

EQ | equestic

User manual

Welcome!

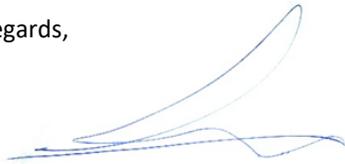
Thank you for using the Equestic SaddleClip and welcome to the Equestic Community. On behalf of Equestic and horses worldwide we'd like to thank you for investing in the world's most user-friendly equestrian training sensor: the Equestic SaddleClip.

You are now all set to make your training even more effective and to help us realise our dream: to help one million horses worldwide to be the happy athletes they deserve to be.

This quick start guide will help you become familiar with the SaddleClip and the Equestic app. First, please carefully read the 'Getting Started' and 'Safety & Product information' booklets included in your SaddleClip box. For more information and demonstration videos on how to use your SaddleClip, please visit www.equestic.com. If you have any comments or questions, please email us at service@equestic.com. We'd love to hear from you.

We wish you a lot of fun riding!

Regards,

A handwritten signature in blue ink, appearing to read 'Leon Rutten', with a stylized flourish at the end.

Leon Rutten, CEO, Equestic.

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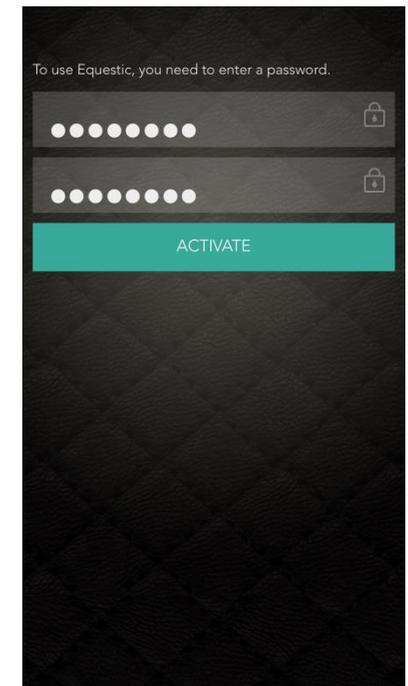
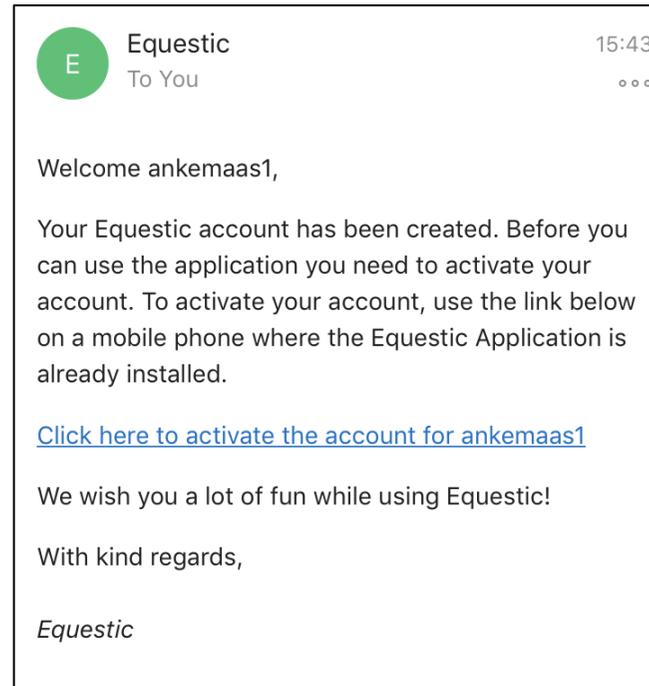
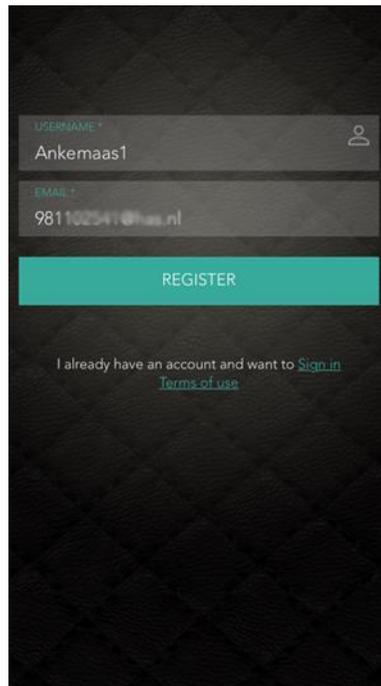
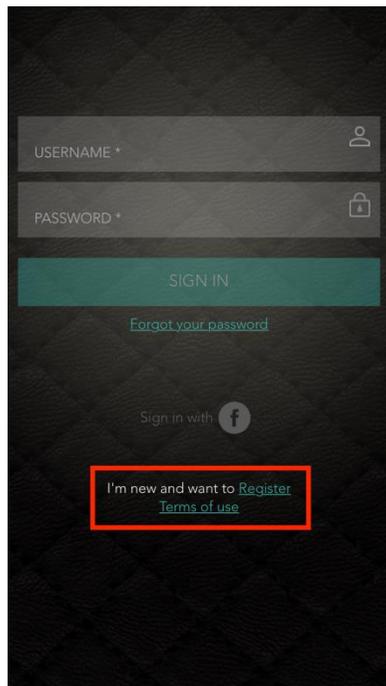
1. What you need before you start?

1. Equestic SaddleClip
2. Download the free Equestic app from the App Store or Google Play (search under 'Equestic').



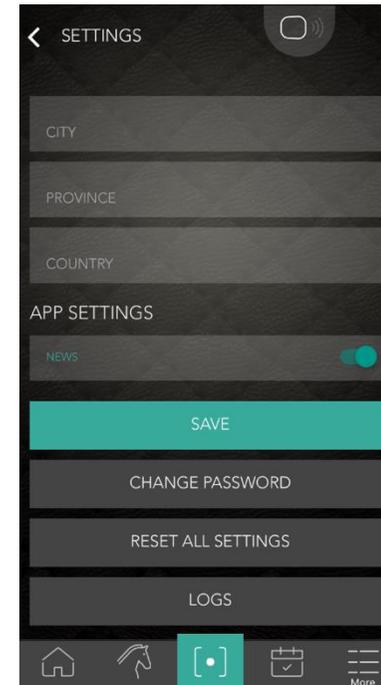
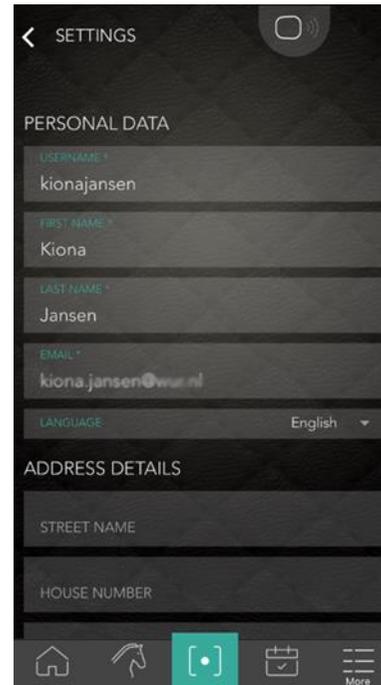
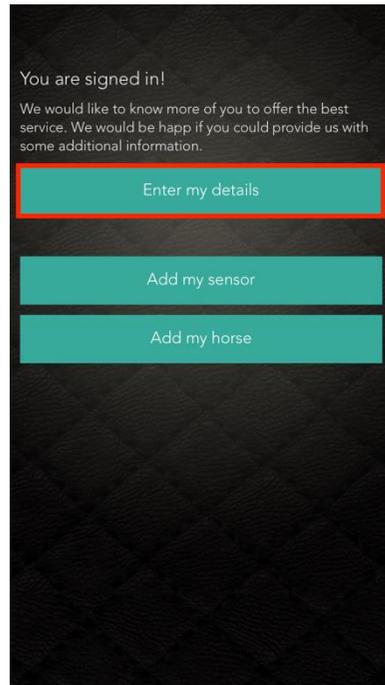
2. Getting started

1. Download the free Equestic app from the App store or Google Play store
2. Create an account
 - a. Create a username
 - b. Add your email
 - c. Activate your account through the link sent to your mailbox on your mobile device
 - d. Create a password



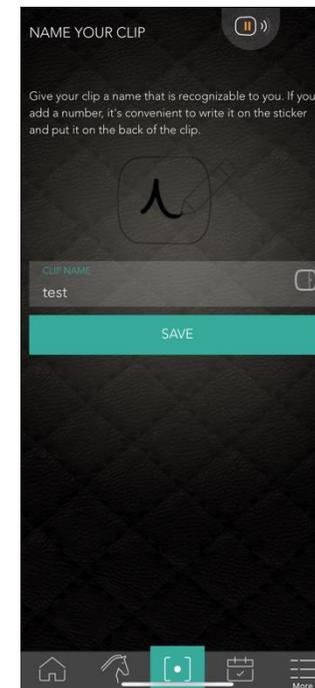
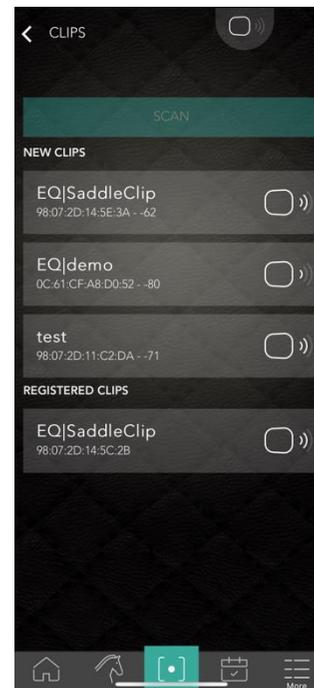
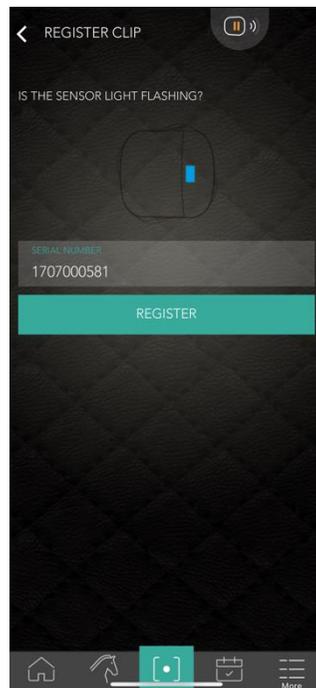
3. Add your personal data

1. Add your personal data
2. Don't forget to save your settings!



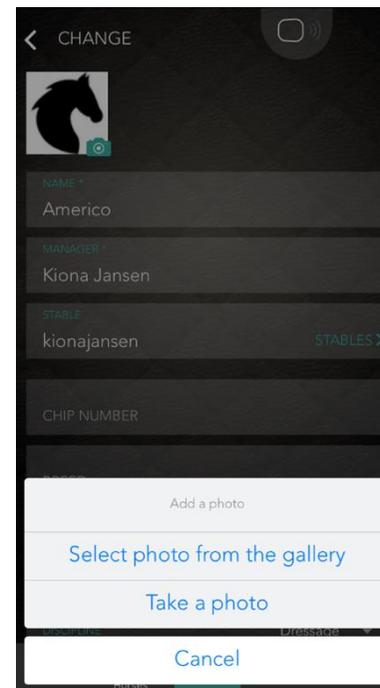
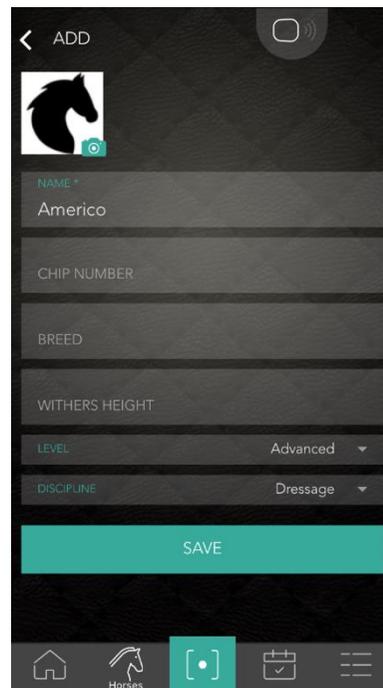
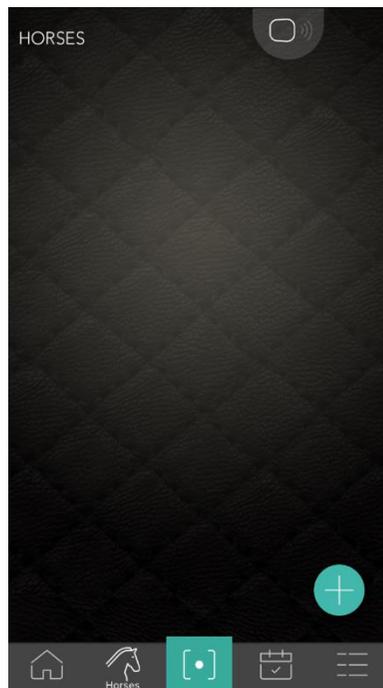
4. How to register your SaddleClip?

1. Select the menu icon at the bottom of your screen
2. Scroll to CLIPS and select
3. Click on the Clip you want to register and choose REGISTER
4. Change the name of the SaddleClip
5. Save the settings



5. Add a horse

1. Click on the “horse” icon at the bottom
2. You will see this screen
3. To add a horse, click on the “+”-button
4. To add a picture, click the “camera”-icon
5. Fill in the necessary information
6. Don’t forget to save your settings
7. Do the same again for each additional horse



6. Connecting the app with the SaddleClip

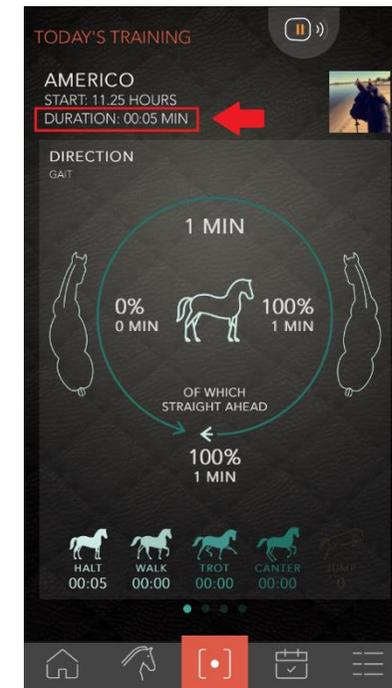
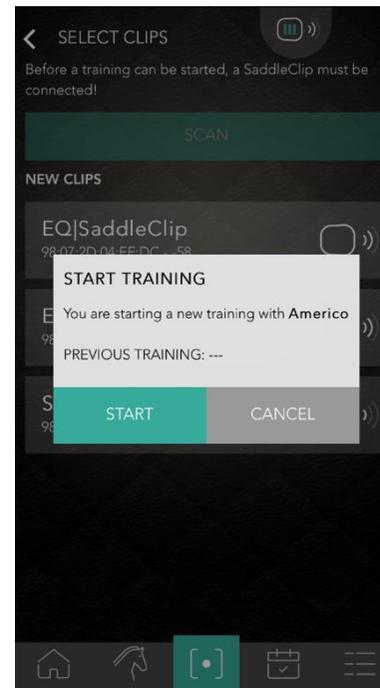
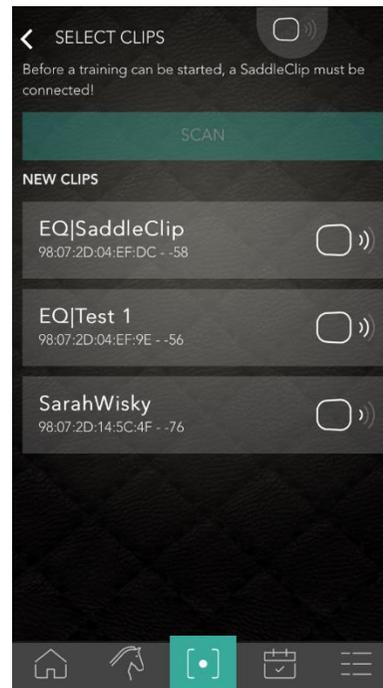
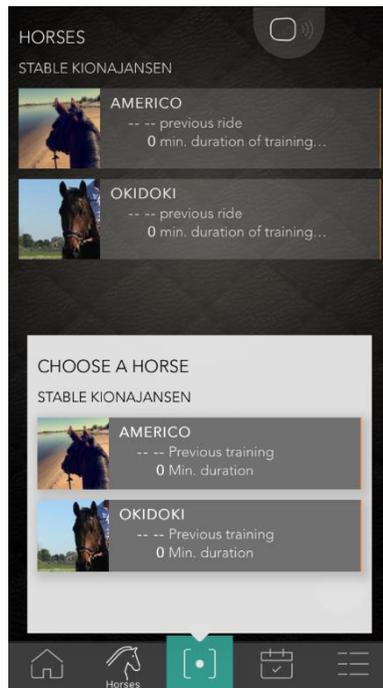
The first time you start a ride, you must select your SaddleClip:

1. Activate Bluetooth on your mobile device
2. To connect the app with the SaddleClip, click on  in the app
3. Choose “scan” and your SaddleClip appears on your screen
4. Click on your SaddleClip
5. It is now connected
6. The second time you start a ride, you just press  and connect

7. Starting a ride

Clip the SaddleClip to the left flap of your saddle. It does not matter if you attach it to the upper flap or lower flap. However, its angle must not exceed 45 degrees

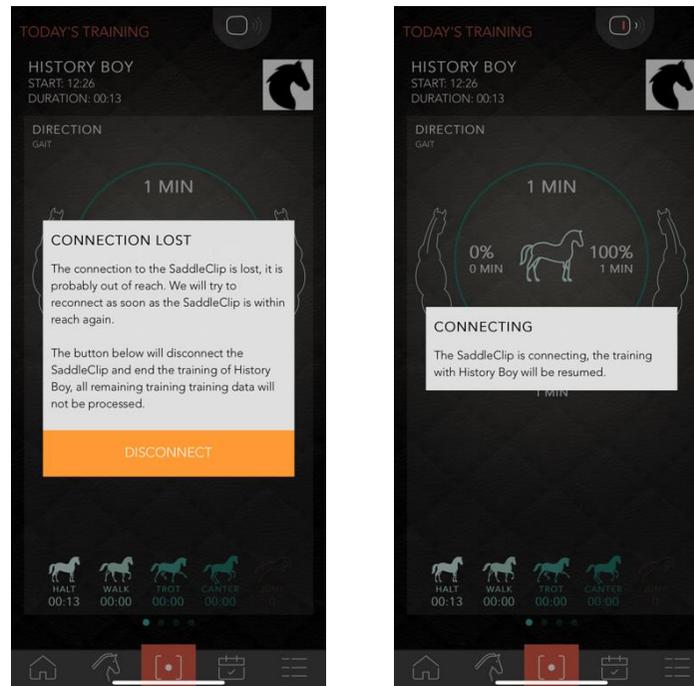
1. Activate Bluetooth on your mobile device
2. To start a ride click on  in the app
3. Select a horse
4. After selecting a horse, you can start your training
 - a. If the clip is successfully connected with the phone it will beep 5 times and the light will turn blue
 - b. You can see the time posted at the top if you want to be sure that your ride has started



8. If the Bluetooth connection is lost during the training session

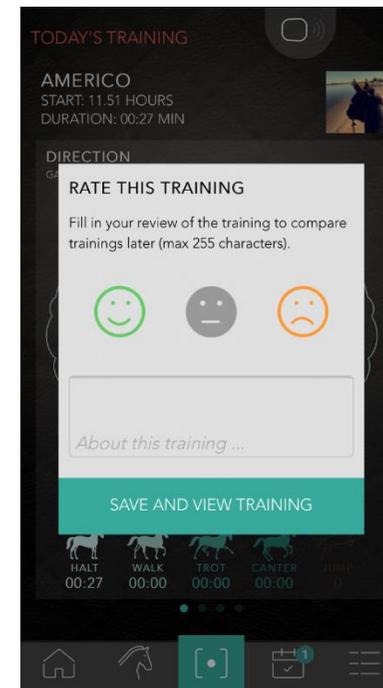
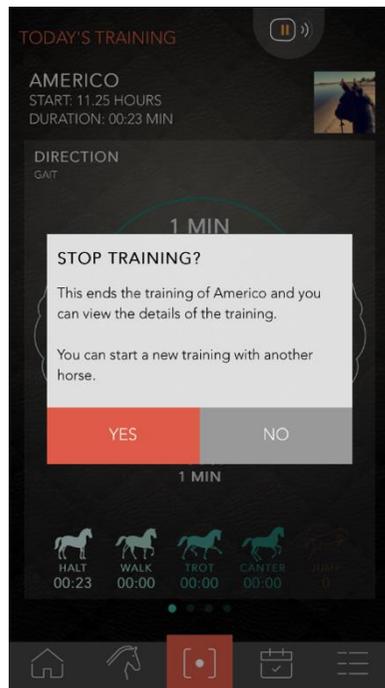
When you train with the SaddleClip you can keep your phone in your pocket or even leave it in the tack room. It may be that the connection between your phone and the SaddleClip is not strong enough, which may cause the connection to be disrupted. This is nothing to worry about. The connection will recover automatically as soon as your device gets closer to the SaddleClip. The measurement will continue where it left off.

So do not panic if the connection is temporarily lost!



9. Stopping a ride

1. To stop the ride, click on  in the app
2. Confirm that you want to stop your training
3. The Saddleclip will now disconnect from the phone
4. You can rate your training and add comments afterwards.



10. Main Menu Shortcuts

Within in the app you will see five buttons at the bottom



Here you can see an overview of information on your rides, your horses and Equestic news.



With this icon you can see all the horses added to the app.
Swipe left to edit the horse's information or share the horse's file. Click on the horse to see horse's training progress.



Press the green button to start your training directly.



Select the results icon all the training sessions in the calendar. Click on an individual training to see more details.



Use this button to change your settings, add riders, share file management, edit information, connect with clips, send feedback to Equestic and sign out.

11. Measurements of a single training

After the training, you can click on you horse in the app for an overview of all measurements.

If you already have multiple rides and want to see one specific ride, select the ride you want to see in the calendar.

1. Click on the desired date to see the measurements
2. To see different measurements, choose a box or swipe to the left and right.

Measurements are recorded in two different ways: basic and qualitative.

Basic measurements are showed directly after the ride:

1. Direction
2. Gait totals
3. Number of jumps
4. Transitions
5. Training structure

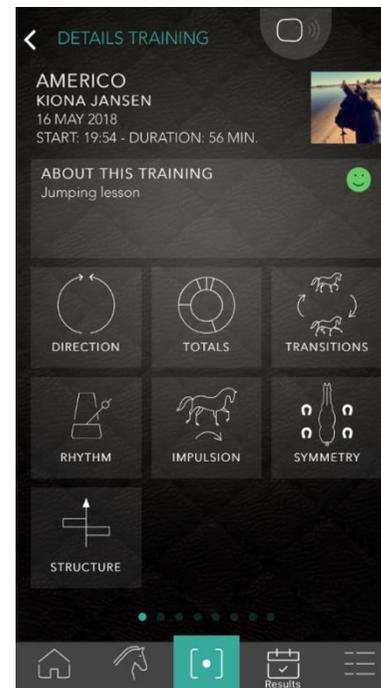
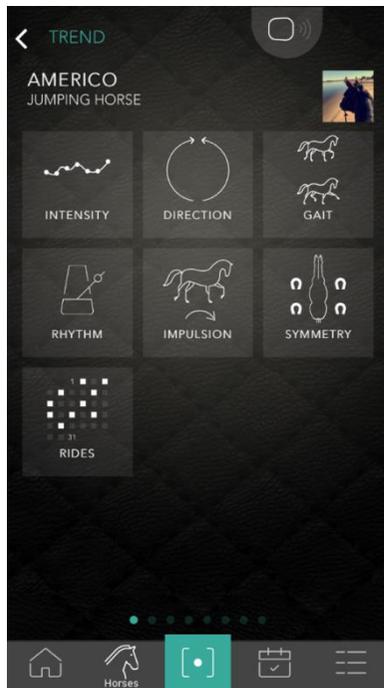
Qualitative measurements take a bit more time and are too complex to be presented directly. These measurements are sent to our servers for analysis and are then sent to your phone. This usually takes just a few minutes after your ride is completed.

Qualitative measurements include:

1. Rhythm
2. Impulsion
3. Symmetry of beat, landing and push off

You will find a detailed description of all these measurements in the next chapter.

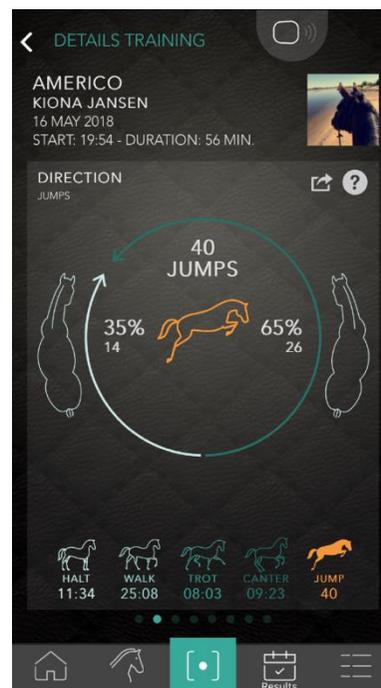




11.01 Details on direction

1. Choose the horse whose measurements you want to view
2. Click on the calendar and select a date
3. The first screen you see is the direction
4. Now you can see the direction of all gaits
5. Click on the jump icon to view the direction of the jump.
6. You will also see the time spent in every gait

This screen is updating while you ride, Every horse has a preference of rein. It is important to know the routines and be aware of how much, you are riding on each rein.



11.02 Total details for each gait

1. Swipe left to see the totals of each gait in time and percentage.

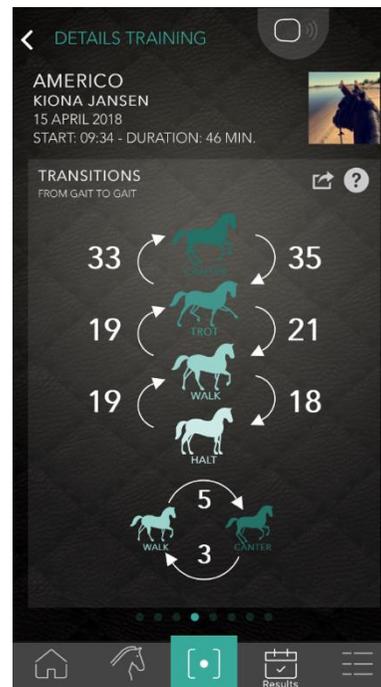
This graph shows the total percentage you rode per gait, halt, walk, trot and canter. It is important to be aware of your actual training per gait. Many riders cannot accurately estimate how long they are riding at a walk or trot. You can't always trust your gut feeling. There is no established time for each gait, as this will vary from horse to horse.



11.03 Details on transitions

1. Swipe left again to see the number of transitions
2. The transitions shown at the bottom of the screen are those which skipped a gait, for example from a walk to a canter
3. Tap to see another kind of transition

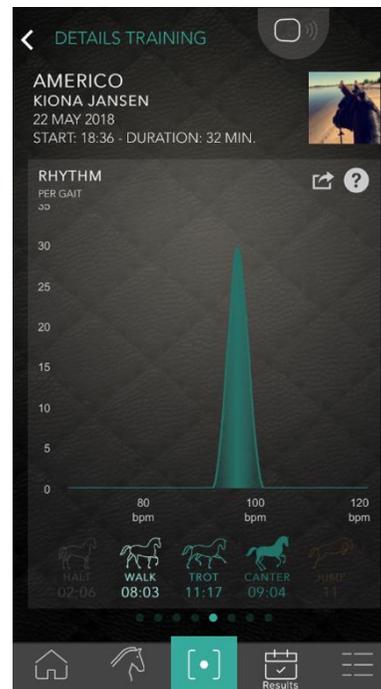
Transition training is important at all training levels. Riding correct transitions will have a positive impact on your horse's development. It will improve your horse's balance and help your horse engage the hindquarters.



11.04 Details on rhythm

1. Swipe left again to see the rhythm of each gait.

This screen displays your horse's rhythm in walk, trot and canter. The aim is that the steps in each gait be equal. Most horses make some fast steps and then slower steps. Our app displays beats per minute (BPM). The faster the rhythm, the higher the BPM. This screen shows minimum rhythm to maximum rhythm in the horizontal axis. The smaller the difference between minimum and maximum rhythm – the smaller the peak – the better. This signifies that your horse has a more equal rhythm. A wider graph signifies a more irregular rhythm.



11.05 Details on impulsion

1. Swipe left again to see the impulsion of each gait

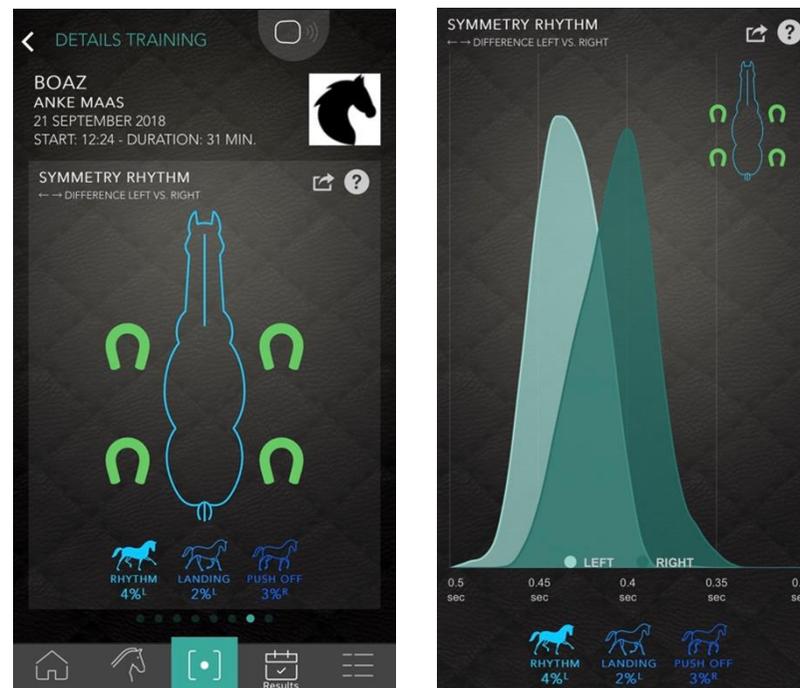
This screen shows you horse's upward force in walk, trot and canter. A horse that generates a high upward force will have more impulsion. Less upward force will result in less impulsion. Impulsion is typically lower during warming up and cooling down. A high peak means a high force of impulsion in this gait. When you see only a low line in this screen, your horse is not pushing off sufficiently..



11.06 Details on rhythm symmetry

1. Swipe left again to choose between symmetry of rhythm, landing and push off. Clicking on the desired icon will show that type on the screen.
2. The percentages at the bottom indicate the (a)symmetry per type. In this case, 4%L means the left diagonal is, on average, 4% slower. Left diagonal refers to the left front leg and the right hind leg. Right diagonal refers to the right front leg and the left hind leg.
3. On the opening screen you will see 4 horseshoes. When the asymmetry is within acceptable limits, all horseshoes will be green. If the asymmetry reaches 9% or more, one diagonal will turn orange. If the asymmetry is 17% or above the diagonal will turn red. We advise you to consult your vet if this happens.
4. Tap on this screen to see a graph of the rhythm symmetry. The light graph is the left diagonal and the darker graph is the right diagonal. We plot every step taken per diagonal. You can tell consistency and differences between diagonals from this graph. A detailed description of these graphs can be found on our website at <https://www.equestic.com/new-symmetry-analysis/>.

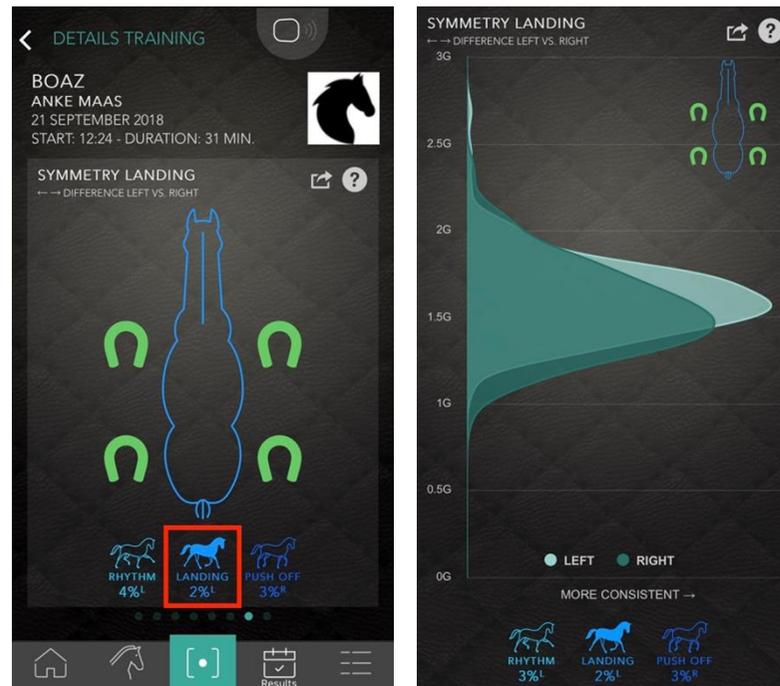
No horse moves 100% symmetrically at all times. As a rider, you try to make its movement as symmetrical as possible. Small difference between the diagonals are difficult to feel or see. Together with your trainer, you can do exercises for a more symmetrical trot. If your horse moves very asymmetrically and nothing works to improve this, we suggest you consult a vet or equine physiotherapist



11.07 Details on landing symmetry

1. Click on the LANDING icon at the bottom of your screen to view landing symmetry. The percentage below indicates the difference in the weight with which your horse lands on a specific diagonal. 2%L means your horse lands, on average, with 2% more weight on the left diagonal.
2. On the opening screen, you'll see the 4 horseshoes again. Differences in diagonals: when the asymmetry is within acceptable limits, all horseshoes will be green. If the asymmetry reaches 9% or more, one diagonal will turn orange. If the asymmetry is 17% or above the diagonal will turn red. We advise you to consult your vet if this happens.
3. Tap on this screen to see a graph of the landing symmetry. The light graph is the left diagonal and the darker graph is the right diagonal. A graph showing a higher result means that the horse puts more weight on that diagonal. Sometimes one graph peaks more to the right than the other. That means that this diagonal is more dominant.

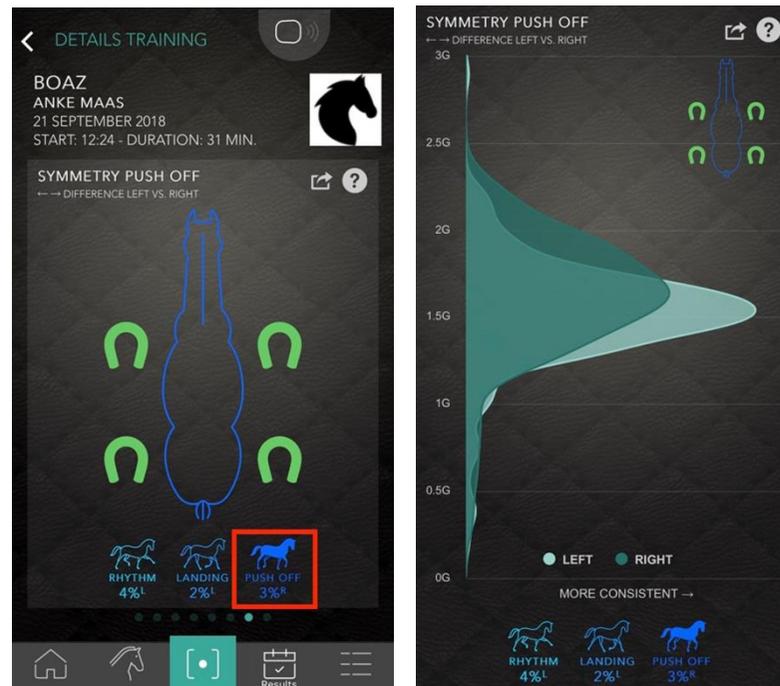
No horse moves 100% symmetrically at all the times. As a rider, you try to make its movement as symmetrical as possible. Small difference between the diagonals are difficult to feel or see. Together with your trainer, you can do exercises for a more symmetrical trot. If your horse moves very asymmetrically and nothing works to improve this, we suggest you consult a vet or equine physiotherapist



11.08 Details on push-off symmetry

1. Click on the PUSH OFF icon at the bottom of your screen to view push-off symmetry. The percentage below indicates with how much more power your horse uses to push off in a particular diagonal. 3%R means your horse pushes off with 3% more power in the right diagonal.
2. On the opening screen, you'll see the 4 horseshoes again. Differences in diagonals: when the asymmetry is within acceptable limits, all horseshoes will be green. If the asymmetry reaches 9% or more, one diagonal will turn orange. If the asymmetry is 17% or above the diagonal will turn red. We advise you to consult your vet if this happens.
3. Tap on this screen to see a graph of the push-off symmetry. The light graph is the left diagonal and the darker graph is the right diagonal. A graph showing a higher result means that the horse pushes off with more weight on that diagonal. Sometimes one graph peaks more to the right than the other. That means that this diagonal is more dominant.

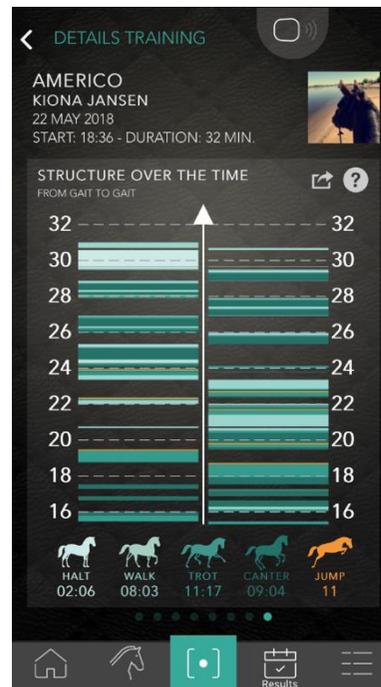
No horse moves 100% symmetrically at all times. As a rider, you try to make its movement as symmetrical as possible. Small differences between the diagonals are difficult to feel or see. Together with your trainer, you can do exercises for a more symmetrical trot. If your horse moves very asymmetrically and nothing works to improve, we suggest you consult a vet or equine physiotherapist.



11.09 Details on structure over time

1. Swipe left again to view the last screen from a single training; this is the structure over time.

This screen shows your training progress. It shows exactly what you did on each rein, minute for minute. The left side shows all the work on the left rein, the right side shows all the work on the right rein. From bottom to top you will see the time you have trained. Halt, walk, trot, canter and jumps are displayed over this period. This helps you to see at a glance if your training sessions are logically and responsibly structured and how much time you spend at walk, trot or canter and even how much time you were halting. This screen is also shown in real time, with the app recording per second how your training was structured.



12. Measurements of progress (Trend)

In addition to the details of a single training, the Equestic app also measures progress over multiple training sessions.

1. Click on the icon of the horses at the bottom of your screen
2. Select a horse
3. You will now see an overview of your progress over multiple training sessions

Distinction is also made here between basic and qualitative measurements.

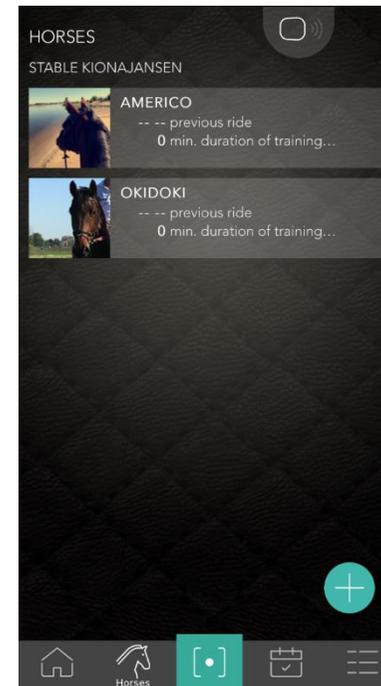
These basic measurements are shown directly after the ride:

1. Intensity
2. Direction
3. Gait
4. Rides

Qualitative measurements include:

5. Rhythm
6. Elevation
7. Symmetry of beat, landing and push off

You will see, for example, the progress regarding rhythm over multiple training sessions. If you see the horse's rhythm is not what it should be, you can work with your trainer to improve this.



12.01 Trend in intensity

1. Swipe left to see the intensity of your last ten training sessions.

Your horse's fitness will improve if you vary the intensity and duration of training. A high peak means an intensive training. A horse needs two or three days to recover from an intensive training and be at the peak of overcompensation. Not familiar with the principles of overcompensation? Visit our website and read all about it. If you want to do it right, the two days after the intensive training should have a lower peak. You can use this overview to plan and evaluate your training routine

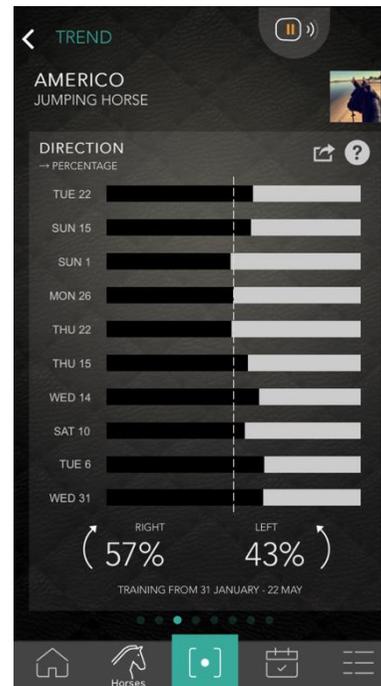
Intensity is based on multiple formulas, which are in turn based on the duration of each gait. A long duration of cantering will have a higher intensity than the same duration of walking. Walking for thirty minutes will record a higher intensity than walking for only ten minutes.



12.02 Trend in direction

1. Swipe left again to see the average of direction
2. The black part of the bar indicates the time on the right rein
3. The white part of the bar indicates the time on the left rein
4. The striped line indicates 50%

This screen shows how much time you spent on each rein in the last ten training sessions. It gives you an impression of how well you train balance on each gait and symmetry. Training too much on one gait puts more load on specific muscles, tendons and joints and increases the risk of injury.



12.03 Trend in total of each gait

1. Swipe left to see the overview of how much halting, walk, trot and canter you did in the last ten training sessions.
2. The length of the bar shows the total training time
3. This way you can compare the various training sessions



12.04 Trend in rhythm

1. Swipe left again to see your horse's rhythm progress over then training sessions
2. The screen indicates the average, displayed as a thick line
3. The screen also indicates minimum and maximum rhythm as the lighter area below and above the thick line
4. The rhythm is expressed in beats per minute, abbreviated as BPM
5. Press the icons below to see the rhythm of each gait.
6. Tap on the screen to see the rhythm for more than ten training sessions (right screen)

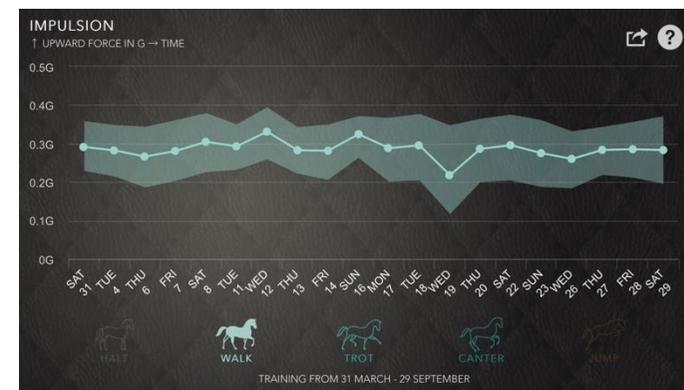
The smaller the band between the minimal and maximal rhythm, the more regular your rhythm.



12.05 Trend in Impulsion

1. Swipe left again to see your horse's impulsion progress over ten training sessions
2. The screen indicates the average, displayed as a thick line
3. The screen also indicates minimum and maximum impulsion as the lighter area below and above the thick line
4. Impulsion is expressed in g-force
5. Press the icons below to see the impulsion of each gait
6. Tap on the screen to see the impulsion for more than ten training sessions (right screen)

The higher the line, the more force your horse generates and the narrower the band, the more consistent the g-force is.



12.06 Trend in rhythm symmetry

1. Swipe left and the first thing you will see is the rhythm symmetry (SYMMETRY RHYTHM). This measurement shows symmetry in trot over the last ten training sessions.
2. The percentages show the deviation of the two diagonals. 0% means no deviation between the two diagonals. When the dot deviates 2% to the left, the left diagonal is 2% slower than the right diagonal.
3. Tap on the screen to get an overview of symmetry over more than ten training sessions

The most important measurement is the change in symmetry. A line that is constantly at 9% is less severe than a line that is constantly at 1% and then suddenly 9%. Maybe it will be back to 1% during the next training session, maybe not. If it is still at 9%, this may indicate a problem and is likely a harbinger of injury.

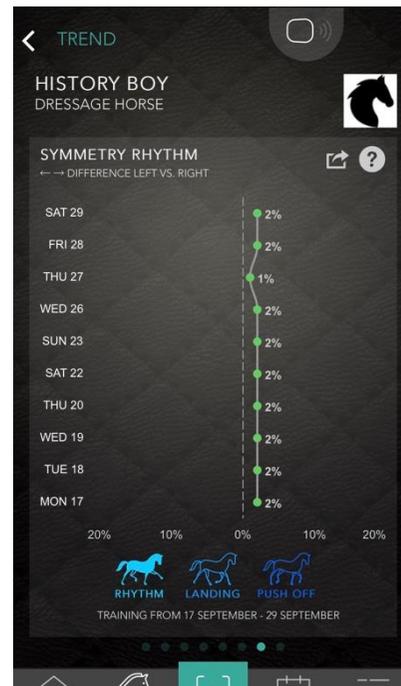
No horse moves 100% symmetrically at all times. As a rider, you try to make its movement as symmetrical as possible. Small differences between the diagonals are difficult to feel or see. Together with your trainer, you can do exercises for a more symmetrical trot. If exercises do not help, this may indicate a medical problem. It is therefore important to closely monitor the symmetry of your horse's movements.



12.07 Trend in landing symmetry

1. Click on the LANDING icon at the bottom of your screen to see the landing symmetry for ten training sessions
2. The percentages show the deviation of the two diagonals. 0% means no deviation between the two diagonals. When the dot deviates 2% to the left, the horse puts 2% more weight onto the left diagonal.
3. Tap on the screen to get an overview of symmetry for more than ten training sessions

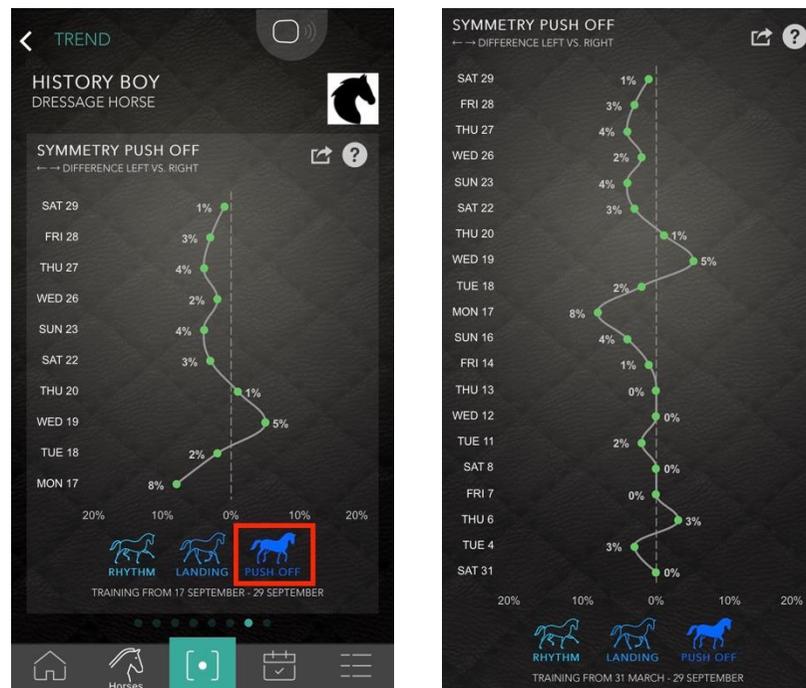
The most important measurement is the change in symmetry. If your horse starts putting more weight on one diagonal, that might indicate the other diagonal causes pain and an injury is developing. It is therefore important to closely monitor the symmetry of your horse's movements.



12.08 Trend in push-off symmetry

1. Click on the PUSH OFF icon at the bottom of your screen, the push-off symmetry push off for ten training sessions.
2. The percentages show the deviation of the two diagonals. 0% means no deviation between the two diagonals. When the dot deviates by 2% to the left, the left diagonal is 2% more powerful than the right diagonal.
3. Tap on the screen to get an overview of symmetry for more than ten training sessions.

The most important measurement is the change in symmetry. If the deviation in the push-off symmetry increases in one diagonal over time, that might indicate a muscle problem in the other diagonal. It is therefore important to closely monitor the symmetry of your horse's movements.



13. Horse and datamanagement

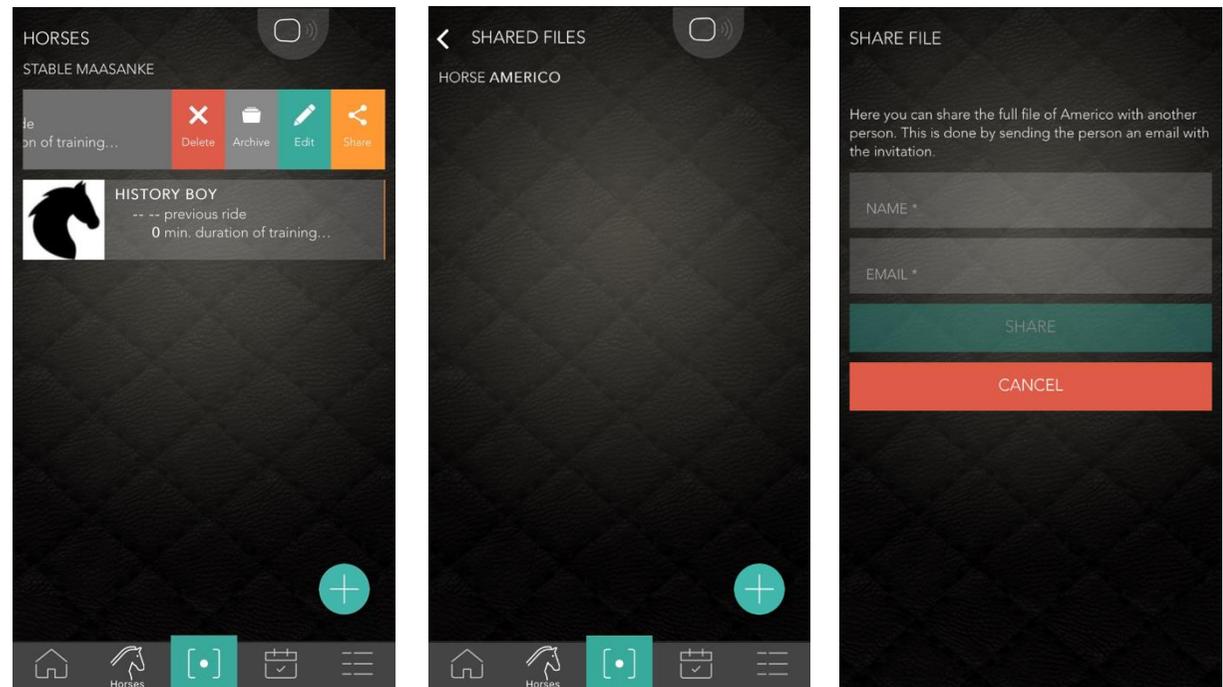
This app has extensive functionality to share data and manage your horses.

13.01 Share a horse's data

You can share your data with anyone that uses the Equestic App. You can have your trainer see what you do when you're on your own or show the horse's owner that you're doing a great job.

When you share a horse's data with someone else, that person can see all the data but cannot start a training session. If you want to let someone else start a training session with your horse, you'll need to add that person as a rider as well. This is explained later this manual.

- Go to the overview of all your horses
- Swipe left on the horse you want to share
- Select the SHARE icon; a new screen will open
- If you have already shared this horse's date with someone, that will be shown here. You can also withdraw previous share here.
- Click on the "+"-icon
- Fill in the name and email address of the person with whom you want to share.
- Click on SHARE
- An email with an acceptance link will be sent to that person. This link can only be used once and is only valid for 48 hours.

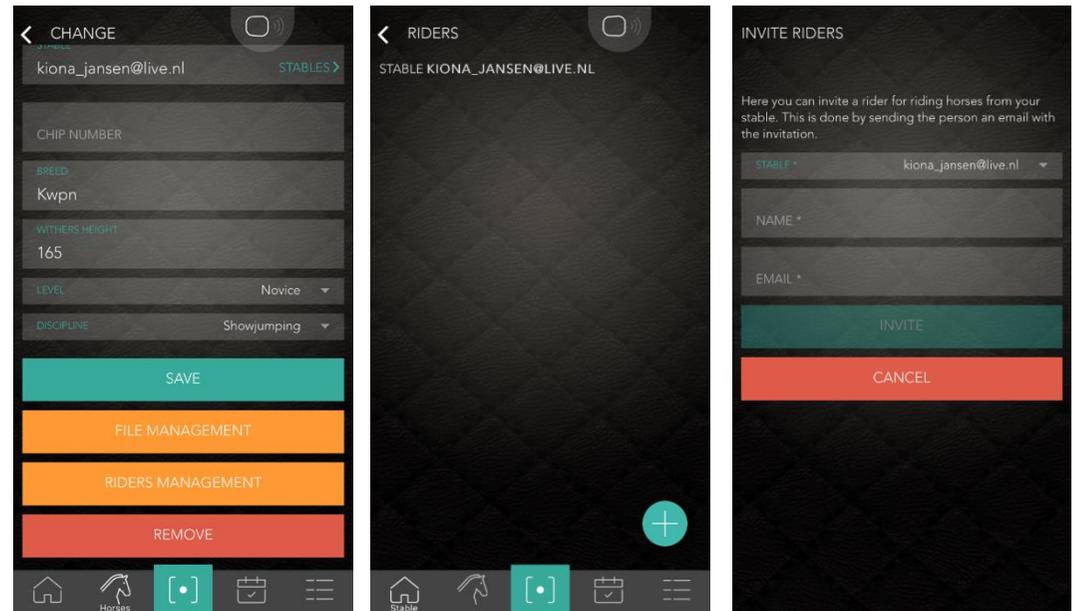


13.02 Add a rider

There are two ways to add riders to your horses. You can add riders to a specific horse, or add them to all your horses at once by adding them as a rider for your entire stable. That way they can always ride all of your horses, even if you add new ones later.

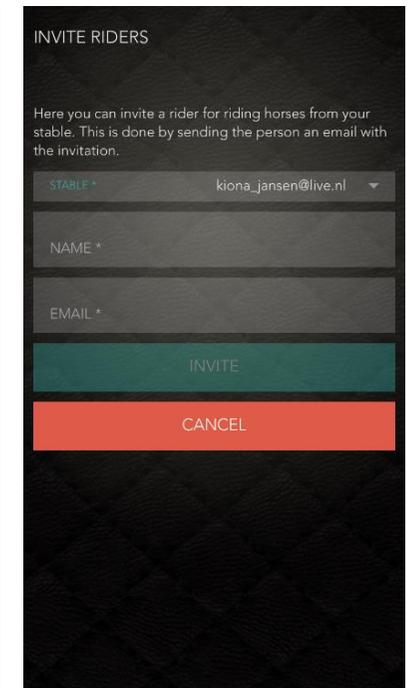
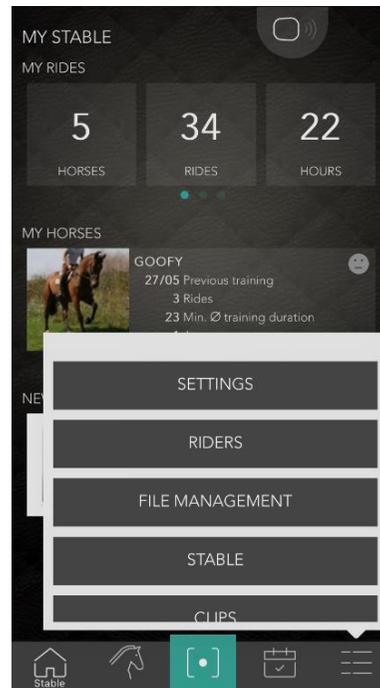
(a) Add a rider to one specific horse

1. Go to your horse's details screen
 - I. Go to the overview of all your horses
 - II. Swipe left on the horse you want
 - III. Choose CHANGE
2. Scroll down and choose RIDERS MANAGEMENT
3. Click on the "+"-icon
4. Fill in the name and email address of the person whom you want to add
5. Click on INVITE
6. An email with an acceptance link will be sent to that person. This link can only be used once and is only valid for 48 hours.



(b) Add a rider for all your horses

1. Go to the settings menu at the bottom of your screen
2. Choose STABLE
3. Scroll to the RIDERS and select
4. Click on the “+”-icon
5. Fill in the name and email address of the person whom you want to add
6. Click on INVITE
7. An email with an acceptance link will be sent to that person. This link can only be used once and is only valid for 48 hours.



13.03 Delete, deactivate or archive a horse

You can delete, deactivate or archive horses in the app.

- When deleting a horse, all the data will be deleted as well.
- If you deactivate a horse, all data is preserved, but the horse won't show up in your list when starting a ride.
- If you archive a horse, you won't be able to start a ride with that horse anymore, but all the data will be preserved. This is irreversible – archiving a horse is a permanent action.

(a) Deleting a horse

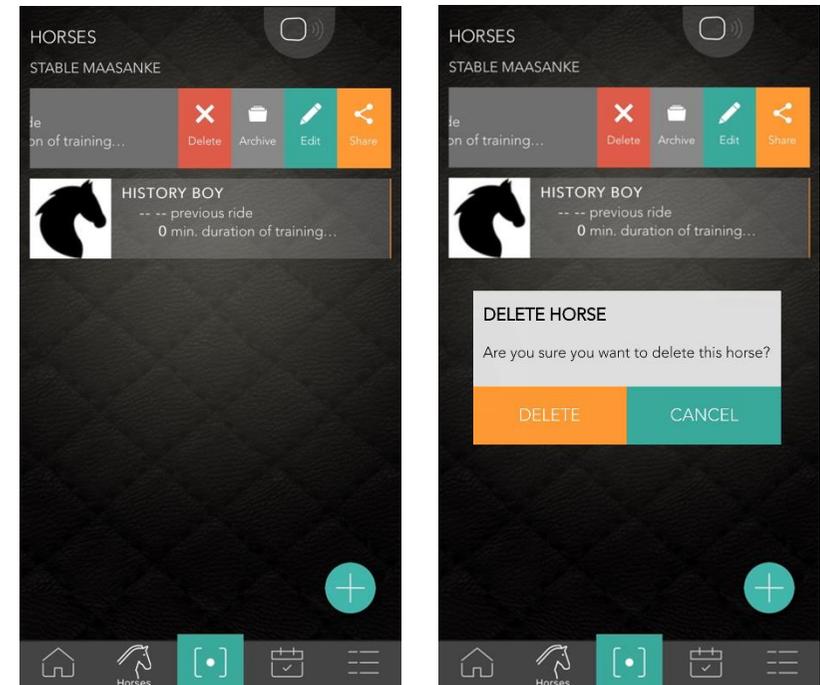
1. Go to the overview of all your horses
2. Swipe left on the horse you want to delete
3. Choose “Delete”
4. You'll be asked to confirm that you want to delete the horse

WARNING! The horse will be removed permanently.

(b) Archiving a horse

1. Go to the overview of all your horses
2. Swipe left on the horse you want to archive
3. Choose “Archive”
4. You'll be asked to confirm you want to archive the horse

WARNING! The horse will be archived permanently.

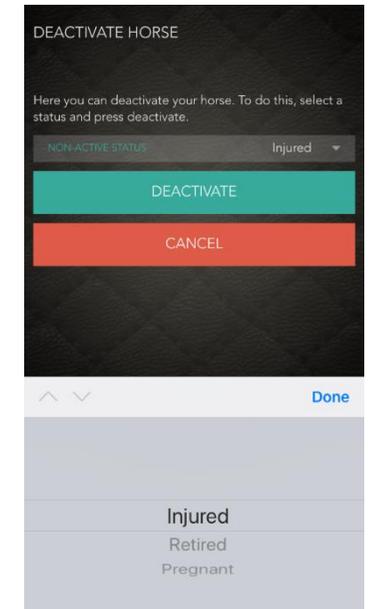
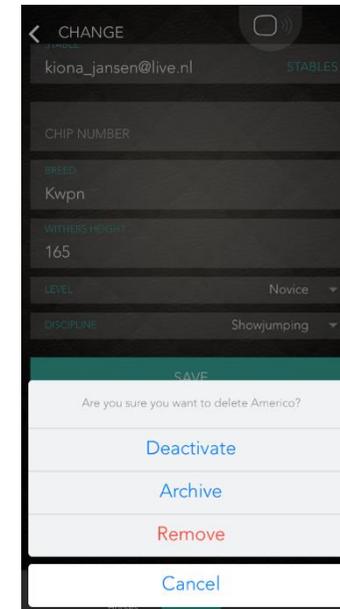


(c) De-activating a horse

If you want to de-activate a horse temporarily so it doesn't appear when you start a new training:

1. Go to your horse's details screen
 - I. Go to the overview of all your horses
 - II. Swipe left on the desired horse
 - III. Choose CHANGE
2. Scroll down and choose "Remove"
3. Here you can choose between de-activating a horse, archiving a horse or deleting a horse. When you choose to deactivate the app will ask you the reason for deactivation. This is for your own information only.

A deactivated horse can be reactivated at any time by following the same steps.

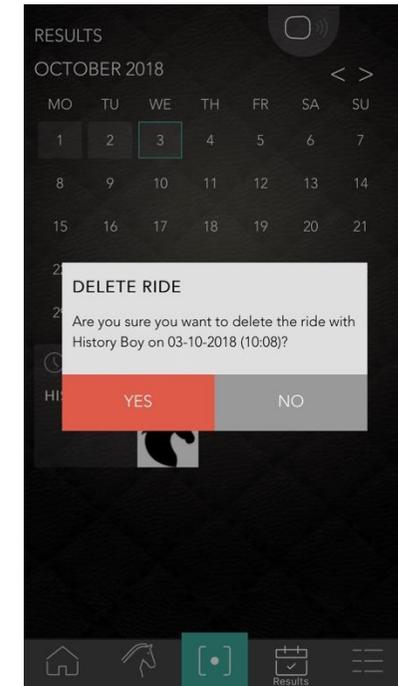
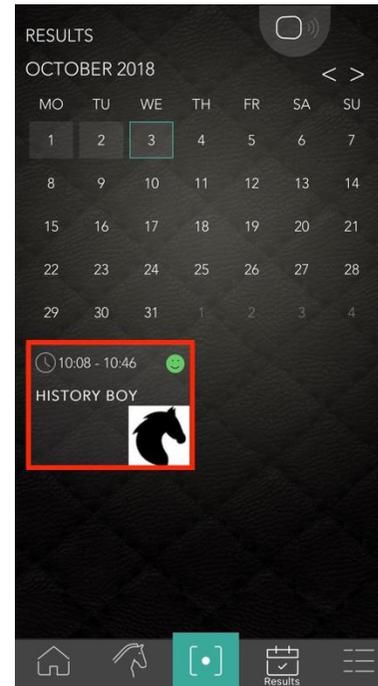


13.04 Delete a ride

To permanently delete a ride:

1. Go to RESULTS in the bottom of your screen
2. Click on the ride you want to delete
3. Press for a few seconds
4. This will delete the ride

WARNING! The ride will be deleted permanently.



14. Troubleshooting

14.01 Problem first aid

1. Check if your phone has a Bluetooth connection (turn it off and turn back on).
2. If your phone is connected with the SaddleClip you will see vertical lines inside the box  at the top of your screen and the SaddleClip will blink blue.
3. When you start a training session, the SaddleClip will beep five times and the timer will start.
4. You can see the battery status of the SaddleClip inside the box. If it is red (one line), the SaddleClip needs to be recharged.
5. The strength of the Bluetooth connection is shown by the white curved lines outside the box.
6. If you lose the Bluetooth connection, bring your phone closer to the SaddleClip. The connection should recover automatically.
7. Start your ride when your horse is halting. This way the SaddleClip is always stable. If this does not help, reset your SaddleClip.

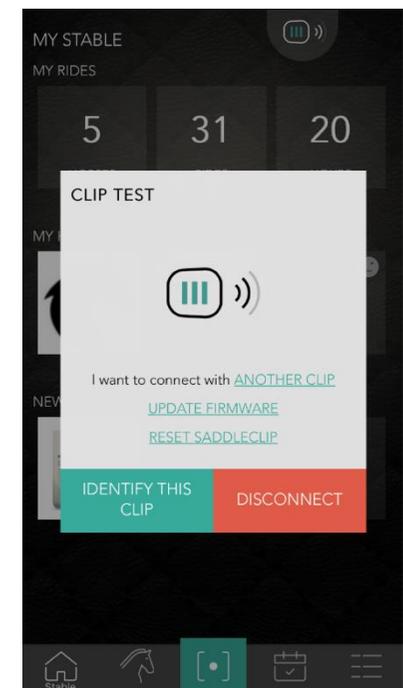
14.02 Resetting the SaddleClip

You may experience communication problems with your Saddleclip. If a problem occurs, reset the SaddleClip:

1. Click on  when the SaddleClip is connected to your phone
2. You will now see a screen with several options. One of them is to reset the SaddleClip
3. Choose this option.
4. The SaddleClip will beep and flash for a couple of seconds

If you still have problems, try the following:

1. Turn your Bluetooth off and, after a few seconds back on
2. Sign out
 - I. Select the menu at the bottom of your screen
 - II. Scroll to SIGN OUT and select



15. Charging the SaddleClip

1. When the battery is charging, the light of the SaddleClip will remain green.
2. When the light of the SaddleClip blinks green every five seconds, the SaddleClip is fully charged.

16. Send Feedback via About Us

If any problems occur or you wish to leave feedback, please let us know. Your feedback will help make our product better and better !

1. Select the menu icon at the bottom of your screen
2. Scroll to CLIPS and select.
3. Type your feedback in the provided field and click SEND. We try to respond within one day.
4. You can also send an email to Service@equestic.com

