NEURAL TRAINER

INDEX

FIRST LOAD

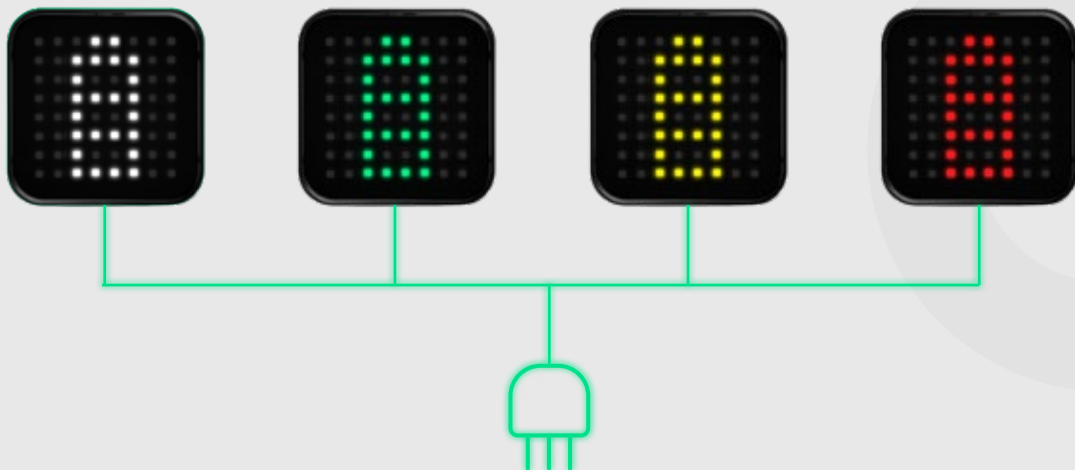**1** Remove USB cables and plug each node

2 Connect charger to power source

3 Each node will show a different color light depending on battery charge level (red, yellow or green)

4 A white light mean node battery is full

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👤 USER REGISTER

Enter www.neuraltrainer.com
and log in as client.

After a few minutes, you will
receive an email to confirm
your account.

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APP DOWNLOAD

After registration, you must enter to Play Store and download the Neural Trainer App.

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FIRST LOG IN

1

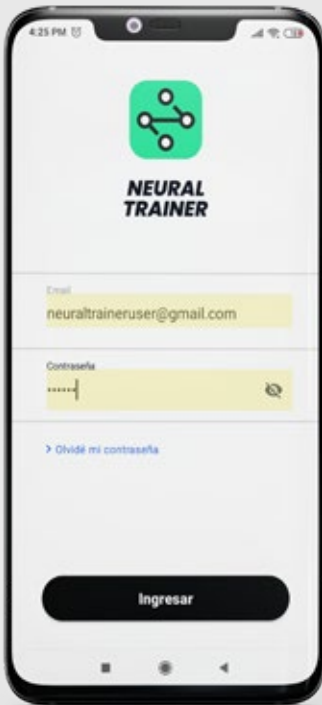Turn on nodes pressing button just one time, blue circle must show on each node.

2

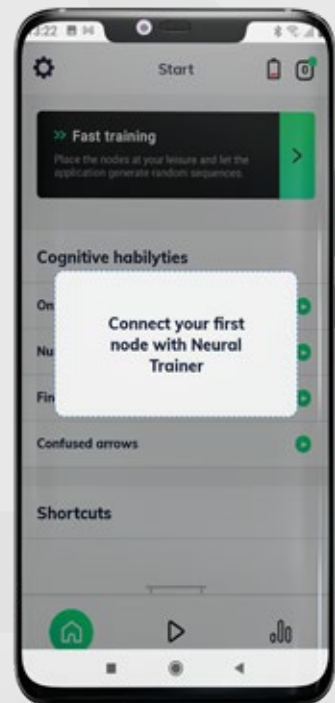Turn on Bluetooth on cellphone or tablet.
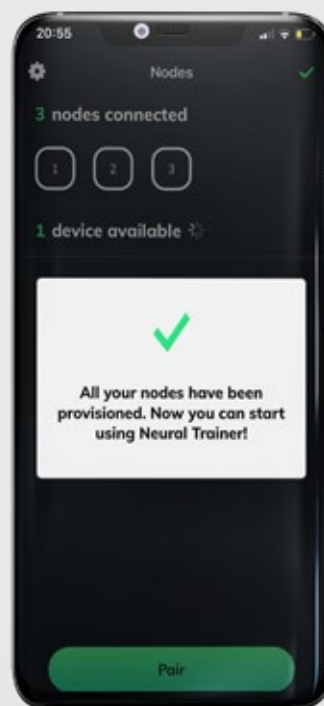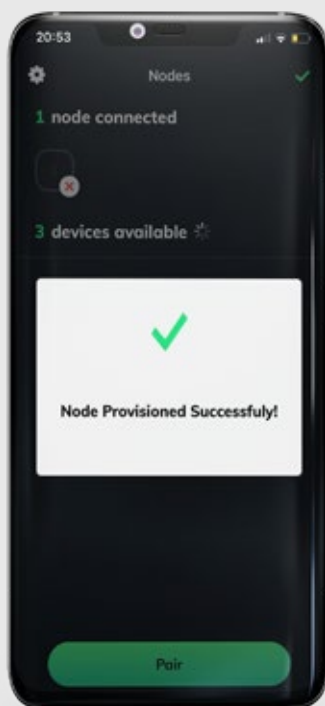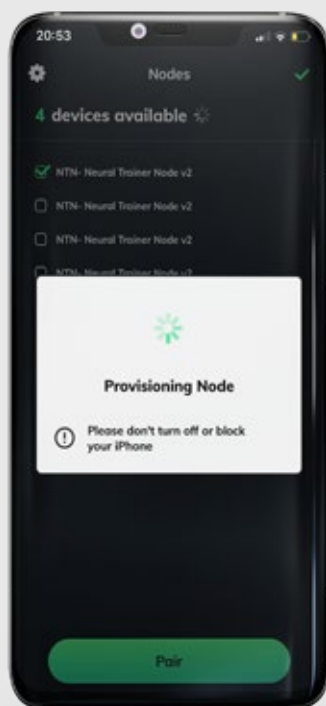
3

Log in Neural Trainer app with your account.

4

Connect first node with app following instruction on your device screen.

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To check if pairing is correctly done, blue circle on node must tinkle while pairing with app, on device screen you will see "provisioning node" and "node provicioned successfuly" when finished.

All nodes will turn off light when process is finished. When this happen go to home menu to start workouts.

If these steps have not been fulfilled in the pairing process, go to page 24 to solve this problem.

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⚡ BATTERY AND NETWORK STATUS
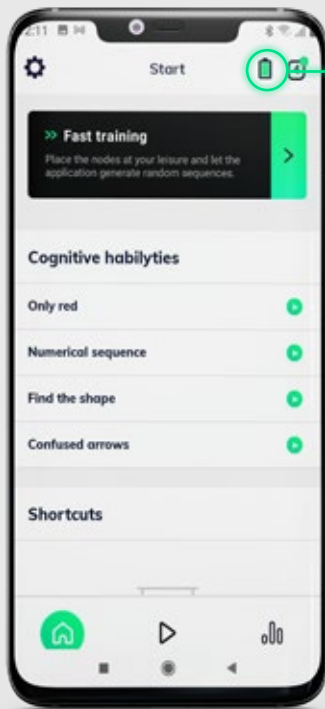
Allows checking that all nodes are correctly connected to network.

Each node will turn on with its individual identification number (ID) and battery status color (green, yellow or red).

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SWITCHING ON AND OFF NODES
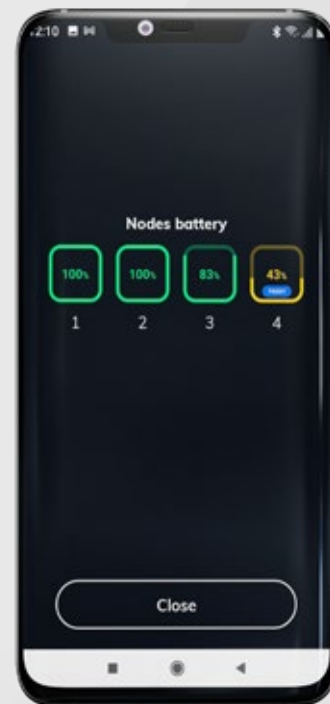
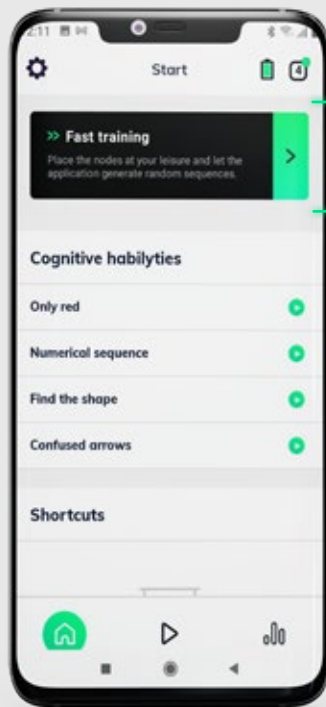**First start:**
Press for 1 second

Start / Reset:
Press for 1 second

Turn off / Sleep:
Press for 3 seconds

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QUICK TRAINING

Allows to create workout sessions of random type, allowing to set up quantity of activations and different "estimulos" you want to work with. It will turn on one node at a time.

You can select the number of groups you want, for example, if you select a group of 2, in a 4-node system, you will have Group A and Group B, consisting of 2 nodes each group. The same stimuli that you program will be displayed in this group.

Before starting each exercise you will be able to identify the number of each node

Quantity of activations

Light time on node
time in which the "estimulo" remains on

Delay
time between off and on of next "estimulo"

Determines the deactivation high of node

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ESTÍMULOS

You may choose all "estimulos" at the same time, the app will randomly select between all the "estimulos" you have preselected or you can manually select for only specific "estimulos" to turn on, for example only numbers.
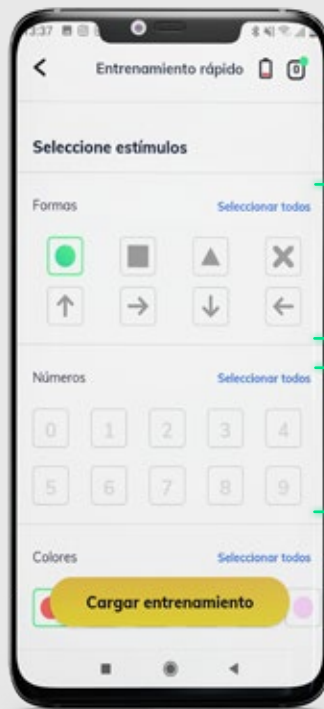
Different forms on which node turn on.

Numbers on which node turn on.

If you want to select between specific numbers, you can select for example 1 and 5 and the app will understand to show only numbers between those values.
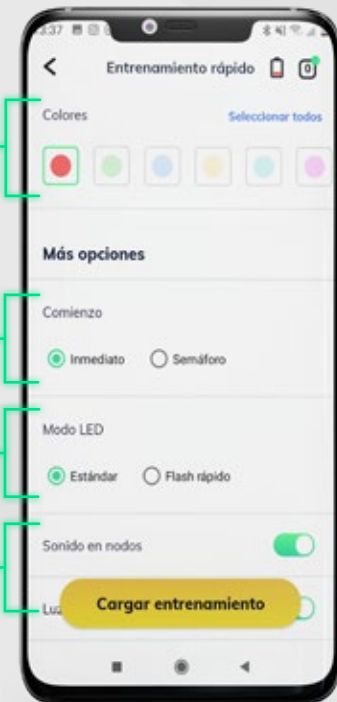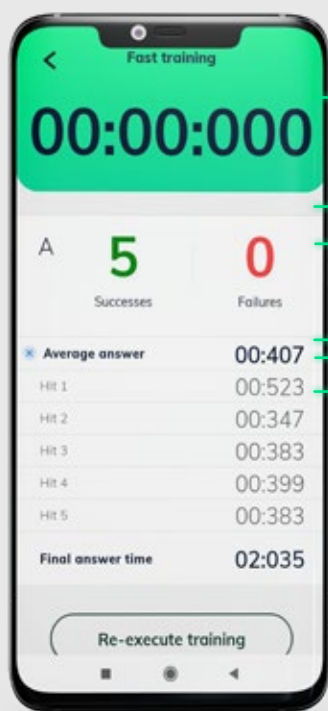

Colors with which the node is turn on.

Indicates the way to start the training.

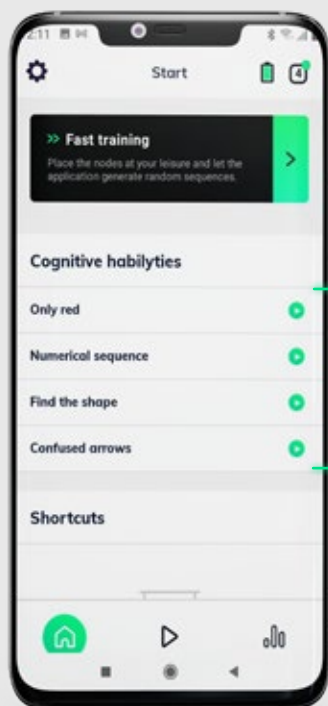Node light mode.

Activates node sound.

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Total training time

Hits and misses
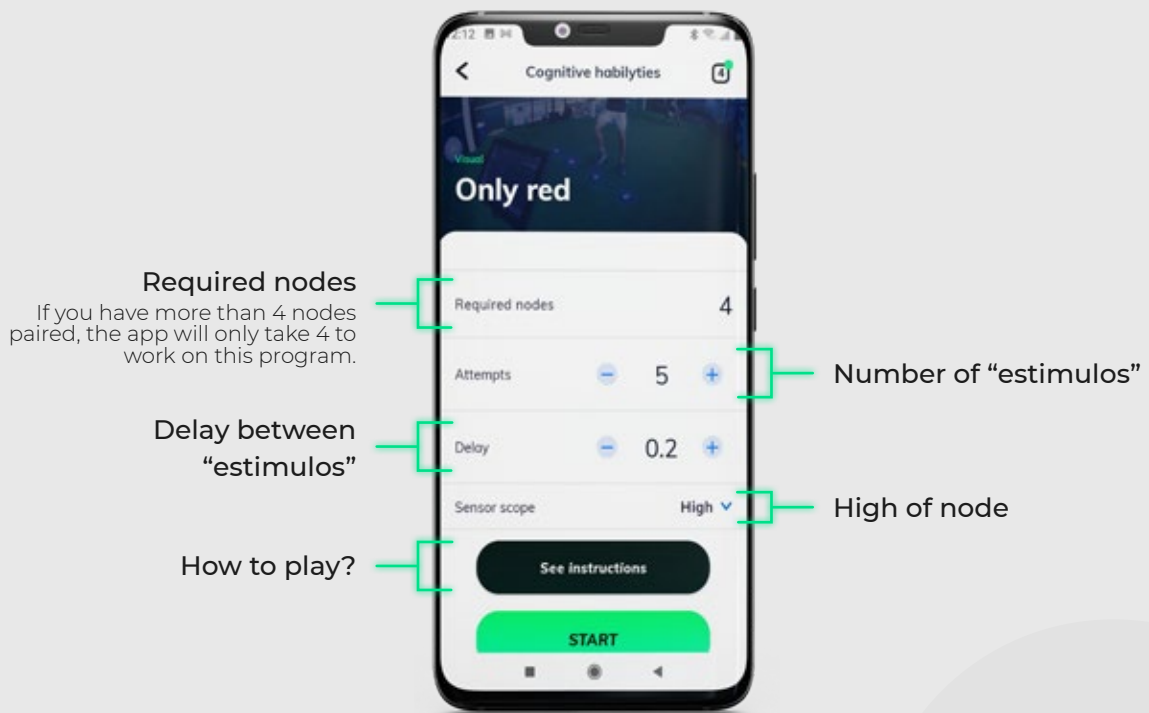
Average reaction
response

COGNITIVE SKILLS

Work out sessions created by NT team where you
can export the results of your athletes in real time
in pdf.

Required nodes

If you have more than 4 nodes
paired, the app will only take 4 to
work on this program.

Delay between
"estimulos"

How to play?

Number of "estimulos"

High of node
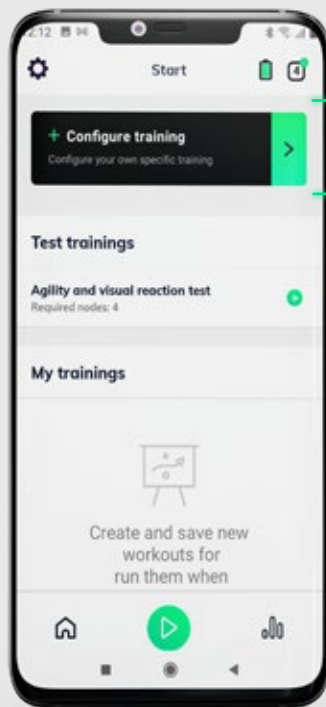
PROGRAM TRAINING

Allows creating personalized trainings. Each
sequence is made of multiple steps that can turn
on up to 8 nodes at the same time.

Programming screen consists of two sections. One where you visualize sequence and steps and nodes are added, the other where selected node and its "estimulos" is configured.

Start your programming by adding and configuring a Node to the first step.

"ESTIMULOS" CONFIGURATION

Section where the "estimulos" assigned to each Node are configured within the steps.
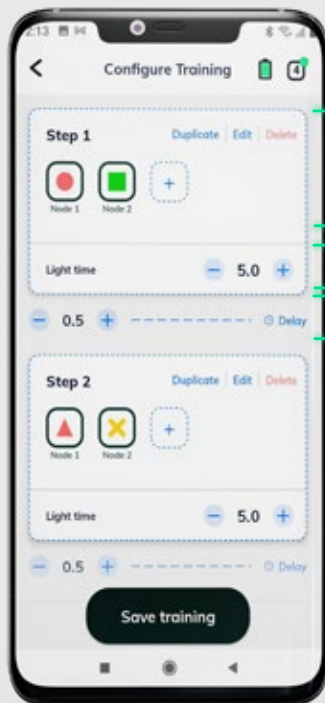

Indicate ID of selected Node

Node light mode

Different forms on which node turn on

Numbers with which the node is turn on

Colors with which the node is turn on

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STEPS CONFIGURATION

Section where the steps of the sequence are display. You can add nodes to a step and steps to a sequence.

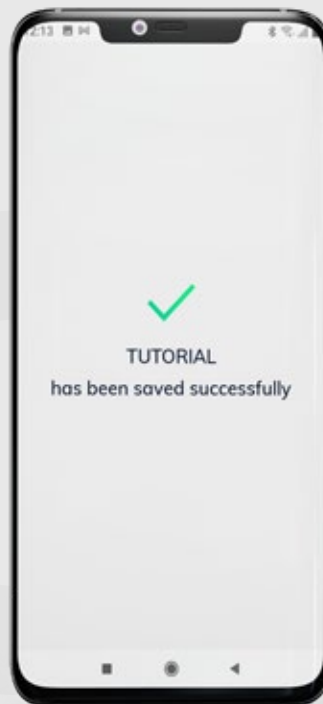"Estimulos" assigned to each node within the step.

Light time
You can manage light time on each step, how long all the lights will be on.

Delay between steps
You can manage the delay time, that is, the time that passes between when all the lights of 1 step are deactivated and the lights of the next step are turned on
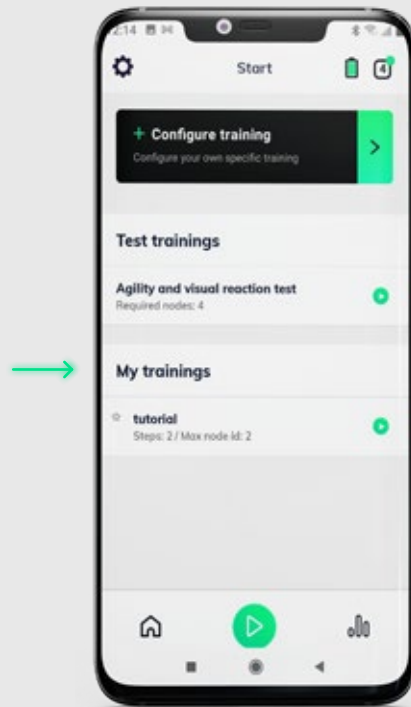
SAVE TRAINNING

MY TRAININGS

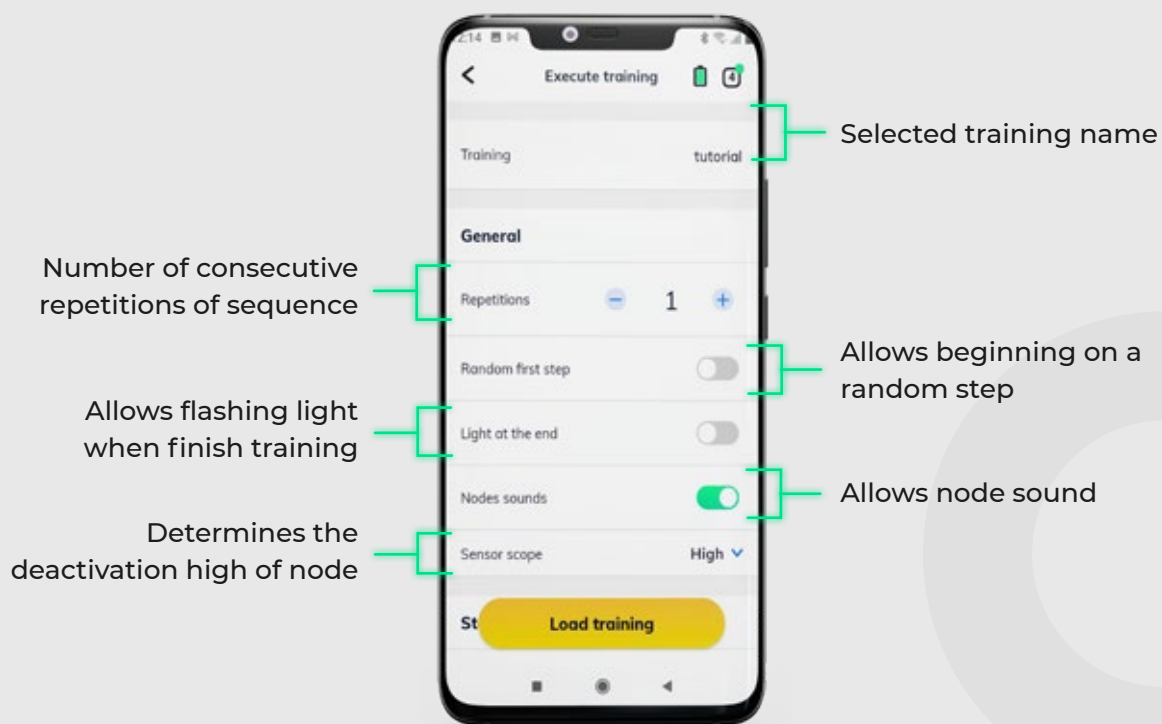After programming a training session, you can run it by accessing through My Trainings menu.

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RUN TRAINGING

After programming a training session, you can run it by accessing through My Trainings menu.

Selected training name

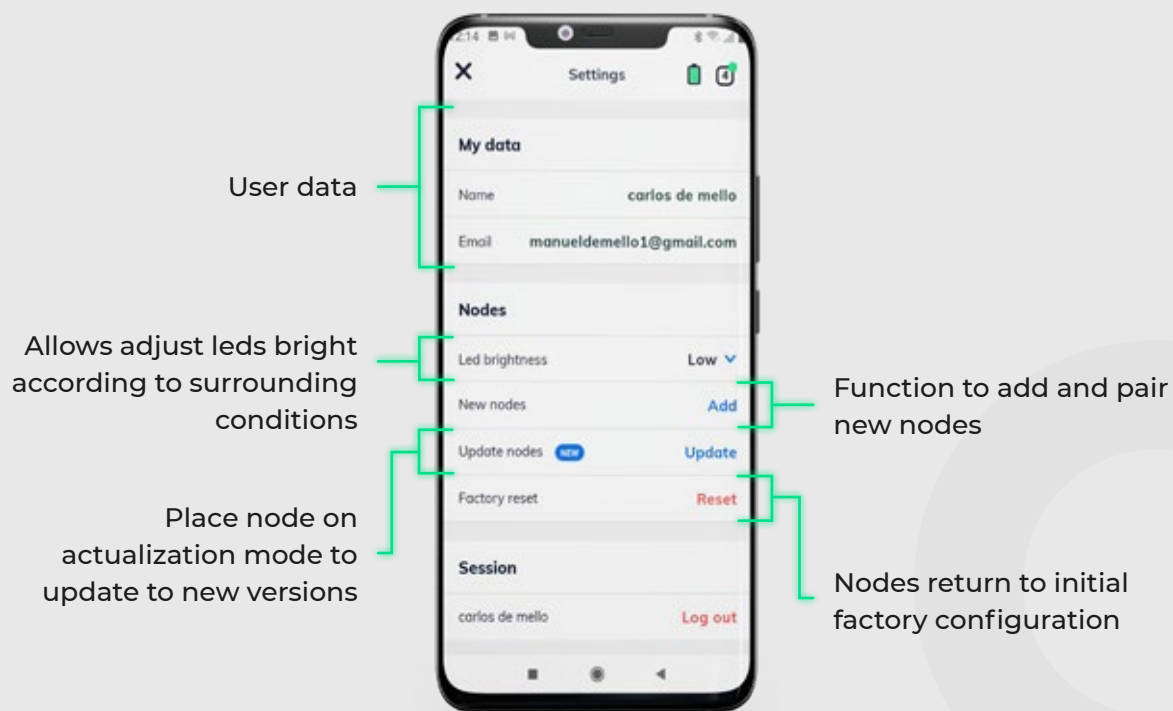Number of consecutive repetitions of sequence

Allows beginning on a random step

Allows flashing light when finish training

Allows node sound

Determines the deactivation high of node

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⚙️ GENERAL SETTINGS

Once you access this option, you will see the following screen:

User data

Allows adjust leds bright according to surrounding conditions

Place node on actualization mode to update to new versions

Function to add and pair new nodes

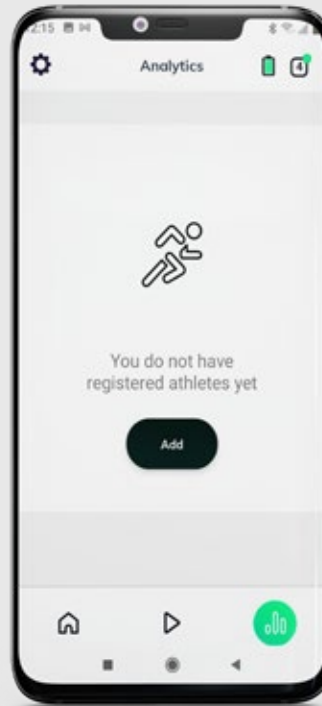Nodes return to initial factory configuration
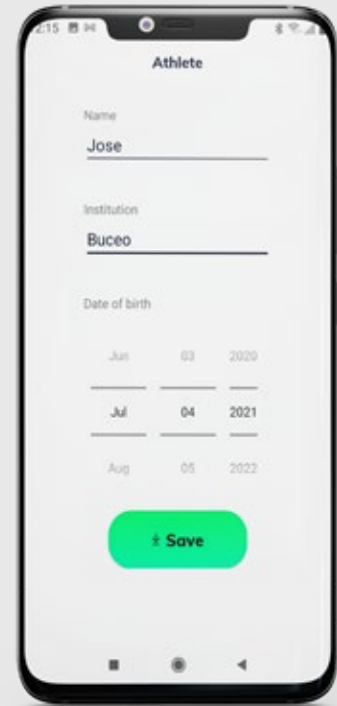
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📊 ANALYTICS

With analytic function you can create athlete profile and load training results, you can also export on real time training session results.
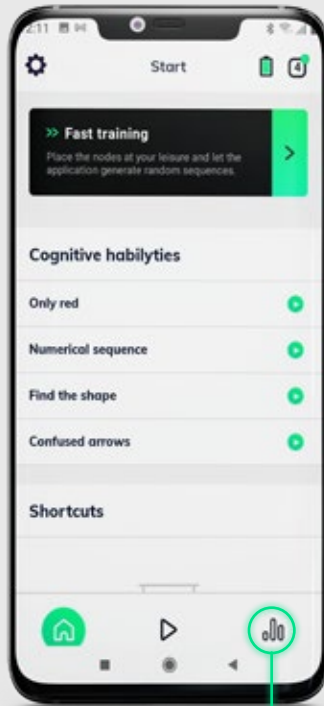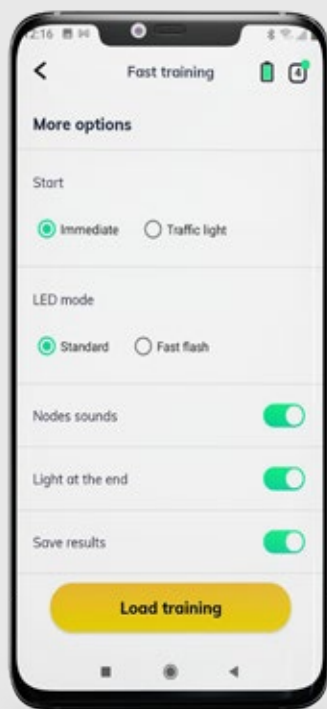

First access analytic function
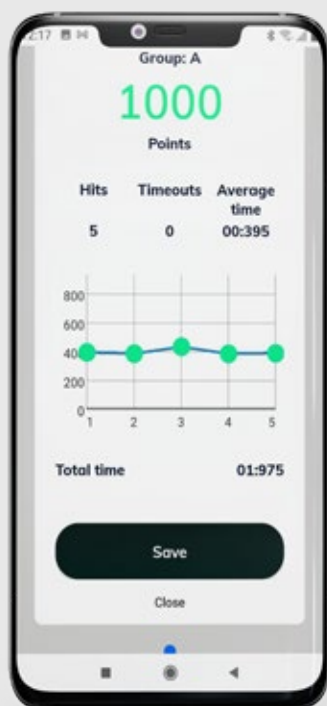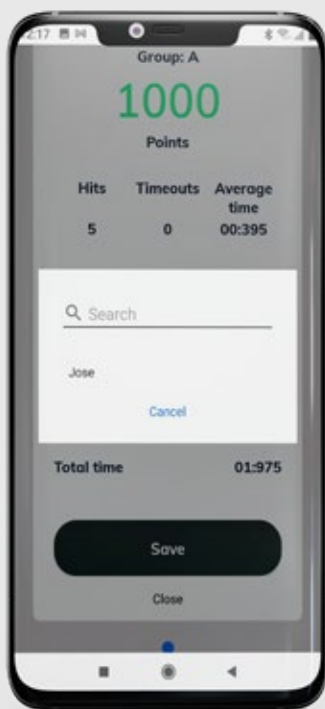
Then add athlete profile
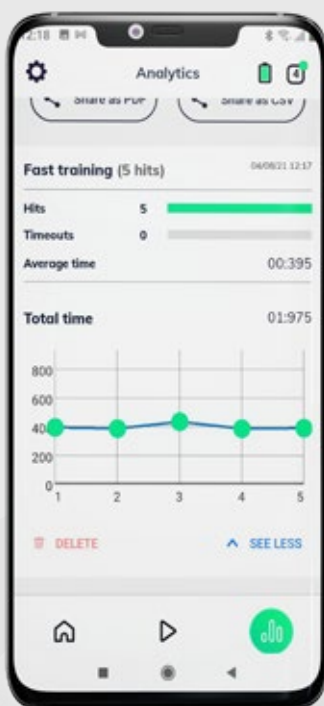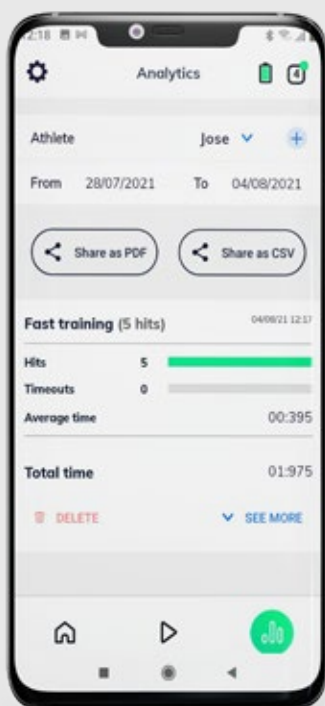
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To match training to a specific athlete, go for example to quick training and select last option, LOAD RESULTS

Associate them to athlete when session is finished selection LOAD option.

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A menu with all loaded athlete will appear.

When the session ends, go back to Analytic menu to view the results of the recent session in detail.

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You can also send results to athletes on real time on pdf by email or by any app of instant messaging.

RESTOR TO FACTORY SETTINGS

To reset nodes to factory settings you have to press node start button for 10 seconds and wait until blue circle appears.

This function is used when you want to pair node to a new mobile device.

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PROBLEMS SOLUTION

PAIRING PROCESS

When you first do the pairing node process, it may happen that process fail. This will be shown with an x, error and time out on screen.

To start process again you just have to restart node that fail by pressing start button. Node will show a blue circle and it will appear on the pairing screen to be selected and pair to app again.

Notice that when error appears node will not be shown on pairing screen to be selected, you must restart node to see it again.

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## REGARDING THE FAILURE OF RECONNECTION WHEN TURNING ON ALL THE NODES

Sometimes nodes may not pair to app when turn on, remember every time you turn on nodes, that a green tick must appear, if this does not happen just go to Bluetooth menu on device and restart. Then you will see how nodes automatically show the green tick.

ERROR DURING TRAINNING SESSION LOAD

When loading a work out session an error with name "cannot load node 1/2/3/4" may occur. In that case, just reset node that indicates error by pressing node button one time.
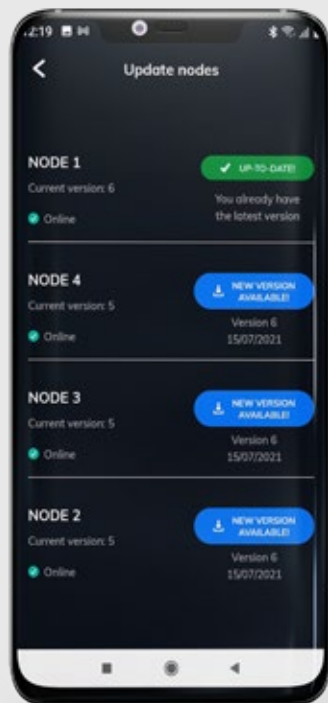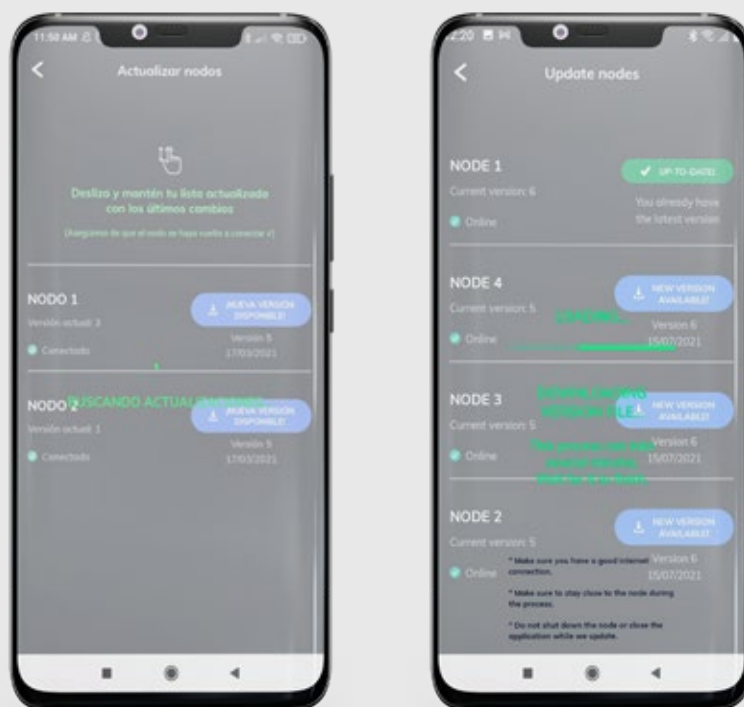
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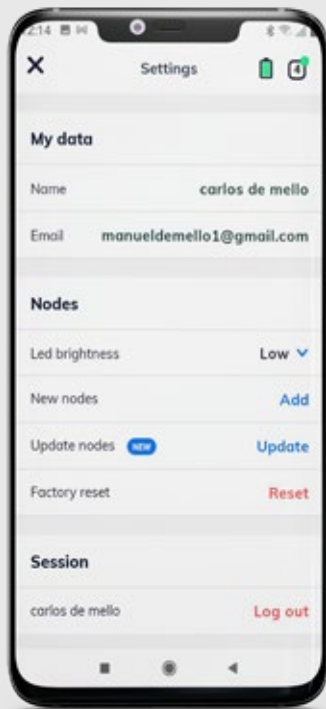
⟳ UPDATE

To update nodes you must go to configuration menu and select node update

On the next menu, on the left side you will see the actual version of the node, on the right side the available version to update.

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Press the blue button and watch how the node you selected to update turn cyan, on device screen you will see the following message:

When process ends node will show a green circle and then a tick, as signal of successful update. On your device reload by swiping you finger from top to bottom of the screen, and you will see updated version on green on device screen.

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TAKE YOUR TRAINING
TO THE NEXT LEVEL.