SmarTracks

Diagnostics Mobile Set (DX5.0)
# Quick Start Guide

DIAGNOSTICS PC SOFTWARE

GETTING STARTED

1. Request your personal software licence key from Humotion if you have not yet received it

2. Download the SmarTracks Diagnostics software (you receive a download link with the license key)

3. Activate your licence in the software

MEASURING

1. Start the SmarTracks Diagnostics software

2. Connect the sensor to the PC and make sure the sensor is charged

3. Select "New measurement", insert team name, athlete name, etc.

4. Click "Next" and wait until the measurement has started

5. Disconnect the sensor from the PC and attach the sensor to the belt

6. Put on the belt

7. Perform the assessment(s)

8. Reconnect sensor to PC

9. Data is uploaded and analyzed automatically by software
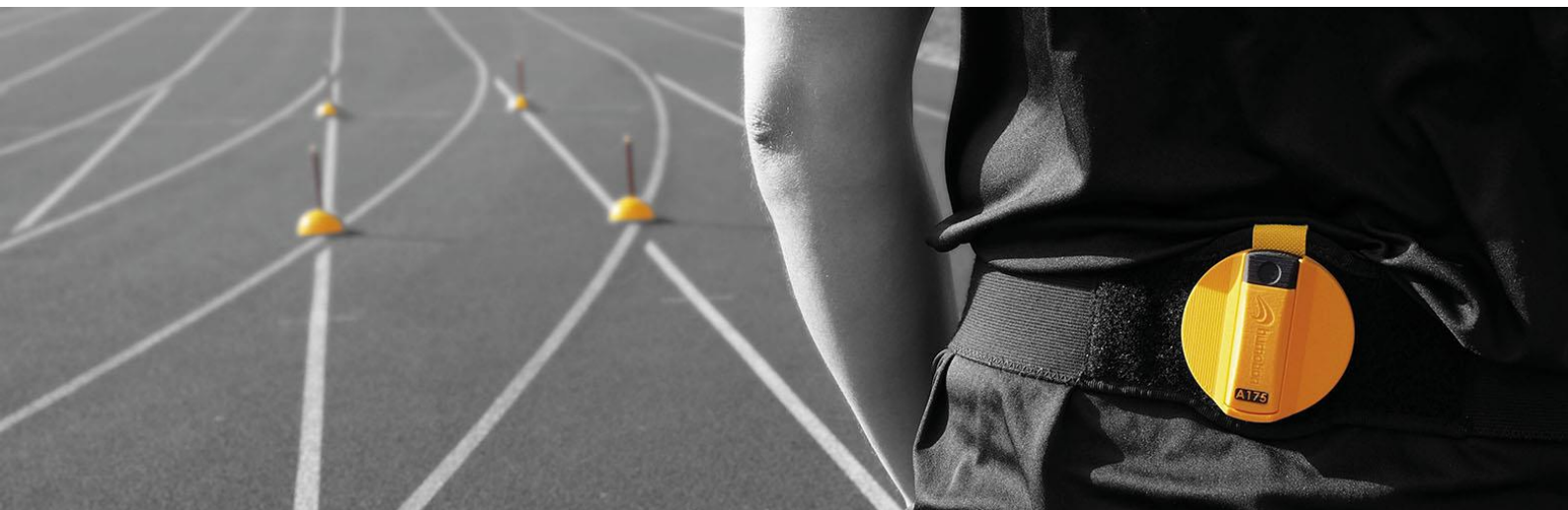
SmarTracks

SMART RUN APP

GETTING STARTED

1.	Charge the sensor

2.	Download the Smart Run app and register your account using a valid e-mail address

3.	To register your Timing Gates, use the app to scan the QR code on the yellow Timing Gate case

4.	Link up your sensor with the app.
	After this first linking, the sensor always automatically reconnects to the app.

MEASURING

1. Make sure the sensor is charged and connected to the app

2. Place the Timing Gates on the desired positions

3. In the app, select "Mobile Gates" and choose your planned exercise

4. Put on the belt with sensor

5. Position yourself 1m before the first Timing Gate

6. Start the run. The timing starts once you pass the first Timing Gate

7. After passing the final Timing Gate, stand still for one second

8. Press stop

Note:

You cannot combine the use of the Diagnostics PC software and the Smart Run for a measurement. For example, you cannot start a measurement with the app and then see the results in the Diagnostics software.

SmarTracks

WHAT IS IN YOUR DIAGNOSTICS MOBILE SET?

Timing Gates (MCDs + Cones)

The Timing Gates create a magnetic field which allows timing by the sensor. To be able to use the Timing Gates with the Smart Run app, scan the QR code on the yellow metal case on first time use.
Keep enough space between the MCDs and any electronic device, including the sensor.
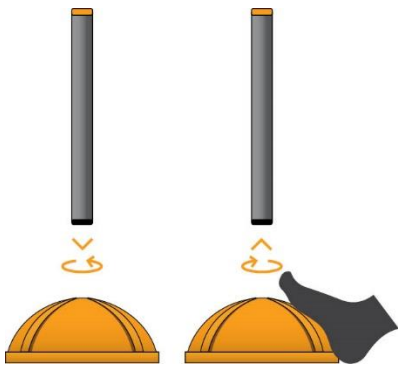
To insert the MCD, place the cone on the ground and push the MCD into the cone. To remove the MCD, you can place your foot on the cone to stabilize it and then pull out the MCD.
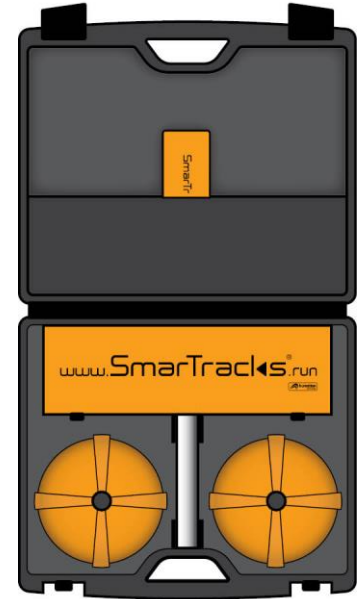
Angled MCDs are recommended for shorter persons and for certain agility test setups

ca. 45°
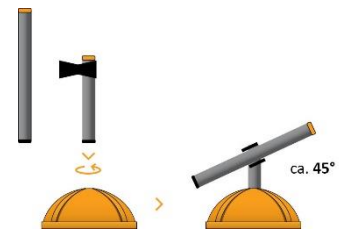
DX5.0 Diagnostics Sensor

The sensor records all movement data.

Fully charged, a sensor can measure ca. 8-10 hours, dependent on activities.
When connecting the sensor to a computer, make sure to use the supplied USB cable.

Charging time   100%   : ca. 3 hours
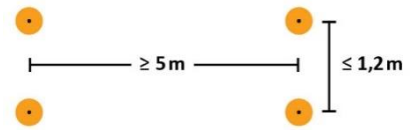   80%   : ca. 2 hours

Belt

The belt keeps the sensor in the right place to ensure correct data. Make sure the belt is placed on your lower back with the sensor in a vertical position. The belt should be placed so that the top edges of the belt are at the same height as the top of your hip bones.
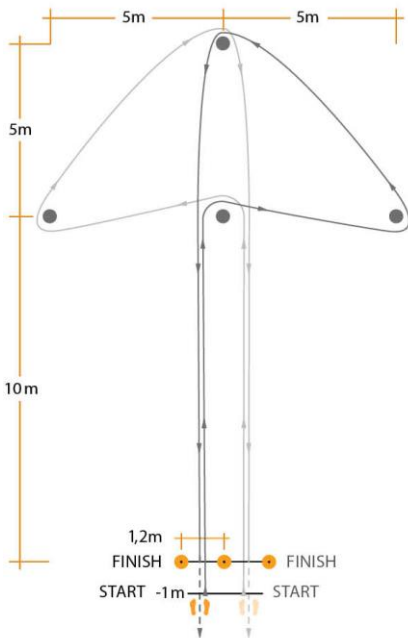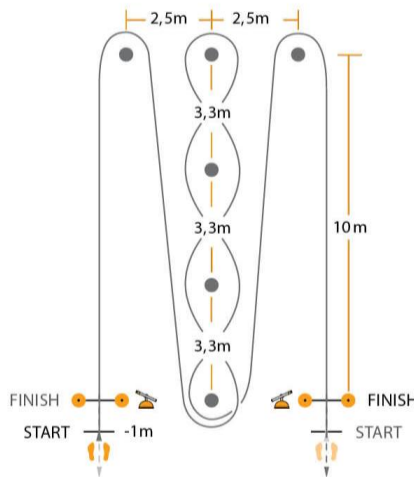
SmarTracks
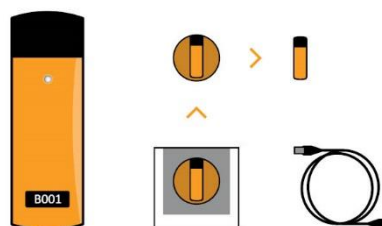
PLACING THE TIMING GATES

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

≥ 5m   ≤ 1,2m
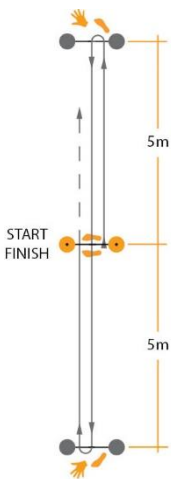
Start the run 1m before the first Timing Gate.

Runs and Run-ups (example)
-1m   5m   5m   10m
START   FINISH

Arrowhead Agility Test
5m   5m
5m
10m
1,2m
FINISH   FINISH
START -1m   START

Illinois Agility Test
2,5m   2,5m
3,3m
3,3m
10m
3,3m
FINISH   FINISH
START   -1m   START

Custom Agility Test
With the Custom Agility test, an athlete should not turn within 5m from the Timing Gate.
5m
START   FINISH
-1m

5-10-5 Shuttle
5m
START
FINISH
5m
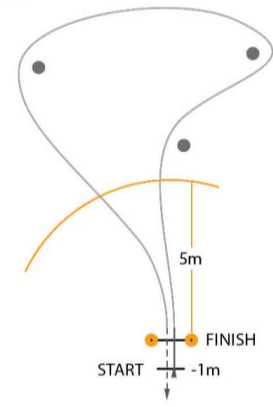
Three Cone Drill
1m
2,5m   2,5m
5m
FINISH
-1m START
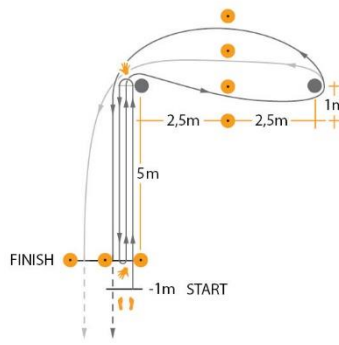
SmarTracks

ANY QUESTIONS LEFT?

For instruction videos, go to www.smartracks.run/instruction-videos

If you have any questions, please contact our support team, they are happy to help!

Phone   0049 251-590 80 540
E-mail   support@smartracks.run

 www.smartracks.run