

4-20-2011

Difference in Muscle Activation between the Flat Barbell Bench and the Smith Machine

Alex Cikanek

Follow this and additional works at: <https://scholar.valpo.edu/cus>

 Part of the [Education Commons](#)

Recommended Citation

Cikanek, Alex, "Difference in Muscle Activation between the Flat Barbell Bench and the Smith Machine" (2011). *Symposium on Undergraduate Research and Creative Expression (SOURCE)*. 20.
<https://scholar.valpo.edu/cus/20>

This Poster Presentation is brought to you for free and open access by the Office of Sponsored and Undergraduate Research at ValpoScholar. It has been accepted for inclusion in Symposium on Undergraduate Research and Creative Expression (SOURCE) by an authorized administrator of ValpoScholar. For more information, please contact a ValpoScholar staff member at scholar@valpo.edu.

Difference in Muscle Activation between the Flat Barbell Bench and the Smith Machine

Alex Cikanek

Departmental Affiliation: Physical Education
College of Arts and Sciences

The purpose of this study is to investigate differences in muscle activation between the flat barbell bench and the Smith Machine bench. This study will be done at Valparaiso University on the campus at the fitness center. The participants will consist of two freshmen males who were active in high school activities but are now inactive with respect to weight training. This study is significant because knowledge of differences in resistance training in rehabilitation of an injury may be crucial to recovery.

Information about the Author:

Alex Cikanek is a senior exercise science major under the supervision of Dr. Kelly Helm. The idea for the project interested him because he has been exercising since his sophomore year in high school. He plans to pursue his master's in physical therapy and work in professional sports with either the team's physical therapists or the team's strength and conditioning coaches.

Faculty Sponsor: Dr. Kelly Helm

Student Contact: alex.cikanek@valpo.edu