

References

- American College of Sports Medicine. (2018). ACSM's guidelines for exercise testing and prescription (10th ed.). Wolters Kluwer.
- Baz Valle, E., Balsalobre Fernández, C., Alix Fages, C., & Santos Concejero, J. (2022). A systematic review of the effects of different resistance training volumes on muscle hypertrophy. *Journal of Human Kinetics*, 81, 199 to 210.
- Bompa, T. O., & Haff, G. G. (2009). *Periodization: Theory and methodology of training* (5th ed.). Human Kinetics.
- Bredin, S. S., Gledhill, N., Jamnik, V. K., & Warburton, D. E. (2013). PAR Q+ and ePARmed X+: New risk stratification and physical activity clearance strategy. *Canadian Family Physician*, 59(3), 273 to 277.
- Calatayud, J., Borreani, S., Colado, J. C., Martin, F., Tella, V., & Andersen, L. L. (2015). Bench press and push up at comparable levels of muscle activity results in similar strength gains. *Journal of Strength and Conditioning Research*, 29(1), 246 to 253.
- Carpinelli, R. N. (2017). A critical analysis of the National Strength and Conditioning Association's opinion that free weights are superior to machines for increasing muscular strength and power. *Medicina Sportiva Practica*, 18, 21 to 39.
- Coratella, G., Tornatore, G., Longo, S., Esposito, F., & Cè, E. (2018). Specific prime movers' excitation during free weight bench press variations and chest press machine. *Applied Physiology, Nutrition, and Metabolism*, 44(5), 456 to 465.
- de Salles, B. F., Simão, R., Miranda, F., Novaes, J. S., Lemos, A., & Willardson, J. M. (2009). Rest interval between sets in strength training. *Sports Medicine*, 39(9), 765 to 777.
- Fonseca, R. M., Roschel, H., Tricoli, V., de Souza, E. O., Wilson, J. M., Laurentino, G. C., Aihara, A. Y., de Souza Leão, A. R., & Ugrinowitsch, C. (2014). Changes in exercises are more effective than in loading schemes to improve muscle strength. *Journal of Strength and Conditioning Research*, 28(11), 3085 to 3092.
- Fragala, M. S., Cadore, E. L., Dorgo, S., Izquierdo, M., Kraemer, W. J., Peterson, M. D., & Ryan, E. D. (2019). Resistance training for older adults: Position statement from the National Strength and Conditioning Association. *Journal of Strength and Conditioning Research*, 33(8), 2019 to 2052.
- Gentil, P., Soares, S., & Bottaro, M. (2015). Single vs. multi joint resistance exercises: Effects on muscle strength and hypertrophy. *Asian Journal of Sports Medicine*, 6(2), e24057.

- Haff, G. G., & Triplett, N. T. (Eds.). (2016). *Essentials of strength training and conditioning* (4th ed.). Human Kinetics.
- Haugen, M. E., Vårvik, F. T., Larsen, S., Haugen, A. S., van den Tillaar, R., & Bjørnsen, T. (2023). Effect of free versus machine weights on muscle strength, hypertrophy, and endurance: A systematic review and meta analysis. *Sports Medicine Open*, 9(1), 9.
- Helms, E. R., Aragon, A. A., & Fitschen, P. J. (2015). Recommendations for natural bodybuilding contest preparation: Resistance and cardiovascular training. *Journal of Sports Medicine and Physical Fitness*, 55(3), 164 to 178.
- Helms, E. R., Kwan, K., Sousa, C. A., Cronin, J. B., Storey, A. G., & Zourdos, M. C. (2018). Methods for regulating and monitoring resistance training. *Journal of Human Kinetics*, 74, 23 to 42.
- Issurin, V. B. (2010). New horizons for the methodology and physiology of training periodization. *Sports Medicine*, 40(3), 189 to 206.
- Kellmann, M. (2010). Preventing overtraining in athletes in high intensity sports and stress recovery monitoring. *Scandinavian Journal of Medicine and Science in Sports*, 20(Suppl. 2), 95 to 102.
- Kraemer, W. J., & Ratamess, N. A. (2004). Fundamentals of resistance training: Progression and exercise prescription. *Medicine and Science in Sports and Exercise*, 36(4), 674 to 688.
- Lopes, J. S. S., Machado, A. F., Micheletti, J. K., de Almeida, A. C., Cavina, A. P., & Pastre, C. M. (2019). Effects of training with elastic resistance versus conventional resistance on muscular strength: A systematic review and meta analysis. *SAGE Open Medicine*, 7, 2050312119831116.
- Meeusen, R., Duclos, M., Foster, C., Fry, A., Gleeson, M., Nieman, D., Raglin, J., Rietjens, G., Steinacker, J., & Urhausen, A. (2013). Prevention, diagnosis and treatment of the overtraining syndrome: Joint consensus statement of the European College of Sport Science and the American College of Sports Medicine. *European Journal of Sport Science*, 13(1), 1 to 24.
- Nunes, J. P., Grgic, J., Cunha, P. M., Ribeiro, A. S., Schoenfeld, B. J., de Salles, B. F., & Cyrino, E. S. (2020). What influence does resistance exercise order have on muscular strength gains and muscle hypertrophy? A systematic review and meta analysis. *European Journal of Sport Science*, 21(2), 149 to 157.
- Paoli, A., Gentil, P., Moro, T., Marcolin, G., & Bianco, A. (2017). Resistance training with single vs. multi joint exercises at equal total load volume: Effects on body composition, cardiorespiratory fitness, and muscle strength. *Frontiers in Physiology*, 8, 1105.
- Peterson, M. D., Sen, A., & Gordon, P. M. (2011). Influence of resistance exercise on lean body mass in aging adults: A meta analysis. *Medicine and Science in Sports and Exercise*, 43(2), 249 to 258.

- Piercy, K. L., Troiano, R. P., Ballard, R. M., Carlson, S. A., Fulton, J. E., Galuska, D. A., George, S. M., & Olson, R. D. (2018). The physical activity guidelines for Americans. *JAMA*, 320(19), 2020 to 2028.
- Pollock, M. L., Franklin, B. A., Balady, G. J., Chaitman, B. L., Fleg, J. L., Fletcher, B., Limacher, M., Piña, I. L., Stein, R. A., Williams, M., & Bazzarre, T. (2000). Resistance exercise in individuals with and without cardiovascular disease. *Circulation*, 101(7), 828 to 833.
- Ratamess, N. A., Alvar, B. A., Evetoch, T. K., Housh, T. J., Kibler, W. B., Kraemer, W. J., & Triplett, N. T. (2009). American College of Sports Medicine position stand: Progression models in resistance training for healthy adults. *Medicine and Science in Sports and Exercise*, 41(3), 687 to 708.
- Rhea, M. R. (2004). Determining the magnitude of treatment effects in strength training research through the use of the effect size. *Journal of Strength and Conditioning Research*, 18(4), 918 to 920.
- Rhodes, R. E., Janssen, I., Bredin, S. S. D., Warburton, D. E. R., & Bauman, A. (2017). Physical activity: Health impact, prevalence, correlates and interventions. *Psychology and Health*, 32(8), 942 to 975.
- Saeterbakken, A. H., & Fimland, M. S. (2013). Electromyographic activity and 6RM strength in bench press on stable and unstable surfaces. *Journal of Strength and Conditioning Research*, 27(4), 1101 to 1107.
- Schoenfeld, B. J. (2016). Science and development of muscle hypertrophy. *Human Kinetics*.
- Schoenfeld, B. J., Grgic, J., & Krieger, J. (2019). How many times per week should a muscle be trained to maximize muscle hypertrophy? A systematic review and meta analysis of studies examining the effects of resistance training frequency. *Journal of Sports Sciences*, 37(11), 1286 to 1295.
- Schoenfeld, B. J., Grgic, J., Ogborn, D., & Krieger, J. W. (2017). Strength and hypertrophy adaptations between low versus high load resistance training: A systematic review and meta analysis. *Journal of Strength and Conditioning Research*, 31(12), 3508 to 3523.
- Schoenfeld, B. J., Ogborn, D., & Krieger, J. W. (2016). Effects of resistance training frequency on measures of muscle hypertrophy: A systematic review and meta analysis. *Sports Medicine*, 46(11), 1689 to 1697.
- Schwanbeck, S. R., Cornish, S. M., Barss, T., & Chilibeck, P. D. (2020). Effects of training with free weights versus machines on muscle mass, strength, free testosterone, and free cortisol levels. *Journal of Strength and Conditioning Research*, 34(7), 1851 to 1859.
- Simão, R., de Salles, B. F., Figueiredo, T., Dias, I., & Willardson, J. M. (2012). Exercise order in resistance training. *Sports Medicine*, 42(3), 251 to 265.

- Teixeira, P. J., Carraça, E. V., Markland, D., Silva, M. N., & Ryan, R. M. (2012). Exercise, physical activity, and self determination theory: A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 9, 78.
- Williams, T. D., Toluoso, D. V., Fedewa, M. V., & Esco, M. R. (2017). Comparison of periodized and non periodized resistance training on maximal strength: A meta analysis. *Sports Medicine*, 47(10), 2083 to 2100.
- Wirth, K., Keiner, M., Hartmann, H., Sander, A., & Mickel, C. (2016). Effect of 8 weeks of free weight and machine based strength training on strength and power performance. *Journal of Human Kinetics*, 53, 201 to 210.
- Zourdos, M. C., Klemp, A., Dolan, C., Quiles, J. M., Schau, K. A., Jo, E., Helms, E., Esgro, B., Duncan, S., Garcia Merino, S., & Blanco, R. (2016). Novel resistance training specific rating of perceived exertion scale measuring repetitions in reserve. *Journal of Strength and Conditioning Research*, 30(1), 267 to 275.