

User Manual

Portable dual force plates for jump, balance, and strength testing—controlled with the **Well Body Tech (WBT)** companion app on Android tablets.

Document revision 0.1. Keep this guide with your system. WBT is currently available for Android tablets (10 inch and larger). Standalone support for more platforms is coming soon. Follow on-screen prompts in the latest app release.



Online user manual · English

Scan for the latest version of this guide.
<https://wellbodytech.com/docs/usermanual/force-plate>

MODEL

WFP-1

DOCUMENT

User Manual · EN · Rev 0.1

INTENDED USE

Performance & rehab testing

SYSTEM

Two wireless plates + WBT app

SAMPLING

1,000 samples / second

CHARGING

USB-C (5 V phone charger)

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01 · Safety

Read these points before first use. Share them with anyone who will operate the plates.

Important

- Do not exceed the rated load: **up to 1,000 kg (≈ 10 kN) per plate**. Do not drop heavy equipment onto the surface.
- Charge only with a standard **USB-C phone charger (5 V)** and a quality USB-C cable. Do not force incompatible plugs into the charge port.
- Do not open the plates, remove covers, or modify internal parts. There are no user-serviceable components inside.
- Keep the plates dry. Designed for **indoor use** (splash-resistant enclosure, IP42). Do not use outdoors in rain or on wet floors.
- Place plates on a firm, level floor. Unstable surfaces can affect readings and increase tip risk.
- Supervise athletes during jumps and landings. Clear the area of trip hazards and bystanders.
- If a plate is damaged, swollen, overheating, or smelling unusual, stop use, unplug charging, and contact support.

Environment

CONDITION	SPECIFICATION
Operating temperature	5 °C to 40 °C (41 °F to 104 °F)
Storage temperature	–10 °C to 45 °C (14 °F to 113 °F)
Relative humidity	10%–90% non-condensing
Use case	Indoor training / clinic floors

02 • What's in the box

Check that everything is present before setup.

ITEM	QTY	NOTES
Force plate (Plate A)	1	Primary plate — connects to Well Body Tech
Force plate (Plate B)	1	Secondary plate — pairs wirelessly with Plate A
USB-C charge cable	2	One per plate
Quick start card	1	Optional print insert
This user manual	1	PDF or printed copy

You also need

- An **Android tablet (10 inch or larger)** with the **Well Body Tech (WBT)** app from Google Play
- A standard **5 V USB-C phone charger** (or USB-C wall adapter) for charging
- A firm, level testing surface

Download: <https://play.google.com/store/apps/details?id=com.wellbodytech.tablet>

Standalone support for additional platforms is coming soon.

03 · Meet your system

WFP-1 is a dual wireless force plate system. Each plate measures how hard you push into the floor. Together they support left/right and dual-stance tests. You run sessions in **Well Body Tech (WBT)**—no cables between the plates and your tablet during testing.

At a glance

WHAT YOU GET	DETAIL
Two synchronized plates	Plate A + Plate B for bilateral testing
High-rate capture	1,000 samples per second
Well Body Tech (WBT)	Start, stop, zero, calibrate, and review on Android tablets
On-plate status lights	Simple color cues for ready, recording, and errors
Rechargeable power	USB-C charging with battery level in WBT

04 • Quick start

1. Place the plates

1. Set Plate A and Plate B on a hard, level floor.
2. Leave a comfortable stance gap between them (typically shoulder-width for dual stance).
3. Keep both plates within about **10 m (33 ft)** of each other and of your phone or computer.

2. Power on

1. Turn on Plate A, then Plate B (power switch on each plate).
2. Wait until status lights finish the boot sequence (about 10–20 seconds).
3. Confirm WBT can see battery level for both plates before testing.

3. Open Well Body Tech and connect

1. On your **Android tablet (10 inch or larger)**, enable Bluetooth.
2. Install or open **Well Body Tech** from Google Play.
3. Select your WFP-1 system when it appears and tap **Connect**.
4. Allow Bluetooth (and nearby-device) permissions if asked.

App: <https://play.google.com/store/apps/details?id=com.wellbodytech.tablet>

4. Zero and start a session

1. Make sure nobody is standing on the plates.
2. In WBT, tap **Zero** (or Tare).
3. Tap **Start** to begin recording, then run your test protocol.
4. Tap **Stop** when finished. Review results in WBT.

Only one tablet should connect at a time. If connection fails, close other apps that might be using Bluetooth, then try again. Phone and desktop standalone apps are coming soon.

05 • Everyday use

Best placement

- Use a rigid floor (wood sports floor, concrete, or rigid platform). Soft mats under the plates can distort results.
- Keep the tops clean and dry before each athlete.
- Align Plate A and Plate B so athletes can stand or land consistently session to session.

Zeroing before tests

Always zero with the plates empty. Use WBT's **Zero** control. If readings look offset after moving the plates, zero again.

Calibration (when prompted)

Periodic calibration keeps measurements accurate. Follow the WBT calibration wizard: clear plates → place the requested known mass → confirm. Use only calibrated masses your facility trusts. Do not improvise with unknown weights.

Status lights

Each plate has a status light so you can see state at a glance (you can also turn lights off in WBT if preferred).

LIGHT	MEANING
Yellow	Starting up
Pink / magenta (soft pulse)	Ready / idle
Dark blue	Recording
Green	Calibration in progress or complete
Orange (blink)	Stopping / transitioning
Red (flash)	Error — check the WBT message

06 · Using Well Body Tech (WBT)

Well Body Tech (WBT) is the companion app for WFP-1. It is built for coaches, trainers, and performance staff—assessment, tracking, and reporting in one place. You do not need technical commands or developer tools.

Availability

- **Now:** Android tablets, 10 inch and larger — Google Play
- **Coming soon:** Standalone support on additional platforms

Download Well Body Tech:

<https://play.google.com/store/apps/details?id=com.wellbodytech.tablet>

What you can do in WBT

ACTION	WHERE TO LOOK
Connect / disconnect plates	Home or Devices screen
See battery for both plates	Status bar or Devices
Zero plates	Session or Controls
Start / stop recording	Session controls
Run calibration	Settings → Calibration
Review jumps & reports	History / Results
Turn status lights on or off	Settings

Tips

- Keep Well Body Tech updated for the latest protocols and fixes.
- Stay within wireless range during a session; walking far away can drop the live link.
- If WBT asks to reconnect after sleep, unlock the tablet and open the app again.

07 · Battery & charging

How to charge

1. Plug a standard **USB-C phone charger (5 V)** into the wall.
2. Connect the supplied USB-C cable between the charger and the plate’s charge port.
3. Charge each plate as needed. You can charge both at the same time with two adapters.
4. Watch charge progress in Well Body Tech (or the plate’s charge indicator, if present).

WFP-1 is designed for everyday **5 V USB-C phone chargers**—the same style of wall adapter you use for a phone. A dedicated high-power laptop PD brick is not required.

Battery overview

ITEM	TYPICAL VALUE
Battery type	Rechargeable pack (built-in)
Runtime while recording	About 6–8 hours
Runtime idle / standby	About 24–48 hours
Charge time (empty → full)	About 3–4 hours with a 5 V USB-C charger
Charge port	USB-C
Recommended charge level for storage	About 40%–60%

Good habits

- Charge before busy test days; don’t run sessions to empty mid-block.
- If you won’t use the system for weeks, store around half charge and top up every few months.
- Avoid extreme heat while charging (for example, a closed car in summer).

08 • Troubleshooting

App can't find the plates

1. Confirm both plates are powered on and finished booting.
2. Turn Bluetooth off and on on your Android tablet.
3. Move closer (within 10 m) and away from dense Wi-Fi / metal racks if possible.
4. Make sure no other tablet is already connected.
5. Force-quit Well Body Tech and open it again.

Only one plate shows data

1. Check the second plate's power and battery in WBT.
2. Bring Plate B closer to Plate A, then reconnect in WBT.
3. Power both plates off and on, Plate A first, then Plate B.

Numbers look wrong

1. Clear the plates and tap **Zero** in WBT.
2. Confirm you are not standing on the plates during zero.
3. Run the calibration wizard if WBT recommends it.
4. Check that the floor under the plates is rigid and level.

Won't charge

1. Try another **5 V USB-C phone charger** and cable.
2. Inspect the USB-C port for debris; don't use damaged cables.
3. Leave connected for at least 15 minutes, then check the battery reading in WBT.

Red status light

Open Well Body Tech for the error message. Power-cycle the plate. If the light returns, contact support with the message text and approximate time of the issue.

09 · Care & storage

- Wipe the top surface with a soft, slightly damp cloth. Dry before the next athlete. Avoid solvents and abrasive pads.
- Do not soak the plates or spray liquid into seams, ports, or vents.
- Carry with two hands; avoid dropping onto corners.
- Store indoors, dry, away from direct sun. For long storage, leave batteries partly charged.
- Use the original packaging or a padded case when shipping or traveling.

10 · Specs & support

Key specifications

SPECIFICATION	VALUE
Model	WFP-1
Plates	2 (Plate A + Plate B)
Sample rate	1,000 Hz
Rated load	1,000 kg ($\approx$ 10 kN) per plate
Plate size (each)	500 × 500 × 65 mm
Plate weight (each)	$\approx$ 12 kg
Wireless range (typical indoor)	Up to 10 m (33 ft)
Enclosure	Indoor, IP42
Charging	USB-C, 5 V phone charger
Charge time	$\approx$ 3–4 hours
Recording runtime	$\approx$ 6–8 hours
Operating temperature	5 °C to 40 °C

Support

For help, contact your supplier or product support (support@wellbodytech.com) with your model (WFP-1), purchase date, and a short description of the issue. Note the Well Body Tech app version from Settings if possible.

FIELD	VALUE
Product	Wireless Force Plate System
Model	WFP-1
Document	User Manual
Revision	0.1

Note. This guide is for operators. Technical interface details for developers and service partners are published separately and are not required for normal use.