



[IBO] Interactive Brain Optimizer

# Cognitive & Agility Trainer User Manual

# **Cognitive & Agility Trainer User Manual**

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#### **FCC Statement:**

#### **Federal Communication Commission Interference Statement**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- ●Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC Caution:** Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause

harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

For product available in the USA/Canada market, only channel 1~11 can be operated. Selection of other channels is not possible.

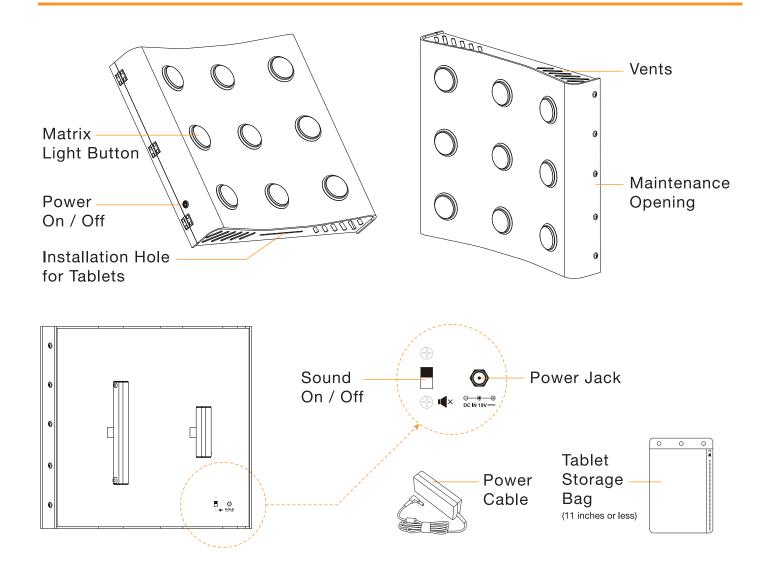
This device is restricted for indoor use.

#### **IMPORTANT NOTE:**

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20 cm between the radiator & your body.





# 02 Product Specifications

\* Site Name: K-drive\*\*\*\* (4-digit serial number)

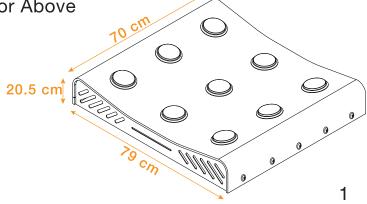
\* Main Body Size: 79 X 70 X 20.5 cm

\* Main Body Weight: 30 kg

\* Input Power: Operating Voltage 19V DC Current 1.8A

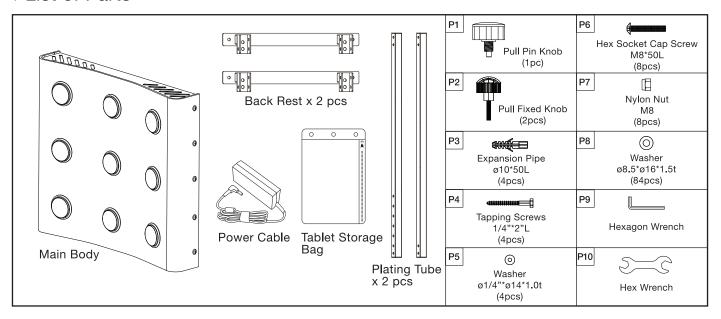
\* System Requirement: Android 6.0 or Above

\* Language: English



# 03 Product Installation Instructions

#### \*List of Parts



#### \* Installation Steps

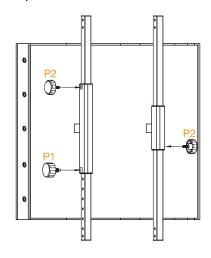
Step 2

870 mm

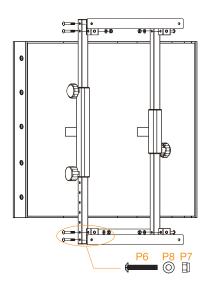
870 mm



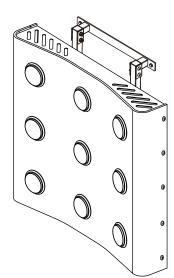
Step 3



Step 4

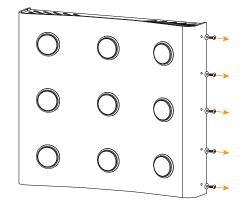


Finished

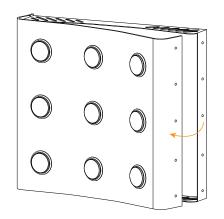


# \* Tablet storage installation

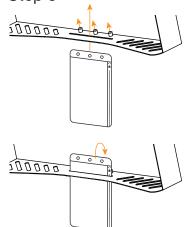
Step 1



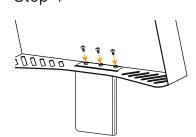
Step 2



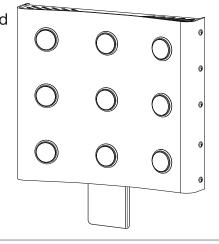
Step 3



Step 4



Finished





# 04 Booting and WIFI Connection

\* Turning on the power button (1)

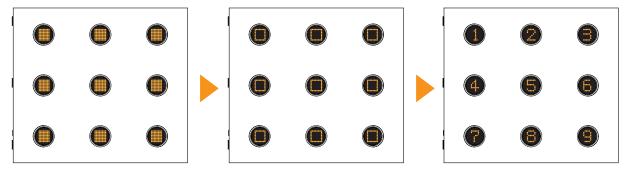




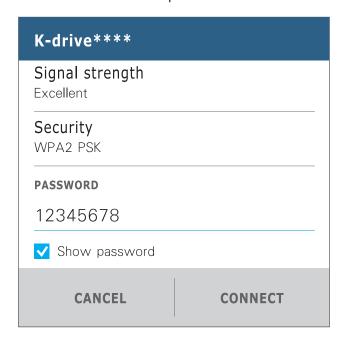
\* Automated check of LED lighting when turned on:

Lighting will be displayed according to the three images below for about 5 seconds, then the trainer is on standby.

(For detailed descriptions on the lighting codes, please see P.12)



\* Entering mobile / tablet Setting > WIFI and network > WIFI setting Search for the site: K-drive\*\*\*\* > Connect WIFI connection password: 12345678





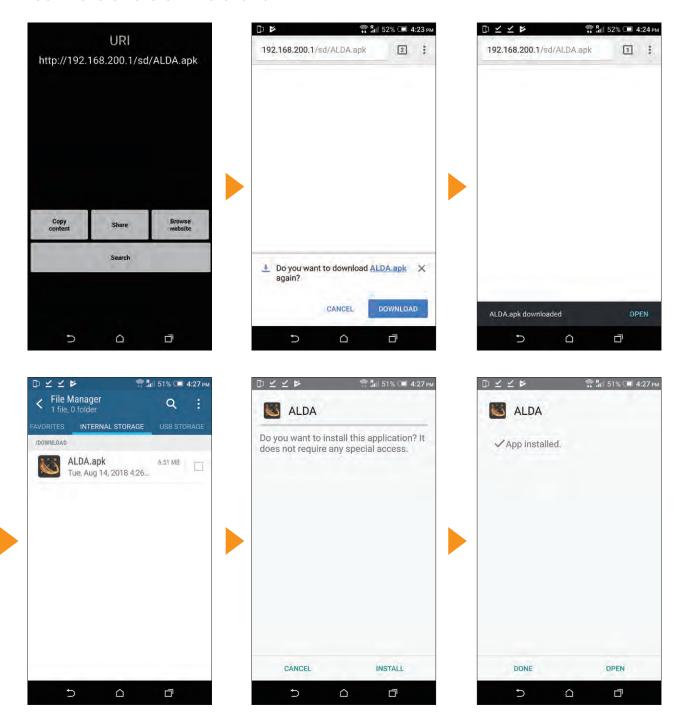


#### \* Download the APP software from the main body

- (1) Turn the power on, make sure the main body is connected to the WIFI before downloading.
- (2) Scan the QR Code on the right, click "Open Website" or go to http://192.168.200.1/sd/ALDA.apk to download the software and start installation

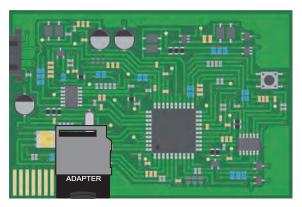


Download at: ALDA.apk

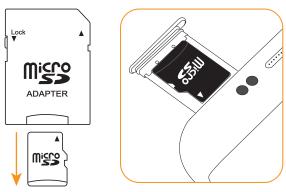


#### \*Install the APP software from the main body MicroSD

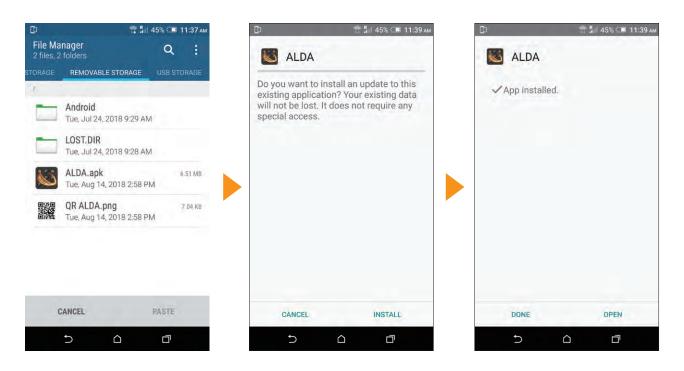
- (1) Open the main body maintenance opening, take out the memory card on the main board (adapter card + MicroSD)
- (2) Take the MicroSD off from the adapter card, insert the MicroSD card into the card vent of a mobile / tablet
- (3) Go to the mobile / tablet's list of APPs > File Manager > Portable Storage
- (4) Choose ALDA.apk to start installation
- Note: If the memory card is not yet inserted in the main body, the software cannot be downloaded or installed by scanning the above QRCode



Push and the memory card would come out of the vent



Mobile / tablets of different brands have different locations of memory card vents, please contact your equipment supplier for more details





#### 06 Software Interface Instructions



\*Open the APP



- \* APP front page, which shows the main body is connecting.
- \* Note: If WIFI is not connected, the main body will not be able to run the APP





- \*Log in page
- \*When first logging in, you must log in with the top authorized manager account, and add the trainer account and password before successfully logging in for use.
- \* Top authorized manager account & password (default)

Account: Admin Password: 12345678





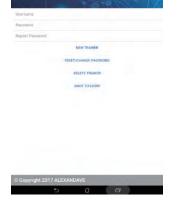
- \* Admin Top authorized manager managing page
- \* Add / delete trainer account & password (beware of upper and lower case)

Add account: Enter account & password at the USERNAME column > Add trainer Delete account: Enter account at the USERNAME column > Delete trainer

\* Reset / change trainer & admin password (beware of upper and lower case)

Reset password: Enter account & new password at the USERNAME column > Reset

\* Note: Admin account can only be used to log in to manage trainer accounts, it cannot be used to enter training. If the Admin password has been changed, and you forget your password, please re-install the software. After re-installation of the software, all original trainer & trainee accounts will be erased.





- \* Trainer login page.
- \* Click on the Trainer Name below the trainer account > Enter password > Login





- \* Trainer login managing page.
- \* Click on CREATE NEW TRAINEE to add trainee information: Number / Name / Sex / Birthday / Remarks
- \* Note: After Trainer login, one must add Trainee account to conduct training.





- \* Trainee login page
- \* Click on Trainee Name to enter training page.

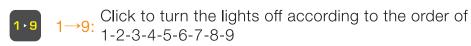




# 07 Training Mode Instructions



#### \* Logic Numbers





Odd Number: Turn lights 1, 3, 5, 7, 9 off (no need to do it by order)





# AGILITY TRAINER KNOCKOUT 3 SHALS 5 SHALS

#### \* Knockout - Whack-a-mole







9 Lights: When 9 lights are lit, turn these lights off



# \* Reaction — Agility training Ariable Speed: Turn the lights off

Note: The faster you turn them off, the faster the lights are lit





#### \* Tic-Tac-Toe



#### Interactive Mode:

When training starts, all lights will be turned off. The 2 players can then take turns to press on the O / X lights.



# 08 Program Operation and Setting Instructions



\* Courses — Choose your training mode



Click on "Courses" to choose your training mode (login default page)

- \* There are 4 categories of training modes Logic Numbers / Knockout / Reaction / Tic-Tac-Toe
- \* After clicking on the training mode ICON, training starts after the countdown 3-2-1



\* Terminate & end training: Click on the mode again to end it.



Note: Once training has started, you cannot change to another mode. You must terminate the ongoing training before choosing another mode.







\* Leave training mode:

Click on the Return button 📁 twice to leave the APP.



\* Records training results data



Click on Records to check training history record.

- \*Recording of training results of the different modes:

  Logic Numbers Total time(sec.) of completion

  Knockout Total time(sec.) of completion

  Reaction Accuracy(%), Total time(sec.) of completion

  Tic-Tac-Toe Total time(sec.) of completion
- \* Results Rate(%) of terminated trainings are displayed as \*\*\*



#### \* Settings

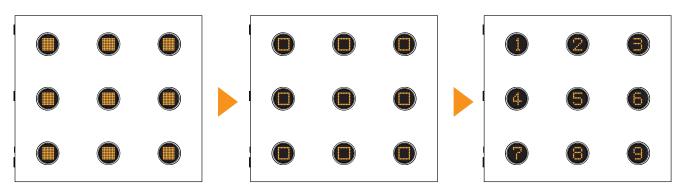
- Check trainee information (not open for editing yet)
- Turn on / off APP software sound effects.
   Note: Turning off APP sound effects would also mute buttoning sound effects for the main body
- Set number of training: 1-99 times (system's default is 10 times)

<b>✓</b>	Sound	
Repe	t:10	
1 —	99	)

#### 09 Product Introduction

#### \* LED light power on check:

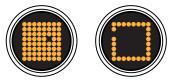
Turn the power on, the lights will display the following 3 images to check that the matrix lights are functioning normally. If there is any problem, please also state the number of lights with the abnormality.



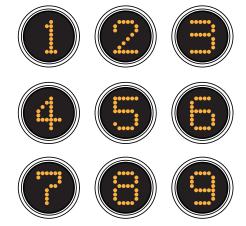
#### \* Normal display of LED lighting:



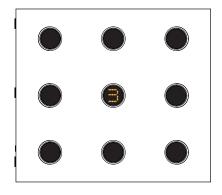
### \* Abnormal display of LED lighting:



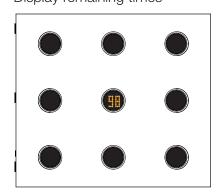
## \* Number of LED lights:



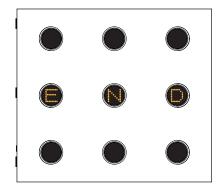
\* Start of training countdown: Display countdown 3-2-1-0-start



\* Number of training countdown: Display remaining times



\* End of training: Program displays END





# 10 Trouble Shooting

No	Problem	Solution
1	Cannot read APP download pathway	Make sure the power of the main body has been turned on. Please go to Settings to confirm WIFI connection, and that WIFI has been connected to K-drive****
2	APP cannot be opened	Please go to Settings to confirm WIFI connection, and that WIFI has been connected to K-drive****
3	Abnormal lighting or decrease in speed	Please turn on power of the main body again.
4	Forgot password (Trainer)	Please login as Admin to reset password of Trainer.
5	Forgot password (Admin)	Please uninstall the APP and then re-install (reset to factory settings)
6	Course cannot start	The program is running. Please start other modes when it stops running; or select the program again to terminate training.
7	Not connected to Agility system	Please go to Settings to confirm WIFI connection, and that WIFI has been connected to K-drive****
8	Time out	The machine enters power saving mode when left unoperated for over 3 minutes, thereby ending training. Please press OK (the confirmation button) and click on the program again to start training.



# Warnings & Safety Precautions

- Please do not put heavy items on top of the machine.
- Please do not expose the machine to direct sunlight or in contact with water.
- Please keep the machine away from heat, moist or a dusty environment.
- Under normal use, please place the machine in an open area to facilitate cooling.
- Please wipe the machine with a clean cloth. Do not clean with cleansers to avoid damage to the surface of the case.
- During use, please avoid wearing accessories such as rings, so as to avoid scratching on the surface of light covers.
- During use, if problems such as abnormal cooling or weird smells occur, please stop using immediately.
- If the above instructions are not followed, it might result in damages to the equipment.



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