

How to use.....Fusion Smart Speed Jump Mat



- Set up the jump mat
- Connect the correct PDA to the correct black PDA sleeve (called 'Grabba' Sleeve) the sleeve for the jump mat has smart jump lite written on the white sticker behind where the PDA sits.
- Switch on PDA (right hand side top button) and allow programmes to load
- Tap on windows logo on top left of screen and a drop down menu appears
- Tap on smartspeed, Tap start new session
- Tap scan to allow to locate the mat
- Tap select new team, Tap ok, select none
- Tap 01 player1 or however many players you have. Sometimes it is easier to select 1 player and make a note of the individual times after each subject. You will have to decide this based on what you are doing/how many participants you have/ how quick in succession you want them to complete the test.
- Tap next, then options
- Tap number of reps and enter how many you require
- Uncheck the feedback box, Tap ready then go
- Than stand on the mat
- Enter bodyweight
- Tap ok, Do the jump
- Tap table, Tap PK, Tap review session to obtain the results

If using the data disk

- Tap Export
- Tap Name- enter name
- Tap save
- Tap Export location storage scar (SD card)
- Tap Save.