

# Bee I 3 Ways

## About the Bee I 3 Ways System:

Enhancing speed, agility, quickness, reaction time, mental focus and sensory perception while providing a quality cardiovascular workout. The user chooses a time interval and quickly responds to a light and variable sound. The pitch of the sound indicates a high, middle or low target. Players may strike the pads with only hands, only feet or both, providing endless variety for training routines. Each strike triggers the next queue. Points are awarded based on the players reaction time. For trainers this is a dynamic warm up that can be customized to provide clients with mental acuity and hand-eye or foot-eye coordination. 1-3 players and team competitions add even more excitement. A variety of programming options provide a challenging and fun work out regardless of the age or fitness level.

## Basic Instructions

- Activate power with toggle switch located beside display panel.
- Set to desired time for game by depressing the black button located on the instruction panel.
- Choose **All Pads** (uses all three pads on the towers) or **Top Pads OFF** (uses the bottom two on each tower).
- The object is to hit the pads as they light up in random order, as fast as possible, for a high score.
- Points are scored based on reaction time. **Scoring system:** time elapsed between initial lighting and striking the pad. (1 second - 5 points, 2 seconds - 4 points, 3 seconds - 3 points, 4 seconds - 2 points, 5 seconds - 1 point. After 5 seconds elapse, no points are scored and another sensor randomly lights.)
- The goal is to achieve the highest score in the predetermined amount of time. Create a competition with self and against others.
- User can strike the pads with hands or feet only, or both throughout the pre-selected time frame.

## Advanced Programming

**Line Drill:** Using one or multiple lines depending on space available and training specificity. Draw or tape a line 8-12 feet back from the middle post of the machine. Starting at the line, the user will run/shuffle/squat jump to hit the lighted pad and run back to the line. Continue to the next lighted pad as quickly as possible. Time is variable depending on the type of training being conducted.

**Team Play:** With 3 users, each user is responsible for one post. With 2 users one user would be responsible for two posts and one user would be responsible for one post. Set and compete for a high score. This is a great way to build team chemistry and develop great hand-eye or foot-eye coordination.

**Resistance Cord/Band Drill:** This drill requires the use of the resistance vest or resistance band. A coach would stand behind the client holding the vest or band and when the client attempts to strike the lit sensor, the coach pulls on the resistance strings/band to make reaching the target more challenging. This is a great workout to enhance an athlete or clients 1st step explosion and power.

**Basketball heads up Drill:** While dribbling a basketball with one hand the user has to keep their head up and identify the sensors to strike with the non dribbling hand. Switch hands for balanced training.