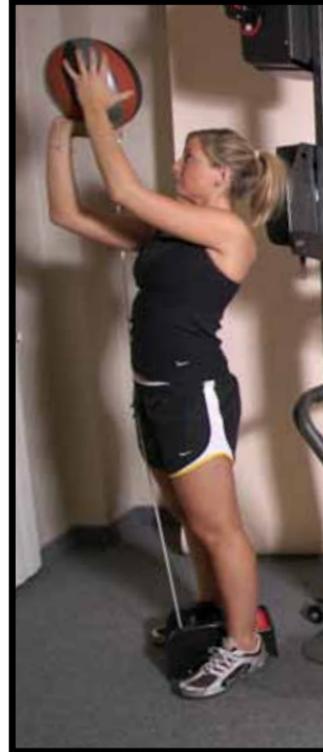


Isokinetic Power Exercise Station IX & X

Shooting / Bench Press



For Bench Press take Leaper bar as low as possible. Push with maximum effort to full extension for bench press.



For this shooting exercise, remove Super II from frame and place it on floor to simulate shooting. Stronger and more power in the arms and hand provides more accuracy with the shot.

- Mimic shooting motions with "D" ring between fingers shooting at imaginary basket.
- Stronger arm motion develops more accuracy of shot.
- Be specific with all motions
- Develop muscle memory
- Work fast to be fast

Suggestions for motivational workout with LCD readings

1. Push the "ON" button
2. Push the Power button and it will constantly show the effort you exerted on each rep. You can see your improvement with each rep. (Power is Force x Distance / Time)
3. After you have done your 10, 20, 30, or any number of reps, push work button for total work (force x distance). This recording is in increments of foot pounds.
4. Push rep button and see actual rep count.
5. Push time button for actual exercise time.
6. Push AveAveAvg work button. Total work divided by the number of reps.
For example, 8000 work units divided by 20 reps is average of 400 units per rep.



The LCD's will shut off automatically after 2 minutes of no exercise Always do comparison LCD workout at slow governor speed. You can not get as good work readings at fast speed because of leverage and time.

When doing LCD measuring of strength gains, always use same Leaper for comparison measuring. All LCD exercisers measurements are "true within the same exerciser". There could be minor variance of LCD readings between different exercisers.

Work measurements are in increments of foot pounds and are not related to the power reading. With power, effort exerted is divided by time but work measures force plus distance. Our LCD measurements are "true" within themselves and serve as a motivator when exercising.

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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