

A woman with dark hair in a ponytail, wearing a grey t-shirt and black leggings, is climbing a wooden wall. The wall is made of horizontal wooden slats. Several handholds are attached to the slats, each with a glowing light. The woman is reaching up with her right hand to a red glowing handhold. Her left hand is reaching down towards a purple glowing handhold. The background is a concrete wall. The text 'ROX USER MANUAL' is overlaid in white, bold, sans-serif font across the middle of the image. Below it, the 'A-CHAMPS' logo is visible, consisting of a stylized 'A' and 'C' followed by the text 'A-CHAMPS' and a small registered trademark symbol.

ROX USER MANUAL

A-CHAMPS

ROX SYSTEM



1. Hardware ROX system

Light, sound and vibration signals delivered through interactive ROX. This creates a revolutionary training environment that helps to develop mind and body.



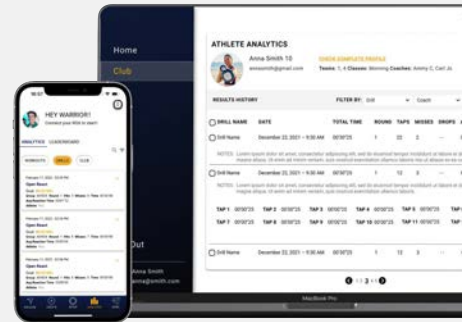
2. Software

A-CHAMPS ROXPro APP with complete workout sessions, exercises library for fitness and sport training + create your own.



3. Training Methodology

Our MSNP™ Training Methodology was developed by sports-scientists with the aim to increase performance and results of high-performance athletes.



4. Data Collection

Direct feedback in the App to challenge your athletes. Collect all the data in the cloud-based dashboard to track performance

UNBOXING & CHARGING



Other charging systems:

1. Charging Case
2. Travel Charger

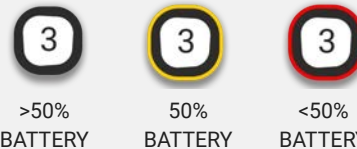
Place your ROX model in the charging base (or charging bag) or use the travel charger in the right position to charge your ROX.

Depending on the model and charger the speed of charging will be different but around 2h30.

CHARGING STATUS COLOR FEEDBACK

Blinking Red (<=40)
 Blinking Yellow (41-80%)
 Blinking Green (>=81%)
 Steady Green (100%)

IN-APP ROX BATTERY STATUS FEEDBACK



Make sure your ROX are connected to the app to get the battery status feedback in app

SETUP FOR THE FIRST TIME



A-CHAMPS ROXPro APP

1. Download the APP
2. Create Account

SETUP FOR THE FIRST TIME

TURN ON YOUR BLUETOOTH



Turn on Bluetooth on your phone so that the App can connect to the ROX.

TURN ON YOUR ROX



Place the palm of your hand over the power button for at least 5 seconds until ROX vibrates, blinks in green and makes a sound. Once it does, it is on.

* When removed from charging station plugged in ROX will automatically turn on

SYNC YOUR ROX

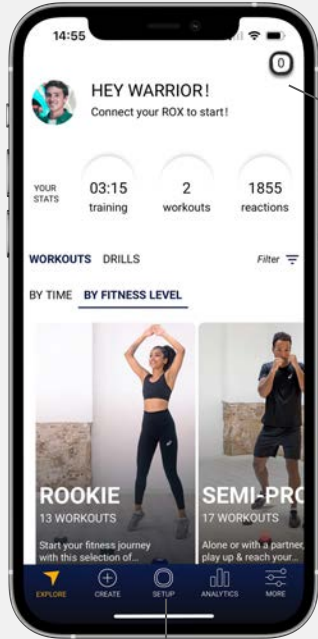


Find SETUP button on your App. Once you are on the setup the app will find the ROX within reach.

Tap on blinking ROX to sync. The number of synced ROX will appear on the screen in the App.

Sync all ROX, and you're ready to go.

SETUP FOR THE FIRST TIME



Enter SETUP to access ROX STATUS
Check HOW-TO videos, manage ROX sound or TURN ALL ROX OFF



Connect new ROX to phone



Tap all the blinking ROX units you have blinking yellow

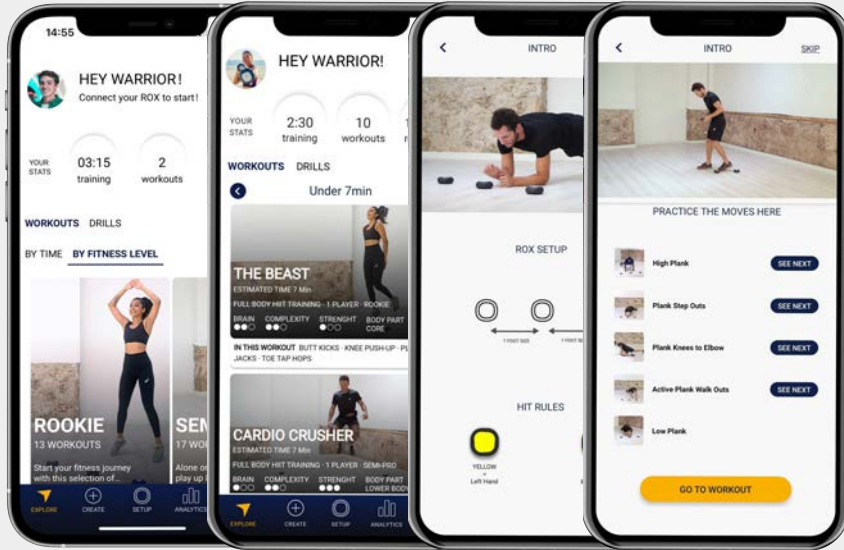


Other:

1. How to videos
2. Sound ON/OFF
3. Turn all off
4. Unsync all
5. Put to sleep

EXPLORE

WORKOUTS



Choose a category

Select your workout

Check all details of the workout

Video guided pre-designed workout sessions with all the sets, reps and rest time defined already. Not editable

Currently Fitness training only (HIIT and LIIT)

Grouped by category so it's easier to find the perfect workout by time or fitness level example

You can also filter to find the most suitable workouts for your goals.

GROUPING

Enter ROX STATUS in the SETUP screen



AUTO GROUPING

Select the number of groups you want. ROX will then be divided into groups automatically

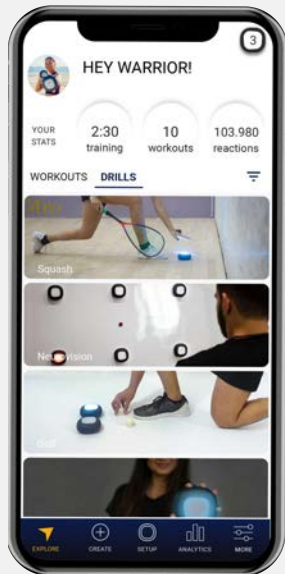


MANUAL GROUPING

Tap all ROX (the actual ROX, not the symbols in the app) that you want to have in one group. Once a group is complete, tap "NEW GROUP" to create the next group

EXPLORE

DRILLS



Fitness, Sports & Rehab Category

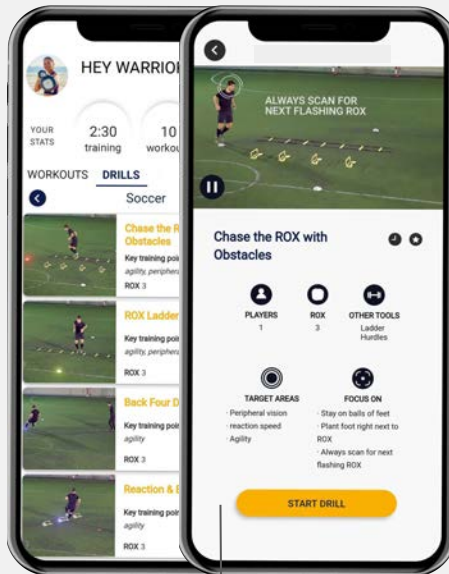
Chose from hundred of fitness, sports-specific and rehab exercises that fit your performance goals

Community

Check out training content created by the A-Champs community

Partners

Private Channels, request more info if it might interest you



Video guided drills with written instructions and ready to play settings

You can also change, and adapt these settings according to your needs, in this case you can always save as your own PRESETS for later and you will find those under Create > Presets

Select the drill, set up your ROX and press **START DRILL**

CREATE PROGRAMS

- OPEN REACT
- BEAT ME
- DISTRACTION
- SEQUENCE
- LIGHTS OUT
- BODY CONTROL
- REMOTE
- TARGET PRACTICE
- SHOOTER
- INDICATOR
- MEMORY



Interaction with the ROX can be through the HIT, Laser or Motion sensor

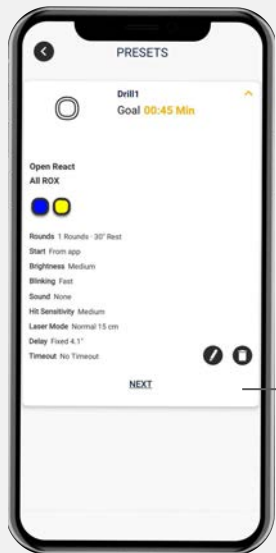
Check how many ROX you Need to play each program



Use the wheels to define your goal

Define number of rounds and rest time between rounds

Open all other settings of the program



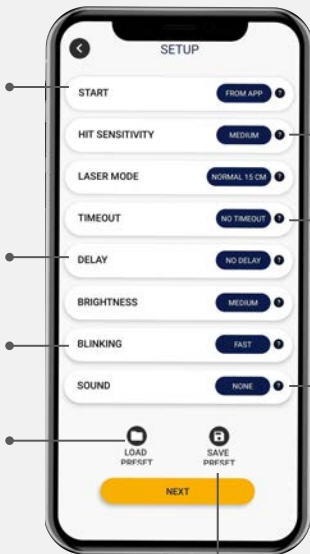
Chose how to start each round

Delay is the time between the moment one ROX is deactivated by hit and the moment the next ROX gets active

Chose the Blinking speed for your drill

Start a preset that you saved from earlier drills. Click on a preset to view it's detail settings

Check all your saved presets under
CREATE / PRESETS



Hit Sensitivity custommisse the hit-sensitivity level of ROX

Timeout is the amount of time that one ROX is active before it changes to another one in case it is not deactivated. If No Timeout is selected a ROX will only become inactive by deactivating it

Chose the sounds that you want to use during the drill

To save your individual
Settings for later use, select
Save Preset

*Customise Balance Sensitivity levels in
the Program Control. Very hard is the
level with highest difficulty while
balancing

CREATE

PROGRAMS · Click the Program card to learn more



OPEN REACT



BEAT ME



DISTRACTION



SEQUENCE



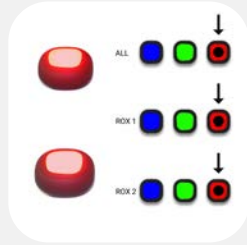
LIGHTS OUT



BODY CONTROL



TARGET PRACTICE



REMOTE



GATES



SHOOTER



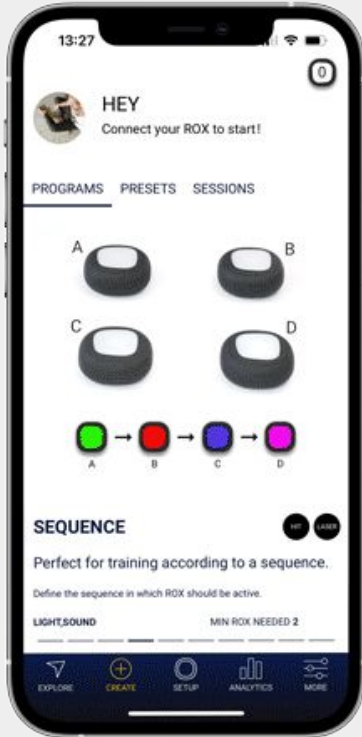
INDICATOR



MEMORY

CREATE

PROGRAMS – SEQUENCE

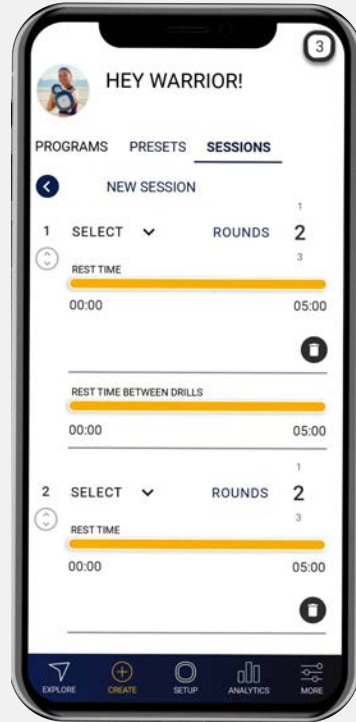


The main benefit of the sequence program is you can define the sequence in which the ROX will blink. This works great for specific drills and for assessments e.g. you can make sure that everytime you play that “assessment drill” you also have the same ROX blinking in order.

1. SYMBOLS - (Numbers and Letters are only available on ROXProX models)
 - a. Select colors, numbers and letters clicking the color gradient circle on the ROX icons
- Important: The color and letter that you see on the screen and ROX pods while setting up the program is purely for identification purposes, so you are not limited to those signals when playing.
2. Active ROX - USE MULTIPLE ROX in the **same step** (Number of active ROX in same step)
 - a. Customize your sequence by adding one, two or more ROX in the same step
 3. DEACTIVATE ALL ON/OFF
 - a. Choose whether all ROX or just one ROX must be deactivated when multiple ROX are active during the same step
 4. COUNT TO RESULTS YES/NO
 - a. Select whether or not you would like to measure deactivation time of the specific step you want to review in your performance after the sequence is finished
 5. TIMEOUT AND DELAY(s) - ADJUST STEP
 - a. Edit the timeout and delay time for each step in the sequence, if you prefer you can apply the same timeout and delay to the full sequence
 6. SEQUENCE EDITING
 - a. 3 Upper Right Icons: You can easily edit, duplicate or delete a step in sequence
 - b. Arrows: You can move the steps in the sequence up and down with the arrows on the left
 7. RANDOM START (ON):
 - a. means that the sequence can start somewhere within the sequence and not on the first step.

CREATE

SESSIONS

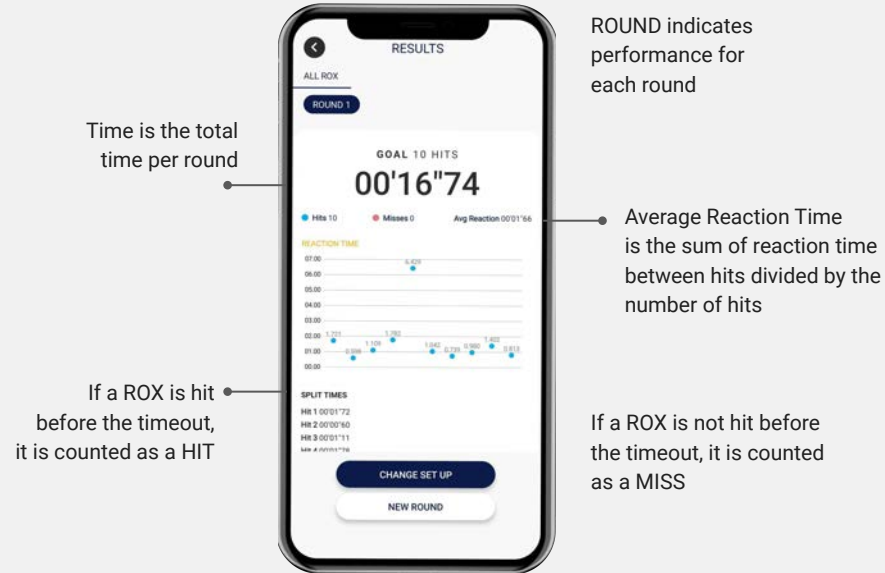


You can prepare your own workout session with any preset drills or library drills defining sets, reps and rest time that you can follow sequentially by just pressing start later.

Editable and can also be deleted

RESULTS

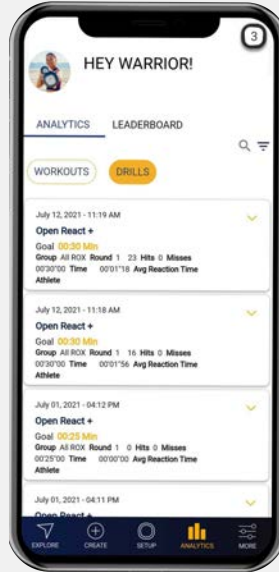
DRILLS RESULTS



ANALYTICS

Session /DRILLS RESULTS

Check all your results under ANALYTICS,
open your cards to see all details



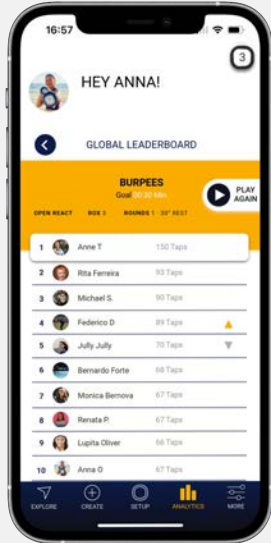
Under **WORKOUTS** you can find the analytics of all workouts that you completed.

Under **DRILLS** you can find the analytics of all drills, from the library or not, that you completed

* if you have already a club setup you will find the results under CLUB (right next to DRILLS)

ANALYTICS

LEADERBOARD

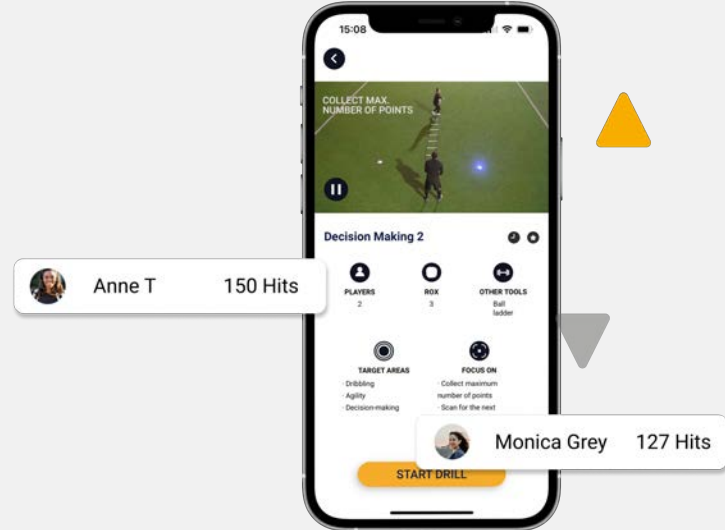


GLOBAL LEADERBOARD

Allows you to compete with all ROX users that have their profile set on "publ". All drill that you can find under EXPLORE / DRILLS are applicable for the global leaderboard

LOCAL LEADERBOARD

Via the local leaderboard you can access the results of all your athletes that you have registered under your profile



HEY WARRIOR!

MORE

- PROFILE
- RESULTS DASHBOARD
- TURN ON / TURN OFF OPTIONS
- DIAGNOSTICS
- SETTINGS
- WALKTHROUGH
- USER MANUAL
- FAQS
- PRIVACY POLICY

TALK TO US

EXPLORE CREATE SETUP ANALYTICS MORE

Select after how many minutes of no-activity ROX should automatically turn off

Update your ROX or reset them if support requests it to solve some issue. Access COGNICAGE enabling settings

Chat with our team at any point to get help while using your ROX

Access your account information under Profile

Results Dashboard link

Report an issue directly to our developers in case of a problem with the App or ROX

User Manual and FAQs provide information and help while using the app and ROX

FAQ

HOW TO CHARGE ROX?

Charge all ROX by placing them on the charging plates and connect them with a power plug. The light on the charging plate lights up if ROX is properly placed. Charge ROX for 3-5 hours. Check the video for setting up, charging and unlocking instructions here.

HOW MANY ROX CAN BE ADDED TO ONE GAME?

It depends on your device and your ROX version: ROXPro and ROXProX support 24 ROX to both iOS and Android phones. ROX standard version supports up to 6 ROX in iOS, while Android devices support 3 to 12 ROX.

HOW CAN I TURN OFF THE ROX?

There are 3 ways to turn them off:

- 1) ROX will automatically turn off after not being used for 45 minutes (You can change the number of minutes through the App, go to MORE – TURN ON / TURN OFF OPTIONS
- 2) In the SET UP screen of the App, select “TURN ALL ROX off”
- 3) In the ROX STATUS screen of the App, you can see all the connected ROX, press “...” button and turn each ROX off manually.

WHY DOES ONE ROX NOT REACT WHEN I TOUCH THE POWER BUTTON?

Make sure that the battery is full. Once the ROX are in action, the power button is disabled.

CAN I ADJUST THE VOLUME?

Yes. There are different sound volumes available, you find the volume control within ROX Pro App once a Program is started.

PLAY UP. SMART UP.

 A-CHAMPS.