CardioWall®

Installation and Instruction Manual

For models from July 2014 onwards

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Section 4 - Operating the CardioWall®

4.1   Idle State

On power up, the CardioWall will sound a 'laugh' and will turn to its idle state. Initially the dot matrix will display the **Hub Software Version Number** for the CardioWall. The dot matrix will then display 'Hit ANY Pad to Play.'

The CardioWall has **two menu options** as standard:

1. **Menu** – Choose the playing time, level and range of playable pods for specific programs.
2. **5 Pod Menu** – Provides QuickStarts to play the middle 5 pods only for specific programs; designed for users with restricted movement such as wheelchair users.

The CardioWall has **six programs** as standard:

1. **ClearOut** – Stamina
2. **ClusterShot** – Hand & Eye Stamina
3. **Chaser** – Reaction Time
4. **CardioBeat** – Baseline Fitness Test
5. **Combat** – Two-player Program
6. **LowFive** – Floor Work

See **Section 6: Programs** for detailed explanations of each of the programs. Further programs are continuously being developed.

In this idle state, the green pods are QuickStart options for the programs. The blue pods are menu options **[Figure 4.1]**.

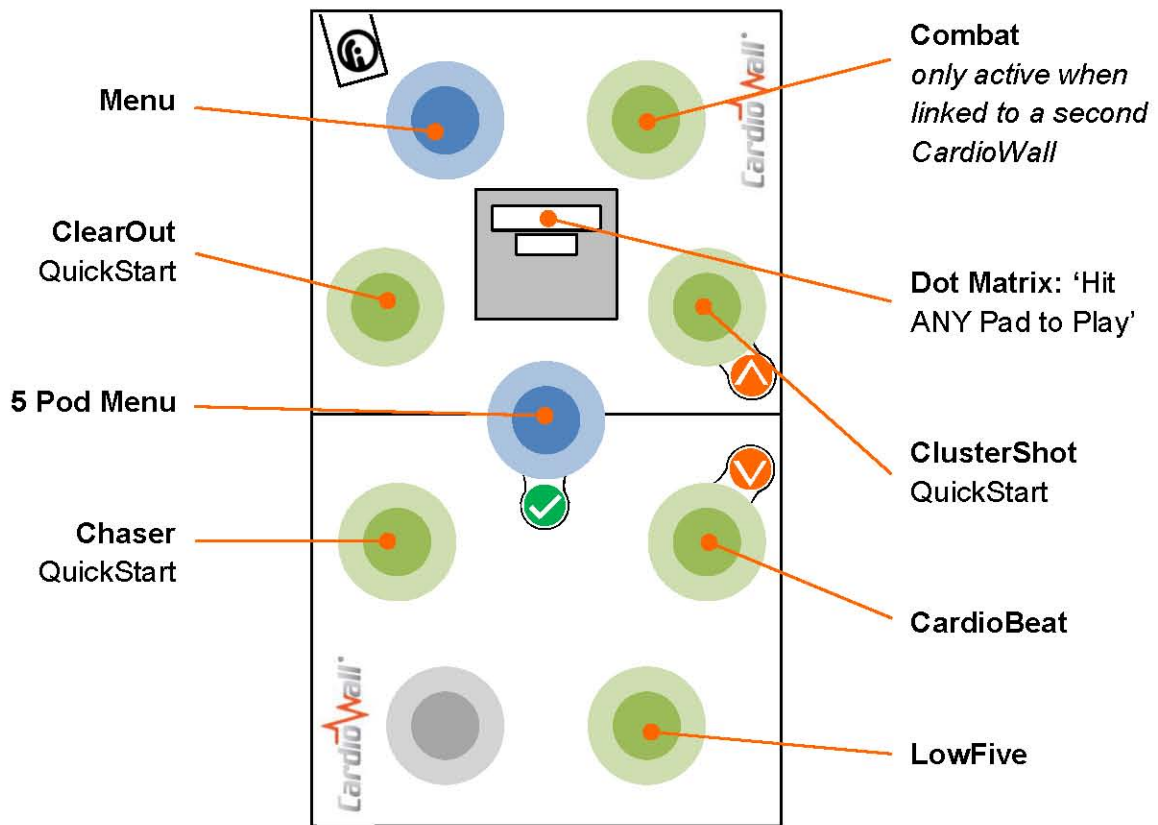**Figure 4.1:** *CardioWall Idle state*

Menu

ClearOut
QuickStart

5 Pod Menu

Chaser
QuickStart

Combat
*only active when
linked to a second
CardioWall*

Dot Matrix: 'Hit
ANY Pad to Play'

ClusterShot
QuickStart

CardioBeat

LowFive

4.2   Menu

Select the **Menu** option to choose the playing duration and the range of playable pods for **ClearOut**, **Chaser** and **ClusterShot**. For **ClusterShot**, the difficulty level can also be set.

On selection of the **Menu** option, the CardioWall will sound "Select programme." This will then be followed by "ClearOut," "ClusterShot," then "Chaser," which will sound in synchronisation with the respective pods flashing up. This routine will be repeated until an option is selected or the CardioWall times out after 20 seconds.

Select the blue pod to return the CardioWall to its idle state. Select either the yellow, green or red pods to set the playing options for **ClearOut, ClusterShot** or **Chaser** respectively **[Figure 4.2]**.
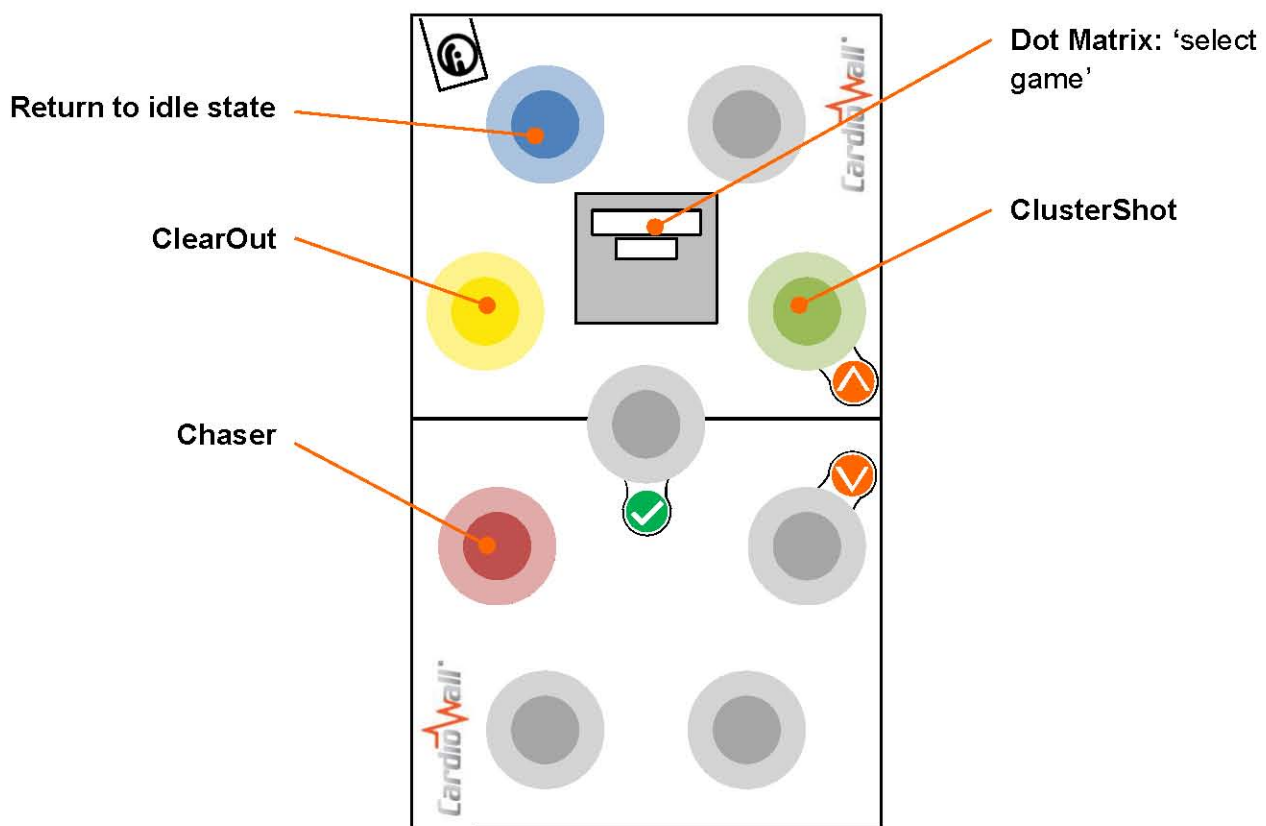

Figure 4.2: CardioWall Menu

Once the chosen game has been selected, the CardioWall will sound "Select time." Select the yellow pod to increase the duration of the program. Select the pink pod to decrease the duration of the program. Select the green pod to confirm the chosen duration. Select the blue pod to return the CardioWall to its idle state. The program duration will be shown on the time display **[Figure 4.3].**

Return to idle state

Confirm

Dot Matrix: 'set time'

Time display: *time*

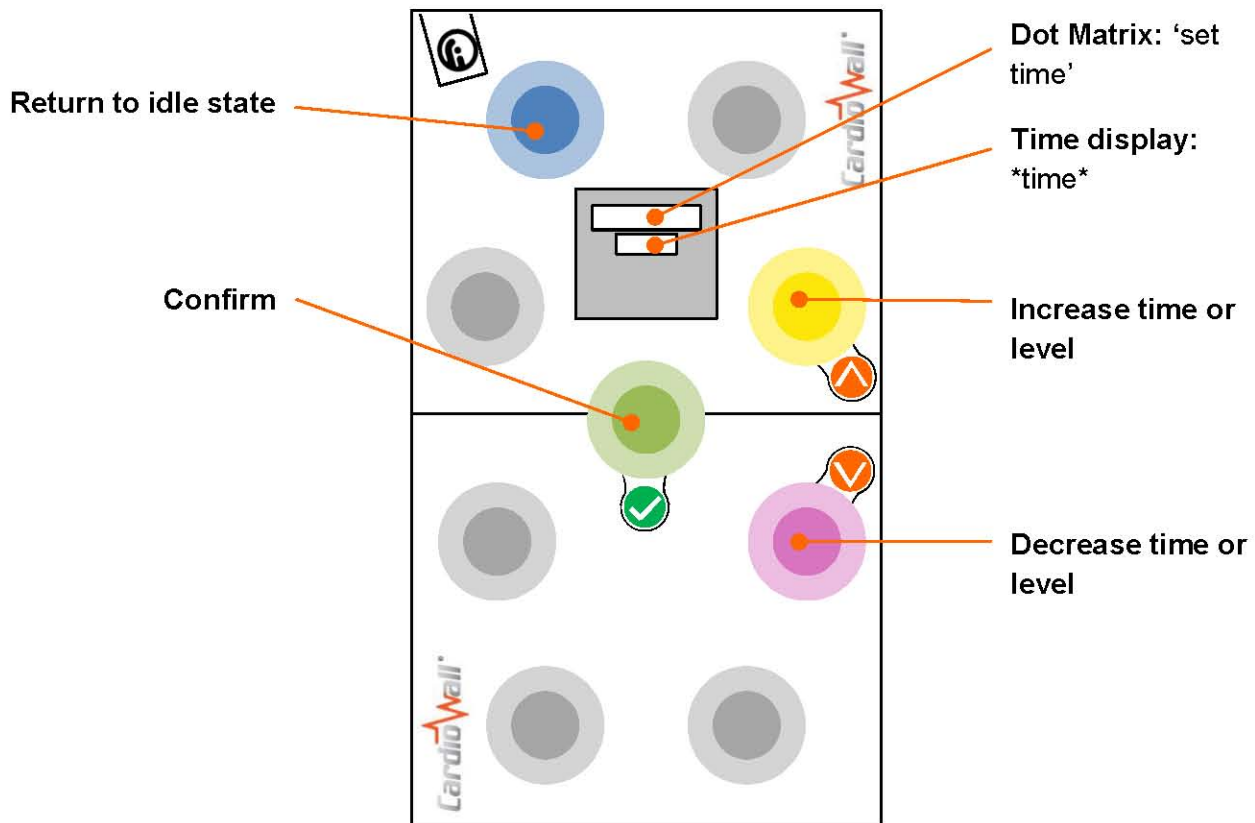**Increase time or level**

Decrease time or level

Figure 4.3: CardioWall Time Select

In the **ClusterShot** options menu, once the chosen program duration has been confirmed, the CardioWall will sound "Select level." The lights will be illuminated in the same way as **Figure 4.3**.

Select the yellow pod to increase the difficulty level. Select the pink pod to decrease the difficulty level. Select the green pod to confirm the chosen difficulty level. Select the blue pod to return the CardioWall to its idle state. The difficulty level will be shown on the time display.

NOTE: For **ClearOut** and **Chaser** programs, the select difficulty level option is unavailable as there is only 1 level setting available.

Once the chosen time has been confirmed **ClearOut/Chaser**, or the difficulty level has been confirmed for **ClusterShot**, the CardioWall will sound, "Hit the highest pad you can reach."
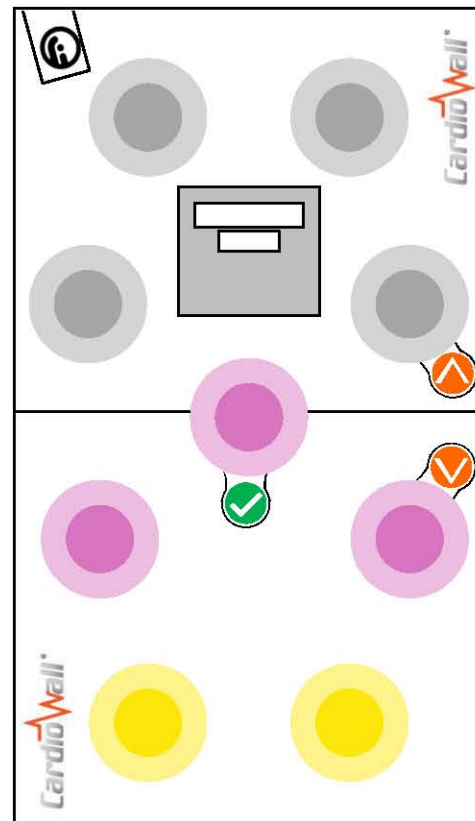
The lights will illuminate as shown in **Figure 4.4**. Select one of these illuminated lights to set the highest pod that can be reached.

Once the highest has been confirmed, the CardioWall will sound, "Hit the lowest pad you can reach."

The lights will illuminate as shown in **Figure 4.5**. Select one of these illuminated lights to set the lowest pod that can be reached.
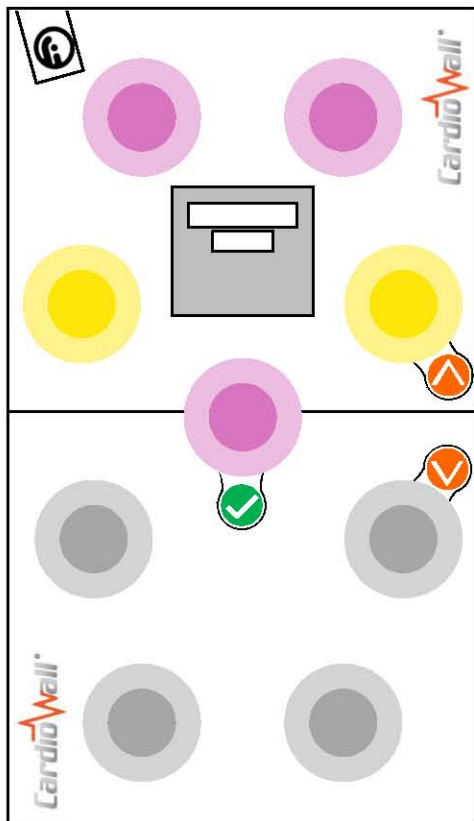
Figure 4.4: CardioWall Highest Pod Selection   *Figure 4.5: CardioWall Lowest Pod Selection*

NOTE: For all programs, the minimum number of playable pods is 5 pods.

NOTE: At any time, if the CardioWall behaves unexpectedly, wait for at least 20 seconds for the unit to reset to its idle state.

4.3   5 Pod Menu

The 5 Pod Menu is specifically designed users with restricted movements such as wheelchair users. Selecting the 5 Pod Menu will display QuickStart options for the programs **ClearOut, ClusterShot, Chaser** and **CardioBeat**. The 5 Pod Menu programs will only play the central 5 pods.

On selection of the 5 Pod Menu option, the CardioWall will sound "Select programme." The lights will illuminate as shown in **Figure 4.6**.

Select any of the green pods to begin any of the 5 Pod Menu programs. Select the blue pod to return the CardioWall to its idle state.
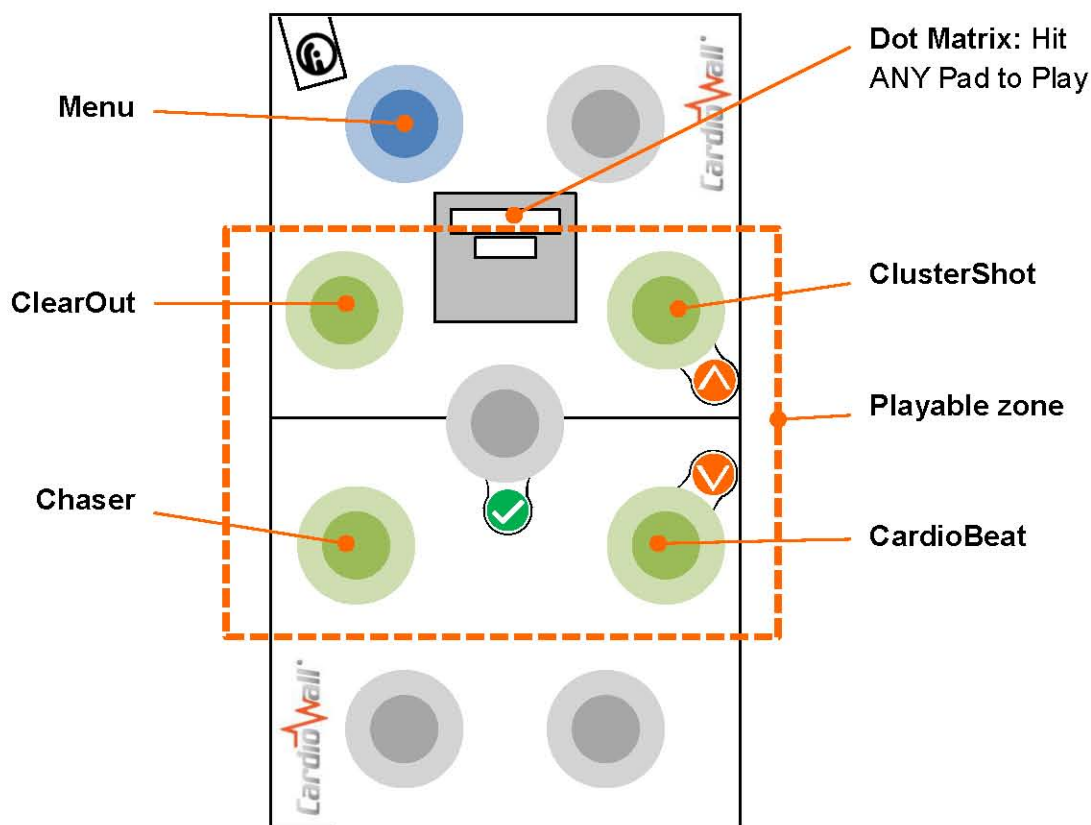

Figure 4.6: CardioWall 5 Pod Menu

NOTE: The blue Menu pod will remain active throughout these programs so it is possible to quit the program to the CardioWall's idle state.

NOTE: At any time, if the CardioWall behaves unexpectedly, wait for at least 20 seconds for the unit to reset to its idle state.

4.4 End of Program

At the end of any program, the CardioWall will sound, "Would you like to play again?" The pods will light up as shown in **Figure 4.7**. Selecting the green pod will replay the game. Selecting any of the red pods will return the CardioWall to its idle state.
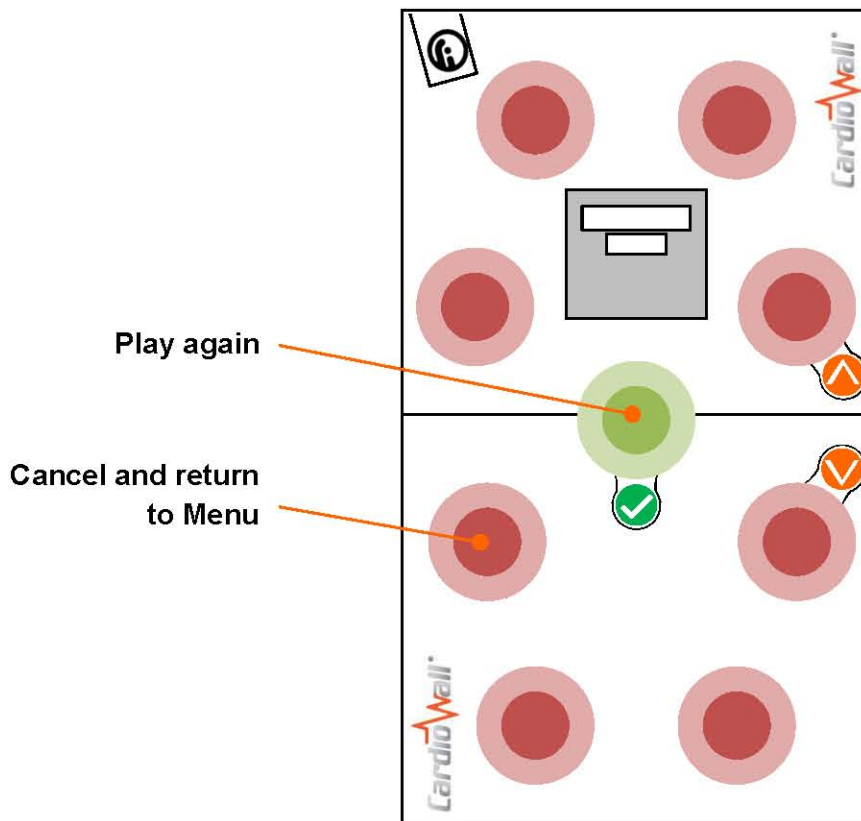

Figure 4.7: *"Would you like to play again?"*

NOTE: At any time, if the CardioWall behaves unexpectedly, wait for at least 20 seconds for the unit to reset to its idle state.

Section 5 - Programs Guide

5.1   ClearOut – Stamina

Summary: For repetitive exercise, stamina building and core stability. Popular within circuit training routines and effective with all types of accessory. A good alternative to body weight squats.

Gameplay: All pods will appear green. On selection of each illuminated pod, the light will turn out. Once all lit pods are cleared, all pods will reappear blue. Once all of the blue pods are cleared, all pods will reappear red. Once all of the red pods are cleared, all pods will reappear green, etc.

Aim: To clear as many illuminated pods as possible within the given time limit.

Scoring system: +1 point for each pod hit

Play time: 0.5 / 1 / 2 / 3 / 4 / 5 / 10 / 15 / 20 / 25 / 30 minutes

Sound effects: Program select: *"ClearOut"*
Program start: *"5, 4, 3, 2, 1,"* *whistle*
Pod hit: *doof*
End of program: *crowd cheer*
Program timeout: *whistle*

NOTE: At any time, if the CardioWall behaves unexpectedly during gameplay, wait for at least 30 seconds for the unit to reset to its idle state. For gameplay greater than or equal to 10 minutes, wait for at least 2 minutes for the unit to reset to its idle state. This longer time-out period is designed to allow multiplayer circuit training.

5.2   ClusterShot – Hand & Eye Stamina

Summary: A high intensity challenge of speed and visual awareness. Mentally testing.

Gameplay: Pod will illuminate in clusters of 3, 4 or 5 at random. The illuminated pods will firstly appear green, then yellow, then red. Once an entire cluster of lit pods are cleared, a new cluster of lit pods will appear at random.

Aim: To earn as many points as possible within the given time limit by hitting the illuminated pods quickly.

Difficulty: Beginner (Slow) – Level 1
                        Intermediate (Medium) – Level 2
                        Expert (Fast) – Level 3

Scoring system: +3 point for each green pod hit
                        +2 point for each yellow pod hit
                        +1 point for each red pod hit

Play time: 0.5 / 1 / 2 / 3 / 4 / 5 / 10 / 15 / 20 / 25 / 30 minutes

Sound effects: Program select: *"ClusterShot"*
                        Program start: *"5, 4, 3, 2, 1," *whistle**
                        Green pod hit: **doof**
                        Yellow pod hit: **thwack**
                        Red pod hit: *crash*
                        End of program: **crowd cheer**
                        Program timeout: **whistle**

NOTE: At any time, if the CardioWall behaves unexpectedly during gameplay, wait for at least 30 seconds for the unit to reset to its idle state. For gameplay greater than or equal to 10 minutes, wait for at least 2 minutes for the unit to reset to its idle state. This longer time-out period is designed to allow multiplayer circuit training.

5.3   Chaser – Reaction Time

Summary: A pure speed and reaction challenge which also tests peripheral vision.

Gameplay: A single red pod will illuminate at random. Other pods will be green. On selection of the red pod (the chaser), another pod will reappear red.

Aim: To hit as many red pods with in the given time limit as possible.

Scoring system: +1 point for each red pod hit
                       -1 point for each green pod hit

Play time: 0.5 / 1 / 2 / 3 / 4 / 5 / 10 / 15 / 20 / 25 / 30 minutes

Sound effects: Program select: *"Chaser"*
                       Program start: *"5, 4, 3, 2, 1," *whistle**
                       Red pod hit: *doof*
                       Green pod hit: *thwack*
                       End of program: *crowd cheer*
                       Program timeout: *whistle*

NOTE: At any time, if the CardioWall behaves unexpectedly during gameplay, wait for at least 30 seconds for the unit to reset to its idle state. For gameplay greater than or equal to 10 minutes, wait for at least 2 minutes for the unit to reset to its idle state. This longer time-out period is designed to allow multiplayer circuit training.

5.4   CardioBeat – Baseline Fitness Test

Summary: A version of the 'bleep test,' a perfect measure of the user's fitness stamina: the first port of call for personal trainers with a new client. Helps to develop hand-eye coordination.

Gameplay: All pods will illuminate. Once each illuminated pod is hit, the light will turn out. All pods must be cleared within the given time to clear the level. If the level is cleared in time, a beep will sound and all pods will reappear. This is repeated until the user is unable to clear the entire wall of illuminated pods. The time that the lights are illuminated for decreases as the level increases, steadily increasing the games difficulty.

Aim: To clear the entire wall of illuminated pods as many times as possible with in time restrictions.

Difficulty: Increases as the level increases.

Scoring system: Level increases by 1.0 for each cleared level
                      Level increases by 0.1 point for each pod hit
                      e.g. L7.2

Sound effects: Program select: *"CardioBeat"*
                      Program start: *"5, 4, 3, 2, 1," *whistle**
                      Pod hit: *doof*
                      End of program: *crowd jeer* followed by *crowd cheer*

NOTE: At any time, if the CardioWall behaves unexpectedly, wait for the program to end and for the unit to reset to its idle state.

5.5   LowFive – Floor Work

Summary: Can be used in conjunction with squats, sit-ups, press-ups and plank.

Gameplay: This is version of ClearOut that is only played on the lower 5 pods. All of the lower 5 pods will appear green. When each illuminated pod is hit, the light will turn out. Once all lit pods are cleared, all lower 5 pods will reappear blue. Once all of the blue pods are cleared, all lower 5 pods will reappear red. Once all of the red pods are cleared, all lower 5 pods will reappear green, etc.

Aim: To clear as many illuminated pods as possible within 1 minute.

Scoring system: +1 point for each pod hit

Play time: 1 minute

Sound effects: Program select: *"LowFive"*
Program start: *"5, 4, 3, 2, 1," *whistle**
Pod hit: *doof*
End of program: *crowd cheer*
Program timeout: *whistle*

NOTE: At any time, if the CardioWall behaves unexpectedly during gameplay, wait for at least 30 seconds for the unit to reset to its idle state.

5.6 Combat – Two-Player Program

Summary: This is a two-player program and only works when two CardioWalls are connected together.

               A direct dual between players. Intense and great fun. Builds a competitive spirt and improves social interaction between competitors in addition to improving speed, reaction time and hand-eye coordination.

Gameplay: Every time a pod is hit by one player, a light will reappear on the opposite players wall. The first player to clear all of the lights on their wall will be the winner.

Aim: To clear the wall of illuminated lights before the other player.

Scoring system: +1 point for each pod hit

Sound effects: Program select: *"Combat, play the other wall"*
Program start: *"5, 4, 3, 2, 1,"* *whistle*
Pod hit: *doof*
End of winners program: *crowd cheer*
End of losers program: *crowd jeer*
Program timeout: *whistle*

NOTE: At any time, if the CardioWall behaves unexpectedly, wait for at least 30 seconds for the unit to reset to its idle state.