Effective Performance Assessment in Sports, Rehabilitation, and Research

Kistler MARS is a versatile Measurement, Analysis, and Reporting Software for performance assessment in sports and rehabilitation. The unique analytical software for Kistler force plates quickly performs targeted evaluations of standardized movement sequences and helps you develop your athletes at an optimum level. MARS supports frequent testing in a very short amount of time and gives a clear overview of the performance parameters that matter most for each application.



measure. analyze. innovate.

## **Performance Diagnostics with Kistler MARS**





Kistler MARS is the tailor-made analytical software for Kistler force plates. This unique system for sports, rehabilitation, and research delivers rapid, targeted evaluations of performance, force, balance, and stability.

#### **User-friendly Evaluation**

Kistler MARS analyzes the measurement signals captured via the force plate, calculates all the relevant performance parameters and displays the measurements in graphic form. Analyses, reports, and benchmarks are generated rapidly thanks to over 20 predefined evaluation models for standard performance tests, such as squat jumps, drop jumps, stamping, and balance tests. The data is stored and managed in a database where it is accessible for comparison and reporting.

#### New Measuring Assistant and Color-Coding

Version 3.0 of Kistler MARS comes with a new measuring assistant to help users define and reuse tests faster and more conveniently. User-friendly color-coding of results helps to identify best performance, while indirect parameter calculation allows users to combine parameters of several tests or to combine different parameters, e.g. to calculate bilateral deficits.

### Your Benefits at a Glance

- Fast comparison of application-specific performance parameters
- Efficient preparation of reports
- Uni- and bilateral analysis



#### **Evaluation of Complex Human Movement**

Kistler MARS supports detailed evaluation of human movement, such as static and dynamic balance, locomotion and body transfer, fast alternating movements, as well as strength and power (all vertical jumps). Different versions of Kistler MARS are available: Power&Strength, Balance&Stability, a combined full version that includes all tests, as well as a special version for Quattro Jump. Kistler MARS supports Kistler data acquisition systems Type 5691A, Type 5695B, and Quattro Jump Type 9290.

#### Kistler MARS Power&Strength

This version helps to monitor fatigue, recommend specific workout or regeneration phases, and set clear developmental goals. Be more effective in developing your athlete's performance and preventing injuries by identifying inefficiencies based on muscular imbalance, injury, and chronic pain.

#### Kistler MARS Balance&Stability

This version is ideal for balance analysis in rehabilitation and research. It delivers all relevant performance parameters right away to detect shifts in the center of pressure, optimize movement patterns and accelerate rehabilitation.

### Power&Strength

9 modules for power and strength analysis Balance&Stability 11 modules for balance and stability analysis

#### **Full Version**

20 modules for power, strength, balance, and stability analysis

#### Quattro Jump

8 modules for power and strength analysis

## At Our Customers' Service Across the Globe



Kistler is the global leader in dynamic pressure, force, torque, and acceleration measurement. Customers benefit from Kistler's experience as a development partner, enabling them to optimize their products and processes so as to secure sustainable competitive edge. With some 1 500 employees at 56 facilities worldwide, the Kistler Group posted revenue of USD 341 million in 2015, about 10 % of which is reinvested in innovation and research.

Please refer to our website **www.kistler.com/sports** to learn more about how our measuring solutions can help you get even better in what you do.

### **Contact Us**

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Kistler Group includes the Kistler Holding AG and all its subsidiaries in Europe, Asia, Americas and Australia.

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