

USER MANUAL

AxIT System

AxIT Performance - Version 2.0



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Document Version 1.00

DISCLAIMER

The information contained in this manual is for informational purposes only.

This device is designed to measure strength and should not be used for diagnosis or treatment of any medical condition. The manufacturer is not liable for any injuries or damages resulting from the use or misuse of this product.

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1 Preface

1.1 User Description

The product is suitable for individuals who want to measure strength. It is recommended for use by professionals who have a good understanding of strength assessments and can accurately interpret the results. It is not intended for medical use.

1.2 Explanation of safety warnings

DANGER! Danger indicates a hazard with a high level of risk which, if not avoided, will result in death or serious injury.

WARNING! Warning indicates a hazard with a medium level of risk which, if not avoided, could result in death or serious injury.

CAUTION! Caution indicates a hazard with a low level of risk which, if not avoided, could result in minor or moderate injury.

NOTICE Indicates information considered important, but not hazard-related.

1.3 Retaining instructions

Prior to using this product, it is crucial to read and thoroughly comprehend this manual along with its safety instructions. This will ensure a proper understanding of the product's functionality and guidelines for safe usage. Failure to do so may result in damage to property and/or injuries.

Keep all safety information and instructions for future reference and pass them on to subsequent users of the product.

1.4 Obtaining documentation and information

1.4.1 Internet

The latest version of the User Manual can be found by searching 'User Manual' at the following address: <https://knowledge.strengthbynumbers.com/>

1.4.2 By request

The latest version of the documentation can be made available by placing the request in writing and sending to info@strengthbynumbers.com

2 Product Description

2.1 Purpose of the product

The AxIT System is a cutting-edge measurement system that allows users to measure their physical strength and track their progression over time.

The AxIT System is made up of 4 devices: a pair of Stomp-IT devices, a Pull-IT device and a Push-IT device. These devices work together to provide a comprehensive solution for measuring physical strength.

The AxIT System enables you to optimise your training and improve your performance whilst providing real-time feedback. It is designed to be user-friendly, whilst providing accurate and reliable data. It is the ideal solution for anyone looking to improve their strength and take their performance to the next level.

Key AxIT System features include:

- 'always on' devices
- ultra-long battery life
- wireless operation (via Bluetooth connectivity)
- the ability to track progress over time
- real-time feedback
- testing flexibility - create custom tests and playlists
- data analysis and reporting

2.2 Product Images

Stomp-ITs



Pull-IT



Push-IT



2.3 Specifications

	STOMP-IT	PULL-IT	PUSH-IT
Model No.	Stomp-IT-2	Pull-IT-2	Push-IT-2
Measurement Rate	200Hz (200 measurements per second)	200Hz (200 measurements per second)	200Hz (200 measurements per second)
Battery	Capacity: 2000mAh lithium-ion battery capacity (charged via USB-C) Charge rate: 500mAh (Full charge in 4 hrs) Maximum battery life: 909 hours (38 days) on standby	800mAh lithium-ion battery capacity (charged via USB-C) Charge rate: 500mAh (Full charge in 1.6 hrs) Maximum battery life: 400 hours (16 days) on standby	800mAh lithium-ion battery capacity (charged via USB-C) Charge rate: 500mAh (Full charge in 1.6 hrs) Maximum battery life: 400 hours (16 days) on standby
Communication	Bluetooth 4.2 Protocol	Bluetooth 4.2 Protocol	Bluetooth 4.2 Protocol
Dimensions	Length: 400 mm Width: 400 mm Height: 28 mm	Length: 135mm Width: 39mm Height: 39mm	Handle: 39mm diameter Face of Cone Housing: 85mm diameter
Weight	7000g	150g	360g
Material	6061 Aluminum ABS Plastic	6061 Aluminum ABS Plastic	6061 Aluminum ABS Plastic
Accuracy	+/- 3% over the working range	+/- 3% over the working range	+/- 3% over the working range
Safe Working Load	500kgs	150kgs	150kgs
Operating Temp.	Operating Temp Range: -10° to +50°C	Operating Temp Range: -10° to +40°C	Operating Temp Range: -10° to +40°C

2.4 Product compliance

This product complies with the following relevant Union harmonisation legislation and Directives:

- ETSI EN 301 489-1 V2.2.3 (2019-11). Electromagnetic Compatibility Regulations 2016
- ETSI EN 301 489-17 V3.2.4 (2020-09). Electromagnetic Compatibility Regulations 2016
- EN 300 328 V2.2.2 (2019-07)
- EN 55032:2015/A11:2020
- CISPR 16-1-4:2010+AMD1:2012
- CISPR 16-4-2:2011
- EN 61000-4-2:2009
- EN 61000-4-3:2006+A2:2010
- Radio equipment Directive 2014/53/EU
- The Batteries Directive 2006/66/EC
- Radio Equipment Regulations 2017

- Waste Batteries and Accumulators Regulations 2009
- The Waste Electrical and Electronic Equipment Regulations 2013
- The Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment Regulations 2012

2.5 Product elements

2.5.1 Pull-IT device

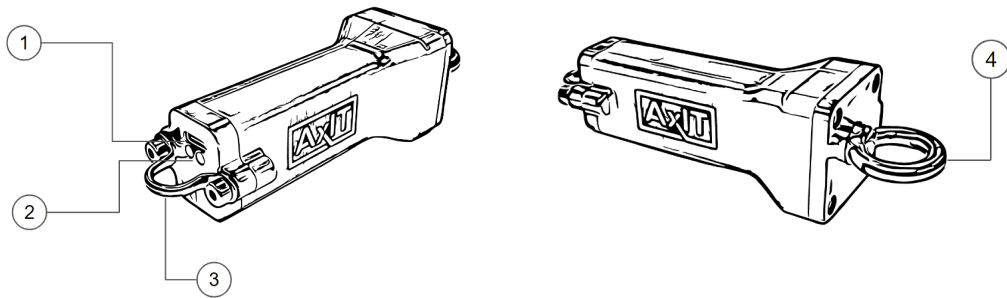


Fig. 1

1. Charging port
2. LED indicators
3. Attachment saddle
4. Attachment eye-bolt

2.5.2 Stomp-IT device

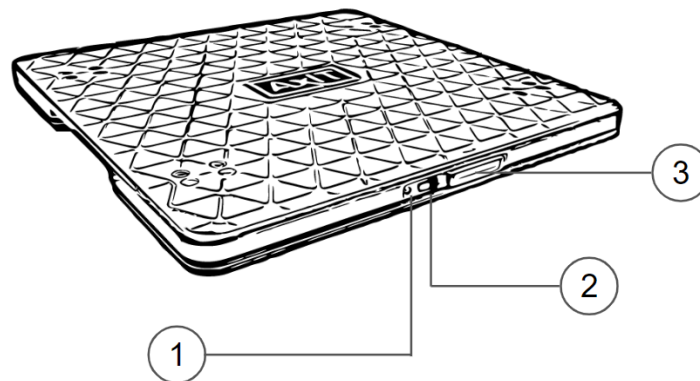


Fig. 3

1. LED indicators
2. Charging port
3. Antenna housing

2.5.3 Push-IT device

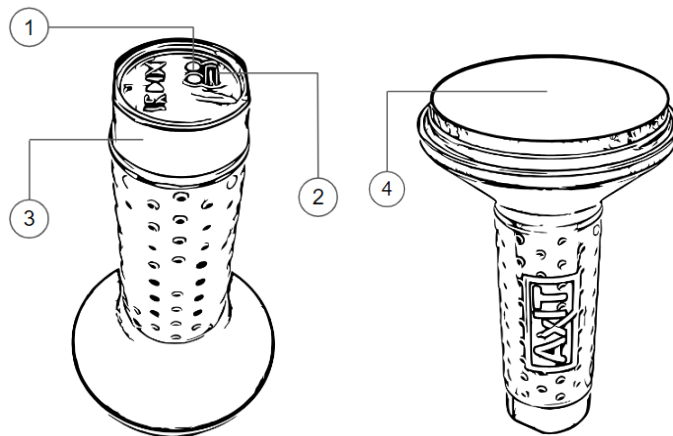


Fig. 4

1. LED indicators
2. Charging port
3. Antenna housing
4. Force pad

2.5.4 Device LED Indicators







LED	STATUS
  Solid red	Device is charging
  <u>Single</u> -flashing green	Device is in 'standby mode'
  <u>Double</u> -flashing green	Device is connected

Table 1

3 App pages

3.1 Home screen

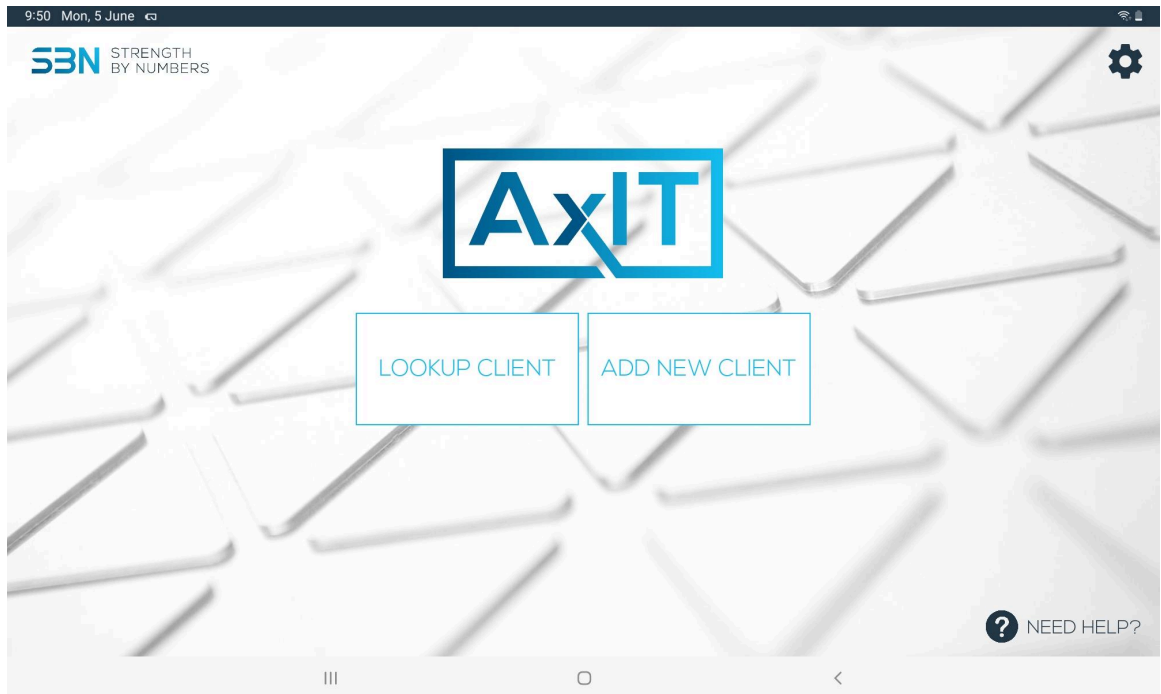


Fig. 5 - Home page - Select an existing client or add a new client.

3.2 Settings

3.2.1 Business profile

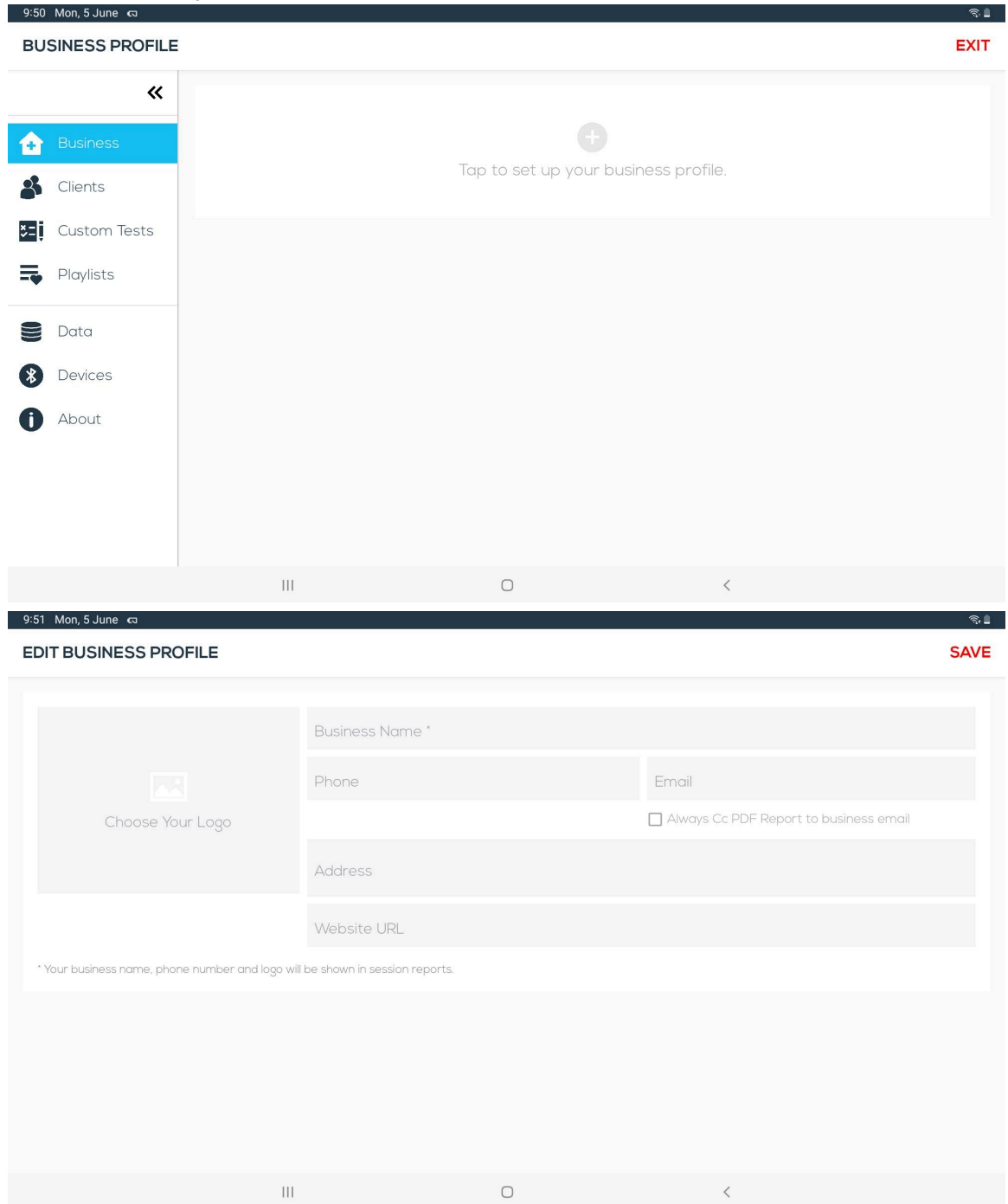


Fig. 6 - Business Profile setup page - Setup your business profile

3.2.2 Clients

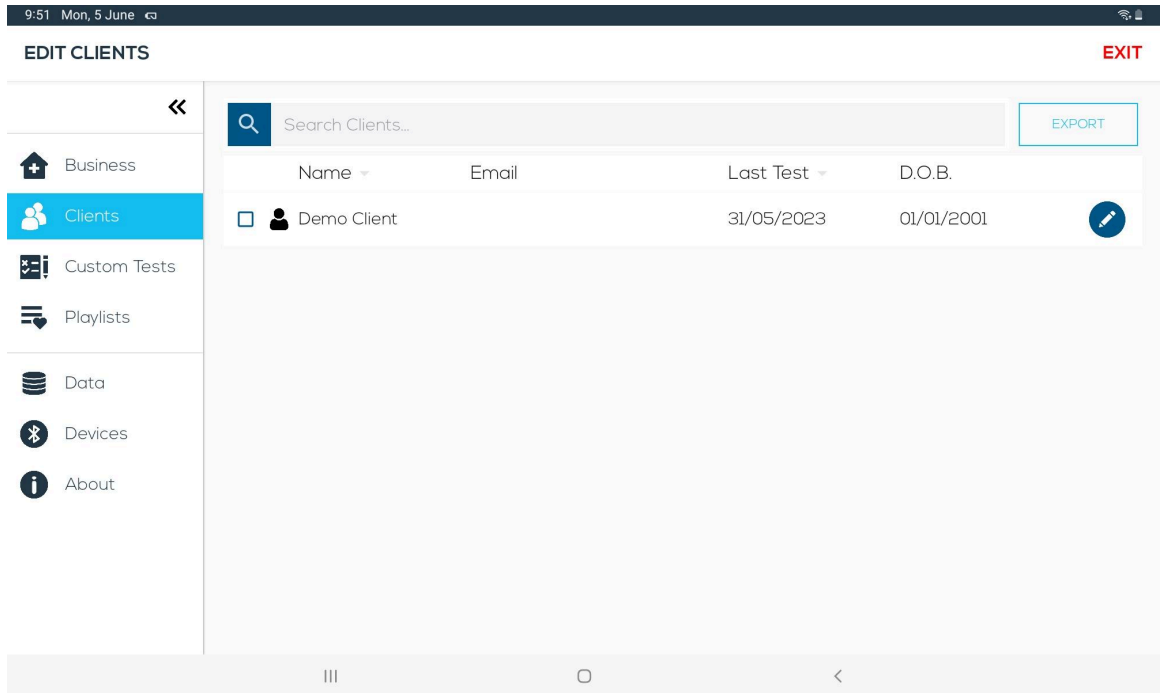


Fig. 7 - Client page - See a complete list of your added clients. Edit existing clients and export your client list.

3.2.3 Custom tests

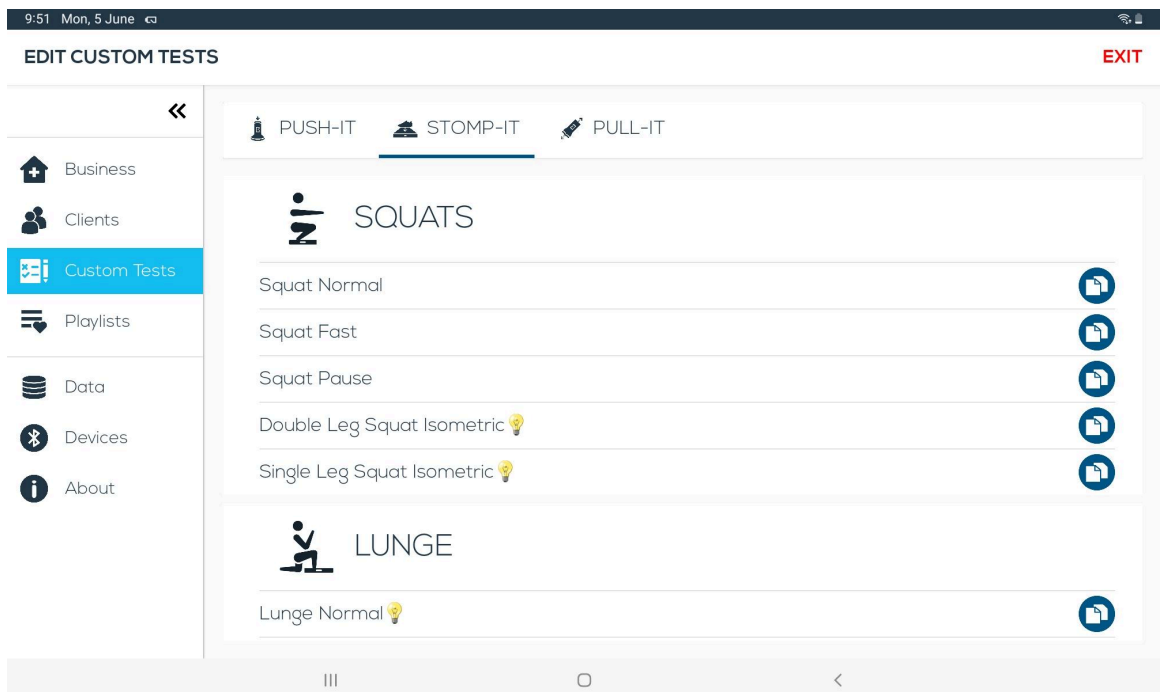


Fig. 8 - Custom Test page - Copy existing tests to build custom tests

3.2.4 Playlists

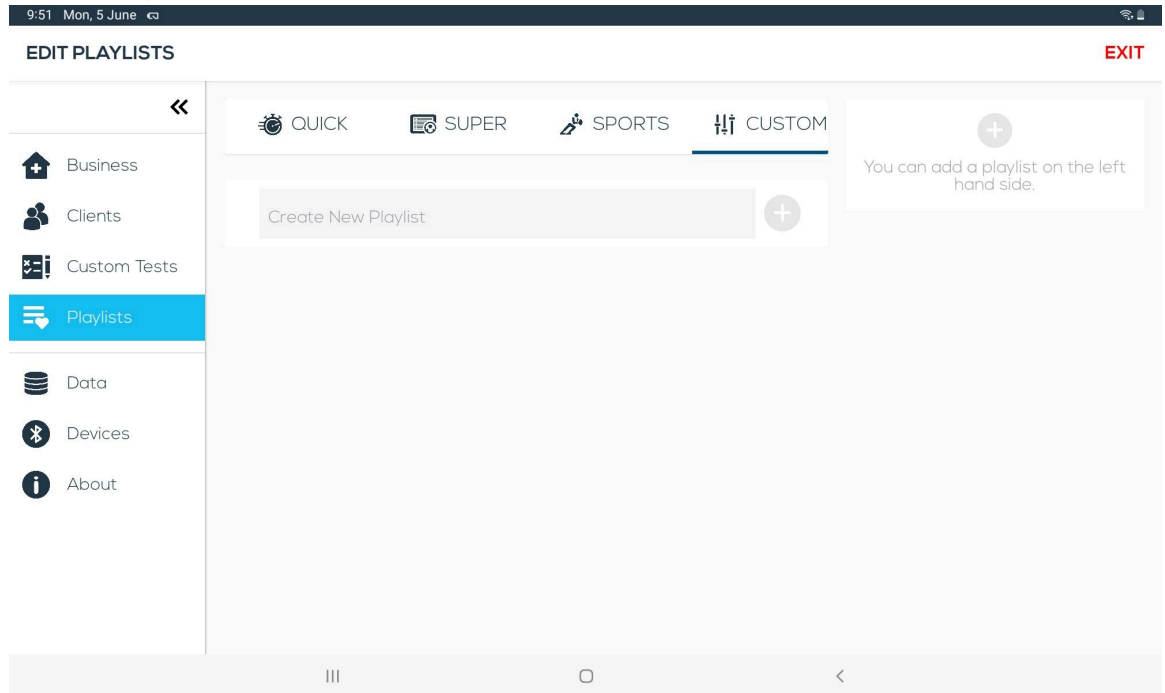


Fig. 9 - Playlist page - Create new test playlists.

3.2.5 Data

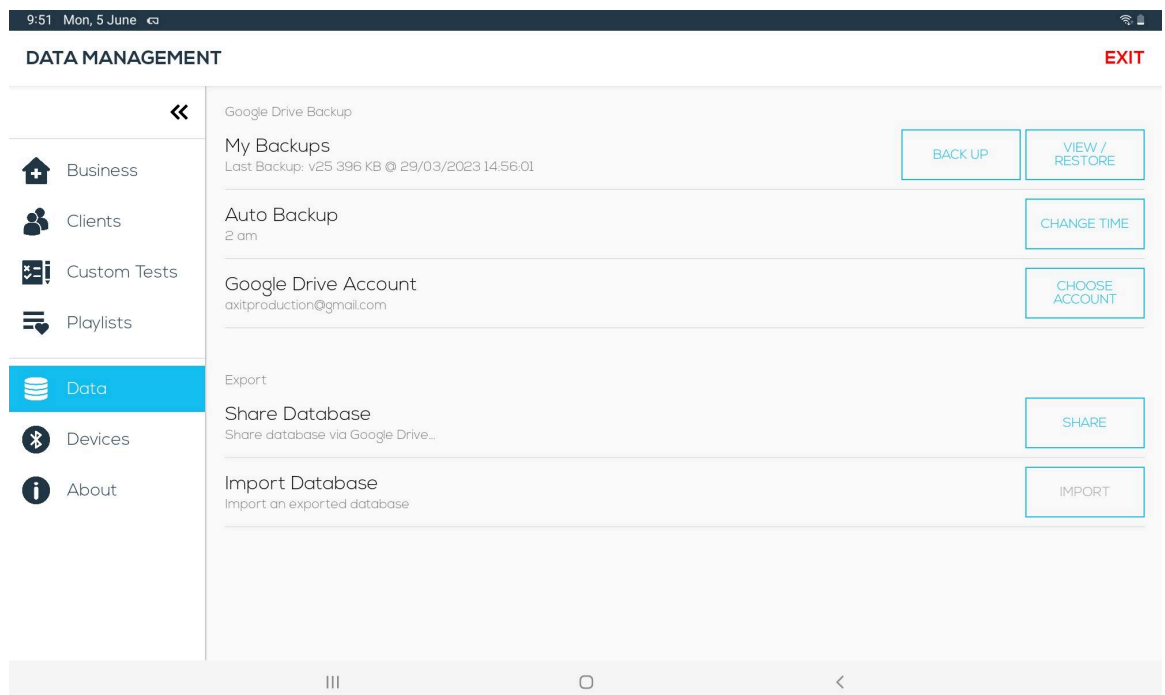


Fig. 10 - Data Management page - Backup, restore a backup, set a backup Google Account and access your database options.

3.2.6 Devices

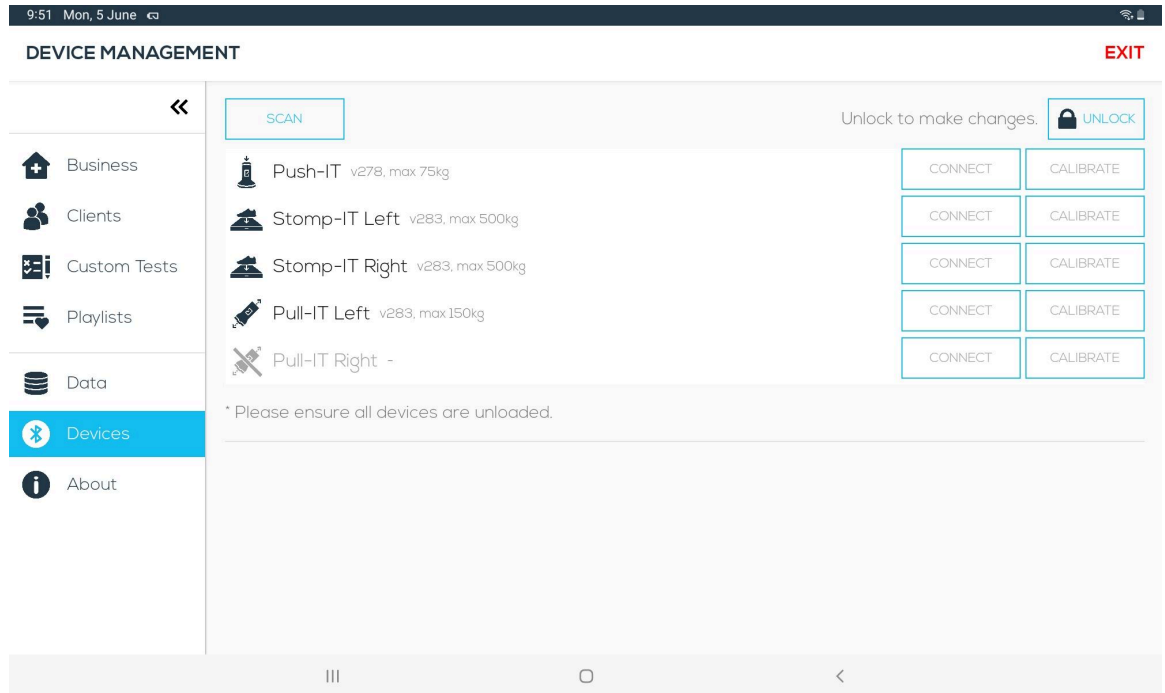


Fig. 11 - Device Management page - Search for devices and access Device IDs.

3.2.7 About

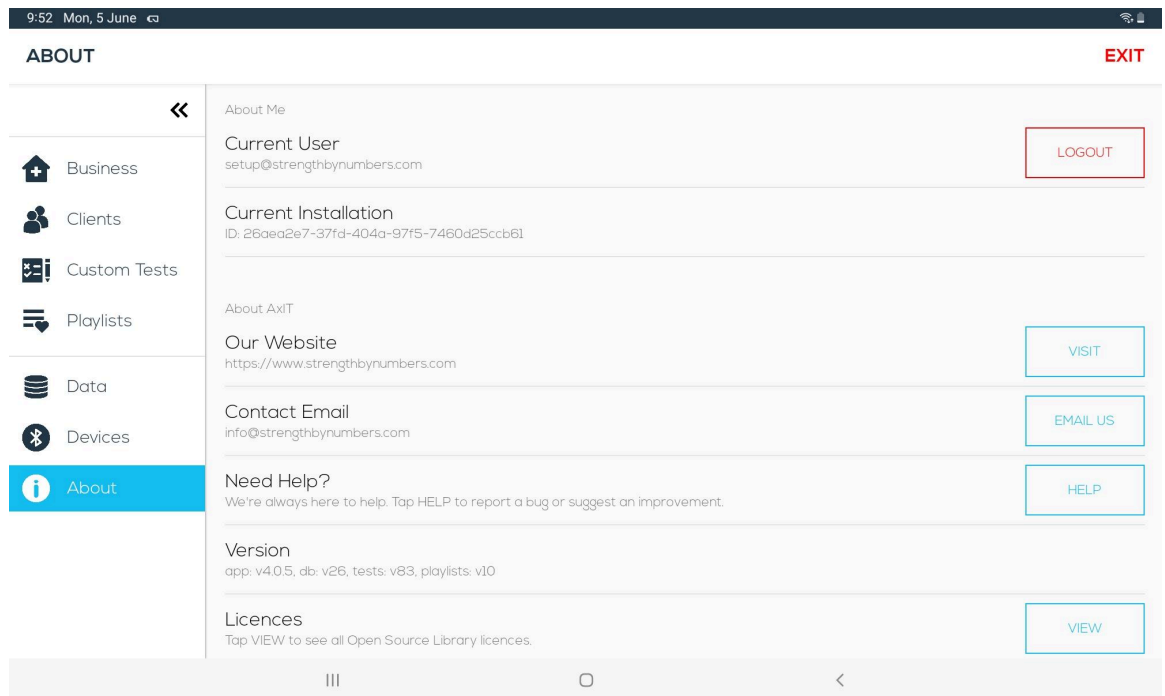


Fig.12 - About page - AxIT App information.

4 Safety instructions

4.1 How to use the product safely

4.1.1 General safety

- Read and follow all instructions before using the devices
- **CAUTION!** Do not attempt to disassemble or modify the device
- **CAUTION!** Do not use the device if it appears to be damaged or not functioning properly
- **CAUTION!** Do not use the device beyond its specified operating limits
- **NOTICE** Do not expose the device to extreme temperatures
- Make sure the user has been appropriately instructed on the testing protocol they are to perform

4.1.2 Work area safety

- Only use Stomp-IT devices on a solid flat surface
- Make sure that the mounting points can withstand the maximum amount of force when utilising the Push-IT & Pull-IT devices
- When affixing any accessories to a mounting point, make sure the mounting points can withstand the maximum amount of force
- Make sure there is adequate room when using devices

4.1.3 Electrical safety

- **CAUTION!** Do not use the device in wet or damp conditions
- Only use charging cables that adhere to local regulation

4.2 Graphical symbols

4.2.1 Explanation of safety information on the packaging and product







Symbol	Meaning
	Read and understand the manual and its safety instructions before using this product.
	UKCA (UK Conformity Assessed) is a marking that indicates that the product conforms to relevant UK standards and regulations.
	Indicates that the product meets Australian safety and regulatory standards.
	Indicates that the product meets the requirements for health, safety, and environmental protection set by the European Union (EU)
	The device(s) must be disposed of separately, in accordance with local regulations for the treatment, recovery, and recycling of electronic waste (WEEE).
	RoHS (Restriction of Hazardous Substances) restricts the use of certain hazardous substances in electrical and electronic equipment to reduce environmental impact and protect health and safety

Table .2

5 Operation

5.1 How to use the product

5.1.1 Checks before using the product

Before using your AxIT device, inspect it for any damage. If you find any, don't use the device. Instead, contact SBN Customer Support right away for assistance.

5.1.2 Device setup

Ensure you have an adequate area available to conduct tests using the AxIT devices.

The Stomp-IT devices should be used exclusively on flat and level ground.

The Pull-IT device must be securely fixed to sturdy mounting points capable of handling the generated forces.

Note: for more reliable isometric strength measurements with the Pull-IT device, it is recommended to always maintain the same attachment position.

The operation of the Push-IT device requires an individual capable of withstanding the opposing forces exerted during its use or a fixed flat surface capable of taking the forces generated by the user.

5.1.3 AxIT App

The AxIT App comes pre-installed on the supplied Android tablet however the App can also be accessed through the Google Play Store by searching for 'AXIT'. Updates to the AxIT App are regularly released and it is advisable to enable auto-updates in the tablet settings. Additionally, you can find app updates on the Google Play Store.

5.2 To start a testing session

5.2.1 New clients

1. Open the AxIT App.
2. Select 'ADD NEW CLIENT'.
3. Enter the client details.
4. Choose your desired testing playlist.
5. After the testing playlist is loaded, press 'RUN IT!'.
6. If you are testing in a new position and wish to zero your devices, ensure that all devices are unloaded and properly positioned. Press 'CALIBRATE'. This will set the starting point of the force trace to 0kg.

Note: It is recommended to zero your devices any time you move them to a new location eg: moving from gym tiles to floor boards

7. Once zeroed, click 'RUN IT!'.
8. When the device is connected and ready for testing, a blue 'START' button will appear.
9. Proceed with running your desired test by pressing the blue 'START' button
10. To stop the testing, press the 'STOP' button.
11. Repeat the above steps for any other tests in the playlist.
12. Once all testing is completed, press 'END SESSION'.

5.2.2 Existing clients

1. Open the AxIT App.
2. Select 'LOOKUP CLIENT'.
3. Search for a desired client name.
4. Choose to rerun a session or start a new session
5. If you are testing in a new position and wish to zero your devices, ensure that all devices are unloaded and properly positioned. Press 'CALIBRATE'. This will set the starting point of the force trace to 0kg.

Note: It is recommended to zero your devices any time you move them to a new location eg: moving from gym tiles to floorboards.

6. Once zeroed, press 'RUN IT!'.
7. When the device is connected and ready for testing, a blue 'START' button will appear.
8. Proceed with running your desired test by pressing the blue 'START' button.
9. To stop the testing, press the 'STOP' button.
10. Repeat the above steps for any other tests in the playlist.
11. Once all testing is completed, press 'END SESSION'.

For more information, visit the AxIT Training Portal or contact SBN at support@strengthbynumbers.com

5.3 Charging

5.3.1 Device charging

All AxIT devices come equipped with a USB-C port specifically designed for charging. To charge your AxIT devices, use the USB-C cables provided or any high-quality USB-C charging cables. Avoid using budget USB-C cables, as their lower quality may lead to damage or malfunctioning the device.

5.3.2 Device charge status

To check the charge status of your devices, swipe down from the top of the tablet screen to open the notification bar (Fig. 13). The charge status of each connected device will be displayed in the notification bar. To update the battery charge status of a particular device, double-tap on its icon in the notification menu.

Note: the devices will not operate whilst charging.

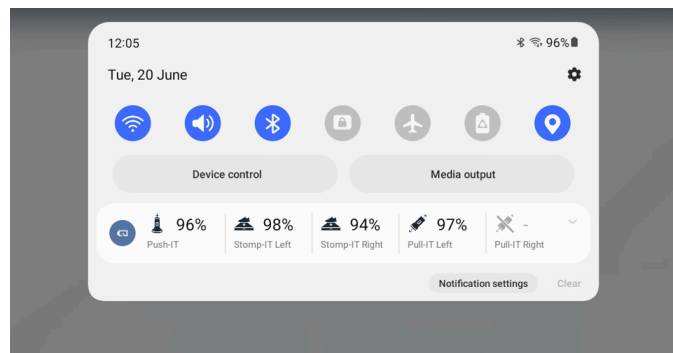


Fig. 13 - Notification bar on Samsung tablet

6 Calibration

The AxIT devices are sold pre-calibrated for your convenience. Performing a calibration test on the product at least once a year is recommended to confirm devices are within the stated error range.

6.1 Performing a calibration test

To conduct a calibration test, please adhere to the following instructions:

Stomp-IT:

1. Ensure that each Stomp-IT device is unloaded and placed on a flat even surface.
2. Zero the devices in the App and verify that a 0kg reading is achieved.
3. Position a known weight in the centre of the device.
4. Confirm that the App reading is accurate and falls within the device's specified accuracy limit (as stated in the Specifications).

Push-IT:

1. Position the Push-IT device with the cone facing upwards.
2. Zero the device in the App and ensure a 0kg reading is attained.
3. Place a known weight in the centre of the pad.

Note: any off-axis loading may give inaccurate readings.

4. Verify that the App reading is accurate and within the device's specified accuracy limit (as stated in the Specifications).

Pull-IT:

1. Connect the Pull-IT device to a static object that can withstand the applied weight.
2. Zero the device in the App and confirm a 0kg reading is achieved.
3. Attach a known weight to the device.
4. Repeat the test and verify that the App reading is accurate and falls within the device's specified accuracy limit (as stated in the Specifications).

For further information regarding calibration, please contact your AxIT dealer.

7 Troubleshooting and repair

WARNING! These products do not contain any user-replaceable parts. Calibration and repairs must only be made by the manufacturer.

7.1 Troubleshooting table

Check if your problem appears in the following list:

Problem	Cause	Solution
Device does not connect	Device or tablet is outside of bluetooth range	Move the device closer to the tablet
	Bluetooth is not switched on	Turn bluetooth on in the tablet settings
	Device battery is flat	Charge the device
	Tablet not responding to device	Resart tablet
	Device is not responding to app	Reset device by plugging in to charge (confirm red light is illuminated when charging)
Device does not have power (no blinking green LED)	Device battery is flat	Charge the device
Device does not charge (red LED not illuminating when charging)	Faulty charging cable	Use a different charging cable
Metric Calculation Failed	Incorrect protocol used	Re-attempt the test using the correct protocol (see training portal for help)
Can't log into AxIT App	Incorrect password or username	Click 'Forgot Password' to reset password
AxIT App not updating	No internet connection	Connect to wifi and try again
AxIT App not backing up	No internet connection	Connect the tablet to WiFi and perform a manual backup.

	No Google Account for backups added	Add Google Account on the Data tab in the Settings Page.
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Table 6 Troubleshooting Table

7.2 Device repair

If the problem remains, please contact your AxIT dealer.

7.3 Report a bug or suggest an improvement

7.3.1 How to report a bug or suggest an improvement in the AxIT App

The AxIT App has built-in functionality that allows you to send reports directly to the manufacturer to advise on a bug or suggest an improvement. This is a fast and convenient way to log a bug report or make an improvement suggestion.

To do this, you have 2 options:

1. *Shake the tablet:* Whilst in the AxIT App, shake the tablet to make the reporting box appear.
2. *Take a screenshot:* Press and hold the power and volume-down buttons at the same time to make the reporting box appear.

Note: It is important to provide as much information as possible when logging a bug report or suggestion to assist the manufacturer.

Once you have submitted your report or suggestion, the manufacturer will review it and take appropriate action.

8 Maintenance and cleaning

NOTICE: Do not use solvents or heavy-duty chemicals to clean devices. Only use non-abrasive cleaners suitable for cleaning aluminium, rubber and plastics.

8.1 How to maintain the product

8.1.1 Product maintenance

Regularly inspect devices and accessories.

To inspect the devices and accessories:

1. Inspect devices for any damage.
2. Confirm device functions as per its intended use.
3. If the device is not functioning as per its intended use, contact your AxIT dealer.

8.2 How to clean the product

CAUTION! To avoid electrical shock, unplug the device from the power outlet before cleaning. Do not use an excessive amount of water or any other liquid to clean the device. Use a soft, damp cloth to wipe the device clean.

To clean the product:

1. Wipe down the product with a damp cloth.
2. If the device is extremely dirty, use isopropyl alcohol or a mild soap and water solution.
3. Dry the product with a soft cloth.
4. Be careful not to get any water inside the product, as this can also damage the electrical components and void the warranty.

9 Storage

9.1 How to store the product

Store the products in a cool, dry place, away from sunlight and heat. Keep away from water, moisture, and avoid stacking heavy objects on top of the product, as this may cause damage.

10 Disposal

10.1 How to dispose of the product

This product contains electrical and electronic equipment (EEE) and should not be disposed of with other household waste. Unwanted EEE should be returned to the place of sale or deposited at an appropriate facility to enable recycling. Please follow your local government's disposal guidelines. Contact your AxIT dealer for more information.

The packaging is made of environmentally friendly materials that may be disposed of through your local recycling facilities.

11 Warranty

11.1 Warranty Period

All devices have a 2-year warranty period from the date of signing the Customer Agreement and all accessories have a 1-year warranty period from the date of signing the Customer Agreement.

11.2 Customer Agreement

See the Customer Agreement for additional information about the warranty, including what is and is not covered.

11.3 Warranty Exclusions and limitations

This warranty shall not apply if the product:

- is used with non-compatible products
- is used for commercial purposes such as rental
- is modified or opened
- is damaged by accident, misuse, wear or any other cause not related to defectiveness of materials or fabrication
- if damaged due to unauthorized repairs or modifications

11.4 Proof of Purchase

A valid proof of purchase in the form of a bill of sale or receipt must be provided to obtain warranty services.

11.5 How to Obtain Warranty Service

To obtain warranty service please contact your AxIT dealer where you purchased the product. You will need to provide your proof of purchase and a description of the problem.

11.6 Warranty Claims

Warranty claims must be made within the warranty period. If a warranty claim is approved, the manufacturer or retailer will repair or replace the product at no charge.

For more information about the warranty, please contact your AxIT dealer.

SBN excludes all liability for any data loss, loss of profit or any other loss or damage suffered by the end customer.

12 Complaints and Privacy

If you have concerns about a potential privacy breach or wish to lodge a complaint, please reach out to us using the contact details below.

We treat privacy and complaints with utmost seriousness. Upon receiving a complaint, we will acknowledge it within 5 days. Our aim is to resolve your complaint within 30 days. If circumstances prevent us from doing so, we will inform you promptly and provide an estimated timeline for resolution.

12.1 How to lodge a complaint

To lodge a complaint, please direct all inquiries to our Privacy Officer via email at info@strengthbynumbers.com.au.

We are committed to addressing and resolving any privacy concerns in a timely and respectful manner.




12.2 Privacy

The SBN Privacy Policy can be found at www.strengthbynumbers.com/pages/privacy-policy.

Additional information and SBN Policies can be found at www.strengthbynumbers.com/pages/privacy-and-policies. Here you will find the following:

- *Privacy Enquiry Form* - Contact our privacy team with any privacy-related questions or concerns.
- *List of Sub-Processors* - Discover the third-party vendors we use for data processing.
- *GDPR Compliance* - Learn how we adhere to the General Data Protection Regulation.
- *Customer Complaint Form* - Submit complaints or issues related to our services.
- *Website Terms of Use* - Understand the rules for using our website, content, and services.

Appendix A. Supplied accessories

Image	Name	Model Number
	USB charging cables	CM01BK
	*Wall charger	N/A
	Tablet	SM-X200

*Wall charger supplied may be different to image

Appendix B. *Optional accessories

Image	Name	Model Number
	Iso Base	IB100
	Grip-IT	GI100
	Protect-IT	PR100
	Pull-IT Pack	PP100
	Push-IT Cap	PC100

*Optional accessories can be purchased for an additional cost to the AxIT System.