

Relationships between Isometric and Dynamic Strength in Resistance-Trained Individuals

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- A previous study found a positive correlation between the leg back dynamometer and one-repetition maximum (1 rm) for squats and deadlifts. (32)
- Given current population changes (decreased physical activity, increased obesity), Many people may not have experience

- **Participants:** Actively recruiting approximately 50 participants from California State University, Fullerton
- **Inclusion Criteria:**
 - Between the ages of 18 – 50
 - Resistance training for 2+ days a week for 2 years
 - Are experienced with maximal lifts
 - Are experienced with deadlift exercises
 - No current musculoskeletal injuries that would compromise participation
- **Procedures:** Testing occurred over three sessions (Figure 1) approximately 48-72 hours apart.

Five minutes of cycling, dynamic warmup. Strength assessment of

Deadlift strength assessment starts at 50% of their estimated 1RM and works towards 100% (sessions 1 and 2).

- **Measures:**
 - Age and height were measured using a portable stadiometer, and mass recorded by electronic digital scales,
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