

SL-2 Strength Decrement

CDR

	Leg, Ext			Leg, Flex.			Arm, Flex.			Arm, Ext.		
	F	ΔF	%F	F	ΔF	%F	F	ΔF	%F	F	ΔF	%F
F-18		0	0		0	0	381	0	0	25.8	0	0
R+5		-51.2	-30.9		+1.5	+4.6	32.4	-5.7	-15.0	28.5	+2.7	+10.5

SPT

F-18	155.7	0	0	47.4	0	0	36.8	0	0	30.	0	0
R+5	126.2	-29.5	-18.9	40.5	-6.9	-14.6	26.7	-9.1	-25.	22.6	-7.4	-33.

PLT

F-18	—			—			38.5	0	0	30.4	0	0
R+5							40.5	+2.	+5.	25.7	-4.7	-15.0

SL-3

Strength Decrement

CDR
Arm, Flex.
F ΔF $\Delta\%$ ②

Arm, Ext. ②
F ΔF $\Delta\%$

Leg, Ext.
F ΔF $\Delta\%$

Leg, Flex.
F ΔF $\Delta\%$

F-31 28.1 - -

18.4 - -

-

-

F-21 30.8 +2.7 +9.6

18.5 +.1 +.5

-

-

R+1 - - -

- - -

-

-

R+9 28.7 +.6 +2.1

18.7 +.3 +1.6

-

-

SPT

F-31 24.1 - - -

omit -

132.9 0. 0.

44.4 0. 0.

F-21 23.1 -1.0 -4.1

140.5 +7.6 +5.7

46.6 +2.2 +5.0

R+1 26.2 +2.1 +8.7

- omit -

96.2 -36.7 -27.6

38.1 -6.3 -14.2

R+9 27.0 +2.9 +12.0

115.0 -17.9 -13.5

39.5 -4.9 -11.0

PLT

F-31 46.1 0 0

29.3 0 0

174.3 0. 0.

60.6 0. 0.

F-21 42.8 -3.3 -7.2

28.5 -.8 -2.7

-

-

-

-

-

-

R+1 36.6 -9.5 -20.6

28.0 -1.3 -4.4

139.2 -35.1 -20.1

50.2 -10.4 -17.2

R+9 40.2 -5.9 -12.8

29.8 -.5 -1.7

148.9 -25.4 -14.6

47.3 -13.3 -21.9

① Av. of 8 reps.

② " " 6 "

S L-4

STRENGTH Degrement

Cdr-①
Arm Flex. ✓
F ΔF Δ%

②
Arm, Ext. ✓
F ΔF Δ%

③
Leg, Ext. ✓
F ΔF Δ%

④
Leg, Flex
F ΔF Δ%

F-35	-	-	-	-	-	-	107.3	+	+	41.3	+	+
F-21	29.1	-	-	25.8	+	+	107.2	-1	-1	38.4	-2.9	-7.
F-10	28.5	-6	-2.0	25.6	-0.2	-0.8	96.9	-10.4	-9.7	41.	-3	-7
R+1	23.	-6.1	-21.0	20.0	-5.8	-22.4	94.7	-12.6	-11.7	39.3	-2.	-4.8
R+5	24.3	-4.8	-16.5	18.4	-7.4	-28.6	110.9	+3.6	+3.4	30.4	-10.9	-26.4
R+31	24.8	-4.3	-14.8	20.3	-5.5	-21.3	106.7	-6	-6	36.9	-4.4	-10.6

S P T

F-35	22.8	+	+	16.5	+	+	127.9	+	+	41.9	+	+
F-21	27.0	+4.2	+18.4	21.1	+4.6	+27.9	135.1	+7.2	+5.6	44.1	+2.2	+5.3
F-10	28.5	+5.7	+25.	18.4	+1.9	+11.5	112.2	-15.7	-12.2	37.8	-4.1	-9.8
R+1	28.8	+6.	+26.3	17.0	+5	+3.0	128.9	+1.0	+8	35.6	-6.3	-15.0
R+5	30.5	+7.7	+33.8	18.6	+2.1	+12.7	144.4	+16.5	+12.9	35.7	-6.2	-14.8
R+31	27.9	+5.1	+22.4	15.8	-7	-4.2	138.8	+10.9	+8.5	35.4	-6.5	-15.5

SL-4 Strength Decrement

	PLT Arm, Flex F ΔF $\Delta\%$			Arm, Ext. F ΔF $\Delta\%$			Leg, Ext. F ΔF $\Delta\%$			Leg, Flex. F ΔF $\Delta\%$		
F-35	19.	0	0	18.7	0	0	114.6	0	0	33.7	0	0
F-21	22.2	+3.2	+16.8	18.6	-.1	-.5	—	—	—	—	—	—
F-10	26.4	+7.4	+39.	22.3	+3.6	+19.3	104.1	-10.5	-9.2	35.4	+1.7	+5.0
R+1	—	—	—	—	—	—	110.0	-4.6	-4.0	37.9	+4.2	+12.5
R+5	23.3	+4.3	+22.6	19.7	+1.	+5.3	111.1	-3.5	-3.1	34.6	+.9	+2.7
R+31	23.6	+4.6	+24.2	17.5	-1.2	-6.4	124.0	+9.4	+8.2	40.4	+6.7	+19.9

Back UP

CDR

F-37	33.1	0	0	29.7	0	0	179.6	0	0	54.	0	0
F-19	32.1	-1.	-3	30.3	+.6	+2.0	167.5	-12.1	-6.7	42.8	-11.2	-20.7
F-11	31.2	-1.9	-5.7	29.3	-.4	-1.3	160.8	-18.8	-10.5	42.4	-11.6	-21.5

SPT

F-37	26.5	—	—	23.6	—	—	99.8	—	—	35.3	—	—
F-19	27.0	+.5	+1.9	24.7	+1.1	+4.7	116.8	+17.	+17.	41.1	+5.8	+16.4
F-11	29.9	+3.4	+12.8	28.9	+5.3	+22.5	129.0	+29.2	+29.3	42.3	+7.	+19.8

PLT

F-19	32.1	0	0	26.9	0	0	143.2	0	0	41.1	0	0
F-11	28.8	-3.2	-10.	23.7	-3.2	-11.9	121.0	-22.2	-15.5	—	—	—

Avg Strength Decrement

SL-2

3

4

Leg		F-18 to R+5		%Day	F-21 to R+1		%Day	F-21 to R+1		%Day
		%			%			%		
Ext.	C	-30.9						-12.8		
	S	-18.9			-31.4			-5.6		
	P	-			-20.1			-4.4		
		-24.9	28	.89	-25.8	59	.44	-7.6	84	.09
Flex.	C	+4.6						+2.2		
	S	-14.6			-18.0			-22.5		
	P	-			-20.7			+11.9		
		-5.0		.18	-19.4		.33	-8.4		.01

Arm

Flex.	C	-15.0			-7.5			-21		
	S	-25.0			+4.7			+8.		
	P	+5.0			-13.4			+5.8		
		-11.7		-.42	-5.4		-.09	-3.6		-.04
					(16.2) →					

Ext.	C	+10.5			+1.1			-22.4		
	S	-33.			-			-8.5		
	P	-15.0			-1.7		.005	-14.0		
		-12.5		-.45	-1.3			-15.		-.17

Total Ergometer Work
W/m/kgm.

Work	C	47	58	61
includes	S	21	62	79
M171	P	26	75	74
		31.3	65	71