



HAWKIN

D Y N A M I C S



MOVEMENT MEASURED

INFORMATION PACKET 2024

WHAT'S NEW?

We update our software routinely. If you're interested in watching a video you can use this link [here](#) to view more.



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This is the Hawkin Dynamics Information Packet, an extensive explanation of the HD Force Plate System. Designed by coaches, for coaches and constantly evolving.

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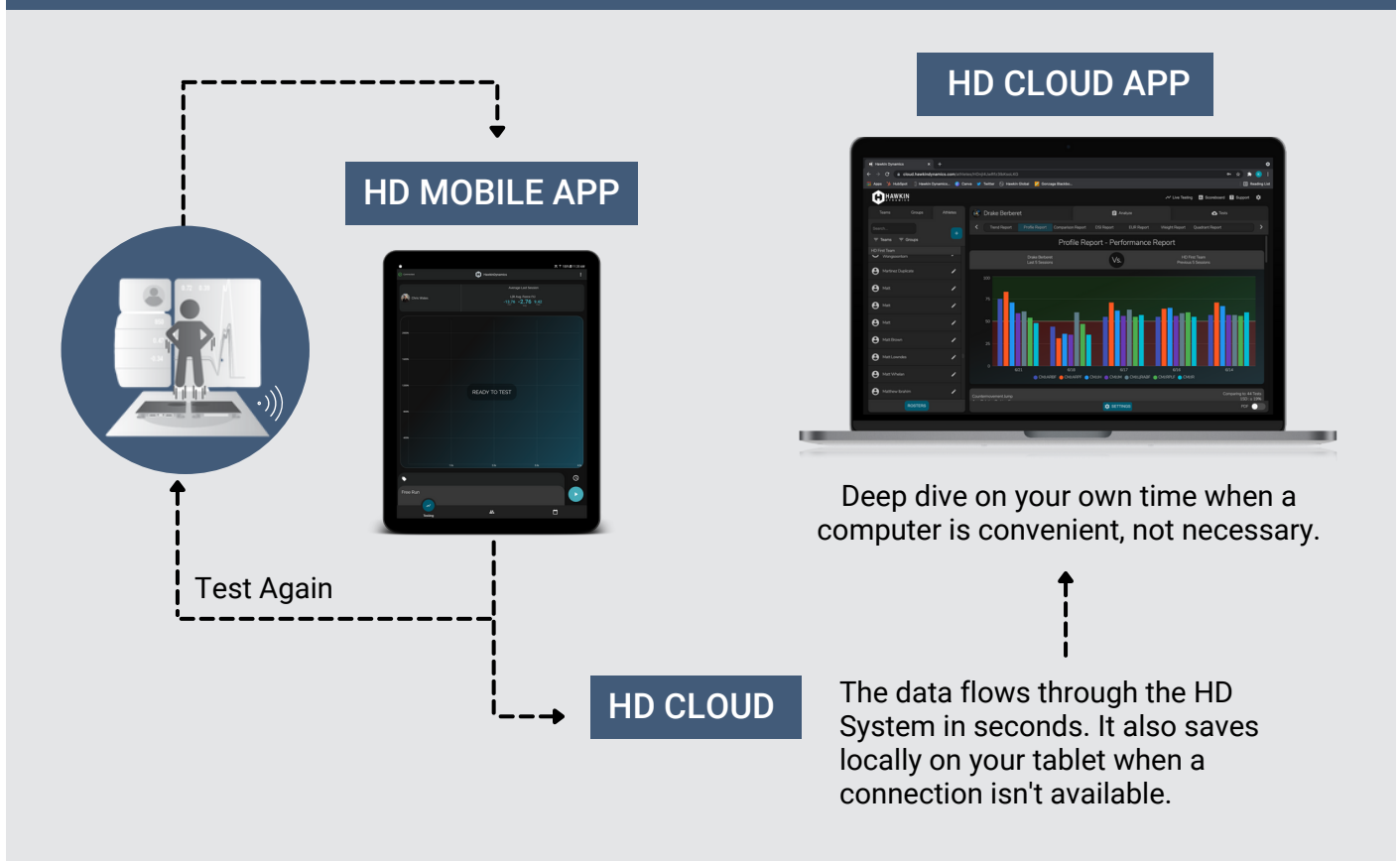
Hawkin Dynamics was first established in the fall of 2017. Since then we have served 500+ customers worldwide, and are still growing.

With our headquarters in Maine, USA, and representatives located in each major region of the world, we can effectively provide support to each user.

WHAT IS HAWKIN DYNAMICS?

Hawkin Dynamics is the world's first wireless force plate system and cloud-based software. We've taken a tool that was once expensive and complicated to use and brought it to the 21st century. It's force testing in the palm of your hand.

HD SYSTEM WORKFLOW



MADE IN MAINE, USA

Each Hawkin Dynamics Force Plate is engineered in Westbrook, Maine, USA inside a restored historic mill alongside the Presumpscot River. The force plates are built to last, designed with Aircraft Aluminum & Stainless Steel.

We also develop all software in-house. The software is what makes our system unique and seamless to use.




THE #HAWKINDIFFERENCE

USABILITY TRANSPARENCY SERVICE

WIRELESS TESTING




UNLIMITED ATHLETES




UNMATCHED SUPPORT




10-HOURS OF BATTERY



UNLIMITED STAFF




ONBOARDING SUPPORT



REAL-TIME FEEDBACK



UNLIMITED TEST OPTIONS



TIER 1 SPORT SCIENCE



PRINTABLE REPORTS



CLOUD SCORING



5-YEAR WARRANTY



HARDWARE

Hawkin Dynamics wireless force platform is a highly accurate kinetic analysis system that aids human performance assessment & rehabilitation.

The product operates as a set of two platforms, left and right. Together they accurately detect load and via WiFi Direct display provide clear real-time data on an Android app. This allows users to complete tests in a matter of seconds.

*If WiFi is not available, the data will be saved locally to the tablet.

SIZE (cm)	WEIGHT (Kg)	MATERIAL	POWER SUPPLY
72.4 x 61 x 7.6 (W x L x H) *when touching	19.5 Kg	Stainless Steel Aircraft Aluminum	Li-ion 6000mA.h 3.75V
FREQUENCY	SENSOR	MAXIMUM LOAD	CONNECTION
1000 Hz *research grade	Beam Load Cell *4 per plate	150% Max Range	WiFi Direct (100m) & Local Saving
RESOLUTION	ACCURACY	MECHANICAL RANGE	VOLTAGE
+/-0.25N	0.1N	0 - 14 kN	5V



RUGGED, PORTABLE, AND BUILT TO LAST.



SOFTWARE

Our HD Software is the difference. It's the world's first mobile application for a force plate, with cloud-based data management.

Test your athletes in seconds and your team in minutes. Do it all in the palm of your hand. The age of wires is over.

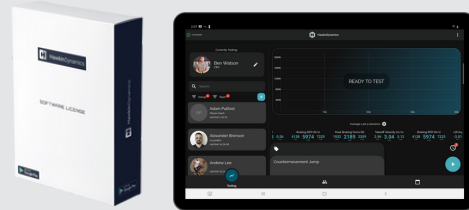
Our software provides real-time feedback for each metric and displays it immediately. Deep dive into data with our cloud app for long-term analysis with statistical scoring.

THE TOOL

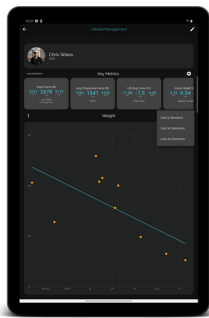


*hardware integrations available
more information below

THE DIFFERENCE



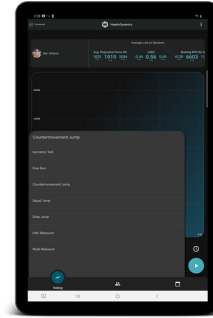
WEIGHT TRACKING



REAL-TIME DATA



QUICK NAVIGATION



DEVELOPED IN-HOUSE

- Our software UI is designed around our users and continually evolves to meet the demands of our users.
- Metrics, reports, & other features are added after thorough evaluation by the HD research & performance team.
- We are also pleased to offer 3rd party integrations with most Bertec & AMTI hardware. Additionally, we are resellers of Bertec, with seamless software integration.



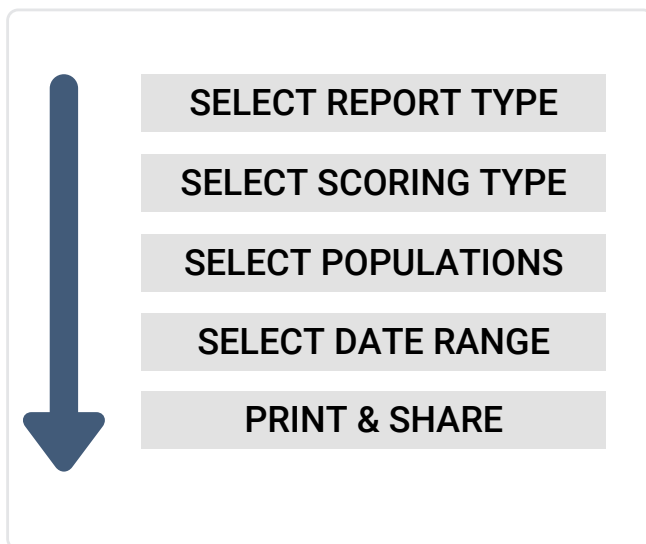
REPORTS

The HD Cloud App makes reporting easy. Quickly create your own report using one of the HD report templates.

Sharing with staff members and athletes is seamless. Simply use our one-click download to create digital or printed reports. [Streamline your communication by adding custom notes to any reports.](#)

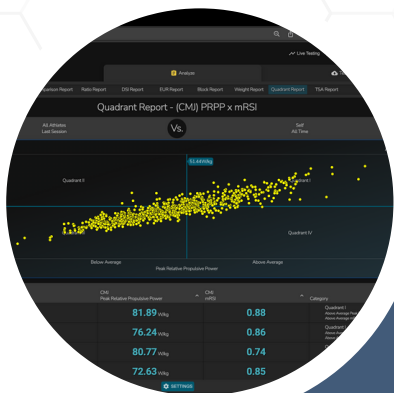
There are different options to score athletes in the HD Cloud App:

- Z-Scores (-4 to +4)
- Modified Z-Scores (0-100)
- Percent Change (%)
- Absolute Change



REPORT TEMPLATES

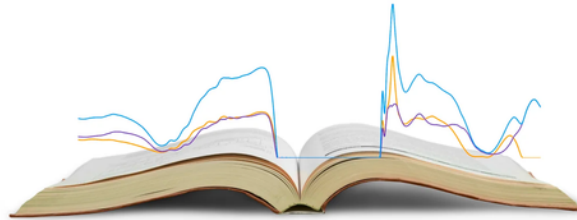
1. Trend Report
2. Athlete Profile (Radar)
3. Athlete Profile (Bar)
4. Comparison Report
5. DSI Report
6. EUR Report
7. Weight Report
8. Block Report
9. Ratio Report
10. Percentile Report
11. Quadrant Charts



METRICS

We provide 300+ metrics in the HD Software. Metrics vary based off of test type, phase location, left or right, & metric type (i.e. force, velocity, power)

1. Countermovement Jump
2. Squat Jump
3. Drop Jump
4. Isometric Test
5. Multi Rebound
6. CMJ Rebound
7. Free Run
8. Drop Landing



 [HD METRIC DATABASE](#)

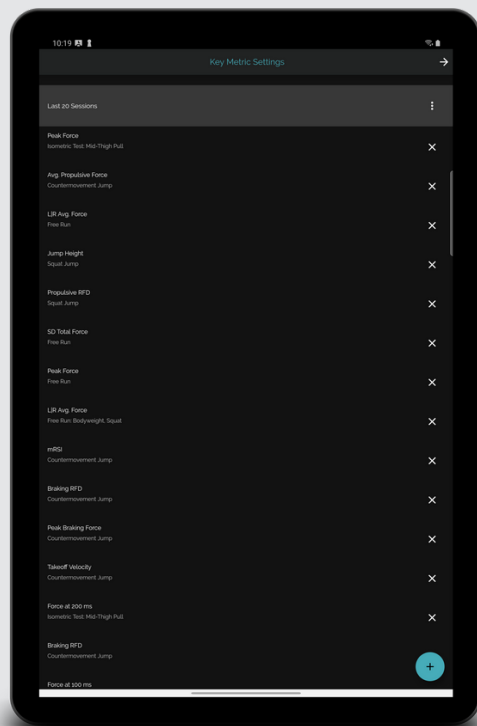
A common issue with metrics is there are too many. That's why in the HD System, we provide **metric filtering**. Only see the metrics you actually use, hide the metrics you don't. The other metrics are still saved in the backend for export if you need them at a later time.

EXPORTS

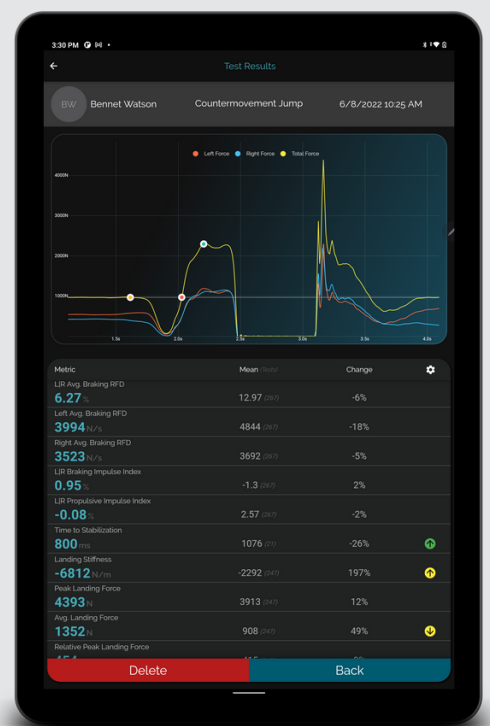


Own your data.
Open API

FILTER DISPLAYED METRICS



POST TEST DISPLAY



ASSESSMENTS

An assessment for every athlete based off of the demands of the sport.

STATIC	SLOW DYNAMIC	FAST DYNAMIC	ISOMETRIC	FREE RUN		
1	2	3	4	5	6	7
Squat Jump	CMJ	CMJ Rebound	Drop Jump	Multi Rebound	Isometric Mid-Thigh Pull	Squats
Loaded Squat Jump	Loaded CMJ	Loaded CMJ-RE	Depth Jump	10/5 Rebound	Isometric Back Squat	Balance Tests
Unilateral Squat Jump	Unilateral CMJ	Unilateral CMJ-RE		Scandinavian Rebound	Isometric Trapbar Pull	Nordics
Static Pushups	Ballistic Pushup			Bosco Jump Test	Isometric Belt Squat	Unlimited Options
					ASH Test	
					Special Isometrics	

UNLIMITED TEST TYPES



HD TAGGING SYSTEM

Make any assessment above your own. Compare it within your system against other assessments with the same tag.

Example: Select Countermovement Jump and create a "Tag" to make it a "Loaded CMJ 20Kg"



#HAWKINFAMILY

Testimonies from our users:



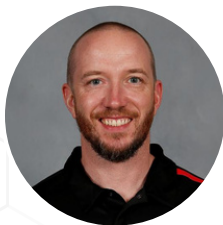
ADAM FLETCHER | Director of Basketball Performance, University of Illinois

"Hawkin Dynamics' Force Plate System has not only been extremely useful for establishing daily readiness in our program, but also very impactful in our training plan & prescription. We jump on the force plates every single training session and incorporate weekly assessments in the CMJ, Drop Jump, and Isometric mid-thigh pull test. The competition it drives is unparalleled."



JASON BASEDEN | Athletic Director of Physical Education and Athletics Phillips Exeter Academy

"This past school year (2022) we purchased a pair of Hawkin Dynamics Force Plates, and it has truly changed the game for our ability to get specific measurements on our student-athletes. We are now able to make data-driven decisions in terms of our workouts or rehabilitation in the case of injury. Our sports performance coaches and athletic trainers have a focus on injury prevention and being able to see potential imbalances allows them to pre-empt a potential injury with a tailored workout plan."



DEVAN MCCONNELL | High Performance Director, Arizona Coyotes

"Fortunate to have Hawkin Dynamics support. Being able to assess late stage return to play values to previous norms allow for an objective evaluation of progress, and leads to more informed decisions."



Blanca Romero Moraleda, PhD | Physical Trainer, Spain Women's National Football Team

"Testing with HD force plates helped me to monitor fatigue and assess player's readiness. As the data is automatically saved and easily interpreted in the cloud, no detail is missing for chasing excellence."

SUBSCRIPTION PACKAGES

ONE YEAR SUBSCRIPTION
\$4,000 USD/yr

Multi-year contracts available at a discounted price



Each subscription includes a single set of force plates, software license + updates, warranty, travel carrying case, and customer support.

+ HD ADD-ONS

- FOAM SURROUND
- TABLET
- TABLET STAND
- ISOMETRIC RIG



[REQUEST A QUOTE ONLINE HERE](#)

HD RESOURCES

#HAWKINFAMILY #HAWKINDIFFERENCE

LINK



- Watch the system function in real-time
- Listen to our Talkin' Force educational series
- Watch videos from our users
- Rewatch the Coaches vs. COVID webinars

[YOUTUBE](#)

www.youtube.com/HawkinDynamicsForcePlates

LINK



Popular blog links:

- [10 Things to look for when buying a force plate](#)
- [13 articles by Dr. Jason Lake](#)
- [Which surfaces are okay to test on?](#)
- [A review of 100 jumps, is there an optimal profile?](#)

[HD BLOG](#)

www.hawkindynamics.com/blog

LINK



Speak directly with a Hawkin Dynamics sales representative to answer your questions, request a virtual demo, or a quote.

[CONTACT SALES](#)

www.hawkindynamics.com/contactsalesteam

