

UFC

EN

MODEL: IS291 (ODIS-291)

NAME: FORCE TRACKER

USER MANUAL



XFORCE TRACKER APP



IMPORTANT NOTICE!

Please keep your instructions! Your model number is necessary should you need to contact us. Please read through this instruction manual book to familiarize yourself with all parts and assembly steps. Kindly refer to the parts list below and be sure that all parts have been included.

Although we are dedicated to giving our customers the best product possible, a question may arise or parts may be missing. If you are missing parts or if you have any questions, please contact our email: service@trigreatusa.com.

WARNING:

CHOKING HAZARD -- This item contains small parts. Not suitable for children under 3 years old.

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC statement

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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.

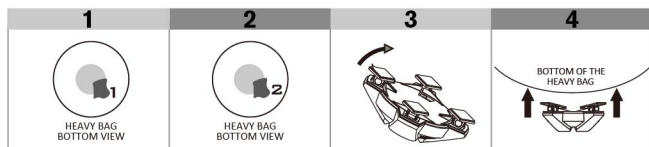
This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body or nearby persons.

What's In The Box:

1PC UFC Force Tracker
1PC User Manual
4PCS Extra 3M Tape Replacement
2PCS Wet/Dry Wipes

Instructions

1. Clean the application area with a wet wipes (#1).
2. Clean the application area with a dry wipes (#2) .
3. Remove the paper from the adhesive tape (#3) .
4. Firmly attach the device to the heavy bag (#4) .
5. For best results, wait 8 hours for adhesive to dry.



GET TO KNOW IT

- Sense your punch and kick
- Run on 3pcs AAA batteries (Batteries not included)
- Device enters sleep mode when resting for 5 minutes
- Punch the bag to wake up the device

IMPORTANT NOTICE!

This device is designed to best suit average punching bags with 1.2m (or 45") long and weight more than 45kg (or 100lbs). Longer or lighter bags may experience a slight variation in punch accuracy on the bag, or a counting-error when doing fast punches. To compare each punch or kick, it will be most accurate when one hits the same bag on the same contact area!

GET READY FOR USE

1. DOWNLOAD THE APP



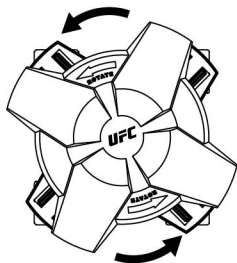
Scan the QR code

or

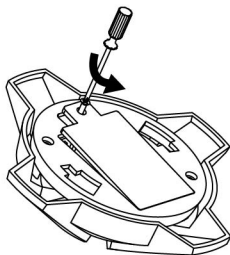


Search for "XFORCE TRACKER"
in App Store or Google Play
and download the App

2. INSERT THE BATTERY



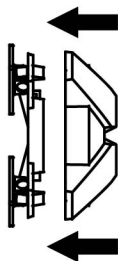
Rotate the cover in
counter-clockwise direction
and then separate from base



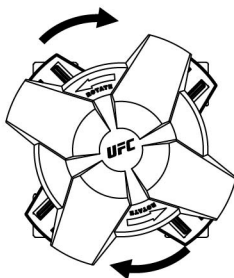
Unscrew the battery cover
and insert 3pcs AAA batteries

Note: The red light inside of device will turn on when batteries are installed correctly.

3. ASSEMBLE WITH BASE

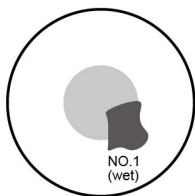


Assemble the device
with its base



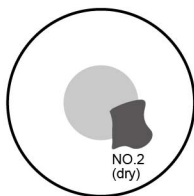
Rotate in clockwise
direction and make
sure to lock it in position

4. CLEAN THE ATTACH AREA WITH WET AND DRY WIPES IN THE BOX



BOTTOM VIEW

Clean the attach area with
wet wipes (NO.1)

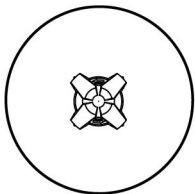


BOTTOM VIEW

Clean the attach area with
dry wipes (NO.2)

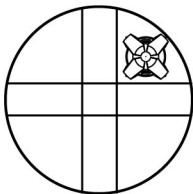
Note: For better adhesive, please attach the device and wait for 8 hours on heavy bag before hitting bag.

5. DETERMINE THE ATTACH AREA ON YOUR BAG



BOTTOM VIEW

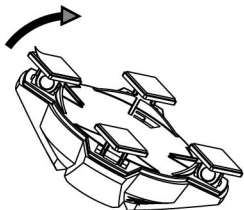
For regular heavy bag, attach the device to the center of its bottom
Or attach to the top of free standing bag.



BOTTOM VIEW

For heavy bag with wide webbing strap at bottom , please attach the device on above position. **DO NOT ATTACH THE DEVICE DIRECTLY ON THE WEBBING.**

6. ATTACH THE DEVICE TO YOUR HEAVY BAG



Remove the liner from double sided tape tabs



Attach your device to the bottom of the heavy bag or the top of free standing bag

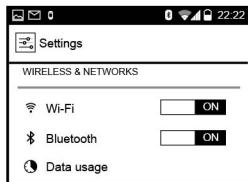
7. TURN ON YOUR BLUETOOTH

Note: WI-FI is not necessary for, during use process. However, if you want to get updated rankings, please turn on WI-FI or 3/4G network .



IOS

or



ANDROID

8. LAUNCH THE APPLICATION AND ENJOY THE JOURNEY!



XFORCE TRACKER

IOS

or

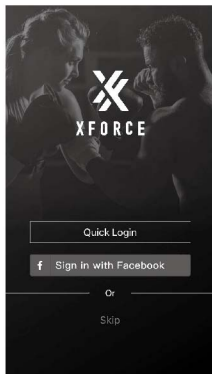


XFORCE TRACKER

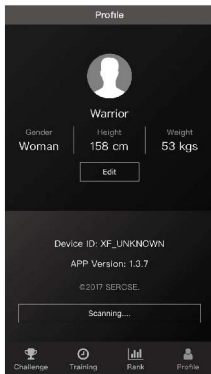
ANDROID

Note: Once you enter into the APP screen, it will show "Device Connected" once Blue tooth and APP are connected successfully.

9. LOGIN AND LOG OUT



LOGIN



LOG OUT

3 WAYS TO LOGIN

- A. Quick Login:** This method allows you to fill out a personal profile and is the best method to track your training results with each session.
- B. Facebook Login:** Another quick and easy method for logging in if you have a Facebook account.
- C. Skipping Login:** Users may select "skip login" from the main screen of the APP. This method of login is quick and easy but will not record your training results on your personal profile that allows you to track progress.

2 WAYS TO LOG OUT

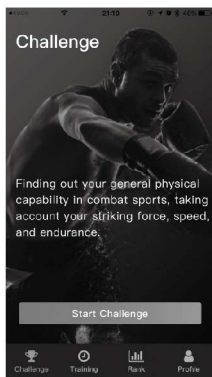
- A. Select "Profile", click "Edit" and select "Log out".
- B. Close out and turn off the APP from the Smartphone dashboard.

MAIN FEATURES

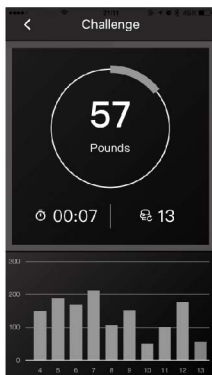
(CHALLENGE MODE)



Evaluation of your general physical capability in combat sports, taking into account your striking force, speed and endurance.



Click "Start Challenge" or punch the bag to begin the challenge mode.



Striking and kicking data will appear on the screen. To change the unit of measurement (e.g., imperial or metric), please go to the profile section to edit unit conversion.

This mode is designed to measure multiple strikes and kicks. Data will be calculated 5 seconds after you stop using the device.



Your "Challenge Result" summary shows the summary of your previous strikes. This is different from your "Score" which tracks your general striking capability, calculated using your striking and kicking force, speed and endurance.

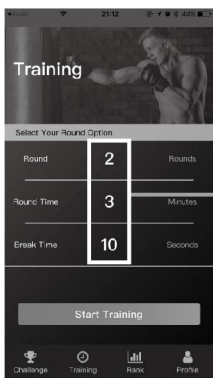
The percentage near the score represents your overall rank position.

MAIN FEATURES

(TRAINING MODE)



Your best training partner for combat sports, easily set up your rounds by clicking the numbers, and let the system take care of the rest.

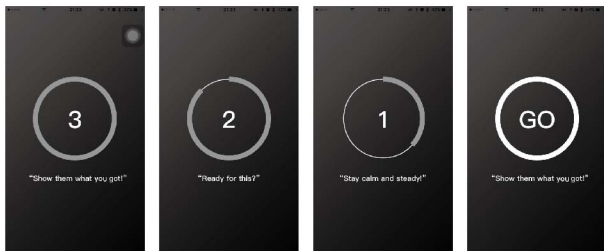


Setting



For training mode, to set your rounds in "Training Mode" click the numbers for "Round", "Round time and "Break Time". Once settings are complete, click "Starting Training".

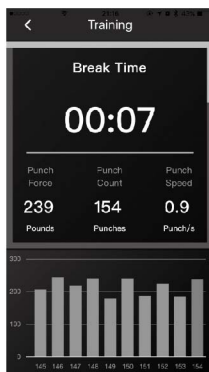
Put your gloves and punch the bag and get yourself warmed up.



3,2,1, GO



Begin your training when the round is started. The red bar around the screen indicates the time duration.



A blue bar will move around the screen to indicated "Break Time". Your break time will count down in the center of the screen.



When round 1 is completed, proceed to round 2.



Your last 10 training records

The "Training Result" page in "Training Mode" indicates your striking and kicking results in all of the rounds completed in your work out. A summary will appear in the chart below the graph.

MAIN FEATURES

(RANK)



The ranking for your challenge mode provides an intuitive way to compete with your friends and other UFC Force Tracker owners.

HINT

Your profile setting will determine which rank group you belong to.

Rank		
Flyweight		
Rank	Name	Score
N/A	Warrior	0
1	Shazia Rutledge	1095
2	Analya Thomson	1071
3	Vienna Byrd	966
4	Arwa Mac	965
5	Veronica Whiteley	931

Challenge

Training

Rank

Profile

MAIN FEATURES

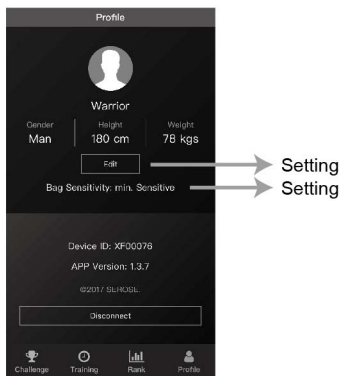
(PROFILE)



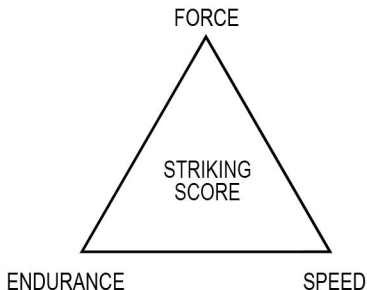
Manage your personal profile, account and language settings, with device connection button to connect or disconnect the device in order to switch users.

To adjust the sensitivity to better fit your bag, please visit “Profile” and click the “Bag Sensitivity” to change the settings.

Note: When observing miscounting during use, you can increase the sensitivity to improve it, or reduce the sensitivity when experiencing over-counting issue.



STRIKING SCORE



The "Striking Score" measures your punch force, speed and endurance (stamina) and combines to one representing your score.

HINTS FOR BETTER SCORE

HINT 1

All three aspects are important for the final score, therefore you should try reaching the balance of all three aspects instead of maxing out a specific one.

HINT 2

A good combination of light and heavy strikes will give you a better result overall.

INDICATION FOR USE

The accessories provided have been specifically designed for Force Tracker and may not work with other devices. The appearance and characteristics of the product are subject to change without notice.

Some accessories, other than those provided, may not be compatible with your impact sensor device.

Malfunctioning caused by the use of non-approved accessories is not covered.

As you will be using the Force Tracker for sports activities, be careful during use and pay attention to what is going on around you to avoid injuring yourself or others.

Only use Force Tracker and its accessories for its/their intended purpose.

Make sure you use the Force Tracker for the intended product purpose. Failure to do so may damage the device and reduce the efficiency of its devices.

For optimal use of Force Tracker, please download the application created by XFORCE. The application is available for iPhone and Android.

To avoid damaging the Force Tracker, please place the device on the points indicated. Failure to do so, may damage the equipment and reduce the efficiency of the devices.

Do not use the Force Tracker if it is damaged, for example, cracked or pierced.

Do not use different types of battery other than AAA with the device.

Do not dispose of the Force Tracker in a fire.

Do not crush or puncture the Force Tracker or any of its accessories and do not expose it to excessive external pressure. Doing so could cause a short circuit or overheating.

Do not violently drop, disassemble, open, crush, bend, deform, puncture, shred, microwave, swallow, incinerate or paint the Force Tracker.

The device is sensitive, ensure that it is not subject to sudden impact directly.

The Force Tracker is not a toy. Keep the device out of reach of children under three years old or pets that could suck or bite the device or one of its components.

To clean your device, use only a soft, clean wipes. Never use an alcohol detergent.

Do not dispose of the Force Tracker with your household waste.

Electrical appliances should be disposed of appropriately in accordance with the national collection and recycling systems operated by your country or region.

The product packaging and manuals should only be disposed of in accordance with the national collection and recycling schemes operated by your country. Please contact the relevant authorities for more information.

The operating temperature should be between 0°C and 55°C for the device. Storage should be at temperatures between -20°C and 55°C. Extremely hot or cold temperatures may damage your device or accessories.

Keep your device away from heat or ignition sources, such as a radiator, microwave oven, cooker, kettle or candle.

The device may be damaged if water or dust gets inside it. Follow this advice carefully to avoid damage to the device and to maintain its water and dust resistant properties.

Do not expose your device to direct sunlight (for example, on a vehicle dashboard) for long periods.

Like any wireless device, the Force Tracker may interfere with hearing aids or pacemakers. If in doubt, consult your doctor.

TROUBLE SHOOTING

Q: My device doesn't work

A: Please check the following:

1. Your phone is updated to the latest version and bluetooth is turned on.
2. Batteries are new and the red light is on indicating correct battery installation.
3. Punch the bag to wake it up.
4. Ensure no one else near you is connected to the device (or forgot to disconnect).

Q: How do I turn off the device?

A: The device will enter sleeping mode after resting for 5 minutes and wake up when you punch it. There is no need to turn-off the device.

Q: How do I connect to the right device when there is more than one around?

A: Get your APP ready to use (make sure your bluetooth is on) and then punch the bag you wish to use to wake it up. You should see connection right away. If not, then check with the previous user and make sure he/she has disconnected the device by clicking "disconnect" button in the profile page.

Q: What would happen if I don't have internet connection?

A: Your APP will work fine without internet connection except for the ranking system.

Q: Which double sided tape should I use to replace the old one?

A: We recommend using 3M VHB Tape 5925, you may get it from Amazon.com, Walmart or a local hardware store nearby.

Q: When the Force Tracker is connected with APP via Bluetooth, and it still doesn't work.

A: Please remove and re-insert the batteries to restart the device.

Q: What should I do when I have over-counting or miscounting issue?

A: You can change the sensitivity setting in profile page (see P.15) when experiencing counting issue. When observing over-counting, you will need to reduce the sensitivity, and increase for miscounting.

Q: Something wrong with the graphics?

A: Please send us an email (service@trigreatusa.com) and we will help you resolve your issue.

Q: Why does punch force varies with punch area?

A: The device sense the vibration from the bag for force calculation. Hence, punches that are closer to the device will indicates higher score. To use the device properly, you should practice your punch and kick in a normal way. Intention to reach higher score by cheating is not recommended.

If you have further questions, please contact our email: service@trigreatusa.com.



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