Caloric Expenditure Measures; An Innovative Approach

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Abstract:

This research focuses on energy expenditure in functional versus traditional resistance training regimens in recreationally trained individuals aged 18-27. To obtain information important to the field, I employed the COSMED K4b² open-loop metabolic analyzer and three ActiGraph GT3X triaxial accelerometers; prior research validated the use of accelerometers in aerobic-style exercise, but few studies have employed accelerometers in resistance-type activities.