HAWKIN
TRUSTRENGTH

HAWKIN TRUSTRENGTH IN PRACTICE

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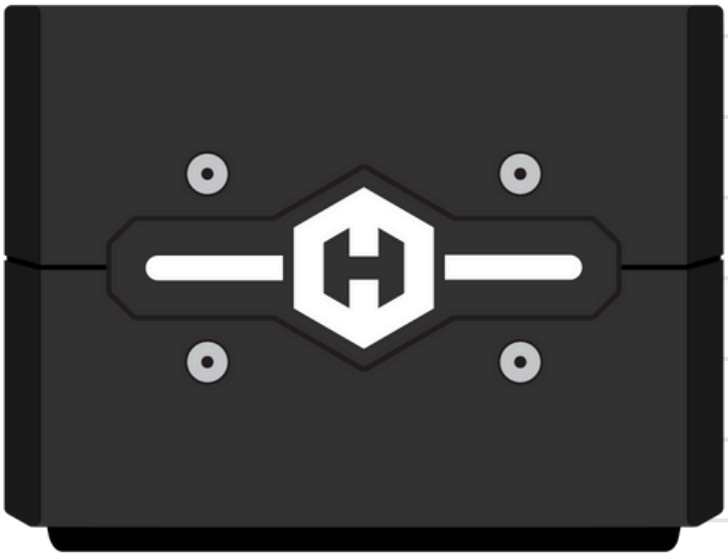
ONE DEVICE,
ENDLESS POSSIBILITIES.

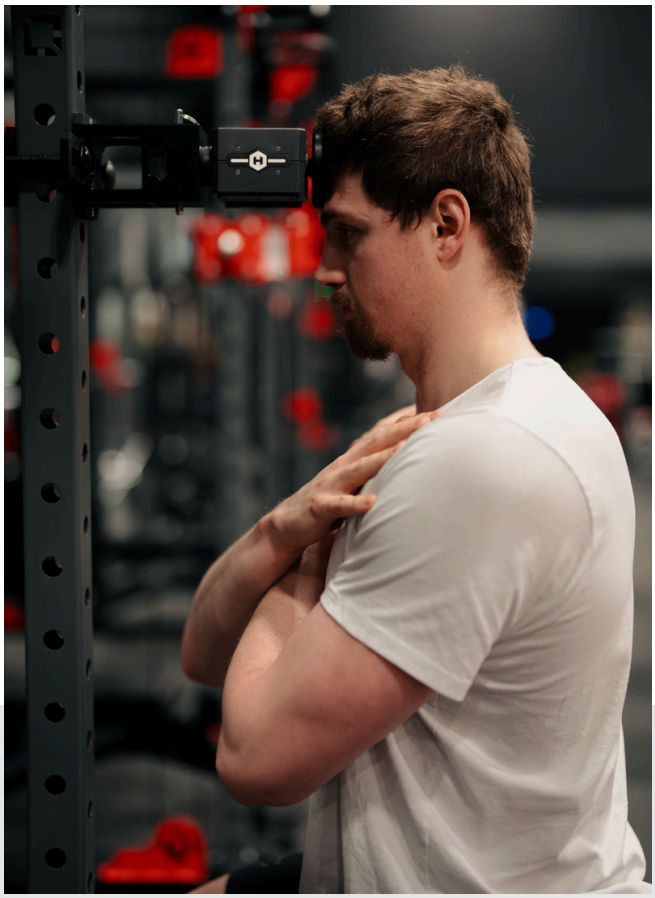


NECK
SHOULDER
HIP
HAMSTRING
QUADRICEP
CALF
FULL BODY

CLICK HERE TO
VIEW THE SPECS

NECK

FOUR DIRECTION
NECK ASSESSMENT
COMPRESSION



ADDITIONAL PROTOCOLS:

FOUR DIRECTION - TENSILE
QUAD POSITION - TENSILE
QUAD POSITION - COMPRESSION
NECK RETRACTION - TENSION

SHOULDER

THE ASH TEST
I POSITION

ADDITIONAL PROTOCOLS:

ASH TEST - Y POSITION
ASH TEST - T POSITION
INTERNAL ROTATION
EXTERNAL ROTATION
THE ‘EMPTY CAN’ TEST

HIP

HIP ADDUCTION
BILATERAL

ADDITIONAL PROTOCOLS:

UNILATERAL ADDUCTION
HIP ABDUCTION (UNILATERAL)
STANDING HIP FLEXION

HAMSTRING

90:20
TEST

ADDITIONAL PROTOCOLS:

90:90 TEST
30:30 TEST
STANDING HIP EXTENSION

QUADRICEP

SEATED KNEE EXTENSION 90

ADDITIONAL PROTOCOL:

SEATED KNEE FLEXION 90

CALF

KNEELING PLANTAR FLEXION TEST

ADDITIONAL PROTOCOL:

SEATED PLANTAR FLEXION TEST

FULL BODY

ISOMETRIC
MID-THIGH PULL

ADDITIONAL PROTOCOL:

BELT SQUAT

Click here to access the Hawkin Metric Database, to discover the most effective performance assessments for your athletes and pinpoint the metrics that matter.