Learning Experience

Section 2

# 2

**Experiment 1**

Standing Straight, buttocks not again the wall. Standard posture.

• Barbell weight = 45lbs

• Free weight plates = 35lbs each

• Total weight = 115lbs @ 1RM

• Outcome = successful repetition

**Experiment 2**

Back and buttocks against the wall, feet 12 inches away from the wall

• barbell weight = 45lbs

• Free weight plates = 35lbs each

• Total weight = 115lbs @ 1RM

• Outcome = unsuccessful repetition

**Reason of Outcome**

These outcomes were different because the range in body motion was very limited on the second experiment. Even though proper form and cheating was not evident in the first attempt (which was successful), the second experiment made the exercise more a isolated movement, and eliminated other muscles for getting involved (less of a compound movement).

**Calculating 10 Repetitions**

**Experiment 1**

Standing Straight, buttocks not again the wall. Standard posture.

1RM = 100% (115lbs)

10RM = 75% (86.25lbs)

**Experiment 2**

Back and buttocks against the wall, feet 12 inches away from the wall

1RM = 100% (105lbs)

10RM = 75% (78.75lbs)

**90 Degree Hold Statically**

Barbell weight (45lbs) + 5lb plates on each side = 55lbs.

Held 55lbs for 5 seconds.

The weight lifting 90 Degrees statically dramatically decreased due the muscle already being in full contraction from start to finish. This puts all the strength into one muscle group, instead of multiple groups. I felt most of the power was being put on my front deltoid muscles, instead of my arms.