

The Brookbush Institute Publishes a NEW Article: 'Best Resistance Training Approach: EBP Resistance Training Model'

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NEW YORK, NY, UNITED STATES, August 13, 2026 /EINPresswire.com/ -- Snippet from the Article: [Best Resistance Training Approach: Evidence-Based Model for Program Design](#)

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Best Resistance Training Approach - <https://brookbushinstitute.com/articles/best-resistance-training-approach>

NEW ARTICLE: Best Resistance Training Approach: Evidence-Based Model for Program Design

Ask ten professionals to create the best resistance training program, and the result will be ten opinions on which is best. However, there is a way to determine the best. In fact, it is provable that a single best recommendation exists, and it is possible to get closer to that recommendation than most would think.

Most people would agree that "best" could be defined objectively, as the recommendations most likely to produce the best outcomes for the greatest number of people. Using that goal post (and a few additional logical axioms), program design can be treated as an "optimization problem", and it just so happens to be a problem that statisticians solved for in chemical manufacturing in 1951.

This article does something no one has done before. It lays out a logical framework of twelve axioms, and then derives a theorem: a single best resistance training model must exist. Not as an opinion. As a conclusion that follows from axioms that can be individually examined and challenged. The framework then describes how to find that model: comparative research, objective synthesis, and deliberate refinement.



Defining best as highest expected value allows us to compare techniques on the same scale, relative to one another. A philosophical question, "what is the best approach?" becomes an objective value."

*Dr. Brent Brookbush, CEO of
Brookbush Institute*

The article then presents the current best estimate of that model, built from systematic reviews of every modifiable acute variable, aggregating results of approximately 1,500 peer-reviewed studies, many times the research used to develop any previous models or acute variable tables. Along the way, the comprehensive review surfaced findings that partial reviews had missed entirely, variables shared across all goals, and a set of goal-dependent variables that do not match currently published models and acute variable tables.

The combination of a logical proof that a best model exists,

and many times the research used to develop any previous model, resulted in a resistance training model that is likely to be the most complete, accurate, and effective ever created.

Check out the full article...

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Brent Brookbush

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