

SPME 425 Biomechanics

Force Plate Instructions

1. Before all data collection sessions
 - A. Time constant – Off
 - B. X,Y Range – 5000 pC or 10000 pC
 - C. Z Range – 10000 pC or 50000 pC

2. Before all trials **and** with force plate unloaded (i.e., no one standing on the plate)
 - A. Move Operate/Reset/Remote switch to middle or Reset position.
 - B. Return the Operate/Reset/Remote switch to the operate position – green light will now be lit.

3. Repeat step 2 for all trials.