

Instruction Manual

Ultimate Balance® Trainer Take it to the next level!



ULTIMATE BALANCE TRAINER - TERMS OF USE

The Trainer is to be used only as a training device by athletes who have good native balance skills, and in situations that do not put the user at risk of bodily harm. The Trainer is not suitable for any physical rehabilitation or therapeutic purposes except under the supervision of a physician or licensed physical therapist. All users should carefully read this Instruction Manual for instruction and guidance before using the Trainer.

Do not open or disassemble this product. To do so could create a safety hazard and will void the Limited Warranty. Misuse, accident, improper installation or maintenance will also void the Limited Warranty. There are no user-serviceable parts inside this product.

Do not expose the Trainer to water. It is not waterproof and exposure to water will make it inoperable.

This product contains a Lithium Ion battery. When recharging the battery, use only an Ultimate Balance Battery Charger (model UBC-01 for the United States). Dispose of according to the local, state and federal regulations in force at the time of disposition. Do not incinerate.

CAUTION: RISK OF EXPLOSION IF THE BATTERY IS REPLACED BY AN INCORRECT TYPE OR IF THE PRODUCT OR BATTERY ARE INCINERATED.

ONE YEAR LIMITED WARRANTY

Ultimate Balance warrants this product to be free from defects in materials, design and workmanship for one year from the date of purchase by the original customer. This warranty is limited to replacement or repair of the product, at our option. If you need to return this product for any reason, please contact Ultimate Balance for a Return Authorization number and instructions. Retain the original dated sales receipt. Proof of the date of purchase will be required with any request for warranty repair.

Ultimate Balance shall not be liable for any loss or damages, including incidental, consequential or special damages of any kind, whether based on warranty contract, negligence or otherwise, arising in connection with the sale, use, or repair of the product. Ultimate Balance's liability shall in no case exceed the purchase price for the product claimed to be defective. Some states do not allow the exclusion or limitation of incidental or consequential damages so the above limitation may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.

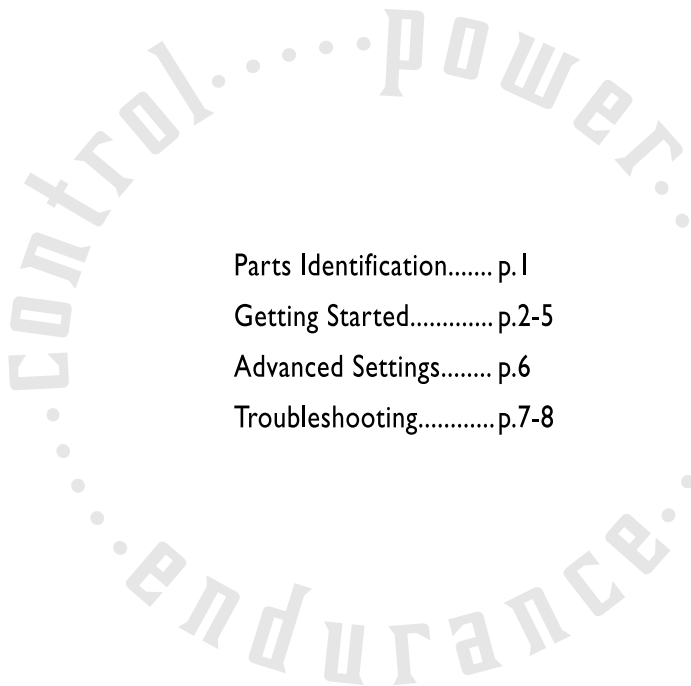
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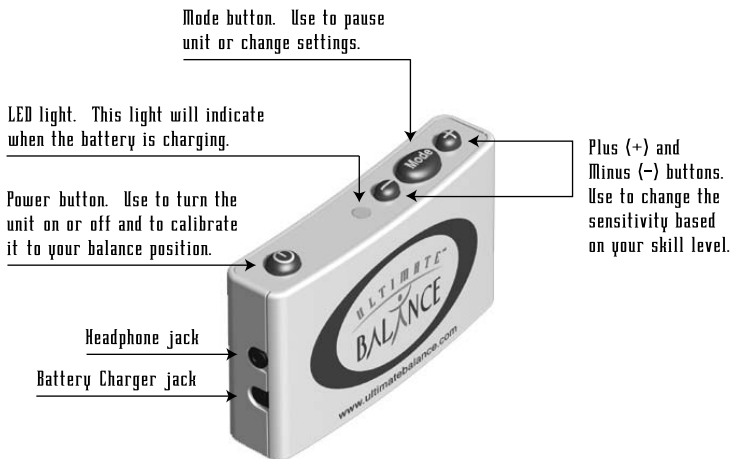
The Ultimate Balance Trainer is protected by U.S. Patent 5,430,435. Other U.S. and International patents pending

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Parts Identification



Accessories included with your Ultimate Balance Trainer:



Battery Charger



Headband

Getting Started

Preparations Before Use

Before using the Trainer for the first time, fully charge the battery. (See "Charging the battery").

Placing the Trainer on your head

The Trainer is designed to be worn just above your right ear as in the picture below. It attaches to a Velcro® patch that is sewn on the headgear. Headbands, caps and visors with Velcro® patches are available from Ultimate Balance.

Put on the Ultimate Balance headgear with the Velcro® patch above your right ear. *(Hint: If you are wearing the headband, check that the Ultimate Balance logo is facing forward. You should be able to feel the back seam aligned with the back of your head).*



Attach the Trainer to the Velcro® patch on the headgear, pressing firmly to secure. Make sure you can feel the buttons on top of the Trainer.

Check that the Trainer is horizontal when you are standing with your head level, looking straight ahead, and that the speaker is just above your right ear. Adjust as necessary.

Getting Started *Cont'd*

Turning on and calibrating the Trainer

Once the Trainer is in the correct position (See "Placing the Trainer on Your Head") stand in a still, upright position looking towards the horizon and press and hold the Power button until you hear the Trainer say "Welcome to Ultimate Balance." Now press and release the Power button again to calibrate. The Trainer will say "Calibrating". Stand still for about 7 seconds until you hear the Trainer say "Calibration Complete. Ready to Play", and announces the sensitivity level. You are now ready to start using the Ultimate Balance Trainer.

**You may want to re-calibrate the Trainer every 10-15 minutes of play to adjust for small changes in your balance position, or whenever you change the position of your headgear or of the Trainer. Each time you recalibrate, make sure you are standing still and upright, with your shoulders relaxed and looking toward the horizon.

Charging the battery

A full battery will need to be recharged after approximately 16 hours of total use. The Trainer will announce "Low Battery" a few minutes before turning itself off due to a low-battery condition, and every 30 seconds afterwards.

To charge the Trainer, plug one end of the Battery Charger into the Battery Charger jack on the Trainer and the other end into a wall outlet. When the Trainer is plugged in, the LED blinks while charging, and the voice prompt says "Charging". When the battery is fully charged, the voice prompt says "Charge complete" and the LED stays on continuously. A full charge takes 2 to 3 hours.

Getting Started Cont'd

Using the Trainer

Once you have calibrated the Trainer, you can try out the various feedback responses by tilting your head forward, right, left and back, as shown in the pictures below. This will allow you to become familiar with the Trainer before using it in practice.



If you hear more than one response at a time (for example, "Left-Back"), this means that you are leaning in more than one direction (in this case, both left and back).

For more instructions on how to use the Trainer as part of a lesson plan or practice, visit our website at www.ultimatebalance.com.

Pausing the Trainer

You can pause the Trainer at any time by pressing and releasing the Mode button. You will hear the Trainer say "Pause". When you are ready to begin playing again, press and release the Mode button and you will hear the Trainer say "Play".

Getting Started *Cont'd*



Adjusting the Trainer's sensitivity level

The Trainer's sensitivity level can be adjusted by pressing the + or – buttons. The Trainer's voice prompt will confirm the current level setting.

Finding the appropriate sensitivity level

There are sixteen sensitivity levels. The appropriate level varies with the user, sport and type of drill.

Always start with a low sensitivity level, especially if you are unfamiliar with the Trainer. If you are not hearing any feedback from the Trainer, raise the sensitivity. If you are hearing feedback more than once every 2 or 3 movements, lower the sensitivity.

As your balance improves, you will hear the feedback less and less frequently. You are ready to take it to the next level!

Turning the Trainer off

You can turn the Trainer off by pressing and holding down the Power button until you hear it say "Good-bye."

The Trainer turns itself off automatically if it detects no movement for 5 minutes. If it detects a low-battery condition, it will say "Low battery" first. The Trainer always says "Good-bye" before turning itself off.

Advanced Settings

Holding the Mode button down for more than 2 seconds puts the Trainer into Programming Mode. The first Programming Mode that is announced is "Set Volume". The volume can then be adjusted by releasing the Mode button and using the +/- buttons. If the Mode button is pushed and released again, you will cycle through the other two Programming Modes: Direction and Voice, and back to Volume. Most users will seldom need to change these settings.

- 1. Volume:** The +/- buttons sequence through five volume settings. The Trainer says "Lowest Volume" at the lowest setting, "Highest Volume" at the highest setting, and the numbers 2, 3 and 4 at the other volume settings.
- 2. Direction:** The +/- buttons sequence through the four direction settings. These are "All directions", "Left and Right Only", "Front Only", "Front and Back Only".
- 3. Voice:** The +/- buttons sequence between Voice ("English Voice mode") and Tone ("Tone mode"). In Tone Mode, the balance feedback is in tones, with a different tone for each direction.

After adjusting the Programming modes, hold the Mode button down until the Trainer announces that you are back in Play mode; or simply wait a few seconds and the Trainer will go back to Play mode automatically.

Troubleshooting

If you experience problems while using the Trainer, please refer to the common questions below or visit our website. We invite your questions, feedback or suggestions at any time. Please email us at support@ultimatebalance.com or call 1-888-225-2620.

The Trainer does not seem to power on

The Trainer should be fully charged before using it for the first time. The Power button should be held down until the voice feedback says "Welcome to Ultimate Balance".

The unit won't recharge

Make sure that you are using an Ultimate Balance Battery Charger, that it is plugged into a powered AC wall outlet, and that it is plugged into the Battery Charger jack, not the Headphone Jack (see "Parts Identification").

The Trainer does not give feedback in the correct direction

The Trainer should be placed above the right ear, with the Ultimate Balance logo facing outward in order to give feedback in the correct direction. Try calibrating the Trainer again (see "Turning on and calibrating the Trainer").

The Trainer does not give any feedback.

If the Trainer is in "Pause" mode, it will remain silent until you put it in "Play" mode by pressing the Mode button. The sensitivity level may be too low to register your tilting. Also make sure that the volume level is set high enough to be audible (see "Advanced Settings").

Troubleshooting Cont'd

Only one or two directions seem to work.

First make sure that the Directions Mode (page 6) is set properly for the directions that you want to have activated; next, raise the sensitivity level high enough to ensure that you are tilting beyond the threshold.

How long does the battery last?

The Trainer can run for 16 hours of use on a fully charged battery. The battery takes several weeks to discharge when the Trainer is turned off.

Does the battery need to be discharged completely before recharging?

No, the battery can be recharged at any time.

I find that when I use the Trainer, the feedback is overwhelming -- sensory overload.

What should I do?

It is normal to experience this initially. If the Trainer is triggering more than once every 5-10 seconds, try lowering the sensitivity. You can also try playing with the Trainer for 5-10 minutes and then pause it to continue practicing on your own. Slowly build up to longer time periods as you feel more comfortable.

I hear tones instead of a human voice when I am tilting.

The Trainer can be set to provide balance feedback as tones or as a human voice. See "Advanced Settings --Voice" to change this setting.

Can I mount the Trainer above my left ear?

No, this version of the Trainer requires you to mount it over your right ear.



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