




Create or find the user profile:

First Time?

1. Login to cloud.spartascience.com
2. Click on Team in left sidebar
3. Click on Add Users in upper right

4. Click Create New
5. Enter ALL information available
6. Click Add
7. Continue here 

Returner?

1. Login to Sparta Scan App
2. Click on Team and click Refresh button

3. Find and select user
4. Select Scan Type
5. Click Start Scan

Start Scan



Scan Protocols:

Jump Scan

1. Find and select a user, click on Jump and click Start Scan
2. Ensure the user has performed either a general warm up or the Standardized Sparta Scan Warm Up
3. Follow the prompts on the screen:
4. Step on the plate and stand still
5. Prepare to jump (arms up) and perform a max effort vertical jump when prompted
6. Land back on the plate and stand still
7. Repeat this process for a total of 4 vertical jumps

Balance Scan

1. Find and select a user, click on Balance and click Start Scan
2. Follow the prompts on the screen:
3. Step on the plate and stand still
4. When prompted shift to balance on your RIGHT leg (picking up the left) for ~ 10 seconds
5. Stand still on the plate, when prompted shift to balance on your LEFT leg (picking up the right) for ~ 10 seconds
6. Repeat this process for a total of two balance trials on each side

Plank Scan

1. Find and select a user, click on Plank and click Start Scan
2. Follow the prompts on the screen:
3. Step on the plate and stand still
4. When prompted, step off the plate and get into a push up position with both hands on the plate, feet and hands hip/shoulder width apart
5. When prompted shift to balance on your RIGHT arm (picking up the left) for ~ 10 seconds
6. When you hear the tone, drop to your knees and relax, hands can come off the plate
7. When prompted get back into a push up position with both hands on the plate
8. When prompted shift to balance on your Left arm (picking up the right) for ~ 10 seconds
9. Repeat this process for a total of two plank trials on each side

Combination Scans

Combination Scans (eg Jump & Balance) are recommended to be used when multiple Scan types are to be performed. These scans generally follow the prompts above.