



easyforce

PERFORMANCE

Isometric Tests on ISOplate



1 Isometric Mid-thigh Pull

- 1 Have athlete stand on the plate shoulder width. Adjust the chain length at a mid-thigh height, assuming the knee angle is at (125-145) and hip angle (140-150).
- 2 Athlete takes the barbell and warms up by performing several gradually increasing submaximal repetitions.
- 3 To avoid a false force peak, instruct the athlete to gradually increase the pull strength.
- 4 Turn the device on, press the start measurement button and perform the test by attempting a maximal upward pull.
- 5 The assessment can last about 10 seconds while maintaining the maximum pull for at least 3 seconds.
- 6 To end the assessment either press the device blue button or lower the device and the metal bar to the ground.

2 Isometric Deadlift (lift-off or knee passing)

- 1 Athlete stands on the plate with feet placed shoulder width. Adjust the chain at length of 22.54 cm / 8.875" (lift-off) or at knee height (knee-passing).
- 2 Athlete takes the barbell with hands shoulder width apart and warms up by performing several submaximal repetitions.
- 3 To avoid a false force peak, instruct the athlete to gradually increase the pull strength.
- 4 Turn the device on and perform the test by attempting a maximal upward pull.
- 5 The assessment can last about 10 seconds while maintaining the max pull for at least 3 seconds.
- 6 To end the assessment either press the device blue button or lower the device and the pulley to the ground.

3 Isometric Belt Squat or Isometric Front Squat

- 1 Athlete stands on the plate, feet placed shoulder width while the setup is the following for:
Front Squat: attach the bar at the height of front rack position while keeping the knee angle (125-145) and hip angle at (140-150).
Belt Squat: attach the belt at the appropriate height while knee angle (125-145) and hip angle (140-150).
- 2 Consider a warm-up by performing several increasing submaximal repetitions, while for:
Front Squat: holding the barbell in front rack position and keeping the elbows and chest high.
Belt Squat: placing the arms on the hips and keeping chest upwards.
- 3 To avoid production of a false force peak, instruct the athlete to gradually increase the pull strength.
- 4 Turn the device on, press the blue button and perform the test by attempting a maximal upward movement.
- 5 The assessment can last about 10 seconds while maintaining the max pull for at least 3 seconds.
- 6 To end the assessment either press the device blue button or lower the device and the bar to the ground.

4 Isometric Pushup

- 1 Consider warming up by performing several sets of pushups.
- 2 Athlete can place the belt around the chest with the chain facing forward.
- 3 Have athlete assume mid push-up position, hands placed slightly wider than the shoulder, elbow at 90 degrees and adjust the chain length from chest to ground.
- 4 Before measuring instruct the athlete to gradually increase the push strength to avoid the sudden peak. Turn the device on and press the blue button.
- 5 Perform the assessment by attempting a maximal push-up. The assessment can last about 7 seconds while maintaining the max pull for at least 3 seconds.
- 6 To end the assessment either press the device blue button or lower the body to the plate.

+ Additional tests

5 Single Leg Pull

6 Lateral Trunk Bend



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