

# smart jump™

FUSION SPORT continues to innovate for both testing and training, with the release of SMARTJUMP, the latest product in the SPORTSWEB product suite. In the same way that SMARTSPEED revolutionises the training environment, SMARTJUMP will add another dimension to your power testing and training capabilities. Simply plug the contact mat into a SMARTSPEED remote unit and your system moves from the field into the gym for a wide range of power exercises.

## ▶ simple yet powerful monitoring

Vertical jump testing remains one of the most widely use methods for testing and training power and strength in a wide range of sports. SMARTJUMP allows you to test power on all jumping exercises, simply and quickly. Every jump is individually measured and a range of variables generated automatically.

- ▶ contact time, flight time, Reactive Strength Index (RSI), average power, and impulse (net)
  - ▶ use power measurements to monitor recovery, training response and power gains
  - ▶ objectively determine ideal loads for drop jumping and weighted jumping
  - ▶ map power vs. resistance relationships for individual athletes
- wealth of research possibilities

## ▶ quality control for every session

Can you tell the difference between a good foot contact and a poor one? With a difference of milliseconds between good and bad foot contact times, controlling the quality of power training is almost impossible. Just switch on real time feedback mode and SMARTJUMP gives immediate feedback to you and your athletes on every jump.

Simply program a goal contact time or jump height, and SMARTJUMP displays the result of every jump, as it happens (green = goal achieved, red = not achieved).

- ▶ standing counter-movement jumps
- ▶ drop jump and depth jumps
- ▶ single or multiple response jumps
- ▶ medicine ball power exercise and more

## technical specifications

- ▶ durable and waterproof PVC design - size: 30" x 30", wt. 23 lb
- ▶ metal eyelets for wall mounting or ground pegs
- ▶ connects via PS2 cable to your SMARTSPEED remote units - up to 4 mats running on 1 PDA!
- ▶ integrates into SMARTSPEED as a gate - use it for starts, or wall mounted as a target for your shooting/passing drills

from the makers of -

**smartspeed™**



  
**fusion sport™**

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