



ISOKINETIC DYNAMOMETRY IN STRENGTH? YOU'RE CRAZY.

Nope. Not really.

Programs are condensing onboarding and screening injuries more efficiently.



ForceTrain for strength.

We provide deeper insights into readiness, asymmetry and performance potential - all in under two minutes.

Popular protocols:

- **IMTP:** rapidly test without the hassle of complicated setups and save baselines for reference
- **Back squat:** assess force production through the ROM and set barometer for lower extremity strength
- **Split squat:** assess unilateral quad force production
- **Split RDL:** assess unilateral hamstring production
- **Shoulder:** 3-planes: bench, bent row, strict press to determine unilateral shoulder force potential

Program impact:

- Target accessory lifts based on real data
- Adjust tempo, range, or unilateral emphasis
- Assign corrective protocols or alert med staff when needed
- Re-test 3-4 weeks to track progress

Why coaches are listening:

- ID force deficiencies and unilateral imbalances quickly, without disrupting training.
- Actionable data during warm-up or pre-lift screens
- Athletes buy-in to visual feedback and objective outputs
- Replacing subjective assumptions with clear force metrics to guide training

What to look for:

- >10% asymmetry
- Large drop-off or discrepancy in force within the ROM
- Low force output under fatigue
- Poor segmental control or variance of force production throughout functional movements

What they're saying:

- "The visual feedback has been a game changer. The guys trust the data - and trust the plan."
- We replaced our hop test with ForceTrain. In 90 seconds, we measured what we used to assume.