**Forces ILDs - Force Plate** Name pd

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| **What the demo is** | **My initial prediction** | **My prediction after discussion** | **What the actual result was** |
| I am standing, and I bend my knees |  |  |  |
| I am squatting, and stand up. |  |  |  |
| I am standing, and I squat and then stand back up again |  |  |  |
| I am standing, and then I jump up and land back down on the plate |  |  |  |