Do you know your Eccentric Overload?

Eccentric Overload with Exerfly

Flywheel resistance training (FRT) with Exerfly allows users to choose an eccentric overload between 1-80%. That's a significant range, so how much motor boost should you really apply?

1%



First of all, let's determine your experience with flywheel training...

Beginner

3-4 training sessions and proficient technique with non-motorized flywheel movements.

Moderate

1-2 months of FRT, proficient technique with flywheel movements, and have an intermediate training age (1-2 yrs).

Expert

More than 2 months of FRT, have an intermediate to high training age (2-3 yrs), and have strong relative strength in the respective exercise (both concentrically & eccentrically)

Eccentric Overload for

Beginners



We recommend introducing the motor slowly starting at 1% overload and with a .1kgm² flywheel (Red).

Eccentric Overload for

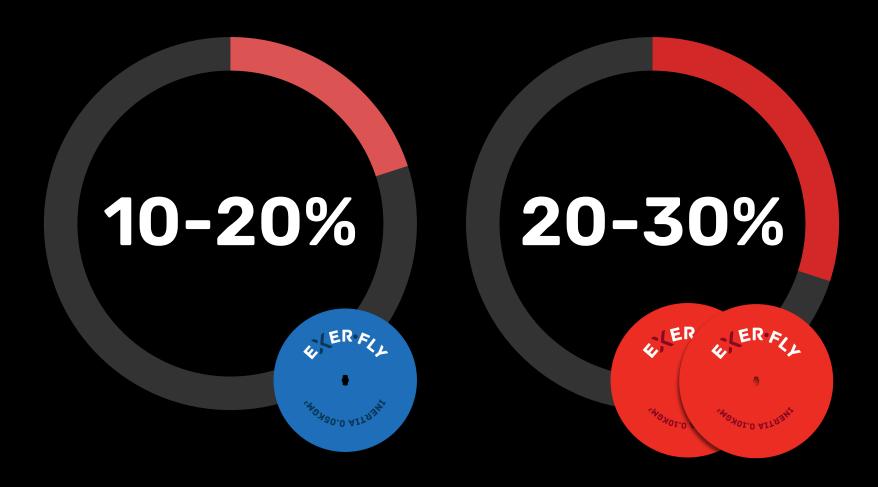
Moderate



Now that you have experience with the motor and proficient technique. You can experiment with 10 - 20% overload, with a .1kgm² flywheel (Red).

Eccentric Overload for

Experts



What's your training goal? For high speed, try 10% overload with a .05kgm² flywheel (dark blue). For high force, experiment with up to 20% overload and 1-2 .1kgm² flywheels (Red).

High performance exceptions

These considerations are general guidelines for all populations. These guidelines may be accelerated if your athlete is able to execute non-motorized and motorized flywheel movement with proficient technique and is responding well to the dose.

This is especially true in a high performance setting in which athletes can often progress up to and over 10% overload as soon as there 3rd training session.

