



**POWER ON**

| DESIRED ACTIVITY  | PRESS KEY | DISPLAY  | ACTION  |
|---|-----------|--|---|
| <p><b>POWER ON</b></p> <p>Herman likes to work only when you need him</p> | <b>GO</b> | <p>GARRI PRODUCTIONS PAGE</p> <p>OWNER'S PAGE</p> <p>NAME, PHONE #, BATTERY LEVEL</p> <p>(Full, OK, Low, Very Low)</p> | <p>SHOWS HERMAN'S SERIAL NUMBER</p> <p>PERSONAL INFO CAN BE CHANGED</p> <p>IF VERY LOW, CHANGE THE BATTERIES</p> <p>DATA IS SAVED WITH ANY POWER LOSS</p> |

**WORK OUT**

| DESIRED ACTIVITY  | PRESS KEY | DISPLAY                                  | ACTION  |
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| <p><b>AUTOMATIC OPERATION</b></p> <p>Once you hit GO, you never have to hit another button until the workout program is complete</p> <p>Hit GO To stop an interval or override automatic<br/>Automatic resumes after any manual override</p> <p>Automatically displays total workout scores at end<br/>Press GO to get total hits, average hit &amp; total time</p> | <b>GO</b> | <p>OWNER'S PAGE</p> <p>RUN TECHNIQUE</p> | <p>ADVANCES TO RUN MODE OF 1ST TECHNIQUE OF LAST WORKOUT USED</p> <p>INTERVAL BEGINS WITH FIRST STRIKE<br/>AUTOMATICALLY ADVANCES TO NEXT<br/>TECNIQUE/PLAYER AFTER SCORE &amp;<br/>FEEDBACK DISPLAYED 10 SECONDS</p> <p>ALSO WORKS WITH BEST SHOT &amp; SPEED SHOT</p> <p>COMPARE TOTAL WORKOUT SCORES &amp; TIMES</p> |

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| <p><b>SELECT WORKOUT</b></p> <p>Herman guides you thru workouts, powers the sensor, records the scores, and gives feedback<br/>Measures power of strike(s)<br/>Measures reaction time &amp; power</p> | <p>SELECT<br/>SELECT<br/>SELECT<br/>SELECT<br/>SELECT<br/>SELECT</p> | <p>WORK OUT #1</p> <p>WORK OUT #2</p> <p>WORK OUT #3</p> <p>BEST SHOT</p> <p>SPEED SHOT</p> | <p>PRESS SELECT UNTIL DESIRED PROGRAM</p> <p>MAX POWER 1 HIT OR 10 SECONDS</p> <p>AUDIO &amp; VIDEO CUE 1 HIT OR 5 HITS</p> <p>EMPHASIS ON SPEED &amp; POWER COMBINATION</p> |
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| <p><b>WORK OUT TO A PROGRAM</b></p> <p>In SECONDS Mode, Herman ticks every second then speeds up the last 5 seconds.<br/>The clock ticks down while the # of hits goes up</p> <p>In HITS Mode, Herman beeps with each strike that exceeds the threshold. The remaining # of hits counts down</p> <p>In HITS, focus is on Maximum &amp; Average Power<br/>Feedback is based on Total Score using variance analysis versus either Previous or Best</p> | <p>GO<br/>GO</p> | <p>RUN TECHNIQUE</p> <p>NAME OF TECHNIQUE</p> <p>REMAINING SECONDS/# HITS</p> <p>REMAINING # OF HITS</p> <p>CURRENT STRIKE POWER SCORE</p> <p>GRAPH OF CURRENT STRIKE</p> <p>INTERVAL MAX, AVG AND SCORE</p> <p>PRIOR OR BEST SCORES</p> <p># OF HITS(H)</p> <p>MAXIMUM POWER(M)</p> <p>AVERAGE POWER(A)</p> <p>TOTAL SCORE(S)</p> | <p>HERMAN WILL NOT POWER OFF IN RUN MODE</p> <p>INTERVAL BEGINS WITH FIRST STRIKE</p> <p>STRIKE TARGET USING SELECTED<br/>TECHNIQUE FOR DURATION</p> <p>RECORDING STOPS AT END OF INTERVAL</p> <p>NUMBER OF HITS TIMES THE AVERAGE</p> |
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| <p><b>FEEDBACK</b></p> <p>35% + BETTER<br/>30% TO 35% BETTER<br/>25% TO 30% BETTER<br/>20% TO 25% BETTER<br/>15% TO 20% BETTER<br/>10% TO 15% BETTER<br/>5% TO 10% BETTER<br/>PLUS OR MINUS 5%<br/>5% TO 10% WORSE<br/>10% TO 15% WORSE<br/>15% TO 20% WORSE<br/>20% TO 25% WORSE<br/>25% TO 30% WORSE<br/>30% TO 35% WORSE<br/>35% + WORSE</p> |  | <p>THAT'S SICK!!!!</p> <p>(+)35% YOU ROCK</p> <p>(+)30% AWESOME</p> <p>(+)25% STRONG!</p> <p>(+) 20% GOOD</p> <p>(+) 15% NICE</p> <p>(+) 10% DECENT</p> <p>OK</p> <p>(-) 5% VERY CLOSE</p> <p>(-) 10% CLOSE</p> <p>(-) 15% A BIT OFF</p> <p>(-) 20% NOT BAD</p> <p>(-) 25% NOT GREAT</p> <p>(-) 30% PICK IT UP<br/>GO HARDER</p> | <p>FEEDBACK PROVIDED FOR EACH TECHNIQUE &amp; EACH FULL WORKOUT PROGRAM</p> <p><b>HARSH FEEDBACK</b></p> <p>(-) 5% SHAKY</p> <p>(-) 10% BAD</p> <p>(-) 15% POOR</p> <p>(-) 20% WEAK</p> <p>(-) 25% VERY SAD</p> <p>(-) 30% SORRY<br/>YOU SUCK!</p> |
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| <p><b>STOP AN INTERVAL</b></p> | <p>GO<br/>GO</p> | <p>NAME OF TECHNIQUE</p> | <p>SCORES NOT RECORDED IF TIMER STOPPED<br/>STAYS AT THAT TECHNIQUE FOR RESTART</p> |
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| <p><b>SKIP A TECHNIQUE</b></p> | <p>SELECT<br/>GO &amp; GO</p> | <p>NEXT TECHNIQUE</p> <p>DESIRED TECHNIQUE</p> | <p>PRESS SELECT UNTIL DESIRED TECHNIQUE<br/>AUTOMATIC OPERATION RESUMES</p> |
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| <p><b>CHANGE A PARAMETER</b></p> <p>You can change a parameter at any time</p> | <p>MENU<br/>MENU<br/>GO</p> | <p>SETUP MENU</p> <p>RUN PROGRAM</p> <p>NAME OF TECHNIQUE</p> | <p>FOLLOW SETUP STEPS TO CHANGE ANY</p> <p>RETURNS TO SAME TECHNIQUE IN WORKOUT</p> |
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**POWER OFF**

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| <p><b>POWER OFF</b></p> <p>Can disable automatic shut-off in setup menu</p> | <p>SET&amp;SELECT<br/>at same time</p> | <p>Powering Off</p> | <p>HERMAN AUTOMATICALLY SHUTS OFF AFTER<br/>5 MINUTES OF NON-RUN MODE INACTIVITY</p> |
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## SET PARAMETERS

| DESIRED ACTIVITY  | PRESS KEY   | DISPLAY  | ACTION   |
|---|---|--|--|
| <b>SET PARAMETERS</b><br>You choose how Herman trains you   | <b>MENU</b>   | SETUP MENU   | CAN CHANGE BEFORE OR DURING WORKOUT<br>DURING WORKOUT RETURNS TO SAME TECHNIQUE  |
| <b>CLEAR ONLY BEST SHOT &amp; SPEED SHOT SCORES</b><br>Herman stores 64 Best Shot/Speed Shot scores<br>Clearing scores does not impact workout scores   | <b>GO</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SET</b>   | Clear <b>BEST SHOT</b><br><b>CONFIRM: NO</b><br><b>CONFIRM: YES</b>        | CLEAR ALL BEST SHOT & SPEED SHOT SCORES<br>PREVENTS ACCIDENTAL CLEARS<br><br>ALL BEST SHOT RESULTS NOW CLEARED   |
| <b>CLEAR ALL SCORES</b><br>Herman can store over 500 scores<br>Once you clear the results, you'll need to complete a technique twice to receive feedback  | <b>GO</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SET</b>   | Clear All Results<br><b>CONFIRM: NO</b><br><b>CONFIRM: YES</b>             | LOSE ALL HISTORY AND START OVER<br>PREVENTS ACCIDENTAL CLEARS<br>LAST CHANCE TO CHANGE YOUR MIND<br>YOUR HISTORY IS NOW HISTORY  |
| <b>SET MINIMUM POWER FOR SCORING</b><br>Herman records every movement of the target<br>Setting a minimum power to count as a hit reduces false readings and increases the challenge<br><br>Can set separate thresholds for 2 targets.<br>3rd connected target uses same threshold as #2 | <b>GO</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b> | Setup Threshold #1<br>Threshold 3G<br>5G<br>8G<br>10G<br>15G<br>20G<br>25G | PRESS SELECT UNTIL DESIRED THRESHOLD<br>START KIDS AT 3G, ADULTS 8G<br>ADJUST UP WHEN FALSE HITS<br>HIT HARDER OR ADJUST DOWN IF TOO HARD TO REGISTER A SCORE<br><br>REPEAT FOR 2ND TARGET IF APPLICABLE<br><b>SHORTCUT: PRESS SET IN RUN MODE</b> |
| <b>SELECT TRAINING TYPE</b><br>SECONDS works best for cardio training<br>HITS works best for technique work<br>ROUNDS works best for boxing or cardio<br>Can select number and length of rounds   | <b>GO</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b>   | Setup Timer<br>Mode: SECONDS<br>HITS<br>ROUNDS                             | WORKOUTS DRIVEN BY PROGRAMMED TIME OR PROGRAMMED NUMBER OF HITS<br>ROUNDS WORKS INDEPENDENT OF WORKOUTS<br>COUNTS DOWN REST PERIODS  |
| <b>PICK TYPE OF FEEDBACK</b><br>Feedback is immediate & objective   | <b>GO</b><br><b>SELECT</b><br><b>SELECT</b>   | Setup Feedback<br>Mode: PREVIOUS<br>BEST                                   | COMPARE CURRENT SCORE AGAINST PRIOR SCORE OR BEST SCORE<br>THERE ARE 11 LEVELS OF FEEDBACK   |
| <b>SET AUTOMATIC WORKOUT</b><br>Herman provides 3 choices for the workout that is automatically activated when powered on & GO is hit   | <b>GO</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b>  | Setup Auto Run<br>FIRST WORKOUT<br>LAST WORKOUT<br>LAST TECHNIQUE          | GOES TO 1ST TECHNIQUE OF 1ST WORKOUT<br>GOES TO 1ST TECHNIQUE OF LAST USED<br>GOES TO LAST TECHNIQUE USED  |

## REVIEW SCORES

| DESIRED ACTIVITY   | PRESS KEY  | DISPLAY  | ACTION  |
|--|--|--|---|
| <b>REVIEW PROGRAMS</b><br>You can see how you've done by looking at every score from every technique in every workout since you last cleared all the results | <b>MENU</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b><br><b>SELECT</b> | REVIEW PROGRAMS<br>WORKOUT #1<br>WORKOUT #2<br>WORKOUT #3<br>BEST SHOT<br>SPEED SHOT                     | PRESS SELECT UNTIL DESIRED PROGRAM  |
| <b>REVIEW SCORES OF TECHNIQUES WITHIN PROGRAMS</b>   | <b>GO</b><br><b>GO</b><br><b>GO</b><br><b>SELECT</b><br><b>GO</b>                                | LAST SCORES FOR TECHNIQUE<br>PRIOR SCORE<br>PRIOR SCORE<br>LAST SCORES FOR NEXT TECHNIQUE<br>PRIOR SCORE | PRESS GO FOR ALL STORED SCORES<br><br>REVIEW SCORES OF DESIRED TECHNIQUES<br>PRESS GO FOR ALL STORED SCORES |

## TROUBLESHOOTING

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|---|-----------|--|---|
| <b>HERMAN STARTS AN INTERVAL ON HIS OWN</b><br>Never move Herman to another sensor when he's ready to start an interval | <b>GO</b> | COUNTS DOWN HITS OR TIME<br><br>IF IT KEEPS OCCURRING<br>IF IT STILL CONTINUES | PRESS GO, IF THAT DOESN'T STOP HIM<br>UNPLUG SENSOR & PRESS GO<br>POWER OFF HERMAN & REBOOT<br>REMOVE & REINSERT BATTERIES, THEN REBOOT |
| <b>AN INTERVAL FAILS TO START</b><br>If Herman ever gets tempermental, remove his batteries, reinsert, and restart.     |           | REMAINS IN START POSITION  | MAKE SURE SENSOR IS SECURELY CONNECTED TO HERMAN AND ATTACHED TO TARGET<br>IF CONNECTED, LOWER THE THRESHOLD                            |
| <b>SCORING STOPS IN MIDDLE OF AN INTERVAL</b>   |           | STUCK ON # OF HITS   | CHECK SENSOR IS STILL SECURELY CONNECTED TO HERMAN AND ATTACHED TO TARGET<br>REATTACH & CONTINUE OR PRESS GO TO RESTART INTERVAL        |