



## **THE ULTIMATE SMART TRAINING SYSTEM**

**GREAT FOR COMPETITION, AND GROUP & PERSONAL TRAINING**  
*SPORTS, FITNESS, MARTIAL ARTS, MMA, BOXING, & THERAPY*

**MEASURES POWER FOR SINGLE & MULTIPLE IMPACTS**

**PROVIDES IMMEDIATE, OBJECTIVE, ACCURATE & FUN FEEDBACK FOR EVERY TECHNIQUE AND WORKOUT**

**INSTANTLY MAKES ANY DUMB TARGET SMART**

**WIRELESS SENSORS COMMUNICATE IMPACTS UP TO 100'**

**HERMAN TRAINER WORKS ALONE OR WITH A PC AND WITH SINGLE & MULTIPLE SENSORS**

**MY HERMAN PERSONALIZES WORKOUTS & TRACKS PROGRESS**

**MY HERMAN PROVIDES AUDIO & VISUAL COUNTDOWNS, REAL TIME GRAPHS, SCORES, RANKINGS, & FEEDBACK**

**HERMAN TRAINERS & MY HERMAN OPERATE AUTOMATICALLY**

**SPEED PROGRAMS MEASURE SINGLE & MULTIPLE REACTION TIMES**

**CROWN GYM MAT SMART BLOCK SCORES PLYOMETRIC JUMPING, STRIKING, AND MEDICINE BALL DRILLS**

**SMART MODULAR HERMAN TRAINING STANDS PROVIDE QUALITY, VARIETY, PORTABILITY & FLEXIBILITY**

**HERMAN ADDS ENERGY, FUN, & EFFECTIVENESS TO TRAINING**

**MADE IN USA - MONEY BACK GUARANTEE**

**HERMAN DELIVERS VARIETY, FUN, & RESULTS!**

**HERMAN** guides you through workouts and presents objective measurements of power, speed, accuracy, aerobic capacity, and consistency. He maintains your performance history for every exercise or drill of every workout as well as for the total workout. He provides fun, immediate feedback on the latest efforts. Herman has tremendous flexibility with multiple personalities, stand-alone and pc capabilities, and immediate & long-term benefits. Because he's software driven, every Herman can include the latest features. **Herman is the perfect workout partner!**

## **HERMAN SYSTEM ELEMENTS**

**HERMAN SENSORS** – There are both wired and wireless versions of the sensors. Both attach to virtually any target or to the striker. Wired sensors have an 8' cable that can be extended. The wireless sensor can record scores up to 100' from the impact. Secondary sensors connect to each other and to the primary sensor to expand the target zone.

**HERMAN TRAINERS.** Communicate with the sensors and include a multi-line LCD, sensor jack, mini-USB port, a powerful microprocessor, and memory chip that stores over 500 scores. Through a mini-USB cable, the Trainer activate the Herman pc programs. Wireless Trainers work with both wired and wireless sensors.

**HERMAN PROGRAMMER.** Update Hermans by downloading the latest operating system and workout programs for free from the goherman web site or download a created My Herman workout.

**MY HERMAN** uses the greater processing power of a computer to elevate all of the Herman features with visual and audio countdowns and feedback, designated rest periods, many comparison scoring options, 20 feedback levels, real time tracking and rankings against the comparison scores, custom workout programs, multiple athlete profiles, competition and workout modes, and video game & online competition opportunities.

**HITS.** This modular training stand system includes cylinder head and body targets with sensor inserts, sports target & net, double target holder, pull-up bar, dip handles, pull-down handle, plus speed bag, heavy bag, and double-end target attachments and a weight pulley system on the Cross Trainer. HITS provides standard scoring opportunities.

## **HERMAN WORKOUT PROGRAMS**

### **HERMAN OPERATES A NUMBER OF PRE-PROGRAMMED WORKOUTS**

- **SIMPLE.** Correspond to programmed Seconds and Hits intervals with no specified techniques.
- **CLASS.** Provide choices for instructors to lead students through drills and competition.
- **FIT TO DEFEND.** Includes the self-defense strikes demonstrated in our FIT TO DEFEND DVD.
- **MARTIAL ARTS.** Hand & leg techniques.. Vary the sides and positions within the intervals.
- **MIXED MARTIAL ARTS.** Include hand, arm, and leg techniques, combinations & rounds
- **BOXING.** Include the different types of boxing strikes as well as combinations, and rounds.
- **KICKBOXING.** Include the 8 commonly taught techniques with progressive advancement & difficulty.
- **SPORTS** – Include techniques and drills specific to each sport.

**BEST SHOT.** Measures the strongest strike(s) in an unspecified technique. In Hits mode, it's one strike. In Seconds mode, it's the total power of strikes completed in 10 seconds.. Not needed in My Herman.

**SPEED SHOT.** Measures both hand speed and power. Herman calculates the power of the strike and divides it by the time it took to hit after the buzzer/visual cue. The buzzer sounds randomly between 1 and 3 seconds. In Hits mode, it's one strike. In Seconds mode, it's 5 strikes, with individual buzzers/visual cues for each. Hitting too early is a zero.

**BURN OUT.** Reduces the recoil period between measured strikes and is perfect for speed drills or using a speed bag.

**ROUNDS.** Select number and length of rounds. Timer counts down rest period. Not needed in My Herman.

## **HERMAN WORKOUT LEVELS**

**BEGINNER.** 10 Second Intervals. This level is a full workouts for beginners or as a warm up for advanced athletes.

**BASIC.** 20 Second Intervals. Good start for almost everyone. Will seem like an eternity if short on cardio capacity.

**ADVANCED.** 30 Second Intervals. You can get in very good shape sticking with this level.

**EXTREME.** 45 Second Intervals. This level is not for the weak of heart. You'll really be challenged.

**PRO.** 60 Second Intervals. This level requires true commitment. We recommend only for the accomplished, highly trained athlete.