



Which are Better: Free Weights or Machines?

By Matt Brzycki

The two most popular types of equipment that are used for weight training are free weights (i.e., barbells and dumbbells) and machines (either selectorized or platloaded). Accompanying

their popularity is a fiery and emotional debate that has raged for decades over which of the two modalities is better for weight training.

ISSUES AND ANSWERS

Why the squabble? Much of the debate centers on two major issues: muscular response and athletic specificity.

Muscular Response

How many times have you heard