

# WORLD NEWS

FOLLOWING THE EVOLUTION OF ECCENTRIC RESISTANCE TRAINING

## LETTER FROM THE EDITOR

Dear reader and nHANCE follower,

While writing this Newsletter as summer gets near its pinnacle, swimmers, track and other athletes are having their big meets of the season. Others, representing team sports are in summer training camps preparing for a new long season of weekly competition and others such as baseball are about enter play off season. The increased awareness of high quality, time-effective and sports specific conditioning with focus on power and speed is immense. But is also very challenging for the support staff managing the physical conditioning program of any team because of time constraints. When getting near the end of the season and when the time has come to compete for the Cups or titles, most head coaches are getting nervous about giving up time for conditioning. Now there is only room for time effective physical conditioning. Following the very first reports by users of the YoYo method years ago, it became evident that it only takes a few sets per weeks to improve speed and power even in already trained professional athletes. That's why so many teams of all professional sports employ in-season YoYo<sup>™</sup> training to maintain these qualities when matches, preparation for competition, recovery and travel are obstacles to exhaustive, time-consuming sessions in the Gym. As an example, in this Newsletter we review recently published research showing significant and superior benefits of YoYo<sup>™</sup> training over training with weights in professional team Handball players. We are also reminding about the **4<sup>th</sup> Global Hamstring Project**. This is the important forum discussing high-quality training, sports performance enhancement that also cut back on hamstring injuries. Register now, as seats are limited at this venue. ””

Adrian Witt  
Editor-in-Chief

### “TOUGH PLAYERS REQUIRE TOUGH TRAINING”

Drs. **Moroto Izquierdo**, Garcia-Lopez and de Paz just published results showing the superiority of nHANCE<sup>™</sup> driven by YoYo<sup>™</sup> training over training with weights. In their paper **“Functional and muscle-size effects of flywheel resistance training with eccentric-overload in professional handball players”** 29 professional handball players of the Spanish first league team **Club Balonmano Atlético Valladolid** were examined before and after executing six weeks of resistance training (15 exercise sessions). Fifteen players performed nHANCE<sup>™</sup> driven by YoYo<sup>™</sup> Leg Press exercise, using 4 sets of 7 repetitions at “maximum full range of motion concentric effort”. Fourteen other players of the Valladolid team performed the 4 sets of x 7 reps (7RM) by means of a commercial weight-stack Leg Press machine. At no surprise, both these programs resulted in significant increases in maximal dynamic strength (1RM), muscle power output across different submaximal loads, vertical jump height, 20 m sprint time, agility (T-test time) and vastus lateralis muscle thickness. However, and more importantly, improvements in all these performance measurements and the increase in m. vastus lateralis thickness were significantly greater than those noted after training with a weight-stack Leg Press machine, yet employing comparable frequency, volume (reps and sets) and effort.

#### Conclusions by the Authors:

The game of handball at the highest professional level calls for short, explosive actions such as accelerations and decelerations during sprints with changes of direction. The results convincingly show the particular exercise hardware and training method employed here, which offers eccentric-overload, improves performance skills and muscle size in well-trained professional handball players, **more so than resistance training using weights!**



Receive more information about the newly released **#212 Leg Press**, at: [info@nhance.se](mailto:info@nhance.se)



## “TOUGH PLAYERS REQUIRE TOUGH TRAINING”

### Conclusions by nHANCE:

The results convincingly show the YoYo Leg Press, which offers closed-chain knee extensions, improves performance in well-trained professional handball players. Very impressively, the YoYo™ protocol produced more robust improvements than training traditional resistance training. The study results also confirm findings of multiple previous studies, in that the “**hypertrophic response**” was significantly greater with nHANCE™ driven by YoYo™ compared with training using weights. Given this, coaches and athletes established at the professional level, should **re-assess current methods** requiring long-lasting hours in the weight room with inferior outcome versus nHANCE driven by YoYo™ methods.

This paper appears in the **Journal of Human Kinetics**. Ahead of print DOI:10.1515/hukin-2017-0096. The study was carried out by great institutions IBIOMED, University of Leon and Dept Health Sciences, University Miquel de Cervantes, Valladolid. For more information contact: **Sergio Maroto-Izquierdo** at smaroi@unileon.es

## SPORTS QUOTE OF THE MONTH

**Ninety percent of hockey is mental and the other half is physical.**  
- Wayne Gretzky



## MEET RAFA MALDONADO AT THE GHP



We are happy to announce **ACF Fiorentina** conditioning coach **Rafa Maldonado** will join buddy and teammate coach Luis Arrones to speak on “**Neuromuscular training in elite soccer players: optimising performance and preventing hamstring injury**”.

## UPGRADING, SERVICING YOUR EQUIPMENT?



While our products are built to last, and if used properly, require minimal maintenance we do offer on-site installation service and repair service to our old and new customers. Old, worn out straps or dirty machine parts may produce unwarranted friction, which in turn could reduce training efficacy. Should you desire a “retro-fit” installation of our feedback and measuring system **BlueBrain®**, we provide that service and walk you through “how to use” all the sweet features of BlueBrain®.

Meeting with our service people at your home turf also offers an opportunity to interact on the latest in eccentric overload training and in particular, how to get most out of your equipment, as our staff are skilled and **certified nHANCE coaches**. To book this service, specify your need and indicate equipment by referring to product number, and serial number shown on sticker at the machine base. Book a visit at [info@nhance.se](mailto:info@nhance.se)

## IT IS ALL ABOUT SPEED!



Håkan Andersson



Tom Kling Baptiste

Improving speed and hence power in any direction of athletic movement is a major **theme of the 4<sup>th</sup> Global Hamstring Project** in Barcelona in november. Swedes, sprinter **Tom Kling Baptiste** and sprint coach **Håkan Andersson**, to team up to lead the hands-on work shop. This session, will review and take a critical closer look at currently used, good or bad hamstring exercises. Prior to this very applied work shop, keynote lecturer Prof. **JB Morin**, University of Nice, will speak on the importance of the hamstring muscle complex, as a determinant of speed and thus sprint success, as announced earlier.



THE GLOBAL  
**HAMSTRING PROJECT**  
ENHANCEMENT  
PREVENTION  
REHAB

Register Now!

## DON'T WAIT UNTIL IT'S TOO LATE!

Register Now for the 4<sup>th</sup> International Global Hamstring Project November 24 & 25 in Barcelona

EARLY BIRD SPECIAL



Take advantage of the **EARLY BIRD** discount and save €100.

**Early Bird Special Fee: €235** (payment and registration must be received by September 1).

**Regular Fee: €335** (payment and registration must be received by November 1).

[www.globalhamstring.eu](http://www.globalhamstring.eu)



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