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## Higher- Versus Lower-Intensity Strength-Training Taper: Effects on Neuromuscular Performance

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## Higher vs. lower intensity strength training taper: Effects on neuromuscular performance

### Original Investigation

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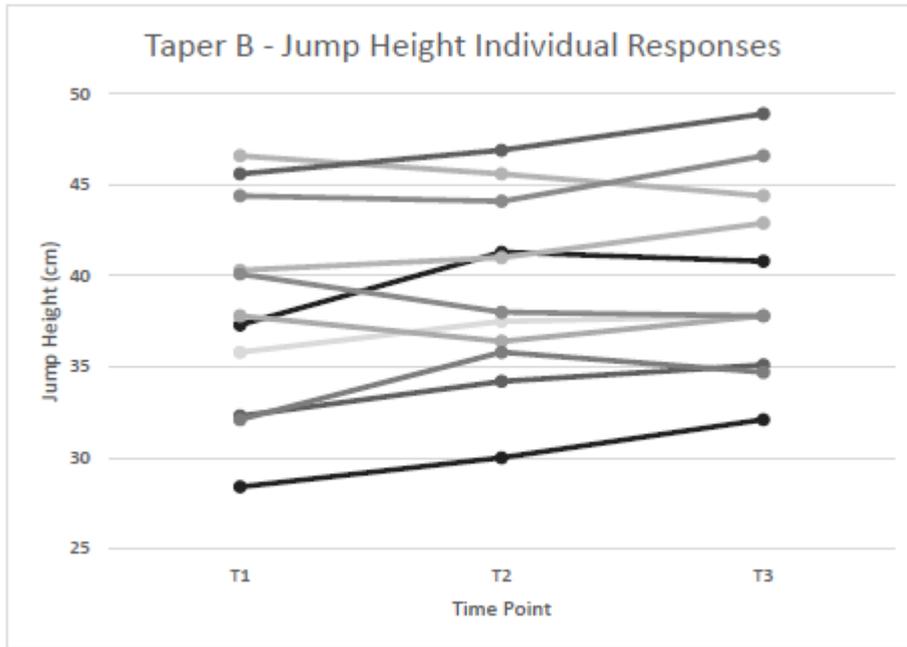












**Figure 3.** Taper B - Jump height individual responses

**Table 1:** Training program.

Day	Exercise	Week One			Week Two			Week Three			Week Four		
		Reps	Sets	Intensity	Reps	Sets	Intensity	Reps	Sets	Intensity	Reps	Sets	Intensity
1	Bench Press	4	3	80%	4	3	82.5%	3	4	85%	3	4	87.5%
1	Back Squat	6	4	75%	6	4	77.5%	4	4	80%	4	4	82.5%
1	Military Press	6	4	75%	6	4	77.5%	4	4	80%	4	4	82.5%
1	Barbell Row	10	3	70%	10	3	72.5%	8	4	75%	8	4	77.5%
2	Deadlift	4	3	80%	4	3	82.5%	3	4	85%	3	4	87.5%
2	Close Grip Bench Press	6	4	75%	6	4	77.5%	4	4	80%	4	4	82.5%
2	Deficit Deadlift	6	4	75%	6	4	77.5%	4	4	80%	4	4	82.5%
2	Good Morning	10	3	70%	10	3	72.5%	8	4	75%	8	4	77.5%
3	Back Squat	4	3	80%	4	3	82.5%	3	4	85%	3	4	87.5%
3	Paused Bench Press	6	4	75%	6	4	77.5%	4	4	80%	4	4	82.5%
3	Front Squat	6	4	75%	6	4	77.5%	4	4	80%	4	4	82.5%
3	Barbell Row	10	3	70%	10	3	72.5%	8	4	75%	8	4	77.5%

N.B. Intensity is percentage of 1RM; Deficit Deadlift was with feet raised on a 2” plate; Paused Bench Press had a two second pause on the chest.

**Table 2:** Taper programs.

Day	Exercise	Taper Week A			Taper Week B		
		Reps	Sets	Intensity	Reps	Sets	Intensity
1	Bench Press	4	2	90%	3	3	80%
1	Back Squat	3	3	82.5%	3	4	70%
2	Deadlift	4	2	90%	3	3	80%
2	Close Grip Bench Press	3	3	82.5%	3	4	70%
3	Back Squat	4	2	90%	3	3	80%
3	Paused Bench Press	3	3	82.5%	3	4	70%

N.B. Intensity is percentage of 1RM; Paused Bench Press had a two second pause on the chest.

**Table 3:** Performance results.

Performance Measures				
	CMJ Height (cm)	CMJ FT: CT	IMTP Relative Peak Force (N/kg)	IBP Relative Peak Force (N/kg)
<b>A1</b>	37.8 ± 5.3	0.738 ± 0.171	34.0 ± 4.8	18.6 ± 2.2
<b>A2</b>	39.4 ± 5.7*	0.788 ± 0.163*	35.9 ± 5.0*	18.4 ± 3.0
<b>A3</b>	40.2 ± 5.7*	0.803 ± 0.138*	35.9 ± 5.5*	18.4 ± 2.6
<b>B1</b>	38.2 ± 5.9	0.755 ± 0.160	35.4 ± 5.4	18.8 ± 2.9
<b>B2</b>	39.2 ± 5.2	0.793 ± 0.172*	35.9 ± 4.8	18.6 ± 2.8
<b>B3</b>	39.9 ± 5.3*	0.771 ± 0.169	35.2 ± 5.0	19.1 ± 2.6
<b>P1</b>	38.0 ± 5.5	0.747 ± 0.162	34.7 ± 5.0	18.7 ± 2.5
<b>P2</b>	39.3 ± 5.3*	0.791 ± 0.163*	35.9 ± 4.8*	18.5 ± 2.8
<b>P3</b>	40.0 ± 5.3*	0.787 ± 0.151*	35.5 ± 5.1	18.7 ± 2.5

(A = +5% Intensity Taper; B = -10% Intensity Taper; P = Pooled Data; Numbers indicate testing time point, 1 = Pre-training; 2 = Post-training, 3 = Post-taper).

\* represents a small ES improvement compared to that conditions baseline. CMJ = countermovement; FT: CT = flight-time: contraction-time; IMTP = isometric mid-thigh pull; IBP = isometric bench press.

**Table 4:** Non-Performance Test Results.

<b>Non-Performance Test Results</b>					
	<b>Cortisol (ng/ml)</b>	<b>Testosterone (pg/ml)</b>	<b>T/C Ratio (x 1,000)</b>	<b>Creatine Kinase (I/U)</b>	<b>DALDA “worse than’s”</b>
<b>A1</b>	7.65 ± 2.90	150.77 ± 46.43	25.10 ± 14.59	296.4 ± 216.6	4.2 ± 2.6
<b>A2</b>	8.89 ± 4.74	155.70 ± 45.92	24.25 ± 15.41	220.8 ± 101.6	4.6 ± 2.9
<b>A3</b>	8.62 ± 3.79	151.47 ± 41.31	20.42 ± 7.13	246.7 ± 136.6	3.5 ± 3.2
<b>B1</b>	9.20 ± 6.72	156.72 ± 55.00	24.00 ± 15.60	282.5 ± 155.6	3.4 ± 2.2
<b>B2</b>	8.94 ± 4.29	146.87 ± 35.57	20.53 ± 10.62	319.5 ± 204.9	2.6 ± 2.0
<b>B3</b>	8.04 ± 5.19	138.16 ± 33.27	21.02 ± 9.15	223.4 ± 162.6	2.1 ± 1.8

(A = +5% Intensity Taper; B = -10% Intensity Taper; Numbers indicate testing time point, 1 = Pre-training; 2 = Post-training, 3 = Post-taper)