



## The SmarTracks Diagnostics Mobile Kit

### Before first time use

1. Request your personal licence key from Humotion, if you have not yet received it
2. Download the SmarTracks Diagnostics software
3. Activate your licence in the software

### Basic instructions for performing a measurement

1. Start SmarTracks Diagnostics software
2. Connect sensor to PC
3. Select "New measurement", insert team name, athlete name, etc.
4. Click "Next" and wait until measurement has started
5. Disconnect sensor from PC and attach sensor to belt
6. Put on SmarTracks Belt
7. Perform assessment(s)
8. Reconnect sensor to PC
9. Data is uploaded and analyzed automatically by software

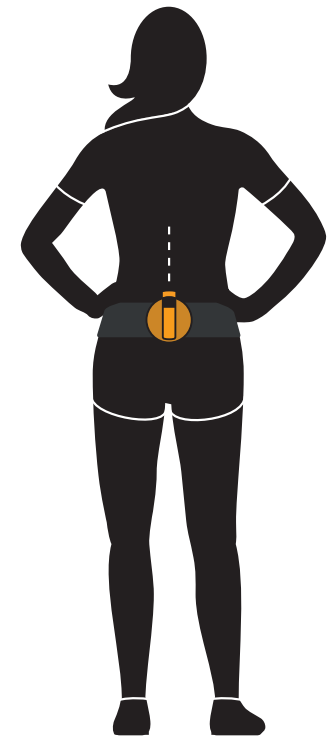


For more information, see the full SmarTracks Diagnostics manual.  
Instruction videos how to perform diagnostics assessments can be found on [www.smartracks.run](http://www.smartracks.run).

# What does the Mobile Kit contain?

## Belt

Keeps the sensor in the right place to ensure correct data. Make sure the SmarTracks Belt is placed on your lower back with the sensor in a vertical position. The belt should be high on your hip bones, with the top edge of the belt at the same height as the top of your hip bones.



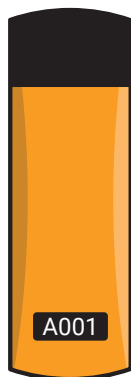
## Sensor

Records all movement data.

Charging time - 100% : ca. 4 hours

Charging time - 80% : ca. 2 hours

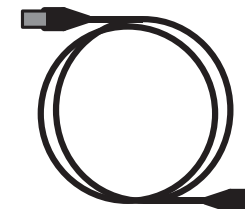
Fully charged, a sensor can measure ca. 8-13 hours, dependent on activities. When connecting the sensor to a computer, make sure to use the supplied USB cable.



1x DX3.5 Sensor

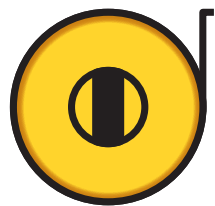


1x Charging cable

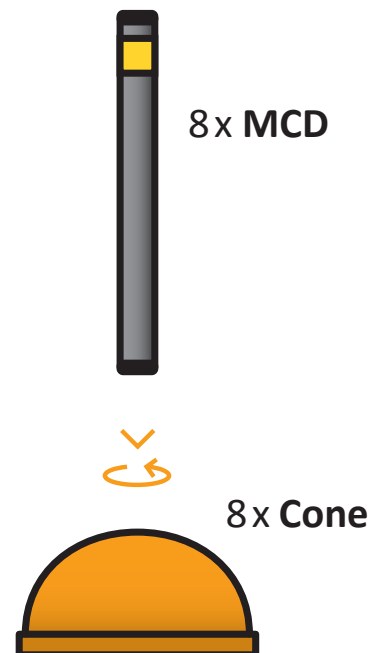


## Timing Gates

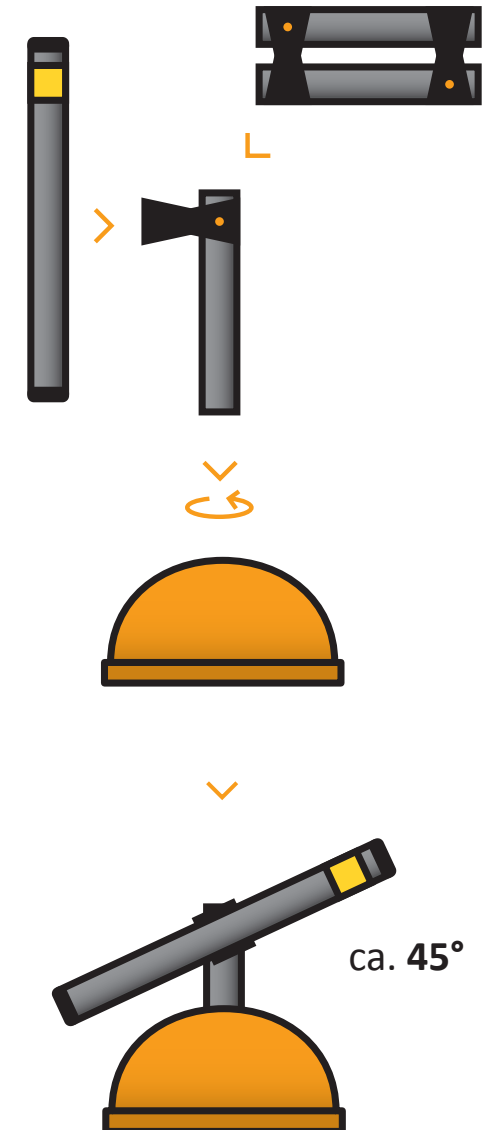
Creates a magnetic field which allows accurate timing by the sensor. Try to keep enough space between the magnets and any electrical device, including the sensor.



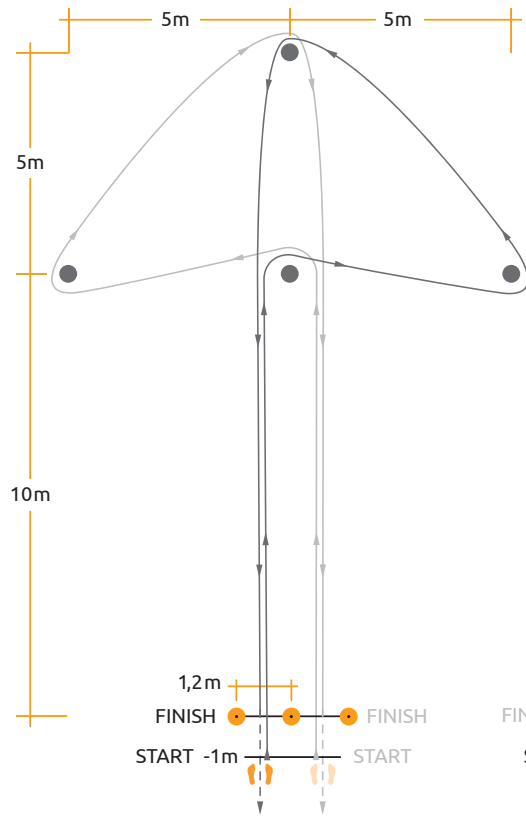
Measuring tape



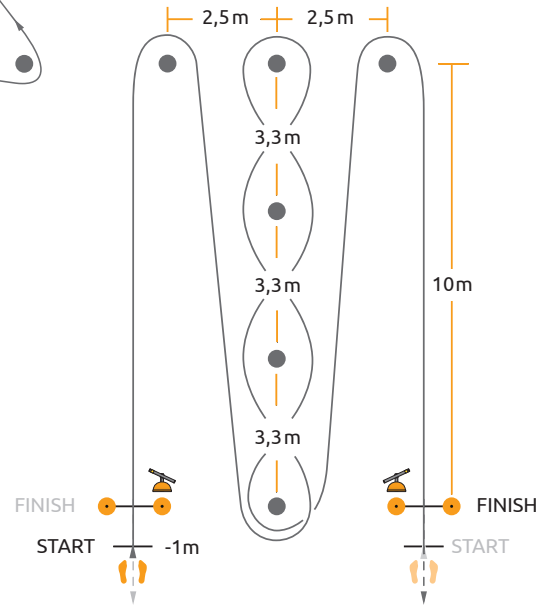
## 2x Angled MCD Mount



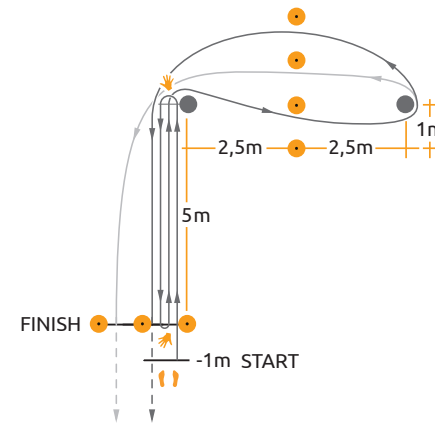
# Assessment Ground Plans



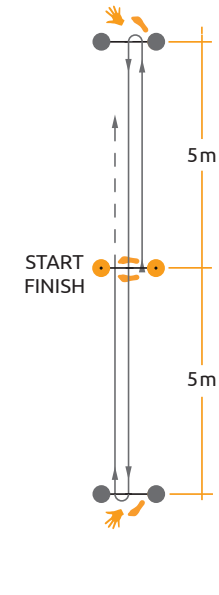
Arrowhead Agility Test



Illinois Agility Test



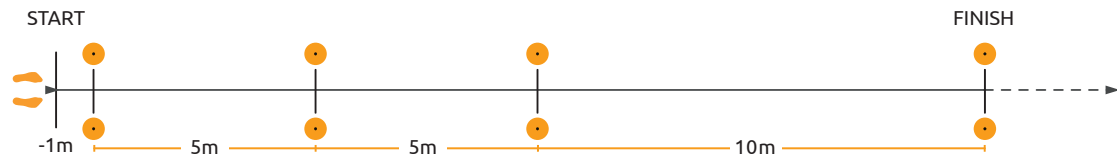
Three Cone Drill



5-10-5 Shuttle



Make sure that you keep a distance of min 5m between the gates and max 1.2m distance between each gate component.



Sprint





## Any questions left?

Please contact our support team,  
they are happy to help!

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**Or visit our website [smartracks.run!](https://smartracks.run!)**

