

Abstract

Title:

Asymmetric strength training and its impact on maximal strength

Objectives:

The aim of my bachelor's thesis is to compare the impact of asymmetric and symmetric strength training on the development of 1RM in the bench press and deadlift exercises.

Methods:

Sixteen female participants took part in the research, who were divided into two groups, Experimental Group 1 and Experimental Group 2. Experimental Group 1, with n=8 participants, performed asymmetric strength training for a period of ten weeks. Experimental Group 2, also with n=8 participants, performed symmetric strength training for the same duration. After completing the intervention strength program, a post-test measurement was conducted, followed by the evaluation of the results. The data were analyzed using mean, standard deviation, and the significance of the results was assessed through ANOVA and Cohen's effect size coefficient.

Results:

On average, the group that underwent symmetric strength training showed greater improvement in the bench press exercise. Conversely, the group that performed asymmetric training demonstrated greater improvement in the deadlift exercise.

Conclusion:

The results indicate that asymmetric training can also have its justification in strength and conditioning preparation. Asymmetric loading can be utilized to break training stereotypes.

Keywords:

Asymmetry, resistance training, strength, offset training, softball