



## GETTING STARTED

1. Take Herman out of the anti-static bag and the rubber boot (if included).
2. Slide off the back battery door, insert the 2 AA batteries as indicated, and reattach the door.
3. Put Herman back in the rubber boot with the USB port and Sensor jacks exposed.
4. Remove LCD protective strip and discard.
5. Remove the sensor from the anti-static bag & attach it to a target following the instructions.

## ATTACHING THE SENSOR

1. Horizontally apply the included 6" rough (hook) strip to the target:
  - On freestanding bags, place the strip on top or on the back, 8 to 10" from the top.
  - On hanging bags, place the strip on top. Secure the hanging wire with additional Velcro.
  - You can also cut a hole on the top and place the sensor inside the bag using our sensor insert
  - For BOB, place the strip on the back base of his neck. Secure with duct tape.
  - For Body Shields and most hand held targets, place the Velcro in the center of the back.
  - For Focus Targets, place the strip on the top of the target 6" from the front edge.
2. Attach the sensor to the target with the soft (loop) side against the rough target side.
3. Firmly affix the included 5" soft strip to the top of the sensor and attach the Velcro ends to the target strip. This will secure the sensor for all impacts. FOR WIRELESS SENSORS, SECURE WITH MULTIPLE VELCRO STRIPS.
4. To place your sensor on another target, remove the top strip, slowly detach the sensor, and apply to the other target in the same manner.

## QUICK START INSTRUCTIONS

### POWER ON

1. Press **GO** to power on.

### WORK OUT

1. Plug the target sensor into Herman using the Sensor jack.
2. Press **GO** when the owner's page is displayed. Herman automatically advances to run mode of the first technique for the last workout used or the first workout (your choice)
3. After each interval, Herman displays the score and feedback for 10 seconds, then the next technique for 5 seconds before automatically advancing to run mode for that technique.
4. After the final technique of the workout, Herman displays the Total Workout score & feedback, press **GO** for the **total timing, number of hits, and average score for that workout.**

To change workouts, press **MENU** then **SELECT** until desired workout then press **GO** twice for first technique. Automatic operation resumes.

To skip a technique, press **SELECT** until desired technique displayed then press **GO** twice. Automatic operations resumes, but the Total Workout scoring and timer stop.

### CHANGING PARAMETERS

1. Press **MENU** until Setup Menu appears.
2. Press **GO** until desired parameter appears.
3. Press **SELECT** until desired setting for that parameter appears. Press **GO** to move to next parameter.
4. Press **MENU** to return to Run Program.

### POWER OFF

Press **SET** & **SELECT** at same time to power off.

## OPERATIONAL MODES

Herman works in 3 different modes

**SET UP** – Set or Change your Herman parameters at any time

- For wireless system, establish communication with wireless sensor
- Clear scores from Best Shot and Speed Shot or all scores
- Set Threshold level for primary & secondary sensors choosing 3g, 5g,8g,10g,15g 20g, or 25g
- Set Workout timer in Hits or Seconds or Rounds
- Choose between Harsh and Mild Feedback
- Enable or disable the controller automatic 5 minute shut-off when not in Run mode
- Select starting point for automatic workout – First or Last Workout

**RUN** – This is the workout mode

- Automatically guides you through all the techniques in your workouts,
- Powers the sensor,
- Records your scores & provides percentage change and text feedback on your score.

**REVIEW** – Review technique scores in chronological order since you last cleared results

## KEYS

Herman's 4 RED KEYS have multiple functions.

**MENU (MODE)** - Everything starts with the MENU key. Choose the desired operational mode.

**GO (NEXT)** - This is the most used key.

- Turns on the power,
- Advances to Run mode of last or first workout from home screen for automatic operation
- Manually starts the workout intervals, stops the intervals, & advances to the next technique.
- Advances to the second set of Total Workout scores,
- Advances through the historical scores in the Review mode
- Advances to the next set of parameters in the Setup mode.

**SELECT (CHANGE)** - Moves you from one choice to the next within the selected menu display.

- Change to the next program,
- Change the next technique,
- Change the setting within the selected parameter.
- Your protection against accidental score clearings by forcing you to Confirm; Yes.

**SET** - CLEARS your results after your desire to lose the scores is confirmed. Works with SELECT to power off Herman.

## SCORES

Scores are calculated at twice G force.

Historical, current interval, and current impact(C) scores are displayed during a workout

**HITS(H)** The number of times your strikes exceed the threshold during the training interval. In the HITS mode, Herman makes an audible sound every time a strike registers.

**MAX (M)** Your strongest strike during the training interval.

**AVG (A)** The total power of your hits divided by the # of hits during the training interval..

**SCORE (S)** The number of hits times the average score. This is the best representation of your overall performance during the training interval for that technique and is the basis of the feedback.

**FEEDBACK** Starting with the second time you complete a technique, Herman compares your current score versus your best or previous score for each technique within that workout. When you complete all the techniques of a programmed workout, Herman totals the workout score and provides feedback.