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## ■ INFLUÊNCIA DA MANIPULAÇÃO NA ORDEM DOS EXERCÍCIOS DE FORÇA EM MULHERES TREINADAS SOBRE O NÚMERO DE REPETIÇÕES E PERCEPÇÃO DE ESFORÇO

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A influência da ordem dos exercícios sobre a fadiga em treinamento da força não é consensual. O estudo observou a influência de diferentes seqüências de exercícios iguais sobre variáveis associadas à fadiga nos exercícios supino horizontal (SUP), desenvolvimento sentado (DES), tríceps no pulley (TRI), leg-press inclinado (LEG) e cadeiras extensora (EXT) e flexora (FLE). Participaram 17 mulheres, com experiência mínima de 6 meses de treinamento. Foi observado: a) número de repetições; b) tempo de tensão; c) percepção do esforço (Escala de Borg). Os dados foram coletados em três dias: a) dia 1 - teste de carga máxima para os exercícios; b) dia 2 - realização da seqüência A: SUP, DES, TRI, LEG, EXT e FLE; c) dia 3 - realização da seqüência B: FLE, EXT, LEG, TRI, DES e SUP. Em todos os exercícios a carga correspondeu a 80% de uma repetição máxima, tendo sido feitas três séries até a fadiga com intervalo de recuperação fixo em 2 min. O teste t-Student não detectou diferenças significativas entre o somatório total de repetições em cada seqüência, para todos os exercícios. No entanto foram verificadas diferenças entre as séries de exercícios analisados em pares (repetições), no tocante à percepção de esforço entre as seqüências realizadas ( $p < 0,05$ ).

**PALAVRAS-CHAVE:** treinamento de força, ordem dos exercícios, percepção de esforço, tempo de tensão, repetições e mulheres.

### MANIPULATING EXERCISE ORDER AFFECTS NUMBER OF REPETITION AND PERCEIVED EXERTION IN TRAINING WOMEN

There is no consensual thinking about the influence of the exercise order in strength training fatigue. The aim of this study was to verify the influence of different sequences in similar exercises, by measuring of fatigue indicators, on the following exercises: bench press (BP), military press (MP), triceps pull down (TPD), inclined leg press (LEG), leg extension (LE) and curl (LC). Seventeen women, trained at least for 6 months were engaged. The variables analyzed were: a) number of repetitions; b) tension time; and c) rate of perceived exertion (Borg scale). The data were collected in three days: a) day 1 - one maximum repetition (1 RM); b) day 2 - training in sequence A: BP, MP, TPD, LEG, LE and LC; c) day 3 - training in sequence B: LC, LE, LEG, TPD, MP and BP. All exercises were done of 80% (1RM) until the fatigue, with 2 minutes of rest between the sets. The t-student test did not show statistical difference between the total of repetitions in each sequence for all exercises. However there were differences regarding perceived exertion, when the exercises in each sequence were compared by matching the analysis according the sequence of execution ( $p < 0,05$ ).

**KEY WORDS:** strength training, exercise orders, perceived exertion, repetitions and women.

resumo

abstract



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