

CMJ Test

1. Instruct the athlete to stand still on the plates with knees slightly bent and hands on hips.
2. Press start test.
3. On beep, the athlete should drop straight down with a squatting motion and then immediately back up to take off. Ensure that the athlete lands on the plates after the jump.
4. If the athlete moves upwards prior to unweighting (counter-countermovement) to build more momentum and jump higher, coach them to follow proper form, as this will trigger an error for the test.

Countermovement Rebound

1. Athlete should stand still on the force plates with slightly bent knees and hands on hips.
2. Press button to start test.
3. On beep, have the athlete perform a countermovement jump, and then after landing perform another countermovement jump in one smooth motion.
4. Athlete must land on plates after rebound jump for results to process.

Multi Rebound Test

1. Athlete should stand still on the plates with knees slightly bent and hands on hips.
2. Press button to start test.
3. On beep, have athlete perform a number of hop jumps.
4. For more jumps to be added, adjust the time length for the test in the "Edit Team" page.

Free Run

1. Have the athlete stand on the plates.
2. Press "start test".
3. Have athlete perform the movement.
4. Manually stop the test after the movement or wait until it is completed. Adjust test length in "Edit Team" page as needed.

Squat Jump Test

1. Have athlete step on plates and assume a squatted position with hands on hips—athlete must hold still before jumping.
2. Press start test.
3. At beep, subject should propel themselves straight up with as little countermovement as possible.
4. Athlete must land on plates for results to process and stick landing for stiffness/landing calculations

Drop Jump Test

1. In the app, select Drop Jump and input measured height of the DJ platform in Centimeters.
2. Have athlete stand on platform next to the force plates.
3. On beep, have the athlete step off of the platform, land on the force plates, and jump back up in one smooth motion.
4. Subject must land on the force plates after the jump and stick landing for stiffness/landing metrics to be calculated.

Mid-Thigh Pull/Isometric Test

1. Athlete should stand on the plates and take hold of the bar.
2. Prior to pressing the "start test" button, instruct athlete to take up any slack between the bar and bolster.
3. Press button to start test.
4. On beep, instruct athlete to pull for a set number of seconds and then release tension.

The test calculates "length of pull" which requires the athlete to release the pull before the end of the test.

