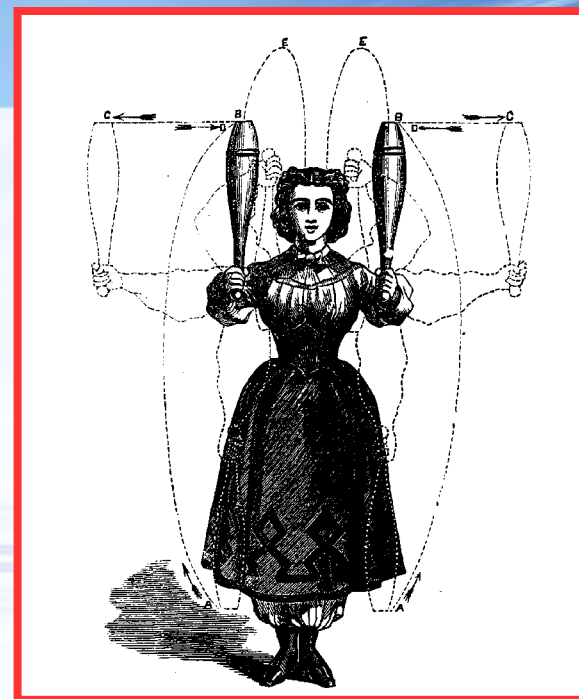


# POWER REST

## How much rest do you need between sets for max strength?

One of the easiest training variables you can manipulate is the rest period between sets. Indeed, a great deal of research has looked into what constitutes the best amount of rest you should take between sets to effect the greatest gains in strength and power. However, most of this work has been done with male athletes, and certain methodological considerations make it difficult to compare the previous work done on men to derive a consensus as to how long a woman should rest between sets. In addition, research in women has not looked at how different rest periods might affect less experienced women athletes compared to more experienced ones. Naturally, in order to maximize your gains, answers are needed and we have them now.



**Training like a man, and resting between sets as long as a man, is an archaic approach for the 21st century woman athlete.**

Photo: Courtesy of HJ Lutcher Stark Center at the University of Texas-Austin

### Original Research

Warren, B., and K. Longwell. Rest period effect on peak torque in female collegiate and recreational athletes.

*Isokinetics and Exercise Science* 18:179-184, 2010.

**Power Key:** fatigue, rest periods, woman athlete, peak torque