

Timing Mobile Set Quick Start Guide

Install the Smart Run by Humotion app:



Available on iOS, Android
and Huawei!

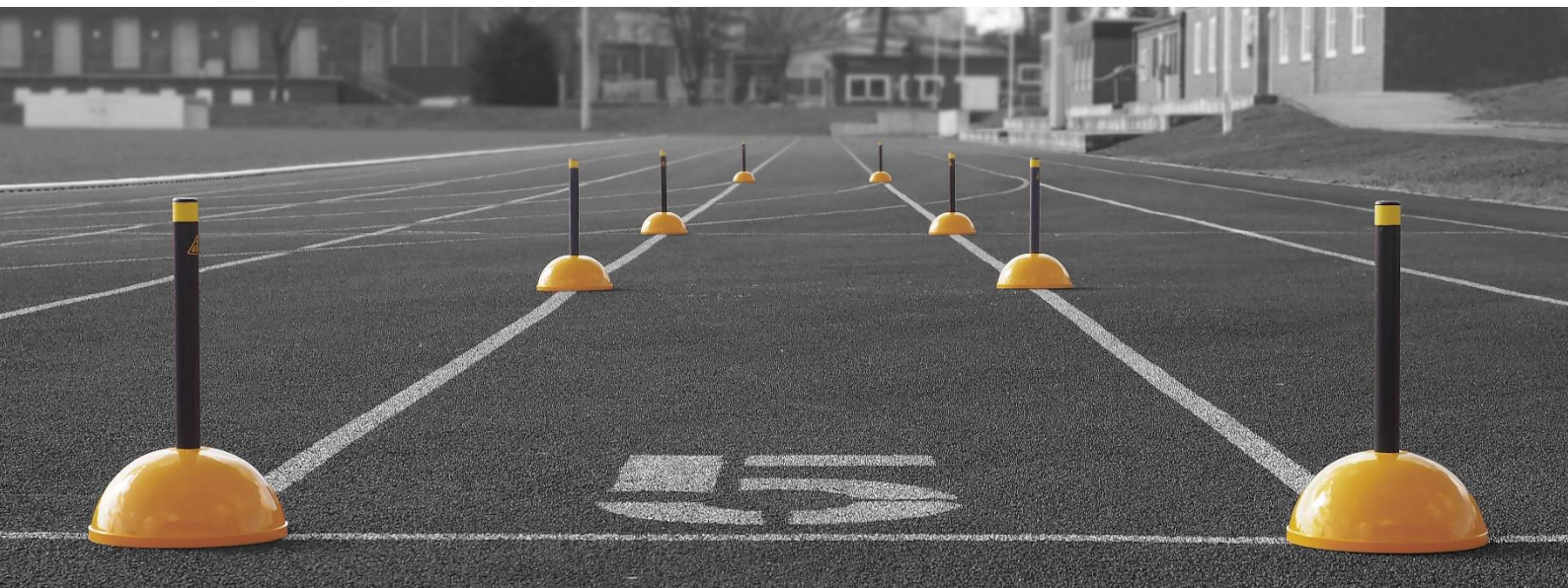


GETTING STARTED

1. Charge the sensor with a regular USB adapter (5V)
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 app always automatically reconnects to the sensor.

MEASURE A RUN

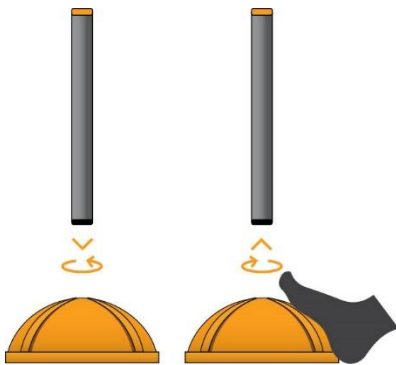
1. Make sure the sensor is charged and connected to the app
2. Place the Timing Gates on the desired positions
3. In the app, select “Mobile Gates” and choose your planned exercise
4. Put on the TB40 Belt with sensor
5. Position yourself 1m before the first Timing Gate
6. Start the run. The timing starts once you pass the first Timing Gate
7. After passing the final Timing Gate, stand still for one second
8. Press stop



WHAT IS IN YOUR TIMING MOBILE SET?

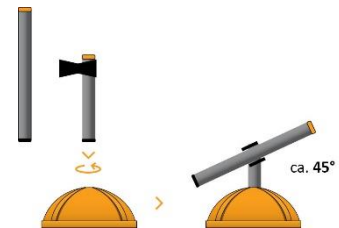
Timing Gates (MCDs + Cones)

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 electrical 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



DX5.0 Timing Sensor

The sensor measures movement data and connects to the Smart Run app. It can be charged with a regular USB adapter (5V). Fully charged, a sensor can measure ca. 8-10 hours, dependent on activities.

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

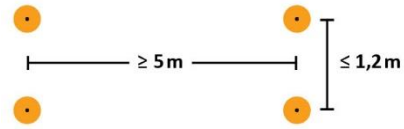


TB40 Belt

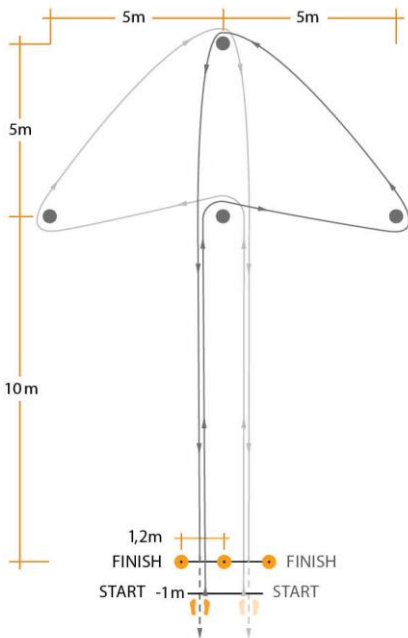
The belt keeps the sensor in the right place to ensure correct data. Make sure the sensor is placed in the middle on your lower back. The sensor cap should point left and the T-number should face outward.

PLACING THE TIMING GATES

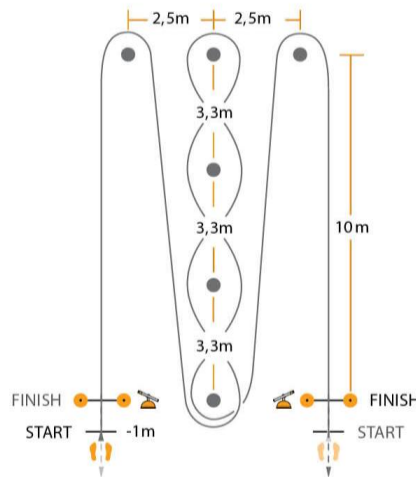
Make sure that you keep a distance of min 5m between the Gates and max 1.2m distance between each Gate component.



Start the run 1m before the first Timing Gate.

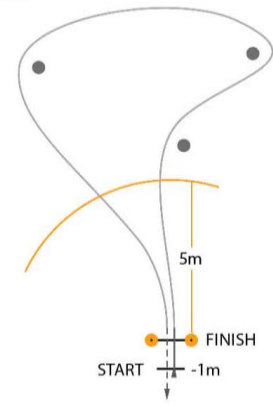


Arrowhead Agility Test



Illinois Agility Test

With the Custom Agility test, an athlete should not turn within 5m from the Timing Gate.



Custom Agility Test

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!

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