

Ten Quick Tips To Get The Most From Your Newgy Table Tennis Robot

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- 1) **Adjust the robot to your playing ability.** The most common mistake when first starting to use the robot is setting the controls too high. Start at low settings and progressively build up to higher ones. Increase the settings only after you can consistently return at least 50 balls in a row at the lower setting. One exception to this suggestion is when you purposefully want to "overload train." In this case, you periodically set the controls at a higher setting than normal in order to stimulate the body and mind to adapt to the increased load. Overload training is very intense and should make you feel uncomfortable. For this reason, use it sparingly or you'll "burn out."
- 2) **Attach the remote control box within easy reach of your free hand.** For right-handers, the best location for the control box is on the left side of the table about 6 inches from the corner. For left-handers, place the control box on the right side of the table about 6 inches from the corner. Using this placement, you can change the settings with your free hand while continuing to return balls with the racket in your other hand. Avoid mounting the box on the end of the table. Placing the box on the end of the table makes it susceptible to damage from bumping into it with your body or hitting it with your racket and will interfere with your free movement.
- 3) **Give yourself plenty of playing room.** Set up your table to allow plenty of room at the player's end of the table. You need lots of space so your strokes will not be hampered and to give yourself a sense of unrestricted movement.
- 4) **Use only high-quality balls in your robot.** We highly recommend using only Newgy brand Roboballs or other brand 3-star balls. Many cheap balls are either too small, too big, or too out-of-round to fit through the robot correctly. Use the hole in one of the ball dams to test the balls for roundness and proper size. Balls should pass easily through the hole. Also rotate the ball around inside the hole to test for roundness. There should be very little space between the outside surface of the ball and the inside edge of the hole and this space should be uniform all the way around the hole. Reject any balls that do not pass these tests. Also reject balls on which you can feel a rough seam.

- 5) **Use approximately 6 to 8 dozen balls for best performance.** Any fewer and you will have to stop too often to pick up balls. Any more and you can overload the ball feeding mechanism.
- 6) **Do not use high ball speed or ball feed settings for backspin shots.** Whenever the spin setting is set to "backspin," maximum ball speed setting should be 3-1/2 to 4 and maximum ball feed setting should be 5 - 6. Higher settings would be unrealistic, taking into consideration that backspin makes the ball slow down and the usual pace for backspin rallies in a real game is relatively slow.
- 7) **Use twist ties to take up excess slack in the net.** If your net is too loose and balls "bag up," use a twist tie to tie the net to the net support poles until the proper net tension is obtained. If too loose, balls will continue to bag up. If too tight, balls will have a tendency to rebound out of the net.
- 8) **When using your robot for aerobic conditioning, use the oscillator.** Aerobic conditioning occurs when you can elevate your heart rate to 70 to 85% of your maximum heart rate. To determine your maximum heart rate, subtract your age from 220. The best aerobic conditioning with the robot will occur when you set the oscillator to sweep $\frac{1}{2}$ of the table width and you only use your forehand stroke. Be sure to move your feet into position before stroking - do not reach with your arm. Set the ball speed to $3\frac{1}{2}$ to $4\frac{1}{2}$, the spin to topspin, the oscillator to 3 to 5, and ball feed to as fast as you can comfortably keep up with. Hit the ball at a medium pace so that you can keep going for at least 10 to 15 minutes. Now take your pulse to see if it falls in the range noted above. If below the range, increase the intensity by increasing the ball feed, changing the spin to backspin (if you use backspin, do not increase ball speed past $3\frac{1}{2}$), the duration of our workout, and/or the range of oscillation. Keep track of the robot settings, the length of our workout, and your heart rate immediately after your workout. Progressively increase your workout intensity as you become more fit to keep your heart rate within 70 to 85% of maximum. Keep track of your progress by using the enclosed Fitness Chart (with Newgy robot). This is a very enjoyable way to become fit and improve your table tennis skills at the same time

WARNING: Always consult with your physician before engaging in any fitness program.

- 9) **Use targets for a fun game to play.** Make targets from cardboard picture cutouts or other free standing objects. My favorite is a cardboard cutout of Saddam Hussein. Set your robot controls to give you an easy shot to your forehand court with no oscillation. Set up several different sized targets on the opposite end of the table. Turn on the robot and time yourself to see how long it takes you to knock down all the targets. If you want to play against somebody, have him set up the targets and see how long it takes him to knock them down using the same robot settings. The winner is the one who knocks down all the targets in the least amount of time. Or you can give each person one minute (or other set amount of time), and count the number of targets they can knock down in that amount of time. In this case, the winner is the person who can knock down the most targets in the allotted time. As your skill increases, use more difficult settings by increasing the ball speed or the ball feed, or turning on the oscillator. If there is a drastic difference in playing abilities between you and your partner, you may handicap the better player by choosing the more difficult settings for him/her and allowing the less experienced player to use easier settings. This is a really fun game and it increases your accuracy at the same time!
- 10) **Periodically inspect your Newgy Robot for dirt and clean when necessary.** Keep your robot performing optimally by keeping it clean. Refer to your Owner's Manual for details.