

Jürgen Gießing

Intensive Nachermüdung als Maßnahme zur Optimierung der Ausbelastungsintensität beim Muskelaufbautraining

Literatur

Augustsson, J., Thomeé, R., Hörnstedt, P., Lindblom, J., Karlsson, J. & Grimby, G. (2003). Effect of pre-exhaustion exercise on lower-extremity muscle activation during a leg press exercise. *Journal of Strength and Conditioning Research*, 2, 411-416.

Berger, R. (1962). Effect of varied weight training programs on strength. *Research Quarterly*, 33, 168-181.

Boeckh-Berens, W.-U. & Buskies, W. (2003). *Fitness-Krafttraining. Die besten Übungen und Methoden für Sport und Gesundheit*. Reinbek.

Bührle, M. & Werner, E. (1984). Das Muskelquerschnittstraining der Bodybuilder. *Leistungssport*, 14 (3), 5-9.

Carpinelli, R. N. & Otto, R. M. (1998). Strength Training. Single versus multiple sets. *Sports Medicine*, 26 (2), 73-84.

Colomo, F. (1987). Negativtraining. *Sportrevue*, 9, 92-94.

Costill, D., Coyle, E., Fink, W., Lesmes, G. & Witzmann, F. (1979). Adaptions in skeletal muscle following strength training. *Journal of Applied Physiology*, 46, 96-99.

Darden, E. (1983). The Pre-Exhaustion Principle in Strength Training. *Athletic Journal*, 1, 46 und 66 f.

De Hoyos, D., Herring, D., Garzarella, L., Werber, G., Brechue, W. F. & Pollock, M. L. (1997). Effect of strength training volume on the development of strength and power in adolescent tennis players. *Medicine and Science in Sports Exercise*, 29 (5), 164.

De Hoyos, D., Abe, T., Garzarella, L., Hass, C., Nordmann, M. & Pollock, M. (1998). Effect of 6 months of high- or low-volume resistance training on muscular strength and endurance. *Medicine and Science in Sports and Exercise*, 30 (5), 165.

Dudley, G. A., Tesch, P. A., Miller, B. J. & Buchanan, P. (1991). Importance of eccentric actions in performance adaptations to resistance training. *Aviation Space and Environmental Medicine*, 62, 543-550.

Feigenbaum, M. S. & Pollock, M. L. (1997). Strength training – rationale for current guidelines for adult fitness programs. *The Physician and Sportsmedicine*, 25 (2), 44-64.

Fleck, S. J. & Kraemer, W. J. (1987). *Designing Resistance Training Programs*. Champaign: Human Kinetics.

Fleck, S. J. & Kraemer, W. J. (1997). *Designing Resistance Training Programs* (2nd Edition). Champaign: Human Kinetics.

Gießing, J. (2000). Das Heavy-Duty-Konzept. Zunehmende Akzeptanz und Popularität des Einsatztrainings auch beim Bodybuilding. *Leistungssport*, 30 (4), 19-23.

Gießing, J. (2002). *Das Muskelaufbautraining beim Bodybuilding. Eine kritische Analyse aus sportwissenschaftlicher Sicht*. Dissertation, Universität Tübingen.

Gießing, J. (2004). *Einsatz-Training*. Arnsberg: Novagenics Verlag.

Hass, C. J., Garzarella, L., De Hoyos, D. V. & Pollock, M. L. (1998). Effects of training volume on strength and endurance in experienced resistance trained adults. *Medicine and Science in Sports and Exercise*, 30 (5), 115.

Hass, C. J., Garzarella, L., De Hoyos, D. V. & Pollock, M. L. (2000). Single versus multiple sets in long-term recreational weightlifters. *Medicine and Science in Sports and Exercise*, 32 (1), 235-242.

Hatfield, F. (1984). *Bodybuilding – A Scientific Approach*. Chicago: Contemporary Books, Inc.

Hatfield, F. (1988). Supersätze. *Sportrevue*, 3, 78-81 und 109-110.

Hemmling, G. (1994). *Anpassungen des neuromuskulären Systems an eine neuentwickelte Trainingsmethode*. Köln: Sport und Buch Strauß.

Jacobson, B. H. (1986). A comparison of two progressive weight training techniques on knee extensor strength. *Athletic Training*, 21 (4), 315-318 und 390.

Jones, D. A. & Rutherford, O. M. (1987). Human muscle strength training: the effects of three different regimes and the nature of resultant changes. *Journal of Physiology*, 391, 1-11.

Kennedy, R. & Weis, D. (1989). *Mass! Chicago: Contemporary Books, Inc.*

Kieser, W. (1998). Wieviele Sätze beim Krafttraining. *Leistungssport*, 28 (3), 50-51.

Koch, A. & Haff, G. G. (1999). Training for size vs. training for power. *Muscular Development*, 36, (8), 96-103.

Kraemer, W. J., Newton, N., Bush, M., Volek, V., Triplett, N. & Koziris, J. (1995). Varied multiple set resistance training produces greater gains than single-set programm. *Medicine and Science in Sports and Exercise*, 27, Supplement, 195.

Kraemer, W. J. (1996). Myths and Resistance Training, Part I. *Muscular Development*, 34 (2), 148-149 und 194-196.

Kraemer, W. J. (1997). A series of studies: The physiological basis for strength training in American football: Fact over philosophy. *Journal of Strength and Conditioning Research*, 11 (3), 131-142.

Kraemer, J. B., Stone, M. H., O'Bryant, H. S., Conley, M. S., Johnson, R. L., Nieman, D. C., Honeycutt, D. R. & Hoke, T. P. (1997). Effects of single vs. multiple sets of weight training: impact of volume, intensity, and variation. *Journal of Strength and Conditioning Research*, 11 (3), 143-147.

Kulling, F. A., Hardison, B. H., Jacobson, B. H. & Edwards, S. W. (1998). The effect of two different rest periods between sets in a resistance training program. *Medicine and Science in Sports and Exercise*, 30 (5), 165.

Lancaster, J. (1991). To cheat or not to cheat. *Musclemag International*, 12, 92-93.

Marx, J. O., Nindl, B. C., Gotshalk, L. A., Volek, J. S., Harman, E. S., Dohi, K., Bush, J. A., Fleck, S. J., Häkkinen, K. & Kraemer, W. J. (1998). The effects of a low-volume progressive resistance exercise program versus a high-volume periodized resistance exercise program on muscular performance in women. In K. Häkkinen (Ed.), *International Conference on Weightlifting and Strength Training*. Conference Book. Lathi, 167-168.

Maynard, J. & Ebben, W. P. (2003). The effects of antagonist pre-fatigue on agonist torque and electromyography. *Journal of Strength and Conditioning Research*, 17 (3), 469-474.

Mentzer, M. (1980). *Heavy Duty*. Venice, CA.

Mentzer, M. (1991). Realistic expectations. *Flex*, 2, 67-69.

Mentzer, M. (1993). Forced reps and negatives. *Flex*, 3, 201.

Mentzer, M. (1998). Mike Mentzer's new advanced training program. *Muscular Development*, 5, 134-139.

Messier, S. P. & Dill, M. E. (1985). Alterations in strength and maximal oxygen uptake consequent to Nautilus circuit weight training. *Research Quarterly*, 56 (4), 345-351.

Miller, J. P., Pratley, R. E., Goldberg, A. P., Gordon, P., Rubin, M., Treuth, M. S., Ryan, A. S. & Hurley, B. F. (1994). Strength training increases insulin action in healthy 50- to 65-year-old men. *Journal of Applied Physiology*, 77 (3), 1122-1127.

Mulligan, S. E., Fleck, S. J., Gordon, S. E., Kozaris, L. P., Triplett-McBride, N. & Kraemer, W. J. (1996). Influence of resistance exercise volume on serum growth hormone and cortisol concentration in women. *Journal of Strength and Conditioning Research*, 10, 256-262.

Müller, A. (2003). *Zur Methodik des langfristigen leistungsorientierten Muskelaufbautrainings. Eine empirische Untersuchung aus trainingswissenschaftlicher Sicht*. Butzbach-Griedel: Afra Verlag.

Ostrowski, K. J., Wilson, G. J., Weatherby, R., Murphy, P. W. & Lytle, A. D. (1997). The effect of weight training volume on hormonal output and muscular size and function. *Journal of Strength and Conditioning Research*, 11 (3), 148-154.

Phillip, M. (1999a). Ein Satz genügt! Erfahrungen mit Mehrsatz- und Einsatz-Methoden im Krafttraining. *Leistungssport*, 29 (1), 26-28.

Phillip, M. (1999b). Einsatz-Training versus Mehrsatz-Training. Zur Kontroverse um die Satzzahl beim Krafttraining unter Berücksichtigung empirischer Evidenzen. *Leistungssport*, 29 (4), 27-34.

Pollock, M. L., Abe, T., De Hoyos, D. V., Garzarella, L., Hass, C. J. & Werber, G. (1998). Muscular hypertrophy responses to 6 months of high- or low-volume resistance training. *Medicine and Science in Sports and Exercise*, 30 (5), 116.

Heiduk, R., Preuss, P. & Steinhöfer, D. (2002). Die optimale Satzzahl im Krafttraining. Einsatz- versus Mehrsatz-Training. *Leistungssport*, 32 (4), 4-13.

Richford, C. (1966). *Principles of successful bodybuilding*. Alliance.

Rooney, K., Herbert, R. & Balnave, R. (1994). Fatigue contributes to the strength training stimulus. *Medicine and Science in Sports and Exercise*, 26, 1160-1164.

Sanborn, K., Boros, R., Hruby, J., Schilling, B., O'Bryant, H., Johnson, R., Hoke, T., Stone, M. H. & Stone, M. E. (1998). Performance effects of weight training with multiple sets not to failure versus a single set to failure in women: a preliminary study. In K. Häkkinen (Ed.), *International Conference on Weightlifting and Strength Training*. Conference Book. Lathi, 157-158.

Schlumberger, A. & Schmidtbleicher, D. (1999). Einsatz-Training als trainingsmethodische Alternative – Möglichkeiten und Grenzen. *Leistungssport*, 29 (3), 9-11.

Schlumberger, A., Stec, J., Schmidtbleicher, D. (2001). Single- vs. multiple-set strength training in women. *Journal of Strength and Conditioning Research*, 15 (3), 284-289.

Schott, J., McCully, K. & Rutherford, O. M. (1995). The role of metabolites in strength training. Short versus isometric contractions. *European Journal of Applied Physiology*, 71, 337-341.

Sforzo, G. A. & Touey, P. R. (1996). Manipulating exercise order affects muscular performance during a resistance exercise training session. *Journal of Strength and Conditioning Research*, 10, 20-24.

Starkey, D. B., Pollock, M. L., Ishida, Y., Welsch, M. A., Brechue, W. F., Graves, J. E. & Feigenbaum, M. S. (1996). Effect of resistance training volume on strength and muscle thickness. *Medicine and Science in Sports and Exercise*, 28, 1311-1329.

Stone, M., O'Bryant, H., Garhammer, J., McMillan, J. & Rozenek, R. (1981). A hypothetical model for strength training. *Journal of Sport Medicine and Physical Fitness*, 21, 342-351.

Stone, M. H., Plisk, S. S., Stone, M. E., Schilling, B. K., O'Bryant, H. S. & Pierce, K. C. (1998). Athletic performance development: Volume load – 1 set vs. multiple sets, training velocity and training variation. *Strength and Conditioning*, 20 (6), 22-31.

Tan, B. (1999). Manipulating resistance training program variables to optimize maximum strength in men: A review. *Journal of Strength and Conditioning Research*, 13, 289-304.

Tanny, A. (1989). Target training. *Muscle & Fitness*, 2, 126-128.

Tesch, P. A. (1994). Das Training im Bodybuilding. In P. Komi (Hrsg.), *Kraft und Schnellkraft im Sport* (Seiten 365-373). Köln: Deutscher Ärzte Verlag.

Thoburn, R. (1995). Reduktionssätze. *Sportrevue*, 4, 70-74.

Vincent, K., De Hoyos, D., Garzarella, L., Hass, C., Nordman, M. & Pollock, M. (1998). Relationship between indices of knee extension strength before and after resistance training. *Medicine and Science in Sports and Exercise*, 30 (5), 163.

Weider, J. (1954). Cheating exercises build the biggest muscles. *Muscle Builder*, 3, 60-61.

Weider, J. (1981). *Bodybuilding. The Weider approach*. Woodland Hills: McGraw-Hill/Contemporary Books.

Weider, J. (1986). Die Weider-Prinzipien im Gesamtüberblick. *Sportrevue*, 8, 76-81 und 100-102.

Weider, J. (1991). Forced reps. *Flex*, 2, 18.

Zatsiorsky, V. M. (1995). *Science and practice of strength training*. Champaign: Human Kinetics.