

## **Adjustable Pull-Up Trainer**

Item #17560

### **What are the Educational Applications?**

The U.S. Surgeon General has declared childhood obesity an epidemic and we are in dire need of a simple and affordable way to attack and eventually eliminate this problem.

The American Society of Exercise Physiologists has recently described the Height Adjustable Pull-Up Trainer as “a simple, easily implemented, easily documented, and affordable solution to childhood obesity.”

This product addresses the fact that kids who can do pull ups are never obese. Furthermore, given access to the right information and the right equipment (Height Adjustable Pull-Up Trainer), almost all kids can learn to do pull ups in a predictable amount of time. That being the case, almost all kids can IMMUNIZE THEMSELVES against obesity for life by learning and maintaining their ability to do pull ups. And educators (whether in Schools, Park Districts, YMCAs, Boys and Girls Clubs, etc.) who use this simple strategy to immunize their students against obesity will be taking DOCUMENTED BITES OUT OF CHILDHOOD OBESITY every single day of the school year.

The purpose and educational application of this equipment is to give physical educators, and teachers in general a simple, easily implemented, easily documented, and affordable way to immunize their kids against obesity for a lifetime.

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

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. In other words kids will learn to love “the opportunity” to get on the bar and succeed in front of their friends. In the process, without even thinking about it, they’ll immunize themselves against obesity for life by learning and maintaining their ability to do pull ups.

### **Activity #1**

This unit is designed for one activity only, namely leg-assisted pull ups. The strategy is to 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 8 leg-assisted pull ups without strain.

The starting position should be comfortable and the participant should walk away from the experience confident that they can do 9 leg-assisted pull ups in their next bout with the bar. Workouts should be done at least 2 times per week, but no more than 3 times per week, and on non-consecutive days.

The progression sequence is simple.

- In workout # 1 the student does 8 reps. (week 1)
- In workout # 2 they do 9 reps. (week 1)
- In workout # 3 they do 10 reps. (week 2)
- In workout # 4 they do 11 reps. (week 2)
- In workout # 5, they do 12 reps. (week 3)
- In workout # 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 and has immunized himself or herself against obesity for life.

At the heart of these workouts is motivation. The motivational flames in this strategy are fanned by students who experience regular success (and the accompanying feeling of achievement) every time they touch the bar for weeks and months on end. And, as long as the motivational flame continues to burn brightly, the student will persist until he or she succeeds.

So in short, small increments of change encourage regular (at least weekly) progress. Regular progress in turn maximizes motivation. And maximized motivation ensures persistence...the key to all success.

### **How Do I Make This Product Developmentally Appropriate For My Students?**

The workouts using the Height Adjustable Pull-Up Trainer are best when understood as a preventative strategy. That being the case, 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 never lose this hard won ability. It will keep them relatively strong and lean for the rest of their lives. A better gift from any teacher to any student is hard to conceive of.

**How Does This Product Relate to Current Educational Thinking?**

Obesity is not only a huge and costly health risk, but it's the ultimate drag on self-esteem. And kids with low self-esteem are notorious underachievers. After all, if you actually think you can't, there's little reason to try. And, kids who fail to try, are destined to fail at life.

On the other hand, 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. And in the words of Abraham Lincoln, "In life you pretty much get what you expect." Cultivating a child's expectations of success then, becomes an educational foundation.

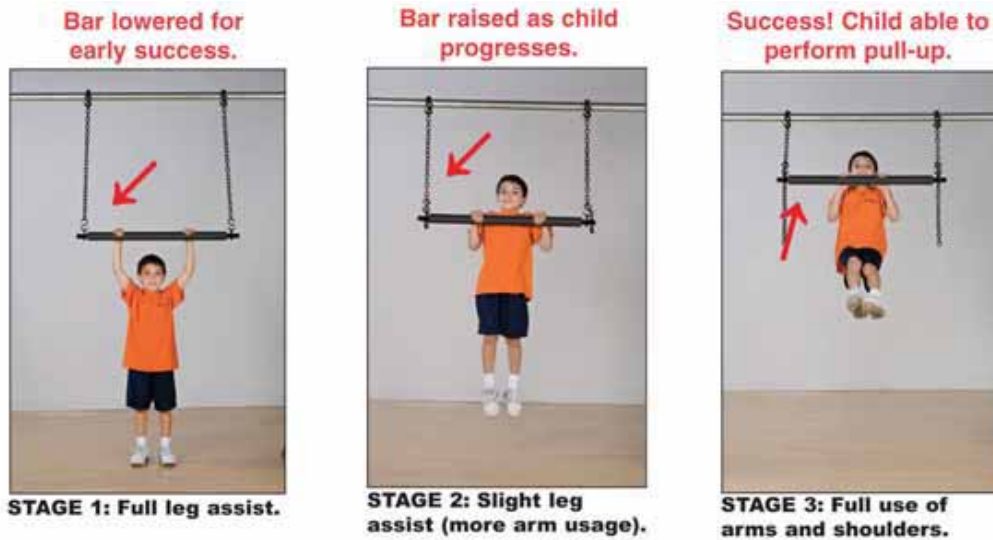
**COPEC (Council on Physical Education of Children)**

In view of COPEC'S (Council on Physical Education of Children) position that all activities have both appropriate and inappropriate practices, please list and describe a few appropriate practices regarding how this item or these activities are valuable to a physical education program.

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.

**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. Please be sure equipment is properly installed and children are supervised during usage.



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