

MYOTRUK Principles

The MyoTruk is a machine specifically developed to build strength in the gluteal and quadricep muscle groups. Its predecessor, the ScrumTruk, has been routinely used for enhancing the basic strength, muscle mass and explosiveness of rugby players, both backs and forwards, from schoolboy to international level.

In addition, it has replaced or complemented the barbell squat in the weights programs of world standard rowers, national representative basketballers, and elite athletes in other sports. This multi- functionality has been further enhanced with the release of the MyoTruk.

The two most important distinguishing features of the MyoTruk are the horizontal pushing position of the athlete and the use of MyoQuip's patented BBC (Broad Biomechanical Correspondence) technology, ensuring constantly increasing resistance throughout the exercise movement.

The MyoTruk has proven to be a very effective alternative or complement to the barbell squat in building strength in the gluteal and quadriceps muscle groups.



Operation

The MyoTruk is operated by applying weights to the required amount and then assuming the correct starting position, as shown.

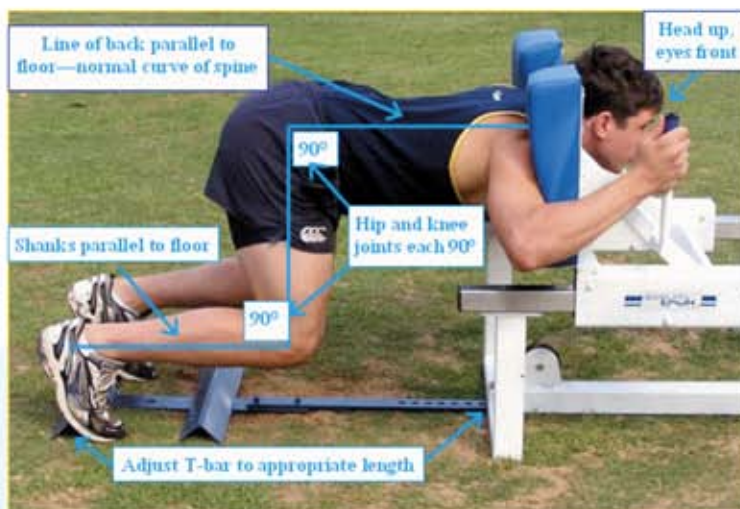
The user then pushes against the shoulder pads whilst keeping the back straight. This simulates the act of scrummaging.

Note that hip and knee joint starting angles below 90° can be used if a greater range of movement is desired.

Specifications

Dimensions: 260cm x 100cm

Weight: ~120kg



Unique Characteristics

- Gravitational effect on the horizontal trunk causes moderate curvature of the lower spine similar to its alignment when standing erect.
- Comfortable and natural body position throughout the full range of movement, ensuring no adverse loading on spine, hips or knees.
- Horizontal trunk position triggers isometric contraction of the stabilising muscles of the pelvic and abdominal regions.
- Intuitive operation - athletes do not need to be supervised or spend considerable time mastering a complicated movement.
- Even users who cannot squat due to back problems can perform exercise without discomfort.
- Provides full-range effective activation of leg extensors from start to lock-out.
- Synchronicity of hip and knee joint angles ensures appropriate distribution of effort between gluteus maximus and quadriceps muscles.
- Strongly activates the gastrocnemius and soleus muscles of the calf.
- Involves significant dorsiflexion and plantarflexion of the ankle joint.
- No adverse consequences from attempting to use excessive weight - user cannot be trapped under heavy load unlike barbell squat or 45° leg press.
- No need for spotters when attempting near-limit efforts.



NSW Waratahs' Centre Tom Carter demonstrating the MYOTRUK

Endorsements

"ScrumTruk provides a specificity of training off the field that enhances performance on it. Having utilised ScrumTruk in my training programmes for the last 3 years, I thoroughly recommend its value."

Bob Egerton - Wallaby; Head Coach, Sydney Grammar School First XV

"Gluteal strength and forceful hip movement are essential factors in developing boat speed for rowing. The ScrumTruk facilitates power gains, in these areas, in a controlled environment. I would recommend the ScrumTruk to anyone wishing to develop superior power."

Marty Rabjohns - Director of Rowing, University of Sydney; Cox, Australian Senior Eight