



Not So Fast!!

By Matt Brzycki

One of the biggest battles in the field of strength and fitness concerns the speed at which repetitions should be performed. Essentially, strength coaches have enlisted as soldiers in one of two armies: Those who advocate high-speed/explosive repetitions that are performed in a ballistic manner and those who advocate slow-speed/deliberate repetitions that are performed in a controlled manner.

THE BIRTH OF A CONTROVERSY

In 1970, Nautilus Sports/Medical Industries - at the time, a newcomer to the business of manufacturing exercise equipment - began educating fitness enthusiasts by providing guidelines for safe and efficient strength training. In retrospect, this was a critical time to disseminate training

advice since the so-called "fitness boom" was just entering its embryonic stage. Included among this new information was the suggestion that each repetition should be done in a deliberate fashion by raising a weight in two seconds and lowering it in four seconds. (This was sometimes referred to as simply "up two, down four" or "2/4.")

During that era of resistance exercise, protocols were heavily influenced by the opinions and training methods of the com-