

App Guide **Running 1** **(Step Rate)**

SageMotion
Wearable Biofeedback System



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Components



Hub



Nodes (8x)



Battery



Node Straps: *Medium (8x), Short (4x), Long (2x)*



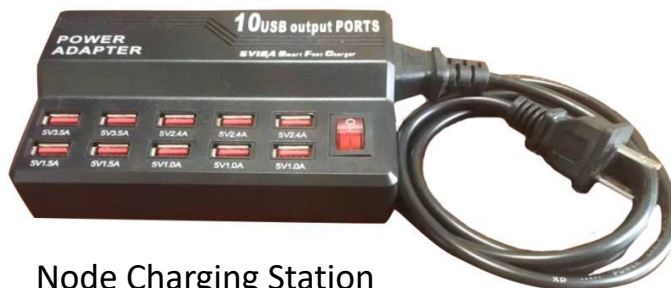
Cable A (10x)

-Connect Hub to Battery
-Charge Nodes & Battery



Cable B (*optional use*)

-Connect Hub to Computer



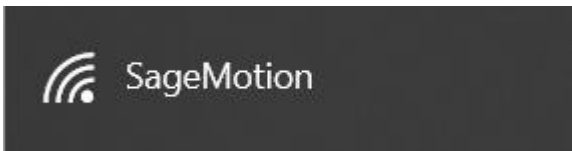
Node Charging Station

Wirelessly Connect to Computer or Cellphone

1) Connect Cable A to Battery and to Hub



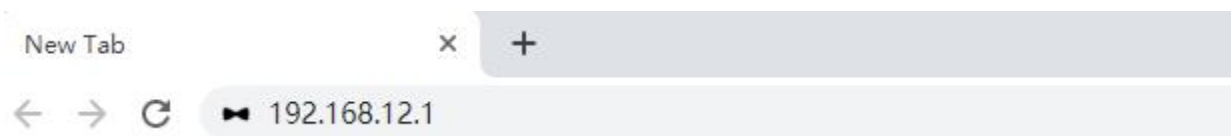
2) On Computer/Cellphone, Connect to Wi-Fi: “SageMotion”



Note 1: Need to wait for up to 1 minute for “SageMotion” to appear in Wi-Fi list. If it doesn’t appear, try turning the Wi-Fi off and then on again on the computer/cellphone.

Note 2: Hub is connected after clicking “Connect” even if in Windows it shows “Connecting” or “No internet, open”.

3) On Computer/Cellphone, in Chrome Address Bar, Go To <http://192.168.12.1>



[Note] If Computer Doesn’t Have Wi-Fi: *plug in Cable B to the Hub and to the ethernet port of your computer, then in chrome address bar, go to **<http://192.168.137.1>***

Running 1 App

The purpose of the Running 1 App is to record, analyze, and provide feedback for Step Rate while subjects perform running activities.

1) Turn on 3 Nodes

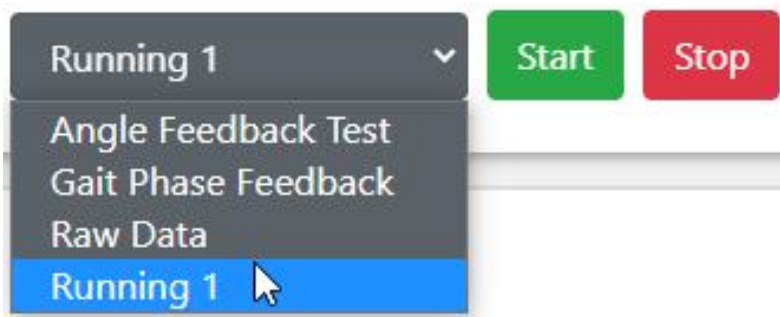


Slide switch toward middle to turn node on



Green light will blink after the node is on and running

2) Select “Running 1” App



3) Click “Search”

Node List






Running 1 App (cont.)

4) Configure 1 Sensor Nodes and 2 Feedback Nodes as Shown Below:

Node List

Search

Connect

Type	Position	MAC	
sensor ▾	shank ▾	88:6B:0F:E1:D8:A6	
feedback ▾	high ▾	88:6B:0F:E1:D8:96	
feedback ▾	low ▾	88:6B:0F:E1:D8:9F	

5) Click “Connect”

Node List

Search

Connect



6) “Ready to collect data” Will Appear after Node Connection is Complete

Running 1 ▾

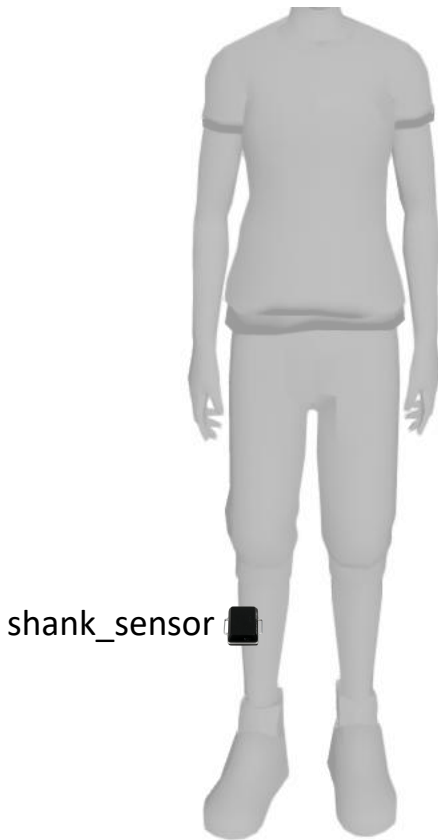
Start

Stop

✓ *Ready to collect data*

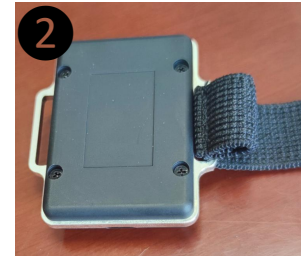
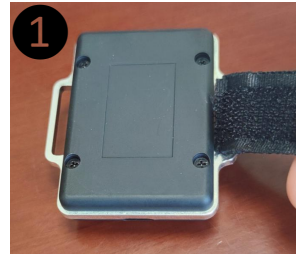
Running 1 App (cont.)

7) Thread Straps through Nodes and Attach at Locations Shown Below:



shank_sensor

How to Thread Straps



[Note] feedback_high and feedback_low nodes can be placed at any location

8) Click “Blink” for each Node to Confirm Correct Locations (red LED for given node blinks 3 times on click)

Type	Position	MAC			
sensor	shank	88:6B:0F:E1:D8:A6			
feedback	high	88:6B:0F:E1:D8:96			
feedback	low	88:6B:0F:E1:D8:9F			

Running 1 App (cont.)

9) In App Configuration, Enter Settings (Example Below)

App Configuration

Trial Name trial_1

Feedback Settings

Feedback On true

High Threshold Step Rate 180

Low Threshold Step Rate 0

Save Options

Save Mode xlsx

Running 1 App (cont.)

10) Click “Start” to Start Running the App





11) After the Trial is Finished, Click “Stop”




12) After Clicking “Stop”, a File from that Trial will Appear under Download Data. Click the File (e.g. trial_1) to Download it to the Computer or Phone.

Data Management

 Download Selected

 Delete Selected

<input type="checkbox"/>	Name	Date▲	Duration	App	Type	Size	Rename	Delete
<input checked="" type="checkbox"/>	<u>trial_1</u>	2021-09-18-19-00-43	0:00:14	Running 1	.xlsx	957.2 kB		

Running 1 App (*cont.*)

Description of Data in Downloaded File

time (sec): time since trial start

StepRate: step during runing

Feedback_high: feedback status for Feedback_high node. 0 is “feedback off”; 1 is “feedback on”

Feedback_low: feedback status for Feedback_low node. 0 is “feedback off”; 1 is “feedback on”

SensorIndex_1: index of raw sensor data

AccelX/Y/Z_1 (m/s²): raw acceleration data

GyroX/Y/Z_1 (deg/s): raw gyroscope data

MagX/Y/Z_1 (μT): raw magnetometer data

Quat1/2/3/4_1: quaternion data

Sampletime_1: timestamp of the sensor

Package_1: package number of the sensor