

## Significant progression of load on the musculoskeletal system with extremely high loads, with rapid weekly weight gains, using the Anatoly Gravitational System, in a 10-week training period [Corrigendum]

- Burke DT, Tran D, Cui D, et al. *Open Access J Sports Med.* 2013;4:211–219. On page 214, Belt-lifting system section, line 3, “297 kg” should be “271 kg”.
- On page 212, second paragraph of the Methods section, line 3 from the bottom, “45 kg” should be “30%”. On page 215, Chest press section, line 4, “519.09 kg” should be “257 kg”.
- On page 213, first column, lines 9, 22 and 34, “45 kg” should be “30%”. On page 215, Leg press section, line 2, “377.27 kg” should be “376 kg”.
- Table 1 on page 214, data entered into the Chest column under Maximum loads lifted, kg was incorrect. The corrected table is shown below. On page 216, first column, line 1, “423.05 kg” should be “422 kg”.

**Table 1** Summary of loads lifted using the Anatoly Gravitational System during a 10-week training period

	Mean loads lifted, kg				Minimum loads lifted, kg				Maximum loads lifted, kg			
	Belt	Chest	Hand	Leg	Belt	Chest	Hand	Leg	Belt	Chest	Hand	Leg
Session 1	271	110	115	256	141	50	55	141	447	187	224	376
Session 2	323	124	135	292	164	60	55	164	518	210	268	455
Session 3	369	136	151	323	188	66	69	211	565	201	271	534
Session 4	408	145	166	347	211	69	79	235	636	210	295	518
Session 5	442	152	177	367	235	69	79	245	660	224	318	499
Session 6	472	156	184	382	259	256	79	259	707	234	295	494
Session 7	498	160	189	395	282	69	79	269	730	234	295	542
Session 8	519	162	196	407	306	69	84	282	754	234	318	542
Session 9	539	166	200	414	329	74	93	292	786	248	318	542
Session 10	556	167	204	422	329	79	93	292	786	257	328	542

Open Access Journal of Sports Medicine downloaded from <https://www.dovepress.com/>  
For personal use only.