

# ALPHAFIT®

## FORCE PLATE FRAME



### 1 | DEVELOPED IN PARTNERSHIP WITH THE NEW SOUTH WALES INSTITUTE OF SPORT (NSWIS)

The AlphaFit Force Plate Frame is an innovative solution, shaped by industry feedback, that aims to overcome the limitations of existing products in the market. Head of Strength & Conditioning at NSWIS, Dr Simon Harries, provided invaluable insight to current coach and athlete use cases and challenges. Designed to accommodate both VALD ForceDecks FDMax and FDLite models, two configurable Force Plate Frame kits are available. *Note: VALD ForceDecks hardware and software are not included.*

### 3 | ADJUSTABLE ISOMETRIC BAR AVAILABLE IN TWO GRIP SIZES FOR ATHLETE COMFORT

The isometric single bar, specifically tailored for mid-thigh pull testing, is height adjustable from 397mm to 2037mm in 20mm increments. Two different grip sizes—33mm and 28mm Single Bar diameter—provide athletes with options for a personalised testing experience. The bar attachments are load rated to 750kg and feature AlphaFit's patent-pending Latch Pin locking system, prioritising the safety of athletes and testing professionals.

### 5 | ANTI-SLIP RAMP ACCESSORY ELIMINATES TRIP HAZARDS AND EXTENDS PLATFORM ENTRY & EXIT

Designed to add a greater surface area to the Force Plate Frame's platform, the Force Plate Frame Ramp can be mounted on both the front and back of the platform. Constructed from heavy-gauge steel and equipped with high-grade textured polymer grip tape, the Ramps simplify access to the Frame and play a crucial role in reducing the risk of injury during jump testing in the event an athlete lands beyond the designated force pad areas.

### 2 | AMPLE WORKING AREA FOR AN UNENCUMBERED ATHLETE EXPERIENCE IN ALL TESTS

The AlphaFit Force Frame features an expansive 800mm × 1200mm raised platform, providing a seamless working area for assessments such as jump testing, isometric strength, and balance in sports-specific movements. Generous space between uprights alleviates any sense of athlete confinement during evaluations leading to more accurate results. The ultra-low deflection frame ensures precision at high loads, boasting a 1000kg load rating and adjustable feet for stability on uneven surfaces.

### 4 | CONFIGURABLE PLATFORM ALLOWS FOR MULTIPLE ASSESSMENT SETUP OPTIONS

The platform can be configured for both dual and single force plate testing with two VALD ForceDecks models utilising movable and interchangeable foam inserts. In either dual force deck setup, users can also effortlessly lift and remove the centre foam piece to access a range of anchor points. With 23 horizontally adjustable positions, this feature caters to a variety of body types for resisted isometric pull testing using straps, grips, or belts.

### 6 | PROUDLY MADE IN AUSTRALIA, CUSTOMISE AND BUILD THE TESTING RIG TO YOUR REQUIREMENTS

Manufactured to order, the Force Plate Frame range is 100% Australian-made allowing us to offer an unbeatable level of customisation including colour, branding and accessories. The platform, frame and single bar are finished with AlphaFit's unique textured powder coat ensuring a secure grip at all contact points. Designed to be portable, the Frame does not have to be bolted to the floor offering convenience and flexibility in testing locations.

AlphaFit Force Plate Frame FDMax with 33mm single bar in Black pictured with dual VALD ForceDecks setup. Custom configurations, colours and branding available. Contact your sales representative for more information.



Learn more at [bit.ly/alphafit-force-plate-frames](https://bit.ly/alphafit-force-plate-frames)

# ALPHAFIT®

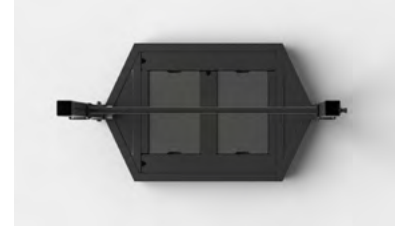
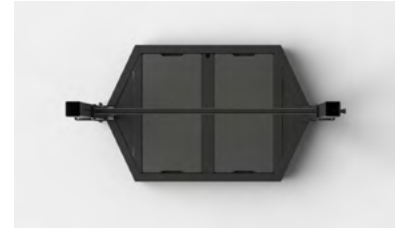
“

WE TESTED THE PROTOTYPE AT THE ASCA CONFERENCE ON THE GOLD COAST AND WE'RE THRILLED WITH THE OUTCOME. A FEW MINOR ITERATIONS LATER AND WE ARE VERY HAPPY TO GET OUR HANDS ON A HANDFUL OF THE NEW RIGS; WE NOW HAVE ONE IN EACH OF OUR FACILITIES.

IT HAS MASSIVELY STREAMLINED OUR ABILITY TO GO BETWEEN ISOMETRIC AND DYNAMIC ASSESSMENTS, AND BEST OF ALL, WE NO LONGER HAVE TO MOVE OUR FORCE PLATES IN AND OUT OF A RIG.

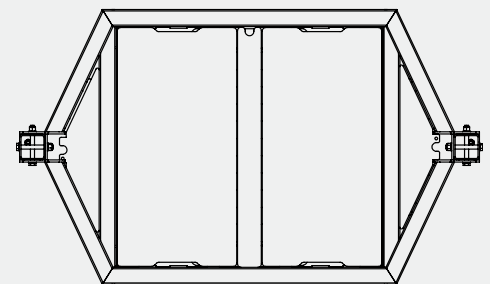
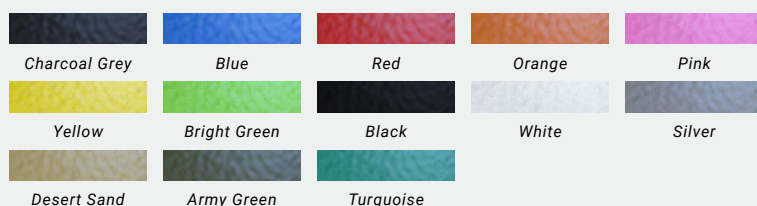
Dr Simon Harries - Head of Strength & Conditioning at NSW Institute of Sport

”

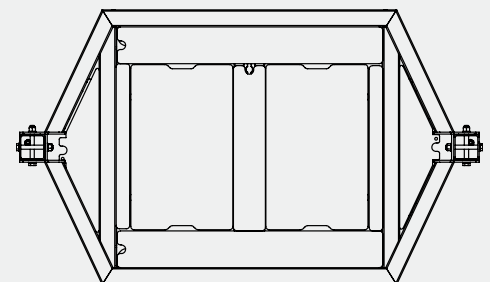


## FORCE PLATE FRAME SPECIFICATIONS

<b>Product Dimensions (L x W x H):</b>	810mm x 1350mm x 2100mm
<b>Product Dimensions with 2 Ramps (L x W x H):</b>	1375mm x 1350mm x 2100mm
<b>Product Weight:</b>	93kg
<b>Frame Load Rating:</b>	1000kg
<b>Isometric Single Bar Diameter:</b>	33mm standard (28mm also available)
<b>Isometric Single Bar Load Rating:</b>	750kg
<b>Warranty:</b>	'Built Not Bought' warranty
<b>Standard Colour Options:</b>	Choose from 13 colours
<b>Compatible VALD ForceDecks Models:</b>	FDMax and FDLite



AlphaFit Force Plate Frame FDMax - Top View



AlphaFit Force Plate Frame FDLite - Top View

Learn more at [bit.ly/alphafit-force-plate-frames](https://bit.ly/alphafit-force-plate-frames)

**ALPHAFIT**®