

Fit for winter sports

Robotesting in detail

Short description	Measurement of your strength (peak force), speed, power and L/R asymmetry for fast and slow movements (with and without sensory feedback). Measurement of your concentric (load-overcoming) power, power development and reaction time.
Customer benefits	Depending on age, the L/R asymmetry in your strength, speed, and power development should not exceed 15 to 20%. Deficits in neuro-muscular control of the knee and hip and a reduced speed and power are factors that increase the risk of injury to the lower extremities, especially during faster movements involving changes in direction.
Sign up and registration	<ol style="list-style-type: none">1. Book appointment online at: https://ddrobotec.com/de/fit-for-skiing/2. Create a ddrobotec® user account: https://ddrobotec.com/create-account/
Location	The robotesting takes place at the Technopark Zurich: Technoparkstrasse 1, 8005 Zurich (Tram 4 stop Technopark)
Duration/Cost	The robotesting will take approx. 50 minutes and costs CHF 120.
Course/Journey	<ul style="list-style-type: none">> Welcome> Warm-up: 2 to 3 winter exergames (amateur level) + Wavelet drill> Robotests: peak force, speed, power, power development and L/R symmetry> Workout: 4 winter exergames or Fit-for-Ski-Challenge (level depends on tests)> Analysis
Organizational	<ul style="list-style-type: none">> At Technopark Zurich you will be picked up at the main entrance.> Wear training wear clothes and shoes.> You can pay on site with TWINT, Maestro, VISA or Master Card.
Video	https://youtu.be/Objc4cu_37E

