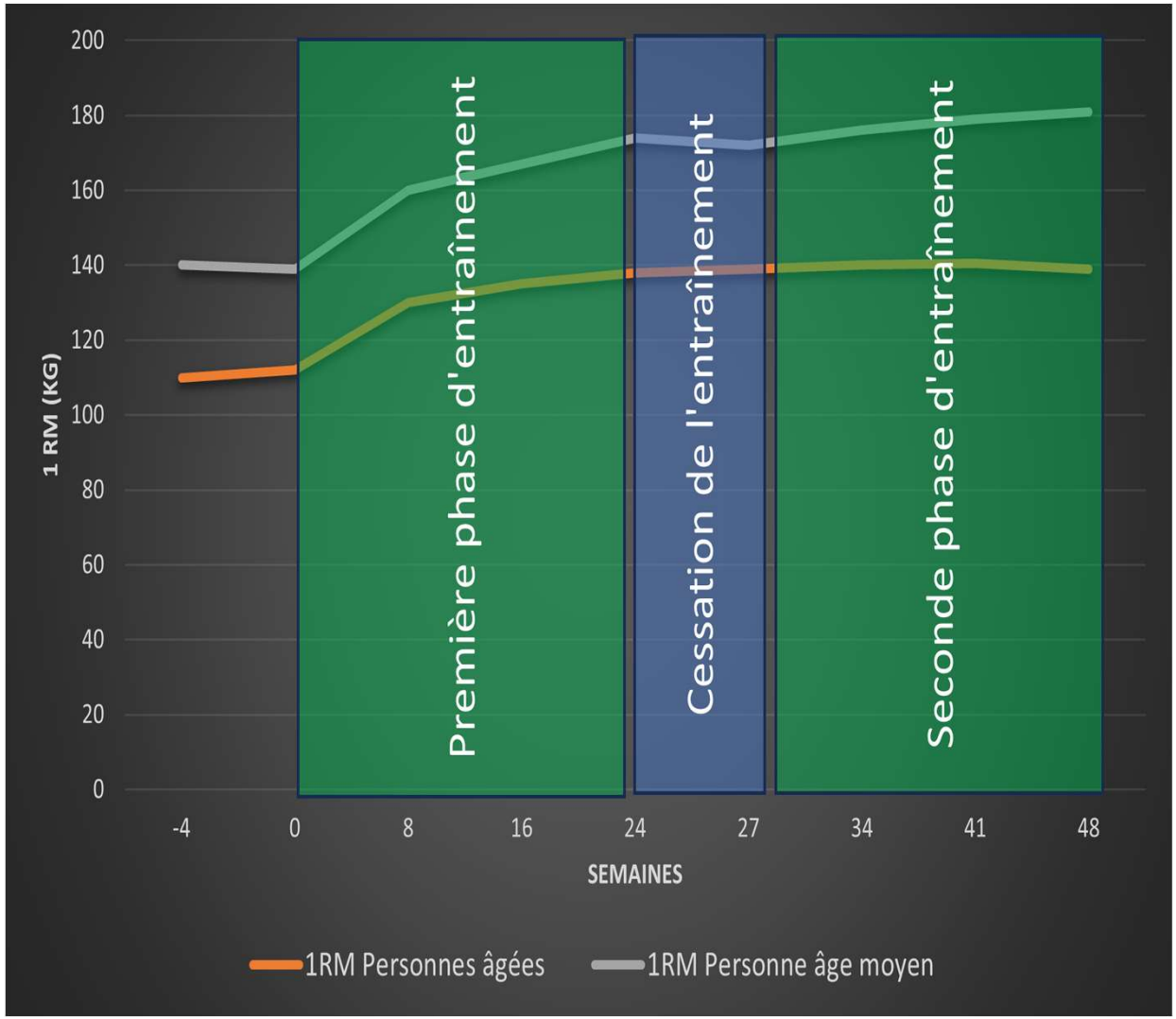
Adaptations pour la force musculaire

Dynamique

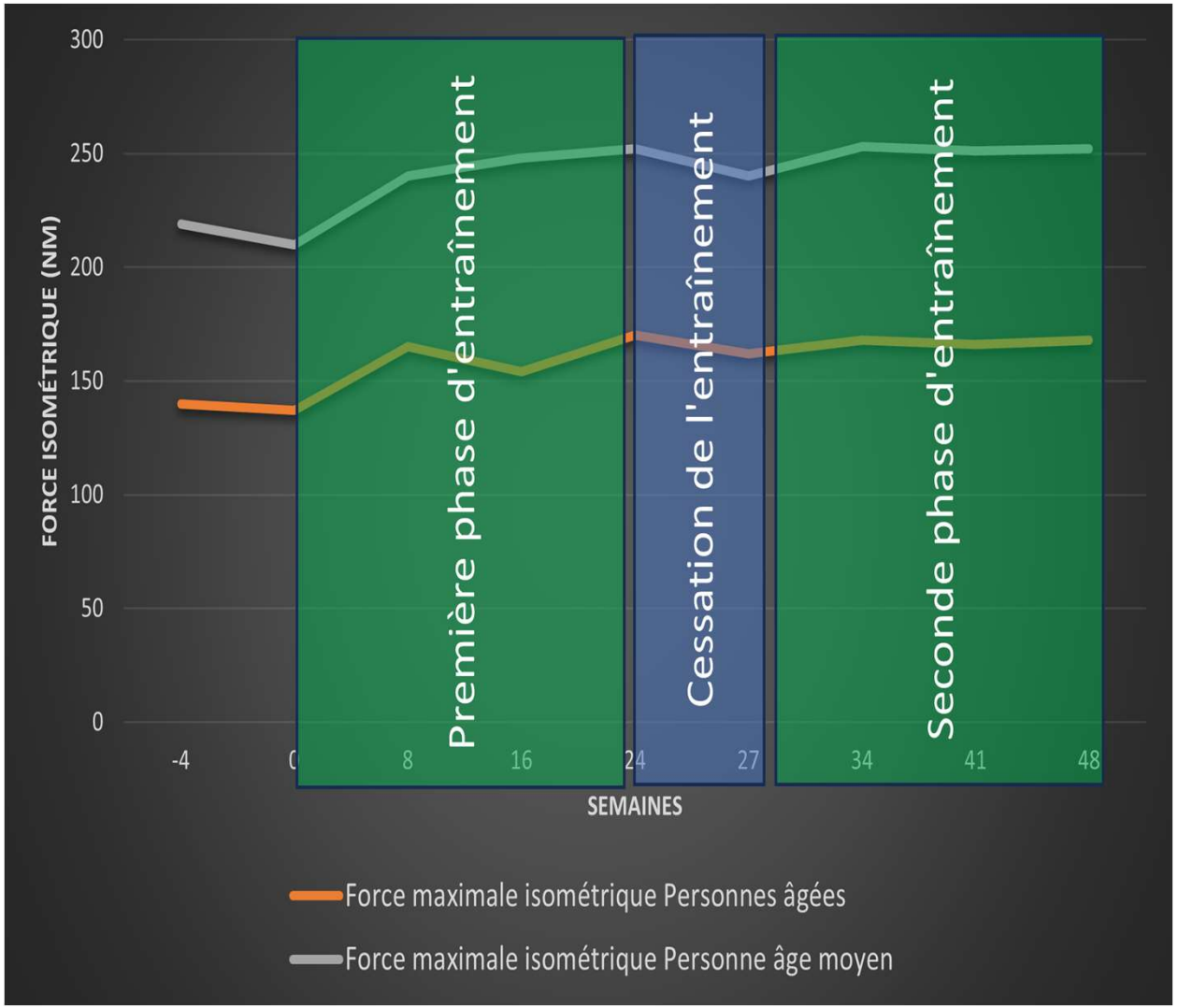
Häkkinen K, Alen M, Kallinen M, et al. Neuromuscular adaptation during prolonged strength training, detraining and re-strength-training in middle-aged and elderly people. European Journal of Applied Physiology. 2000;83(1):51-62.



Adaptations pour la force musculaire

Isométrique

Häkkinen K, Alen M, Kallinen M, et al. Neuromuscular adaptation during prolonged strength training, detraining and re-strength-training in middle-aged and elderly people. European Journal of Applied Physiology. 2000;83(1):51-62.



Progression théorique des composantes de la force musculaire

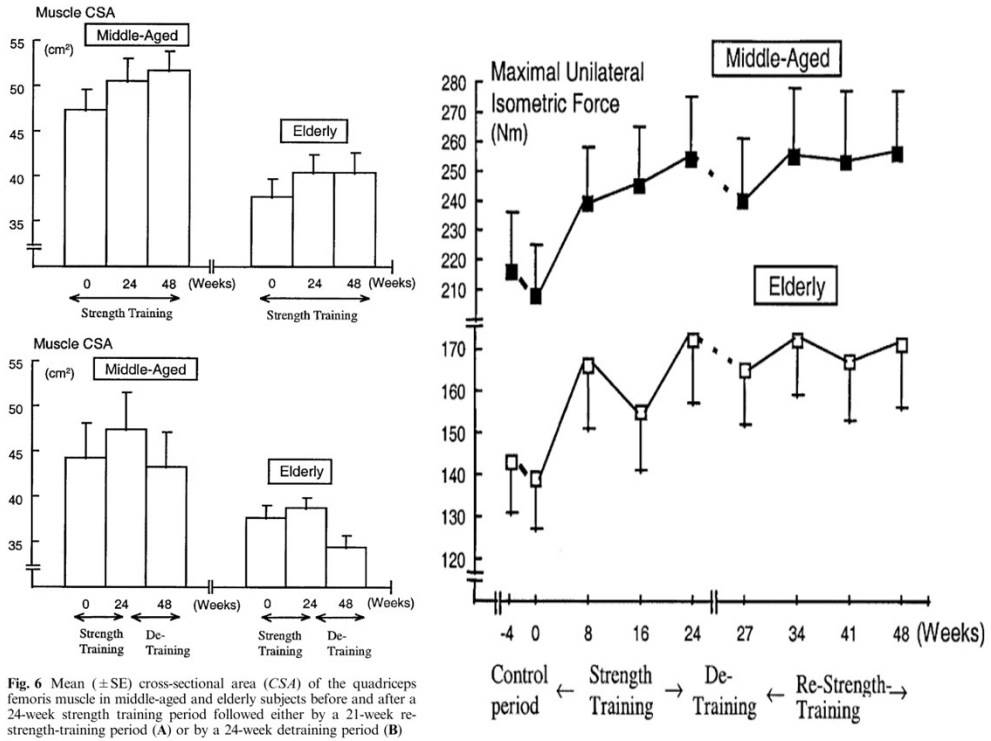
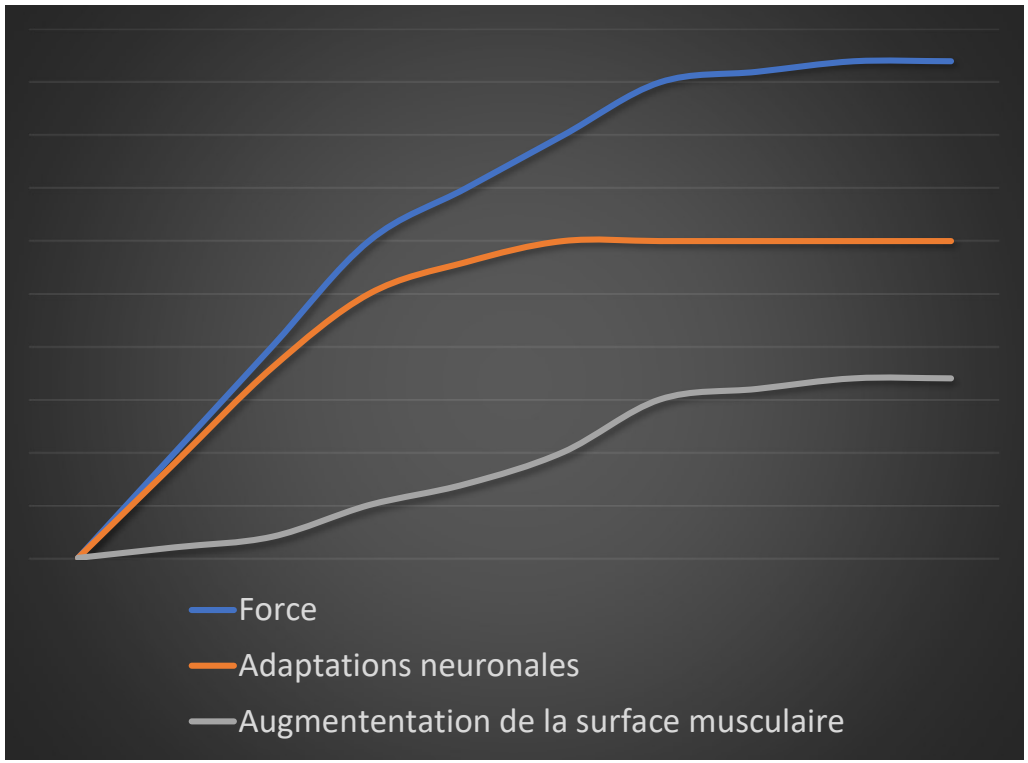



Fig. 6 Mean (±SE) cross-sectional area (*CSA*) of the quadriceps femoris muscle in middle-aged and elderly subjects before and after a 24-week strength training period followed either by a 21-week re-strength-training period (**A**) or by a 24-week detraining period (**B**)