



Intelligent
Fitness™

Advanced Resistance Training for Health and Performance

S u p e r i o r

L a c t a t e threshold

Calisthenic

L o n g s l o w distance

B a l a n c e of good health

vO₂max Over training syndrome

Synergistic Dominance

HR max = $208 - (0.7 \times \text{age})$ Karvonen method EPOC

VO₂max = $65.81 - (0.1847 \times \text{HR})$ Submaximal competent

Signs of hypoglycaemia Rigorously researched

Professional BORG scale Submaximal Inspiratory muscle training

a new breed of exercise professional

Rate coding

P e r c e i v e d exertion

E x t r i n s i c risk factors

Dear Student

Welcome to Advanced Resistance Training for Health and Performance.

For many years resistance training was an area of conditioning that lacked serious scientific investigation. Consequently, many myths and misunderstandings have arisen that lead to poor programme design and ineffective and potentially dangerous training techniques.

Fortunately, there is now a growing body of scientific evidence relating to all areas of resistance training. The purpose of this three day module is to dispel many of the popular myths, discuss the relevant scientific evidence and allow mastery of the necessary practical skills.

On completion of this module exercise professionals will be confident in the assessment of muscular strength and endurance and the design of appropriate programmes for customers with a range of clinical conditions as well as those with more athletic goals.

This module has been written to provide you with a reference source and to add structure to your study; which is essential if you are to gain a thorough understanding of the subject.

This module may be used on its own. However, the best results will be achieved by also attending any corresponding Intelligent Fitness training days.

I trust you will find this module worthwhile.



David Wells

Principal Intelligent Fitness Trainer

Table of Contents

Volume 1

The Provenance of the Evidence	1
Getting the Most from this Resource Manual	3
<hr/>	
Advanced Resistance Training for Health and Performance	5
Muscular Fitness Terminology	8
Strength	8
Absolute strength	8
Relative strength	9
Functional strength	9
Optimal strength.....	9
Stabilisation strength.....	9
Muscular Endurance	10
Power endurance	10
Muscular endurance of short duration.....	10
Muscular endurance of medium duration.....	10
Muscular endurance of long duration.....	10
Speed endurance.....	10
Power (speed strength).....	11
Starting power (strength).....	11
Acceleration power (explosive strength)	12
Deceleration power	12
Reactive power (strength).....	12
Take off power	12
Landing power	12
Factors that Influence Strength	13
Muscle Size	14
Cross-sectional area	14
Longer muscles.....	14
Arrangement of Muscle Fibres.....	15
Fusiform muscles.....	15
Pennate muscles	15
Speed of Contraction (force velocity curve).....	16
Concentric contractions	16
Eccentric contractions.....	16

Length Tension Curve	17
Stretch shortening cycle	18
Joint Angle	18
Sticking Point	19
Variations in Tendon Insertion	19
Neural Factors	19
Recruitment.....	20
Rate Coding	20
Autogenic Inhibition.....	21
Preloading.....	21
Warming Up	22
Muscle Soreness	22
Fatigue - Depletion of Energy Source	23
Accumulation of Waste Products	23
Neuromuscular Fatigue.....	23
Central Nervous System Fatigue	24
Genetics.....	24
Chronic Adaptations to Resistance Training	25
Health Screening and Injury Prevention	27
Assessing Muscular Strength, Endurance and Power	33
Test Selection	35
Metabolic specificity	35
Sport (movement) specificity.....	35
Experience and training status	36
Age and sex	36
Client factors	37
Equipment.....	37
Technician skill.....	38
Environmental factors	38
Assessment validity, reliability and objectivity	39
Assessing Muscular Strength	40
One-repetition Maximum.....	41
One repetition maximum protocol	42
Estimating 1RM	43
Average Number of Repetitions and % 1RM Values	43
Estimating 1RM from Muscular Endurance Tests.....	45

Prescriptive Rankings for Strength (relative).....	46
Age-gender norms for bench press relative strength	47
Age-gender norms for relative strength leg press	48
The Assessment of Muscle Balance	50
Assessing Muscular Endurance	51
Muscular Endurance Test Battery.....	52
Test battery / percentage body mass to be lifted	52
Total endurance test battery norms	52
Bench Press Test	53
Muscular endurance norms for bench press test	53
Calisthenic-Type Muscular Endurance Tests.....	55
The Press-up Test	55
Age-gender norms for press up test.....	55
Abdominal Curl Tests	56
Assessing the Muscular Fitness of Older Individuals	57
The Arm-Curl Test for Older Adults	58
Number of repetitions completed during an arm-curl test and percentile rankings.....	59
The 30 Second Chair Test for Older Adults	61
Number of repetitions completed during a 30 second chair stand test and percentile rankings	62
The Assessment of Muscular Power	64
The Vertical Jump Test.....	65
Descriptive data for vertical jump scores.....	66
Medicine Ball Chest Pass Test	67
Overhead Medicine Ball Throw	68
Needs Analysis.....	69
Evaluation of the Activity.....	70
Movement analysis	70
Physiological analysis	70
Injury analysis	70
Assessment of the Client	71
Health status	71
Current level of conditioning.....	71
Exercise history.....	72
Individual factors	72

Programme Design	73
Six Basic Laws of Strength Training	75
1. Develop flexibility	75
2. Develop ligament and tendon strength	75
3. Develop core strength	75
4. Develop the stabilisers	76
5. Train movements, not individual muscles	77
6. Don't focus on what is fashionable	77
Acute Training Variables	78
Selecting a Resistance Modality	79
Isometric training	79
Dynamic constant resistance (isotonic)	79
Dynamic variable resistance	79
Isokinetic training	79
Resistance modality – a summary	80
The Muscle Action Spectrum	80
Exercise Selection	81
Structural exercises	81
Body part exercises	81
Exercise Specificity	82
'Functional' Exercises	84
Maximum Motor Unit Activation	85
Summary	90
Exercise Order	91
The Traditional Method	92
The Pre-exhaustion Method	92
Upper / Lower Body	93
Push / Pull	93
The Importance of Exercise Order	94
An Example of Exercise Sequencing for a Basic Muscular Strength and Endurance Programme	95
Number of Exercises	96
ACSM guidelines	96
For sports conditioning	96
Number of exercises / number of sets	97
Plane of Motion	98
Range of Motion	99

Repetitions (intensity / load)	100
Percentage 1RM	101
Variances in the relationship between % 1RM and repetitions	102
General guidelines for percentage 1RM training load	103
Multiple-Repetition Max	104
RM Continuum	105
RM range for optimal gains in strength	105
RM range for optimal gains in hypertrophy	106
RM range for optimal gains in muscular endurance	106
RM range for optimal gains in power	107
General Rep Range Guidelines	108
The ACSM Guidelines	109
Measuring the Intensity of Resistance Training	110
Submaximal training	110
High intensity training	111
Repetition Tempo (The Contraction Velocity Spectrum)	112
The accepted tempos for each training effect	112
The ACSM Guidelines	113
Tempos for Strength	113
Tempos for Power	113
Tempos for Hypertrophy	114
Super-Slow Training	114
The reputed claims of super-slow	114
The claims of super-slow – disputed	116
Number of Sets	117
Factors That Influence the Number of Sets	117
The Optimal Number of Sets	118
The Relationship Between Sets and Repetitions	118
The Total Number of Sets	119
ACSM Guidelines	119
One Set Training	120
Fibre recruitment	124
Hormonal factors	124
Individual differences	125
Number of Sets – A Conclusion	126
Training Volume	127
Training Duration	128
Frequency	129

Training Status.....	129
Split Routines.....	130
Exercise Type and Load	131
Other Activities.....	132
Rest Intervals	134
Load.....	134
Neural Fatigue	135
Exercise Type	135
Training Status.....	136
Training goals	136
Rest Intervals – A Summary	137
Summary of ACSM Resistance Training Guidelines for Health Related Muscular Strength and Endurance	138
Summary of Resistance Training Guidelines for 1RM Strength	139
Summary of Resistance Training Guidelines for Power	140
Summary of Resistance Training Guidelines for Hypertrophy.....	141
Summary of Resistance Training Guidelines for Local Muscular Endurance.....	142
Techniques of Overload	143
Increased Resistance	143
Decreased Recovery Periods Between Sets	144
Increased Duration of the Workout	144
Increased Number of Repetitions	144
Changing the Speed of Contraction.....	145
Maintaining Muscular Tension	145
Programming Considerations for Isometrics	146
Joint Angle Specificity	146
General Guidelines for Developing Isometric Strength and Endurance Programmes	147

Programme Adaptations for Special Populations and Clinical Conditions.....	149
Programming Considerations for the Elderly	151
Specific Guidelines for the Elderly	152
Programming Considerations for Children	154
The Evidence Dispelling the Traditional Advice	154
Specific Guidelines for Children	157
Basic Guidelines for Resistance Exercise Progression for Children	158
Resistance training programme for children using body weight and self-resistance	159
Resistance training programme for children using equipment	159
Programming Considerations for Individuals with Arthritis	160
Programming Considerations for Individuals with Hypertension	161
Programming Considerations for Individuals with Pulmonary Disease.....	162
Programming Considerations for Individuals with Diabetes Mellitus	163
Additional considerations	163
Signs and Symptoms of Hyperglycemia and Hypoglycemia	164
Programming Considerations for Individuals with Osteoporosis	165

Volume 2

Periodisation	171
A rationale for periodisation.....	172
Periodisation terminology.....	172
Periodisation models.....	173
The Classic Linear Periodisation Model.....	173
The Reverse Linear Periodisation Model.....	174
Undulating Periodisation Model	174
Which Periodisation Model is Most Effective?	174
The Application of the Periodisation Models	176
Preparation	177
Hypertrophy/endurance phase.....	177
Basic strength phase	178
Strength/power.....	179
First Transition Period.....	180
Competition.....	181
Second Transition Period (Active Rest)	182
A Periodisation Model for Resistance Training	183

Periodisation Models	185
The NASM Optimal Performance Model (OPM).....	186
Stabilisation Phase	187
Strength Stage (Stabilisation Equivalent Training).....	188
Muscular Development Training (Hypertrophy)	189
Maximum Strength.....	190
Power (Elastic Equivalent Training)	191
Maximal Power	192
McGill's Approach	193
Bompa and Carrera's Periodisation Model for Sports	194
Anatomical Adaptation Phase.....	194
A guide to AA duration for novice and experienced exercisers	195
Training parameters for the anatomical adaptation phase	195
Suggested AA circuit for sports with a short preparatory phase such as racket sports martial arts, etc	197
Hypertrophy Phase	198
Training parameters for the hypertrophy phase	199
Maximum Strength Phase.....	201
Training parameters for the maximum strength phase.....	201
Conversion Phase	204
Conversion to power – endurance	205
Training parameters for power-endurance	205
Competitive Phase.....	207
Transition	208
Examples of Periodised Programmes.....	209
Periodisation for a single event (mono-cycle)	209
Periodisation for hypertrophy	210
Periodisation for the development of hypertrophy and maximum strength	211
Variation of periodisation for two events (bi-cycle).....	212
Periodisation for an amateur tennis player (mono-cycle).....	213
Periodisation for a tennis player (based on 4 events	214
Periodisation for general conditioning	215

Alternative Exercises	217
Cable Exercises	218
Cable Rotations	219
Cable Wood Chop	220
Cable PNF	221
Seated Cable Chest Press.....	222
Standing Cable Chest Press.....	223
Standing Two-arm Cable Row	224
Standing Cable Shoulder Extension	225
Cable Dead Lift.....	226
<hr/>	
Alternative Modes of Resistance	227
Chains.....	228
The advantages of chain training	228
Concerns regarding chain as a resistance	229
<hr/>	
Advanced Training Techniques and Systems	231
The Pyramid (triangle) system	233
Compound training (super-sets, tri-sets, giant sets)	234
Super-sets.....	234
Tri-sets	234
Giant sets.....	234
Peripheral Heart Action System (PHA)	235
Pre-exhaustion.....	235
Drop Sets or Breakdown Training	235
Forced Repetitions or Assisted Repetitions	236
Rest Pause	236
Cheating	236
Partial Repetitions.....	237
Small Increment Technique	237
Eccentric training	237
Heavy eccentrics.....	238
Forced eccentrics.....	238
Negative repetitions	238
Reverse repetitions	239
Functional Isometrics.....	240
Unbalanced Loads	241
Complex and Contrast Training	242

Plyometric Training.....	243
The stretch shortening cycle	244
Safety Considerations for Plyometrics	245
Technique	245
Speed	245
Strength	246
Balance	246
Age	247
Weight.....	247
Facilities and equipment	248
Plyometric Programme Design	249
Mode	249
Intensity.....	252
Frequency	254
Rest Intervals	255
Volume.....	256
Programme Length	258
Plyometric Warm-Up Drills	259
Plyometric Drills	260
Squat Jump.....	260
Split Squat Jump.....	261
Double Leg Tuck Jump.....	262
Single Leg Tuck Jump	263
Double Leg Hop.....	264
Single Leg Hop	265
Double Leg Zigzag.....	266
Skip.....	267
Depth Jump	268
Depth Jump onto a Second Box	269
Chest Pass	270
Rotation Chest Pass	271
Two-Hand Overhead Throw.....	272
Two Hand Side-to-Side Throw	273
Medicine Ball Scoop Toss Drill	274
Stability Ball Medicine Ball Pullover Throw	275

Detraining, Maintaining the Training Effect and Overtraining.....	277
The Effect of Detraining.....	278
The specific effects of seven months of detraining (no resistance training) and dieting on an elite power lifter.....	279
Rates of Loss.....	280
Maintaining the Training Effect.....	282
How much of a reduction in training will prevent detraining?	282
Maintenance of the training effect during rehabilitation.....	283
Over-training	284
Markers of Anaerobic Over-training	285
The Causes of Anaerobic Over-training Syndrome	287
Age and over-training syndrome	288
Psychological stress and over-training syndrome	288
Treatment and Prevention of Over-Training Syndrome	289
Over- reaching	291
Concepts and Controversies	293
Exertional Rhabdomyolysis.....	294
Cases of exertional rhabdomyolysis	295
Prevention of exertional rhabdomyolysis	295
Manipulating the Hormonal Response to Resistance Training.....	296
General concepts to maximise the hormonal response	297
Limiting the hormonal response	297
Vibration Training	299
How Vibration Training Works	300
Vibration Training Claims.....	301
Vibration Training Claims - Disputed	301
The Physiological Hazards of Vibration Training	302
Vibration Training - Conclusion.....	302

Training on Unstable Surfaces	303
Is Balance a Limiting Factor for Athletes?.....	304
How Well Does Unstable Surface Training Adhere to the Principle of Specificity?.....	306
Power and Strength Versus Unstable Surface.....	308
Unstable Surfaces - Conclusion.....	309
 Knee Wraps	 310
 Back Belts	 311
The ‘beneficial claims’ for training belts	311
A review of the effects of belt wearing	312
<hr/>	
Concepts and Controversies Surrounding the Squat.....	315
The Evidence Surrounding the Squat.....	316
Increasing Activation of the Gluteals During Squats	316
Is it Correct to Insist that the Knees Stay Behind the Toes when Squatting?	316
A comparison of restricted / unrestricted knee movement during the squat	31717
Does Squatting Decrease Knee Stability?	318
Does Squatting Subject the Knees to Excessive Loads?	318
Do Squats Damage the Back?.....	319
How Deep Should We Squat?	320
The safety issues	320
Quadriceps muscle activation	320
Gluteus muscle activation	321
How deep - a summary	321

Concepts and Controversies Associated with Upper Body Exercises	323
How Low Should the Bar Travel in the Bench Press?	3244
Determining the Optimal Depth of the Bench Press	3255
What is the Optimal Grip Width for the Bench Press?	3266
Shoulder Press - Behind or to the Front of the Neck?	327
Lateral Pull Down - Behind or to the Front of the Neck?	327
The Upright Row Examined	329
Dumbbell Lateral Raises: Palm Up or Down?	330
Should we 'Set' the Scapulae before Pushing and Pulling Exercises?	330
<hr/>	
References and Selected Bibliography	331

Muscular Endurance

Muscular endurance is the ability to sustain repeated muscle actions or to sustain isometric contractions for an extended period of time.

A number of different types of muscular endurance have been identified including:

- Power endurance
- Short duration endurance
- Medium duration endurance
- Long duration endurance
- Speed endurance

Power endurance

Power endurance is the ability to perform power-dominated movements repeatedly, such as throwing punches throughout a boxing match or repeatedly jumping throughout a basketball game.

Muscular endurance of short duration

Muscular endurance of short duration refers to the muscular endurance necessary for events ranging in duration from 40 seconds to 2 minutes, such as swimming a 100m or running 400m.

Muscular endurance of medium duration

Muscular endurance of medium duration refers to the endurance required for activities 2 - 5 minutes in duration such as middle distance running (800m - 1500m), martial arts and 200m and 400m swimming.

Muscular endurance of long duration

Muscular endurance of long duration refers to the ability to apply force against a standard resistance for periods of longer than 6 minutes, such as road cycling, distance running and 800m swimming.

Speed endurance

Speed endurance refers to the ability to maintain or repeat high velocity actions numerous times in a set period of time, such as those that occur in football, rugby and basketball.

Estimating 1RM from Muscular Endurance Tests

There is evidence to suggest that a strong relationship exists between muscle endurance (measured as the number of repetitions to failure) and 1RM.

Therefore muscular strength (1RM) can be predicted with a fair degree of accuracy from muscular endurance tests.

Ball and Rose (1991)
 Braith et al (1993)
 Invergo et al (1993)
 Kurmato and Payne (1995)
 Mayhew et al (1992)
 all cited by Heyward (2006)

Estimates of 1RM of younger individuals (22 – 36 years) can be made from the muscular endurance bench press test (to be discussed later in text).

Calculation

Information Required	
Gender	Male or Female
Number or repetitions completed during the bench press muscular endurance test	Reps

Female: Predicted 1RM = (0.31 x bench press repetitions) + 19.2
 r: 0.87 and SEE = 3.2kg

Male: Predicted 1RM = (1.55 x bench press repetitions) + 37.9
 r: 0.87 and SEE = 8.0kg

Mayhew and Peterson (2002)
 cited by Heyward (2006)

For Example

Gender	Female
Number of repetitions completed during the bench press muscular endurance test.	30

Predicted 1RM = (0.31 x 30) + 19.2

Predicted 1RM = 9.3 + 19.2

Predicted 1RM = 28.5kg

Six Basic Laws of Strength Training

Bompa and Carrea suggest six basic laws of strength training that should be applied to ensure optimal adaptation whilst avoiding injury. These are:

1. Develop flexibility
2. Develop ligament and tendon strength
3. Develop core strength
4. Develop the stabilisers
5. Train movements not individual muscles
6. Focus on what is necessary, not what is fashionable

1. Develop flexibility

The safe and effective performance of most resistance training exercises requires a certain amount of flexibility, especially around the knees, ankles, hips and shoulders.

Assessment of an individual's posture / flexibility and the prescription of a relevant stretching programme should be undertaken before initiating a strength programme.



A detailed discussion of postural and muscle length assessment and appropriate strategies to address faults and common problems is discussed collectively in the Intelligent Fitness modules 'Postural Assessment and Correction' and 'Flexibility: The Art and Science of Stretching'.

2. Develop ligament and tendon strength

A sufficient period of anatomical adaptation (see periodisation) should be included in the programme design to ensure that not only the muscles, but also the connective tissues (tendons and ligaments) are strengthened prior to more demanding training being undertaken.

3. Develop core strength

Core muscles acts as shock absorbers during jumping; stabilise the spine; and serve as a link between the arms and legs. Weak core muscles cannot perform these roles effectively, which in turn will limit an individual's performance.

It is important to remember that the arms and legs are 'only as strong as the trunk'.

Repetition Tempo (The Contraction Velocity Spectrum)

The speed at which each repetition is performed is referred to as the repetition tempo or the contraction velocity spectrum.

This is an important variable within a programme that needs to be manipulated to determine specific training outcomes such as improvements in power, strength, hypertrophy and muscular endurance.

With regard to training for particular functional activities, the specificity principle must be applied to the speed of contraction, as functional movements occur at different velocities; thus the exercise professional must prescribe the appropriate speed of movement to obtain optimum results.

The speed of muscle contraction is greatly influenced by the resistance to be lifted (the force velocity curve). That is, force production is inversely related to velocity of muscle shortening during concentric actions, ie. during faster movements less force production is possible, and when lifting heavier loads slower movements take place.

The accepted tempos for each training effect

Training Adaptation	Tempo (eccentric/isometric/concentric)	
Speed and Power	As fast as Possible	(1/1/1)
Strength	Moderate Speed	(3/1/1)
Hypertrophy	Slow Speed	(4/2/2)
Endurance	Slow-Moderate	(3/2/1)

Clarke and Corn (2001)



The recognised shorthand format for describing repetition tempos is to write the time (in seconds) for the three phases in the following order: eccentric, isometric, concentric.



Bompa and Carrera suggest it is often difficult for individuals to focus on the precise timing of a repetition whilst concentrating on the other aspects of exercise performance.

Exercise professionals should schedule the speed of repetitions as either fast, moderate, or slow but manipulate concentric and particularly eccentric repetition speed when attempting to maximise muscle fatigue and growth of lean muscle mass.

The ACSM Guidelines

_____ The ACSM suggest that for the average participant training for
_____ health related strength and endurance, the movements should
_____ be rhythmic and performed at a moderate repetition tempo of
_____ approximately 3 seconds concentric, 3 seconds eccentric.

ACSM (2006)

Tempos for Strength

_____ When training for maximal strength Bompa and Carrera
_____ suggest the lifter performs an explosive concentric lift,
_____ followed by a 2 second pause before slowly (3 – 4 seconds
_____ eccentric) lowering the bar. (3 to 4/2/1)

_____ They further suggest that in order to optimise concentric
_____ strength, the lifter should remove any reflexive or elastic
_____ qualities that may be produced in the eccentric phase by
_____ pausing for 2 seconds before the next concentric phase.

_____ This technique should only be used when training for maximal
_____ strength and when trying to break a strength plateau.

Bompa and Carrera
(2005)

Tempos for Power

_____ It is important to note that when training for maximum strength
_____ and power, the intended speed should be as fast as possible
_____ to ensure the recruitment of the fast twitch fibres, as only a
_____ high speed of contraction against a maximum load will rapidly
_____ recruit the fast-twitch fibres and result in increased maximum
_____ power.

_____ When an individual is lifting a heavy load (eg. 90% 1RM), the
_____ movement may appear to be slow due to the force velocity
_____ curve, but actually the force against the resistance is being
_____ applied as fast as possible.

Tempos for Hypertrophy

Manipulating lifting speed can also be beneficial when hypertrophy is the goal. The main premise for careful manipulation of lifting speed or time under tension is that the greater the time the muscle fibres are contracted, the greater the protein breakdown, thus the higher the level of adaptation and muscle growth.

The concept of time under tension has in recent years gained greater recognition. Simply explained, the amount of time a muscle is contracted produces specific adaptations.

For Example

The optimum time under tension for hypertrophy is considered to be 20 – 70 seconds.

This equates to 8 – 10 repetitions at a tempo of either of 2/2/1 or 4/2/2

Super-Slow Training

Super-slow training, a method developed by Ken Hutchins in 1982, has caused considerable debate and controversy amongst strength and conditioning experts. It requires the lifter to perform a 10 second concentric phase followed by a 4 second eccentric phase.

The reputed claims of super-slow

It is hypothesised that super-slow training achieves superior strength gains in comparison to more conventional lifting speeds, as slower speed movements require greater muscle tension and permit higher force output than faster movements.



It is important to note that due to the reduced role of momentum, weight loads must initially be reduced by 10 – g133

20% to allow correct exercise form. However, as the lifter becomes accustomed to the slower speed, the load increases as does muscle strength.

Westcott suggests that although excellent results have been gained with 6 – 10 weeks of super-slow training, longer periods may require high levels of motivation and/or supervision by an exercise professional, as the super-slow protocol is much more difficult to perform.

Wescott (2004)

Bompa and Carrera's Periodisation Model for Sports

Bompa and Carrera suggest a model of periodisation that subdivides the three main phases of training (preparatory, competitive and transition) into 6 cycles:

- Anatomical adaptation
- Hypertrophy
- Maximum strength
- Conversion
- Competitive
- Transition

Bompa and Carrera (2005)



This further division of the three main phases of training within Bompa and Carrera's periodisation model provides the exercise professional with a comprehensive and structured framework that is easily adapted to meet each individual's training requirements.

Anatomical Adaptation Phase

The purpose of the anatomical adaptation phase is to prepare the muscles, ligaments, tendons, and joints to endure the subsequent more demanding phases of training.



If vigorous strength training is initiated without this preparatory training, the muscles strengthen before the ligaments and tendons have done so, thus increasing the risk of injury.

The majority of muscle groups are targeted during this phase, not just those specific to the sport or activity, with considerable emphasis being placed upon the musculature of the core and the stabilisers of the body.

It is during this phase that any muscle imbalances and postural problems are addressed as emphasis is placed upon balanced development.

The duration of the anatomical adaptation (AA) phase is dependent upon:

- The length of the preparatory phase
- The individual's background in resistance training
- The importance of strength in the given sport

A guide to AA duration for novice and experienced exercisers

Individual	Duration of anatomical adaptation phase	Goal of training phase
Inexperienced individuals	8 – 10 weeks	As the goal of AA training is to involve most, if not all of the muscle groups in a multilateral programme, a high number (9 – 12) of exercises are required
Experienced individuals with 4 – 6 years of training	approximately 4 weeks	

Training parameters for the anatomical adaptation phase

Training parameters	Novice individuals	Experienced individuals
Duration of AA	8 – 10 weeks	3 – 5 weeks
Load if weights are used	30 – 40 % of max	40 – 60% of max
No. of stations per circuit	9 – 12	6 – 9
No. of circuits per session	2 – 3	3 – 5
Total time of circuit session	20 – 25 minutes	30 – 40 minutes
Rest interval between exercises	90 seconds	60 seconds
Rest interval between circuits	2 – 3 minutes	1 – 2 minutes
Frequency per week	2 – 3	3 – 4

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