

Strength meters improve training efficiency

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Kieser Training now offers a groundbreaking method of analysis that further enhances your training efficiency: For the first time, we can now measure scientifically the exact strength of individual muscles allowing us to tailor your training even more precisely to your personal needs.

If you want to lose weight, you use the scales regularly to determine whether your efforts are succeeding or not. Those wanting to strengthen their body now have a type of scales to check their progress: the strength meter.

Measures all muscles

Strength is measured using a portable strength meter on our training machines. When you do an exercise, the strength meter records the maximum strength that you achieve. The validity of this reading comes from the comparison with norm data that is specific to your gender and age group. The portable strength meter can be used on a variety of machines allowing us to measure the strength of all relevant muscles – from the shoulders to the lower legs.

Benefits

The strength meter helps to further increase training efficiency. It provides concrete data that our instructors can use as a basis for training recommendations. The results of the strength tests show the following:

- Your level of strength
- Where you are in relation to others
- Which parts of the body require particular strengthening

- Whether the strength gains achieved during your training to build up muscle are in line with expectations
- For those doing maintenance training at a reduced level, whether strength levels have remained constant?

Good for both newcomers and regulars

Strength tests are recommended for both newcomers and regulars. If you are new to training, our medical professionals, therapists and instructors will first analyse your current physical condition to determine what training you require. The strength test aids this analysis in that it provides detailed information that cannot be obtained from a traditional examination.

If you already train regularly, strength tests allow us to identify accurately how training has changed your strength levels. This shows us immediately whether the training is producing the desired results or whether we may need to modify your programme. We recommend that you do a strength test every six months.

Important points to remember

The strength meter measures your maximum strength. “Maximum strength” is the maximum strength that you can exert voluntarily during a test and may vary from day to day by some 10%. Similarly, changes in motivation can also affect maximum strength. Standard procedures help to minimise these variables but for that reason, you should only do a strength test if you

- are feeling well,
- have eaten and drunk enough but not too much,
- are not tired,

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- have not been subject to any unusual physical exertion in the last 48 hours and
- have not taken any medication or drugs before the test that could have a direct influence on your muscles.

What is normal strength?

In the same way that we humans are all so different, our strength also varies. The most important factor in determining muscle strength is gender. Women have about 20% to 30% less strength than men.

The second main determinant is age. We achieve our maximum strength at about 25 years of age, after which it declines. However, the decline is not linear. Between the ages of 30 and 50, muscle strength remains more or less the same but then declines more rapidly: in our fifties and sixties by about 15% and in our seventies by about 30%.

The third determinant relates to you as an individual. On average, if you have trained muscles, you will be stronger than if you do no muscle training. The nature of modern life means that we do not work our muscles enough. However, if you do regular strength training for health you regain a normal, balanced level of strength. This is why we class our regular customers as normal and derive our norm data from them.

Motivation also plays an important role. Some people find test situations particularly challenging and so are unable to exert that much strength. Others feel uneasy and worry – perhaps subconsciously – that the test might be painful and so are scared to give their all.

This means that test results are not simply «good» or «bad». The results only have validity if they are compared with norm data and then interpreted by our medical professionals and instructors.

More information

If you want to know more about strength tests or make an appointment, our instructors will be pleased to help. Please have a word with them.