

# CON-TREX

BIOMECHANICAL TEST- AND TRAINING SYSTEMS

## CON-TREX Leg Press with Strength Diagnostics

With all types of sport in which the lower limbs have to be tested, significant and reproducible, in a multi-joint-movement this only can take place on a CON-TREX – LP (a multi-joint system is not able to bear up against the strength of high performance athletes). In this context, the strength development of all the involved muscles is of interest and not just a single muscle.

CON-TREX LP is generally suited to all types of sport which involve jumping or running movement. For example, swimming (start jump, turn, measurement with both legs, or one legged with track start), ski jump (both legs), track and field sports, push starts in bob (alternating or one legged), team sports like handball, football, volleyball and basketball for testing jumping power (both legs or one legged according to requirement in the type of sport), football, cricket and rugby (alternating) and many others ...



Biofeedback training or computer-controlled strength training can be arranged on all athletes who are undergoing training on the CON-TREX LP. (This is more effective than normal strength training on sequential strength training machines, as the load cannot be avoided in the 'Isokinetic Mode', which means that weakness cannot be balanced out through momentum.) The loose foot supports (unstable) mean that sensory-motor training is possible for the lower limb, as the athlete must stabilise independent the knee and the ankle through "free" exercises. (This can be used, for instance, in case of a functional instability of the ankle.)

### Additional advantages of the CON-TREX LP in the area of strength diagnostics

- Strength comparison of right leg to left leg
- Analysis of development of strength over the complete exercise
- Gravity-neutral exercising
- Biofeedback
- Minimum progress is documented (motivation of the athlete)
- Sustained comparisons
- With the CON-TREX 'Isokinetic Ballistic Mode' the athlete can be tested and/or trained at higher speeds.

return to performance