

1: [Med Sci Sports Exerc.](#) 1988 Oct;20(5 Suppl):S162-8. [Links](#)

## **Implications for connective tissue and bone alterations resulting from resistance exercise training.**

[Stone MH.](#)

HEPELS, Appalachian State University, Boone, NC 28608.

Few studies have addressed the effects of resistance training on connective tissue. Inferences from studies investigating the effects of endurance training or "loaded" exercise training can be made. The available data suggest that 1) physical activity can increase connective tissue strength and mass, 2) activation of the antigravity muscles must be accomplished to adequately stimulate connective tissue, and 3) the volume, intensity, and load-bearing nature of the exercise training are important factors in causing connective tissue adaptations. Based on the above factors, a speculative model of training for increased maximum strength of connective tissue has been developed.