

Just Jump Or Run Meter Specifications: For addition information go to website: probotics.org

Operating Temperature Range: 0....65C (32 to 150 F)

Accuracy: +- 1/2" of reading from 5" to 59"

Relative Humidity: 95% RH or less @ 30 C (86 F) noncondensing

Storage Temperature : -2570 C (-13 to 158 F)

Battery Life : (Alkaline) 80 hours typical, @ 23 C (73 F)

Power : 9 V battery (NEDA 1604A, 6F22, 006P)

Dimensions : (L x W x H) 156 mm x 83 mm x 30 mm
(6.2" x 3.3" x 1.2")

Warranty (1 year) and Limitation of Liability

Each product manufactured by Probotics Inc. is warranted to be free from defects in material and workmanship under normal use and service. This warranty begins on the date of shipment and extends only to the original buyer or enduser for the period of 1 year. This warranty does not apply to batteries or any product which, in Probotics's opinion, has been misused, neglected or damaged by accident or abnormal conditions of operation or handling.

Package Contents:

1 ea. "JUST JUMP OR RUN" Meter

1 ea. Large Mat

1 ea. "Instruction sheet

Cautions:

Do not land on the mat with your knees in the "tuck" position, this will cause the meter to give a false reading and may cause an injury.

Do not jump on the mat wearing street shoes or spike sole shoes.

Do not drop the mat on its edges or its corners, this may damage the mat.

Do not place the mat onto a unlevelled or wet surface, sand, playing field grass or any other soft surface.

Land on mat with both feet.

Do not store computer where temperature exceeds 115 degrees Fahrenheit

Use small screw driver to remove the battery door.

When running sprints place a non-skid floor covering underneath mat to prevent mat from moving.

This can be purchased at a hardware store such as Lowes or Building Square for less than \$5.

Introduction

The "JUST JUMP METER" is a computer which measures vertical jump, foot quickness, reaction time, and voice-activated sprints or dashes. There are three main operating modes of which one will be selected as soon as power is switched on. The first mode is the "1 Jump" which is selected for vertical jump and foot quickness. The second mode is the "Sprint Timer" which is selected for measuring the athlete's speed (**This is a wireless system meaning no long cables necessary**). The third mode is the "4 Jump" which is selected for reaction time of the athlete. These modes are explained in detail below.

Operating Instructions:

1-800-666-9198

1 Jump Mode

1. Place mat on a hard level surface such as a gym floor or a concrete sidewalk.
2. Connect mat connector to the JUST JUMP ! meter.
3. Turn on the power switch.
4. Select mode of operation by pressing push-button switch while the appropriate mode is flashed on the display.
5. Stand on the mat then jump up and when coming down land back on the mat. The left display indicates the air (hang) time in seconds and the right display indicates the jump height in inches.
6. The next athlete may jump as soon as he can step onto the mat. **YOU DO NOT NEED TO RESET THE COMPUTER BECAUSE THE COMPUTER AUTOMATICALLY RESETS AT THE BEGINNING OF EACH JUMP.**

This mode can also measure the athlete foot quickness because when he is off the mat for more than 1.1 seconds the computer goes into a timing mode. The reason for this, is because no one can stay in the air this long (he would be jumping 48 in.). Shuttle drills can be performed by standing on the mat and running some distance and then return to the mat. The computer computes the time the athlete was off the mat. The athlete starts the computer timer when leaving the mat and stops the timer upon returning to the mat. The display indicates the time off the mat in seconds. (See shuttle drills illustrations).

4 Jump Mode

This mode measures the ability of the athlete to get out of the starting blocks (reaction time). The athlete stands on the mat and jumps four times in succession as quickly and high as possible. The computer computes the average ground time, the average jump height, and the explosive leg power factor (ELPF). The ELPF is the air time divided by the ground time. Therefore the less time on the ground and the higher the jump, the greater the ELPF.

Operation

The athlete must complete the following steps:

1. Stand on the mat.
2. Jump 4 quick jumps and land on the mat each time.
3. After 4 jumps the display will indicate the following features from left to right : Ground time, ELPF, and Average jump height.
4. Step off the mat.
5. The display will blink "STEP ON MAT".
6. The next athlete may begin jumping by stepping on the mat and repeating steps 1-6.

Explanation of reading the display

The number on the left display which is the time the athlete is on the ground between jumps indicates reaction time which reflects athletic ability to get off the ground as quick as possible. A good performance number is .20 to .23 seconds. The number in the middle is the ELPF which is an index of air time divided by ground time. A good performance number is greater than 2.50. The number to the right of the display is the jump height. A good performance number is greater than 20 in.

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Sprint Timer Mode (“ Start on Voice “ Command)

In this mode the runner begins to run and the computer timer starts timing the instant a loud sound such as shouting “GO” or blowing a whistle or firing a cap pistol near the microphone at the top of the computer.

For timing a 40 yard dash the computer and **Mat** is placed at the finished line. Since the athlete is 40 yards away it takes approximately .1 second for sound traveling at 1100 ft per second (speed of sound) to reach the runner. The computer operator compensates for this delay in sound by setting the distance of the dash with a red push-button switch. Distances up to 999 ft may also be selected. As the runner crosses the finish line he steps on the Mat to stop the computer timer. The display shows the time of the run in seconds to the nearest hundredth of a second.(See illustration drawing)

Setting the Distance of the Run

1. The operator selects “ Sprint Timer “ mode by momentarily pressing down on the switch while this mode is flashed on the display.
2. The operator selects “ Start On Voice “ by momentarily pressing down on the switch while this command is flashed on the display.
3. After the operator selects the “ Start On Voice “ command the display now reads “DIST = 000 ft”.
4. A distance of the run is set by momentarily pressing down on the switch when the proper digit is shown on the display. An underlined cursor selects the digit to be set.

Example: Distance to be set is 120 ft.

1. Wait until the left most digit reads 1 then momentarily press down on the switch. The display reads “DIST = 100 ft”.
2. Wait until the second digit reads 2, then momentarily press down on the switch. The display reads “DIST = 120 ft”.
3. Momentarily press down on the switch. The display reads “Ready 120 ft”.

You are now ready to time the runner as follows :

1. The computer timer and runner can now be started by shouting “GO” into the microphone. You may also use a whistle.
2. After shouting “Go” the display will read “ Timing 120ft.
3. When the runner steps on the Mat the timer will stop and the display will read the time to the nearest hundredth of a second . Example: 04.65 .

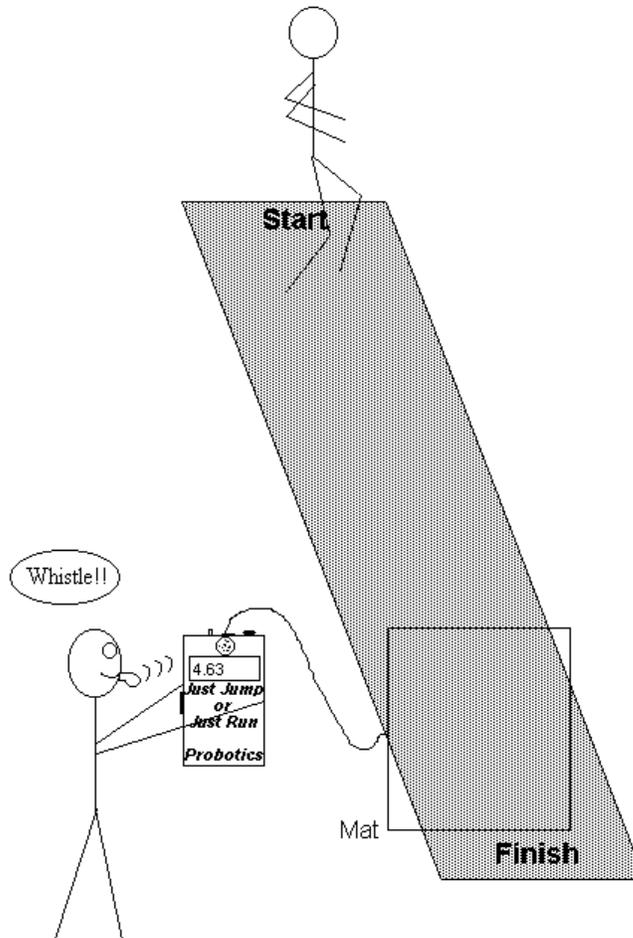
The next runner may now be timed by repeating step 1.

NOTES:

1. You may select a different distance by resetting the display to all zeros by holding down on the push-button switch for 3 seconds.

2. Once you have set your distance of the sprint, all you have to do is read the display each time the runner finishes his sprint . **The computer automatically resets the timer as soon as a loud sound is detected.**

You may abort timing of a runner by pressing the switch whenever the display reads “ Timing XXX M “ . The display will then read “ Ready XXX M “ which allows the



Sequence of Events for start on Voice Command Mode

Operator blows whistle.

1. **Runner and computer timer start at the same time.**
2. **Runner steps on mat to stop computer timer.**
3. **Display reads time to nearest hundredth of a second.**
4. **Repeat steps 1 through 4 for next runner.**

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JUMP 60 TIMES:

This mode can be used to measure the conditioning of the athlete as well as help to condition the athlete. The athlete steps on the mat and jumps 60 times. During the first 15 jumps, the average ground time and vertical are recorded and saved. During the last 15 jumps, the average ground time and vertical are recorded and saved. The display will read the data of the last 15 jumps and then the data of the first 15 jumps and then the fatigue factor. The athlete should jump as height and get off the ground as quickly as possible for 60 jumps as long as he is in control of his jumps.

<u>Display Example:</u>	.25	1.95	15.2	(Last 15 jumps data)
	.28	1.80	13.0	(First 15 jumps data)
	.92			(Fatigue Factor data)

The first row of the display shows from left to right the average ground contact time of .25 seconds, the explosive power index of 1.95 and an average vertical of 15.2 inches.

The second row of the display shows from left to right the average ground contact time of .28 seconds, the explosive power index of 1.80 and an average vertical of 13.0 inches.

The third row shows the fatigue factor of .92 percent. The fatigue factor indicates the physical conditioning of the athlete.

The results of the display will cycle through each row of data and hold each set of data for over 1 second.

The athlete must stay on the mat until the operator writes down the results of the display. When the athlete steps off the mat, there will be a slight delay and then the display will read "Step ON Mat". The next athlete will then step on the mat and begin jumping.

NOTE: The explosive power index will be a larger number if the ground contact time number is smaller or the vertical is a higher number.

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