COMPARISON OF THE TRADITIONAL WEIGHT TRAINING AND SUPER SLOW TRAINING (SST) EFFECTS TO THE CARDIOVASCULAR SISTEM AND MUSCLE HYPERTROPHY

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In this research, two resistance training method has been compared in increasing muscle hypertrophy which is one of the most important parameters in weight control. Strength, body composition and effects of resistance training to heart rate intensity during the training has been studied in traditional and super slow training (SST) which is comparatively a new method.

In this research in total 20 participants were evaluated. 10 participants (5 man, 5 women) in the group of SST 31,4 (±7,04) year old, 170,2 (±8,73) cm high and 69,2 (±15,3) kg and on the other hand 10 participants (5 man, 5 women) in a group of traditional group 28,3 (±7,66) year old, 172,0 (±9,6) cm high and 66,5 (±13,1) kg have been evaluated. To the both groups, weight-training program containing same exercises (7 exercises) has been applied during the period of 8 weeks.

The group of SST has been requested to implement each exercise one set, once a week without any rest between exercises. Whereas for traditional group, each exercise contained three sets, three times a week with a rest of 1–1,5 minutes between exercises. Both groups' sets contained 8–12 repetition. Traditional group concentric and eccentric actions were given in normal speed, whereas for SST group each action (concentric and eccentric) was applied 10 seconds.

Weights in traditional group were increased when 12-repetition goal was achieved. In SST group weights were increased when 4 minutes was exceeded.

To all participants the dynamic (bench press 1 RM and barbell curl 1 RM), static (handgrip) and isokinetic (Cybex II humac norm 6000) tests have been implemented and their heart rates were measured during the all-training sessions. As a result, in both groups considerable increases have been recorded in parameters of strength and body composition. In SST group, in spite of low number of training sessions, the relative strength has been increased more than in traditional group. In SST group participants, especially isokinetic strength values of eccentric actions have showed meaningful differences.

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