



Squats Advanced Analysis

The examiner says: "I am now going to measure the dynamic force of your leg with a dynamic squat test. I want you to stand upright on the devices, to put your arm on your chest and to descend to maximum knee flexion (approximately 90°-100°) and then to ascend back to the starting position. With aim to perform the maximum repetition in a limited of time. Ready, set, go."

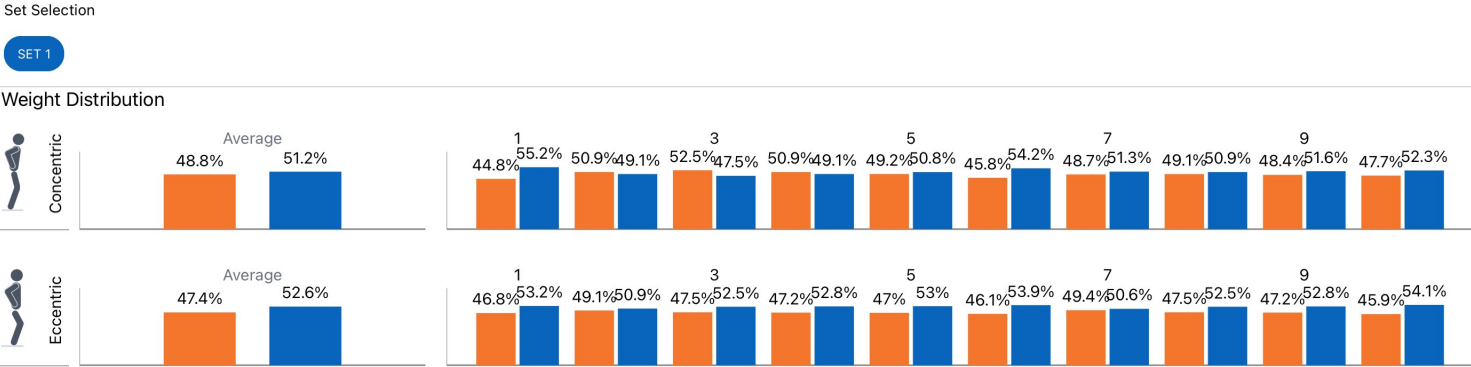
Repetitions 10

Preparation time 10s

Global Summary (Best set)

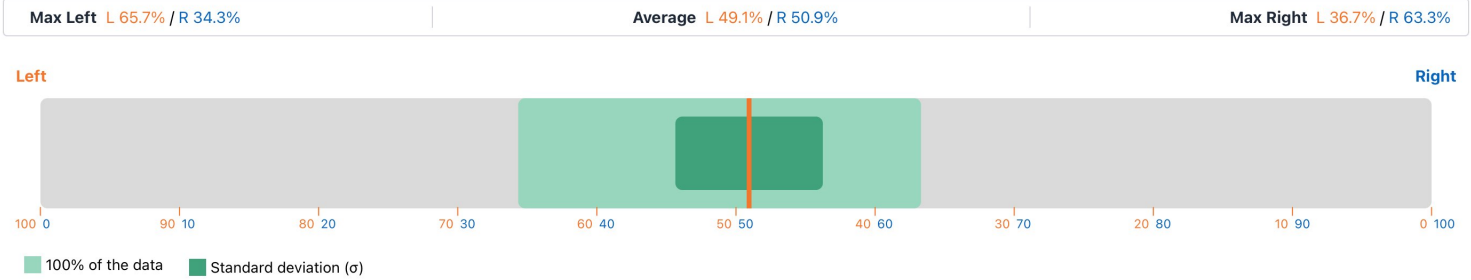


Summary Per Phase

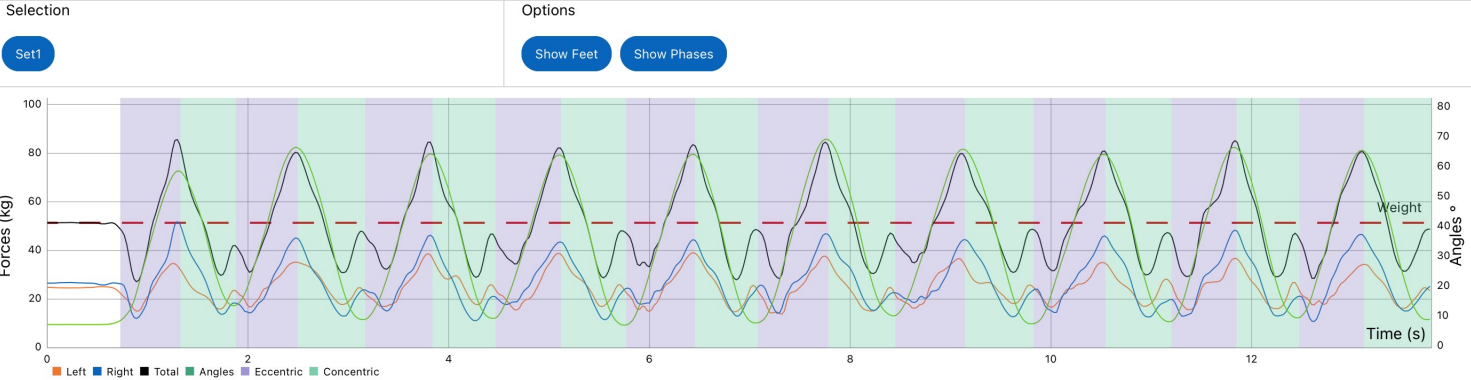


Force Distribution during the whole measurement

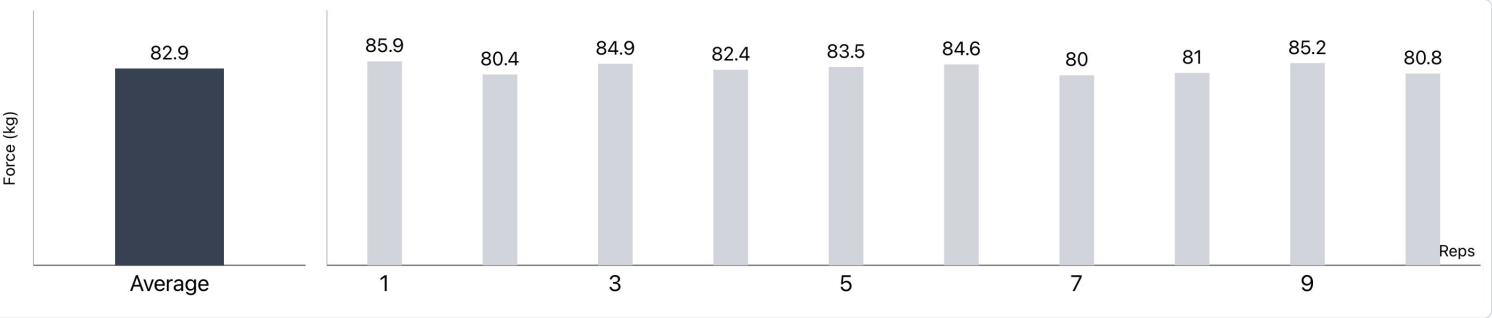
Weight shift consistency



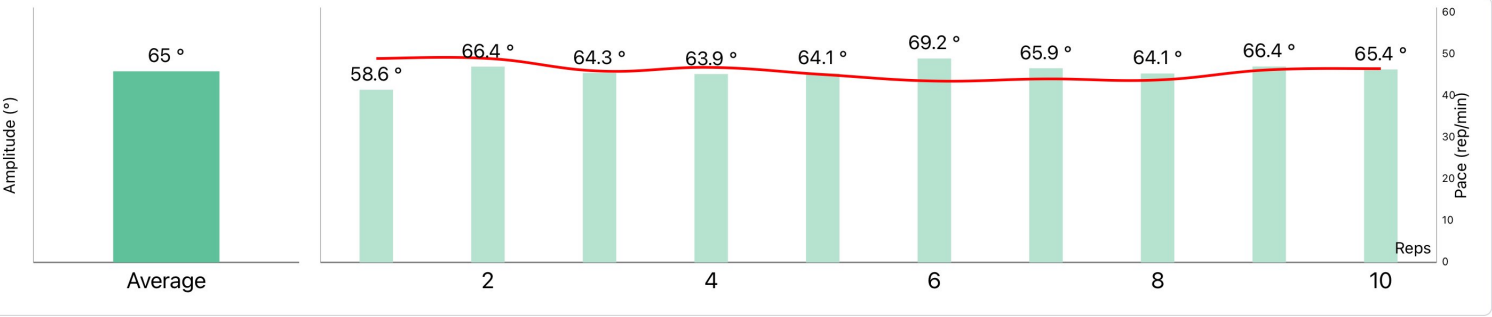
Interactive graphs and values



Max Ground Reaction Forces per Rep



Max Amplitude Per Rep



CoP Analysis



Resultant CoP	Surface(mm²)	Total Displacement (mm)	Mean Velocity (mm/s)	Longitudinal Amplitude(mm)	Lateral Amplitude(mm)
	1806.1	1744	126.4	12.5	8.4

CoP per Foot	Lateral	Longitudinal	Lateral	Longitudinal
	Left		Right	
Mean Position (mm)	5.3	-36.3	151.1	-27.9
Amplitude (mm)	13.8	59.9	17.5	101.5
Surface(mm²)	546.7		584	



科正國際健康事業有限公司
新北市汐止區大同路二段145號7樓
886286926616
accuratu@ms37.hinet.net



Accuratus Demo
Sports coach
accuratu@ms37.hinet.net
286926616