MAT

"IF YOU'RE NOT MEASURING WHEN ASSESSING..... YOU'RE GUESSING!"



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Our goal is to help one million people reach their goals every day with the power of comprehensive assessment driven by data.



ABOUT MAT

At MAT (Movement Assessment Technologies), we love MOVEMENT ASSESSMENT, the LATEST RESEARCH and OBJECTIVE DATA.

We love it so much that we've combined these three things together to bring you our world-leading courses and the world's number one Movement Assessment Tool - The MAT®.

Since our inception, MAT has run courses in over 30 countries, helping 20000+ health and fitness professionals from 15 different professions bridge the gap between pain and performance, improving their movement assessment, treatment and training skills.

Quickly we learnt that this struggle to bridge the gap was common to therapists and trainers all around the world. With Universities and higher education institutes often being very slow to implement the latest evidence and assessments into their curriculum, therapists and trainers are often left with out-of-date knowledge on how to best help their patients and clients.

MAT steps in to change this through cutting-edge courses and innovation with the MAT and other assessment and training tools, which are currently being integrated into research projects in seven Universities worldwide (that we know about).

We are proud to say that we are now the number one educational provider in the world for evidence-based, objective movement assessment and rehabilitation and getting closer to our goal of helping one million people every day through the people who study our courses and use our products.



Stephen King

Founder - MAT

Muscle Meter®



The World's Most Intuitive And Affordable Push/Pull/PPT Muscle Strength Testing System

The Muscle Meter® is three devices in one for all your muscle strength testing needs at a price you can afford.

At MAT, we believe every team member and client should have access to strength testing.
This testing should be quick and simple, enhancing your workflow and engaging your clients in the process.

This is why the Muscle Meter was brought to life.

MAT has learnt from previous experiences of creating and implementing other technology into their own business. It can be an extremely expensive way to slow down assessment and lose client engagement in the process.

The Muscle Meter allows you to assess almost every muscle quickly and easily. Utilising the accompanying Measurz app, you can easily track the progression of your clients and compare them to normative data to better educate them and enhance your decision-making.

Measurz and the Muscle Meter have been specially designed to allow you to assess your clients thoroughly and improve communication throughout the entire assessment process.



TECHNICAL SPECS

💪 LOAD CAPACITY: 500kg
🎯 ACCURACY: >99.5% (Independently NATA certified)
🚓 SAMPLING RATE: 500hz
🔍 RESOLUTION: 100g (1N)
📏 MEASUREMENTS:
On Device: Peak Force (kg, lb)
Measurz App: Peak, Average, Static Endurance & Dynamic Endurance Force (kg, lb), Endurance Fatigue Index (%), RFD (kg/s), Impulse (kg.s), Torque (Nm), Rate of Torque Development (Nm/s), Time to Peak (secs), Pain Pressure Threshold (kg)
⚡ BATTERY: 400mA Lithium Battery
🔋 BATTERY LIFE: A long time! (charge every 2-3 months)
🔌 CHARGER: USB-C 5V (included)
🔧 FUNCTION: Push & Pull
📡 CONNECTIVITY: BLE
⚖️ WEIGHT: 190g
📐 DIMENSIONS: 135mm x 75mm x 38mm
👌 WARRANTY: 12 months
📱 COMPATIBILITY: iOS, iPadOS, macOS (M1+) & most Android devices



MORE INFORMATION CAN BE FOUND AT www.matassessment.com/musclemeter

Muscle Meter Independent Testing Results

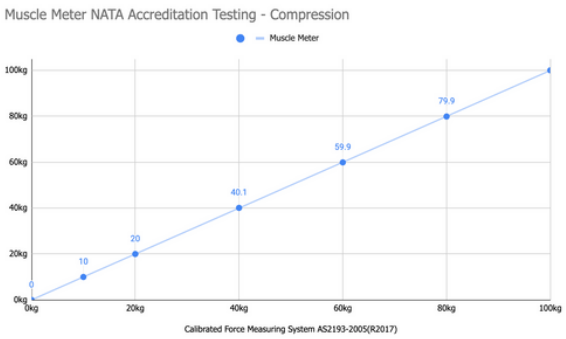
The Muscle Meter® has been thoroughly tested both internally and externally to ensure the high quality and accuracy of the product. These methods include calibrated weight and machine-driven testing processes by leading companies in the field to the highest industry standards.

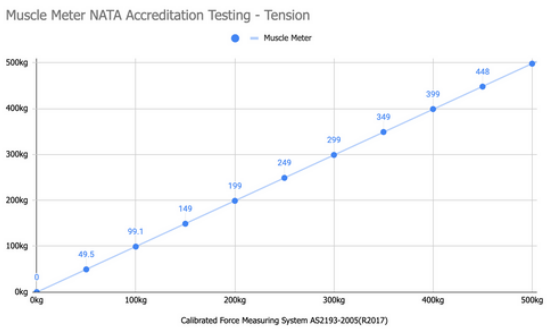
Across testing, the Muscle Meter consistently tests at 99.5% accuracy throughout its capacity ranges in both compression and tension, with validation for two years against these industry standards. Each device also has a built-in calibration mode, should users wish to recalibrate themselves in the future.

With these testing results, we're confident that Muscle Meter is not only one of the most affordable devices on the market but also one of the most accurate at the lowest cost.

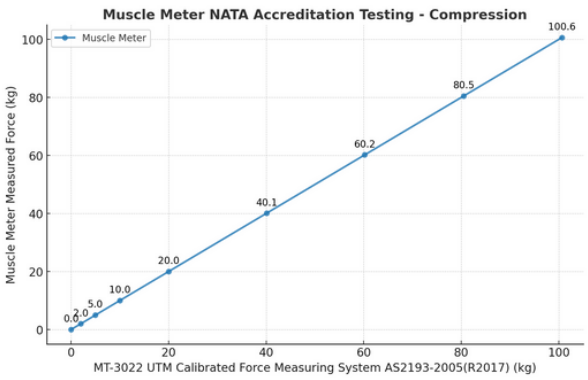
Below is some of our data from our external NATA ISO standard testing.

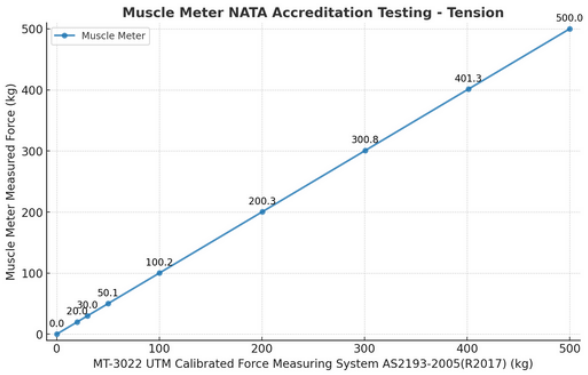
Testing Company 1





Testing Company 2







Internal Calibration Testing

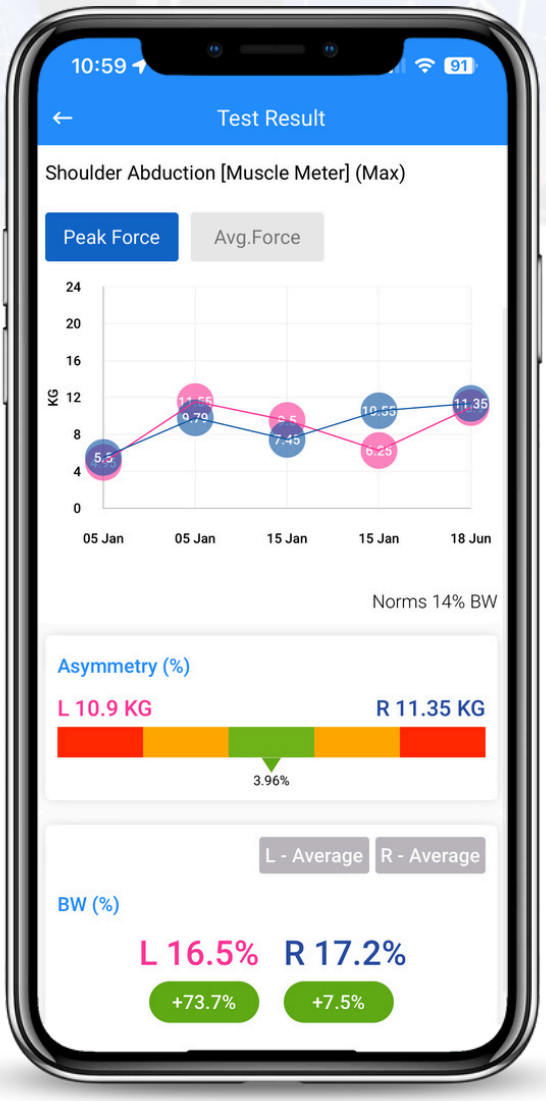


External NATA Testing

MORE INFORMATION CAN BE FOUND AT www.matassessment.com/musclemeter

MEASURZ APP

Power Up The Muscle Meter With The World's Most Complete Assessment System



Our Measurz app takes the Muscle Meter to the next level.

Power up the Muscle Meter with our Measurz app to unlock new testing modes, allowing you to improve client outcomes. Easily communicate progress with client-centric results.

The Measurz app also allows you to perform over 1000 tests with your clients on all of the different aspects of Functional Performance Testing, including:

- Outcome Measures
- Flexibility + ROM
- Balance + Proprioception
- Strength
- Power
- Speed
- Endurance
- Aerobic + Anaerobic Fitness
- Wellness + more

The Measurz app is designed to optimise your workflow to perform assessments quickly and help enhance your communication with your clients.

“If you’re not measuring when assessing....you’re guessing!”

Happy Assessing!

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