MAGNITUDES OF MUSCLE ACTIVATION OF SHOULDER COMPLEX AND SPINE STABILIZERS DURING THE STANDARD PUSH-UP AND PUSHING EXERCISES USING A SUSPENSION STRAP TRAINING SYSTEM

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Project funding came from the Mayo Clinic School of Health Sciences Program in Physical Therapy

We followed all recommendations required by the Mayo Clinic IRB.

Abstract (Limited to 300 Words)

Background and Purpose: Suspension training systems have become increasingly popular in the past few years, as they allow the use of body weight resistance with unstable conditions, eliciting a greater challenge to stabilizing muscles. The purpose of this study was to quantify muscle recruitment with surface electrode electromyographic (EMG) analysis during five push-up exercises.

Methods and Measures: Surface EMG data were collected and analyzed for 15 male and 4 female participants during five pushing exercises: standard push-up (SPU); standing incline TRX push-up (IPU); TRX feet suspended hands on ZeSa pads (FHS); TRX hand suspended (HS). Eight right-sided muscles were analyzed: serratus anterior (SA), anterior deltoid (AD), triceps brachii (T), upper erector spinae (UE), rectus abdominis (RA), external oblique (EO), internal oblique (IO), and pectoralis major (PM) at a sampling frequency of 1000 Hz. Maximal voluntary isometric contractions (MVIC) were established. Subjects completed two repetitions per exercise in random order.

Analysis: Data were compared among the five exercises using a repeated measures ANOVA. Post hoc comparisons of EMG recruitment for statistically significant ANOVAs were conducted with Bonferroni corrections.

Results and Conclusion: HS five of eight muscles generated high EMG activity (percentages relative to MVIC): PM (55.5%), AD (53.6%), TB (46.2%), EO (45.4%), SA (42%). SPU generated high EMG activity in four muscles: SA (48%), AD (55.7%), PM (50.7%), and EO (58.7%). FS generated high EMG activity in three muscles: SA (49.5%), AD (59.3%), PM (53.1%). FHS generated high EMG activity in 3 muscles: AD (50.3%), PM (54.5%), EO (44%). IPU generated low EMG activity in all eight muscles.

Implications: Hands suspended and standard push up exercises are effective ways to activate SA, AD, PM, and EO, with hands suspended being superior in activating triceps brachii.