Topic 7

Topic

| • | en Gießing, Peter Preuss, Andreas Greiwing, Sven Goebel, eas Müller, Alexander Schischek & Annika Stephan | |
|------------------------------------|--|------|
| | Fundamental definitions of decisive training parameters of single- set training and multiple-set training for muscle hypertrophy | 9 |
| Jürge | en Gießing | |
| | The concept of the hypothetical maximum (h1-RM) as a safe alternative to maximum single repetitions | . 24 |
| Micha | ael Fröhlich, Dietmar Schmidtbleicher & Eike Emrich | |
| | The accuracy of prediction equations for estimating 1-RM performance | . 35 |
| Peter | Preuss | |
| | High-intensity training versus High-volume training | . 45 |
| Andreas Greiwing & Jürgen Freiwald | | |
| | Effects of three resistance training methods on maximal strength, strength endurance and muscle thickness of the m. quadriceps femoris | . 65 |
| Jürge | en Gießing, Peter Preuss & Michael Fröhlich | |
| | High-intensity post-exhaustion for maximizing training intensity in muscle hypertrophy training | . 80 |
| | rt Remmert, Alexander Schischek, Tobias Zamhöfer & ınder Ferrauti | |
| | Influence of recovery duration on increase of strength and | 00 |
| | muscular growth within a high-intensity training (HIT) | . 89 |

8 Topic

| Jürgen Gießing |
|--|
| Intense single-set training for maximum muscular hypertrophy in bodybuilding103 |
| Wolfgang Kemmler, Dirk Lauber, Simon von Stengel & Klaus Engelke |
| Developing maximum strength in older adults - a series of studies 114 |
| Mark Bishop & Thomas Kaminski |
| A comparison of enhanced-eccentric resistance training and traditional training for increasing strength |
| Andreas Strack & Christoph Eifler |
| The individual lifting performance method (ILP) - a practical method for fitness- and recreational strength training |
| Markus Klein, Michael Fröhlich & Jürgen Gießing |
| A theoretical concept for quantifying the effectiveness of muscle endurance training164 |
| Stephen Glass & Douglas Stanton |
| Self selected resistance training intensity in novice weight lifters 173 |
| Michael Fröhlich & Jürgen Gießing |
| Muscular effort and perceived exertion in two different strength endurance training methods |
| Niklas Lichtenegger |
| The relationship between myostatin function, strength gain and muscle hypertrophy195 |
| Dwayne Massey |
| An analysis of full range of motion vs. partial range of motion training in the development of strength |