PLYOMAT

App 3.0

User Guide

PLYOMAT

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PLYOMAT

GETTING STARTED

Welcome

The Plyomat App 3.0 is the coaching workspace that pairs with your Plyomat training mat. It turns every rep you capture into a permanent record you can review, rank, compare, and share — on a phone in the gym, an iPad mat-side, or a desktop at home.

This chapter walks you through everything you need to do in the first fifteen minutes after you unbox the mat: signing in, pairing over Bluetooth, adding your first athlete, capturing a set, and finding the data afterward. By the end of page 9 you'll know where every screen lives and what each one is for.

WHAT YOU'LL NEED

- A Plyomat training mat with a Bluetooth-enabled controller (any Controller 3.0 or later).
- A phone, tablet, or laptop with Bluetooth and a recent web browser *or* the Plyomat mobile app.
- The coach email and password you used at `plyomat.com` checkout, or the one you'll set up in the next two minutes.

TWO WAYS TO USE PLYOMAT

Cloud workspace — sign in once and every rep saves to your private gym workspace. Athletes, sessions, reports, leaderboards, and Plyomat TV all live here. **This guide focuses on the cloud workspace.**

Display Only — if you'd rather just pair-and-jump with no account, tap DISPLAY ONLY on the boot screen. The live numbers work the same, but nothing saves to the cloud and no athlete attribution is available.

HEADS UP

The mat is the source of truth

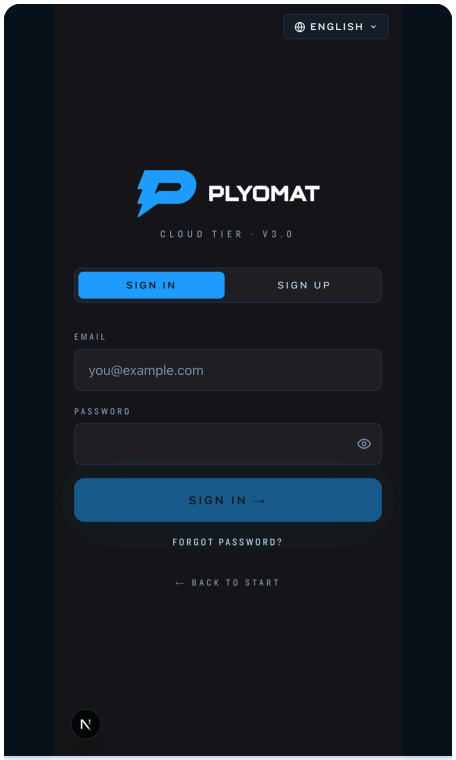
Every jump number you'll ever see in Plyomat — on your phone, on a TV, in a parent's email — starts as a flight time measured by your Plyomat mat. The app is a coaching layer on top of that signal: it attributes the rep to an athlete, computes derived metrics like RSI and DRI, and persists everything for later.

TIP · IF YOU'RE A RETURNING PLYOMAT OWNER

App 3.0 is a fresh start — it does not migrate data from Plyomat 2.0. Plyomat 2.0 still works in its store. Treat 3.0 as a new system; you'll build a clean roster and start a clean dataset.

GETTING STARTED

Sign in to your workspace



`/m/login` on iPhone 6.5″. Email + password, the *Sign in* button, and a *Create account* link beneath.

Open Plyomat one of two ways:

1. **Mobile app** — install Plyomat 3.0 from the App Store or Google Play, then tap the app icon. The boot screen offers SIGN IN or DISPLAY ONLY.
2. **Web browser** — visit `app.plyomat.com` on any modern browser (Chrome, Safari, Firefox, Edge). Same login, same workspace, full-resolution layout for coaching from a desktop.
3. Tap SIGN IN. Enter the email you used at checkout and the password you set during account creation. Tap SIGN IN.

DON'T HAVE AN ACCOUNT YET?

Tap **Create account** below the sign-in form. You'll provide an email and password, and the app will provision a private workspace for your gym. Within seconds you'll land at the welcome tour described on the next page.

> **IF YOU FORGOT YOUR PASSWORD**
> Tap *Forgot password* on the sign-in screen. You'll get a one-time reset link by email. The link expires in 60 minutes; request a fresh one if you miss the window.

ONE ACCOUNT, EVERY DEVICE

Sign in once on your phone, once on the iPad mounted next to the mat, and once on your home desktop — you'll see the same roster, same sessions, same reports on every device. Changes you make on one show up everywhere within seconds.

YOUR WORKSPACE IS PRIVATE

Plyomat scopes every byte of data to your organization. Other coaches at other gyms can never see your athletes, sessions, or leaderboards. Only people you explicitly invite to your workspace can sign in to it.

GETTING STARTED

First sign-in — the welcome tour

The first time you sign in, Plyomat takes over the screen and runs an eleven-step welcome tour. It's a one-time onboarding pass — each step shows one feature with a quick illustration and three or four lines of copy. Tap **Next** to move through, or **Skip** to dive straight into the dashboard.

WHAT THE TOUR COVERS

1. WELCOME	Hello + an at-a-glance of what's new in 3.0.
2. MAIN MENU	Where every page lives. On phone, that's the menu icon top-left. On tablet or desktop, the Plyomat wordmark in the corner.
3. THE DISPLAY	Your live capture screen — modes on the left rail, hero metric in the middle, rep stream and secondary tiles below.
4. CONTROLS	The set-level panel: rep count, jump-height and contact-time thresholds, guardrails. Distinct from app-wide Settings.
5. SWIPE TO DELETE A REP	The Rep Stream tile lets you wipe a bad rep mid-set with a single swipe-left gesture.
6. LAYOUTS	Tap a tile to swap it. Drag corners to resize. Add or remove tiles to build the view that suits your workout.
7. BUILD YOUR ROSTER	Add athletes one at a time, or import a whole team from CSV.
8. TWO DATA STORES	Assessments (formal scored protocols) vs Sessions (everyday training). The chapter on Sessions & Assessments goes deep on the difference.
9. REPORTS	Profile, Compare, Snapshot, and Sessions lenses — dozens of reports across four ways to slice your athletes' data.
10. PLYOMAT TV	Cast the live display to any second screen via QR code.
11. YOU'RE SET	A final QR code linking to `linktr.ee/plyomat` for video tutorials, the full manual, and support.

RUN THE TOUR AGAIN ANY TIME

Visit `/m/welcome` at any time — from a phone, tablet, or desktop browser — to re-run the tour. The eleven illustrations also live on the in-app help page so you can scan them without playing through the tour.

SKIPPING IS SAFE

If you skipped the tour, nothing is lost. The dashboard waits for you, and every feature shown in the tour is one tap away from the side rail. The tour is a quick orientation, not a setup wizard.

Pair your mat over Bluetooth

BLUETOOTH PAIRING FLOW

Three phone screenshots in a row: (1) live display with Bluetooth icon, (2) device picker, (3) connected state.

10–20 SECONDS. STATUS PILL GOES GREEN WHEN DONE.

1. From the dashboard, tap START JUMPING — or tap the live display icon in the side rail. You arrive at the Display screen.
2. Tap the **Bluetooth icon** in the top-left corner of the Display. Your browser (or the Plyomat app) opens a device picker showing nearby BLE devices.
3. Find your Plyomat in the list. It appears as `Plyomat` followed by the last few digits of its controller ID. Tap it and confirm PAIR.
4. Within a few seconds the status pill in the corner turns **green** and shows the firmware version (e.g. `m2m2 · rev6`). The mat is now actively streaming events — jump on the mat and a rep lands on the screen.

PAIRING CREDENTIALS YOUR ORG

Pairing a Plyomat controller is what credentials this workspace as a hardware-owner org. Until a controller has been paired at least once, the app stays in *Display Only* — you can't add athletes, save sessions to the cloud, or run reports. Pair once, and the credential sticks across devices and sessions.

IOS & IPADOS: USE THE PLYOMAT APP, NOT SAFARI

Safari on iPhone and iPad does not support Web Bluetooth. If you're on an Apple device, install the Plyomat app from the App Store and pair from there. Chrome and Edge on desktop, and the Plyomat Android app, all pair from the browser fine.

WHAT THE INDICATORS TELL YOU

GREEN PILL	Connected — streaming. Firmware (`m2m1` = Rev 4, `m2m2` = Rev 6) helps support trace hardware issues.
GREY PILL	Not paired. Tap to re-open the device picker.
RED PILL	Was paired, then dropped. Auto-reconnects in a few seconds; if not, tap the pill and re-pair.
BLUE DOT ON CONTROLLER	Blinking = BLE connected. Solid = powered on but not connected.

IF THE MAT DOESN'T SHOW UP

Confirm the controller is powered on (long-press until LCD lights). Then check no other device is already paired — one device at a time.

GETTING STARTED

Add your first athlete

Reps don't have to be tied to a person — you can capture anonymously and assign later — but the app is built around athlete attribution. Adding at least one athlete now means your first set ends up on a profile you can pull up tomorrow.

ROSTER — NEW ATHLETE MODAL

Screenshot: phone or tablet view of `/m/roster` with the "New athlete" modal open. Fields shown: First name, Last name, Body weight (kg), Gender, Groups.

FROM THE ROSTER PAGE

1. Tap ROSTER in the side rail (phone) or main nav (tablet/desktop).
2. Tap + NEW ATHLETE in the top-right corner. A modal opens.
3. Enter **first name** and **last name**. These are the only required fields.
4. Optionally add **body weight** in kilograms (required only for PPS — Power Per Step — metrics) and **gender** (used for gendered leaderboard filtering only).
5. Assign the athlete to one or more **sport groups** — this controls which group filters they appear under.
6. Tap SAVE ATHLETE. They appear in the roster list and in the live display's athlete picker immediately.

ADD AN ATHLETE WITHOUT LEAVING THE LIVE SCREEN

Mid-session a new athlete walks in. You don't need to back out to the Roster page.

Open the **athlete picker bar** at the top of the live display, tap + NEW in the top-right corner of the picker, fill in first name and last name, and tap SAVE. The athlete is now in the picker and selected as the active athlete — the next rep records to their profile.

BODY WEIGHT IS THE ATHLETE'S

Plyomat doesn't auto-update body weight. RSI, JH, and CT don't depend on it; PPS does. Ask the athlete to update before any PPS session.

BULK-IMPORT VIA CSV

Roster of 20 or 200 in a spreadsheet? Tap IMPORT CSV. The wizard previews each row before saving. Full format in the Roster chapter.

GETTING STARTED

Your first set, step by step

You've signed in, the mat is paired, and you have at least one athlete in the roster. You're ready to capture a real set. Here's the full flow, from picking a mode to seeing the saved session in your history.

1. **Open the live display** — tap START JUMPING from the dashboard, or tap the live icon in the side rail.
2. **Pick a mode from the bottom mode rail.** For a first set, VERTICAL is the simplest — one rep, one number, jump height. Other modes (RSI, Drop Jump, Contact, Bounce Factor, PPS, Free Jump) are covered in the Live Display chapter.
3. **Pick an athlete** from the picker bar at the top. Tap the orange *No athlete selected* bar, scroll or type to find the name, and tap their row. A flashing *Recording* indicator appears.
4. **Open Controls (optional)** — the button right above the athlete picker. Set a rep target, jump-height threshold, or contact-time guardrail just for this set.
5. **Jump.** Each rep appears in the rep stream in real time. Jump height (or RSI, or contact time, depending on the mode) lands as the hero metric in the middle of the screen.
6. **Clean up if needed.** If a rep was a double-bounce or a warm-up, swipe it left in the rep stream and tap DELETE. The set's averages recompute instantly.
7. **Save or discard.** Tap SAVE to write the set to the athlete's profile, or DISCARD to drop the reps without saving.

WHAT SAVE DOES

One Save = one session

Save creates a permanent **session record** on the athlete: every kept rep, mode, timestamp, protocol, and any Controls flags.

From that moment on the session feeds every analytical surface — trend reports, leaderboard, Recent Sessions, the Sessions list.

WHAT DISCARD DOES

Reps drop, data stays clean

Discard tosses the reps with no record. Use it when the set was a warm-up, the mat was glitchy, or the wrong athlete was selected.

Already saved? Delete from the Sessions page (see the Sessions chapter).

TIP · ASSIGN ANONYMOUS REPS LATER

Forgot to pick an athlete first? Capture the reps, then tap the picker, pick the athlete, and tap Save. The anonymous reps attach to their profile retroactively.

Where your data lives after Save

Tap Save and the rep stream you just captured fans out across every analytical surface in the app. Here's a quick tour of where to find it — each page gets its own chapter later in this manual.

DASHBOARD	Your home page. Shows KPI tiles (athletes, sessions today, top performers), Recent Sessions, and a Daily Sessions chart. The session you just saved appears at the top of Recent Sessions immediately.
ATHLETE PROFILE	From Roster, tap the athlete you just recorded. Their profile has PRs (Personal Records) per mode, a history of every session they've ever had, asymmetry trends if they've done single-leg work, and an editable body-weight field.
SESSIONS	The chronological log. Newest first, filterable by athlete, mode, date range, group, or assessment. Tap any row to open the session detail and review rep-by-rep.
REPORTS	Where individual sessions become insights. Profile, Compare, Snapshot, and Sessions lenses give you four ways to slice the data. The Reports chapter covers every lens and every metric.
LEADERBOARD	Trophy, Tier, Table, and Dual views — today's best, this week's best, all-time best. Filter by group, gender, mode, or assessment. Cast to a TV in the gym so athletes see live standings.
PLYOMAT TV	Two surfaces: the *Facility Wall* (sign in once on a wall display, walk away, the leaderboard auto-updates) and the *TV Companion* (coach picks athletes and the broadcast shows live reps on a second screen).

TIP · FIRST-DAY SANITY CHECK

After your first real session, walk these six pages in order: Dashboard → Athlete Profile → Sessions → Reports → Leaderboard → Plyomat TV. Confirming you can find your set on every surface is the fastest way to internalize how Plyomat is wired together. Five minutes well spent.

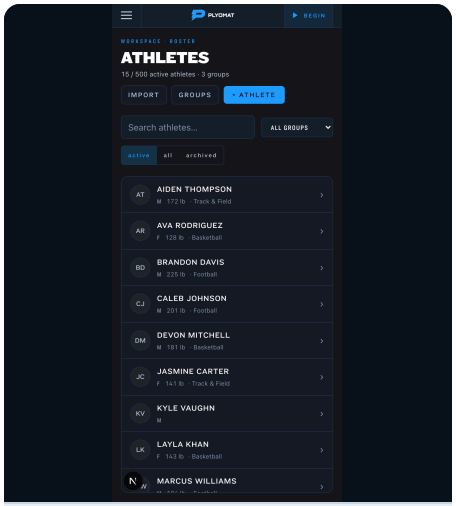
Next: Chapter 2 covers the Roster page in depth — group structure, multi-group membership, archive vs delete, the 500-athlete cap, and how the CSV import wizard handles duplicates.

ROSTER

The roster is your single source of truth

Every athlete who appears in the live-display picker, every name that shows up on a leaderboard, every row in a report — all of it starts on the Roster page. Add an athlete here and they're immediately available everywhere else in the app. Archive them and they vanish from the picker without losing a single rep of history.

Open the page from `ROSTER` in the side rail (phone) or the main nav (tablet and desktop). The route is `/m/roster`.



`/m/roster` on iPhone 6.5″. Search at the top, group-filter chips below, then the scrollable athlete list. + *Athlete* and *Import* live in the top-right corner.

WHAT'S ON THE PAGE

- **Search bar** — type any part of a first or last name. The list filters as you type.
- **Group filter chips** — tap a chip to show only athletes in that group. Tap *All* to clear.
- **Athlete rows** — sorted alphabetically by first name, last name as the tiebreaker. Each row shows the athlete's groups, body weight, and gender.
- **Roster counter** — shows your active-athlete count out of the 500 cap. Turns amber at 90% and red at 100%.
- **Active / Archived toggle** — flips the list between current athletes and the archive. Default is Active.

OPENING AN ATHLETE

Tap any row to open that athlete's profile at `/m/roster/detail`. On a tablet in landscape, the profile loads into the right panel while the list stays visible on the left — tap another row to swap profiles without losing your scroll position.

TIP · THE PICKER MIRRORS THE ROSTER

Any athlete in the active roster shows up in the live-display athlete picker at the top of `/m/live`. Archive an athlete here and they disappear from the picker on every device within seconds. That's the simplest way to keep the picker focused on the kids who are actually on the floor today.

Add an athlete

Adding athletes one at a time is the right move for the first few names on your roster, for walk-ons during a session, and for any time you want to set group memberships carefully. For a whole team in a spreadsheet, jump to CSV import on the next page.

NEW ATHLETE MODAL

Screenshot: the *New athlete* modal on phone. Fields top-to-bottom: First name, Last name, Gender (four radio pills: — / Male / Female / Other), Body weight with kg/lb unit toggle, Groups multi-select chip area. Primary *Save athlete* button at the bottom.

FROM THE ROSTER PAGE

1. Tap `+ ATHLETE` in the top-right corner. The New athlete modal opens.
2. Enter **First name** and **Last name**. These are the only required fields.
3. Optionally pick a **Gender** — used only to drive the gendered filter on leaderboards. Leave it on the dash if you'd rather not classify.
4. Optionally enter **Body weight** in kg. The label and unit toggle follow your global units setting; storage is always kg.
5. Tap one or more chips under **Groups** to assign sport-group memberships. Multi-select is allowed and encouraged.
6. Tap `SAVE ATHLETE`. The new row lands in the roster and in the live picker immediately.

WHY KG

PPS — Plyomat Power Score — is server-computed as **jump height × load** (load = body weight plus any optional external load). The canonical body-weight field is kg; the kg/lb toggle on the form is a display convenience and the value written to disk is always kg. PPS aside, body weight does not affect RSI, JH, DRI, or CT.

MID-SESSION INLINE ADD

A new athlete walks in halfway through a session — you don't have to leave the live screen. Tap the athlete-picker bar at the top of `/m/live`, then `+ NEW` in the top-right corner of the picker. Save first and last name, and the athlete is created, selected, and recording.

MULTI-GROUP MEMBERSHIP

Real facilities don't bucket one-to-one. *Cali* trains with Future Pro part of the week and LTAD the rest — tag both groups and her sessions roll up correctly in each leaderboard and filter.

PLYOMAT

ROSTER

Bulk-import from a CSV

Twenty athletes or two hundred, the import wizard takes a spreadsheet and turns it into a clean roster in under a minute. Tap `IMPORT` in the top-right of the Roster page to launch it at `/m/roster/import`. The wizard accepts `.csv`, `.xlsx`, and `.xls` files up to 5 MB or 5,000 rows.

THE FIVE STEPS

1. **Upload** — drag the file onto the dropzone or tap `CHOOSE FILE`. The minimum is two columns: `First Name` and `Last Name`. A starter template is one tap away.
2. **Map columns** — Plyomat auto-detects your headers and proposes a mapping. Confirm or override which column is first name, last name, body weight, gender, and groups. Any DOB column is force-locked to *Ignore* — Plyomat does not collect dates of birth.
3. **Groups** — the wizard reads every group token in your file and asks how to resolve each one: *Use existing*, *Create new*, or *Skip*. Title-case spelling matters — `football` and `Football` show up as two separate tokens.
4. **Review** — every parsed row in a preview pane. Duplicates against your existing roster get a yellow chip; rows with validation issues get a red chip and a one-line reason. Uncheck any row to leave it out.
5. **Import** — tap `IMPORT`. The wizard commits in batches of 50 so a partial network hiccup doesn't lose your progress. When it finishes you land back on the Roster page with a confirmation banner.

CSV FORMAT

The simplest accepted shape is:

```
First,Last,BodyWeightKg,Groups
```

Quote the Groups column when an athlete belongs to more than one group: `"Football, Speed/Power"`. The body-weight column may be named `BW`, `Weight`, or `Body Weight (kg)` — the mapping step will pick it up.

COMMON PITFALLS BEFORE YOU IMPORT

- Trailing whitespace on a name — the wizard trims it for you, but a column like `"Football "` still resolves as a new group.
- Group spellings that drift from your existing groups (`Football Varsity` vs `Football`) create separate groups by design. Use the Groups step to merge.
- Apple Numbers files in the proprietary `.numbers` format are not supported — export as CSV or XLSX first.
- Athletes whose first+last already exist in your roster appear flagged as duplicates in Review. Uncheck the row to skip the import.

Sport groups

Groups are org-wide labels you attach to athletes. They drive the group filter on the live display, the scope of every leaderboard, the group-vs-group comparison lens in Reports, and the Group Picker tile on the live screen. Get them right once and the rest of the app sorts itself out.

THE EIGHT BUILT-IN GROUPS

FOOTBALL	Football team — varsity, JV, freshman.
BASKETBALL	Basketball team — varsity, JV.
SOCCER	Soccer team — varsity, JV, club.
VOLLEYBALL	Volleyball team — indoor or beach.
BASEBALL	Baseball team — varsity, JV.
SOFTBALL	Softball team — varsity, JV.
TRACK & FIELD	Sprint, jump, throw, distance squads.
GENERAL ATHLETES	Catch-all for athletes who don't fit a single sport bucket.

Built-ins can be **renamed** (a school whose football team is called **The Hawks** can relabel **Football** to **Hawks Football**) or **hidden** from the picker (a basketball-only facility can hide everything else), but they can never be fully deleted. Custom groups can be deleted at any time.

CREATE A CUSTOM GROUP

1. Open `SETTINGS` from the side rail.
2. Tap `ORG SETTINGS` → `GROUPS`.
3. Tap `+ NEW GROUP`. Enter a name and an optional description.
4. Tap `SAVE`. The new group is immediately available on the athlete create form and in every group filter.

MULTI-GROUP MEMBERSHIP · THE CALI PATTERN

An athlete can belong to multiple groups at once

One of your athletes might split her training week between the Future Pro cohort and the Long-Term Athletic Development group. Assign her to both. Her sessions show up in both group filters, both leaderboards, and both group-vs-group reports — no duplication, no choosing.

The Group Picker tile on the live display lets you swap which group's roster you're showing without leaving the screen — useful when two cohorts share the mat in one block.

TIP · KEEP GROUP NAMES SHORT

Group chips appear on athlete rows, the live picker, leaderboard headers, and PDF report titles. Two-word names (*Future Pro*, *Speed Power*) read better at small sizes than long phrases.

Tags — session-level labels for variant jumps

Groups label **athletes**. Tags label **sets**. When the same athlete does a normal vertical jump in one set and a Trap Bar jump in the next, you want the data to know the difference — otherwise Reports averages mush the two together and the trend line lies.

Tags solve this. Attach one or more tags to a set in the live display and every report that filters by tag pulls those reps out cleanly.

TAGS YOU'LL USE MOST

LEFT LEG	Single-leg jump captured on the left side. Pairs with *Right Leg* for asymmetry calculations.
RIGHT LEG	Single-leg jump captured on the right side.
TRAP BAR	Loaded vertical jump from a trap-bar set-up.
12IN BOX	Drop jump from a 12-inch box. Pair with *18in Box*, *24in Box*, etc. for drop-height comparisons.
HURDLE	Hurdle hops — reactive multi-jump over an obstacle.
HANDS ON HIPS	Arm-swing-restricted vertical jump used in standardized testing.

GROUPS VS TAGS

Two label systems with different jobs

Groups attach to an athlete and persist forever. Marcus is Football.

Tags attach to a saved set. This set was a Trap Bar.

An athlete can be in two groups and have four tags on the same set — the systems don't overlap.

CREATE & APPLY TAGS

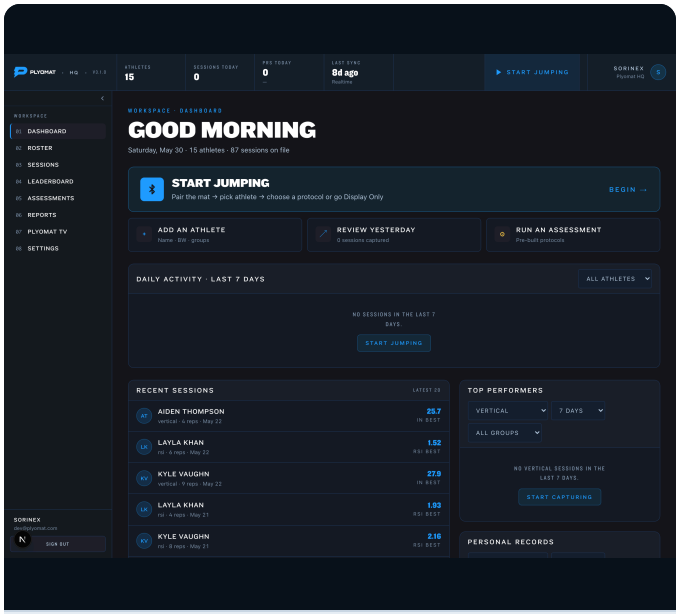
1. **Create** in SETTINGS → TAGS. Name the tag, optionally pick a color, tap SAVE.
2. **Apply** from the live display: open Controls (the button above the athlete picker) and tap any tag chip. Multiple tags can stack on one set.
3. **Filter by tag** in Reports — the Trend and Snapshot lenses both expose a Tag filter on their reports. Pull the trend line for *just* the Trap Bar sets, or compare Hurdle vs hands-on-hips across the season.

TIP · TAG AGGRESSIVELY, FILTER LATER

Tags are the cheapest cleanup tool you have. Two seconds during the set saves you ten minutes of de-coding a confused trend line three weeks later. When in doubt, tag.

The athlete profile

Tap any row in the roster and you land on that athlete's profile at `/m/roster/detail`. It's the single screen where every rep, every session, and every personal record for this athlete is one scroll away.



`/m/roster/detail` on tablet. Header card, action strip, PR strip (JH / RSI / SL JH AVG / SL RSI / DRI / PPS), Training Load, RSQ scatter, RSI trend, protocol PRs, notes, and the session history table.

WHAT'S ON THE PAGE

- **PRs per mode** at the top — JH, RSI, SL JH average, SL RSI, DRI, and PPS. Each card shows the personal record plus the session it came from.
- **Training-load card** — rep volume over the trailing four weeks.
- **RSQ scatter** — every rep this athlete has captured, plotted as Jump Height vs Contact Time. Use it to spot whether they live in the Reactive quadrant or are stuck in Developing.
- **RSI trend** — session-by-session average RSI with a trend line.
- **Asymmetry indicator** — appears once the athlete has at least one Left-Leg and one Right-Leg single-leg set. Shows percent difference and direction.
- **Recent sessions** — chronological list at the bottom. Tap any row for the full session detail.
- **Action strip** — `TEST` jumps straight into a fresh live session for this athlete, `UPDATE WEIGHT` edits body weight inline, `NOTES` opens the notes textarea, `ARCHIVE` moves them out of the active picker.

BODY WEIGHT OWNERSHIP · THE POLICY

The athlete owns their body weight

Athletes' weights move — sometimes day to day — and chasing them from the coach's seat is a losing game. Plyomat's policy is: **the athlete owns their own number.** Update it on their profile when they tell you it's changed, or have them update it themselves in-session before any PPS-mode set.

Body weight does not affect RSI, JH, DRI, or CT. The only metric that depends on it is PPS — and the live display surfaces a quick-edit before the first PPS rep lands.

Archive vs delete · and the 500-athlete cap

Two ways to remove an athlete from the working roster, and they're not interchangeable. Pick the wrong one and you either lose history you wanted to keep, or you bloat the active list with names that don't belong there anymore.

ARCHIVE

Hides the athlete from the live-display picker, the leaderboard, and the default roster view. **Preserves every session, every rep, every PR.**

Use for graduated athletes, athletes who transferred out, anyone who's no longer training with you but whose historical numbers you want to keep.

Flip the Active / Archived toggle at the top of the Roster page to see archived athletes. Tap one to unarchive — they reappear in the picker on every device within seconds.

DELETE

Permanent. Removes the athlete and every session attached to them from your workspace. There is no undo.

Use only when you added someone by mistake — a duplicate row from an import, a typo'd name you re-added correctly afterward, a test athlete.

The Delete modal requires you to type the athlete's name to confirm. That's intentional — the friction is the safety net.

> **IF YOU'RE UNSURE — ARCHIVE, DON'T DELETE**
> Archive is reversible. Delete is not. Sessions that get deleted with an athlete are gone from every report and every leaderboard they ever appeared on — including historical comparisons you may not have thought about yet.

THE 500-ACTIVE-ATHLETE CAP

Each workspace supports up to **500 active athletes**. Active means not archived; archived athletes don't count, and there's no cap on saved sessions, reps, or assessments.

The counter at the top of the Roster page turns amber at 90% (450) and red at the cap. At 100%, `+ ATHLETE` and the CSV import wizard both refuse to add more. Multi-facility orgs should run one workspace per facility — each has its own pool.

WHEN THE CAP IS CLOSE

Archive, don't delete

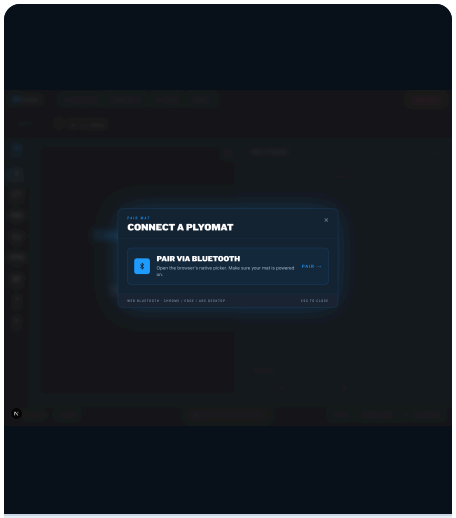
Reach for Archive on graduates first. You free up roster slots and keep the history clean for next year's report card. Deletion should be reserved for true mistakes — never as a way to make room.

Next: Chapter 3 covers the Live Display — the modes, the tile management system, edit mode, layouts, and how the leaderboard scope toggle changes what coaches see during a session.

LIVE DISPLAY

Anatomy of the Display

The live display at `/m/live` is the screen coaches spend the most time on — it's where the mat actually talks. Every other surface in Plyomat (Sessions, Reports, Leaderboard, TV) is a downstream view of what gets captured here. The screen is built around one design rule: **one number, big, in the middle.** Every other tile orbits that hero.



`/m/live` on iPad landscape. On first arrival you'll see the *Connect a Plyomat* modal — pair via Bluetooth to start streaming reps. Behind the modal: the seven zones (mode rail, status pill, athlete picker, hero, Rep Stream, secondary tiles, footer).

THE SEVEN ZONES

MODE RAIL	Left edge. Eight capture modes — Vertical, Contact, RSI, Drop Jump, PPS, Bounce Factor, Timer, Free. One tap to switch.
STATUS PILL	Top-left. Bluetooth state + firmware version when connected. Tap to open the pair modal.
ATHLETE PICKER	Strip across the top. Active athlete, the queue behind them, and a `+ NEW` for mid-session adds.
HERO TILE	Center. The primary metric for the current mode — one number, big enough to read from across the gym.
REP STREAM	The live feed. Every rep that lands appears here newest-on-top with its full metric row.
SECONDARY TILES	RSQ Chart, Leaderboard, Group Picker, Previous Bests. Optional — promote, hide, or add via Edit mode.
FOOTER	Controls, Layouts, Settings, and Save / Discard. Set-level actions sit here.

THE DESIGN RULE

Built for one number

Plyomat is a coaching tool, not a dashboard. The hero tile shows the metric the current mode cares about — **JH** for Vertical, **RSI** for the RSI modes, **CT** for Contact, **DRI** for Bounce Factor. Everything else is context.

This is why Hero Only layout exists. Run the display on a TV at the far end of the gym and the athlete reads their own number from twenty feet away.

TIP · PORTRAIT VS LANDSCAPE

The same display works on a phone in portrait. The tiles re-stack vertically and the hero stays on top. iPad landscape on a tripod is the most common rig in a training facility; an iPhone in a pocket is the common rig for one-on-one work.

LIVE DISPLAY

The eight capture modes

Every set you capture on the mat runs in one of eight modes. Mode determines which metric is the hero, which tiles make sense, which thresholds the Controls panel exposes, and how the rep rolls up to the leaderboard. Pick the mode **before** the first rep — switching mid-set is fine, but the reps captured before the switch keep the mode they were captured in.

VERTICAL	Counter-movement and squat jumps. Hero is **Jump Height**. Use for combine-style testing, daily readiness, standard vert work. Secondary: CT, RSI.
CONTACT	Pure contact-time mode — lower is better. Hero is **Contact Time** in milliseconds. Use for sprint drills, stiffness work, pogo hops, any drill where the goal is to leave the ground fast.
RSI	Repeated jumps for Reactive Strength Index. Hero is **RSI** (JH ÷ CT). Use for 10-5, 4-2, or any open-ended reactive set. The mat reads every contact and reports the rep's RSI in real time.
DROP JUMP	Athlete drops from a box, lands, rebounds. Hero is **DRI** (Dynamic Rebound Index) when a drop height is set; otherwise **RSI**. The Controls panel takes the drop-height value so DRI can normalize across box heights.
PPS	Plyomat Power Score — **jump height × load**. Server-computed from flight-time JH and the body-weight + optional external load entered in Controls. Hero is **PPS**. Use it when you want a power number that's fair across body sizes. Requires body weight on the athlete profile.
BOUNCE FACTOR	Plyomat's five-tier reactive-stamina protocol. Pairs each rep with the next rep's rebound, computes a per-cycle DRI, then classifies into a tier (Warming Up, Rebound Ready, Pretty Springy, Bouncy, Elite). Five tiers configurable from Controls.
TIMER	Open count-the-contacts recording inside a fixed time window. Tap `BEGIN`, jump for the set duration, the mat counts every contact. No RSQ, no quadrant — reps just stream in until the clock runs out. Use it for repeat-effort blocks and conditioning intervals.
FREE	Open-ended bouncing. No protocol, no timer, no constraint. Coach watches FT / CT live and decides when to stop. No RSQ / quadrant rollup — useful for warm-ups, mixed-modal sessions, or any moment you don't want the mat enforcing a specific protocol.

TIP · WHEN IN DOUBT, VERTICAL

Not sure which mode to pick? Start in Vertical. It captures JH cleanly, infers RSI from the FT / CT pair when the athlete reactivates, and is the most forgiving mode for athletes new to the mat.

LIVE DISPLAY

Switching modes mid-session

The mode rail down the left edge of the display is a single-tap switcher. Tap `RSI` and the hero metric, the threshold inputs in Controls, and the tile defaults all reconfigure to the RSI world. Tap `VERTICAL` and they reconfigure back. The reps you captured under the previous mode stay captured — they don't move with the switch.

This is by design. A coach running a mixed session — vert testing, then a few reactive sets, then a contact-time pogo block — should never need to leave the live screen. Switch the mode, do the next set, save when the block is done. The session that saves contains every kept rep across every mode you touched.

WHAT CARRIES ACROSS A SWITCH

- The **active athlete** — you don't have to reselect.
- The **Bluetooth connection** — no re-pair.
- The **unsaved reps** in the Rep Stream — they remain visible and savable.
- The **tile layout** for the mode you just switched into — each mode remembers its own arrangement.

WHAT CHANGES

- The **hero metric** swaps to the new mode's primary.
- The **Controls panel** shows only the thresholds and toggles that apply.
- The **RSQ chart** shows up only when the mode supports it (RSI, Drop Jump, BF with the toggle on).

WHY THIS WORKS

Don't get lost in the sauce

A coach has thirty-two minutes with the athletes. If switching from vert to RSI means closing a screen, picking a protocol, re-pairing the mat, and reselecting the athlete — that's a session killer.

Plyomat treats the live display as the persistent surface and the mode as a lightweight axis. Tap, jump, save. Never leave the screen.

GUARDRAIL · ASSESSMENTS LOCK THE MODE

An *assessment* is a formally scored protocol — 10-5 RSI, the Drop Jump assessment, a custom one you built. When an assessment is active, the mode rail dims and the current mode locks. Tap the lock indicator to exit the assessment first; then the rail unlocks. This prevents an accidental rail tap from collapsing a scored run mid-set. The Assessments chapter covers protocol-lock behavior in depth.

TIP · MIX FREELY IN A SESSION

There's no rule that a session has to be a single mode. A coach who captures three vert reps, then five RSI reps, then ten contact reps under one athlete and one Save creates a single session whose detail view shows all three blocks. The Sessions list groups them by save event, not by mode.

LIVE DISPLAY

The athlete picker bar

The strip across the top of the live display is where coach and athlete meet the data. When no athlete is selected, it shows as an orange **No athlete selected** bar. The moment you pick one, their name takes the bar, a **Recording** indicator flashes next to them, and every subsequent rep attributes to their profile.

ATHLETE PICKER BAR — EXPANDED

Screenshot: top of `/m/live` with the picker expanded. Active athlete (large), queue (small avatars behind), + NEW button on the right. Red flashing "Recording" pill next to the active athlete's name.

SELECTING AN ATHLETE

1. Tap the bar to open the full picker.
2. Scroll the list or type a name to filter.
3. Tap the athlete's row. The picker closes and the bar updates to their name. **Recording** begins flashing.

DRAG-TO-REORDER THE QUEUE

Coaching a small group? Long-press an athlete in the picker and drag them up or down to set the order they'll jump. The next-on-deck athlete sits one row from the top so you can swap them in with a single tap.

ADD AN ATHLETE WITHOUT LEAVING THE SCREEN

Tap + NEW in the picker's top-right corner. Enter first name and last name — that's the only required pair. Tap SAVE and they're in the picker, selected, and ready for the next rep. Body weight, gender, and groups can be filled in later from the Roster page.

RETROACTIVE ATTRIBUTION

You don't have to pick the athlete first. A coach who's mid-set when an athlete walks up to the mat can capture the reps anonymously, then tap the picker, select the athlete, and tap SAVE. Every anonymous rep collected since the last Save attaches to that athlete's profile.

The retroactive flow also handles a misclick: pick the wrong athlete, jump three reps, realize. Re-open the picker, pick the right athlete, tap Save. The set saves to the correct profile.

FILTER BY GROUP

Pair with the Group Picker tile

If the picker list is long (15+ athletes), add the **Group Picker** tile to the rail (see page 23). Tapping a group there filters the athlete picker bar to just that group's roster.

A football coach toggles Football; the picker collapses to football athletes only. Toggle off to see everyone again.

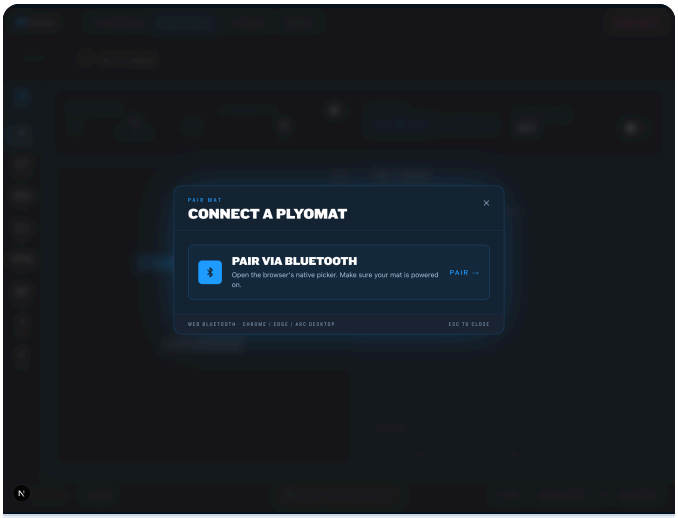
LIVE DISPLAY

Controls panel — per-set tuning

CONTROLS lives in the footer of the live display, right above the athlete picker. It opens a panel of **set-level** adjustments — rep target, threshold floors, scoring options — all scoped to the current set in the current mode. Close the panel, jump the set, save. The values you set in Controls travel with the saved session so the report knows what protocol you ran.

WHAT YOU'LL FIND IN CONTROLS

REP TARGET	How many reps the set should run. Leave blank for open-ended capture; set a number for a structured protocol.
REPS TO KEEP	Best-of-N within the target. Set *10 reps, keep 5* for the 10-5 RSI protocol — the rep stream highlights the kept reps and the "Avg of kept" row appears.
JH THRESHOLD	Minimum jump height a rep must clear to count. Useful for excluding warm-up tap-jumps.
CT THRESHOLD	Maximum contact time before a rep is excluded from RSI scoring (kept in the stream, flagged as over-threshold).
FT THRESHOLD	Flight-time floor for Timer and Free modes — lower than this, the rep is treated as a non-event.
START POSITION	RSI / Drop Jump only. *On-mat-first* (athlete stands on the mat at countdown) or *off-mat-first* (athlete drops in). New in 3.0.
RSQ DIVIDERS	The JH and CT cutoffs that split reps into Reactive Strength Quadrants on the live chart. Defaults: 25 cm, 200 ms.
BF CUTOFFS	The five-tier Bounce Factor boundaries (Warming Up → Elite). Editable per-set; defaults live in the org settings.



The Controls panel slid open over the live display. Set-level adjustments — rep target, Reps to Keep, JH / CT thresholds, start position, RSQ dividers — live here and apply to the next set.

CONTROLS VS SETTINGS

Controls is per-set, per-mode, transient (you adjust it for the workout in front of you). **Settings** is account-wide and durable (units, sensitivity, JJ on/off). Don't confuse them — you change Controls every session; you barely ever touch Settings.

TWO WAYS TO RUN A SET

OPEN-ENDED

Leave the rep target blank. The mat captures every rep that lands until you tap SAVE. Use this for warm-ups, free coaching, or any block where the goal isn't a fixed rep count.

STRUCTURED 10-5 RSI

Set *Rep target* = *10*, *Reps to Keep* = *5*. Auto-completes after 10 reps; Rep Stream highlights the best 5 and the hero shows their average RSI.

Layouts and Edit mode

Plyomat ships three layout presets that arrange the tiles for different coaching scenarios. Pick one from the footer's LAYOUTS control or rearrange your own via Edit mode. Layouts are stored **per mode** — the arrangement you choose in Vertical doesn't disturb the arrangement in RSI.

THE THREE PRESETS

STANDARD — Hero metric (center, large), Rep Stream (right rail), plus up to two secondary tiles below. The default — balanced for one-on-one coaching with an athlete and the coach both looking at the same screen.

STREAM FOCUS — The Rep Stream dominates. Useful when the athlete is doing a long set and the coach wants to scan rep-by-rep deltas. The hero stays visible but smaller.

HERO ONLY — The current metric fills the screen. Built for a TV at the far end of the gym, a wall-mounted display, or a coach who wants the athlete to read their own number from twenty feet away with no other distractions on screen.

The Layout library. Tap the ✎ button on the live display to enter Edit mode — swap tiles, change the preset, save one layout per mode.

EDIT MODE — BUILD YOUR OWN

1. Tap the ✎ icon in the top-right of the display. A banner appears at the bottom: *Edit layout*.
2. Tap any tile to **promote** it — the tile expands to fill the hero slot. A blue expand icon (⛶) on each tile shows the affordance.
3. Tap the × on a tile to **hide** it. Hidden tiles return when you add them again.
4. Tap + ADD TILE in the rail to pick from the list of available tiles for the current mode.
5. Tap DONE in the banner. The arrangement saves automatically and persists for this mode.

TIP · PER-MODE MEMORY

A Vertical-mode layout with the Leaderboard tile promoted does not affect what RSI mode shows. Plyomat stores layout-per-mode in the browser so you can craft different views for different drills without re-arranging every time.

RESET LAYOUT

If you've experimented yourself into a corner, the Controls panel has a RESET LAYOUT action that restores the default tile order for the current mode. It only resets the mode you're in; other modes keep their saved arrangements.

LIVE DISPLAY

Tile types catalog

Eight tile types render on the live display. The Hero and Rep Stream do the heavy lifting; the other six are opt-in via Edit mode. A landscape display can hold up to four secondary tiles at once before the rail starts to scroll; portrait stacks them vertically without a cap.

HERO	The primary metric for the current mode — JH in Vertical, RSI in RSI, CT in Contact, DRI / Bounce Factor in BF, PPS in PPS mode. Always present, always promotable, always the biggest text on screen. The hero updates the instant a rep lands.
REP STREAM	The live feed. Each rep appears as a row with the mode's full metric set (JH, FT, CT, RSI, DRI). Newest rep on top. Swipe-left on a row to delete a rep mid-set. The default rail also surfaces the set average in a footer row when a rep target is set.
RSQ CHART	A real-time Reactive Strength Quadrant plot. Each rep lands as a dot at its (CT, JH) coordinates; the chart's two dividers split the plane into Quad 1 (Reactive, top-left), 2 (Compliant, top-right), 3 (Stiff, bottom-left), 4 (Developing, bottom-right). Use it as a coaching cue — tell the athlete “quicker off the ground” or “jump a little higher” based on which quadrant they're landing in.
LEADERBOARD	Live ranking. Choose scope in Controls: *Session* (just the reps in this open set) or *Today* (all saved sessions from today across the org). The tile renders the top rows for the current mode's primary metric. Promote it to fill the screen for a duel-style display between two athletes.
GROUP PICKER	A row of sport-group chips. Tap a group to filter the athlete picker bar and the leaderboard tile to that group only. Tap again to clear the filter. Use it during a session that spans multiple groups so each coach sees only their roster.
PREVIOUS BESTS	The active athlete's PRs in the current mode from their saved history. Shows lifetime best and the rolling best across recent sessions. The instant a rep in the active set beats one of these, the tile flashes a PR indicator. Numbers match the Reports and Dashboard surfaces — both show the same canonical PR.
READINESS	Today's best rep, sized as a percentage of the active athlete's lifetime PR for the current mode, with a red / yellow / green band. Surfaces during Vertical, RSI, and Drop Jump assessment runs. Reads *green* at ≥ 95 %, *yellow* in the 85–95 % band, *red* below 85 %. The answer to *is this athlete ready to load today?* without a separate testing protocol. Hidden outside of assessment context (Free / open sets don't render it).
BF STANDARDS	The five-tier Bounce Factor reference card displayed live during Bounce Factor sets. Shows the DRI thresholds (< *0.50* Warming Up, *0.50–1.25* Rebound Ready, *1.25–2.0* Pretty Springy, *2.0–3.0* Bouncy, > *3.0* Elite) and lights up the tier the current cycle is landing in. The athlete reads their tier as the cycles roll — no waiting for a session detail page.

FIXED IN BUILD 127 · PREVIOUS BESTS WITH JJ ON

If you remember Previous Bests showing inflated numbers when Just Jump / Vertec was on — that's fixed. Earlier builds applied the JJ correction twice when computing the tile's lifetime best, so a 30 cm raw jump rendered as 45.7″ instead of the correct 37″. The May 27 server-side fix means Previous Bests now agrees with what Reports and Dashboard have always shown.

Cleaning up reps and saving the set

SWIPE-TO-DELETE — REP STREAM

Screenshot sequence: (1) Rep Stream with a flagged double-bounce, (2) row swiped left exposing a red DELETE, (3) row removed, set average recomputed.

SWIPE-LEFT TO DELETE A REP

The Rep Stream is the workbench for cleaning the set in real time. Swipe any row left to expose a DELETE button. Tap to confirm and the rep drops out; the set's averages, the hero metric, and the RSQ chart all recompute instantly.

Use it for:

- **Double-bounces** the athlete didn't intend — common at the end of a fatigued set.
- **Warm-up reps** that landed before the athlete was ready to compete.
- **Off-mat landings** that registered as a low-flight ghost rep.
- **The wrong athlete** jumped — delete the rep, then bring the right athlete in.

WHY THIS MATTERS

In the old Plyomat app, removing a bad rep meant restarting the set. A single double-bounce could waste a five-minute warm-up. Swipe-to-delete is small to look at and huge in practice — the kept reps land clean, the averages reflect reality, and the athlete doesn't have to redo the protocol.

SAVE VS DISCARD

SAVE

Persist the set to the athlete

Tap SAVE in the footer. Every visible rep in the Rep Stream writes to the active athlete's session history along with the mode, the Controls snapshot (rep target, thresholds, RSQ dividers), the timestamp, and any assessment protocol that was running.

From that instant the session feeds Reports, the Leaderboard, the Sessions list, the TV wall, and the athlete's Previous Bests tile.

DISCARD

Drop the reps cleanly

Tap DISCARD and every rep currently in the stream is thrown away. No record is written. Use it when the set was a tech test, the mat was glitching, or the wrong athlete was selected the entire time.

Already tapped Save? You can still delete the session afterward — head to the Sessions page (Chapter 4) and remove the row from there.

LIVE DISPLAY

Just Jump / Vertec and the RSI formulas

Two settings determine what number a coach sees for the same physical jump: the **Just Jump / Vertec** toggle (display-only inflation on Jump Height) and the **Legacy RSI** toggle (which RSI formula is computed). Both live under Settings → Mat & Display. Both are intentional design choices that protect coaches who built historical datasets in older systems.

SETTING

Just Jump / Vertec

When the toggle is on, every displayed jump-height number is inflated by $\mathbf{1.1119^2}$ — about **+23.6%** — so the reading lines up with what a Vertec reach device or a legacy Just Jump mat would show.

The inflation is display-only. The raw flight-time JH is what storage records, what RSI and DRI compute from, what PPS multiplies by load. RSI, DRI, and PPS are never affected.

Worked example: with JJ off, Plyomat reads **18.1″**. With JJ on, the same physical jump displays **22.4″** — matching what a Just Jump mat or Vertec would have shown.

WHEN TO LEAVE JJ ON

- You're comparing today's reading to historical Vertec or Just Jump data.
- Your athletes know their "number" from a camp or combine reading and you want the screen to match.
- Parents at a parent meeting expect a familiar-looking vert.

WHEN TO TURN IT OFF

- You're publishing a sport-science report or comparing to peer-reviewed research.
- You're cross-referencing a force plate or video-based measurement.
- You want the cleanest, raw-physics number.

STORAGE STAYS RAW

Flip the toggle whenever you like. The same database row renders different numbers depending on the setting at view time. Historical reports never lose precision because of a toggle change.

LEGACY RSI VS STANDARD RSI

Standard RSI = `JH / CT`. The academic definition. A **3.00** is elite under this scoring.

Legacy RSI = `FT × 10 / CT`, with JJ Mode inflating flight time. The same athlete reads roughly **4.00–4.50**. Off by default; flip on if your historical dataset used it.

REPS REMEMBER

History intact

Every rep is tagged at capture. Switch today; legacy sessions still show their old numbers.

LIVE DISPLAY

Leaderboard scope and Bluetooth indicators

LEADERBOARD TILE SCOPE

The Leaderboard tile (page 23) has a per-mode scope toggle in Controls. The choice determines what counts as “the rankings” on the tile.

Plyomat persists the choice per mode — you can have **Session** scope in RSI for tight coaching feedback and **Today** scope in Vertical for an open competition.

SESSION	Just the reps captured since the last Save in the current live set. Reorders in real time as new reps land. Use it for a duel between two athletes on the mat right now.
TODAY	Every rep saved across the org since midnight in this mode. The tile is the gym's daily standings. Use it on a TV wall or a side display so athletes see where they sit before they jump.

GOTCHA · THE TOGGLE HAS TO BE ON

The Leaderboard tile only live-produces rankings when the Controls panel's Leaderboard toggle is enabled for the current mode. A tile in the rail with the toggle off displays a static last-known state and doesn't update with new saves. Open Controls, confirm the toggle is on, close. This is the silent-demo killer — if the tile looks frozen, this is almost always why.

BLUETOOTH STATUS PILL

STATUS PILL STATES

Three phone screenshots side-by-side: Green (connected, m2m2·rev6), Grey (not paired), Red (dropped, reconnecting).

GREEN	Connected and streaming. Firmware version shown next to the pill (`m2m1` = Rev 4 controller, `m2m2` = Rev 6). This is the state where reps actually flow from mat to screen.
GREY	Not paired. Tap to re-open the device picker. Same state you see on a fresh boot before pairing.
RED	Was paired, then dropped. The app auto-reconnects within a few seconds; if the auto-recovery doesn't take, tap the pill to re-pair manually. Common cause: phone went out of BLE range (5+ meters from the mat).

FULL PAIRING FLOW

If you're new to pairing or troubleshooting a stubborn connection, Chapter 1 walks the full Bluetooth pairing flow step by step — including the iOS-needs-the-Plyomat-app caveat and the Android Location-permission requirement.

Next: Chapter 4 covers Sessions — what saves when you tap Save, how to find a session in the chronological log, the filters that turn a 500-row list into the eight rows you need, and how to delete a session that shouldn't have been kept.

PLYOMAT

SESSIONS

What a session is

A **session** is the unit of saved data in Plyomat. One athlete, one mode, one SAVE event. The moment you tap SAVE at the end of a set on the live display, Plyomat writes a session record — every kept rep, the capture mode, the timestamp, the assessment protocol (if one was active), and the Controls flags that were on at the time.

From that moment on the session is the source of truth for every analytical surface in the app. **Reports**, the **Leaderboard**, the **Athlete Profile**, the **Previous Bests** tile, and the **Facility Wall** all read from the sessions table. If a number shows up anywhere in Plyomat that didn't come from a hardware-only Display Only stream, a session somewhere created it.

WHAT A SINGLE SESSION RECORD CARRIES

ATHLETE	The person who jumped. Set by the athlete picker at capture time; reassignable later from the detail view.
MODE	Vertical, RSI, Drop Jump, Contact, Bounce Factor, PPS, or Free Jump — one mode per session.
REPS	Every captured rep with its FT, CT, JH, and derived metrics. Reps marked unkept during the set are stored too, but flagged so they don't count toward the score.
PROTOCOL	If the session ran an assessment, the protocol ID + scored-rep subset are stamped on the record. Otherwise the field is empty — that's a free session.
FLAGS	Sensitivity, JJ toggle, Legacy RSI, RSQ preset — snapshotted so a March session still computes the same number today.

SAVE VS DISCARD

Save creates; Discard creates nothing

Every session in your workspace started as a SAVE on the live display. Tapping DISCARD writes nothing — the reps drop, no record is created, the analytics surfaces don't see them.

That's the contract. If you can find the session in the list, it was saved. If you can't, it was either discarded, archived (page 31), or never captured at all.

SESSIONS VS ASSESSMENTS — AT A GLANCE

GOLD · ASSESSMENTS

Protocol-locked, scored-rep formal tests. **Gold** avatar tint + *Scored Protocol* chip. Feed the Assessments scope in Reports.

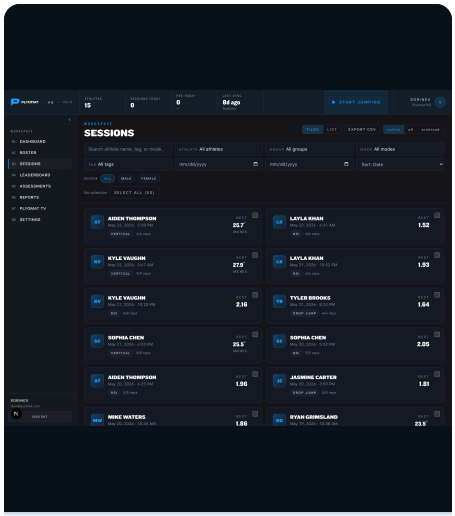
BLUE · SESSIONS

Everyday open training — any mode, no protocol. **Blue** avatar tint. Feed leaderboard, Facility Wall, Previous Bests, and the Sessions scope in Reports.

SESSIONS

The Sessions page

The Sessions page at `/m/sessions` is your chronological log. Every saved set across every athlete in the workspace lands here, newest first. It's the one place to scan, search, filter, and dive into the entire history of your gym's jump data.



`/m/sessions` on tablet. Filter strip at the top with athlete / group / mode / tag pickers + date inputs + Sort. Session cards below carry the athlete's name, blue or gold avatar, mode badge, timestamp, best metric, and kept-rep count.

ANATOMY OF THE PAGE

- **Header bar** with workspace eyebrow, the *Sessions* title, and the TILES / LIST view toggle.
- **Filter strip** — search box, four pickers (Athlete, Group, Mode, Tag), From and To date inputs, and a Sort dropdown.
- **Session count** appears in the bulk-action bar as *Select all (N)* — that N is the number of sessions currently matching your filters.
- **The list itself** — cards (default) or a denser row layout. Scroll loads more pages automatically.

TWO VIEWS, ONE DATA SET

Tiles is the default: a two- or three-column grid of session cards with mode, athlete, timestamp, best metric, and any tags. **List** packs more rows into the same screen with athlete, protocol, best of kept, average of kept, and L/R averages for single-leg work. Your choice persists per device.

WHAT EACH ROW TELLS YOU

AVATAR TINT	**Gold** = assessment; **blue** = free session. The fastest at-a-glance signal.
ATHLETE NAME	Tap to jump to the athlete's profile. Sessions with a missing athlete (rare, usually a deletion) show *Unknown athlete*.
MODE BADGE	Vertical, RSI, Drop Jump, Contact, BF, PPS, or Free — what the mat captured.
BEST METRIC	Best JH for Vertical, best RSI for RSI / Drop Jump, best DRI for Bounce Factor — the headline number for the mode.
REP COUNT	*N reps captured*. Kept-rep count appears in the detail view.
TIMESTAMP	Local time of the Save event. The list sorts newest first by default.

SESSIONS

Filtering the list

With a few hundred athletes and a few thousand sessions, a flat newest-first list isn't enough. The filter strip at the top of `/m/sessions` gives you five dimensions to narrow on, and they **compose** — every active filter trims the list further until you're looking at exactly the slice you need.

THE FIVE FILTER DIMENSIONS

ATHLETE	Pick one or more athletes from the picker. The search box also narrows here — typing a name resolves to the matching athletes server-side and pulls in every session they have, not just the loaded window.
MODE	Vertical, RSI, Drop Jump, Contact, Bounce Factor, PPS, or Free. Multi-select. Pick *Vertical* + *RSI* to see all jump-height-relevant sessions and skip everything else.
DATE RANGE	Two date inputs — From and To. Leave one blank for an open-ended range. Defaults to no bound, which means the list shows everything since the workspace was created.
GROUP	Filter to sessions where the athlete belongs to a specific sport group. An athlete in two groups (e.g. *Football* + *Strength Program*) shows under either filter.
ASSESSMENT	Filter to sessions that ran a specific assessment protocol. Pair with a date range to answer "*who ran the 10-5 RSI assessment last month?*" in two clicks.

FILTERS COMPOSE — COMMON WORKFLOWS

1. **All of Cali's sessions this week** — type *Cali* in the search box, set From to seven days ago, leave the rest blank.
2. **Football vertical jumps, last 30 days** — Group: *Football*; Mode: *Vertical*; From: today minus 30.
3. **Everyone who ran the 10-5 RSI assessment last month** — Assessment: *10/5 RSI*; From + To set to the calendar month.

HOW THE SEARCH BOX WORKS

Server-side, not just the loaded page

Type any part of an athlete's first or last name. Plyomat resolves the substring to matching athletes locally, then pulls every session on the server for those athletes — you don't have to scroll to load Ella Bennett's older sessions to find them.

The search box also matches mode names (rsi, vertical) and session tags. Misspelled the athlete's name? The page surfaces a "no athletes match" state so you know to retry.

TIP · FILTERS PERSIST IN THE URL

Active filters live in the URL search params. Bookmark a filtered view, share the URL with another coach in your workspace, or pin *football* + *vertical* + *last 7 days* as a tab — everything stays in sync.

SORT AXIS IS SEPARATE

The *Sort* dropdown re-orders the matching set without changing what matches. Sort by Date (default), Athlete, Mode, Reps, or Best metric.

The session detail view

Tap any row in the list and you land on the session detail view — one page that shows everything Plyomat knows about that capture. The layout adapts to screen size: phones get a vertical stack, tablet landscape splits the rep table from the analytical tiles.

SESSION DETAIL — TABLET SPLIT

Screenshot: `/m/sessions/detail?id=…` with header card (gold avatar + Assessment chip if applicable), Reapply Sensitivity / JJ / Transfer / Move to / Delete buttons, stats strip below, rep table on the left and RSQ scatter + Asymmetry + Body weight cards on the right.

WHAT'S ON THE PAGE

- **Header card** — athlete name, timestamp, mode + protocol line. Gold tint and a *Scored Protocol* chip if it ran an assessment.
- **Tag editor** for free sessions — add or remove tags inline (*Trap Bar*, *hands-on-hips*, etc.). Assessment sessions are tag-locked by spec.
- **Stats strip** — best JH, best RSI, average CT, and the relevant kept-of-N aggregations for the mode and sidedness.
- **RSQ scatter** — the same quadrant plot you saw live during capture, frozen here for review. Each rep is a dot in JH-vs-CT space against the active preset's midpoints.
- **Per-leg block** on unilateral assessments — L and R averages and bests side by side.
- **Asymmetry tile**, **PPS context**, **body weight**, and the audit footer.

WHAT YOU CAN CHANGE FROM THE DETAIL VIEW

SESSION NOTE
Tags act as the session note for free sessions — add a chip for *Trap Bar*, *hands-on-hips*, *warm-up*, or any variant you'll want to filter on later. The data later knows what it was.

REASSIGN ATHLETE
Tap `TRANSFER` to re-point the session at a different athlete. The fix is mode-agnostic. Use it when the wrong athlete was selected during capture — the leaderboard, PRs, and reports recompute automatically.

JJ TOGGLE (RETRO)
Vertical-mode sessions get a `JJ · ON / OFF` button. Flip it after the fact to convert a non-inflated session to a Just Jump / Vertec-matched one (or back). Storage stays raw — only the display layer changes.

MOVE TO (ASSESSMENT)
Re-point the session at a different assessment definition. Useful when you ran 10/5 RSI by mistake and the program called for 4/2 — same mode + sidedness, different protocol record.

REAPPLY SENSITIVITY
Re-runs the sensitivity threshold against the originally captured reps. If a smaller athlete's reps were over-filtered at the time, the original raw events are still there and can be recovered.

HEADS UP · EDITS PROPAGATE
Reassigning an athlete or flipping JJ on a session immediately rebuilds the affected athlete's PRs, the leaderboard standing for the day, and any report that draws from the session. Reports refresh on next open — you don't need to do anything to publish the change.

Assessment sessions vs free sessions

Every saved session in Plyomat is one of two kinds. The distinction matters because the two data stores feed different analytical surfaces and serve different coaching purposes — mixing them on the same leaderboard would be unfair, and isolating each one lets you answer different questions cleanly.

ASSESSMENT SESSIONS (GOLD)

Captured while an **assessment protocol** was active on the live display. The session record carries:

- The protocol ID (e.g. *10/5 RSI*, *Single-Leg DRI Battery*).
- The expected rep count from the protocol definition.
- The scored-rep subset — which reps count toward the headline best-of-N or average-of-N.
- Sidedness (*bilateral* or *unilateral*) inherited from the assessment.

Assessment sessions show a **gold avatar tint** and a **Scored Protocol** chip in the list and on the detail header. They feed the **Assessments** scope in Reports — protocol-locked comparisons across athletes under standardized conditions.

FREE SESSIONS (BLUE)

Captured without a protocol — any mode, any time, any combination. Used for everyday training, warm-ups, post-workout finishers, technique cues. No expected rep count, no scored subset, no protocol stamp.

- Show a **blue avatar tint** and the plain mode label.
- Editable tags — *Trap Bar*, *hands-on-hips*, *warm-up*, custom names.
- Feed the leaderboard, the Facility Wall, the *Previous Bests* tile, and the *Sessions* scope in Reports.

This is the high-volume store. Most of what your gym captures day to day lives here.

WHY THE SEPARATION MATTERS

ASSESSMENT WEEK · PROTECTED DATA

The leaderboard stays honest

During an assessment week your athletes run their formal tests. Those numbers are scored, protocol-locked, and gold — they're the data the program references for periodization and training-decision.

Meanwhile someone walks up to the mat mid-session and rips a one-off vertical that's higher than every scored attempt that week. That number is real — it lives in the leaderboard and the Facility Wall — but it's not official. The gold-vs-blue split is the structural reason a coach can say "that wasn't an assessment, so it's not the published number" without contradicting any data Plyomat shows.

CRITICAL · FACILITY WALL SCOPE

The Facility Wall at `/m/tv/wall` shows **free sessions only**. Assessment runs are protocol-locked attempts — mixing them with open free-jump sessions on a wall display would let athletes compete unevenly (some constrained to a scored protocol, others freestyling). The wall is for open competition; the Assessments scope of Reports is for the protocol numbers.

Edit, archive, delete

A saved session isn't frozen — you can edit metadata, archive it out of view, or delete it permanently. The three actions answer different questions, and picking the right one matters for the integrity of your dataset.

WHAT YOU CAN EDIT ON A SAVED SESSION

NOTE · TAGS	For free sessions, the tag chips on the detail header act as the session note. Add or remove a tag inline; the change saves immediately. Assessment sessions are tag-locked.
ATHLETE	TRANSFER reassigns the session to a different athlete. Use when the wrong name was selected during capture. PRs and leaderboards recompute on the next read.
JJ TOGGLE	Vertical-mode only. Flip Just Jump on or off retroactively. Display math changes; storage stays raw.
ASSESSMENT	MOVE TO re-points the session at a compatible assessment (same mode + sidedness).

ARCHIVE

ARCHIVE hides the session from the default list and from every analytical surface — leaderboard, Facility Wall, reports, the Previous Bests tile — while preserving the underlying rep data. Switch the archive toggle at the top of the list to **Archived** to see archived sessions, and tap RESTORE on any of them to bring it back.

Use when: the session got polluted by mistake (wrong athlete halfway through, a guest jumped on the mat, the mat was glitching) but you want to keep the record in case you change your mind. Archive is the safe option.

DELETE

DELETE permanently removes the session and every rep inside it from your workspace. A confirm dialog opens; tap **Delete forever** to proceed. The button label confirms the count **("Delete N sessions?")** so you know what's about to go.

Use when: the session should never have existed in the first place — a demo capture that wasn't flagged, a duplicate save, a test the athlete asked you to wipe. Delete is irreversible.

> DANGER · DELETE IS PERMANENT
> There is no recovery and no backup. Deleted sessions are gone from the database, and the affected athlete's PRs, the leaderboard standings, and the Dashboard counts all recompute automatically. If you're not sure, archive instead.

WHEN TO ARCHIVE VS DELETE

- **Archive** — *polluted but I want a record.*
- **Delete** — *never should have been captured.*
- **Edit** — *data right, metadata wrong.*

PLYOMAT

REPORTS

Where sessions become insight

The Sessions page is a log. The Reports page at `/m/reports` is the analytical surface on top of that log. Same dataset, fundamentally different question: **Sessions** answers **"what happened?"**, **Reports** answers **"what does it mean?"**

Every saved session, every kept rep, every protocol run feeds Reports automatically. There's nothing to import or refresh. Open the page and the workspace is already there, ready to be sliced.

THE ARCHITECTURE IN ONE SENTENCE

Reports has two top-level **scopes** — **Sessions** and **Assessments** — and within each scope, a set of **lenses** for slicing the data. Same data, different ways to look.

DESIGN INTENT

Reports answer questions about your athletes

Lenses are how you slice them. Pick the scope, pick the lens, set the filters — the surface adapts to render the view that fits the question.

This is not a dashboard of canned tiles. It's a tool for asking and answering.

THE TWO-AXIS LAYOUT

SCOPE TOGGLE	Lives at the top of the page. Pick *Sessions* for open-mode training data, or *Assessments* for protocol-locked formal-test data. The whole page reconfigures on toggle — lens list, filter bar, default selection.
LENS RAIL	Tablet and desktop — vertical rail on the left. Phone — horizontal tab strip across the top. Each lens has its own canvas; switching lenses keeps your athlete, group, and date-range filters intact.
CANVAS	The center area where the selected lens renders. Charts, tables, side-by-side cards, scatter plots — what shows up depends on which lens you picked and which scope is active.
FILTER BAR	The athlete picker, group picker, gender chips, date range, and (Sessions scope) mode + tag filters — all in one strip that follows you across every lens.
EXPORT	The EXPORT PDF button at the top-right of every lens generates a branded report of what's on screen.

TIP · PICK THE SCOPE FIRST

If the lens you want looks empty, check the scope toggle. An assessment run won't show up under the Sessions scope, and an everyday vertical-jump set won't appear under Assessments. The scope is the first filter — everything else builds on it.

Sessions scope vs Assessments scope

Every Plyomat workspace runs two parallel data streams — everyday training (the high-volume **Sessions** store) and formal protocol tests (the protected **Assessments** store). The scope toggle at the top of `/m/reports` lets you point every lens at one stream or the other. Mixing them on the same chart would muddy the answer; isolating them makes each one tell its own story.

SESSIONS SCOPE

Open-mode training data. Free vertical jumps, RSI sets between drills, drop-jump warm-ups, post-workout finishers — any session that wasn't running a scored protocol.

- **Best for:** trend lines, personal records, open-field comparison.
- **Volume:** high. This is most of what your gym captures.
- **Avatar tint in lists:** blue.
- **Feeds:** all four lenses — Snapshot, Profile, Trend, Compare — and the nine reports inside them.

ASSESSMENTS SCOPE

Protocol-locked formal-test data. 10-5 RSI, single-leg DRI batteries, drop jumps from a fixed box, any custom assessment your gym defined. Scored, sided, and stamped with the protocol ID at capture.

- **Best for:** athlete-to-athlete comparison under standardized conditions.
- **Volume:** low. Assessment week numbers only.
- **Avatar tint in lists:** gold.
- **Feeds:** the Assessments scorecard surface — protocol-specific scorecards, asymmetry breakdowns, per-protocol comparisons (page 39).

TWO SURFACES, ONE DATA SHAPE

Sessions has the lens rail; Assessments has the scorecard. Both read from the same athlete + session + rep tables — only the slice differs. Switching scopes swaps the entire canvas, not just a filter.

WHY THE SEPARATION

The leaderboard stays honest

During an assessment week your athletes run their formal tests under a fixed protocol — those numbers are the gold-standard data your periodization references. Meanwhile someone walks up mid-week and rips a one-off vertical higher than every scored attempt. That number is real, it lives in the leaderboard, but it's not official.

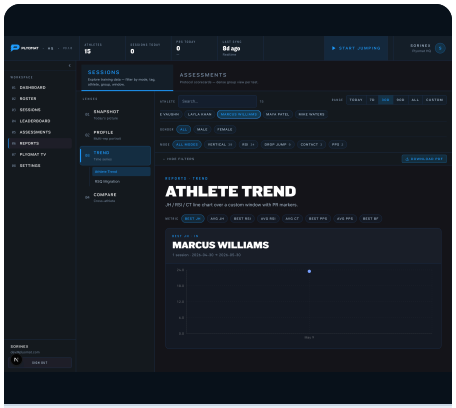
The gold-vs-blue split is the structural reason a coach can say "that wasn't an assessment, so it's not the published number" without contradicting any data Plyomat shows. Reports honors the same split.

HEADS UP · THE TOGGLE PERSISTS

Your last scope choice saves per device. If you open `/m/reports` next week and the page looks unfamiliar, glance at the toggle — you may be in the scope you left it in.

The four lenses

Within the Sessions scope, Reports has **four lenses**. A lens is a way of looking at the data — not a single chart. Each lens holds one or more **reports**, and each report is the actual chart or scorecard you read. Same data underneath; different shape of question on top.



`/m/reports` on tablet landscape. Scope toggle at the top (*Sessions* vs *Assessments*). Lens rail on the left with the four lenses; the active lens expands into its reports. The Athlete Trend report is rendered here with Marcus Williams + Best JH on a 30-day window.

THE FOUR LENSES

SNAPSHOT	Today's picture. Multi-metric portraits of where each athlete is right now — not how they got there.
PROFILE	Multi-rep portrait. The RSQ quadrant lens — one report, big enough to deserve its own lens.
TREND	Time series. Did the number go up? The lens you'll open the most.
COMPARE	Cross-athlete. Side-by-side comparisons, head-to-head, period vs period.

THE NINE REPORTS UNDER THE FOUR LENSES

SNAPSHOT	Individual Summary · Group Summary · Readiness
PROFILE	RSQ (Reactive Strength Quadrant)
TREND	Athlete Trend · RSQ Migration
COMPARE	Athlete vs Athlete · Group vs Group · Period Comparison

TIP · SWITCHING LENSES KEEPS YOUR FILTERS

Filters in the bar — athlete, group, gender, date range — carry across every lens you switch to. Set them once and walk down the rail. Each report inside a lens has its own subject pickers (athlete vs athlete, group vs group, etc.) that compose on top of the global filters.

Snapshot lens · today's picture

The Snapshot lens answers **where is the athlete right now?** Three reports live here, each a different shape of **now**. They share a date range (most-recent session by default) and stay focused on the current state — no trend lines, no comparisons across windows, just **this is where you are**.

INDIVIDUAL SUMMARY	Multi-metric snapshot for one athlete. Best JH, Best RSI, Best CT, Avg CT, Best PPS, Best BF — whatever the athlete has in the window — with a delta vs the prior baseline window so you can see the direction of motion. Subject: one athlete. Card-grid layout; one card per metric. The single most useful Snapshot report for a one-on-one check-in.
GROUP SUMMARY	Roster-wide snapshot. Every athlete's most-recent session at a glance, ranked by the metric you picked. Useful for an at-a-glance pulse on a sport group going into a meet, or for catching the athlete whose numbers slipped quietly. Subject: one group.
READINESS	Today vs baseline, traffic-light per athlete — **cleared** (green), **monitor** (amber), or **hold** (red). Computed from a percentage drop against each athlete's rolling baseline on a chosen metric (Best JH is the default). The fastest way to scan a 30-athlete group for who shouldn't lift today.

TIP · READINESS THRESHOLD LIVES IN THE FILTER BAR

The drop percentage that flips an athlete from cleared to monitor (and monitor to hold) is configurable on the report's toolbar. The default (10% / 20%) is calibrated to a typical training-load context; tighten or loosen to match your gym.

SUBJECT PICKERS

Individual Summary asks for one athlete in its toolbar. Group Summary asks for one group. Readiness reads from whatever group you pinned in the global filter bar — pick *All groups* to score the whole roster at once.

Profile lens · the RSQ report

The Profile lens has one report: **RSQ**. It earns its own lens because the Reactive Strength Quadrant is the most distinctive analytical surface in Plyomat — a 2×2 chart of every athlete's most-recent rep plotted as one dot in **jump-height-against-contact-time** space. Where the dot lands tells you something about **how** the athlete moves, not just **how high**.

THE RSQ QUADRANT

Four-quadrant diagram. Y-axis: Jump Height (low → high). X-axis: Contact Time (fast → slow, left to right). Quad labels: 1 Reactive (top-left, blue), 2 Compliant (top-right, red), 3 Stiff (bottom-left, green), 4 Developing (bottom-right, yellow). Midpoint crosshair shown. Roster dots scattered with active-preset name in header.

THE FOUR QUADRANTS

QUAD 1 · REACTIVE	High JH, fast CT. *Top-left*. The target for most explosive-sport athletes — tall jumps off a quick ground contact.
QUAD 2 · COMPLIANT	High JH, slow CT. *Top-right*. Strong off the ground but slow to leave it — great height, longer impulse.
QUAD 3 · STIFF	Low JH, fast CT. *Bottom-left*. Fast ground contact but limited height — springy feet, missing leg drive.
QUAD 4 · DEVELOPING	Low JH, slow CT. *Bottom-right*. Needs work on both axes — foundational strength and reactive coordination.

THE MIDPOINT IS SET BY THE ACTIVE RSQ PRESET

The crosshair isn't fixed. It comes from the active **RSQ preset** — a population-specific pair of JH and CT thresholds. A 300 lb offensive lineman and a 165 lb sprinter shouldn't share the same definition of **reactive**. Plyomat ships built-in presets named **Beginner**, **Default**, **Advanced**, and **Single-Leg**, and lets you build custom presets in Settings · Mat & Display (Chapter 6 page 47). The active preset's name is always shown above the chart.

FROM THE FLOOR

"There are really four types of plyos we do here"

"Striding out, hitting a rhythmic moon bounce — that's a healthy movement. It's not like the only good plios are these ones. Kind of like saying the only good lifting is max-effort lifting." Treat the quadrant as a map of movement types, not a leaderboard. A moon-bounce drill in Quad 2 is real work; a stiff Quad 3 pogo has its place in a warm-up.

Trend lens · the time-series view

The Trend lens is the answer to **did the number go up?** Two reports live here. **Athlete Trend** plots one metric over a date range. **RSQ Migration** plots the athlete's quadrant trajectory over time. Both share the same filter bar — pin the athlete in the bar, then pick the report from the rail.

ATHLETE TREND

One athlete, one metric, a line chart over a window. Best JH, Avg JH, Best RSI, Best CT, Best PPS — whatever the dropdown above the chart is set to. A linear least-squares trend line cuts through the dots. Sloping up = improving; flat = plateau; sloping down = regression or load fatigue.

PR markers light up dots that broke a personal record at the moment they landed. Tap any dot to bounce into the session detail and confirm what happened that day.

WHEN TO OPEN IT

Parent meetings (one athlete, one metric, twelve months). Season reviews. In-vs-off-season comparisons. Training-decision arcs.

RSQ MIGRATION

The RSQ quadrant put on a timeline. Pick an athlete and every rep they recorded in the active window lands as a dot on the quadrant, **colored by recency**. Earlier reps fade; recent reps stand out. Watch the cloud shift across the chart to see how the movement profile changed.

- **Drift into Reactive:** the program is working.
- **Drift toward Compliant:** ground contact is slowing — cue quicker takeoff.
- **Drift toward Stiff:** height is falling — cue more leg drive.

THE CONVERSATION PATTERN

"How do I get a better score?"

"If a kid's here, say 'hey man, quicker off the ground.' Kid's here, 'hey man, jump a little higher.' But in the process of attempting to do that, they might shift — I try to jump higher, now I ended up here. So this becomes more elusive than just helping them understand it."

The Migration view exists because the shift is the interesting part. A single quadrant placement is a snapshot; the migration is the program working — or not.

Compare lens · side-by-side

The Compare lens holds three reports for the moments you need a direct comparison. Pure rankings live on the Leaderboard (Chapter 10); Compare is for synthesis — head-to-head, period-to-period, group-to-group — with deltas you can talk about. All three reports render a two-column layout and need at least 1024 px of viewport.

ATHLETE VS ATHLETE	Two athletes, every shared metric, side-by-side. Each athlete gets a card; under each card every available metric stacks vertically with a split-bar between them showing the relative gap. Headline delta arrow + percentage on the hero metric. PPS and BF rows appear only when both athletes have data for them — empty rows drop out. Mode-aware throughout.
GROUP VS GROUP	Two cohorts, same metric, aggregated. Group avg of bests, group best, headcount + sessions in window, delta indicator showing which group leads. Common workflow: varsity vs JV on Best RSI last 30 days; football vs track on Best JH this season.
PERIOD COMPARISON	The current window vs the equivalent window before it. Pick the date range and Plyomat automatically mirrors it backward (this month vs last month, last 30 days vs the 30 days before, this season vs last season). Per-metric deltas at a glance. Works for either an athlete or a group — toggle the subject inside the report.

TIP · THE GROUP FILTER SHAPES THE CANDIDATE POOL

Setting the global group filter to *Football* restricts the Athlete A / Athlete B pickers to football athletes only. Want a cross-group head-to-head (Track's fastest vs Football's most explosive)? Set the group filter to *All groups* first.

HEADS UP · WIDTH-GATED

Compare reports need 1024 px of viewport. iPad in landscape, tablets in landscape, and desktop browsers are fine. iPhone in either orientation and iPad in portrait will surface an empty state pointing you to a desktop — the dataset is there, just the geometry isn't.

Assessments scope · the scorecard surface

Flipping the scope toggle at the top of Reports from **Sessions** to **Assessments** swaps the entire analytical canvas. Where Sessions reports operate on free-mode reps, the Assessments scope renders **protocol-specific scorecards** — one card per protocol run. Same data shape (athletes, sessions, reps) but a different presentation built around **did this athlete hit the protocol's standard?**

ASSESSMENTS SCORECARD — SINGLE-LEG RSI

Single-Leg RSI scorecard. Header with protocol name + run date. Best-of-N and Avg-of-N tiles. Rep table with L/R columns. Asymmetry section: zone label (Normal / Asymmetry / Warning), L vs R bar per metric, headline %.

WHAT THE SCORECARD SHOWS

- **Protocol header** — protocol name, run date, mode, sidedness.
- **Headline metrics** — best-of-N and avg-of-N from the scored-rep subset.
- **Rep table** — every kept rep with FT, CT, JH, derived metric. L and R columns for unilateral protocols.
- **Asymmetry section** (unilateral only) — zone label, headline deficit, per-metric L-vs-R bars.
- **vs Previous Runs** — the same athlete's prior runs of this protocol stacked for trend comparison.

ASYMMETRY ZONES

NORMAL	Under 5% L/R difference. Green.
ASYMMETRY	5–15%. Amber. Worth follow-up.
WARNING	15% or greater. Red. The threshold most coaches use as a hard-flag for additional review.

WORKED EXAMPLE · TIGHT END, NFL COMBINE PREP

"Bilateral hides it. Single-leg exposes it."

A tight end doing NFL Combine training was checking every bilateral box. Counter-movement work, paired-leg readings, all clean. The bilateral protocol missed what the eye could see when he ran — the gait wasn't symmetrical.

The reason: "even though it tells you left and right, it's still a bilateral movement. We're all really good at compensating." Plyomat's single-leg RSI battery surfaced a **25–30% L/R difference** — comfortably above the 15% line where most coaches stop and re-plan the next block. The scorecard's asymmetry section is the surface that makes that gap visible before it shows up in tape.

Filters + PDF export

Every lens shares the same filter bar — one strip across the top that composes down to exactly the slice you're asking about. Set the filters once and they follow you between lenses; switch scopes and the filters that don't apply hide themselves. When you've got the view you want, the EXPORT PDF button at the top-right turns it into a branded report you can send.

THE FILTER DIMENSIONS

ATHLETE	The pinned subject for single-athlete lenses (Trend, Migration, Athlete vs Athlete A-side). Pick from the searchable dropdown.
GROUP	Narrows the candidate pool. *All groups* opens everyone in the workspace; a specific group restricts every lens to that cohort.
GENDER	Gender chips below the filter row — *all*, plus the genders represented in your roster. Used as an exclusive filter on cohort-shaped lenses; same convention as the Sessions and Leaderboard surfaces.
DATE RANGE	Quick chips (last 30, last 90, last year) plus custom From–To. The active window applies to every lens that's time-series-shaped — effectively all of them.
MODE	Sessions scope only. Multi-select — Vertical, RSI, Drop Jump, Contact, BF, PPS, Free. Restricts the underlying session pool before any lens computes.
TAG	Sessions scope only. Multi-select chips for every tag in the workspace (*Trap Bar*, *hands-on-hips*, etc.). Composes with the mode filter to surface variant-specific subsets.
ASSESSMENT PROTOCOL	Assessments scope only. The picker rail itself acts as the protocol filter — tapping a protocol scopes the canvas to its runs.

FILTERS COMPOSE, AND THE URL REMEMBERS

Active filters live in the URL search params. Bookmark a filtered view — **football + vertical + last 30 days + Athlete Trend on Marcus** — and the link reopens with everything in place. Share the URL with another coach in your workspace and they see the same slice. Pin the link as a browser tab and your standing weekly check-in is one click away.

BRANDED PDFS

Every lens exports

The EXPORT PDF button generates a multi-page report of whatever's on screen. The PDF chrome carries your **org name and logo** in the header — same logo you uploaded in Settings, same name your workspace ships under. Charts re-render at print resolution; tables paginate cleanly.

WHEN TO EXPORT

- **To an athlete** — their Athlete Trend with the season's metric.
- **To a parent** — the Migration or the Trend with a coaching note.
- **To staff** — a Cohort scorecard for assessment-week roll-up.
- **To recruiters** — the protocol-locked Assessments View speaks their language.

Sharing beyond the workspace

Reports answer questions for coaches who can sign in. But families, recruiters, and the kid jumping at home all want a number too — and they don't have Plyomat accounts. Plyomat ships two paths for that: the PDF export covered on the previous page, and a public read-only leaderboard share covered in depth in its own chapter.

THREE WAYS DATA LEAVES REPORTS

PDF EXPORT	The branded report from any lens. Best for one-off shares — an athlete, a parent, a staff member, a recruiter. Org-name and logo baked in; no account needed to open the file.
URL SHARE	Inside the workspace only — copy the address bar after you've set the filters and send it to a coach who can sign in. Filters survive the link.
PUBLIC LEADERBOARD SHARE	A read-only public link at `/share/lb/[token]` that lets anyone — families, recruiters, your athletes' phones — view a specific leaderboard snapshot. No sign-in. Token-scoped: the link only opens what you published, nothing else in the workspace. Full setup in the Leaderboard chapter.

> TIP · PDFS FOR ANALYTICS, SHARE LINKS FOR STANDINGS
> Reports are analytical — the artifact is a one-page PDF. The Leaderboard is competitive — the artifact is a live link.

PLYOMAT

SETTINGS

The one screen that tunes everything

Settings is where you shape Plyomat to your gym. The page lives at `/m/settings` — tap the gear icon in the top-right of any cloud-tier screen, or open `SETTINGS` from the side rail. Three sections, in the order you'll touch them most.

Everything here is org-wide unless tagged otherwise. Change a sensitivity threshold or flip on Just Jump and the new behavior reaches every device on the workspace within seconds. Per-set quick adjustments — rep targets, tags, layout swaps — live in the live display's Controls panel, not here.

THE THREE SECTIONS

BASIC	The settings you'll touch most. Signed-in user, organization name + logo, sport groups, tags, and the full *Mat & Display* control group (units, sensitivity, JJ Mode, Legacy RSI, RSQ presets, theme). Three pages of this chapter (45-47) cover Mat & Display in depth.
ADVANCED	Rarely-changed. Members, shared leaderboards, API keys, webhooks, language, change password, sign-out-of-all-devices. Lives below Basic on the page so it stays out of the way.
DATA MANAGEMENT	The destructive end of the data lifecycle. Export everything as ZIP, seven scoped erase categories, delete the org, and (separately) delete your own account.

NEW IN BUILD 128

Version stamp at the top

A tiny `v3.1.0 · <sha>` label sits at the top of every Settings page (and at the top-left of the cloud chrome on wide screens, and at the foot of the live-display quick-settings popover). It's how a coach confirms an over-the-air Capgo update actually landed. When you email support, that string is the first thing to copy.

WHO CAN EDIT

Every cloud-tier coach

No role distinction in Build 128 — any coach signed into the workspace can change any setting. The audit log records who flipped what + when. Multi-coach role separation is on the roadmap; for now the protection is the trail, not a permission gate. (See the org-lockable JJ Mode + Legacy RSI on page 46-47 for the one exception.)

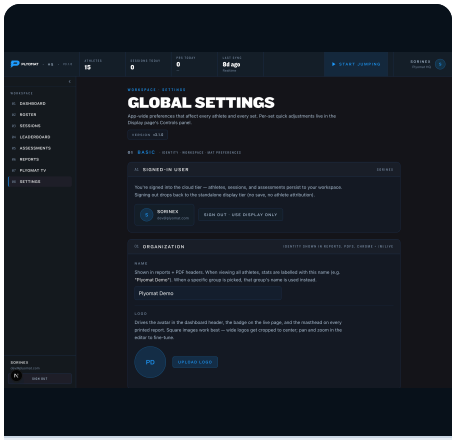
HEADS UP · SETTINGS ARE ORG-WIDE

A change here affects every coach, every athlete, every device. If you share a workspace, sanity-check with other coaches before flipping sensitivity, JJ Mode, or the active RSQ preset.

SETTINGS

Account · who you are to Plyomat

The Account block at the top of the page shows the coach identity tied to this workspace. Three pieces of information, a couple of security knobs, and a sign-out button that drops the app back to the Display Only tier.



`/m/settings` on tablet. The Basic section sits at the top with the *Signed-in user* card, organization name + logo, sport groups, tags, and the Mat & Display control group. Advanced + Data Management live further down the page.

WHAT'S ON THE CARD

- **Email** — the address you signed in with. Read-only; changing it means creating a new account or contacting support.
- **Display name** — the friendly name that appears in audit-log entries and (eventually) the multi-coach UI.
- **Change password** — tucked under Advanced. Current password + new password (twice). The form rejects a new password that matches the current one.
- **Sign out of all devices** — also under Advanced. Useful after you lose a phone or hand a tablet to a new staff member.
- **Sign out** — the big button on the Account card. Drops to standalone tier.

WHAT SIGN OUT ACTUALLY DOES

DISPLAY ONLY AFTER SIGN-OUT

The mat still works — the cloud doesn't

Sign out and the app drops back to the standalone tier. The boot screen lands on Display Only. You can still pair your mat over Bluetooth and the live display still works: hero metric, rep stream, tile layouts, all of it.

What you lose: athlete attribution, saving sessions to the cloud, the leaderboard, the dashboard, reports, and Plyomat TV. The data simply doesn't go anywhere — it lives on the device until you tap Discard or sign back in. See Chapter 1 page 2 for the full tier breakdown.

TIP · SHARED TABLET, ONE WORKSPACE

If multiple coaches at the same facility share a tablet, just stay signed in on the org account. Every coach captures into the same workspace and sessions stack up cleanly. Multi-coach role separation is on the roadmap; for now the audit log is the trail.

LOST ACCESS TO YOUR ACCOUNT?

Email `sales@plyomat.com` with subject *Account recovery request*. Don't create a duplicate — sessions and roster won't migrate.

SETTINGS

Org Settings · how Plyomat shows up everywhere else

Org Settings is the identity layer of your workspace — the name and logo that show up on every PDF report, the TV wall title bar, the live display chrome, and the contextual labels in Reports (**"Northwood HS Football top JH"**). Get these two fields right once and every downstream surface inherits them.

ORGANIZATION NAME

One text field, blurs to save. The value drives:

- **PDF report headers** — every report you export carries this name in the top banner.
- **TV wall title** — `/m/tv/wall` shows it at the top of the leaderboard.
- **Live display chrome** — appears in the corner of the display on tablet and desktop.
- **Contextual labels** in Reports — *"{your org} percentile," "{your org} top,"* etc. When a specific group is picked in a report, the group name takes over.

ORGANIZATION LOGO · WEB ONLY

Logo upload, replace, and remove all live on the **web dashboard** at `app.plyomat.com`. Open the cropper, drag to a square 1:1 frame, tap SAVE — the output renders at **512 px**, source ceiling 5 MB, PNG or JPEG. Within seconds the logo appears in the cloud chrome, the live display header, the TV wall corner, and every PDF report.

The iOS and Android apps display the logo but do not upload it. If you're mat-side on an iPad and need to update branding, switch to a laptop or desktop browser for the upload step. This was changed in Build 128 to remove a camera-driven crash on logo capture from the mobile app.

SPORT GROUPS LIVE HERE TOO

One place for org-wide labels

The sport-group manager is the third panel inside Org Settings. Add a new group, rename a built-in (the Hawks Football rename pattern), archive a group that's no longer training, or restore one from the archive.

Built-ins (Football, Basketball, Soccer, Volleyball, Baseball, Softball, Track & Field, General Athletes) can be renamed but never deleted; custom groups can be archived freely. See Chapter 2 page 13 for the depth on how groups drive the athlete picker, the leaderboard scope, and the Group vs Group report in Reports.

THE 500-ATHLETE CAP

Each workspace supports up to **500 active athletes**. Active means not archived; archived athletes don't count. The cap is enforced wherever an athlete gets added — the New athlete modal, the CSV import wizard, and the inline picker on the live display. Reaching the cap is a soft warning at 450 (90%) and a hard block at 500. Multi-facility orgs should run one workspace per facility; each has its own pool. Chapter 2 page 15 covers the archive-vs-delete choice when you need to free slots.

TIP · GET THE NAME + LOGO RIGHT BEFORE PRINTING

The first PDF report you send a parent is most often the first time they see your gym's brand attached to Plyomat. A two-minute pass on org name + a clean square logo — before you export the first report — saves a re-export.

SETTINGS

Mat & Display · Units + Sensitivity

Mat & Display is the heart of the Settings page — the seven knobs that decide how the mat reports numbers and how the app draws them. The first two are the simplest: which units you read in, and how tight the rep-validity window is. Together they answer **"Why don't my reps look right?"** for ninety percent of new gyms.

UNITS — METRIC OR IMPERIAL

One toggle, two choices. **Metric** displays cm, kg, joules, milliseconds. **Imperial** displays inches, pounds, foot-pounds, milliseconds (ms stay metric — that's the science convention).

Storage is always metric. Every jump height in the database is centimeters; every body mass is kilograms. The unit toggle is purely a display layer — flip it on Wednesday and Friday's session shows the same reps in the new units with no re-export. PDF reports render in the active unit at the moment they're generated.

SENSITIVITY — THE REP VALIDITY WINDOW

Sensitivity is a two-option toggle: `LOW` and `HIGH`. It controls the **validity envelope** — the flight-time and contact-time bounds a rep must fall inside before the app counts it.

Low is the default on a fresh install (changed in Build 128). It rejects vibration, weight-shifts, and micro-bounces — floor 180 ms flight time, 90 ms contact time. **High** opens the envelope to youth athletes and clean isolated mats — floor 140 ms flight time, 70 ms contact time.

WORKED EXAMPLE · WHY LOW IS THE TRIPLE F DEFAULT

Usain Bolt's fastest ground contact was 0.09

The fastest ground contact ever measured on a 100-meter sprint — Usain Bolt's world-record run — was **0.09 seconds (90 ms)**. Faster than that is not a human jumping off your mat. It's vibration, a shoe shuffle, or a mat artifact.

Setting sensitivity to **Low** bakes the Bolt floor into the validity window — nothing under 90 ms contact gets logged as a rep. On a noisy training floor with weight plates and other lifters thumping nearby, that's the safest default.

Setting it to **High** opens the window to anything a human could plausibly produce — useful for smaller / younger athletes whose flight times sit shorter, and for a clean isolated mat with no surrounding vibration.

TIP · IF YOU SEE FALSE REPS, LOWER SENSITIVITY

If the rep stream is filling with reps you didn't see anyone jump for — weight plates dropping nearby, a kid stepping on the corner of the mat — flip sensitivity to **Low**. If real reps from a youth athlete aren't registering, flip to **High**. The setting is global across all modes; pick the one that suits your noisiest training environment.

Mat & Display · Just Jump / Vertec

The most-asked Plyomat question is **"Why is my vert higher (or lower) than I remember?"** The answer is almost always the Just Jump / Vertec toggle — a display-only multiplier that maps Plyomat's raw flight-time physics to the historically inflated readings of the Just Jump mat and the Vertec reach device. On or off, the storage layer stays raw; only the displayed jump-height number changes.

WHAT THE TOGGLE DOES

When the toggle is **on**, every displayed jump height in Vertical mode is multiplied by $\mathbf{1.1119^2}$ (approximately **+23.6%**). When it's **off**, you see raw flight-time-derived JH — the academic number, the peer-reviewed number, the number a force plate would agree with.

WHAT IT NEVER TOUCHES

- **RSI**, **DRI**, **PPS** — all derived from raw FT and CT. JJ never enters their math.
- **Storage** — every cm in the database is raw. Flip the toggle off tomorrow and yesterday's stored reps still display correctly.
- **Modes other than Vertical** — Contact, RSI, Drop Jump, PPS, Bounce Factor, Timer, and Free are unchanged. JJ only inflates the JH number where JH is the primary display metric.

WORKED EXAMPLE · SAME JUMP, TWO READINGS

18.1″ off → 22.4″ on

With JJ off, Plyomat reads **18.1″** — the raw flight-time number. Flip JJ on and the same physical jump displays **22.4″**, matching what a Just Jump mat or Vertec would have shown.

That gap isn't a measurement error — it's the historical Vertec inflation, built into how those devices were designed and calibrated. Plyomat's JJ toggle exists so coaches who built their dataset on Just Jump or Vertec can keep comparing their athletes to that history without re-baselining the gym.

WHEN TO LEAVE IT ON, WHEN TO TURN IT OFF

LEAVE ON	Comparing to a historical Just Jump or Vertec dataset. Coaching kids who already know their "number" from a combine or camp test — matching expectations avoids a confidence dip. Friendly facility leaderboards where the bigger numbers read better.
TURN OFF	Peer-reviewed reporting or coursework. Cross-referencing with a force plate at another facility. Any context where the inflation would mislead — sports-science research, a thesis, a published article.

NEW IN BUILD 128 · ORG-LOCKABLE JJ MODE

Tap the lock icon next to the toggle, confirm with your account password — locked org-wide and read-only on every device.

Mat & Display · Legacy RSI + RSQ presets

The last two Mat & Display knobs are the most opinionated. Legacy RSI changes the formula behind every newly captured RSI rep. RSQ presets define what counts as “Reactive” vs “Developing” in every quadrant chart the app draws. Both are population-dependent — the right answer depends on whose data you're collecting.

RSI FORMULA — STANDARD VS LEGACY

Standard — the academic convention: `JH / CT`, where JH is computed from flight time as `FT² / 8 × 9.81`. This is what peer-reviewed sports-science papers mean when they say “RSI.”

Legacy — the older field-friendly formula carried forward from Plyomat 2.0 and the Just Jump ecosystem: `FT × 1.1119 / CT`. It produces noticeably higher numbers than Standard.

WORKED EXAMPLE · ACADEMIC VS INFLATED

3.00 RSI is elite by the academic standard

By the Standard / academic formula (`JH / CT`), an RSI of **3.00** is already elite — world-class jumpers sit there. On Legacy (`FT × 10 / CT` with JJ inflating flight time), the same athlete reads roughly **4.00 to 4.50**. Same jump, different convention.

Standard is on by default; flip Legacy on if your historical dataset and athletes' expectations sit there.

TIP · CUSTOM PRESETS PER POPULATION

If your linemen test under a different ceiling than your sprinters, save a custom preset for each. Tap `+ ADD PRESET`, enter a name and JH / CT boundaries, then `SET AS ACTIVE` when that group walks up. Switching is instant.

REPS STAY TAGGED AT CAPTURE

Flip Legacy RSI off mid-season and historical reps don't change. Every rep is tagged with which formula was active at capture time — the reports keep showing the original Legacy values for Legacy-tagged reps and the Standard values for Standard-tagged reps. Reports that span both render a small chip explaining the mix.

RSQ PRESETS — THE QUADRANT MIDPOINTS

The Reactive Strength Quadrant partitions athletes by two midpoints: a jump-height boundary and a contact-time boundary. The active preset decides where those lines fall. Four built-ins ship with the app:

BEGINNER	JH 20.3cm / CT 240ms — youth or early-development athletes.
DEFAULT	JH 25.4cm / CT 200ms — the canonical adult-athlete dial.
ADVANCED	JH 35.6cm / CT 180ms — elite / varsity threshold.
SINGLE-LEG	JH 15.2cm / CT 280ms — auto-selected for unilateral assessment sessions.

ORG-LOCK AVAILABLE

Legacy RSI carries the same org-lock as JJ Mode (page 46). Lock the formula choice for your whole gym with one password confirmation so historical comparability is enforced everywhere.

Integrations · API keys + webhooks

Integrations is the developer-facing slice of Settings — where partner platforms (AMS systems like Whistle, force-plate dashboards, custom internal tools) hook into your workspace. Plyomat exposes a read-and-limited-write API with org-scoped keys, webhook subscriptions for the moments that matter, and a delivery log so you can see what fired and when.

API KEYS

Tap CREATE NEW API KEY to provision one. Name it (something a partner will recognize — **Whistle prod**, **Hawkin export**), then pick scopes from the catalog:

- `read:athletes` · `read:groups` · `read:sessions` · `read:assessments` · `read:org` — the read tier.
- `write:athletes` · `write:groups` · `write:sessions` — the limited write tier (create-and-update, no delete).

The full secret is revealed exactly once at creation — copy it into your partner's config immediately. Every key is org-scoped (it can only ever see this workspace), audit-logged on every request, and rotatable or revocable from the same panel.

WEBHOOK SUBSCRIPTIONS

Tap + ADD SUBSCRIPTION, name the subscription, paste your target URL, and pick which events should POST to it. The event catalog:

- `set.completed` — a set finished and saved.
- `session.created` — a new session was started.
- `athlete.created`, `athlete.archived` — roster events.
- `data.purged` — a coach erased a data category.
- `org.deleted` — the org entered its 7-day deletion grace period.

Every delivery is HMAC-signed against the subscription secret so your endpoint can verify authenticity. Failed deliveries retry with exponential backoff.

WEBHOOK DELIVERY LOG

A panel just below the subscriptions list shows the last **30 days** of webhook attempts — event type, timestamp, HTTP status, response time. Failed deliveries surface a REPLAY button so you can retry a single attempt after fixing your endpoint. The log is read-only otherwise.

> **TIP · OPENAPI SPEC LIVES AT THE PARTNER-API FUNCTION**
> The machine-readable OpenAPI 3 spec for every endpoint is available to partners on request — email `dev@plyomat.com` with your org and the partner you're integrating. The dev-doc covers payload shapes, signing, retry behavior, and pagination.

Data Management · Export all data

The Data Management section ends the Settings page with the destructive end of the data lifecycle. The first panel is the only non-destructive one: a one-tap export of **everything** in your workspace into a downloadable archive. The next two pages cover the erase and delete operations.

WHAT'S IN THE EXPORT

- Every **athlete** profile (name, body weight, group memberships, archive status).
- Every **session** — mode, timestamp, protocol, every kept rep with FT, CT, JH, derived metrics.
- Every **assessment** definition you've authored.
- Every **group** — built-in and custom.
- All **RSQ presets**, including custom presets you've saved.
- The **audit log** for the workspace — who did what, when, from which device.
- API key metadata (names + scopes; never the secrets, which are write-once).

YOU OWN YOUR DATA

One tap, full archive

The export exists so you never feel locked in. Plyomat hosts the data, but you can pull a complete archive at any moment — for a transfer, a backup, an offline season-review pass, or a sanity check before a destructive erase.

The archive is portable, human-readable, and self-contained. Open the CSVs in any spreadsheet; open the JSON in any editor.

HOW TO EXPORT

1. Open `SETTINGS` and scroll to the **Data Management** section.
2. Tap `EXPORT ALL DATA`. The button shows a brief progress state while the server bundles the archive.
3. Within a few seconds the download starts. The archive arrives as a single ZIP file containing one **JSON** document per data type (athletes, sessions, reps, assessments, audit log) and parallel **CSV** versions for spreadsheet-friendly reading.
4. On Supabase-tier workspaces the archive arrives via a one-time signed URL — the link expires after the download. On the localStorage / standalone tier the ZIP is generated in the browser.

TIP · EXPORT BEFORE ANY ERASE

Every erase operation under Data Management is permanent and unrecoverable. Tap `EXPORT ALL DATA` first — the ZIP gives you a frozen snapshot you can pull back later if something gets deleted that you wanted to keep. Five seconds of friction for an irreversible decision.

Data Management · Erase categories

Erase categories lets you wipe out a specific slice of your workspace without losing the rest. Seven scoped categories plus a final **nuclear** option. Every erase is permanent, audit-logged, and triggers a `data.purged.<category>` webhook event for any subscribed partner.

THE SEVEN CATEGORIES

SESSIONS ONLY	Every captured session, set, and rep across every athlete. Athletes, groups, assessments, presets stay intact. Use to wipe a season clean and start fresh.
ATHLETES	Every athlete record *plus* all their sessions (cascade). Groups, assessments, and presets stay. Use when starting over with a new roster.
CUSTOM ASSESSMENTS	Only the assessment protocols *you authored*. Plyomat's built-in protocols (SVJ, 10/5 RSI, Drop Jump, etc.) are protected and never erased.
GROUPS	Custom group definitions. The athletes themselves remain; they simply lose their group memberships. Built-in groups can't be erased — only renamed or hidden via Org Settings.
DEVICES	Saved Plyomat controller pairings and dialect history. Forces a fresh pair next time you connect. Useful for handing a tablet to a new gym.
API + WEBHOOKS	Every API key, every webhook subscription, and the delivery log. Use before handing the workspace off, or when rotating partners.
ALL DATA	Every category above, in one operation. The workspace itself remains (you stay signed in, your account stays put) but the contents are reset to an empty state. Critical-tier confirmation with a 5-second cooldown.

HOW TO ERASE

1. Tap the card for the category you want to erase. A confirmation modal opens with a live count of how many records will be removed (e.g. *23 athletes · 4 groups · 88 sessions · 557 reps* for ALL DATA on the demo workspace).
2. Type ERASE in the confirmation field. The Confirm button stays disabled until the word matches exactly.
3. For ALL DATA, wait through a 5-second cooldown before the Confirm button activates — designed to slow the “I'll just tap through” reflex.
4. Tap CONFIRM. The operation runs server-side, the audit log captures it, the webhook fires, and the affected lists in the app refresh within a second.

DANGER · NO UNDO

Erase operations are immediate and irreversible. There is no soft-delete grace period, no recycle bin, no 7-day window to change your mind. The selected data leaves the active servers right away. Always tap EXPORT ALL DATA first if there's any chance you'll want a record — see page 49.

Delete account & Delete org · the terminal actions

Two final operations sit below the erase panel. They go further than any erase — one removes your individual user record, the other removes the entire workspace. Both are irreversible. Apple App Store Guideline 5.1.1(v) requires the first to be available in-app for any product with account creation, which is why the button lives here rather than buried in a support form.

DELETE ACCOUNT

Removes your individual user record — profile, email, password hash, audit-log entries, and any orgs where you're the sole owner (cascade-deleted).

1. Open `SETTINGS`, scroll to **Delete account**.
2. Type your **email address** to confirm. The button stays disabled until it matches.
3. Tap `PERMANENTLY DELETE`. The app signs you out and returns to the start screen.

If you're a member of an org owned by someone else, that org's data remains — only your access is revoked.

DELETE ORG

Removes the entire workspace — every athlete, every session, every rep, every assessment, every preset, every API key. Different mechanic from Delete account: it requires a confirmation token delivered by email so the action can never happen by accident in one screen.

1. Tap `DELETE ORG…` — the red button at the bottom of Data Management.
2. Type the **org name** and your **account email**, then tap `CONFIRM — START GRACE PERIOD`. A 5-second cooldown gates the click.
3. Plyomat emails you a deletion link. **Click the link within 7 days** to finalize. If you don't click, the org survives and the link expires.

DANGER · BOTH ACTIONS ARE PERMANENT

Deletion is permanent and immediate (Delete account) or token-confirmed and permanent (Delete org). Server logs and crash-diagnostic records carrying your user ID retain for up to 90 days for security and abuse prevention, then everything is gone. Full details at `/account-deletion` — the public policy page Apple and Google reviewers reach without an account.

Next: Chapter 7 covers Plyomat TV — the facility wall, the broadcast companion, the QR-code handoff that turns any TV in your gym into a live leaderboard or a paired-athlete duel screen.

PLYOMAT

PLYOMAT TV

Two surfaces, one feature

Plyomat TV is the multi-screen layer of the app. It puts the right view on the right screen — an always-on leaderboard on the wall TV in the corner of the gym, and a coach-driven live broadcast on whatever screen you want athletes to focus on for a particular set. Both surfaces are part of every cloud workspace; nothing to enable, no extra account.

The two surfaces serve different jobs. You'll likely use both in the same day.

FACILITY WALL — UNATTENDED

Route: `/m/tv/wall`. Sign in once on the screen you want to use, walk away. The wall shows **today's best free-mode sessions** across the whole org, ranked. Auto-refreshes every **5 seconds** — as soon as a coach taps Save anywhere in the workspace, the new best lands on the wall.

No pairing, no broadcast code, no per-set action. It's a passive leaderboard for the room: an athlete who walks in mid-afternoon sees where today's bar sits and what they have to beat.

TV COMPANION — COACH-DRIVEN

Route: `/m/tv` on your coaching device, with a paired receiver at `/tv/<code>`. Pick 1–2 athletes and a mode on the companion, scan the QR on a second screen, and that screen mirrors the live capture. Three layouts: single hero, 2-up split, or top-N leaderboard.

The combine duel is the canonical use case — two athletes head-to-head on a 2-up split, every rep arriving on the big screen as it happens. One-on-one work uses the single-hero layout instead.

WHICH ONE WHEN

Always-on or coach-on-purpose

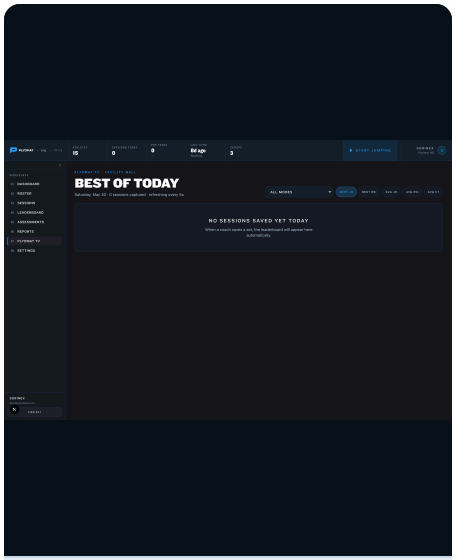
Use the **Facility Wall** for the screen that lives in your gym and runs all day. It updates itself. The wall is everyone's scoreboard.

Use the **TV Companion** when you want one specific screen to show one specific athlete (or pair of athletes) for one specific set. The receiver is paired to your capture — what you see on the mat is what the room sees on the big screen.

ROUTES AT A GLANCE

Wall `/m/tv/wall` (sign-in required) · **Companion** `/m/tv` (sign-in required) · **Receiver** `/tv/<code>` (public, paired by broadcast code — no sign-in).

Facility Wall — setup



`/m/tv/wall` in fullscreen on a desktop browser. *Best of Today* header with the metric selector (Best JH active here) and a refresh tick line. The body shows ranked rows once sessions land; this shot is the empty-state mid-morning before captures begin.

The wall is a single web page. Any modern browser will run it — a wall-mounted iPad, a laptop wired to an HDMI display, a smart TV with Chrome or Edge, a projector input from a desktop. There's no native app to install on the TV side.

1. **Open `/m/tv/wall`** on the screen you want to use as the wall. If you're at the keyboard, type `app.plyomat.com/m/tv/wall`.
2. **Sign in** with your Plyomat account. The wall is scoped to your org — only your athletes appear, and only your gym's coaches can post a session to it.
3. **Pick a mode filter** at the top if you want a single-mode board. `ALL MODES` is the default; `RSI`, `VERTICAL`, `DROP JUMP`, `CONTACT`, and `FREE / TIMER` narrow the board. The headline metric updates to match.
4. **Fullscreen the browser tab** — press `FII` on Windows / Linux, `CTRL + CMD + F` on macOS, or the TV browser's fullscreen control. The browser chrome disappears; only the leaderboard remains.
5. **Walk away.** The wall polls fresh data every **5 seconds**. Every Save fired anywhere in your workspace surfaces within that window.

WHAT THE WALL PICKS UP AUTOMATICALLY

TODAY, LOCAL TZ	Only sessions captured today (browser local midnight) are on the board. The wall rolls over at midnight if you leave it running overnight.
FREE-MODE ONLY	Assessment-protocol sessions are intentionally excluded. See page 54 for the why.
ORG-WIDE	Every coach in your workspace contributes. The wall is the union of all saves from all devices, all athletes, all groups.
TOP 25 BY DEFAULT	Ranked top-down. Single column on a tablet, two-up on a wide TV (1024 px and wider).

Why the Wall excludes assessments

The Facility Wall shows **free-mode sessions only**. Assessment sessions — runs that were captured under a protocol like the 10/5 RSI test or a custom assessment — never appear on the wall, even when they're a higher number than the free-mode bests sitting at the top. This is by design.

THE REASONING

Assessments and free sessions don't compete on the same terms. An assessment is a **protocol-locked attempt**: fixed rep count, fixed rest, a strict-protocol or partial-protocol envelope. A free session is open capture — any rep count, any pacing, the athlete can keep jumping until they peak.

If both were ranked on the same board, the free-jump athlete almost always wins on volume. The assessment athlete was capped at, say, five reps; the free athlete had twenty-five attempts to hit the same number. Mixing them produces a leaderboard that's unfair to whoever ran the formal protocol, and the wall becomes a disincentive to test.

So the wall is the room's **open competition**. Assessments go to Reports, where the protocol context is preserved and athletes are compared against other people running the same protocol.

CROSS-REFERENCE · CH 4 PAGE 30

The assessment-vs-free distinction is laid out in detail in the Sessions chapter — including the gold-vs-blue avatar tint, the *Scored Protocol* chip, and which surfaces consume which session type. The Wall is one of those surfaces; Reports is the other side of the same split.

DURING ASSESSMENT WEEK

The Wall still works

You're running 10/5 RSI assessments all week. The Wall doesn't go dark — it keeps showing the free-mode bests that landed in the gym today.

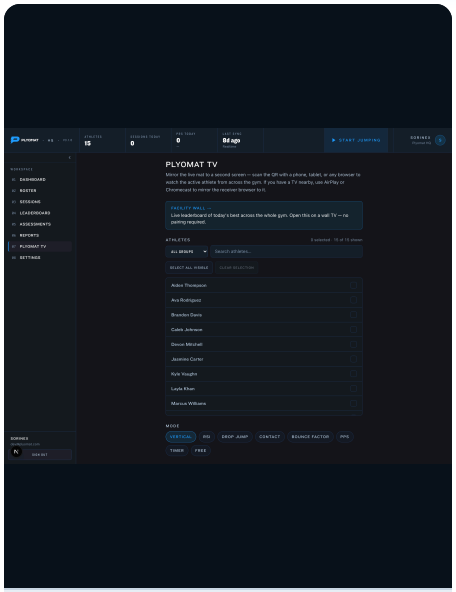
The assessment numbers flow into **Reports → Assessments scope**, where the protocol stays attached to every comparison and PDF export. That's the right place to rank assessment performance — per protocol, per athlete, against their own history.

Want the assessment results on a screen? Use the **TV Companion** on page 55 — you can broadcast an assessment capture live, you just can't add it to the room's open Wall.

HEADS UP · A SAVED FREE SESSION THAT BEATS AN ASSESSMENT

A free-mode JH of **40 cm** ranks above an assessment JH of **50 cm** on the Wall — because the 50 cm number isn't on the board at all. This is the expected behavior. If you want the 50 cm number on a screen for the room, broadcast it through the TV Companion.

TV Companion — the pairing flow



`/m/tv` on iPad — the companion controller. Pick athletes + mode + format and tap *Start Broadcast* to mint a 6-digit code + QR (visible on the active-broadcast screen). Receivers open `/tv/<code>` to mirror the live capture.

The Companion is the second surface of Plyomat TV. It's coach-driven — you choose who's on screen, on what receiver, and in what layout.

1. **Open `/m/tv`** on your coaching device — iPad mat-side or phone in your pocket both work.
2. **Pick 1—2 athletes.** Use the group filter and search to narrow the list, then tap to select. Selected athletes appear as chips above the picker.
3. **Pick a mode** from the mode pills (Vertical, RSI, Drop Jump, Contact, Bounce Factor, PPS, Timer, Free). This is the broadcast mode — what the receiver formats its hero metric for.
4. **Pick a display format** (Single / 2-up / Leaderboard). You can change this live after the broadcast starts.
5. Tap START BROADCAST. A 6-digit code + QR code appear on the companion.
6. **On the receiver screen** (any browser, no sign-in required), open `/tv/<code>` by typing the code, or scan the QR with the device's camera. Both screens lock in within a second.

COMBINE DUEL USE CASE

Two athletes, one screen

Pick two athletes, switch to **2-up**, the receiver shows both panels side by side. Every rep posts in real time.

The canonical Plyomat TV moment: a combine table, a parent in the bleachers, a recruiter on a video call.

WHAT THE RECEIVER SHOWS

- **Waiting state** until the first rep — code, names, mode visible while the mat warms up.
- **Live hero** the moment the first kept rep posts.
- **No PII** — first name + last initial only. No body weight, no gender.
- **Auto-reconnect** on network blips. A chip surfaces if it lasts more than a few seconds.

TV Companion — broadcast formats

Three formats are available from the companion. Switching between them is instant — the receiver re-renders within a second. Pick the format for the moment, not the whole session.

SINGLE LAYOUT

Receiver showing one athlete, full-bleed hero metric. Mode label top, name + last initial below the number.

2-UP LAYOUT

High-value screenshot. Receiver split vertically, two athletes side by side. Each panel shows name + last initial + the live hero metric. Active panel glows when its athlete is the most recent jumper.

SINGLE

One athlete, big number. The hero metric (JH, RSI, CT depending on mode) fills the screen. Best for one-on-one coaching — an athlete on the mat with their parent watching, a recruiter on a call, a single-jumper drill.

2-UP

Split-screen, two athletes head-to-head. Each side updates independently as its athlete jumps. This is the combine-duel format — both numbers visible at once, the room reads the comparison instantly.

LEADERBOARD

Ranked top-N among the broadcast cohort. Pick the metric (Best JH, Best RSI, Best PPS, Best BF, Avg CT) and the range (Today, last 7 / 30 / 90 days, All) from the companion's leaderboard panel. The receiver shows medals on the top three and renumbers as new reps land.

Use this when more than two athletes are testing in the same window — a group warm-up, a session block, a team rep-off.

SWITCHING FORMATS LIVE

Mid-broadcast pivots

Coach was on a 2-up split, athletes finished a head-to-head set, a third athlete walks up to test. Tap **Leaderboard** on the companion; the receiver redraws instantly to a ranked board with all three athletes on it.

No re-pair, no new code. The broadcast persists across format changes.

Best practices · closing notes

SETTING UP THE ROOM

- **Dedicated browser window in fullscreen.** A single tab, fullscreened, on a TV browser or a laptop wired to an HDMI display. Hide the URL bar and bookmarks; the room sees the data, nothing else.
- **Use Hero Only on the live display** when you're *not* broadcasting. The live capture device next to the mat doesn't need every tile when nobody's watching the secondary panels — Hero Only keeps the active number readable from across the gym.
- **The Wall is fire-and-forget.** Open it in the morning, fullscreen, walk away. No coach action is required to update it across the day. If you find yourself reloading the page, something else is wrong — the wall polls itself.
- **One receiver per code.** The QR pairs one screen at a time. Need two screens showing the same broadcast? Type the code (or scan the QR) on both — they'll both connect.

QUICK TROUBLESHOOTING

If something looks off

Receiver shows "code not found." The broadcast ended on the companion, or the 6-digit code was typed wrong. Re-check the code on the companion (and re-tap START BROADCAST if it was ended).

Receiver is blank or stuck on "waiting". No athletes are selected on the companion, or the mat hasn't streamed a kept rep yet. Confirm at least one athlete is picked and the controller is paired with a green status pill.

Wall isn't updating. Confirm a Save actually fired — the wall reads saved sessions only, not in-flight reps. If a coach hasn't tapped SAVE, the rep doesn't exist as far as the wall is concerned.

TIP · THE COMBINE DEMO

Plyomat TV's strongest moment is the live duel on a 2-up split. Two athletes, one screen, every rep visible to everyone in the room. If you're showing the app to a coach who hasn't seen it yet, set this up first — pair the receiver on the gym's wall TV, broadcast a five-rep RSI set between two athletes, switch to Leaderboard at the end. The room reaction sells the feature.

Next: Chapter 8 is Troubleshooting — the catch-all for Bluetooth dropouts, sensitivity tuning, missing reps, slow report pages, and the rest of the edge cases. If something in this chapter behaved unexpectedly, that's where to start.

PLYOMAT

TROUBLE SHOOTING

Where to start · the four families

Most coach-reported issues in App 3.0 fall into one of four families. Skim the symptoms below, jump to the matching page, and work the bullets in order — the diagnostic on each page is sorted by how often the cause lands. If a fix doesn't stick after one pass, page 64 covers the escalation path to `sales@plyomat.com`.

THE FOUR FAMILIES

BLUETOOTH	Mat won't pair, picker is empty, status pill never turns green, or the connection drops mid-session. **Pages 59–60.**
SENSITIVITY	The rep stream is filling with reps nobody jumped for, *or* real reps from a youth athlete aren't registering. **Page 61.**
HARDWARE	One specific athlete or one specific rep doesn't land — split landing, edge-of-mat contact, compressible shoes, firmware mismatch between controllers. **Page 62.**
APP	Pages feel slow, browser tabs crash, the mobile app force-closes on resume. **Page 63.**

FIRST THINGS TO CHECK · ALWAYS

The status pill in the top corner

Every live-display surface has a small pill in the top corner that reports the BLE state of your mat. **Green** = streaming. **Grey** = not paired. **Red** = was paired, dropped, attempting auto-reconnect.

The same pill prints the firmware version of the connected controller (e.g. `m2m2 · rev6`). Note it before you email support — it's the single most useful number for diagnosing a hardware issue.

A DIAGNOSTIC MINDSET

Plyomat is a chain of three signals: the mat detects flight time, the controller sends it over BLE, and the app attributes it to an athlete. When something looks wrong, walk the chain in that order — mat first, controller second, app third.

Ninety percent of issues a coach surfaces are at the BLE or sensitivity layer. The app itself is rarely the failure point; live capture has no historical reads and stays fast even on a packed workspace.

TIP · EXPORT BEFORE YOU ERASE

If the problem looks like corrupted data — bad numbers in a single session, an athlete's profile reading wrong — export your workspace from SETTINGS → DATA MANAGEMENT before you delete or re-capture anything. Five seconds of friction in exchange for a clean rollback option. See Chapter 6 page 49.

TROUBLE SHOOTING

Bluetooth won’t connect

Symptom: you tap the Bluetooth icon on the live display, the device picker opens, and your mat isn't in the list — or it's in the list but pairing fails. Work the bullets in order. Each one is a distinct cause; the first match is almost always the fix. The full pair flow is documented in Chapter 1 page 5.

DIAGNOSTIC CHECKLIST

- **The controller is off or sleeping.** The Plyomat controller advertises over BLE only when it's awake. Long-press the power button until the LCD lights and shows the firmware version or a mode name. Try the picker again.
- **The controller is already paired to another device.** BLE is one-device-at-a-time. If your iPad in the corner is still connected, your phone in your hand won't see the mat. Disconnect on the other device first (or tap the Bluetooth icon on it and pick *Forget*), then re-open the picker on the device you want active.
- **You're on Safari on iOS or iPadOS.** Safari blocks Web Bluetooth entirely — this is an Apple platform limitation, not a Plyomat bug. On iPhone or iPad, install the **Plyomat app from the App Store** and pair from there. Chrome / Edge / Arc on desktop and the Plyomat Android app all pair from the browser fine.
- **You're on Android and Location permission is denied.** Android requires Location permission to scan for BLE devices — a platform rule, not a Plyomat one. Open your phone's app settings, find Plyomat, grant Location *While using the app*, and re-open the picker.
- **The picker shows your mat but pairing times out.** Force-quit and re-open the app (or close the browser tab and load it again). The browser holds stale BLE handles; a clean restart clears them.

WHAT THE PICKER SHOWS

It says `Plyomat`

Your mat advertises as `Plyomat` followed by the last few characters of the controller ID. If you have two mats in the gym you'll see both — tap the one whose ID matches the sticker on the back of your controller.

If you see nothing called Plyomat after twenty seconds, the controller isn't advertising. Walk back through the first two bullets above.

HEADS UP · THE BLUE LIGHT ON THE CONTROLLER

A **blinking** blue light = BLE connected to a device. A **solid** blue light = powered on, not connected. If the controller is blinking but your status pill is grey, the controller is paired to a different device. See the second bullet above.

IF NONE OF THE ABOVE

Pull the battery from the controller for ten seconds, reinsert, long-press the power button. Reset firmware state. If the picker still doesn't see the mat after that, jump to page 64 and email support with your controller ID and firmware sticker number.

TROUBLE SHOOTING

Bluetooth drops mid-session

Symptom: the status pill in the corner flips from green to red mid-set. You're in the middle of capture and the reps stop landing. App 3.0 attempts auto-recovery first — the pill goes red, the app retries the BLE link, and within a few seconds the pill should turn green again with no input from you. When auto-recovery doesn't kick in, here's what to check.

WHAT AUTO-RECONNECT DOES

App 3.0 watches the BLE link and reattempts the connection automatically when it drops. You'll see the status pill turn **red**, hold for a few seconds, then return to **green** once the controller responds. Reps captured before the drop are still in the set's rep stream — you don't lose them.

If the auto-reconnect succeeds, no action is needed. If it cycles red → green → red repeatedly, work the bullets to the right.

WHY A DROP HAPPENS

- **Range.** Keep the phone or tablet within **5 m** of the mat. Standard BLE range is roughly that; gym walls and metal cabinets shorten it. Move the device closer.
- **Interference.** Other BLE devices nearby — wireless headphones, fitness watches, another Plyomat — can crowd the 2.4 GHz band. Turn off the noisier device or move it away from the mat.
- **Power state.** If the controller went to sleep (long idle), it stops advertising. Tap the power button to wake it; the pill returns to green within a second.
- **Browser tab backgrounded.** Some mobile browsers throttle background tabs. Keep the live display in the foreground for the duration of the session.

CONTROLLER REVISIONS AND FIRMWARE DIALECTS

REV 4 · M2M1	The older controller revision — you'll see the firmware version begin with `m2m1` in the status pill (e.g. `m2m1 · rev4`). Slightly more sensitive to range drops; if your mat is Rev 4 and dropping frequently, the first move is to bring the device closer than 3 m.
REV 6 · M2M2	The current controller revision. Firmware string begins with `m2m2` (e.g. `m2m2 · rev6`). Stronger BLE radio and a tighter auto-reconnect window. If you're on Rev 6 and dropping, range is rarely the cause — check interference and power state first.

IF AUTO-RECOVERY DOESN'T KICK IN

After roughly fifteen seconds of red-pill state with no recovery, tap the pill itself — it re-opens the device picker. Re-pair manually. The reps captured before the drop are still in the set, so you can keep going from the same point. If a single mat drops repeatedly in the same physical location, the gym's RF environment is the suspect, not the mat.

TROUBLE SHOOTING

Sensitivity tuning

Symptom: the rep stream is filling with reps you didn't see anyone jump for, **or** a real jump from a youth athlete isn't registering. Both are the same setting, dialed the wrong way for your environment. The control lives in SETTINGS → MAT & DISPLAY → **Sensitivity**, and it has two states — LOW and HIGH. See Chapter 6 page 45 for the full definition.

THE TWO SETTINGS

LOW	**Default.** Rep validity envelope: minimum **180 ms** flight time, **90 ms** contact time. Rejects vibration, weight-shifts, micro-bounces. The safe default for a noisy training floor.
HIGH	Rep validity envelope: minimum **140 ms** flight time, **70 ms** contact time. Captures shorter human-plausible reps. Use for youth or smaller athletes whose flight times sit shorter, or for a clean isolated mat.

WORKED EXAMPLE · A YOUTH ATHLETE

A 10-year-old's flight times routinely sit at 160–180 ms — right at the Low floor. On Low, half their reps don't register. Flip Sensitivity to **High** and the same jumps land cleanly. RSI, JH, and CT all compute normally — you've only changed the validity gate, not the math.

WORKED EXAMPLE · A NOISY FACILITY

You're running RSI tests in a weight room. The team's deadlifting fifteen feet away, plates dropping on the platform. Phantom reps land in the stream every few seconds. Flip Sensitivity to **Low** — the 90 ms contact-time floor rejects anything that arrived through the floor instead of off the mat.

WHY LOW IS THE DEFAULT

Usain Bolt's 90 ms floor

The fastest ground contact ever measured on a 100 m sprint — Usain Bolt's world record — was **0.09 s**. Faster than that is not a human jumping off your mat. It's vibration, a shoe shuffle, or a mat artifact.

Low bakes the Bolt floor into the validity window. Anything under 90 ms contact gets discarded as noise. That's why Plyomat ships Low as the default — it's the safest setting for the widest range of facilities.

High exists for the gyms where the athletes themselves jump shorter than the noise floor. Pick once for your environment.

TIP · THE SETTING IS GLOBAL

Sensitivity applies to *every* mode and *every* athlete in the workspace. If you train a wide spread of body sizes in the same session, pick the floor that suits your shortest jumper — you can always swipe-delete a few phantom reps post-hoc, but a missed real rep is gone.

TROUBLE SHOOTING

A specific rep didn’t register

Symptom: the athlete clearly jumped, you saw the height, but no rep landed in the stream. The BLE link is green, the sensitivity setting is correct for the athlete, but one specific rep didn't make it. Work the bullets below — these are mat-side and rep-shape causes, distinct from the global sensitivity problem on page 61.

MAT-SIDE CHECKS

- **Split landing.** The mat measures total load change at a single moment. If one foot lands a fraction of a second before the other, the mat reads it as two faint events instead of one strong one — and may discard both as noise. Cue the athlete to land with both feet simultaneously.
- **Edge-of-mat landing.** The sensing surface is the inner area, not the rubber border. A jump that lands with the heels half-off the mat may not fully depress the sensor. Have the athlete center their stance before take-off.
- **Compressible shoes.** Thick-soled training shoes (Hokas, max-cushion runners, basketball high-tops with thick foam) add false contact time — the foam compresses for an extra 20–40 ms after touchdown. RSI numbers come out low, contact times look inflated. Switch to thinner training shoes or socks for precision testing.
- **Controller firmware mismatch.** If your facility has two mats and the numbers look systematically different between them, check the firmware sticker on the back of each controller and confirm the status pill firmware version matches. Rev 4 (`m2m1`) and Rev 6 (`m2m2`) controllers behave slightly differently — document which mat is which when reporting an issue.

CONTROLLER BACK · FIRMWARE STICKER

Screenshot: the back of a Plyomat controller showing the firmware sticker (model + revision + firmware version), alongside the live display status pill showing the matching `m2m2 · rev6` string. Two reference points for confirming which controller is which when troubleshooting.

A QUICK MID-SESSION FIX

If the next rep registers fine, treat the missed one as a one-off. If three in a row miss, walk the bullets above before you change a setting. Most missed-rep reports trace back to split landings or edge-of-mat contact — both fixable with a verbal cue, no setting change required.

TIP · NOTE THE FIRMWARE STRING BEFORE YOU CALL

Every support email about a missed rep is faster with the firmware version up front. Tap the green pill on your live display — the firmware string (e.g. `m2m2 · rev6`) is the second line. Copy it into the email and we'll know which controller revision you're on in the first reply. See page 64.

TROUBLE SHOOTING

App slow or crashing

Symptom: pages take a beat to render, the browser tab crashes, or the mobile app force-closes when you bring it back from the background. The live display itself is rarely the culprit — capture has no historical reads during recording and stays fast even on a packed workspace. The slow surfaces are the analytical ones: Reports, the Sessions list with thousands of rows, the athlete profile for an athlete with hundreds of sessions.

WHAT'S SLOW — AND WHAT TO DO

- **Large roster with deep history.** A workspace with 400+ athletes and thousands of sessions has some Reports pages that take 1–2 s to compute the first time. This is a known performance area we're actively optimizing. Subsequent loads are cached and fast. If a specific report consistently takes longer than 5 s, email support with the URL.
- **Browser tab crash.** Close other heavy tabs — especially video calls, streaming sites, and large dashboards. Reports and the live display use in-memory computation that can spike RAM on older devices. If a tab crashes, refresh; the work-in-progress live session reps are recovered from the local DB on relaunch.
- **iOS app crash on resume.** If the mobile app force-closes when you bring it back from the background, this is typically iOS memory pressure — the OS killed the app to free RAM for whatever was foreground. Close other apps and re-open Plyomat. In-progress session reps are restored.
- **The status pill spinner won't stop.** Rare, but if the pill spins indefinitely without going red or green, reload the page (or force-quit and re-open the app). A network hiccup during the initial auth handshake can leave the BLE supervisor in a stuck state; a clean restart clears it.
- **A Save attempt failed — the Retry banner.** New in Build 128: if the network drops while you're tapping SAVE, the set no longer vanishes silently. A banner pins to the top of the live display with RETRY and DISMISS. Reps stay in memory until you tap one or the other. Retry replays the Save against the server; Dismiss accepts the drop. If Retry fails repeatedly, screenshot the banner + open Settings to confirm you're signed in, then email support with the screenshot.

CAPTURE IS ALWAYS FAST

The live display only writes

Recording reps doesn't read any historical data — rep events stream in, get stamped, and persist locally until you tap Save. No roster scan, no aggregation, no Report compute during a session. If the live screen feels slow, the cause is elsewhere on the device — another tab, a backgrounded process, low-battery throttling.

TIP · A CLEAN DEVICE FOR A HEAVY SESSION

Before a long testing day with many athletes, restart the device that's mat-side. Close every other app, dismiss every browser tab, set the brightness to a reasonable level. A clean device is a fast device — especially for the 50th athlete of a combine day.

TROUBLE SHOOTING

When to email support

You've walked the diagnostic, the fix didn't stick, and the issue is reproducible. Time to escalate. One inbox handles every coach-facing question: `sales@plyomat.com`. The detail you include in the first email determines whether the first reply is a fix or a follow-up question — lead with the firmware string and the symptom in one line.

INCLUDE IN EVERY SUPPORT EMAIL

- **Firmware version.** Tap the green status pill on your live display — the firmware string (e.g. `m2m2 · rev6`) is the second line. Copy verbatim. This tells us which controller revision and which dialect you're on.
- **Browser + OS version.** Chrome 142 on macOS 15, Safari on iPadOS 18.4, the Plyomat Android app version (from your phone's app settings). The combination matters — some bugs are platform-specific.
- **What you were doing when it failed.** "Capturing an RSI set for athlete X on tablet A, third rep didn't register" beats "the mat doesn't work" by an order of magnitude. We can replay your exact step.
- **Athlete ID, if relevant.** If a specific athlete's data looks wrong, include their name as it appears in your roster. We can match it to the audit log and trace the rep history server-side.

OUTSIDE THE INBOX

`linktr.ee/plyomat`

The Plyomat Linktree collects everything that isn't an email reply: video tutorials, the full PDF manual, current status updates, and the latest release notes for App 3.0.

Bookmark it on the device you coach from. When a question comes up mid-session and the answer is in the manual, you can pull it up faster than typing an email.

WHAT WE'LL ASK FOR NEXT, IF IT'S NOT IN THE FIRST EMAIL

A DATA EXPORT

If the issue is about specific numbers in specific sessions, a workspace export (`SETTINGS` → `DATA MANAGEMENT` → `EXPORT ALL DATA`) gives us the exact rep stream to diagnose against.

A SCREENSHOT OR SCREEN RECORDING

For UI issues — a tile looks wrong, a number is bleeding off the screen, a button doesn't respond — a 10-second screen recording removes ambiguity. Most phones have a built-in screen recorder.

A SECOND DEVICE TEST

For BLE drops or pairing failures, trying the same mat on a different phone or tablet tells us whether the issue is the controller or the device. Worth ten seconds of your time before you reply.

The rest of this manual is reference; this chapter is the safety net. If you walked the diagnostic, applied the fix, and the next session captured cleanly — you're back to coaching. If not, we're at `sales@plyomat.com`.

PLYOMAT

ASSESSMENTS

Gold means protocol

An **assessment** is a formal, scored protocol — a fixed mode, a fixed rep count, a defined scoring rule. Run one and Plyomat takes over the live display: the mode is locked, the rep counter is visible, the athlete picker filters down to the athletes you're testing, and at the end the session is stamped with a **Scored Protocol** chip and a **gold** avatar tint everywhere it appears in the app.

This chapter is the opposite of Chapter 4. Sessions are open training — any mode, any time, any combination — and they show up in **blue**. Assessments are the protected counterpart: when the data has to be official, you run an assessment. The gold-versus-blue split is a structural choice in Plyomat. It exists so coaches can answer two different questions cleanly — **"what does this athlete do day to day?"** and **"what did this athlete score under standardized conditions?"** — without one polluting the other.

WHY THE COLOUR MATTERS

Gold is the visual cue that the data is testing-window data. It rides the avatar on Sessions cards, the header on the session detail page, the row in the Reports list, and the chip on the leaderboard's Assessments view. One glance and you know whether the number on screen came from a structured protocol or a free-form set.

THE AVERY RULE

If it wasn't an assessment, it isn't official

A coach is mid-assessment-week. Numbers are being scored, periodization is being planned around them, training-decision decisions are pending. Then Avery wanders up to the mat between sessions and rips a one-off vertical higher than every scored attempt that week.

That number is real. It lives in the leaderboard and the Facility Wall. But it isn't official. The structural reason a coach can say "well, Avery, it wasn't an assessment, so it's not the published number" is the gold-versus-blue split. Open competition belongs to one store; protocol-locked scoring belongs to the other.

THE HARD RULE ASSESSMENTS ENFORCE

Warmup reps shouldn't end up in scored reports. Free-form attempts shouldn't compete with constrained ones. Mid-protocol mode swaps shouldn't be possible. Assessments enforce all three — the rep counter is exact, the mode is locked, and the athlete picker filters to the cohort being tested. **Testing-window data stays clean by construction.**

GOLD · ASSESSMENTS

Protocol-locked, scored-rep, mode-locked formal tests. Feed the *Assessments* scope in Reports. Live at `/m/assessments`.

BLUE · SESSIONS

Open everyday training. Feed the leaderboard, the Facility Wall, the Previous Bests tile, and the *Sessions* scope in Reports.

ASSESSMENTS

The built-in library

Plyomat ships with **seven built-in assessments** covering the modes most jump-test programs touch — vertical, RSI (bilateral and unilateral), drop jump, contact, and Plyomat Power Score (PPS). They appear at the top of the list on `/m/assessments`, sorted before any custom assessments you build, with the small gold **Built-in** badge on each row.

WHAT SHIPS WITH THE APP

STANDING VERTICAL JUMP	Vertical mode · bilateral · `3 reps, best 1 kept`. The canonical CMJ test. Best jump height is the score; the other two reps are warm-ups for the keeper. Use when the headline number you want is the athlete's peak vert.
10/5 RSI	RSI mode · bilateral · `10 reps, best 5 kept` · start on mat. The repeated-jump standard. The more-forgiving variant: a kid can flub one and still score the five highest. Top-5 average is the published RSI.
4/2 RSI	RSI mode · bilateral · `4 reps, best 2 kept` · start on mat. The short version for teaching contexts or athletes who can't sustain a 10-rep set. Same scoring shape as 10/5, fewer reps to keep clean.
DROP JUMP DRI - 18″	Drop Jump mode · bilateral · `1 rep` · drop height `46 cm (18")`. One-shot drop. Dynamic Rebound Index (DRI) is the scored metric. The 18" version is the program default; the custom builder lets you add 6", 12", or 24" variants.
SL 5-HOP RSI	RSI mode · **unilateral** · `5 reps per side` · start on mat. The single-leg assessment that exposes asymmetries a bilateral protocol hides. Runs L then R; asymmetry is computed at the end. See page 70 for the training-decision threshold.
SL VERTICAL JUMP	Vertical mode · unilateral · `3 reps per side, best 1 kept`. The single-leg vertical companion to Standing Vertical Jump. Useful for sports with asymmetric push-off (basketball, soccer, sprinting).
LOAD POWER PROFILE	PPS mode · bilateral · `2 reps per stage, best 1 kept` · load stages `BW, +15%, +25%, +35%`. Multi-stage assessment that finds the load producing peak power — the Optimal Power Load. Each stage runs as a separate set; the curve falls out across sessions.

BUILT-INS ARE NON-DELETABLE

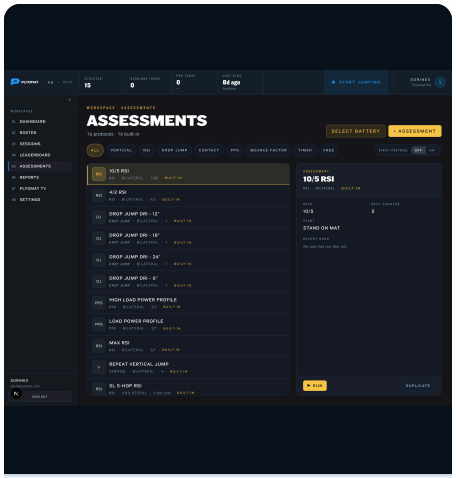
The seven built-ins are protected. DELETE is hidden on their detail panel and the create form won't write over them. DUPLICATE stays available — clone one, tweak the copy, and the cloned version sits beside the original as a custom. The originals stay put so every coach in your workspace can rely on them.

TIP · FILTER THE LIST BY MODE

The filter row at the top of `/m/assessments` narrows to one mode at a time — VERTICAL, RSI, DROP JUMP, CONTACT, PPS. Useful when your library grows past a dozen entries.

ASSESSMENTS

Running an assessment



`/m/assessments` on tablet. The library lists every built-in protocol with its mode glyph; tap a row to load the spec grid (reps, best counted, start position, drop height, CT / JH thresholds) and the *Run* button.

PICK, RUN, SCORE, SAVE

1. **Open** `/m/assessments` from the side rail. The list of assessments — built-ins first, customs underneath — sits on the left; tap any row and the detail panel on the right shows the protocol's full spec.
2. **Read the spec** on the right: reps, best-counted, start position, drop height (if any), threshold guardrails. If it's the one you want, tap RUN.
3. **Land on the live display** at `/m/live`. The page comes up in *Assess* mode — mode locked to the protocol, rep counter visible, athlete picker waiting for a name.
4. **Pick the athlete.** The picker filters to the cohort being tested. Tap a row to start; the rep counter goes from `0 of N` to live.
5. **Run the reps.** Each kept rep ticks the counter. Bad rep mid-set? Swipe-left in the rep stream to drop it — the counter compensates so you still hit the protocol target.
6. **Save or Discard** at the end. SAVE writes the session with the protocol stamp, the scored-rep subset, and the gold avatar tint. DISCARD drops the whole run.

WHEN TO USE DISCARD

POLLUTION PREVENTION

The Discard button is part of the protocol

If a connection dropped mid-set, sensitivity was wrong for that athlete's body weight, the wrong athlete jumped on the warm-up, or anything else polluted the run — tap DISCARD. The reps disappear and no session is written. Re-set the protocol and start again.

Coaches who skip Discard end up with polluted reports later. Sessions that should never have been scored stay in the assessment store, drag the athlete's average around, and confuse the program review at the end of the cycle. If the set wasn't clean, the protocol says toss it.

The lock guardrail

When an assessment is running, the live display puts on its protocol harness. Three pieces of the UI change shape — on purpose — so the only way to break the protocol is to consciously tap DISCARD. This is the structural reason an assessment is trustworthy: you can't accidentally bump out of CMJ halfway through and end up scoring a free-jump average against a vertical-jump protocol.

WHAT CHANGES ON THE LIVE DISPLAY

MODE TOGGLE — The bottom mode rail (*Vertical* / *RSI* / *Drop Jump* / *Contact* / *Bounce Factor* / *PPS* / *Free*) **hides**. The mode is set by the protocol and you can't switch out of it. The hero metric, the tiles, and the rep stream all stay on the protocol's mode end-to-end.

REP COUNTER — A prominent gold pill appears in the header: `X of N`. Strict protocols block SAVE until X equals N; partial protocols light up SAVE any time but stamp a *Partial* chip on the result. See page 69 for the difference.

ATHLETE PICKER — The picker bar at the top of the live screen **filters to the cohort** the assessment is testing. If you've staged a 12-athlete cohort for assessment day, the picker shows those 12, not the full 200-athlete roster. Less scrolling, fewer wrong-athlete mistakes.

PROTOCOL HEADER — The protocol name and mode badge sit at the top of the screen in gold — e.g. *10/5 RSI · Bilateral · Strict*. A passive reminder of what you're running, visible every time the coach glances up between reps.

WHY THIS IS TWO STORES

Sessions stay open by contrast

Free sessions on `/m/live` behave the opposite way: every tile is editable, the mode rail is always visible, the athlete picker shows the full roster, the rep count is whatever the coach calls. Open training needs open ergonomics.

The two stores have different rules because they answer different questions. The lock is what makes the assessment store credible. The lack of a lock is what makes the session store usable.

WHAT YOU CAN STILL DO

- Swipe-left to drop a captured rep that was bad — the counter compensates, and the protocol still wants its full N kept reps.
- Switch between L and R sides on a unilateral assessment — the side toggle stays live; the mode toggle does not.
- Open the side-by-side *Previous Bests* tile to compare the current rep against the athlete's history without leaving the protocol.
- Pause the rep stream — the protocol holds state. Resume by tapping the mat or the resume affordance.

HEADS UP · DISCARD IS THE ONLY OUT

If you need to switch protocols mid-set, you have to DISCARD the current run and pick a different one from `/m/assessments`. There's no "convert" path mid-protocol — that's the lock working as intended.

Strict vs partial protocols

Every assessment runs in one of two behaviour modes. Both lock the protocol's mode and rep counter; the difference is whether the set has to complete before you can save it. Pick the one that fits how strict your coaching cycle is.

STRICT PROTOCOLS

The set length is locked to the protocol's `repCount`. The rep counter reads `X of N`; SAVE stays disabled until X equals N. The only ways off the screen are completing the protocol or hitting DISCARD.

- The headline number is always computed against the protocol's full data shape — no half-runs.
- Reports that compare across athletes get apples-to-apples sets, every time.
- Athletes can't end early because they're tired or distracted; coaches can't end early because they're rushing.

Use when: assessment week, periodization checkpoints, training-decision scoring, any moment where the protocol's integrity matters more than coach convenience.

PARTIAL PROTOCOLS

The set length is a target, not a wall. SAVE lights up at any rep count; if you save before the protocol's full `N`, the saved session gets a **Partial** chip next to the protocol badge in the Sessions list and on the detail page.

- You can end early when an athlete pulls up, the bell rings, or you've seen what you needed to see.
- The *Partial* chip is the at-a-glance signal in Reports — coaches reviewing data later see immediately which sets are full-protocol and which were called short.
- Scoring rules still apply — best-of-N just operates on the kept reps you actually captured.

Use when: everyday training that you still want to track as a scored protocol, teaching contexts where running the full set isn't the point, or any session where you're easing an athlete back into volume.

WHERE TO FLIP THE TOGGLE

Strict mode is a coach-opt-in switch with two convenient surfaces:

- **The Assessments page header** — the *Strict protocol* chip in the top-right of `/m/assessments`, right next to the mode-filter pills. Flip OFF ↔ ON without leaving the page.
- **Settings → Mat & Display** — the same *Assessment reps required* toggle. Workspace-wide setting; both surfaces drive the same state.

DEFAULT · OFF (PARTIAL ALLOWED)

Out of the box Plyomat runs in partial mode. You opt *into* strict mode when the program demands it — a deliberate flip that signals to the coaching staff that the data being captured needs the protocol's full shape.

Best-of-N scoring & single-leg

HOW BEST-OF-N WORKS

A protocol declares two numbers: **total reps** and **scored reps**. **10/5 RSI** means `10 reps captured, top 5 kept`. All ten reps are recorded; after `SAVE`, Plyomat ranks them by the protocol's primary metric — **RSI** for RSI protocols, **JH** for jump-height protocols, **DRI** for drop-jump — keeps the top five, and computes the headline average from those kept reps only. The five discarded ones stay in the record but don't count toward the score.

The same pattern scales: **4/2 RSI** is `4 captured, top 2 kept`. **Standing Vertical Jump** is `3 captured, top 1 kept` — that's a best-of-three test. **SL 5-Hop RSI** is `5 captured, all 5 kept` — an average-of-N variant where every rep counts.

MANUAL OVERRIDE OF KEPT/DISCARDED

The default ranking is metric-best, but the coach has the final call. On the session detail page, the rep table shows a checkmark on each kept rep and a strikethrough on each discarded one. Toggle either to flip the rep's status — the headline number recomputes, the protocol's scored-rep count stays the same.

Use when: the highest rep was technically clean but coached badly (no countermovement, stutter step on landing), or a discarded rep was actually clean and ranked low by a tenth of a unit. Override surfaces as a small **(manual)** indicator on the session for full auditability.

FORBIDDEN · "LAST N"

Plyomat never scores by recency

Some legacy jump systems score by the last N reps — assuming the athlete warmed up on the first few. Plyomat does not. Best of N and average of N are the only two scoring rules a Plyomat assessment can use.

The reason: warm-up filtering is the protocol's job, not the scorer's. If you want the first few reps not to count, use Discard or set a smaller best-counted number. The score itself is always ranked, never positional.

SINGLE-LEG VARIANTS — THE L/R SPLIT

Unilateral protocols (everything starting **SL·** in the library) capture left and right independently. The flow goes:

1. **Left side first.** The live display shows an *L* badge in the header and the rep counter ticks against the protocol's per-side count.
2. **Side toggle to right.** The L set locks; the counter resets to `0 of N` for the right side; the badge flips to *R*.
3. **Asymmetry computes at end.** When both sides are complete, Save writes a single session record with L and R averages and an asymmetry percentage on the detail page.

DEFAULT FLAG · 10% ASYMMETRY

The default visual flag fires at 10% L/R imbalance — the athlete's session card shows a small triangle and the asymmetry tile turns gold. Configurable per workspace in *Settings → Mat & Display*.

HARD FLAG · 15%

15% is the line most coaches use as a hard flag for additional review — above it, the next block gets rebuilt instead of repeated. Plyomat surfaces the number; the call is yours.

ASSESSMENTS

Custom assessment builder

CREATE ASSESSMENT MODAL

Screenshot: the *New Assessment* modal from `/m/assessments`. Name field at top, mode picker, bilateral / unilateral toggle, rep count + best-counted inputs, drop height (if drop-jump mode), CT / JH thresholds, load stages (if PPS), Save button in gold.

TWO PATHS IN

- **Duplicate a built-in.** Open any built-in's detail panel and tap DUPLICATE. The form opens prefilled with "*Copy of* " the original name; tweak any field, tap Save, and the clone lands in your library next to the original.
- **Build from scratch.** Tap + NEW ASSESSMENT in the top-right of `/m/assessments`. Empty form, all defaults.

SIX OPTIONS THAT MATTER

1. **Rep count.** The total number of reps the protocol captures. Coach-defined — `1` to `30` covers everything from a single drop jump to a sustained-effort RSI set.
2. **Scoring rule.** Two and only two options — *Best of N* (rank reps by primary metric, keep top K) or *Average of N* (every rep counts equally). The form refuses to save a "last N" rule.
3. **Sidedness.** *Bilateral* (one set) or *Unilateral* (separate L + R sets with asymmetry).
4. **Mode lock.** Vertical, RSI, Drop Jump, Contact, BF, or PPS — the mode the live display locks to for the duration.
5. **Multi-stage load progression.** PPS-mode only. Comma-separated `%BW` stages — e.g. `0, 25, 50, 75`. Each stage runs as its own set; the OPL curve falls out across them.
6. **Scored-rep subset.** If best-of-N, how many of the captured reps count. Leave blank to average all reps; set a smaller number to keep only the top-K.

ORG-SCOPED — YOUR GYM, NOT YOUR PHONE

SHARED LIBRARY

Build once, every coach picks it

Custom assessments belong to your workspace, not your device. Once you save one, every coach signed in to the same gym sees it in their `/m/assessments` list immediately. The 4/2 variant you tuned last Tuesday is sitting in front of every coach who walks up to a mat Wednesday morning.

The flip side: deleting a custom assessment removes it for everyone. Plyomat asks for confirmation and tells you how many saved sessions reference it before the irreversible step.

Assessment Battery — chain protocols

A single assessment is one protocol against one cohort. A **battery** is a queue of protocols run back-to-back, with a checkoff at the end of each. Battery mode is built for assessment day — the days when a coach has to run three or four canonical tests against every athlete in a group and the friction of selecting each protocol manually adds up fast.

BUILD THE QUEUE

1. From `/m/assessments`, tap SELECT BATTERY in the page header. Each list row gets a checkbox on the right.
2. Tap **2 to 5** assessments to add them to the queue. The header counter shows "*N selected*"; the gold START BATTERY button activates once you have at least two checked.
3. Tap START BATTERY. Plyomat routes to `/m/live` with the battery loaded; the live display shows the first protocol with a small queue indicator (e.g. *1 of 3*) in the header.
4. Complete — or Discard — each protocol. After Save, the live display automatically advances to the next protocol in the queue with the same athlete pre-selected. After the last protocol, the battery completes and the live display returns to free mode.

TWO OPERATIONAL MODES

SMALL GROUP — ONE KID, WHOLE BATTERY

It's Monday night and two new athletes are in for an intake. Build a battery of three or four canonical tests — **Standing Vertical Jump · 10/5 RSI · SL 5-Hop RSI · Drop Jump DRI - 18"** — and have one kid run the entire queue while the other watches.

- One athlete, one battery, four scored sessions in <10 minutes.
- Coach stays at the mat; no list-scrolling between protocols.
- Best for intake, new-athlete baselines, post-camp re-tests.

STATION MODE — DEDICATED MATS

It's assessment day and 15 kids are waiting in line. You set up three dedicated stations — the **Standing Vert** mat, the **Bilateral RSI** mat, the **Single-Leg RSI** mat — each running its own battery of one protocol. Athletes walk up, pick their name from the picker, run the test, walk to the next station.

- Three mats, three batteries, fifteen athletes in <30 minutes.
- Picker filters to the cohort; the kid taps their name and goes.
- Best for periodization checkpoints, combine prep, return-from-break testing weeks.

> TIP · BATTERY MAX IS 5
>
> A single battery holds two to five protocols. More than that and athletes start to fatigue across the queue, which contaminates later protocols. If you need six tests, run them as two batteries of three with a rest block between.

PLYOMAT

LEADERBOARD

The engagement engine

The Leaderboard is the surface that turns a quiet capture session into a competitive room. Reports answer questions for the coach in the office. The Leaderboard at `/m/leaderboard` answers a different question entirely — **who's at the top right now, and who's chasing?** — and it answers it big enough to read from across the gym.

Put the board on a wall TV and effort goes up. Athletes see the names they're chasing, the standard the room is hitting, and where their own number lands relative to everyone else who jumped today. Rivalry happens for free. The kid who walked in cold sees four reps land above hers in the next five minutes and adjusts her own intent without anyone asking.

WHY IT WORKS

- **Visibility raises the floor.** When the board is on, every rep is a public number. Casual sets get tighter.
- **Standards are obvious.** The top of the board *is* the standard. New athletes don't have to be told what good looks like — they can see it.
- **The longitudinal climb pulls athletes back.** Once a name is on the board, the athlete checks back to see if it's still there.
- **It replaces the whiteboard.** No marker, no smudges, no rewriting at the end of every block. The board updates itself.

DESIGN INTENT

Four views, one dataset

The Leaderboard ships **four view types** over the same ranked data: Trophy, Tier, Table, and Dual. Pick the view that matches the moment — the celebratory single winner, the spread across performance bands, the dense ranked list, or two boards side-by-side.

Each view gets its own page in this chapter.

THE FOUR VIEWS AT A GLANCE

TROPHY	Best-of-the-day visualization — a big winner, runners-up below, gold / silver / bronze medals. Used for combine-style "who jumped highest today" moments.
TIER	Athletes grouped into performance bands (Elite, Advanced, Developing, Beginner). Useful when the spread is wide and a single ranked list would feel harsh.
TABLE	Straight tabular ranking. Best for assessment days and PT contexts where you want every number visible at once.
DUAL	Two leaderboards on the same canvas, each with its own filters. Built for combine settings where two stations run different protocols at the same time.

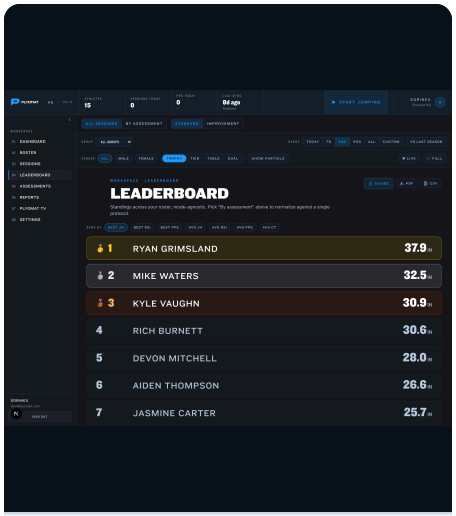
TIP · GET TO THE BOARD FAST

Open `/m/leaderboard` from the side rail. Your last view, metric, and fullscreen preference persist per device.

LEADERBOARD

Trophy view

Trophy is the celebratory view — one winner on top, runners-up below, gold / silver / bronze medals on the first three rows. Big numbers, big names, big visual weight on whoever's leading right now. It's the view that mirrors the Plyomat TV broadcast: a single ranked list designed to be readable from across the room.



`/m/leaderboard` in **Trophy** mode. Gold / silver / bronze medals on the top three rows; the remainder fades to standard styling. Sorinex's HQ chrome shows the workspace name, athlete count, and last-sync indicator.

WHAT YOU SEE

- **Top 10 only.** Trophy caps the list to the top ten so the names stay readable on a wall TV.
- **Medal rows.** Gold on row 1, silver on row 2, bronze on row 3. Athletes know exactly where they sit.
- **Leader flash.** When the top row changes, the new #1 row flashes briefly — a subtle animation that draws eyes when the order moves.
- **Org logo + metric eyebrow.** The board carries your gym's logo and the metric label (Best JH, Best RSI, etc.) so the screen is self-explanatory.

WHEN TO PICK TROPHY

Combine-style days where the question is **who jumped the highest, period**. Friday vertical sessions. PR-chasing afternoons. Anything that wants a single winner.

HEADS UP · TROPHY ISN'T KIND TO THE BOTTOM OF THE ROOM

A single ranked list is great for the top three. It's less great for the kids who never see their name above the cut. If your room has a wide spread — mixed ages, mixed experience, mixed sports — consider `TIER` instead, or pair Trophy with `IMPROVEMENT` mode.

PAIR TROPHY WITH IMPROVEMENT MODE

IMPROVEMENT MODE

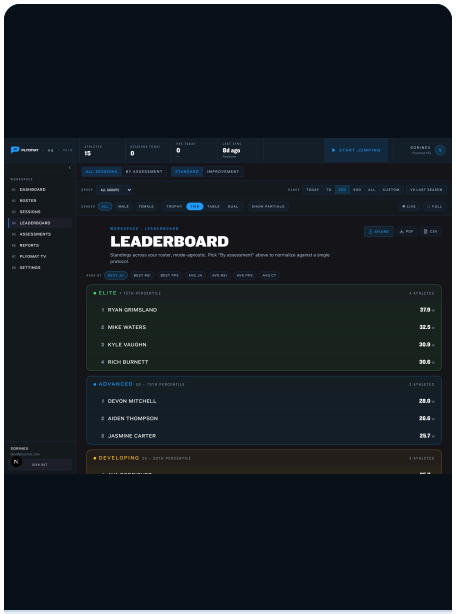
"Good for an ego boost"

The Standard / Improvement toggle swaps the rank order from highest value to biggest percentage gain. The gold winner becomes the athlete who improved the most — not the highest jumper. A kid jumping 22" to 26" can lead the Improvement board without appearing in the Standard top ten.

LEADERBOARD

Tier view

Tier groups athletes into four performance bands instead of stacking them in a single rank. Same data, same metric — but the screen says **here's where the spread sits** rather than **here's who's first**. It's the view to pick when a single ranked list would bury half the room.



`/m/leaderboard` in **Tier** mode. Athletes band by performance against the active RSQ preset's thresholds for the chosen metric.

THE FOUR TIERS

ELITE	75th percentile and up. Green band. The athletes setting the standard.
ADVANCED	50th to 75th. Cornflower-blue band. Above the median — the next wave.
DEVELOPING	25th to 50th. Amber band. Below the median but in the working majority.
BEGINNER	Under the 25th percentile. Red band. The pool to build up.

Boundaries are computed live against the visible cohort — filter to a single group and the bands shift to fit that group's spread.

HOW IT READS

- **Within each tier** athletes are sorted high-to-low — same order as Table view, sliced into bands.
- **Empty tiers still render.** Zero-count bands keep the distribution shape legible.
- **Band headers** show the headcount + first few names so athletes find themselves at a glance.

WHEN TO PICK TIER

Mixed-population rooms

A combine with twelve-year-olds and college freshmen on the same mat. A general-pop drop-in where experience varies wildly. Any setting where the gap between top and bottom would make a single rank read as a punishment.

Tier turns "you're 23rd of 30" into "you're in Developing, with these other names." Same data, kinder framing.

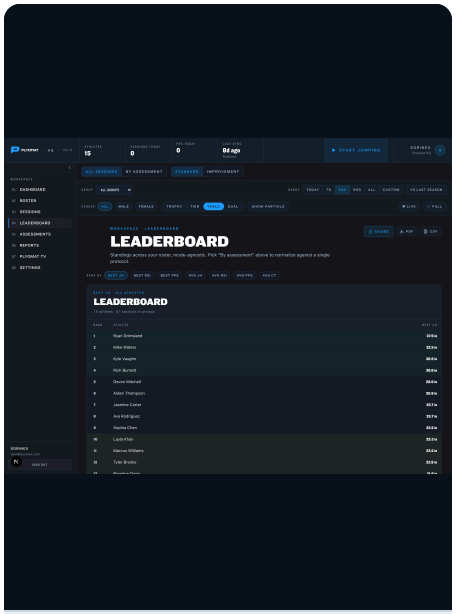
WHEN TO PICK TROPHY OR TABLE INSTEAD

- **Trophy** when the room is homogeneous and the question is *who's first*.
- **Table** when you want every number visible — assessment day, training-block review, season summary.
- **Tier** when the spread is the story.

LEADERBOARD

Table view

Table is the dense ranked list. Every athlete, every number, every secondary stat — one row each, sortable. The view to open when you want the full picture instead of a celebratory top-three. It's the default mode for assessment days, training-block reviews, and any context where the numbers themselves are the headline.



`/m/leaderboard` in **Table** mode. Every athlete ranked in one list, with the headline metric, secondary stats, and session count per row.

COLUMNS YOU'LL SEE

RANK	Integer rank within the active filter set. Ties share a rank and indent the next row accordingly.
ATHLETE	Avatar plus name. On the in-workspace view: full name. On the public share: first name + last initial only.
GROUP	One chip per athlete — their primary sport group. Click the chip to filter the board to that group.
BEST METRIC	The ranking column. Best JH, Best RSI, Best PPS, Best BF, or one of the average variants — whichever metric is active in the pill rail.
SECONDARY	A complementary number for context. On a Best JH board, the Avg CT for that athlete; on a Best RSI board, the kept-rep count.
AS-OF	Date of the rep that set the ranked value. Lets coaches see whether the top number is fresh or three weeks stale.

SORTING + PERCENTILE BANDS

Click any column header to sort. The metric column defaults to descending (highest jumper first); click again to flip. The Rank column re-locks the natural order. Behind the numbers, every row carries a **percentile band stripe** — the same color logic as the Tier view — so the dense list still telegraphs the distribution at a glance.

WHEN TO PICK TABLE

- **Assessment day.** Every athlete, every protocol-locked number, on one screen.
- **Training-block review.** Side-by-side Avg CT and Best RSI for the cohort under review.
- **Season roll-up.** A printable ranked sheet of every athlete who jumped in the last 90 days.
- **Coach's office on a desktop.** The denser the screen, the more value Table gives back.

COMPARE TO LAST SEASON

The vs Last Season toggle

Table is the only view that renders the **delta-vs-prior-window** column. Set the date range, flip the `VS LAST SEASON` chip, and Plyomat draws the same window a year earlier — up-arrow for improvement, down-arrow for regression, percentage gap inline.

LEADERBOARD

Dual view

Dual splits the canvas down the middle and renders **two complete leaderboards side-by-side**, each with its own filter set. Pick Trophy on the left, Tier on the right. Football on one side, Track on the other. All-time girls on one, all-time boys on the other. One screen, two stories.

DUAL VIEW — TWO BOARDS ON ONE CANVAS

Screenshot: `/m/leaderboard` in Dual mode on a desktop or large iPad landscape. Two independent panes side-by-side, each with its own group / gender / metric / view-mode pickers and its own ranked list. Left pane Trophy + Future Pro; right pane Trophy + LTAD.

WHAT'S INDEPENDENT PER PANE

- **Group filter.** Each pane has its own group dropdown.
- **Gender filter.** All-time girls left, all-time boys right — trivial to set up.
- **Date range.** Today on one, season-to-date on the other.
- **Metric.** Best JH on one, Best RSI on the other.
- **Inner view mode.** Each pane picks its own Trophy / Tier / Table render.

WHY COACHES ASKED FOR IT

The use case came directly from the floor: **"run two leaderboards at once on adjacent TVs."** Combine settings where two stations test different protocols simultaneously. A facility wall that shows the Future Pro standings on the left and the LTAD standings on the right. A single iPad casting both halves of a co-ed session.

HEADS UP · DUAL NEEDS LANDSCAPE AND WIDTH

Two leaderboards side-by-side need at least `1280 px` of viewport. A desktop browser, an iPad in landscape, or a wall TV in landscape are fine. iPhone in any orientation and iPad in portrait will show a "rotate or open on a larger screen" empty state instead — the data is there, just the geometry isn't.

PER-PANE STATE PERSISTS

Each pane's filter set saves per coach, per device. Set up **Future Pro on the left, LTAD on the right** on Monday and the same split is waiting for you Tuesday. The two panes are stored independently — switching back to Trophy / Tier / Table for a single board doesn't disturb the Dual configuration.

TIP · ONE IPAD, TWO TVS

In fullscreen, Dual fills the entire viewport with the two panes — cast the iPad to a wide TV (or two adjacent TVs sharing one feed) and the room reads as two parallel boards. The per-pane share buttons let you mint two separate public links for the same setup if you also want viewers off-site.

PLYOMAT

LEADERBOARD

Filters + scope toggles

The Leaderboard ships a deep filter chrome — a top strip of scope toggles, a row of subject and date filters, and a metric pill rail that drives the ranked column. Set the slice you want once; the four view types all honor it. Everything in the strip lives in the URL too, so a configured leaderboard is bookmarkable.

THE SCOPE STRIP

SESSIONS VS ASSESSMENTS

ALL SESSIONS ranks every saved rep regardless of protocol — the open competition board. BY ASSESSMENT swaps to a protocol-locked board: pick a specific assessment from the dropdown and only that protocol's runs feed the rankings.

STANDARD VS IMPROVEMENT

Inline toggle next to the scope. STANDARD ranks by absolute metric value — highest jumper first. IMPROVEMENT ranks by percentage gain across the window: athletes climb by getting better, not by being best.

GROUP + GENDER

Group dropdown narrows the candidate pool to one sport group; gender chips below restrict by the gender on each athlete's profile. *All groups* + *all genders* opens the board to the whole roster.

TIME WINDOW

Quick chips for *today*, *last 7*, *last 30*, *last 90*, *last year*, *all-time*, plus a custom From / To picker. The chosen window applies to every view.

TAGS

Multi-select chip strip below the filter row. Picks one or more session tags (e.g. *Trap Bar*, *Left Leg*, *Hurdle*) and restricts the input pool to sessions carrying those tags. OR-semantics — selecting two tags shows sessions with either.

EXCLUDE PARTIAL PROTOCOLS

Sticky toggle that drops any session saved before the protocol hit its full rep count. Off by default; on when you want a clean PR board.

> **HEADS UP · LIVE UPDATES ARE OFF BY DEFAULT**
>
> The Leaderboard does **not** auto-refresh until you flip the LIVE toggle in the top-right. Without it on, the rankings stay frozen at the moment you opened the page — reps captured down the hall don't appear. *Don't forget to enable it if you're going to display this on a screen.* The Live toggle pulses green when active and bumps a refresh every five seconds. This is the single most common silent demo-killer — the board on the wall stays still while everyone wonders why.

METRIC PILL RAIL

Below the filter strip sits the metric rail — the dimension every view ranks by. The available metrics depend on the modes present in the filtered session pool: a vertical-only window offers Best JH and Avg JH; an RSI window adds Best RSI, Avg RSI, Avg CT; a PPS or BF session unlocks the corresponding metric. Pick the metric and every view re-ranks to match.

> **TIP · THE URL REMEMBERS THE SLICE**
>
> Every filter and toggle lives in the URL. Bookmark a configured Leaderboard and pin it as a browser tab — your wall TV is one click from cold.

Public share links

Parents want to see the board. Recruiters want a link. Alumni groups, athletes' phones, the kid showing his dad after dinner — all want a number, and none of them have Plyomat accounts. The public share link is the surface for that. A tokenized URL at `/share/lb/<token>` that any browser opens with no sign-in, scoped to the exact leaderboard you published.

SHARE MODAL — MINT A NEW LINK

Screenshot: SHARE button in the Leaderboard header opens a modal. Fields: optional internal name, expiry preset (7 / 30 / 90 days), read-only scope summary. CREATE LINK at the bottom. After creation, a copy-to-clipboard URL appears with the share path.

HOW TO MINT A LINK

1. Configure the Leaderboard exactly as you want viewers to see it — view, metric, group, gender, time window.
2. Tap SHARE in the header. A modal opens.
3. Pick an **expiry**: 7 days, 30 days (default), or 90 days. After that, the link 404s.
4. Optionally name the share for your own records (the name is internal — viewers don't see it).
5. Tap CREATE LINK. Copy the URL and send it.

WHAT VIEWERS SEE — AND DON'T

- **Athlete names render as first name + last initial.** "Marcus W." not "Marcus Williams." Parents identify their kid; strangers can't reconstruct a roster.
- **No body weight, no date of birth, no gender** (unless the gender filter itself is part of the scope). The PII profile of the public page is intentionally thin.
- **The owning org's name and logo** render at the top — the page looks like your gym's, not Plyomat's.
- **The page is read-only.** No filters, no editing, no drill-down. The slice is fixed at mint time.

REVOCATION + MANAGEMENT

One place to revoke

Every link lives in SETTINGS · SHARED LEADERBOARDS with a REVOKE button per row — takes effect immediately. The token shows only at mint time; if you lose the URL, revoke and re-mint.

BEST PRACTICES

- **Mint per audience.** Parents, recruiters, alumni — three links, three scopes.
- **Don't share workspace URLs.** Always mint a public share for off-roster viewers.
- **Refresh seasonally.** 30-day default means each season is its own link.

PLYOMAT

BRANDING

Your brand on every screen

Plyomat is a coaching tool that lives in three audiences' hands at once. The coach drives the app on a phone or iPad mat-side. The parents and athletes see the polished output — a PDF emailed home, a leaderboard on the gym TV, a screenshot a recruiter scrolls past on a phone. The decision-makers — an AD, a recruiter, the front office of a college program — see whatever artifact reaches their inbox. All three groups read the brand first and the numbers second.

That makes branding the most visible polish lever in the whole product. A blank-header report with a dotted-line placeholder reads as a half-configured pilot. The same report with the gym's wordmark across the top reads as a real program. The data underneath is identical; the perception is not.

THE TWO BRAND ARTIFACTS

ORGANIZATION NAME

The text label for your workspace — *Northwood HS Football*, *Triple F Performance*, *Bay Area Sports Lab*. Set in `SETTINGS` → `ORG SETTINGS`. Drives PDF report headers, the contextual phrasing in Reports (*"{org} top JH"*), and the eyebrow on every public share page.

ORGANIZATION LOGO

A single square image, uploaded once. Set in `SETTINGS` → `ORG SETTINGS` → `LOGO`. Rendered as a circle-masked avatar wherever the chrome has room for one, and as a square header element on every PDF.

SET ONCE, RIDE EVERYWHERE

The two fields live in one place — the Org Settings card on the Settings page. Save them once and every downstream surface picks the new identity up within seconds. There's no per-report toggle, no per-screen override; the org's brand is global to the workspace.

Chapter 6 page 44 has the canonical short version of how Org Settings works. This chapter goes deeper on the logo: how to upload it cleanly, every surface it lands on, and what it does not touch.

TEN MINUTES OF WORK

Front-load the brand pass

Before your first parent meeting, your first emailed PDF, your first wall-TV demo, spend ten minutes on org name + logo. The branded artifact a parent sees on day one is the lasting impression of how serious your program is about its data.

If you haven't picked a logo yet, the chrome still works — it falls back to a two-letter initial badge derived from your org name. Functional, but generic.

TIP · REUSE WHAT YOU ALREADY HAVE

If your gym already has a logo on a website, a hoodie, or a banner, that's the asset to upload. Plyomat doesn't need a new mark designed for the app — consistency across the program's existing brand is the win.

Upload your logo

Logo upload lives on the web dashboard at `app.plyomat.com`. Open it on a laptop or desktop — the cropper needs the keyboard-and-mouse precision of a real browser. The iPad and phone apps display your logo everywhere it's set, but the upload itself is a web-side action.

ORG SETTINGS — LOGO CROPPER

Screenshot: the Org Settings card on desktop with the square cropper modal open. Live preview circle on the left at 96 px, UPLOAD LOGO button to the right, cropper modal centered — round mask overlay, zoom slider beneath, CANCEL and SAVE LOGO in the footer.

STEP BY STEP

1. Open `app.plyomat.com` in a desktop browser and sign in. Navigate to SETTINGS → ORG SETTINGS and find the **Logo** block.
2. Tap UPLOAD LOGO. The native file picker opens — pick a **PNG** or **JPEG** file under **5 MB**.
3. The cropper opens with your image inside a 1:1 aspect-locked frame. Drag to pan, use the zoom slider to size the crop. The round mask preview shows exactly how the logo will render in the cloud chrome.
4. Tap SAVE LOGO. The image is cropped, scaled to **512 px** on the long edge, uploaded, and committed to the workspace within a second.
5. Need to change it? Tap REPLACE LOGO for a fresh upload, or REMOVE to clear it — the org reverts to a text-only header.

FILE RULES

FORMAT	PNG or JPEG. Transparent backgrounds in PNG are preserved — circle-mask surfaces will show the transparency, square surfaces will not.
SIZE CEILING	5 MB pre-crop. Oversized picks (a 12 MP camera shot) are automatically downscaled before the cropper opens.
OUTPUT	The saved logo is always **square**, **512 px max** on the long edge. Anything larger is scaled down; anything smaller is uploaded as-is.
WHERE IT LIVES	Stored in Plyomat's workspace bucket at `org-logos/<org_id>/`. Scoped to the organization, not to any individual user — it's a gym asset, not a personal photo.

HEADS UP · SQUARE CROPS ONLY

A wide horizontal wordmark won't crop cleanly to a square. If your gym's primary mark is a long wordmark, upload the icon-only version (the badge, the monogram) for Plyomat and let the wordmark live on your other materials. The 1:1 crop is non-negotiable — every surface that renders the logo is square or circle-masked.

Where the logo appears

One upload, several surfaces. The same 512 px square is reused across the app and downstream artifacts — circle-masked where the layout calls for an avatar, square-cropped where a header banner needs a block. Every surface re-reads the logo from the workspace, so a replacement on the web dashboard propagates without a sign-out.

SURFACES THAT SHOW YOUR LOGO

CLOUD CHROME	The top-left avatar of the dashboard, roster, sessions, reports — every signed-in page across `/m/*`. Circle-masked, sized to the chrome avatar slot. Replaces the two-letter initial badge that appears when no logo is set.
LIVE DISPLAY HEADER	The top-left of `/m/live`, sitting next to the Plyomat wordmark. The branded corner the room sees during every capture session.
LEADERBOARD HEADER	The top-of-page header on `/m/leaderboard` — org logo + org name above the Trophy / Tier / Table / Dual view selector. Inherits into the leaderboard PDF export.
PDF REPORTS	Every report you generate — Individual Summary, Group Summary, Readiness, RSQ, Athlete Trend, Compare, the leaderboard export — carries the logo above the Plyomat wordmark in the page header. Same logo, same numbers, in every parent's and recruiter's inbox.
FACILITY WALL TV CHROME	The cloud chrome that wraps `/m/tv/wall` shows the logo in the top-left avatar slot. On a wall TV the coach typically fullscreens the browser tab, which hides the chrome — the leaderboard rows themselves are unbranded, by design, so they read across the room.
PUBLIC LEADERBOARD SHARE	The header of every public share link at `/share/lb/<token>` — the org logo + org name lead the eyebrow trail, so a recruiter or parent who opens the link sees your gym's brand first, not Plyomat's.

SURFACES THAT DO NOT SHOW YOUR LOGO

One public surface deliberately ships unbranded: the **Plyomat TV receiver** at `/tv/<code>`. The receiver is the second screen a coach pairs from the TV Companion — the one a parent in the bleachers or a recruiter on a video call watches. It carries the Plyomat wordmark only.

The reasoning is operational, not aesthetic: the receiver is a no-sign-in public page paired by a 6-digit broadcast code. Any screen on any network can open it. Keeping it brand-neutral means a paused receiver tab on someone else's machine can never be mistaken for your gym's signed-in dashboard.

PII ALONGSIDE THE LOGO

What rides with your brand

Surfaces that do carry your logo also carry the data behind it. The cloud chrome and PDF reports are signed-in or coach-controlled; full athlete names live there.

The **public share page** is the only branded surface that's public-facing — and it intentionally limits PII to first name + last initial. Brand on, identity reduced. See Chapter 10 page 75 for the share-link privacy model.

TIP · ONE CHANGE, PROPAGATED

Replace the logo on the web dashboard at 4 pm, and the wall TV in your gym corner is rebranded within the next 5-second poll. The next PDF you generate — same hour, same coach — carries the new mark. There's no cache to bust, no per-device opt-in.

Multi-facility brand strategy

Plyomat scopes brand to the workspace. One workspace is one organization is one logo and one name. There's no per-group logo, no per-coach override, no per-facility variant inside a single workspace. If your program runs out of more than one building, the architecture pushes you toward running a workspace per facility.

WHEN ONE WORKSPACE WORKS

A single facility with one brand, one staff, one roster — the canonical Plyomat install. One workspace, one logo, every coach captures into the same pool, the wall TV shows the whole gym ranked together. Most programs sit here.

WHEN TO SPLIT INTO MULTIPLE WORKSPACES

You're running two facilities under different brands — **Northwood HS** and the after-hours **Northwood Performance** club. Each has its own roster, its own coaches, its own parents in its own meetings.

Run a separate workspace for each. Each gets its own org name, its own uploaded logo, its own 500-athlete pool, its own PDF reports, its own public share links, its own Plyomat TV. A coach with access to both workspaces signs in to one or the other — never both at the same time.

The parallel reasoning is the 500-active-athlete cap covered in Chapter 2 page 16. The cap exists per workspace; running a workspace per facility is the same architectural choice that scales the roster cap. Branding follows the same boundary.

WHAT STAYS SEPARATE

Workspace boundaries

Two workspaces never share data. Athletes, sessions, reports, leaderboards, API keys, audit logs — all scoped to a single workspace. A roster move between two facilities is a CSV export from one and a CSV import into the other.

That isolation is the same boundary that gives each workspace its own brand. You can't accidentally see Northwood's athletes from the Performance workspace — and you can't accidentally render the wrong logo on a Northwood report.

TIP · IF THE BRAND IS THE SAME, THE WORKSPACE CAN BE TOO

Two buildings under the same banner — the same logo, the same staff, the same roster moving between them — can live in one workspace. The split is about brand boundary, not square footage. If you'd send the same parent the same-branded report regardless of which building the athlete tested in, you have one organization.

Branding is the cheapest, most-visible polish lever in the whole app. The data is the substance, but the logo on the header is what a parent, a recruiter, or an AD sees in the first three seconds of an artifact. Ten minutes on org name + a clean square logo — before the first PDF goes out — pays off every time the data leaves your gym.

Next: Chapter 12 covers Display Only mode — the no-account standalone path for coaches who own a Plyomat mat but want to skip the cloud entirely.

PLYOMAT

DISPLAY ONLY

The standalone path

Display Only is Plyomat's no-account tier. You pair the mat over Bluetooth, you see the number, and that's the whole app. There's no sign-in, no roster, no cloud writes, no athlete attribution — the rep lives on the screen for a few seconds and then it's gone. **Pair and jump.**

Display Only exists because not every Plyomat owner wants a workspace. A high-school coach who already has a roster in their team-management software, a clinic running a single-day combine, a college weight-room demo for a recruiting visit, a conference booth, a training room where coaches don't want to log a tablet in — all of them want the live display and nothing else. Display Only is the path for that.

It's the same live screen the cloud tier uses at `/m/live`. Same modes, same metrics, same tile layouts, same RSQ quadrant, same swipe-to-delete rep stream. The only difference is what happens **after** the set ends — in Display Only, nothing. In Cloud, every rep saves.

ONE BINARY, TWO TIERS

Same app, different chrome

The Capacitor app you install from the App Store or Google Play is the same binary either way. Tap **Sign in** on the boot screen and you're in the Cloud tier with a full workspace. Tap **Display Only** and you're in the standalone tier with just the mat and the screen.

Switching between them is one tap. No reinstall, no data migration, no separate download.

WHEN DISPLAY ONLY IS THE RIGHT CHOICE

- **You own a Plyomat but don't want an account.** Maybe your athletes already live in another system, or you don't need historical data at all — you just want a jump-height read every time someone steps on the mat.
- **You're running a demo, combine, or pop-up event.** Conference booth, recruiting visit, single-day clinic. Nothing needs to persist; the room sees the number, then everyone moves on.
- **The tablet is a wall-mounted display, not a coaching console.** A training-room iPad coaches walk past and read — not a device anyone signs into. Display Only is the right shell for that hardware.
- **You're testing the mat before deciding on Cloud.** Pair, jump, verify the numbers, decide later whether the workspace is worth signing up for.

TIP · YOU CAN ALWAYS SWITCH TIERS

Display Only is not a separate product or a locked-out trial. It's a tier in the same app. Tap SIGN IN from the boot screen any time to upgrade an active Display Only device into a Cloud workspace device — or tap SIGN OUT · USE DISPLAY ONLY from Cloud Settings to drop back. Page 87 covers the round trip.

PLYOMAT

DISPLAY ONLY

How to enter Display Only

There are three ways into Display Only, one for every device a coach might be holding. All three land in the same place: the live capture screen at `/m/live`, with the mat paired and the rep stream live.

BOOT SCREEN — TIER PICKER

Screenshot: Capacitor app boot screen with the Plyomat wordmark centered, the *Sign in to Cloud* outlined card on top, the cornflower-blue *Display Only* primary button below it, and the privacy / terms / account-deletion links at the foot.

THREE ENTRY PATHS

1. **From the Capacitor app boot screen** — install Plyomat 3.0 from the App Store or Google Play, open the app, and tap the cornflower-blue DISPLAY ONLY button on the tier-picker screen. The pair-mat modal opens immediately; pair the controller and the app routes straight to `/m/live`.
2. **From the desktop browser** — visit `app.plyomat.com`. The boot screen offers SIGN IN as the primary option; below it, the same DISPLAY ONLY path is one tap away. Same outcome: pair the mat, land on the live screen, jump.
3. **From inside Cloud Settings** — if you're already signed in and want to drop into Display Only on the same device, open SETTINGS, scroll to the *Signed-in user* card in the Basic section, and tap SIGN OUT · USE DISPLAY ONLY. The session ends, the chrome strips down, and the next screen is the boot screen, ready for the pair-mat step.

WHAT CHANGES AFTER YOU ENTER DISPLAY ONLY

CHROME STRIPS DOWN	No dashboard, no roster, no Sessions list, no Reports, no Leaderboard, no Plyomat TV in the nav rail. The header keeps the Plyomat wordmark (it links back to the boot screen), the Controls button, the Reset / End set actions, and the status pills for Bluetooth, battery, and JJ.
THE DISPLAY IS THE APP	The route is `/m/live` and that's effectively the only surface. Tapping the wordmark returns you to the boot screen at `/`, where you can re-pair a different mat or switch tiers.
THE ATHLETE PICKER SHOWS ONE ROW	Just *Anonymous*. There's no roster to pick from in standalone mode, so every rep is attributed to the same placeholder. The rep stream still works, RSQ still plots, the hero metric still flashes — nothing depends on knowing whose rep it is.
SAVE DISAPPEARS	The SAVE button at the end of a set isn't there. Tap END SET or RESET and the reps clear — the next set is fresh. No session record is created.

DISPLAY ONLY

What works, what doesn’t

Display Only is intentionally narrow. Everything that depends on a paired mat works exactly the same as in Cloud; everything that depends on a workspace doesn't exist. The split is clean — you don't get a half-broken version of any feature, just the live-capture half of the app.

WORKS

LIVE DISPLAY	Every pixel of `/m/live` renders the same as in Cloud — hero metric, rep stream, RSQ scatter, secondary tiles.
EVERY CAPTURE MODE	Vertical, Contact, RSI, Drop Jump, PPS, Bounce Factor, Timer, Free. All eight modes are in the mode rail. PPS asks for a body weight inline since there's no athlete profile to read it from.
ATHLETE PICKER	One option — *Anonymous*. The picker bar is still there for visual consistency, just not a real selection.
CONTROLS PANEL	Rep target, JH threshold, CT threshold, RSQ display toggle, Auto Reset, sidedness, drop height — every per-set knob is available. Adjustments apply to the current set only.
LAYOUTS	Tile swap, resize, add, remove. Hero Only, default, and custom layouts persist on the device.
SWIPE-DELETE	Wipe a bad rep mid-set with a swipe-left in the rep stream. Same gesture, same result.
MODE SWITCHING	Tap a different mode in the rail; the layout adapts and the next rep captures under the new mode.
MAT & DISPLAY SETTINGS	Sensitivity (Low / High), JJ on/off, Legacy RSI on/off, units (cm / in, kg / lb). These live locally on the device.

DOESN’T WORK

SAVE	No destination. The Save button isn't in the UI. Reps end with the set — no session record is created.
ATHLETE ATTRIBUTION	Every rep belongs to *Anonymous*. There's no way to tag reps to a real person without signing into Cloud.
SESSIONS	No `/m/sessions`, no history, no list to scroll, no detail view. The Sessions surface doesn't exist in standalone.
REPORTS	No `/m/reports`. The Sessions and Assessments scopes both require saved data; with nothing saved, there's nothing to report on.
LEADERBOARD	No `/m/leaderboard`. The Trophy / Tier / Table / Dual views all read from the sessions table, which is empty by design here.
PLYOMAT TV	No Facility Wall, no TV Companion. Broadcast features require an org and saved sessions to populate the wall and the leaderboard formats.
ACCOUNT / ORG SETTINGS	No sign-in email, no org name, no logo, no members, no API keys, no webhooks. Only the local Mat & Display settings are available — everything in the Advanced and Data Management sections of Settings is Cloud-only.

HEADS UP · NOTHING PERSISTS ACROSS RESETS

Tile layouts, units, sensitivity, and the JJ toggle save to the local device. The reps themselves don't. Ending a set, resetting the screen, force-closing the app — all of these drop the captured reps with no recovery. If the number matters tomorrow, sign in.

Switching back to Cloud

Display Only and Cloud are the two tiers of the same app. The switch is one tap in each direction — no reinstall, no separate accounts, no data migration. A device runs in one tier or the other at any moment, and you can flip it back and forth as the room demands.

DISPLAY ONLY → CLOUD

1. **Tap the Plyomat wordmark** in the top-left of `/m/live` to return to the boot screen. Alternatively, in the live header's status bar at the bottom, tap `SETTINGS` — the standalone settings strip offers a path back to sign-in.
2. **Tap** `SIGN IN` on the boot screen.
3. **Enter your workspace credentials.** The app routes to `/m/dashboard` with your roster, sessions, reports, and every other workspace surface waiting where you left them.

The device is now a Cloud-tier device. The mat doesn't need re-pairing — the Bluetooth connection survives the tier switch.

CLOUD → DISPLAY ONLY

1. **Open Settings** from the nav rail or the chrome at the top of `/m/live`.
2. **Find the *Signed-in user* card** at the top of the Basic section.
3. **Tap** `SIGN OUT · USE DISPLAY ONLY`. The session ends; the app drops straight to the standalone boot screen.

From there, pair the mat (or reuse the existing pairing) and the device runs in Display Only until you sign in again.

CLOSING HANDOFF

Pick the tier for the moment

Display Only is the simplest possible Plyomat experience: pair, jump, read the number, walk away. No accounts, no friction, no data exhaust. Cloud is the richest experience: every rep saves to a workspace, every athlete has a profile, every analytical surface is at your fingertips.

Most coaches will live in Cloud. But the standalone tier is right there when the room calls for it — a demo, a clinic, a wall display, a quick sanity-check on the hardware. Use whichever fits the moment.

Next: Chapter 13 is the Glossary — the canonical definitions for every Plyomat-specific term used in this manual (RSI, DRI, RSQ, PPS, JH, FT, CT, JJ, BF, kept rep, and the rest). Open it any time a term in an earlier chapter needs a one-line refresh.

GLOSSARY

Metric proper nouns

Every number a Plyomat coach quotes is an acronym, and the manual treats them all as proper nouns. This page is the canonical key — flip back any time a chapter throws an abbreviation you don't recognize. Storage is always in raw SI units; display conversions (inches, JJ inflation) happen at the surface.

BF	**Bounce Factor.** Five-tier score for the pogo / repeat-hop protocol. Each cycle is rated on its rebound quality; the set rolls up to a tier badge stored alongside per-rep DRI values. Bounce-Factor mode is one of the eight capture modes.
CT	**Contact Time.** Milliseconds the foot spends on the mat between flights. Lower is better in reactive work. Reported in `ms`. See also GCT.
DRI	**Dynamic Rebound Index.** Plyomat's drop-jump signature metric. Computed when a drop height is set; pairs with RSI and JH on drop-jump and bounce-factor reps.
FT	**Flight Time.** Milliseconds the athlete is airborne between contacts. Reported in `ms`. Together with CT it is the raw substrate for every other metric the mat reports.
GCT	**Ground Contact Time.** The coaching-parlance synonym for CT. Identical number; the surface uses CT, conversations often use GCT.
JH	**Jump Height.** Derived from flight time: `JH = FT² × 9.81 / 8`. Always stored in raw centimeters; converted to inches at display time when imperial is on.
JJ	**Just Jump / Vertec.** Display-only inflation (`raw × 1.1119²`) applied to JH so numbers match historical Just-Jump and Vertec datasets. Storage is always raw; JJ never touches RSI, DRI, or PPS math.
LEGACY RSI	Older field-friendly RSI variant using `FT × 10 / CT`. Opt-in for coaches with historical datasets that pre-date the academic formula. Org-lockable in Settings → Basic → Mat & Display.
PPS	**Plyomat Power Score.** Server-computed as `jump height × load` — load is body weight plus optional external load. Requires bodyweight on file. PPS mode is its own capture mode; the score rolls up to leaderboards and reports.
RSI	**Reactive Strength Index (Standard).** Academic formula: `JH / CT`. Plyomat's default RSI path; used in every report and leaderboard unless the org has explicitly switched to Legacy RSI.
RSQ	**Reactive Strength Quotient.** Plyomat's normalized score plotted on a four-zone quadrant (the RSQ quadrant). Built-in presets: Beginner, Default, Advanced, Single-Leg. Custom presets configurable per org.

GLOSSARY

Protocol & assessment terms

Plyomat splits capture into two surfaces: open Sessions (free training) and Assessments (scored protocols). The vocabulary below is shared between the two — rules about what counts, what gets locked, and what happens when a coach ends a set early.

ASSESSMENT	A formal scored protocol: a single mode, a fixed set length (or a partial path), a defined scoring rule. Lives at `/m/assessments`; results flow into the Assessments scope of Reports and Leaderboard. Contrast with Session. See Ch 9.
BEST OF N	Scoring rule for an assessment. The top *N* reps from the captured set are kept and averaged into the assessment score; everything else is recorded but doesn't count toward the result. Most built-in protocols are best-of-3.
BILATERAL / BL	Two-leg protocol. The athlete pushes off both feet for every rep. The default mode for vertical, RSI, drop-jump, and PPS work unless a single-leg variant is selected.
FREE	Open-recording capture mode. The coach watches FT and CT as they happen — no RSQ, no quadrant, no protocol, no timer. Useful for warm-ups, athlete demos, or any block where scoring isn't the point. Distinct from Timer mode (which counts contacts inside a fixed window).
FREE SESSION	A Session captured without a protocol active. Distinct from Free *mode* (which is a capture mode); a Free Session can run in any mode but is not scored against protocol rules.
KEPT REP	A rep that counts toward the set's score. By default every captured rep is kept; the coach can mark or unmark reps from the Rep Stream via swipe-to-delete. The set's hero metric reflects only kept reps.
PARTIAL PROTOCOL	Assessment behavior that allows the coach to end a set before its full rep count and still save the result. A *Partial* chip appears on the saved assessment so reviewers know fewer reps than the protocol specifies were captured.
SESSION	An open training capture. Any mode, any combination of athletes, no scoring rules. Saved Sessions live at `/m/sessions` and are the data source for the Sessions scope in Reports and Leaderboard.
SINGLE-LEG / SL	Unilateral protocol. The athlete captures the left side first; once that set is committed it locks and the right side is captured independently. Asymmetry numbers in Reports come from SL data.
STRICT PROTOCOL	Assessment behavior that locks set length to the protocol — the coach cannot end the set early. Used when protocol fidelity is more important than coach flexibility (combine days, normative datasets).

GLOSSARY

App vocabulary · A–M

Surface-level terms used across the cloud workspace and the live capture screen. Where a term is a route or a class name in the code, the manual prefers the surface name a coach actually sees.

AUDIT LOG	The per-org record of every state change in your workspace — saved sets, edited reps, archived athletes, member adds, settings changes. Backs the Data Management exports and is the source of truth when a coach asks "who changed this?"
CLOUD TIER	The full coaching workspace. Sign-in required; brings roster, sessions, reports, leaderboards, broadcast, settings. Contrast with Display Only.
CONTROLS	Per-set adjustments surfaced on the live display: mode, protocol, athlete, JJ toggle, sensitivity, drop height where applicable. Distinct from Settings (which are org-wide and persistent) — Controls change only the next set.
DISPLAY ONLY	The standalone tier. No account, no cloud writes, no roster. Boot the app, pair the mat, jump — reaches `/m/live` directly. Intended for coaches who own a mat but don't need a workspace. See Ch 12.
DISPLAY MODE	The capture mode the live screen is currently in. One of: `vertical`, `rsi`, `drop_jump`, `contact`, `bounce_factor`, `pps`, `timer`, `free_jump`. Determines which tiles appear and how the rep stream is scored.
FACILITY WALL	The unattended org-wide leaderboard surface at `/m/tv/wall`. Designed to stay on a wall TV indefinitely — auto-rotates metrics, scope, and view. No coach driving required. See Ch 7.
GROUP PICKER	The live-display tile that swaps the active cohort. Tap it to change which group of athletes the leaderboard, rep stream, and Previous Bests are scoped to without leaving the capture screen.
HERO METRIC / HERO TILE	The big-number primary metric in the center of the live display — JH for vertical work, RSI for reactive work, DRI for drop jumps, and so on. The Hero tile is sized to be readable from the other side of the room.
LAYOUT	The tile arrangement of the live display. Three built-in layouts: *Standard* (Hero plus supporting tiles), *Stream Focus* (Rep Stream enlarged), *Hero Only* (one tile, full screen). Edit mode lets a coach rearrange tiles within a layout.
MODE RAIL	The left edge of the live display — the vertical column of capture-mode icons. Tap a mode to switch what the next set captures; the rail also shows which mode is currently active.

GLOSSARY

App vocabulary · P–Z

The second half of the workspace vocabulary — tiles, gestures, indicators, and the broadcast surfaces. Together with page 90 this is the full vocabulary the rest of the manual treats as common ground.

PREVIOUS BESTS	Live-display tile showing the active athlete's PRs for the current mode. Reflects raw storage; if JJ is on the displayed value is JJ-inflated to match the Hero tile.
RECORDING INDICATOR	The flashing pill next to the active athlete's name during capture. Visual confirmation the mat is armed and reps are landing in the right athlete's set.
REP STREAM	Live-display tile showing every captured rep in the current set, newest first. Each rep is swipe-deletable; the kept-rep flag flips when a rep is wiped. The set's score recomputes in real time.
RSQ MIGRATION	The Reports lens that plots all athletes on the RSQ quadrant and traces how each one has moved across periods. Lives under the Sessions scope in Reports. See Ch 5.
SAVE / DISCARD	End-of-set actions. *Save* commits the captured reps to the session; *Discard* drops them. Surfaced explicitly when a partial single-leg set is ended early, so reps are never lost silently.
SCOPE TOGGLE	The Reports, Leaderboard, and Live filter that switches the data source between Sessions and Assessments. Sessions = open training capture; Assessments = scored protocols. Selection persists per device.
SWIPE-TO-DELETE	The Rep Stream gesture. Swipe a rep tile to wipe a bad rep mid-set — mistimed jumps, walk-ons, false triggers. The deleted rep stays in the audit log but no longer counts toward the score.
STATUS PILL	Top-left BLE indicator on the live display. Green = mat paired and reporting. Grey = scanning or idle. Red = disconnected. See Ch 8 for the recovery flow.
TV COMPANION	The coach-driven broadcast surface at `/m/tv`. Mirrors the live display to any browser that opens the broadcast code; the coach's screen remains the source of truth. Contrast with Facility Wall.

> **HANDOFF**
> Look up any unfamiliar term here; every chapter assumes the glossary as common ground.

PRIVACY & DATA

What Plyomat collects

This chapter is the deeper companion to Chapter 6 page 49 — the lawyer-readable answer to **"who owns this data"** and **"what happens when I want it gone."** Plyomat's privacy doctrine is intentionally narrow: collect what coaching requires, store it in a workspace nobody else can see, and put every removal lever in your own hands.

The starting point is the App Store privacy nutrition label. When Plyomat submitted to Apple and Google, it disclosed exactly **six** data categories. Nothing else is in the database. Nothing else is on the wire. The full disclosure lives in the submission packet; here are those six categories in plain English.

THE SIX CATEGORIES — WHAT EACH IS FOR

EMAIL	Your sign-in credential. The address you put in at `/m/login` + the address password resets and security alerts go to. Linked to your user record. Never shared with advertisers. Never used for marketing.
NAME	Your coach display name (shown in audit-log entries and the workspace chrome) plus the athlete first / last names you type into the roster. The product needs both to render rosters and reports. Linked to user.
FITNESS DATA	The reason the app exists. Captured jump heights (JH), flight times (FT), contact times (CT), Reactive Strength Index (RSI), Dynamic Rebound Index (DRI), Plyomat Power Score (PPS), optional body weights, session metadata. Linked to user (more precisely, scoped to your org).
LOGO (ORG)	The optional organization brand asset. Stored against the org (path `org-logos/<org_id>/`), not against any individual. The image contains no personally identifying information about coaches or athletes. Square crop, 512px max edge. The ONLY image data Plyomat collects — no athlete photos, no videos, no camera capture anywhere else.
USER ID	The UUID Supabase generates when you sign up. Used to scope your data inside the database (row-level security keys off it) and to tie crash reports back to your account so support can reproduce a bug. Linked to user.
CRASH DATA	Sentry. Fires only on unhandled errors — the stack trace, plus your user ID + email when you're signed in so support can reproduce. Signed-out crashes (the login screen, the public leaderboard share page) are fully anonymous. Configured with no IPs, no cookies, no breadcrumbs, no performance tracing.

> **TIP · THE SUBMISSION PACKET IS THE SOURCE OF TRUTH**
> If a fact in this chapter ever drifts from what Plyomat told Apple or Google at submission, the submission packet (and the matching `/privacy` page) is canonical. Both are kept in lockstep with the running app.

PRIVACY & DATA

What Plyomat does NOT collect

The flip side of the privacy label is at least as important. For every category Apple and Google ask about, Plyomat checked **No** except the six on the previous page. The **tracking = No** doctrine runs through the whole product: no ad SDKs, no fingerprinting, no third-party identifiers, no data brokers, no machine-learning training on your athletes.

CATEGORIES EXPLICITLY NOT COLLECTED

LOCATION	No GPS, no IP-geolocation, no facility coordinates. Plyomat never asks for location permission and the app would deny it if a coach approved one.
CONTACTS	No address-book access. Athletes you add are typed in by hand (or imported from CSV); the app never reads the device's contact list.
ADVERTISING DATA	No IDFA, no ad ID, no advertising identifier of any kind. Plyomat ships zero advertising SDKs.
BROWSING HISTORY	No cross-site cookies, no third-party trackers, no web-history collection. The app is its own surface.
SEARCH HISTORY	What you type into the athlete picker or the Reports filters stays on your device. The query strings are not logged.
DEVICE ID	No persistent device identifier (no IDFV, no Android ID). The only device-flavored data is the Bluetooth pairing identifier of your Plyomat controller — so you don't have to re-pair every session — and that record is scoped to your account.
PHONE NUMBER	No SMS, no phone-number field on the coach record, no two-factor SMS challenge.
PHYSICAL ADDRESS	No street address. Organization names are free-text labels, not mailing addresses.
AUDIO	No microphone access. The app never asks for it, never records it.
PHOTOS (OTHER THAN THE ORG LOGO)	No athlete photos, no session videos, no camera capture. The single image surface is the optional org logo, classified against the org — not any person.

WHY "TRACKING = NO" EVERYWHERE

Apple defines *tracking* as linking user or device data to data from other companies for advertising or sharing with data brokers. Plyomat does neither. Sentry is a sub-processor handling crash diagnostics under Plyomat's instructions; Supabase is a sub-processor running the database. Both are bound by standard data-processing agreements. Neither receives data for advertising and neither is a tracker.

PLYOMAT

PRIVACY & DATA

Where your data lives

Plyomat's data plane is small on purpose. Every byte your workspace produces lives in a single Supabase Postgres database hosted in the United States, behind TLS in flight and behind row-level security (RLS) at rest. Other gyms are physically in the same database but cryptographically cannot see your rows; your coaches can see everything in your workspace and nothing outside it.

DATA RESIDENCY — US REGION

The Supabase project is provisioned in a US region. Every row of every athlete, session, rep, group, assessment, RSQ preset, audit-log entry, API key, and webhook subscription lives there. Backups (Supabase point-in-time recovery, PITR) stay inside the same region under Supabase's retention window — Plyomat doesn't ship a backup product layered on top.

The application is globally available. Coaches in any country can sign in, capture, and report. **Residency is US-only**; **access is unrestricted**.

ROW-LEVEL SECURITY — THE WORKSPACE BOUNDARY

Every Plyomat table carries an `org_id` column. RLS policies on every table enforce that the only rows a request can read or write are rows where the caller's org membership matches. The check runs inside Postgres on every query — a misbehaving client cannot bypass it. Other gyms can never see your athletes, sessions, or leaderboards.

Within an org, every coach you invite shares the same rows. Multi-coach workspaces share data WITHIN the org but never across orgs.

SUB-PROCESSOR LIST

Four vendors, scoped roles

Supabase — Postgres database + authentication. US region. The system of record.

Vercel — web hosting for `app.plyomat.com` and the API edge.

Sentry — crash diagnostics. Receives only unhandled-error stack traces with your user ID + email when signed in.

Supabase Auth mail transport — transactional email (password resets, security alerts, org-deletion confirmation tokens).

All four are bound by standard data-processing agreements.

ENCRYPTION + CREDENTIALS

The app communicates over TLS end-to-end — no plaintext over the wire. Passwords are stored as one-way hashes; Plyomat cannot read them back. The export-compliance line in the App Store submission is straightforward: standard encryption only (TLS / HTTPS, Supabase JWTs, leaderboard share tokens), no custom cryptographic implementations.

TIP · SERVER LOGS VS YOUR DATA

Standard server logs (IP, browser, timestamp) retain for 90 days for security and abuse prevention. They live separate from your athlete data and exist to detect break-in attempts — they're not how Plyomat reads your sessions. After 90 days they're gone.

PRIVACY & DATA

Export everything you've captured

Plyomat hosts your data; you own it. The export button at `SETTINGS · DATA MANAGEMENT · EXPORT ALL DATA` bundles every row in your workspace into a portable ZIP archive. One tap, signed URL by email, no support ticket. The export exists so coaches can leave or migrate without losing a byte — and so an offline season-review pass is always one click away.

FORMAT

JSON + CSV, side by side

One **JSON** document per data type for machine-readable transfer, and parallel **CSV** versions of the same content for spreadsheet-friendly reading.

The archive is portable, human-readable, and self-contained — open the CSVs in any spreadsheet, open the JSON in any editor.

On the cloud tier the archive arrives via a one-time signed URL that expires after the download.

WHAT'S IN THE ARCHIVE

- Every **athlete** profile — name, optional body weight, gender, sport, position, group memberships, archive status.
- Every **session** — mode, timestamp, protocol, every kept rep with FT, CT, JH, RSI, DRI, PPS, and any derived metrics.
- Every **assessment** definition you've authored, plus the assessment runs.
- Every **group** — built-in and custom, with current membership.
- All **RSQ presets**, including any custom presets you saved.
- The **audit log** for the workspace — who did what, when, from which device.
- **API key metadata** (names + scopes only) and webhook subscriptions (target URL + event list). The secrets themselves are write-once and never appear in any export.

HOW TO EXPORT

1. Open `SETTINGS` and scroll to **Data Management**.
2. Tap `EXPORT ALL DATA`. A brief progress state appears while the server bundles the archive.
3. The download starts automatically as a single ZIP. On the cloud tier the link is a signed URL valid for one fetch — refresh the page and tap the button again if you miss the window.

TIP · EXPORT BEFORE ANY DESTRUCTIVE ACTION

Every erase and delete operation in the next page is permanent and unrecoverable. Five seconds of friction — tap `EXPORT ALL DATA`, save the ZIP — gives you a frozen snapshot you can restore from manually if something gets removed that you wanted to keep. Chapter 6 page 49 covers the in-Settings location with screenshots.

YOU OWN YOUR DATA

The Terms of Service spell it out: you own the data you put into Plyomat — athlete records, session captures, custom assessments. Plyomat is granted only the rights needed to operate the service (store, render for you, deliver to your webhooks, back up). The export exists so you never feel locked in.

Erase + delete playbook

Three levels of destruction, each more total than the last. Erase a category. Delete the whole organization. Delete your individual user account. Every level is immediate or token-confirmed, audit-logged, and irreversible. The full step-by-step UX lives in Chapter 6 pages 50–51; this page is the privacy-chapter summary so a coach can see all three at once.

ERASE BY CATEGORY — SEVEN SCOPES

The `ERASE_CATEGORIES` array under `SETTINGS · DATA MANAGEMENT · ERASE CATEGORIES` has seven entries. Each card opens a confirmation modal with a live count of what will be removed, gated by typing `ERASE`. ALL DATA adds a 5-second cooldown on top.

SESSIONS ONLY	Every session, set, and rep. Athletes / groups / assessments / presets preserved.
ATHLETES	Every athlete record *plus* their sessions (cascade). Groups / assessments / presets remain.
CUSTOM ASSESSMENTS	Coach-authored protocols only. Plyomat's built-in protocols are protected.
GROUPS	Custom group definitions. The athletes themselves remain; they lose their group memberships.
DEVICES	Saved controller pairings and dialect history. Forces a fresh pair next time you connect.
API + WEBHOOKS	Every API key, every webhook subscription, the delivery log.
ALL DATA	Every category above, in one operation. The workspace itself remains (your account stays put); contents reset to empty. Critical-tier confirmation + 5-second cooldown.

DELETE THE ENTIRE ORG

Under the erase panel sits a red `DELETE ORG…` button. Tap it, type the org name and your account email, wait through the cooldown, tap `CONFIRM — START GRACE PERIOD`. Plyomat emails a deletion link to the address on file. **Click the link within 7 days** to finalize. If you don't click, the org survives and the token expires — an accidental tap cannot remove a workspace in one screen.

DELETE YOUR USER ACCOUNT

Required by Apple App Store Guideline 5.1.1(v). `SETTINGS · ACCOUNT · DELETE ACCOUNT`. Type your email to confirm, tap `PERMANENTLY DELETE`. The flow signs you out and cascades any orgs you sole-own. If you're a member of an org owned by someone else, that org's data remains — only your access is revoked.

DANGER · WHAT'S RETAINED, WHAT'S GONE

Erase and delete operations remove active rows immediately. Server logs (IP, timestamp) retain for **90 days** for security and abuse prevention; Sentry crash records carrying your user ID retain for up to **30 days** then auto-purge. Aggregated, anonymized analytics ("total sessions captured this month") survive but cannot be re-identified to you. Nothing in the retention list can rebuild your data after deletion. The public account-deletion policy at `/account-deletion` is the full reference for reviewers and anyone without active access.

Next: Chapter 15 covers what's new in Plyomat 3.0 — the shift from Plyomat 2.0, the cloud workspace, and the features that didn't exist in the previous generation.

PLYOMAT

WHAT'S NEW

The biggest shift — the cloud workspace

If you've been running Plyomat 2.0, you've been running a **single-device tool**. The app paired with the mat, the numbers ran on screen, and when you closed the app the session was gone. Reports were what you wrote down in your notebook on the way back to the office. Plyomat 3.0 changes the shape of the product underneath you.

3.0 is a **coaching workspace**. Sign in once and the same roster, the same sessions, the same reports, and the same leaderboards follow you onto every device you use. A phone in the gym, a tablet mat-side, a desktop at home — all three are windows onto the same dataset. The rep you captured this morning is on the dashboard this afternoon, on a PDF this evening, and ranked on a leaderboard next Tuesday.

WHAT "WORKSPACE" ACTUALLY MEANS

Your gym gets a private org — a container that holds your athletes, your sessions, your assessments, your reports, your leaderboards, your branding, and (when the time comes) your additional coaches. Members of your org see your data. Coaches at other gyms never do. The org is the unit of privacy in 3.0; everything else is scoped to it.

Athletes never sign in. The app stays coach-driven the same way 2.0 was — the coach picks who's jumping, the coach saves the set, the coach reads the report. Athletes are subjects of the data, not users of the app. If you've trained a team on 2.0, the day-to-day feel is familiar; what's new is where the data goes after the set ends.

TWO TIERS

Cloud or Display Only

Cloud is the full workspace described above. Sign-in required. The roster, the reports, the leaderboard, Plyomat TV — all of it.

Display Only is the standalone path. No account, no cloud writes. Pair the mat from the boot screen and jump — the live numbers work the same as 2.0 did. Nothing saves to the cloud, and no athlete attribution is available. Ch 12 covers this mode in depth.

GLOBALLY AVAILABLE, ENGLISH-FIRST, ELEVEN LOCALES

The workspace is available worldwide. Data residency is in the United States, but coaches anywhere in the world can sign in and run a workspace. Locale coverage is at eleven languages as of this release and growing — see page 100.

No subscription page in the app, no card on file, no metering on athletes or sessions or reports. Plyomat hardware and the app work together as one product — the workspace is part of the system, not a separate purchase.

PLYOMAT

WHAT'S NEW

Modes and metrics that didn't exist in 2.0

Underneath the workspace, the capture layer also got broader. Plyomat 2.0 shipped four jump modes; 3.0 ships **seven**, and the hero metric on every mode is now switchable on the fly. A coach running a Vertical set can swap the headline from JH to RSI without leaving the screen. A drop-jump cycle can lead with DRI instead of CT. The data captured is the same; what you watch the room watch is up to you.

FOUR NEW DERIVED METRICS

DRI	**Dynamic Rebound Index** — Plyomat's drop-aware reactive score. Born inside the Drop Jump and Bounce Factor modes, where the drop height materially changes what RSI alone tells you. DRI factors the drop into the score so a 30 cm box doesn't look like a 60 cm box just because the FT was similar. Computed automatically when a drop height is set.
PPS	**Plyomat Power Score** — `jump height × load`, where load is the athlete's body weight plus any optional external load. Requires the athlete's body weight on file. PPS is the first Plyomat metric that takes the athlete's mass into the score; it's the answer to "who's actually generating the most power," not just "who's jumping highest."
BOUNCE FACTOR	A 5-tier scored protocol over a continuous-hop set — 5-hop pogo work, the pattern many coaches were already running off-app. Each cycle gets a DRI; the whole set gets a tier from BF-1 to BF-5. Useful for plyometric progression that's hard to score on JH alone.
RSQ QUADRANT	The **Reactive Strength Quotient** visualization — a live 2D plot of FT against CT, rendered in real time during capture. Athletes land in one of four quadrants based on where their reactive profile sits relative to the preset (Beginner, Default, Advanced, or Single-Leg). The quadrant is the picture; RSQ Migration is how that picture moves across a training block.

WHERE EACH ONE LIVES IN THE MANUAL

- **Modes + hero-metric switching** — Ch 3 pages 17 (anatomy) and 18 (the eight modes catalog).
- **DRI + PPS + Bounce Factor** — Ch 3 page 17 anchors the modes; Ch 5 reads the data back out.
- **RSQ Quadrant** — Ch 5 page 37 has the full Quadrant breakdown; page 38 covers RSQ Migration.

RSI IS STILL RSI

What's new vs what just looks new

RSI itself isn't new — Plyomat has computed it since the original product. What 3.0 adds is the **Standard vs Legacy** formula choice. Coaches with historical Legacy-formula datasets can opt in on a per-org basis from Settings → Basic → Mat & Display; everyone else stays on the academic Standard formula.

JJ Mode is also still present — same 1.1119^2 multiplier — and remains a display-only effect that never reaches RSI / DRI / PPS math.

Migrating from Plyomat 2.0

Plyomat 3.0 is a fresh start. It **does not automatically migrate** data from Plyomat 2.0. Sign in to 3.0 for the first time and the dataset is empty — no athletes, no sessions, no PRs, nothing inherited from the older app. This is intentional, and the page-2 callout in Chapter 1 says so for a reason.

The older app stays available. Plyomat 2.0 remains in its store; nothing pushes it out. The same mat hardware pairs with both. You can install 3.0, keep 2.0 next to it on the same iPad, and use whichever fits the moment. Most coaches end up using 3.0 exclusively within a few weeks, but the door home isn't locked.

OPTION A — BRING THE ROSTER FORWARD

If you have an athlete list in 2.0 you want to keep, the path is manual but straightforward. Export your athletes from 2.0 as a CSV using its existing data-export feature, edit the columns to match the Plyomat 3.0 import format (first name, last name, body weight, gender, group), and import the file via **Roster → Import CSV**. Ch 2 page 12 walks the CSV importer end to end — the wizard previews each row, flags duplicates, and lets you map columns before any data is written.

Historical **session** data is harder. 2.0 stores rep-level numbers in a local schema 3.0 can't read directly. Most coaches who want history in 3.0 import the athletes and then re-baseline with one fresh assessment per athlete — clean, fast, and the new dataset doesn't carry over noise from the old one.

OPTION B — ACCEPT THE CLEAN SLATE

The more common choice. Start the roster fresh, run a baseline assessment week, and let the new dataset grow inside 3.0. The first month feels light because the historical data isn't there yet — but every report, every leaderboard, and every PR notification you'll see going forward is grounded in the same capture pipeline and the same metric definitions. That's worth more than a stitched-together import that mixes formulas across app generations.

Athletes who already had PRs in 2.0 won't lose those numbers — you still have them in the older app. They simply don't show up inside 3.0 until you re-capture.

TIP · SAME HARDWARE, FRESH DATASET

Your Plyomat controller doesn't know which app you're running — it streams the same Bluetooth events to both 2.0 and 3.0 indiscriminately. There's no firmware change, no re-pair, no factory reset required to switch. Open 3.0, pair the mat the way Ch 1 describes, and the controller is ready for either app the next morning.

HEADS UP · ONE DEVICE, ONE APP AT A TIME

The mat pairs with one device at a time over Bluetooth. If you want 3.0 on the iPad and 2.0 on a phone for a transition week, that's fine — just don't expect both apps to be paired simultaneously on the same controller. Unpair from one before pairing the other.

PLYOMAT

WHAT'S NEW

What's coming after launch

This is the manual for what ships today. The product keeps moving, though — a few directions are far enough along to be worth naming on the way out. Each one is on the public roadmap; none of them require an action from you today.

ON THE ROADMAP

PARTNER APIS

Plyomat is opening up to selected partners so a coach who already runs another performance platform can pipe Plyomat data into it (or pull data the other way). Whistle Performance is the canonical example and is targeted as the first live integration. The plumbing — API keys, webhooks, scope tokens — is already in the app at *Settings → Advanced* (Ch 6 page 48 covers the Integrations surface). New partners light up additional options inside that same panel.

MULTI-COACH ROLES

Today the org owner edits Settings. A second tier — coach versus owner, or coach versus admin — is on the roadmap so larger gyms can hand assistant coaches the keys to the live screen and the roster without handing them the keys to the org configuration. The Ch 6 page 42 callout flags this; it'll arrive as a non-breaking change inside *Settings → Advanced → Members*.

CONTINUED LANGUAGE COVERAGE

3.0 launches in eleven languages. More are queued. The translation layer is data-driven, so a new locale doesn't require a new app version — it ships over the air to every installed device the moment it's ready. Coaches who switch the app language in *Settings → Advanced → Language* pick up new locales automatically.

A NOTE ON CLOSING THE MANUAL

You've reached the end. A hundred pages back, Chapter 1 promised a five-minute on-ramp — sign in, pair the mat, save a set, find it. Chapters 2 through 14 are the reference middle — one chapter per surface, the deep work of how each page is wired and what every option does. This last chapter is the seam between where the product is now and where it's heading.

The manual is built to live on a shelf. Pull it up the first time something on the floor isn't obvious; pull it up again six months from now when you've forgotten how a corner of Reports works. Most coaches end up returning to Ch 3 (the Display), Ch 5 (Reports), and Ch 10 (Leaderboard) more than any others — that's where the day-to-day decisions live. Ch 1 is the on-ramp; the rest is the desk reference.

> **IF YOU ONLY REMEMBER THREE THINGS**
>
> The mat is the source of truth — every number starts as a flight time. The workspace is private — only your org sees your data. The product is one tap from configurable — every default in 3.0 can be tuned to match how your gym actually trains. Build from there.

End of manual. For video tutorials, the latest copy of this document, and direct support, visit `linktr.ee/plyomat`. The manual updates as the app does; if a chapter ever drifts from what you see on screen, the screen is right and the chapter is due an update — let us know.

PLYOMAT

FAQ

Hardware, pairing, roster, privacy

HARDWARE & PAIRING

DO I NEED A PLYOMAT TO USE THE APP?

Yes for the cloud workspace. Pairing a controller is what credentials your org and unlocks athletes, sessions, and reports. Display Only mode runs the live screen without a sign-in, but nothing saves to the cloud. See Ch 1 page 4 for the pairing walk and Ch 12 for Display Only.

DOES THE MAT CONNECT OVER WI-FI?

No. The mat talks to the coaching device over **Bluetooth Low Energy**. Wi-Fi only carries the captured reps from the device to the cloud. Lose Wi-Fi and the live screen keeps working — reps queue locally and sync the moment the connection returns.

WHY DOESN'T PAIRING WORK IN SAFARI ON MY IPHONE?

Safari on iOS / iPadOS blocks Web Bluetooth, which is the API the browser path uses. Install the Plyomat app from the App Store and pair from there. Chrome and Edge on desktop, and the Plyomat Android app, all pair from the browser fine.

CAN TWO DEVICES CONTROL THE SAME MAT?

No — the mat is BLE-paired to one device at a time. To swap devices, unpair on the first, then pair on the second. Plyomat TV is different: one coaching device drives capture and the second screen is a viewer over the network, not a second BLE peer.

HOW DOES THE MAT HANDLE A FLAT BATTERY?

The controller is rechargeable over USB-C. A short charge usually gets you a full session; idle drain is small. If the pairing pill turns red mid-set, plug in and the controller resumes streaming within a second of waking up.

ROSTER & PRIVACY

WHAT DATA IS COLLECTED ON ATHLETES?

First name, last name, and any optional fields the coach chooses to fill in — body weight, gender, sport groups, tags. **No email, no phone, no date of birth.** Athletes are roster entries scoped to your org, never accounts on the Plyomat platform. See Ch 14 for the full data inventory.

WHY DOES PPS REQUIRE BODY WEIGHT?

PPS is `jump height × load`, where load is body weight plus any optional external load. Without a body-weight value on the profile, PPS can't compute — the rep still captures, but the PPS field on the rep is empty.

HOW DO I DELETE AN ATHLETE?

Roster → tap the athlete → tap **Archive** (hides them, preserves history) or **Delete** (type-to-confirm; removes the athlete and every attached session). Data Management has wider scoped erase categories plus Export ZIP for a clean handoff. Ch 14 walks the data lifecycle end to end.

WHAT'S THE ACTIVE-ROSTER CAP?

500 active athletes per org. Archived athletes don't count against the cap. Archive a graduating class to keep history and free the slot.

WHAT HAPPENS TO MY DATA IF I UNINSTALL THE APP?

The cloud workspace stays. Sign back in on any device and your roster, sessions, reports, and leaderboards are right where you left them. Uninstall only removes the local copy on that device.

PLYOMAT

FAQ

Modes, metrics, reports, operations

MODES & METRICS

WHAT'S THE DIFFERENCE BETWEEN RSI AND DRI?

RSI = `JH ÷ CT`. It ignores how high the athlete dropped from. **DRI** (Dynamic Rebound Index) = `JH ÷ (CT × √DH)`. DRI factors the drop height in, so a 30 cm and a 60 cm box no longer score the same just because contact time was similar. DRI is the hero in Drop Jump and Bounce Factor; RSI is the hero in RSI mode.

STANDARD VS LEGACY RSI?

Standard is the academic formula: `JH ÷ CT`. A 3.00 RSI is elite. **Legacy** is the older Plyomat 2.0 formula `FT × 10 / CT` with JJ Mode inflating the flight time — the same athlete reads roughly 4.00 to 4.50. Use Legacy only if your historical dataset and athletes' expectations sit there. Org-lockable from Settings.

WHY DOES PLYOMAT DISPLAY "22.4 INCHES" WHEN THE RAW NUMBER IS 18.1?

JJ Mode is on. The toggle inflates the displayed Vertical jump height by 1.1119^2 (about +23.6%) to match what a Just Jump mat or Vertec would have shown. The inflation is display-only — storage stays raw, and RSI / DRI / PPS never see the inflated number. Flip the toggle off under *Settings → Basic → Mat & Display*.

WHY DOESN'T MY BILATERAL ASSESSMENT SHOW ASYMMETRY?

By design. Bilateral testing lets athletes compensate side-to-side without the test catching it. Run a **unilateral** assessment (Single-Leg Drop Jump, Single-Leg RSI, etc.) and the Asymmetry scorecard appears in the Assessments scope of Reports. Bilateral hides it; single-leg exposes it.

WHAT'S A "GOOD" RSI / DRI FOR A 14-YEAR-OLD?

It depends on the population and the protocol. Plyomat ships preset RSQ midpoints for Beginner / Default / Advanced / Single-Leg, and DRI standards run from Warming Up (< 0.50) to Elite (> 3.0). Use those as a starting point and tune as you collect data on your roster. Standards on the wall, not lab thresholds.

OPERATIONS & INTEGRATIONS

CAN I RUN MULTIPLE STATIONS AT THE SAME TIME?

Yes. Sign every coaching device into the same org and pair each one to its own mat. The leaderboard, dashboard, and reports see every station the moment a rep saves to the cloud — no clipboards, no spreadsheet reconciliation. The Plyomat TV Facility Wall is the single shared view across the room.

DOES PLYOMAT HAVE AN API?

Yes. The Open API ships with the cloud workspace — REST endpoints, scoped API keys, webhook subscriptions, HMAC-signed deliveries, and a 30-day delivery log. Plug your AMS, performance dashboard, or internal warehouse straight in. Live partnership with Whistle Performance for AMS feeds.

WHERE DOES MY DATA LIVE?

Inside your org's Supabase project, hosted in a US region. Backups are managed by Supabase point-in-time recovery. Your workspace is private — coaches at other gyms never see your athletes or sessions. See Ch 14 for the privacy + data residency details.

WHAT IF I WANT TO MIGRATE FROM PLYOMAT 2.0?

3.0 is a fresh start — it doesn't auto-migrate 2.0 data. You can export your 2.0 athlete list as CSV and bring just the roster forward via *Roster → Import CSV*. Historical session data is harder; most coaches re-baseline with one fresh assessment per athlete and let the new dataset grow from there.

SOMETHING BROKE. WHAT'S THE FASTEST PATH TO A FIX?

Chapter 8 walks the four most common issue families. If a fix doesn't stick after one pass, email `sales@plyomat.com` with: the firmware string from the top of any Settings page, your browser + OS, and a one-line symptom. That triage data determines whether the first reply is a fix or a follow-up question.

WHERE TO LEARN MORE

Tap `HELP` in the workspace rail (`/m/help`) for the in-app version of this manual. Replay the onboarding tour anytime at `/m/welcome`. Email `sales@plyomat.com` for anything not covered here.

Precision in Plyometrics

plyomat.com

Scan the code — or type the address — for the latest hardware, blog posts, and product education. The app lives at `app.plyomat.com`.

YOU'RE A COACH. NOT A SCIENTIST.

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