

# 5

## Advantages of FIT10™ *isokinetic resistance* verses weight training *isotonic resistance*

- 1. Train in Less Time** - The FIT10 method allows you to pre-fatigue the muscles being strengthened using an isometric contraction. Then you and the FIT10 device automatically adjust the force exerted against resistance through the full range of motion, and continue doing so for every repetition and set. Therefore, only short time periods of exercise are required to get maximum effect per exercise. Also, with this method, no weights need to be set or removed.
- 2. Safety** - With the FIT10 isokinetic method, you determine the speeds at which you wish to work, and that remains a constant resistance. Every repetition is fully exerted to their maximum but no more resistance is produced than the body can generate at that moment, minimizing the chances of injuries. Also the body usually fluctuates from day to day in its power. FIT10, along with the user, accommodates these changes thus preventing overstraining on weaker days.
- 3. No Muscle Soreness** - With the FIT10 isokinetic method you only exert force in the positive part of the exercise thus allowing the blood vessels to dilate slightly during the return or negative phase thus causing better blood flow to the muscle tissue and bringing nutrients in and flushing the waste materials out. The result is little to no muscle soreness from the buildup of lactic acid which is mostly removed.
- 4. More Strength Development** - Isokinetic exercise allows you to work to a maximum at all ranges of the motion and accommodates fatigue factors, as well as maximizing the total work load. As you increase power, you also increase the resistance which constantly challenges the skeletal muscle system for further gains. With isotonic weight training, a weight is lifted for a specific number of repetitions but you are only getting a maximum exertion at the end of the set, and only lifting what can be moved through the weak zone, thus nowhere near the total work load that is achieved through using isokinetics.
- 5. Specificity Training** - Because exercise resistance is not dependent on gravity it is possible to do multiple exercises at different angles that duplicate and strengthen the motions of the body for the particular motion desired. Because the exercise is performed only in concentric contraction (“positive”) the exercise can be repeated with little if any time between repetitions. This quick return without restrictions, that eccentric contractions (“negative”) creates, makes for a safe and effective exercise. This cannot be done with weights because of the dependence of gravity and limits possible injury. Isotonic exercises are restricted to slow speeds to prevent overcoming gravity on the “positive” phase of the lift and making the weight ballistic, and by returning the weight too fast in the “negative” phase which can be detrimental. ■