Acute hemodynamic responses are not different for mono and multiarticular exercises for the same muscle group

As respostas hemodinâmicas agudas não são diferentes para exercícios mono e multiarticulares para o mesmo grupo muscular

Las respuestas hemodinámicas agudas no son diferentes para ejercicios de articulaciones únicas y multiarticulares para el mismo grupo de músculos

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Abstract

Introduction: Different mechanical behaviors in resistance training can result in certain changes in the cardiovascular system. Objective: To verify the acute behavior of the main cardiovascular variables (heart rate, blood pressure, and double product) when performing resistance training with mono and multiarticular exercises. Methods: 10 male subjects participated in the study (26 ± 4 years; 81 ± 6 kg; 1.77 ± 2 m; 23 ± 1 kg / m2). They performed a test and retest for 8RM in the bench press and crucifix exercises on the machine. After the loads were outlined, they performed the intervention with the exercises, initially with a monoarticular activation containing two sets of 12 repetitions with 50% of the load acquired in the 8RM test of each exercise, using an interval of 60 seconds between one set and another. Additionally, three sets of 8 repetitions (80% 8RM) were performed with an interval between sets of 120 seconds. The execution speed was determined at a moderate level (2s for concentric, 2s for eccentric). It was measured before and during (series 1, series two, and series 3. Named as moments) heart rate exercises using POLAR, model RS800CX Multisport® and blood pressure using OMRON M6 (HEM-7001- E) ®. Then, the double product was calculated using the formula [HR (bpm) X SBP (mmHg)]. Results: In the heart rate analysis, there was an intra-condition difference for moments 1, 2, and 3 compared to rest (p <0.000). In the inter-condition comparison, no differences were observed for rest (p = 0.994) and for moments 1, 2 and 3 (p> 0.999). In systolic blood pressure, intra-conditions, differences were observed for moments 1, 2, and 3 compared to rest (p <0.000). In the inter-condition...
comparisons, there were no differences between rest (p > 0.999), moment 1 (p = 0.714), 2 (p = 0.999) and 3 (p > 0.999). For diastolic blood pressure, intra conditions, for bench press no significant differences were found for moments 1 (p = 0.331), 2 (p = 0.505) and 3 (p = 0.505) when compared to rest. In the same way it was for the crucifix, wherein the comparison with rest, no difference was observed in moments 1 (p = 0.849), 2 (p = 0.195) and 3 (p = 0.105). In the same sense, no difference was also observed in the comparisons between conditions for rest (p > 0.999), moment 1 (p = 0.999), 2 (p = 0.989) and 3 (p = 0.948). Finally, the double product in intra-condition comparisons found differences between moments 1, 2, and 3 compared to rest (p < 0.000). However, in the inter-condition comparisons, no difference was observed at rest (p = 0.999), moment 1 (p = 0.868), 2 and 3 (p > 0.999).

Conclusión: It is suggested that resistance training composed of mono and multi-joint exercises offers differences in hemodynamic responses but without differences between the types of mechanics applied by the exercises. Therefore, these results offer a partiality of what can happen with heart rate, blood pressure, and double product.

**Keywords:** Resistance training; Biomechanics; Heart rate; Blood pressure; Double product.

**Resumen**

Introducción: Diferentes comportamientos mecánicos en el entrenamiento resistido puede resultar en determinadas alteraciones en el sistema cardiovascular. Objetivo: Verificar el comportamiento agudo de las principales variables cardiovasculares (frecuencia cardíaca, presión arterial y doble producto) en la realización de entrenamiento resistido con ejercicios mono y multiarticulares. Métodos: 10 individuos del sexo masculino participaron del estudio (26 ± 4 años; 81 ± 6 kg; 1,77 ± 2 m; 23 ± 1 kg / m²). Se realizaron una prueba y una nueva prueba de 8RM en los ejercicios de press de banca y crucifijo en la máquina. Tras delimitar las cargas, se realizaron la intervención con los ejercicios, inicialmente con una activación mioarticular conteniendo 2 series de 12 repeticiones con el 50% de la carga adquirida en el test 8RM de cada ejercicio, utilizando un intervalo de 60 segundos entre una serie y otra. Además, se realizaron 3 series de 8 repeticiones (80% 8RM) con un intervalo entre series de 120 segundos. La velocidad de ejecución se determinó a un nivel moderado (2 s para concéntrico, 2 s para excéntrico). La frecuencia cardíaca con el modelo POLAR RS800CX Multisport® y la presión arterial con el OMRON M6 (HEM-7001-E) ® se midieron antes y durante (serie 1, serie 2 y serie 3. Nombrados como momentos). A continuación, se calculó el producto doble usando la fórmula [HR (lpm) X SBP (mmHg)].

**Resultados:**

En la presión arterial sistólica, intra condiciones, se observaron diferencias para la fase de reposo (p = 0.994) y para los momentos 1, 2 y 3 (p > 0.999). En la presión arterial sistólica, intracondiciones, se observaron diferencias para los momentos 1, 2 y 3 cuando se comparó con el reposo (p > 0.999).
<0,000). En las comparaciones entre condiciones, no se observaron diferencias entre reposo (p > 0,999), momento 1 (p = 0,714), 2 (p = 0,999) y 3 (p > 0,999). Para la presión arterial diastólica, intracondiciones, para press de banca, no se encontraron diferencias significativas para los momentos 1 (p = 0,331), 2 (p = 0,505) y 3 (p = 0,505) al compararlos con el reposo. Lo mismo ocurrió con el crucifijo, donde en comparación con el reposo, no se observó diferencia en los momentos 1 (p = 0,849), 2 (p = 0,195) y 3 (p = 0,105). Del mismo modo, no se observó diferencia en las comparaciones entre las condiciones de reposo (p > 0,999), momento 1 (p = 0,999), 2 (p = 0,989) y 3 (p = 0,948). Finalmente, el producto doble en las comparaciones intra-condición se encontraron diferencias para los momentos 1, 2 y 3 en comparación con el reposo (p <0,000). Pero, en las comparaciones entre condiciones, no se observaron diferencias en reposo (p = 0,999), momento 1 (p = 0,868), 2 y 3 (p > 0,999). Conclusión: Se sugiere que el entrenamiento de resistencia consistente en ejercicios uni y multiarticulares ofrece diferencias en las respuestas hemodinámicas, sin diferencias entre los tipos de mecánicas aplicadas por los ejercicios. Por lo tanto, estos resultados ofrecen una parcialidad de lo que puede suceder con la frecuencia cardíaca, la presión arterial y el doble producto.

**Palabras clave**: Entrenamiento de resistencia; Biomecánica; Frecuencia cardíaca; Presión arterial; Producto doble.

1. **Introducción**

El entrenamiento de resistencia (RT) es un importante camino a intervenir en la salud al mejorar la eficiencia muscular (Benito et al., 2020), causando hiperтроfia muscular (Schoenfeld et al., 2019), y también mejorando todas las funciones orgánicas (Amirthalingam, 2017; Vianna et al., 2014). Así, estudios importantes directos indicadores para hacer la actividad más eficiente para cualquier individuo o grupo que la practica (ACSM, 2011; Fragala et al., 2019). Una de las áreas más explotadas del entrenamiento de resistencia, como muchas personas que hacen ejercicio, el cual tiene beneficios neuromusculares y ganancias en masa muscular (Gualano & Tinucci, 2011; Terra et al., 2008).

La seguridad durante este tipo de actividad es esencial. Hay variables que, al medirlas, pueden establecer una buena relación con el nivel de salud (Fletcher et al., 2018). Entre estas variables, podemos destacar las que manejan el sistema cardiovascular como la presión arterial (BP) (Farinatti & Assis, 2000), la frecuencia cardíaca (HR) (Leite & Farinatti, 2003) y el producto doble (SD) (Paccini et al., 2007; Polito et al., 2004). Es bien establecido que el entrenamiento de resistencia lleva a un impacto favorable en el comportamiento de la presión arterial (Araújo et al., 2018), tanto a corto plazo como a largo plazo, debido a una serie de ajustes neurohormonales como la regulación de renina-angiotensina-aldosterona y sitios que generan la reducción de la salida cardíaca y la resistencia vascular periférica (Ramos et al., 2019). La presión arterial es uno de los indicadores más importantes de salud cardiovascular (Sant’Ana et al., 2020).

La observación de solo una de estas variables no garantiza un nivel significativamente robusto. Sin embargo, la asociación entre ellas puede proporcionar información que se correlaciona con el consumo de oxígeno miocárdico (Ansari et al., 2012; Sant’Ana et al., 2020). En este caso, el producto doble puede considerarse como un excelente indicador para estimar la carga miocárdica durante el reposo o los esfuerzos, lo cual es bastante eficiente para la detección de sobrecarga cardíaca (Prisco & Salles, 2014). El producto doble es una variable estrechamente relacionada con la seguridad en el ejercicio, dando parámetros respecto a la intensidad del ejercicio y su correlación con la preservación de la persona, lo que permite establecer subsidios para definir qué actividades presentan los mayores riesgos de complicaciones cardíacas (Liborio & Raimol, 2015; Moreira et al., 2018). Valores de referencia dictan que el producto doble no debe ser superior a 30,000 mmHg/bpm (Powers & Howley, 2014).

Considerando los diferentes caminos para realizar entrenamiento de resistencia, pocos estudios relacionados con variaciones del movimiento están disponibles (Soares & Marchetti, 2013), especialmente entrenamiento y funciones cardiovasculares (Figueroa et al., 2010). Por lo tanto, el objetivo del presente estudio fue verificar el comportamiento agudo de las variables cardiovasculares (HR, BP, y DP) al realizar entrenamiento con mono y multiarticulares.
2. Methodology

Subjects

The study included ten male volunteers aged between 25 and 35 years (Table 1), practitioners of resistance training for at least six months and at most two years. According to resolution 196/96 of the national health council, all volunteers signed the consent form for experiments on humans. As an inclusion criterion, it was considered that the individual was fit for experimental intervention and without any osteoarticular restriction. On the other hand, existing osteoarticular lesions and the use of drugs to control and balance the cardiovascular system for psychological or neurological treatments or both, among others, were reasons for exclusion from the research. Finally, other factors that could negatively affect the intervention results, such as individuals with morbid obesity and chronic kidney disease, were considered exclusion criteria. The present study met the standards for researching human beings, resolution 196/96 of the National Health Council of 10/10/1996 and the Helsinki Resolution (Saif, 2000). All study participants agreed to sign the informed consent form containing the study objective, assessment procedures, voluntary nature of the subject's participation. In addition, an information term was prepared for the institution where the research was carried out, with the same items as the informed consent form and the filling out of the physical activity readiness questionnaire (PAR-Q). The research project of the present study was submitted to and approved by the Ethics Committee of Estacio de Sá University.

| Variables        | Participants | M±SD |
|------------------|--------------|------|
| Age (years)      | 26 ± 4       |
| Weight (kg)      | 81.5 ± 6     |
| Height (m)       | 1.77 ± 2     |
| BMI (kg/m²)      | 23 ± 1       |

Source: Authors.

Experimental design

The present study was carried out through laboratory visits. The first visit was for individuals to sign the informed consent form, PAR-Q, and complete an anamnesis. The second and third visits, 24 hours later, were designated to perform the full load test (8RM) for the bench press and crucifix apparatus, respectively. After completing these tests, a break of 48 hours was given, and again, the tests (retest) were performed (fourth and fifth visits) to analyze the reproducibility of the loads acquired for each device. All conduct procedures for applying the 8RM tests were strictly respected to avoid possible bias in the results. Finally, the sixth and seventh visits were for experimental interventions.

Experimental intervention protocols

Participants performed two experimental conditions, the first (sixth visit) on the bench press and the second (seventh visit) on the crucifix on the machine. As the intervention consisted of only one exercise and the individuals were trained, a 24-hour interval between one session and another was stipulated, with both interventions being performed simultaneously to avoid discrepancies about the time interval and time of day.
The bench press (Technogym®) was performed with the bench at an angle of 180 degrees. The individual assumed the lying position, with the feet positioned on the floor. The individual performed adduction and abduction in the horizontal plane of the shoulder joint and flexion and extension of the elbow joint, returning to the initial position for a new repetition. In the pectoral crucifix (Technogym®), the individual sat in the device (90°), simultaneously performing an abduction and abduction movement of the shoulder joint.

For the exercises, initially, a myoarticular activation was performed with two sets of 12 repetitions with 50% loading acquired in the 8RM test of each exercise, using an interval of 60 seconds between one set and another. Additionally, three sets of 8 repetitions (80% 8RM) were performed with a break between sets of 120 seconds. The execution speed was determined at a moderate level (2 seconds for concentric, 2 seconds for eccentric). During the executions, the participants were monitored by two researchers, and the care with respiratory control (inspiration in the concentric and expiration in the eccentric) was fully requested to avoid the Valsalva maneuver and, thus, not to allow influences on the hemodynamic behavior.

Hemodynamic variables analyze

The hemodynamic evaluation was performed using the resting and exercising heart rate, the resting and exerting systolic and diastolic blood pressure, and finally the double rest and exercise product, this being calculated using the formula \[\text{HR} \times \text{SBP} \times \text{DBP} \times \text{HR} \times \text{DBP}\] (Ansari et al., 2012). For heart rate and blood pressure measurements, on the day the bench press was performed. The analyzes were performed with the individual lying down and, on the day of the crucifix on the apparatus, the measurements were performed with the individual seated. It is worth mentioning that both positions are plausible for the type of assessment (Schneider et al., 2018).

A POLAR watch, model RS800CX Multisport® (Quintana et al., 2012), was used for the heart rate measurement. And, for the evaluation of blood pressure, the OMRON M6 (HEM-7001- E)® digital device (Topouchian et al., 2006). Both heart rate and blood pressure were measured at rest, with heart rate for five minutes (considering the lowest HR). Blood pressure was measured twice with an interval of 1 minute, before the first execution (moment 1), the second (moment 2), and the third series (moment 3). For these last measurements, heart rate was measured for 1 minute (considering the lowest value), and the blood pressure twice with an interval of 1 minute between one analysis and another. For these assessments (HR and BP), the same researcher was always used to conduct the measurements for all participants.

Statistical Analyzes

The Shapiro Wilk test did not reject the normality of the acquired data. The ANOVA (two-way) of repeated measures was applied for intra and inter conditions analysis (bench press and crucifix) at different moments of analysis (rest, 1, 2, and 3). When necessary, Tukey's test for multiple comparisons was applied. All statistical analyzes were performed using the Graph Prism software version 8.0.1, with a significance level of 5% (p<0.05).

3. Results

In the heart rate analysis (Figure 1), a significant intra-condition difference was observed for moments 1, 2, and 3 when compared to rest (p <0.000). In the inter-condition comparison, no differences were observed for rest (p = 0.994) and for moments 1, 2 and 3 (p> 0.999).
**Figure 1.** Heart rate behavior in the moment's analyses for bench press and crucifix.

![Heart rate graph](image)

* Significant difference for analyse intra condition, compared with rest (p<0.05).
# Significant difference for analyse intra condition, compared with rest (p<0.05).

Source: Authors.

In the systolic blood pressure (SBP) assessment (Figure 2), intra conditions, significant differences were observed for moments 1, 2 and 3 when compared to rest (p <0.000). In the inter-condition comparisons, there were no differences between rest (p> 0.999), moment 1 (p = 0.714), 2 (p = 0.999) and 3 (p> 0.999).

**Figure 2.** Systolic blood pressure behavior in the moment's analyses for bench press and crucifix.

![Systolic blood pressure graph](image)

* Significant difference for analyse intra condition, compared with rest (p<0.05).
# Significant difference for analyse intra condition, compared with rest (p<0.05).

Source: Authors.

For diastolic blood pressure (BPD) in the Figure 3, intra conditions, for bench press no significant differences were found for moments 1 (p = 0.331), 2 (p = 0.505) and 3 (p = 0.505) when compared to rest. In the same way it was for the crucifix, where in the comparison with rest, no difference was observed in moments 1 (p = 0.849), 2 (p = 0.195) and 3 (p =
In the same sense, no difference was also observed in the comparisons between conditions for rest (p > 0.999), moment 1 (p = 0.999), 2 (p = 0.989) and 3 (p = 0.948).

**Figure 3.** Diastolic blood pressure behavior in the moment's analyses for bench press and crucifix.

![Diastolic blood pressure behavior](image)

Source: Authors.

Finally, the double product as shown in the Figure 4 was calculated [HR (bpm) X SBP (mmHg)] and, in intra-condition comparisons, differences were found for moments 1, 2 and 3 when compared to rest (p < 0.000). However, in the inter-condition comparisons, no difference was observed at rest (p = 0.999), moment 1 (p = 0.868), 2 and 3 (p > 0.999).

**Figure 4.** Double product (DP) behavior in the moment's analyses, for bench press and crucifix.

![Double product behavior](image)

* Significant difference for analyse intra condition, compared with rest (p<0.05).
# Significant difference for analyse intra condition, compared with rest (p<0.05).

Source: Authors.
4. Discussion

The present study aimed to investigate the acute hemodynamic responses (HR, SBP, DBP, and DP) in monoarticular (crucifix - chest) and multiarticular (bench press) exercises, using the 8 RM test in men (26 ± 4 years), active in resistance training. The hypothesis was that the intervention with multiarticular exercise would allow greater responsiveness of the analyzed hemodynamic variables when compared with the mono joint exercise for the same muscle group, this being the pectoral. This theoretical assumption was based on the principle that physiological responses would be more reactive in multiarticular actions due to the fact of two main factors, one due to the mechanical action interfering more gradually in the mechanoreceptors and the other due to the request for greater muscular territory, which would consequently result in greater hemodynamic response.

However, the findings demonstrated that the mono-articular and multiarticular exercises used in the present study interfered similarly in the cardiovascular responses, which were evaluated through HR, BP (systolic and diastolic), and DP. For HR, significant differences were observed for moments 1 (before the first series), 2 (before the second series), and 3 (before the third series) when compared to rest (p <0.000). On the other hand, in the inter-condition comparisons, no difference was found (p> 0.05). In the assessment of BP, for SBP in intra-condition comparisons, there was a significant difference for moments 1, 2, and 3 compared to rest (p <0.000). Regarding the inter-condition analyzes, no significant difference was observed (p> 0.05). For BPD, both intra and inter conditions, no difference was found (p> 0.05). Completing the hemodynamic evaluations, in the DP analysis, differences were observed for moments 1, 2, and 3 for both conditions when compared to rest (p <0.000), but for inter condition comparisons, no difference was found (p> 0.05).

The scarcity of studies related to the theme of the present study makes discussions about our findings more restricted. Del Antonio and Assis, (2017) verified the hemodynamic behavior using intervention in an isokinetic device (knee extension and flexion) in adults and the elderly. They identified higher SBP, SD, and HR after activity but with greater significance for the elderly. (p <0.05). PD is an important indicator of cardiovascular overload (Sant'Ana et al., 2020), and, therefore, its evaluation is essential for the midst of a training program. Domka-Jopek et al. (2018) evaluated 412 patients hospitalized for some cardiac dysfunction and, through a walk test, analyzed cardiovascular behavior through PD. They concluded that PD, using the walk test to assess individual inactivity, can be an important parameter for measuring the efficiency of the cardiac muscle (myocardium).

In resistance training, studies performed training interventions with tension and metabolic characteristics. Raiol et al. (2018) evaluated ten women using the 45° leg press exercises, the extensor chair, and the flexor chair found higher SD values in the 45° leg press exercises and the extensor chair in training tension characteristics (p = 0.004). Regarding BP, concerning systolic behavior, the values were significantly lower when exercising with an extension chair in training with tension characteristics (p = 0.005), and for the diastolic response, higher values were found when performing the 45° leg press exercise. Also, in training with tension characteristics. For HR, the exciting thing was that the importance of this variable was higher in training with metabolic factors (p = 0.041). Another study considering metabolic and tension training characteristics identified lower SD values for the leg press exercise with tension characteristics and higher values (p <0.05) of this variable for the bench press exercise with metabolic traits in normotensive men (Zaniz et al., 2008).

Another study, however very limited (performed the intervention with only 4 individuals), evaluated the hemodynamic behavior in resistance training composed of four exercises (pectoral flying, pull-up front pulley, leg press 45°, and chair extension). The objective was to assess HR, BP (systolic and diastolic), and DP by performing the exercises at different speeds. They demonstrated a higher HR (p <0.05) in the activities with a lower rate and higher values of the SBP and SD (p <0.05) when the exercises were performed with more incredible speed (Santos et al., 2010). Our findings demonstrate a greater response for both movements (bench press and chest crucifix) for HR, PAS, and DP, as observed by Zaniz et al. (2008)
for the bench press exercise and by Santos et al. (2010) for FC, PAS and DP in a workout with pectoral joint action, but with different mechanics (pectoral flying). However, the present study used a protocol with a tension characteristic (3 x 8 repetitions with 80% of the 8 RM), with 2 seconds for the concentric phase and 2 seconds for the eccentric phase.

The related studies do not discuss possible mechanisms on the hemodynamic responses obtained in the face of the intervention with resistance training. But it is speculated that resistance training and aerobic training also stimulate hormonal actions related to renin-angiotensin, whose primary function is regulating blood pressure through baroreflex behavior (Sant’Ana et al., 2020). Changes in capillary density, endothelial function, and oxygen supply are also factors that can interfere with hemodynamic reactions during exercise (Adamson et al., 2019; Nemoto et al., 2007), but the physiological magnitude of these variables is not known for the intervention of resistance training. Another question is about the modulation (release and reuptake) of calcium (CA⁺) in the cardiomyocyte, and this mechanism promotes cardiac efficiency, facilitating the entry and exit of blood in the heart (Sant’Ana et al., 2021). We can speculate that resistance training, because of its characteristic, offers greater tension on the blood vessels (arteries and veins) due to the contractile work, and with that, it affects greater peripheral resistance and arterial compliance, directly affecting cardiovascular responses.

The present study has some limitations and, therefore, it is worth mentioning that the results found may have been influenced by some methodological peculiarities. BP measurement during exercise is a limiting factor to the technique applied, and this situation has already been mentioned in other studies (Polito et al., 2003). The number of exercises used in the present study (two movements) also offers a limiting issue since, in practice, training with only two exercises is not prescribed. But here, we had the objective of evaluating the hemodynamic response in two exercises for the same muscle group with different mechanical actions (mono and multi-joint), thus offering parameters on the cardiovascular physiological behavior in an acute condition. The sample of the present study can also be considered a limitation (n = 10). However, there is a vast difficulty in selecting individuals of the researched modality (resistance training) for interventional performance. Finally, the number of existing studies on the theme presented can also be considered a limitation due to the restriction of discussions regarding the answers found here.

5. Conclusion

The present study's findings suggest that resistance training composed of mono- and multi-joint exercises offer differences in hemodynamic responses but without differences between the mechanics applied by the movements. Therefore, these results partially compare what can happen with heart rate, blood pressure, and double product. Consequently, it is suggested that more studies be carried out in this line of research, which is so essential to be considered in the training prescription. And with that, we have more information and indicators about the cardiovascular reaction under resistance training intervention.

Acknowledgments

Federal University of Juiz de Fora, Minas Gerais, Brazil. For the scholarship to the researcher and Ph.D. student in Physical Education Leandro de Oliveira Sant’Ana.

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