PlateMate Quick Start Guide

Set up your force plates in minutes

1. Box contents

USB-C cable for connecting to your computer

Connector cable for linking the plates

PlateMate force plates

5. Download software
ccathletics.dk/downloads

6. You are now ready to test with your PlateMate system
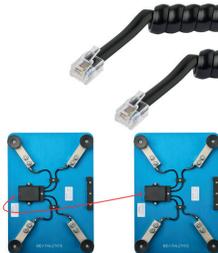
2. Setting up

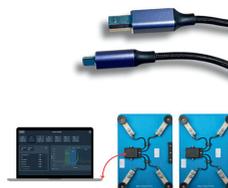Follow these steps to set up your PlateMate sytem and start testing in just a few minutes

1 . Place your force plates on a stable and level surface

2. If necessary adjust the feet to stabilize the plates

3. Getting started videos

Scan the QR code to watch real-time walkthroughs of testing with ForceMate and PlateMate

3. Connect the two plates using the connector cable

4. Connect one of the plates to the computer – the one you choose will be the **left**

4. Support

Need help? Contact us:

Email: sales@ccathletics.com
Website: ccathletics.dk/contact

💡 Note: Disconnect USB cable when switching between single and dual plate modes

Best regards,

The CC Athletics Team