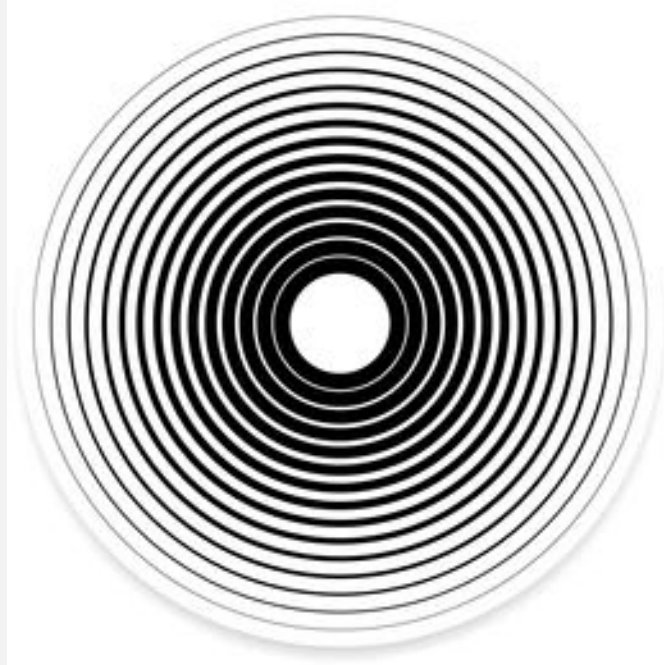


4 Dynamic Correspondence

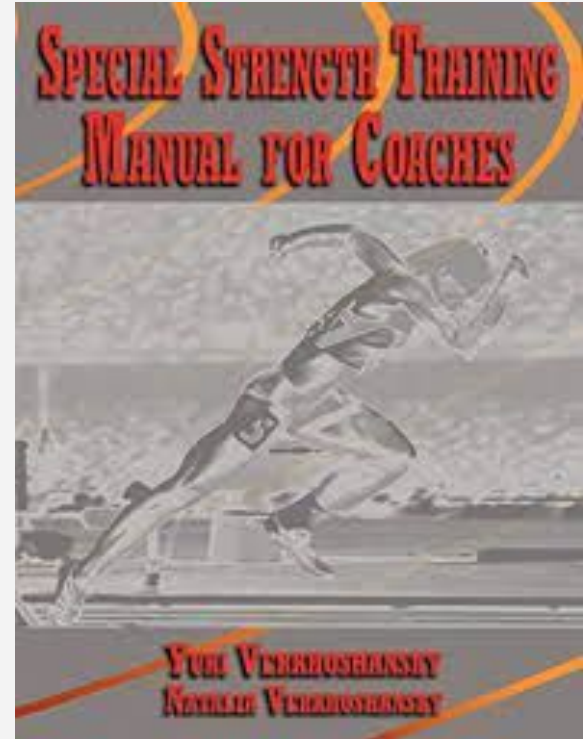
Transfer Effect of Training



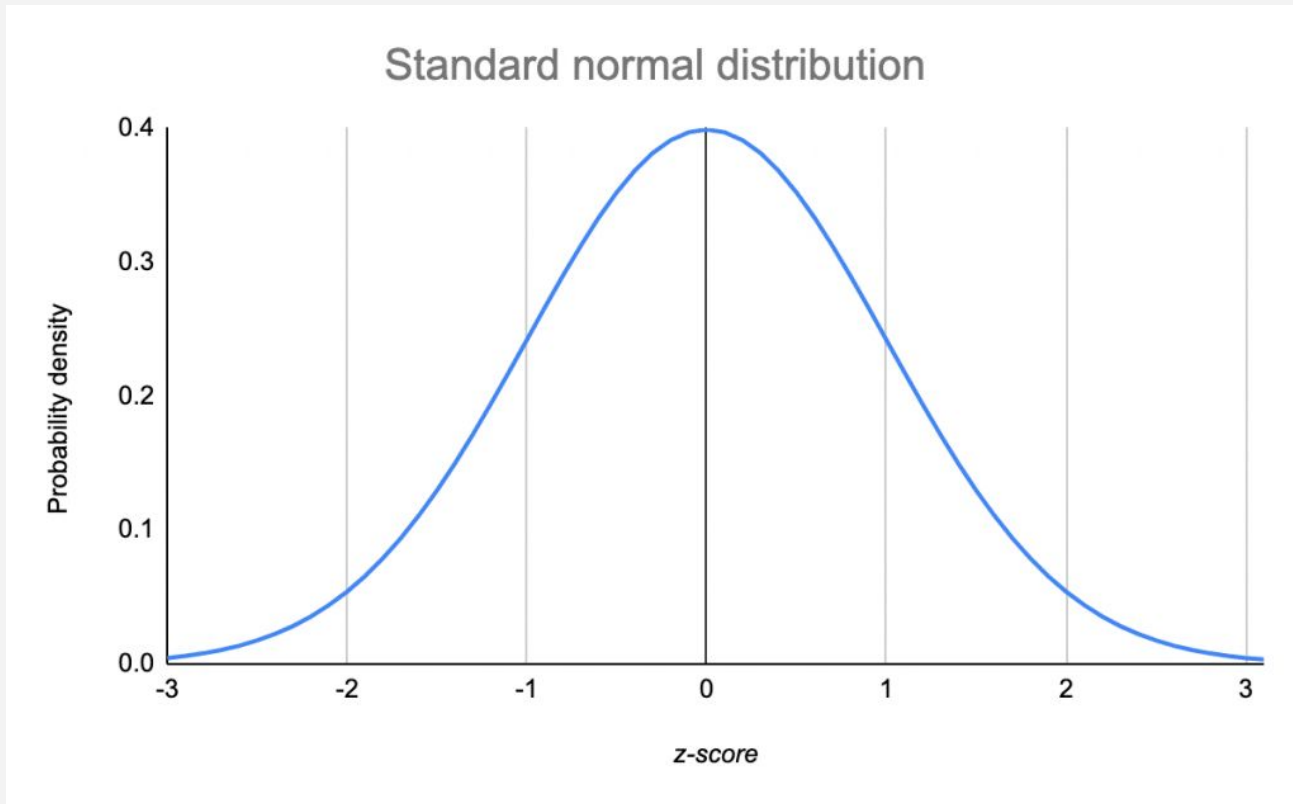
Transfer of Training

Do we believe what we do matters?

Dynamic Correspondence



Standard Distribution



Manipulating of Eccentric vs Concentric Strength

Can Increasing or Decreasing SD Impact injuries?

- Eccentric Strength Significantly Impacts Soft Tissue Injuries
- Acute:Chronic Workload (.8-1.3) Significantly Impacts Soft Tissue Injuries
- Avoidance of Contraindication Training or Inclusion of Appropriate Training Significantly Impacts Training

Manipulating of Eccentric vs Concentric Strength

Can Increasing or Decreasing SD Impact Force/Velocity/Work?

- Cross Sectional Muscle Area has definitive impact on Force
- Eccentric/Yielding Isometric Force has definitive impact on Force
- Training Explosively has significant impact on Velocity
- Work to Rest management has significant impact on Work Capacity

Manipulating of Eccentric vs Concentric Strength

Can Increasing or Decreasing SD Impact Sport Specific Skill?

- Eccentric Force has specific impact on higher velocity COD
- Concentric Force has specific impact on acceleration
- Practicing Open Based Drills has significant impact on Low Constraint Environments
 - Same but Novel Eccentric Stress

Resources

[Supertraining](#)