

The effects of dual pyramidal and flat pyramidal training on hypertrophy and muscle strength in male athletes in powerlifting

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Objective: The purpose of this study was to compare the effects of dual pyramidal and flat pyramidal training on hypertrophy and muscle strength in male athletes in powerlifting. This study was a quasi-experimental with pre-test and post-test design. Thirty Powerlifting athletes were randomly selected from the gym in Rasht city and divided into three groups: dual pyramid (n = 10), reverse pyramid (n = 10) and control group (n = 10). Reverse and dual pyramidal resistance exercises were performed for 8 weeks and 3 sessions per week. Before and after exercise, muscle strength index was measured by chest press, leg press and dead lift, and muscle volume was measured by chest, arm, and hip. Data were analyzed by SPSS software version 23 with significant level (p

Keywords : Powerlifting, Double Pyramid Exercise, Flat Pyramid Exercise, Muscle Strength, Muscle Volume.

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