



USER GUIDE

FOR STRIKETEC MOBILE APP

TABLE OF CONTENTS

1. Introduction to StrikeTec	3	6. Section 4: Activities	74
a. Getting Started	6	a. Training Modes	76
i. Attaching the Sensors	8	b. Virtual Battles	87
ii. Connect Sign-In Sequence	12	c. Skills Challenge	95
iii. Things to Know Before Starting	18	d. Punches & Moves	97
2. Menu	22	7. Section 5 : Account	99
3. Section 1 : Videos & Guided Training	26	a. My Profile	101
a. How To	28	b. My Sensors	103
b. Combos	29	c. Settings	105
c. Set Routines	37	d. Notifications	106
d. Boxing Workouts	45	e. Upgrade Membership (Coming Soon)	
4. Section 2 : Social	50		
a. Newsfeed	52		
b. My Social Network	54		
c. Chat With Friends	57		
d. View Public Leaderboard	58		
5. Section 3 : My Progress	64		
a. My Training Schedule	66		
b. My Badges	67		
c. Performance History	68		
d. Goals	73		

INTRODUCTION

ABOUT STRIKETEC

STRIKETEC



STRIKETEC

**BOXING STATS
MEASURED WITH STRIKETEC**

Speed | Power | Punch Technique
Endurance | Video Analysis
Combination Training
Performance Ranking and more

ABOUT STRIKETEC

STRIKETEC WEARABLE TECHNOLOGY FOR COMBAT SPORTS

The StrikeTec app is designed to be intuitive and easy to understand. To help with general navigation, we've created a Main Menu. Here you will find shortcuts to every feature, broken down into categories. When you are in the first sub-level, the Menu button appears at the bottom; any levels below that, to return click the X in the upper left. (On Android phones, additional navigation is available by clicking the back arrow, located in the bottom right of the device.) The Main Menu will show the last section visited by highlighting the icon in yellow.



GETTING STARTED

iOS & Android Requirements

- iOS iPhone, iPad – iOS 6.1 or later
- Android – v2.3.3 or later

Downloading the StrikeTec app



You will need to download the free StrikeTec app to use your sensors. For Android devices, please visit the Google Play store and search "StrikeTec" and for iOS devices visit the App Store and search for "StrikeTec". Select and Install the app on the device.

Once you have installed the app, you can begin the registration process.



What's Included:

- StrikeTec Wearable Sensors (2x)
- Charging Case
- Micro to USB Charging Cord
- Box with Foam Insert for Storage
- Quick Start Guide

A close-up photograph of a person's hand and forearm. The hand is wearing a grey, textured, knitted glove. On the back of the hand, there is a black, rectangular sensor device with a small blue square on its surface. The person's fingers are slightly curled. The background is dark and out of focus.

ATTACHING
THE
SENSORS

POWERING ON/OFF THE SENSORS



POWER
BUTTON



1 TURN POWER ON:

PRESS AND HOLD THE POWER BUTTON FOR 4-5 SECONDS UNTIL GREEN LED STARTS FLASHING.

2 TURN POWER OFF:

PRESS THE BLUE POWER BUTTON 3 TIMES QUICKLY. ENSURE THAT THE BUTTON IS FULLY COMPRESSED. AFTER THE 3RD PRESS THE LED WILL BLINK 6 TIMES AND POWER OFF.

BATTERY LIFE, CHARGING AND POWER



StrikeTec sensors stream a lot of data to ensure the most accurate and real-time feedback possible. While your sensor is connected in streaming data the battery will last up to five hours and if you're sensors are powered on but not connected they should last up to 72 hours before needing a charge





**USB PLUGS INTO PORT
ON BOTTOM/BACK**



**A FULL CHARGE WILL
TAKE APPROXIMATELY
1 HOUR.**

StrikeTec's carrying case also doubles as a charger. To charge the sensors placed them inside the carrying case with the blue power button facing upright and towards the center of the case to ensure alignment of the charging pins that are located under the sensors. A full charge will take approximately 1 hour. During the charging cycle the red LED will continually blink and when the sensors are fully charged the red LED will turn solid.



Please ensure your StrikeTec sensors are fully charged before starting the app.



CONNECT
SIGN-IN
SEQUENCE

You will be guided through a step-by-step In app tutorial that will take you each step of the way through our on boarding and sensor connection process.

Please follow each screen carefully as we will be searching for your StrikeTec sensors and connecting to each sensor one hand at a time to ensure proper location of your sensors on your wrist.

1



There are a few steps to configure your new sensors.

Your sensors connect to your phone wirelessly via Bluetooth signal. They connect one at a time, so you know which goes on each hand. Don't worry, We will go through each step together.



Ok, I'm ready to learn →

2

🔋 🔒 📶 3G 24% 10:27 PM

Turn both sensors on by holding the button down for 3 seconds

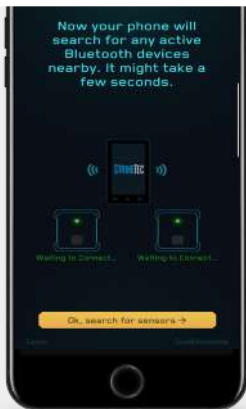
Hold for 3 sec to turn on



● Blinking green means the sensor is on and waiting to connect.

Ok, both are blinking green →

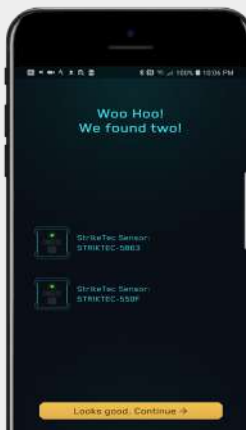
3



4



5



6



7

8

The right hand sensor is connected, and blinking blue.

Look for the sensor with the blue flashing light. This is the sensor we just registered. Attach it to your right wrist, or put it with your right hand wearing gloves.



Let's connect the left →

9

Now the 2nd sensor should start blinking blue.

After one sensor is registered to the Right hand (primary), the second sensor will be registered as the left. Attach it to your left wrist, or put it with your left glove.



Let's wrap this up →

10

Configured and connected! Now, which way is up?

Your sensors should be on your outer wrist, oriented so the button is close to you, and you can read "Strike Text".

Don't forget, if you are using a smarting bag, remember to wrap your hands and wear boxing gloves. Protect your wrists!

Oh, I got it.



11

RE-CONNECT SENSORS

RIGHT HAND

Status: CONNECTED Disconnect

Battery: 97%

LEFT HAND

Status: CONNECTED Disconnect

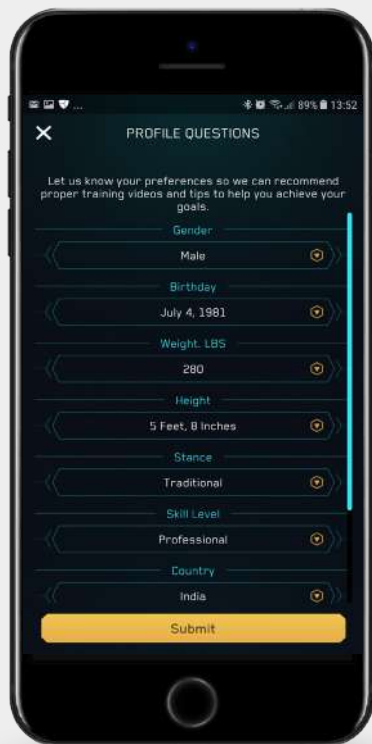
Battery: 95%

Search for Sensors Reconnect to Sensors

PROFILE QUESTIONS

Your Profile is where all the information about you and your progress are collected and displayed. This includes your picture as well as all the data from Training Modes, Battles, and Badges. Clicking on the gear icon in the upper right allows you to modify what is shared with other Strike Tec users.

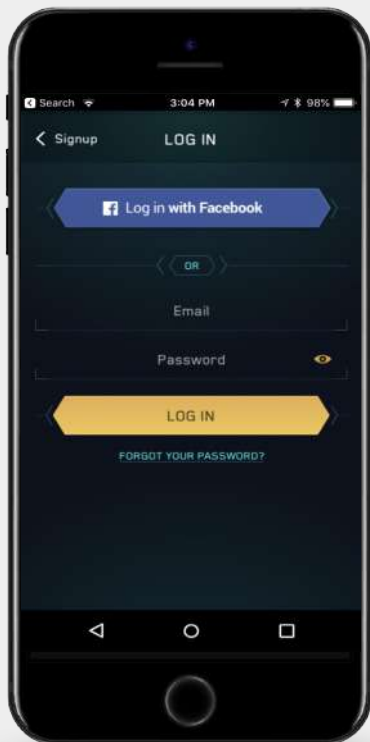
Because some people may prefer to have their info and stats private, you can toggle their visibility (by default, all settings are set to ON). Easily choose what you want to share or hide here and switch them at any time you like.



IMPORTANT THINGS

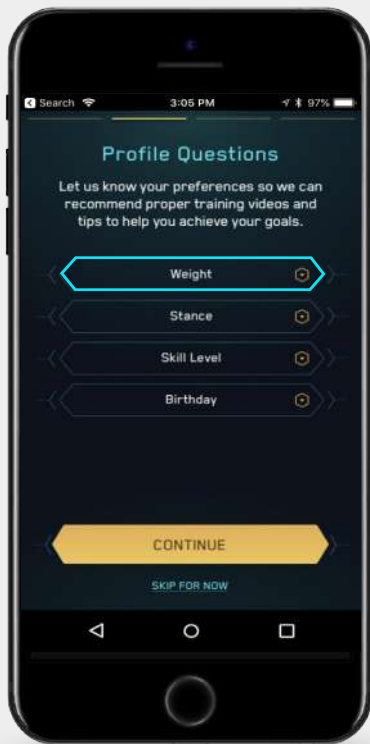
SIGNING IN WITH FACEBOOK

We recommend signing and through Facebook so that you will receive your Facebook profile picture as your profile picture in the StrikeTec app. This is the only way that you will receive a profile picture due to the importance of our security measures and to protect you from R-rated images that could be uploaded via the camera. So please ensure that you use Facebook to sign in and connect with your friends to make this process easier and safer for yourself and other users on the app.



WEIGHT

Our patented algorithms that incorporate a weight, acceleration and deceleration and other point of contact information to accurately measure the power of your strike. Our weight selector has been placed on each training page so that you may continually update your weight range so that we can ensure that you have the most accurate results and feedback possible.



STANCE

You can select from two different stances:



TRADITIONAL

This stance is most commonly used by those who are right hand dominate and prefer to stand with left foot towards the target. This keeps your Right hand as you “Power hand” furthest away from target to allow for max reach to generate maximum acceleration and power.

NON TRADITIONAL

This stance is most commonly used by those who are left hand dominate and prefer to stand with the right foot closest to the target. This keeps your Left hand as your “Power Hand” furthese away from your target which allows for max reach to generate maximum acceleration and power.

Please fill out this form as accurately as you can. This will allow us to recommend proper training videos and tips to help you achieve your goals.

Bandwidth

Gender

Birthday

Traditional
Usually the right-handed

Non-Traditional
Usually the left-handed

Height

Stance

Non-Traditional

Skill Level

Amateur

Country

Country

Submit

SKILL LEVEL

Please choose an appropriate skill level and be honest. You will be assessed based on which skill level you choose and StrikeTec will keep track of your performance to rank you appropriately for this selected skill level. If you want to go up in skill level and be ranked amongst a higher skill, please use our skill ranking to qualify.

PLEASE CHOOSE FROM THE FOLLOWING:

BEGINNER – Just starting or trained for less than 1 year.

AMATEUR – trained for 1-3 years

INTERMEDIATE – trained for 4+ years

PROFESSIONAL – Competes in professional fights



M E N U

STRIKETEC





MAIN MENU

The StrikeTec app is designed to be intuitive and easy to understand. To help with general navigation, we've created a Main Menu. Here you will find shortcuts to every feature, broken down into categories. When you are in the first sub-level, the Menu button appears at the bottom; any levels below that, to return click the X in the upper left. (On Android phones, additional navigation is available by clicking the back arrow, located in the bottom right of the device.) The Main Menu will show the last section visited by highlighting the icon in yellow.

1 VIDEOS & GUIDED TRAINING

Watch and learn from fitness and boxing pros as well as fighters themselves, offering you a variety of viewpoints. New videos from beginner to advanced added regularly.

2 SOCIAL

Engage in friendly competition, meet, chat, and catch up with your friends. Public leaderboard shows you exactly where you stand.

3 MY PROGRESS

How's it going? You'll find all the stats related to your training workouts. This will help you focus on goals and achieve new levels of success.

Hide Menu

Once you establish your routine, it may be easier to go straight to your favorite areas. Simply click the Hide Menu button for a different navigation experience.

4 ACTIVITIES

This is where you can really get sweating. Enter different training modes, face off in virtual battles, work on punches and movements.

5 ACCOUNT

All your personal information, including your sensors and settings are accessed here. Notifications also appear in this area.

6 HELP & OTHER

Contact information, user guides, FAQs, and upgrades available here. This is also where you can log out from the app.



SECTION 1

VIDEOS & GUIDED TRAINING



How To

Learn the ropes from the pros, from how to wrap your hands to throwing classic punches like jabs and uppercuts. A great place to start.



Combs

Combs are a series of movements. Beginning Combs are 1-3 moves, with intermediate and advanced having more. A full list of movements is in the Activities section.



Set Routines

Set Routines are a series Combs. Watch all the videos or press the Start button and select how many times you want to do the set.



Boxing Workouts

Boxing Workouts are Set Routines in a series of timed rounds that will challenge you and make you sweat. This is the way to train and grow.



Data Science

For those that want to take a deeper dive, you can learn more about the science behind technique and performance.

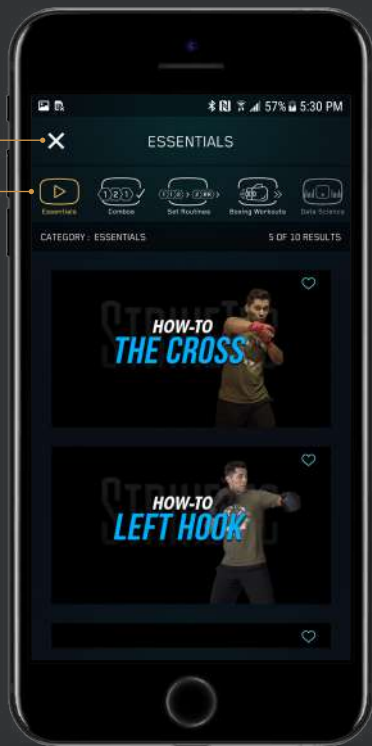
BACK TO MAIN MENU

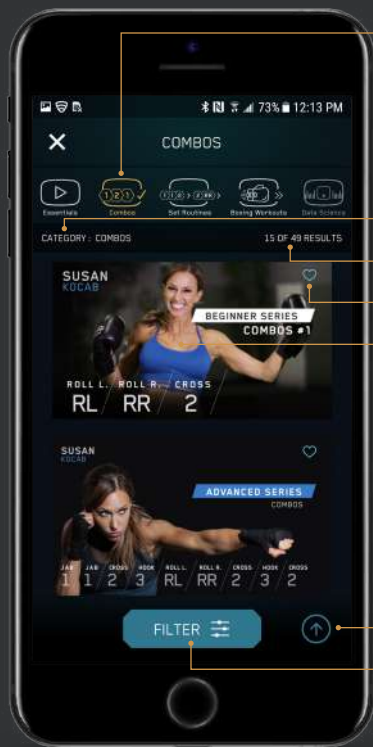
HOW-TO ESSENTIALS

If you're new to boxing, you'll want to learn the basics that will get you going. These engaging videos break it down for you.

HOW TO ...

It starts with proper hand-wrapping techniques and goes all the way up to advanced moves that will improve your performance and unleash your power.





COMBOS

If you're ready to throw a 1-2 punch, dive into the Combos section where you'll learn punches and moves that the pros use.

CURRENT CATEGORY

VIDEO COUNT

ADD TO FAVORITES

SELECT | PLAY VIDEO

BACK TO TOP

VIDEO FILTER



FILTER OPTIONS

ONLY SHOW FEATURED

ONLY SHOW MY FAVORITES

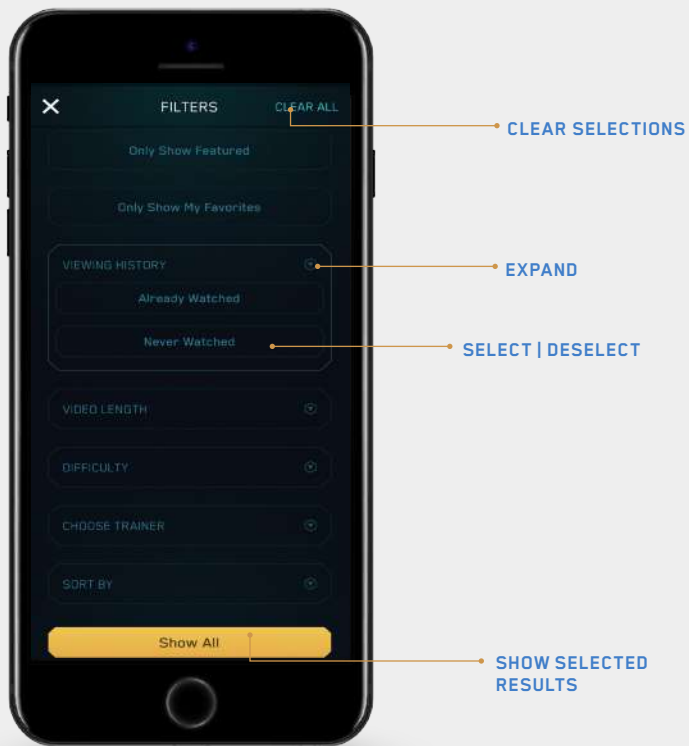
VIEWING HISTORY

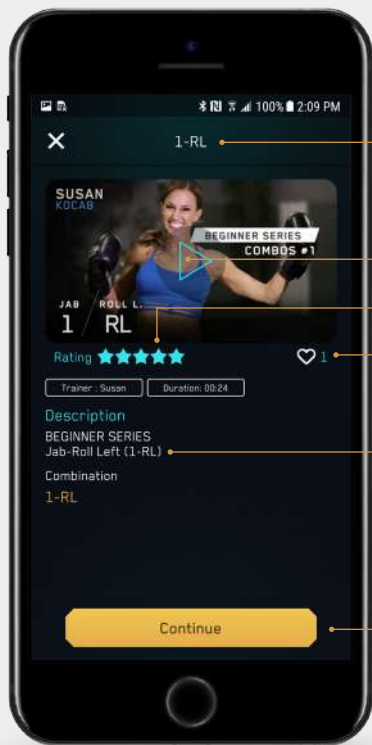
VIDEO LENGTH

DIFFICULTY

CHOOSE TRAINER

SORT BY





VIDEO DETAILS

COMBO PUNCH LIST

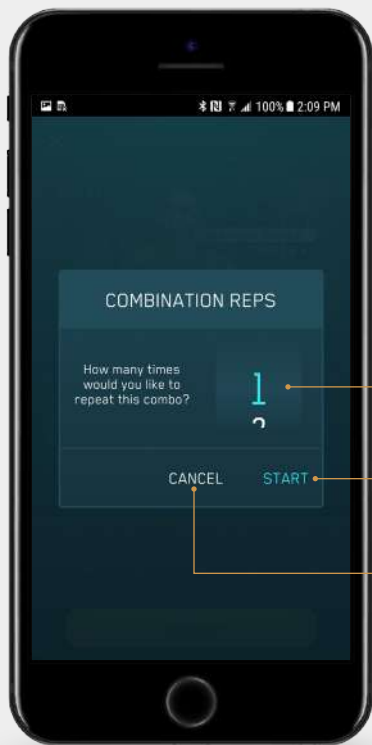
PLAY VIDEO

RATE THE VIDEO

OF FAVORITES

COMBO DESCRIPTION

CONTINUE TO TRAIN



COMBINATION REPS

CHOOSE HOW MANY TIMES YOU WANT TO TRAIN THE COMBINATION WITHOUT REST

SELECT NUMBER OF REPS

CONTINUE TO TRAIN

GO BACK



LIVE COMBINATION TRAINING

SENSOR STATUS | QUICK CONNECT BUTTON

USER'S CURRENT PUNCH DETECTION

SPEED & POWER OF CURRENT PUNCH THROWN

NEXT PUNCH/MOVEMENT

PUNCH
CORRECT INCORRECT
MUTE \ UNMUTE

AVERAGE SPEED | POWER OF RIGHT HAND

START TRAINING

Quick Connect button: when the lights are green the sensors are activated. Touch the button to connect, which then turns to blue.

The app measures in real-time. Each punch you throw will be labeled here immediately after you punch. If you are not seeing an immediate reaction please check (**insert FAQ)

Please see punches & movements queue cards for a complete list.

AVERAGE SPEED | POWER OF LEFT HAND

STOP TRAINING



COMBINATION RESULTS



CORRECT MOVEMENTS

SET NUMBER

CORRECT

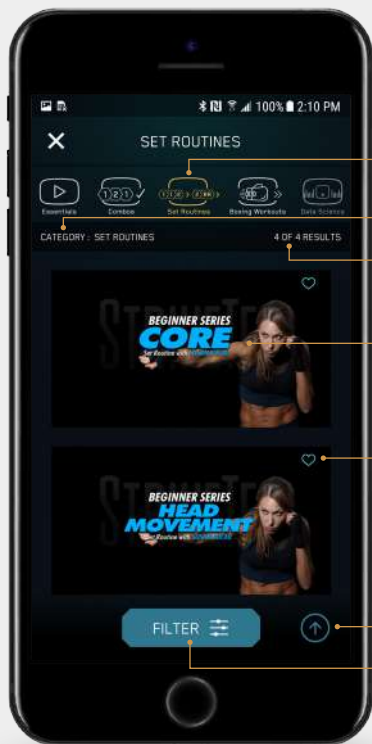
The green hexagon indicates that the punch was thrown correctly.

MOVEMENT

The blue hexagon shows the movement.

INCORRECT

The RED hexagon shows incorrect technique or punch thrown.



SET ROUTINES

These videos and routines allow you to focus on different parts of your body and can be easily filtered to find the ones that suit you.

CURRENT CATEGORY

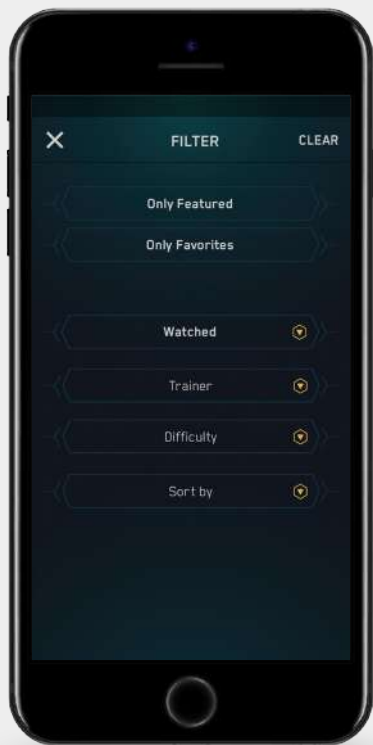
OF VIDEO RESULTS

SELECT ROUTINE

ADD TO FAVORITES

SCROLL BACK TO TOP

FILTER BUTTON



FILTER OPTIONS

ONLY SHOW FEATURED

ONLY SHOW MY FAVORITES

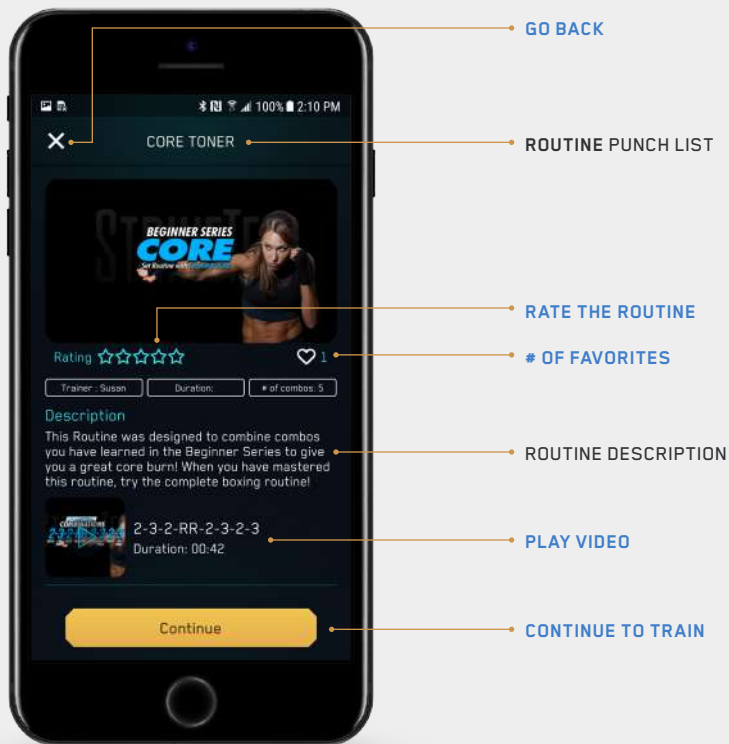
VIEWING HISTORY

VIDEO LENGTH

DIFFICULTY

CHOOSE TRAINER

SORT BY





ROUTINE REPS

CHOOSE HOW MANY TIMES YOU WANT TO TRAIN THE ROUTINE WITHOUT REST

SELECT NUMBER OF REPS

CONTINUE TO TRAIN

GO BACK





LIVE ROUTINE TRAINING

SENSOR STATUS | QUICK CONNECT BUTTON

USER'S CURRENT PUNCH DETECTION

SPEED & POWER OF CURRENT PUNCH THROWN

NEXT PUNCH/MOVEMENT

PUNCH
CORRECT INCORRECT
MUTE \ UNMUTE

AVERAGE SPEED | POWER OF RIGHT HAND

START TRAINING

Quick Connect button: when the lights are green the sensors are activated. Touch the button to connect, which then turns to blue.

The app measures in real-time. Each punch you throw will be labeled here immediately after you punch. If you are not seeing an immediate reaction please check (**insert FAQ)

Please see punches & movements queue cards for a complete list.

AVERAGE SPEED |
POWER OF LEFT HAND

STOP
TRAINING



SET RESULTS

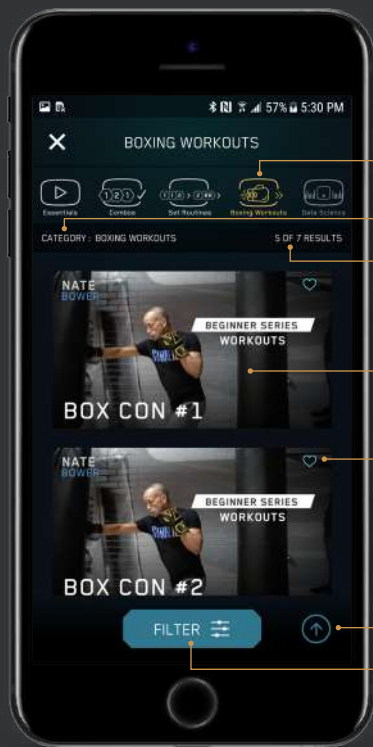


CORRECT MOVEMENTS

SET NUMBER

CORRECT

INCORRECT



BOXING WORKOUTS

Get ready to rumble and sweat as these workouts will bring out the fit fighter in you. Great for all levels of athlete

CURRENT CATEGORY

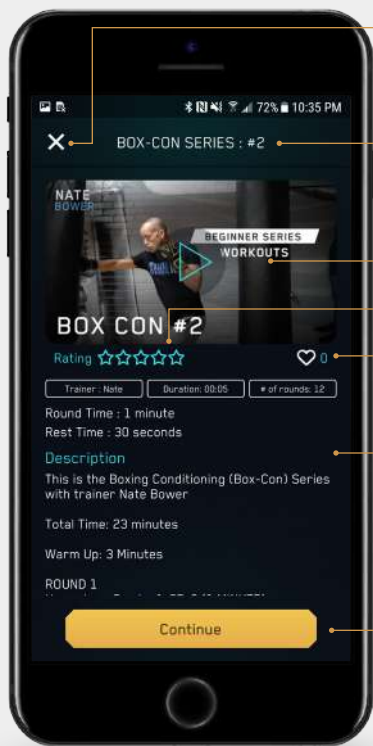
OF VIDEO RESULTS

SELECT ROUTINE

ADD TO FAVORITES

SCROLL BACK TO TOP

FILTER BUTTON



GO BACK

BOX-CON LIST

PLAY VIDEO

RATE THE BOX-CON

OF FAVORITES

BOX-CON
DESCRIPTION

CONTINUE TO TRAIN



LIVE BOX-CON

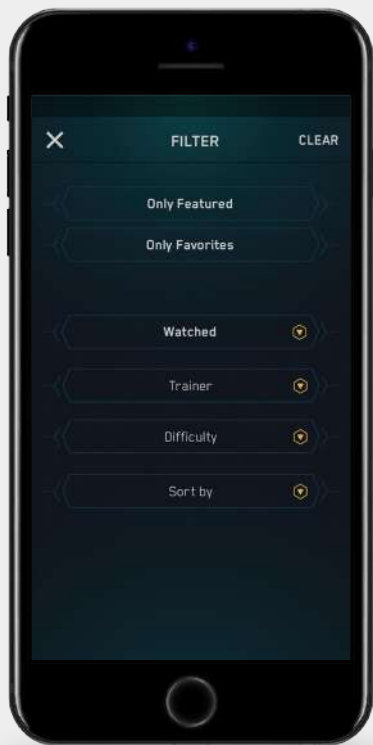
SENSOR STATUS | QUICK CONNECT BUTTON

USER'S CURRENT PUNCH DETECTION

SPEED & POWER OF CURRENT PUNCH THROWN

AVERAGE SPEED | POWER OF RIGHT & LEFT HAND

START TRAINING



FILTERS

[ONLY SHOW FEATURED](#)

[ONLY SHOW MY FAVORITES](#)

[VIEWING HISTORY](#)

[VIDEO LENGTH](#)

[DIFFICULTY](#)

[CHOOSE TRAINER](#)

[SORT BY](#)

LANDSCAPE MODE

ROUNDS

ROUND: 3 of 12
TIMER: 0:57

PUNCH

TYPE: JAB
HAND: LEFT
BLOCK: LEFT



PUNCH COUNT

SPEED & POWER OF CURRENT PUNCH THROWN



SECTION 2

SOCIAL



News Feed

See the status updates of friends and people you follow as well as battle results and other activities. Like, comment, and share your own updates.



My Social Network

This is a list of your followers, people you are following and connections (people who follow you back). You can also search and add new friends.



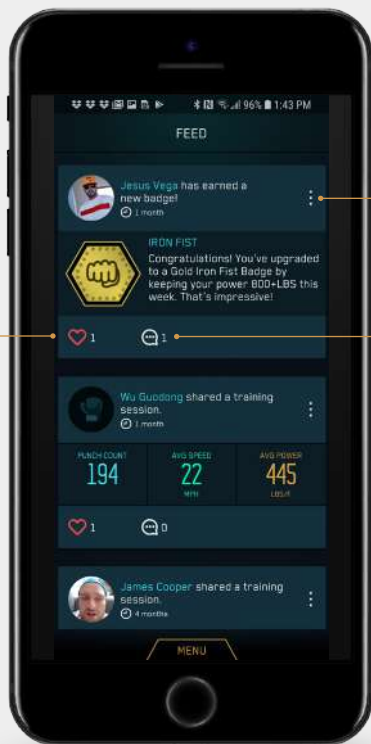
Chat With Friends

Catch up one to one by sending a private message to your connections. Pull down to refresh the window and see new messages.



View Public Leaderboard

This lists the ranking of every Strike Tec user. Trending Leaderboard shows the most active; sort by Name, Rank, Punch Count and more.



FEED

EDIT VISIBILITY
OF A POST

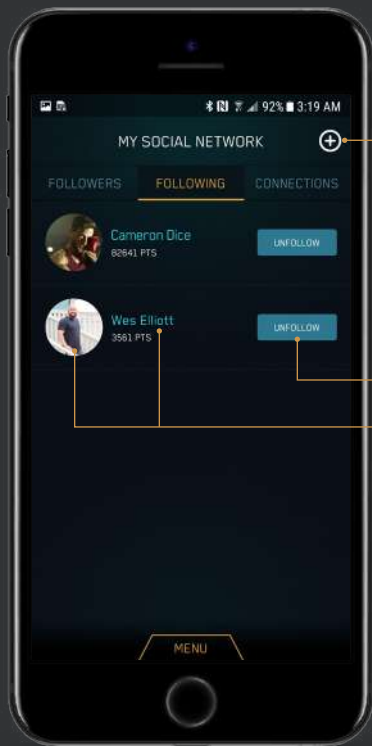
LOVE A POST

COMMENT ON A POST



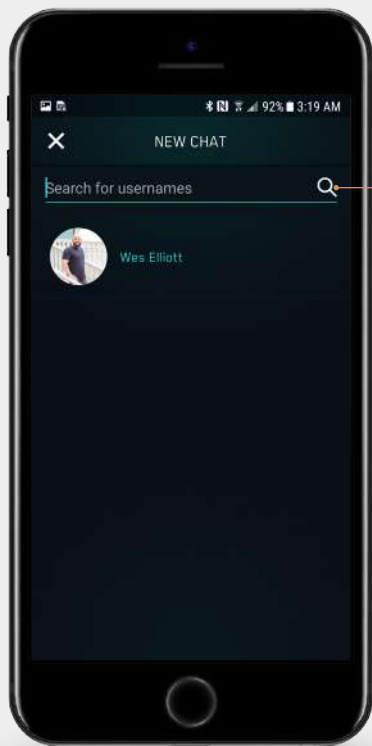
MY SOCIAL NETWORK

This area is where you can see, edit, and add Followers, Following, and Connections (a Follower who follows you back). Clicking on their image takes you to their profile. If you are a Connection, you can send messages to each other.

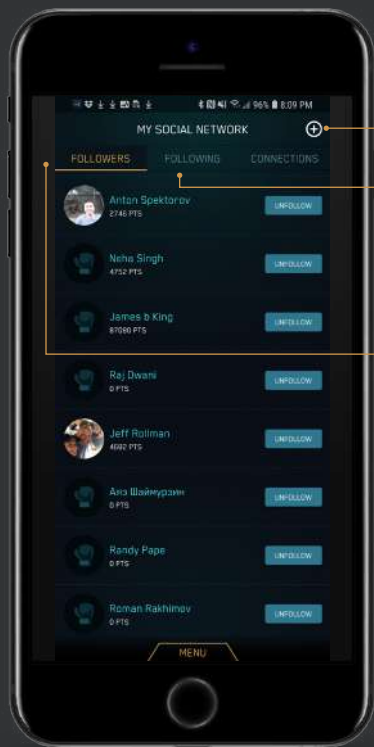


- [SEARCH USERS / FOLLOW SUGGESTION](#)
- [FOLLOW | UNFOLLOW](#)
- [VISIT THIS USERS PROFILE](#)

Meet new people and improve your own ranking by growing your network. Use this tool to make your workouts more fun and expand your social life.



FIND, SEARCH, INVITE
OTHER FRIENDS

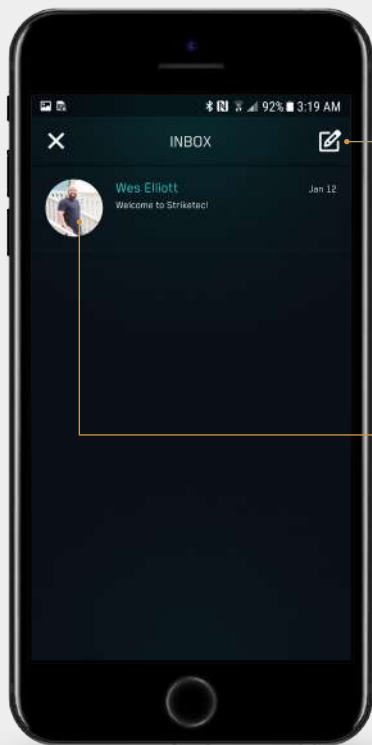


SEARCH USERS AND
FOLLOW SUGGESTION

PEOPLE WHOM YOU
ARE FOLLOWING

PEOPLE WHO ARE
FOLLOWING YOU

CHAT WITH FRIENDS



WRITE NEW MESSAGE

VIEW CONVERSATION



VIEW PUBLIC LEADERBOARD

If your profile is not public, you cannot participate in public competitions, nor will it show up in the Leaderboard.

FILTER OPTION

SORTING OPTION

FOLLOWING STATUS

The Public Leaderboard can give you extra motivation to achieve your goals as well as fill you with a sense of accomplishment as your rise up the ranks.



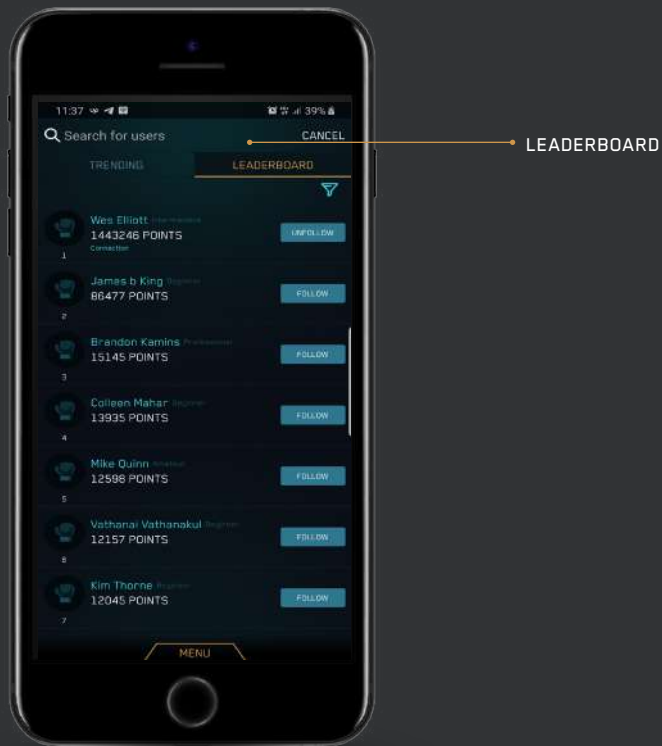
SORT BY OPTIONS

The sorting function will let you sort out the results based on the dropdown menu selections from rank to total time trained.



FILTERING LEADERBOARD BY LIST

The leaderboard can be further fine-tuned to filter by countries, states, gender, weight and age.





FRIENDS PROFILE VIEW





SECTION 3

MY PROGRESS



My Training Schedule

COMING SOON



My Badges

These are achievements you can earn based on your performance. Click on the Badge and it will tell you what you need to do to accomplish it.



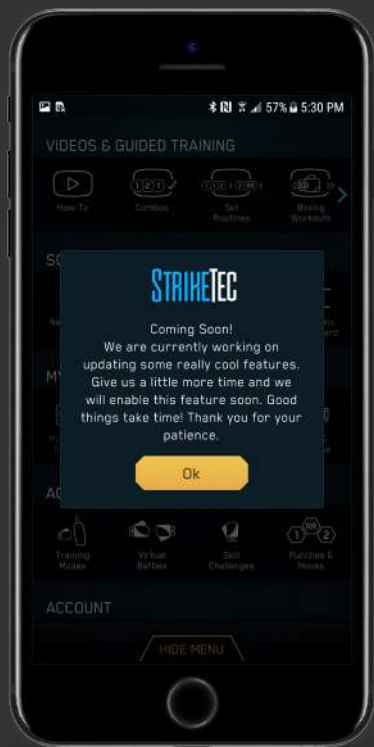
Performance History

A tally of your workout performance displayed as a bar graph, with red, yellow, and green indicating bad, average, and excellent respectively.



Goals

Select the activity, type (example number of punches), and date range. The app will track and tell you how you are doing.



MY TRAINING SCHEDULE

COMING SOON

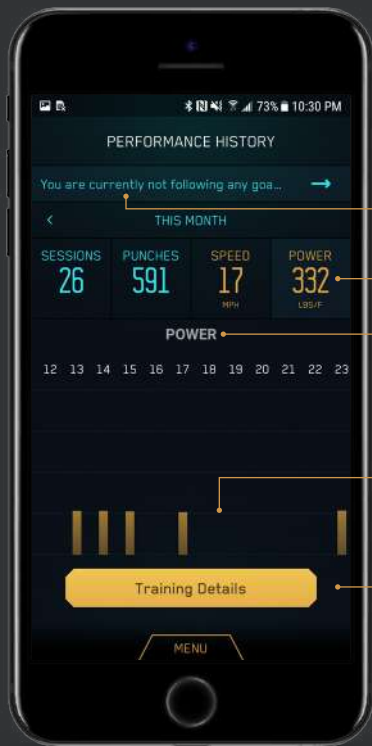


MY BADGES

Badges that are unlocked are badges that you have earned. If the badge is greyed out and not highlighted, it means that you have not accomplished this badge yet. Keep pushing!

PERFORMANCE HISTORY

Performance ranked by Speed | Power. Select either Speed or Power tab to view the ranking of your training sessions.



CHECK GOAL STATUS

CURRENT PERFORMANCE

PERFORMANCE RANKING (BAD, AVERAGE, EXCELLENT)

SEE MORE TRAINING DETAILS

SEE MORE DETAILS



SPEED | POWER RESULTS

Select Speed Or Power to show the graph below of selected metric. Select a punch in the list below to see where the punch is located on the graph.



SEE MORE DETAILS

SHARE TRAINING RESULTS TO NEWS FEED

This will share only Endurance, Punch Count, Speed, or Power

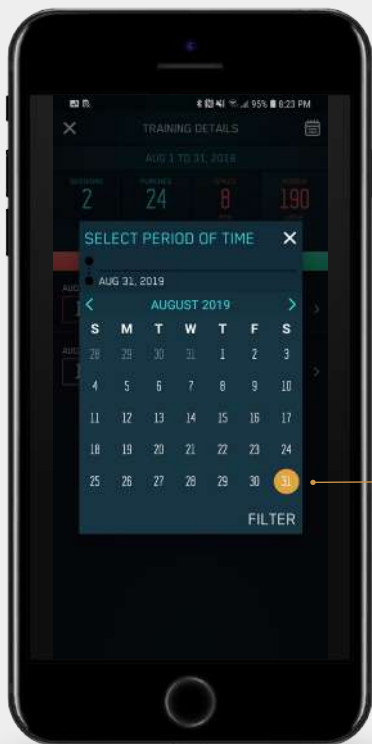
SORTING OPTIONS

For enhanced understanding, sorting options are available for Punch Chosen, Speed, or Power. In this way, you can hone in on specific moves to improve.

PUNCH NUMBER: 40
TYPE: JAB
HAND: LEFT

EXCELLENT SPEED

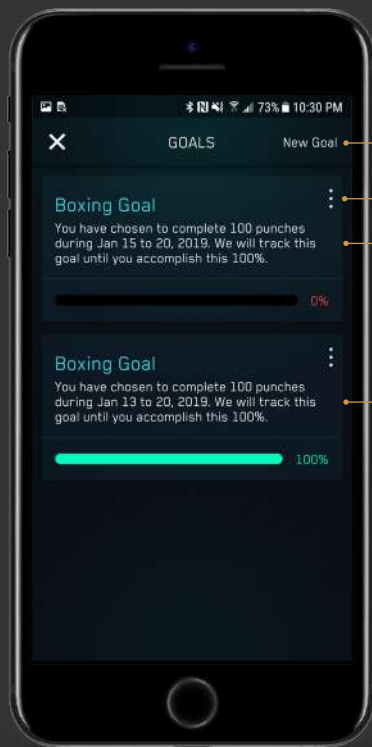
AVERAGE POWER



CALENDAR

CHOOSING TRAINING DATES

Click the calendar icon to select the period of time from the calendar window that pops up. You can either start by clicking a start or end date.



GOALS

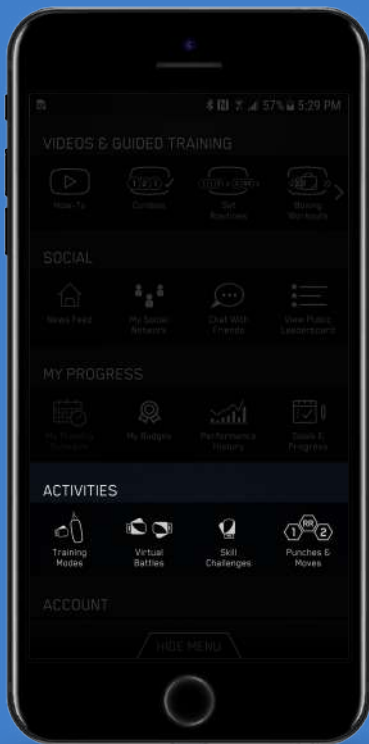
MAKE A NEW GOAL

EDIT GOAL

CURRENT GOAL

GOAL ACCOMPLISHED

Setting and achieving goals is an essential part of any training. This is where you can quickly see an overview of your progress as well as create new milestones.



SECTION 4 ACTIVITIES



Training Modes

Four different types of activities are available. Quick Start (with or without Rounds); Round Timer (same as Quick Start but used without Sensors); Combos; or Boxing Workouts.



Virtual Battles

Challenge your Connections (Followers that are following you back) to Set Routines or Combinations. Decline or accept Challenges sent to you.



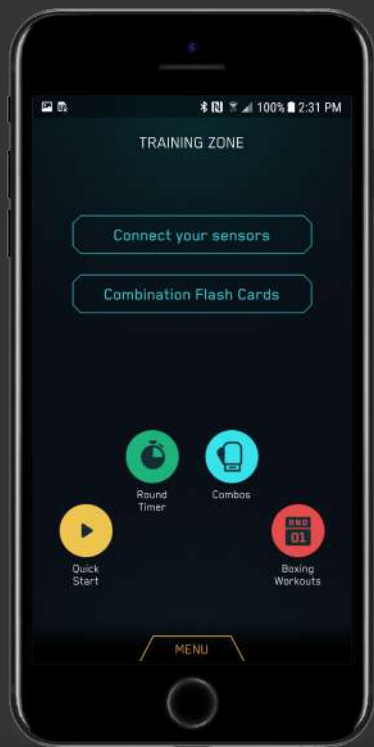
Skill Challenge

This is the functional gaming section of the app where you can improve performance (Reaction Time, Speed, Endurance) and have fun at the same time.



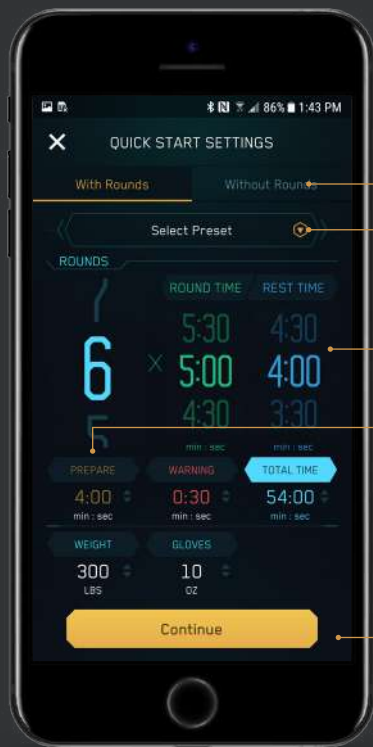
Punches & Moves

Every Punch or Move is assigned a number or letter combination (ex. Jab is 1, Duck Left is DL). To help you remember, we've created Flash Cards.



TRAINING MODES

Strike Tec Training Modes are probably where you will be spending most of your time. The Quick Start makes it easy to get going (as you can save Presets). Even if you don't have sensors, you can use the Round Timer to help you train.



QUICK START

WITH ROUNDS OR WITHOUT ROUNDS
SAVE OR SELECT PRESET

**SET NUMBER OF ROUNDS,
 ROUND TIME, REST TIME**

PREPARATION

This is an important element to remember to set because you will need a few moments to put on your gloves after setting the Training Mode. Note that if you start training before the Preparation Mode is over, it will not register any of your Punches or Moves.

GO TO START

Please take a look at the next page

**SENSORS**

CONNECTED (BLUE)
OFF (RED)
**POWERED ON BUT NOT
 CONNECTED (GREEN)**

When starting your training, Speed, Punches, and Power will be at 0. The punch you throw will be shown in the area directly above Punch Count. Average Data shows up once there is enough information to create it. In order to send and receive data, the Sensor lights must be blue.

Click the Start Training button to begin, which starts counting down the Preparation Time.



COUNTDOWN

BELL

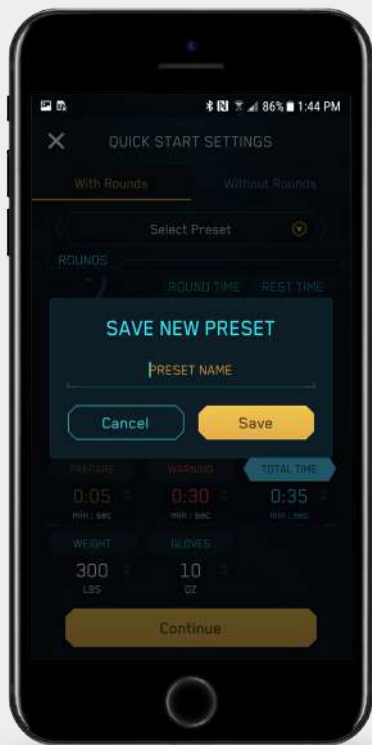
Don't start boxing until you hear the sound of the bell, otherwise none of your data will register.



PRESET

Presets are the perfect way to establish a training routine and stick with it at the click of a button. You can set the number of Rounds, Rests, Preparation, and Total Training Time. You can add a Warning Light as well.

It's also very important that you add your current weight and glove size because this affects the Power rating and will help you more accurately assess your performance. This is also helpful if you are trying to lose or gain weight.



Give your preset a name (such as Monday Workout) and click Save. Now, when Monday comes around, you are ready at the touch of a button.



SENSORS CONNECTED AND READY TO TRAIN

POWER

A number based upon your weight and other factors that will show you the strength of your punch.

GRAPH

In addition to the numerical listing, there is also a graph visualization of your Power during the entire Training Session (in Red)

*Note, if sensors become disconnected during training sessions, they will be reconnected automatically. To manually reconnect a disconnected sensor, press the Green hexagon to initiate re-connect.



SPEED

The Strike Tec sensor will accurately show how fast you threw the punch.

GRAPH

In addition to the numerical listing, there is also a graph visualization of your Speed during the entire Training Session (in Green)



REST TIME

The large countdown clock appears, letting you know it's time to take a pause to prepare for the next round. During this time the sensors will not record any movement or punches.



ROUND 2

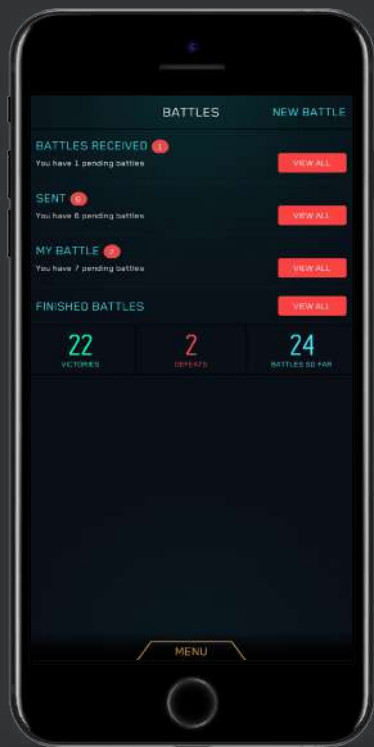
The Round is indicated in the blue box



ROUND TIMER

TIMER

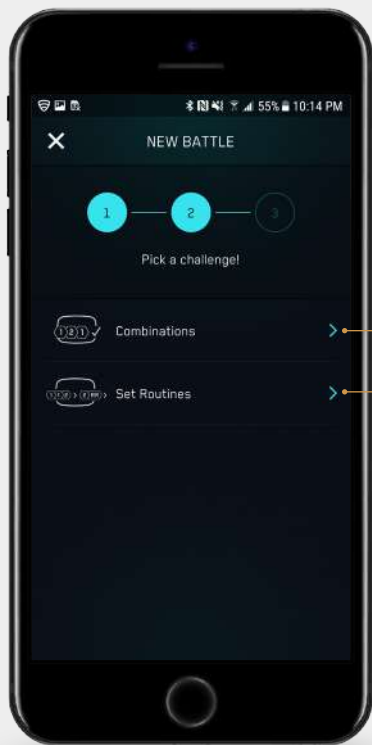
The Round Timer is a handy tool that works with or without the Strike Tec sensors. Set the number of Rounds, length of Rest, Preparation, and Warning. If you do have the sensors, you will see your scores but not the graph. The Timer will be green during the Round, red during the Warning, and Blue during the Rest.



VIRTUAL BATTLES

CREATE A NEW BATTLE

Engage in friendly competition with your Connections (Followers who you are following back). It's a fun way to measure your skills against someone else. Connections can send you Battle Requests and Vice Versa (you cannot battle anyone who isn't following you back) which will show up on this screen. Decline or Accept and you'll see the results of the fight below.



CHOOSE TYPE OF CHALLENGE

CHOOSE A COMBO OR SET ROUTINE

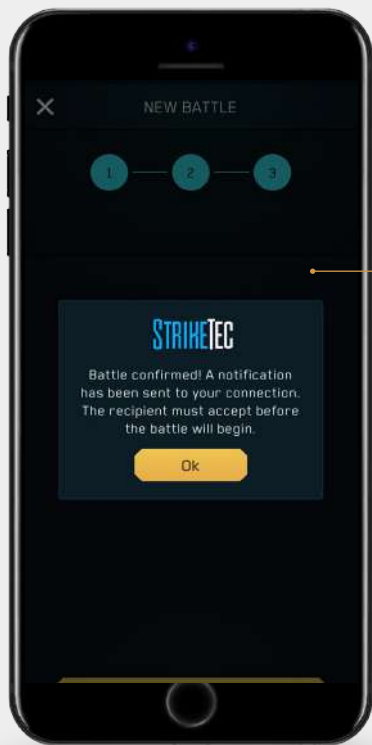


COMBINATION AS
A CHALLENGE

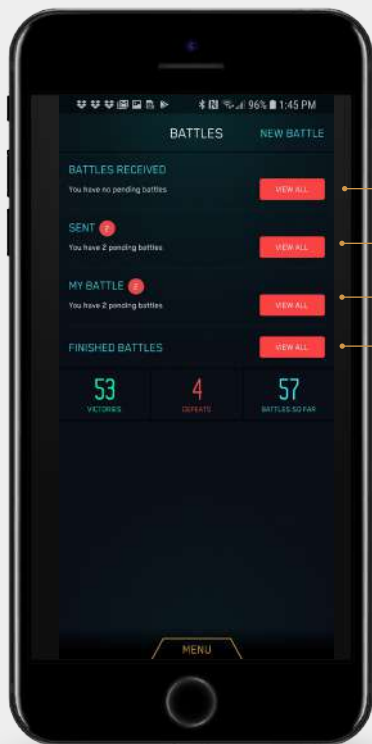


START CHALLENGE

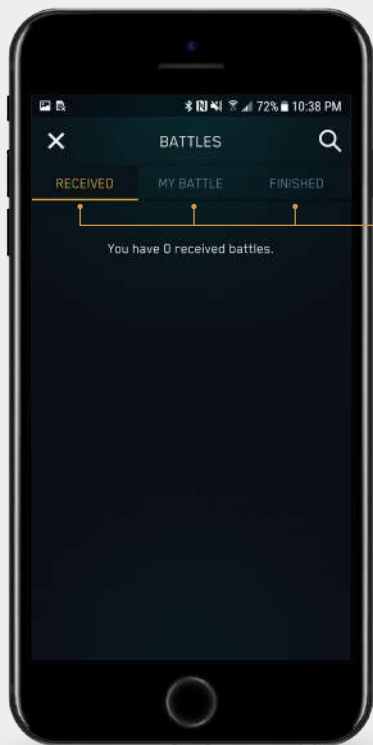
SEND BATTLE INVITE



BATTLE CONFIRMED



VIEW YOUR BATTLES



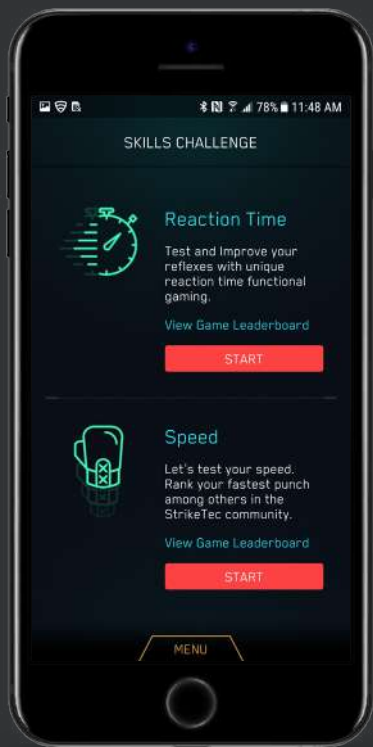
YOUR BATTLES



SHARE RESULTS OF NEWSFEED

WINNER OF BATTLE

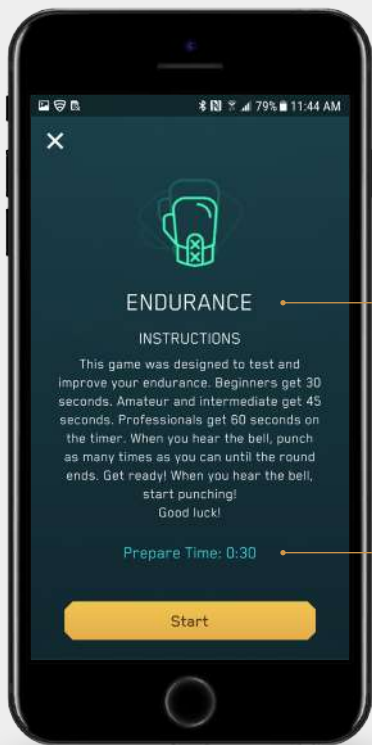
OVERALL RESULTS



SKILLS CHALLENGE

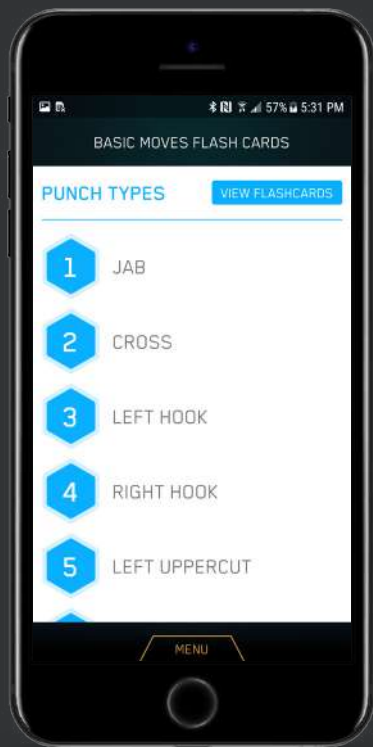
We've created a series of what we call "functional games," which essentially means you can push yourself in a fun way. These Skills Challenges are a good way to focus on a specific area that may be holding you back and are based on the fundamentals of the sport: REACTION, SPEED, ENDURANCE

SKILL CHALLENGE



ENDURANCE
CHALLENGES

PREPARATION
TIME BEGINS
COUNTING DOWN
WHEN YOU HIT THE
START BUTTON



PUNCHES & MOVES

We've broken down the elements and are creating a chart of every Punch and Move. We've given Punches a number and Moves initials. For example, Jab is 1, Duck Left is DL. New Punches and Moves are constantly being added. At first, it may be hard to remember them, that's why we created Flashcards to help.



Allow one of our trainers to give a demonstration of what this punch or movement should look like.



SECTION 5

ACCOUNT



My Profile

This is an overview of who you are as a fighter. You can see performance metrics, Badges, access messages, and more.



My Sensors

This shows the status of your sensors including battery level; you can connect or disconnect them from this screen as well.



Settings

Here is where you can activate or deactivate aspects of your training as Public or Private. This includes Profile, Achievements, Training Statistics, and Battle History.



Notification

Here you will find a list of all missed notifications.



Upgrade Membership

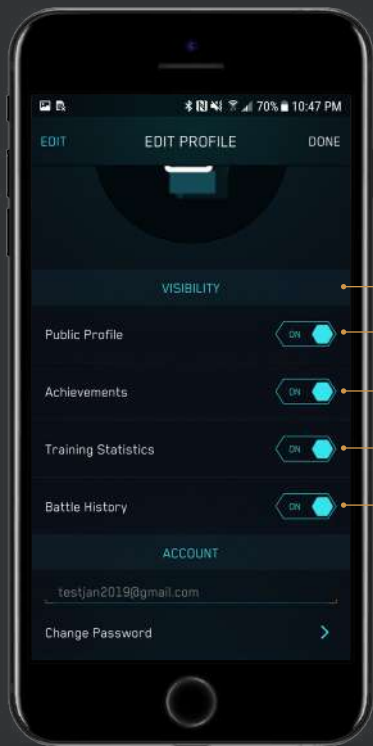
COMING SOON



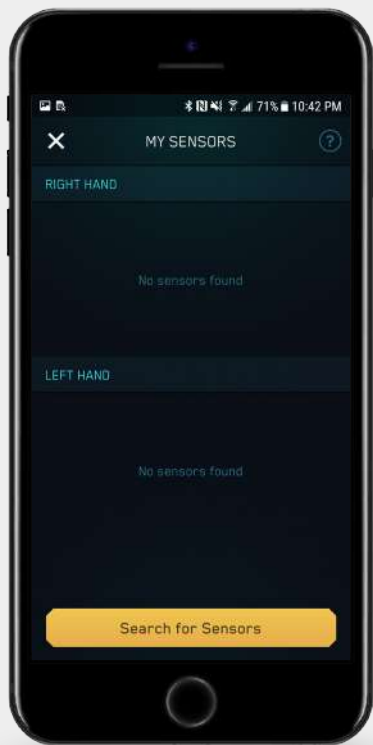
MY PROFILE

SETTINGS

Your Profile is where all the information about you and your progress are collected and displayed. This includes your picture as well as all the data from Training Modes, Battles, and Badges. Clicking on the gear icon in the upper right allows you to modify what is shared with other Strike Tec users.

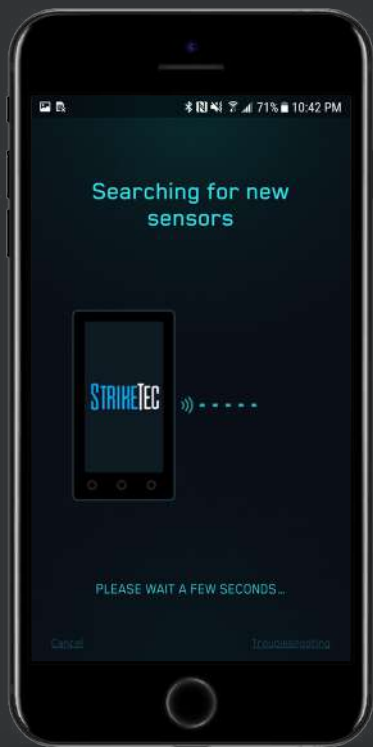


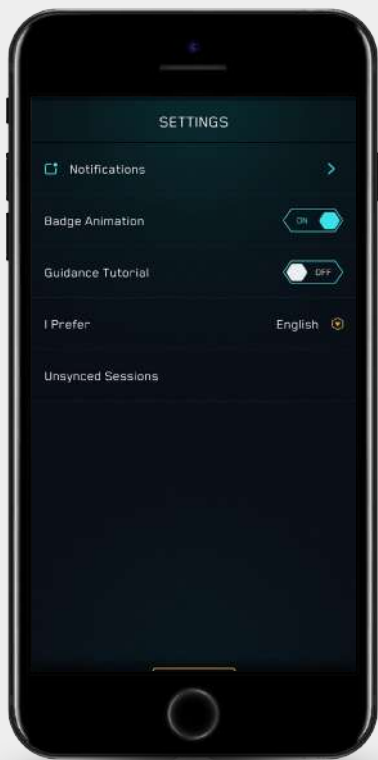
Because some people may prefer to have their info and stats private, you can toggle their visibility (by default, all settings are set to ON). Easily choose what you want to share or hide here and switch them at any time you like.



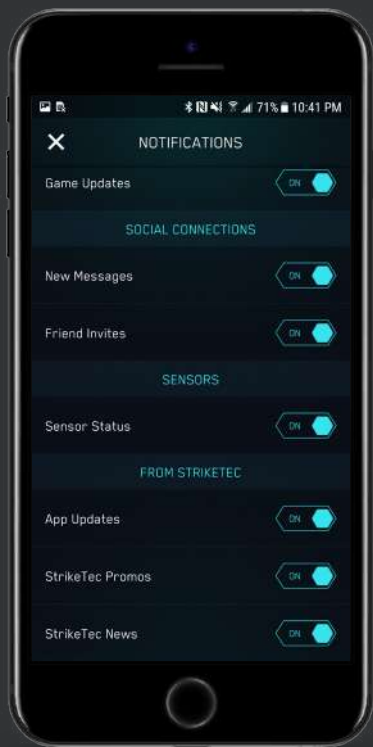
MY SENSORS

When you start your training with the Strike Tec sensors, this window is a handy way to make sure they are connected and the battery is strong. When they are turned on and the app is open, it should take only a few moments for them to be online.





SETTINGS







STRIKETEC