

PUSH Pucks



Manual

Using the product

The pucks are used, among other things, for reaction, mobility, sports, fitness, general movement and exercise. The devices are connected via Bluetooth and belong to the same group of pucks.

One of the devices is the leader puck and is marked with a red label on the back. It is via the leader puck that you choose which program you want to run. The rest of the pucks are followers and are marked with a gray label.

The pucks are triggered by pressing or swiping near the sensor on the top of the devices. The pucks have several different training programs to choose from.

Function

- Built-in training programs
- Bluetooth connectivity
- Sensors
- Digital display
- RGB lights
- Rechargeable battery
- Solid construction
- Sounds

Teknisk data

Charging Voltage: DC5V

Working Voltage: DC3.7V

Working current: <110mA

Static current: <45mA

Connectivity: Bluetooth5.0 2.4G

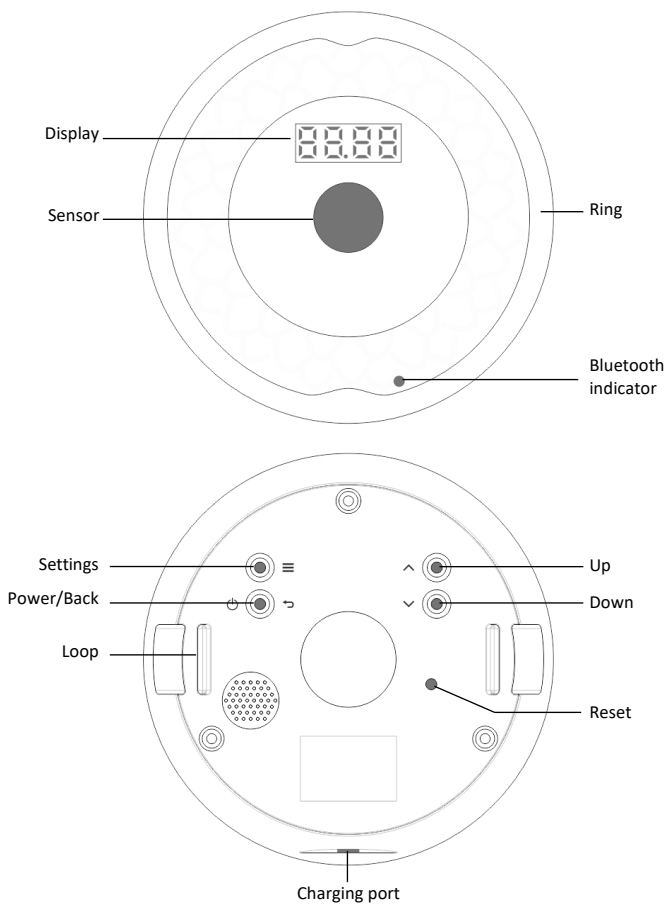
Charging port: USB type-C

Battery capacity: 1000mA Li-poly

Dimensions: 130x130x30mm

Weight: 175g

Diagram



Button function



【SETTINGS】 Press and hold to change settings.



【POWER/BACK】 Press and hold for on/off. Tap exit a program



【UP】 Select a training program by using the up arrow.



【Down】 Select a training program by using the down arrow.

Start a round

The pucks use Bluetooth technology and automatically connect to each other when you start them. You start the pucks by press and holding the power button.

When all devices are connected, the leader puck starts a blue slowly blinking light, which indicates that the pucks are ready to start. Use 【UP】 or 【DOWN】 to select which program you want to run.

Quite common when you first start using the pucks: If you accidentally trigger the sensor on the leader puck, the last selected program will start. To avoid this, simply hold the leader puck a bit further away from you when the blue blinking light is on!

Your programs

A1: Sequential mode

Puck 1 lights up, press or swipe your hand over the sensor, the light turns off and Puck 2 lights up, etc.

A2: All green

All the lights come on, trigger them one by one until all pucks are “off” and then the next round starts and all the pucks light up again.

A3: Random mode

One of the most used programs and also one of the simplest. A random puck lights up, trigger the puck and the next random puck will light up.

B1: Sequential mode with timer

Based on A1 but you only have a couple of seconds to trigger the puck. The number of seconds can be changed in settings.

B2: Random with timer

Based on A3 but you only have a couple of seconds to trigger the puck. The number of seconds can be changed in settings.

C1: Hunt for green

One random puck lights up in green color, the others get a distracting color. Chase and trigger only the green light that gives you points. The leader puck will display your points. Gametime: 60 sec.

C2. Versus mode

Two players or teams. One random puck is green and another random puck is red. One player/team is chasing the green light and the other player/team is chasing the red light. When the round is over, the score is displayed on the leader puck. The two first digits are the point of the red player/team and the last two digits are the point of the green player/team.

C3. Train brain

Based on A3 but the light shines either red or blue. Choose whether to use your left hand on red and your right hand on blue or why not use a hand on red and a foot on blue? You might come up with something of your own - the choices are many!

C4. Tick Tock

Based on the A3 but on the leader puck, you now have a timer that counts down the number of seconds from 60. How many pucks do you have time to push off in a minute?

D1. Time Attack

Measure how long it will take you to trigger a set number of pucks. The leader puck will be counting the time and in settings SE40 you can set how many triggers you want in a round (1-99).


D2. Beep

Based on A3 but the puck that is on will be giving a beep sound every one sec. This program is good for visually impaired players or for anyone who likes to use sound when training.

D3. Home Base

Place the leader puck as a home base. Place the followers anywhere you want. At first a random follower will light up and then the home base, then another random puck followed by the home base and so on. This way you can either train intervals or engage larger groups that change player every time the base has been triggered. A suggestion is to make some sort of obstacle course where the route to the followers are different.

Power off

To turn the pucks off, press and hold the power button. When the display says PooF, you confirm the power off with the  button that is located above the power button.

The pucks will automatically power off if left idle for a longer period of time.

Settings

The following options can be used to change the settings of the pucks. Please do not use settings SE10, 20, 30, 60, 90. Doing so may unpair your pucks or do a factory reset.

To change settings press **【SETTINGS】** when a program is not running.

SE40: Changes the maximum number of rounds. By default, the setting is set to 99 rounds. This works for programs A1, A2, B1, B2 and D1

SE50: Changes the timer for the maximum time in programs B1 and B2. By default, the setting is set to 3 sec.

SE70: Sound on/off. 01=On and 0=Off.

SE80: Auto power off. 0=Off and 1=On