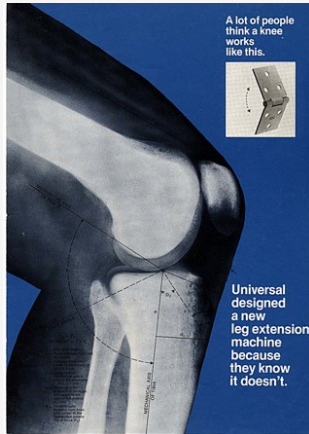




The Universal New Leg Extension Machine

For the first time ever, there's a new Dynamic Variable Resistance leg extension machine that recognizes the full complexity of the knee.



Code	adi-pub-01249
Title	The Universal New Leg Extension Machine
Subtitle	For the first time ever, there's a new Dynamic Variable Resistance leg extension machine that recognizes the full complexity of the knee.
Name	Universal Gym Equipment
Author	Unknown
Published on	Sunday, June 6, 1976
Subject	ACES; APAS; Biomechanics; Exercise Machine; Media; Performance Analysis; Science
URL	https://arielweb.com/articles/show/adi-pub-01249
Date	2013-01-16 15:40:50
Label	Approved
Privacy	Public

The article introduces Universal's Centurion II/DVR Leg Extension Machine, a new piece of gym equipment designed to enhance leg performance and reduce the risk of knee injury. The machine is the result of extensive scientific research and biomechanical engineering, led by Dr. Gideon Ariel. The research involved a comprehensive analysis of the knee using advanced techniques such as x-ray, high-speed cinematography, and direct computer data processing. The outcome of the study was a resistive formula that maximizes muscular development around the knee during all phases of movement. The Centurion II/DVR Leg Extension Machine incorporates this formula, offering up to 150 lbs. of dynamic variable resistance. The machine is designed for simplicity, durability, comfort, and safety. It is made of two-inch tubular steel and features heavy padding, an extra high back, and an adjustable lifting arm. The article concludes by highlighting other new equipment from Universal, including a Deluxe Double Twister and various exercise benches.

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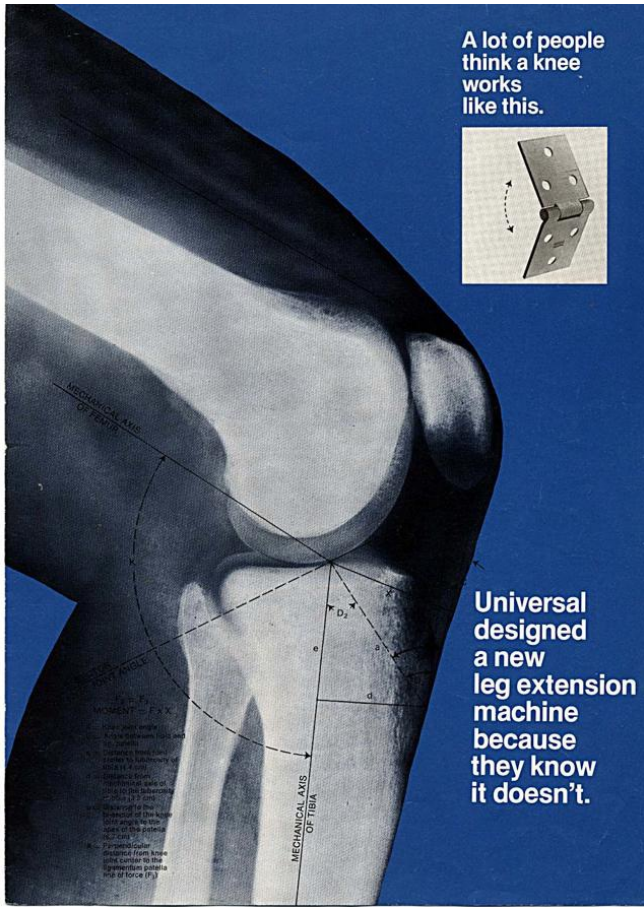
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Below find a reprint of the 4 relevant pages of the article "The Universal New Leg Extension Machine" in "Universal Gym Equipment":

A lot of people think a knee works like this.



Universal designed a new leg extension machine because they know it doesn't.



NEW!
UNIVERSAL'S CENTURION II/DVR LEG EXTENSION MACHINE.
 (DVR Dynamic Variable Resistance)



The result of scientific research—a new biomechanically engineered knee conditioner!

For the first time ever, there's a new Dynamic Variable Resistance leg extension machine that recognizes the full complexity of the knee. It's Universal's scientifically researched, biomechanically engineered Centurion II /DVR Leg Extension Machine, developed to build stronger, more functional leg performance than ever before — thereby reducing the likelihood of knee injury.

Development of this revolutionary piece of training equipment began with a complete scientific analysis of the knee by renowned biomechanics expert Dr. Gideon Ariel. His full-spectrum research included sophisticated techniques such as x-ray and high-speed cinematography, special tracing equipment, direct computer data processing, and dynamic assessment of the knee joint itself.

The result of Dr. Ariel's study was a resistive formula capable of maximizing muscular development around the knee in each and every phase of the movement, while undergoing natural explosive movements. Without application of this formula maximum muscular development is reduced to limited phases of the movement. Ultimately this hinders performance and may increase the vulnerability to traumatic injury.

Universal's team of designers and engineers duplicated the prescribed resistive formula and built a variable resistance lifting mechanism, the heart of the new Centurion II/DVR Leg Extension machine.

Like all other Universal gym equipment, the Centurion II/DVR Leg Extension Machine was engineered for simplicity of operation to provide failure proof performance. It incorporates a bare minimum of moving parts which minimizes maintenance. And the cost? We believe you'll be amazed at the low cost of Universal's new leg extension machine!

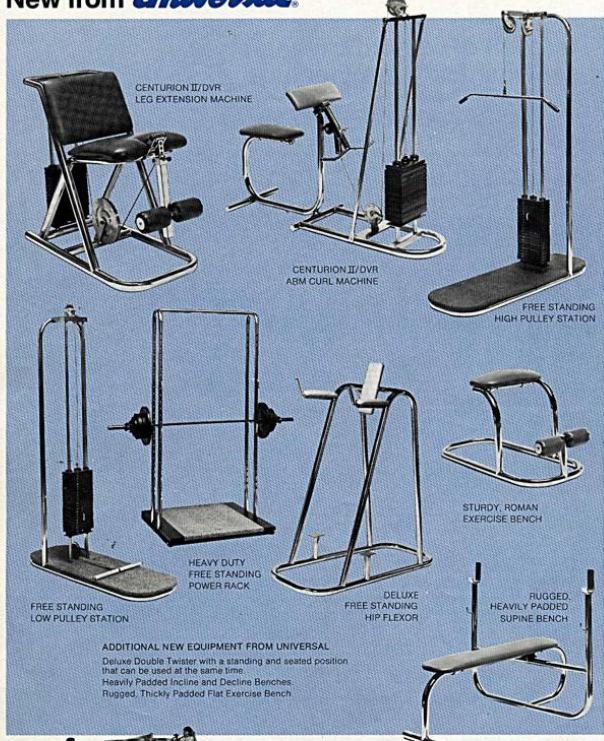
In a six by two-foot space, you can seat this variable-resistance leg conditioner. Made of two-inch tubular steel, it's built tough to take any pounding your athletes can dish out. It's built for comfort and safety, too, with a new adjustable lifting arm, up to 150 lbs. of dynamic variable resistance, heavy padding, an extra high back, and the same quality which has made Universal the world's largest manufacturer of physical conditioning systems. It just might be the best training investment you make this year. Call or write today.





Universal
 GYM EQUIPMENT
 WORLD'S LARGEST MANUFACTURER OF PHYSICAL CONDITIONING SYSTEMS
 1328 N. Sierra Vista • Fresno, Ca. 93703 • Phone: (209) 251-4251
 A subsidiary of First Northwest Industries of America, Inc. Patents pending for DVR device.

New from **Universal**.



CENTURION II/DVR LEG EXTENSION MACHINE
 CENTURION II/DVR ABM CURL MACHINE
 FREE STANDING HIGH PULLEY STATION
 FREE STANDING LOW PULLEY STATION
 HEAVY DUTY FREE STANDING POWER RACK
 DELUXE FREE STANDING HIP FLEXOR
 STURDY ROMAN EXERCISE BENCH
 RUGGED, HEAVILY PADDED SUPINE BENCH

ADDITIONAL NEW EQUIPMENT FROM UNIVERSAL
 Deluxe Double Twister with a standing and seated position that can be used at the same time.
 Heavily Padded Incline and Decline Benches
 Rugged, Thickly Padded Flat Exercise Bench

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