

KINETIKIQ JUMP TEST

SETUP & CAPTURE GUIDE — FIRST WEEK

Every athlete at the Academy starts with one number: how high you jump. Not because it looks good on a chart — because a jump measures how much power you produce, and power is what training builds. The jump you record this week is your baseline. Months from now, it's the number we compare against.

KinetikIQ measures the jump from a regular phone camera — no sensors, no wearables. It also reads how you move: power, speed, and mobility. The capture takes about ten minutes, and a parent can film it.

THE CAPTURE, STEP BY STEP

1

Log in to KinetikIQ

Your email address is already approved on our account — there is no invite email. Go to **signin-up.kinetikiq.com**, sign up with the same address you registered with, choose a password, then open the KinetikIQ app and sign in. Stuck? Message your coach in the Trainerize app.

2

Finish the athlete's profile

Check date of birth, gender, height, and weight — add anything missing. The analysis uses these numbers, so accurate beats approximate.

3

Pick the test

Tap **Favourites**, then work through all three: **Countermovement Jump (arms free)** — use your arms, exactly like a normal jump; **Countermovement Jump, single leg** — the same jump off one leg, arms again; and the **10/5 Hop Test** — 10 hops, as high and as fast as you can.

4

Set up the camera

Use a tripod if you have one. Place the camera about **15 feet away at waist height**, and make sure the whole athlete is in frame — head to feet — for the entire jump. No tripod? A steady pair of hands at waist height works.

5

Start the capture

Press the blue **Start Capture** button. When the athlete is centered in the frame, press the red **record** button.

6

Wait for the beep, then jump

The beep means go. Dip and jump for maximum height in one continuous motion — no pause at the bottom. Then **stick the landing and hold still for one to two seconds**. If you move too soon, the test won't count.

7

Confirm it took

You'll see the test marked as **uploaded**, and the video you just recorded will play on a loop. That's your confirmation. Don't see it? Run the capture again.

The landing is part of the test

KinetikIQ only accepts a jump when the athlete comes to a complete stop after landing. Land, freeze, count “one-one-thousand, two-one-thousand” — then relax. Most failed captures fail here.

WHAT HAPPENS NEXT

Nothing to send. The test uploads on its own, and your coach reviews it from the dashboard — jump height, power, and how you land. It joins your milestone tests as part of your baseline, and we’ll retest to measure the climb.

Stuck on any step? Message your coach in the Trainerize app.