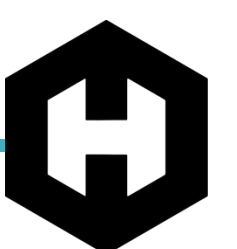


HAWKIN

DYNAMICS

TEST PROTOCOLS



Test Protocols

COUNTERMOVEMENT JUMP TEST

1. Instruct the athlete to stand still on the plates with knees slightly bent and hands on hips.
 2. Press the play button to begin the test.
 3. After the beep, the athlete should drop straight down with a squatting motion and then immediately rebound up into a jump. Athlete must land on the plates after rebound jump for results to process.
 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.
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COUNTERMOVEMENT REBOUND TEST

1. Instruct the athlete to stand still on the plates with knees slightly bent and hands on hips.
 2. Press the play button to begin the test
 3. After the 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 the plates after rebound jump for results to process.
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MULTI-REBOUND TEST

1. Instruct the athlete to stand still on plates.
2. Press the play button to begin the test.
3. After the beep, have the athlete perform a number of hop jumps
4. To add more jumps, adjust the time length for the test on the "[Edit Team](#)" page.



SQUAT JUMP TEST

1. Instruct the athlete to step on the plates and assume a squatted position- the athlete must hold this position still before jumping.
 2. Press the play button to begin the test.
 3. After the beep, have the athlete propel themselves straight up from the beginning squat position with as little countermovement as possible.
 4. Athlete must land on the plates for the results to process and stick landing for stiffness/landing calculations.
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DROP JUMP TEST

1. In the app, select "**Drop Jump**" and impute measured height of the Drop Jump platform in centimeters.
 2. Instruct the athlete to stand on a platform next to the force plates.
 3. Press the play button to begin the test.
 4. After the beep, have the athlete step off of the platform, land on the force plates, and jump back up in one smooth motion.
 5. The athlete must land on the force plates after the jump and stick the landing for stiffness/landing metrics to be calculated.
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MID-THIGH PULL/ISOMETRIC TEST

1. Instruct the athlete to stand still on the plates and take hold of the bar.
2. Prior to beginning the test, instruct the athlete to take up any slack between the bar and bolster.
3. Press the play button to begin the test.
4. After the beep, instruct the athlete to pull for a set number of seconds and then release the tension (**NOTE**: The test calculates "length of pull," which requires the athlete to release the pull before the end of the test).



FREE RUN

1. Instruct the athlete to stand still on the plates.
 2. Press the play button to begin the test
 3. After the beep, have the athlete perform a number of hop jumps.
 4. To add more jumps, adjust the time length for the test on the "Edit Team" page.
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For questions, technical support, or other matters, please contact
support@hawkindynamics.com

