**LOADVISER VISION · LIVE TESTS**

SPORTOTEAM · PERFORMANCE DEPARTMENT

# Live Test User Guide

This guide covers only what is needed to perform tests: logging into the panel, selecting the athlete, entering athlete information, recording and uploading the test by phone, and downloading the report. You do not need to enter other sections of the system. Perform only the tests you need; all 25 tests are not mandatory — the report is generated from the tests completed.

**PANEL: app.loadviserpro.com**
**EMAIL: your club account (provided by SPV)**
**PASSWORD: sent to you separately**

Security: Do not share the password. After your first login, change it from the profile menu in the upper-right corner. The account only displays Sportoteam athletes; data from other clubs is not visible.

## 1. Log in

Open app.loadviserpro.com in your browser and enter the email address and password. Mobile browsers (Safari / Chrome) also work; because tests are recorded on the phone, logging in from the phone is usually the most practical option.

## 2. Go to the Live Tests page

Open Performance Tests from the left menu; tap the purple “Vision · Live Tests” button in the upper-right corner. The same button is also available in the Performance Test Center.

## 3. Select the athlete

The list contains 100 athletes (Athlete 1 ... Athlete 100). Search by name or jersey number and tap the athlete card. The card shows how many tests have been completed and the date of the latest test.

## 4. Enter athlete information once

Tap Edit in the athlete bar; enter height, weight, date of birth, sex, dominant foot and position, then Save. These data are used automatically across tests. Height should be considered mandatory because horizontal jump and flexibility distances are calculated relative to height; without height, the result is shown as relative. Age, sex and sport affect reference bands and AI interpretation.

# Steps 5–7: Record, Review, Download

## 5. Record the test or send the athlete a link

On the athlete page, 25 tests are displayed as cards in four groups: Jumping & Strength, Speed & Agility, Mobility & Posture, and Neurological Monitoring. Record only the test you want to perform.

## 6. Wait for analysis (about 1 minute)

After upload, the card progresses through QUEUED → ANALYZING → COMPLETE. The page refreshes automatically. The completed card displays the main value; Details opens all measurements, the AI interpretation and the video. For sprint and agility tests, timing can be refined frame by frame in Details.

## 7. Download the report

The Athlete Report (PDF) button generates a Sportoteam-branded PDF using the completed tests: cover page with domain scores and radar chart, test pages with figure/table/reference band, and comparison with previous measurements when available. After each new test result, press the button again to download the updated report. Tests that were not performed are not given blank pages.

**Summary flow: Login → Performance Tests → Vision · Live Tests → select athlete → Edit height/weight/date of birth → record selected tests → wait ~1 min → Athlete Report (PDF).**

The record button opens the phone camera; record the video, then tap Upload and Analyze. A prepared video can also be uploaded from a computer using Select File.

The message/link function creates a WhatsApp link. The athlete opens it on their phone, records and submits their own video without logging in; the result is automatically saved under their profile. The link is valid for 72 hours.

Bilateral tests (single-leg hops, balance, 505) have separate Left / Right rows and require separate videos. When both sides are recorded, left-right symmetry is calculated automatically.

To repeat the same test, tap Repeat. The previous result remains in history; the report uses the latest result and shows the percentage difference from the previous measurement.

CORRECT RECORDING

# Accuracy Depends on How You Record

The system tracks the skeleton in the video to calculate angles, time and distance. These rules are not arbitrary; each one reduces a source of measurement error. A result may still be produced from a poor recording, but the card will show low confidence and this will be stated in the report.

## Phone setup

• Keep the phone fixed on a tripod or stable support; do not hand-hold it, follow the athlete or zoom.

• Keep the entire body and floor in frame. During jumps, the athlete's head must remain visible at peak height.

• Place the camera approximately at hip height (~1 m), 4–6 m from the athlete.

• Only one athlete should be in frame; avoid other people in the background.

• Use shorts/tights or clothing that makes joints visible.

• Light should come from in front of the athlete; avoid a bright window/sun directly opposite the camera.

• Record horizontally with the 1x lens; do not use 0.5x ultra-wide.

• Use 1080p 60 fps for jumps and contact-time tests; 30 fps is sufficient for posture/ROM/PLR.

• Start recording 3 seconds before the movement and stop 3 seconds after it.

## Camera angle

• True side view: all jumps, sprint, Nordic, overhead squat, sit & reach, ROM.

• True front view: balance (Flamingo), Skater, front posture.

• Front camera, 25–30 cm from the face: pupillary light reflex (PLR).

• For agility and sprint, keep all cones/lines in frame; position the camera in the middle of and perpendicular to the line.

## Invalidating factors

• Hand-held or athlete-following camera.

• Oblique angle (e.g., 45° when a true side view is required).

• Head or feet leaving the frame; multiple people in frame.

• Loose clothing, dark hall, strong backlighting.

## FAQ

Card shows Error: Details explains the reason (skeleton not found, video too short, frame rate too low). Correct the issue and repeat the test; the failed recording does not affect the report.

Confidence: low / medium: The result may be usable, but the angle or lighting was not ideal. Repeat under better conditions for comparisons.




Analysis exceeds 3 minutes: Refresh the page. If it remains queued, email info@loadviserpro.com with the athlete and test name.

Distance shown as relative: Athlete height is missing. Enter Height in Edit; subsequent recordings will be calculated in cm.

25 TESTS · QUICK REFERENCE

# What Each Test Measures & How to Record It

**You do not have to perform all tests. Suggested quick-start set: CMJ, SLH (left + right), 10 m sprint, 5-10-5, Flamingo (left + right), Overhead Squat — six tests, approximately 20 minutes, covering six of the eight report domains.**

| TEST | WHAT IT MEASURES | ANGLE · FPS | RECORDING NOTE |
|---|---|---|---|
| CMJ | Jump height, flight time | Side · 60 | Hands on hips; quick countermovement and jump; floor line visible |
| Squat Jump (SJ) | Height without countermovement | Side · 60 | Hold 90° squat for 2 sec, then jump |
| Abalakov | Arm-assisted jump height | Side · 60 | Same as CMJ; arms free |
| SLJ | Horizontal jump distance | Side · 60 | Take-off and landing in same frame; height required |
| SLH L/R | Single-leg distance, symmetry (LSI) | Side · 60 | Separate video for each leg; height required |
| SLV L/R | Single-leg vertical height | Side · 60 | Separate video for each leg |
| Triple Hop L/R | Total distance over three hops | Side · 60 | All three hops in frame; height required |
| Crossover Hop L/R | Crossover hop distance | Side · 60 | Crossover line visible; height required |
| Skater L/R | Lateral jump distance | Front · 60 | Front view; lateral motion in image plane; height required |
| RSI 10/5 | Reactive strength (flight/contact) | Side · 60 | 10 sec maximal rhythm, ~10 jumps; feet clearly visible |
| BOSCO | Repeated jumping, fatigue | Side · 60 | Continuous jumping for 15–60 sec |
| 10/20/30 m sprint | Time, peak speed | Side · 60 | Camera centered; start/finish lines visible |
| 5-10-5 | Total time, change of direction | Side · 60 | Perpendicular to center cone; all 3 cones visible |
| 505 COD L/R | Turn time, left-right difference | Side · 60 | Perpendicular to 5 m zone; separate by turning foot |
| T-Test | Total time, directional changes | Front/high · 60 | All cones visible |
| ADA | Acceleration-deceleration time/phases | Side · 60 | Entire course visible |
| Flamingo L/R | Balance sway | Front · 30–60 | 20–30 sec single-leg stance; hands on hips; each foot separately |
| Posture | Shoulder/pelvic tilt, forward head | Front + side · 30 | 5 sec natural stance; separate front and side videos |
| Overhead Squat | Knee/hip/ankle angles, asymmetry | Side · 30–60 | 3 deep squats with stick overhead |
| ROM | Joint range of motion | Side · 30 | Joint fully in frame; 2–3 repetitions |
| Nordic Control | Break angle, controlled descent | Side · 60 | Knees fixed; trunk lowers forward under control |
| Sit & Reach | Reach distance, hip flexion | Side · 30 | Legs straight; hold 2 sec; height required |
| Pupillary Light Reflex (PLR) | Autonomic fatigue indicator | Front camera · 30–60 | Same room/light/time each morning; face 25–30 cm; look 3 sec → close eye |

Help: info@loadviserpro.com — include the athlete name, test name and any error message. If unsure about recording, ask first; an incorrectly recorded video should be repeated rather than having a result inferred.