

# User Manual

PlateMate, GroinMate & CableMate

CCATHLETICS

Made in Denmark 

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This guide pertains to CC Athletics products. All information within is owned by CC Athletics and is intended solely for the operation of CC Athletics equipment and software. Please note that this manual may be updated. The most recent version can be found at [www.ccathletics.dk](http://www.ccathletics.dk).

Manufacturer:

CC Athletics ApS  
Groenloekkevej 6H,  
5000 Odense C,  
Denmark

[info@ccathletics.dk](mailto:info@ccathletics.dk)  
[www.ccathletics.dk](http://www.ccathletics.dk)



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# 1. Introduction

Thank you for purchasing a CC Athletics product. Our technology is designed to help physiotherapists, sports teams, and performance professionals collect accurate and repeatable data quickly and efficiently. This manual combines original instructions with updated specifications, compliance, and user guidance from our latest product lines.

Minimum Requirements: A computer with either macOS, Windows or Linux.

## 2. About Us

CC Athletics is a Danish company developing force plates and isometric equipment for athlete monitoring.

## 3. Important Safety Notice

### **Photosensitive Seizure Warning**

A small percentage of individuals may experience seizures when exposed to specific visual stimuli, such as flashing lights or patterns commonly found in video games. Even those without a prior history of seizures or epilepsy may have an undiagnosed condition that can trigger "photosensitive epileptic seizures" during gameplay. Symptoms can include changes in vision, eye or facial twitching, jerking or shaking of the limbs, disorientation, confusion, or brief loss of awareness. Seizures may also result in loss of consciousness or convulsions, which could lead to injury.

If you or someone else experiences any of these symptoms, stop playing immediately and consult a doctor. Parents should monitor their children for these symptoms and inquire whether they occur.

### **⚠ Residual Hazards**

Even when used as intended, some hazards cannot be fully eliminated. These are called residual hazards.

Examples of residual hazards:

- Toppling: Plates may tip if placed on an uneven surface, resulting in potential injury.
- Slipping: If users wear slippery footwear/clothing/barefoot, the user may slip during testing, leading to falls and injury. Products can also slip if not placed on a non-slippery surface.
- Structural Integrity: Dropping the products or applying excessive force could damage internal components, leading to equipment failure or injury.
- Skin Damage: Direct contact with metal edges or sudden movements during testing can cause abrasions or other injuries.

### **⚠ Do not use under the following conditions:**

- Patients having severe osteoporosis
- Patients with fractures
- Do not use around slippery floor
- Do not use outside when raining
- So not use if the product has been modified.
- Not to be used for any purpose other than indicated.

### **NOTICE**

Important Disclaimer: Not a Medical Device

CC Athletics products are not medical devices. They are intended for performance monitoring, strength testing, and sports-related assessments only. These products are not designed to diagnose, treat, cure, or prevent any disease or medical condition. Always consult a qualified healthcare professional before using these products in any clinical or rehabilitation setting.

## 4. Warnings and Precautions

### **NOTICE**

#### **Important Handling Instructions:**

- Operate only on flat, stable surfaces
- This device should only be operated by trained professionals who understand its usage and limitations.
- Users with physical or cognitive impairments should not use the products unless supervised by a trained professional.
- These devices is not known to contain any hazardous materials. For proper disposal instructions, consult your local waste management facility. Recycling should be used where available. Do not use incineration to dispose of the devices.
- Devices are not waterproof
- The measurement devices are sensitive instruments. Avoid dropping, striking, or subjecting it to any impact. Handle with care. Drops or sudden impacts can cause a need for recalibration.
- The devices and their accessories are provided in a non-sterile state and cannot be sterilised using an autoclave or other sterilisation methods. Do not attempt to autoclave.
- Avoid extreme temperatures or high humidity
- Use only certified cables and power sources
- Disassembling or modifying the device with unauthorised accessories may void any warranty.
- Do not move the equipment while testing.
- Install and operate CC Athletics devices as per the instructions provided in this manual.

## 5. General Operating Conditions

### **NOTICE**

- Indoor or dry outdoor use only. CC Athletics devices can be used indoors and outdoors but only in dry conditions with leveled and solid support. Make sure you have plenty of space around you when you use it.
- Adjust the feet in height to level the device. Having the device on a non level surface can produce faulty results, and in worst case injuries.
- Temperature: -10°C to 40°C (storage, packing and transportation), 0°C to 50°C (operation)
- Humidity: 30% to 75%
- Maintenance: The products have no planned maintenance or servicing requirements.

## 6. Calibration

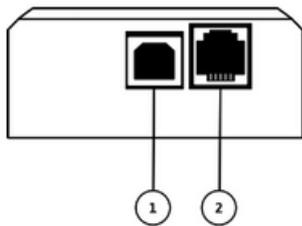
All devices are factory-calibrated. If you experience issues please contact us: [info@ccathletics.dk](mailto:info@ccathletics.dk)

## 7. Product Overviews

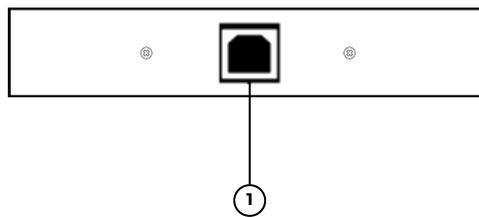
Feature	PlateMate	GroinMate	CableMate
<b>Purpose</b>	Jump & isometric testing	Groin isometric adduction/abduction testing	Isometric testing
<b>Dimensions</b>	50 × 35 × 8 cm	60 x 40 x 16 cm	Compact
<b>Weight</b>	9.8 kg per plate	5.4 kg	0.7 kg
<b>Max Load</b>	1,000 kg	200 kg	200 kg
<b>Accuracy</b>	±0.15 N	±0.1 N	±0.15 N
<b>Sample Rate</b>	960 Hz	960 Hz	~1,000 Hz
<b>Use Cases</b>	CMJ, SJ, DJ, pogo, balance & isometrics	Isometric testing	Isometric testing
<b>Test Metrics</b>	<a href="https://ccathletics.dk/what-we-measure">ccathletics.dk/what-we-measure</a>		
<b>Power Supply</b>	USB-powered	USB-powered	Rechargeable battery (USB-C)
<b>Runtime</b>	Always powered via USB	Always powered via USB	~8 hrs per charge
<b>Software</b>	ForceMate (Windows /macOS/Linux)	ForceMate (Windows /macOS/Linux)	ForceMate (Windows /macOS/Linux)

Feature	PlateMate	GroinMate	CableMate
<b>Input voltage</b>	5V	5V	5V
<b>Current</b>	~ 400 mA	~ 140mA	~ 500 mA
<b>Connection type 1</b>	USB-B	USB-B	USB-C
<b>Connection type 2</b>	RJ11		
<b>Temperature range</b>	0-50 celcius	0-50 celcius	0-50 celcius

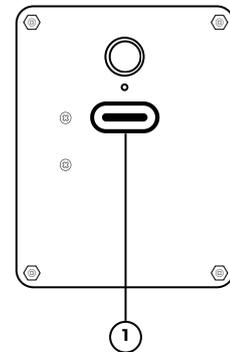
Connection for PlateMate



Connection for GroinMate



Connection for CableMate



## 7.1 PlateMate

The PlateMate is a dual force plate system for assessing movements. It enables users to conduct objective measurements.

### **NOTICE**

This product is intended for use by trained professionals, including physiotherapists, sports trainers, and healthcare practitioners. It should not be used by untrained individuals or those with cognitive disabilities without supervision.

### **NOTICE**

Recommended for adults aged 18 and above. It is not advised for children, individuals lacking the necessary physical abilities, or those unable to comprehend instructions.

Each plate is equipped with 4 electronic load cells with output that can be captured on your computer through our ForceMate software.

Usage: Download our software ForceMate from our website, to capture and visualise data from the plates. On the website you can also find video tutorials and guides. The plates can be used individually or together. Connect the connector-cable between the plates to use in dual mode. Note that when switching between single & dual-plate modes, the USB cable must be reinserted in order to reset the plates and let them recognise whether another plate is connected.

Package contents

- 2x Force Plate
- 1x USB-B to USB-C cable
- 1x plate connector cable

## 7.2 GroinMate

The GroinMate is a test device for testing adduction and abduction strength. It enables users to conduct objective measurements.

### **NOTICE**

This product is intended for use by trained professionals, including physiotherapists, sports trainers, and healthcare practitioners. It should not be used by untrained individuals or those with cognitive disabilities without supervision.

### **NOTICE**

Recommended for adults aged 18 and above. It is not advised for children, individuals lacking the necessary physical abilities, or those unable to comprehend instructions.

Usage: Download our software ForceMate from our website, to capture and visualise data from GroinMate. Connect the GroinMate to the computer and start testing.

Package contents

- 1x GroinMate
- 1x USB-B to USB-C cable

### **7.3 CableMate**

CableMate is a versatile device that allows you to measure the force output of many different muscle groups. It enables users to conduct objective measurements

#### **NOTICE**

This product is intended for use by trained professionals, including physiotherapists, sports trainers, and healthcare practitioners. It should not be used by untrained individuals or those with cognitive disabilities without supervision.

#### **NOTICE**

Recommended for adults aged 18 and above. It is not advised for children, individuals lacking the necessary physical abilities, or those unable to comprehend instructions.

Usage: Download our software ForceMate from our website, to capture and visualise data from CableMate. Connect the CableMate to the computer wirelessly and start testing.

Package contents

- 1x CableMate
- 1x USB-C cable
- 1x Flightcase for transportation
- 2x Carabiners
- 1x 1m strap for tension testing
- 1x 2m strap for tension testing

## Battery Safety and Regulations for CableMate

### Battery Specifications

The CableMate contains a lithium polymer (LiPo) battery pack:

- Model: 503450
- Voltage: 3.7V
- Capacity: 1000mAh

### ⚠ Battery Safety Warnings

- Fire/Explosion Risk: Do not puncture, crush, disassemble, or expose the battery to temperatures above 60°C (140°F)
- Charging: Use only the provided USB-C cable and approved charging adapters
- Water Damage: Keep battery compartment dry - liquid contact may cause fire or explosion
- Physical Damage: If the device is dropped or damaged, discontinue use and contact CC Athletics
- Swelling: If the battery appears swollen or the device case is bulging, stop use immediately
- Heat: If the device becomes unusually hot during charging or use, disconnect immediately

### Battery Disposal and Recycling

- Do not dispose in household waste
- Take to authorized battery recycling centers or electronics retailers that accept lithium batteries
- In the EU, disposal must comply with WEEE Directive 2012/19/EU
- Contact your local waste management authority for proper disposal locations
- Tape over battery terminals before disposal to prevent short circuits

## 8. Getting Started

Follow the quick start guides on: [ccathletics.dk/getting-started](https://ccathletics.dk/getting-started)

### **NOTICE**

Before using the force plates:

- Ensure that the device is placed on a stable and level surface.
- Ensure that the feet are adjusted to level the force plates.
- Ensure that the area around the device is clear to avoid accidents.

### **NOTICE**

Before using all products:

- Ensure that the area around the device is clear to avoid accidents when testing.

Each device is fitted with a port (1) for connecting to your computer. (PlateMate has a connection port (2) for connecting to the other plate, with the connector cable. The device that is connected to the computer will always be the left device in the software program.)

GroinMate and PlateMate are powered purely through the USB cable. Once connected, the devices will start up within 10 sec. The CableMate is powered with battery. Make sure to charge it frequently to prolong battery health.

It is important to stand still for at least 2-5 seconds before jumping on the force plates and also between jumps. Failure to comply may result in inaccurate data.

**⚠ Warning:** While your device is connecting, do not load the device, do not step on the device, do not move the device, and do not put force on the device.

## 9. Troubleshooting

Issue	Solution
Device not detected	Restart software and recheck cable connection
Erratic or no data	Ensure flat surface, no movement during start-up  Are you doing an isometric test? Make sure to adjust the minimum threshold in ForceMate. For tutorials check our YouTube: <a href="http://www.youtube.com/@ccathletics">www.youtube.com/@ccathletics</a>
Won't power on	Recharge device (CableMate) or check cable connection (PlateMate & GroinMate)
Software issues	Reinstall or check system compatibility. Also, make sure you have the latest version downloaded
Problems with CableMate	Hold button 10 sec for factory reset

If any difficulties occur while using the system, visit CC Athletics' website for further information or contact CC Athletics.

 Warning:

The products must be used according to the present User's Manual and its recommendations. Failure to do so may result in personal injury.

Users are responsible for their exercise manner and the manner in which they use the products. Movements promoted by CC Athletics can be associated with risks of injury.

Consult on a regular basis CC Athletics' website for available information on contraindications, risks or side effects concerning the PlateMate. CC Athletics doesn't offer treatment advice or any medical diagnosis.

In case you are currently under medication, injured or in a delicate medical condition, consult a qualified professional prior to the use of any CC Athletics product.

CC Athletics doesn't guarantee any therapeutic result when using the PlateMate.

## 10. Legal Information & Warranty

CC Athletics products are covered under limited warranties when used in a manner defined as “normal use”.

“Normal use” refers to the operation of CC Athletics products in accordance with the guidelines provided in this manual, including but not limited to:

- Use only with official or approved software (ForceMate)
- Operation on flat, stable, non-slip surfaces
- Use within specified temperature and humidity ranges
- Charging and connecting using certified cables and power sources
- Avoidance of excessive physical impact, liquid exposure, or environmental stress
- Use for intended strength or performance testing purposes only, not medical or diagnostic use
- Proper storage when not in use (e.g., dry, dust-free environment)

Any use outside these parameters may be considered abuse, misuse, or unauthorized modification, which voids the warranty coverage.

### Warranty Period

Standard Warranty: 2-year limited warranty from the date of delivery.

Extended Warranty Options:

3 years total if an additional 1-year warranty is purchased.

5 years total if an additional 3-year warranty is purchased.

A valid proof of purchase in the form of a bill of sale or receipt must be provided to obtain warranty services.

CC Athletics excludes all liability for any data loss, loss of profit or any other loss or damage suffered by the end customer.

### What is Covered

This warranty covers manufacturing defects, including:

- Electronic components: Wiring, sensors, and other essential electronic parts.
- Structural integrity: Defects in the product’s physical structure.
- Calibration or measurement accuracy: Sensor system faults affecting performance.
- Software malfunctions: Issues with pre-installed firmware affecting functionality.

If any of these issues arise under normal use, CC Athletics will repair or replace the affected part or product at no cost.

### **What is Not Covered**

- Improper or careless handling.
- Damage from use outside recommended parameters.
- Cosmetic damage such as scratches or dents.
- Unauthorized modifications or repairs.
- A product is used with non-compatible products
- A product is used for commercial purposes, including but not limited to rental
- A product is damaged by accident, misuse, wear or any other cause not related to defectiveness of materials or fabrication.

### **Warranty Claims**

If you believe your product has a manufacturing defect, please contact us on [sales@ccathletics.dk](mailto:sales@ccathletics.dk) with a detailed description of the issue and proof of purchase. Our support team will assess your claim.

### **Repair or Replacement Process**

- Repairs: If the issue can be resolved by repair, CC Athletics ApS will cover shipping costs. Repairs will be completed within 20 business days.
- Replacements: If a replacement is needed, the defective product must be returned. A replacement will be shipped within 7 business days – if stock is available.

### **Limitations**

This warranty is only valid for the original purchaser and is non-transferable. CC Athletics ApS's liability is limited to repair or replacement at its discretion. Indirect, consequential, or incidental damages are not covered.

Are considered signs of material degradation

- Scratches
- Broken parts due to drops or inappropriate uses
- Modification or replacement of any component
- Wet environment exposition
- Underwater immersion
- Extreme temperature exposition

### **Service policy**

You acknowledge that any time your CC Athletics product is serviced, this service may change your settings or cause loss of data or some functionalities. Backup your data (stored on your computer or cloud) on a regular basis.

## **Import/Export Information**

### Country of Origin

- PlateMate: Made in Denmark
- GroinMate: Made in Denmark
- CableMate: Made in Denmark

### Customs Declaration Information

- Product Description: "Force measurement equipment for sports performance testing"
- End Use: Sports performance measuring equipment
- Not for medical diagnosis or treatment

## **Additional Liability Protections**

### Force Majeure

CC Athletics ApS shall not be liable for any failure or delay in performance of its obligations under this warranty or product support due to circumstances beyond its reasonable control, including but not limited to:

- Natural disasters, floods, earthquakes, storms
- War, terrorism, civil unrest, government actions
- Labor disputes, strikes, lockouts
- Epidemics, pandemics, quarantine restrictions
- Supply chain disruptions, material shortages
- Failure of utilities, telecommunications, or internet services
- Cyberattacks, data breaches affecting third-party services

In such events, CC Athletics' obligations will be suspended for the duration of the force majeure event. If the event continues for more than 90 days, either party may terminate affected orders or services with written notice.

# 11. Compliance

## RoHS Directive 2011/65/EU

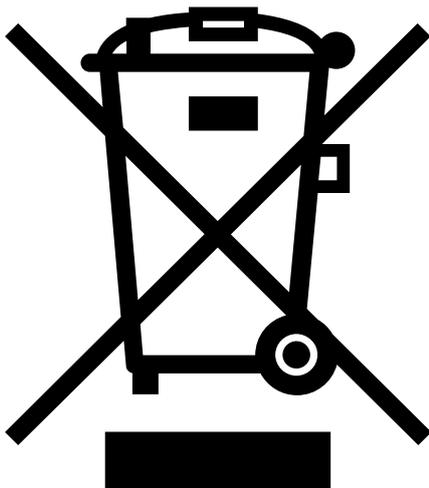
All CC Athletics products (PlateMate, CableMate, and GroinMate) are fully compliant with the RoHS Directive 2011/65/EU. They do not contain hazardous materials such as lead (Pb), mercury (Hg), cadmium (Cd), hexavalent chromium (Cr6+), polybrominated biphenyls (PBBs), or polybrominated diphenyl ethers (PBDEs) beyond acceptable limits. All components have been assessed for compliance, and no restricted substances are used in concentrations exceeding the thresholds set by the directive.

## CE marking

All products are CE marked, signifying conformity with applicable EU directives including electromagnetic compatibility (EMC) and electrical safety.

## Waste Electrical and Electronic Equipment (WEEE) Policy

This section provides information about disposal of waste electrical and electronic equipment by users in the European Union. The European Directive 2012/19/EC on WEEE requires proper disposal of electrical and electronic equipment when it reaches its end of life. The crossed-out wheeled bin symbol indicates that these products must not be disposed of with other waste; it must be taken to an approved treatment facility or to a designated collection point for recycling, according to local legislation. The separate collection and recycling of waste electronic equipment at the time of disposal helps to conserve natural resources and ensures that the product is recycled in a manner that protects human health and the environment



## 12. Contact & Support

CC Athletics ApS

Groenloekkevej 6H, 5000 Odense C, Denmark

Email: [info@ccathletics.dk](mailto:info@ccathletics.dk)

Web: [www.ccathletics.dk](http://www.ccathletics.dk)

Getting Started Videos: [www.ccathletics.dk/getting-started](http://www.ccathletics.dk/getting-started)

YouTube tutorials: [www.youtube.com/@ccathletics](http://www.youtube.com/@ccathletics)

Wishing you accurate results and successful testing.

**The CC Athletics Team**