



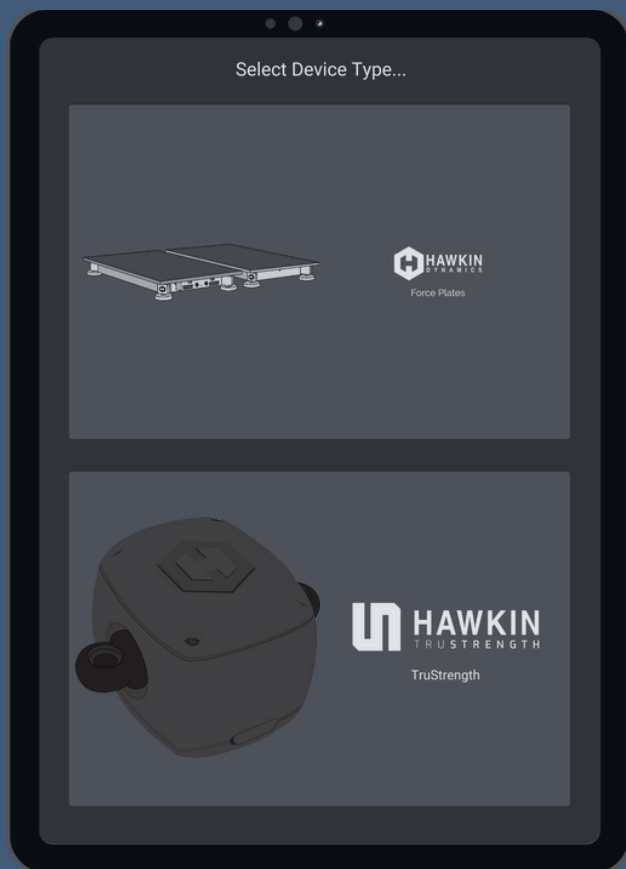
HAWKIN
TRUSTRENGTH

TRUSTRENGTH IN PRACTICE 2025



NEW SOLUTION, SAME APPLICATION

OUR NEWEST SOLUTION THAT
UTILIZES THE SAME HAWKIN
SOFTWARE TRUSTED BY THE TOP
ORGANIZATIONS





SPECS

- **SAMPLING FREQUENCY**
1,200 Hz
- **RESOLUTION**
1N (100g)
- **CAPACITY**
10,000N (1000kg) TENSION & COMPRESSION
- **SENSOR TYPE**
S-BEAM STRAIN GUAGE
- **BATTERY LIFE**
8-HOURS (USB-C CHARGING)
- **SIZE**
105W X 80H X 95D mm
- **WEIGHT**
1.7 LBS (800G)



FAQ

CONNECTING TO YOUR TRU STRENGTH

1. Press the white power button until the indicator light starts flashing
2. Open your Hawkin App, and click connect
3. Choose TruStrength as the device type
4. Click “Scan for Devices”
5. Once your TruStrength unit shows as available, tap to connect

TESTING TIME

1. After connecting, select the test type you would like to use
2. Select your athlete
3. Apply any necessary tags to indicate the conditions of the test. All tests should have a TAG.
 - a. Ex– Standing Right Shoulder Internal Rotation 0 Deg
4. Set the number of reps, target force threshold, and rep duration (all optional)
5. Select the Pretension (Manual, Automatic or Fixed)
6. Once you are ready to test, click the Play button to start the test and have the test subject hold steady. The first 1-2 seconds will set the pretension, and the test will start automatically. (Note - if you choose manual pretension, the Play button must be pressed again to start the test)



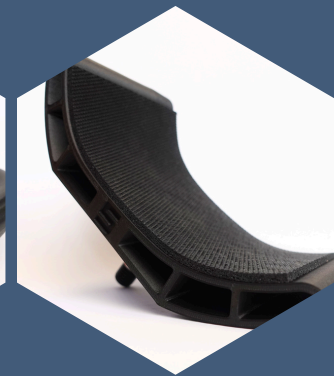
ONE SOLUTION, **ENDLESS** **POSSIBILITIES**

→ SHOULDER

→ HIP

→ KNEE

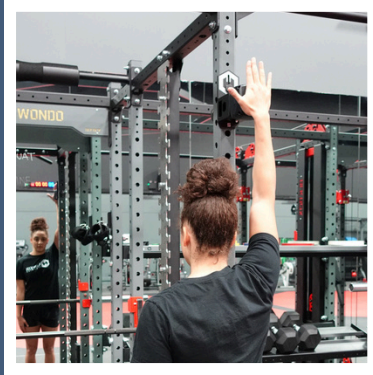
→ CALF



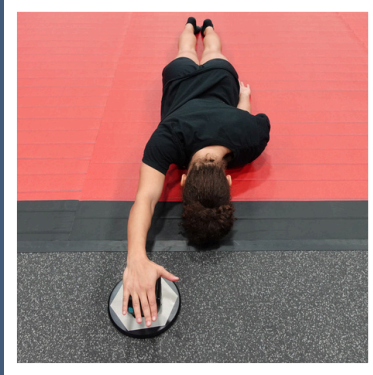


SHOULDER

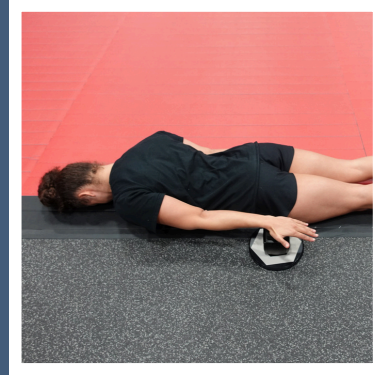
→ ASH TEST (I POSITION)



Standing I Position



Supine I Position

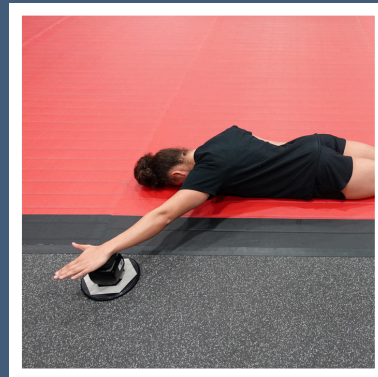


Reverse I Position

→ ASH TEST (Y POSITION)

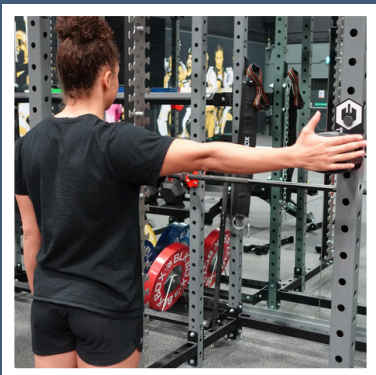


Standing Y Position

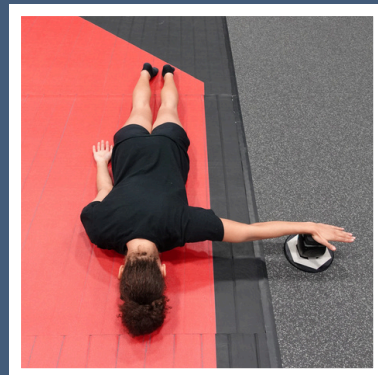


Supine Y Position

→ ASH TEST (T POSITION)



Standing T Position



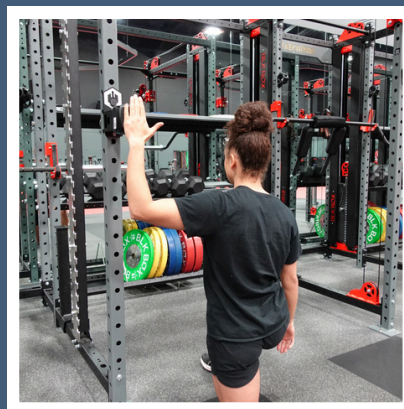
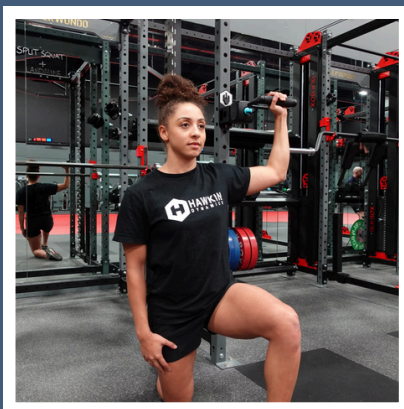
Supine T Position



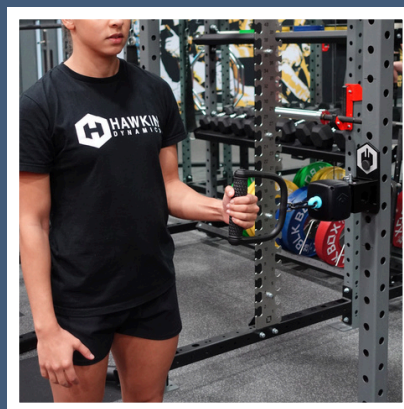
SHOULDER

→ INTERNAL ROTATION

1/2 Kneeling
90 Degrees

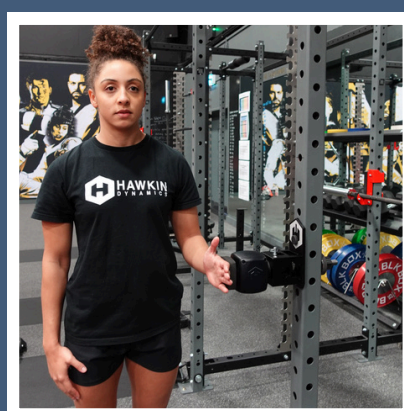
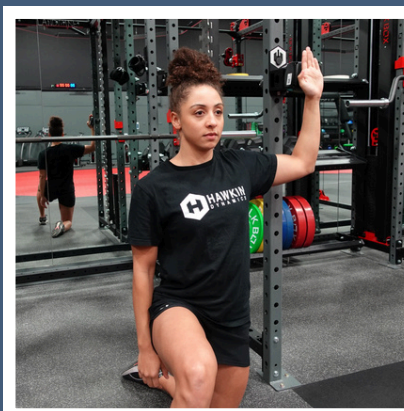


Standing
0 Degrees



→ EXTERNAL ROTATION

1/2 Kneeling
90 Degree



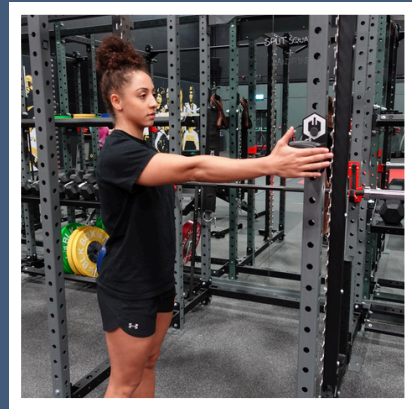
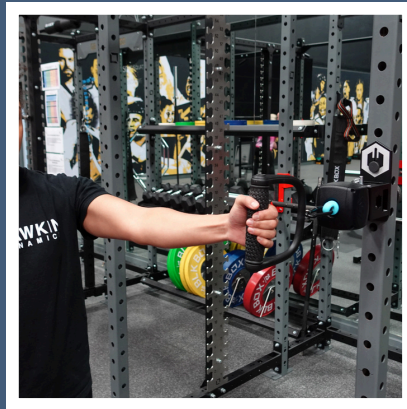
Standing
0 Degree



SHOULDER

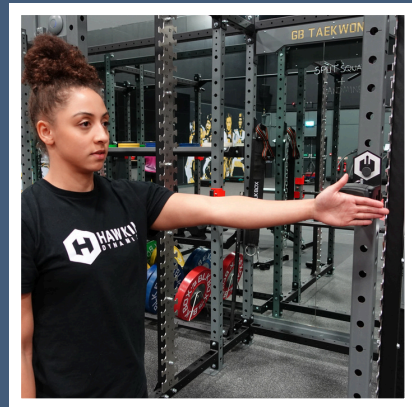
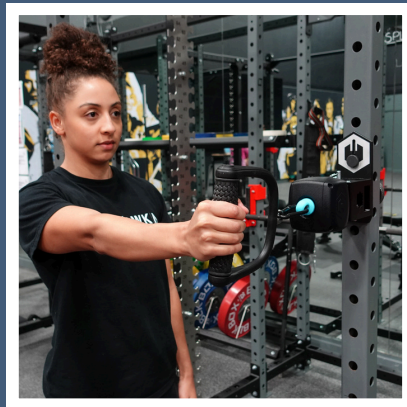
→ ADDUCTION

Standing
90 Degrees



→ ABDUCTION

Standing
90 Degrees





HIP

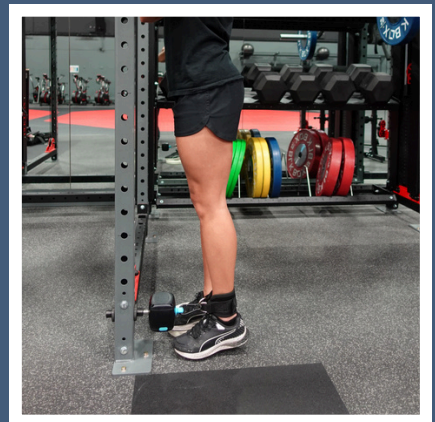
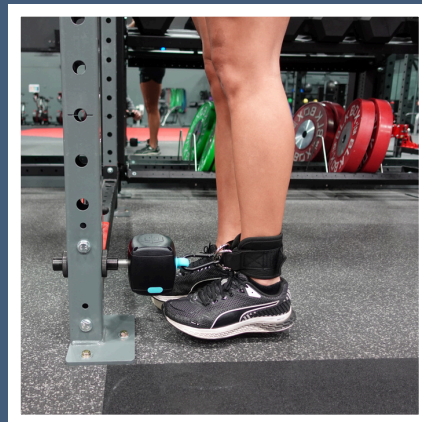
→ FLEXION

Standing
Unilateral
0 Degrees



→ EXTENSION

Standing
Unilateral
0 Degrees

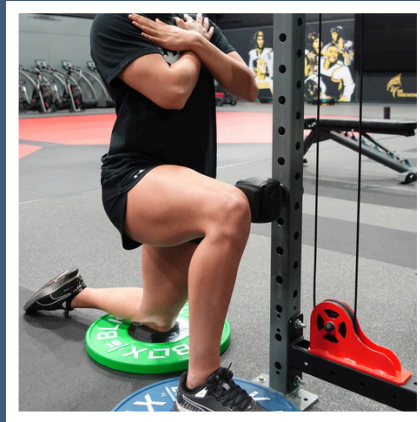




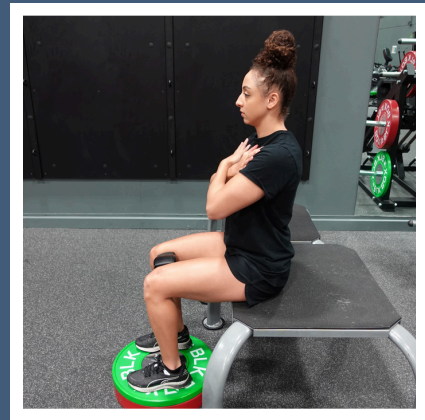
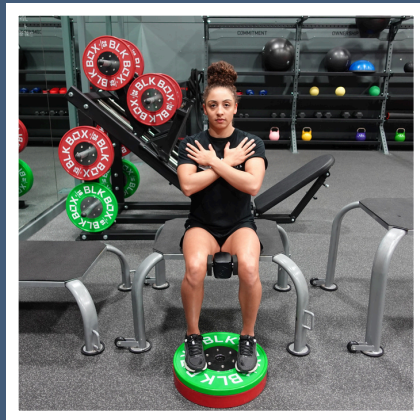
HIP

→ ADDUCTION

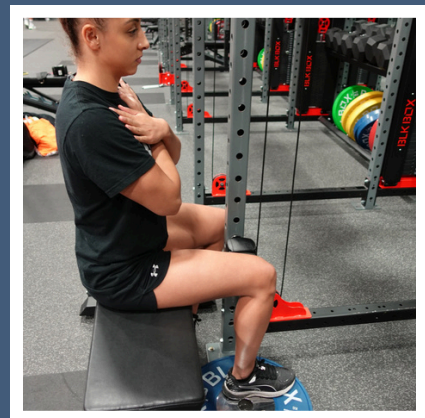
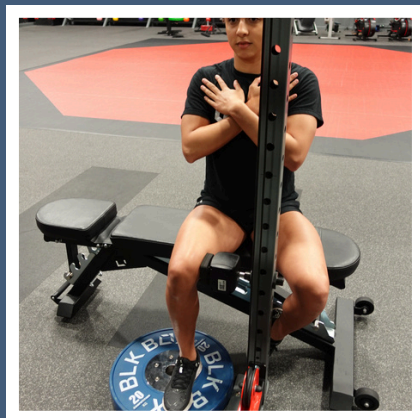
1/2 Kneeling
Unilateral
90 Degrees



Seated



Seated
Unilateral

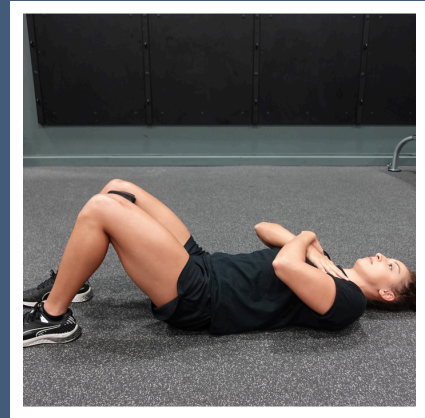
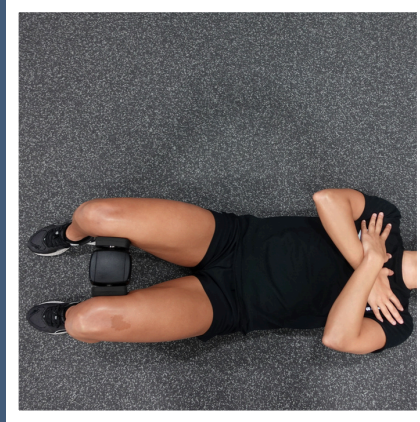




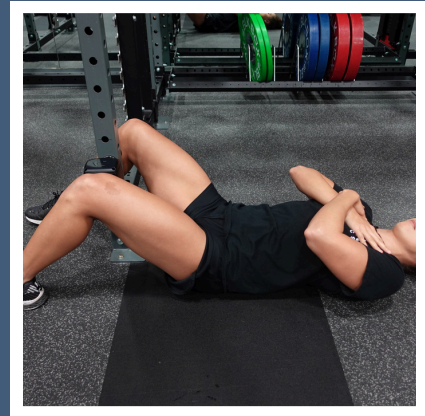
HIP

→ ADDUCTION

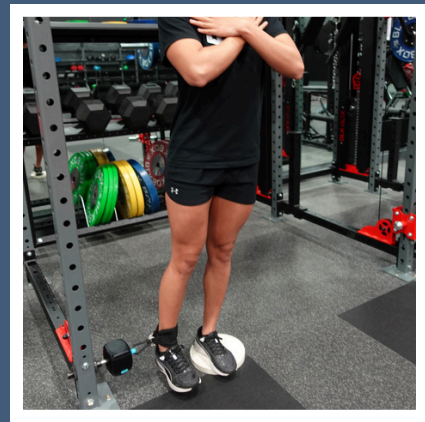
Supine
45 Degrees
(Groin)



Supine
Unilateral
45 Degrees



Standing
Unilateral

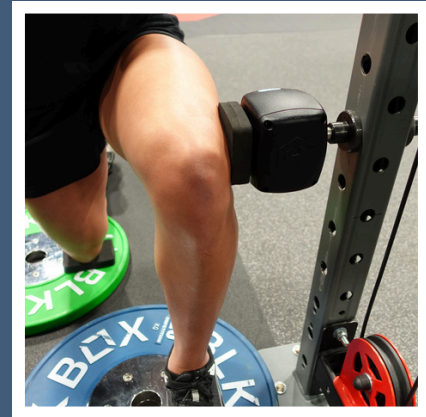
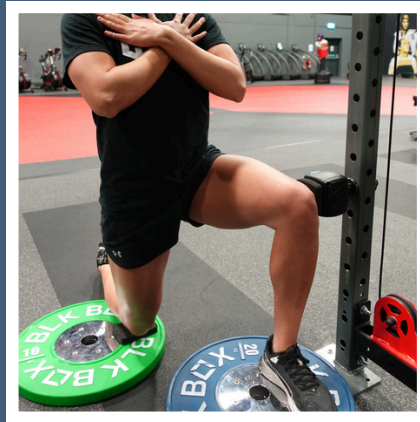




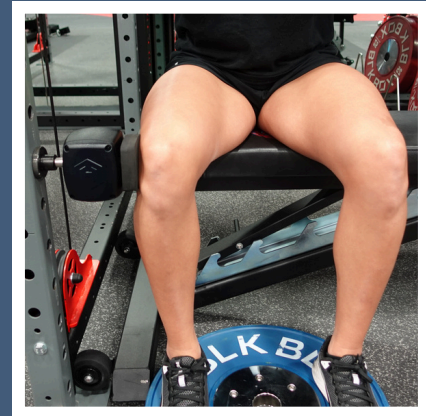
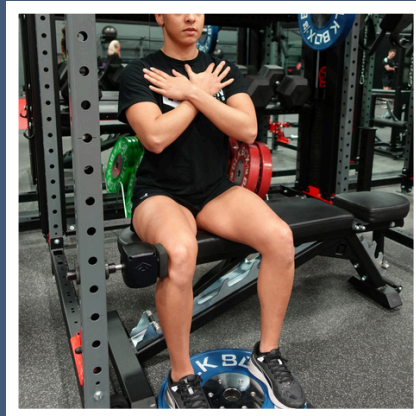
HIP

→ ABDUCTION

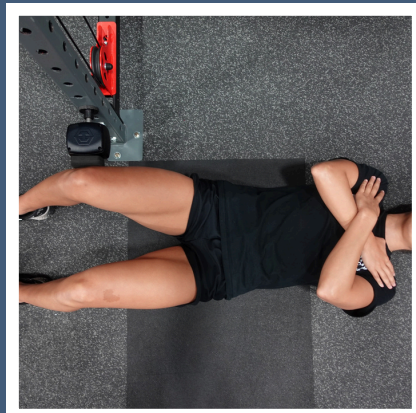
1/2 Kneeling
Unilateral
90 Degrees



Seated
Unilateral



Supine
Unilateral
45 Degrees

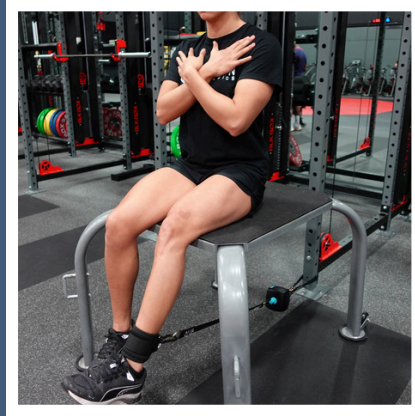




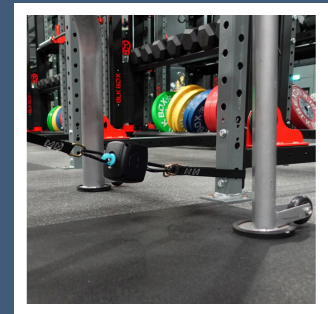
KNEE

→ EXTENSION (QUADS)

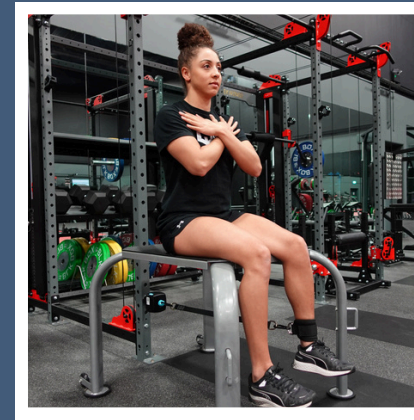
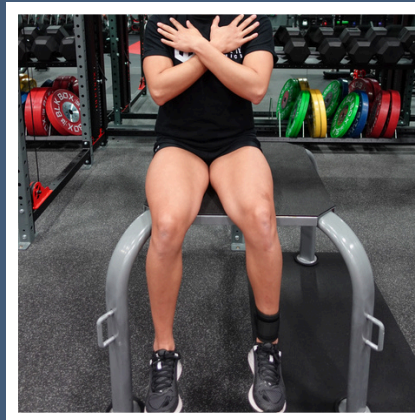
Seated
Unilateral
60 Degrees



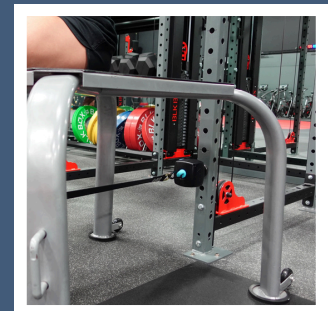
TS attached via straps



Seated
Unilateral
90 Degrees



TS attached directly to rack

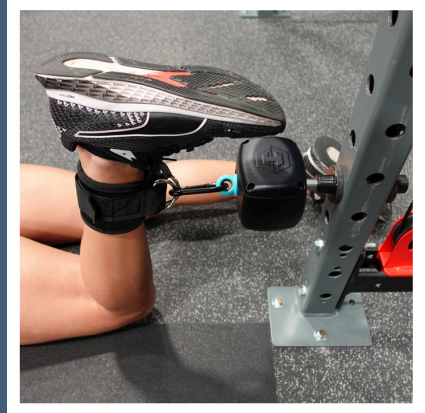
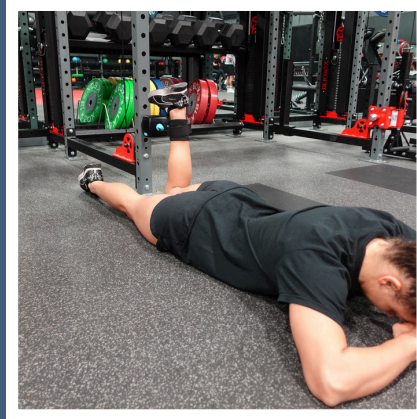




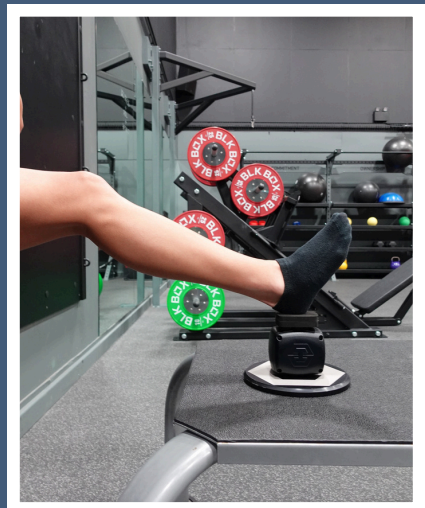
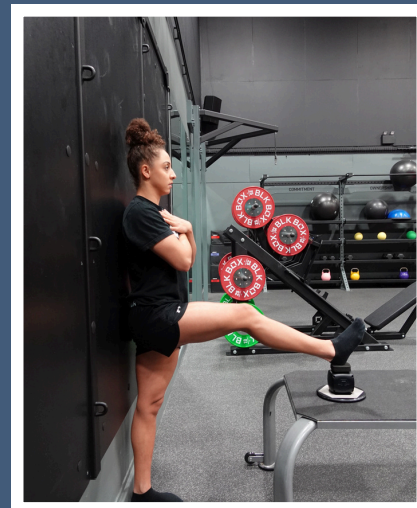
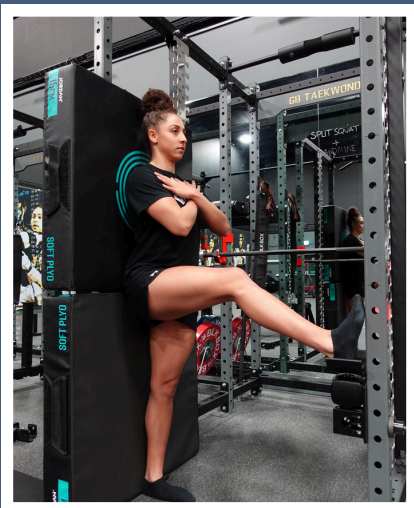
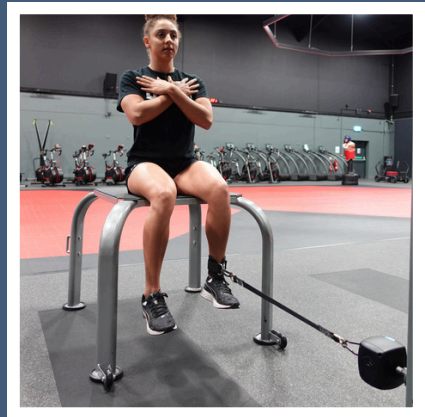
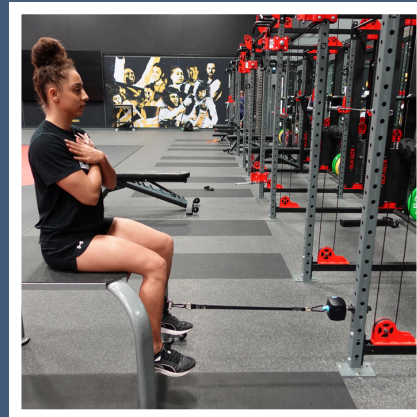
KNEE

→ FLEXION (HAMSTRINGS)

Prone
Unilateral
90 Degrees



Seated
Unilateral
90 Degrees



Standing Unilateral 20 Degrees



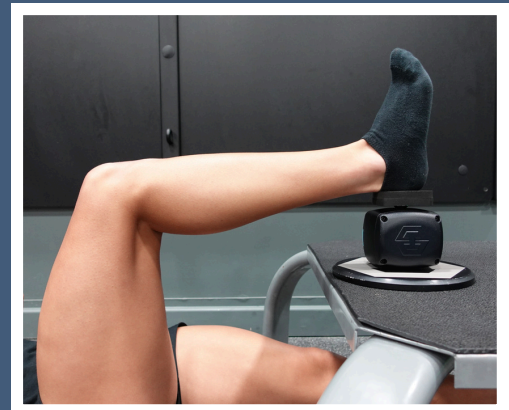
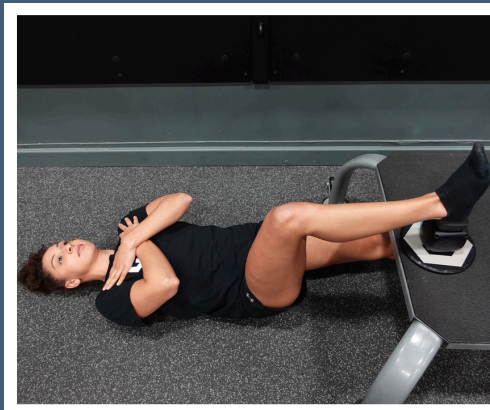
KNEE

→ FLEXION (HAMSTRINGS)

Supine
Unilateral
30 Degrees



Supine
Unilateral
90 Degrees

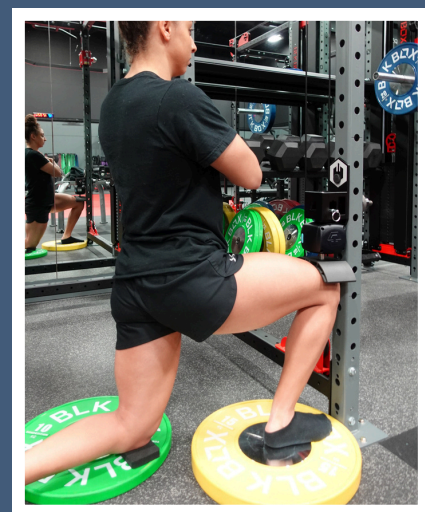
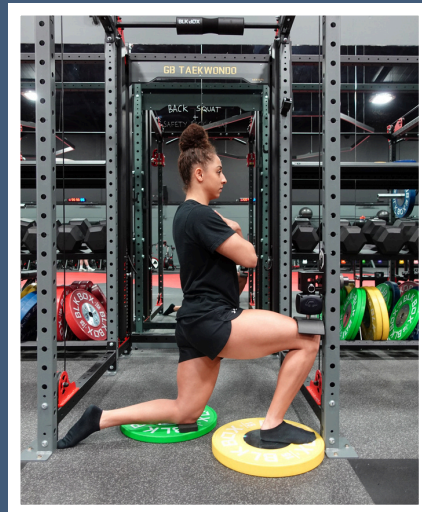
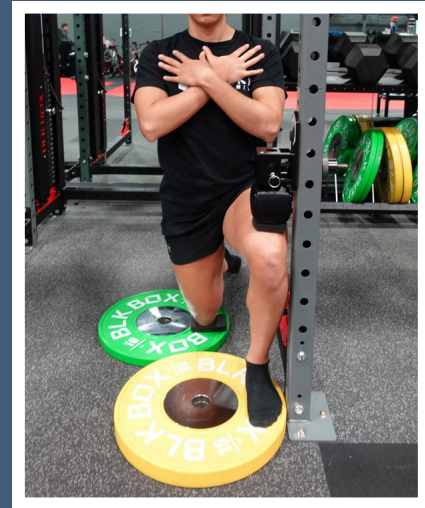
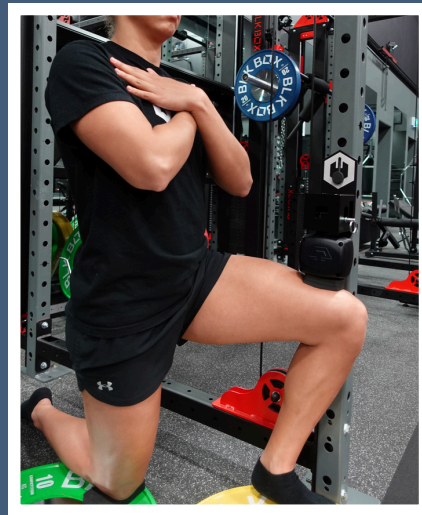




CALF

→ PLANTAR FLEXION

1/2 Kneeling
Unilateral
15 Degrees



IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE REACH OUT TO
TECHSUPPORT@HAWKINDYNAMICS.COM