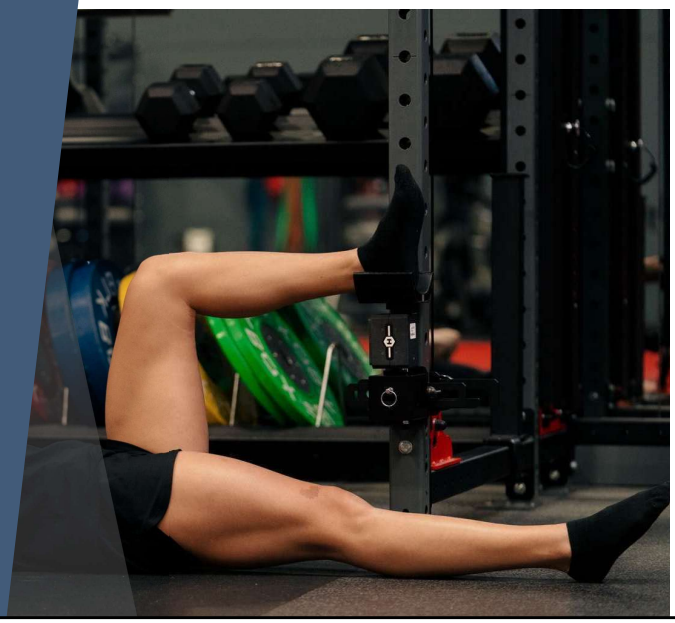
HAWKIN DYNAMICS

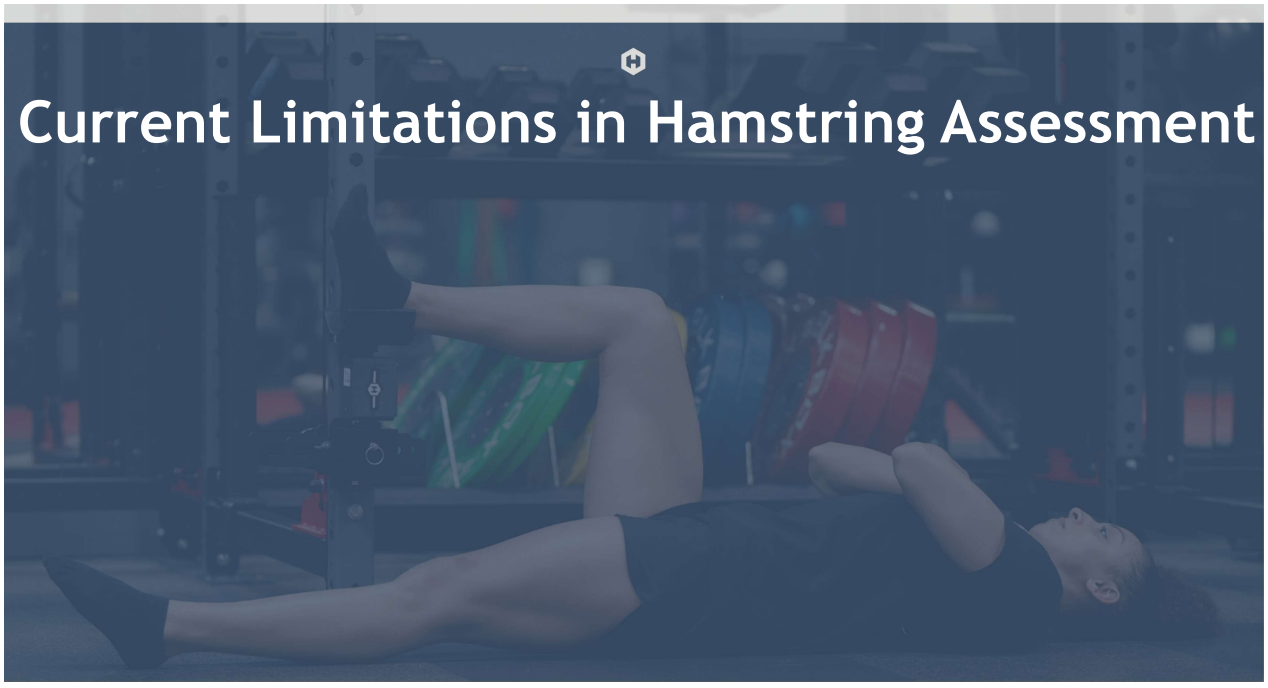
NEW PERSPECTIVES ON HAMSTRING ASSESSMENT

John Cronin - AUT



1

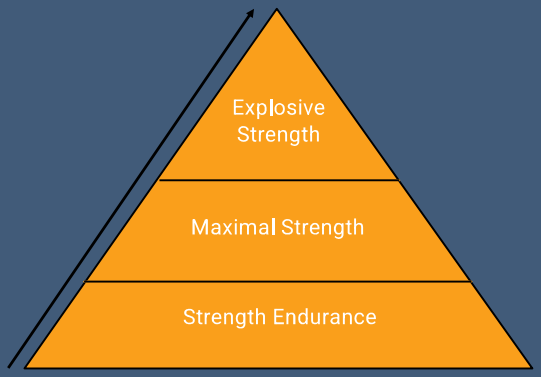
Current Limitations in Hamstring Assessment

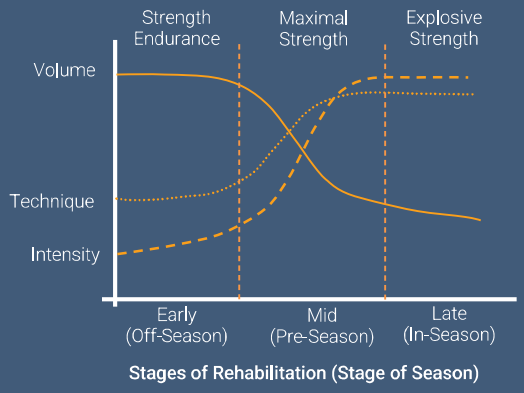


2

HAWKIN DYNAMICS

Strength Qualities

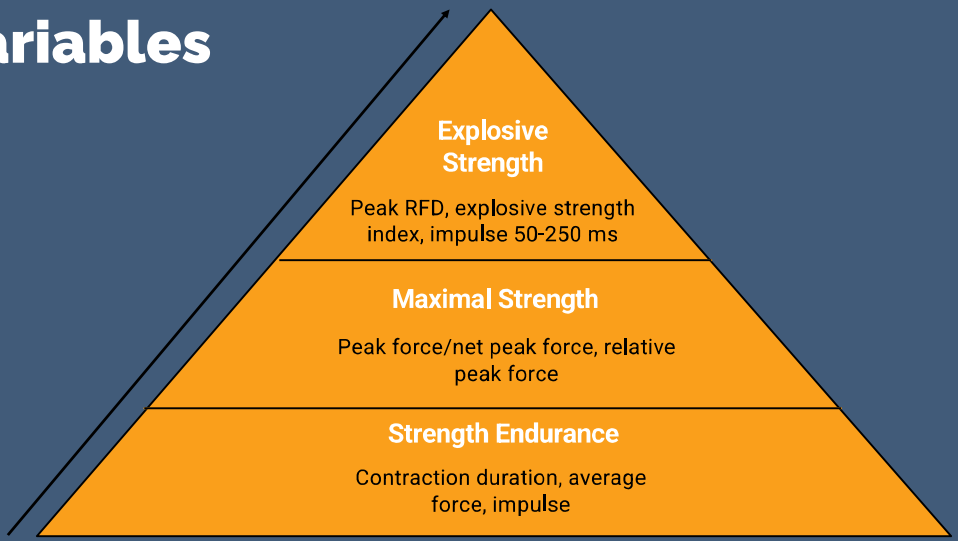




3

HAWKIN DYNAMICS

Variables



4

HAWKIN DYNAMICS



Specs

Weight: 880 grams / 1.95 lbs

Size: 92 W x 79 H x 67 D mm

Capacity: 1000 kg/ 10,000 Newtons tensile + compressive

Sensitivity: 100 g/ 3.5 oz

Sampling frequency: 1200 Hz

Zeroing function

5

HAWKIN DYNAMICS

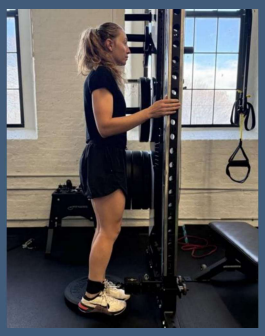
Hamstring Assessment and Training



Standing 90:20



Supine 90:90



Standing hip extension

6

New perspectives on hamstring assessment: John Cronin

Notes