

LIST OF PUBLICATIONS

- I. Pozzo M, Alkner B, **Norrbrand L**, Farina D, Tesch PA, Muscle-fiber conduction velocity during concentric and eccentric actions on a flywheel exercise device. *Muscle Nerve* 34: 169-177, 2006.
- II. **Norrbrand L**, Tous Fajardo J, Vargas R, Tesch PA, Quadriceps muscle use in the flywheel and barbell squat. Preliminary manuscript.
- III. **Norrbrand L**, Fluckey JD, Pozzo M, Tesch PA, Resistance training using eccentric overload induces early adaptations in skeletal muscle size. *Eur J Appl Physiol* 102: 271-281, 2008.

CONTENTS

1	Introduction.....	1
1.1	Background of resistance exercise	1
1.2	Concentric and eccentric actions	1
1.3	Acute response of resistance exercise	1
1.3.1	Motor unit recruitment and muscle involvement	1
1.3.2	Neuromuscular fatigue	2
1.3.3	Cellular signaling for muscle hypertrophy	2
1.4	Training response of resistance exercise	3
1.4.1	Strength and neural adaptations	3
1.4.2	Hypertrophy.....	3
1.5	Loading during resistance exercise	4
1.5.1	Loading during weight training.....	4
1.5.2	Loading during flywheel training.....	4
2	Aims.....	5
3	Methods.....	6
3.1	Design of Study I, II and III	6
3.1.1	General design	6
3.1.2	Subjects	6
3.1.3	Exercise protocol.....	7
3.2	Resistance exercise devices.....	8
3.2.1	Flywheel training devices.....	8
3.2.2	Weight training devices.....	8
3.3	Magnetic Resonance Imaging	9
3.4	Electromyography	10
3.5	Force, work, power, range of motion and velocity.....	11
3.6	Statistics.....	11
4	Results	13
4.1	Study I	13
4.2	Study II	14
4.3	Study III.....	15
5	Discussion	18
5.1	Loading.....	18
5.2	Hypertrophy.....	19
5.3	Muscle involvement and motor unit recruitment	20
5.4	Neuromuscular fatigue	20
5.5	Neural adaptations and increased strength	21
5.6	Summary	22
6	Acknowledgements.....	23
7	References.....	25

LIST OF ABBREVIATIONS

ARV	Average rectified value
ATP	Adenosine triphosphate
BS	Barbell squat
CON	Concentric, shortening muscle action
CSA	Cross-sectional area
CV	Conduction velocity
ECC	Eccentric, lengthening muscle action
EMG	Electromyography
FS	Flywheel squat
FW	Flywheel / Flywheel training
iMNF	Instantaneous mean power spectral frequency
MRI	Magnetic resonance imaging
MU	Motor unit
MVC	Maximal voluntary contraction/maximal isometric strength
ROM	Range of motion
RF	M. rectus femoris
RMS	Root mean square
T2	Transverse relaxation time
VI	M. vastus intermedius
VL	M. vastus lateralis
VM	M. vastus medialis
WS	Weight stack training
1 RM	One repetition maximum; the maximum amount of weight that can be lifted during one repetition

DICTIONARY

Isoinertial action	A dynamic action against constant inertia
Isokinetic action	A dynamic action at constant velocity
Isometric action	An action where neither joint angle nor muscle length changes
Isotonic action	A dynamic action against a constant external load