

The Repeated-Bout Effect

Worksheet

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

What do you know about the repeated-bout effect?



Some people like the sensation of muscle soreness as it signifies that they've worked hard. For some, it might be unpleasant and may threaten continued adherence. Which of your patient/client populations fall into the latter category whereby minimising DOMS may be advantageous?



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Can you think how you might incorporate the repeated-bout effect in to your current practice?
Think about your specific patients/clients and their rehabilitation & performance goals

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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

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Notes

