

5) Premere "Anteprima e salvataggio" per visualizzare l'anteprima dell'abstract inserito e procedere con l'invio

1) Inserire il titolo dell'abstract in inglese (max. 250 caratteri)

2) Selezionare l'argomento dal menu

3) Inserire l'elenco degli autori con i relativi dipartimenti ed università premendo il tasto verde "Inserisci un nuovo autore". E' possibile inserire un solo autore presentatore.

4) Gli abstract dovranno essere divisi nelle seguenti sezioni:

- Purpose (descrizione dell'oggetto/obiettivo della ricerca)
- Methods (descrizione del metodo utilizzato)
- Results (risultati della ricerca)
- Conclusions (breve conclusione)
- Acknowledgments (non obbligatori)
- References (da inserire come nell'esempio)

easyAbstract

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Caricamento nuovo abstract

Inserimento + Anteprima e salvataggio

Titolo ELECTROMYOGRAPHIC ACTIVITY OF BICEPS BRACHII AND BRACHIORADIALIS IN THREE DIFFERENT VARIANTS OF CURL
Inserire il titolo dell'abstract in inglese di massimo 250 caratteri

Argomento Adapted physical activity
Scegliere un argomento dal menu

Autori

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Inserisci un nuovo autore

Abstract

Codice Sorgente

B I U S x₂ x² I_x **Stile** **Formato** ?

Purpose: Dumbbell curl (DC) and barbell curl in its two variants with straight (BC) or undulated bar (EZ) are typical exercises proposed for elbow flexors training. The aim of the present study was to verify if the execution of these three variants could induce a selective electromyographic activity concerning biceps brachii (BB) and brachioradialis (BR).

Methods: Twelve resistance training experienced subjects were asked to perform one set of ten repetitions for each variant of curl. The load employed was the 65 % of one repetition maximum (1-RM) for each of the three exercises. Sets were separated by 4 minutes of rest. A PDA PocketEMG (BTS Bioengineering-Italy) was employed to collect surface EMG raw signals of biceps brachii and brachioradialis. The sampling frequency was set at 1Khz.

Results: Results showed a higher activation of both BB ($p < 0.05$) and BR ($p < 0.01$) in the EZ variant with respect to the DC one. No differences were detected between EZ and BC variants.

Conclusions: Considering the whole range of movement EZ variant should be preferred to DC variant to enhance both BB and BR muscle activity. The small difference between BC and EZ variants concerning BB and BR muscle activity makes the choice between these two exercises a matter of subjective comfort referred to the handgrip

References
Oliveira AS, and Goncalves M. (2009) Positioning during resistance elbow flexor exercise affects electromyographic activity, heart rate, and perceived exertion. J Strength Cond Res 23: 854-862
Oliveira, LF, Matta, TT, Alves, DS, Garcia, MAC, and Vieira TMM (2009) Effect of the shoulder position on the biceps brachii EMG in different dumbbell curls. J Sports Sci Med 8: 24-29

body Caratteri: 1433, Parole: 275

Inserire l'abstract in lingua inglese, massimo 2.500 caratteri

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Caricamento nuovo abstract

Inserimento

+ Anteprima e salvataggio

Argomento	Adapted physical activity
Autore Presentatore	Giuseppe Marcolin Department of Biomedical Sciences Università degli studi di Padova email@email.it
Anteprima	<p>ELECTROMYOGRAPHIC ACTIVITY OF BICEPS BRACHII AND BRACHIORADIALIS IN THREE DIFFERENT VARIANTS OF CURL G. Marcolin¹, N. Petrone², T. Mara¹, D. Piccola¹, A. Paoli¹ ¹Department of Biomedical Sciences Università degli studi di Padova, ²Department of Industrial Engineering Università degli studi di Padova</p> <p>Purpose: Dumbbell curl (DC) and barbell curl in its two variants with straight (BC) or undulated bar (EZ) are typical exercises proposed for elbow flexors training. The aim of the present study was to verify if the execution of these three variants could induce a selective electromyographic activity concerning biceps brachii (BB) and brachioradialis (BR).</p> <p>Methods: Twelve resistance training experienced subjects were asked to perform one set of ten repetitions for each variant of curl. The load employed was the 65 % of one repetition maximum (1-RM) for each of the three exercises. Sets were separated by 4 minutes of rest. A PDA PocketEMG (BTS Bioengineering-Italy) was employed to collect surface EMG raw signals of biceps brachii and brachioradialis. The sampling frequency was set at 1Khz.</p> <p>Results: Results showed a higher activation of both BB ($p < 0.05$) and BR ($p < 0.01$) in the EZ variant with respect to the DC one. No differences were detected between EZ and BC variants.</p> <p>Conclusions: Considering the whole range of movement EZ variant should be preferred to DC variant to enhance both BB and BR muscle activity. The small difference between BC and EZ variants concerning BB and BR muscle activity makes the choice between these two exercises a matter of subjective comfort referred to the handgrip</p> <p>References Oliveira AS, and Goncalves M. (2009) Positioning during resistance elbow flexor exercise affects electromyographic activity, heart rate, and perceived exertion. <i>J Strength Cond Res</i> 23: 854-862 Oliveira, LF, Matta, TT, Alves, DS, Garcia, MAC, and Vieira TMM (2009) Effect of the shoulder position on the biceps brachii EMG in different dumbbell curls. <i>J Sports Sci Med</i> 8: 24-29</p>
Stato	<input checked="" type="radio"/> Mantieni in bozza <input type="radio"/> Invia alla segreteria

6) Verificare il corretto caricamento dell'abstract.

Se occorre effettuare delle modifiche, premere il tasto in alto a destra "Inserimento" per tornare alla maschera di inserimento dati.

7) E' possibile "mantenere in bozza" l'abstract per salvare i dati inseriti e modificarli successivamente, oppure selezionare "Invia alla segreteria" per inviare definitivamente l'abstract alla segreteria, una volta inviato non sarà più possibile modificarlo.

Salva

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