

## MOVE. MEASURE. MOTIVATE.

FITLIGHT™ is an engaging training program that challenges a client to perform a series of gross motor movements to a light sequence.

The goal of the training is to deactivate the light (by proximity or impact), as fast as possible, and move on to the next light in the sequence.

As each light is deactivated, response time is measured and real-time feedback is provided. Training data is captured on the tablet for immediate performance review. Objective reports can be analyzed in the cloud database.

The FITLIGHT™ software allows users to pre-program sequences, use the spilt-time test or random training mode. All settings are adjustable providing your client a customized training experience. The equipment is durable, portable and provides a wireless signal with over 240 feet!

FITLIGHT™ can easily be combined with other exercises and modalities for an overall larger improvement.

**FITLIGHT™ Training is flexible, fun and measurable so clients of all ages and abilities can benefit.**



### PEDIATRICS

FITLIGHT™ allows children to engage in functional and social learning by providing motivational exercises for the enhancement of focus, motor skills, sensory processing, coordination and concentration.



### ADULTS

FITLIGHT™ is used to rehabilitate patients from a wide range of medical diagnoses by providing a new, dynamic and visual learning framework to enhance motor skills, reaction timing, range of motion, coordination and proprioception.



### PERFORMANCE

FITLIGHT™ provides the flexibility allowing easily customize routines for fitness conditioning or sport specific training. The feedback brings awareness to the athlete's current form and allows them to create tangible goals to improve.



**COGNITION**



**MOTOR  
COORDINATION**



**BALANCE  
& GAIT**

- Upper & lower extremity range of motion
- Muscle strength
- Physical endurance
- Dynamic & standing balance
- Bilateral coordination
- Gait training
- Reaching outside base of support
- Obstacle negotiation
- Body awareness in space
- Eye-hand coordination
- Visual-motor integration
- Static to dynamic scanning
- Executive attention
- Sustained concentration
- Processing speed



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\*Interactive Metronome® is the exclusive FITLIGHT™ North American distributor for use in rehabilitation.

## LIGHTS & TABLET

Wireless Range	240 ft. (line of site to tablet)
Size	4.5 in. diameter
Weight	10 oz
Battery Charge (Lights)	10 - 12 hours
Battery Charge (Tablet)	6 - 7 hours
Battery Type	NiMH
Universal Charger Voltage	100/240 V
Programmable Activation Distance	0 - 2.5 ft.
Programmable Activation Times	Yes
Programmable Light Modes	Flashing, Constant, Multi Colored
Color Options	Fuchsia, Red, Yellow, Green, Aqua, Blue
Water Resistant	Yes
Outdoor Capable	Yes
Activation Settings	Contact, Proximity
Accelerometer	2g, 4g, 8g sensitivity
Sound	Yes, Multi-tone Buzzer
Maximum Lights Per Controller	32
Data Capture	Yes
RIFD Capable	Yes
Impact Resistant	Yes

## ELECTRICAL DATA

100-240VAC - AC to DC	Universal Power Supply
Frequency	50/60Hz
Power Consumption	30 Watts.

## PHYSICAL DATA

Weight	10 oz per light
Weight of 8 Lights & Case	7.5 lbs

## SYSTEM INCLUDES:

- FITLIGHTS™ (8-12-or- 24)
- Tablet Controller
- Universal Power Supply
- Velcro Backs (8-12-or- 24)
- Velcro Pads (16-24-or- 48)
- Charging/Carrying Case
- FITLIGHT™ Cloud-based Dashboard Subscription (2 years)
- FITLIGHT™ Software (PC & Mac)
- 1 Year Warranty



**ENHANCE TRAINING WITH FITLIGHT™ ACCESSORIES**