

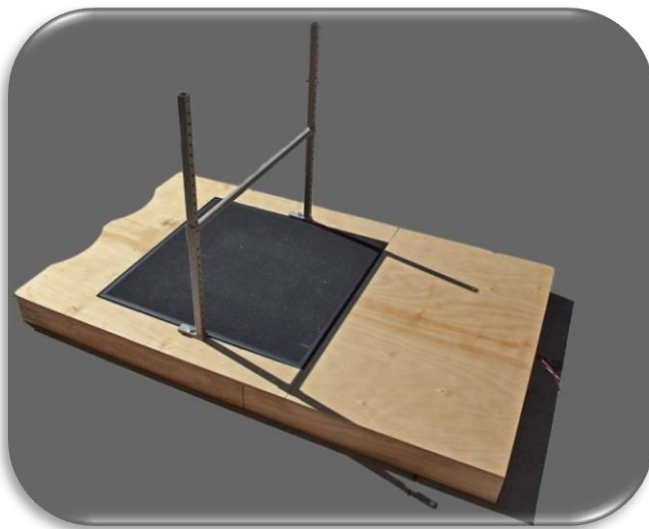
## Assembly of the Iso/Pull rig in the Internal Work Area Platform for use with the 400S Force Plate.

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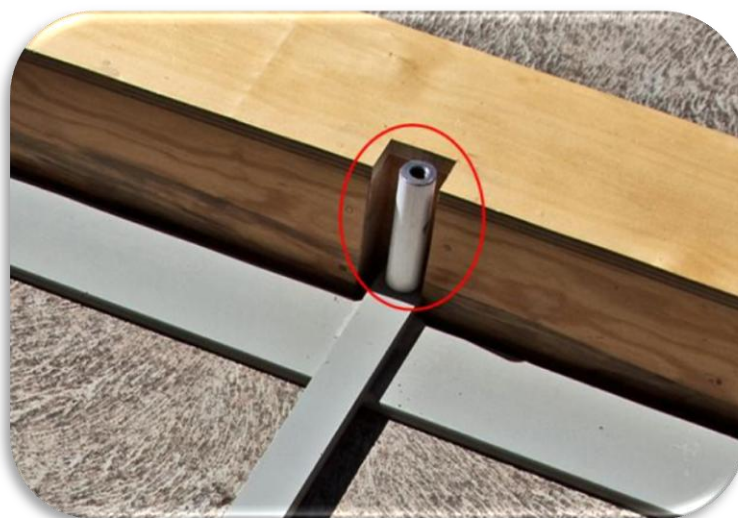
Iso/Pull rig is for accurately measuring isometric - pulls, mid thigh pulls, (even a bench press) on all Fitness Technology 400S Force Plates.

Used for determining:

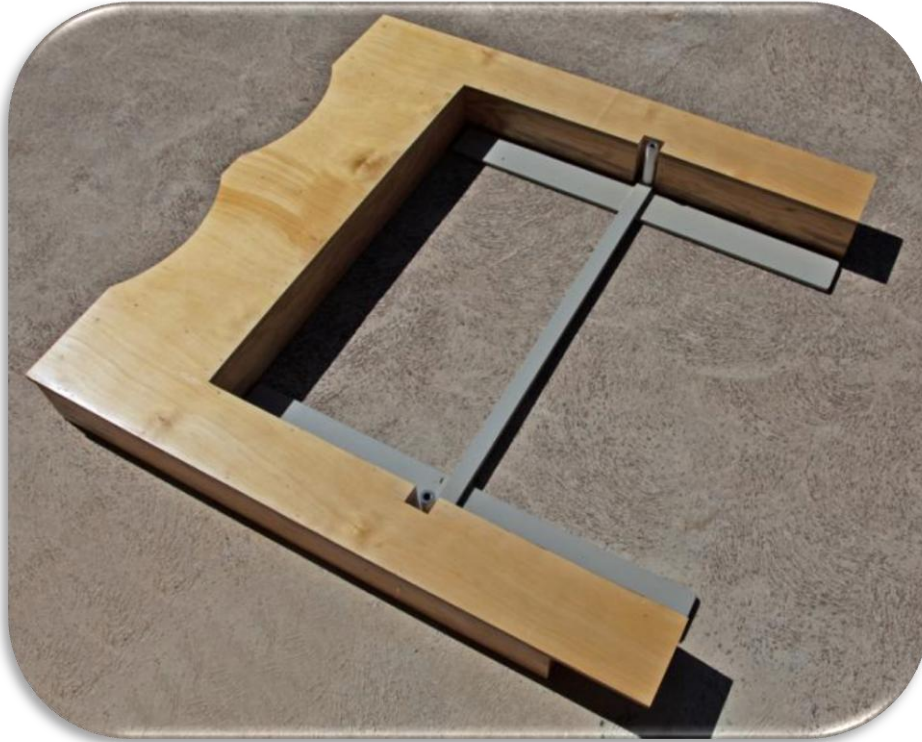
- Max Rate Force Development (mRFD)
- 1RM calculations (a safer, quicker & smarter method)
- With 25mm / 1" adjustable height increments



This is the completed Iso/Pull Rig. Follow the setup instructions outlined below for installation.



Screw the round upright to the M12 threads of the base H plate. You can use a screwdriver in the hole to tighten.



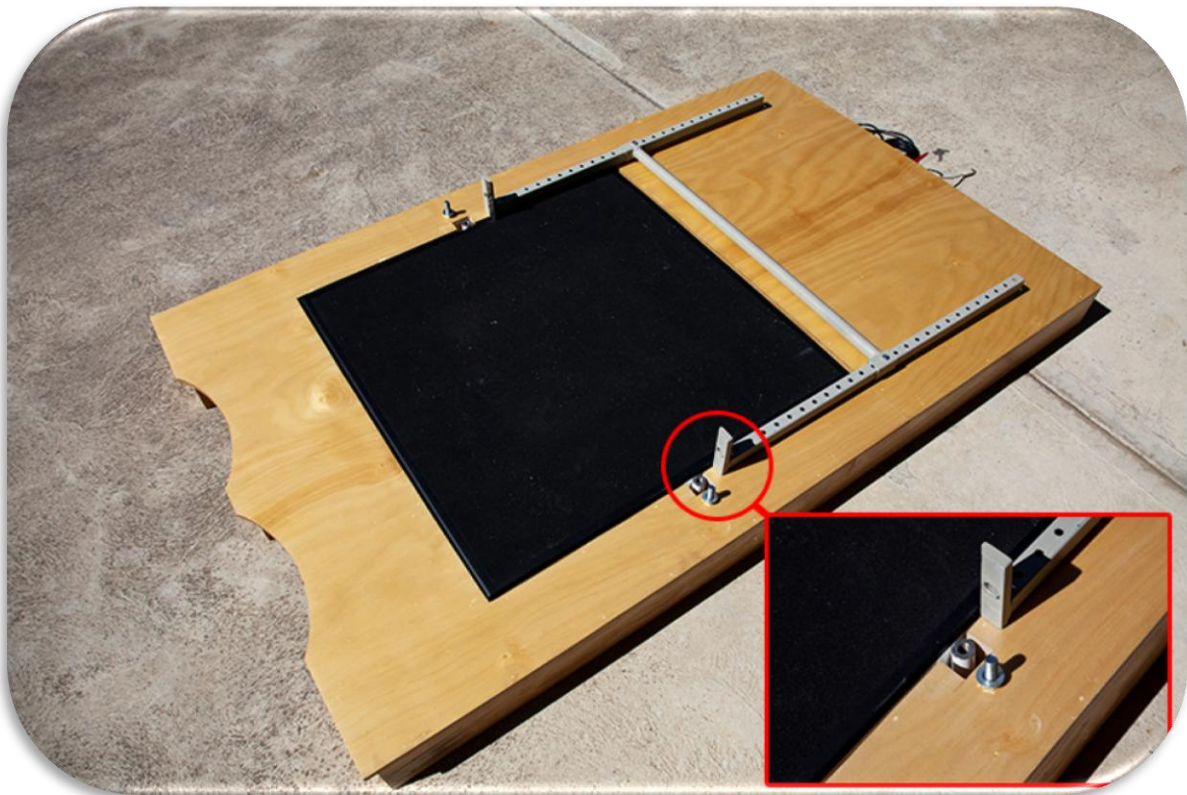
Place the H base plate into the internal work are platform (IWAP) so that the round uprights are positioned in the recessed cut-outs as shown above.



Place the force plate in the IWAP so that it has 'front of platform' facing the front of the IWAP. Then slide the plate all the way forward so that the four feet sit on top of the H base plate. The plate height should be adjusted at this point by screwing the feet in and out to ensure it is level and flush with the top of the IWAP.

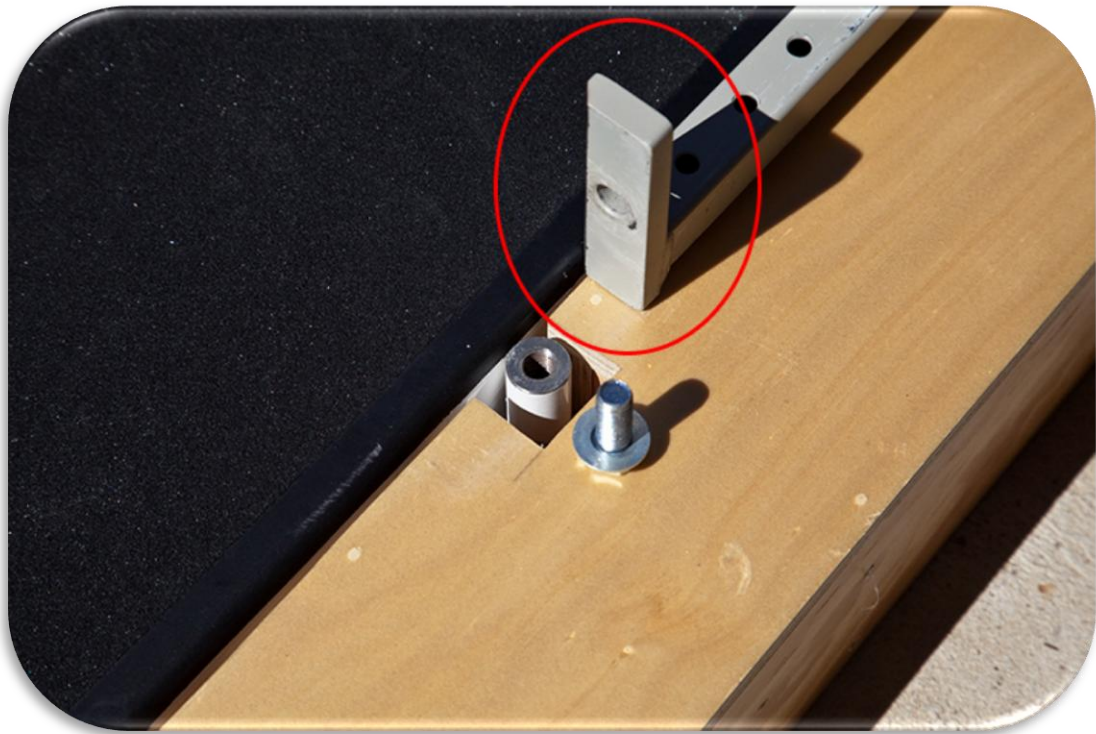


Now run the two cables from the 400S Force plate (red cat5E and USB with USB extension cable) through the cable holes in the second piece of the IWAP.

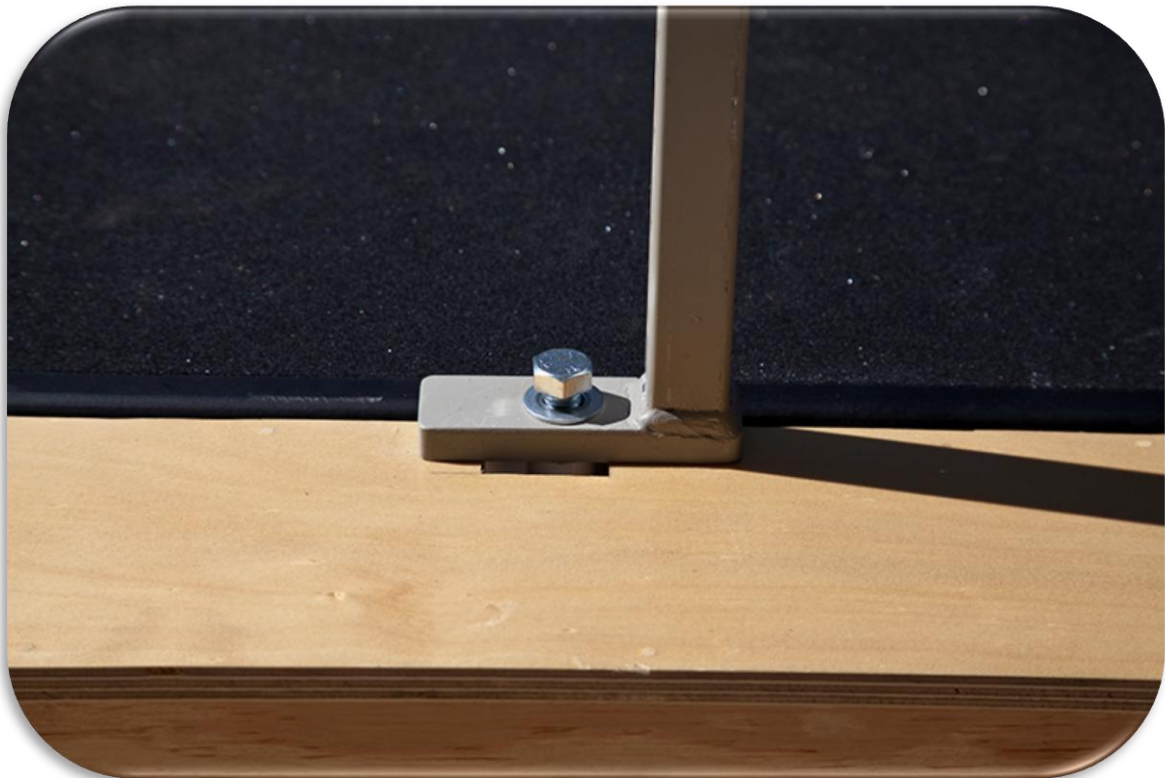


With the cables in place slide the second piece of the IWAP so that it joins to enclose the 400S Force Plate. Now you can assemble the adjustable bar and uprights to form one unit.

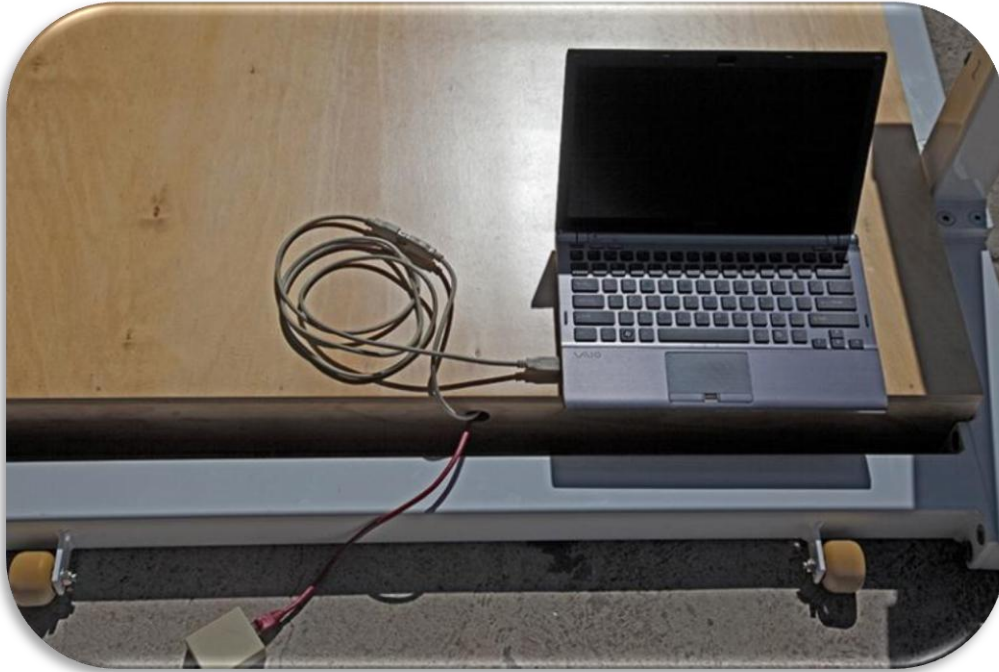
The bases of the two uprights have a 45 degree chamfer. These should face into the force plate. This way they will not make contact with the force plate. See the image below for a more detailed view of this.



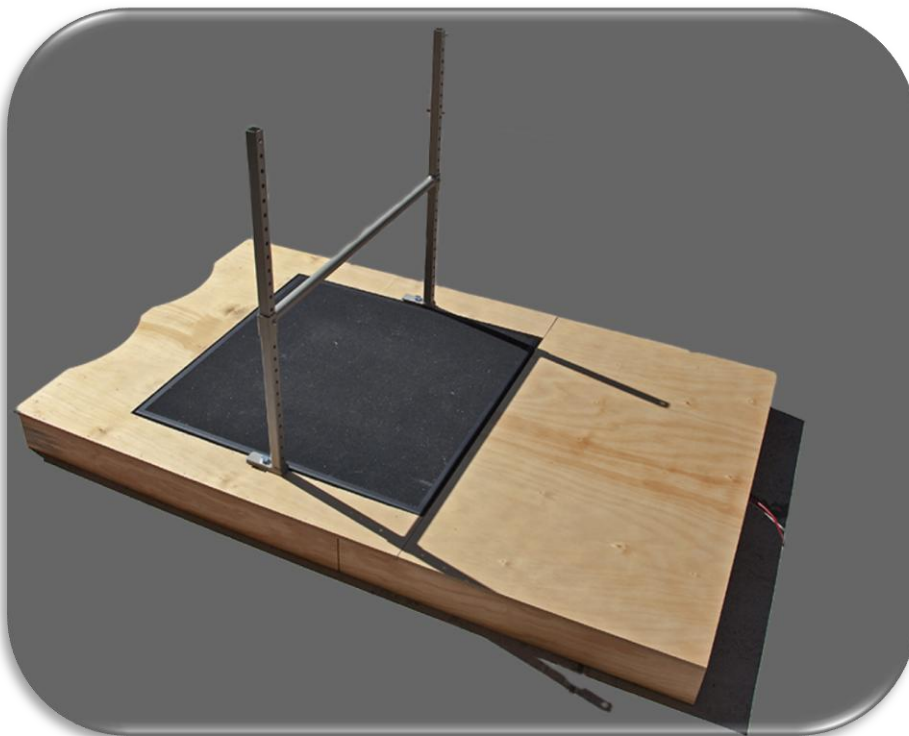
Now lift up the bar and upright assembly and bolt into place with the supplied M12 bolts and washer (see below).



Now plug your USB lead into a laptop or PC USB Port. The Red Cat5e lead connects to the shown RJ45 socket on Linear Position Transducer (LPT) cable. Note the LPT is not used with any isometric measurements. It can be used on Counter Movement Jumps (CMJ) & other ballistic measurements where both Ground Reaction Force & Barbell tracking is simultaneously required (& in real time.)



The unit is now ready to calibrate and use.



Visit [www.fittech.com.au](http://www.fittech.com.au) and go to 400S force Plate page (instructional footage) for more details on software setup and calibration.