

ISO MTP RACK

The isometric Mid-Thigh Pull (MTP) is commonly used to measure maximum strength. When used on a force plate, the athlete should pull the fixed bar at maximum strength for a short period of time to measure numerous rates of force. These measurements will correlate with vertical jump, sprint speed, power and more. A safer and less time consuming substitute for a one rep max test (1RM Test).

The Sorinex MTP Rack is set up to easily adjust for any athlete to use by moving the bar (included) to any one of the 42 different hole heights. It is made to either fit on a built in flooring platform force plate, or set a force plate on top of the MTP Rack's platform. Built to Last with American Made Steel backed with a Lifetime Structural Warranty.

SPECIFICATIONS

DEPTH	30"
WIDTH	48"
HEIGHT	78.25"
HOLE DIAMETER	1.2"
STEEL	1/4", 3/8" A36 CARBON
INCLUDES	MTP RACK (1) FIXED BAR (1)

