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

Table of Contents........................................................................................................................................... 2

Chapter 1 ............................................................................................................................................................. 4
Welcome to SMART Brain-Body Fitness Training ......................................................................................... 4
   Introduction ............................................................................................................................................... 4
   SMART System Manual .............................................................................................................................. 4
   Assessment ............................................................................................................................................... 5
   Setting Your SMART Trainer/ProTrainer System Game Times and Playing Distances for a Specific Concept or Skill Emphasis ........................................................................... 6
   How to Organize Your Group for a Class on SMART System ................................................................. 7
   SMART Conditioning for the Mind and Body: How It Works ................................................................. 7

Chapter 2 ............................................................................................................................................................ 9
Getting To Know Your SMART Trainer and ProTrainer ........................................................................... 9
   Recommended Floor Markings: see video instruction ........................................................................ 9

Chapter 3 .......................................................................................................................................................... 10
System Settings on Your SMART System ..................................................................................................... 10
   Setting Your SMART Trainer/ProTrainer To Perform as Desired ....................................................... 10
   Game button: View in video format at: .................................................................................................. 10
   Level button: ......................................................................................................................................... 11
   Time button: ......................................................................................................................................... 11
   Volume button: .................................................................................................................................... 11
   Adjusting Sensitivity of the Panel to Match the Power of the Player .................................................. 12

Chapter 4 .......................................................................................................................................................... 12
Recommended Equipment for SMART System ............................................................................................. 12
   What Equipment NOT to use on your SMART System .................................................................... 13

Chapter 5 .......................................................................................................................................................... 13
Group Training Drills on Your SMART System .......................................................................................... 13
   Group Training Format ............................................................................................................................ 13
   Suggested Group Fitness Class Formats ............................................................................................... 14
   Modes of Play ......................................................................................................................................... 14

Chapter 6 .......................................................................................................................................................... 16
   Designing a Lesson Plan .......................................................................................................................... 16

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Chapter 7 ........................................................................................................................................................ 17
Chart Displaying Activated Games ................................................................................................... 17
Chapter 8 ........................................................................................................................................................ 19
Game Rules............................................................................................................................................... 19
  Game Category 0-9: Rallywall ......................................................................................................................... 19
  Game Category 100-109: Rallywall for SMART ProTrainer in Performance Mode ...................................... 24
  Game Category 200-231: Chase the Target ................................................................................................. 28
  Game Category 600-623: Lights Out ........................................................................................................... 34
Chapter 1

Welcome to SMART Brain-Body Fitness Training

Introduction

The fundamental goal of any fitness program is to help prepare individuals for the challenges of the twenty-first century by providing the core skills and knowledge for them to be physically active as part of a healthy lifestyle. SMART programs assist in accomplishing these goals by applying the key principal that, while developing their skills and increasing their competence, individuals are more motivated and successful the more they derive enjoyment and satisfaction from movement. Using sophisticated interactive computer technology, SMART training sessions are based on games that naturally promote fun, social interaction, and exercise in a venue that requires active participation and develops successful team play.

SMART's diverse programming is designed to make fitness and sports training more fun, engaging, challenging, and inclusive than traditional forms of exercise and sports training. Following are tips to assist you in understanding your interactive training on the SMART Trainer and making it successful.

SMART System Manual

This manual is designed for use by both trainers wishing to design their own workouts and those seeking single session classes or boot camps. To see drills in action, please view our web site on: http://multisensoryfitness.com/customer-resources/

If you come up with a drill that is NOT posted on the channel, please capture it via smart phone and send it to us so that we can post it. We are aiming to build a library of ideas to share with teachers and trainers from all sectors.

This manual addresses games available for the SMART Trainer and the SMART ProTrainer:

The SMART Trainer is a system with 1 to 6 single panels, each forming a separate station. They only operate in Training Station mode which are addressed in game series 0-99, 200-299, 400-499, 600-699, 800-899, 1000-1099, 1200-1299, 1400-1499, and 1600-1699.

The SMART ProTrainer is a system comprised of 2 to 6 panels joined together. It operates in several modes: Training Station mode where every panel can also be a Training Station (for games played at the station), Training Station mode where every second panel can operate as a Training Station (for running and round-the-world games), and in Performance Trainer mode where all the joined panels operate as a single integrated game for one player or 2 competing players/teams (for sports performance training). All games in this manual can
be played on the SMART ProTrainer. Specific sports performance training games can be found in games 1800-1899.

**Each drill** has a specific purpose and numerous skill benefits. We suggest each drill be repeated three times:
- First, to **LEARN** the drill and get used to working together as a team.
- Second, to **PRACTICE** to improve both individually and as a team.
- Third, to **CHALLENGE** participants to achieve their best score, and to compare their scores with previous best scores or competitors.

**Number of participants:**
Drills are designed to engage up to eight participants per station. Smaller groups may be advisable to make drills faster and more challenging for those with greater ability levels. Some of the drill variations may also be used to accomplish the same.
For larger groups, we suggest fast moving relays involving running or ball throwing and catching round-the-world style. For slower moving drills such as those that require a player to spend up to twenty seconds at the station, we recommend that players toward the back of the line be involved in a simple physical activity to keep them active while still rooting for their team. Examples include running in place, jumping in place, jumping jacks, push-ups, skipping, and sit-ups.

**Assessment**
The SMART Trainer and ProTrainer allow an individual’s performance to be tracked, showing progress and measurable results over a period of time. Instructors can use trends in scores to show individual progress and the amount of improvement which has taken place. This is an excellent tool to show participants that they *are* improving. More specific on-line performance tracking will become available when our Android upgrade is released.

We recommend having a “personal best day” at scheduled intervals. Instructors can record scores over time, and use the results as an assessment tool. Using the scores from specific games for specific skills, instructors will be able to evaluate the progress of skill attainment within a group. For example, the group could use activities in any one of the Chase or Rally Wall games at 4 minutes to record a beginning level of cardio fitness. After a month of physical activity, the players can record a second score in the same game at 4 minutes to determine how much progress they have achieved. An increase in points scored within the 4 minute time limit will show how much a player’s cardio fitness has improved.

For throwing and accuracy skills, the Lights Out and Play Tune Games could be played for 45 seconds, recording an initial score. After a period of time, the players would record a new score in the same game to determine how much their accuracy has improved. Be creative! People love to see their scores “up in lights” and will *want* to participate. If competition is the goal, SMART games encourage people to compete with themselves, other groups, and even other clubs. An
effective idea to incentivize play is to post weekly high scores on Facebook or other social media, along with video clips of play. The players will get an excellent workout while having fun, and posting scores promotes retention of their skills. There is no limit to how your system can be used!

**Setting Your SMART Trainer/ProTrainer System Game Times and Playing Distances for a Specific Concept or Skill Emphasis**

**Cardio Respiratory**
Longer time periods of play: 60 seconds to 240 seconds depending on the size of the group
Move start line farther back: 10’ or more up to 30.’
Have team relays for longer periods of time: 120 seconds to 240 seconds
Have players in line to perform exercises while waiting for their turn

**Speed/Agility**
Shorter time periods of play: 60 seconds or less
Include changes in speeds and directions when travelling to the stations: fast to slow and forward to backward, lateral to the right one direction and to the left the other
Use bean bags and have players sprint up to retrieve the beanbag and sprint back to start line
Move start line closer to station for quick returns and reaction times for ball games
Establish multiple start lines; “suicide” drills
Use speed ladders or poly spots in pathway to the stations

**Skill/Accuracy**
Chase games using one triangle of active targets: intermediate
Chase games using one active target: advanced
All activities in Games: Knock the Lights Out
Ball games with or without a bounce on the return
Activities that deduct points for misses or hits below the line
All games in the 1800 game series
Activities that activate only the top or bottom lines (useful for sports training)

**Core Strength**
Replace playground balls with a 2 lb. medicine ball
Have players stand on BOSU ball or balance board to throw
Have players perform sit-ups while tossing medicine ball to targets

**Brain Body Connectivity**
Chase the Target Challenge Games
Counting Games
Word Games
Math Games
Pairing Games
Simon Says Games
Lights Out Games - Color Chase, Number Chase, etc.

How to Organize Your Group for a Class on SMART System

The workouts in this manual are designed for both individual and group trainers. For group training, it is essential to plan and organize the group quickly in order to get players into action as soon as the lesson starts.

SMART Trainer 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 while maintaining a mix of skill levels on each team. Choose a team for each station available on the SMART Trainer. To organize teams, get the whole group to stand in a line ranging in height from shortest to tallest. Then count off the players, depending on the number of stations. If 4 stations, count off from the front to back: 1, 2, 3, 4, 1, 2, 3, 4, and so on. Then send all the 1’s to stand at the 20’ marker of station 1, 2’s to station 2, and so on. With this method trainers typically end up with fairly diverse skill levels on each team.

Additional Tips

The equipment list for each drill is per station. You can substitute as desired, using equipment on hand to complement the ball kit shipped with each SMART Trainer system.

When more than one line is called for, position the lines with adequate distance between each line so players do NOT run into each other.

We strongly recommend reading the operating instructions in Chapter 2 of this manual to familiarize yourself with the system before you begin. We have provided both individual lesson plans to create your own workouts, and complete workout programs that include lesson plans grouped for specific outcomes. All activities can be adapted for any age and any skill level.

SMART Conditioning for the Mind and Body: How It Works

SMART Training is a functional training and fitness program appropriate for all ages and fitness levels. The brain and body connection is the key element that differentiates a functional training program from a general conditioning program, and SMART programs are specifically designed to stimulate the body and the brain concurrently. This is accomplished by:

- Attracting participation and engaging sustained focus with short attention-grabbing computer games, played sequentially in the pursuit of score and mastery of skills
- Providing full body exercise by stimulating the hands, feet, eyes, ears and vestibular system in playing real games with real tactile equipment (NOT simulated)
• Requiring high levels of attention and focus for success (staying consciously in-the-now)
• Engaging in cognitive decision-making under pressure
• Delivering a cardiovascular workout in a game format

SMART's programming improves functional abilities (flexibility, balance, power, strength) while concurrently developing high levels of neuromuscular efficiency. This process of engaging the hands, feet, ears, and eyes develops visual-perceptual motor skills. The added element of integration of the right and left brain hemispheres has been well-documented to enhance brain plasticity as well as whole brain thinking, cognition, attention and focus for learning.
Groups who want teamwork and fun with as much movement and participation as possible will appreciate and enjoy the SMART Trainer. Up to 8 people can play at each station with minimum wait time. Each player will be “in action” for the majority of playing time. All targets can display colors, numbers, letters, symbols, shapes and more. This is essential in games that are designed to require players to seek out individual images in order to increase cognitive demand during the game as well as to force decisions under pressure. SMART Trainer also includes optional Voice Instruction, which announces each game while scrolling through the options.

- The middle display board will show the time set for each game and will then default to the time chosen, counting down seconds as the game is played.
- The first station on the left (facing the system) is station 1.
- Each SMART station will keep track of its own individual score.

**Recommended Floor Markings:** [see video instruction](http://multisensoryfitness.com/recommended-floor-markings/)

Use of the space in front of your SMART Trainer can add options to your program. Many of our lesson plans include the use of speed/agility ladders, poly spots, cones, and pre-taped lines set at specific distances in front of the SMART Trainer. We recommend taping, painting or incorporating into the existing floor the following: Ladder a minimum of 16’ long and 2’ wide, divided into 2’ squares. Center each ladder at the base of each Training Station. Place start lines at 5’, 10’, 15’ and 20’.
Chapter 3

System Settings on Your SMART System

Setting Your SMART Trainer/ProTrainer To Perform as Desired
http://multisensoryfitness.com/customer-resources/getting-started-and-settings/

Power On/Off:
http://multisensoryfitness.com/power-on-your-device/

The on/off switch is located on the Time-Display Box near the power connect cord. When powering on, the system will take 3 seconds to check that all components are working properly. Please DO NOT TOUCH it during this check or your system will display an error message. If this occurs, simply turn the system off, wait for 3 seconds, then restart.

Remote Control
The remote control is your tool to select game, level, time, volume, and system settings. By pressing the indicated button you can sequentially scroll through the available choices. Your SMART system can be programmed for a variety of functions. The option descriptions are as follows:

Game button: View in video format at:
http://multisensoryfitness.com/selecting-a-game-on-your-smart-trainer-or-protrainer/

- When the Game button is pressed, it will interrupt the system from attract mode, or it will interrupt a game that is currently being played, and take the system into set-up mode. Pressing Game again will increase the game number to the next one.
- When the Game button is pressed, all stations in the system will turn on the targets to allow for game selection. This will hold for 2 seconds. If there is no input given it will set up the game ready for play. Press the Game button once after this two seconds and the system will go first to the setting mode, while another press will move the system on to the next game.
- Top Left Target (Target 1) is a toggle to turn the auto-reset feature of the system on and off. When the toggle is on it will display a green “1” and games will automatically restart after the end of a game. When off it will display a red “0.” This will require the trainer to reset each game using the remote control.
- Center Target (Target 3) is lit with the “#” symbol to indicate game number. A hit to this target will count the games up by 100’s. The system will remember the last game number played in that suite and change only by the hundreds. For instance, if one is game 112, and the center target is hit, it will change to the game last played in suite 400, 500, 600… back to 000. Upon return to the suite of 100’s it will again go to 112.

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• Lower Left target is lit with a minus ("-“) symbol. Hits to this target will decrease the game number by 1, including decreasing over game suites. If you are at game 200, pressing this button will take you to the highest game in the 100 suite.
• Lower Right target is lit with a plus (“+”) symbol. Hits to this target will increase the game number by 1.

**Level button:**
http://multisensoryfitness.com/changing-the-game-level/

• When the Level button is pressed during the play of a game nothing will happen and the game will continue to play.
• When the game is set and ready to begin, a press to the Level button will change the level only when applicable.
• Level Button is used to adjust levels in the Chase the Target games to adjust the timing of the color change in the targets. Each press of the level button will increase the level by one.
• Lower Left and Right targets will light up with + and – arrows to adjust the levels up and down.

**Time button:**
http://multisensoryfitness.com/setting-the-time-on-your-smart-trainer-and-protrainer/

• When the Time button is pressed during the play of a game nothing will happen and the game will continue to play.
• When the game is set and ready to begin, a press to the Time button will increase the time to the next time interval.
• When the Time button is pressed after a game has been selected the time will be shifted to the next segment of time. Also each station will light up with inputs ready as follows:
  • Lower Left target will be lit with a minus symbol or a down arrow. Hits to this target will decrease time to the next lower choice.
  • Lower Right target will be lit with a plus symbol or an up arrow. Hits to this target will increase time to the next higher choice.

**Volume button:**

• When the Volume button is pressed during the play of a game, the volume on the station speakers will change, increasing by one setting for every push.
• When the Volume button is pressed during the set-up of games, the station will light up for 3 seconds with the commands described below, and will look for a response from the targets to determine if any settings are to be adjusted:
  • Top Left Target – will be lit as a green “1” to indicate that the voice instruction is on, or a red “0” to indicate that it is off. Hits to this target will toggle voice instruction on and off.
  • Top Right Target will be lit as a green “1” “ to indicate that the Attract Mode is on, or a red “0” to indicate that the
Attract Mode is off. Hits to this target will toggle Attract Mode on and off.

- Center Target will be lit with a sound symbol. Hits to this target will automatically set all system speakers to mute.
- Middle Left Target will be lit with a minus symbol or a down arrow. Hits to this target will decrease the volume on the system speakers by one level.
- Middle Right Target will be lit with a plus symbol or an up arrow. Hits to this target will increase the volume on the system speakers by one level.
- Lower Left Target will be lit with a minus symbol or a down arrow. Hits to this target will decrease the volume on the station speakers by one level.
- Lower Right Target will be lit with a plus symbol or an up arrow. Hits to this target will increase the volume on all of the station speakers by one level.

Adjusting Sensitivity of the Panel to Match the Power of the Player

The sensitivity of the sensors in your SMART Trainer/Pro Trainer will determine whether your strike will be registered in the game and will need to be adjusted for different uses. Training with a medicine ball will require less sensitivity than using hands or a noodle. The same applies to different populations i.e. training an adult will require less sensitivity than training a senior or a toddler. If you find that the sensitivity needs to be adjusted for your desired use, refer to directions below:

1. Press the Game (Red) button to put the systems into set-up mode.
2. Press the Level (Yellow) button to access the sensitivity adjustment mode.
3. The “-” and “+” symbols will appear on the bottom two targets.
4. The recommended default setting is 40 for the Trainer, 20 for the ProTrainer.
5. The “+” sign will adjust your sensitivity for higher impact games and the “-” sign will adjust your sensitivity for lower impact/touch games.
6. Choose your desired sensitivity level by tapping the "+" or "-" until it is reached.
7. After a 2 second pause the system will save the setting and the game will start.

Use the list below for as a guide on where to select the best sensitivity:

For low impact: a noodle, or a light touch start with “5”.
For medium impact: a playground balls or firm touch, start with “15”.
For high impact: a medicine ball, or air-filled sports balls start with “40”.
For Advanced Training where greater precision is required, increase the sensitivity level to between 25 and higher (max 50). This can reduce the target size down to as small as the lens making it more challenging for advanced players.

Chapter 4

Recommended Equipment for SMART System

Your SMART Trainer is tough, durable and designed to take a beating. However, because it is a computer, the following equipment list will be helpful in preserving its longevity. Following is the recommended equipment list:

- Air-filled regulation athletic balls (tennis, basketball, football, volleyball, soccer, etc.)
• Rubber practice baseballs, softballs, lacrosse, cricket or T-Balls (need to bounce).
• PassBack Footballs
• Playground balls of all diameters
• Beanbags or dead balls for single directional play
• Swim Noodles or foam bats for striking the targets
• 2 lb. or 1 kilo medicine ball (maximum weight)
• BOSU balls or other balance devices for standing, sitting or lying
• Implements for striking the balls (hockey sticks, paddles, padded bats, rackets, etc.)
• Cones to provide barriers or direction
• Padded 2, 5, or ten pound hand weights (protect the panel from developing strike marks)

The following equipment is supplied with your system when it is purchased. See spec sheets for quantity details.

• 5” red playground balls
• 7” yellow playground balls
• 8.5” blue playground balls
• 2 lb. medicine ball
• Beanbag set
• Foam noodles
• Single handled 2lb weights

What Equipment NOT to use on your SMART System

• Regulation baseball. It will NOT return properly because there is no bounce. Over time it will damage the electronic connectors.
• Regulation lacrosse balls. Over time they may scuff the stations and damage the electronics.
• Regulation cricket balls.
• 3 pounds and greater medicine balls for throwing at the system. (Okay to use a heavier medicine ball to touch the targets while holding the medicine ball with hands).
• Any hard solid plastic implement such as a stick or bat for hitting targets.

Chapter 5

Group Training Drills on Your SMART System

Group Training Format
Group classes run 20 to 50 minutes in length depending on the number of repetitions applied to each exercise. Each station can accommodate up to 8 participants of all ages and skill levels.

**Suggested Group Fitness Class Formats**

**Warm-up:** The Warm-Up should run for 5 minutes within a 50 minute program. The main objective of the warm-up is to loosen the muscles and prepare the participants for some fast-paced movement. A good warm-up will prepare individuals for instruction, reduce the chance of injury, and set a *fun* mood for SMART Training.

**Skill:** The Skill Development section should run for about 10 minutes within a 50 minute program. The main focus here is the connection between the brain and body. Categories include speed, agility, balance, hand-eye coordination, and reaction time. Skill development transfers into the successful completion of life’s every day activities.

**Cardio:** The Cardio Respiratory Endurance section should run for about 15 minutes within a 50 minute program. The main focus is cardio endurance, stamina, and calorie expenditure.

**Core:** The Core section should run for about 5 minutes within a 50 minute program. The main focus is on strengthening the torso with sit-ups, overhead passes, etc.

**Speed and Agility:** The Speed and Agility section should run for about 10 minutes within a 50 minute program. The main focus is hand-eye speed and navigating agility using ladders or dots with hopping, side steps, and bending.

**Cool-Down:** The cool-down should last 5 to 10 minutes within a 50 minute program. This allows the participants to bring their heartbeat nearer to resting level. For this section use brain games such as Pairing, Math, or Word games which involve more thinking and less movement.

**Modes of Play**

There are five ways to run drills on the SMART system:

**Individual:** First player plays the entire game to time completion. Next player in line begins a new game with a new time.

**Partners:** Two players are partners and play the game together, to time completion. Next pair of players steps up to start new game with a new time.

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

**Around-the-World:** First player takes a turn and peels off to the end of the line. The next player in line plays off of the first player’s throw and peels off to the end of the line.
**Snake:** Entire class stands in front of station 1 on the left at a starting line distance of 12', 20', or 30' from the system. Each player runs in turn to station 1, performs a task and runs back to the starting line in front of the center station, turning towards the system in front of station 2 on the right. Each player then runs in turn to station 2, performs a task, and peels off to the right, returning to the starting line in front of station 1 and repeating the task at station 1.
Chapter 6

Designing a Lesson Plan

The following menus will help you to design your own Training Program. Using an empty training template, fill in the blanks with activities from the menus. Choose your equipment and time based upon the objective for that training period. The possibilities are endless! Refer to the rest of this manual for examples of how to design lesson plans for your system.

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____
  •
  •
  •
  •

COOL-DOWN: Equipment______________ Game ___ Start Line ___ Mode____________ Seconds____
  •
# Chapter 7

## Chart Displaying Activated Games

<table>
<thead>
<tr>
<th>#</th>
<th>RALLYWALL</th>
<th>LOCKED/UNLOCKED</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rallywall - 7 targets</td>
<td>Unlocked</td>
</tr>
<tr>
<td>2</td>
<td>Rallywall – Upper 3 rows</td>
<td>Unlocked</td>
</tr>
<tr>
<td>3</td>
<td>Rallywall – Upper 3 rows, with penalty</td>
<td>Unlocked</td>
</tr>
<tr>
<td>4</td>
<td>Rallywall - Lower 3 Rows</td>
<td>Unlocked</td>
</tr>
<tr>
<td>5</td>
<td>Rallywall - Lower 3 Rows, with penalty</td>
<td>Unlocked</td>
</tr>
<tr>
<td>6</td>
<td>Rallywall - Upper Row</td>
<td>Unlocked</td>
</tr>
<tr>
<td>7</td>
<td>Rallywall - Upper Row, with penalty</td>
<td>Unlocked</td>
</tr>
<tr>
<td>8</td>
<td>Rallywall - Bottom row</td>
<td>Unlocked</td>
</tr>
<tr>
<td>9</td>
<td>Rallywall – Bottom row, with penalty</td>
<td>Unlocked</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>#</th>
<th>RALLYWALL - On the SMART ProTrainer in Performance Mode</th>
<th>LOCKED/UNLOCKED</th>
</tr>
</thead>
<tbody>
<tr>
<td>101</td>
<td>Rallywall - 7 targets</td>
<td>Unlocked</td>
</tr>
<tr>
<td>102</td>
<td>Rallywall – Upper 3 rows</td>
<td>Unlocked</td>
</tr>
<tr>
<td>103</td>
<td>Rallywall – Upper 3 rows, with penalty</td>
<td>Unlocked</td>
</tr>
<tr>
<td>104</td>
<td>Rallywall - Lower 3 Rows</td>
<td>Unlocked</td>
</tr>
<tr>
<td>105</td>
<td>Rallywall - Lower 3 Rows, with penalty</td>
<td>Unlocked</td>
</tr>
<tr>
<td>106</td>
<td>Rallywall - Upper Row</td>
<td>Unlocked</td>
</tr>
<tr>
<td>107</td>
<td>Rallywall - Upper Row, with penalty</td>
<td>Unlocked</td>
</tr>
<tr>
<td>108</td>
<td>Rallywall - Bottom row</td>
<td>Unlocked</td>
</tr>
<tr>
<td>109</td>
<td>Rallywall – Bottom row, with penalty</td>
<td>Unlocked</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>#</th>
<th>Chase The Target</th>
<th>LOCKED/UNLOCKED</th>
</tr>
</thead>
<tbody>
<tr>
<td>219</td>
<td>Chase the Single Target - Entire Station - 5-blue; 4-green; 3-orange; 2-yellow; 1-red</td>
<td>Unlocked</td>
</tr>
<tr>
<td>220</td>
<td>Chase the Single Target - Upper 5 - 5-blue; 4-green; 3-orange; 2-yellow; 1-red</td>
<td>Unlocked</td>
</tr>
<tr>
<td>221</td>
<td>Chase the Single Target - Lower 2 - 5-blue; 4-green; 3-orange; 2-yellow; 1-red</td>
<td>Unlocked</td>
</tr>
<tr>
<td>222</td>
<td>Chase the Single Target - Lower 4, - Scoring same as above-slower levels</td>
<td>Unlocked</td>
</tr>
<tr>
<td>223</td>
<td>Chase the Single Target, (Lower 5) Scoring the same as above-slower levels</td>
<td>Unlocked</td>
</tr>
<tr>
<td>224</td>
<td>Chase the Single Target, (Upper 3) Scoring the same as above</td>
<td>Unlocked</td>
</tr>
<tr>
<td>225</td>
<td>Chase the Single Number, (Entire Station) Scoring the same as above</td>
<td>Unlocked</td>
</tr>
<tr>
<td>226</td>
<td>Chase the Single Number, Counting - Lower 5 - Scoring same as above</td>
<td>Unlocked</td>
</tr>
<tr>
<td>227</td>
<td>Chase the Single Number, Counting by 2’s - Entire Station - Scoring same as above</td>
<td>Unlocked</td>
</tr>
<tr>
<td>228</td>
<td>Chase the Single Number, Counting by 3’s - All targets, - Scoring same as above</td>
<td>Unlocked</td>
</tr>
<tr>
<td>229</td>
<td>Chase the Single Letter, Alphabet - Entire Station - Scoring same as above</td>
<td>Unlocked</td>
</tr>
<tr>
<td>230</td>
<td>Chase the Single Letter, Alphabet - Lower 5, - Scoring same as above</td>
<td>Unlocked</td>
</tr>
<tr>
<td></td>
<td>Chase the Single Target - All targets, Left-R, Right-L, Center-C, Both-B - Scoring same as above</td>
<td>Unlocked</td>
</tr>
<tr>
<td>-----</td>
<td>------------------------------------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td><strong>LIGHTS OUT - Attention, focus, accuracy, memory</strong></td>
<td><strong>Lights Out - Race - All Targets - Race to see to get all the targets out - 1st ends game</strong></td>
<td>Unlocked</td>
</tr>
<tr>
<td>600</td>
<td>Lights Out – Race - Lower 5 - Race to see who gets all the targets out</td>
<td>Unlocked</td>
</tr>
<tr>
<td>601</td>
<td>Lights Out – Classic - Race - Race but game ends when all stations are done</td>
<td>Unlocked</td>
</tr>
<tr>
<td>603</td>
<td>Lights Out – Classic - Race - Lower 5</td>
<td>Unlocked</td>
</tr>
<tr>
<td>606</td>
<td>Lights Out (7 Targets) – Timed, Keep 3 on - game continues until time is up</td>
<td>Unlocked</td>
</tr>
<tr>
<td>608</td>
<td>Lights Out (7 Targets) – Counting up by 1 - Timed game.</td>
<td>Unlocked</td>
</tr>
<tr>
<td>610</td>
<td>Lights Out (7 Targets) – Counting back by 1 - Timed game</td>
<td>Unlocked</td>
</tr>
<tr>
<td>612</td>
<td>Lights Out (7 Targets) – Counting up and back by 1 - Timed game.</td>
<td>Unlocked</td>
</tr>
<tr>
<td>618</td>
<td>Lights Out (7 Targets) – A to Z - Timed game. Track targets from A to Z</td>
<td>Unlocked</td>
</tr>
<tr>
<td>620</td>
<td>Lights Out (7 Targets) – Color Chase - Timed = Center targets shows color to chase</td>
<td>Unlocked</td>
</tr>
<tr>
<td>622</td>
<td>Lights Out (7 Targets) – Chase Smiley - Timed game - keep tracking smiley.</td>
<td>Unlocked</td>
</tr>
<tr>
<td>623</td>
<td>Lights Out (5 Targets) – Chase Smiley - Timed game- bottom 5.</td>
<td>Unlocked</td>
</tr>
</tbody>
</table>
Chapter 8

Game Rules

Game Category 0-9: Rallywall

The Rallywall games focus on accepting any hit within the designated playing area for points. The targets will be activated to reveal the specific playing area. These games are very good for ball games as they provide a larger playing area for beginners and for long distance play such as tennis, soccer, baseball, basketball, volleyball, lacrosse, and football training.

<table>
<thead>
<tr>
<th>#</th>
<th>RALLYWALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rallywall - 7 targets</td>
</tr>
<tr>
<td>2</td>
<td>Rallywall – Upper 5 rows</td>
</tr>
<tr>
<td>3</td>
<td>Rallywall – Upper 5 rows, with penalty</td>
</tr>
<tr>
<td>4</td>
<td>Rallywall - Lower 3 Rows</td>
</tr>
<tr>
<td>5</td>
<td>Rallywall - Lower 3 Rows, with penalty</td>
</tr>
<tr>
<td>6</td>
<td>Rallywall - Upper Row</td>
</tr>
<tr>
<td>7</td>
<td>Rallywall - Upper Row, With penalty</td>
</tr>
<tr>
<td>8</td>
<td>Rallywall - Lowest row</td>
</tr>
<tr>
<td>9</td>
<td>Rallywall - Lowest row, with penalty</td>
</tr>
</tbody>
</table>

Game Number: 1

Name: Rally Wall, 7 Targets

**Game Rules:**

- Each station starts with all target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out two targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- Each good hit earns 5 points.
Game Number: 2
Name: Rallywall – Upper 3 rows

**Game Rules:**
- Each station starts with all target lights in the upper 3 rows turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the region around the upper 3 rows.

Game Number: 3
Name: Rallywall – Upper 3 rows, with penalty

**Game Rules:**
- Each station starts with all target lights in the upper 3 rows turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the region around the upper 3 rows and minus 2 for the lower region.

Game Number: 4
Name: Rallywall, Lower 3 rows only

**Game Rules:**
- Each station starts with only the lower 3 rows target lights turned on.
• Objective is to hit the system in the active target area as many times as possible until the clock runs out.
• When the lighted active target area is hit the targets are activated and a positive tone is heard.
• If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
• When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
• 5 points for hitting in the low three row region.

Game Number: 5
Name: Rallywall, Lower 3 rows with penalty

**Game Rules:**

- Each station starts with only the lower 3 rows lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the lower five - minus 2 for the area above the lower 3 rows.

Game Number: 6
Name: Rallywall, Upper 2 Targets

**Game Rules:**

- Each station starts with only the upper row targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time.
However, when throwing balls and beanbags, etc. the shots will come one at a time.

- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the upper row.

Game Number: 7

Name: Rallywall, Upper 2 Targets with penalty

**Game Rules:**
- Each station starts with only the top row turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the upper 2 and minus 2 for area below the top row.

Game Number: 8

Name: Rallywall, Lowest row

**Game Rules:**
- Each station starts with only the lower row of targets turned on.
- Objective is to hit the system in the active target area as many times as possible, until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the lowest row.
Name: Rallywall, Lowest 2 Targets with penalty

**Game Rules:**
- Each station starts with only the bottom row of target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the lowest row and minus 2 for above the lowest row.
Game Category 100-109: Rallywall for SMART ProTrainer in Performance Mode

Performance mode on the SMART ProTrainer system (where between 2 and 8 panels/stations are joined together), allow for games to be played where all of the targets in the system are integrated into a single game. For example, a SMART ProTrainer 3 will allow for all 21 targets to be part of the same game.

The Rallywall games for SMART ProTrainer focus on accepting any hit within the designated playing area for points. The targets will be activated to reveal the specific playing area. These games are very good for ball games as they provide a larger playing area for beginners and for long distance play such as tennis, soccer, baseball, basketball, volleyball, lacrosse, and football training.

<table>
<thead>
<tr>
<th>#</th>
<th>RALLYWALL - On the SMART ProTrainer in Performance Mode</th>
</tr>
</thead>
<tbody>
<tr>
<td>101</td>
<td>Rallywall - All targets</td>
</tr>
<tr>
<td>102</td>
<td>Rallywall – Upper 3 rows</td>
</tr>
<tr>
<td>103</td>
<td>Rallywall – Upper 3 rows, with penalty</td>
</tr>
<tr>
<td>104</td>
<td>Rallywall - Lower 3 Rows</td>
</tr>
<tr>
<td>105</td>
<td>Rallywall - Lower 3 Rows, with penalty</td>
</tr>
<tr>
<td>106</td>
<td>Rallywall - Upper Row</td>
</tr>
<tr>
<td>107</td>
<td>Rallywall - Upper Row, With penalty</td>
</tr>
<tr>
<td>108</td>
<td>Rallywall - Bottom Row</td>
</tr>
<tr>
<td>109</td>
<td>Rallywall - Bottom Row with penalty</td>
</tr>
</tbody>
</table>

Game Number: 101

Name: Rallywall, ALL Targets

Game Rules:
- The system starts with all target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.
Game Number: 102

Name: Rallywall – Upper 3 rows only.

Game Rules:
• The system starts with all target lit in the upper 3 rows are turned on.
• Objective is to hit the system in the active target area as many times as possible until the clock runs out.
• When the active target area is hit the targets in that area are activated and a positive tone is heard.
• If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
• When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
• Each good hit earns 5 points.

Game Number: 103

Name: Rallywall – Upper 3 rows, with penalty

Game Rules:
• The system starts with all upper 3 rows turned on.
• Objective is to hit the system in the active target area as many times as possible until the clock runs out.
• When the active target area is hit the targets in that area are activated and a positive tone is heard.
• If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
• When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
• 5 points for hitting above the line and minus 2 for hitting in the region of the lower row.

Game Number: 104

Name: Rallywall, Lower 3 Rows

Game Rules:
• The system starts with lower 3 rows of targets turned on.
• Objective is to hit the system in the active target area as many times as possible until the clock runs out.
• When the active target area is hit the targets in that area are activated and a positive tone is heard.
• If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
• When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
• 5 points for hitting the lower are only, NOT the top row.
Game Number: 105

Name: Rallywall, Lower 3 Rows with penalty

Game Rules:
- The system starts with lower 3 rows of targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.
- 5 points for hitting the lower area only; minus 2 for hitting the top row.

Game Number: 106

Name: Rallywall, Top Row of Targets

Game Rules:
- The system starts with only the top row of targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.
- 5 points for hitting the upper row target area.

Game Number: 107

Name: Rallywall, Top Row of Targets with penalty

Game Rules:
- The system starts with the top row of targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
• When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
• Each good hit earns 5 points.
• 5 points for hitting the top row target area and minus 2 for area below this.

Game Number: 108

Name: Rallywall, Lowest Row of Targets

Game Rules:
• The system starts with lowest row of targets turned on.
• Objective is to hit the system in the active target area as many times as possible until the clock runs out.
• When the active target area is hit the targets in that area are activated and a positive tone is heard.
• If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
• When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
• 5 points for hitting the lowest row target area.

Game Number: 109

Name: Rallywall, Lower row of Targets with penalty

Game Rules:
• The system starts with the lowest row of targets turned on.
• Objective is to hit the system in the active target area as many times as possible until the clock runs out.
• When the active target area is hit the targets in that area are activated and a positive tone is heard.
• If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls, beanbags, etc. the shots will come one at a time.
• When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
• Each good hit earns 5 points.
• 5 points for hitting the lowest row target area and minus 2 for area above this.
Game Category 200-231:  Chase the Target

These games provide a specific target or set of targets that light up to reflect the target area that will earn points. All other targets are turned off and are non-active. Points are earned according to how long it takes to put targets out. Targets put out when they are blue earn 5 points, green earns 4 points, Yellow earns 3 points, Orange earns 2 points, and Red earns 1 point.

<table>
<thead>
<tr>
<th>CHASE THE TARGET</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>219</td>
<td>Chase the Single Target - Entire Station - 5-blue; 4-green; 3-orange; 2-yellow; 1-red</td>
</tr>
<tr>
<td>220</td>
<td>Chase the Single Target - Upper 5 - 5-blue; 4-green; 3-orange; 2-yellow; 1-red</td>
</tr>
<tr>
<td>221</td>
<td>Chase the Single Target - Lower 2 - 5-blue; 4-green; 3-orange; 2-yellow; 1-red</td>
</tr>
<tr>
<td>222</td>
<td>Chase the Single Target - Lower 4, - Scoring same as above-slower levels</td>
</tr>
<tr>
<td>223</td>
<td>Chase the Single Target, (Lower 5) Scoring the same as above</td>
</tr>
<tr>
<td>224</td>
<td>Chase the Single Target, (Upper 3) Scoring the same as above</td>
</tr>
<tr>
<td>225</td>
<td>Chase the Single Number, Counting - Lower 5 - Scoring same as above</td>
</tr>
<tr>
<td>226</td>
<td>Chase the Single Number, Counting by 2’s - Lower 5 - Scoring same as above</td>
</tr>
<tr>
<td>227</td>
<td>Chase the Single Number, Counting by 3’s - Entire Station - Scoring same as above</td>
</tr>
<tr>
<td>228</td>
<td>Chase the Single Number, Counting by 3’s - All targets, - Scoring same as above</td>
</tr>
<tr>
<td>229</td>
<td>Chase the Single Letter, Alphabet - Entire Station - Scoring same as above</td>
</tr>
<tr>
<td>230</td>
<td>Chase the Single Letter - Alphabet, Lower 5- Scoring same as above</td>
</tr>
<tr>
<td>231</td>
<td>Chase the Single Target - All targets, Left-R, Right-L, Center-C, Both-B - Scoring same as above</td>
</tr>
</tbody>
</table>

Game Number ______ 219 ______

Name:  Chase the Single Target (Entire Station)

Game Rules:
- Chase one target at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

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Name: Chase the Single Target (Above the Line)

Game Rules:
- Chase one target at a time above the line; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Name: Chase the Single Target (Bottom 2)

Game Rules:
- Chase one of the bottom lines of targets at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Name: Chase the Single Target (Lower 4)

Game Rules:
- Chase one of the lower 4 targets; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
• Score earned for each hit decreases with each color change.
• Target remains red until the player can hit that target out, or time runs out.
• Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
• Use a level with longer times for running or ball games.
• Play until time runs out.

Game Number _______ 223 ______

Name: Chase the Single Target (Lower 5)

Game Rules:
• Chase one of the lower 5 targets; all other targets are off.
• The target starts out blue and changes colors with the duration of time taken to put it out.
• Score earned for each hit decreases with each color change.
• Target remains red until the player can hit that target out, or time runs out.
• Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
• Use a level with longer times for running or ball games.
• Play until time runs out.

Game Number _______ 224 ______

Name: Chase the Single Target (Upper 3)

Game Rules:
• Chase one of the upper 3 targets at a time; all other targets are off.
• The target starts out blue and changes colors with the duration of time taken to put it out.
• Score earned for each hit decreases with each color change.
• Target remains red until the player can hit that target out, or time runs out.
• Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
• Use a level with longer times for running or ball games.
• Play until time runs out.

Game Number _______ 225 ______

Name: Chase the Single Target, Counting (Entire Station)

Game Rules:
• Chase one target at a time counting in sequential numbers starting at "0." All other targets are off. System turns on any 1 target at a time such that the player is to count from “0” to “19” with each successful strike.
• The target starts out blue and changes colors with the duration of time taken to put it out.
• Score earned for each hit decreases with each color change.
• Target remains red until the player can hit that target out, or time runs out.
• Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
• Use a level with longer times for running or ball games.
• Play until time runs out.
• Once the player reaches 19, continue counting backwards to zero and then back up again to 19 until time runs out.

Game Number _________ 226 _______

Name: Chase the Single Target, Counting (Lower 5)

Game Rules:
• Chase one of the lower 5 targets at a time counting in sequential numbers starting at "0". All other targets are off. System turns on any 1 target at a time such that the player is to count from “0” to “19” with each successful strike.
• The target starts out blue and changes colors with the duration of time taken to put it out.
• Score earned for each hit decreases with each color change.
• Target remains red until the player can hit that target out, or time runs out.
• Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
• Use a level with longer times for running or ball games.
• Play until time runs out.
• Once the player reaches 19, continue counting backwards to zero and then back up again to 19 until time runs out.

Game Number _________ 227 _______

Name: Chase the Single Target, Counting by 2’s (Entire Station)
Game Rules:

- Chase one target at a time counting in 2’s; all other targets are off.
- System starts at "0" or "1" and turns on any 1 target at a time such that the player is to count by 2's from "0" to "18" or "19."
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.
- Once the player reaches 19, continue counting backwards to zero and then back up again to 19 until time runs out.

Game Number _______ 228 _______

Name: Chase the Single Target, Counting by 3’s (Entire Station)

Game Rules:

- Chase one target at a time counting by 3’s; all other targets are off.
- System starts at "0" or "1" and turns on any 1 target at a time such that the player is to count by 3’s from "0" to "18" or "19."
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.
- Once the player reaches 19, continue counting backwards to zero and then back up again to 19 until time runs out.

Game Number _______ 229 _______

Name: Chase the Single Target, Alphabet (Entire Station)

Game Rules:

- System turns on one target at a time as a letter, in order from “A” to “Z.” Player must hit that target for the next one to appear.
- Count increases by a letter of the alphabet with each successful strike.
- The target starts out blue and changes colors with the duration of time taken to put it out.
• Score earned for each hit decreases with each color change.
• Target remains red until the player can hit that target out, or time runs out.
• Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
• Use a level with longer times for running or ball games.
• Play until time runs out.
• Once the player reaches Z, they are to go backwards to A and then back to Z until time runs out.

Game Number ______ 230 ______

Name: Chase the Single Target, Alphabet (Lower 5)

Game Rules:
• System turns on any of the lower 5 targets, such that the player is to go from “A” to “Z.”
• Count increases by a letter of the alphabet with each successful strike.
• The target starts out blue and changes colors with the duration of time taken to put it out.
• Score earned for each hit decreases with each color change.
• Target remains red until the player can hit that target out, or time runs out.
• Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
• Use a level with longer times for running or ball games.
• Play until time runs out.
• Once the player reaches Z, they are to go backwards to A and then back to Z until time runs out.

Game Number ______ 231 ______

Name: Chase the Single Target Left to Right (Entire Station)

Game Rules:
• Goal is to hit a specific letter-illuminated target as quickly as possible, reaching left to right and vice-versa.
• Targets on the left side of the panel illuminate with letter “R;” right side displays letter “L.” This prompts players to reach to the left side targets with their right hand and to the right side targets with their left hand.
• If the center target is lit, it should display the letter “B,” and is to be hit with both hands.
Game Category 600-623: Lights Out

This category of games turns on all of the lighted targets at once and points are earned by knocking them out. Some games are very specific about which lights can be knocked out and in what order, so pay attention as these are the only ones that will earn points.

<table>
<thead>
<tr>
<th>Light Out - Race</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light Out - Race - Lower 5 Targets</td>
</tr>
<tr>
<td>Light Out - Classic - Race - Lower 5 Targets</td>
</tr>
<tr>
<td>Light Out (7 Targets) – Timed, Keep 3 on</td>
</tr>
<tr>
<td>Light Out (7 Targets) – Counting up by 1 - Timed game.</td>
</tr>
<tr>
<td>Light Out (7 Targets) – Counting back by 1 - Timed game</td>
</tr>
<tr>
<td>Light Out (7 Targets) – Counting up and back by 1 - Timed game.</td>
</tr>
<tr>
<td>Light Out (7 Targets) – A to Z - Timed game.</td>
</tr>
<tr>
<td>Light Out (7 Targets) – Color Chase - Timed game.</td>
</tr>
<tr>
<td>Light Out (7 Targets) – Chase Smiley - Timed game.</td>
</tr>
</tbody>
</table>

Game Number ________ 600 ________

Name: Lights Out – Race

Game Rules:
- Each station begins with all lights turned on.
- Objective: Race to see how quickly all 7 targets can be put out.
- The scoreboard counts the seconds until the last target is out.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- First player or team to hit out all lights will end the game and their station will light up in celebration, with exploding targets flashing up and down the station, and score flashing to show the winners.

Game Number ________ 601 ________

Name: Lights Out – Race - Lower 5 Targets

Game Rules:
- Each station begins with all lights turned on.
- Objective: Race to see how quickly the lower 5 targets can be put out.
- The scoreboard counts the seconds until the last target is out.
- If players are using hands, then they have the ability to knock
out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.

- First player or team to hit out all lights will end the game and their station will light up in celebration, with exploding targets flashing up and down the station, and score flashing to show the winners.

Game Number ______ 602 ______

Name: Lights Out – Classic - Race

Game Rules:
- Each station begins with all lights turned on.
- Objective is to knock out all of the targets.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- First player or team to hit out all lights will end the game and their station will light up in celebration, with exploding targets flashing up and down the station, and score flashing to show the winners.
- Player to complete the game first receives a 20-point bonus.
- If one station in the system has zero activity on it the game will function and end accordingly as if that station is NOT part of the game.

Game Number ______ 603 ______

Name: Lights Out – Lower 5 Targets - Classic - Race

Game Rules:
- Each station begins with all lights turned on.
- Objective is to knock out the lower 5 targets.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- First player or team to hit out all lights will end the game and their station will light up in celebration, with exploding targets flashing up and down the station, and score flashing to show the winners.
- Player to complete the game first receives a 20-point bonus.
- If one station in the system has zero activity on it the game will function and end accordingly as if that station is NOT part of the game.
Name: Lights Out (7 Targets) – Timed, Keep 3 on

**Game Rules:**
- Each station begins with all lights turned on and all LEDs fully illuminated.
- Objective is to knock out all of the targets. When a lit target is hit the LEDs turn completely off.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will come one at a time.
- Once the four targets have been hit out, for all subsequent shots that hit out a target the system will turn on another target to keep the game going.
- Session continues with three lit targets until the last 1.5 seconds, when players have the opportunity to get all the lights out.
- When time expires, the station with the highest score will light up and score will flash to show that they were the winners.

Name: Lights Out (7 Targets) – Counting up by 1 - Timed game.

**Game Rules:**
- Each station begins with all lights displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order by seeking out the "0," then the "1," until "19."
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
- Game ends when "19" is reached.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Name: Lights Out (7 Targets) – Counting back by 1 - Timed game.

**Game Rules:**
- Each station begins with all lights displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order counting backwards by seeking out the "19," then the "18," until "0."
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
• Game ends when "0" is reached.
• 5 Points are awarded for each correct hit.
• When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _______612_______

Name: Lights Out (7 Targets) – Counting up and back by 1 - Timed game.

Game Rules:
• Each station begins with all lights displaying random numbers.
• Objective is to knock out all of the targets in sequential numeric order by seeking out the "0," then the "1," until "19."
• When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
• If "19" is reached, then count backwards until time runs out.
• 5 Points are awarded for each correct hit.
• When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _______ 618_______

Name: Lights Out (7 Targets) – A to Z - Timed game.

Game Rules:
• Each station begins with all lights displaying random letters of the alphabet including "A."
• Objective is to knock out all of the targets in sequential alphabetic order by seeking out the "A," then the "B," until "Z."
• When the correct lettered target is hit all targets refresh with new letters and the player must strike the next letter in order of the alphabet.
• 5 Points are awarded for each correct hit.
• When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _______ 620_______

Name: Lights Out (7 Targets) – Color Chase - Timed game.

Game Rules:
• The game starts with the center target displaying the color that must be chased.
• For each station begin with all lights displaying random colors including the color identified at the start of the game.
• Objective is to knock out the identified colored target.
• After a correct hit all targets will immediately refresh with new colors and the player must seek out the identified color.
• Continue play until time runs out.
• 5 Points are awarded for each correct hit.
• When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number ______ 622 ______

Name: Lights Out (7 Targets) – Chase Smiley - Timed game.

**Game Rules:**
• The game starts with the center target displaying the color SMILEY that must be chased.
• Each station begins with all lights displaying SAD FACES and SURPRISED faces in random colors including the SMILEY in the color identified at the start of the game.
• Objective is to knock out the identified colored SMILEY target.
• After a correct hit all targets will immediately refresh with new SAD FACES and SURPRISED faces and the player must seek out SMILEY.
• Continue play until time runs out.
• 5 Points are awarded for each correct hit.
• When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number ______ 623 ______

Name: Lights Out (Lower 5 Targets) – Chase Smiley - Timed game.

**Game Rules:**
• The game starts with the center target displaying the color SMILEY that must be chased.
• Each station begins with the lower 5 targets turned on displaying SAD FACES and SURPRISED faces in random colors including the SMILEY in the color identified at the start of the game.
• Objective is to knock out the identified colored SMILEY target.
• After a correct hit all targets will immediately refresh with new SAD FACES and SURPRISED faces and the player must seek out SMILEY.
• Continue play until time runs out.
• 5 Points are awarded for each correct hit.
• When time expires, the station with the highest score will light up and score will flash to show who the winner was.