



Create or find your profile:

First Time?

Admin > New Athlete

Enter your First Name, Last Name, Gender, and Birth Year

Add and Scan Now

Returner?

Click the Home button (logo on the top left)

Click the "All Athletes" Group

Search for your first OR last name

Click the Scan Button next to your name

Choose Assessment:

Balance Scan

1. Take shoes off.
2. Select Balance Scan.
3. Step on the force plate with both feet, stand still, and close your eyes.
4. When you hear the chime, balance on your RIGHT foot (picking up the left) for 20 seconds until you hear the next audible tone.
5. DO NOT grab the wall for support or open your eyes. It is OK to touch your left foot down to regain balance and proceed.
6. Step off the plate with both feet to reset.
7. Step back on the force plate with both feet, stand still, and close your eyes.
8. When you hear the chime, balance on your LEFT foot (picking up the right) for 20 seconds until you hear the next audible tone.
9. Repeat for 2 total times on both sides.
10. If you get an error message, step back on and stand still to redo the trial.

Jump Scan

1. Complete Sparta Warm up.
2. Select Jump Scan.
3. Step on the force plate with your arms up and stand still.
4. When you hear the chime and the screen says "Jump", jump as high as you can.
5. Repeat for 6 total times.
6. If you get an error message, step back on and stand still to redo the trial.

Plank Scan

1. Select Plank Scan.
2. Step on the force plate with both feet and stand still.
3. When you see the prompt, step off the force plate.
4. Get set up in a pushup position with both hands on the plate, and remain still. Hands and feet should be shoulder-width apart.
5. When you hear the chime, balance on your RIGHT hand (picking up the left) for 20 seconds until you hear the next audible tone.
6. Drop to your knees and remove both hands from the plate to reset.
7. Again, get set up in a pushup position with both hands on the plate, and remain still for the next trial.
8. When you hear the chime, balance on your LEFT hand (picking up the right) for 20 seconds until you hear the next audible tone.
9. Repeat for 2 total times on both sides.
10. If you get an error message, get set up in a pushup position with both hands on the plate to redo the trial.