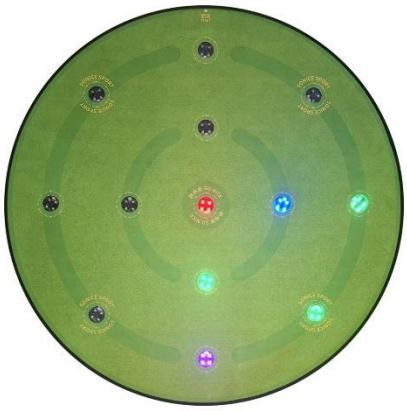
Set Up Steps

1. Unpack parts: the reaction light carpet and this manual.



2. Lay out the carpet: unroll it flat on a dry, even floor or on artificial grass. Do not use it on wet ground.
3. Charge it: connect a USB-C cable (not included) to the charging port at the edge of the carpet, near the START writing. The light next to the START writing shows red while it charges. A full charge takes about 5 hours.

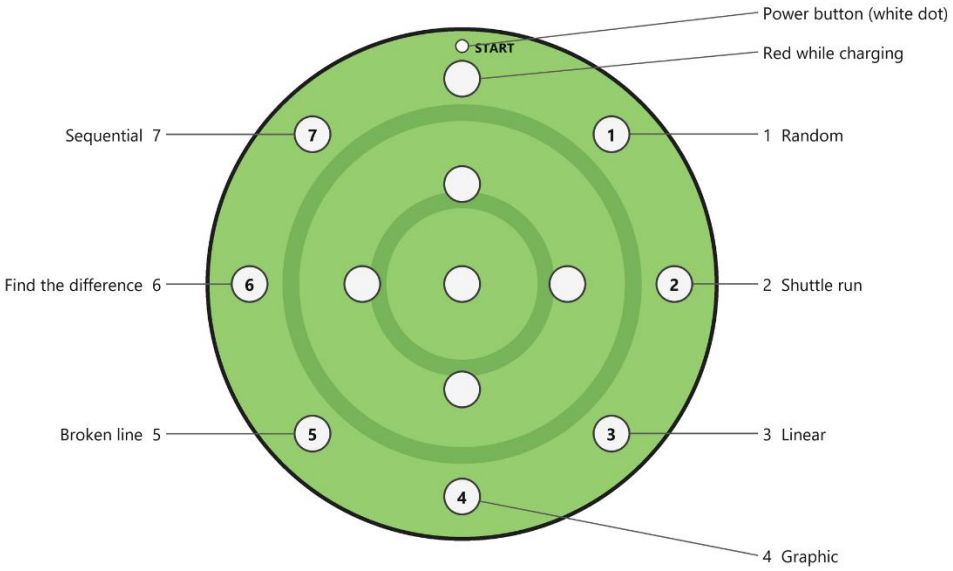




Instructions

The lights

The outer ring has eight lights. The power button is the white dot near the START writing, and the light next to it shows red while the carpet charges. The other seven, numbered 1 to 7 clockwise, are used to choose the training mode. The five lights in the middle (the centre light and the four around it) light up during training only, so they have no numbers.



Usage

1. Turn on: press the white dot near the START writing once.
2. Choose a mode: lights 1 to 7 in the outer ring light white. Touch the light for the mode you want (see Modes below).
3. Train: when a light comes on, tap it or hover over it with a foot, a hand or the ball to turn it off.
4. Change mode: press the power button twice quickly. Lights 1 to 7 light white again, so you can choose another mode.
5. Turn off: hold the power button for 1 second.

Modes

- **Light 1, Random:** one light comes on at a time, in a random place and a random colour.
- **Light 2, Shuttle run:** the centre light comes on first. Once the player taps it off, a random light comes on somewhere else, then the centre light again, and so on.
- **Light 3, Linear:** a group of lights comes on in a line (straight, diagonal or curved). The player taps every light in the group off, then the next group comes on in a new place.
- **Light 4, Graphic:** a group comes on as a shape, such as a triangle, a fan or a square. Tap them all off for the next group.
- **Light 5, Broken line:** a group comes on as a bent line, such as a V at 30 or 90 degrees. Tap them all off for the next group.
- **Light 6, Find the difference:** all the outer lights come on, one of them in a different colour. The player taps off the odd one out.
- **Light 7, Sequential:** the lights come on one at a time in a set order, then start again.

Battery

- Charge with a USB-C cable (not included). The light next to the START writing shows red while it charges.
- A full charge takes about 5 hours.
- One charge lasts about 3 to 20 hours, because each mode uses a different amount of power.
- If it is left on and not used, it turns itself off after 15 minutes.

Troubleshooting

- **A light turns off by itself?** Something may be covering it (another object, dirt or a stain) and setting it off, or the battery may be low. Clear the light and charge the carpet.

Care and storage

- Do not strike the lights hard, and keep sharp objects away from the light covers.
- Do not fold the carpet or roll it tightly.
- Do not train on it on wet ground, and keep water out of it.