



Table Tennis AI

How to use:

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4. Power measurement
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First use / Activity recording

Wear watch on hand which holds the racket
(if you are left handed set it up in settings)



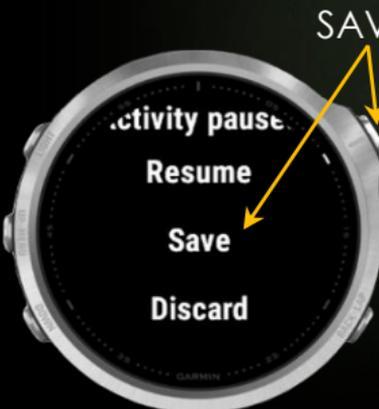
START

Run the app and press START to start activity

App will record and recognize your strokes.
Press stop when finished.



STOP

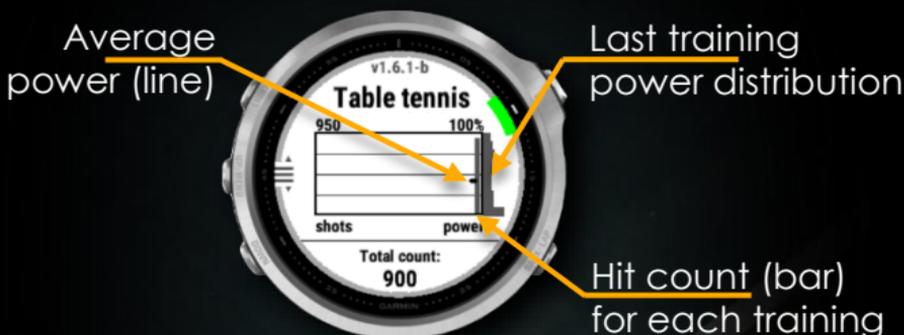


SAVE

Saving menu would be displayed. Select save and confirm (wait until saved).

Stats screens – in app

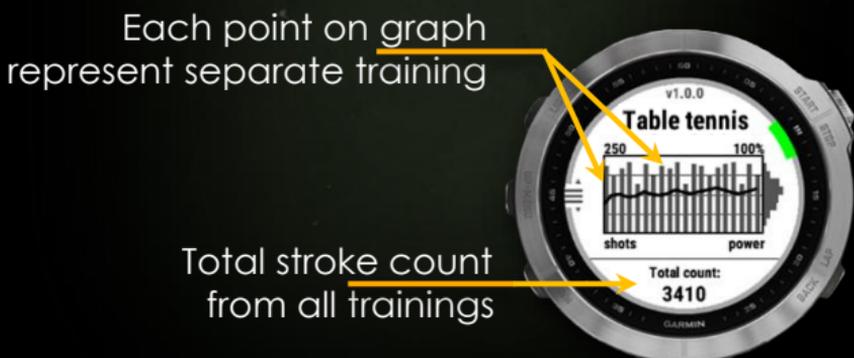
Once first activity is saved it will be visible on Table Tennis AI main screen:



Press/Swype UP/DOWN to display stats for each stroke type:

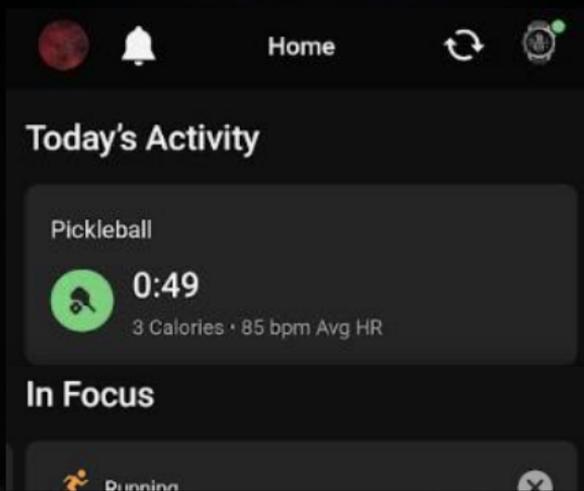


After few trainings graph would look like this:



Stats screens – on mobile

Once first activity is saved run Garmin Connect app on your mobile and synchronize:



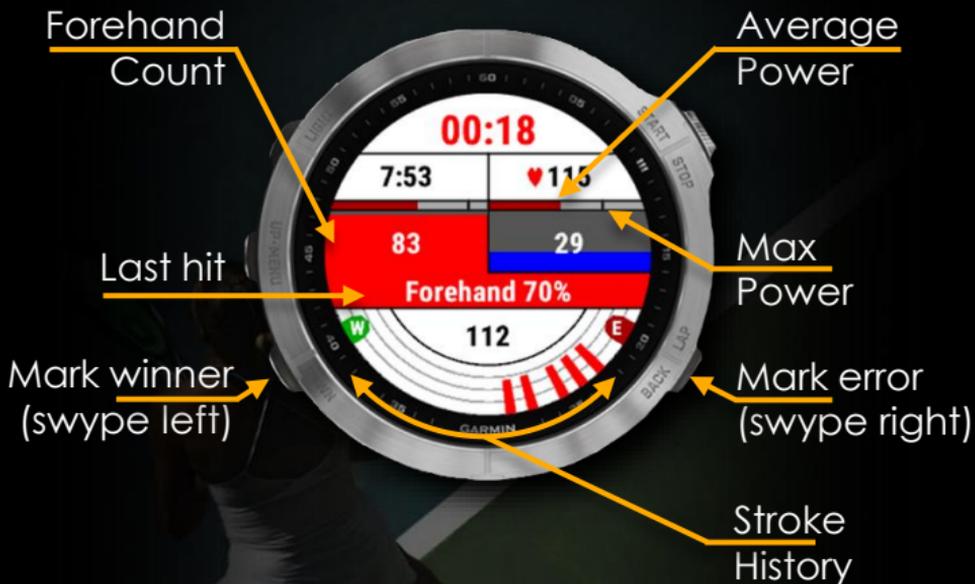
When you enter the activity go to STATS and CHARTS tabs to see training summary:

Overview	Stats	Laps	Charts	Gear
Total Calories	659			
Est. Sweat Loss	697 ml			
INTENSITY MINUTES				
Moderate	9 min			
Vigorous	47 min ⁺²			
Total	103 min			
BODY BATTERY				
Net Impact	-8			
CONNECT IQ				
Total Count	286			
Forehand Count/Win/Foul	151 / 25 / 25			
Forehand Power AVG/Max	53 / 83 %			
Backhand Count/Win/Foul	33 / 6 / 8			
Backhand Power AVG/Max	58 / 75 %			



Activity screen

When activity is recording, hit the ball. After a moment watch will recognize its type and add to training statistics



Power measurement

Table Tennis AI measures Power of each of your strokes. Power is based on peak acceleration value. Unit of power measure was set up as „%“ since this serves as a comparative scale to keep track of your progress in terms of average and maximum power of your strokes.

Since garmin devices are not able to capture acceleration > 8G there is no straightforward and accurate way to calculate racket speed during the shot. I keep it as a future development plan to correlate the data captured by the watch with racket speed captured during my research in order to implement speed measurement to the app.

Settings menu

When at main Table Tennis AI screen hold menu button to enter Settings Menu (Vivoactive: tap & hold)

Sensitivity

Use this settings to increase or decrease sensor sensitivity. If you find not all of your strokes are detected increase sensitivity, if you find that motions which are not strokes are capture decrease it.

Dark mode [On]

When this mode is ON Table Tennis AI screen background will be set to Black. This reduces battery consumption for AMOLED screens.

Left handed [On]

Set this mode to ON if you are left handed player

Trainings

This menu shows list of your recent trainings recorded. You can select any of them to remove it from stats summary shown on Table Tennis AI screen.

About

This menu is used to check app version or if your app is locked/unlocked.