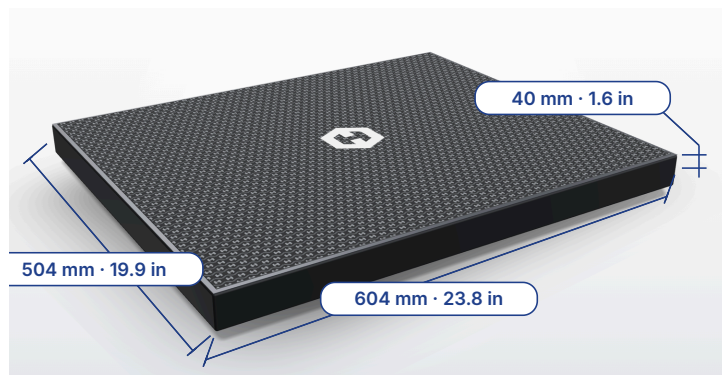


FOUNDATION FORCE PLATE

FROM DEVICE TO DECISION IN SECONDS

One plate, one USB cable connected to your tablet. Six validated tests, with every metric on the screen instantly.


CAPTURE 2.0 COMING SOON

The next generation of the Hawkin app launches at the end of October. The Foundation plate runs on it right away, providing an upgrade path to more feature-rich software as your program grows. So you get updated software with the same plate and same login.

SPECIFICATIONS

PLATE	Single wired force plate for bilateral testing (no left/right split).
SIZE	604 × 504 mm, 40 mm tall (23.8 × 19.9 × 1.6 in)
WEIGHT	13 kg (28.7 lb)
CONSTRUCTION	Aluminum body with a bead-blasted black finish. Four adjustable stainless-steel feet for leveling.
SURFACE	Hawkin honeycomb grip tape
CONNECTION	USB-B at the plate, USB-C at the tablet. The cable powers the plate. No battery, no charging, no pairing.
COMPATIBLE DEVICES	iPad with an Apple M-series chip (iPad Pro 2021 on, iPad Air 2022 on); newer Android tablets with USB-C

Specifications are subject to change without notice.

AT A GLANCE

FITS WHERE YOU TEST

One plate on a hard, flat floor, powered by its USB cable. Open the Hawkin Capture app and test.

604 X 504

mm footprint (23.8 × 19.9 in)

40 MM

tall (1.6 in)

13 KG

28.7 lb

1 CABLE

powers the plate and streams data

TWO PLATES WHEN YOU NEED THEM

Left/right asymmetry, drop jumps and the full Hawkin test library need two plates. Move up to Dual Wireless Force Plates when you are ready. Same login, and your data comes with you.

SOFTWARE	Hawkin Capture app on the tablet, Hawkin Cloud on the web. Unlimited athletes, staff and data export. Customizable, printable reports. Open API.
TESTS	Weigh-In, Countermovement Jump, Squat Jump, CMJ Rebound, Multi-Rebound, isometric tests
IN THE BOX	Foundation plate and its USB cable
OPTIONAL	Foam surround, \$150
TERMS	1, 2 or 3 years. Software license, support and onboarding included for the full term.
SHIPPING	\$99 in the US. Sales tax added at checkout. International shipping opens in November.

Every test runs in the Hawkin Capture app on your tablet and syncs to Hawkin Cloud. You see the force-time curve live, receive validated metrics the moment the test ends, and every result is saved for trends, reports and export.

BODY MASS

WEIGH-IN

Records the athlete's bodyweight for the session, so every force metric that follows is scaled correctly.

KEY METRICS

Body mass, system weight

READINESS

COUNTERMOVEMENT JUMP

The most common test in sport. The athlete dips and jumps as high as possible with hands on hips. You get the full force-time curve: how they load, brake and push off.

KEY METRICS

Jump height, mRSI, peak propulsive force, braking RFD, time to takeoff, countermovement depth

CONCENTRIC POWER

SQUAT JUMP

The athlete holds a squat, then jumps with no countermovement. Isolates concentric force. Compared with the CMJ, it shows how much the athlete gains from the stretch-shortening cycle.

KEY METRICS

Jump height, peak force, propulsive impulse, time to takeoff, eccentric utilization ratio (with CMJ)

REACTIVE STRENGTH

CMJ REBOUND

A countermovement jump followed immediately by a second jump off the landing. Covers slow and fast stretch-shortening in one rep.

KEY METRICS

Jump height for both jumps, RSI, contact time, stiffness

REPEATED HOPS

MULTI-REBOUND

Continuous hops with minimal knee bend, using the 10/5 or 5/3 protocol. A quick measure of reactive strength and lower-limb stiffness.

KEY METRICS

RSI, contact time, flight time, stiffness, jump height

MAXIMAL STRENGTH

ISOMETRIC TESTS

Mid-thigh pull, belt squat, ASH shoulder test and other setups against an immovable bar. Measures peak force and rate of force development without a maximal lift.

KEY METRICS

Peak force, rate of force development, force at set time points

PRICING AND TERMS

1 year, paid in full	\$1,500	\$1,500 today
2 years, paid in full	\$2,600	\$2,600 today (\$1,300 a year)
3 years, paid in full	\$3,000	\$3,000 today (\$1,000 a year)
2 years, paid yearly	\$1,350 / YR	\$1,350 today, then \$1,350 next year
3 years, paid yearly	\$1,200 / YR	\$1,200 today, then \$1,200 a year for 2 more years

Prices in USD, before tax. US shipping is \$99 per order. The foam surround (\$150) is optional. Every term includes the plate, cable, software license, support and onboarding. Paid-in-full terms, including the 1-year term, can be split into monthly payments at checkout with Klarna or Affirm, subject to approval. Yearly-billed terms cannot.

COMPATIBLE TABLETS

iPad with an Apple M-series chip (iPad Pro 2021 or later, iPad Air 2022 or later), or a newer Android tablet with USB-C. The standard iPad and iPad mini are not supported. Tablet not included.

HOW TO BUY

Order online at hawkindynamics.com/foundation-force-plate (US orders). For purchase orders, invoicing, multi-site rollouts or orders outside the US, [speak to sales](#).