Agility Lights
- *Manual* -

Training Modes and Colors:
- Simple Lights   (green)
- All ON All OFF   (blue)
- Return to Master   (yellow)
- Partner Mode   (aqua)
- Timer Mode   (magenta)
- Counter Mode(Master Only)   (white)

1.Simple Lights
Submenu :
-Select number of lights (white)   (Max:10)
-Number of colors (green)   (Max:6)
-Set Counter (red)   (Max:6)

Description:
"Simple lights" training mode is made that a light will light up when the previous light on was touched. Using different scheme of colors with different number of light modules you can combine them to achieve fast , explosive and reactive type of training , training not only your muscles but also your cognitive ability for reaction.

Observation:
-For every LED light up for "Set Counter" a multiplier of 5 will be applied. Meaning 1 LED = 5 reps , Max of 6 is equal to 30 Reps.

2.All ON All OFF
Submenu :
-Select number of lights (white)   (Max:10)
-Number of colors (green)   (Max:6)
-Set Counter (red)   (Max:6)
-Stop Interval duration (blue)   (Max:6)

Observation:
-For every LED light up for "Set Counter" a multiplier of 5 will be applied. Meaning 1 LED = 5 reps , Max of 6 is equal to 30 Reps.

- For every LED light up for "Stop Interval Duration" a multiplier of 200ms will be applied. Max "Stop Interval Duration" will be 1,2 seconds.

Description:
After a light has been touched all the lights are off for the "stop interval duration" that has been selected. The idea here was to be able to do some other action/movement , other then the one to turn of the lights, in the selected "stop interval duration".

3.Return to Master
Submenu :
-Select number of lights (white)   (Max:10)
-Number of colors (green)   (Max:6)
-Set Counter (red)   (Max:6)
-Stop Interval duration (blue)   (Max:6)

Observation:
-For every LED light up for "Set Counter" a multiplier of 5 will be applied. Meaning 1 LED = 5 reps , Max of 6 is equal to 30 Reps.
- For every LED light up for "Stop Interval Duration" a multiplier of 200ms will be applied. Max "Stop Interval Duration" will be 1,2 seconds.

Description:
This mode uses Light Nr.1 as a "Master". After it has been touched one of the other lights will go on , according to the settings that were set first. Every time another Light other then Light Nr.1 will be touched the Master will turn on, and so on. The idea behind this training mode is that you have a return point after every movement(turn other lights off).

4.Partner Mode
Submenu :
-Select number of lights (white)   (Max:10)
-Select Color Player 1   (Max:6)
- Select Color Player 2   (Max:6)
-Set Counter (red)   (Max:6)

Observation:
-For every LED light up for "Set Counter" a multiplier of 5 will be applied. Meaning 1 LED = 5 reps , Max of 6 is equal to 30 Reps.

Description:
This Mode is made to be used with a partner for training and competing against each other. See who is faster and more agile with this mode. Not only for training but also fun at partys.

5.Timer Mode
Submenu :
-Select number of lights (white)　　(Max:10)
-Number of colors (green)　　(Max:6)
-Set Counter (red)　　(Max:6)
-Max Interval Time (magenta)　　(Max:6)
-Min Interval Time (aqua)　　(Max:6)

Observation:
-For every LED light up for "Set Counter" a multiplier of 5 will be applied. Meaning 1 LED = 5 reps , Max of 6 is equal to 30 Reps.
-The Max and Min interval times LEDs are like following
-1 led = 0.5s　　-2 led = 1s　　-3 led = 2s
-4 led = 3s　　-5 led = 4s　　-6 led = 5s

Description:
Timer Mode is made to be used for visual cues without a know time.The Time in which a light will light up will be random based on the input of Max and Min Interval Times. A fixed time can be used when both Max and Min Values are identical. In this mode the touch sensor is disabled.

6.Counter Mode(Master Only)
Submenu :
-Set Reps (yellow)　　　　(Max:16)

Observation:

Description:
Counter Mode for your reps. I didn't found much of a utility for it to be honest other then use it to count my push-ups and sit-ups. I am working on designing a barbell/dumbell attachment of some kind for it to use it more often.