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Comparison of Two Kinds of Resistance Exercise on Maximum Strength of the Quadriceps and Pectoralis Major Muscles

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Abstract : The main purpose of the present study is a comparison of the effects of two kinds of resistance exercise on the maximum strength of the quadriceps and pectoralis major muscles. The subjects of the study were 45 non-athlete, university male students (mean age : 18.5 ± 0.64 , 70 ± 10 Kg, 173 ± 5.7 cm) volunteered to be tested. They were divided into three equal groups of 15 randomly. The name given to them were: a) Mac-Cloys, b) Delorme-Watkinz and c) Control group. Training groups (a) and (b) performed their specific training program for four days a week for 6 weeks. Analysis of variance (ANOVA) test indicated that maximum strength remarkably increased in training groups (a) and (b). Mac-Cloy group was even more than Delorme-Watkinz group ($P < 0.05$). But there were significant differences between training methods and increment of maximum strength in pectoralis major muscle. The testing of other hypotheses indicated that there are no significant differences among the different groups of the study.

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Key Words:

Maximum Strength, Delorme - Watkinz Technique, Mc- Cloy Technique, Retention of Strength.

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- 1 - Isotonic
 - 2 - Watkins
 - 3 - Zinnovieff
 - 4 - Mc Moris & Elkins
 - 5 - Mac Cloy
 - 6 - American College Sports Medicine
 - 7 - Arenhem & Prentice

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1 - Retention of Strength
2 - Hypertrophy
3 - Quasi Experimental Research

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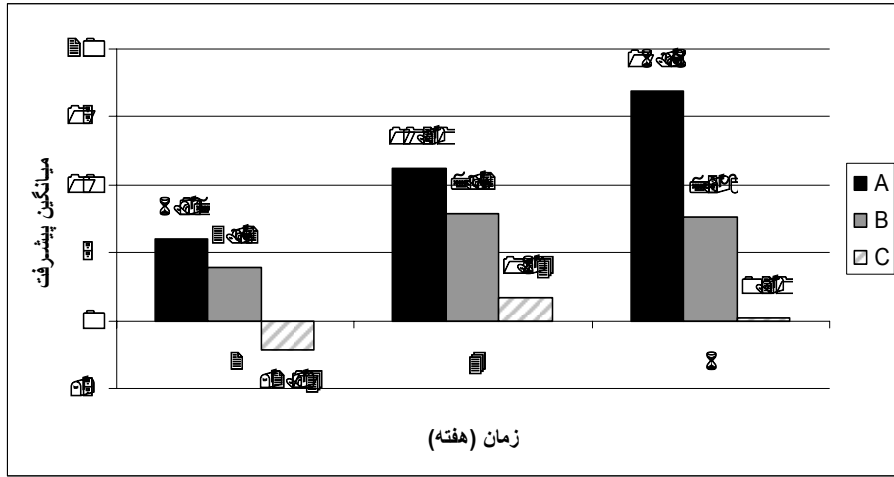
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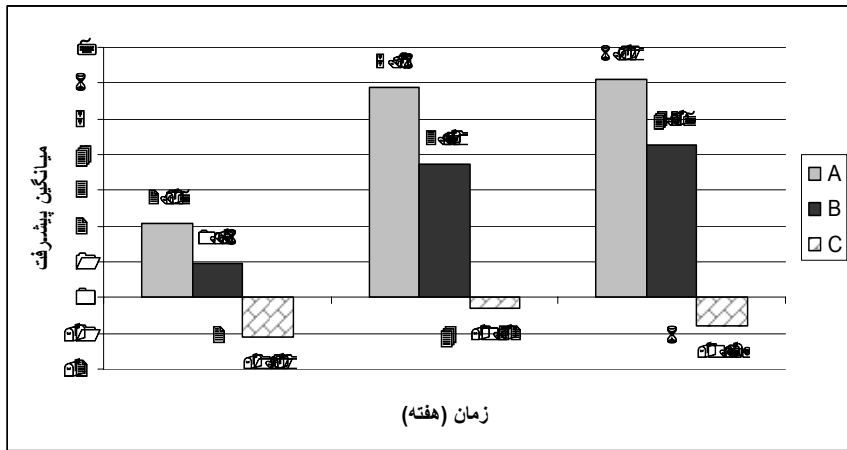
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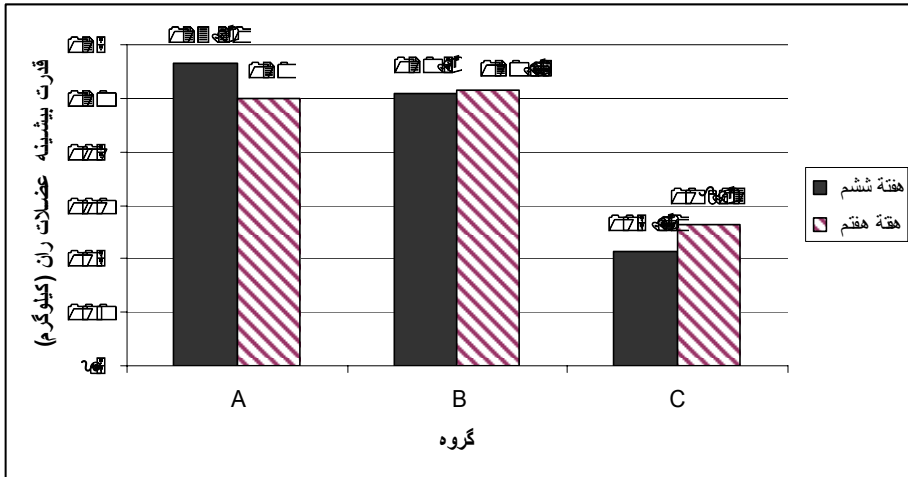
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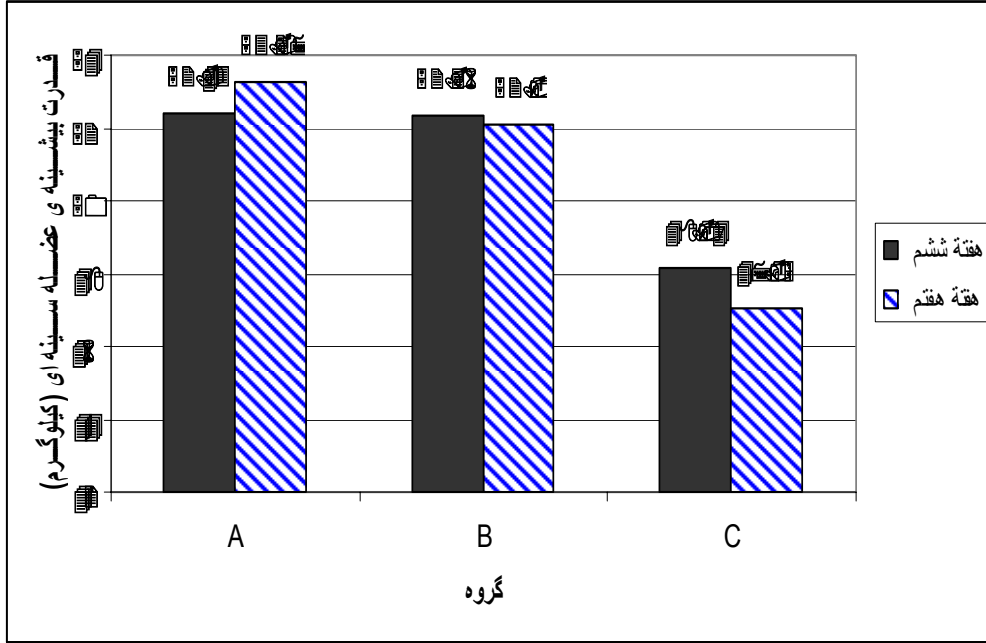


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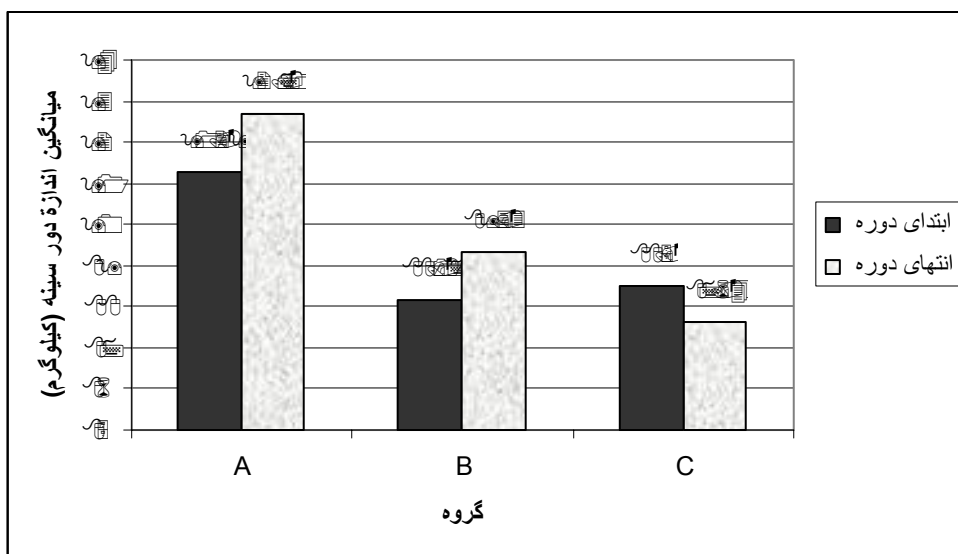
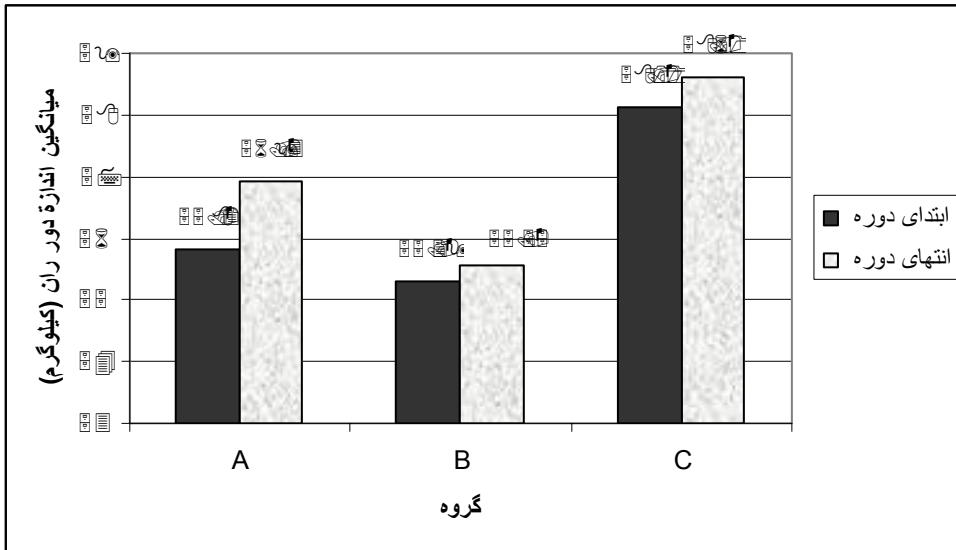
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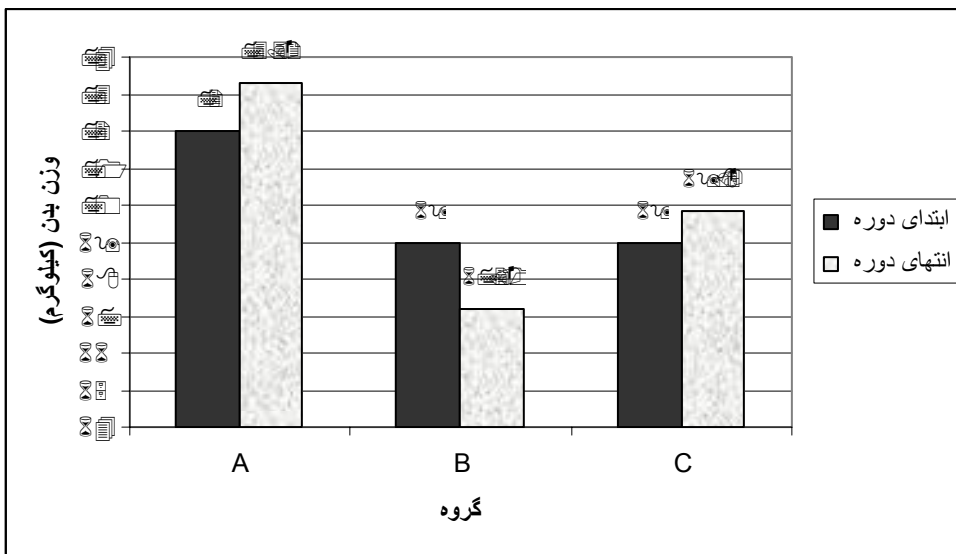
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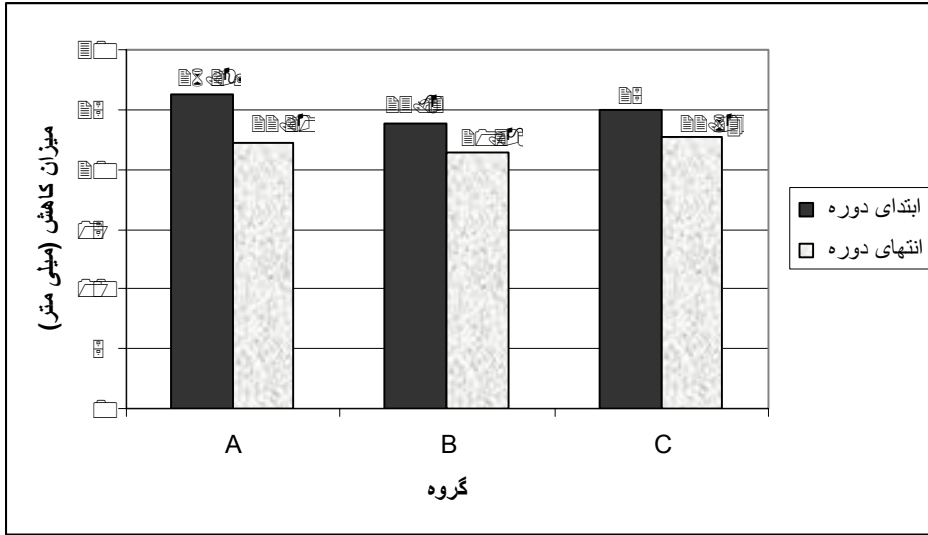
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