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## [New post] Ain't just imagination! Effects of motor imagery training on strength and power performance of athletes during detraining

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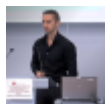
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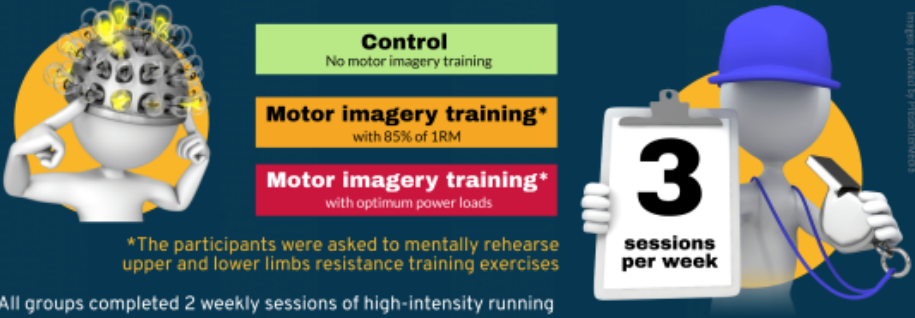
### Ain't just imagination! Effects of motor imagery training on strength and power performance of athletes during detraining

by YLMSportScience

# AIN'T JUST IMAGINATION!

Effects of Motor Imagery Training on Strength & Power Performance during Detraining  
Reference: Iacono et al. MSSE 2021 *Designed by @YLMsSportScience*

30 male professional basketball players were randomly assigned to 3 counterbalanced groups during a 6-week period of forced detraining due to the COVID-19 outbreak



**Control**  
No motor imagery training


**Motor imagery training\***  
with 85% of 1RM

**Motor imagery training\***  
with optimum power loads


\*The participants were asked to mentally rehearse upper and lower limbs resistance training exercises

All groups completed 2 weekly sessions of high-intensity running

## RESULTS



- 1 Maximal strength and power output performances improved following both motor imagery protocols (range: ~2% to ~9%), but were reduced in the control group, compared to pre-intervention
- 2 While the 85%1RM led to greater effects on maximal strength measures than the optimum power loads, the latter induced superior responses on lower-limbs jumping capacity and muscular power



## CONCLUSION

The present findings clearly highlight that the motor imagery practices is a viable tool to maintain and increase physical performance among professional athletes during periods of forced detraining

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