

Abstract Submitted
for the NES15 Meeting of
The American Physical Society

What is the Effect of an Anaerobic versus Aerobic Cardiovascular Warm up on Power Generation? MICHAEL MIRANDA, KIMBERLY FARAH, KENNETH ALTSHULER, Lasell College, DIPTI SHARMA, WIT — When writing strength training programs for a client or team is run, it is well known that resistance training should be done prior to cardiovascular workouts. In other words, lifts like the bench press, clean, squat, lunges, dumbbell curls, etc. should be done before any type of cardiovascular workout. The question arises as to whether or not an anaerobic or aerobic cardiovascular workout will have a great effect on power generation. In this experiment, the theory is tested by comparing how the power in a bench press varies from a bench press set performed first, and then performed after a cardio session [1]. For this experiment, both aerobic and anaerobic cardiovascular workouts were performed and compared to the baseline bench press. Logger pro software was used for the project and data analysis.

[1] D. Sharma and K. Farah, “Introducing the “RPPTM” Model of Teaching Physics to Health Science Majors,” *Bulletin of the American Physical Society*, s2014, 59 (4 B1.00005)

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Date submitted: 10 Apr 2015

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