



“TRAINING IS THE TEST. THE TEST IS TRAINING.”

...we built a test mechanism that **ACTUALLY** reflects training.

Functional force capture without the lab.

- We provide Biodex-level data, captured in the weightroom.
- Assess movements that reflect how athletes train.
- Remove the friction of lab-based protocols

What's measured:

- **Max force:** one-time peak force
- **Avg. force:** avg. of all data points within the full set
- **Musc. Endurance:** difference in peak force between first and last reps
- **Impulse:** area under the force-time curve or cumulative force applied over the duration of a rep. Completed rep values are then averaged
- **RFD:** measured at 250m/s (velocity is constant)
- **Range of Motion:** the distance of bar travel, presented as an avg. of all reps in the set.

Quantify readiness

- Quickly spot segmental force drop-offs and fatigue
- Visualize risk at end-range (where soft-tissue injury often occurs).
- Monitor symmetry, RFD and power output.



Align staff with one machine

- A single solution that delivers value across disciplines: strength, science, med.
- Simplified data = less time reporting for different disciplines
- Replace “they look ready” with “they meet their baseline criteria”
- Visual outputs help athletes understand and buy-in while aligning staff quickly.

Fast testing=better trend data:

- Fast, repeatable protocols allow for weekly screens
- Simple interface that athletes can navigate solo
- Detect trends before they become injuries
- Track adaptation across phases

Seamless integration

- Push data to AMS via API or pull raw data directly off the machine
- Integrates with current testing/monitoring workflows
- Build ForceTrain metrics into your athlete dashboards
- Give athletes insight into performance