



Power Plate®

Basic Fitness Academy Training

**Research & Studies**



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## Studies and Research I

**Title:** Strength increase after Whole Body Vibration compared with resistance training

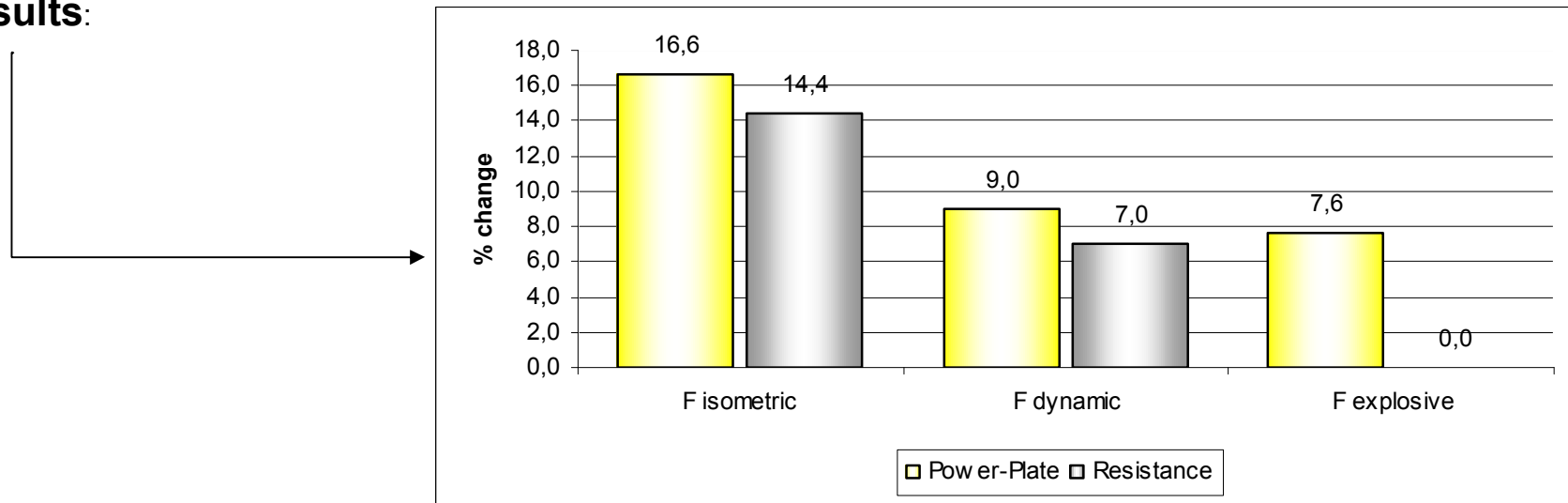
**Published:** „Medicine and Science in Sports and Exercise“, 2003

**Location:** University of Leuven

**Duration:** 12 weeks

**Subjects:** Untrained female

**Results:**





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## Studies and Research II

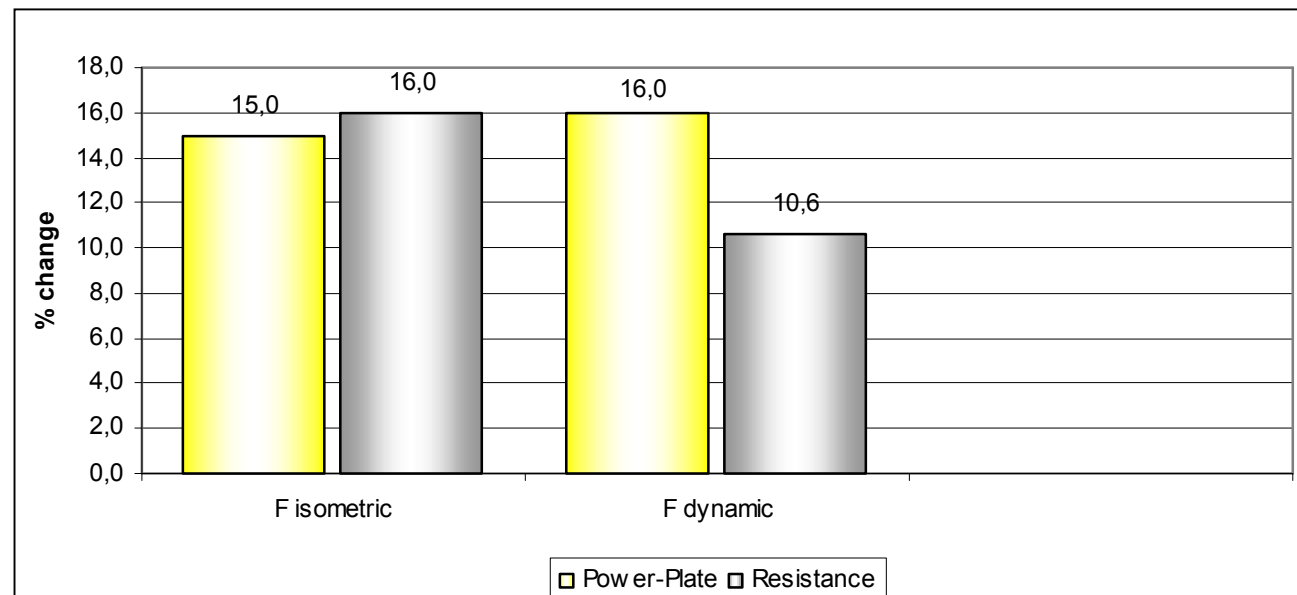
**Title:** Whole-Body-Vibration Training Increases Knee-Extension Strength and Speed of Movement in Older Women

**Published:** „Journal of American Geriatrics Society“, 2003

**Location:** University of Leuven

**Duration:** 24 weeks

**Results:**





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## Studies and Research III

**Title:** Impact of vibration training versus impact of conventional training

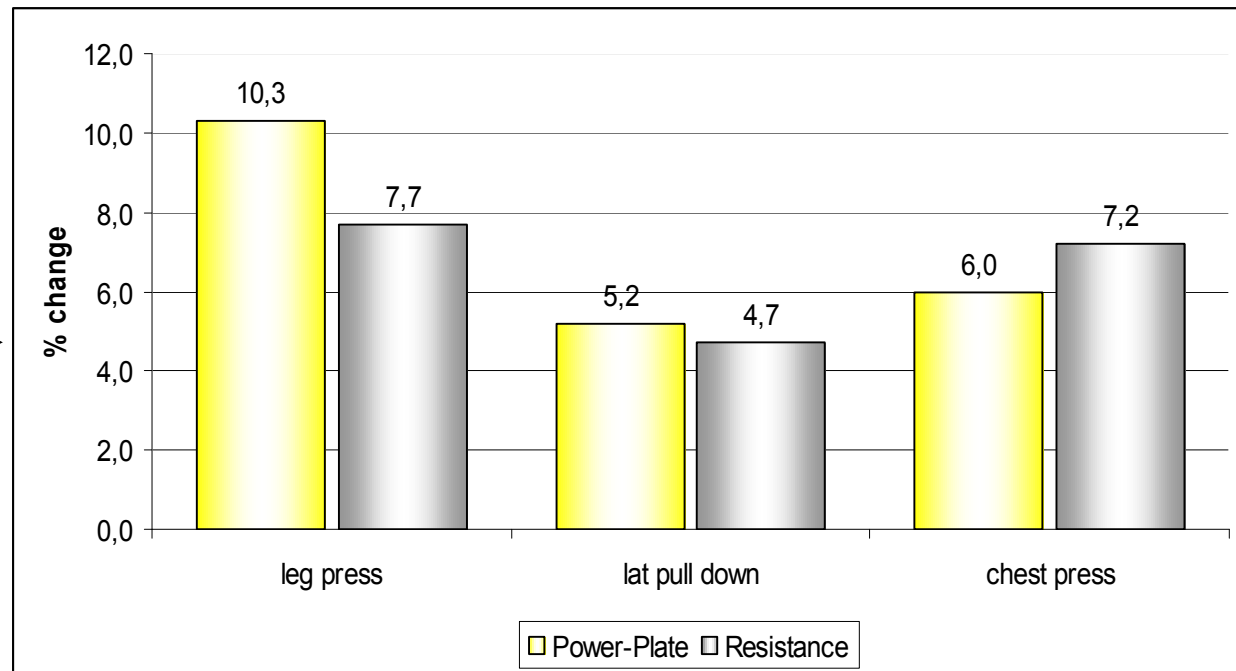
**Location:** University of Bayreuth - Germany, 2001-2002, unpublished

**Subjects:** Sports students

**Duration:** 9 weeks

**Results:**

Power-Plate is at least  
**equivalent**  
to conventional training!





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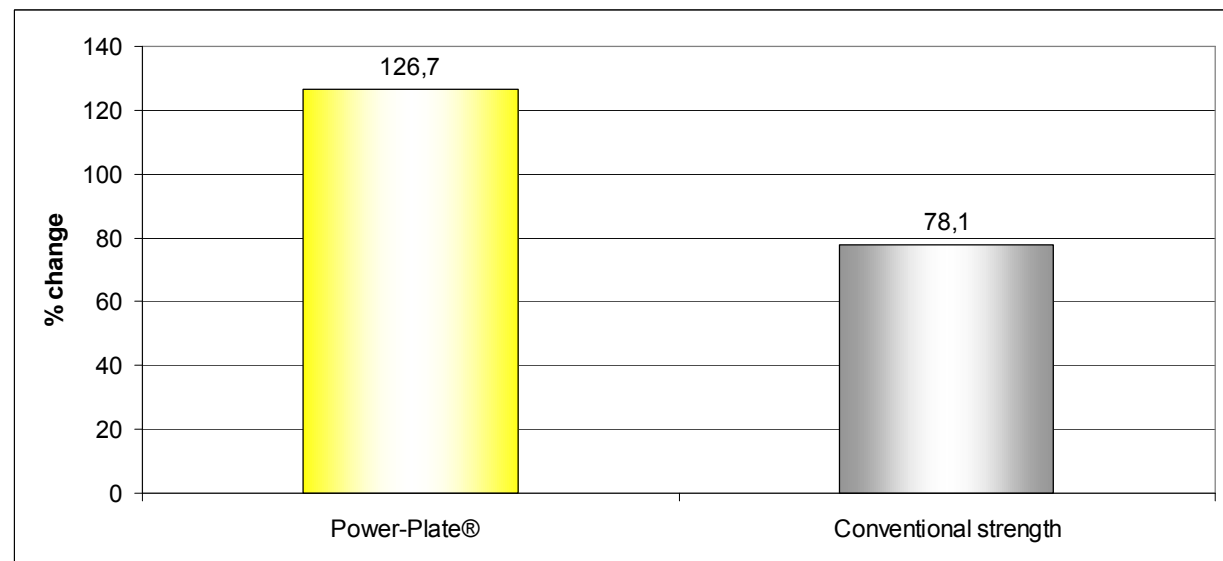
## Studies and Research IV

**Title:** Impact of Vibration training on Strength in Rehabilitation

**Location:** Academy of Physiotherapy, Graz District Hospital, 2003, unpublished

**Duration:** 5 weeks

**Results:**





## Studies and Research V

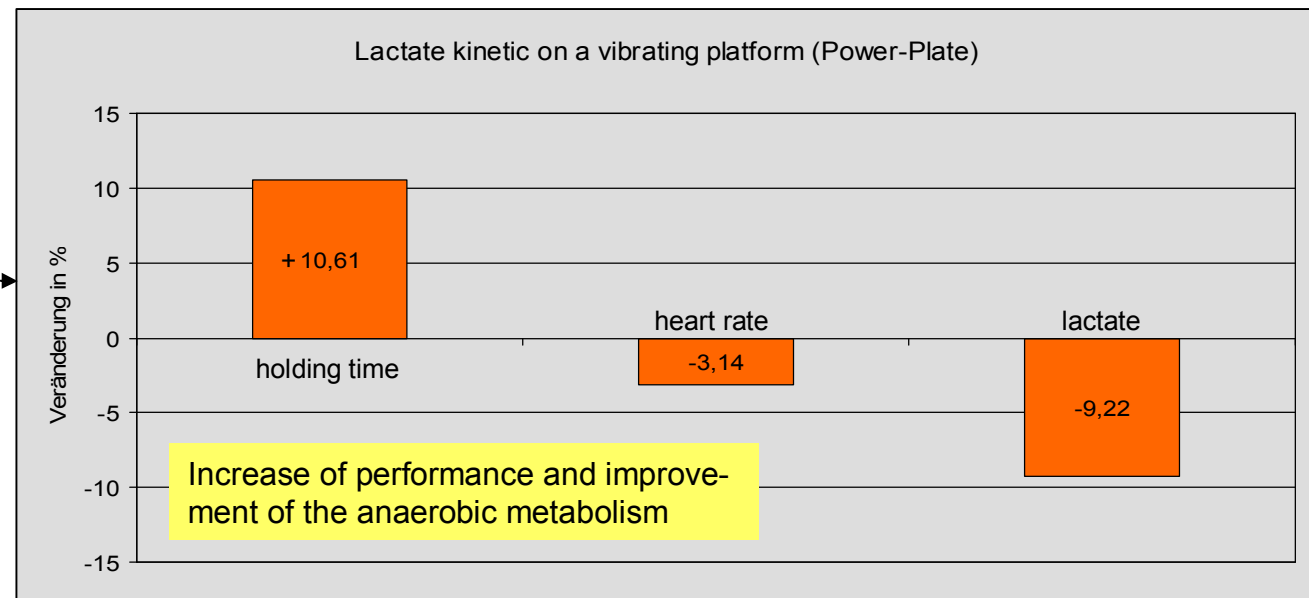
**Title:** Impact of Power-Plate on Lactate

**Location:** Medical University Clinic of Tübingen, Germany, 2005

**Subjects:** trained but not-vibration accustomed middle-aged males

**Duration:** 8 weeks

### Results:





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## Studies and Research VI

**Title:** Effect of vibratory stimulation training on maximal force and flexibility

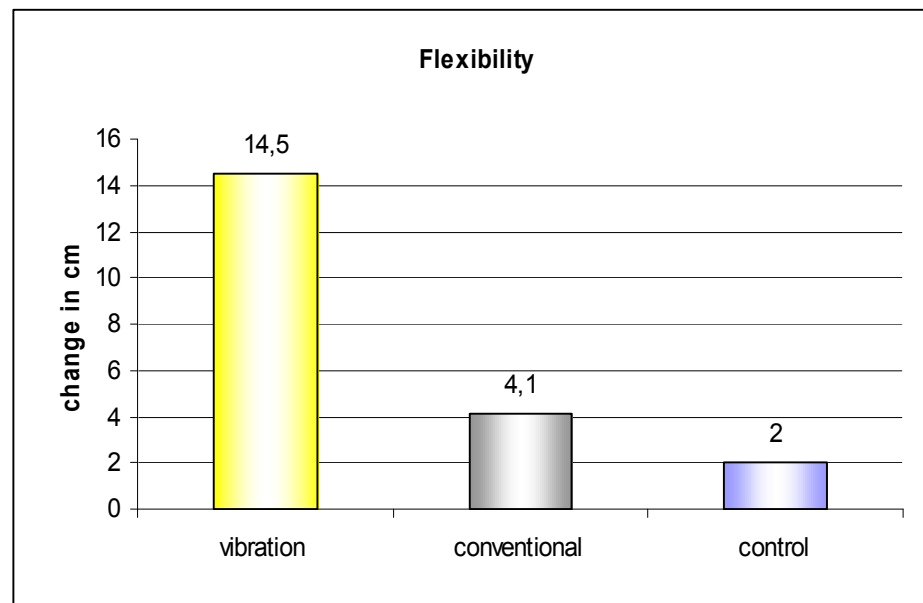
**Published:** „Journal of Sports Science”, 1994

**Location:** Wingate Institute, Israel

**Duration:** 3 times a week for 3 weeks

**Additional:** heel-to-heel length in the two-leg split across; flex-and-reach test for body flexion

**Results:**





## Studies and Research VII

**Title:** Influence of vibrations on the bone density in healthy postmenopausal female

**Published:** „Journal of Bone & Mineral Research“, 2004

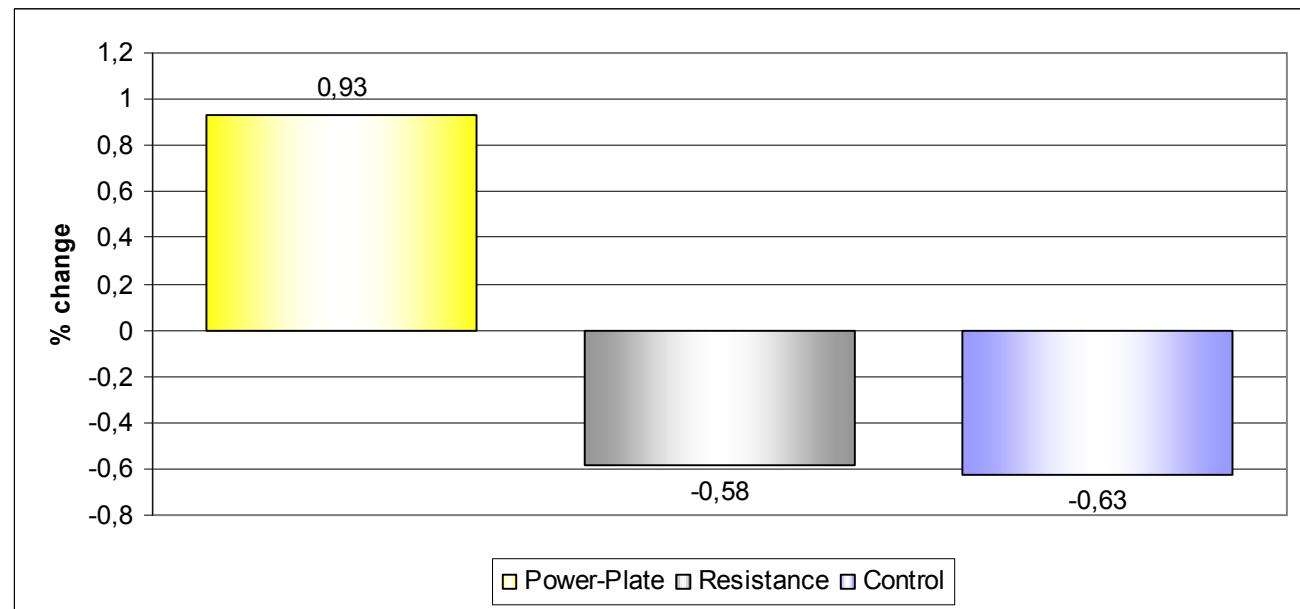
**Location:** University Center for Metabolic Bone Diseases, Leuven in Belgium

**Duration:** 24 weeks

### Results:



**Additional:**  
Increase of strength &  
improvement of  
postural control





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## Studies and Research VIII

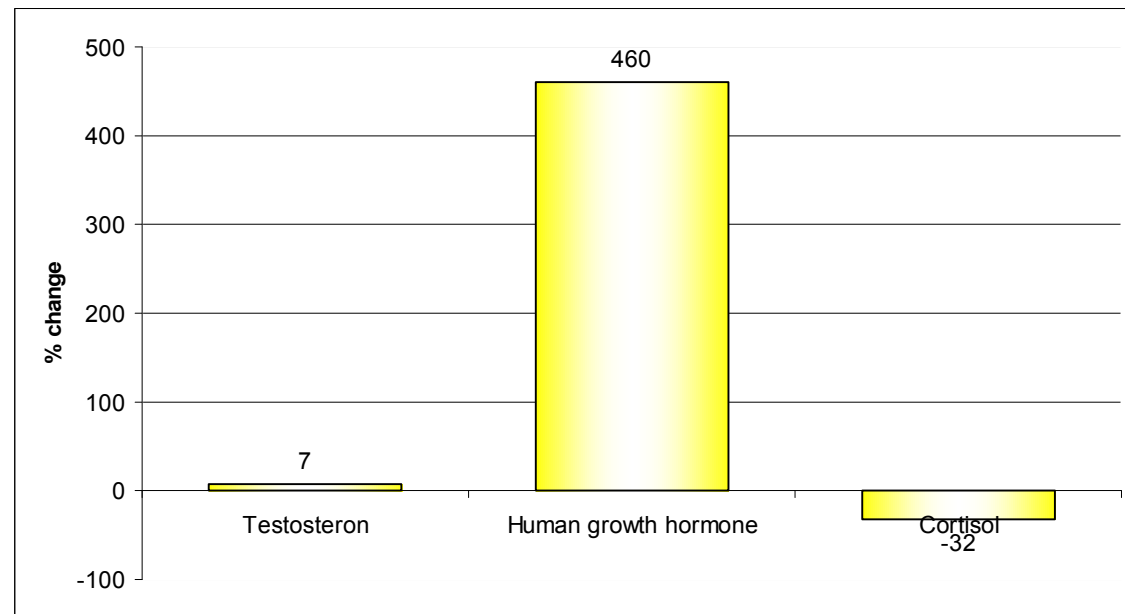
**Title:** Hormonal Responses to Whole-Body-Vibration in men

**Published:** European Journal of applied Physiology and occupational Physiology, 2000

**Location:** University of Rome

**Subjects:** Elite male athletes

**Duration:** 1 session





## Studies and Research IX

**Title:** Treatment of Lower back pain with Whole Body Vibration

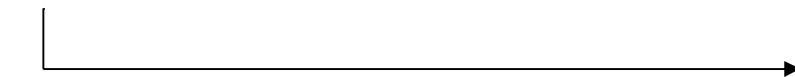
**Published:** Spine, 2002

**Location:** Institute for Physiology, Free University of Berlin

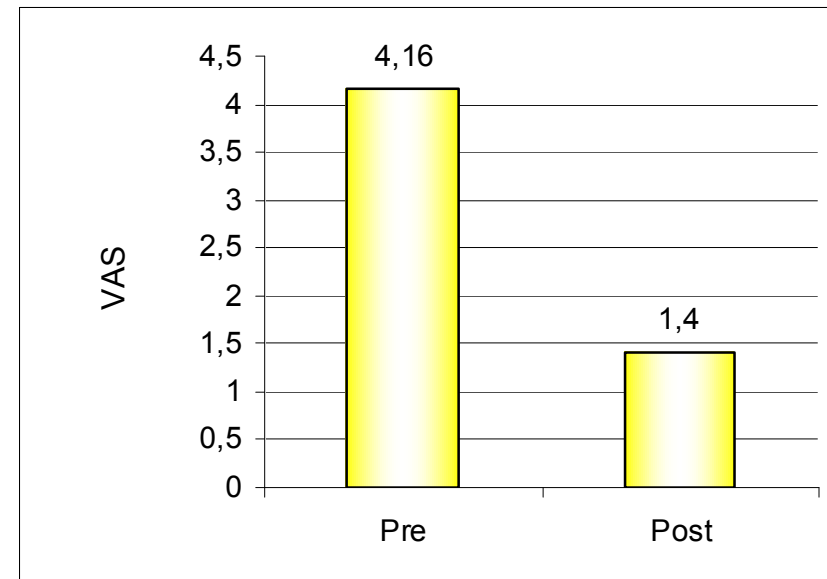
**Subjects:** Chronic lower back pain patients

**Duration:** 3 months

**Results:**



WBV leads to a **significant** reduction of pain sensation and pain related disability.





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## Studies and Research X

**Title:** Whole-body vibration exercise leads to alterations in muscle blood volume

**Published:** Clinical Physiology, 2001

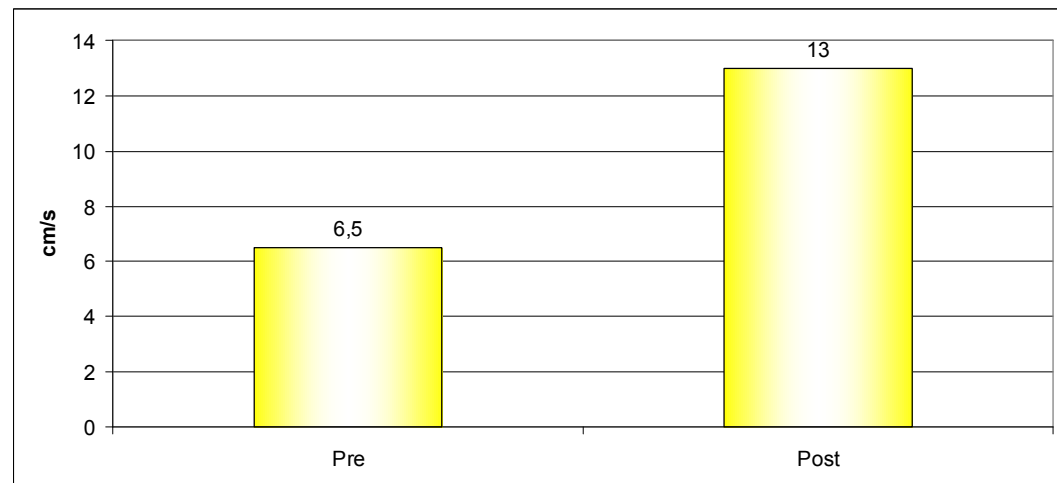
**Location:** Department of Physical Medicine and Rehabilitation, University of Vienna

**Subjects:** Healthy volunteers

**Duration:** 1 session of 9 minutes in total

### Results:

Muscular blood circulation in calf and thigh **significantly** increased after exercise.





## Studies and Research XI

**Title:** Influence of a six-month Power-Plate vibration training on the cellulite-grade

**Location:** Professional clinic for skin illnesses and allergology Sanaderm, Bad Mergentheim in Germany, 2003, unpublished

**Subjects:** Healthy females

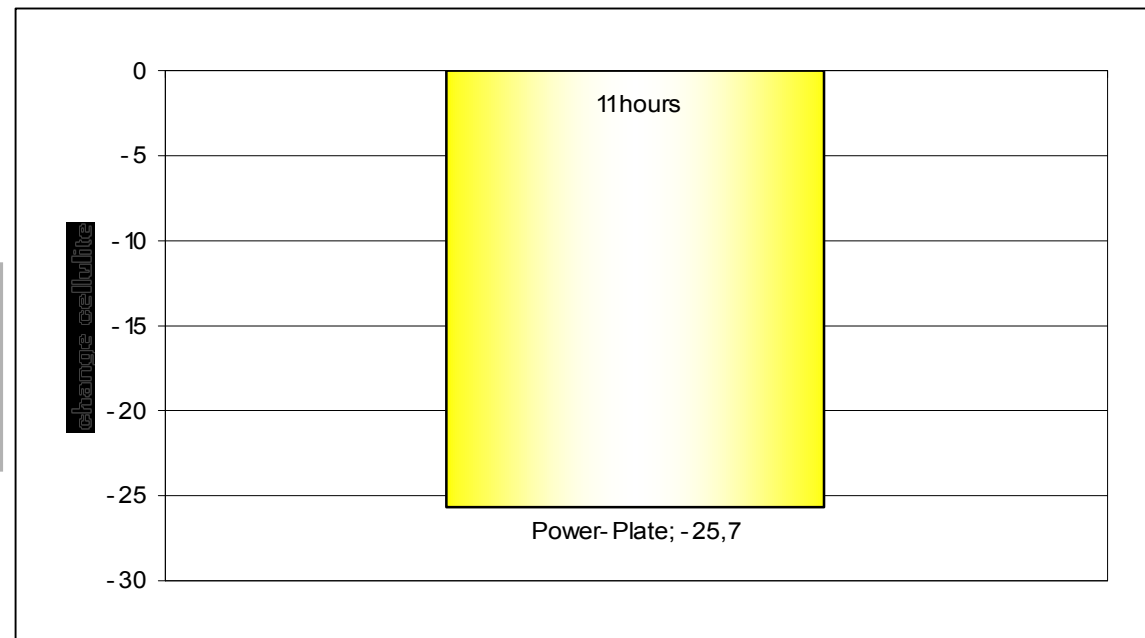
**Duration:** 24 weeks

**Results:**

Regression of the cellulite agreeing to one cellulite-grade with a time exposure of 11 hours in 6 months

**Additional:**

The extra effect of cardio-training is minimal!





**Thank you.**

