

PAP FOR POWER

PAP can immediately increase your power and strength performance

The purpose of warming up is to prepare you for your training or competition. Basically you are trying to get your body ready to perform outstanding feats. The common approach is to engage in some form of light activity to warm up your muscles, your tendons—indeed, your whole body. Athletes typically consider that if they do too much of a warm-up, it might cause fatigue that will diminish their performance. So the intensity of the warm-up is closely monitored and, if in doubt, reduced. Research into muscular strength and power production has found, however, that if you include high-intensity, short-duration exercise as part of your warm-up, that will actually increase your ability to demonstrate strength and power compared to the usual low-intensity warm-up activity. (We refer you to [PERFORMANCE POTENTIATION](#) for more new research on this topic.) This phenomenon is termed PAP and can be particularly helpful to strength and power athletes who can afford to engage in warm-up activity shortly before they have to perform. A question remains, however; might PAP have different levels of effect depending on your strength and power training experience and/or current strength levels?



Can performing a strong contraction before testing your strength and power result in bigger numbers?

Original Research

Batista, M., et al. Influence of strength training background on postactivation potentiation response. *Journal of Strength and Conditioning Research* 25(9):2496-2502, 2011.

Power Key: postactivation potentiation, PAP, power, warm-up, performance