

**EVALUATION OF RESISTANCE TRAINING EQUIPMENT
USING THREE DIMENSIONAL MUSCULOSKELETAL
MODELLING FOCUSING ON THE BIOMECHANICAL AND
ANTHROPOMETRIC CONSIDERATIONS OF THE END-
USER**

by

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ABSTRACT

TITLE	Evaluation of resistance training equipment using three dimensional musculoskeletal modelling focusing on the biomechanical and anthropometric considerations of the end-user
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The main goal of this study was to evaluate whether three dimensional musculoskeletal modelling (3D) is effective in assessing the safety and efficacy of resistance training equipment. The focus of the evaluation was on the biomechanical and anthropometric considerations of the end-user. 3D musculoskeletal modelling was used to evaluate four pieces of resistance training equipment, namely the seated biceps curl, abdominal crunch, seated row and chest press. Three anthropometric cases were created; these represented a traditional 5th percentile female as well as a 50th and 95th percentile male based on body mass index (BMI). Resistance on the training machines was set at fifty percent of the functional strength one repetition maximum (1RM), for each anthropometric case and piece of exercise equipment two repetitions were performed except for the abdominal crunch model during which four repetitions were simulated. Each piece of equipment presented unique challenges. In three of the four studies (seated biceps curl, seated row and chest press) the default model created by the modelling software was not adequate to solve the forward dynamics simulations and thus adjustments had to be made to the default model

in order to complete the modelling process. 3D musculoskeletal modelling by means of LifeModeler™ software was able to identify some potential risk for musculoskeletal injury as well as highlight the discrepancies between the anthropometric cases, specifically the accommodation of the 5th percentile female and the machines' engineered adjustability. 3D musculoskeletal modelling has the potential to indicate shortcomings in resistance training equipment design. Therefore it appears as if 3D musculoskeletal modelling can be used to evaluate resistance training equipment design however the limitations as indicated by this study must be taken into consideration especially when using default models.

KEY WORDS: Resistance training equipment, modelling, LifeModeler™, inverse dynamics, forward dynamics, biomechanics, anthropometric, musculoskeletal injury, safety, efficacy

OPSOMMING

TITEL	Evaluasie van weerstands oefenapparaat deur middel van driedimensionele muskuloskeletale modellering deur te fokus op die biomeganiese en antropometriese oorwegings van die end-gebruiker.
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Die doel van die studie was om die effektiwiteit van driedimensionele (3D) muskuloskeletale modellering te evalueer in terme van die tegniek se vermoë om die veiligheid en doeltreffendheid van weerstands oefenapparaat te evalueer. Die fokus van die evaluasie was op die biomeganiese en antropometriese oorwegings van die end-gebruiker. 3D muskuloskeletale modellering was gebruik in die evaluasie van vier weerstands oefenapparate genaamd die sittende biceps krul, abdominale krul, sittende roei en sittende borsstoot. Drie antropometriese gevalle is geskep, die het 'n tradisionele 5^e persentiel vrou, sowel as 'n 50^{ste} en 95^{ste} persentiel man voorgestel en was gebasseer op liggaamsmassa indeks waardes. Die eksterne weerstand van die apparaat was bepaal teen vyftig persent van die funksionele krag een-repetisie- maksimum vir elk van die antropometriese gevalle en twee repetisies is uitgevoer behalwe vir die abdominale krul waartydens vier repetisies gesimuleer is. Elke apparaat het unieke uitdagings gestel. In drie van die vier studies (sittende biceps krul, sittende roei en sittende borsstoot) was die standaard model van die sagteware

onvoldoende om die voorwaards dinamiese simulاسie op te los en moes aanpassings aan die modelle gemaak word vir suksesvolle simulاسies. Die modellerings proses met die Lifemodeler™ sagteware kon potensiële risiko vir muskuloskeletale besering sowel as verskille tussen die verskeie antropometriese gevalle uitwys. Dit was veral opvallend vir die akkomodاسie van die 5^e persentiel vrou asook betreffende die apparaat se vervaardigde verstelbaarheid. 3D muskuloskeletale modellering beskik oor die vermoë om voorstelle vir verbetering in die ontwerp van weerstands oefenapparaat uit te wys. Dit blyk dus dat 3D muskuloskeletale modellering beslis gebruik kan word vir die evaluاسie van weerstands oefenapparaat ontwerp, die beperkings van die studie moet egter in gedagte gehou word, veral wanneer standaard modelle gebruik word.

SLEUTELTERME: Weerstandsoefening apparaat, modellering, Lifemodeler™, omgekeerde dinamika, voorwaardse dinamika, biomeganiese, antropometriese, muskuloskeletale besering, veiligheid, doeltreffendheid

TABLE OF CONTENTS

CHAPTER 1: GENERAL INTRODUCTION

1.1	THREE DIMENSIONAL MUSCULOSKELETAL MODELLING	13
1.2	PROBLEM FORMULATION	14
1.3	GOALS AND OBJECTIVES	15
1.4	HYPOTHESIS	15
1.5	RESEARCH APPROACH	16
1.6	STRUCTURE OF THE THESIS	17
1.7	REFERENCES	19

CHAPTER 2: OVERVIEW (RESISTANCE TRAINING)

2.1	EXERCISE AND EXERCISE EQUIPMENT	22
2.2	RESISTANCE TRAINING	22
2.3	CONCLUSION	42
2.4	REFERENCES	43

CHAPTER 3: THREE DIMENSIONAL MUSCULOSKELETAL MODELLING OF THE SEATED BICEPS CURL RESISTANCE TRAINING EXERCISE FOCUSING ON THE BIOMECHANICAL AND ANTHROPOMETRIC CONSIDERATIONS OF THE END-USER

3.1	ABSTRACT	49
3.2	INTRODUCTION	51
3.3	METHODS	52
3.4	RESULTS	59
3.5	DISCUSSION	65
3.6	CONCLUSION	75
3.7	REFERENCES	76

CHAPTER 4: THREE DIMENSIONAL MUSCULOSKELETAL MODELLING OF THE ABDOMINAL CRUNCH RESISTANCE TRAINING EXERCISE FOCUSING ON THE BIOMECHANICAL AND ANTHROPOMETRIC CONSIDERATIONS OF THE END-USER

4.1	ABSTRACT	82
4.2	INTRODUCTION	84
4.3	METHODS	85
4.4	RESULTS	91
4.5	DISCUSSION	99
4.6	CONCLUSION	106
4.7	REFERENCES	106

CHAPTER 5: THREE DIMENSIONAL MUSCULOSKELETAL MODELLING OF THE SEATED ROW RESISTANCE TRAINING EXERCISE FOCUSING ON THE BIOMECHANICAL AND ANTHROPOMETRIC CONSIDERATIONS OF THE END-USER

5.1	ABSTRACT	111
5.2	INTRODUCTION	113
5.3	METHODS	114
5.4	RESULTS	121
5.5	DISCUSSION	129
5.6	CONCLUSION	134
5.7	REFERENCES	135

CHAPTER 6: THREE DIMENSIONAL MUSCULOSKELETAL MODELLING OF THE CHEST PRESS RESISTANCE TRAINING EXERCISE FOCUSING ON THE BIOMECHANICAL AND ANTHROPOMETRIC CONSIDERATIONS OF THE END-USER

6.1	ABSTRACT	140
6.2	INTRODUCTION	141



6.3	METHODS	143	
6.4	RESULTS	149	
6.5	DISCUSSION	156	
6.6	CONCLUSION	161	
6.7	REFERENCES	162	
CHAPTER 7: SUMMARY, GENERAL CONCLUSIONS AND RECOMMENDATIONS			
7.1	SUMMARY	167	
7.2	GENERAL CONCLUSION	175	
7.3	RECOMMENDATIONS	175	
APPENDIX			
8.1	PUBLICATION	177	

LIST OF FIGURES (Chapters 1 and 2)

Figure 2.1	An example of a seated biceps curl machine	25
Figure 2.2	Plate from the classical period in Greece shows two athletes using halters	26
Figure 2.3	Force (F) and moment arm (FA) of the biceps brachii muscle	29
Figure 2.4	Contraction of myofibril	31
Figure 2.5	Percentage of injuries at each body location for women and men	34
Figure 2.6	Example of LifeModeler™ musculoskeletal human model	36
Figure 2.7	Inverse and forward dynamics	37

LIST OF TABLES (Chapters 1 and 2)

Table 2.1	Data obtained (LifeModeler™)	39
Table 2.2	LifeModeler™ default model muscles	40

LIST OF ABBREVIATIONS (Chapters 1 and 2)

3D	Three dimensional
F	Force
T	Torque
FA	Force Arm / Moment Arm
COTS	Commercially off the shelf
pCSA	Physiological Cross-sectional area
aCSA	Anatomical Cross-sectional area
F_{\max}	Maximum force
M_{stress}	Maximum tissue stress
PID	Proportional-integral-differential
P_{error}	(Target value – current value) / range of motion
D_{error}	First derivative of P_{error}
I_{error}	Time integral of P_{error}