

Fitness Technology

Performance Measurement, Training and Rehabilitation Equipment

Olympic Performance Platform Installation Instructions



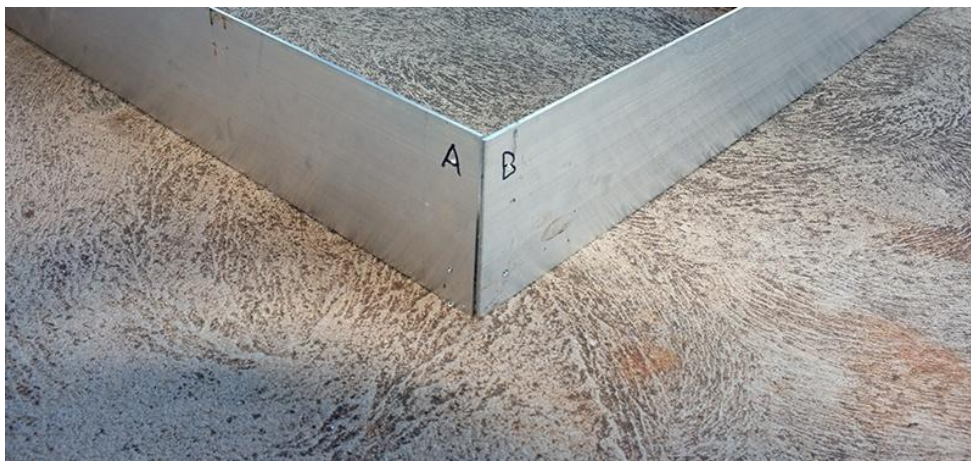
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Start by laying out the Aluminium Frame.



The frame will have letters on it to help with the correct installation. corners A-B, C-D, E-F and G-H should join.



It is also a good idea to determine where you would like to position your cable output for attaching your PC and position transducer at this point. you will want to place the aluminium strip with the cable socket plate where you wish the PC/Laptop to go.



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The wooden frame will go in next. The Frame is labelled with letters that match up with the aluminium frame.



Start with the frame that has the cut out that allows the cable socket to rest in.



This will be the frame labelled A-B and C-D.



Once this is in place you can position the second frame work.



You will notice two X's marked on top of the frames these should align to ensure that the frame work is positioned correctly.



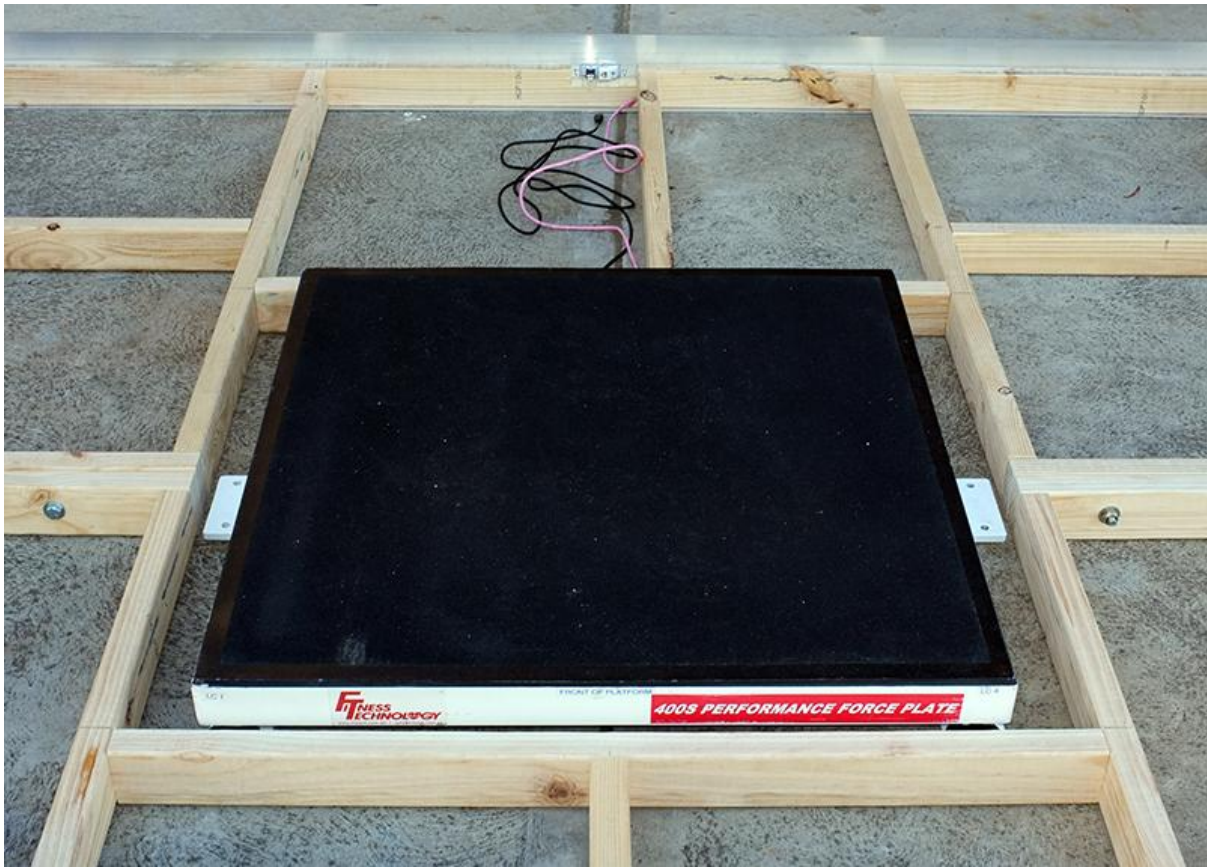
When both frames are in place they can be bolted together using the supplied bolts.



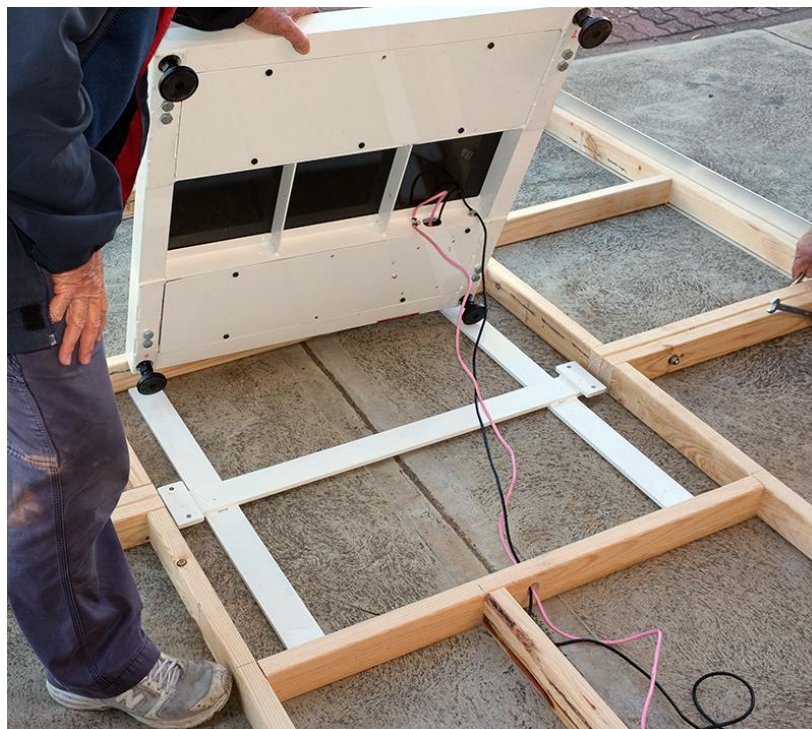
Place the base for the MTP rig in position in the centre of the wooden framework.



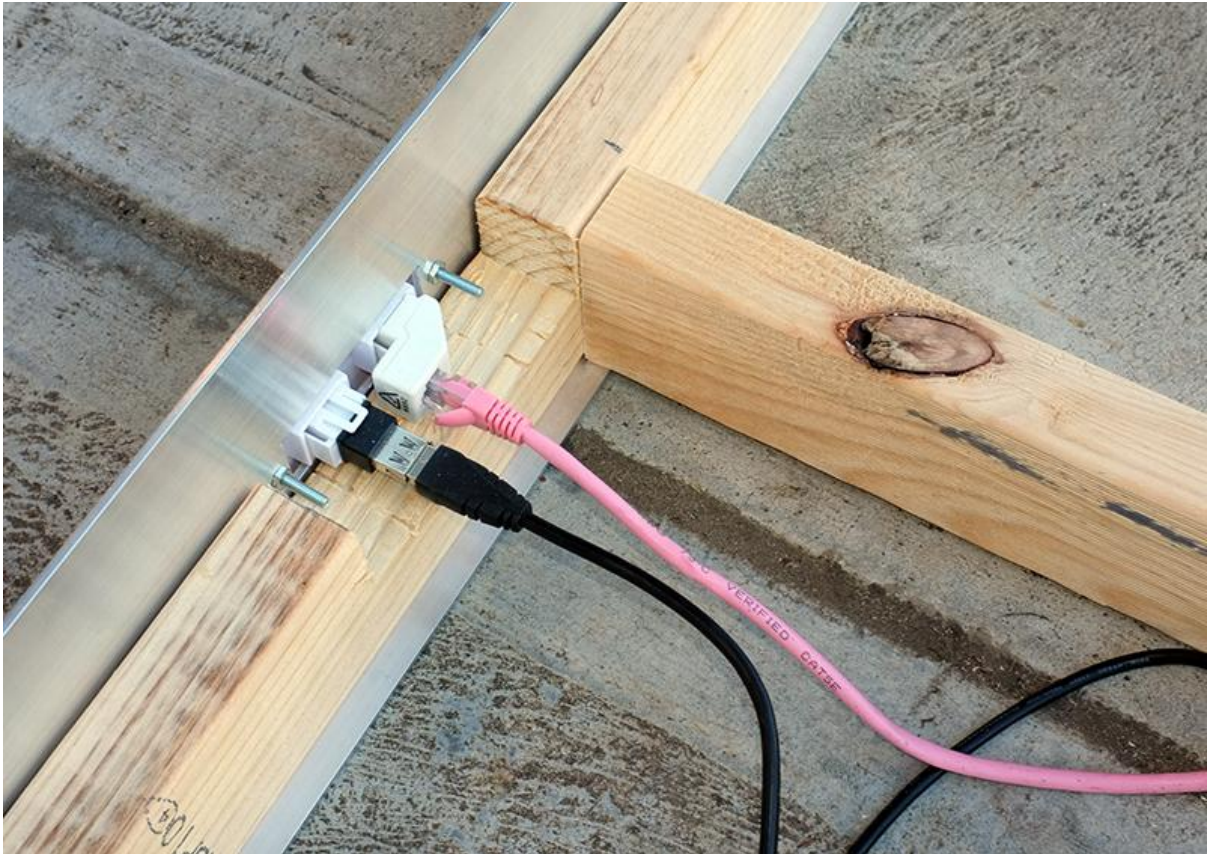
The 400 Series Force Plate will go in next. It should be mounted so that the front of platform (clearly labelled on the force plate) is positioned opposite of the cable socket in the aluminium strip.



The cables from the force plate are then run through a hole in the frame work an out to the cable socket.



Plug the two cables (USB and Cat5e) into the rear of the socket.



Then position the first of the 32mm thick MDF boards. once again these are labelled with an X on top to help alignment.



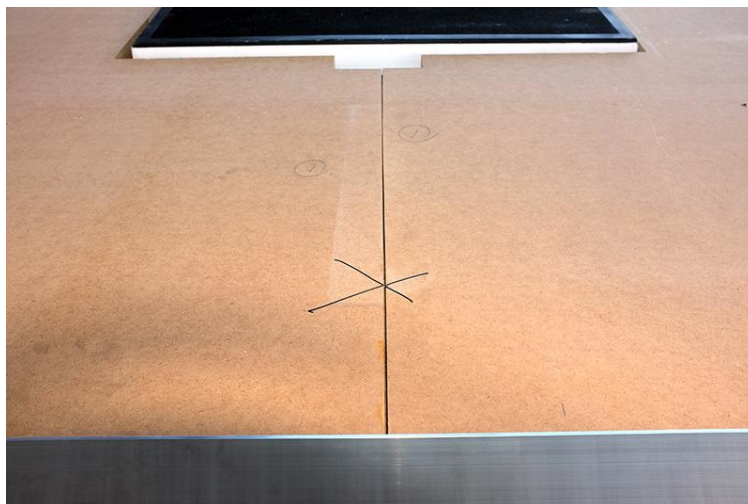
The second MDF sheet can then go on.



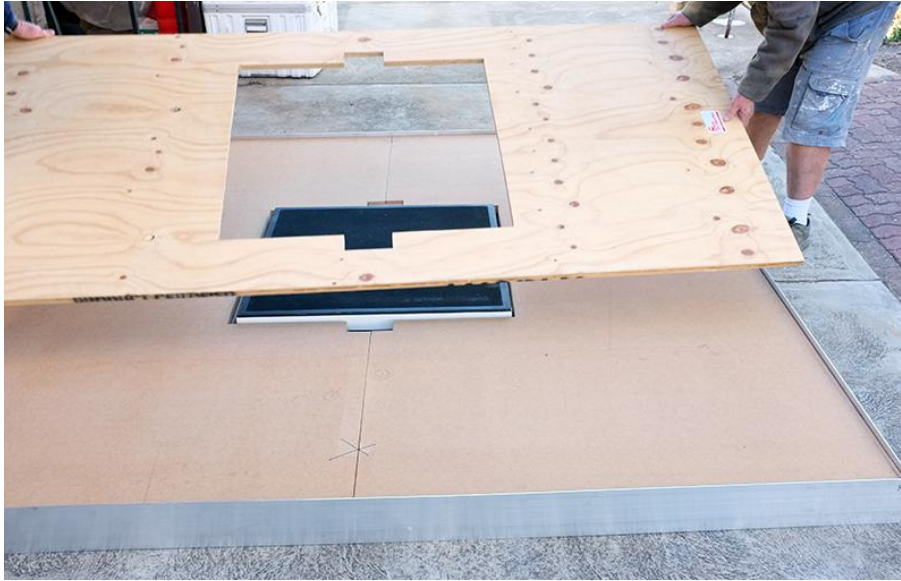
To protect your fingers ensure you lower the MDF from the position shown below.



Here you can see the alignment mark.



With both MDF sheets in place you can now position the centre plywood sheet with the force plate cut out.



When this is in place the two Rubber bump mats can be put in position.





The aluminium corner plates can now be put in position and screwed in place.

Each of these plates are marked to match up with a corner of the platform.



To cover the hole for the mid thigh pull rig up rights you can insert the two wooden plugs. These 2 supplied plugs are to inserted (as shown on LHS) when MTP uprights are removed for conventional platform applications. For example power cleans, snatches, dead lifts etc.



The position transducer and USB lead for your laptop or Pc can now be plugged in.



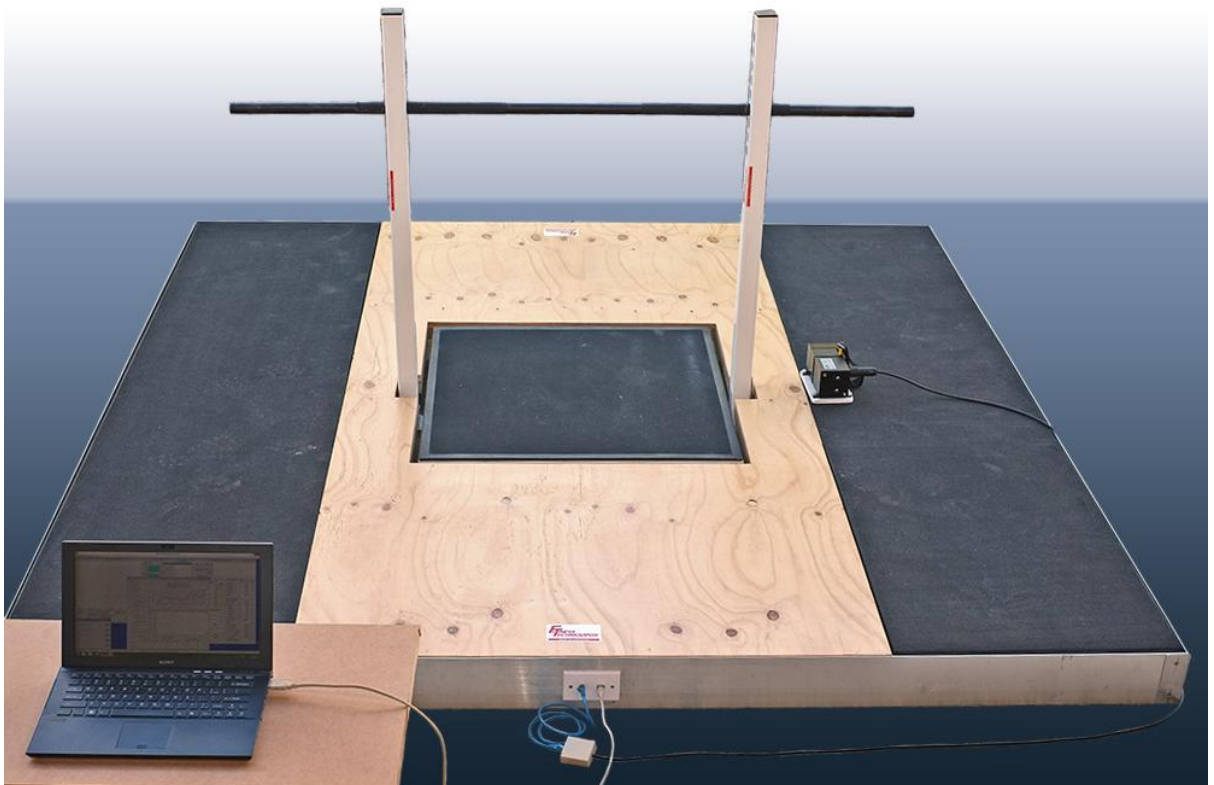
To attach the uprights for the mid thigh pull rig remove the wooden plugs and align the uprights so that the numbers match as shown in the image below.



Then screw the uprights in place using a 6mm allen key.



With both uprights in place you can insert the bar to perform isometric mid thigh pulls. The bar shown is 170cm Long x 28mm diameter.



When both MTP uprights & bar is removed then the shown Linear Position Transducer (LPT) cable can be attached to any Olympic barbell, when barbell tracking is also required to measured in real time, with the 400S Force Plate data (a functional option in the BMS software program.)

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