

## AxIT - Assessment Services

We Use the AxIT system to perform a complete performance assessment of your client's strength and power of almost any muscle in their body, as well as the movements they need to perform, including squats, lunges, deadlifts, hops, jumps, push-ups and many more.

- Using the AxIT Force Plates, Pull it and Push it dynamometers
- Providing clear objective data:
  - **Peak Force - KG's**
  - **Rate of Force Development (RFD) - KG's/second**
  - **Symmetry - % Left vs Right**

## Assessments (more available on request)

<u>Sports Performance / Lifting</u>	<u>Rehab / Muscle Strength Testing / Injury Risk Assessment</u>
<ul style="list-style-type: none"> <li>- Vertical / Horizontal Jump or Hop</li> <li>- Counter movement jump (CMJ)</li> <li>- Isometric Mid Thigh Pull (IMTP)</li> <li>- Landing (depth drop) - Single leg and double leg</li> <li>- Isometric: Squat and Deadlift variations</li> <li>- Isometric: Gastroc / Soleus / Hamstring / Glutes / Quads</li> <li>- Athletic Shoulder 90/135/180 deg</li> </ul>	<ul style="list-style-type: none"> <li>- Hip: Ab/Adduction/Flexion/Extension/int/Ext rotation</li> <li>- Knee: Flexion/Extension</li> <li>- Shoulder: Ab/Adduction/Flexion/IR/ER/Pull/Push</li> <li>- Elbow: Flexion/Extension</li> <li>- Trunk: Lateral Flexion/Rotation</li> <li>- Neck: Flex/Ext/Lat</li> </ul>

Collect meaningful, actionable data and measure strength and power imbalances and identify key areas to be tracked over time.

## Package Options:

Package	Assessment Only	The Coach Package	The Complete High Performance Package
What's included	<p><b>Assessments:</b> We can tailor the assessment playlist based on initial discussions, or athlete / coach can request specific tests.</p> <p>Talk through results during appointment</p>	<p><b>Same as Assessment Only</b></p> <p>+</p> <p><b>Report:</b> We interpret the data and provide a report with recommendations based on the objective data collected. Here the coach can design a program</p>	<p><b>Same as The Coach Package</b></p> <p>+</p> <p><b>Program:</b> We provide a specific 6 week program based on the data collected from the assessments and your goals/sport/event and</p>
Cost	<p>4 Assessments - \$100*</p> <p>9 Assessments - \$160*</p>	<p>4 Assessments - \$150*</p> <p>9 Assessments - \$210*</p>	<p>4 Assessments - \$230*</p> <p>9 Assessments - \$290*</p>

\*All Assessments are with an Exercise Physiologist or Physiotherapist and claimable with private health insurances - HICAPS

### Assessment examples:

- 4 Assessments would be most suited for either an upper body or lower body playlist, however a combination of say, 2 upper body and 2 lower body is possible..
- 9 Assessments would be best suited for both upper and lower body, however if you have a specific focus area we can assess accordingly.
  - E.g For a runner we would suggest:

<u>Lumbo-Pelvic / Hip</u>	<u>Calves</u>	<u>Hamstring / Quads</u>
<ul style="list-style-type: none"> <li>- Hip Flexor</li> <li>- Hip Ext</li> <li>- Hip Ab/Ad               <ul style="list-style-type: none"> <li>- Ab/Ad Ratio - 1:1</li> </ul> </li> <li>- IMTP</li> </ul>	<ul style="list-style-type: none"> <li>- Standing Gastroc               <ul style="list-style-type: none"> <li>- 3 - 5 x BW</li> </ul> </li> <li>- Seated Soleus               <ul style="list-style-type: none"> <li>- 3 - 5 x BW</li> </ul> </li> <li>- SL Hop</li> </ul>	<ul style="list-style-type: none"> <li>- 90 degree knee flex</li> <li>- 90 degree knee ext</li> </ul>

Following your individualised training program, let the AxIT system measure the effectiveness of intervention within the session or after one week, one month or one year.

Your data is safely stored so you can always compare results and know that positive progression is being achieved.

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