

Physiology of Repetitions

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- **Revascularization**
- **200 - 30 reps**
- **5 Min - 30 sec**
- **Aerobic/Anaerobic**
- **Glycolysis**

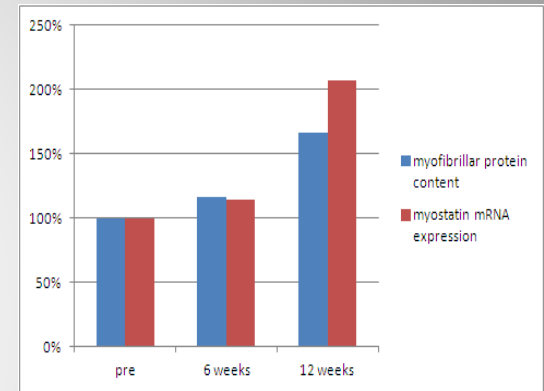
Endurance
100 - 30 reps
2 Min - 30 sec
Anaerobic
(slow) Glycolysis

Strength Endurance
20 - 10 reps
60 sec - 20 sec
Anaerobic
(fast) Glycolysis

Strength
8 - 5 reps
10 sec - 5 sec
ATP-PC

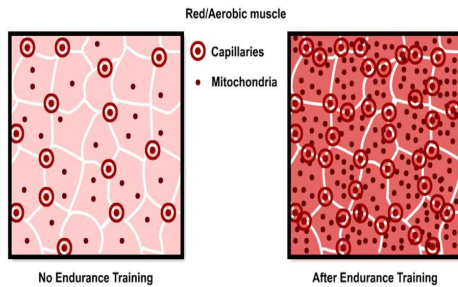
Power
3 - 1 reps
5 sec - 1 sec
ATP-PC

O2 diffusion and increased capillaries/mitochondria



Minimal Neural Output

The Effect of Endurance Training



O2 diffusion and Revascularization Properties to minimal Neuromuscular Resynchronization

Maximal Neural Output

Minimal O2 diffusion and Revascularization Properties to high Neuromuscular Resynchronization/ high fiber recruitment/co-contraction, increased actin/myosin protein shift