The Brookbush Institute Publishes a NEW Course: 'Acute Variables: Post-Activation Potentiation (PAP)'

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Acute Variables: Post-Activation Potentiation (PAP) - https://brookbushinstitute.com/courses/acute-variables-post-activation-potentiation-pap

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Excerpt from the course: Acute Variables: Post-Activation Potentiation (PAP)
- Related Glossary Term: Post Activation Potentiation (PAP)
- Related Certification: Certified Personal Trainer (CPT)

INTRODUCTION
Evidence-based post-activation potentiation (PAP) programming recommendations.

This course was developed to answer a simple but surprisingly unsettled question: What does the total body of research actually say about optimizing post-activation potentiation (PAP) to acutely enhance athletic performance? Rather than relying on expert opinion, mechanistic hypotheses, or trending “guru” beliefs, this course integrates hundreds of peer-reviewed and published studies to develop evidence-based, best-practice recommendations. This course does not include “one magic protocol," but instead teaches how to adjust modifiable acute variables to optimize PAP outcomes, and why the most effective recommendation heavily depends on the intensity of the conditioning activity and the specific rest interval applied. Our systematic review demonstrates that many protocols will “work”; however, “slightly better” options for each acute variable likely add up to significantly better outcomes for speed, power, and agility testing.

Throughout the course, we emphasize outcomes over mechanisms. Mechanistic hypotheses (e.g., myosin regulatory light chain phosphorylation, Hoffman reflex excitability, or changes in pennation angle) can be useful for generating ideas, but they are only valuable if they lead to recommendations that improve measurable performance outcomes. Wherever possible, we base recommendations on studies that directly compare practical programming decisions: heavy

> The magnitude of performance increase following a PAP protocol is strongly influenced by exercise selection, intensity, volume, contraction type, and rest interval."
>
> *Dr. Brent Brookbush, CEO of Brookbush Institute*

versus light conditioning loads, plyometrics versus traditional strength exercises, short versus long rest intervals, single versus multiple sets, and the biomechanical specificity of the chosen exercises.

We also highlight instances where research does not support popular trends. For example, we address oversold concepts such as utilizing absolute maximal loads (1-RM) to spike the nervous system, adding heavy PAP protocols to already fatiguing high-volume warm-ups, and the supposed superiority of advanced modalities like blood flow restriction (BFR), whole-body vibration (WBV), and electrical muscle stimulation (e-stim). In many cases, these strategies add complexity without reliably improving outcomes, and in some cases, these strategies actually result in worse outcomes than traditional heavy resistance or plyometrics.

By the end of this course, professionals will be able to:
- Understand how each modifiable acute variable influences post-activation potentiation outcomes.
- Build movement-preparation routines that include optimized PAP protocols (e.g., moderate volume, heavy loads at 75-90% 1-RM, biomechanically specific movements, and precisely timed rest intervals based on the conditioning modality).
- Decide when to integrate advanced strategies, such as complex training or sport-specific isometric holds, and when they are unnecessary.
- Evaluate existing PAP programs, identify which recommendations are optimal or suboptimal, and systematically adjust variables to improve expected value (reliability × effect size) for a given client, patient, or athlete.
- This course is designed for professionals who already understand some basics of resistance training and sports performance but want to align their power programming with the most complete and accurate PAP model available.
FREQUENTLY ASKED QUESTIONS (FAQs)...

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