

RSP ISQUIO



SPECIFIC TOOL TO PREVENT INJURIES TO THE HAMSTRING MUSCLES.

Rsp Isquio is another step in RSP to offer you **specific tools that provide the solution to one of the most common muscle injuries in sports.**

Isquio is born to prevent injuries to the hamstring muscles by reproducing the same range of load generated by the athlete when running at high speed. The objective of this machine is to generate high accelerations of the leg that in the eccentric phase will have to brake in a coordinated and stable way with the great particularity that Isquio offers the maximum tension to the athlete (moment in which the rope is wound in the minimum radius of the axis) when the maximum extension of the knee is being reached. This increasing load that we generate by reducing the radius as we extend the knee and apply strength to stop the leg from moving, is intended to reproduce and work on the two most important factors of hamstring injuries. On the one hand to be able to train the stabilization of the hip avoiding its hyperextension in the final phase of the extended knee before reaching the floor and on the other hand improving the strenght of the flexor and extensor muscles of the knee and hip increasing the dynamic performance of the sportsman.

This machine is very different to a traditional conical pulley in order to offer the opposite behaviour to that of a traditional machine by offering the maximum resistance in the eccentric-concentric transition (end of the braking phase and beginning of the recovery phase)

The small difference between the minimum and maximum radius is due to the fact that this machine works in reverse, as if we wanted to reduce gears in our car and therefore the variation of the radius must be small, otherwise the movement becomes very complex to execute and it is easy to lose control in the concentric/eccentric transition (as if our car skidded)



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RSP ISQUIO TECHNICAL INFORMATION

STANDARD EQUIPMENT

- Chassis RSP Isquio.
- 120cm wall rail for height adjustment of the output pulley.
- 4 aluminium masses.
- 40mm Ø Harken Carbo pulley.
- 40mm Ø T2 Loop Harken Carbo pulley.
- 4 meters of high performance rope with lenght adapter .
- Ankle string.
- Wall mounting kit.
- Assembly manual.



TECHNICAL SPECIFICATIONS

- Designed to improve the capacity of acceleration and brake of the hamstring muscles.
- Acceleration adjustment through shaft radius.
- Adjustment of the Moment of inertia through the masses integrated in the disk,each mass represents a 10% of the Moment of inertia.
- Adjusting the height of the rope output.

Size: 45 x 35 x 45 cm high

Weight: 15 kg

ACCESSORIES

- RSP Encoder.
- Stainless steel masses.
- High load pulleys (high performance at high working densities).
- Harken Fly pulleys (highest quality of shooting on the market).
- Adaptor Chronojump encoder.
- Portability kit (to fix the machine to a solid structure such as goal, trellis, column..).



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Moments of inertia

without masses	2 masses	4 masses
589,84 Kg/cm ²	704,99 kg/cm ²	820,13 Kg/cm ²