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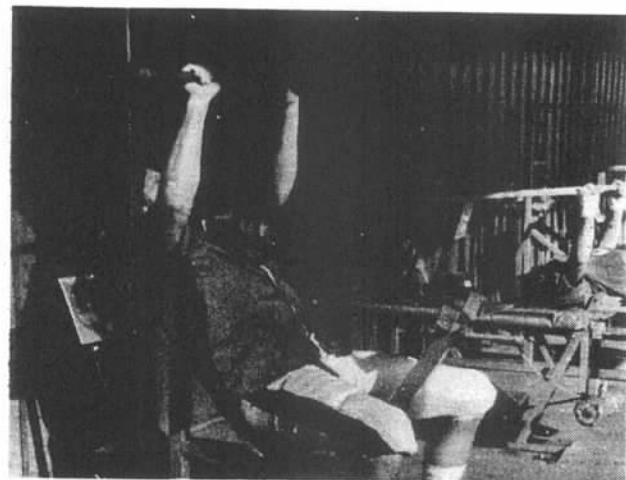
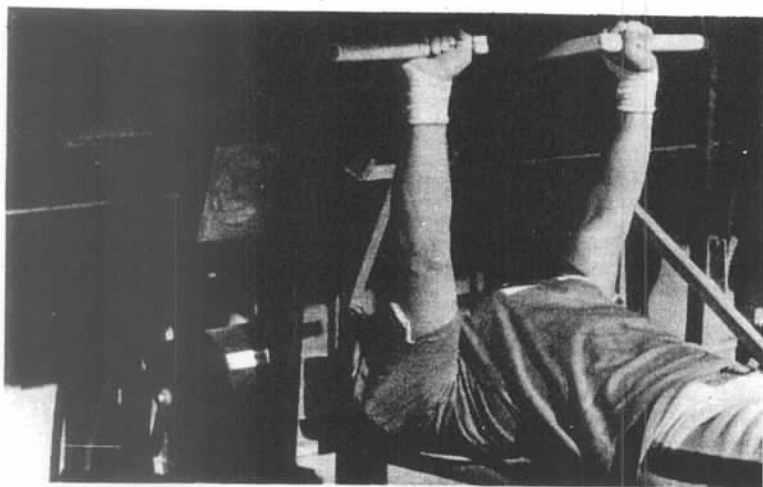
Exercise Performance in 6 to 11 Year Old Boys with Duchene Muscular Dystrophy, Ronald Sockolov, Barba Irwin, Rudolph Dressendorfer, Edmund Bernauer, *Archives of Physical Medicine and Rehabilitation*, M. 1977.

# Denver BRONCOS *Total conditioning with MGI's isokinetic exercisers*



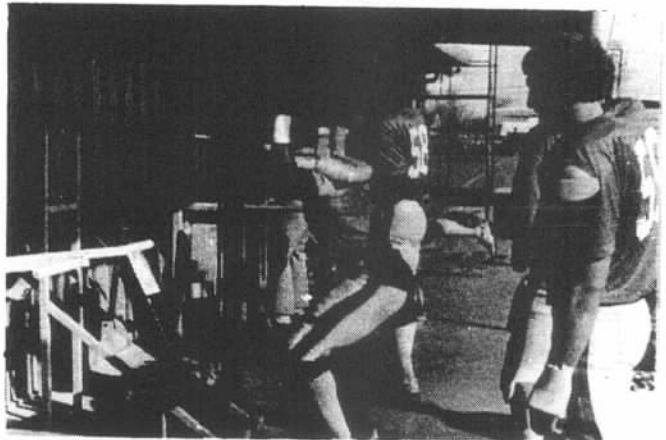
## FOR SPEED, STRENGTH, AND REHABILITATION

Because of the variable resistance feature of isokinetics, the Mini-Gym Quad and Ham exerciser (above) is used for rehabilitation as well as a regular training program for athletes who want to develop (1) faster running, and (2) stronger knees for prevention of injury. Most players have reduced their 40 yard dash time .2 of a second by doing this exercise at fast speeds.



## BUILDS STRENGTH IN EXTENDED RANGES

The Bench Press (left) and the Leaper (below) are very important for all football teams. The fast speeded HRFS program develops more power, strength and specificity for those motions particularly needed in the football game. The Bench Press to ward off opponents, and the Leaper for offensive receivers and defensive backs to leap high for passes.



# ADDITIONAL RESEARCH ARTICLES ON ISOKINETICS

## The Concept and Effectiveness of Isokinetic Exercise vs. Other Exercise Methods and Modalities

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