Combat Watch: operative manual

Installation: click on the "***Setup.exe***" button in order to initiate the installation procedure of the software (If you have any AntiVirus software, wait for its analysis). On the next screen an installation notification will appear.

Press ***Install*** (fig. 1) and after a quick check of the required contents, the installation will complete.
If some components needed for the installation are missing, they will be downloaded automatically from the Microsoft website.
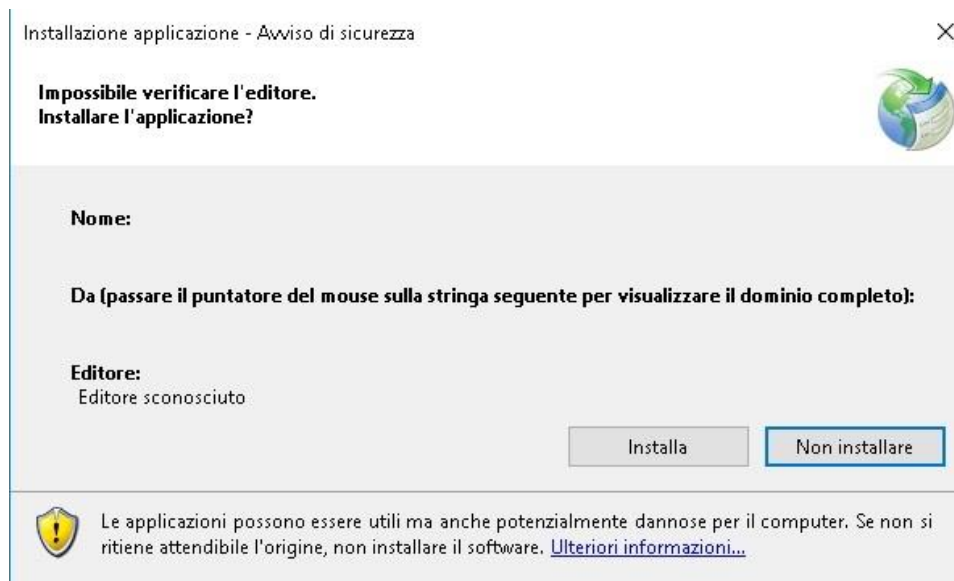

Fig. 1: Initial screen for the software installation

When the installation is complete, the program will open automatically; otherwise, click on the "Combat Watch" button (The **blue** rectangle with the red boxing gloves inside) (fig. 2).

Fig. 2: "Combat Watch" button for the application launch

After installing the software, on the first run, it will be necessary to insert the product key purchased with the software (fig. 3).
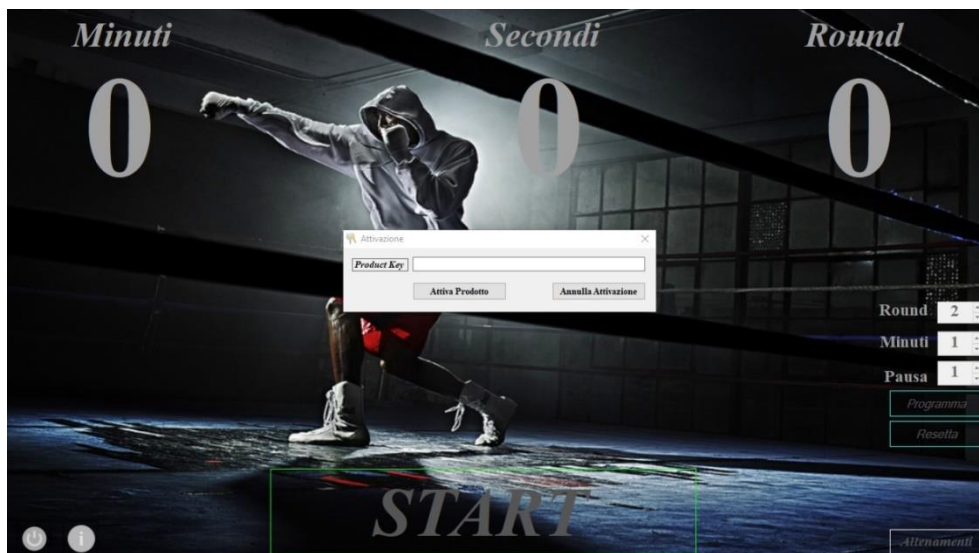

Fig. 3: Main screen of the insertion of the Product key

Insert the **Product key** and click on the "Activate product" button; if the code is correct, an activation notification will show up (fig. 4).
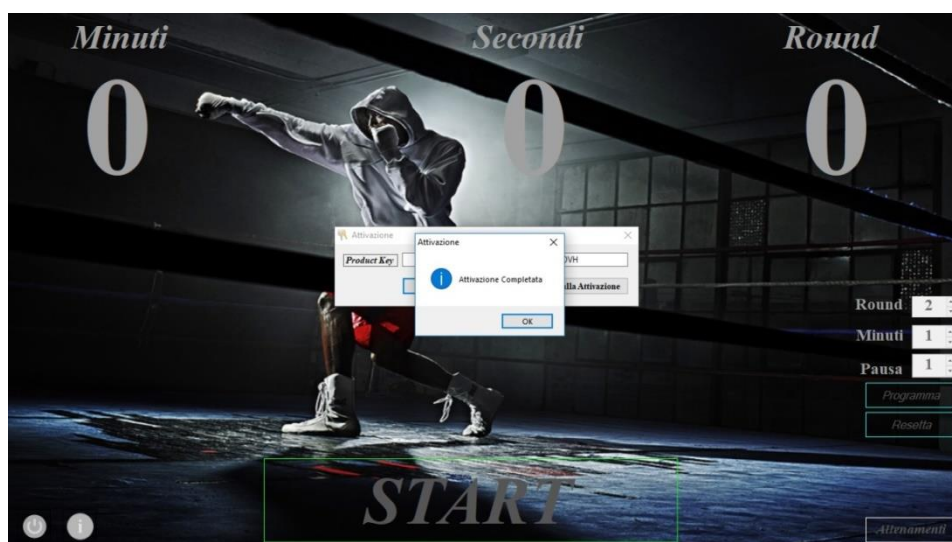

Fig. 4: Main screen at the end of the application activation

Press **OK** to start using the software

1. THE BOXING SCREEN

The "Boxing" screen is shown in the figure below. At the bottom left side (fig. 5) there are two buttons:

- The red one - to turn off the system (*it turns off the PC when the software is installed*).
- The blue one - to visualize the information of the developer.

Fig. 5: Main screen, with the *turn off* button and the developer's information button

At the bottom of the screen in the middle, there is a **START** button that will be activated only after scheduling the functioning time. Once you press the **START** button, a bell rings and the fight begins, according to the parameters set. The button turns into a **PAUSE** button (fig. 6), which allows technical intervention while keeping time on stand-by.

Fig. 6: **PAUSE** button, appeared after the START button selection

Pressing the **PAUSE** button turns the button into the **START** button again; the time continues from the time of interruption.

At the end of every round, the system will make a sound of a bell ringing to indicate the rest pause (for the time set earlier), highlighted by a **RED** numeration.

The cycle Fighting/Pause will repeat according to the number of rounds initially set in the programming step. A bell ringing three times and a message will inform the user of the end of the match.

At the end of the Match/Training there's an option to reprogram the software.

2. THE SOFTWARE PROGRAMMING

On the right side of the "Boxing" screen there is a field for the scheduling of the software (fig. 7).

Fig. 7: Software programmaing screen

Here you can set how the Match/Training will be carried out. Using the arrow keys, you'll be able to select the following options:

ROUND: It shows how many rounds will be performed (the minimum default value is 2)

MINUTES: It shows how many minutes will last a single Round (the default value is 1)

PAUSE: It shows the pause time between two rounds (the default value is 1)

SET: Sets the software according to the settings previously set. It activates the **START** button.

RESET: Resets the standard values .

3. THE "TRAINING" BUTTON

In the bottom right side there is a "**Training**" button (fig. 8).

Fig.8: Training button

Once you press it, you'll be directed to a page for selecting the type of training.

4. THE TRAINING SCREEN

In this page (fig. 9) there's an option to choose between two types of training:
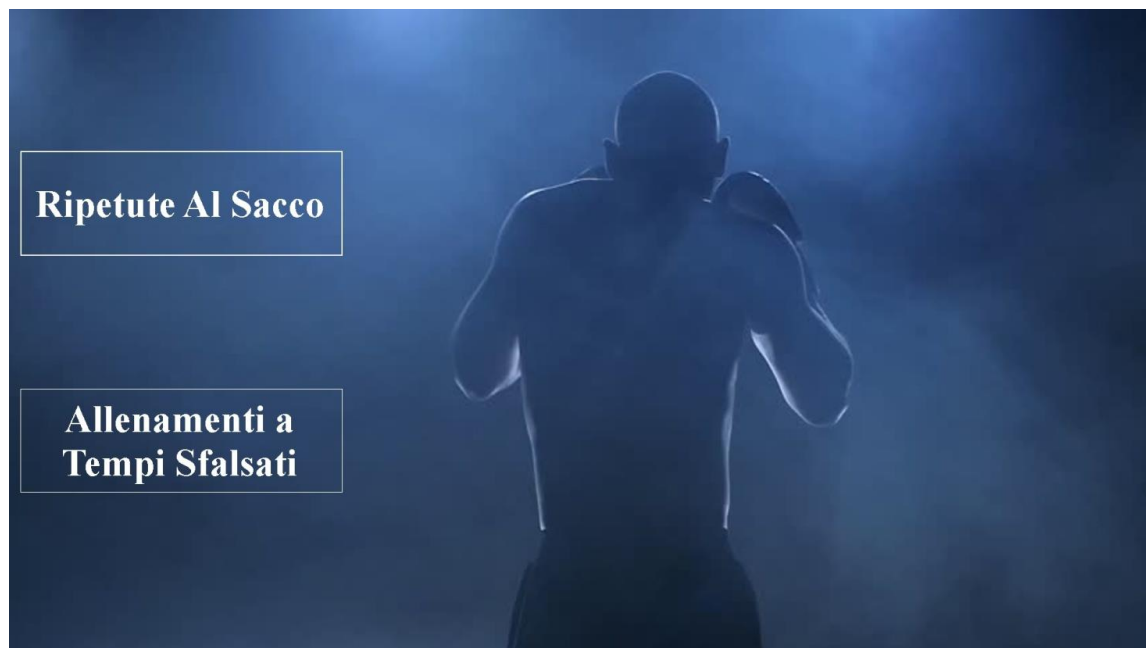
- Punching bag training:
- Staggered workout

Fig. 9: Screen for the training type selection

5. PUNCHING BAG TRAINING

The punching bag training page is shown here:

The **START** button is at the bottom of the page in the middle. The **PROGRAMMING** button is in the middle of the right side of the page. The buttons that redirect to other trainings, BOXING and STAGGERED TRAINING are in the bottom right corner.

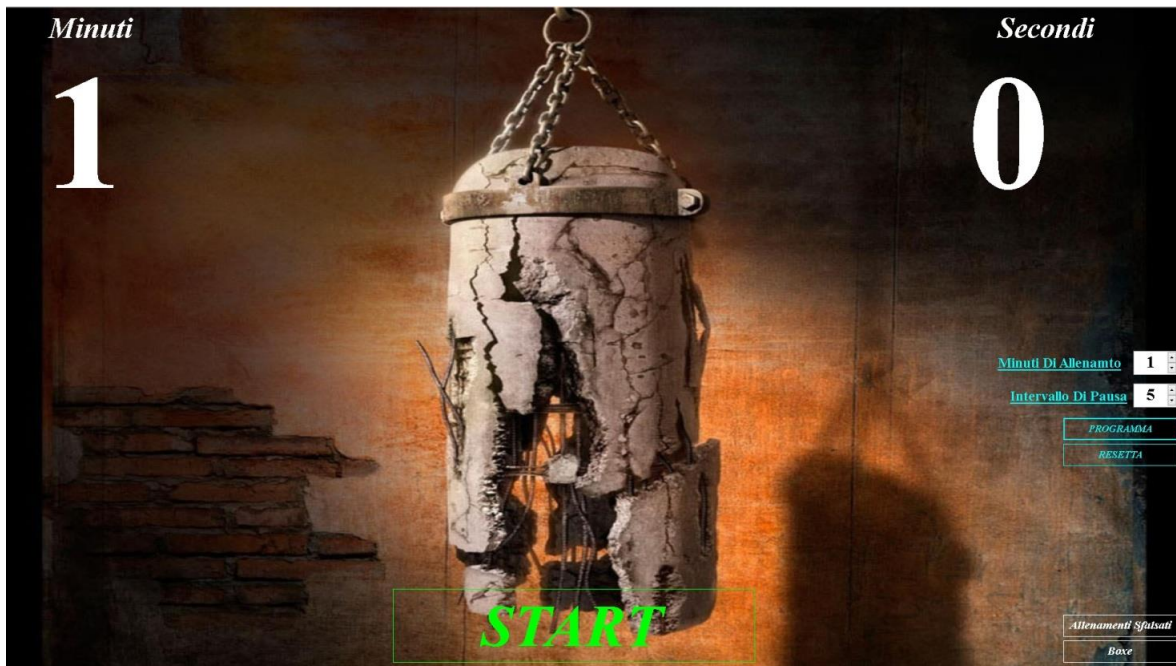**Fig. 10**: Punching bag training screen

The **START** button (fig. 11) will be activated only after programming the operation times.

Fig. 11: The **START** button

When the **START** button is pressed, a bell rings and the training begins, according to the parameters set. The **START** button turns into **PAUSE** button, (which allows technical intervention while keeping time on stand-by.)

When the **PAUSE** button is pressed, the time continues from the interruption time, and the button turns into the **START** button again.

A bell ringing three times and a message will announce the end of the training, and then it will be possible to reset the system.

The end of the training

6. SETUP

Here it is possible to set the training and the rest time, using the *up* and *down* buttons.

If you set the minimum values (as in fig. 12) and then press **PROGRAM** and **START**:

- A bell will ring to mark the start of a one minute workout.

- Every 5 seconds there will be 5 seconds of rest (the timer will be red during the rest time) with the sound of the bell to mark each step.

Fig. 12: Programming example

Once you press **RESET**, the system goes back to the default values.

7. *STAGGERED WORKOUT* AND *BOXING* BUTTONS

Press the "Staggered Workout" button or "Boxing" button (fig. 13) to go directly to the selected training.

Fig. 13: Training kind selection

8. STAGGERED WORKOUTS

In this mode, you can play a more specific type of training, the ***Staggered Workouts.*** There are many buttons in this screen (Fig. 14): 3 **START** buttons , 1 **STOP** button and the usual 2 buttons to go to the specific training (Boxing and Repetitions).
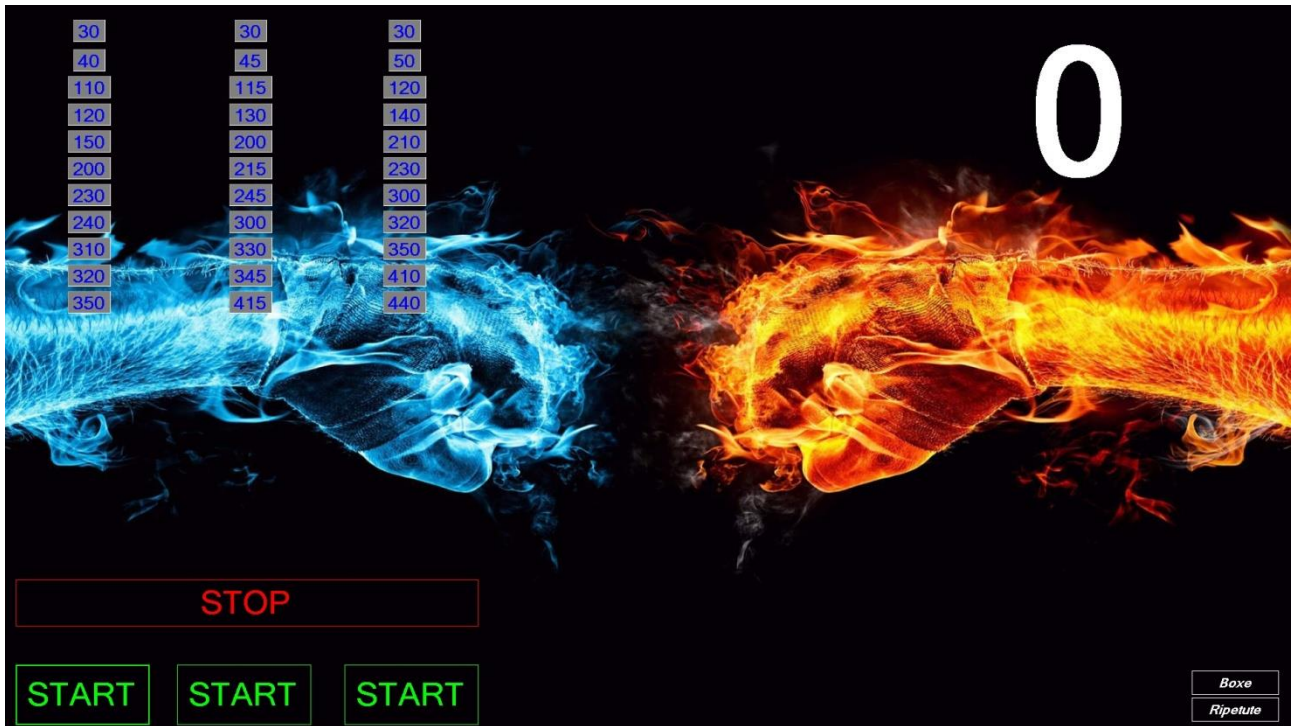
Fig. 14: Staggered workouts screen

Pressing one of the 3 **START** buttons allows to select its relative time program.

Once pressing one of the 3 **START** buttons:

- A bell rings to mark the start of the workout session and the **START** button turns into a **Break** button, which puts the timer on standby. Once pressing the **BREAK** button, the timer continues from the break point.
- The workout will follow the time schedule in the relative column above. When the time reaches one of the values in the column, a bell rings and the box with that value is marked to show the running step.

The **Stop** button stops the workout, a bell rings three times and the system goes back to the default values.

9. BOXING AND REPETITION BUTTON

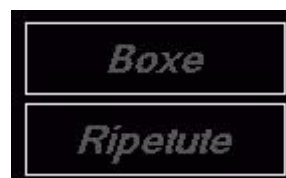Boxing and Repetition buttons (fig. 15) send you directly to the selected training.

Fig. 15: Boxing and repetitions screen selection