



NEURO**SHARP**

TRAINING MINDS
BOOSTING SKILLS

User Manual





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Descarga y Login

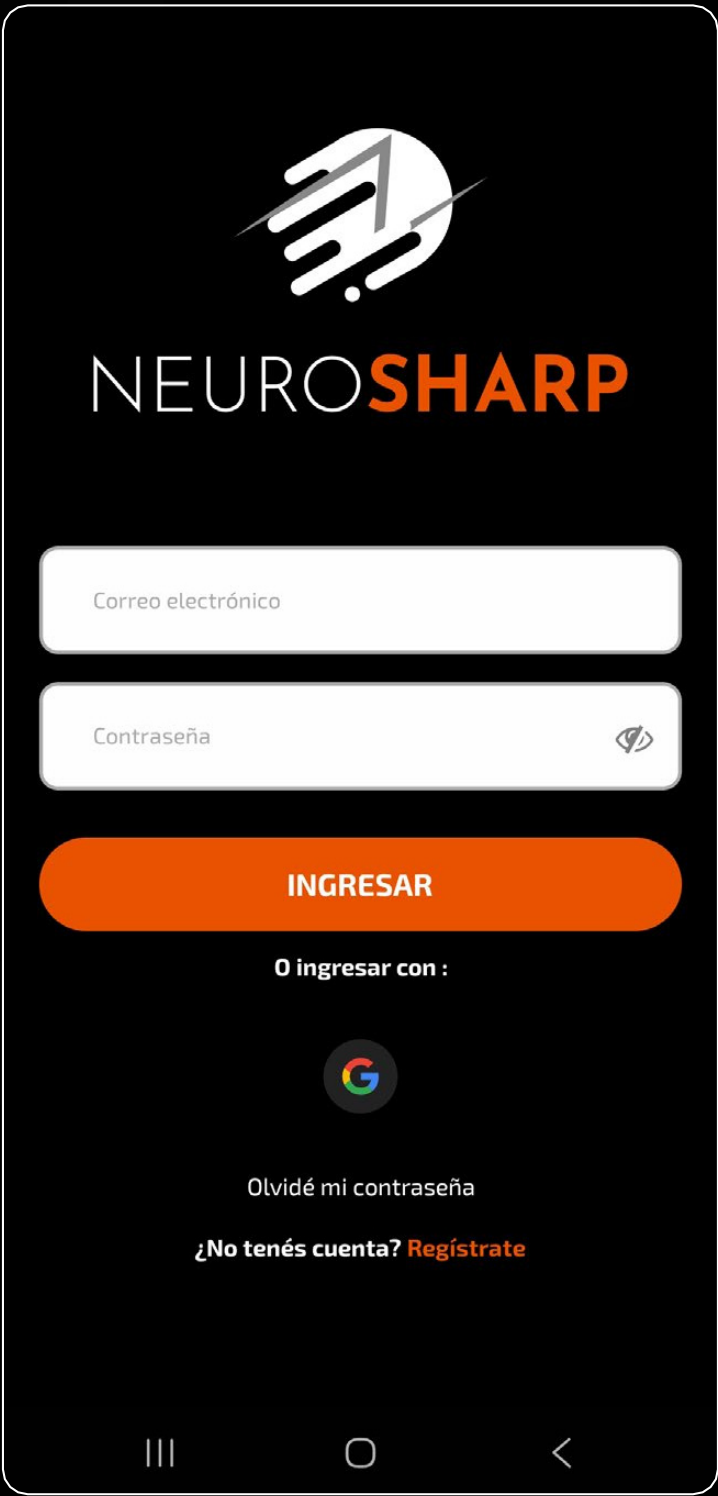
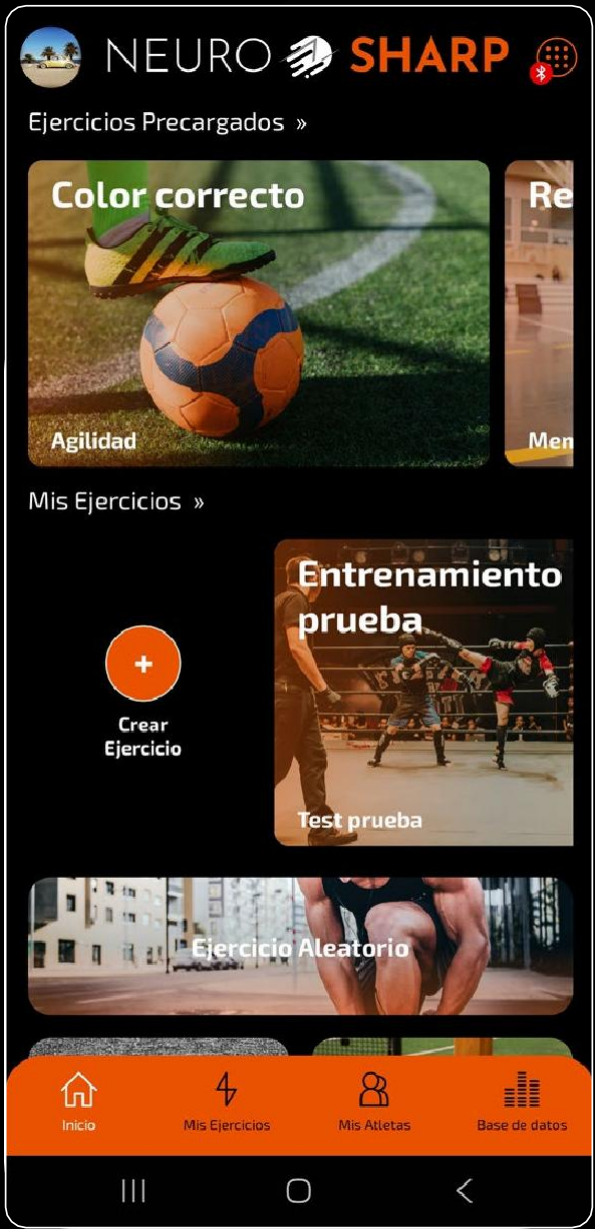
1

Download the NeuroSharp app on your mobile device.



2

Create your username and password to access the App.



Welcome to NeuroSharp!

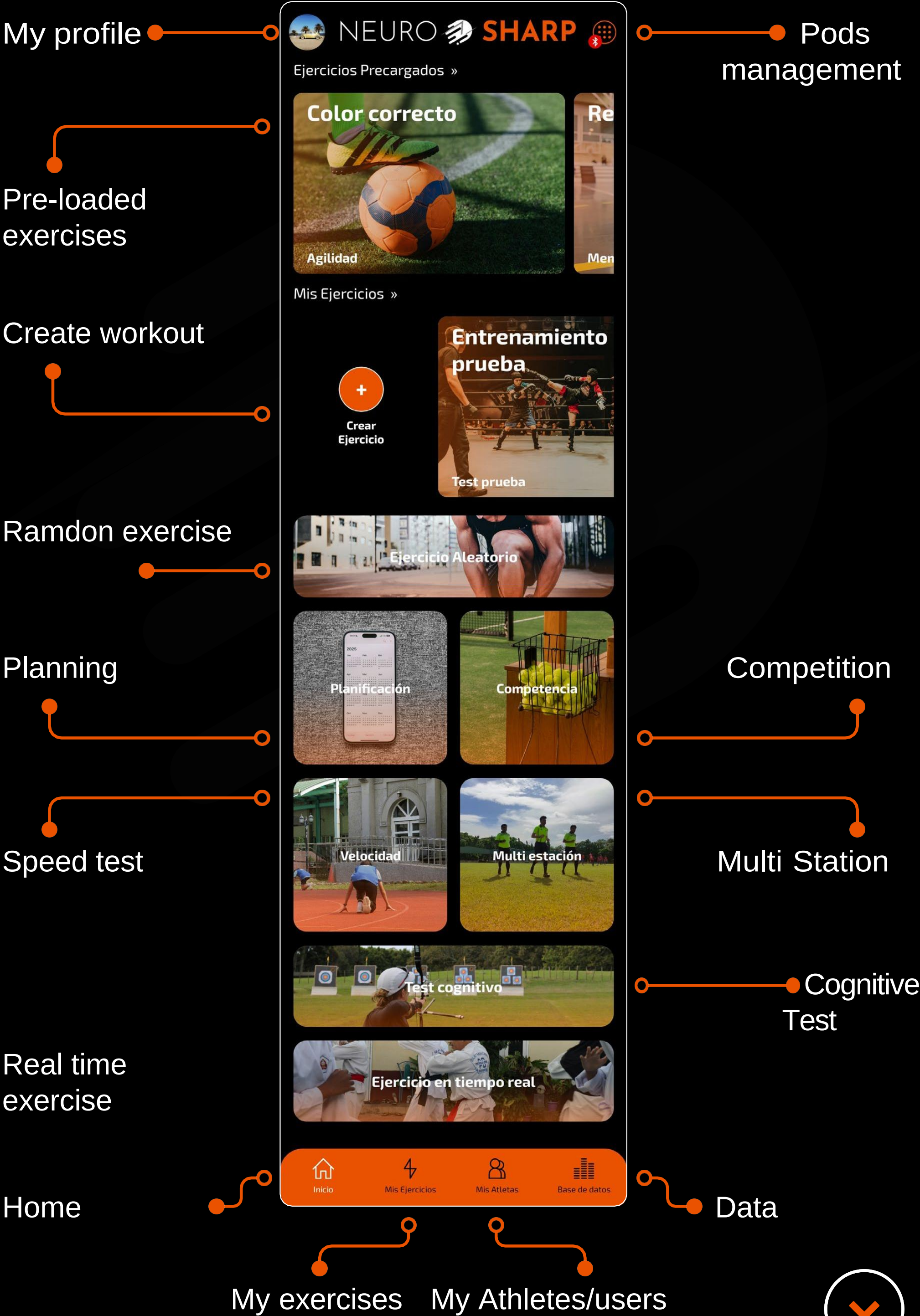
You are now ready to take your work to the next level.





Main Menu

Here you can find all the available features, create athletes; manage your database, and more.





My Profile

 NEURO  SHARP 

Ejercicios Precargados »

Color correcto

Re

« Nicolás Fernández 

Datos personales 

Edad: 40

País: Uruguay

Profesión: Deportista

Sexo: Masculino

Configuración de la app

Lenguaje:

Español ▼

Mis Contactos

+ Agregar Contacto

Cerrar sesión

Eliminar cuenta

Complete your personal information.

Select the language you want in your app.

View your license content..

Access the tutorials to learn about each feature of the app.

Create your contact list to share and receive workouts, exercises, and planning.





Charge your Pods



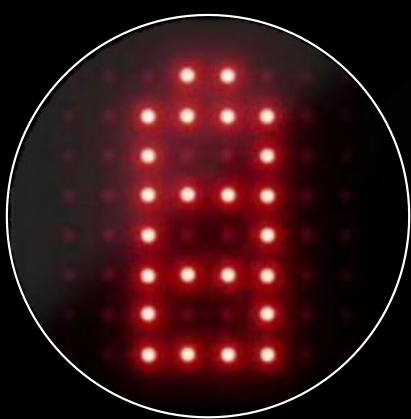
Connect each Pod to the USB cables that you will find in the suitcase next to the charger.

Plug the charger into a power source.

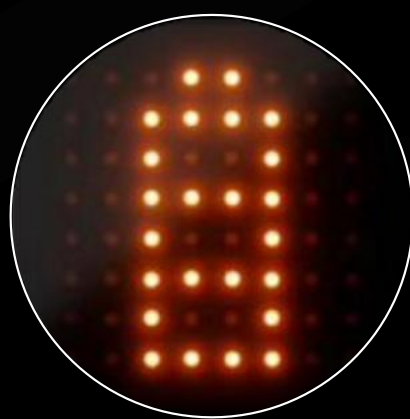
The available battery charge level is indicated by the color of the LEDs in a specific color during recharging.



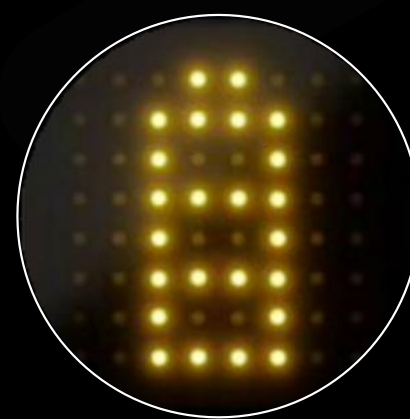
The Pods will be 100% charged when they turn green. The battery life is 24 hours.



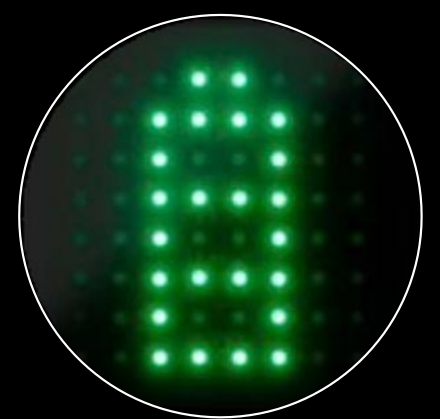
Low



Medium



High



Full

You'll receive a warning if the Pods are low on battery at the start of each workout to prevent them from shutting down during the workout.

A low charge provides a 1-hour battery life.





Pods management

From here you can manage and configure your Pods.

«

Gestionar Pods

Escanear

JDY-24M

MAC: 11:89:9A:A3:41:7C

Nivel de batería: 3.93 V

1

JDY-24M

MAC: 11:89:9A:A3:41:DE

Nivel de batería: 3.74 V

3

JDY-24M

MAC: 11:89:9A:A3:41:DD

Nivel de batería: 4.03 V

2

III

○

<

- Connect Pods
- Adjust light intensity
- Check the battery charge of each Pod
- Identify Pods





Connect your Pods



1. Turn on your Pods.



2. Enter to Pods management.



3. Available Pods will appear with a white circle.
Tap the circle to connect.



4. Once the Pods are connected, they will appear in orange.



5. Here you will see the number of connected Pods

6. Return to the main menu.
You're ready to start training.





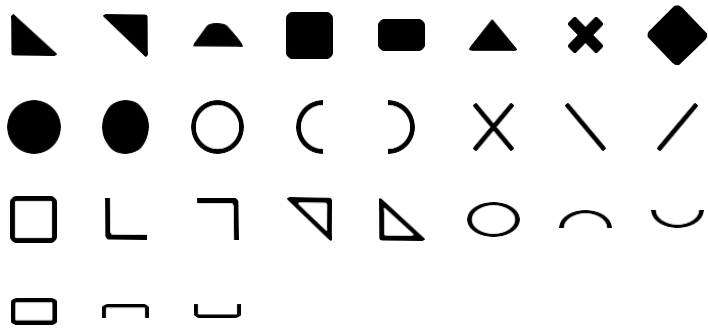
Stimulis

You'll have over 150 stimuli to create workouts and combinations to challenge and enhance cognitive skills.

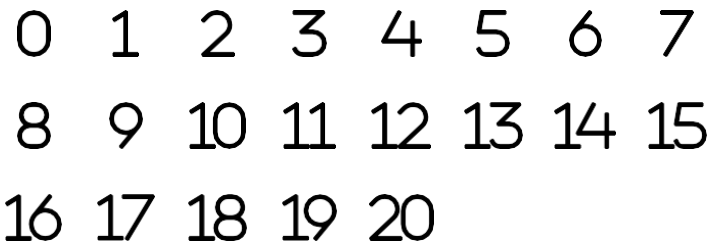
✓ Colores



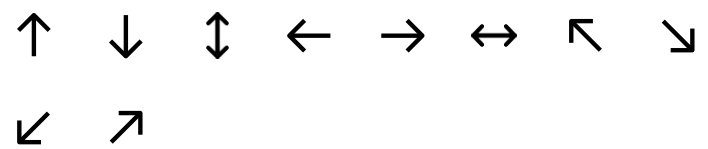
✓ Formas



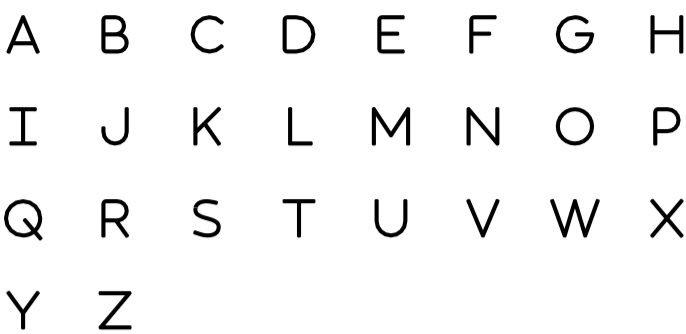
✓ Números



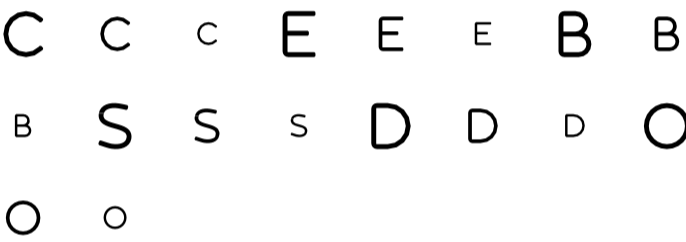
✓ Flechas



✓ Letras



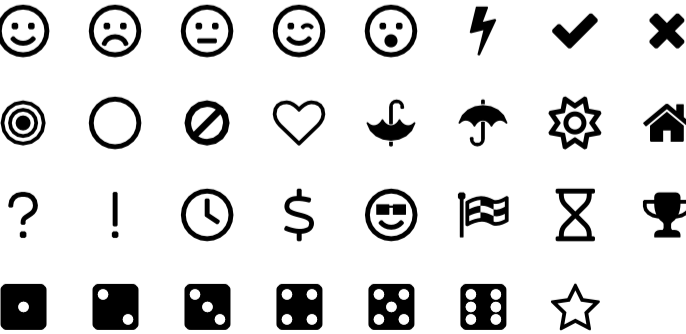
✓ Letras en escala



✓ Símbolos matemáticos



✓ Emojis





Pre-loaded Exercises

Ejercicios Precargados »



Color correcto

Agilidad



Repetición

Memoria

Mis Ejercicios »

We create training programs to help you work on different cognitive skills such as memory, mental agility, decision-making, and more.

You will be able to manipulate some parameters to determine the requirement when executing.

Parámetros de ejecución :

Color de acierto

☒

☐

☐

☐

☐

☐

☐

☐

Cantidad de estaciones

- 1 +

Pods por estación

- 3 +

Ejecución

Repeticiones

Tiempo

- 5 +

Series

- 1 +

Seleccionar atleta

Ninguno

▼

Descanso entre series

- 0.1 s +

Desactivar por

Tacto

Movimiento

Sensibilidad

Baja

Media

Alta

Tiempo de luz

- 5.0 s +

Delay

- 0.1 s +

Sonido

Repetición

Off On

Acierto/Error

Off On

INICIAR

Choose 1 or more colours.

You can run the workout on one or more stations simultaneously.

Run the exercise for time or reps.

Series is the number of times you want to repeat the workout from scratch

You can assign an athlete/user to each station or series to save their results.

You can define a rest period between the end of one set and the beginning of the next..

Select how you want to deactivate the Pods and their sensitivity.

Time the stimuli remain on.

Time it takes for the Pods to turn on for next rep.

You can work with indicator sounds.





Create your workout

You can create your own personalized workouts by choosing the stimuli you want in the sequence you want, determining success rates.

You can work with up to 12 Pods simultaneously. Determine the complexity of the exercises at your discretion.

«

Crear Ejercicio

Cantidad de Pods

- 4 +

Desactivar por

Movimiento/Tacto

Voz

Agregar Repetición +

Guardar

● Select the number of pods you want to use to create your workout.

● Choose how you want to deactivate the stimuli:

Movement/Touch - Voice

● Now click ADD REPEAT to begin.

• Each repetition consists of one or more steps.

• You can create custom or random repetitions.

• In each step, you can assign 1 or more Pods:

• Indicate 1 or more stimuli

• 1 or more colors

• Determine stimuli as hits





How to create steps?

A step is the combination of stimuli assigned to the available Pods to be deactivated.

Seleccionar Pod

1

2

3

4

Definir pod como acierto

OffOn

Color

NingunoTodos

Estímulos

NingunoTodos

Números

NingunoTodos

0

1

2

3

4

5

6

7

Mostrar más

Emojis

NingunoTodos

Mostrar más

Letras

NingunoTodos

A

B

C

D

E

F

G

H

Mostrar más

Matemáticas

NingunoTodos

+

−

×

÷

>

=

<

Flechas

NingunoTodos

↑

↓

↕

→

←

↔

↖

↘

Mostrar más

Formas

NingunoTodos

Mostrar más

Letras pequeñas

NingunoTodos

C

C

c

E

E

E

B

B

Mostrar más

GUARDAR ✓

CERRAR ✕

Select a Pod.

You can select whether that Pod contains the stimulus to be deactivated as a success.

You must assign at least one color and one stimulus to the Pod.

Click in **Save** to continue.





Cantidad de Pods-4+

Desactivar por

Movimiento/TactoVoz

Repetición 1

Paso 1

Orden de aciertoOffOn

Pods aleatoriosOffOn

Tiempo de luz-5.0s+

Delay-1.0s+

Pod 1

B

Pod 2

1⚡F<

Agregar Pod +

Agregar Paso +

Agregar Repetición +

Guardar

- You can **duplicate** a repetition or **delete** it.
- You can **duplicate** a step or **delete** it.
- Enabling Random Pods will cause the stimuli to be displayed randomly each time this step is repeated.
- This will display the Pod with a color and a stimulus assigned.
- This will display the Pod with more than one color or stimuli assigned.
- Add a Pod to this step if you want.
- Add a Step to this repetition.
- If this repetition is complete, click Add Repeat.

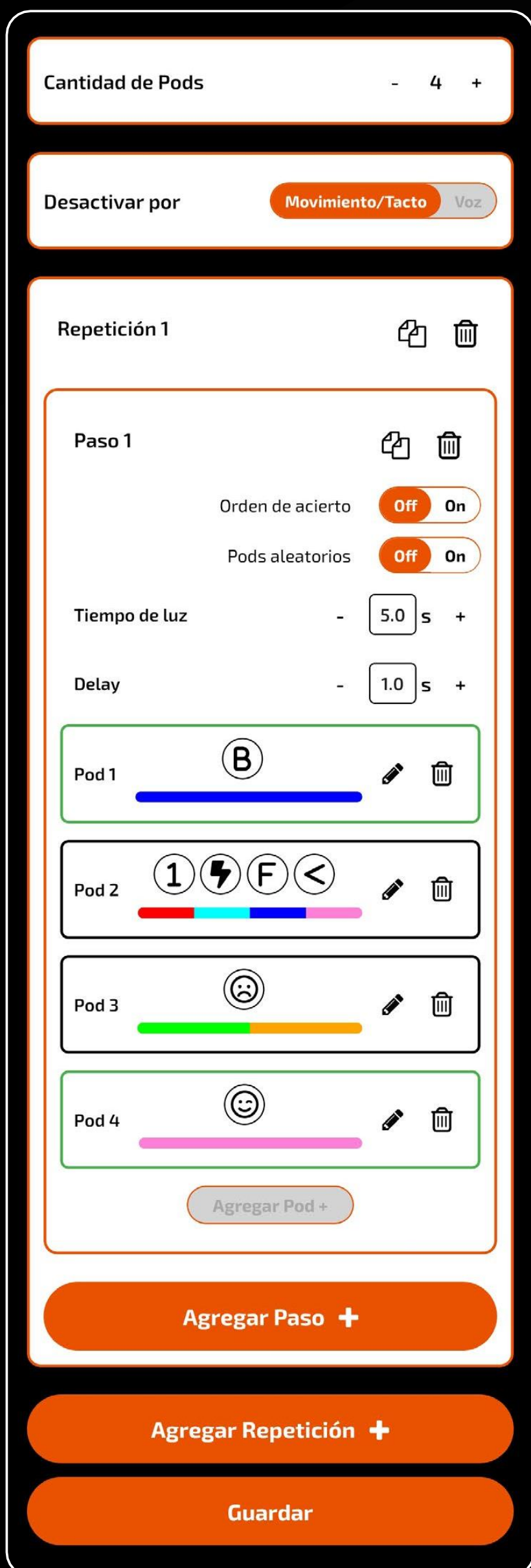


Assign stimuli as success

You can assign stimuli as a success so that when performing the exercise the athlete/user focuses on deactivating these stimuli so that the repetition is valid as correct.



● Select **ON** when you want to assign the designated stimulus to the Pod as correct.



● Any Pod that has a hit will be marked with a green box.

● You can indicate more than one hit per step and deactivate them in any specific order..





Cantidad de Pods-4+

Desactivar por

Movimiento/TactoVoz

Repetición 1

Paso 1

Orden de aciertoOffOn

Pods aleatoriosOffOn

Tiempo de luz-5.0s+

Delay-1.0s+

Pod 1

B

1

Pod 2

1⚡F<

Pod 3

☹️

Pod 4

😊

2

Agregar Pod +

Agregar Paso +

Agregar Repetición +

Guardar

You also have the option to disable hits in the order you assigned them.

The hits to be deactivated in order will be displayed numbered consecutively.



Light time ans Delay

Cantidad de Pods-4+

Desactivar por

Movimiento/Tacto

Voz

Repetición 1

Paso 1

Orden de acierto

Off

On

Pods aleatorios

Off

On

Tiempo de luz-5.0s+

Delay-1.0s+

Pod 1

B

1

Pod 2

1

F

Pod 3

Pod 4

Agregar Pod +

Agregar Paso +

Agregar Repetición +

Guardar

Light Time:
Indicates how long you want the stimuli to be on for each step.

Delay:
Indicates how long you want the stimuli to be displayed between one step and the next.

When you're done setting up the exercise, click **Save**.



Save created workout

«

Guardar Ejercicio

Nombre

Descripción

Etiqueta:

☒ Sin Etiqueta

☐

Guardar

Once you have created your exercise, you can save it with a specific name and description.

You can create custom name tags to organize your workouts.

«

Guardar Ejercicio

Nombre

Descripción

Etiqueta:

☐ Sin Etiqueta

☒ Test prueba

Crear Etiqueta

Cerrar





Search for your workouts



In **My Exercises** you will find all your creations to run, edit or delete.



You can filter your search by tag...

...or you can search the training list..





Run exercise

«

Parámetros de ejecución

Colores y caras

<

Cantidad de estaciones

-

1

+

Ejecución

Repeticiones

Tiempo

-

5

+

Series

-

1

+

Seleccionar atleta

Ninguno

▼

Descanso entre series

-

0.1

s

+

Desactivar por

Tacto

Movimiento

Sensibilidad

Baja

Media

Alta

Sonido

Repetición

Off

On

Acierto/Error

Off

On

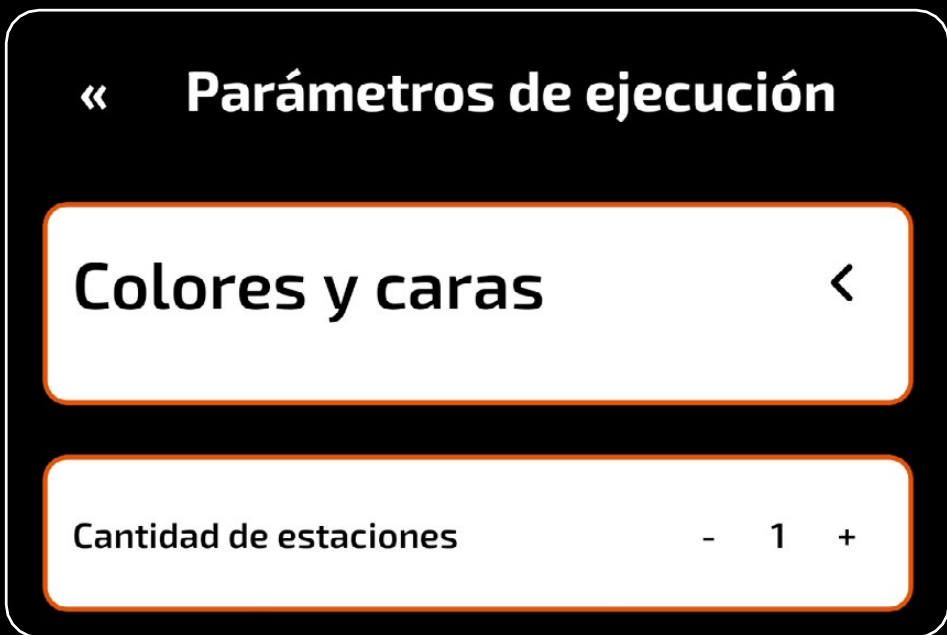
INICIAR

- You can run the workout on one or more stations simultaneously.
- Run by **time** or **reps**. A run replay will play all the reps created in the workout.
- Sets is the number of times you want to repeat the workout from scratch.
- You can assign an athlete/user to each station or set to save their results.
- You can define a rest period between the end of one set and the beginning of the next.
- Select how you want to deactivate the Pods and their sensitivity.
- Select if you wish to run an exercise with sound.

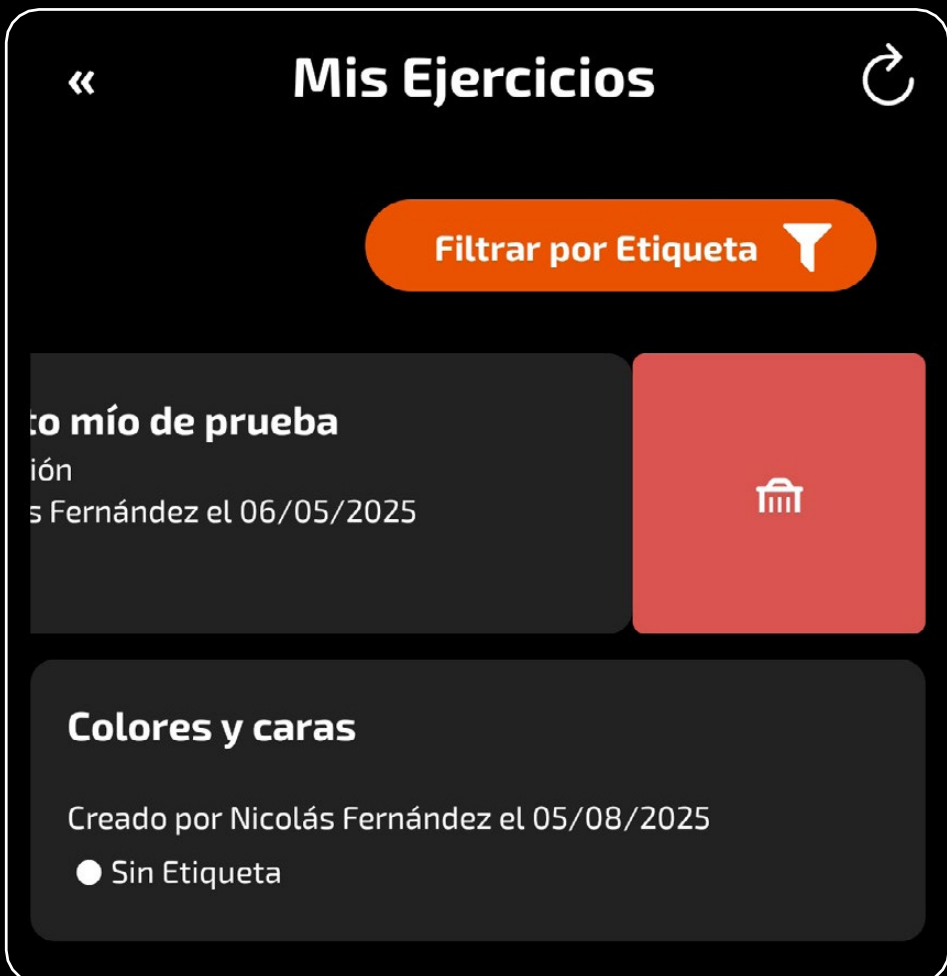
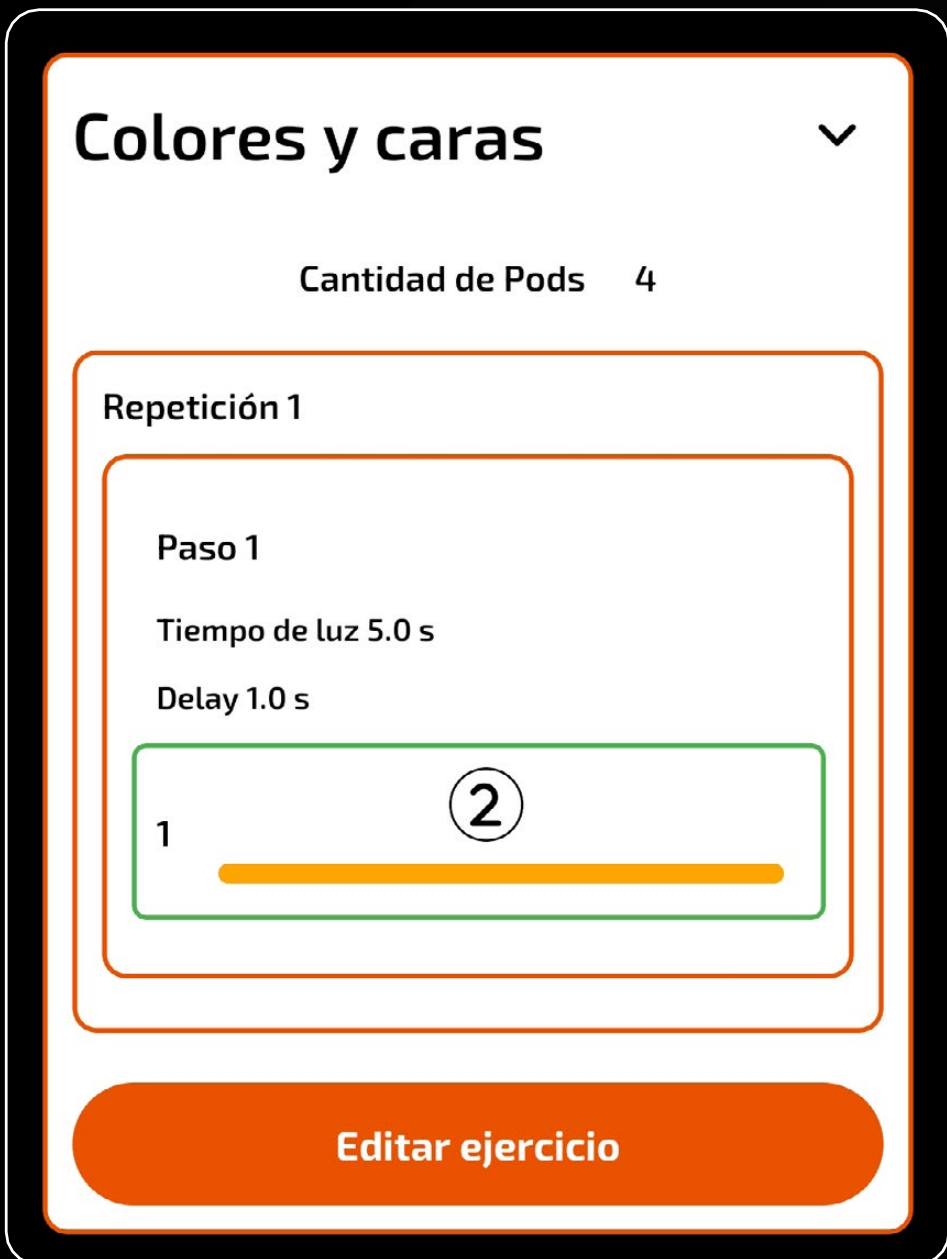




Edit or eliminate created workouts



By clicking on the name of the workout, you can read its description and created repetitions or **edit** it.



Swipe left to **delete** exercise





Other Features

Start by activating your body and mind by selecting one or more stimuli that will appear randomly in the Pods.



Boost your competitive instinct by challenging each other's cognitive speed. You'll get results to compare your performances.

Evaluate, train and enhance your athletes' speed abilities.



Train with more than one exercise at a time simultaneously.



Cognitive test that allows you to determine the athlete/patient's cognitive level and create a training plan based on that. You can also compare results with other users who meet the same criteria worldwide.

Control the stimulus you want to display and on which node from your mobile phone to generate more surprise during training.



Plan the week's workouts for each athlete or patient in your calendar.

Save the exercises you want to work on already edited, so you can execute them right away without wasting time.

Remote training. Send workouts to your athletes/patients who have a NeuroSharp System. They'll be able to perform the exercises remotely, and you'll receive the results for evaluation.



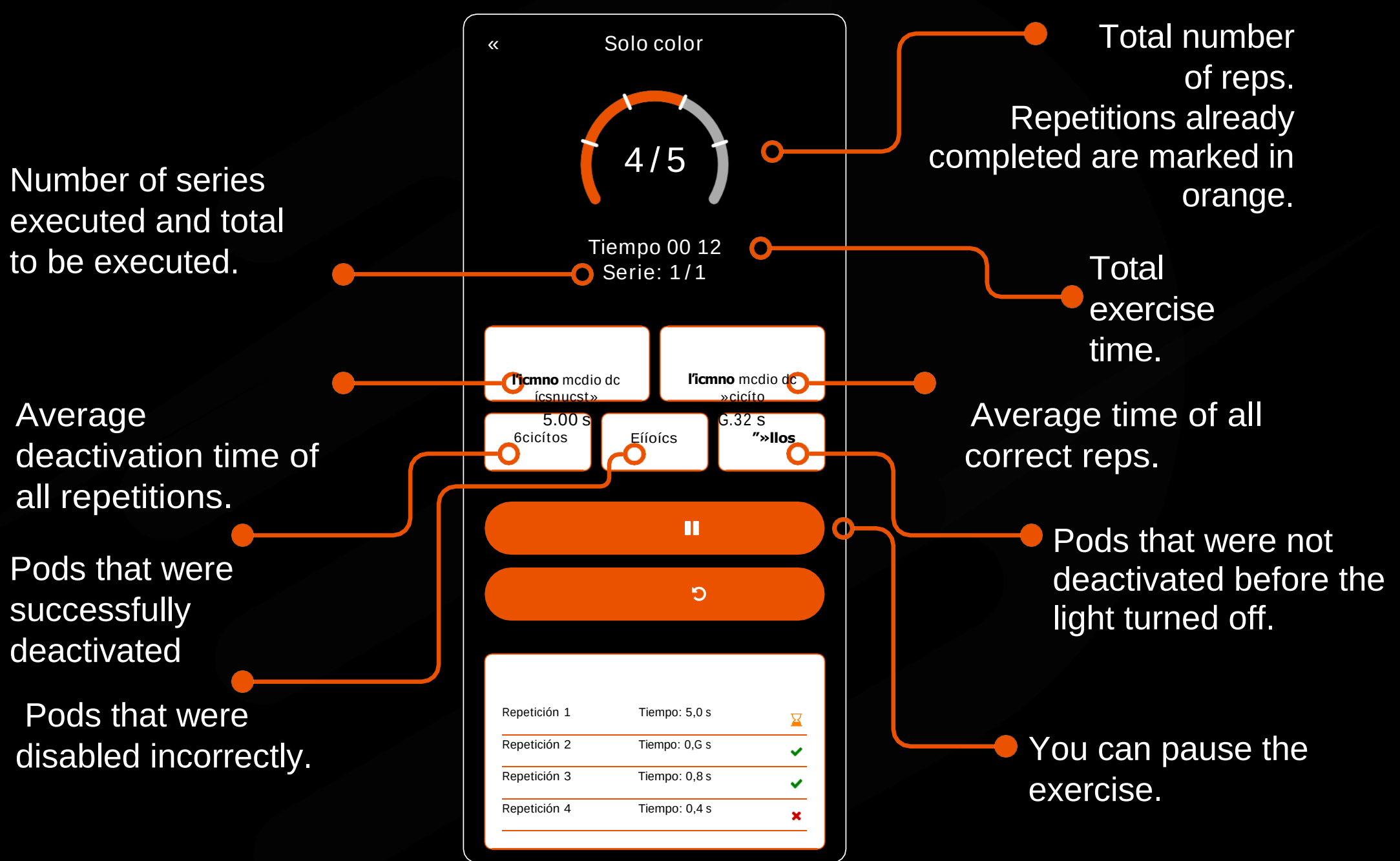


Execution and Results

Once you've selected your workout and adjusted the execution parameters, press Start and 3... 2... 1... start training!

You'll be able to see your athlete/user's performance in real time.

Execution by reps.





Execution by time.

Total exercise time.	
Number of sets performed and total to be performed.	Total reps within the predetermined exercise time.
Average deactivation time for all reps.	Average time of all successful reps..
Pods that were deactivated correctly.	Pods that were not deactivated before the light turns off.
Pods that were disabled incorrectly.	You can pause the exercise.

« Solo colo	« Competencia	« Competencia
4 / 5		
Tiempo: 11.2 s Serie: 1 / 1	¡Ganó Participante 3!	¡Empate!
	Tiempo: 24.G s Aciertos: 10	Tiempo: 24.G s Kc»cticioncs: 10
Reiniciar	Reiniciar	
GUARDAR RESULTADOS	GUARDAR RESULTADOS	

Competition results allow you to assess skills, sparking and stimulating competition.





Two stations

You'll be able to see the results of two or more stations working simultaneously.

«

Solo coloi

Estación 1

1 / 5

l'icm»o: 5.1 s

Sciic: 1 / 1

l'icmno medio dc ícsnucst»

-

l'icmno medio dc »cicito

-

6cicitos

0

Eífoícs

0

"»llos

0

P6US6K

||

»

Use the arrows to change stations on your device's screen.

«

Solo coloi

Estación 2

1 / 5

l'icm»o: 5.1 s

Sciic: 1 / 1

l'icmno medio dc ícsnucst»

-

l'icmno medio dc »cicito

-

6cicitos

0

Eífoícs

0

"»llos

0

P6US6K

||

«

«

Solo coloi

4 / 5

l'icm»o: G0.U s

Sciic: 1 / 1

l'icmno medio dc ícsnucst»

5.00 s

l'icmno medio dc »cicito

G.32 s

6cicitos

2

Eífoícs

1

"»llos

1

KE6NUD6K

▶

KEINIC16K

↺

Sciic 1

Repetición 1	Tiempo: 5,0 s	
Repetición 2	Tiempo: 0,6 s	
Repetición 3	Tiempo: 0,8 s	
Repetición 4	Tiempo: 0,4 s	

Partial Results

You can view partial results simultaneously during your exercise. You can also pause, restart, or exit.

- Time it took you to deactivate the stimulus(s) appearing in the replay.
- Failure: The stimuli were not deactivated in time.
- Success: You deactivated the stimuli marked as correct.
- Error: You deactivated the wrong stimuli.





Save results

At the end of your workout, you can reset or save your results by assigning them to an athlete/user profile.

<<

Solo colori

5/5

l'icm»o: 17.0 s

Sciic: 1/1

Enticnamicto

ffinaliza»o

Kcsulta»os »oi sciic:

Seiie 1

KEINICI6K

GU6KD6K

KESULI'6DOS

[illegible]

Kcsulta»os »oi sciiç:

Sefie 1 - Antonio Gasalla

l'icmno mcdio dc icsnucst» 5.00 s	l'icmno mcdio dc »cicito G.32 s
--	--

6cicitos 2	Efioícs 1	"»llos 1
----------------------	---------------------	--------------------

Repetición 1 - 0,5 s ✓

Repetición 2 - 0,5 s ✓

Repetición 3 - 0,3 s ✓

Repetición 4 - 0,3 s ✓

Repetición 5 - 0,5 s ✓

6SIGN6K 6I'LEI'6 +

KEINICI6K ↺

GU6KD6K KESULI'6DOS 📄





Ejecución y resultados

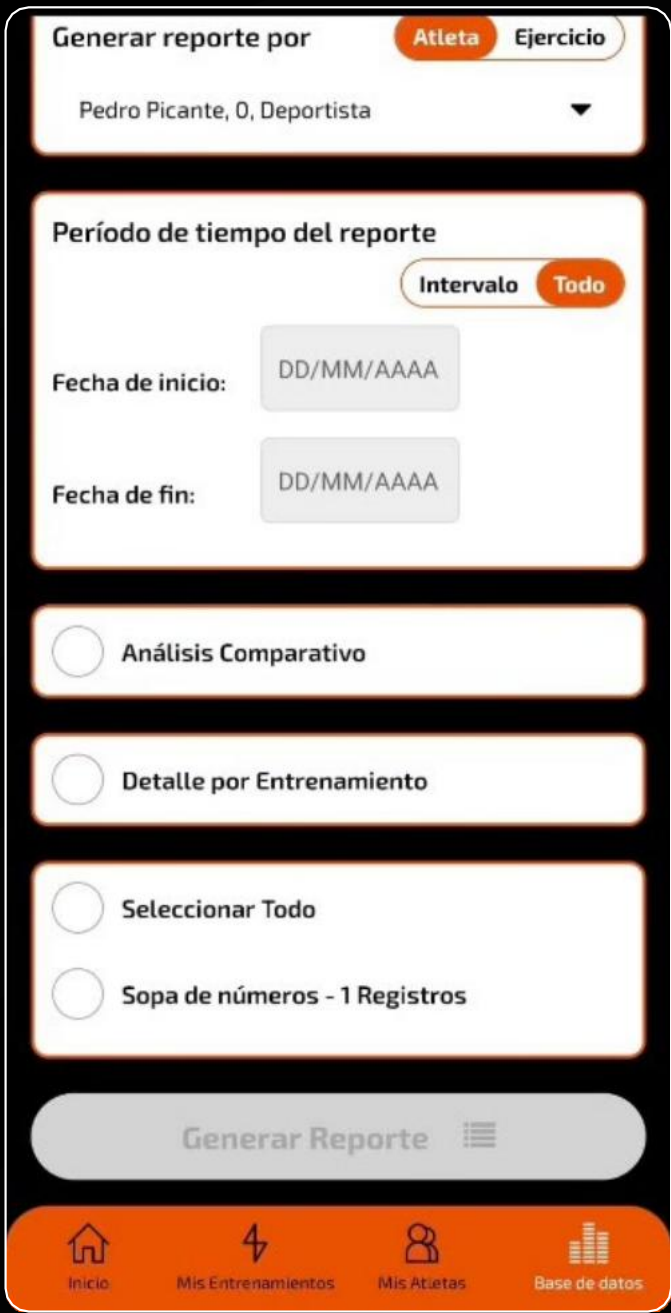
Consult metricsconsultar métricas



Access your database to search for training results and be able to evaluate or plan based on them.

You can select a comparison graph for all selected workouts.

Select the results data you want to download.



Generates report by athlete/user or exercise's name.

Select all or by date

Download the workouts individually

Generate the report.



Choose the format and your report is ready.

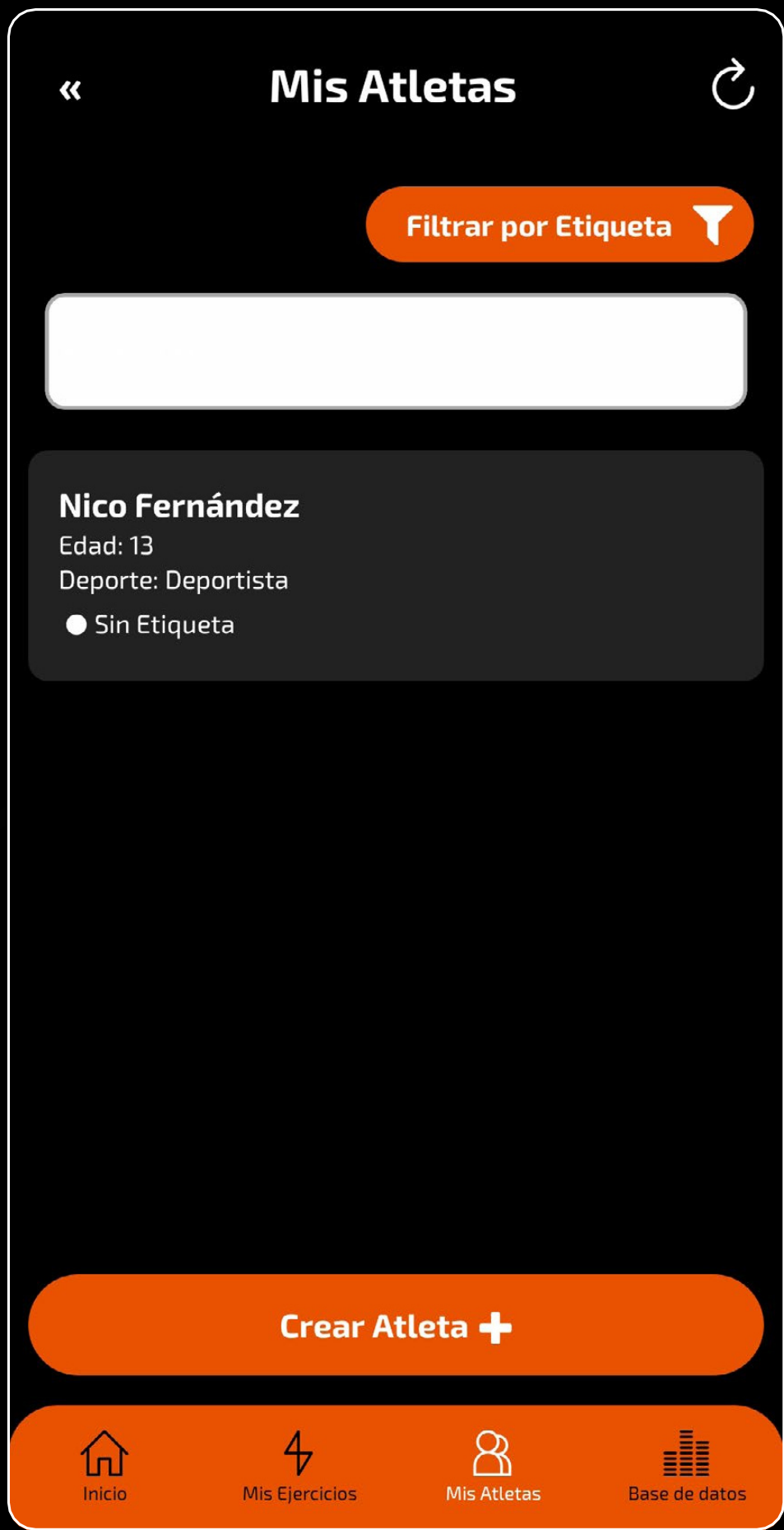




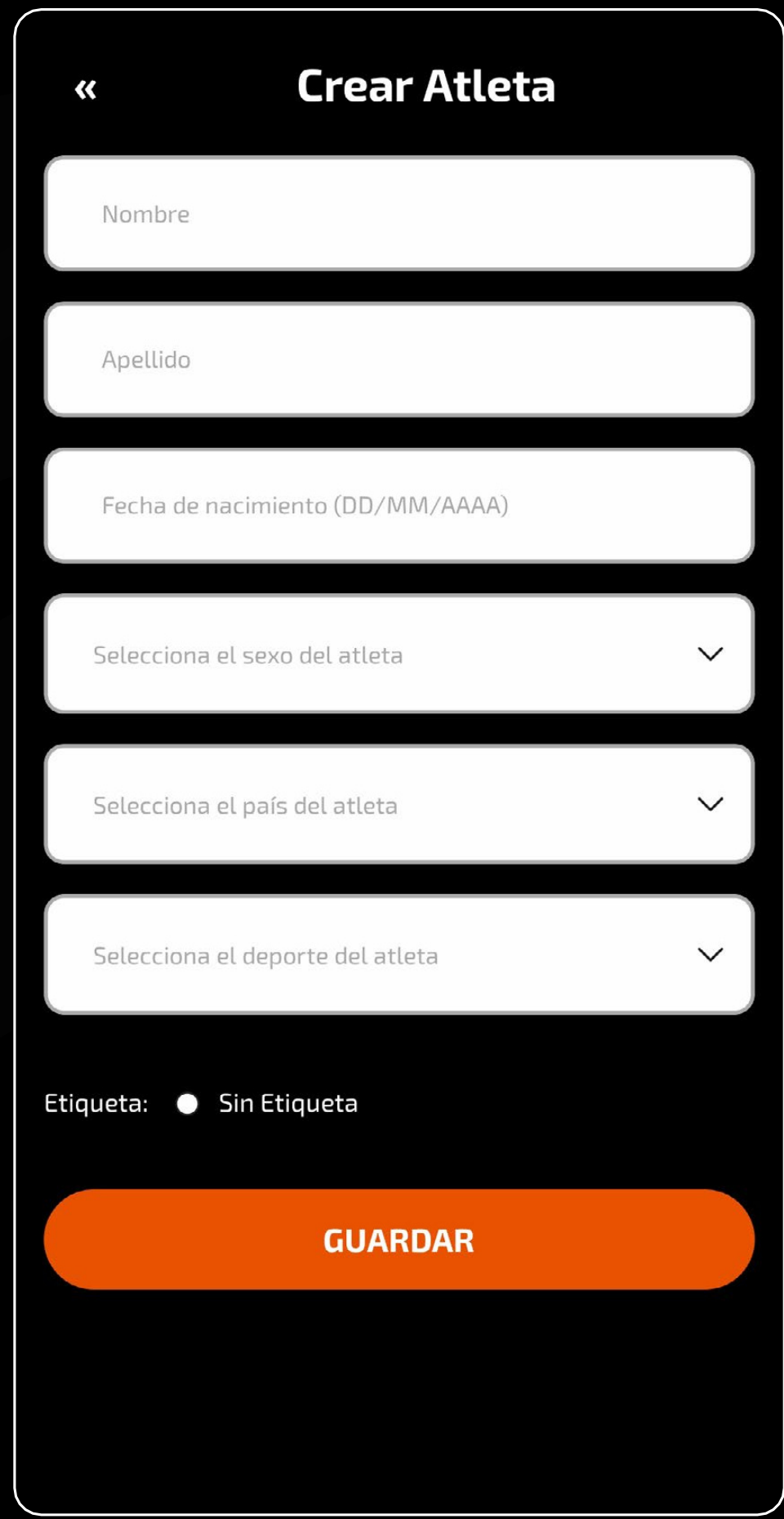
My athletes/users



Create your athlete/user list to save their training results for evaluation.



You can search for your athlete/user to see their activities.



Create and complete the profile of each athlete/user.

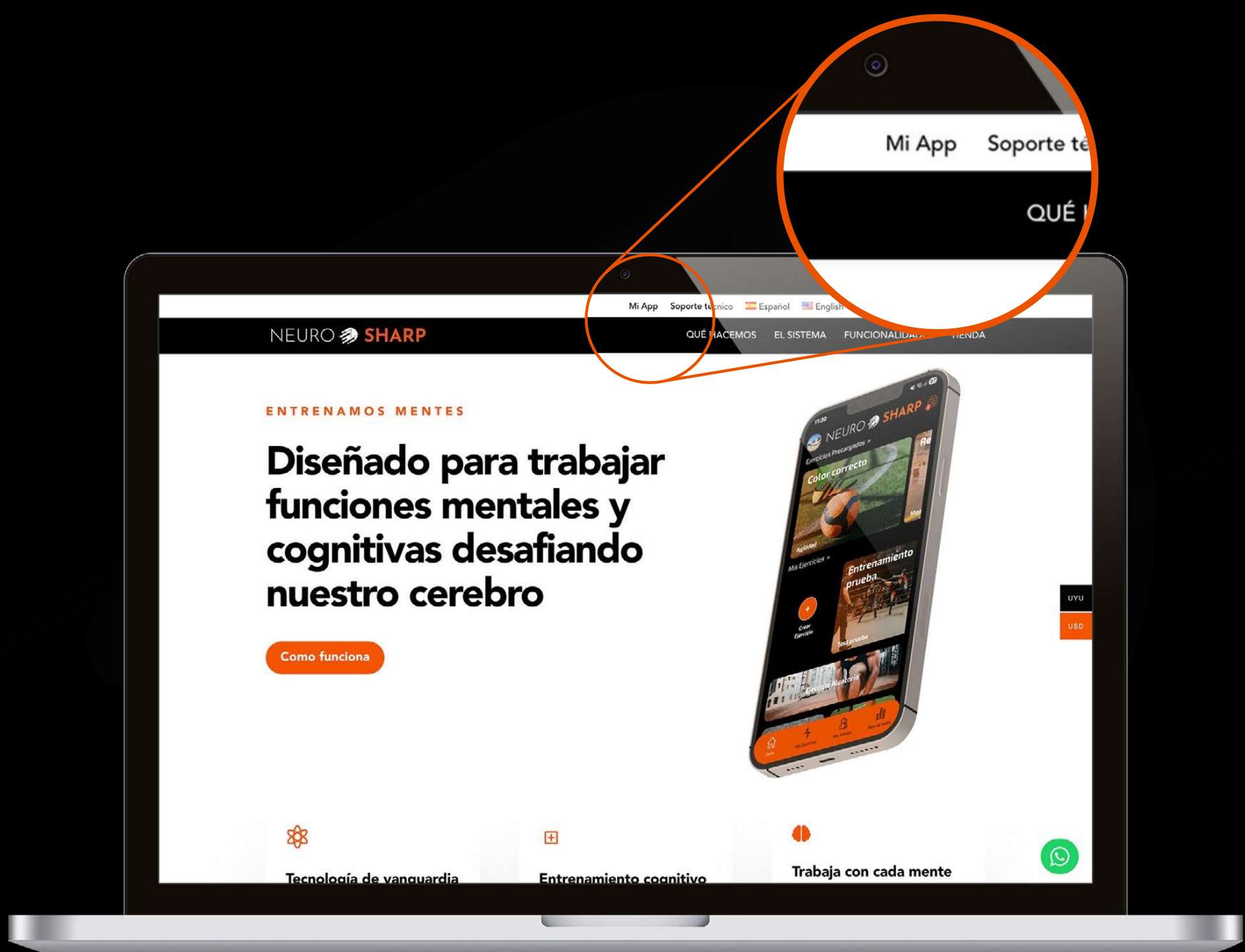




My Web App

My Web App gives you the opportunity to work from your PC more comfortably.

Log in through www.neurosharp.com.uy and click on My Web App. Use the same email and password as on your mobile device.



From there you can:

- Create workouts
- Download results for evaluation
- Create charts
- Plan your week
- Share workouts or plans with your contacts
- Watch tutorial videos
- Receive news



FCC Warning:

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 or more of the following measures:

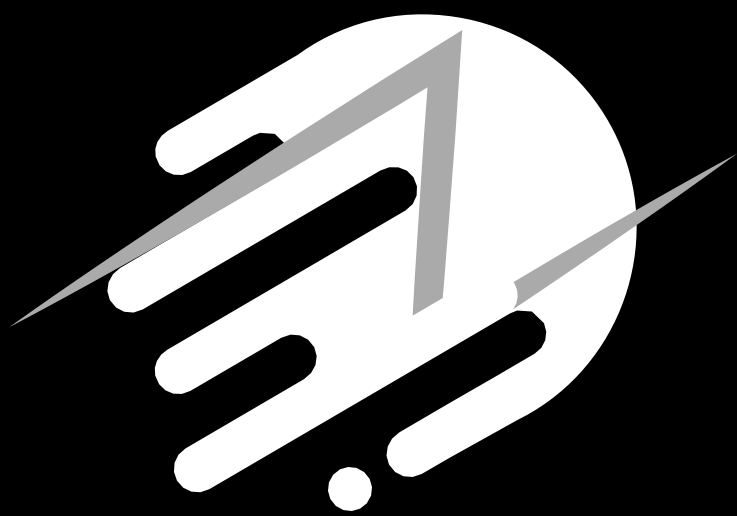
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.



NEURO**SHARP**

TRAINNING MINDS
BOOSTING SKILLS

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