



# T-FORCE

DYNAMIC MEASUREMENT SYSTEM

[www.tforcesystem.com](http://www.tforcesystem.com)

The **T-FORCE Dynamic Measurement System** is a *state-of-the-art* isoinertial dynamometer for the accurate assessment of an athlete's **strength and power** capabilities.

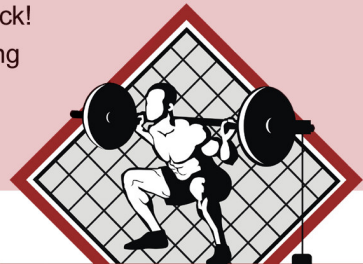
An **invaluable tool** for the strength and conditioning coach, the system provides very helpful and detailed information for the **monitoring** and **prescription** of **resistance training** programs. Each athlete's **velocity** and **power** profiles under different loading conditions can be obtained in real-time and saved for subsequent analysis .



This device displays and registers relevant **biomechanical parameters** (displacement, velocity, acceleration, force, power, ...) of most weight-lifting exercises performed in a vertical plane against a constant load. Data such as peak force, mean velocity, mean power, time to peak power, propulsive phase's duration, etc. are automatically computed and presented on screen, both numerically and graphically.

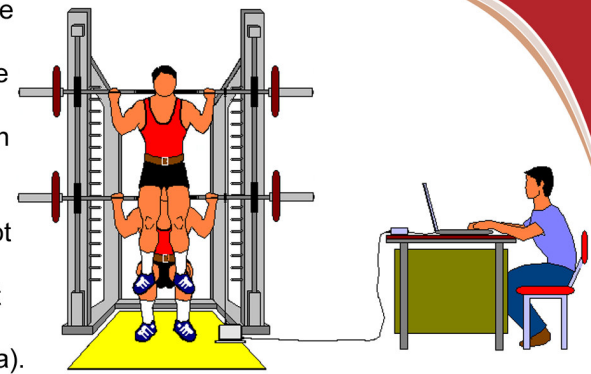
## MAIN FEATURES:

- Accurate, highly reliable, linear velocity transducer
- Direct measurement of velocity with which movements are performed
- 1 KHz sampling frequency (1000 data per second)
- Comprehensive & powerful software (with both, **testing** and **training modes**)
- Auditory and visual **feedback** for velocity or power based training
- Export all data to **MS Excel** with a simple mouse click!
- Small, portable device, suitable for any training setting
- USB 2.0** connection
- No need for any external power supply
- Compatible with **Windows XP** and **Vista**



**T-FORCE**  
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**T-FORCE's software** is definitely one step ahead of its competitors. Unlike other similar products that exist in the market, our solution is powerful, yet user-friendly and intuitive. It has been developed to suit the needs of coaches and sport scientists alike. It is packed with features that save a lot of analysis time after a testing or training session (e.g., you get instant access to the best repetition data of each set according to different criteria).



The **T-FORCE System** is currently used by several professional football/soccer, volleyball and rugby teams, leading universities, sports federations, fitness coaches, sports medicine centres and exercise science research facilities.

The software interface displays various data and graphs. One screenshot shows a table of biomechanical parameters for a squat exercise:

Parámetro	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Carga Kg	50.00	25.00	30.00	35.00	40.00	45.00	50.00	55.00	60.00	65.00	70.00	75.00	80.00	85.00	90.00	97.50
Repetición	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Subidas	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Bajas	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Mayor VMA	1.34	1.20	1.17	1.15	0.95	0.94	0.76	0.73	0.58	0.56	0.51	0.39	0.36	0.22	0.15	
Vel. (m/s)	(7)	(5)	(2)	(1)	(2)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)

Another screenshot shows a bar chart of acceleration velocity (Velocidad Media Acelerativa SUBIDA) in m/s for 10 repetitions. The values are: 0.59, 0.65, 0.63, 0.61, 0.55, 0.55, 0.51, 0.47, 0.44, 0.43.

A third screenshot shows a control panel with a large digital display showing '10' and '0.43'. The panel includes buttons for 'CANCELAR' and 'OK'.

A fourth screenshot shows a graph of force and power over time. The y-axis represents force and power, and the x-axis represents time in milliseconds.

A fifth screenshot shows a control panel for setting up a test. It includes fields for 'EQUIPO', 'ATELTA', and 'EJERCICIO'. It also has buttons for 'GRABAR', 'TEST', and 'Cancelar'.

by **ERGOTECH**

Technology for Sports  
Performance  
Enhancement