

How to Build Power Faster

Contributed by Superhuman
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High-velocity training produced greater increases in strength and power

than weight training at traditional speeds (Eur J Appl Physiol, 99:257, 2007). In a study, the high-velocity training group improved more in all measures of power and functional fitness by wide margins, but strength gains between groups were similar. A Ball State University study, led by Scott Mezzetti, showed that explosive squat machine training also burned about 12 percent more calories than training more slowly. They concluded that combining explosive weight training with moderate-intensity exercise could increase metabolic rate and promote weight loss. Explosive weight training “turns on the nervous system,” which increases power. (Medicine Science Sports Exercise, 39: 1291–1301, 2007)

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