

Abstract

Title: The effect of agonist and antagonist superset on submaximal performance during BP

Objectives: The aim of this work is to determine the differences in effect of different types of sets and order of individual exercises on submaximal performance in BP, with resistance of 4RM and 4-minute rest interval.

Methods: In this work, a method of experimental research combined with a method of analysis was used. Method of a randomized experimental research was applied during the achal research with non-changing conditions. Later, the collected data were analysed and evaluated using the MBD method of analysing.

Results: The results of this work are significant changes in numbers of performed sets of BP during KON, ANT and AGO schemes, with AGO having a negative effect of -38% of performance when compared with KON scheme with 100% probability. ANT, on the other hand, showed a positive effect of +20% when compared to KON scheme with 95% probability. The results of this work suggest that using AGO is a good method to increase submaximal performance in BP.

Keywords: agonist, antagonist, volume, hypertrophy, individualization, physical intervention