

## SmartMat 2

---

### OPERATING INSTRUCTIONS



## Introduction

SmartMat2 is a revolutionary training product designed to give an athlete or their coach immediate feedback on their performance in training.

It consists of a battery powered console connected to a JumpMat and has been laboratory accredited against a force plate. Its unique ease of use and portability allow a team of 30 individuals to be tested and their results stored in less than 5 minutes including setup time.

## Contents

1. Console



2. Mains charger



3. JumpMat



4. Data Lead



5. Carry bag



6. Software

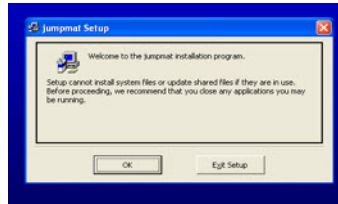



## Installing Software

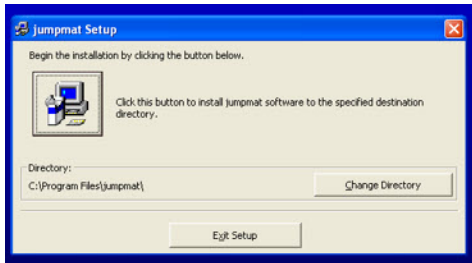
1/ Insert CD



2/ Click ok



3/ Click  to install software



For first operation, ensure battery is fully charged by plugging it into the charger for at least 8 hours.

Connect the mat to the console



and switch on the console



The display will show “Enter Setup Mode”. Select and choose the required number of jumps by pressing the Up or Down arrows followed by “YES”.

Next, the display will show “Display Ratio RI”. RI means Reactive Index and is calculated as Contact Time/Jump Height. This can be switched to RSI by pressing the Up or Down arrow key followed by “YES”. RSI means Reactive Strength Index and is calculated as Jump Height/Contact Time

“Clear Memories is then displayed”. Select “YES” or “NO” to continue.

“Mode Data Recall” is displayed next. Select “YES” to display the results held in memory. By pressing the up and down arrow buttons, it is possible to scroll through all 30 memory locations. Each location can store 5 sets of tests. By pressing “SELECT” it is possible to view each of the 5 tests in turn. When finished, press “NO” to return to the main menu.

1/ Connect lead to Jumpmat console    2/ Connect USB lead to computer    3/ Connect USB lead to 9 Way D'Plug



When “Enter Setup Mode?” is displayed press “NO”. Mode: Data Recall will be display.

When “Mode: Data Recall” is displayed, press “NO” to enter data download menu. To download data, connect the data lead supplied from the console to the PC and load the JumpMat PC software. Then select “Y” on data download menu. The display will show “wait ....” and the red Led on the console will illuminate while data transfer is taking place. Note: Do not disconnect data lead or switch off console while data transfer is taking place!

Once data is transferred, this can be saved to a file and then used by a spreadsheet program such as MS Excel for charting/comparison purposes. When finished, press “NO” to return to the main menu.

## *Operating Instructions*

SmartMat2 can be used for a range of measurements taken from four different operation modes. Press “SELECT” to step between operation modes as follows:

1. **Jump Only.** In this mode, the user stands on the mat and makes a series of jumps (1-5). One or more of these may then be stored in one of the 30 available memory slots. The results from this test will be displayed as flight time and jump height. Rebound. The user stands off the mat and then jumps onto and off the mat for up to 6 times. Flight Time, Contact Time, Height and RSI (Reactive Strength Index) are displayed and can be stored in memory.
2. **Rebound.** The user stands off the mat and then jumps onto and off the mat for up to 5 times. The Contact Time for each rebound can be displayed and one or more stored in memory.
3. **Repeat.** The user stands on the mat and performs up to 6 jumps. Flight Time, Contact Time, Height and RSI (Reactive Strength Index) are displayed and can be stored in memory.
4. **Drop.** In this mode, the user jumps onto the mat from a predetermined height and then performs a jump, landing back on the mat. Flight Time, Contact Time, Height and RSI (Reactive Strength Index) are displayed and can be stored in memory.

## **Console**

Dimensions: 190mm x 140mm x 50mm  
Weight: 0.6kg  
Display: 4 lines, each with 20 characters, backlit LCD  
Voltage: 8.4VDC  
Current: 40mA with backlight on.  
Battery Life: Up to 15hrs

## **Mat**

Dimensions: 600mm x 430mm x 10mm  
Weight: 0.7kg

## **Power Supply**

Voltage: 110/220VAC Input, --VDC output  
Power Rating: 0.3Amps Max.  
Weight: 0.3kg

## **Carry Bag**

Dimensions: 650 mm x 450mm x 50mm  
Weight: 0.6kg

**Enquiries: FSL Electronics Ltd., Sandholes Road, Cookstown, Co. Tyrone. BT80 9AR**

**Tel: +44(0)28 8676 6131 Fax: +44(0)28 8676 2414**

**[www.fslelectronics.com](http://www.fslelectronics.com)**

## Guarantee

**FSL Electronics Ltd. provides a 1-year guarantee with all products. This covers repairs and replacements due to faulty parts or workmanship. A full fault report and order number must accompany any returns. FSL Electronics will be pleased to provide technical assistance on any matter relating to our products.**

**In case of repairs during the warranty period the goods must arrive to FSL *carriage free* and with proper packing which can be used for return delivery.**

**The guarantee does not cover damage resulting from the following:**

- Damage in transit
- Incorrect installation
- Repairs or alterations made without the approval of FSL Electronics
- Misuse or neglect of equipment
- Discharged batteries
- Inspection charge may be applied if equipment is returned but has no defect.

**FSL Electronics reserves the right to evaluate breakdowns and damage.**

**Under no circumstances will FSL Electronics be responsible for hold-ups, accidents or expenses incurred as a result of equipment malfunctioning.**

FSL Electronics Limited  
Sandholes Rd,  
Cookstown, Co. Tyrone  
N.Ireland, BT80 9AR  
Tel +44 (028) 867 66131 Fax +44 (028) 867 62414  
[www.fslelectronics.com](http://www.fslelectronics.com)