

SMARTCOACH

THE COACH'S BEST FRIEND!

SOFTWARE QUICK START GUIDE

VERSION 4.0.12, FEBRUARY 2013

Dear Customer,

thank you in your interest in our SmartCoach™ products! Follow this guide to install and start using or evaluating the software.

 **Important:** before proceeding, make sure you carefully read about the license and modules policy at:

www.smartcoach.eu/services/smartcoach

INSTALL THE SOFTWARE

The software is composed by two components:

1. **Database engine** (Microsoft SQL Server for SmartCoach™): it's the component which manages the database with exercise data
2. **SmartCoach™ installer:** it's the software itself, which changes each time a new version is released

They can be downloaded from SmartCoach website here: www.smartcoach.eu/software.

If this is the first time you install the software, both components must be installed in that order.

If you already have the software installed, you only need to download and install component 2, without uninstalling the previous version. Select the options on the download page to guide you in the process.

Do not connect the device until the software has been completely installed.

 **Note:** each time the software is (re)installed, you might get notifications from your antivirus program, such as:

"SmartCoach.exe is trying to access Internet"

"SmartCoach.exe is trying to establish a TCP connection"

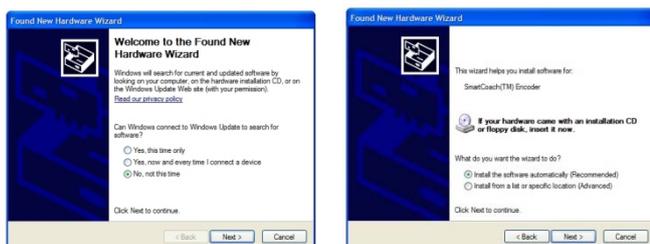
This is normal and depends on the fact that SmartCoach tries to access our website to check for updates; it is also needed to validate your license online. Ensure your antivirus program allows SmartCoach to connect to internet always.

INSTALL THE HARDWARE

If you purchased a **SMARTCOACH POWER ENCODER** or **SMARTCOACH LITE**, simply plug its cable into any available USB port once software installation is finished; the drivers will install automatically.

The drivers will (re)install the first time you plug the device into a USB port after (re)installing or updating the software. This is done only once. Next time you will use the same USB port, the drivers will be already installed.

On Windows 7 and 8, the procedure will be automatic. On Windows XP you will see the two following windows:



On the first window, Select " No, not this time" and continue. On the second, choose " Install the software automatically". Continue until the installation is complete.

Note: during the driver installation process, you might receive notifications such as:

"The device driver has not been signed", or "The device has not passed the Windows XP compatibility test"

This is normal and part of Windows safety controls; proceed and let the drivers' installation complete.

For installation on Windows 8, carefully follow the instructions on the download page to disable the driver signature control. If you don't do it, Windows 8 will not install the drivers and your device will not work.

ACTIVATE THE SOFTWARE (PURCHASED PRODUCTS ONLY)

If you purchased any SmartCoach™ device, you will receive an activation code (e.g. AB12-45C3), needed to activate the software online and unlock all of its features.

If you do not have an activation code (e.g. you downloaded the software for evaluation), the software will start in demo mode with some functions disabled. You can still try the software with sample data from a demo database.

To activate your software, proceed as follows:

- ❑ Start the software, then click on the More button so the bottom toolbar will appear
- ❑ Click on the license icon () and then Insert activation code. A window will open
- ❑ Insert your 8-digit activation code and click OK. You should now see a message telling you that the activation was successful, with a summary of your license data. The software is now fully functional!

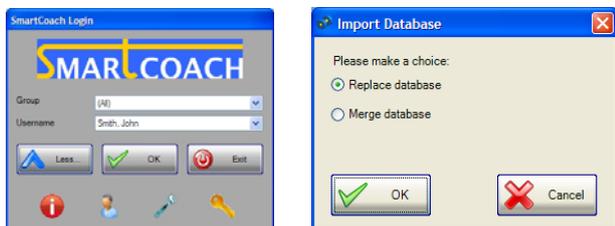


Note: you will have to be connected to internet in order to successfully activate the software. If you receive any message from your antivirus program warning that SmartCoach is trying to access internet, allow this action permanently.

IMPORT THE DEMO DATABASE (EVALUATION ONLY)

If you installed the software for evaluation, you can use the default demo user (_test_user) to experiment; or, you can download and import a demo database with pre-recorded data, as follows:

- ❑ Start the software, then click on the More button so the bottom toolbar will appear
- ❑ Click on the tool icon () and then Import (restore database). A window will open
- ❑ Select Replace database and click OK.
- ❑ Browse for the demo database you previously downloaded from SmartCoach website, and click OK. Now you can see some pre-recorded exercises and tests and experiment with them.



When installing the most recent software version for the first time, it will ask if you want to import demo data automatically.

CHOOSE THE LANGUAGE

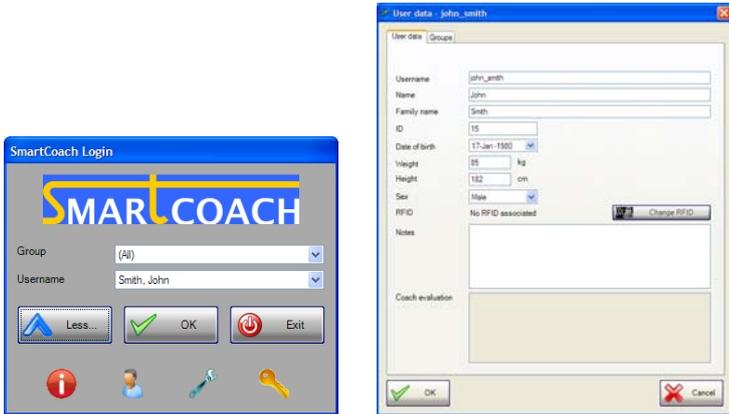
To change the language, proceed follows:

- ❑ Start the software, then click on the "More" button so the bottom toolbar will appear
- ❑ Click on the tool icon () and then Language
- ❑ Choose the desired language among English, French, Spanish or Italian and click OK
- ❑ Close and restart the software

CREATE A NEW ATHLETE OR GROUP

To create a new athlete, proceed as follows:

- ❑ Start the software, then click on the More button so the bottom toolbar will appear
- ❑ Click on the user icon () and then Create new user. A window will open
- ❑ Enter the athlete's data
- ❑ You will also need to choose an username and password; these are only used for the remote coaching function, but cannot be left empty. You can enter an username like *name_surname* (e.g. *john_smith*) and a simple password like 123. Usernames and passwords can be changed at anytime when signing up for the remote coaching function
- ❑ Move to the Groups tab if you want to create groups and associate the user to them; then click OK when done



SWITCHING ATHLETES

Once entered in the software, it is possible to switch among athletes from the new user toolbar on the top right of the screen.

The leftmost menu allows choosing the group, and the middle one the athlete. The rightmost menu is reserved to the remote coaching function:



OVERVIEW

The software looks as follows:



All the functions are available from the command bar on top; the most useful functions are also available on the toolbar:



There are several tabs, each corresponding to a different pane; for example:

- ❑ **Training analysis:** displays the data and graphs of recorded exercises
- ❑ **Power tests:** displays data and results of recorded power tests
- ❑ **1RM tests:** displays data and results of recorded 1RM tests
- ❑ **Reports:** displays and allows creating generic text reports (e.g. diet prescriptions, medical reports, etc)
- ❑ **Messages:** displays messages exchanged through the remote coaching feature
- ❑ **Training schedule:** displays the calendar with the current training schedule
- ❑ **Exercise log:** shows the list of the last performed exercises

and so on.



Note: the exact list of tabs displayed will depend on which modules are installed with your license.

GETTING STARTED

To know more and move your first steps in the software, it is suggested you read at least all the sections in the Overview chapter of the software help. To access the help guide, proceed as follows:

- ❑ From the top command bar, click on and then Help; the guide will open
- ❑ Click on the plus (+) symbol besides Overview to expand its sections
- ❑ Read more about the software structure and its different panes
- ❑ To search on a specific keyword, click on the Index tab
- ❑ It is suggested you also browse the other sections on the guide

