

## JOURNAL of SPORTS SCIENCE & MEDICINE

ISSN: 1303 - 2968

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©Journal of Sports Science and Medicine (2015) 14, 233 - 238

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Repeated-Sprint Cycling Does Not Induce Respiratory Muscle Fatigue in Active Adults: Measurements from The Powerbreathe® Inspiratory Muscle Trainer

Clare Minahan<sup>1, IM</sup>, Beth Sheehan<sup>1</sup>, Rachel Doutreband<sup>1</sup>, Tom Kirkwood<sup>1</sup>, Daniel Reeves<sup>1</sup>, Troy Cross<sup>2</sup>

- More Information »
- <sup>1</sup> Griffith University Sports Science, School of Allied Health Sciences, Griffith University, Gold Coast. Australia
- <sup>2</sup> Heart Foundation Research Centre, Griffith Health Institute, Griffith University, Queensland, Australia

Clare Minahan

■ Griffith University Sports Science, Gold Coast campus, Griffith University QLD 4222, Australia Email: c.minahan@griffith.edu.au

Received: 05-11-2014 -- Accepted: 17-12-2014 -- Published (online): 01-03-2015

## ABSTRACT

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This study examined respiratory muscle strength using the POWERbreathe® inspiratory muscle trainer (i.e., 'S-Index') before and after repeated-sprint cycling for comparison with maximal inspiratory pressure (MIP) values obtained during a Mueller maneuver. The S-Index was measured during six trials across two sessions using the POWERbreathe® and MIP was measured during three trials in a single session using a custom-made manometer in seven recreationally active adults. Global respiratory muscle strength was measured using both devices before and after the performance of sixteen, 6-s sprints on a cycle ergometer. Intraclass correlation coefficients for the POWERbreathe® S-index indicated excellent (p < 0.05) trial-to-trial (r = 0.87) and day-to-day (r = 0.90) reliability yet there was no significant correlation (r = -0.35, p = 0.43) between the S-Index measured using the POWERbreathe® and MIP measured during a Mueller maneuver. Repeated-sprint cycling had no effect on respiratory muscle strength as measured by the POWERbreathe® (p > 0.99) and during the Mueller maneuver (p > 0.99). The POWERbreathe® S-Index is a moderately reliable, but not equivalent, measure of MIP determined during a Mueller maneuver. Furthermore, repeated-sprint cycling does not induce globalized respiratory muscle fatigue in recreationally-active adults. recreationally-active adults.

Key words: Maximal inspiratory pressure, respiratory muscle fatigue, repeated-sprint ability, mouth pressure, manometer

## Key Points

- The S-Index as measured by the POWERbreathe® is a reliable measure of respiratory muscle strenath
- The S-Index does not accurately reflect maximal inspiratory pressure obtained from a Mueller maneuver

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Clare Minahan, Beth Sheehan, Rachel Doutreband, Tom Kirkwood, Daniel

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Does Not Induce Respiratory

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