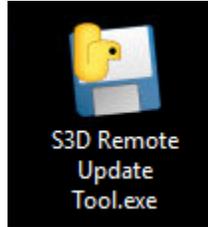


## S3D Remote Update Tool Instructions

- To add an athlete or an exercise to the Motion Remote, open the Remote Update Tool on the desktop.



- Start by loading old athletes and old exercises. Unless you want to eliminate all old athletes and start new, you should always start by loading the athletes you have previously entered.

The screenshot shows the S3D Motion Remote Update Tool window with two empty tables: Athlete List and Exercise List. The Athlete List table has columns for Subject ID, First Name, Last Name, Height (m), Pitch Hand, and Delete. The Exercise List table has columns for Exercise ID, Exercise Name, Video Length, Replay Speed, and Delete. Below the tables are buttons for 'Add Row', 'Load Old Athletes', 'Done', 'Load Old Exercises', and 'Add Row'.

- After loading old athletes and exercises, you can select “Add Row” for either the athlete or exercise list depending on what you need to add.

The screenshot shows the S3D Motion Remote Update Tool window with populated tables. The Athlete List table contains 7 rows of athlete data, and the Exercise List table contains 19 rows of exercise data. The 'Add Row' buttons are highlighted in green.

Subject ID	First Name	Last Name	Height (m)	Pitch Hand	Delete
1	Ryan	Franke	1.91	R	X
2	Riley	Pink	1.57	R	X
3	Beau	Smigiel	1.88	R	X
4	Bianca	Gorges	1.7	R	X
5	Makayla	Velasquez	1.65	R	X
6	Alexis	Sahagian	1.65	R	X
7	Jaelyn	Bradley	1.67	R	X

Exercise ID	Exercise Name	Video Length	Replay Speed	Delete
1	Background	1	0.5	X
2	CMJ	4	0.5	X
3	Background	1	0.5	X
4	R Step Down	4	0.5	X
5	Background	1	0.5	X
6	L Step Down	4	0.5	X
7	Background	1	0.5	X
8	L Drop Jump	4	0.5	X
9	Background	1	0.5	X
10	R Drop Jump	4	0.5	X
11	Background	1	0.5	X
12	R Shuffle	3	0.5	X
13	L Shuffle	3	0.5	X
14	R Decelerator	3	0.5	X
15	L Decelerator	3	0.5	X
16	R Triple Hop	3	0.5	X
17	L Triple Hop	3	0.5	X
18	R Cut	3	0.5	X
19	L Cut	3	0.5	X

4. Add the relevant information for the athlete or exercise (athlete depicted below).
  - a. Increase the SubjectID or ExerciseID for each subsequent athlete or exercise.
  - b. Be sure to not leave extra spaces before or after the Athlete or Exercise Name.
  - c. Athlete Height should be in Meters.
  - d. Exercise Video Length is how long you want the captured movement video to be.
  - e. Replay speed can always remain as 0.5.
  - f. If you make a mistake, or want to remove an athlete or exercise, click the X denoted “Delete” next to the row you want to delete.

Athlete List					
Subject ID	First Name	Last Name	Height (m)	Pitch Hand	Delete
1	Ryan	Franke	1.91	R	X
2	Riley	Pink	1.57	R	X
3	Beau	Smigiel	1.88	R	X
4	Bianca	Gorges	1.7	R	X
5	Makayla	Velasquez	1.65	R	X
6	Alexis	Sahagian	1.65	R	X
7	Jaelyn	Bradley	1.67	R	X
8	John	Doe	1.5	R	X

5. After completing the needed adjustments, click the “Done” button in the bottom center of the window and the edits you made should then reflect in the Motion Remote.

Athlete List					
Subject ID	First Name	Last Name	Height (m)	Pitch Hand	Delete
1	Ryan	Franke	1.91	R	X
2	Riley	Pink	1.57	R	X
3	Beau	Smigiel	1.88	R	X
4	Bianca	Gorges	1.7	R	X
5	Makayla	Velasquez	1.65	R	X
6	Alexis	Sahagian	1.65	R	X
7	Jaelyn	Bradley	1.67	R	X

9	Background	4	0.5	X
6	L Step Down	4	0.5	X
7	Background	1	0.5	X
8	L Drop Jump	4	0.5	X
9	Background	1	0.5	X
10	R Drop Jump	4	0.5	X
11	Background	1	0.5	X
12	R Shuffle	3	0.5	X
13	L Shuffle	3	0.5	X
14	R Deceleration	3	0.5	X
15	L Deceleration	3	0.5	X
16	R Triple Hop	3	0.5	X
17	L Triple Hop	3	0.5	X
18	R Cut	3	0.5	X
19	L Cut	3	0.5	X

Add Row	Load Old Athletes	Done	Load Old Exercises	Add Row
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