

# Isokinetic Power Exercise Station III & IV

## Across Court Passing/One Leg/Toe Raise Exercise

- Mimic overhead pass across court strengthens wrists and hands for quick passes.
- Work fast to be fast
- Isokinetic resistance always adjust to the athlete rather than athlete adjusting to resistance (as with weight training)



Shooting ball is off either right or left foot. Raise opposite leg and exert max effort from beginning of the range of motion to full extension and up on toes. Do both legs individually simulating usual jumping in game.

With each bout of exercise we recommend mostly fast speed exercise. Probably 2 or 3 fast bouts to one bout of slow speed. Fast speeds are especially important "In-Season" workouts. Generally 25-30 reps at fast speed in 30 seconds.

Also, many websites illustrate advantages of fast speed Isokinetic exercise training.

Google these subjects for more information:

- Fast twitch exercise
- Fast twitch muscle exercise
- Fast twitch muscle training
- Speed exercise training
- Gil Thomas / Dunk Dreams
- Paul Teetor
- Fast twitch training centers

**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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