

GPEXE
THE POWER TRACKER
manual
beta version 2.1



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1. The GPEXE® System

1.1. Components

HARDWARE

GPEXE® LT Device

Records GPS data at 20Hz
and HR

GPEXE® LT Vest

Allows you to carry the device while running

GPEXE® USB Cable

Allows you to transfer the data and to charge
the device

SOFTWARE

GPEXE® Bridge

Allows you to download the data to your
computer using the GPEXE® USB dongle and to
upload it to the web application

GPEXE® Web App

Allows you to analyze the data

1.1. Process

Look at the “GPEXE LT quick guide” on your GPEXE® Academy account inside the MANUALS section.

2. GPEXE® Web Application – Basics

2.1. Set up your GPEXE® Web Application account

Click the link inside the email “Your new GPEXE® credentials” you received to set a new password for your GPEXE® Web Application account.

2.2. Add athletes

Go to SETTING > ATHLETES, then on the top right, click on NEW ATHLETE. Fill in the parameters.

Note: by default VO2 MAX, HEART RATE MIN and HEART RATE MAX are already set. By entering the birthdate the HEART RATE MAX will be automatically modified respecting the calculation “220 – age”. These parameters are still editable.

If you are using vests with Tag, you can specify the player’s Tag’s. If not, assign a specific device to the player.

2.3. Create and manage teams

Go to SETTINGS > TEAMS, then on the top, right click on NEW TEAM. Assign:

- CATEGORY (i.e. “Ligue 1”, “Serie A”, ...)
- SEASON (i.e 2016-17, 2016-2017, ...)
- START DATE
- END DATE

When you’ve finished click SAVE.

Now that you have created at least one team, go to SETTINGS > TEAM and click VIEW to enter the team you want to manage.

Then you can add on that team the players you want (those you have already added –see 2.2); when you have finish, click SAVE.

Note: If an athlete plays the full the season you can leave the section blank. If not, enter the date. This date will be useful to do an overall statistics of the year. Players who do not play the entire season will not be used for the full statistics.

2.4. Set up the team parameters

Go to SETTINGS < TEAM PARAMETERS to manage the following parameters:

- SESSION CATEGORIES. You can choose to leave the default ones (as we advice) or use your own adding or removing existing categories.
- MAIN THRESHOLDS. Note: Customizing the default thresholds impacts on some parameters calculations.

MAIN THRESHOLDS	EXPLANATIONS
ACC EV VALUE ACC EV TIME	Events that have an acceleration above ACC for a time longer than ACC TIME = acceleration events
DEC EV VALUE DEC EV TIME	Events that have a deceleration above DEC for a time longer than DEC TIME = deceleration events
HEART RATE ZONES	Thresholds to define the Heart Rate zones. For each zone you will get the time spent, distance covered, energy spent.
POWER ZONES	Thresholds to define the Power zones. For each zone you will get the time spent, distance covered, energy spent.
SPEED ZONES	Thresholds to define the Speed zones. For each zone you will get the time spent, distance covered, energy spent.

- **ATHLETE ROLES.** You can choose to leave the default ones or use your own adding or removing existing roles. Every time you assign a new role for a player, it will be automatically added in this list.
- **CLUB NAME.** Only the administrator can edit it.

2.5 Customize user preferences

Go to **SETTINGS > USER PREFERENCES.**

- **UNITS.** You can edit the units you need for your analysis. Simply click on **EDIT.**
- **SESSION REPORT PDF PARAMETERS.** For each session you could have a pdf report. Click **EDIT** to customize the report. You can choose up to 8 parameters, class them in the order you want to, and finally (scroll down) you can choose how the players will be ordered (for example: equivalence distance in ascending order).
- **SESSION REPORT CSV PARAMETERS.** For each session you could have a CSV report. Click **EDIT** to customize the report. You can choose all the parameters if you want to, class them in the order you want to, and finally (scroll down) you can choose how the players will be ordered (for example: total time in descending order).
- **SESSION SUMMARY PARAMETERS** You can choose up to 16 parameters you will be able to load it in the graph in the session page.

2.7. Create and manage users

Go to **SETTINGS > USERS** and click **NEW USER** to add users. Add their first name, last name and email, than click **SAVE.**

ROLE	
administrator	allowed to do everything
operator	can manage one team
supervisor	can see one team
reader	can see one player

3. GPEXE® LT Device use

3.1. Turn on/off

To turn on the device, press for one second the round button on the front. To turn off the device press for one second on the same button.

If you want to create different tracks without the same device before downloading the data, turn off the device at the end of each track.

3.2 Light meaning

The LED on the front face has different colors:

- Green: the device is on and the battery level is above 40%
- Yellow: the device is on and the battery level is below 40%

Note: the battery life is about 10 hours.

- Blinking (for both colors above): the GPS is acquiring and recording the GPS signal.
- Blue when you are downloading the data using the bridge

Note: to use the device properly the LED must blink. Turn on your device few seconds before using it and wait until it starts blinking.

You can also turn on the device inside the building before training, and after a while outside, the signal will be received. The device will be automatically turned off after one hour still with no signal received.

Note: Pressing the power button for almost 7 seconds will erase the memory of the device.

3.3. GPEXE® LT Vest

There is only one way to put the device inside the pocket of the vest. It's like the picture with the LED external and on the top of the device.



4. GPEXE Bridge – Data Transfer

4.1. GPEXE Bridge Application

The GPEXE® Bridge software permits to download the data from the devices and to upload the data to GPEXE® Web App.

4.2. Download, install and run GPEXE® Bridge

Log in to GPEXE® Web Application, scroll down and click on BRIDGE DOWNLOAD on the bottom left-hand corner; then choose MAC or WINDOWS according to your operative system.

Click on the file you have just downloaded and install it onto your computer.

Once installed, run the application and fill the files as follow:

- **USER NAME:** the email address you use to log in to GPEXE® Web Application
- **PASSWORD:** the password you use to log in to GPEXE® Web Application
- **SERVER:** the internet address you use to access the GPEXE® Web Application

Then click “Login” and choose the team you want to upload the tracks from your GPEXE devices, and then click “Select”.

4.3. From the device to the web application

Open the GPEXE Bridge on your PC/Mac and connect your device(s) to the PC/Mac. If you have to download data from many devices, you can plug as many USB ports are available on your PC/Mac. You can also use an USB hub.

Turn on all the devices. Every device will appear on the left side of the Status tab. Then, simply click the enable transfers button on the right bottom. During the transfer the green LED (or yellow if low battery) of the device turns to blue. Once the transfer is finished the device will be turned off automatically and the memory inside the device will be erased.

Note: If the computer is connected to the Internet, the data will be uploaded directly to the GPEXE® Web App, if not, data are saved in the computer and will be uploaded in the web app as soon as you get an Internet connection.

6. GPEXE® Web Application - Analysis

Note: If you have used the Live Tracking and uploaded the tracks, you could have already created some session. You can either download their reports or create new sessions.

6.1. Create a session

Go to TRACKS > SESSIONS, then click on NEW SESSION on the top right. Select the date. Right behind will appear the list of the athletes monitored that day. Select the number of the players you want for this session (left square).

Note: on the right side, you have another square already checked off if the left one is also. It means this athlete will be taken in consideration for session statistics. If you do not want this to happen for any reasons just check off the square.

Note: for any athlete you checked, the “AVERAGE” box on the right side is ticked by default. It means this athlete will be taken in consideration for session statistics. If you do not want this to happen for any reasons just check off the “AVERAGE” box.

Scroll down you have a speed plot of all the athletes selected. You can select the period you are interested in. Use the sliders to zoom up or down the time.

Then, you can select the periods you want to save in your session: hold on the mouse click, and select a period. You can select as many periods as you want to. If you make a mistake for any selection (for example you missed 10 seconds of the period) just redo your selection overlapping the wrong one that will disappear.

Note: you also can make the selection by entering the start-time and end-time of each period: click on the plus icon on the right side of the selection field and enter the time.

You have to assign a category for this session (FULL TRAINING OFFICIAL MATCH, ...), as already stipulated previously, try to have a restricted number of categories.

You want to start over, click on RESET SELECTION.

Finally, click on SAVE if you have finished with the session you wanted to do. However, if you want to create another session with the same list of player, click on SAVE & NEW.

6.2. Team statistics

Go to TRACKS > SESSIONS, click on one session you want to analyze and/or print. You have a summary of each athlete of the session with the parameters you choose in USER PREFERENCES.

You will also have an average, which is the list of athlete you chose for the average team (remember, you can choose this option by checking off the right square next to the player's name when adding player into a session).

Scroll down you can plot some parameters in order to compare athletes (change them by clicking on PARAMETERS).

Then you can export the data. Scroll up, go to EXPORT > PDF or CSV

6.3. Individual statistics

Go to TRACK > DETAILS, then click on a player.

On the top you will get some overall statistics.

Scroll down and you can plot every parameter you want to. Load the data by clicking on LOAD SERIES. Then, all of your choices will appear behind the plot. To switch on/off one series, simply click on it.

Like in the session part, you can zoom up or down the time with you mouse. Finally, export the data in PDF or CSV (scroll up, EXPORT > PDF or CSV).

GPEXE PRO manual beta version 2.1 support

Please write to support@exelio.eu for questions or reports about this manual.

LEGAL NOTICES

FOR COMPLIANCE STATEMENT

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions, (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC ID: 2AIJ7LT01

INFORMATION TO THE USER

For a Class B digital device or peripheral, the instructions furnished the user shall include the following or similar statement, placed in a prominent location in the text of the manual:

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.