

The Optimal Load for Maximal Power Production During Lower-Body Resistance Exercises

Designed by
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The statistical analyses of this meta-analysis were based on 27 studies with 468 subjects and 5766 effect sizes

CONCLUSION

> 70 % of 1RM

Heavier loads resulted in greater peak power production in the power clean and hang power clean

From 30 to 70% of 1RM

Moderate loads appear to provide the optimal load for power production in the squat exercise

< 30% of 1RM

Lighter loads showed the highest peak power production in the jump squat

