Speed Solutions

INSTRUCTIONS MANUAL
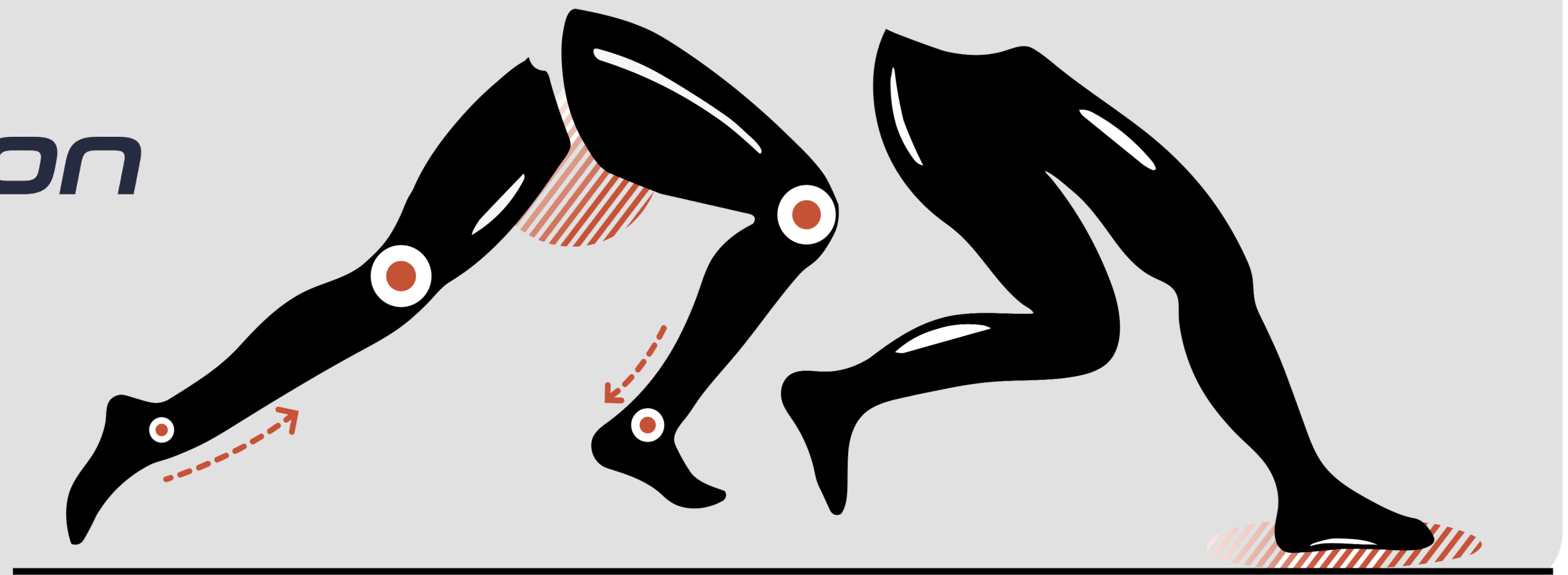
Speedworks
Training

VueMotion

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Introduction

We appreciate your trust in Speed Solutions and we hope you have a great experience using our system.

To ensure that you get accurate reports, please follow the instructions provided in this manual when recording and uploading your videos to VueMotion.

EQUIPMENT

Tripod

You will need a tripod to ensure a stable video. Please note that your video might not be processed correctly if you do not mount your camera/mobile phone on a tripod.

Cones

Cones must be at least 9inches (24 cm.) high and ideally yellow in color. Alternatively you can use red cones. We recommend purchasing cones similar to these.

Mobile Phone/Camera

Your phone or Camera should have the ability to capture videos in 4K 60fps.

### Measuring Tape

Measuring tape will be used to setup the cones.

4.

iPhone CAMERA SETUP

You will only need to adjust your settings if you are using an iPhone.
Please disregard this section if you are using any other phone or camera.

1. FRAME RATE AND RESOLUTION

Camera settings will be on 4K resolution and a minimum of 60 frames per second. This can be changed directly from the top left hand side of the screen when in video mode as shown below.
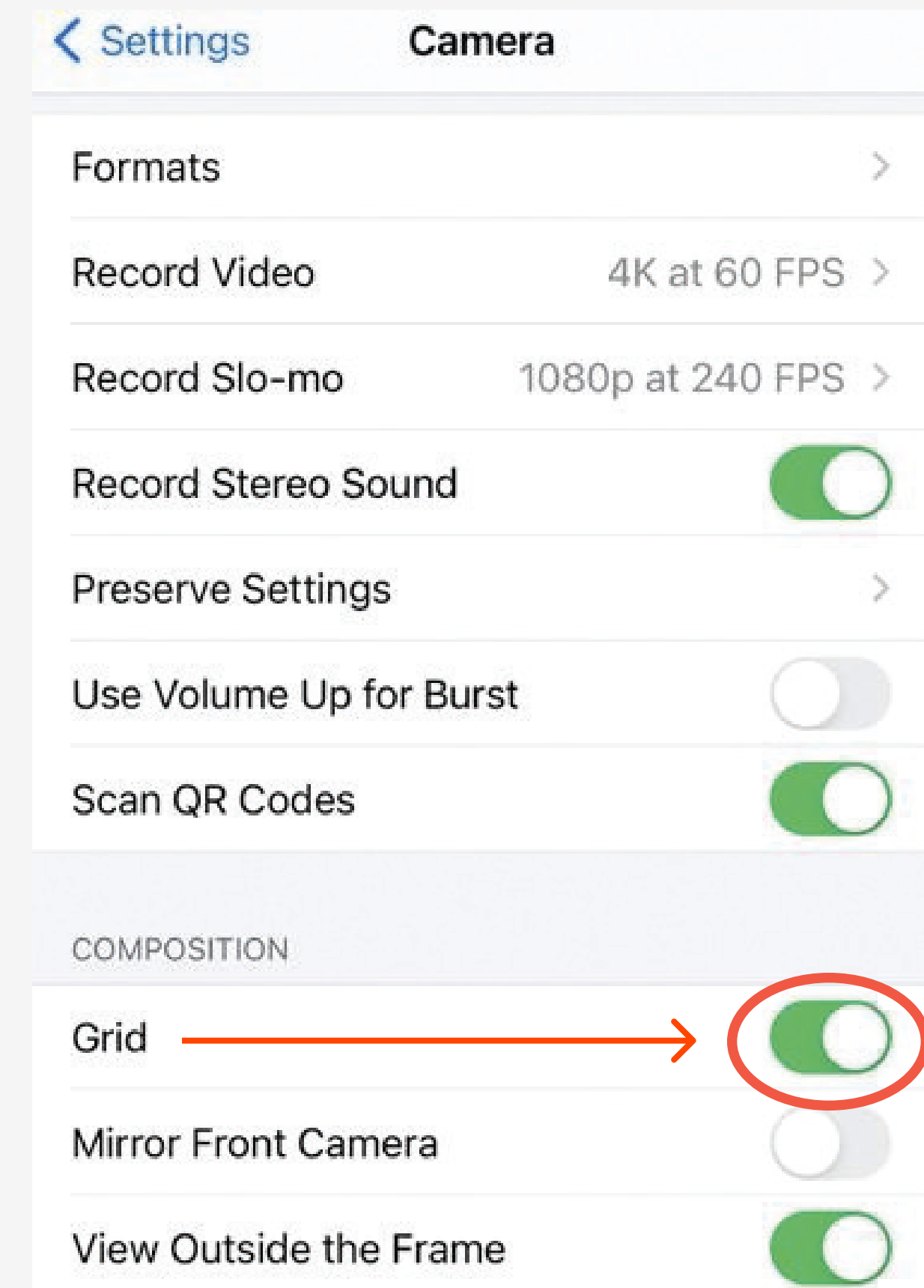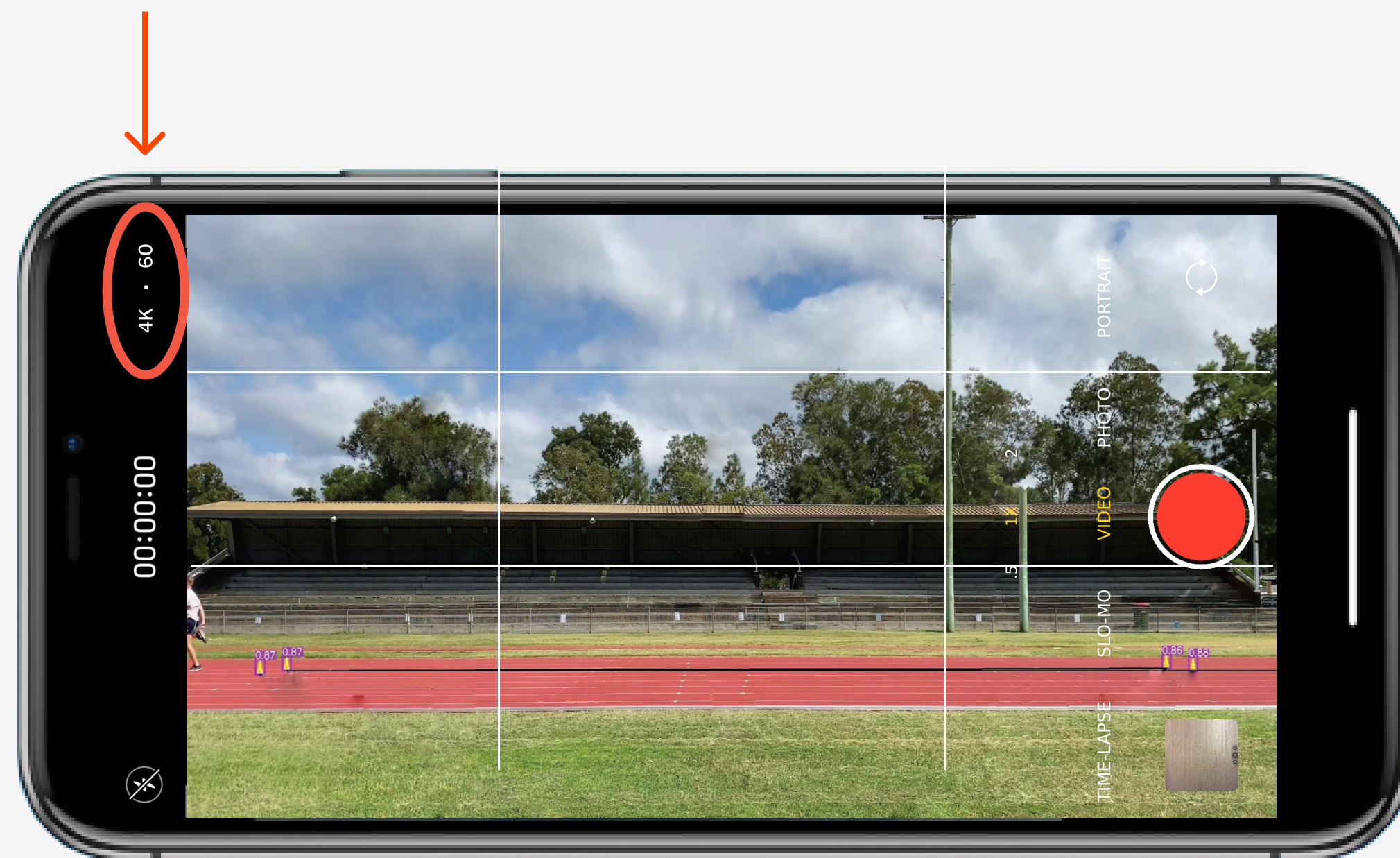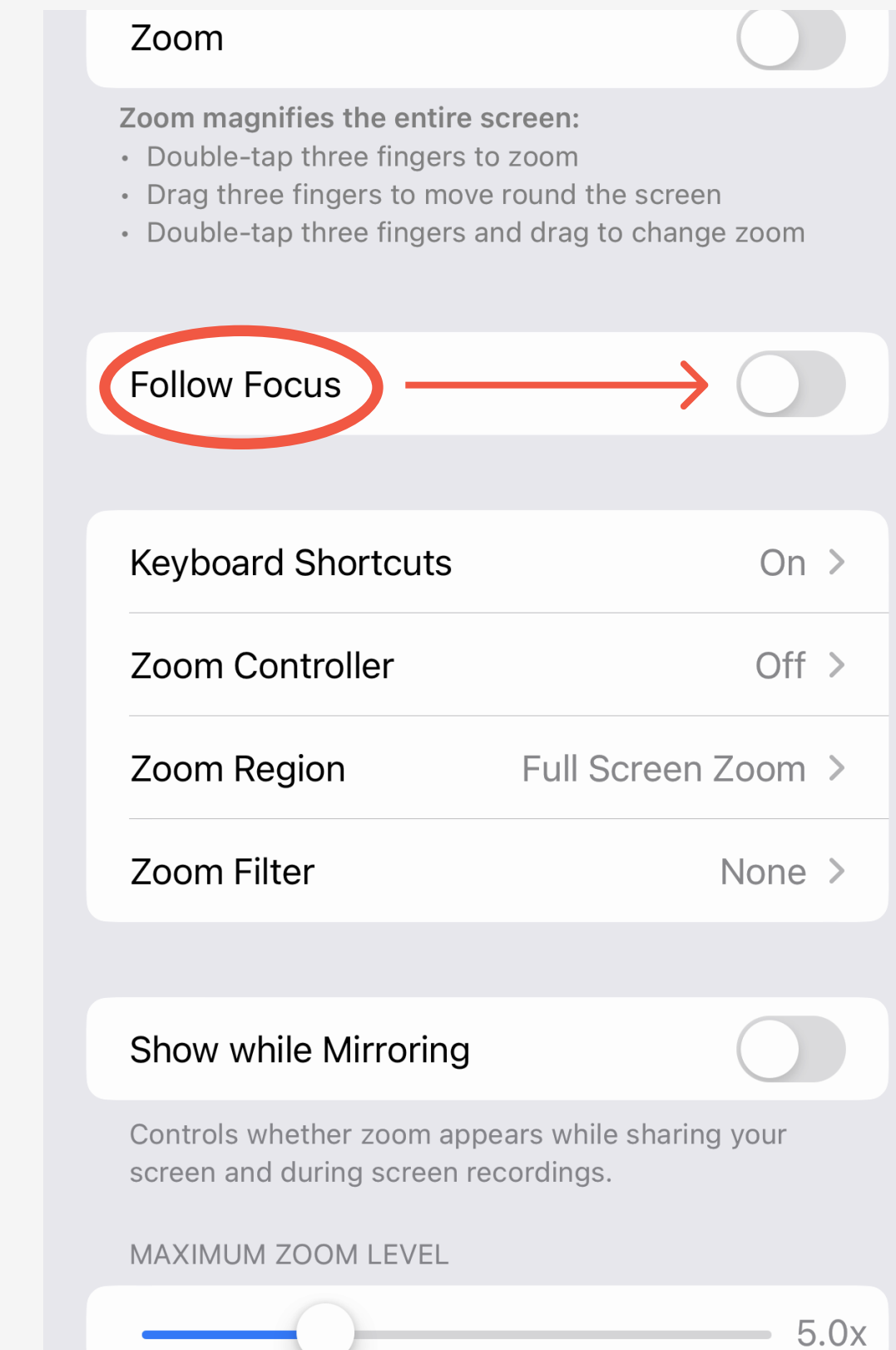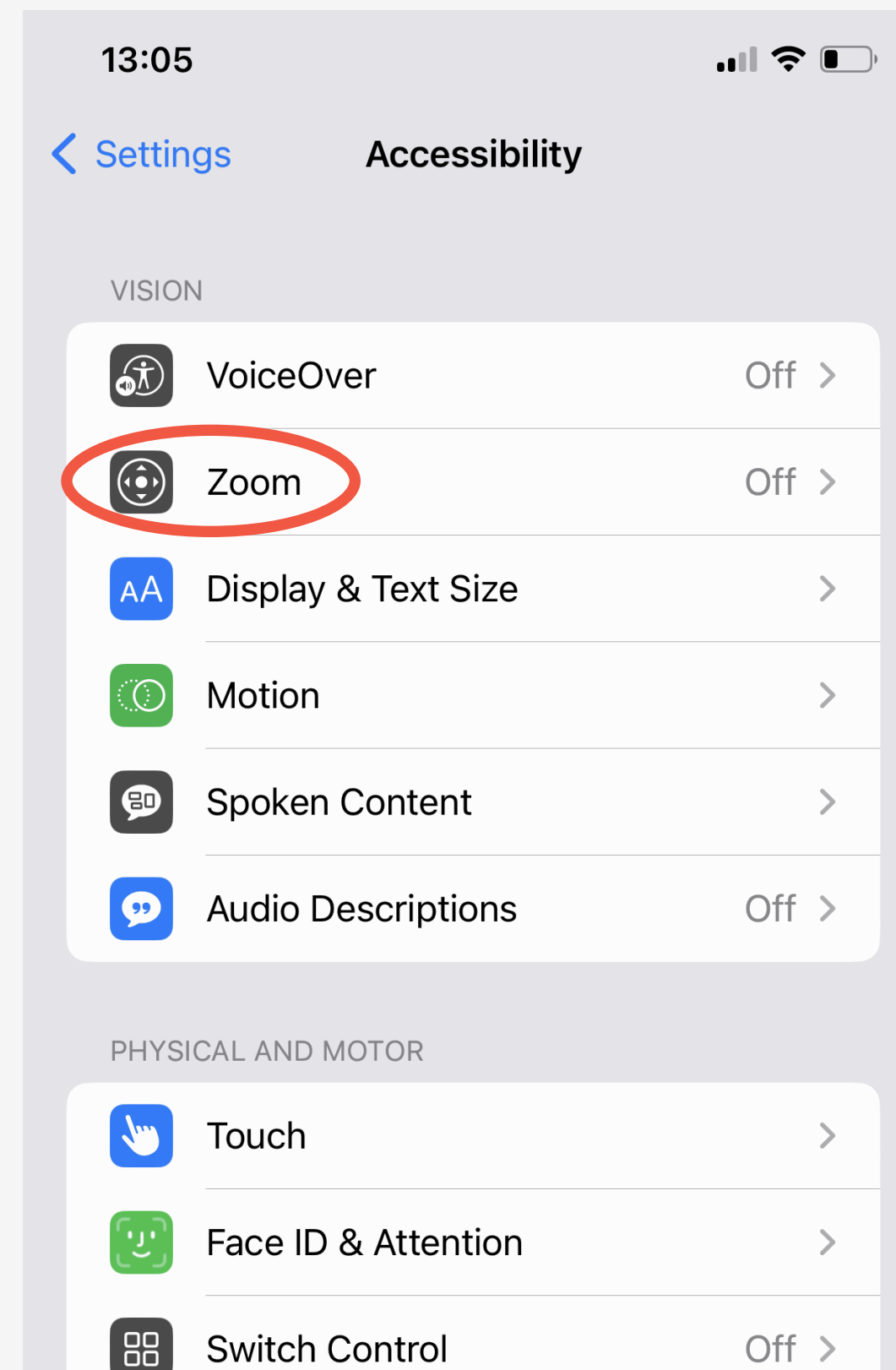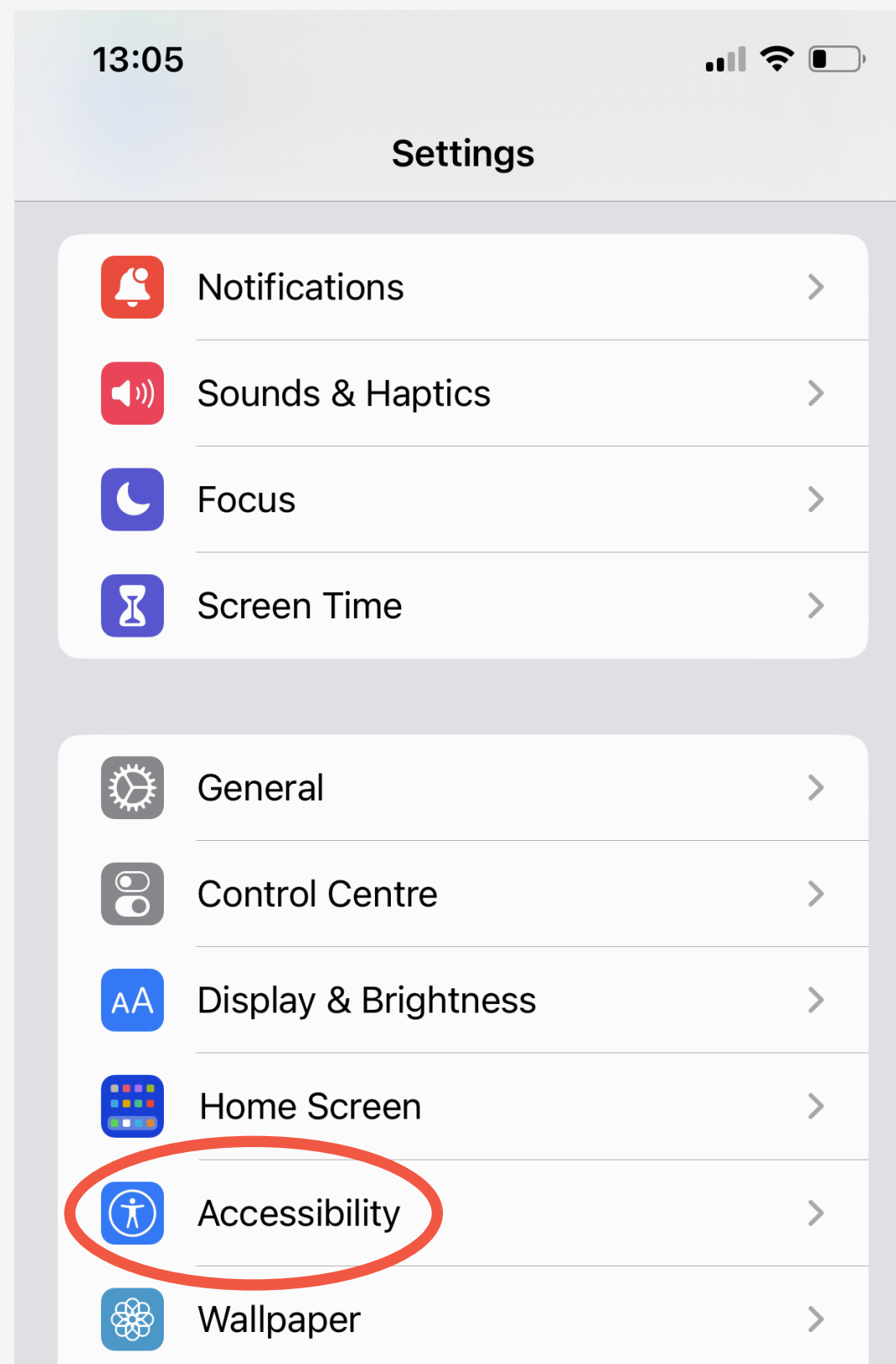
2. Camera Grid

The camera also has a grid feature. It is recommended that the grid is switched on to centre the image. The grid is made up of 9 tiles.

Setting>Camera>Grid (ON)

3. FRAME RATE STABILITY

To ensure a consistent frame rate please follow the instructions below.

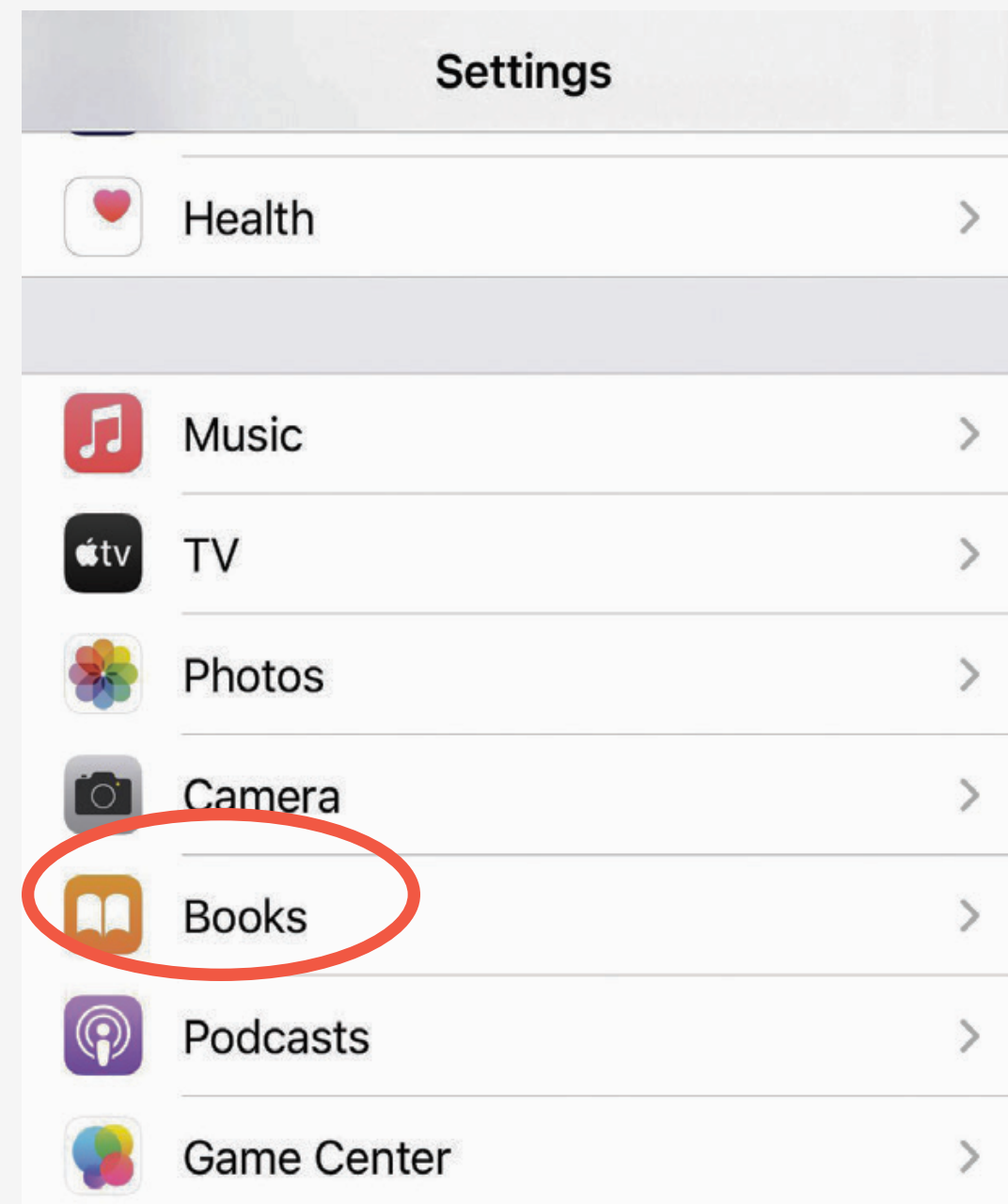**Settings > Accessibility > Zoom > Follow Focus (OFF)**

4. Switch Off HDR

Switch off HDR Settings

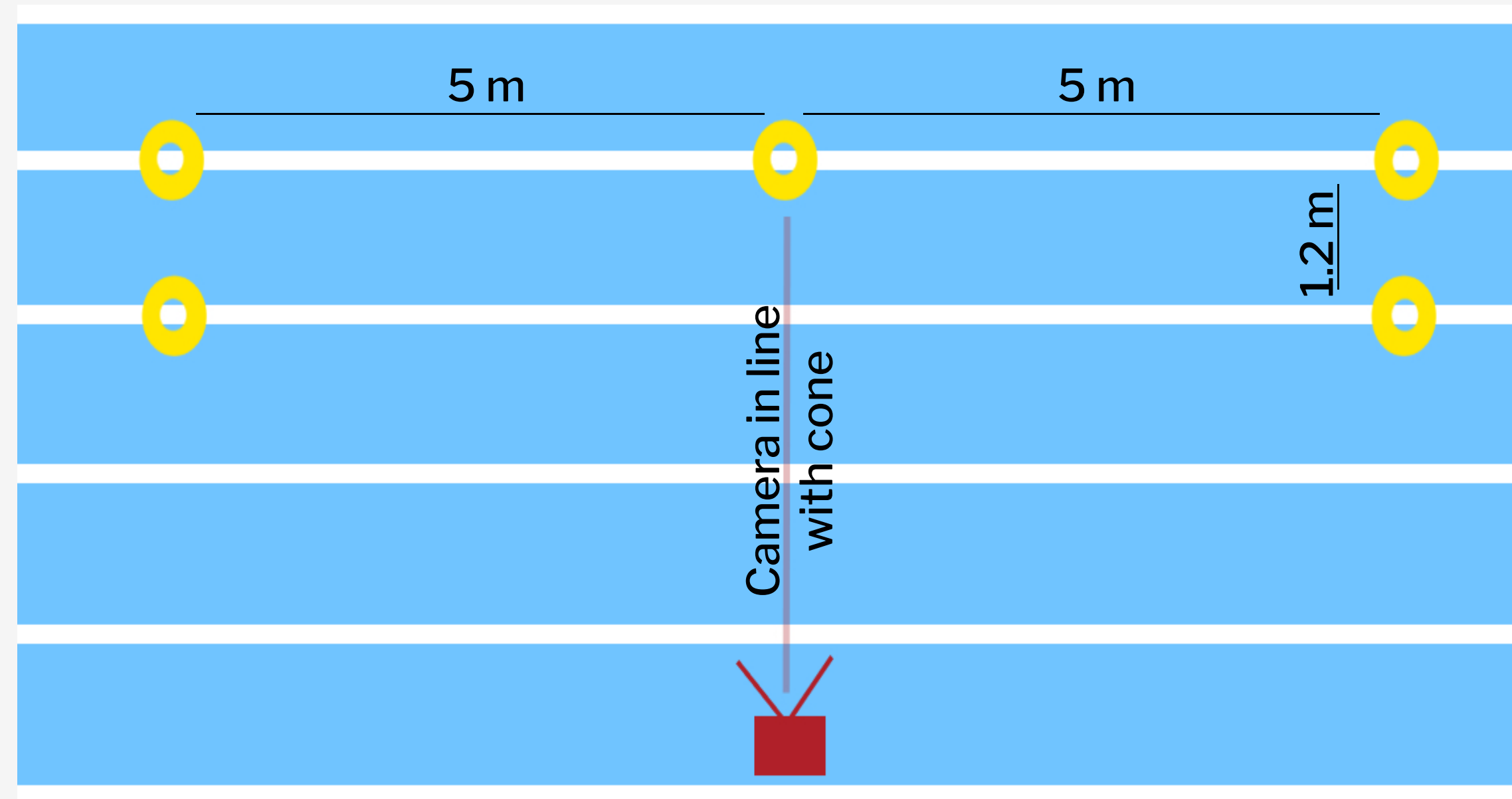**Settings > Camera > Smart HDR(OFF)**

SET-UP METHOD: 10m

Cone Placement

Place five (5) cones on a flat surface. Cones at the start are placed 1.2m apart (Lane width on an athletics track). A centre cone is placed at the 5m point on the furthest lane and 2 cones are placed at the 10m mark also 1.2m apart. Make sure that the distance tested fills the whole camera frame as shown in the adjacent image.

Camera Placement

Place the camera in the tripod mount In line with the centre cone.

If the lane markings are less than standard width, please let us know via email, as this is used to help calibrate our system It is recommended that there is enough room either side of the start and end to capture the stride before the cones and a stride after the cones.
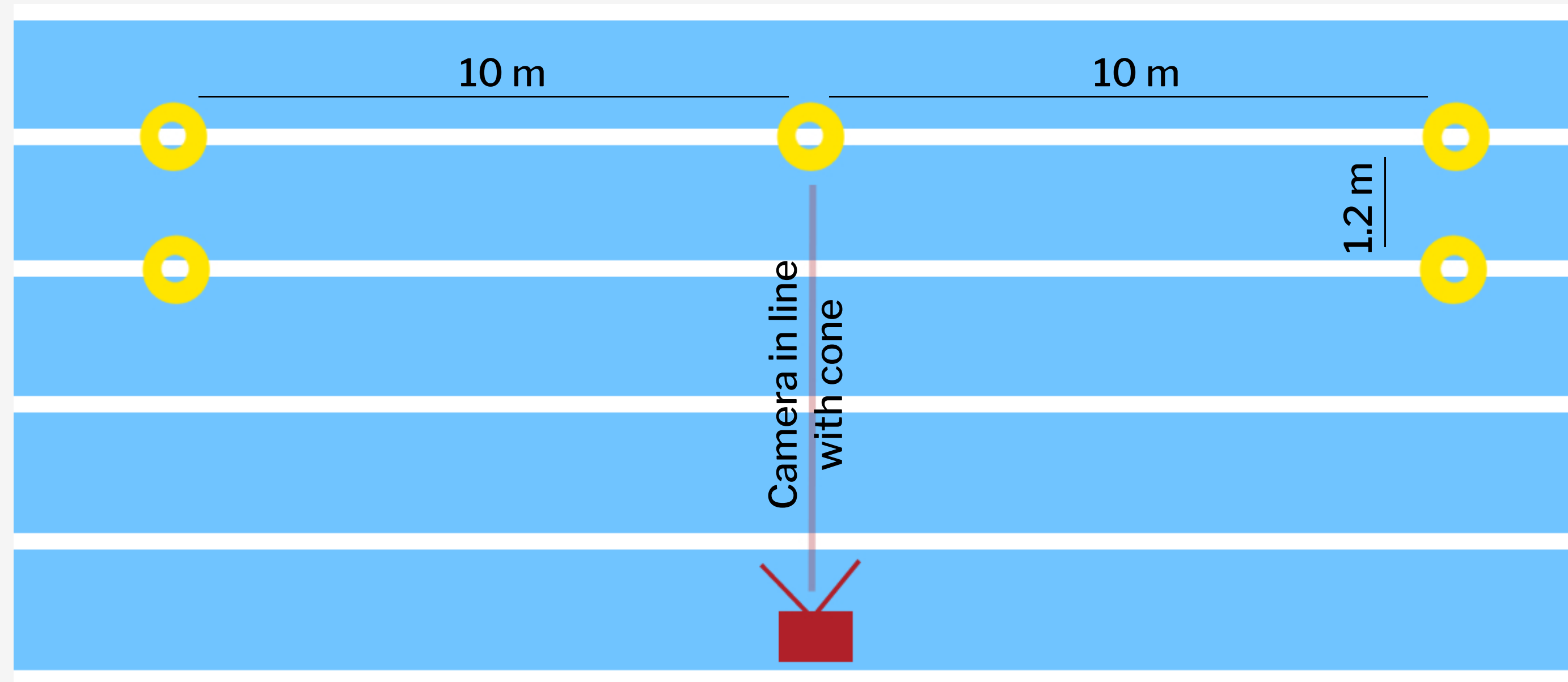
For 40m testing, use 2 cameras each covering 20m.

SET-UP METHOD: 20m

Cone Placement

Place five (5) cones on a flat surface. Cones at the start are placed 1.2m apart (Lane width on an athletics track). A centre cone is placed at the 10m point on the furthest lane and 2 cones are placed at the 20m mark also 1.2m apart. Make sure that the distance tested fills the whole camera frame as shown in the adjacent image.


Camera Placement

Place the camera in the tripod mount In line with the centre cone.

If the lane markings are less than standard width, please let us know via email, as this is used to help calibrate our system It is recommended that there is enough room either side of the start and end to capture the stride before the cones and a stride after the cones.

For 40m testing, use 2 cameras each covering 20m.
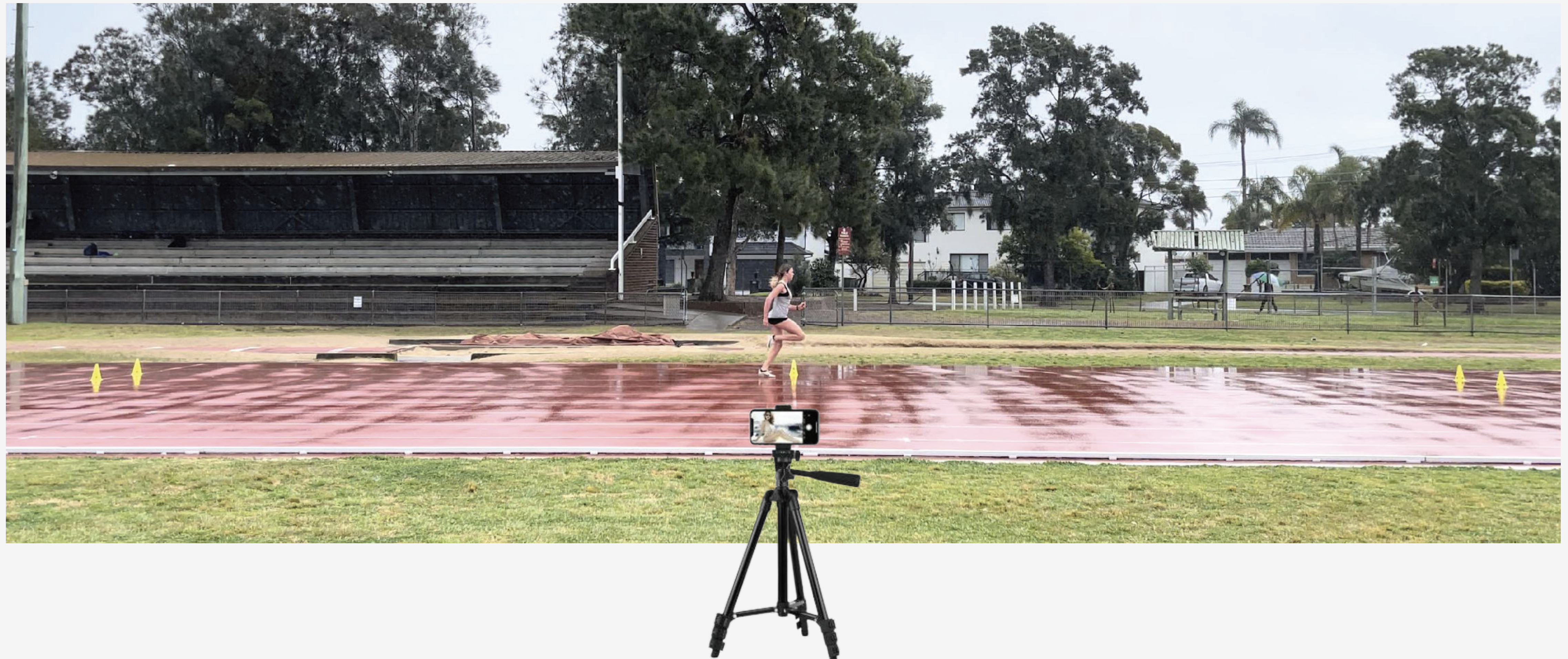
SET-UP METHOD: 40m SET-UP

For 40m testing, you will need two 20m tests. To do that, use 2 cameras each covering 20m as show below.
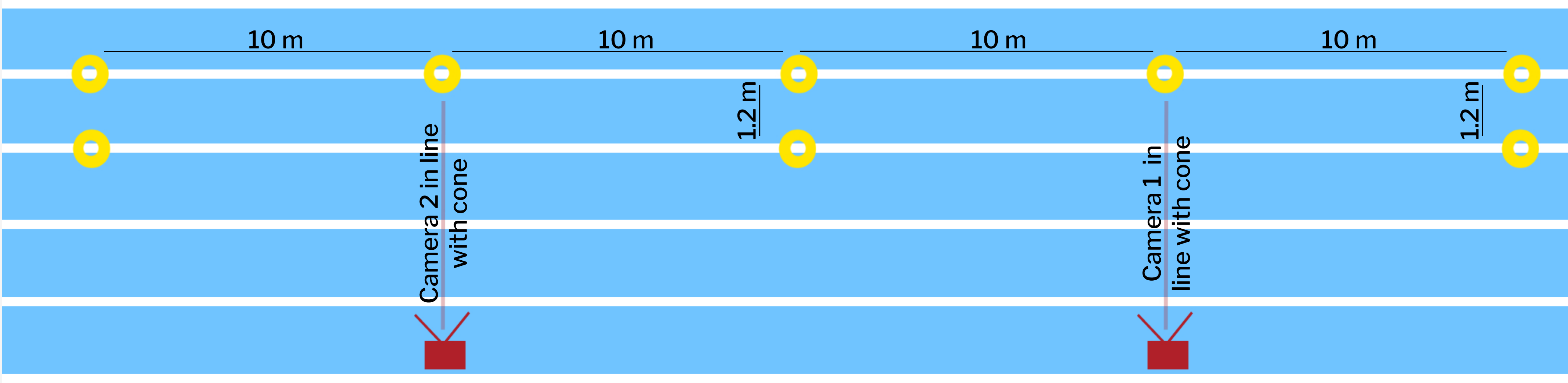
CAPTURE VIDEO

✓ Capture video of the athlete running across the 20m zone.

✓ Record the video a few seconds before and after each run.

TRIM VIDEO

To reduce data uploads and avoid video that is out of view, it is recommended to use the trim feature. Go into your camera roll and select the video and trim each video before uploading. This process takes approximately 5 seconds per video.

1. Click edit.
2. Trim the video when the person comes into the scene and end as they leave the scene.
3. Click done and save.
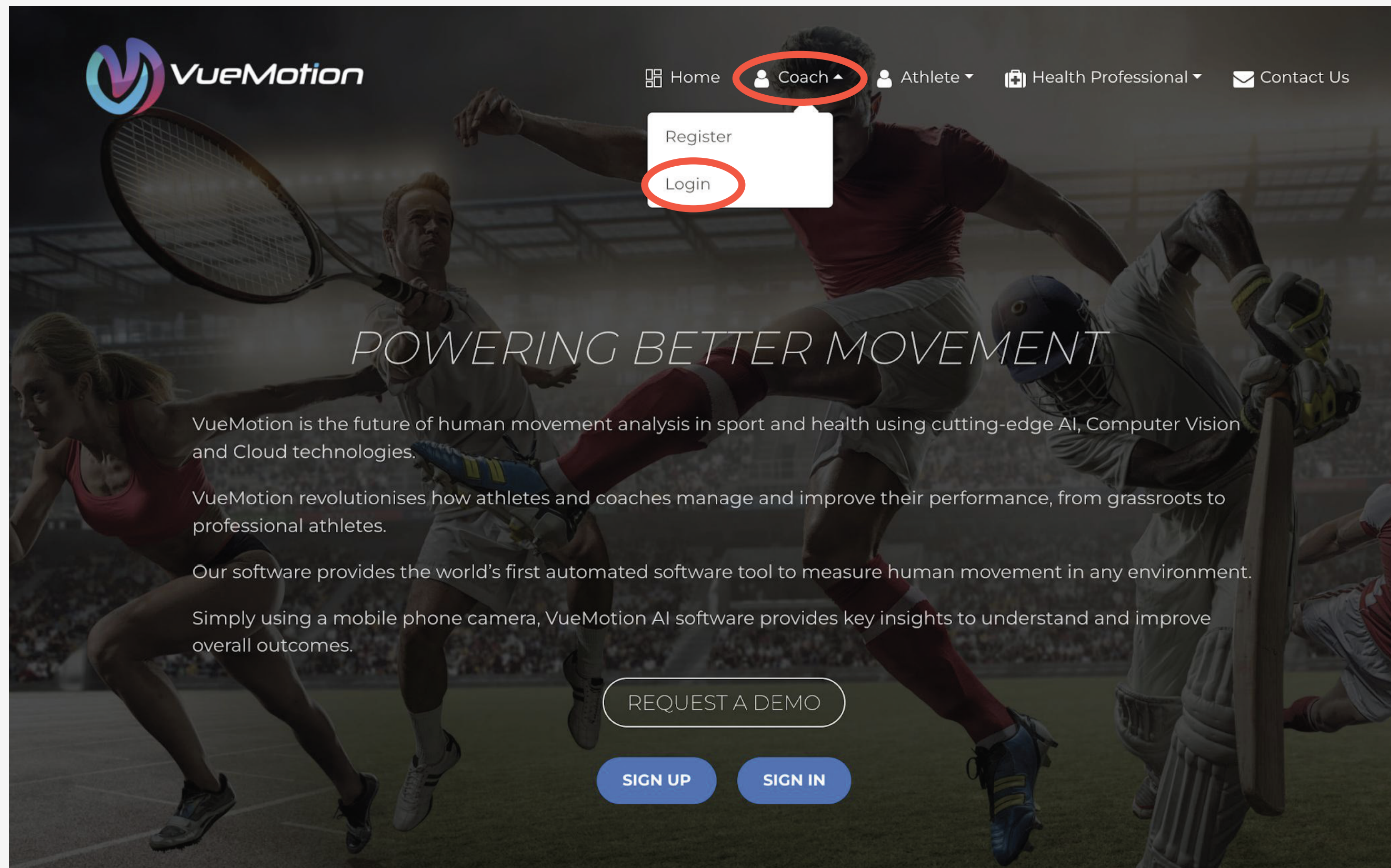
Edit > Trim > Done
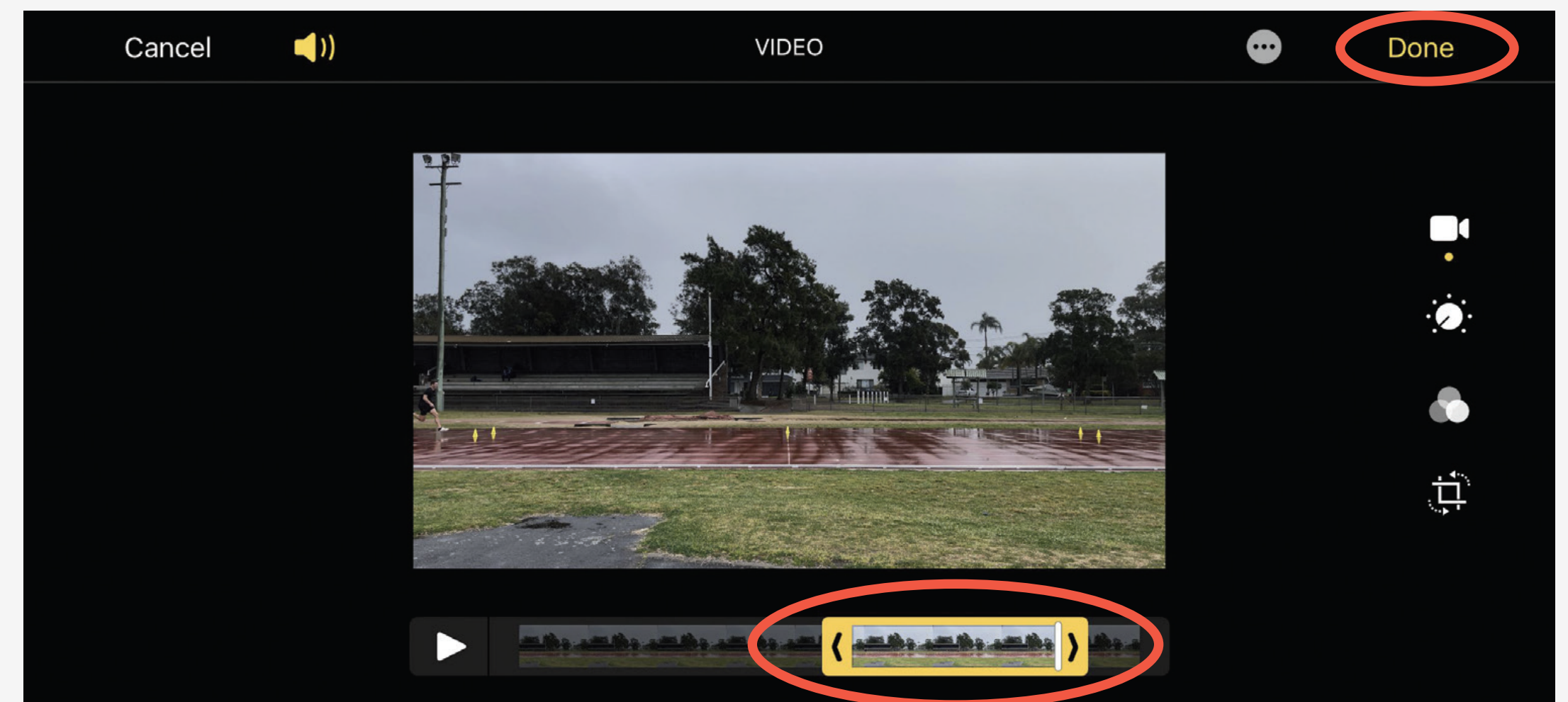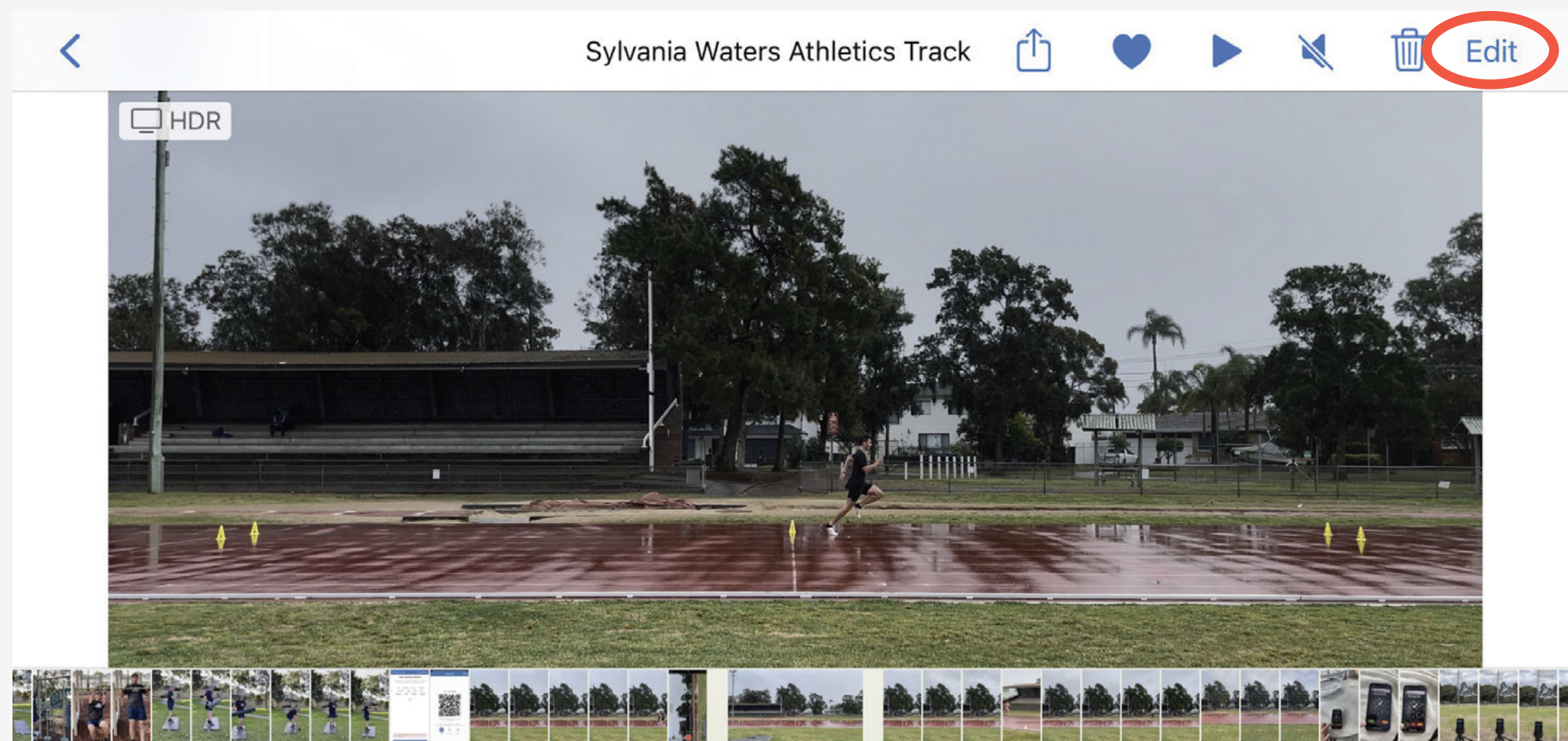
LOGIN

Go to www.vuemotion.ai

STEP 1. Select Coach or Athlete and Login
STEP 2. Enter Email Address and Password
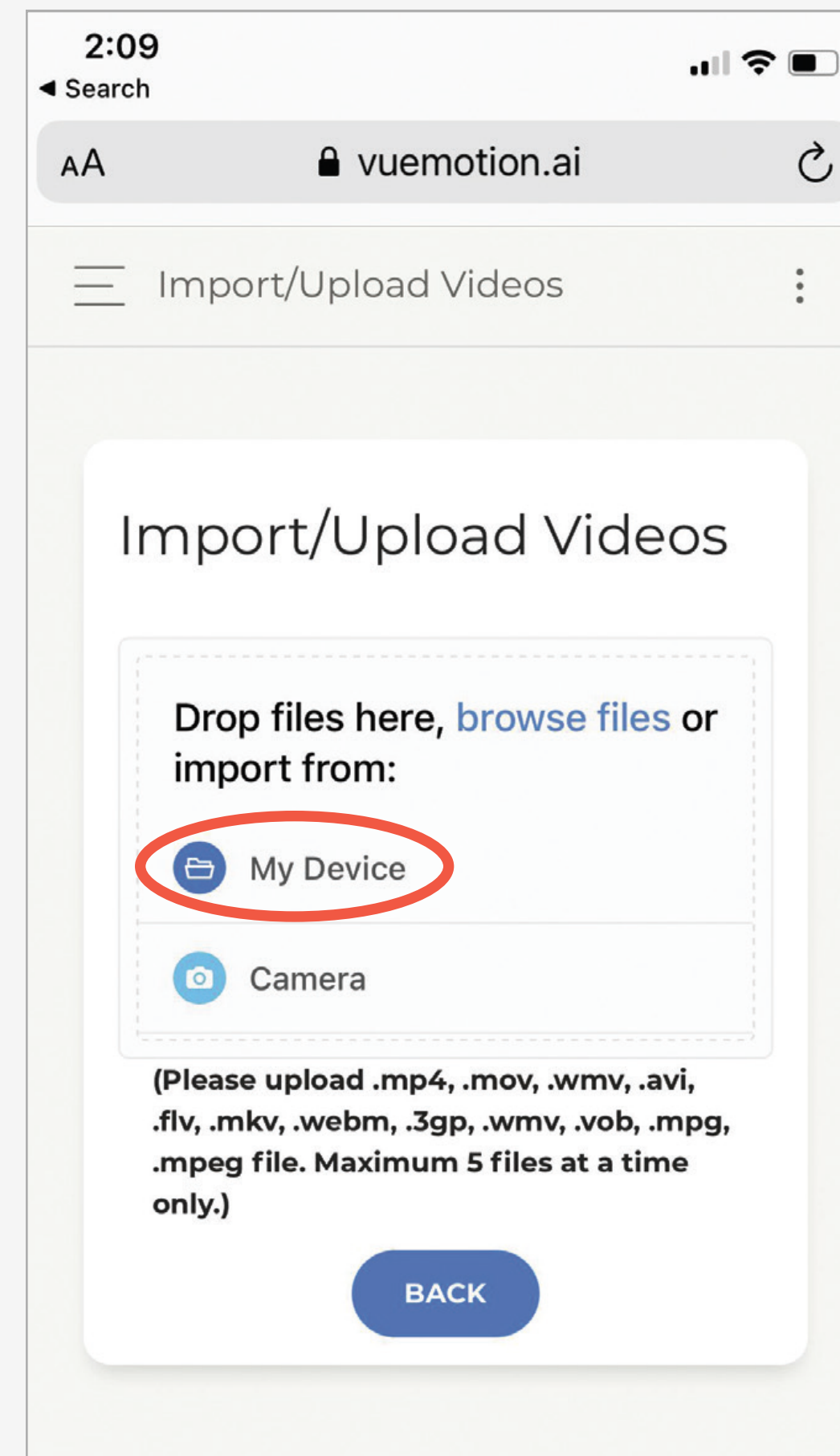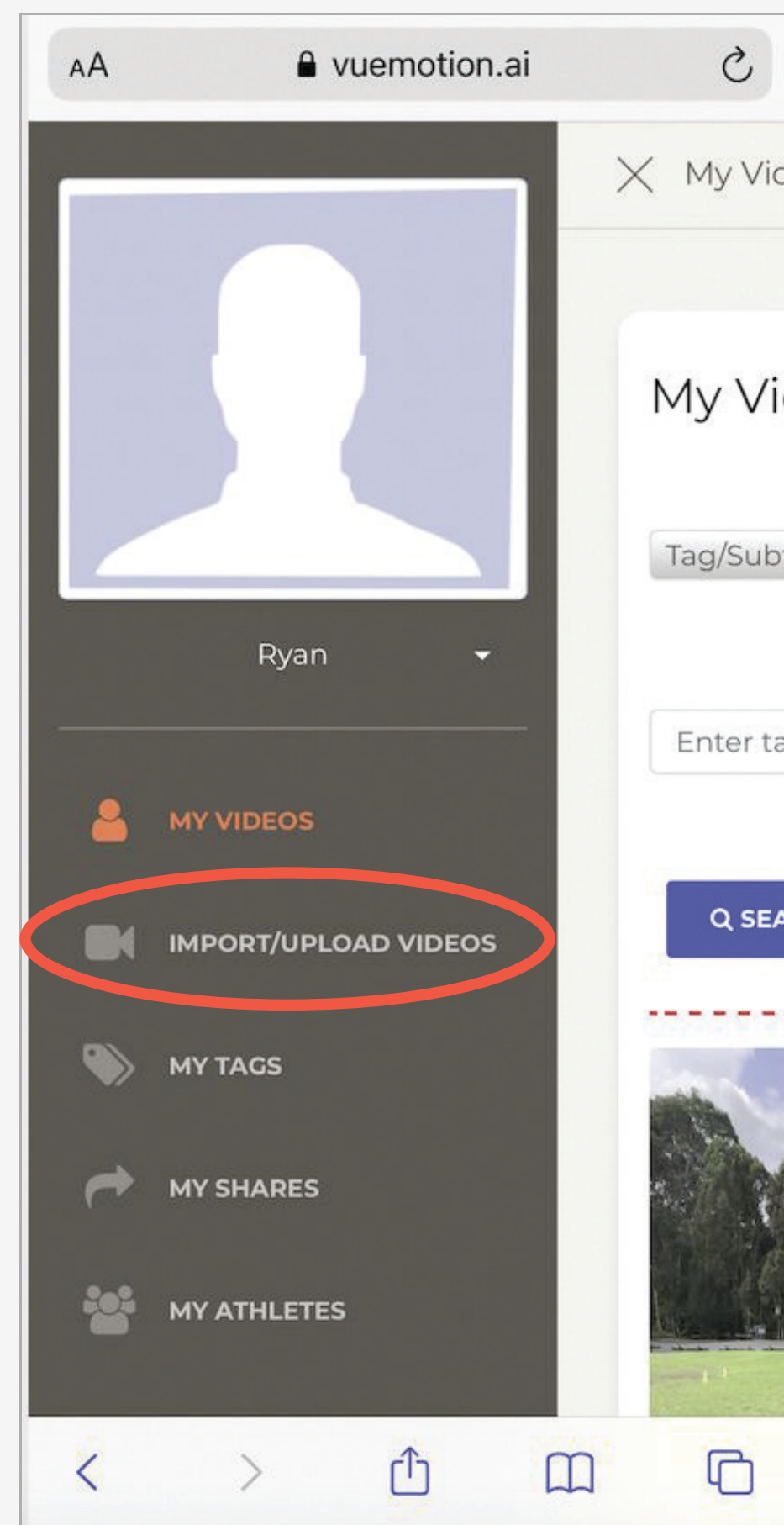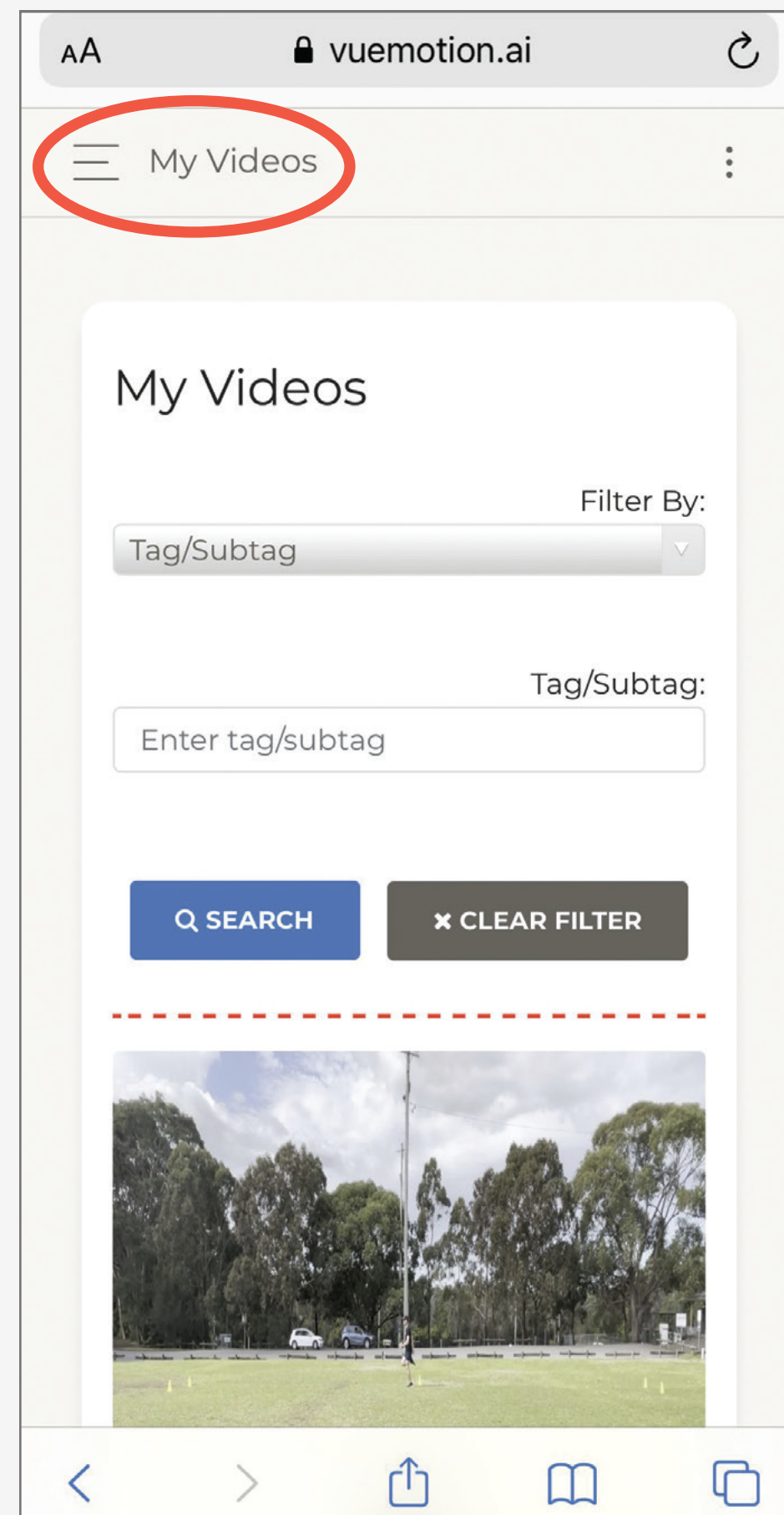**STEP 3.** Enter 2 Factor Pin Number

1.

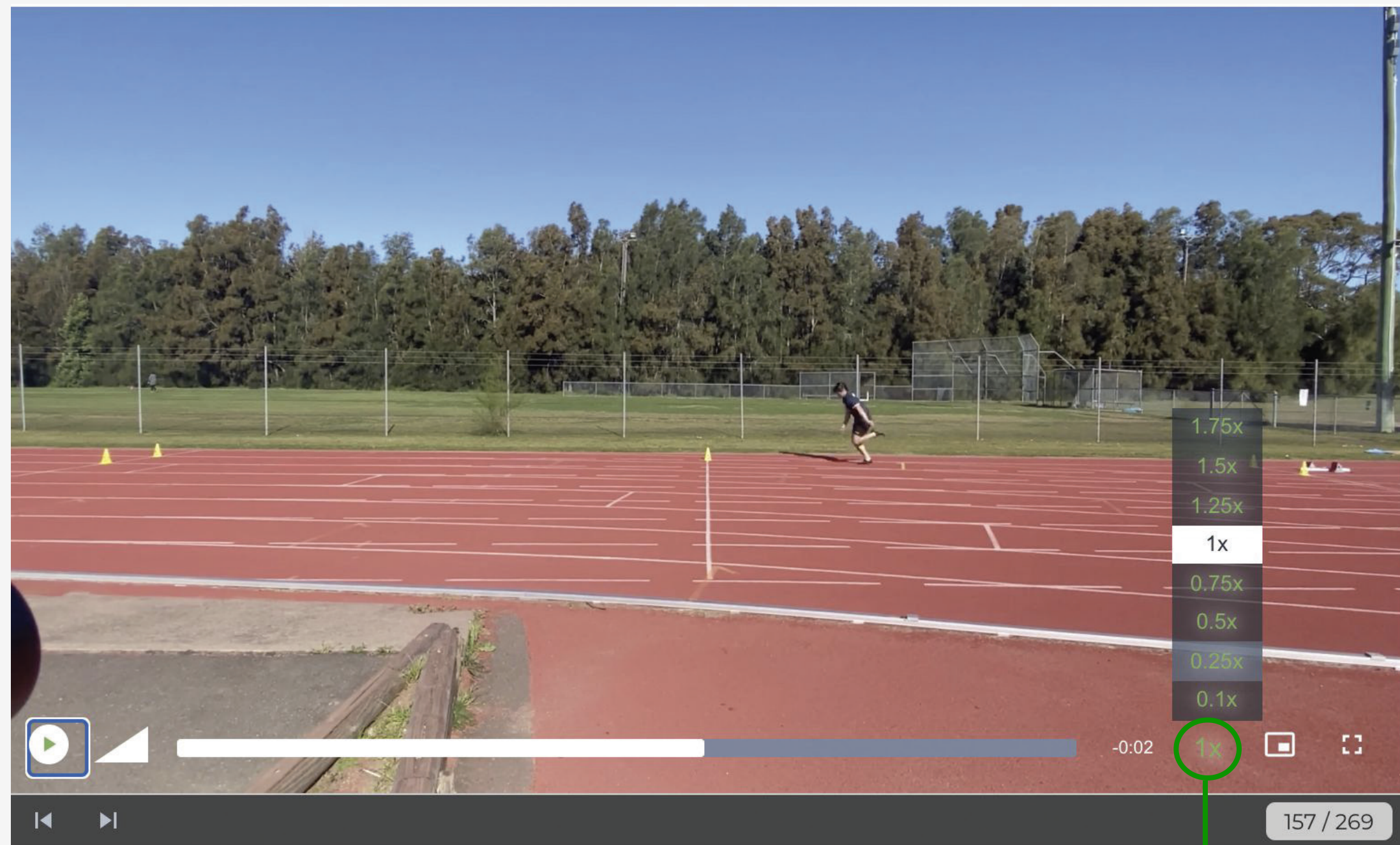2.

3.

UPLOAD AND PROCESS VIDEO

You can upload video from your phone or computer. To upload directly from your phone, follow this process. You can select up to 5 videos to upload at once.

My Videos > Import/Upload Videos > My Device

VIDEO FUNCTIONS

Use this feature to add notes to specific frames.

Playback Speed

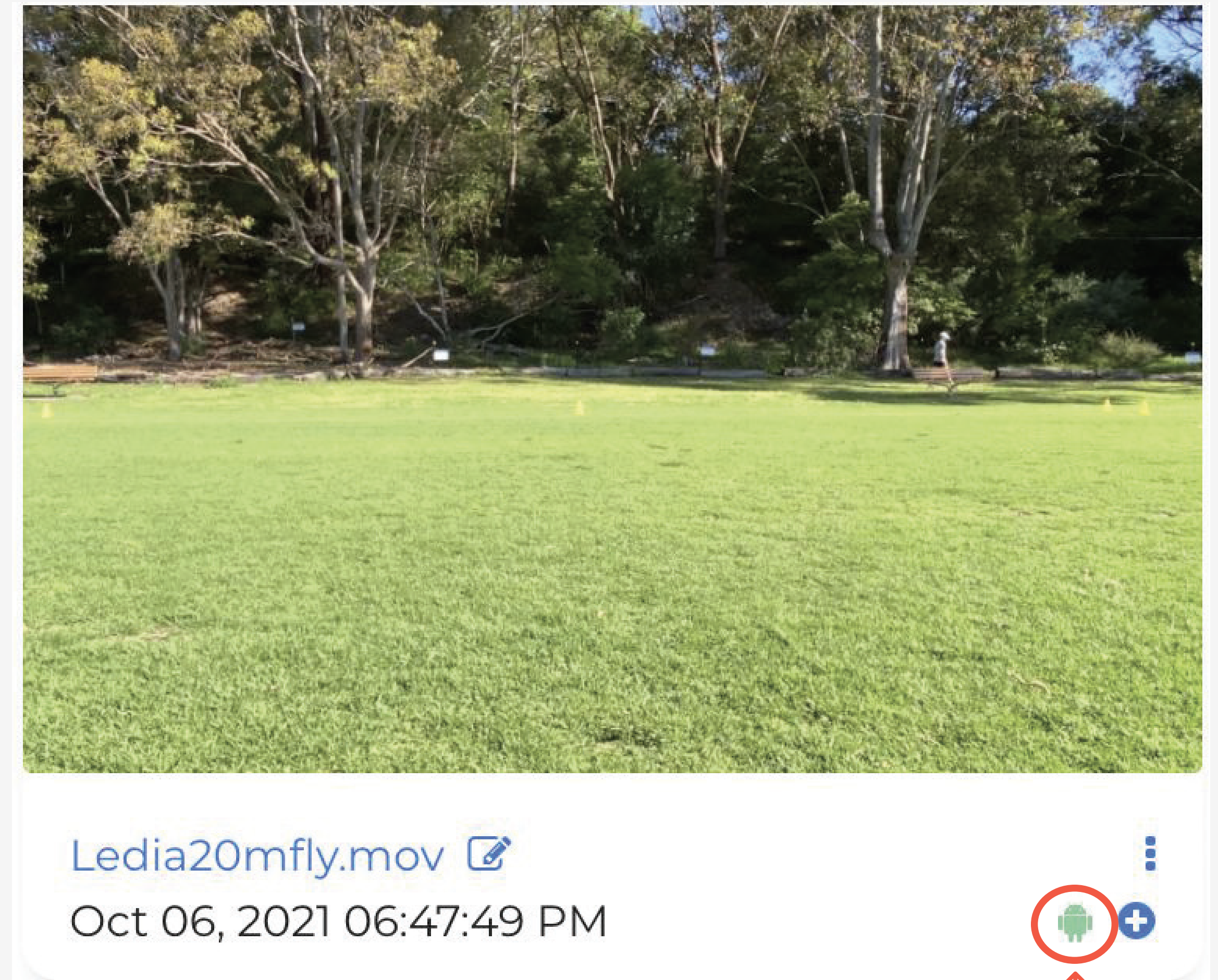AI Processed, See Results

Add searchable tags

FINAL PROCESS

Once uploaded you can click on the AI process button. You only need to do this once.

Our team will review and process the videos through our secure encrypted AWS platform.

Under the action button, you can go in and change the name, tag video such as athlete name, 20m fly etc.

You can also share the video, set an expiry date of the share and set a pin number if required.

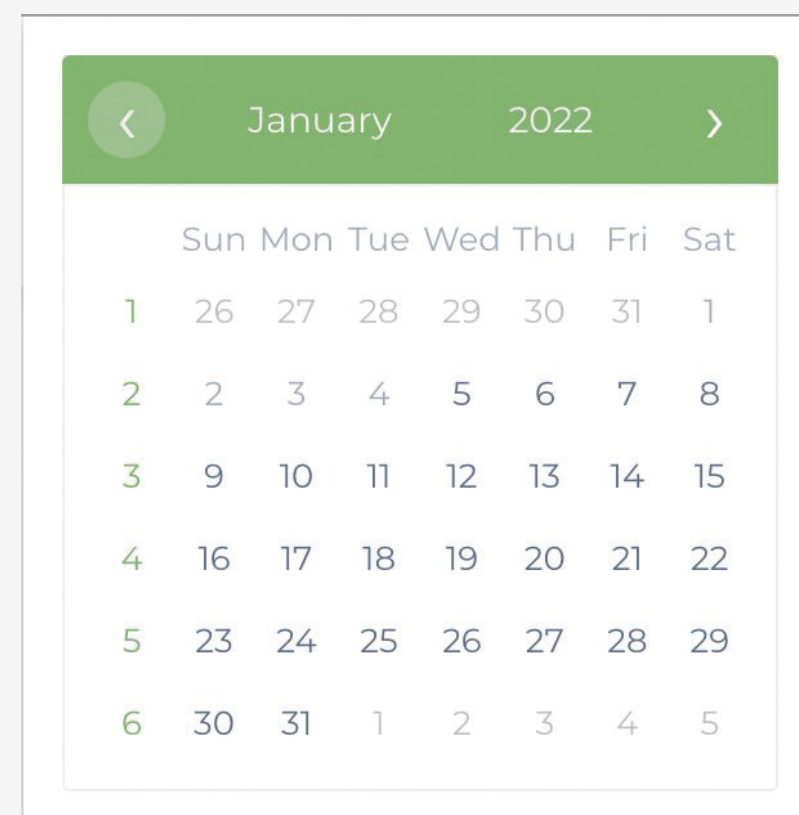Once processing has been completed by VueMotion you will be provided with the results.
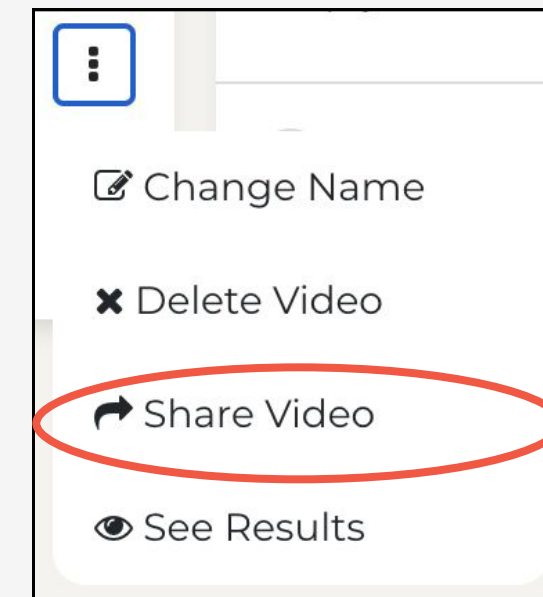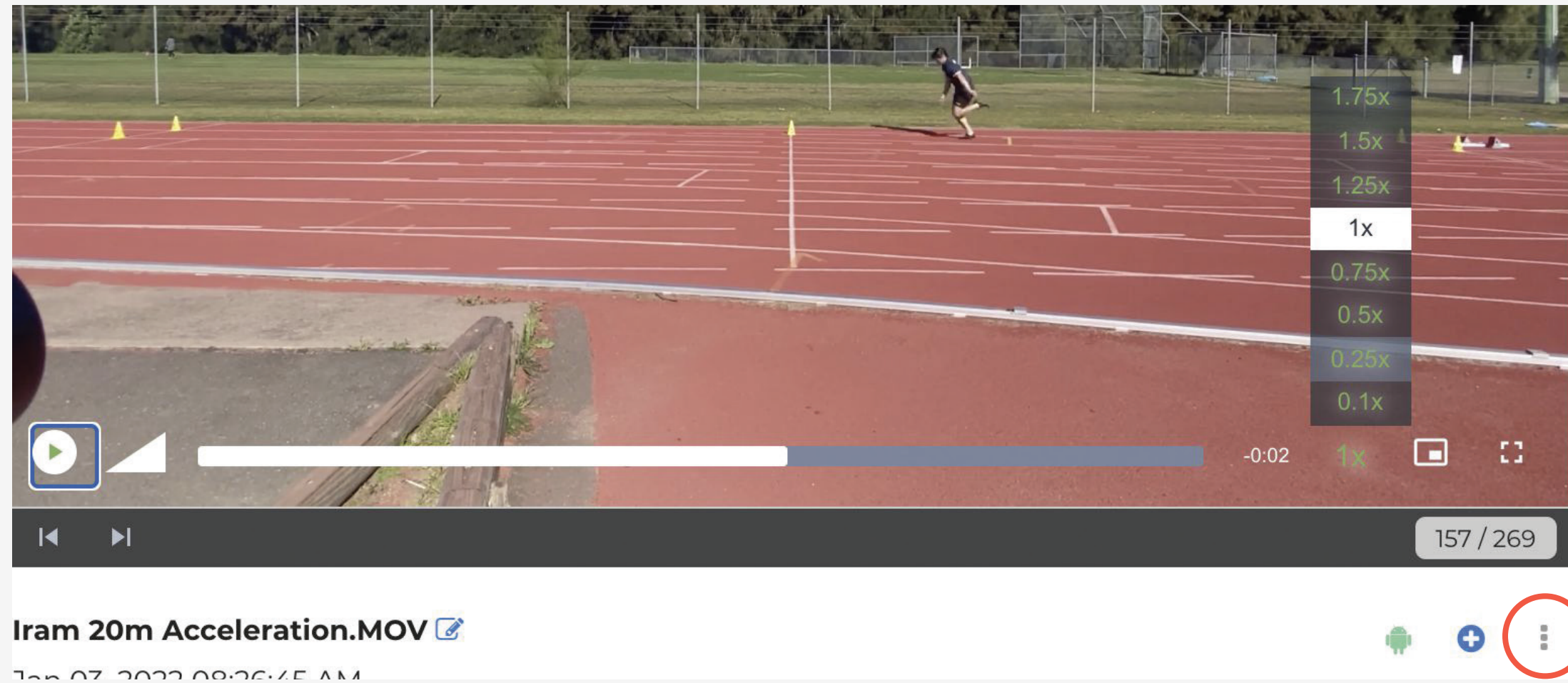

Ledia20mfly.mov

Oct 06, 2021 06:47:49 PM

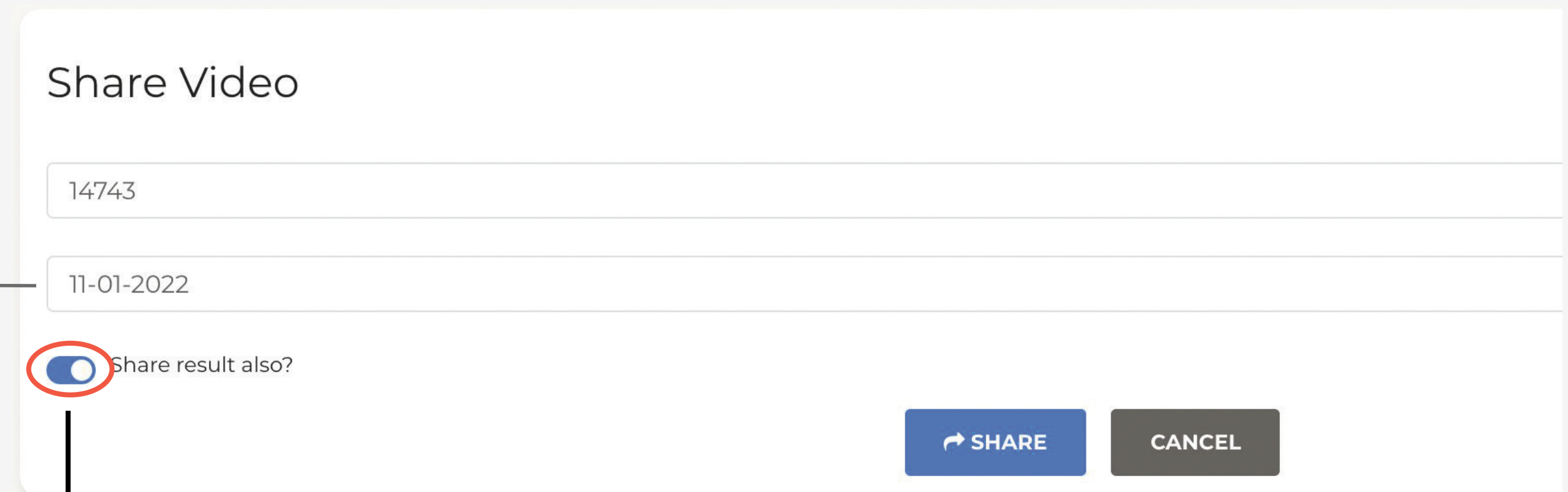AI Process Button

16.

VIDEO SHARING

You can share your videos and results by clicking the menu button

Menu > Share Video > Share Results

Set Expiry Date

Share Results Button

SEARCH VIA FILTER

You can search for a specific video using a video name, date uploaded or tags and sub-tags you previously added to a video.

My Videos > Filter By> Search

FAQ

How long does it take to set up my equipment? It takes 5 mins max to set up your cones, tripod and phone.

Do I specifically need yellow cones? Yellow or red cones are fine.

Do I record in slow mo? Please record in normal speed but the settings must be at 4k 60fbs

What does a testing session look like? It's very individual but a session could look like 3-5 runs of either one or more components of acceleration, max velocity, change of direction, braking and plyometrics.

What happens when I run out of tests? You can just re-purchase another package

What makes this different to using timing gates? This is cheaper than buying timing gates and all you need is a tripod, your phone, cones and a measuring tape to get your data. We also provide you with our PSR reports to help you understand the data.

How often should I test? This is very individual but you could do every training cycle covering your key components. You can compare one or several components over your training cycle.

What is PSR? PSR is our common language that we are using at Speedworks and refers to projection, switching and reactivity.

How do I get the PSR reports? The PSR reports are created from your data and are automated through VueMotion.

What information do I get on the report? THE PSR reports show your projection, switching and reactivity scores.