

**Topic**

Michael Fröhlich & Jürgen Gießing

The effectiveness of single-set vs. multiple-set training –  
A meta-analytical consideration..... 9

Wolfgang Kemmler, Dirk Lauber, Jerry Mayhew & Alfred Wassermann

Repetitions to fatigue to predict 1-RM performance –  
Looking behind the covariates..... 35

Dennis Sandig, Klaus Wirth & Dietmar Schmidtbleicher

Methods of strength training in road cycling..... 59

Bent Rønnestad & Truls Raastad

Dissimilar effects of 1 and 3 set strength training on strength and  
muscle mass gains in upper and lower body in untrained subjects ..... 73

Brian C. Focht & Shawn M. Arent

Psychological responses to acute resistance exercise: current status,  
contemporary considerations, and future research directions..... 89

Christian T. Haas & Dietmar Schmidtbleicher

About effects of exercise and stochastic resonance on  
neuroplasticity and neuroprotection..... 105

Jürgen Gießing & Michael Fröhlich

A second look at the effectiveness and safety of strength training  
in children and adolescents ..... 119

Stephan Turbanski, Dennis Sandig & Dietmar Schmidtbleicher

Warming-up effects of static stretching on power and strength ..... 129

---

Darren G. Candow & Darren G. Burke

Resistance training strategies for increasing muscle mass  
and strength in untrained adults ..... 139

Michael Fröhlich, Jürgen Gießing, Dietmar Schmidtbleicher & Eike Emrich

A comparison between 2 and 3 days of strength training per week –  
A metaanalytical approach ..... 151

Michael Fröhlich, Eike Emrich, Martin-Peter Büch & Jürgen Gießing

Marginal return in sports –  
Initial thoughts on economic considerations in training science ..... 167