

BOWBLADE USER MANUAL

Preface

Congratulations on your purchase of the Bowblade™ exer-gaming system. This innovative device allows you to play games on your smart-phone and iPod Touch anywhere and in any space. Be prepared for a more immersive, simulating and physical gaming experience. The Bowblade™ has been carefully engineered for strength and durability. Gaming can be performed in either standing or sitting positions. So far, the Bowblade™ can be used with over 70 smart-phone apps (as tested to date). These apps are first person shooter (FPS) games which can then be categorized into space shooter games, augmented reality games, hunting, sniper, space, aircraft shooters and laser tag. It is critical that you read and fully understand this owner's manual prior to using the Bowblade™.

Warning

Since this type of gaming involves resistive exercise, it is important before beginning this active gaming system to consult with your physician or health care professional. He or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any lightheadedness, dizziness or shortness of breath while playing, stop the game and consult your physician immediately. If you have an upper body injury, get treatment and become injury-free before starting this system.

IMPORTANT SAFETY INSTRUCTIONS

1. Read and fully understand all instructions contained in this manual prior to using this product
2. This product is intended for use by 10 year olds and up.
3. Do not step on the Bowblade. Damage to the product may occur.
4. Before beginning your gaming workout, make certain that your surroundings are free from potential interference from people, furniture and overhead lighting.
5. Do not torque or twist the device.
6. Please see the warranty section for specific warranty limitations related to dropping the Bowblade™.

Getting to Know your Bowblade

Follow the instructions carefully when attaching your device to the Bowblade. Within your Bowblade size you can specifically adjust the draw length and weight to further customize the bow to your size.

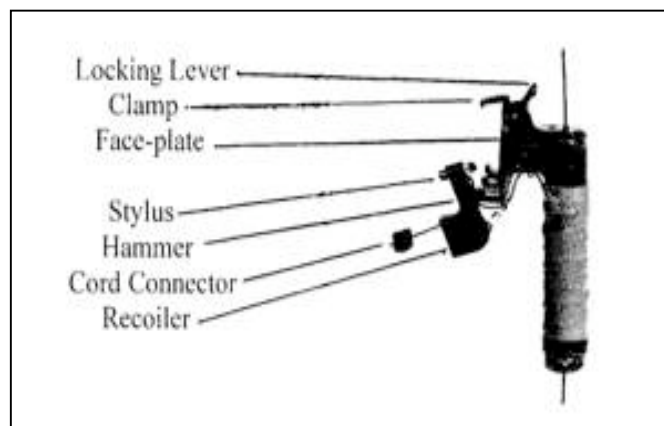
Product Specifications

Bowblade Weight = 2.0 lbs.

Size

	Small	Medium	Large (special order)
Height	4' 10" - 5' 4"	5' 5" - 5' 11"	5' 11" - 6' 3"

Mount and Trigger System



Adjusting the *Draw length and *Draw weight

There are 3 positions to set your draw weight and your draw length. The shorter lengths correspond with an easier draw weight. Test out the different positions to see what feels best for you!



You may want to play with a shorter draw length (and easier draw weight) when engaging in battle. For less busy games like target practice you may want to lengthen your draw.

*Draw Weight is the peak amount of weight an archer will pull while drawing the bow.

*Draw Length is the distance an archer will pull the bow to attain a comfortable fully drawn position.

Mounting your smart-phone onto the Bowblade

The BowBlade is held in the 'book-reading' position when attaching your smart-phone to the mount. Your device should be in a case for better fit and protection.



Before putting your smart-phone into place on the mount, unlock the clamp by pulling the locking lever toward you. Then raise the adjustable clamp located on the top portion of the mount and place your smart-phone centrally and horizontally onto the mount. To create a tight fit pinch the clamp down onto the smart-phone using your thumb and index finger, followed by pushing the locking lever forward using your middle finger.

1-place device in mount
with clamp in up position



2 –squeeze clamp down
with index finger and thumb



3 –press lever forward with
middle finger to lock clamp



*To ensure a snug fit use the foam provided. Your device should not giggle when in the mount. Always test to see that device has a firm fit in the mount by trying to pull your device out of the locked-down mount.

To remove your smart-phone from the mount simply pull the locking lever toward you with your index finger (this will unlock the clamp), raise the clamp and remove your smart-phone.



Note: Most games have the virtual trigger aligned with the mount hammer when the smart-phone is centered on the mount, however, there are some games like Sky Siege, Star Battalion and HMS that require you to adjust the side to side position of the smart-phone. To do this, you will have to release the clamp, adjust smart-phone position horizontally and re-clamp.

Note:

If playing laser tag use a clear elastic band to further lock down your device or use a tether and attach it to the Bowblade (iPod touch 5 comes with an attachable tether).

Almost ready to Play/Workout

Warm up

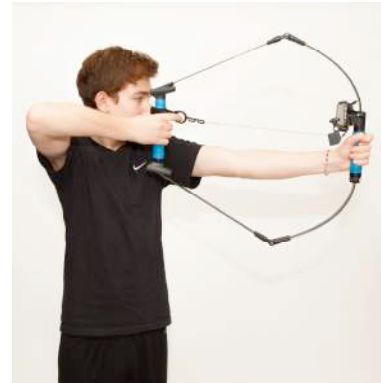
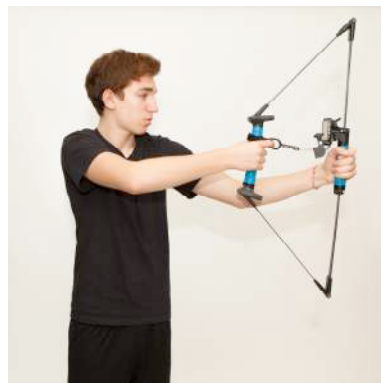
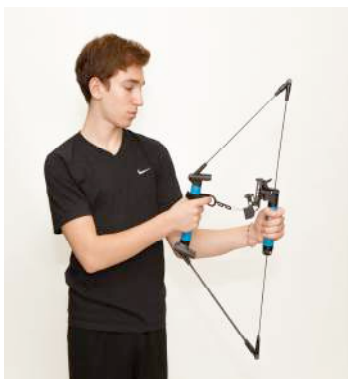
The purpose of the warm-up is to prepare your body for play, after-all, this can get pretty physical and it is better to prepare your body for action and prevent injury. For a general full-body warm-up you can go for a walk, climb some stairs, jog, or perform mini-squats and mini-lunges.

For an upper-body specific warm-up you can do reverse arm circles, shoulder rolling and wrist circles. Practice your bow pull/draw and familiarize yourself with the endpoint for each trigger position.

Remember to stretch your muscles when you have finished game-play.

Basic Bow Pull Technique

Attain a comfortable standing or sitting position and hold the Bowblade in front of you grasping the middle grips. Now raise the Bowblade keeping your shoulders low. Extend out your front hand first (do not lock your elbow), then draw or pull back with your rear hand to your cheek. Remember to keep your head on top of your shoulders instead of jutting forward or tilting. Your draw or rear-pulling arm should be in line or slightly above your front arm. Maintain a neutral wrist position and do not squeeze the front hand grip. Maintain good posture and hold fully drawn position no longer than 3-5 seconds. Be sure to practice on both sides ie. right-hand forward then left- hand forward. Look in the mirror to check your technique. Remember that movement comes from your rear pulling hand. See diagrams below.



Mastering the Trigger System

This is a very important part, because you will have to go through a small learning curve in order to develop a feel for the trigger. It is a two-step process using controlled force to pull or draw the bow back and then finesse to pull or release the trigger (depending on the game)

* Note: Do not pull on the trigger unless there is a device mounted on the Bowblade, as doing so may over-stretch the spring, which then may affect game-play.

1. With your smartphone mounted but turned off, draw the bow back slowly with your rear-hand. With your index finger resting in the ring trigger you pull back until you see the hammer begin to pivot and the cord starts moving toward the silver mark on the hammer ...this is the endpoint of the draw pull. Practice drawing the bow to the endpoint and hold this position for 3-5 seconds. You will see that you will soon know where that endpoint is with every draw. Remember to practice on both sides.

Hammer in neutral position-cord high and stylus not contacting the screen



**Hammer forward-cord low at silver mark and stylus contacting the screen.
*Do not pull the trigger any further!**



2. From the endpoint you simply pull the trigger ring with your finger and the hammer will tap the virtual trigger on the smart-phone screen, hence firing your weapon of choice.

When the cord moves to the silver mark on the hammer, you will know that your stylus is contacting the screen of your device and you should not pull any more. Doing so may break the recoiler.

Index finger in trigger ring



Trigger pulled with finger



Gaming Positions

- 1- Sitting position – Allows you to rest your Bowblade on your lap. Great for tilt games.
- 2- Standing position – most dynamic and physically demanding position.
- 3 – Standing supported position. This involves making use of a table that is about kitchen counter height where you rest the BowBlade™ on the counter when needed.

Hint: Master easier games first and improve your strength before progressing to more difficult games like Elite CommandAR and Rage HD

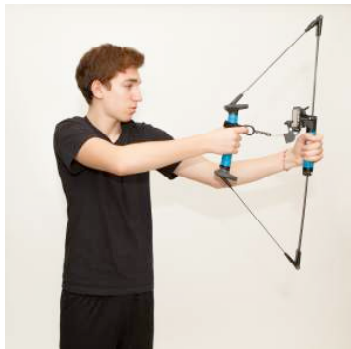
*Remember to use finesse not force.

Resting Stance

Resting stance is the ‘book-reading’ position. If you are sitting or standing you can use your lap or a table for a rest position. This position frees up your hand to navigate the touch-screen.

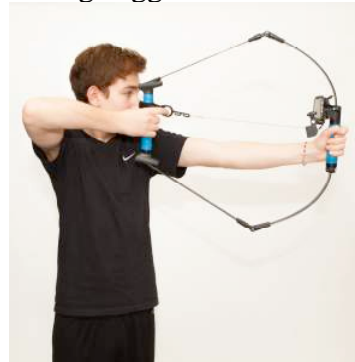
Ready Stance

Hands are on the middle handles and are bent. This is the pre-draw position.



Draw to Endpoint

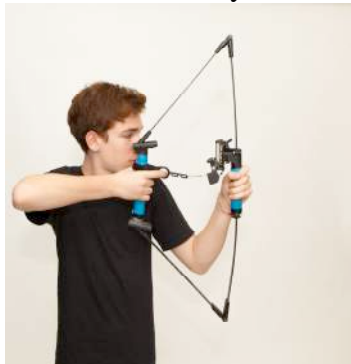
Index finger is extended and within the ring trigger. Pull the bow back



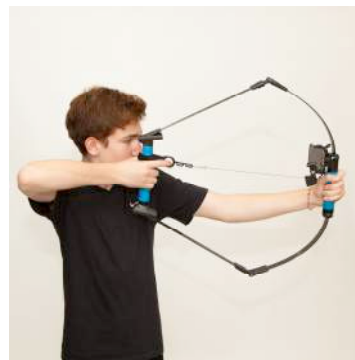
Alternative Techniques

1. Bow Push

Hold bow with rear-most hand close to the side of your face



Push forward with your leading hand



2. Bow Push-Pull Combo

Pull back and push forward at the same time.

Caution: Refrain from pulling and pumping the bow to release the trigger as this is often an uncontrolled movement and may damage the mount's hammer. As you get stronger and acquire good technique, you can increase the draw weight and draw length..

Side to Side Transitions

The Bowblade is designed to be used on both sides of the body in order to allow for muscular symmetry and balance. To change sides efficiently, use the nook between your upper arm and chest to stabilize the BowBlade while switching your hand grip. Do this by placing the grip held by your back hand (draw hand) into the nook of the opposite side of your body, then switch hands. While engaged in game-play it is important to switch sides before fatigue sets in. For more details see the video on the website.

www.bowbladegaming.com

Goal : Smooth and steady movements that are performed with seamless integration.

Gaming Tricks

Pull and hold no longer than 5 seconds and release tension in-between shots fired.

Alternate arms before fatigue sets in.

Keep your leading hand slightly open and relaxed while maintaining neutral wrist position.

Don't lock your joints as this may cause injury.

Use proper archery technique.

Maintain a dynamic stance i.e. knees slightly bent and feet ready to move.

Don't twist your body to get to the target, shuffle your feet.

Remember to go back to rest stance.

You can use your finger to control other aspects of game-play. This can be done by using your free hand when in resting stance or using the thumb of your front gripped hand when both hands are gripping the handles.

Attention: Try not to put your hands on the blades.

Warning* Do not stand on the grips

Warning* Keep your fingers away from the blades' hinged ends.

Warning* Do not point the Bowblade™ at anyone unless you are playing smart-phone laser tag or virtual paintball.

Bowblade Maintenance

The Bowblade™ is a very low maintenance product. To clean it, simply use a rag slightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate rag.

Warning* Do not use any solvents, harsh detergent chemicals or bleach on this product – doing so may damage the materials, resulting in degradation of the product's performance or strength.

Storage

The Bowblade can simply hang from a hook.

Recommended Game Progression: Easy to Difficult

1. Blam Sci-Fi
2. Shooters Alley
3. Nerf
4. Zombie Moon Lite
5. Marine Sharpshooter
6. Blitz Brigade
7. Rage HD
8. Turkey Blast (tilt)
9. Sniper vs. Sniper (tilt)

Check out our website for a full games list.
Bowbladegaming.com

*Recoiler replacement, grip tape replacement and stylus tip replacement instructions available as a video at Bowactive.com on the Shop page under accessories.