



**VICTORIA UNIVERSITY**  
MELBOURNE AUSTRALIA

*Training Monitoring for Resistance Exercise: Theory and Applications*

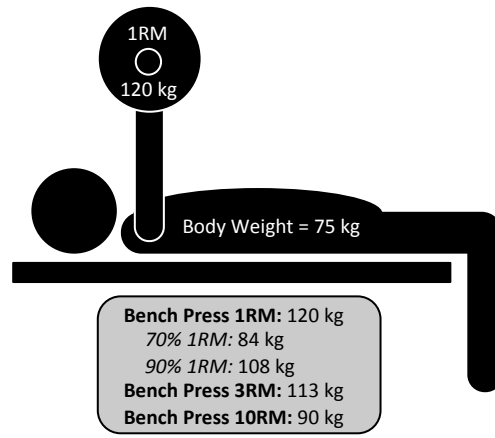
This is the Accepted version of the following publication

Scott, BR, Duthie, Grant, Thornton, HR and Dascombe, BJ (2016) Training Monitoring for Resistance Exercise: Theory and Applications. *Sports Medicine*, 46 (5). 687 - 698. ISSN 0112-1642

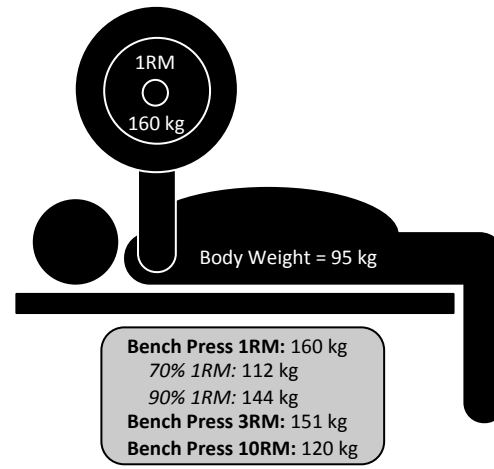
The publisher's official version can be found at  
<http://link.springer.com/article/10.1007/s40279-015-0454-0>  
Note that access to this version may require subscription.

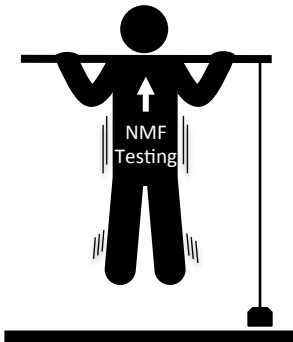
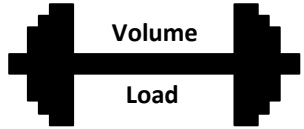
Downloaded from VU Research Repository <https://vuir.vu.edu.au/32754/>

**Athlete A**

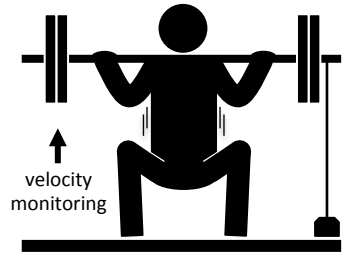


**Athlete B**





Questionnaires					
	5	4	3	2	1
Fatigue		✓			
Sleep	✓				
Soreness				✓	
Stress			✓	✓	
Mood	✓				



**RPE**

0	Rest
1	
2	
3	Moderate
4	
5	Hard
6	
7	Very Hard
8	
9	
10	Maximal