



REV Sport Instruction Manual

Training with your REVs

- Turning the REVs on/off: Press and hold **[M]** for two seconds.
- Change the Mode: Press the **[M]** button while the REVs are on to alternate between left lens (**L**), right lens, (**R**), alternating (**A**), and both lenses (**B**).
- Sustained Clear: Press and hold the **[+]** button for two seconds and the lenses will stay in the clear state. To return to normal training modes, press **[+]** again.
- Adjust the Visual Quotient (VQ) Mode: The VQ modes correspond the percent of vision obscured. For VQ mode 7, vision is obscured 7% of the time. VQ mode 22 is more difficult because vision is obscured 28% of the time. Press the **[+]** button to increase the VQ. A slower lens flicker frequency is more challenging. The REV Sport has 11 VQ Modes:

07	10	15	21	28	36	45	55	66	78	91
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➔ Increasing difficulty ➔

Adjust your Fit

- Adjust the strap fit by sliding the orange clip along the strap.
- Strap accessory can be removed for cleaning or replacement: press the hinge inward to click out of position. Continue to rotate the hinge inward until the strap hinge separates from the frames.

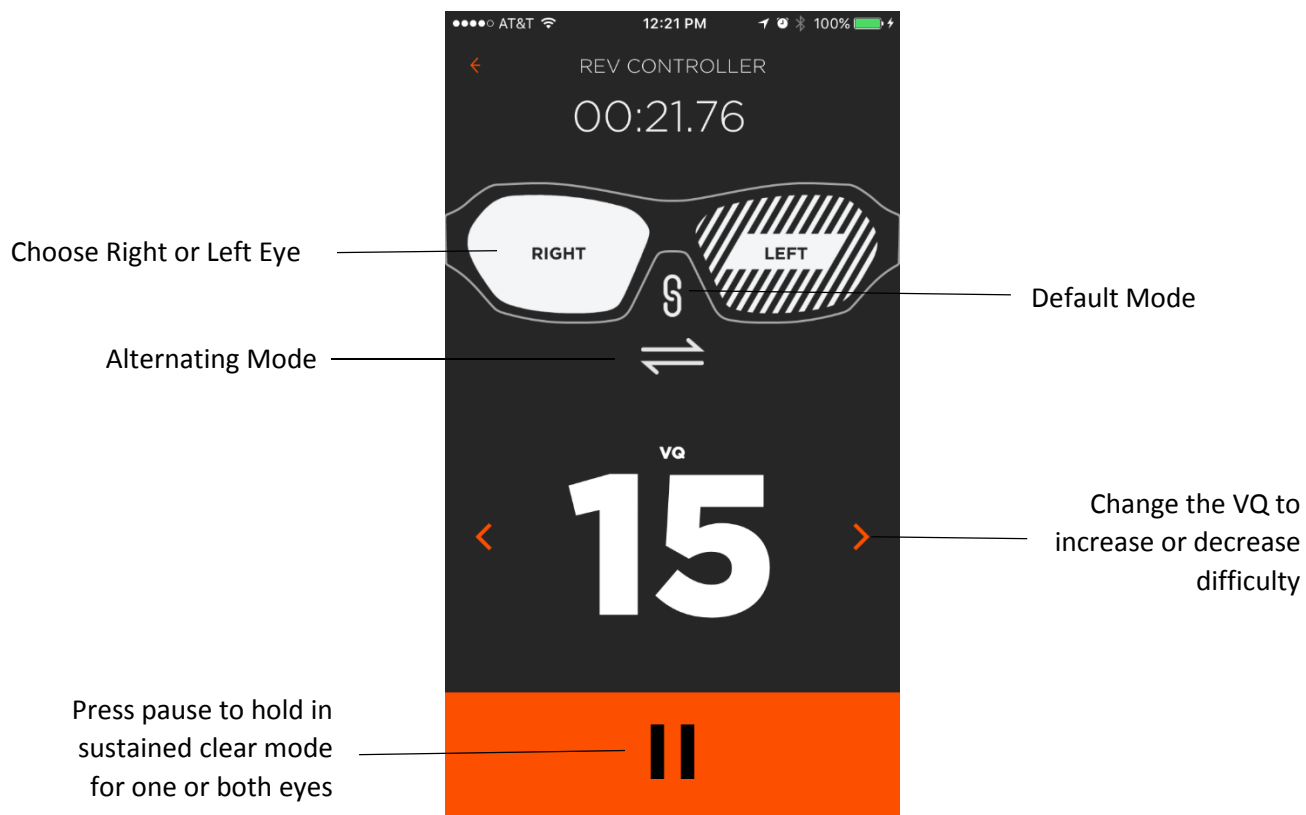
Charging your REVs

- Charge your REVs 2 hours before first use.
- The display will indicate a numerical value 1 through 9 reflecting the percent battery life remaining. While the REVs are off, press and release **[M]** to see the battery life.
- Under normal use, the VIMA REV battery should last 8 to 10 hours. When the remaining battery life reaches critical, the REVs will flicker rapidly in a unique Low Power sequence. In this Low Power mode the LCD display will also read **LP**. The user should remove the REVs as soon as possible.
- Plug the micro USB charging cable into a computer USB port or a into the provided wall outlet adapter.
- The micro USB connection plugs into the REV directly under the LCD display.
- When the REVs receiving power via the USB port the LCD display will indicate **C** to show that the battery is charging. When the battery is full, the display will read **F**.

Remote Control

Pairing with Bluetooth

- With the REVs on, hold the **[M]** and **[+]** buttons simultaneously for 4 seconds to initiate Pairing Mode. When in Pairing Mode, the LCD display will read **PA** to indicate that the device is waiting for a pairing request. The REVs will remain in pairing mode until paired or until **[M]** or **[+]** button is pressed.
- Open the VIMA REV iOS or Android app. Only after the REVs are in pairing mode, select “USE YOUR REV”; the app should automatically detect your REVs and the REV CONTROLLER will become available on your mobile device.
- Use the REV CONTROLLER to change VQs and modes.



- The REVs have an approximate range of ____ meters for remote control. If the REVs are turned off, the mobile app is closed, or the REVs go out of range of the mobile device you will have to go through the pairing process again from the beginning.

Cleaning your REVs

- Do not wash or rinse the REVs under water.
- Remove the strap accessory from the REVs and hand wash the strap assembly in water.
- Clean the lenses with the included micro-fiber cloth only. Do not wash.

REV Training Best Practices

REV training enhances your sensory skills by removing milliseconds of visual information. Think of it like resistance training for your brain. As the Rev lenses strobe, your brain is forced to work with less, making decisions and reacting in a hyper-efficient

way. The REVs can be integrated into almost any training drill, but we recommend following the basic pattern below to familiarize yourself with best practices for REV training:

1. Perform the drill without the REVs for 5-10 minutes.
2. Turn on the REVs and set the Mode to the easiest setting, VQ 7 (default).
3. Put on the VIMA REVs and perform the drill for 5-10 minutes. If you feel comfortable with the difficulty, continue to increase the VQ mode by pressing the **[+]** button. Slower flicker = more challenging. Repeat for another 5-10 minutes, and continue to increase the difficulty as each mode begins to feel comfortable.
4. Remove the REVs and practice the drill for another 5-10 minutes. You should now notice increased awareness and accuracy!

Download the mobile app or go to www.vima.com for more training drills, or to share your own drills with the VIMA online community.

IMPORTANT SAFETY INFORMATION

Read all safety and user instructions before training with the VIMA REVs.

! NOTICE: NOT A MEDICAL DEVICE. Should not be used to diagnose, treat, or prevent any disease or medical condition.

! WARNING: DO NOT USE IF YOU ARE PRONE TO SEIZURES OR BLACKOUTS. Discontinue use and immediately contact a physician if you experience: convulsion, eye or muscle twitching, loss of awareness, involuntary movements, or disorientation.

! WARNING: VIMA REVs intentionally obscure one's vision to train reaction and response. USE ONLY AS DIRECTED.

Failure to follow these instructions could result in injury.

PROPER USE OF VIMA REVs

Use only as directed in the included instructions and in the drills found on the VIMA app and at www.vima.com.

Allow for an adequate amount of space when training. Be sure that there are no objects in the training space which could cause a user to trip, or could cause injury if struck while moving.

EXAMPLES OF MISUSE

The following activities constitute misuse of this product and should not be performed under any circumstances.

- Do not drop, crush, puncture, burn, or force open the VIMA REVs.
- Do not expose the VIMA REVs to extreme environmental conditions, including extreme heat, cold, humidity, or dust.
- Do not expose the VIMA REVs to rain, hard water spray, or immersion in water.
- Do not attempt to repair the VIMA REVs yourself.
- Do not wear the VIMA REVs while driving a car, riding a motorcycle or ATV, riding a snowmobile, operating heavy machinery of any type, flying an airplane or helicopter, swimming, riding a bicycle, skateboarding, rollerblading, roller skating, snowboarding, skiing, batting a baseball or softball using a live pitcher or while participating in any activity outside of the specified VIMA REV training drills.

Contact VIMA customer service at customerservice@vima.com if you are having problems with the VIMA REVs.

IMPORTANT HANDLING INFORMATION

! NOTICE: Failure to follow these handling instructions could damage the VIMA REVs.

Always store the VIMA REVs in the hard case provided when not in use.

VIMA REVS should be stored and used within acceptable temperatures 32-113°F (0-45°C). Do not leave VIMA REVS in a car as temperature may exceed 113°F (45°C).

Clean the VIMA REVS lens using the microfiber cleaning cloth provided or other soft cloth. Be sure cleaning cloth is clean and free of any lint or debris prior to using it on the VIMA REVS. Wipe lens lightly to remove any dirt or smudges. Do not use cleaning products on lens.

VIMA REVS must be disposed of properly according to local laws and regulations.

FCC Part 15.105(b) Warning Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

You may also find helpful the following booklet, prepared by the FCC: "How to Identify and Resolve Radio-TC Interference Problems." This booklet is available from the U.S. Government Printing Office, Washington D.D 20402. Changes and Modifications not expressly approved by the manufacturer or registrant of this equipment can void your authority to operate this equipment under Federal Communications Commission's rules.

FCC Part 15.19 Warning Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Part 115.21 Warning Statement

The user manual for an intentional or unintentional radiator shall caution the user that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

ONE YEAR LIMITED WARRANTY

Your VIMA product is warranted to be free of defects in materials or workmanship, under normal use, for a period of one year from the date of purchase. This limited warranty excludes damage resulting from improper care or handling, accidents, modifications, unauthorized repairs, normal wear or other causes which are not defects in materials or workmanship. **If your product is defective, return it and the purchase receipt to the place of purchase.** If there is a covered defect, VIMA will replace the product (if available) or issue a full refund of the purchase price as shown on the purchase receipt. VIMA reserves the right to refuse either replacement or refund (but not both) if the cost of doing so would be disproportionate to the defect. This limited warranty is in place of all other express and implied warranties of any kind, which are hereby specifically excluded. In no event shall VIMA be liable for direct, indirect, incidental, or consequential damages arising out of the use of the product, and any recovery is limited to the purchase price.

No other person or company is authorized to change this limited warranty, and your dealer is solely responsible for any other warranties.

Some states do not allow limitations on how long an implied warranty lasts, or exclusions of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, which vary from state to state. The foregoing is without prejudice to other legal rights that may arise under applicable national legislation.

The VIMA warranty extends only to products purchased from an authorized VIMA retailer. The warranty does not apply to consumable parts, such as batteries, unless damage had occurred due to a defect in materials in workmanship.