

Using squat testing to predict training loads for lower-body exercises in elite

Karate athletes.

Authors

Del P. Wong¹, Erik C.H. Tan², Anis Chaouachi³, Christopher Carling⁴, Carlo Castagna⁵, Jonathan Bloomfield⁶, David G. Behm⁷

Laboratory where the research was conducted: Conditioning Center, National Sports Institute of Malaysia, Malaysia.

Affiliations

¹ Department of Health and Physical Education, The Hong Kong Institute of Education, Hong Kong.

² Conditioning Center, National Sports Institute of Malaysia, Malaysia.

³ Tunisian Research Laboratory “Sport Performance Optimisation”, National Center of Medicine and Science in Sports, Tunis, Tunisia.

⁴ LOSC Lille Metropole Football Club, Centre de Formation, Domain de Luchin, France.

⁵ School of Sport and Exercise Sciences, Faculty of Medicine and Surgery, University of Rome Tor Vergata, Rome, Italy.

⁶ Sports Institute of Northern Ireland, UK

⁷ School of Human Kinetics and Recreation, Memorial University of Newfoundland, St. John’s Newfoundland, Canada, A1M 3L8.

Corresponding Author

Del P. Wong

Address: Department of Health and Physical Education, The Hong Kong Institute of Education, Tai Po, Hong Kong.

Phone: (852) 95503770

Email: delwong@alumni.cuhk.net

Running title: Squat prediction of training loads