

Isokinetic Exercise

DYLAN IMAMURA

DEFINITION

Isokinetic exercises are a type of strength training where the speed of movement remains constant throughout the entire range of motion.



HOW IS IT DONE?

Isokinetic exercises are typically performed using specialized equipment known as isokinetic dynamometers. These machines allow the individual to move a specific body part, such as the arms or legs, through a predetermined range of motion while controlling the speed of movement.

Note: Must be running/walking at same pace or using same resistance for an isometric exercise

EXAMPLES OF EQUIPMENT



Treadmill



Rowing Machine



Exercise Bike



WHAT IS IT SUPPOSED TO ACCOMPLISH?

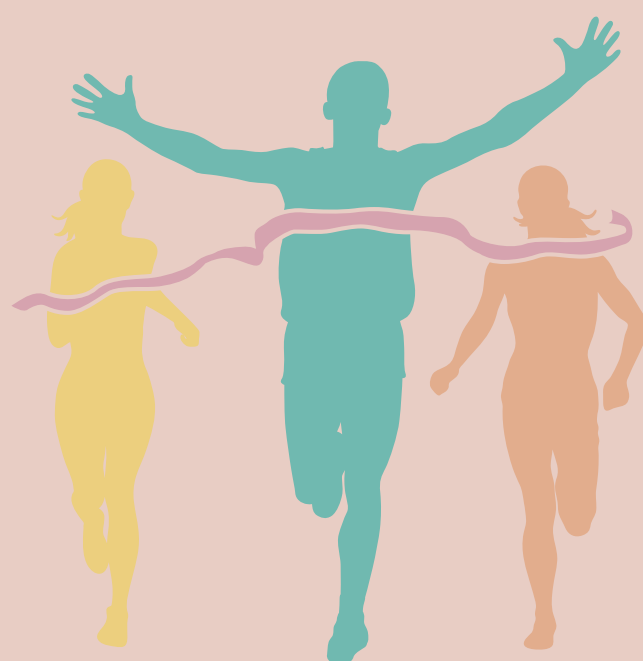


Isokinetic exercises aim to strengthen muscles through controlled movements against a constant resistance, promoting muscle balance, coordination, and joint stability. They are commonly used in rehabilitation to aid in injury recovery, improve range of motion, and enhance functional performance for daily activities and sports.



WHO BENEFITS FROM IT?

Isokinetic exercises can benefit a wide range of individuals, including athletes looking to improve performance, individuals undergoing rehabilitation, people seeking to enhance muscle strength and joint stability, and those aiming to prevent future injuries.



Did You Know:

Isokinetic exercises are often used by astronauts in space to help mitigate muscle atrophy and maintain strength in the microgravity environment