

Tabla extraída de: Feigenbaum, M.S. y Pollock, M.L. (1999). Prescription of resistance training for health and disease. *Medicine and Science in Sports and Exercise*, 31, 38-45.

Reference	N	Sex*	Exercise	Days-wk ⁻¹	Duration	Sets × RM	Increase %
Berger (13)	NA	NA	Bench press	2, 3	12 wk	1 × 10	NA ^a
Henderson (34)	117	M	Bench press	2, 3	6 wk	2 × 9 3 × 6	2 × /wk = 12.8lb 3 × /wk = 19.2lb
Hunter (36)	14	M	Bench press	3	7 wk	3 × 10	M = 11.9%
	11	F					F = 19.5%
	10	M		4	7 wk	2 × 10	M = 16.7% ^c
	11	F					F = 33.3% ^c
Gillam (30)	68	M	Bench press	1	9 wk	18 × 1	1 × /wk = 19.5%
				2			2 × /wk = 24.2%
				3			3 × /wk = 32.3% ^d
				4			4 × /wk = 29.0%
				5			5 × /wk = 40.7% ^d
Barham (9)	90	M	Full knee bends	5, 3, 2	6 wk	3 × 5	NA ^e
Braith et al. (15)	28	M	Bilateral knee Extension	2, 3	10 wk	1 × 7-10	2 × /wk = 13.5%
	33	F					3 × /wk = 21.2% ^f
	31	M		2, 3	18 wk	1 × 7-10	2 × /wk = 20.9%
	25	F					3 × /wk = 28.4% ^f
Graves et al. (32)	72	M	Lumbar	1 × /2 wk	12, 20	1 × 8-12	1 × /wk = 8.7%
	42	F	Extension	1, 2, 3			× /2wk = 26.6% 1 × /wk = 38.9% ^g 2 × /wk = 41.4% ^g 3 × /wk = 37.2% ^g
Pollock et al. (49)	50	M	Cervical Extension	1, 2	12 wk	1 × 8-12	1 × /wk = 8.7%
	28	F				2 × /wk = 32.8% ^h	
Leggett et al. (39)	54	M	Cervical Rotation	1 × /2 wk	12 wk	1 × 8-20	1 × /2wk = 9.0%
	26	F		1, 2, 3			1 × /wk = 15.9%
						2 × /wk = 24.3% ⁱ 3 × /wk = 38.4% ⁱ	
Blanton	47	M	Torso rotation	1, 2	12 wk	1 × 8-12	1 × /wk = 17.4% ^j
	34	F					2 × /wk = 21.8% ^j
DeMichele et al. (22)	33	M	Torso rotation	1, 2, 3	12 wk	1 × 11-15	1 × /wk = 4.9%
	25	F					2 × /wk = 16.3% ^k 3 × /wk = 11.9% ^k

* NA, data not available; RM, repetition maximum.

^a P > 0.05: 2 = 3 × /wk

^b P < 0.05: 3 × /wk > 2 × /wk

^c P < 0.01: 4 × /wk > 3 × /wk

^d P < 0.05: 5 × /wk > 1-4 × /wk, 3, 5 × /wk > 1, 2 × /wk

^e 5 × /wk = 3 × /wk, 5, 3 × /wk > 2 × /wk

^f P < 0.01: 3 × /wk > 2 × /wk

^g P < 0.05: 1, 2, 3 × /wk > 1 × /2wk

^h P < 0.05: 2 × /wk > 1 × /wk

ⁱ P < 0.05: 2, 3 × /wk > 1 × /wk, 1 × /2wk: 3 × /wk > 2 × /wk

^j P < 0.05: 1 = 2 × /wk

^k P < 0.01: 2, 3 × /wk > 1 × /wk

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