



C-Force Performance Platform

Getting Started Guide – Connecting the Platform, Downloading and Installing Software



The C-Force Performance Platform is a lightweight and portable performance testing and training system. It is powered entirely from the USB port of any Windows computer and requires the Ballistic Measurement System (BMS) or InnerBalance software for operation.

This is a short getting started guide however much more detailed support and instructional videos are available on our website

<https://www.innervations.com/support/>

So, you have just received your C-Force Performance Platform. Congratulations! Let's get started.

- 1) Remove the platform from the padded carrying case in place upside down on the floor.
- 2) Open the zipper of the side pocket of the carry case and remove the pouch containing the adjustable feet and USB cable.
- 3) Screw the four adjustable feet into the four load cells. The feet should be only hand tightened. Make sure that you remove the feet before placing the platform back into the carry case.
- 4) Plug the USB cable into the socket on the underside of the platform.
- 5) Turn the platform over and check to see that it is level and does not rock. The height of the feet can be adjusted by turning them.
- 6) Plug the other end of the USB cable into a USB port of the Windows computer.
- 7) Browse to our website <https://www.innervations.com/softwaredownloads/>
- 8) Click on the link "Measurement Computing Instacal" to download and then install the interface software.
- 9) Once installed, run the program Instacal either from the Windows menu or by typing "instacal" into the Windows search box.
- 10) If the platform is operational and plugged in correctly the Instacal program should detect the interface "USB-1808".
- 11) Close the Instacal program.
- 12) Browse to our website <https://www.innervations.com/softwaredownloads/>
- 13) Click on the link "Ballistic Measurement System Version 2" to download and then install the BMS software.
- 14) Once completed proceed to download and install the "InnerBalance" software.
- 15) Browse to our website <https://www.innervations.com/softwaredownloads/>
- 16) Click on the link "InnerBalance" to download and then install the InnerBalance software.

You are now ready to start using the BMS and InnerBalance software systems with your C-Force Performance Platform.

Any questions or comments please contact us at support@innervations.com