



POWER ON

DESIRED ACTIVITY	PRESS KEY	DISPLAY	ACTION
<p>POWER ON</p> <p>Herman likes to work only when you need him</p>	GO	<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
<p>AUTOMATIC OPERATION</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 Automatic resumes after any manual override</p> <p>Automatically displays total workout scores at end Press GO to get total hits, average hit & total time</p>	GO	<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 AUTOMATICALLY ADVANCES TO NEXT TECNIQUE/PLAYER AFTER SCORE & FEEDBACK DISPLAYED 10 SECONDS</p> <p>ALSO WORKS WITH BEST SHOT & SPEED SHOT</p> <p>COMPARE TOTAL WORKOUT SCORES & TIMES</p>

<p>SELECT WORKOUT</p> <p>Herman guides you thru workouts, powers the sensor, records the scores, and gives feedback Measures power of strike(s) Measures reaction time & power</p>	<p>SELECT SELECT SELECT SELECT SELECT 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 & VIDEO CUE 1 HIT OR 5 HITS</p> <p>EMPHASIS ON SPEED & POWER COMBINATION</p>
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<p>WORK OUT TO A PROGRAM</p> <p>In SECONDS Mode, Herman ticks every second then speeds up the last 5 seconds. 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 & Average Power Feedback is based on Total Score using variance analysis versus either Previous or Best</p>	<p>GO 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 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>FEEDBACK</p> <p>35% + BETTER 30% TO 35% BETTER 25% TO 30% BETTER 20% TO 25% BETTER 15% TO 20% BETTER 10% TO 15% BETTER 5% TO 10% BETTER PLUS OR MINUS 5% 5% TO 10% WORSE 10% TO 15% WORSE 15% TO 20% WORSE 20% TO 25% WORSE 25% TO 30% WORSE 30% TO 35% WORSE 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 GO HARDER</p>	<p>FEEDBACK PROVIDED FOR EACH TECHNIQUE & EACH FULL WORKOUT PROGRAM</p> <p>HARSH FEEDBACK</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 YOU SUCK!</p>
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<p>STOP AN INTERVAL</p>	<p>GO GO</p>	<p>NAME OF TECHNIQUE</p>	<p>SCORES NOT RECORDED IF TIMER STOPPED STAYS AT THAT TECHNIQUE FOR RESTART</p>
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<p>SKIP A TECHNIQUE</p>	<p>SELECT GO & GO</p>	<p>NEXT TECHNIQUE</p> <p>DESIRED TECHNIQUE</p>	<p>PRESS SELECT UNTIL DESIRED TECHNIQUE AUTOMATIC OPERATION RESUMES</p>
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<p>CHANGE A PARAMETER</p> <p>You can change a parameter at any time</p>	<p>MENU MENU 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

<p>POWER OFF</p> <p>Can disable automatic shut-off in setup menu</p>	<p>SET&SELECT at same time</p>	<p>Powering Off</p>	<p>WIRED HERMAN TRAINERS SHUT OFF AFTER 5 MINUTES OF NON-RUN MODE INACTIVITY</p>
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SET PARAMETERS

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

REVIEW SCORES

DESIRED ACTIVITY	PRESS KEY	DISPLAY	ACTION
REVIEW PROGRAMS 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	MENU SELECT SELECT SELECT SELECT SELECT	REVIEW PROGRAMS WORKOUT #1 WORKOUT #2 WORKOUT #3 BEST SHOT SPEED SHOT	PRESS SELECT UNTIL DESIRED PROGRAM
REVIEW SCORES OF TECHNIQUES WITHIN PROGRAMS	GO GO GO SELECT GO	LAST SCORES FOR TECHNIQUE PRIOR SCORE PRIOR SCORE LAST SCORES FOR NEXT TECHNIQUE PRIOR SCORE	PRESS GO FOR ALL STORED SCORES REVIEW SCORES OF DESIRED TECHNIQUES PRESS GO FOR ALL STORED SCORES

TROUBLESHOOTING

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818-517-2044

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