

Strength training

Peak Torque Factors

- Histological and architectural
- Neuromuscular
- Stiffness

Histological and architectural

- Fiber Type;
- Pennation angle;
- Fascicle length;
- Fascicle thickness;



PCSA

Neuromuscular

- M.U. recruitment;
- Size principle;
- Firing rate;
- Intermuscular coordination;

Stiffness

- Tendon stiffness;
- Protein stiffness;



Plyometric
contraction

Strength training

- Exercise can increase peak torque by the improvement of these variables;
- Several methods are used to cause higher MVC;
- Key factors are threshold tension and ATP/time