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» **Journal Abstract**

Comparison of DeLorme with Oxford resistance training techniques: effects of training on muscle damage markers

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Aim: The purpose of this study was comparing DeLorme with Oxford methods through ten repetition maximum (10 RM) performance and serum creatine kinase (CK) and lactate dehydrogenase (LDH) activity. **Methods:** Before and after four weeks of training with the DEL (n=16) or OXF (n=16) resistance training (RT) methods, rest and post exercise serum CK activity, serum LDH activity and 10 RM performance were measured and compared. **Results:** Both methods provide higher 10 RM results after training without significant differences between groups ($p < 0.05$). Rest and post exercise CK and LDH activity was less after training with DeLorme (DEL) and Oxford (OXF), but the magnitude of the relative peak response (48-hr our 72-hr post exercise, respectively) was higher after each training protocol. Comparisons of CK activity between groups display non-significant differences. **Conclusion:** DEL or OXF training methods cause the same improvement on muscle performance and both alters CK activity without differences between methods in a 4-week RT program.

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