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	Sex	Age	*N*	Exercise	d·wk^{-1}	Duration	Sets × RM	% Increase
Berger (10)	M	C	177	Bench press	3	12 wk	1 × 6/10	22.4
							2 × 6/10	21.8 NS
							3 × 6/10	25.3[a]
Silvester et al. (52)	M	C	48	Biceps curl	3	8 wk	1 × 10–12	24.6
							3 × 6	26.2 NS
Stowers et al. (54)	M	C	28	Squat	2	7 wk	1 × 10	16.1
							3 × 10	21.1 NS
				Bench press			1 × 10	8.0
							3 × 10	10.6 NS
Westcott (56)	M/F	35	44	Nautilus circuit[b]	3	4 wk	1 × 10	11.2[b]
							2 × 10	10.8[b]NS
Westcott et al. (57)	M/F	40	77	Dips/Chin-ups	3	10 wk	1 × 5/10/15	4.8[c]
							2 × 5/10/15	4.1[c]NS
							3 × 5/10/15	5.2[c]NS
Pollock et al. (49)	M/F	26	78	Cervical extension	2	12 wk	1 × 8–12	40.9
							2 × 8–12	43.5 NS
Graves et al. (33)	M/F	31	110	Lumbar extension	1	12 wk	1 × 8–12	19.0
							2 × 8–12	16.0 NS
Starkey et al. (53)	M/F	35	49	Knee extension	3	14 wk	1 × 8–12	30.1
							3 × 8–12	26.8 NS
				Knee flexion	3	14 wk	1 × 8–12	18.7
							3 × 8–12	17.7 NS

C, college undergraduates; NA, data not available; NS, no significant differences vs. one set.
[a] $P < 0.05$; 3 sets > 1 set.
[b] Nautilus circuit—average strength increase of five exercises: leg extension, leg curl, torso pullover, arm extension, arm curl.
[c] Data indicate the average increase in the number of dips and chin-ups combined.

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