

Wristbit provides accurate and instant feedback on any wrist position during a golf motion. Thru the application of magnetometer technology, **Wristbit** is an effective combination of technology and ease of use. Questions: call 541-213-1885

DIRECTIONS- PRIMARY

- **Wristbit** is worn like a watch with “stem” positioned out toward the fingers. Wear **Wristbit** snug on the wrist. **Position the “stem” and housing unit for wrist position you would like to monitor (vertical hinging or horizontal movement for either wrist).**
- **TO TURN ON, press LARGER/MAIN BUTTON for TWO SECONDS**
- **A GREEN LIGHT will appear. The green light indicates **Wristbit** is ready to be programmed for a desired wrist position**
- **With green light displayed, POSITION wrist in desired position and PRESS MAIN button again.** Green light will disappear. **Wristbit** is now ready to produce accurate and instant feedback on that desired wrist position as you make golf motions, including hitting golf balls.
- Swing the club, hit a golf ball and if desired wrist position is achieved, **Wristbit** will provide a **VIBRATION**. If desired wrist angle/position is not achieved, there will be no response from **Wristbit**.
- During use, if a different wrist position/angle is desired, move the **Wristbit** housing unit and “stem” into desired position. THEN, press **MAIN BUTTON**. **Wristbit** will display a **GREEN light**, once again seeking programming. **With wrist in desired position, PRESS MAIN button again**, green light will disappear and **Wristbit** is ready to monitor new wrist position during a golf motion.
- To turn **Wristbit OFF**, press and hold **MAIN BUTTON** for 4 seconds. A red light will appear. When red light appears, release main button. Red light will fade out, signaling **Wristbit** is off. **Wristbit** will go doormat and turn off if not used for five minutes.

Changing **Wristbit to Auditory Sound**

- **Wristbit** defaults to vibratory mode. If golfer desires both auditory and vibratory feedback, **when Wristbit is ON, PRESS MAIN BUTTON TWICE**. To toggle out of **AUDITORY to VIBRATION**, press **main button once**.

Charging **Wristbit**

- **Wristbit** has a USB charging port underneath the back portion of the outer “skin”. To charge **Wristbit**, pull up the back portion of outer skin to expose USB port located in transparent housing unit.

Wristbit SECONDARY DIRECTIONS FOR “Second Time Mode”

- The SMALLER, secondary button is for “SECOND TIME MODE” programming. If during a swing, a golfer achieves the same wrist angle twice, **the golfer may desire to monitor the second time that same wrist angle is achieved**. If the golfer desires to monitor the SECOND TIME that wrist position is achieved, **Wristbit** offers “SECOND TIME MODE”.
- To program for **Second Time Mode**: while in primary mode, press **smaller, SECONDARY BUTTON for one second**. A quick **red flash** will appear signaling **Wristbit** is in Second Time Mode. If **Wristbit** has been previously programmed, **Wristbit** will default to that programmed position.
- If in **SECOND TIME MODE**, **a golfer desires to change monitoring wrist position**, press **MAIN BUTTON**. A **GREEN LIGHT** will appear. **Wristbit** is once again ready for programming. **Place wrist is desired SECOND TIME MODE position** and press **MAIN BUTTON**. **Wristbit** is now ready for “SECOND TIME” use.
- Golfer may now swing and hit golf balls. If desired wrist position/angle is achieved **two times** during the swing, **WHEN second time** the desired wrist position is achieved, **Wristbit** will produce a **VIBRATION** (default mode) or **AUDITORY** feedback (see previous directions to switch to **auditory/sound feedback**).
- When in **SECOND TIME MODE**, **Wristbit** will display a green flash the first-time desired wrist position is achieved but not a potentially distracting vibration or sound.
- **To toggle out of Second Time Mode**, press **SMALLER, SECONDARY BUTTON for ONE second**. A quick red flash will appear, signaling **Wristbit** is in **primary mode**.