

User Manual

PlateMate, GroinMate & CableMate

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Manufacturer: CC Athletics ApS, Groenloekkevej 6H, 5000 Odense C, 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 ccathletics.com/manual.

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 or Windows.

2. About Us

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

3. Important Safety Notice

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 or clothing, or are barefoot, they 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 floors
- Do not use outside when raining
- Do not use if the product has been modified
- Not to be used for any purpose other than indicated

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

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 are 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 them 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

- Indoor or dry outdoor use only. CC Athletics devices can be used indoors and outdoors, but only in dry conditions with level and solid support. Make sure you have plenty of space around you when you use them.
- Adjust the feet in height to level the device. Having the device on a non-level surface can produce faulty results and, in the worst case, injuries.
- Temperature: -10 °C to 40 °C (storage, packing and transportation), 0 °C to 50 °C (operation).
- Humidity: 30% to 75%.
- Storage: Keep the products in a dry, dust-free place when not in use.
- Maintenance: The products have no planned maintenance or servicing requirements.

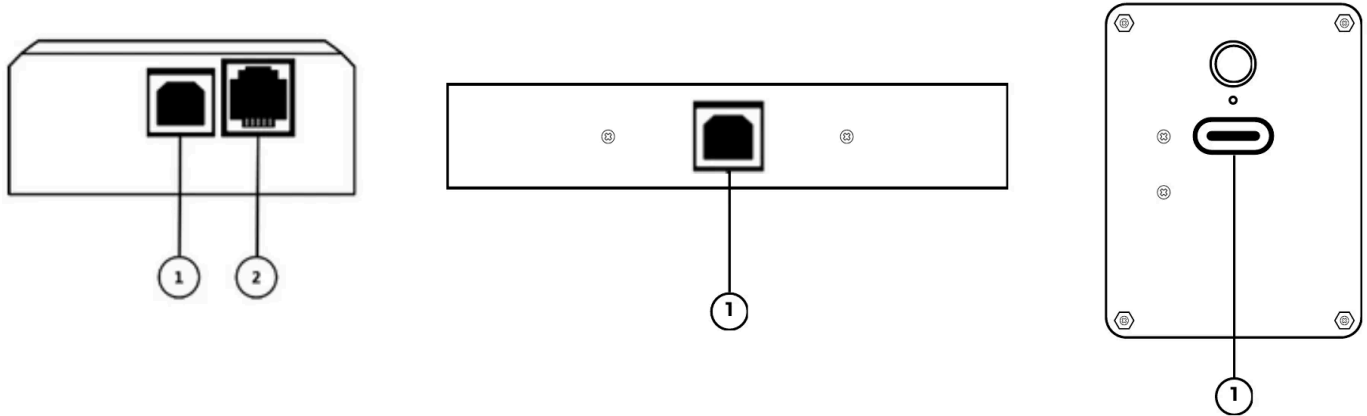
6. Calibration

All devices are factory-calibrated. If you experience issues, please contact us: support@ccathletics.dk

7. Product Overviews

Feature	PlateMate	GroinMate	CableMate
Purpose	Jump & isometric testing	Groin isometric adduction/abduction testing	Isometric testing
Dimensions	50 × 35 × 8 cm	60 × 40 × 16 cm	Compact
Weight	9.8 kg per plate	5.4 kg	0.7 kg
Max load	4,000 kg per plate (1,000 kg per load cell)	200 kg	200 kg
Accuracy	±0.15 N	±0.1 N	±0.15 N
Sample rate	960 Hz	960 Hz	~1,000 Hz
Use cases	CMJ, SJ, DJ, pogo, balance & isometrics	Isometric testing	Isometric testing
Test metrics	ccathletics.com/what-we-measure		
Power supply	USB-powered	USB-powered	Rechargeable battery (USB-C)
Runtime	Always powered via USB	Always powered via USB	~8 hrs per charge
Software	ForceMate (Windows/macOS)	ForceMate (Windows/macOS)	ForceMate (Windows/macOS)

Feature	PlateMate	GroinMate	CableMate
Input voltage	5 V	5 V	5 V
Current	~400 mA	~140 mA	~500 mA
Connection type 1	USB-B	USB-B	USB-C
Connection type 2	RJ11		
Temperature range	0–50 °C	0–50 °C	0–50 °C



Connections, from left to right: PlateMate, GroinMate, CableMate.

7.1 PlateMate

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

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.

Suitable for users aged 8 and above. Users under 18 must always be supervised by a trained professional. All users must be able to understand and follow instructions. Not advised for individuals lacking the necessary physical abilities.

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 ForceMate software 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 them in dual mode. Note that when switching between single and 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:

- 2× Force plate

- 1× USB-B to USB-C cable
- 1× 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.

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.

Suitable for users aged 8 and above. Users under 18 must always be supervised by a trained professional. All users must be able to understand and follow instructions. Not advised for individuals lacking the necessary physical abilities.

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

Package contents:

- 1× GroinMate
- 1× 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.

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.

Suitable for users aged 8 and above. Users under 18 must always be supervised by a trained professional. All users must be able to understand and follow instructions. Not advised for individuals lacking the necessary physical abilities.

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

Package contents:

- 1× CableMate
- 1× USB-C cable
- 1× Flight case for transportation
- 2× Carabiners
- 1× 1 m strap for tension testing
- 1× 2 m strap for tension testing

Battery Safety and Regulations for CableMate

Battery specifications

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

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

⚠ 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 the 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 of in household waste.
- Take to authorised battery recycling centres 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.com/getting-started.

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.

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.

GroinMate and PlateMate are powered purely through the USB cable. Once connected, the devices will start up within 10 seconds. The CableMate is battery-powered. 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 the software and recheck the cable connection.
Erratic or no data	Ensure a flat surface and no movement during start-up. Doing an isometric test? Make sure to adjust the minimum threshold in ForceMate. For tutorials, see our YouTube channel: youtube.com/@ccathletics
Won't power on	Recharge the device (CableMate) or check the cable connection (PlateMate & GroinMate).
Software issues	Reinstall or check system compatibility. Also make sure you have the latest version downloaded.
Problems with CableMate	Hold the button for 10 seconds for a factory reset.

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

⚠ Warning:

The products must be used according to this User 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.

Regularly consult the 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.

If 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

Warranty

CC Athletics products come with a 2-year warranty, and extended warranties can be purchased. The full terms are in our trading conditions at ccathletics.com/trading-conditions. The warranty does not affect your statutory rights as a consumer.

For warranty claims, contact sales@ccathletics.dk with a description of the issue and proof of purchase.

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. Back up your data (stored on your computer or in the 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

11. Compliance

CE Marking

PlateMate is CE marked. It conforms with the EMC Directive 2014/30/EU and the RoHS Directive 2011/65/EU, as amended by Delegated Directive (EU) 2015/863.

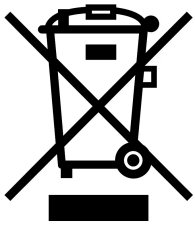
RoHS Directive 2011/65/EU

PlateMate is compliant with the RoHS Directive 2011/65/EU. It does 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.

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/EU 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; they 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.



FCC Compliance Statement

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Supplier's Declaration of Conformity (47 CFR § 2.1077)

Product: PlateMate

Manufacturer: CC Athletics, Grønløkkevej 6H, Odense, Denmark

Responsible party (U.S. contact): Testing Partners LLC, 18200 SR 306, Chagrin Falls, OH 44023, info@testingpartners.com

PlateMate complies with the applicable requirements of FCC Rule Part 15.

12. Contact & Support

CC Athletics ApS

Groenloekkevej 6H, 5000 Odense C, Denmark

- General info: info@ccathletics.dk
- Support: support@ccathletics.dk
- Website: ccathletics.com
- Getting started videos: ccathletics.com/getting-started

Wishing you accurate results and successful testing.

The CC Athletics Team