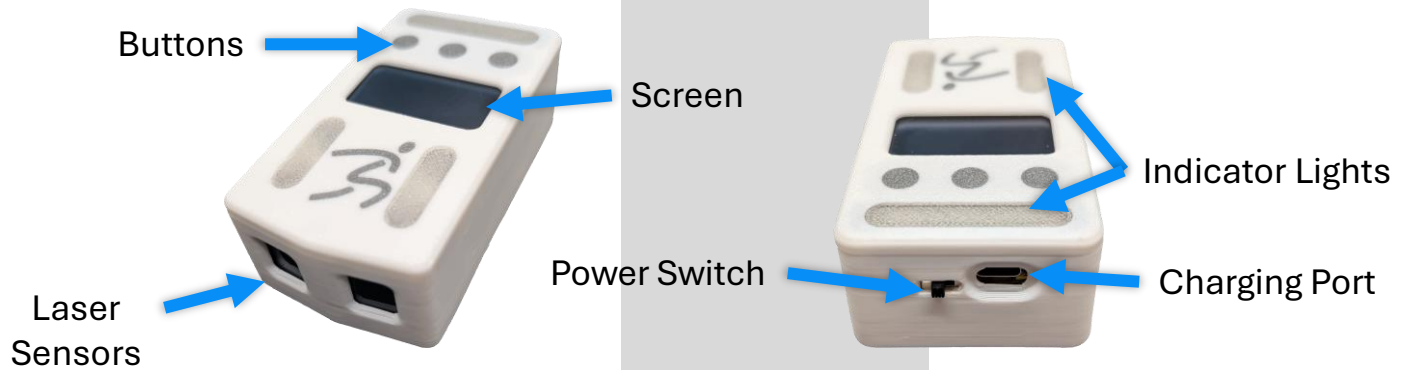


Dashr Vert

Dashr Vert can be used with or without the Dashr app. Use it on its own if you are looking for quick feedback, open the app if you want to automatically save your results in the Dashr ecosystem.



When you first open your Vert system, make sure you charge the Vert device for at least an hour before using it.

If you are not using the Dashr app, power on the Vert device using the power switch on the back of the device. You will be given menu options of 5-Hop RSI, RSI, and Vertical jump. Select the drill you want to run.

5-Hop RSI measures the Reactive Strength Index over 5 hops. Ground contact time and flight time are used to produce either average or peak RSI.

RSI measures the Reactive Strength Index from a single hop when stepping off a block of your desired height. When using the app, you can select the appropriate height to properly save the result.

Vertical jump measures vertical jump based on flight time, just like a jump mat. When selecting vertical jump it will then ask you to select your units (in or cm), and then Dashr Vertical or Just Jump Vertical. The Dashr vertical jump calculation is tested and validated by the industry, the Just Jump option uses a conversion formula to adjust the result to better match the Just Jump system if you have historical results you are comparing to. We recommend using the Dashr Vertical for an accurate representation of your athlete's vertical jump.

1. Download our App

Install the **Dashr App** by searching for it in the Google Play store or Apple App Store.

*NOTE: Operation of the system requires that your phone has Bluetooth® turned on to connect to Dashr equipment. **Connection takes place in the App, not your phones' settings.***

2. Install/Open App

Make sure that your phone/tablet is properly charged before using the Dashr system. Open the Dashr App on your mobile device and log into your Dashr account. If you do not have an account, you can make one at dashboard.dashrsystems.com. On the Dashboard you can create rosters, add athletes, create leaderboards, and connect with athletes to share their results with the **Dashr Player Profile app**.

For a quick tutorial of how easy it is to use the Player Profile app, check out this [LINK](#).

3. Register your devices

All Dashr products (besides 2.0 and RFID modules) need to be registered with EACH phone or tablet you are using. To do this, select “Device Registration” from the main page (or the + button at the top left) and **POWER ON YOUR DASHR DEVICES ONE AT A TIME TO REGISTER THEM.**

Each Vert device comes with a rechargeable USB battery bank. The USB-A to USB-C cable included can be used to power the Vert device from the battery if extended battery life is needed. This cable is also used to charge the Vert or the battery when not in use. **Now that you have the device on, select it from the “Available Devices” list and assign it ANY NUMBER you want.**

There is a spot on the bottom of the Vert device where you can label your device with that number. **Repeat this for each device.** Note that this only needs to be done the first time a phone/tablet is using the Dashr device(s).

4. Place your Vert

When performing the vertical jump or RSI you want to jump off a solid surface. **Do not use on grass, turf, or gravel.** Identify a flat space that is at least 3x3ft and clear of any objects. Power on the device.

5. Select the drill in the app

When logged into the app, the main page of the app provides several options to select your desired drill – either vertical jump or RSI. Once selected, each drill will present more information. You will select “Vert Device”, as you are using the Dashr Vert, to begin configuring devices for your drill. If you have any questions throughout the process, help and tips have been built into the app at each stage in addition to further support on the website. www.dashrsystems.com/drills

6. Test your athletes

The Vert device will take a couple seconds to calibrate and then it will say “Ready” with the back light blue and the front lights green. Check in the appropriate athlete by selecting them from the menu at the top right. Have the athlete step into the laser, about 2.5 ft away from the front of the Vert device (see image above). The front lights will go red. Press the “Set” button in the app and instruct the athlete to do a vertical jump. Make sure that the athlete does not tuck their legs during the jump to cheat the system by getting more hang time. Treat this system like you would a jump mat. You can toggle units from in. to cm. by pressing the middle button on the Vert device. Have the athlete leave the laser window, press “Save” then press the “Reset” button. Allow the Vert device to recalibrate and check-in the next athlete.