TABLE 1
Summary of studies with irVR.

Study	Duration/Intensity	Sample	Method	Main Result
Aboodarda et al. (2011)	10 RM	(n = 9) healthy man (Students)	Nautilus Machine Vs irVR	Muscular pain was similar in both groups.
Anderson et al. (2008)	7 weeks	(n = 44) athletes	80%PRV-20%PRC de 1RM RB + FW vs FW	Improvement 3 times in BP, SQ, mean P, body weight.
Baker & Newton (2009)	2 sets x 3 rep	(n = 33) professionals rugby players	Chains. 75% 1RM vs. 60%+15.	10% of increase maximum velocity BP
Bellar et al. (2011)	13 weeks	(n = 11) not trained students	85%-15% RB.+ FW vs FW	Improvement in BP irRV = 9.95 (3.7) vs FW=7.56 (2.8)
Coker et al. (2006)	1 RM	(n = 7) elite lifters	Chains. 80% vs 75+5% 85% vs 80+5%	BP. Acceleration, Velocity - No SD, 100% of the sample affirmed chain exercise harder.
Colado & Triplett (2008)	10 weeks	(n = 45) woman	Weight machine vs RB	Similar gains in body composition and functional capacity.
Cronin et al. (2003)	10 weeks	(n = 40) trained males	CG1= SEN. without RB. EG2=SEN. with RB. CG	EG1=EG2 in concentric force in BP (10,6-19,8%). GE2 significant in performance (21,5%) compare to the other groups
García-López et al. (2010)	Nº rep max at 70% 1 RM	(n = 21) university students	Elastic resistance (ER) vs No ER in curl biceps	ER group obtained more fatigue, thus number of repetitions was lower.
Ghigiarelli et al. (2009)	7 weeks	(n = 36) footballer players	3 groups: RB vs. Ch vs. FW	No SD = RB (848-883 W) y CH (856-878 W) control (918-928 W)
Jakubiak & Saunders (2008)	6 weeks	(n = 12) Taekwondo	CG = normal training EG = RB	7% of improvement in an specific taekwondo task
McCurdy et al. (2009)	9 weeks	(n = 28) baseball professional	Chain + FW (irVR) vs. FW	No SD in 1RM but SD in pain perception. In irRV was lower in pain perception.
Melchiorri & Rainoldi, 2011	Nº rep max at 70% 1 RM	(n = 14) healthy males	FW VS. RB + FW	Group FW+ RB obtained better neuromuscular activation.
Prejean et al. (2011)	3 Set. x 5 rep. 85% de 1RM	(n = 8) university athletes	CG=85 % FW vs EG.= 85% PRM where 15% PKvCF +85PRC	Improvements in power in EG (irRV) in comparison to CG (FW)
Rhea et al. (2009)	12 weeks	(n = 48) athletes	Different velocities: slow, fast and fast with RB	irRV training with rubber band performed fast gets improvements in performance in Force peak power.

Shoepe et al. (2011)	24 weeks	(n = 20) university students	CG= FW vs EG.= FW + RB with 20-35 % de 1RM de VL	irRV was SD in mean power and squat 1RM. Combining methods is the best way to obtained improvements
Wallace et al. (2006)	2 x 3 rep	(n = 10) Semi-trained	FW vs RB+PL. 80%-20 y RB + FW 65%-35.	Improvements in peak force and power. Strength gains. SD in RB 80%-20%

Rep = Repetition.| CG = Control Group | EG = Experimental Group| RB = Rubber Band.| FW= Free Weight.| SQ = Squat | P = Power | BP = Bench Press
SD = Significant Differences.| VL = Variable Load.| FL = Fix Load. | CH= Chain| PkvCF=Peak velocity in a concentric phase.