

IM Program Features



A. **Menu Bar:** Contains lists of necessary and additional functions and settings.

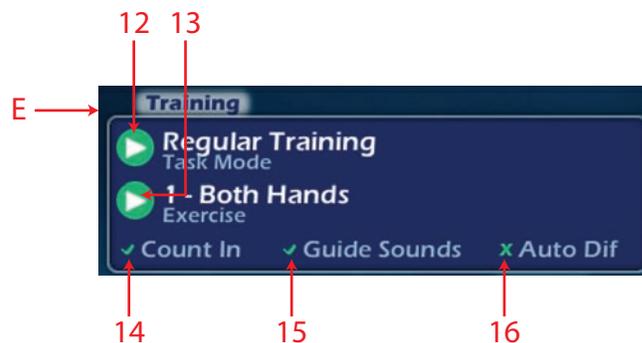
B. **Control Panel:** Displays options and information used during tasks

1. **Counter:** Displays and counts down the number of repetitions and the number of minutes set for a task. When in assessment modes, the number of repetitions/minutes is preset. However, for “Regular Training” and “In-Motion” modes, you can set the number of repetitions or minutes by clicking on the up or down arrows. **NOTE:** *The repetitions/minutes can only be adjusted when a training file is open.*
2. **Tempo:** Displays the rate (beats per minute) of the reference tone. The default setting is 54 beats per minute. When in assessment modes, this is a fixed setting. However, for “Regular Training” and “In-Motion” task modes, this can be adjusted by clicking on the up arrow to increase the tempo or the down arrow to decrease the tempo.
3. **Difficulty:** Indicates the millisecond threshold beyond which your client will hear negative feedback telling him he is Very Early or Very Late. As long as your client stays below this millisecond threshold, he will hear the more pleasing Right-On and Super Right-On guide sounds. To select the Difficulty, the “Auto Dif” must be turned off (no check in box). Difficulty is adjusted by clicking on the up or down arrows on the Control Panel to increase or decrease it.
4. **SRO:** Displays the minimum millisecond score required to achieve a “Super-Right-On” or SRO hit. The default setting is 15 milliseconds (therefore, if you don’t change anything your client must hit between 0-15 ms before or after the reference beat to achieve a SRO hit). The SRO threshold can be adjusted as you deem appropriate to make training easier or more challenging. You can choose a SRO threshold between 10 - 60 milliseconds. **NOTE:** This feature should be used in conjunction with difficulty and/or tempo to achieve the most SRO hits.
5. **Burst Threshold:** Burst Threshold determines the number of consecutive, or in-a-row, hits your client must make to earn 1 Burst. A burst is earned each time your client hits a designated number of times consecutively in the SRO range. This number is designated by you when you set the Burst Threshold. For example, the default Burst Threshold is 4. Therefore, each time your client hits 4 times in-a-row within the SRO range of 0-15 ms, he earns 1 burst. If he earns 10 bursts over the entire exercise, that means on 10 different occasions during that exercise he made at least 4 SRO hits in-a-row. To adjust the Burst Threshold, click on the arrow on the Control Panel next to Burst. You will then select a threshold between 2 -15 hits. **NOTE:** This feature should be used in conjunction with difficulty and/or tempo to achieve the most bursts.

- C. **Sound Volumes Panel:** Displays the volume setting for IM tasks.
6. **Ref:** Displays the volume for the **Reference Tone**. The default setting is 127. Use the arrow and slider to set the desired volume.
 7. **Guide:** Displays the volume for the **Guide Sounds**. The default setting is 127. Use the arrow and slider to set the desired volume.
 8. **RO:** Displays the volume for the **Right On** tone. The default setting is 127. Use the arrow and slider to set the desired volume.
 9. **SRO:** Displays the volume for the **Super-Right-On** tone. The default setting is 127. Use the arrow and slider to set the desired volume.
 10. **Master:** Displays the master volume for the IM exercise. The default setting is 107. Use the arrow and slider to set the desired volume.
 11. **Game:** Displays the volume setting for the background audio on training visual screens. Use the arrow and slider to set the desired volume.
- D. **Traffic Light Icon Button:** Starts and stops the selected task. The “F2” key performs the same action. This button will not illuminate if the MCU is not connected or if no file is open.



- E. **Training Panel:** Contains options for task mode and exercises.



12. **Task Mode Selector:** Lists and indicates which mode is selected including: Short Form Test, Long Form Assessment, Regular Training, In-Motion, or Attend Over Time. **NOTE:** Selection of Long Form Assessment enables another group of check boxes – Pre, Interim, and Post.
13. **Exercise Selector:** Lists and indicates which exercise is selected. Each task mode has a different list of available exercises. **NOTE:** When in assessment modes, the sequence of exercises is presented in a set order and automatically advances to the subsequent exercise.
14. **Count-in:** When checked, adds five “warm-up” repetitions (beats) to the counter. These will not be counted by the program, which will begin recording data on the sixth repetition of the task.

15. **Guide Sounds:** When selected (checked), activates feedback tones in addition to the reference tone. When deselected (no check in box), only the reference tone is heard. When in assessment modes, this is preset. However, for “Regular Training” and “In-Motion” modes, this can be turned on or off.

16. **Auto Dif:** When “Auto Dif” (Auto Difficulty) is selected (box checked), the program continuously changes the “Difficulty” setting during an exercise based on the individual’s most recent trigger hits.

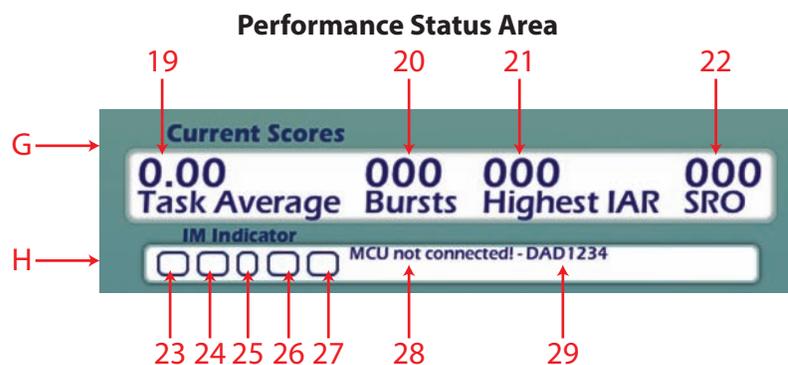
F. **Member Panel:** Contains trainer and trainee information.



17. **Trainer:** Displays the IM provider’s name. If there is more than one provider name in the file (which is possible only with a file created using a version of the IM software prior to IMPro version 6.0), select from the drop-down box by clicking the arrow and then select the desired name.

18. **Trainee:** Displays your client’s name. If there is more than one individual’s name in the file (which is possible only with a file created using a version of the IM software prior to IMPro version 6.0), select from the drop-down box by clicking the arrow and then select the desired name.

The **Performance Status Area** displays data calculations based on trigger hits recorded during an assessment or exercise. In certain Training Visual screen it also displays indicators related to accuracy of your clients’s trigger hits in relation to the reference beat. Hits fall into pre-defined specified areas range from 555 milliseconds before the reference tone (Very Early) to 555 milliseconds after the reference tone (Very Late). A hit falling on zero milliseconds is synchronized exactly with the reference tone.



G. **Current Scores Panel:** Contains performance data during the task.

19. **Task Average:** Displays the current millisecond average of your client’s trigger hit while an assessment or exercise is in progress.

20. **Bursts:** Counts and displays how many times the current burst rate was achieved during an exercise. For example, if the **Burst Threshold** is set to 4, each time 4 trigger hits in-a-row are within 15 milliseconds of the reference tone, the Burst counter will increase by 1. **NOTE:** You can make changes to the **Burst Threshold** via the control panel.

21. **Highest IAR:** Counts and displays the highest number of trigger hits in-a-row that were within the selected SRO range during any one uninterrupted assessment task or exercise. Keep in mind, 15 milliseconds is the default SRO setting. **NOTE:** *You can make changes to the SRO threshold via the control panel.*
22. **SRO:** Counts the number of "Super-Right-On" hits during an assessment task or exercise. **NOTE:** *You can make changes to the SRO threshold via the control panel.*

H. **IM Indicator Panel:** Displays real-time feedback as your client hits the trigger.

23. **Very Early Hit Box:** Indicates that the trigger hit was very early (beyond the maximum millisecond value set for "Early" trigger hits) and displays how far away from the reference tone it was in milliseconds.
24. **Early and "Super-Right-On" Hit Box:** Indicates that the trigger hit was early and displays how far away from the reference tone it was in milliseconds. "Super-Right-on" hits that do not fall exactly on the reference tone, but are early by less than 15 milliseconds, also appear in this location.
25. **Visual Guide:** A set of lines in the square that flash exactly on the reference beat.
26. **Late and "Super-Right-On" Hit Box:** Indicates that the trigger hit was late and displays how far away from the reference tone it was in milliseconds. "Super-Right-on" hits that do not fall exactly on the reference tone, but are late by less than 15 milliseconds, also appear in this location.
27. **Very Late Hit Box:** Indicates that the trigger hit was very late (beyond the maximum millisecond value set for "Late" trigger hit) and displays how far away from the reference tone it was in milliseconds.
28. **MCU Connection:** Displays the connection status of the MCU.
29. **IM Data File:** Displays the file that is currently open for training.