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## Does Wrist Taping Improve Performance of a Bench Press Exercise?

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In the world of athletics there are many products on the market to aid in resistance training and physical activity. Many of these aids have a common purpose of stabilizing a joint and the surrounding muscle tissue to either prevent injury or optimize training for a particular task. **PURPOSE:** To determine if different types of wrist taping improves the number of repetitions performed during a bench press exercise. **METHODS:** Nine (5 females and 4 males) anaerobically trained college students ( $M \pm SD$  age: 20.9 $\pm$ 1.1 years and mass: 70.4 $\pm$ 17.5 kg) were recruited for the study. Subjects were required to have at least two months experience with upper body resistance training, more specifically the bench press. All subjects completed four different testing sessions. During the first session, subjects were orientated to the bench press and the resistance was determined by the subject reporting a comfortable weight; which was used for the subsequent testing sessions. During the remaining three testing sessions, subjects completed the bench press, until fatigue, under one of three conditions: control (CON), basic wrist taping (BWT), and figure-eight wrist taping (FIG8). The conditions were randomized and both wrists were taped for the BWT and FIG8 conditions. The total number of repetitions were counted for each condition. Data were analyzed using a repeated measures ANOVA. **RESULTS:** The results of the repeated measures ANOVA found there was no significant differences in the number of bench press repetitions among the conditions ( $F = 2.00$ ,  $p = .16$ ). On average subjects were able to complete 11.4  $\pm$  3.1 reps during the CON, 11.8  $\pm$  2.3 reps during the BWT condition, and 12.4  $\pm$  3.6 reps with the FIG8 wrist taping. **CONCLUSION:** The results suggested wrist taping did not improve or hinder the number of repetitions performed during a bench press exercise. While wrist taping may stabilize the joint, it seems that stabilization does not improve the repetitions performed during a bench press exercise.