clean panels with glass cleaner and a soft cloth after each use.

3. Introduction - Tips for Your First Class

If you are waiting for others to arrive, encourage those present to get INTO ACTION while you wait. Play game 1 with a playground ball. When all are present begin by introducing:

- Display Board for score and time.
- Targets display numbers, shapes, symbols, and colors.
- Stations are filled with over 250lbs of sand to ensure a quiet and natural re-bound.
- SMART Trainer and ProTrainer are made from recycled ABS plastic and are extremely durable. (Refer to the user manuals to make sure you are using the correct equipment to prevent damaging the electronics.)
- How to use the remote control.
- Restarting the SMART Trainers. Demonstrate how the system goes through a boot process each time you turn it on, requiring that no one strike the stations until it reads "FUN, FUN, FUN". Error message will occur when the stations are touched during the boot up process. When this happens they just turn the system off then back on until it reads *FUN*.

Chapter 2

SMART Training

1. Modes of Play

There are 5 different modes of play:

Individual: First player plays the entire game to time completion. Next player in line begins a new game with a new time. Choose a short time if the group is larger than 4. It is important to keep the entire group engaged by demonstrating active rest activities.

Partners: Two players partner up and play the game together to time completion. Next pair of players steps up to start new game with a new time. Again, if the group is large, give those in line some other exercise to do while waiting.

Team: First player plays a turn, retrieves their own ball, returns to the start line, and hands/passes the ball to the next player in line.

Around-the-World: First player plays a turn and peels off to the end of the line. The next player in line plays off of the first players throw and peels off to the end of the line.

All stations Around-the-World: Entire class starts with an activity at start point in front of station 1. The first person completes task at station 1 and goes to station 2. While 2nd person is doing task at station 1, first person completes task at station 2 and moves to station 3 then 4. The rest of the class follows until all players arrive in front of station 1.



2. Exercise and Game Series Programming

There are 100's of different SMART Games and each one has many levels and ways of playing them. All available games for the SMART Trainer and ProTrainer are indexed and categorized by game series.

- **000's- Rally Wall:** All area to aim for is where the targets are. Score as many hits in that region of the station lit after being hit. Great for introducing SMART Technology as well as warm up because the target area can be as large as the system.
- **100's- Team Rally Wall-** All area to aim for is where the targets are. Score as many hits in that region of the station lit after being hit. Great for introducing SMART Technology as well as warm up because the target area can be as large as the system. Use the entire system to develop sports skills such as goal kicking and tennis ground strokes. There are various levels that can force play to a specific area of the system for more accurate play.
- **200's- Chase the Target-** After one target is hit, another will activate. Important for developing visual tracking, attention, and accuracy.
- **600's- Knock the Lights Out-** All active targets will remain lit and numbers, letters, symbols or colors will change after being hit. Use these games in your program for practicing critical thinking and cognitive reaction speed.

3. Lesson Format

A typical lesson should be planned to run a 50 minute class. For group or individual training environments program your lesson to be appropriate for different levels of fitness.

Warm-up: (5 minutes)

The main objective of a warm-up is to re-deliver oxygenated blood to the peripheral body from visceral organs by dynamically moving through various ranges of motion. A good warm-up will prepare the individual(s) for instruction, introduce movement patterns, and reduce the risk of injury.

Skill: (10 minutes)

The objective for developing skill is by enhancing the connection between the brain and body. Skill development transfers over into the successful completion of life's every day activities. Categories include speed, agility, balance, hand-eye coordination, and reaction time.

Cardio: (15 minutes)

Challenging cardiovascular capacity using SMART Technology can be accomplished by increasing overall time, varying modes of play, and using multiple exercises in combination with the SMART Trainer and Pro Trainer. It is important to program exercises that will keep participants in multiple heart rate intensities throughout the entire duration of play.

Core: (5 minutes)

Exercise prescription should include multi-joint movements in all three planes of motion (sagittal, frontal, transverse) focusing on core engagement.

Speed and Agility: (10 minute)

Speed and agility incorporates many elements of sensory and motor response elements including acceleration and deceleration, visual recognition, and hand-eye coordination using supplemental equipment such as agility ladders, cones, or dots.

Cool-Down: (5 minutes)

Choose exercises that will allow the cardiovascular system to slowly return to a lower intensity level while still challenging cognitive and sensory-motor function.

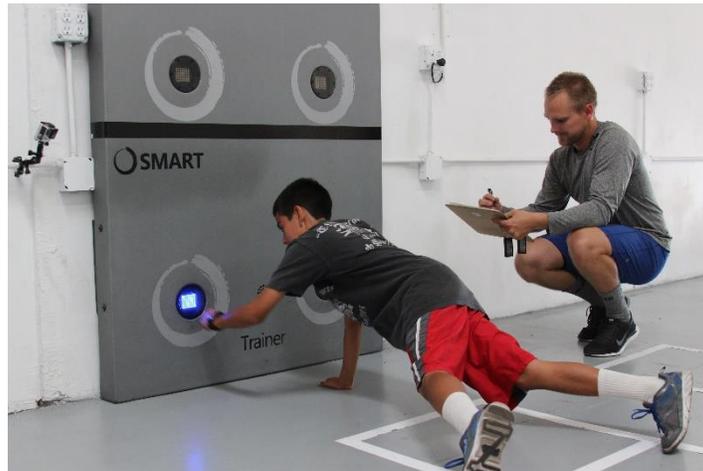


4. Group Training and Personal Training

The SMART Trainer and ProTrainer can be used in a fitness class for up to 8 players per station. It is preferable to match groups of similar ages in the same class. Players exercise in teams, one for each training station available.

The following are lesson templates for a group training class or individual sessions appropriate for players with a reasonable level of physical competence. Please refer to user manuals for small children, Sensory Processing Disorders (SPD), and seniors as these drills may fall outside of their competence levels. Personal training video drills can be viewed on:

<https://www.youtube.com/watch?v=mit8sOjb4rY&list=PLF3g0G69CKdG4Ntar2VWES2GOaGoq1Hpz>



5. Lesson Template - Group Exercise

WARM-UP: Rally Wall - Chest Pass Relay

Equipment: Playground Ball **Game #:** 003 **Start Line:** 10' **Level:** 1 **Time:** 120 seconds

- *Organization:* Begin with first player at 10' line with remaining players following behind. Each person catches their own rebound and hands the ball to the next person in line.
- *SMART Tip:* 5 points are earned for above the line hits and a penalty of -1 point for hits below the line.

SKILL: Chase the Target- Ambidextrous

Equipment: Tennis Ball **Game #:** 220 **Start Line:** 10' **Level:** 2 **Time:** 240 seconds

- *Organization:* Begin with first player at 10' line with remaining players at 15' mark. Player throws the ball with dominant arm, catching with the opposite hand, and throwing with same arm. After 3 targets are hit, player 1 hands the ball to the next person in line.
- *SMART Tip:* Teach technique of throwing with less dominant arm.

CARDIO: Knock the Lights Out - SMART Sprints

Equipment: None **Game #:** 602 **Start Line:** 15' **Level:** 1 **Time:** N/A

- *Organization:* Begin with first player 15' in front of Trainer with remaining players at 25' mark. Player 1 sprints to the trainer, knocks one light out, sprints back to the 20' line repeating until all 7 lights are knocked out in as fast as possible.
- *SMART Tip:* Cue each player to change direction efficiently by keeping center of gravity low and accelerating off of pivot foot.

CORE STRENGTH: Chase the Target - SMART Plank

Equipment: None **Game #:** 221 **Start Line:** 2' **Level:** 1 **Time:** 30 seconds

- *Organization:* Begin with first player 2' in front of the Trainer with remaining players at 10' mark. Player 1 will hold a plank position while using right hand to hit left target and left hand to hit right target. At the end of 30 seconds player 1 runs to the end of the line.
- *SMART Tip:* While in the plank position cue player to stabilize hips parallel to the ground.

SPEED & AGILITY: Knock the Lights Out- Agility Ladder

Equipment: Agility Ladder **Game #:** 606 **Start Line:** 15' **Level:** 3 **Time:** 180 seconds

- *Organization:* Player 1 navigates agility ladder (icky shuffle, ali shuffle, high knees) hitting each box with both feet. When the player reaches arms distance from Trainer, they will knock out 3 lights and then run back to the end of the line.
- *SMART Tip:* Cue players to keep eyes on the SMART Trainer while navigating agility ladder to reinforce proprioceptive development.

COOL-DOWN: Chase the Single Letter- Lunges

Equipment: 2lbs Medicine Ball **Game #:** 229 **Start Line:** 10' **Level:** 1 **Time:** 180 seconds

- *Organization:* Begin with first player at the 15' mark and remaining players at 20' mark. Player 1 front lunges to Trainer, picks up noodle, hits three letters, and jogs back to the end of the line.
- *SMART Tip:* Lunging should be controlled with ankle, knee, and hip joints flexed at 90 degrees.

6. Lesson Template - Personal Training

WARM-UP: Chase the Target –Burpee

Equipment: None **Game #:** 219 **Start Line:** 1' **Level:** 1 **Time:** 45 seconds

- *Organization:* Begin with player 1' away from Trainer in a push up position. Player quickly jumps feet to hands, landing in athletic position, strikes 3 targets and then returns to pushup position.
- *SMART Tip:* In athletic position, player should be in a ¼ squat with feet shoulder width apart and weight evenly distributed throughout both feet.

SKILL: Chase the Target - Ambidextrous

Equipment: Tennis Ball **Game #:** 220 **Start Line:** 10' **Level:** 2 **Time:** 60 seconds

- *Organization:* Player initially throws the ball with dominant arm catching with the opposite hand. Use opposite arm to throw and catch back with dominant hand.
- *SMART Tip:* Teach technique of throwing with less dominant arm.

CARDIO: Knock the Lights Out - SMART Sprints

Equipment: None **Game #:** 602 **Start Line:** 15' **Level:** 1 **Time:** N/A

- *Organization:* Player sprints to the trainer, knocks one light out, sprints back to the 20' line repeating until all 7 lights are knocked out in as fast as possible.
- *SMART Tip:* Cue player to change direction efficiently by keeping center of gravity low and accelerating off of pivot foot.

CORE STRENGTH: Rally Wall - SMART Sit-Ups

Equipment: 2lbs Medicine Ball **Game #:** 002 **Start Line:** 5' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player sits on the floor in a sit-up position with knees bent and medicine ball gripped in both hands. Player leans back with ball over head until shoulder blades touch the floor, then brings body back up while launching the ball at a target
- *SMART Tip:* Cue player to begin movement by drawing in abdominals and transferring force through arms to ball.

SPEED & AGILITY: Knock the Lights Out- Agility Ladder

Equipment: Agility Ladder **Game #:** 606 **Start Line:** 15' **Level:** 3 **Time:** 60 seconds

- *Organization:* Player navigates the agility ladder (icky shuffle, ali shuffle, high knees) hitting each box with both feet. When the player reaches arms distance from Trainer, they will knock out 3 lights and then back-pedals back to the start line.
- *SMART Tip:* Cue players to keep eyes on the SMART Trainer while navigating agility ladder to reinforce proprioceptive development.

COOL-DOWN: Chase the Single Number - Chest Pass

Equipment: 2lbs Medicine Ball **Game #:** 612 **Start Line:** 8' **Level:** 1 **Time:** 60 seconds

- *Organization:* Standing 8' away from the Trainer, player is passing and catching a medicine ball while searching for the next consecutive number counting 0-19 and back to 1.
- *SMART Tip:* Cue player to remain in athletic position using core to pass and catch the medicine ball.

7. Lesson Template — Design Your Own Class

Date: _____ Time: _____

WARM-UP:

Equipment _____ Game _____ Start Line _____ Mode _____ Seconds _____

-
-

SKILL:

Equipment _____ Game _____ Start Line _____ Mode _____ Seconds _____

-
-

CARDIO:

Equipment _____ Game _____ Start Line _____ Mode _____ Seconds _____

-
-

CORE:

Equipment _____ Game _____ Start Line _____ Mode _____ Seconds _____

-
-

SPEED/AGILITY:

Equipment _____ Game _____ Start Line _____ Mode _____ Seconds _____

-
-

COOL-DOWN:

Equipment _____ Game _____ Start Line _____ Mode _____ Seconds _____

-
-

8. Fitness Activity Suggestions:

Use additional exercise equipment (medicine balls, speed ladders, padded dumbbells, bands and BOSU balls) to facilitate lesson planning dependent on fitness level.

- Set up cones with noodles lying on top to demonstrate how to run hurdles.
- Have players stand on a BOSU ball and use hands to chase the target. Instruct players to squat for the lower targets.
- Have players perform sit-ups against the wall or on stability.
- Perform lateral tube walking to station to hit any target to strengthen lower body.

9. Sports Activities

SMART ProTrainer and Trainer are excellent for sports including baseball, football, basketball, volleyball, soccer, tennis, hockey, lacrosse and more.

- Have players dribble to station, make a 2 footed jump stop and chest pass anywhere above the white line.
- Throw a practice baseball at the single target and retrieve the ball and pass again to improve accuracy.
- Knock the lights out by hitting a tennis ball practicing concentration and coordination.
- Players stand in front of station and use a volleyball bump pass to hit anywhere above the white line. Concentrate on keeping the ball in the air.



Chapter 3

Technical Management of the System

Learning the Basics

Our SMART Technology is engineered to endure the rigors of physical education, athletic development, and rehabilitative training environments. In the event that electronics fail ensure your system operates with as little down-time as possible. It is important to learn how to conduct basic troubleshooting tasks in conjunction with our phone based technical service staff. Our telephone service is FREE for the life of your SMART system and saves the time involved with waiting for a technical service visit.

Note: To preserve your warranty do NOT attempt to work on the system without the guidance of our telephone support staff.

Technical Service Training

At the SMART Training Course, our installers/trainers will review the technical manual of each product installed to discuss the common service issues (i.e. volume, auto start, frozen panels, controller issues, remote not working) as well as:

- Opening the Master Control Box and replacing circuit boards, attaching speaker wire connections, reprogramming remote controls, and checking power interconnections to stations.
- Changing targets and display boards.
- Show you how to access and bookmark all manuals from our website as well as hosted instructional videos of YouTube.

Troubleshooting

In order to troubleshoot your SMART Trainer or ProTrainer as efficiently as possible, it is very important to satisfy all prerequisites prior to calling our technical service department.

- **Report the problem to your technical point of contact who was trained when the system was installed.** As part of our Terms and Conditions every customer must identify a designated technical point person for in-house technical support who is trained at the time of the installation. In the event of a malfunction, this person needs to contact our technical service department who will assist with repair.
- **Record issues with your system-** We recommend emailing any issues you may have attached with a description, pictures, and videos to our service department. If possible, please record any version, serial, or software numbering as it appears on the system boards.
- **Schedule a technical service call-** We will be in contact to set a time for a phone service. Using Facetime can be very helpful if you have the feature on your cell phone.
- **Review technical service manual-** Prior to your call with our technical staff, take time to read over the technical service manual to have a better understanding of your system and issue.

Please make sure you are comfortable with executing these tasks. **Email us at:**

1-800-900-8542 x 116

Technicalservice@multisensoryfitness.com

Chapter 4

Frequently Asked Questions

- Q:** Can you play different games on each station at the same time?

A: You can use different equipment and activities on each station even though the same game and level will be used on each. Any game can be played with kicking/throwing a ball on Station One, with throwing beanbags on Station Two, running on Station Three and using a Bosu for balance training on Station Four, etc.
- Q:** Can you make just the bottom targets light up? Or what games should I use for the shorter or younger kids?

A: Yes, all games utilizing the lower 5 targets are suitable for kids and seniors who can't reach high with their arms.
- Q:** Do the numbers mean that the target will score that many points?

A: No. The numbers, letters and shapes are used for Brain-Games. Each game will score the targets from 5 points on down, depending on game and level being played.
- Q:** What faults or errors can be encountered with these systems?

A: The systems have electronic components that may need replacing over time. All components are easily replaceable so *it is critical to have an appointed technical contact for our support staff to work with.* Our training staff and installers will train your staff on the basics of opening lenses and changing boards. Multisensory Fitness staff are available by phone Monday through Friday from 9am to 4pm (PST) for technical assistance.
- Q:** Can we use real baseballs?

A: Official baseballs do not rebound well and can cause damage if used for long periods of time. We recommend using any type of practice baseball which are lighter and provide a better return and less wear on your walls.
- Q:** Can we use real lacrosse balls?

A: The systems are very durable but official lacrosse balls will make small dents on the exterior if thrown with force over time. We recommend using practice lacrosse balls for a better return and less wear on your stations.
- Q:** We share a gym with other programs. How can we make it so systems cannot be powered up and used by other people?

A: You can (1) Remove the power cord and store it where it cannot be reached, or (2) Shut down the circuit breaker that powers the outlet for your system.
- Q:** Do I have to hit exactly on the target to make it go out?

A: The target sensitivity can be adjusted to suit the need by using the remote control. Heavy medicine balls need less sensitivity and noodles and hand need more. The same applies to touch by children verses athletes. Other factors influencing the sensitivity

needed will be the size of the ball and how hard it hits the station. The average range for successfully scoring with a target is to hit anywhere within the swirl around the lenses. See instructions in your user manual or on YouTube on how to adjust target sensitivity.

9. **Q:** Will the remote control battery go out if I use it a lot?
- A:** The remote control usually wears out before the battery. As long as the red light comes on when a button is pushed, the battery is fine. Replacement remote controls can be ordered from our technical service department.
10. **Q:** What happens if we lose our remote control?
- A:** Our service department can provide replacement remote controls and instructions on how to program them.
11. **Q:** How far away can I use the remote control?
- A:** The average range is at least 50 feet.
12. **Q:** Can I leave my system on overnight?
- A:** Yes.
13. **Q:** What kind of balls or equipment can I use on the SMART system?
- A:** A list of approved equipment is provided in the Instructor manual. Basically, any air filled ball up to 2lbs of weight, and no official baseball or lacrosse balls. Use rubber practice balls.
14. **Q:** Can I turn the sound off?
- A:** Yes but it detracts from the fun and effectiveness of the games especially the ones that use music as cues. You can set the system to “mute” for completely silent play. See information on YouTube: https://www.youtube.com/watch?v=yacw-mOVPk&list=PLF3g0G69CKdEKskPAIWpV3_Id2nDagP
15. **Q:** How many people can play at one time?
- A:** We recommend a maximum of 8 players on each station for maximum benefit to each player.
16. **Q:** How do I clean the panels to get the scuff marks off?
- A:** It is normal to have scuff marks or lines appear after use. Most can be removed with a soft cloth and glass cleaner.
17. **Q:** What if I kick the target lens and it breaks?
- A:** The lenses are made from polycarbonate plastic and can withstand a hammer blow; they will not break from general use. The bottom lenses can become scuffed from shoe marks and you can order replacement lenses by calling customer service.
18. **Q:** How high can the score go?
- A:** The score is only limited by digit spaces on the display, which are four spaces. Once the score reaches ‘1,999’ it will start again at ‘0’.
19. **Q:** Can I tape things on the panels without ruining the paint?

- A: The paint is highly durable so it should be fine. We recommend using Velcro pieces on the back of the material you wish to attach to the panels.
20. Q: I am worried about kids running into the walls when it is under the basketball hoop...will it be safe?
- A: The SMART systems solid walls filled with sand. Running into a station will be the same as running into the regular wall that is under the hoop. Common sense must be used.
21. Q: What can I do if I lose my manual or want more copies?
- A: You can download a PDF version and print it off as many times as you like. Many instructors only print off the drills they will use that day. You will find the manuals on: <http://multisensoryfitness.com/resources/smart-programming-manuals/>
22. Q: Who do I call if I have questions about my SMART system?
- A: 1.800.900.8542 x116 for technical assistance. For all other questions dial '0' from 9am to 5pm, Pacific Standard Time.
23. Q: Can adults have fun on SMART systems too?
- A: Absolutely, it is fun and beneficial to anyone from 1 to 100! We say these systems are for the "kid in all of us". We have many professional athletes who use the systems for high intensity interval and sports performance training.
24. Q: How do I turn the voice instruction on and off?
- A: Follow the instructions on YouTube: https://www.youtube.com/watch?v=yacw-mOVYPk&list=PLF3g0G69CKdEKskPAIWYwPv3_Id2nDagP
25. Q: How many games can we play on SMART system?
- A: There are 19 Game suites with a potential of 100 games designed for each suite. These are being released periodically so eventually your system will offer all of these 1,900 games. Example: each of these games can be played hundreds of different ways depending on the demographics of the group and what the instructor wants to achieve. For example, the same game can be used with hands, feet, a ball, a noodle or a medicine ball. It can involve one person playing at the station, playing a ball to and from the station, or running to and from the station. It can also involve an entire team doing the same in a round-the-world game where the team shares the score.
26. Q: Does the change in level make the game harder?
- A: The level changes the target size; points scored; or the speed of score reduction and can add penalties for misses. How this works depends on the game and further information is available in the instructor manual.
27. Q: How do I adjust volume settings?
- A: **Each system has a set of main speakers located toward the outside of the installation. They also double as the panel speaker for the outside stations or panels. All other stations will have an additional speaker located above it.** Station speakers provide audio for beeps and tunes when targets are struck. Refer to the instruction videos on YouTube: https://www.youtube.com/watch?v=yacw-mOVYPk&list=PLF3g0G69CKdEKskPAIWYwPv3_Id2nDagP

For technical service support call:

Multisensory Fitness Inc.

1-800-900-8542 x 116