Dynamic Variable Resistance Training
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What is DVRT?
“A comprehensive solution based training system that bridges the gaps of movement, strength, corrective, and performance based training.”

What is Strength?
“Maximal strength: …the maximal force that a person can develop voluntarily, as measured on a dynamometer or in terms of the heaviest weight that can be lifted.” -Siff, 2004

DVRT Progressive Overload Variables
-Speed
-Range of Motion
-Body Position
-Holding Position
-Rest Interval: Density
-Volume
-Load
-Plane of Motion
-Stability of Implement
WEIGHT IS WEIGHT, RIGHT?

“In conclusion, the exercise with the greatest stability requirement (standing and dumbbells) demonstrated the highest neuromuscular activity of the deltoid muscles, although this was the exercise with the lowest 1-RM strength.” - Saeterbakken AH, Fimland MS

Effects of body position and loading modality on muscle activity and strength in shoulder presses.

A Biomechanical Comparison of Back and Front Squats in Healthy Trained Individuals.

- Back Squat 61.8kg-Front Squat 48.5kg
- “Bar position did not influence muscle activity in the current study. Similarly, Stuart et al. found that muscle activity was equivalent during both lifts”
- Front Squat = Less Knee Compressive Forces
Challenging the Squat
Progressions of Body Position
True Functional Core Conditioning

Good Core Function:
- Resist Movement
- Quickly Produce Force & Relax
- Connect the Segments of the Body
Plane of Motion Training

Plane Of Motion Training Benefits

- Alters Stability in a Progressive Manner
- Increases Intermuscular Coordination
- Allows Horizontal and Vertical Accelerate & Deceleration Changes
- Challenges Kinetic Chain Connections
- Builds a Larger “Buffer Zone”
Results of Different Implements: Same Load, Volume, and Position

- 8 Beats per minute higher heart rate
- 5 Calories greater expenditure
- 30 Lunges completed in each group
How to Make Instability Incremental

Upper Body Dominant Lifts
• Change Body Position Before Holding Position

Lower Body Dominant Lifts
• Change Holding Position Before Body Position

When Change One Variable Regress The Other
• Change in Loading Position Will Create Regression in Body Position and Vice Versa

Altering Both Body & Loading Position Creates Higher Complexity

Plane of Motion & Stability of Implement Create New Variables