Effect of Imagery on Force Output in a Deadlift
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Introduction

- Imagery is a common tool used by athletes in order to attempt to improve overall performance.
- Motor imagery is a mental process in which an individual reheases a specific action which has been said to improve various athletic performance.

Hypothesis

There will be an increase in peak force output and an increase in RFD when a MI script is used prior to a 1RM deadlift opposed to No MI script prior to a 1RM deadlift.

Methods

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Participants: 14 total, 9 male and 6 female, mean age = 21.4 years (range age 18-27), all with experience weight training and deadlifting, performed two deadlift tests on two separate days.

Data Collection: All participants completed the same warm-up on each testing day. They then listened to an imagery script or not, which was followed by a maximal contraction with the force transducer.

Discussion

- Fail to reject the null hypotheses
- A single factor ANOVA revealed no significant difference (P < 0.05) in PF between groups (p = 0.97, SD = ±4.54)
- A single factor ANOVA revealed no significant difference (P < 0.05) in RFD between groups (p = 0.55, SD = ±4.20)
- There was a 7.17% increase in the participants PF 1-RM deadlift
- There was a 20.05% increase in the participants RFD 1-RM deadlift

Conclusion

- Our results did not provide statistical significant difference although did show increases for both PF and RFD
- Future research should consider focusing on a more specific population
- Future research should also consider adjusting the length and style; as well as using imagery training throughout

Reference:


- The results confirm prior research which suggests a subliminal activation of the motor system
- Results showed a small increase in PF and RFD after participants listened to the imagery script.
- One-time script was not enough to provide a statistically significant difference
- Imagery script was still able to increase RFD and could potentially be used to increase overall performance.