

Isokinetic Power Exercise Station I & II

Pull Down After Rebounding/Leg Press

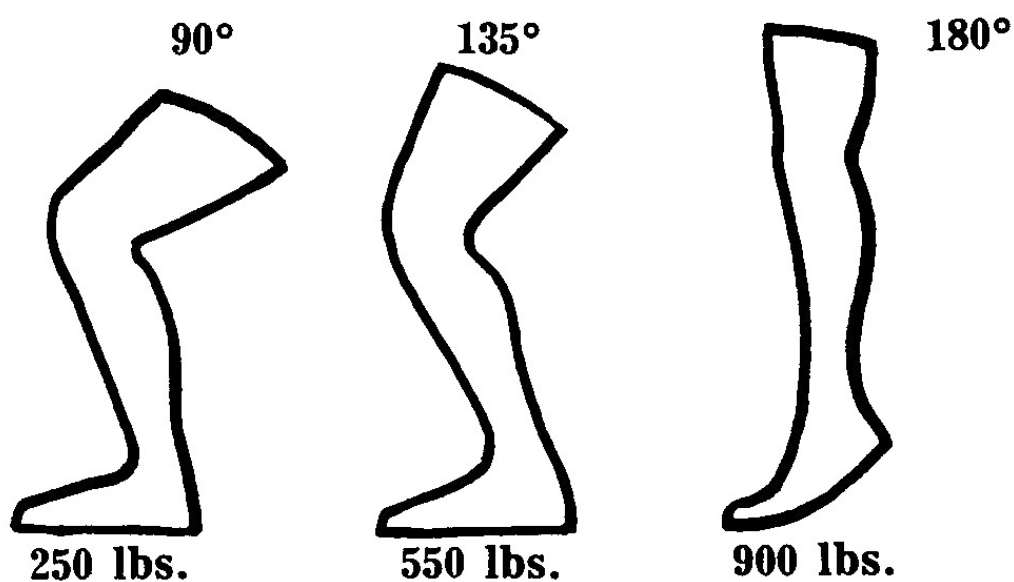


The squat exercise requires that you keep your back straight thru full range of motion. Do not lean forward as you extend your legs to full extension. Go up on toes to finish exercise. Push up with back straight as pictured here.

Pull down after rebounding, grasp ball as high as possible and pull ball down to mid section as fast as possible for ball protection. This strengthens fingers, wrist, forearms and shoulders. Work fast to be fast.

Resistance is automatic to effort exerted and adjusts to one's fatigue

- Most athletes will gain 25% strength within 4-6 weeks. The 25% strength gain usually provides an athlete 6-8" increase in vertical jump.
- Isokinetic exercise is the safest form of resistance exercise today. It adjusts to you and you don't adjust to a given resistance (as with weights).



Leg strength may vary as much as 2 to 4 times from beginning squat to full extension as skeletal leverage increases.

Our Leaper's resistance increases proportionally to each athlete's leg angle. Typical leg strength of many young athletes is shown here.

We can not assume liability for misuse of exerciser or exercise.

Leaper and Super II Exercisers MFG by Mini-Gym Company

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