GETTING STARTED

JUMPMAT
MEASURING POWER / IMPROVING PERFORMANCE

STEP 1
APP DOWNLOAD

Log into the App Store on your Tablet device, and search for 'JumpMat Pro'

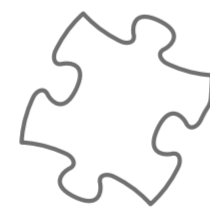Install the JumpMat App and open it on your tablet.

STEP 2
CREATE ADMIN ACCOUNT

Create your Admin account upon opening the JumpMat App and set a pin to protect your account.

The Admin account is the account which controls all data on the JumpMat. Ordinary User accounts will only have access to the data specific to that User.

You will use the Admin Account to control metrics, athletic data, and JumpMat settings.

STEP 3
PAIRING JUMPMAT

Turn on your JumpMat Console. At this stage you will be able to Pair your JumpMat App with your Console.

Once the JumpMat Console is recognised by your App, select 'Pair' and your JumpMat will be verified as the version you purchased.

*Note that you will need to be connected to the internet at this stage only for your JumpMat to be paired correctly

STEP 4
USER CREATION

Creating accounts for Athletes is simple!

Select 'Create User' from the main menu and fill out the registration form as prompted.

Once the user is created, all tests performed on this account will be stored here, and only available for analysis by the seledted user and the Admin.

This user will now be able to 'Log In' from the main menu and utilise the JumpMat freely.

STEP 5
TEST

Avail of 24 Jump Tests with JumpMat!

Select from a variety of Jump Tests, including Vertical Jump, Repeat Jump, Drop Jump, and Rebound Jump, while making selections between Counter Movement and Non-Counter Movement Jumps, and Individual Leg Testing.

Receive detailed metrics and visual reports on Test performance, ensuring value for both beginner and advanced level analysts.

FREQUENTLY ASKED QUESTIONS

Q: Do I need to be connnected to the Internet at all times?
A: No. You simply need to be connected to internet at the JumpMat Pairing stage.

Q: Is the JumpMat compatible with Phones?
A: No, the JumpMat is compatible with Tablets only.

Q: Can I Export my information?
A: All information can be exported in CSV Format, and used across all platforms.

GET THE MOST FROM JUMPMAT

Q: My JumpMat isn't pairing with my Tablet?
A: JumpMat will only pair through the JumpMat App, so make sure you are using the App to pair!

Q: I can't create any more users on the JumpMat App?
A: You may need to upgrade the JumpMat to the Unlimited Version. Contact FSL directly to find out how!

Q: How long will the JumpMat last on one charge?
A: The JumpMat will last at least 10 hours of consistent testing per charge!