



# NEURAL TRAINER

USER'S MANUAL

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# FIRST LOAD

1

Remove USB cables and plug each node

2

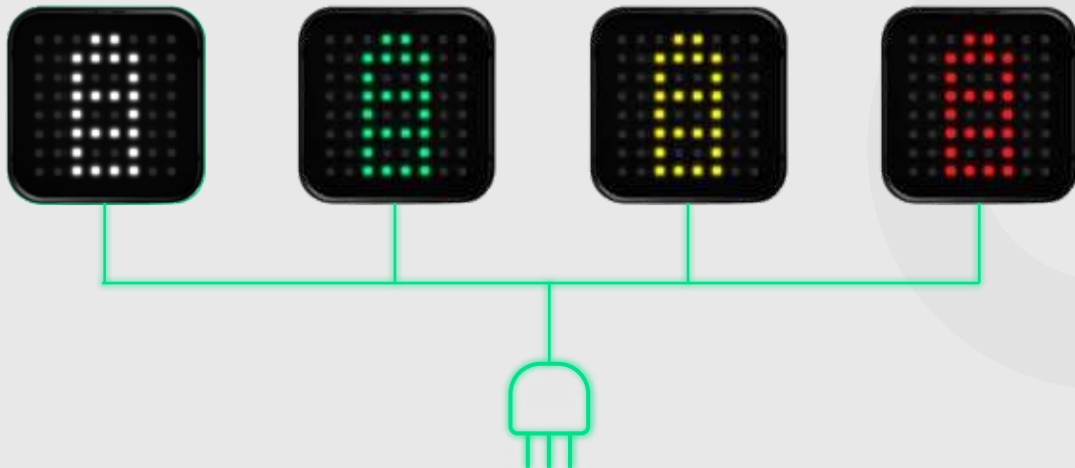
Connect charger to power source

3

Each node will show a different color light depending on battery charge level (red, yellow or green)

4

A white light mean node battery is full



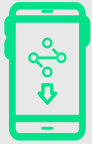
# USER REGISTER



Enter [www.neuraltrainer.com](http://www.neuraltrainer.com) and log in as client.



After a few minutes, you will receive an email to confirm your account.



# APP DOWNLOAD



After registration, you must enter to Play Store and download the Neural Trainer App.



# FIRST LOG IN

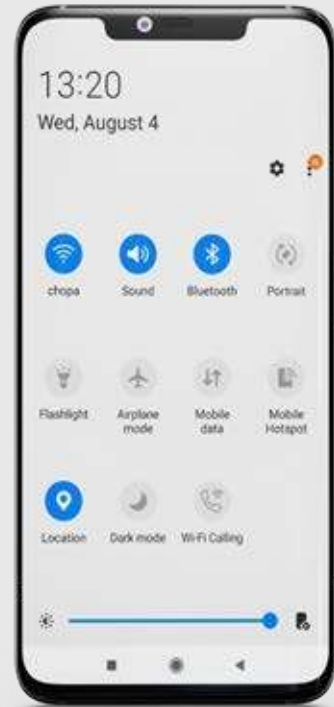


1

Turn on nodes pressing button just one time, blue circle must show on each node.

2

Turn on geolocation and Bluetooth on cellphone or tablet.



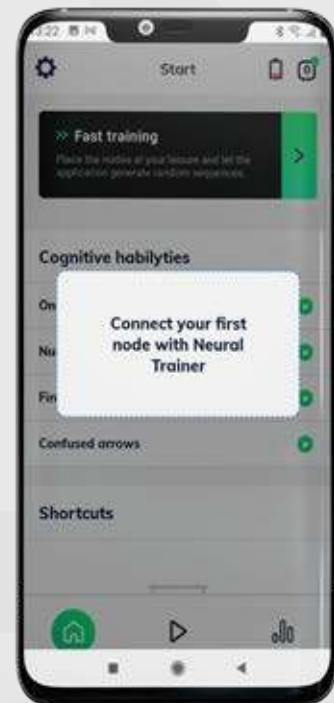
3

Log in Neural Trainer app with your account.



4

Connect first node with app following instruction on your device screen.





To check if pairing is correctly done, blue circle on node must tinkle while pairing with app, on device screen you will see “connecting”, “data confirmation” and “successfully done” when finished.

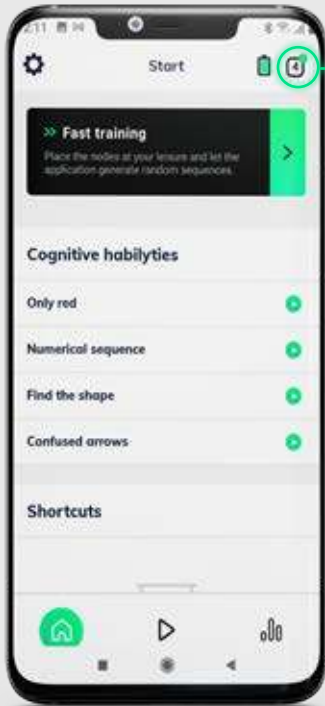


All nodes will turn off light when process is finished. When this happen go to home menu to start workouts.

If these steps have not been fulfilled in the pairing process, go to page 24 to solve this problem.



# NODES CONFIGURATION



To start your workouts you must enter “Nodes configuration” menu and assign paired nodes to a workout group. Is recommended to create first group with all nodes, 4, 6 or 8 depending on version.

All nodes connected to app will appear in white.

If desire you can identify all nodes assign to group.



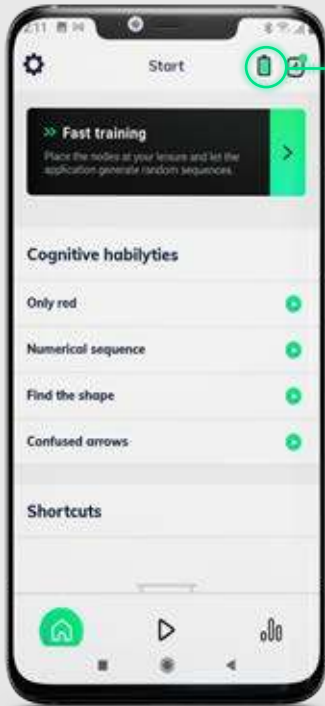
To successfully complete the process must press OK on top right icon and go back to home menu.

First, you must assign nodes to selected group. To correctly create group add all nodes to first group by tapping “+”. Same number as you quantity of connected nodes must appear.





# BATTERY AND NETWORK STATUS



Allows checking that all nodes are correctly connected to network.

Each node will turn on with its individual identification number (ID) and battery status color (green, yellow or red).





# SWITCHING ON AND OFF NODES



**First start:**  
Press for 1 second



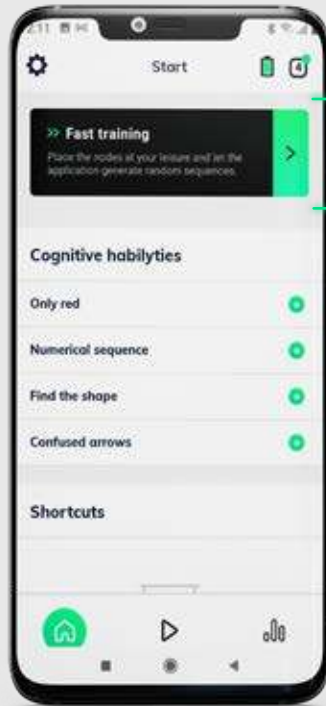
**Start / Reset:**  
Press for 1 second



**Turn off / Sleep:**  
Press for 3 seconds



# QUICK TRAINING



Allows to create workout sessions of random type, allowing to set up quantity of activations and different "estimulos" you want to work with. It will turn on one node at a time.



Delay  
time between off and on of next  
"estimulo"

Determines the  
deactivation high of node

Quantity of activations

Light time on node  
time in which the "estimulo"  
remains on

# 1 ESTÍMULOS

You may choose all “estimulos” at the same time, the app will randomly select between all the “estimulos” you have preselected or you can manually select for only specific “estimulos” to turn on, for example only numbers.



Different forms on which node turn on.

Numbers on which node turn on.

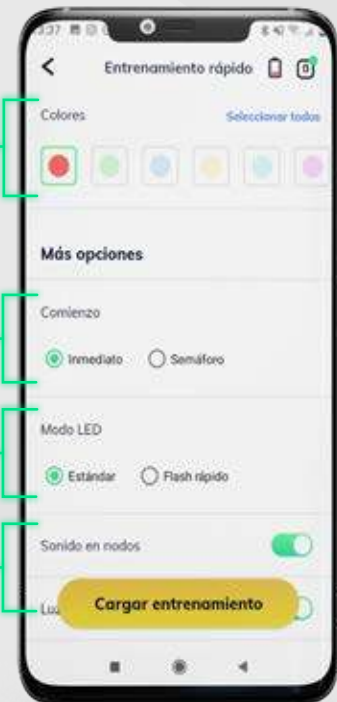
If you want to select between specific numbers, you can select for example 1 and 5 and the app will understand to show only numbers between those values.

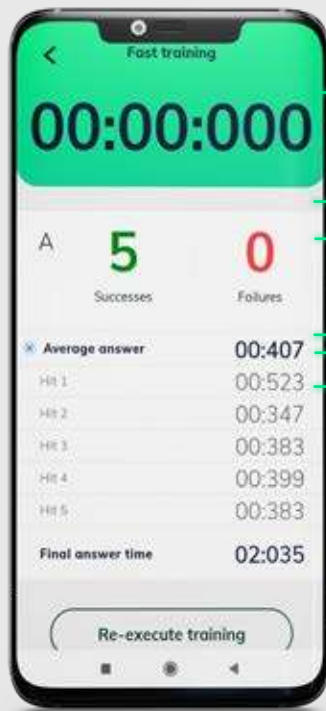
Colors with which the node is turn on.

Indicates the way to start the training.

Node light mode.

Activates node sound.





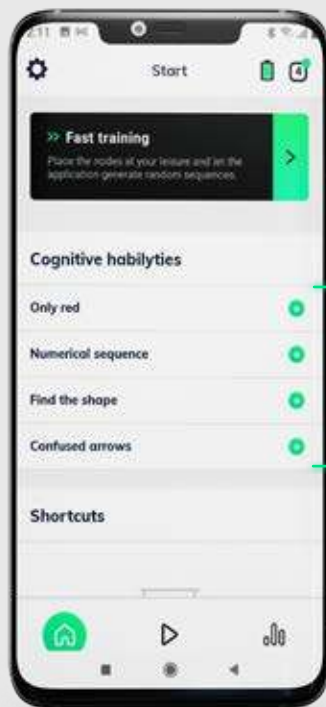
Total training time

Hits and misses

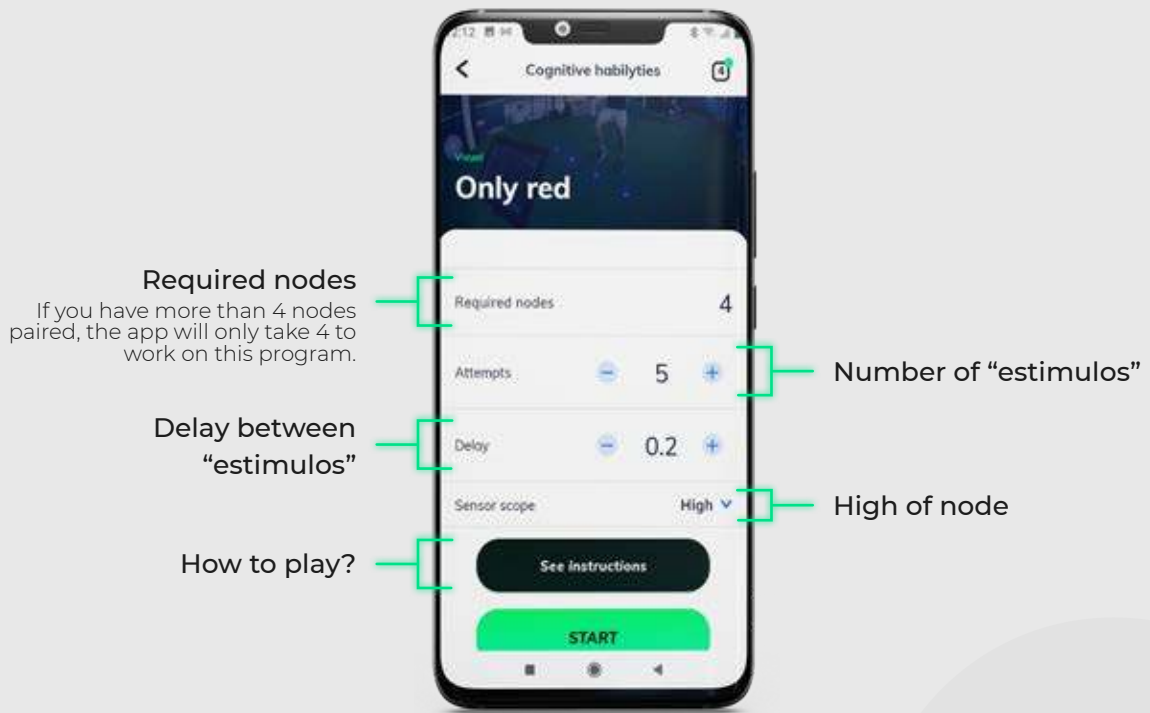
Average reaction response



## COGNITIVE SKILLS



Work out sessions created by NT team where you can export the results of your athletes in real time in pdf.



## PROGRAM TRAINING



Allows creating personalized trainings. Each sequence is made of multiple steps that can turn on up to 8 nodes at the same time.

Programming screen consists of two sections. One where you visualize sequence and steps and nodes are added, the other where selected node and its “estimulos” is configured.

Start your programming by adding and configuring a Node to the first step.



## “ESTIMULOS” CONFIGURATION

Section where the “estimulos” assigned to each Node are configured within the steps.



Indicate ID of selected Node

Node light mode

Different forms on which node turn on

Numbers with which the node is turn on

Colors with which the node is turn on

## STEPS CONFIGURATION

Section where the steps of the sequence are display. You can add nodes to a step and steps to a sequence.



"Estimulos" assigned to each node within the step.

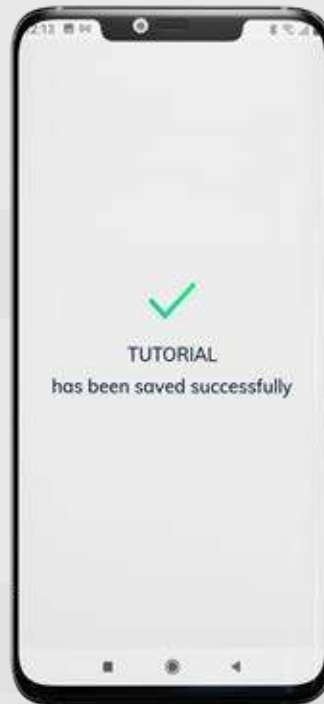
### Light time

You can manage light time on each step, how long all the lights will be on.

### Delay between steps

You can manage the delay time, that is, the time that passes between when all the lights of 1 step are deactivated and the lights of the next step are turned on

## SAVE TRAINNING

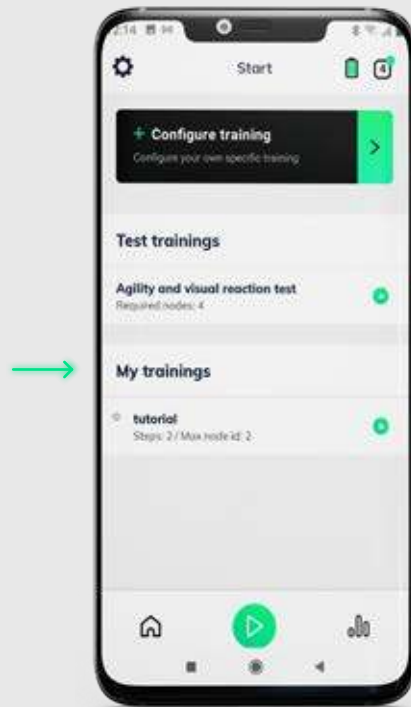


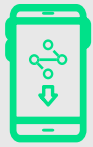




# MY TRAININGS

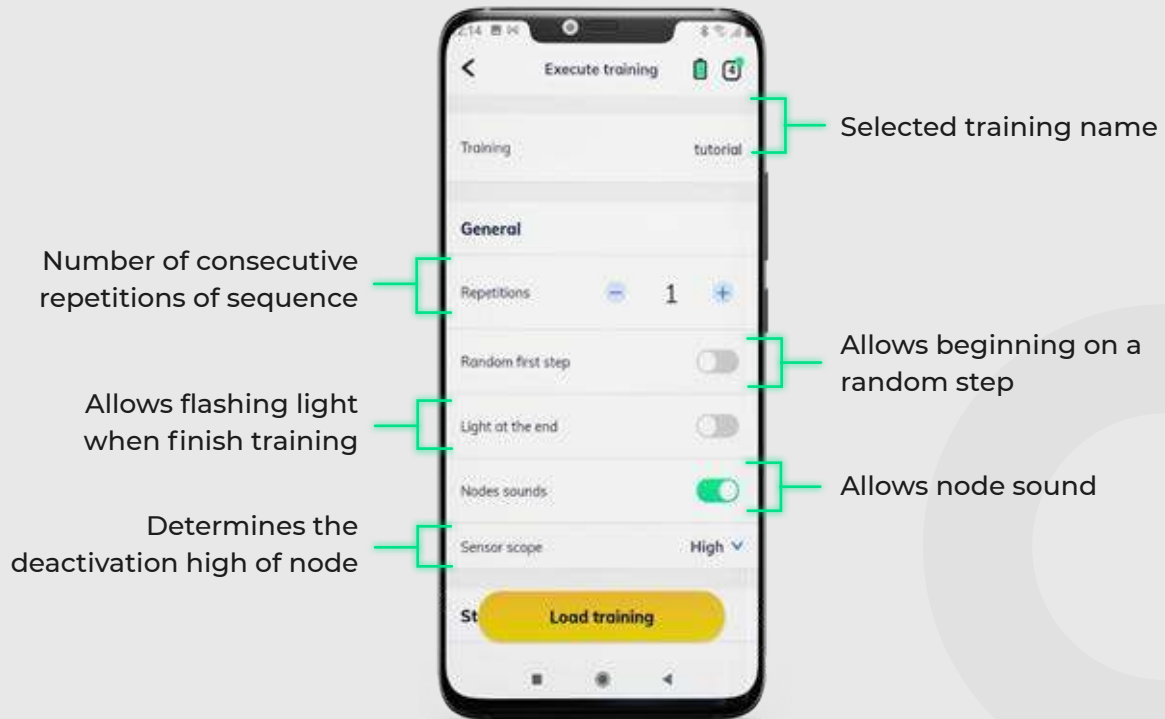
After programming a training session, you can run it by accessing through My Trainings menu.





# RUN TRAINING

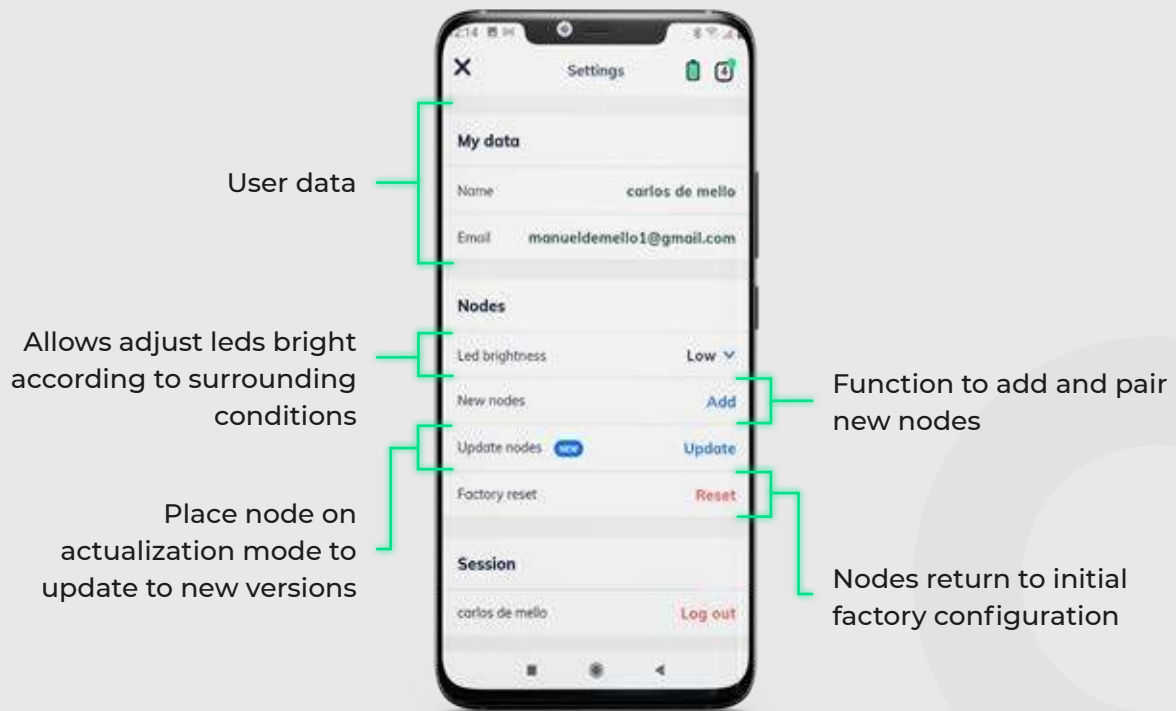
After programming a training session, you can run it by accessing through My Trainings menu.





# GENERAL SETTINGS

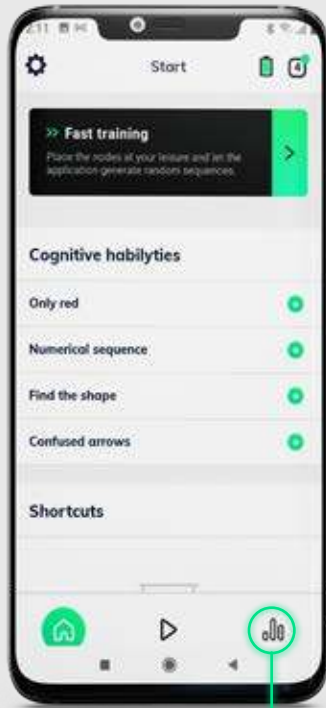
Once you access this option, you will see the following screen:



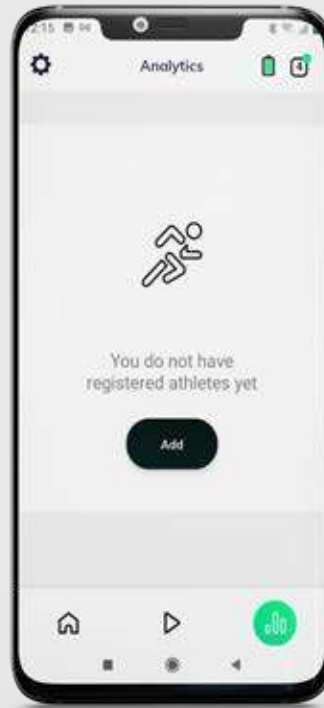


# ANALYTICS

With analytic function you can create athlete profile and load training results, you can also export on real time training session results.

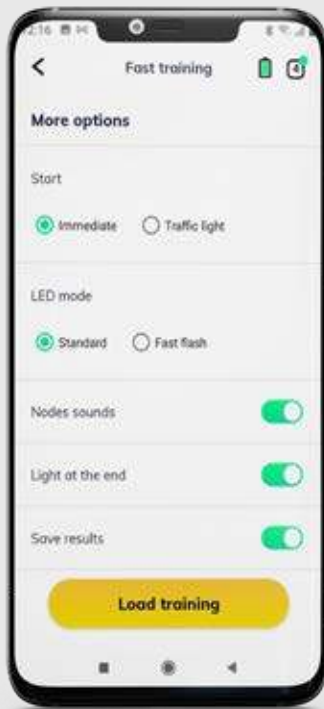


First access analytic function



Then add athlete profile

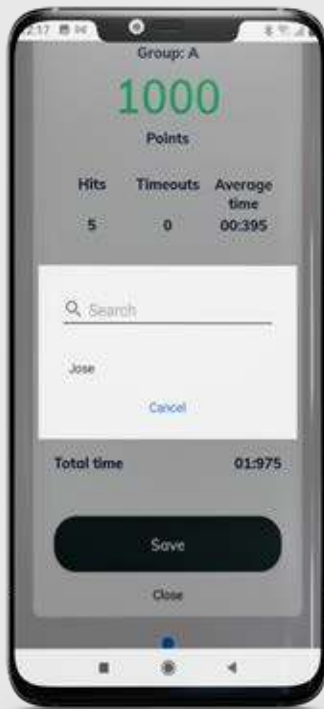




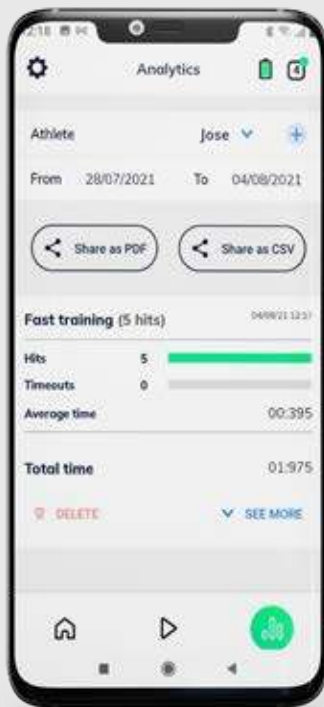
To match training to a specific athlete, go for example to quick training and select last option, LOAD RESULTS



Associate them to athlete when session is finished selection LOAD option.



A menu with all loaded athlete will appear.



When the session ends, go back to Analytic menu to view the results of the recent session in detail.



You can also send results to athletes on real time on pdf by email or by any app of instant messaging.



## RESTOR TO FACTORY SETTINGS



To reset nodes to factory settings you have to press node start button for 10 seconds and wait until blue circle appears.

This function is used when you want to pair node to a new mobile device.



# PROBLEMS SOLUTION

## PAIRING PROCESS



When you first do the pairing node process, it may happen that process fail. This will be shown with an x, error and time out on screen.



To start process again you just have to restart node that fail by pressing start button. Node will show a blue circle and it will appear on the pairing screen to be selected and pair to app again.

Notice that when error appears node will not be shown on pairing screen to be selected, you must restart node to see it again.



## REGARDING THE FAILURE OF RECONNECTION WHEN TURNING ON ALL THE NODES



Sometimes nodes may not pair to app when turn on, remember every time you turn on nodes, that a green tick must appear, if this does not happen just go to Bluetooth menu on device and restart. Then you will see how nodes automatically show the green tick.

## ERROR DURING TRAINNING SESSION LOAD

When loading a work out session an error with name “cannot load node 1/2/3/4” may occur. In that case, just reset node that indicates error by pressing node button one time.

# UPDATE



To update nodes you must go to configuration menu and select node update



On the next menu, on the left side you will see the actual version of the node, on the right side the available version to update.

Press the blue button and watch how the node you selected to update turn cyan, on device screen you will see the following message:



When process ends node will show a green circle and then a tick, as signal of successful update. On your device reload by swiping your finger from top to bottom of the screen, and you will see updated version on green on device screen.



**TAKE YOUR TRAINING  
TO THE NEXT LEVEL.**