



Thank you for your purchasing Visionup Strobe Glasses. Please read this instruction manual carefully prior to your use of Visionup Strobe Glasses for proper and safe use.

Manufacturer & Exporter

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DISCLAIMER

Visionup Strobe Glasses is a dynamic precision training tool that requires careful consideration and precautions when used. Visionup is not and should not be used for entertainment or recreational purposes of any kind. They are strictly intended for training and conditioning purposes only. The manufacturer, exporter, distributor, retailer and all parties involved in the sale of Visionup are absolutely free from any and all responsibilities and liabilities related to results of non-observance of warnings and cautions listed below and also any and all other inadequate and inappropriate use of Visionup out of this manual.

WARNINGS

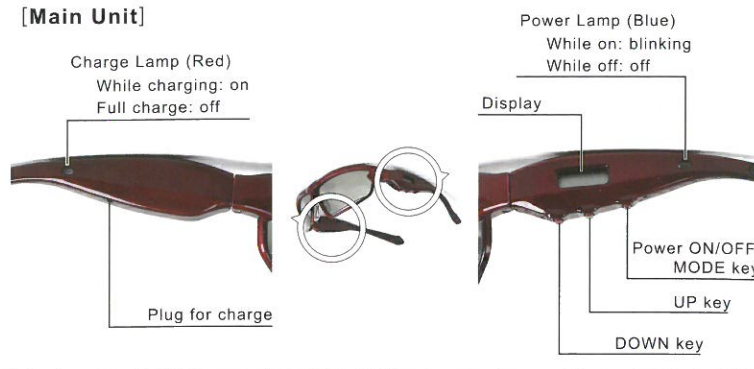
- DO NOT wear/use Visionup repeatedly during your daily activities, both indoors and outdoors without intending to carry your vision training.
- DO NOT use Visionup while driving a vehicle, such as, automobile, motorcycle, bicycle, and all other vehicles, or operating any machine. This may cause a fatal accident.
- DO NOT wear Visionup while using roller/ice skates, skateboards, snowboards, skis, and all other moving sports equipment, except under supervision and when instructed and/or directed by appropriate coach(s) or instructor(s).
- Visionup is not for any medical purpose. DO NOT use Visionup if you have any eye disease. Also Visionup is not designed to recover short-sightedness, far-sightedness, astigmatism, or aged eyes.
- Visionup is not designed to be a protective device nor sun-glasses. Be sure to wear properly designed protective eye wear over Visionup when it is necessary.
- Static electricity may defect Visionup. In order to avoid it, before touching Visionup, you are requested to touch any metal material to discharge.

CAUTIONS

- Visionup just close your sight intermittently by LCD on and off. It should not make any influence on eye-sight or health. On the other hand, it is known that certain visual stimulus trigger photo paroxysmal response, photosensitive seizures, migraine episodes in susceptible individuals.
- For the very first time to use Visionup, take a seat, try it for three minutes with the setting of h050 and d050, and see your hand shaking. Please check if your condition remains the same in 15min. If not, DO NOT use Visionup and consult with a physician and/or qualified sports vision trainer prior to the use of Visionup.
- For susceptible individuals, especially the range of 10-30 Hz. might be rather hard
- A using time shall be 5min. to 15min. per training and the total using time per day shall be less than 30min. Long use may influence your health condition.
- In the beginning, a using time shall be up to 15min. and the frequency shall be 50Hz.
- If you feel bad like car-sick or head-ache, eye-ache, stop using Visionup and conduct with a physician if necessary.
- Visionup can be used by 8 year old or above. All users younger than 18 year-old are required to use Visionup under supervision of a qualified instructor.
- Visionup is designed for athletic training, but is a precision device, which requires adequate handling and care. Do not drop it on a hard surface, twist or warp the frame or push or hit lenses with excessive force.
- DO NOT open the frame or dismantle any part. If any malfunction or defect occurs, stop using Visionup and conduct to your retailer.
- As described above, it is mandatory to read this manual prior to use Visionup.

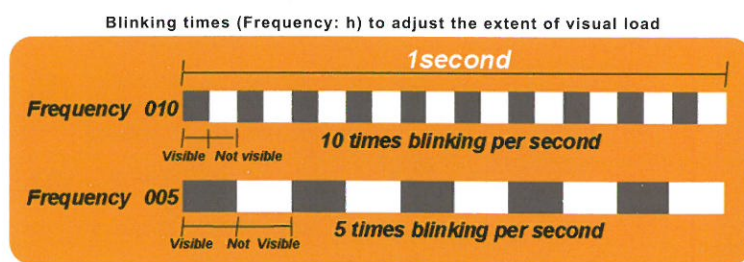
By reading above Disclaimers, Warnings, and Cautions, it is understood that the user fully agrees to observe the warnings and cautions listed above. Any other use than those suggested in this manual must be done on users' own risk. Warranty will be void when and if Visionup is used without observance of warnings, cautions and instructions in this manual.

[Main Unit]



- How to charge a battery
 Charge a battery with AC Adaptor until Red Lamp turns off in about 1.5h. Please charge it for 3h only for the first time.
- Power ON/OFF
 To turn on Visionup, keep pushing ON/OFF key with two beep sounds, and the lenses start blinking, blue lamp starts blinking, and the latest setting is shown in LCD panel. To turn off Visionup, keep pushing ON/OFF key for 3 seconds and release your finger after two beep sounds.
- Mode change
 While Visionup is on, pushing ON/OFF key changes selection between h (Frequency) and d (Duty Ratio) alternatively.
- How to change <h> Hz: Frequency
 While h is shown, Frequency can be changed by UP key/DOWN key.
 1Hz↔3Hz↔5Hz↔10Hz↔20Hz↔30Hz↔50Hz↔80Hz↔100Hz↔150Hz↔1Hz
- How to change <d> Duty Ratio: Shutting Ratio
 While <d> is shown, Duty Ratio can be changed by UP key/DOWN key.
 30%↔50%↔70%↔30%
- Low battery
 Normally the rechargeable battery lasts over 20 hours while it is new. In case of low battery, the whole indications in the display starts blinking. Please charge the battery until Red Lamp turns off.

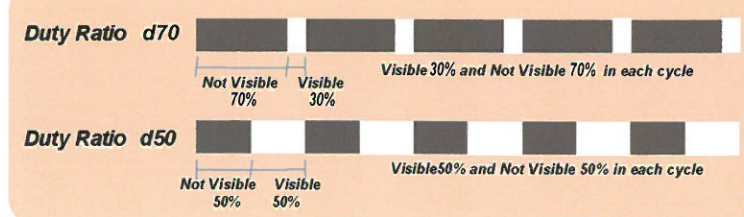
■ Blinking times (Frequency) and Closing Ratio (Duty Ratio)



Faster Blinking / Higher Frequency / Lighter Visual Load
 Slower Blinking / Lower Frequency / Heavier Visual load



Closing Ratio (Duty Ratio: d) to adjust the brightness and the extent of visual load



Higher Duty Ratio / Heavier Visual Load / Darker
 Lower Duty Ratio / Lighter Visual Load / Brighter



■ To Improve sport vision and performance

Carry out your daily warming up or basic skill drills with Visionup for 10 to 15 min., every other day or at least every three days. Two to three month training is required to get a sustainable effect.
 *Thanks to the visual load effect by blinking, easy and simple trainings, such as, catch-ball, juggling, or dribbling/lifting a ball.
 *Compare how you see without Visionup before and after training.

1. Training for Visual Ability

- This training is to improve sport vision by seeing an object intermittently with 50Hz to 10Hz frequency.
- Carry out this training with Visionup while warming-up or basic practice with a moving object like a ball. You may do it alone even at home.
- Start with the frequency of 50Hz by which you do not get much stress
- Decrease the frequency step by step, 30Hz → 20Hz → 10Hz.
- When 10Hz becomes easy, level up the training and start again with 30Hz.
- Each training or drill shall be for min. 5min. and carry out two to three different kinds.

2. Training for Predictive Ability

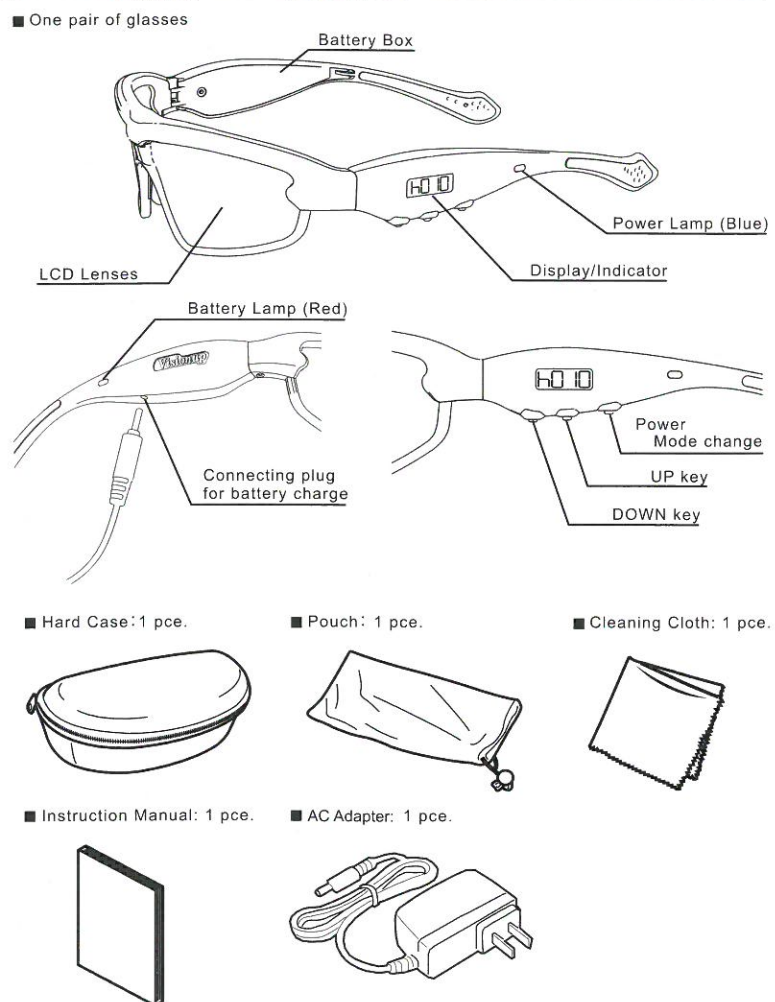
- This training is done with higher frequency to improve the predictive ability by seeing the orbit or rotation of a moving object like a ball.
- Set frequency between 50Hz to 150Hz so that the object is seen visible.
- No action is required. Just see a moving object for about 5 min.

3. Training for Concentration

- This training is to improve an ability to concentrate with very low frequency between 5Hz to 1Hz by using longer closing time.
- Carry out any easy and simple training with Visionup, decreasing the frequency step by step, 5Hz → 3Hz → 1Hz.

■ Training to recover Sports Vision declined by aging

- Carry out any simple practice like an easy catch-ball for about 5 min. once every three day. Two to three month training is required to get a sustainable effect.
- Start with the frequency of 50Hz by which you do not get much stress.
- Decrease the frequency step by step, 30Hz → 20Hz → 10Hz.



■ The life time of battery and replacement

The life time of rechargeable battery is about three years in case of charging every two weeks, depending on the usage circumstances. A rechargeable battery shall be replaced when it dose not last enough after the full charge. Please conduct to your seller or the exporter.

■ Basic Trouble Shooting

Symptom	Potential causes	What to do
Power does not turn on	Not enough charging	Charge battery
LCD display low contrast		
Unable to adjust setting		
Cannot charge battery	Charging cable may be damaged.	Contact seller
Battery turns dead too quickly	May need a new battery	
While power on, no blinking	Check the indication in the display	Set h(Frequency) less than h030.

■ Warranty

Your Visionup is covered by one year warranty after the date of purchase. The problem occurred after one (1) year from the date of purchase can be repaired for a fee. Please see the detail conditions as per the warranty card.

■ Specifications

Power System	Rechargeable Battery	Temp.& Humidity	0°C~50°C, 30%~80%
Rating voltage	100VAC - 240VAC	UV Cut Ratio	99.5%
Battery Voltage	3.7V	Storage Temp.	-20°C~60°C
Charging Time	1.5~2.0 hours under 15°C~35°C (3H for the first time)		
Battery Specs	Polymer Lithium Ion rechargeable battery (3.7VAC, 110mAh)		
Power Consumption	33mW at Duty Ratio 90%, Frequency 150Hz		
Operating Current	9mA at Duty Ratio 90%, Frequency 150Hz		
Weight and Size	Unit: 30g with a battery, GW: 280g, Box: H65xW120xL190mm		