

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 used 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

from the makers of -

smartspeed™

▶ 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 countermovement 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: 75cm x 75cm, wt. 10.5 kg
- ▶ metal eyelets for wall mounting or ground pegs
- ▶ connects via PS2 cable to your SMARTSPEED™ remote units - up to 8 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



for more information

please contact FUSION SPORT™ -

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or visit our website to find your nearest distributor-


fusion sport™

www.fusionsport.com