

Understanding the Display



1	ERROR	Normally Blank. Lights if there is a system error
2	GO	Indicates you may begin a maneuver
3	REST	Indicates you must wait before starting another maneuver
4	BATTERY STATUS	Indicates the battery life remaining
5	MANEUVER COUNT	Indicates the number of maneuver completed
6	SECONDS	Indicates the number of seconds an endurance maneuver was held
7	ENDURANCE MODE	Indicates you are training in Endurance Mode
8	DIFFICULTY LEVEL	Indicates the level of difficulty you are training. There are 5 levels.
9	STRENGTH MODE	Indicates you are training in Strength Mode
10	EXHALE	Indicates you are performing an exhale maneuver
11	INHALE	Indicates you are performing an inhale maneuver
12	EXERTION EFFORT	Indicated the effort exerted. Ball height will vary from 1 to 7