

Fitness *Technology*



Kinematic Measurement System Starter Guide

To download and install the latest version of the KMS software select following version:

[Version 2016.0.4](#) built 31st October 2016 – for XPV6+ hardware.

Or you can go direct to the innervations page and download from there.

<http://www.innervations.com/support/software-downloads/kms-download/>

You will then want to set the False Signal Processing for the type of tests you are conducting.

[KMS Recommended False Signal Processing Settings](#)

The next step would be to create a squad file with athlete information.

[KMS - Using and Editing Squad Files](#)

Once the software is setup you can use the following diagrams to help with hardware (OptoSmart sensor or Contact/Jump mat) setup.

[KMS Gate Setup - OptoSmart Sensor \(.pdf\)](#)

[Gate setup for a Three Direction Visual Agility Test \(.pdf\)](#)

Instructions for running the KMS software are available from the following page on our website

[Fitness Technology - KMS Video Instruction Page](#)

Or the individual links are below.

[KMS - Using OptoSmart sensors in the KMS multigate sprint test](#)

[KMS 15cm Box Test](#)

[KMS 15m Gate Sprint](#)

[KMS 40cm Box Test](#)

[KMS Balance and Stability test](#)

[KMS Single Counter Movement Jump](#)

[KMS Counter Movement Jump using the Target Number Function](#)

[KMS Counter Movement Jump using the Target Time Function](#)

[KMS Contact Time from Depth](#)

[KMS Contact Time Over Hurdles](#)

[KMS Fast Feet Test](#)

[KMS First Step Quickness Test](#)

[KMS Gait Analysis](#)

[KMS Intelligent Director Test](#)

[KMS Repeat Sprint Test](#)

[KMS Shuttle Run](#)

[KMS - 15m sprint using a switch to start timer](#)

[Demonstration of Visual Agility Test with KMS](#)