SMARTfit®

Your Brain Matters

Android/iOS APP Driven Games for ProTrainer and MultiTrainer

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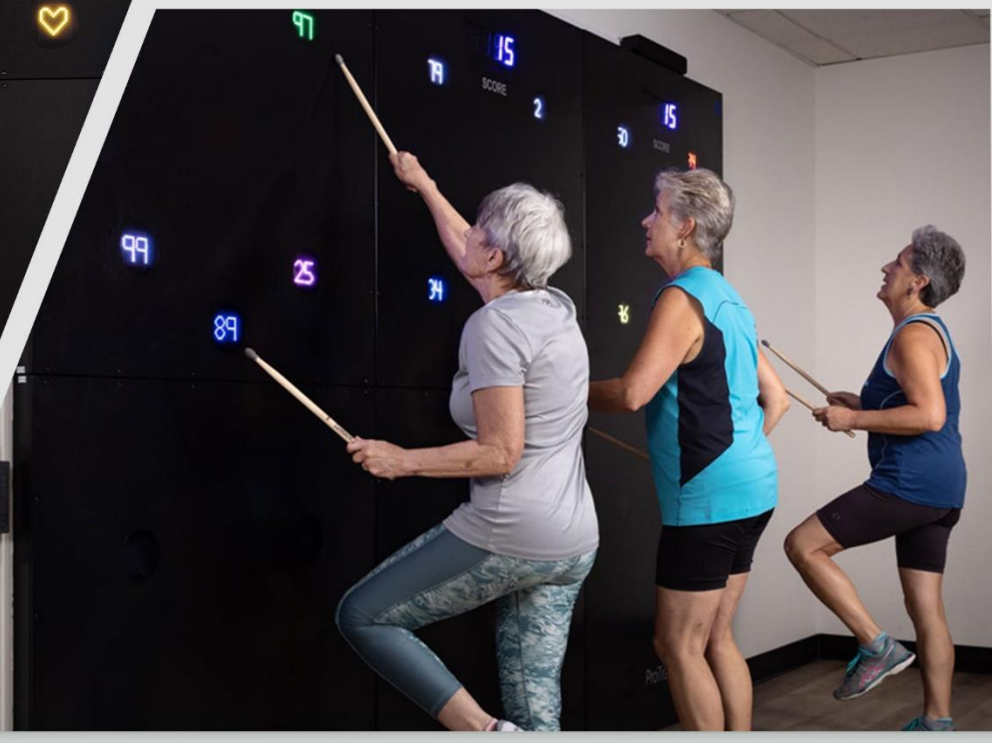

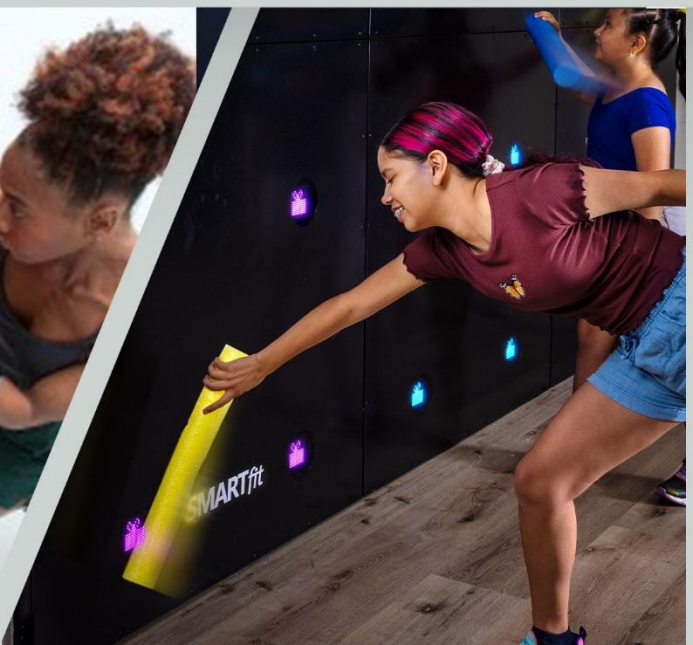

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SMARTfit Games List for The SMARTfit ProTrainer and SMARTfit MultiTrainer Using MultiTrainer Settings

The SMARTfit MultiTrainer Features Between Two and Four Stations Separated by Between 2’ and 4’. Alternatively, on the SMARTfit ProTrainer, the MultiTrainer Setting will allow any of the joined panels to function as Stations.

Each station features its own scoreboard and reflects the score of each competitor or team. In addition, the controller Scoreboard will feature the total of all the Competing Stations. The SMARTfit App will reflect the reaction time of each competing station in real time.

Optional TV Installation for Group Training with Apple Tablet Screen Mirroring

The optional TV installation allows group participants to view live data, repetition progress within a program, and performance feedback on a larger screen by wirelessly mirroring an Apple tablet. This setup enhances visibility for larger groups or audiences and creates a seamless training experience. **See connection instructions in the help section of the App.**

Required Materials

- Flat-screen TV with AirPlay compatibility
- Apple iPad
- Stable Wi-Fi connection

Rally wall

Skill - Ball Play

Ball Strike Within the Lit Region

Rallywall

- To enable MultiStation mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with all targets displaying the same color, but they will not be the same color as the other stations.
- The objective of each player is to hit the correct station in the active target area as many times as possible until the clock runs out.
- When a lighted active target is hit, the targets are activated, and a positive tone is heard.
- When time expires, the targets will light up with exploding targets, flashing lights, and score will display on the CPU.
- Each good hit earns 5 points.

Knock the Lights Out

Brain Domain Focus - Processing Speed

Option of Race or Timed

Knock the Lights out - Keep 3 On

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the "GO" target.
- All targets will be displayed.
- Strike out all targets as quickly as possible.
- When there are 3 targets remaining and one is hit, the system will continue to display 3 targets in random locations on until game ends.
- Each good hit earns 5 points.

Track

Brain Domain Focus - Processing Speed/Executive Function

Strike Sequential Lit Target

Track the Targets

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the "GO" target.
- Each player must hit the lit target for the next target to appear.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until the lit target is struck.
- The targets will display the image set by the user. The user can select emoticons, dice or shapes from the target object option.

Track the Colors

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the "GO" target.
- Each player must hit the lit target for the next target to appear.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until the lit target is struck.

Track Numbers – Multiplication Tables

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the "GO" target.
- Each player must hit the lit target for the next target to appear.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until the lit target is struck.
- Each lit target will display a number. The numbers are multiplied in ascending order based on the selected multiple.
- The user can select any number 1 – 12 in the multiple option.

Track Numbers - Step Counting

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- Each player must hit the lit target for the next target to appear.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until the lit target is struck.
- Each lit target will display a number. The numbers are added in ascending order based on the selected incremental number.
- If the player reaches the preset max value number, the targets must then be hit in descending order based on the selected increment.
- The user can type in any number 1 -99 in the increment option.
- The user can type in any number 1 – 250 in the max value option.

Track the Letter

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- Each player must hit the lit target for the next target to appear.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until the lit target is struck.
- Each lit target will display a letter. The letters will display in alphabetical order from A to Z.
- If a player reaches the letter Z, targets must then be hit in reverse alphabetical order.

Track Left, Right, Both

Brain Domain Focus - Processing Speed/Executive Function

Sequential Lit Target/Decision Making

Track Left, Right, Both - Fixed

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until lit target is struck.
- Each single active target will either display an “R” (right), “L” (left), or “B”(both).
- The player will be instructed to strike every “R” with their right hand, every “L” with their left, and every “B” with both hands.
- “R” targets will be displayed on the left column, “B” targets will be displayed on the middle column, and “L” targets will be displayed on the right column.

Track Left, Right, Both - Random

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until lit target is struck.
- Each single active target will either display an “R” (right), “L” (left), or “B”(both).
- The player will be instructed to strike every “R” with their right hand, every “L” with their left, and every “B” with both hands.

Seek

Brain Domain Focus - Attention/Executive Function

Multiple Choice

Seek Numbers – Multiplication Tables

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the "GO" target.
- All targets will display a number, but there will only be one correct answer.
- Starting at 0, multiply a chosen number 1-12 by the multiplication tables x 1-12.
- Example: Chosen multiple is 3. First correct answer is 0, the next correct answer is 3, and the following is 6 etc.
- If a player reaches the selected numbers multiple of 12, the system will continue multiplying the selected number backwards to the original starting point, 0.
- When a correct answer is struck, the system will refresh with a new number on each target.

Seek Numbers - Step Counting

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the "GO" target.
- All targets will display a number, but there will only be one correct answer.
- Hit the target that displays a 1 first, then strike each number in ascending order based on the selected incremental number.
- Example: Chosen increment is 3. The first correct answer is 1, the next correct answer is 4, and the following is 7 etc.
- If the player reaches the set max value number, the targets must then be struck in descending order based on the selected increment.
- When a correct answer is hit, the system will refresh with a new number on each target.
- The user can type in any number 1 -99 in the increment option.
- The user can type in any number 1 – 250 in the max value option.

Seek Numbers – Reverse Step Counting

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the "GO" target.
- All targets will display a number, but there will only be one correct answer.
- Hit the number displaying the set max value number first, then strike each number in descending order based on the selected decrement number.
- Example: Chosen decrement is 3 and the max value is 99. The first correct answer is 99, the next correct answer is 96, and the following is 93 etc.
- If the player reaches 0, the targets must then be hit in ascending order based on the selected increment until they reach the max value again.
- When a correct answer is struck, the system will refresh with a new number on each target.
- The user can type in any number 1 -99 in the decrement option.
- The user can type in any number 1 – 250 in the max value option.

Seek the Letter

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.

- To start the game, hit the “GO” target.
- All targets will display a letter, but there will only be one correct answer.
- Starting at A, strike out the targets in sequential alphabetical order.
- If the end of the alphabet is reached, strike the letters in reverse order.
- When the correct letter is struck, all targets refresh with new letters and the player must strike the next letter in alphabetical order.

Seek the Letter - Skip

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- All targets will display a letter, but there will only be one correct answer.
- Strike out the targets in alphabetical order based on the chosen increment.
- Example: Chosen increment is 2. The first correct answer is A, the next correct answer is C, and the following is E etc.
- If the end of the alphabet is reached, strike the letters in reverse order.
- When a correct answer is struck, the system will refresh with a new letter on each target.
- The user can choose the number 1 - 5 in the increment option.

Seek the Letter - Random Skip

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- All targets will display a letter, but there will only be one correct answer.
- Strike out the targets in alphabetical order based on the random increments displayed on the center target; random skip will continue all throughout the game.
- Example: After striking the letter A, the center target will display a random number 1 – 5.
- Example: If 4 is displayed, then letter E should be struck next.
- If the end of the alphabet is reached, strike the letters in reverse order.
- When a correct answer is struck, the system will refresh with a new letter on each target.
- The user can choose the number 1 - 5 in the increment option.

Seek the Color

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- The GO target will display a specific color. The color of the GO target must be struck throughout the entire game.
- Example: If the GO target is yellow, then the player will strike only yellow targets for the duration of the game.
- All other targets will display random colors. When a correct answer is hit, the system will refresh with a new color on each target.

Seek the Smiley

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- All targets will display an emoticon, but there will only be one correct answer.
- The objective is to hit only the Smiley face emoticon.
- After each Smiley face is hit, all targets will refresh with new emoticons and the Smiley face will change locations.

Chase

Brain Domain Focus - Processing Speed/Executive Function

Sequential Lit Target/Preset Time Interval

Chase the Target

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- One target will be displayed at a time.
- The objective is to hit the target before it moves to a different location.
- The default speed of the target’s moving locations is 2 seconds.
- Default speed can be changed between 0.3 and 10 seconds.
- To start the game, hit the “GO” target.

Go-No-Go

Brain Domain Focus - Processing Speed/Executive Function

Sequential Lit Target/Preset Time Interval

Interval/Avoid

GO NO GO

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- One target will be displayed at a time.
- The target will move locations at a default speed of 2 seconds.
- Strike the green targets and avoid the red targets.
- Targets green O and red X can be changed to other emoticons if desired.
- Default speed can be changed between 0.3 and 10 seconds.
- To start the game, hit the “GO” target.

Pattern Recognition

Brain Domain Focus - Memory/Attention

Tap Matching Targets

Pattern Recognition

- To enable MultiTrainer mode, turn off the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- All targets will be displayed.
- Find and strike two targets that are matching.
- The system will reset all 9 targets with new patterns after each turn.
- The user can add more matching targets under Specialty settings.

- Example: The user changes the number of matches to 3. The system will now display 3 different pairs that will match, making the goal less challenging.
- To start the game, hit the “GO” target.

SMARTfit Games List for the SMARTfit ProTrainer in ProTrainer Mode

The SMARTfit ProTrainer Can Feature Two, Three or Four Panels That Make up a Backboard That engages all targets on all panels as a single game. The ProTrainer 2 will feature 18 targets; The ProTrainer 3 will feature 27 targets; and the ProTrainer 4 will feature 36 targets. Each target area is sensitized to capture strikes within the region of each target. All scoreboards reflect the score achieved from play to the entire system. Settings can allow choice of sensitized areas so that the system can function as a goal, tennis, pickleball or volleyball net.

In addition, the controller Scoreboard will also feature the total of all the Competing Stations. The SMARTfit App will reflect the reaction time achieved by the player in real time.

Optional TV Installation for Group Training with Apple Tablet Screen Mirroring

The optional TV installation allows group participants to view live data, repetition progress within a program, and performance feedback on a larger screen by wirelessly mirroring an Apple tablet. This setup enhances visibility for larger groups or audiences and creates a seamless training experience. **See connection instructions in the help section of the App.**

Required Materials

- Flat-screen TV with AirPlay compatibility
- Apple iPad
- Stable Wi-Fi connection

Rally wall

Skill - Ball Play

Ball Strike Within the Lit Region

Rallywall

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets start with lights turned on.
- The objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When a lighted active target is hit, the targets are activated, and a positive tone is heard.
- When time expires, the targets will light up with exploding targets, flashing lights, and score will display on the CPU.
- Each good hit earns 5 points.

Knock the Lights Out

Brain Domain Focus - Processing Speed

Knock the Lights out - Keep 3 On

- A To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will be displayed
- Strike out all targets as quickly as possible
- When there are 3 targets remaining and one is hit, the system will continue to display 3 targets in random locations until game ends
- To start the game, hit the “GO” target

Track

Brain Domain Focus - Processing Speed/Executive Function

Track the Targets

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- One target will be displayed at a time while all other targets are off
- The player must hit the lit target for the next target to appear
- A target will not change locations until the lit target is struck
- To start the game, hit the “GO” target

Track the Colors

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- One target will be displayed at a time while all other targets are off
- The player must hit the lit target for the next target to appear
- A target will not change locations until lit target is struck
- To start the game, hit the “GO” target

Track Numbers – Multiplication Tables

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- One target will be displayed at a time while all other targets are off
- A target will not change locations until lit target is struck
- The numbers are multiplied in ascending order based on the selected increment
- Example: Multiples of 1 or multiples of 2 or multiples of 3 assigned by the user
- To start the game, hit the “GO” target

Track Numbers - Step Counting

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- One target will be displayed at a time while all other targets are off
- A target will not change locations until lit target is struck
- The numbers are added in ascending order based on the selected incremental number.
- Example: Adding by 1, 2 or 3. Increment is assigned by the user
- To start the game, hit the “GO” target

Track the Letter

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- One target will be displayed at a time while all other targets are off

- A target will not change locations until lit target is struck
- Each target will display one letter in alphabetical order from A to Z
- If a player reaches the letter Z, targets must then be hit in reverse alphabetical order
- To start the game, hit the “GO” target

Track the Panel

Brain Domain Focus - Processing Speed/Executive Function

Strike Sequential Lit Target

Track the Panel

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- All targets on one of the stations will start with the targets activated.
- The objective is to hit the station within the active target area as many times as possible until the clock runs out.
- When a active target area is hit, the targets will either stay in the same location or move to another station.
- A target will not change locations until the lit target is struck.

Track Left, Right, Both

Brain Domain Focus - Processing Speed/Executive Function

Sequential Lit Target/Decision Making

Track Left, Right, Both - Fixed

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until lit target is struck.
- Each single active target will either display an “R” (right), “L” (left), or “B”(both).
- The player will be instructed to strike every “R” with their right hand, every “L” with their left, and every “B” with both hands.
- “R” targets will be displayed on the left column, “B” targets will be displayed on the middle column, and “L” targets will be displayed on the right column.

Track Left, Right, Both - Random

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the “GO” target.
- One target will be displayed at a time while all other targets are off.
- A target will not change locations until lit target is struck.
- Each single active target will either display an “R” (right), “L” (left), or “B”(both).
- The player will be instructed to strike every “R” with their right hand, every “L” with their left, and every “B” with both hands.

Seek

Brain Domain Focus - Attention/Executive Function

Seek Numbers – Multiplication Tables

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will display a possible answer, but there will only be one correct answer.
- Starting at 0, multiply a chosen number 1-12 by the multiplication tables x 1-12.
- Example: Chosen multiple is 3. First correct answer is 0, the next correct answer is 3, and the following is 6 etc.
- If a player reaches the multiple of 12, the system will continue multiplying the selected number backwards to the original starting point, 0.
- To start the game, hit the "GO" target.

Seek Numbers - Step Counting

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will display a possible answer, but there will only be one correct answer.
- Starting at 0, add by a chosen number.
- Example: Chosen increment is 3. First correct answer is 0, the next correct answer is 3, and the following is 6 etc.
- If a player reaches the max value 99, the system will subtract by the increment to 0.
- When a correct answer is struck, the system will refresh with a new number on each target.
- The user can change the maximum value under specialty settings.
- To start the game, hit the "GO" target.

Seek Numbers – Reverse Step Counting

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will be displayed.
- Seek the correct target counting down in sequential numbers starting at a fixed starting point 0 or a random starting point 0-12.
- The user will subtract by the selected increment, 1-12.
- One target will display the correct number, while all other targets will display incorrect numbers.
- When the correct number is struck, the system will refresh with a new number on each target.
- To start the game, hit the "GO" target.

Seek the Letter

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will display a random letter.
- Strike out the targets in sequential alphabetical order.
- When the correct letter is struck, all targets refresh with new letters and the player must strike the next letter in alphabetical order.
- If the end of the alphabet is reached, strike letters in reverse order.
- To start the game, hit the "GO" target.

Seek the Letter - Skip

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will be displayed.
- Strike out the targets in alphabetical order based on the chosen increment.
- Example: if you choose 2 increments, the first correct answer will be A then followed by C, E, etc.
- After each correct hit, all targets refresh.
- To start the game, hit the "GO" target.

Seek the Letter - Random Skip

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will be displayed.
- Strike out the targets in alphabetical order based on random increments displayed on the center target; random skip will continue all throughout the game.
- Example: after striking letter A, the center target will display a random number 1 – 4.
- Example: If 4 is displayed, then letter E should be struck next.
- To start the game, hit the "GO" target.

Seek the Color

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will be displayed.
- The GO image will display a specific color. The color of the GO target must be struck throughout the entire game.
- Example: If the GO target is yellow, then the player will strike only yellow targets.
- All other targets will display random colors.
- To start the game, hit the "GO" target.

Seek the Smiley

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will be displayed.
- The objective is to find and strike the Smiley face emoticon.
- All targets will display a different emoticon.
- After each Smiley face is hit, all targets will refresh with new emoticons and the Smiley face will change locations.
- To start the game, hit the "GO" target.

Chase

Brain Domain Focus - Processing Speed/Executive Function

Sequential Lit Target/Preset Time Interval

Chase the Target

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- Each station starts with a Go target displayed on the middle target.
- To start the game, hit the "GO" target.
- One target will be displayed at a time.
- The objective is to hit the target before it moves to a different location.
- The default speed of the target's moving locations is 2 seconds.
- Default speed can be changed between 0.3 and 10 seconds.
- To start the game, hit the "GO" target.

Go No Go

Brain Domain Focus - Processing Speed/Executive Function

Sequential Lit Target/Preset Time Interval

Interval/Avoid

GO NO GO

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- One target will be displayed.
- The target will move locations at a default speed of 2 seconds.
- Strike the green targets and avoid the red targets.
- Targets green O and red X can be changed to other emoticons if desired.
- Default speed can be changed between 0.3 and 10 seconds.
- To start the game, hit the “GO” target.

Pattern Recognition

Brain Domain Focus - Memory/Attention

Tap Matching Targets

Pattern Recognition

- To enable ProTrainer mode, turn on the toggle switch next to the ProTrainer option.
- All targets will be displayed.
- Find and strike two targets that are matching.
- The system will reset all 9 targets with new patterns after each turn.
- The user can add more matching targets under Specialty settings.
- Example: The user changes the number of matches to 3. The system will now display 3 different pairs that will match, making the goal less challenging.
- To start the game, hit the “GO” target.

Timer and Stopwatch

For Circuit Training Use

Timer

- No targets will be displayed
- Tap the center target displaying a check mark as many times as possible for the specified time interval
- To start the game, hit “GO” symbol

Stopwatch

- The center target screen will display a red STOP button
- The player will perform a physical activity for a given time interval
- When the player is finished, they will strike the red STOP button
- To start the game, hit “GO”