

Isokinetic Power Exercise Station VII & VIII

Bounce Pass / Chest Pass / Upright Row



- From full extension and elbow high, pull up
- Always work as fast as possible. Work fast to be fast.

By developing white quick twitch muscle fibers this fast speed exercise can be done safely only with Isokinetic resistance. Our high intensity workouts dramatically change athletes to be faster, quicker, and stronger in the game. Research has shown fast speed resistive exercise improves athlete's quickness within weeks.

Isokinetic Accommodating Exercise (speed controlled exercise)

- Safer than weights (no eccentric contraction)
- Mimic specific sports motions and develops more power with range of motion
- Exercise in less time (no weights to set or release)
- Automatic resistance. Set desired speed of exercise.
Resistance is proportion to user's effort, pound for pound.
- Prevention of future injury
- Fatigue safely. Automatically adjust to fatigue, with every repetition.
- Train fast to be fast
- Speed training develops white quick twitch muscle fibers for more power moves

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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