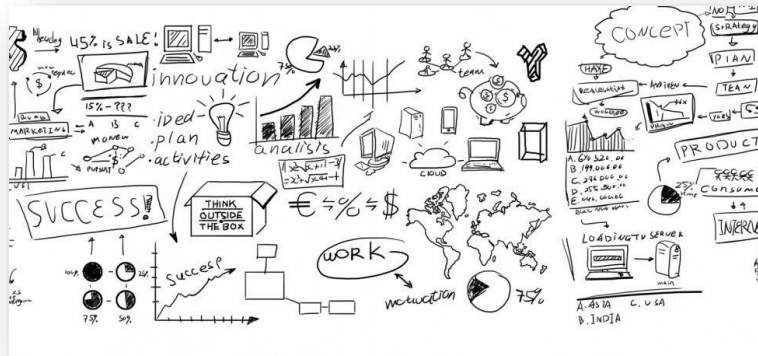


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Interesting (?)

~~Advanced~~ Concepts in Resistance Training



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Resistance Ex Rx- Why and when?

- ❖ Part of rehab
- ❖ Conditioning & Performance
- ❖ Decrease injury risk(?)
- ❖ More...



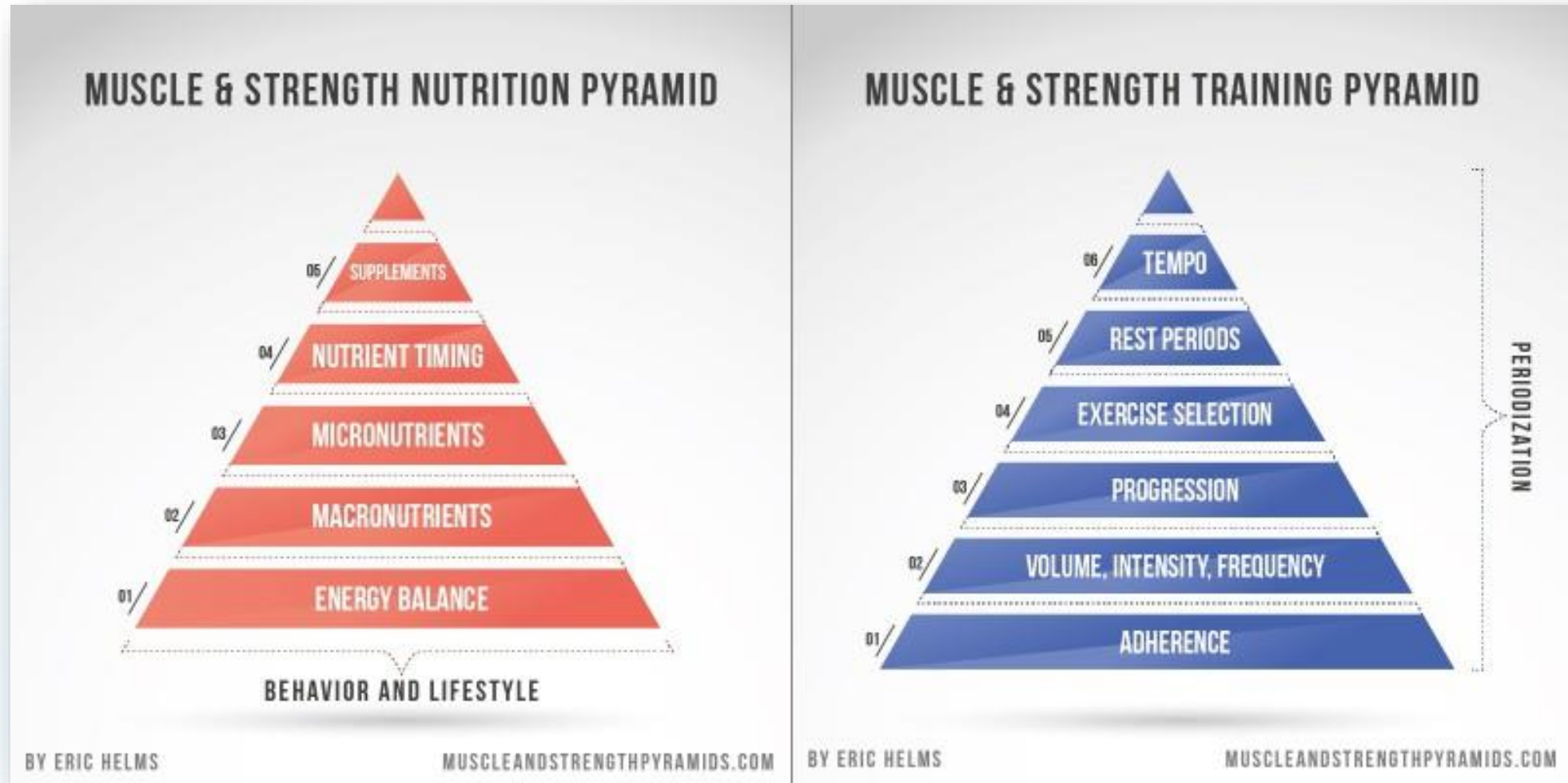
Resistance Exercise

Results seem to be influenced by training variables

- ❖ Load
- ❖ Volume
- ❖ Frequency
- ❖ Repetitions
- ❖ Rest
- ❖ Exe. Selection
- ❖ Tempo
- ❖ More



So where do I start?



Load - Volume - Frequency

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- ❖ Load- % of RM1 \ xRM \ RPE
- ❖ Volume: Weights X Reps X Sets
 - ❖ Or- just sets 😊
- ❖ Frequency- # of weekly sessions

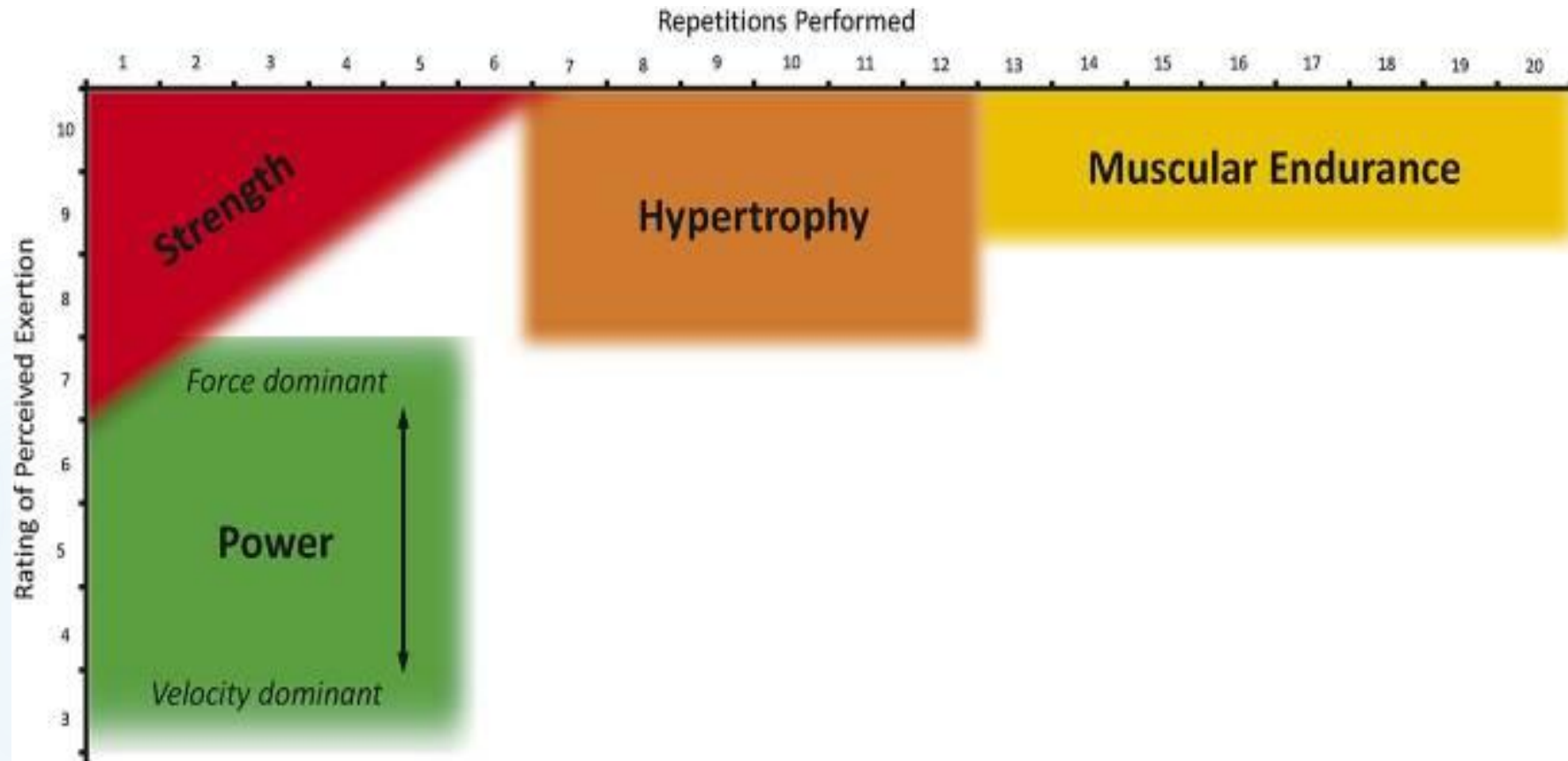


RIR Based RPE

RPE SCALE BASED ON REPETITIONS IN RESERVE	
10	Could not do more reps or load
9.5	Could not do more reps, could do slightly more load
9	Could do 1 more repetition
8.5	Could definitely do 1 more repetition, chance at 2
8	Could do 2 more repetitions
7.5	Could definitely do more 2 more repetitions, chance at 3
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light to light effort

Zourdos(2016).

Guidance



Helms(2016).

דן כהן

פיזיותרפיסט

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