SMARTCOACH

THE COACH'S BEST FRIEND!

SmartCoach Power Encoder
SmartCoach Lite
SmartCoach Pro

What is SmartCoach?

SmartCoach is a line of products for monitoring performance in strength training.

It is the only device in the market useable with weights, as well as with innovative flywheel and inertial devices for eccentric exercise.

SmartCoach allows planning training schedules, provide instant feedback to the trainee during exercise, assessing his performance and much more!

Why SmartCoach?

Performance in sport is dictated by the capability of generating power. Power measures the attitude of producing force at high speeds, and it's power - more than bare force - the crucial parameter to be developed for optimal results.

Efficient training requires tools to monitor the athlete's performance - not only force, but also spe speed and power.

In rehabilitation and injury prevention, that allows adjusting the work load in completely safe conditions.

Who uses SmartCoach?

The SmartCoach range of products covers all these needs in modern strength training, both for individuals and teams. It is targeted to strength and conditioning coaches, personal trainers, physiotherapists and professionals in rehabilitation. It is also an invaluable tool to provide added value services to gyms and fitness centers, increase the customers' motivation and reduce drop-outs.

Which SmartCoach?

SmartCoach systems are composed of:

- a power meter to be connected to the training device, which can either be the SmartCoach Power Encoder or SmartCoach Lite

- data acquisition and analysis software (the SmartCoach software or the SmartCoach Pro system)

- a special sensor, for flywheel/inertial training devices only

Three different solutions cover any need for individual or team training, range of compatible training devices, desired features and budget constraints: SmartCoach standard, SmartCoach Lite, and SmartCoach Pro.

SmartCoach solutions			SmartCoach standard pack	SmartCoach Lite pack	SmartCoach Pro pack
Acquisition device		SmartCoach Power Encoder	●		●
		SmartCoach Lite power meter		●	●
Feedback and software		SmartCoach software	●	●	
		SmartCoach Pro system (SmartCoach Server software + one Pad on each training device)			●
compatible training devices		Weight stack machines and free weights	●		●
		VersaPulley™ devices + SmartCoach VersaPulley sensor to purchase separately	●	●	●
		Exxentric kBox + series pre-installed sensor	●	●	●
		Yoyo Technology™ devices + sensor to purchase separately; contact us for additional info	●	●	●

NOTE: to be used with SmartCoach, flywheel/isoinertial training devices must be equipped with a suitable sensor.

Exxentric kBox machines (exxentric.com) have a SmartCoach-ready version with factory installed sensor.

For VersaPulley™ Portable and Wall Mount (versaclimber.com), a dedicated sensor (SmartCoach VersaPulley Sensor) can be purchased separately. Future VersaPulley™ devices will also be SmartCoach-ready.

For Yoyo Technology™ machines (yoyotechnology.com), refer to the manufacturer for additional information; add-on sensors are available from us upon request.

SmartCoach Power Encoder

This is the classic and most versatile power meter of the product line.

The Power Encoder is a small wire encoder that can be used with any weight stack machine, free weights, or inertial training devices (kBox, VersaPulley™ and Yoyo Technology™).

It is connected to the computer or SmartCoach Pro system trough an USB cable which also provides power supply, making it completely portable for field use.

For use with weights, its nylon wire is hooked to the weight stack, barbell or dumbbell and measures the lifting speed during exercise, which is then used to compute power and other variables in the software.

When used with isoinertial devices, a special sensor mounted on these machines measures the rotational speed and feeds it into a dedicated input of the Power Encoder.

SmartCoach Lite

Not into weights? SmartCoach Lite is the most convenient solution for use with inertial training devices only, such as the kBox, the VersaPulley™ and Yoyo Technology™ families.

It is a tiny box that connects directly to the sensor mounted on those machines and measures the speed and power developed.

So you can now monitor the power developed, the eccentric overload at an extremely attractive price!

SmartCoach Pro

If the question is how to coach an entire team and monitor several athletes at once with maximal efficiency, SmartCoach Pro is the answer!

In a SmartCoach Pro environment, each training station is equipped with a suitable sensor (Power Encoder for weights, Lite for inertial devices) and an intuitive touchscreen interface – the SmartCoach Pad.

All the stations are connected wirelessly to a central workstation where the strength coach prepares the training schedules and analyzes the data.

Each athlete is equipped with a personal radio identification wristband or card. He simply approaches it to the Pad to have his training schedule displayed on an intuitive interface. Then he starts training by following the real-time feedback, which guides him in achieving the prescribed target and number of reps.

Acquisition is started and stopped automatically; data from the various training stations is sent to the central computer, where results can later be analyzed on a Pro version of the SMARTCOACH software.

The advantage of SMARTCOACH PRO is that the coach doesn't get busy acquiring data, and can instead focus on the athletes' performance while several of them train at once. The system is completely modular and expandable, and fits to any weight machine and inertial training device (kBox, VersaPulley™ and Yoyo Technology™).
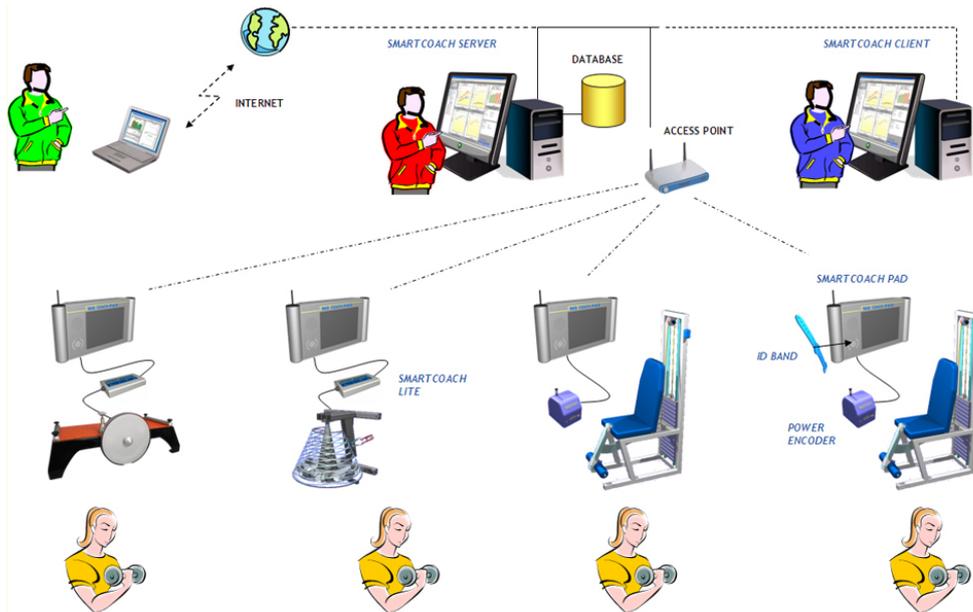

EVERYTHING PLANNED!

The SMARTCOACH software allows planning the training schedule from a library of over 170 exercises, and also gives the possibility of creating your own.

The training editor permits planning all the exercises and their parameters in advance, saving precious time during the training session.

All the training variables can be adjusted: load, sets, reps, recovery time and target power or speed, with endless possible combinations. The editor also includes a unique function to set the working point (load and target power) directly on the athlete's power curve.

Once the schedule for a given period is ready for one player, it can be propagated to the entire team with just a click. And for SMARTCOACH PRO systems, it is also possible to request subjective values of perceived exertion and pain at the end of the series.
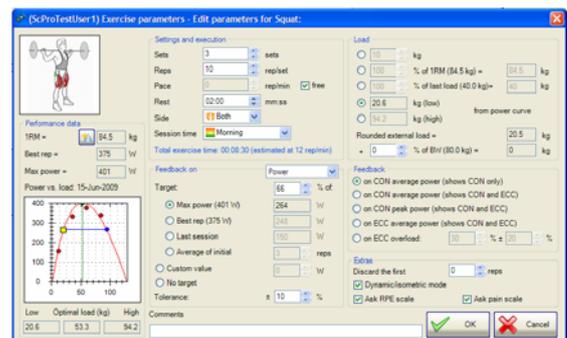
Power is nothing without control

This is why SmartCoach offers a real-time, intuitive feedback on developed power or speed. So the athlete is guided in achieving the prescribed target, under complete and objectively controlled performance.

Feedback is given in form of audio and visual guidance, with simple bars indicating if the execution was correct (green), too fast (red) or too slow (blue) for each rep.

Several options allow controlling the concentric or eccentric phase, as well as the eccentric overload.

The feedback also shows the recovery time between sets.

Aiming at the top

It would be of little use planning the work load without knowing its optimal value, right?

The SmartCoach power test feature allows running a simple incremental test to estimate the trainee's power curve as a function of the load and execution speed.

These curves can be used to assess the optimal training load and speed that result in maximal power, as well as comparing left/right imbalances and evaluating the improvement of the physical status over time.

This function is also available for inertial devices to allow the estimation of their optimal training inertia.
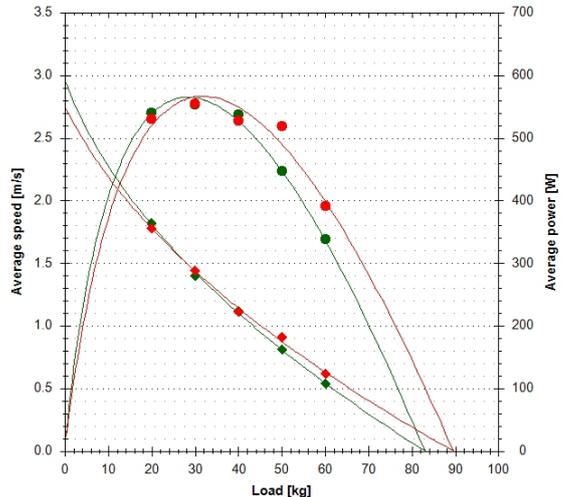

Drill down the data

A powerful training progress analysis tool is included in SmartCoach. It displays all the performed exercises and intuitive progress curves showing the improvements over time of the critical performance variables: power, speed, load, work and so on.

Performance indexes show absolute and relative changes over time, consistency and other paramount information. Data can also be exported to Excel for further processing.

It is also possible to drill down data from single repetitions, discard and filter results, and even display raw data plots.

Needless to say, this tool also allows producing neat printed progress reports.
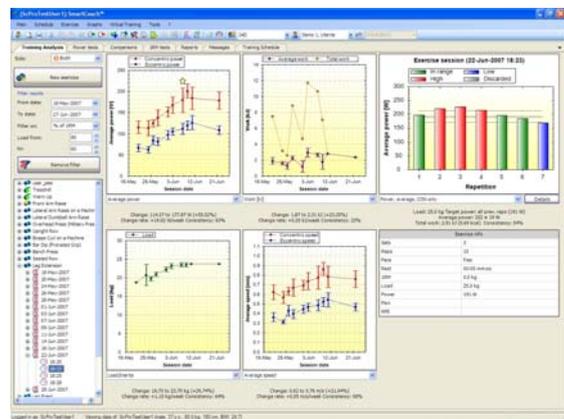
Something eccentric

No need to explain the advantages of eccentric training. What is worth mentioning is that SmartCoach was born having eccentric training in mind. It has been the first, and still it's unbeatably the best product in the market for use with the inertial devices for eccentric training, such as the popular VersaPulley™, kBox, and Yoyo Technology™ machines.

Thanks to an unique feedback option, SmartCoach allows training at a prescribed eccentric overload – no less and no more - to squeeze the most out of these great training devices, yet in completely safe and controlled conditions.

Several training devices, one environment

Tired of messing up with different systems and software? The SmartCoach environment is everything you need to monitor all of your strength training devices, whether it's a simple barbell, a weight stack machine, a flywheel device (kBox, VersaPulley™, kBox, or Yoyo Technology™), or our intelligent Exentrix motor-powered training system.

The SmartCoach software is also suited for pilates spring-loaded devices (e.g. Reformer™), pneumatic machines (e.g. Keyser™ Infinity, through installation of a dedicated sensor), and even to log any other type of non-strength exercises (aerobic, core stability, VersaClimber™, TRX™, etc) by building your own exercise library.

Fitted just for you

The new SmartCoach software is completely modular. That is, its functions are grouped in application-specific modules, and various software configurations are available for different customer profiles.

Modules range from basic to advanced features such as: analysis of the propulsive phase, feedback on raw data (speed, power, etc), pain analysis, imbalance assessment, variable-profile feedback (e.g. different target for each repetition), and much more.

Modules can also be purchased separately, so you can tailor the software for your needs and just pay for what you use.

The world at your fingertips

The best has yet to come. SmartCoach features a unique remote coaching feature which allows controlling remote athletes from anywhere in the world. A strength coach can prepare the training schedule and send it over an internet connection to his athletes, and get the training data back after the training session.

This feature also works with SmartCoach Pro, which means you can administer and control the training sessions of an entire training center, gym or fitness club from home or office. This is a great way to consult for several customers, no matter where and when they train.

Be with the best, or stay with the rest?

We are convinced that SmartCoach products are great tools. Maybe because we spent so much time working closely with professional athletes and their strength coaches, and thought how to make their work more efficient.

But don't take the word from us, and check out our list of customers from smartcoach.eu. You will find out we are not alone thinking so!

GIVE IT A TRY!

There is much more than this to say. But we prefer let the facts speak instead.

Go to the download page of our website to install a free evaluation copy of the software. You will also find a sample database with pre-recorded data, to get a feel of its many great features.

And if you decide to get yourself a SmartCoach, refer to our distributors for additional information or a demo.

smartcoach.eu

info@smartcoach.eu

smartcoach.eu/smartcoach_europe

@smartcoach_eu

SMARTCOACHEUROPE AB

SmartCoach Europe AB
Stockholm, Sweden

Info@smartcoach.eu
www.smartcoach.eu