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LIST OF ABBREVIATIONS

Abbreviation	Full Word or Phrase
ROM	Range of Motion
EMG	Electromyography
IEMG	Integrated EMG
NM	Nautilus Machine
ER	Elastic Resistance
DB	Dumbbell
E0	Elastic tubing with initial length
E30	Elastic tubing with 30% decrement of initial elongation
DCER	Dynamic Constant External Resistance
VRT	Variable Resistance Training
NBM	Nautilus Multi-biceps Machine
FWR	Free Weight Resistance Training
MVIC	Maximum Voluntary Isometric Contraction
RM	Repetition Maximum (e.g. 10 RM or 8 RM)
1-RM	1-Repetition Maximum
RMT	Resultant Muscle Torque
N	Newton
ACL	Anterior Cruciate Ligament
VM	Vastus Medialies
VL	Vastus Lateralis
RF	Rectus Femories
FT	Fast Twitch Muscle Fibers
ST	Slow Twitch Muscle Fibers

MU	Motor Unit
MDF	Median Frequency
RMS	Root Mean Square
MA	Mean Amplitude
T	Testosterone
GH	Growth Hormone
SHBG	Sex Hormone-Binding Globulin
LH	Luteinizing Hormone
C	Cortisol
LC	Lactate
RIA	Radioimmunoassay
RAA	The angle of the elastic device and the lever arm
AOA	The angle of origin to axis
SD	Standard Deviation
ICC	Intraclass Correlation Coefficient
ANOVA	Analysis of Variance
IP	Immediately Post Experiment
SMIT	Submaximal Isometric Test at 50% of MVC

LIST OF APPENDICES