

Eccentric Exercises

Eccentric exercises (aka negatives) are muscular contractions that are performed while the muscle is lengthening. These contractions generally happen when working against gravity. Some examples would include your quads contracting to control your landing when falling from a height, or pull-up negatives where you emphasize the downward phase of the pull-up by slowing it down. Eccentric contractions are very strong; much stronger than concentric contractions (a shortening contraction).

Eccentric exercises are one of the best ways to build strength and improve flexibility, but they need to be used with caution because they cause a lot of muscle damage, and can leave the person with very sore muscles. Most of us have experienced sore quads after running or hiking down a steep hill – that soreness is a result of the eccentric contractions of the quads controlling your downward motion. This Delayed Onset Muscle Soreness (DOMS) is a well documented effect of eccentric exercise.

Read more about eccentric contractions and find some sample exercises [here](#).

