

Height Adjustable Pull-Up Trainer

Item #17560

- **Overview.** Success—now everyone can do a pull-up! This steel pull-up trainer can be raised and lowered in 1” increments. Simply adjust to challenge students as they become able to perform conventional pull-ups without help from their legs. 3’W bar features plastic end caps and a comfortable foam handle. Attaches to any permanent wall or door-mounted pull-up bar.



- **What Are the Educational Applications?**

- The Height Adjustable Pull-Up Trainer offers many benefits to students. It allows every child/adult a certain level of success while attempting the pull-up, which is one of the most difficult tests of strength and an integral part of many physical fitness tests.
- The Height Adjustable Pull-Up Trainer encourages incremental levels of success so that the learner will continue to make progress toward the ultimate goal of an actual “full” pull-up.
- Kids who are strong, healthy, confident and resilient are much more inclined to try new things without fear of failure/humiliation. They expect to succeed, not to fail. Cultivating a child’s expectations of success then becomes an educational foundation.
- The American Society of Exercise Physiologists recently described the Height Adjustable Pull-Up Trainer as “a simple, easily implemented, easily documented, and affordable solution to childhood obesity.”
- Obesity is not only a huge and costly health risk, but it’s the ultimate drag on self-esteem. Kids with low self-esteem are notorious underachievers. After all, if you actually think you can’t, there’s little reason to try.

- **How Can I Use This Product With My Students?**

- **Where:** Inside the gymnasium.
 - **Age:** Workouts using the Height Adjustable Pull-Up Trainer are best when understood as a preventative strategy, so the best time to start is at the kindergarten, 1st and 2nd grade, before most kids have had a chance to “Super-Size” themselves. Start them young, help them learn to do pull-ups, and encourage them to continue to practice this skill throughout their life. It will keep them relatively strong and lean for the rest of their lives.
 - **Group Size:** One person at a time.
 - **Basic Skills Needed:** The Height Adjustable Pull-Up Trainer, together with a technique called Leg-Assisted Pull-Ups - jumping and pulling at the same time - allows all kids to find a starting point where they can succeed in public, make regular, weekly progress, and get congratulated by peers and teachers for becoming stronger every time their hands touch the bar. A pattern of regular success soon transforms pull-ups from an experience in which kids expect to fail to an experience in which kids expect to succeed. They will learn to love “the opportunity” to get on the bar and succeed in front of their friends.
- **Setup/Instructions:** Work with each individual student in order to find an appropriate starting point, where they can comfortably start a pattern of success. The starting point is determined by lowering the bar far enough that the participant can perform eight leg-assisted pull-ups without strain.

The Games/Activities

• **Activity #1: Leg-Assisted Pull-ups**

- a. **Objective:** This unit is designed for one activity only, namely leg-assisted pull-ups.
- b. **Set Up:** The starting position should be comfortable and the participant should walk away from the experience confident that they can increase their strength and complete nine leg-assisted pull-ups in their next attempt with the bar. Workouts should be done at least twice per week, but no more than three times per week, and on non-consecutive days.
- c. **How to Play:** The progression sequence of workouts is simple:
 - # 1: Student does 8 reps. (week 1)
 - # 2: Student does 9 reps. (week 1)
 - # 3: Student does 10 reps. (week 2)
 - # 4: Student does 11 reps. (week 2)
 - # 5: Student does 12 reps. (week 3)
 - # 6: The bar is raised ONE INCH and the whole 8 to 12 rep cycle is repeated (week 3) over and over again until...
 - The participant eventually runs out of leg assistance and can perform conventional pull-ups.
 - At the heart of these workouts is motivation. Students who experience regular success (and the accompanying feeling of achievement) every time they work out will continue to practice until he or she reaches their full potential.
 - So in short, small increments of change encourage regular (at least weekly) progress. Regular progress in turn maximizes motivation.



• **Safety Issues & Concerns**

- Leg-assisted pull-ups are much safer, for example, than monkey bars or most other playground equipment that most elementary schools welcome on their property. Note: Please be sure equipment is properly installed and children are supervised during usage.
- The Height Adjustable Pull-Up Trainer is designed to accomplish one thing only - to help kids learn how to do pull-ups, and in the process to naturally immunize themselves against obesity for life. Using it in any other way is inappropriate usage.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time

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