

Isokinetic Power Exercise Station V & VI

Dribbling/Military Press



Grasp ball with D- ring between fingers to simulate dribbling

With weights, one is limited to maximum amount that can be moved at the weakest point thru the range of motion. With Isokinetic resistance, one receives maximum resistance thru full range of motion and with each rep there after (*this is not possible with weights*).

- Simulate normal dribbling, hand control of ball using wrist as much as possible.
- Do 30 second exercise as fast as possible.
- With Isokinetic resistance the exerciser adjusts to the user (rather than with weights, the user adjusts to the weights).
- Fast speed exercise develops athletes white quick twitch muscle fibers.
- Work fast to be fast.
- Isokinetic exercise is safer than other methods as you do not have weights coming back at you.
- Little or no muscle soreness is experienced as there is blood flow between reps which cleans lactic acid from muscles.
- Much research has been done that proves more strength/power can be developed with Isokinetic resistance.

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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