Currently we have hundreds of elite and professional sporting teams and institutes around the world using our equipment. Below is a brief snapshot of what can be achieved with our equipment. We would also like to introduce our new consultancy service to help with interpretation of results and development of an appropriate test battery.

Our current products include

1. Kinematic Measurement System (KMS),
2. Ballistic Measurement System (BMS),
3. 400 Series Force Plate (400S),
4. FT700 with Magnetic Brake Unit (MBU).

Common features of all of our products include

1. Exporting data to an Excel format,
2. Instant real time adjustable Target Threshold (TT)settings with audio & visual feedback.

FT 700 Power Cage with MBU:

1. Enables our elite athletes to work with heavier concentric loads safer & with instant real time,
2. The MBU can be set to control the eccentric brake load to levels that the athlete is capable of safely handling,
3. Research studies are showing a 4 – 6% power improvement with elite athletes using all of the above stated technology.

Using the 400S for monitoring athlete stress and tracking rehabilitation:

1. R & L Leg comparisons of CMJ, Depth Jumps & Hops etc.,
2. Having historical data of athletes, particularly single leg data, allows for objective opinions to be made about athlete training stress and recovery from injury.

Using the 400S & BMS for strength and power measurement:

1. Unloaded Counter Movement Jumps (CMJ) using Peak Power,
2. Unloaded Depth Jumps (DJ) using Peak Power,
3. Squats (S) Bench Press (BP),
4. Fatigue via 5 x CMJ test using Average Flight Time.

Using the KMS for speed, endurance, and agility measurement:

1. Acceleration from Start to 10M point,
2. Velocity from 10M to the 30 or 40 M point,
3. Reaction time,
4. Fatigue via 5 x CMJ test using Average Flight Time,
5. Contact Time.

!!!!! Introducing our new Consultancy Service !!!!!

The Customized Athlete Reports (CAR)

1. CAR gives an excellent graphical overview of each athletes' physical preparation profile,
2. CAR shows where every athlete ranks within the player group,
3. With the CAR format 8 – 10 test results can be used to provide a broad perspective of the athlete,
4. The examples provided are an illustration of selected tests for this group,
   Depending on what your program is training the report is CUSTOMIZED TO SUIT YOUR NEEDS
5. The CAR format illustrates to the coaching staff the weaknesses & strengths of every member of their training squad.
6. For more information on the plots used in the CAR refer to
   http://www.sebhs.ecu.edu.au/strength_cond/courses/SampleLectures/Radar_Plot.wmv

Please contact Ian (ian@fittech.com.au) for further information about our consulting service.

Example Physical Testing Reports

Prepared by Tim Doyle, PhD, CSCS

for

Fitness Technology

Hi Ian,

Here are results from your testing on Friday, X January 200X. I have provided results based on data from the force plate (force, power, velocity).

For each athlete I have provided a plot of Peak Velocity, Force, and Power for the depth jumps, both single leg jumps, and the countermovement jumps. These variables have been shown to have good reliability in testing. Based on the graph I have made a few comments and suggestions for each athlete.

Please keep in mind that these suggestions are based on a small snapshot from lower body power testing. As you know other physical attributes such as strength, endurance, performance abilities, and others need also to be considered. Many of these measures can be included in the graphs provided here to help provide an overall picture.

Reading the plots

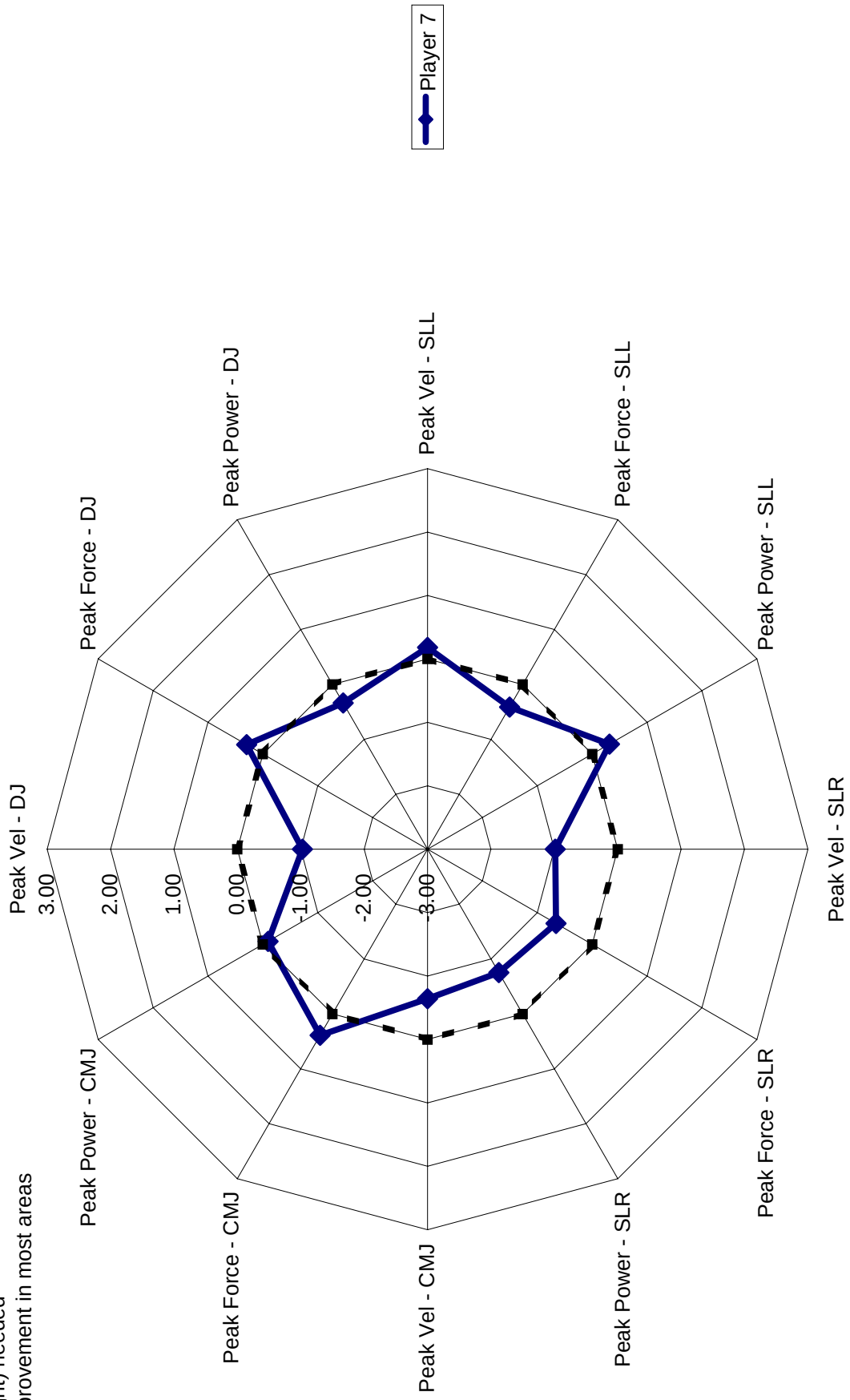
To refresh you on how to read these radar plots:

All results are made relative to the team's results. A player who is on par with everyone else would score a 0 and their results would be centred around the dotted line e.g., Player 7 and Player 28. Players performing better than the rest would have scores greater than 0 e.g., Player 16. The dotted line represents the team average for each result.

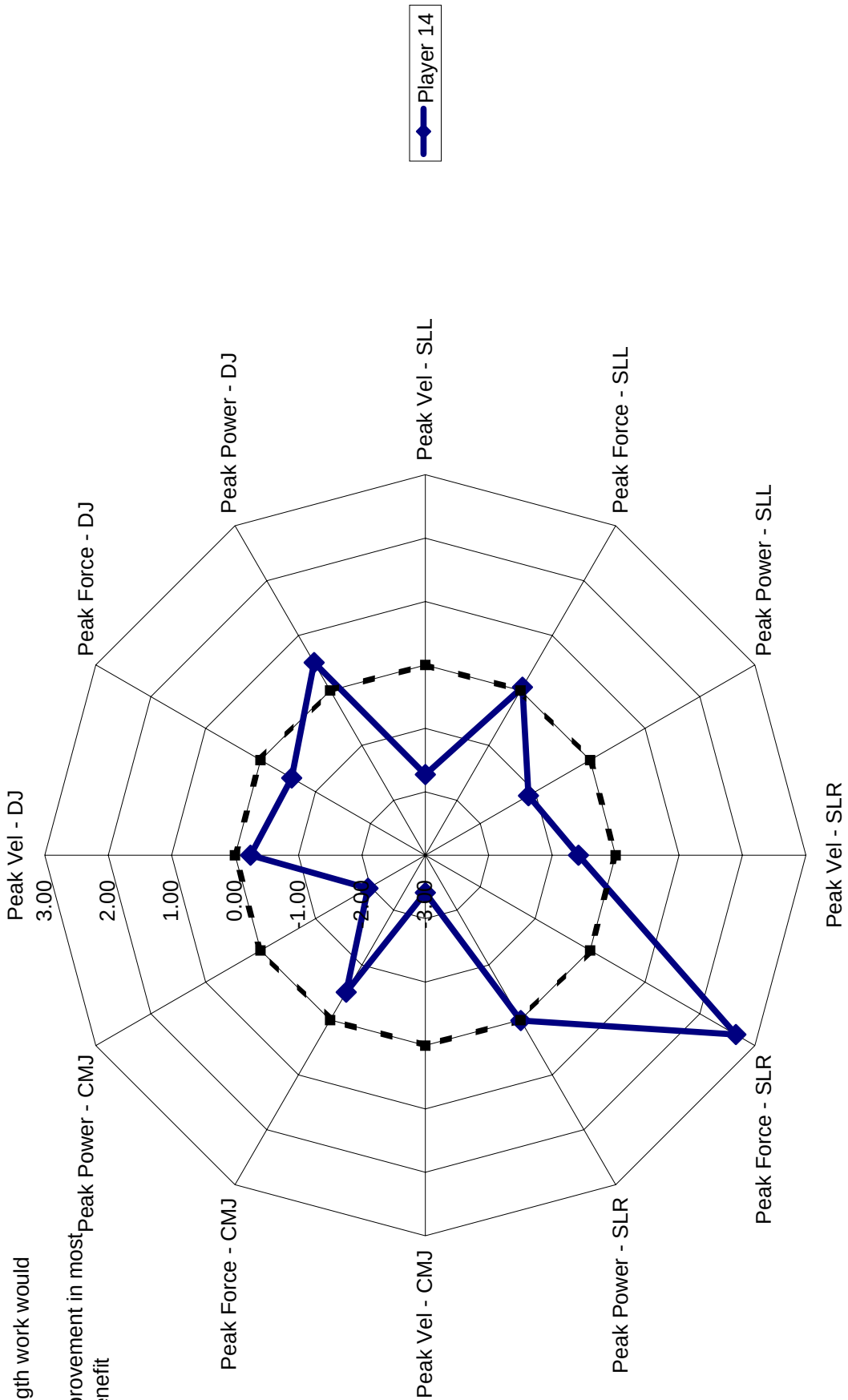
I hope this report is of benefit and provides you with new insights on how to use your data.

Regards,

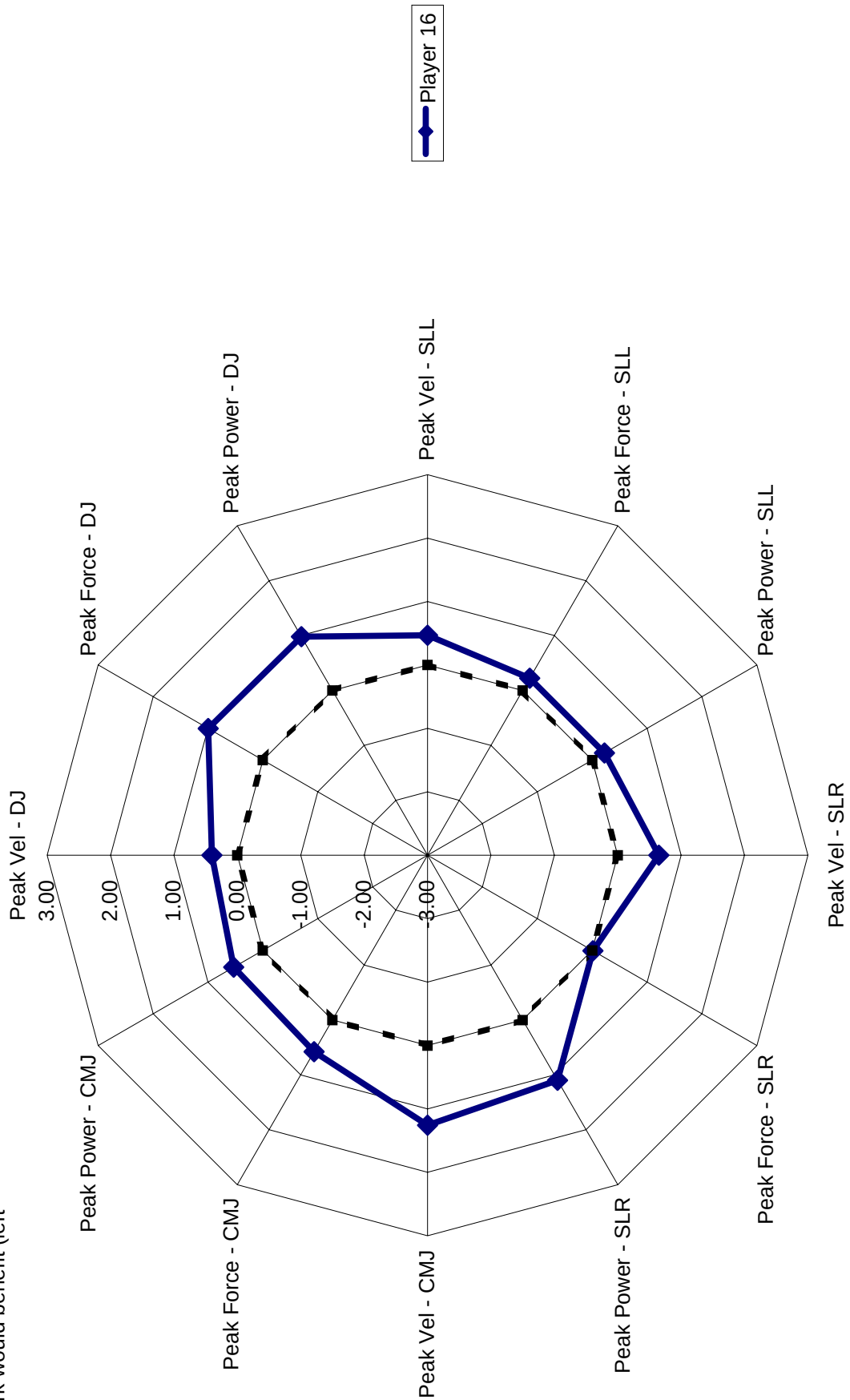
Tim.



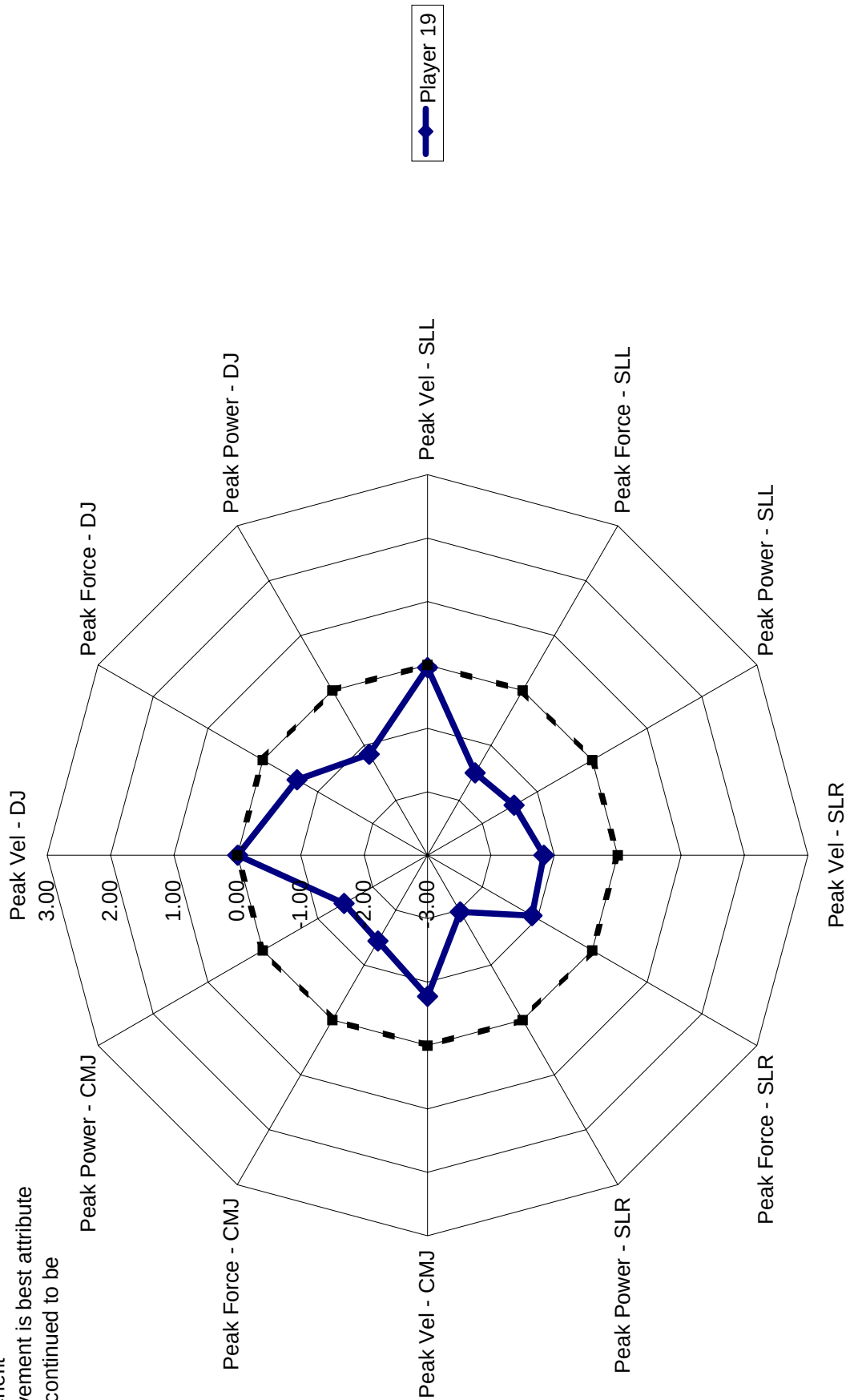
* Most areas are average
* Single leg (right) needed
* Generally improvement in most areas would benefit



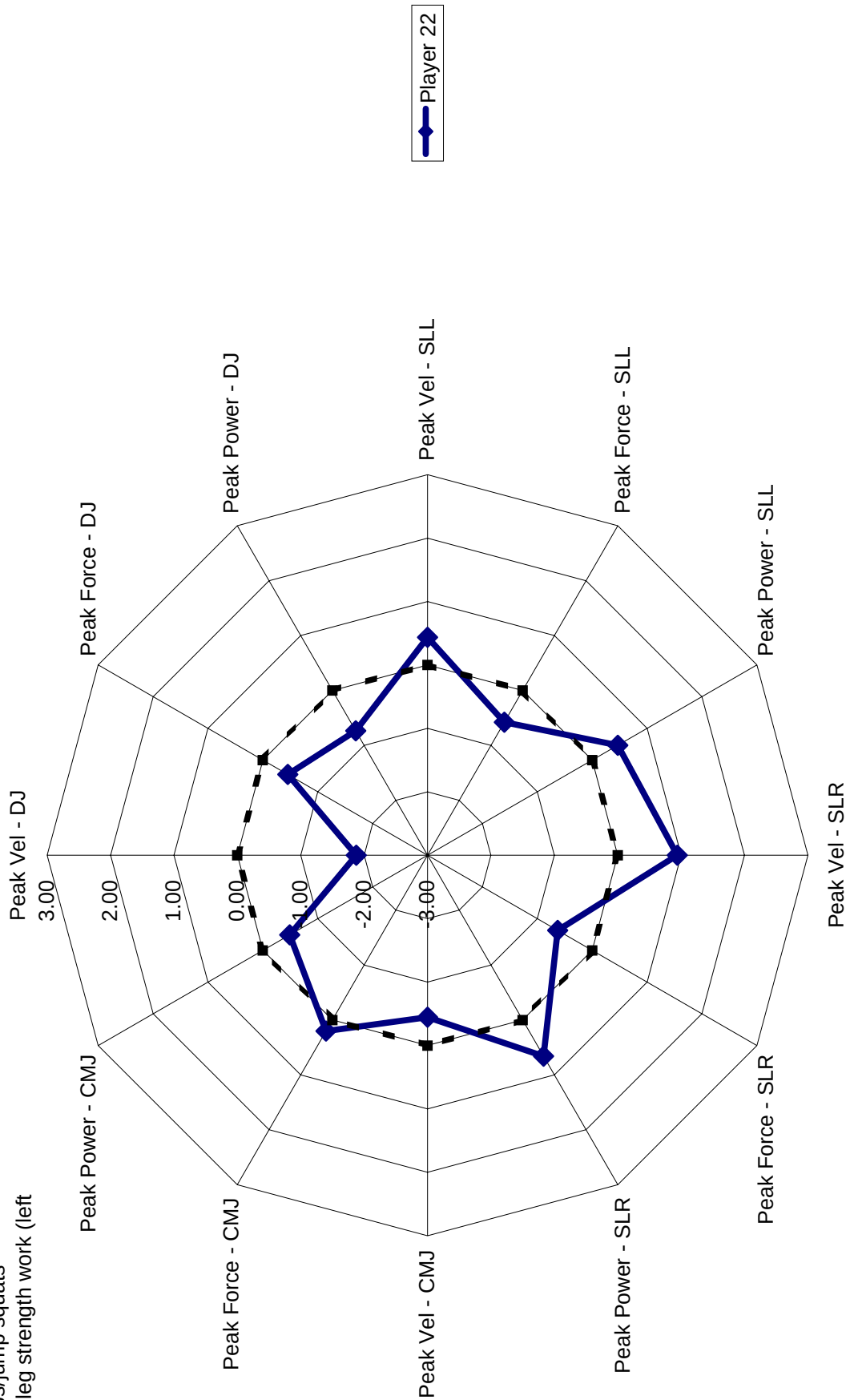
* Good single leg strength though right dominant
* General strength work would benefit
* Generally improvement in most areas would benefit



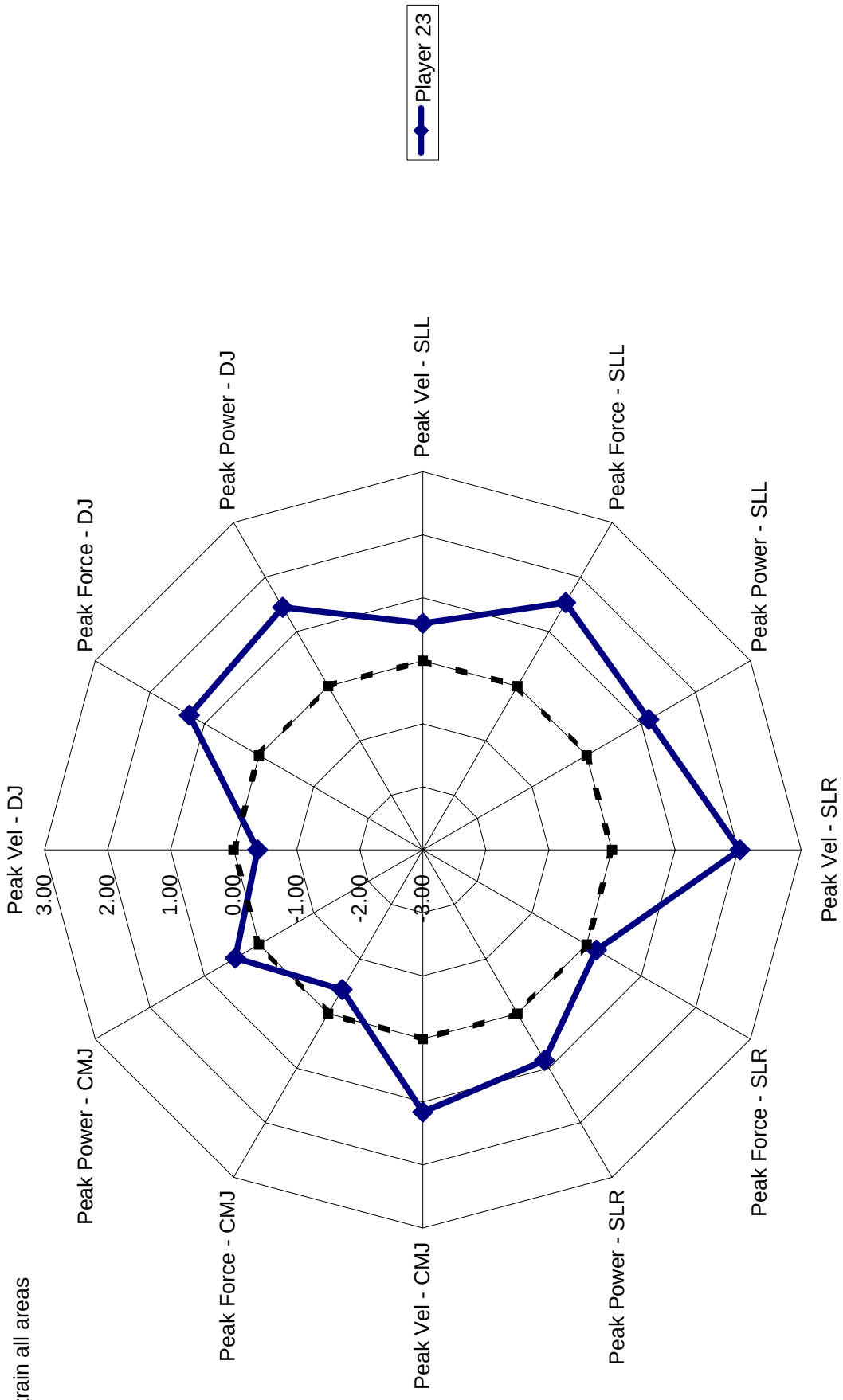
* Most areas well developed
* Single leg work would benefit (left and right)



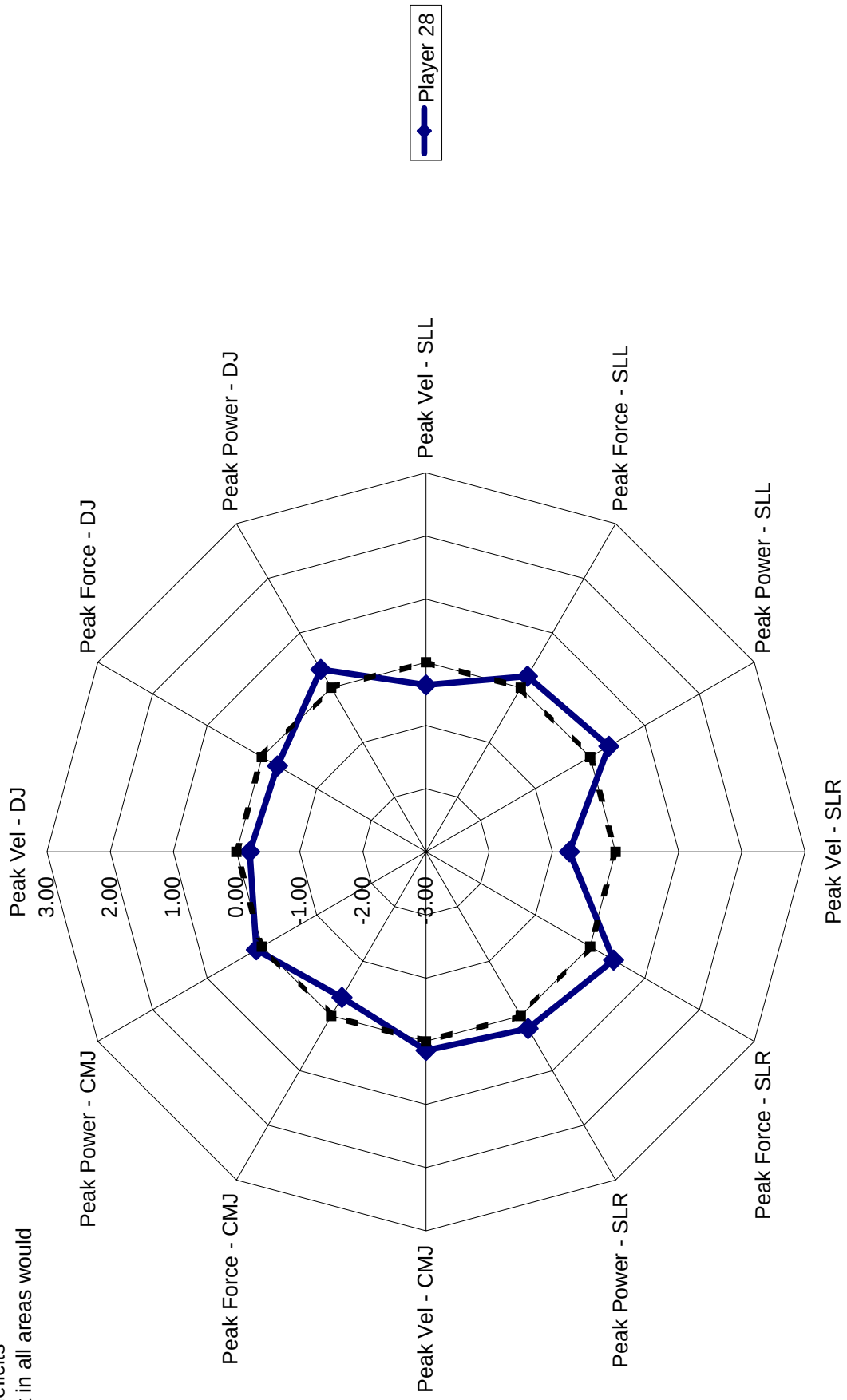
* Generally improvement in most areas would benefit
* Speed of movement is best attribute and should be continued to be developed



* Needs to work on reactive strength i.e., depth jumps/jump squats
* Needs single leg strength work (left and right)



* Generally most areas well developed
* Continue to train all areas



* All attributes on par with club
* No obvious deficits
* Improvement in all areas would benefit