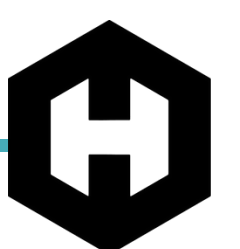


# HAWKIN

D Y N A M I C S

*QUICK START GUIDE*



# KEY COMPONENTS

The Hawkin Dynamics force plates are portable, wireless, and easy to operate! Use this guide to easily navigate your forceplates.

## ADJUSTABLE FEET

Twist clockwise to loosen the foot, and twist counter-clockwise to tighten the foot (**NOTE**: Only one foot on the front of each plate is adjustable).



## USB-C CHARGING

To charge the internal battery on your plate, plug in the included USB-C cord to the port marked "⚡" and plug the other end into a standard outlet. The charge LED will blink **Orange** when the plates are actively charging and will hold a solid **Orange** light when the plates are fully charged.



## ZERO

Press this button to zero tare your plates

## PWR BUTTON

Turn the plates on by pressing the "**PWR**" button on the control panel. The LED ring around button will start flashing in the bootup sequence

## SMA CONNECTOR

## ETHERNET PORT

Use this port to connect an ethernet cable for diagnostics and other features.



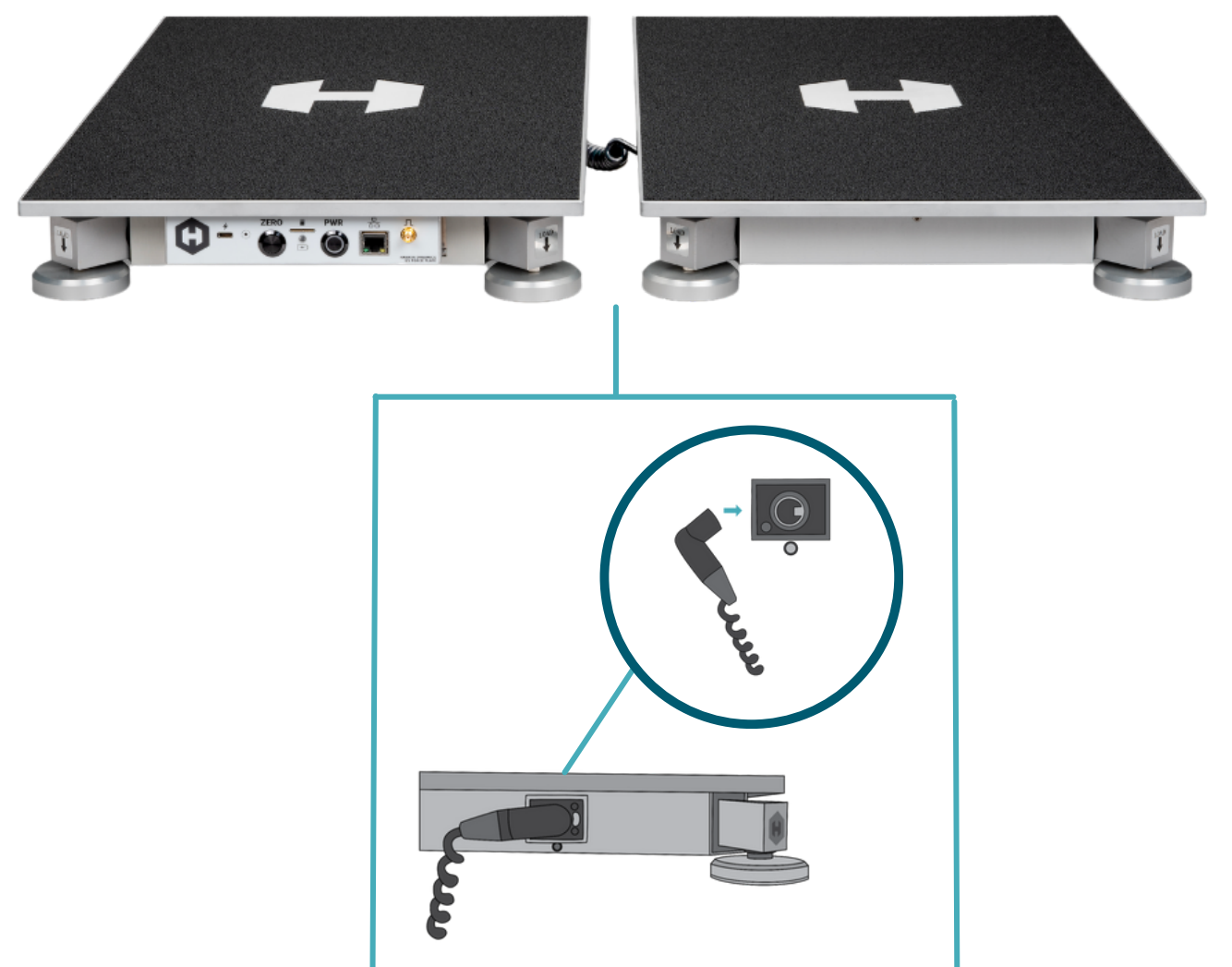


# SETTING UP YOUR PLATE

The Hawkin Dynamics force plates are portable, wireless, and easy to operate! We want you to have a simple process in setting up your plates. Following these easy guidelines will ensure you collect the highest quality data possible

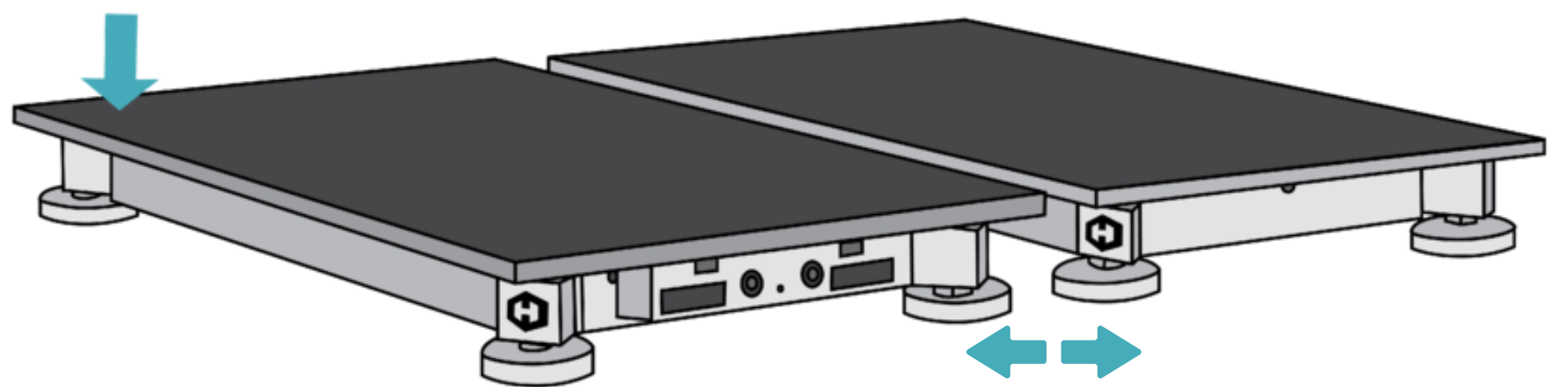
## CONNECTING LEFT AND RIGHT PLATE

Connect your plates by aligning the interconnector cable with the receptacle on each plate, and press in until you hear a 'click'. To disconnect the cable, press the silver "PUSH" button on the receptacle and gently remove the cable (**NOTE**: The plate with the control panel is designated as the right plate).



## LEVELING

Make sure your force plates are as level as possible. Press down on each corner to ensure the plates do not wobble and that all four feet are solidly touching the ground. If you need to make adjustments, there is an adjustable foot on the front of each plate.



## SPACING

In terms of spacing, you may leave a small gap between the plates, or press them flush together. Please leave at least 1mm between each plate. (**NOTE**: Exercise caution when spreading the plates out as to not strain the inter-plate cable).



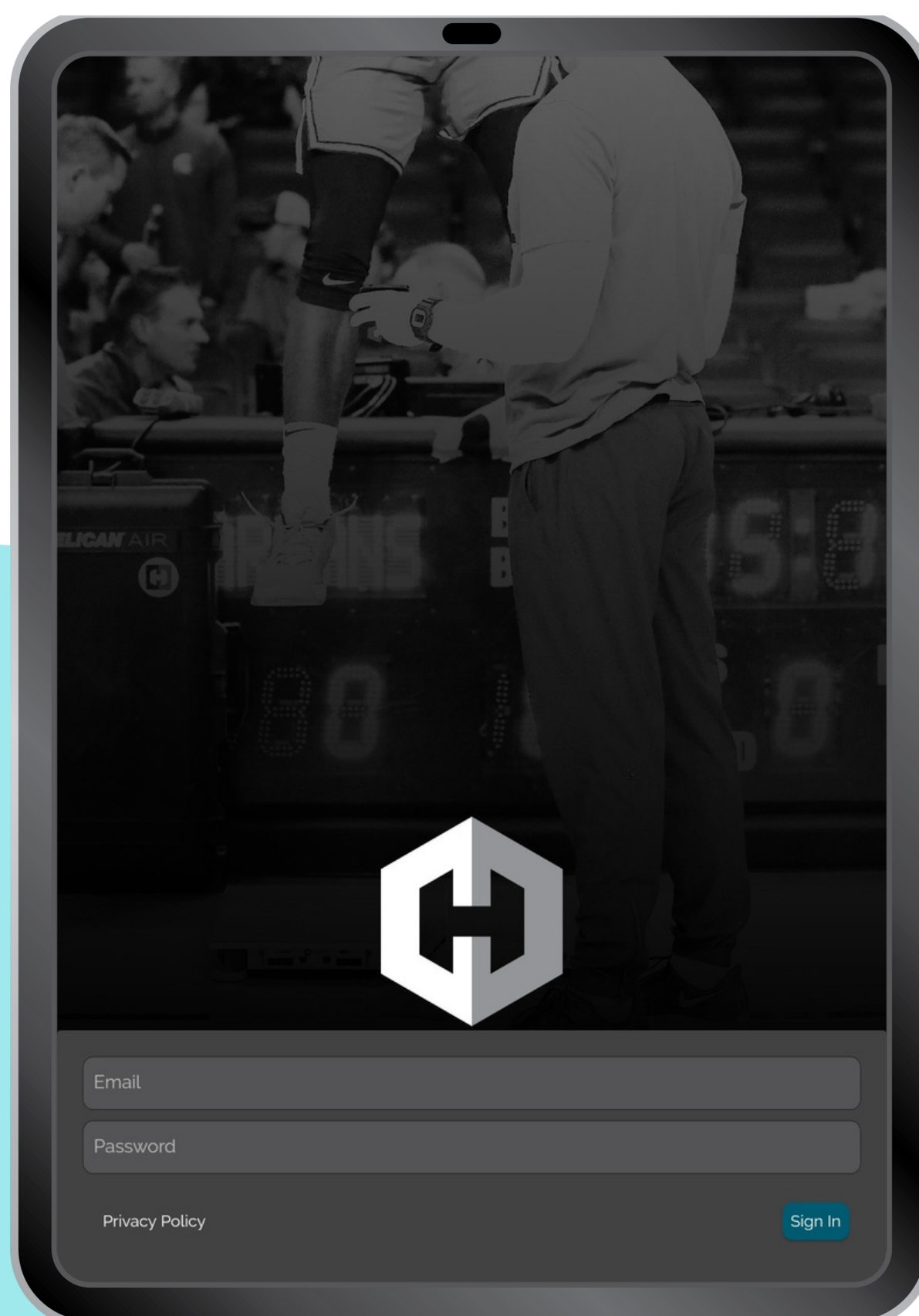
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# LOGGING INTO YOUR HD ACCOUNT

Upon shipment of your plates, you should have received an email to set the password for your Hawkin Account.

Download the Hawkin Capture app from the Google Play store and login using the email and password you have set. Please ensure you allow access to storage and location when installing the Hawkin Capture App

If you have not yet set up your password, please contact [techsupport@hawkindynamics.com](mailto:techsupport@hawkindynamics.com) for assistance.



# CONNECTING TO YOUR PLATES

Now that your plates are set up, its time to connect and get ready to test. **NOTE:** It is recommended that you allow your plates to acclimate to your testing environment following the initial setup for at least 20 minutes before powering on. This is especially important if you are changing from a cold environment into a warmer environment.

## STEP 1:

Open the Hawkin App and power on your force plate by pressing the "PWR" button once. The force plates will boot, zero, and then enter into "pairing mode" which will be indicated by the LED light flashing solid **Green**, and then flash **Blue-White-Green** in a fast pattern.

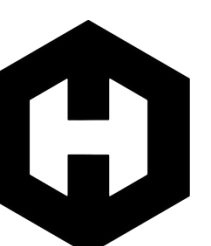
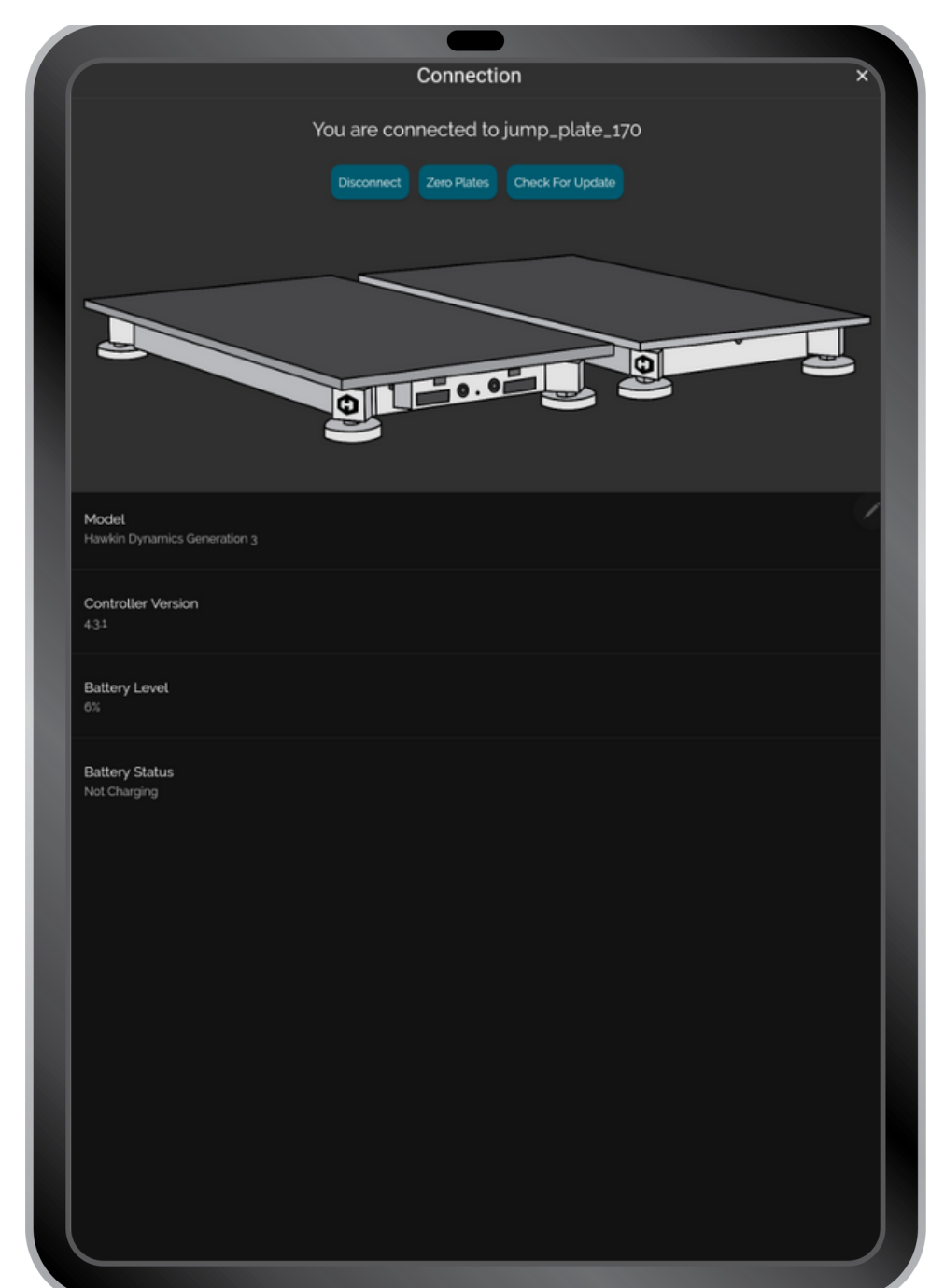
**NOTE:** If you re-position your force plates even slightly after booting, you should zero the plate by pressing the "ZERO" button once. After pressing the zero button, the LED indicator light will phase **green** - do not put any weight on the plates while the LED is solid **green**.

## STEP 2:

Once your plate is in pairing mode, tap the connect button in the App, and choose the plate you'd like to connect to. Wait until the onnection to be established. Once the connection is established, the app will report the plate's controller version, battery status and charging status.

## STEP 3:

Tap the X to move to the testing screen and select an athlete at the top of the screen to start testing.





# LED LIGHT SEQUENCES

The following LED sequences may be seen while your plate is connecting

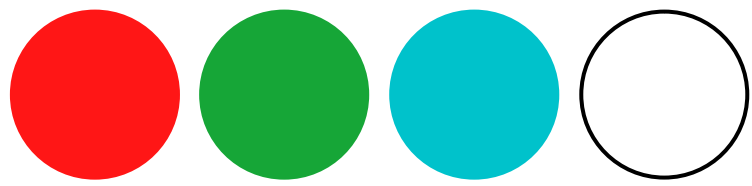
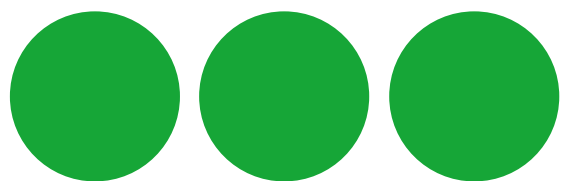
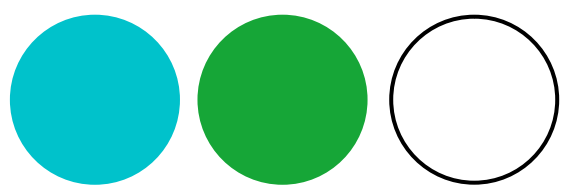


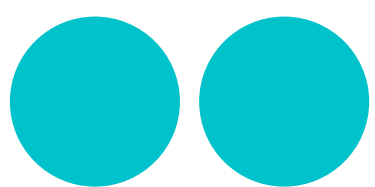
Plate boot sequence—takes ~10 seconds to complete after you tap "power" button.



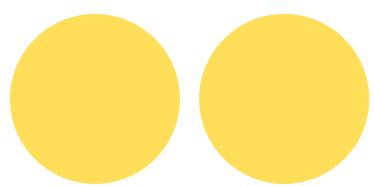
Lights holding green, the plates are zeroing — do not touch the plates while this is happening.



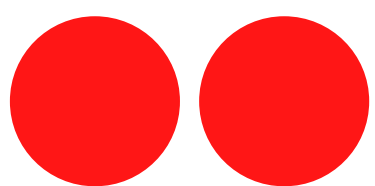
Three lights alternating indicates that the plates are booted and in pairing mode, ready to accept a connection.



Blue indicates that the plates are connected to a device and are in standby, ready to run tests.



Flashing Yellow indicates that your plates are in standby mode, but that the battery level is low.



Two red flashes means the connection between the two plates is not established. Ensure that your cable is properly clicked-in on each plate.



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# TROUBLESHOOTING

**PROBLEM:** "I can't see my plates in the connection screen in the app..."

**SOLUTION:** First check to see if the app is updated to most recent version. If this doesn't resolve it, ensure location services are turned on for the device, and restart the app

**PROBLEM:** "My app is saving data offline..."

**SOLUTION:** The first step is to check to see if the mobile device is connected to the internet. If you're connected to the internet and still in offline mode, please check for an app update in the Google Play Store.

**PROBLEM:** "There is no data coming in from my left plate..."

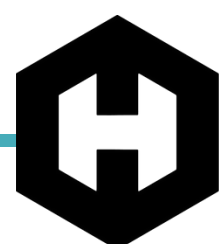
**SOLUTION:** Check to see if the inter-plate cable is connected correctly, and then reboot the plates. If the problem persists the cable may be damaged, contact [techsupport@hawkindynamics.com](mailto:techsupport@hawkindynamics.com)

**PROBLEM:** "My test results are abnormally high/low..."

**SOLUTION:** This could be caused by a bad zero tare. Press the zero button on the plate/or in the mobile app and try again. Contact support if problems persist.

**PROBLEM:** "The LED on my plate is flashing red..."

**SOLUTION:** This indicates that the plates are in an error state, typically related to the connection between the two plates. Check the connection and see if the LED status changes upon reboot. Otherwise, contact support for assistance.



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# BEST PRACTICES

- Do a test jump on yourself before testing your athletes. Ensure the system weight is an expected value and that you can see data streaming from both the right and left plate on the force-time curve
- Ensure your athletes warm-up prior to testing on the force plates
- When testing large groups of athletes, it is recommended that you check the plates positioning and rezero regularly – after every 30-50 jumps.
- Athletes are not required to step off the plates between tests
- Do not test while charging the plates unless absolutely necessary – this will prevent accidental damage to the charging port
- Re-zero the plates if you move them to a different location or if there is a significant change in temperature in your testing environment

For more help and information, technical support, or other matters, please contact  
[techsupport@hawkindynamics.com](mailto:techsupport@hawkindynamics.com)

