

Abstract

Title: Organizational forms of strength training and their impact on maximal strength

Objectives: Compare the acute effect of different organizational forms of strength training and their impact on maximal strength.

Methods: The selected individuals participated in three training sessions, each focusing on different organizational form. Prior to the actual resistance training protocols, probands were tested on 3 RMs for the back squat and bench press. Then, after each training session, measurements were taken again and changes in maximal strength were monitored. Based on the data, statistical analysis was performed using R studio software.

Results: Through statistical analysis, I found out that trisets had the most significant impact on back squat strength. Right behind them were supersets. In the measurement of maximum bench press strength, no significant influence was detected for any organizational forms. Both exercises recorded the smallest decline after TRAD training.

Key words: resistance training, traditional sets, supersets, trisets, maximal strength

