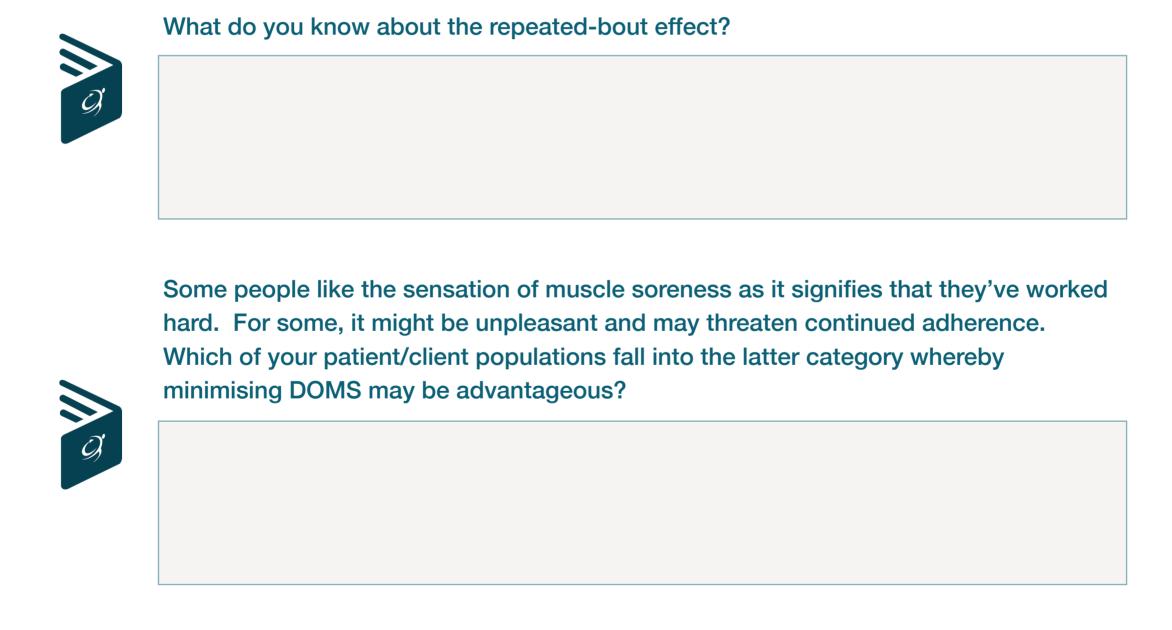
The Repeated-Bout Effect



Worksheet

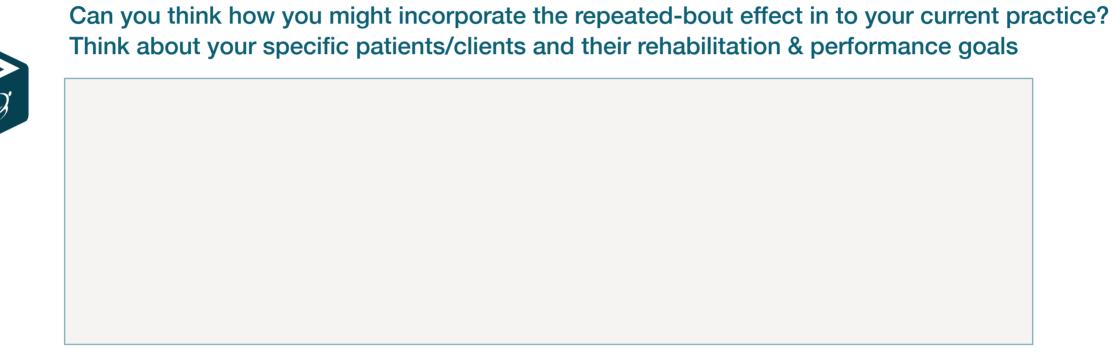
Use the space in the boxes below to write down your responses to the questions



The Repeated-Bout Effect



Worksheet



The Repeated-Bout Effect

Worksheet





IT'S YOUR TURN!

Design an experiment to test the repeated-bout effect

You need to:

- 1. Choose the initial bout of exercise (refer back to Masterclass for guidance on intensity, dose & type of exercise (isometric, eccentric etc.)) and the muscle group
- 2. Select the second bout of *eccentric-focussed* exercise (this should be potent enough to elicit EIMD), and the time between 1st & 2nd bout
- 3. Select the assessments, e.g DOMS on a VAS (see resources list), 1RM
- 4. If you're being really good, select a control leg / arm & experimental (i.e. 1 limb will perform the initial 'protective' bout of exercise, one won't, both will perform the 2nd bout of eccentric exercise.
- 5. Note your findings

The Repeated-Bout Effect Notes

