LOADVISER VISION · LIVE TESTS

SPORTOTEAM · PERFORMANCE DEPARTMENT

Live Test User Guide

This guide covers only what is needed to perform tests: logging into the panel, selecting the athlete, entering athlete information, recording and uploading the test by phone, and downloading the report. You do not need to enter other sections of the system. Perform only the tests you need; all 25 tests are not mandatory — the report is generated from the tests completed.

PANEL: app.loadviserpro.com
EMAIL: your club account (provided by ALLDREAMS)
PASSWORD: sent to you separately

Security: Do not share the password. After your first login, change it from the profile menu in the upper-right corner. The account only displays Sportoteam athletes; data from other clubs is not visible.

1. Log in

Open app.loadviserpro.com in your browser and enter the email address and password. Mobile browsers (Safari / Chrome) also work; because tests are recorded on the phone, logging in from the phone is usually the most practical option.

2. Go to the Live Tests page

Open Performance Tests from the left menu; tap the purple “Vision · Live Tests” button in the upper-right corner. The same button is also available in the Performance Test Center.

3. Select the athlete

The list contains 100 athletes (Athlete 1 ... Athlete 100). Search by name or jersey number and tap the athlete card. The card shows how many tests have been completed and the date of the latest test.

4. Enter athlete information once

Tap Edit in the athlete bar; enter height, weight, date of birth, sex, dominant foot and position, then Save. These data are used automatically across tests. Height should be considered mandatory because horizontal jump and flexibility distances are calculated relative to height; without height, the result is shown as relative. Age, sex and sport affect reference bands and AI interpretation.

RECORDING THE TEST & RESULTS

Steps 5–7: Record, Review, Download

5. Record the test or send the athlete a link

On the athlete page, 25 tests are displayed as cards in four groups: Jumping & Strength, Speed & Agility, Mobility & Posture, and Neurological Monitoring. Record only the test you want to perform.

6. Wait for analysis (about 1 minute)

After upload, the card progresses through QUEUED → ANALYZING → COMPLETE. The page refreshes automatically. The completed card displays the main value; Details opens all measurements, the AI interpretation and the video. For sprint and agility tests, timing can be refined frame by frame in Details.

7. Download the report

The Athlete Report (PDF) button generates a Sportoteam-branded PDF using the completed tests: cover page with domain scores and radar chart, test pages with figure/table/reference band, and comparison with previous measurements when available. After each new test result, press the button again to download the updated report. Tests that were not performed are not given blank pages.

Summary flow: Login → Performance Tests → Vision · Live Tests → select athlete → Edit height/weight/date of birth → record selected tests → wait ~1 min → Athlete Report (PDF).

The record button opens the phone camera; record the video, then tap Upload and Analyze. A prepared video can also be uploaded from a computer using Select File.

The message/link function creates a WhatsApp link. The athlete opens it on their phone, records and submits their own video without logging in; the result is automatically saved under their profile. The link is valid for 72 hours.

Bilateral tests (single-leg hops, balance, 505) have separate Left / Right rows and require separate videos. When both sides are recorded, left-right symmetry is calculated automatically.

To repeat the same test, tap Repeat. The previous result remains in history; the report uses the latest result and shows the percentage difference from the previous measurement.

CORRECT RECORDING

Accuracy Depends on How You Record

The system tracks the skeleton in the video to calculate angles, time and distance. These rules are not arbitrary; each one reduces a source of measurement error. A result may still be produced from a poor recording, but the card will show low confidence and this will be stated in the report.

Phone setup

• Keep the phone fixed on a tripod or stable support; do not hand-hold it, follow the athlete or zoom.

• Keep the entire body and floor in frame. During jumps, the athlete's head must remain visible at peak height.

• Place the camera approximately at hip height (~1 m), 4–6 m from the athlete.

• Only one athlete should be in frame; avoid other people in the background.

• Use shorts/tights or clothing that makes joints visible.

• Light should come from in front of the athlete; avoid a bright window/sun directly opposite the camera.

• Record horizontally with the 1x lens; do not use 0.5x ultra-wide.

• Use 1080p 60 fps for jumps and contact-time tests; 30 fps is sufficient for posture/ROM/PLR.

• Start recording 3 seconds before the movement and stop 3 seconds after it.

Camera angle

• True side view: all jumps, sprint, Nordic, overhead squat, sit & reach, ROM.

• True front view: balance (Flamingo), Skater, front posture.

• Front camera, 25–30 cm from the face: pupillary light reflex (PLR).

• For agility and sprint, keep all cones/lines in frame; position the camera in the middle of and perpendicular to the line.

Invalidating factors

• Hand-held or athlete-following camera.

• Oblique angle (e.g., 45° when a true side view is required).

• Head or feet leaving the frame; multiple people in frame.

• Loose clothing, dark hall, strong backlighting.

FAQ

Card shows Error: Details explains the reason (skeleton not found, video too short, frame rate too low). Correct the issue and repeat the test; the failed recording does not affect the report.

Confidence: low / medium: The result may be usable, but the angle or lighting was not ideal. Repeat under better conditions for comparisons.

Analysis exceeds 3 minutes: Refresh the page. If it remains queued, email info@loadviserpro.com with the athlete and test name.

Distance shown as relative: Athlete height is missing. Enter Height in Edit; subsequent recordings will be calculated in cm.

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ANALYSIS · GENETICS · PERFORMANCE · INTELLIGENCE
by SPORTOTEAM

25 TESTS · QUICK REFERENCE

What Each Test Measures & How to Record It

You do not have to perform all tests. Suggested quick-start set: CMJ, SLH (left + right), 10 m sprint, 5-10-5, Flamingo (left + right), Overhead Squat — six tests, approximately 20 minutes, covering six of the eight report domains.

TEST	WHAT IT MEASURES	ANGLE · FPS	RECORDING NOTE
CMJ	Jump height, flight time	Side · 60	Hands on hips; quick countermovement and jump; floor line visible
Squat Jump (SJ)	Height without countermovement	Side · 60	Hold 90° squat for 2 sec, then jump
Abalakov	Arm-assisted jump height	Side · 60	Same as CMJ; arms free
SLJ	Horizontal jump distance	Side · 60	Take-off and landing in same frame; height required
SLH L/R	Single-leg distance, symmetry (LSI)	Side · 60	Separate video for each leg; height required
SLV L/R	Single-leg vertical height	Side · 60	Separate video for each leg
Triple Hop L/R	Total distance over three hops	Side · 60	All three hops in frame; height required
Crossover Hop L/R	Crossover hop distance	Side · 60	Crossover line visible; height required
Skater L/R	Lateral jump distance	Front · 60	Front view; lateral motion in image plane; height required
RSI 10/5	Reactive strength (flight/contact)	Side · 60	10 sec maximal rhythm, ~10 jumps; feet clearly visible
BOSCO	Repeated jumping, fatigue	Side · 60	Continuous jumping for 15–60 sec
10/20/30 m sprint	Time, peak speed	Side · 60	Camera centered; start/finish lines visible
5-10-5	Total time, change of direction	Side · 60	Perpendicular to center cone; all 3 cones visible
505 COD L/R	Turn time, left-right difference	Side · 60	Perpendicular to 5 m zone; separate by turning foot
T-Test	Total time, directional changes	Front/high · 60	All cones visible
ADA	Acceleration-deceleration time/phases	Side · 60	Entire course visible
Flamingo L/R	Balance sway	Front · 30–60	20–30 sec single-leg stance; hands on hips; each foot separately
Posture	Shoulder/pelvic tilt, forward head	Front + side · 30	5 sec natural stance; separate front and side videos
Overhead Squat	Knee/hip/ankle angles, asymmetry	Side · 30–60	3 deep squats with stick overhead
ROM	Joint range of motion	Side · 30	Joint fully in frame; 2–3 repetitions
Nordic Control	Break angle, controlled descent	Side · 60	Knees fixed; trunk lowers forward under control
Sit & Reach	Reach distance, hip flexion	Side · 30	Legs straight; hold 2 sec; height required
Pupillary Light Reflex (PLR)	Autonomic fatigue indicator	Front camera · 30–60	Same room/light/time each morning; face 25–30 cm; look 3 sec → close eye

Help: info@loadviserpro.com — include the athlete name, test name and any error message. If unsure about recording, ask first; an incorrectly recorded video should be repeated rather than having a result inferred.