Relit

PRESS KIT

REACTION LIGHT TRAINING · IPHONE & IPAD

Your old phones are now training lights.



Reaction light training with the devices you already own.
iPhone, iPad and iPod touch · Coming to the App Store

Relit turns the iPhones, iPads and iPod touch devices lying in your drawer into wireless reaction-training lights. Lay them on the floor, mount them on a wall or put them on cones – then react, sprint and slap them out. No hardware to buy, no internet needed.

FACT SHEET

App	Relit: Reaction Lights
Developer	Beat Rupp, independent developer
Platforms	iPhone, iPad and iPod touch, iOS / iPadOS 15 or newer
Release	Coming to the App Store
Category	Health & Fitness, Sports
Price	Free with one pod; **All Pods** unlocks up to seven, one-time in-app purchase (€9.99 / $8.99)
Lights per session	Up to 7 remote pods plus the controller
Connection	Peer-to-peer Wi-Fi and Bluetooth, no internet, no router
Drills	Reaction, Sequence, All at once, Focus, Competition
Account / ads	No account, no sign-up, no ads, no subscription
Website	relit.rupp.digital
Press contact	beat@rupp.digital

IN ONE SENTENCE

Relit is a reaction-light training app that turns old iPhones and iPads into wireless light pods – a hardware-free alternative to dedicated reaction-training systems.

SHORT DESCRIPTION

Reaction light systems usually mean buying a set of dedicated pods, a charging base and accessories. Relit uses screens people already own. One iPhone or iPad runs the session, up to seven spare devices become lights, and every hit is timed to the millisecond. The devices find each other directly, so Relit works on a pitch, in a gym, in a basement or in the woods.

ABOUT RELIT

Almost every household has an old phone in a drawer: replaced after an upgrade, still working, never used again. Relit gives those devices a second career as training equipment.

Each spare device becomes a **pod**: a bright, full-screen light that waits in the dark. When it lights up, the athlete slaps it out as fast as possible. The **controller** – any iPhone or iPad – picks the drill, sets colors, timing and goal, and shows live results. The controller can join in as a light too, so a session can have up to eight lights.

Because the pods are phones and tablets, they are brighter and bigger than many dedicated pods, and they charge with the cables people already have. A coach can collect the team's old phones and run station drills without a hardware budget; a family can turn the living room into a game.

HOW IT WORKS

1. **Make them pods.** Open Relit on each spare device, give it a name and tap **Pod**. The screen stays awake and waits.
2. **Set up the drill.** On your phone, tap **Controller**. Pods connect on their own – tap **Identify** to make one blink. Pick a drill, colors, timing and goal.
3. **React. Hit. Repeat.** After a 3-2-1 countdown the pods light up at full brightness. Every hit is timed to the millisecond.

FIVE DRILLS

- **Reaction** – one random pod at a time, so you never know which one is next. Trains pure reaction speed, first step and hand speed.
- **Sequence** – pods light up in a set order, for shuttle runs and agility patterns.
- **All at once** – every pod lights up; clear them all to start the next round.
- **Focus** – one target color among decoys. Tap a decoy and it counts as a wrong tap. Trains decision-making under pressure.
- **Competition** – two to four players, each with their own color, racing for the most hits.

Every drill can end by time (5 seconds to 10 minutes) or by number of hits, with random delays of up to 10 seconds, light-out timers, flashing lights and six colors.

WHAT MAKES IT DIFFERENT

- **Timed on the pod, not over the air.** Each pod measures its own reaction time from the moment its light appears to the moment it is touched. Only the finished time is sent to the controller, so network lag never ends up in the results.
- **Slap-proof touch.** Palms, fingertips or three fingers at once – a hit counts the instant it lands, not when the hand lifts.
- **Full brightness, automatically.** Pods jump to maximum brightness when the countdown starts and go back to normal when the drill ends.
- **No internet, no account.** Devices connect directly over Apple's peer-to-peer networking. No router, no sign-up, no personal data.
- **Results that mean something.** Hits, misses, wrong taps, average and best reaction time, a chart of every hit and stats per pod – spot the pod you always reach late, or the moment fatigue kicks in.
- **Sound and haptics.** A short beep on every light and a thump on every hit, alongside your own music.

WHO IT'S FOR

- **Athletes** – footwork, first step and hand speed for football, tennis, basketball, martial arts and goalkeepers.
- **Coaches and clubs** – station drills and head-to-head races with old team phones.
- **Physio and rehab** – playful, measurable tasks for balance, coordination and reach, with settings slow enough for anyone.
- **Families and schools** – the living room or the PE hall turned into a game; Competition handles up to four players.

PRICING

Relit is free to download. The free version connects one pod to the controller, and the controller can join in as a second light – enough to try every drill. The **All Pods** in-app purchase unlocks up to seven pods per controller: a one-time purchase, no subscription, works offline and supports Family Sharing. Only the controller needs it – pods never pay.

ABOUT THE DEVELOPER

Relit is made by Beat Rupp, an independent app developer (rupp.digital). Relit has no server and no accounts, and collects no personal data – only anonymous usage signals that help improve the app.

CONTACT

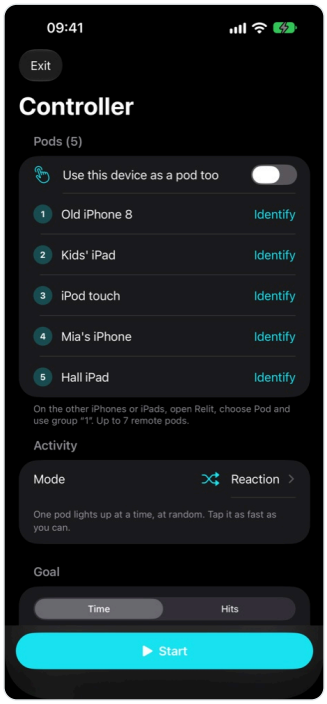
For interviews, review access to **All Pods** or anything else, write to beat@rupp.digital.

IMAGES

App icon, header artwork and iPhone and iPad screenshots in full resolution are available at relit.rupp.digital/press. They may be used freely in coverage of Relit.



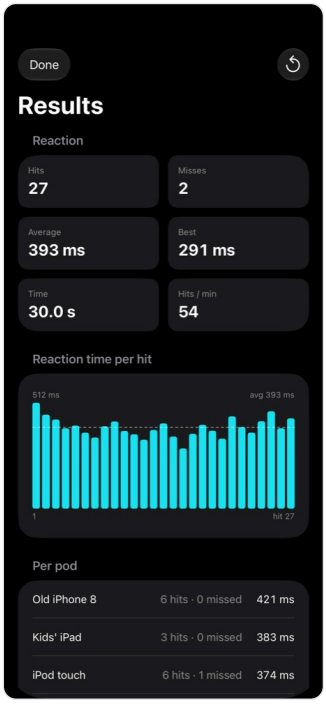
A Reaction drill



Setting up a drill



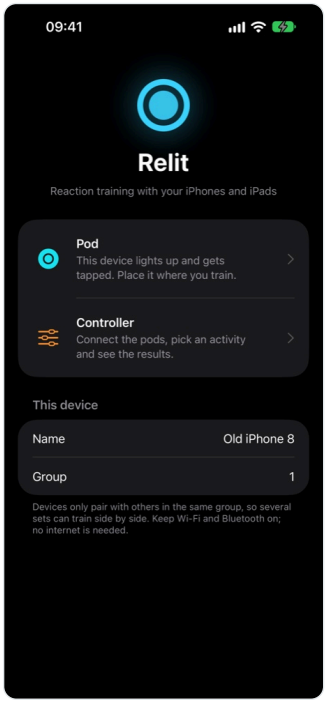
Competition



Results



A pod



Start screen