

# Step

## Quick Start Guide

NICON

Start Here

### 01 Box contents

Adapters



Micro-USB cables



Sensor straps



IMU Sensors

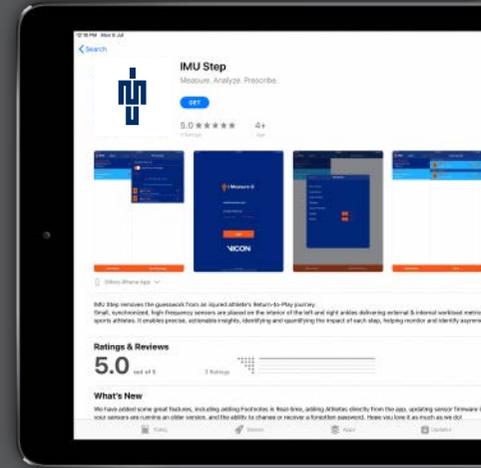


LED light indicators

Adapter connection pins

Best Practice: Charge sensor before use

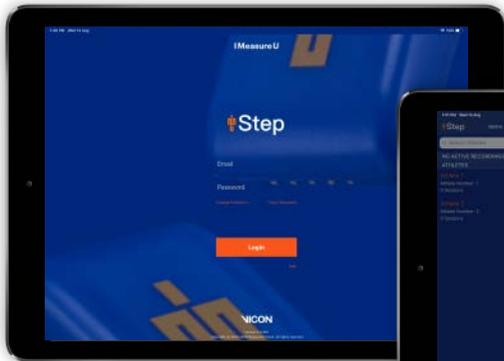
### 02 Download IMU Step iOS app from the App Store with an iPhone or iPad



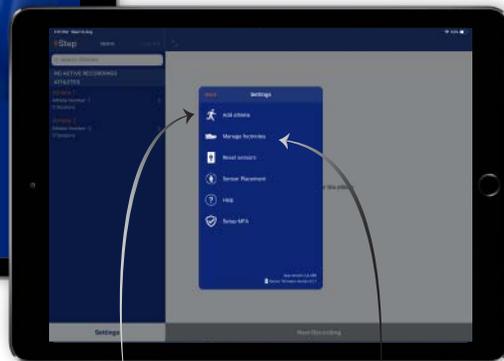
Unfold Me

### 03 First time setup

1 Login to IMU Step iOS app



2 Add athletes & footnotes



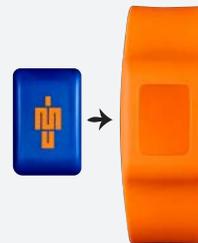
Add athletes to your roster.

Add footnotes to tag your sessions with custom events, such as exercises & drills.

### 04 Attaching the sensors

1

Secure sensor in the strap with the IMU man facing outwards.



2

Strap sensors onto inside of each leg directly on the medial aspect of the tibia, just above the medial malleolus.



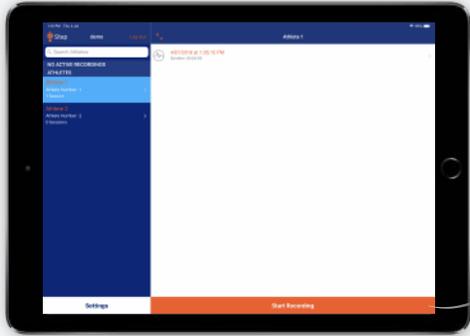
Check:

- Strap sits snug against the leg
- Sensor is orientated in 'man forward' position with the head pointing in the same direction as the athlete
- Flashing LED light on top.

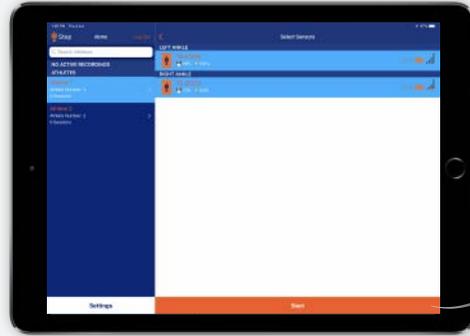
Flip Me

## 05 Recording a session

1 Select athlete in iOS app



2 Assign a sensor to each ankle and press start



3 Monitor active recordings



**Best Practice:** Keep IMU Step app open during recording.

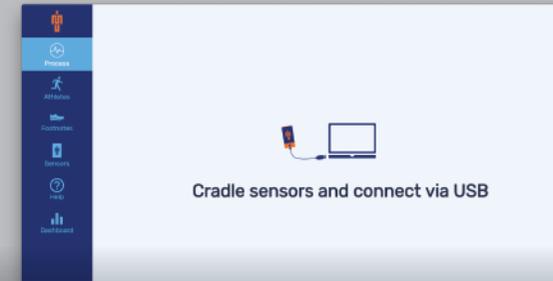
Select another athlete to start a new recording

Stop recording here

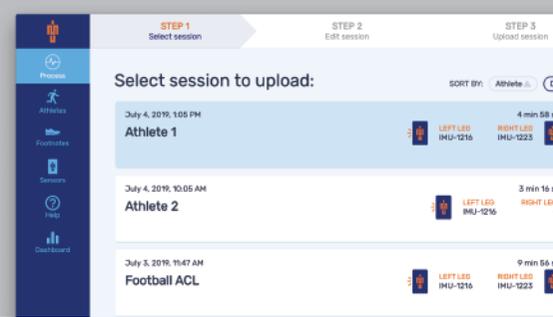
## 06 Download IMU Step Desktop

from [support.imeasureu.com](http://support.imeasureu.com) and launch on computer

1 Cradle sensor in adapter, connect to computer via USB and login to IMU Step Desktop



2 Select a session to upload



## 07 Process Data

1 Select data ranges and add footnotes



Add any extra footnotes if needed

Click to trim, then drag to select data range

Process session and once complete review data on IMU Dashboard

## 08 Review Data

IMU Dashboard at [www.imeasureu.com/login](http://www.imeasureu.com/login)



For IMU regulatory information, go to [imeasureu.com/sensor-compliance](http://imeasureu.com/sensor-compliance) Vicon IMeasureU Sensor V2 Safety and Regulatory Information.

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**Best Practice:** Once dashboard is reviewed, erase data from sensor.

[www.vicon.com](http://www.vicon.com)

[www.IMeasureU.com](http://www.IMeasureU.com)

