

ALPHAFIT[®]

FORCE PLATE FRAMES

ASSEMBLY GUIDE



IMPORTANT - READ FIRST

Resistance training, gymnastics training and activities at height are potentially dangerous and may lead to severe injury or even death. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Use common sense when training, obtain instruction to ensure safe execution of movements.

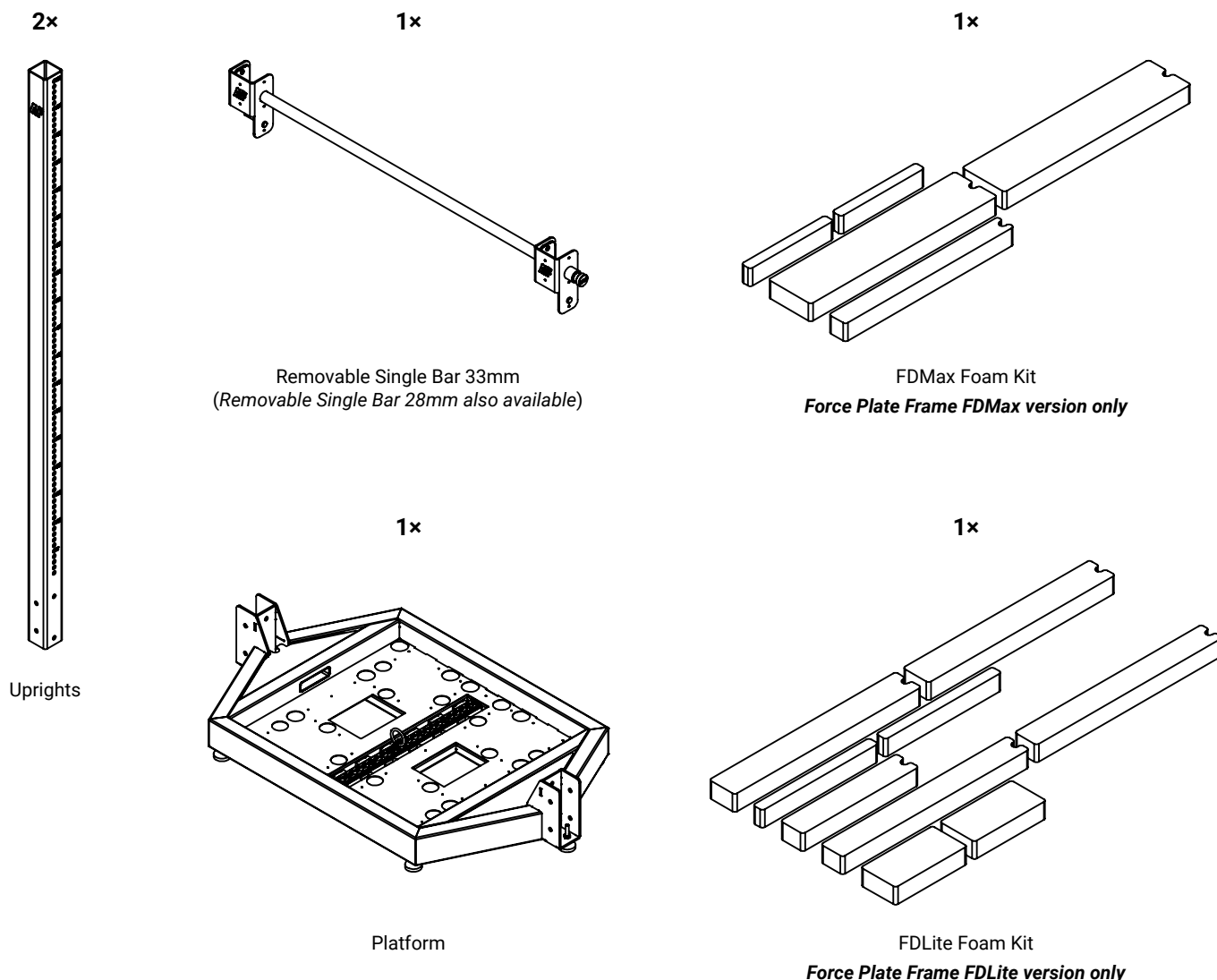
Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. AlphaFit bears no liability beyond the replacement value of the equipment in question.

It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. The safety and integrity designed into the equipment can only be maintained when it is regularly examined for damage and repaired. It is the responsibility of the user/owner to ensure that regular maintenance is performed. Inspect and properly tighten all parts regularly. Replace any worn or damaged parts immediately and do not use until the equipment has been repaired.

Both AlphaFit and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment.

WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.

FORCE PLATE FRAME PART LIST:



INCLUDED FASTENERS:

4x **(A)**



M12 x 100mm Hex
Zinc Plated Bolt

4x **(B)**



M12 x 110mm Hex
Zinc Plated Bolt

8x **(C)**



M12 Nyloc
Nut

16x **(D)**



M12 Flat
Washer

REQUIRED TOOLS:

- 19mm Socket & Socket Spanner
- Ratchet Set - *recommended*
- Spanner Set - *recommended*

Tightening torque: M12: 30 Nm
(unless otherwise specified)

Read this entire guide before attempting to build or use this machine. This guide contains step by step instructions for proper assembly. **AlphaFit recommends a minimum of two (2) people to assemble the Force Plate Frame.**

Use the parts list included in this guide to verify that all parts are accounted for before assembly. If any parts are missing, contact AlphaFit on 1300 257 428 or admin@alphafit.com.au.

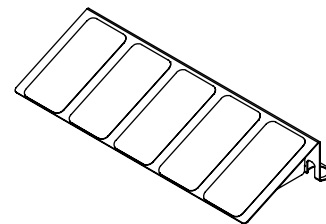
FORCE PLATE FRAME ASSEMBLY

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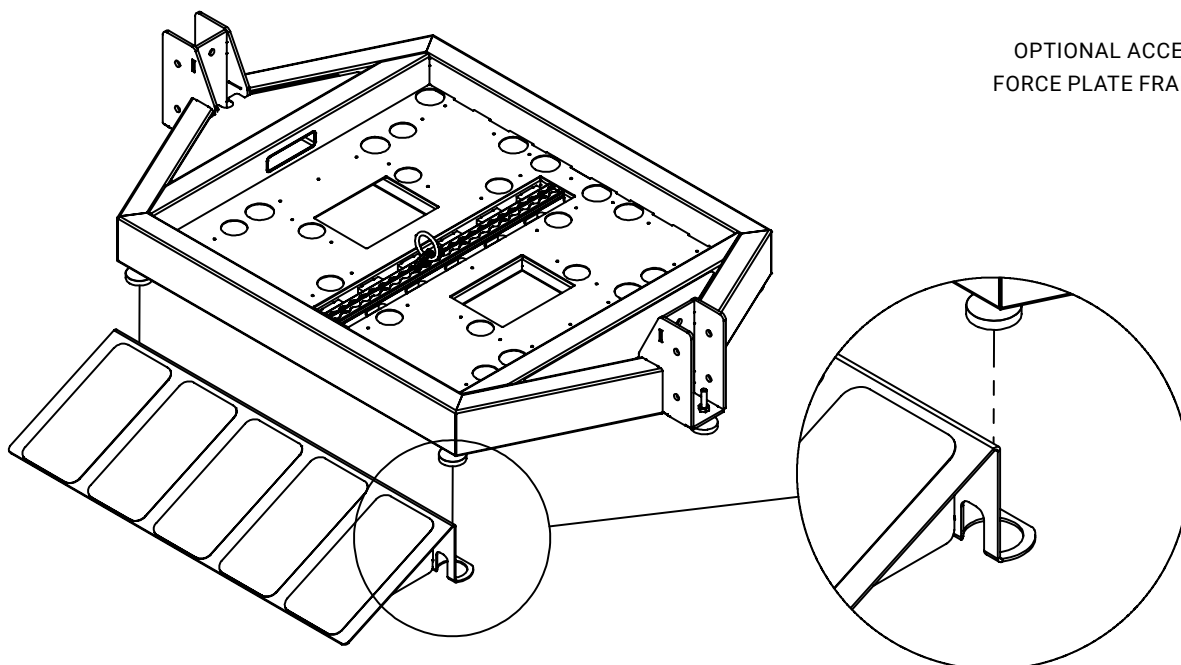
STEP 0: ATTACH OPTIONAL RAMP TO PLATFORM

Carefully attach the Force Plate Frame platform and Force Plate Frame Ramp by aligning the feet into the two receiving holes in the ramp.

NOTE: Product renders are for illustrative purposes only. Ramp grip tape may vary in size or application from images shown.

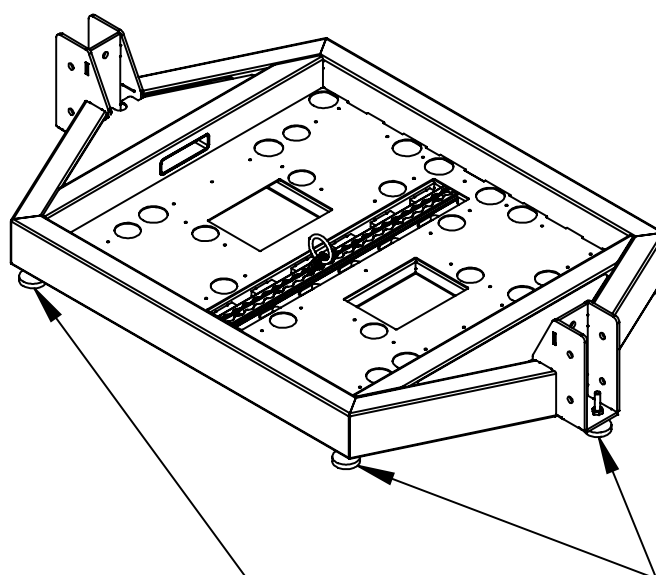


OPTIONAL ACCESSORY:
FORCE PLATE FRAME RAMP



STEP 1: LEVEL PLATFORM

Level the Force Plate Frame platform with the six adjustable screw-in feet.



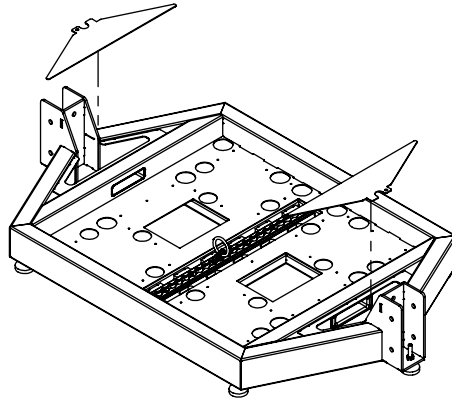
THREADED ADJUSTABLE FEET

FORCE PLATE FRAME ASSEMBLY

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STEP 2A: REMOVE ACCESS PANELS

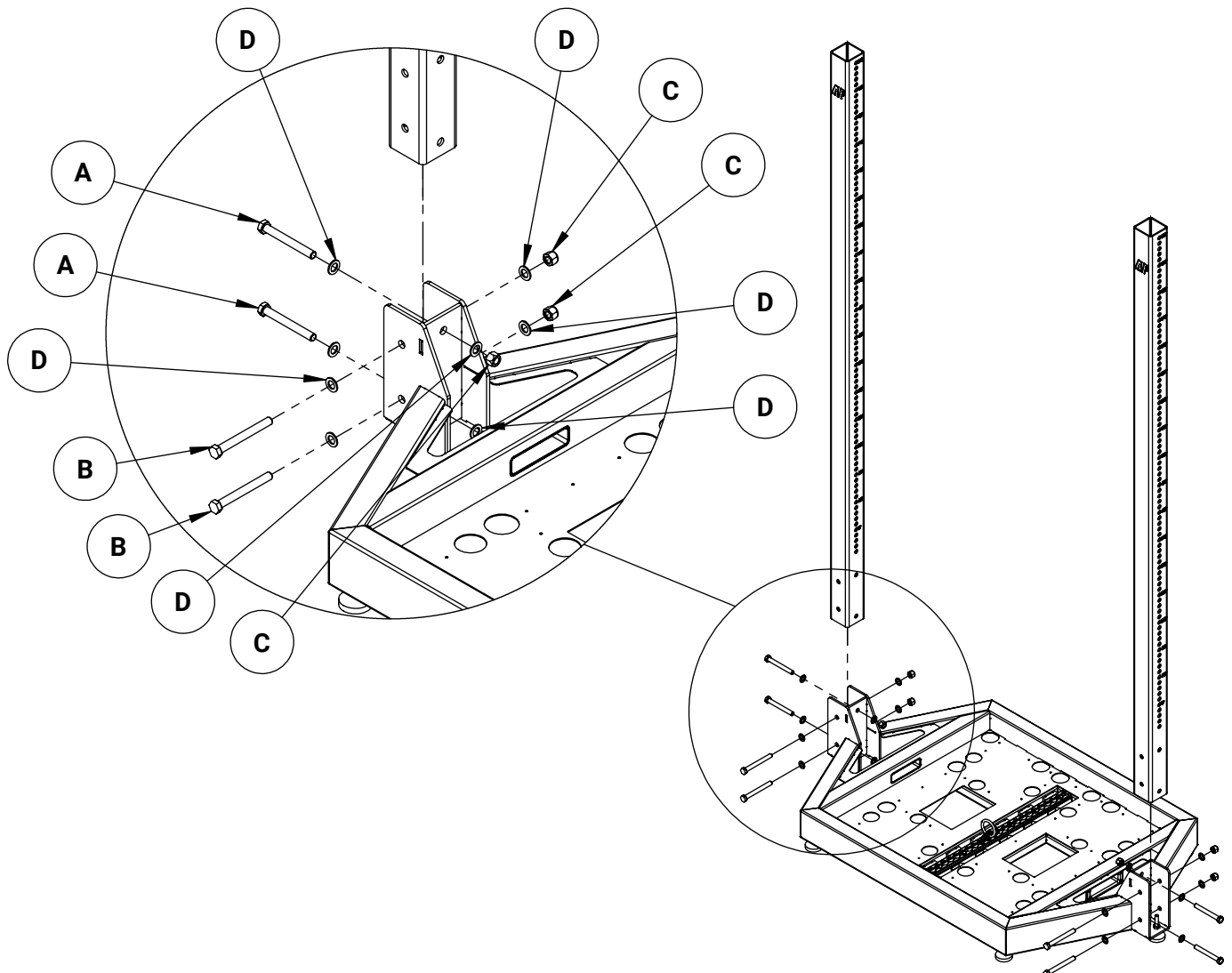
Remove the two access panels, held on with magnets, as illustrated below.



STEP 2B: INSTALL UPRIGHTS

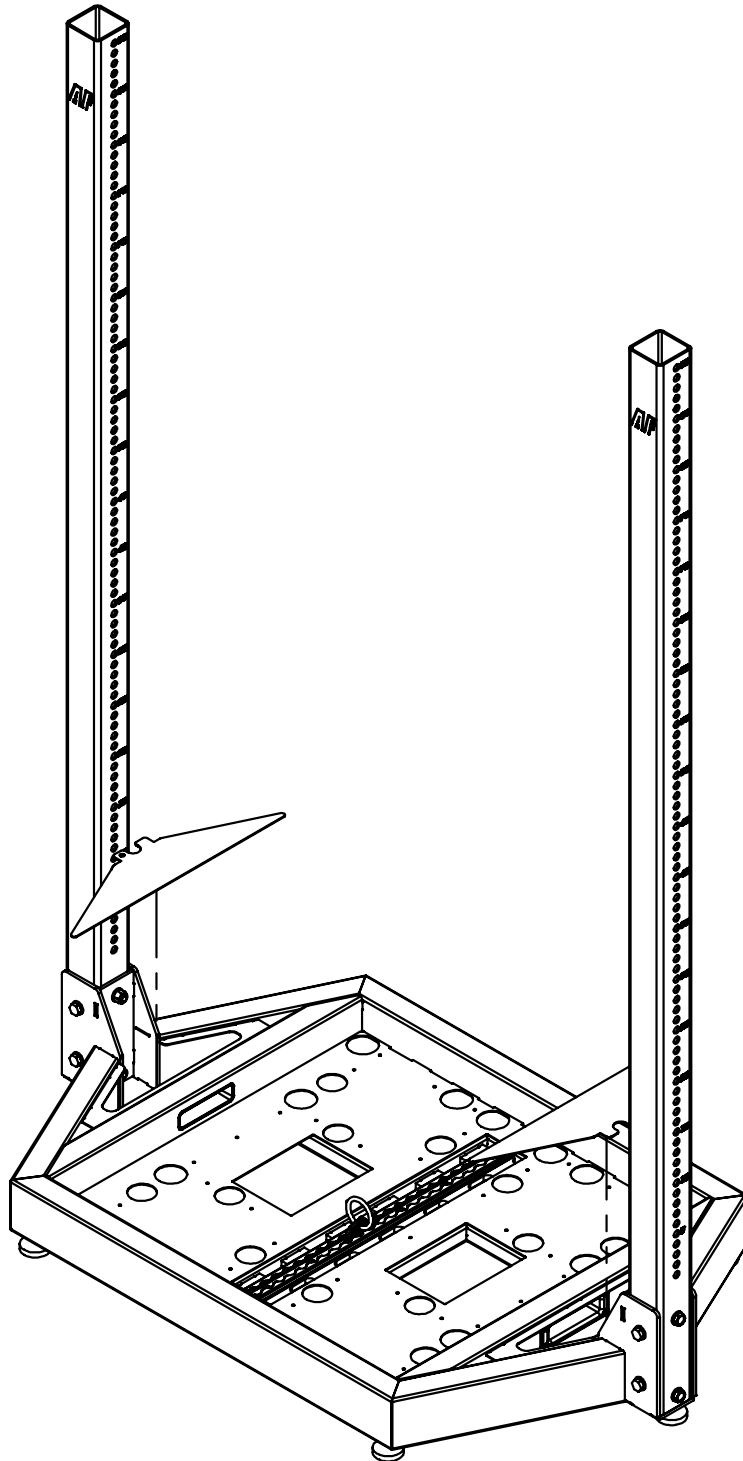
Bolt uprights to platform. *Letters denote appropriate fasteners.*

IMPORTANT: Note upright orientation.



STEP 2C: REINSTALL ACCESS PANELS

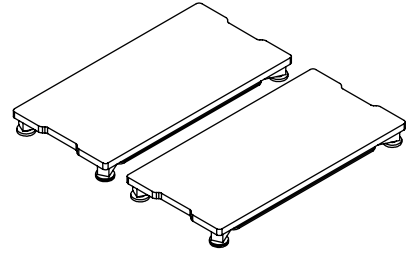
Reinstall the two access panels, held on with magnets, as illustrated below.



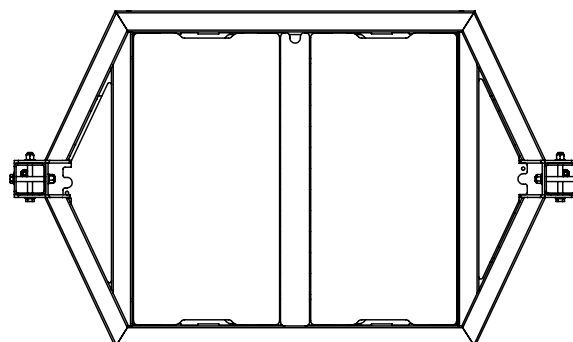
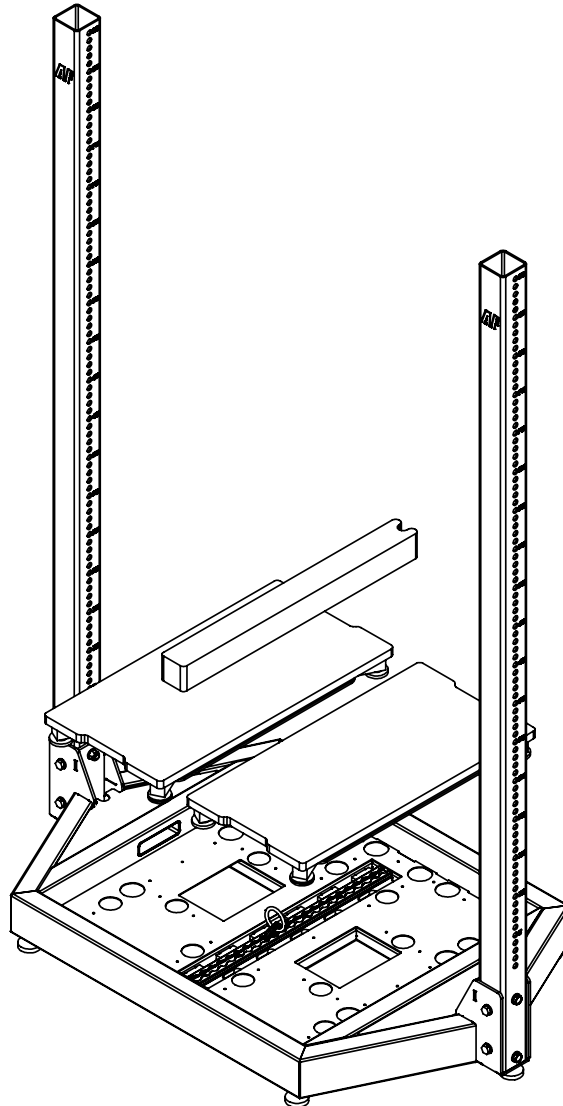
STEP 3A: INSTALL DUAL FORCEDECKS

VALD ForceDecks FDMax can be installed in either a dual or single plate testing configuration in the AlphaFit Force Plate Frame FDMax platform.

To install FDMax ForceDecks in the dual setup, align the ForceDecks feet into the platform receiving holes and add the centre piece of closed cell foam, as illustrated below.



PART VIEW: VALD PERFORMANCE
FORCEDECKS FDMAX DUAL
(NOT INCLUDED)



ALPHAFIT FORCE PLATE FRAME FDMAX - DUAL TOP VIEW

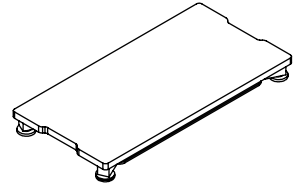
FORCE PLATE FRAME ASSEMBLY - FDMAX

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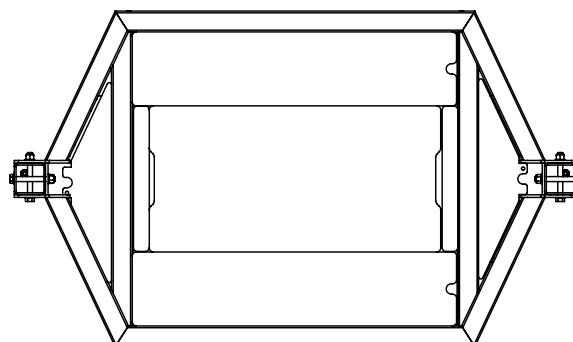
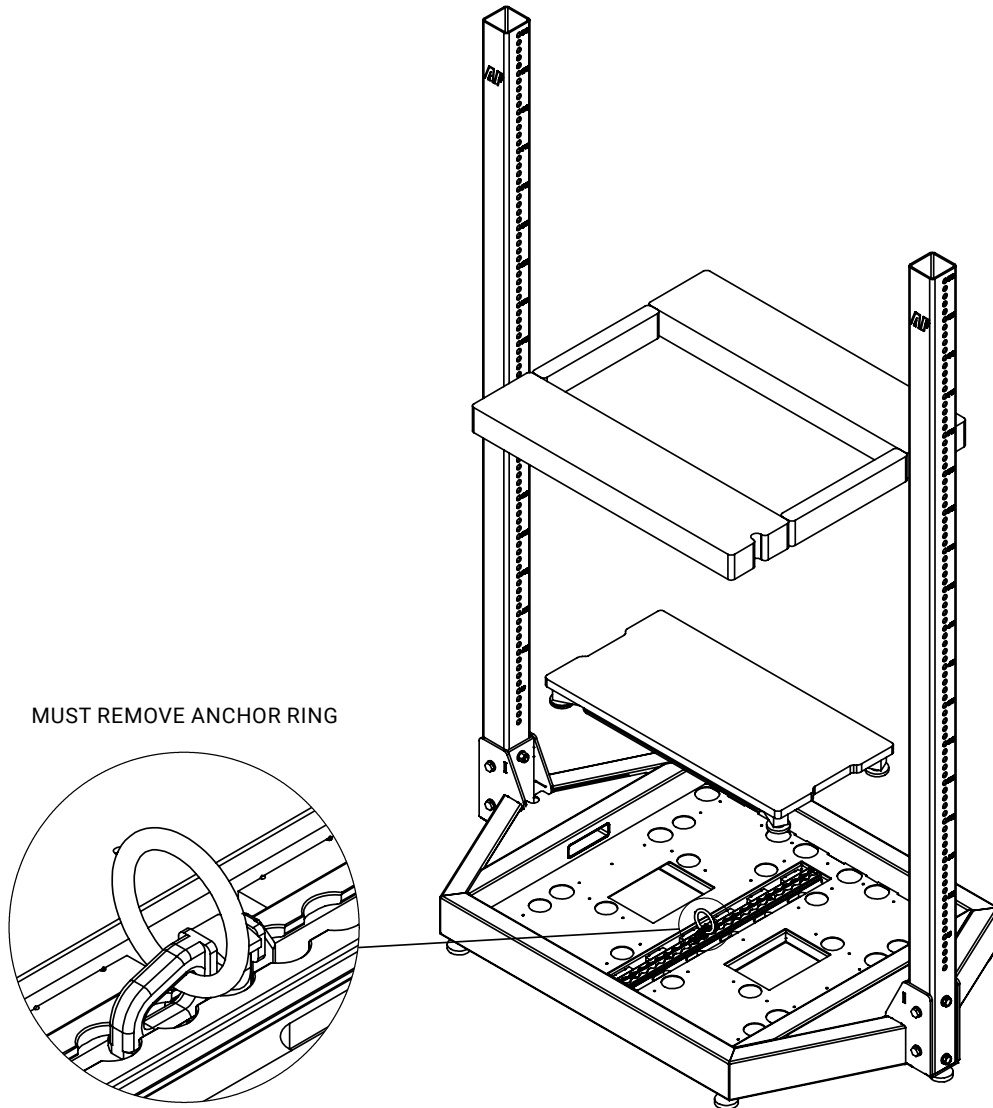
STEP 3B: INSTALL SINGLE FORCEDECK

To install FDMax ForceDecks in the single setup, align the ForceDeck feet into the platform receiving holes and add the four pieces of closed cell foam, as illustrated below.

IMPORTANT: The anchor ring must be removed before installing the ForceDeck in the single plate setup.



PART VIEW: VALD PERFORMANCE
FORCEDECKS FDMAX SINGLE
(NOT INCLUDED)

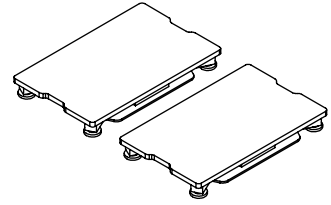


ALPHAFIT FORCE PLATE FRAME FDMAX - SINGLE TOP VIEW

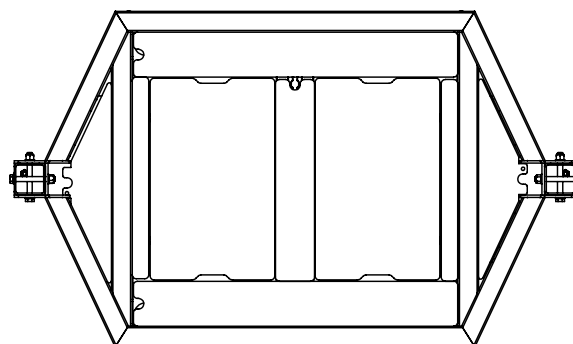
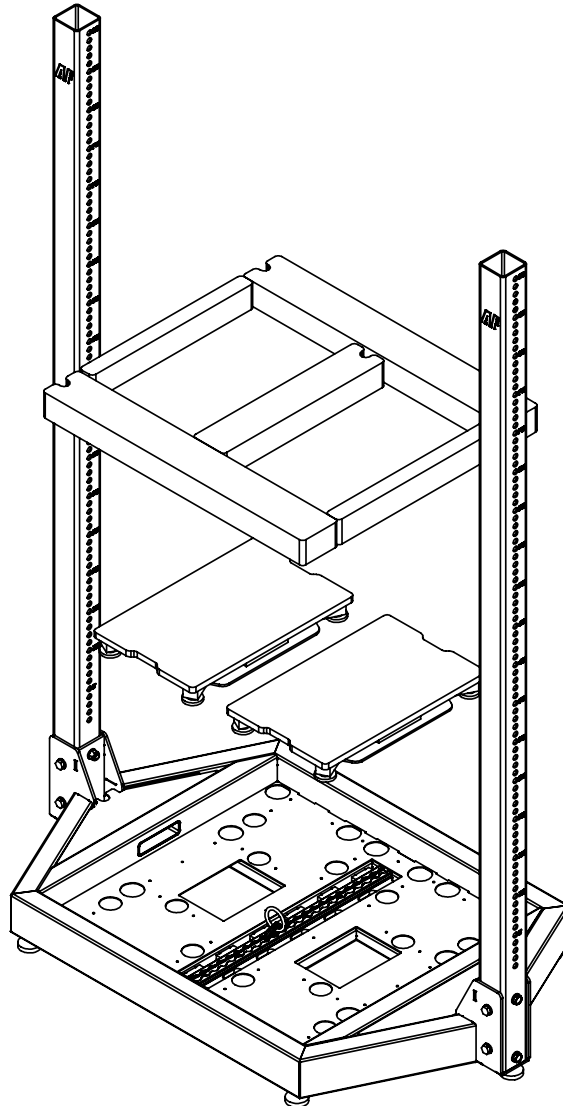
STEP 3C: INSTALL DUAL FORCEDECKS

VALD ForceDecks FDLite can be installed in either a dual or single plate testing configuration in the AlphaFit Force Plate Frame FDLite platform.

To install FDLite ForceDecks in the dual setup, align the ForceDecks feet into the platform receiving holes and add the centre piece of closed cell foam, as illustrated below.



PART VIEW: VALD PERFORMANCE
FORCEDECKS FDLITE DUAL
(NOT INCLUDED)



ALPHAFIT FORCE PLATE FRAME FDLITE - DUAL TOP VIEW

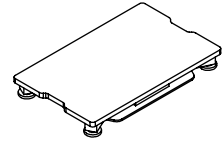
FORCE PLATE FRAME ASSEMBLY - FDLITE

ALPHAFIT

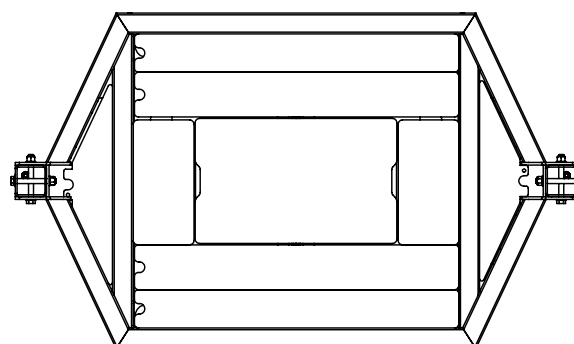
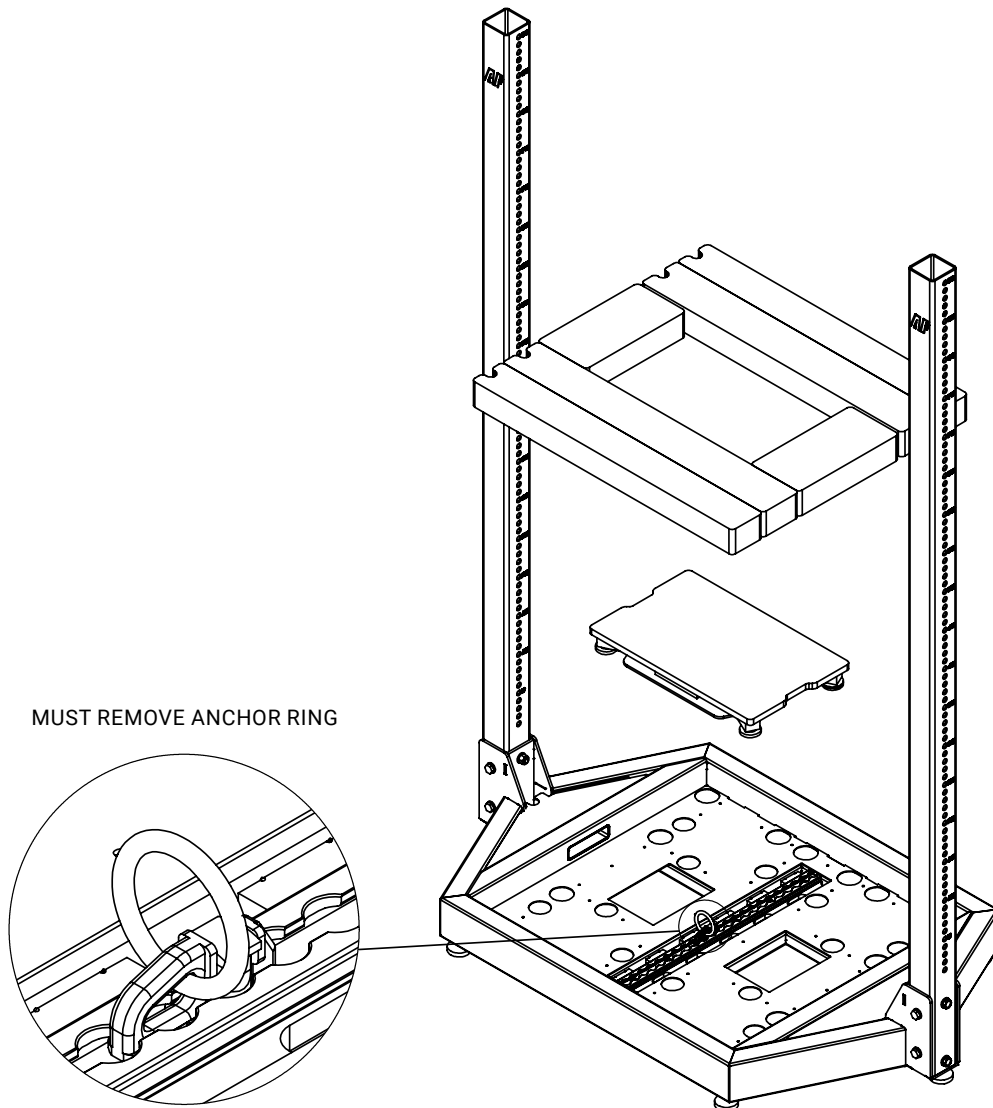
STEP 3D: INSTALL SINGLE FORCEDECK

To install FDLite ForceDecks in the single setup, align the ForceDeck feet into the platform receiving holes and add the four pieces of closed cell foam, as illustrated below.

IMPORTANT: The anchor ring must be removed before installing the ForceDeck in the single plate setup.



PART VIEW: VALD PERFORMANCE
FORCEDECKS FDLITE SINGLE
(NOT INCLUDED)

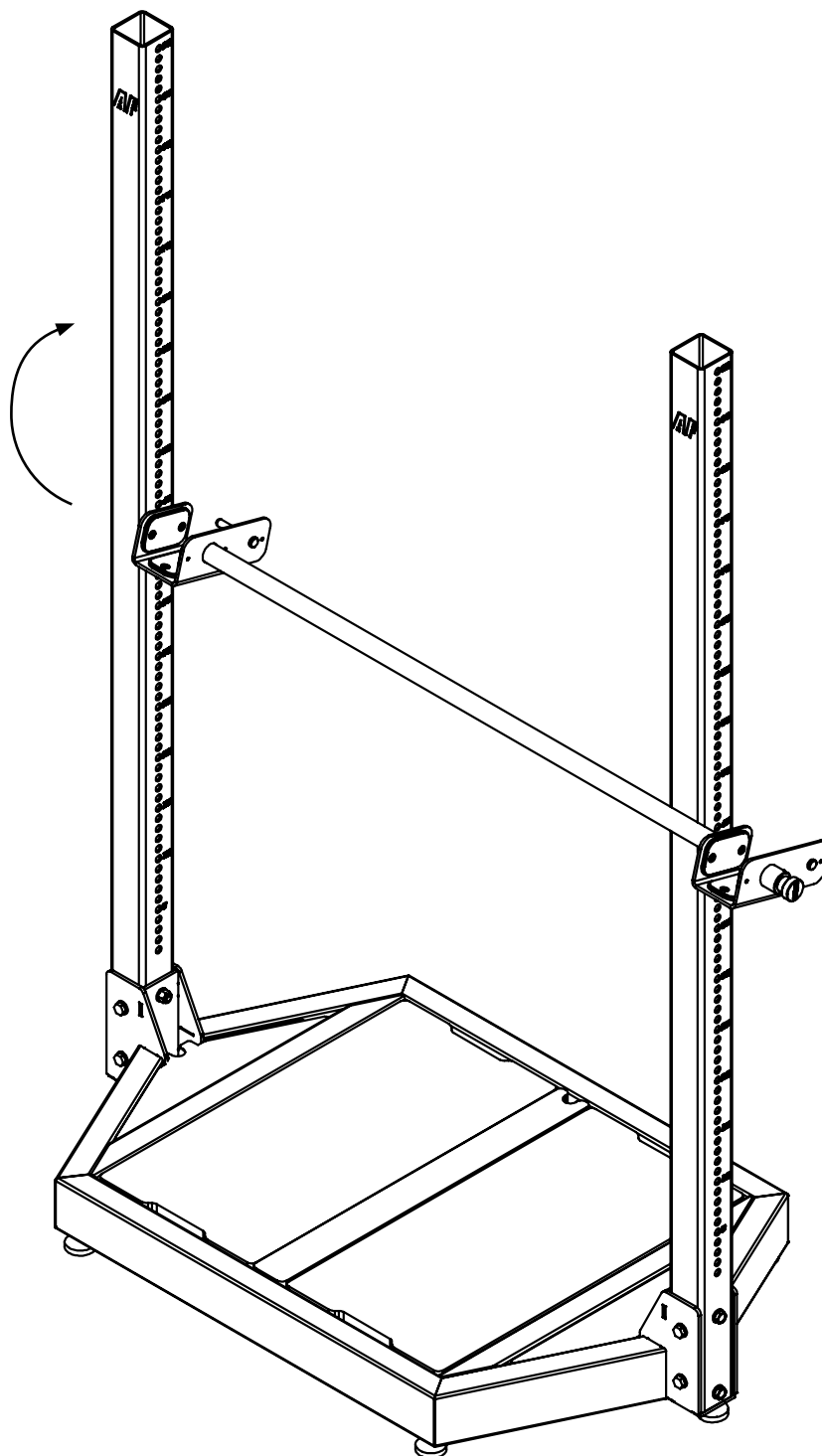


ALPHAFIT FORCE PLATE FRAME FDLITE - SINGLE TOP VIEW

STEP 4: INSTALL REMOVABLE SINGLE BAR

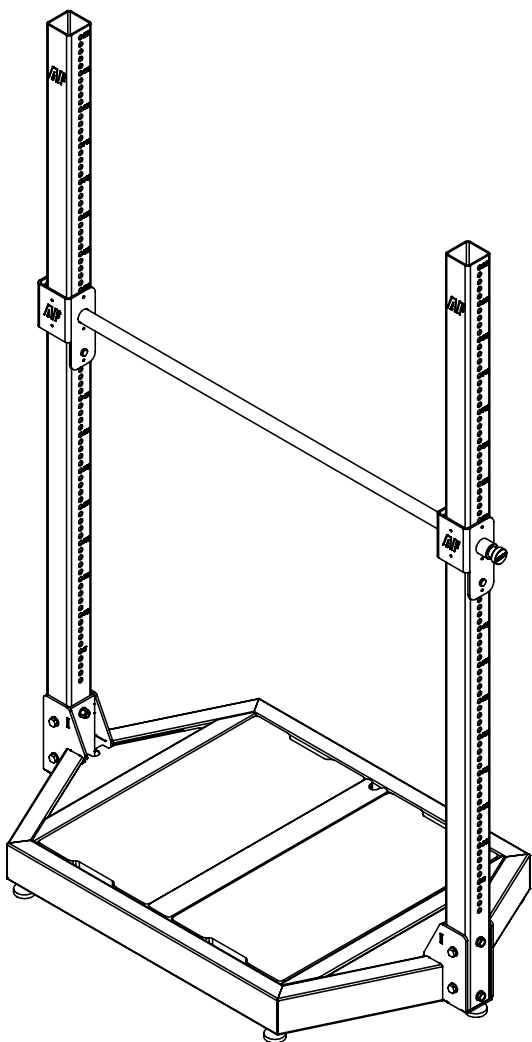
To install the Removable Single Bar, begin by aligning the pins with corresponding upright holes. Once in the holes, rotate the bar up until you hear the latch pin engage. Check the latch pin for proper engagement before use.

To adjust the bar, pull the latch pin to disengage locking mechanism, then rotate the bar down and sideways to remove. The single bar is adjustable in height from 397mm to 2037mm in 20mm increments using the holes along the Frame uprights.

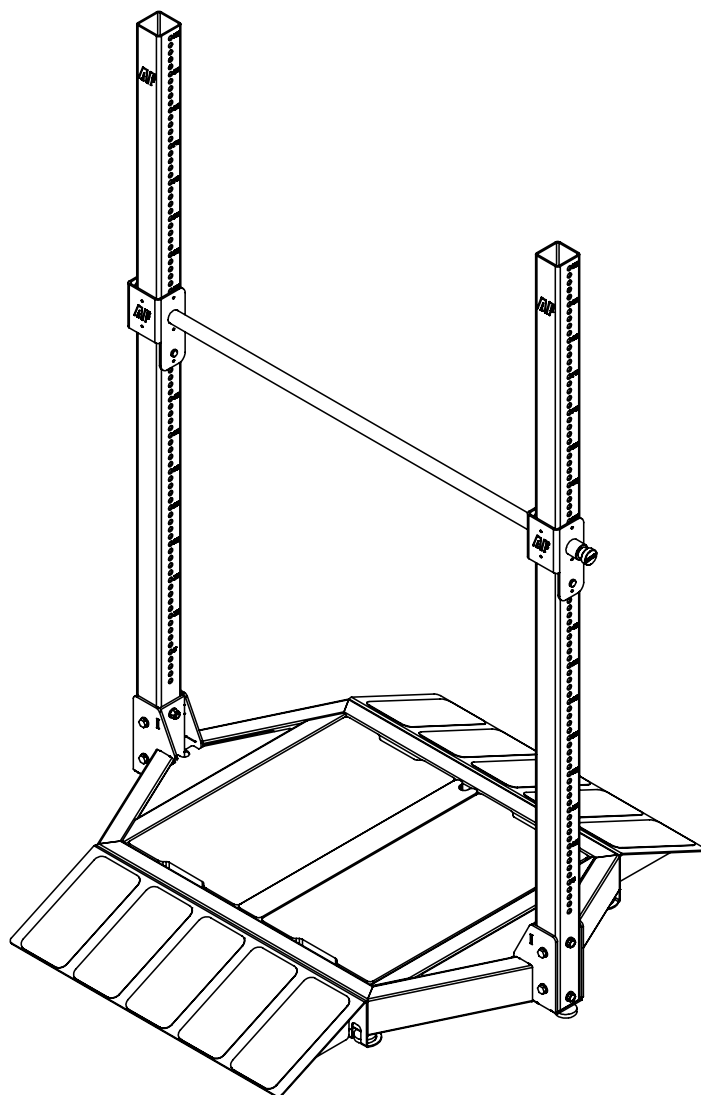


FULLY ASSEMBLED

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ALPHAFIT FORCE PLATE FRAME FDMAX



ALPHAFIT FORCE PLATE FRAME FDMAX WITH TWO RAMPS