

## **Discussion Questions On Strength and Fiber Recruitment**

Exphys '03

Review the graph we discussed in class that showed the recruitment of muscle fibers. Be ready to discuss the following questions in light of that graph and other things you know about muscles.

Suppose that a person can curl 75 lbs twice in a row but no more than that (i.e. 75 lbs = RM2).

Example 1: If this person trains using a considerably lighter load, say 37.5 lbs, but lifts it many more times in a set and then does several sets of the exercise, will there eventually be a strength increase? If so, which fiber groups will be involved? Be able to explain your answer, whatever it might be.

Example 2: Suppose now instead the person trains using several repetitions of the RM2 exercise (75 lbs twice, followed by rest and then repeated). Contrast what you think the strength training effects will be compared to the previous example.