



**REACT**  
INSTINCTIVELY

**EMPOWER**  
BODY & MIND

**MAXIMIZE**  
PERFORMANCE



**INTRODUCING  
BLAZEPOD'S**

**FLASH  
REFLEX  
TRAINING**

Trigger the body's natural response to sensory stimulations and enable superior, fast and coordinated movement.

Maximize every training session with engaging lighting Pods, motivating visual cues and professionally designed activities for both physical and cognitive training.



# THE BLAZEPOD APP & PODS

Get the most out of your BlazePod experience with **predetermined activities** designed by BlazePod professionals or personalize your experiences with **customized drills**. **Track performance** down to the millisecond and monitor improvement in the **analytics** section.

Download the **BlazePod app** to any device and connect seamlessly to your **Pods** via **Bluetooth Low Energy (BLE)** technology.





# SIMPLE SETUP

## WITH ANY MOBILE DEVICE



The BlazePod app connects automatically to your Pods



Choose an activity from one of our lists



Set up your Pods accordingly and get ready to challenge your players and clients

# PROFESSIONAL TRAINING FOR ALL SPORTS & LEVELS

Choose from a variety of activities designed by professionals to:

- Improve decision making skills with quicker brain processing
- Become faster, stronger and more decisive

Fit for all sports including combat, team and individual sports.

Green  
Punch

Orange  
Kick

# TRACK PERFORMANCE WITH DOWN TO THE MILLISECOND DATA

- Follow analytics in real-time
- Track progress from session to session
- Consolidate your clients' and players' data in one central location.



● 12.7

● 04.1



● 16.3

● 01.5

● 08.2

● 72.3

● 04.5



# FEATURES



- Simple and intuitive Pods with no buttons or moving parts
- Portable with compact and lightweight Pods
- Space-saving Smart Stack & Charge system



- 1-year warranty
- Uniquely designed Pod adapters allow for endless creativity



REAWAKEN YOUR PRIMAL INSTINCTS  
TO REACH TRUE EXCELLENCE



THE ULTIMATE  
FLASH REFLEX (FRX) TRAINING SYSTEM

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