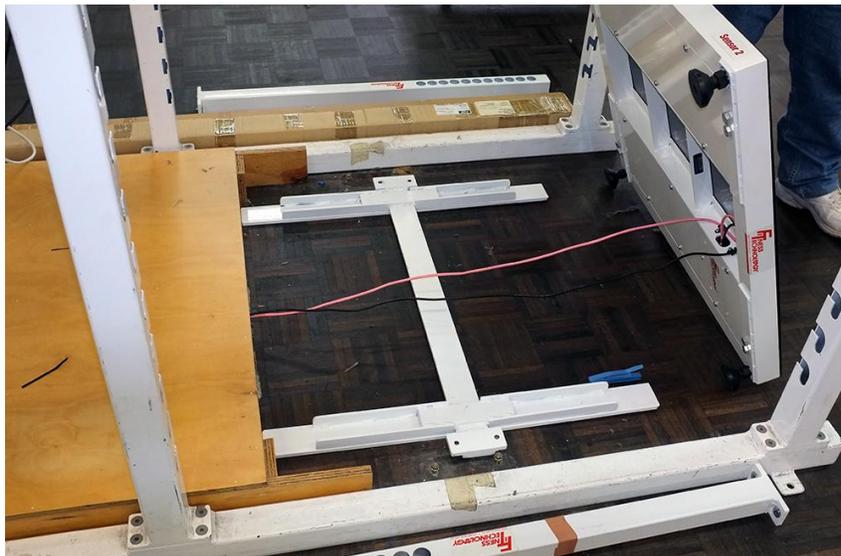


# Fitness Technology

## Mid-Thigh Pull Rig in the FT700 Power Cage with the 400S Force Plate Surround.



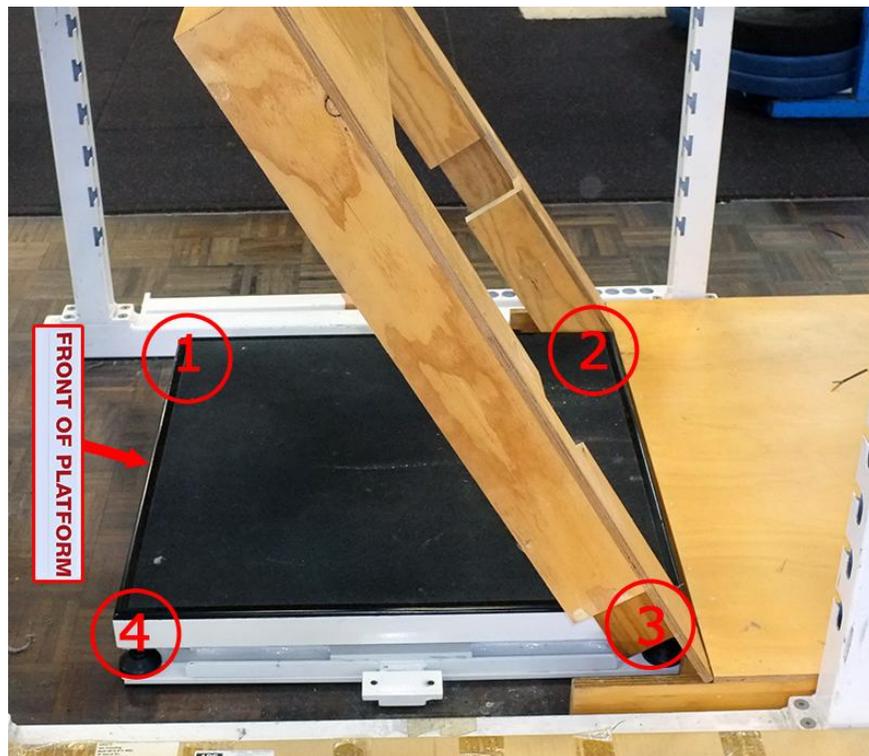
To Install the MTP Rig in the FT700 Power cage you start by installing the rectangular plywood half of the of the Force plate surround in the rear of the power cage as shown below. Then place the MTP rig base up against the surround. The force plate can then be moved into position and the USB and Cat5e cables run through the hole of the plywood surround



Then lift the plywood surround and feed the cable through both holes as shown below and then lower back in place.



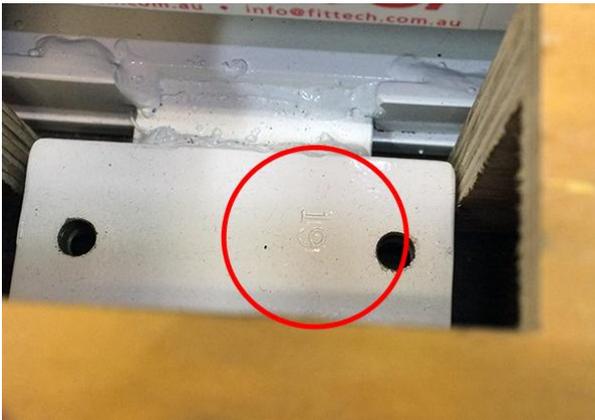
Now position the 400S Force Plate on top of the MTP base. Make sure the labelling indicating the front of the force plate and load cell/Sensor positions match with the image below.



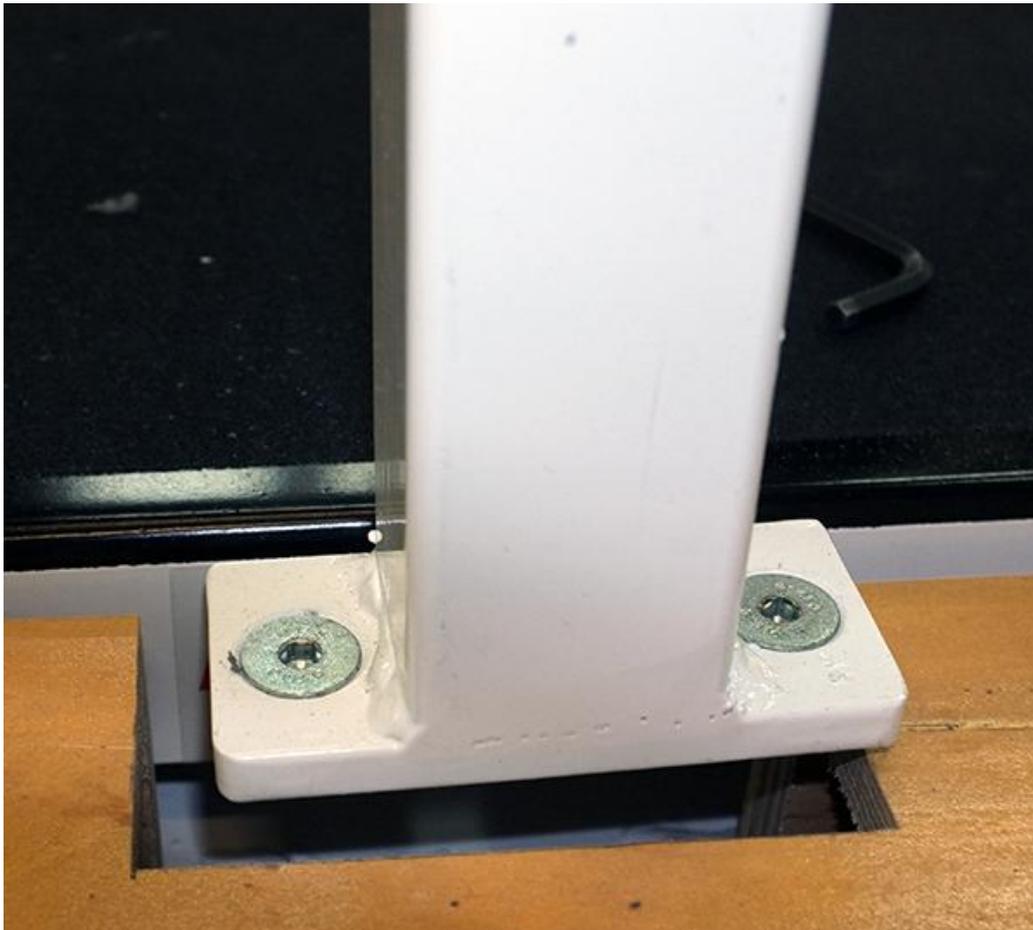
Once the force plate is in position insert the second half of the plywood surround, as shown above, then lower into position.

You now need to locate the correct upright to match the mounting points on the base.

There will be a number on the base as highlighted in the image below. that number will match one of the uprights. When you have the correct upright you will notice that the numbers are offset to one side. simply match up the two parts so the numbers are on the same side. see below.



you can now place the upright in position with the two cap screws in position as shown below.

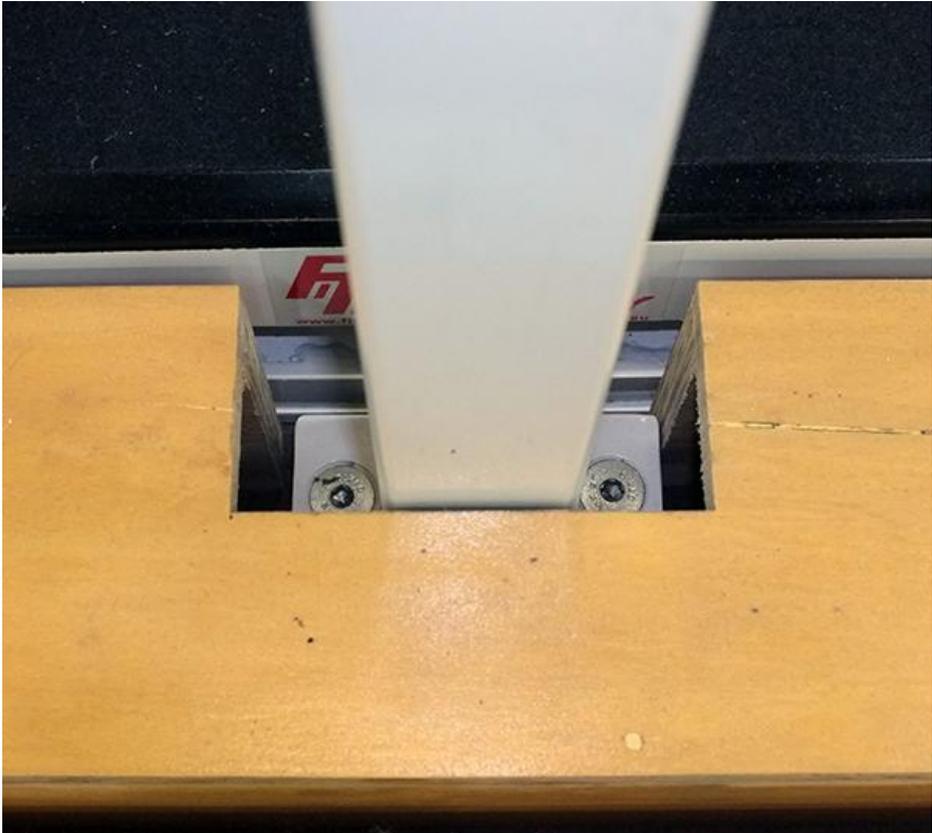


When the upright is in position you can secure it by tightening the cap screws using the 6mm Allen key supplied.

Do his for both of the uprights.



They should sit securely in the cut-outs of the Plywood surround.



The unit is now assembled.



Then the Extension poles can be inserted in the uprights when testing for Isometric Squat or Calf raise is required.



See videos below for more information on different performance measurement options.

[Left and Right Leg Isometric Calf Raise](#)

[Isometric Calf Raise \(Both Legs\)](#)

[Isometric Squat](#)